

Meridian Summary Tables

Tables A, C, E, & F summarise the Meridian pathways, nominal points and points of intersection of the 12 Primary Meridians, and those of the 8 Extra Meridians. They show the extent to which various *other* traditional acupuncture points (i.e. those standard Meridian points not formally designated as belonging to a particular nominal Meridian) contribute to the full, detailed pathway of each Meridian - i.e. inclusive of branches, Internal pathways and points of intersection.

These tables demonstrate the interconnectedness of the Primary and 8 Extra Meridians, and show the considerable complexity which is an inherent characteristic of the Meridian system.

Clearly this interconnectedness must be well understood in order to maximise clinical/therapeutic effectiveness. It must also be adequately dealt with in the context of WMB/TCM juxtapositional analysis, as must individual Meridian pathways, their nominal points, Zang Fu relationships, general Jing Luo complexity and types of Meridians, Zang Fu Patterns of Disharmony, etc.

Tables B, D & G detail the anatomical distribution of the points of these Meridians over the body. It is apparent that no anatomical region is free of participation in the Meridian web. The whole body, including the central nervous system, participates in the functions of the Jing Luo. This comprehensiveness is hardly unexpected in a medicine which is able to, (and does), treat almost all bodily disharmonies - albeit with varying degrees of success. It is perhaps one of the earliest (and continuing) examples of body/mind integration in medicine, an approach which is currently resurgent in medicine generally.

More complete details of each Meridian is available for download from this web page.

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Table A

MERIDIAN SUMMARIES: 14 MAIN MERIDIANS

Reading the non-indented text, only, of each Meridian below, gives an overview of the nominal (i.e. simple) Meridian. This is the 'External' pathway. Meridians are in Horary Clock order.

Full details of these Meridians are available in other papers on this web page.

NOMINAL CHANNEL, 'EXTERNAL' PATHWAY [Non-indented]	INTERNAL PATHWAYS AND BRANCHES [Indented] The indented text in this table indicates Internal Pathways and Branches which do not contribute, overtly, to the nominal (External) Channel.
LUNG MERIDIAN (11 NOMINAL POINTS) <ul style="list-style-type: none"> • Originates in middle Jiao in region of Stomach Organ. • Descends to connect with Large Intestine Organ. • Turns upward, penetrates diaphragm, homes to Lung Organ. • Ascends past cardiac orifice of Stomach, passing up through respiratory tract into throat. • Turns obliquely downward, emerging below clavicle (LU-1), on upper chest. • From upper chest (LU-1), follows clavicle laterally and enters axilla. Runs down anterolateral aspect of arm (LU-3, LU-4). Crosses cubital fossa (LU-5). Continues along anterolateral forearm to wrist (LU-9). Travels to radial tip of thumb (LU-11). <ul style="list-style-type: none"> • Branch runs from lateral wrist (LU-7) to radial tip of index finger (LI-1) 	
LARGE INTESTINE MERIDIAN (20 NOMINAL POINTS) <ul style="list-style-type: none"> • Begins at radial tip of index finger (LI-1). Crosses dorsum of hand (LI-4) to lateral wrist (LI-5). Ascends lateral forearm to elbow (LI-11), and lateral arm to top of shoulder (LI-16). <ul style="list-style-type: none"> • Pathway travels posteriorly via SI-12 to C7 vertebra (DU-14), then anteriorly to supraclavicular fossa (ST-12). • From supraclavicular fossa, descends into chest and connects with Lung Organ, passes through diaphragm, homes to Large Intestine Organ. • Branch descends from Large Intestine Organ to anterior leg (ST-37). • From supraclavicular fossa, branch ascends lateral neck (LI-17, LI-18) onto face, curves around lips, <ul style="list-style-type: none"> • connecting to (ST-4, [REN-24], DU-26), • ends beside nose on opposite side of face (LI-20). 	

STOMACH MERIDIAN (45 NOMINAL POINTS)

- Begins beside nostrils (LI-20). Ascends to medial canthus (BL-1) and emerges under eye (ST-1), floor of orbit/ infraorbital ridge.
- Descends from ST-1 to maxillary gum, and corner of mouth (ST-4),
 - encircles lips (DU-26, REN-24),
- runs laterally to angle of jaw (ST-6). Ascends side of face,
 - via GB-3, GB-6, GB-4 at temple,
- to corner of forehead (ST-8),
 - then to forehead midline (DU-24).
- Branch descends from lower jaw (ST-5), along anterolateral neck (ST-9, ST-10), to supraclavicular fossa (ST-12),
 - continues posteriorly from supraclavicular fossa (ST-12) to C7 vertebra (DU-14).
 - Internal branch descends from ST-12, crosses diaphragm, intersects Ren Mai Internally (REN-13, REN-12), homes to Stomach Organ, connects with Spleen Organ.
 - Branch descends from Stomach Organ to inguinal region (ST-30), joins External path.
- Branch descends superficially from supraclavicular fossa (ST-12) along mamillary line of chest to 5th intercostal space (ST-18). Continues more medially over anterior abdomen (ST-19), past navel (ST-25), to inguinal region (ST-30).
- United channel descends along anterior thigh to lateral knee (ST-35), down anterior leg to anterior ankle (ST-41), crosses dorsum of foot to lateral tip of second toe (ST-45).
 - Branch from below knee (ST-36), runs down anterolateral leg, over dorsum of foot, to middle toe.
 - Branch from dorsum of foot (ST-42) to medial great toe (SP-1).

SPLEEN MERIDIAN (21 NOMINAL POINTS)

- Begins at medial tip of great toe (SP-1). Runs along medial edge of foot to medial ankle (SP-5). Ascends medial leg and crosses medial knee to (SP-10). Ascends anteromedial thigh to inguinal region (SP-12, SP-13),
 - then enters abdominal cavity and intersects Ren Mai (REN-3, REN-4),
- ascends anterolateral lower abdomen (SP-14, SP-15),
 - intersects Ren Mai at REN-10, homes to the Spleen Organ and connects with Stomach Organ.
 - Branch from region of Stomach Organ crosses diaphragm and links to Heart Organ. [Connects to REN-17].
- Continues up anterolateral abdomen (SP-16),
 - connects to Gall Bladder and Liver Channels (GB-24, LIV-14) on the chest,
- travels up lateral chest to 2nd intercostal space (SP-20) before turning back to 6th intercostal space on mid-axillary line (SP-21).
 - Branch from SP-21 runs to superior chest (LU-1), then ascends beside oesophagus to root of tongue, spreading over its ventral (lower) surface.

HEART MERIDIAN (9 NOMINAL POINTS)

- Originates in Heart Organ.
- Emerges through Blood Vessels surrounding Heart, descends through diaphragm, connects with Small Intestine Organ.
- Branch from Heart ascends beside oesophagus to tissues connecting to eyes, connects with brain.
- Branch from Heart travels directly into Lung Organ, then runs laterally, emerges at base of axilla (HT-1).
- From base of axilla (HT-1), descends along medial arm, crosses medial cubital fossa (HT-3), runs along anteromedial forearm to pisiform bone at medial anterior wrist (HT-7), travels through palm to radial tip of little finger (HT-9).

SMALL INTESTINE MERIDIAN (19 NOMINAL POINTS)

- Begins at ulnar tip little finger (SI-1), runs along medial hand and wrist (SI-5) to posterior distal forearm (SI-6). Travels along medial forearm to posterior medial elbow (SI-8), ascends posteromedial arm to posterior shoulder (SI-10). Zig-zags over posterior scapula (SI-11 to SI-13) and upper back (SI-14, SI-15).
 - Connects to Outer and Inner lines of Bladder Meridian (BL-41, BL-11), runs to C7 vertebra (DU-14) at base of neck, then anteriorly to supraclavicular fossa (ST-12).
 - Descends into chest and connects with Heart Organ, intersects Ren Mai at REN-17.
 - Follows oesophagus through diaphragm and connects to Stomach Organ.
 - Internally intersects Ren Mai (REN-13, REN-12), homes to Small Intestine Organ.
 - Branch runs from Small Intestine Organ to anterior leg (ST-39).
- Branch ascends neck superficially (SI-16, SI-17) from supraclavicular fossa, runs via cheek
 - to outer canthus (GB-1), temple region (SJ-22), and
 - to anterior aspect/root of ear (SI-19).
 - A branch from this branch separates on cheek, runs to medial canthus (BL-1),
 - and infra-orbital cheek (SI-18).

[URINARY] BLADDER MERIDIAN (67 NOMINAL POINTS)

- Begins at medial orbit, inner canthus (BL-1), runs up forehead and over top of head (BL-8),
 - connects to DU-24, GB-15, along way and DU-20 at vertex.
 - Branch from vertex descends to temple (GB-7, GB-8) and behind ear (GB-10 to GB-12).
 - Branch at vertex enters brain, emerges at posterior skull (DU-17), rejoins Bladder Channel at nape of neck.
- Main Channel bifurcates at nape (BL-10), into Inner and Outer pathways, which descend over posterior trunk.
 - Inner branch descends to C7 (DU-14) and T1 (DU-13) vertebrae, then continues.
- Inner branch descends 1.5 cun lateral (parallel) to spine, T1 vertebra to lumbar region (BL-11 to BL-23),
 - penetrates deep, connects with Kidney Organ, homes to Urinary Bladder Organ.
 - Branch reconstitutes in lumbar region,
- descends over buttocks and posterior sacrum (BL-31 to BL-34), continues down posterior thigh to popliteal fossa behind knee (BL-38, BL-39, BL-40).
- Outer branch runs from neck bifurcation (BL-10), descends on posterior trunk 3 cun lateral to spine, T2 vertebra to buttocks (BL-41 to BL-54),
 - and to GB-30, more laterally on buttocks,
- continues down posterolateral thigh, joins Inner branch behind knee (BL-40).
- United pathway travels down calf to lateral ankle (BL-60), then along lateral foot to lateral tip of little toe (BL-67).

KIDNEY MERIDIAN (27 NOMINAL POINTS)

- Commences underneath little toe. Crosses foot obliquely to central region of plantar surface (KID-1).
- From plantar surface (KID-1), runs obliquely to medial border of foot (KID-2), encircles medial ankle and ascends distal medial leg (KID-7 to KID-9),
 - intersects Spleen Channel at SP-6.
- Ascends posteromedial leg to popliteal fossa (KID-10), continues along posteromedial thigh,
 - to perineum/base of spine (DU-1).
 - Continues up through spinal column, homes to Kidney Organ, connects with Urinary Bladder Organ, then intersects Ren Mai (REN-4, REN-3).
- Ascends abdomen from (KID-11), close to midline, passes navel (KID-16), continues over upper abdomen to (KID-21), then over anterior chest, more laterally (KID-22), to lower border of medial clavicle (KID-27).
 - Branch ascends from Kidney Organ, passes through Liver Organ, crosses diaphragm, enters Lung Organ, then ascends throat Internally to root of tongue.
 - Branch separates in Lung Organ, connects to Heart Organ, disperses in chest [around KID-25], connects to Pericardium Channel (REN-17).

PERICARDIUM MERIDIAN (9 NOMINAL POINTS)

- Originates from centre of chest from Pericardium Organ, [Connects with REN-17].
- Descends through diaphragm into abdomen connecting (with) upper, middle and lower Jiaos of the San Jiao Organ.
- Branch runs laterally from chest centre, emerges at lateral chest/breast (PC-1).
- From lateral breast (PC-1), runs across anterior shoulder/axilla, down anterior arm through cubital fossa (PC-3). Travels down middle anterior forearm to middle anterior wrist (PC-7), through palm, to tip of middle finger (PC-9).
 - Branch runs from middle palm (PC-8) to medial tip 4th, ring finger (SJ-1).

SAN JIAO MERIDIAN (23 NOMINAL POINTS)

- Begins at ulnar tip 4th finger (SJ-1), runs over dorsum of hand to posterior wrist (SJ-4), travels up posterior midline of forearm to elbow (SJ-10, SJ-11), ascends posterior arm to lateral shoulder (SJ-14),
 - intersects SI-12 at posterior shoulder,
- and SJ-15 at superior scapular angle on upper back,
 - runs to C7 vertebra (DU-14), crosses high point of shoulder (GB-21), then anteriorly to suprascapular fossa (ST-12).
 - Descends Internally from suprascapular fossa to mid-chest (REN-17), connects with Pericardium Organ.
 - Descends Internally through abdomen linking (homing to) all three Jiaos of San Jiao. Connects to Ren Mai in each Jiao (REN-17, REN-12, REN-5).
 - Branch descends from San Jiao Organ to posterior lateral knee (BL-39).
 - Branch from BL-39 ascends along Bladder Channel to connect with Bladder Organ.
 - Branch from mid-chest (REN-17) rises to supraclavicular fossa (ST-12).
- Continues superficially up neck (SJ-16), circles behind (SJ-17), above (SJ-20), and in front of (SJ-21, SJ-22), the ear, then
 - intersects Gall Bladder Channel (GB-6, GB-4) at temple, and descends through cheek to infraorbital region (SI-18).
 - Branch from SJ-17 enters ear, emerges in front of ear (SI-19), connects to Gall Bladder Channel (GB-3),
- runs along zygomatic arch to lateral end of eyebrow (SJ-23).
 - Terminates at outer canthus (GB-1).

GALL BLADDER MERIDIAN (44 NOMINAL POINTS)

- Begins lateral to outer canthus (GB-1), ascends side of face from anterior root of ear (GB-2),
 - via temple (SJ-22), to corner of forehead (ST-8).
- Wends backward, forward and backward over side of head (GB-4 to GB-19),
 - via SJ-20 above ear,
- to base of skull posteriorly (GB-20). Runs down lateral neck,
 - via point behind angle of jaw (SI-17),
- to high point of shoulder (GB-21).
 - Branch from GB-21 travels to posterior base of neck (DU-14), returns anteriorly via upper back and shoulder (BL-11, SI-12) to supraclavicular fossa (ST-12).
 - Branch from GB-20 enters ear posteriorly, via SJ-17, emerges in front of ear (SI-19), travels along zygomatic arch (ST-7), returns to outer canthus (GB-1).
 - Branch from outer canthus (GB-1) descends to lower jaw (ST-5), ascends to infraorbital region (SI-18), turns down to angle of jaw (ST-6), then descends along neck to supraclavicular fossa (ST-12).
 - From ST-12, Internal pathway descends into chest, intersects Pericardium Channel (PC-1), crosses diaphragm, connects with Liver Organ and homes to Gall Bladder Organ.
 - Pathway follows inside of lower ribs and hypochondrium, emerges in inguinal region (ST-30), winds around genitals, and submerges into buttocks/hip region (GB-30).
 - Superficial branch separates in supraclavicular fossa (ST-12).
- Descends over lateral chest (GB-22 to GB-24),
 - connects with Liver Channel (LIV-13) at tip 11th rib,
- continues down to hip region (GB-29),
 - travels posteriorly to sacral region (BL-31, BL-34),
- then returns to buttocks (GB-30). United pathway descends along lateral thigh (GB-31) and lateral knee (GB-33, GB-34), passes along fibula in leg (GB-35, GB-36) to lateral anterior ankle (GB-40), then over dorsolateral foot to lateral tip 4th toe (GB-44).
 - Branch from lateral dorsum (GB-41) runs to hairy dorsum of great toe, lateral side (LIV-1)

LIVER MERIDIAN (14 NOMINAL POINTS)

- Begins at lateral dorsum great toe (LIV-1), crosses dorsum of foot to anterior medial ankle (LIV-4),
 - intersects Spleen Channel (SP-6),
- ascends medial leg, medial knee (LIV-8), and anteromedial thigh to inguinal region (LIV-11, LIV-12),
 - intersects Spleen Channel in inguinal region (SP-12, SP-13),
 - encircles external genitals, penetrates lower abdomen and intersects Ren Mai (REN-2, REN-3, REN-4).
- Ascends lateral trunk to tip 11th rib (LIV-13),
 - curves around Stomach Organ, homes to Liver Organ, connects with Gall Bladder Organ,
- disperses through lower costal area and hypochondrium (LIV-14).
 - Branch passes through diaphragm, enters Lung Organ, connects to Lung Channel.
 - Main pathway, now Internal, continues from lateral costal region (LIV-14), ascends over chest and along neck, runs up posterior throat to nasopharynx, links with tissues surrounding, connecting to, the eyes ('eye system').
 - Pathway continues over forehead to vertex (DU-20).
 - Branch separates below eye, travels through cheek, encircles inner lips.

Full details of these Meridians are available in other papers on this web page.

MAIN CHANNEL	INTERNAL PATHWAYS & BRANCHES, COMMAND POINTS [Indented]
PATHWAY	The indented text in this table indicates Internal Pathways and Branches of the
[Non-indented]	8 Extra Meridians. Command points are also noted.

CONCEPTION VESSEL [REN MAI] (24 NOMINAL POINTS)

- Begins in pelvic cavity, below REN-3 [at uterus in females, lower abdomen in males].
- Main pathway connects with internal urogenital organs, emerging in perineum (REN-1).
- From perineum (REN-1), runs anteriorly through pubic region,
 - connects at region of pelvic rim (ST-30) both sides,
- ascends anterior midline of lower abdomen (REN-5), navel (REN-8), upper abdomen (REN-12), chest (REN-17), neck (REN-23) to mentolabial groove of chin (REN-24).
 - Pathway divides, encircles mouth (DU-28), runs to both infraorbital regions (ST-1).
 - Second pathway arises in pelvic cavity, enters distal spine, ascends along the back.
 - Master point: LU-7 (Lie Que) Broken Sequence.
 - Coupling point: KID-6 (Zhao Hai) Shining Sea.
 - Luo-Connecting point: REN-15 (Jiu Wei) Turtledove Tail.

GOVERNING VESSEL [DU MAI] (28 NOMINAL POINTS)

Du Mai has 4 pathways:

- Main pathway originates in pelvic cavity, emerges in perineum (REN-1), runs posteriorly to,
 - tip of coccyx (DU-1), ascends posterior midline within spinal column,
 - links to inner Bladder pathway on upper back (BL-12),
 - continues to nape of neck (DU-16),
 - enters brain,
 - ascends to vertex (DU-20), continues along midline to forehead (DU-24), down bridge of nose to philtrum (DU-26), terminates in maxillary gum (DU-28).
 - May continue to mentolabial fossa [REN-24].
 - 2nd pathway originates in lower abdomen, descends to genitals and perineal region, encircles anus, continues into gluteal region, intersects Kidney and Urinary Bladder Channels, enters and ascends spinal column, connects with Kidney Organ.
 - 3rd pathway begins at inner canthus (BL-1) on each side. Branch from each inner canthus rises over forehead to meet at vertex. United pathway enters brain, emerges at nape (DU-16), divides into two branches which descend either side of spine, through BL-12, to lumbar region and join Kidney Organ.
 - 4th pathway begins in lower abdomen, links to external genitals and ST-30, ascends abdomen to navel, continues upward and passes through Heart Organ, enters and rises along throat, crosses floor of mouth, divides in two and encircles lips, each branch crosses the cheeks to the infraorbital region.

Master point: SI-3 (Hou Xi) Back Ravine

Coupling point: BL-62 (Shen Mai) Extending Vessel

Luo-Connecting point: DU-1 (Chang Qiang) Long Strong