Anatomy of the Large Intestine Channel (hand yang meng)

The large intestine channel (Figs. 8–1 to 8–6 and Table 8–1) begins at the tip of the index finger (acupoint LI-1—shang yang). It flows in an upward direction along the radial side of the index finger, to LI-4 (he gu) between the first and second metacarpal bones. Ascending along the lateral and anterior aspect of the forearm, the channel transverses the lateral elbow to reach the highest point of the shoulder at LI-15 (jian yu). It continues along the anterior border of the acromion, to the seventh cervical vertebra, where the path forms a connection with the three yang channels at acupoint GV-14 (da zhui). From here, it descends to the supraclavicular fossa and diverges into two rami. The interior branch flows through the lung, passes into the diaphragm, and concludes in the large intestine. A separate connection continues along the supraclavicular fossa, flowing upward to the neck and passing along the cheek and gums of the lower teeth. It then curves around the upper lip and ends at LI-20 (ying xiang) after crossing the opposite channel at the philtrum.

**Essential Points**

- BL-25 Shu point
- ST-25 Mu point
- LI-11 Tonification point
- LI-7 Xi cleft point
- LI-6 Luo point
- LI-4 Yuan point
- LI-2 Sedation point

*Figure 8–1  Large intestine channel*
### Table 8–1 Large Intestine Channel (LI)

<table>
<thead>
<tr>
<th>Points</th>
<th>Indications</th>
<th>Localization</th>
<th>Characteristics</th>
<th>Blood Vessels/Nerves/Needling Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>開陽 LI-1 (shang yang) Yang Metal</td>
<td>Acute pain and swollen throat, fainting, high fever</td>
<td>On the radial side of the index finger, 3 mm proximal to the nail corner</td>
<td>Jing Well point</td>
<td>1–2 mm perpendicular or oblique</td>
</tr>
<tr>
<td>合谷 LI-4 (he gu) Union Valley</td>
<td>a. Painful conditions—the best analgesic point for above the diaphragm, fever, sinus disorders</td>
<td>At the highest point of the adductor pollicis with the thumb and index finger adducted</td>
<td>Yuan source point from LI-7</td>
<td>1–2 cm perpendicular, directed toward PC-8</td>
</tr>
<tr>
<td></td>
<td>b. Healing, skin disorders on the face and neck</td>
<td>At base of the midpoint of the line bisecting the first and second metacarpal bones when the thumb is fully extended</td>
<td></td>
<td></td>
</tr>
<tr>
<td>温溜 LI-7 (wen liu) Warm Flow</td>
<td>Acute abdominal pain, facial pain and flatulence</td>
<td>On the radial and dorsal side of the forearm, on the line connecting the points LI-5 and LI-11</td>
<td>Xi cleft point</td>
<td>1–1.5 cm perpendicular</td>
</tr>
<tr>
<td>曲池 LI-11 (qu chi) Pool at the Bend</td>
<td>Tonification point, homeostatic (metabolic, endocrine, and cardiovascular), immune enhancing, tennis elbow, localized anti-inflammatory</td>
<td>On the end of the lateral transverse elbow crease, when the forearm is flexed at a right angle to the upper arm</td>
<td>He Sea point, tonification point</td>
<td>2–3 cm perpendicular</td>
</tr>
<tr>
<td>肩髃 LI-15 (jianyu) Shoulder Bone</td>
<td>Shoulder pain, periarthritis</td>
<td>With the arm abducted, on the shoulder in the anterior depression, palpable anterior to the biceps tendon</td>
<td></td>
<td>1–2 cm perpendicular</td>
</tr>
<tr>
<td>迎香 LI-20 (ying xiang) Welcome Fragrance</td>
<td>Rhinitis, common cold, nose bleeds, toothache, trigeminal neuralgia, and facial palsy</td>
<td>Between the ala nasi and nasolabial groove</td>
<td></td>
<td>0.2–0.5 cm oblique</td>
</tr>
</tbody>
</table>

**Figure 8–2** Large intestine channel hand points (LI-1 to LI-7)
Chapter 8 Anatomy of the Large Intestine Channel

Figure 8–3  Large intestine channel arm points (LI-4 to LI-14)

Figure 8–4  Large intestine channel neck points (LI-14 to LI-18)

Figure 8–5  Large intestine lateral neck points (LI-17 to LI-19)

Figure 8–6  Large intestine face points (LI-19 to LI-20)
## Quiz Questions

1. The large intestine channel begins from
   A. tip of the big toe
   B. lateral side of the chest
   C. below the eyeball
   D. tip of the index finger

2. The *He* Sea point of large intestine is
   A. LI-4
   B. LI-15
   C. LI-11
   D. LI-20

3. Intermediate circulation of energy (*qi*) starts after
   A. LI-4
   B. LI-5
   C. LI-11
   D. LI-15

4. The following acupuncture point governs the area of the head:
   A. LI-4
   B. LI-7
   C. LI-11
   D. LI-15

5. The end point of the large intestine connects with the subsequent channel at the
   A. wrist
   B. elbow
   C. shoulder
   D. face

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For a glossary of English and Chinese acupuncture terms used in this book, see Appendix 1. For further background reading on medical acupuncture, see Appendix 3.