The Large Intestine Channel

“The Large Intestine holds the office of transport master, issuing change and transformation.”
- Su Wen, Chapter 8

FUNCTIONS OF THE LARGE INTESTINE
- Transports and transforms waste
- Removes fluids

OTHER CHARACTERISTICS
- “The Yang Ming channel is full of qi and blood.” - Ling Shu, Chapter 9

不通则痛
痛则不通
bù tōng zé tòng
tòng zé bù tōng

Where there is stagnation, there is pain.
Where there is pain, there is stagnation.
Lower He-Sea Points

<table>
<thead>
<tr>
<th>Channel</th>
<th>Point</th>
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</thead>
<tbody>
<tr>
<td>Large Intestine</td>
<td>ST-37</td>
</tr>
<tr>
<td>Small Intestine</td>
<td>ST-39</td>
</tr>
<tr>
<td>San Jiao</td>
<td>UB-39</td>
</tr>
</tbody>
</table>

- Chapter 4 of the Ling Shu states, “The he-sea points treat the internal fu”
- However, in the case of the three arm yang channels (LI, SI, SJ), the channel traverses the upper body, while the corresponding organ is in the lower jiao
- Thus, the He-Sea points of the three arm yang channels cannot reach their corresponding fu organ
- Therefore, we designate an additional point, not on that channel, called the Lower He-Sea Point which is able to treat the organ

**Points along the Large Intestine channel do not have a strong effect on the Large Intestine organ.** If we want to treat the organ, we would use other points like ST-37 (the lower he-sea point) or ST-25 (the front-mu point)

LI Primary Channel

**Begins:** LI-1
- ascends anterior aspect of arm to the shoulder
- crosses behind the shoulder, passing through SI-12 and DU-14
- meets the other five yang channels
- enters the supraclavicular fossa and connects to the Lung and Large Intestine
- **Branch:** descends to ST-37, the lower he-sea points of the Large Intestine
- **Branch:** ascends from the supraclavicular fossa along neck, passes through cheek and lower gums
- curves around lip and crosses to other side of the body and terminates next to the nose
- At LI-20, the Large Intestine channel joins the Stomach channel

**Linkage:** LI-20 → ST-1
**Organs:** LU, LI
LI Primary Channel

PATHOLOGIES
• epistaxis, watery nasal discharge
• toothache
• congested and sore throat
• borborygmus, abdominal pain, diarrhea and dysentery
• pain in the neck, anterior part of shoulder and lateral aspect of the arm

<table>
<thead>
<tr>
<th>Begins</th>
<th>Δ Points</th>
<th>Organs</th>
<th>Tissue</th>
<th>Linkage</th>
<th>Misc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LI-1</td>
<td>ST-4, ST-12, SI-12, DU-14, DU-26, Ren-24, GB-5, GB-6, GB-14</td>
<td>LU, LI</td>
<td>lower gums</td>
<td>LI-20 → ST-1</td>
<td>crosses to other side of body</td>
</tr>
</tbody>
</table>

LI Luo Channel

Separates: LI-6
• joins the Lung channel
• ascends the arm to the jaw and cheek
• divides
• one branch connects to teeth
• other branch enters the ear

Deficiency Symptoms:
• teeth sensitive to cold
• fullness/congestion in the chest

Excess Symptoms:
• toothache
• gum disease
• deafness
• ear disorders
LI Divergent Channel

- **Diverges:** on the hand
- **Ascends to shoulder (LI-15)**
- **Travels medially to spinal column**
- **Crosses supraclavicular fossa and descends to thorax, breast, Lung and Large Intestine**
- **Branch:** ascends from supraclavicular fossa along throat
- **Converges** with the Large Intestine primary channel on the neck (LI-18)

<table>
<thead>
<tr>
<th>Separates:</th>
<th>hand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enters:</td>
<td>supraclavicular fossa</td>
</tr>
<tr>
<td>Emerges:</td>
<td>supraclavicular fossa</td>
</tr>
<tr>
<td><strong>Converges</strong></td>
<td>throat (LI-18)</td>
</tr>
</tbody>
</table>

**TREATS**
- Disorders of the Chest and Breast
- Disorders of the upper back, chest, lung, throat, and large intestine
- LI-18 Upper Uniting Point can be used for both LI and Lung channel disorders
LI Sinew Channel

- **Originates** index finger (LI-1)
- **Binds** at the dorsum of the wrist
- **Binds** at the lateral aspect of the elbow
- **Binds** at the shoulder
- A branch winds around the scapula and attaches to the spine
- Ascends the neck, spreads over cheek and **binds** at the nose
- crosses over the top of the head and connects to the mandible on the other side

**Pathologies**
- cramping pain along channel
- inability to raise shoulder
- inability to turn neck left or right

LI-1: *shāng yáng*

Shang Yang

*Jing-Well (Metal) Point*

0.1 cun from corner of nail, near base and radial side

**Needling:** ⊥ 0.1-0.2 cun, prick to bleed

**Functions:**
- Revives consciousness
- Clears heat, reduces swelling, alleviates pain
- Brightens the eyes, benefits the ears and throat

**Indications:**
- loss of consciousness (from wind-stroke)
- painful obstruction of throat, toothache in lower jaw, cheek pain
- deafness, tinnitus
- pain in shoulder, numbness in fingers
LI-2: èr jiān

Second Space
Yīng-Spring (Water) Point

Radial border of index finger, distal to metacarpophalangeal joint

Needling: ⊥ 0.5 cun

**FUNCTIONS:**
- Expels wind, clears heat and reduces swelling
- Alleviates pain

**INDICATIONS:**
- Toothache, pain and swelling of the lower cheek, acute eczema of the face
- Deviation of the mouth and eye
- Nosebleed, rhinitis
- Febrile disease
- Pain and stiffness in shoulder and back

LI-3: sān jiān

Third Space
Shū-Stream (Wood) Point

Radial border of index finger, proximal to metacarpophalangeal joint

Needling: ⊥ 0.5-2 cun

**FUNCTIONS:**
- Expels wind and heat
- Clears heat, brightens the eyes, benefits throat and teeth
- Dispels fullness and treats diarrhea

**INDICATIONS:**
- Obstruction of throat, toothache in lower jaw, tongue thrusting
- Cold or damp diarrhea, borborygmus, fullness in chest
- Acute stiff neck, redness on back of hand, difficulty extending fingers
### LI-4: hé gǔ

Joining Valley

*Yuan-Source Point*
*Gao Wu Command Point of the Face*
*Ma Dan-Yang Heavenly Star Point*

At the midpoint of the second metacarpal bone, close to its radial border

<table>
<thead>
<tr>
<th>Needling:</th>
<th>⊥ 0.5-1 cun (contraindicated in pregnancy)</th>
</tr>
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</table>

**FUNCTIONS:**
- Regulates wei qi and adjusts sweating
- Releases the exterior
- Benefits the face, eyes, nose, ears, and mouth
- Stops pain
- Promotes labor
- Restores yang collapse
- ACAP

**INDICATIONS:**
- exterior wind-cold or wind heat, copious sweating, absence of sweating
- headache, eye pain/swelling, nosebleed, nasal congestion, toothache, mouth pain/ulcers, swelling of face
- amenorrhea, prolonged labor
- pain, stagnation
- Yang collapse: loss of consciousness, cold limbs, purple lips

### LI-5: yáng xī

Yang Stream

*Jing-River (Fire) Point*

Center of hollow formed by extensor pollicis longus and brevis

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**FUNCTIONS:**
- Clears heat and alleviates pain
- Clears Yang Ming fire and calms shen
- Benefits nose, ears, and eyes
- Benefits the wrist joint

**INDICATIONS:**
- Heat in face: rhinitis, nosebleed, eye pain, lacrimation, toothache, headache
- Febrile disease with agitation of the heart, mania-depression, manic raving, laughter
- Weakness and pain in the wrist, contraction of the fingers, heat in the palms
LI-6: *piān lì*

Veering Passage

*Luo-Connecting Point*

3 cun proximal to LI-5

Needling: 0.5-1.0 cun

**FUNCTIONS:**
- Expels wind and clears heat
- Regulates the water passages

**INDICATIONS:**
- **Luo-Channel pathway:** tinnitus, deafness, toothache, red eyes, swelling of cheek, deviation of mouth
- **Yin-Yang Pair:** difficult urination, edema, ascites, exterior attack of wind-heat
- Pain of wrist, elbow, arm

LI-7: *wēn liū*

Warm Flow

*Xi-Cleft Point*

5 cun proximal to LI-5

Needling: 0.5-1.0 cun

**FUNCTIONS:**
- Clears heat and heat toxicity
- Harmonizes Stomach and intestines
- Clears Yang Ming fire and calms spirit
- **Treats acute conditions and pain**

**INDICATIONS:**
- Swelling and pain of face, carbuncles, sores, boils, pain of teeth, tongue thrust, loss of voice
- Borborygmus with abdominal pain, abdominal distention, vomiting watery saliva, sudden swelling of limbs
- Frequent laughter, raving, seeing ghosts
- Pain and difficulty raising arm/shoulder
**LI-8: xià lián**

Lower Angle

4 cun distal to LI-11

Needling: ⊥ 0.5-1 cun

**FUNCTIONS:**
- Harmonizes Small Intestine
- Expels wind and clears heat
- Clears Yang Ming fire and calms shen

**INDICATIONS:**
- Fullness and pain in abdomen, periumbilical pain, blood in the stool
- Bi syndrome, hemiplegia, headache
- Manic raving, mad walking

Deadman: “In clinical practice, however, the points on the lower limb are much more frequently used to treat intestinal disorders.”

**LI-9: shàng lián**

Upper Angle

3 cun distal to LI-11

Needling: ⊥ 0.5-1.5 cun

**FUNCTIONS:**
- Harmonizes Large Intestine
- ACAP

**INDICATIONS:**
- Borborygmus, abdominal pain
- Chest pain, dyspnea
- Pain or numbness or shoulder, elbow, arm

Deadman: “In clinical practice, however, the points on the lower limb are much more frequently used to treat intestinal disorders.”
### LI-10: shǒu sàn lǐ

**Arm Three Miles**

2 cun distal to LI-11

**Needling:** ⊥ 0.5-1.5 cun

**Functions:**
- Regulates qi and blood
- Harmonizes Stomach and intestines
- Tonifies qi
- ACAP

**Indications:**
- pain and immobility of the arm and shoulder, atrophy, hemiplegia
- abdominal pain, vomiting and diarrhea, sudden turmoil
- toothache, swelling of cheek, deviation of mouth

### LI-11: qū chí

**Pool at the Crook**

*He-Sea (Earth) Point  
Sun Si-Miao Ghost Point  
Ma Dan-Yang Heavenly Star Point*

At the elbow, midway between LU-5 and the lateral epicondyle of the humerus

**Needling:** ⊥ 1-1.5 cun

**Functions:**
- Clears heat and cools the blood
- Eliminates wind, drains damp, and alleviates itching
- Regulates qi and blood
- Benefits sinews and joints

**Indications:**
- fever, urticaria, wind rash, dry skin, scaly skin, itching of the skin, shingles
- agitation and oppression of the chest, manic disorders, tongue thrusting, dizziness, hypertension
- throat pain, goiter, scrofula, toothache, pain in eyes, pain in front of ear
- pain in upper arm, bi syndrome, hemiplegia, contraction, immobility of elbow
**LI-12: zhǒu liáo**  
Elbow Crevice

1 cun proximal and 1 cun lateral to LI-11

*Needling:* ⊥ 0.5-1 cun

**FUNCTIONS:**
- ACAP
- Benefits elbow

**INDICATIONS:**
- Numbness and immobility of upper arm
- Pain and stiffness of elbow

**LI-13: shǒu wǔ lǐ**  
Arm Five Miles

3 cun proximal to LI-11

*Needling:* ⊥ 0.5-1 cun

**FUNCTIONS:**
- ACAP
- Alleviates coughing
- Regulates qi, drains damp and transforms phlegm

**INDICATIONS:**
- Pain or numbness of elbow or upper arm, inability to raise arm, shoulder pain
- Cough, difficult breathing
- Scrofula, inability to move the four limbs
LI-14: bì nào

Upper Arm

Insertion of deltoid muscle

Needling: ⊥ 1-1.5 cun

FUNCTIONS:
• ACAP
• Resolves phlegm and dissipates nodules
• Brightens the eyes

INDICATIONS:
• Pain and numbness of upper arm or shoulder
• Scrofula and goiter
• Redness, swelling, pain in eyes

LI-15: jiān yú

Shoulder Bone

Anterior and inferior to acromion, at origin of deltoid muscle

Needling: ⊥ 0.5-1 cun

FUNCTIONS:
• Dispels damp, alleviates pain, and benefits the shoulder joint
• Eliminates wind and regulates qi and blood
• Resolves phlegm and dissipates nodules

INDICATIONS:
• Shoulder stuff: shoulder pain, weakness of the shoulder, heat in shoulder, swelling of shoulder, inability to raise arm
• Hemiplegia, wind paralysis, wind-stroke, bi syndrome
• Wind-heat urticaria
• Scrofula and goiter
### LI-16: jù gǔ

**Great Bone**

Medial to acromion process, between lateral end of clavicle and scapular spine

**Needling:** ⊿ 0.5-1.0 cun

**Functions:**
- ACAP
- Benefits shoulder joint
- Resolves phlegm and dissipates nodules

**Indications:**
- Pain of shoulder, blood stasis in shoulder, difficulty raising arm, pain in upper arm
- Fright epilepsy, vomiting copious amounts of blood, blood stasis in chest, scrofula and goiter

### LI-17: tiān dǐng

**Heaven's Tripod**

1 cun inferior to LI-18, on the posterior border of the SCM

**Needling:** ⊿ 0.3-0.5 cun

**Functions:**
- Descends Lung qi, stops cough and wheezing
- Transforms phlegm, clears heat, regulates water passages
- Benefits the throat and voice
- Descends Stomach qi

**Indications:**
- Cough (with possible phlegm/blood/pus), wheezing, asthma
- Heat in chest, fever/chills, sweating
- Throat obstruction, sudden loss of voice, nasal congestion, swelling of the face (facial edema)
- Pain in the shoulder, back, and chest
- Nausea/vomiting
- Skin pain, goiter
**LI-18: fú tū**  
**Support the Prominence**  
*Window of Heaven Point*

Level with tip of laryngeal prominence, between sternal and clavicular heads of SCM

**Needling:** ⊥ 0.3-0.5 cun

<table>
<thead>
<tr>
<th><strong>FUNCTIONS:</strong></th>
<th><strong>INDICATIONS:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Benefits the throat and voice</td>
<td>• Swelling, pain of throat, sudden loss of voice, goiter, scrofula, difficulty swallowing</td>
</tr>
<tr>
<td>• Relieves cough and wheezing</td>
<td>• Cough, wheezing, asthma</td>
</tr>
</tbody>
</table>

**LI-19: kǒu hé liáo**  
**Mouth Grain Crevice**

Below lateral margin of nostril, 0.5 cun lateral to DU-26 (upper third of philtrum)

**Needling:** ⊥ 0.3-0.5 cun

<table>
<thead>
<tr>
<th><strong>FUNCTIONS:</strong></th>
<th><strong>INDICATIONS:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Eliminates wind and opens nasal passages</td>
<td>• Nasal congestion, loss of sense of smell, nasal polyps, rhinitis</td>
</tr>
<tr>
<td></td>
<td>• Lockjaw, deviation of mouth, loss of consciousness</td>
</tr>
</tbody>
</table>
LI-20: yxìng xīāng

Welcome Fragrance

In the naso-labial groove, level with the midpoint of the ala nasi

Needling:  0.3-0.5 cun

**FUNCTIONS:**

- Opens the nasal passages
- Expels wind and clears heat

**INDICATIONS:**

- nasal congestion, nasal discharge, rhinitis, loss of smell, nasal sores
- deviation of mouth, swelling and itching of face

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THE HAND YANG MING LARGE INTESTINE CHANNEL

By: Nicholas Duchnowski
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This file is available online at: http://www.tcmstudy.net/handouts/A102_Lung.pdf

**Sources:**

- The Foundations of Chinese Medicine, by Giovanni Maciocia, Elsevier Churchill Livingstone, 2005