

THE FOOT JUE YIN LIVER CHANNEL

The Liver Channel

“The Liver holds the office of general and is the issuer of strategies and planning.”

- *Su Wen, Chapter 8*

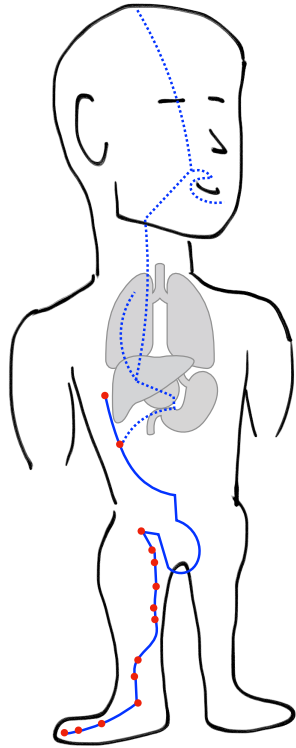
FUNCTIONS OF THE LIVER

- Stores blood
- Spreads qi (maintains free flow)
- Nourishes the sinews; manifests in the nails
- Opens to the eyes
- Stores the hun (ethereal soul)

OTHER CHARACTERISTICS

- The Liver corresponds to the wood phase and wind
- The Liver governs uprising; in disharmony may rise excessively
- The Liver is associated with such emotions as anger, irritability, frustration, resentment, depression, weepiness, and mood swing

Liver Primary Channel



Begins: LV-1 (hairy region of big toe)

- runs up dorsum of foot and medial side of leg
- ascends to pubic region and curves around external genitalia
- runs up abdomen, curves around **Stomach**, enters **Liver** and **Gallbladder**
- passes through diaphragm, spreads over lateral costal region
- ascends along posterior aspect of throat, nasopharynx, and connects to eye system
- goes to forehead and connects to vertex (DU-20)
- **Branch:** runs down from eye system into cheek and curves around inner surface of lips
- **Branch:** from Liver, runs through diaphragm and connects to **Lung** and Lung channel

Linkage: LV-14 → LU-1

Organs: LV, GB, ST, LU

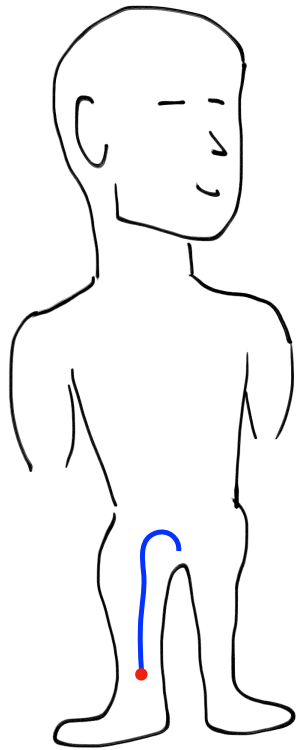
Liver Primary Channel

PATHOLOGIES

- low back pain, fullness in chest
- pain in lower abdomen, hernia
- vertex headache, dryness in throat and lips
- hiccup, enuresis, dysuria
- mental disturbance

Begins	Δ Points	Organs	Tissue	Linkage	Misc.
LV-1	SP-6, SP-12, SP-13, REN-2, REN-3, REN-4, PC-1, DU-20	LV, GB, LU, ST	throat, nose, eye system	LV-14 → LU-1	encircles genitals and lips, goes to vertex

Liver Luo-Connecting Channel



Separates: LV-5

- connects with GB channel
- ascends to genitals

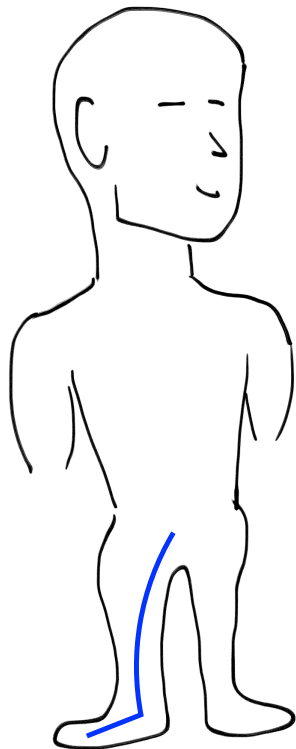
Deficiency Symptoms:

- sudden itching of genitals

Excess Symptoms:

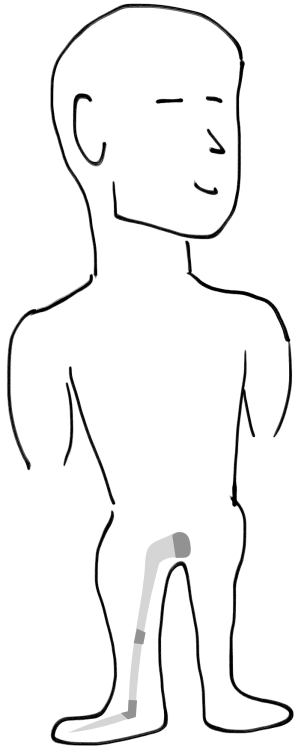
- priapism (persistent erection)

Liver Divergent Channel



- **Diverges:** dorsum of foot
- Ascends to pubic region
- **Converges** with GB primary channel

Liver Sinew Channel



- **Originates** on the dorsum of big toe
- **Binds** at anterior aspect of medial malleolus
- Ascends medial side of leg and **binds** at medial condyle of tibia
- Continues up medial thigh to genitals
- Connects with other sinew channels

PATHOLOGIES

- strained big toe
- pain at medial malleolus, medial aspect of knee, medial aspect of thigh
- dysfunction of genitals (inability to have an erection, retraction of genitals, persistent erection)

LV-1: *dà dūn*

大敦

Big Mound

Jing-Well (Wood) Point

Lateral side of big toe, 0.1 cun from corner of nail

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

FUNCTIONS:

- Regulates qi in lower jiao, treats shan disorder, alleviates pain
- Treats genito-urinary disorders
- Regulates menstruation
- Revives consciousness and calms shen

INDICATIONS:

- the seven types of shan disorder, pain and swelling of the genitals, pain of the umbilicus
- pain, swelling, or retraction of genitals; the five types of lin syndrome (painful urinary dribbling), blood in the urine
- irregular menses, profuse menstrual bleeding (menorrhagia), spotting between periods (metrorrhagia)
- loss of consciousness, epilepsy, fear and fright, mania-depression, worry and sighing

LV-2: *xíng jiān*

行間

Interval Pass

Ying-Spring (Fire) Point

Between 1st and 2nd toes, 0.5 cun proximal to web margin

Needling: ⊥ 0.5 - 0.8 cun; ∟ 0.5-1.0 cun towards heel

FUNCTIONS:

- Clears Liver fire and descends Liver yang
- Spreads Liver qi
- Extinguishes interior wind
- Cools blood and stops bleeding
- Clears damp-heat from lower jiao

INDICATIONS:

- headache, dizziness, red eyes, bitter taste in mouth, tinnitus
- counterflow cold in four limbs, propensity to anger, throat obstruction
- wind stroke, contracted sinews, deviation of eyes and mouth,
- profuse menstrual bleeding, coughing up blood, vomiting blood
- itching and pain of genitals, painful urination, shan disorder, vaginal discharge

LV-3: *taì chōng*

太沖

Supreme Rushing

Shu-Stream (Earth) Point

Yuan-Source Point

Ma Dan-Yang Heavenly Star Point

In hollow distal to junction of 1st and 2nd metatarsals

Needling: ⊥ 0.5-1.5 cun towards KI-1

FUNCTIONS:

- Spreads Liver qi
- Subdues Liver yang and extinguishes interior wind
- Nourishes Liver blood and yin
- Clears head and eyes
- Regulates menstruation
- Regulates lower jiao

INDICATIONS:

- headache, dizziness, opisthotonos, epilepsy, deviation of eye and mouth
- pain in lateral costal region, sighing, irritability, outburst of anger, breast distention
- blurred vision, cracked lips, painful or dry throat
- amenorrhea, irregular menstruation, prolonged uterine bleeding, insufficient lactation
- enuresis, difficult urination, retention of urine
- cramps, stiff low back, contracted sinews

Twelve Heavenly Star Points

LU-7	One-sided headache, wind bi, phlegm obstruction in the upper body, lockjaw
LI-4	Headache, swelling of the face, tooth decay, nosebleed, lockjaw
LI-11	Skin disorders due to wind, aching elbow, hemiplegia with inability to close the hand, inability to draw a bow or comb hair
ST-36	Cold stomach, abdominal pain, diarrhea, swollen leg, weakness, emaciation
ST-44	Toothache, deathly chill in the hands and feet, dislike of voices, skin rashes, continuous yawning
HT-5	Inability to speak, vexation, anger, palpitations
UB-40	Lumbar pain, difficulty stretching and bending the knee
UB-57	Hemorrhoids, difficulty in defecation, lumbar pain, swelling the knee
UB-60	Cramping of the lumbar region and sacrum, fullness of the Heart, inability to walk
GB-30	Bi syndrome, pain radiating from the hip to calf (sciatica) sighing with pain when turning over
GB-34	Cold bi, hemiplegia, swelling and numbness of the knee, inability to raise the leg
LV-3	Epilepsy, legs unable to walk, seven types of shan disorder (hernia), unilateral sagging and swelling of the testicle, cloudy vision

LV-4: zhōng fēng

中封

Middle Seal

Jing-River (Metal) Point

Anterior to medial malleolus, in depression medial to tibialis anterior tendon

Needling: ± 0.3-0.5 cun

FUNCTIONS:

- Spreads Liver qi in lower jiao
- Clears stagnant heat from channel

INDICATIONS:

- pain and retraction of the genitals, hypogastric pain or umbilical pain, shan disorder, seminal emission
- pain and swelling in lower abdomen
- difficult urination, lin syndrome, urinary retention

LV-5: *lǐ gōu*

蠡溝

Woodworm Canal

Luo-Connecting Point

5 cun above medial malleolus, just posterior to crest of tibia

Needling: ⊥ 0.3-0.5 cun

FUNCTIONS:

- Moves Liver qi and benefits genitals
- Clears damp-heat from lower jiao
- Regulates menstruation
- Treats plum pit qi

INDICATIONS:

- itching, swelling, and pain of the genitals, sudden swelling and pain of the testicles, incessant erection
- difficult urination, irregular menstruation, leukorrhea
- plum pit qi, depression, fear and fright, worry and oppression
- inflexibility of the back, lumbar pain

LV-6: *zhōng dū*

中都

Central Capital

Xi-Cleft Point

7 cun above medial malleolus, just posterior to crest of tibia

Needling: ⊥ 0.5-1.0 cun; ∠ 1-2 cun towards abdomen

FUNCTIONS:

- Moves Liver qi and regulates lower jiao
- Regulates blood
- Drains dampness

INDICATIONS:

- shan disorder, lower abdominal pain, uterine bleeding
- cold in lower leg, pain in inner aspect of leg, flaccidity and emaciation of legs

LV-7: *xī guān*

膝關

Knee Gate

1 cun posterior to SP-9

Needling: ⊥ 1-2 cun

FUNCTIONS:

- Dispels wind-dampness
- Benefits the knee

INDICATIONS:

- swelling and pain of the knee, pain of inner aspect of the knee, bi syndrome in the knee, rigidity of the knee
- crane's knee wind: swelling of the knee with emaciation of the lower leg
- white tiger joint wind pain: redness and swelling of joints (wind-cold-damp transforming into heat)

LV-8: *qū quán*

曲泉

Pool Spring

He-Sea (Water) Point

Just superior to medial end of popliteal crease; anterior to tendons semimembranosus and semitendinosus

Needling: ⊥ 1-1.5 cun

FUNCTIONS:

- Benefits bladder and genitals
- Clears damp-heat from lower jiao
- Invigorates blood and regulates menstruation
- Nourishes blood and yin

INDICATIONS:

- swelling and itching of genitals, pain in genitals, impotence, difficult urination
- abdominal masses in women due to blood stasis, painful periods, infertility due to blood stasis, amenorrhea

LV-9: *yīn bāo*

陰包

Yin Wrapping

4 cun above LV-8; between vastus medialis and sartorius

Needling: ⊥ or ˆ 1-2 cun

FUNCTIONS:

- Regulates menses

INDICATIONS:

- irregular menstruation, difficult urination

LV-10: *zú wǔ lǐ*

足五里

Leg Five Miles

3 cun below ST-30 on anterior border of adductor longus

Needling: ⊥ or ˆ 0.5-1.5 cun

FUNCTIONS:

- Clears damp-heat and benefits the lower jiao

INDICATIONS:

- difficult urination, retention of urine, enuresis, itching of genitals

LV-11: *yīn lián*

陰廉

Yin Corner

2 cun below ST-30 on anterior border of adductor longus

Needling: ⊥ or ∟ 0.5-1.5 cun

FUNCTIONS:

- Benefits the uterus

INDICATIONS:

- infertility, irregular menstruation, pain in inner thigh and knee

LV-12: *jí mài*

急脈

Urgent Pulse

Inguinal crease, medial to femoral vein; 1 cun inferior and 2.5 cun lateral to REN-2

Needling: ∟ 0.5-0.8 cun medially

FUNCTIONS:

- Disperses cold from Liver channel and benefits the lower jiao

INDICATIONS:

- pain in genitals, swelling of testicles, uterine prolapse
- Hypogastric pain, shan disorder, pain in inner thigh

LV-13: zhāng mén

章門

Completion Gate

Front-Mu Point of Spleen
Hui-Gathering Point of the Zang

Anterior and inferior to free end of 11th rib

Needling: _ 0.5-1.0 cun (laterally along rib)

FUNCTIONS:

- Regulates Liver qi
- Fortifies the Spleen
- Harmonizes Liver and Spleen

INDICATIONS:

- propensity to anger, distention and pain of the abdomen, borborygmus, diarrhea and loss of appetite, constipation
- running piglet

LV-14: qí mén

期門

Cycle Gate

Front-Mu Point of Liver

In the 6th intercostal space, 4 cun lateral to midline

Needling: ∠ 0.5-1.0 cun (medial or lateral)

FUNCTIONS:

- Regulates Liver qi
- Invigorates blood and disperses masses
- Harmonizes Liver and Stomach

INDICATIONS:

- distention in hypochondria, sighing, breast distention
- epigastric distention, hiccup, belching, vomiting, hardness of epigastrium
- running piglet

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This file is available online at: http://www.tcmstudy.net/handouts/A202_Small_Intestine.pdf

Sources:

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