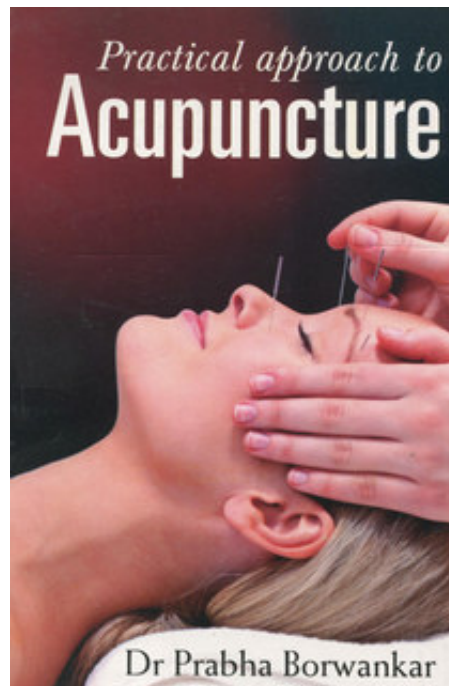


Prabha Borwankar

Practical Approach to Acupuncture

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LUNG MERIDIAN

(The Lung Channel of Hand Taiyin)

Superficial Course :

This is the course which we usually call Lung meridian. It starts from the point in the first intercostal space six cun lateral to the midline. It runs along the medial aspect of the upper arm, reaches the center of the cubital fossa, then runs along the antero lateral surface of the forearm to the lateral end of the distal wrist crease; running along the palmar surface of the first metacarpal and along the lateral border of the thumb, ends in the superio lateral corner of the nail of the thumb.

Internal Course :

This meridian originates in the middle body cavity (central heater or central warmer). It travels downwards to connect with the large intestine. It turns back and proceeds towards the cardiac orifice and passes through the diaphragm to enter its pertaining organ — Lung. Then it travels transversely to the 1st intercostal space, six cun lateral to the midline. Hence forth the course is known as superficial course.

Branches :

One branch is given from Lu 7 which runs to the radial side of the nail of the index finger to join large intestine meridian.

This meridian is a Yin meridian and has luo connection with the large intestine meridian (Fig. 16). It is associated with the element metal. This meridian is used mainly to treat the respiratory disorders and diseases along the path of the meridian. It is also used in skin disorders.

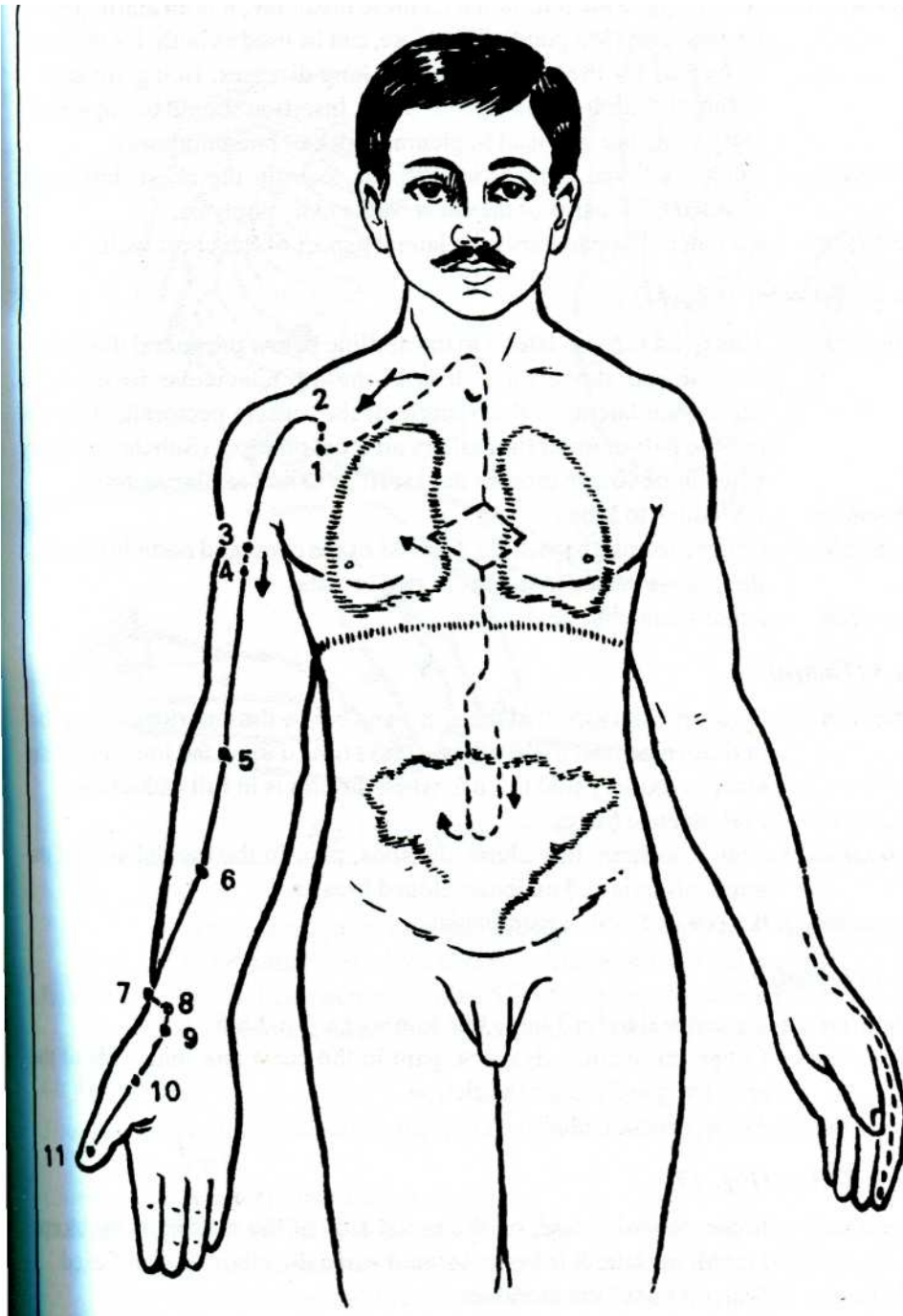
Lung meridian has 11 points.

Points forbidden to the needle — Nil

Points forbidden to Moxa — Lu 3, Lu 8, Lu 10, Lu 11

Lu 1 (Zhongfu) (Fig. 17) :

Situation : On the front of the chest, 6 cun lateral to the midline or 2 cun lateral to the vertical nipple line at the level of the first intercostal space medial to coracoid process, where pulsations of the subclavian artery may be felt.



Character : According to the traditional Chinese medicine, it is an alarm point of the meridian (Mu point). Therefore, can be used as both, for diagnosis as well as for the treatment of the lung diseases. Being situated on the chest wall. It is a dangerous point. Insertion should be superficial. Deep puncture will lead to pleural shock or pneumothorax.

Indications: Cough, asthma, bronchitis, dyspnea, pain in the chest, intercostal neuralgia, fibrositis of the chest wall and hemoptysis.

Insertion : 0.5 cun oblique towards the lateral aspect of the chest wall.

Lu 2 (Yunmen) (Fig. 17) :

Situation : This point is 6 cun lateral to the midline below the lateral third of the clavicle and above Lu 1. It is in the infraclavicular fossa, in the depression lateral to the triangle of the muscle pectoralis. One can feel the pulsations of the axillary artery at that spot (Subclavian artery when in its course crosses the 1st rib is called axillary artery).

Character : Forbidden to Moxa.

Indications : Cough, asthma, bronchitis, fullness of the chest and periathritis of the shoulder joint and underdeveloped breasts.

Insertion : 0.5 to 1 cun oblique.

Lu 3 (Tianfu) :

Situation : On the medial aspect of the arm 3 cun below the anterior axillary fold or 6 cun proximal to the elbow crease (or Lu 5) on the line joining the anterior axillary fold to Lu 5, when the arm is in full adduction.

Character : Forbidden to Moxa.

Indications : Cough, asthma, bronchitis, dyspnea, pain in the medial side of the arm, epistaxis and underdeveloped breasts.

Insertion : 0.5 cun to 1 cun perpendicular.

Lu 4 (Xiabai) :

Situation : 1 cun distal to Lu 3 on the line joining Lu 3 to Lu 5.

Indications : Cough, bronchitis, dyspnea, pain in the chest and inner side of the arm. Drug and alcohol addiction.

Insertion : \ cun perpendicular.

Lu 5 (Chize) (Fig. 17) :

Situation : In the cubital crease, on the radial side of the tendon of the biceps brachii muscle. It is better located when the elbow is semiflexed.

Character : Water point of the meridian.

Indications : Cough, bronchitis, asthma, epistaxis, hemoptysis, skin disorders like psoriasis, dermatitis, paralysis of the upper arm, synovitis and arthritis

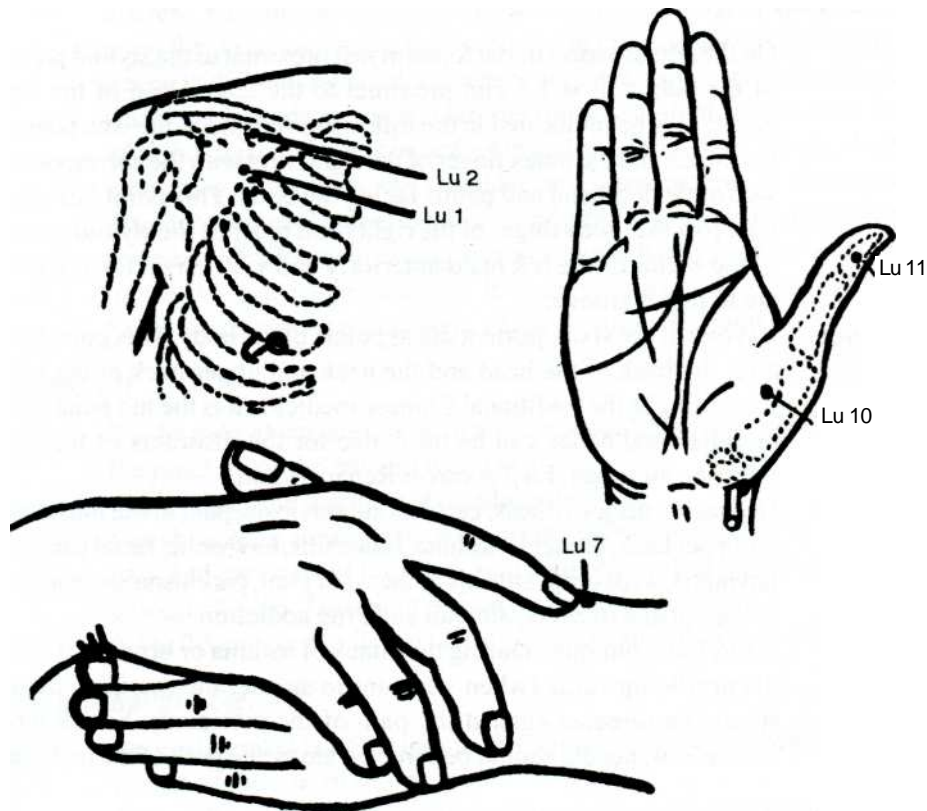


Fig. 17: Lung Meridian, few points

of the elbow joint, swelling and pain of the upper arm. Bleeding at this point with three edged needle helps the skin conditions. : 0.5 to 1 cun perpendicular. After this point meridian follows the path between the muscles, supinator and flexor carpi radialis.

Lu 6 (Kanzui) :

Situation : 7 cun proximal to the distal wrist crease, on the line joining L 5 to Lu9.

Character : Xicleft point of Lung meridian. *Indications:* Acute attack of bronchial asthma, acute bronchitis, hemoptysis, dyspnea, pain and motor impairment of the forearm. This point is used in acupuncture anesthesia and epistaxis.

Insertion : 0.5 to 1 cun perpendicular.

Lu 7 (Lieque) (Fig. 17) :

Situation : On the lateral aspect of the forearm just proximal to the styloid process of the radius. It is 1.5 cun proximal to the lateral end of the wrist crease. It is better located in the following way. Lock the web between the thumb and the index finger of the right hand with the corresponding web of the left hand and palms facing the body. This point lies where the tip of the index finger of the right hand touches the styloid process of the radius of the left hand anteriorly and vice versa. Lu 7, 8 and 9 are in radial groove.

Character : It is one of the six important distal points of the body. This point looks after the back of the head and the neck and upper back of the body. According to the traditional Chinese medicine it is the luo point of the meridian and hence can be used also for the disorders of the large intestine meridian. Lu 7 controls Ren meridian.

Indications : Headache, neck stiffness, cervical spondylosis, pain in the muscles of the upper back, bronchial asthma, bronchitis, toothache, facial paralysis, laryngitis, wrist drop, arthritis of the wrist joint, parkinsonism, paralysis of the upper extremity, alcohol and drug addiction.

Insertion : 0.5 to 1 cun oblique : During the attack of asthma or bronchitis direct the needle upwards (when we want to sedate, the meridian needle should be directed against the path of the meridian). For all other indications, needle should be directed along the path of the meridian.

Lu 8 (Jingqu)

Situation : 1 cun proximal to the lateral end of the distal wrist crease, on the lateral side of radial artery, medial to the styloid process.

Character : Horary point (metal point of the metal meridian) : It is forbidden to Moxa.

Indications : Cough, asthma, bronchitis, pharyngitis, sore throat, pain in the wrist joint and hand, wrist drop. Horary Point - therefore can be used between 3 a.m. to 5 a.m. (exit point). For asthma (exit point) and for Lung fibrosis use at 3 a.m. (entry point).

Insertion : 0.3 to 0.5 cun oblique : Radial artery should be protected.

Lu 9 (Taiyuan)

Situation : In the depression on the anterior surface of wrist at the lateral end of the distal wrist crease, lateral to the radial artery and medial to the extensor pollicis brevis muscle.

Character : Earth point and Source point of the meridian. Influential point for the blood vessel walls.

Indications : It is known as a corpse reviver because if the patient is in respiratory

distress, puncture at Lu 9 gives good results. As this is an influential point for the vessel walls, it is indicated in arteriosclerosis, epistaxis, burger's disease, rayaund's disease, varicose veins, varicose ulcers, periarteritis, endarteritis and atropic rhinitis, high blood pressure. In addition to all these, it is indicated in asthma, bronchitis, cough, chest pain, pain in the back and shoulder, myoneuropathies of the upper extremities, carpal tunnel syndrome and painful conditions of the wrist and hand. Difficulty in falling asleep, congestive dysmenorrhea. *Insertion* : 0.3 to 0.5 cun perpendicular : It is very close to the radial artery hence precaution is to be taken, while needling the point.

kit 10 (Fig. 17)

Situation : On the palmar surface of the first metacarpal bone, at its mid point, at the junction of the red and white skin.

Character : Fire point of the meridian. Forbidden to Moxa.

Indications : Cough, asthma, hemoptysis, sore throat, fever, carpal tunnel syndrome, pain and paralysis of the hand, polyneuropathy. It is a good point for chronic rhinitis. This point is used for febrile conditions.

Insertion : 0.3 to 0.5 cun perpendicular: Being on the palm, it is very painful point.

Lu 11 (Shaoshang) (Fig. 17)

Situation : On the lateral side of the thumb, 0.1 cun away from the superiolateral corner of the nail of the thumb. [*Character* : Jing well point and

Wood point of the meridian. Forbidden to Moxa. *Indications* : Acute emergencies like fainting, shock, coma, apoplexy, convulsions,

drowning, respiratory and cardiac arrest, epilepsy, hyperpyrexia. |

Insertion : 0.1 cun perpendicular: Strong stimulation and bleeding at the point is advisable in acute cases. If needle is not available give acupressure. In some cases asthma attacks are either preceded or succeeded by digestive disturbances.

Summary

Source point		Lu 9
Luo point	-	Lu 7
Xicleft point	-	Lu 6
Horary point		Lu 8
Wood point		Lu 11
Fire point		Lu 10
Earth Point		Lu 9
Metal point	-	Lu 8

Water point	-	Lu 5
Tonification point	-	Lu 9
Sedation point		Lu 5
Alarm Mu point	-	Lu 1
Alarm Shu point		UB 13

LARGE INTESTINE MERIDIAN
(Large Intestine Channel of Hand Yangming)

Superficial Course :

This meridian originates from the lateral side of the tip of the index finger, runs along the lateral side of index finger, and along the lateral side of the second metacarpal phalangeal joint, passing through the interspace between the first and second metacarpal bones, reaches the gap between the tendons of extensor pollicis longus and extensor pollicis brevis (anatomical snuff box). Meridian then runs along the postero-lateral side of the forearm to the lateral side of the elbow and along the lateral side of the upper arm, runs to the anterior dimple of the shoulder joint. From here it goes to the supraclavicular fossa between the acromial end of the clavicle and the upper border of the spine of the scapula. From this point two deep branches are given and main superficial meridian ascends along the lateral side of the neck, passes over the angle of the mandible, over the upper lip to the philtrum where it crosses the midline and ends by the side of the alae nasi of the opposite side.

Internal Course :

One branch from the supraclavicular fossa (Li 16) goes to the seventh cervical vertebra and then to Du 14 from where it runs to the lung and then passing through the diaphragm, enters the pertaining organ large intestine.

Large intestine meridian is a Yang meridian, has Luo connection with the lung meridian (Fig. 18). It is associated with the element metal. Meridian is mainly used to treat the disorders of the large intestine, painful conditions along the path of the meridian, disorders of the lung and the skin. Lung and large intestine, painful conditions along the path of the meridian, disorders of the lung and the skin. Lung and large intestine meridians are called as slime organs. Main functions of both of them is elimination. This meridian is useful where homeostasis and immune enhancement is required in the body. It has twenty points.

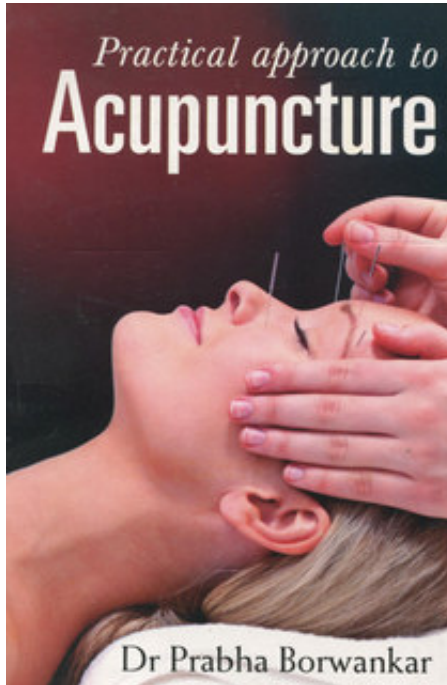
Points forbidden to needle- Nil

Points forbidden to Moxa - Li 13, Li 19 and Li 20.

Li 4, Hoku is the most powerful analgesic point in the body. Li 11 is powerful homeostatic and immune enhancing point.

Li 1 (Shang yang) (Fig. 18 and 19) :

Situation : 0.1 cun away from the superior lateral corner of the nail of the index finger.



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