

Heart Hand Shao Yin Channel

Time: 11am - 1pm

Important Points:

Jing Well	HT 9
Ying Spring	HT 8
Shu-Stream Yuan Source	HT 7
Jing River	HT 4
Luo Connecting	Heavenly Star Pt HT 5
Xi-Cleft	HT 6
He Sea	HT 3
Mu Alarm	CV 14
Back Shu	UB 15

Description:

Originates in the heart. A branch descends to the small intestines. Another branch ascends the esophagus, through the face and cheek, to the tissues around the eye. The last branch travels from the heart through the lungs and emerges on the surface channels at HT1 in the axilla region. It travels along the medial aspect of the arm, down to the wrist and through the ulnar side of the palm to the radial corner of the pinky.

Point Locations

AcuPoint	Point Location
HT 1	When the upper arm is abducted, the point is in the center of the axilla, on the medial side of the axillary artery.
HT 2	When the elbow is flexed, the point is 3 cun above the medial end of the transverse cubital crease (HT 3), in the groove medial to muscle biceps brachii.
HT 3	When the elbow is flexed, the point is in the depression between the medial end of the transverse cubital crease of the elbow and the medial epicondyle of the humerus.
HT 4	When the palm faces upward, the point is on the radial side of the tendon of muscle flexor carpi ulnaris, 1.5 cun above the transverse crease of the wrist.
HT 5	When the palm faces upward, the point is on the radial side of the tendon of m. flexor carpi ulnaris, 1 cun above the transverse crease of the wrist.
HT 6	When the palm faces upward, the point is on the radial side of the tendon of m. flexor carpi ulnaris, .5 cun above the transverse crease of the wrist.
HT 7	At the ulnar end of the transverse crease of the wrist, in the depression on the radial side of the tendon of muscle flexor carpi ulnaris.
HT 8	When the palm faces upward, the point is between the 4th and 5th metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.
HT 9	On the radial side of the little finger, .1 cun posterior to the corner of the nail.