

Lung Hand Taiyin Channel

Time: 3am - 5am

Important Points:

Jing Well	Ghost Pt	LU 11
Ying Spring		LU 10
Shu-Stream Yuan Source	Influentia - Vessels	LU 9
Jing River		LU 8
Luo Connecting	Command Head/back of neck Heavenly Star Pt	LU 7
Xi-Cleft		LU 6
He Sea		LU 5
Mu Alarm		LU 1
Back Shu		BL 13

Description:
 Originates in the middle jiao near the stomach descends to connect the LI returns to the cardiac orifice to the stomach, penetrates Lungs to ascent towards the throat region passes obliquely downwards to the LU1 where the channel emerges and ascends to the center of the hollow of the delta pectoral triangle anterior-lateral aspect of the forearm follows the lateral border of the radial side near the radial artery near the wrist to the thumb

Window/Sky Pt: LU 3

Point Locations

AcuPoint	Point Location
LU 1	The point is lateral and superior to the sternum at the lateral side of the 1st intercostal space, 6 cun lateral to the ren mai channel.
LU 2	In the depression below the acromial extremity of the clavicle, 6 cun lateral to the ren mai channel.
LU 3	The point is on the medial aspect of the upper arm, 3 cun below the end of the axillary fold, on the radial side of the muscle biceps brachii.
LU 4	The point is on the medial aspect of the upper arm, 1 cun below LU 3, on the radial side of the muscle biceps brachii.
LU 5	On the cubital crease, on the radial side of tendon of m. biceps brachii. This point is located with the elbow slightly flexed.
LU 6	The point is on the palmar aspect of the forearm, on the line joining LU 10 and LU 5, 7 cun above the transverse crease of the wrist.
LU 7	Superior to the styloid process of the radius, 1.5 cun above the transverse crease of the wrist.
LU 8	1 cun above the transverse crease of the wrist in the depression on the lateral side of the radial artery.
LU 9	At the radial end of the transverse crease of the wrist, in the depression on the lateral side of the radial artery.
LU 10	On the radial aspect of the midpoint of the 1st metacarpal bone, on the junction of the red and white skin.
LU 11	On the radial side of the thumb, .1 cun posterior to the corner of the nail.