

# Pericardium Hand Jue Yin Channel

Time: 7pm – 9pm

## Important Points:

Jing Well	PC9
Ying Spring	PC8
Shu-Stream	PC7
Yuan Source	PC7
Jing River	PC5
Luo Connecting	PC6
Xi-Cleft	PC4
He Sea	PC3
Mu Alarm	CV17
Back Shu	UB14

### Description:

Starts at the heart. One branch goes down through the Upper, Middle, and Lower Burners, the other branch extends out across the chest and emerges 1 cun lateral and slightly superior to the nipple in the 4<sup>th</sup> intercostal space. It travels laterally and down the medial aspect of the arm to the He Sea point directly lateral to the biceps brachii tendon at the cubital crease. It passes down the anterior portion of the forearm between the tendons of the palmaris longus and flexor carpi radialis to the palm. It passes across the palm between the 2<sup>nd</sup> and 3<sup>rd</sup> metacarpals to the tip of the third finger.

## Point Locations

AcuPoint	Point Location
PC 1	In the 4th intercostal space, 1 cun lateral to the nipple.
PC 2	2 cun below the level of the anterior axillary fold, between the two heads of the muscle biceps brachii.
PC 3	On the transverse cubital crease, at the ulnar side of the tendon of muscle biceps brachii.
PC 4	5 cun above the transverse crease of the wrist, on the line connecting PC 3 and PC 7, between the tendons of palmaris longus and flexor carpi radialis
PC 5	3 cun above the transverse crease of the wrist between the tendons of palmaris longus and flexor carpi radialis
PC 6	2 cun above the transverse crease of the wrist between the tendons of palmaris longus and flexor carpi radialis
PC 7	In the middle of the transverse crease of the wrist, between the tendons of muscle palmaris longus and flexor carpi radialis.
PC 8	On the transverse crease of the palm, between the 2nd and 3rd metacarpal bones. When the fist is clenched, the point is just below the tip of the middle finger.
PC 9	In the center of the tip of the middle finger.