

Stomach – Foot Yang Ming Channel

Time: 7am-9am

Important Points:

Jing Well		ST 45
Ying Spring	Heavenly Star	ST 44
Shu Stream		ST 43
Yuan Source		ST 42
Jing River		ST 41
Luo Connecting		ST 40
Xi-Cleft		ST 34
He Sea	Cmd Pt Abdomen Heavenly Star	ST36
Mu Alarm		CV 12
Back Shu		UB 21

Description:

Begins on the lateral side of the nose, passes up to to the infraorbital ridge. Passes down and then in and out from the upper and lower lips. It passes laterally cross the cheek to the angle of the mandible. One branch passes superiorly (anterior to the ear) to within the hairline and follows the hairline to the mid-line. Another branch passes down the side of the throat (anterior to the SCM) to the supraclavicular fossa. A branch passes posteriorly to the upper back. Another branch descends internally to the stomach and spleen. A third branch passes down the anterior surface of the chest on the mamillary line to the 5th intercostal space. At that point it moves laterally to 2 cun from the midline and passes from just below the xyphoid process to the superior border of the pubic symphysis. It then passes down the anterior surface of the left to the ankle and then the second toe. A branch from just below the knee cap travels to the 3rd toe and then over to the big toe at SP1.

Lower He Sea points for Arm Yang Meridians	
LI	ST 37
SI	ST 39

Window/Sky: ST 9

Ghost Point: ST 6

AcuPoint	Point Location
ST 1	With the eyes looking straight forward, the point is directly below the pupil, between the eyeball and the infraorbital ridge.
ST 2	Below ST 1, in the depression at the infraorbital foramen.
ST 3	Directly below ST 2, at the level of the lower border of the ala nasi, on the lateral side of the nasolabial groove.
ST 4	Lateral to the corner of the mouth, directly below ST 3.
ST 5	Anterior to the angle of the mandible, on the anterior border of the attached portion of the masseter muscle, in the groove like depression appearing when the cheek is bulged.
ST 6	One finger breadth anterior and superior to the lower angle of the mandible where the masseter attaches, at the prominence of the muscle when the teeth are clenched.
ST 7	At the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible - located with mouth closed.
ST 8	.5 cun within the anterior hairline at the corner of the forehead, 4.5 cun lateral to GV 24.
ST 9	Level with the tip of the Adam's apple, just on the course of the carotid artery, on the anterior border of the SCM.
ST 10	At the midpoint of the line joining ST 9 and ST 11, on the anterior border of the SCM.
ST 11	At the superior border of the sternal extremity of the clavicle, between the sternal head and the clavicular head of the SCM.
ST 12	In the midpoint of the supraclavicular fossa, 4 cun lateral to the ren meridian.
ST 13	At the lower border of the middle of the clavicle, 4 cun lateral to the ren meridian.
ST 14	In the 1st intercostal space, 4 cun lateral to the ren meridian.
ST 15	In the 2nd intercostal space, 4 cun lateral to ren meridian.
ST 16	In the 3rd intercostal space, 4 cun lateral to the ren meridian.
ST 17	In the 4th intercostal space, 4 cun lateral to the ren meridian.
ST 18	In the 5th intercostal space, directly below the nipple.
ST 19	6 cun above the umbilicus, 2 cun lateral to the CV 14.

ST 20	5 cun above the umbilicus, 2 cun lateral to CV 13.
ST 21	4 cun above the umbilicus, 2 cun lateral to CV 12.
ST 22	3 cun above the umbilicus, 2 cun lateral to CV 11.
ST 23	2 cun above the umbilicus, 2 cun lateral to CV 10%.
ST 24	1 cun above the umbilicus, 2 cun lateral to CV 9.
ST 25	2 cun lateral to the center of the umbilicus.
ST 26	1 cun below the umbilicus, 2 cun lateral to CV 7.
ST 27	2 cun below the umbilicus, 2 cun lateral to CV 5.
ST 28	3 cun below the umbilicus, 2 cun lateral to CV 4
ST 29	4 cun below the umbilicus, 2 cun lateral to CV 3
ST 30	5 cun below the umbilicus, 2 cun lateral to CV 2.
ST 31	At the crossing point of the line drawn down from the ASIS and the line level with the lower border of the pubic symphysis, in the depression on the lateral side of sartorius, when the thigh is flexed.
ST 32	On the line connecting the anterior superior iliac spine and lateral border of the patella, 6 cun above the laterosuperior border of the patella, in muscle rectus femoris.
ST 33	When the knee is flexed, the point is 3 cun above the latero superior border of the patella, on the line joining the laterosuperior border of the patella and ASIS.
ST 34	When the knee is flexed, point is 2 cun above the laterosuperior border of the patella.
ST 35	When the knee is flexed, the point is at the lower border of the patella, in the depression lateral to the patellar ligament.
ST 36	3 cun below ST 35, one finger breadth from the anterior crest of the tibia, in tibialis anterior.
ST 37	3 cun below ST 36, one finger breadth from the anterior crest of the tibia, in the muscle tibialis anterior.
ST 38	2 cun below ST 37, midway between ST 35 and ST 41.
ST 39	3 cun below the ST 37, one finger breadth from the anterior crest of the tibia, in muscle tibialis anterior.
ST 40	8 cun superior to the external malleolus about one finger breadth lateral to ST 38.
ST 41	On the dorsum of the foot, at the midpoint of the transverse crease of the ankle, in the depression between the tendons of muscle extensor digitorum longus and hallucis longus, approximately at the level of the tip of the external malleolus.
ST 42	Distal to ST 41, at the highest point of the dorsum of the foot, in the depression between the 2nd and 3rd metatarsal bones and cuneiform bone.
ST 43	In the depression distal to the junction of the 2nd and 3rd metatarsal bones.
ST 44	Proximal to the web margin between the 2nd and 3rd those, in the depression distal and lateral to the 2nd metatarsodigital joint.
ST 45	On the lateral side of the 2nd toe, .1 cun posterior to the corner of the nail.