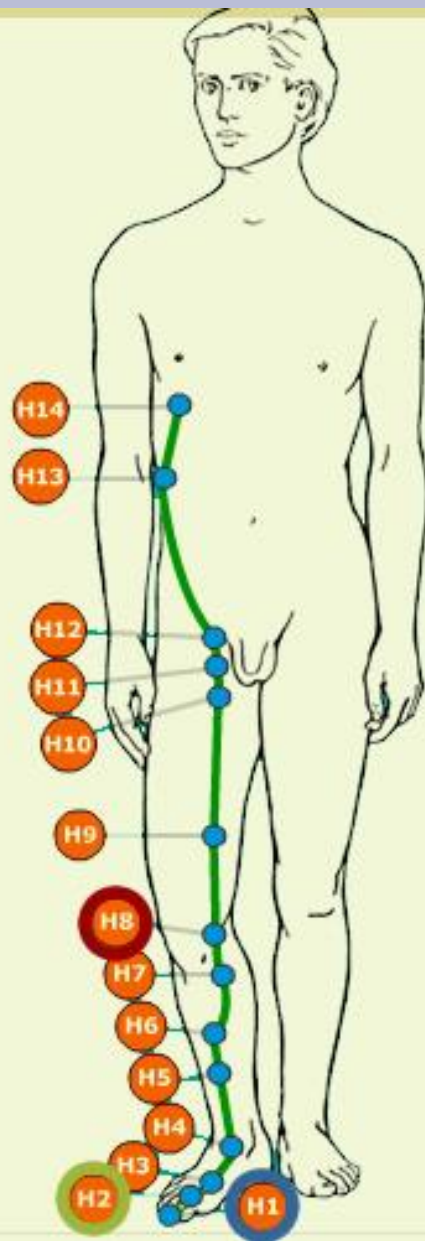


MERIDIANOS PRINCIPALES

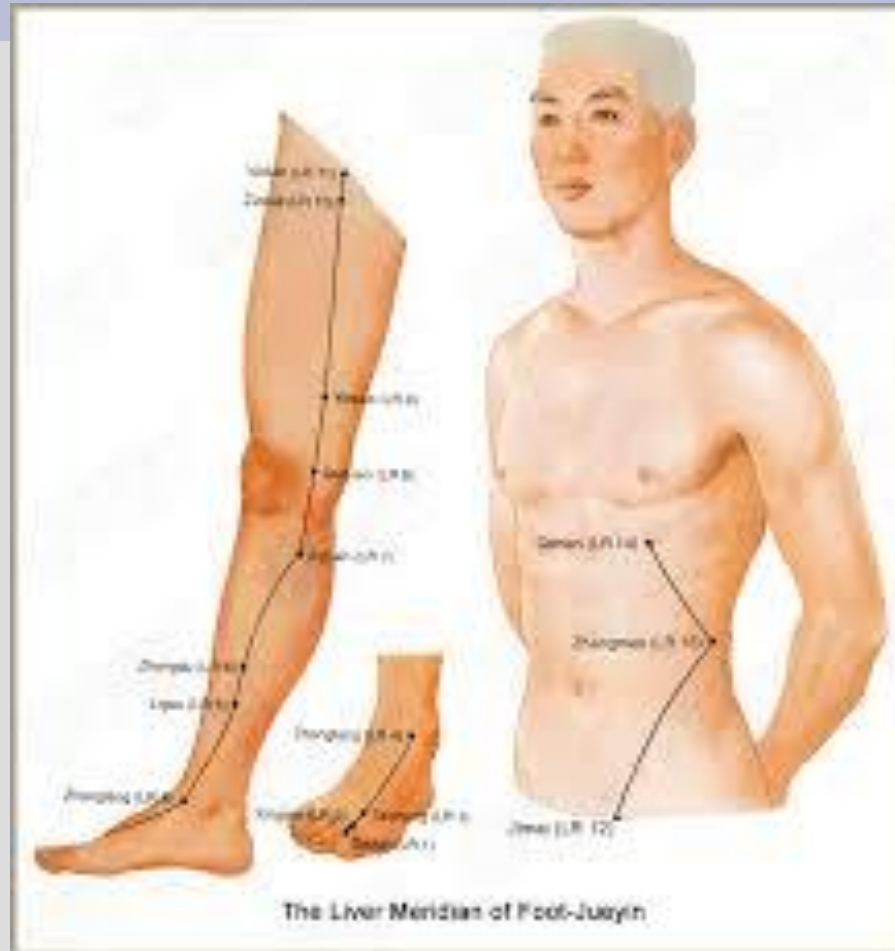
Higado – Jue Yin del Pie



ESCUELA CHILENA DE ACUPUNTURA



RECORRIDO CANAL HÍGADO



Comienza en el borde externo del pie, sigue por el primer espacio intermetatarsiano. Pasa por delante del maléolo interno, sigue por la cara interna del pie. Se cruza con los meridianos del bazo y riñón. A 8 cun por encima del maléolo pasa por detrás del meridiano del bazo. Alcanza la zona interna del hueco poplíteo y sigue por la cara media interna del muslo. Llega a la ingle, penetra genitales externos. Alcanza el bajo vientre y se une con Ren mai. Atraviesa el pequeño vientre y alcanza 11 costilla flotante (H13) y H14 (6° espacio intercostal) Desde el H13 el meridiano penetra en el estómago, hígado y vesícula biliar. Atraviesa el diafragma y penetra a los pulmones. Desde H14 una rama penetra al hígado y pasa por detrás de la tráquea y alcanza la profundidad de la faringe. Llega al sinus maxilar y se dirige al sistema ocular y cerebro. Desde el sinus maxilar una rama continua por el interior de los labios, la otra se dirige al frente y al vértex donde se conecta con du mai



CUALIDAD	PUNTO
MADERA	
FUEGO(D)	
TIERRA	
METAL	
AGUA(T)	
YUAN	
SHU	
MU	
LUO	
XI	
He inferior	



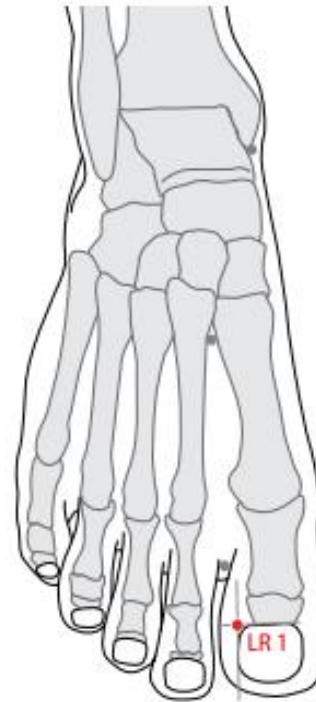
CUALIDAD	PUNTO
MADERA -Pozo	H 1
FUEGO(D) - Manantial	H 2
TIERRA Arroyo	H 3
METAL - Río	H 4
AGUA(T)- Mar	H 8
YUAN	H3
SHU	V 18
MU	MU 14
LUO	H 5
XI	H6
He inferior	H8

H 1 Pozo (Madera)



LR1: Dadun 大敦

On the great toe, lateral to the distal phalanx, 0.1 F-cun proximal to the lateral corner of the toenail, at the intersection of the vertical line of the lateral side of the nail and the horizontal line of the base of the toenail.

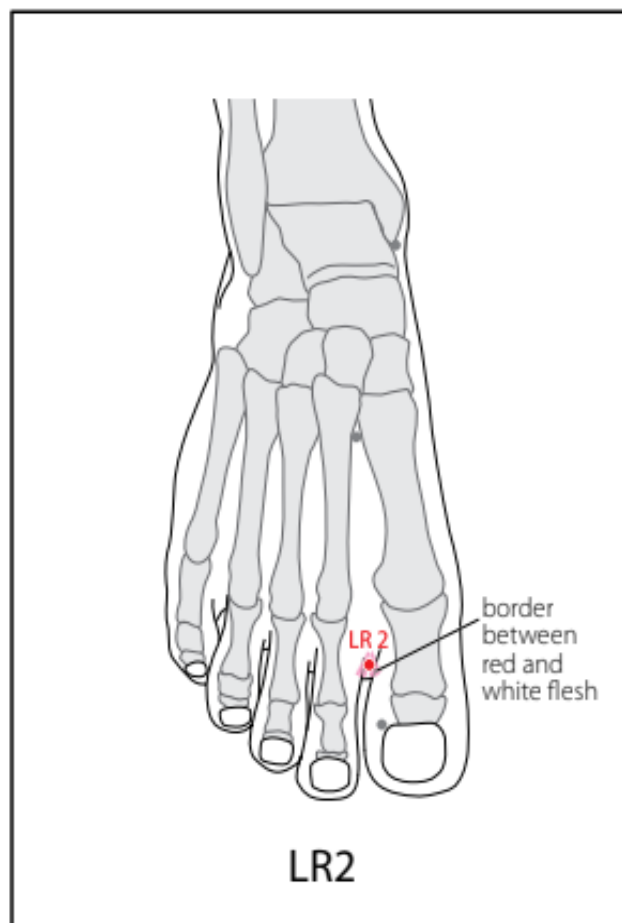


LR1

H2 Manantial FUEGO

LR2: Xingjian 行間 (間)

On the dorsum of the foot, between the first and second toes, proximal to the web margin, at the border between the red and white flesh.



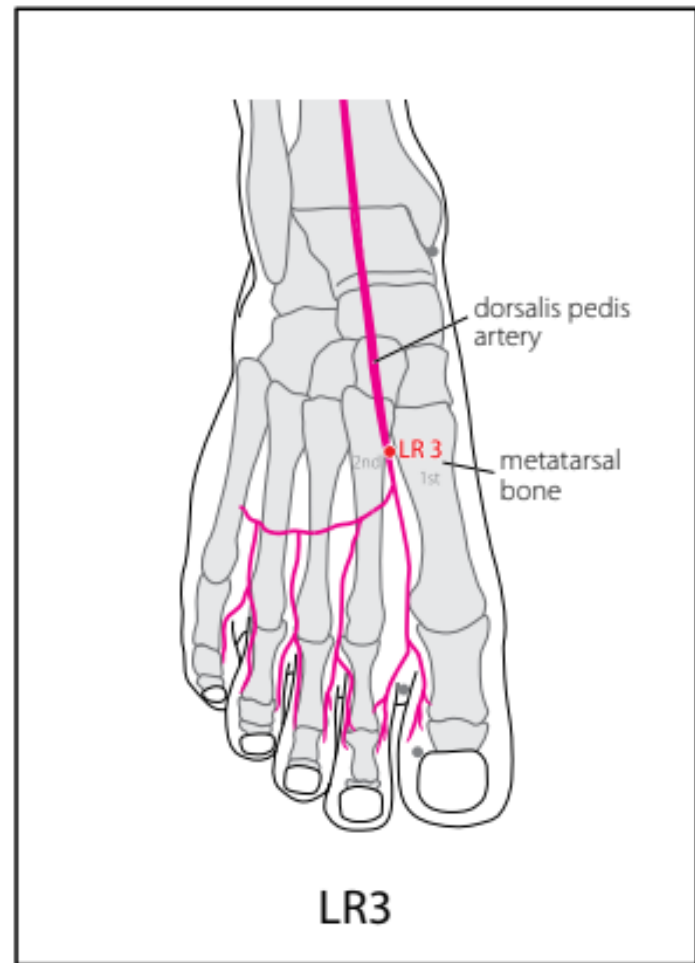
H 3 Arroyo TIERRA



LR3: Taichong 太衝(冲)

On the dorsum of the foot, between the first and second metatarsal bones, in the depression distal to the junction of the bases of the two bones, over the dorsalis pedis artery.

Note: LR3 can be felt in the depression when moving proximally from LR2 in the gap between the first and second metatarsal bones towards the base of two metatarsal bones.



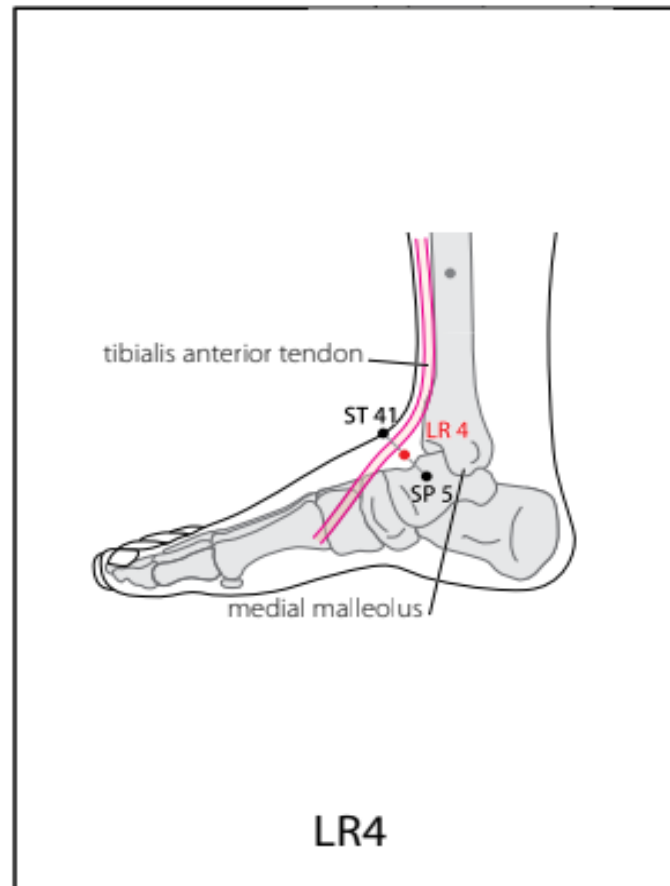
H4 RÍO METAL



LR4: Zhongfeng 中封

On the anteromedial aspect of the ankle, in the depression medial to the tibialis anterior tendon, anterior to the medial malleolus.

Note: LR4 is located midway between SP5 and ST41.



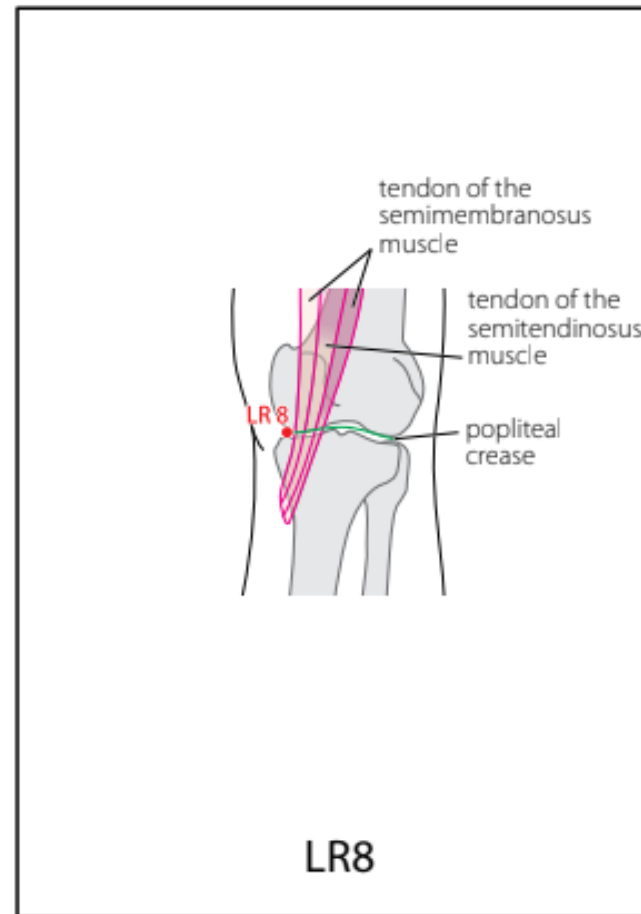
H8 Mar AGUA (T)



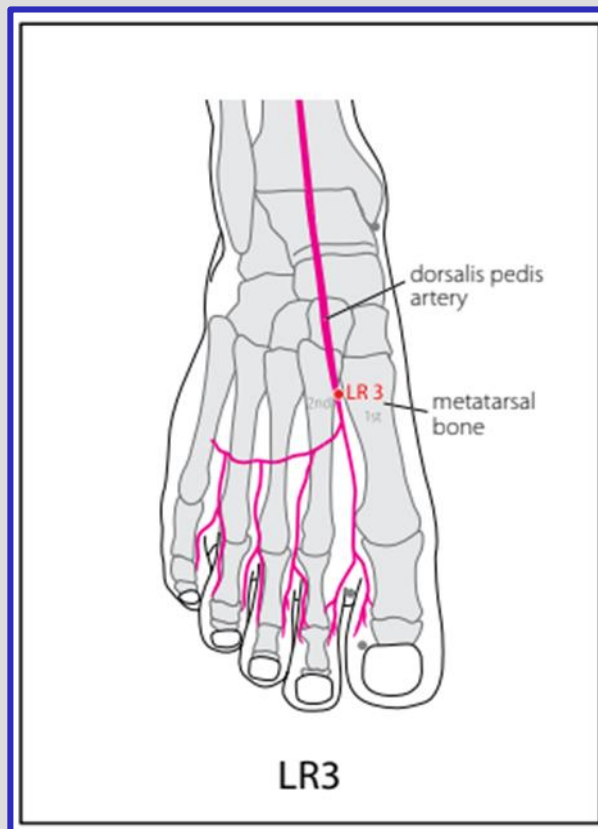
LR8: Ququan 曲泉

On the medial aspect of the knee, in the depression medial to the tendons of the semitendinosus and the semimembranosus muscles, at the medial end of the popliteal crease.

Note: With the knee flexed, LR8 is located in the depression medial to the most prominent tendon on the medial end of the popliteal crease.



H3 YUAN

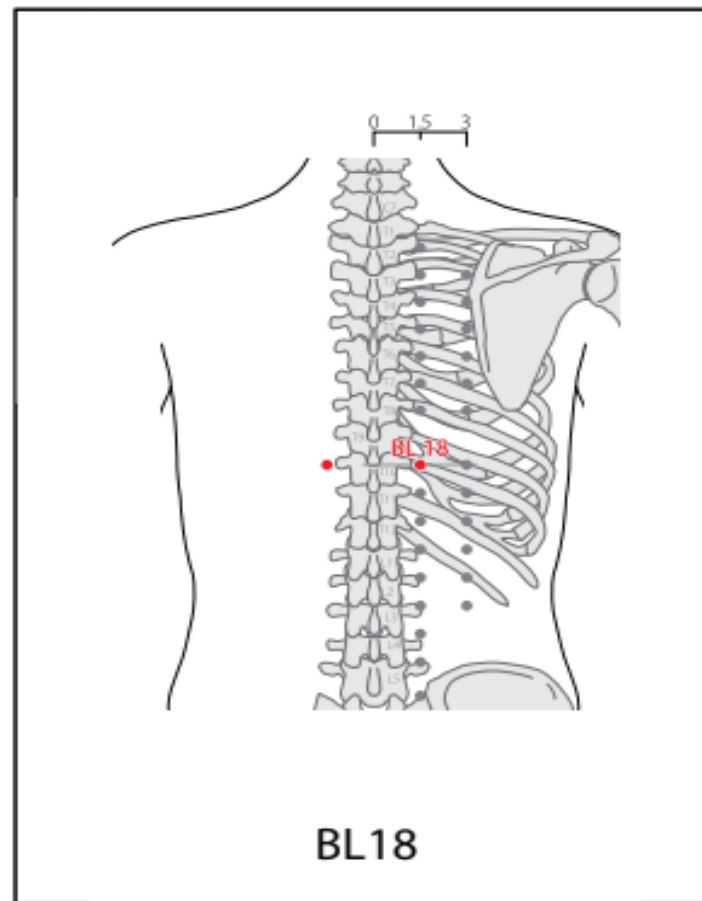


SHU – V18



BL18. Ganshu 肝腧 (前)

In the upper back region, at the same level as the inferior border of the spinous process of the ninth thoracic vertebra (T9), 1.5 B-cun lateral to the posterior median line.

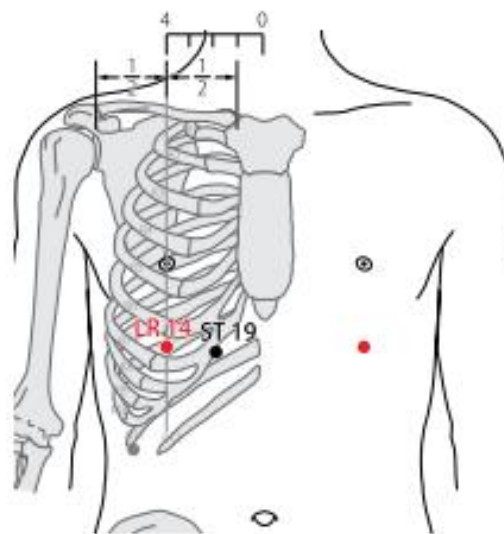


MU- H 14

LR14: Qimen 期门 (肝)

In the anterior thoracic region, in the sixth intercostal space, 4 B-cun lateral to the anterior median line.

Note: LR14 is inferior to the centre of the nipple, 2 B-cun lateral to ST19. In females, LR14 is located at the intersection of the midclavicular line and the sixth intercostal space.



LR14

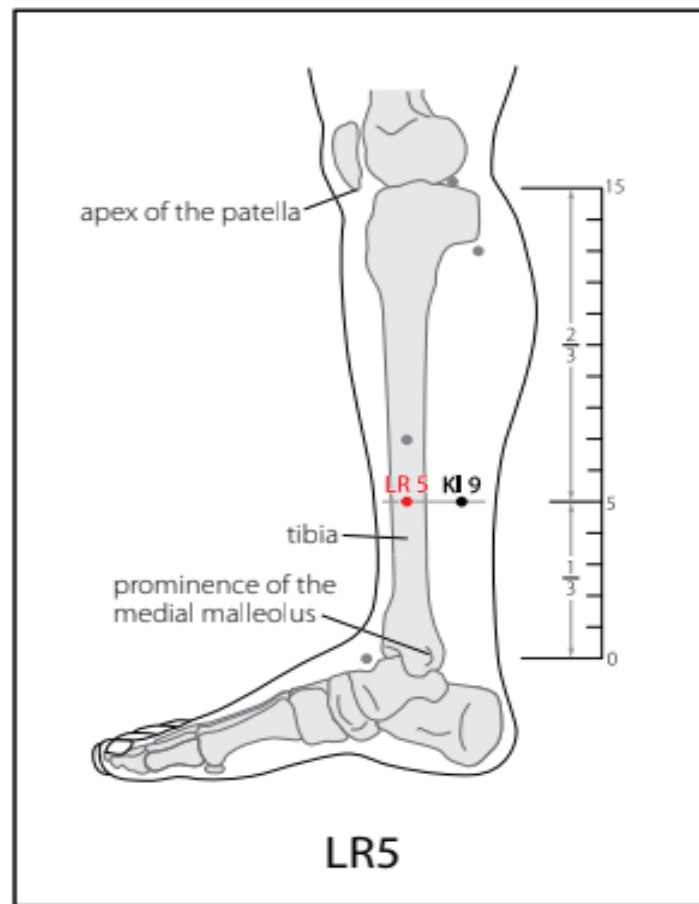
H 5 Luo



LR5: Ligou 蠡溝 (沟)

On the anteromedial aspect of the leg, at the centre of the medial border (surface) of the tibia, 5 B-cun proximal to the prominence of the medial malleolus.

Note: LR5 is located at the same level as the upper two thirds and lower one third of the line connecting the apex of the patella with the prominence of the medial malleolus, at the centre of the medial border (surface) of the tibia, at the same level as KI9.



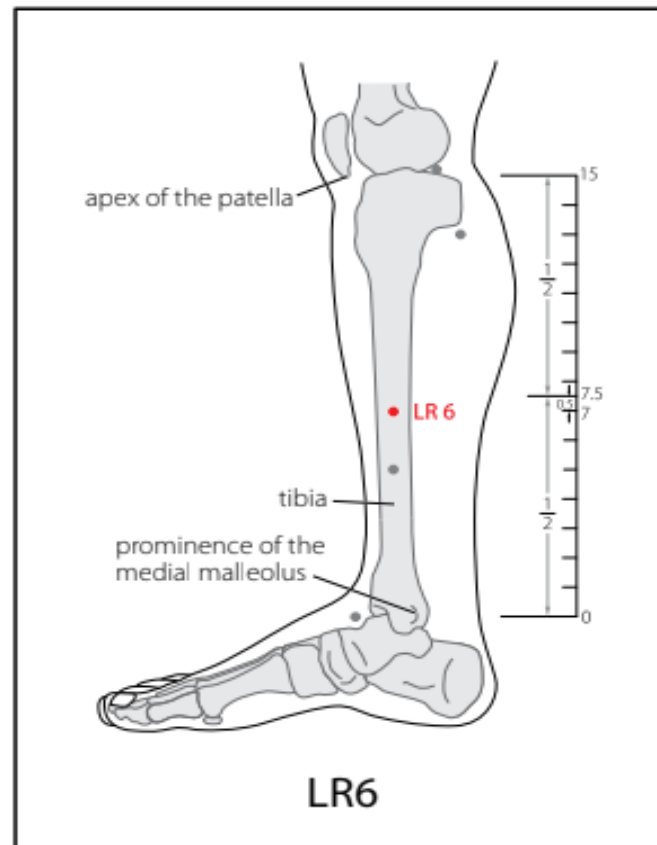
H6 XI



LR6: Zhongdu 中都(都)

On the anteromedial aspect of the leg, at the centre of the medial border (surface) of the tibia, 7 B-cun proximal to the prominence of the medial malleolus.

Note: LR6 is located at 0.5 B-cun inferior to the midpoint of the line connecting the apex of the patella with the prominence of the medial malleolus, at the centre of the medial border (surface) of the tibia.





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H 13

