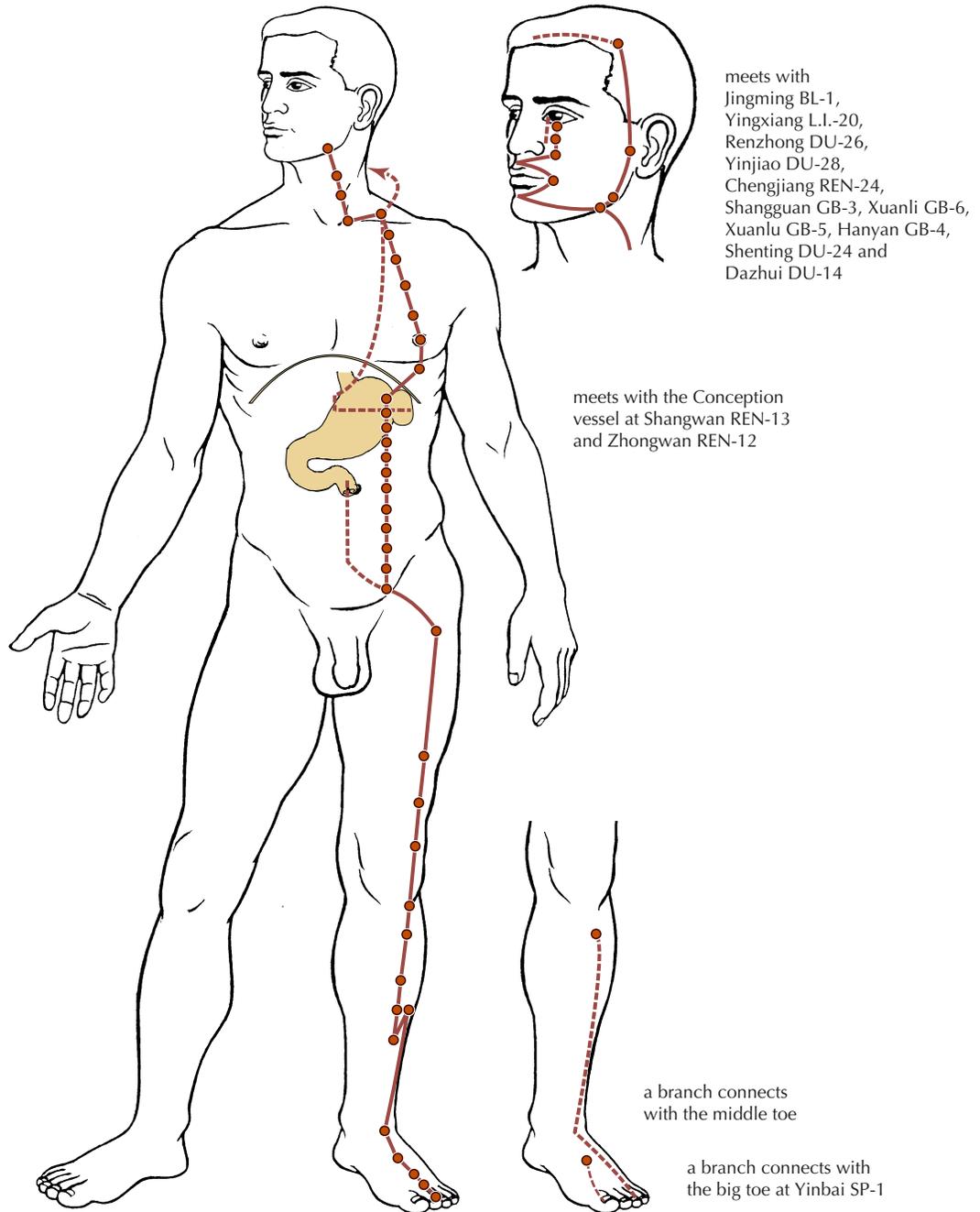

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THE STOMACH CHANNEL
OF FOOT YANGMING

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THE STOMACH PRIMARY CHANNEL

- begins at the lateral side of the nose at Yingxiang L.I.-20,
- ascends to the medial canthus where it meets the Bladder channel at Jingming BL-1,
- descends laterally along the infra-orbital ridge to Chengqi ST-1,
- descends to enter the upper gum and curves to meet with Yinjiao DU-28 and Renzhong DU-26,
- circles around the lips and meets the Conception vessel at Chengjiang REN-24 in the mento-labial groove of the chin,
- runs laterally across the cheeks to Daying ST-5 and to Jiache ST-6 at the angle of the mandible,

- ascends anterior to the ear passing via Xiaguan ST-7 to Shangguan GB-3,
- ascends within the hairline of the temporal region to Touwei ST-8, passing via Xuanli GB-6, Xuanlu GB-5 and Hanyan GB-4,
- follows the hairline to meet the Governing channel at Shenting DU-24.

A branch

- separates at Daying ST-5 and descends along the anterior border of the sternocleidomastoid muscle in the throat region to enter the supraclavicular fossa at Quepen ST-12,
- travels posteriorly to the upper back where it meets the Governing channel at Dazhui DU-14,
- descends through the diaphragm, linking with Shangwan REN-13 and Zhongwan REN-12 to enter the Stomach and connect with the Spleen.

A further branch

- descends from Quepen ST-12 along the mamillary line, 4 cun lateral to the midline as far as Rugen ST-18, then passes 2 cun lateral to the midline and descends alongside the umbilicus to Qichong ST-30 in the inguinal region.

A further branch

- originates from the pyloric orifice of the Stomach, descends within the abdomen and meets with the previous portion of the channel at Qichong ST-30.
- From the inguinal region at Qichong ST-30 the channel
- travels laterally to Biguan ST-31 on the antero-lateral aspect of the thigh,
 - descends along the lateral margin of the femur to the patella and alongside the lateral margin of the tibia to the dorsum of the foot, terminating at the lateral side of the tip of the second toe at Lidui ST-45.

A further branch

- separates from the main channel at Zusanli ST-36, three cun below the knee, and terminates at the lateral aspect of the middle toe.

A further branch

- separates on the dorsum of the foot at Chongyang ST-42 and terminates at the medial side of the tip of the big toe at Yinbai SP-1 where it links with the Spleen channel.

The Stomach primary channel connects with the following zangfu: Stomach and Spleen.

The Stomach primary channel meets with other channels at the following points: Yingxiang L.I.-20, Jingming BL-1, Shangguan GB-3, Hanyan GB-4, Xuanlu GB-5, Xuanli GB-6, Dazhui DU-14, Shenting DU-24, Renzhong DU-26, Yinjiao DU-28, Zhongwan REN-12, Shangwan

REN-13, Chengjiang REN-24. Note that Yangbai GB-14 and Jianjing GB-21 are also known as meeting points of the Gall Bladder and Stomach channels, but illustrations of the Stomach channel do not normally show these connections. By contrast, although a branch of the Stomach channel connects Chongyang ST-42 with Yinbai SP-1, the latter point is not described as a meeting point of the Spleen and Stomach channels.

THE STOMACH LUO-CONNECTING CHANNEL

- originates on the lateral side of the lower leg at Fenglong ST-40,
- travels to the medial aspect of the lower leg to join with the Spleen channel,
- ascends the leg and trunk to the nape of the neck and head where it converges with the qi of the other yang channels,
- then travels internally to terminate at the throat.

THE STOMACH DIVERGENT CHANNEL

- branches from the primary channel in the middle of the thigh,
- ascends and enters the abdomen,
- travels to the Stomach and disperses in the Spleen,
- ascends to penetrate the Heart,
- ascends along the oesophagus and emerges at the mouth,
- continues along the nose to connect with the eye and then unites with the primary Stomach channel.

THE STOMACH SINEW CHANNEL

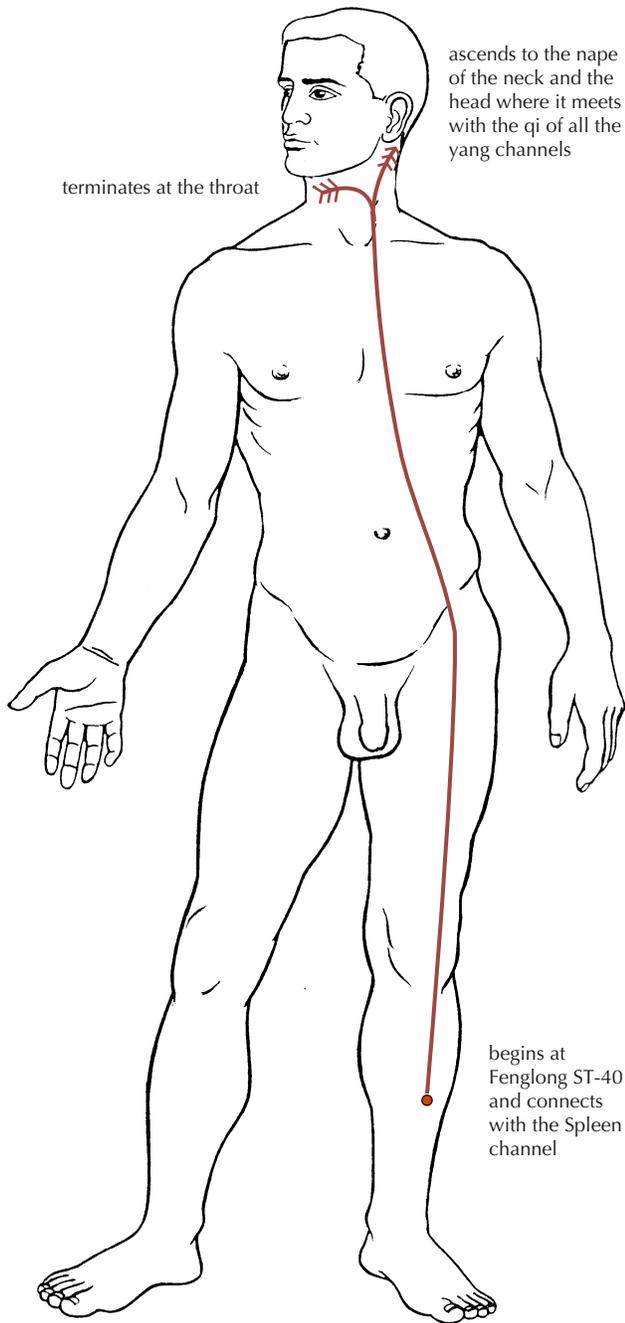
- begins at the middle three toes and binds on the dorsum of the foot,
- ascends along the lateral aspect of the tibia and binds at the lateral aspect of the knee, connecting with the Gall Bladder sinew channel,
- ascends to bind at the hip joint,
- passes through the lower ribs into the spine.

A branch

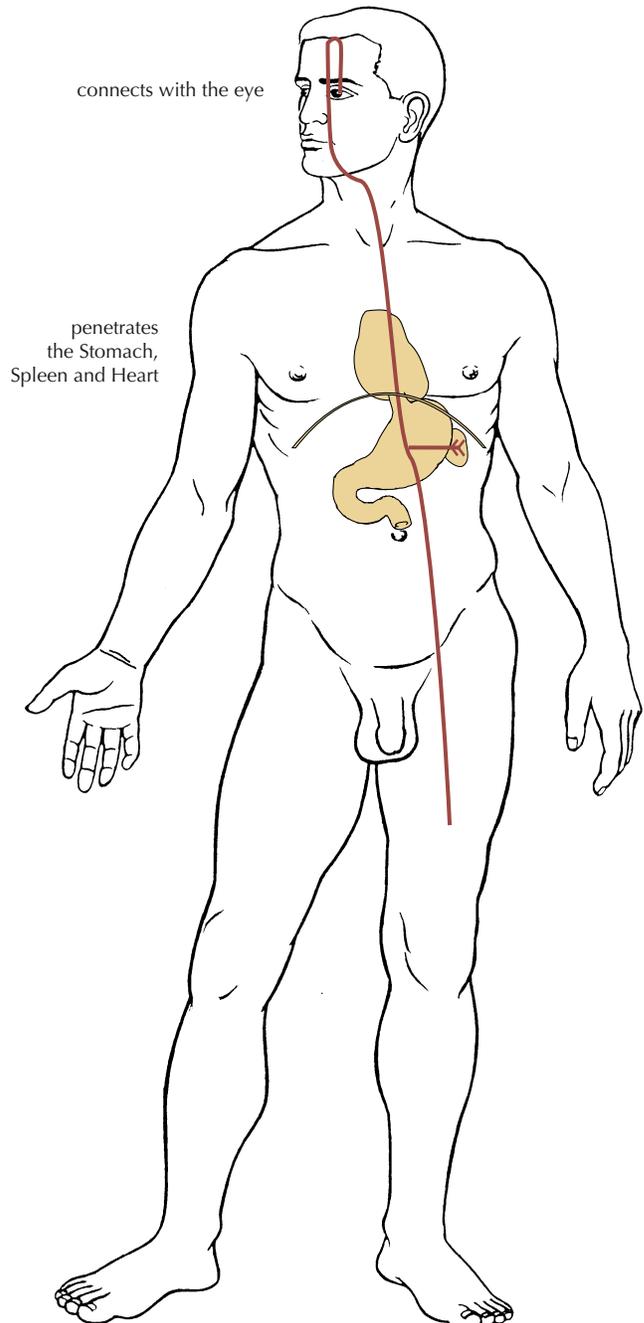
- runs along the tibia and binds at the knee,
- ascends the thigh and binds in the pelvic region above the genitals,
- ascends the abdomen and chest and binds at Quepen ST-12,
- ascends the neck to the jaw, mouth and side of the nose and binds below the nose,
- joins with the Bladder sinew channel to form a muscular net around the eye, known as the 'lower net' (the Bladder sinew channel forms the 'upper net').

A sub-branch

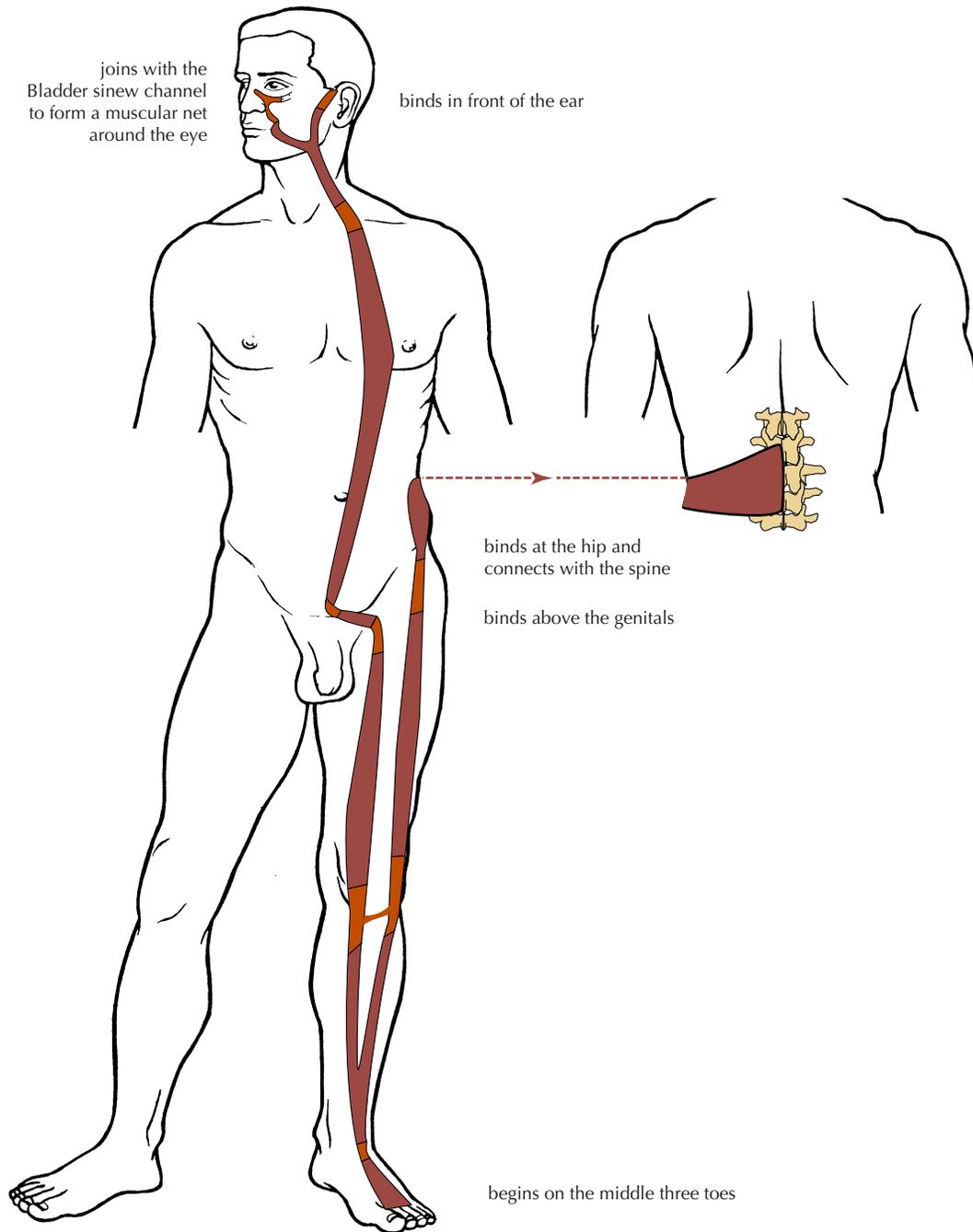
- separates at the jaw and binds in front of the ear.



The Stomach luo-connecting channel



The Stomach divergent channel



The Stomach sinew channel

Pathological symptoms of the sinew channel

Strained middle toe, cramping of the lower leg, spasmodic twitching and hardness of the muscles of the foot, spasm of the thigh, swelling of the anterior inguinal region, shan disorder, abdominal sinew spasm that extends to the Quepen [supraclavicular fossa] region and cheek, sudden deviation of the

mouth, [if cold] inability to close the eye, [if hot] laxity of the sinews and the eye cannot be opened. If the cheek sinew has cold, it will be tense and pull the cheek, and the mouth will be deviated; if there is heat then the sinews become flaccid and this will result in deviation of the mouth.

DISCUSSION

The Stomach channel of foot yangming is interiorly-exteriorly coupled with the Spleen channel of foot taiyin, and paired with the Large Intestine channel of hand yangming according to six channel theory. The Stomach-Spleen relationship is further strengthened by the fact that:

- the Stomach primary channel enters the Spleen.
- the Stomach divergent channel disperses in the Spleen.
- the Stomach luo-connecting channel from Fenglong ST-40 joins with the Spleen channel.

In addition it is clinically valuable to note that:

- the Stomach primary channel enters the upper gum, then joins with the Governing vessel at Renzhong DU-26, circles the lips and joins with the Conception vessel at Chengjiang REN-24, thus connecting with both the upper and lower teeth.
- the Stomach channel ascends in front of the ear and meets with the Gall Bladder channel (which enters the ear) at Xiaguan ST-7.
- the Stomach luo-connecting channel terminates at the throat whilst the Stomach primary channel descends through the throat region.
- the Stomach divergent channel penetrates the Heart, whilst the Stomach primary channel ascends to meet the Governing vessel at both Shenting DU-24 and Renzhong DU-26.
- the Stomach primary channel descends through the breast and nipple.
- the Stomach primary channel descends to cross the chest, epigastrium and upper and lower abdomen.
- a branch of the primary channel terminates at the lateral side of the middle toe, the only channel to go to this toe.

The functions of the Stomach fu are to control the 'rotting and ripening' of food, to control descending and to act as the first stage in the digestion of fluids. Disharmony of the Stomach therefore manifests as i. disorders of appetite and digestion, ii. distention and pain in the epigastrium due to failure of the Stomach qi to descend, or iii. belching, nausea or vomiting due to rebellious ascent of Stomach qi. Many points of the Stomach channel, both local abdominal points and the more distal points, are used to treat such disorders.

According to the *Spiritual Pivot*¹ "Yangming channel is abundant in qi and blood". Points of foot yangming channel are therefore much used clinically to regulate qi and blood in the lower limb and to treat atrophy disorder and painful obstruction, hemiplegia and pain of all kinds.

In the Chinese tradition the 'sage faces South', and thus the light and warmth of the sun fall on the front of the body. The yangming channels on the anterior of the limbs receives the full intensity of the sun, as does the abdominal and chest portion of the foot yangming Stomach channel, the only yang channel to run along the anterior of the body. For this reason, yangming or 'yang brightness' is considered to be particularly full of yang qi. Points of the Stomach channel, therefore, are among the most important points to clear excess of yang in the form of febrile heat, or heat which rises to disturb the Heart and spirit.

Apart from the above, the primary actions and indications of the points of the Stomach channel can be summarised as:

- treating all disorders of the yangming channel in the head including the eyes, face and cheeks, forehead, nose, lips, gums and teeth.
- treating disorders of the ear.
- treating disorders of the throat.
- regulating the function of the intestines.
- treating disorders of the upper, middle and lower jiao, especially the Lung, Heart, chest, epigastrium, Stomach, Spleen, uterus and Bladder.
- tonifying qi, blood, yin and yang.
- treating both acute and chronic disorders of the breast.
- treating disturbance of the spirit, especially mania-depression.