

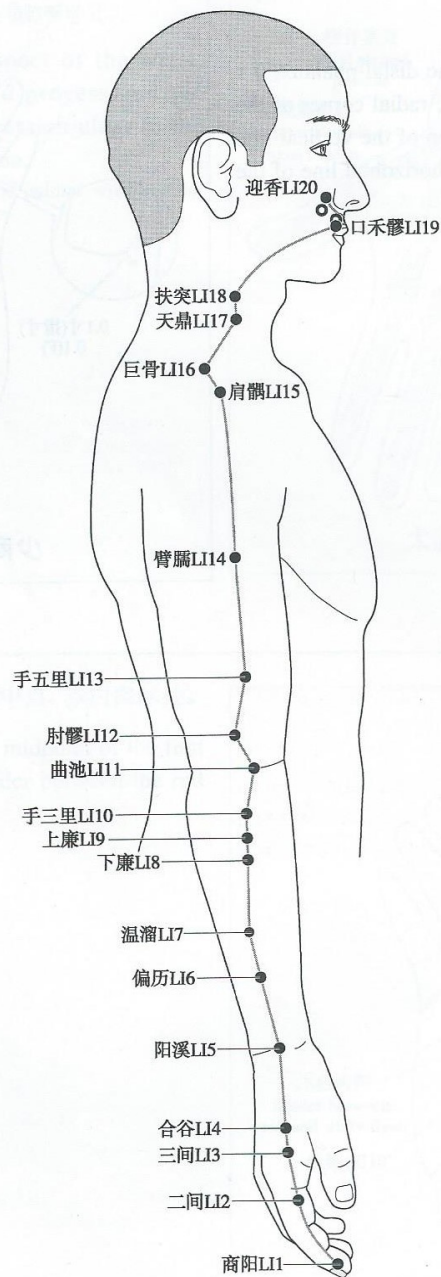
MERIDIANOS PRINCIPALES

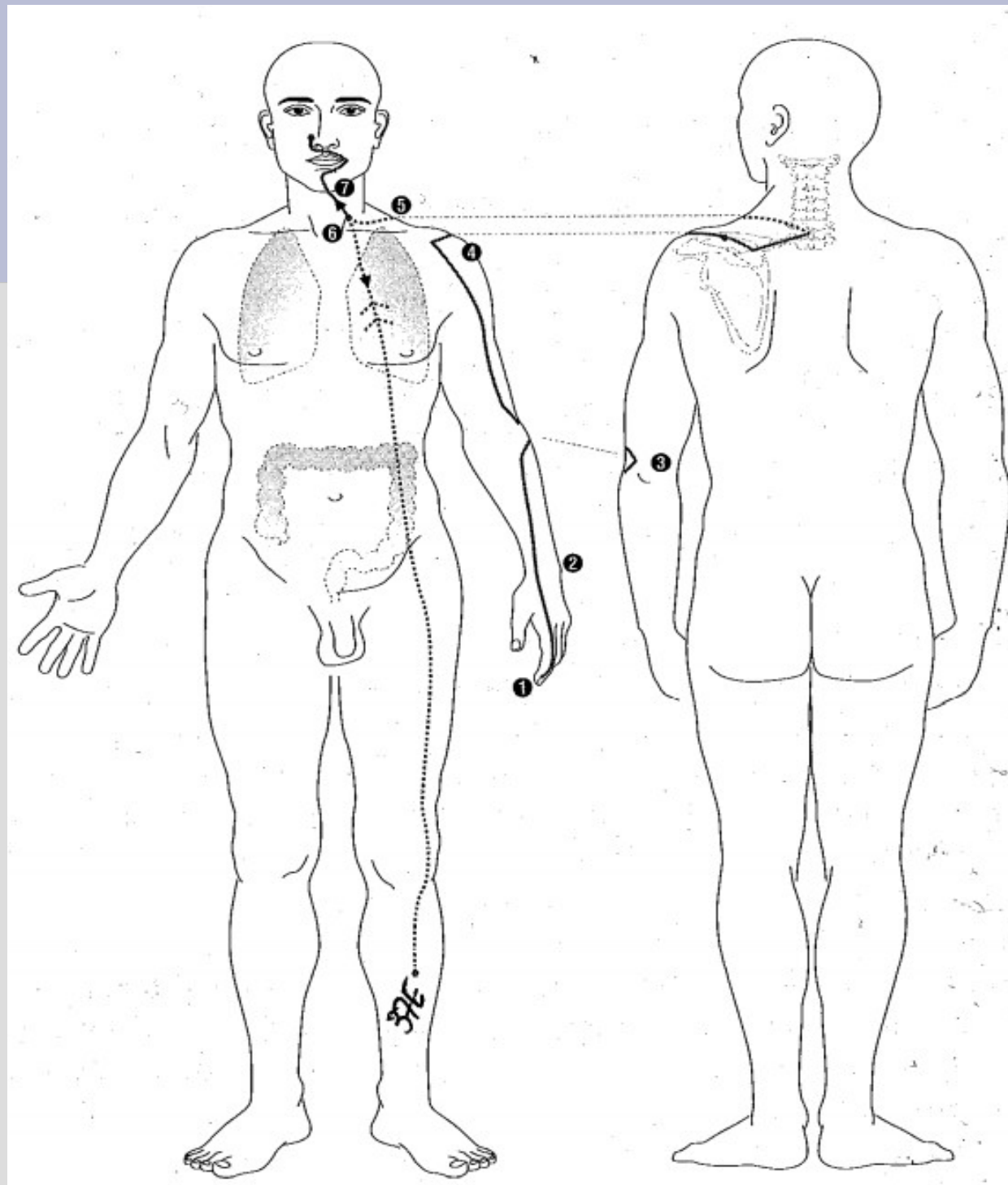
Intestino Grueso – Yang Ming de la Mano



ESCUELA CHILENA DE ACUPUNTURA

手阳明大肠经 Large Intestine Meridian





Trayecto:

- 1.** Inicio en el ángulo ungueal radial del dedo índice. Sigue el borde radial del índice y atraviesa el primer espacio intermetatarsiano.
- 2.** Llega a la zona de la tabaquera anatómica. Sigue el borde radial externo del antebrazo.
- 3.** Alcanza la extremidad externa del pliegue del codo, delante del epicóndilo en Qu Chi (11 IG), sigue el borde externo del brazo pasando por la punta del «V» deltoides.
- 4.** Llega al borde antero-inferior de la articulación acromio-clavicular al Jian Yu (15 IG), contornea el hombro y se dirige hacia el Da Zhui (14 DM), situado entre la apófisis espinosas de C7-D1.
- 5.** Vuelve hacia delante en el hueco supraclavicular donde se divide en dos ramas: una profunda y otra superficial.
- 6.** La rama profunda penetra en el tórax, se distribuye en los pulmones, atraviesa el diafragma y va a unirse al intestino grueso y al Shang Ju Xu (37 E, He inferior del IG).
- 7.** La otra rama, la superficial, desde el hueco supraclavicular, asciende por el cuello, alcanza el maxilar inferior, contornea la boca y cruza con su homólogo del lado opuesto en Ren Zhong (26 DM) para terminarse en el punto Ying Xiang (20 IG), contralateral en el surco nasogeniano al lado del ala de la nariz.

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

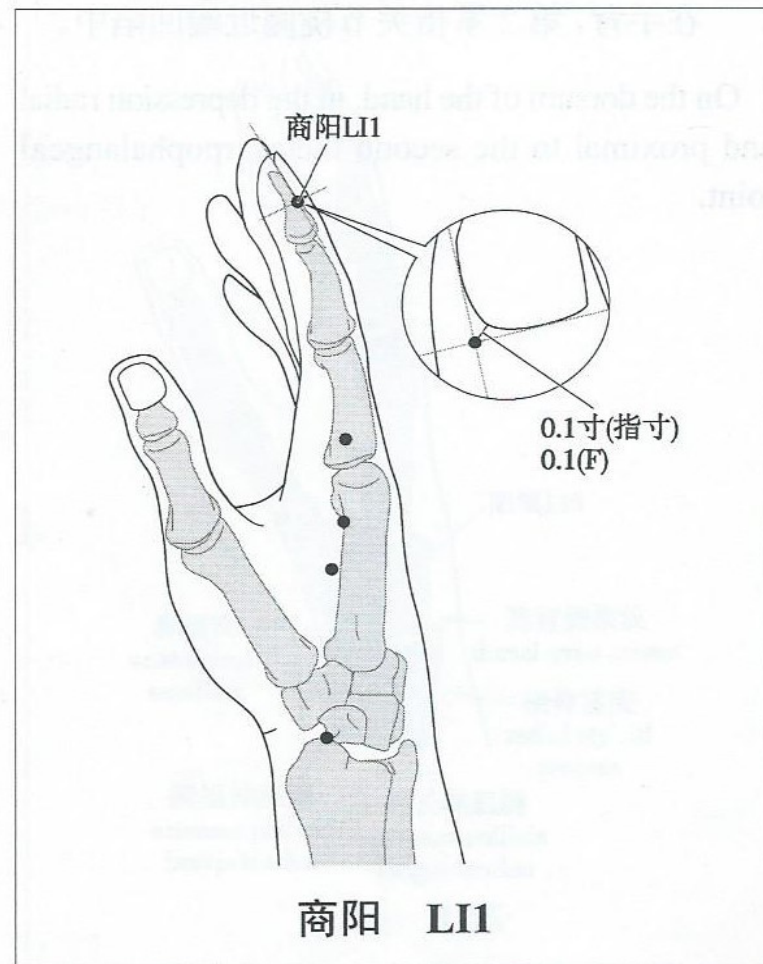
CUALIDAD	PUNTO
METAL -Pozo	IG 1
AGUA (D)- Manant	IG 2
MADERA - Arroyo	IG 3
FUEGO - Río	IG 5
TIERRA (T)- Mar	IG 11
YUAN	IG 4
SHU	V 25
MU	E 25
LUO	IG 6
XI	IG 7
He inferior	ES 37

IG 1 Pozo METAL

商阳 Shāngyáng (LI1)

在手指，示指末节桡侧，指甲根角侧上方0.1寸(指寸)，沿指甲桡侧画一垂线与指甲基底缘水平线交点处。

On the index finger, radial to the distal phalanx, 0.1 F-cun proximal-lateral to the radial corner of the index fingernail, at the intersection of the vertical line of the radial border of the fingernail and the horizontal line of the base of the index fingernail.

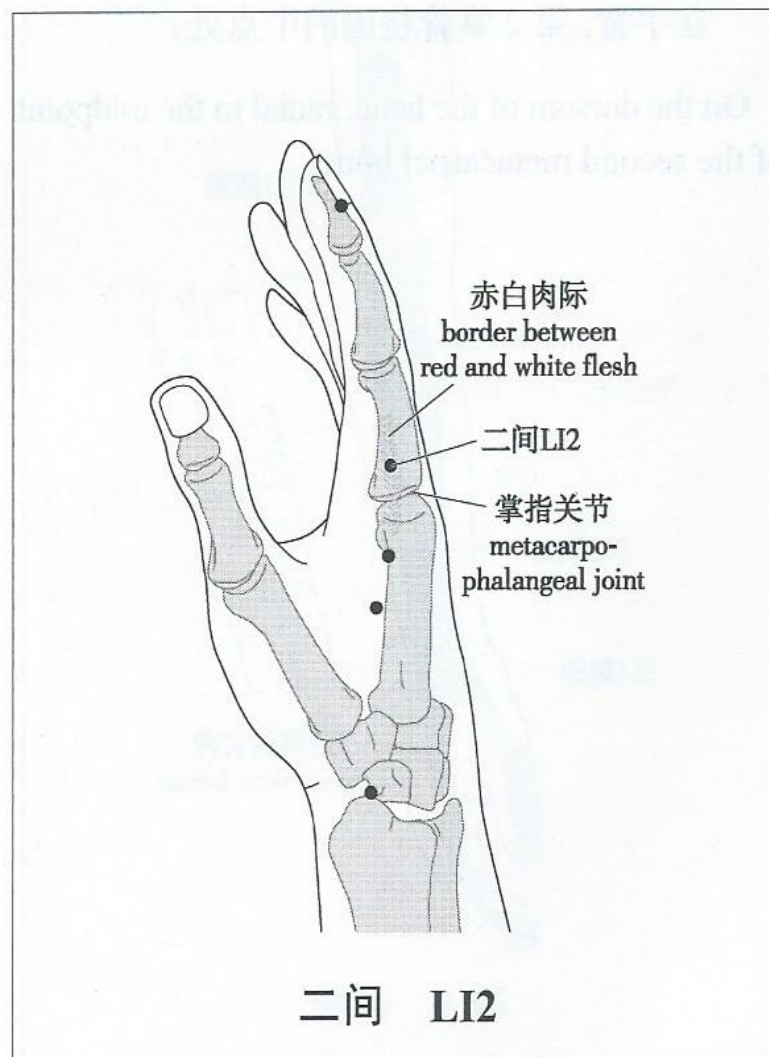


IG 2 Manantial AGUA (D)

二间 Èrjiān(LI2)

在手指，第2掌指关节桡侧远端赤白肉际凹陷处。

On the index finger, in the depression distal to the radial side of the second metacarpophalangeal joint, at the border between the red and white flesh.

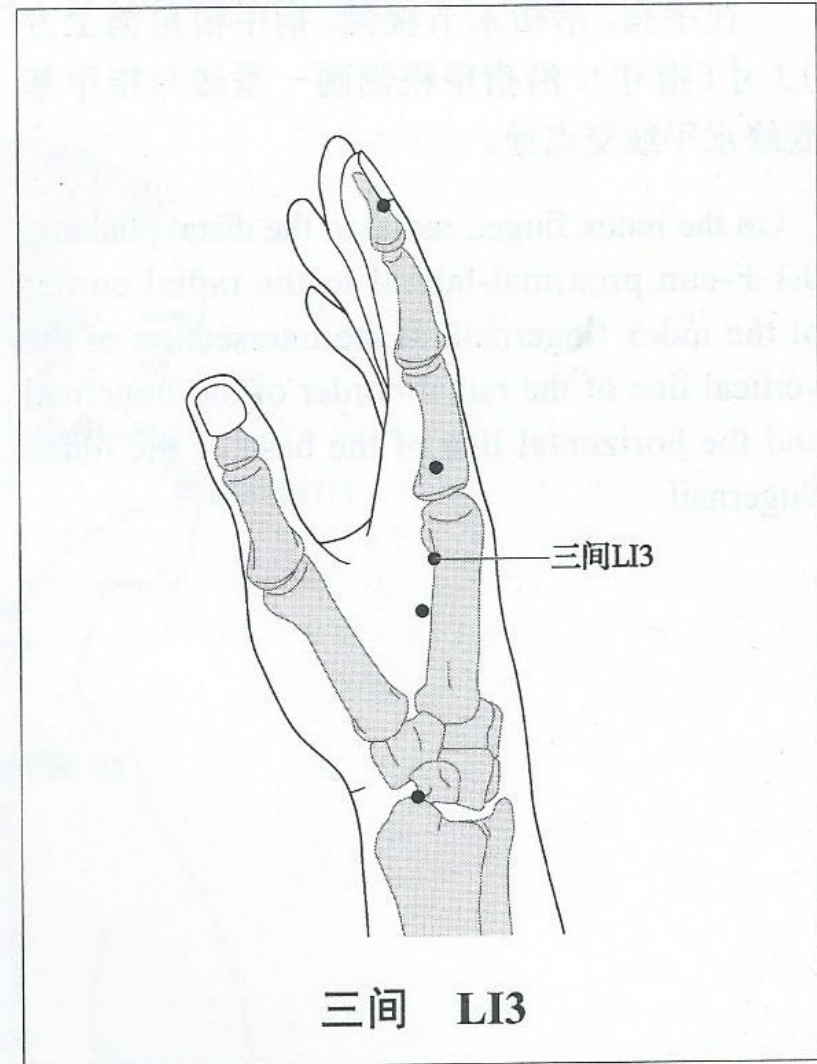


IG3 Arroyo MADERA

三间 Sānjiān(LI3)

在手背，第2掌指关节桡侧近端凹陷中。

On the dorsum of the hand, in the depression radial and proximal to the second metacarpophalangeal joint.



IG 5 Río FUEGO

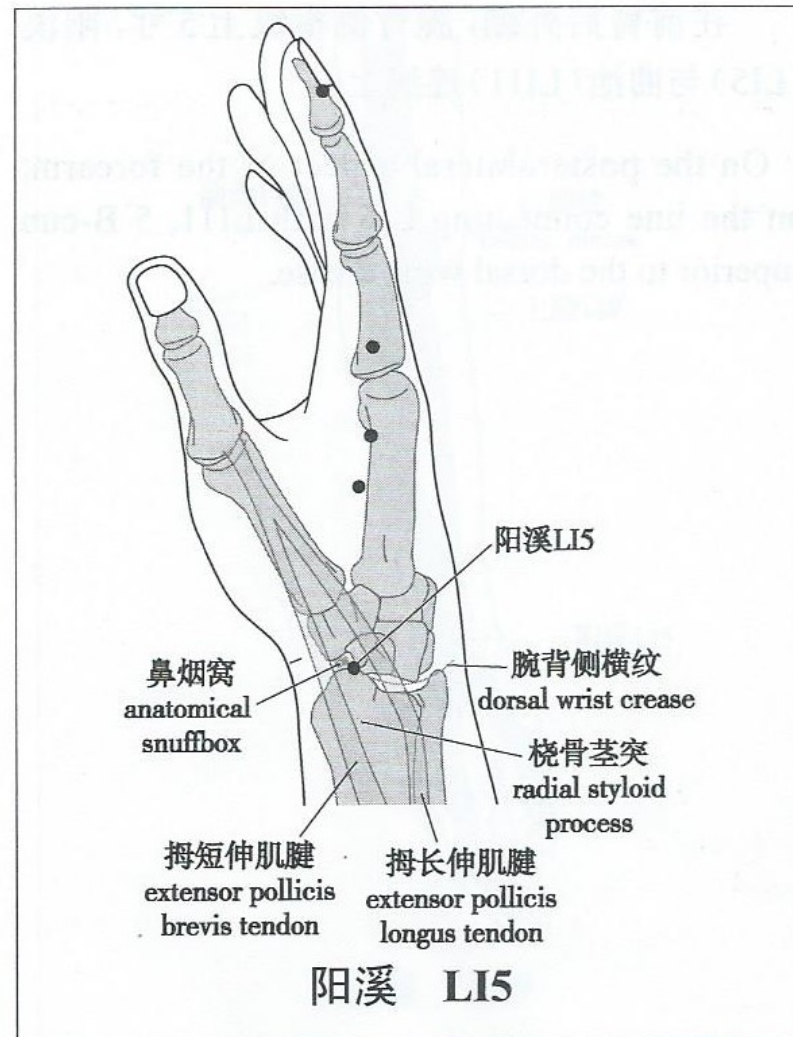
阳溪 Yángxī (LI5)

在腕后外侧，腕背侧横纹桡侧，桡骨茎突远端，解剖学“鼻烟窝”凹陷中。

注：手拇指充分外展和后伸时，手背外侧部拇长伸肌腱与拇短伸肌腱之间形成一明显的凹陷即是解剖学“鼻烟窝”。

On the posterolateral aspect of the wrist, at the radial side of the dorsal wrist crease, distal to the radial styloid process, in the depression of the anatomical snuffbox.

Note: The depression of the anatomical snuffbox is formed when the thumb is fully abducted and extended between the tendons of the extensor pollicis longus and the extensor pollicis brevis.



IG 11 Mar Tierra (T)

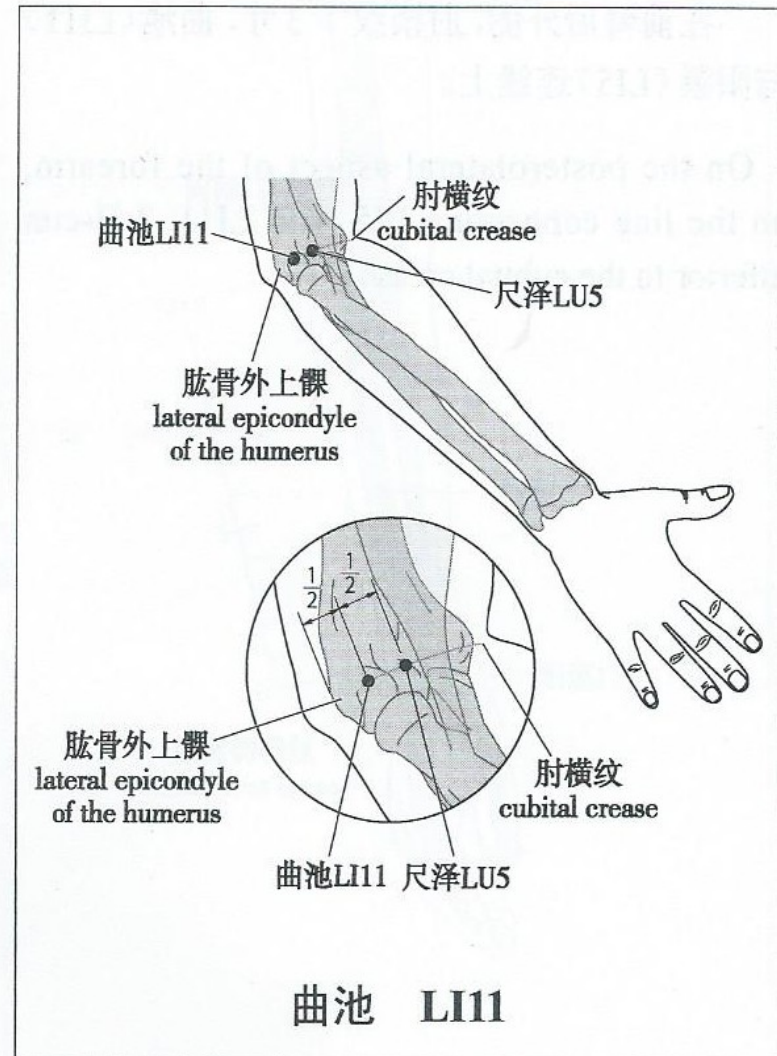
曲池 Qūchí (LI11)

在肘外侧，尺泽穴(LU5)与肱骨外上髁连线的中点处。

注：极度屈肘时，肘横纹桡侧端凹陷中。

On the lateral aspect of the elbow, at the midpoint of the line connecting LU5 with the lateral epicondyle of the humerus.

Note: When the elbow is fully flexed, LI11 is located in the depression on the lateral end of the cubital crease.



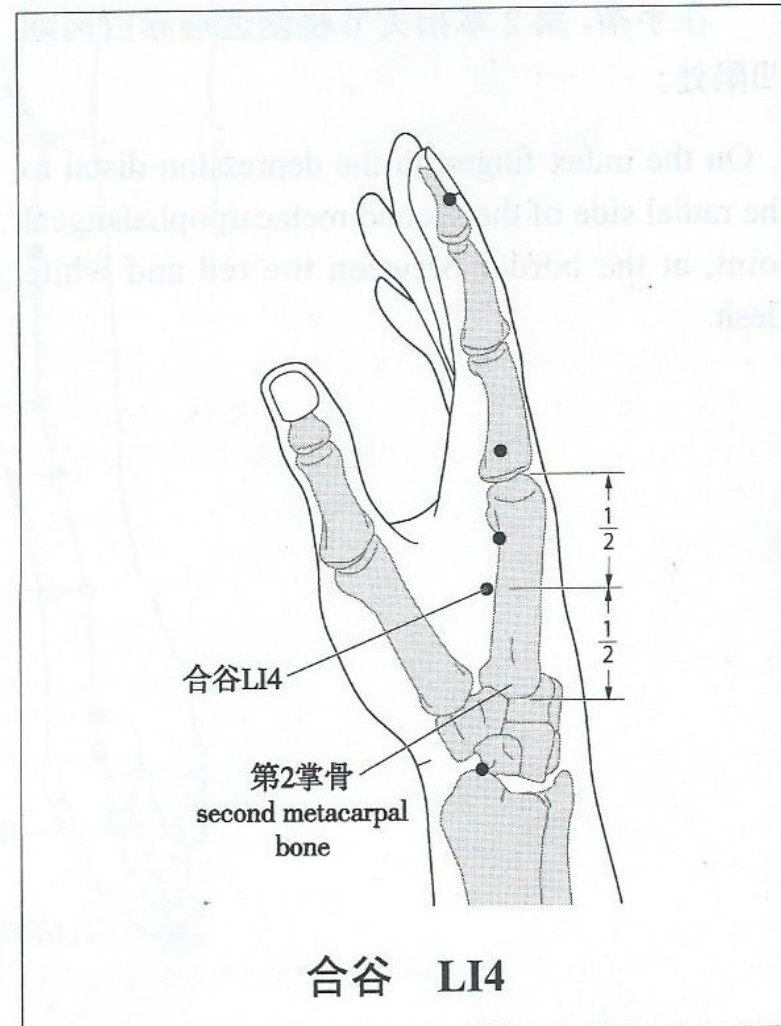
CUALIDAD	PUNTO
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IG 4 YUAN

合谷 Hégu (LI4)

在手背，第2掌骨桡侧的中点处。

On the dorsum of the hand, radial to the midpoint of the second metacarpal bone.

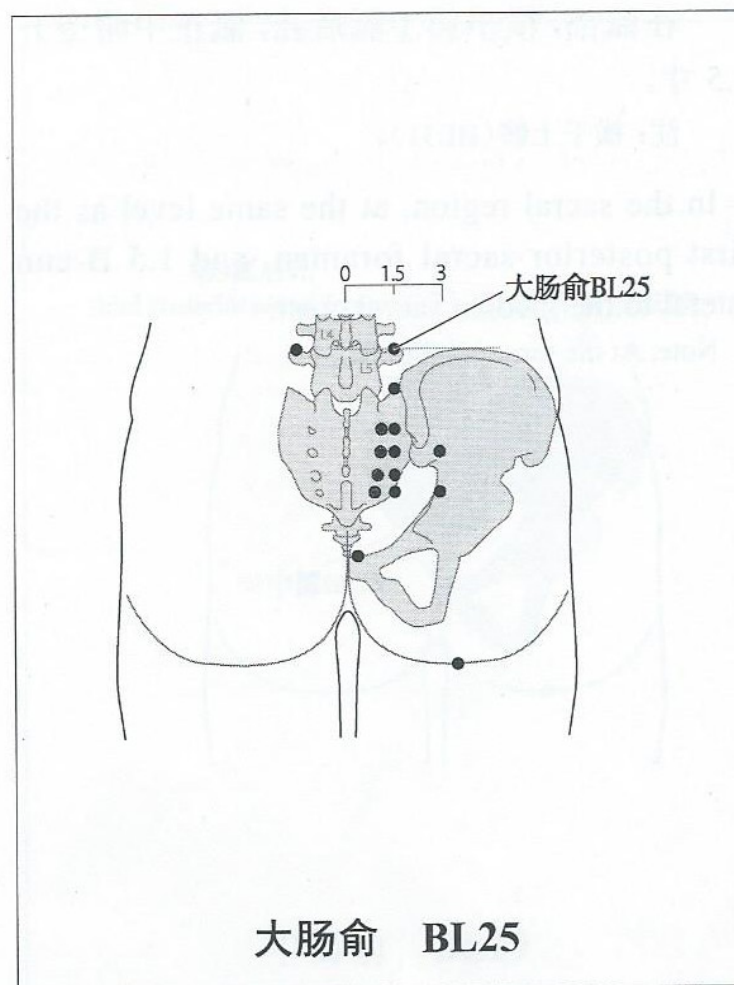


SHU - V25

大肠俞 Dàchángshū(BL25)

在腰部，第4腰椎棘突下缘，后正中线旁开1.5寸。

In the lumbar region, at the same level as the inferior border of the spinous process of the fourth lumbar vertebra (L4), 1.5 B-cun lateral to the posterior median line.

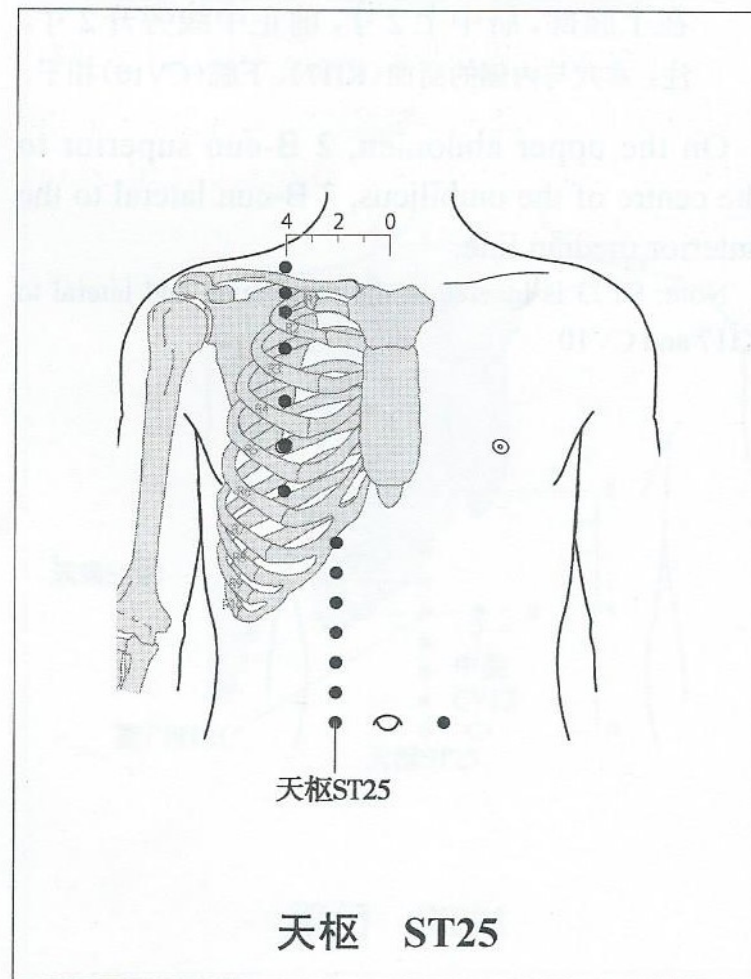


MU- ES 25

天枢 Tiānshū(ST25)

在上腹部，脐中旁开 2 寸。

On the upper abdomen, 2 B-cun lateral to the centre of the umbilicus.



IG6 Luo

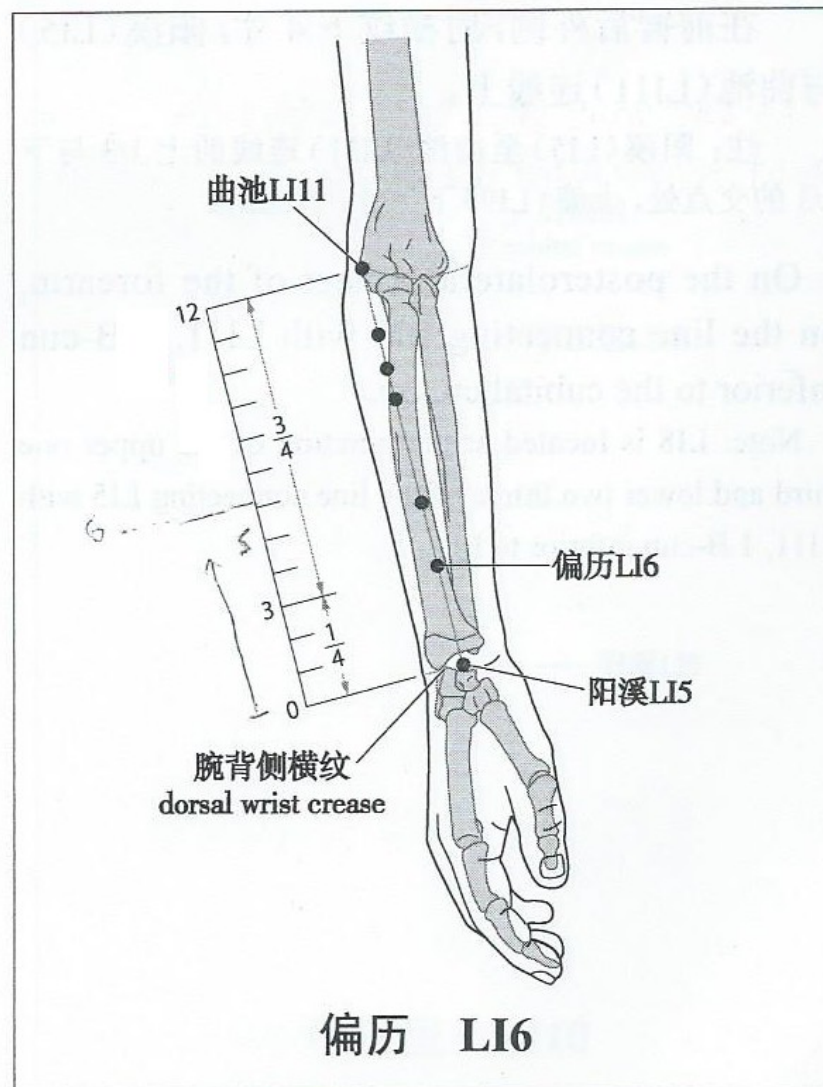
偏历 Piānlì (LI6)^[3]

在前臂后外侧，腕背侧横纹上3寸，阳溪(LI5)与曲池(LI11)连线上。

注：阳溪(LI5)至曲池(LI11)连线的上3/4与下1/4的交点处。

On the posterolateral aspect of the forearm, on the line connecting LI5 with LI11, 3 B-cun superior to the dorsal wrist crease.

Note: LI6 is located at the junction of the upper three fourths and the lower one fourth of the line connecting LI5 with LI11.



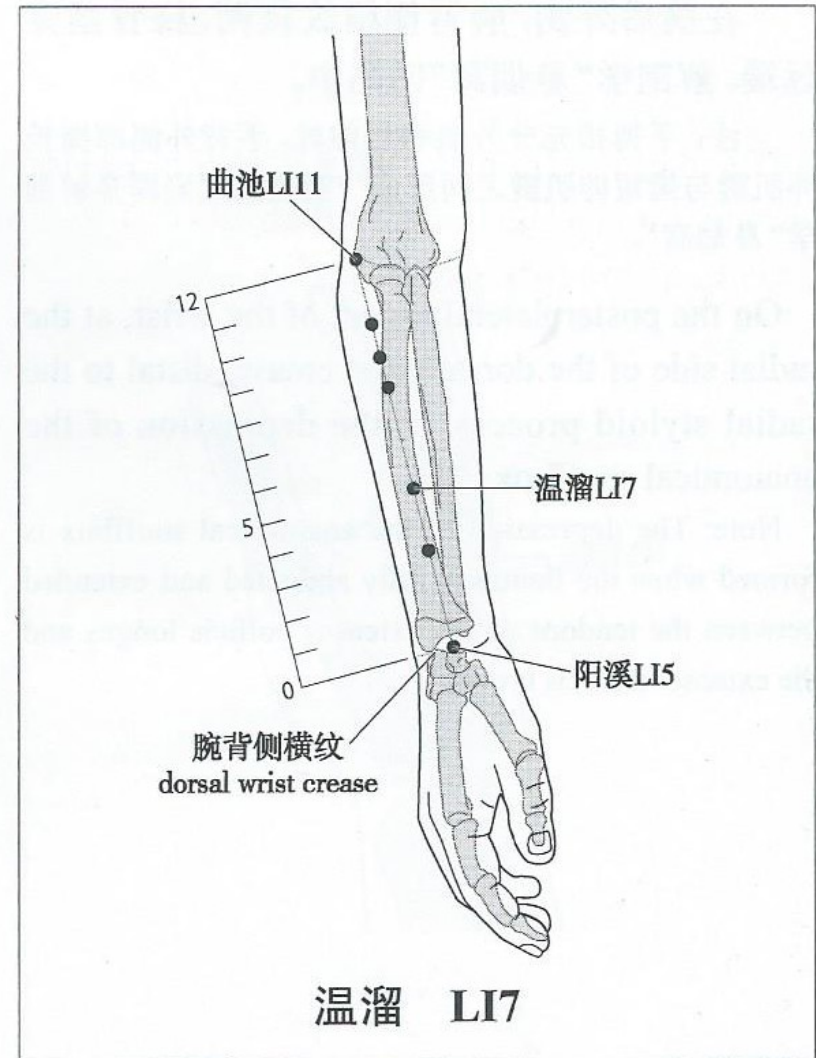
[3] 图 LI6~LI10 应当是标准解剖姿势的侧视图，或者是横肱屈肘拇指向上姿势。

IG7 XI

温溜 Wēnliū (LI7)

在前臂后外侧，腕背侧横纹上 5 寸，阳溪 (LI5) 与曲池 (LI11) 连线上。

On the posterolateral aspect of the forearm, on the line connecting LI5 with LI11, 5 B-cun superior to the dorsal wrist crease.



ES 37 He inferior

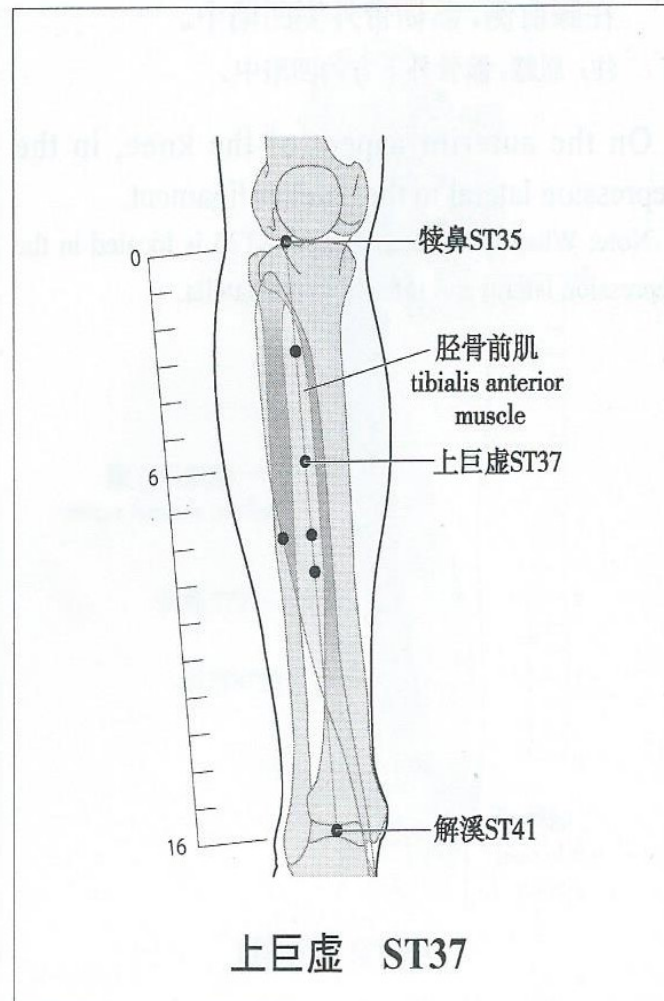
上巨虚 Shàngjùxū (ST37)

在小腿前侧，犊鼻(ST35)下6寸，犊鼻与解溪(ST41)连线上。

注：在胫骨前肌上取穴。

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 6 B-cun inferior to ST35.

Note: ST37 is located on the tibialis anterior muscle.

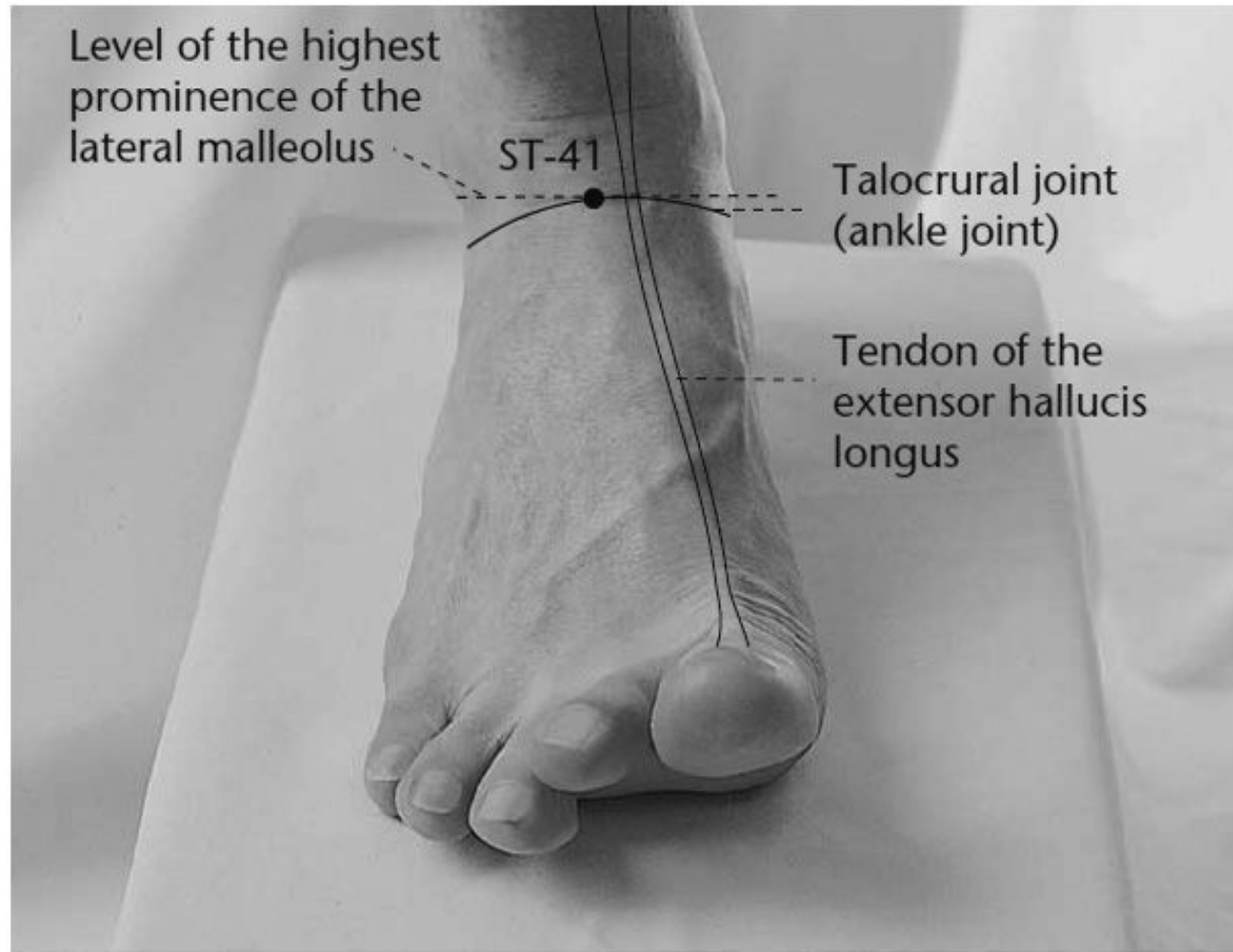


Level of the highest
prominence of the
lateral malleolus

ST-41

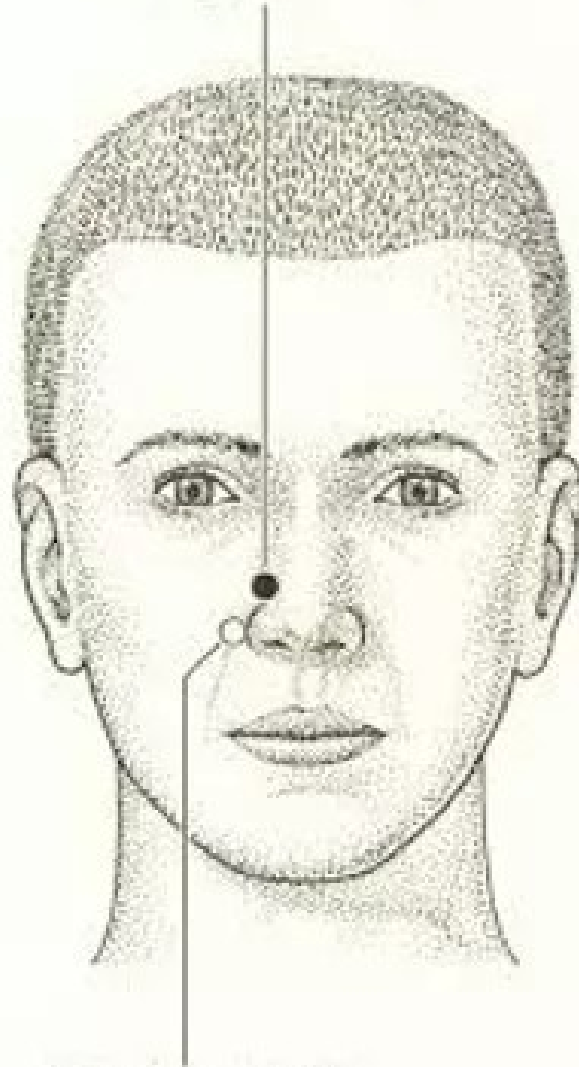
Talocrural joint
(ankle joint)

Tendon of the
extensor hallucis
longus



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Bitong (M-HN-14)



Yingxiang L.I.-20

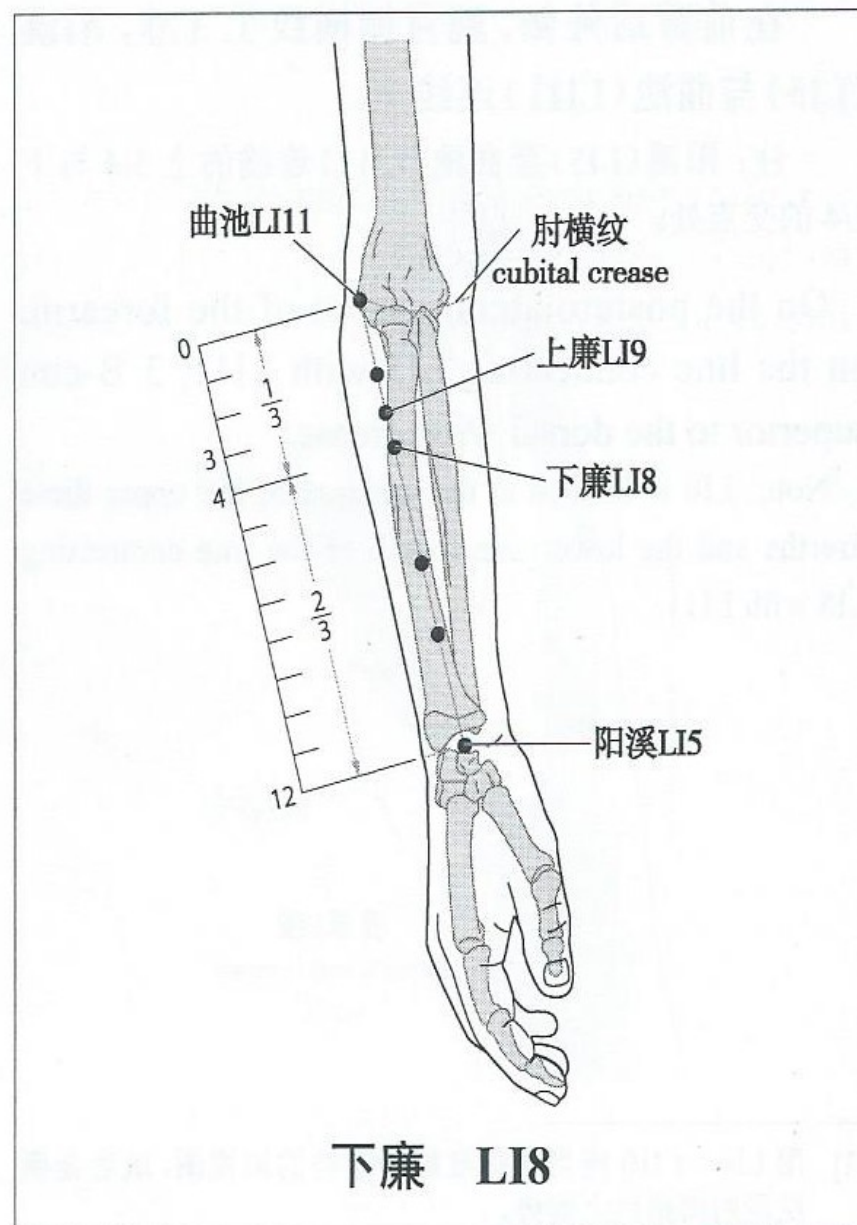
下廉 Xiàlián(LI8)

在前臂后外侧，肘横纹下4寸，阳溪(LI5)与曲池(LI11)连线上。

注：阳溪(LI5)至曲池(LI11)连线的上1/3与下2/3的交点处，上廉(LI9)下1寸。

On the posterolateral aspect of the forearm, on the line connecting LI5 with LI11, 4 B-cun inferior to the cubital crease.

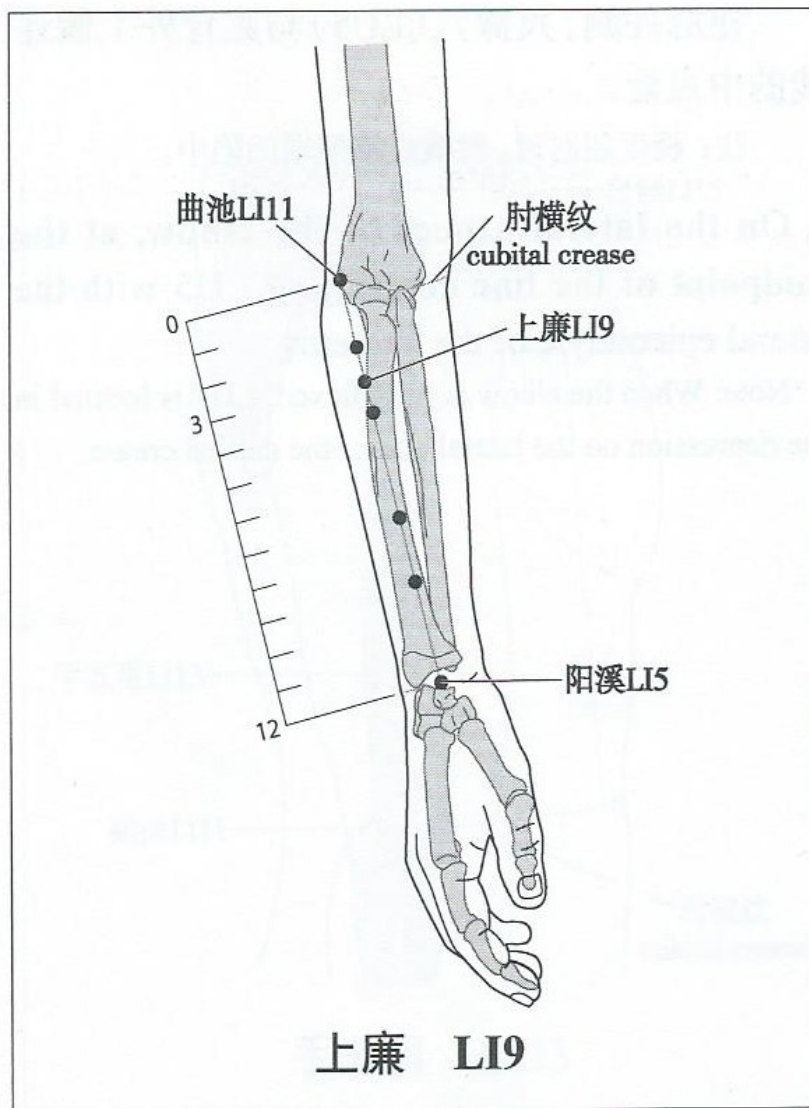
Note: LI8 is located at the junction of the upper one third and lower two thirds of the line connecting LI5 with LI11, 1 B-cun inferior to LI9.



上廉 Shànglián(LI9)

在前臂后外侧，肘横纹下3寸，曲池(LI11)与阳溪(LI5)连线上。

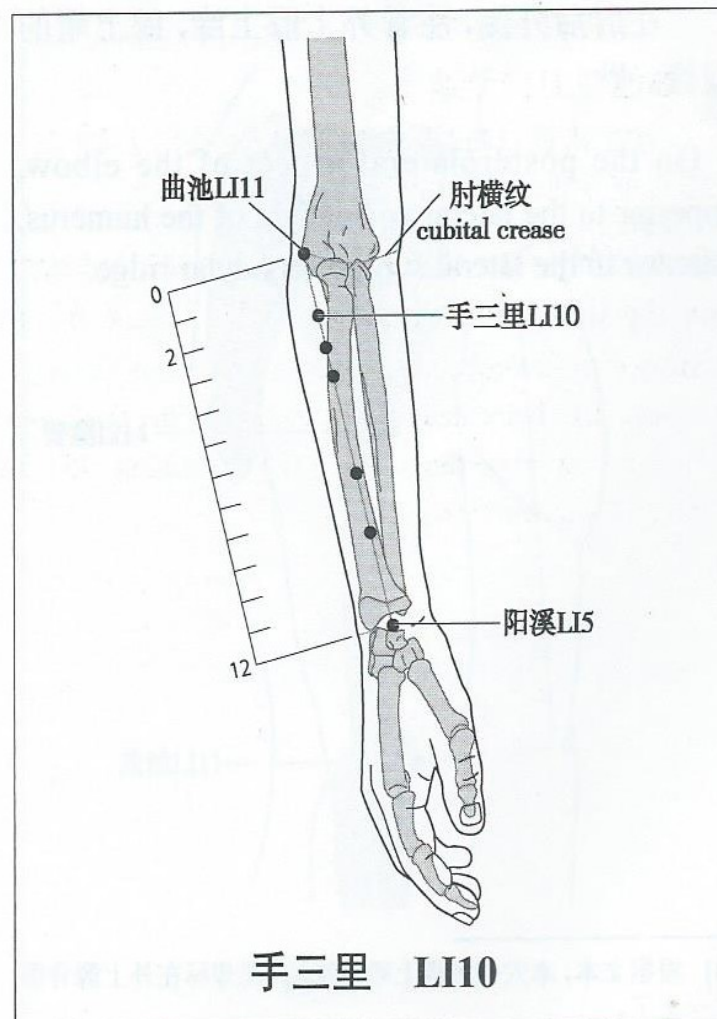
On the posterolateral aspect of the forearm, on the line connecting LI5 with LI11, 3 B-cun inferior to the cubital crease.

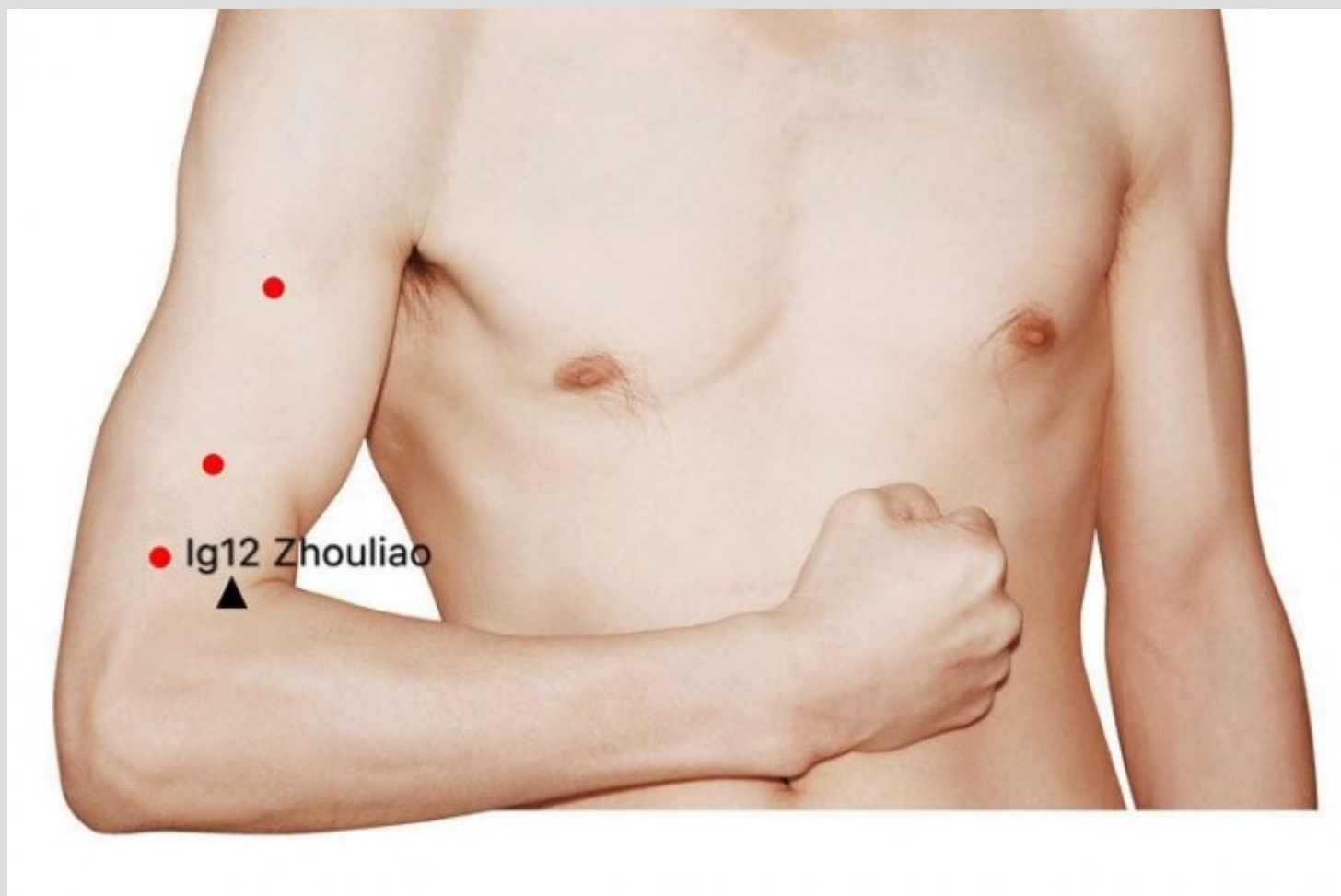


手三里 Shǒusānlǐ (LI10)

在前臂后外侧，肘横纹下 2 寸，曲池 (LI11) 与阳溪 (LI5) 连线上。

On the posterolateral aspect of the forearm, on the line connecting LI5 with LI11, 2 B-cun inferior to the cubital crease.





Ig14 Binao



Ig15 Jianyu •

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