

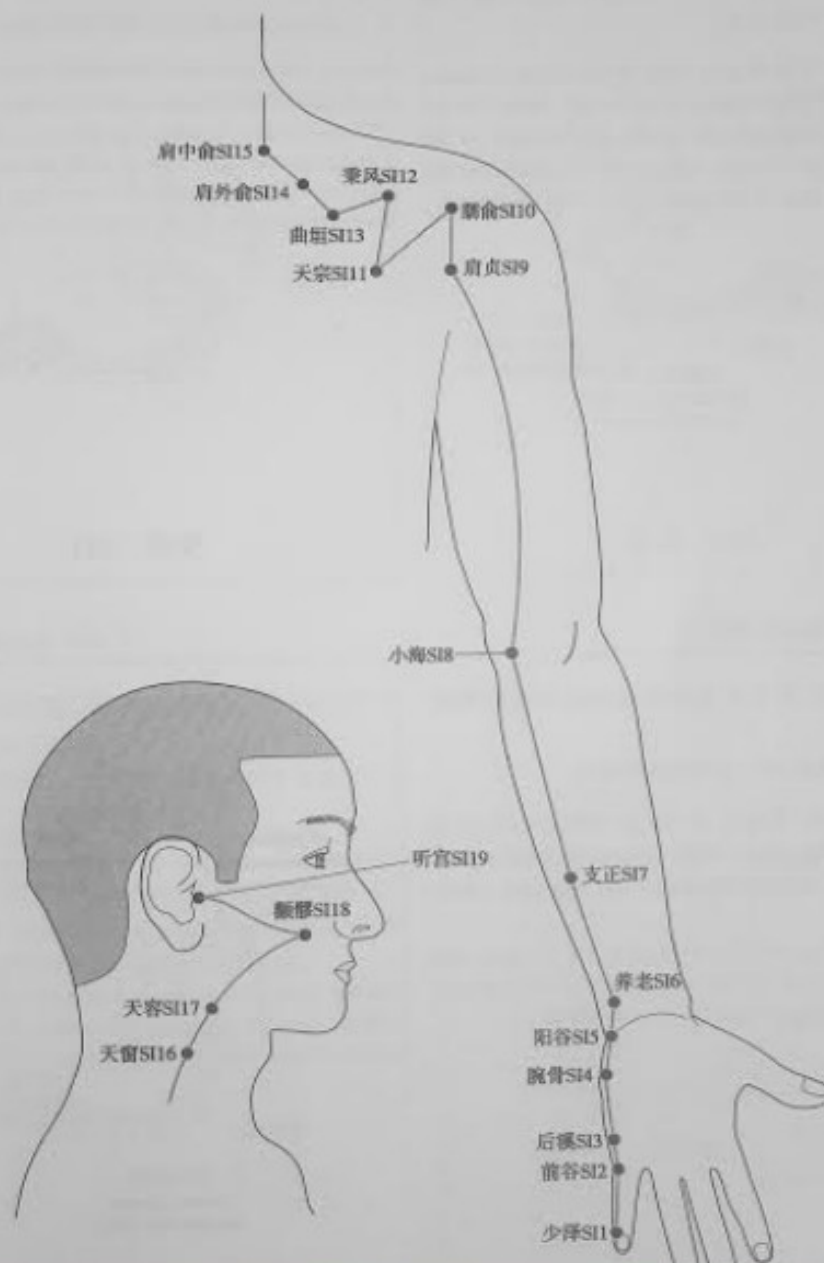
MERIDIANOS PRINCIPALES

Intestino Delgado – Shou Tai Yang de la Mano

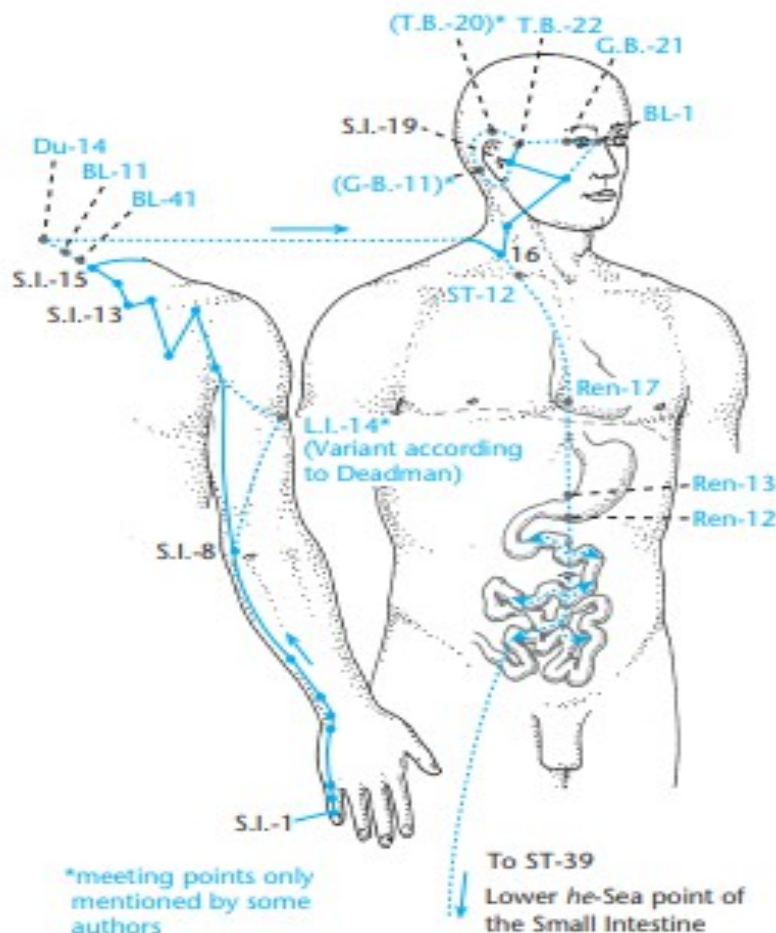


ESCUELA CHILENA DE ACUPUNTURA

手太阳小肠经 Small Intestine Meridian



RECORRIDO CANAL INTestino DELGADO



Inicia en el ángulo ungueal cubital del dedo meñique. Sigue borde cubital de la mano hasta la muñeca. Sigue por la apófisis estiloides del cubito hasta el codo. Pasa entre la epitroclea y el olecranon asciende por la cara posterior del brazo hasta la cara postero-inferior del acromion. Contornea la escapula y alcanza DU 14. Desde aquí se dirige al hueco supraclavicular, se divide en dos ramas: una se inserta en el tórax, va hacia el corazón, atraviesa esófago, diafragma, el estomago, alcanza el intestino delgado y se relaciona con E39. La otra rama asciende por la cara lateral del cuello, alcanza la mejilla y asciende por el ángulo externo del ojo y va a penetrar el oído. De la mejilla sale una rama colateral que sigue el borde de la nariz y alcanza el ángulo interno del ojo, en Jing Ming (v1) para conectarse con el meridiano de vejiga

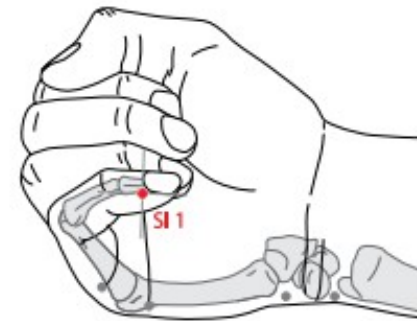
CUALIDAD	PUNTO
METAL	
AGUA	
MADERA	
FUEGO	
TIERRA	
YUAN	
SHU	
MU	
LUO	
XI	
He inferior	

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METAL -Pozo	ID 1
AGUA - Manantial	ID 2
MADERA (T) Arroyo	ID 3
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YUAN	ID 4
SHU	V27
MU	REN 4
LUO	ID7
XI	ID 6
He inferior	E 39

ID 1 Pozo METAL

SI1: Shaoze 少澤 (澤, 沢)

On the little finger, ulnar to the distal phalanx, 0.1 F-cun proximal-medial to the ulnar corner of the little fingernail, at the intersection of the vertical line of ulnar border of the nail and horizontal line of the base of the little fingernail.



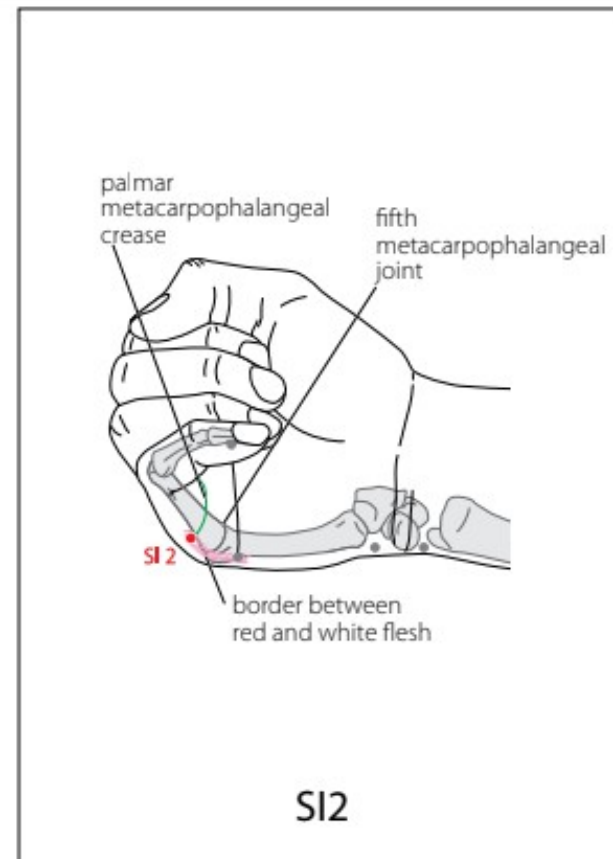
SI1

ID 2 Manantial AGUA

SI2: Qiangu 前谷

On the little finger, in the depression distal to the ulnar side of the fifth metacarpophalangeal joint, at the border between the red and white flesh.

Note: When the hand is slightly flexed, the point is located at the ulnar end of the palmar metacarpophalangeal crease of the little finger.

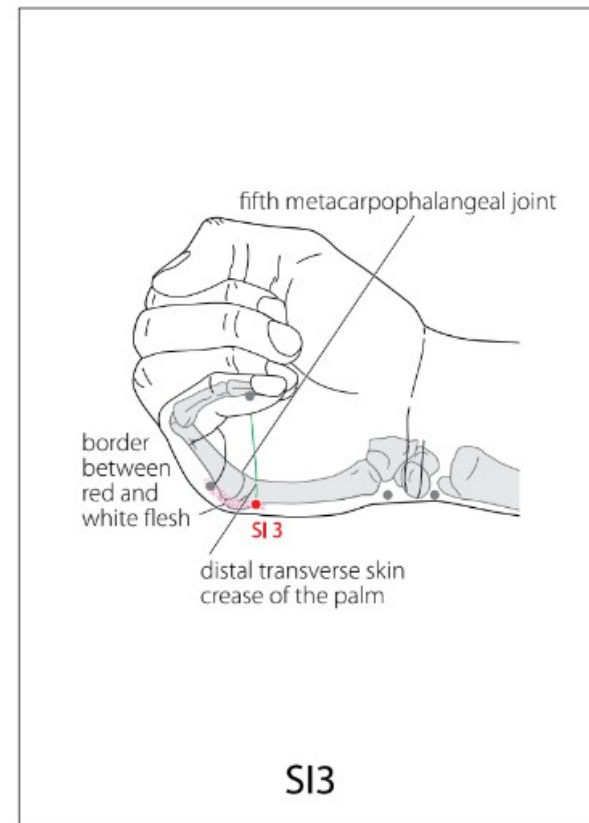


ID 3 Arroyo MADERA (T)

SI3: Houxi 後(后)谿(溪)

On the dorsum of the hand, in the depression proximal to the ulnar side of the fifth metacarpophalangeal joint, at the border between the red and white flesh.

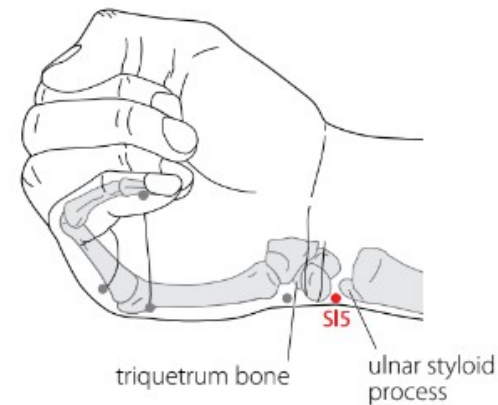
Note: When the hand is slightly flexed, the point is located at the ulnar end of the distal transverse skin crease of the palm, at the border between the red and white flesh.



ID 5 Río FUEGO

SI5: Yanggu 陽(阳)谷

On the posteromedial aspect of the wrist, in the depression between the triquetrum bone and the ulnar styloid process.



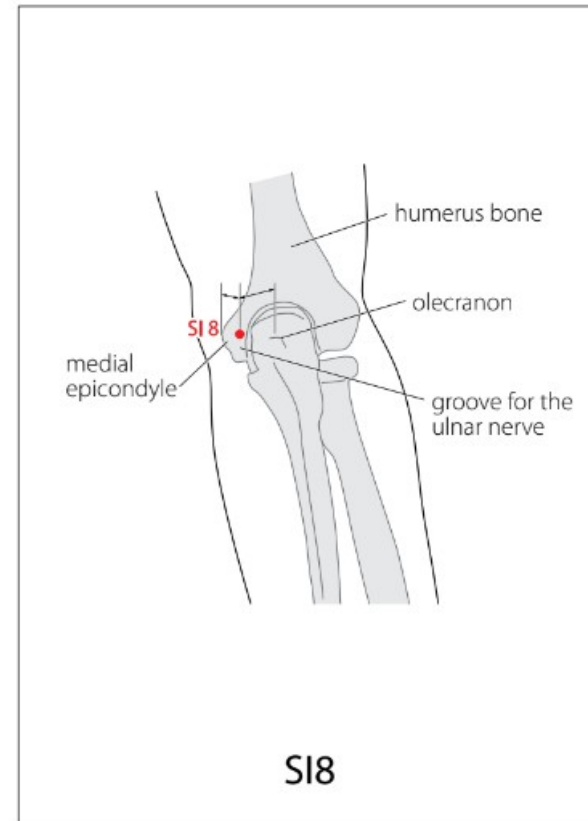
SI5

ID 8 Mar Tierra (D)

SI8: Xiaohai 小海(海)

On the posteromedial aspect of the elbow, in the depression between the olecranon and the medial epicondyle of the humerus bone.

Note: When the elbow is slightly flexed, SI 8 is located in the groove for the ulnar nerve.



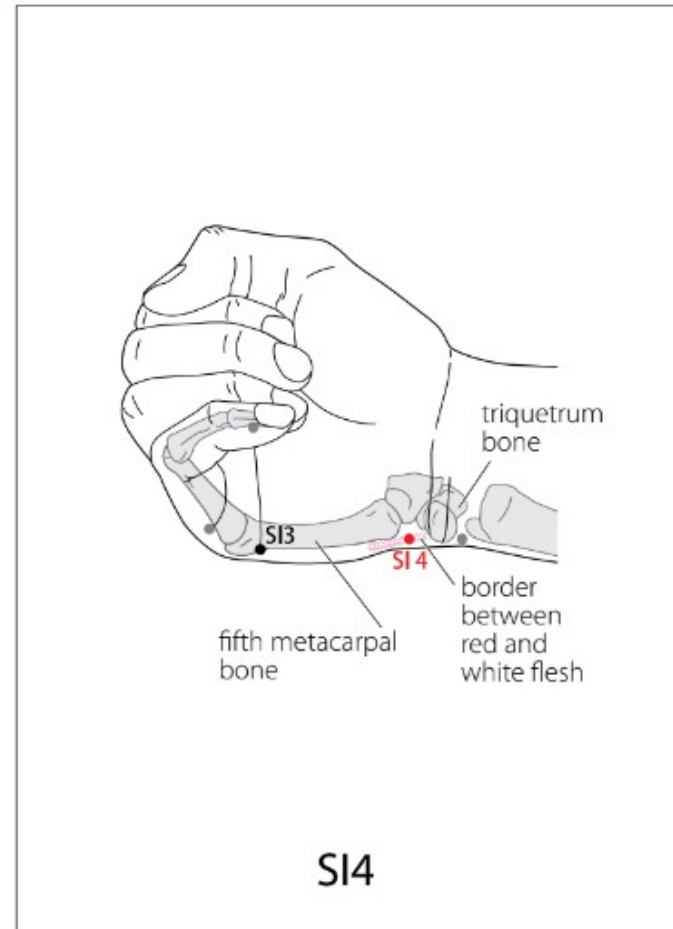
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ID 4 YUAN

SI4: Wangu 腕骨(骨)

On the posteromedial aspect of the wrist, in the depression between the base of the fifth metacarpal bone and the triquetrum bone, at the border between the red and white flesh.

Note: With one finger placed on SI3, push and slide proximally along the fifth metacarpal bone to the bony projection, SI4 is located in the depression between these two bones.

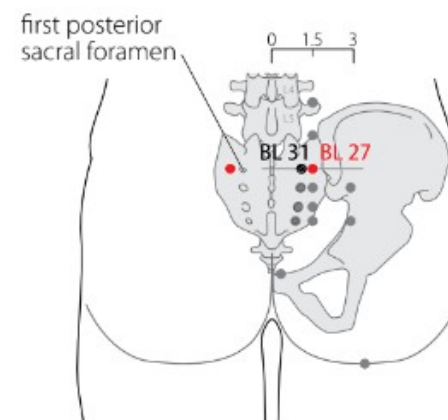


SHU - V27

BL27: Xiaochangshu 小腸(肠)俞(俞)

In the sacral region, at the same level as the first posterior sacral foramen, and 1.5 B-cun lateral to the median sacral crest.

Note: At the same level as BL31.

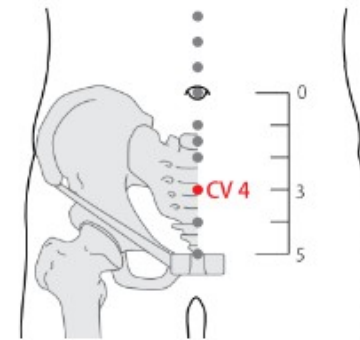


BL27

MU- REN 4

CV4: Guanyuan 關(关, 関)元

On the lower abdomen, 3 B-cun inferior to the centre of the umbilicus, on the anterior median line.



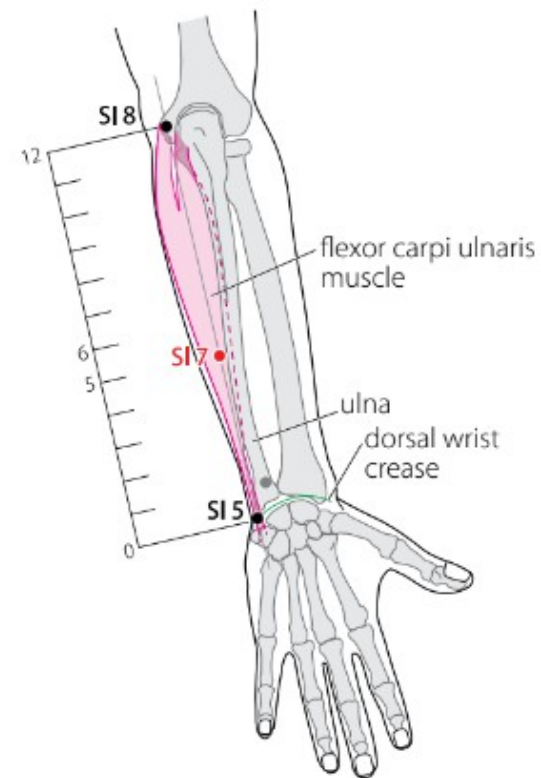
CV4

ID 7 Luo

SI7: Zhizheng 支正

On the posteromedial aspect of the forearm, between the medial border of the ulnar bone and the flexor carpi ulnaris muscle, 5 B-cun proximal to the dorsal wrist crease.

Note: 1 B-cun distal to the midpoint of the line connecting SI5 with SI8.



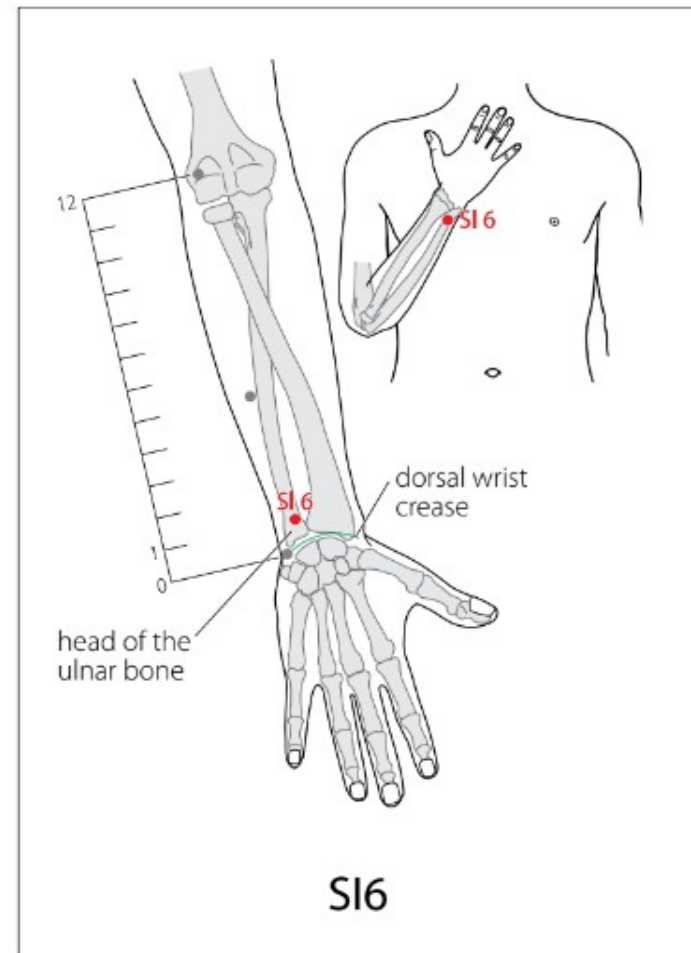
SI7

ID 6 XI

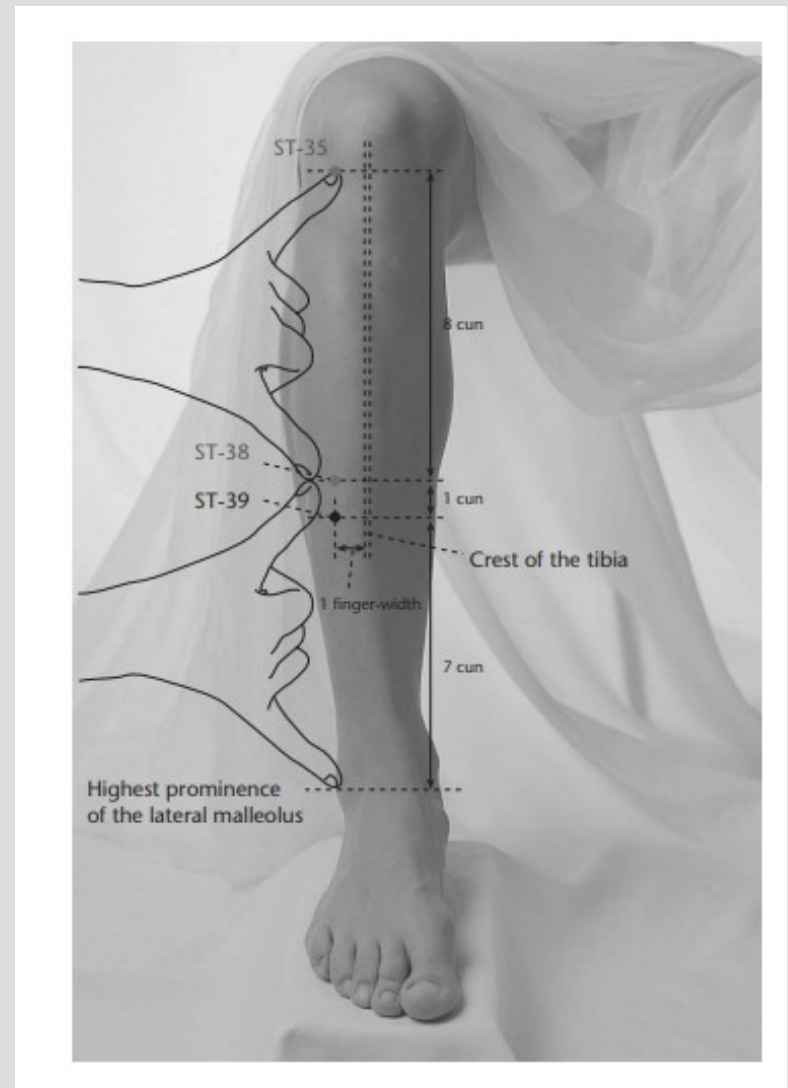
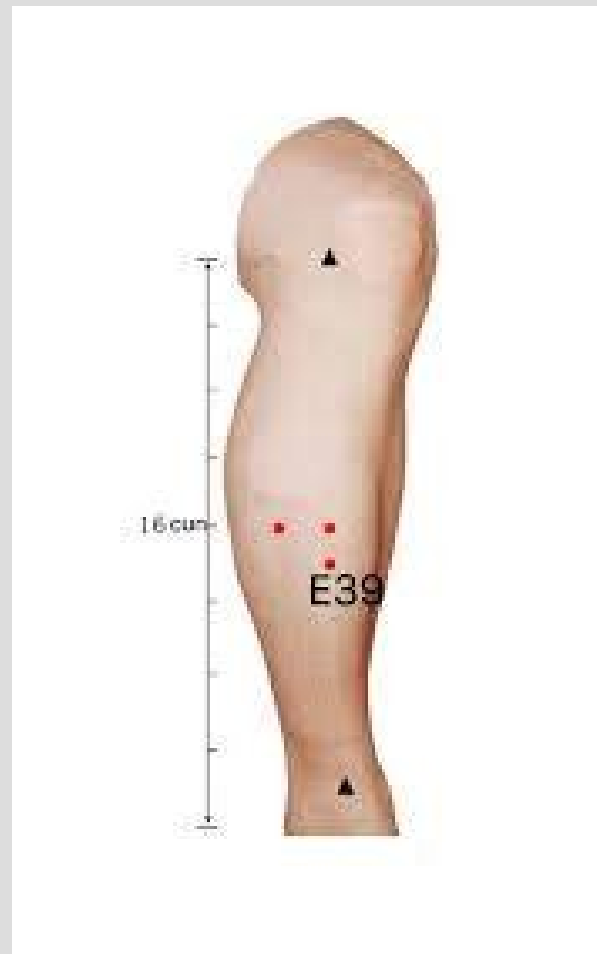
SI6: Yanglao 養(养)老

On the posteromedial aspect of the forearm, in the depression radial to the head of the ulnar bone, 1 B-cun proximal to the dorsal wrist crease.

Note: With the palm facing downwards, press the highest point of the head of ulnar bone with a finger, and then turn the palm towards the chest; SI6 is located at the cleft between the bones where the finger slides.

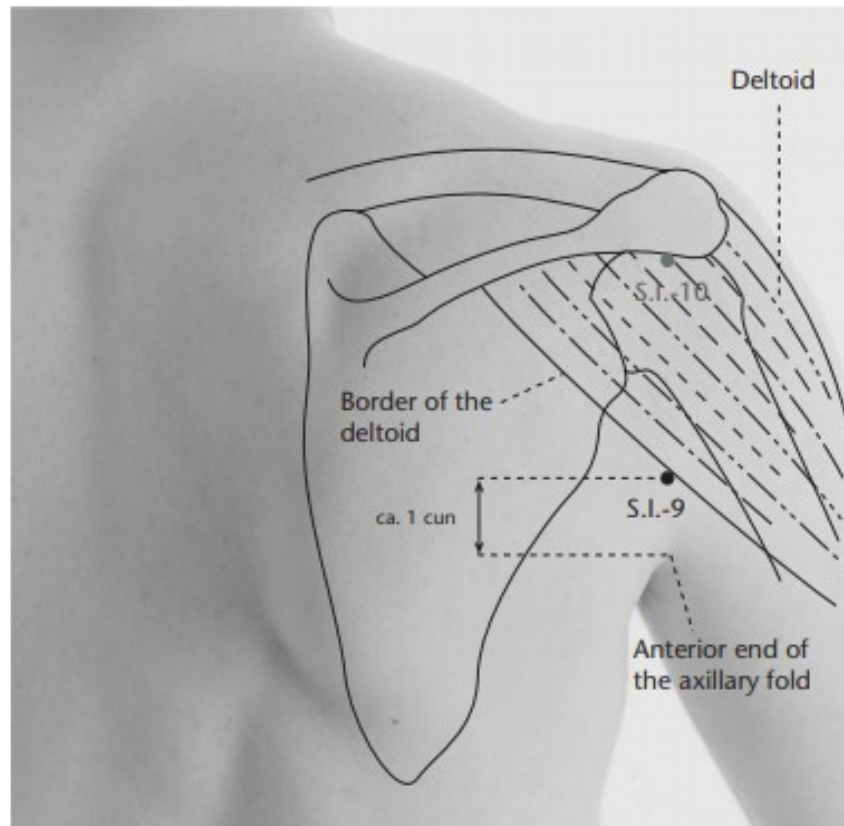


E 39 He inferior

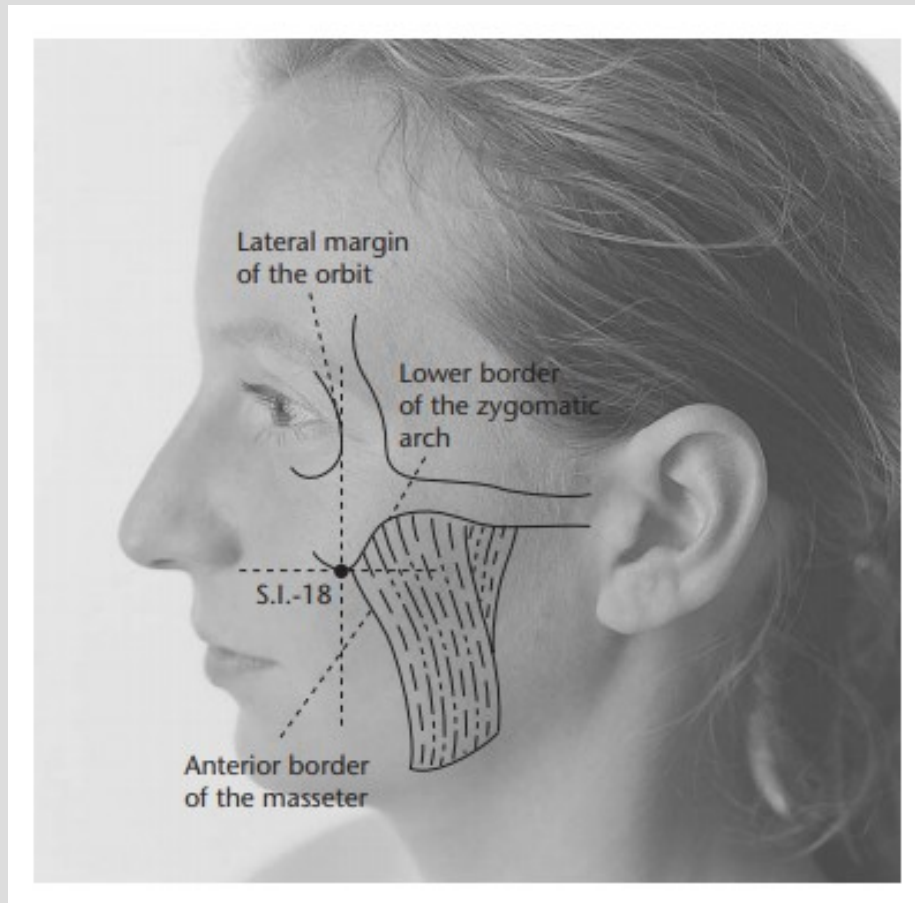


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ID 9



ID 18



ID 19

