

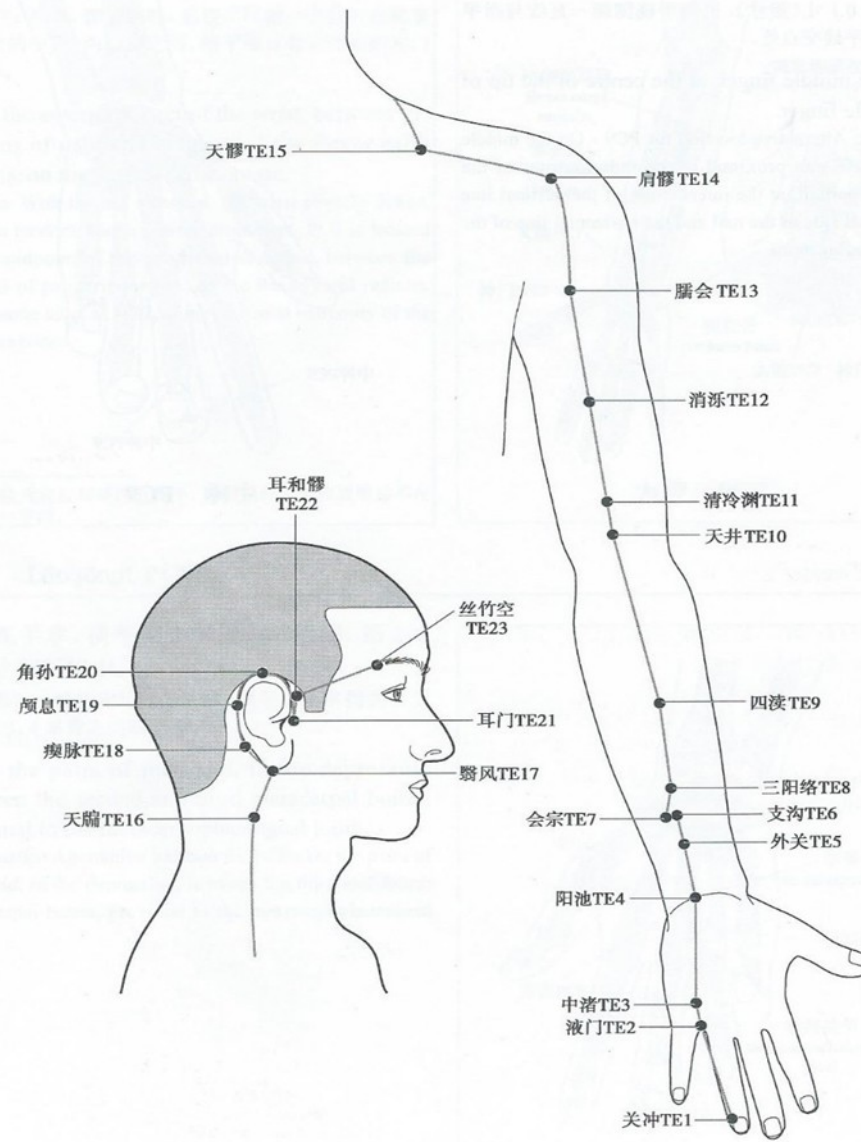
MERIDIANOS PRINCIPALES

Sanjiao (triple calentador) – Shao Yang de la Mano

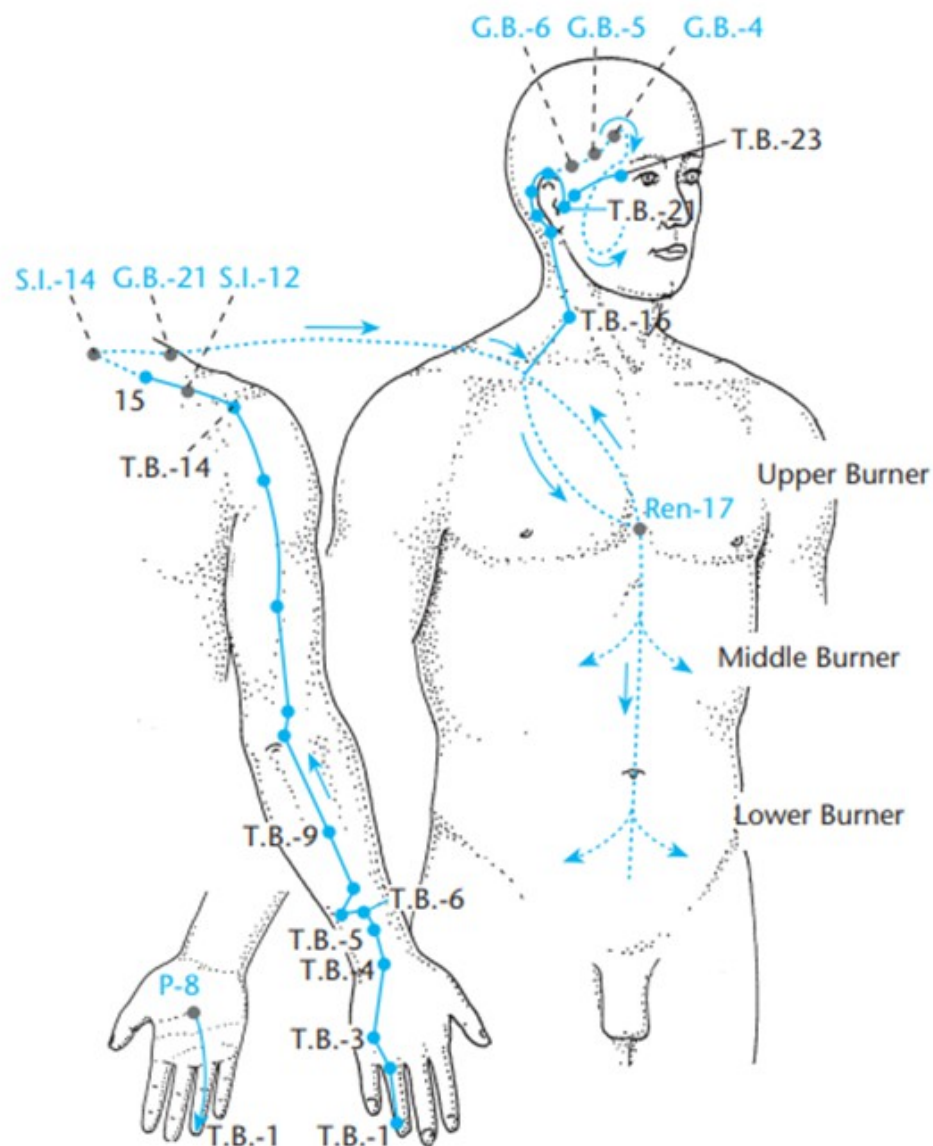


ESCUELA CHILENA DE ACUPUNTURA

手少阳三焦经 Triple Energizer Meridian



RECORRIDO CANAL SANJIAO



Inicia en el ángulo ungueal cubital del dedo anular, atraviesa el dorso de la mano entre el 4° y 5° metacarpiano. Llega a la muñeca sigue el antebrazo entre el radio y el cubito. Alcanza el extremo del codo, asciende a través de la cara externa del brazo hasta el hombro. Pasa por debajo del borde posterior del acromion y la fosa suparespinosa, alcanza DU 14. Se dirige hasta el hueco supracravicular donde emerge la rama que penetra al tórax. La rama interna se dirige hasta REN 17 (shang zong) para relacionarse con el maestro del corazón, atraviesa los 3 calentadores y se dirige hacia 39 V. El trayecto principal asciende por el cuello, pasa por detrás de la oreja, alcanza la sien, desciende por la mejilla y va por debajo del ojo. Desde la rama retroauricular sale la rama que penetra al oído, vuelve a emerger por delante de la oreja. Se dirige hacia el ángulo externo del ojo y termina en la extremidad externa de la ceja.

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

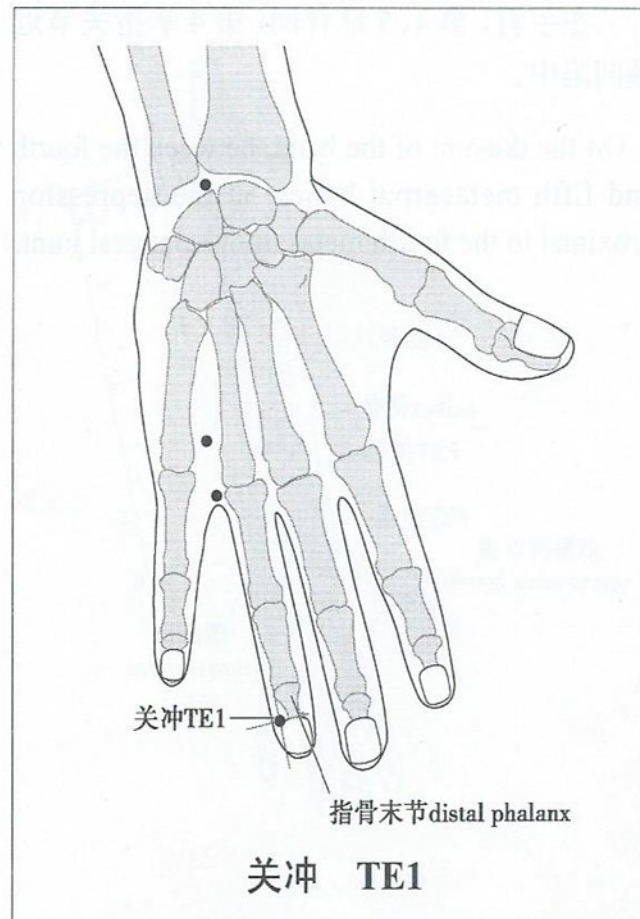
CUALIDAD	PUNTO
METAL -Pozo	SJ 1
AGUA - Manantial	SJ 2
MADERA (T) Arroyo	SJ 3
FUEGO - Río	SJ 6
TIERRA (D)- Mar	SJ 10
YUAN	SJ 4
SHU	V 22
MU	REN 5
LUO	SJ 5
XI	SJ 7
He inferior	V 39

SJ 1 Pozo METAL

关冲 Guānchōng(TE1)

在手指, 第4指末节尺侧, 指甲根角侧上方0.1寸(指寸), 沿指甲尺侧画一直线与指甲基底缘水平线交点处。

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

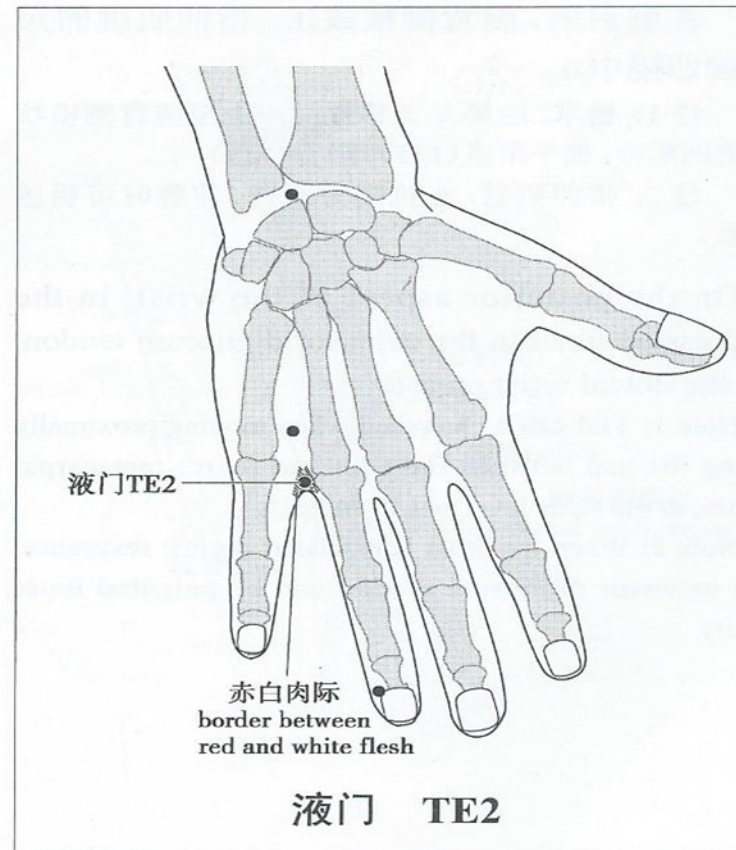


SJ 2 Manantial AGUA

液门 Yèmén(TE2)

在手背，第 4、5 指间，指蹼缘上方赤白肉际凹陷中。

On the dorsum of the hand, in the depression superior to the web margin between the ring and little fingers, at the border between the red and white flesh.

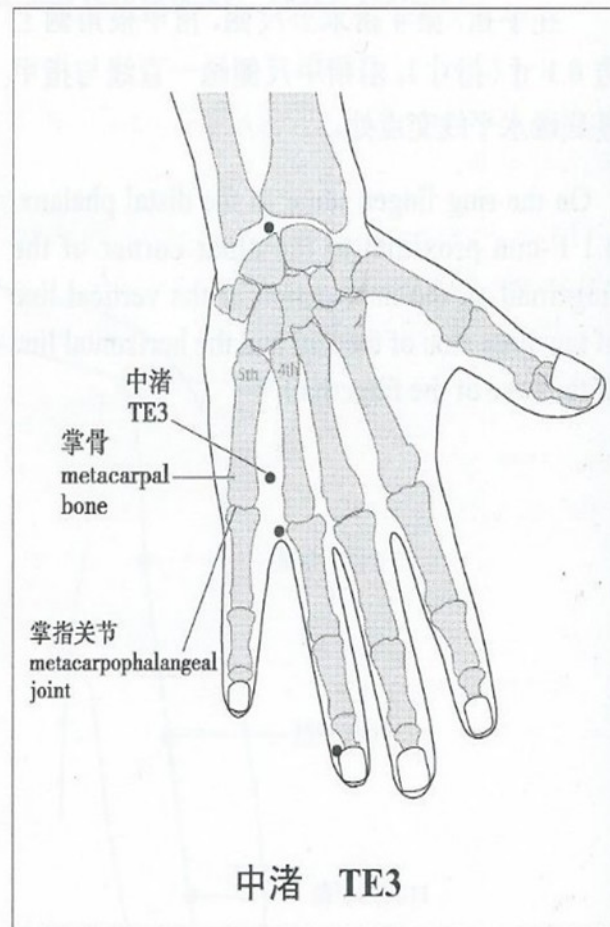


SJ 3 Arroyo MADERA (T)

中渚 Zhōngzhǔ(TE3)

在手背，第4、5掌骨间，第4掌指关节近端凹陷中。

On the dorsum of the hand, between the fourth and fifth metacarpal bones, in the depression proximal to the fourth metacarpophalangeal joint.



SJ 6 Río FUEGO

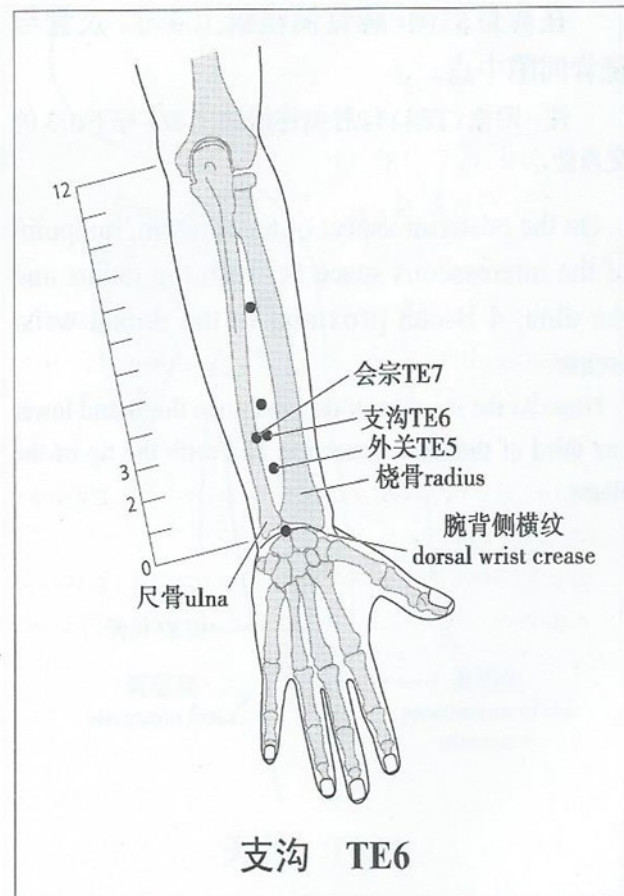
支沟 Zhīgōu(TE6)

在前臂后侧，腕背侧横纹上3寸，尺骨与桡骨间隙中点。

注：外关上1寸，两骨之间，横平会宗(TE7)。

On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 3 B-cun proximal to the dorsal wrist crease.

Note: 1 B-cun proximal to TE5, between the radius and the ulna, at the same level as TE7.



SJ 10 Mar Tierra (D)

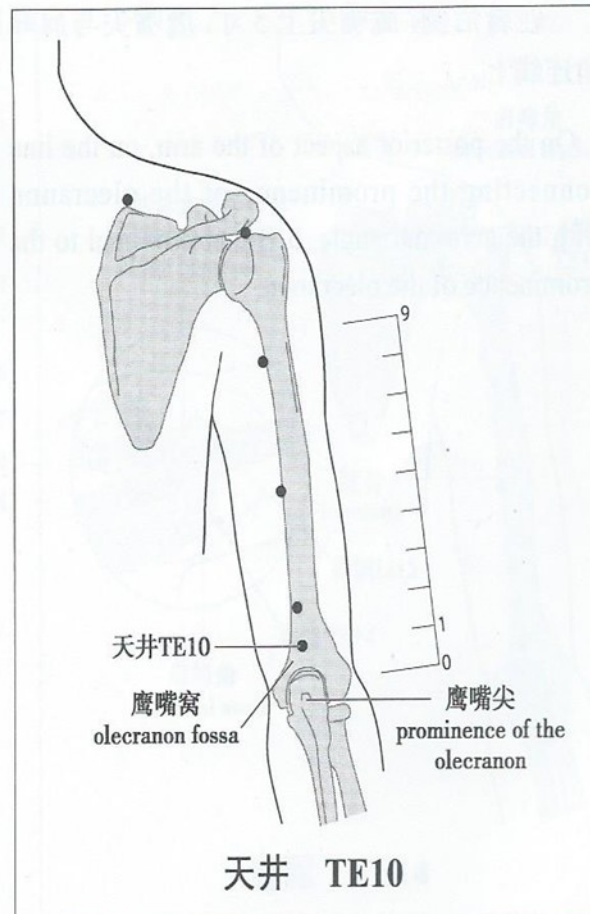
天井 Tiānjǐng(TE10)

在肘后侧，鹰嘴尖上1寸凹陷中。^[10]

注：屈肘90°时，鹰嘴窝中。

On the posterior aspect of the elbow, in the depression 1 B-cun proximal to the prominence of the olecranon.

Note: When the elbow is flexed, TE10 is located in the olecranon fossa.



[10] 天井穴只能屈肘取。在伸肘状态，穴位的凹陷（鹰嘴窝）被骨头遮盖。图 TE10~TE15 明显有误。

SJ 4 YUAN

阳池 Yángchí (TE4)

在腕后侧，腕背侧横纹上，指伸肌腱的尺侧缘凹陷中。

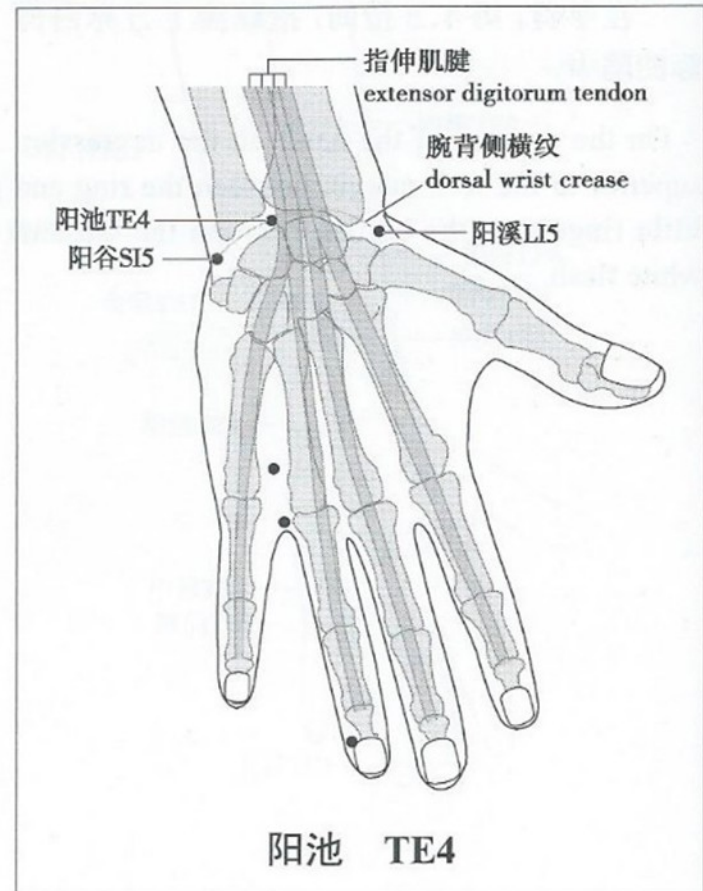
注 1：俯掌，沿第 4、5 掌骨间向上至腕背侧横纹处的凹陷中，横平阳溪 (LI5)、阳谷 (SI5)。

注 2：指伸肌腱，在抗阻力伸指、伸腕时可明显触及。

On the posterior aspect of the wrist, in the depression ulnar to the extensor digitorum tendon, on the dorsal wrist crease.

Note 1: TE4 can be palpated when moving proximally along the gap between the fifth and fourth metacarpal bones, at the same level as LI5 and SI5.

Note 2: When the wrist is extended against resistance, the extensor digitorum tendon can be palpated more easily.

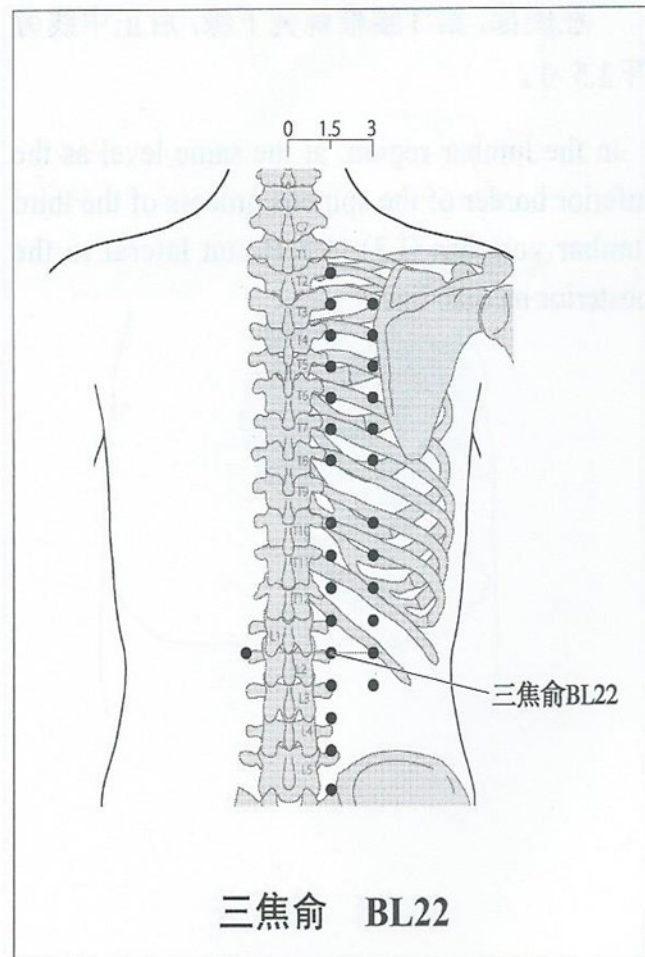


SHU - V22

三焦俞 Sānjiāoshū (BL22)

在腰部，第1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 first lumbar vertebra (L1), 1.5 B-cun lateral to the posterior median line.



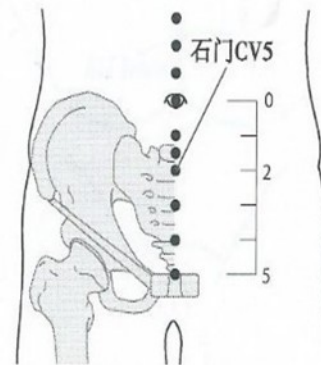
三焦俞 BL22

MU- REN 5

石门 Shímén(CV5)

在下腹部，脐中下 2 寸，前正中线上。

On the lower abdomen, 2 B-cun inferior to the centre of the umbilicus, on the anterior median line.



石门 CV5

SJ 5 Luo

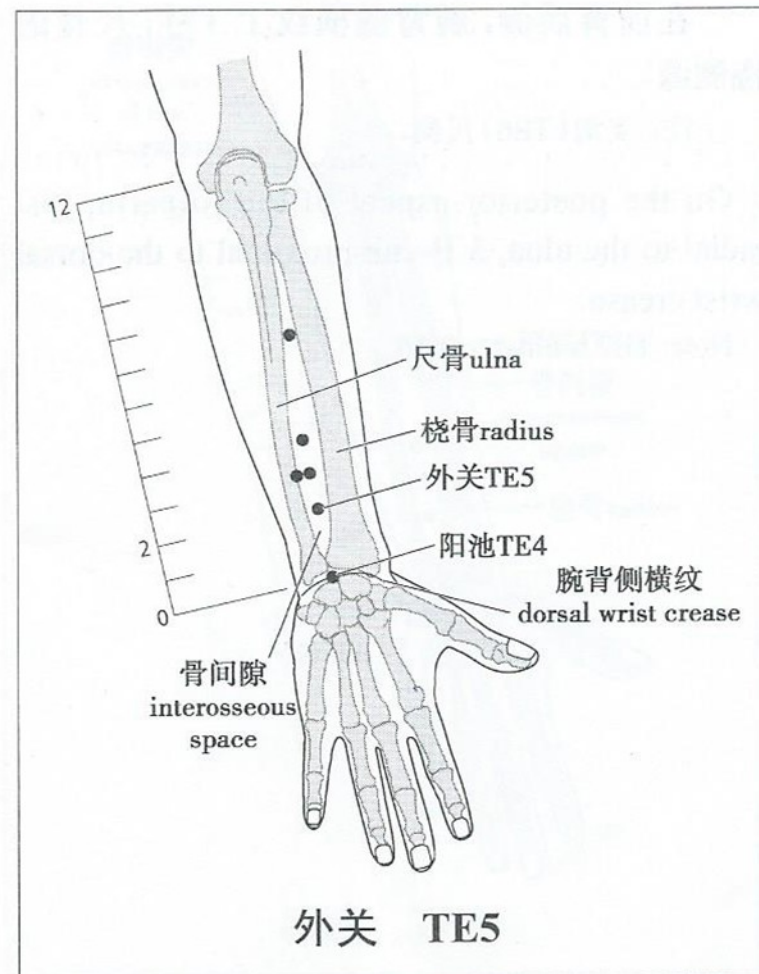
外关 Wàiguān(TE5)

在前臂后侧，腕背侧横纹上 2 寸，尺骨与桡骨间隙中点。

注：阳池(TE4)上 2 寸，两骨之间凹陷中。与内关(PC6)相对。

On the posterior aspect of the forearm, midpoint of the interosseous space between the radius and the ulna, 2 B-cun proximal to the dorsal wrist crease.

Note: 2 B-cun proximal to TE4, in the depression between the radius and the ulna. The anterior point corresponding to TE5 is PC6.



SJ 7 XI

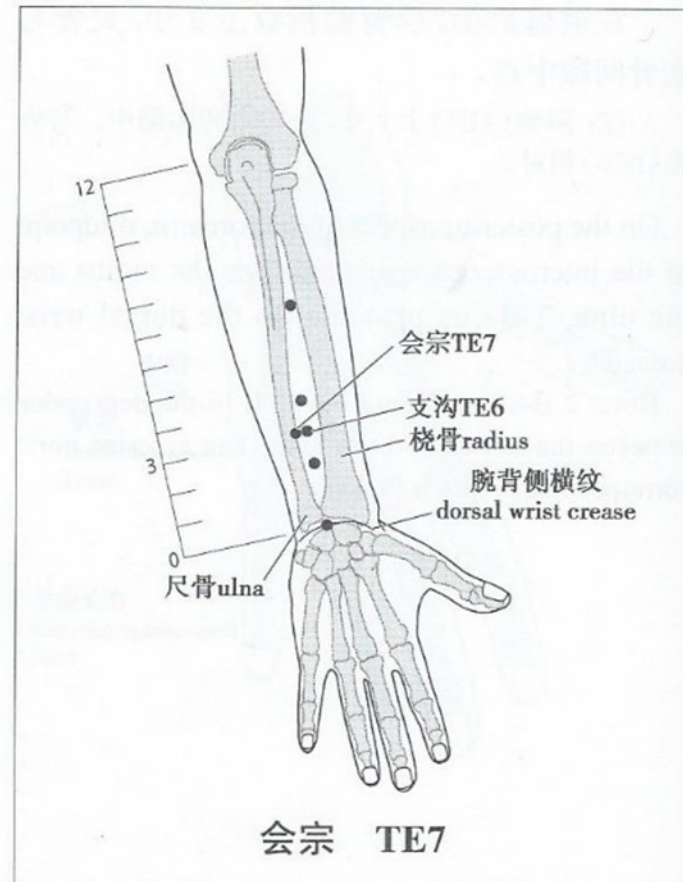
会宗 Huì zōng(TE7)

在前臂后侧，腕背侧横纹上3寸，尺骨的桡侧缘。

注：支沟(TE6)尺侧。

On the posterior aspect of the forearm, just radial to the ulna, 3 B-cun proximal to the dorsal wrist crease.

Note: TE7 is ulnar to TE6.



V 39 He inferior

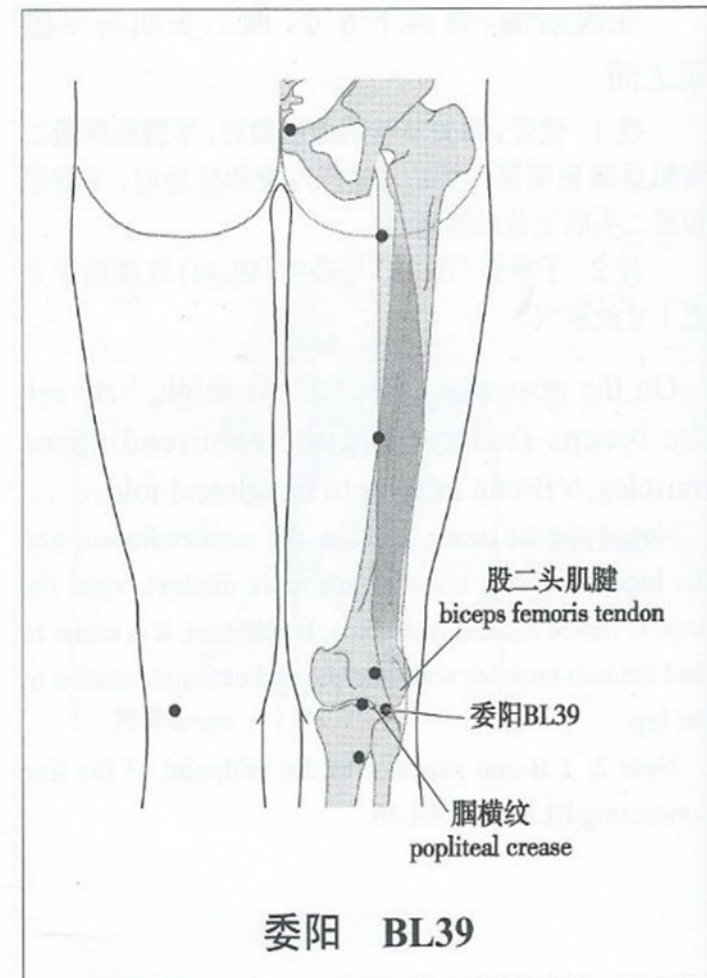
委阳 Wěiyáng (BL39)

在膝后外侧，腘横纹上，股二头肌腱的内侧缘。

注：稍屈膝，股二头肌腱显露更明显。

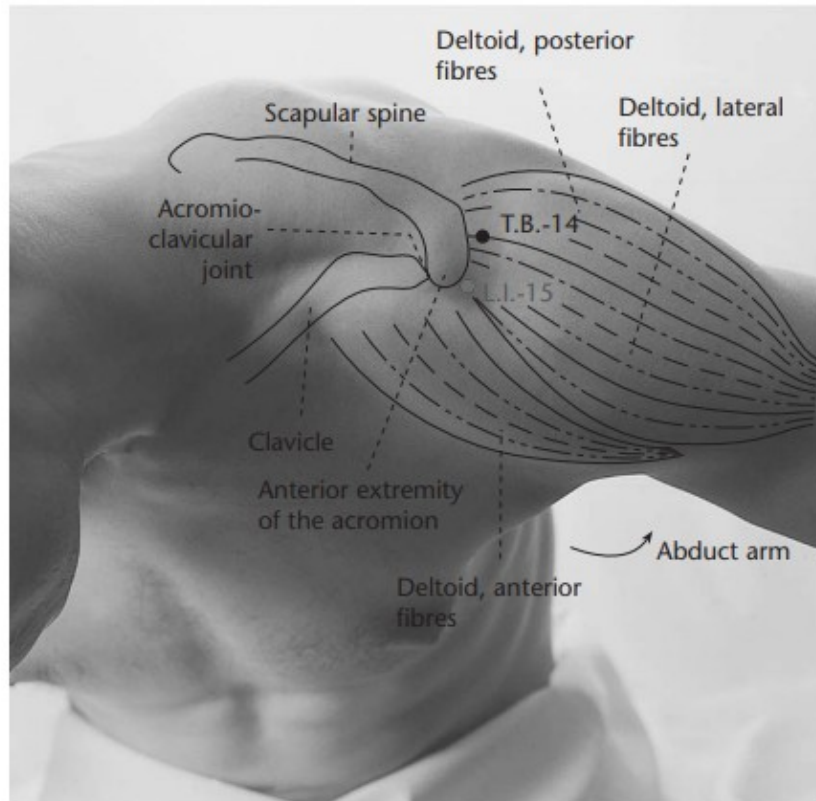
On the posterolateral aspect of the knee, just medial to the biceps femoris tendon in the popliteal crease.

Note: The biceps femoris tendon is more prominent when the knee is slightly flexed.



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SJ 14



Ig15 Jianyu •

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Sj14 Jianliao ▲

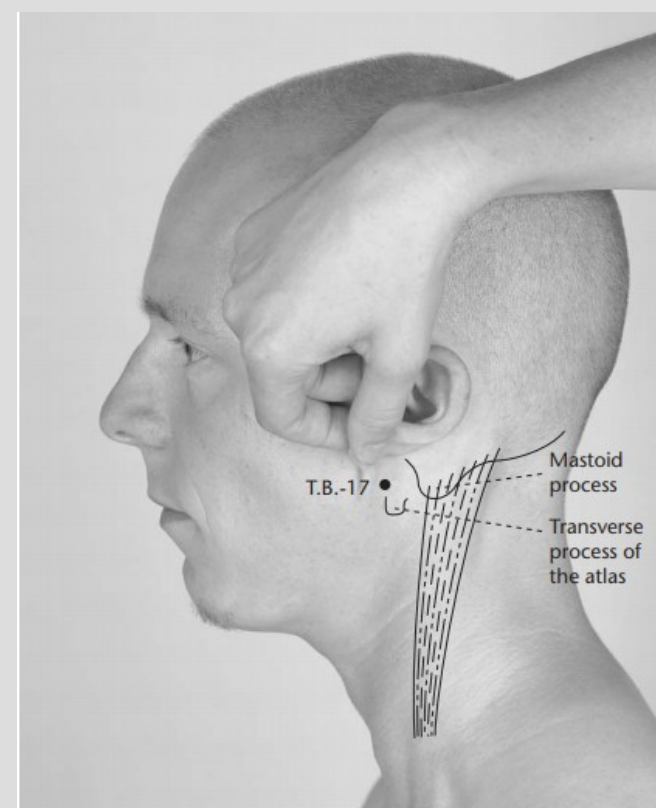
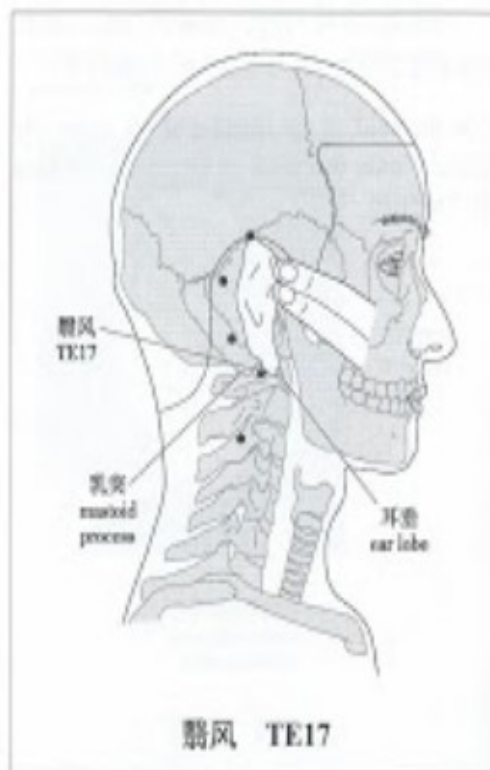


SJ 17

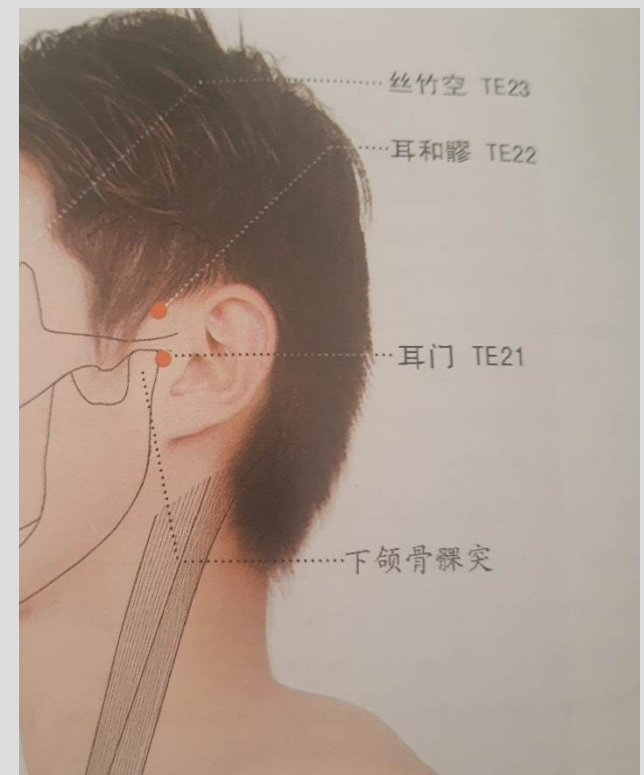
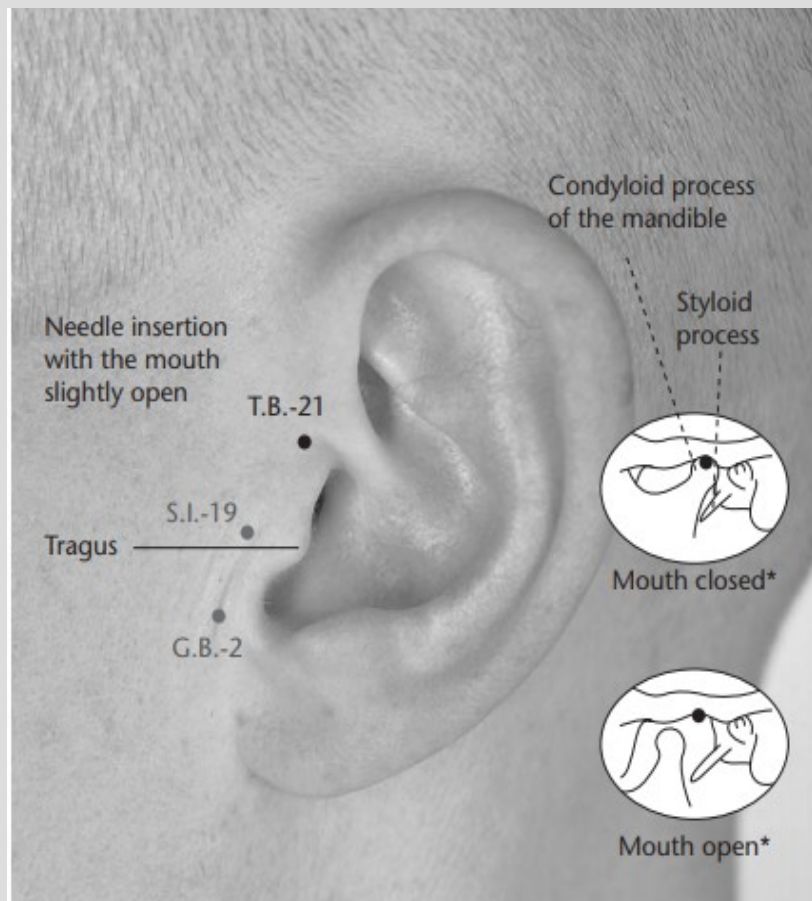
翳风 Yifēng (TE17)

在颈前部，耳垂后方，乳突下端前方凹陷中。

In the anterior region of the neck, posterior to the ear lobe, in the depression anterior to the inferior end of the mastoid process.



SJ 21



SJ 23

