

Channel	Zang Fu & important connections	Crossing Points	Pathway
LU	LU, LI, ST	None	<p>Begins in the MJ in the region of the ST and runs downward to join to LI</p> <ul style="list-style-type: none"> ➤ turns back to pass through diaphragm to join LU ➤ emerges under the clavicle in the throat ➤ runs along medial aspect of arm to elbow ➤ runs along anterior forearm and above radial artery at the wrist ➤ ends at the radial edge of the thumbnail. <p>A <u>second</u> branch diverges just above the wrist and runs to the radial edge of the tip of the index finger, where it joins the LI primary channel.</p>
LI	LI, LU, <u>lower teeth & gums</u>	SI-12, Du-14, ST-4, Du-26	<p>Begins on the radial side of the index fingernail</p> <ul style="list-style-type: none"> ➤ passes through the anatomical snuffbox between the extensor tendons of the thumb <ul style="list-style-type: none"> ➤ continues up the lateral side of the forearm to the elbow ➤ ascends along the anterior border of the upper arm to the highest point on the shoulder where it divides into <u>two branches</u>. <ul style="list-style-type: none"> <u>One branch</u> enters the body and descends into the LU, diaphragm and enters the LI. The <u>second</u> branch ascends externally along the neck, <ul style="list-style-type: none"> ➤ passes through the cheek and enters the lower teeth and gums ➤ externally, the branch continues by curving around the upper lip and ends at the opposite side of the nose. <p>NOTE: Only channel to cross the body</p>

Channel	Zang Fu & important connections	Crossing Points	Pathway
ST	ST, SP, <u>upper teeth & gums</u>	LI-20, BL-1, Du-26, Ren-24, GB-3, 6, 4, DU-24, 14, Ren-13, 12	<p>Begins internally at LI-20, ascends to the bridge of the nose to join the BL channel at the inner canthus</p> <ul style="list-style-type: none"> ➤ from under the eye, descends lateral to the nose and enters the upper gum ➤ curves around the lips, passes along the lower jaw and through the mandible angle <ul style="list-style-type: none"> ➤ turns upward in front of the ear to the forehead. <p>➤ <u>One branch</u> descends internally from the lower jaw through the diaphragm to join with the ST & SP.</p> <p>➤ A <u>second</u> branch remains on the surface of the body and runs from the lower jaw over the neck and down the chest and abdomen to terminate at the groin.</p> <ul style="list-style-type: none"> ➤ The channel descends inside the abdomen and reconnects with the external branch at the groin <ul style="list-style-type: none"> ➤ then runs down the front of the thigh to the outer side of the knee ➤ runs down the lateral side of the center of the lower leg ➤ terminates at the lateral side of 2nd toenail. ➤ <u>Another branch</u> deviates just below the knee to terminate on the lateral side of the 3rd toe. <p>➤ <u>Another branch</u> also diverges from the top of the foot and terminates at the medial side of the big toe where the SP channel originates.</p>
SP	SP, ST, HT, <u>root of the tongue</u>	Ren-3, 4, 10, GB-24, LV-14, LU-1	<p>Begins on the medial side of the big toenail, runs along the medial surface of the foot</p> <ul style="list-style-type: none"> ➤ passes anterior to the medial malleolus <p>➤ ascends posterior to the tibia on the medial aspect of the lower leg and the medial knee and thigh</p> <ul style="list-style-type: none"> ➤ enters the abdominal cavity and connects to the SP & ST. ➤ The <u>main channel</u> continues on the surface of the abdomen to the chest ➤ and moves internally to enter the throat and ends at the root of the tongue. <p>➤ An <u>internal branch</u> leaves the ST, passes through the diaphragm and enters the HT where it joins the HT channel.</p>

Channel	Zang Fu & important connections	Crossing Points	Pathway
HT	HT, SI, LU eyes	None	<ul style="list-style-type: none"> ➤ <u>Three branches</u>, each beginning in the HT. <ul style="list-style-type: none"> ➤ <u>First</u> branch descends through the diaphragm to connect to the SI. ➤ <u>Second</u> branch runs upward from the HT along side of the throat to the eyes. ➤ <u>Third</u> branch runs across the chest, through the LU, then descends and emerges at the axilla <ul style="list-style-type: none"> ➤ passes along the midline of the medial upper arm, medial elbow and medial forearm <ul style="list-style-type: none"> ➤ crosses the wrist & palm ➤ terminates at medial side of 5th fingernail.
SI	SI, HT, ST , ears	BL-41, 11, Du-14, Ren-17, 13, 12, GB-1, SJ-22, BL-1,	<p>Begins on the lateral side of the 5th fingernail, crosses the palm and wrist</p> <ul style="list-style-type: none"> ➤ passes upward along the lateral posterior aspect of the forearm and upper arm ➤ Runs behind the shoulder and meets the DU channel in the center of the upper back. <ul style="list-style-type: none"> ➤ <u>Two branches</u> diverge from DU-14 ➤ <u>Internal branch</u> connects with HT, passes through diaphragm and connects with ST & SI ➤ <u>Second branch</u> ascends side of neck to the cheek, passes the outer canthus and enters the ear ➤ A <u>third</u> short branch diverges from the cheek to meet the BL channel at the inner canthus

Channel	Zang Fu & important connections	Crossing Points	Pathway
BL	BL, KI, vertex, brain	Du-24, GB-15, Du-20, GB-7, 8, 10, 11, 12, Du-17, 14, 13 GB-30	<p>Begins at the inner canthus, ascends the forehead to the vertex.</p> <ul style="list-style-type: none"> ➤ A <u>small branch</u> diverges from the vertex and enters the brain. ➤ <u>Main channel</u> descends over back of head and bifurcates at the back of the neck. ➤ <u>Inner branch</u> descends to center of the base of the neck at Du-14, then runs lateral to the spine. <ul style="list-style-type: none"> ➤ A branch splits in lumbar back to enter the body and connects to KI & BL. ➤ <u>Outer branch</u> runs across back of shoulder medial to scapula, descends parallel to inner branch and crosses buttocks <ul style="list-style-type: none"> ➤ Both branches continue down posterior aspect of thigh and meet behind the knee ➤ as a unit the channel continues down the posterior aspect of the lower leg <ul style="list-style-type: none"> ➤ circles around the posterior side of lateral malleolus ➤ runs along lateral aspect of foot ➤ terminates on lateral side of little toenail, where it meets the KI channel.
KI	KI, BL, LV, LU, HT, root of the tongue	SP-6, Du-1, Ren-3, 4	<p>Begins beneath the small toe, runs across the sole of the foot</p> <ul style="list-style-type: none"> ➤ emerges at the arch of the foot ➤ runs posterior to the medial malleolus and passes through the heel ➤ ascends the medial lower leg, medial side of the popliteal crease and inner thigh <ul style="list-style-type: none"> ➤ enters the body at Du-1, near base of the spine ➤ connects with KI & BL, ➤ resurfaces above the pubic bone and runs over the abdomen and chest terminates below the clavicle. <ul style="list-style-type: none"> ➤ <u>Second branch</u> begins within KI passes up through LV, diaphragm and enters LU. <ul style="list-style-type: none"> ➤ A <u>third</u>, smaller branch runs from LU to HT, ➤ runs into chest and joins with PC channel

Channel	Zang Fu & important connections	Crossing Points	Pathway
PC	PC, SJ	None	<p>Begins in the chest at the PC, descends through the chest and abdomen to link all three Jiao (SJ).</p> <ul style="list-style-type: none"> ➤ <u>Second</u> branch crosses the chest and surfaces on the lateral rib cage in the 4th intercostal space <ul style="list-style-type: none"> ➤ ascends to the axilla and descends along the medial aspect of the upper arm to the elbow <ul style="list-style-type: none"> ➤ runs down the medial aspect of the forearm, crosses the wrist and palm <ul style="list-style-type: none"> ➤ terminates at the apex of the 3rd finger ➤ A <u>short branch</u> separates in the palm to connect with the SJ channel on lateral side of the tip of the 4th finger.
SJ	SJ, PC, ears	SI-12, DU-14, GB-21, Ren-17 GB-6, 4, 3 SI-18, 19, GB-1	<p>Begins on the lateral side of the 4th fingernail</p> <ul style="list-style-type: none"> ➤ runs over the back of the hand to the wrist, along the lateral edge of the arm to the olecranon <ul style="list-style-type: none"> ➤ then along the lateral aspect of the upper arm to the posterior shoulder <ul style="list-style-type: none"> ➤ and the upper back at Du-14 ➤ the channel then enters the chest beneath the sternum ➤ An <u>internal branch</u> connects to the PC and then passes through the diaphragm to connect with all three Jiao. ➤ An <u>external branch</u> ascends from the shoulder and runs internally through the neck to the posterior side of the ear and encircles the face. ➤ Another <u>short branch</u> begins behind the ear, enters the ear and surfaces anterior to the ear and connects to the Gb channel at the outer edge of the eyebrow.

Channel	Zang Fu & important connections	Crossing Points	Pathway
GB	GB, LV	ST-8, SJ-22, 20, SI-17, Du-14, BL-11, SI-12, SJ-17, SI-19, ST-7, 5, 6 LV-13, BL-31 through 34	<p>Begins on the lateral edge of the eyebrow</p> <ul style="list-style-type: none"> ➤ <u>Surface branch</u> runs back and forth over the side of the scalp, curves behind the ear and reaches the uppermost part of the shoulder ➤ continues downward, passing in front of the axilla, along the lateral aspect of the ribs to the hip. ➤ <u>Internal branch</u> runs across the cheek, through the neck and chest to connect to the LV and GB ➤ Continues downward and emerges in the lateral side of the lower abdomen where it connects with the surficial branch. <ul style="list-style-type: none"> ➤ The channel then runs down the lateral side of the thigh, knee and lower leg ➤ Crosses antero-dorsally to the lateral malleolus, runs across the top of the foot to the lateral side of the 4th toenail. ➤ A <u>short branch</u> diverges from the main channel below the ankle to join the LV channel at the big toe.
LV	LV, GB, LU, ST external genitalia, eyes, vertex	SP-6, SP-13, 12, Ren-2, 3, 4, PC-1 Du-20	<p>Begins on the lateral side of the big toenail</p> <ul style="list-style-type: none"> ➤ runs over the top of the foot, passes dorso-anterior to the medial malleolus ➤ runs along the medial aspect of the lower leg, crosses the SP channel, <ul style="list-style-type: none"> ➤ runs along the medial aspect of the knee and thigh ➤ circles the external genitalia, enters the abdomen, curves around ST <ul style="list-style-type: none"> ➤ connects with the LV & GB ➤ A <u>separate branch</u> leaves LV and spreads in the LU meeting at PC-1 ➤ the main channel crosses diaphragm, spreads in hypochondriac region ➤ runs through the throat to the eyes, where it divides into <u>two branches</u>. ➤ <u>One branch</u> leaves the eyes, descends through the cheek and wraps around the inner surface of the lips <ul style="list-style-type: none"> ➤ The <u>main branch</u> runs from the eyes to the vertex.