

Fig. 97 The governing vessel and associated muscles

and liver – are related to the storing of vital essence. They have to do with the generation, regulation, transformation and storage of energy, blood, fluids, and spirit (shen). Yin functions are conceived of as deeper and more essential for vital functioning than the yang functions.¹⁰⁴ The energy flow is ascendent, running from the perineum to the chin.

The conception vessel starts from the pelvic cavity and runs forward across the pubic region. It ascends along the midline of the abdomen, through the chest. It then passes up the throat to the lower jaw. An internal branch encircles the lips and branches up to the eyes.¹⁰⁵

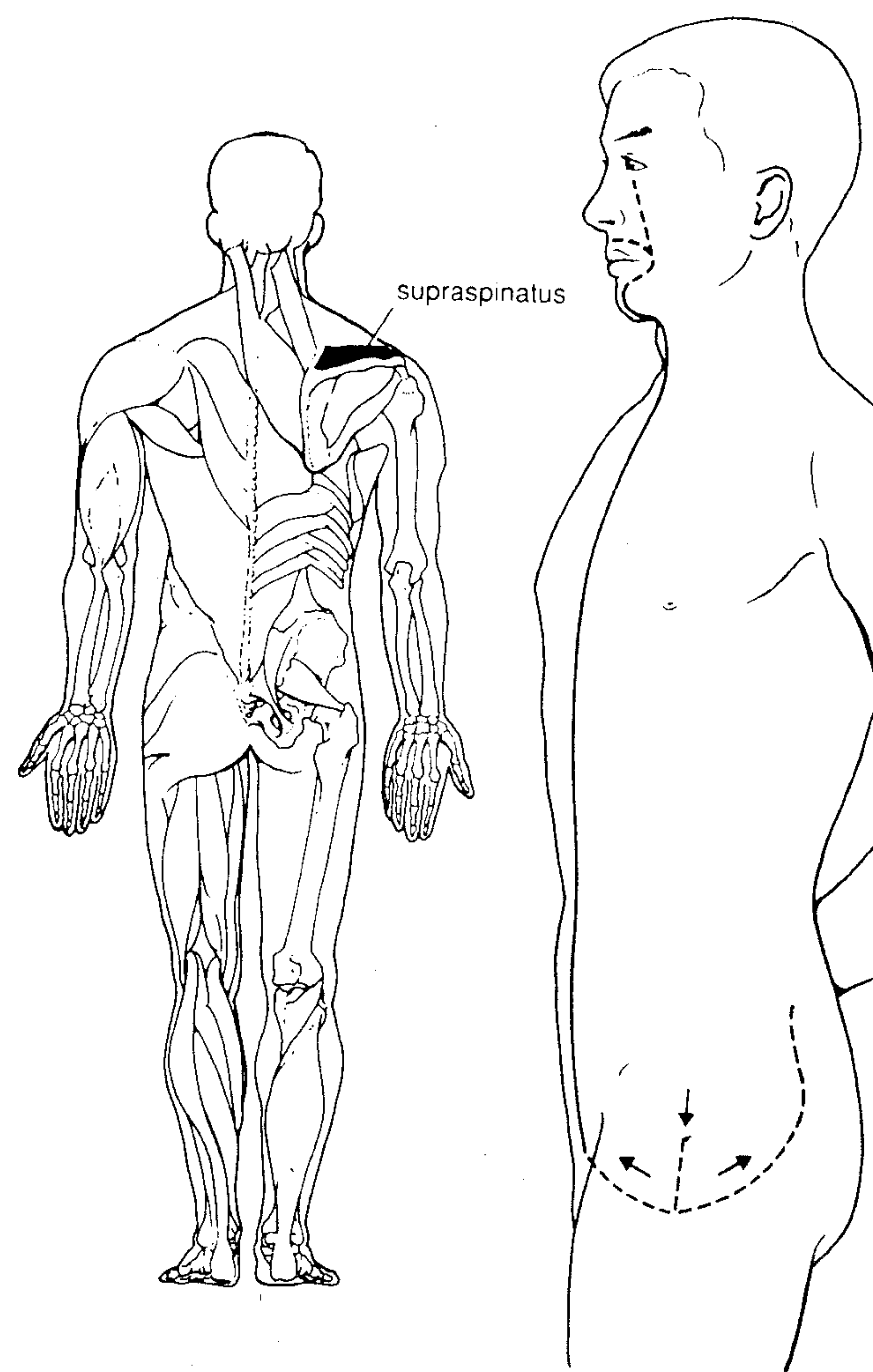


Fig. 98 The conception vessel and associated muscles

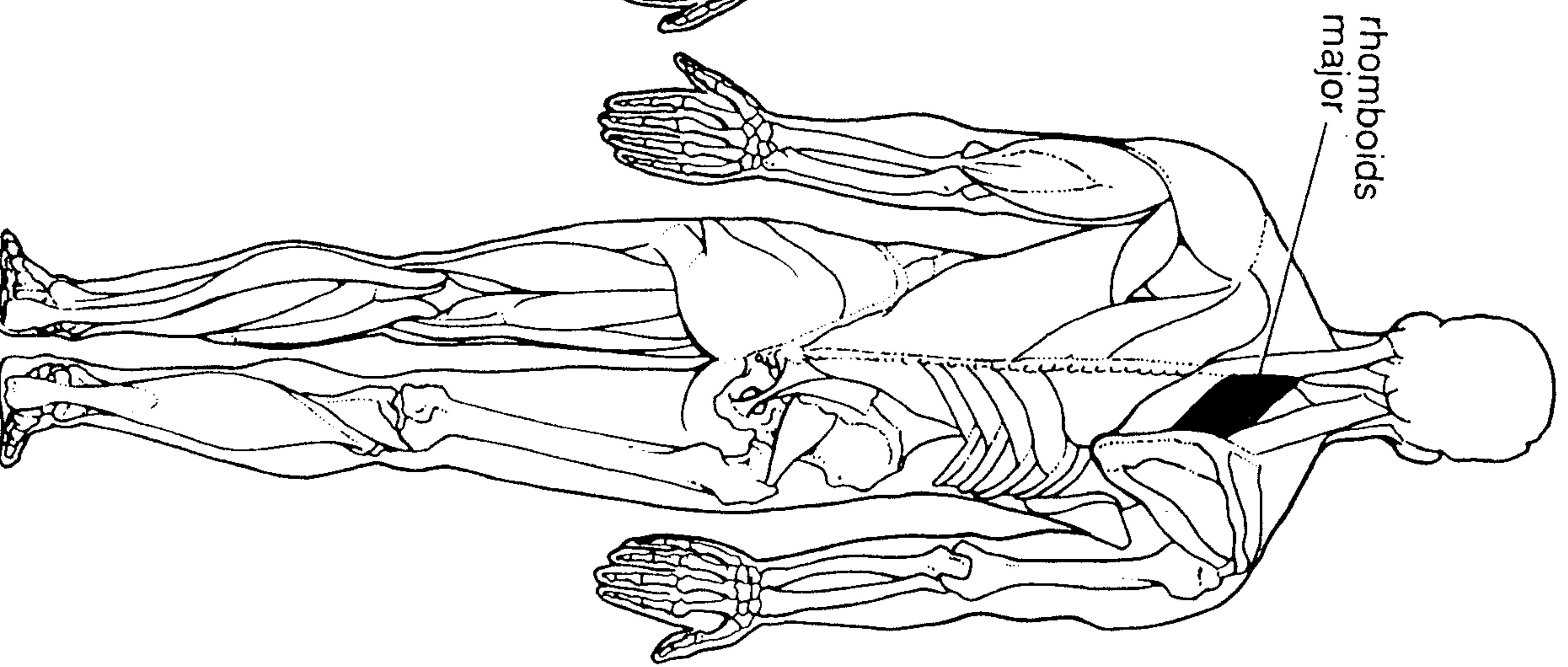
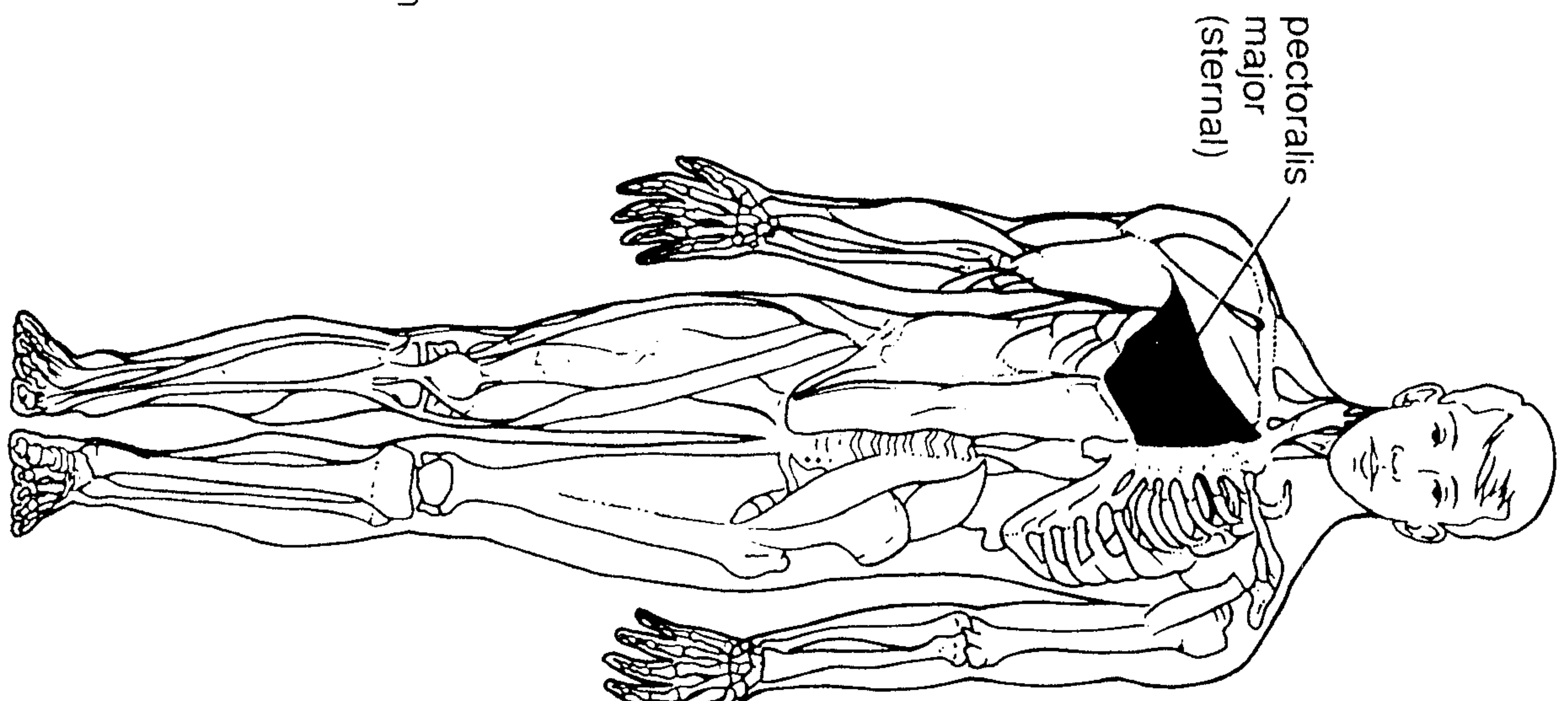
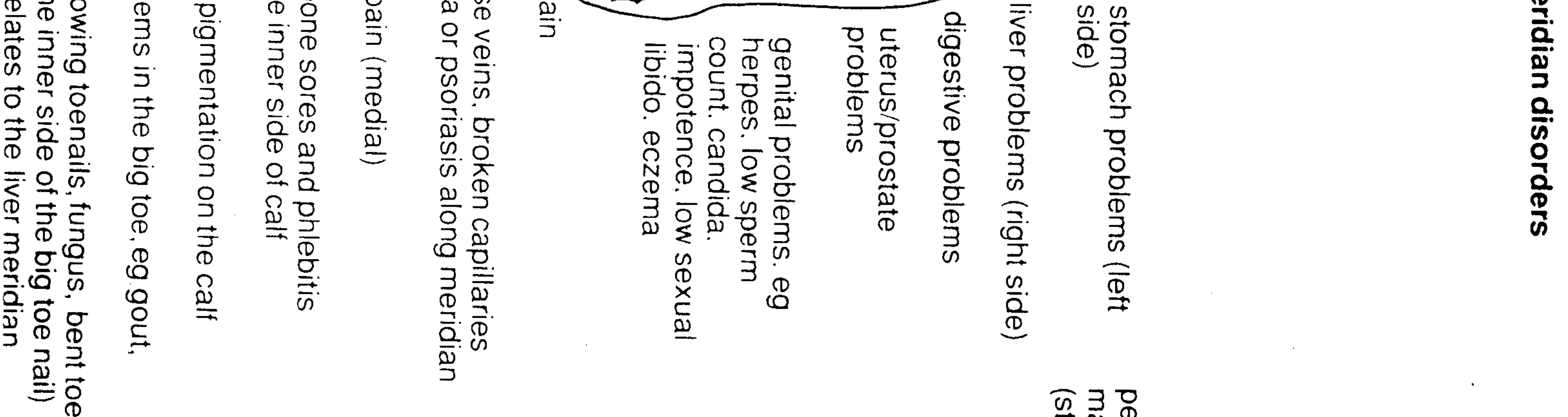
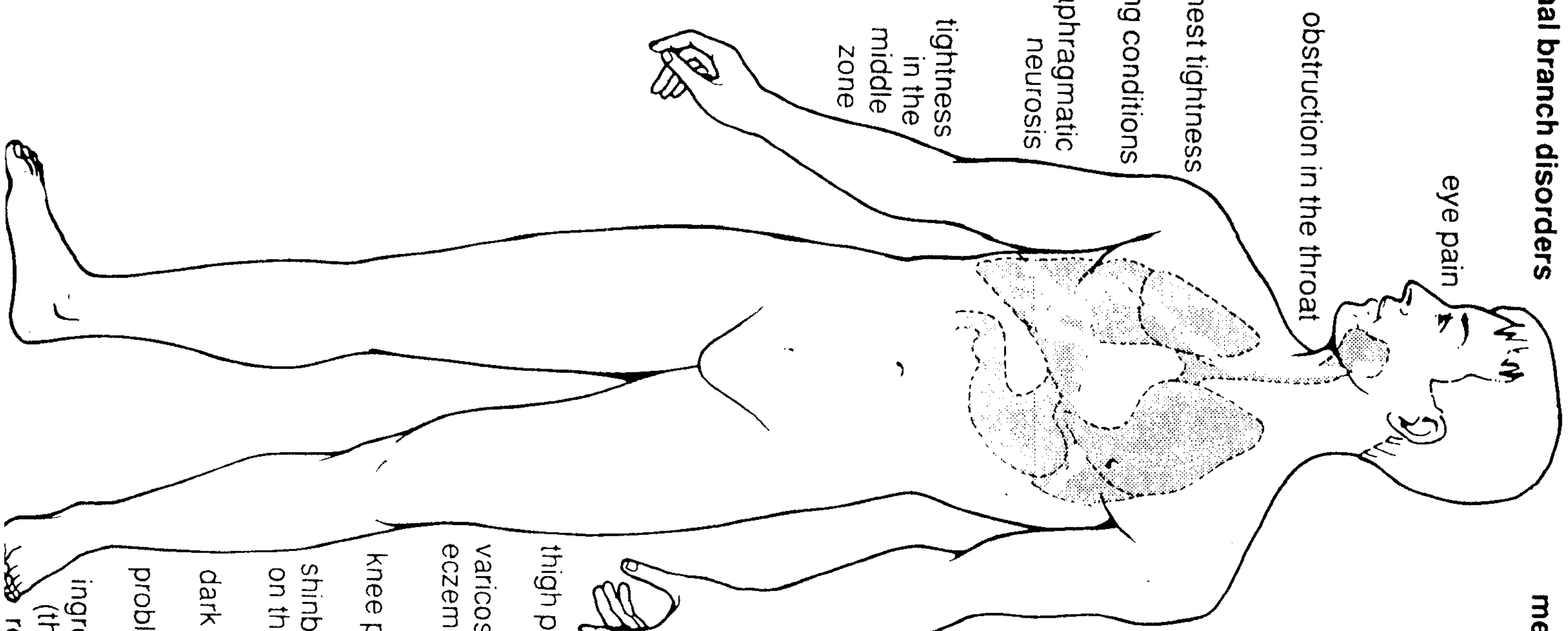
The special connecting point of the meridians is situated at the base of the tongue, where, according to the *Nei Ching*, energies are collected. This meridian passes through the solar plexus, and could thus have some relationship to the symbolism described by Mikhaël Aïvanhov in Section 1: Chapter 1.

Muscles related to this meridian

Supraspinatus This muscle helps to move the arm away from the body and in to move the arm into the shoulder socket, so it is involved in shoulder problems.¹⁰⁶

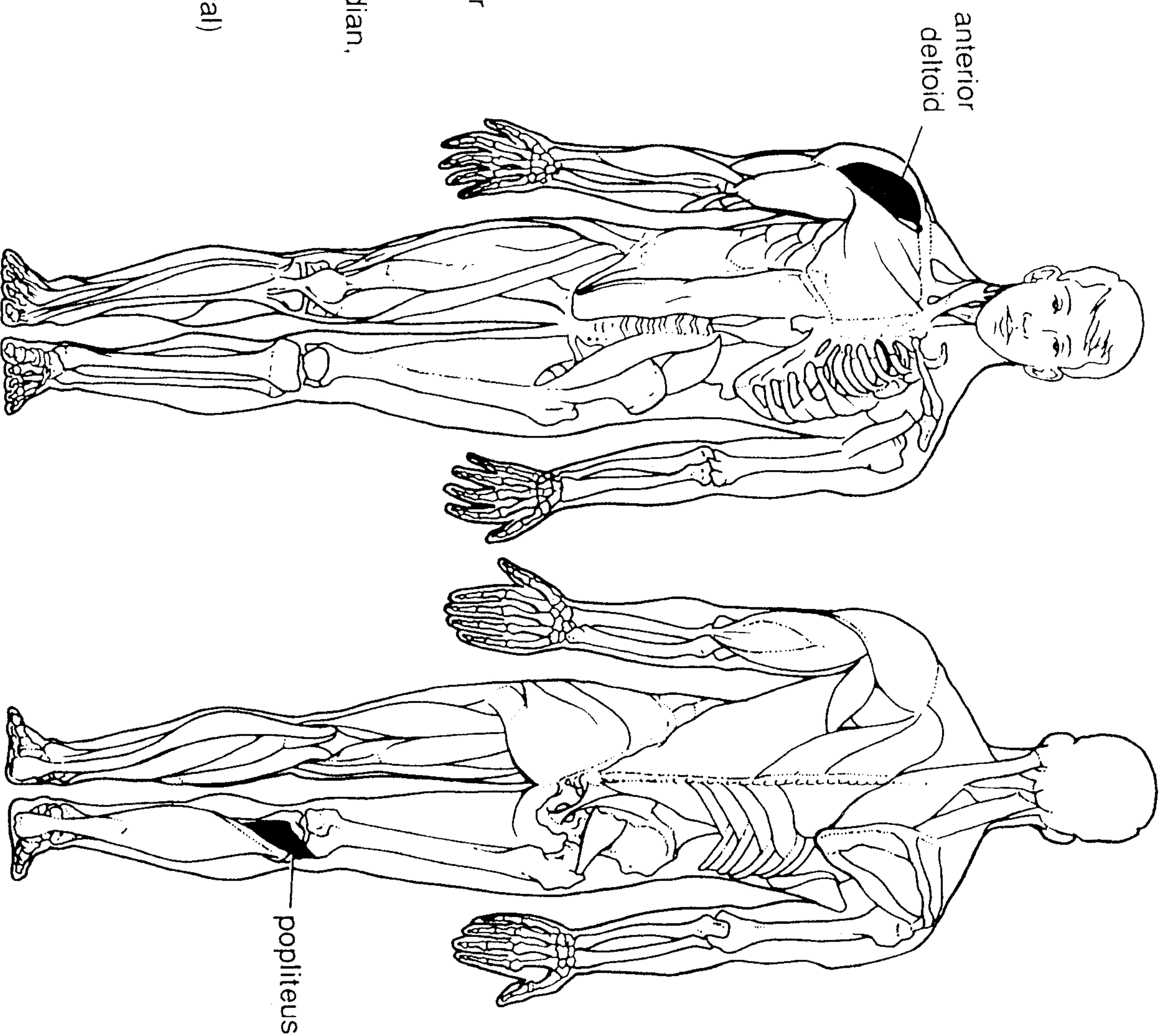
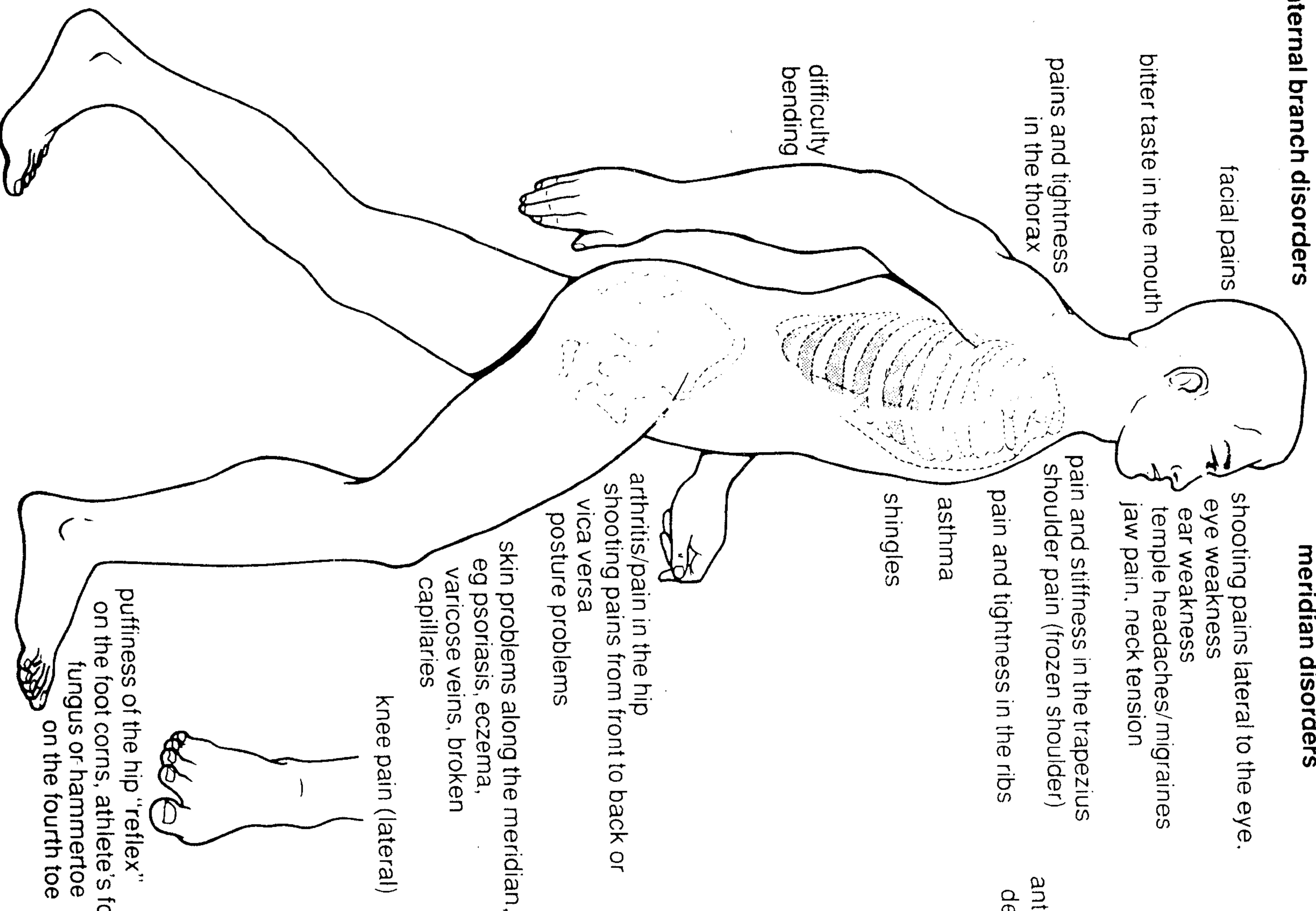
internal branch disorders

meridian disorders



internal branch disorders

meridian disorders



internal branch disorders

shortness of breath and other breath disorders
chest tightness, asthma, emphysema, coughing
bronchial complaints

diaphragm disorders
associated disorders of the large intestine
like diarrhoea, diverticulitis, colic, and constipation, colitis
and other associated disorders of the stomach

meridian disorders

pain along the course of the meridian

shoulder pain

pain in the supraclavicular fossa

skin problems along the meridian

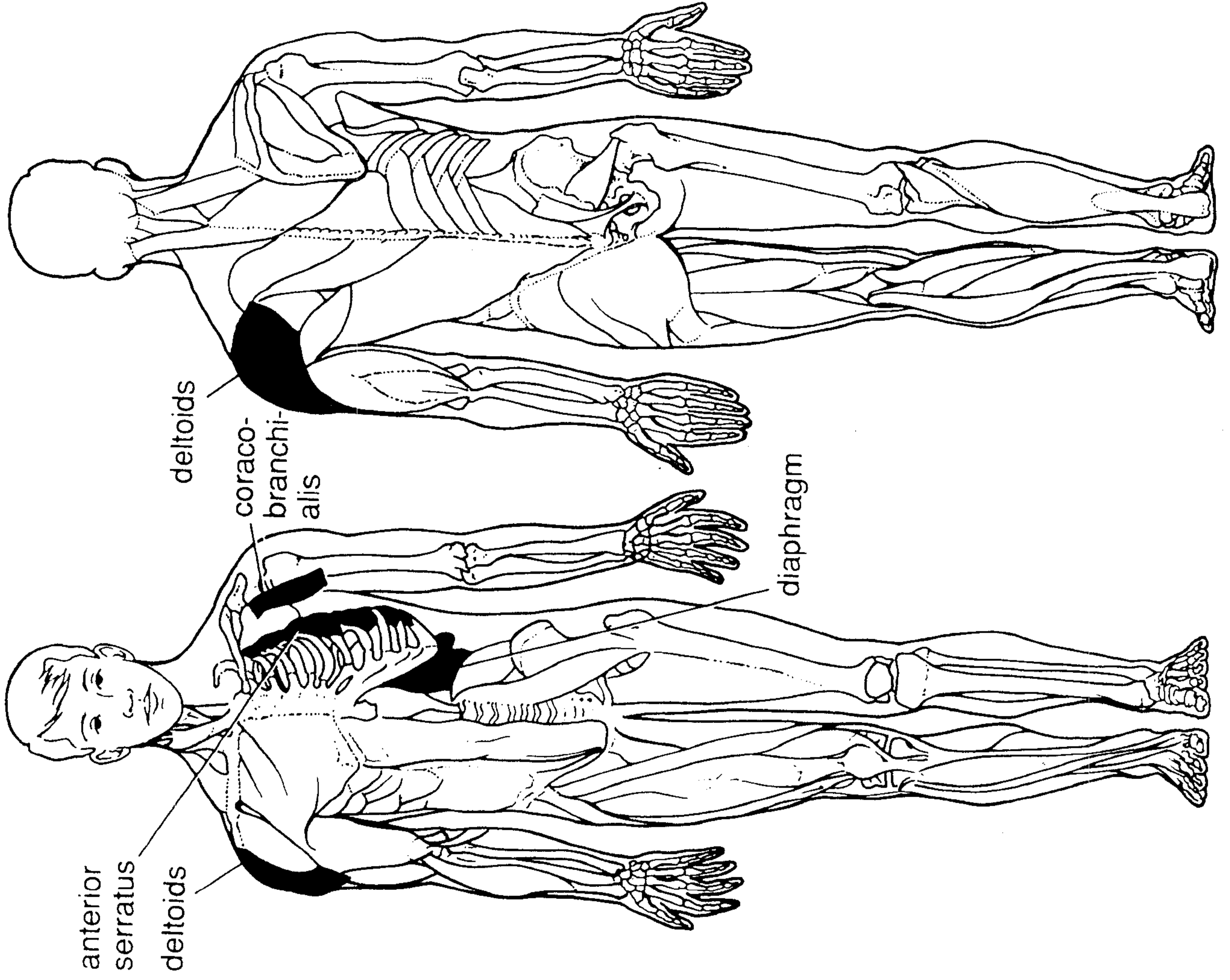
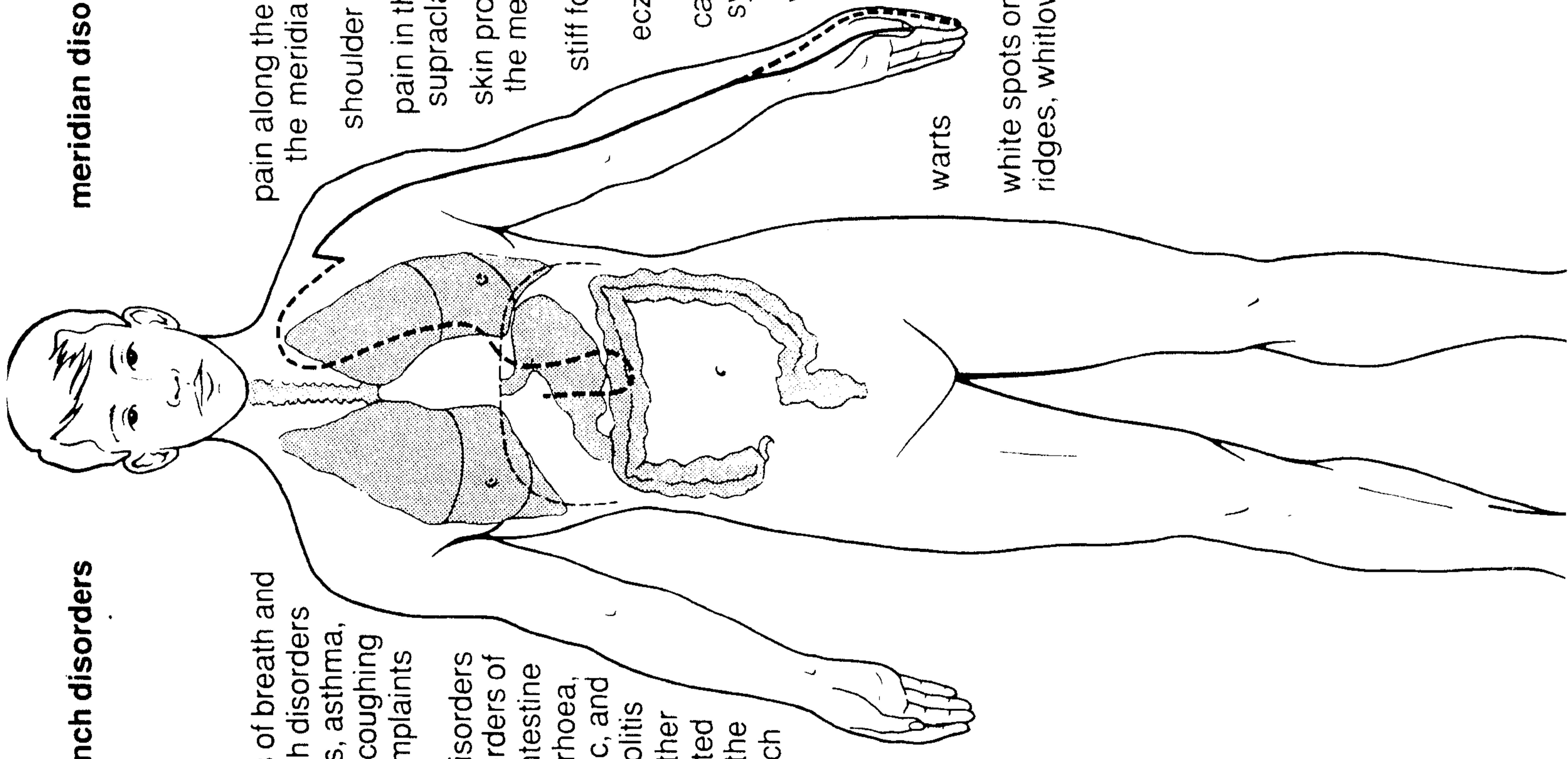
stiff forearm

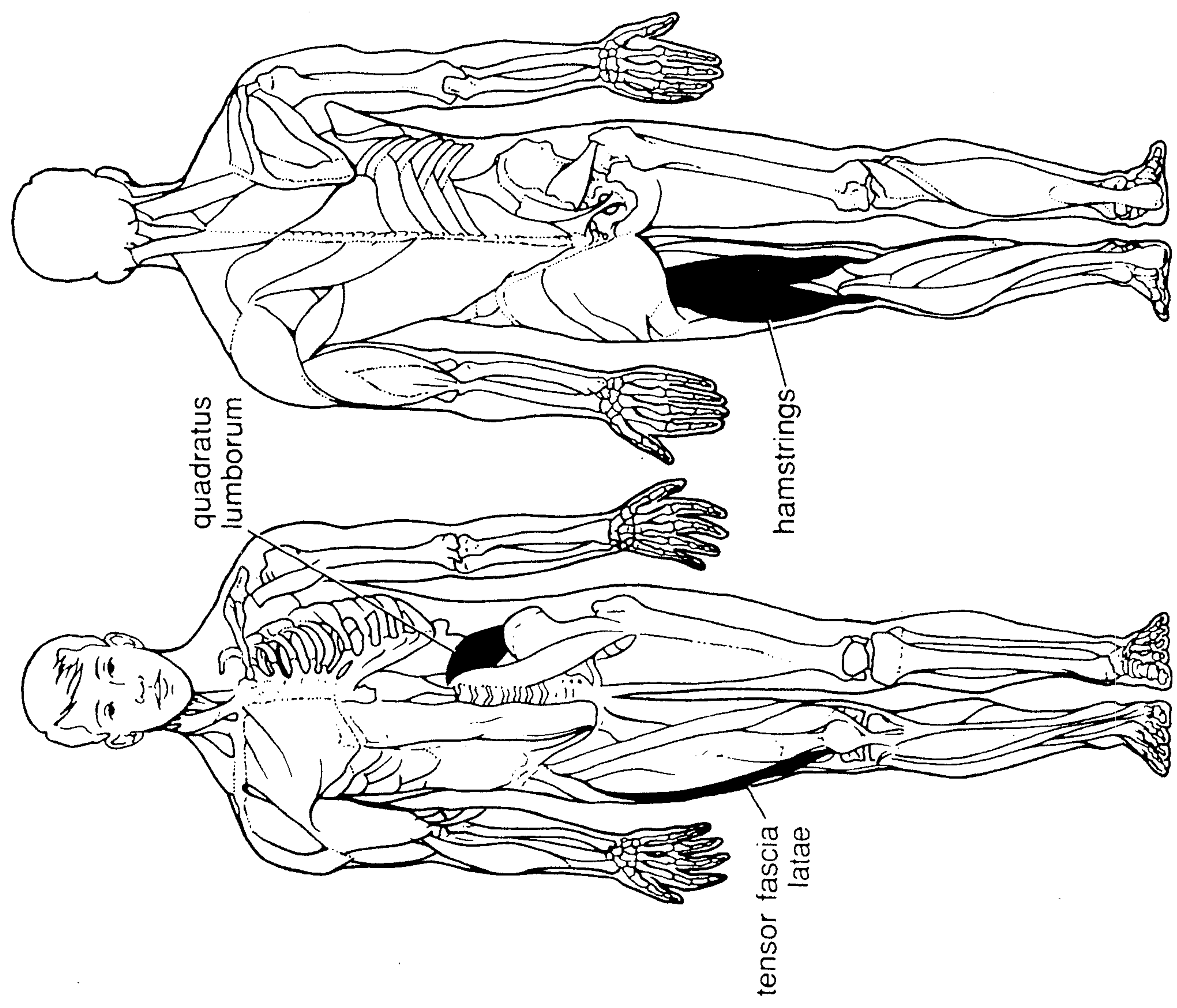
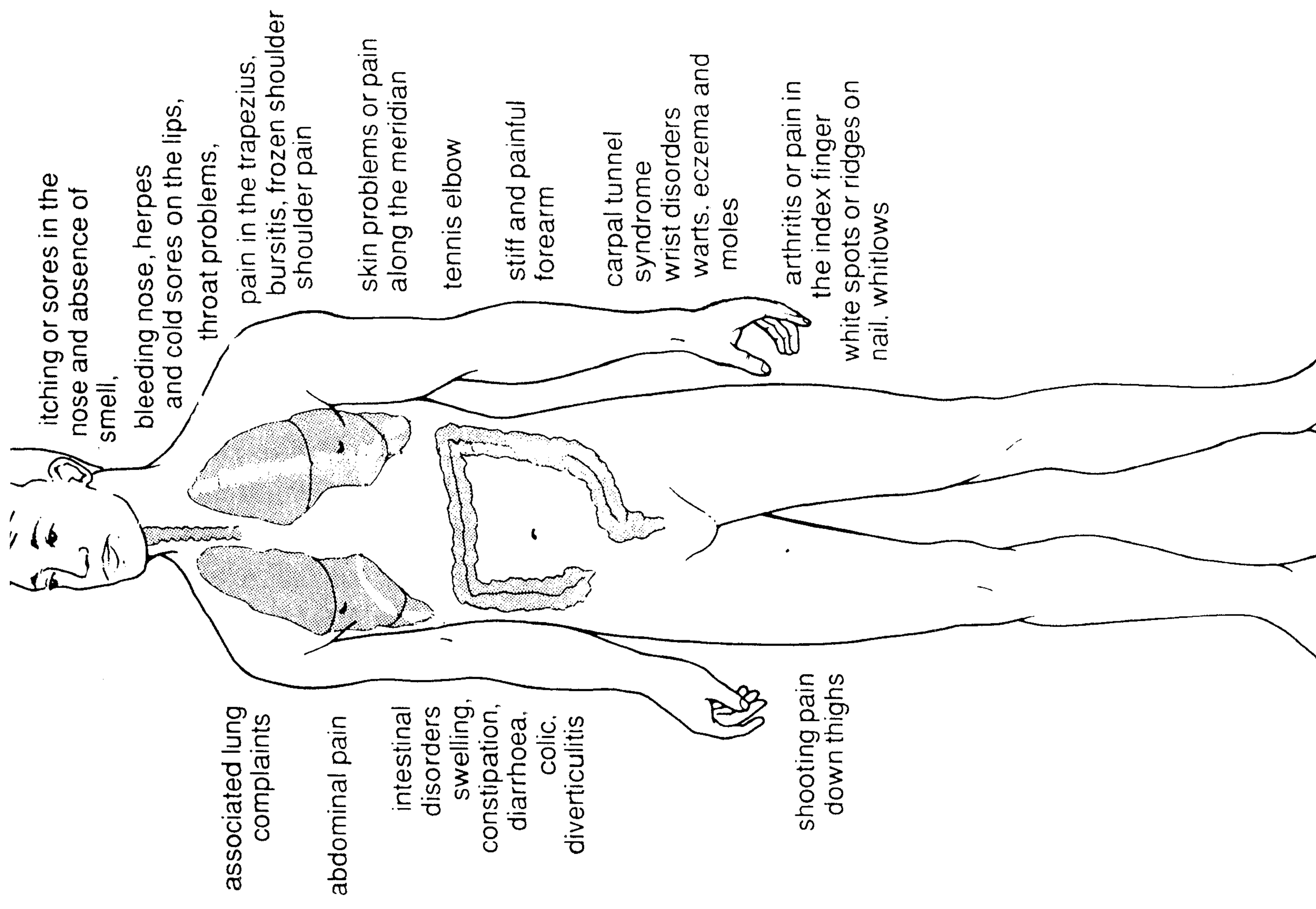
eczema and moles

carpal tunnel syndrome

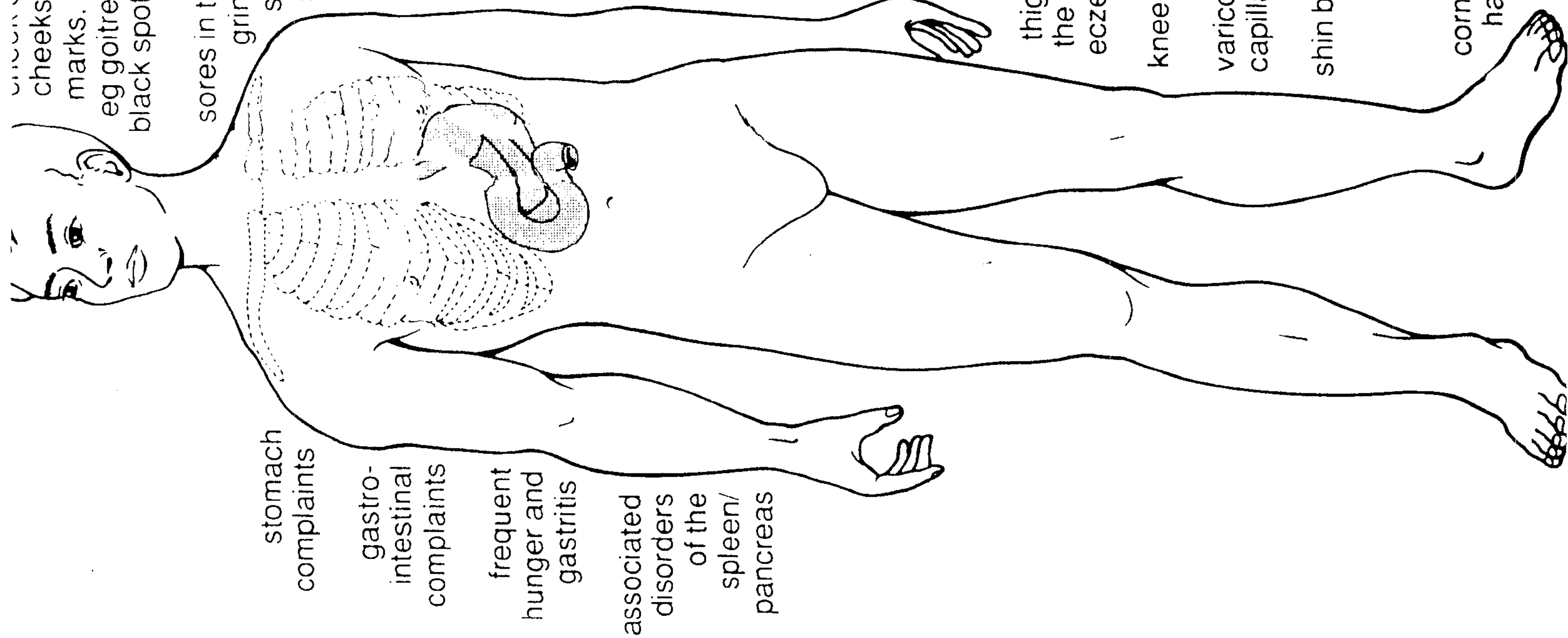
wrist disorders

warts
arthritis or stiffness in the thumb
white spots on thumb nail, ridges, whitlows





THE PRINCIPLES OF CHINESE MEDICINE



stomach complaints

gastro-intestinal complaints

frequent hunger and gastritis

associated disorders of the spleen/pancreas

sores in the corners of the mouth, teeth problems, grinding teeth, dribbling during the night, snoring and speech difficulties like stuttering, tonsillitis, sore throats, laryngitis, voice complaints, thyroid disorders

lung/bronchial complaints, breast/nipple sensitivity, sore breasts, lumps, inverted nipples, diaphragm disorders, eg hiatus hernia

stomach/pancreas/spleen disorders (left side), liver/gall bladder disorders (right side), kidney/adrenal disorders, eg allergies, blood pressure, infections, kidney stones

digestive problems, eg constipation, colic, diverticulitis, diarrhoea, appendix problems (right side), ovarian disorders, eg cyst, infertility, blocked fallopian tubes, groin hernia

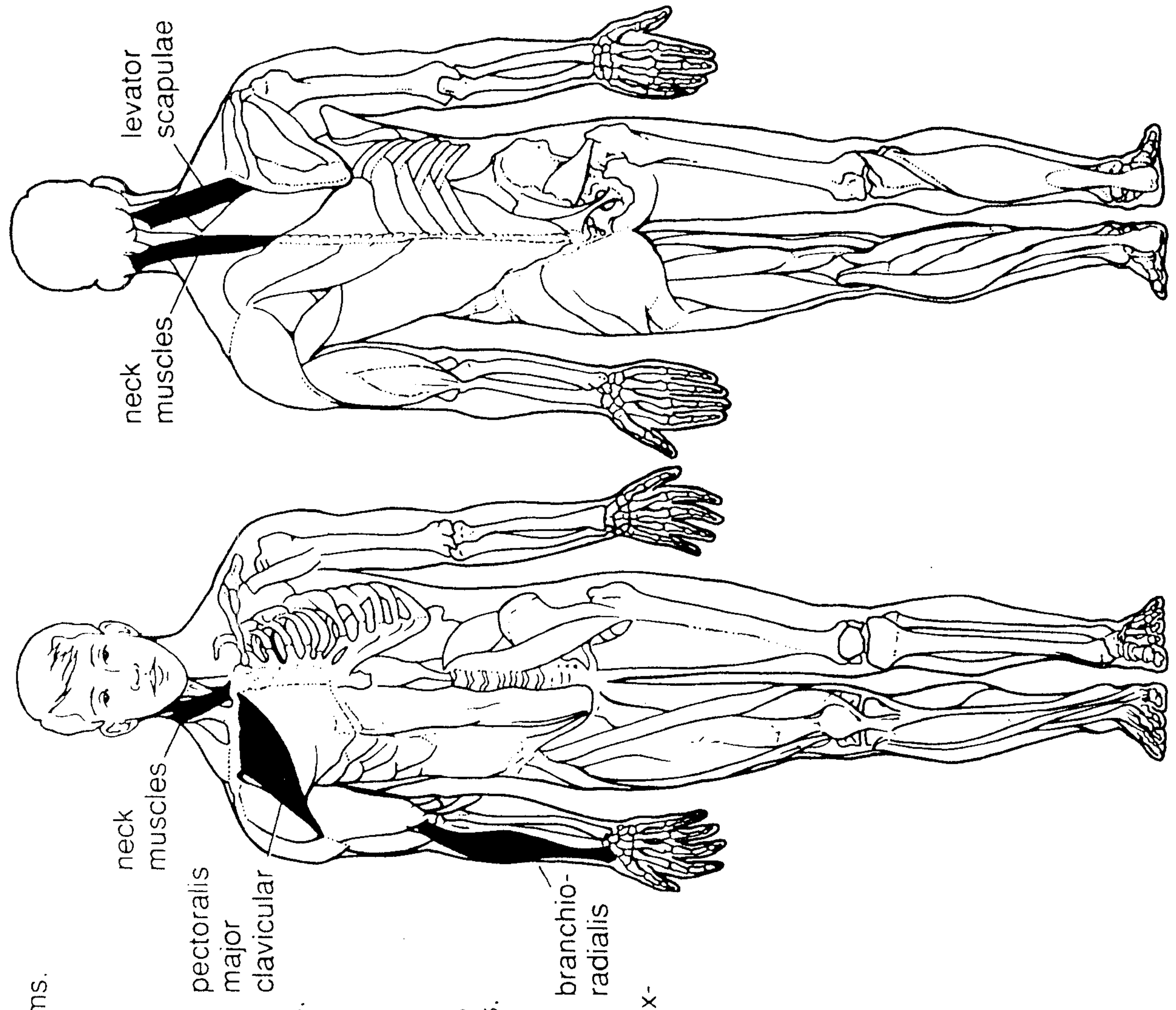
thigh pains, skin problems along the meridian, eg psoriasis, eczema and moles

knee pains

varicose veins, broken capillaries

shin bone problems

corns, fungus on toenail, hammertoe (2nd and 3rd toes)



neck muscles

neck muscles

pectoralis major
clavicular

brachio-radialis

cheeks, skin marks, blemishes, acne, birth marks, sinus, eye weakness, eg goitre, bags and shadows under the eye, black spots in front of the eyes

internal branch disorders

dryness and stiffness at the base of the tongue
thyroid complaints

palpitations

digestive complaints

meridian disorders

underarm complaints, eg eczema, boils and lymph swelling
problems with outer section of the breast, eg sores, lumps etc.

digestive problems, abdominal pain

pelvic complaints, eg cysts, fibroids in the uterus

menstrual problems
hernias, prostate disorders

thigh pain

skin problems along the meridian, eg psoriasis, eczema and moles

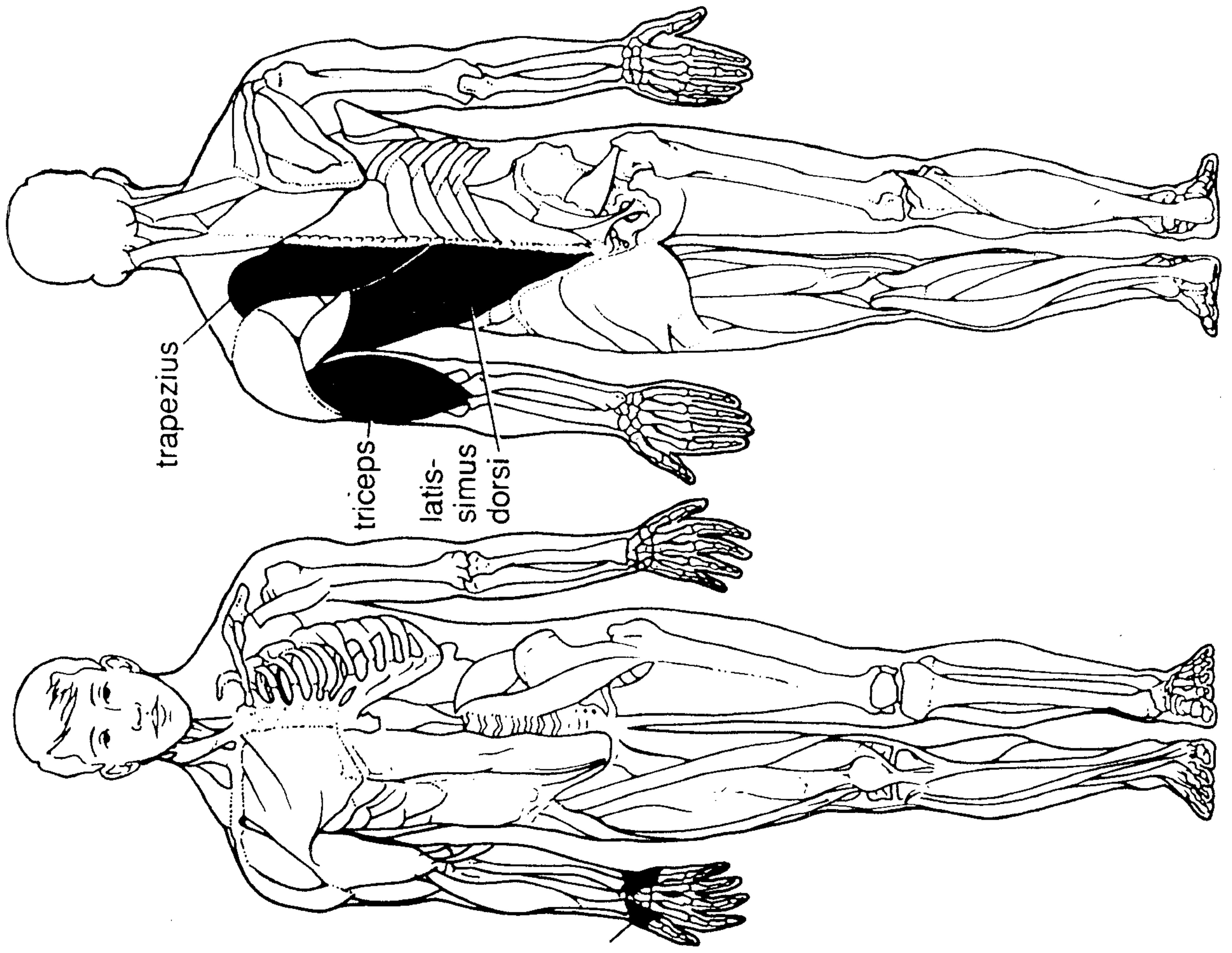
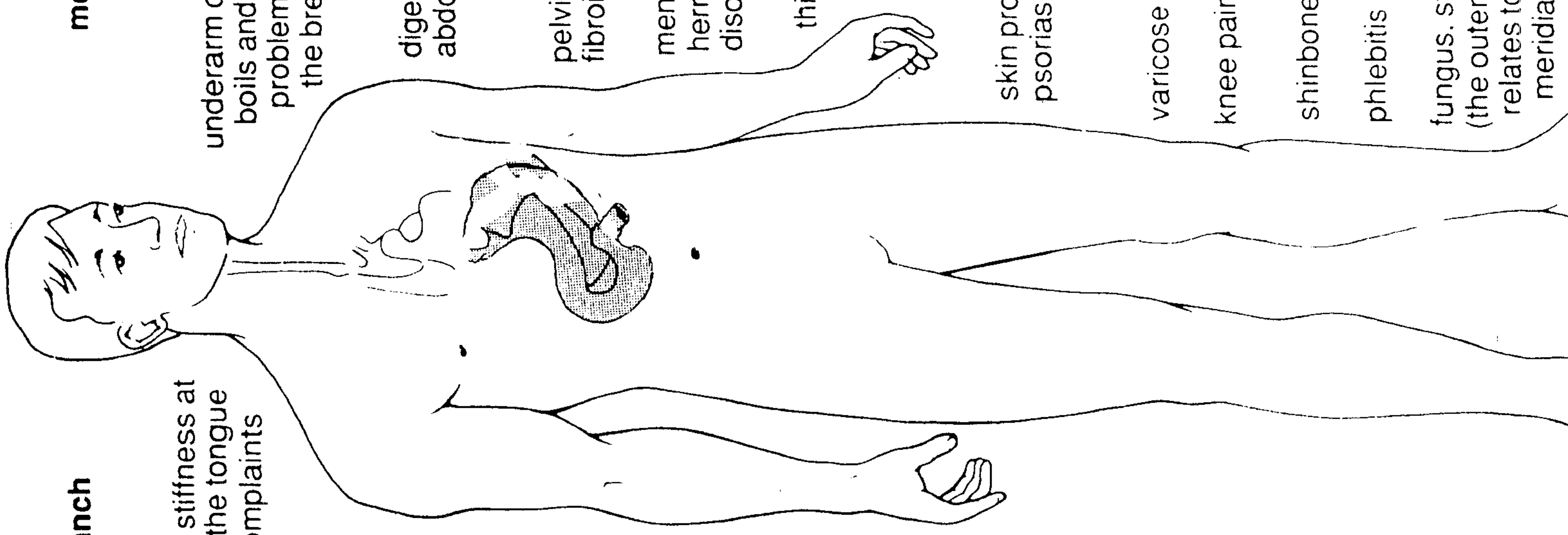
varicose veins, broken capillaries

knee pain

shinbone problems

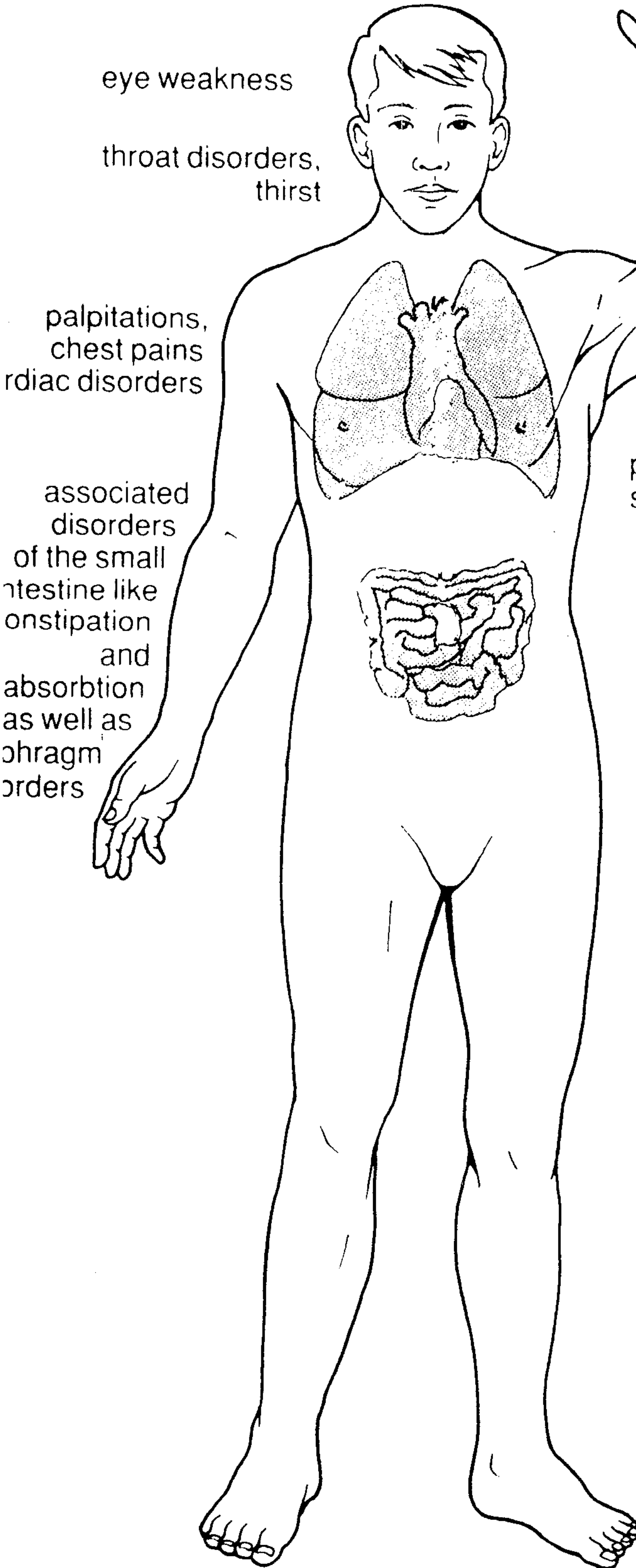
phlebitis

fungus, stiffness or ingrown toenails (the outer side of the big toe nail relates to the spleen/pancreas meridian)



THE PRINCIPLES OF CHINESE MEDICINE

branch disorders



eye weakness

throat disorders,
thirst

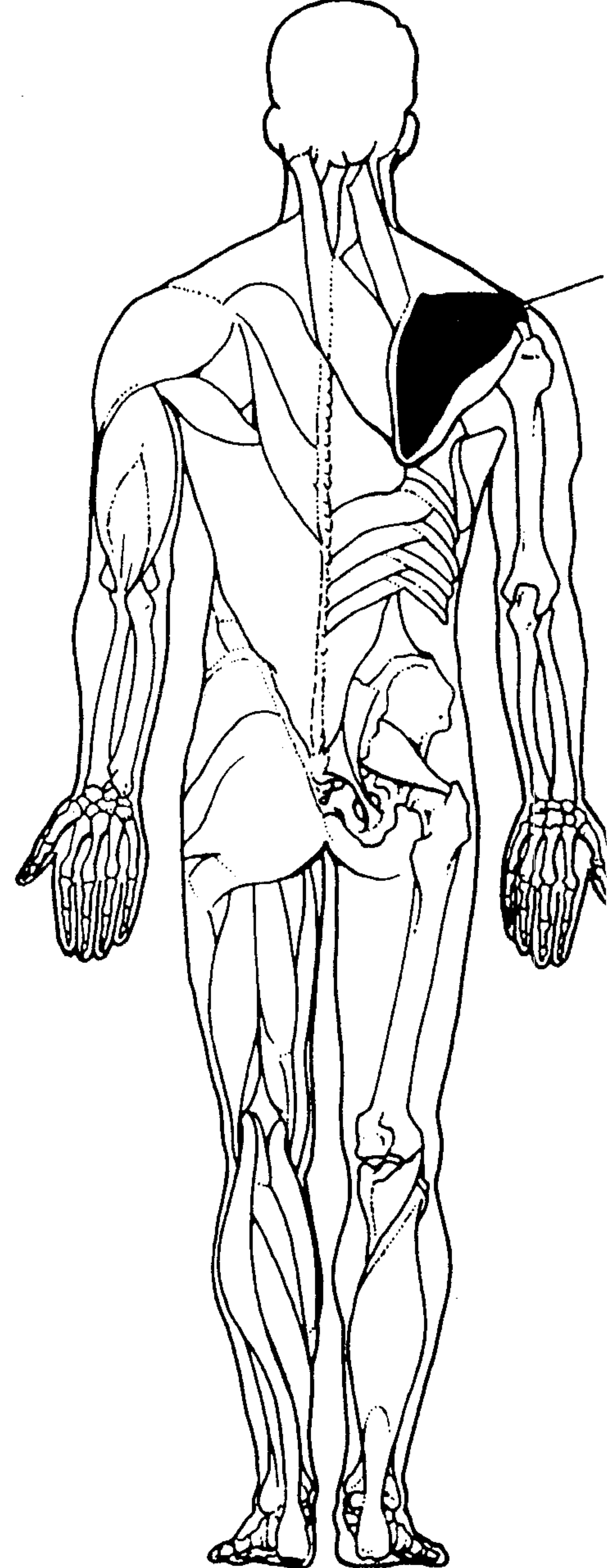
palpitations,
chest pains
cardiac disorders

associated
disorders
of the small
intestine like
constipation
and
absorption
as well as
diaphragm
disorders

meridian disorders



angina
nail and finger
disorders, eg whitlows,
white spots, ridges,
warts or moles
weak wrist
numbness, pain
and stiffness on
the medial
aspect of the
forearm
inner arm pain and
weakness
skin problems
pain in the armpits
swollen glands



The heart meridian and muscles associated with the heart meridian

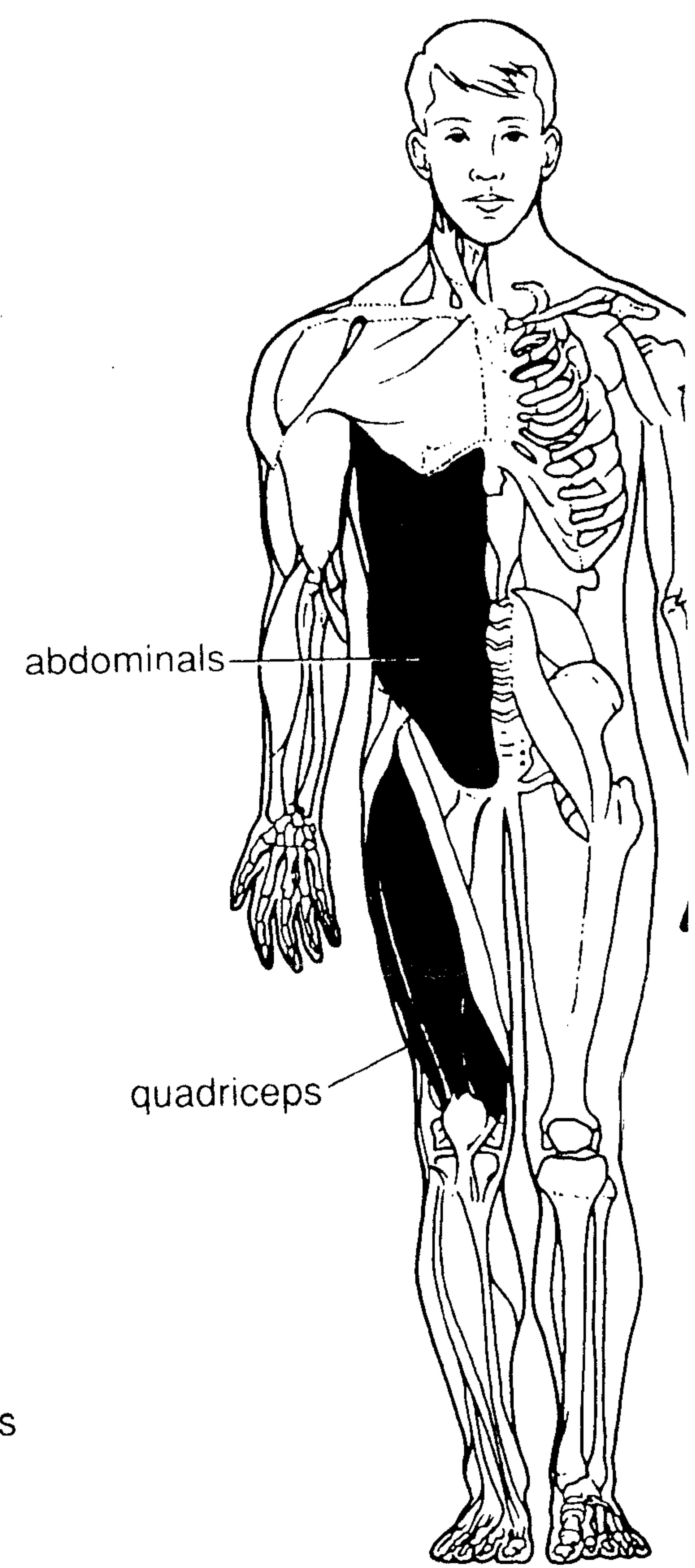
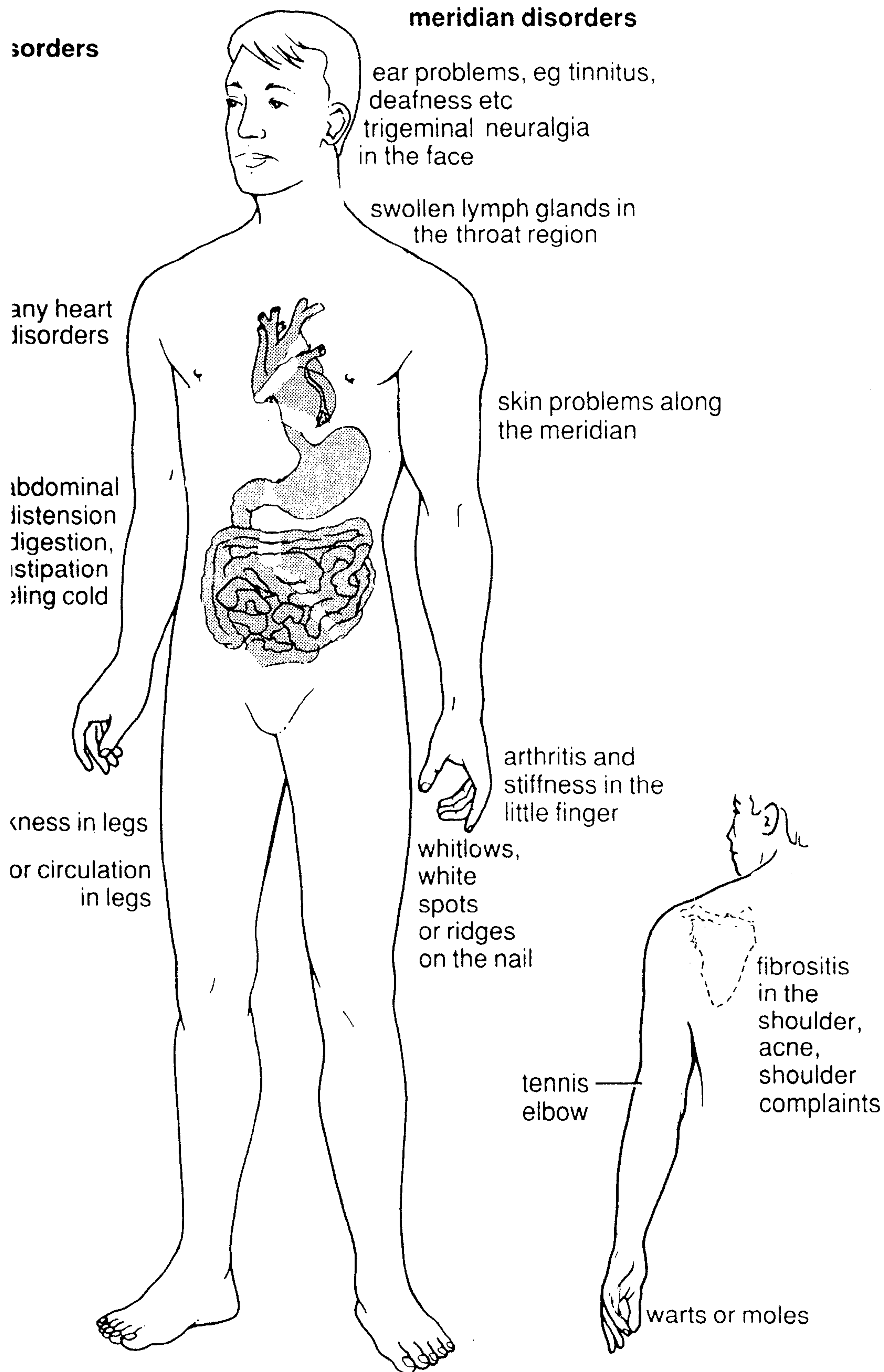


Fig. 90 The small intestine meridian and the muscles associated with small intestine meridian

SMALL INTESTINE MERIDIAN

meridian

meridian Heart (Yin)

meridian Fire

meridian maximum energy period 1 pm to 3 pm

Small intestines are like officials who are treated with riches and they create changes of physical substance,' says the *Nei Ching*.⁵⁴

The small intestine rules the separation of 'pure' and the 'impure'. It continues the process of separation and absorption begun in the stomach. The functioning of the large intestine is influenced, both directly and indirectly, by the small intestine. In addition to passing residue on to the large intestine, the small intestine also controls the proportion of liquid

lateral branch disorders

meridian disorders

hair loss
headache (forehead or crown)
sinus (forehead)
eye weakness, eye red, itchy,
weak or squint

neck tension headaches

pain in kidneys and bladder

pain and stiffness along spine

weak, sore lower back
boils on the buttocks
haemorrhoids

sciatica

hamstring pain

varicose veins

broken capillaries

tightness, pain or cramps in calf

weak ankles
weak feet
athlete's foot
bent little toe or pigeon toes

sacrospinalis

tibials

petr

Fig. 91 The bladder meridian and the muscles associated with the bladder meridian

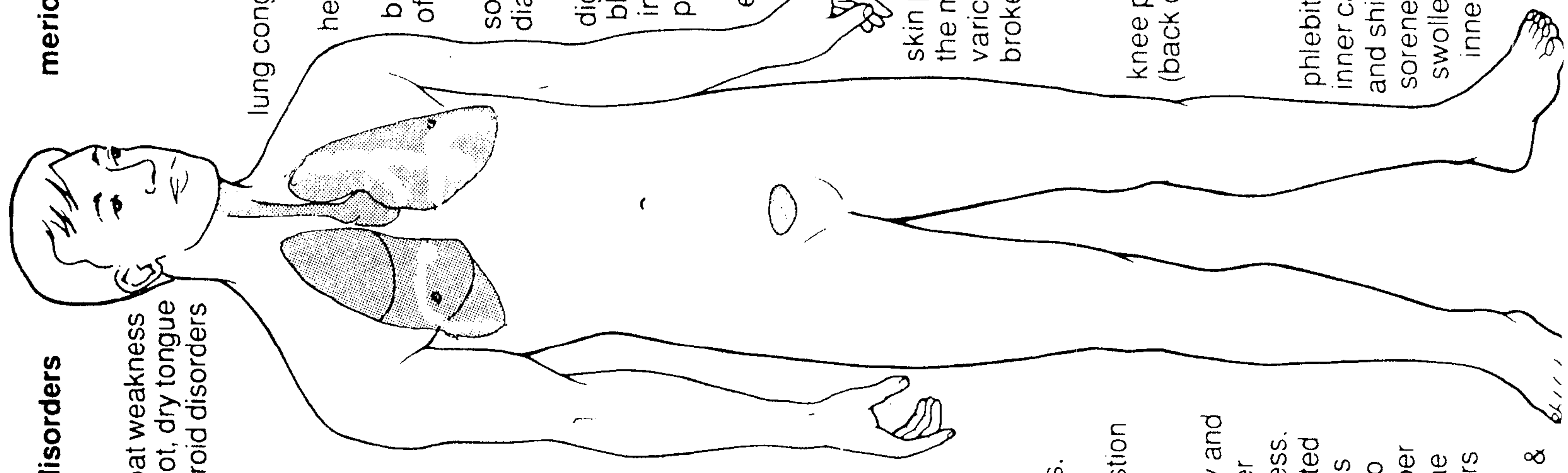
but is coupled with the function of the eyes in helping to store the Jing or vital energy (refer to kidney meridian). The bladder is essential to life. If it is not functioning properly, the rest of the system is stressed and poisoned.⁶⁰ The bladder meridian has a pronounced effect on the spinal cord and nerves, and is most effective in releasing tension along its path.

This meridian has a descending flow of energy running from the head to the foot. It receives energy from the small intestine and passes it to the kidney meridian. It is the longest meridian line in the body.

The bladder meridian starts at the inner corner of the eye, continues over the crown of the head, down the back and legs, and ends

internal branch disorders

throat weakness
hot, dry tongue
thyroid disorders



lung congestion

heart problems

breast lumps (on the inner
of the nipple)

solar plexus and
diaphragm problems

digestive problems
bladder problems
infertility or uterus/
prostate disorders

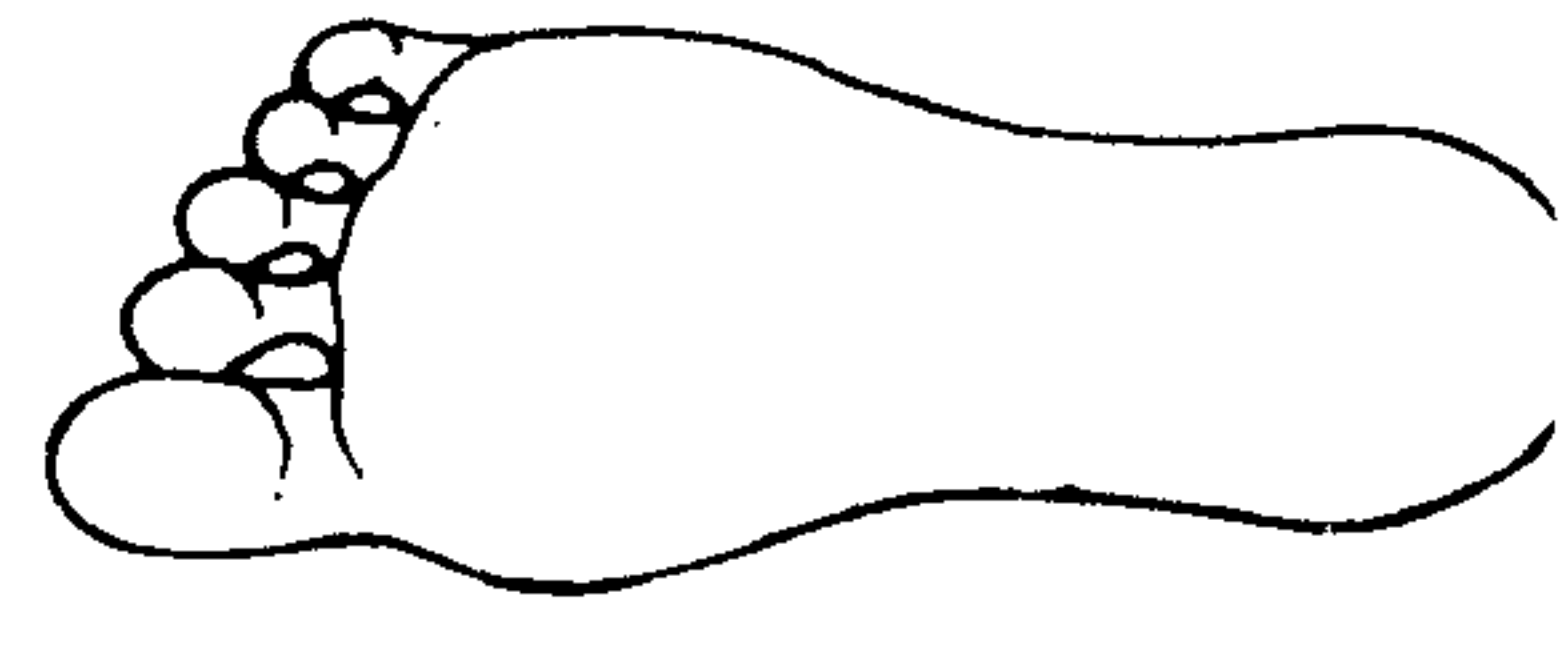
eczema and fungus in
groin area and genitals

thigh pain

skin problems along
the meridian
varicose veins,
broken capillaries

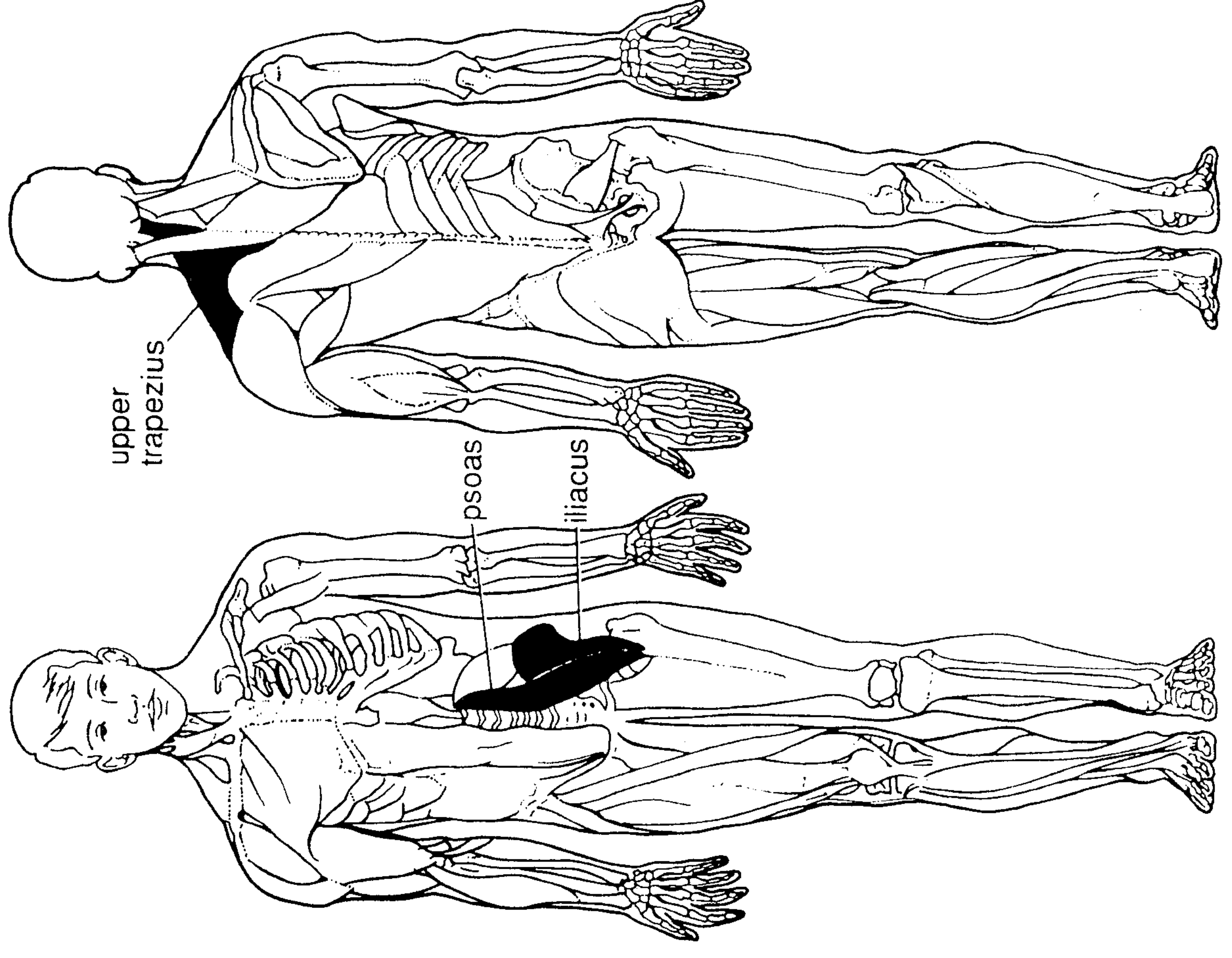
knee pain
(back of leg)

phlebitis or
inner calf
and shinbone
soreness
swollen weak
inner ankles



eczema,
fungus
on soles
of the feet
burning,
sweating,
painful soles

meridian disorders



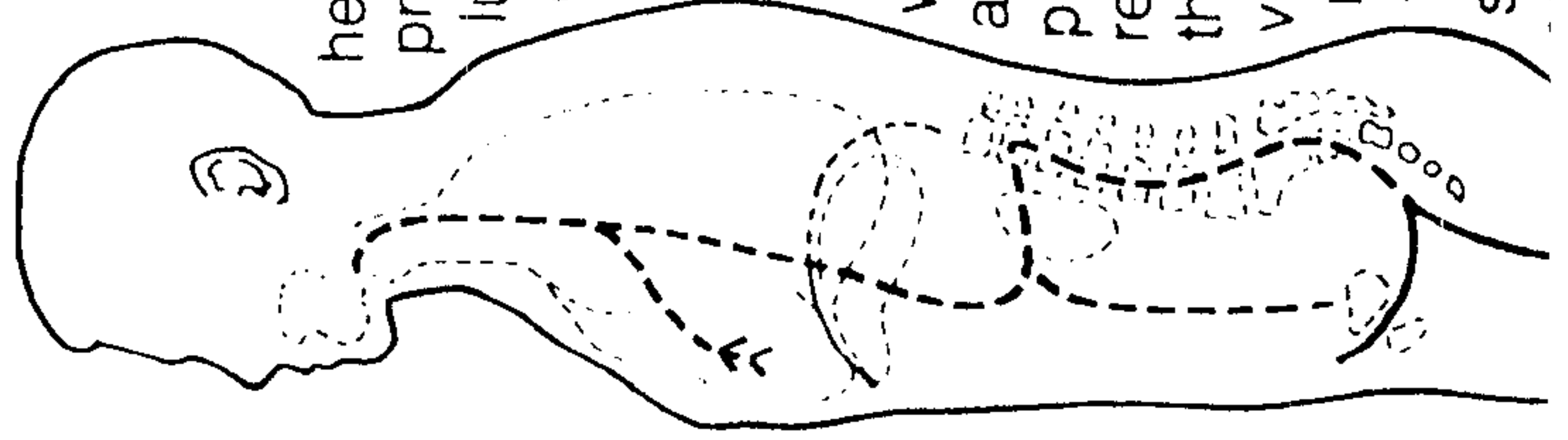
upper
trapezius

psoas

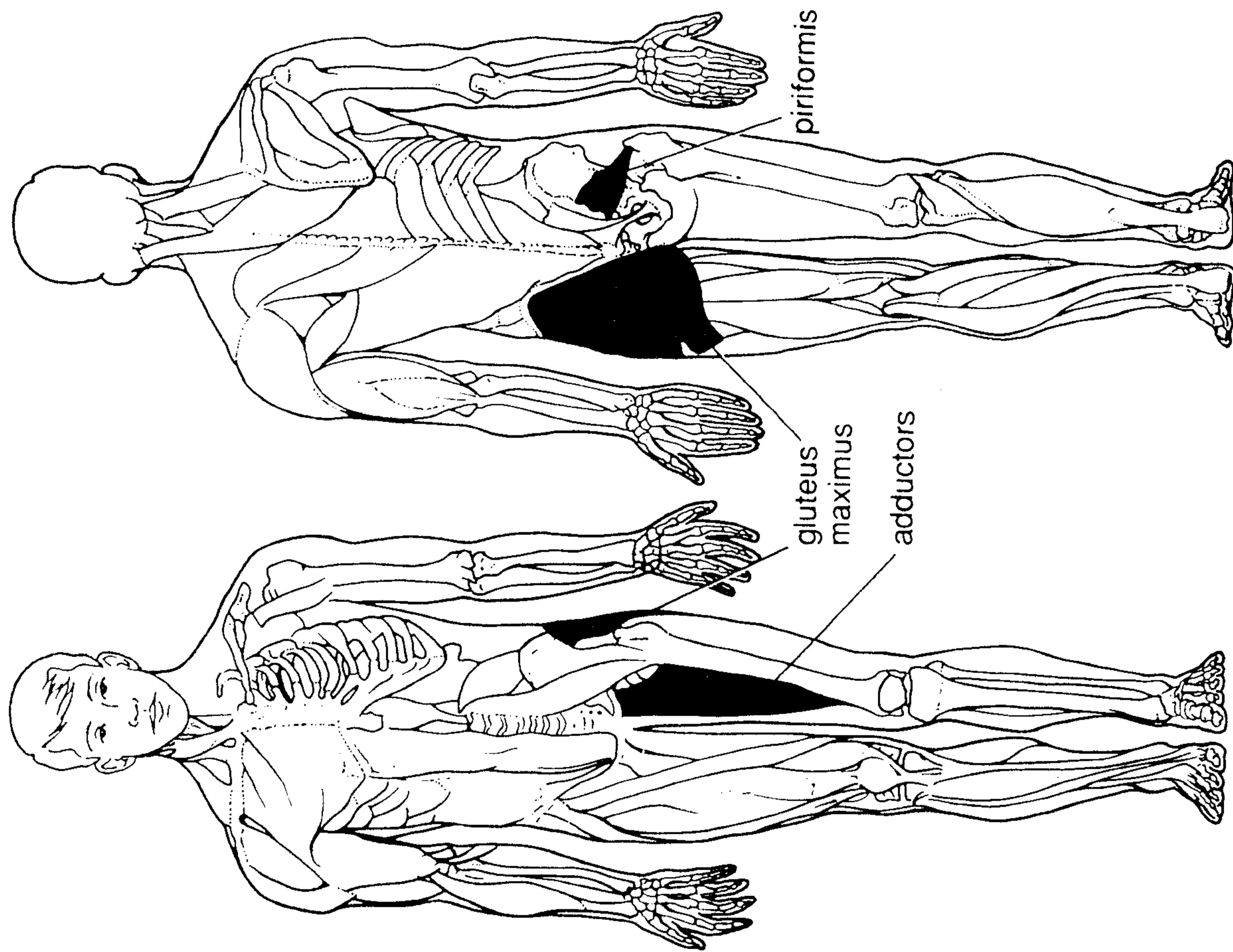
iliacus

heart
problems,
lung
congestion

kidney and
bladder
weakness,
associated
problems
related to
the lumbar
vertebrae
numbers
1 to 5
sacrum &



meridian disorders



internal branch disorders

