PRIMARY CHANNELS PATHWAYS

Mary Anne Matta

Yin channels begin or end in the abdomen making the trunk the most Yin aspect of the body
Yang channels begin or end in the head making the head the most Yang aspect of the body

	Pathway	Crossing Points	Channel Pathologies	Body Areas Covered	Connecting Organs
LU	Middle jiao/ST → LI organ → diaphragm → LU organ → throat → emerges at LU 1 Branch 1: from LU 7 to LI 1 Branch 2: from LU 1 directly to LU 11 (thumb)	None	Fever, aversion to cold, pain in the chest, clavicular area, shoulder/arm	Diaphragm Throat ST 12 area	LU, LI ST
LI	Tip of index finger → SI 12 → DU 14 → height of trapezius … Branch 1: descends to LU organ → diaphragm → LI organ → lower he-sea ST 37 Branch 2: neck → cheek → lower gums → ST 4 → curves around upper lip → crosses over midline → DU 26 → meets ST channel at LI 20 opposite side	ST 4, ST 12 SI 12 DU 14 & 26 REN 24	Sore throat, toothache, epistaxis, runny nose, swollen painful gums, swollen eyes	Diaphragm Neck, Face Lower Teeth/Gums Upper Lip Opposite Nostril	LU, LI
ST	LI 20 → BL 1 → ST 1 → upper gums (DU 26 & 28) → circles the lips meeting REN 24 → angle of mandible ST 5, 6, 7 → GB 3 → GB 6 → GB 5 → GB 4 → DU 24 Branch 1: jaw → throat region → supraclavicular foss (ST 12) → DU 14 → diaphragm → REN 13, 12 → ST organ → SP organ Branch 2: ST 12 → mammary line → groin (ST 30) Branch 3: ST pylorus → meets previous branch at ST 30 → thigh → knee → 2ND toe Branch 4: separates at ST 36 → middle toe Branch 5: separates at ST 42 → SP 1	LI 20, BL 1 REN 24 GB 3-6 DU 14, 24, 26, 28 REN 12,13	Pain in the eyes, epistaxis, neck swelling, facial paralysis, cold legs and feet	Nose, Eye, Lower Jaw Upper Teeth/Gums Around Lips, Diaphragm Groin, Knee 2nd & 3rd toes	ST, SP
SP	Medial side of big toe → inside of ankle, knee, thigh → abdominal cavity (REN 3,4, 10) → SP → ST → Surfaces in the abdomen and runs up the chest (GB 24, LV 14, LU 1) → Throat → root of tongue → spreads over lower surface Branch 1: internally passes through diaphragm → enters HT	REN 3, 4, 10 GB 24 LV 14 LU 1	Vaginal discharge, cold and weak legs	Diaphragm Throat Root of Tongue Chest, Abdomen	SP, ST, HT
HT	Branch 1: begins in HT → diaphragm → SI Branch 2: begins in HT → side of throat → eye Branch 3: begins in HT → LU → axilla → inner elbow → wrist/palm → inside of pinky	None	Pain in the eyes, pain inside of the arm and scapula	Diaphragm Throat Eye, Armpit	HT, SI LU
SI	Tip of little finger → palm/wrist → posterior arm/shoulder → center of spine (BL 41, BL 11, DU 14) Branch 1: internal; connects with HT (REN 17) → diaphragm → ST → SI Branch 2: side of neck → cheek → outer corner of eye (GB 1, TW 22) → ear Branch 3: leaves cheek → inner corner of eye → BL 1	BL 41, BL 11, DU 14 REN 17, 13, 12 GB 1, BL 1, TW 22	Pain in the neck, elbow, or outside of arm and scapula	Breast & Side Ribs Shoulder, Neck Occiput, Cheek Eye, Ear	SI, HT ST, DU
BL	Inner corner of eye → forhead → vertex (DU 24, 20 & GB 15) → ear Branch 1: enter the brain (GB 7, 8, 10, 11, 12) Descends down head → then bifurcares (DU 17, 14, 13) → 2 paths descend Branch 2: Medial branch enters internally to KD → BL Main branch covers shoulder, spinal cord, & buttocks (GB 30) → 2 paths unite in thigh → little toe	DU 13, 14, 17, 20, 24 GB 7 -12, 15, 30	Pain in the eyes, signs of wind invasion, lower back pain	Eye, Brain Lumbars, Neck Spinal Cord Buttocks, Anus, Uterus Shoulder	BL/KD
KD	Under little toe → sole of foot → arch of foot → heel → medial leg (SP 6) → thigh → base of spine (DU 1) → KD → BL → surfaces in abdomen near pubis (REN 3,4) → LV → diaphragm → LU → throat → ends at root of tongue Branch 1: leaves LU → HT → PC Channel	SP 6 DU 1 REN 3, 4, 17	Lower back pain, pain in the sole of the foot	Pubis Diaphragm, Throat Root of tongue	KD, BL LV, LU, HT PC Channel
PC	Branch 1: Chest → PC → diaphragm → 3 burners → TW Branch 2: Chest → ribs → armpit/axilla → medial elbow/forearm → palm → middle finger Branch 3: Palm → TW channel → ring finger	None	Stiff neck, pain in the channel, elbow and hand	Ribs Armpit	PC/TW
TW	Branch 1: Lateral side of ring finger → hand→ wrist forearm, elbow → posterior shoulder (SI 12, DU 14, GB 21) → Internally enters chest under sternum → PC (REN 17) → 3 burners Branch 2: exterior; shoulder → neck → posterior ear → interior; circles face (GB 6, 4, 3, 1) Branch 3: behind the ear → penetrates ear → outer end of eyebrow → GB channel	SI 12, BL 11, DU 14/20 BL 1, PC 1, REN 17 GB 21, 20, 3-6, 1 SI 18 & 19	Alternating chills and fever, deafness, ear pain, pain in top of shoulders	Diaphragm Ear, Face 3 burners Shoulder Sternum	TW/PC GB Channel
GB	Branch 1: Outer canthus → temporal area → ear → shoulder → underarm → ribcage → anterior hip → sacrum → genitals → LV → GB → thigh → lateral knee & ankle → 4th toe Branch 2: posterior hip Branch 3: top of foot → Big toe (LV Channel)	SI 12, BL 11, DU 14/20/1 BL 1, PC 1, LV 13 BL 31-34 SI 19, ST 5-9, ST 12 TW 20, 22, 17, 15	Alternating chills and fever, cold feeling, headache, deafness, hip or lateral leg pain, pain and distention of breasts, weak legs	Eyes, Ears Shoulder Ribs Hips Neck Chest	GB/LV
LV	Big toe → top of foot → inner ankle, leg, knee (SP 6) → thigh → groin (SP 12, 13) → encircles genitalia → enters lower abdomen (REN 2, 3, 4) → LV → GB → scatters under ribs → LU → Reconstitutes in the chest → throat → eyes Branch 1: from eye → cheek → inner surface of lips Branch 2: from eye → forehead → vertex	SP 6, 12, 13 REN 2, 3, 4 DU 20	Headache, eye pain, leg cramps	Pubis/Genitalia Ribs Eyes, Lips Trachea/throat Forehead Vertex of Head	LV/GB LU, ST

Most clinically relevant crossing points:

REN 1	DU, Chong	SP 6	KD, LV
REN 3-4	SP, LV, KD	SI 10	Yang Qiao, Yang Wei
REN 12-13	ST, SI	SI 12	LI, TW, GB
REN 17	SI, TW	SI 19	TW, GB
DU 14	All Yang Channels	BL 1	ST, SI, Yang Qiao, Yin Qiao
DU 20	BL, LV	GB 1	SI, TW
DU 26	ST, LI	GB 3-6	ST, TW
ST 1	Ren, Yang Qiao	GB 20	Yang Qiao, Yang Wei
ST 4	LI, Yang Qiao	LV 14	SP, Yin Wei
ST 12	LI, SI, ST, TW, GB, Yin Qiao		