

# Internal Pathways

Jing Jing  
Jing Bie  
Luo Mai

Ba Qi Jing Mai

Origin  
Yang Jiao Hui  
He – Uniting  
Shu  
Four Seas

Special Internal Branches

## Introduction

This book *Internal Pathways*, is created as a study book for students of acupuncture, and as a reference book for acupuncture practitioners. The text in this book is composed from different translations of the Nei Jing (Su Wen and Ling Shu), Nan Jing and Jia Yi Jing. When needed, the original Chinese text was consulted in order to prevent omissions. These translations of the original text, are written down on a practical and didactical way, so as to serve the reader. Furthermore, the original text is extended with modern physiology terminology of tissue and muscles. The acupuncture points and Chinese terminology found in this book, are described as advised in *A Practical Dictionary of Chinese Medicine* (Wiseman & Feng). The book consists of four parts.

Part I contains the description of the pathways of the jing jin (tendo-muscular channels), jing bie (divergent channels), and luo mai (connecting channels). The description of all those channels, contains descriptions of modern anatomical tissues, such as joints, muscles, retinaculi, etc. All of this, to give the reader a clear view on the course of the channels.

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Part II, describes the channels of the eight extraordinary (ba qi jing mai). Not much is found on these channels, especially concerning their points. Comparing information from different popular modern books, is used to complete the pathways. Furthermore, the reader will find additional information of each of the ba qi jing mai, needed for the clinic.

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Part III, *miscellaneous internal branches*, includes five groups of internal branches which are important for practical use in the clinic. Three of the jing mai, have their own source from specific parts and points on the body (*origin internal branches*). All yang jing mai (main channels), unite their qi in one point, Gv-14. All connections from yang jing mai, towards da zhui, are described (*yang jiao hui internal branches*). There are six lower *uniting* points, which are the terminal points of a longer internal branch. The internal branch starts on the upper part of the body, meeting the related (yang) internal organ, and unites on points located on the lower leg (*he uniting internal branches*). The so-called *shu* points, are the *transportation* points, transporting yang qi into different organs. The most original description of the shu points, as written in the Nei Jing, is described (*shu internal branches*). The last group of channels are the *four seas*.

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Part IV, describes *special internal branches*. In the clinic of the acupuncturist, it is important to direct qi towards specific parts and tissues of the body. In this part, the most important 13 internal branches, out of 81, are described.

This book uses references of chapters and paragraphs from the book, *A Complete Translation of the Yellow Emperor's Classic of Internal Medicine and the Difficult Classic*, written by Dr. Henry C. Lu, who personally gave his permission to use these references.

Peter C. van Kervel

# Content

Introduction	i
Content	ii - v
<b>Part I   Jing Luo Mai   Channel Systems</b>	
<b>Zu Shao Yang (Gallbladder) Channels</b>	2
Zu Shao Yang - Jing Jin	2
Zu Shao Yang - Jing Bie	4
Zu Shao Yang - Luo Mai	5
<b>Zu Jue Yin (Liver) Channels</b>	
Zu Jue Yin - Jing Jin	6
Zu Jue Yin - Jing Bie	7
Zu Jue Yin - Luo Mai	8
<b>Shou Tai Yin (Lung) Channels</b>	
Shou Tai Yin - Origin	9
Shou Tai Yin - Jing Jin	10
Shou Tai Yin - Jing Bie	11
Shou Tai Yin - Luo Mai	12
<b>Shou Yang Ming (Colon) Channels</b>	
Shou Yang Ming - Jing Jin	13
Shou Yang Ming - Jing Bie	14
Shou Yang Ming - Luo Mai	15
<b>Zu Yang Ming (Stomach) Channels</b>	
Zu Yang Ming - Jing Jin	16
Zu Yang Ming - Jing Bie	18
Zu Yang Ming - Luo Mai	19
<b>Zu Tai Yin ( Spleen-Pancreas) Channels</b>	
Zu Tai Yin - Jing Jin	20
Zu Tai Yin - Jing Bie	21
Zu Tai Yin Luo Mai	22
<b>Shou Shao Yin (Heart) Channels</b>	
Shou Shao Yin - Origin	23
Shou Shao Yin - Jing Jin	24
Shou Shao Yin - Jing Bie	25
Shou Shao Yin - Luo Mai	27

<b>Shou Tai Yang (Small Intestine) Channels</b>	
Shou Tai Yang - Jing Jin	28
Shou Tai Yang - Jing Bie	29
Shou Tai Yang - Luo Mai	30
<b>Zu Tai Yang (Bladder) Channels</b>	
Zu Tai Yang - Jing Jin	31
Zu Tai Yang - Jing Bie	33
Zu Tai Yang - Luo Mai	34
<b>Zu Shao Yin (Kidney) Channels</b>	
Zu Shao Yin - Jing Jin	36
Zu Shao Yin - Jing Bie	38
Zu Shao Yin - Luo Mai	40
<b>Shou Jue Yin (Heart Governor) Channels</b>	
Shou Jue Yin - Origin	41
Shou Jue Yin - Jing Jin	42
Shou Jue Yin - Jing Bie	44
Shou Jue Yin - Luo Mai	45
<b>Shou Shao Yang (Three Heater) Channels</b>	
Shou Shao Yang - Jing Jin	46
Shou Shao Yang - Jing Bie	47
Shou Shao Yang - Luo Mai	48
<b>Jiao Hui Jing Jin Channels</b>	
Arm Yang Jing Jin Jiao Hui	49
Arm Yin Jing Jin Jiao Hui	49
Arm Yin Jing Jin Dan Zhong Jiao Hui	50
Leg Yang Jing Upper Jin Jiao Hui	50
Leg Yang Jing Lower Jin Jiao Hui	50
Leg Yin Jing Jin Jiao Hui	50
<b>Luo Mai Jiao Hui   Tai Luo Mai</b>	
Leg Yang Luo Mai Jiao Hui	51
Leg Yin Luo Mai Jiao Hui	51
Arm Yang Luo Mai Jiao Hui	52
Arm Yin Luo Mai Jiao Hui	52
General Yang Luo Mai Jiao Hui	53
General Yin Luo Mai Jiao Hui	53
Zu Yang Ming Tai Luo	54
Zu Tai Yin Tai Luo	56
Ren Luo Mai	57
Du Luo Mai	57

## Part II | Eight Extra Ordinary Channels

### Ba Qi Jing Mai

Ren Mai	61
Yin Qiao Mai	62
Du Mai	64
Du Mai Internal Branches	65
Yang Qiao Mai	72
Chong Mai	73
Chong Mai Internal Branches	74
Yin Wei Mai	80
Dai Mai Superior	81
Dai Mai Medius	82
Dai Mai Inferior	83
Yang Wei Mai	84

## Part III | Miscellaneous Internal Branches

### Miscellaneous Internal Branches

#### Origin Internal Branches

Shou Tai Yin Origin	87
Shou Shao Yin Origin	88
Shou Jue Yin Origin	88

#### Yang Jiao Hui Internal Branches

Zu Shao Yang   Yang Jiao Hui	89
Shou Yang Ming   Yang Jiao Hui	89
Zu Yang Ming   Yang Jiao Hui	90
Shou Tai Yang   Yang Jiao Hui	90
Zu Tai Yang   Yang Jiao Hui	90
Shou Shao Yang   Yang Jiao Hui	91
Du Mai   Yang Jiao Hui	92

#### He Uniting Internal Branches

Zu Shao Yang   He Uniting	93
Shou Yang Ming   He Uniting	94
Zu Yang Ming   He Uniting	94
Shou Tai Yang   He Uniting	95
Zu Tai Yang   He Uniting	95
Shou Shao Yang   He Uniting	96

<b>Shu Internal Branches</b>	
Introduction	98
Shu Liver Organ	99
Shu Heart Organ	99
Shu Spleen Organ	100
Shu Lung Organ	100
Shu Kidney Organ	101
Shu Gallbladder Organ	101
Shu Stomach Organ	101

<b>Four Seas</b>	
Introduction	103
Sea of Qi	104
Sea of Xue	104
Sea of Shui & Gu	105
Sea of Nao	105

## **Part IV | Special Internal Branches**

### **Special Internal Branches**

Zu Jue Yin   Bao Mai	107
Shou Yang Ming   Mandibula	107
Zu Yang Ming   Jin Ye	108
Zu Yang Ming   Collateral	108
Zu Tai Yin   Organs	109
Zu Tai Yang   Du Mai	109
Zu Tai Yang   Eyes	111
Zu Shao Yin   Organs	112
Shou Jue Yin   Envelopes	113
Ren Mai   Spine	113
Ren Mai   Window of Heaven	114
Ren Mai   Eyes	116
Du Mai   Kidney	116