

## Summary of Chapter 10 of the Líng Shū

### Jīng Mài – On Channels

#### Introduction

This chapter explains the pathways of the main meridians, the diseases of these meridians and how to treat them. It does the same for the collaterals.

This information can also be found in textbooks like the one of Deadman, *A Manual of Acupuncture* [3].

This chapter is important for acupuncturists as well as herbalists.

During the lessons prof. dr. Li Jie explained the difference between the words 'channel' and 'meridian'.

A channel is something you can see. A meridian is an imaginary line. Compare the meridians of the earth. Therefore meridian is the preferred choice.

Sun Si-miao said:

- If you don't know TCM diagnosis, then you cannot be a TCM doctor.
- If you don't know Jīng-Luò, then every needle is wrong (incl. technique).
- If you don't know needling techniques, then you're not an acupuncturist (there are around 100 techniques described).

#### Reading the Chinese text

In order to read classic Chinese texts like this one, a few characters are very handy to know. The table below gives the list of these characters.

Character	Pīnyīn	Meaning
别	Bié	to come out another branch (character like in Jīng Bié)
出	Chú	to go out
抵	Dǐ	arrive at, reach
贯	Guàn	pass through
过	Guò	to pass by
合	Hé	join (two meridians come to one)
横	Héng	horizontal movement, from east to west or from west to east
还	Huán	to return, to turn back/to come back
环	Huán	around
会	Huì	meeting (character like in Bǎihuì – DU-20)
夹	Jiā	'in between' / between two sides

加	Jiā	to join (above) / (character like in Jiāchē – ST-6)
交	Jiāo	cross each other
连	Liǎn	to connect
洛	Luò	coupling (meridian)
起	Qǐ	to start
屈	Qū	bended, curve (character like in Qūchí – LI-11)
却	Què	go backward
入	Rù	to go in
散	Sǎn	scattered, come loose, fall apart, spread
上	Shàng	to go up (from down to up)
属	Shǔ	to belong to
系	Xì	to relate/link, to belong to, relate to
下	Xià	to go down (from up to down)
行	Xíng	to pass by (next to)
循	Xún	to follow (a certain) direction
直	Zhí	straight on

## Bibliography

- [1] Wiseman N. and Feng Ye. *A practical dictionary of Chinese Medicine*, paradigm publications. 1998.
- [2] Nelson Liansheng Wu and Andrew. Qi Wu, *Yellow Emperor's Canon Internal Medicine*. China Science & Technology Press, 1999.
- [3] Deadman P, Al-Khafaji M. *A Manual of Acupuncture*. Journal of Chinese Medicine Publications