

## Summary of Chapter 13 of the Líng Shū

### Jīng Jīn – The Tendons Distributed Along the Channels

In this chapter Huáng Dì is explaining the pathway of the sinew channels, the diseases and how to treat them.

#### Paragraph 1

Pathway	Diseases	Treatment	Bi-syndrome
<p>Zú Tàiyáng Páng Guāng Jīng (Urinary Bladder)</p> <p>For a graphical representation, please see Deadman et al [3].</p>	<p>Pain in the little toe and heel, spasm of the popliteal region, reverse bending of the spinal column (opisthotonos), tension of nape of the neck, inability to raise the shoulder, strain of axilla, pain and strain of supraclavicular fossa.</p>	<p>Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.</p>	<p>of mid-spring</p>

#### Paragraph 2

Pathway	Diseases	Treatment	Bi-syndrome
<p>Zú Shàoyáng Dǎn Jīng (Gallbladder)</p> <p>For a graphical representation, please see Deadman et al [3].</p>	<p>Spasms (strain and cramping) of the 4<sup>th</sup> toe leading to cramping of the lateral aspect of the knee, inability of bending and stretching the knee joint, stiffness of popliteal fossa, spasm of the thigh in the front and spasm of the sacrum in the rear, pain of the lateral costal region and below, contracture of supraclavicular fossa, breast, neck and all the locations where the sinew channel links. If one looks to the right, the right eye will not open and v.v. When the sinew channel of the left side is injured, the right foot will not be able to move.</p>	<p>Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.</p>	<p>of early-spring</p>

### Paragraph 3

Pathway	Diseases	Treatment	Bi-syndrome
<p>Zú Yángmíng Wèi Jīng (Stomach)</p> <p>For a graphical representation, please see Deadman et al [3].</p>	<p>Pain in middle toe and tibia, contracture of dorsum of foot, spasm of femoral rectus muscle, swelling of frontal part of thigh, swelling of scrotum, abdominal sinew spasm that extends to supraclavicular region and cheek, sudden deviation of mouth, [if cold] inability to close eye, [if hot] eyes will not open.</p> <p>If cheek sinew has cold, it will be tense and pull the cheek, and mouth will not be able to shut when opened.</p> <p>If there is heat, sinews become flaccid and deviation of mouth.</p>	<p>Use horse fat. See also [2: 584].</p> <p>Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.</p>	<p>of late-spring</p>

### Paragraph 4

Pathway	Diseases	Treatment	Bi-syndrome
<p>Zú Tàiyīn Pí Jīng (Spleen)</p> <p>For a graphical representation, please see Deadman et al [3].</p>	<p>Pain in big toe and inner ankle, pain and cramping along the course of the channel, pain of medial thigh that reaches the inguinal region, twisting pain of genitals that may reach the naval, hypochondria, the lateral sides of the chest and the spine drawn from above.</p>	<p>Use horse fat. See also [2: 584].</p> <p>Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.</p>	<p>of mid-autumn</p>

### Paragraph 5

Pathway	Diseases	Treatment	Bi-syndrome
<p>Zú Shāoyīn Shèn Jīng (Kidney)</p> <p>For a graphical representation, please</p>	<p>Pain (cramping) of the bottom of the foot, pain and spasms along the channel, convulsions and spasm associated with epilepsy.</p>	<p>Prick with heated needle and pull out the needle instantly after pricking. Prick at any time.</p>	<p>of early autumn</p>

see Deadman et al [3].	If disease on exterior, the cannot bend forward, if interior, then cannot bend backward.	Stop when disease is remitted. Prick painful location only. When disease on inside: topical application of heated drugs, physical and breathing exercises, and medical decoction. If disease = frequent and serious, then cannot be cured.	
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### Paragraph 6

Pathway	Diseases	Treatment	Bi-syndrome
Zú Juéyīn Gān Jīng (Liver)  For a graphical representation, please see Deadman et al [3].	Pain in big toe, pain anterior to the medial malleolus, pain of medial aspect of knee, spasms and pain of medial aspect of thigh, dysfunction of genitals. If internal injury: no erection. If cold: retraction of genitals. If heat: persistent erection.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.  Wash penis with water to reduce Qì of Juéyīn.	of late autumn

### Paragraph 7

Pathway	Diseases	Treatment	Bi-syndrome
Shǒu Tàiyáng Xiǎo Cháng Jīng (Small Intestine)  For a graphical representation, please see Deadman et al [3].	Pain of little finger, pain along medial aspect of elbow and upper arm, pain along inner side of arm en axilla, pain of scapula that reaches the neck, tinnitus, a need to close the eyes for a long time before being able to see clearly. When Hán in neck: contracture of tendon in head, scrofula, swelling of neck.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.	of mid-summer

		If swelling not reduced after pricking, use sagittal needle.	
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### Paragraph 8

Pathway	Diseases	Treatment	Bi-syndrome
Shǒu Shào yáng Sān Jiāo Jīng (Tripple Burner)  For a graphical representation, please see Deadman et al [3].	Curled tongue and pain and spasms of the muscles along the locations where the tendon channel passes.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.	of late summer

### Paragraph 9

Pathway	Diseases	Treatment	Bi-syndrome
Shǒu Yáng míng Dà Cháng Jīng (Large Intestine)  For a graphical representation, please see Deadman et al [3].	Pain and spasms of the muscles along the locations where the tendon channel passes, inability of lifting the shoulder and inability of turning the neck.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.	of early summer

### Paragraph 10

Pathway	Diseases	Treatment	Bi-syndrome
Shǒu Tàiyīn Fèi Jīng (Lung)  For a graphical representation, please see Deadman et al [3].	Pain and spasms of the muscles along the locations where the tendon channel passes. When severe, then accumulation of lumps on the right hypochondrium, acute pain in the hypochondrium and spitting blood.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.	of mid-winter

### Paragraph 11

Pathway	Diseases	Treatment	Bi-syndrome
Shǒu Juéyīn Xīnbāo Jīng (Pericardium)  For a graphical representation, please see Deadman et al [3].	Pain and spasms of the muscles along the locations where the tendon channel passes. Pain of chest which causes the lumps. [3] writes: 'inverted cup sensation' below the lower right ribs.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.	of early winter

### Paragraph 12

Pathway	Diseases	Treatment	Bi-syndrome
Shǒu Shǎoyīn Xīn Jīng (Heart)  For a graphical representation, please see Deadman et al [3].	Pain and spasms of the muscles along the locations where the tendon channel passes. Contracture of chest and the mass under the positions of heart which is called fuliang. When patient is spitting blood and pus and disease of fuliang, then will die.	If spasms type: Prick with heated needle and pull out the needle instantly after pricking. Prick at any time. Stop when disease is remitted. Prick painful location only.	of late winter

For all diseases caused by tendon channel:

- if belongs to Hán (cold): contracture of channel tendon will occur. Use heated needle.
- if belongs to Rè (heat): channel tendon will be loose and patient will be impotent. Do not use heated needle.

When channel tendon contracture is in the back: will cause the back to bend reversely.

When channel tendon contracture is in the abdomen: patient will be stooping and fails to stretch ip the body.

### Paragraph 13

When spasm in Zú Yángmíng Wèi Jīng and Shǒu Tàiyáng Xiǎo Cháng Jīng, then distortion of face and inability to see things completely.

Treatment: prick with heated needle as the method stated above.

## 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 Empero's Canon Internal Medicine*. China Science & Technology Press, 1999.
- [3] Deadman P, Al-Khafaji M. *A Manual of Acupuncture*. Journal of Chinese Medicine Publications.