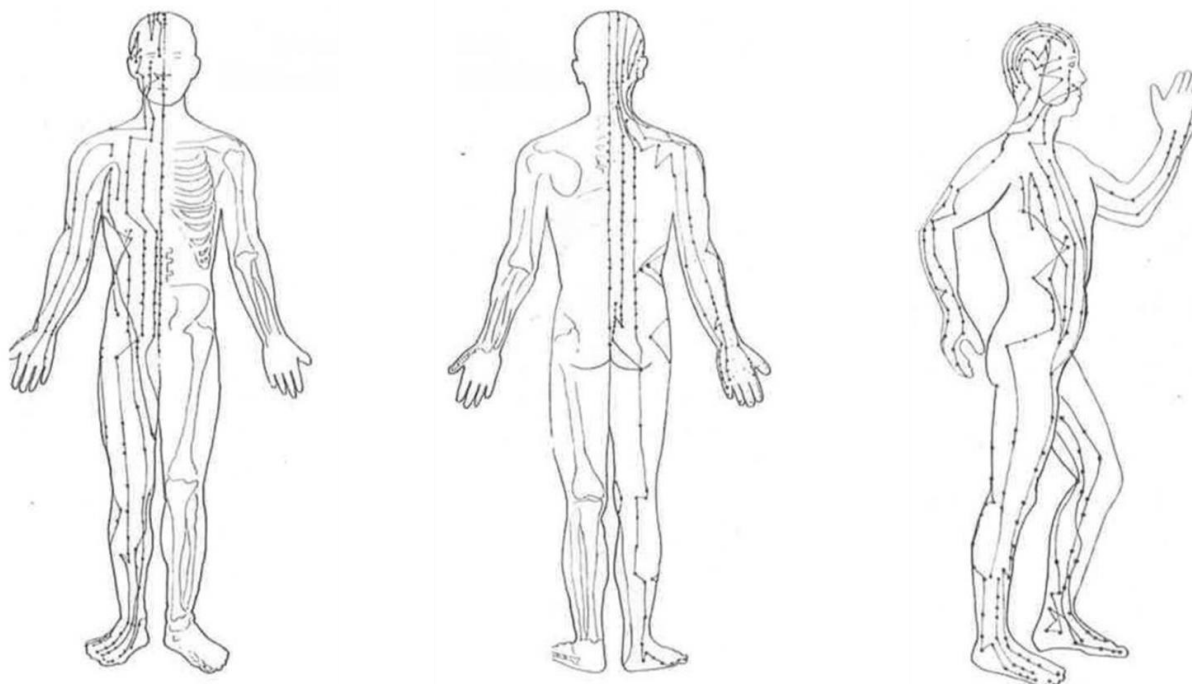


## ROTEIRO PARA IDENTIFICAÇÃO DO TRAJETO DOS MERIDIANOS PRINCIPAIS



### CONTEÚDO

- Quadro 01. Roteiro dos meridianos principais *Yīn* (陰) da mão (*shǒu*) e do pé (*zú*) agrupados segundo os grandes meridianos.  
Quadro 02. Roteiro dos meridianos principais *Yáng* (陽) da mão (*shǒu*) e do pé (*zú*) agrupados segundo os grandes meridianos.  
Quadro 03. Trajeto dos 12 Meridianos Principais (*jīng mai*, *main meridian*, *twelve meridians*, *regular meridian*).

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ROTEIRO PARA IDENTIFICAÇÃO DO TRAJETO DOS MERIDIANOS

Quadro 01. Roteiro dos meridianos principais *Yīn* (陰) da mão (*shǒu*) e do pé (*zú*) agrupados segundo os grandes meridianos.

CHANNEL OF HAND AND FOOT TAIYIN	CHANNEL OF HAND AND FOOT JUEYIN	CHANNEL OF HAND AND FOOT SHAOYIN
<p>Lung meridian (LU) / <i>Fèi Jīng</i> (手太陰肺經)</p>	<p>Pericardium meridian (PC) / <i>Xīn Bāo Jīng</i> (手厥陰心包經)</p>	<p>Heart meridian (HT) / <i>Xīn Jīng</i> (手少陰心經)</p>
<p>Spleen meridian (SP) / <i>Pí Jīng</i> (足太陰脾經)</p>	<p>Liver meridian (LR) / <i>Gān Jīng</i> (足厥陰肝經)</p>	<p>Kidney meridian (KI) / <i>Shèn Jīng</i> (足少陰腎經)</p>

Fonte: adaptado de WORLD HEALTH ORGANIZATION. WHO international standard terminologies on traditional medicine in the Western Pacific Region. Manila: WHO Regional Office for the Western Pacific, 2007, pg 28-32 (38-34). Disponível em: <<https://apps.who.int/iris/handle/10665/206952>>. BEIJING COLLEGE OF CHINESE MEDICINE (Org.). Essentials of Chinese Medicine. Beijing: Foreign Languages Press; 1988.

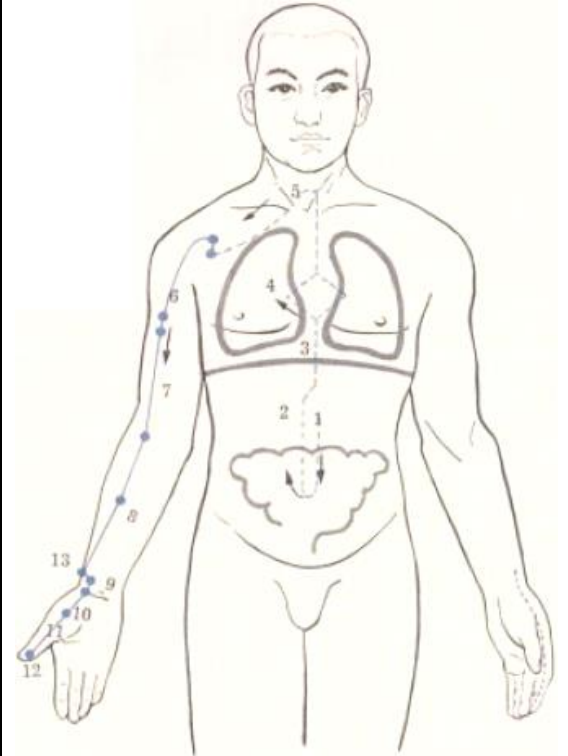
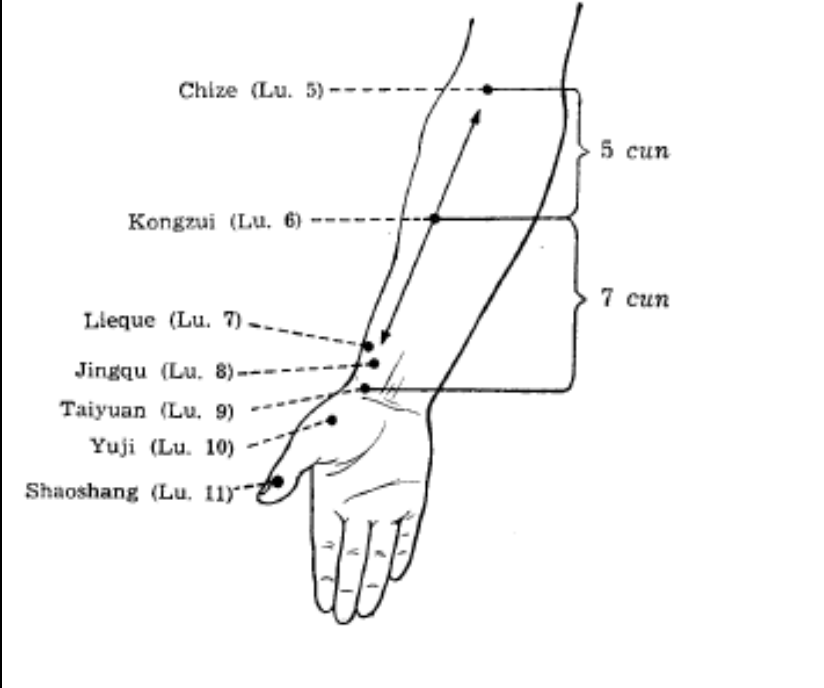
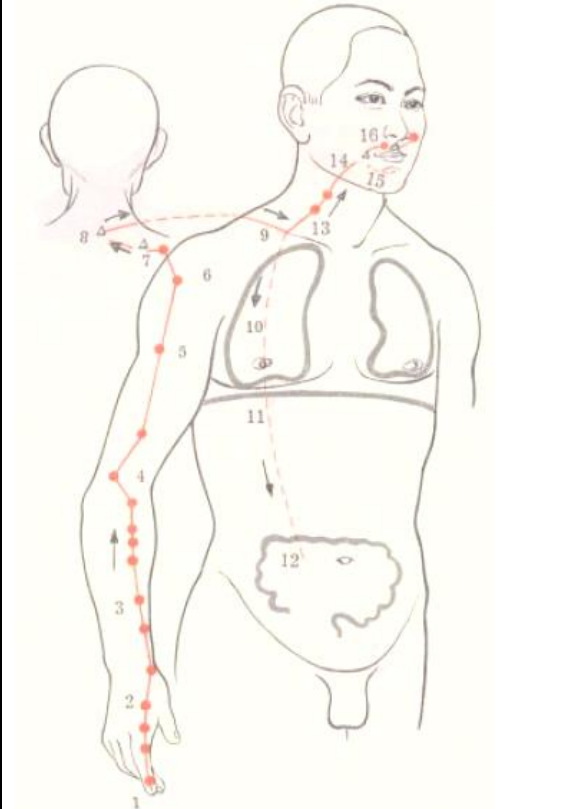
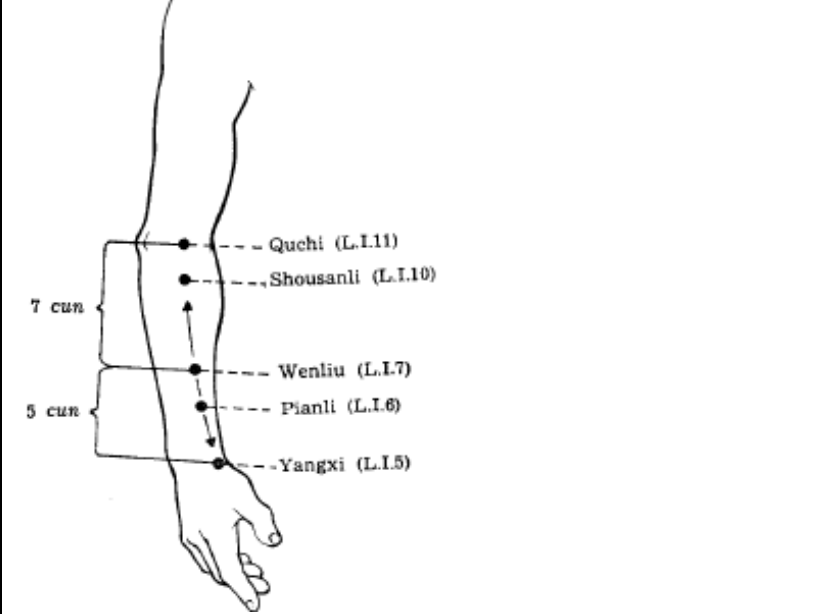
ROTEIRO PARA IDENTIFICAÇÃO DO TRAJETO DOS MERIDIANOS

Quadro 02. Roteiro dos meridianos principais *Yáng* (陽) da mão (*shǒu*) e do pé (*zú*) agrupados segundo os grandes meridianos.

CHANNEL OF HAND AND FOOT TAIYANG	CHANNEL OF HAND AND FOOT SHAOYANG	CHANNEL OF HAND AND FOOT YANGMING
<p>Small intestine meridian (SI) / <i>Xiǎo Cháng Jīng</i> (手太陽小腸經)</p>	<p>Triple energizer meridian (TE) / <i>Sān Jiǎo Jīng</i> (手少陽三焦經)</p>	<p>Large intestine meridian (LI) / <i>Dà Cháng Jīng</i> (手陽明大腸經)</p>
<p>Bladder meridian (BL) / <i>Pǎng Guāng Jīng</i> (足太陽膀胱經)</p>	<p>Gallbladder meridian (GB) / <i>Dǎn Jīng</i> (足少陽膽經)</p>	<p>Stomach meridian (ST) / <i>Wèi Jīng</i> (足陽明胃經)</p>

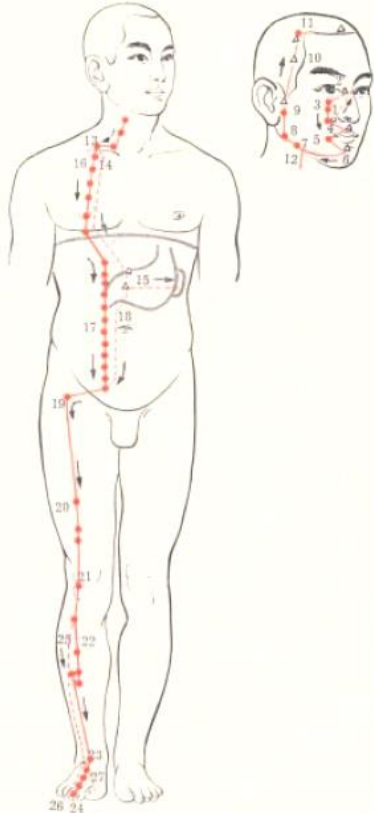
Fonte: adaptado pelo Projeto GAIPA-UFC de WORLD HEALTH ORGANIZATION. WHO international standard terminologies on traditional medicine in the Western Pacific Region. Manila: WHO Regional Office for the Western Pacific, 2007, pg 28-32 (38-34).; Disponível em: <<https://apps.who.int/iris/handle/10665/206952>>. BEIJING COLLEGE OF CHINESE MEDICINE (Org.). Essentials of Chinese Medicine. Beijing: Foreign Languages Press; 1988.

Quadro 03. Trajeto dos 12 Meridianos Principais (*jing mai, main meridian, twelve meridians, regular meridian*)

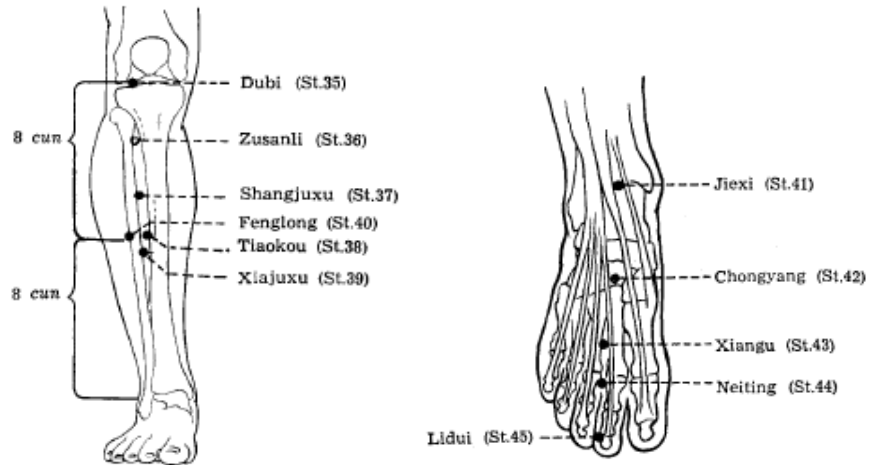
MERIDIAN NAME	TRAJECT
<p>Lung meridian (LU)</p> <ul style="list-style-type: none"> <li>• <i>Shǒu Tàì Yīn Fèi Jīng</i></li> <li>• 手太陰肺經</li> </ul> 	<p>Begins internally in the middle energizer, descends to connect with the large intestine, then ascends to the lung and throat, courses laterally and exits superficially at <i>Zhongfu</i> (LU1), and then descends along the lateral side of the arm and forearm, terminates at <i>Shaoshang</i> (LU11), with 11 acupuncture points on either side.</p> 
<p>Large intestine meridian (LI)</p> <ul style="list-style-type: none"> <li>• <i>Shǒu Yáng Míng Dà Cháng Jīng</i></li> <li>• 手陽明大腸經</li> </ul> 	<p>Originates at <i>Shangyang</i> (LI1) and ascends the dorsal surface of the hand and forearm, the lateral side of the arm, the dorsal side of the shoulder to <i>Jugu</i> (LI16) where the meridian/channel enters internally and travels posteriorly to <i>Dazhui</i> (GV14), and then courses anteriorly to the supraclavicular fossa where it descends past the diaphragm to connect with the large intestine. The superficial supraclavicular branch ascends the anterior lateral neck and the mandible, connects internally with the lower teeth, encircles the lips and terminates at the opposite <i>Yingxiang</i> (LI20). There are 20 acupuncture points on either side of the body.</p> 

**Stomach meridian (ST)**

- *Zú Yáng Míng Wèi Jīng*
- 足陽明胃經

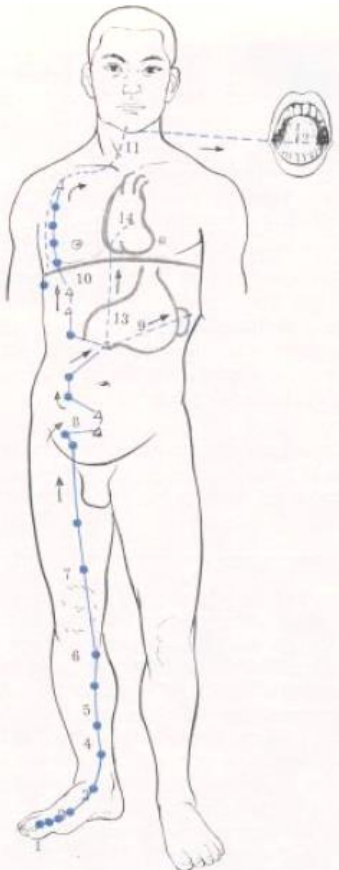


Originates internally at the lateral edge of the nose, then continues to ST1 at the inferior border of the orbit, descends to the upper gum, courses around the mouth, and travels up to ST8 at the hairline of the temple. From here it continues internally to terminate at GV24. The facial branch descends from ST5 where it turns internally and descends past the diaphragm to connect with the stomach and spleen. The supraclavicular fossa branch descends along the midclavicular line to ST30 in the inguinal region, then anteriorly along the lateral margin of the femur to the patella, terminating at ST45 on the lateral side of the tip of the second toe. The gastric branch descends internally past the umbilicus and terminates at ST30. The tibial branch leaves ST36 and descends along the fibula, terminating at the lateral side of the tip of the middle toe. The dorsal foot branch leaves ST42 and descends to the medial side of the great toe at SP1. There are 45 acupuncture points on either side of the body.

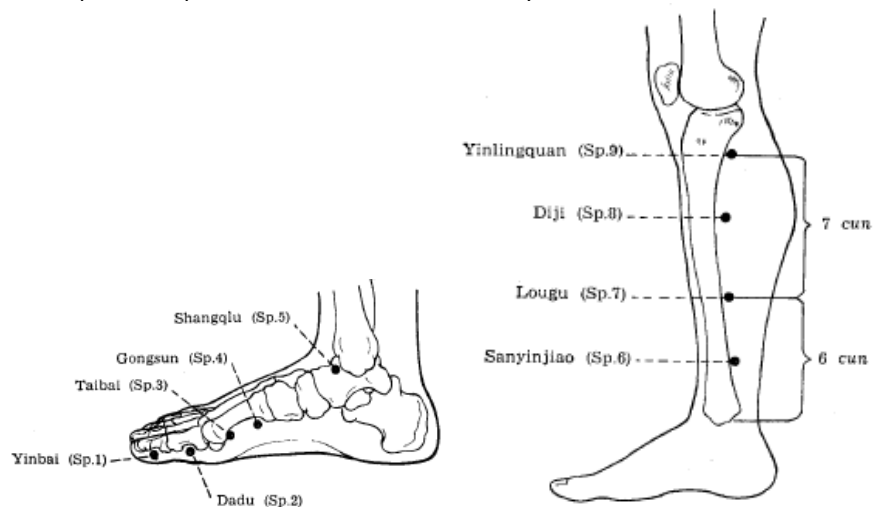


**Spleen meridian (SP)**

- *Zú Tàì Yīn Pí Jīng*
- 足太陰脾經

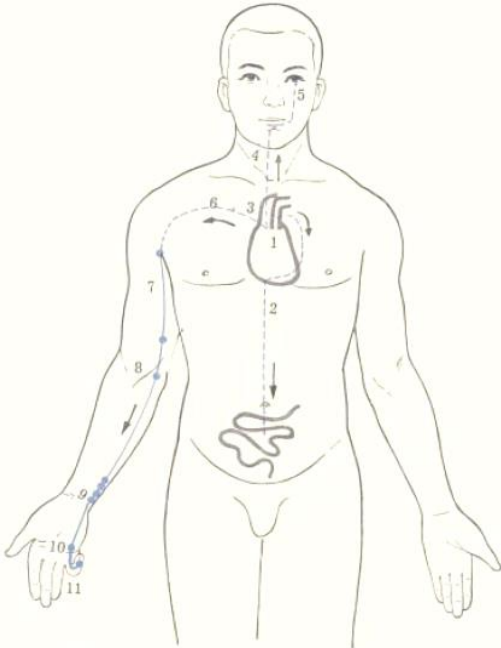


Runs from *Yinbai* (SP1) at the medial side of the great toe, ascends along the medial side of the foot and tibia and anteromedial side of the thigh to the lower abdomen. It then enters the abdomen and connects with the spleen and stomach. The meridian ascends at a distance of 4.0 cun lateral to the conception vessel, and terminates superficially at *Dabao* (SP21) in the sixth intercostal space on the midaxillary line. The meridian continues internally past the supraclavicular fossa and terminates at the base of the tongue. The gastric branch leaves the stomach and ascends internally past the diaphragm and connects with the heart. There are 21 acupuncture points on either side of the body.

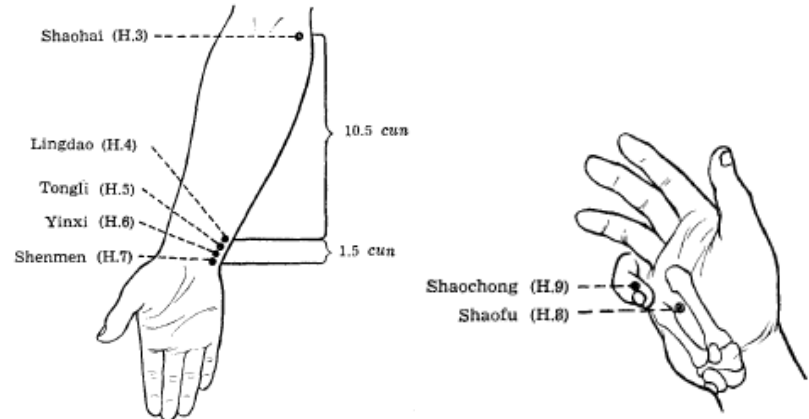


Heart meridian (HT)

- *Shǒu Shào Yīn Xīn Jīng*
- 手少陰心經

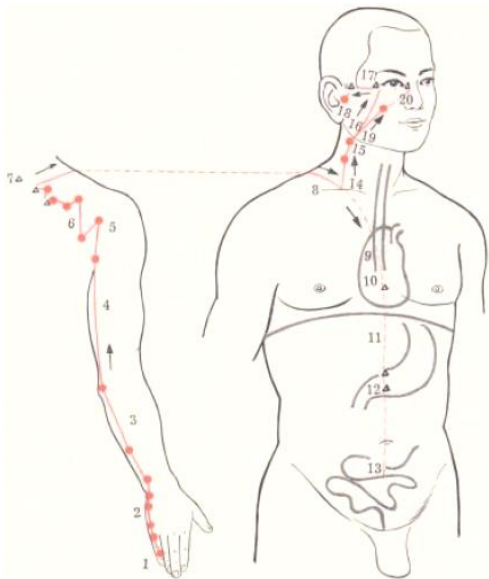


Originates in the heart, descends internally past the diaphragm and connects with the small intestine. The cardiac branch ascends internally paralateral to the esophagus and terminates at the eye. The main branch leaves the heart, traverses the lung and emerges superficially in the midaxilla at *Jiquan* (HT1) and descends along the ulnar side of the forearm medially, terminating at *Shaochong* (HT9) on the radial side of the tip of the small finger, with 9 acupuncture points on either side.

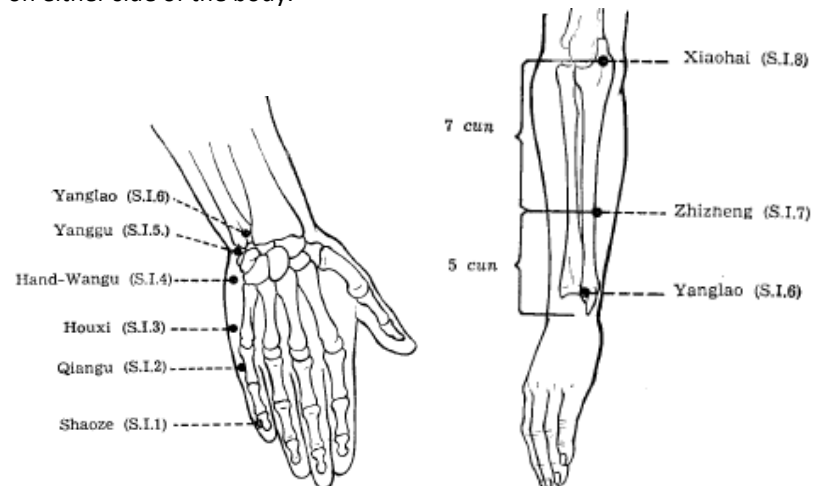


Small intestine meridian (SI)

- *Shǒu Tàiyáng Xiǎo Cháng Jīng*
- 手太陽小腸經

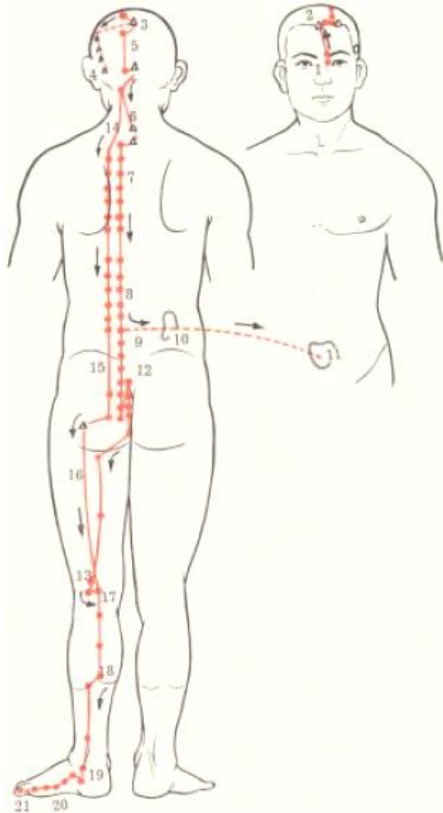


Originates at *Shaoze* (SI1) at the ulnar side of the little finger, ascends the ulnar side of the forearm, the arm, over the scapula to *Dazhui* (GV14) between the spinous processes of the 7th cervical and 1st thoracic vertebrae. The meridian then descends internally to the heart, and follows the esophagus past the diaphragm, to connect with the small intestine. The supraclavicular fossa branch ascends superficially along the lateral side of the neck, past the cheek to the lateral corner of the eye, and terminates at *Tinggong* (SI19). The buccal branch leaves the main meridian at the cheek, and ascends to the medial canthus of the eye. There are 19 acupuncture points on either side of the body.

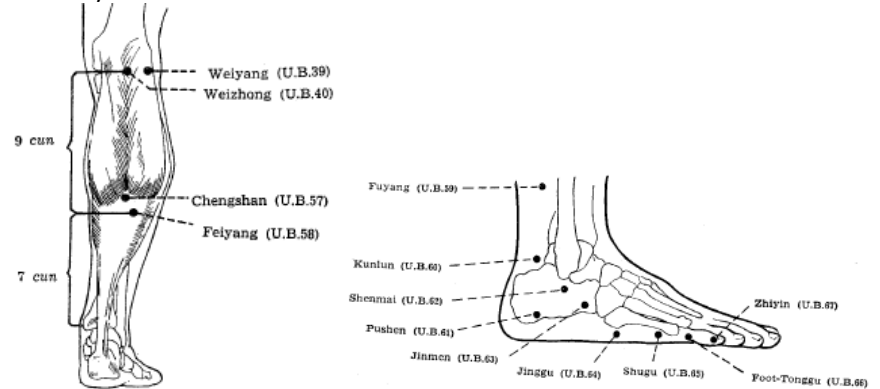


Bladder meridian (BL)

- *Zú Tàì Yáng Pǎng Guāng Jīng*
- 足太陽膀胱經

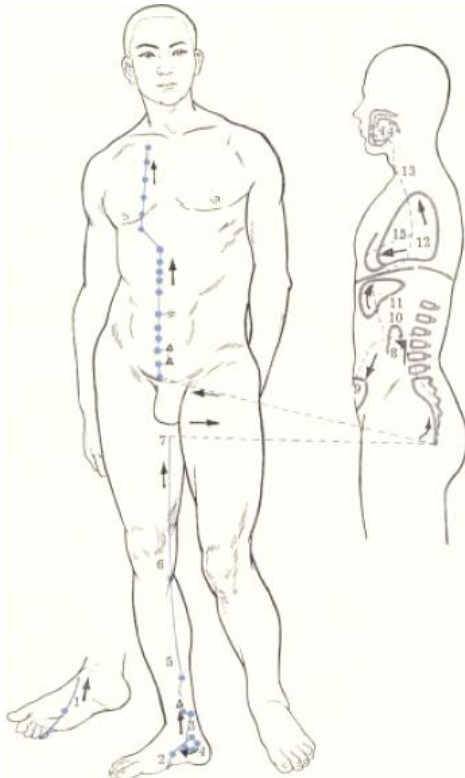


Runs from *Jingming* (BL1) at the medial canthus of the eye, ascends the forehead to the vertex and then enters the brain and exits at the nape of the neck where it divides into two parallel branches: the first branch descends the back at a distance of 1.5 cun from the spine, and during its course it connects with the kidney and bladder, and continues along the posterior thigh to the popliteal crease; the second branch descends the back at a distance of 3 cun from the spine, continues along the latero-posterior side of the thigh to popliteal fold where it meets the first branch. The meridian continues to descend along the posterior calf to the lateral malleolus, terminating at *Zhiyin* (BL67) on the lateral side of the tip of the small toe. There are 67 acupuncture points on either side of the body.

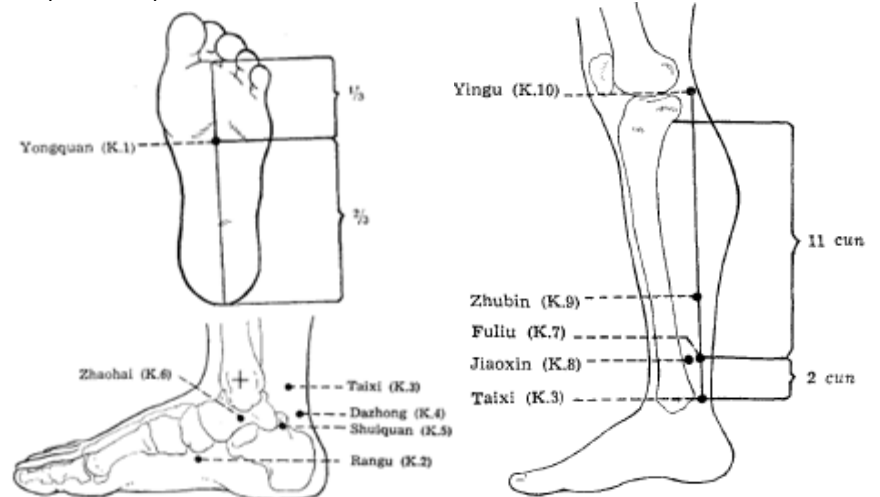


Kidney meridian (KI)

- *Zú Shào Yīn Shèn Jīng*
- 足少陰腎經

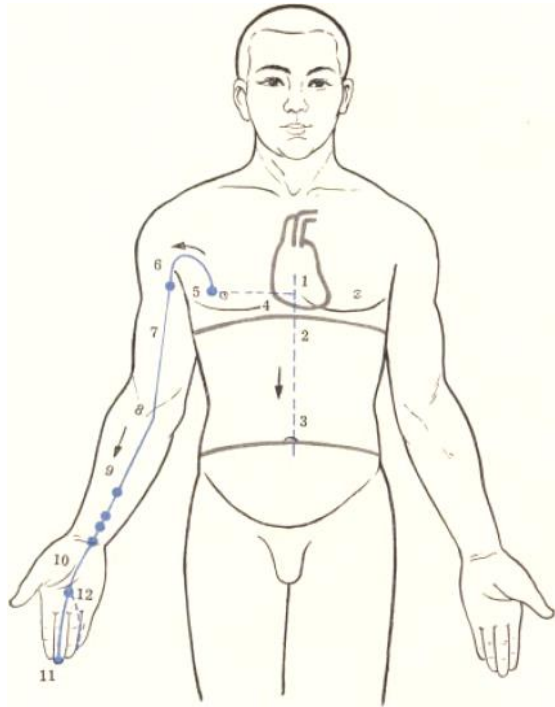


Begins on the plantar tip of the small toe and travels to *Yongquan* (KI1) in the center of the sole, continues along the medial side of the lower limb to the symphysis pubis, turns internally to the kidney and bladder, and back to the symphysis pubis, ascending along the abdomen and chest up to *Shufu* (KI27) in the depression between the first rib and the lower border of the clavicle, with 27 acupuncture points on either side.

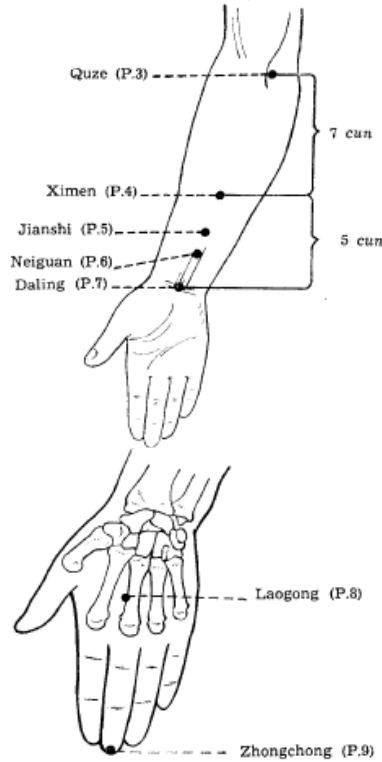


Pericardium meridian (PC)

- *Shǒu Jué Yīn Xīn Bāo Jīng*
- 手厥陰心包經

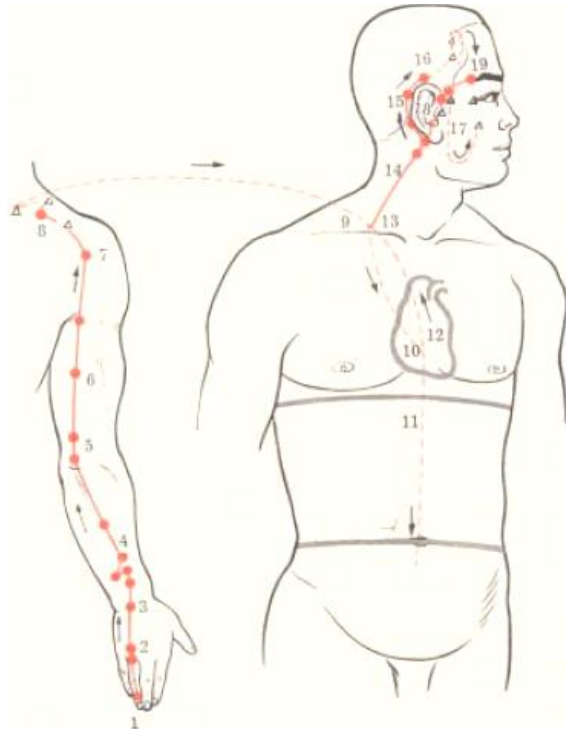


Originates in the center of the thorax, connects with the pericardium, and descends to the lower abdomen, linking all the three energizers. The thoracic branch exits superficially at *Tianchi* (PC1) near the nipple, and descends along the midline of anterior side of the arm to *Zhongchong* (PC9) at the midpoint of the tip of the middle finger, with 9 acupuncture points on either side.

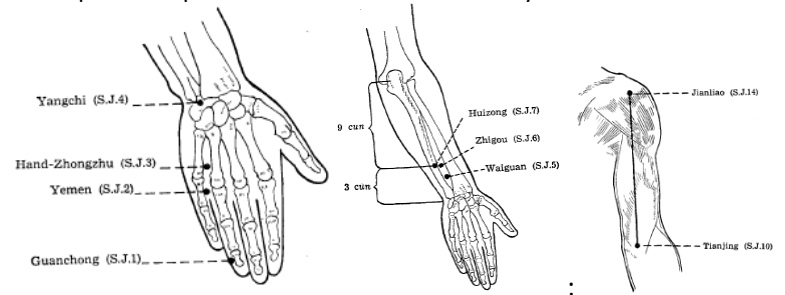


Triple energizer meridian (TE)

- *Shǒu Shào Yáng Sān Jiāo Jīng*
- 手少陽三焦經



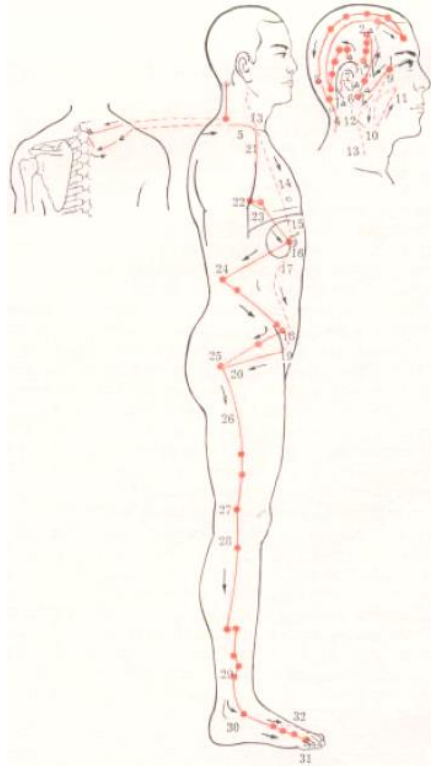
Runs from *Guanchong* (TE1) at the ulnar side of the ring finger, travels along the midline of the posterior side of the arm and through the regions of the shoulder, neck, ear and eye, and terminates at *Sizhukong* (TE23) at the lateral aspect of canthus. A branch is sent from the supraclavicular fossa to the pericardium and down through the thorax and abdomen, linking the upper, middle and lower energizers. There are 23 acupuncture points on either side of the body.



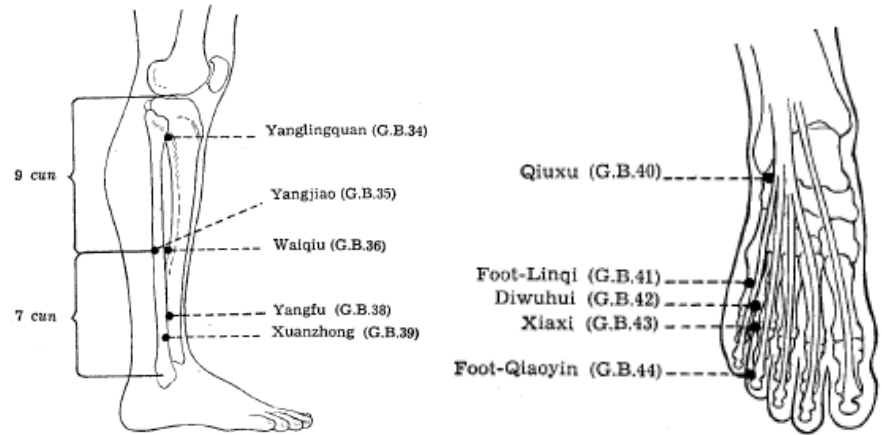


Gallbladder meridian (GB)

- *Zú Shào Yáng Dǎn Jīng*
- 足少陽膽經



Runs from *Tongziliao* (GB1) at the lateral canthus of the eye, through the regions of the temple, ear, neck, shoulder, flank, and the outer side of the lower limb, terminating at *Zuqiaoyin* (GB44) on the lateral side of the tip of the 4th toe. The post-auricular branch travels into the ear and down to the supraclavicular fossa where it joins the original branch. It continues down into the chest, past the diaphragm, connecting with the gallbladder and liver, and travels down to the lower abdomen into the inguinal canal. The dorsal foot branch leaves the main meridian at *Zulinqi* (GB41) and descends between the first and second metatarsals, terminating at the base of the great toe nail. There are 44 acupuncture points on either side of the body.

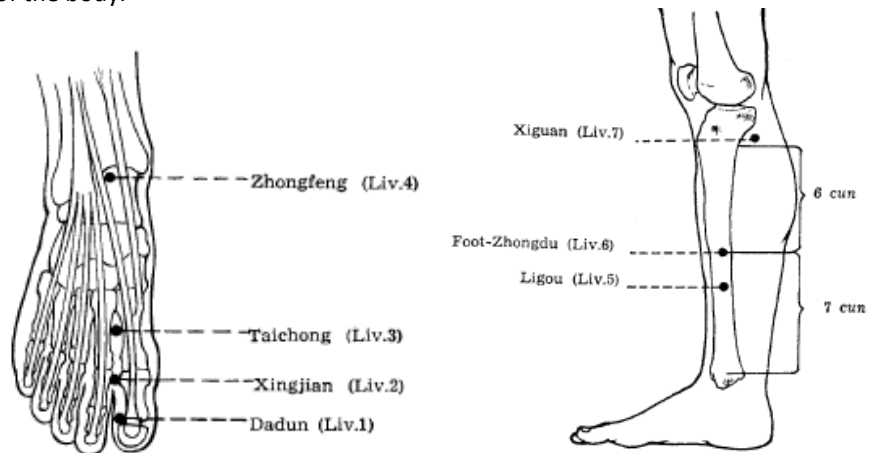


Liver meridian (LR)

- *Zú Jué Yīn Gān Jīng*
- 足厥陰肝經



Runs from *Dadun* (LR1) on the medial aspect of the big toe just behind the nail, through the inner side of the lower limb, external genitalia and abdomen, to *Qimen* (LR14), a point about 2 cun below the nipple. From *Qimen* (LR14) the meridian/channel enters the abdomen, traverses through the stomach paralaterally to connect with the liver and gallbladder. From the liver, the meridian/channel ascends past the diaphragm along the trachea, larynx, sinus cavity, connecting with the eye, and then ascends to the vertex where it meets the governor vessel at *Baihui* (GV20). There are 14 acupuncture points on either side of the body.



Fonte: adaptado de WORLD HEALTH ORGANIZATION. WHO international standard terminologies on traditional medicine in the Western Pacific Region. Manila: WHO Regional Office for the Western Pacific, 2007, pg 28-32 (38-34). Disponível em: <<https://apps.who.int/iris/handle/10665/206952>>; BEIJING COLLEGE OF CHINESE MEDICINE (Org.). *Essentials of Chinese Medicine*. Beijing: Foreign Languages Press; 1988.