the Bladder primary channel

Zu Tai Yang Pang Guang Jing

足太陽膀胱經

Begins at the inner canthus of the eye at **BL1** and ascends along the forehead to the vertex to intersect with **Du24** and **Du20**,

from the vertex (**BL7**), **a branch** descends to the temples in the region above the ear, intersecting the GB channel from GB7 to GB12,

from the vertex, **another branch** enters the brain, meets the Governing channel at **Du17** and then emerges to descend to the nape of the neck where the channel splits into two branches.

The first (medial) branch

descends along the posterior aspect of the neck, intersecting **Du14, Du13** and **Du12**, then descends alongside the spine, 1.5 cun lateral to the midline, to the lumbar region, descends along the sacrum, crosses the buttock and descends to the popliteal fossa of the knee at BL54

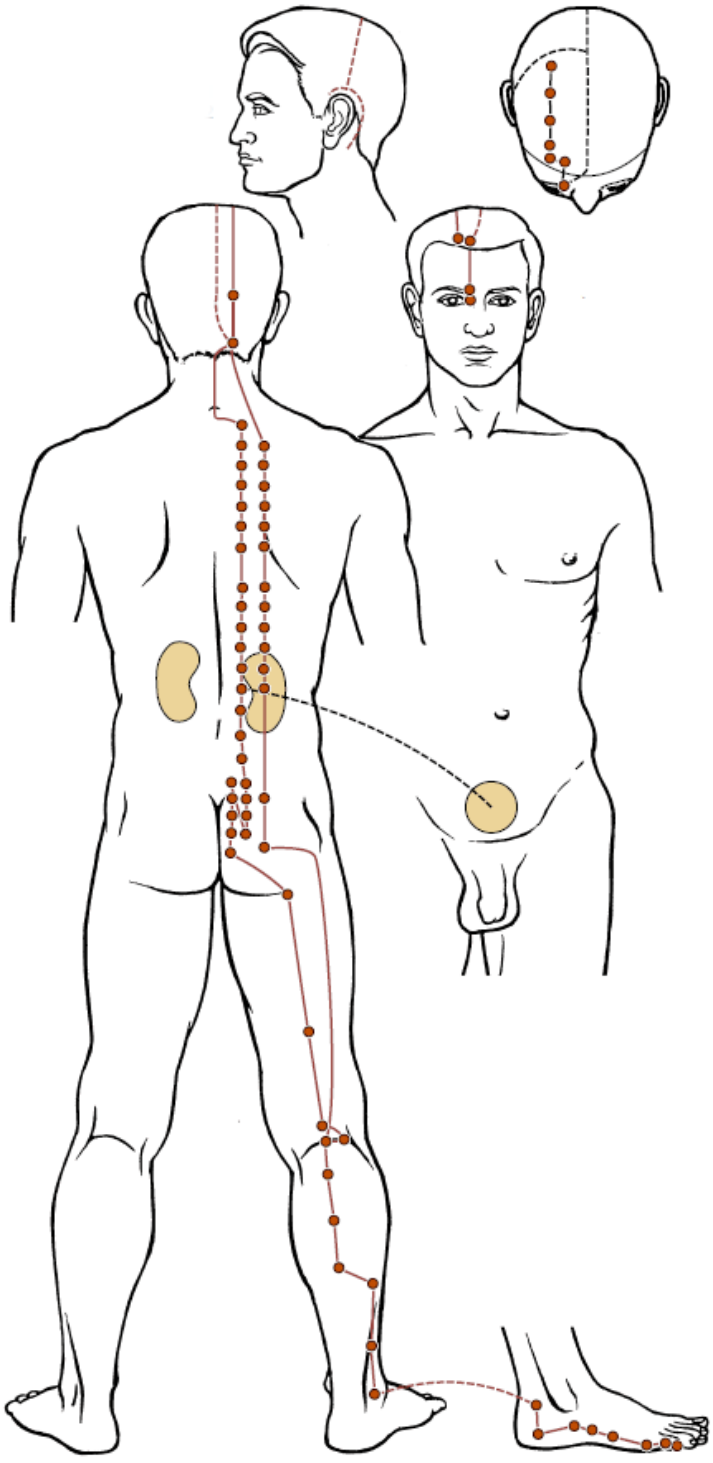
an internal branch penetrates deep into the interior via the paravertebral muscles (BL23 region) to wrap around the Kidneys before descending to the Bladder.

The second (lateral) branch

separates at the nape of the neck and descends to the medial border of the scapula and then parallel to the spine, 3 cun lateral to the midline, to the gluteal region,

crosses the buttock to intersect at **GB30**, then descends along the postero-lateral aspect of the thigh continuing towards the popliteal fossa at **BL54**,

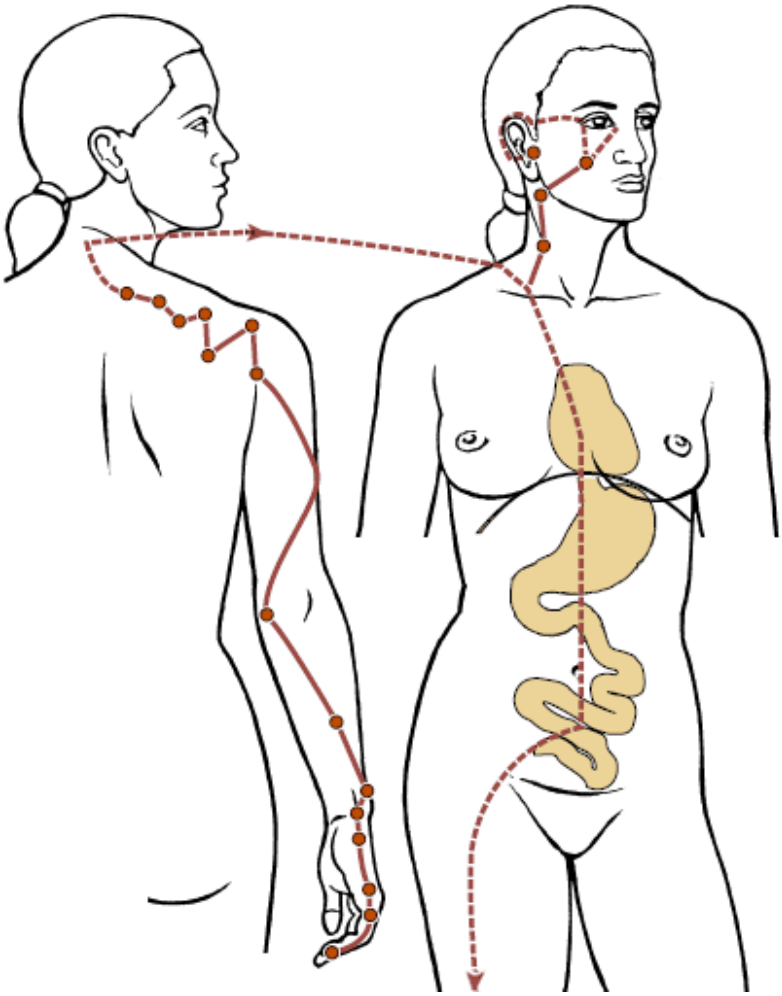
descends through the gastrocnemius muscle, emerges posterior to the lateral malleolus at **BL60**, then follows along the fifth metatarsal bone to terminate at **BL67** at the lateral side of the tip of the fifth toe, where it meets with the Kidney channel.



the Small Intestine primary channel

Shou Tai Yang Xiao Chang Jing

手太陽小腸經



Originates at the ulnar side of the tip of the little finger at **SI1**, ascends along the ulnar aspect of the hand to reach the wrist where it emerges at the styloid process of the ulna at **SI6**, follows the ulna to the medial aspect of the elbow, where it passes between the olecranon of the ulna and the medial epicondyle of the humerus at **SI8**, runs along the posterior aspect of the upper arm to the posterior aspect of the shoulder joint at **SI10**,

zig-zags from the infraspinous fossa to the supraspinous fossa of the scapula through **SI11** and **SI12**, and then to the medial aspect of the scapular spine at **SI13**,

via **SI14** and **SI15** goes to **Du14** at the lower border of the spinous process of C7, intersecting the Bladder channel at **BL36** and **BL11**, then descends into the supraclavicular fossa where reaches **St12**

An internal branch from St12

enters the body and wraps around the **Heart**, descends along the oesophagus, intersects the Conception vessel at **REN17** and passes through the diaphragm to the Stomach, intersects the Conception vessel at **REN13** and **REN12** and enters the **Small Intestine**.

According to *LingShu*1 **another branch** descends to **St39**, the lower he-sea point of the Small Intestine.

A branch from St12

ascends from the supraclavicular fossa to cross the neck and divides in 2 branches at **SI17**

the first one travels towards the outer canthus of the eye, where it meets the Gall Bladder channel at **GB1**, then travels posteriorly towards the ear, where it intersects the TH channel at **TH22** and enters the ear at **SI19**

the second branch ascends to **SI18** then runs along the lateral aspect of the nose to the inner canthus where it meets with the Bladder channel at **BL1**.