Heart Meridian Flow and Acu-Points Chart

Ruler of Emotions - revealed in the brightness of the eyes...

The Heart Meridian Route

The heart meridian is a yin meridian and is paired with the Small Intestine meridian.

It reveals itself through the brightness in the eyes, governs Fire and Heat, rules the blood and its vessels and directs circulation - it is the House of the Spirit.

It originates from the heart, emerges and spreads over the heart system, passes through the diaphragm to connect with the small intestine.

The exteriorly (surface) running part runs to the lung, then turns downward along the arm. It ends in the inner tip of the little finger.

It rules:

- blood, tongue, throat, sweat, facial complexion, adrenals, thyroid, prostate and pituitary.
- It opens into the tongue and controls speech.

Element:

- Belonging to the element Fire, the Heart Meridian is associated with warmth, laughter and enthusiasm.

Physical Imbalances:

- shortness of breath, cold feeling in the chest and limbs, palpitations, cold sweat, inability to speak, memory failure, nocturnal emissions and restless sleep.

Emotional Imbalances:

- The heart is the ruler of all emotions. Signs of imbalance include sadness, absence of laughter, depression, fear, anxiety, hysteria, erratic behaviour, alternating joy and melancholy, dullness, yearning for love, jealousy and sorrow.

When balanced:

- Tranquility, gentleness, emotional balance, spirit, love, integrity, optimism, emotional and spiritual growth, zest for life, control of thoughts and senses, conscience and wisdom.

Peak Hours:

- 11am-1pm

Chakra:

- Heart Chakra

The Heart Meridian Acu-Points

HT1 - Jiquan - Chest congestion, shortness of breath, emotional problems, dry mouth, terrible thirst, yellowish eyes

HT2 - Cardiac pain, sudden loss of voice

HT3 - Shaohai - Angina pectoris, amnesia, susceptility to laugh, mania, epilepsy, numbness of arm, tremor of hand, headache, dizziness

HT4 - Lingdao - Angina pectoris, palpitation, susceptility to laugh, sorrow and fright, stiffness of the tongue

HT5 - Tongli - Palpitation, Sudden loss of voice, stiffness of the tongue

HT6 - Yinxi - Cardiac pain, palpitation due to fright, sudden loss of voice, fever and night sweat

HT7 - Shenmen - Amnesia, cardiac pain, palpitations, irritability, chest pain, insomnia, mania, finger numbness

HT8 - Shaofu - Palpitation, chest pain, spasmodic pain of little finger

HT9 - Shaochong - Palpitation, pain in the chest, mania, coma

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