The Lung Meridian

The Lung Meridian is a yin meridian and controls breath and energy. It is paired with the Large Intestine Meridian.

Together with the Heart Meridian it assists with circulation of the blood.

Breathing also directly controls the autonomous nervous system, which is why it is basis for meditation and Chi exercises (Tai Chi, Chi Gong, Yoga...)

This way Breathing forms a bridge between body and mind.

Meridian Route

The lung meridian begins deep in the solar plexus region (middle burner) and descends to meet the large intestine.

Winding up past the stomach, it crosses the diaphragm, divides, and enters the lungs. It then re-unites, passes up the middle of the windpipe to the throat and divides again, surfacing in the hollow region near the front of the shoulder (LU-1). From here it passes over the shoulder and down the front of the arm along the outer border of the biceps muscle. It continues down the forearm to the wrist just above the base of the thumb (LU-9). The channel crosses the height of the thumb muscle to finish at the corner of the thumbnail.

Element:
Metal

Physical Imbalances:
Disorders of the chest, lung, throat and nose

Emotional Imbalances:
The Lungs are responsible for establishing the foundation of Qi for the entire body. The Lungs house the body’s Seven Emotions and are responsible for self-protection and self-preservation.

Their negative attributes are disappointment, sadness, grief, despair, anxiety, shame and sorrow.

When Balanced:
Righteousness, dignity, integrity and high self-esteem

Peak Hours:
3am-5am

Foods:
Breathe

The Lung Meridian Acu-Points

LU1 - Zhongfu - Cough, asthma, distending fullness of lung, suppression in the chest, pain in chest, shoulder and back
LU2 - Yunmen - Cough, asthma, pain in chest, shoulder and back
LU3 - Tianfu - Dyspnea, epistaxis, pain in the medial portion of the upper arm.
LU4 - Xiabai - Cough, irritable and distending sensation in the chest, pain in the medial portion or the upper arm.
LU5 - Chize - Cough, dyspnea, afternoon fever, sore throat, dryness of the tongue, fullness in the chest, pain of the elbow and arm, vomiting
LU6 - Kongzui - Cough, dyspnea, sore throat, aphonia, headache
LU7 - Lieque - Cough, asthma, migraine, stiff neck, sore throat, toothache, distorted face, feverish urination, feverish sensation in the palms
LU8 - Jinqu - Cough, asthma, sore throat, pain in the chest, back and wrist
LU9 - Taiyuan - Cough, asthma, sore throat, pain in the chest and back, feverish sensation in the palms, weakness and pain of the wrist
LU10 - Yuji - Cough, aphonia, sore throat, feverish sensation in the palms
LU11 - Shaoshang - Cough, asthma, sore throat, abdominal fullness, mania