Guardian of the Heart

The Pericardium Meridian (also called ‘Heart Constrictor’ or ‘Circulation-Sex’ Meridian) is a yin meridian and is paired with the Triple Warmer Meridian (also known as the Triple Energizer/Burner Meridian).

The Pericardium Meridian Flow

This begins in the middle of the chest at the pericardium. A branch descends internally through the diaphragm to the upper, middle, and lower burners. From the starting point a branch of the main channel crosses the chest to emerge just outside the nipple. It then ascends on the surface around the front of the armpit and flows down the arm, through the biceps muscle. At the elbow crease it passes just to the inside of the biceps tendon, then down the middle of the front of the forearm, between the heart and lung channels to the wrist. It crosses the middle of the palm to PC8 where it divides. The main channel continues to the outer corner of the middle fingernail.

Known as the ‘King’s Bodyguard’ (in this case... the ‘king’ is the heart), the pericardium is the heart’s protector. It is regarded as a Fire-energy organ.

The Pericardium provides the heart with physical protection, its energy also protects the heart from damage and disruption by excessive emotional energies generated by the other organs, such as anger from the liver, fear from the kidneys, and grief from the lungs.

Extreme outbursts of the Seven Emotions are regarded as powerful disruptors of energy balance and major causes of disease. Without the pericardium to protect it, the heart would be subject to damage from the strong fluctuations in energy caused by emotional ups and downs of the day.

Pericardium Meridian Flow and Acu-Points Chart

PC1 - Tianchi - Laryngitis, mastitis, breast feeding problems, cough, chest congestion, asthma
PC2 - Tianquan - Distention of the hypochondriac region, cough,
PC3 - Quze - Angina pectoris, palpitation, stomach ache, vomiting, diarrhea
PC4 - Ximen - Angina pectoris, palpitation, epilepsy, chest pain
PC5 - Jianshi - Angina pectoris, palpitation, stomach ache, mania, malaria
PC6 - Neiguan - Angina pectoris, palpitation, stomach ache, vomiting, hiccup, insomnia, dizziness, epilepsy, vertigo due to loss of blood, migraine
PC7 - Daling - Angina pectoris, palpitation, stomach ache, vomiting, mania
PC8 - Laogong - Angina pectoris, palpitation, vomiting, foul breath, oral ulcer, sunstroke, mania, epilepsy, toothache
PC9 - Zhongchong - Angina pectoris, coma, sunstroke, infantile convulsion, stiffness and swelling of the tongue

Paired with: Triple Warmer Meridian
Element: Fire
Physical Imbalances: Disorders of the heart, chest, stomach and mind
Emotional Imbalances: Difficulty feeling and expressing emotions, depression, sexual perversion, aversions, and phobias
When Balanced: Joy, happiness and healthy relationships
Peak Hours: 7 pm-9 pm
Foods: Sunlight!