

Main Meridians and Their Related Muscle

Meridians are the pathways where vital energy is channeled throughout the body. The vital life energy circulates in the body along meridians, which are similar to the lymphatic, blood and nerve circuits. The vital life energy controls the function of all the systems of the body. For each organ to maintain perfect health, the energy must be able to flow freely along the meridians. Think of meridians as electrical pathways. If molecules become congested or blocked along parts of the pathway, it causes pain. The knowledge of meridians can be used effectively for a better understanding of a condition or multiple conditions, be it organ related, joint, spine, muscle or symptom related etc. Example, A person with a muscle related disorder also relates to specific meridians and organs. Understanding the relationship can enable you to assist the deficient organ back to an optimum state of health, thereby eliminating muscle problems and pain.

Lung Meridian

internal branch disorders

shortness of breath and other breath disorders
chest tightness, asthma, emphysema, coughing
bronchial complaints

diaphragm disorders
associated disorders of the large intestine
like diarrhoea, diverticulitis, colic, and constipation, colitis
and other associated disorders of the stomach

meridian disorders

pain along the course of the meridian

shoulder pain

pain in the supraclavicular fossa
skin problems along the meridian

stiff forearm

eczema and moles

carpal tunnel syndrome

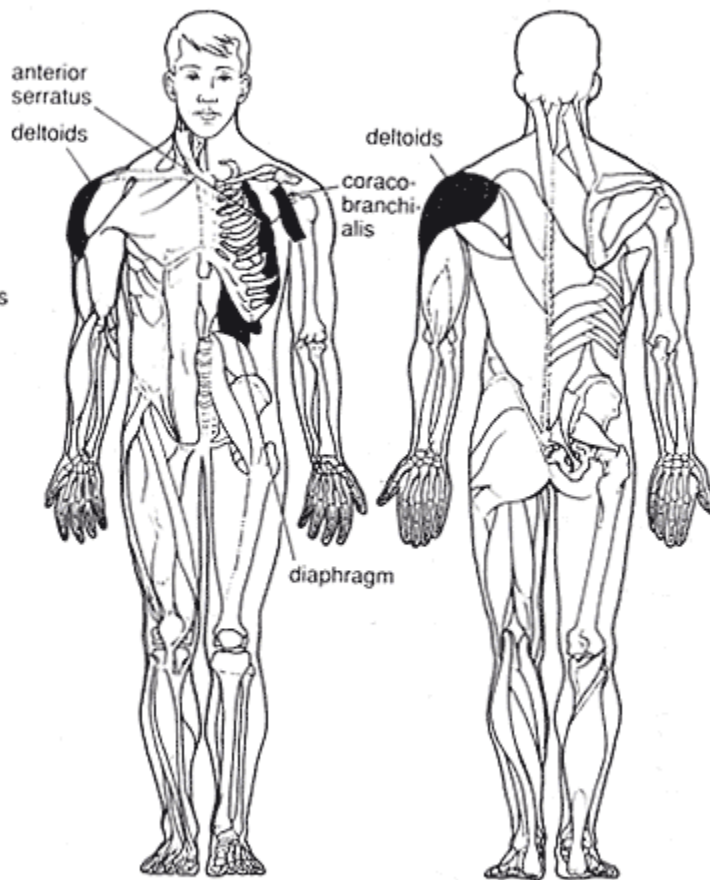
wrist disorders

warts

arthritis or stiffness in the thumb

white spots on thumb nail, ridges, whitlows

associated muscles



Large Intestine Meridian

internal branch disorders

associated lung complaints

abdominal pain

intestinal disorders
swelling,
constipation,
diarrhoea,
colic,
diverticulitis

shooting pain
down thighs

meridian disorders

itching or sores in the
nose and absence of
smell,

bleeding nose, herpes
and cold sores on the lips,
throat problems,

pain in the trapezius,
bursitis, frozen shoulder
shoulder pain

skin problems or pain
along the meridian

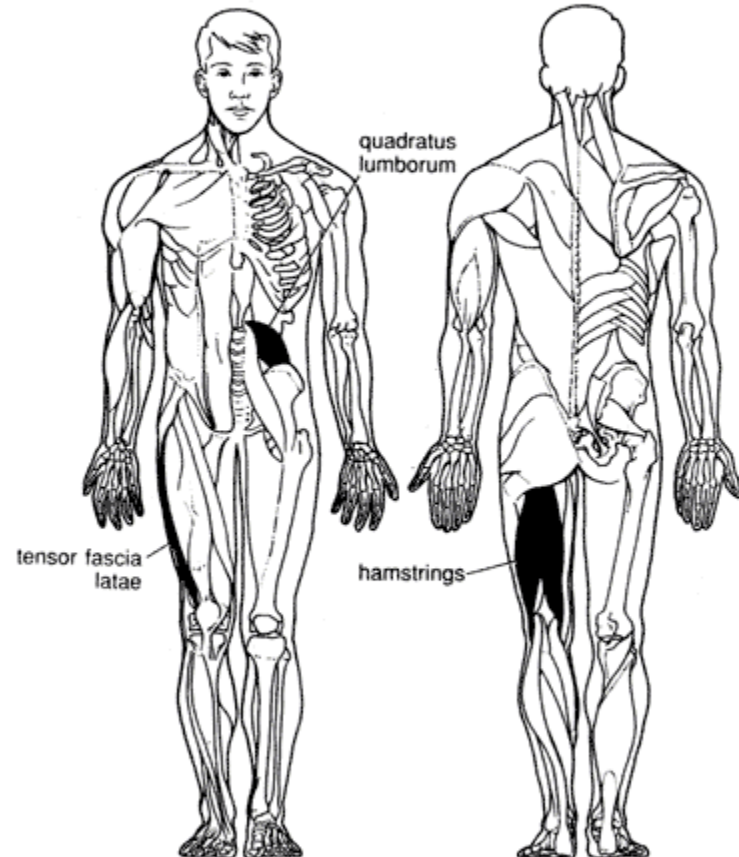
tennis elbow

stiff and painful
forearm

carpal tunnel
syndrome
wrist disorders
warts, eczema and
moles

arthritis or pain in
the index finger
white spots or ridges on
nail, whitlows

associated muscles



Spleen/Pancreas Meridian

internal branch disorders

dryness and stiffness at the base of the tongue
thyroid complaints

palpitations

digestive complaints

meridian disorders

underarm complaints, eg eczema, boils and lymph swelling
problems with outer section of the breast, eg sores, lumps etc

digestive problems, abdominal pain

pelvic complaints, eg cysts, fibroids in the uterus

menstrual problems
hernias, prostate disorders

thigh pain

skin problems along the meridian, eg psoriasis, eczema and moles

varicose veins, broken capillaries

knee pain

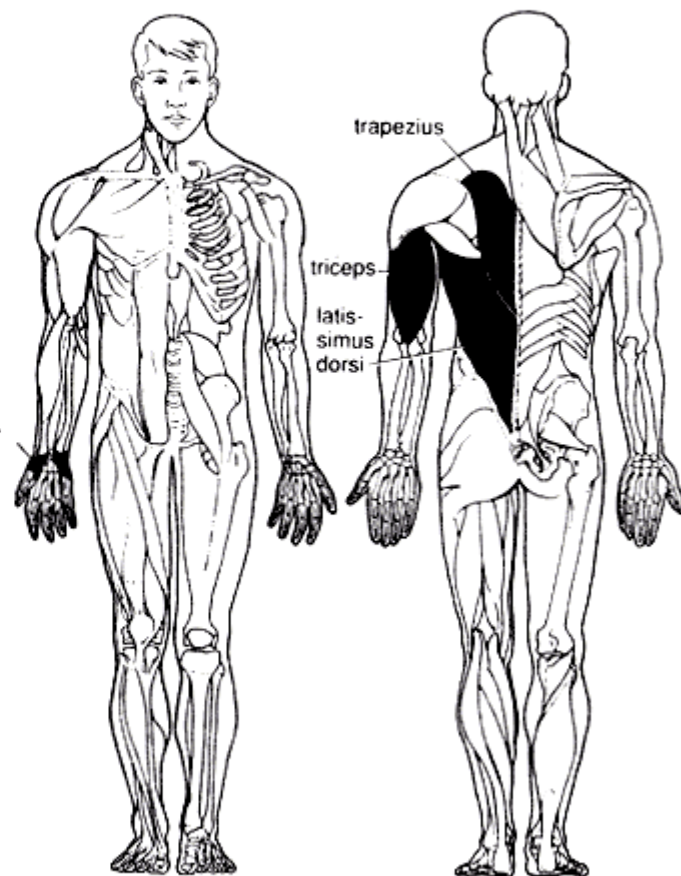
shinbone problems

phlebitis

fungus, stiffness or ingrown toenails (the outer side of the big toe nail relates to the spleen/pancreas meridian)

bunions

associated muscles



Stomach Meridian

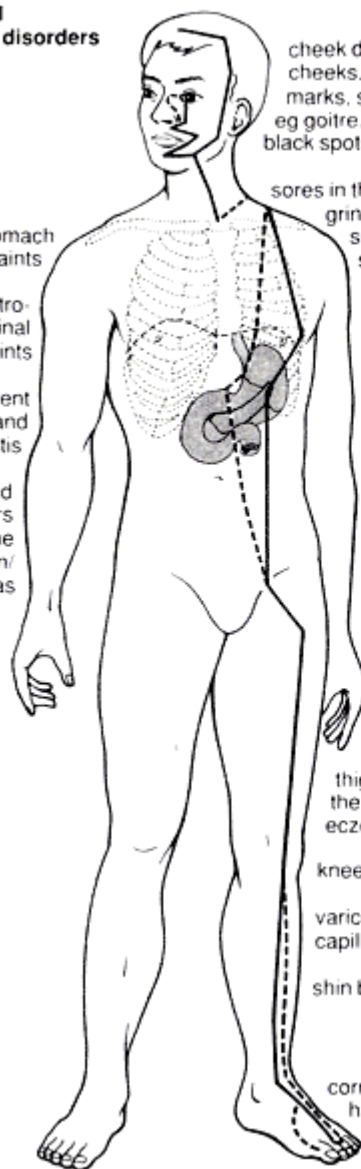
internal branch disorders

stomach
complaints

gastro-
intestinal
complaints

frequent
hunger and
gastritis

associated
disorders
of the
spleen/
pancreas



meridian disorders

cheek disorders, eg broken capillaries, red cheeks, skin marks, blemishes, acne, birth marks, sinus, eye weakness, eg goitre, bags and shadows under the eye, black spots in front of the eyes

sores in the corners of the mouth, teeth problems, grinding teeth, dribbling during the night snoring and speech difficulties like stuttering, tonsillitis, sore throats, laryngitis, voice complaints, thyroid disorders

lung/bronchial complaints, breast/nipple sensitivity, sore breasts, lumps, inverted nipples, diaphragm disorders, eg hiatus hernia

stomach/pancreas/spleen disorders (left side), liver/gall bladder disorders (right side), kidney/adrenal disorders, eg allergies, blood pressure, infections, kidney stones

digestive problems, eg constipation, colic, diverticulitis, diarrhoea, appendix problems (right side), ovarian disorders, eg cyst, infertility, blocked fallopian tubes, groin hernia

thigh pains, skin problems along the meridian, eg psoriasis, eczema and moles

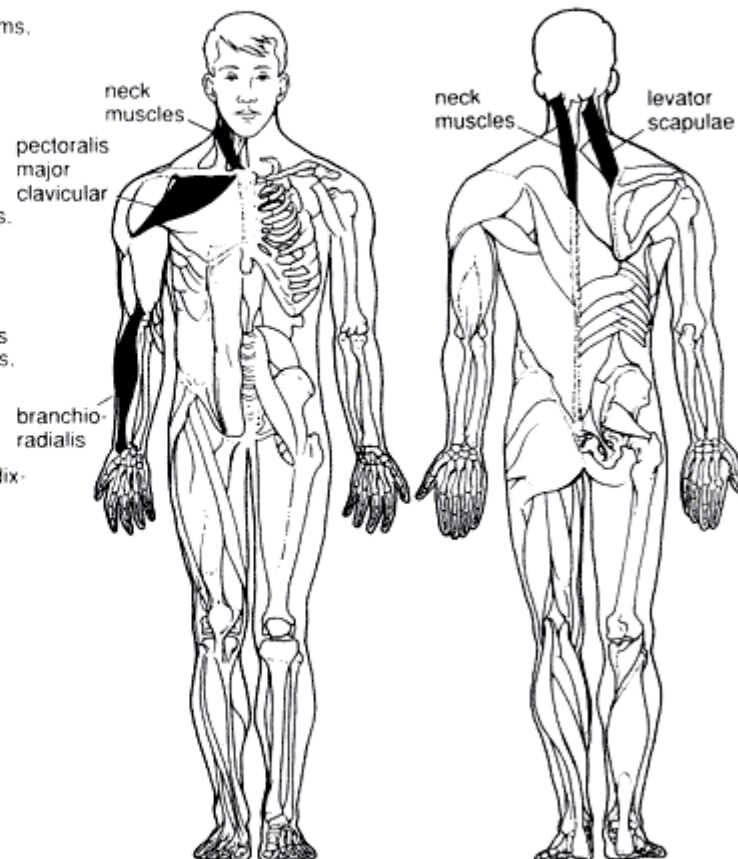
knee pains

varicose veins, broken capillaries

shin bone problems

corns, fungus on toenail, hammertoe (2nd and 3rd toes)

associated muscles



Heart Meridian

internal branch disorders

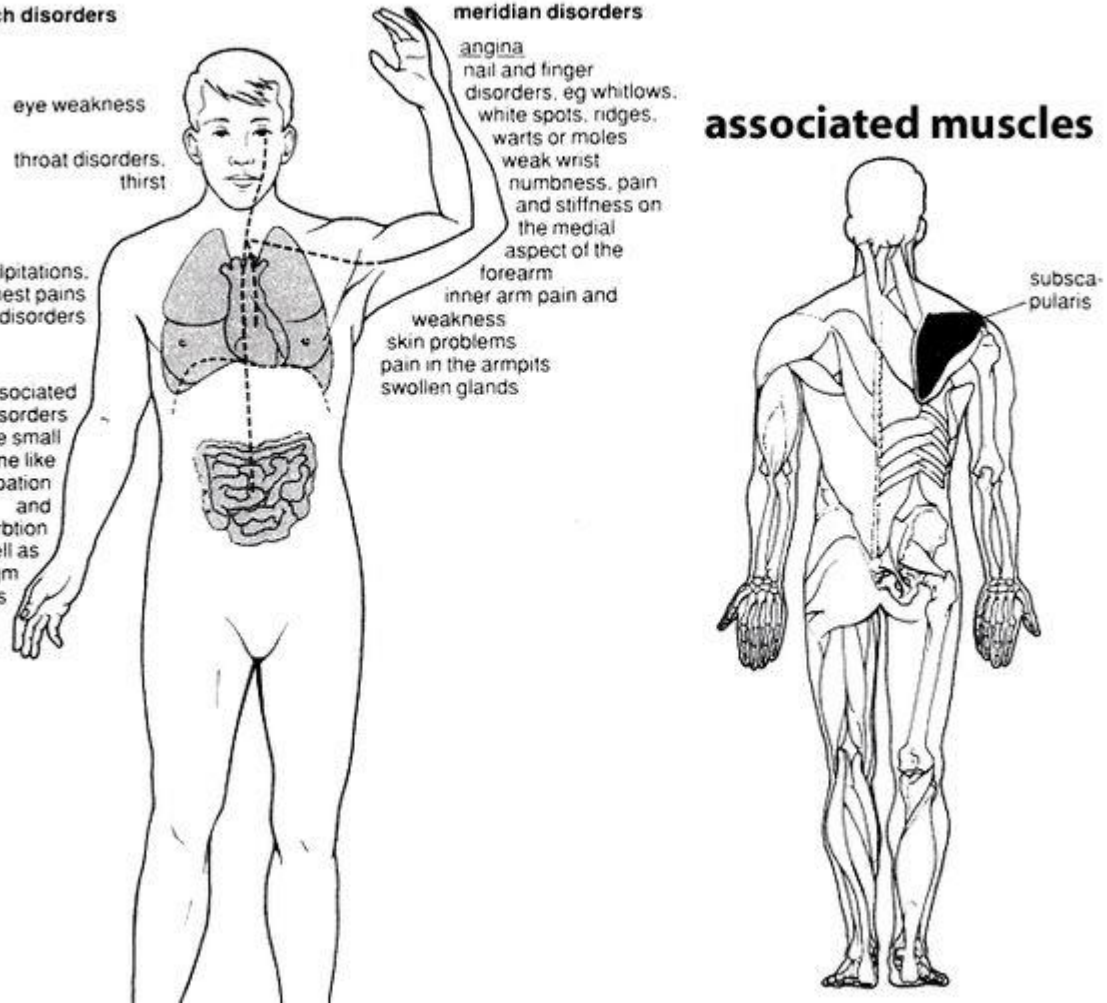
eye weakness
throat disorders,
thirst
palpitations,
chest pains
cardiac disorders
associated
disorders
of the small
intestine like
constipation
and
malabsorption
as well as
diaphragm
disorders

meridian disorders

angina
nail and finger
disorders, eg whitlows,
white spots, ridges,
warts or moles
weak wrist
numbness, pain
and stiffness on
the medial
aspect of the
forearm
inner arm pain and
weakness
skin problems
pain in the armpits
swollen glands

associated muscles

subscapularis



Small Intestine Meridian

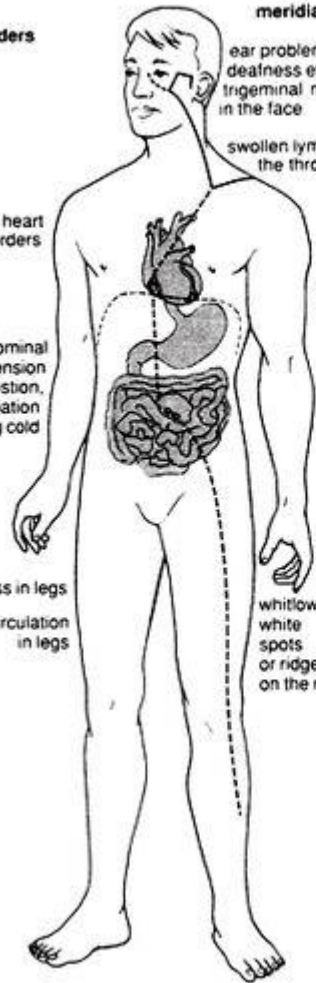
internal branch disorders

any heart disorders

abdominal distension, indigestion, constipation, feeling cold

weakness in legs

poor circulation in legs



meridian disorders

ear problems, eg tinnitus, deafness etc

trigeminal neuralgia in the face

swollen lymph glands in the throat region

skin problems along the meridian

arthritis and stiffness in the little finger

whitlows, white spots or ridges on the nail

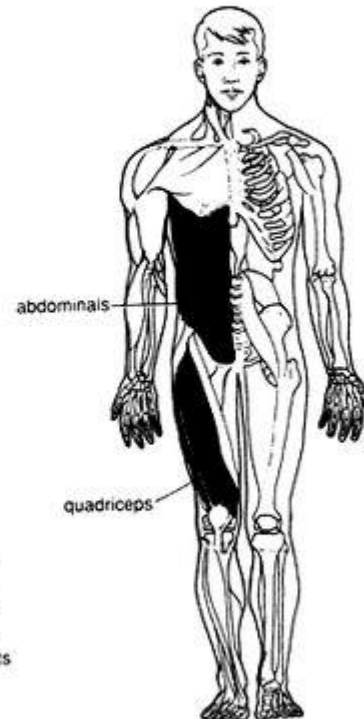
tennis elbow



fibrositis in the shoulder, acne, shoulder complaints

warts or moles

associated muscles



Kidney Meridian

internal branch disorders

throat weakness
hot, dry tongue
thyroid disorders

meridian disorders

lung congestion

heart problems

breast lumps (on the inner
of the nipple)

solar plexus and
diaphragm problems

digestive problems
bladder problems
infertility or uterus/
prostate disorders

eczema and fungus in
groin area and genitals

thigh pain

skin problems along
the meridian
varicose veins,
broken capillaries

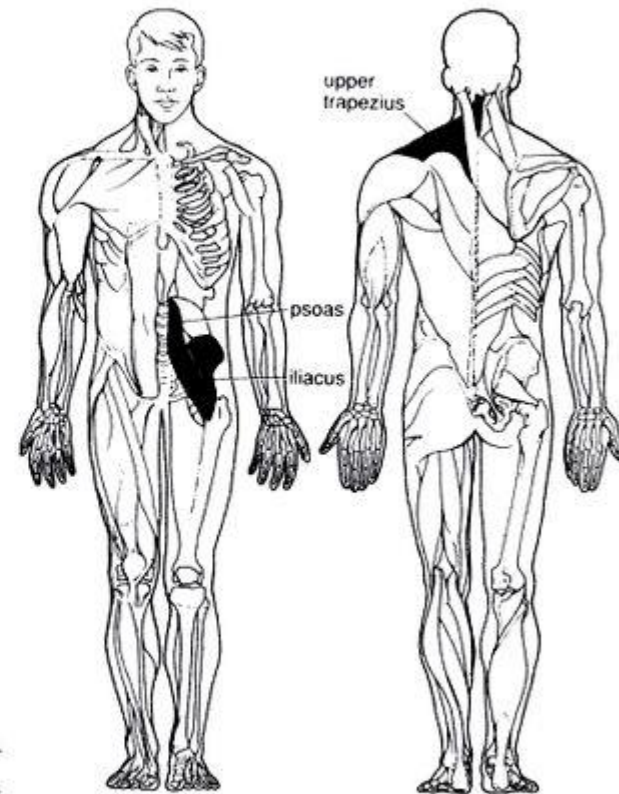
knee pain
(back of leg)

phlebitis or
inner calf
and shinbone
soreness
swollen weak
inner ankles

heart
problems,
lung
congestion

kidney and
bladder
weakness,
associated
problems
related to
the lumbar
vertebrae
numbers
1 to 5
sacrum &
coccyx

associated muscles



eczema,
fungus
on soles
of the feet
burning,
sweating,
painful soles

Bladder Meridian

internal branch disorders

meridian disorders

hair loss
headache (forehead or crown)
sinus (forehead)
eye weakness, eg red, itchy,
weak or squint

neck tension headaches

pain and stiffness
along spine

weak, sore lower back
boils on the buttocks
haemorrhoids

sciatica

hamstring pain

varicose veins

broken capillaries

tightness, pain or
cramps in calf

weak ankles
weak feet
athlete's foot
bent little toe or
pigeon toes

pain in
kidneys
and
bladder

associated muscles



Triple Burner/Triple Heater Meridian

internal branch disorders

headache
ear problems, loss of
hearing and earache
mental confusion
swollen or painful
cheeks, acne

spontaneous
perspiration for
no reason

weakness,
lack of energy

problems with the
upper, middle or
lower parts of the
body

meridian disorders

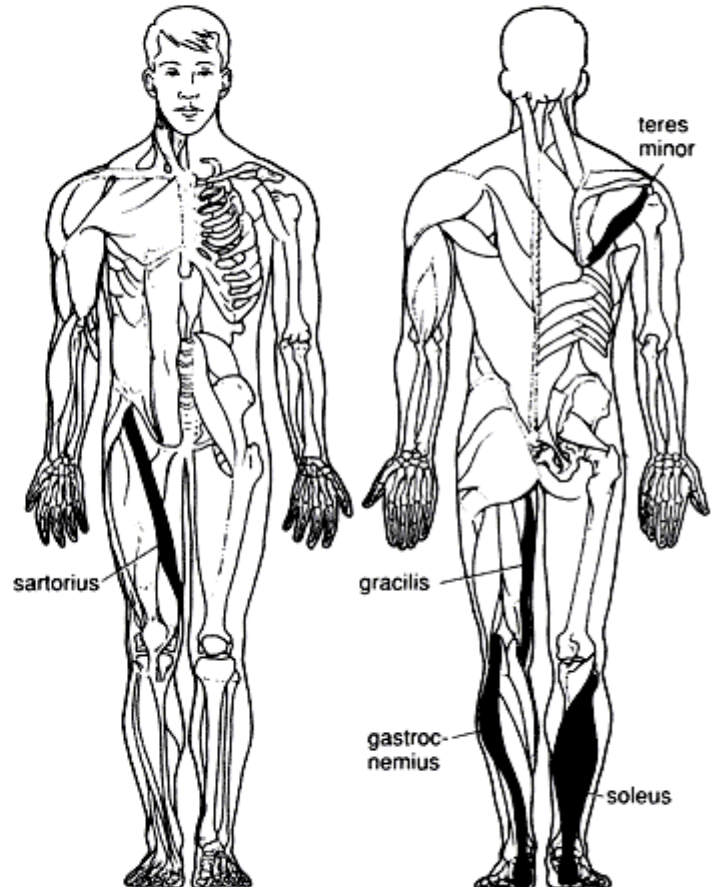
pain behind and in the outer
corner of the eye, ear problems
like pain, eczema and gout around
the ear lobe

skin problems or
pain along the
meridian

arthritis, eczema,
warts on ring finger
white spots, whitlows or
ridges on the nail

shoulder pains

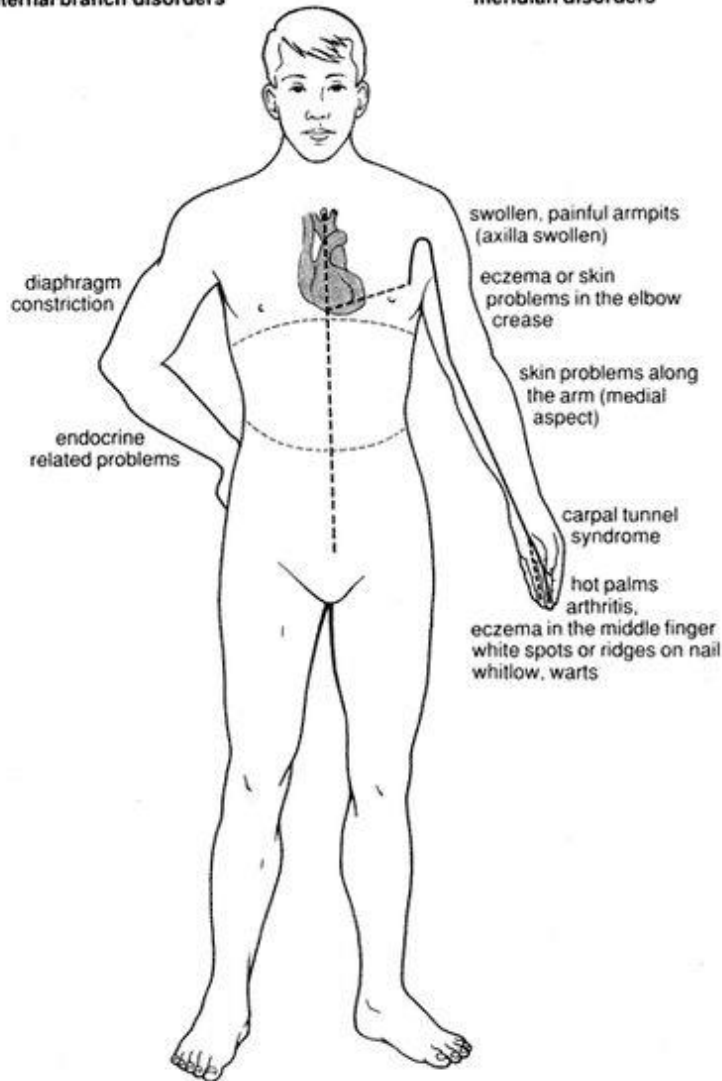
associated muscles



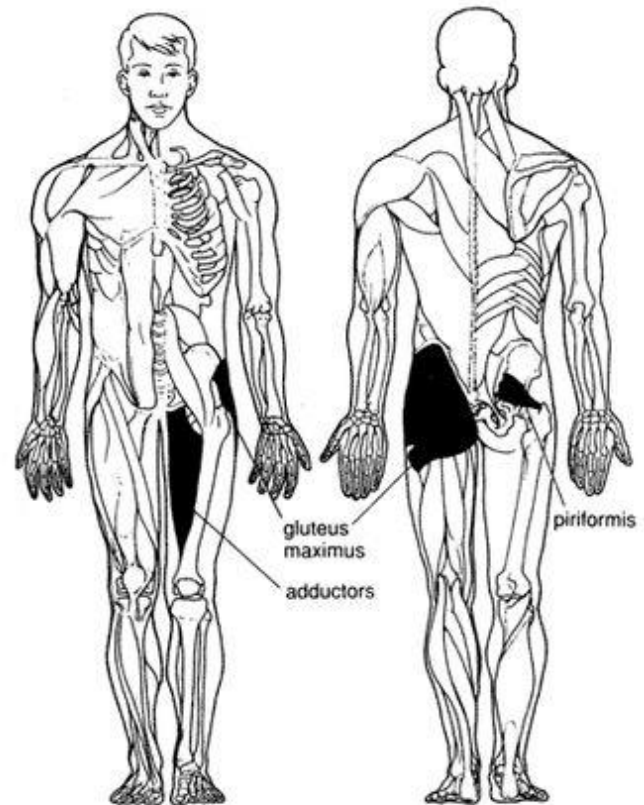
Pericardium Meridian

internal branch disorders

meridian disorders

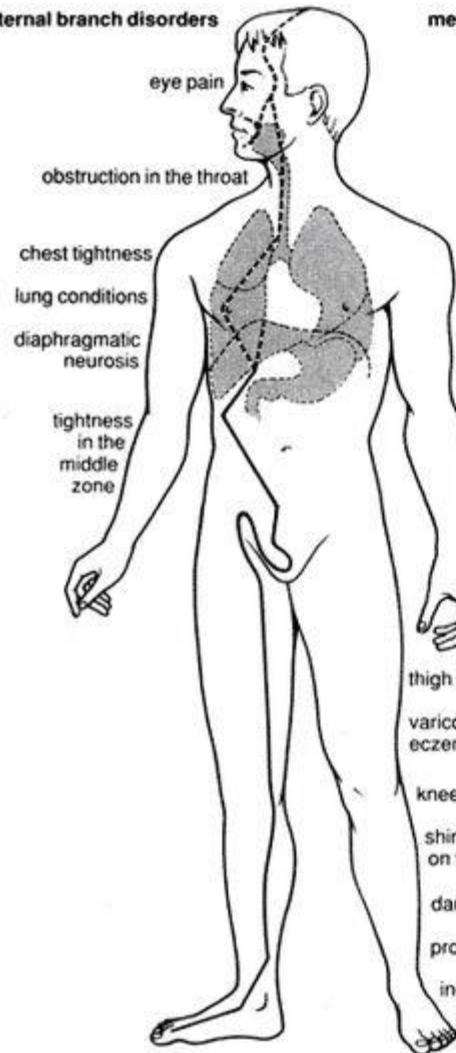


associated muscles



Liver Meridian

internal branch disorders



eye pain

obstruction in the throat

chest tightness

lung conditions

diaphragmatic
neurosis

tightness
in the
middle
zone

meridian disorders

stomach problems (left
side)

liver problems (right side)

digestive problems

uterus/prostate
problems

genital problems, eg
herpes, low sperm
count, candida,
impotence, low sexual
libido, eczema

thigh pain

varicose veins, broken capillaries
eczema or psoriasis along meridian

knee pain (medial)

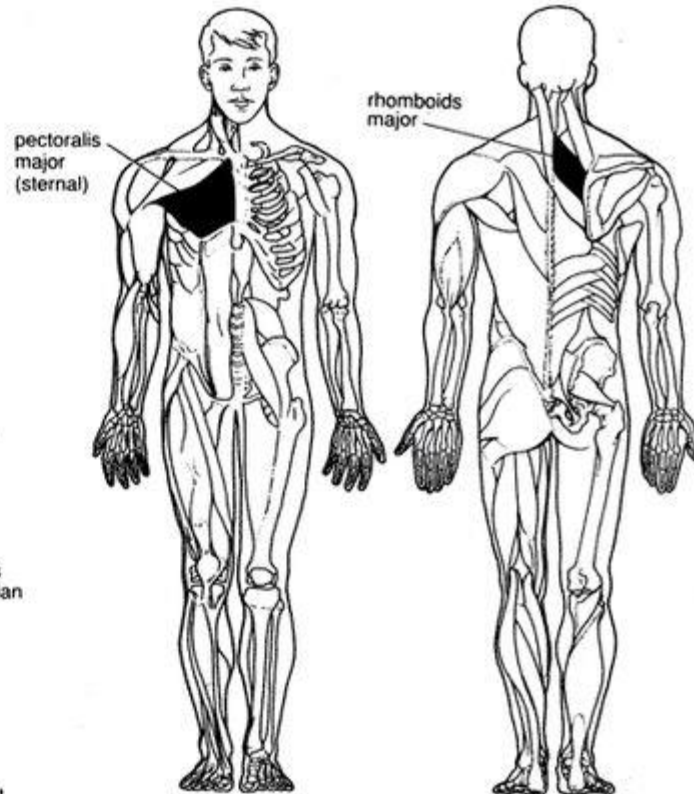
shinbone sores and phlebitis
on the inner side of calf

dark pigmentation on the calf

problems in the big toe, eg gout,

ingrowing toenails, fungus, bent toe
(the inner side of the big toe nail)
relates to the liver meridian

associated muscles

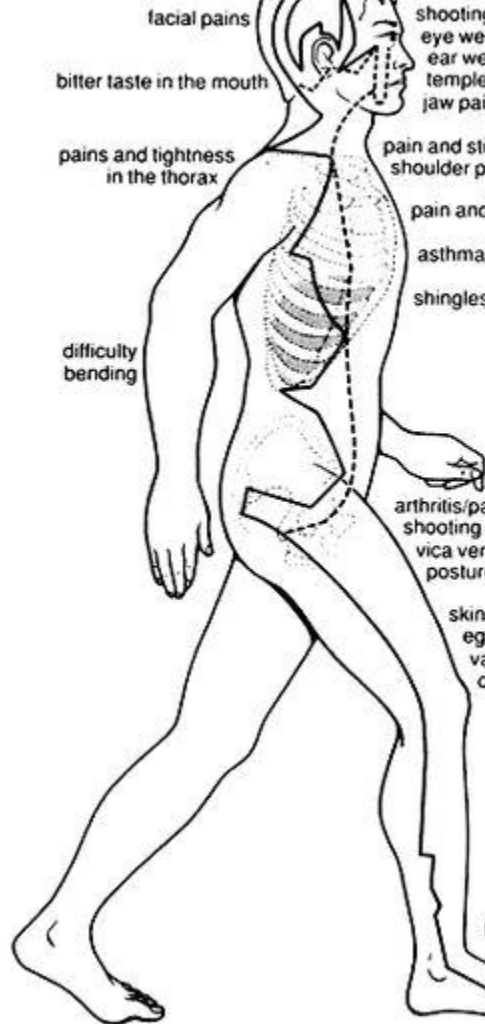


pectoralis
major
(sternal)

rhomboids
major

Gall Bladder Meridian

internal branch disorders



meridian disorders

shooting pains lateral to the eye,
eye weakness
ear weakness
temple headaches/migraines
jaw pain, neck tension

pain and stiffness in the trapezius
shoulder pain (frozen shoulder)

pain and tightness in the ribs

asthma

shingles

arthritis/pain in the hip
shooting pains from front to back or
vice versa
posture problems

skin problems along the meridian,
eg psoriasis, eczema,
varicose veins, broken
capillaries

knee pain (lateral)

puffiness of the hip "reflex"
on the foot, corns, athlete's foot
fungus or hammertoe
on the fourth toe

associated muscles

