

FIVE DRAGONS  
ACUPUNCTURE COLLEGE  
CORRESPONDENCE COURSE



LESSON 5  
OF  
31 LESSONS

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**Acupuncture Correspondence Course in 31 Lessons**  
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Recommended books to simplify your research are as follows

*Essentials of Chinese Acupuncture*  
*Gray's Anatomy*  
*The Merck Manual*  
*Taber's Cyclopedic Medical Dictionary*

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to the acupuncturists and medical researchers  
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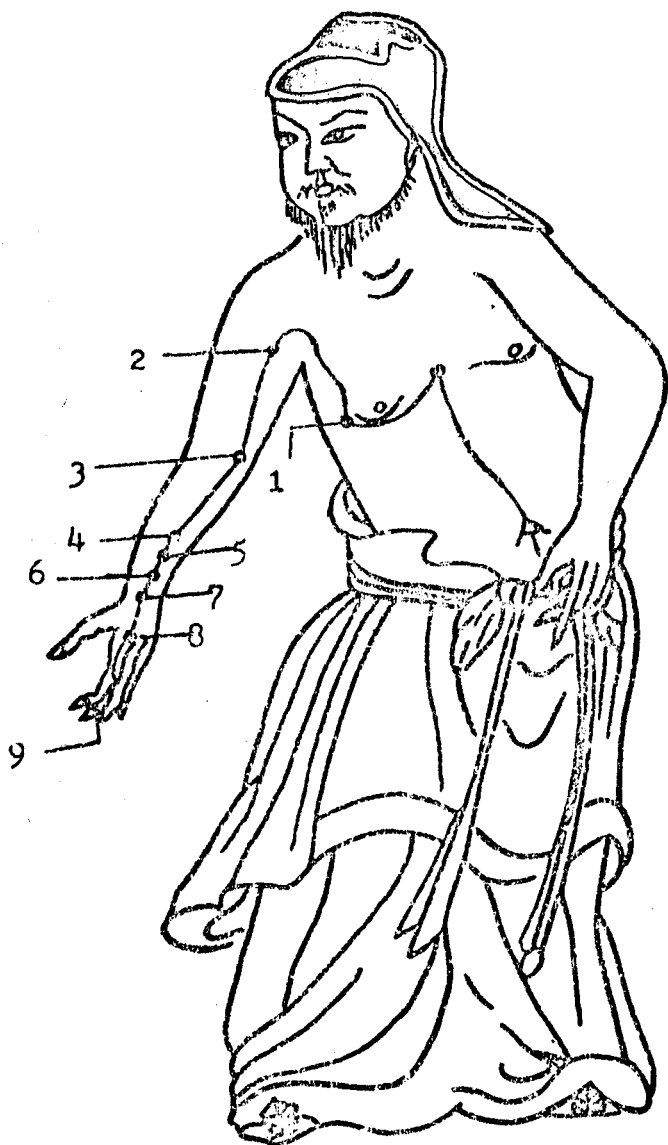
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MODERN & TRADITIONAL ACUPUNCTURE

LESSON 5

(HAND YIN EQUILIBRIUM) ENVELOPE OF HEART MERIDIAN



The next meridian (ching) we are going to consider in detail is that of the Envelope of the Heart. It is the ninth meridian in the classical cycle of the twelve chings, and you should know it by its full name: The Hand Yin in Equilibrium Envelope of Heart Meridian (EH). In Chinese it is called 'Hsin Pao' and literally translated this means the casing or envelope of the heart. In medical terminology it is called the pericardium---the protective membrane surrounding the heart.

If we look up the word pericardium in a medical dictionary we find the following: "The closed membranous sac enveloping the heart. Its base is attached to the central tendon of the diaphragm; its apex surrounds, for a short distance, the great vessels arising from the base of the heart. The sac normally contains a clear, serum-like liquid. The part of the sac in direct contact with the heart is termed the epicardium." (Blakiston's Illustrated, Second Edition)

Acupuncturists have many different terms for this meridian, such as 'circulation', pericardium, heart constrictor, cerebration network. European acupuncturists unfortunately wrongly refer to it as the circulation-sex meridian. We have chosen to refer to it by the literal translation of its Chinese characters----envelope of the heart. This is also the generally accepted term for it in North America.

As mentioned in an earlier lesson, the envelope of the heart is a functional concept, rather than an actual organ of the body. In western physiology it is not recognized as a separate inner organ. However, traditional acupuncturists do recognize and consider it as a semi-independent organ with its own organ-like functions. As a whole, however, it is not thought of as existing only in one specific location of the body as are most of the other organs (stomach, liver, bladder, etc.), but rather, from around the heart, this organ spreads out its influence over a much larger area.

To the traditional acupuncturist, as a Yin 'organ' part of the function of the Envelope of the Heart is the storing and distribution of blood and blood energy---circulation. They consider the entire vascular system (veins, arteries, and all vessels dealing with the circulation throughout the system) to be distinct and important enough to warrant classification as an 'organ'---the Envelope of the Heart.

As well, the Envelope of the Heart has the functions of being the external protector of the heart (to guard it and defend it from possible harmful influences) and of administering the controlling action of the heart itself (as the working 'pump' of the body's blood circulation system). This differs then from the function of the heart itself.

Classical Chinese literature does not provide very much information on exactly what this meridian governs. However, there is a definite relationship between this meridian and the kidney meridian, especially as concerns the sexual function of the kidney. From this relationship, the meridian came to be erroneously termed the circulation-sex. Yet another important influence of this meridian is that of mental influence, since to the Chinese the heart represents to a great extent the center of the soul or psyche. This latter idea stems from the fact that in the human embryo the pericardium is quite large and closely situated to the head.

The Envelope of the Heart meridian is another one of the three Yin hand meridians (Lung, Heart and Envelope of the Heart). Along these three meridians flows Yin energy from the chest along the inward side of the arm to the finger tips. The Hand Yin in Equilibrium Envelope of the Heart meridian is bilateral, and has nine acupuncture points on it. Of the nine EH acupuncture points, we only consider seven of them in this lesson. Four are major points of importance therapeutically, and three are of secondary importance. The two points not covered in this lesson are relatively unimportant as far as prevailing therapeutic usage is concerned.

THE PATHWAY OF THE ENVELOPE OF THE HEART MERIDIAN

The meridian begins in the middle of the chest between the nipples as it emerges from the epicardium of the pericardium (see page two, paragraph two). An internal branch of it runs from here downwards, penetrating through the diaphragm and descends passing through the abdomen, finally reaching the area just below the umbilicus (navel). (In Chinese medicine the area of the esophagus, stomach and intestine are called the three burning spaces or Triple Burner, and this will be discussed in a later lesson). Hence there is a close internal relationship between the Envelope of the Heart and the three parts of the Triple Burner, in that the EH meridian actually links these three parts together.

The main pathway of the meridian runs from the starting point on the chest internally, sideways towards the rib cage and emerges through the ribs on the arm side by the nipple. This is where the first acupuncture point of this meridian is located (EH-1). Then, the meridian ascends and arches over the armpit, to run down the middle of the inner surface of the upper arm (along side the pathway of the Heart meridian on the arm). It continues down the middle of the inner surface of the forearm to the wrist, crosses the palm, and runs along the middle finger (counting the thumb as a finger) to its tip. This is the ninth or last point (EH-9) found at the root of the nail of the middle finger (see page 12, lesson two).

By now the student will know that there are two such complete pathways as described in the above paragraph as the twelve main meridians are bilateral. One such pathway would run down the left arm and one down the right arm, and each side has nine acupuncture points identical in all respects.

SEE DIAGRAM PAGE ONE OF THIS LESSON

Let us take another look at the Envelope of the Heart meridian and locate the general area of all its acupuncture points right on your own body. You will have to strip to the waist in order to trace the entire path of the meridian with your dermographic wax marking pencil. Make the markings on the opposite arm to which you write with.

STEP #1: Put a mark at the start of your armpit crease near your shoulder. Feel the crease from underneath your armpit out towards your shoulder with your fingers and the spot to mark will become apparent. Pressing your arm close to your body sometimes shows up the start of this crease better. This is exactly what you did in Step #2, of Lesson Three.

STEP #2: Draw a fine straight line joining up your nipple to the mark you just put at the start of your armpit crease. Now measure one pouce up this line from your nipple and mark the spot. This is approximately where EH-1 can be found, in the fourth intercostal (between the ribs) space. EH-1 is actually a little above the edge of the nipple's areola (colored or pigmented ring surrounding the nipple) and a finger's width towards the arm from the edge of the areola.

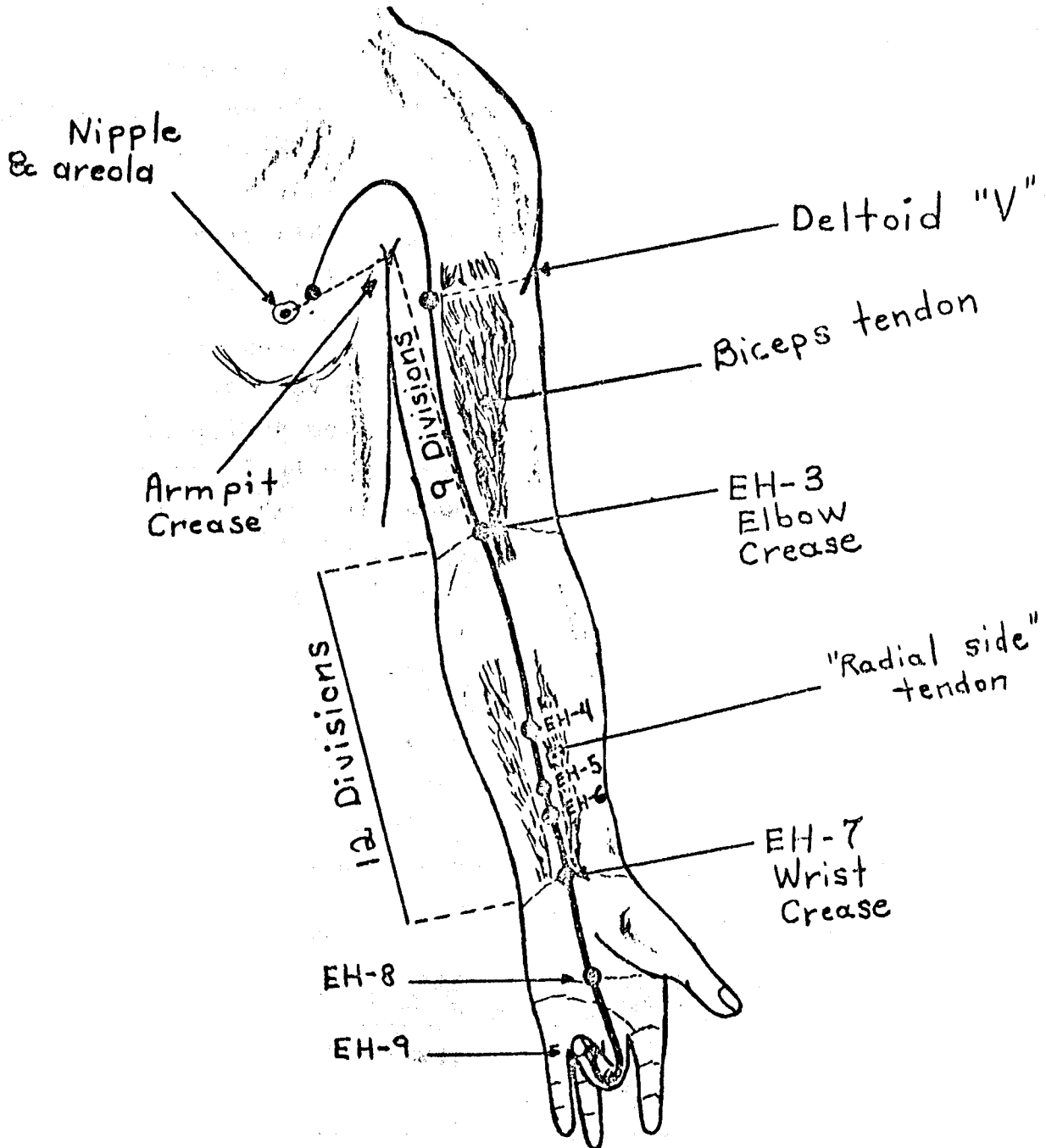
STEP #3: Flex your elbow fully and put a mark with the wax pencil where the crease so formed begins near both sides of your elbow. Straighten out your arm and join up the two marks you have just made, following the actual crease line on the inner surface of your arm. This is exactly what you did for Step #1 in Lesson Three.

STEP #4: With your index finger feel along the elbow crease line just drawn, for the large biceps tendon. Sometimes it helps to bend your whole forearm slightly in order to better feel this large tendon move as you flex your arm. With your finger dig in around the tendon to see where it stops on both sides. With your palm upwards, point EH-3 is located

Continued.....

ENVELOPE OF THE HEART MERIDIAN

For greater detail see the textbook,  
"Essentials of Chinese Acupuncture"





just beside this large biceps tendon, on the ulnar side of it (side opposite to the thumb), right on the elbow crease. Mark it in with the wax pencil. This point is best identified on a patient with the forearm slightly bent.

STEP #5: Draw a fine straight line between EH-3 just located, and the mark you made in Step #1 of this lesson at the start of your armpit crease. Divide this distance into nine pousse, either mathematically with a ruler, etc., or by visually estimating three equal parts and marking them, and then visually estimating thirds in each of these three divisions and marking them again. (Total of nine divisions.)

EH-2 is located on the internal surface of the arm, two such pousse (divisions) down this line from the armpit crease mark, or seven such pousse up along the line from EH-3 on the elbow crease AND UP TO ONE POUCE OFF THE LINE TOWARDS THE MIDDLE OF THE ARM within the biceps. For those students with a clearly defined Deltoid "V", this point is at the horizontal level of the Deltoid "V". (See diagram page 6, this lesson.) The Deltoid "V" is where the deltoid tendon attaches to the humerus, between the triceps lateral head and the biceps.

STEP #6: Mark the major wrist fold --- the one that is most obvious when you flex your wrist and hand back and forth several times. Often there are several distinct creases there, but the one closest to the hand is usually the one we want. This is exactly what you did in Step #4 of Lesson Three.

STEP #7: From the wrist fold slide your thumb up your forearm about two pousse. With considerable pressure move this thumb around slightly and feel for another tendon---the most prominent one. Flexing your wrist may help you locate it. Once you find it, mark the wrist fold where this tendon joins or crosses it, on the ulnar side of this tendon (closest to the little finger side) at the wrist fold. This is EH-7, just about at the very middle of the wrist fold.

Actually there are two sets of tendons there at the middle of the wrist fold and running half ways up the middle of your forearm (palm up). We can refer to them as the radial (thumb side) and ulnar (little finger side) tendons. We have already said that EH-7 is located on the ulnar side of the big main tendon (radial tendon). Actually, it is located between these two tendons although the radial tendon is much easier to feel than the ulnar tendon. EH-7 then is between the ulnar and radial tendons at the wrist fold, although for all practical purposes we will consider it as being on the ulnar side of the radial tendon, at the wrist fold.

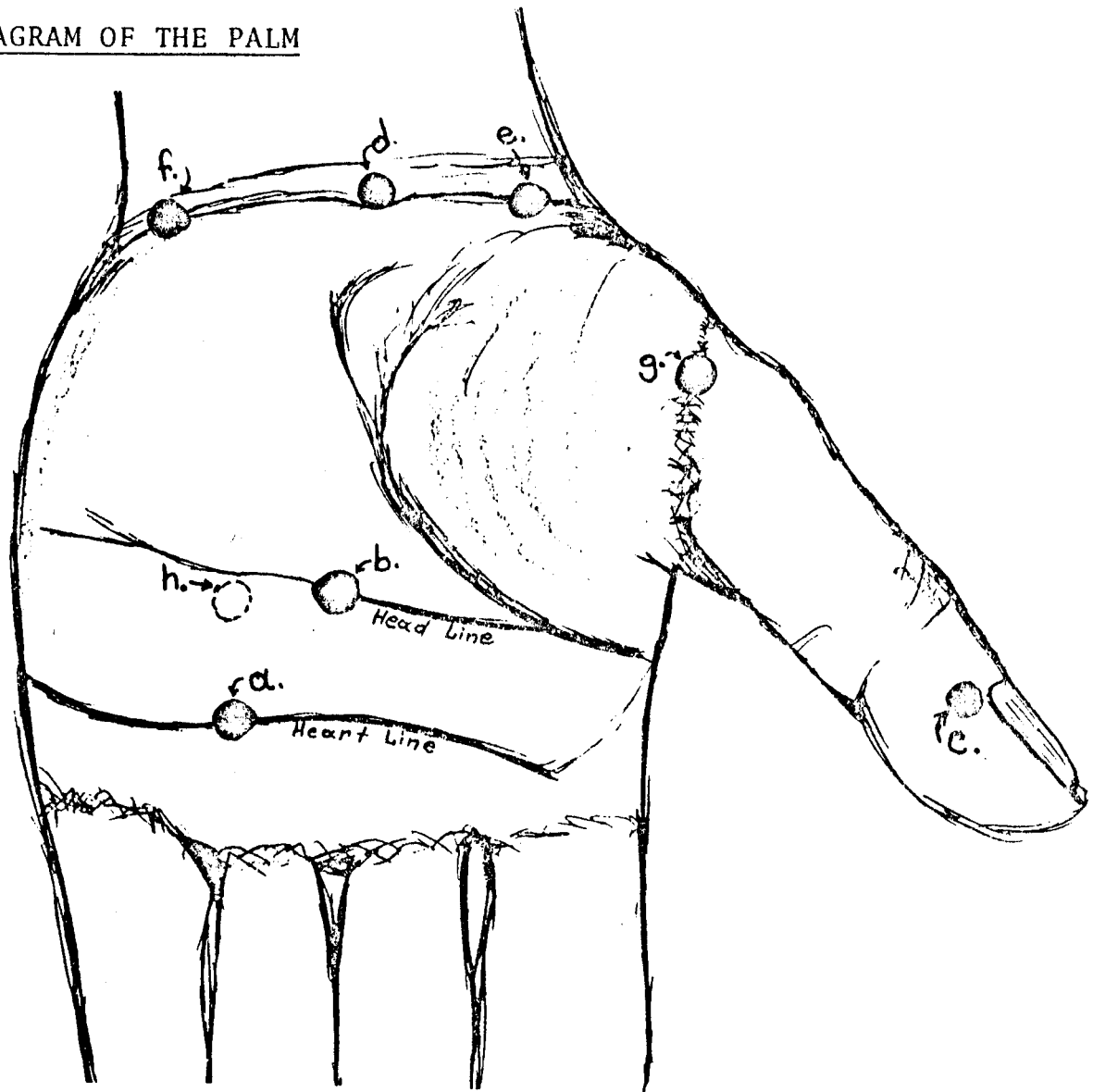
STEP #8: Divide wrist to elbow creases into twelve divisions (pouce). Move up (towards the elbow fold) along the ulnar side of the radial tendon, two pouce, and mark in EH-6. Go one more pouce and mark in EH-5 (a total of three pouce from EH-7 at the wrist fold). Go two more pouce up along the side of the radial tendon and mark in EH-4 (a total of five pouce from the wrist fold). EH-6, EH-5 and EH-4 are all located between the radial and ulnar tendons, as explained for EH-7 above. Straightening the arm as much as possible, or stretching it out as far as possible, may assist you in locating these points. If you dig in deeply with the tips of your fingers you can feel the hollow between these two tendons.

STEP #9: EH-8 is almost in the exact center of the palm. The diagram on the next page and the following will help you locate it most precisely without using pouce measurements. EH-8 is located between the point where the tips of the completely flexed (bent, as in forming a fist) ring and middle fingers touch what is known in palmistry as the 'head line'. It is between the metacarpal bones of the middle and ring fingers.

EH-9, the last point of this meridian is located near the base of the middle finger's nail (counting the thumb as a finger) on the side closest to your index finger. Mark it in. (See 'terminal' diagram, page 12, Lesson Two). It is about one fen behind the angle or corner of the finger nail.

STEP #10: Join up all the points with the wax marker from EH-1 to EH-9, according to your placement of them and the diagram on page six of this lesson. This gives you the pathway of the Envelope of the Heart meridian from its emergence near the nipple to its end on the middle finger. The diagram below may help you narrow down some of the points.

DIAGRAM OF THE PALM



- a. He-8
- b. EH-8
- c. Lu-11

- d. EH-7
- e. Lu-9
- f. He-7

- g. Lu-10
- h. covered in a later lesson

Practice the TEN STEPS outlined above a few more times on yourself---starting with a clean and unmarked arm each time by following the steps exactly. Also, try it a few times measuring out the divisions with a ruler, tape measure, or strips of paper, and calculating the divisions mathematically, especially for the forearm points. Soon, you will be able to dispense with the steps and the marking in of the divisions in locating all of the points. Use the individual's pouce measurements to find EH-6, EH-5 and EH-4 though. Do not worry too much about the location of EH-1 and EH-2.

Then try to find the approximate locations of points EH-3 to EH-9 on others---your spouse, a friend or a relative. The important thing we are trying to do now is to develop your sense of touch. To do this you must constantly try to feel the actual locations of acupuncture points. Imagine the actual point as being in a small depression or hollow, or as a small nodule (small bundle or lump of tight tissue, etc.), just underneath the skin. The points are distinctly different from the tissues around them. Some students describe some of the points in this way: Soft, small, oval structures surrounded by capillary blood vessels. Can you find any that match this description on this meridian?

Perhaps the easiest point to locate on this meridian is EH-8, followed by EH-7 and EH-3. Once you find one such point you will start to find the rest. When you receive the electronic acupuncture points locator you will be able to confirm what your touch tells you. Try to think about the point as being slightly below the skin now, rather than directly on the skin---try to feel what is below the skin as opposed to surface roughness.

No points on this meridian are forbidden either to the needles or to moxibustion. The Envelope of the Heart is the only meridian in which there are no forbidden points of any kind.

Certain acupuncture points have been celebrated from the most remote antiquity for their extraordinary efficacy. These are known as the Great Points of Acupuncture, and one of them is EH-6. Throughout the balance of this course we will mention almost a dozen such points and when the time comes, tell you the greatest and most important point of all ---a point important in almost all sicknesses, mental and physical.

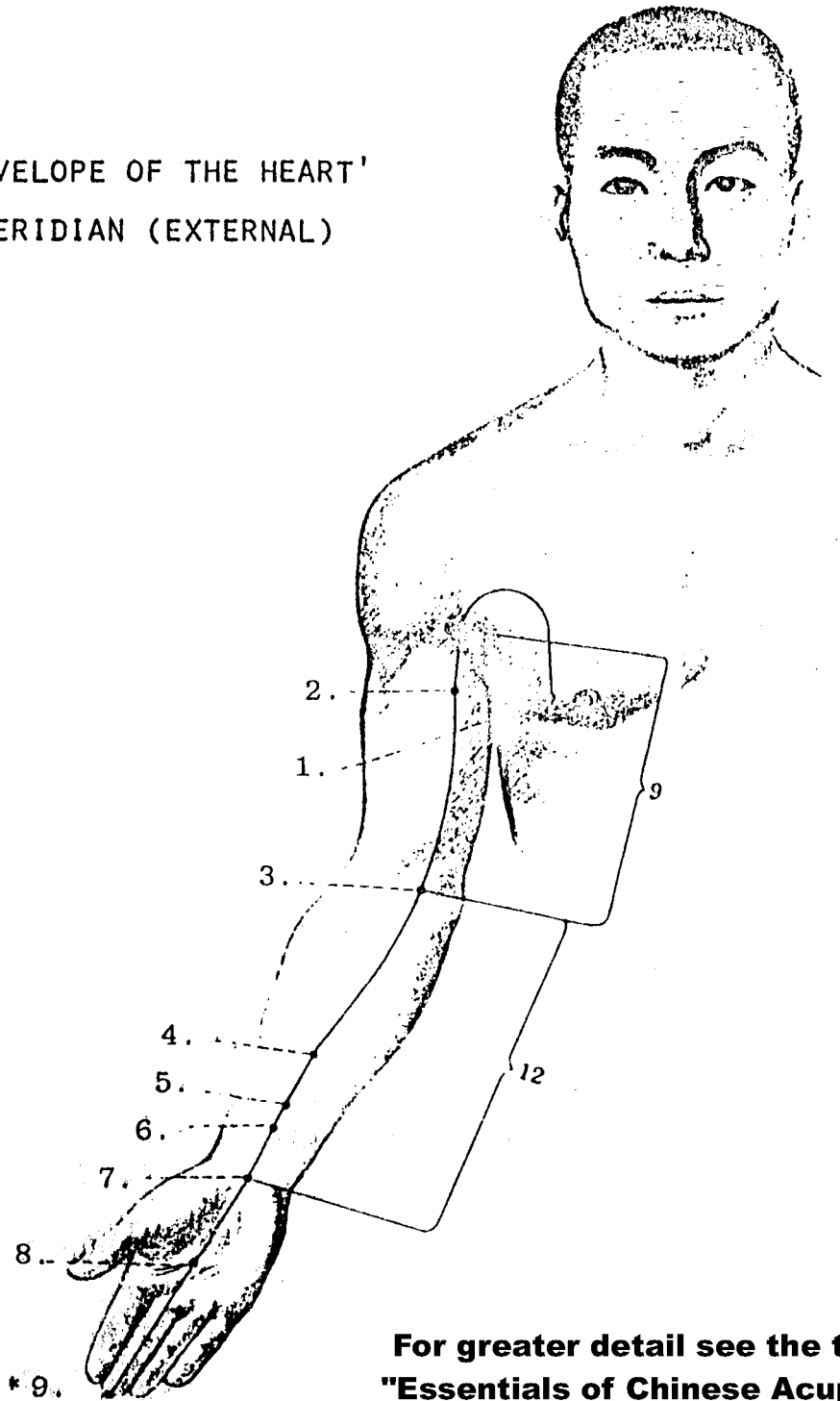
When we mention that EH-6 is one of the great points of acupuncture your first thought is to turn to the back of this lesson and look up the 'indications' given for it. You will be disappointed, because it does not figure very prominently among the Envelope of the Heart major points. However, later on in the course when we go into the proven and time tested formulas or special combinations of points you will find EH-6 re-appearing over and over again in them.

So far, we have not yet covered enough meridians to be able to use any of the formulas that are so remarkably effective in treating certain diseases and conditions. For those of you who are most interested in modern acupuncture as opposed to traditional acupuncture, these formulas will become your most valuable asset for clinical treatments. Even the traditional acupuncturists frequently utilize them in a purely symptomatic manner.

In the next lesson set we will finish up the study of the three Hand Yin meridians, with the Lung Meridian. This will give you a very good idea of what is happening on the inner surface of the arms. After that we will go into the three Hand Yang meridians to complete the study of the six meridians of the Hands (arms). As well, we shall start our study of Pulse Diagnosis and how to use acu-pressure and moxibustion for treatment.

Now let us look at some of the indications for points on the Envelope of the Heart meridian.....

'ENVELOPE OF THE HEART'  
MERIDIAN (EXTERNAL)



**For greater detail see the textbook,  
"Essentials of Chinese Acupuncture"**

\* NOTE: There is some controversy among acupuncturists as to the exact location of the last Envelope of the Heart Meridian point, namely EH-9. The above diagram shows EH-9 at the tip of the middle finger, whereas the other lesson material places it beside the root of the nail of the middle finger, on the index finger side. Certainly, there is an acupuncture point at both places. However, we consider the one shown above at the tip of the finger as not being on the EH meridian itself, and discuss this point in the lesson covering 'non-meridian' and "extra" points.

## POINTS OF MAJOR AND SECONDARY THERAPEUTIC IMPORTANCE

NOTE: This is by no means a complete listing of indications possible for each given point, but represents rather the points of prevailing use, in everyday treatment. Points circled below and on the next page are the most significant or MAJOR points, and all information given for them should be MEMORIZED in full.

EH-3

"Ch'ü-Tze" (Crooked Pond)

INDICATIONS: nausea and vomiting (including morning sickness), elbow pain, myocarditis (inflammation of the muscular tissue of the heart), bronchitis, upper arm neuralgias (nerve pains).

NEEDLE: 3 Fen to 7 Fen [Bleed\*]

MOXA: 5 to 7 minutes

CAUTION: Keep away from blood vessels here.

EH-4

"Chieh-Men" (Crooked Gate)

INDICATIONS: Epistaxis (bleeding from nose), heart palpitations, angina pectoris, pain at wrist joints, inflammation of the muscular tissue of heart (Myocarditis), persistent cough (with difficult breathing), psychopathy.

NEEDLE: 5 Fens to 15 Fens

MOXA: 5 to 10 minutes

EH-5

"Chien-Shih" (The Emissary)

INDICATIONS: cardiac inflammation, angina pectoris, epilepsy, nightmares in children, difficult or painful menstruation, uterine congestion, inflammation of the pharynx, neurasthenia (See He-7).

NEEDLE: 4 Fen to 12 Fen

MOXA: 5 to 10 minutes

SPECIAL: Effective for objects stuck in throat.

\* Covered in needle technique lesson.

EH-6 "Nei-Kuan" (Inner Pass)

INDICATIONS: Myocarditis (see EH-3 & 4), abdominal pain, angina pectoris, heart palpitations & conditions, nausea, vomiting, jaundice, endocarditis (inflammation of lining membrane of heart and valves), pericarditis (inflammation of the pericardium), numbness in forearm and fingers, chest pain, deafness & muteness.

NEEDLE: 5 Fen to 10 Fen [or thru TB-5\*]

MOXA: 5 to 10 minutes

CAUTION: Avoid small arteries and veins.

EH-7 "Ta-Lung" (Great Mound)

INDICATIONS: Skin diseases, painful wrist disorders, insomnia, headache, tonsillitis, neuralgia between the ribs (intercostal), adenitis of axilla (inflammation in armpit), acute gastritis (inflammation of stomach).

NEEDLE: 3 Fen

MOXA: 5 to 10 minutes

EH-8 "Lao-Kung" (Labored Palace)

INDICATIONS: Stomatitis (inflammation of soft mouth tissues), bleeding from nose (epistaxis), hardening of arteries (arterio-sclerosis), inflammation of skin of hand (dermatitis).

NEEDLE: 2 Fen to 5 Fen

MOXA: 3 to 7 minutes

EH-9 "Chung-Ch'ung" (Middle Flush)

INDICATIONS: Cerebral hemorrhage or congestion, fever without sweating, inflammation of heart, mental depression, shock.

NEEDLE: 1 Fen [Bleed\*]

MOXA: 2 to 3 minutes

\* All information in this style of brackets [ ] is covered in lesson on needle techniques.



All questions must be attempted. Return both pages of completed question paper to Institute for evaluation (use pre-gummed address label). The box at bottom of this page is a return section for use with a window envelope, please fill it in neatly. Use a separate piece of paper to ask questions.

1. How many Fens apart are EH-4 and EH-6? \_\_\_\_\_ Fens
2. Of the two meridians covered in detail so far, which is the most active in phase? \_\_\_\_\_
3. Which point(s) on this meridian are indicated for actual treatment of the "envelope of the heart"? \_\_\_\_\_
4. How is it that this meridian can affect abdominal and stomach problems?
5. What can you see that the Yin organs all have in common in regard to function?
6. Which Heart Meridian points are located one Pouce or less from an Envelope of Heart Meridian point on your own body? [Specify EH points involved.]

PLEASE ANSWER THE THREE QUESTIONS ON THE NEXT PAGE AND RETURN

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7. He-3 and EH-3 are both indicated for a painful elbow. Which one would you use to treat a painful elbow, and why?
8. The 'envelope of the heart' is not thought of as existing only in one specific location of the body, but rather as spreading its influence out over a much larger area. Explain how this is so.
9. CLINIQUE: A patient comes to you very depressed, and complains about feeling lazy, perpetually tired, sudden loss of interest in an otherwise interesting job, and generally feeling 'run down'.  
From what you've learned so far in the course, what three points could you use in combination to treat the patient?



YOUR COMMENTS AND SUGGESTIONS FOR THE COURSE ARE APPRECIATED