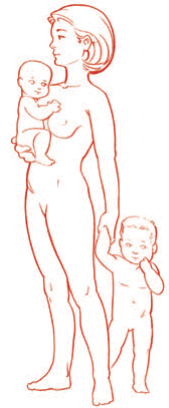


**THE
ROLE
OF THE
8 EXTRAS
IN
MATERNITY
&
WOMEN'S
LIVES**



HEATHER BRUCE 2007

THE ROLE OF EIGHT EXTRA MERIDIANS

IN WOMEN'S LIVES/MATERNITY

PART ONE – **EIGHT EXTRAS**

Saturday morning

A brief overview – notes (66 pages) with CD of readings provided
How we can integrate the meridian approach into women's care

PART TWO – **WOMEN'S LIVES IN THE MODERN CONTEXT**

Saturday afternoon

How we need to individualize how we look at each person

PART THREE – **PREGNANCY**

Sunday morning

Extensive printed notes plus CD of extras provided

PART FOUR – **JING DISRUPTIONS**

including an overview of FERTILITY HICCUPS

Sunday afternoon

How to apply all of the above into the successful management of women as they present in their real lives - towards the pregnancy/birthing outcomes all hope for. Leading on to Heather's

PART FIVE - **INFERTILITY AND ITS PRACTICAL SOLUTIONS**

(Please have read Jane Lyttleton's book or listened to her Infertility seminar first **if possible**, as the basic science and TCM models will not be covered in this presentation – **they are assumed knowledge**.

They will however be covered briefly to allow the newly aware to use this information effectively.

INDEX - "The Role of the Eight Extras in Women's Lives/Maternity"

EIGHT EXTRA MERIDIAN HANDOUTS (1986)

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PREGNANCY AND INFERTILITY

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8 EXTRAORDINARY MERIDIANS TUTORIAL

This exercise has been designed to assist your learning.
Your participation is optional.

Before attending this 8 Extra's tutorial:
Please read through the Survey and answer all questions based on your present knowledge, especially the case histories

This is a survey to establish your based knowledge. The focus is not being tested for your knowledge and abilities.

On completion, please put it somewhere safe.

Please read and take notes
Comprehensive text P.75 ->
Giovanni Chapter 39 P.355 ->

Attend the tutorial on 8 extras

Resit the survey, preferably within a day of attending the tutorial.

8 EXTRAS SURVEY

What do you understand by the term 8 Extras?

What is the role of these meridians? (Generalised)?

What are the specific functions Ren & Chong share?

What is the source of all extras/meridians?

What do they circulate?

What areas of the body does each influence?

Ren	Du	
Chong	Dai	
Yin Qiao		Yang Qiao
Yin Wei		Yang Wei

What meridians does each connect with?

What are the 4 pathways of the Du?

What are the 3 pathways of the Ren?

How do you avoid coupling an Extra meridian unintentionally?
Please include in the answer a table showing all Master & Coupling Points.

CASE STUDIES

(A) A patient presents with full headaches centred around his eyes. The eyes feel full and as though they'll burst- his blood pressure is gradually rising although he's on medication. He is having trouble going to sleep and getting very short tempered at work and home.

Explain in the 8 Extra framework what meridian/s may be out of balance and 2 treatment protocols using 8 Extras that may assist him.

(B) A patient presents with a low sperm count, supposedly due to a massive testicular infection 10 years ago as a young man. He gets mild lower abdominal pain occasionally, has a sore lumbar spine and is usually very short tempered and red in the face. He desperately wants to father children. He has zero chances of this according to his urologist, as there are no live sperm produced – just bits and pieces and lots of pus.

Explain using 8 Extras which meridian/s may be involved and the different methods of utilizing this information in helping him.

(C) A woman presents with palpitations, anxiety and sleeping disturbances. She is not happy with the tranquillisers and sleeping pills the doctor prescribed for her and wants to feel better naturally. She has had a hysterectomy to control the massive blood loss she experienced due to fibroids 3 years ago.

She is 45 years old and although isn't as exhausted as she was before the operation, is not strong emotionally and wonders about her sanity.

Explain using 8 Extras what may be done immediately to assist her.

Explain what has happened using this framework, over the recent past, to lead to the operation and partial recovery.

What other factors may now be impacting on her?

(D) A woman has small joint aches and pains. Her shoulders are sometimes involved, but mainly her fingers and toes. Her ears need regular syringing as they are filling up with wax. The symptoms are slightly worse since the birth of her second child 6 months ago. She suspects the emotional traumas and emotionally unsupportive husband, and 2 young children and the very broken sleep and breastfeeding she is managing all contribute to this.

What Extra meridian is obviously involved in the first 3 sentences? What other mechanisms may you suspect on reading through the rest of the history?

What treatment protocols based around 8 Extras would you undertake? How does it differ from one where the woman may have no children?

Please go back to cases A – D and look at how you would have analysed them in initial survey.

EIGHT EXTRAORDINARY MERIDIANS

NOTES ACCOMPANYING WEEKEND SEMINAR

**[original
1986]**

**&
as part of**

**“THE ROLE OF EIGHT EXTRA MERIDIANS
IN
WOMEN’S LIVES/MATERNITY”**

HEATHER BRUCE

2007

INTRODUCTION (to 1986 edition)

I feel that a complete understanding of the anatomy, physiology and pathology of the eight extraordinary meridians is vital to an acupuncturist's assessment and management of any problem.

I feel that in the past a lack of understanding of the more basic connections within the body, of these meridians, has led teachers and students on a merry dance through esoteric ramblings and muddled thoughts.

I hope that the information collated and explained in the following pages eases the practitioners' feelings on using those meridians, and that the subject is demystified sufficiently for the average practitioner to incorporate the theory of these meridians in all their work.

In the past, the source of information has not been included within course notes, and publications. I have, where possible, given the source of material used, allowing the reader to assess its credibility for themselves. Previously, the majority of non 'blood 'n' guts' information has been Dr. van Buren. I feel his work has been discredited past the point of sensibility, and in researching this, and other topics, have found his material mostly to be based in fact on references such as Manfred Porkett, and academics as Dr. van Nghi. Perhaps had Dr. van Buren actively demystified, rather than made more obscure, his material, and its sources, the basic student of acupuncture would be better equipped today to cope with the mainstream Western-orientated Chinese acupuncture sources and publications. I feel the modern Chinese approach, whilst being politically expedient within China, and more easily accepted by structured Western minds, is not necessarily showing the whole picture.

I would hope that with the maturing of Traditional Chinese Medicine in the West, that all involved in acupuncture look beyond the obvious, and use their intuition, and common sense, in taking the process of being a technical acupuncturist, as pushed in China and most modern acupuncture educational institutions, to that of interpretation based on the spirit, rather than the letter, of what's written.

(2007)

Thankfully since I started teaching this subject to my peers and students, published works have filtered out into English. We are fortunate now to have fine translations of the classics to see that a lot of what was previously orally transmitted and not sourced, has an actual history. In addition to the more usual authors, I strongly suggest source material to discover further the historical roots of our medicine include -

"The Practical Application of Meridian Style Acupuncture" - John E. Pirog
Pacific View Press, 1996 Berkeley

"The Eight Extraordinary Meridians" - Claude Larre and Elisabeth Rochat de la Vallee
Monkey Press 1997, London

"Finding Effective Acupuncture Points" - Shudo Denmei
Eastland Press, 2003 Seattle,

THE EIGHT EXTRAORDINARY MERIDIANS

WHAT ARE THEY?

“When the sage drew a geographical map, and designed waterways in order to facilitate the passage of water, and to prepare for emergencies, in case of heavy rains, he had no choice but leaving the extraordinary meridians so that they might accommodate the extra amount of water which might overflow from the regular channels.”

Pian Chueh

The EM are a system of interconnecting branches between the trunks of the main meridians. They generally have points of their own, forming a composite of the function of the meridians with which they communicate, and over which they exercise an integrative and supervisory role.

WHAT DO THEY DO?

According to the *Shanghai text*, (“*Acupuncture: A Comprehensive Text*”) pg. 73, the EM:

1. integrate the main meridians
2. link and supervise the main meridians
3. regulate the supply of qi blood in the main meridians

1. INTEGRATING THE MAIN MERIDIANS

As they branch out from and intersect with the 12 main meridians, they are regarded as important links which facilitate the interaction between them.

eg. Gv connects the three leg Yang with three arm Yang at Gv14, thereby ‘governing’ all Yang.

eg. Cv presides over all primary Yin (3 leg Yin?) meeting at Cv3 and 4.

eg. Chong arises in the lower abdomen near the path of the kidney meridian and ascends to the navel in the area of the stomach meridian, being an important link between the two.

Also, as it starts in the lower abdomen, and sends branches to the spine, it connects the Cv, Gv and main meridians.

eg. Dai encircles all vertical paths of meridians.

eg. Yin and Yang Qiao & Wei Mai – provide connection between the paired Yin and Yang main meridians and their associated viscera.

2. LINKING & SUPERVISING MAIN MERIDIANS

The EM link main meridians which share common characteristics.

eg. Main Yin meridians are linked by Yin Wei Mai

Main Yang meridians are linked by Yang Wei Mai

By linking them, the EM play a commanding and supervisory role over them.

- eg. Gv - links all Yang and also closely associates with the kidneys and the brain, and has a strong influence on the liver meridian. (Thus the Gv's principal functions cover all supervision of qi in the Yang meridians, and the consolidation of source of qi of the kidneys).
- eg. Cv - nourishes and regulates qi in the Yin meridians, and, as blood is associated with Yin, the Cv 'commands' diseases associated to conception, gynecology and blood.
- eg Chong - originates in the pelvic cavity, so called the Sea of Blood, and influences the activities of the viscera connected to all the main meridians – its commands the kidneys and stomach, and has a common source with the Cv and Gv.
- eg Dai - as it connects all vertical meridians, it regulates the circulation of qi in all these channels, especially from the waist down.
- eg. Yin & Yang Qiao – supervisory function over the main meridians which connect them to the legs and trunk.
- eg. Yin & Yang Wei - supervise all Yin and Yang meridians.

3. REGULATING THE SUPPLY OF QI AND BLOOD IN THE MAIN MERIDIANS

As they criss-cross the main meridians, they drain and store qi and blood from them when its excessive, and supply qi and blood when its deficient, so they monitor and regulate the main meridians.

- eg. Menstruation is governed in part by the kidney qi. As Chong and Ren Mai can store excess kidney qi, they can regulate menstrual flow monthly by supplying the additional stored qi at the proper time.

CLINICAL SIGNIFICANCE OF EM

As the EM diverge from, or intersect from one or more main meridians, the symptomatology of the EM is not distinct from, but a composite of, the pathological symptoms associated with their linked main meridians.

- eg. Yin Wei – connections with Ki, Sp, Liv, St & Cv meridians, therefore, diseases of Yin Wei usually involve one or more of these meridians, and associated viscera.
- eg. Gynecology and Obstetrics – Cv, Chong and Dai all connect with Liv, Sp, Ki, Ht and the other main meridians and their associated organs.

Following these principles, the method of treating diseases affecting an EM is to stimulate points on the related main meridian. As only Gv and Cv have their own points, the remaining EM must be treated by stimulating points of intersection with main meridians.

According to the Shanghai text, we shouldn't limit ourselves to the meeting points on the limbs, as any point of intersection between the EM and main may be utilized for therapy, depending on symptoms.

- eg. Gv15 is used for mutism – it's listed nowhere in ancient literature as a pathological symptom of the Gv, but is for Yang Wei Mai, which intersects the Gv there.

According to Giovanni Maciocia (*Vol. 2 & 3 Journal of Chinese Medicine*), the general functions of the EM –

1. **According to Lavier**, the meridians **absorb excess energy** at the level of shoulders (on arm meridians) and hips (on leg meridians). Similar function is ascribed to the EM (especially Gv and Cv) at the level of the trunk and back.

However, the EM function at all levels, and contain every type of qi – ying, wei, jing and blood.

2. Serve as a **reservoir of energy**, releasing in case of shock (physical or mental). Can be especially called on in Yin and Yang Wei Mai.
3. **Circulation of wei qi** over the abdomen, thorax and back – especially Chong, Ren and Du Mai. Thus forming a defense against external evils.
4. **Regulating changes in life cycle** – 7 and 8 year cycles – Chong and Ren.
5. **Circulation of jing qi** to all body, especially the five ancestral organs:
 - (a) brain and spinal cord
 - (b) hepato-biliary system
 - (c) bone marrow
 - (d) uterus
 - (e) blood system.

(Ling Shu Chapter 28) The theory (of EM) may be compared to the plan of a Sage designing the map of waterways, which when full, flow into deep lakes by the same token, when the energy fills up the main meridians, it will then flow into the EM, and stop circulation in the 12 main. When EM under attack of vicious energy that blocks up the circulation, it will give rise to swelling.

Personally, I feel besides the above, the system of EM offers an explanation as to how the kidney complex and its various energies control all aspects of our existence.

If one looks through Western eyes, they can explain metabolism (a function of yang qi) and growth, development and reproduction (under hormonal control).

Looking at the role of the kidneys play in TCM:

1. Stores jing and dominates reproduction, growth and development (hormonal and hereditary factors – the brain and spinal cord contain the site of the pituitary, hypothalamus and pineal glands).
2. Produces marrow, fills up the brain, dominates bones and teeth, and manufactures blood (ancestral 'organs' bone marrow and blood system).
3. Dominates water metabolism (dependent on quantity and quality of yang qi).
4. Controls the reception of qi.
5. Opens into the ear.

HOW TO USE

1. The Shanghai text states that changes can be affected by using points on the meridians that intersect the EM, without the practitioner using the meeting points.
2. People trained in the West, under the influence of Dr. van Buren especially, tend to think of using EM as a couple – ie. Using the MP and CP in a special way, or as a couple with the paired meridian.
3. An alternative method is offered by material given by Chris Madden in a seminar given in Brisbane in 1980. He did not source his material, but stated it was of Vietnamese origin (probably Dr. Van Nghi). The method of treatment in the following cases is that of sedating the MP bilaterally, then using the other parts in the prescription accordingly. (I have translated Vietnamese points where possible).

*******SINCE THEN** Kiiko Matsumoto and Stephen Birch's book has shown much of this information – so as Chris is departed, it is unlikely that I can research the original source of this).

4. Dr. van Buren suggests to treat the whole spine, couple Du Mai, when pulses are balanced, take the needles and couple Yang Qiao and take needles out when again pulses have settled down.
5. My suggestion, utilizing the above methods, is to place all MP and CP **but not coupling** – the points have very strong indications by themselves, and following the 'Shanghai', and Chris Madden's information, I have had good results without coupling the meridians.
6. From here, I have spent many decades 'playing' with these, and can say that the best results seem to be when I incorporate this energy overview, and envision what is happening without regard to the more 'action of points' aura TCM acupuncture tend to follow. By individualizing treatment, I believe we more serve the person, than by attempting to fit them within a box. This one other method of categorizing them is simply to look back to the roots of our art, and utilize the classics and how others before us have left their legacy.

SPECIFIC FUNCTIONS, PATHWAYS AND PATHOLOGIES

(I) **DU MAI (Gv) – to govern (all yang) MP Si 3**
CP BI 62

PATHWAYS (ANATOMY)

- (Shanghai)**
- 1st originates in the perineum and ascends the middle of the spine where it enters the brain, ascends to the vertex, and follows the midline of the forehead across the bridge of the nose, terminating at the upper lip.
 - 2nd begins in the pelvic region, descends to the genitals and perineum and passes through the tip of the coccyx. It diverts into the gluteal region, where it intersects with the kidney and bladder meridians, before returning to the spinal column and then joining up with the kidneys.
 - 3rd inner canthus of eye (same as B1 meridian). The two branches ascend across the forehead and converge at the vertex, where the channel enters the brain – emerges at the lower end of the nape of the neck, where it becomes two branches descending along both sides of the spine to the waist, where it joins the kidneys.
 - 4th begins in lower abdomen and rises directly across the navel, passes through the heart, and enters the trachea, across the cheek and encircles the mouth ending below the middle of the eye. Intersects – with B1 meridian at B1, 12 and Cv at Cv1.

Intersections

Intersections (according to Nei Jing)

- Gv 13 – Tai Yang division
- Gv 14 – all Yang
- Gv 15 – Yang Wei Mai
- Gv 16 – Tai Yang division and Yang Wei Mai
- Gv 17 – Tai Yang division
- Gv 20 – All yang and Pe and Liv
- Gv 26 & 28 – Yang Ming division

(Unknown) Sympathetic nervous system controlled by Du Mai

(Manfred Porkett)

From the perineum up the spine, to between the Atlas and occipital bone, where it penetrates the brain, to the top of the skull, across the frontal bone and nose to the philtrum, where it meets the Cv and stomach meridians.

(Ling Shu Chapter 28)

Begins at Cv 1, travels along the spinal column, and (*Ling Shu Chapter 28*) Gv – beings upward to Gv 15, and it belongs to the brain.

FUNCTIONS (PHYSIOLOGY)

(Manfred Porkett)

Acts as a regulator and stimulating agent for all yang qi. Is directly connected to the sexual organs.

PATHOLOGY

- (Shanghai)**
1. supplies the brain and spinal region – thus obstruction of qi in Du Mai – leads to stiffness and pain in the spinal column.
 2. intersects with liver meridian at the vertex thus if deficient qi, heavy sensation in the head, vertigo and shaking.
 3. mental disorders can be attributable to wind entering the brain through the Gv.
 4. febrile diseases – one branch of the Gv ascends the abdomen to the heart, when the meridian's unbalanced, the qi rushes upwards to the heart.
 5. as a branch passes through the abdomen, colic, constipation, enuresis, hemorrhoids, functional infertility may result.
- (Manfred Porkett)**
- stiffness or spastic contortion of the back
 - daze, epileptic symptoms (including meningitis/encephalitis)
 - urinary incontinence
 - female sterility
- (Woollerton & Maclean)**
- when Gv is overactive, headaches, pain in eyes caused by excess yuan and jing qi. When deficient, round shouldered and heavy headed.
- (Giovanni Maciocia)**
- spinal and head problems
 - used to tonify general yang qi
 - used to expel wind
 - for fevers, with Gv 14
- (Ling Shu)**
Chapter 29
- Stiffness of spine and if sever, fainting
- (Dr. van Buren)**
- To be used as a couple (MP and CP) if symptoms appear in all of one group, or in more than 2 groups.
1. convulsions and/or dizziness and/or headaches
dizziness with swollen eyes and tears
knee and leg pains
 2. rigidity of neck
unclassified throat diseases
chronic fever, and extremities numb
 3. swelling
tetanus
swollen glands and vague teeth pains
- (Chris Madden)**
- Du Mai – used for head and face pathologies

Symptoms:

- Hydrorrhea – a copious watery discharge
- Limbs are stiff and shaky (Ataxial)
- Direct attack of wind : Asphial, Epilepsy
- Headache, eye disorders, tears
- Back and lumbar pain also pain of lower limbs
- Stiff neck : developing “cold” disease
- Oedema of the face, adenoids, dental neuralgia
- Loss of sensation in limbs
- Orthotonis – titanic fixation of the head, body and limbs in rigid straight line

Treatment

Si 3 is the main Master Point (sedate bilaterally)

1. Stiffness of limbs
Si 3, St 36, Lu 5, Co 4, Li 2, Gb 34
2. Ataxia with dystasia or apraxia – Dystasia – difficulty in standing.
Apraxia – inability to carry out purposeful movements
Si 3, Co 5, Co 11, Si 4, Li 3, Le 2, Gb 34
3. Stiff neck and the nape of the neck is sore (Nuchalgia)
Si 3, Cv 34, Gb 20, Gv 16
4. Pain in the upper jaw (Maxilla)
Si 3, St 5, St 6, Co 4
5. Pharyngitis and Dysphagia
Si 3, Cv 22, Si 1, Ki 6. 86 PC SAP SUN – either at root of nails (not thumb)
or 1 fen distal to end of nail
6. Adenitis bilaterally due to wind with pharyngitis
Si 3, Co 1. 86 PC SAP SUN, 20 PC KIM TAV NGOC DICH (sides of the tongue)
Bleed veins underside of tongue
7. Adenitis on one side due to wind with pharyngitis
Si 3, Th 1, Cv 22
8. Headache in the temporal area and inflammation (Tai Yang) of the temporal artery
Si 3, Co 4, Lu 7, BI 15. PC TY TRUC KHONG – special hand point
9. Pain in the eyebrow area
Si 3, BI 2, Gb 14, Co 4, St 8, Yin Tang
10. Visual disturbances with headaches
Si 3, Co 4, St 8
11. Stiffness at the nape of the neck – pain in the neck and arm
Si 3, Cv 24, Gv 20, Gb 21, Th 3

12. Pain in the inside of the head due to wind: cannot stop vomiting, does not like human voice
Si 3, Ki 1, Co 4, Lu 7. 30 PC BACH LAO
13. Eye disorder (red with tears)
Si 3, Bl 2, Co 4, Gb 15. 102 PC TIEU COT KHONG (on the 2nd phalange) (hand point for eye disorders)
14. Orthotonos: disease of various origin: excess heat in the body, stiff spine, inflammation of the temporal artery
Si 3, Li 2, Co 4. 86 PC SAP SUN (bleed them)
15. Coughing with mucous due to cold
Si 3, Ki 1, Bl 62, Bl 13, Cv 22. PC TY TRUC KHONG
16. Eblonissement and vertigo
Si 3, Gb 20, Gv 4, Co 4
17. Pain in the cervical region with stiffness
Si 3, Cv 24, Gb 20, Gv 16, Co 4
18. Dental neuralgia with inflammation of upper jaw
Si 3, St 6, Gv 26, Co 4. PC LUTE
19. Diminished ability to hear
Si 3, Gb 2, Co 1, Th 9, Pe 9
20. Above and orthotonos (see No. 14)
Si 3, Cv 24, Th 5, TU QUAN (4 gates) (Lib 3 and Co 4 bilaterally). 107 PC BAT TA
21. Pain in shoulders
Si 3, Co 15, 4, and Liv 3 Sedate all

(Personally) As an example of utilizing the above information, without 'coupling' the EMs, - left Si 3, right Si 3, right Bl 62, left Bl 62, Gv 1 and 26, then needles out and Cv 6 and bilaterally He 1.

This treatment was given to a patient two days after a water-skiing accident, where the top portion of her spine had moved as a block, forward. Immediately after the accident, whilst she was doped up on pain killers, I strongly sedated bilateral Bl 40, Gb 34 and Gv 26, whilst she tried to move the affected area. This helped enormously, so that she was able to travel on public transport into my city clinic to make the treatment outlined above. She left after the above treatment with no back soreness.

Dr. John Shen suggests sedating Si 3 whilst the patient is seated, and moving the affected area (especially neck, but also lower back) carefully through its range of movements. If this doesn't immediately alleviate the problem, add Gb 34 (special point of muscles, tendons and ligaments) and repeat.

Gv 1 may be found most useful by itself for any back problem, and especially neck tension, and neck related headaches. In clinic I personally find it an invaluable addition.

GOVERNOR VESSEL LUO MERIDIAN

(Shanghai pg. 87) After separating from Gv 1, it travels upwards along both sides of the spine to the nape of the neck, where it spreads to top of the head. When it reaches the shoulder-blade level, it joins with the bladder channel and threads through the spine.

If excessive – stiffness along the spine.

If deficient – heaviness or dizziness in the hand.

Obviously in the case of deficiency, more treatment to build the contents of the Gv is needed, than just tonifying the luo point, Gv 1.

Function of Main Points of Gv

Si 3

(GM) To clear the mind, eliminate wind heat, remove obstructions from Du Mai, relax muscles and tendons, treat malaria (via Du Mai).

(Shanghai) (traditional functions) – relaxes the muscle meridians, opens Gv and clears the spirit.
(traditional indications) – eyes red and painful, membrane over the eye, tinnitus, deafness, jaundice, madness, tidal fevers, finger spasm.
(indications) – malaria, seizures, psychosis, hysteria, intercostals neuralgia, night sweats, stiff neck, deaf-mutism, low back pain.

(FM) Madness, epilepsy, epistaxis, deafness, eyes red and painful, white membrane over the eye, tonsillitis, spasm and pain in the arm and forearm, torticollis, pruritus, night sweats, bad digestion, greasy stools, recovers slowly after shock.

B1 62

(GM) Clears the mind, relaxes tendons, invigorates the meridians, removes obstruction from Yang Qiao, mental disorders, daytime epilepsy.

(Shanghai) (traditional functions) – clears the spirit, relaxes muscle meridians, opens Yang Qiao
(traditional indications) – lateral and midline headache, dizziness, ringing in the ears, palpitations, loss of speech due to stroke hemiplegia, insanity, mouth and eyes awry.
(indications) – headache, meningitis, Menieres disease, seizures, psychosis, arthritis of ankle pain in lower back and leg.

(FM) Madness epilepsy, dizziness, post-concussion symptoms, skin feels as though it's electrified or has too much emery, tinnitus, pain in the knee and foot, red and swollen foot, lumbago, sciatica, occipital neuralgia, tension headaches, spastic conditions in the uterus.

Gv 1

(Shanghai) (traditional function) – opens Cv and Gv and regulates intestines.
(indications) – Hemorrhoids, prolapsed anus, scrotal eczema, diarrhoea, inducing labor, impotence, psychosis.

(GM) Regulate Gv and Cv, and to remove obstruction from them. To promote the functions of the intestines. For local problems.

(FM) Lower back pain, local problems, extreme nervousness, madness.

Gv 15

(Shanghai) 0.5 tsun above natural hairline, below sp. proc. of C1 and 2.
(traditional function) – clears senses and consciousness.
(traditional indications) – occipital headache, stiff neck, nosebleed, stiff tongue that is stopping speech, apoplexy, insanity, convulsions.
(indications) – headache, deaf-mutism, seizures, cerebral palsy, hysteria, convulsions, incomplete maturation of the brain.

(GM) To remove obstructions from the meridian, and relieve hoarse voice.

(FM) Headache, stiff neck, spine rigid, and epilepsy, convulsions, tongue moves slowly so can't speak, swelling of sublingual area, complete or partial voice loss, deafness and dumbness, epistaxis.

Gv 16

(Shanghai) Stiff neck, numbness of limbs, headache, stroke, mental illness, common cold.

(GM) Eliminate wind, clear the mind, relieve headache.

(FM) Window of the sky part, sea of bone marrow – headache, vertigo, epistaxis, throat swollen and painful, deafness and dumbness, stiff neck, toothache, hemiplegia, cerebral hemorrhage, tongue too slow to speak, walks around madly, eyes move wildly, suicidal, fears, influenza.

Du Mai

(GM) This vessel seems to be particularly effective in quite muscular men with spinal problems. It is indicated in all problems of the spine and backache. The use of this EM combined with Sp-3 will straighten the spine, even without using local points on the spine itself. The reason for this is that, apart from Du Mai itself, the spleen controls the spine (according to the Nei Ching), and I find Sp-3 the best point to affect the spine itself. When the spine problem is associated with nervous tension and overwork (as in the businessman) I find the combination of Du Mai with He-7 and Sp-3 very effective; Du Mai will treat the spine and move the Qi in the back, Sp-3 will also treat and straighten the spine as well as tonifying the spleen which is overtaxed by the excessive mental work, and He-7 will relax the nerves and calm the spirit.

II YANG QIAO MAI MP = B1 62 CP = Si 3

ACC. POINT = B1 59

PATHWAYS (ANATOMY)

(Shanghai) Begins below the lateral malleolus at B1 62, and ascends along the lateral aspect of the leg to the posterior aspect of the hypochondrium from the lateral side of the shoulders, across the shoulders, across the neck and passes beside the mouth before reaching the inner canthus, where it joins Yin Qiao and the bladder meridian. There it goes upwards across the forehead and winds behind the ear to Gb 20, it enters the brain at Gv 16.

Intersections B1 62, 61, 59, 1, Gb 29, 20, Si 10, Co 16, 15, St 4, 3, 1, Gv 16.

(Dr van Buren) B1, 63, 62, 61, 59, up lateral leg to Gb 35, 29, then behind and over the back of the shoulder to Si 10, Co 15, 16, St 4, 3, 1 and B1 1 and over the back of the head to Gb 20.

(Manfred Porkett) Originates in the heel, and ascends along the exterior side of the leg and lateral side of the trunk to Gb 20.

Actual points B1 62, 61, 59, Gb 29, Si 10, Co 16, 15, St 4, 3, 1. B1 1. Gb 20.

(Ling Shu) From the heel, upwards along outer ankle to Gb 20.
Chapter. 28

FUNCTION (PHYSIOLOGY)

(GM) Yang Qiao is the pathway of downward flowing bladder energy, and brings jing and body fluids downward away from the head. As the yang energy starts or ends on the head, it is easy for an excess to occur. Yang Qiao usage is mainly in head problems, absorbing excess yang qi there, or removing stagnation there, as these conditions are often due to an imbalance in body distribution of energy and blood rather than an overall deficiency or excess.

Yang Qiao controls the head, brain, eyes and limbs.

(Woollerton & Maclean) Main indications for usage (probably coupled MP and CP):

1. to increase corticosteroid production.
2. for locomotion and articulation problems
3. lumbago and rheumatism
4. hormonal imbalances (with B1 1 and 6)
5. obsessions, manic depressive states, paranoia, insomnia (use St 3, 4, Gb 20 also) spasms, epilepsy etc. ((s) B1 62).

PATHOLOGICAL SYMPTOMS

- (Shanghai)**
1. diseases of eyes
 2. tightness and spasms of muscles along the lateral aspect of the lower leg, whilst the medial aspect is flaccid and atrophied (in cases of seizures or paralysis)
 3. pain or stiffness in lumbar region

(Ling Shu) Relaxation of yin side (of leg?) and tightening of yang side.
Chapter. 29

(Dr van Buren)

Says to be used when there is a slackening of yang in the body eg. Cerebral hemorrhage, apoplexy, hemiplegia, as recognized by observation/investigation and the yang pulses being weak/slow. If there is Yang Qiao excess, there will be glaucoma, hypertension excesses in the eyes.

To be used as a couple, if symptoms appear in 2 or more categories, or if all of symptoms fit into 1 group.

1. lumbar/spinal rigidity
headache
sweating
2. arms cold
extremities numb with spasms
convulsions
head heaviness
red eyebrows
deafness
3. epilepsy
painful joints of extremities
sweating heavily
swelling (or swelling sensation) anywhere, usually around joints

Dr. van Buren suggests Yang Qiao couple B1 1, pulses balanced, needles, out, then Du Mai, needles out when pulses balance – for influence or hormonal system, especially pituitary and ACTH.

(GM) Yang Qiao is very effective in absorbing excess yang (especially from head). If it is in excess, the eyes stay open (insomnia)
(sedate B1 62, tonify Ki 6, regulate B1 1).

GM says Typical Yang Qiao picture – angry young man with tight nervous pulse.

(Manfred Porkett) Fatigue and powerlessness of yin organs and functions
Spastic tensions of the yang
General myelgias, especially back and lin pains
Stiffness
Painful eyes

(Chris Madden) Specific conditions – disorders of the limbs due to outside evil
Skin disorders.

Symptoms:

- skin disorders, stiffness of the lumbar region, oedema of the limbs.
- Attack of wind: headache and copious watery discharge (hydrorrhoea).
- Headache, eye disorders, red eyes, neuralgia of the eyebrow region.
- Loss of sensation in the limbs (Pei).
- Deafness, nose disorders and deficiency of milk secretions.

Treatment

Master Point BI 62 (sedate bilaterally)

1. Lumbago with ankylosis (abnormal immobility consolidation of a joint)
B1 62, Gv 2, 43 KAO ROANG, bleed B1 40.
2. Pain in the joints of the limbs with lumbar irradiation.
BI 62, Co 15, BI 60, Co 11, Gb 34.
3. Attack of wind : *Cerebral Anoxia*
BI 62, Pe 9, Gv 20, Li 1, Sp 1.
4. Skin disorders of the scalp and body hair
BI 62, Pe 9, Ki 3, Co 4, Th 5
5. Skin disorders of the cervical region
BI 62
6. The body is aching
BI 62, St 36, Co 11
7. Headache: *Inability to bend down*
BI 62, BI 63, Cv 24
8. Stiff neck: *Inability to turn the head*
BI 62, Cv 24, Si 3, Co 4
9. Attack of wind: *Itching of the limbs and inability to carry out purposeful movements in the absence of paralysis or other motor sensory impairment.*
BI 62, Si 10, Co 4, Si 4, Li 2, Gb 31, Gb 34.
10. Attack of wind: *The eyes are not looking straight with tonic spasm, producing more or less complete closure of the eyelids and drooping of an upper eyelid from paralysis.*
BI 62, Gv 26, Co 4, Lu 9, Gb 1, St 6 (laterally x obliquely towards St 4).
Moxa x 7 86 PC SAP SUN
11. Attack of wind: *Imperfect articulation in speech*
BI 62, St 4 (towards St 6)
12. Pain of the lumbar, torso and cervical region
BI 62, BI 23, Gv 26, Gb 21, BI 40
13. Lumbago with difficulty in standing
BI 62, DI 2, BI 43, BI 40, Gv 12

14. Attack of wind: *Tetanic fixation of the head, body and limbs in a rigid straight line (orthotonos) and paralysis of the eye muscles.*
BI 62, Gv 20, Gv 14, Co 4, Co 11, Li 2, Gb 34. 86 PC SAP SUN
15. Skin disorders of the dorsal/lumbar region
BI 62, St 44, Gb 43, BI 40
16. Skin disorders of the arm
BI 62, Lu 3, Co 11, BI 40
17. Skin disorders of the dorsal and scapular area
BI 62, BI 40, Gb 43, Co 11, Th 2, Pe 6, Th 5. 86 PC SAP SUN
18. Skin disorders of the scalp – body hair
B1 62, Tai Yang, Ki 3, Co 4, Th 5
19. Skin disorders of the cervical region
B1 62, 30 Pc BACH LAO, Co 4, Gv 18, B1 40
20. Headache: Inability to bend down
B1 62, B1 63, Cv 24
21. Stiff neck: Inability to turn the head
B1 62, Cv 24, Si 3, Co 4

(Personal suggestions) A person coming straight off methadone, exhibiting symptoms of - nose running, feeling very cold, aching legs and joints in lower limbs, no appetite, slight nausea, internal tension and jitteriness – needing to constantly twitch, inability to sleep, found the first two symptoms immediately relieved by application of moxa on Gv 14 and bilateral B1 13. After the third night without sleep, the spasms at night were very distressing. A treatment at 2:30am using bilateral Si 3 and B1 62, uncoupled, with Gv 1 and B1 57 (anti-spasm point) – completely calmed the patient. Once the Si 3 and B1 62 were removed, all spasms returned, and stayed until daybreak.

2nd case – an ex-footballer who had had numerous broken noses and concussion. Presented problems was inability to breathe out of, or have awareness of, his nose. Also numb sensations around the nose were experienced. As no scarring was evident, I treated the patient with Gv 1 (to deobstruct the Gv) and bilateral Si 3 and B1 62 (not coupled). Yin Tang was threaded to the bridge of the nose, and a nasal separation was performed. The patient regained full use and feeling in the nose and its immediate area, felt much clearer in the head, and experienced major personality (positive) changes.

3rd case – 23 year old male with congenital eye disorder, whereby the amount of fluid within the eyeball was not regulated, swelled (with great pain) and destroyed the optic nerve, hence blindness. Patient presented with milky, bulging eyes, and very bad headaches/eye pain due to fluid build up. Besides obvious eye points, local and distal, the major treatment regime was to draw the excess from Yang Qiao Mai downwards. Again, I didn't couple the meridian but sedated B1 62. Within two months, the frequency and intensity of headaches had vastly decreased.

III REN MAI MP = Lu 7 CP = Ki 6

PATHWAYS (ANATOMY)

- (Shanghai)** 1st Arises in lower abdomen, below Cv 3, ascends along the midline of the abdomen and chest, across the throat and jaw and winds around the mouth, ending around the eye.
2nd In pelvic cavity, enters the spine and ascends along the back.

Intersects At St 1 and Gv 28

(Manfred Porkett) Originates on the perineum, from where it transverses the genitals, pubic hair and hypogastrum, and emerges below the naval, runs in a straight line to the larynx and over the throat and chin to the eyes.

(Ling Shu) Begins in the region below Cv 3, upwards through the hair (pubic ?) and along the abdomen, through Cv 4 to reach the throat.
Chapter. 28

(GM) Starts in the kidneys and flows down to Cv 1 from where it ascends in the centre of the abdomen, thorax and throat. It encircles the mouth and sends two branches to the lower orbit of the eye. An internal branch connects Cv 24 with Gv 26.

FUNCTION (PHYSIOLOGY)

- (Shanghai)**
1. Is the confluence of the yin.
 2. Is closely related with pregnancy and therefore has intimate links with the kidneys and uterus.

(Manfred Porkett) Connected to all yin main and Chong and Yin Wei Mai. It functions as an equalizing reservoir, and regulating agent for all the yin qi.

- (GM)**
1. It controls all yin meridians and is connected to Chong and Yin Wei Mai, thus can be used to increase the yin energy of the body.
 2. It nourishes the uterus, and has the most influence of any EM on the genital system. (The Nei Jing states that both Ren and Chong are filled with jing and blood and travel upwards to the face and mouth).
 3. Ren and Chong Mai control the 7 and 8 year cycles that promote the major changes in our lives (*Chapter 1 of Su Wen*).
 4. Controls the distribution and dispersion of wei qi all over the abdomen and thorax, via numerous small capillary-like meridians.
 5. Plays a part in the distribution of body fluids in the abdomen.
 6. Tends to absorb excess energy from the yin leg meridians below Cv 8 and to supply energy to them, if they are deficient above Cv 8.

Area controlled by Ren Mai – face, thorax, abdomen, genitals.

Intersects Cv 2 – Liv and Du Mai
Cv 3 & 4 – Liv. And Sp and Ki
Cv 7, 12, 17, - Pc, Th, Chong Mai
Cv 10 – Sp

Cv 17 – secondary branches of 6 Fu, and Pc
Cv 18 – Liv. Energy ‘knot’ concentration (Nei Jing)
Cv 12 - Sp liv. Energy ‘knot’ concentration (Nei Jing)
Cv 22 – Ki liv. Energy ‘knot’ concentration (Nei Jing)
Cv 22, 23 – Yin Wei Mai

Directly controls thyroid gland via Cv 22 and Sp luo meridian. Indirectly controls parasympathetic nervous system.

PATHOLOGY

(Shanghai) Abnormality along the Cv will appear principally in pathological symptoms of the yin meridian, especially associated with kidney and liver. If the qi is deficient – infertility and diseases of the urogenital. Leukorrhoea, irregular menstruation, and colic are all associated with the Cv.

(Manfred Porkett) In males – in pain and swelling of the testes and seminal chords, premature ejaculation and impotence.
In females – all menstrual problems, with abdominal pain, heat flushes and sterility.
Epilepsy.

- (GM)**
1. If yin energy is deficient throughout the body, it can be used to increase it – best point Cv 4, which tonifies the blood.
 2. As it nourishes the uterus, it is the EM to use for all genital problems in women. Mainly used for stagnation of qi/blood – either of hot/cold or emotional (eg. sadness/grief at infertility)
 3. As it controls the life cycle, it can be used for any ‘hormonal’ problems eg. Puberty, acne, menopausal.
 4. To correct distribution of body fluids and wei qi in the abdomen, when such symptoms as oedema, itchiness, urinary retention exist.
 5. Excess energy problems in the lower heater, and deficiency problems in the upper – by using reservoir function.

(Ling Shu)
Chapter 28 Abdominal disturbances. Seven types of hernia in men, and shaped coagulations in women.

(Dr van Buren) If symptoms appear in 2 or more groups, or if all symptoms are in one group, use as a couple:

1. hemorrhoids
chronic diarrhoea
coughing with sputum
2. swollen throat
heart, chest, abdominal pain
3. patient can't speak
difficulty or inability to swallow
lumbago, lumbar and abdominal regions feel cold
diarrhoea

He suggests Ren Mai, Cv 9, needles out when pulses balance, then Yin Qiao for any water metabolism problem.

Ren Mai Ki 18 and B1 1, needles out, then Yin Qiao – for sex-hormone correction.

(Chris Madden)

Use for:

1. Pathology of Heart, Thoracic Walls and Abdomen
2. Pathology of the 5 Tsang.

General Symptoms:

- Haemorrhoids, Maelena (bloody stools), Dysentery
- Bloody sputum Haemoptysis, mucousy, cough
- Toothache, tonsillitis, dyspnoea
- Cardiac troubles, abdominal pain, feeling of obstruction in pharynx.

Symptoms in Women:

- Mental disturbances after childbirth and Aphasia
- Lumbago, blood circulation problems 'cold' in the area below the naval
- Death of fetus, fetal retention, 'cold' in the area below the diaphragm
- Abscess of the breast

Treatment

Master Point Lu 7 (sedate bilaterally)

1. Rhinitis with Pus
Lu 7, Bl 4, Gv 20, Gv 23, Bl 12, Co 20
2. Polyps in nose with nasal blockage
Lu 7, Co 20, Bl 12, Gv 23. 9 PC INN TRANG – special point on bridge of nose – thread Yin Tang downwards.
3. Progressing disease of wind: red face, excess of heat in the body and headache
Lu 7, Ht 5, Co 11, Gb 39, Co 4
4. Progressing disease of cold wind: cough and oppressed feeling in the chest
Lu 7, Cv 17, Bl 12, Co 4, Gv 16
5. Progressing disease of wind: annoying feeling in the limbs
Lu 7, Lu 8, Co 11, Bl 40, Co 4
6. Abdominal pain and diarrhoea
Lu 7, St 44, St 25, Sp 6
7. Asthma, dyspnoea with a lot of mucus
Lu 7, St 40, Ki 27, St 36, Cv 17
8. Asthma, dyspnoea with thoracic pain
Lu 7, Cv 22, Li 13, St 36, PC QUAC THUNG
9. Asthma, dyspnoea with fullness of chest (swelling of the thorax) not allowing a lying position
Lu 7, Ki 27, Bl 12, Lu 9, Lu 1, St 36, Cv 17

10. Nasal blockage with Anosmia
Lu 7, Co 20, Gv 23, Bl 12
11. Rhinnitis if clear fluid with sneezing
Lu 7, Gv 24, Bl 13, Lu 9, St 36
12. Deficiency of milk secretion
Lu 7, Si 1, Pe 7, Ht 1, Cv 17
13. Inflammation and thin cuts (capillaries) of the breast
Lu 7, St 18, Si 1, Gb 21
14. Painful and tight chest
Lu 7, Pe 7, Pe 6, Cv 17, St 36
15. 5 sorts of Adeopathy: any disease of the glands especially of the lymphatic glands
 1. "hard" like stone
 2. "supple" like cotton
 3. "Surrounded by capillaries"
 4. "soft" that does not resist under the finger
 5. "rugged" like a full purse

Lu 7, Cv 22, Si 16, Ki 27, St 12, Co 4. PC PHU POT, PC UUG DU
16. Inflammation of the mouth with bad breath
**Lu 7, Cv 24, Co 4. 20 PC KIM TAN NGOC DICH (2 points under the tongue)
86 PC SAP SUN (Emergency points on finger tips)**
17. "Maximal Heat" in the three heater with glossitis (inflammation of the tongue)
Lu 7, Th 1, Th 5, Gv 26, Co 20, St 4. 20 PC KIM TAN NGOC DICH
18. Bad breath
Lu 7, Ht 9, He 5, Gv 26. 20 PC KIM TAN NGOC DICH and emergency points on finger tips
19. "Offensive" disease of heat: excessive heat in the body and cholera
**Lu 7, Bl 40, Co 11, Cv 12, St 36, Co 4. Emergency points on finger tips
and 30 PC BACH LAO**
20. Attack of Summer heat: excess heat in the body and Dyspnoea
Lu 7, Ki 10, Cv 12, Bl 40, Cv 6, Sp 9. 30 PC BACH LAO
21. Convulsions in children
**Lu 7, Gv 20. 9 PC INN TRANG – Special heart point on bridge of nose – thread
Yin Tang downwards**
22. Epilepsy in children due to spleen
Lu 7, Bl 20, Li 1, Gv 20, Gv 26

23. Polydypsia (excessive thirst)
Lu 7, Gv 26, Sp 4, Bl 20, Cv 12, Th 1, Ki 6, Ki 3
- (a) Polydypsia may come from different origins (Yang ki Tcheou)
- spleen origin
 - three heater origin
 - kidney origin
- (b) Polydypsia (Su Wen)
- “An empty condition of the stomach will cause bulimia (abnormal increase in the sensation of hunger). Changes in the kidney will cause thirst. Sexual intercourse that doesn't correspond to the desires is the cause of disturbances of the 3 Heater. Polydypsia is a sign of fullness because it is a transformation of humidity (Earth) into dryness (Metal).”
24. Effusion of blood (“Hac Sa”) with abdominal pain, headache, excess heat in the body, fear of cold, pain and stiffness in the lumbar area, insomnia.
Lu 7, Lu 3, Bl 40, PC 86 SAPSUN (emergency point on finger tips)
25. Serious effusion (“Bach Sa”) with abdominal pain, vomiting, diarrhea, cold in the four limbs, nails of the hands are black, insomnia
Lu 7, Pe 7, Li 1. 30 PC BACH LAO, 86 PC SAPSUN (emergency points on finger tips)
26. Effusion of blood and serum (“Hach Bach Sa”) with headache, sweating, thirst, diarrhea, fear of cold, cold in the four limbs, insomnia, or borborygmus.
Lu 7, Bl 40, Cv 17, Gv 20, Li 1, Pe 6, Gv 44, PC DAN DIEN, 86 PC SAPSUN (emergency points on finger tips)
27. Delusion, ego mania
Lu 7, Gv 26
28. Sadness – sympathy (it is a sign of qi stuck in the thorax)
Lu 7, Ki 1, Lu 11, Pe 6
29. Pain around umbilicus and abdomen
Lu 7, Cv 17, Li 1, Lu 1, Si 1, Lu 9, Sp 6
30. Worries, anxiety (it is a sign of stuck qi in the heart)
Lu 7, Pe 7, Pe 6
31. Tinnitus (Cicarda like)
Lu 7, Ht 9, Gv 2, Pe 9, CP 1
32. Rhinitis of impure fluid
Lu 7, Gv 23, Pe 6, Co 11, Co 4
33. Progressive disease of cold with excessive heat in the body
Lu 7, Bl 4, Pe 6, Lu 8, Co 4
34. Dysentery: white or red faeces (stools). Cold feeling in abdomen and pain.
Lu 7, St 28, Cv 6, St 26, St 25, Sp 6, St 36
35. Inflammation of the breast with pain
Lu 7, Si 1, Cv 17, Pe 7

How to Use

(Personally) I use the idea of sedating the MP (Lu 7) to influence a wide variety of conditions which I feel are under the influence of Ren Mai.

SOME THOUGHTS

Considering the importance, as a pathway, of the perineum, and Cv 1 – Chong, Ren & Du Mai all pass through this area, perhaps attention should be paid to the damage caused to this area during childbirth. The above 3 meridians are said to pass the uterus on the journey to the perineum – the usage of IUD's, especially those with copper, may have an effect on the energy flow of these basic meridians, and in sensitive individuals, perhaps on the whole system.

CONCEPTION VESSEL LUO MERIDIAN

(Shanghai) The meridian separates from the Cv meridian at the lower part of the sternum from Cv 15, it spreads over the abdomen.

(GM) From Cv 15, it sends numerous small branches fanning out over the abdomen.

(Shanghai) If excessive, pain at the skin of abdomen.
If deficient, itching at skin of abdomen.

SOME POINTS INFLUENCING REN MAI

Cv 1

(Shanghai) Revive from drowning, local problems.

(FM) All perineal and local problems.

Cv 15

(Shanghai) Angina pectoris, seizures, hiccups, mental illness, asthma

(FM) Chest full, coughing, throat problems, fluid not descending, dysphoea, hiccup, vomiting, gastric pain, palpitations, cardiac diseases, walks around wildly, can't choose correct words.
Unilateral headaches, loss of virility.

Lu 7

(Shanghai) (traditional functions) opens the lungs, disperses wind, clears and regulates Ren Mai.

(traditional indications) headache, panting, pharynx swelling, hemiplegia, mouth awry, wind rash, bloody urine, limb oedema.

(indications) headache, coughing, asthma, urticaria, facial paralysis, stiff neck

(GM) Strengthen dispersing function of the lungs, to dispel wind, remove obstructions and invigorate jing-luo

(FM) Unilateral face/head pain, trigeminal neuralgia, toothache, migraine, can't speak or open mouth, cough, thick mucous, influenza, breathless, melancholic feeling in lower part of chest, trembling, petit mal, epilepsy, mad laughter, bad memory, yawning, middle of palm hot and painful, hemiplegia, neuralgia of shoulder and arm with shaking of upper arm, shivering cold in the back, limbs ice cold, haematuria, spermatorrhea, pain in pelvis, hemorrhoids, sty, pruritis, dry skin.

Ki 6

(Shanghai) (traditional functions) cools heat, calms spirit, benefits throat.
(traditional indications) throat blockage, dry throat, eye pain, edema, irregular menstruation, vaginal discharge, prolapsed uterus, genital itching, difficult labor, seizures, hemiplegia, insomnia.
(indications) pharyngitis, tonsillitis, neurasthenia, seizures, psychosis, prolapsed uterus, irregular menstruation.

(GM) To eliminate head, calm the mind, promote the function of the uterus, remove obstructions in Yin Qiao.

(FM) Dry throat, four limbs weary, madness or epilepsy at night, hemiplegia, lower abdomen painful, irregular menstruation, leucorrhoea, uterine prolapse, pruritis valvae, involuntary erections, constipation, insomnia, asthma, migraine, headache, arm and hand neuralgia.

Cv 24

(Shanghai) (traditional indications) mouth and eyes awry, facial edema, thirst and emaciation, hemiplegia
(indications) facial paralysis, hemiplegia, toothache, excessive salivation, mouth ulcers
With Gv 16 for headache and stiff neck (point of intersection of Co, St & Gv on Cv)

(FM) Head and back of neck stiff and painful, half body uncoordinated, hemiplegia, local mouth problems, insanity, fear, complete dumbness.

(GM) To dispel wind, sedative, to stop pain.

(personally) Any neck problems and as a 'band-aid' for nausea

Ren Mai

(GM) Very effective in women, particularly young women with menstrual problems deriving from weak or stagnant qi. Particularly useful when the stagnation is caused by excessive consumption of cold food, causing cold in the lower abdomen. The pulse is usually weak or short.

IV YIN QIAO MAI MP-Ki 6 CP-Lu Accum PT- Ki 8

PATHWAYS (ANATOMY)

(Shanghai) Originates at Ki 6 and extends along the medial leg. Crossing the perineum and chest before entering the supraclavicular fossa. From here, it ascends through the throat and emerges in front of St 9. There it traverses the medial aspect of the cheek, before reaching the inner canthus, where it joins the bladder and Yang Qiao going over the head and the brain.

Intersects Ki 6 & 8, B1 1

(Manfred Porkett) Is a ramification of the kidney meridian, originates at the back of Ki 2 and travels in front of the lateral malleolus and medially across the top of the thigh and upper leg to the genitals, where it penetrates the throat, to emerge again in the supraclavicular fossa. It continues across the throat and chin to St 9 and ascends across the medial part of the zygomatic to the inner canthus.

(Dr van Buren) Starts at the heel and carries jing and body fluids to the inner corner of the eye at B1 1. Begins near Ki 2 to Ki 6 and 8. Up the medial leg and .5 cun out from abdominal midline to Ki 21 region, where it branches out to St 12, across the throat to St 9 to edges of the mouth and up to finish at B1 1, then B1 6.

(Woollerton & Maclean) Begins Ki 2-6 region, ascends leg and passes through all the yin organs of the body to the St 12 region, through the throat to B1 1. Some sources say over the skull to Gb 20 and into the brain.

(Ling Shu Chapter 28) From the heel upwards along the inner ankle to the throat, where it's connected to Chong Mai.

(Giovanni Maciocia) Flows upwards to the eyes, transporting jing and body fluids there

FUNCTIONS (PHYSIOLOGY)

(Manfred Porkett) Accessory meridian for the distribution of jing qi stored in the kidneys.

(Giovanni Maciocia) When it's functioning normally, the eyes are clear, with enough fluid and good vision. Yin Qiao removes stagnation of qi and blood, especially in genital area. It controls the eyes and genitals. Useful for imbalance, rather than overall excess or deficiency.

PATHOLOGY

(Shanghai) Diseases of the eye
Tightness and spasms of muscle along the medial lower legs, while those along lateral aspect are flaccid or atrophied (in seizures/paraplegia).
Lower abdominal pain.
Pain along waist to genitals.
Hernia, leukorrhagia.

(Manfred Porkett) Fatigue, epilepsy, spasms, impotence, diseases of sex organs, powerlessness of yang function and organs, and spastic functions of yin ones.

- (Dr van Buren)** To be used when the yin pulses are too weak and/or rapid.
When illness manifests in lower abdomen, thorax or upper abdomen
In any stagnant yin, or yang xu condition.
- Diagnostic aid* Yin Qiao causes pupils to contract.
- Abnormal changes* Sleepiness, abdominal pains and problems, impotence, scrotal hernia, leukorrhea, epilepsy.
- To be used as a couple if symptoms appear in 2 or more categories, or if all patients symptoms are in one group.
1. sore throat
uncomfortable urination with bladder pains
excess hunger
abdominal pains
vomiting with diarrhea
feeling that the chest is too big
 2. breast abscesses
dry stools
any stomach abnormality
generalized oedema with paralysis
 3. coma
diarrhoea with blood
uncomfortable diaphragm
any bowel abnormality
- (Ling Shu Chapter 28)** Relaxation of yang side and tightening of yin side.
- (Woollerton & Maclean)** Sexual weakness, lack of sexual pleasure, difficult childbirth, toxic pregnancy, post partum pains and bleeding.
Bladder weakness, cystitis.
Hypersomnia
Constipation
Motor impairment in legs.
- (GM)** When in excess – the eyes want to close (somnia)
- (Tonifying B1 62 and sedate Ki 6 and regulate B1 1) also, the muscles of the external aspect of legs are relaxed and the inner ones are tight.
- Numerous gynaecological symptoms, including habitual miscarriage, infertility, post-partum hemorrhage, difficult delivery.

YIN QIAO TYPE (GM) Middle aged woman with stagnant qi and blood, causing genital problems – pulse is usually firm with a deep kidney pulse.

Qiao vessels in general – if are in a state of balance the ankles are steady.

(Chris Madden) Specific Action

1. Pathology of the Tzang and Fu.

Symptoms:

- Pharyngeal spasm, pain in passing urine.
- Rectal prolapse, pain in the bladder.
- Inflammation of the testes with pelvic pain.

In Women:

- Difficult labor, fainting and retention of lochia (vaginal discharge that takes place during the first week or two after childbirth).
- Metrorrhagia (irregular periods)

Treatment

Master Point Ki 6 (sedate)

1. Oliguria, Dyspnea
Ki 6, Sp 9, Th 1, Co 4
2. Frequent output of urine
Ki 6, Cv 6, Cv 4, Bl 13, Sp 6, Ki 1, Li 13, Pe 7
3. Inflammation of testes – scrotal hernia
Ki 6, Li 1, Li 8, St 29, Ki 2, Sp 6, Bl 23, Bl 28.
PC LANG MON
4. Hernia (inguinal, scrotal, chemical; pertaining to the skin or tibia) with abdominal pain
Ki 6, Gb 26, Ki 1, Ki 3, Li 1
5. Haematuria with pain of the penis or vagina.
Ki 6, Ki 10, Ki 1, Sp 6
6. Spermatorrhoea with frequent passing of urine
Ki 6, Cv 4, Bl 30, Ki 3, Sp 6
7. Erotic dreams with nocturnal emission
Ki 6, Cv 3, Bl 43, Bl 15, Ki 2, Bl 23
8. Difficult labor with retention of placenta
Ki 6, Cv 14, Co 4, Sp 6, Bl 67
9. Constipation with females
Ki 6, Bl 62, Sp 9, Ki 3, Sp 6

10. Pelvic pain after labor with lochia (vaginal discharge after childbirth)
Ki 6, Sp 6, Cv 9, Cv 4, Bl 43

11. Ovarian cyst
Ki 6, Cv 17, Cv 9, Cv 4, Cv 6, St 36, Li 2, Sp 4, Th 6, Sp 6

NOTE: In Chinese medicine a cyst can be fluid filled and develops from the qi-blood formation of the ovary.

12. Blood disorders in females; Dyspnoea and abdominal swelling
Ki 6, Cv 10, Cv 17, St 36, Li 2. PC KHI QUAN

13. Asthenia (lack or loss of energy) due to blood-qi xu, in females; feeling of overwhelming heat, worries, pain in the whole body, heavy head and lights in front of eyes
Ki 6, Bl 13, Gv 20, Bl 43, Co 11, Co 4, Gb 39

14. Ataxia in elderly people
Ki 6, Bl 57, Gv 34, Li 3, Lu 5, Co 4

15. Cholera or diarrhea with very weak limbs
Ki 6, Bl 64, St 36, Bl 57, Co 11, Co 4, Lu 5, Gb 34

16. Odema of lower limbs due to damp-cold with excessive heat in the body accompanied by pain
Ki 6, Li 3, Bl 40, Sp 6

17. Odema of lower limbs due to deficiency of kidney qi with inflammation, excessive heat in the body (without signs of emptiness)
Ki 6, St 30, Ki 3, Sp 4, Sp 6, Sp 10, Bl 40

18. Oedema of lower limbs due to liver; pain in the gonads, pain in lateral malleolus, acroparesthesia, stiffness, numbness and tingling of extremities
Ki 6, Bl 60, Li 7, Gb 39, Bl 40, Gb 34, Sp 6

19. Generalised Oedema
Ki 6, Cv 6, St 36, Co 11, Co 4, St 44, Li 2, Sp 6

20. Ascites with Dyspnoea
Ki 6, Cv 6, Cv 9, St 36, Li 2, Sp 6

21. Ascites (abdomen enlarged)
Ki 6, Cv 12, Cv 17, Cv 9, Sp 6

22. Chronic oedema of face and limbs
Ki 6, Gv 16, St 36, Co 4, Gb 41, Co 11, Sp 6

23. Loss of weight with leucorrhoea (white vaginal discharge)
Ki 6, Cv 4, Sp 6, Bl 23. 30 PC BACH LAO

24. Cold in uterus (sterility)
Ki 6, Cv 3, Sp 6. 49 PC TU CUNG

25. Irregular periods with vertigo and pelvic pain
Ki 6, Gb 35, Co 4, St 44

26. Dysmenorrhoea in the young girl with umbilical and pelvic pain
Ki 6, Bl 23, Sp 6, Cv 4
27. Difficult labor
Ki 6, Sp 6, Co 4. PC DOC AM (Yin 'solitary' lonely)
28. Ovarian cysts of qi or blood origin
Ki 6, Li 2, Cv 4, Cv 9, Sp 4, Cv 6, Gb 41
29. Disorders of the 5 Tzang with worries and sensations of heat
Ki 6, Pe 6, Li 8, Pe 7, Co 4. PC TU HOA, 86 PC SAPSUN – emergency points on fingertips
30. Qi rushing with tightness and pain in the thorax
Ki 6, Pe 6, Bl 15, He 7
31. Pharyngitis
Ki 6, Lu 11, Gb 20
32. Leakage leading to empty yang
Ki 6, Ki 2, Bl 23, Cv 3, Sp 6

SOME POINTS ON YIN QIAO

(See Lu 7, Ki 6 earlier)

Ki 8

- (Shanghai)** In 2 cun above the medial malleolus, at the medial margin of the tibia.

For irregular menstruation, abnormal bleeding, urine retention, diarrhea, constipation, pain in medial aspect of leg.
- (FM)** Menstrual problems, prolapsed uterus, loins, thighs and legs painful, dysuria, constipation, pus and blood dysentery, night sweats.
- (GM)** Very useful in middle-aged women with stagnation of Qi and Blood causing genital problems. One could use this vessel for older women as the counterpart of Ren Mo for younger women. The pulse is usually firm and the K1 pulse very deep.

CHONG MAI

MP = Sp 4 CP = Pe 6

PATHWAYS (ANATOMY)

- (Shanghai)**
- 1st Originates in lower abdomen, and emerges along the path of qi (?). Then it tracks the course of the kidney meridian, ascending through the abdomen, skirting the navel and finally dispersing in the chest.
 - 2nd Begins where the channel is dispersed in the chest. It ascends across the throat and face and terminates in the nasal cavity.
 - 3rd From the lower abdomen to below the kidney, then along the path of qi and descends along the medial aspect of the thigh into the popliteal fossa. Then it traverses the medial margin of the tibia, and posterior aspect of medial malleolus before ending at the bottom of the foot.
 - 4th Separates from the third pathway, along the tibia and moves towards the lateral margin of the bone. It enters the heel, crosses the tarsal bone of the foot and finally reaches the big toe.
 - 5th Separates from the main course of the meridian in the pelvic cavity. It goes backward into the spine and circulates around the back.

Intersections Cv 1 and 7, St 30, Ki 11-21

(Manfred Porkett) According to the Su Wen, it originates in the inguinal region at St 30, passes the navel with the kidney meridian and radiates within the chest. According to the Ling Shu, this meridian, or its branches extend upwards within the back, constituting a reservoir. A superficial part ascends in front, to the larynx, with a branch associated within the chest and a network going around the mouth.

(Ling Shu) From St 30 within the stomach (?) meridian and upward along both sides of the abdomen through Cv 4 to reach the throat.
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(Woollerton & Maclean) It is thought academically that the kidney abdominal points connect via Chong Mai and the skin, rather than a pathway existing between each kidney abdominal point, Chong Mai points being ½ inch under the surface, Kidney points being 1½ inches under the skin.

(GM) Starts in the kidneys, goes down to the uterus (or prostate), flows down to Cv 1, one branch flows up the sacrum and lumbar spine to the height of Gv 4. Another branch from Cv 1 goes to St 30 and Ki 11, and then to all kidney points to Ki 21. It then flows in the chest and throat (through Cv 23) and circles around the mouth.

Over the abdomen and thorax it sends off many 'capillary-like' vessels which diffuse its energy over these areas.

A branch goes from Ki 11 to St 30 and down the inner side of the whole leg down to the big toe, which it encircles.

Another branch from Ki 11 connects with the kidney meridian and flows with it down the leg, sending off many small branches and all the yin side of the leg.

FUNCTIONS (PHYSIOLOGY)

(Manfred Porkett) Sends branches to all yang above, and yin below, and Du, Ren and Dai Mai. Also direct links with Ki and St meridians hence is called the “highway” meridian.

(GM) ‘Chong’ means strategic points – connects all kidney points on the abdomen, and in a way is the origin of all other EM’s.

sends numerous small capillary-like branches superficially, all over the body, so that jing qi circulates with wei qi in the skin and flesh. When this energy arrives at the ting points, gives rise to other EM.

Vital role is blood circulation – is called the Sea of Arteries and Meridians, and nourishes the circulatory system as one of the 5 Ancestral organs.

Thus Chong Mai functions:

1. originates in kidneys – so distributes jing qi and blood all over the body.
2. originates in kidneys – and connects with St 30, therefore it connects pre and post-natal qi
3. controls the changes of 7 and 8 year cycles with Ren Mai
4. nourishes the blood (one of five ancestral organs)
5. circulates jing qi in skin and flesh with wei qi

Areas of control – genitals, abdomen, thorax, heart, inner aspect of thighs, big toe.

PATHOLOGY

(Shanghai) Gynaecological problems, male sexual problems, including impotence, abdominal pain and colic.

(Woollerton & Maclean) Digestive, gastric ulcers, hyperacidity, gynaecological diseases, lumbago, palpitations, stomach ache, heart diseases and all organic diseases with hereditary factors.

(Ling Shu Chapter 29) Upsurging energy and acute abdominal distention.

(Manfred Porkett) Generalized contravention resulting in heat flushes towards the head with cold limbs and violent pains in hypogastrium

(GM)

1. Clears obstructions
2. Weak digestion from poor constitution (link between pre and post-natal qi)
3. Problems in 7 and 8 year cycles (‘hormonal’)
4. Due to blood/Chong Mai connection, any menstrual problems related to the spleen, specifically when due to stagnation or obstruction.
5. Due to blood/Chong Mai connection and the nature of Chong Mai are restorers of circulation/deobstructor, is very useful for tonifying the heart and restoring its function.

Fullness in middle heater, maybe from poor sp. Function and lead to mucous or indigested food, accumulating in the chest, maybe spreading to the Pc, causing severe heart valve problems, apoplexy, or mental illness.

6. As Chong Mai circulates jing qi together with wei qi in skin and flesh, it constitutes the link between our constitution and resistance to external evils. Similarly, St 30 may be used to supplement jing qi from digestive function.

(Dr van Buren) Symptoms from two or more groups, warrant coupling of MP and CP, or if patients symptoms fall all in one group.

1. chronic heart pain
eating continuously, but food passes slowly – slow peristalsis
2. urine smells foul
personal full of wind
diaphragm feels hard and full
3. colon full of gas and red stools
placenta doesn't come out after an hour.

(Chris Madden) Pathology-Cardio-Abdominal, heart problems associated with digestive.

Symptomatology

- 9 sorts of heart disorders – accumulation of energy at the level of the thorax.
- Vomiting after eating.
- Accumulation of food at the level of the stomach (dyspepsia), borborygmus.
- diseases of the water element, digestive disorders, energy disorders of the diaphragm.
- Abdominal pain, hypochondria, pain surrounding the umbilicus.
- Cold intestines, disease of “Hot-Cold”, cardiac pain
- In female: placenta retention – Metrorrhagia (irregular uterine bleeding), fainting
- Diarrhoea (Sp 4 is very efficient). (Tay Giang Nguyet)

Treatment

In treating the Chong Mai, Sp 4 is the Master Point and has to be needled before other symptomatic points.

1. 9 sorts of cardiac disorders plus all “cold” symptoms
Sp 4, Pe 7, Cv 12, Ki 1
2. Obstruction and discomfort in the diagrammatic area. Pain inside the chest
Sp 4, Pe 8, Cv 17, Pe 5
3. Energy disorders of the diaphragm with 5 sorts of obstruction with hiccups
Sp 4, St 36, Cv 17, Sp 3
4. Abdominal swelling – umbilicus fullness and dyspepsia
Sp 4, St 25, Cv 9 St 44
5. Pain in the hypochondrium with dysstasia (difficulty in standing)
Sp 4, Th 6, Li 13, Gb 34
6. Diarrhoea, dysentery
Sp 4, Cv 10, St 25, Ki 6

7. Precordialgia (pain in the precordium – the epigastrium and lower part of the thorax)
Sp 4, Pe 7. Pc QUAC TRUNG
8. Hypochondria pain with chi rising upwards
Sp 4, Li 13, Gb 34
9. Abdominal swelling and vomiting of clear liquid
Sp 4, Cv 14, Cv 12, St 45
10. Dyspepsia
Sp 4, Cv 12, St 41
11. Vomiting of mucous, bourdonnements, vertigo
Sp 4, Cv 12, St 40
12. Disease of “hot-cold” due to heart: (Malaria ?)
Sp 4, Ht 7, Bl 15. 30 Pc BACH LAO (1 tsun from 1st thoracic vertebrae)
13. Disease of “hot-cold” due to spleen: fear of cold and abdominal pain
Sp 4, Bl 20, Sp 5, St 6
14. Disease of “hot-cold” due to liver: greenish complexion, fear of heat and excessive heat in the body
Sp 4, Li 4, Bl 8, Gb 39
15. Disease of “hot-cold” due to lung: feeling of cold inside (abdomen) and fear
Sp 4, Li 13, Co 4
16. Pharyngitis
Sp 4, Gb 20, Ki 6, St 36
17. Disease of “hot-cold” due to kidney
Sp 4, Ki 4, Bl 23, Bl 62
18. Disease of “hot-cold” persistent fever
Sp 4, Gb 39. 30 PC BACH LAO (as above)
19. Disease of “hot-cold” fever first then cold
*****Si 11, Gb 39, 30 PC BACH LAO (as above)
20. Disease of “hot-cold” cold first then fever
Sp 4, Si 3, Si 11, Pe 8
21. Disease of “hot-cold” with thoracic pain
Sp 4, Pe 6, Pe 7, Cv 13
22. Disease of “hot-cold” with bourdonnements plus vomiting of mucous constantly
Sp 4, Co 4, Cv 12, Lu 7
23. Disease of “hot-cold” with Arthralgia (pain in the joint)
Sp 4, Bl 42, Pe 30, Ki 2. 30 PC BACH LAO (as above)
24. Disease of “hot-cold” with Polydipsia – excessive thirst persisting for long periods of time
Sp 4, Ht 1, Pe 5, Gb 26

25. Disease of “hot-cold” due to stomach: hungry but not eat
Sp 4, Bl 21, St 45, Sp 2
26. Disease of “hot-cold” due to gall bladder: fear of cold, fear, insomnia
Sp 4, Gb 41, Bl 19, Pe 4
27. Jaundice: oedema in the upper and lower limbs, sweating of yellow colour
Sp 4, Gv 9, Co 4, Cv 12, St 36. 30 PC BACH LAO (as above)
28. Jaundice: the body is yellow, yellow urine
Sp 4, Bl 20, Ki 1, Gv 9, St 36, Co 4. 30 PC BACH LAO (as above)
29. Pain in limbs due to wind
Sp 4, Co 11, Gb 31, Th 5, Gb 35, Sp 6, Co 10
30. Jaundice due to food: Eblonissements, vertigo, abdominal swelling after eating, yellow complexion
Sp 4, St 41, Gv 9, St 36, Ki 10. 41 OANN TOU
31. Jaundice due to 3 heater: yellow complexion, abdominal pain – yellow urine, Urticaria (an itching such as is caused by a nettle)
Sp 4, Bl 9, Gv 9 Si 4, Bl 40
32. Jaundice in female: yellow complexion, excess heat in the body, fear of cold, oliguria
Sp 4, Cv 4, Bl 23, Gv 9, Ki 2
33. Dysmenorrhea
Sp 4, Cv 6, St 25, Sp 6
34. Abdominal pain
Sp 4, Pe 8, Ht 5, Pe 7, Cv 17
35. Accumulation of mucous (in heart. This is an emergency treatment)
Sp 4, Pe 7, Lu 7, Ki 1

Comparison and differentiation between Ren and Chong Mai (GM)

1. Ren Mai corresponds to qi, Chong Mai to blood
Therefore, Ren Mai is used in problems due to deficiency or stagnation of qi, or of rebellious qi, whereas Chong Mai is used more in stagnation of blood problems.
2. Ren Mai is more used for lung problems. Chong Mai for heart and spleen.
3. Ren Mai is more used for cases of deficiency or rebellious qi, Chong Mai is more used when there is actually a material accumulation (of food or mucous).
4. As a consequence of the above, Ren Mai is more used when the pulse is weak or short or fine (all symptomatic of qi problems), whereas Chong Mai is used when the pulse is slippery and full or long (signs of solid accumulation).

5. Ren Mai has a more 'circular' action on the median plane of the body, whilst Chong Mai has a more dispersing action. Therefore, Ren Mai is more used when there is a stagnant qi problem in the central line, stimulating the centre like a wheel. Chang Mai is more used in cases of stagnant qi and/or blood spreading horizontally and creating obstruction in the chest and abdomen. (eg. Asthma of qi rebellious nature – Ren Mai – asthma of stuck mucous – Chong Mai).
6. In menstruation, Ren Mai more used for qi problems, allied with sadness (lungs), and Chong Mai with blood problems, allied with spleen and liver.

(Personally) I have found the Chong Mai couple very useful in cases of partial or complete retention of placenta. In a case of partial retention, the woman's placenta disintegrated at birth, and the doctor didn't perform a D&C to ensure it had all been expelled. The next day she had a very uncomfortable, lumpy abdomen. Amongst other treatment, I used the Chong Mai couple. The abdomen felt much better after that, and about two hours later she passed two enormous clots, which were probably pieces of placenta.

In another case, 15 minutes has elapsed since birth, and the woman was bleeding (no anti-hemorrhagic injection was given). The uterus hadn't contracted since birth, thus I vigorously massaged the left Sp 4 (in my concern, I used the 'wrong' side according to Dr van Buren). After 1 minute, I got someone else to vigorously massage the right Pc 6. Within 20 seconds, the uterus expelled the placenta. Both of these cases could have been coincidence, but I felt in both cases, the knowledge available on EM was extremely helpful.

SOME THOUGHTS ON CHONG MAI

Malnutrition

In cases of semi-malnutrition eg. Anorexics, look at the inner thigh, about Sp 10. If the muscles are wasting, Chong Mai, the body's ability to nourish itself is under attack.

Chong Mai is said to be very deficient also, if one lies down and the body shakes with the heart beat (perhaps think of the Great Luo of the stomach mentioned in the Shanghai text pg. 88). Dr van Buren suggests that the point St 30 along with St 36 can be used in any case where the body is inadequately nourishing itself. (Sea of Nourishment).

Morning Sickness & Nausea Generally

The Nanjing Seminar notes under morning sickness is pregnancy, attribute one case of this symptom to be excessive qi stored in Chong Mai due to the suppression of menses after conception, and the rebellious qi there rising upwards through the point of St 30.

I have not had the courage to sedate this point in early morning sickness, and don't recommend it, but it is an interesting thought. Ki 21 is mentioned in a few sources as an anti-nausea point (including morning sickness). It is the end of the Chong Mai points on the surface of the body and possibly if sedated, may clear out the problem mentioned above.

Breast-feeding

Some sources mentioned the direction of flow of Chong Mai as being downwards during menstruation, and upwards during lactation. The Shanghai text (pg. 677) states that mother's milk is produced by the qi and blood in the Chong and Ren Mai. One reason given for insufficient supply is lack of blood, possibly due to post-partum hemorrhage, or blood xu condition existing prior to pregnancy or birth.

It is interesting to note that 'primitive' cultures use breast-feeding as contraceptive measure – in these societies breast-feeding is constant, as opposed to 3 or 4 hourly bursts, and the quality and quantity of food consumed is less, and energy expended in physical activities is relatively more, than in our average Western lactating mother. These factors possibly explain why breast-feeding in our culture is a very unreliable form of contraception unless the mother is noticeably blood xu (and also probably qi xu).

Confirmation of upward flow of Chong Mai and Milk Flow

After a large post-partum hemorrhage, although the blood transfusions were give, I found after the return of menstruation following the birth of my second child, the week prior and following the start of bleeding, very disturbing symptoms appeared. Palpitations and internal (physiological as opposed to emotional) anxiety made their presence felt especially at night, or whenever the milk flow started. Sucking at the breast made no difference, but once milk let-down occurred, frightening palpitations accompanied it. The symptoms were eased if I was horizontal whilst feeding, as opposed to sitting up. It seemed obvious to me that although the physical blood was replaced, the quality of my blood energy couldn't support my needs, my baby's needs, and menstruation collectively.

Another breast-feeding mother I treated had a similar experience after losing no amount of blood at birth but continually leaking fluid after a complete loss of amniotic fluid (the waters broke early) 4 days prior to onset of labor . With the return of menstruation, she also experienced night palpitations, great anxiety and as she is an asthmatic, spectacular attacks necessitating hospital treatment often nightly during her early periods after birth.

ROLE OF ENERGIIC & PHYSICAL OBSTRUCTIONS, SCARS AND ADHESIONS

Since the advent of more authoritative texts from China, much has been made in the West of Channel and Collateral theory. One area I feel that is practically ignored by people following this theory is the role of accidental and deliberate (surgical) blockage of these pathways and the consequences of such events. One of the liver qi's roles is that of maintaining the free-flowing movement of qi and by extension all other energetic and physical substances in the body. Obviously, if the liver's sphere of influence is directly blocked by an internal energy disturbance, this role will be impeded. Such energy disturbances include:

1. Lack of qi and blood circulation and production, dependent on the other organs systems functioning.
2. Constraint of liver qi directly due to emotional factors (inherent liver qi/blood deficiency may predispose the person to such a problem giving a primary and a secondary aspect to this). Similarly, the blockage of the livers qi's free-flowing function may be due to more outside influences.
3. Constraint of liver qi due to actual sexual/physical frustration due to inappropriate or inadequate sexual release (think of the pathways of the different liver meridians).
4. Actual physical blockages from trauma to the pelvic/spinal/abdominal area.
5. Energy blockages set up by years of holding oneself in certain positions, due to lifestyle or occupational factors (including the wearing of fashionably high heels, tight corsets etc) or from shutting down the area and its associated 'naughty' feelings.
6. Formation of adhesions within and between the pelvic structures due to any of the mentioned factors.

7. All of the above may set up gross physical manifestations which require surgical intervention, leading to actual blockages due to the scar formation, post-operatively on the skin, and internally.

Due to the length of the time the patient has been aware of the problems in the pelvic area and the probably seemingly hopeless nature of her condition which has led her to an alternative practitioner as a last resort, such problems may be quite stubborn as they represent a body condition not a disease as such.

I feel that the usage of 'pure' acupuncture techniques only to be of little value in the quick resolution of pelvic blockages.

Perhaps if the patient has consulted an acupuncturist at the beginning of the stuck qi manifestations, needle technique and the astute selection of points would have been sufficient. I doubt our collective abilities to perform at present as master acupuncturists, cum magicians, thus suggest a multi-faceted approach to treatment.

Stuck qi usually leads to stuck blood.

Stuck blood as a term can cover any number of physical blockages which in normal functioning would not exist. Fibroids (according to Dr van Buren stuck blood encapsulated in membranes) and endometriosis (according to Dr van Buren's spleen blockage caused by earth/metal imbalance, along with excess fire of the kidneys) come instantly to mind.

Manifestations of phlegm-damp, the consequences of infections, the formation of cysts, adhesions and general scarring in the tubal and adjacent areas may be considered as a mixture of stuck qi/blood and phlegm-damp.

The process of ridding the body of these blockages, plus the externally acquired gross surgical scarring is outlined in "Infertility and Pregnancy".

'Bridging' scar tissue – if a scar and its immediate area feels in any way different from the surrounding tissue, this method is strongly recommended. The scar area feels different because it has modified qi and blood circulation, which in turn, particularly if on a meridian, will cause changes in the flow of that meridian causing repercussions above and below the scar. Rather than placing needles at each end of the scar, I tend to adopt a heavy handed approach, depending on the patient's sensibilities and ability to handle such treatment initially. I place needles about $\frac{1}{3}$ – $\frac{1}{2}$ inch apart all along the scar's periphery.

Once the needles are removed (after maybe 10-15 minutes with occasional stimulation) I try to squeeze blood out of the needle-holes on the theory that where blood flows, qi follows. Light adhesion breaking is then advisable around the area.

Counsel the patient on the use of comfrey ointment on and around the scar, massaged in for 5 minutes, twice daily to continue the energy and physical healing of the scar (regardless of its age).

Dr van Buren recommends the usage of St 30 bilaterally once a month two years after any abdominal or thyroid operation.

As St 30 is a major point of Chong Mai, the de-obstructing meridian, I use it whilst the scar needles are inserted, and any other points I feel will help in the moving of qi through the area. This may include points immediately above and below the scar's traverse of a meridian/s.

SP 10 – as a major point also of Chong Mai, de-obstructs blood

SP 4 – as the MP of Chong Mai, and luo of spleen – useful also in the draining of lymphatic area

St 25 & Cv 7 together are supposed to assist in breaking internal abdominal adhesions.

Zhigong & Cv 3 to work on the uterus

TH 5 as a special uterus point (Dr van Buren)

Lu 7 as MP of Ren and CP of Yin Qiao Mai – to effect changes in stagnancy of qi and blood in abdomen.

Ki 12, 13 local points and stimulate ovaries.

St 40 to resolve phlegm and dampness

Co 11, GB 34 to relax abdominal and muscular tension

Gb 26, 27, 41 to work on unblocking of Dai Mai

Gv 1 to deobstruct and relax spinal and lower abdominal areas

A selection of relevant ear points may also be used – possibly ovary, pituitary, thyroid, endocrine, internal secretion, muscle relaxant, pelvic, Shen Men.

The scar tissue may benefit from light moxa and/or dermal hammering before or after the bridging or alternatively between specific scar bridging treatments to aid the softening or adhesive and scar tissue and for encouraging energy flow.

POINTS OF INFLUENCE CHONG MAI

Sp 4

(Shanghai) (*Traditional functions*) regulates the spleen and stomach and regulates the Chong Mai.

(*traditional indications*) stomach ache, intestines hard 'like drums' and abdominal pain, vomiting and diarrhea, tidal fevers, seizures

(*Indications*) stomach ache, acute and chronic enteritis, vomiting, irregular menstruations, endometritis, foot and ankle pain.

(FM) Swollen intestines, stabbing pain in intestines, abdomen swollen, ascites, cardiac pain, pleurisy, vomits foul food, intestinal hemorrhage, fever with yellow ulcers and excessive perspiration, face swollen, very thirsty.

(GM) To readjust the function of the St and Sp to invigorate Chong Mai.

Pc6

(Shanghai) (*Traditional functions*) calms the heart and spirit, regulates the qi and suppresses pain.

(*Traditional indications*) chest pain, diseases of the chest, St and Sp disharmony, tidal fever, jaundice, apoplexy, prolapsed rectum.

(*indications*) rheumatic heart disease, shock, angina pectoris, palpitations, vomiting, chest pain, stomach ache, abdominal pain, spasm of diaphragm, migraine headaches, hyperthyroidism, seizures, hysteria, asthma, swollen and painful throat, pain associated with surgery.

(FM) Headache, insomnia, dizziness, palpitation of hear, epilepsy, madness, easily frightened, swelling under armpits, cramp of elbow, cardiac pain, vomiting, middle regions blocked full and swollen, spleen and stomach not harmonized, stomach very painful, gastritis, enteritis, swelling of abdomen, diarrhea, hiccoughs, coughing, depleted and wearing summer-heat diseases, rheumatism of foot, jaundice, irregular periods, post-partum bleeding and dizziness, spermatorrhoea, being nearly pulseless.

- (GM)** To tranquillize the heart, calm the mind, regulate qi circulation, stop pain, promote the function of the stomach, regulate the middle heater, open the chest, open Yin Wei Mai, has deep effect on
1. cardio-vascular
 2. digestive
 3. mental/nervous.

Sp 10

- (Shanghai)** (*Traditional functions*) harmonizes nourishing qi and cools heat.
(*traditional indications*) irregular menstruation, lack of menstruation, continuous uterine bleeding, dripping urine, distended abdomen due to rebellious qi
(*Indications*) irregular menstruation, abnormal uterine bleeding, urticaria, pruritis, neurodermatitis, anuria.
- (FM)** Dysenorrhoea menorrhagia, dysmenorrhoea, orchitis, perineal eczema, indigestion.
- (GM)** To dispel wind, to dispel heat from the blood, regulate circulation of jing qi and blood.

Sp 30

- (Shanghai)** (*traditional indications*) pain in penis or testicles, colic, excessive bleeding, infertility, disorders relating to childbirth
(*indications*) diseases of reproductive organs, hernia
- (FM)** Abdominal pain, spasm of foot, unable to use foot, hernia, penile swelling and pain, impotent, placenta retained, amenorrhoea, menorrhagia, energy that rises to the top of the body, sensation of warmth in the stomach.

Ki 21

- (Shanghai)** .5 unit lateral to Cv 14 (deep insertion might puncture liver), intercostals neuralgia, distended stomach, stomach spasms.
Chronic gastritis
- (FM)** Whole of chest painful, intercostals neuralgia, bronchitis, region below heart melancholic and full, pain on swallowing, no appetite, vomits mucus, upper abdomen swollen and full, diarrhea containing blood, gastric or duodenal ulcer, jaundice, vomiting or pregnancy, amnesia, milk from breast does not come out, ulcer in breast, breast abscess, eyes red and painful starting from inner canthus, feeling of energy that rises.

YIN WEI MAI

MP = Pe 6, CP = Sp 4 ACCLUM. POINT = Ki 9

PATHWAYS (ANATOMY)

(Shanghai) Begins at lower leg Ki 9, ascends medial aspect, enters lower abdomen then continues upward across the chest to the throat, where it meets the Cv at Cv 22 and Cv 23.

Intersections Ki 9, Sp 12, 13, 15, 16, Liv 14, Cv 22, 23.

(Manfred Porkett) From Ki 7 up internal leg/groin/hypogastrium, inner abdomen and thorax, penetrating the diaphragm and ending laterally on the larynx.

(Ling Shu) Starts at the place of various yins, Ki 9.
Chapter 28

FUNCTIONS (PHYSIOLOGY)

(Manfred Porkett) It communicates with the yin meridians and joins the Ren Mai. It constitutes a kind of net trussing up all the yin meridians. It controls the jing and the blood.

(Ling Shu) Connects the body to accommodate extra energies unable to flow in the master meridians.
Chapter 28

(GM)

1. 'Wei' means to connect. Yin Wei Mai connects all yin meridians.
2. Yin Wei Mai controls the blood
3. It controls the heart

Areas of body controlled by Yin Wei Mai – chest and heart.

PATHOLOGY

(Manfred Porkett) Chronic pains of throat and in epigastrium, loins and genitals

(Ling Shu) Heart pain.
Chapter 29)

(Woollerton & Maclean) When this meridian is diseased the patient will have heart pains even though the heart itself is not diseased. This is because the blood, which is supplied by the spleen by the intervention of the kidneys, is being supplied in insufficient amounts.

It is indicated for emotional instability, timidity, nervous laughter, anxiety and apprehension amnesia, nightmares.

Cardiac pain, indigestion, abdominal pains, ulcers, constipation, varicose veins, pain in the pit of the stomach.

Dr van Buren To be used as a couple, when the symptoms fit into 2 or more groups or when symptoms fit all in one group.

1. Swelling or fullness of chest or heart
Diarrhea
Anal protrusion and difficulty with eating – foot gets stuck.
2. Intestines and stomach are hard and full
In women – chest and heart pains
3. No stools and therefore chest pains
Chronic chest pain
Malaria (got to know when to treat the parasitic cycle)

Yin Wei coupled and Cv 22, needles out after pulses balance, then Chong Mai – to influence the thyroid and FSH in women.

Yin Wei coupled and Chong Mai – to increase action of medulla of supra-renals (adrenaline).

(GM) 1. As it connects all the yin meridians, it is used in yin xu conditions, especially of the heart. Its use (coupled MP & CP) is in his opinion, an excellent way of tonifying the yin when it's exhausted, particularly by emotional problems. This meridian is used to tonify rather than acting as a reservoir. Usage of Ki 9 during the coupling will increase the tonification process.

2. Has a powerful tonifying effect on the blood, and can be used in cases of blood deficiency causing palpitations, fear, cardiac pain, restlessness, apprehension. Palpitations and a feeling of oppression in the chest are key symptoms for coupling this meridian.

Yin Wei Mai tonifies the heart as a consequence of tonifying the blood, thus it can be used in palpitations, timidity, anxiety, nightmares, depression.

(Chris Madden) Specification

1. Pathology of heart and gall bladder
2. Pathology of spleen/stomach
3. Pathology of intestines

Symptoms

- Abdominal fullness, tightness of chest
- Borborygmus, dysentery, hemorrhoids
- Dyspepsia with abdominal pain
- Accumulation of energy, shoulder pain
- In female: pain between ribs, heart pain, accumulation of qi in thorax
- All rebellious diseases

Treatment

Master Point Pe 6 (sedate bilaterally)

1. Abdominal swelling: “cold” in the stomach
Pe 6, St 36, Cv 17
2. Fullness and tightness of middle heater, pain in the hypochondrium
Pe 6, Th 6, Li 13, Cv 17
3. “Empty-cold” of spleen stomach: vomiting
Pe 6, St 44, Cv 6, Cv 13, Sp 4
4. Deficiency of Qi in spleen/stomach: sweating and abdominal fullness
Pe 6, Sp 3, Cv 6, St 36, Cv 9
5. Hypochondria and cardiac pain
Pe 6, Li 2, Gv 34
6. Accumulation of qi in the abdomen: heaviness and pain
Pe 6, Pe 7, Cv 12, Sp 6
7. Accumulation of food: Cachexia – a profound state of constitutional disorder
Pe 6, Si 4, Gv 20, Sp 4
8. Accumulation of food: blood stuck, abdominal pain
Pe 6, Bl 21, Cv 6, Li 1
9. Among the 5 sorts of accumulation, qi stuck and blood stuck
Pe 6, Bl 17
10. “Empty-Cold” of Tsang and Fu: hypochondria
Pe 6, Th 6, Ht 5, Li 13, Gb 34
11. Stuckness due to wind: stuck qi and abdomen
Pe 6, Bl 12, Cv 17, Pe 8, St 36
12. “Empty-Cold” of colon: rectal prolapse
Pe 6, Gv 20, Gv 4, Bl 57
13. Constipation and rectal prolapse
Pe 6, Gv 20, Ht 6
14. Poisoning, inflammation and pain of the Tzang, intestinal hemorrhage
Pe 6, Bl 57, Bl 18, Bl 17
15. Five types of chronic hemorrhoids
Pe 6, Bl 35, Gv 1, Bl 57
16. Five sorts of epilepsy (with saliva)
Pe 6, Ht 7, Bl 15. PC QUAY NHAN
17. Psychological disorders with grief and crying
Pe 6, Ht 5, Si 3, Ht 7, Ki 4

18. Disorders of heart meridian: madness, no recognition of friends and parents.
Pe 6, Si 17, Bl 15, Bl 19. 86 PC SAP SUN (emergency points on fingertips)
19. Disorders of Heart meridian: forgetfulness, aloofness, psychasthenia – fear, anxiety, obsessions, self accusations.
Pe 6, Bl 15, Ht 5, Ht 9
20. Heart qi empty: singing or laughing
Pe 6, Ht 4, Bl 15, Ht 5
21. Heart qi empty: fright, confused speech
Pe 6, Ht 4, Ht 8, Bl 15, Si 3
22. Heart qi disorders: mental instability
Pe 6, St 8, Ht 5, Bl 19, Bl 15
23. Direct attack of wind in the heart meridian: with depressed state of mind
Pe 6, Pe 9, Gv 20, Sp 2
24. Weakness of heart organ: nausea and fright
Pe 6, Ht 6, Bl 15, Ht 5
25. Heart qi empty and cold: Ataxia – failure of muscular co-ordination.
Pe 6, Bl 19, Ht 5, Gb 41

POINTS INFLUENCING YIN WEI MAI (see Chong Mai Sp 4 and Pc 6)

The accumulation point of Yin Wei Mai, Ki 9, is an extremely valuable point.

Ki 9

(Shanghai) 5cm above and 2 cun posterior to medial malleolus

(Traditional indications) insanity, colic, pain along medial aspect of leg
(Indications) nepritis, cystitis, orchitis, P.I.D. seizures, psychosis, gastrocnemius spasms.

(FM) Toxemia of pregnancy with lower abdominal muscles spasm, no milk, muscle spasms in calf, insanity, feet painful, legs weak, swollen tongue – suddenly sticks it out.

(GM) Tonify kidney qi, calm the mind, tonify Yin Wei Mai.

(Personally) **PREGNANCY INDICATIONS** – I find the point Ki 9 invaluable in all cases of threatened miscarriage, or premature labor. It is the major point for these conditions although the underlying conditions eg. Kidney yang xu, need treatment concurrently. Felix Mann states that the usage of this point in the third and sixth month of pregnancy is said to improve the baby's constitution and help negate negative aspects within a person's makeup.

I have used it also in pregnancy in any case where the mother has suffered emotional or physical shock, including medical drug therapy for medical problems. Dr. Shen cannot stress too strongly the future effects on a fetus who is exposed to maternal upsets, especially emotional, thus I feel the usage of this point during pregnancy is most important.

Once the mother can feel the baby's movements, if this point is inserted, the baby invariably moves about, regardless of its previous inactivity.

**REMOVING
TOXINS**

From an unknown source, Ki 9 is supposed to be excellent at detoxifying a person, the more poison in their system, the more tender the point on pressure. Possibly this is a feature in the 3 and 6 – monthly pregnancy treatments.

**CALMATIVE
FUNCTION**

Using the idea of detoxifying and of working on tonifying all yin, especially the heart and blood, I have used this point as part of a treatment regime in assisting methadone withdrawal. It is always difficult to say exactly what does and doesn't 'work' during the course of the treatment, but once inserted, these needles either by virtue of their own being, or by operating on all yin, eased subjectively, the problems the methadone addict felt.

Have also used this to great effect in a pregnant woman suffering shock – she felt the baby, her uterus and herself all relax once it was inserted.

YIN WEI MAI

Very useful in middle-aged women with stagnation of Qi and blood causing genital problems. One could use this vessel for older women as the counterpart of Ren Mai for younger women. The pulse is usually firm and the K1 pulse very deep.

(GM)

The mental/emotional picture of this vessel is the clearest of all the EM: for women with emotional problems, sadness, depression, headaches, palpitations, feeling of oppression on the chest. The pulse is weak-floating or choppy.

PATHWAYS (ANATOMY)

- (Shanghai)** Originates below the hypochondrium at the level of 2nd lumbar vertebrae. Goes downwards and encircles the body at the waist like a girdle. Takes in points Gb 26, 27, 28 bilaterally.
- (Manfred Porkett)** Originates in the floating ribs and surrounds the body like a belt. Actual points – Liv 13, Gb 26, 27, 28.
- (Ling Shu) Chapter 28** Begins from the lowest false rib and completes one full circle around the waist like a belt.
- (Woollerton & Maclean)** As above. They state current opinion (?) often adds Gv 4 and a connection to Gv 15 – this being a point on Yang Wei Mai, and are of the contact points with the brain.
- (GM)** As above, put states also a connection with Ki separate meridian at BI 23.

FUNCTIONS (PHYSIOLOGY)

- (GM)**
1. It is an offshoot of the Gb meridian, and hence its pathology is closely related.
 2. It encircles all leg meridians and allows smooth energy flow to the feet.
 3. It harmonizes the function of the liver and Gb (one of the 5 ancestral organs), controls genitals, head, waist, hips.
- (unstated)** It links with all vertical meridians in the body, and then to some extent controls all qi flow in the vertical direction, upwards or downwards.

PATHOLOGY

- (Shanghai)** Fullness in abdomen, irregular menstruation, leucorrhoea, pain in lumbar region, weakness or motor impairment of the leg.
- (Manfred Porkett)** Quivering feeling as if one is sitting in water, irregular menses, paretic atrophies of the extremities, hypogastrium pains and pains in the loins.
- (Dr van Buren)** To be used coupled, if symptoms fall into at least 2 categories, or if all symptoms fall into one group.
1. Stroke (or thrombotic, or embolism nature, not hemorrhage)
 - Extremities are difficult to hold up, especially with body
 - Painful and numb
 - Fever and trembling
 - Swelling around the neck
 2. Eyes red and painful
 - Buzzing in the ears
 - Sore swollen throat
 3. Skin itches
 - Muscles tremble
 - Maybe leg pains

Lower limbs painful and swollen

**(Ling Shu
Chapter 29)**

Abdominal swelling, shivering with cold as if sitting in water.

(GM)

States that Dai Mai is chiefly affected by imbalanced Gb function. He uses it (coupled)

1. For headaches
 - (a) frequent, violent migraines – temples and eyes
 - (b) related to menstrual cycles – (liver governs blood storage – if too much is stored, there is excessive flow, and headaches). These women tend to have damp heat in liver luo meridian, cystitis and frequently, mild occipital eczema.
1. When the downward flow of qi is weakened – usually when St/Sp Yang xu. Obstruction of qi at waist level, loss of liver's free-flowing function. Very cold, purple feet, very tense leg muscles (liver yin not nourishing) and very tense abdomen. If serious, the feeling of sitting in water. If very serious, difficulty in walking, stumbling, lack of balance.
3. To harmonise liver and Gb function, especially if excess liver yang. This may be reflected in arthritis especially of the hip – lack of liver yin nourishing the tendons (in order people – from overwork, physical, emotional – from Dr. Shen).
4. Connection Ki separate meridian and Dai Mai – difficulty swallowing, shivers, fevers, pain and stiffness around the waist, swollen throat.

GM states

2 Dai Mai 'types':

1. young woman with headaches, menorrhagia, cystitis, eczema and full pulse, especially liver
2. older woman, hip arthritis, very full, hard Gb pulse.

(Chris Madden) Specification:

1. Pathology of the 4 limbs
2. For equalisation of energies in the middle of the trunk

Symptoms

- attack of wind: paralysis
- pins and needles (painful) and stiffness of limbs
- headache with facial oedema
- eyes disorders: red eyes, painful & headache as in a helmet
- deafness, pharyngitis, dental neuralgia
- generalized massive oedema: all parts of the body (rarely the head)

Treatment

Master point Gb 41 (very strong effect on harmonizing the liver and therefore all energy in the body.

1. Inflammation of the dorsal aspect of the foot
Gb 41, Li 2, Bl 62
2. Pins and needles in limbs
Gb 41, Li 3, Co 11, Pe 7, Co 4, St 36, Th 3
3. Ataxia of lower limbs with difficulty in movement (walking)
Gb 41, Li 3, Sp 4, Gb 34
4. Ataxia of upper limbs with apraxia – inability to carry out purposeful movements
Gb 41, Li 3, Sp 4, Gb 34
5. Contraction of the fingers: apply moxa x 5 on each joint then needle
Gb 41, Lu 5, Co 5, Ht 3. PC NGU HO
6. Contraction of the toes: apply moxa x 5 on each joint then needle
Gb 41, Sp 4, Gb 34. 153 PC KHAU KHU
7. Heat in the sole of foot (of damp-heat origin)
Gb 41, Ki 1, Co 4, Bl 64
8. Inflammation of lateral malleolus (due to wind)
Gb 41, Bl 60, Ki 6. 153 PC KHAU KHU
9. Heat in the dorsal aspect of foot: acromelalgia or erythromelalgia – a disease affecting the extremities of body marked by paroxysmal bilateral vasodilation with burning pain and increased skin temperature and redness.
Gb 41, St 42, Gb 43. 86 PC SAP SUN (emergency points on fingertips)
10. Empty kidney: Lumbago
Gb 41, Bl 23, Gv 6, Bl 40. Cv 6 (special point for lumbar pains).
11. Lumbago due to trauma
Gb 41, Gv 6, Gv 2, Bl 23, Bl 40
12. Qi empty stuck dampness, lumbago and general weakness.
Gb 41, Gv 6, Gv 2, Bl 23, Bl 40
13. All diseases due to qi xu qi with weakness of the limbs
Gb 41, Bl 15, St 36, Cv 4, Bl 43. 30 PC BACH LAO.
14. Liver Chi stuck in hypochondria with violent pain (feels like a knot).
Gb 41, Li 13, Th 6, Cv 12, Pe 7, Gb 34
15. The 4 limbs are contracted
Gb 41, Ht 3, Lu 5, Gb 39. 107 PC BAT TA.
16. Pain that comes and goes in the limbs
Gb 41, St 36, Bl 40, Gv 40, Co 11, Th 5. PC THIEN UNG

17. Pain in the knees and the two bones of the leg
Gb 41, Li 2, Gb 39, Li 3, St 36, Gb 34. 145 PC TAT NHAN.
18. Pain and pins and needles in the calf
Gb 41, Gb 39, Gb 31, Gb 30, Sp 6. PC TU QUAN.
19. Pain and pins and needles in the arm
Gb 41, Gb 21, Co 11, Th 5, St 36
20. Generalised arthritic pain
Gb 41, Bl 47, Gb 39, Gv 4, Th 5
21. Heat in the palm of hand: Acromelalgia or erythromelalgia (due to wind)
Gb 41, Ht 4, He 2, Co 4
22. Inflammation of a knee joint of wind origin
Gb 41, Li 7, Li 2, Gb 31, Gb 34
23. Arthritic pain of the wrist (due to wind)
Gb 41, Lu 9, Pe 7, Co 4
24. Lumbago with pain spreading towards the groin
Gb 41, Gb 27, Bl 40, Sp 6
25. Pain of the cervical, scapular and arm (branchial) area
Gb 41, Gb 21, Co 11, Th 3
26. Pain of the groin, thigh and internal (medial) side of the leg (due to wind)
Gb 41, Gb 30, Bl 40, Gb 34
27. Arthritis pain with excess heat in the body
Gb 41, Gb 21, St 36, Co 11, B1 40
28. Pain that come and go (due to wind)
Gb 41, PC THIEN UNG< Co 11, St 36, B1 40
29. Skin disorders, generalized itching (due to wind)
Gb 41, Gv 20, 30 PC BACH LAO< Gb 31, Cv 6, Gb 34, Gb 39, Cv 9
Sp 10, B1 40, Co 11, 9 PC TAI YANG
30. Headache with stiff neck
Gb 41, Cv 24, Gb 20, 21, Gv 16

Personally In any pelvic problem, or any case with abdominal surgery, or blockage of energy in the middle of a person, I tend to use Dai Mai not as a couple, but as a strong unblocking treatment. I usually have bridged the scar/s prior to this treatment. I do deep massage on sacral area, insert bilateral Gb 41, ensuring strong needle sensation. The points Gb 26, 27, 28 are then inserted bilaterally and the patient instructed to breathe slowly and deeply into the lower abdomen whilst visualizing qi flow up the kidney meridian to Cv 6 area and our again in time with the breath.

If scars are present, I have usually done adhesion breaking massage and, if relevant, moxa on the scar, prior to needle insertion. About 5 minutes before the end of the treatment (usually leave the needles in about 15-20 minutes), I insert a relevant Cv point – Cv 3, if uterus/prostate problem, Cv 4 or 6 or 7 depending on what I want the treatment to do, perhaps Cv 2 slanted downwards with strong needle sensation, if I hope to 'awaken' the genital area. This is a very strong unblocking treatment.

I used the above technique on a patient who hated his genitals (the look of them especially), had an empty hollowed-out feeling in his chest and a feeling of total separation of his head and his body. Not surprisingly he had a very strong emotional reaction to the treatment, resulting in a much more integrated feeling between himself and his sexuality.

This treatment is especially useful for helping people get in touch with that 'forbidden area' – think of Gb and Liv connection to liver tendino-muscular, luo and separate meridians and their connections to the sexual organs, and the liver main meridian and organs role in the free-flowing movement of qi in the body.

In understanding the physiology and anatomy of the EM, one is able to be creative with one's treatment – a further example is that of a laboring woman whose contractions became incoordinated, due to a separation of the different areas of the uterine muscles. The practitioner used the point Gb 41 (master point of Dai Mai, encircling the waist) and the contractions co-ordinated and the baby was born normally.

POINTS INFLUENCING DAI MAI

Gb 41

- (Shanghai)** In the hollow just in front of the union of the 4th and 5th metatarsal bones.
(traditional functions) spreads and drains the liver and Gb, clears and regulates the Dai Mai.
(indications) headache, vertigo, conjunctivitis, mastitis, scrofula, rib pain, abscessed breast, irregular menstruation, dampness and swelling of the foot.
- (FM)** Lower part of legs and feet damp and swollen, rheumatic pains that move around, ribs full and painful, irregular menstruation, dysmenorrhoea, ulcers of the breast, axillary adenitis, vertigo, mastoid pain, intermittent fever, excessive perspiration.
- (GM)** To promote the unrestrained free-flowing of liver qi, to dispel damp-heat for hypochondrium area (higher than liver).

Th 5

- (Shanghai)** (*Traditional function*) relieves external and hot conditions, facilitates the circulation of stagnant qi in the channels.
(*Traditional indications*) pain in fingers inhibiting grip, hand tremors, swollen throat, tinnitus, deafness, febrile diseases, rib pain, constipation, headache.
(*Indications*) common cold, high fever, pneumonia, parotitis, deafness, tinnitus, migraine headache, enuresis, stiff neck, hemiplegia, pain in joints of arm, paralysis.
- (FM)** Arm problems, rheumatism in general, slight deafness, epistaxis, toothache, hypertension, headache, pain in chest and ribs, cold, influenza, coughing, fever in general, summer-heat diseases, cholera, intestinal ulcers, infantile paralysis, violent fear, retained placenta.

(GM) To dispel wind, relieve exterior symptoms, relax tendons, invigorate meridians, remove obstruction in Yang Wei Mai.

Gb 26 (called Dai Mai – girdle vessel)

(Shanghai) *(Traditional functions)* regulates the girdle vessel and eliminates damp-heat.
(Traditional indications) irregular menstruation, vaginal discharge, intestinal colic, diarrhea, convulsions
(Indications) endometritis, cystitis, irregular menstruation, paraplegia due to trauma, profuse blood and leucorrhoea.

(FM) Lower abdomen painful, interior of body feels anxious, posterior part of body feels heavy, irregular menstruation, dysmenorrhoea, red or white vaginal discharge, vaginal prolapse, lower abdominal pain, false urge to go to stool in women due to pelvic pressure, loins as though 'seated in water'.

Gb 27

(Shanghai) An anterior side of anterior superior iliac spine, approximately level with Cv 4
(Traditional indications) colic, vaginal discharge (bloody) low back pain, abdominal pain, constipation, infantile convulsions.
(Indications) endometritis, leucorrhoea, hernia, orchitis, low back pain.

(FM) Loins and back painful, uterine spasm, red or white vaginal discharge, constipation, false call to stool in women, orchitis.

Gb 28 0.5 cun below Gb 27 anterior to, and slightly below the anterior, superior iliac spine.

(Shanghai) Adnexitis, endometritis, prolapsed uterus, pain of intestinal hernia, chronic constipation.

(FM) Loins and legs painful, lumbago, oedema, ascites, vomiting, anorexia, intestinal inflammation, orchitis.

PATHWAYS (ANATOMY)

(Shanghai) B1 62, ascends along lateral leg, lower abdomen upwards across posterior aspect of hypochondrium and across posterior axillary fold to the shoulder. Ascends neck and crosses behind the ear to the forehead. Over head to Gv 16.

Points B1 63, Gb 35, 21, 20, 19, 18, 17, 16, 15, 14, 13 Th 15, Si 10, Gv 15, 16, St 8

(Manfred Porkett) Outer foot. B1 63 ascends exterior lower leg to knee, upper leg to lateral side of epigastrium, Crosses the ribs to reach the shoulder, where it reverts briefly downwards through the nuchal region to reach a spot behind the ear, runs across the lateral part of the parietal bone and across the temporal bone to the lateral part of the frontal bone.

(Ling Shu) Starts at the place of various yangs (B1 63)
Chapter 28

FUNCTIONS (PHYSIOLOGY)

(Manfred Porkett) Connecting link between all yang meridians and influences the expenditure of yang qi and controls the wei qi.

(GM) Yang Wei Mai unites/connects all the yang meridians.

(Woollerton & Maclean)

1. Carries yuan qi in its yang form to support wei qi
2. Strong links with the brain (Gv 15)
3. Strongly affects B1 and Gb meridians (look at six divisions – Tai Yang and Shao Yang) thus strong protection functions.

PATHOLOGY

(Shanghai) Chills and fever, vertigo, muscular fatigue, stiffness and pain, pain and distention in the waist.

(Manfred Porkett) Alternative chills and fevers.

(GM) Symptoms and usage are related to Shao Yang division – alternative chills and fevers, also intermittent chills and fevers – latent. Also, symptoms on the sides of the body and the ears.

(Woollerton & Maclean) If Yang Wei Mai is diseased or deficient, the patient feels cold, prone to external evils, colds and chills. Also, used for acne, arthritis in toes and fingers, boils, tinnitus, thinness, mouth abscesses, mumps, nasal bleeding, swollen neck, toothache, general weakness (Yang xu).

(Ling Shu) Shivering with cold and hot sensations.
Chapter 29)

(Dr van Buren) Use as a couple if symptoms fall into 2 or more categories or if all symptoms appear in one group.

1. Joints and extremities swollen and painful
(in women, knees must feel cold to use this)
2. Can't move extremities, although not true paralysis
Muscle and bone pains
Pain in head and neck and eyebrows disappearing
Extremities can feel hot and numb
3. Night sweats
Swollen ankles
Perspiration is foul-smelling

(Ling Shu Chapter 29) Shivering with cold and hot sensations.

(Chris Madden) Specification:

1. Pathology of the jing-luo
2. Pathology of the external glow of Qi (skin and flesh)
3. Pathology due to "cold wind"

Symptoms

- arthritis of extremities
- headache, paralysis of 4 extremities
- pain of the hip and thigh
- pain in cervical region and pain in the external angle of the eye
- pins and needles in limbs, excessive perspiration
- eye disorders, red eyes, titanic fixation of the whole body in straight line
- attack of cold: fever and sweating

Treatment

Three Heater 5 is the Master Point (sedate)

1. Inflammation of arm and forearm with arthritic pain
Th 5, Co 12, Co 15, Co 4
2. Inflammation of external (lateral) malleolus due to wind
Th 5, Ki 3. PC KHALI KHUE, Gb 41, B1 60
3. Arthritis of extremities with apraxia
Th 5, Co 5, Co 4, Si 4. PC NGU HO
4. Arthritis of extremities with difficulty in standing and moving
Th 5, St 44, Li 3, Li 3, BI 60
5. Heat accumulates in the 5 organs (Tzang); Hemoptysis (coughing of blood)
**Th 5, 5 YU points of the 5 Tzang organs, meeting point for blood: BI 15, BI 13, BI 20
BI 23, BI 18, BI 17**

6. Heat accumulates in the 6 Fu: circulatory disorders due to blood not flowing evenly (anarchic circulation)
Th 5, 6 YU points of the 6 Fu, meeting point for blood: BI 21, BI 28, BI 19, BI 27, BI 25
BI 22, BI 17
7. Epistaxis
Th 5, Si 1, BI 15, BI 17, Ki 1
8. Haemoptysis and fainting
Th 5, BI 43, BI 17, BI 18, PC DAW DIEN
9. Haemoptysis and epistaxis due to heat in the blood, the yang goes over the yin
Th 5, Pe 9, BI 18, BI 17, St 36, Sp 6
10. Haemoptysis due to cold in the blood: the yin goes over the yang
Th 5, Ht 8, BI 15, Ht 7, BI 13, BI 17, Sp 6
11. Stiffness of the tongue, inability to articulate words properly
Th 5, Th 1, Pe 9, Cv 24. PC TU TOAN
12. Over excess: excess heat with speech disorder
Th 5. 86 PC SAPAUN (emergency points in fingertips) PC HAI TOAN 20 PC KIM
TAN NGOC DICH
13. Inflammation of the mouth
Th 5, Gv 27, Th 6, Cv 24. 86 PC SAPSUN (as above)
14. The tongue hangs outside the mouth – cannot get back in, sign of aggressive Yang
Th 5, Gv 27, Ht 7, Ht 9
15. The tongue is curled back in the mouth – sign of aggressive yin
Th 5, BI 15, Cv 17. PC HAI TOAN
16. The lips are cut due to cold
Th 5, Cv 24, Lu 11, Th 1
17. Disease of the cervical glands
Th 5, Co 17, Gb 20, St 12. PC TRU 1 TIEN
18. Axillary (disease of the axillary glands)
Th 5, Gb 21, Cv 17, Pe 7, Th 6, Gb 34
19. Disease of the gland behind the ear (right)
Th 5, St 6, Co 4, Si 3, Th 17
20. Inflammation below the ear
Th 5, Co 4, Th 17, St 6
21. Pain in the cervical area
Th 5, Gv 16, Gb 21, Cv 24
22. Disease of the gland behind the ear (left)
Th 5, Th 17, Si 3. PC TRUI TIEN

23. Chalazion: tumor of the eyelid –eyes cannot open
Th 5, Bl 1, Co 4, Bl 18. PC NGU VI
24. Conjunctivitis – tears
Th 5, Bl 2, Th 23. 1 OZ PC ITEU COT KHONG (HAND) PC NHI QUAN
25. Eye disorders due to wind
Th 5, Co 19, Bl 1, Bl 2, Bl 18, Bl 40, Co 4, Lu 7. PC TRUI TIEN< 86 PC SAPSUN
(as above)
26. Pain in the jaws
Th 5, Gv 26, Co 4. PC LU TE
27. Pain in the upper jaw with locked jaw
Th 5, Lu 9, St 6, Co 4. PC LU TE
28. Pain in lower jaw with cervical and facial neuralgia
Th 5, Co 5, Cv 24, St 6, Ki 3
29. Deafness: due to qi stuck
Th 5, Gb 2, Bl 23, St 36, Th 17
30. Tinnitus or itchy ear with pain in ear
Th 5, Gb 3, Co 4, Gb 2
31. Headache due to wind with vomiting or mucous
Th 5, Gv 20, Cv 12, Lu 9, Bl 12
32. Kidney empty with heavy head
Th 5, Bl 23, Gv 20, Ki 3, Lu 7
33. Vertigo and bourdonnements due to stuck mucous
Th 5, Li 1, Bl 18, Gv 20
34. Headache in vertex due to wind
Th 5, Gv 23, Gv 20, Gv 19, Ki 1, Co 4
35. Pain in the eyes with eye disorders
Th 5, Bl 2, Co 4, Gv 20
36. The limbs are contracted due to attack of wind
Th 5, Gb 3, Th 4, Co 11. 107 PC BAT TA

(Dr van Buren) Suggests using Yan Wei Mai and a Gb point on the head and Dai Mai – for cerebrum and more internal spine problems to pelvic PNS.

Dai Mai and Yang Wei Mai – thyroid and front of body, also swollen glands, throats in general, also lymphsarcoma.

(GM) For strongly built, middle aged men with articular or ear problems.

REMINDERS

	MASTER POINT	COUPLE POINT	ACCUMULATION POINT
REN	Lu 7	Ki 6	-
YIN QIAO	Ki 6	Lu 7	Ki 8
DU MAI	Si 3	BI 62	-
YANG QIAO	BI 62	Si 3	BI 59
CHONG MAI	Sp 4	PC 6	-
YIN WEI	PC 6	Sp 4	Ki 9
DAI MAI	Gb 41	Th 5	-
YANG WEI	Th 5	Gb 41	Gb 35

POSSIBLE PULSE POSITIONS (ACCORDING TO DR VAN BUREN) (superimposed on 5 elements pulse positions)

Si	DU MAI	PC	Lu	REN MAI	Co
Gb	DAI MAI	LIV	Sp	CHONG MAI	St
BI	YANG QIAO		Ki	YIN QIAO	

NOTE:

1. The Qiao vessels MP is one point proximal to the relevant main meridians accumulation point – Ki accum. Ki 5 Yin Qiao MP Ki 6.
B1 accum. B1 63 yang Qiao MP = B1 62
2. Lu 7, Sp 4, Pc 6, Th 5 are luo points
3. Gb 41 and Si 3 are 'wood' points of their parent main meridian.

EIGHT EXTRAORDINARY MERIDIANS AND THEIR MORE OBSCURE USAGE

The information below originates from Dr van Buren who never gave out his source of information. This does not necessarily invalidate it.

GENERAL FUNCTIONS

1. The EM are used to eradicate deep-seated inherited congenital problems.
2. They contain energy to prevent the possible dispersion of qi in the naming meridians due to external factors, trauma, toxins etc.
3. They retain or destroy perverse qi in order that the main meridian system is more able to cope (like a safety overload system).

Thus treating by EM, a dramatic aggravation of a condition is possible as the perverse qi is 'dumped' into the system.

CONSIDERATION FOR USAGE

1. If the EM is itself diseased (see groups of systems) usage of points on the meridian, rather than MP and CP may be preferable eg. Usage of St 30 monthly for 2 years after a hysterectomy or abdominal or thyroid operation.
2. If a number of meridian systems there are interconnected by an EM are diseased.
3. For very deep-seated problems that haven't responded to normal acupuncture treatment (ie. 5 or more treatments).
4. For hormonal problems – used in pairs.

GENERAL CONTRAINDICATIONS

If patient is very rundown, aged, out of condition, has kidney qi depletion, perhaps from extended dieting, malnutrition, drug abuse, extended emotional trauma. In such cases, except for perhaps the usage of Yin Wei Mai to tonify the blood and yin, the usage of EM is likely to further tap the kidney energy. A number of treatments and the prescription of relevant Chinaberbs or similar to rebuild the basic energy is indicated before the coupling of this system.

These proscriptions are only for the coupling and pairing of the EM, it should be stressed that practical usage as covered previously may be very applicable.

METHOD OF USING EM COUPLED

A - WHEN USED SINGLY (see symptomatology in separate EM sections in preceding pages)

1. Master point inserted on left side in men and right side in women.
Coupled point inserted 15 secs. at least, on opposite side
Thus left and right, top and bottom are connected. Point locations should be exact and relatively strong needle sensation should be felt after needle manipulation has ceased.
2. Once the pulses have balanced, or the practitioner feels by some other method (other than the clock) that that is enough, the needles are to be removed in reverse order, again allowing at least 15 seconds.
The purpose of the time lapse is to allow the EM time to 'connect'.

Neutral – Dai and Ren Mai

More used on females – Yin Wei, Dai Mai and Yin Qiao

More used on males – Yang Wei, Chong Mai and Yang Qiao

B - WHEN USED AS A PAIRED COUPLE (see below)

1. As part I.
2. Other points as appropriate.
3. Removal in exact reverse order, once the practitioner feels the time is right
4. The MP and CP of the paired meridian is inserted, according to Part I, and removed according to Part 3.

It is suggested (by Dr van Buren) that the first set of needles be removed after the original disarray of pulse caused by needling has settled down – could be 1-20 minutes. The second set of needles again, should be removed when the pulses have evened out.

He also suggested that if a meridian of opposite sex (see below) is used, a patient should be brought back for a balancing treatment in 3 days. I imagine this is more applicable if you are a whiz on pulses – otherwise a ‘general balancing’ however you see yourself achieving this – maybe a polarity massage, may be of more use than further needling.

C - HORMONAL TREATMENTS (see Endocrine & Acupuncture)

Basically two methods of treatment

1. Use points known to have a specific effect on specific hormones.
2. Use EM pairs with added specific point or points needed between the pairs.

Usually try (1) first, as the treatments won't have such ramifications as the EM ones. Remember that TCM doesn't mention such Western ideas and from the former framework, one builds up the kidney function and generally blood and yin levels, balancing any other problems from a TCM diagnostic framework. Also bear in mind the usage of ear points in such cases.

When using complex formulae,

either:

1. insert one meridian pair wait for pulses to settle
2. insert other relevant points, wait for pulses to settle
3. insert other pair of coupled meridian, wait for pulses
4. withdrawal all needles in reverse order

or:

1. insert first meridian pair, and other relevant points
2. wait for pulses to settle and remove needles in reverse order
3. insert second meridian pair and remove once pulses have settled (more favored method).

INDICATIONS FOR COUPLED MERIDIANS

A. CHONG & YIN WEI MAI

1. **Gastro-intestinal** – all flatulent problems, constipation with prolapsed rectum. Lack of appetite, abdominal tympanism, intestinal hemorrhages and vomiting.
2. **Circulatory – cardiac pains.** Pre-cardial pains, chest pains, angina pectoris, palpitations.
3. **Mental-madness,** fears, sadness and weeping, phobias, 'poor nerves', incoherent speech.
4. **General** – weakness of connective tissue, high fevers.

Patient's symptoms indicate the usage of the couple if their symptoms are included entirely in one group, or have a selection from 2 or more groups.

ABNORMAL CHANGES IN CHONG MAI

- Acute abdominal distention, possibly causing heart pain
- Digestive disorders
- Endocarditis or myocarditis
- Frequency or difficulty in urinating (foul smelling)
- Congested legs (notoedema) eg. Varicosities (Chong Mai clears leg congestion)
- Placental retention.

ABNORMAL CHANGES IN YIN WEI MAI

- Cardiac pain, fullness or drest
- Inguinal pain
- Agitation, depression and fears
- Hypotension
- Abdominal pain
- Varicosis
- Ulcers – stomach or skin
- Annoyance without reason
- Inability to calm down

Abnormal changes in a single EM may be removed by sedating the MP only.

(Woollerton & Maclean) suggests that this pair of meridians be used when the patient has organic deficiency due to heredity.

B. DAI MAI & YANG WEI MAI

ABNORMAL CHANGES IN DAI MAI

- Distention of abdomen
- Sensation of lumbar region sitting in water
- Menstrual irregularities
- Vaginal discharge (red or white)
- Headaches/migraines accompanied by female genital problems.

ABNORMAL CHANGES IN YANG WEI MAI

(used when there's an escape of yang – he says hemorrhage ie. yang qi has not held the blood, allowing it to escape)

- Also used for joint pains headaches, skin illnesses
- Chills and fever
- Headaches
- Mumps
- Pain-swelling in the neck
- Pruritis (itching)
- Abscesses
- Fatigue
- Heart failure/pain in heart

INDICATIONS FOR COUPLE

1. **Sensitivity**
 - Pain of all sorts
 - Pain in arm, shoulder, loins
 - Sciatica
 - Arthritis of the hip
 - Swollen joints
 - Teeth and various neuralgic pains
2. **Motor**
 - Cramp
 - Uterus cramp
 - Paresis
3. **Skin**
 - Psoriasis
 - Eczema
 - nervous skin diseases
4. **Circulatory**
 - Hemorrhages of all natures
5. **General State**
 - Night sweats
 - Ankle swelling
 - Weakness following a severe illness

C. DAI MAI & YANG QIAO MAI

ABNORMAL CHANGES IN DU MAI

- Spinal rigidity
- Cramp in spine
- Kidney and bladder faults
- Sterility
- Headaches
- Convulsions
- Hallucinations
- Epilepsy

ABNORMAL CHANGES IN YANG QIAO MAI

- Insomnia
- Epilepsy
- Lumbago and backache
- Problems with ACTH production

INDICATIONS FOR USAGE OF THE COUPLE

Mainly on the brain and spinal cord, is indicated for all excesses of the motor system, and for elimination of toxins.

1. **Circulation** - cerebral hemorrhage
- apoplexy
2. **Nervous** - epilepsy and convulsions
- multiple sclerosis
- Parkinson's disease
- tremor
- titanic crisis
- hemiplegia
- meningeal symptoms
3. **Mental** - general psychic excitability
- insomnia
- intellectual debility
4. **Sensitivity** - migraine
- neuralgic pains, especially of head and neck
- spinal pains
5. **Motor** - torticollis
- cramps
- paresis
6. **Sensory** - oedema of eyelids and tears
- epistaxis
7. **Digestive** - oedema of pharynx
8. **Skin** - pimples
- abscesses, especially occiput

(Woollerton & Maclean) for locomotive and articulation problems, including rheumatism and lumbago, mostly in male patients.

In addition to the MP and CP, **B1 1 and/or 60** for hormonal balance

B1 59, 61 leg rheumatism

*******Si 10, Co 16, 16**, arm and shoulder rheumatism

St 3, 4, Gb 20 – for back rheumatism

Gv 12, Gv 20 for nervous conditions

jjaji points between Gv 12 and B1 12 for multiple sclerosis

D. REN MAI & YIN QIAO MAI

ABNORMAL CHANGES IN REN MAI

- Pain or masses in abdomen (tumors)
- Abdominal skin itches
- Male – every kind of hernia
- Female – fibroids, tumors, menstrual problems
- General – tension in abdominal area

Ren Mai – used singularly for grave and rebellious diseases of a slackening (deficient) nature for tonifying the heating of the Th function, digestive and diabetic disorder.

ABNORMAL CHANGES IN YIN QIAO MAI

- Sleepiness
- Impotence, scrotal hernia
- Leukorrhoea
- Abdominal pains
- Epilepsy

INDICATIONS AS A COUPLE

Beneficial action in cases of deficiency in digestive function, sexual organs, oedema, diabetes, cough, asthma and diseases of the upper respiratory tract.

1. **Respiratory**
 - chronic catarrh
 - rhinitis, sinusitis
 - haemophsis
 - asthma
 - emphysema
 - cough
2. **Urogenital**
 - impotence, frigidity
 - sterility
 - anemia after pregnancy
 - placental retention
 - leucorrhea
 - haematuria
3. **Digestive**
 - sleepy after lunch
 - constipation or diarrhea with anal oedema
 - profuse diarrroea
 - vomiting
 - internal hemorrhoids
4. **General state**
 - slackening of nutritive functions
 - general oedema
 - heat exhaustion

(Woollerton and Maclean) for organic female problems, especially involving water metabolism and hormonal imbalance at menopause. Yin Qiao Mai through its connection to B1 1 has (apparently) a strong effect on the pituitary gland.

GENERAL ENDOCRINE SYSTEM

Yang Wei Mai and any Gb points and Dai Mai

Female – right Th 5, left Gb 41, and Gb 4 (migraines and headaches associated with periods) and right Gb 41, left Th 5.

NB. Use Gb point on the troubled side of the opposite end of the meridian to the problem site.

The combination of Yang Wei plus any Gb point will have a strong effect on the cerebellum (pineal gland) useful to remember for methadone addicts.

This couple may be recognized by a combination of headaches and migraines with period trouble (excess).

Yang Wei Mo is nervous control but also all its cranial points correspond to brain centres.

Dai Mo is hormonal. Harmonize Liv. & Gb

Liv 13 – neutralizes any unemployed sex hormones in system (most period related migraines have excess)

PITUITARY (Use this for ACTH if Dr. has patient on cortisone and is it helping)

Also affects sexual area and adrenals. Will produce ACTH. Arthritis especially as it makes the Ki (adrenals) produce cortisone.

If person is on cortisone – stop it for a few days prior to treatment.

Yang Chiao and B1 1 and Du Mai B1 1 bilateral

B1 62, and Si 3 Si 3, B1 62

NB. Copper is used as a catalyst for manufacturing hemoglobin, couple Yang Chiao and Du Mo are indicated in all symptoms of excess in the locomotor system, the Du Mo represents the neural part (corresponding to spinal cord and brain).

The Yang Chiao is hormonal point of couple

B1 1 – corresponds to adeno-hypophysis and commands the production of both Somatotropic hormone and ACTH. Therefore the couple is a specific in rheumatoid conditions.

THYROID – all these treatments regulate – hyper or hypo.

also **PARATHYROID AND ADRENALS**

Yin Wei Mai and pulses and Cv 22, and Pulses, and Chong Mai

ie. female right Pc 6 left Sp 4, Cv 22, left Pc 6 and Sp 4 right.

In female, above four treatments at 3-daily intervals.

In men, couple of weeks apart 3-4 weeks

If patient has enlarged thyroid and want to use it on its own – find centre of throat-fraction above Adam's apple – a slight dip. Pull skin, put needle in, down, in a bit-looping then skin-up just slightly. Is a drastic treatment – use Sp 3 first (is very nearly Cv 23).

ADRENAL

As above Yin Wei and Chong Mai (no middle point)

The main focus is directed at adrenals, but some to pituitary.
The adrenalin released will stimulate heart action.
Thus can use as a maintenance program.

NB. Chong Mai has its roots in adrenals, thus effect on adrenalin.
Yin Wei Mai has double action.

1. hormonal, with point Cv 22 and its relation to thyroid gland
2. other is nervous – meets up with Vagus nerve

TESTICLES

Yin Chiao Mai and Ki point on abdomen and Ren Mai

ie. left Ki 6 and right Lu 7 and left Ki 16 (unilateral) and left Lu 7 and right Ki 6

NB. If person has weak heart use another Ki point, as affects the arteries of the heart and lung.

OVARIES

Yin Chiao Mai and Ki point on abdomen and Ren Mai then Cv 9 – ovary specific. Above couple is indicated in organic female troubles – with a water metabolism problem.

Water stabilizing depends chiefly on cortex of suprarenal gland – and to effect Ki 2, 6 and 7 of Yin Chiao Mai B1 1 – pituitary.

Also, Cv 9 is a specific in troubles of organic water. (Oedema usually occurs, if at all, at period time).

In such a case, there is always an over-abundance of gonodotrophic hormone, associated with deficiency of sex hormone.

The Yin Chiao connects the adendrypophysis to the cortex of the Suprarenal gland, B1 1 acts on production of ACTH and has also a regulatory action on gonado-trophic hormones and the Ki points act directly on production of sex hormones by the cortex.

If using Yang Chiao with B1 1 – get cortisone production increased.

If using Yin Chiao with B1 1 – get gonodtrophic increased.

Only commanding points of either of the vessels make the selection when B1 1 is needed to couple the couple, Ren Mo represents the neural part and abdominal point 5 correspond to pelvic parasympathetic system.

ENDOCRINE & ACUPUNCTURE

DIRECT TREATMENT OF THE ENDOCRINE GLANDS

Method (1) specific points from p. 6

THYROID

HYPERFUNCTION (YANG) (thyrotoxicosis, toxic goitre, Graves Disease)

Caused by tumor in pituitary gland, thus too much TSH produced.

or adenoma – tumor of the thyroid gland itself

or anything else that caused over production of thyroxin

Symptoms

- heat intolerance, excessive sweating
- palpitation and dyspnoea
- fatigue and muscle weakness
- weight loss – unexplained by diet
- irritability, nervousness
- goiter
- exophthalmus – protrusion of 1 or both eyes, lid retraction
- rapid pulse
- ankle oedema
- fine tremor of hands – moist and wet hands

Medical Treatment – if disease in thyroid gland itself, give thiouracil which the body thinks is thyroxine.

Or Radioactive Iodine – taken up by thyroid gland and cells destroyed ($1/2$ life = 2 months)

Main Points (use a silver needle)

St 9 – direct action on thyroid

Cv 23 – associated with St 9 to reinforce its action

Gv 14 – important action on thyroid, heart and brain

Secondary Points (silver needle)

Gv 20 – sedates nervous system (completes action of Gv 14)

Gv 16 – calms the nervous system and excitability

BI 15 – action on emotivity, shivering, palpitations

Ht 7 – action on emotivity and palpitations and also imbalance of pulse

Liv 2 – anti-spasmodic action, calms general excitability

Use gold needle on Co 4 to eliminate toxins

These treat the symptoms, so use accordingly.

HYPOFUNCTION (Yin)

- Diminished production
- Can go untreated, but sluggishness and sleepiness

Myxedema in adults - Cretinism in children

Symptoms

- Slow heart beat - <60 beats/minute – BP 90/60
- Constipation, anorexia
- Obesity
- Oedema
- Low body temperature – cold dry hands and feet, cold intolerance
- Mentally sluggish – poor ankle and knee joints
- Headache

Goitre

Myxoedematis infiltration – deposition of mixture of gelatinous mass of protein and extra cellular fluid in extracellular spaces.

Main Points – use golden needle

St 9 – direct action on thyroid

St 10 – local action on thyroid

Gv 14 and Gv 20 – acts on thyroid

Th 3 – acts on depression; physical fatigue; troubles with menstruation and impotence

Secondary Points – golden needle

Ki 7 – excites the thyroid and superrenals

Cv 6 – tonifies the general state

Co 4 – silver needle – balances the gold.

PARATHYROIDS – usually embedded in thyroid gland, usually 4

Parathormone – maintains proper level of calcium and phosphorus in blood, thus preserves normal excitability of muscle and nerve tissue.

(excitability increases when calcium decreases and decreased when calcium increases)

affects – bone

ki
intestines

Influences the rates at which calcium is transported across the membranes. If blood calcium is low more goes out from the bones and increases rates of absorption in Ki and Si.

(in Ki, parathormone promotes phosphorous excretion).

Calcitonin – decreases blood calcium

- thyrocalcitonin production in thyroid (little bit of)

factors for increased parathormone - low dietary intake of calcium

lack of Vitamin D

pregnancy and lactation

Ki disease, with Po 4 retention

Hypoparathyroidism – low blood calcium level – tetany

(excess Yin)

tetany of muscles and asphyxiation if left untreated.

Golden needle

Liv 2 – antispasmodic, cramps

Liv 3 – cramps, particularly of lower limbs

Cv 15 – nervous anticonvulsive, contraction of larynx or pharynx with dysphagia

Si 13 – anticonvulsive, pain in occiput, cramps in hands – is a special antitetanic point

Pc 6 – hand and finger cramps

Silver needle **St 36** – to balance

Hyperthyroidism – tumor in one or more parathyroid glands. Causes demineralization and spontaneous bone breakages.

Silver needle

BI 11 – reunion of bones

BI 58 – tonifies the striped muscles (action on fatigue of lower limbs and muscular fatigue)

Gb 30 – action on pain in bones and periosteal abscess

Golden needle – **St 36** – balancing silver

SURRENAL GLANDS – are elongated structures located above the Ki

Medulla (inside portion) functions as part of SNS secretes epinephrine and norepinephrine (adrenaline)

Cortex – forms steroid hormones – adrenocortical hormones – aldosterone

Controls salt balance and CHO metabolism

Normal = maintains sodium and potassium

Increased secretion of EFC sodium level decreases balance during stress, when blood pressure needs to be increased during blood loss and dehydration.

Cortisol - assists in protein breakdown (to amino acids)

Anti-inflammatory and anti-allergic

Elevates blood glucose levels

Addison's disease – loss of sodium and water – fatal if no replacement therapy.

HYPOFUNCTION

Golden needle

Ki 7 – increases adrenalin secretion

BI 47 – acts on minerals and glucocorticoids

Gv 10 – acts on surrenal capsules, causing an afflux of adrenaline, which increases arterial tension (pressure)

Sp 6 – acts on genital steroids and arterial pressure raising the max. B.P.

Secondary points **Cv 6** – acts on astheny

(balance of gold) **Gv 7** – acts on hypophysis and stimulates surrenal capsules

HYPOFUNCTIONING

Silver needle

Sp 6 – genitor-surrenal syndrome

Pc 7 – hypertension – lowers BP

BI 47 – acts directly on surrenals

(Balance St 36 or Co 4 with golden needle)

HYPOPHYSIS (PITUITARY) tend to use stainless steel needles only.

The point acting on the hypophysis are:

Gv 16 – direct action on pituitary Central Nervous System

Gv 17 – direct action on pituitary vegetative nervous system (hypothalamus)

Gv 20 – balancing action on the CNS and Neuro-vegetative system – it is complementary to the other 2.

Points acting on anterior lobe are:

Ki 13 (point of the ovaries) together with **Sp 6**

Moxa Ki 11 (point of the testicles) coupled with **BI 47** – testosterone

Gb 37 – direct action on the anterior lobe

Points acting on posterior lobe are:

Sp 5 – action on unstriped muscles

BI 60 – action on contraction of uterus

Gv 10 – acts on the adrenals, raises B.P.

THYMUS – especially children poor mental and physical growth and development

Sp 2 – acts on physical and mental development also haematopiosis

BI 11 – reunion of bones

Gb 34 – reunion of muscles

PANCREAS – acupuncture has an action on glycosuria

Golden needle

Liv 3

Sp 3

Ki 3

BI 20

Th 3

Silver needle

Liv 3

Gv 3

OVARIES – Hypofolliculine

Golden needle

Ki 13 – acts on ovaries

BI 67 – eases menstrual flow, dysmenorrhoea

Ki 7 – acts on adrenals

Gb 37 – acts on hypophysis (ant. lobe)

Silver needle – Sp 6 – controls blood, gynaecological problems.

Hyperfolliculine – silver needle

Ki 13 – acts on ovaries

Ki 12 – irregular, haemorrhagia, leucorrhoea

Golden needle

Sp 6 – menorrhagia, metrorrhagia, swollen breasts

Liv 3 – too long period and haemorrhages

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