

The Eight Extraordinary Meridians

Class 9

Review

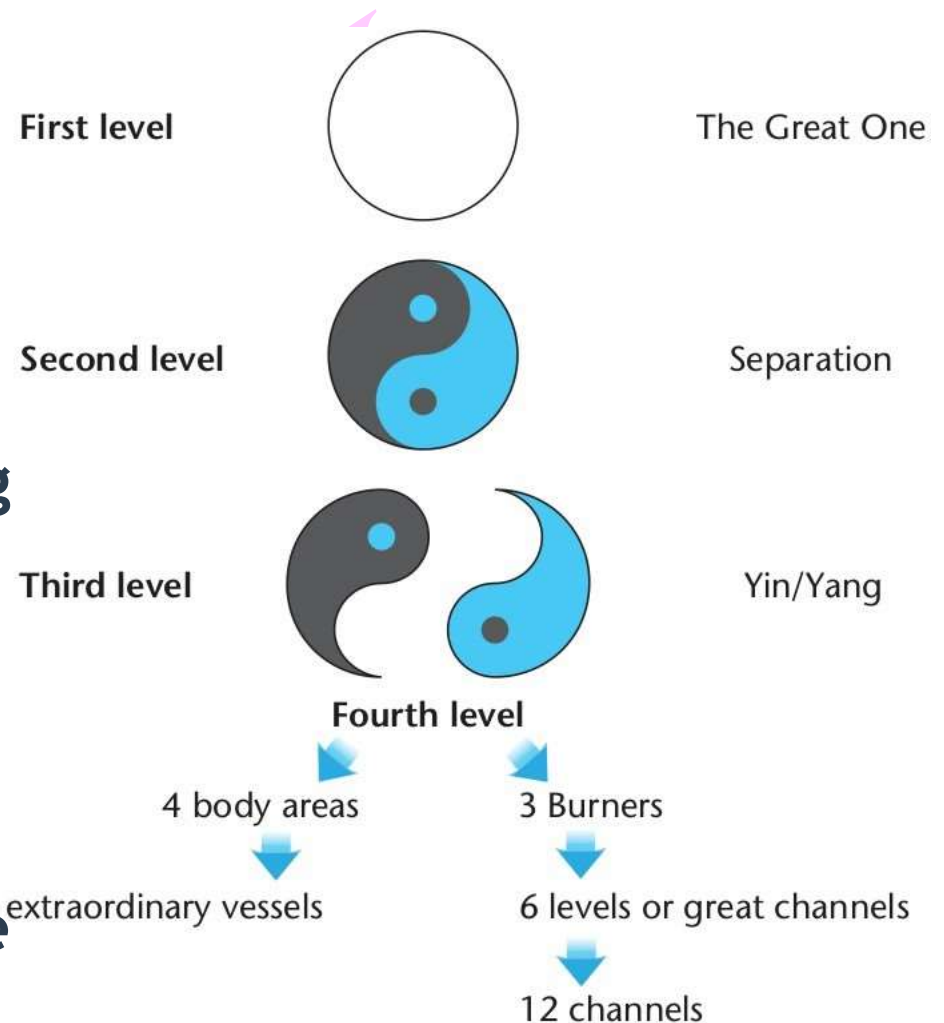
- Shao Yang
- SanJiao
 - ♦ Pathways
 - ♦ Functions
 - ♦ Indications
- Gallbladder
 - Pathways
 - Functions
 - Indications

The Eight Extraordinary Meridians

- **AKA:**
 - Eight Extraordinary Vessels
 - Eight Wondrous Meridian
 - Qi Jing Ba Mai
- **Separate from the 12 Primary Channels**
- **Do not connect to ZangFu**
- **Except Du and Ren, do not have own points**
- **Link the Primary Channels to each other**
- **Run deeper in the body**
- **Originates earlier in the body's development**

Origins

- Movement of Qi in MingMen and QiHai DanTian
- Chong the oldest vessel
- Ren and Du are Yin and Yang-originate from Chong Channel
- Organization of embryonic development
- Forms the 4 division of the body (4 body levels)



Body Division

- Ren and Du separate left and right

Dai separates above

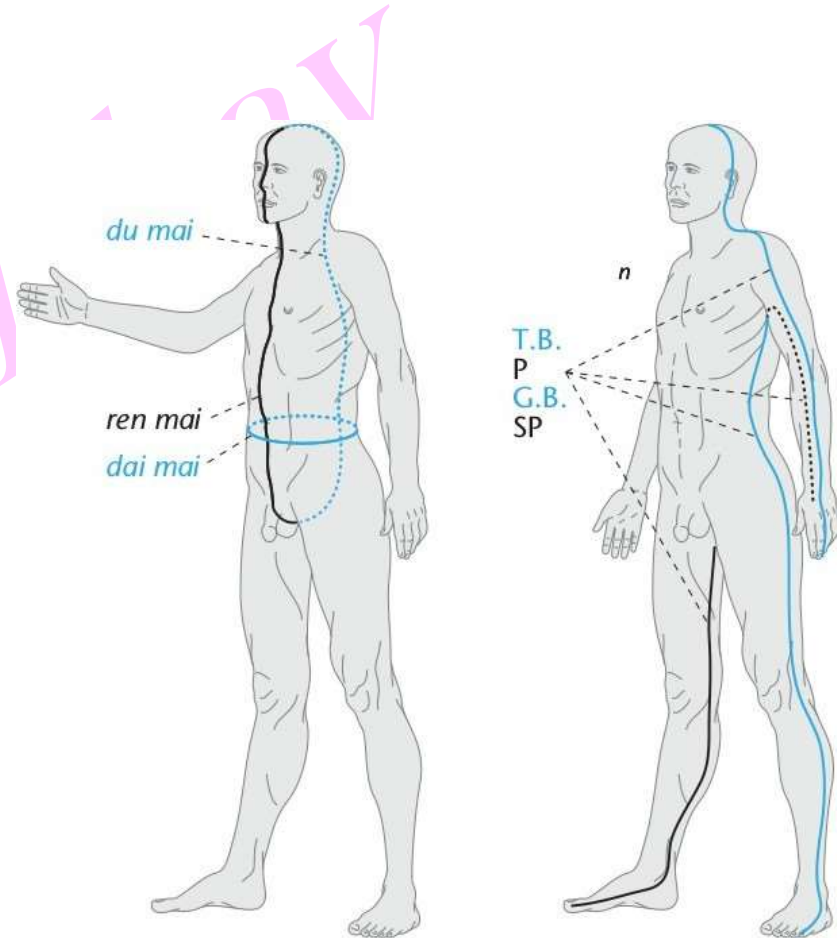
- and below

PC and SP

- separate yin aspects

SJ and GB separate

- **yang aspects**



Functions

- Act as reservoirs
- Link the Primary Meridians
- Protect the body

Reservoirs

- ‘...when the network vessels (the primary channels) are filled to overflowing, none of the... conduits could seize any of their contents, and it is only then that the surplus contents of these vessels flow into the single conduit vessels (the extraordinary vessels)’ (Nanjing, translation by Unschuld 1986)
- Store excess Yin, Yang, Blood, and Qi from the Primary Channels
- Releases it to the Primary Channels when in need
- Thus protects the ZangFu from harm of excess or deficiency

Link the Primary Vessels

- Chong Mai: ‘Sea of the 12 primary channels’; connects primary ST and KID channels; strengthens connection of RenMai and DuMai
- Ren Mai: Sea of Yin; connects all Yin channels
- Du Mai: Sea of Yang; connects all Yang channels at Du-14 (DaZhui)
- Dai Mai: circles the waist; binds all primary channels, esp. Chong, Ren, and KD, LV, and SP (esp. yin channels)
- YinWei Mai: dominates Interior; connects KD, SP, and LV channels, and Ren
- YangWei (Linking)Mai: controls the Exterior; connects the UB, GB, SJ, SI, and ST channels, and DU (all except LI)
- YinQiao Mai: connects the KD and UB channel; controls balance/stillness
- YangQiao (Motility) Mai: connects the UB, GB, SI, LI, and ST channels; controls activity/movement (all except SJiao)

Protect the Body

- Chong, Ren, Du circulate WeiQi to thorax, abdomen, and back
- Linked to KD, Heaven Qi, and constitution

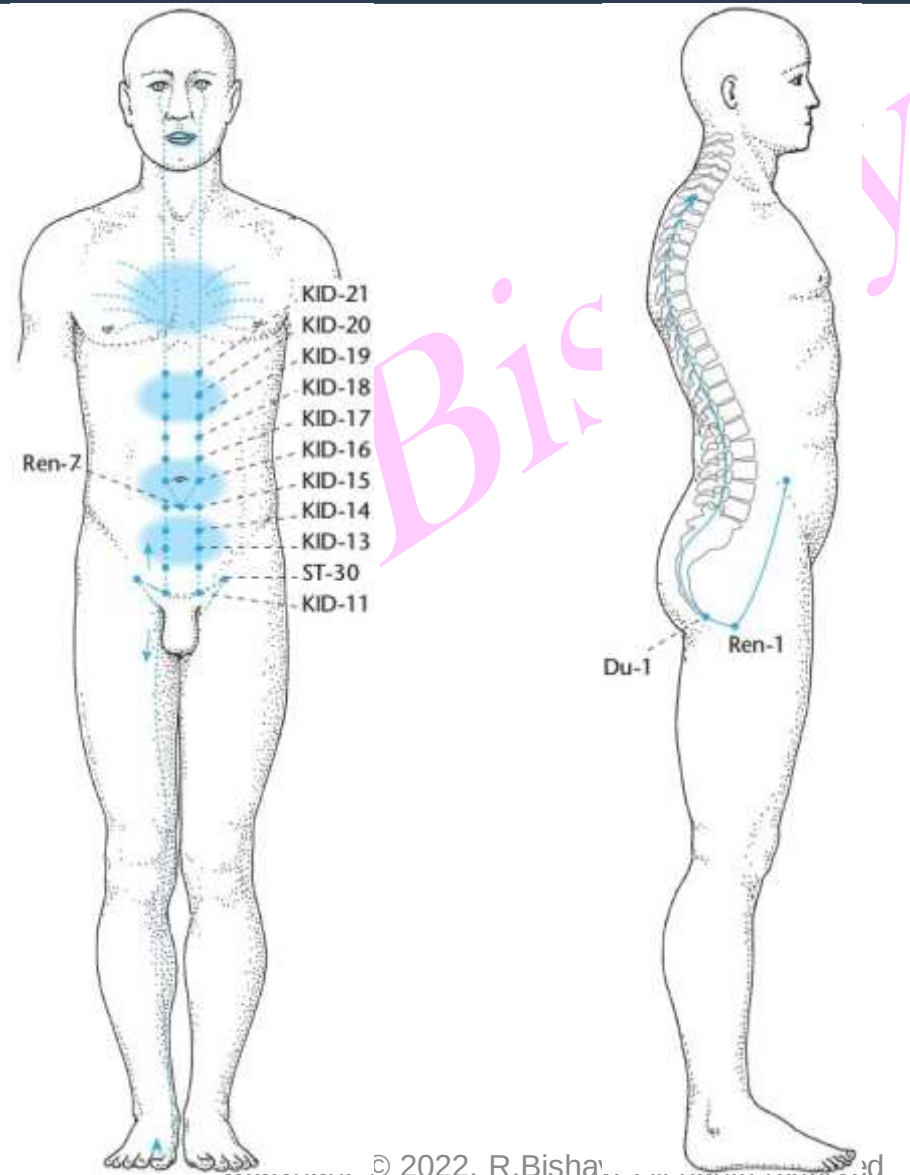
Comparison

	Primary channels	Eight extraordinary vessels
Points, trajectory	Specific, bilateral points	Only the <i>ren mai</i> and <i>du mai</i> have their own points (and internal pathways); all other extraordinary vessels ‘borrow’ points from the primary channels. The four central vessels are unilateral (except for the <i>chong mai</i> , which also has a pathway on the extremities); the four peripheral vessels are bilateral.
Circulation	Continuously circulate <i>Nutritive Qi</i> and Blood	Circulate Essence Qi, Nutritive Qi and Defensive Qi, but according to some authors they do not have a continuous flow of Qi
Depth	Superficial, external pathway and a deeper, internal pathway; directly connected to their pertaining <i>zangfu</i> -Organs	Compared to the internal pathways of the primary channels they are more superficial, compared to the external pathways of the primary channels they are deeper. They have no direct connection to the <i>zangfu</i> -Organs, but their origin – especially of the four central vessels – lies deep within the body.
Connections	They connect the Exterior and Interior (through internal/ external pathways and through Yin/Yang channels) as well as above and below (hand–foot pairing, axes)	They do not connect the Interior with the Exterior, nor do they connect Yin and Yang.
Functions	Guide excess to the eight extraordinary vessels or to other secondary channels	Reservoir function: excess of Qi and Blood in the primary channels flows to the eight vessels and are stored there. In times of deficiency they are transported back into the primary channels.
Diagnosis	Diagnosis based on channel theory (meridian therapy), in TCM according to the <i>ba gang</i> (<i>zangfu</i> , pulse and tongue)	Diagnosis is characterised by specific arrays of symptoms and specific pulses.

Chong Mai (penetrating vessel)

- Begins at QiHai DanTian
- Internal branch ascends spine to T1
- *Two external branches* from ST-30 QiChong:
 - *Ascending branch* follows KD channel, crossing Ren-7 YinJiao, to KD-21 YouMen
 - Disperses in chest, ascends neck, circles lips, spread to upper pharynx and nasal cavities
 - *Descending branch* follows Yin Channels
 - Splits at heel: one to sole; one to big toe

Chong Mai



Connections

- Organs: Kidneys, Uterus
- Channels: KD, Ren, DU, ST, LV
- Points: Ren-1 Huiyin; DU 1, ST-30
QiChong; KD-11 HengGu; KD-12
DaHe; KD-13 QiXue; KD-14 SiMan;
KD-15 ZhongZu; Ren-7 YinJiao; KD-16
HuangShu; KD-17 ShangQu; KD-18
ShiGuan; KD-19 YinDu; KD-20
FuTongGu; KD-21 YouMen

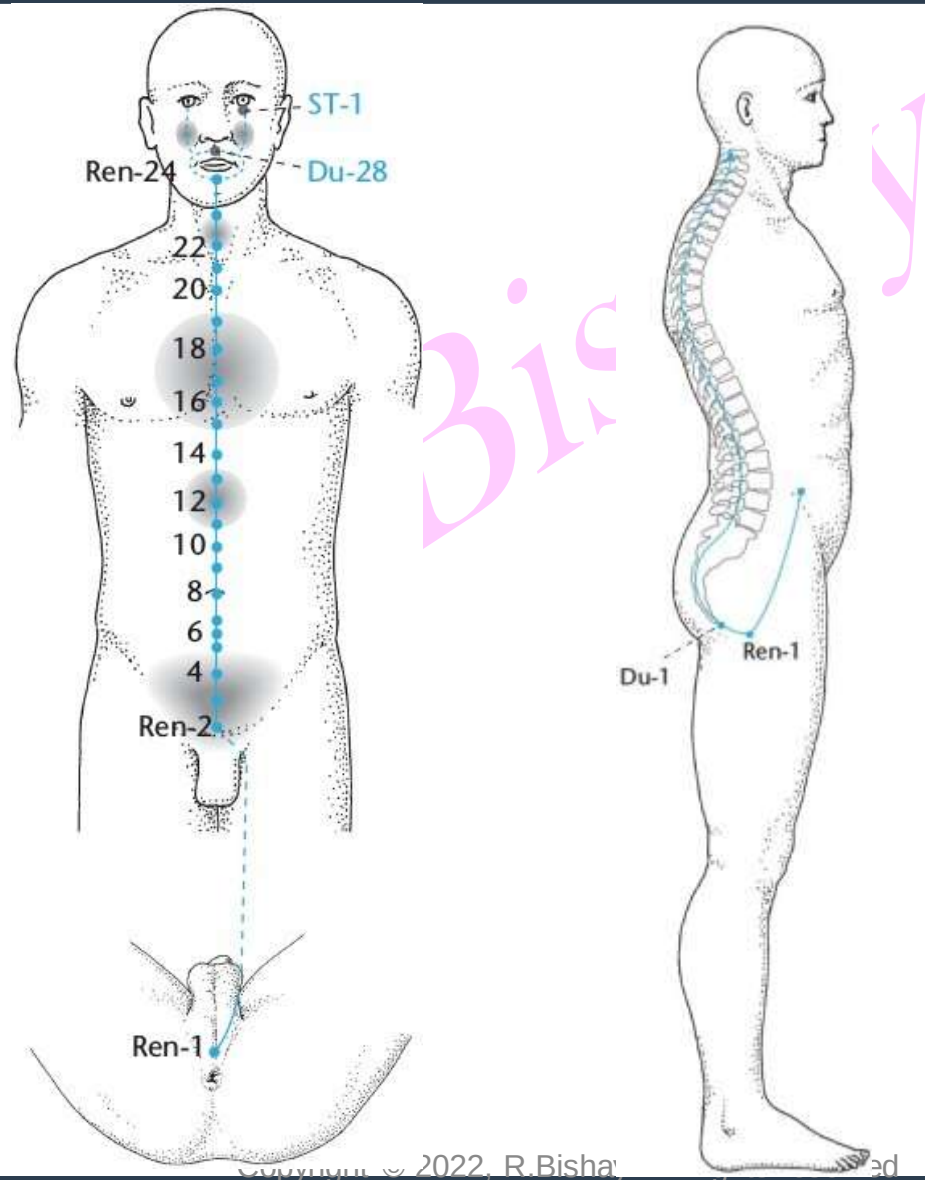
Importance

- Sea of Blood
- Connects to Uterus; regulate menses
- Regulate 12 Primary Channels
- Regulate Blood of whole body
- Regulates counterflow qi
- Connects ST, KD channels
- Connects Ren and Du
- Pathologies:
 - Counterflow qi, dyspnea, abdominal urgency,, gynaecological disorders, atrophy disorder of the leg

Ren Mai

- Begins at QiHai DanTian
- Connects urogenital area
- Emerges at Ren-1 HuiYin
- Ascends anterior midline
- Terminates at Ren-24 ChengJiang
- Meets ST and Du channels
- Encircles lips to Du-28 YinJiao
- Splits to ST-1 ChengQi
- A branch enters from perineum to ascend spine

Ren Mai



Connections

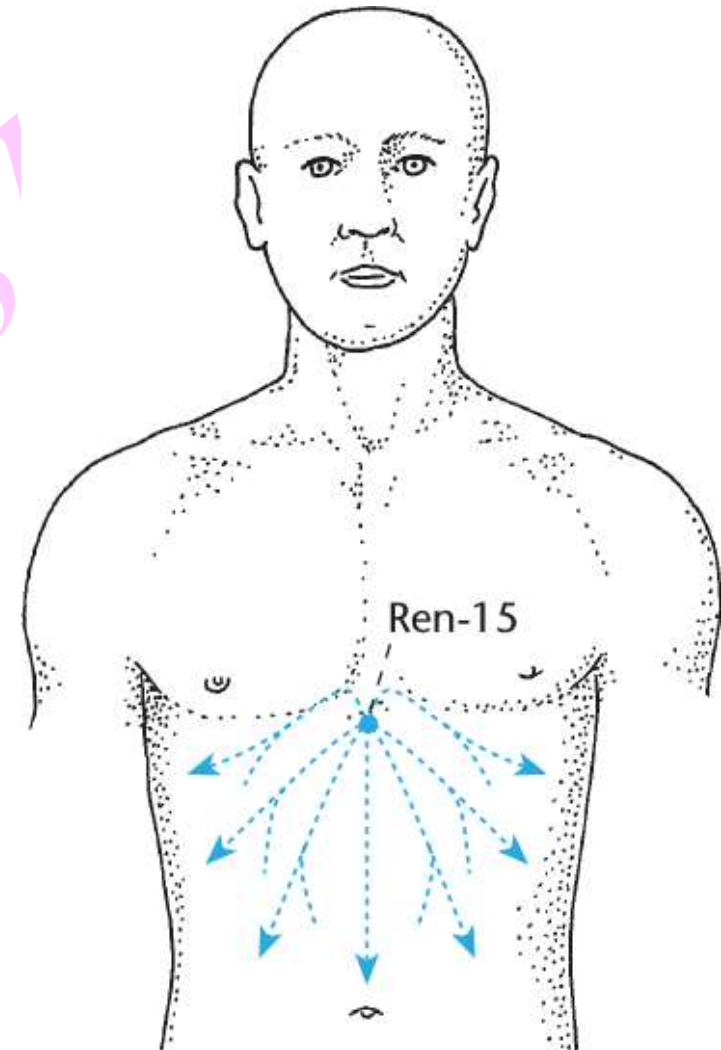
- **Organs: Kidney; Uterus**
- **Channels: Du, Chong, KD, ST**
- **Points: Du-28 YinJiao; ST-1 ChengQi;
Du-1 ChangQiang**

Importance

- Sea of Yin (Blood, Jing, JinYe)
- Connects all Yin Channels, esp. lower abdomen
- Controls thoracic and abdomen region
- Functions of ZangFu, esp. KD, UB, Uterus, LU
- Regulates reproduction
- Stores Jing overflowing from Yin vessels
- Adsorbs excess from Yin vessels, esp. stagnant Qi and Blood
- Points treat locally (esp. ZangFu)

Ren Luo Connecting Channel

- At Ren-15 JiuWei
- Disperses over abdomen
- Pathologies:
 - Excess: pain of abdominal skin
 - Deficiency: Itching of abdominal skin



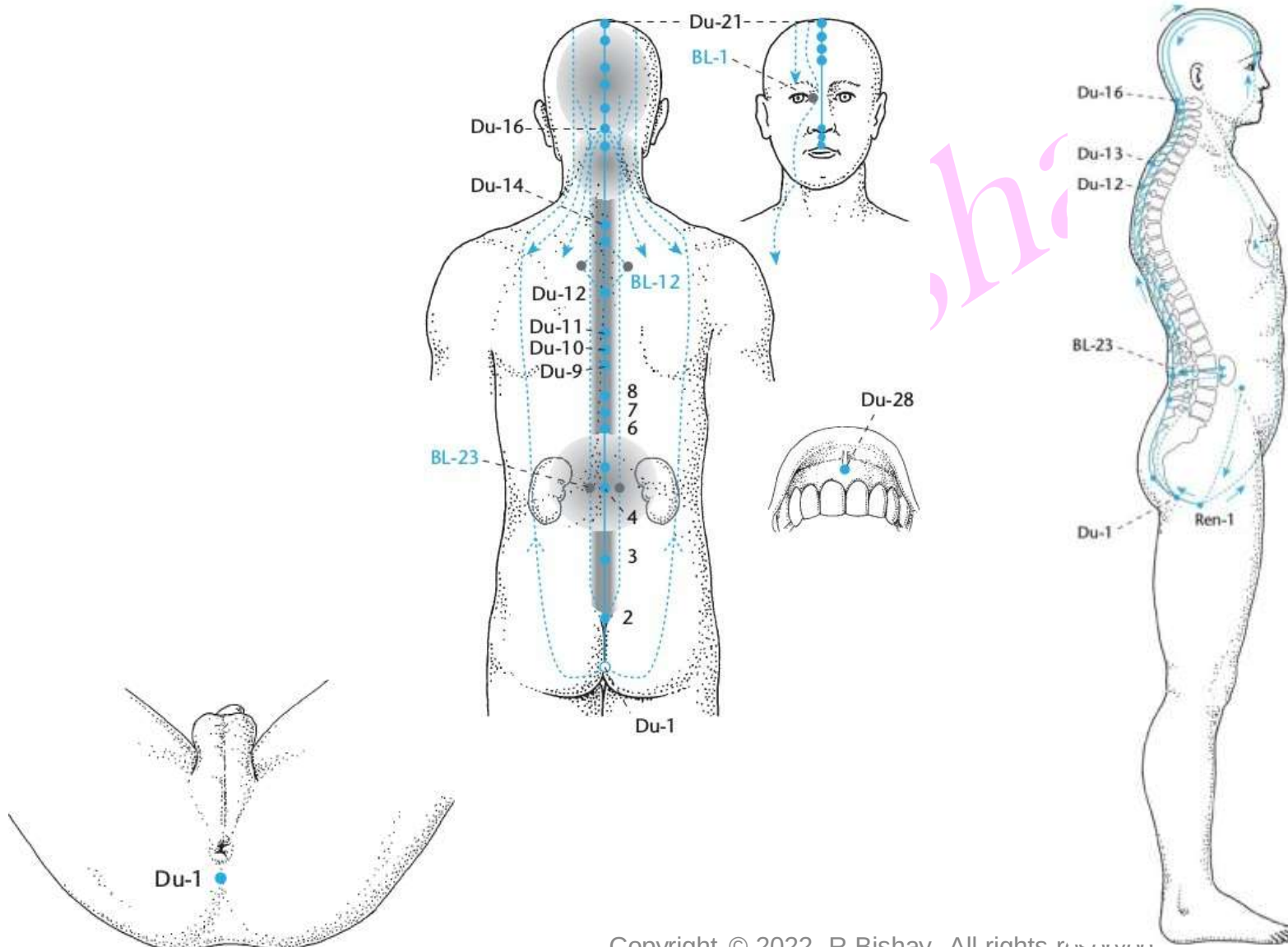
Du Mai

- Begins at QiHai DanTian
- To Ren-1 HuiYin, then Du-1 ChangQiang
- Ascends posterior midline, crossing UB-12 FengMen
- One branch enters Brain at DU-16 FengFu
- Two branch meet at Du-20 BaiHui
- Cross LI and ST channels at DU-26 RenZhong
- Meet RenMai at Du-28 YinJiao

Du Mai

- First internal branch from Ren-1 HuiYin to KD, via spine
- Second internal branch from Ren-1 HuiYin to external genitals, Heart, throat, lips, cheeks, then eyes (ST-1 ChengQi and UB-1 JingMing)
- Third branch from UB-1 JingMing, to vertex, Brain, then UB channel to UB-23 ShenShu, then KD

Du Mai



Connections

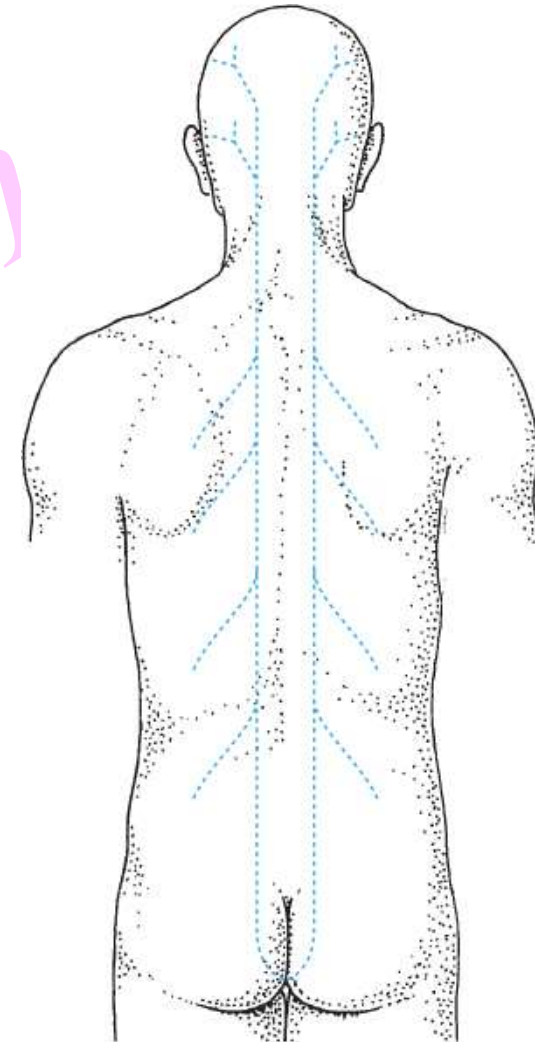
- Organs: Uterus, Kidneys, Brain
- Channels: Ren, Chong, UB, KD
- Points: Ren-**1** HuiYin; UB-**1****2** FengMen;
ST-**1** ChengQi; UB-**1** JingMing; UB-**2****3**
ShenShu(**1** >> >> **2** >> >> **3**)

Importance

- Sea of Yang
- Support and regulates all Yang Channels, esp. upper back and neck
- Influence and strengthen Brain, Marrow, and sensory organs
- Support WeiQi, constitution, immunity
- Store excess Jing from Yang Channels
- Absorb excess from Yang Channels, esp. Heat and internal Wind
- Points esp. treat psychosomatic disorders

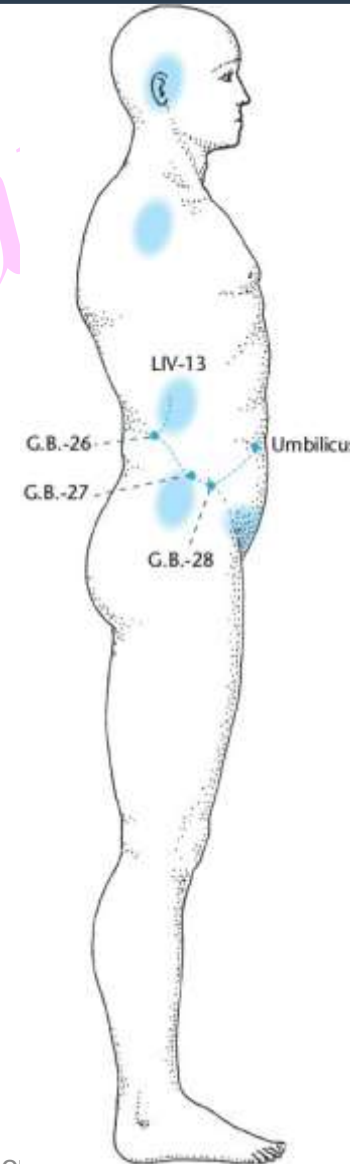
Du Luo Connecting Channel

- From Du-1 ChangQiang
- Ascends along bilateral spine, neck, and occipital region
- Connects with UB channel
- Spreads to shoulder region, scapula, and paravertebral muscles
- Pathologies:
 - Excess: Limited ROM; stiff spine
 - Deficiency: Heavy head; dizziness; balance disorders



Dai Mai (13X2)

- Originates at hypochondrium, level with L2 (LV-13 ZhangMen)
- Circles waist (Umbilicus)
- Passes **GB-26** DaiMai, **GB-27** WuShu, **GB-28** WeiDao



Connections

- Organs: Kidney, Uterus
- Channels: GB, LV, KD
- Points: GB-26 DaiMai, GB-27 WuShu, GB-28 WeiDao

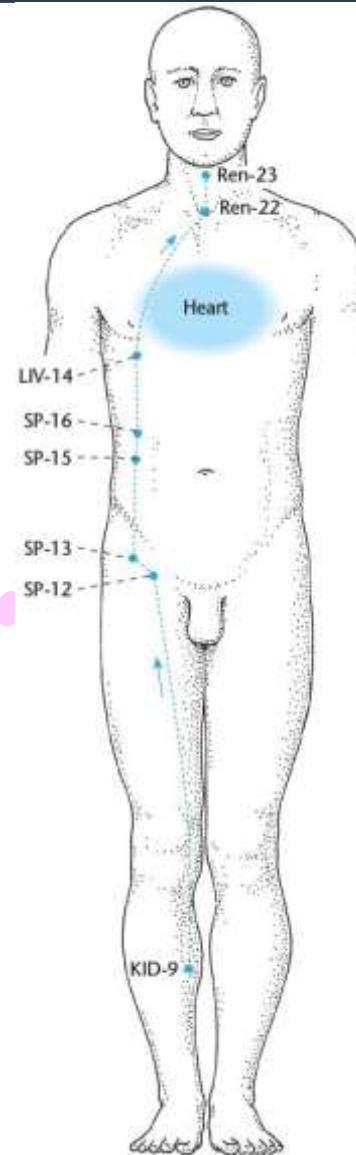
Importance

- Controls and encircles horizontal channels
 - Connects upper and lower body at waist
 - Regulate vaginal discharge
 - Eliminates damp-heat from lower jiao, esp. genitals
 - Controls **ShaoYang channels** hinge
 - Pathologies:
 - Abdominal fullness;sensation of sitting in water; pain around umbilicus, abdomen, waist, and lumbar spine; red and white leucorrhoea;irregular menstruation; infertility; low sperm;
- Shan disorder

Yin Wei Mai

- Begins at KD-9 ZhuBin
- Medial leg to inguinal area, passing *SP-12* ChongMen and *SP-13* FuShe
- Across abdomen, crossing *SP-15* DaHeng, *SP-16* FuAi, **LV-14** QiMen
- Joins Ren channel at Ren-22 TianTu
- Ends at Ren-23 LianQiao

Yin Wei Mai



Connections

- Organs: All organs
- Channels: KD, SP, LV, Ren
- Points: KD-9 ZhuBin; SP-12 ChongMen; SP-13 FuShe; SP-15 DaHeng; SP-16 FuAi; LV-14 QiMen; Ren-22 TianTu; Ren-13 LianQiao

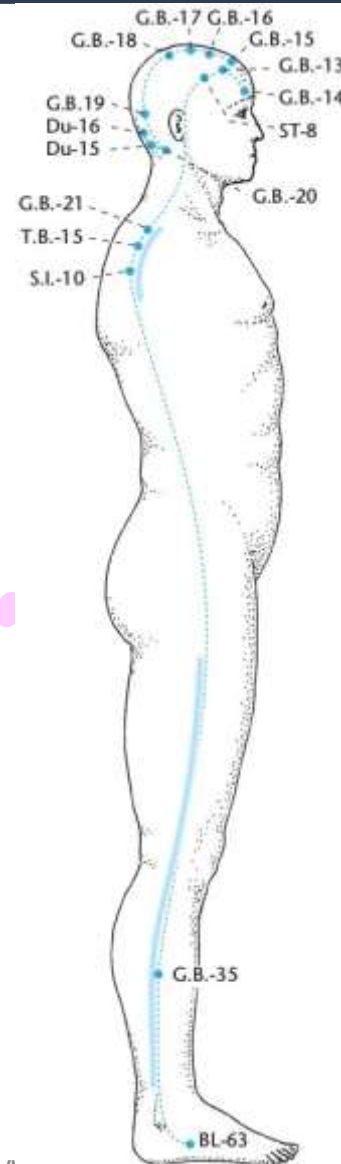
Importance

- Connects and regulates all Yin Channels
- Dominates the interior of body
- Strengthens Yin and Heart-Blood (esp. women)
- Balances emotions
- Pathologies:
 - Heart pain; pain of the chest, fullness and pain of the lateral costal region, lumbar pain

Yang Wei Mai

- Begins at UB-63 JinMen
- Ascends lateral leg, hip, and posterior costal region to shoulder
- Crosses SI-10 NaoShu, SJ-15 TianLiao, GB-21 JianJing
- Up neck to anterior ear
- Forehead, then along GB channel from GB-13 BenShen to GB-20 FengChi
- Joins Du-16 FengFu, then Du-15 YaMen

Yang Wei Mai



Connections

- Channels: UB, GB, ST, SI, SJ, Du
- Points: UB-63 JinMen; GB-35 YangJiao; SI-10 NaoShu; SJ-15 TianLiao; GB-21 JianJing; ST-8 TouWei; GB-13 BenShen; GB-14 YangBai; GB-15 TouLinQi; GB-16 MuChaung; GB-17 ZhengYing; GB-18 ChengLing; GB-19 NaoKong; GB-20 FengChi; Du-16 FengFu; Du-15 YaMen

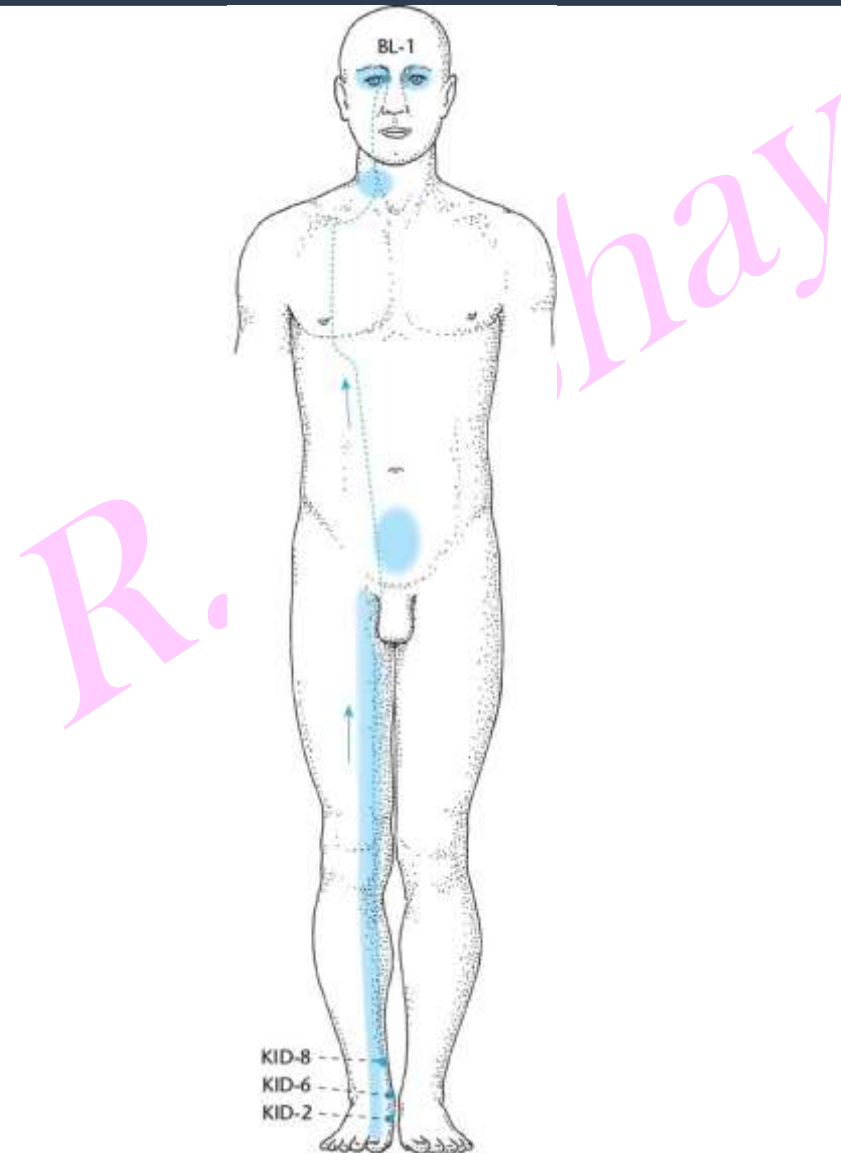
Importance

- Connects and regulates all Yang Channels
- Controls exterior (esp. TaiYang and ShaoYang)
- Harmonies Ying and Wei
- Expels exterior Wind-Cold, esp. ShaoYang Syndrome
- Pathologies:
 - Vertigo; dyspnoea; acute, sudden pain and swelling of lumbar region; chills and fever; dyspnoea with raised shoulders

Yin Qiao Mai

- Begins at KD-2 RanGu
- Ascends posteromedial aspect to genital region
- Ascend abdomen, thorax, throat and face
- Connects with UB channel and Yang Qiao Mai
- Enters Brain

Yin Qiao Mai



Connections

- Organs: Brain
- Channels: KD and UB
- Points: KD-2 RanGu; KD-6 ZhaoHai;
KD-8 JiaoXin; UB-1 JingMing

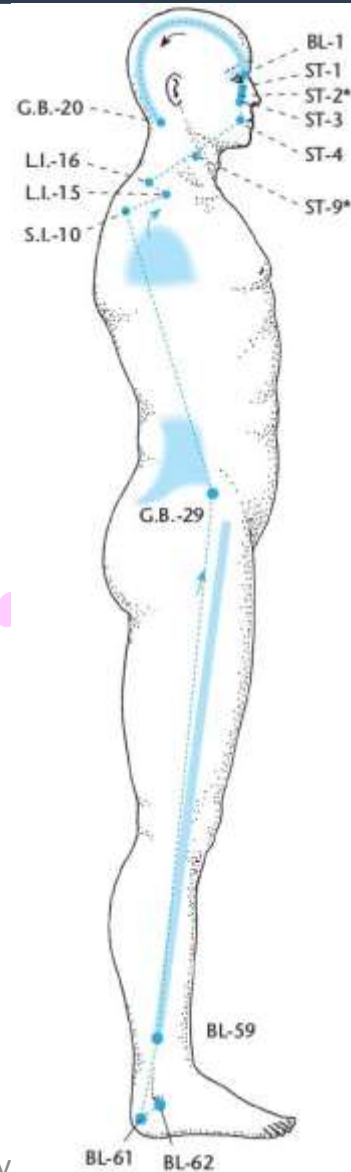
Importance

- Controls muscles of lower limbs
- Regulates opening and closing of eyes
- Regulates Brain function
- Removes stagnation (Qi, Blood, Damp) of Lower Jiao, esp. Uterus
- Pathologies:
 - Night-time epilepsy; eye diseases; chills and fever; damp-heat skin rash; hypogastric pain; internal urgency; genital pain; tight sinews; Shan disorder; uterine bleeding; leucorrhoea; lateral leg muscle flaccidity with tightness of medial leg muscles

Yang Qiao Mai

- Begins at UB-62 ShenMai
- Lateral leg and thigh to posterolateral costal region
- Crosses posterior axillary fold to shoulder
- Passes supraclavicular fossa, ascending throat, to face
- Meets with UB-1 JingMen and Yin Qiao Mai
- Ascends head to GB-20 FengChi
- Enters DU-16 FengFu and then Brain

Yang Qiao Mai



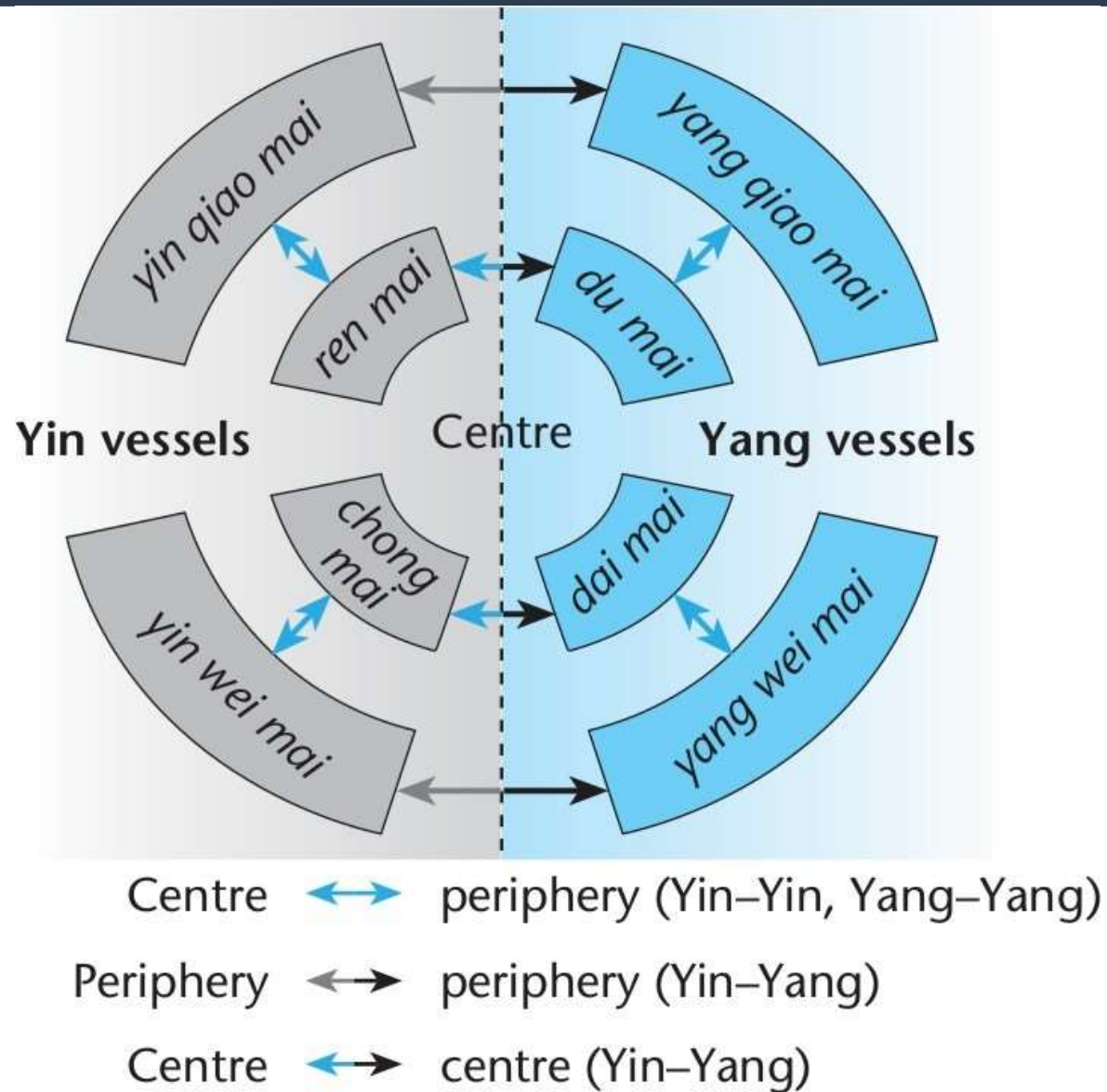
Connections

- Organs: Brain
- Channels: KD, *UB*, *GB*, *ST*, *LI*, *SI*
- Points: *UB*-62 ShenMai; *UB*-61 PuCan; *UB*-59 FuYang; *GB*-29 JuLiao; *SI*-10 NaoShu; *LI*-15 JianYu; *LI*-16 JuGu; *ST*-9 RenYing; *ST*-4 DiCang; *ST*-3 JuLiao; *ST*-2 SiBai; *ST*-1 ChengQi; *UB*-1 JingMen; *GB*-20 FengChi; *Du*-16 FengFu

Importance

- Controls muscles of lower limbs
- Regulates opening and closing of eyes
- Regulates Brain function
- Eliminates internal and external wind in head
- Removes obstructions and stagnation from spine, esp after trauma
- Pathologies:
 - Daytime epilepsy; eye diseases; loss of consciousness; aversion to wind; hemiplegia; Bi-syndrome, rigidity of the body; lumbar pain; contracted sinews; tightness of lateral leg muscles with flaccidity of medial leg muscles

Pairings



Treatment Regions

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Pair	Vessel	Relationship	Opening point	Coupling point	Supported regions
Pair 1	<i>chong mai</i>	father	SP-4	P-6	Heart, thorax, Stomach
	<i>yin wei mai</i>	mother	P-6	SP-4	
Pair 2	<i>du mai</i>	husband	S.I.-3	BL-62	Inner canthus of the eye, occiput, shoulders and back, S.I. and BL channels
	<i>ren mai</i>	wife	BL-62	S.I.-3	
Pair 3	<i>dai mai</i>	man	G.B.-41	T.B.-5	Lateral eye and temple region, ears, cheeks, occiput and shoulders
	<i>yang wei mai</i>	woman	T.B.-5	G.B.-41	
Pair 4	<i>ren mai</i>	host	LU-7	KID-6	Face, throat, thorax, Lungs, diaphragm, abdomen
	<i>yin qiao mai</i>	guest	KID-6	LU-7	

Yin Yang Pairs

Yin vessels	Yang vessels	Functions of the Yin/Yang pair	General functions – Centre/periphery
Central vessels (pathways on the head and torso)			
<i>ren mai</i>	<i>du mai</i>	The <i>du mai</i> can be considered to be the first manifestation of the Qi and Yang, the <i>ren mai</i> the first manifestation of the Blood and Yin. This pair stores the Yin Qi and Yang Qi .	Functions: Storage and distribution (of Yin and Yang). Foundation of the eight extraordinary vessels, stores Essence Qi, is responsible for the support of the internal organs and extraordinary <i>fu</i> organs, as well as for the fundamental body structures
<i>chong mai</i>	<i>dai mai</i>	The <i>chong mai</i> is like a harmonious connection between Yin and Yang, it expresses vitality and sets impulses. The <i>dai mai</i> encircles; it is like a container and prepares the circulation of Yin and Yang. The pair circulates the Essence (<i>jing</i>) and Qi between the Yin and Yang regions of the body .	
Peripheral vessels (pathways from the lower extremities to the torso)			
<i>yin qiao mai</i>	<i>yang qiao mai</i>	This pair creates balance between Yin and Yang (for example balance between Essence (<i>jing</i>) and Qi, Blood and Qi, left and right, Nutritive Qi and Defensive Qi, also on the outside – between day and night), controls and regulates the ascending (<i>yin qiao mai</i>) and descending (<i>yang qiao mai</i>) movement in the body, is responsible for balance and rhythm between Yin and Yang.	Functions: Balance, circulation and connection (of the Yin and Yang aspects). Provides contact between the distal regions of the body and the torso and head.
<i>yin wei mai</i>	<i>yang wei mai</i>	The <i>yin wei mai</i> governs the Interior (<i>li</i>), it organises and creates connections within the <i>Yin</i> aspects of the body. The <i>yang wei mai</i> governs the Exterior (<i>biao</i>), it organises within the Yang aspects of the body. This pair connects the Yin and Yang respectively . ‘That which moves and circulates between the <i>Yin</i> channels is called the <i>yin wei</i> – that which moves between the Yang channels is called the <i>yang wei</i> .’	