

# EXTRAORDINARY VESSELS

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Extraordinary Vessel	Opening Point	Starting Point	Xi Cleft	Access Points	Pulses	Palpation
Ren (Conception)	LU 7	REN 1		CV 1-24, GV 28, ST 1	Long fine tight	CV 4-5
Yin Qiao (Heel)	KD 6	KD 2	KD 8	BL 1, KD 6/8, ST 9/12*	Wiry in the rear	ST 25
Du (Governing)	SI 3	REN 1		GV 1-28, CV 1, BL 12	all 3 positions Floating	CV 6-7
Yang Qiao (Heel)	BL 62	BL 62	BL 59	ST 1/3/4, BL 1/59/61, GB 20/29, LI 15/16, SI 10, GV 16*	Wiry on the front	Center of QL with patient supine
Dai (Belt/Girdling)	GB 41	GB 26		GB 26, 27, 28	Wiry in the middle	Inguinal grooves
Yang Wei (Linking)	TH 5	BL 63	GB 35	GV 15/16, GB 13-21, GB 35, BL 63, SI 10, SJ 15, ST 8*	\	Subcostals/hypochondria
Chong (Penetrating)	SP 4	REN 1		GV 4, CV 1, ST 30, CV 7, KD 11-21, SP1, SP 10, LV 1	all 3 or middle Firm	KD 16
Yin Wei (Linking)	PC 6	KD 9	KD 9	CV 22/23, SP 12/13/15/16, LV 14, KD 9	/	SP 15

## REN MAI

### Sea of Yin – nourishes Yin in all the yin channels

- ⚡ Connects with the ST & GV
- ⚡ Related to motherly energy – affects ability to bond and be intimate
- ⚡ Regulates the **uterus**, prostate, and genitalia in both genders
- ⚡ Treats fertility in women especially (Du Mai for men)
- ⚡ Qi Stagnation in the Lower Burner: **abdominal masses**, PMS, PCOS, hernia
- ⚡ Treats **Menstruation** – light, heavy, clotted, short, long, missing
- ⚡ Regulates the **life cycles** (7 for women, 8 for men)
- ⚡ Responsible for transitions such as puberty, menopause, pregnancy, and post childbirth
- ⚡ Effects **respiration** – particular important action on the Lungs
- ⚡ Controls the descending of LU Qi (LU 7) and grasping of KD Qi (KD 6)
- ⚡ Since the Ren controls Yin fluids, it activates the **TW** and therefore moves **fluids** thru the body
- ⚡ Treats edema and urination
- ⚡ Controls the **Gao and Huang** (fat and membranes that surround abdominal cavities)
- ⚡ Controls the orifice of the **Mouth** (along with the Chong)

## YIN QIAO

### Absorbs excess Yin from the abdomen

- ⚡ Connects with KD & BL
- ⚡ Does not nourish Yin (like the Ren) but will **direct Yin**
- ⚡ **Excess Yin** Conditions – examples: qi stagnation, blood stasis, phlegm, and cold strikes
- ⚡ Affects the Lower Burner and the **leg Yin channels** especially (LV, SP, KD)
- ⚡ Offshoots from the KD channel and goes to the eyes – causes **somnolence** in excess
- ⚡ Controls the tone of the **inside of the legs** – tight when in excess (Wei Syndrome)
- ⚡ **One-sided abdominal pain** or masses (use the opening pt on the side of the pain)
- ⚡ Excess yin conditions of the **urinary** system and OB/GYN issues

## DU MAI

### Tonifies Yang (and any deficient Yang issue in the body)

- ⚡ Connects with the ST & CV
- ⚡ In women with gynecological problems due to **Deficient Yang**, treat the Du
- ⚡ **Lifts Qi** by tonifying Yang – tx depression (increases HT Yang), irregular bleeding, urinary px
- ⚡ Strengthens the **back and spine** – treat the Du for back pain
- ⚡ Enters the **Brain** and nourishes the **Marrow**
- ⚡ Runs through the **Ming Men** – related to the Essence and Fire which warms and activates the uterus, sexual functioning, and all the internal organs
- ⚡ **Male genitalia** – prostate and penis (treat the Du for urogenital and reproductive px in men)
- ⚡ **Expels Wind** – both interior (LV Wind) and exterior (EPF)
- ⚡ Warms the Lower Burner
- ⚡ Affects the orifices of the **Nose** and **Anus**.
- ⚡ Also effects the **Mind** (considered an orifice but relates to the Heart Shen)

## YANG QIAO

### Absorbs excess Yang from the head

- ⚡ Connects with the SI, BL, ST, LI, GB
- ⚡ **Excess Yang** Conditions – ex: headaches, mental px due to LV Yang rising, LV Fire
- ⚡ Offshoots from the BL channel and goes to the eyes – causes **insomnia** in excess
- ⚡ Controls the tone of the **outside of the legs** – tight when in excess
- ⚡ One-sided back pain or **sciatica** (mostly BL, also GB and ST)
- ⚡ One-sided hip pain (connects yang channels BL, GB, ST)
- ⚡ **Expels Wind in the head**
- ⚡ Excess yang conditions of the **urinary** system (damp)
- ⚡ Affects the limbs – **one-sided Bi** on the limbs, and in early cases of hemiplegia

## DAI MAI

### Harmonizes Qi above and below

- ⚡ Connects with the GB
- ⚡ **Circulation in the legs**, through ST Qi (Cold legs/feet if not flowing)
- ⚡ Harmonizes the **LV & GB** and the free flow of Qi
- ⚡ Treats pain in the hypochondria, **hips**
- ⚡ Key EPF of the Dai is **Damp**:
  - ⚡ If Dai is too tight – damp in the legs
  - ⚡ If Dai is too loose – damp in the lower burner (vaginal discharge, urinary px)
- ⚡ **Ancestral Muscle** (Rectus Abdominis insertion in pubis) where Du, Ren and Dai meet
- ⚡ **Radiating Pain**: front to back, or back to front
- ⚡ If the Dai is Full – damp cold has entered the Chong: Feels heavy and sinking
- ⚡ If the Dai is Empty – treat the Ren. Ex: Hernia, prolapse, insufficiency, miscarriage, wei syndrome (disperse yin from Yin Qiao)
- ⚡ Treats vaginal discharge (**leucorrhoea**)

## YANG WEI

### Links all Yang Channels (except LI)

- ⚡ Treats **Shaoyang** patterns – flares, alternating patterns, intermittent or latent heat issues
- ⚡ **Bi on the lateral body** (esp along GB) or hypochondria pain
- ⚡ Expels **Wind** especially if there is: shivering, floating pulses, and earache
- ⚡ **Ear** problems (shaoyang area)
- ⚡ Temporal headaches
- ⚡ Links and balances **left and right, interior and exterior**

## CHONG MAI

### Sea of Blood

- ⚡ First EV in utero - **links all 12** main channels, abdomen, and all Luo channels
  - ⚡ In women – **uterine blood**, fertility, menstruation, **breast** issues, nursing
  - ⚡ In men – blood of Chong controls prostate, semen and beard growth
- ⚡ Five Branches: Internal, abdominal, head, spinal, and descending. (**Does not affect arms**)
- ⚡ Treats **Rebellious Qi & Pain**:
  - ⚡ **Circulation to feet** – esp cold feet. Moves qi & blood down thru the leg yin channels
  - ⚡ **Stomach** – treats full conditions of abdominal pain and digestive px
  - ⚡ **Heart** – palpitations, chest discomfort, anxiety, rhythm px
  - ⚡ **Membranes** – along with the Ren Mai, holds Qi in appropriate places
- ⚡ Also treats:
  - ⚡ Uterine blood, and erection – blood affects both
  - ⚡ **Breast** Issues (governed by Luo channels)
  - ⚡ Weakness of the **ancestral muscle** (rectus abdominis inserts in the pubic area)
- ⚡ The Chong is part of the **HT – KD axis** – treats **emotional px** related to HT/KD axis
- ⚡ Sea of 5 Yin and 6 Yang – meaning it connects pre-heaven to post-heaven Qi (KD and ST)
- ⚡ Controls the orifice of the **Mouth** (along with the Ren)

## YIN WEI

### Links 3 Leg Yin channels

- ⚡ Links Leg Yin Channels & CV.
- ⚡ Affects the Upper Burner and Chest and has a strong action on the **Heart** (but not the Lungs)
- ⚡ **Nourishes deficiency**: Heart & Liver Blood and Yin in general (Ex: Vertex Headache)
- ⚡ Links and balances **left and right, interior and exterior**
- ⚡ Treat the female genitalia since it links the **three leg yin channels**
- ⚡ Affects the **Emotions** – treats mental and emotional px (like anxiety, insomnia, sadness – HT)
- ⚡ Treats Bi with numbness and tingling from Deficiency of Blood