

The Extraordinary Acupuncture Meridians: Homeostatic Vessels

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Abstract: *This paper concerns itself with functions, indications, and techniques related to the theoretical and practical understanding and use of the eight meridians known as homeostatic or extraordinary meridians. The deep and superficial pathways of each meridian are discussed in connection with their function and use, as well as a mapping of the endocrine (pituitary, adrenal cortex, medulla, thyroid, ovaries, and testes) functions and psychiatric indications. Another aspect of the presentation concerns their function in terms of the overall body energy, and specifically, their indication in particular disease states. The general and specific rules of usage for these meridians is covered in detail. The object is to stimulate further usage and study of their meaning and value to Chinese medicine.*

The material presented here was obtained from a variety of sources. Primary credit is to be given to Dr. J. B. Van Buren, Director of the International College of Oriental Medicine in Gerrards Cross, England. Other material comes from disparate references, no one of which, except Lavier, offer more than a few minor points to the general material offered by Dr. Van Buren. Other authors such as Dr. Claude Darras of Paris, France, have contributed considerable work to this subject, but have not responded to requests for their papers.¹ It is assumed, therefore, that much more is known and being studied beyond that which is included in this work.

History

Little is known about these channels prior to the Ming period. Knowledge of these meridians is generally ascribed to Li-Shi Zhen, who is said to have lived from 1518 to 1593. In 1572 a book called Qi Jing Ba Mai Chao was published describing the eight special meridians.

It is recorded that Li-Shi Zhen remarked in his time that any Chinese physician who did not use these special meridians was indeed not truly practicing the highest form of Chinese medicine. Politics in medicine were no less emotional in those days than at the present time, and Li-Shi Zhen was assassinated by a group of his fellow physicians while talking a walk, apparently in the neighborhood of his own home. Until the present time relatively little may be found in the literature about these special meridians. It was the work of European students of Oriental medicine that has brought them into their present more extensive use. It has been my experience, however, in observing a traditional Chinese physician in his regular practice, that he does indeed use the master points of the special meridians more frequently than any other points in his repertoire, for a wide variety of problems. The knowledge, therefore, has probably been used and passed down without formal recognition as extraordinary meridians from master to pupil for at least the period of time since 1572.

¹ Dr. Manaka's work was encountered in July of 1978, several years after the original presentation of his paper in March 1975 at the Third World Acupuncture Conference. This work, including its application in pain management with the use of diodes, is summarized coincidentally in an article by Dr. Willem Khoe (American Journal of Acupuncture, Vol.6, No.1, March 1978). Dr. Felix Mann's book, "The Meridians of Acupuncture," was consulted for some indications and is recommended.

Terminology

1. Homeostatic Meridians.

As described under function, these meridians serve the function of maintaining homeostasis. This is my original name applied to these vessels.

2. Extra Meridians.

This term developed out of their apparent discovery considerably later than the twelve regular meridians, and they have been considered as extra to these regular channels.

3. Odd Meridians.

The reason for this name is that some of them, such as the Ren mai, the Du mai, and the Dai mai, are not paired. These are single vessels.

4. Miraculous Meridians.

This name was applied to these meridians by the French because they were observed to be able to create therapeutic effects when all other techniques had failed.

5. The Eight Psychic Channels.

Each of these channels exerts a strong effect upon psychic function. Individually, the command points are among the most important psychological points in the body.

6. Special Meridians.

They are referred to as special for the same reason that they are called miraculous and extra, in that they are apart from the twelve regular meridians, and have a more powerful effect than the regular channels.

7. Comprehensive Points.

The effect is more comprehensive on the body and mind than that of the twelve main meridians.

General Physiological Functions

These meridians have three main physiological functions. First, they are regarded as reservoirs of energy. (An analogy to bodies of water is as follows: the twelve regular meridians would be considered rivers and the eight extra meridians would be considered lakes or seas with tidal flow). Second, they function to store energy for the body, regulate, receive and give excess energy, and retain energy (to prevent dispersion) as the body needs it, in order to maintain homeostasis, both in health and during illness. Third, they function to drain and eliminate aggressive energy as part of the homeostasis function.

General Properties

The extraordinary meridians have no internal organs of their own, as the twelve main meridians do, though they are all related nevertheless to the internal organs. They have no points of their own, except for the Ren mai and the Du mai; and they also have no element command points as

do the twelve regular meridians. Each has a Master point, with the exception of the Yang Qiao (BL-62) and Yin Qiao (KI-6), which are not to be found as regular points on these special meridians.² All their points, with the exception of the Du and Ren vessels, are taken from the twelve regular meridians; only these latter two include Luo or connecting points. These Luo points are the principal links between the other six extra meridians and the twelve main meridians. Each of these meridians also communicates with the others through deeper anastomatic channels, and the direction of the flow is tide-like. The Ren mai, Du mai and Chong mai have the same origin in the abdomen, more specifically in the uterus. The Conception Vessel covers the front part of the body. The Du mai covers the back part of the body. The Chong mai flows with the Kidney meridian both up and down to Yongquan (KI-1). The Qiao mai are the yin and yang of the left and the right sides of the body. The Wei mai are the yin and yang of the internal and external parts of the body.

General Indications

- I. Use when treatment with the twelve regular meridians has failed.
2. Endocrine Treatment: The treatment of endocrine and hormonal problems in Chinese medicine is primarily through the use of these extra meridians. Each of them is related to one or more particular endocrine gland.
3. Use to destroy aggressive energy that cannot be dealt with by the use of the twelve regular meridians.
4. Use when there is a multiplicity of deficiencies all in the same direction.
5. Use when the pulses are balanced but the patient is still sick.
6. Use for chronic diseases, especially when the body is extremely depleted of energy, where there are metabolic disorders and severe psychic strain and where the use of many needles would further weaken the patient.
7. If there is a particular regular meridian that is in difficulty and cannot respond to the treatment of that meridian through other means, that meridian can be treated with the extra meridian which has as one of its points, a point on that troubled meridian. Most particularly this is true if the extra meridian has many points on it from the regular meridian.

Rules of Procedure

1. These vessels are always used in pairs. For example, the master point of the Ren mai is always used with a couple point, the master point of the Yin Qiao. This is a European concept.
2. The master point of each of these meridians is a distal point on the limbs. Only one master and one couple point are used. The master point is placed first on the side of the sex. For a woman

² Each of these master points, with the exception of Kidney 6 and Bladder 62, are Luo (connecting) points on one of the twelve regular meridians.

this is the right side and for a man it is the left side. The couple point is placed on the opposite side.

3. The master and couple points in pairs are such that one is in the hand and the other is in the foot, so that, as explained, if a needle will be in the hand on one side of the body, the other needle will be in the opposite foot.

4. The needles are inserted vertically. There is no manipulation of the needle.

5. The master point is inserted first-several minutes are allowed to pass before the couple point needle is inserted.

6. Needles are retained until the meridian, which is ascendant on the Chinese clock, is felt strongly and positively on the pulse. For example, if this is done at 11 a.m., the needles would be retained at most until the Heart meridian pulse was felt to be strong and of good quality relative to how it was at the outset. The needles would then be removed even if the other pulses were not as good.

7. One can use any other point on the extra meridian along with master and couple points.

8. One may not use any other points on the body with the exception of Yin Qiao when KI-18 and BL-1 may be used to stimulate the endocrine system.

9. The needles are generally left for a considerably longer period of time than with the use of the regular meridian, approximately one hour.

10. Upon removal, the couple point needle is removed first, several minutes are allowed to pass and the master point needle is then removed.

11. The extra meridian is best balanced by using its counterpart for a period of approximately five minutes. For example, if the Ren mai is used in a woman with LU- 7 on the right and KI-6 on the left, at the end of this treatment it should be balanced by using the Yin Qiao; that is, by putting the needle first in KI-6 on the right and LU- 7 on the left for five minutes. (All other rules are applicable here).

12. Time between treatments varies with the individual meridians and the individual problem. It is not standard.

13. Moxa is contraindicated.

14. " An extra meridian may be emptied of its excess of energy by stimulating its master point. If this has not corrected the general yin-yang equilibrium of the pulse, the couple point is stimulated. If this has still not given the desired result, the midline extra meridian (Ren mai or Du mai) of the opposite sign is used. This alternative rests on the fact that the excess energy of the one sign flows into the midline extra meridian of the opposite sign.

It is usually not necessary to go through all three stages of treatment; usually the first one suffices. The extraordinary meridians may also be emptied of their excess energy by stimulating both ends of the meridian at the same time. Either the point at the extreme end, or the penultimate point should be used. A further guide as to deciding which extra meridian should be used is given by a consideration of the pulse as a whole. If there is a predominance of yang, a yang extra meridian should be used, or if there is a predominance of yin, a yin extra meridian should be used.

If the pulses show a predominance of yang and the symptom index suggests a yin extra meridian, say Ren mai, the opposite yang meridian should be used which, in this case, would be Du mai."³

Discussion of the Meridians

The eight extra meridians are named: Ren mai, Du mai, Yin Wei, Yang Wei, Yin Qiao, Yang Qiao, Chong mai, and Dai mai. The form of this discussion will be as follows :

MERIDIAN NAME

Command Points.

Other Names.

Pathways:

1. origin
2. main channel
3. anastomatic channel
4. deep channel
5. Luo point, where applicable

Functions:

1. meridian system
2. anatomical
3. physiological
 - a. general
 - b. endocrine - direct and indirect
 - c. neuropsychological

Indications:

1. specific physical symptoms
2. psychological, where applicable

Specific Points.

Rules.

I. Ren mai

Command Points:

1. Master point - LU-7 (Host).
2. Couple point - KI-6 (Guest).

³ Felix Mann, "The Meridians of Acupuncture."

Names:

1. Conception Vessel.
2. Sea of yin.

Pathways:

1. origin- Kidney (uterus).
2. main channel- Ren-1 to Ren-24.
3. anastomatic channel- Ren-9, Ren-12, Ren17 to LU-1 (to collect excessive energy excess from lung. Real irrigation system of Conception Vessel).
4. deep channel - Ren-24 - Ren-28 (dual path to ST-1 - interior of eyes and connecting to Yang Qiao mai).
5. Luo point - Ren-15.

Functions:

1. meridian system
 - a. controls yin-jing
 - b. prevents slackening of yin
 - c. strengthens action of Triple Heater through Ren-5, 7,12,17.
2. anatomical - controls perineum, pubis, abdomen, thorax, throat, lips, face, eyes.
3. physiological
 - a. general- pubis to umbilicus, sexual and reproductive (menses); umbilicus to zyphoid, digestive, nutrition; zyphoid to chin, respiratory.
 - b. endocrine - direct: thyroid-Ren-22, spleen connections; indirect: reproductive - Ren-2, 3, diabetes (Kidney yin deficiency).
 - c. neuropsychological
 - (1) parasympathetic nervous system
 - (2) memory

Indications:

1. specific physical symptoms-
 - a. gastrointestinal - tense or painful feeling in abdomen, acute and chronic diarrhea; hemorrhage.
 - b. urogenital- men: hernia; women: leukorrhea, tumor, disorder of menstrual period, dysmenorrhea, menorrhagia, sterility (except in virgins).
 - c. ENT - tooth pains, swollen throat, heart, chest pain, difficulty or inability to swallow, cannot speak (often a iver complaint), coughing with sputum.
 - d. musculoskeletal - lumbago, lumbarabdominal regions cold.
 - e. endocrine - both sexes: diabetes.
 - f. thoracic - asthma, bronchitis, pleurisy, cough, hemoptysis, emphysema, influenza, breast abscess, chest and heart pain.
 - g. neurological - meningitis in children, convulsions, epilepsy.
 - h. dermatological - eczema.
2. Psychological- see under specific points, but use with couple point.

Specific Points:

1. LU- 7 alone - trigeminal neuralgia, migraine, epilepsy, mad laughter, bad memory, middle of palm hot and painful, painful penis, hemorrhoids.
2. Ren-3 - bladder, gynecological.
3. Ren-4- menstrual, leukorrhea, hernia, psychosis.
4. Ren-4, 5, 6 - seas of energy to build qi (with moxa).
5. Ren-8 - relieve abdominal pain and diarrhea (salt in navel, burn moxa on top).
6. Ren-9 - water control.
7. Ren-12 - move energy to middle jiao, build energy.
8. Ren-13 - weight control.
9. Ren-17- sea of energy, asthma, important psychological point.
10. Ren-22 - asthma, thyroid.
11. Ren-23 - mutism.

Rules:

1. Follow with Yin Qiao.

Case History: Ren mai.

The patient (R.C.), a 45-year-old man who presented himself with the problem of chronic arthritis of the neck with acute spastic attacks, including severe headaches related to the neck problem. Examination revealed tenderness in the cervical region, subluxation in the thoracic and lumbar areas, and obesity. His pulse showed general deficiency, except that there was considerable tension in the left distal position (related to the Heart). The tongue was split on the end and had a yellow, almost blackish, coating.

Other complaints included low back pain with sciatica, prostate enlargement, trouble voiding, impotence, and obesity. There was past history of endocarditis. The patient was presenting himself, however, specifically for the problem in his neck and headache. After some consideration, a decision was made to initiate course of treatment with the simplest possible approach, that is, with using as few needles as possible. Given the wide range of symptoms and the poor pulse and tongue picture, an extraordinary meridian was chosen, in this case the Ren mai (Conception Vessel) for one hour, followed for five minutes by the Yin Qiao. The Ren mai is known to be useful in treating cervical problems, particularly in men. The Du mai has a tendency to relax the lower part of the spine in men.

In women, the Du mai corrects the cervical area and the Ren mai corrects the lower part of the spine, thoracic and lumbar. In addition, the Ren mai has an effect on the pubis through the entire center of the body. It has an effect upon all of the functions below the umbilicus, including reproductive and, in this case, the prostate and possibly affects the lower back (particular when the lumbar abdominal regions are cold) In this case, in addition to the prostate problem and lower back problem, there is also a problem of impotency, which the Ren mai is known to influence. Inasmuch as the tongue presented problems in the gastrointestinal system, which may have also contributed to the problems in his neck and headache, the Ren mai, which has an influence in regard to intestinal functions, particularly through the parasympathetic nervous system, seemed again to be a useful choice. The result of this treatment was that he felt calmer and more relaxed and the headache was completely gone. The follow-up on this case of four years has remarkably revealed no return of either the neck discomfort (which was extremely severe) or of the headaches, which were totally debilitating.

It is difficult to explain this extraordinary result, though, of course, we were using an extraordinary meridian. One would not have expected, given the extreme pulse and tongue picture, such total relief for such a long period of time after only one treatment. In speculation, one might say that the Ren mai might have been providential for several reasons:

1) It is the parent meridian or reservoir for all the Yin meridians of the body. The Yin meridians are involved with the deeper solid organs (Zang) and Mr. C's problem, as indicated by examination, pulse and tongue, were already heavily involving these organs. Therefore, it may have given the other Yin meridians reserve energy which Mr. C. may not have had available to him. This meridian also is the irrigation system of the Lung, draining excess or bad energy from the Lung through Lung 1.

2) The pulse positions related to the Lungs and the Kidney were extremely weak. The master point of the Ren mai, LU- 7 tends to close the Lung so that the Lung may function more efficiently. The Lungs control the head and make the energy for the entire body. The Lungs make the qi. Making them work more effectively will affect the functions in that area in particular, as well as in the entire body. Furthermore, as indicated above, draining the negative energy from the Lung enhances its function even further. Therefore, with the use of this master point we are enhancing the production of healthy energy.

3) The conception vessel has a powerful effect on the parasympathetic system. The parasympathetic system balances the dilatation and contraction of blood vessels which, of course, plays apart in many headaches.

4) The conception vessel has a direct effect on urogenital functioning in men as indicated above and probably was useful for his other problems in those areas.

5) The conception vessel has a direct effect in the thyroid. The master point of Yin Qiao is KI-6. It is a powerful point on the deficient kidney meridian. The Kidney meridian, through its connection to the bladder, has a strong influence on energy in the head. Kidney 6 balances energy on both sides of the body, particularly yin energy, and it has a direct effect on the bladder and on sexual organs. Kidney 6 is a strong psychological point for anger of the paranoid type, which may have played some part in the deterioration of this patient's physical health. In Chinese medicine the Lung and Kidneys meridians are intimately involved with each other and can be used in many instance to help each other.

The effect of both of the extraordinary meridians used in this case move of energy upwards. Generally speaking, in the case of headaches, one wants to move energy away from the head. In this instance, however, his pulse indicated general weakness, particularly in the area significant to that part of the body. Frequently, weakness in the Kidneys contributes to headaches in the occipital region. His Lungs were extremely weak and the Lungs are known to control the head in general.

His Heart was clearly overworking, as indicated by the presence of the Tense quality of the pulse in the left distal position. The line on the end of his tongue was another indication of problems with his Heart so that we see the object in this instance was not to take energy away from the head (as in the case of headache due to Liver wind, or stomach problems) but to provide energy so that the energy may move rather than be stagnant.

From the rather remarkable result in relieving symptoms which were extraordinarily severe and existed over a period of many years, it was demonstrated that providing energy rather than taking it away was moving in the correct direction.

II. Du mai

Command Points:

1. Master point- S.I.-3 (husband).
2. Couple point - BI-62 (wife).

Names:

1. Governor Vessel.
2. Sea of Yang.

Pathways:

1. origin- Kidney (uterus).
2. main channel- DU-1 - DU-28.
3. anastomatic channel- bilateral to: Ren- 7, 13, and ST-1 to ST-12.
4. deep channel - through gum to Ren-24, through perineum to Ren-1.
5. Luo point - DU-1.

Functions:

1. meridian systems.
 - a. controls all Yang meridians.
 - b. slackening of Yang in body (example cerebral hemorrhage).
 - c. stimulates Yin activity.
2. anatomical - controls perineum, spinal column, neck, brain, top of head, nose.
3. physiological.
 - a. general - physical energy from coccyx to T12, pain in head, neck, face, spine.
 - b. endocrine - direct: reproductive and adrenal, through DU-4; indirect: reproductive and adrenal, through BL-62.
 - c. neuropsychological - sympathetic nervous system, SI-3; intellectual, mental, moral psychic energy, DU-7 to upper gum; psychosis.

Indications:

1. specific physical symptoms.
 - a. musculoskeletal - back pains, rigidity in excess; head heavy in deficiency, knee and leg pains, lumbar pain, rigidity of the neck.
 - b. gastrointestinal - qi rushing from lower abdomen, pain.
 - c. urogenital - urinary retention, piles, nocturnal enuresis, sterility.
 - d. neurological - convulsions, dizziness, headache, dizziness with swollen eyes and much tears, extremities numb.
 - e. ENT - unclassified throat disease, swollen glands, vague tooth pains.
 - f. miscellaneous - eliminates toxins chronic fever, unnatural perspiration, tetanus.
2. psychological - madness, slow recovery after shock, lack of mental stability, lack of vitality, pure and impure thoughts, hallucinations.

Specific Points:

1. DU-12- sea of energy, weakness of spinal cord, multiple sclerosis.
2. DU-13 - meeting point of Du mai and Bladder channel.

3. DU-14 - union point of all Yang meridians, tonify if treatment does not go well; nervous breakdown, paralysis; hysteria spasms.
4. DU-20- reunion point of all Yang meridians, psychosis, hallucinations.
5. DU-26 - recovery point "Back Ravine."
6. SI-3 - locally - pains in the head, neck, face, spine; calms meningeal syndrome, tetanus, convulsions, cramps.

Rules:

1. Follow with Yang Qiao.

Case History: Du mai (Governing Vessel).

The patient, Mrs. N. C., 65 years old, complained of pain in the hip area, across the shoulders and neck, and inside the knees. Inasmuch as she was a relative of a friend of mine whom I met on my vacation and had only a short time to treat, I chose to use the Du mai, which in women is said to relax the shoulder and neck area in particular. This was the area of her greatest discomfort. Original findings in the pulse were that the upper burner was very tense, and middle and lower burners showed a lot of deficiency, the lowest burner being the most deficient.

The first treatment included PC-6, BL-17 and DU-14, which is a formula for moving energy down from the upper part of the body. Pulse examination showed the results to be excellent and the patient felt considerably calmer. However, the symptoms continued. The next treatment of Du mai (governing vessel) was for one hour, followed by five minutes with the Yang Qiao. The result of this treatment was that the neck, upper back and shoulders became extremely relaxed and remained this way for several months following.

Two more treatments were given for the purpose of strengthening the lower back and legs and balancing the pulse, which are relevant here only in that the governor point was used on one occasion.

The problem here was that the energy was out of balance, being stagnant in the upper part of the body and weak in the lower part, the object being to balance the energy, move the energy and bring it down. The first treatment succeeded in beginning to move the energy down and the second treatment using the Du mai relaxed the spine and helped to balance the energy on the back as well as throughout the rest of the body. Experience shows that the Du mai relaxes the cervical and upper thoracic region in women, whereas the Ren mai has the same effect in men. This corroborates what I had previously learned from Dr. Van Buren.

III. Yin Wei

Command Points:

1. master point - PC-6 (Mother).
2. couple point - SP-4 (Father).

Names:

1. Preserver of Yin (to keep the Yin within).
2. Channel Reuniting Yin Energy.
3. Vessel of Yin Keeper.

Pathways:

1. Origin- intersection of Yin meridians on leg.
2. Main channel- KI-9, SP-13, 15,16, LIV-14 behind breasts - Ren-22, 23.
3. anastomatic channel - HT-1 - KI-23, Ren-7, 12,13.
4. deep channel - to Ren-22, 23.

Functions:

1. meridian system.
 - a. preserve yin.
 - b. connects the yin-Essence.
2. anatomical - controls the inside of the body.
3. physiological.
 - a. general- affects the function of internal organs, affects integrity of cytoplasm, RNA.
 - b. endocrine - direct: thyroid and parathyroid; indirect: adrenal medulla.
 - c. neuropsychological - parasympathetic stimulant, control of hysteria.

Indications:

1. specific physical symptoms.
 - a. gastrointestinal - vomiting, spasms, constipation, indigestion, swelling, abdominal hardness, ulcers, diarrhea, hemorrhoids, internal fullness of chest and heart, and protrusion and prolapse.
 - b. cardiovascular - cardiac disease and chronic chest pain, hypertension, varicose veins.
 - c. neuropsychological - delirium, convulsions, congestion in the head, timidity, fear, apprehension, nightmares, depression, agitation, hebephrenia, amnesia.
 - d. cancer in women.
 - e. malaria.
2. psychological - mental and physical depression, agitation, amnesia, anxiety, fear, apprehension, timidity, terrors, nightmares, hysteria, inability to calm down.

Specific Points:

I. PC-6 alone - epilepsy, madness, heart suspended as though hungry, frightened, spleen and stomach not harmonized, irregular periods, post-partum, spermatorrhea, pulseless.

Rules:

1. follow with Chong mai for five minutes.
2. if used in a man, see the patient within a few days to check on possible negative reaction.

Case History; Yin Wei.

The patient A. A., was a 30-year-old man referred for chest pain, stating that he cannot get a deep breath, which makes him very fatigued. The patient was to be in the area for only a very short period of time and could not engage in any kind of lengthy course of treatment. It was considered even prior to examination for this reason to use an extraordinary meridian. Examination revealed the pulse rate to be 66. The entire pulse was stagnant, the Heart was closed, there was a little stagnation between the Liver and the Heart and there was some heat in the Liver. The tongue was red at the tip and slightly red on the sides. The tongue also showed some heat in the Stomach and was generally dry. The eyes showed a little deficient heat. Pulse

diagnosis revealed the presence of the “sad pulse” meaning that the person has been sad over a very long period of time and as evidenced by the stagnant quality, meaning that the pulse wave is generally very Flat. This was particularly true for the Heart.

The Heart was the organ system most severely affected by whatever emotional experience he had reacted to. Translated into Western terms we might have said that his heart had hardened somewhat. These findings indicated the choice of the extraordinary meridian to be the Yin Wei.

The reason for this is that its course through the body takes it through the middle of the body, behind the breast and through the chest to the Ren mai points 22 and 23 in the throat, and having anastomatic channels to the Heart for which it probably serves as a drain for negative energy. It is also used for cardiac disease, chronic chest pain, and has profound psychological effects on depression and anxiety. In this case we were particularly interested in the depression. The stagnation of energy in his chest affected his Lungs so that they were not able to make the qi for the rest of the body, leading to the complaint of fatigue. The Yin Wei was used and the patient experienced disappearance of his chest pains. A greater awareness of feeling ensued in the upper part of his body, including tension, particularly in his shoulders. There was a significant increase in available energy. This result remained with him for at least two months after the treatment, as reported during another brief visit to this area.

IV. Yang Wei

Command Points:

1. master point - SJ-5 - (women).
2. couple point - GB-41 - (men).

Names:

1. Preserver of Yang - SJ-5, especially blood in hemorrhage.
2. Vessel of Yang Keeper.
3. Channel Reuniting Yang Energy.

Pathways:

1. origin - intersection point of Yang meridians on foot.
2. main channel - BL-63, GB-35, 24 L.I.-14, SJ-13, GB-21, S.I.-10- GB-19,17,16,15, 13.
3. anastomatic channel - to ribs.
4. deep channel- to GB-20, DU-15.

Functions:

1. meridian systems - preserver of Yang, especially in hemorrhage; connects Yang essence, affects middle burner.
2. anatomical - superficial parts of body, especially with chronic disease; paralysis; uterus - SJ-5.
3. physiological.
 - a. general - nucleus of cell - DNA, protective layers of body.
 - b. endocrine- direct: none; indirect: possibly through uterus.

c. neuropsychological - cerebrum, cerebellus, pineal gland, depressive-paranoid personality.

Indications:

1. specific physical symptoms.
 - a. neurological- Wei syndrome-structure collapses, flaccid - lower motor neuron disease, headaches.
 - b. iatrogenic (doctor produced) disease example, adding cold herbs to cold disease.
 - c. dermatological - skin disease, inflammation of eyebrows.
 - d. neoplastic - cancer in men.
 - e. cardiovascular - heart failure, cardialgia.
 - f. musculoskeletal - articular pain, bone pain, extremities and joints are swollen and painful, hot and numb, any disease of head, neck.
 - g. miscellaneous - colds, epistaxis, intermittent fever, fatigue, night sweats, sweating with bad smell, dental problems, mumps.
2. psychological - see under specific points.

Specific Points:

1. SJ-5 - lack of or excess initiative, warmth, affection; broken relationships; fear, suspicion, anxiety, deep depression; muscles and bones of upper limbs painful; deafness, hypertension; pain on chest and ribs, fevers, infantile paralysis, violent fear, migraine.

Rules:

1. If used on a woman - follow up in a few days to check possible negative reaction.
2. Follow with Dai mai for five minutes.

Case History; The Yang Wei.

The patient, A. K., was a 53-year old woman presenting symptoms of shingles for approximately 1-2 weeks since her first attack. It had begun with soreness in the back of her head and spread to her neck, shoulders, chest and left side. Her lymph glands were enlarged in this area. In addition there was extreme exhaustion related to excessive travel in connection with her work. Past history revealed tuberculosis from the age of 18 to 21 for which she was hospitalized, seborrhea, allergic to alcohol, and arthritis related to her level of energy. Examination revealed a pulse rate of 72, general signs of qi deficiency, and some tension in the Lungs and Heart. Her tongue showed that there was heat in all organs and the eyes revealed weak heat. The impression was that of a person with very low energy and with unexpressed grief as indicated by her Lung pulse. The importance of the latter is that the Lungs in Chinese medicine control the openings of the skin.

Treatment began by attempting to give her energy and bring it to the area of the lesion including local points, Ren-6 with moxa, Ren-4, PC-6, SP-6, LIV-3 and L.I.-4 and GB-20. GB-20 was included to affect the head and neck region, and because of its usefulness in bringing balance the autonomic nervous system. Results from this were good. In addition, oil of peppermint, red elm and burdock were applied and tissue salts were prescribed. Collodin was put on the areas. The itching was relieved by the use of moxa on points SP-10, SP-6, L.I.-11 and L.I.-4. She was advised to stay away from seafood and shellfish, and a homeopathic preparation was given to help her relax. She reported after the initial improvement that she was well, except for the hours

from 9 p.m. to 2 a.m. It seemed important to take into consideration the timing of the pain. In this instance we have multiple factors creating the disease; low energy as given by pulse and history, tension affecting Liver and Gall Bladder which in turn limited her ability to recover her energy.

The principles of the Chinese clock dictate that from 9 to 11 p.m. the Triple Burner meridian is in ascendancy, from 11 p.m. to 1 a.m. the Gall Bladder, and from 1 to 3 a.m. the Liver. We therefore used the extra meridian, the Yang Wei, which includes in its master point the Triple Burner (SJ 5, the Luo point), and GB-41 (the yang wood meridian and master point of the Dai mai). The Yang Wei has a profound effect on the superficial parts of the body, the autonomic and central nervous system and all skin diseases. We were able to quickly and powerfully affect these areas and organ systems and achieve a complete and lasting recovery.

V. Yang Qiao

Command Points:

1. master point - BL-62.
2. couple point - SI-3.

Names:

1. Accelerator of Yang (BL-62).
2. Positive Leg Channel.
3. Yang Heel Vessel.
4. Vessel of Yang Exciter.
5. Branch of Tai Yang (Bladder).

Pathways:

1. origin - heel of foot.
2. main channel - BL-62, 61, 59, GB-29, S.I.-10, L.I.-16, 15, Neck, ST-7, 6,4,3,1.
3. anastomatic channel- to BL-1 alongside of head to GB-20.
4. deep channel - to BL-1 alongside of head to GB-20.

Functions:

1. meridian system.
 - a. balances yang where there is insufficiency of yin and excess yang, and also where there is slackening of yang (as in hemorrhage).
 - b. controls yang on both sides of body.
 - c. fluid balance.
2. anatomical - controls joints (in men).
3. physiological.
 - a. endocrine - direct: pituitary gland, causes the release of ACTH; indirect: adrenal cortex.
 - b. neuropsychological - lower motor neurons, involuntional depressions and psychosis, anger ("angry eyes").

Indications:

1. specific physical symptoms.
 - a. musculoskeletal - articular problems in men (pain and swelling), arthritis (if on cortisone, use BL-1), pain in lower extremities, lumbago, backache.
 - b. urogenital - menopause in men.
 - c. neurological - paralysis, Wei (atrophy) syndrome, flaccid lower motor neuron, idiopathic epilepsy (daytime), cerebral congestion, headache.
 - d. iatrogenic (doctor-produced) disease.
 - e. miscellaneous - insomnia in excess; sleepy in deficiency, heavy sweating.
2. psychological - see under specific points.

Specific Points:

1. BL-62 alone - sadness, mental fatigue, antisocial attitude, lassitude and laziness, madness, epilepsy, spastic uterus, feeling of excessive energy in the skin, diseases of the spinal cord.

Rules:

1. to affect adrenal gland - add BL-1.
2. always followed by Du mai for 5 minutes.
3. in women, see again in three days to rule out negative reaction.

Case History: Yang Qiao.

The patient (T.K.), a 71-year old man presented himself with a problem of arthritis for 10 to 15 years, worse in the last 3 or 4 years, particularly in his right shoulder and elbow, ankles and hands. His joints, particularly in the elbow and ankles, seemed permanently swollen. There was more restriction in motion than actual pain in the elbow. The problem began in the ankles and shoulder. Pain in the ankle was on movement, and in the shoulder at night. His history included a coronary bypass 8 months ago, and a heart attack in 1971. In college he sprained both ankles, and in 1933 he was in an automobile accident and had his face smashed. He continued to be fairly active, particularly playing tennis despite the pain, and had a history of frost bite 35 years ago.

Examination: The pulse rate was 56 with skipped beats every 6 to 8 beats. The Heart was deficient, the middle burner was is Tense and full and the lower burner was Tense. The tongue showed a line in the middle and was swollen with a light, white coating. The eyes were very red, showing weak heat. Joints were swollen but not tender. The patient was seen once a week. Local points and other techniques, such as the Gua Sha and cupping to take out cold were employed. The Yang Qiao were treated consistently. This extraordinary meridian is of value in articular problems in men, particularly where there is swelling. To our knowledge it has this effect through its action on the pituitary gland and on the adrenal cortex, acting directly on the pituitary and indirectly through it on the adrenal cortex for the release of ACTH. It is a specific treatment for arthritis in men and in connection with the other treatments of more local nature. There has been considerable success in mobilizing the use of all the joints involved, resulting in a decrease in swelling, increase in motion and decrease in pain. The Yang Qiao should always be considered in arthritis in men, particularly in older persons with a long-standing condition.

We are omitting here discussion of all of the causes of arthritis according to Chinese medicine. In Mr. K's case there were multiple causes, the primary one being circulatory, in connection with his Heart deficiency. The Yang Qiao is still valuable in cardiovascular conditions as it stimulates circulation through areas where circulation is most obstructed, the joints. The patient experienced a steady relief of symptoms over the past three months in all affected joints. A great increase in activity has been possible. This normally active man has a renewed lease on life.

VI. Yin Qiao

Command Points:

1. master points - KI-6.
2. couple point - LU- 7.

Names:

1. Accelerator of yin.
2. Negative Leg Channel.
3. Yin Heel Vessel.
4. Vessel of Yin Exciter.
5. Branch of Shaoyin (Kidney meridian).

Pathways:

1. origin - depressed part of foot in front of malleolus.
2. main channel - KI-2, KI-6 - KI-8 medial leg- genitals - abdomen, - chest - throat - BL-1 (meets Chong mai).
3. anastomatic channel - to ST-12.
4. deep channel - to Chong mai.

Functions:

1. meridian system.
 - a. controls yin of both sides of body.
 - b. excess of yin and deficiency of yang (calls forth yang from outside).
2. anatomical - same pathway as Chong mai, center of body, chest, lips.
3. psychological.
 - a. general - uterus (through Ren-9) and sympathetic system; fluid.
 - b. endocrine - direct: none; indirect:
adrenal cortex (through KI-18) and gonadal reproductive hormones (through BL-1).
 - c. neuropsychological - stimulates parasympathetic system through LU- 7 and related to deeply rooted interpersonal difficulties.

Indications:

1. specific physical symptoms.
 - a. musculoskeletal- arthritis in women (2 or 3 treatments- KI-18 on side of sex ; wait 4 minutes, then BL-1; stimulate bilaterally in and out.
 - b. endocrinological system - menopausal syndrome (10-15 treatments, including secondary sexual characteristics).

- c. water metabolism - add Ren -9.
 - d. neurological - sleepiness in excess; insomnia in deficiency, epilepsy, coma.
 - e. lymphatic - glandular fever.
 - f. urogenital - scrotal hernia, impotence, leukorrhea, dysmenorrhea (virgins), frigidity, complications of pregnancy, delivery and post-parturition, uncomfortable urination, bladder pains.
 - g. gastrointestinal- abdominal pain, vomiting and diarrhea, constipation in women, excess hunger.
 - h. other- sore throat, chest swelling (feeling as if chest is very big), breast abscess, general edema with paralysis, weakness of women, uncomfortable diaphragm.
2. psychological - see under specific points.

Specific Points:

1. KI-6 alone - anger, paranoia; slow, cold, hard, premeditated, long-lasting anger; irregular periods, fond of sleeping, hands frozen, spasm of diaphragm, coughing.

Rules:

1. Yin Qiao alone has little activity.
 - a. to affect pituitary (gonads and adrenals) - add BL-I and KI-18 as above.
 - b. affect adrenals only - add BL-1.
 - c. affect ovaries, uterus (fibroids) - add Ren-9.
2. follow with Ren mai for five minutes.
3. in a male patient, see again in three days to observe for negative reaction.

Case History: Yin Qiao.

The patient was a 69-year-old woman who was seen in my earlier days of practice prior to my use of the tongue, the eyes and more sophisticated practice of the pulse. Her symptoms began at the age of 52. She began to feel pain in her hands and neck. The pain finally settled mainly in her left knee. Her Liver and Gall Bladder were Tense, and Kidneys were deficient. The likely cause of her initial joint pains was Liver in origin, that is, bad energy going to constitutionally weak areas of the body or to parts excessively used, exposed to cold, or subject to an accident. In Chinese medicine the Liver restores the energy (qi). In her case, she is a person who had a great deal of anger, which she apparently did not express directly, which again in Chinese medicine, will create tension and heat and a less than perfectly functioning Liver. In addition to restoring the energy, the Liver also moves it, and in cases where the Liver is not functioning well one may have migrating types of articular pains. Most likely the pain settled in the knee because of the additional involvement of Kidney deficiency.

This thesis is supported by her loss of hearing, which in Chinese medicine is related to Kidney functions. Dryness in the joints, especially in the knees, is often related to Kidney deficiency, especially in older age groups. One aspect of Kidney energy is constitutional. Some consider it a fixed amount of energy which may be depleted in a variety of ways, including excessive sex or poor living conditions. In any case, it is difficult to restore, especially in older people. Anything that places any of the organs under stress will create heat, as it has in the Liver in our patient, and this heat must be balanced through activities of the Kidneys. Over a long period of time this puts an excessively heavy burden on the Kidneys and will reduce its function. Primary treatment for this patient was the extraordinary meridian, the Yin Qiao. This meridian is

generally used for articular problems in women, often with the addition of Kidney 18, which brings the adrenal cortex and ACTH into play. In addition, the master point is KI-6 and all of the other points on the meridian are Kidney points so that by using this meridian, we also enhance Kidney function. The couple point, LU- 7, closes and strengthens the Lungs which, according to the theory of the five elements, is the mother of the Kidneys and therefore a support for the Kidneys. Kidney 6 is a very powerful point, particularly for people with long lasting anger, which was true for this patient.

In addition, local points were employed with moxa, and the extra meridian Dai mai, the girdle meridian, which affects the balance of the upper and lower parts of the body, was also used. However, the main thrust of the treatment was the Yin Qiao. Relief lasted for several years after six treatments.

VII. Chong mai

Command Points:

1. master point - SP-4 - (Father).
2. couple point - PC-6 - (Mother).

Names:

1. Regulator and Obstructor of Qi.
2. Penetrating Vessel of Groin.
3. Sea of Twelve Meridians.

Pathways:

1. origin - Kidneys (uterus).
2. main channel- ST-30, KI-11 to KI-21. Upward channel connects all yang meridians.
3. anastomatic channel - spread out in chest, accumulates at lips: PC-1, Ren-17, KI-23, Ren-13, Ren-12, Ren-7.
4. deep channel - connects spleen to extra meridian; SP-13, Ren-3, SP-14, Ren-4, Ren-12, SP-15, Ren-12, Ren-13; through perineum and up along spinal cord.
5. downward channel to KI-1 - connects all yin meridians.

Functions:

1. meridian system.
 - a. acts on zang organs.
 - b. moves qi, trapped or blocked energy (example-gas in abdomen).
 - c. controls all other meridians
 - (1) Kidney; Kidney yang: controls ancestral reproductive energy; Kidney yin: stores body energy for all other organs prenatal energy.
 - (2) affects Spleen and Stomach meridian - postnatal energy .
2. anatomical - center of body.
3. physiological.
 - a. general - energy to entire body.
 - b. endocrine - direct: adrenal medulla; indirect: thyroid (through secretion of adrenalin).
 - c. Sea of blood - menstrual cycle.

Indications:

I. specific physical symptoms.

- a. endocrinological - adrenal insufficiency.
- b. gastrointestinal - stagnation of qi in abdomen, flatulence, abdominal pain, anorexia, diarrhea, vomiting, jaundice, hyperacidity, atonic constipation, tenesmus, gastric ulcer, interstitial cystitis.
- c. urogenital - enuresis nocturnal, thirst, dysuria, edema of legs (empty), placental retention, urine foul smelling.
- d. cardiovascular - angina pectoris, palpitations, endocarditis, myocarditis, brachycardia.
- e. miscellaneous - whooping cough, malaria, lumbago.

Specific Points:

1. SP-4, cardiac pain, swollen intestines, face swollen, abdomen swollen, deficiency of fluids, pleurisy.

Rules:

1. must be seen in two weeks.

Patient History: Chong mai

A 60-year-old man presented with severe angina pectoris unrelieved by medication. Four years ago he had a mild heart attack. The angina is experienced only when he moves.

Examination revealed a regular but mildly rapid pulse.

The left distal position was Flat and was small and thin at the deeper part of the position. The tongue showed a moderately deep central line. There was indication of a severe emotional shock sometime prior to the mild heart attack, which the patient recalled. This shock caused a closing down of the energy of his heart resulting in the ensuing heart attack and angina. No real damage in the Heart was discernible.

Chong mai was chosen as the primary treatment. There were several reasons for this choice. The Chong mai, through its anastomatic channel spreads out from its main course from ST-30 through KI-11 and KI-21, to the entire chest, accumulating at the ribs; there is also another channel through PC-1 on both sides of the chest and Ren-17 (a very important energy point for the entire body and for the chest area). In addition, the downward channel connects all the meridians and has a particularly profound effect on the Kidney meridian. The Kidney and the Heart have a special relationship in Chinese medicine, each supporting the other. The Chong mai is a specific choice for angina pectoris palpitations, endocarditis, and myocarditis. The master point, SP-4, is a specific point for cardiac pain and the couple point PC-6 has the effect of moving the energy throughout the chest.

The use of Chong mai brought about almost immediate relief of the angina.

VIII. Dai mai*Command Points:*

1. main.
 - a. master point - GB-41.
 - b. couple point - SJ-5.

2. alternative - Moxa, Ren-8, GB-25.

Names:

1. Girdle Meridian.
2. Belt Channel.

Pathways:

1. origin- lower ribs.
2. main channel- GB-26, GB-27, GB-28, GB-29, LIV-13.

Functions:

1. meridian system
 - a. stabilize qi for all meridians by collecting qi in three points of the Gall Bladder.
 - b. balance yin-yang in the leg because all six meridians cross it.
 - c. related to greater yin; Lung and Spleen.
 - d. important meridian of the Gall Bladder through GB-26, GB-27, GB-28.
 - e. preserve yang (as in hemorrhage through SJ-5).
2. anatomical- controls the girdle area.
3. physiological.
 - a. general- balance.
 - b. endocrine- direct; reproductive system; indirect: thyroid.
 - c. neuropsychological- cerebrum.

Indications:

1. specific physical symptoms.
 - a. neurological- migraine-Liver absorbs unused sex hormones- LIV-13, thyroid stimulation, stroke.
 - b. dermatological- skin diseases, psoriasis, eczema.
 - c. pain syndrome-pain in general- head, back of neck, lower limbs especially, hip.
 - d. musculoskeletal- strengthen waist, lumbar pain and weakness, patient feels as if sitting in cold water and upper part is outside of water; extremities are difficult to hold up when body is numb and painful; muscles trembling, leg pains, extremities all painful and can be swollen, arthritis, Dupuytren's contracture.
 - e. urogenital- congestion in lower abdomen, uterus, and sterility in women, inflammation of breasts, weakness and fatigue.
 - f. E.N.T.
 - g. miscellaneous- chronic disease in general, eyes red and painful, fever and trembling, swollen gland in neck, buzzing in ear, sore swollen throat.
2. psychological - confidence, depression.

Specific Points:

1. GB-41 - bad temper, instability, sharpness, sour nature, lack of calm, indecision, cannot trust memory, confused when asked to keep one thing in mind, lower part of leg (feet) damp, vertigo, mastoid pain, intermittent fever, excessive perspiration, imbalance of three burners.

Rules:

1. follow with Yang Wei.

Case History: The Dai mai

A 47-year-old woman presented herself with stiff and swollen knees, unable to use her legs for any exertion; she suffered from stiffness and swelling down the front and sides of both legs. A number of treatments were attempted for these and some of her other accompanying problems were resolved with, however, only minor success. When the Dai mai meridian was used for treatment of her problems in her lower extremities, she experienced immediate relief. Her feet were well for 8 days following the first treatment and she rode a bicycle for the first time in six years. The patient has not yet achieved a total recovery, although the gains have been significant (a more complete summary of this patient's problems would take several pages and would be out of place in this context).

The Dai mai meridian is indicated for leg pains, swollen and painful extremities in situations where extremities are difficult to support. The master point GB-41 is useful in the treatment of memory, which was also one of the patient's complaints. In addition, the patient's pulse revealed tension in the Liver and Gall Bladder, but particularly in the area of the Gall Bladder. Since much of her problems centered in the gastrointestinal area during all her life, the Dai mai seemed an excellent choice for strengthening the gastrointestinal system. The master point and other major points on the meridian are Gall Bladder points. The couple point, SJ-5, is an important point on the Triple Burner meridian, which is known in Chinese medicine to be an important adjunct to the function and treatment of the digestive system. The patient has responded well to this approach.

Table 1.

The Endocrine Functions of the Eight Extraordinary or Homeostatic Meridians.

Ren mai;

Direct; thyroid Ren-22

Indirect; reproductive (diabetes) - Ren-2, Ren-3

Du mai

Direct; reproductive and adrenal; Du-4

Indirect; reproductive and adrenal

Yang Wei

Direct; none

Indirect; uterus

Yin Wei

Direct; thyroid, parathyroid

Indirect; adreanal medulla

Yang Qiao

Direct; pituitary

Indirect; pituitary and adrenal cortex, through BL-1

Yin Qiao

Direct; none

Indirect; adrenal cortex through KI-18, pituitary and gonadal hormones through BL-1

Chong mai

Direct; adrenal medulla

Indirect; thyroid

Dai mai

Direct; reproductive system

Indirect; thyroid

Table 2

The Psychological Functions of the Eight Extraordinary or Homeostatic Meridians.

Sadness; BL-62

Mental Fatigue; BL-62

Antisocial; BL-62

Lazy; BL-62

Mental Instability; SI-3

Thoughts Entangled; SI-3

Sour Nature; GB-41

Indecision; GB-41

Memory; LU-7, GB-41

Lack of Calm; GB-41

Violent Fear; SJ-5

Paranoia; KI-6

Hebephrenia; LU-7