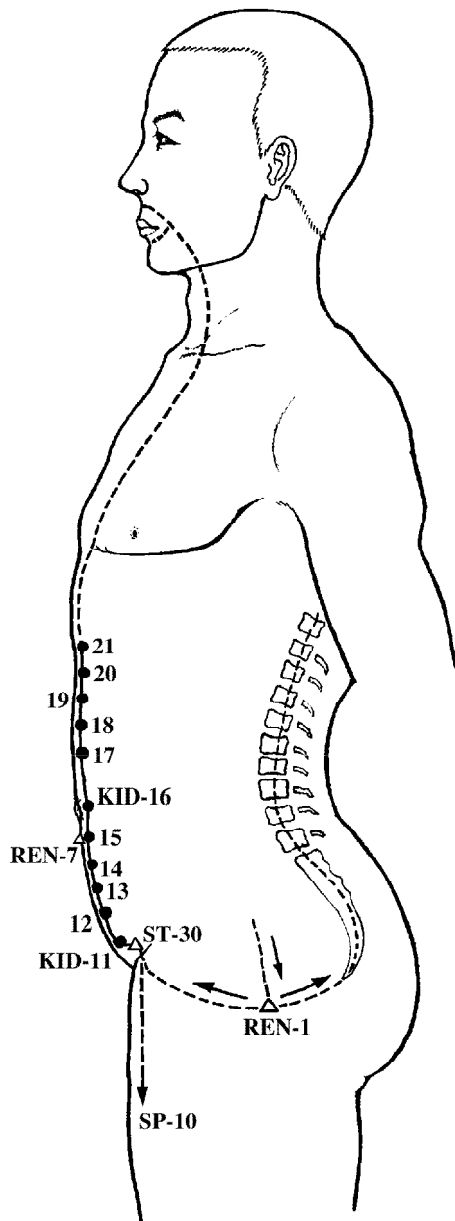


# Chong Mai/ Penetrating Vessel/ Thoroughfare Vessel



**Chong Mai** (modified from Shandong, 1982, p.64)

Chong Mai has five pathways:

1. The main pathway commences in the lower abdomen (possibly the uterus in women, Matsumoto and Birch, 1986). It emerges in the Qi thoroughfare in the inguinal region (ST-30, Qi Chong), and ascends the abdomen with the Kidney Channel of foot Shao Yin, from KID-11 (Heng Gu) to KID-21 (You Men). It passes lateral to the umbilicus and travels to the chest. It disperses into the intercostal spaces.

2. This pathway begins where the previous pathway dispersed in the chest. It ascends the throat to the face, curves around the lips, and terminates in the nasal cavity.

3. This pathway emerges from the Qi thoroughfare of the lower abdomen at KID-11 (Heng Gu). It descends along the medial aspect of the thigh to the popliteal fossa, then continues down the medial aspect of the tibia. It passes posterior to the medial malleolus, then disperses in the plantar surface of the foot.

4. This pathway separates from ST-30 (Qi Chong), and travels down the lower limb to the medial malleolus, possibly encompassing the lateral margin of the tibia as it descends (O'Connor and Bensky, 1981). It enters the heel, crosses the tarsal bones of the foot, and reaches the big toe.

5. This pathway separates from the main Channel in the pelvic cavity. It runs to, and then ascends, inside the spinal column. It circulates through the back.

Chong Mai connects to the three Yin Meridians of the lower limb - Kidney Channel of foot Shao Yin, Spleen Channel of foot Tai Yin, and Liver Channel of foot Jue Yin (Matsumoto and Birch, 1986).

Points on this Meridian include: on Ren Mai (Conception Vessel), REN-1 (Hui Yin), REN-7 (Yin Jiao) (O'Connor and Bensky, 1981; Shandong, 1982); on the Stomach Channel of foot Yang Ming, ST-30 (Qi Chong); on the Kidney Channel of foot Shao Yin, KID-11 (Heng Gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), KID-16 (Huang

Shu), KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men).

Other points on this Meridian may include: on the Spleen Channel of foot Tai Yin, SP-10 (Xue Hai), (Rogers, 1981).

#### CHONG MAI SPECIAL POINTS/ COMMAND POINTS

SP-4 (Gong Sun): Master point

PC-6 (Nei Guan): Coupling point

#### FLOW OF QI/ DISTRIBUTION OF POINTS:

**Lower Jiao:** REN-1 (Hui Yin), ST-30 (Qi Chong), [SP-10 (Xue Hai)], KID-11 (Heng Gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), REN-7 (Yin Jiao).

**Middle Jiao:** KID-16 (Huang Shu), KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men).

#### Functions:

(O'Connor & Bensky, 1981; Ellis et al, 1988): Chong Mai is the sea of the main Channels. It has a regulating effect on all twelve primary Channels. Its main function is to regulate menstruation, but it may also be involved in male sexual irregularities. "The Penetrating Vessel is the sea of Blood" (Ellis et al., 1988).

(Ross, 1995): Tonifies the Qi of the Kidneys, Spleen and Stomach; tonifies the Blood of the Spleen and Heart; moves stagnant Qi and Blood in the Heart and chest, in the epigastrium, in the uterus, and in the arms and legs; calms emotions, calms Kidney fear, Spleen worry, and Heart anxiety.

#### Indications:

(O'Connor & Bensky, 1981; Ellis et al, 1988; Shandong, 1982): Gynaecological disorders including metrorrhagia, miscarriage and irregular menstruation; male sexual irregularities including impotence, prostatitis, urethritis, orchitis, and seminal emission; abdominal pain and fullness, periumbilical pain, indigestion, colic, dyspnoea, retained placenta.