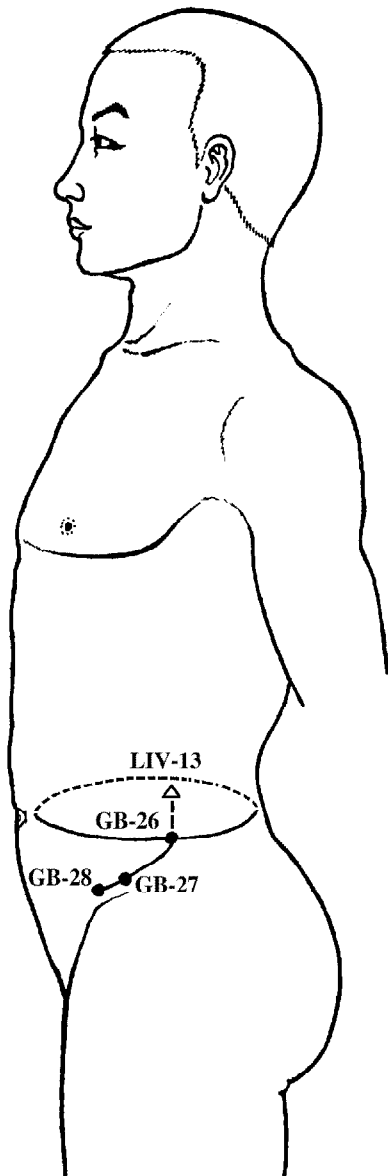


Dai Mai/ Girdle Vessel/ Belt Vessel



Dai Mai (modified from Shandong, 1982, p. 66)

Dai Mai commences below the lateral extremity of the 10th rib in the hypo-chondrium, at the approximate level of the 2nd lumbar vertebra. It encircles the trunk like a belt or girdle. It runs down into the lower abdominal region anteriorly, and runs across the lumbar region posteriorly. It intersects the Gall Bladder Channel of foot Shao Yang at three points, GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao).

Other points on this Meridian may include: LIV-13 (Zhang Men) (Matsumoto & Birch, 1986).

DAI MAI SPECIAL POINTS/ COMMAND POINTS:

GB-41 (Zu Lin Qi): Master point

SJ-5 (Wai Guan): Coupling point

FLOW OF QI/ DISTRIBUTION OF POINTS:

LIV-13 (Zhang Men), GB-26 (Dai Mai),

GB-27 (Wu Shu), GB-28 (Wei Dao).

Functions:

(O'Connor & Bensky, 1981; Ellis et al, 1988): Dai Mai binds all the Channels which run up and down the trunk, thereby regulating the balance between the upward and downward flow of Qi in the body. It deals with fullness and distension of the abdomen, pain and weakness of the lumbar region, and motor impairment of the lower limb.

(Ross, 1995): Calms hyperactive Liver Yang, disperses Liver and Gall Bladder Fire, moves stagnant Liver Qi, disperses Liver and Gall Bladder Damp Heat, regulates the menstrual cycle.

Indications:

(O'Connor & Bensky, 1981; Ellis et al, 1988; Shandong, 1982): Fullness and distension of the abdomen, irregular menstruation, leucorrhoea, prolapse of the uterus, pain or weakness in the lumbar region, weakness or motor impairment of the lower limb, redness and pain of the eyes, vertigo.