

# Du Mai/ Governing Vessel

Du Mai has four pathways:

1. The main pathway commences in the pelvic cavity. It emerges in the perineum at REN-1 (Hui Yin), and passes posteriorly to DU-1 (Chang Qiang) at the caudal tip of the coccyx. It then ascends along the middle of the spinal column to DU-16 (Feng Fu) at the nape of the neck. It enters the brain and ascends to the vertex, emerging at DU-20 (Bai Hui). It continues forward along the midline to the forehead (DU-24, Shen Ting), runs down across the bridge of the nose, and across the philtrum (DU-26, Shui Gou). It terminates in the maxillary gum (DU-28, Yin Jiao).

2. The second pathway begins in the lower abdomen, and runs down through the genitals into the perineal region. It then travels through the tip of the coccyx and continues into the gluteal region. It intersects the Kidney Channel of foot Shao Yin and the Urinary Bladder Channel of foot Tai Yang, then returns to the spinal column. It then travels up the spine and links with the Kidneys.

3. The third pathway begins at the same point on both Urinary Bladder Channels of foot Tai Yang, at the inner canthus of each eye (BL-1, Jing Ming). A branch from each inner canthus rises up over the forehead to meet at the vertex. The pathway then enters the brain. It emerges at the nape of the neck and divides into two branches that descend along each side of the spine to the waist. There they join with the Kidneys Organ.

4. The fourth pathway begins in the lower abdomen. It ascends across the umbilicus, and continues upward to join (pass through) the Heart. It then enters the trachea, crosses the floor of the mouth, splits into two and encircles the lips. It continues up the cheeks to the centre of each infraorbital region.

There are 28 points on this Meridian: DU-1 to DU-28.

Other points on this Meridian may include: on Urinary Bladder Channel of foot Tai Yang, BL-1 (Jing Ming), BL-12 (Feng Men); on Ren Mai, REN-1 (Hui Yin), [REN-24 (Cheng Jiang)]; on Stomach Channel of foot Yang Ming, ST-30 (Qi Chong) (Matsumoto and Birch, 1986).

## DU MAI SPECIAL POINTS/ COMMAND POINTS

|                     |                      |
|---------------------|----------------------|
| SI-3 (Hou Xi):      | Master point         |
| BL-62 (Shen Mai):   | Coupling point       |
| DU-1 (Chang Qiang): | Luo-Connecting point |

## FLOW OF QI/ DISTRIBUTION OF POINTS:

**Lower Jiao (Perineum, Posterior Pelvis):** REN-1 (Hui Yin), DU-1 (Chang Qiang), DU-2 (Yao Shu), DU-3 (Yao Yang Guan)

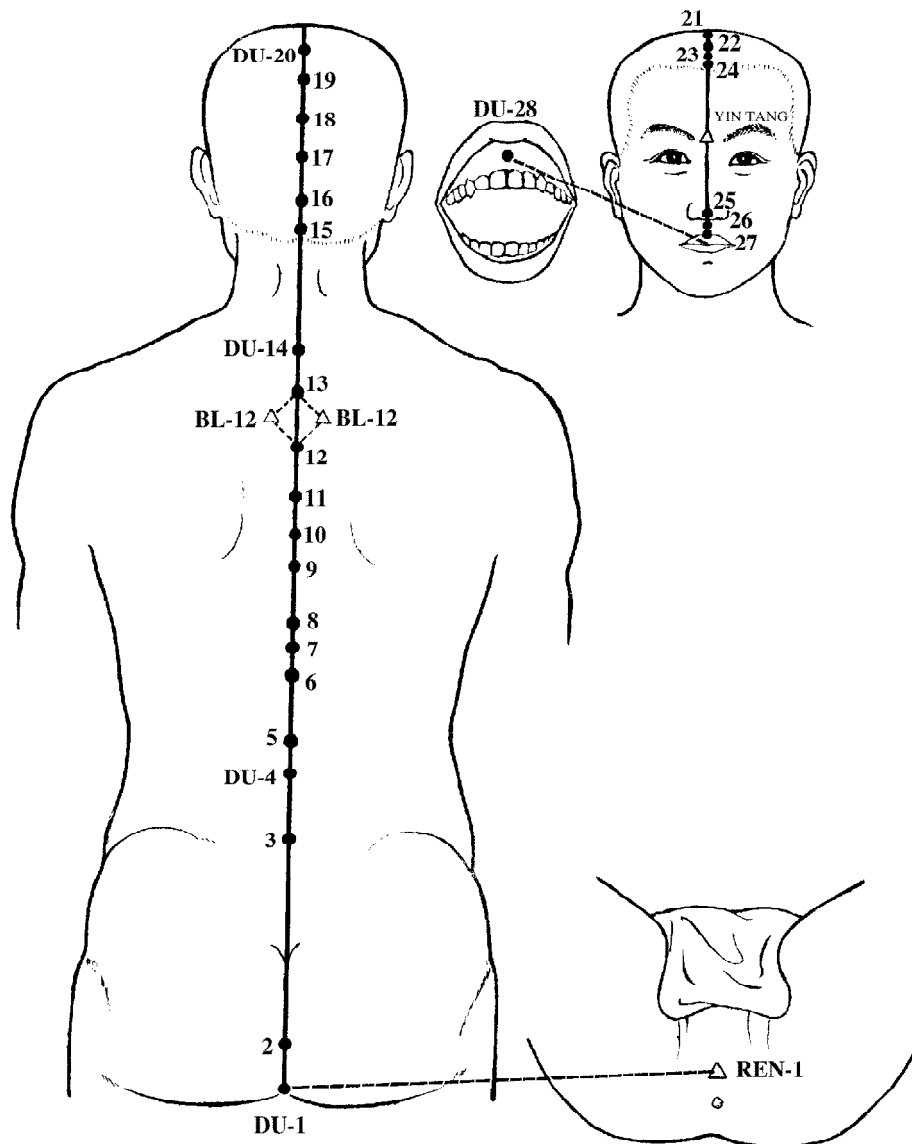
**Middle Jiao (Lumbar, Lower Thoracic Spine):** DU-4 (Ming Men), DU-5 (Xuan Shu), DU-6 (Ji Zhong), DU-7 (Zhong Shu), DU-8 (Jin Suo)

**Upper Jiao:**

**Upper Thoracic Spine, Posterior Neck:** DU-9 (Zhi Yang), DU-10 (Ling Tai), DU-11 (Shen Dao), DU-12 (Shen Zhu), [BL-12 (Feng Men)], DU-13 (Tao Dao), DU-14 (Da Zhui), DU-15 (Ya Men), DU-16 (Feng Fu)

**Head:** DU-17 (Nao Hu), DU-18 (Qiang Jian), DU-19 (Huo Ding), DU-20 (Bai Hui), DU-21 (Qian Ding), DU-22 (Xin Hui), DU-23 (Shang Xing), DU-24 (Shen Ting)

**Face:** DU-25 (Su Liao), DU-26 (Shui Gou), DU-27 (Dui Duan), DU-28 (Yin Jiao), [REN-24 (Cheng Jiang)].

**Du Mai**

(modified from Shandong, 1982, p. 57)

**MERIDIANS INTERSECTED BY DU MAI:**

Urinary Bladder Channel of foot Tai Yang: BL-1 (Jing Ming), BL-12 (Feng Men)

Ren Mai (Conception Vessel): REN-1 (Hui Yin), [REN-24 (Cheng Jiang)]

Stomach Channel of foot Yang Ming: ST-30 (Qi Chong)

## MERIDIANS INTERSECTING ON DU MAI:

|                     |  |
|---------------------|--|
| DU-1 (Chang Qiang): | Kidney Channel of foot Shao Yin  |
| DU-13 (Tao Dao):    | Urinary Bladder Channel of foot Tai Yang   |
| DU-14 (Da Zhui):    | Urinary Bladder Channel of foot Tai Yang<br>Stomach Channel of foot Yang Ming<br>Gall Bladder Channel of foot Shao Yang<br>Large Intestine Channel of hand Yang Ming<br>San Jiao Channel of hand Shao Yang<br>Small Intestine Channel of hand Tai Yang |
| DU-15 (Ya Men):     | Yang Wei Mai (Yang linking Vessel)   |
| DU-16 (Feng Fu):    | Yang Qiao Mai (Yang heel/motility Vessel)<br>Yang Wei Mai (Yang linking Vessel)  |
| DU-17 (Nao Hu):     | Urinary Bladder Channel of foot Tai Yang   |
| DU-20 (Bai Hui):    | Urinary Bladder Channel of foot Tai Yang<br>Liver Channel of foot Jue Yin  |
| DU-24 (Shen Ting):  | Urinary Bladder Channel of foot Tai Yang<br>Stomach Channel of foot Yang Ming  |
| DU-26 (Shui Gou):   | Stomach Channel of foot Yang Ming<br>Large Intestine Channel of hand Yang Ming   |
| DU-28 (Yin Jiao):   | Ren Mai (Conception Vessel)  |

**Functions:**

(O'Connor & Bensky, 1981; Ellis et al, 1988): Du Mai is the sea of the Yang Channels. All six primary Yang Channels converge at DU-14 (Da Zhui). Du Mai has a regulating effect on all the Yang Channels, so it is said that it 'governs' all the Yang Channels of the body.

Du Mai homes to the brain and connects to the Kidneys. The Kidneys engender Marrow. The brain is known as the "Sea of Marrow" (Ellis et al., 1988). Du Mai reflects the physiology and pathology of the brain, spinal cord, and reproductive system. Pain and stiffness of the spinal column and febrile diseases are also commonly associated with Du Mai. It meets the Liver Channel at the vertex of the head.

(Ross, 1995): Tonifies Yang - tonifies Kidney and Heart Yang, helps the Spleen hold up Organs, disperses Interior Cold and Damp; tonifies the Kidneys, brain and spine - tonifies Kidney Jing, strengthens the spine and the mind; Expels Exterior Wind; moves stagnation of Qi and Blood in the back, neck and head; calms irregularity and disperses Excess - calms hyperactive Yang, Interior Wind, the Shen, and disperses Interior Fire.

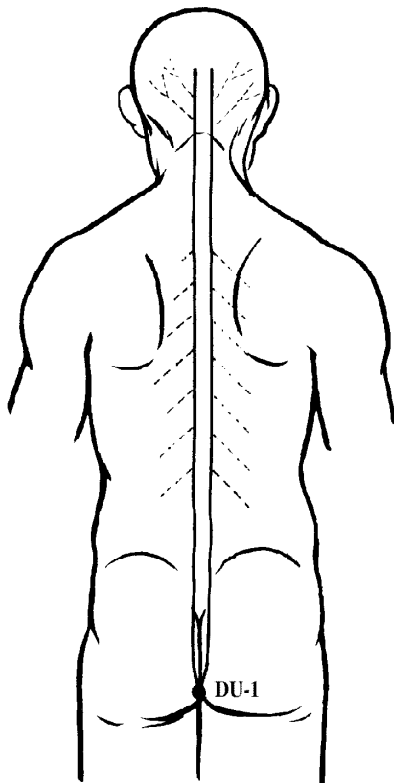
**Indications:**

(Ellis et al, 1988; O'Connor & Bensky, 1981; Shandong, 1982): Opisthotonos, pain and stiffness in the back and along the spinal column, malaria, heavy sensation of the head, vertigo, shaking, haemorrhoids, sterility, Jing-Shen disorders, Internal Wind resulting from fright

particularly in children, colic, constipation, enuresis, convulsion, febrile diseases, night sweating.

**Note:** The paravertebral points of Hua Tuo, (Hua Tuo Jia Ji, M-BW-35, Lining the Spine), located 0.5-1 cun lateral to Du Mai along the length of the spine- on both sides, are not infrequently substituted for Du Mai points. Their Functions and Indications vary with the region of the spine, but are similar to points located in the immediate proximity - Du Mai, Urinary Bladder, or other Extra points.

## DU MAI LUO (CONNECTING) MERIDIAN



The Du Mai Luo Meridian separates from Du Mai at DU-1 (Chang Qiang), at the tip of the coccyx. It forms two branches that ascend and spread on either side of the spine to the nape of the neck. These branches disperse over the top of the head.

In the region of the scapulae, branches of this Luo Vessel connect to the Urinary Bladder Channel of foot Tai Yang, penetrate into the paravertebral connective tissues (Sinews), and disperse through the spine.

### Signs/ Symptoms:

Shi: stiffness of the spine, stiff neck

Xu: heaviness of the head, dizziness

(mainly from Ellis et al., 1988; O'Connor & Bensky, 1981)

### Du Mai Luo Meridian

(from Cheng 1987, p. 94)