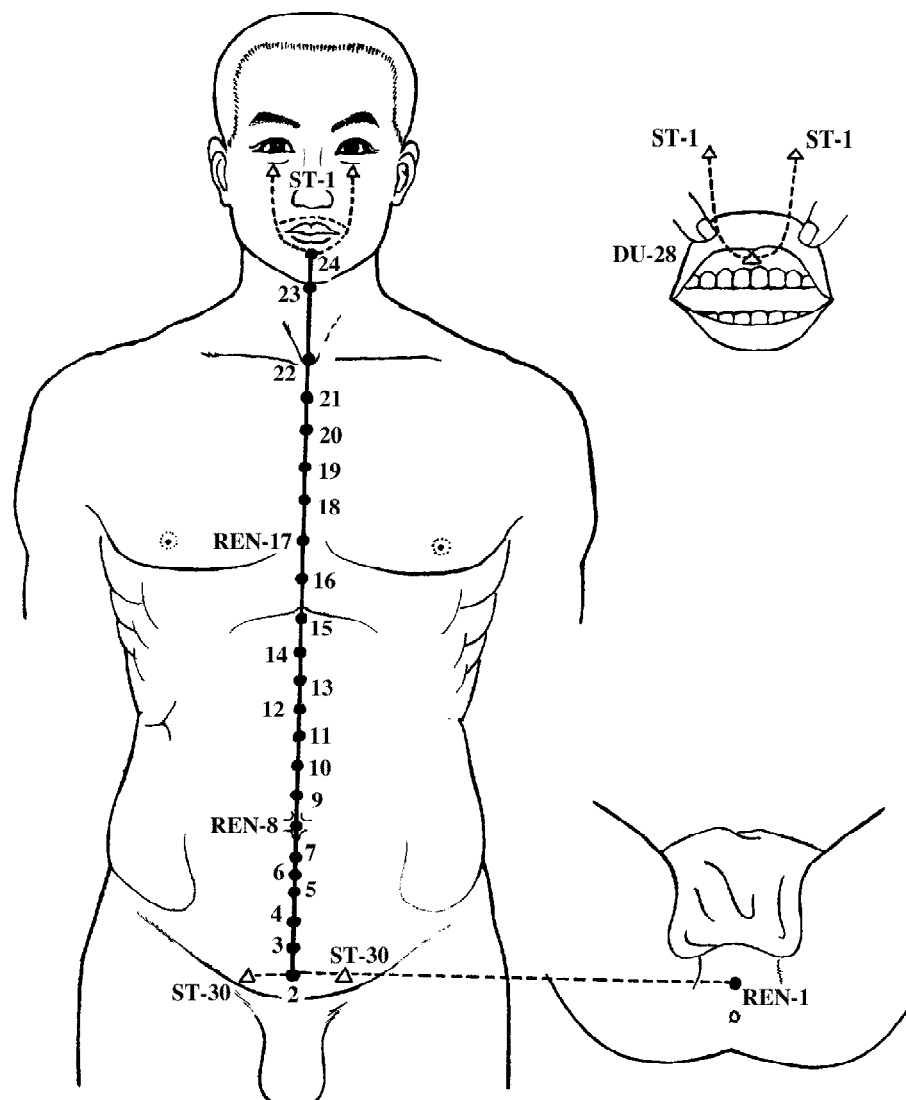


Ren Mai/ Conception Vessel/ Directing Vessel

Ren Mai commences in the pelvic cavity, below REN-3 (Zhong Ji). It connects with the Internal urogenital organs and emerges through the perineum, at REN-1 (Hui Yin). It ascends anteriorly through the pubic region and travels up the midline of the abdomen, chest and neck, to the mentolabial groove of the chin (REN-24, Cheng Jiang). There it divides into two branches that encircle the mouth and ascend to the infraorbital regions (ST-1, Cheng Qi).

A second pathway arises in the pelvic cavity, enters the spine, and ascends along the back. There are 24 points on this Meridian: REN-1 to REN-24.

Other points on this Meridian may include: on Stomach Channel of foot Yang Ming, ST-1 (Cheng Qi), ST-30 (Qi Chong); on Du Mai (Governing Vessel), DU-28 (Yin Jiao) (Matsumoto & Birch, 1986; O'Connor & Bensky, 1981).



Ren Mai (modified from Shandong, 1982, p. 61)

REN MAI SPECIAL POINTS/ COMMAND POINTS

LU-7 (Lie Que):	Master point
KID-6 (Zhao Hai):	Coupling point
REN-3 (Zhong Ji)	front Alarm-Mu, Collecting point of the Urinary Bladder Fu.
REN-4 (Guan Yuan)	front Alarm-Mu, Collecting point of the Small Intestine Fu
REN-5 (Shi Men)	i) front Alarm-Mu, Collecting point of the San Jiao Fu, particularly the Lower Jiao.
REN-7 (Yin Jiao)	Special Command point of the Lower Jiao
REN-12 (Zhong Wan)	i) front Alarm-Mu, Collecting point of the Stomach Fu; front Alarm-Mu, Collecting point of the Middle Jiao ii) Meeting point of the Fu Organs
REN-14 (Ju Que)	front Alarm-Mu, Collecting point of the Heart Zang
REN-15 (Jiu Wei):	i) Luo-Connecting point of Ren Mai. ii) Yuan point of the Yin Organs.
REN-17 (Dan Zhong)	i) front Alarm-Mu, Collecting point of the Pericardium Zang; front Alarm-Mu, Collecting point of the Upper Jiao ii) Meeting point of Qi.

FLOW OF QI/ DISTRIBUTION OF POINTS:

Lower Jiao: REN-1 (Hui Yin), [ST-30, Qi Chong], REN-2 (Qu Gu), REN-3 (Zhong Ji), REN-4 (Guan Yuan), REN-5 (Shi Men), REN-6 (Qi Hai), REN-7 (Yin Jiao)

Middle Jiao: REN-8 (Shen Que), REN-9 (Shui Fen), REN-10 (Xia Wan), REN-11 (Jian Li), REN-12 (Zhong Wan), REN-13 (Shang Wan), REN-14 (Ju Que), REN-15 (Jiu Wei)

Upper Jiao: REN-16 (Zhong Ting), REN-17 (Dan Zhong), REN-18 (Yu Tang), REN-19 (Zi Gong), REN-20 (Hua Gai), REN-21 (Xuan Ji)

Neck, Face: REN-22 (Tian Tu), REN-23 (Lian Quan), REN-24 (Cheng Jiang), DU-28 (Yin Jiao), ST-1 (Cheng Qi).

Functions:

(O'Connor & Bensky, 1981; Ellis et al, 1988): Ren Mai is the sea of the Yin Channels. The three Yin Channels of each lower limb connect to Ren Mai, which allows their bilateral pathways to communicate. Because of this, Ren Mai has a regulating effect on the Yin Channels, so it is said that it regulates all the Yin Channels of the body (Ellis et al., 1988). This is particularly true of the Kidney, Liver and Spleen Channels.

Ren Mai has very close links with the Kidneys and the Uterus. Its function is closely related to pregnancy. It regulates menstruation and nurtures the foetus. "Ren Mai governs the foetus" (Ellis et al., 1988).

(Ross, 1995): Tonifies the Kidneys (Jing, Qi, Yin, & Yang); removes Damp in the lower Jiao; moves stagnant Qi of the Heart, Lung, and breasts, of the Liver, Spleen and Stomach, and

in the uterus and lower Liao; regulates the emotions, calms fear, disperses grief, relieves depression; regulates the female reproductive cycle and associated psychological changes.

Indications:

(Ellis et al,1988; O'Connor & Bensky, 1981; Shandong, 1982): Menstrual irregularities, leucorrhoea, miscarriage, sterility, infertility, other urogenital disorders, hernia, abdominal masses, colic, pain in the epigastrium and abdomen, dysuria, haematuria, enuresis, cold sensation in the umbilical region, vomiting, hiccup, swelling of the pharynx, swallowing difficulties, respiratory disorders.

MERIDIANS INTERSECTING ON REN MAI:

REN-1 (Hui Yin):	Du Mai (Governing Vessel) Chong Mai (Penetrating Vessel)
REN-2 (Qu Gu):	Liver Channel of foot Jue Yin
REN-3 (Zhong Ji):	Kidney Channel of foot Shao Yin Spleen Channel of foot Tai Yin Liver Channel of foot Jue Yin
REN-4 (Guan Yuan):	Kidney Channel of foot Shao Yin Spleen Channel of foot Tai Yin Liver Channel of foot Jue Yin
REN-5 (Shi Men):	San Jiao Channel of hand Shao Yang
REN-7 (Yin Jiao):	Chong Mai (Penetrating Vessel) [Kidney Channel of foot Shao Yang]
REN-10 (Xia Wan):	Spleen Channel of foot Tai Yin
REN-12 (Zhong Wan):	Stomach Channel of foot Yang Ming San Jiao Channel of hand Shao Yang Small Intestine Channel of hand Tai Yang
REN-13 (Shang Wan):	Stomach Channel of foot Yang Ming Small Intestine Channel of hand Tai Yang
REN-17 (Dan Zhong):	San Jiao Channel of hand Shao Yang Small Intestine Channel of hand Tai Yang [Spleen Channel of foot Tai Yin] [Kidney Channel of foot Shao Yin] [Pericardium Channel of hand Jue Yin]
REN-22 (Tian Tu):	Yin Wei Mai (Yin linking Vessel)
REN-23 (Lian Quan):	Yin Wei Mai (Yin linking Vessel)
REN-24 (Cheng Jiang):	Stomach Channel of foot Yang Ming [Large Intestine Channel of hand Yang Ming] [Du Mai (Governing Vessel)]

MERIDIANS INTERSECTED BY REN MAI:

Stomach Channel of foot Yang Ming: ST-1 (Cheng Qi), ST-30 (Qi Chong)

Du Mai (Governing Vessel): DU-28 (Yin Jiao)

FRONT ALARM-MU, COLLECTING POINTS:

Point:

LU-1 (Zhong Fu)

REN-17 (Dan Zhong)

LIV-14 (Qi Men)

GB-24 (Ri Yue)

LIV-13 (Zhang Men)

GB-25 (Jing Men)

REN-14 (Ju Que)

REN-12 (Zhong Wan)

ST-25 (Tian Shu)

REN-5 (Shi Men)

REN-4 (Guan Yuan)

REN-3 (Zhong Ji)

Related Zang Fu:

Lung Zang

Pericardium Zang, Upper Jiao

Liver Zang

Gall Bladder Fu

Spleen Zang

Kidney Zang

Heart Zang

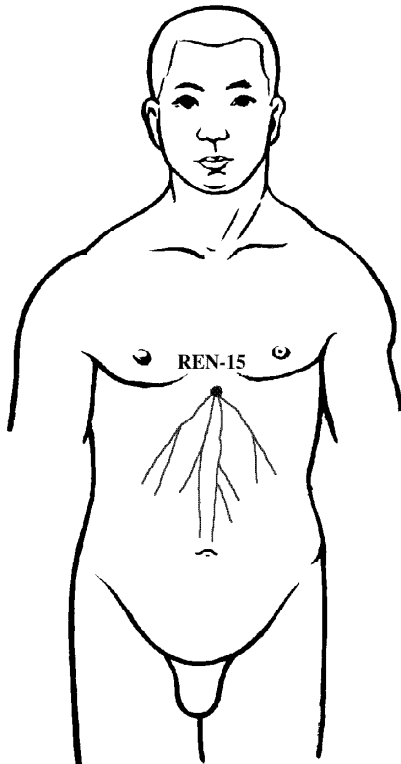
Stomach Fu, Middle Jiao

Large Intestine Fu

San Jiao Fu, Lower Jiao

Small Intestine Fu

Urinary Bladder Fu

REN MAI LUO (CONNECTING) MERIDIAN

The Ren Mai Luo Meridian separates from Ren Mai at REN-15 (Jiu Wei), at the inferior aspect of the sternum, and disperses downward over the abdomen.

Signs/ Symptoms:

Shi: stagnation pain in the skin of the abdomen

Xu: itching over the abdomen (skin)

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

Ren Mai Luo Meridian

(from Cheng 1987, p. 94)