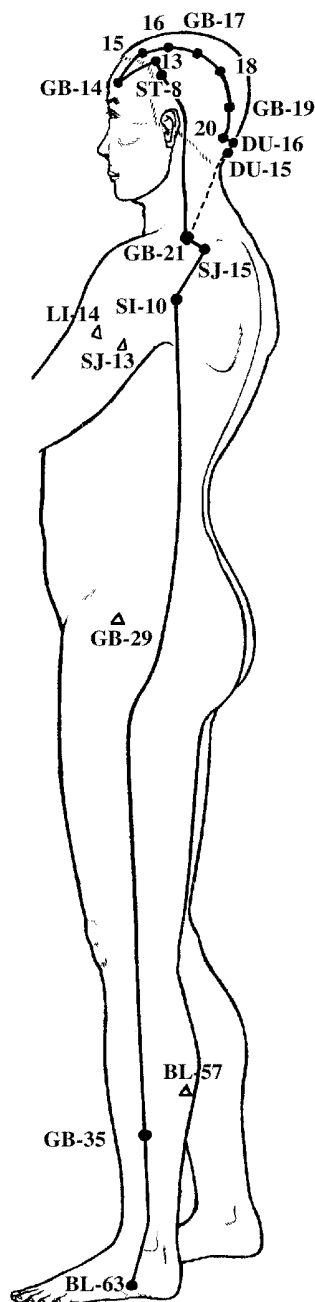


## Yang Wei Mai/ Yang linking Vessel



Yang Wei Mai begins below the lateral malleolus at point BL-63 (Jin Men) of the Urinary Bladder Channel of foot Tai Yang. This area is contiguous for all the primary Yang Meridians of the lower limb. It ascends the lower limb along the path of the Gall Bladder Channel of foot Shao Yang (GB-35, Yang Jiao). It passes through the hip joint, and travels up the posterolateral aspect of the trunk, running past the axilla and posterior to the shoulder. It ascends the neck and crosses behind the ear to the forehead (ST-8, Tou Wei). It then winds back over the top of the head to end at DU-16 (Feng Fu), at the nape of the neck.

Yang Wei Mai intersects the Gall Bladder Channel of foot Shao Yang at GB-35 (Yang Jiao), GB-21 (Jian Jing), GB-20 (Feng Chi), GB-19 (Nao Kong), GB-18 (Cheng Ling), GB-17 (Zheng Ying), GB-16 (Mu Chuang), GB-15 (Tou Lin Qi), GB-14 (Yang Bai), GB-13 (Ben Shen). It intersects the San Jiao Channel of hand Shao Yang at SJ-15 (Tian Liao), the Small Intestine Channel of hand Tai Yang at SI-10 (Nao Shu), Du Mai (Governing Vessel) at DU-15 (Ya Men) and DU-16 (Feng Fu), the Stomach Channel of foot Yang Ming at ST-8 (Tou Wei), and the Urinary Bladder Channel of foot Tai Yang, BL-63 (Jin Men).

Other points on this Meridian may include: BL-57 (Cheng Shan), GB-29 (Ju Liao), LI-14 (Bi Nao), SJ-13 (Nao Hui). There may also be a pathway from the shoulder to the nape of the neck (Matsumoto and Birch, 1986).

### YANG WEI MAI SPECIAL POINTS/ COMMAND POINTS

SJ-5 (Wai Guan): Master point

GB-41 (Zu Lin Qi): Coupling point

GB-35 (Yang Jiao): Xi-Cleft, Accumulation point

**Yang Wei Mai** (modified from Shandong, 1982, p.72)

### FLOW OF QI/ DISTRIBUTION OF POINTS:

**Lower Limb:** BL-63 (Jin Men), GB-35 (Yang Jiao), [BL-57 (Cheng Shan), GB-29 (Ju Liao)]

**Upper Limb, Shoulder:** [LI-14 (Bi Nao), SJ-13 (Nao Hui)], SI-10 (Nao Shu), SJ-15 (Tian Liao), GB-21 (Jian Jing)

**Head, Neck:** ST-8 (Tou Wei), GB-13 (Ben Shen), GB-14 (Yang Bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling), GB-19 (Nao Kong), GB-20 (Feng Chi), DU-16 (Feng Fu), DU-15 (Ya Men).

**Functions**

(O'Connor & Bensky, 1981; Ellis et al, 1988): Yang Wei Mai unites all the primary Yang Channels. It strengthens their respective flows, compensating for Excess or Deficiency in Channel circulation, and generally regulating Yang Channel activity.

(Ross, 1995): Resolves Wind Heat; regulates the sides of the body, ears and head; calms hyperactive Liver Yang, disperses Liver and Gall Bladder Damp Heat.

**Indications:**

(O'Connor & Bensky, 1981; Shandong, 1982): Chills and fever, vertigo; muscular fatigue, stiffness and pain; pain and distension of the waist, fever and perspiration of febrile diseases, night sweats, pain and swelling of the limbs and joints.