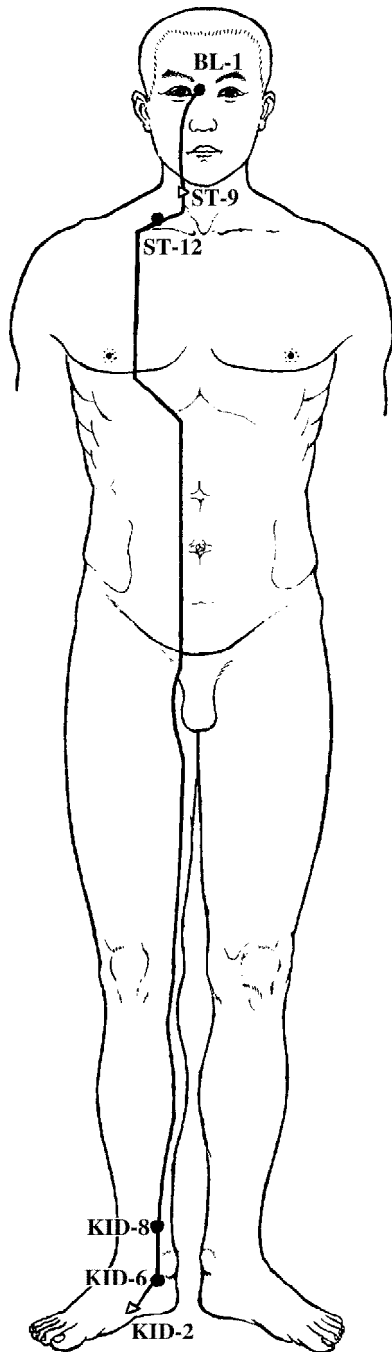


Yin Qiao Mai/ Yin heel (motility) Vessel



Yin Qiao Mai

(modified from Shandong,
1982, p. 70)

Yin Qiao Mai commences at KID-6 (Zhao Hai) below the medial malleolus. It ascends along the medial (posteromedial) aspect of the lower limb, penetrates the genital region, then continues Internally up the abdomen and chest. It emerges at the supraclavicular fossa at ST-12 (Que Pen).

From there it ascends along the throat, passing lateral to the thyroid cartilage but anterior to ST-9 (Ren Ying). It continues up the medial aspect of the cheek to the inner canthus, to BL-1 (Jing Ming), where it joins Yang Qiao Mai (Yang heel motility) and the Urinary Bladder Channel of foot Tai Yang. Together these ascend over the head and enter the brain.

Points on this Meridian include: on the Urinary Bladder Channel of foot Tai Yang, BL-1 (Jing Ming); on the Kidney Channel of foot Shao Yin, KID-6 (Zhao Hai), KID-8 (Jiao Xin); on the Stomach Channel of foot Yang Ming, ST-12 (Que Pen).

Other points on this Meridian may include: KID-2 (Ran Gu), ST-9 (Ren Ying) (Matsumoto and Birch, 1986).

YIN QIAO MAI SPECIAL POINTS/ COMMAND POINTS

- KID-6 (Zhao Hai): Master point
- LU-7 (Lie Que): Coupling point
- KID-8 (Jiao Xin): Xi-Cleft, Accumulation point

FLOW OF QI/ DISTRIBUTION OF POINTS:

- Lower Limb:** KID-2 (Ran Gu), KID-6 (Zhao Hai), KID-8 (Jiao Xin)
- Neck, Face:** ST-12 (Que Pen), ST-9 (Ren Ying), BL-1 (Jing Ming).

Functions

(O'Connor & Bensky, 1981; Ellis et al, 1988): The main functions of both Yang and Yin Qiao Mai are to control the opening and closing of the eyes, control the ascent of Fluids and the descent of Qi, and to regulate muscular activity in general but particularly of the lower limb.

(Ross, 1995): Regulates sleep, strengthens the legs, regulates the uterus.

Indications:

(Ellis, Wiseman & Boss, 1988; O'Connor & Bensky, 1981; Shandong, 1982): Eye diseases, heavy sensation of the eyelids or inability to open the eyes, hypersomnia, watery eyes, lower abdominal pain, pain around the waist extending into the genitals, hernia, leucorrhea, tightness and spasms along the medial aspect of the lower limb with corresponding flaccidity or atrophy along the lateral aspect (possibly due to seizures or paralysis), pain in the urinary bladder, throat obstruction.