

Table E

MERIDIAN SUMMARIES: 8 EXTRA MERIDIANS

Full details of these Meridians are available in other papers on this web page.

MAIN CHANNEL	INTERNAL PATHWAYS & BRANCHES, COMMAND POINTS [Indented]
PATHWAY [Non-indented]	The indented text in this table indicates Internal Pathways and Branches of the 8 Extra Meridians. Command points are also noted.
<p>CONCEPTION VESSEL [REN MAI] (24 NOMINAL POINTS)</p> <ul style="list-style-type: none"> • Begins in pelvic cavity, below REN-3 [at uterus in females, lower abdomen in males]. • <u>Main</u> pathway connects with internal urogenital organs, emerging in perineum (REN-1). • From perineum (REN-1), runs anteriorly through pubic region, <ul style="list-style-type: none"> • connects at region of pelvic rim (ST-30) both sides, • ascends anterior midline of lower abdomen (REN-5), navel (REN-8), upper abdomen (REN-12), chest (REN-17), neck (REN-23) to mentolabial groove of chin (REN-24). <ul style="list-style-type: none"> • Pathway divides, encircles mouth (DU-28), runs to both infraorbital regions (ST-1). • <u>Second</u> pathway arises in pelvic cavity, enters distal spine, ascends along the back. <p style="margin-left: 40px;">Master point: LU-7 (Lie Que) Broken Sequence. Coupling point: KID-6 (Zhao Hai) Shining Sea. Luo-Connecting point: REN-15 (Jiu Wei) Turtledove Tail.</p>	

GOVERNING VESSEL [DU MAI] (28 NOMINAL POINTS)

Du Mai has 4 pathways:

- Main pathway originates in pelvic cavity, emerges in perineum (REN-1), runs posteriorly to,
 - tip of coccyx (DU-1), ascends posterior midline within spinal column,
 - links to inner Bladder pathway on upper back (BL-12),
 - continues to nape of neck (DU-16),
 - enters brain,
 - ascends to vertex (DU-20), continues along midline to forehead (DU-24), down bridge of nose to philtrum (DU-26), terminates in maxillary gum (DU-28).
 - May continue to mentolabial fossa [REN-24].
 - 2nd pathway originates in lower abdomen, descends to genitals and perineal region, encircles anus, continues into gluteal region, intersects Kidney and Urinary Bladder Channels, enters and ascends spinal column, connects with Kidney Organ.
 - 3rd pathway begins at inner canthus (BL-1) on each side. Branch from each inner canthus rises over forehead to meet at vertex. United pathway enters brain, emerges at nape (DU-16), divides into two branches which descend either side of spine, through BL-12, to lumbar region and join Kidney Organ.
 - 4th pathway begins in lower abdomen, links to external genitals and ST-30, ascends abdomen to navel, continues upward and passes through Heart Organ, enters and rises along throat, crosses floor of mouth, divides in two and encircles lips, each branch crosses the cheeks to the infraorbital region.

Master point: SI-3 (Hou Xi) Back Ravine

Coupling point: BL-62 (Shen Mai) Extending Vessel

Luo-Connecting point: DU-1 (Chang Qiang) Long Strong

CHONG MAI [PENETRATING VESSEL, THOROUGHFARE VESSEL] (11 NOMINAL POINTS)

Chong Mai has five pathways:

- Main pathway originates in lower abdomen (uterus in women), emerges at perineum (REN-1), connects to Qi thoroughfare, inguinal region (ST-30).
- Ascends abdomen with Kidney Channel (KID-11 to KID-21) just lateral to midline. Connects to Ren Mai (REN-7) on lower abdomen, travels to chest, disperses into intercostal spaces.
 - 2nd pathway constitutes in chest from region of dispersed main pathway, ascends beside throat, curves around lips, terminates in nasal cavity (below eyes).
 - 3rd pathway emerges in region of Qi thoroughfare (KID-11), descends along medial thigh to popliteal fossa, continues down medial aspect of tibia, passes behind medial ankle, disperses in plantar surface of foot.
 - 4th pathway separates in inguinal region (ST-30), descends lower limb to medial ankle, possibly encompassing lateral aspect of tibia, enters heel, crosses tarsal bones of foot, reaches big toe.
 - 5th pathway separates in pelvic cavity, ascends inside spinal column, circulates through back.

Master point: SP-4 (Gong Sun) Yellow Emperor.

Coupling point: PC-6 (Nei Guan) Inner Pass.

DAI MAI [GIRDLE VESSEL, BELT VESSEL] (3 NOMINAL POINTS)

- Originates in region of LIV-13 (below 10th rib in hypochondrium, approximate level of 2nd lumbar vertebra).
- Encircles trunk like girdle or belt. Intersects Gall Bladder Channel at GB-26, GB-27, GB-28 on lateral abdomen.

Master point: GB-41 (Zu Lin Qi) Foot Overlooking Tears.

Coupling point: SJ-5 (Wai Guan) Outer Pass.

YANG QIAO MAI [YANG MOTILITY VESSEL] (12 POINTS)

- Originates below lateral ankle (BL-62), ascends along posterior border of fibula and lateral thigh, to hip region (GB-29). Curves posteriorly as ascends lateral trunk, distributes to posterolateral chest and passes posterior axillary fold, reaches shoulder region (SI-10, LI-15, LI-16). Proceeds anteriorly and ascends lateral neck (ST-9). Crosses jaw, ascends to corner of mouth (ST-4), and infraorbital region (ST-3, ST-1), reaches inner canthus (BL-1), where it communicates with Yin Qiao Mai [Yin Motility Vessel] and Urinary Bladder Channel. Runs up forehead, over superior lateral head (parietal region), to point posterior to mastoid process (GB-20). Enters brain (DU-16).

Master point: BL-62 (Shen Mai) Extending Vessel.

Coupling point: SI-3 (Hou Xi) Back Ravine.

Xi-Cleft/ Accumulation point: BL-59 (Fu Yang) Instep Yang.

YIN QIAO MAI [YIN MOTILITY VESSEL] (5 POINTS)

• Originates below medial ankle (KID-2, KID-6), ascends distal medial leg (KID-8), travels up medial lower limb, penetrates genital region, continues Internally through abdomen and chest, emerges at supraclavicular fossa (ST-12). Ascends throat lateral to thyroid cartilage but anterior to ST-9, ascends anterior cheek to inner canthus (BL-1), where it joins Yang Qiao Mai and Urinary Bladder Channel. All three ascend over head and enter brain.

Master point: KID-6 (Zhao Hai) Shining Sea.

Coupling point: LU-7 (Lie Que) Broken Sequence.

Xi-Cleft/ Accumulation point: KID-8 (Jiao Xin) Intersection Reach.

YANG WEI MAI [YANG LINKING VESSEL] (16 NOMINAL POINTS)

• Originates below lateral ankle near lateral margin of foot (BL-63) - an area contiguous for the 3 leg Yang Channels. Ascends lateral leg along Gall Bladder Channel (GB-35), [connects posteriorly to calf (BL-57)], continues through hip region [GB-29]. Travels up posterolateral trunk, past axilla, to posterior shoulder (SI-10), [connects to LI-14, SJ-13]. Travels up shoulder (SJ-15, GB-21) and neck, crosses behind ear to corner of forehead (ST-8). Wends forward and backward over head, following Gall Bladder Channel, to nape of neck (GB-13 to GB-20). Connects with Du Mai (DU-16, DU-15). [There may be a branch from posterior shoulder (SI-10), via GB-21 to nape of neck (GB-20)].

Master point: SJ-5 (Wai Guan) Outer Pass.

Coupling point: GB-41 (Zu Lin Qi) Foot Overlooking Tears.

Xi-Cleft/ Accumulation point: GB-35 (Yang Jiao) Yang Intersection.

YIN WEI MAI [YIN LINKING VESSEL] (8 POINTS)

• Originates on medial leg (KID-9) - a contiguous area for the 3 leg Yin Channels. Ascends medial lower limb, enters abdomen, communicates with Spleen Channel (SP-12, SP-13, SP-15, SP-16). Travels over chest (LIV-14), to throat midline (REN-22, REN-23).

Master point: PC-6 (Nei Guan) Inner Pass.

Coupling point: SP-4 (Gong Sun) Yellow Emperor.

Xi-Cleft/ Accumulation point: KID-9 (Zhu Bin) Guest House.