

# Class 16 - Extra Ordinary Meridians

## General:

Control, join, store and regulate qi and blood of the meridian system acting as reservoirs. All their energy is derived from the kidneys and they circulate and connect essence and nutritive Qi. They are responsible for circulating defensive Qi.

1. Du - Governing Vessel
2. Ren - Conception/Directing Vessel
3. Chong - Penetrating/Thoroughfare Vessel
4. Dai - Girdling/Belt Vessel
5. Yang Qiao - Yang Motility/Heal Vessel
6. Yin Qiao - Yin Motility/Heal Vessel
7. Yang Wei - Yang Linking Vessel
8. Yin Wei - Yin Linking Vessel

Only Ren (Conception) and Du (Governing Vessel) have their own points.

They can be paired as Yin and Yang:

Opening points are then needled together on opposite sides  
(starting with left side for men and right side for women)

Ren (Lu 7) + Yin Qiao (Ki 6)

Du (SI 3) + Yang Qiao (UB 62)

Chong (Sp 4) + Yin Wei (P 6)

Dai (GB 41) + Yang Wei (SJ 5)

## **Du Meridian** - Governing Vessel

Opens: SI 3

Originates: Du 1

Called: The Sea of Yang

Meets: All yang vessels

Function: Govern Qi for all yang meridians, Circulate Defensive Qi  
Location: Mid-line of back

**Ren Meridian** - Conception/Directing Vessel

Opens: Lu 7  
Originates: Ren 1  
Called: The Sea of Yin  
Meets: All yin vessels  
Function: Govern Qi for all yin meridians, Circulate Defensive Qi  
Location: Mid-line of front

**Chong Meridian** - Penetrating/Thoroughfare Vessel

Opens: Sp 4  
Originates: Ren 1  
Called: The Sea of the Twelve Meridians / The Sea of Blood  
Originates: Lower Abdominal Cavity (Uterus in women)  
Meets: All 12 main meridians  
Function: Reservoir of qi and blood, Circulate Defensive Qi  
Location: Parallel to the kidney meridian up to infraorbital region  
Coalescent Points:  
Ren 1, Ren 7, St 30, Ki 11, Ki 22, Ki 13, Ki 14, Ki 15, Ki 16, Ki 17, Ki 18, Ki 19, Ki 21  
Indications: Women's problems, atrophy of the legs

**Dai Meridian** - Girdling/Belt Vessel

Opens: GB 41  
Originates: GB 26  
Meets: All meridians passing through waist  
Function: Binds all the meridians  
Location: Starts at hypochondrium and girdles waist  
Coalescent Points: GB 26, GB 27, GB 28  
Indications: Abdominal and waist issues, menstruation issues, infertility or sperm count issues, shan disorders

**Yang Qiao Vessel** - Yang Motility/Heal Vessel

Opens: UB 62

Originates: UB 62

Meets: UB, GB, SI, LI, St channels

Function: Regulation of motion in the lower limbs (Activity in general)

Location: Lateral aspect of the heel and merges into UB then to inner canthus

Coalescent Points:

UB 62, UB 61, UB 59, GB 29, SI 10, LI 15, LI 16, ST 4, ST 3, ST 1, UB 1,  
GB 20

Indications:

Daytime epilepsy, eye problems, lumbar pain, medial leg muscle problems

### **Yin Qiao Vessel - Yin Motility/Heal Vessel**

Opens Ki 6

Originates: Ki 6

Meets: Ki and UB channels

Function: Regulation of motion in the lower limbs (Quiet in general)

Location: Medial aspect of the heel and merges into Ki then to inner canthus

Coalescent Points: Ki 6, Ki 8, UB 1

Indications:

Night-time epilepsy, eye problems, chills and fever, lateral leg muscle problems

### **Yang Wei Vessel - Yang Linking Vessel**

Opens: SJ 5

Originates: UB 63

Meets: All yang meridians and dominates exterior of whole body

Function: Regulate the flow of Qi and Maintain Equilibrium between yin and yang

Location: Lateral malleolus along GB to forehead then back of head

Coalescent Points:

UB 63, GB 35, SI 10, SJ 15, GB 21, ST 8, GB 13, GB 14, GB 15, GB 16,  
GB 17, GB 18, GB 19, GB 20, DU 16, DU 15

Indications:

Vision dizziness, acute pain in lumbar region, chills and fever

## **Yin Wei Vessel - Yin Linking Vessel**

Opens: P 6

Originates: Ki 9

Meets: All yin meridians and dominates interior of whole body

Function: Regulate the flow of Qi and Maintain Equilibrium between yin and yang

Location: Medial aspect of leg (Ki 9) up Sp line then to neck

Coalescent Points:

Ki 9, Sp 12, Sp 13, Sp 15, Sp 16, Lv 14, Ren 22, Ren 23

Indications:

Heart and chest pain, lateral costal and lumbar pain