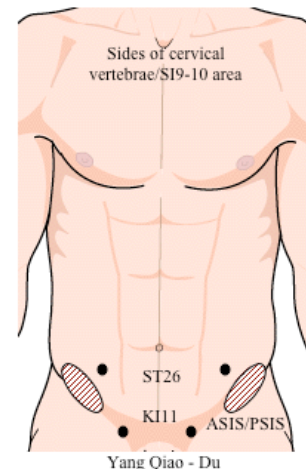


Yang Qiao Mai – Du Mai

Yang Qiao Mai

- Confluent point: BL62; Couple point: SI3
- Plane: sagittal
- Pulse: distal position
- Mu point: K11
- Originates at lateral heel, emerges/starts at BL62
- Trajectory: BL62, 61, 59; GB29; SJ10; LI15, 16; ST4-1; GB20
- Coalescing points: BL62, 61, 59; GB29; SJ10; LI15, 16; St4, 3, 1; GB20
- Xi-cleft: BL59
- Indications: brings Yang to eyes; outer leg muscle tone, absorbs excess yang or stagnation in head; lateral aspect of legs, back, neck, head, eyes; offshoot of BL channel: controls yang on both sides of body; insomnia (may need to tonify KI6 (Yin Qiao)); Subdue Wind in head (yang): facial paralysis (ext. wind), wind stroke, dizziness, aphasia (int. wind), epilepsy, trigeminal neuralgia; release wind heat/cold: sneezing, headache, stiff neck, runny nose; whiplash; acute unilateral back pain with pain w/ BL on legs; excess nervous tension w/wiry pulse, red face (young men); Mover Couple can also be used as distal points for hip pain; arthritis in lower extremities, heavy sweating.

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Du Mai

- Confluent point: SI3 (palpate along entire metacarpal bone); Couple point: BL62
- Plane: coronal
- Pulse: superficial along all three fingers
- Mu point: ST26
- Originates in Kidneys, emerges at Ren1; starts at Du1
- Trajectory: Du1 – Du28; enters brain at Du16
- Coalescing points: BL1; Ren1
- Sea of all Yang meridians
- Indications: back, spine, back of neck, head, chronic lower back pain secondary to KI deficiency (strengthens back by tonifying KI yang); expels exterior wind: fever, runny nose, headache, stiff neck (*Tai Yang* stage of disease); subdues interior wind: dizziness, tremors, convulsions, epilepsy, wind-stroke; nourish marrow & brain: dizziness, tinnitus, poor memory, psychoneurosis; general musculoskeletal pains secondary to collapsing yang;
- Some sources say to combine with Ren Mai in women