**8 Extra Vessel Overview**

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<tr>
<th>Channel</th>
<th>Opening Point</th>
<th>Coupled Point</th>
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<tr>
<td><strong>First Ancestry</strong></td>
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<tr>
<td>Chong Mai</td>
<td>SP 4</td>
<td>PC 6</td>
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<tr>
<td>Ren Mai</td>
<td>LU 7</td>
<td>KI 6</td>
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<tr>
<td>Du Mai</td>
<td>SI 3</td>
<td>BL 62</td>
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<tr>
<td><strong>Second Ancestry</strong></td>
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<tr>
<td>Yang Wei Mai</td>
<td>TH 5</td>
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<tr>
<td>Yin Wei Mai</td>
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<td><strong>Third Ancestry</strong></td>
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<td>Yin Qiao Mai</td>
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<td>LU 7</td>
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<tr>
<td>Dai Mai</td>
<td>GB 41</td>
<td>TH 5</td>
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</tbody>
</table>

8 Extra treatments impact the yuan level.

Coupled pairs may reflect root/branch. These were established by the Ming dynasty in the 15th and 16th century.

**Clinical Applications**
- Use 8 Extras treatment for the terrain it belongs to – yuan qi
- Congenital conditions – prevention and or treatment (typically use Chong, Ren, and Du Mai)
- Conception and fertility – Jing encapsulating a Spirit (use Chong, Ren, and Du Mai)
- Childhood infectious diseases
- Geriatrics (Yin and Yang Wei Mai)
- Bone and Marrow issues, which also pertain to sports injuries (Yin and Yang Qiao Mai)
  - Osteoporosis and fractures can be congenital issues
  - Marrow relates to the brain and hormones, which have a special relationship to BL 1
- Kidney and San Jiao issues

**Considerations**
- Look at the trajectory
- Point name (e.g., Ki-14 Siman [English translation: Four Fullness] for gynecological issues)
- Chong Mai – angle of needling
- Ren and Du Mai – tonify/disperse by point nature
- Wei Mais – intentionality from the pathology
- Qiao Mais – yin/yang, excess/deficient
- Dai Mai – Excess/holding
- Concerning point selection – the fewer points used the clearer the intention
  - According to the classics, no more than three meridians should be needled
– Another perspective in assessing the Eight Extras is via the Zang Fu:
  – Ki yin / yang / essence and San Jiao and how well they maintain balance between fire and water

– Anatomic perspective
  – bone
  – lower abdomen / lower burner

– Humoral perspective – Jing (hormones), blood, qi

– Chakra perspective:

  *The 10 chakras constitute three vortexes, and in the Northern hemisphere relate to the big dipper*

    Bai Hui

    Du-16       Yin Tang

    Ren-22

    Du-9        Ren-17

    Ren-8

    Du-4        Ren-4

    Ren-1

    Du-1

**Point selection**
1. Opening point
2. Coupled point
3. Trajectory points
4. Points that relate to yuan qi
   a. Yuan Source points
   b. He Sea points
   c. Influential Points: BL-11 – bone; GB-39 – marrow
   d. Luo Points (Relationship between Source/Luo points); including Ren-15 and Du-1
   e. Divergent Meridians: Confluent points & He Sea points
Point Usage
1. According to the intrinsic nature of the point
2. When needling, take into account:
   a. Direction
   b. Technique
      – Shaking
      – Vibrating
      – Lifting and thrusting
   c. Seasonal needling techniques
   d. Depth

Clinical Management
1. Treatment is usually 40 minutes to one hour
2. Treatment course duration:
   a. Jing (Eight Extras) – 3 months (6 months if there is excessive sexual activity)
   b. Blood – 6 weeks to 2 months
   c. Qi – immediate to several days
3. Treatment intervals:
   a. Primary meridians: every 5–10 days
   b. Luo vessels: every other day
   c. Divergent meridians: every day for 3 days, then 3 days break
   d. Eight Extras: every 7–10 days

Adjunct to Treatment
– Prevent sabotage
– Advise patient of celibacy for the duration of treatment
– Advise patient to take time off from work
– Advise patient to avoid challenges to wei qi
– Prescribe adjunct treatments: herbs, oils, moxa, diet, and qi gong

Develop a prognosis – a sense of direction in healing

Obstetrics – Conception through Birth
1. The trimesters are ruled by the following organs:
   – 1st – Spleen  2nd – Heart  3rd – Liver

2. Treat the following conditions by using moxa on the following channel jing-well points:
   – Positioning – Tai Yang, BI-67
   – Pulsations/contractions – Shao Yang, GB-44
   – Delivery – Yang Ming, St-45

3. The in utero environment relates to the Eight Extras
   – Conception: 1st ancestry (chong, ren, and du mai)
   – 1st trimester: chong mai
   – 2nd trimester: wei mai
   – 3rd trimester: yin and yang qiao, and dai mai

4. Moxa Ki-9 at the end of each trimester to reduce the incidence of childhood infectious diseases.
   – It is thought that childhood infectious diseases are a result of fetal toxins transmitted by parental jing.
5. According to 5-Element Theory, a child goes through a complete 5-Element cycle from birth to puberty. Puberty begins at water.
   – Pediatrics encompasses the first two cycles of 7 and 8

6. Geriatrics begins after seven cycles of 7 or eight cycles of 8
   – Men: 64 years old
   – Women: 49 years old