

8 Extra Vessel Overview

Channel	Opening Point	Coupled Point
First Ancestry		
Chong Mai	SP 4	PC 6
Ren Mai	LU 7	KI 6
Du Mai	SI 3	BL 62
Second Ancestry		
Yang Wei Mai	TH 5	GB 41
Yin Wei Mai	PC 6	SP 4
Third Ancestry		
Yang Qiao Mai	BL 62	SI 3
Yin Qiao Mai	KI 6	LU 7
Dai Mai	GB 41	TH 5

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

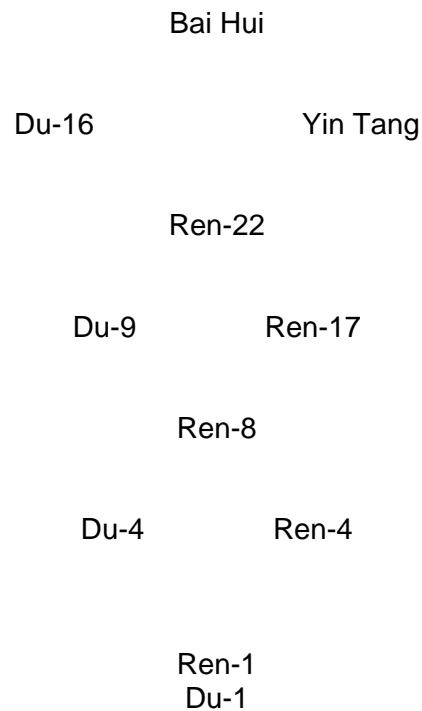
- Use 8 Extras treatment for the terrain it belongs to – yuan qi
- Congenital conditions – prevention and or treatment (typically use Chong, Ren, and Du Mai)
- Conception and fertility – Jing encapsulating a Spirit (use Chong, Ren, and Du Mai)
- Childhood infectious diseases
- Geriatrics (Yin and Yang 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 needed

- 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



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: BI-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, Bl-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