

# Clinic Application of Eight Extra Meridian

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# 奇经八脉理论形成的历史沿革

奇经八脉是经络系统的重要组成部分，临床应用价值很高。但古今医籍对奇经八脉的论述散见于群书之中，而系统论述者不多。

- 1。汉代以前：<内经> 未有“奇经八脉”一词， 只有督任一些记载<难经> 首提‘奇经八脉’一词。
- 2。晋隋唐时期：理论充实， 如皇甫谧<甲乙经>列专篇论述奇经八脉腧穴。
- 3。宋金元时期：理论发展， 如王惟一<铜仁腧穴针灸图经> 详考经脉循行及穴位定位， 金元窦汉卿<针经指南>首载‘八脉交会’
- 4。明清时期：理论完善， 如李时珍<奇经八脉考>， 考证：158穴。
- 5。民国至今：如<经络学>有奇经腧穴和经络循行， 但有关奇经证候和辨证施治方面内容论述较浅。

# 为什么奇经八脉理论非常重要？

- 主要是奇经八脉的生理作用：
  - 1. 统帅主导作用：奇经八脉将性质，作用相类似的经脉整合在一起，如督为“阳脉之海”，任为“阴脉之海”，冲脉为“十二经脉之海”，“五脏六腑之海”，“血海”。带脉：约束纵行经脉。阳跷，阴跷主下肢内外侧阴经和阳经平衡。阳维主表，阴维主里。
  - 2. 沟通联络作用：奇经八脉通过“八脉交会穴”和“交会穴”加强了与十二正经的联络。如大椎加强了督脉与六阳经的联络。关元加强了与足三阴的联络。
  - 3. 加强了与脏腑尤其是一些“奇恒之腑”的联系，如脑，胞宫等。

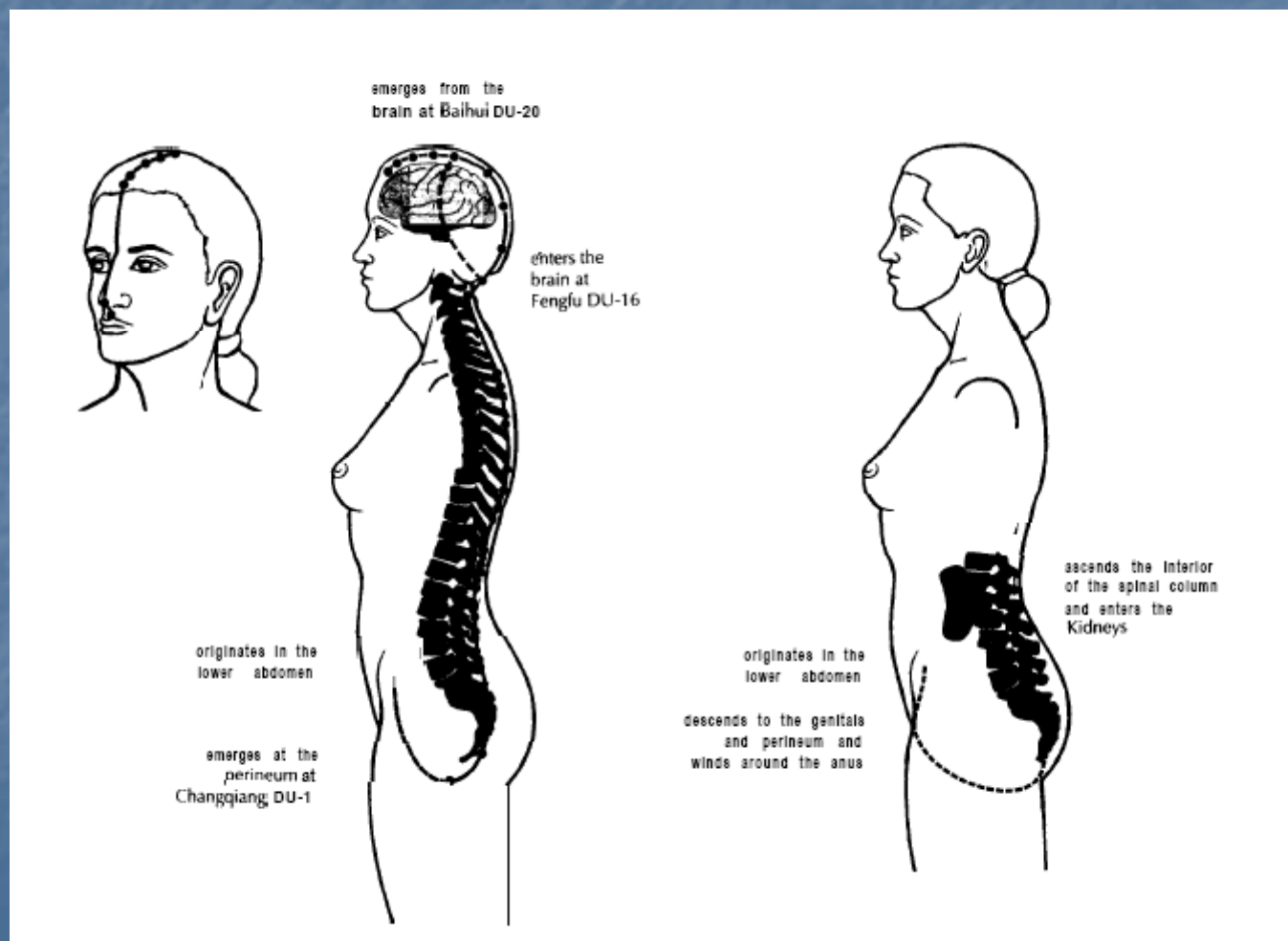


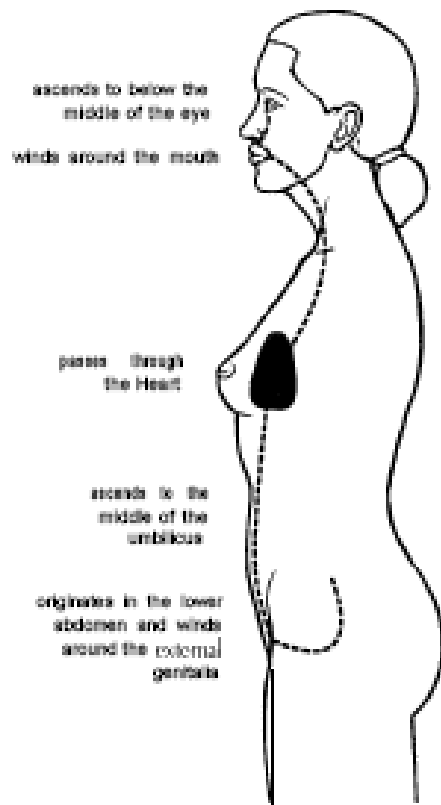
# 奇经八脉腧穴

- 1. 明代李时珍记载158穴。
- 2. 教材<经络学>记载156穴。
- 督脉：28穴
- 任脉：24穴
- 冲脉： $12 \times 2 = 24 + \text{Ren}1, \text{Ren}7 = 26$ 穴
- 带脉：6穴 ( some of books add Du2, Liv13)
- 阳跷： $12 \times 2 = 24$ 穴
- 阴跷： $3 \times 2 = 6$ 穴
- 阳维： $13 \times 2 = 26 + \text{Du}15, \text{Du}16 = 28$ 穴
- 阴维： $6 \times 2 = 12 + \text{Ren}22, \text{Ren}23 = 14$ 穴

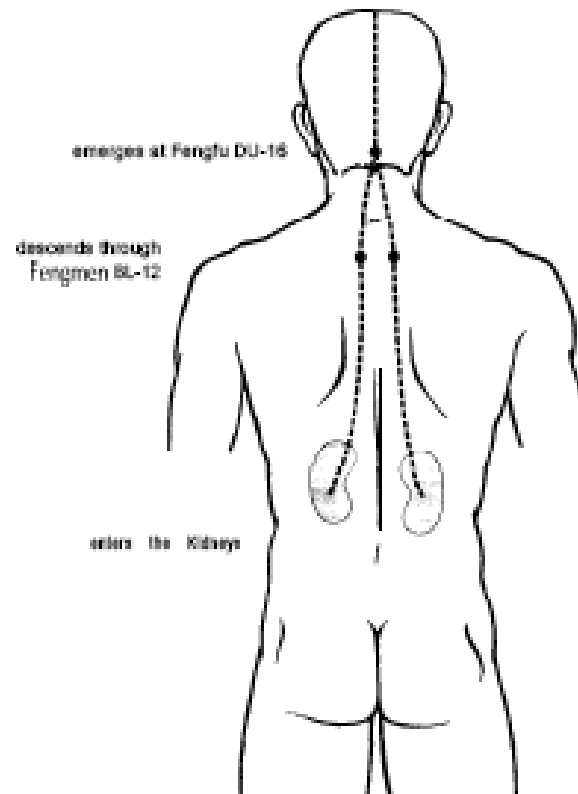
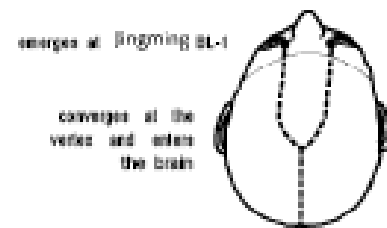
# 奇经八脉临床应用

## 督脉





The Governing vessel second branch



The Governing vessel third branch

- 督脉：

- 1. 督脉的循行特点：

- 1) 两次入脑：为督脉治疗精神病奠定了基础。
- 2) “一源三歧”：源于“子宫”和“精宫”，治疗生殖系统疾病。
- 3) 通于肾：治疗泌尿，生殖系统疾病。
- 4) 治疗循行所过病：如通鼻窍。
- 5) 热病：“阳脉之海”。



## 2.The characteristics of Du Points :

### 1) Meeting Points:

Du-14- 6 Yang Meridians.

Du-15, Du 16- Yang Wei

Du-20 – Liv, UB, GB, SJ

Du-28 – St, Ren

Du-26 – Li, St

### 2) Mental Disorder Points:

Ghost points : Du-16,23,26

Du-20 Enters Brain

Du-15,16 Enters Brain



## Other Points:

Du-8 Jing Suo (Epilepsy, childhood fright epilepsy)

Du-11 Shen Dao (Sadness, anxiety, poor memory, fright palpitation, disorientation, timidity, childhood epilepsy)

Du-12 Sheng Zhu (Mad walking, delirious, raving, seeing ghosts, schizophrenia)

Du-13 Tao Dao (Agitation, unhappiness, disorientation)

Du-14 Da Zhui (Epilepsy, fright, insomnia)

Du-15 Ya Men (Epilepsy, mania-depression, loss of consciousness)

Du-16 Feng Fu (Mania, incessant talking, mad walking, desire to commit suicide, fear with fright palpitation)

Du-17 Nao Hu (Mania, epilepsy)

Du-18 Qiang Jian (Epilepsy, insomnia, mania-depression)

Du-19 Hou Ding (Mad walking, insomnia)

Du-20 (Agitation, fright palpitation, poor memory, insomnia, disorientation, sadness, mania)

Du-24 Shen Ting (Mania-depression, schizophrenia, fright palpitation, insomnia, loss of consciousness, tongue thrusting)

Du-26 Ren Zhong (Sudden loss of consciousness, coma, Childhood fright wind, mania-depression, epilepsy)

Du-27 Dui Duan (Mania-depression, epilepsy)

## 3. Clinic Application:

### A. Depression

Depression is extremely common with up to 30% of primary care patients having depression symptoms. Depression is so common that over 1 in 5 Americans can expect to get some form of depression in their lifetime. Over 1 in 20 Americans have a depressive disorder every year.

A depressive disorder is an illness that involves the body, mood, and thoughts.

Major depression is manifested by a combination of symptoms (see symptom list) that interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. Such a disabling episode of depression may occur only once but more commonly occurs several times in a lifetime



- Dysthymia (Mild Case), involves long-term, chronic symptoms that do not disable, but keep one from functioning well or from feeling good. Many people with dysthymia also experience major depressive episodes at some time in their lives.



- Bipolar disorder: also called manic-depressive illness. Not nearly as prevalent as other forms of depressive disorders, bipolar disorder is characterized by cycling mood changes: severe highs (mania) and lows (depression). Sometimes the mood switches are dramatic and rapid, but most often they are gradual. When in the depressed cycle, an individual can have any or all of the symptoms of a depressive disorder. When in the manic cycle, the individual may be overactive, overtalkative, and have a great deal of energy. Mania often affects thinking, judgment, and social behavior in ways that cause serious problems and embarrassment. For example, the individual in a manic phase may feel elated, full of grand schemes that might range from unwise business decisions to romantic sprees. Mania, left untreated, may worsen to a psychotic state.

# Depression Symptoms:

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Loss of interest or pleasure in hobbies and activities that were once enjoyed, including sex
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Insomnia, early-morning awakening, or oversleeping
- Appetite and/or weight loss or overeating and weight gain
- Thoughts of death or suicide; suicide attempts
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

# Mania

- Abnormal or excessive elation
- Unusual irritability
- Decreased need for sleep
- Grandiose notions
- Increased talking
- Racing thoughts
- Increased sexual desire
- Markedly increased energy
- Poor judgment
- Inappropriate social behavior



# Depression Causes:

- Inherited
- additional factors, possibly stresses at home, work, or school, are involved in its onset.
- Medical illnesses such as stroke, a heart attack, cancer, Parkinson's disease, and hormonal disorders can cause depressive illness
- Also, a serious loss, difficult relationship, financial problem, or any stressful (unwelcome or even desired) change in life patterns can trigger a depressive episode.



## Depression Treatment

Du Points: Du20, Du24, Du14, Du12(Shi Zhu T3), Ying Tang.

Ren Points: Ren17, Ren14

Yang Wei: GB20,

Eight Confluent Point: PC6.

Differentiation Points:

Qi Stagnation, Blood Stagnation, Phlegm Stagnation, Food Stagnation, Fire Stagnation, Disharmony of Kidney and Heart, Deficiency of Spleen and Heart.

## Manic Stage Treatment:

- PC9 (Zhong Chong), HT9 (Shao Chong,) Du14, Du26, Du24, Ying Tang.
- Combinations: ST40, Liv2, GB43.

## B. Anxiety Treatment with Eight Extra Meridians

Du Meridian: Ying Tang, Du-24  
(Du-23, Du-20)

Ren Meridian: Ren-14, Ren-12,  
Ren-4.

Yin Wei: PC-6.

Combination Points: Ear Points..

## C. Epilepsy Treatment with 8 Extra Meridians

- Du Meridian: Du-20, Du-24, Du-26, Du-8.
- Ren: Ren-17, Ren-14
- Yang Wei and Yang Qiao: GB-20.
- Yang Qiao and Yin Qiao: UB-62, K-6.
- Eight Confluent Points: SI-3, UB-62.

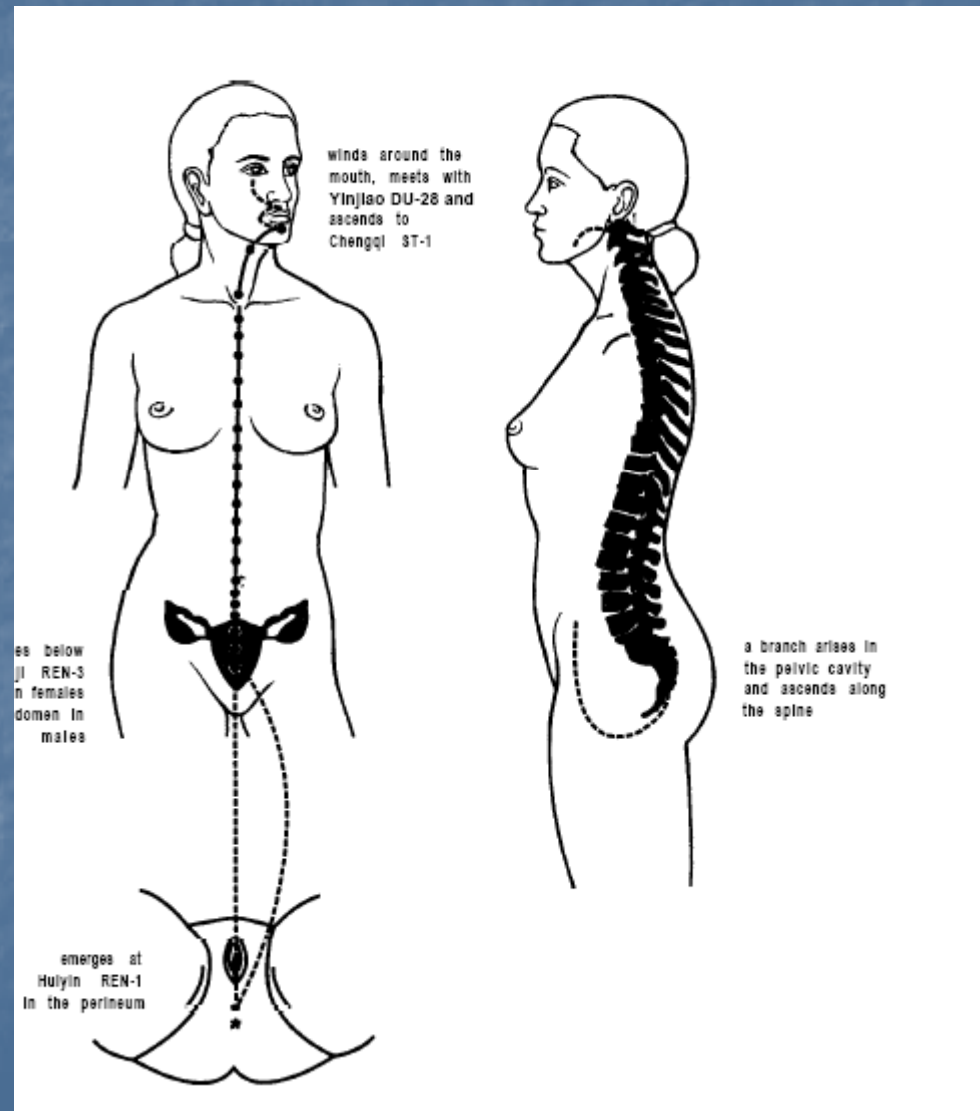


### 3. Du Meridian Points other clinical applications:

- A. Reproductive and Urinary Disorders:
  - Du-4, Du-3( Yao Yang Guan).
- B. Lower Back Pain: Du-4, Du-3, Du-26, SI-3.
- C. Jaundice: Du-9 (Zhi Yang).
- D. Acne: Du-10 (灵台)
- E. Hemorrhoid: Du-1, Du28, Du-20.

- F. Regulate Blood Pressure: Hypertension:
  - Du-14, Du-16. Hypotension: Du-25, 20.
- G. Improve immune: Du14.
- H. Benefit eyes and nose orifice:
  - Du24, 23, 26, 20. Allergy Treatment: Du + Ren 8 + Du cupping.
- G. Eight Confluent Points: SI3(Du), UB62(Yang Qiao).
  - 1.> Neck, occipital head, shoulder, back.
  - 2.> Inner Canthus
  - 3. > Liver Wind: shaking and trembling, spasm, convulsion, epilepsy, mania-depression.
  - 4.> night sweat SI3, H6.

# Ren Meridian



## ■ Ren Meridian

1. Running Course: covers lower Jiao, Middle Jiao and Upper Jiao.

2. Points Characteristics: Many special points.

- A. Six Front Mu Points: Ren3(UB), Ren4(SI),  
■ Ren-5(San Jiao), Ren12(ST), Ren14(HT),  
■ Ren17(PC).
- B. Luo-connecting Point: Ren15.
- C. Wind Sky Point: Ren22.



- D. Influential Points: Ren17 (Qi Hui), Ren12 (Fu Hui).
- E. Meeting Points:
  - Ren22 (Tian Tu), Ren-23 (Lian Quan) meet with Yin Wei.
  - Ren1 meet with Chong and Ren.
  - Ren 3, Ren 4 meet with SP, Kid, Liv.
  - Ren7(Yin Jiao) meet with Chong.
  - Ren12 meet with ST, SI, SJ.
  - Ren 24 meet with Du, ST, LI.

# Ren Meridian Clinic Applications

## 1. Reproductive Disorders:

### A. Female Infertility:

Ren Meridian: Ren 3, 4, 5, 6.

Du Meridian: Du-4, Du-3.

Chong Meridian: ST-30, Kid 12 → K16.

Combination Points: ST-28, ST-29, Zi Gong  
Xue. ST-36, SP-6, SP 8, SP-10.

B. Prevent Miscarriage: Du-20, Ren3, Ren6, Ren8  
(Moxa), Ren12, SP4 combined with SP1, Liv1.

C. Uterine Bleeding: Ren7, Ren4, Ren6, K-5, SP8, SP1.  
(Yin Def. + K6, SP6; Qi Def: Du20, ST36, K7).

D. Leukorrhea, Dysmenorrhea, Amenorrhea, Prolapse of Uterus.

2. Asthma Treatment with Eight Extra Meridians: Induce Qi to Dan  
Tian. Ren, Chong, Du. Back Shu Points + Lu7, K6.

3. Urinary Disorders: UTI, Enuresis, Retention of Urine. Ren2 to  
Ren 9 (Especially Ren3, Ren4, Ren5, Ren9)

4. Indigestions: Ren10, Ren12, Ren21.



5. Cardiac Problem: Ren 14, Ren15.

6. Slurring of Speech, Plum Pits, Hiccups: Ren22, Ren23,  
Lu7, K6.

7. Tonify Qi:

Tonify Kid qi and Primany (Yuan Qi)=Ren4

General Qi= Ren6

Rescue Yang Qi=Ren8

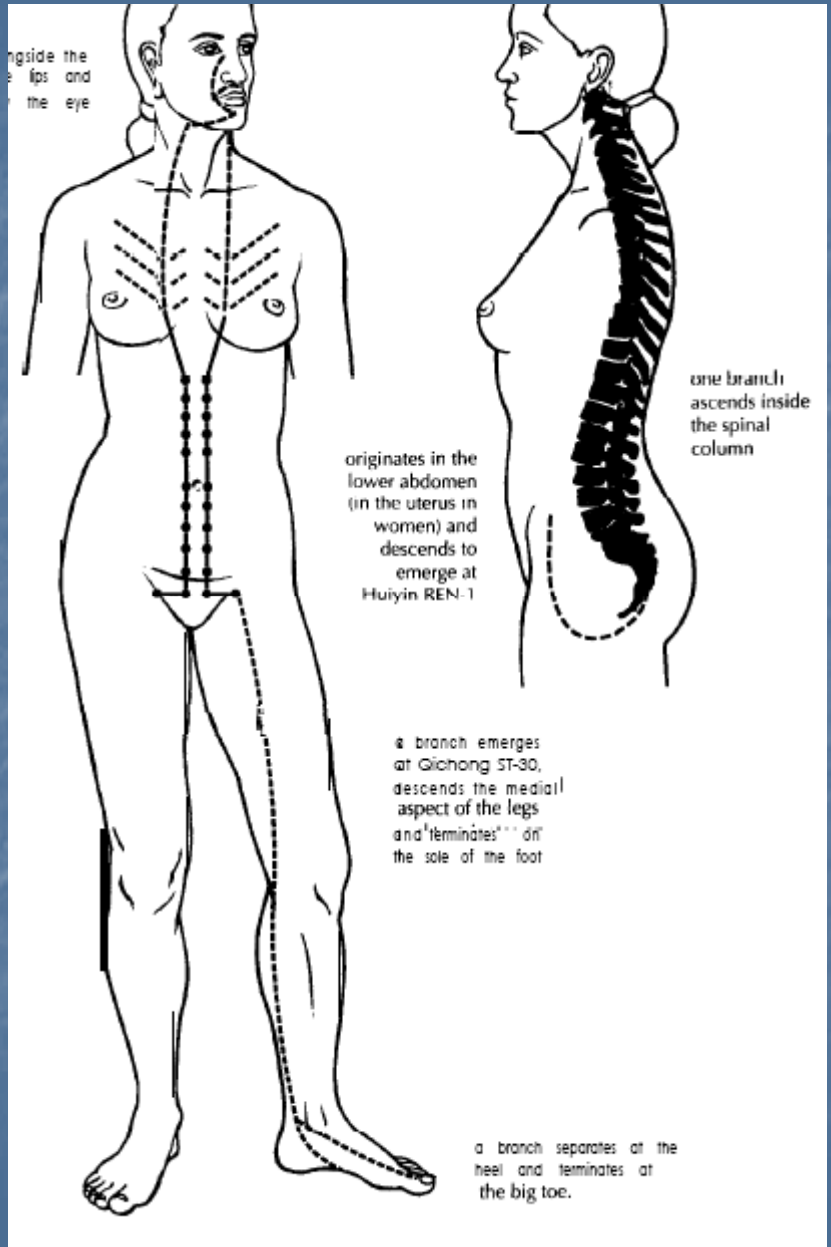
Zong Qi (Pectoral Qi)= Ren17

Postnatal Qi= Ren12

8. Eight Confluent Points: Lu7 (Ren), K6(Yin Qiao).



# Chong Meridian



- Chong Meridian
- Sea of Blood, sea of 12 regular meridians. Links the Stomach and Kidney channels, as well as strengthening the link between Chong, Ren and Du.
- Running Course: five branches (Du branch, Kidney channel branch, Chest Branch, lower limbs branch and toes.
- Chong Points: ST30, Kid11(Heng Gu), 12, 13, 14, 15, 16, 17, 18, 19 20, 21(You Men). Ren 1, Ren7. Total 26 pts.

## ■ Clinic Applications:

- 1. Reproductive Disorders: Irregular Menses, Dysmenorrhea, Amenorrhea, Infertility.
- More often combines with Ren Meridian.
- Such as Ren6, 4, 3, ST30, Kid 12, 13.
- 2. Morning Sickness: due to disharmony of Chong and Stomach: Ren12, SP4, PC6, ST36.



- 3. Chong and Ren together dominate secondary sexual characteristics. Such as Breast Disorders:
  - Breast abscess, insufficiency of lactation,
  - breast lumps: SI1, St18, Ren17, LI4, Ren6, ST36, Sp4.
- 4. Chong meets with Liver Channel around external genitalia to treat Hernia (Shan Qi). Ren, Chong, Liv Points.
- 5. Respiratory Disorders: Cough, Asthma.
- 6. Eight Confluent Points: SP-4 (Chong)+ PC6 (Yin Wei)
  - to treat Stomach, Heart and Chest Disorders.

# Dai Meridian



## ■ Dai Meridian

### ■ Running Course:

■ “Ling Shu”: originates Du4. “ Nan Jing” originates Hyperchondriac (lower side ribs). “ Qi Jing Ba Mai Kao” originates Liv 13.

■ Points: “ Jing Luo Xue” GB26, 27, 28. ( Du4, Liv 13).

■ Functions: Chong, Ren, Du and Dai together maintain reproductive system, keep fetus in the uterus, in charge of vaginal discharge.

■

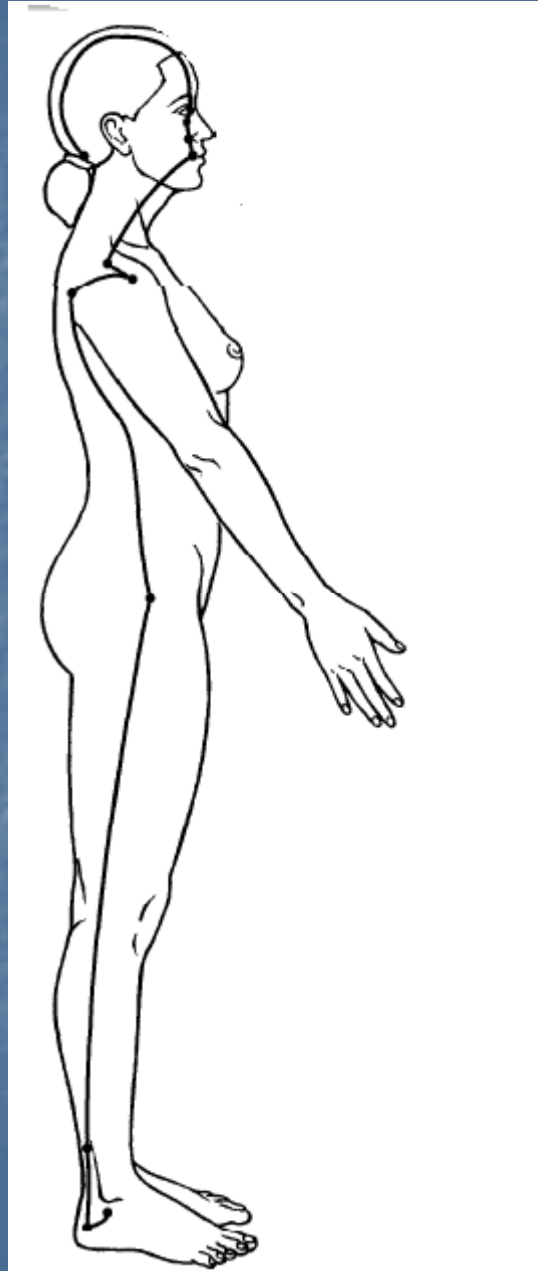


## Clinic Applications:

- 1. irregular menses: GB26, Ren3, Ren6, SP6, UB23.
  - “ Zhen Jiu Da Cheng”
- 2. Leucorrhea:GB26, Ren3, SP9, UB30(Bai Huan Shu), Liv2.
- 3. Prolapse of uterus: GB26, GB-28, Du20, Ren6, Kid 12(Da He),
  - Kid6, Liv4.
- 4. Threaten Miscarriage: “Qian Jing Fang-Chapter 26” Moxa on ST28
  - and Zi Men located 3 Cun lateral Ren 4.
  - “ Pu Ji Fang” : preventing Miscarriage : needling Ren 5 (Shi Men)

- 5. Lower Back Pain: “ Nan Jing, chapter29” Abdominal fullness, a sensation at the waist as though sitting in water, pain around umbilicus, abdomen, waist and lumbar spine.”.
- Clinically apply to treat lower back pain during pregnant: GB-41, SJ5 , SJ3, SI3.
- 6. GB41(Dai)+SJ5(Yang Wei): Ear, temple, cheek, out canthus, lateral side of body.

# Yang Qiao Meridian





## Yang Qiao Meridian

Running Course: Covers lateral side of lower limbs, shoulder, face, mouth, eye. Enters brain.

Points: 24 points. UB62, 61, 59, GB29, SI 10(Nao Shu), LI15(Jian Yu), LI16(Ju Gu), ST4, ST3, ST1, UB1, GB20.

### Functions:

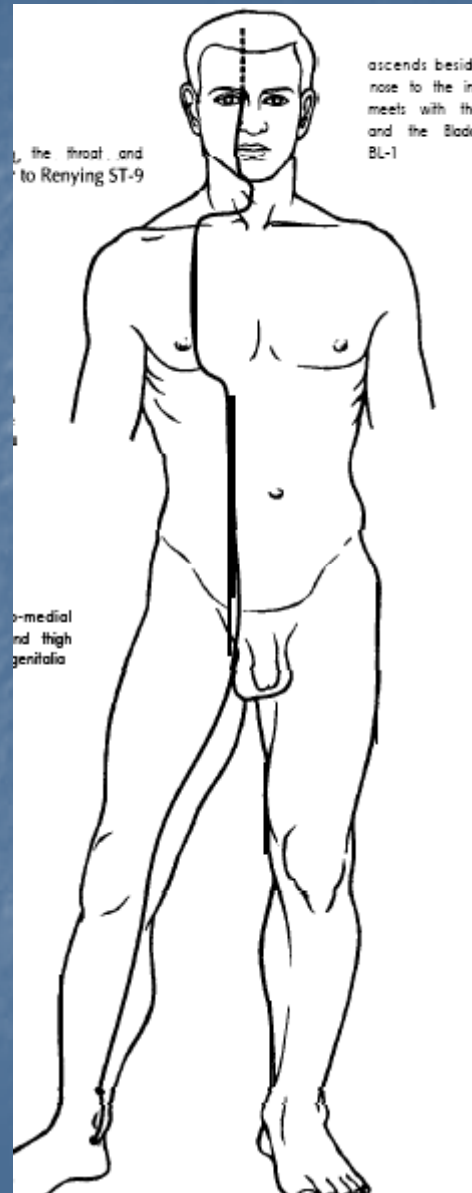
Dominates the lower limbs movement and balance (heels, hips, shoulders, mouth movement).

- Dominates opening and closing eyes.
- In charge of sleep and wake.

## Clinic Application:

1. Mental Disorders (enters brain):
  - a. Epilepsy: UB62, K6, SI 3
  - b. Mania – depression.
  - c. Insomnia: UB62, K6 balance Yin and Yang
  - d. Somnolence.
2. loss of balance of lower limbs, eversion and inversion.
3. unable to open and close eyes.
4. Eight Confluent Points: UB-62 (Yang Qiao) + SI 3 (Du)

# Yin Qiao Meridian

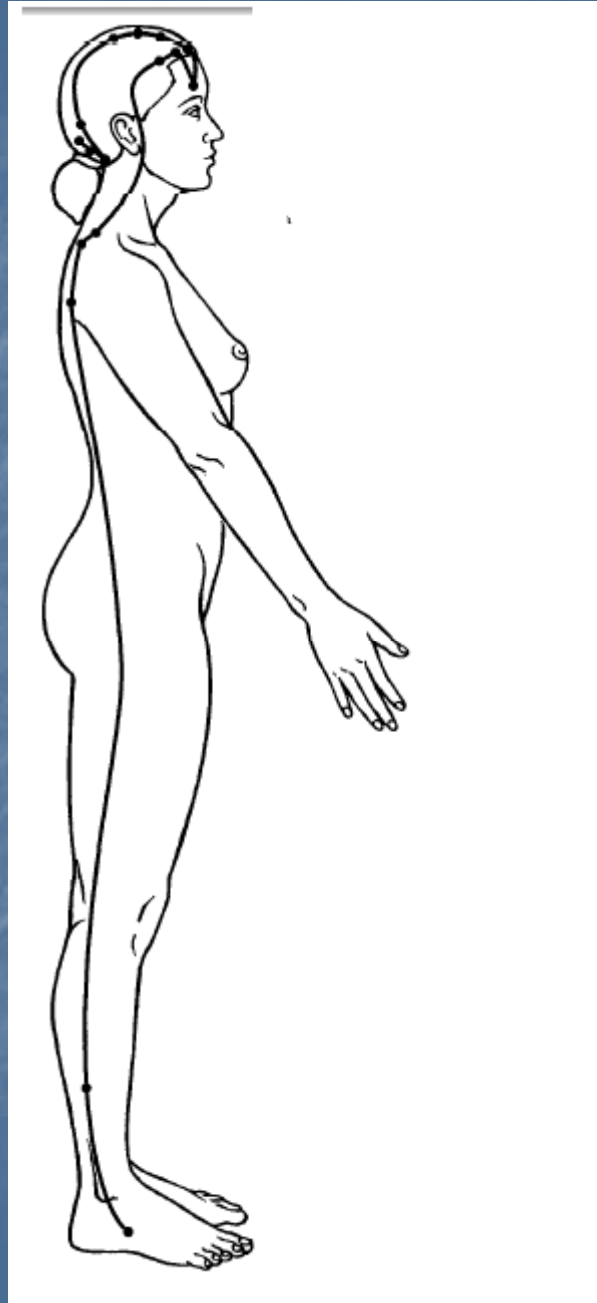




## ■ Yin Qiao Meridian

- Running Course: covers medial side of lower limbs, external genital, abdomen, chest, throat, mouth and eyes.
- Points: K6, Kid 8 ( Jiao Xin), UB1. total of 6 points.
- Functions: cooperates with Yang Qiao, balance Yin and Yang.
- Eight confluent Points: K6(Yin Qiao), Lu7 (Ren) , Lung, Chest, throat. Urine disorders.
- K6+UB 62: balance Yin and Yang
- K6+SP6 : tonify Yin
- K8 Xi-cleft point: stop uterine bleeding: K8, SP8, Ren3, SP1, SP4, Ren4.
- Shan Disorders.

# Yang Wei Meridian



- Yang Wei Meridian
- Running Course: covers lateral side of lower limbs, posterior shoulder, lateral side of head (mostly GB channel). Meets with Du channel, Enters into brain.
- Points: total of  $13 \times 2 = 26$  + Du15, Du16 = 28 points.
- UB63 (Jing Men), GB35 (Yang Jiao, xi-cleft), SI10 (Nao Shu), SJ15 (Tian Liao), GB21, ST8, GB13 (Ben Shen), GB14 (Yang Bai), GB15, GB16, GB17, GB18, GB19, GB20, Du15, DU16.



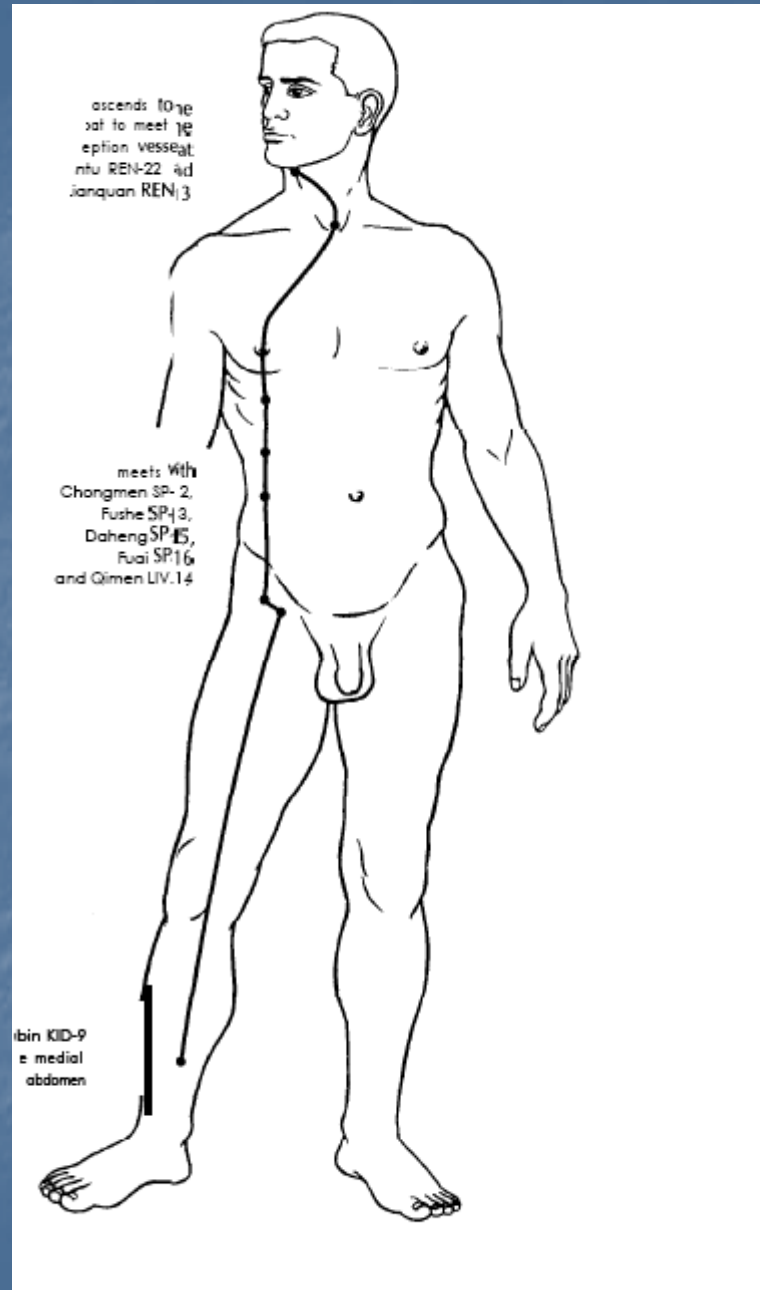
## Functions:

links with Yang channels, dominates the exterior.

## Clinic Applications:

- 1.> lateral side of body: GB41 + SJ5.
- 2.> Mental Disorders: Epilepsy, Mania-depression.  
GB21, Du15, Du16, GB13, GB14, GB15.
3. > “Nan Jing chapter 29”: Treat exterior syndromes, chills and fever. GB20, Du16, SJ5.

# Yin Wei Meridian



- Yin Wei Meridian
- Running Course: covers medial aspect of lower limbs; lower abdomen meets with Spleen channel; goes to throat.
- Points:  $6 \times 2 = 12 + \text{Ren}22, \text{Ren}23 = 14$  points.
- K9 (Zhu Bin, Xi-cleft), SP12 (chong Men), SP13(Fu She), SP15(Da Heng), SP16(Fu Ai), Liv14(Qi men), Ren22, Ren23.
- Eight Confluent: PC6(YinWei)+SP4(Chong): Stomach, Heart, Chest.



## Functions:

links with all Yin channels. Dominates interior.

## Clinic Applications:

1. > "Nan Jing chapter 29" : treat heat pain, stomach pain, chest pain, fullness and pain of lateral costal region (meets with liver channel). Using Liv 14, PC6, K9 (xi-cleft).
2. > Indigestion: stomach fullness and pain, abdomen pain, hiccups, nausea, vomiting, diarrhea. SP15, SP16, PC6.
3. > Throat, plum pit, sudden loss of voice, inability to speak, goiter, difficulty swallowing : Ren 22, Ren23.