

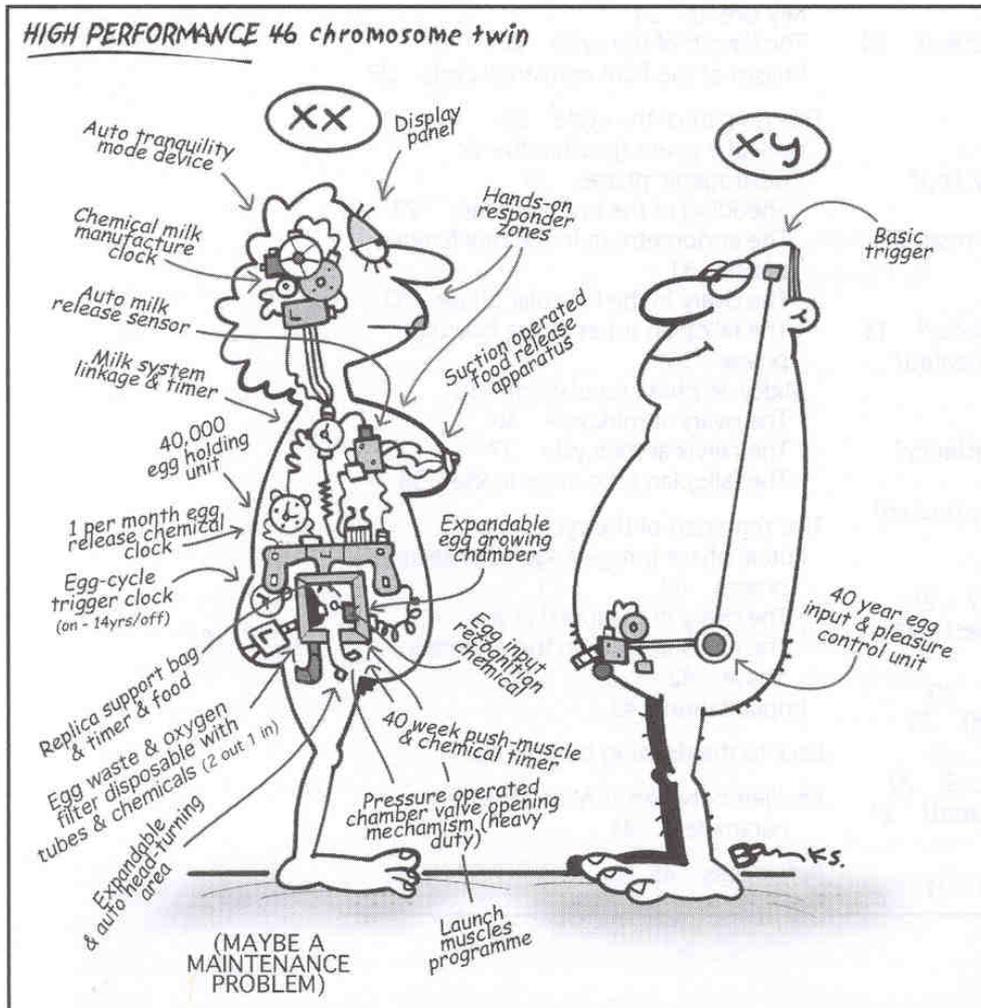
THE TREATMENT OF BENIGN PROSTATIC
HYPERPLASIA AND ERECTILE DYSFUNCTION WITH
CHINESE MEDICINE

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Giovanni Maciocia

Zhang Jing Yue, *Jing Yue Quan Shu*, 1624: “To treat one woman equals treating 5 men”

However:



- Women’s gynaecological physiology and pathology actually help diagnosis

- *Women are more in touch with their bodies*

- Women are more in touch with their emotions

- *Women are more open to change*

The male genital apparatus is called the "EXTERNAL KIDNEY" (Wai Shen 外 肾) in Chinese medicine.

This comprises four elements:

Penis

Scrotum

Testicles

Room of the Sperm (Jing Shi 精 室)

The External Kidney depends upon:

Kidneys

Liver

Heart

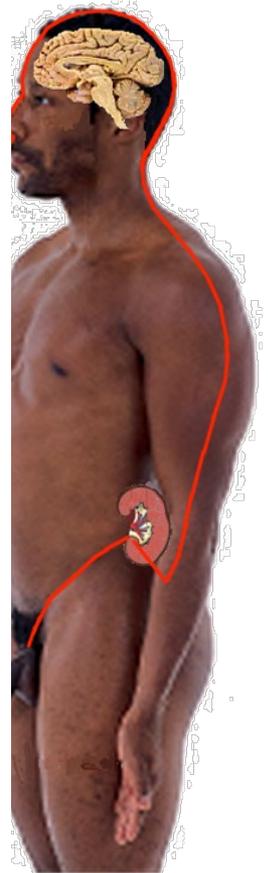
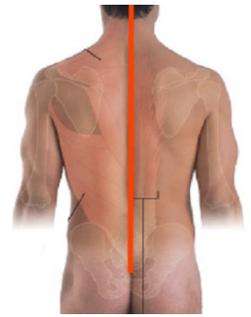
Spleen and Stomach

DU MAI - PATHWAY

“Su Wen”, chapter 60

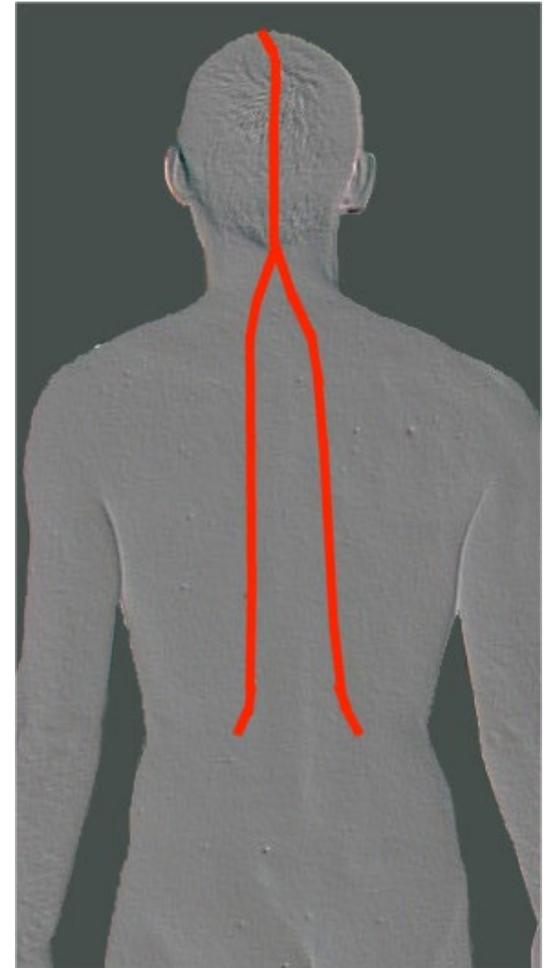
“It starts in between the kidneys where the Dong Qi throbs, it goes to the uterus and the pubic bone. In women, it flows around the vagina, passes to the perineum, then the buttocks to meet the Kidney and Bladder channels in the thighs...

... In men, it flows around the penis and goes to the perineum.”



“Ling Shu”, chapter 10

“Another branch originates from the Liver channel on the vertex and it flows down the right and left side of the spine, entering the spine muscles and the Bladder channel. In the lumbar region, it enters the kidneys”.



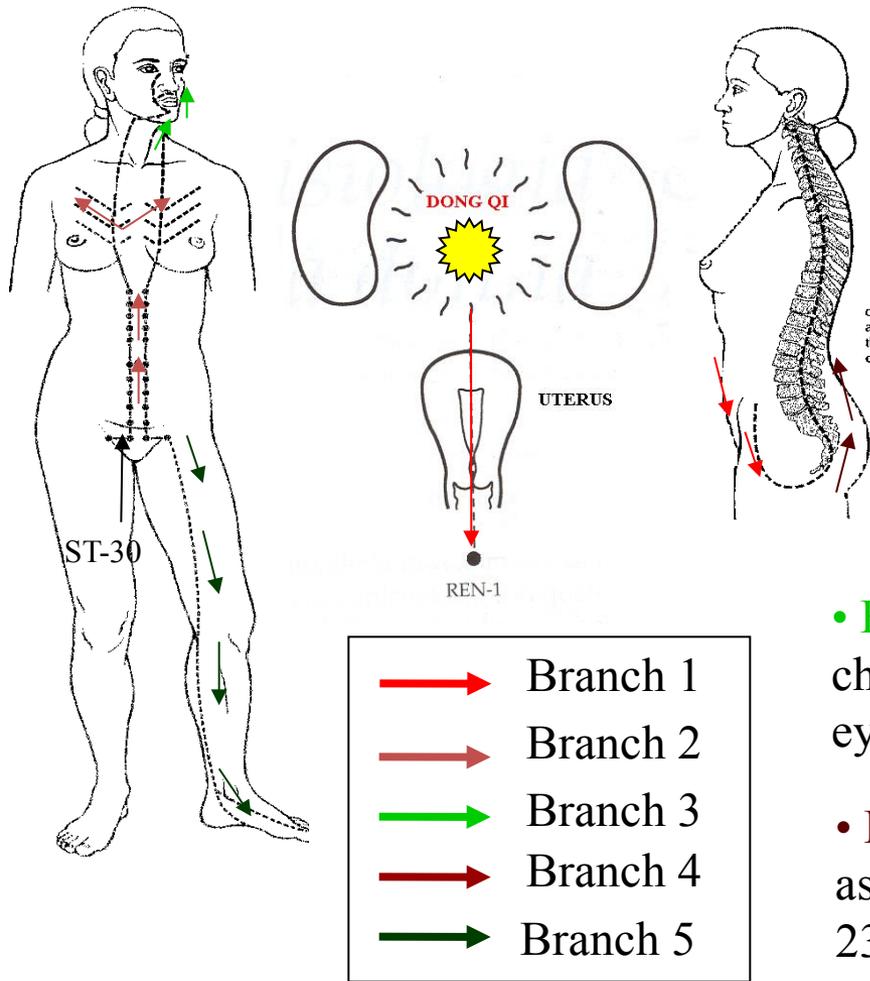
ABDOMINAL BRANCH OF DU MAI

Su Wen chapter 60

The abdominal branch of the Du Mai starts in the perineum, flows up the abdomen (in the midline), up to the umbilicus, past the heart, throat, chin, around the lips and reaches the eyes.



CHONG MAI PATHWAY



- **Branch 1 (Internal branch)** Originates inside the lower abdomen (uterus in women) and emerges at the Perineum (REN-1).

- **Branch 2 (Abdominal branch)** –This branch emerges at ST-30, connects with the Kidney meridian at KID-11 and ascends through the Kidney channel to KID-21, then disperses in the chest and breast.

- **Branch 3 (Head branch)** Ascends along the throat, chin, curves around the lips and terminates below the eyes.

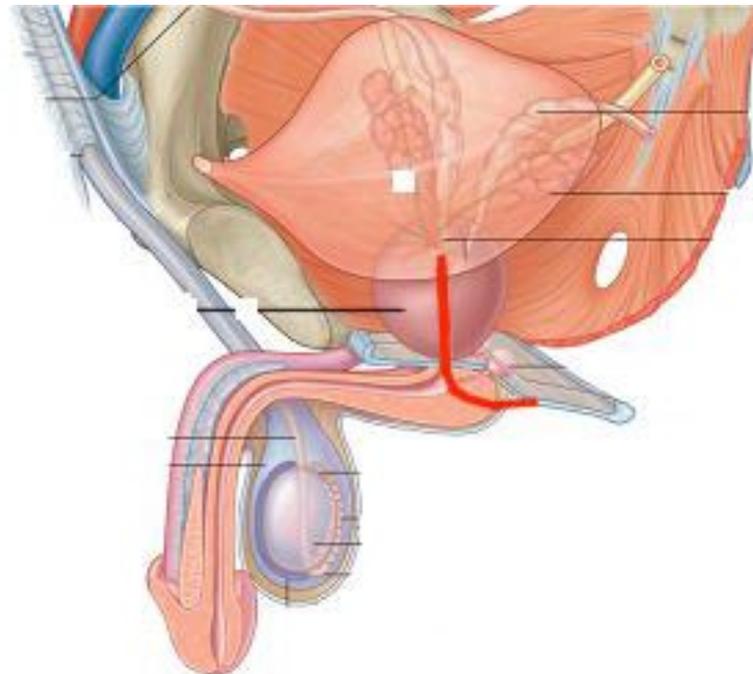
- **Branch 4 (Spinal branch)** Emerges from Ren-1 and ascends inside the Lumbar spine to the level of BL-23.

- **Branch 5 (Descending branch)** Emerges at ST-30, descends along the medial aspect of the legs, and the medial malleolus. On the foot, it separates at the heel, one branch going to the arch of the foot to connect with the Kidney channel and the other branch going to the big toe to connect with the Liver channel.

THE CHONG MAI AND THE MALE GENITAL SYSTEM

All ancient Chinese texts state that the Du, Ren and Chong Mai either start from the Uterus or flow through the Uterus: none of these books say where these vessels flow in men. In my opinion, it can be postulated that the Chong Mai flows through the prostate as this is the male organ corresponding to the Uterus: its anatomical location and its functions support this hypothesis.

In practice, I often use the Chong Mai to treat problems of the penis or prostate in men.



The Chong Mai influences the male genitalia in many ways:

- 1) It flows from ST-30 to KI-11 (which is very near the root of the penis).
- 2) The Chong Mai controls the *Zong Jin* [宗筋], i.e. the “Ancestral Muscle” which, almost certainly, is an ancient Chinese name for the penis.
- 3) The Chong Mai’s internal pathway flows through the internal genitalia, i.e. the seminal vesicles, ejaculatory duct and the prostate.
- 4) The Chong Mai flows inside the penis and emerges at the symphysis pubis.

THE CHONG MAI AND THE “ANCESTRAL MUSCLE” (ZONG JIN 宗筋)

Zong Jin translates literally as “Ancestral Muscle”. “Ancestral muscle” may either refer to the *rectus abdominis* muscles or the penis. Both views are supported in ancient texts.

Chapter 44 Simple Questions

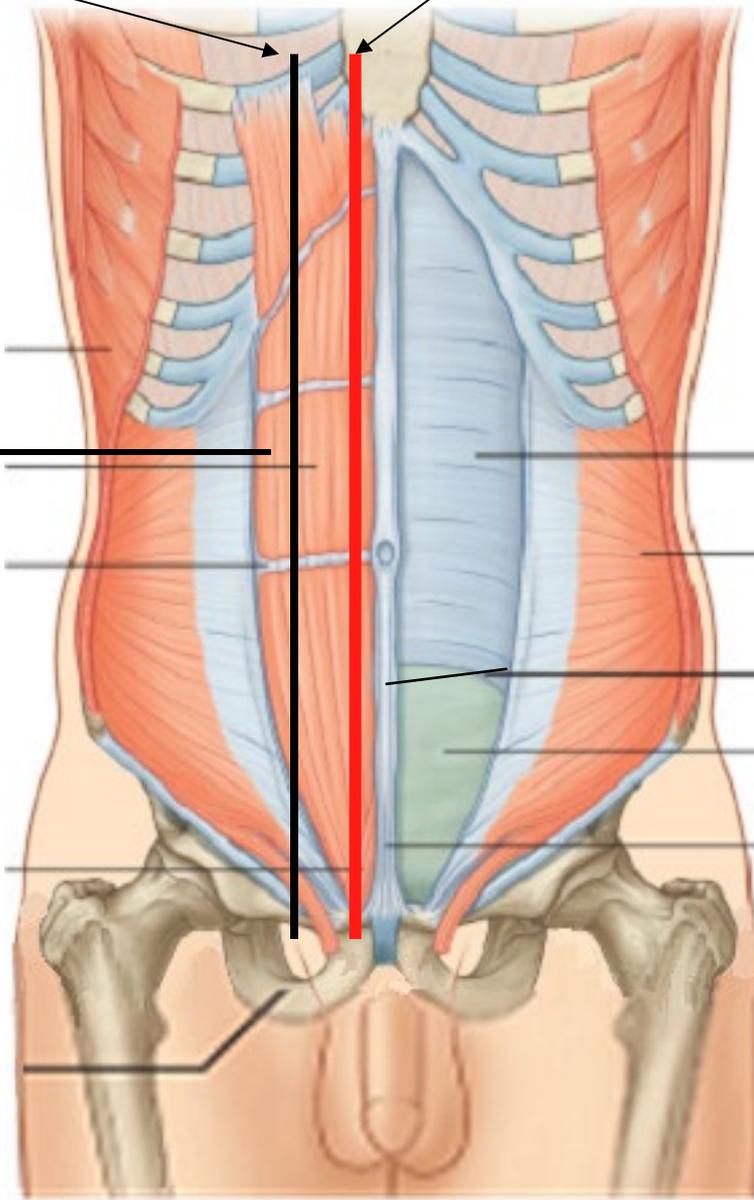
“The Chong Mai... ..connects with the Yang Ming [Stomach channel] in the Ancestral Muscle. Thus, Yin and Yang meet in the Ancestral Muscle and connect with the avenues of the abdomen which are under the control of the Stomach.

In this passage “*Yin and Yang*” refers to the Chong Mai and the Stomach channel respectively. The Chong Mai and the Stomach channel more or less enclose the *rectus abdominis* muscles between them.

The points KI-11 Henggu and ST-30 Qichong are right over the insertion of the *rectus abdominis*, another reason why the Kidney and Stomach channels control the Ancestral Muscle.

Stomach channel

Chong Mai



Rectus Abdominis

Transversalis Fascia

Linea Alba

Looking at the anatomy of the *rectus abdominis* muscle we see that its insertion at the pubis bone is just above the root of the penis.

Thus, it is easy to see how the “Ancestral Muscle” (*Zong Jin*) can well be both the *rectus abdominis* and the penis.

DU-REN-CHONG AND TIAN GUI

- All three start from between the kidneys where the “Dong Qi throbs”
- Flow through the Uterus/Room of Sperm and emerge at Ren-1 where they separate
- Heart-Yang flows down to the Kidneys to contribute to making *Tian Gui* (sperm)

