

CHONG MAI THE PENETRATING VESSEL

GIOVANNI MACIOCIA

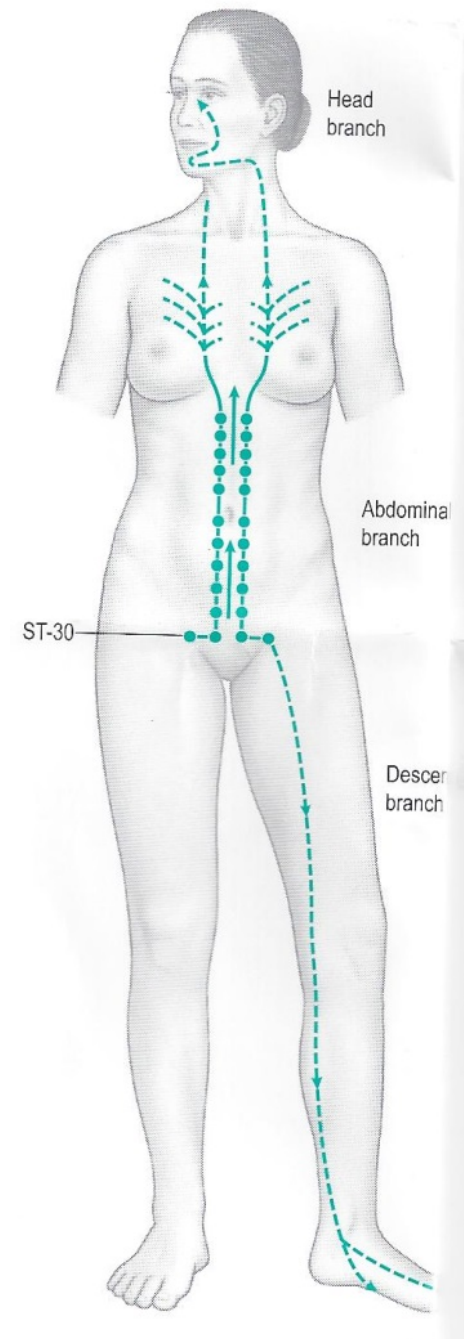
Copyright Giovanni Maciocia

CHONG MAI POINTS

Coupled point: P-6 Neiguan

Starting point: Ren-1 Huiyin

Opening point: SP-4 Gongsun

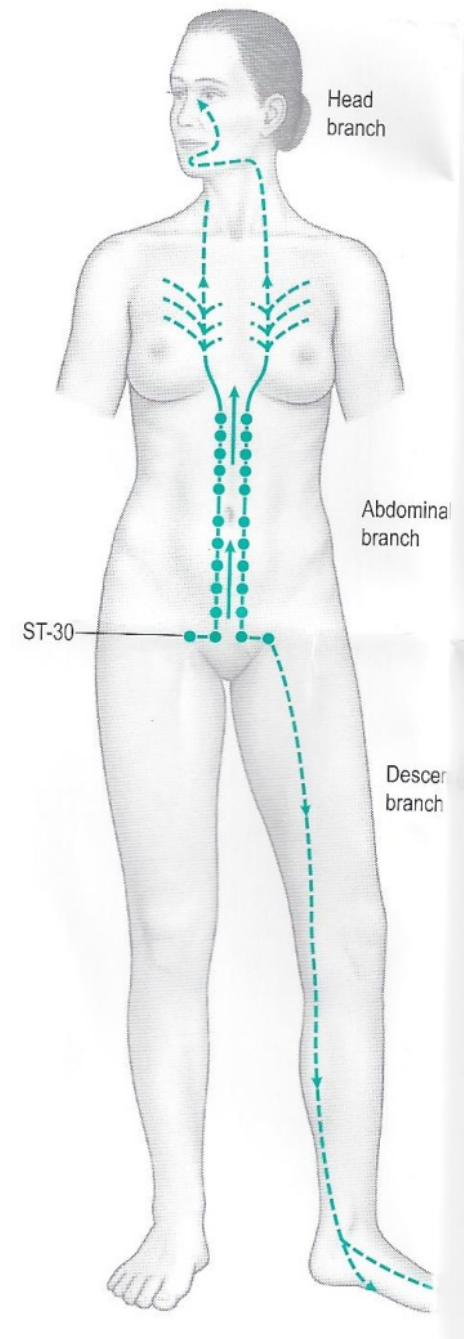


CHONG MAI POINTS

All Kidney points from KI-11 Henggu to KI-21 Youmen.

ST-30 Qichong

Ren-1 Huiyin



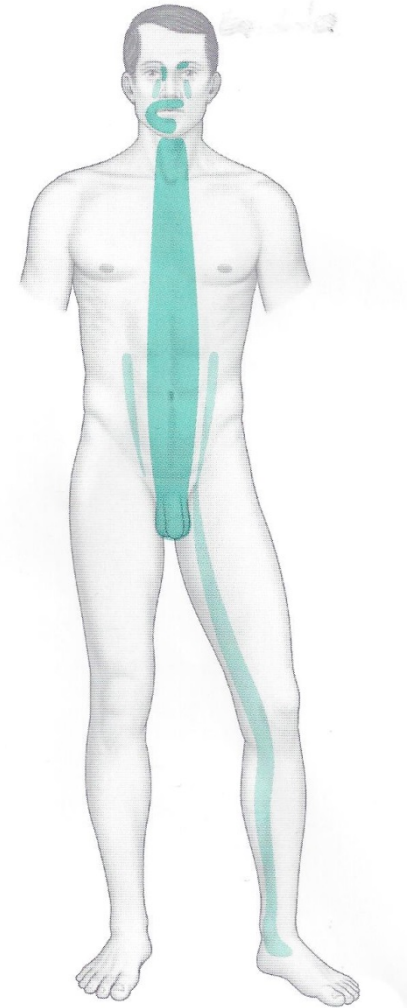
BODY AREAS INFLUENCED

Throat, face, head.

Chest, heart, breasts

Uterus, lumbar spine, abdomen

Big toe, feet, medial aspect of legs

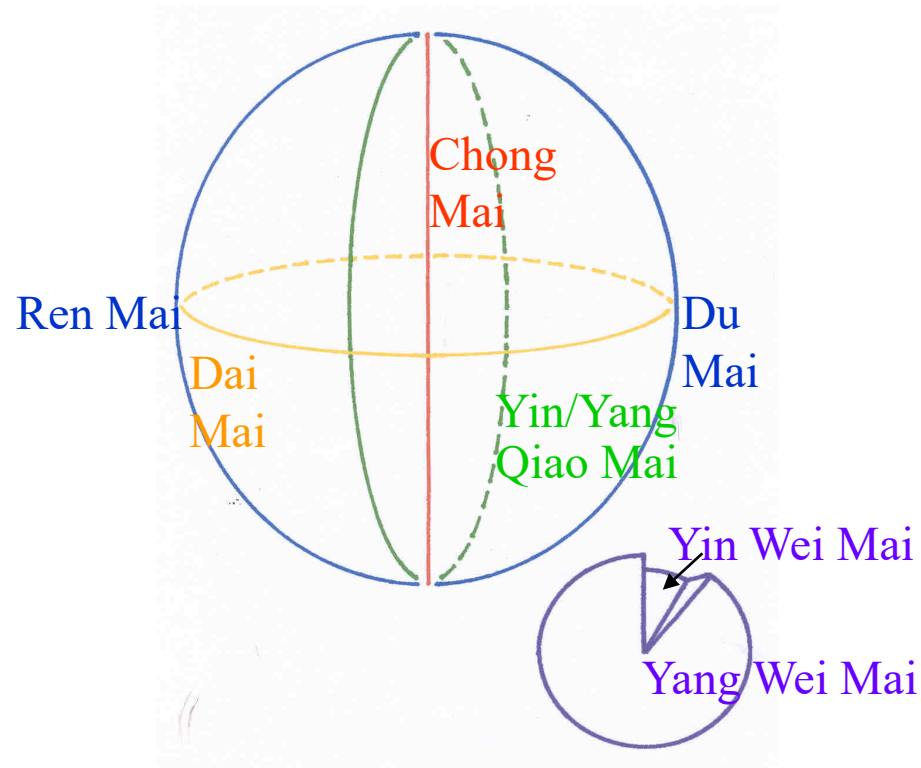


Channels influenced: Spleen, Stomach, Liver, Kidneys, Heart, Small Intestine, Large Intestine.

The Chong Mai is very complex as it has many different functions at different levels and affects several organs.

In a way, it could be considered to be the origin of the other Extraordinary Vessels as it originates in between the Kidneys and spreads its Qi all over the abdomen and chest and all over the body at the Wei Qi level.

When this energy arrives at the relevant starting points, it gives rise to the *Yin* and *Yang Wei Mai*, the *Yin* and *Yang Qiao Mai* and the *Dai Mai*.



冲

CHONG (Modern)

衝

CHONG (Traditional)

街

JIE (Streets)

Phonetic

行

XING (to move,
movement)

彳

CHI

Left
foot
print

亍

CHU

Rightfo
ot print

衝 冲

CHONG (1st tone)

1. To charge, dash, rush
2. Thoroughfare, important place
3. To clash, collide
4. With vim and vigour (4th tone)
5. To rinse, flush
6. To infuse



“thoroughfare, important place”.





Chinese books say that, in the context of the *Chong Mai*, *chong* has also the meaning of *jie* ("streets"), *dong* ("activity, movement"), *xing* ("movement") and *tong* ("free passage").



馬
萬
里

街 Jie

Street

动 Dong

To move

行 Xing

Movement

通 Tong

To penetrate

All these words and the attributes they represent apply to the Chong Mai (as we shall see, also that of “streets”) and it is difficult to choose a single English name for it.

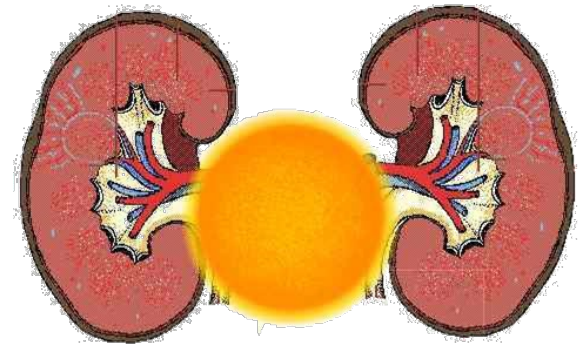
I chose the word “penetrating” as it combines the idea of “rushing” with that of “streets, channels” that “penetrate” the body.

The idea of “penetrating” is also related to the penetration of Membranes (*Huang*) and channels by the Chong Mai.

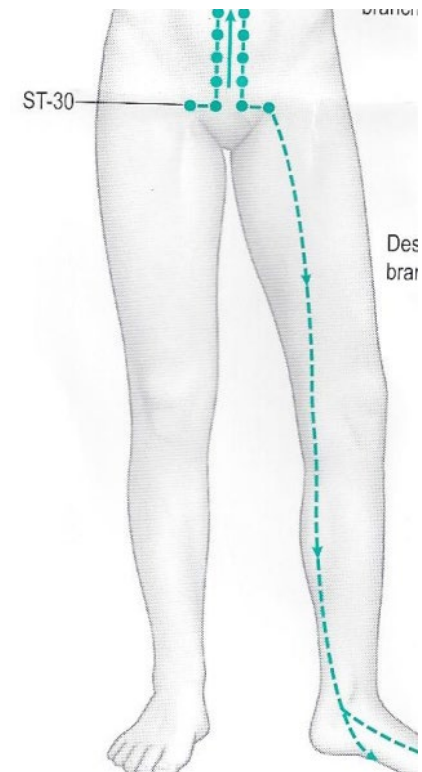
The Chong Mai is described as the “Sea of the 5 Yin and 6 Yang organs”, the “Sea of the 12 channels” and the “Sea of Blood”.

It is described as the Sea of the 5 Yin and 6 Yang organs as it is a fundamental vessel which connects the Pre-Heaven and the Post-Heaven Qi, due to its connection with Kidneys and Stomach.

It is connected to the Kidneys as it originates in that area and it distributes Jing all over the body.



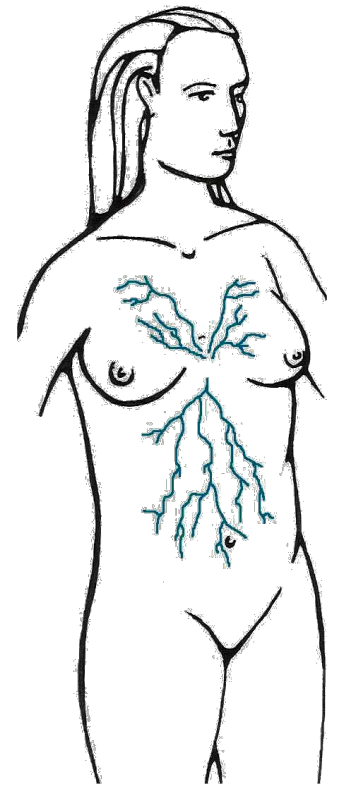
It is connected to the Stomach as it passes through the point ST-30 Qichong which is a point for the Sea of Food.



It is called the “Sea of the 12 channels” because it branches out in many small capillary-like vessels that circulate Defensive Qi over the abdomen and chest.

Chapter 33 of the Ling Shu

“The Chong Mai is the Sea of the 12 Channels: its upper point is BL-11 Dashu and its lower points ST-37 Shanjuxu and ST-39 Xiajuxu.”



It is called the “Sea of Blood” because it is related to the Blood in the Uterus and because it controls all the Deep (Blood) Luo channels.

