

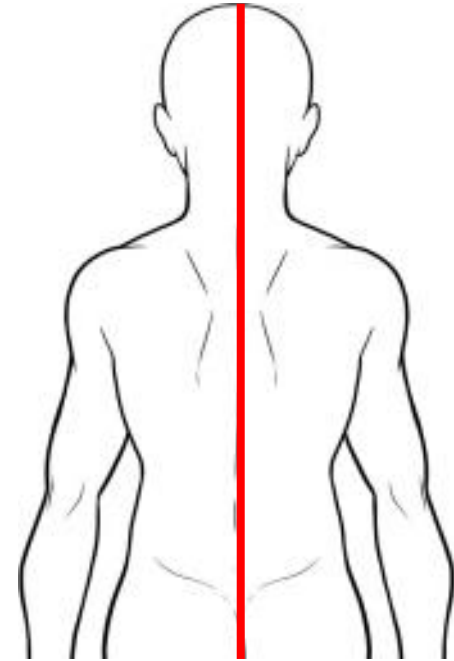
DU MAI 督脉

THE GOVERNING VESSEL

Giovanni Maciocia
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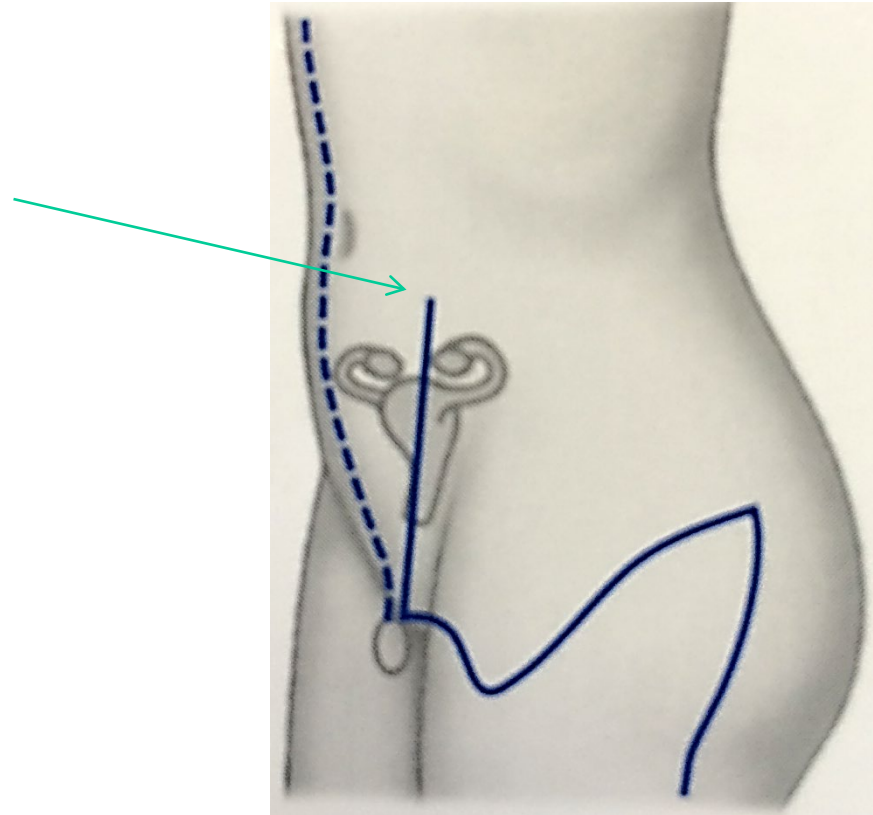
THE INTERNAL PATHWAY OF THE DU MAI

This pathway is more complex than a mere line arising from the perineum and flowing along the spine to the head and upper lip.



First of all, it originates in between the two kidneys (together with the Ren and Chong Mai)

it then flows downwards to the perineum and emerges at Ren-1 Huiyin.



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.

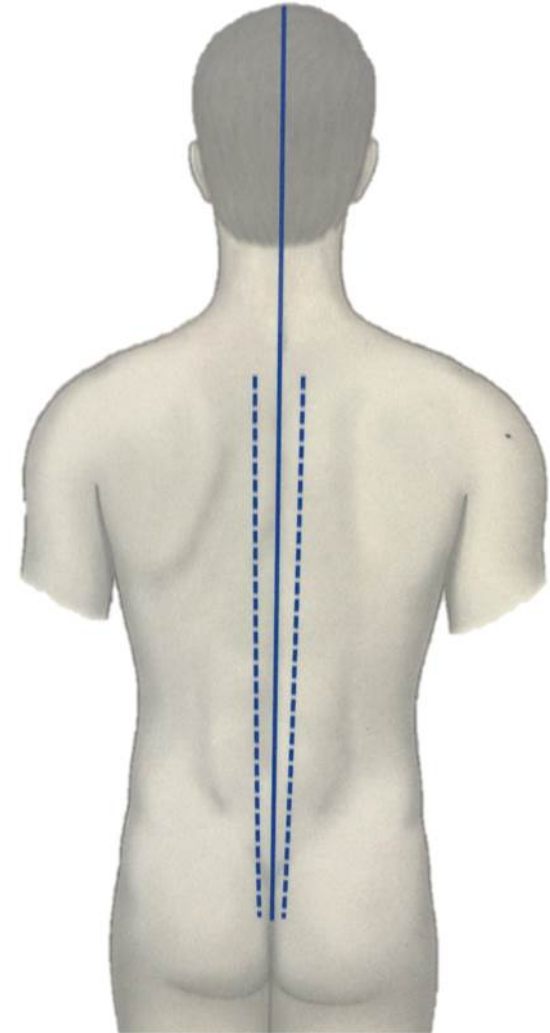
PATHWAY ACCORDING TO CLASSICAL TEXTS

Yi Zong Jin Jian

The Du Mai arises within the lower abdomen, externally in the abdomen, internally in the “bao” (also called “dantian”) in both men and women: in women it is the uterus, in men it is the Room of Sperm.

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.

