

REN MAI 任脉

THE DIRECTING VESSEL

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任 To direct

亻 Person

壬 “ren”, phonetic

妊 Conception

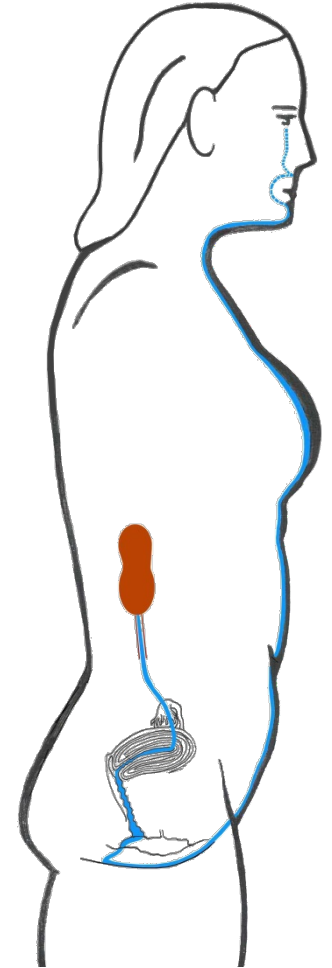
女 Woman

REN MAI - PATHWAY

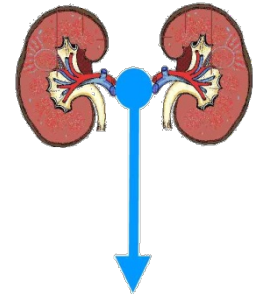
The Ren Mai is called the “Sea of the Yin channels” as it exerts an influence on all the Yin channels of the body.

The Ren Mai is of paramount importance for the reproductive system of both men and women, but particularly women, as it regulates:

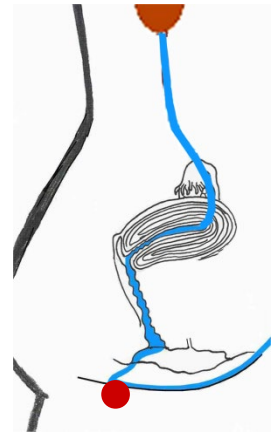
- Puberty
- Menstruation
- Fertility
- Conception
- Pregnancy
- Childbirth
- Menopause



It originates from the space between the Kidneys (like the Du and Chong Mai)



Flows through the uterus down to Ren-1
Huiyin where the superficial pathway starts.



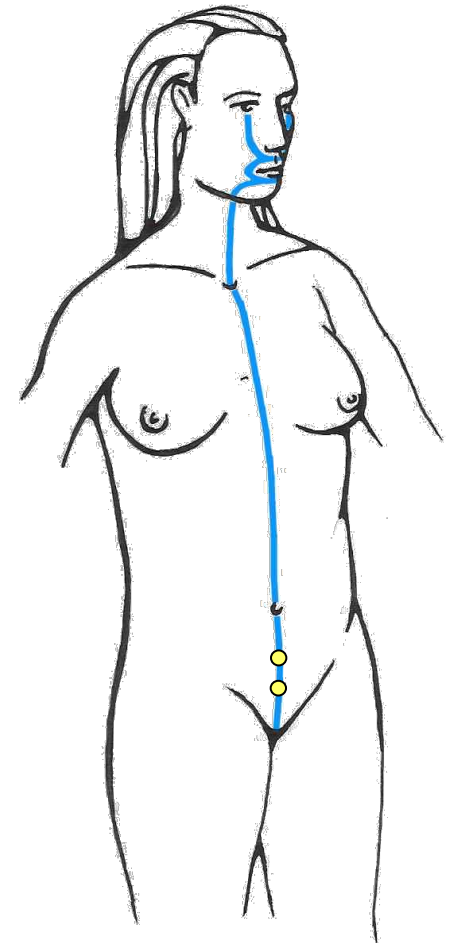
Ren-1

Chapter 60 of the “Simple Questions” describes the pathway of the Ren Mai:

“The Ren Mai starts below the point Ren-3 Zhongji.

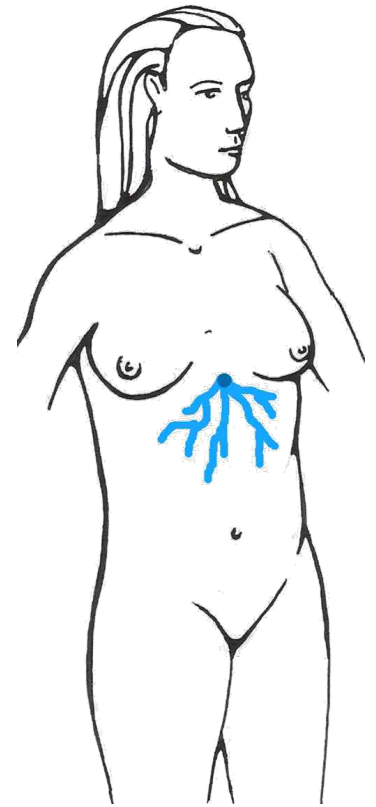
It then comes up to edge of the hair (superior edge of pubic bone), it enters the abdomen and reaches Ren-4 Guanyuan.

It then goes up to the throat, circles around the chin, reaches the face and enters the eyes.”



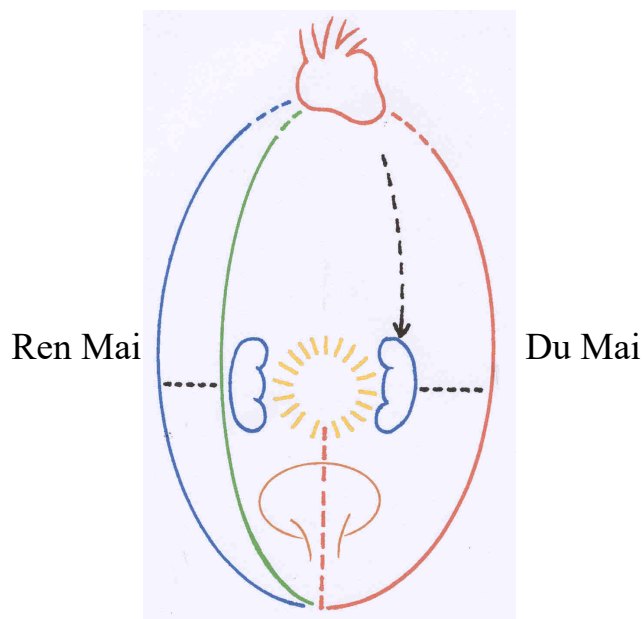
Li Shi Zhen describes the pathway of the Luo channel of the Ren Mai:

“The Luo channel of the Ren Mai separates from Ren-15 Jiuwei and it spreads over the abdomen.”



The Ren Mai and the Du Mai are like to halves of one channel, one Yin, the other Yang. They both originate from the space between the kidneys, both flow through the uterus, both flow to Ren-1, both connect with the heart. They are therefore an important way in which the Kidneys and Heart communicate with each other in physiology.

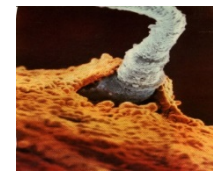
The coordination of Ren and Du is also essential for the menstrual cycle to occur. In fact, the menstrual cycle is like a tide, or rather two tides, one of Kidney-Yin, the other of Kidney-Yang. The Ren represents Kidney-Yin and the Du Kidney-Yang and the menstrual cycle occurs because these two vessels flow through the Uterus



JING OF FATHER

JING OF MOTHER

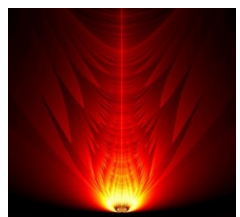
CONCEPTION: PRE-
NATAL JING OF
FOETUS



Active from conception

MINISTER FIRE -
YANG ASPECT OF
JING

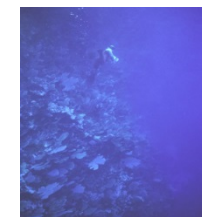
“Pre-Natal of Pre-Natal”



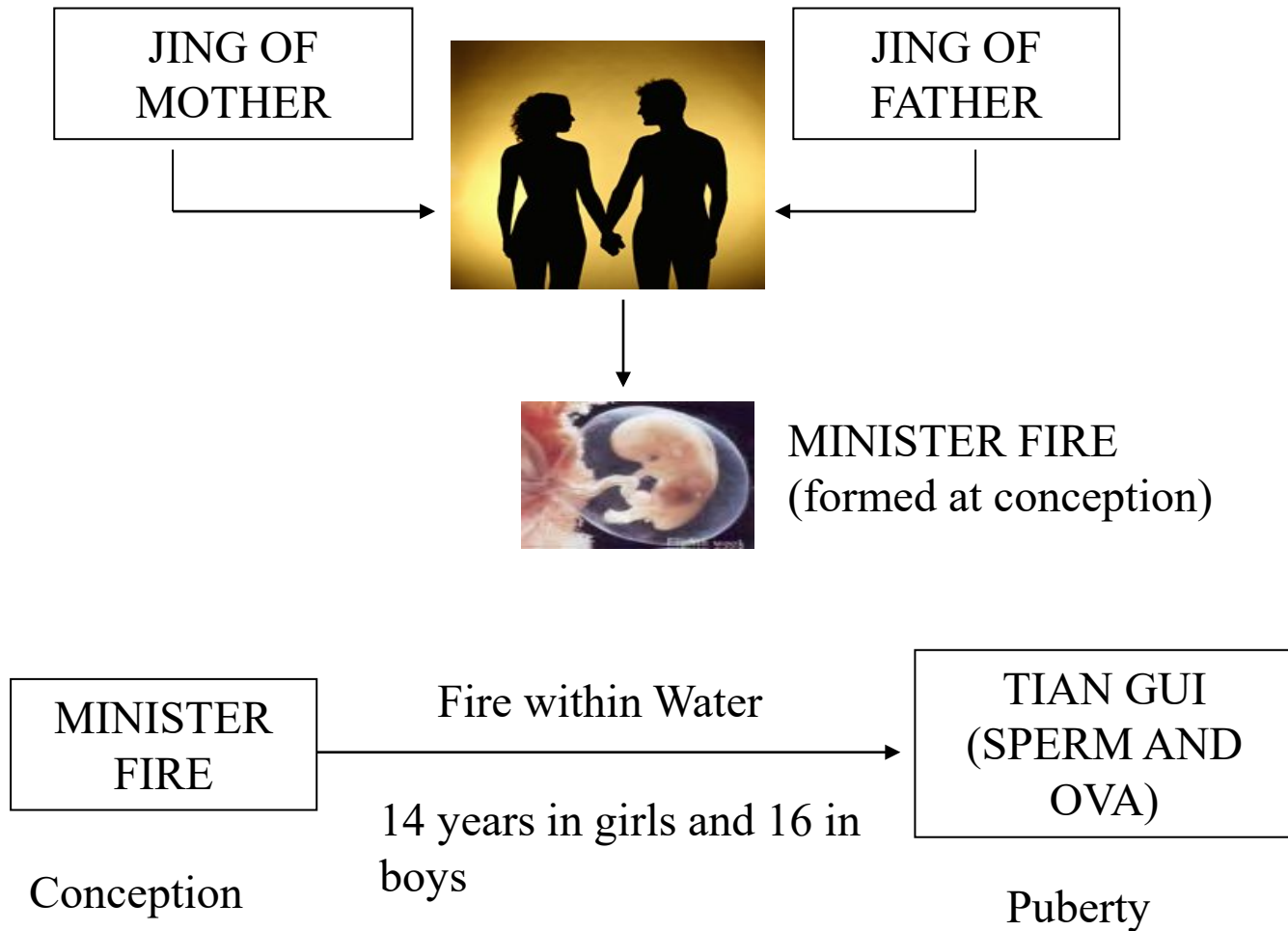
Matures at puberty

SPERM-OVA: YIN
ASPECT OF JING

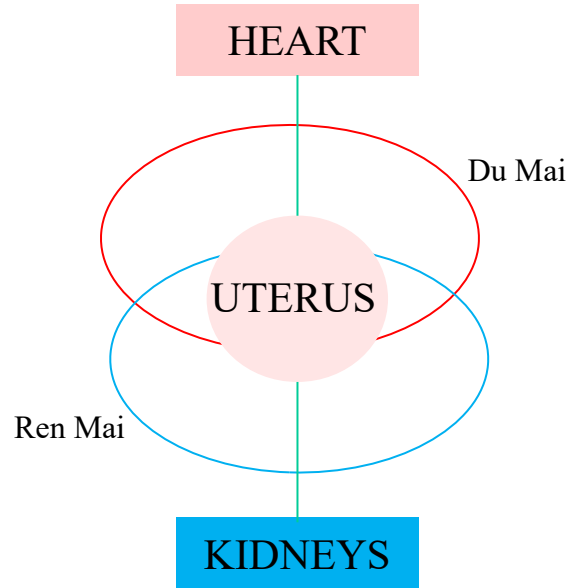
“Post-Natal of Pre-Natal”



Yi Zong Jin Jian (Golden Mirror of Medicine. 1742): at 7, Kidney-Qi is abundant and the Motive Force (*Dong Qi*) between the kidneys is abundant. At 14, *Tian Gui* arrives, i.e. the *Dong Qi* within the Water of the pre-natal *Tian Gui*, and it enters the Uterus.

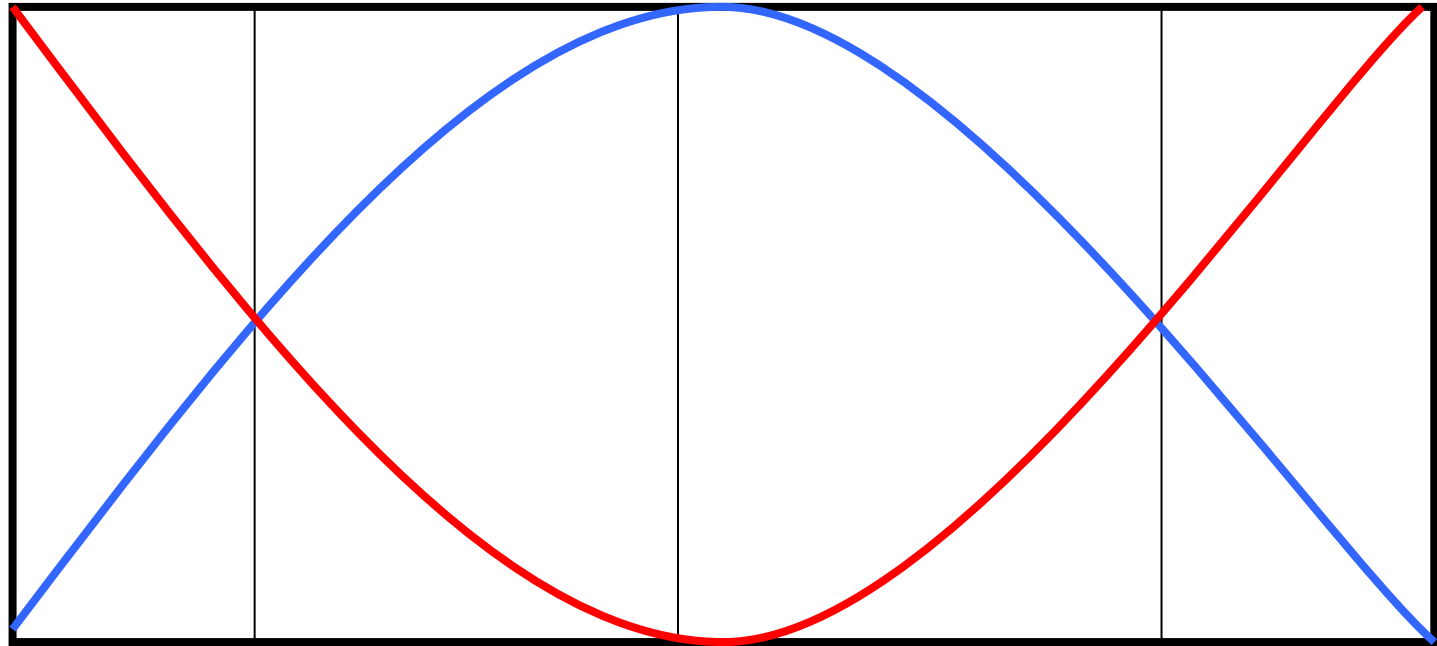


DU MAI – REN MAI - UTERUS



THE FOUR PHASES OF THE MENSTRUAL CYCLE

YANG



YIN

Phase 1: Period

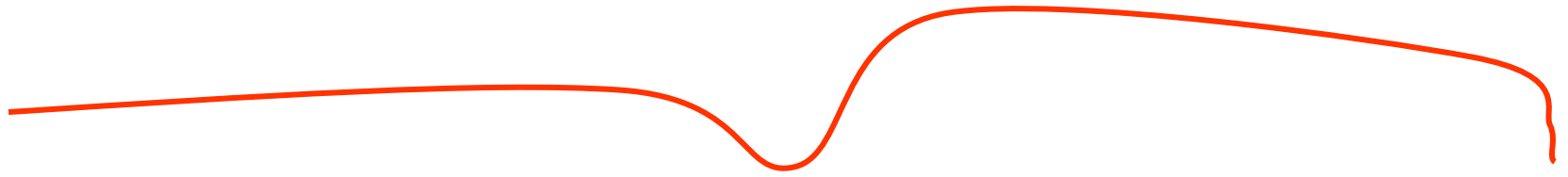
Phase 2: Post-menstrual

Phase 3: Mid-cycle

Phase 4: Pre-menstrual

Transformation
from Yang to Yin

Transformation
from Yin to Yang



Normal BBT chart

