

YIN AND YANG WEI MAI
阴阳维脉

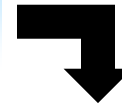
THE YIN AND YANG LINKING VESSEL

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YIN WEI MAI - PATHWAY

Classic of Difficulties

Chapter 28



“The Yin Wei mai starts from a point where all the Yin [channels] intersect.”

The area where the Yin Wei mai starts is considered now to be KI-9 Zhubin. However, the “Elucidation of the Yellow Emperor's Classic of Internal Medicine” thinks that this point is SP-6 Sanyinjiao (which means “meeting of the three Yin”).

This statement is preceded by a description of the function of both Yin and Yang Wei mai: *“The Yang and Yin Wei mai link like a network around the body to absorb the overflowing Qi that cannot flow into the Main channels.”*

Li Shi Zhen describes the pathway of the Yin Wei Mai as follows:

*“The Yin Wei Mai starts at the point where all the Yin [channels] intersect, it originates from **KI-9** Zhubin which is its Accumulation point 5 cun above the internal malleolus and it goes to the centre of the muscle. It then rises along the inner side of the leg to the lower-central abdomen [Xiao Fu] where it connects with the Spleen, Liver, Kidney and Stomach channels at **SP-13** Fushe. It then rises and connects with the Spleen channel at **SP-15** Daheng and **SP-16** Fuai. It goes up to the hypochondrium where it connects with the Liver channel at **LIV-14** Qimen. It goes up to the chest, diaphragm and throat where it connects with the Ren Mai at the point **Ren-22** Tiantu and **Ren-23** Lianquan then rising to the forehead where it ends. In total 14 points.”*

YIN WEI MAI - PATHWAY

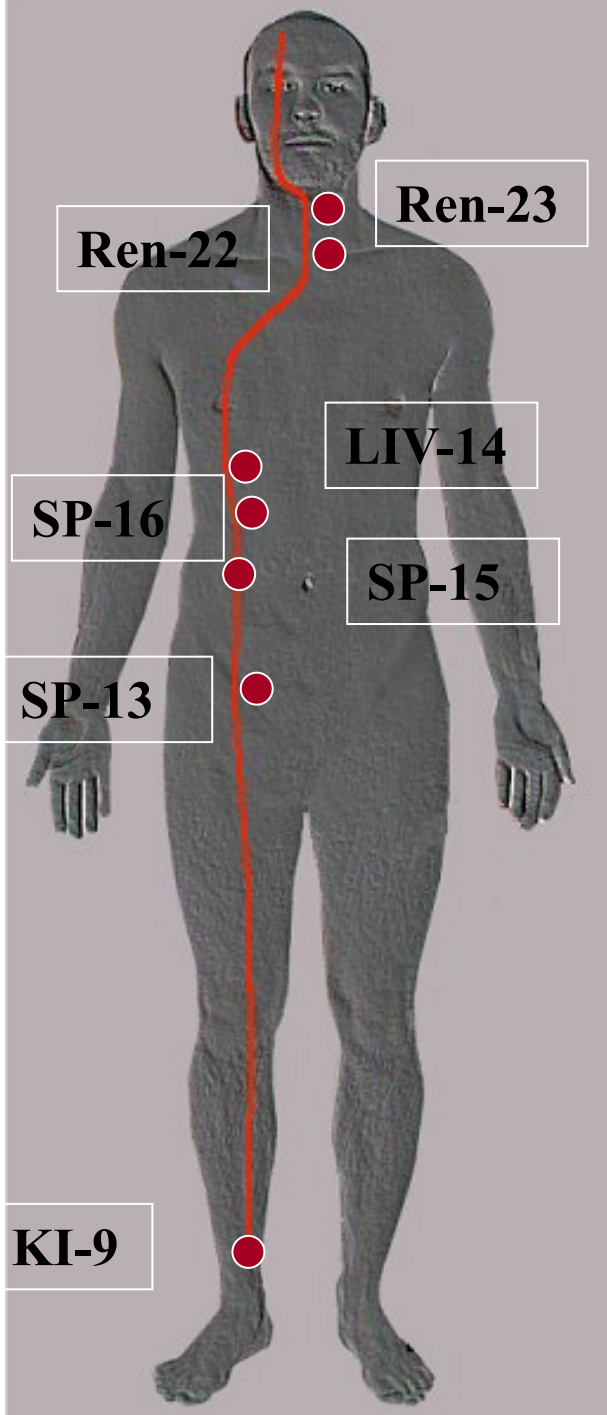
- Starts from KI-9 Zhubin, it goes to the centre of the muscle

- It rises along the inner side of the leg to the lower-central abdomen [*Xiao Fu*] where it connects with the Spleen, Liver, Kidney and Stomach channels at SP-13 Fushe

- It then rises and connects with the Spleen channel at SP-15 Daheng and SP-16 Fuai

- It goes up to the hypochondrium where it connects with the Liver channel at LIV-14 Qimen

- It goes up to the chest, diaphragm and throat where it connects with the Ren mai at the point Ren-22 Tiantu and Ren-23 Lianquan then rising to the forehead where it ends.



YIN WEI MAI - CLINICAL APPLICATIONS

1. NOURISH THE HEART

All the ancient classics mention “heart pain” as a prominent symptom of the Yin Wei mai.

Classic of Difficulties

Chapter 29



“When the Yin Wei mai is diseased, there is heart pain and depression”

Pulse Classic



“When the Yin Wei mai is diseased, there is heart pain”

“Golden Mirror of Medicine” lists the following symptom amongst others for the Yin Wei mai:

“Heart pain in women.”

1. NOURISH THE HEART

The Yin Wei mai treats a heart pain specifically deriving from an Xu condition with a Choppy or Fine pulse (for a heart pain from a Full condition I would use the Chong mai). Therefore, the symptom in question would not be a sharp pain but a dull ache in the heart region.

It is interesting to note that the Yin Wei mai treats such ache in the heart region not simply for the obvious reason that its opening point is P-6 Neiguan, but also by virtue of its influencing all the Yin channels of the leg, i.e. Liver, Spleen and Kidneys.

In fact, the Heart is in the Upper Burner and it relies on the nourishment of Blood and Yin from the channels and organs in the Middle and Lower Burner, i.e. Stomach, Spleen, Liver and Kidneys.

In particular, when I use the Yin Wei mai for heart-region ache I always add the starting point KI-9 Zhubin to the opening and coupled points (P-6 Neiguan and SP-4 Gongsun).

When I use the Yin Wei mai to nourish the Heart, I always use its starting point KI-9 Zhubin in addition to its opening and coupled points (P-6 and SP-4).

I personally think that the name of this point *Guest House* refers to the Kidney channel (the “host”) receiving the Heart (the “guest”): this point’s many mental-emotional indications would support this. Therefore this point and the Yin Wei mai play an important role in establishing the communication between Heart and Kidneys.

2. OPEN THE CHEST AND HYPOCHONDRORIUM

The Yin Wei mai has an important action on the chest: it relaxes and “opens” the chest when there is Qi or Blood stagnation.

The “Golden Mirror of Medicine” lists the following symptoms for the Yin Wei mai:

“Feeling of fullness, stuffiness and distension of the chest...hard lumps to the side of the hypochondrium, hypochondrial and heart pain in women.”

The “Pulse Classic” says:



“When the pulse of the Yin Wei mai is Deep, Big and Full there is pain in the middle of the chest, hypochondrial fullness and pain in the heart region. If the pulse of the Yin Wei mai feels like a string of pearls, there is bilateral hypochondrial fullness in men, pain in the middle of the back and genital pain in women as if there were sores.”

I generally use the Yin Wei mai for chest ache when it occurs against a background of Blood deficiency when the pulse is generally Choppy or Fine.

In such a case, I would use the opening and coupled points of the vessel (P-6 Neiguan and SP-4 Gongsun) together with Ren-15 Jiuwei, LU-7 Lieque (on the side opposite to P-6) and ST-40 Fenglong (on the side opposite to SP-4).

(For chest symptoms occurring against a background of a Full condition and associated with some abdominal symptoms, I would use the Chong mai, especially if they derive from Blood stasis).

3. NOURISH BLOOD AND YIN

i. Nourish Yin in general

Since it connects all the Yin channels, the Yin Wei Mai can be used for deficiency of Blood and/or Yin, especially if accompanied by psychological symptoms such as insomnia, anxiety, mental restlessness, thinking too much, obsession, loss of will power and lack of self-control.

In this context, it has a remarkable effect in calming the mind, especially in women and is especially effective combined with its starting and Accumulation point, KI-9 Zhubin.

i. Nourish Yin in general

As it nourishes all the Yin, it is indicated for loss of voice which occurs against a background of Yin deficiency.

“Pulse Classic”:

“When the Yin Wei mai is affected there is sudden collapse, loss of voice”

A disharmony of the Yin Wei mai causes loss of voice also due to its intersection with the Ren mai in the throat.

When I use the Yin Wei mai to nourish Yin, I would use its opening and coupled points (P-6 Neiguan and SP-4 Gongsun) together with KI-9 Zhubin and SP-6 Sanyinjiao.

As the Ren mai governs all the Yin channels while the Yin Wei mai “links” all the Yin channels, it is important to compare and contrast the function and use of these vessels in the context of Yin deficiency.

The Ren mai influences and governs all Yin channels in every part of the body (Upper, Middle and Lower Burner). The Yin Wei mai influences all Yin channels except the Lungs (by contrast, the Ren mai has a special influence on the Lungs). Also, the Yin Wei mai influences primarily the Upper Burner and the chest and it has a particularly strong influence on the Heart.