

**DAI MAI 带脉**

**THE GIRDLE VESSEL**

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**The Dai Mai is the only horizontal vessel of the body. Because of this, it is sometimes called "the extraordinary of the extraordinary vessels". It divides the body into two halves and flows through LIV-13 Zhangmen, GB-26 Daimai, GB-27 Wushu and GB-28 Weidao. Not all authors accept that it connects with LIV-13.**

**It is closely related to the Liver and Gall Bladder and it connects with the Kidney divergent channel at BL-23 Shenshu. Because of this, the Dai Mai "guides and supports" the Qi of the uterus and the Essence.**

**Because the Dai Mai connects with LIV-13 (Spleen) and BL-23 (Kidneys), it connects the Post-Heaven with the Pre-Heaven Qi (in a similar way as the Chong Mai).**

**Thus, the Dai Mai vessel interrelates with and restrains the Liver's smooth flow of Qi (through LIV-13), and harmonizes the ascending and descending of Spleen and Kidneys.**

**Hence:**

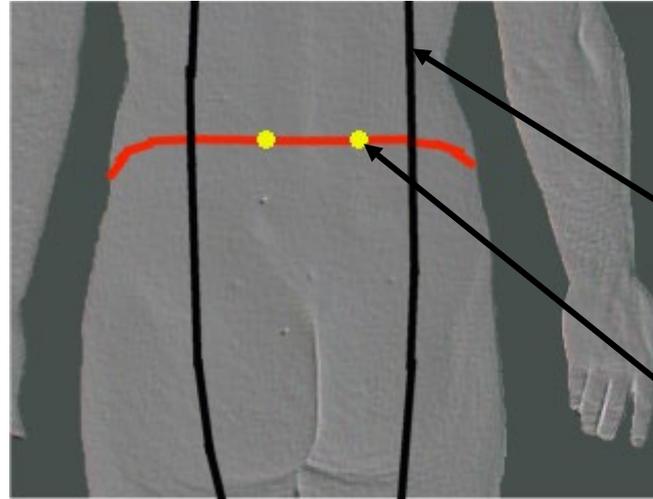
**-Kidney's nourishment of the Essence;**

**-Spleen's raising of Qi;**

**-Liver's smooth flow of Qi**

**all rely on the Dai Mai being "relaxed and stretched".**

# 1. PATHWAY



In the back, it connects with the Kidney Divergent channel at the height of BL-23 Shenshu

The Dai Mai flows through:

LIV-13 Zhangmen

G.B.-26 Daimai

G.B.-27 Wushu

G.B.-28 Weidao

...encircling the waist

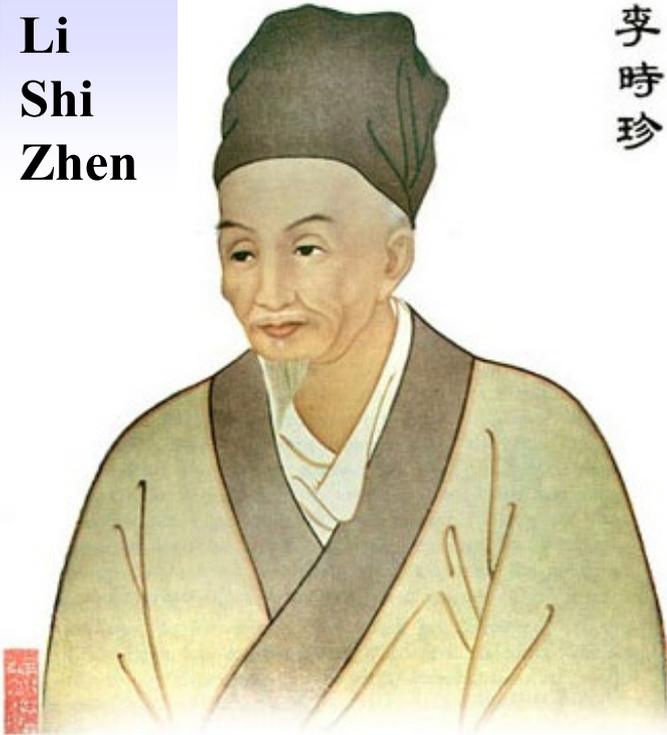
Classic of Difficulties

*“The Dai Mai originates from the hypochondrium and it encircles the body.”*

## 1. PATHWAY

Li  
Shi  
Zhen

李時珍



*“The Dai Mai originates in the hypochondrium at the point LIV-13 Zhangmen and it then connects with G.B.-26 Daimai, G.B.-27 Wushu and G.B.-28 Weidao.”*

Spiritual Axis

Chapter 11

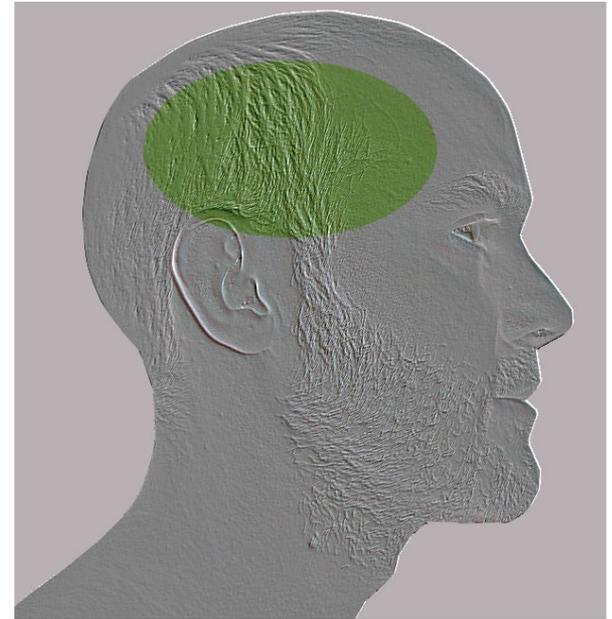


*“The Kidney Divergent channel goes behind the knee and it connects with the Bladder channel. It then goes up to the kidneys area level with the 14th vertebra where it exits into the Girdle Vessel.”*

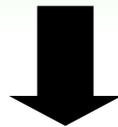
## 2. CLINICAL APPLICATIONS

### a) HARMONIZE THE LIVER AND GALL-BLADDER

It can be used to harmonise the Liver and Gall Bladder, particularly in Excess patterns of the Liver, when both Guan positions are Full and Wiry, for such symptoms as temporal headaches. The Dai Mai treats pathological conditions of the lower abdomen, characterized by a feeling of distension and/or fullness. Often chosen when both Middle positions of the pulse are Full and Wiry. Moxa on LIV-13 Zhangmen is often used.



Great Compendium of Acupuncture (*Zhen Jiu Da Cheng*)



[mentions, among other symptoms for the Dai Mai:] “*Headache, swelling from occiput to chin, red and swollen eyes with dizziness.*”

### CLINICAL NOTE

For such conditions, I use the opening and coupled points of the Dai Mai (G.B.-41 Zulinqi and T.B.-5 Waiguan) together with LIV-13 Zhangmen.

## b) RESOLVE DAMPNESS IN THE LOWER BURNER

**The Dai Mai is like a belt encircling the leg channels in the abdomen and back: the tension of this belt regulates the circulation of Qi to and from the legs.**

**Dampness may arise from a dysfunction of the Dai Mai:**



**this may happen in Full conditions (when the belt is too “tight”) and there is stagnation in the leg channels leading to Dampness.**

**...or it may happen in Empty conditions (when the belt is too “loose”), the leg channels are not “restrained”, Spleen- and Kidney-Qi sink and Dampness infuses to the Lower Burner.**



### CLINICAL NOTE

**To treat an excessive vaginal discharge occurring with a **Full** condition, I use the opening and coupled points of the Dai Mai (G.B.-41 Zulinqi and T.B.-5 Waiguan) together with G.B.-26 Daimai, Ren-3 Zhongji, ST-28 Shuidao and SP-9 Yinlingquan.**