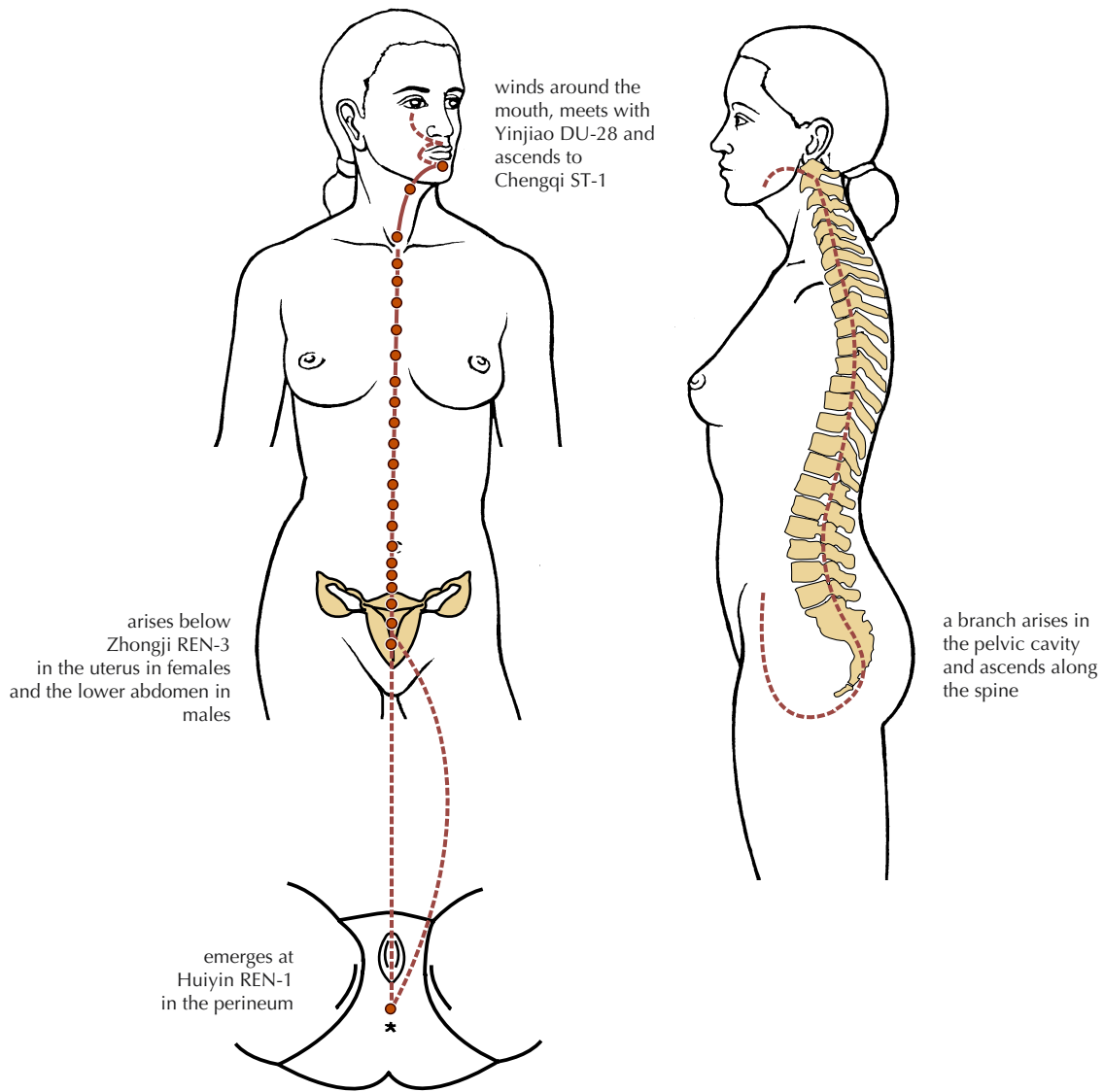


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任脈經穴

THE CONCEPTION VESSEL

## THE CONCEPTION VESSEL



### The Conception vessel primary pathway

#### THE CONCEPTION VESSEL PRIMARY PATHWAY

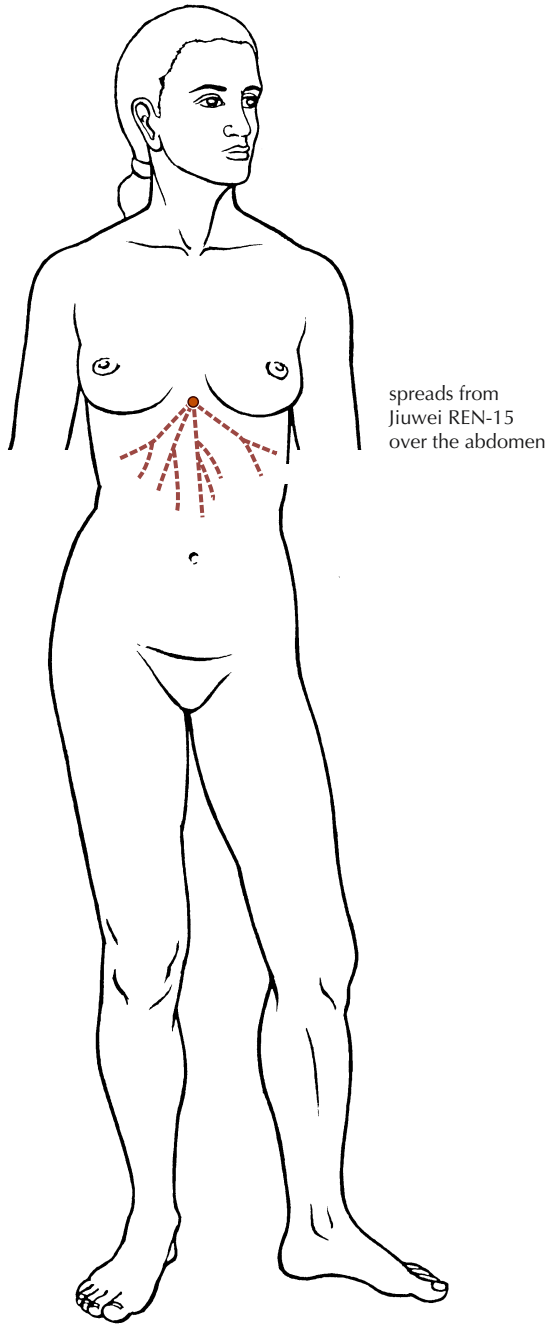
- arises (below Zhongji REN-3) in the uterus in females and the lower abdomen in males and emerges at Huiyin REN-1 in the perineum,
- ascends along the midline of the abdomen, chest, throat and jaw, terminating at Chengjiang REN-24,
- the interior portion of the channel winds around the mouth, connects with the Governing vessel at Yinjiao DU-28 and terminates below the eye at Chengqi ST-1.

#### A branch

- arises in the pelvic cavity, enters the spine and ascends along the back.

#### Note

- Changqiang DU-1 is classified as a meeting point of the Conception and Governing vessels, although it is not normally shown as such on illustrations of the Conception vessel primary pathway.



The Conception luo-connecting vessel

#### THE CONCEPTION LUO-CONNECTING VESSEL

- descends from Jiuwei REN-15 and disperses over the abdomen.

#### DISCUSSION

The Conception vessel is one of the eight extraordinary vessels, but along with the Governing vessel is exceptional among these eight in that it has its own acupuncture points. For this reason the Conception and Governing vessels are often included with the twelve primary channels (and together known as the fourteen channels). The other six extraordinary vessels have no points of their own, passing instead through points of the fourteen channels.

The Conception vessel is principally understood to be the channel that ascends along the midline of the anterior of the body. As the above description shows however, a branch enters the spine and ascends along the back, whilst a branch of the Governing vessel also ascends along the midline of the anterior of the body. Li Shi-zhen therefore said "The Conception and Governing vessels are like midnight and midday, they are the polar axis of the body ... there is one source and two branches, one goes to the front and the other to the back of the body ... When we try to divide these, we see that yin and yang are inseparable. When we try to see them as one, we see that it is an indivisible whole"<sup>1</sup>.

As far as the pathway of the Conception vessel is concerned, it is important to note that:

- according to the *Spiritual Pivot*<sup>2</sup> the Conception vessel originates in the uterus in females.
- the primary channel winds around the mouth and terminates below the eye.

The actions of the points of the Conception vessel can be summarised as follows:

- Treating disorders of their local area. All the Conception vessel points below the umbilicus treat disorders of urination and defecation, genital diseases, stagnation in the lower abdomen and uterine and menstrual diseases. Shenque REN-8 and Shuifen REN-9 treat disorders of the intestines and abdomen. From Xiawan REN-10 up to Xuanji REN-21 all the Conception vessel points treat stagnation and rebellion of Stomach qi, even when their location is high up on the chest. From Shangwan REN-13 upwards, most points treat disorders of the Heart, and from Juque REN-14 upwards, of the Lung and chest.
- Located on the soft, yielding and yin anterior surface of the body, the Conception vessel points allow direct access to the zangfu. Six of the front-mu points therefore are located on this channel (Zhongji REN-3: the Bladder; Guanyuan REN-4: the Small Intestine; Shimen REN-5: the Sanjiao; Zhongwan REN-12: the Stomach; Juque REN-14: the Heart; Shanzhong

REN-17: the Pericardium). In most cases these are fundamentally important points to regulate their respective zangfu.

- The lower abdomen is the location of the dantian (cinnabar field), the residence of the deepest energies of the body. Guanyuan REN-4 and Qihai REN-6 are therefore among the most important tonifying and nourishing points of the body. Along with Shenque REN-8, they are also able to rescue yang and restore consciousness in cases of yang collapse.