

TRADITIONAL CHINESE MEDICINE



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A System of medicine at least 23 centuries old that aims to prevent or heal disease by maintaining or restoring Yin-Yang balance.

China has one of the world's oldest medical systems.

Acupuncture and Chinese herbal remedies date back at least 2,200 years, although the earliest known written record of Chinese medicine is the *Huangdi neijing* (The Yellow Emperor's Inner Classic) from the 3rd century BCE.

That opus provided the theoretical concepts for TCM that remain the basis of its practice today.

In essence, traditional Chinese healers seek to restore a dynamic balance between two complementary forces, yin (passive) and yang (active), which pervade the human body as they do the universe as a whole.

According to TCM, a person is healthy when harmony exists between these two forces; illness, on the other hand, results from a breakdown in the equilibrium of yin and yang.



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The Practice of TCM

To restore harmony, the Chinese healer may use any of a staggeringly large array of traditional remedies.

The patient may be treated with acupuncture or acupressure, moxibustion (moxa treatment) or cupping (in which hot glass cups are placed on the patient to draw blood to the skin).

The Chinese healer may prescribe a brew prepared with one (or some combination) of thousands of medicinal plants or dried animal parts (e.g., snakes, scorpions, insects, deer antlers) in the Chinese pharmaceutical armamentarium.



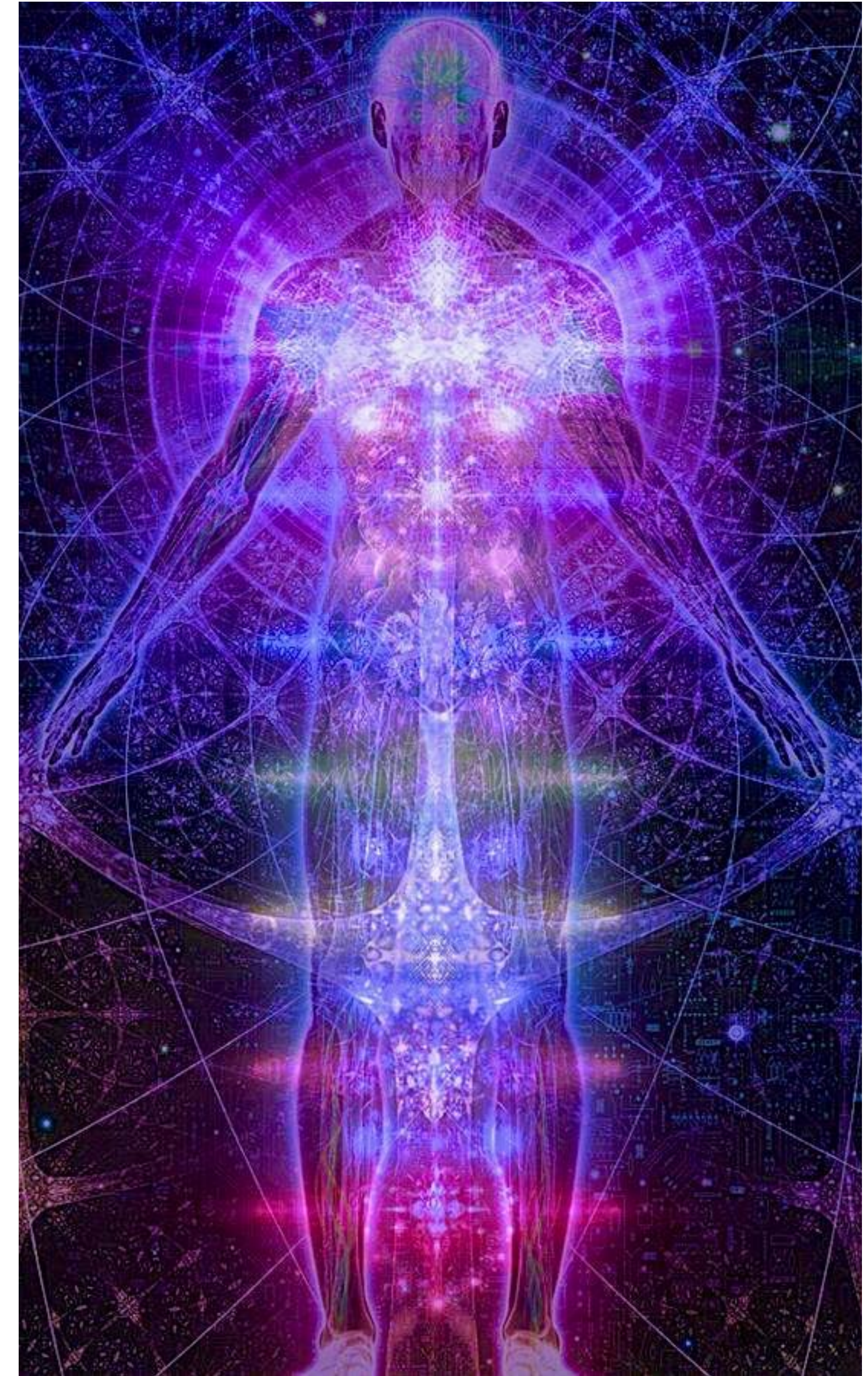
TRADITIONAL CHINESE MEDICINE

The Role of Qi and Meridians

An essential aspect of TCM is an understanding of the body's qi (life force; literally, “vital breath”), which flows through invisible meridians (channels) of the body.

This energy network connects organs, tissues, veins, nerves, cells, atoms and consciousness itself. Generally speaking, there are 12 major meridians, each of which connects to one of the 12 major organs in TCM theory.

Meridians are also related to a variety of phenomena, including circadian rhythms, seasons, and planetary movements, to create additional invisible networks.



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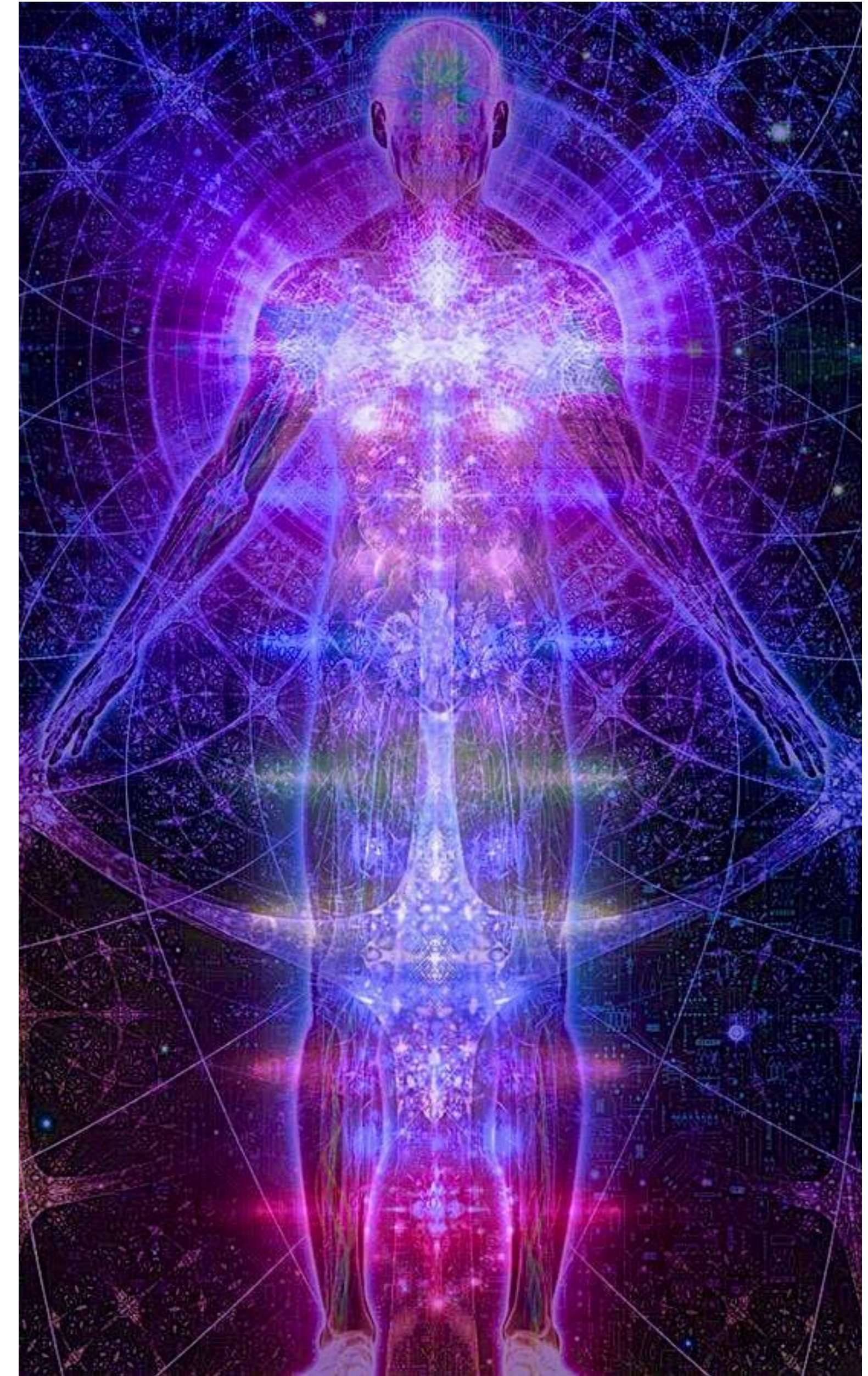
The Role of Qi and Meridians

In acupuncture thin needles are inserted into specific points along the meridians.

The needles stimulate the meridians and readjust the flow of qi to balance the body's yin and yang. In place of needles, massage (acupressure) can also be used to stimulate the acupuncture points.

Acupuncture is sometimes accompanied by moxibustion, the burning of small cones of an herb (typically *Artemisia moxa*) at acupuncture points.

Not only can the meridian network be used to alleviate symptoms; it can also endow TCM with the ability to change consciousness in those who receive treatment.



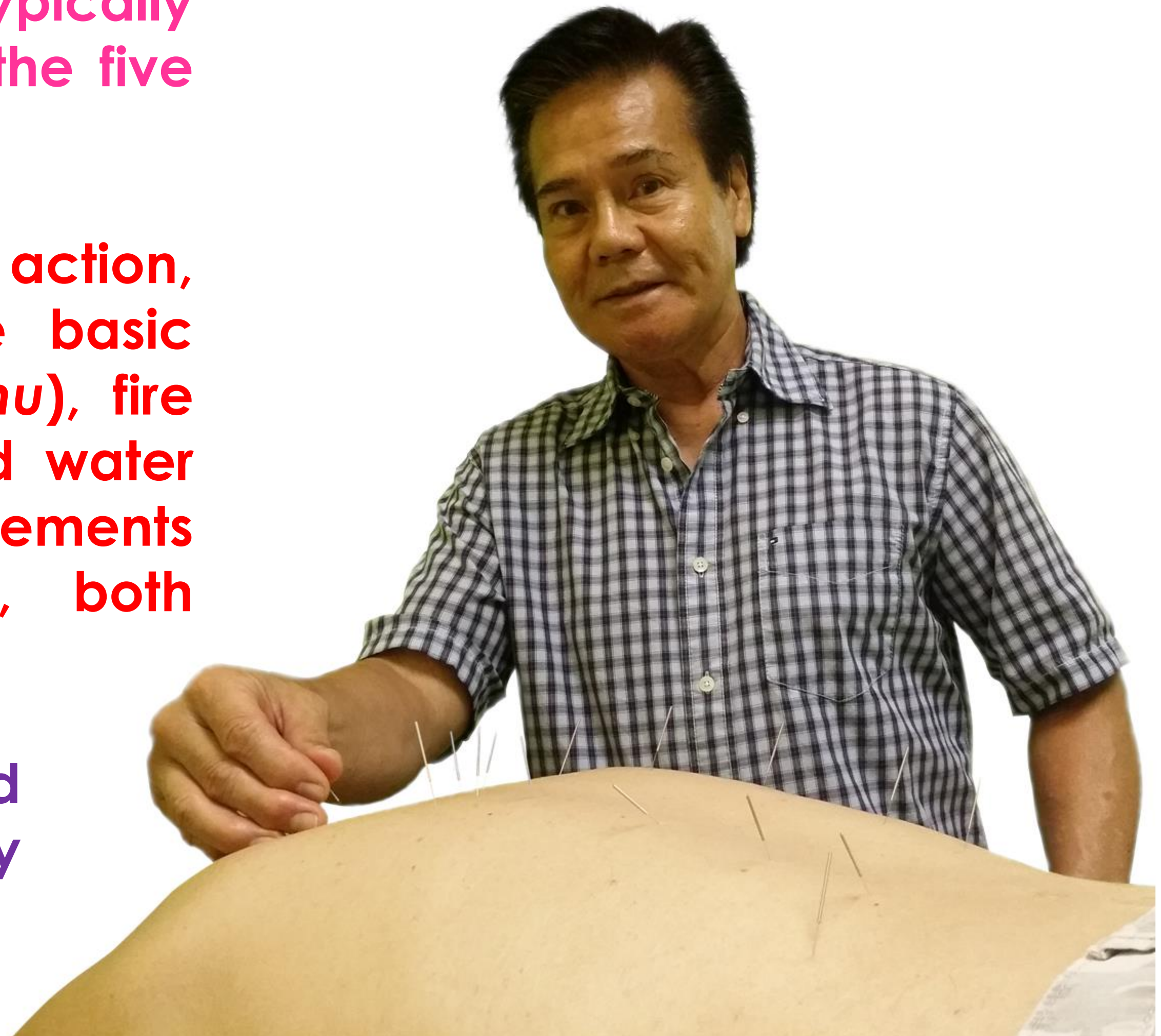
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A TCM practitioner uses smell, hearing, voice vibration, touch, and pulse diagnosis to discover the source of an unbalanced health condition, which organ it is related to, and which meridians are affected.

In addition, the practitioner typically makes use of what is known as the five agents, or five phases (*wuxing*).

By observing the natural law in action, ancient healers recognized five basic elements in the world—wood (*mu*), fire (*huo*), earth (*tu*), metal (*jin*), and water (*shui*)—and found that these elements have myriad correspondences, both visible and invisible.

This framework helps skilled TCM practitioners to identify unbalanced relationships.

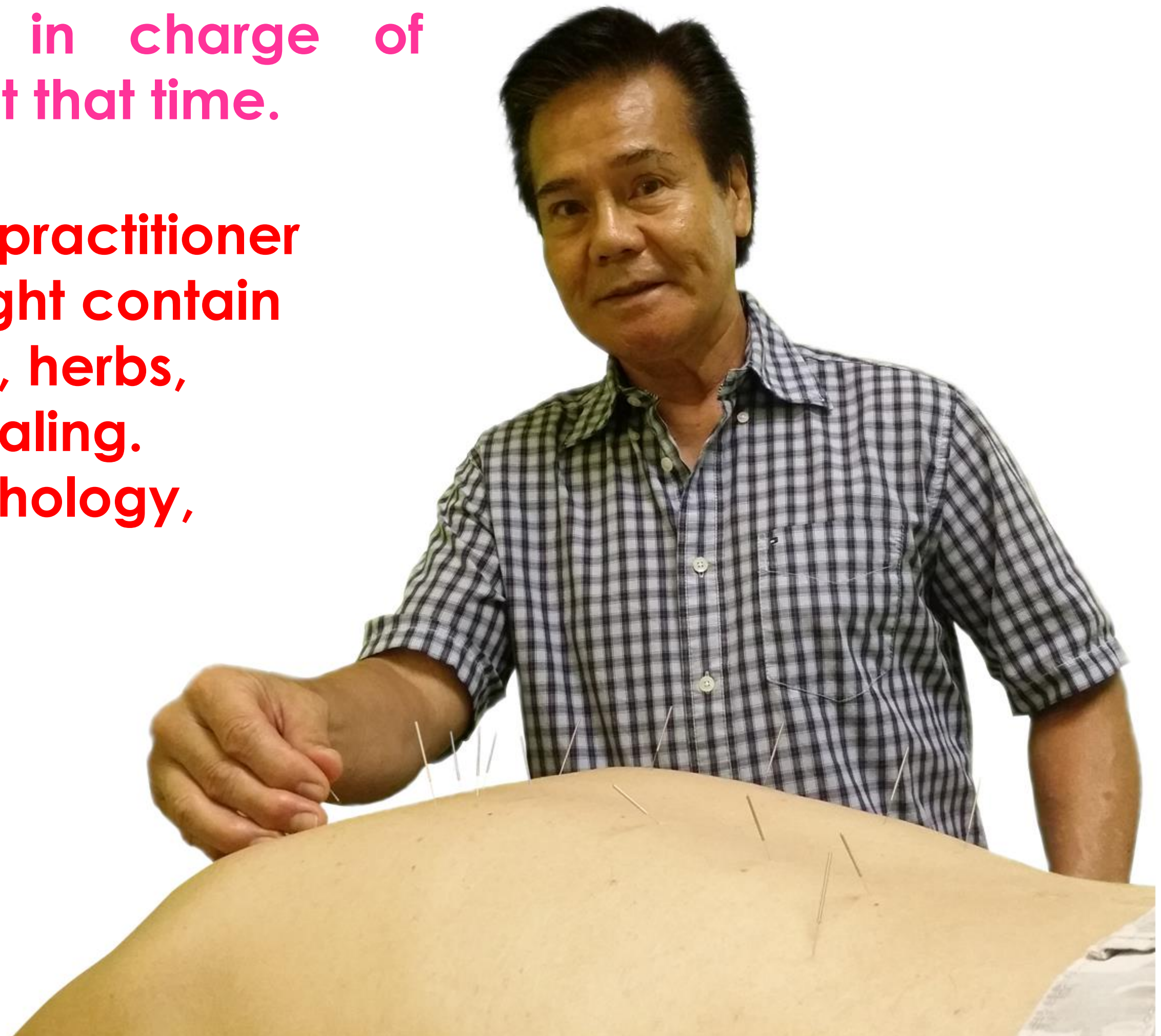


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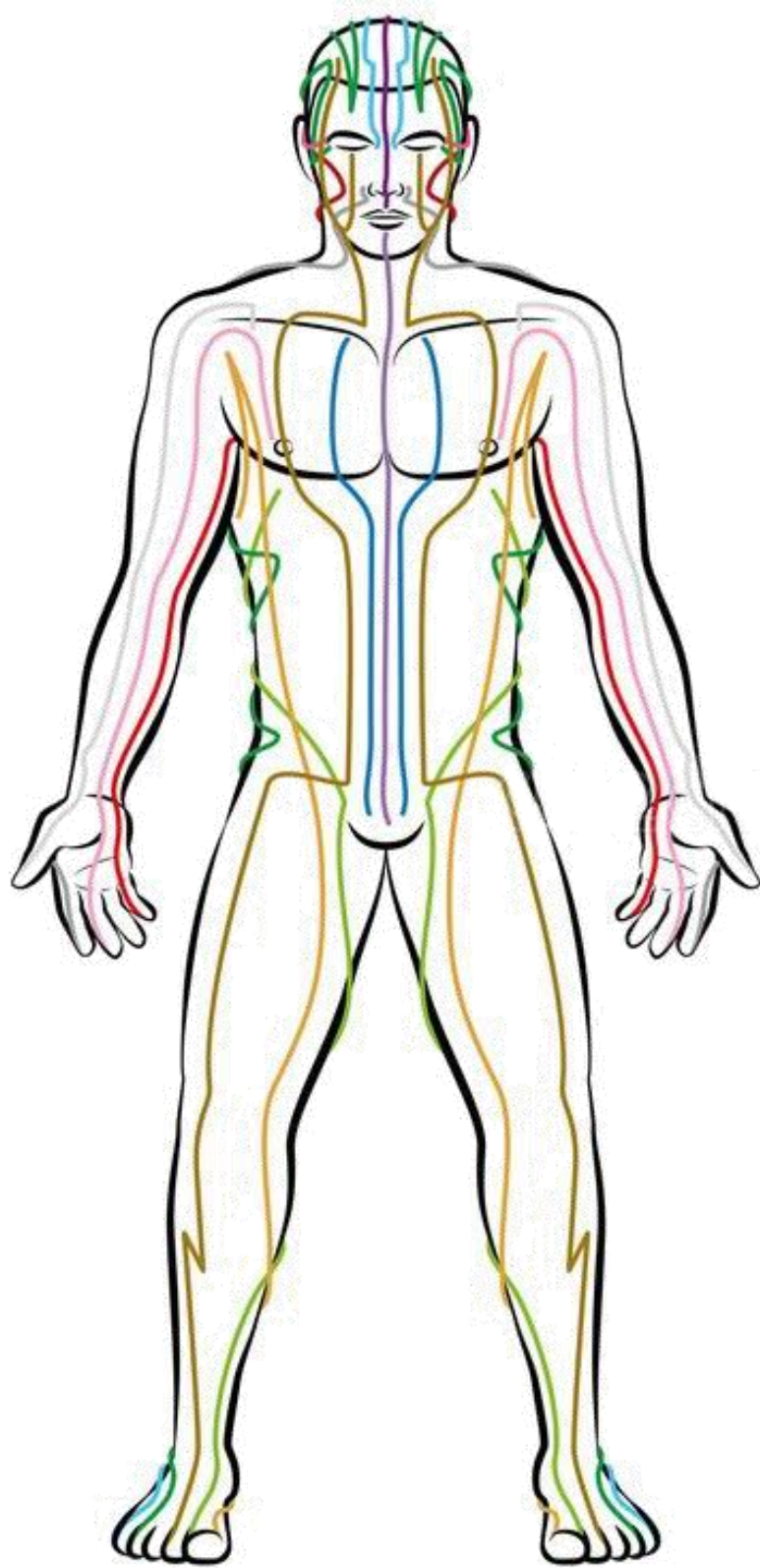
For instance, one key correspondence relates to time of day.

If an individual always gets a headache at 4 PM, this signals that Bladder qi is unbalanced, since the Bladder (of the TCM Kidney/Bladder organ pair) is in charge of maintaining the body's functions at that time.

Using the five-element theory, the practitioner can create a healing plan that might contain such components as acupuncture, herbs, lifestyle changes, and foods for healing. It might also include Chinese psychology, which shows how the energy of unbalanced emotions can affect proper organ function.



THE MERIDIAN SYSTEM



It is a key concept of Traditional Chinese Medicine, but ancient understandings of the energetic body are shared by many countries in Southeast Asia.

It is believed that energy, also called the life force, prana, or qi (chi), flows throughout the body in the same way that blood does.

When this energy becomes blocked or disproportionate, adverse symptoms and disease may occur.

The goal of Eastern medicine is to optimize the circulation and balance of qi through methods of energy healing such as qigong.

These practices are believed to prevent and cure disease, regulate metabolism, and support cellular health.

Qi refers to the natural and essential energy of livelihood.

This energy flows through multiple pathways of the body called meridians.

Each meridian regulates a particular organ, but all are interconnected.

Good health depends on the circulation and balance of energy throughout the entire meridian system.

12 Major Meridians of the Body

Lung
Large intestine
Stomach

Spleen
Pericardium
Triple Warmer

Gallbladder
Liver
Heart

Small intestine
Bladder
Kidney

THE MERIDIAN CLOCK

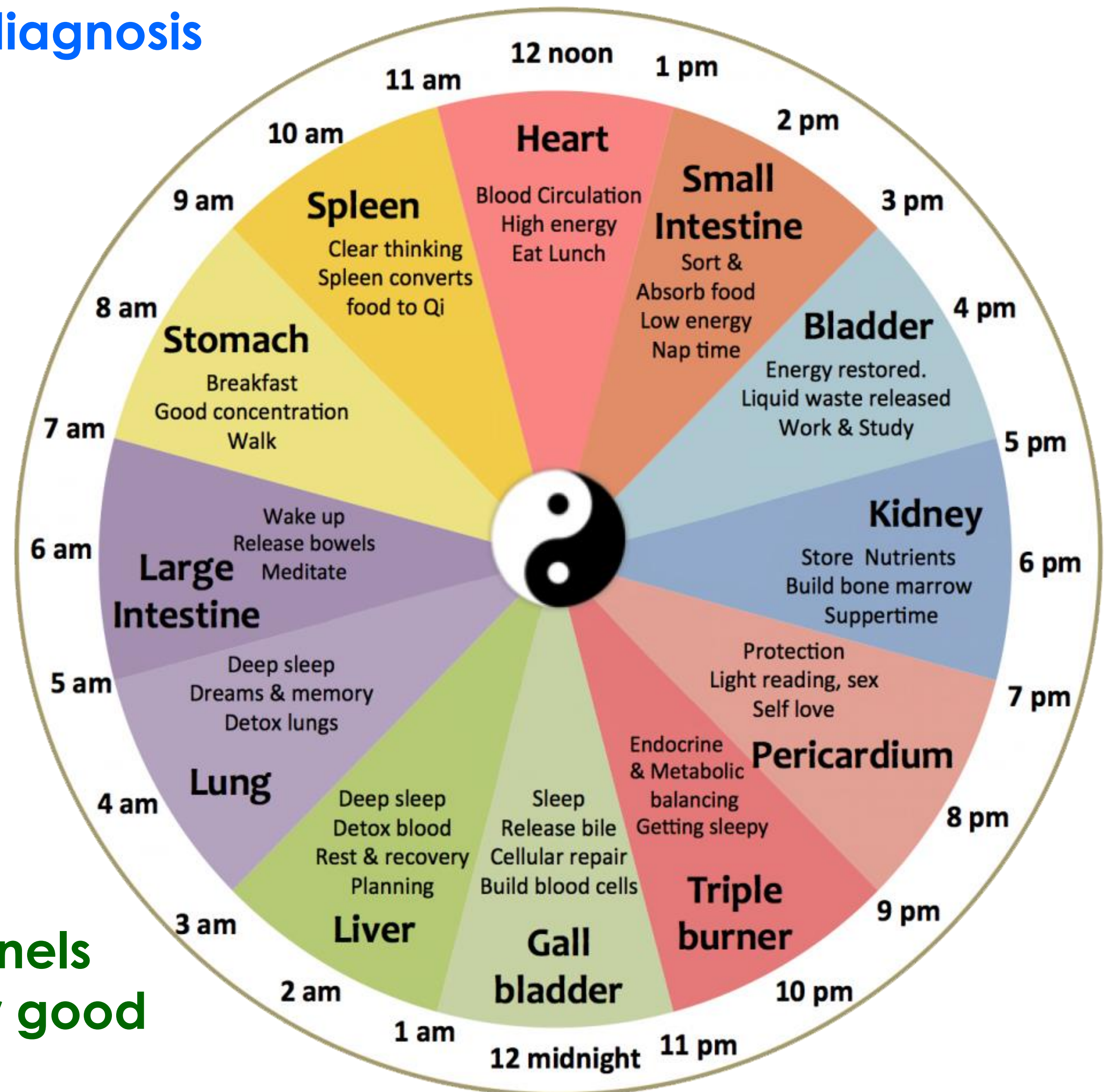
A very useful tool for the diagnosis and treatment of energy imbalances.

The human body has 12 meridians.

Each meridian complements its opposite meridian.

Each of the 12 meridians flows in an up- or down-wards direction.

One flows into the other. Keeping these lines/channels open is very beneficial for good health.



ENERGY AND MERIDIANS

Energy

Qi is considered the vital force of any living being.

It is always present in our bodies, but its delicate balance and fluidity are essential for growth, recovery, and general health.

Balancing qi means not only distributing energy evenly throughout the body but also achieving a balance of yin and yang energy.

These two types of energy are opposite yet complementary and interdependent.

Each bodily function uses both energies simultaneously.

In TCM, good health is built on the harmony of yin and yang.



Meridians

Channels that direct the flow of energy through specific pathways of the body, much like the circulatory system holds and transports blood.

Each side of the body is traversed by six meridians—three yin and three yang.

Every meridian corresponds with a particular organ but encompasses the larger functions of that organ as well as other organs around them.

For example, the kidney meridian is responsible for urinary health but is also believed to carry sexual energy and affect reproductive processes as well.

The Meridian System

Meridians connect all major organ systems.

Each meridian plays a specific and crucial role in the health of the entire body.

If the energy flowing through a meridian is imbalanced in any way, the system it fuels is jeopardized, and disease may result.

YIN AND YANG

Two halves that together complete wholeness.

When something is whole, by definition, it's unchanging and complete.

So when you split something into two halves – yin/yang, it upsets the equilibrium of wholeness.

Both halves are chasing after each other as they seek a new balance with each other.

The word Yin comes out to mean “shady side” and Yang “sunny side”.

We encounter examples of Yin and Yang every day.



The symbol for Yin Yang is called the Taijitu.

Yin	Yang
Dark	Light
Night	Day
Cold	Hot
Soft	Hard
Earth	Sky
Neutral Colors	Vibrant Colors
Stiffness	Movement
Low	High
Rounded	Angled
Quiet	Noisy
Meek	Aggressive
Passive	Active
Even	Odd
Winter	Summer
Sleep	Awake
Detailed	Simple

FIVE ELEMENTS OF TCM

Fire

Heart Heat
Small Intestines Laughing
Tongue Red
Blood Vessel Bitter
Joy South
Summer 11am-3pm

Earth

Spleen Dampness
Stomach Singing
Mouth Yellow
Muscle Sweet
Overthinking Middle
Late Summer 7am-11am

Wood

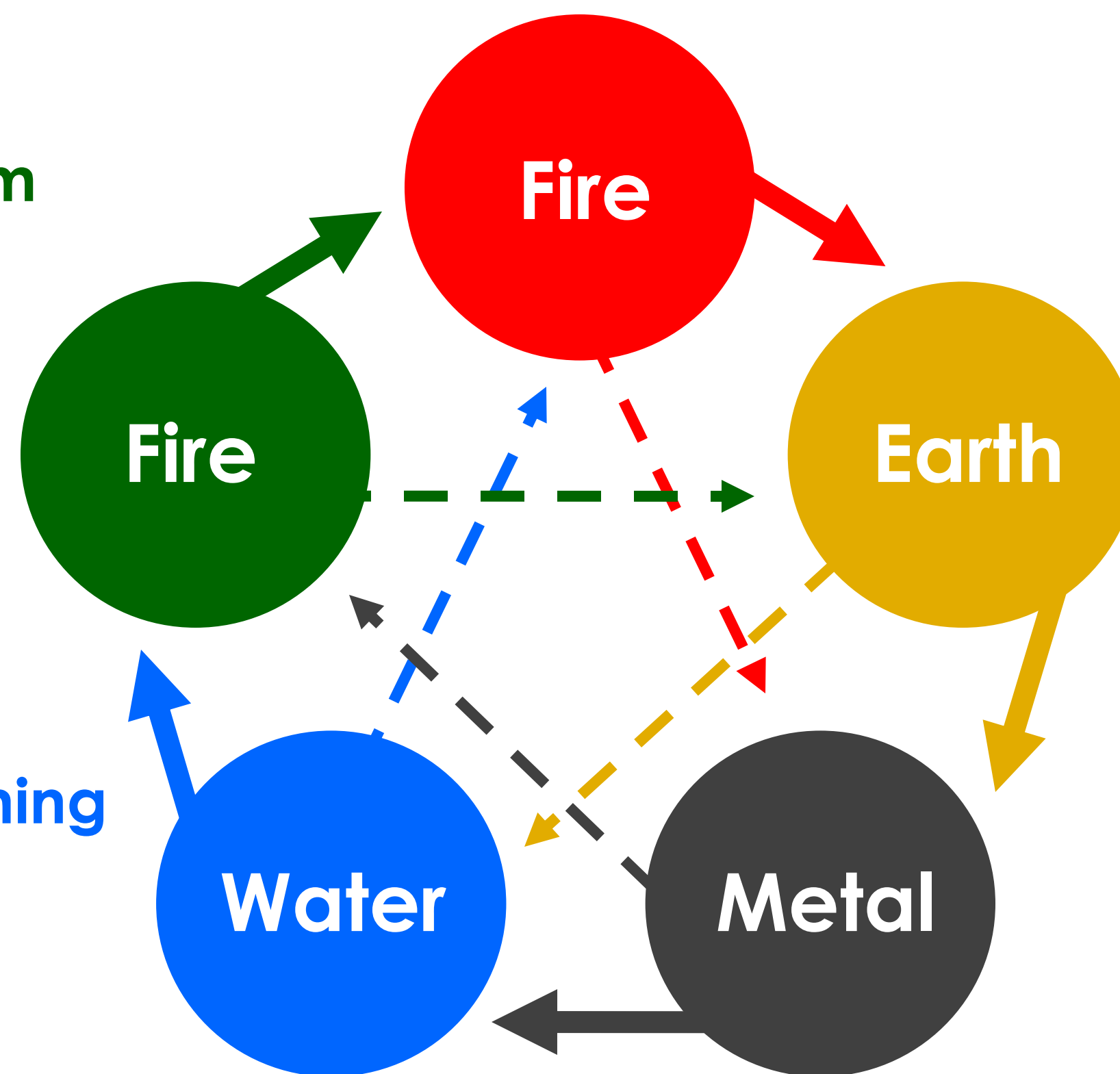
Liver Wind
Gallbladder Calling Sound
Eye Green
Tendon Sour
Anger East
Spring 11pm-3am

Water

Kidney Cold
Urinary Bladder Deep Sighing
Ear Black
Bone Salty
Fear North
Winter 3pm-7pm

Metal

Lung Dryness
Large Intestine Crying
Nose White
Skin & Hair Spicy
Grief West
Autumn 3am-7am



THE 12 MERIDIANS

THE LUNG MERIDIAN

(Arm Tai Yin)

Function:

Regulates respiration and intake of energy.

Symptoms of imbalance:

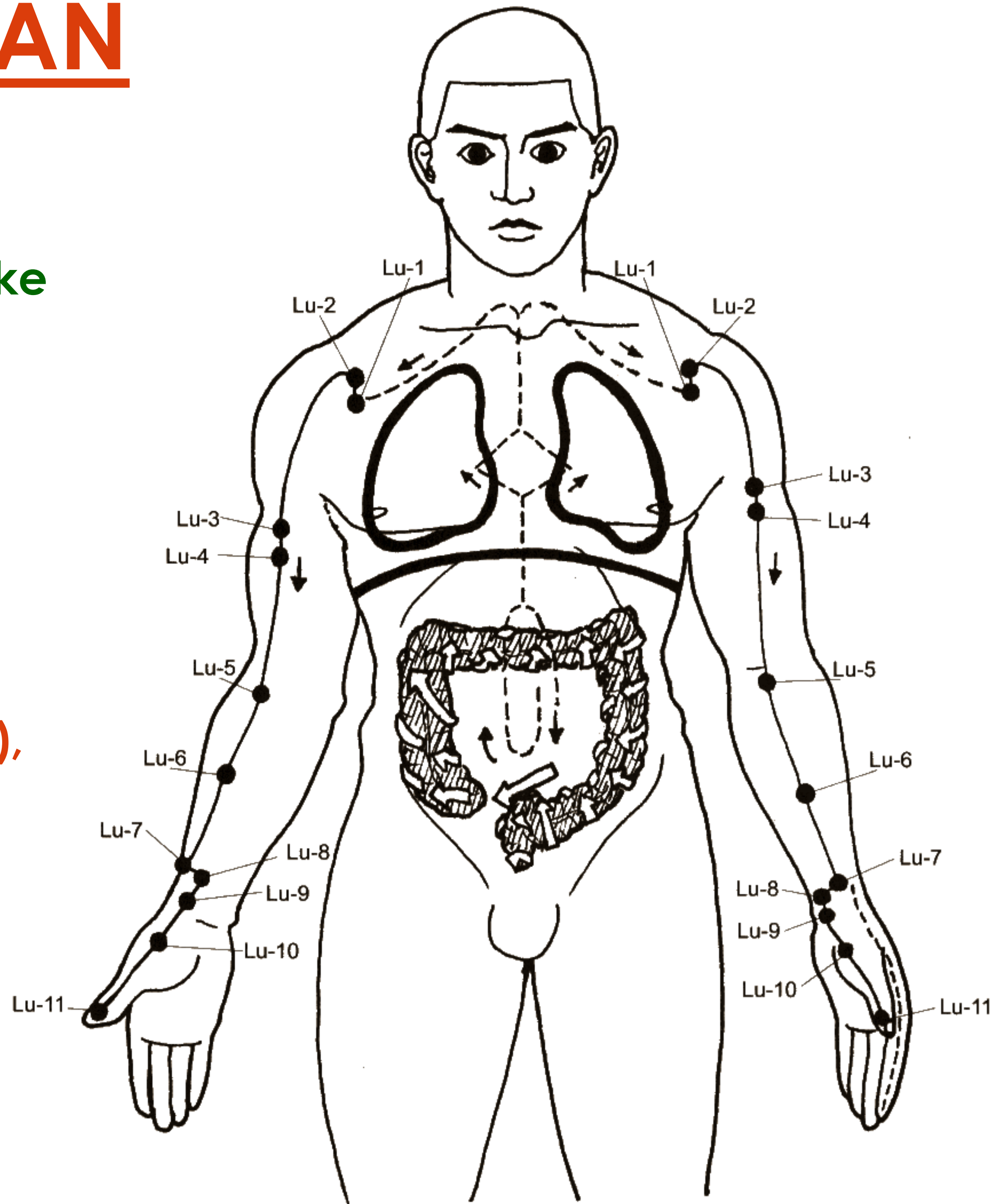
Viral and bacterial infections, excessive perspiration, inflammation issues in the upper parts of the body, problems with the olfactory organs (nose/sense of smell), and adverse skin conditions.

Time of day:

3:00am–5:00am

Element:

Metal



THE LARGE INTESTINE MERIDIAN

(Arm Yang Ming)

Function:

Extracts and processes water from waste material before expelling it.

Symptoms of imbalance:

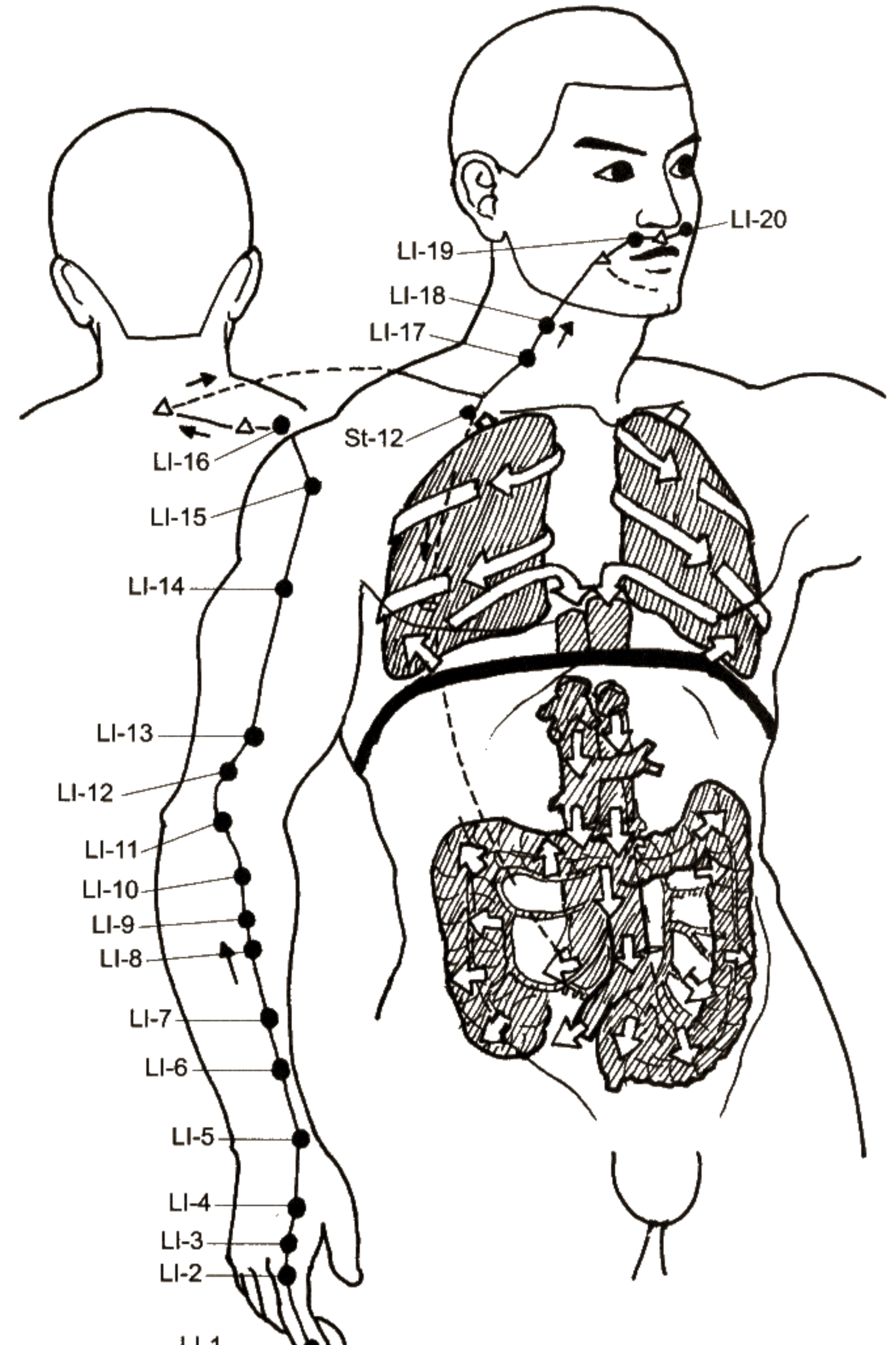
Abdominal pains, and on an emotional level, difficulty holding on or letting go.

Time of day:

5:00am–7:00am

Element:

Metal



THE STOMACH MERIDIAN

(Leg Yang Ming)

Function:

Digests and extracts energy from food and distributes that energy to the spleen and intestines.

Symptoms of imbalance:

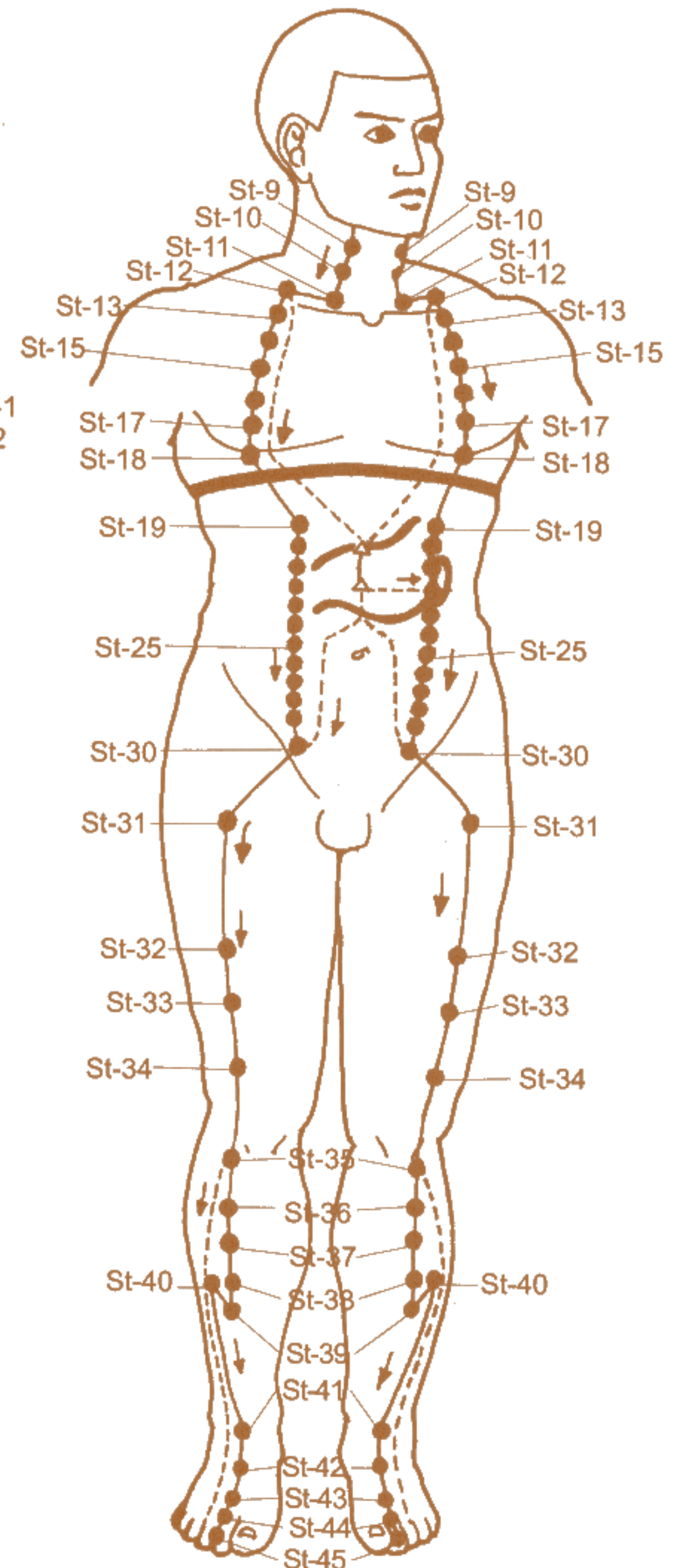
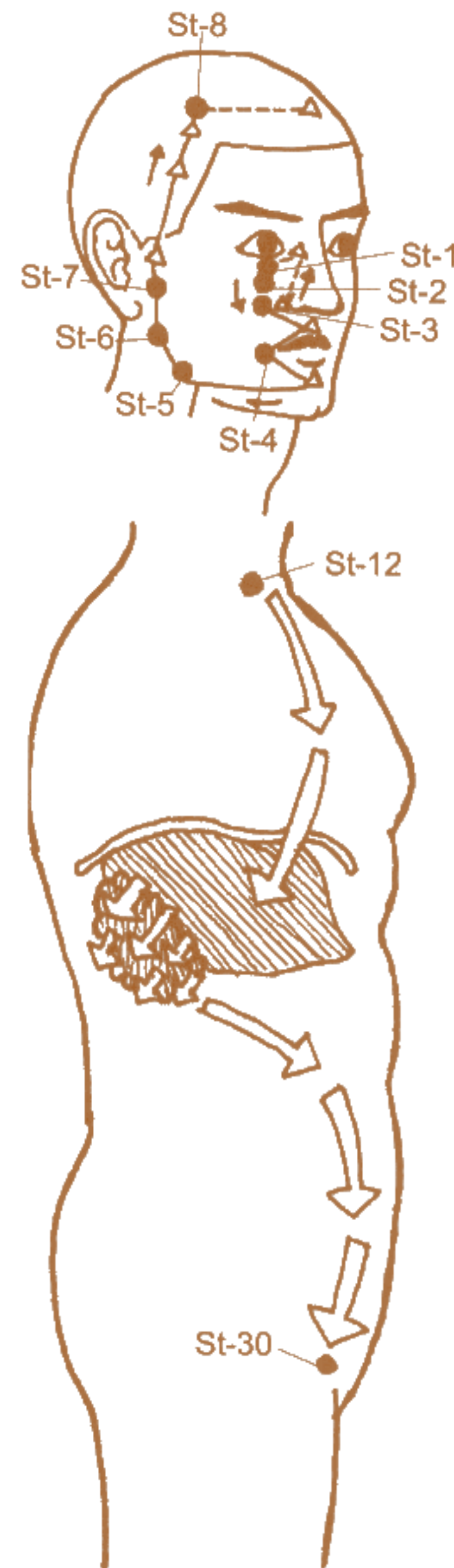
Feelings of worry and nervousness, and a lack of acceptance.

Time of day:

7:00am–9:00am

Element:

Earth



THE SPLEEN MERIDIAN

(Leg Tai Yin)

Function:

Distributes nutrients throughout the body,
maintains muscle and limb tone, and
regulates blood flow.

Symptoms of imbalance:

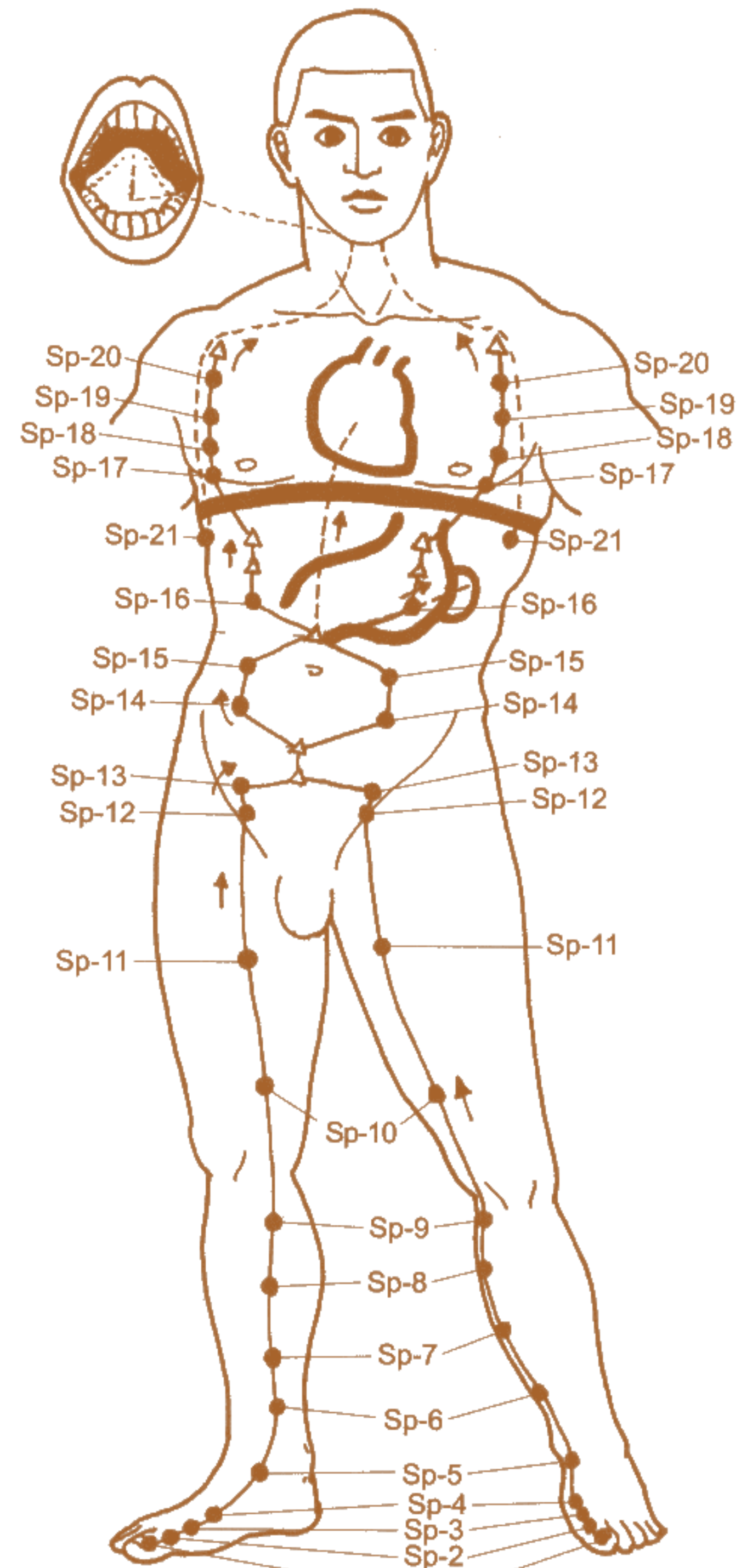
Diarrhea, constipation, bloating, lack of
appetite, prolapsed internal organs,
weak muscles, general fatigue,
brain fog, and absent mindedness.

Time of day:

9:00am–11:00am

Element:

Earth



THE HEART MERIDIAN

(Arm Shao Yin)

Function:

Circulates blood to all the organs in the body.

Symptoms of imbalance:

Chest pains, palpitations, shortness of breath, dizziness, hot flashes, cold sweats, irritability, and insomnia.

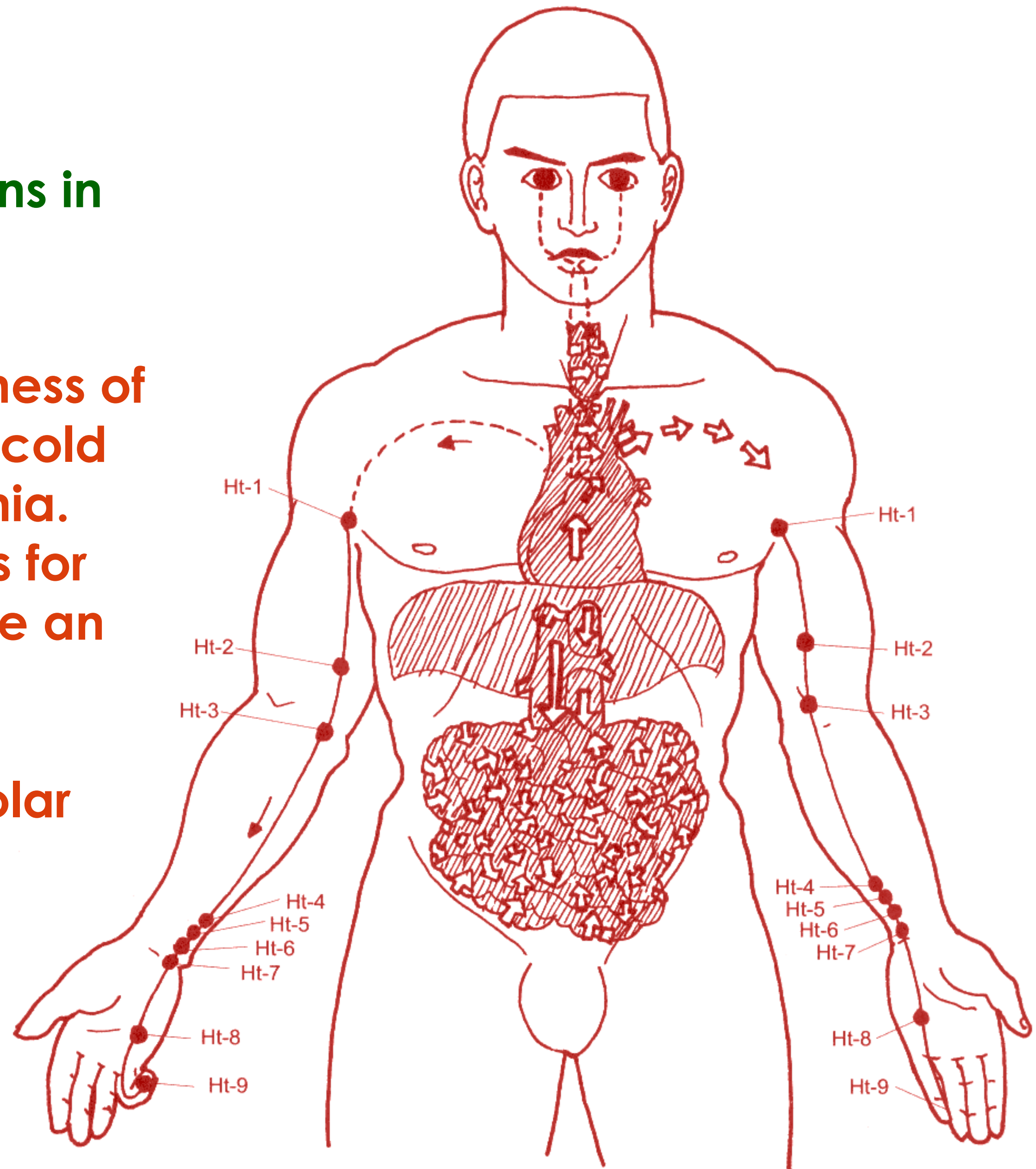
A healthy heart meridian allows for joy and bliss in one's life, while an imbalance can lead to psychological problems like anxiety, depression, and bipolar disorder.

Time of day:

11:00am–1:00pm

Element:

Fire



THE SMALL INTESTINE MERIDIAN

(Arm Tai Yang)

Function:

Distributes nutrients throughout the body.

Symptoms of imbalance:

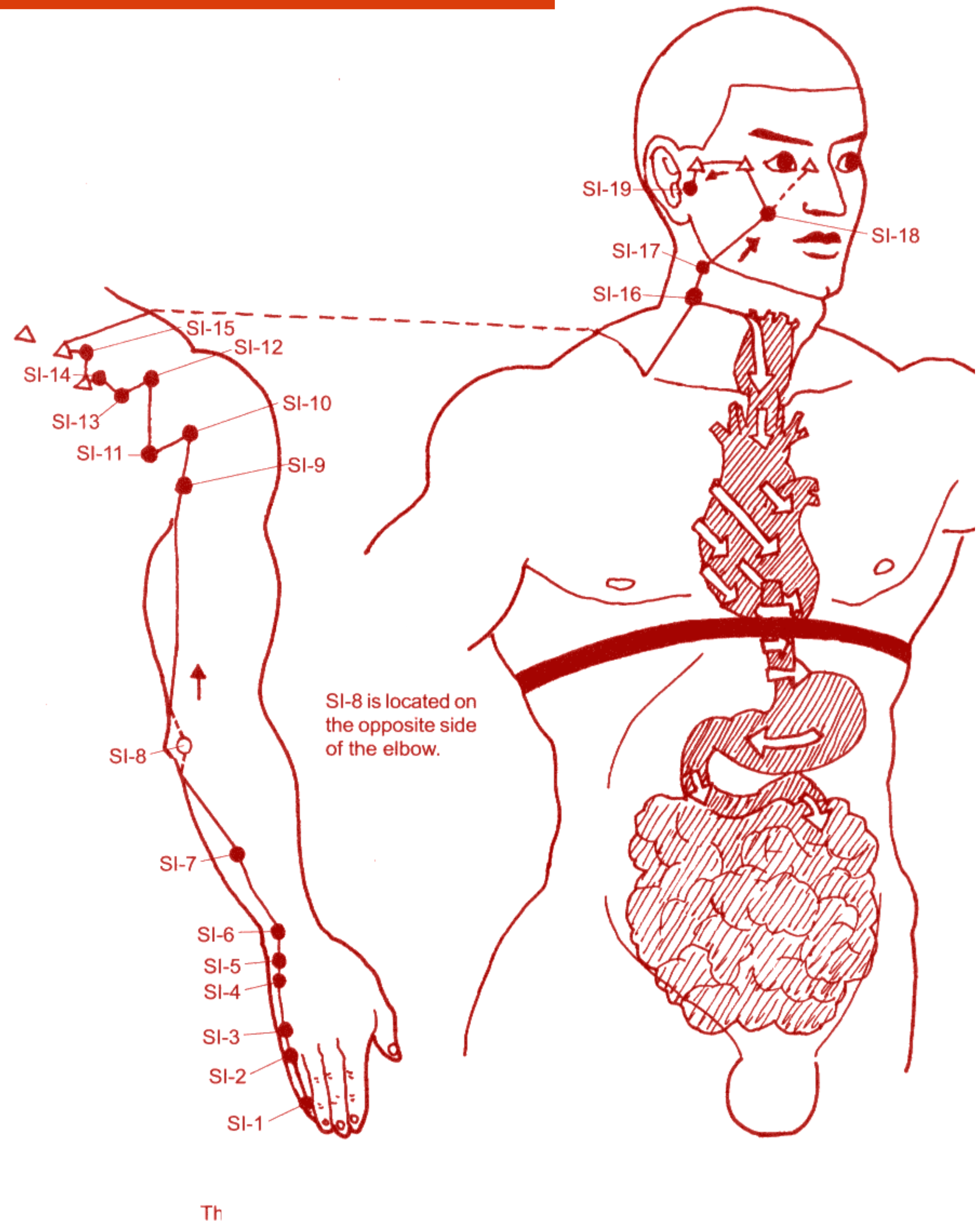
Poor circulation, weak legs, feeling cold, swollen lymph glands, sore/stiff shoulders, acne, nerve pain, poor digestion, and stomach distention.

Time of day:

1:00pm–3:00pm

Element:

Fire



THE BLADDER MERIDIAN

(Leg Tai Yang)

Function:

Removes liquid waste from the body.

Symptoms of imbalance:

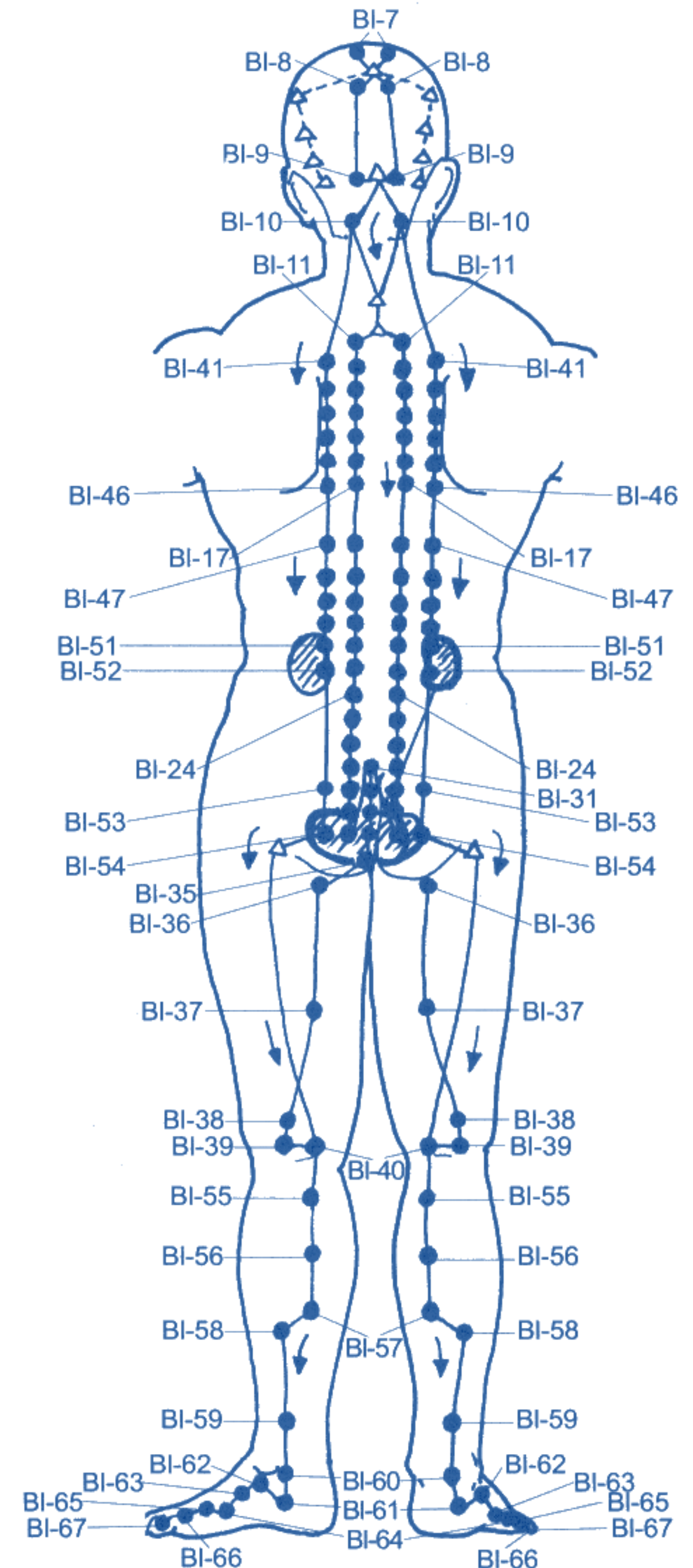
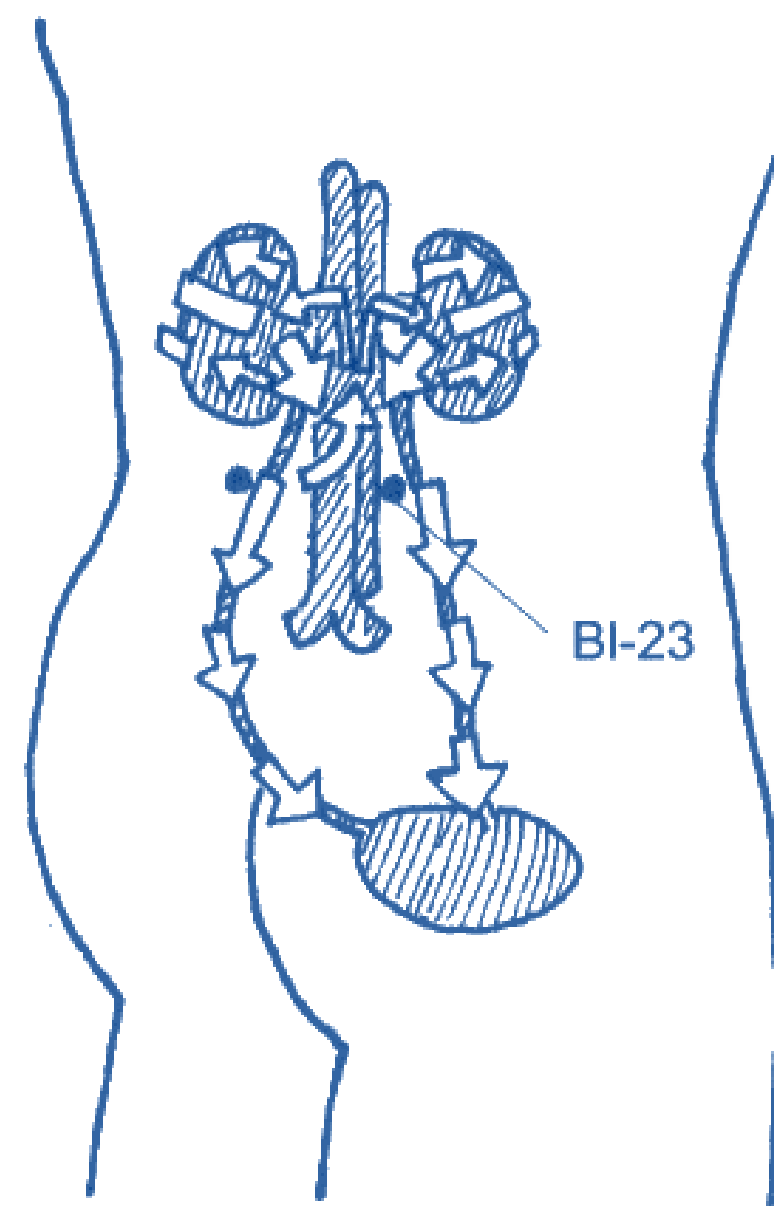
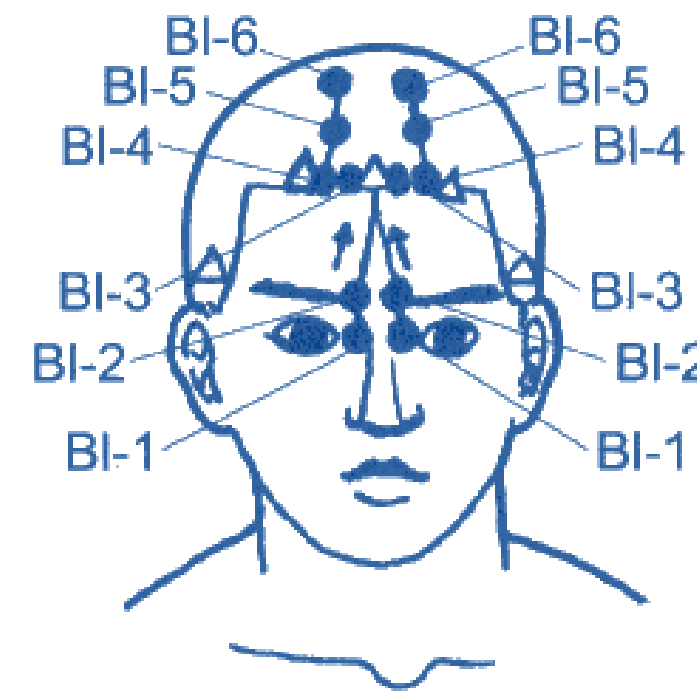
Stiffness in the neck and shoulders,
headaches, back pains, and
all urinary diseases.
Emotionally, an imbalance of
bladder energy causes
feelings of anger and an
inability to express emotions.

Time of day:

3:00pm–5:00pm

Element:

Water



THE KIDNEY MERIDIAN

(Leg Shao Yin)

Function:

Stores sexual energy, regulates the reproductive system, and produces blood and bone marrow.

Symptoms of imbalance:

Genital-urinary disorders, backaches, asthma, and tinnitus.

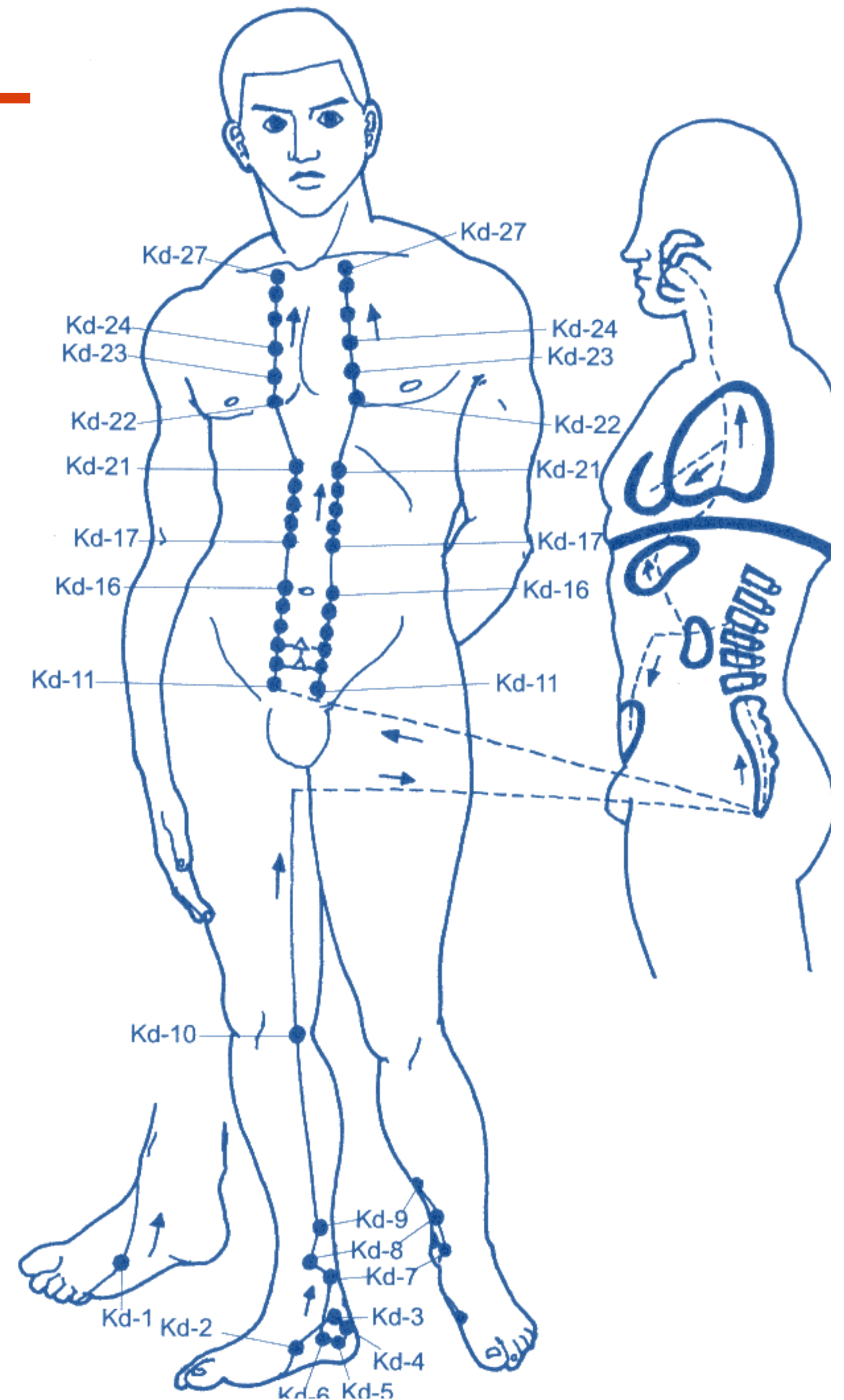
On an emotional level, the kidney meridian controls willpower, determination, and ability to cope with hardship.

Time of day:

5:00pm–7:00pm

Element:

Water



THE PERICARDIUM MERIDIAN

(Arm Jue Yin)

Function:

The pericardium is the area surrounding the heart and protects, lubricates, and removes excess energy from the heart.

This is important because it disperses energy throughout the body preventing the heart from becoming over-energized.

Symptoms of imbalance:

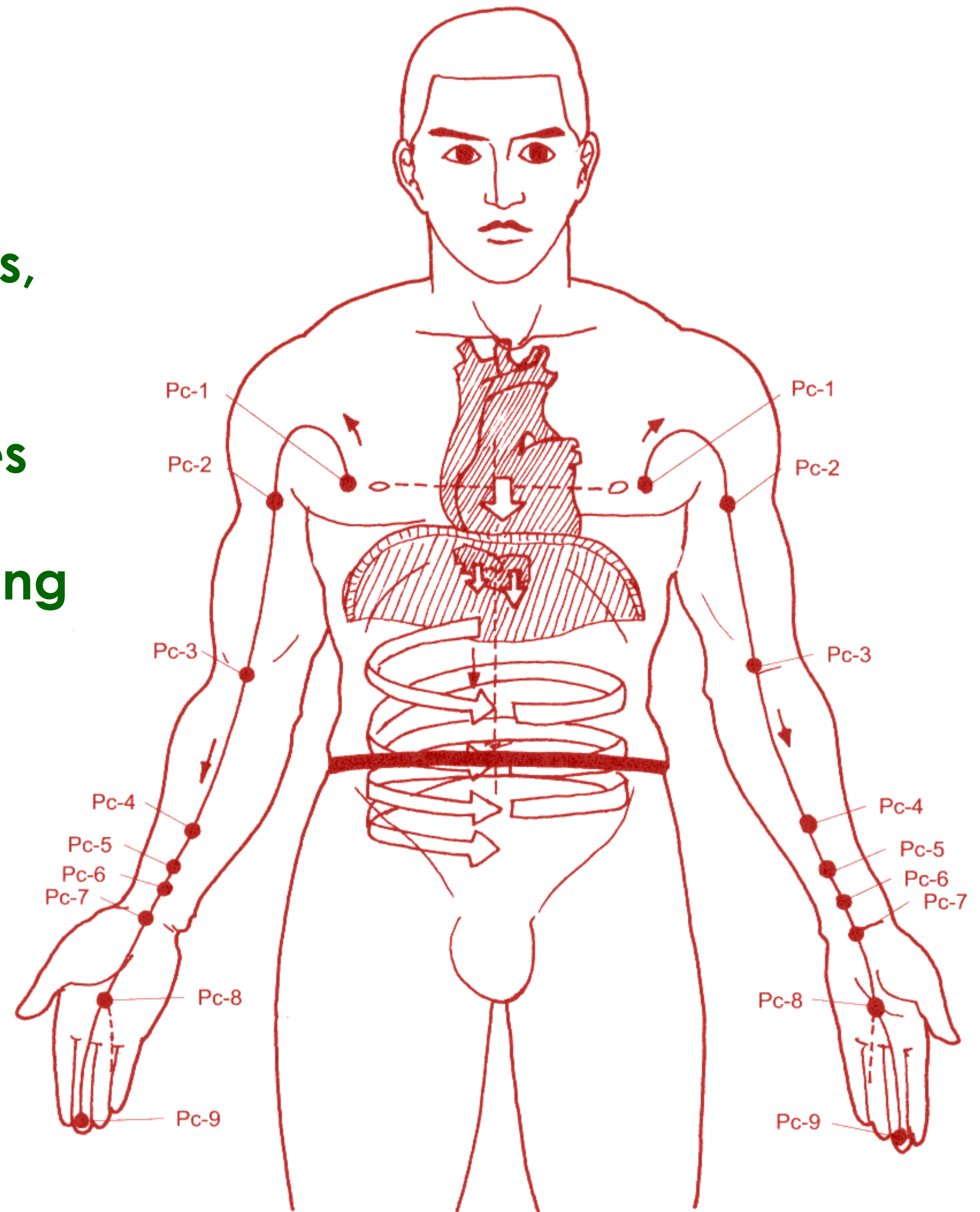
Disorders of the heart, chest, and stomach, as well as difficulty expressing emotions, depression, aversions, and phobias.

Time of day:

7:00pm–9:00pm

Element:

Fire



THE TRIPLE WARMER MERIDIAN

(Arm Shao Yang) Also called The Triple Burner or San Jiao

Function:

Controls the body as a whole rather than being responsible for a particular organ system, it controls metabolism and regulates heat, moisture, and body temperature.

Symptoms of imbalance:

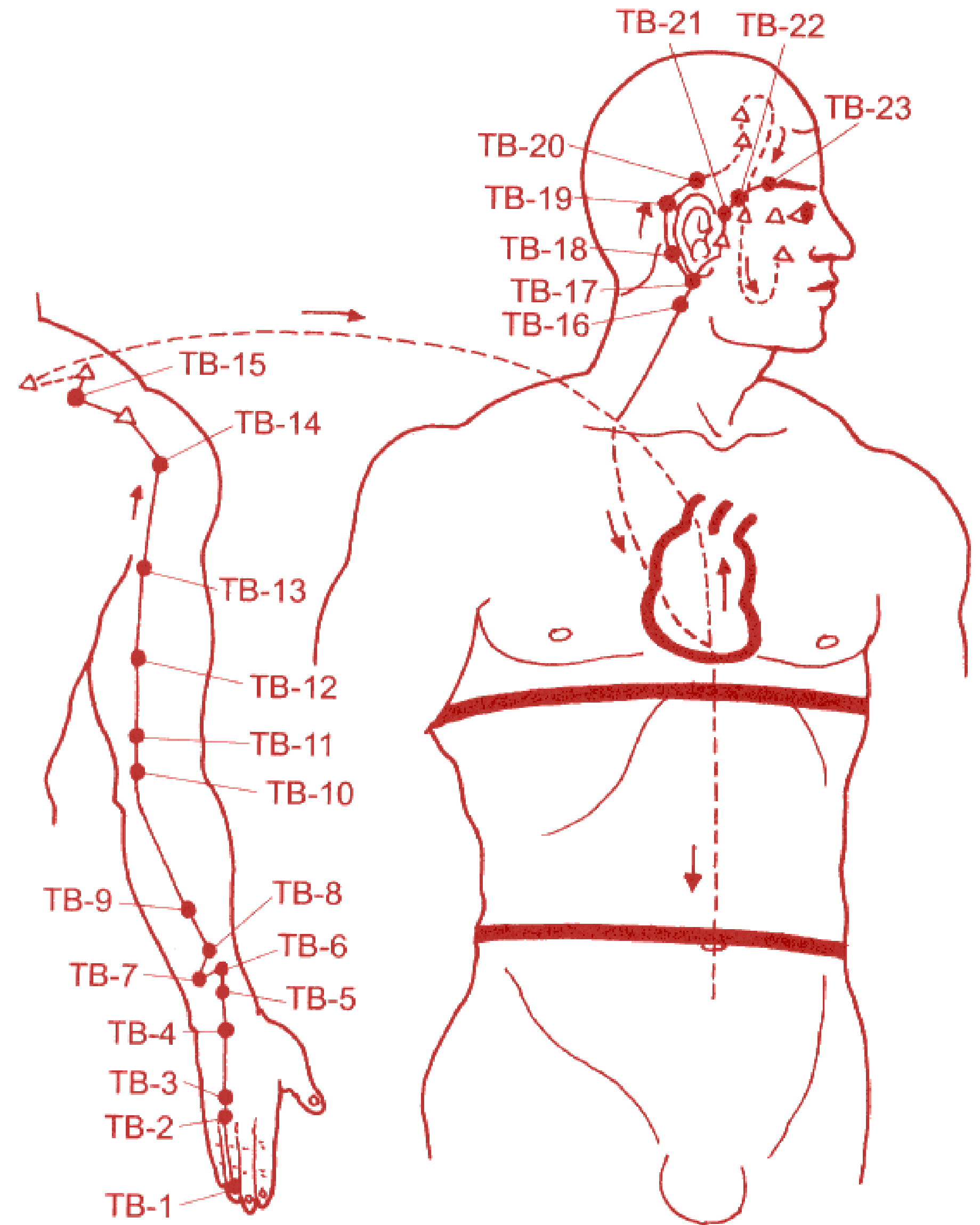
A wide range of disorders, since the triple warmer is responsible for the whole body, an issue with any organ in the body is in some way associated to an imbalance in the triple warmer meridian.

Time of day:

9:00pm–11:00pm

Element:

Fire



THE GALLBLADDER MERIDIAN

(Leg Shao Yang)

Function:

Stores and expels bile produced
by the liver.

Symptoms of imbalance:

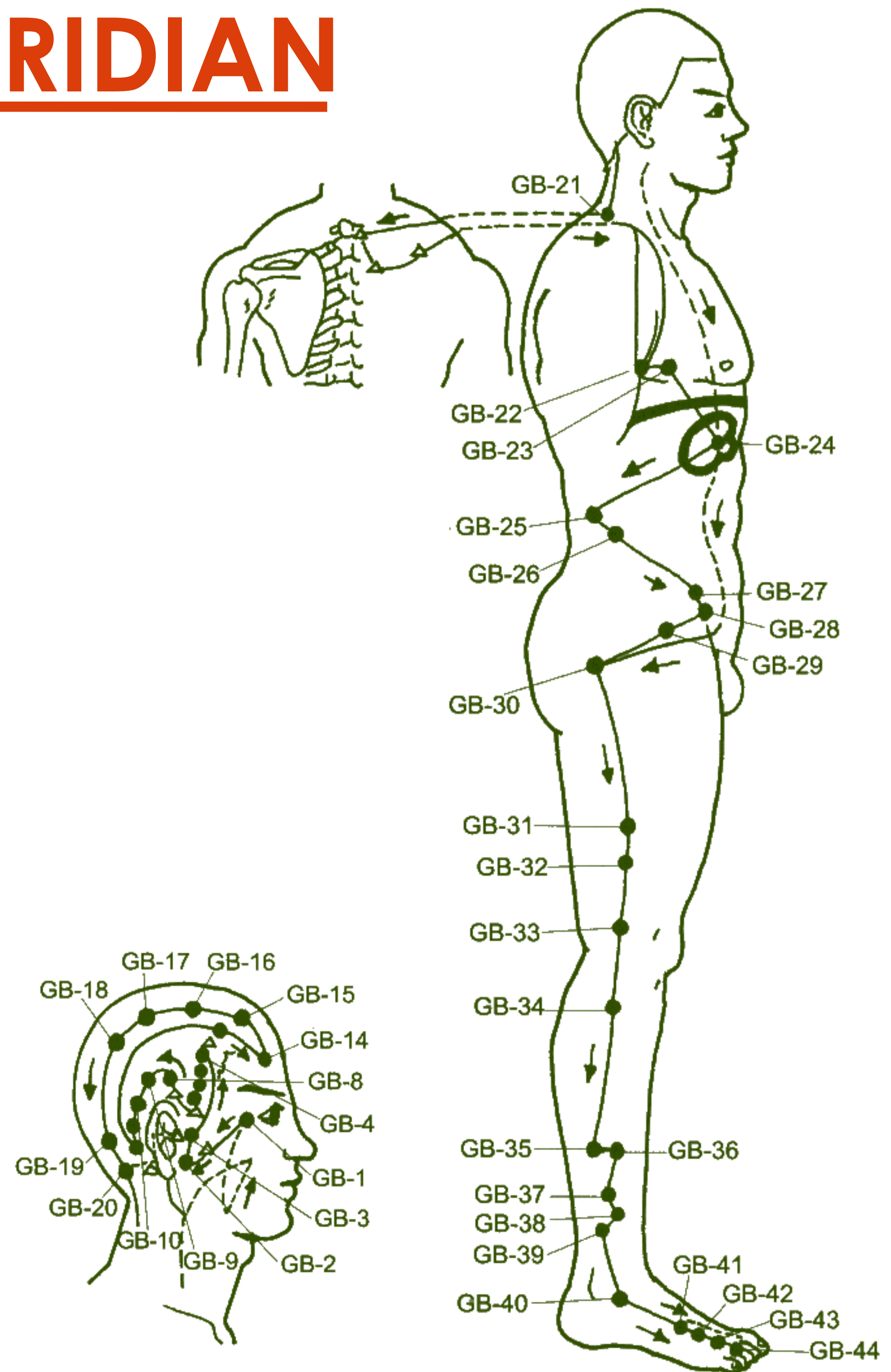
Bloating, liver pains, and yellow
discoloration of tongue, skin, or
urine.

Time of day:

11:00pm–1:00am

Element:

Wood



THE LIVER MERIDIAN

(Leg Jue Yin)

Function:

Circulates energy, regulates menstruation and the female reproductive system, and maintains flexibility of tendons and ligaments.

Symptoms of imbalance:

Menstrual disorders, dry skin and eyes, jaundice, blurred vision, vertigo, stiff joints, and headaches.

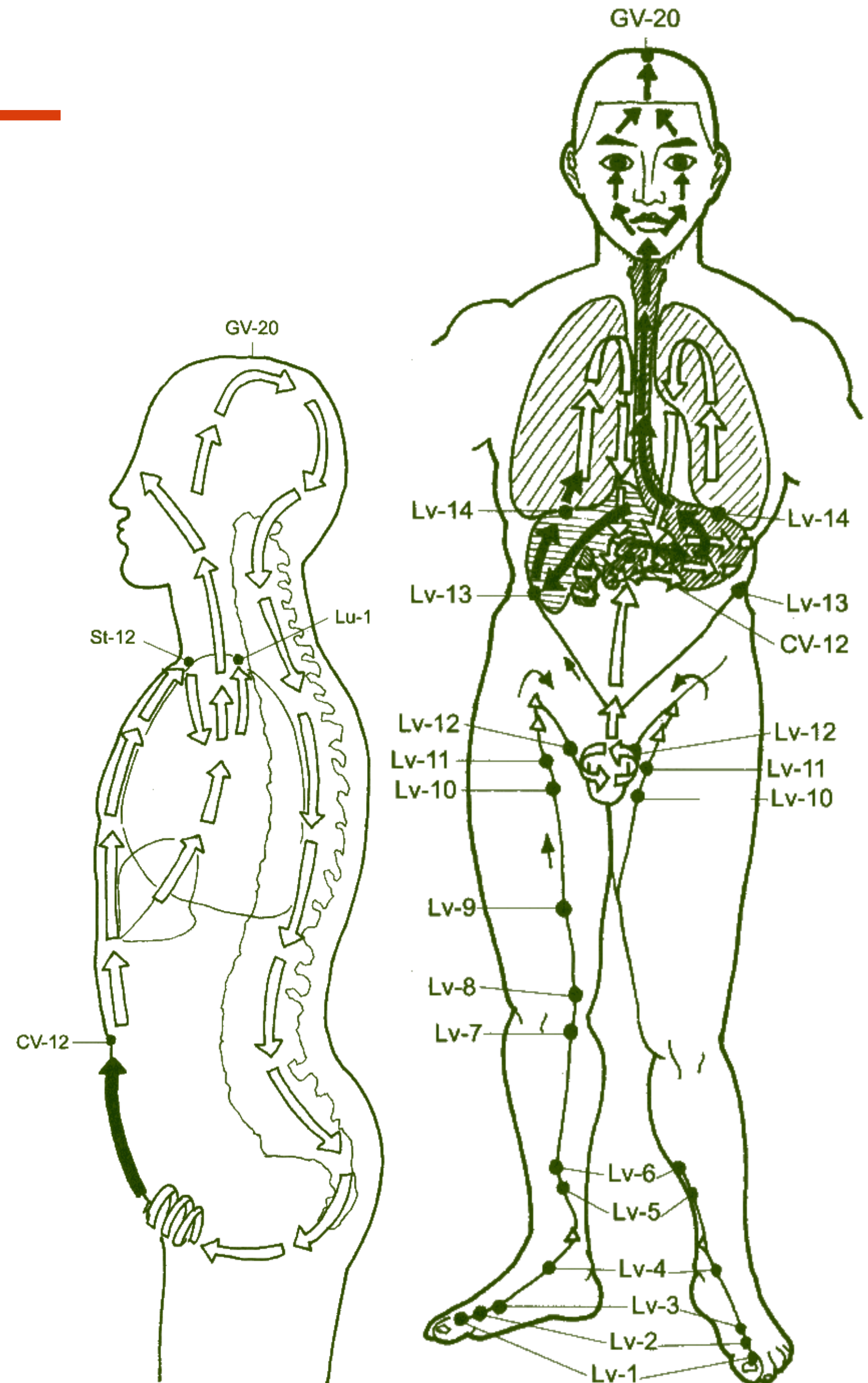
On an emotional level, an imbalance of energy in the liver meridian results in anger, irritability, depression, and a lack of control and emotional flexibility.

Time of day:

1:00am–3:00am

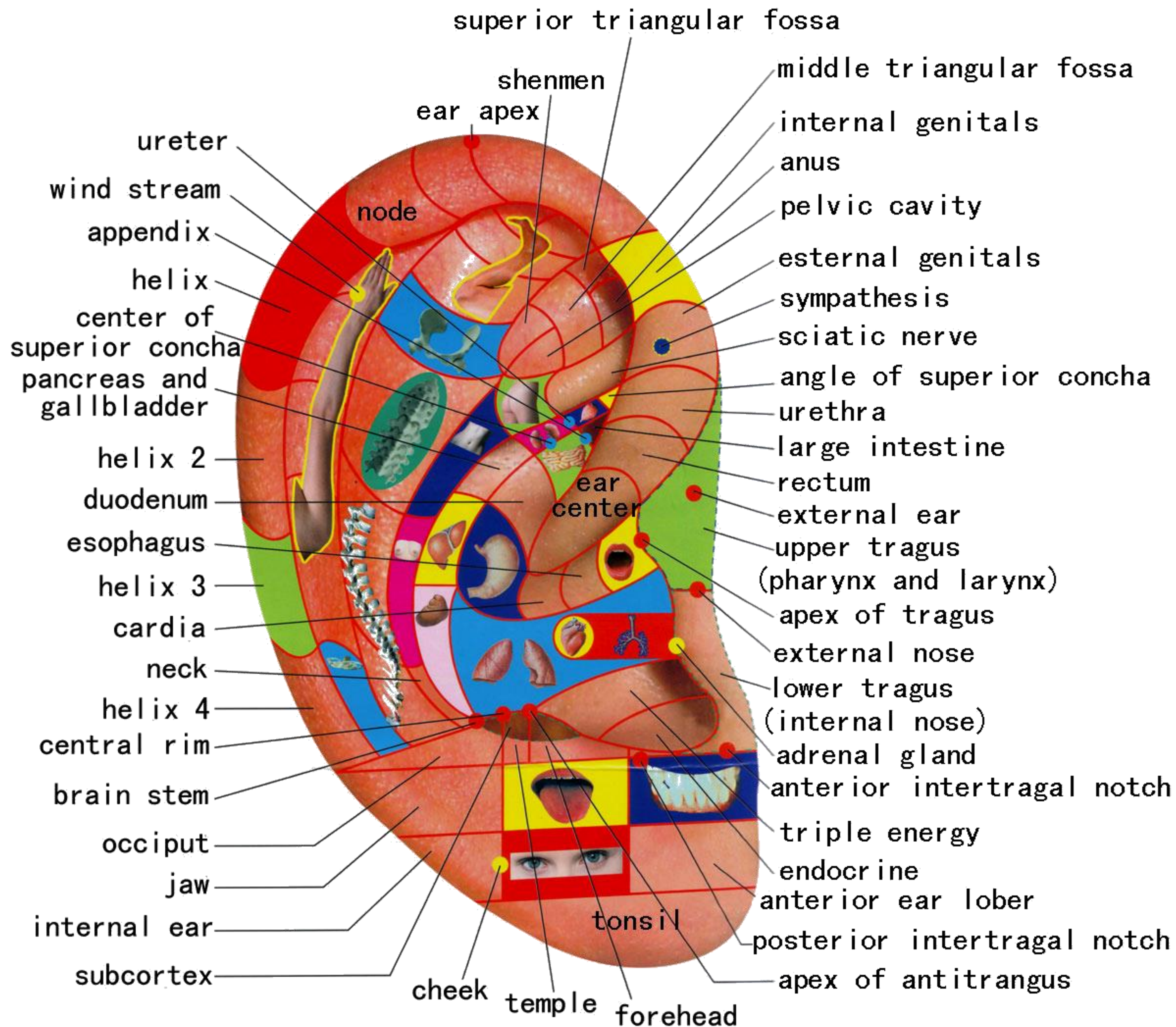
Element:

Wood



USEFUL CHARTS

EAR REFLEXOLOGY CHART



TONGUE COLOR IN RELATION TO HEALTH



Light Pink

Healthy color of the tongue



Bright Red

Disorders in the functioning of the heart, blood diseases.



Violet

Lung Problems,
Heart Problems



Pale

Malnutrition,
Vitamin deficiency



Gray

Diseases of the Digestive
System

Red

Infectious diseases,
Inflammatory conditions



Yellow

Problems with the
Stomach and Liver



Blue

Kidney diseases

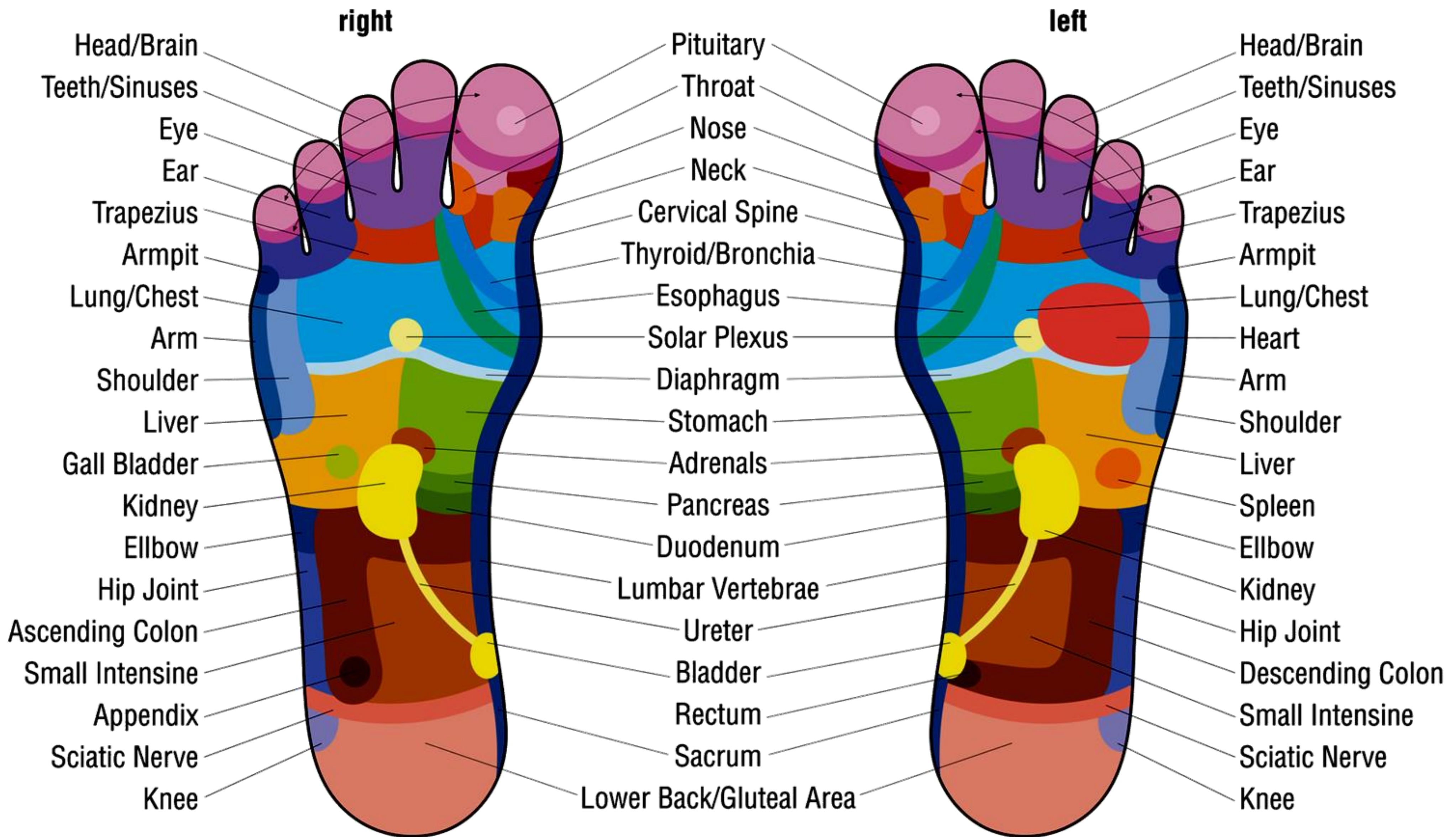


White

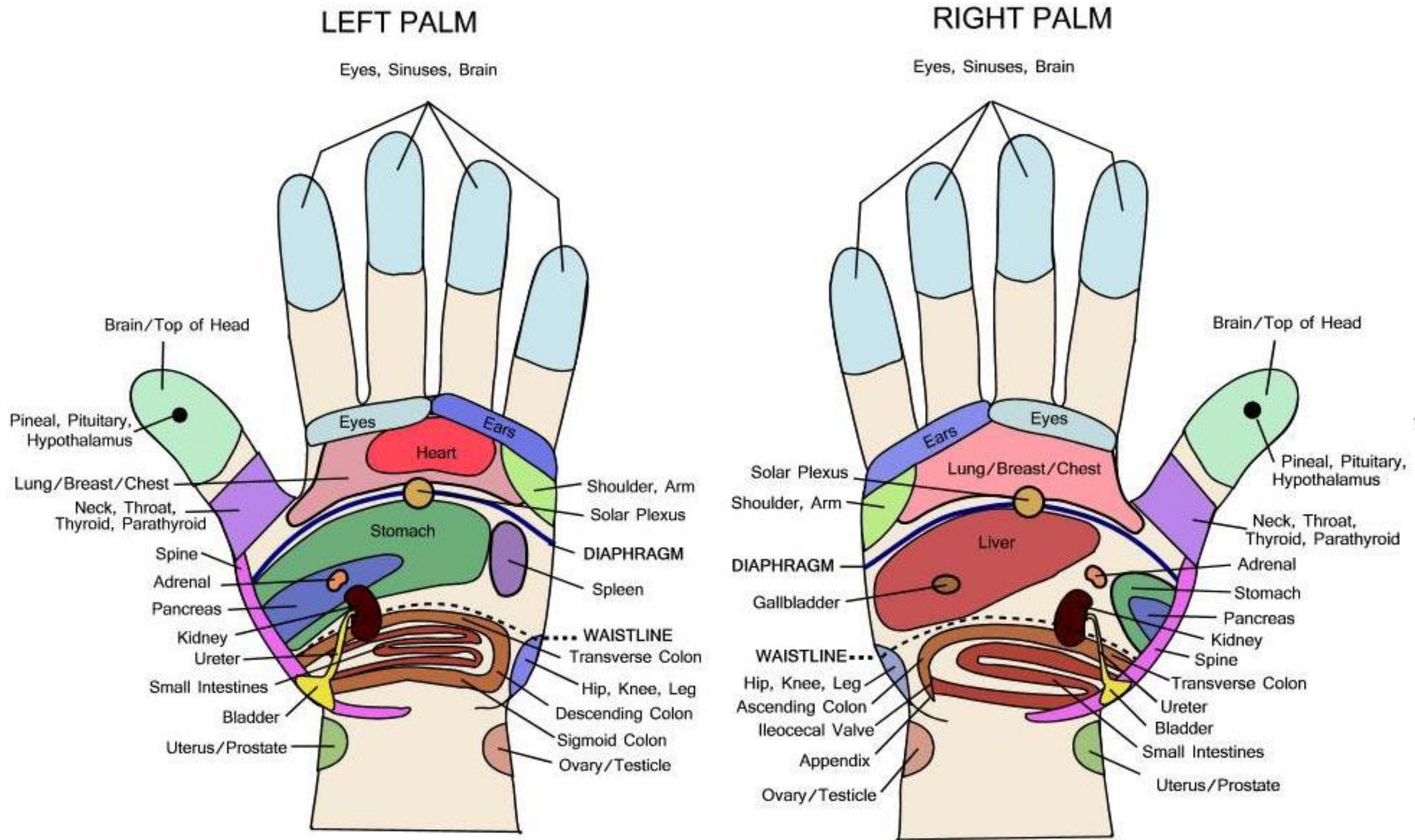
Dehydration, Flu,
Fungal infections



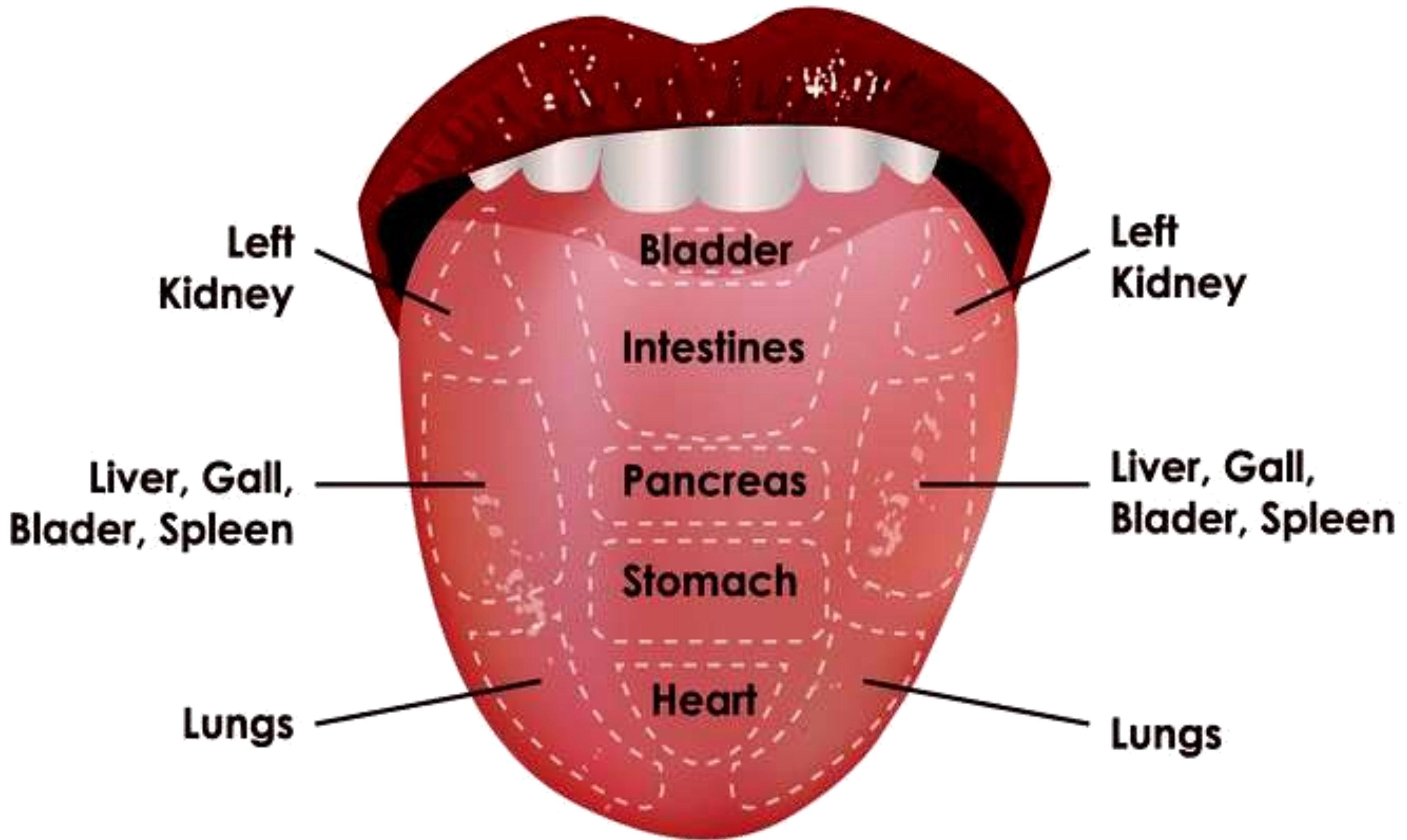
FOOT REFLEXOLOGY CHART



HAND REFLEXOLOGY CHART



TONGUE REFLEXOLOGY CHART



WHICH TONGUE ARE YOU?



Normal



Qi Deficiency



Heat



Damp Retention



Blood Stasis

Thin white
coating
Teeth marks
Pale tongue with
few red spots

Thin yellow
coating

White greasy
coating
Swollen tongue

Dark spots
Purple Tongue

Fatigue
Poor appetite
Spontaneous
sweating
Shortness of breath
Over-thinking
Worrying

Feel hot
Sweat easily
Thirsty
Constipated
Irritable
Bad Temper
Skin problems

Bloated
Fullness in chest
Fullness in
abdomen
Feel heavy
Lethargic

Cold limbs
Varicose veins
Painful legs
Headaches
Chest pain
Liver spots
Lack of skin luster

WHICH TONGUE ARE YOU?



Qi Stagnation



Damp Heat



Yang Deficiency



Yin Deficiency



Blood Deficiency

Red tip
Thin white
coating

Yellow greasy
coating
Red tongue

Thick white
coating
Pale swollen
tongue

Little or no
coating
Cracks
Red tongue

Little or no
coating
Pale Tongue

Stressed
Tendency to be
depressed and
upset
Unstable
emotional state

Skin problems
Urinary infections
Clammy skin
Angry
Uncomfortable

Cold feet
Pale complexion
Back pain
Tendency to panic
Emotionally low
Impotence
Infertility

Hot flashes
Sweat at night
Insomnia
Irritable
Ringing in ears
Menopause

Dizziness
Fatigue
Palpitations
Poor concentration
Poor memory
Insomnia
Women's problems