ACUPUNCTURE

ACUPUNCTURE: THE ANCIENT CHINESE ART OF HEALING AND HOW IT WORKS SCIENTIFICALLY, FELIX MANN, MB

STIMULATE:

- CENTRAL END OF THE LEFT SPLANCHNIC NERVE → AFFECTS BILATERAL LOWER INTERCOSTALS AND THE WHOLE BODYWALL
- PINNA OR HAND PALM → IPSILATERAL ARM ABDUCTION AND FLEXION OF FOREARM OF THE IPSILATERAL ARM WITH THIGH AND LEG FLEXION OF CONTRALATERAL LEG → CONTRALATERAL EXTENSION
- FOOT PALM → IPSILATERAL FLEXION OF THIGH AND LEG WITH CONTRALATERAL ARM ABDUCTION AND FOREARM FLEXION WITH → CONTRALATERAL EXTENSION
- T1-12 OVER RIBS THROUGH AXILLA STIMULATED → SCRATCH REFLEX [TREMORS/RECIPROCAL INNERVATION]
- AFFERENT V, IX, X STIMULATED → EFFERENT PHRENICS AND INTERCOSTALS CONTRACT
- ABDOMINAL VISCERA, SPLANCHNICS, INTERCOSTALS, OUTER EAR, PALMS OF HANDS, SKIN OF BACK IN UPER THORACICS AND OTHER AREAS MANY SEGMENTS FROM LEG → LEG MUSCLES CONTRACT
- REVERSE OF THE ABOVE: STIMULATE SKIN OF LEGS → AFFECT VISCERA
- ACUPUNCTURE POINTS ON MEDIAL AND ANTERIOR LEG → AFFECT REPRODUCTIVE AND URINARY TRACT ORGANS

HOW MANY ACUPUNCTURE MERIDIANS ARE THERE?

- 12 BILATERAL MAIN MERIDIANS
- BRANCH MERIDIANS –
  THESE BRANCH OFF THE MAIN MERIDIAN

- 15/16 LUO/CONNECTING: 12 MAIN + 2 [CV+ GV] 1-2 GREAT LUO THESE **CONNECT A YIN MERIDIAN TO IT'S COUPLED YANG MERIDIAN**
- 12 BILATERAL MUSCLE MERIDIANS
- THESE **CONNECT THE JOINTS** AND **DON'T CONNECT TO ORGANS**
- 12 DIVERGENT MERIDIANS

USUALLY LEAVE THEIR PARENT MERIDIAN **ABOVE** THE KNEE OR ELBOW AND CONNECT WITH THE COUPLED INTERIOR ORGAN

THE FLOW OF QI ALONG ALL DIVERGENT MERIDIANS IS CEPHALAD, AS OPPOSED TO THAT OF THE MAIN MERIDIANS, ENABLING THE YIN MAIN MERIDIANS TO HAVE AN EFFECT ON THE HEAD

THE ARM YIN MERIDIANS STOP SHORT AT THE CHEST AND DON'T REACH THE HEAD BY THEMSELVES

8 EXTRA MERIDIANS – 6 BILATERAL [DO NOT HAVE CIRCULATION]+ 2 MIDLINE [HAVE THEIR OWN CIRCULATION OF ENERGY]

HAVE NO RECIPROCAL CONNECTIONS BETWEEN SOLID AND HOLLOW ORGANS OR INTERIOR AND SURFACE OF BODY

FUNCTION IS LIKE A LAKE, **REGULATING EXCESS OR DEFICIENCY OF** WATER IN THE RIVERS/**MAIN MERIDIANS**

59-60 MERIDIANS….?

LOOK AGAIN…

- 12 BILATERAL MAIN = 24
- 15/16 LUO/CONNECTING: 1 PART GOES TO COUPLED MERIDIAN ON OPPOSITE SIDE OF THE LIMB; THE OTHER PART, WHICH MOST HAVE, ROUGHLY FOLLOWS THE COURSE OF THE MAIN MERIDIAN

FOR A SHORT DISTANCE, AND CONTROLS THE PART OF THE BODY THAT IT TRAVERSES

- 12 BILATERAL MUSCLE = 24
- 10 BILATERAL DIVERGENT = 20
- 2 UNILATERAL DIVERGENT
- 8 BILATERAL EXTRA/STRANGE = 16
- THESE HAVE NO POINTS OF THEIR OWN
- 101-102
- BRANCH: [COUNTING AS A BRANCH EACH OUTSIDE ORGAN AND POINT CONNECTED TO, PLUS MORE THAN THESE FOR ANATOMICAL DIFFERENCES]

LU = 20

LI = 32

ST = 34

SP = 26

HT = 14

SI = 28

BL = 28

KI = 26

CX = 18

TW = 36

GB = 36

LV = 28

CV = 3

<u>GV = 4</u>

333 + ANATOMICAL DIFFERENCES

333 + 101-2 = 434+

- YANG MERIDIANS CONTROL THE EXTERIOR OF THE BODY
- YIN MERIDIANS CONTROL THE INTERIOR OF THE BODY
- LEG AND ARM YANG CONNECT IN THE HEAD
- LEG AND ARM YIN CONNECT IN THE CHEST

CIRCULATION OF QI

- 3 arm YIN internal organs → fingertips
- 3 arm YANG fingertips → head
- 3 leg YANG head → toetips
- 3 leg YIN toetips → abdomen

FU [YANG ORGANS] AND **ZANG** [YIN ORGANS] ARE SUPPOSED TO HAVE A DIRECT CONNECTION

MERIDIANS CONNECT AT THE TIPS OF THE FINGERS AND TOES [AKABANE POINTS]

THE POINTS THAT MOST OTHER MERIDIANS PENETRATE/PASS THROUGH ARE **ST12** AND **GV14**

EACH MAIN MERIDIAN HAS A LUO POINT AND LUO MERIDIAN TO CONNECT COUPLED MERIDIANS

LUO MERIDIANS RUN A SUPERFICIAL COURSE

SLEEPLESSNESS: H7

EXCESSIVE SLEEP: P

LI/GB: WOOD, POINT OF ENTRY THE EYES

LI: BLOOD, LOWER ABDOMEN, WOMEN'S MENSTRUAL CYCLE AND SEXUALITY, MENSTRUAL IRREGULARITIES, SWOLLEN AND PAINFUL BREASTS, ETC., DRY, PSINFUL, BLURRED, WEAK EYES; LACK OF FSUPPLENESS OR PAIN IN MOVING THE JOITS, DRY SKIN, DIZZINESS, ILL-TEMPER, HEADACHE, VERTIGO, RED FACE AND EYES, PARCHED MOUTH

GB: PAIN IN REGION OF LIVER, YELLOW SKIN AND EYES, AIDS SMALL INTESTINE

HT/SI: "SOVEREIGN" FIRE

HAPPINESS, LAUGHTER, POINT OF ENTRY THE TONGUE

HT: CONTROLS THE BLOOD VESSELS, MENTAL PROCESSES

EMOTIONAL DISTRESS, DIZZINESS, PALPITATIONS, SHORTNESS OF BREATH, LACK OF VITALITY IN THE FACE, GENERAL LASSITUDE, PANTING, SHALLOW BREATHING, FREQUENT SWEATING, LIMBS COLD, FACE SWOLLEN AND AHEN, RESTLESSNESS, IRRITABILITY DIZZINESS, ABSENTMINDEDNESS, INSOMNIA, FLUSHED PALMS AND FACE, NIGHT SWEATING, RED, BLISTERED, PAINFUL TONGUE, BURNING URINATION

SI: SEPARATES WASTE FROM FOOD AND SENDS IT TO LARGE INTESTINE

SP/ST: EARTH

SPLEEN [PANCREAS]: RESPONSIBLE FOR THE TRANSFORMATION OF FOOD INTO NOURISHMENT

SP: UNABLE TO USE THE NOURISHMENT IN FOOD, GENERAL LASSITUDE AND FATIGUE, PASTY COMPLEXION, UPPER ABDOMEN, MALAISE, FULLNESS IN THAT AREA, DIARRHEA, COLD LIMBS, PROLAPSED

STOMACH, KIDNEYS, ETC, BLEEDING FROM DIGESTIVE TRACT OR UTERUS, LACK OF APPETITE AND TASTE

ST: PAINFUL, BURNING SENSATION IN THE STOMACH, UNUSUAL HUNGER, BLEEDING GUMS, CONSTIPATION, HALITOSIS

LU/LI: METAL

SKIN CONDITIONS, OPENING IS THE NOSE

LU: DISTRIBUTES LIQUIDS TO THE SKIN, THE DELICATE ORGAN, FIRST TO BE ATTACKED BY EXOGENOUS DISEASE, COUGHING, LASSITUDE, SHORTNESS OF BREATH, WEAKNESS IN THE VOICE, NIGHT SWEATING, RED CHEEKS

LI: METABOLISM OF WATER AND PASSING OF WATER, EXTRACTS WATER FROM THE WASTE MATERIAL RECEIVED FROM THE SMALL INTESTINE AND SENDS IT TO THE BLADDER

KI/BL: WATER

FEAR, EAR, URETHRA AND ANUS, BONES, MARROW AND BRAIN, HAIR OF THE HEAD,

KI: GROWTH, DEVELOPMENT, REPRODUCTION, CONTROL OF BODY LIQUIDS, ANY DISORDER IF SUFFICIENTLY CHRONIC INVOLVES THIS AND INVOLVES OTHER ORGANS, LOWER BACK IS WEAK AND SORE, RINGING IN THE EARS, LOSS OF HEARING ACUITY, FACE ASHEN, DARK UNDER THE EYES, DIZZINESS, THIRST, NIGHT SWEATS, MEN WITH LITTLE SEMEN AND TEND TO PREMATURE EJACULATION, WOMEN HAVE LITTLE OR NO MENSTRUATION, FATIGUE, FEELING OF COLDNESS, NOTABLE WEAKNESS IN LEGS, TENDENCY TOWARDS IMPOTENCE IN BOTH SEXES, CLEAR AND VOLUMINOUS URINE OR INCONTINENCE, FAINT VOICE, PUFFINESS IN FACE, SPONTANEOUS SWEATING, WHEEZING, DIFFICULT BREATHING PRIMARILY DURING INHALATION

P/TB: “MINISTERIAL” FIRE

P: DELIRIUM INDUCED BY HIGH FEVER

TB: UPPER BURNER [CHEST, NECK, HEART AND LUNGS], MIDDLE BURNER [REGION BETWEEN CHEST AND NAVEL, STOMACH AND SPLEEN, SOMETIMES LIVER], LOWER BURNER [LOWER ABDOMEN, KIDNEYS AND BLADDER, SOMETIMES LIVER]

BLOOD: SPLEEN CREATES IT, LIVER STORES IT, HEART MOVES IT

REPRODUCTIVE: LIVER AND KIDNEY

CONSCIOUSNESS: HEART AND KIDNEYS

DIGESTIVE: SPLEEN, LIVER AND KIDNEYS

QI ESSENCE: LUNGS GOVERN, LIVER SPREAD, KIDNEYS PROVIDE ITS BASIS