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Acupuncture meridians chart

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Life energy path in Chinese medicine
This article covers the concept in traditional Chinese medicine. For other uses, see meridian (disambigua).
Meridian System
Alternative Medicine
Veterinary Medicine
Quackery (Health Fraud)
History of Alternative Medicine
Modern Medicine
Pseudoscience
Antiscience
Schepticism
Movement
Skeptic
National Center for Correction and Integration of Health
Terminology of Alternative Medicine
Tergicrystal
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Syndrome
The meridian system (simplified Chinese: Congo; traditional Chinese: di; pinyin: jingluò, also called channel network) is a concept in traditional Chinese medicine (TCM). The meridians are paths through which the vital energy flows known as "qi". [1] The meridians are not real anatomical structures: Scientists have found no evidence to support their existence. [2] The main supporters of their existence have not reached any consensus on how they could work or be tested in a scientific context. History
This section needs additional citations for verification. Please help improve this article by adding quotes to reliable sources. The material not supplied can be contested and removed. (October 2020)
(Learn how and when to remove this model message)
The concept of sundials is attested for the first time in two works recovered from the tombs of Mawangdui and Zhangjiashan of the Kingdom of Han-era Changsha, the Canon of Cauterization of the Eleven Feet and the Canali d'Armi (—, Zúbi Shìyì Mài Jiǎjīng) and the Canon of Cauterization of the Eleven Yin and Yangi texts. Main concepts
The meridian network is typically divided into two categories, the jingmai channels (經氣) or meridians and the luomaì (脈氣) or the associated vessels (sometimes called "collateral"). The jingmai contain the 12 meridians tendonmuscular, the 12 divergentthe 12 main meridians, the eight extraordinary ships as well as the Huato channel, a series of bilateral points on the lower part whose discovery is attributed to the ancient physician Hua Tuo. The guarantees contain 15 main arteries connecting the 12 main meridians in various ways, in addition to the interaction with their associated internal organs and other related internal structures. The side system also incorporates a branching expansion of capillary vessels spread throughout the body, i.e. in the 12 skin regions and emanating from each point on the main meridians. If you count the number of unique points on each meridian, the total reaches 361, which corresponds to the number of days in a year, in the lunar calendar system. Note that this method ignores the fact that most acupoints are bilateral, making the total effective 670. There are about 400 acupuncture points (not twice bilateral points) most of which are located along the main 20 routes (i.e. 12 primary channels and eight extraordinary channels). However, since the second century AD, 649 points of acupuncture have been recognized in China (rickoned counting twice bilateral points). [3] There are "12 Main Meridians" where each meridian corresponds to an empty or solid organ; interacting with it and extending along a particular end (i.e. arm or leg). There are also "Otto Extraordinary Canals", two of which have their own set of points, and thethe connection points on other channels. 12 standard meridians
The 12 standard meridians, also called Principal Meridians, are divided into Yin and Yang groups. The Yin meridians of the arm are Lung, heart and Pericardium. The Yang meridians of the arm are the Great Intestine, Small Intestine, and the Triple Burner. The Meridian Yin of the leg are the Spleen, the kidneys and the Live. The Yang sundials of the leg are Stomach, The bladder and the bladder Gall. [5] The table below provides a more systematic list of the 12 standard meridians: [6]
Name meridian (Chinese)
Quality of Yin or Yang
Extremity
Five Elements
Organ
Time of Day
Taiyin Hand Pulmonary Channel (ONG太阴)
or Yin Major Yin Meridiana
Mano (taiyin, 王)
Metal (di)
Lung (di)
di; yin; 3 a.m. to 5 a.m
Shaoyin Channel of the heart of Mano (北 北手)
or Yin Minor Meridian
Mano (shaoyin, 水)
Mano (北 北)
Cuore (±)
Bruciare; wù; 11 a.m. to 1 Jueyin Pericardium Channel of Hand8.7?Hand (TIC)
Fire (guest)
Small intestine (n)
繁; wèi; 1 p.m. to 3 p.m.
Yangming Large hand intestine channel (ONGs花大经)
or Yang Supreme of Mano Great Meridian
intestine Yang Bright (yangming, burying)
Metal (j)
Large intestine (大): ::; mǎo; 5 a.m. a.m.
Taiyin Spleen Canale di Piede (太太阴)
or the major Yin Spleen Meridian
Greater Yin (taiyin, 三阴)
Piede (j)
Terra (j)
Spleen (j) ::; yes; 9 a.m. at 11 a.m.
Shaoyin renal channel of foot (阴站阴光阴子)
or minor Yin rene of foot Meridian Yin (shaoyin, 丕)
foot (j)
water (水)
kidney (j)
y; yù; 5 p.m. to 7 p.m.
Jueyin Liver Channel of Piede (阴L)
or Absolute Yin Liver Meridian
Faint Yin (jueyin, 阴よ)
Piede (j)
Wood (j)
Liver (j) ::; chòu; 1 am at 3:00 in the morning.
Shaoyang Gallbladder Channel of Foot (j)王阳)
or Minor Yang Gallbladder Meridian
Lesser Yang (shaoyang, 少和阳)
Foot (j)
Wood (j)
Gall Bladder (j)
子; chéu; 11 p.m. to 1 am.
Taiyang Bladder Channel of Foot (太))
or the major Yang Urinary Bladder Meridian
Greater Yang (taiyang, 王)
Piede (j)
Water (水)
Urinary bladder (j) ::; shèn; 3 p.m. to 5 p.m.
Yangming Stomach Channel of Foot (阳三 Yang)
or Yang Supreme Stomach Meridian
Yang Bright (yangming, 阳)
Piede (j)
Terra (remanence)
Stomach (j) ::; chén; 7:00-9:00
Eight extraordinary meridians
The eight extraordinary meridians are omfimportance in the study of Qigong, Taijiquan and Chinese alchemy. [7] These eight extra meridians differ from standard organ meridians as they are considered as storage vessels or energy tanks and are not directly associated with the Zang Fu, i.e. internal organs. These channels were studied in chapters 17, 21 and 62 "Spirit Axis", in chapters 27, 28 and 29 "Study of the 8 Extraordinary Ships" (Qi Jing Ba Mai Kao), written in 1578. The eight extraordinary ships are: [8]
Conception Vessel (Ren Mai) – 任; rèn màì
Governing Vessel (Du Mai) – 督; dù màì
Penetrating Vessel (Chong Mai) – 脉和; chōng màì
Girdle Vessel (Dai Mai) –)
Yang; give màì Yin ship connection (Yi Mai) –)
The scientific vision of the sundial theory
Scientists have found no evidence that supports their existence. [2] Some supporters of traditional Chinese medicine believe that meridians function as electrical ducts based on observations that the electrical impedance of a current through the meridians is lower than other areas of the body. A 2008 review of the studies found that studies were of poor quality and could not support claims. [9] According to Steven Novella,It is not evidence that the meridians exist. At the risk of seeming redundant, they are so invented and fake as ether, phlogiston, Bigfoot and unicorns." [1] The National Council against health fraud concluded that "Meridians are imaginary; their positions do not concern internal organs, and therefore do not concern human anatomy. " [10] See also
China Portal
Medicine
Acupuncture
Point
Chakra
Acupuncture
List of points of acupuncture
Marma adi Nadi (yoga)
Pressure points
Glossary of alternative medicine
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