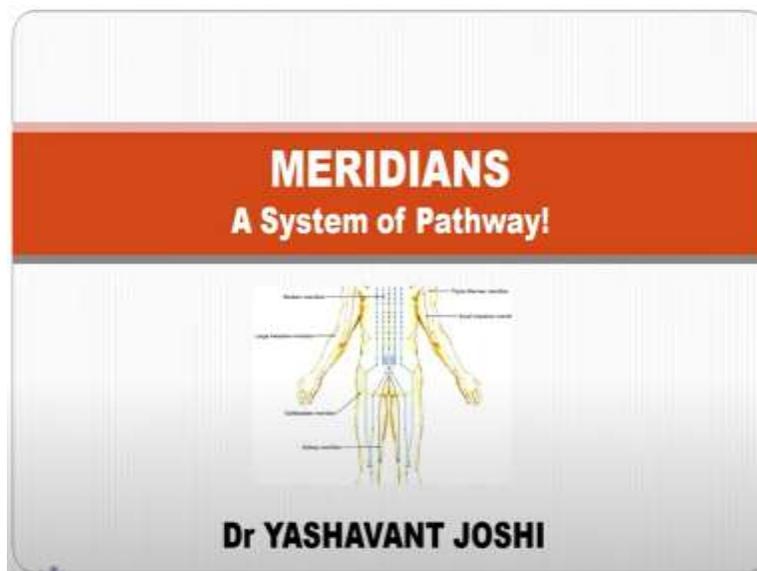


Certificate in Integrative Palliative Care – 3
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Week-06
Lecture 48: Meridians A system of Pathway !

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Hello friends, Namaskar. So five weeks are over, we have already come to half way and now we are going to speak about week number six that is about acupressure and acupuncture. Both these systems belong to traditional Chinese medicine that is we call it in short TCM and what you see here meridians because we have been talking about meridians in last few lectures and you also must have been surprised you know what is this meridian I am talking about. I had introduced in a very brief way what is a meridian, it is something like what we have and what we know the blood circulation system in our body. So it is akin to that but you it can't be seen scientifically it hasn't been proved that something like meridian is there. Meridians are system of pathways and what you see in the pictures this is how they run all over the body.

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PRELUDE

- The meridian system is a phrase that comes up often during acupuncture treatment. Traditional Chinese Medicine (TCM) believes that energy (also referred to as qi or Prana) flows throughout the body much like blood does. When this flow of energy becomes disrupted, symptoms and disease can occur.
- Acupuncture and other forms of Eastern medicine work to restore the flow of energy throughout the body using the meridian system.
- When acupuncture was first introduced, it placed significant importance on meridians, conceptualized as complex channels in the human body. Originating from TCM, **acupuncture** is recognized as a tool for regulating the energy flow, a component critical to health and overall well-being.

Meridian system is a phrase that comes up often during acupuncture treatment. It came up during Reiki also, even in EFT, emotional freedom technique, because all those points where you are going to do tapping, tapping like this, these points are generally located on meridians. Traditional Chinese medicine believes that energy also referred to as chi or prana or bioenergy or so many, it has got different names at all and people take different names to express the same thing that is called prana, that is called chi, life energy. This life energy flows throughout the body much like blood does and when this flow of energy becomes disrupted symptoms and disease can occur.

Acupuncture and other forms of Eastern medicine work to restore the flow of energy throughout the body using the meridian system. When acupuncture was first introduced, it placed significant importance on meridians, conceptualized as complex channels in the human body. Originating from TCM, acupuncture is recognized as a tool for regulating the energy flow, a component critical to health and overall well-being.

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Yin and Yang

- Yin and Yang is a Chinese philosophical concept that describe two opposite but complementary forces that are interconnected and in a constant state of change.
- Yin like female represent passive and soft force whereas the Yang is masculine and represents hard force.
- The interplay of Yin and Yang makes up CHI the material principle that governs the Universe. Therefore, the balance between them is essential for Harmony and Health.



Let's understand yin and yang first. Yin and yang is a Chinese philosophical concept that described two opposite but complementary forces that are interconnected and in a constant stage of change.

I have shown it here. Yin like female represent passive and soft force, whereas the yang is masculine and represents hard force. The interplay of yin and yang makes up qi, life energy, prana, the material principle that governs the universe. Therefore the balance between them, between yin and yang is essential for harmony and health.

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ARDHANARISWARA

Indian Concept of Universal Energy

- **Ardhanarishvara** ("The Half-female Lord"), is a form of the Hindu deity **Shiva** combined with his consort **Parvati**. Ardhanarishvara is depicted as half-male and half-female, equally split down the middle.
- **Ardhanarishvara represents the synthesis of masculine and feminine energies of the universe** (Purusha and Prakriti) and illustrates how Shakti, the female principle of God, is inseparable from Shiva, the male principle of God, and vice versa.
- The union of these principles is exalted as the root and womb of all creation. Another view is that Ardhanarishvara is a symbol of Shiva's all-pervasive nature. The right half is usually the male Shiva, illustrating his traditional attributes.

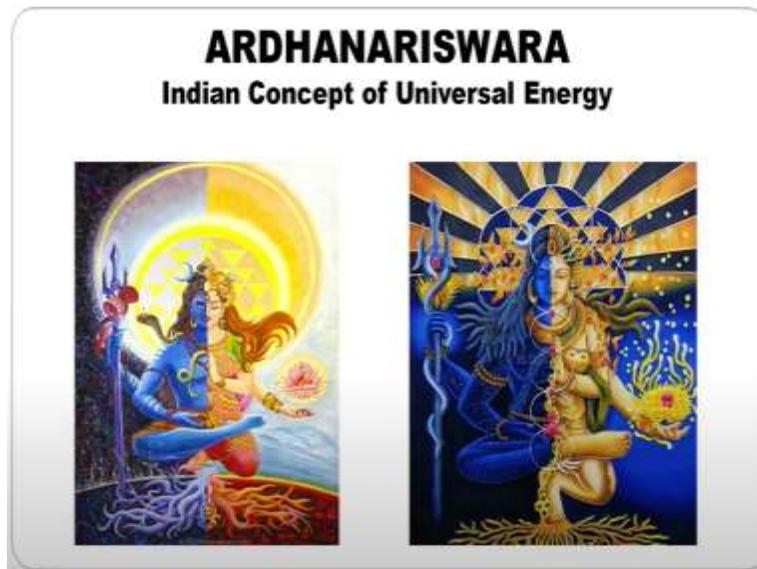
This particular concept is in Indian system also.

We have got a system of Indian concept of universal energy. We call it Ardhanarishwar, the half female lord. You must have seen lots of statues and pictures and photos of Ardhanarishwar. This is a form of Hindu deities Lord Shiva combined with his consort. Combined with his consort Parvati.

Ardha-Narishwar is depicted as half male and half female equally split down the middle. Ardha-Narishwar represents the synthesis of masculine and feminine energy of the universe. In Sanskrit, we call them Purush and Prakriti and illustrates how Shakti the female principle of God is inseparable from Shiva, the male principle of God and vice versa. You just cannot separate them. They are the part of the same system, universal energy.

The union of these principles is exalted as the root and womb of all creation. Another view is that Ardhanarishvar is a symbol of Shiva's all-pervasive nature, the right half is usually the male Shiva, illustrating his traditional attributes.

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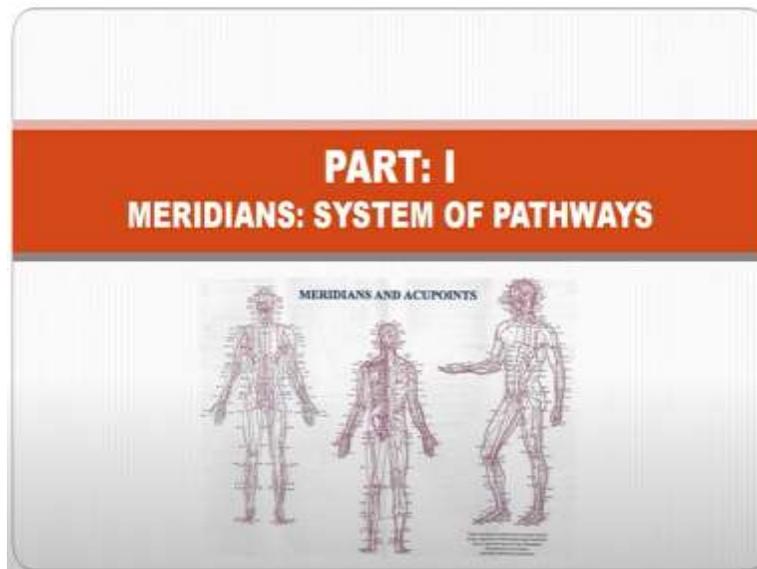
These are the pictures of earth nourisher, left side is the yang, the hard force, right side is the yin, soft force, passive force, similarly here too.

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This particular meridian system I will explain in two parts. What is a meridian system? That is a system of pathways and then we will go over to certain frequently asked questions.

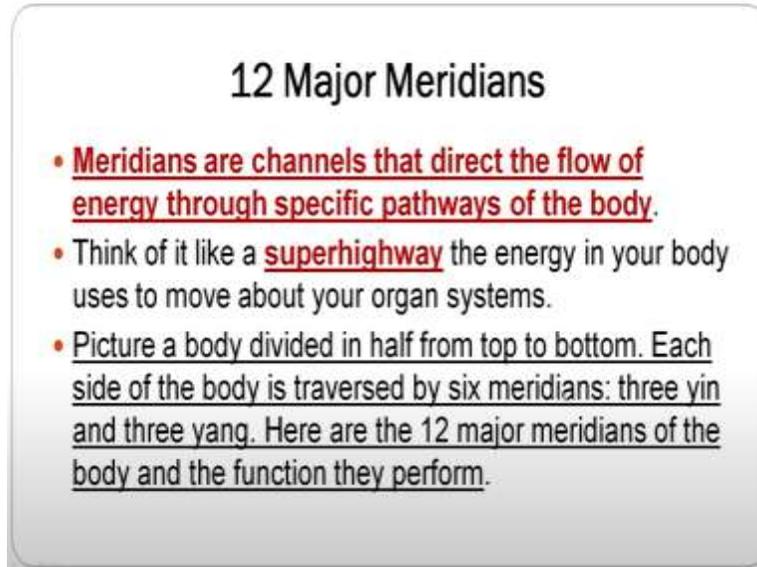
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Meridian system of pathways. If you see in this picture there are three figures drawn up and certain lines have been drawn from top to bottom, they are the meridians. And on

those lines certain points have been shown along with the number. They are called acupoints and acupoints are basically utilized for acupuncture as well as acupressure.

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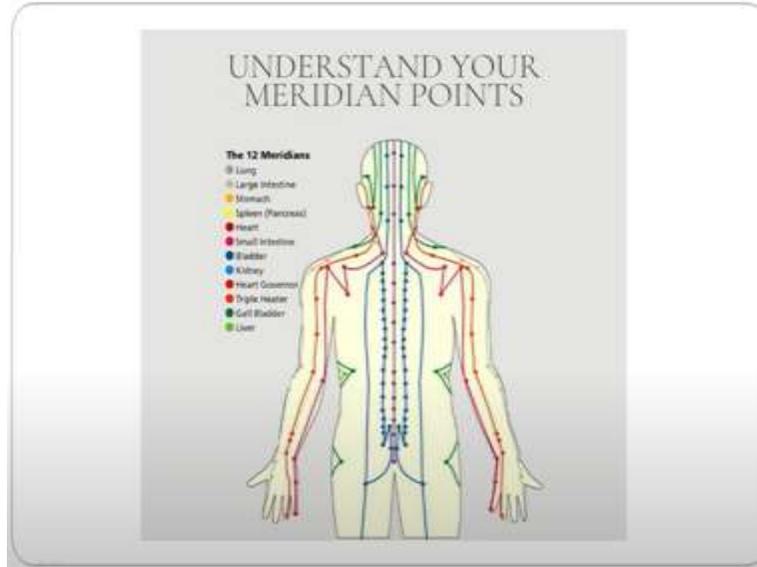
12 Major Meridians

- Meridians are channels that direct the flow of energy through specific pathways of the body.
- Think of it like a superhighway the energy in your body uses to move about your organ systems.
- Picture a body divided in half from top to bottom. Each side of the body is traversed by six meridians: three yin and three yang. Here are the 12 major meridians of the body and the function they perform.

There are 12 major meridians, 12 I can say roughly major highways intersecting the body from top to bottom.

Meridians are channels that direct the flow of energy through specific pathways of the body. Think of it like a superhighway, the energy in your body uses to move about your organ systems. Picture a body divided in half from top to bottom, each side of the body is traversed by 6 meridians, 6 on each side so that comes to 12, out of this 6 meridians on each side 3 belongs to Yin and 3 belongs to Yang category that is the soft and heart meridians. Here are the twelve major meridians of the body and the function they perform.

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These are the twelve meridians you can see.

These twelve meridians represent twelve organs of the body, lung, large intestines, stomach, spleen, heart, small intestines, bladder, kidney, heart governor, triple heater, gallbladder and liver. When these points are written, they are generally being prefixed by a capital letter. If that particular meridian belongs to the lung category, then L will be written, similarly stomach means S will be written something like that, we will see later.

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What Are Acupuncture Meridians ?

- In Traditional Chinese Medicine (TCM), meridians constitute a system of pathways within the human body through which the energy or "qi" (pronounced "chee") flows. Qi is the life force or vital energy essential for maintaining harmony and properly manifesting the body's physiological functions. The role of acupuncture as an alternative approach is to treat energy blocks and imbalances through meridians to ensure better health.
- In the human body, there are:
 - **Twelve Major or Primary Meridians**
 - **Eight Extraordinary Vessels**
 - **Twelve Divergent or Distinct Meridians**

Now, what are acupuncture meridians? In TCM Meridians constitute a system of pathways within the human body through which the energy of Qi flows. Qi is the life force or vital energy essential for maintaining harmony and properly manifesting the body's physiological functions.

The role of acupuncture as an alternative approach is to treat energy blocks and imbalances through meridians to ensure better health. In the human body, there are 12 major or primary meridians. We saw it earlier, 6 on each side of the body, so total 12. Then in addition to 12 major meridians, we have 8 extraordinary vessels and then 12 divergent or distinct meridians. So total meridians comes to 12 plus 8 that is 20 and 20 plus 12 that comes to 32.

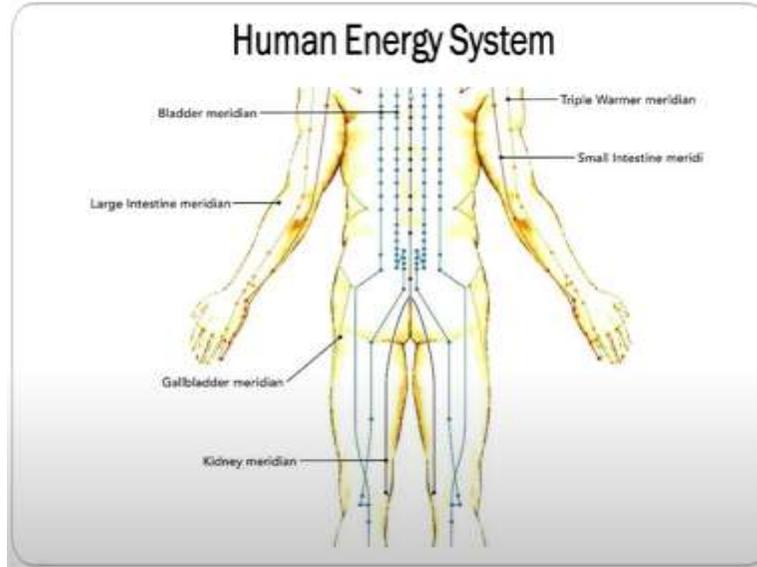
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How Do Meridians Work?

- According to TCM, the disruption of energy circulating through meridians, which can be caused by stress, emotions, and other external influences, ultimately causes pain and clinical problems. Therefore, as TCM believes, along the meridians lie specific acupuncture points, which can be triggered with thin needles to moderate energy flow and thus improve health and well-being.
- The procedure is carried out by licensed **acupuncturists** who carefully place the **sterilized needles** in various body areas depending on the target.
 - While you might feel a sense of tingling, needle insertion shouldn't hurt.
 - Needles should remain in place for 20 to 30 minutes, during which time the acupuncturist might twist or thrust them for maximized effect.

Now this is very important, how do meridians work? According to TCM, the disruption of energy circulating through meridians which can be caused by stress, emotions and other external influences ultimately causes pain and clinical problems. Therefore, at TCM believes along the meridians lies specific acupuncture points which can be triggered with thin needles to moderate energy flow and thus improve health and well-being. The procedure is carried out by the licensed acupuncturist who carefully place the sterilized needles in various body areas depending on the target. While you might feel a sense of tingling, needle insertion should not hurt. Needles should remain in place for 20 to 30 minutes during which time the acupuncturist might twist or thrust them for maximized effect.

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This is again another picture of human energy system, bladder meridian, large intestine, gallbladder, kidney and all other things.

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This is how the puncturing by needles takes place.

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Place The Sterilized Needles In Various Body Parts



This is how the sterilized needles are being inserted on various body parts. Meridians are passing vertically like this from head to toe. And where these needles have been inserted, they are basically called acupoints and they lie on the meridians.

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Importance of Meridians in Acupuncture?

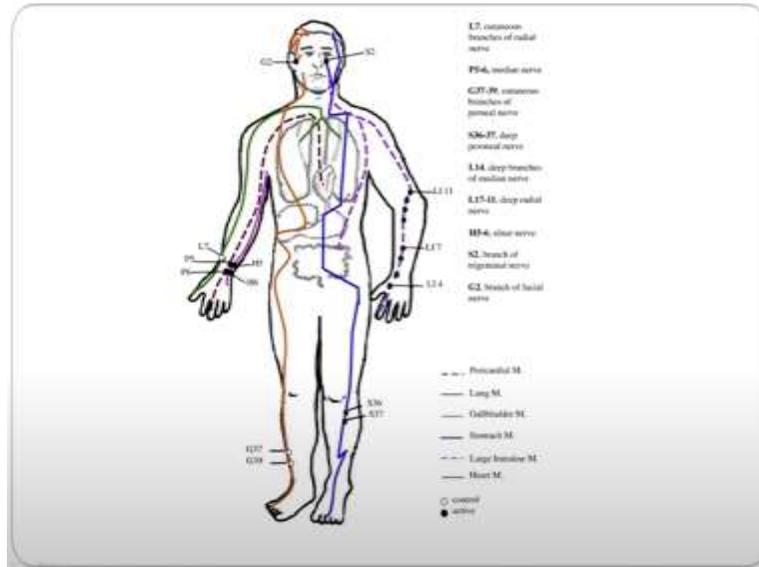
BESIDES FORMING THE BASIS FOR ACUPUNCTURE POINTS, HERE ARE SEVERAL REASONS WHY MERIDIANS ARE IMPORTANT IN ACUPUNCTURE:

- **Qi Flow Regulation:** Much like the circulatory system of blood, the system of meridians regulates the energy flow to optimize health.
- **Organ System Connection:** Each meridian is thought to connect to a specific organ system in the body. By targeting said meridians, acupuncture resolves disharmonies and the pain associated with that organ.

Now, importance of meridians in acupuncture. Besides forming the basis for acupuncture points, here are several reasons why meridians are important in acupuncture. Qi flow regulation, much like the circulatory system of blood, the system of meridians regulates the energy flow to optimize health. Organ system connection, each meridians is thought

to connect to a specific organ system in the body like heart or lungs or bladder or something like that by targeting said meridians acupuncture resolves disharmonies and the pain associated with that organ.

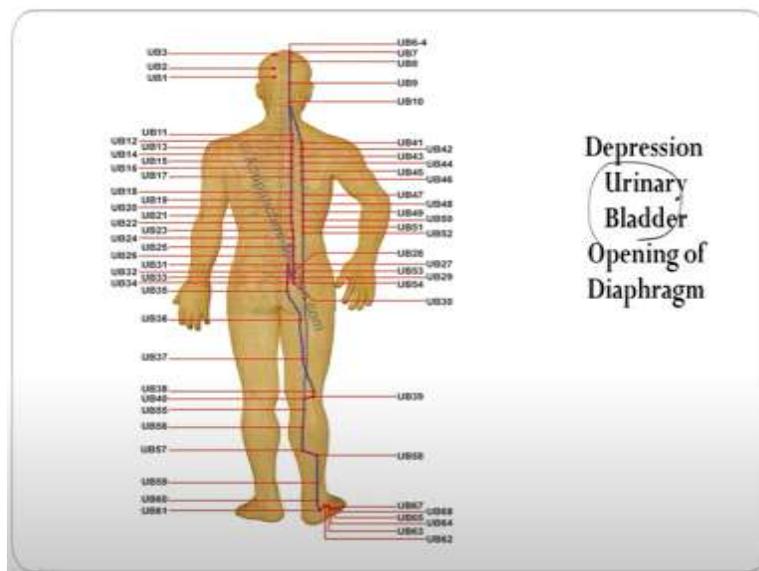
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Like all these meridians have been given out.

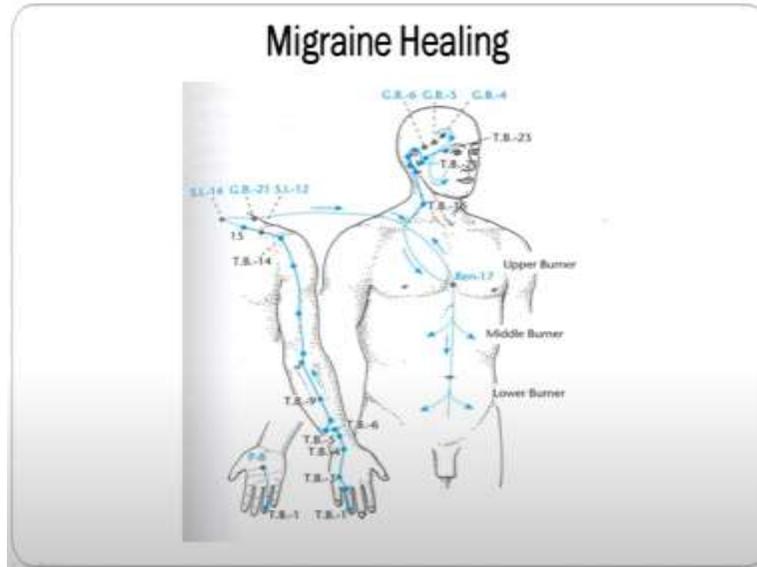
Earlier I said pericardinal, so it is mentioned as P. Lung meridian, they said L7 is basically say one number of lung meridian. So, that is how those meridians have been given out.

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Now, this particular meridians, urinary bladder system, UB-UB and all these meridians, they show the acupoints on those meridians concerning urinary bladder and that affects the depression part of the psychology.

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This is about migraine healing, how migraine healing can be resorted to.

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Importance of Meridians in Acupuncture?

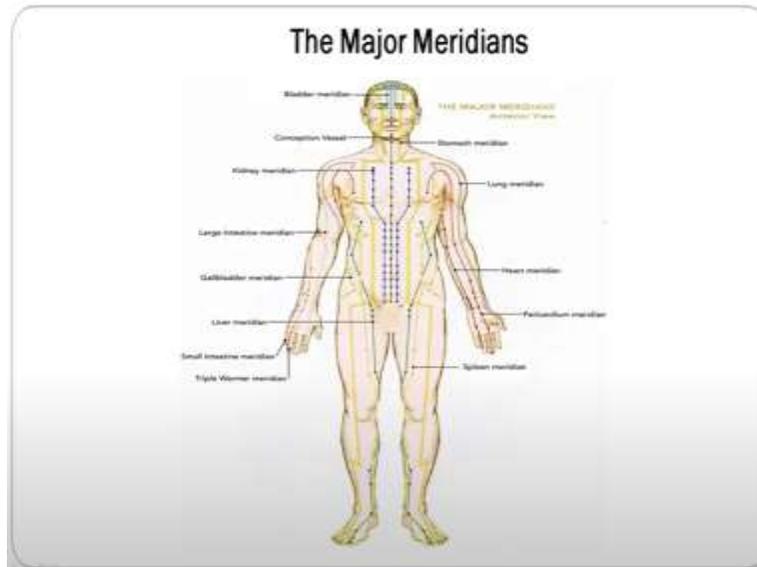
BESIDES FORMING THE BASIS FOR ACUPUNCTURE POINTS, HERE ARE SEVERAL REASONS WHY MERIDIANS ARE IMPORTANT IN ACUPUNCTURE:

- **Yin-Yang Balance:** Meridians are interconnected with the concepts of yin and yang, representing the dual nature of opposing forces. Regulating these concepts is considered crucial to maintaining health and avoiding illness.
- **Holistic Approach:** Acupuncture adopts a holistic approach to health, targeting body, mind, and spirit. Meridians thus serve as tools for combating health issues and investigating their underlying causes.

The third point in importance of meridians in acupuncture is the yin-yang balance. Meridians are interconnected with the concept of yin and yang representing the dual

nature of opposing forces. Regulating these concepts is considered crucial in maintaining health and avoiding illness. Holistic Approach, Acupuncture adopts a holistic approach to health, targeting body, mind and spirit. Meridians thus serve as tools for combating health issues and investigating their underlying causes.

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The major meridians we saw earlier.

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Five Elements

Each meridian is assigned to what could be called a circuit, called an element. There are five elements: Water, Wood, Fire, Earth, and Metal. Here are how those five elements work in the meridian system:

- **Fire:** Heart and small intestine meridian, circulation and three-fold warming meridian.
- **Earth:** Stomach and spleen meridian.
- **Metal:** Lung and colon meridian.
- **Water:** Kidney and bladder meridian.
- **Wood:** Liver and gallbladder meridian.

Now, all these meridians they have been assigned to what could be called a circuit or it can be called an element. There are five elements, water, wood, fire, earth and metal. Here are how those five elements work in the meridian system.

Fire. Heart and small intestine meridians, circulation and threefold warming meridians, they are connected with fire. Stomach and spleen meridian, they are connected with earth. Lung and colon meridian, they are connected with metal. Kidney and bladder meridian, connected with water, and liver and gallbladder meridian connected with wood.

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Body Parts Functions

- **Lung (Arm Tai Yin, Metal Element):** Regulates respiration and the intake of energy.
- **Large Intestine (Arm Yang Ming, Metal Element):** Extracts and processes water from waste material before expelling it from the body.
- **Stomach (Leg Yang Ming, Earth Element):** Digests and extracts energy from food and then distributes that energy through to the spleen and intestines.
- **Spleen (Leg Tai Yin, Earth Element):** Distributes nutrients throughout the body, maintains muscle tone and regulates blood flow.

Body parts function, lung, arm yam tai yin, metal element, regulates respiration and the intake of energy.

Large intestine, arm yang ming, metal element. Extracts and processes water from waste material before expelling it from the body. Stomach. Leg, yang, ming, earth element. Digests and extracts energy from food and then distributes that energy through to the spleen and intestines.

Spleen. Leg, tai yin, earth element. Distributes nutrients throughout the body. Maintains muscle tone and regulates blood flow.

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Body Parts Functions

- **Heart (Arm Shao Yin, Fire Element):** Circulates blood to all the organs in the body.
- **Small Intestine (Arm Tai Yang, Fire Element):** Distributes nutrients throughout the body.
- **Bladder (Leg Tai Yang, Water Element):** Removes liquid waste from the body.
- **Kidney (Leg Shao Yin, Water Element):** Stores sexual energy, regulates the reproductive system, and produces blood and bone marrow.

Heart. Arm Shao Yin, Fire element. Circulates blood to all the organs in the body. Small intestine. Arm Tai Yang, Fire element. Distributes nutrients throughout the body. Bladder, Leg Tai yang, water element, removes liquid waste from the body.

Kidney, Leg Shao Yin, water element, stores sexual energy, regulates the reproductive system and produces blood and bone marrow.

Some more body parts functions.

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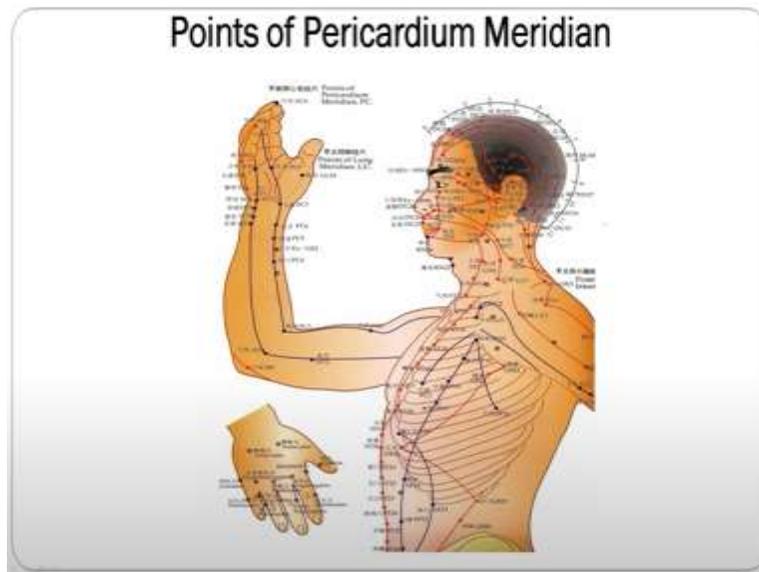
Body Parts Functions

- **Pericardium (Arm Jue Yin, Fire Element):** The pericardium is an important part of the body and is the area that surrounds the heart, protecting it and removing excess energy. This meridian channel disperses energy throughout the body, thus preventing the heart from receiving too much energy.
- **Triple Warmer (Arm Shao Yang, Fire Element):** Also called San Jiao controls the body and is not just responsible for a particular organ system. It helps to control metabolism and regulates heat, moisture, and body temperature.

Pericardium, Arm Jue yin, fire element. Pericardium is an important part of the body and is the area that surrounds the heart, protecting it and removing excess energy. This meridian channel disperses energy throughout the body, thus preventing the heart from receiving too much of energy.

Triple warmer, Arm Shao Yang fire element, also called San Jiao, controls the body, and is not just responsible for a particular organ system. It helps to control metabolism and regulates heat, moisture and blood temperature.

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These are the points of pericardium meridian.

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Body Parts Functions

- **Gallbladder (Leg Shao Yang, Wood Element):** Stores and expels bile produced by the liver.
- **Liver (Leg Jue Yin, Wood Element):** Circulates energy, regulates menstruation and the female reproductive system. It also maintains flexibility of the tendons and ligaments.

Gallbladder, Leg Shao Yang, Wood Element, stores and expels bile produced by the liver. Leg Jue Yin wood element circulates energy regulates menstruation and the female reproductive system.

It also maintains flexibility of the tendons and ligaments.

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Licensed Acupuncturist

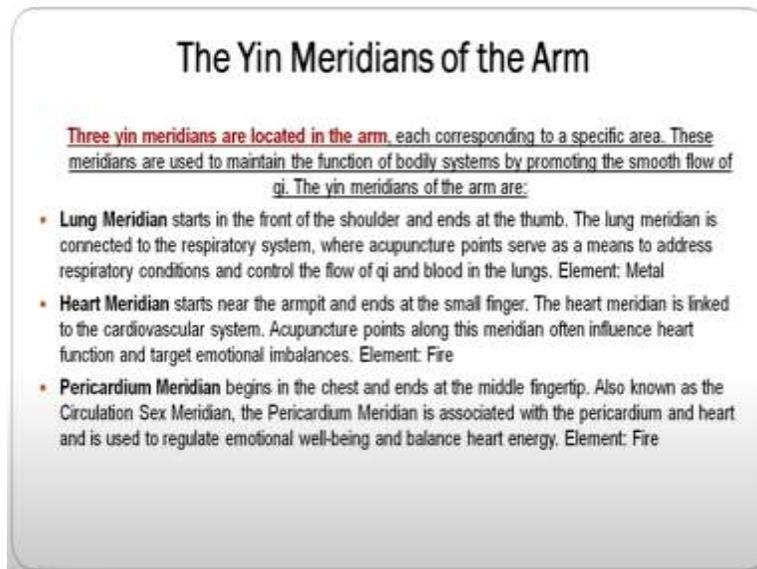
- Your acupuncturist will conduct a thorough health history to determine the best treatment options to get your qi balanced and flowing properly.
- They will discuss your daily routine and habits and might suggest herbal supplements, changes to your diet and exercise routine as well as your acupuncture treatment options.
- Acupuncture and TCM look at the whole body and will work with you to get every system back to its optimal performance by addressing the root cause and not just your symptoms.
- If you are looking for a holistic and natural drug-free alternative to your health care, make an appointment today.

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supplements, changes to your diet and exercise routine as well as your acupuncture treatment options.

Acupuncture and TCM looks at the whole body. Body, mind and spirit, holistic approach and will work with you to get every system back to its optimal performance by addressing the root cause and not just your symptoms. If you are looking for a holistic and natural drug free alternative to your health care, make an appointment of acupuncturist today.

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The Yin Meridians of the Arm

Three yin meridians are located in the arm, each corresponding to a specific area. These meridians are used to maintain the function of bodily systems by promoting the smooth flow of qi. The yin meridians of the arm are:

- **Lung Meridian** starts in the front of the shoulder and ends at the thumb. The lung meridian is connected to the respiratory system, where acupuncture points serve as a means to address respiratory conditions and control the flow of qi and blood in the lungs. Element: Metal
- **Heart Meridian** starts near the armpit and ends at the small finger. The heart meridian is linked to the cardiovascular system. Acupuncture points along this meridian often influence heart function and target emotional imbalances. Element: Fire
- **Pericardium Meridian** begins in the chest and ends at the middle fingertip. Also known as the Circulation Sex Meridian, the Pericardium Meridian is associated with the pericardium and heart and is used to regulate emotional well-being and balance heart energy. Element: Fire

The Yin meridians of the arm. The three yin meridians are located in the arm, each corresponding to the specific area. These meridians are used to maintain function of bodily systems by promoting the smooth flow of Qi.

The yin meridians of the arm are lung meridian starts in the front of the shoulder and ends at the thumb. The lung meridian is connected to the respiratory system where acupuncture points serve as a means to address respiratory conditions and control the flow of Qi and blood in the lungs. Element is metal. Heart meridian starts near the armpit and ends at the small finger the heart meridian is linked to the cardiovascular system acupuncture points along this meridian often influence heart functions and target emotional imbalances.

Element is fire. Pericardium meridian begins in the chest and ends at the middle fingertip, also known as the circulation sex meridian. The pericardium meridian is

associated with the pericardium and heart and is used to regulate emotional well-being and balance heart energy. Element is fire.

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The Yang Meridians of the Arm

Similarly, here is the list of the yang meridians in the arm:

- **The Large Intestine Meridian** begins at the outside of the index fingernail and ends just below the nose. Its primary association is the digestive system. Acupuncture points along the meridian associated with the large intestine balance the body's fluids and promote bowel function. Element: Metal
- **The Small Intestine Meridian** is located from the tip of the little finger to the front of the ear. The small intestine meridian is responsible for absorbing nutrients and digesting waste. This one also works with the heart meridian to control emotions. Element: Fire
- **The Triple Burner Meridian** starts from the tip of the finger and ends at the outer tip of the eyebrow. While it is not associated with a specific organ, this meridian is believed to moderate the body's temperature and overall energy balance. Element: Fire

The yang meridian of the arm. The large intestine meridian begins at the outside of the index finger, nail and ends just below the nose.

Its primary association is the digestive system. Acupuncture points along the meridian associated with the large intestine balance the body's fluids and promote bowel functions. Element metal. The small intestine meridian is located from the tip of the little finger to the front of the ear. The small intestine meridian is responsible for absorbing nutrients and digestive waste. This one also works with the heart meridian to control emotions.

Element fire. The triple burner meridian starts from the tip of the finger and ends at the outer tip of the eyebrow. While it is not associated with a specific organ, this meridian is believed to moderate the body's temperature and overall energy balance. Element fire.

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The Yin Meridians of the Leg

We will now move on to explore the yin meridians of the leg, which are:

- **The Spleen Meridian** is also closely related to the digestive system, and it works to transform and transport nutrients. You can locate the spleen meridian starting at the tip of the toe and moving up underneath the front of the shoulder. Element: Earth
- **The Kidney Meridian** is vital for water metabolism and is associated with the reproductive system. Acupuncture points along this meridian are used to support kidney function and navigate issues with fertility. The kidney meridian starts at the foot and ends at the inner collarbone. Element: Water
- **The Liver Meridian** begins inside the big toe and moves up the leg, ending at the chest. Acupuncture points in this meridian promote the detoxification of the blood and regulate the function of the liver. Element: Wood

Now we will explore the Yin meridians of the leg.

Earlier we spoke about the meridians in the hand. The spleen meridian is also closely related to the digestive system and it works to transform and transport nutrients. You can locate the spleen meridian starting at the tip of the toe and moving up underneath the front of the shoulder, element earth. The kidney meridian is vital for water metabolism and is associated with the reproductive system. Acupuncture points along this meridian are used to support kidney function and navigate issues with fertility. The kidney meridians start at the foot and ends at the inner collar bone, element water.

The liver meridian begins inside the big toe and moves up the leg ending at the chest. Acupuncture points in this meridian promote the detoxification of the blood and regulate the function of the liver. Element wood.

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These are the Yin meridians of the leg. So, the meridian goes from the tip of the finger, it goes like this upward and these are the acupoints which are being used by acupuncturist for insertion of needles.

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The 8 Extraordinary Meridians

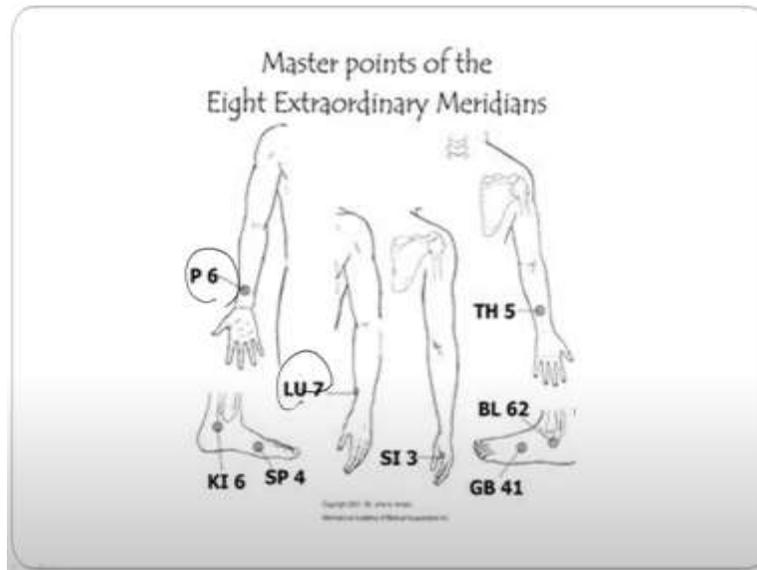
- **A more dynamic flow of qi characterizes the eight extraordinary meridians.**
- These are named after the particular function they provide. Although they interact with the twelve primary meridians, the extraordinary meridians don't have a yin/yang relationship or their own acupuncture points, except for two. Nevertheless, they borrow points from the primary meridians.
- Here is a quick overview of the eight extraordinary meridians:

We discussed about major meridians, twelve meridians, now we come to eight extraordinary meridians. A more dynamic flow of qi characterizes the eight extraordinary meridians. These are named after the particular function they provide. Although they

interact with the twelve primary meridians. The extraordinary meridians do not have a yin-yang relationship or their own acupuncture points except for two.

Extraordinary meridians, they do not have their own puncture points. Nevertheless, they borrow points from the primary meridians. Here is the quick review of the eight extraordinary meridians. Master points of the Extraordinary Meridians P6, Lung 7, Kidney 6, it is just like that.

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So, these are the master points for Extraordinary Meridians.

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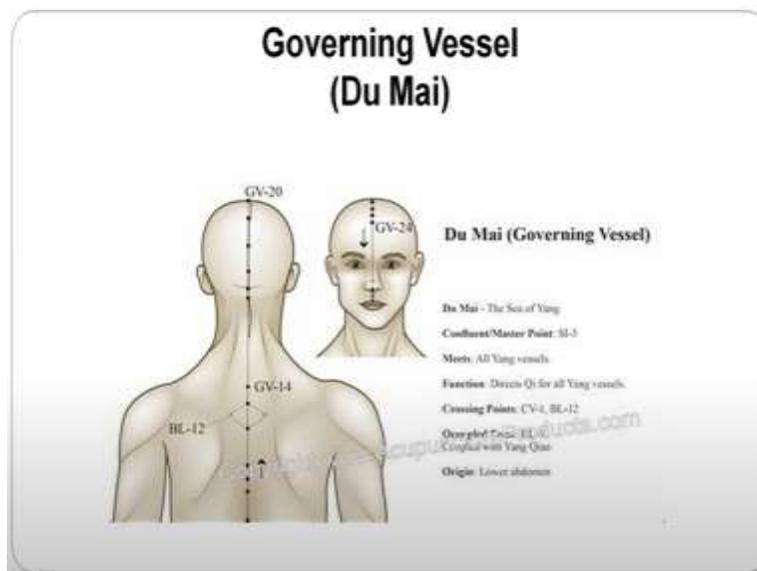
The 8 Extraordinary Meridians

- 1. Conception Vessel (Ren Mai)** is concentrated along the midline of the front of the body and is associated with the concept of birth and life nourishment. It is often used in treating gynecological and reproductive issues.
- 2. Governing Vessel (Du Mai)** is located along the back of the body and is the focal point for governing the qi of all yang meridians. The governing vessel is primarily used to treat stiffness in the spine and regulate the nervous system.
- 3. Penetrating Vessel (Chong Mai)** corresponds with the blood and respiratory system, thus targeting heart, chest, and stomach issues. In TCM, this meridian is also regarded as the Sea of Blood.
- 4. Girdle Vessel (Dai Mai)** can be found around the waist and is thought to balance the upper and lower parts of the human body. The girdle vessel is often used to navigate emotional imbalances and to treat musculoskeletal issues.

Which are those Extraordinary Meridians? Conception Vessel, Ren Mai. It is concentrated along the middle of the front of the body and is associated with the concept of birth and life nourishment. It is often used in treating gynecological and reproductive issues. Governing vessel is located along the back of the body and is the focal point of governing the chi of all yang meridians. The governing vessel is primarily used to treat stiffness in the spine and regulate the nervous system.

Penetrating vessel Chong Mai corresponds with the blood and respiratory system thus targeting heart, chest and stomach issues. In TCM this meridian is also regarded as the sea of blood. Girdle vessel Dai Mai can be found around the waist and is thought to balance the upper and lower parts of the human body. The girdle vessel is often used to navigate emotional imbalances and to musculoskeletal issues.

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This is the governing vessel. It goes like this and in the front it comes up here just below the tip of the notch.

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The 8 Extraordinary Meridians

5. **Yin Linking Vessel (Yin Wei Mai)** connects the yin meridians and regulates emotions and Yin energy. On a deeper level, this meridian concerns the meaning we derive from life and how we respond to daily situations.
6. **Yang Linking Vessel (Yang Wei Mai)** connects the Yang meridians, regulating emotions and the Yang energy. Dominating the body exterior, Yang Wei Mai also controls chills and fever.
7. **Yin Motility Vessel (Yin Qiao Mai)** is connected to the conception vessel. It is responsible for moderating the Yin energy and treating imbalances like issues with self-trust and the prevalence of doubt.
8. **Yang Motility Vessel (Yang Qiao Mai)** is paired with the governing vessel to maintain the proper Yang energy flow. As such, it is used to target conditions such as epilepsy, insomnia, and excessive thinking.

The number five extraordinary vessel is in linking vessel. Yin Wei Mai connects the yin meridians and regulates emotions and yin energy. On a deeper level, this meridian concerns the meaning we derive from life and how we respond to daily situations. Yang linking vessel, Yang Wei Mai connects the yang meridians regulating emotions and the yang energy.

Dominating the body exterior, Yang Wei Mai also controls chills and fever. Yin Motility Vessel is connected to the conception vessel. It is responsible for moderating the yin energy and treating imbalances like issues with self-trust and the prevalence of doubt. Yang Motility Vessel is paired with the governing vessel to maintain the proper yang energy flow. As such, it is used to target conditions such as epilepsy, insomnia and excessive thinking.

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KEY TAKEAWAYS

- In TCM, meridians represent a complex system of pathways critical for the uninterrupted energy flow in the body, ensuring health, emotional stability, and balance.
- **The 12 primary meridians, further categorized as yin and yang meridians, are responsible for specific organs and their function.**
- On the other hand, the Eight Extraordinary Meridians play a unique role in addressing deeper imbalances within the body's energy system.
- Understanding the intricacies of each meridian in TCM is crucial for optimizing health and promoting well-being.

Key takeaway, in traditional Chinese medicine, meridians are represented a complex system of pathways, critical for the uninterrupted energy flow in the body, ensuring health, emotional stability and balance. The 12 major meridians further categorized as yin and yang meridians are responsible for specific organs and their functions. On the other hand, the 8 extraordinary meridians play a unique role in addressing deeper imbalances within the body's energy system. Understanding the intricacies of each meridian, the TCM is crucial for optimizing health and promoting well-being.

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PART: II FAQs



Now let us see some of the frequently asked questions.

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1. What are the most important acupuncture points?

- The importance of acupuncture points depends on the condition being addressed.
- While more than 2,000 acupuncture points are ingrained in our bodies, each can target specific health issues and organ dysfunction.

Number one, what are the most important acupuncture points? The importance of acupuncture point depends on the condition being addressed, what sort of ailment you are going to address. While more than 2000 acupuncture points are ingrained in our bodies. Each can target specific health issues and organ dysfunction.

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2. How do you know if your meridians are blocked?

- Various signs and symptoms that individuals may notice could suggest possible meridian blockage.
- These are:
 - Pain And Discomfort,
 - Limited Range Of Motion,
 - Emotional Imbalances, And
 - Skin Changes.

Second question, how do you know if your meridians are blocked? Various signs and symptoms that individual may notice could suggest possible meridian blockage. These

are pain and discomfort, limited range of motion, emotional imbalances and skin changes.

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3. Are meridians the same as pressure points?

- Although **closely related**, meridians and acupuncture pressure points are **different**.
- **Meridians** represent a broader concept, a system of pathways where the energy runs.
- **Pressure Points** are located along these meridians and are utilized to enhance health.

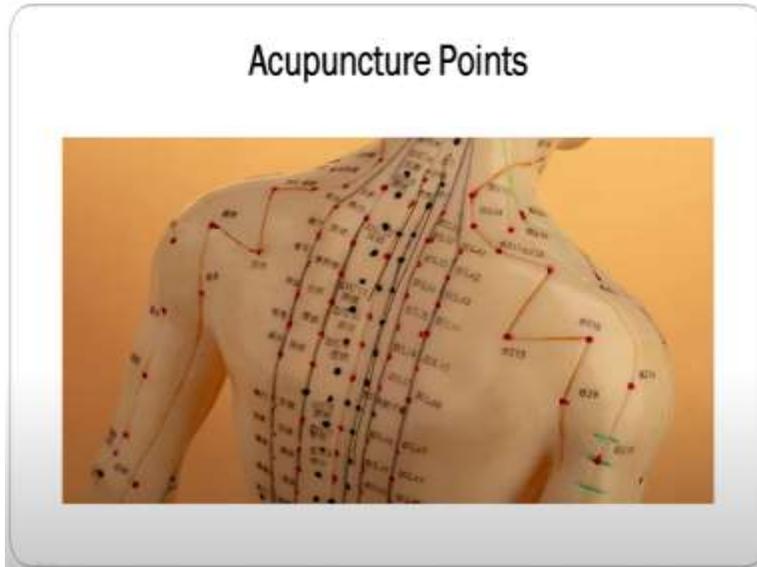
Third, are meridians the same as pressure points? Although closely related, meridians and acupuncture pressure points are different. Meridians represent a broader concept, a system of pathways where the energy runs. Pressure points are located along these meridians and are utilized to ensure health.

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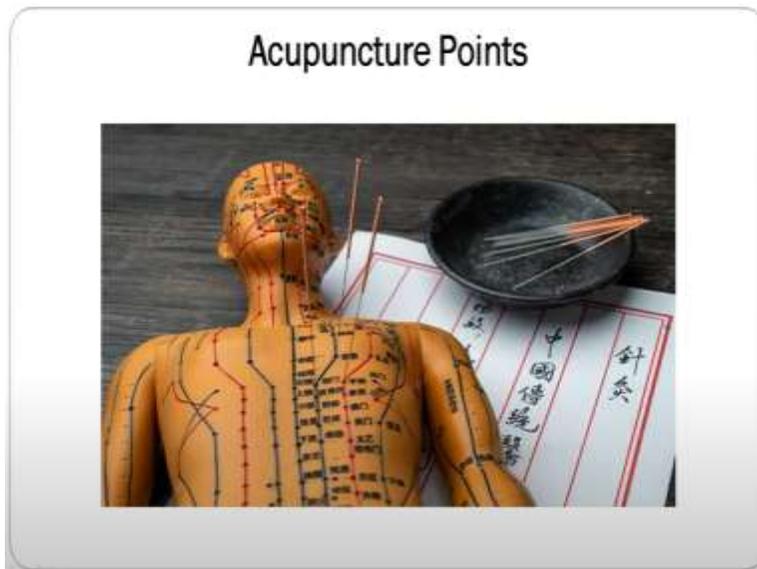


So these are the meridians lines going up or down and acupoints are located on them having their own peculiar number.

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Here you can see all verticals they are the meridians and these red spots they are the acupuncture points, acupuncture points. Thanks friends.