

Dr Beijing Newsletter

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The Meridians of Acupuncture

The physiology and application of the meridians

1) Meridian connect all parts of the whole body

the viscera, bowels, the sense organs, skin, muscles, tendons, bones have their own special function. Through the connecting role of the meridian, these functions can be coordinated, thus making the body an organic whole.

2) Transporting the qi and blood to nourish the whole body

The meridians are the pass-way through which the qi and blood circulate,

3) Induction, Transmission, and Regulation.

The meridian can induce stimulation and transmit information, meanwhile regulate the function of the body, keeping it balanced.

Such as when some needles are inserted into a point, an electric shock is happen, This exactly tell the induction and transmission function.

Some experiments show, when puncture ZU SAN LI point, which is on the stomach channel, gently stimulate this point with the needle may strengthen the stomach peristalsis and increase gastric acidity. On the other hand, a strong stimulation in the point with the needle can inhibit the peristalses and secretion of the stomach.

Another example, puncture NEI GUAN which is on the Pericardium Channel, can make the fast heart rate slower also can make slow heart rate quicker. This exactly shows acupuncture has a dual-directional regulative function.

4) Meridian can explaining the pathological Changes

If the function of a channel is disorder, the exogenous factors will attack body surface and also follow the channel intrude into the internal viscera.

The channel is not only the rout along which exogenous factor intrude into the internal organs from the body surface, but also the way through which the pathological changes between the viscera . For instance, liver channel runs by the stomach and toward to lungs, so liver problem can effect stomach and lungs.

5) Help Diagnose Disease

According to the running rout of the channel and the symptoms and signs , the disease can be analysed and diagnosed. For example, the pain in both flank indicate the problems in the liver and gallbladder.

Another example, the location of the headache can tell which viscera loss balance. Such as the pain on forehead it tell the problem link with the stomach , because the stomach meridian pass by forehead. If the pain is on the back of the head and neck, it tells the bladder channel is disturbed.

Another example is come from my experience. When I took my advanced training of acupuncture in the hospital, My teacher shower me her leg, where I saw a dark line follow the kidney channel from the ankle to the up of the leg. She told me she suffer from diabetes.

The theory of the meridian has been widely applied to direct clinical treatment of all the department of TCM, in particular, acupuncture, massage and herbal medicine.

For example, to treat stomach problem, it is very common that choose ZU SAN Li point which is on the leg. Chinese massage is also based on this theory, and the method of selecting points

along the channel is well used in acupuncture and massage.

It is also through the channel that the herbs work for the body. After thousands years practice ,TCM doctor have discovered that a certain herb effect a specific channel and organ. In Jin and Ruan dynasties two of the greatest physicians formulated a theory of medicinal guides. This guide tell that some herbs not only go through certain meridian themselves but also bring other herbs to this meridian and work for the body.