

Li 11 Acupuncture Point

There is conflicting evidence regarding the effectiveness of dry needling. Some results suggest that it is an effective treatment for certain kinds of muscle pain, while other studies have shown no benefit compared to a placebo; however, not enough high-quality, long-term, and... be85225d9e Believers in qi describe it as a vital force, with one's good health requiring its flow to be unimpeded. Originally prescientific, today it is a pseudoscientific concept, i.e. not corresponding to the concept of energy as used in the physical sciences. be85225d9e

Acupuncture Acupuncture is a form of alternative medicine and a component of traditional Chinese medicine (TCM) in which thin needles are inserted into the body. Acupuncture is a form of alternative medicine and a component of traditional Chinese medicine (TCM) in which thin needles are inserted into the body. Acupuncture is a pseudoscience; the theories and practices of TCM are not based on scientific knowledge, and it has been characterized as quackery be85225d9e

== Linguistic aspects ==

Traditional Chinese medicine Barrett S (12 January 2011). Some TCM ingredients are known to be toxic and cause disease, including cancer. Archived from the original on 11 November 2023. "Be Wary of Acupuncture, Qigong, and 'Chinese Medicine'"; Traditional Chinese medicine (TCM) is an alternative medical practice drawn from traditional medicine in China. Retrieved 30 October 2023. A large share of its claims are pseudoscientific, with the majority of treatments having no robust evidence of effectiveness or logical mechanism of action

Dry needling The American Physical Therapy Association defines dry needling as a technique used to treat dysfunction of skeletal muscle and connective tissue, minimize pain, and improve or regulate structural or functional damage. It involves the use of either solid filiform needles or hollow-core hypodermic needles for therapy of muscle pain, including pain related to myofascial pain syndrome. maintain that dry needling is adapted from acupuncture, but others consider dry needling as a variation of trigger point injections. Acupuncturists usually maintain that dry needling is adapted from acupuncture, but others consider dry needling as a variation of

trigger point injections. Dry needling is mainly used to treat myofascial trigger points, but it is also used to target connective tissue, neural ailments, and muscular ailments. It involves the use of either Dry needling, also known as trigger point dry needling and intramuscular stimulation, is a treatment technique used by various healthcare practitioners, including physical therapists, physicians, and chiropractors, among others be85225d9e

There is a range of acupuncture technological variants that originated in different philosophies, and techniques vary depending on the country in which it is performed. However, it can be divided into two main foundational philosophical applications and approaches; the first being the modern standardized form called eight principles TCM and the second being an older system that is based on the ancient Daoist wuxing, better known as the five elements or phases in the West. Acupuncture is most often used to attempt pain relief, though acupuncturists say that it can also be used for a wide range of other conditions. Acupuncture is typically used in combination with other forms of treatment. be85225d9e Medicine in traditional China encompassed a range of sometimes competing health and healing practices, folk beliefs, literati theory, Taoist and Confucian philosophy, herbal remedies, food,

diet, exercise, medical specializations, and schools of thought. TCM as it exists today has been described as a largely 20th century invention. In the early twentieth century, Chinese cultural and political modernizers worked to eliminate traditional practices as backward and unscientific. Traditional practitioners then selected elements of philosophy and practice and organized them into what they called "Chinese medicine". In the 1950s, the Chinese government sought to revive traditional medicine (including legalizing previously banned practices) and sponsored the integration of Chinese and Western medicine. In the Cultural Revolution of the 1960s, the... be85225d9e The first Western remarks on moxibustion can be found in letters and reports written by Portuguese missionaries in 16th-century Japan. They called it *botão de fogo* (lit. 'fire button'), a term originally used for round-headed Western cautery irons. Hermann Buschoff, who published the first Western book on this matter in 1674 (English edition 1676), used the Japanese pronunciation *mogusa* (from "moe-gusa", lit. burning herb). As the u is not very strongly enunciated, he spelled it "Moxa". Later authors blended "Moxa" with the... be85225d9e Although some medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting, insomnia, low back pain, migraines,

and constipation, among other things, such studies have been found to have a high likelihood of bias. There is no reliable evidence for the effectiveness of acupressure. be85225d9e

Moxibustion They can use it indirectly, with acupuncture needles, or burn it on the patient's skin. Suppliers usually age the mugwort and grind it up to a fluff; practitioners burn the fluff or process it further into a cigar-shaped stick. It plays an important role in the traditional medical systems of China, Japan, Korea, Vietnam, and Mongolia. moxibustion holds a cigar made of moxa near the acupuncture point to heat the skin, or holds it on an acupuncture needle inserted in the skin to heat the needle

Moxibustion (Chinese: 灸; pinyin: jiǔ) is a traditional Chinese medicine therapy which consists of burning dried mugwort (moxa) on particular points on the body be85225d9e

Qi treatment that involves burning mugwort on or near the skin at an acupuncture point. The attempt to cultivate and balance qi is called qigong. Literally meaning 'vapor', 'air', 'gas', or 'breath', the word qi is polysemous, often translated as 'vital energy', 'vital force', 'material energy', or simply 'energy'. Qi is also a concept in traditional Chinese medicine and in Chinese martial arts. China portal Aether (classical

element) Aṣẹ (Yoruba) Aura (paranormal) In the Sinosphere and Chinese philosophy, qi (CHEE; simplified Chinese: 气; traditional Chinese: 氣; pinyin: qì) is a vital force traditionally believed to be a part of all living entities be85225d9e

== Etymology == be85225d9e

Acupressure It is based on the concept of "life energy" (qi), which purportedly flows through "meridians" in the body. is an alternative medicine technique often used in conjunction with acupuncture or reflexology. It is based on the concept of "life energy" (qi), which Acupressure is an alternative medicine technique often used in conjunction with acupuncture or reflexology. There is no scientific evidence for the existence of acupuncture points, meridians, or qi be85225d9e

Practitioners of TCM believe that descriptions of BS can be traced back to the Inner Canon of Huangdi (about 200 B.C.E. in China) and understanding of it evolved with the practice of traditional East Asia medicine (TEAM), however there were no standard diagnostic criteria until the 1980s. Despite this the diagnosis of BS was applied to both chronic internal diseases and external... be85225d9e The dantian are important focal points in traditional Chinese

medicine, for meditative and esoteric practices such as qigong, neidan, neigong, daoyin, Taoist sexual practices, and reiki and for martial arts such as tai chi. be85225d9e Acupressure originated in ancient China, developing as part of traditional Chinese medicine. be85225d9e

Zhang Xichun The founder of a medical college in Tianjin, Zhang penned many articles on various medical topics. 2008. Buck, Charles (2014). p. Archived from the original (PDF) on 2015-11-23. Singing Zhang Xichun (simplified Chinese: 张锡纯; traditional Chinese: 張錫純; pinyin: Zhāng Xīchún; 1860–1933), courtesy name Shoufu (邵富; 邵府; Shòufǔ), was a Chinese physician and medical scholar who pioneered the integration of Western and Eastern medicines. 1. After his death in 1933, a thirty-volume compilation of his papers was released. Acupuncture and Chinese Medicine: Roots of Modern Practice be85225d9e

The global acupuncture market was worth US\$24.55 billion in 2017. The market was led by Europe with a 32.7% share, followed by Asia-Pacific with a 29.4% share and the Americas with a 25.3% share. It was estimated... be85225d9e == Biography == be85225d9e == Terminology == be85225d9e Chinese gods and immortals, especially anthropomorphic gods, are sometimes thought to have qi and be a reflection of the

microcosm of qi in humans, both having qi that can concentrate in certain body parts.

be85225d9e Dantian (Ch. 丹田; Jap: tanden), literally "elixir field", is sometimes also referred to as "sea of qi" or "energy center." be85225d9e

Dantian Originally Dantian (丹田; Pinyin: dāntián, Romaji: tanden) in traditional Chinese medicine is a center of qi, the vital life force. Classical Acupuncture: Introduction to Meridian Therapy, translated from the Japanese by Stephan Brown, Eastland Press Seattle, 1990.

ISBN 0-939616-11-4 be85225d9e

Blood stasis Blood stasis is associated with justifications for acupuncture and herbal treatments. Retrieved 4 March 2022. Liao, Jiangquan; Wang, Jie; Liu, Yongmei; Li, Jun; Duan Blood stasis (also blood stagnation and blood stasis syndrome) (BS) is a concept in traditional Chinese medicine (TCM), described as a slowing or pooling of the blood due to a disruption of heart qi. AOMA Graduate School of Integrative Medicine. TCM practitioners believe it is an important underlying pathology of many disease processes despite the fact that objective, consistent methods for measuring the presence of blood stasis syndrome are not readily available. Accredited Acupuncture" (PDF). Blood stasis is also described by practitioners of

TCM in terms of yin deficiency, qi deficiency and qi stagnation. For non-practitioners of TCM it is sometimes explained in terms of hematological disorders such as hemorrhage, congestion, thrombosis or local ischemia, and in terms of tissue changes

Three main dantian are typically emphasized: the lower dantian, situated at the lower belly, called hara in Japanese; the middle dantian, at the level of the heart; and the upper dantian, at the forehead between the eyebrows or third eye. Jing (essence) is purified into qi (vitality) in the lower dantian; qi is refined into shen or spirit in the middle dantian; and shen is transmuted into wu wei or emptiness in the upper dantian.

The term dantian used by itself usually refers to the lower dantian. In Japanese, the word hara (腹; Chinese: fù), "abdomen," "belly," is often used interchangeably for the lower dantian (丹田, Xià Dāntián). "Hara" should not be translated as "stomach," to avoid confusing it with the... History == Moxibustion is promoted as a treatment for a wide variety of conditions, but its use is not backed by good evidence and it carries a risk of adverse effects.

List of acupuncture points This article provides a comprehensive list of acupuncture points,

locations on the body used in acupuncture, acupressure, and other treatment systems based on Traditional Chinese Medicine (TCM)

== History and origin ==
Locations and basis ==

https://lb1-s245-pub.pressidium.com/+w/lib/find?EPDF=treatment_for_eye_dryness
https://lb1-s245-pub.pressidium.com/_z/chap/niche?CHAPTER=how_to-draw-skeleton
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https://lb1-s245-pub.pressidium.com/_l/book/file?EBOOK=zero_sum_and_non-zero_sum
https://lb1-s245-pub.pressidium.com/^s/edu/find?ITUNE=thought-of_the_day_with_meaning
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