

Keynote communication

# Health Preservation by Acupoints.

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**Abstract:** This communication focuses on the use of acupoints for health preservation in Traditional Chinese Medicine (TCM). Six commonly used acupoints, including Baihui, Fengchi, Mingmen, Guanyuan, Zusanli, and Sanyinjiao, are discussed. Each acupoint is associated with specific functions and therapeutic benefits in TCM practice. Baihui regulates the spirit and treats related conditions, while Fengchi is effective for wind-related ailments and improves sensory functions. Mingmen warms the kidney and treats symptoms of kidney yang deficiency, and Guanyuan tonifies qi and treats gynecological disorders. Zusanli is considered the primary acupoint for tonifying qi and blood and strengthening the spleen and stomach. Sanyinjiao invigorates the spleen, regulates menstruation, and aids in weight loss. It is important to consult with a qualified TCM practitioner to ensure appropriate treatment and individualized care. These acupoints exemplify the rich heritage and efficacy of TCM health preservation practices.

**Keywords:** Health preservation, Acupoints, Acupuncture, Moxibustion, Sel-massage.

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