

Health Preservation by Acupoints.

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Abstract: This clinical review 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, Self-massage.

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1. Introduction

TCM health preservation is an important component of TCM culture. Its history can be traced back to the Shang Dynasty, which is about 3600 years ago. There are various methods for TCM health preservation. In this simple clinical review, the focus is on health preservation by acupoints and the sharing of six commonly used acupoints.

2. Acupoints for health preservation

2.1. Baihui (DU20)

TCM believes that the head is the palace of intelligence. Baihui is an important local point on the head. Therefore, it has the function of regulating the spirit and opening the orifices. In daily life, regular self-massage at Baihui is beneficial for spirit related diseases such as poor memory, in-somnia, depression and anxiety. If you feel sleepy while working during the daytime, you can also massage Baihui because acupoints have a benign bi-directional regulative effect. Baihui is located at the highest part of the human body, so TCM believes Baihui has the effect of raising qi and lifting the sunken. In clinic, Baihui is usually used to treat prolapse of internal organs because TCM hold a view that sinking of center qi will lead to prolapse of internal organs. It is recommended that patients with prolapse of internal organs should self-massage or apply moxibustion at Baihui.

2.2. Fengchi (GB31)

Feng, in Chinese means wind. Therefore, it indicates that Fengchi has the function of dispelling wind and unblocking the collaterals. Actually, Fengchi is regarded as the key point of dispelling wind. TCM believes that the pathogenesis of wind stroke is internal wind while the pathogenesis of common cold is external wind. For this, it is beneficial for wind stroke patients to massage or apply moxibustion on Fengchi and as well, it is helpful

to prevent people from catching cold. Fengchi also have the function of improving hearing and vision for those who have five sense organs diseases. Especially eye or ear diseases, it is beneficial for their health to self-massage Fengchi regularly. In addition, in clinic, Fengchi is a must-choose point for treating migraine and neck diseases, especially dizziness caused by cervical spondylosis.

2.3. *Mingmen (DU4)*

In Chinese, Mingmen literally means the gate of life. In clinic, Mingmen is the key point of warming the kidney and assisting yang. If a person suffers kidney yang deficiency, it means a series of symptoms. For male, it includes cold extremities, spermatorrhea and impotence. For female, it includes cold feeling at the lower abdomen, amenorrhea and infertility, etc. In this condition, it is recommended that moxibustion should be applied on Mingmen. TCM believes that the waist is the residence of the kidney, and Mingmen is good at warming the kidney. Therefore, Mingmen is also regarded as an important point for the treatment of low back pain especially the kidney yang deficiency type. Ordinary people can strengthen the waist and leg by applying moxibustion on Mingmen or rubbing Mingmen with two hands.

2.4. *Guanyuan (REN4)*

Guanyuan is located at the lower abdomen, where the lower Dantian is located. Lower Dantian is the place of storing kidney essence and qi. So, Guanyuan is considered to have the function of warming the kidney and tonifying qi. People with consumptive diseases should often use moxibustion on Guanyuan to improve their physical health. Guanyuan is also a good point for the treatment of gynecological diseases, especially deficient type. It can regulate menstruation and arrest leukorrhea. It is advisable to use ginger insulated moxibustion on Guanyuan. It is also recommended to gently massage Guanyuan clockwise with two hands overlapped until feeling locally warm.

2.5. *Zusanli (ST36)*

Zusanli is the most important acupoint for health preservation. In China, common people hear about Zusanli, and know a saying: Needling Zusanli once is equivalent to eating an old hen. So, Zusanli is regarded as the first choice for tonifying qi and blood. In addition, Zusanli also has the function of strengthening spleen and stomach. It is the best choice for the treatment of different gastrointestinal diseases. Actually, Zusanli has a very wide range of indications. No matter deficiency syndrome or excess syndrome, heat syndrome or cold syndrome, Zusanli is always a good choice. Zusanli is so multifunctional that some ancient acupuncture doctors said that this acupoint could treat any kind of disease.

2.6. *Sanyinjiao (SP6)*

Sanyinjiao is an important acupoint for invigorating spleen to eliminate dampness. Therefore, Sanyinjiao is a must-choose acupoint for losing weight with acupuncture because the pathogenesis of obesity is damp abundance due to spleen deficiency. As well, it is also often used for the treatment of other spleen and stomach disorders such as abdominal distension, abdominal pain, and loss of appetite. Sanyinjiao is also one of the most important acupoints for treating gynecological diseases because of its function of nourishing blood and regulating menstruation. Modern clinical research has proven that Sanyinjiao has a good effect of regulating the endocrine system. However, it should be noted that the ancients exhorted us that pregnant women should not needle Sanyinjiao because this can lead to abortion. Therefore, pregnant woman should avoid massaging Sanyinjiao during pregnancy.

3. Conclusion

The acupoints presented here demonstrate the rich heritage and effectiveness of TCM health preservation practices. However, it is important to consult with a qualified TCM practitioner for proper guidance and individualized treatment.

Conflicts of Interest: The author declare no conflict of interest.

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