

hand acupuncture points chart

Hand acupuncture points chart is an essential tool in traditional Chinese medicine (TCM) that helps practitioners and enthusiasts alike understand the complex network of meridians and acupoints located on the hand. This detailed chart serves as a visual guide for diagnosing, treating, and understanding various health conditions through acupuncture and acupressure techniques. Whether you're a professional acupuncturist or a curious learner, mastering the hand acupuncture points chart can significantly enhance your knowledge of meridian therapy and holistic health practices.

Understanding the Significance of Hand Acupuncture Points

What Is a Hand Acupuncture Points Chart?

A hand acupuncture points chart is a diagrammatic representation that maps out the specific points on the hand used in acupuncture and acupressure. It delineates the locations, functions, and connections of these points to various organs and systems within the body. Such charts can vary in detail from simple diagrams highlighting major points to comprehensive maps covering all meridians and their associated acupoints.

The Role of Hand Acupuncture in Traditional Chinese Medicine

In TCM, the hand is considered a microcosm of the entire body. The principle behind hand acupuncture is that stimulating specific points can influence corresponding organs, tissues, or energy pathways (meridians). This approach is rooted in the concept of Qi (vital energy) flow and the balance of Yin and Yang. By stimulating points on the hand, practitioners aim to unblock Qi stagnation, restore harmony, and promote natural healing.

Major Meridians and Corresponding Points on the Hand

The Lung Meridian

The Lung meridian is vital for respiratory health, immune function, and energy circulation. It begins at the chest and runs along the arm, ending at the thumb.

- **Key Points:** LU-1 to LU-11

- **Hand Points:** Located on the thumb and radial side of the hand.
- **Common Uses:** Cough, asthma, skin conditions, and emotional issues like grief.

The Large Intestine Meridian

This meridian influences bowel health, skin, and immune responses. It runs from the index finger to the nostril.

- **Key Points:** LI-1 to LI-20
- **Hand Points:** Found on the index finger and the radial side of the hand.
- **Common Uses:** Constipation, facial pain, skin conditions, and respiratory issues.

The Heart Meridian

The Heart meridian governs emotional health, circulation, and vitality. Its pathway includes the palm and wrist area.

- **Key Points:** HT-1 to HT-11
- **Hand Points:** Located on the little finger and palm.
- **Common Uses:** Heart-related issues, anxiety, insomnia, and chest discomfort.

The Pericardium and Small Intestine Meridians

These meridians also have crucial points on the hand that influence emotional balance, digestion, and energy flow.

- **Pericardium:** Located on the middle finger and palm.
- **Small Intestine:** Located on the pinky finger and ulnar side of the hand.

Key Acupuncture Points on the Hand

Major Points and Their Functions

Understanding specific points on the hand can help target common health issues. Here are some of the most significant:

1. **LI-4 (Hegu):** Located between the thumb and index finger, this is one of the most well-known acupoints. It is used for pain relief, headache, stress, and immune boosting.
2. **LU-7 (Lieque):** Found on the radial side of the forearm near the wrist, useful for respiratory issues, neck pain, and colds.
3. **HT-7 (Shenmen):** Located at the wrist crease on the ulnar side, used for insomnia, anxiety, and heart health.
4. **SI-3 (Houxi):** On the ulnar side of the hand near the base of the fifth finger, effective for neck stiffness and ear problems.
5. **PC-6 (Neiguan):** On the palmar side of the forearm, two finger widths above the wrist crease, excellent for nausea, anxiety, and chest pain.

Additional Important Points

- **SJ-3 (Yangxi):** Located on the dorsum of the hand, between the fourth and fifth metacarpal bones, used for headache and eye conditions.
- **SP-3 (Taibai):** On the medial side of the foot, but related to hand meridians through indirect connections, influencing digestive health.
- **Yin Tang:** Located between the eyebrows but often referenced in hand point charts due to its connection with the head and face.

Applications and Benefits of Using a Hand Acupuncture Points

Chart

Diagnostic Tool

Practitioners utilize the hand points chart to identify areas of tenderness, discoloration, or swelling that indicate underlying imbalances. The hand's microcosm representation of the body allows for quick assessment and targeted treatment.

Self-Care and Acupressure

Many people use hand acupressure techniques to manage stress, alleviate pain, or improve overall well-being. The chart serves as a guide for locating points that can be stimulated without the need for professional equipment.

Complementary Therapy

Hand acupuncture points are often integrated into broader treatment plans, including full-body acupuncture, massage therapy, and holistic health practices.

How to Read and Use a Hand Acupuncture Points Chart

Understanding the Layout

Most charts depict the dorsal (back) and palmar (palm) sides of the hand, highlighting meridians and specific points. Familiarity with anatomical landmarks like knuckles, creases, and bones helps in locating points accurately.

Key Tips for Effective Use

- Identify the Meridian: Know which meridian you're targeting based on the health issue.
- Locate Landmarks: Use bones, creases, and finger joints as reference points.
- Apply Consistent Pressure: Whether using acupressure or needles, apply gentle but firm stimulation.
- Follow Safety Guidelines: Especially for self-treatment, avoid areas with skin infections or open wounds.

Conclusion

A comprehensive hand acupuncture points chart is an invaluable resource for understanding the intricate network of meridians and acupoints on the hand. It bridges traditional knowledge with practical application, enabling both practitioners and self-healers to harness the power of acupressure and acupuncture for health promotion. By mastering the chart, you can better appreciate the interconnectedness of the body's energy system and utilize targeted point stimulation to support various aspects of physical and emotional well-being.

Additional Resources

- Books: "The Hand Book of Acupuncture" by David Hartman
- Online Charts and Diagrams: Various reputable TCM websites offer detailed hand acupuncture charts
- Training Courses: Certified acupuncture courses often include hands-on training with detailed charts

Remember, while self-treatment can be beneficial, consulting a qualified acupuncturist ensures safe and effective therapy tailored to individual health needs.

Frequently Asked Questions

What is a hand acupuncture points chart and how is it used?

A hand acupuncture points chart is a visual map that highlights specific acupuncture points located on the hand. It is used by practitioners to identify precise locations for needle insertion to promote healing and balance within the body, based on traditional Chinese medicine principles.

Which are the most commonly targeted acupuncture points on the hand?

Some of the most commonly targeted points include the LI4 (Hegu), located between the thumb and index finger, and the PC6 (Neiguan) on the inner wrist. These points are frequently used to address issues like pain, stress, and digestive problems.

Can a hand acupuncture points chart help in self-treatment?

Yes, a hand acupuncture points chart can guide individuals in self-massage or acupressure to alleviate minor ailments such as headaches or stress. However, for safe and effective treatment, consulting a trained acupuncturist is recommended.

How accurate is a hand acupuncture points chart for diagnosing health issues?

A hand acupuncture points chart is primarily a tool for treatment and stimulation rather than diagnosis. While it shows relevant points, accurate diagnosis of health issues should be performed by a qualified healthcare professional or licensed acupuncturist.

Are there specific hand acupuncture points used to improve mental health or emotional well-being?

Yes, points like LI4 (Hegu) and PC6 (Neiguan) are often used to help reduce stress, anxiety, and improve emotional balance. Stimulating these points can promote relaxation and mental clarity according to traditional Chinese medicine practices.

Additional Resources

Hand Acupuncture Points Chart: Unlocking the Body's Healing Potential Through the Hands

Introduction

Hand acupuncture points chart is a vital tool in traditional Chinese medicine (TCM) that maps out specific points on the hands believed to correspond to various organs and systems within the body. This detailed diagram serves as a guide for practitioners to stimulate these points, promoting healing, pain relief, and overall wellness. The hands, being highly sensitive and accessible, offer a practical and potent avenue for acupuncture therapy. As interest in holistic health and alternative medicine grows, understanding the hand acupuncture points chart becomes increasingly relevant—not only for practitioners but also for those seeking self-care techniques rooted in ancient wisdom.

The Significance of Hand Acupuncture in Traditional Chinese Medicine

Traditional Chinese Medicine has long recognized the hands as a microcosm of the entire body. The principles behind hand acupuncture are based on the meridian theory, which posits that energy, or "Qi," flows through specific pathways connecting different body parts. When these pathways are blocked or imbalanced, health issues may arise.

The hand acupuncture points chart is derived from the concept that stimulating certain points on the hands can influence corresponding organs and systems, restoring balance and promoting health. This approach offers a non-invasive, accessible, and effective method for addressing various ailments, from headaches to digestive issues.

Anatomy of the Hand Acupuncture Points Chart

Understanding the layout of the hand acupuncture points chart is fundamental for effective therapy. The chart divides the hand into specific regions, each associated with different body parts and functions.

Major Regions of the Hand in Acupuncture

- Thumb and Index Finger: Traditionally linked to the respiratory system and head region, including the brain, eyes, and sinuses.
- Middle and Ring Fingers: Correspond to the cardiovascular system, chest, and abdominal organs.
- Little Finger: Connected to the digestive system, including the stomach and intestines.
- Palm Area: Represents internal organs such as the liver, kidneys, and spleen.

Within these regions, specific points are identified based on anatomical landmarks, nerve endings, and meridian pathways.

Types of Acupuncture Points on the Hand

- Yuan Source Points: These are primary points that influence the corresponding organ's energy. For example, the LU-9 point on the thumb influences lung health.
- Shi (Extra) Points: Often used for specific conditions, these points are located at notable anatomical landmarks.
- Acu-Points (Trigger Points): Found along meridians, these are stimulated to relieve pain or restore energy flow.

Key Acupuncture Points on the Hand and Their Functions

Here are some of the most significant points on the hand, along with their traditional indications:

1. Lung Meridian Points (Hand Taiyin)

- LU-9 (Taiyuan): Located at the wrist crease, on the radial side of the radial artery. Known as the "Shuttle Vessel," it influences lung function, cough, and asthma.
- LU-10 (Yujie): On the thenar eminence, in the depression between the midpoint of the first metacarpal bone and the thenar muscle. Used for sore throat, cough, and heat in the lungs.

2. Large Intestine Meridian Points

- LI-4 (Hegu): Located between the thumb and index finger, in the tender fleshy part. It is a powerful point for pain relief and immune boosting.
- LI-11 (Quchi): On the lateral end of the elbow crease but sometimes referenced in hand charts for its

connection to the hand.

3. Pericardium Meridian Points

- PC-8 (Laogong): Center of the palm, between the second and third metacarpal bones. It governs heart health, emotional balance, and chest pain.
- PC-7 (Daling): Located at the wrist crease, in the middle of the transverse crease, influencing mood and mental clarity.

4. Heart Meridian Points

- HT-7 (Shenmen): At the wrist, on the radial side of the flexor carpi ulnaris tendon. Used to calm the mind, treat insomnia, and regulate heart function.

5. Stomach Meridian Points

- ST-36 (Zusanli): Although on the leg, some hand charts include points like ST-42, located on the dorsum of the foot, which can be stimulated via hand techniques to influence stomach health indirectly.

6. Additional Noteworthy Points

- Shenmen Point: Located on the little finger, at the tip, often used in auricular and hand therapy to calm the mind.
- Spleen Meridian Points: Found on the palm and side of the thumb, influencing digestion and blood production.

Application of the Hand Acupuncture Points Chart in Practice

The practical use of the hand acupuncture points chart involves identifying the correct points for targeted therapy. Here's how practitioners typically proceed:

Step 1: Diagnosis and Mapping

- Conduct a thorough assessment of the patient's symptoms and health history.
- Refer to the hand acupuncture points chart to locate relevant points associated with the affected area or system.

Step 2: Stimulation Techniques

- Needling: Inserting fine needles into specific points to stimulate energy flow.
- Acupressure: Applying finger pressure to points for self-care or during treatment sessions.
- Moxibustion: Using heat generated by burning mugwort on or near points.
- Laser or Electrical Stimulation: Non-invasive methods to activate points.

Step 3: Treatment and Follow-up

- Sessions typically last 20-30 minutes.
- Multiple sessions may be necessary for chronic conditions.

- Patients are often encouraged to practice acupressure at home, utilizing the hand acupuncture points chart as a guide.

Benefits of Using the Hand Acupuncture Points Chart

The hand-based approach offers several advantages:

- Accessibility: Hands are easily reachable, making self-treatment feasible.
- Minimal Discomfort: Techniques like acupressure or gentle massage are pain-free.
- Time-Efficient: Quick identification and stimulation of points.
- Holistic Approach: Addresses multiple symptoms simultaneously due to interconnected meridians.

Common Conditions Treated with Hand Acupuncture Points

- Headaches and migraines
- Respiratory issues like asthma and bronchitis
- Digestive issues, including bloating and constipation
- Emotional imbalances, anxiety, and insomnia
- Pain management, including arthritis and muscular pain

Limitations and Considerations

While the hand acupuncture points chart is a powerful tool, it's essential to approach it with an understanding of its limitations:

- Not a Substitute for Medical Care: Serious conditions require professional diagnosis and treatment.
- Individual Variability: Responses to stimulation can differ based on constitution and health status.
- Proper Technique Essential: Incorrect stimulation may reduce effectiveness or cause discomfort.
- Complementary Use: Best used alongside other therapies and lifestyle adjustments.

Future Trends and Innovations

Modern research continues to explore the scientific basis of hand acupuncture, with studies investigating neurophysiological responses and the role of the skin's nerve endings. Technological advances like digital hand charts, mobile apps, and wearable devices are making it easier for practitioners and individuals to identify and stimulate points accurately.

Some innovations include:

- 3D Interactive Hand Models: For precise point location.
- Self-Help Guides: Empowering patients to incorporate acupressure into daily routines.
- Integration with Telemedicine: Remote guidance on hand acupuncture techniques.

Conclusion

The hand acupuncture points chart embodies a fascinating blend of ancient wisdom and modern accessibility. By mapping specific points on the hands that influence the entire body, it provides a practical framework for holistic healing. Whether used by seasoned acupuncturists or individuals seeking natural remedies, understanding this chart opens the door to a gentle yet effective approach to health management. As research and technology evolve, the potential of hand acupuncture as a mainstream complementary therapy continues to expand, promising new avenues for wellness rooted in the timeless art of Chinese medicine.

Hand Acupuncture Points Chart

hand acupuncture points chart: *Micro-Acupuncture in Practice* Yajuan Wang, 2008-05-14
Unique and comprehensive, this resource thoroughly discusses the various micro-acupuncture systems with clear and clinically useful information for practice, including styles of practice throughout the world, overviews of each system, and treatment for common disorders. All micro systems are covered, including information on point locations and functions. Treatment protocols are given for more than 50 common diseases and conditions, providing the tools necessary for the most effective treatment of patients. The book's readability, evidence-based approach, excellent organization, detailed illustrations, comprehensive coverage of all micro-systems, and practical therapeutic treatment guidelines for commonly seen conditions make it an essential for anyone treating patients with acupuncture. Covers all micro-acupuncture systems, including point locations and functions, providing you with a wide variety of clinical tools - all in one reference. Treatment protocols for more than 50 conditions, listed alphabetically for quick reference. Logically organized, with consistent coverage of introductory material, micro-systems, and treatment protocols. Clear and detailed illustrations and photos that show locations of acupuncture points and each micro-system's relationship to the body, enhancing your understanding of treatment techniques. Based on current research with evidence behind the systems to ensure you are using the most authoritative information in the field. Author Yajuan Wang, an instructor at a major naturopathic university, has more than 20 years of clinical experience.

hand acupuncture points chart: Acupuncture for Pain Management Yuan-Chi Lin, Eric Shen-Zen Hsu, 2013-09-15
Acupuncture for Pain Management is intended as the premier resource for learning the fundamentals of the art of medical acupuncture. Edited by top pain medicine specialists at Harvard and UCLA, and based on their popular annual workshop at the American Society for Anesthesiologists, the book is the perfect synthesis of Western and Chinese medicine. Anesthesiologists, pain medicine specialists, primary care physicians, osteopaths, neurologists, psychiatrists, physical medicine and rehabilitation specialists, and other health professionals looking to add acupuncture to their repertoire will benefit from the concise and practical approach of the book. Features: Each individual meridian discussed in detail Acupuncture for 25 clinical conditions,

including headache, menstrual pain, low back pain, insomnia, and more. Aimed at acupuncturists as well as practitioners who want to add acupuncture to their clinical armamentarium.

hand acupuncture points chart: *Translational Acupuncture Research* Ying Xia, 2019-05-28
Written by many scientists and clinicians from China, USA, Canada and other countries, this monograph discusses translational research on acupuncture. Besides general topics on acupuncture practice (e.g., different styles and techniques of acupuncture), topics include some refractory diseases such as chronic fatigue syndrome, Parkinson's disease, cardiovascular dysfunction, chronic pain, post-concussion syndrome and post-traumatic stress disorder and cancer-related symptoms. The factors influencing acupuncture research are comprehensively addressed in the final chapter. This unique book provides a translational perspective on modern acupuncture for not only acupuncturists, but also neuroscientists, neurologists, and other clinicians. For medical students and undergraduate and graduate students majoring in biology, this book is an advanced course for learning the progress in alternative and complementary Medicine.

hand acupuncture points chart: Acupuncture within Health Sciences Nimit Naik, 2025-01-23
Acupuncture bridges ancient wisdom and modern science, offering proven therapeutic benefits for a wide range of ailments. In *Acupuncture within Health Sciences*, we explore the scientific basis of acupuncture and its applications in healthcare. This book covers essential topics such as acupuncture techniques, trigger points, treatment preparation, and evidence-based practices. We also address common misconceptions and provide clear, practical guidance for professionals and enthusiasts alike. Designed for healthcare practitioners, students, and anyone curious about acupuncture, this book is a valuable resource for understanding its therapeutic potential. By combining traditional practices with modern insights, it empowers readers to explore the role of acupuncture in improving health and well-being.

hand acupuncture points chart: Auricular Therapy Bryan L. Frank, Nader E. Soliman, 2006
Although most of the world approaches Auricular Therapy from a simplistic single-phase model, understanding the advanced Phases 2 and 3 are critical to improving patient response, especially in chronic, inflammatory and degenerative conditions. Further, understanding the concepts of advanced Auricular Therapy enables the clinician to enhance his/her understanding of the patient's pathophysiology and thus to approach the patient as a true clinician rather than as simply a technician.

hand acupuncture points chart: Books for Inner Development Cris Popenoe, 1976

hand acupuncture points chart: Acupuncture Therapy for Neurological Diseases Ying Xia, Xiaoding Cao, Gen-Cheng Wu, Jieshi Cheng, 2010-09-08
Acupuncture therapy has been practiced in China and other Asian countries for more than two thousand years. Modern clinical research has confirmed the impressive therapeutic effect of acupuncture on numerous human ailments, such as controlling pain, nausea, and vomiting. However, the biological mechanisms of acupuncture are still under debate. In Traditional Chinese Medicine (TCM), the mechanism of acupuncture therapy is explained by a meridian model. According to this model, acupuncture is believed to treat the diseased organs by modulating two conditions known as Yin and Yang, which represent all the opposite principles that people find in the universe, both inside and outside the human body. Yin and Yang complement each other, and are subjected to changes between each other. The balance of Yin and Yang is thought to be maintained by Qi, an energy substance flowing constantly through the meridian, a network connecting all the organs of the body. The illness, according to this theory, is the temporary dominance of one principle over the other, owing to the blockade of the Qi from flowing through the meridian under certain circumstance. The axiom of "No stagnation, No pain" in TCM summarizes this concept. Thus, the goal of acupuncture treatment is to restore the balance of Yin and Yang conditions in the diseased organ(s). This theory has been considered to be useful to guide this ancient therapy, such as carrying out diagnosis, deciding on the principle, and selecting the acupoints.

hand acupuncture points chart: Hand Acupuncture Sumiko Knudsen, 2022-01-12
The hand is closely connected with other parts of the body in a common internal environment. Hand therapy used

to perform early diagnosis and treatment. This book guides you by the principles governing the treatment and combination of points of Acupuncture, and it lets you find easily acupuncture points of diseases. This book is for Acupuncture students and practitioners.

hand acupuncture points chart: Did Adam and Eve Have Navels?: Debunking Pseudoscience Martin Gardner, 2001-10-17 [Gardner] zaps his targets with laserlike precision and wit.—Entertainment Weekly Martin Gardner is perhaps the wittiest, most devastating unmasker of scientific fraud and intellectual chicanery of our time. Here he muses on topics as diverse as numerology, New Age anthropology, and the late Senator Claiborne Pell's obsession with UFOs, as he mines Americans' seemingly inexhaustible appetite for bad science. Gardner's funny, brilliantly unsettling exposés of reflexology and urine therapy should be required reading for anyone interested in alternative medicine. In a world increasingly tilted toward superstition, *Did Adam and Eve Have Navels?* will give those of us who prize logic and common sense immense solace and inspiration. Gardner is a national treasure...I wish [this] could be made compulsory reading in every high school—and in Congress.—Arthur C. Clarke Nobody alive has done more than Gardner to spread the understanding and appreciation of mathematics, and to dispel superstition.— The New Criterion, John Derbyshire

hand acupuncture points chart: *Acu-Moxa Point Chart ... and Channel charts of the pregnant woman with monthly prohibitions* AHMED A. RAWWASH, 2024-09-14 One of the core focuses of the book is the detailed examination of the major moxibustion points Through ancient Chinese medicine. It covers a wide range of points, organized by their anatomical locations and associated meridians. For each point, the book delves into the following key aspects: Point identification and location: Precise anatomical descriptions and illustrations to help practitioners accurately locate the points on the body. Therapeutic functions: Explanations of the specific health conditions and symptoms that can be addressed by stimulating these moxibustion points. Moxa application techniques: Detailed instructions on the appropriate moxibustion methods, such as direct, indirect, or warming techniques, to be applied at each point. *Acu-moxa point chart*, from *Chuanwu lingji lu* (Record of Sovereign Teachings), by Zhang Youheng, a treatise on acu-moxa in two volumes. This work survives only in a manuscript draft, completed in 1869 (8th year of the Tongzhi reign period of the Qing dynasty). It is illustrated with 84 charts, finely executed in colour. *Acu-moxa chart* By Luo Shaoji Library of Zhongguo zhongyi yanjiu yuan (China Academy of Traditional Chinese Medicine) *Shou li lu congshu: Jingmai fentu* (Individual Charts of the Channels, in the 'Ancient Oak Hut' series) Wu Zhiying (Qing period, 1644-1911) Published: 1920 *Ishinpo book [Yi xin fang]* (Remedies at the Heart of Medicine), by the Japanese author Yasuyori Tanba. Completed in 984 (2nd year of the Eikan era), *Juan* (volume) 22, *Renfu maitu yuejingfa* (Channel charts of the pregnant woman with monthly prohibitions), Section 1, contains ten acupuncture prohibition charts, one for each month of gestation.

hand acupuncture points chart: Thai Massage & Thai Healing Arts Bob Haddad, 2013-09-24 This fascinating anthology presents a much wider scope than other books on Thai massage, and uncovers a wealth of previously unavailable information on the historical, spiritual, and cultural connections to this powerful healing art. Topics include ways to refine and maintain a healthy practice, breathwork and body mechanics, self-protection techniques, reading body language, acupressure concepts, and Thai herbal compress therapy. The spiritual and cultural section offers modern translations of ancient texts, Indian and Buddhist influences, magic amulets and sacred tattoos, and accessory modalities such as *reusi dat ton* (stretching) and *tok sen* (hammering therapy). Rounding out this thorough text, the final section features essays about actual practice with clients, written by therapists and teachers from around the world. The extensive experience and information provided in this reference book is invaluable to students or practitioners who wish to deepen their personal and professional understanding of traditional Thai healing arts.

hand acupuncture points chart: Did Adam and Eve Have Navels? Martin Gardner, 2000 A witty critique of New Age beliefs and scientific fraud. Topics debunked include paranormal events, Freud's theory of dreams, shamanism and UFOs. As well as providing laughter for sceptics, the book

will also give solace and inspiration to those who prize logic and common sense.

hand acupuncture points chart: *Prayer for People who Can't Sit Still* ,

hand acupuncture points chart: *Spa Management* , 2001

hand acupuncture points chart: *Aro - Healing Touching Lives - Theories, Techniques and Therapies* Lynette Barnard, 2014-07-14 CHAPTER 1: Definition and Outline OVERVIEW The Founding History of Aro-healing MASSAGES, THERAPIES, TREATMENTS Governing Bodies, Mission and Company Profile The Role of Massage, The Aro-healing Technique The Role of Touch, The Aro- Touch Technique, Aro-Reflex Stimulation Therapy What is Aro-healing, Advantages of using Aro-health massages Professional Massages Significance of Aro-healing Contents for Chapter 2: Whole Medical Systems Influencing the Body, Influencing the Mind, History of Massage, Massage Therapy, Massage as a way of relieving stress Different Types of Massage Therapies Different Types of Massage and Touch Therapy Techniques Therapy Discussion: Aromatherapy, Essential Oils (100 percent pure) Reflexology, How does it work, Can Reflexology do any harm Traditional Thai foot massage, Do you do traditional Thai foot massage, Possible reactions, Contraindications Acupressure, Acupressure is part of a Traditional Chinese System of Medicine Whole Medical Systems: In which Category does it Belong? 3 Categories. Conventional Medicine, Complementary and Alternative Medicine and Whole Medical Systems. Whole Medical Systems: Acupuncture, The difference between acupuncture and acupressure, Acupuncture facts Ayurveda, Ayurveda mind and body type, Ayurvedic massage, Ayurvedic Oils and Medicines Traditional Chinese Medicine (TCM), Chinese Materia Medica, The diagnostic tools differ from those of conventional medicine Herbalism Herbology (Phytotherapy), Anthropology of Herbalism Naturopathy, 6 principles form the basis of Naturopathy, Natural treatment approaches; Homeopathy, Regulation of Homeopathic Treatments, Side Effects and Risks; Aro-healing Revised Complimentary Therapy (ARC), Aro-Technique Products and Product Ranges, Oils used by Aro-healing Therapy Discussions for Chapter 2: Aromatherapy is an ancient healing art which uses essential oils Reflexology An alternative medicine method Traditional Thai foot massage Based on Traditional Chinese massage of the feet Acupressure An ancient Chinese technique based on the principles of Acupuncture Acupuncture An ancient Chinese technique that works by releasing the body's vital energy, known as Chi Ayurveda In India, Ayurvedic medicine has complex formulas to balance Vata, Pitta or Kapha Traditional Chinese Medicine (TCM) Uses a number of therapeutic approaches such as acupuncture and moxibustion, herbs and other natural products, and massage Herbalism Herbology (Phytotherapy) The study and use of medicinal properties of plants and plant extracts Naturopathy Ancient and modern therapies from other traditions Homeopathy A complete system of medical theory and practice Aro-healing Revised Complimentary Therapy (ARC) Aro-healing, Aro-healing Massage Therapy Contents for Chapter 3: Aro-Technique Products Why is an Aro-Technique Product different from other products; What does 'cold pressed' or 'first cold compressed' mean; Benefits of using ARO-TECHNIQUE PRODUCTS The Role of Aro-Technique Products and Product Ranges: Discussions from Newsletters; DEMONSTRATIONS AND DISCUSSIONS AT LAUNCHES AND PROMOTIONS The Role of 100 Percent Pure Aromatic Essential Oils; The Role of Aromachology and Somatology; Aromachology and Aromatherapy both promote the positive effects of fragrance on mood How to use essential oils; MASSAGE AROMATHERAPY, MEDICAL AROMATHERAPY, OLFACTORY AROMATHERAPY and COSMETIC AROMATHERAPY The Aro-Recipe Specimen; (All Aro-Technique Products and Product Ranges are trademarked The Role of the Website Presence; Aro-Technique Products that can be ordered through Aro-healing's website: (<http://www.aro-healing.com>); Website Products Online Shop; Review: Permonlie Anti-wrinkle Cream - Guide on available anti-wrinkle products Massage Oils Other Massage Oils General information on facial massage Nappy rash Customer Reviews Definitions of barrier cream Usage - Key Points How do I tr

hand acupuncture points chart: Fundamentals of Chinese Acupuncture Andrew Ellis, Nigel Wiseman, Ken Boss, 1991 Introduces the principles and techniques of the ancient Chinese healing art of acupuncture.

hand acupuncture points chart: The Fundamentals of Acupuncture Nigel Ching,

2016-09-21 A fantastically readable guide to Chinese Medicine, this illustrated textbook covers the basic foundations and principles of acupuncture and TCM. Nigel Ching covers everything from the theories of yin and yang to point functions and needling techniques.

hand acupuncture points chart: *The 'Mystical' Tcm Triple Energizer* Dr. Louis Gordon, 2016-09-22 The mystery is solved! The actual location, composition, and morphology of the mysterious TCM triple energizer (San Jiao) organ will surprise you. Numerous recent scientific research findings confirm ancient TCM philosophy was eons ahead of its time. This book discusses newly discovered organ systems (Primo Vascular System, the gut microbiome, the omnipresent neuromyofascial metasystem, endocrine function of fat) and how they affect the Triple Energizer. This book elucidates the actual location, composition, and morphology of the Triple Energizer as expressed by modern scientific discovery, and evidence is presented to show how the Triple Energizer functions and why it has remained hidden all this time. Those who believe that the Triple Burner has a name but no form will be truly amazed as to its actual location and its actual form. Numerous other practical TCM concepts are discussed. A blastocyst grown on a petri dish in 1977 resulted in the very first IVF baby, Louise Brown. Commenting on the Nan Ching, Yeh Lin described the blastocyst when he said, It is the utensil that stores and transforms the essence, and it is the place to which the womb, which conceives the embryo, is tied. Thus, it is the origin of mans life. Hence, it is called gate of life. Commenting on Nan Ching, Y Shu said, The spleen takes in the five tastes. It transforms them to produce the five influences . . . and to make flesh and skin grow. Since about 2005, researchers have been astonished to find scent receptors and the five known taste sensors throughout the body smelling and tasting things deep inside of us. These taste and odor receptors have been found in the kidneys, stomach, intestines, pancreas, lungs, brain, spine, bladder, sinuses, muscle tissue, and even the anus. Bitter taste receptors have been found in sperm. Researchers believe these receptors are distributed throughout the entire vascular system. As the Heart controls the blood vessels in TCM, it makes perfect sense that the Heart masters the odors, exactly as ancient TCM scholars state.

hand acupuncture points chart: *Body Maps* Lan A. Li, 2025-04-15 A historical and cultural study of how representing invisible anatomical structures has reshaped our understanding of human anatomy. In *Body Maps*, Lan A. Li unveils a rich history of the hidden landscapes of the human body. This compelling study explores the world of invisible anatomy, explaining how hand-drawn body maps have shaped our understanding of the human form across cultures and centuries. From the meridian charts in East Asian medicine to neurophysiological illustrations, *Body Maps* traces the evolution of anatomical representation from the tenth to the twentieth centuries. Drawing on case studies across time and place, from Kaifeng to Dejima and from Beijing to Berlin, Li expertly navigates the complex interplay between Eastern and Western medical traditions. At the heart of this history remains a perennial mystery: How did representations of jingluo (meridians) become intertwined with—and sometimes subsumed by—concepts of nervous anatomy? By examining the graphic history of these invisible structures, *Body Maps* challenges our assumptions about the stability of medical knowledge and invites us to reconsider the nature of anatomical reality. Each chapter opens with a single image and explores how practitioners negotiated between materiality and metaphor, with the nature of the body and the symbols used to represent it. *Body Maps* is a thought-provoking exploration of how images shape our understanding of the world. By bringing together insights from the history of science, postcolonial studies, art history, Chinese studies, critical cartography, and medical anthropology, Li offers a fresh perspective on the cultures of objectivity that have defined our approach to the human body.

hand acupuncture points chart: *Our Inner Ocean* LeCain W. Smith, 2014-08-12 Good health is something we all aspire to, but its so much more than just being free of disease. A perfectly functioning body, tranquil mind, and vibrant spirit working together harmoniously create the joy and happiness that put the good in good health and the worth into a life worth living. *Our Inner Ocean* describes ancient and new holistic modalities of practitioner-applied bodywork and revitalizing self-care practices. These illuminate our human potential and awaken our ability to attain and

maintain perfect health and well-being. These modalities act as a springboard from which to dive into our inner ocean the realm of wisdom within that is entered by making the body, breath, and energy our allies. This mystical space of awareness, intuition, peace, and love can become the resting place of the spirit, subtly working its magic on ourselves and others. Bodywork has long been recognized as a way to help people feel better physically, but the magic of touch can also help us tap in to the wisdom of the body, discover the power of the energy that permeates it, and evoke its innate healing ability. Self-care practices such as yoga, qi gong, breathwork, and meditation help us become our own healers. When we pass through these portals into the inner ocean, we can reduce stress and pain, release blockages, prevent and resolve dysfunctions, and ignite our spiritual nature. And in doing so, we make the world a better place.

Related to hand acupuncture points chart

Hand - Wikipedia A hand is a prehensile, multi-fingered appendage located at the end of the forearm or forelimb of primates such as humans, chimpanzees, monkeys, and lemurs

Hand | Definition, Anatomy, Bones, Diagram, & Facts | Britannica Hand, grasping organ at the end of the forelimb of certain vertebrates that exhibits great mobility and flexibility in the digits and in the whole organ. It is made up of the wrist joint,

Complete Guide to Hand Anatomy: Parts, Names & Diagram In this article, we will examine the various parts of the hand, their functions, and their significance in everyday life. This article also provides a detailed overview of anatomy of

Anatomy of the Hand - Johns Hopkins Medicine Numerous muscles, ligaments, tendons, and sheaths can be found within the hand. The muscles are the structures that can contract, allowing movement of the bones in the hand

Anatomy of the Hand & Wrist: Bones, Muscles & Ligaments Think about your hand and wrist like a crane game at an arcade. Your hand is the claw that grabs and holds prizes, and your wrist is the mechanical joint that lets the claw move

HAND Definition & Meaning - Merriam-Webster The meaning of HAND is the terminal part of the vertebrate forelimb when modified (as in humans) as a grasping organ : the body part at the end of the arm of a human, ape, or monkey

Hand Anatomy: Bones, muscles, arteries and nerves | Kenhub Learn everything about hand and wrist anatomy using this topic page. Click now to study the bones, muscles, arteries, and nerves of the hand at Kenhub!

HAND | English meaning - Cambridge Dictionary HAND definition: 1. the part of the body at the end of the arm that is used for holding, moving, touching, and. Learn more

Anatomy of the Hand, Wrist, and Forearm - Hand Education To understand conditions affecting the hand, wrist, and forearm, an understanding of hand anatomy is required. The hand and associated anatomical structures are made up of bones,

Hand - definition of hand by The Free Dictionary a. To give (the ball) directly to a teammate, as in football. Often used with off. b. To carry, strike, or propel (the ball) with the hand or arm in violation of the rules in soccer

Hand - Wikipedia A hand is a prehensile, multi-fingered appendage located at the end of the forearm or forelimb of primates such as humans, chimpanzees, monkeys, and lemurs

Hand | Definition, Anatomy, Bones, Diagram, & Facts | Britannica Hand, grasping organ at the end of the forelimb of certain vertebrates that exhibits great mobility and flexibility in the digits and in the whole organ. It is made up of the wrist joint,

Complete Guide to Hand Anatomy: Parts, Names & Diagram In this article, we will examine the various parts of the hand, their functions, and their significance in everyday life. This article also provides a detailed overview of anatomy of

Anatomy of the Hand - Johns Hopkins Medicine Numerous muscles, ligaments, tendons, and sheaths can be found within the hand. The muscles are the structures that can contract, allowing movement of the bones in the hand

Anatomy of the Hand & Wrist: Bones, Muscles & Ligaments Think about your hand and wrist like a crane game at an arcade. Your hand is the claw that grabs and holds prizes, and your wrist is the mechanical joint that lets the claw move

HAND Definition & Meaning - Merriam-Webster The meaning of HAND is the terminal part of the vertebrate forelimb when modified (as in humans) as a grasping organ : the body part at the end of the arm of a human, ape, or monkey

Hand Anatomy: Bones, muscles, arteries and nerves | Kenhub Learn everything about hand and wrist anatomy using this topic page. Click now to study the bones, muscles, arteries, and nerves of the hand at Kenhub!

HAND | English meaning - Cambridge Dictionary HAND definition: 1. the part of the body at the end of the arm that is used for holding, moving, touching, and. Learn more

Anatomy of the Hand, Wrist, and Forearm - Hand Education To understand conditions affecting the hand, wrist, and forearm, an understanding of hand anatomy is required. The hand and associated anatomical structures are made up of bones,

Hand - definition of hand by The Free Dictionary a. To give (the ball) directly to a teammate, as in football. Often used with off. b. To carry, strike, or propel (the ball) with the hand or arm in violation of the rules in soccer

Hand - Wikipedia A hand is a prehensile, multi-fingered appendage located at the end of the forearm or forelimb of primates such as humans, chimpanzees, monkeys, and lemurs

Hand | Definition, Anatomy, Bones, Diagram, & Facts | Britannica Hand, grasping organ at the end of the forelimb of certain vertebrates that exhibits great mobility and flexibility in the digits and in the whole organ. It is made up of the wrist joint,

Complete Guide to Hand Anatomy: Parts, Names & Diagram In this article, we will examine the various parts of the hand, their functions, and their significance in everyday life. This article also provides a detailed overview of anatomy of

Anatomy of the Hand - Johns Hopkins Medicine Numerous muscles, ligaments, tendons, and sheaths can be found within the hand. The muscles are the structures that can contract, allowing movement of the bones in the hand

Anatomy of the Hand & Wrist: Bones, Muscles & Ligaments Think about your hand and wrist like a crane game at an arcade. Your hand is the claw that grabs and holds prizes, and your wrist is the mechanical joint that lets the claw move

HAND Definition & Meaning - Merriam-Webster The meaning of HAND is the terminal part of the vertebrate forelimb when modified (as in humans) as a grasping organ : the body part at the end of the arm of a human, ape, or monkey

Hand Anatomy: Bones, muscles, arteries and nerves | Kenhub Learn everything about hand and wrist anatomy using this topic page. Click now to study the bones, muscles, arteries, and nerves of the hand at Kenhub!

HAND | English meaning - Cambridge Dictionary HAND definition: 1. the part of the body at the end of the arm that is used for holding, moving, touching, and. Learn more

Anatomy of the Hand, Wrist, and Forearm - Hand Education To understand conditions affecting the hand, wrist, and forearm, an understanding of hand anatomy is required. The hand and associated anatomical structures are made up of bones,

Hand - definition of hand by The Free Dictionary a. To give (the ball) directly to a teammate, as in football. Often used with off. b. To carry, strike, or propel (the ball) with the hand or arm in violation of the rules in soccer

Hand - Wikipedia A hand is a prehensile, multi-fingered appendage located at the end of the forearm or forelimb of primates such as humans, chimpanzees, monkeys, and lemurs

Hand | Definition, Anatomy, Bones, Diagram, & Facts | Britannica Hand, grasping organ at the end of the forelimb of certain vertebrates that exhibits great mobility and flexibility in the digits and in the whole organ. It is made up of the wrist joint,

Complete Guide to Hand Anatomy: Parts, Names & Diagram In this article, we will examine

the various parts of the hand, their functions, and their significance in everyday life. This article also provides a detailed overview of anatomy of

Anatomy of the Hand - Johns Hopkins Medicine Numerous muscles, ligaments, tendons, and sheaths can be found within the hand. The muscles are the structures that can contract, allowing movement of the bones in the hand

Anatomy of the Hand & Wrist: Bones, Muscles & Ligaments Think about your hand and wrist like a crane game at an arcade. Your hand is the claw that grabs and holds prizes, and your wrist is the mechanical joint that lets the claw move

HAND Definition & Meaning - Merriam-Webster The meaning of HAND is the terminal part of the vertebrate forelimb when modified (as in humans) as a grasping organ : the body part at the end of the arm of a human, ape, or monkey

Hand Anatomy: Bones, muscles, arteries and nerves | Kenhub Learn everything about hand and wrist anatomy using this topic page. Click now to study the bones, muscles, arteries, and nerves of the hand at Kenhub!

HAND | English meaning - Cambridge Dictionary HAND definition: 1. the part of the body at the end of the arm that is used for holding, moving, touching, and. Learn more

Anatomy of the Hand, Wrist, and Forearm - Hand Education To understand conditions affecting the hand, wrist, and forearm, an understanding of hand anatomy is required. The hand and associated anatomical structures are made up of bones,

Hand - definition of hand by The Free Dictionary a. To give (the ball) directly to a teammate, as in football. Often used with off. b. To carry, strike, or propel (the ball) with the hand or arm in violation of the rules in soccer

Related to hand acupuncture points chart

Stimulating Pressure Points for Migraine Relief (Healthline1y) Acupressure, which involves applying pressure to specific points on the body, may offer relief from migraine episodes and have fewer side effects compared to traditional treatments. Specific pressure

Stimulating Pressure Points for Migraine Relief (Healthline1y) Acupressure, which involves applying pressure to specific points on the body, may offer relief from migraine episodes and have fewer side effects compared to traditional treatments. Specific pressure

Related Articles

- [kindergarten curriculum florida](#)
- [diphthongs word list](#)
- [brainpop earthquakes](#)

[Back to Home](#)