

Acupuncture hand points chart

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Acupuncture and Acupressure: Unlocking the Power of Pressure Points**

Introduction

Acupuncture and acupressure, ancient healing practices rooted in Traditional Chinese Medicine, utilize pressure points to promote balance and well-being. These points are believed to regulate energy flow, known as Qi, through the body's meridians, which are pathways that connect various organs and systems.

5 Main Acupuncture Points

1. **ST36:** Located below the kneecap, this point strengthens the stomach and spleen.
2. **LI4:** On the back of the hand, between the thumb and index finger, this point relieves headaches and tension.
3. **SP6:** Located on the inner ankle, this point promotes digestion and fertility.
4. **GB34:** Positioned on the side of the calf, this point treats lower back pain and sciatica.
5. **CV4:** On the lower abdomen, this point nourishes the body and strengthens the immune system.

B2 Pressure Point

The B2 pressure point, also known as the Diphtheria Point, is located on the foot near the big toe. It is believed to alleviate headaches, nausea, and dizziness.

14 Acupressure Points

1. **Large Intestine 4 (LI4):** Relieves headaches and tension

2. **Pericardium 6 (P6):** Calms anxiety and nausea
3. **Spleen 6 (SP6):** Aids digestion and fertility
4. **Stomach 36 (ST36):** Strengthens the stomach and spleen
5. **Kidney 1 (K1):** Supports the kidneys and relieves back pain
6. **Liver 3 (LV3):** Regulates menstruation and liver function
7. **Gallbladder 21 (GB21):** Relieves shoulder tension and headaches
8. **Governing Vessel 20 (GV20):** Calms the mind and reduces stress
9. **Bladder 60 (BL60):** Treats sciatica and knee pain
10. **Urinary Bladder 23 (UB23):** Soothes urinary tract discomfort
11. **Large Intestine 11 (LI11):** Alleviates elbow pain and tennis elbow
12. **Small Intestine 3 (SI3):** Improves shoulder mobility
13. **Triple Heater 3 (TH3):** Reduces fever and colds
14. **Conception Vessel 8 (CV8):** Nourishes yin and increases vitality

Acupuncture Points in the Hand

The hand contains several acupuncture points:

- **LI4:** Relieves headaches and tension
- **P6:** Calms anxiety and nausea
- **LU10:** Treats lung conditions and asthma
- **SJ5:** Alleviates wrist and thumb pain
- **HT7:** Controls heart rate and insomnia

Five Forbidden Acupuncture Points

These points are considered potentially dangerous and should only be used by experienced practitioners:

1. GV26
2. CV12
3. BL67
4. LI15
5. SP8

7 Acupuncture Point

This point, located on the lower back, is believed to regulate kidney function and relieve lower back pain.

Most Painful Pressure Point

The most painful pressure point is subjective, but some of the more sensitive points include the piriformis trigger point on the buttocks and the CV12 point on the abdomen.

Do Pressure Points Really Work?

Research suggests that pressure points have a physiological effect on the body, influencing nerve activity, hormonal balance, and blood flow.

Can Pressure Points Paralyze?

While highly unlikely, it is possible that applying excessive pressure to certain points, especially on the neck and spine, could result in temporary paralysis.

How to Memorize Acupuncture Points

Effective memorization techniques include:

- Visualizing the points on a body chart
- Reciting point names and locations aloud
- Associating points with specific body functions or symptoms

Most Famous Acupressure Point

LI4, located between the thumb and index finger, is the most widely known and used acupressure point for relieving headaches and tension.

20 Acupuncture Point

This point, located on the abdomen, is believed to strengthen the digestive system and improve digestion.

What to Press to Fall Asleep?

- HT7: Located on the wrist, it helps regulate sleep and reduces insomnia.
- CV8: Located on the lower abdomen, it nourishes yin and promotes relaxation.

Acupuncture Points for Inflammation

- SP6: Reduces inflammation in the digestive system
- LI11: Alleviates inflammation in the elbows
- SJ5: Soothes inflammation in the wrists and hands

How to Choose Acupuncture Points

Acupuncture points are selected based on the individual's symptoms, diagnosis, and constitution. An experienced practitioner will assess the patient and determine the appropriate points to treat.

Which Acupuncture Points Hurt the Most?

The sensitivity of acupuncture points varies. Some of the more painful points include the BL60 point on the back and the CV12 point on the abdomen.

Who Should Avoid Acupuncture?

Individuals with certain health conditions, such as a bleeding disorder or pacemaker, should consult with their doctor before receiving acupuncture.

Ghost Points in Acupuncture

Ghost points are acupuncture points that are not located on the meridians but are still believed to be effective. They are typically used to treat specific conditions or symptoms.

Secret of Acupuncture

The secret of acupuncture lies in its ability to regulate Qi and restore balance to the body. It is a holistic approach that addresses both physical and emotional health.

Buddha Acupuncture Points

Buddha acupuncture points are located on the head and neck and are believed to have a calming and meditative effect.

Do Acupuncture Points Work?

Clinical research has shown that acupuncture can alleviate pain, improve sleep, and reduce stress, among other benefits.

5 Principles of Acupuncture

1. Qi and Blood Theory
2. Meridian Theory
3. Yin and Yang Theory
4. Five Elements Theory
5. Zang-Fu Organ Theory

Most Beneficial Acupuncture Points

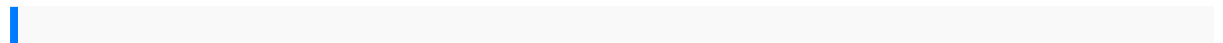
The most beneficial acupuncture points vary depending on the individual's needs. However, some commonly used points include ST36, LI4, SP6, and GB34.

5 Needle Protocol Acupuncture

This acupuncture technique uses five needles in a specific pattern to promote balance and address various health conditions.

Law of 5 Elements Acupuncture

This acupuncture theory associates each meridian with one of the five elements (Wood, Fire, Earth, Metal, Water) to guide point selection and treatment.



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