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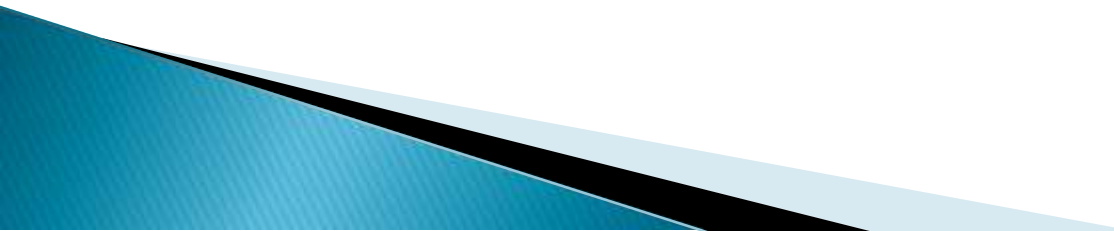
Qi, Wind & the Body

WHAT IS QI?



- ❑ **Qi** can be translated as “air” or “breath” (for example, a modern Chinese term meaning “weather” is *tianqi* 天气, or the “breath of heaven”). Commonly use term: *Qi* or *Chi*.
- ❑ This understanding is echoed in its etymology, where the *qi* ideogram represent moving clouds in the sky 气, and (in its traditional form 氣) “steam rising from rice 米 as it cooks.”

WHAT IS QI?

- ❑ In Chinese pre-history, this invisible, energetic force was identified as an energy that motivates all changes.
 - ❑ In the beginning there was one abstract principle, which was the first cause of all existence. Its breath produced the Yin and Yang principles. The energy vitalizing this change is *Qi*.
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WHAT IS QI?

- ❑ **Qi** is a fundamental concept of traditional Chinese culture: imbedded in philosophy, geomancy, painting, martial arts, medicine etc.
- ❑ **Qi** is believed to be part of everything that exists, as a “life force” or “spiritual energy” that pervades the natural world.
- ❑ It constitutes all things and, simultaneously, is the engine behind all worldly transformations.



WHAT IS QI?

- ❑ Han dynasty scholar Wang Chong (27-97 AD):
- ❑ “**Qi** produces the human body just as water becomes ice. As water freezes into ice so Qi coagulates to form the human body. When ice melts it becomes water. When a person dies he or she becomes spirit again and returns to the ‘great void’. It is called spirit just as melted ice change back to water.”
- ❑ Spirit + Qi = human body.



Qi: The Breath of Nature

◎ *Qi* is the leading factor affecting human life— the energy or force that creates mountains and rivers, trees and plants.

◎ *Qi* can be divided into *Vital Qi* 生气 or *Torpid Qi* 死气. (Yang Qi & Yin Qi)

◎ In Japanese philosophy, *Qi* is known as *ki* (気). ALC Japanese-English dictionary refers to *ki* as "active energy/life energy/vital energy." The Japanese language contains over 11,442 known usages of *ki*. Even the standard greeting, "元気ですか？" literally means, "Is your *ki* high?"



Qi: The Breath of Nature

-Dr Evelyn Lip (NUS, an architect by training):

“Feng-shui (geomancy) is the art of placement of things, ranging from the orientation of buildings to the furnishing of interiors, to influence the *Qi* on cosmic breath of a site.

Feng-shui helps man utilize the earth’s natural forces and balance yin and yang to achieve good *Qi*, which renders health and vitality.”




Qi in Chinese Painting

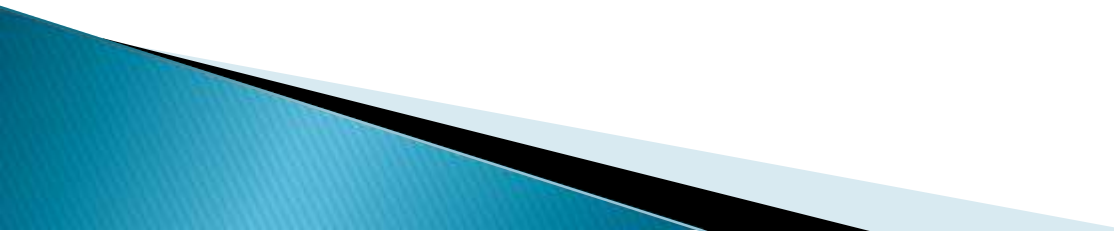
- The vital and life force of a Chinese painting comes from *Qi*.
- Chinese traditional concept: “With *Qi* will live; without *Qi* will die.”
有气则生、无气则死。
- Xu Beihong 徐悲鸿:
Horse



Qi in Traditional Chinese Medicine

- ▶ The human body contains both visible and invisible parts. The former is the material system and the latter is the energetic system.
 - ▶ Qi in TCM can be likened to the modern scientific concept of energy, though the concept of qi may be more wide-ranging than that of energy.
 - ▶ According to TCM, qi flows through the meridian system. If qi is energy, the meridian system constitutes the channels through which energy operates.
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Qi: An Energy System in Human Body

- ▶ As energy cannot be perceived directly but can only be experienced or induced, TCM focuses on the essential, qualitative nature of the energy system.
 - ▶ It is difficult to measure energy changes quantitatively, because both experience and induction can be ambiguous or abstract.
 - ▶ However, some research indicates that when an acupuncture needle penetrates the skin, it stimulates changes in acupoint cells, which release energy.
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Qi in Traditional Chinese Medicine

- ✓ In humans, *Qi* is the spirit or vital force that carries the body.
- ✓ The invisible force that produces vitality, energy and growth.
- ✓ *Qi* is with us from birth to death.
- ✓ *Qi* at human level is the energy flowing through acupuncture meridians of the body.

Meridian System & Acupoints

- In a living organism, it circulates within the body through meridians that intersect all in centers of energy . Qi is present in all manifestations of nature.
- **Qi** causes different sensations when circulating in the body, in the form of heat or tingling. It is focusing attention on these sensations, by empiricism, traditional Chinese physicians have been able to establish over the centuries a network traffic traversing the body.



- The theory of acupuncture and meridian system was extensively documented in the *Inner Canon of the Yellow Emperor* in which **160** acupoints were identified.
- The number of acupoints was increased to **349** by Huangfu Mi 皇甫谧 (215-282) who wrote the classic work *Canon of Acupuncture and Moxibustion* 《针灸甲乙经》, in 10 volumes and 128 chapters.

Meridian System & Acupoints



Southern Song (1127-1279) painting:
Administration of Moxibustion 灸艾图



Meridian System & Acupoints

- Meridian System (*jingluo* 经络) is a network of passages that transport *qi*, **blood**, *jing*, *yin* and *yang* throughout the body. (Hong Hai, *Principles of Chinese Medicine*)
meridian system doesn't carry blood
- It connects the *zang*-organs among themselves and with their counterpart *fu*-organs, and links all other parts of the body including the bone, skin, muscles and tendons and nine orifices, allowing the body to function as an organic whole.
- The Meridian System (*jingluo*) refers to the collective system of the main meridian channels that comprise of meridians (channels, *jing*) and collaterals (*luo*).
- The **meridians** run **longitudinally** and more deeply within the body whilst the finer **collaterals**, the branches of the meridians, run **transversely** and more superficially connecting the meridians with the connective tissue and skin.

What are the *Jingmai* 经脉?

The main meridian categories are:

- **Eight Extraordinary Meridians**-Their primary function is to connect the twelve primary meridians.
- **Twelve Primary Meridians**- These are the most important meridians of the body. They connect to the *Zang-fu* organs and are the main pathways that transport *qi* and blood throughout the body.
- **Twelve Divergent or Distinct Meridians**-These meridians are responsible for connecting the *wei* (defensive) and *yuan* (parental) *qi*.

What are the *Luomai* 络脉?

- The *luomai* or **collaterals vessels** are the branches of the *Jingmai*. There are three major categories are:
- **Fifteen Connecting Collaterals**-Connect the interior and exterior meridians together.
- **Muscular Collaterals**-Distribute the *qi* of the twelve major meridians to the tendons, muscles, and joints.
- **Superficial Collaterals**-The collaterals on the superficial areas of the body, where functions of the major meridians manifest themselves.

足太阴脾经



足少阴肾经



足阳明胃经



手少阴心经



手厥阴心包经



手太阴肺经



足太阳膀胱经



督脉



手太阳小肠经



手阳明大肠经



任脉



足少阳胆经



手少阳三焦经



足厥阴肝经

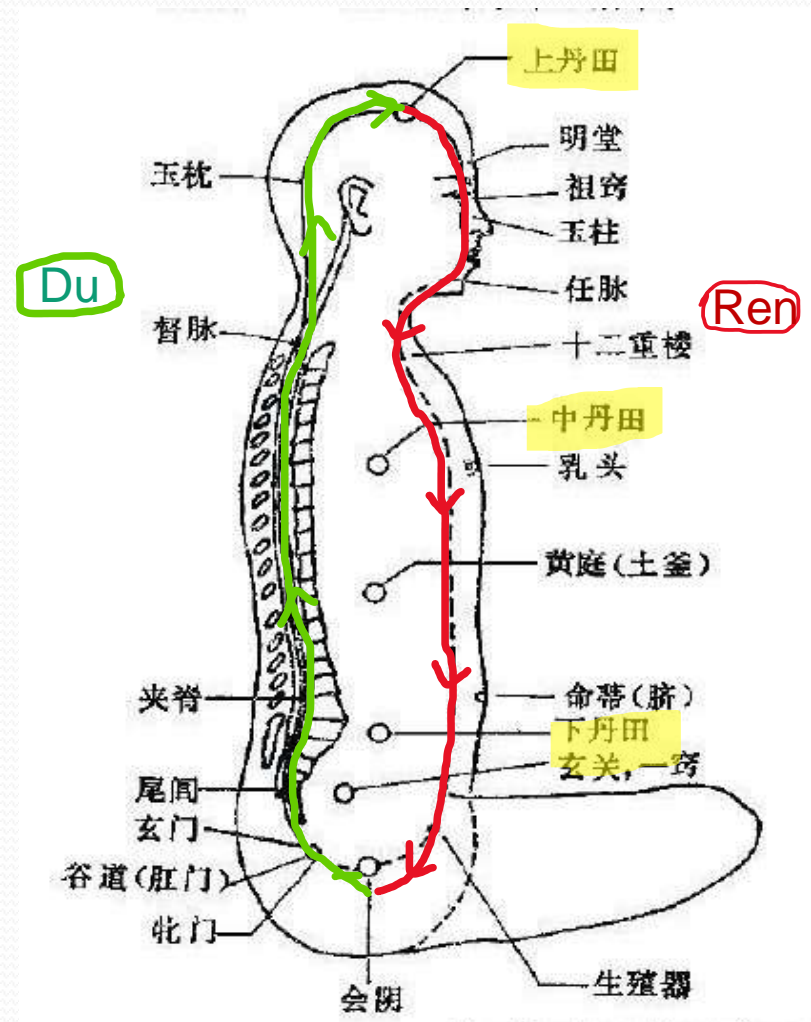


Meridian System & Healing in TCM

- The important of the meridian system lies in their association with and connection to the organs.
- For example, acupuncture needles applied to points along the spleen and stomach channels can have a tonifying effect on these organs, hence they are often used for patients with digestive disorders.
- Meridians can also become ill or dysfunctional when invaded by pathogens or develop obstructions that hinder the flow of qi and communication signals along them.

Meridians and Qi

- Key words:
- Eight Extraordinary Meridians 奇经八脉
- Ren meridian 任脉
- Du meridian 督脉
- Elixir field 丹田 *dantian*
 - 上丹田 Upper *dantian*
 - 中丹田 Middle *dantian*
 - 下丹田 Lower *dantian*



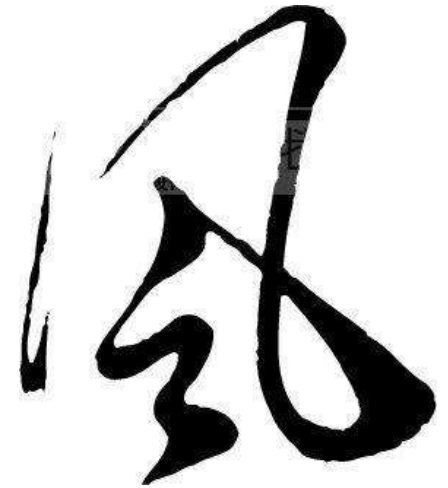
Breathing Exercise *Qigong*:

- **Understanding Qigong and Qi energy**
- <https://www.youtube.com/watch?v=CPl8JNxSYIY>
- <https://www.youtube.com/watch?v=tYdX5IP7lOE>



WHAT IS WIND?

- ▶ Wind in geomancy is an essential element. It originated from heaven (water from earth) and is synonym for good ventilation.
- ▶ Wind in TCM is regarded as heretical environmental factor that cause illness.
- ▶ It is thought to penetrate the skin and move to various parts of the body with manifestations of headache when goes to the head, as well as running nose, sweating and aversion to cold.



WIND IN TCM

- ▶ Wind is invisible and highly movable.
- ▶ When trigger by other external pathogens such as dampness, cold, heat and dryness....
- ▶ Wind combined with dampness caused rheumatic conditions 风湿.
- ▶ Wind and cold bring about wind-cold syndrome 风寒
- ▶ Exogenous wind: external atmospheric wind penetrated through body surface to bring about symptoms like running nose and aching joints.
- ▶ Endogenous wind: generated from inner organs, eg. wind move from liver to head to cause dizziness and convulsions.

TREATMENT FOR WIND

- ▶ Discovery of food and herbs to relieve conditions with symptoms of wind.
- ▶ Eg. Chinese herb *radix saposhnikoviae* (*fangfeng* 防风, resisting wind) is used to relieve exogenous wind symptoms like headaches and arthritic pains of wind-dampness.
- ▶ Chinese herb *rhizoma gastrodiac* (*tianma* 天麻) is used for treating endogenous wind that caused dizziness, tension and hypertension.
- ▶ Spicy food in tropical area - get rid of the wind in your body 去风.

Questions for Thought

- 1) How *Qi* forms one of the basic substances in Chinese understanding of the human body?
 - 2) *Qi* is congenital or acquired?
 - 3) How *Qi* functions and affects our body?
 - 4) How *Qi* and acupuncture are related?
 - 5) How *Wind* is explained in traditional Chinese medical knowledge?
 - 6) *Wind* is good or bad for our body?
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