

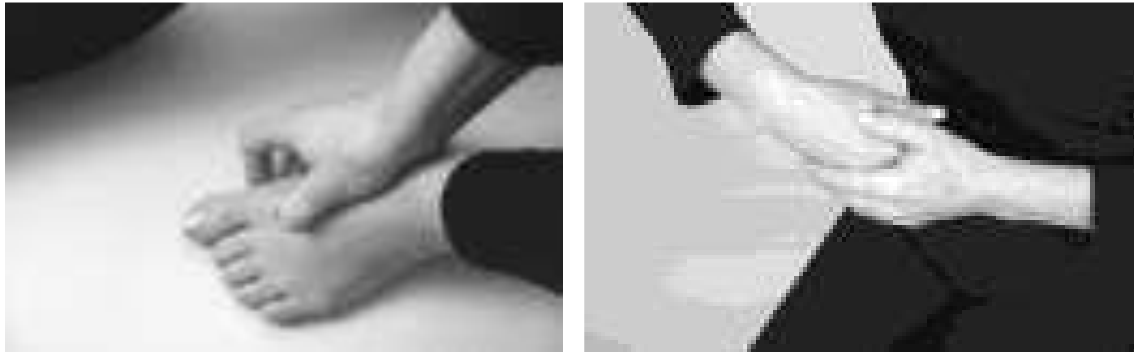
ପ୍ରତିସ୍ତୁତିପୁସ୍ତକପଠ୍ୟପୁସ୍ତକ

ଏହି କଣ୍ଠାବଳୀ ପ୍ରାୟ ୧୫ ଶତାବ୍ଦୀର ମଧ୍ୟ ଭାଗରେ ରାଜସ୍ଥାନରେ ରଚିତ ହୋଇଥିବା ସଂସ୍କୃତ ଶାସ୍ତ୍ରର ଉପକ୍ରମ ଓ ସମାପ୍ତି ଉପରେ ଗୁଣକାଣ୍ଡ ସଂଗ୍ରହ । ଏହା ପ୍ରାୟ ୧୫ ଶତାବ୍ଦୀର ମଧ୍ୟ ଭାଗରେ ରାଜସ୍ଥାନରେ ରଚିତ ହୋଇଥିବା ସଂସ୍କୃତ ଶାସ୍ତ୍ରର ଉପକ୍ରମ ଓ ସମାପ୍ତି ଉପରେ ଗୁଣକାଣ୍ଡ ସଂଗ୍ରହ । ଏହା ପ୍ରାୟ ୧୫ ଶତାବ୍ଦୀର ମଧ୍ୟ ଭାଗରେ ରାଜସ୍ଥାନରେ ରଚିତ ହୋଇଥିବା ସଂସ୍କୃତ ଶାସ୍ତ୍ରର ଉପକ୍ରମ ଓ ସମାପ୍ତି ଉପରେ ଗୁଣକାଣ୍ଡ ସଂଗ୍ରହ । ଏହା ପ୍ରାୟ ୧୫ ଶତାବ୍ଦୀର ମଧ୍ୟ ଭାଗରେ ରାଜସ୍ଥାନରେ ରଚିତ ହୋଇଥିବା ସଂସ୍କୃତ ଶାସ୍ତ୍ରର ଉପକ୍ରମ ଓ ସମାପ୍ତି ଉପରେ ଗୁଣକାଣ୍ଡ ସଂଗ୍ରହ ।

W E L L N E S S
I N T E R N A T I O N A L
I N S T I T U T E

Spring is associated with the wood element according to the Law of the Five Elements. The wood element is associated with the liver and gall bladder meridians and the color green. This element signifies growth which you can see manifested in nature in the green appearing everywhere as plants grow and reach toward the sun.

An excellent treatment with this purpose is called "Four Gates" which includes the acupuncture points Liver 3 (Taichong) and Large Intestine 4 (Hegu). The point Liver 3 is the "earth point" of the liver meridian and when needled or pressed it functions to pacify the liver, opens the channels, and regulates the blood. Large Intestine 4 which is also known as "the great eliminator" is the "source point" of the large intestine meridian which means it provides a great source of Qi to your body. When needled or pressed it suppresses pain, clears the channels, and increases resistance. When these "*Four Gates*" points are done together they move the qi and blood in the body to clear stagnation and alleviate pain - a perfect addition to your spring cleaning protocol.





According to the ancient sages of China each change of season brings with it the opportunity to better our health and become more in balance with the world around us. As the external environment shifts and changes so does our internal environment. Through diet, exercise, and lifestyle modifications we are able to use these transitions to our advantage.

In the Chinese medicine classic *The Nei Jing Su Wen* the Yellow Emperor states, "The three months of the spring season bring about the revitalization of all things in nature. It is the time of birth. This is when heaven and earth are reborn". He goes on to say that spring is a good time to go to bed early and rise early, with the sun. We should also go walking outdoors in order to "absorb the fresh, invigorating energy" of the season. Emotionally and physically, we should try to be open and unsuppressed. Because spring is the season of the liver, and the emotions associated with the liver are anger and depression, we must also take care not to indulge in anger, frustration, depression, or sadness. The Yellow Emperor warns that not following these guidelines during spring can create an imbalance that will lead to our getting sick in the summer or in injuring our liver.

According to traditional Chinese medicine, spring is the time for us to reach outward, develop deeper roots and remain flexible in the wind. In the body, that means paying attention to your spine, limbs and joints, as well as muscles, ligaments and tendons. It also means paying attention to your liver, which works to detoxify the blood and make bile to help metabolize carbohydrates, fats and proteins.

To support liver functioning, think spring-cleaning. Drink plenty of fluids, and add lemon to your water, because ingesting some, but not too much, sour or vinegary foods will nourish the liver. Try eating light, raw foods like greens, sprouts, fruits, nuts and seeds. Avoid heavy or fried foods, anything with chemical additives, and alcohol. Since exercise and sweating aid liver detoxification, spring is a great time to develop a regular exercise program.

Points	Abstracts	Meridians	Selections	Library	Resources
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LR3 • Tai Chong	Liver • 3	Liver Points
		LR1 • Da Dun
		LR2 • Xing Jian
		LR3 • Tai Chong
		LR4 • Zhong Feng
		LR5 • Li Gou
		LR6 • Zhong Du
		LR7 • Xi Guan
		LR8 • Qu Quan
		LR9 • Yin Bao
		LR10 • Zu Wu Li
		LR11 • Yin Lian
		LR12 • Ji Mai
		LR13 • Zhang Men
		LR14 • Qi Men

LR3 • Tai Chong • Liver 3 Great Surge. Shu Stream Point on the Liver Channel. Yuan Source Point on the Liver Channel. Earth Point on Wood Meridian.

Location: On the dorsum of the foot, between the first and second metatarsal bones, approximately 2 cun superior to the web margin.

- Spreads Liver Qi*
- Subdues Liver Yang*
- Nourishes Liver Blood*
- Clears The Head And Eyes*
- Regulates Menstruation*
- Regulates The Lower Burner*
- Nourishes Liver Yin*
- Expels Wind*

- Abdominal Pain • Ankle Conditions • Depression • Diarrhea • Dizziness • Endocrine Disorders • Eye Disorders • Foot Cold • Genital Pain • Headache • Hernia • Hypertension • Hypochondriac Region Pain • Hypochondriac Region Swelling • Insomnia • Jaundice • Liver Disorders • Lumbar Pain • Menses Irregular • Mouth Deviation • Nausea • Perspiration Continuous Postpartum • Seizures • Testicular Swelling • Throat Soreness • Urinary Dysfunction • Urine Retention • Uterine Bleeding Abnormal • Vertigo • Visual Disturbances • Vomiting •

Points	Abstracts	Meridians	Selections	Library	Resources
LI4 • He Gu		Large Intestine • 4		Large Intestine Points	
				<ul style="list-style-type: none"> LI1 • Shang Yang LI2 • Er Jian LI3 • San Jian LI4 • He Gu LI5 • Yang Xi LI6 • Pian Li LI7 • Wen Liu LI8 • Xia Lian LI9 • Shang Lian LI10 • Shou San Li LI11 • Qu Chi LI12 • Zhou Liao LI13 • Shou Wu Li LI14 • Bi Nao LI15 • Jian Yu LI16 • Ju Gu LI17 • Tian Ding LI18 • Fu Tu LI19 • He Liao LI20 • Ying Xiang 	

LI4 • He Gu • Large Intestine 4 Union Valley. Yuan Source Point on the Large Intestine Channel. Command Point of the Face and Mouth.

Location: On the dorsum of the hand, approximately at the midpoint of the second metacarpal bone, in the belly of the first interosseus dorsalis muscle.

Contraindication: Do Not Needle If Pregnancy is known or suspected

- Strengthens Defensive Qi*
- Expels Wind*
- Benefits The Face, Eyes, Nose, Mouth, And Ears*
- Activates The Channel*
- Induces Labor*
- Restores The Yang*
- Adjusts Sweating*
- Releases The Exterior*
- Alleviates Pain*

Abdominal Pain • Amenorrhea • Arm Pain • Constipation • Deafness • Eye Deviation • Eye Disorders • Facial Edema • Facial Muscle Paralysis • Fever Without Sweating • Finger Contraction • Headache • Hemiplegia • Intestinal Disorders • Labor Difficult • Mouth Deviation • Nosebleed • Parotitis • Respiratory Disorders • Skin Disorders • Throat Soreness • Toothache •

According to TCM, the liver is responsible for the smooth flow of qi (our vital energy) and blood.

Some of the conditions traditionally associated with liver qi stagnation include fatigue, depression, mood swings, anger/irritability, feeling overwhelmed with stress, PMS and other hormonal imbalances, sluggish digestion/elimination, inflammation/pain in muscles and joints, headaches, allergies, bloating, gas, nausea, vomiting, constipation and/or diarrhea, a feeling of a lump in your throat, nausea, frequent colds and flu, and skin breakouts.

Some of the factors that can contribute to liver qi stagnation include environmental chemicals, coffee, alcohol, refined sugar, artificial sweeteners, food allergies, processed foods, emotional stress, lack of deep restful sleep, and excessive or inappropriate pharmaceutical drug and hormone use.

Here are a few ways to increase your vitality and give your liver a boost:

- 1. Drink plenty of water.** Fereydoon Batmanghelidj, M.D. is one of the world's foremost experts on the therapeutic value of water. He suggests that half of your body's weight is the number of ounces of water to aim for each day. For example, if you weigh 120 pounds, 60 ounces of water is your goal. Also, drinking a glass of warm water with lemon first thing in the morning will support your liver's natural detoxification processes. Dehydrating beverages such as coffee and alcohol don't count towards your total water intake. However Chinese Medicine would say this is too much. Also, it is important to do the correct stretching movements so that the water does not pool up inside the body.
- 2. Eat vegetables every day, especially greens.** In TCM, the color green is associated with the liver. When choosing your salad fixings, go for the organic spring mix instead of the iceberg. Your liver will love a variety of greens such as kale, spinach, and collard greens.
- 3. Add sour-tasting foods to your diet.** These include citrus fruits (sprinkle lemon in your water and on foods such as fish and vegetables), raw apple cider vinegar (good for balancing pH--try two tablespoons in a glass of water, or use with olive oil on your salad), and sauerkraut (which contains beneficial bacteria). With our over-sugared, over-salted palates, we often overlook sour-tasting foods. According to TCM, the sour flavor is associated with the liver, and it enhances bile flow. Having a bowl of Miso soup before a meal, also helps support digestion.
- 4. Avoid toxic fats, eat beneficial ones.** Decrease your consumption of trans fats and partially-hydrogenated oils. Toxic fats put an unnecessary burden on the liver, further stagnating qi flow. Emphasize organic, unprocessed oils (such as olive oil and flax oil) in your food preparation. Increase the use of fish that is low in mercury, avocados, nuts, and seeds in your diet. Consider supplementing your diet with an Omega-3 supplement to boost your essential fatty acid intake. Omega-3 supplementation has been shown to decrease cardiovascular disease risk, and it can reduce symptoms of arthritis, depression, cognitive decline, and a seemingly endless list of health challenges.
- 5. Reduce your sugar consumption.** On average, Americans eat 137 pounds of sugar a year. It's the hidden sugars that often add up. Watch what you add to foods like cereal and coffee. Read food labels and avoid overly sugary choices. Know that "fat free" foods can be loaded with sugar,

and actually increase triglycerides, a fat in your blood. Eat whole fruits rather than drinking fruit juice.

- 6. Eat close to nature.** Often simpler is better. Select the best of what comes from Mother Nature, and avoid artificial ingredients and toxic sweeteners by eating less packaged foods. Go organic as much as possible. You might be surprised that peaches, apples, and bell peppers top their list of the "dirty dozen"—foods recommended especially to be purchased in their organic version.
- 7. Incorporate more conscious breathing and exercise into your routine to boost circulation and enhance overall liver function.** Choose a form of exercise that you enjoy, and remember to breathe. In traditional Chinese cultures, you can see people doing qi gong, which emphasizes breathing and movement specifically designed to promote the smooth flow of qi.
- 8. Choose to be joyful by cultivating a spirit of gratitude, and regularly forgive others as well as yourself.** In TCM, the emotion that contributes to stagnant liver qi is anger, especially repressed anger. The virtues that free the liver qi are forgiveness and a release of judgment towards self and others. In China, when someone is angry, they are said to have a toxic liver. In fact, a morning greeting there translates to "How is your liver?"
- 9. Reduce your use of alcohol, nicotine, and caffeine.** These substances can become very addictive, masking a greater imbalance in our physical, emotional, and spiritual health.
- 10. Schedule time for self-care.** Get a massage, take a yoga class, etc. Schedule because you will notice something in our 24/7 culture. If we don't put taking care of ourselves on our own list, it often doesn't happen. You buy a toaster, you get a manual. You are born with a liver that you will have your entire life. No manual. Yet its care and maintenance is far more important than anything that you will ever buy.

Be Well