



The *O* Effective Acupuncture Points to Good Health

This is a further instalment on Traditional Chinese Medicine (TCM) brought to you by Raffles Marina in collaboration with Dr Clement Ng Shin Kiat, a registered TCM practitioner in Singapore, as well as a well-respected trainer and consultant since 2009.

With his vast knowledge and experience in training and consulting, Dr Ng is adept at bridging the two cultures and bringing a common understanding of the Chinese belief in the human body's interconnectivity and dependence on each other, physiologically and pathologically. His specialities are in the areas of Chronic Diabetes Management, Stroke and Paralysis Management, Infertility, Impotence and Prostate related issues, Sleeping Disorders and Eczema / Skin Disorders.

In our previous issue, we touched on the concept of *Qi* operating like a superhighway in your body, channelling the energy and nutrients throughout your body. This issue, **Dr Clement Ng** shows you how TCM identifies and works along this superhighway to keep your body systems in balance, ensuring you are in the pink of health.

Chinese medicinal systems place close attention to individualised and targeted treatment based on the unique body constitution of the individual and how it interacts with the universe. In our previous article, we touched on the 361 acupoints in the body and their specific therapeutic profiles, which can be utilised during acupuncture or tuina/acupressure massage treatment. Here we will show you how to keep healthy by mastering six important acupoints. By choosing one or two of these six effective acupoints to massage a couple of minutes each day – making it as part of your daily routine – you will be able to maintain good health for a long time to come.

The Unique Body's Dimension Measurement System

Acupressure massage is a non-invasive manipulation technique that can help to balance the body's conditions, activate your body meridians by improving the circulation, and enhance your well-being. Before I share with you the six effective acupoints that you can use for health maintenance, let me show you how we determine these points around our body using the concept of "The Unique Body's Dimension Measurement". Utilising a measurement unit known as *cun* (寸)¹, TCM's "Body's Length Measurement" system is able to locate acupoints easily and accurately while accommodating individuals of all shapes and sizes.

¹ The Chinese word 寸 in the context of body's length measurement should not be translated to the common unit Inch.



The system uses a simple approach to determine 1 *cun* and 3 *cun*. 1 *cun* corresponds to the width of your thumb, and the width of the two crests of your middle finger. If you bend your middle finger, and place your finger on it, you will notice that the width of your thumb is exactly equal to the width of the two crests of your middle finger. 3 *cun* corresponds to the width of the four fingers placed close to each other.

The system further dictates that different parts of the body have their corresponding *cun* length unique to each individual. For example, the distance between the wrist crease and the elbow crease is 12 *cun*; the distance between the two nipples is 8 *cun*, and the distance between the depression on the outer side of the knee to the tip of the outer ankle is 16 *cun*.

With the understanding of how to locate the acupoints on our body, let's look into the six effective acupoints for general health maintenance: *Neiguan* (内关), *Hegu* (合谷), *Taixi* (太溪), *Zusanli* (足三里), *Guanyuan* (关元), *Zhongwan* (中脘).

Neiguan (内关) belongs to the Pericardium Meridian and is located on the inner side of the forearm, 2 *cun* above to the wrist crease, in between the 2 tendons. The *Neiguan* (内关) acupoint is known to be the protective umbrella of the heart, and is commonly used to address symptoms associated with heart diseases such as rheumatic heart disease, myocarditis and coronary heart disease, and the prevention of myocardial infarction. It has the therapeutic effect of relieving chest tightness, by regulating the heart, calming and alleviating nausea and vomiting.



Hegu (合谷) belongs to the Large Intestine Meridian and is located at the back of the palm, on the dorsum of the hand, approximately at the midpoint of the second metacarpal bone. This is the most common acupoint in natural therapies for pain management, regardless of injury or medical diseases. It is also used in treating dizziness, nausea, and other abnormal symptoms. Massaging the acupoint will help to strengthen the defensive *Qi* by restoring the yang *Qi* and nourishing the facial muscle group. However, for pregnant women, this point should be avoided as it helps to induce labour.



Taixi (太溪) belongs to the Kidney Meridian and is located behind the ankle, at the midpoint between the tip of the ankle and the tendon. It is the choice acupoint for chronic kidney diseases, such as chronic renal failure, diabetes, oedema, weak legs, and backache. Massaging the acupoint will help to nourish kidney yin, strengthen kidney yang, and the lumbar spine.



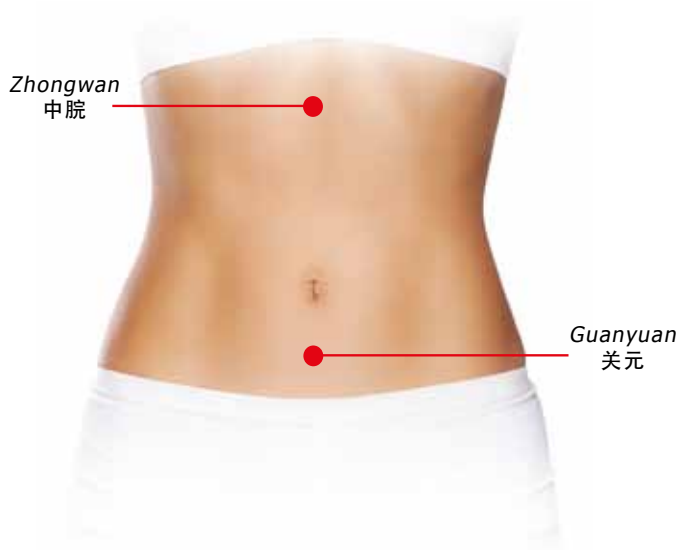


Zusanli
足三里

Zusanli (足三里) is located on the leg, 1 *cun* lateral to the tibia's anterior crest, 3 *cun* below the depression to the lateral side of the patella. This acupoint is a very effective point for *Qi* nourishment and is known to have similar health effects as ginseng.

It is commonly used for symptoms associated with sub-par health such as dizziness, chronic fatigue, anaemia caused by malnutrition, post-natal symptoms and for treating chronic diseases such as hypertension, diabetes etc. It is recommended that you massage this point on a daily basis for general health maintenance, as it can help to strengthen the Primordial *Qi*, nourish the blood and has a calming effect.

Guanyuan (关元) belongs to the Conception Meridian, located in the pubic region, on the anterior midline, 3 *cun* from the belly button. This acupoint is key in the restoration of youthful vitality. It is particularly effective in treating infertility, impotence, irregular menstruation, and other symptoms associated with the reproductive system and prostate-related syndromes. Massaging this acupoint can strengthen Primordial *Qi*, strengthen and nourish the kidney visceral system and help address prolapses.



Zhongwan
中脘

Guanyuan
关元

Zhongwan (中脘) belongs to the Conception Meridian, located in the upper umbilical region, on the anterior midline, 4 *cun* superior to the belly button. This is an important acupoint in the treatment of symptoms related to digestive systems. *Zhongwan* (中脘) is the point where *Qi* of the Conception, the Lung, the Spleen, the Stomach, and Triple Energiser meridians congregate. Through manipulation of this acupoint, you can help regulate symptoms associated with these meridians, strengthen the stomach and regulate the body's overall *Qi* dynamic.

The above-mentioned six effective acupoints for general health maintenance are commonly being adopted by TCM practitioners in their treatments. Besides having

a healthy diet regime as a simple guideline, we can also massage one or two of these acupoints daily. All this will go a long way in helping us maintain an overall healthy lifestyle.



Readers who are encouraged to find out more on acupressure massaging technique programmes should learn how to perform D-I-Y massages. A 5-minute massage session per day is more effective than a 45-minute weekly spa/massage session.

In the next article, we learn how TCM looks into the different body's constitutions and how you can identify ways to develop a personalised health profile.📌

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