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The 12 standard meridians also called Principal Meridians are divided into Yin and Yang groups. The Yin meridians of the arm are the Lung Heart and Pericardium In traditional Chinese medicine energy is believed to flow through specific pathways of the body known as meridians

This article explains the 12 major meridians and their corresponding roles in your health Meridians are not anatomical structures like nerves or blood vessels recognized by Western science

Instead they are channels that facilitate the circulation of the body's essential life force providing a map for practitioners to diagnose and address health imbalances Sep 6 2023 Meridians or Jing Mai defines a vessel system described in the Nei Jing the oldest Chinese medicine book

So the word Meridians refers to the major longitudinal blood vessels on the body 3 on each arm and leg so we have a total of 12 called principal meridians Apr 9 2024 What are meridians? Meridians are energetic pathways that run through the body as vascular nerve bundles and are embedded in the extracellular matrix the body's living connective tissue Feb 18 2024 Meridians are channels that direct the flow of energy through specific pathways of the body

Think of it like a superhighway the energy in your body uses to move about your organ systems Lines of longitude also called meridians run between the geographic North Pole and the geographic South Pole and are used to measure distances from the prime meridian Meridians are also known as acupuncture meridians and energy vessels

The meridians function as a network much like a highway system that can be mapped out throughout the entire body Sep 30 2024 What Are Meridians? Meridians act as invisible pathways that spread vital energy or Qi throughout the human body

Each meridian links to a specific organ and has its own set of acupuncture points

These paths help keep the balance between the body's physical emotional and spiritual conditions Feb 2 2024 The 12 principal meridians in acupuncture are divided into yin yang groups further categorized into meridians associated with the arms and legs

These meridians play a fundamental role in acupuncture and the broader framework of TCM.

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