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μ μ μ μ .

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| 3.2 | | μ μ | 26 |
| 3.3 | | μ μ | 28 |
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| 3.5 | | μ μ | 30 |
| 3.6 | | μ μ | 31 |
| 3.7 | | μ | 32 |
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| 4.2 | μ | μ μ (1)..... | 41 |
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| 5.1 | | | 43 |
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2

2.1

μ μ μ ,
μ μ μ . μ
μ μ (μ μ)
μ μ .
μ , .
μ ,
μ μ :

• Yin Yang

•

• Zang Fu

• μ μ

• Three Jiaos (triple burner, triple warmer, μ .)

Yin Yang μ μ
μ μ , μ μ . ,
Zang Fu, three jiao
μ .

2.1.1 Yin Yang

2.1.1.1

μ μ μ
yang yin (2 μ μ)

), μ , yin yang.

2.1.1.2 μ μ Yin-Yang (Tai Chi Tu μ)



2.1 μ Ying Yang

μ Yin Yang μ , μ 3000 . H

μ μ Tai Chi Tu. Yin Yang

μ , μ ‘ Yin

Yang ’. μ , μ .

μ μ μ μ μ μ

μ μ Yang () Yin (). μμ

μ Yin Yang μ , μ

μ . Yin Yang μ

μ μ μ μ μ μ

μ μ μ μ μ μ

μ Yin Yang,

Yin Yang μ . Yin

μ μ μ μ , , ,

Yang μ , , μ .

2.1.1.3 Yin-Yang

μ , μ μ yin
 yang.
 μ , μ μ , μ
 μ μ .
 μ μ yin yang
 ,
 . μ μ yang,
 .
 yin , μ μ μ .
 μ μ yin yang
 μ .

2.1.2

2.1.2.1

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 2000 , μ μ μ ,
 . μ ,
 μ , μ μ . μ μ ,
 μ μ ,
 μ μ ,
 μ μ .

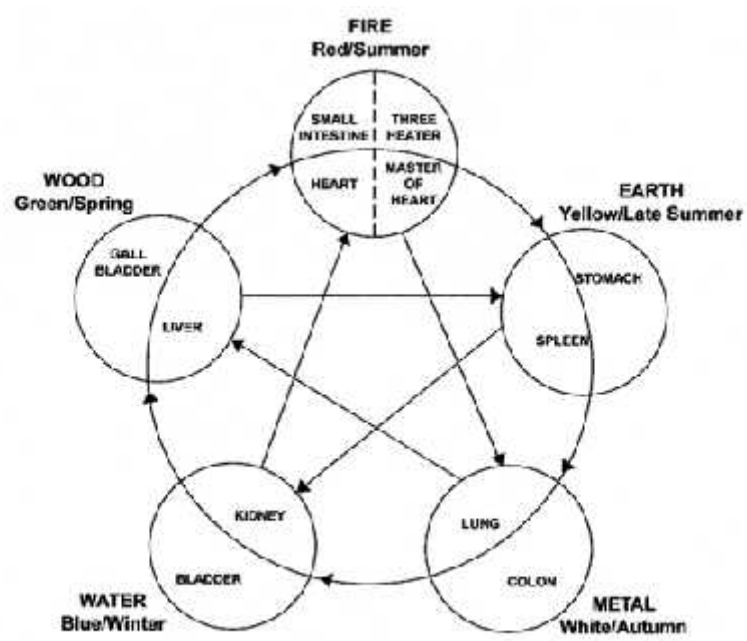
2.1.2.2

1. . μ μ ,
 , μ μ .

2. μ - μ - μ - .
- μ .
3. μ - - μ
- μ . μ
4. μ μ - - ,
- μ - - .
- μ μ
5. μ - - -
- μ μ .
- μ .

2.1.2.3

μ μ μ μ μ .



μ . FIGURE 1 Law of Five Elements demonstrating yin and yang Officials, seasonal and color correspondences

2.2 5 μ μ

, μ μ μ μ ,
 , μ , μ , μ
 , μ μ μ μ
 μ .

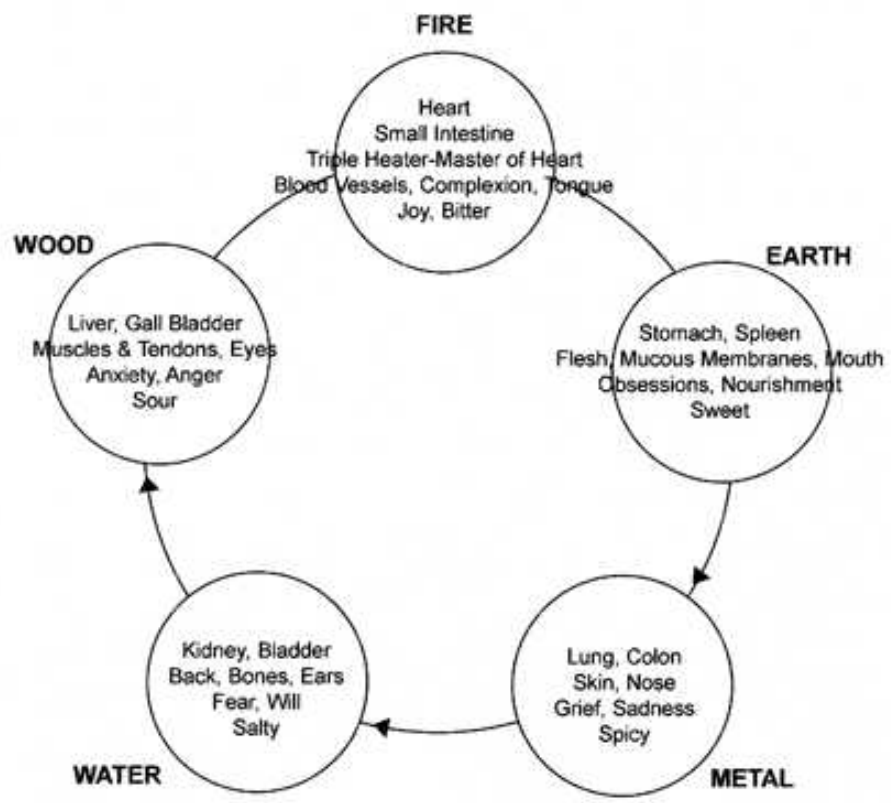
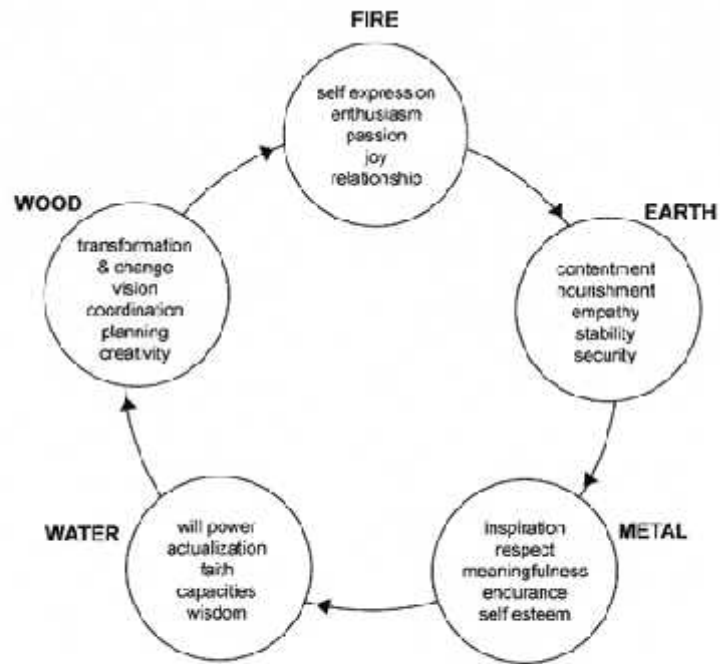


FIGURE 2 Five Elements and correspondences of organs, tissue, sense organ, emotions, taste

2.3

, μ ,



μ . FIGURE 3 Selected positive qualities of the Five Elements

2.4 μ

μ

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μ μ
μ

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μ μ μ

μ μ μ μ μ
μ μ μ μ μ
μ μ μ μ μ

μ Qi

μ μ μ μ μ μ μ
μ μ μ μ μ μ μ

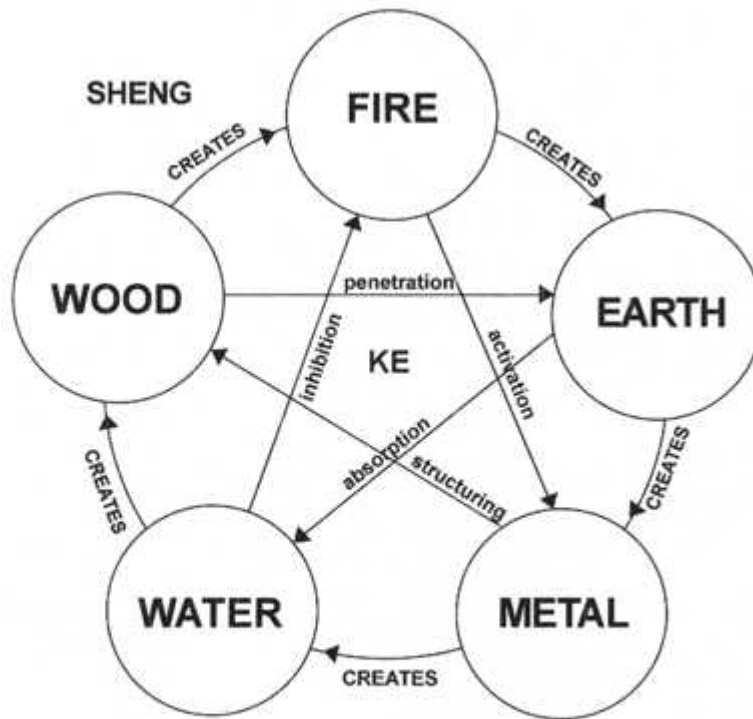


FIGURE 5 Law of Five Elements Sheng (creative) cycle and Ke (controlling) cycle

2.5 sheng (μ) ke ()

2.1.3 ZANG FU

Zang Fu

Zang μ yin , f
 yang. Zang μ f ,
 μ Xing W . Zang-f μ
 μ μ . μ μ yang μ μ
 f yin μ μ zàng. μ
 Zang-f μ μ
 μ .

2.1.3.1 Zang – Fu

3.1 Zang ()

3.1.1

3.1.1.1

3.1.2

3.1.3

3.1.4 μ

3.1.5

3.2 Fu ()

3.2.1

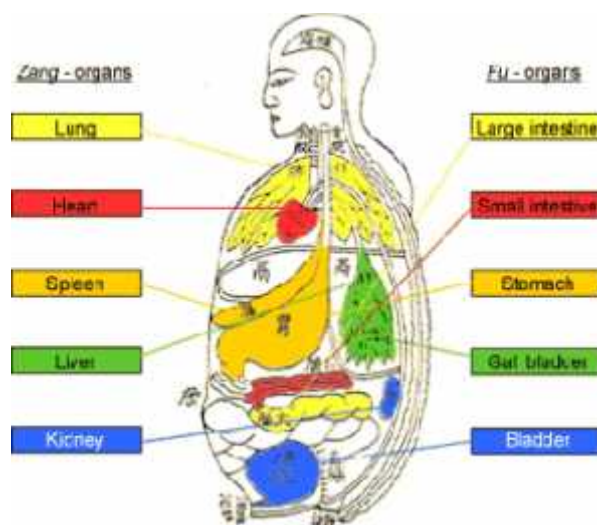
3.2.2

3.2.3

3.2.4 μ

3.2.5

3.2.6 (San Jiao)



2.6 Zang – Fu

μ μ μ qi μ μ
 , μ μ
 qi. ,
 . μ ,
 μ μ μ .
 8 μ μ ,
 qi μ .
 μ μ . μ μ .

2.1.5

μ μ (三焦)
 Qing Ju Wu Tong (吴鞠通, 1758-1836)
 « μ μ ».
 μ μ .
 μ :

- Jiao (上焦) μ μ , μ
 , μ
- Jiao (中焦) μ μ μ
 μ , μ ,
- Jiao (下焦) μ μ μ
 ,

2.1.6 Qi

2.1.6.1

, Qi (chi) μ
 μ μ μ . Qi
 μ , . Qi

1. Qi – Yuanqi (primary Qi)
2. Qi – Zongqi (pectoral Qi)
3. Qi – Yingqi (nutrient Qi)
4. μ Qi – Weiqi (defensive Qi)

- Qi (Yanqi - primary Qi) μ Qi
 , μ
 μ μ .(sanjiao).
 μ Zang - Fu.
 Yuanqi Zang – Fu.
 μ μ
 Yuanqi.
- Qi (Zongqi - pectoral Qi). Qi
 μ .
- Qi (Yingqi - nutrient Qi). μ μ μ Qi
 μ .
 :) μ ,)
 μ μ ,) μ .
- μ Qi (Weiqi - defensive Qi). Qi .
 Yingqi .
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). μ ,
 μ μ .
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 μ μ , μ μ
 μ , μ μ μ
 μ Zang – Fu.

3 μ

3.1 μ

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 « » Changjiang.
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 475-221 . (Huangdi)
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 μ (Nan Jing).
 μ μ μ (Jia Yi Jing)
 μ , μ μ moxa- .

3.2

μ μ

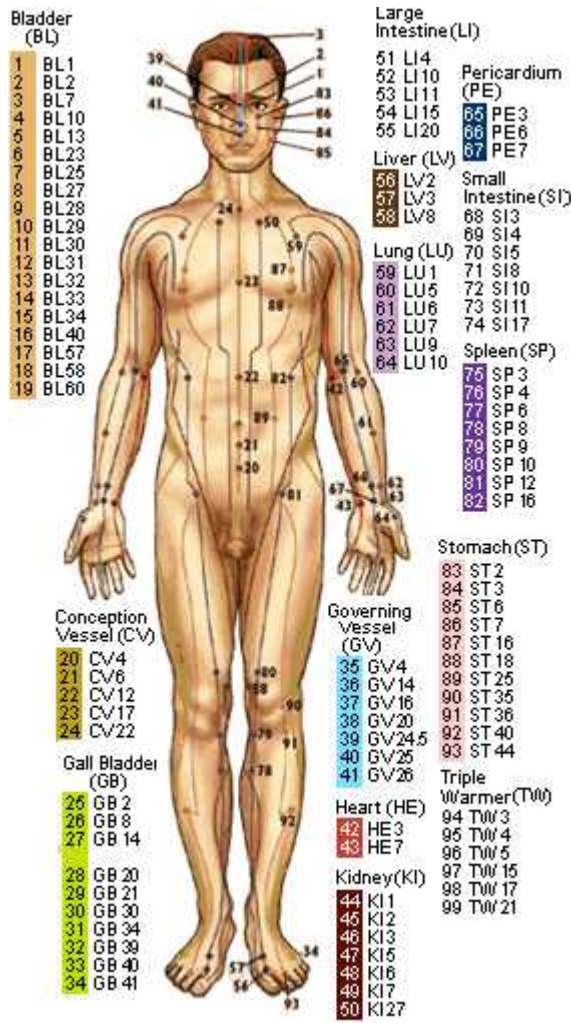
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3.3 μ

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 μ μ (μ μ
 moxa) Qi. μ μ
 « » μ μ μ Qi.
 , « μ » Qi μ
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3000 μ . . μ

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3.1 μ μ μ

3.4 μ

μ μ μ

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- μ μ
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- μ μ Laser (μ)
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3.4.1 μ

μ Chiuo Kao μ μ μ
 μ μ μ , (Artemisia vulgaris)
 μ μ μ
 μ . μ
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 , μ , qi,



3.2 μ μ

3.4.2 μ

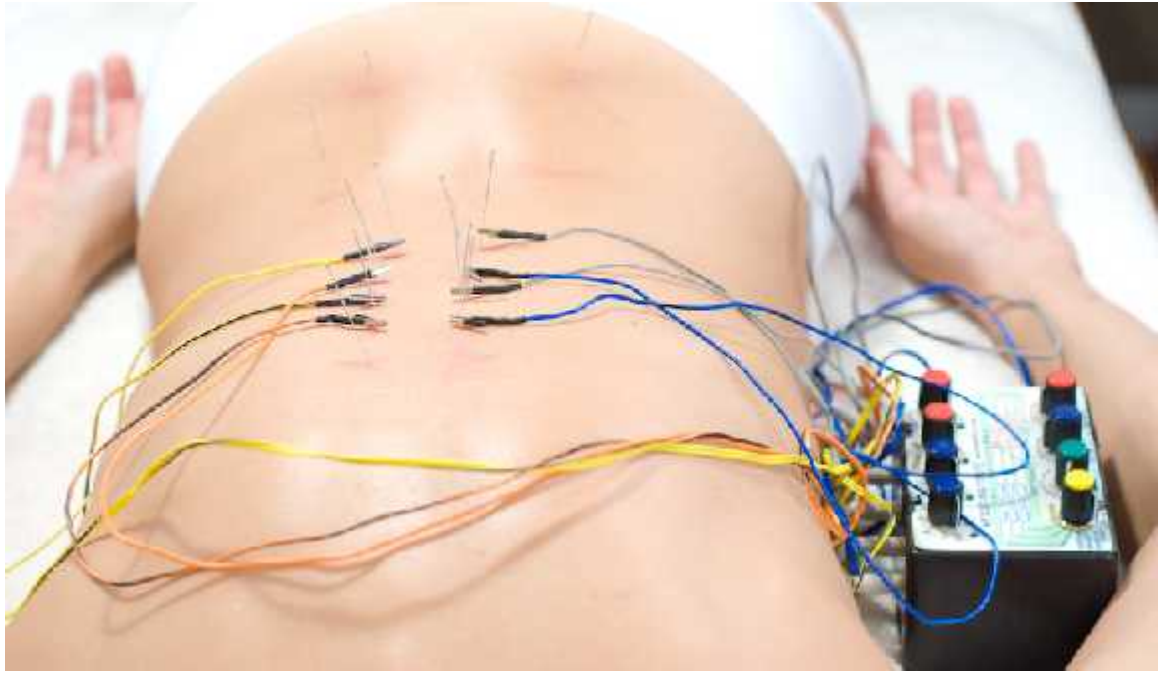
3.4.2.1

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3.4.2.2

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3.3 μ μ

3.4.2.3 μ

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3.4.3 μ μ Laser:

3.4.3.1

μ μ Laser (low-level laser therapy)
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 , μ , μ

3.4.3.2

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μ μ μ Laser
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3.4

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3.5 μ μ

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3.4.4 μ μ

3.4.4.1

μ hijama, μ
 μ μ μ μ

3.4.4.2

μ chi μ μ μ , μ
 moxibustion, μ μ chi
 μ μ μ μ μ
 μ μ μ μ μ
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 μ μ μ μ



3.6 μ μ

3.4.5 μ

3.4.5.1

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3.4.5.2

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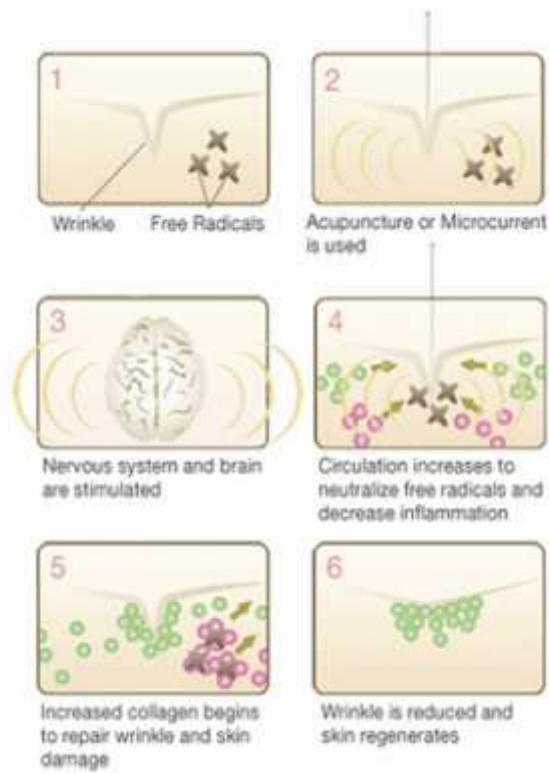
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4.3 μ

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4.5

- μ μ μ .
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- μ , μ .
- μ μ (Temporomandibular) μ , μ , Bell, , μ , , μ .
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4.6

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- μ μ μ μ

- μ (μ μ μ μ)
- , μ μ)
- μ
- . μ 3 4 μ .
- , μ , μ μ μ Micro-dermabrasion, μ μ μ Botox
- μ μ
- ,
- . , μ μ

4.7

μ μ μ , μ μ . μ , , , , μ . μ 45 μ 1 90 μ . μ 12-15 . 20 μ μ “ μ ” μ μ . μ μ μ μ .

4.8

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4.9 (μ μ μ)

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4.2 μ μ μ (1)



4.3 μ μ μ (2)

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International Journal of Clinical Acupuncture " (1996)

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5.2

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5.1

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2. μ

3. μ μ μ

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4. μ μ

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Qi μ

· μ " "

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5.3



5.2

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5.3.1

μ

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- μ Yin Tang μ
μ Tai Yang. 3 .

- SJ21, SI 19, GB2, μ Tai Yang
μ 2 3 .

- μ 3 μ μ
μμ μ μ μ
30 μ ,
μ Du16, BL9, GB20, Anmian, SJ17.

5.3.2

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μ

- μ μ Yu Yao GB14, ,
μ μ μ μ ST7
ST6, μ μ ST4, ST3, ST2,
Yu Yao. 3 5
- μ DU20 μ Si Shen Cong.
3 5 .
- μ , μ
Yin Tang DU23, UB2 UB5, Yu Yao GB14,
, μ UB4. , μ
Tai Yang ST8. 9 12 .
- μ : μ ST9 SJ17.
3-5 .

5.3.3

μ μ

μ

- μ μ : μ , , , ,
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- μ μ μ μ μ μ
30 μ μ .

6 - μ μ

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μμ μ , μμ μ
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μ . μ ,
 . μ μ
μ μ , μ
 . μ μ . μ ,
μ μ μ ,
μ μ μ μ ,
μ μ .

μ

2.1 μ Ying Yang

http://static.tvtropes.org/pmwiki/pub/images/Yin_Yang.jpg

2.2 μ μ

http://www.fiveelementtraining.com/Images/figure1_1.gif

2.3 , μ ,

http://www.fiveelementtraining.com/Images/figure1_2.gif

2.4 μ

http://www.fiveelementtraining.com/Images/figure1_3.gif

2.5 sheng (μ) ke ()

http://www.fiveelementtraining.com/Images/figure1_5.gif

2.6 Zang – Fu

http://www.google.gr/imgres?imgurl=http://www.shen-nong.com/eng/images/exam/diagnosis/img3.gif&imgrefurl=http://www.shen-nong.com/eng/exam/diagnosis organ.html&usq=_eIhYxlnOHOkLUdntM4rvcQCRcsg=&h=300&w=375&sz=19&hl=el&start=1&zoom=1&tbnid=OF0dzhNErvmZLM:&tbnh=131&tbnw=164&ei=fx1eUODXOumw0AX8-4GQBg&prev=/search%3Fq%3Dzang%2Bfu%2Borgans%26tbnh%3D153%26tbnw%3D191%26um%3D1%26hl%3Del%26sig%3D105903065686544976377%26biw%3D1280%26bih%3D669%26tbs%3Dsimg:CAESEgk4XR3OE0Su-SFmqXdMfnvGKg%26tbm%3Disch&um=1&itbs=1&iact=hc&vpx=182&vpy=178&dur=501&hovh=201&hovw=251&tx=97&ty=100&sig=105903065686544976377&page=1&ved=1t:429,r:0,s:0,i:73

2.7 12 μ μ

<http://www.google.gr/imgres?q=12+meridians&um=1&hl=el&noj=1&tbnm=isch&tbnid=PjQossQnQiOVgM:&imgrefurl=http://www.healingqigong.org/the-12->

[vw=295&tx=146&ty=99&sig=105903065686544976377&page=2&tbnh=110&tbnw=189&ndsp=20&ved=1t:429,r:6,s:17,i:25](http://www.google.com/search?imgrefurl=http://www.cosmeticacupuncture.gr/images/bichromatic%20laserneedles.jpg&imgrefurl=http://www.cosmeticacupuncture.gr/images/laserneedle%20blue%20ray%20acupuncture.JPG&imgrefurl=http://www.moondragon.org/health/therapy/acupuncture.html&imgrefurl=http://www.healingocean.net/auricular.html&imgrefurl=http://www.acuhealthassociates.com/cosmetic-acupuncture-pages-6.php&imgrefurl=http://www.shiatsucanada.com/public/workshops/before_and_after_COSMETIC.jpg)

3.4 μ

<http://www.cosmeticacupuncture.gr/images/bichromatic%20laserneedles.jpg>

3.5 μ μ

<http://www.cosmeticacupuncture.gr/images/laserneedle%20blue%20ray%20acupuncture.JPG>

3.6 μ μ

<http://www.moondragon.org/health/therapy/acupuncture.html>

3.7 μ

<http://www.google.gr/imgres?q=auricular+acupuncture&um=1&hl=el&sa=N&biw=1280&bih=669&tbm=isch&tbnid=yKuLFmcsfSEZM:&imgrefurl=http://www.healingocean.net/auricular.html&imgurl=http://www.healingocean.net/ho-art/auricular2.jpg&w=362&h=412&ei=3-U7UNX7IYuN0wWI64CIDg&zoom=1&iact=hc&vpx=1029&vpy=133&dur=2336&hovh=240&hovw=210&tx=107&ty=195&sig=105903065686544976377&page=1&tbnh=148&tbnw=130&start=0&ndsp=22&ved=1t:429,r:6,s:0,i:88>

4.1 μ μ μ

http://www.google.gr/imgres?q=before+and+after+cosmetic+acupuncture&start=18&um=1&hl=el&sa=N&biw=1280&bih=669&tbm=isch&tbnid=I0nJ_SHpoENqHM:&imgrefurl=http://www.acuhealthassociates.com/cosmetic-acupuncture-pages-6.php&docid=GExI8UDgtkSnGM&imgurl=http://www.acuhealthassociates.com/filebin/images/acupuncture_services/diagrama-antiaging_acu.GIF&w=400&h=500&ei=pBxeUMvYFKmk0QX9jIG4BQ&zoom=1&iact=hc&vpx=1038&vpy=305&dur=1149&hovh=251&hovw=201&tx=145&ty=193&sig=105903065686544976377&page=2&tbnh=141&tbnw=112&ndsp=25&ved=1t:429,r:49,s:18,i:81

4.2 μ μ μ (1)

http://www.google.gr/imgres?imgurl=http://www.shiatsucanada.com/public/workshops/before_and_after_COSMETIC.jpg&imgrefurl=http://www.shiatsucanada.com/public/workshops/cosmeticacupuncture.htm&h=264&w=256&sz=16&tbnid=8AsqRLXR

[m9TISM:&tbnh=90&tbnw=87&prev=/search%3Fq%3Dbefore%2Band%2Bafter%2Bcosmetic%2Bacupuncture%26tbnh%3Disch%26tbo%3Du&zoom=1&q=before+and+after+cosmetic+acupuncture&usg=__3JK2vsGCUCeMiSGG2KfWJKx6tCA=&docid=gQQrfR2oiy49_M&hl=en&sa=X&ei=ahTEUPvHDOFI0AXS_YFY&ved=0CB8Q9QEwAA&dur=206](http://www.google.gr/search?q=before+and+after+cosmetic+acupuncture&usg=__3JK2vsGCUCeMiSGG2KfWJKx6tCA=&docid=gQQrfR2oiy49_M&hl=en&sa=X&ei=ahTEUPvHDOFI0AXS_YFY&ved=0CB8Q9QEwAA&dur=206)

4.3 μ μ μ (2)

http://www.google.gr/imgres?imgurl=http://www.chiakra.com/before%26after.jpg&imgrefurl=http://www.chiakra.com/&h=852&w=2385&sz=1055&tbnid=dBiGiI3J04Zt3M:&tbnh=43&tbnw=120&prev=/search%3Fq%3Dbefore%2Band%2Bafter%2Bcosmetic%2Bacupuncture%26tbnh%3Disch%26tbo%3Du&zoom=1&q=before+and+after+cosmetic+acupuncture&usg=__7cCc9Ut05QqJgIWvoMqqYyNZzoI=&docid=g_dt ox9DKSrZPM&hl=en&sa=X&ei=ahTEUPvHDOFI0AXS_YFY&ved=0CCUQ9QEwAg&dur=5778

5.1

http://www.google.gr/imgres?q=before+and+after+cosmetic+acupuncture&start=114&um=1&hl=en&sa=N&biw=1280&bih=669&tbnh=isch&tbnid=I3hJjoHVgl5ofM:&imgrefurl=http://www.cure-by-nature.co.uk/page22/page5/page5.html&docid=Uq850xQs6YyX3M&imgurl=http://www.cure-by-nature.co.uk/page22/page5/files/page5_1.jpg&w=190&h=288&ei=6RxeUO3sH8-p0AWMz4GwBQ&zoom=1&iact=hc&vpx=1051&vpy=56&dur=2388&hovh=230&hovw=152&tx=90&ty=175&sig=105903065686544976377&page=6&tbnh=147&tbnw=95&ndsp=22&ved=1t:429,r:33,s:114,i:117

5.2

μ

http://www.google.gr/imgres?q=www.serenitysprings.co.uk&um=1&hl=en&biw=1280&bih=669&tbnh=isch&tbnid=LFoldeQbytkm7M:&imgrefurl=http://www.zazzle.co.uk/acupressure_facial_points_poster-228799735749833113&docid=ISVa20hee4RJJM&imgurl=http://r1v.zcache.co.uk/acupressure_facial_points_poster-rbbd92aa76ead463c99baab3066496f5c_wv2_400.jpg&w=400&h=400&ei=4xteUPCXEqfB0QXKzYHYCQ&zoom=1&iact=hc&vpx=735&vpy=53&dur=1512&hovh=22

[5&hovw=225&tx=139&ty=146&sig=105903065686544976377&page=2&tbnh=156&tbnw=160&start=18&ndsp=24&ved=1t:429,r:3,s:18,i:135](http://www.scribd.com/document/105903065/686544976377&page=2&tbnh=156&tbnw=160&start=18&ndsp=24&ved=1t:429,r:3,s:18,i:135)

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