

AKUPUNKTUR
&
BEŞ ELEMENT

Dr. Yeşim KOZ

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Akademisyen Kitabevi A.Ş.

Halk Sokak 5 / A

Yenişehir / Ankara

Tel: 0312 431 16 33

siparis@akademisyen.com

www.akademisyen.com

Önsöz

Klasik akupunktur, 5000 yıl önce Yuhan Hanedanlığı döneminde çıkan çok etkili bir sistemdir. Uzun yıllar çeşitli hastalıkları ve semptomları tedavi etmek için uygulanmış ve paha biçilmez bir hazine olarak kabul edilmiştir. Giderek çok daha çeşitli hastalıkların tedavisinde güvenli ve etkili olduğu gösterilmiştir. Bu süre içinde Çin Tıbbının temel teorileri ve ilkeleri formüle edildi ve yazıldı. Çin Tıbbı, Sarı İmparator'un kitaplarındaki öğretilere bağlı kalarak tarih boyunca geliştirilen geniş kapsamlı, bilgeliği yansıtan ve antik çağlardan günümüze gelen klasik temel özellikleri olan bir bilimdir. Günümüzde özellikle kronik hastalıkların tedavisinde etkili olduğu kabul edilmektedir.

TCM (Traditional Chinese Medicine), kuantum fiziğinin mantığını yansıtır. Makrokozmosun mikrokozmos üzerine etkisidir. Bu evrende birbiriyle etkileşime giren enerji biçimleri ve yoğunluklarıdır. Yaradılışımız bilim üzerinedir.

TCM tüm hastalıkların, Qi ve Kan akışındaki dengesizlikten kaynaklandığını anlatırken, fiziksel fonksiyonları ve ruh üzerindeki bütünsel etkisini vurgular. İnsan vücudunun bütünlüğünü insan ile sosyal ve doğal çevresi arasındaki yakın ilişkiyi bütünsel olarak karakterize eder.

Akupunktur, beden zihin ve ruhun normal enerjetik mimarisinin restorasyonu için güçlü bir araçtır, asıl amacı vücudun enerjik düzeyde dengede kalmasını sağlamak bununla beraber içsel veya dışsal herhangi bir nedenle bozulan dengeyi yeniden kurmaktır. Genlerden gelenler, çevreden uyumlananlar ve yaşananlar zihnimize ve bedenimize kodlanmıştır. Bu kodlanmada ki dengesizlik durumlarında akupunktur tedavisi ile vücudumuzun kontrolünü elimizde tutmak mümkündür. Bunu akupunktur, vücudumuzun dengesini moleküler düzeyde düzenleyerek yapar.

TCM, Qi için büyüme, gelişme, hayatta kalma, hava değişiklikleri, mevsimsel değişim ve bu değişime uyum sağlayan bir zekadan (yaradılışımızın temelinden gelen) bahseder. Qi, doğada değişen duruma vücudun uyum sağlamasına bağlı olarak patojenlere karşı mücadele etme yeteneğine sahiptir. Eğer çevredeki anormal değişiklikler vücudumuzun uyarılana bilirliliğini aşan bir durum olduğunda, vücudumuzun bağışıklık sistemi düşük olduğunda ortama uyum sağlayamadığından ve patojenlere karşı yenildiğinde hastalık meydana gelir.

Dengede olan herhangi bir sistem sağlıklı, refah düzeyi yüksek ve sürdürülebilirdir.

Dengesiz olan bir sistem hastalık, acı ve çöküş yönünde eğilim gösterir. Bir sistem birbiriyle uyumlu ise tüm sistem uyumludur. Bir şeyden rahatsız olursanız tüm sistem boyunca dalgalanan bir rahatsızlık oluşur. Vücut bir bütündür. Bu kitapta akupunkturu doğru anlamak için Qi, (yaşam enerjisi) beş element ve denge unsuru olarak da Yin / Yang kavramları (tüm karşıt unsurlar ve güçlerin uyumu) anlatılacaktır.

Yin/Yang, beş element teorisi, Qi, kan, Wei, Ying akupunktur ve TCM'nin tüm sistemlerini kurmak için temel olarak kullanılan felsefi ve soyut kavramlardır.

Beş Shu akupoint sistemi, Yin/Yang ve Beş Element Teorisinin klinik uygulamasını temsil etmektedir. Bu sistemin temel işlevi, vücudun iç ve dış arasında iletişim kurmak ve Zang-Fu organlarını tedavi etmek için Qi'yi etkin bir şekilde aktive etmektir. Bu etki akupunktur için temel oluşturmaktadır

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