

Distributed to the extremities by channels and blood vessels

Incorrect Qi
Xie Qi
Pathogens

Defensive Qi
Wei Qi
Warms and nourishes tissues and organs
Adjusts opening and closing of pores
Protects body from external pathogens

Meridian Qi
Jing Luo, Zhi Qi

Nutrient Qi
Ying Qi
A component of blood. Qi that nourishes Zang-organ via the blood.

True Qi
Zhen Qi
Correct Qi

Yuan Qi forms the catalyst when combined with Zong Qi to form Zhen Qi

Essential Qi
Zong Qi
Gathers in the chest and controls speech and strength of voice
Promotes Lung function to dominate Qi & respiration
Promotes Heart function to dominate blood & vessels
Nourish Lu and Ht

Nourish muscles & moistens skin

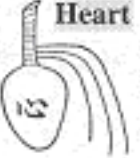
Joint cavities (synovial fluid) orifices of sense organs

Brain and spinal cord

Produce

Postnatal Qi
Acquired Qi
Hou Tian Qi
Gu Qi and Qing Qi combine to form Postnatal Qi and then Zong Qi

Qing Qi
Clean Air
Lungs refine fluid. Most refined goes to the skin, less refined goes to the Kidneys



(Jin) Yang
Body Fluid (thin)
flows with Wei Qi

(Ye) Yin
Body Fluid (thick)

Blood

Bone marrow
(gu sui)

Produce

Marrow Sui
non-substantial essence, common matrix of brain, spinal cord and bone marrow

Gu Qi (Grain Qi)
Derived from the essence of food by the Spleen
Gu Qi is an essence not usable and refined in this stage



Food
Stomach



Kidney Qi

Original Qi
Yuan Qi
Derived from Jing Qi
Stored in the Kidneys
Basis of Kidney Qi
Yuan Qi is more refined than Jing Qi and is a Qi whereas Jing is an Essence
Yuan Qi originates between the 2 Kidneys

Ming Men (Fire)
Kidney Yang
Ming Men & Kidney Yang are synonymous

Kidney Yin



Jing provides necessary substratum for Kidney yin to produce Kidney Qi by the heating action of Kidney yang

KIDNEY ESSENCE
Jing Qi
(stored in Kidneys)
Controls growth and reproduction
Controls 7 & 8 year cycles

Postnatal Qi Supports Kidney Essence
Kidney Essence Supplements Postnatal Qi

Begin Here at Conception

Formation of Qi, Blood, Jing, Jin & Ye

Greater Jing
Prenatal Qi
Congenital Qi
Xi Tian Qi
Inborn Constitution (stored in Kidneys)
Mother egg
Father sperm

Out

Out

Urinary Bladder

Pure Forms Wei Qi

Liver

Stomach

GB

Small Intestine

Large Intestine

Urinary Bladder

Urinary Bladder

Out

Distributed

Pure

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Pure fluids from the Kidneys to the Spleen

Impure fluids from Spleen via Stomach to intestines

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