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Meridian sinews (jingjin): A system being overlooked in the past but a new horizon of contemporary acupuncture medicine

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Meridian Sinews (Jingjin) are one of the meridian systems in which considered as 12 dynamic motor lines describing the physiology and pathology of the human ligaments and muscles and their affiliated tissues. Recently, numerous studies have published on the topic of Meridian Sinews especially for corresponding musculo-skeletal disorders. The similarity has shown among the new discoveries of Xue's new Jingjin theory, Xuan's soft tissue tenderness chart and myofascial meridians for manual and movement therapies even trigger points system. It could be a breakthrough to establish new therapeutic strategies of acupuncture dealing with musculo-skeletal disorders if applies ancient Meridian Sinews theory. A clinical trial about the distribution characteristics of Meridian Sinew (Jingjin) syndrome in 313 cases of whiplash-associated disorders (WAD) was conducted. Among the cases which are on the average of medium injury level, the higher frequency of "Sinew Knotted Points" tenderness and the most commonly presented symptoms were found relevant to corresponding syndromes. A summary of the relationships among the symptoms of the four neck syndromes has shown the correlation coefficient as having a statistical significance ($P < 0.01$ or $P < 0.05$), especially with regard to range of motion. The syndrome distribution under Grade I, II and III reflected that more combination of the Meridian Sinew syndromes in the whiplash injury patients which is resulted from more severity of injury. It is practical to identify the location of abnormality through Meridian Sinew differentiation, considering both "Sinew Knotted Points" tenderness and corresponding symptoms, for the local neck symptoms of WAD.

Biography

Yemeng Chen, PhD, LAc, graduated from two top Chinese Medicine Universities in China, Beijing and Shanghai University of Traditional Chinese Medicine. He has practiced Chinese Medicine and Acupuncture over 30 years and published more than 40 papers in reputed journals. He has been the President of New York College of Traditional Chinese Medicine since 2006. Currently, he also serves as the Secretary of Accreditation Commission for Acupuncture & Oriental Medicine (ACAOM), the Executive President of National Federation of Chinese TCM Organizations (NFCTCMO) and an Executive Council Member of the World Federation of Chinese Medicine Societies (WFCMS).

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