

Exploring Acupuncture Beauty Based on Facial Color

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Abstract: *Acupuncture and cosmetology are the characteristics of acupuncture and moxibustion treatment in Chinese medicine, and the "meridian theory" of Chinese medicine is the theoretical basis of acupuncture and cosmetology. In "Ling Shu", by observing the changes of human body color to understand the vital organs of the five vital organs, this paper is based on the "Ling Shu" in the beauty of the view of the color of the disease diagnosis and treatment, combined with the results of modern research, to summarize the acupuncture points of acupuncture beauty clinical diseases.*

Keywords: The Spiritual Pivot, Disease Color, Acupuncture and Cosmetology.

1. Introduction

Meridians are the pathways for the operation of qi and blood in the human body, which unify the qi and blood of the whole body to reach the surface of the body and play a role. Therefore, meridians have the role of connecting internal organs, communicating up and down, and communicating inside and outside. Therefore, the smoothness of the meridians has an important impact on the physical health and mental outlook. The Spiritual Pivot - meridians" said: "the meridians, so they can determine the death and life, at the disease, adjusting the real and virtual, can not be blocked." It points out the relationship between the meridians and human health and disease, but also explains the meridians have the role of communicating inside and outside, running gas and blood, contacting the internal organs, balancing yin and yang. The Spiritual Pivot - meridians" said: "people are born, its gas is also false, so the disease has the glory and health of the weak, there are camping and health of the weak. Rongwei of the weak, nothing; Yingwei of the weak, nothing." Human qi and blood, is the basic guarantee of physical health, if the body's qi and blood is insufficient, then it will lead to disease. If there is a deficiency of qi and blood, then the human body will experience symptoms such as pallor, dizziness, tinnitus, and mental fatigue. When the human body is deficient in qi and blood, it will first show up in the color of the face. The Spiritual Pivot - Five Colors" says: "When the five organs are sick, we take their colors to check their diseases. That is to say, when the five organs are not functioning properly, the color of the disease will change accordingly!

I . "The Spiritual Center" in the Beauty of the View

2.1 A Holistic View Centered on the Five Organs

Chinese medicine believes that the human body is an organic whole, and the holistic view centered on the five organs is one of the essences of Chinese medicine. The five organs function properly, the blood and fluid can reach the head and face of the five senses and other parts of the body, so as to be glorified. The Spiritual Pivot - The Viscera" says: "The five viscera are the ones that hide the spirit, blood, soul and spirit." The human body's spirit, blood and gas are all hidden by the five organs, the human body's spiritual activity is the embodiment

of normal life activities, and the physiological function of the five organs is closely related to the normal. In Chinese medicine concept of health, the five organs and beauty are inseparable. The five organs is the fundamental of human blood and gas, blood and gas is full, the five organs and skin moisturizing; blood and gas is insufficient, the five organs are not nourished, the skin is withered. So "Su Wen - on the ancient theory of truth" put forward "women seven years old, the kidney gas is full of teeth more hair long; seven seven days decadal exhaustion, Ren vein is weak, Taichung vein less eight eight teeth hair to go". Therefore, to have a healthy and beautiful face, you need to understand the relationship between the five organs and beauty. The Neijing" has the cloud: "the heart of the blood, its Hua in the face." The heart dominates the operation of the blood, the blood will be transported to all parts of the body, the head and face of the five senses and the skin to be glorified, the person's face can be red, smooth and delicate. Whether the physiological function of the heart is normal not only determines the quality of life, but also affects the appearance of the human body [1]. When the heart blood is insufficient, the qi and blood can not be glorified in the face, the face will be pale and lifeless, and when the heart fire is excessive, acne can appear on the forehead [2]. The physiological function of the heart is normal, the qi and blood run smoothly, the internal organs function normally, the heart qi is sufficient, the blood can be transported to the internal organs and organs, the color of the face is red and glossy, the tongue color is light red. Liver main excretion to smooth the qi, the body's organizations blood operation and fluid distribution are dependent on the liver's excretion. If the liver is not detoxified, the qi is not smooth, will be depressed and unhappy, sad face, long time facial wrinkles, blood stasis, dark color, all the poisons caused by the human face dirt, face scorched or sores iterative [3]. The "Neijing" has the cloud: the kidney for the innate nature of this, kidney essence is the source of human growth and development, the human aging process that is the process of continuous loss of kidney qi. Insufficient kidney qi the human body will appear symptoms of aging, as the "Suwen - on the ancient theory of Tianzhen" in the cloud face burns, hair fall and a series of changes!

2.2 Meridians and Beauty

The meridian system is a complex system, it through the

meridians inside and outside the human body, internal and external, internal organs and tissues and body surface and the body's tissues and organs organically linked gas up. Meridian system has two major functions: one is the conduction function, that is, the physiological activities of the body's tissues and organs of the signals through the meridian system to the relevant parts of the body, and regulate its function; the second is to regulate the function of the physiological activities of the tissues and organs of the influence of a certain role. The Spiritual Pivot - Evil Viscera and Bowels Disease Shape" has the cloud "twelve meridians, three hundred and sixty-five channels, their blood and gas are on the face and go to the empty orifices." The five viscera and six bowels of the blood are through the meridians on the face. In the body of the viscera dysfunction, through the color of the face of the glory and blight, darkness and turbidity, can be deduced that the disease belongs to the viscera and the viscera dysfunction, qi and blood bloom and decline [4]. Twelve meridians of qi and blood steamed on the head and face, the five viscera and six bowels of the qi and blood meridian qi are transported to the head and face, so the head and face of the skin of the glory of the twelve meridians and meridians of the meridian qi whether or not the smooth and closely related to [5]. The Spiritual Pivot - by the water" said: "the meridians, by the blood and camp. Blood enough face red and glossy, the five senses are nourished, moist and beautiful, blood deficiency is withered, wrinkles." Explain that the meridians are the human body to run the channel of qi and blood, internal organs, qi and blood, meridians, directly affecting the appearance of the human body. Physiological or pathological changes in the internal organs can be reflected in the corresponding meridians or points on the body surface, showing specific symptoms and signs; stimulate certain meridians or points on the body surface, but also the physiological function of the corresponding internal organs and pathological changes play a regulatory role [6]. The Spiritual Pivot - meridians" said: "the meridians, so can determine the death and life, at the disease, adjusting the virtual reality, can not be blocked." Meridians smooth or not, determines the physiological health of the human body and the balance of yin and yang, points out the importance of meridians for human health and spiritual outlook. The Spiritual Pivot - Sea Theory" cloud: "The twelve meridians, internal belongs to the viscera, outside the joints in the limbs." The human body's organs, muscles and joints, the body official orifices are relying on the twelve meridians close contact. The whole body skin is the twelve meridians functional activities reflected in the surface of the parts of the skin through the twelve meridians and internal organs to communicate. Disease in the internal, the shape of the external, internal organs can be reflected through the bridge role of the meridians to the surface area, and vice versa, through the skin, you can Division of external speculation in order to explore the internal meridians and internal organs in the end [7], fully embodies the Chinese medicine organs and meridians of the overall concept. Twelve meridians and blood and viscera, meridian disease is closely related to the twelve meridians and blood how much change determines the onset of disease characteristics, nature (qi and blood deficiency), return [8].

2.3 The Five Viscera and the Five Colors are Reflected

In Chinese medicine, diagnosis is the first step in the

diagnosis of a disease, and color vision is an important part of diagnosis. In ancient times, when Bian Magpie first met Duke Huan of Qi, he was able to diagnose his disease, but when the disease became critical, it was too late, which illustrates the importance of diagnostic coloring in the diagnosis of diseases. Disease color refers to the change of disease reaction in color, diagnosis is based on facial color [9]. And when the human body is in a pathological state, the skin will show some special movement of color. The Spiritual Pivot - Five Colors" said: green for the liver, red for the heart, white for the lungs, yellow for the spleen, black for the kidneys. The changes of the five colors can not only reflect the diseases of the five organs, but also help us deduce the cold, heat, deficiency and realities of the diseases. Black is the main water drink, cold, blood stasis and pain; white is the main deficiency, cold and blood loss; yellow is the main dampness; red is the main heat; and green is the main cold, stagnation of qi, blood stasis and pain. As the "Spiritual Pivot - Five Colors" says: "The five colors are seen, each out of its color department. Green and black for pain, yellow and red for heat, white for cold, is called the five senses." "Su Wen - pulse to the essence of the subtle theory of the chapter" in the "five colors" related to the description: "red want to be like white wrapped Zhu, do not want to be like ochre; white want to be like a goose feather, do not want to be like salt; green want to be like the zephyr of the pale jade, do not want to be like blue; yellow want to be like the Luo wrapped in xionghuang, do not want to be like the yellow earth; black want to be like the heavy lacquer, do not want to be like the ground Cang!" as the standard use of good and bad color of the face color [10]. In addition, the color change is also the performance of the internal organs of the vital essence. Skin color bright, that is, "good color", is the internal organs of the vital essence is not weak, or the performance of the disease is still light; skin color dark, such as "white as withered bones" shows that the internal organs of the vital essence of the decline, the condition is serious, the prognosis is not good. The Spiritual Pivot - The Essential Viscera": Red-colored small reason for the heart is small, coarse reason for the heart is large ... black small reason for the kidney is small, coarse reason for the kidney is large. If the skin color is red and the texture is dense, the heart is small; if the texture is rough, the heart is big. This reveals that the size of internal organs can be diagnosed through the color of the face. The Spiritual Pivot - Five Sounds and Five Flavors" said: "Therefore, the saints look at its color, yellow and red more heat, green and white less heat, black more blood less. The beautiful eyebrow of the sun more blood, through the beard extremely beard of the Shaoyang more blood, the beautiful beard of the Yangming more blood, this is its time." It points out how to judge internal lesions through external facial diagnosis. Chinese medicine believes that the five organs and the five colors correspond, so in the diagnosis is often through the observation of the changes in the five colors of the human body to understand the five organs.

II. Diagnosis and Treatment of Disease Color

3.1 Diagnosis of Disease Color and Identification of Symptoms and Treatment

Disease color is based on the patient's facial skin color changes, judging the five viscera and six bowels of qi, blood, yin and yang changes in the abundance and decline. It is one

of the important contents of diagnosis, but also an important supplement to the diagnosis, so there is a "four diagnostics, color detection of disease" [11]. It is not an independent diagnostic method, but is closely integrated with the method of observation. Clinically, all the changes in the patient's facial skin color by observing the changes in the body's internal organs to reflect the changes in the functional status of the internal organs, as well as the regression of the disease and the prognosis of the situation, all belong to the scope of the color of the disease. Chinese medicine believes that the color of the disease is closely related to the functional state of the internal organs. When the body's positive energy is insufficient, or evil bias, the color of the disease can be abnormal changes. Therefore, you can understand the nature and severity of the disease by observing the abnormal changes in the color of the disease. Color for the internal organs, meridians, qi and blood essence of the response, different diseases, color is different, the same disease, different pathological stages of qi and blood yin and yang changes are different, color is also different [12]. The nature and severity of the disease can also be determined according to the different characteristics of the color changes seen in different parts of the body. For example, if the color of the face is dark or blue-purple, it is often caused by liver qi not being relaxed and qi stagnation and blood stasis; if the color of the face is red, it is mostly due to heat. Clinically, as the cause of each disease is different, the color of the disease will also have different manifestations. The combination of diagnosis of disease color and diagnosis and treatment can achieve the purpose of accurate treatment.

3.2 Disease color and Acupuncture Beauty

The "Spiritual Pivot" will be twelve meridians disease color and "skin" corresponds to the characteristics of the disease color is summarized as follows: the color of the face without luster, mostly meridian qi and blood insufficiency; face greenish gray, mostly meridian qi and blood disharmony; face red, mostly heat disease; face white and not glossy, mostly cold evidence; face white, mostly deficiency evidence. This feature can be used as a basic basis for acupuncture and cosmetic treatment of disease color. When the body's yang qi is not enough to warm the limbs, then the symptoms of pale face, dry lips without luster, pale tongue with white or thin white moss will appear. When the above symptoms occur, can be used to replenish qi and blood, warm the whole body points such as spleen Yu, kidney Yu, Qihai, Guanyuan. The head and face are the meeting of all yang, all yang meridians are upward in the face, yangming is the meridian of many qi and blood, Zhang Miao [13] from the yangming meridian is the meridian of many qi and blood, the decline of yangming vein is less blood, can't moisturize the facial skin, the loss of nourishment of the skin will appear the face of the signs of early aging such as dark, yellow, wrinkles, flaccid and so on, and then came up with the decline of yangming vein for the beginning of the aging of the starting factor, so in the treatment of should be Therefore, when treating the disease, one should "enrich Yangming and solidify the three yangs" to slow down "facial scorching". The "Spiritual Pivot - The Fifth Root Knot" says: "The key to using needles is to know how to adjust the yin and yang, adjust the yin and yang, the essence is light, and combine the form with the qi, so that the spirit can be hidden within." This means that adjusting yin and yang is

the fundamental principle of acupuncture in treating diseases, as well as beauty and anti-aging. Disease development and regression process, that is, the process of the struggle between evil and positive, and thus the treatment of disease to help positive qi, get rid of evil qi, prompting the transformation of the disease to the direction of healing. Acupuncture beauty is the same, through the stimulation of specific acupoints, to play its role in supporting positive qi, get rid of disease.

III. Clinical Selection of Meridian Points

4.1 Yellowish Brown Spots

Chloasma not only manifests itself in the disorder of human physiological functions, but also appears in black, blue or even yellow color on the face, cheeks, sides of the nose and forehead. According to Chinese medicine, chloasma is mostly caused by emotional disorders, excessive thinking or insufficient qi and blood, and is closely related to the liver, spleen and kidney. Modern medicine believes that it is related to endocrine disorders. In the treatment, the liver, spleen, kidney, Sanyinjiao, foot Sanli, etc. are mostly used. Huang Xiaofei and Liu Jianwu [14], in the treatment of chloasma in 30 cases with local peri-puncture combined with spleen and stomach regulating acupuncture, believed that the occurrence of chloasma is closely related to the spleen and stomach, and that the foot yangming gastric meridian circulates through almost the whole part of the circulation, which is also the most common part of chloasma, and scholars believe that "yangming is the master of the face, and the treatment of the face should be taken from the yangming". Therefore, regulating the spleen and stomach is the fundamental method for treating chloasma. Foot Sanli, middle epigastrium, lower epigastrium, Tianshu, Liangmen, Qihai, Guanyuan, Shuidao, Guilai, Sanyinjiao, Quchi and Hegu were selected for acupuncture intervention, and the results showed that the acupuncture method of regulating the spleen and stomach could effectively improve the lesions of the patients and the quality of their survival. Moreover, some studies have shown that stimulating the Sanyinjiao with acupuncture therapy can regulate the spleen, liver, and kidney, replenish qi and blood, and nourish the uterus, balancing yin and yang [15]. Acupuncture of the foot Sanli also has significant results. Yang Mi [16] and others, in their observation of the efficacy of acupuncture combined with moxibustion in the treatment of chloasma, concluded that chloasma should be treated by combining localization with the whole, acting directly on the spots of chloasma on the outside, and regulating the viscera on the inside in order to achieve both symptomatic and fundamental therapeutic effects. Eighty patients were selected for treatment, and the treatment group used peri-acupuncture combined with moxibustion on the foot-sanli and tianshu, and compared with the pure western medicine, and the results showed that the total effective rate of the acupuncture plus acupuncture and moxibustion group was significantly higher than that of the pure western medicine group.

4.2 Vitiligo

Vitiligo manifests as irregular, white lesions of various sizes on the face, which brings great distress to people's life and psychology. Its occurrence is mostly due to the deficiency of liver and kidney, blood stasis, external wind, qi and blood

disharmony, etc. [17], Su Min and Sun Chunmei [18], in the observation of the effect of acupuncture in the treatment of vitiligo, selected a combination of local perimetry, the first group: Hegu acupoints (double), Sea of Blood acupoints (double), Sanyinjiao (double), Yinlingquan (double), Taichong acupoints (double), Qihai acupoints; the second group: Quchi acupoints (double), Fengchi acupoints (double), Diaphragm Yu acupoints (The second group: Quchi point (double), Fengchi point (double), Diaphragm Yu point (double), Yanglingquan point (double), Taixi point (double), and Da Shi point. The two groups of acupoints were alternately needled, and the results showed that periapical stimulation promoted the qi and blood operation around the lesions, while the two groups of acupoints cooled the blood to remove wind and activated blood circulation to remove blood stasis. Zhao Xueqi [19] and others, in the research progress of acupuncture treatment of vitiligo, concluded that vitiligo is caused by a variety of factors, and acupuncture treatment can achieve the effect of regulating internal organs, dredging the meridians and channels, and supporting the positive and dispelling the evil. Liu Kai [20] and others in Professor Ge Bao and acupuncture treatment of vitiligo experience in the corner of the internal cause of the disease because of liver and kidney deficiency, involved in the spleen, resulting in the onset of Yingwei disorder; in the treatment of the liver and kidney to start, take: liver Yu, kidney Yu, lung Yu, spleen Yu, qihai, Baihui, large vertebrae, wind pools, hegu, Quchi, the sea of blood, the foot, three miles, three yinjiao, taixi, too, combined with the lesions of the local peripheral stabbing to tonify the liver and kidney, The basic treatment principle is to tonify the liver and kidney, harmonize the qi and blood, with the help of dredging the liver and regulating the qi, activating blood circulation and removing blood stasis, which has achieved good therapeutic effect in the clinic.

Acupuncture has achieved more significant results in the treatment of face-damaging diseases due to its green and healthy features. There are many more diseases, not only the above two, to which acupuncture has made a great contribution.

4.3 Regularity of Treatment

The Spiritual Pivot - Meridian Vessels says: "The colors are divided into five, each with its own will and intention. The will is made by the heart; the intention is made by the spleen; the color is made by the liver; and the sound is made by the kidney. Color and sound each have a will." That is, the color of the skin, the voice of the high and low, the tone of voice and human emotions are closely related, which is the human body meridians and internal organs to reflect the physiological function. Disease color is divided into five: red, yellow, green, white, black. The five colors represent the heart, spleen, liver, kidneys and blood and fluid. And the human body, blood and fluid, and directly affects the appearance of the human body and mental state, which is often referred to as "a person's color, you can know their internal organs of the gas". Chinese medicine believes that the disease occurs when the body shows the color of the disease changes and the health of the body has a close relationship, such as dark face is blood deficiency; colorless face is a deficiency of qi and blood; yellow face is stagnation of qi and blood stasis and so on. Therefore, when treating diseases, Chinese medicine

emphasizes on the four diagnostic points and selects different acupoints according to the patient's different color to achieve the balance of yin and yang. Clinical selection of beauty points should also follow this principle. Such as facial baldness, can take points on the dui chi; facial black spots can take points on the foot solar bladder meridian; facial acne can take points on the dui chi and foot syncopal liver meridian; facial acne can take points on the foot yangming gastric meridian and foot taiyin spleen meridian; facial pigmentation can take points on the dui chi; facial nerve paralysis can take points on the foot shaoyang gallbladder meridian and foot syncopal liver meridian, and so on. In conclusion, acupuncture and cosmetology should follow the principle of "disease color first", which has important significance for clinical cosmetology treatment.

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