



Qi, Yin, and Yang: Traditional Medicine Concepts of Acupuncture

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Abstract

Acupuncture is a traditional treatment from China with historical roots going back centuries. It uses the method of fine needles inserted into the skin at acupoints located along the body's meridians. The main concepts that govern this treatment are Yin and Yang, as well as the flow of vital energy known as Qi. The acupuncture treatment method was first discovered in China in ancient times and has been continuously developed. Today, acupuncture has become one of the standard therapies in China, along with herbs and massage techniques. Acupuncture treatment has preventive and curative purposes and is considered more economical and practical in the healthcare system. The concept of Yin and Yang is essential in acupuncture treatment. It reflects the balance and duality of the human body and nature. Acupuncture points are considered to have Yin or Yang properties, and needles on these points aim to restore the balance of energy in the body. In addition, acupuncture treatment also aims to optimize the flow of Qi, the vital energy that flows throughout the body. When the flow of Qi is obstructed or unbalanced, this can lead to health problems. Acupuncture today is still beneficial as an adjunctive treatment method for pain, primarily when conventional medicine does not provide adequate results. This research aims to analyze how Qi, Yin, and Yang affect the healing process in the human body. In this research, the literature study method is used to explore Qi, Yin, and Yang in the context of acupuncture treatment. The results of this research help us better understand how the concepts of Yin, Yang, and Qi are applied in acupuncture treatment and how they work in the human body.

Keywords: Chinese Medicine; Acupuncture; Traditional; Healthcare System

Introduction

One of the traditional treatment methods originating from China is acupuncture. In Mandarin, acupuncture is called "zhen jiu," which means "needle-moxibustion." Meanwhile, in Latin, acupuncture comes from the words "acus," meaning needle, and "puncture," meaning prick. Acupuncture uses the concept of treatment by inserting needles into specific points on the body. In Chinese medicine, there are terms called macrocosm and microcosm. The macrocosm is the surrounding natural environment.

Meanwhile, the microcosm is a unit that cannot be separated. When the macrocosm and microcosm are separated, there will be indications of imbalance. Philosophically, acupuncture functions to maintain body balance. This is done when a person's body cells develop differently than usual, and then the body's compensation must be restored to normal so the cells can develop normally.

Apart from that, the philosophical ideas contained in the concept of acupuncture are Yin and Yang. Yin and Yang are depicted as a circle divided into black and white parts. The black in Yin and Yang represents Yin, which has feminine qualities.

Meanwhile, white symbolizes Yang, which has masculine attributes. Even though Yin and Yang have different properties, Yin and Yang are an inseparable whole. If Yin and Yang are separated, disharmony will occur. This indicates that acupuncture and Yin and Yang have the same philosophy; both emphasize balance and harmony. In acupuncture, there is also the concept of Qi. According to Chinese philosophy, Qi is how living things and the universe are formed, as well as attitudes toward life.

Meanwhile, Qi, in the concept of acupuncture, is an energy flow in the body. If the Qi in the body is not balanced, health will be disrupted. Therefore, inserting needles in acupuncture involves not merely inserting needles into the human body but inserting needles into points on the body where Qi flows.

This writing aims to discover the concepts of Qi, Yin, and Yang in the philosophy of acupuncture, all of which prioritize balance in their visions. The theory used in this writing is conceptual, where the author describes the topic based on views and basic assumptions, relevant variables, and the relationship between these variables.

Research Methods

The fascinating phenomenon, namely Qi, Yin, and Yang, and their relationship to acupuncture in achieving balance. This research aims to provide a comprehensive understanding of the topic by gathering data from various sources, such as journals, e-books, and previous scientific papers that discuss the concept of balance as it relates to Qi, Yin, and Yang. To achieve this, document analysis techniques were employed, which involved comparing and contrasting various data sources, analyzing the findings, and obtaining insights into the topic.

The data collected was carefully analyzed and processed to produce the final research result, which includes new ideas and insights into the topic of interest. This research seeks to provide a deeper understanding of balance and how it can be maintained using acupuncture techniques and the principles of Qi, Yin, and Yang. The findings of this research will be helpful to practitioners of acupuncture and anyone interested in health and wellness.

Results and Discussion

Acupuncture is a treatment method that uses a technique of inserting needles into specific points on the body. This treatment is an ancient Chinese medical method and is thought to have been discovered more than 2,500 years ago. Acupuncture has experienced rapid development, considering this method was found thousands of years ago. Several sources say that the philosophy of traditional Chinese medicine originates from the philosophy of Taoism, which was based on the beliefs of Chinese society at that time. Taoism is a teaching that emphasizes balance and simplicity of life and is in harmony with Tao. Records regarding acupuncture state that it is an organized treatment method, as written in the Yellow Emperor's Classic of Internal Medicine. This book is also known as "Huang in Neijing." This book contains related principles, the relationship between body organs, and treatment points during acupuncture. Acupuncture continues to develop along with the times and is passed down from generation to generation.

Acupuncture is developing very quickly in China and many countries around the world. During the Tang Dynasty, acupuncture existed in Japan and Korea since 250 BC. A Japanese acupuncturist named Jofku, who came from China, developed acupuncture. In the 7th century, the Japanese government sent doctors to China to study ancient Chinese medicine. These doctors established a functioning system of acupuncture and moxibustion treatment during the Tang Dynasty based on the

knowledge they acquired. In addition, it is estimated that acupuncture in Korea has existed since 2000 years ago. In 541 AD, the emperor Liangwu sent his artisans and physicians to China to study moxibustion and acupuncture.

The science of acupuncture was also developed in the Netherlands by Wilhelm Ten Rhyne. He was a doctor who published a book about acupuncture to treat rheumatism in 1683 in London. The science of acupuncture in Indonesia is also developing rapidly. This development must be connected to the influence of Chinese people who migrated to Indonesia, bringing medical knowledge from their country, which was also passed down from their ancestors. Acupuncture treatment currently makes a significant contribution to medical services, as evidenced by the presence of Prof. Satrio, who served as Minister of Health in 1963 and ordered the Ministry of Health to research and develop traditional Chinese medicine, including acupuncture. This treatment method is officially available at one of the well-known hospitals in Jakarta, namely Cipto Mangunkusumo Hospital, under the Department of Internal Medicine, and continues to develop in the Acupuncture Department of Dr. Cipto Mangunkusumo. The unit also organizes educational programs to train acupuncturists. It has begun training acupuncture organizations, including Ikatan Akupunktur Indonesia (IAI), Persatuan Akupunktur Indonesia (PAI), and Ikatan Naturopati Indonesia (INI).

Acupuncture has been practised in Indonesia for centuries, especially in traditional Chinese medicine. The use of acupuncture in Indonesia has grown in popularity in recent years due to its perceived effectiveness in treating various health conditions. However, the practice of acupuncture in Indonesia needs to be regulated by the government, which also raised questions regarding the security and calibre of the treatment. Despite this, many people in Indonesia continue to seek acupuncture treatments for their ailments.

The development of acupuncture then became a question mark for some people. Why is acupuncture readily accepted in society? Indeed, acupuncture is a complementary treatment with extraordinary benefits and is very effective. Acupuncture is also considered a harmless and effective treatment for the healing process. Compared to current treatments, acupuncture is much safer because it does not use chemicals like drugs, which can cause side effects. Acupuncture treatment is also relatively cheap compared to medical treatment.

Qi

Qi in Chinese culture refers to the balance and energy circulating in all living things. Qi is said to be the energy that flows through all living things. Qi is also believed to be able to support all life in the universe and everything in it through its power. Qi is essential in traditional Chinese medicine, martial arts, feng shui, and other practices. According to traditional Chinese medicine, qi flows throughout the body through meridians called meridians. If the flow of qi is unbalanced or obstructed, it can cause disease. Traditional Chinese medicine also believes in five elements: fire, water, earth, metal, and metal. Chinese people believe Qi is essential in connecting these elements with the body's organs, bringing health. Chi acupuncture aims to restore the balance of chi in the body by stimulating specific points along the meridians with tiny needles.

Numerous historical Chinese writings, notably the Daozang (Taoist Canon) and Huangdi Neijing (Yellow Emperor's Inner Canon), describe the idea of qi. These books tell the characteristics of qi, the life force that permeates the body, and how to balance and develop it for optimal health. Particularly regarded as one of the founding works

of Traditional Chinese Medicine, the Huangdi Neijing offers comprehensive guidance on identifying and managing a wide range of ailments by controlling the body's qi flow.

The Huangdi Neijing describes qi as the life-giving energy that circulates through the organ systems and meridians of the body, preserving health and allowing for life. It states that qi is affected by various elements, including emotions, diet, and exercise, and it has both physical and spiritual dimensions. The book also discusses several methods for developing and balancing qi, such as meditation, qi gong, herbal medicine, and acupuncture. Traditional Chinese medicine aims to restore the body's qi to balance and harmony, which aims to prevent and advance health.

In Daoism, a senior priest or master is called a Daozhang. Qi is the essential energy that permeates the universe and gives life to all living things, according to Daozhang. It moves through the body in meridian channels, and preserving its natural balance and flow is crucial. Daozhang also holds that Qi has physical, emotional, and spiritual components and is influenced by various elements, such as emotions, the environment, food, and exercise. Consequently, Qi Gong, Tai Chi, and meditation are Daoist practices that focus on cultivating and balancing Qi.

Qi has a long history; it dates back more than 2,500 years to the Yellow Emperor's Classic of Medicine, an ancient Chinese treatise. This literature states that qi is a vital energy that flows through the body and that maintaining balance and flow is necessary for overall wellness. The idea of qi developed over time and became essential to many facets of Chinese society and culture. The motions of the planets and stars, the seasons, the flow of water and wind, and other natural occurrences were all connected to Qi. Acupuncture and other therapies are used in traditional Chinese medicine to balance the body's qi flow and enhance overall health and well-being. Presently, the notion of qi has transcended China and is acknowledged in several different societies across the globe. It is frequently linked to techniques like yoga, tai chi, and meditation that enhance and harmonize the body's and mind's energy flow.

Qi has many health benefits for the body. Qi, which is said to be the essential life energy that permeates all living things, can improve physical health when it is in balance and flowing freely. The body can benefit from Qi in several ways, including better circulation, heightened immunity, lower stress and anxiety, and increased energy levels. In addition, consistent engagement in Qi Gong, Tai Chi, and meditation—all meant to cultivate and balance Qi—can support better health and well-being in general.

Yin and Yang

According to ancient Chinese philosophy, Yin and Yang originated from the time of the Emperors. According to folklore, Lao Tzu first proposed Yin and Yang, and the concept was perfected by Zou Yan (305 BC – 240 BC). It is also believed that Yin and Yang were present when Taoist teachings developed. Taoism is a teaching that emphasizes human virtue and aims to achieve eternal happiness by uniting with the Tao or God. Taoism developed during the Eastern Han Dynasty, founded by Lao Tzu, and is said to have existed in the 3rd century BC. Based on ancient Chinese history, it is believed that everything in the world is made up of two things that are entirely different and contradictory but need and depend on each other. Not only that, but he also lives in harmony and harmony. Yang represents the sun, the hill's south side, or the river's north bank.

The Taoist tradition is philosophical and spiritual and is rooted in ancient China. The Tao, which translates to "the Way" or "the Path," is its primary idea. The

fundamental energy that permeates everything and rules the natural world is called the Tao. Taoism encourages people to develop an inner sense of calm and peace through mindfulness, meditation, and other spiritual practices. It also highlights the significance of living in line with the Tao. Taoist teachings also urge people to live in peace with one another and the natural environment, emphasizing the value of simplicity, humility, and compassion.

Meanwhile, the symbolic meaning of Yin and Yang symbolizes duality. Duality is a concept in Chinese culture that provides an understanding of opposing ideas about life in the universe. In the visions of Yin and Yang, it is described as active, positive, masculine, light, or light for the Yang concept. In contrast, flexibility, passive, negative, femininity, and darkness are sound concepts.

In traditional Chinese history, yin and yang are often associated with sun and moon elements. The sun represents light and warmth, while the moon represents darkness and cold. This follows the dualistic concept that in the universe, many objects have opposite properties but can live peacefully and are connected. Just as the sun represents day and the moon represents night, they are very different but can work together when necessary. The concept of Yin and Yang is not only limited to the sun and moon. In the universe, many pairs of opposites exist in harmony with the idea of Yin and Yang, such as masculine and feminine, masculine and feminine, cold. And heat, active and passive, heaven and earth, or everything in the world have opposite properties.

"The Yellow Emperor's Classic of Medicine" is an essential book explaining Yin and Yang concepts. This ancient text is considered one of the foundational texts of Chinese medicine and provides a detailed understanding of Yin and Yang and their relationship to health and disease. In "The Yellow Emperor's Classic of Medicine," Yin and Yang are described as opposing yet complementary forces in nature and within the human body. Yin and Yang are used to explain health and disease, and balance between the two is considered necessary for good health. The book provides a detailed understanding of Yin and Yang and their relationship to various body functions, emotions, and environmental factors and offers recommendations for maintaining balance between the two.

Conclusion

Yin and Yang is a traditional Chinese concept. Yin and Yang were invented in the Eastern Han Dynasty. Yin and Yang are two of the essential elements of Taoist teachings. In Taoism's contribution to the concept of Yin and Yang, they connected the ideas of Yin and Yang with pictures related to Taoism, precisely harmony and following the flow of nature. This concept is a profound philosophical principle in Taoist teachings and is used in practices such as Tai Chi, meditation, and personal development. The images of Qi, Yin, and Yang are found in acupuncture treatment. This concept harmonizes with the balancing elements of Qi, Yin, and Yang, as well as acupuncture. Qi is the vital or magical energy in the body that helps maintain the body's balance. If Qi is not balanced, health will be disrupted.

Additionally, Yin and Yang also apply the concept of balance. Yin and Yang are indeed two different things, but if Yin and Yang are not balanced, it can cause problems. Yin would not exist without Yang, and Yang would not live without Yin. Meanwhile, acupuncture is a method of traditional Chinese medicine that aims to restore balance to the body by inserting needles into the patient's body, where Qi or magical energy circulates in the body. These three are sustainable because they all

use the concept of balance. Acupuncture has developed rapidly in China and worldwide, including Japan, Korea, the Netherlands, Germany, and Indonesia.

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