

# Traditional Chinese Medicine (TCM)

## The Five Major Organs and Acupoints

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### Learning Goals

By the end of this lesson, students will be able to:

- ✓ identify the five major organs in Traditional Chinese Medicine (TCM)
  - ✓ explain the functions of each organ in TCM
  - ✓ recognize symptoms of imbalance in each organ
  - ✓ describe basic lifestyle habits that support health
  - ✓ identify common acupoints connected to different organs
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## Introduction to Traditional Chinese Medicine (TCM)

### What is TCM?

Traditional Chinese Medicine (TCM) is a health system developed in China thousands of years ago.

TCM focuses on:

- balance in the body
- prevention of illness
- natural healing
- connections between emotions, organs, food, and lifestyle

TCM believes the body works best when there is balance between:

- Yin and Yang
- emotions
- food
- sleep
- movement
- energy flow (Qi)

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## Important Vocabulary

Term	Definition	Example
Qi	Energy flowing through the body	Feeling energized after good sleep
Yin and Yang	Opposite forces that must stay balanced	Rest and activity
Meridian	Energy pathway in the body	Liver meridian
Acupoint	Specific pressure point on the body	Tai Chong point
Imbalance	When the body is not functioning properly	Stress affecting sleep

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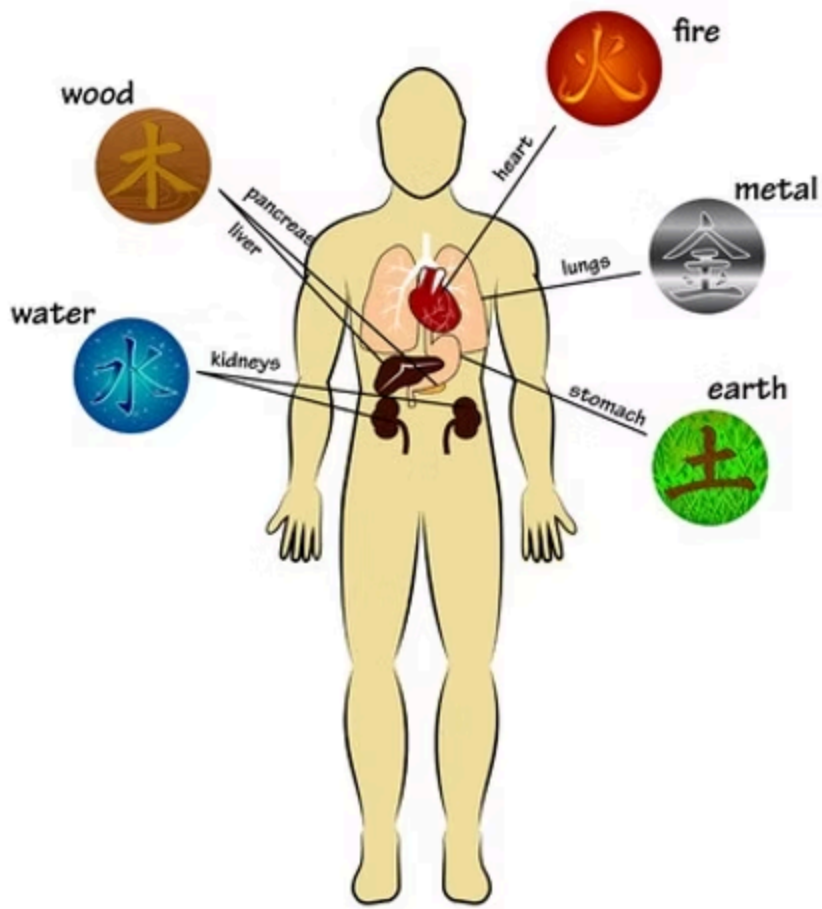
## The Five Major Organs in TCM

The five major organs are:

1. Liver
2. Heart
3. Spleen/Stomach
4. Lungs
5. Kidneys

Each organ is connected to:

- emotions
  - foods
  - body systems
  - energy flow
-



# 1. Liver

## Main Functions

The Liver:

- detoxifies the body
  - helps Qi move smoothly
  - supports digestion
  - supports emotional balance
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## Emotions Connected to the Liver

Negative emotions:

- anger
- stress
- frustration

Positive emotions:

- compassion
  - calmness
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## Symptoms of Liver Imbalance

Examples:

- headaches
  - red or itchy eyes
  - insomnia
  - anger problems
  - poor appetite
  - menstrual discomfort
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## Ways to Improve Liver Health

Examples:

- meditation
  - yoga
  - walking
  - enough sleep
  - reducing stress
  - eating green vegetables
  - eating sour foods like lemon or tomatoes
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## **Important Acupoint: Tai Chong**

### **Location:**

Between the big toe and second toe.

### **Helps With:**

- headaches
  - stress
  - eye problems
  - high blood pressure
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## **Class Discussion**

Question:

How can stress affect physical health?

Possible answers:

- headaches
  - poor sleep
  - digestion problems
  - anger
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# 2. Heart

## Main Functions

The Heart:

- controls blood circulation
  - supports emotional well-being
  - is considered the “king” of organs in TCM
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## Emotions Connected to the Heart

Positive:

- joy
- happiness

Negative:

- excessive emotional stress
  - overstimulation
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## Symptoms of Heart Imbalance

Examples:

- insomnia
  - weak circulation
  - vivid dreams
  - anxiety
  - pale face
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## Ways to Improve Heart Health

Examples:

- smiling
- relaxation
- walking
- meditation
- eating red foods

Examples of red foods:

- berries
  - tomatoes
  - beetroot
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## **Important Acupoint: Shen Men (HT7)**

**Location:**

Inner wrist area.

**Helps With:**

- anxiety
  - stress
  - insomnia
  - emotional calming
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# **3. Spleen and Stomach**

## **Main Functions**

The Spleen and Stomach:

- digest food
  - create Qi and Blood
  - provide energy to the body
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## Symptoms of Imbalance

Examples:

- bloating
  - constipation
  - diarrhea
  - bad breath
  - overthinking
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## Ways to Improve Digestive Health

Examples:

- warm foods
  - cooked foods
  - eating slowly
  - reducing stress while eating
  - avoiding cold foods
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## Important Acupoint: Zu San Li

**Location:**

Below the kneecap near the shin.

**Helps With:**

- digestion
  - energy
  - immunity
  - stomach problems
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## **Activity** Ask students:

What foods make you feel healthy and energized?

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## **4. Lungs**

### **Main Functions**

The Lungs:

- control breathing
  - circulate Qi
  - support immunity
  - help release emotions
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### **Emotion Connected to the Lungs**

Negative:

- sadness
  - grief
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### **Symptoms of Lung Imbalance**

Examples:

- cough
  - runny nose
  - asthma
  - skin problems
  - low energy
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## Ways to Improve Lung Health

Examples:

- breathing exercises
  - social connection
  - warm foods
  - spicy foods like ginger and garlic
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## Important Acupoint: Lie Que

**Location:**

Near the wrist.

**Helps With:**

- coughing
  - asthma
  - quitting smoking
  - lung strength
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## 5. Kidneys

### Main Functions

The Kidneys:

- store energy reserves
  - support bones
  - support hearing
  - help overall body strength
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## **Emotion Connected to the Kidneys**

Negative:

- fear
  - panic
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## **Symptoms of Kidney Imbalance**

Examples:

- weak bones
  - ear problems
  - low energy
  - fear and anxiety
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## **Ways to Improve Kidney Health**

Examples:

- enough sleep
- relaxation
- meditation
- black foods

Examples:

- black beans
  - blueberries
  - seaweed
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## Important Acupoint: Yong Quan

### Location:

Bottom of the foot.

### Helps With:

- anxiety
  - insomnia
  - headaches
  - stress
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## Common Acupoints for Overall Health

### Bai Hui

#### Location:

Top of the head.

#### Helps With:

- headaches
  - memory
  - dizziness
  - stress
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### He Gu

#### Location:

Between thumb and index finger.

#### Helps With:

- headaches

- tooth pain
  - constipation
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## Comparing TCM and Western Medicine

TCM	Western Medicine
Focuses on balance and prevention	Focuses on diagnosis and treatment
Connects emotions to organs	Focuses more on physical symptoms
Uses acupoints and herbs	Uses medication and medical procedures

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## Critical Thinking Questions

1. Can emotions affect physical health? Explain.
  2. Why is balance important in TCM?
  3. Which organ do you think is most affected by stress today?
  4. How can lifestyle habits improve health?
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## Group Activity

Choose one organ and create a mini-poster including:

- function
  - emotion
  - symptoms of imbalance
  - foods connected to the organ
  - one acupoint
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