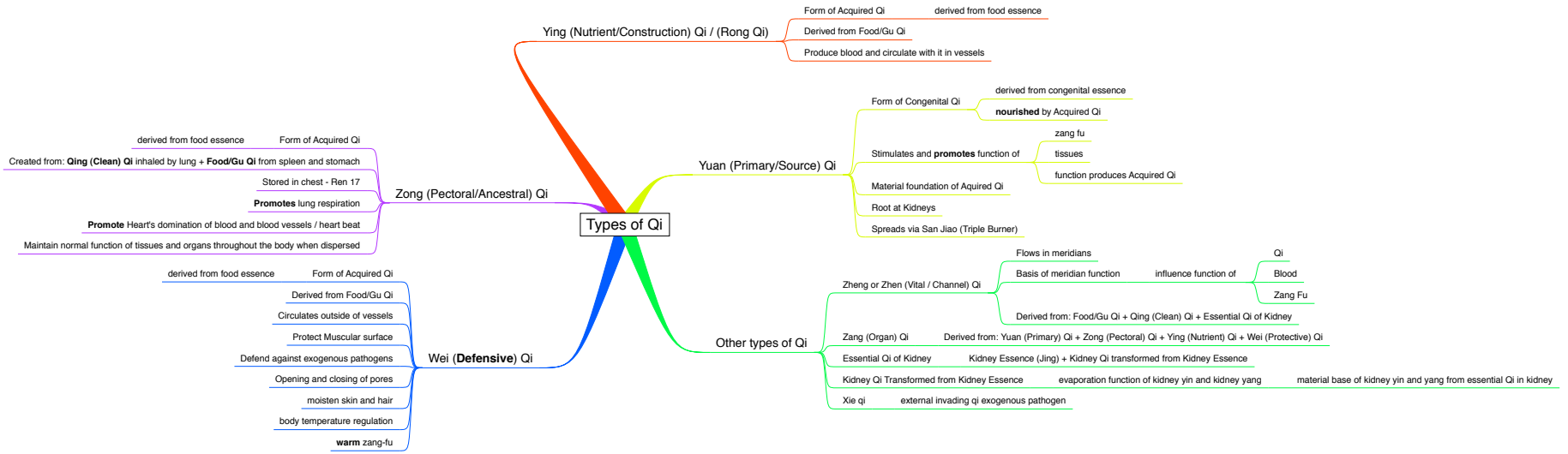
Types of Qi
Ying (Nutrient/Construction) Qi / (Rong Qi)
Form of Acquired Qi
derived from food essence
Derived from Food/Gu Qi
Produce blood and circulate with it in vessels
Yuan (Primary/Source) Qi
Form of Congenital Qi
derived from congenital essence
nourished by Acquired Qi
Stimulates and promotes function of
zang fu
tissues
function produces Acquired Qi
Material foundation of Aquired Qi
Root at Kidneys
Spreads via San Jiao (Triple Burner)
Other types of Qi
Zheng or Zhen (Vital / Channel) Qi
Flows in meridians
Basis of meridian function
influence function of
Qi
Blood
Zang Fu
Derived from: Food/Gu Qi + Qing (Clean) Qi + Essential Qi of Kidney
Zang (Organ) Qi
Derived from: Yuan (Primary) Qi + Zong (Pectoral) Qi + Ying (Nutrient) Qi + Wei (Protective) Qi
Essential Qi of Kidney
Kidney Essence (Jing) + Kidney Qi transformed from Kidney Essence
Kidney Qi Transformed from Kidney Essence
evaporation function of kidney yin and kidney yang
material base of kidney yin and yang from essential Qi in kidney
Xie qi
external invading qi exogenous pathogen
Zong (Pectoral/Ancestral) Qi
derived from food essence
Form of Acquired Qi
Created from: Qing (Clean) Qi inhaled by lung + Food/Gu Qi from spleen and stomach
Stored in chest - Ren 17
Promotes lung respiration
Promote Heart's domination of blood and blood vessels / heart beat
Maintain normal function of tissues and organs throughout the body when dispersed
Wei (Defensive) Qi
derived from food essence
Form of Acquired Qi
Derived from Food/Gu Qi
Circulates outside of vessels
Protect Muscular surface
Defend against exogenous pathogens
Opening and closing of pores
moisten skin and hair
body temperature regulation
warm zang-fu