

# The 3 Treasures - Qi, Jing & Shen

## *Basic Substances – Qi, Jing & Shen*

- The Chinese model, according to Traditional Chinese Medicine (TCM), considers components of process rather than structure (western).
- The human body is seen as an energy system in which various substances interact to create the whole physical organisation.
- these substances, Qi, Jing & Shen, are the 3 treasures.
- **When all 3 treasures are in harmony, you will be; Radiant with life, Physically fit, mentally sharp and very alert**

## *Qi- Responsible for Day to Day Movement*

- **The ‘vital energy’ or ‘intrinsic energy’, and blood is the carrier of Qi.**
  - Pre-natal Qi is what we inherit and are born with
  - Post-natal Qi is developed & formed by the air we breath & food we eat
- **Functions of Qi**
  - Promotes organ functions and movement (i.e. prod & circ of blood)
  - Warms the body, maintains the body’s temperature
  - Defends the body, protecting it from PCF’s (Pathogenic Factors)
  - Holds the organs in their correct position, and enables the blood vessels to contain blood within them
  - Nourishes the body, as all living tissues are constantly nourished by Qi
- **Deficiency of Qi** results in weakness & fatigue, shortness of breath, and spontaneous sweating. Often caused by chronic disease, stress & aging.

## *Jing- Responsible for Development*

- **Is the essence, the fundamental template energy that determines how the body functions.**
  - Inherited from our parents
  - Underpins all aspects of organic life (DNA)
  - Acquired from nutrition
  - is very dense, and is stored in our bone marrow
- **Functions of Jing**
  - Governs growth, reproduction & development
  - Promotes Kidney Qi. Kidney Qi is the root of all Qi.
  - Produces marrow
  - Determines our constitution. Jing works with defensive Qi to protect our body from EPF’s
- **Deficiency of Jing** results in poor memory, slow reflexes, poor food digestion, lack of concentration.

## *Shen – Responsible for Human Consciousness*

- **This energy is the most refined of all three**
  - Shen is the mind or spirit of the individual, and is stored in the Heart and Brain, and controlled by the Heart
  - It cannot exist on its own, and is dependent on Jing and Qi
- **Shen disturbance** affects a persons vitality, causing slower thinking, anxiety & insomnia. In extreme cases personality disorders