

「體內平衡針」的臨床課程介紹

Introduction to the Clinical Course on Homeostasis Acupuncture

Eileen Wei Huang

The glymphatic system is a recently discovered brain-wide clearance pathway that plays a critical role in removing metabolic waste through cerebrospinal fluid, particularly during sleep. Its dysfunction has been closely linked to neurodegenerative conditions such as Alzheimer's disease.

From the perspective of Traditional Chinese Medicine (TCM), the pathways of cerebrospinal fluid circulation show notable parallels with the Du meridian and other channel systems described in classical texts. These traditional theories also emphasize the relationship between brain function and sleep regulation.

In this presentation, I will focus on cervical acupoints and their role as key intersections of multiple meridians. By integrating modern neuroscience with TCM theory, this talk aims to explore how acupuncture may support glymphatic function and offer new insights into the treatment of neurodegenerative disorders.