

Organ Clock of Human Body in Traditional System

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Received: December 11, 2023; **Published:** December 26, 2023

In traditional Chinese medicine (TCM) there is detailed description about how our body organ system behave according to local time frame.

Although this we experience sometimes diseases of sudden onset, still no work has been done on this marvelous understanding.

In TCM our days start with 3 AM of local timings, first two hours, i.e. 3 a.m. to 5 a.m. are assigned to the lungs, likewise in our Indian understanding, many masters of pranayama advice this time for breathing exercise.

It also coincides with the fact that life starts with cry of child coming from action of lungs.

Next two hours, from 5 a.m. to 7 a.m. are assigned to the large intestine.

7 a.m. to 9 a.m. is time for stomach and 9 a.m. to 11 a.m. is time for spleen, these four hours are time for morning breakfast and it's assimilation.

In Chinese and Indian culture breakfast is the main food. There are studies of taking main food in this time and avoiding many diseases.

11 a.m. to 1 p.m. is the time for heart and circulatory system. 1 p.m. to 3 p.m. is the time for activity of small intestine, and how heart and small intestine are internally connected this is a detailed traditional understanding.

3 p.m. to 5 p.m. is the time for urinary bladder, it appears to be the most simple organ but it has maximum acupuncture points out of all acupuncture channels. Infact it affect all organs, last point on urinary bladder channel is UB 67, whose stimulation causes activity in the visual cortex of brain mentioned in traditional Chinese medicine centuries back and now even proved by functional MRI.

5 p.m. to 7 p.m. is the time for kidneys. Both urinary bladder and kidneys besides excretion have some other functions, will write next time.

7 p.m. to 9 p.m. is assigned to the pericardium, does not mean just the physical pericardium besides it also includes central nervous system.

9 p.m. to 11 p.m. is the time for spinal cord, we call it as triple warmer most mysterious organ system. In Japan, acupuncture on this particular channel is widely used.

11 a.m. to 1 a.m. is time for gall bladder and 1 a.m. to 3 a.m. is the time for liver. Gall bladder functions besides organ as described in modern medicine and is also the organ of decision and courage.

Sense organs in traditional system are governed and related with one of the main organs as skin with lungs, tongue with heart, eyes with liver and the ears with kidneys.

So, these are 12 organ systems and their local timings has vast clinical significance in the occurrence of sudden changes diseases such as stroke.

There's one more depth in this understanding if you carefully see this timings and pair the organs as stomach and spleen, urinary bladder and kidneys, heart with small intestine etc. One organ is solid and the paired organ is hollow, moreover we can transfer energies between the two paired organs.

Clinical use

- I would like to explain clinical use of this understanding.
- A well built young patient, no comorbidity, suffered eye injury resulting in sudden loss of vision due to the loss of normal contour of fovea in the macula.
- This injury occurred eight years ago at 9 AM, this time was converted to local mean time and found that it was stomach timings according to traditional Chinese system.
- Next we have to see whether stomach channel affects the eyes, fortunately stomach channel starts from infra orbital margin. Treatment planning was done how to affect macular area and much stimulation was required.
- Treatment was started using this knowledge and patient noticed subjective improvement in very first sitting and for objective improvement OCT pre and post treatment was compared after 12 sittings.

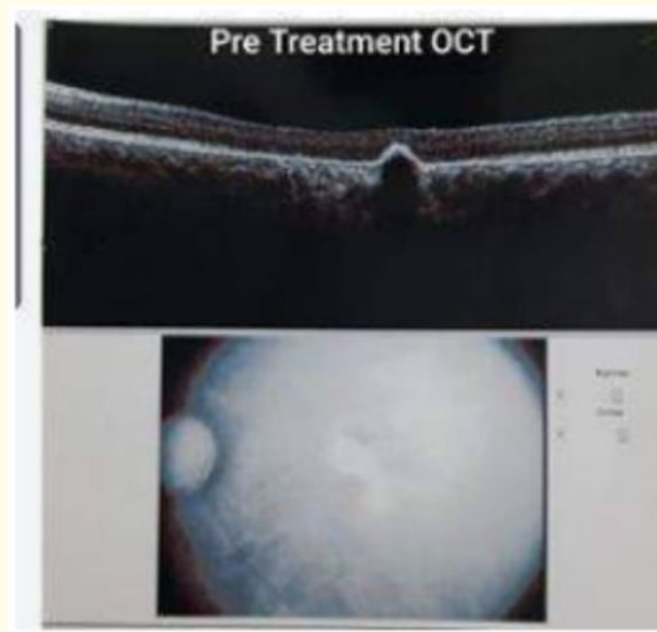


Figure 1: OCT showing absence of foveal pit before treatment.

In post treatment OCT, foveal pit with normal contour was noticed, with satisfactory improvement in visual acuity.

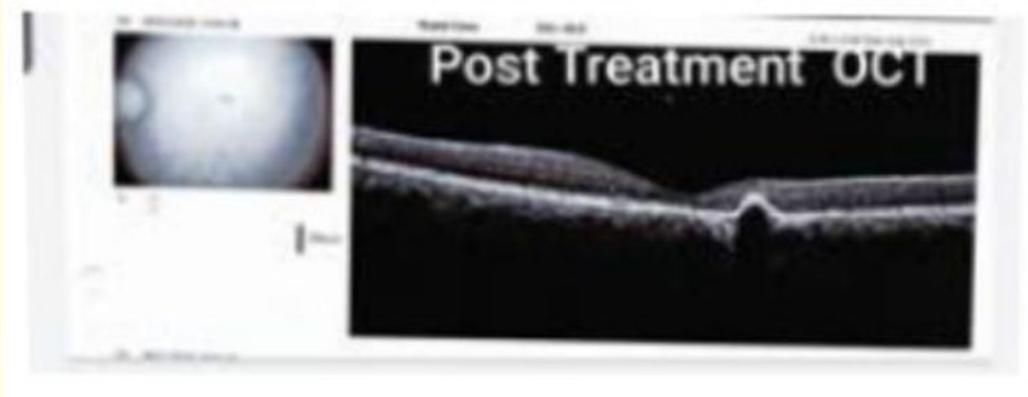


Figure 2: OCT showing appearance of foveal pit.

This achievement is one where knowledge of traditional Chinese system is integrated with modern medicine.

It is first time that use of knowledge from the modern ophthalmology as detailed anatomy of retina, diagnostic tools as O.C.T. were combined with acupuncture resulting in recovery of normal foveal contour and improved vision.

This is integration.

Volume 15 Issue 1 January 2024

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