

Research on the Impact of Conception Vessel Dredging Therapy Based on the Theory of Shifting Essence and Changing Qi in Inner Canon of Huangdi on Physical and Mental Health

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Abstract: This study, based on the theory of shifting essence and changing Qi in Inner Canon of Huangdi, deeply explores the theoretical basis, operation method of Conception Vessel Dredging Therapy and its influence on human health. Through case analysis and the statistical analysis of medical records during the pandemic, it reveals the remarkable effects of this method in regulating the endocrine system, improving metabolism, and relieving physical and mental diseases. It provides a theoretical and practical basis for the application of traditional Chinese medicine anti-aging therapy in the modern health field, and helps to explore new ways to delay aging and improve physical and mental health.

Keywords: Shifting essence and changing Qi; Conception vessel dredging therapy; Inner canon of Huangdi; Endocrine regulation; Metabolic improvement; Anti-aging; Mental health

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1. Introduction

In today's society, with the acceleration of the pace of life and the increase of environmental pressure, people's aging speed has significantly accelerated. Various cliff-like aging symptoms appear around the age of 30, which forms a huge contrast with the situation recorded in Inner Canon of Huangdi that the ancients only showed normal aging at the age of 50^[1]. How to effectively delay aging and improve physical and mental health has become an important research topic in the fields of medicine and health preservation. As a classic work of traditional Chinese medicine, Inner Canon of Huangdi contains rich health preservation wisdom. Among them, the theory of shifting essence and changing Qi provides a new idea for solving modern health problems^[2]. The purpose of this study is to deeply explore the conception of vessel dredging therapy based on the theory of shifting essence and changing Qi, analyze its influence on human health, and excavate the modern anti-aging value of traditional Chinese

medicine health preservation therapy.

2. The traditional Chinese medicine basis of the theory of shifting essence and changing Qi

2.1. The relationship between meridians and metabolism, emotions

Traditional Chinese medicine believes that meridians are the channels for the circulation of Qi and blood in the human body, and whether they are unobstructed directly affects human health. When the meridians are blocked, it will lead to poor metabolism, premature aging of the body, and unstable emotions. This view is consistent with the theory of systemic circulation in Western medicine. Western medicine believes that poor circulation will block the channels for cells to obtain nutrients and expel toxins, which will lead to metabolic imbalance, premature aging, and diseases, and at the same time affect emotional regulation. Inner canon of Huangdi clearly states that “the meridians can determine life and death, treat all diseases, adjust deficiency and excess, and must be unobstructed”, emphasizing the importance of unobstructed meridians for human health ^[3].

The circulation of Qi and blood in the meridians is driven by Yang Qi. If the kinetic energy of Yang Qi is higher than the flow resistance in the meridians, the flow rate of the meridians can be accelerated, to achieve improved metabolism and keep people in a young and happy state. Just as Suwen on the Vitality Connecting with Heaven says, “Yang Qi is like the sun. If it loses its place, one’s lifespan will be shortened and one’s health will be impaired”, which fully illustrates the key role of Yang Qi in maintaining human health ^[4].

2.2. The connotation and mechanism of action of shifting essence and changing Qi

Shifting essence and changing Qi is an ancient therapy of the ancient physicians recorded in Inner Canon of Huangdi. This therapy does not use medicine or needles and stones. It directly injects Yang Qi into people through a special way, to rapidly improve metabolism. In modern health maintenance, whether people are undergoing other physical and mental therapies or not, first using the method of shifting essence and changing Qi to expel the accumulated metabolic toxins on the Conception Vessel can reverse the atrophy of endocrine glands, restore the body to a young state, bring peace to the heart, and significantly enhance the efficacy of subsequent other therapies. Its mechanism of action is mainly based on the close connection between the Conception Vessel and the human endocrine system. The acupoints on the Conception Vessel correspond to important endocrine glands. By dredging the Conception Vessel, it can regulate the endocrine system, and then affect the physical and mental state of the human body.

3. The specific content of Conception Vessel Dredging Therapy

3.1. The corresponding relationship between the Conception Vessel and endocrine glands

The positions of the three dantians on the Conception Vessel closely correspond to the important endocrine glands of the human body, and the endocrine system controls the aging speed of the human body ^[5]. When the endocrine glands are blocked, the hormone levels will be imbalanced, triggering a series of chain reactions related to aging and emotions. For example, a decline in estrogen levels can result in dry and rough skin, the formation of wrinkles and pigmentation, and may also contribute to psychological issues such as depression and anxiety. Similarly, abnormal thyroid hormone levels can lead to symptoms including weight fluctuations, fatigue, nervousness, mood

instability, irritability, and heightened emotional reactivity. Ancient traditional Chinese medicine found that the three major acupoints of Yintang, Shanzhong, and Guanyuan on the Conception Vessel correspond to the three dantians. By regulating these three major acupoints, it can have a positive impact on the endocrine glands, slow down or even reverse their atrophy, and make people return to a young state and maintain emotional stability.

3.2. The levels and methods of Conception Vessel dredging therapy

The Conception Vessel Dredging Therapy by shifting essence and changing qi is divided into 7 levels, corresponding to the skin, tendons, muscles, internal organs, bones, mind, and spirit respectively, and can be dredged from different depths of the meridians. At the same time, according to the distance between the doctor and the person seeking help, this method also derives 49 dredging methods, which can gradually open the 24 acupoints on the circulation of the Conception Vessel from different distances. In actual operation, taking the “draping” method as an example, after the person seeking help receives the “Yang Qi” of the doctor from the high-dimensional space with the Laogong acupoint of the palm, the palm is slightly in contact with the skin at the dredging point, and the Yang Qi will be transmitted into the body from the “skin” layer. During this process, the person seeking help needs to keep the mouth slightly open to avoid the upward movement of pathogenic Qi to the head, which may cause discomfort such as dizziness. When the Qi is injected into the dredging point, the person seeking help will gradually feel a sense of heat, numbness, and swelling, as well as the feeling and sound of the flow of Qi and blood in the Conception Vessel. Some lesion points will also have a transient phenomenon of Qi attacking the lesion, and then trigger disease-expelling reactions such as hiccups, yawns, tears, flatulence, and increased urine and stool volume. These sensations of Qi and disease-expelling reactions are important criteria for judging whether the toxins are expelled and whether the metabolism is improved. The details are shown in **Table 1**.

Table 1. Disease-expelling reaction triggered by “Yang Qi”

Disease-expelling channel	Disease-expelling reaction
Mouth	Hiccups, yawns, nausea, vomiting, white foam
Skin	Expelling cold, sweating, skin itching, rashes, acne, hot and cold alternation
Urethra	Increased urine volume, foamy urine
Nostrils	The exhaled breath has a sour and rotten smell, expelling turbid Qi
Eyes	Shedding tears
Anterior Yin	Abnormal vaginal secretions, abnormal color and texture of menstrual blood
Anus	Flatulence, increased stool volume, abnormal color and texture of stool

4. Case analysis

4.1. Case 1: Conditioning insomnia, decreased immunity, and anxiety (dredging the Yintang acupoint)

A 53-year-old woman has long suffered from insomnia, has low immunity, and catches a cold almost every month. She is also always inexplicably emotionally anxious. Through inspection, it was found that her pineal gland was severely calcified and atrophied, and most of it was in a grayish connective tissue state. The melatonin secreted by the pineal gland behind the Yintang acupoint is responsible for regulating the human sleep-wake cycle. Ancient

traditional Chinese medicine believes that this place is the “house of storing the spirit” and controls people’s emotions ^[6]. As people age, the pineal gland begins to calcify and atrophy around the age of seven, and the circulation gradually becomes blocked, which will have a serious impact on sleep, immunity, and emotions, and may even lead to diseases such as schizophrenia.

When using the method of shifting essence and changing qi to dredge her Yintang acupoint, after the Yang Qi entered the pineal gland, the woman first felt numbness and swelling between her eyebrows, and then her entire face felt numb. At the moment of dredging the surface layer, she involuntarily shed tears, which was a manifestation of the release of the pent-up emotions in the pineal gland. After dredging, she was no longer anxious and irritable, felt relaxed, and was able to sleep soundly until dawn that night. And her sleep quality has remained good for some time. The problems of decreased immunity and anxiety caused by the disorder of pineal gland secretion have also been cured.

In addition, dredging the Yintang acupoint can also effectively improve physical discomforts such as dizziness, headache, insomnia, amnesia, cranial nerve injury, low vision, cerebral palsy, syringomyelia, and psychological discomforts such as stress, anxiety, and schizophrenia.

4.2. Case 2: Conditioning adolescent depression and low concentration (dredging the Shanzhong acupoint)

A 15-year-old Taiwanese girl suffered from severe depression, had social phobia since childhood, had very few friends at school, would scratch her arms with a cutter whenever she was a little unhappy, and had tried to commit suicide by cutting her wrists and taking sleeping pills several times. Although her mother took her to try many psychological consultations and treatments of traditional Chinese and Western medicine, her condition continued to deteriorate. The girl’s depressive symptoms were closely related to the blockage of the Shanzhong acupoint. Under the Shanzhong acupoint lies the thymus gland that controls happiness. The secretion of thymosin affects the synthesis and release of neurotransmitters, and then regulates emotions. When the neurotransmitters are in balance, people have positive and happy emotions; conversely, pessimism and depression will occur. Due to the influence of long-term negative emotions, the Shanzhong acupoint of the girl was blocked, the thymosin could not be synthesized normally, and the neurotransmitters were imbalanced, leading to the aggravation of depressive symptoms.

After using Conception Vessel Dredging Therapy by shifting essence and changing Qi to inject Qi into her Shanzhong acupoint, at first she did not have obvious feelings. As the dredging progressed, she began to feel the energy of Yang Qi, her chest was warm, and the heat sensation descended to her abdomen. There was a sound from the deep layer of the Shanzhong acupoint, and then she began to hiccup to expel pathogenic Qi, and the atrophy of the thymus gland gradually reversed. After dredging, her chest tightness was greatly reduced, her face became pink, the corners of her mouth turned up, she felt comfortable, and her stress resistance and concentration were significantly improved.

In addition, dredging the Shanzhong acupoint can also quickly relieve physical discomforts such as chest tightness, weak resistance, chest pain, hypertension, coronary heart disease, and palpitations, as well as psychological discomforts such as depression, sullenness, restlessness, and palpitations. At the same time, it can improve concentration and intuition, and help control emotions.

4.3. Case 3: Improving energy and achieving a younger facial appearance (dredging the Guanyuan acupoint)

A 38-year-old Asian American woman has been insisting on physical exercise all year round to maintain abundant energy. However, in recent years, she has experienced post-exercise symptoms of low energy, fatigue, and drowsiness. Additionally, her facial skin quality and complexion have noticeably deteriorated, appearing dull, shriveled, and grayish-yellow, making her look significantly older than her actual age. For sub-healthy people, strenuous exercise may consume a large amount of Yang Qi, and Yang Qi is the key to maintaining a youthful appearance. The facial aging of this woman is due to the lack of nourishment of Yang Qi. Under the Guanyuan acupoint are the adrenal glands and gonads that control energy, and the adrenaline and sex hormones they secrete are in charge of the energy conversion and reproductive function of the whole body. Ancient traditional Chinese medicine calls it the “house of storing essence” [7].

After using Conception Vessel Dredging Therapy by shifting essence and changing Qi to open the blockage of her Guanyuan acupoint, the woman’s fatigue disappeared, her body became strong, she was no longer sleepy, a strong heat sensation appeared in her lower abdomen, her originally grayish and yellowish complexion became shiny, and a pinkish color appeared on her cheeks, returning to a young state. After that, she was full of energy, and her skin condition was like that of a girl in her early twenties.

In addition, dredging the Guanyuan acupoint can also regulate physical discomforts such as fatigue, drowsiness, premature aging, weakness, dizziness, slow development, low back pain, neck pain, rheumatoid arthritis, irregular menstruation, dysmenorrhea, decreased sexual function, impotence and premature ejaculation, as well as psychological discomforts such as fatigue, drowsiness, lack of ambition, fear, worry, mental decadence, depression and world-weariness.

5. Statistical analysis of medical records during the pandemic

During the global pandemic, the “Taosit Qi Healing the World” project used Conception Vessel Dredging Therapy by shifting essence and changing Qi to help more than a hundred thousand people open the blocked points on the Conception Vessel within three years, effectively eliminating their physical and mental illnesses and enhancing the positive Qi of heaven and earth. Through the statistical analysis of the cases shared by 1,178 beneficiaries around the world, it was found that as the Yang Qi was injected, these patients all showed varying degrees of rejuvenation while their illnesses were eliminated. These real feedbacks provide important modern practical evidence for this ancient physical and mental therapy of shifting essence and changing Qi, and fully prove the effectiveness and wide applicability of this therapy in improving human health.

6. Discussion

6.1. The modern medical significance of Conception Vessel Dredging Therapy

From the perspective of modern medicine, Conception Vessel Dredging Therapy has a positive impact on multiple systems of the human body, such as metabolism, immunity, and nerves, by regulating the endocrine system. The hormones secreted by endocrine glands participate in various physiological processes of the human body. When there is an endocrine disorder, a series of diseases and aging symptoms will be triggered. Conception Vessel Dredging Therapy can improve metabolic function, enhance immunity, and stabilize emotions by slowing down

or even reversing the atrophy of endocrine glands and regulating hormone levels. At the same time, this method may regulate the overall function of the human body by affecting the neuro-endocrine-immune network, which is consistent with the theory in modern medicine that the human body systems are interconnected and mutually influential.

6.2. The complementarity with modern medical therapies

As a traditional Chinese medicine health preservation therapy, Conception Vessel Dredging Therapy has obvious complementarity with modern medical therapies. Modern medicine has precision and high efficiency in the diagnosis and treatment of diseases, but it has certain limitations in preventing diseases, improving the overall health status, and regulating psychological emotions. Conception Vessel Dredging Therapy focuses on the overall conditioning of the human body, emphasizes the harmony and unity of the body and mind, and can play a unique role in preventing diseases, delaying aging, and regulating emotions. Combining the two can provide patients with more comprehensive and personalized health solutions, improve the treatment effect, and promote human health.

6.3. The limitations and prospects of the research

Although this study has achieved certain results, there are still some limitations. Firstly, the research is mainly based on case analysis and the statistical analysis of medical records, and lacks strict control experiments, making it difficult to completely rule out the influence of other factors on the results. Secondly, regarding the mechanism of action of Conception Vessel Dredging Therapy, the current research still stays at the level of traditional Chinese medicine theory, and lacks in-depth modern medical experimental research. Future research can further design rigorous control experiments, use modern medical detection means, deeply explore the mechanism of action of Conception Vessel Dredging Therapy, and clarify its specific influence on human physiological and psychological indicators.

At the same time, expanding the sample size and conducting multi-center, large-scale studies can enhance the reliability and generalizability of the research findings. In addition, the combined application of Conception Vessel Dredging Therapy and other modern medical therapies can also be explored to provide more choices and support for human health undertakings.

7. Conclusion

Conception Vessel Dredging Therapy based on the theory of shifting essence and changing Qi in Inner Canon of Huangdi can have a positive impact on the human endocrine system by regulating the acupoints on the Conception Vessel. It can effectively improve metabolic function, relieve physical and mental diseases, delay aging, and improve physical and mental health. Case analysis and the statistical analysis of medical records during the pandemic provide strong evidence in support for the effectiveness of this method. Although this study has certain limitations, Conception Vessel Dredging Therapy has shown great application potential in the modern health field. In the future, more research and exploration on this method should be strengthened to promote the integration of traditional Chinese medicine health preservation therapy and modern medicine, and make greater contributions to human health undertakings.

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Disclosure statement

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