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## Definition of Trauma

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- A trauma is an incident, usually possessing significant discomfort which leaves a lasting and recurrent ecopsychosocial effect

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## Examples of Trauma

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- Combat
- Accidents
- Death of a pet
- Terrorism, Torture
- Relationship ending
- Death of a loved one
- Sexual or Physical Assault
- Captivity or imprisonment
- Natural and man-made disasters, accidents

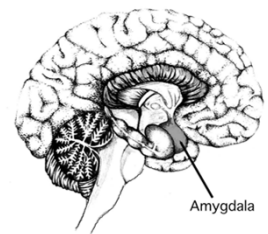


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## The Neuroscience of Trauma

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- Amygdala: signals alarm in brain when danger is perceived
- Epinephrine & Norepinephrine: released to mobilize the body for fight or flight
- Cortisol: released to return the body to homeostasis



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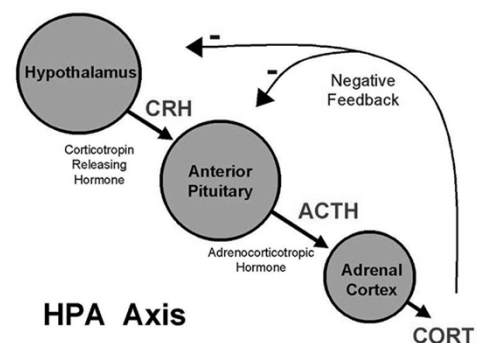
## The Amygdala

- Part of the brain's emotional processing (limbic) system
- Plays a profound role in fear conditioning
- Many studies show increased amygdala activation in PTSD

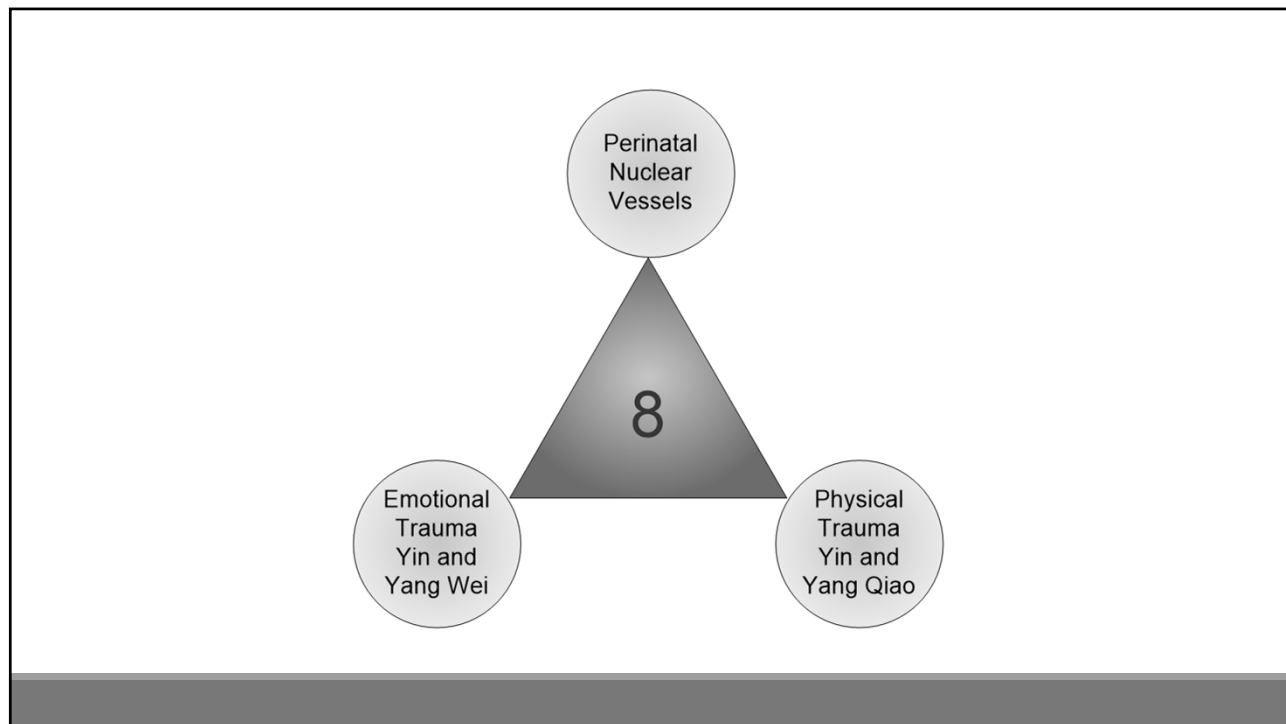
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## Cortisol Reduction

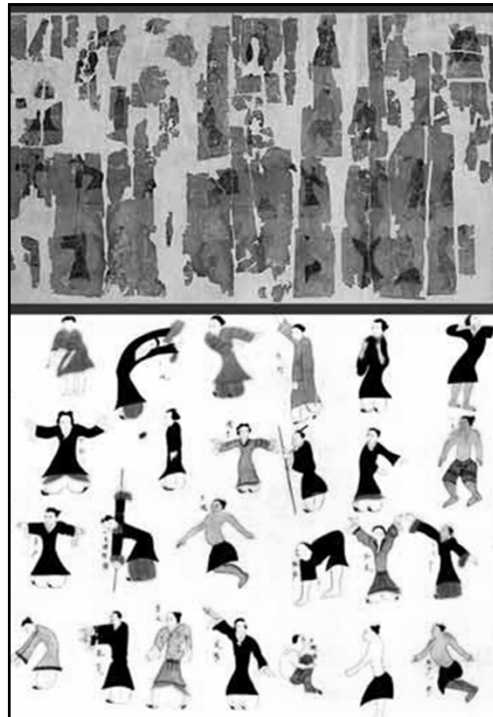
- Hypothalamus-Pituitary-Adrenal (HPA) Axis regulates Cortisol release
- Under stress the HPA Axis produces spikes in cortisol
- Under prolonged stress the HPA Axis produces a negative feedback loop and Cortisol production and release is reduced



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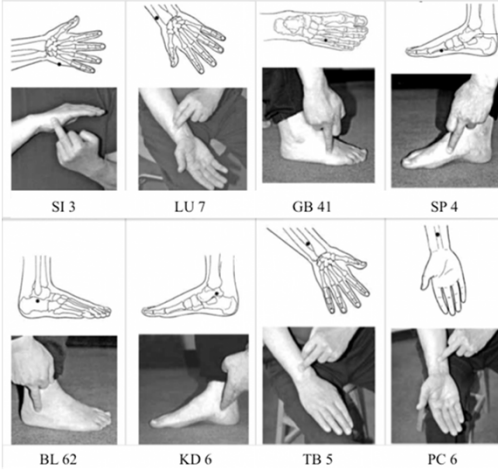


Mawang Dui 馬王堆 - the Horse King Mound - is an archaeological site from the Changsha Kingdom during the western Han dynasty (206 BC – 9 AD). The site consists of two saddle-shaped hills and contained the tombs of belonging to the first Marquis of Dai, his wife, and a male who is likely their son.

The site was excavated from 1972 to 1974, and most of the artifacts are displayed at the Hunan Provincial Museum. This discovery was monumental, one of the most significant of the 20th century and has changed our view of the history of medicine and Daoism in China.

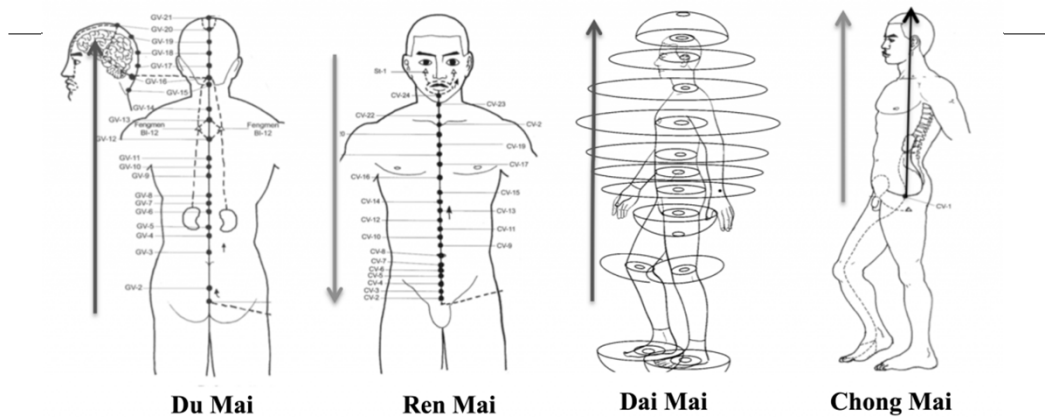
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| Du Mai        |           | Ren Mai      |          | Dai Mai      |           | Chong Mai   |          |
|---------------|-----------|--------------|----------|--------------|-----------|-------------|----------|
| 1.            | SI 3 (L)  | 5.           | LU 7 (L) | 9.           | GB 41 (L) | 13.         | SP 4 (L) |
| 2.            | BL 62 (R) | 6.           | KD 6 (R) | 10.          | TB 5 (R)  | 14.         | PC 6 (R) |
| Yang Qiao Mai |           | Yin Qiao Mai |          | Yang Wei Mai |           | Yin Wei Mai |          |
| 3.            | BL 62 (L) | 7.           | KD 6 (L) | 11.          | TB 5 (L)  | 15.         | PC 6 (L) |
| 4.            | SI 3 (R)  | 8.           | LU 7 (R) | 12.          | GB 41 (R) | 16.         | SP 4 (R) |

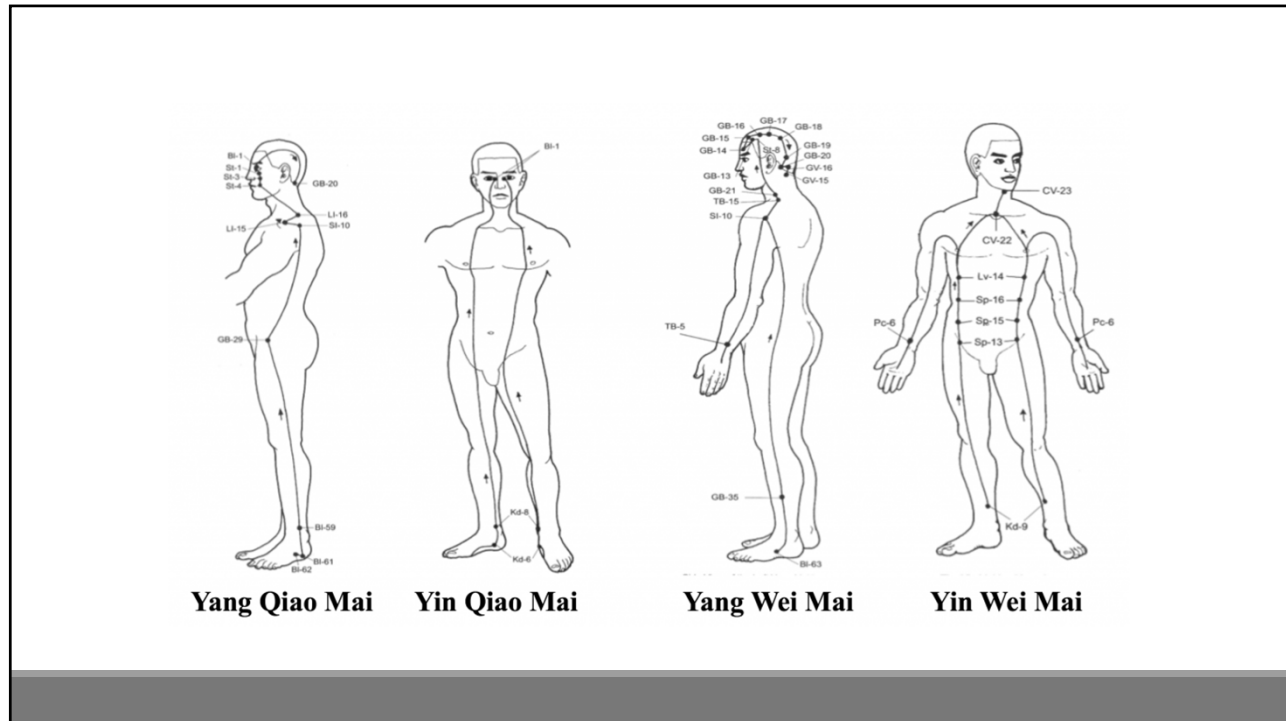


| Pairs of Vessels and Master Points |      |           |      | Affected Body Areas                                |
|------------------------------------|------|-----------|------|----------------------------------------------------|
| Chong                              | Sp 4 | Yin Wei   | P 6  | medial legs, abdomen, Stomach, Chest; Heart        |
| Du                                 | SI 3 | Yang Qiao | B 62 | back, back of legs, spine, neck, head, eyes; brain |
| Dai                                | G 41 | Yang Wei  | SJ 5 | Lateral legs, shoulders; sides of body & neck      |
| Ren                                | L 7  | Yin Qiao  | K 6  | abdomen, chest, Lungs, throat; face                |

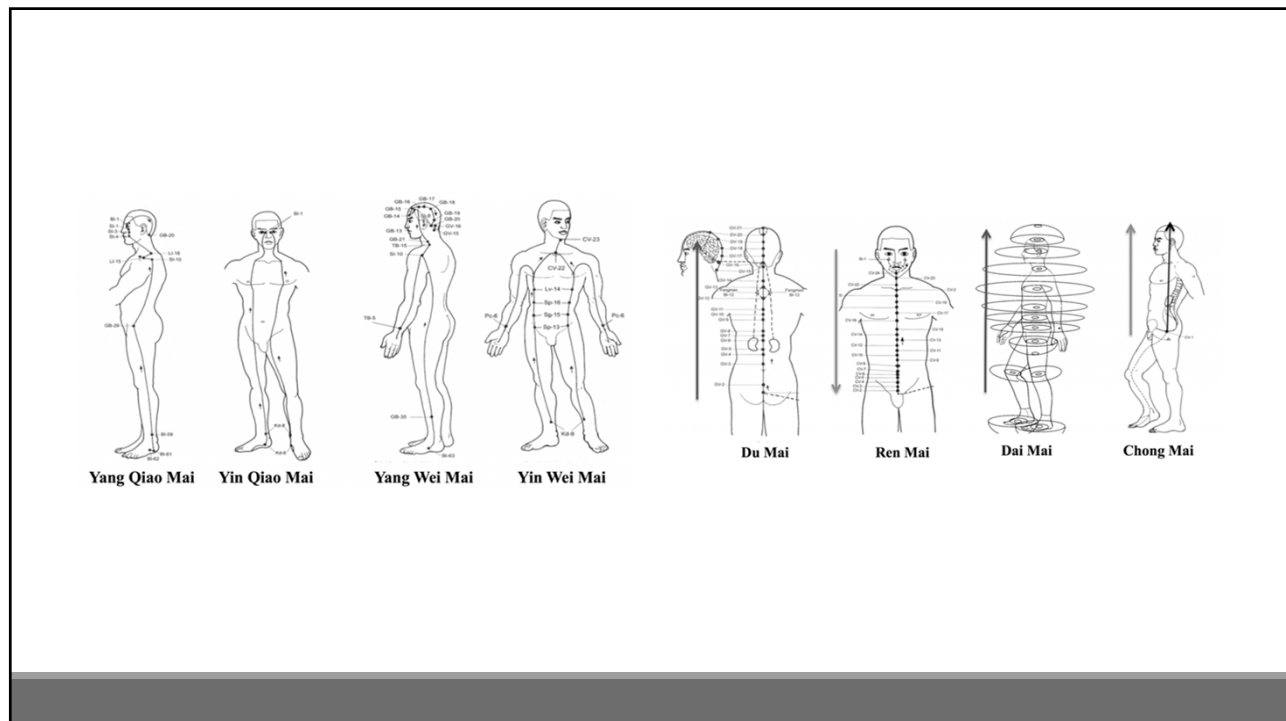
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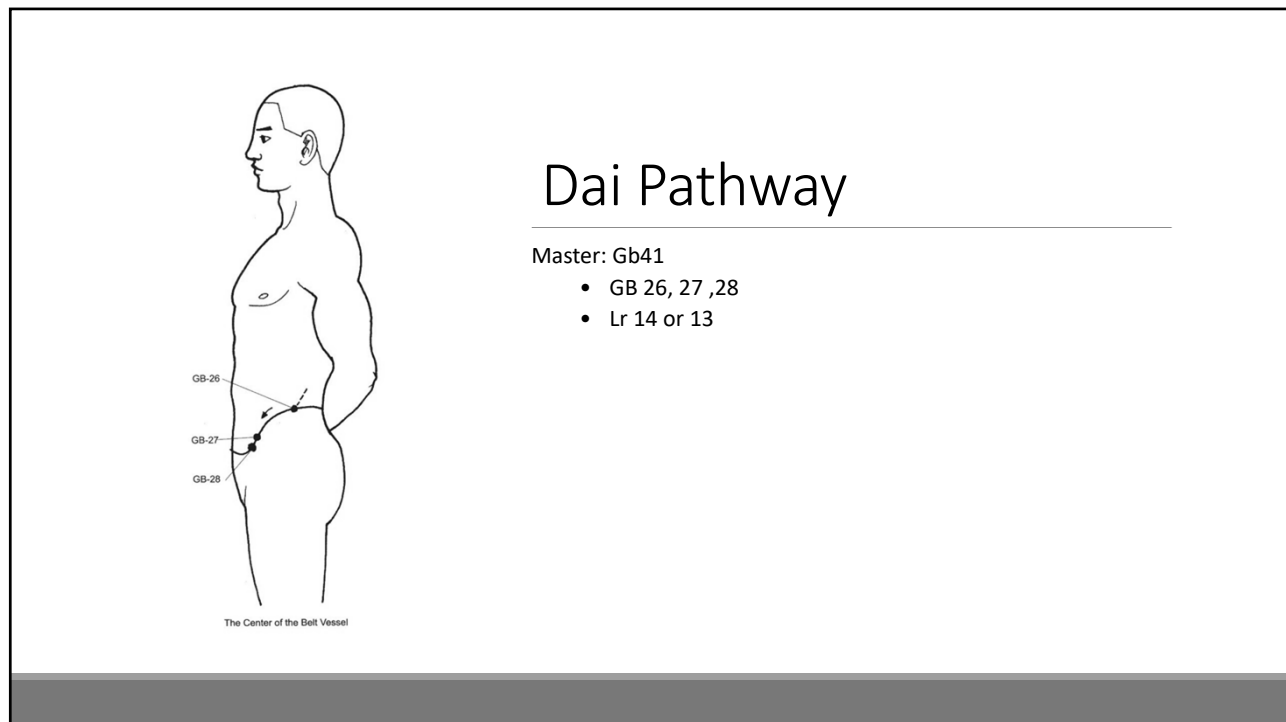
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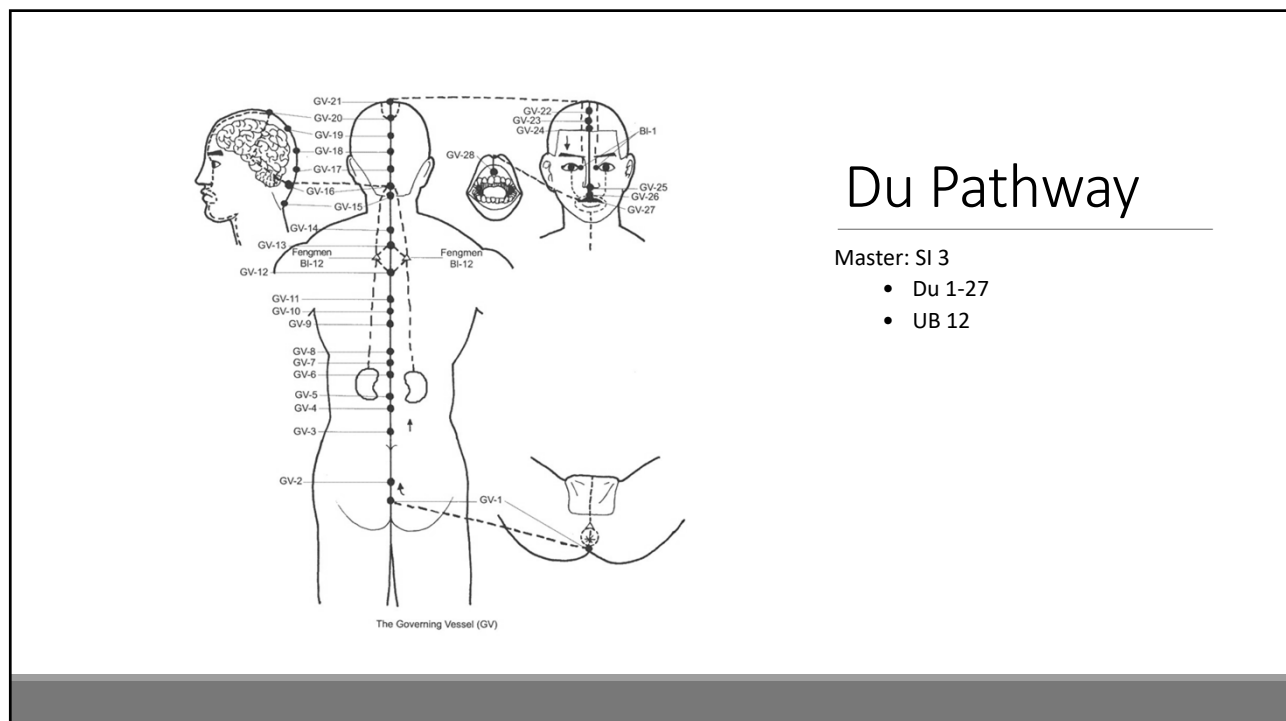
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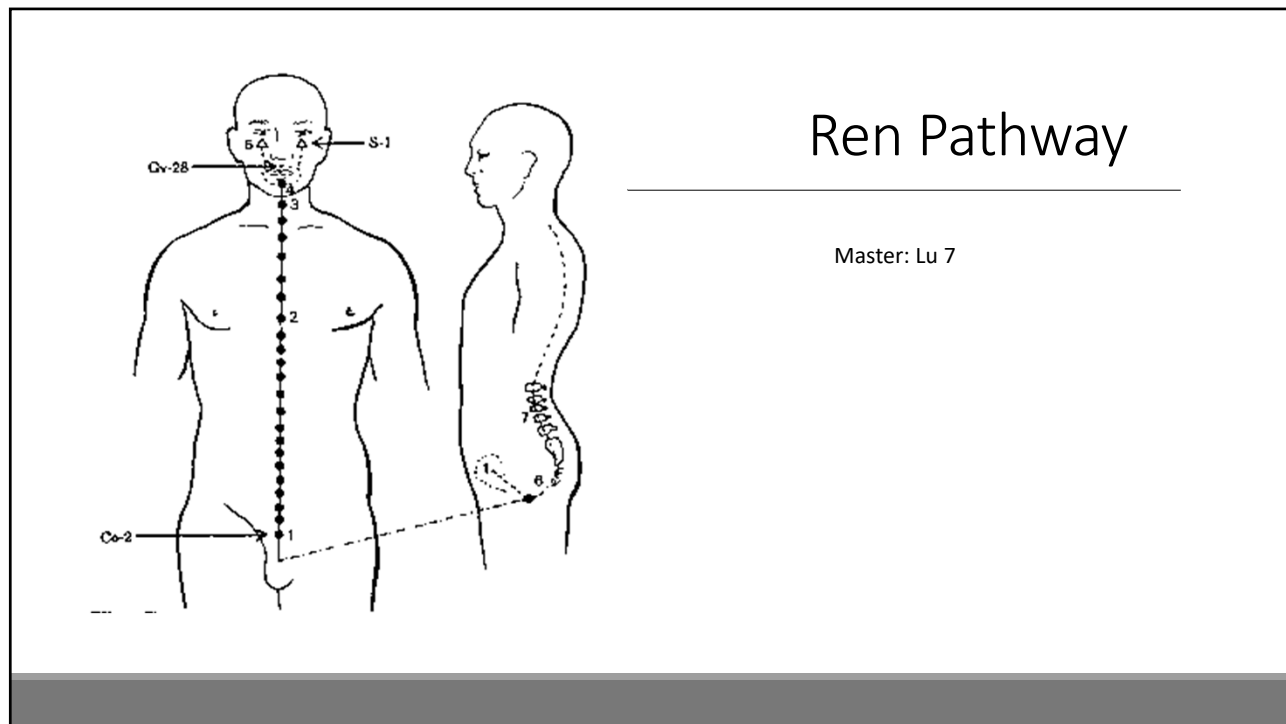
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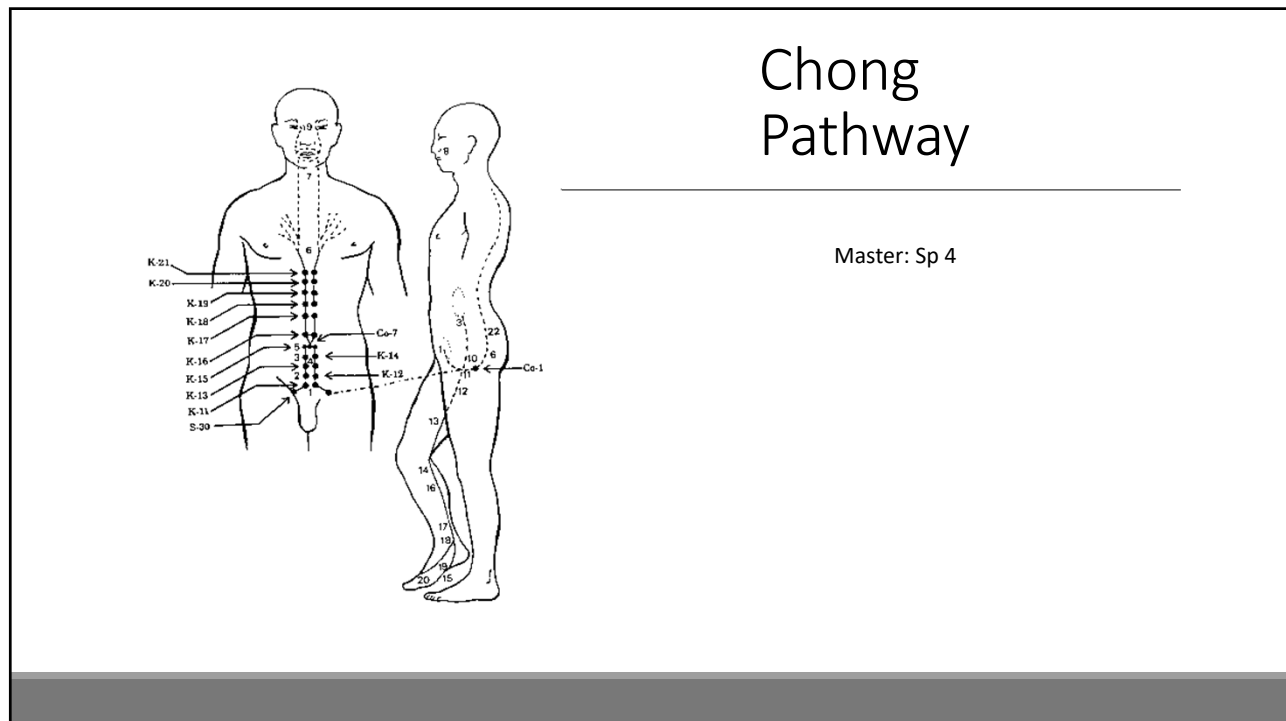
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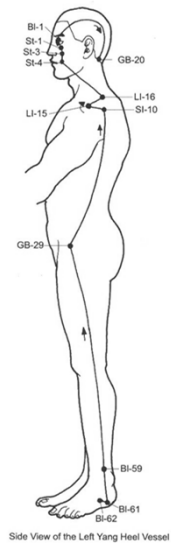


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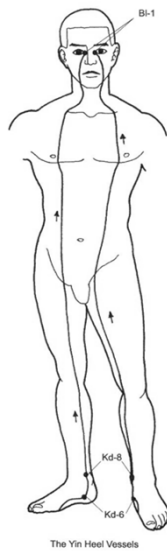
## Yang Qiao Pathway

Master: UB 62

Xi Cleft: UB 59

- UB 61, 59, 20, 1
- GB 29
- SI 10
- LI 15, 16
- St 1, 3, 4

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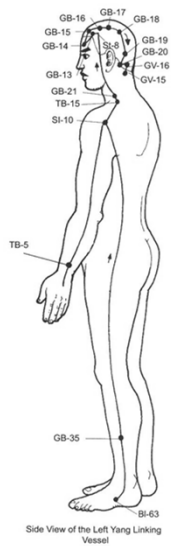
## Yin Qiao Pathway

Master: K6

Xi cleft: K8

- K 2,6,8,
- St9-(for thyroid) St12
- Ub1, (connects to --Ant. Pituitary & yang Qiao)

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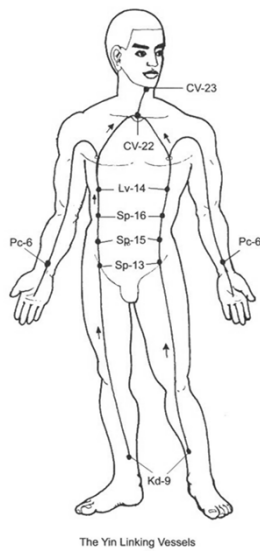
## Yang Wei Pathway

Master: SJ 5

xi cleft: GB 35

- SI 10
- UB 63
- LI 15
- GB 13-21
- Du 15, 16

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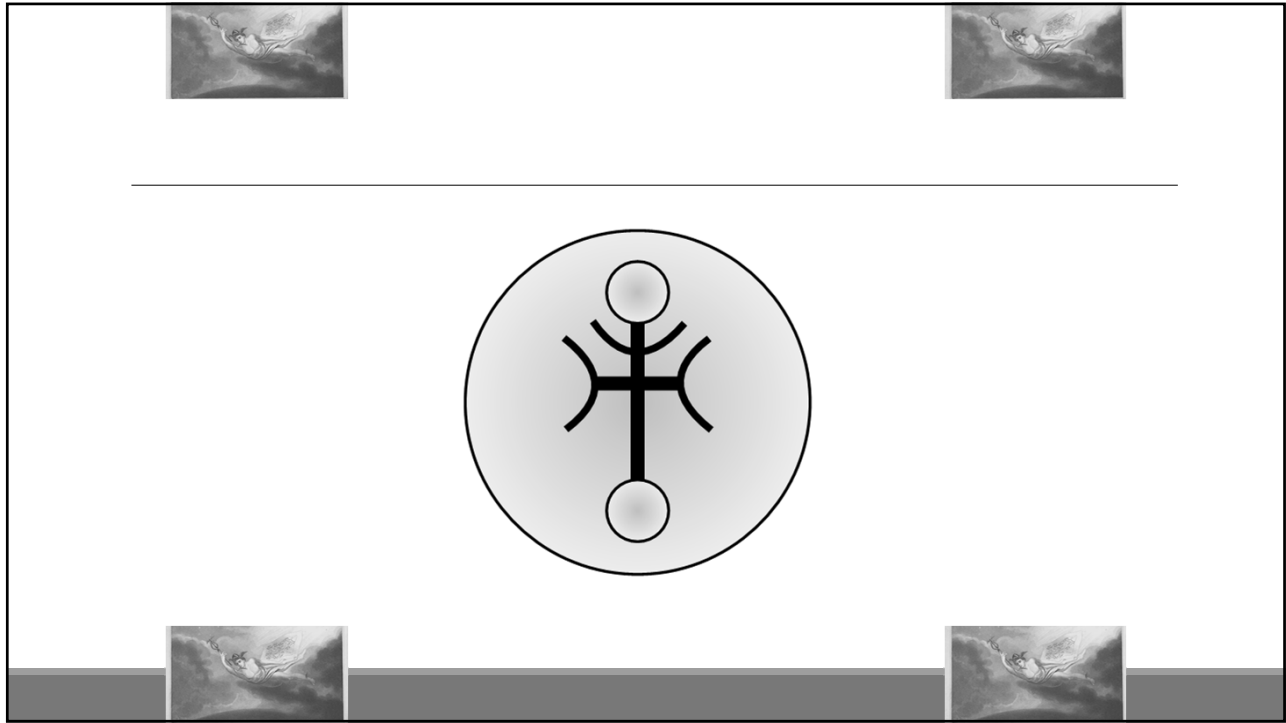
## Yin Wei Pathway

Master: P 6

Xi Cleft: K 9

- Sp 12, 13, 15, 16
- Lr 14
- Ren 22, 23

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