

“SvidTa et ITa harmoniis” II etapi

mduma reba (uZravi meditacia)

energo-aqt iuri wertilebi

da

endokrинуli sistema

Seadgina

iuri yeinaSvilma

skola “SvidTa et ITa harmonia”

Tbilisi

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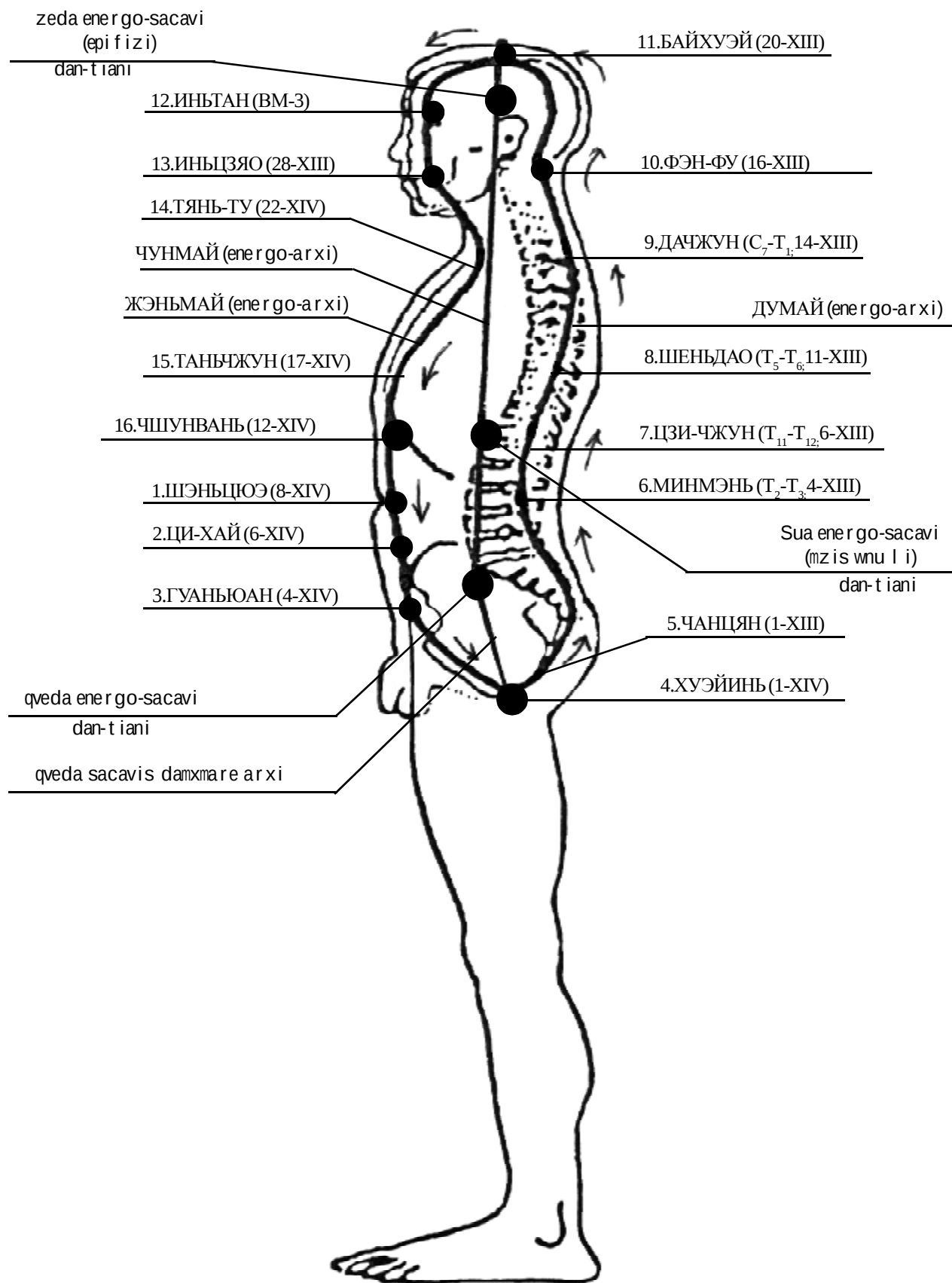
Tavi I

mdumarebaze (meditaciaz) muSaobis dawyeba

kosmiuri energiis generirebisaTvis (sxoulSi energiis mimoqcevis dawyeba da misi aRqma, misi Wavlis gazrda da misdami mgrZnobiariobis momateba) varjiSisas TandaTan SeigrZnobT, Tu ras warmoadgens kosmiuri energia da gaigebT ratomaa sasargeblo balansirebuli kosmiuri energiis mimoqceva. TandaTan gagiviTardebaT kosmiur energiisadmi mgrZnobiaroba, misi mimoqceva TandaTan gagiZlierdebaT, rac mjdumare mdumarebis xelovnebis (mjdumare meditaciis) gamoyenebiT kosmiuri energiis generirebasa da mimoqcevas gagiZlierebT. kosmiuri energiis generirebis marTva mSvidi gonebiT xorcieldeba da sxoulis modunebiTaa SesaZlebeli. Tqven gonebis saSualebiT SegiZliaT kosmiuri energiis sxoulis nebismieri nawilisaken mimarTva da misi swori sunTqvis teqnikaTan Setavseba. da ai aq iwyeba energetikul mikrokosmiur orbitaze (mko) muSaoba da ganvitareba. am meTodis meSveobiT SeZlebT kosmiuri energiis zurgis areSi zemoT (kudusunidan kinkrixomde) da sxoulis wina areSi qveviT (kinkroxodan Sorisamde) mimarTvas (ix. sur. 1).

mko-ze mniSvnelovani 16 aqtiuri wertili mdebareobs, romelic Sesabamis Senagani sekreciis jirkvlebtan, anu endokrinul sistematan mWidro urTierTkavSirSi imyofeba. es wertilebia:

1. шэньцзюе (8_XIV) _ Wipis centri;
2. цихай (6_XIV) _ qveda energo sacavis wina karibWe; Wipidan daSorebulia 1,5 cuniT;
3. гуаньюань (4_XIV) _ spermisa da kvercxujredebis sasaxle _ dakavSirebulia sakvercxhe jirkvlebtan da sakvercxeebtan; Wipidan daSorebulia 5 cuniT;
4. хуэйинь (1_XIV) _ Sorisis aris karibWe, sicocxlisa da sikvdilis WiSkari;
5. чанцян (1_XIII) _ kudusunis energo-tumbo;
6. минмэнь (4_XIII) _ Tirkmelebs Soris are, dasabamuri energiis sacavi, sicocxlis centris karibWe; mdebareobs welis T_2 da T_3 malebs Soris;
7. цзи-чшун (6_XIII) _ xerxemlis svetis Sua energo-tumbo, Tirkmel zeda jirkvlebis centri; mdebareobs mkerdis T_{11} da T_{12} malebs Soris;
8. шэньдао (11_XIII) _ gulis centris ukana karibWe; mdebareobs mkerdis T_5 da T_6 malebs Soris;
9. дачжуй (14_XIII) _ kisris ukana centri; xelebis myesebis xerxemalTan SeerTebis centri; mdebareobs kisris C_7 da mkerdis T_1 malebs Soris;
10. фэн-фу (16_XIII) _ Tavis qalas Sida tumbo _ nefrituli balis adgil samyofeli;
11. байхуэй (20_XIII) _ kinkrixos energo centri, gasxivosnebis wertili _ dakavSirebulia, brolis sasaxlesTan~ (hipofizi, epifizi, Talamusi da hipoTalamusi jirkvlebi);
12. иньтан ($\hat{A} \hat{I}_3$) _ warbebs Soris are, mesame Tvalis~ wertili _ dakavSirebulia epifizTan.
13. иньцзю (28_XIII) _ zeciuri tbori; brolis darbazi; sulieri enis Rru _ dakavSirebulia sanerwyve jirkvlebtan; mdebareobs zeda tuCis Sida areze (zeda RrZilis centrSi);
14. тяньту (22_XIII) _ yelis (xorxis) energo-centri; laviwis Rrmulis are _ dakavSirebulia farisebr jirkvalTan;
15. таньжун (17_XIII) _ ZuZuebs Soris are; gulis wertili; gulis wina karibWe; organizmis gaaxalgazrdavebis centri _ dakavSirebulia mkerdukana (Timusi) jirkvalTan;
16. чжунвань (12_XIII) _ mzis wnulis are, mdebareobs Wipidan 4 cuniT zemoT _ dakavSirebulia kuWukana jirkvalTan da adamianis aurastan.



surati 1. mcire zeciuri wre (mikrokosmiuri orbita) da misi aqtiuri wertilebi.

endokrinuli sistema Sinagani sekreciis jirkvlebi

Sinagani sekreciis jirkvlebi sxulis iseTi jirkvlebia, romelTac sadinari (lat. ductus) ara aqvT. maTi moqmedebis Sedegs hormoni (an kidev _ inkreti) warmoadgens da pirdapir sisxlsa da limfaSi gadadis.

Sinagani sekreciis jirkvlebs sxvagvarad kidev inkretorul an endokrinul (`endos- \_ Sida, `krino- _ gamoyofa) jirkvlebs uwodeben (ix. suraTi 2).

endokrinul jirkvlebs uxvad ganvitarebuli sisxI ZarRvTa qseli axasiaTebS; am wvri li sisxI ZarRvebis garSemo jirkvlovanu jredobia dalagebuli. amrigad, sisxI ZarRvebi amave dros jirkvlebis qsovilisaTvis sadinaricaa, romelSic uSualod jirkvlis hormoni (e. w. inkreti) gadadis. jirkvlis hormoni arsebobs rogorc TviT jirkvlis qsovilSi, ise am jirkvlis gamomtaz ZarRvTa sisxI Sic.

Sinagani sekreciis jirkvlis amokveTa an misi funqciis moSla organizmSi garkveuli xasiaTis cvlilebebs iwvevs, romelTa ganvitareba organizmS gadagvarebasa da sikvdils iwvevs.

Sinagani sekreciis jirkvalTa gamonadeni hormoni (inkreti) sisxli saSualebiT mTel organizmSi vrce ldeba da nervul sistematan erTad organoTa urTierTmoqmedebas awesrigebs.

Sinagani sekreciis sxvadasxva hormonis moqmedebas organizmze specifikuri xasiaTi aqvs: zogi azlierebs, zogi ki anelebs gansazRvruli organos moqmedebas; zogierTi organizmS saerto zrdaze moqmedebS, zogi _ nivTierebaTa cvlaze da sxva.

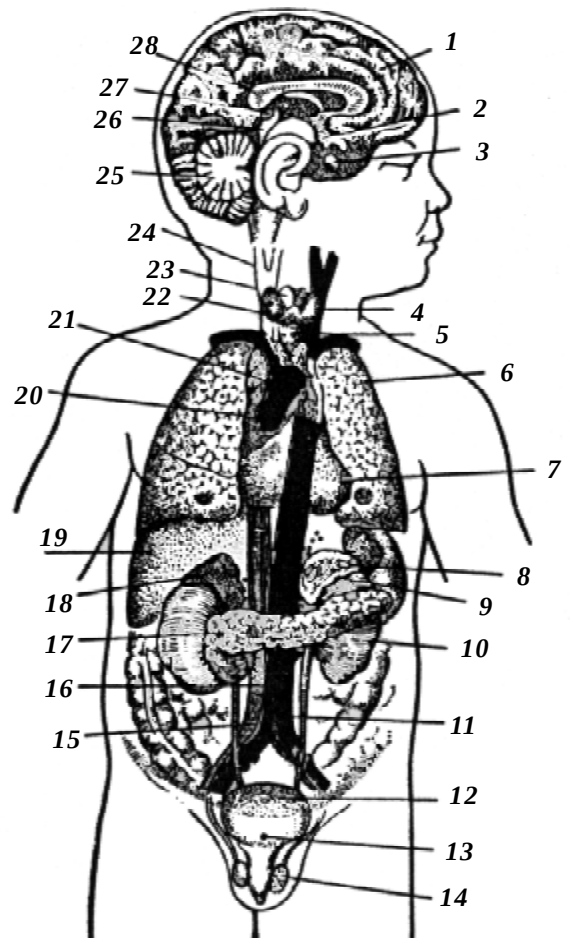
hormonebi organizmze moqmedebS an uSualod, an nervuli sistemis meSveobiT. es garemoeba metad mZlavr da rTul e. w. neirohumorul faqtorTa moqmedebis SesaZleblobas qmnis.

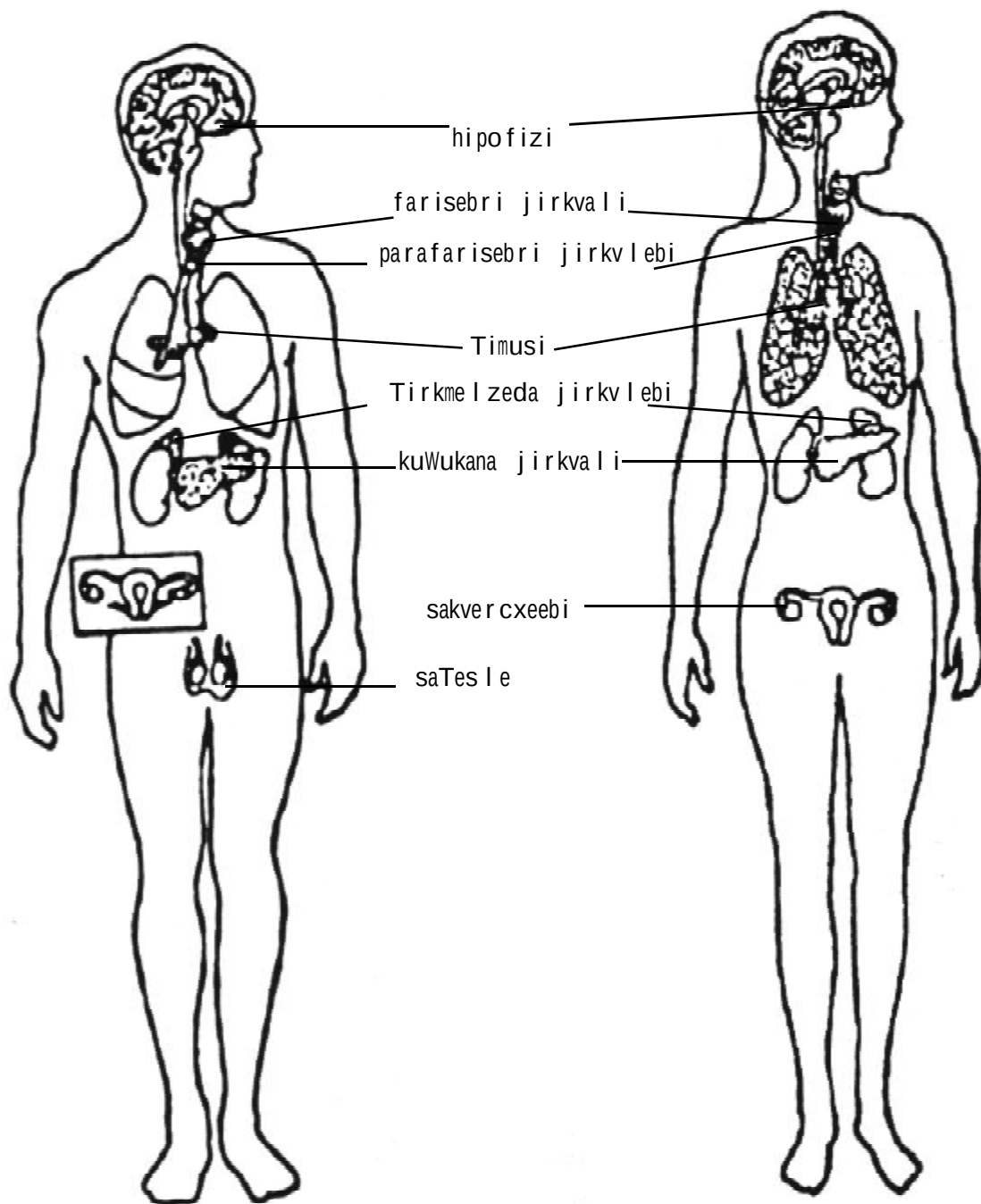
am ori sistemis moqmedebaSi organizmS yvela sistemis moqmedebis mTavar maregulirebel centrs _ nervul sistemas wamyvani mniSveloba aqvs. nervuli sistemis moqmedebaze reaqtia ufro swrafia, vidre hormonebis moqmedebaze.

Sinagani sekreciis jirkvlebi metad rTul funqciur urTierTdamokidebulibaSi arian. ase rom, gansazRvruli jirkvlebis funqciis Secvla Sinagani sekreciis danarCeni jirkvlebis funqciis Secvlasac ki iwvevs.

amrigad, organizmSi adgili aqvs am jirkvlebis funqcionaluri moqmedebis moSlas. Sinagani sekreciis jirkvlebis funqcionaluri moSli loba yovelTvis gansakuTrebuli sirTuliT xasiaTdeba. igi orgvari xasiaTis SeiZleba iyos: erT SemTxvevaSi adgili aqvs jirkvlis funqciis daqveitebas, e. i. hormonebis gamoyofis Sencirebas, rasac hipofunqtia ewodeba; meore SemTxvevaSi ki, piriqit, jirkvlis moqmedebis gaZlierebas iwvevs, rasac hiperfunqtia ewodeba.

suraTi 2. adamianis endokruli jirkvlebis ganlagebis sqema: 1. Tavis tvinis hemisferoebi; 2. Zabri (Suamdebare tvinis); 3. hipofizi; 4. farisebri jirkvali; 5. sasule; 6. filtvebi; 7. guli Tavisi perangiT (perikardiumiT); 8-9. Tirkmelzedajirkvali frontalur ganakveTze (8. Tirkmelzedajirkvlis tvinovani nivTiereba, 9. Tirkmelzedajirkvlis qerqi); 10. Tirkmeli; 11. aorta; 12. Sardis buSti; 13. kodusunis paraganglioni; 14. saTesse; 15. qvemo Rru vena; 16. aortis paraganglionebi; 17. kuWukana jirkvali; 18. Tirkmelzedajirkvali; 19. RviZli; 20. guliszedajirkvali; 21. mkerdukana jirkvali; 22. farisebraxlo jirkvlebi; 23. xorxi; 24. saZile paraganglioni; 25. naTxemi; 26. Sua tvinis saxuravi; 27. jalRuzisebri sxელი; 28. korZiani sxელი.





surati 2.b. endokrinuli jirkvlebi

არისნული სესამისად, ორგანიზმში სრულიად საინარმდგო პათოლოგიური მოვლენები ვითარდება.

ჰორმონები ზღერ ატიურ ბიონივტიერებებს წარმოადგენენ. ისინი ზღლიან მცირე კონცენტრაციითაა (მილიგრამის მართიასედი) წავიან მომდებარს უკვე ზღლიად ავლენენ. მართი მდებარეტი ისეტი პროცესები განისაზღვრება, როგორცაა ფიზიკური ზრდა და განვითარება, ნივტიერებათა ცვლა, სესობრივი განვითარება, მეორადი სესობრივი ნიშნების (მაგალიტად: ვერულივასი ზრდა კაცებთან, სარზევე ჯირკვლებსა _ ჟალებთან და ა. ს.) გამოვლენა; ჰორმონები მსობიარობის მიმდინარეობასა და ნაოფის ზრდასაკ აკონტროლებენ.

სინაგანი სეკრეციის ჯირკვლებს ეკუთვნის (იხ. სურატი 1, 2):

1. ტვინის დანამატი _ ჰიპოფიზი; 2. ჟალრუჯისებრი სხეული ანუ ეპიფიზი; 3. ფარისებრი ჯირკვალი; 4. ფარისებრასლო ანუ პარაფარისებრი ჯირკვლები; 5. მკერდუკანა ჯირკვალი ანუ ტიმუსი; 6. პანკრეასის კუნთულები ანუ კუვუკანა ჯირკვალი; 7. ტირკმელზედა ჯირკვლები; 8. სატესლე ჯირკვლები; 9. კვერცხუჯრედები; 10. ტალამუსი; 11. ჰიპოტალამუსი; 12. სანერწყვე ჯირკვლები; 13. ჯუჯულები; 14. ელენტა და სხვა.

1. kavSiri energo-aqtiur wertilebsa da endokrinul sistemas Soris

rogorc adre aRvniSneT, mko-is aqtiuri energowertilebi Sesabamisi Sinagani sekreci-is, anu endokrinul jirkvlebTan mWidro urTierTkavSirSia. ganvixiloT TiToeu li maTgani:

1. aqtiuri wertili _ гуаньюань-i (4_XIV).

wertili гуаньюань-i seqsualuri centris, kacuri da qaluri energiebis sacavia. mas kidev `spermisa da kvercxujredebis sasaxleeb~ uwodeben (ix. suraTi 3).

es aqtiuri wertili saTesle jirkvlebTan da sakvercxeebTan mWidro kavSirSi imyofeba.

a) lokalizacia da funqcia:

mamakacebi: гуаньюань spermis sasaxle asos fuZesTan imyofeba (sur. 3); boqvenis Zvlis odnav qvemoT (tanis SigniT daaxloebiT 4 sm-iT, winamdebare jirkvalsa da boqvenis Zvalis Soris). aRmosavlur medicinaSi es wertili winamdebare energo-arxze (шэнбмай) mdebareobs da rigiT meoTxea (4_XIV).

es energo-centri Tavis energias im spermidan iRebs, romelic saTesleSi, winamdebare jirkvalsa da saTesle buStSi warmoiSoba da inaxeba. Tu mamakaci spermis gamofrqvevis regulirebas moaxdens, maSin mas am energiis gamoyenebis saSualeba eZleva. igi ukve aRar datovebs organizms, gonebiT mko-ze iqneba gadatani li da aRar daikargeba. am wertilze koncentrirebisas kosmiuri energia dasabamur energiad (czin-energiad) gardaiqmneba.

b) mamakacis ori gamosavalis Carazva:

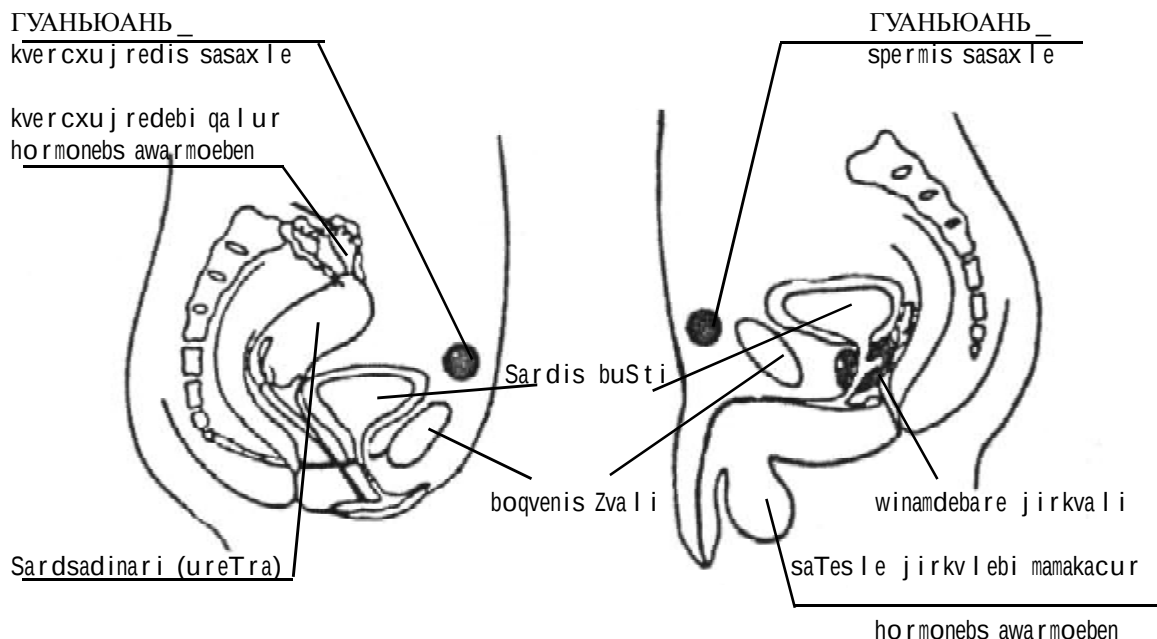
kargi iqneba, Tu yuradRebas mivaqcevT mamakacis ori gamosavalis regulireba-Carazvas (Caketvas). am ori gamosavalidan seqsualuri energiis didi raodenoba ikargeba.

erTi, wina gamosavali, asos Sardsadinaris xvrelTan mdebareobs, meore _ asos fuZesTan, urogenitalur diafragmaTan. Signidan es winamdebare jirkvalSi xvrels Seesabameba, anu im adgilis qvemoT mdebareobs, sadac spermis buStuki Sardsadinars (ureTras) uerTdeba (sur. 3).

es or gamosavals da amasTanave Tvalis irgvlivi didi rgolisa da Tvalirgvli mdebare kunTebis odnav Tu davZabavT, vigrZnob maT SekumSvas da spermis Sekavebas (Cin. `цин-ци~) SigniT. es yvelaferi sasicocxlo Zalis SenaxvaSi dagexmarebaT.

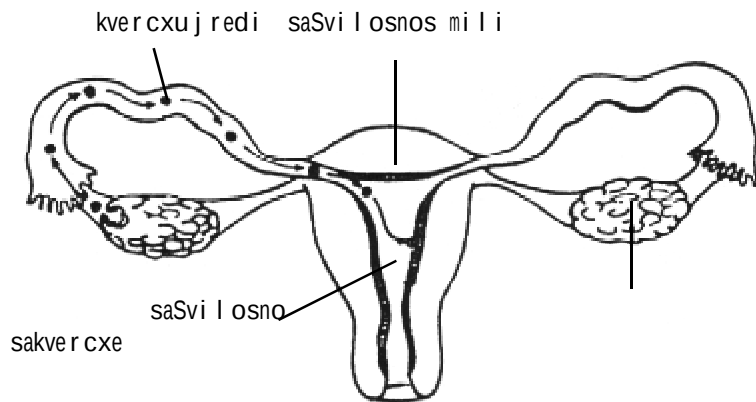
g) qalebis sakvercxeebis sasaxle:

qalebis sakvercxeebis sasaxle boqvenis Zvalis zemoT imyofeba da saSos zeda nawilis (Wipis qvemoT, xelis mtvenis siganis doneze) Seesabameba (sur. 3). qalebTan am wertils



suraTi 3. spermisa da kvercxujredebis sasaxleebi.

гуаньюань (4_XIV) Seesabameba. misi adgi lmdbareobis gansasazRvravad Wipze cera TiTebi SeaerTeT, saCvene- beli TiTebi ki qveviT CauSviT da Sebrunebuli samkuTxedi SeqmeniT. saCvenebeli TiTebis SeerTebis ad- gili `sakvercxeebis sasaxlis- wertil `гуаньюань~-s Seesabameba (daaxloebiT 4 sm tanis siRme- Si); xolo is are, sadac xelebis amnairi dalagebis dros neka TiTe- bi xvdeba, sakvercxeebis adgi l samy- ofels Seesabameba. yovel Tves `sakvercxeebis sasaxleSi~ (гуаньюань) seqsualuri energia grovdeba.



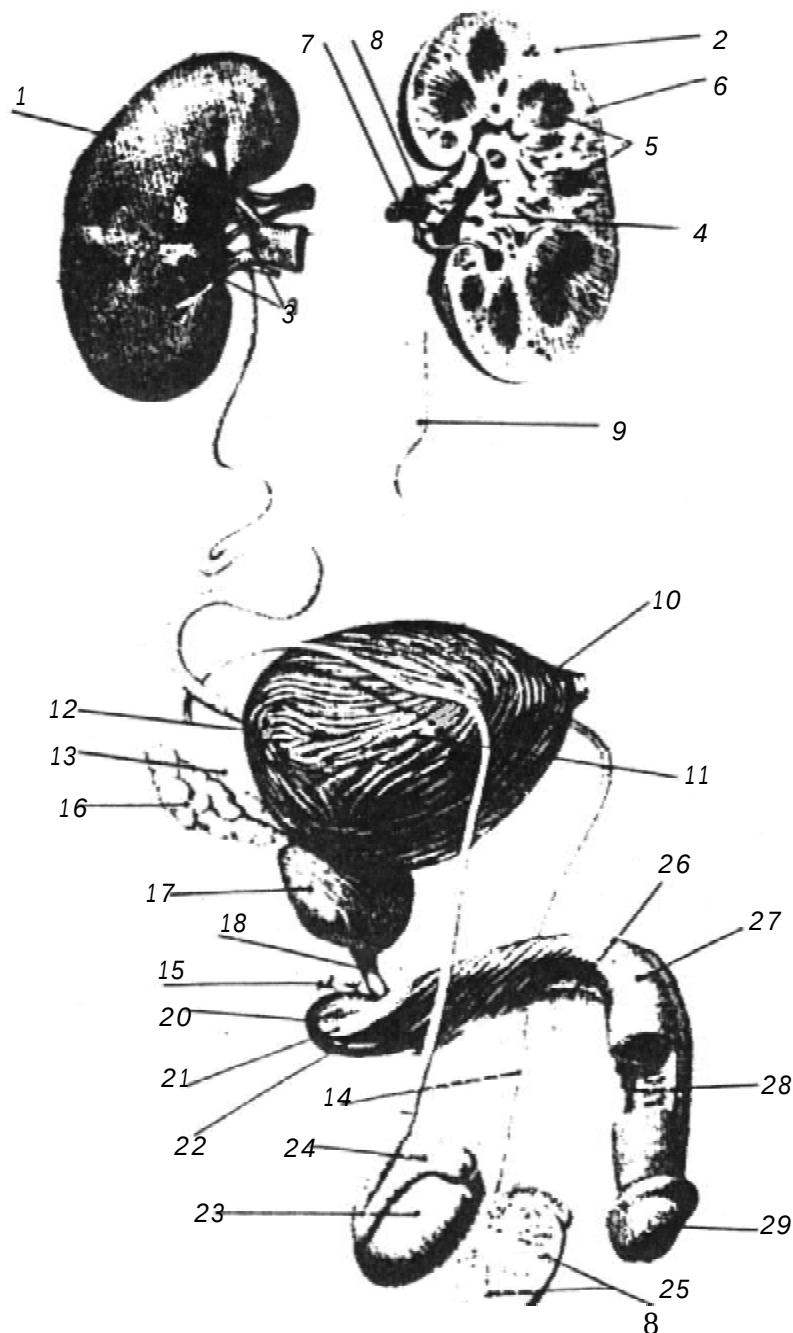
suraTi 4. saSvilosno da sakvercxeebi.

d) aqtur wertil **гуаньюань**-is Sesabamis jirkvalTa mokle anatomia:

1) mamakacis sasqeso organoebi (sur. 5): mamakacis sasqeso aparati wyvili da kenti

organoebisagan Sedgeba: wyvili _ saTesle jirkvlebi, maTi danama- tebi, saTesle buStukebi da bolqv- Sardsadenis jirkvlebi; kenti _ winamdebare jirkvali da aso.

saTesle jirkvlebi Tavianti danamatebiT kanis specialur parkSi anu saTesle parkSia moTavsebuli. saTesle mamakacis sasqeso jirkva- lia, romelsac elifsis moyvani- loba aqvs.



suraTi 5. mamakacis saSarde da sasqeso sistemis organoebi: 1. marjvena Tirkmeli; 2. marcxena Tirkmeli; 3. Tirkmlis kari; 4. Tirkmlis menji; 5. Tirkmlis piramidebi; 6. Tirkmlis qerqovani nivTiereba; 7. Tirkmlis arteria; 8. Tirkmlis vena; 9. SardsawveTi; 10. Sardis buStis mwvervali; 11. Sardis buStis sxuuli; 12. Sardis buStis Ziri; 13. Teslis gamomtani sadinris ampula; 14. Teslis gamomtani sadinarebi; 15. bolqv-Sardsadenis jirkvlebi; 16. saTesle buStukebi; 17. winamdebare jirkvali; 18. Sardsadenis apkisebri nawili; 19. Wipis Sua noWi (uraqusi); 20. bolqv-Rrublisebri kunTi; 21. asos fesvi; 22. kuku-xo-mRvimovani kunTi; 23. saTesle; 24. saTesles danamati; 25. saTesles wilakebi; 26. asos Rrublisebri sxuuli; 27. asos mRvimovani sxuuli; 28. Sardsadenis Rrublisebri nawili; 29. asos Tavi.

saTesle jirkvalis danamati anatomiurad da funqciurad saTesle jirkvalTan mWidrodaa dakavSirebuli. igi wagrZe lebu-

li formis sxeulia da saTesle jirkvliis ukana kidesTan mdebareobs (sur. 6). saTeslis danamatis Tavi Sedgeba saTeslis gamomtani 10-12 milakisagan, romlebic saTeslis danamatis wilakebs (konusebs) qmnian da saTeslis danamatis sadinars uerTdebian. danamatis kudis midamoSi danamatis sadinari iRebs aswvriw mimarTulebas da Teslis gamontan sadinarSi gadadis.

saTesle buStuki sekretuli organoa, romlis lorwovani garsi specifikur sekrets gamoyofs. igi Teslis aTxierebs da apermatozoidebis moZraobas aadvilebs. Teslis rezervuaris rols saTeslis danamati asrulebs (sur. 6).

winamdebare jirkvali (laT. prostata) kenti, kunT-jirkvlovani, mkvriwi konsistenciis, moruxo-wiTeli feris organoa, romelic Sardis buStis qveS mdebareobs (sur. 5).

Tavisi sididiTa da formiT igi wablis waagavs. winamdebare masis daaxloebiT naxevari jirkvlovani qsovil iTaa warmodgenili, danarCeni nawili kunTovani qsovil iT. jirkvlovani nawili 30-50-mde rTul milakovan-buStukovan nivTierebas Seicavs.

winamdebare sa da boqvenis simfozs Soris venuri sasircxo wnuli da boqven-winamdebare iogebia moTavsebuli, romelTa saSualebiTac winamdebare kargadaa fiqsirebuli.

winamdebare funqcia Semdegia: igi moTeTro, susti tute reaqciis, specifikuri sunis cilovan wvens gamoyofs, romelic Teslis aTxelebs.

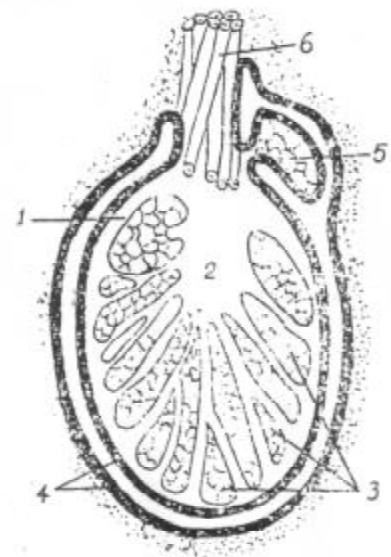
2) qalis sasqeso organoebi (sur. 7): or jgufad: Sida da gare jgufad iyofa. Sida organoebia ori sakvercxex, saSvilosnos ori lula, saSvilosno da saSo. gare: didi da mcire sasircxo bageebi, saSos karibWe, klitori anu savnebo karibWis bolqvebi da karibWis didi jirkvlebi.

sakvercxex wyvilia _ marjvena da marcxena. igi qalis sasqeso jirkvalia da mcire menjis RruSi mdebareobs. sakvercxes gabrtyelebuli elifsis forma aqvs. sakvercxis foso, romelSic sakvercxexa Casmul, uknidan Sard-sawveTiTaa mosazRvruli. fosos Zirs SigniTaa damxuravi kunTi qmnis, romelic damxuravi fasciitaa da peritoneumis furclitaa dafaruli. sakvercxis masa ori nivTierebisagan: jirkvlovani da SemaerTebeLi qsovilebisgan Sedgeba, romelic mis ConCxs Seadgens. ukanaskneli sisxlZarvebiTa da nervebiTaa mdidari. jirkvlovani nivTiereba ki uxvad Seicvas e. w. pirvelad folikulebs. zemoxsenebul folikulebs didi mniSvneloba aqvT, radgan maTSi kvercxujredi viTardeba da mwifdeba (sur. 8). buStukisebri folikuli Sinagani sekreciis organoa, romelic aZlavs qalis organizms rogorc nayofis ganvitarebis, ise bavSvis rZiT kvebis unars.

kvercx, romelic ganvitarebis safexurebis gavlis Semdeg tovebs sakvercxes, saSvilosnosken miemarTeba da peritoneumis RruSi, e. w. swornawlav-saSvilosnos ormoSi vardeba. aqedan igi saSvilosnos lulas aRwevs da misi mocimcime apiteliumis moZraobis daxmarebiT saSvilosnos RruSi gadadis.

sakvercxesi pirvandel folikulebis raodenoba TiTqmis 30 aTass aRwevs, sakvercxis buStukisebri folikulis momwifeba 12-14 wlis asakidan iwyeba da saSualod 45-52 wlande grZeldeba.

maSasadame, sqesobrivi funqciis arsebobis mTel periodSi daaxloebiT 400 buStukisebri folikuli unda gaxdes da ganayofierebisatvis sruliad momzadebuli unda gamovides amdenive kvercx. folikulebis momwifeba qalis organizmSi sqesobrivi funqciis arsebobis mTel



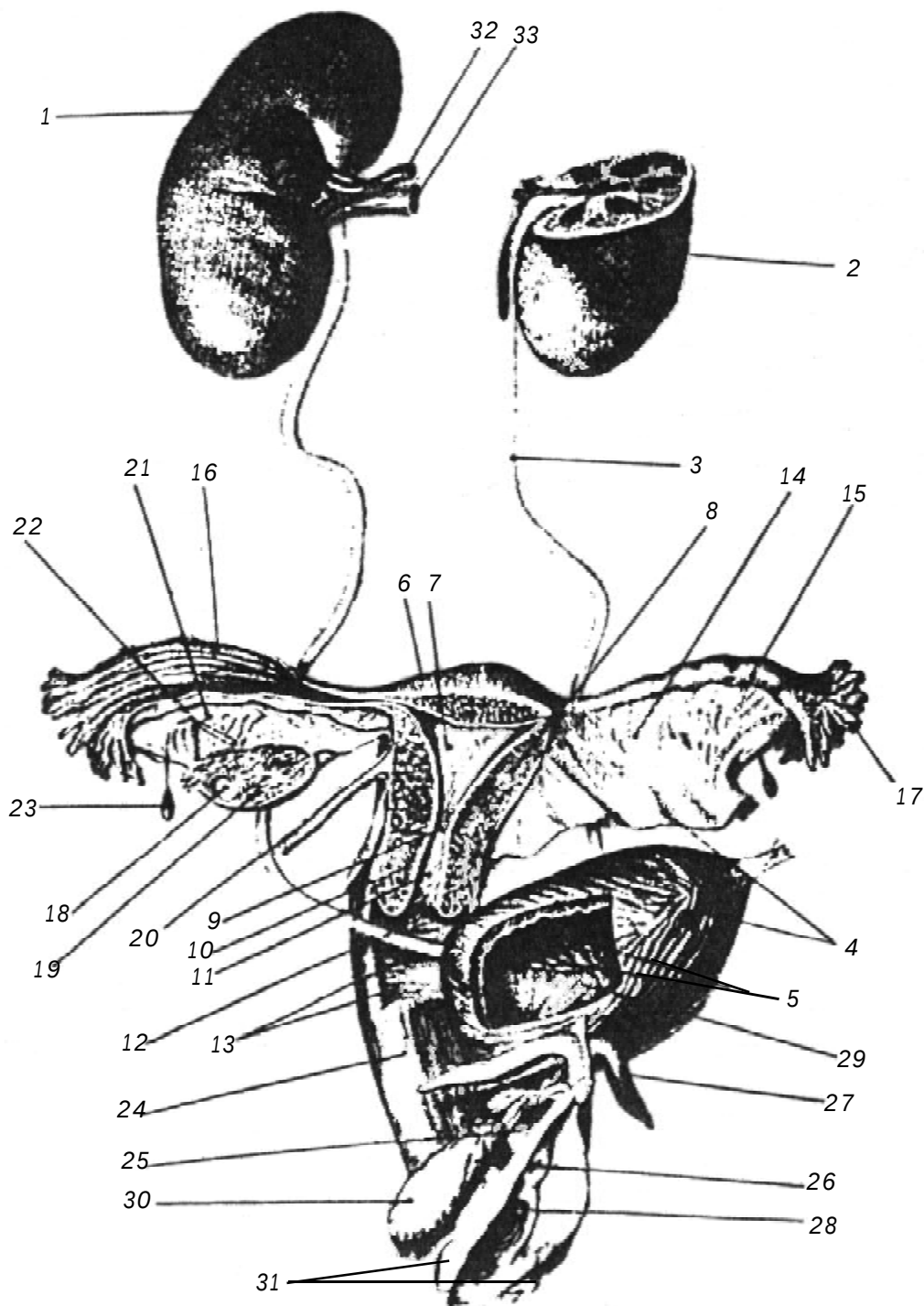
suraTi 6. a) saTesle jirkvliis agebulebis sqema sagitalur ganakveTze: 1. fibrozuli garsi xarixebiT (stroma); 2. saTeslis Suasayari; 3. Teslis klaknili milakebi (parenchyma); 4. serozuli garsis parietuli da eisceruli furclebi; 5. saTeslis danamatis gadakveTili Tavi; 6. saTesle bagiraki.

b) saTesle jirkvliis TeslmwarmoebeLi milakebis sqema: 1. fibrozuli kafsula; 2. Zgide; 3. Teslis klaknili milakebi; 4. swori milaki; 5. danamatis Tavis sadinarebi; 6. saTeslis bade; 7. Teslis gamomtani sadinari.

manZil ze grZel deba.

sarZeve jirkvlebis, anu ZuZuebis sruli ganviTareba orsulobis dros xdeba da amdenad, isini TavianT funqcias mxolod qalis organizmSi asruleben (sur. 9).

am organoebs momrgvalebuli konusis moyvani loba aqvT. maTi fuZe gulmkerdis wina kedelze mdebareobs. ZuZu gulmkerdis did kuntzea; misi wina zedapiris Sua adgilas



surati 7. qalis sasqeso da saSarde sistemis organoebi. 1. marjvena Tirkmeli; 2. marcxena Tirkmeli; 3. marcxena SardsaWeTi; 4. Sardis buSti; 5. Iorwovanis naoWebi; 6. saSvilosnos Ziri; 7. saSvilosnos Rru; 8. saSvilosnos sxeuli; 9. saSvilosnos zeyeli; 10. saSvilosno yeli; 11. saSvilosno yelis arxi; 12. saSvilosno piri; 13. saSos naoWebi; 14. kvercxsavali s jorjali; 15. kvercxsavali ampula; 16. kvercxsavali naoWebi (Iorwovanis); 17. kvercxsavali foCebi; 18. sakvercxis buStukisebri folikuli; 19. yviTeli sxeuli; 20. saSvilosnos mrgvali iogi; 21. sakvercxis danamati (gaswvri sadinari); 22. sakvercxis danamatis ganivi mi lakebi; 23. buStukisebri danarTi; 24. saSo; 25. Sardsadeni; 26. Sardsadenis gareTa xvreli; 27. savnebos fexi; 28. saSos Sesavali; 29. SardsaWeTis xvreli; 30. karibWis bolqvi; 31. karibWis mcire jirkvlebi; 32. Tirkmlis arteria; 33. Tirkmlis vena.

mdebareobs win warziduli konusis an cilindriformis zuZus dvrili. dvrilis mwervali xorklania da mis zedapirze sadinarebis xvrelebi ixzneba. dvrilis Ziri garSemovlebulia dvrilis bakiT. kani, rom liTac dvrilia da faruli, metad Txeli da nazia, Seicavs oflisa da cximis jirkvlebs.

ZuZu 15-20 jirkvlovanii wilisagan Sedgeba, romelTa Soris fasciis firfitebia CarTuli. yoveli wili am fasciis firfitovani meoreuli morCebiT mraval wilakad kidev iyofa. ZuZus yovel wils Tavisi sakuTari sadinari aqvs, romelic dvrilis mwervalze ixzneba.

2. aqtiuri wertili цзи-чжун (T₁₁, 6_XIII)

wertili цзи-чжун-i xerxemlis svetis Sua energo-tumbos da Tirkmelzeda jirkvlebtan damakavSirebel wertils warmoadgens da am jirkvlebtan mWidro kavSirSi imyofeba:

a) lokalizacia da funqcia:

Tirkmelzeda jirkvlebis centri am jirkvlebs Soris gulmkerdis XI da XII malebis wvetian morCebis Soris (T₁₁-T₁₂) mdebareobs. xSirad am centrS `T-11~-s uwodeben. TiTebiT mzis wnuulis sapirispiro malebs SevexoT. Tu Zlierad win movixrebiT, vigrZnobT, rom am aris erTerTi mala sxva malebtan SedarebiT win gamoiwevs \_ esaa `T-11~ wertili.

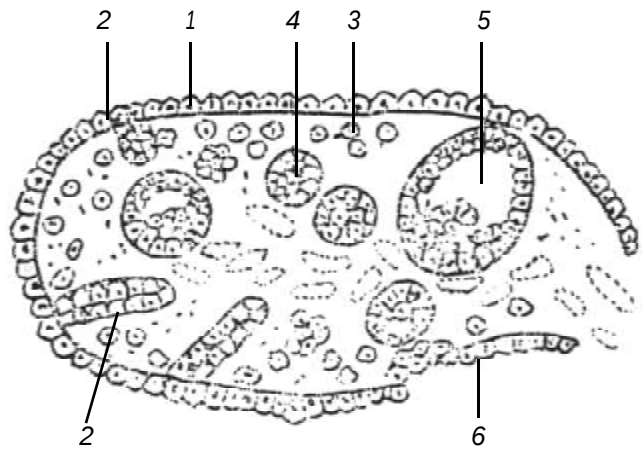
b) Tvisbebi da Sida organoebTan kavSiri:

rogorc ukve aRvniSneT, Tirkmelzeda jirkvlebi Tirkmelebs zemo areSi imyofeba (sur. 10). TiToeuli maTgani daaxloebiT 4 grams iwonis. es jirkvlebi iseT hormonebs gamoi-muSaveben (kortizoni, kortizoli, hidrokortizoni da sxva), romlebic gulis kunTebS SekumSvas aiZulebs da aucileblobis SemTxvevaSi energiis saerto mozRvavebasa da gulis-cemis aCqarebas iwvevs. rodesac adamiani fizikuri an fsiqologiuri stresis qveS imyofeba, Tirkmelzeda jirkvlebis muSaoba (`samuSao~) matulobs \_ isini adamians `samkvdro-sasicocxlo~ brZolisaTvis amzadeben.

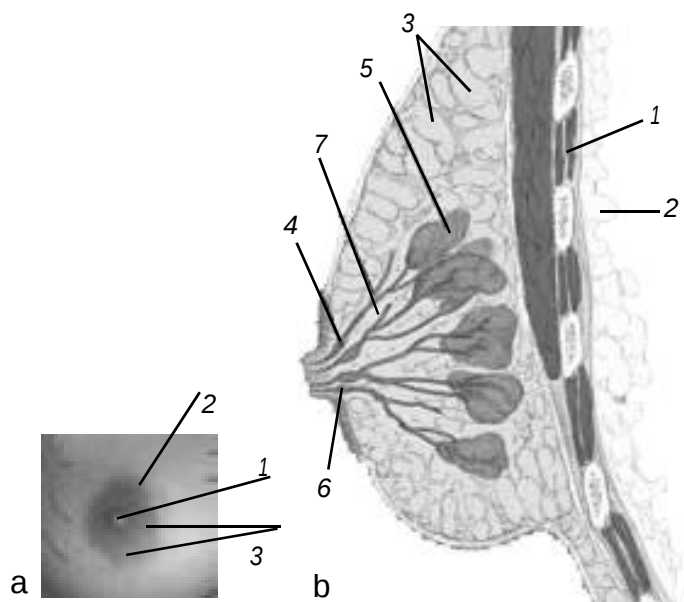
Tirkmelzeda jirkvlebis centri _ wertili цзи-чжун-i sasicocxlo Zalisa da sasqeso energiis xerxemlis gaswvri zeviT gagzavnaSi gvexmareba (mini-energo-tumbos roli) da energias zeviT, umaRles energo-centrebisaken gzavnis. es centrebi miwodebul energias wminden da asuftaveben.

garda amisa, T-11 wertilze gonebiT koncentracia gamomuSavebuli adrenalinis ganawilebaSi gvexmareba.

Tirkmelzeda jirkvlebi funqcionalurad or nawilad iyofa; medul (tvinovan) da korteqsul (qer-



suraTi 8. sakvercxis frontaluri ganakveTi. 1. Canasaxovani epiTeliumi; 2. flugeris lula; 3. pirveladi kvercxujredi; 4. sakvercxis folikuli; 5. sakvercxis buStukisebri folikuli; 6. sisxlZarvebi.



suraTi 9. a) sarZeve jirkvali: 1. ZuZus dvrili; 2. dvrilis baki; 3. bakis jirkvlebi.

b) sarZeve jirkvlis sagitaluri ganakveTi: 1. mkerdis didi kunTi; 2. fascia; 3. sarZeve jirkvlis milebi; 4. dvrili; 5. rZis sinusebi; 6. rZis sadinarebi; 7. bakis jirkvali.

qovan) nawil lebad.

tvinovani nawili adrenalinsa da noradrenalins gamoimuSavebs. orive hormoni simp-tikuri nervuli sistemis myisier sapasuxo reaicias iwvevs, romelic aCqarebul gulisce-maSi vlindeba da sunTqva intensiuri xdeba.

Tirkmelzeda jirkvlis gare qerqovani nawili _ sxvadasxva steroidul hormonebs awarmoebis, romelTa Soris kotizoni unda aRiniSnos. es hormonebi organizmSi nivTierebaTa cvlas aregulireben, aseve uSualo zegavlenas axdenen marilebisa da kalciumis balansze. qerqovani nawilidan aseve glukokordikoiduri rigis hormonebi gamomuSavdeba da sisxli-Si Saqris Semcvelobaze agebs pasuxs.

stimulatorebis (yava, Sokoladi, nikotini, narkotikebi da mcenareuli balaxebis zogi-erTi saxe) xangrZlivi moxmarebis SemTxvevaSi adamiani maTze damokidebuli xdeba. es yvelaferi Tirkmelzeda jirkvalSi kosmiuri energiis dones TandaTan aqveiTebis da jirkv-lebis funcias asustebis.

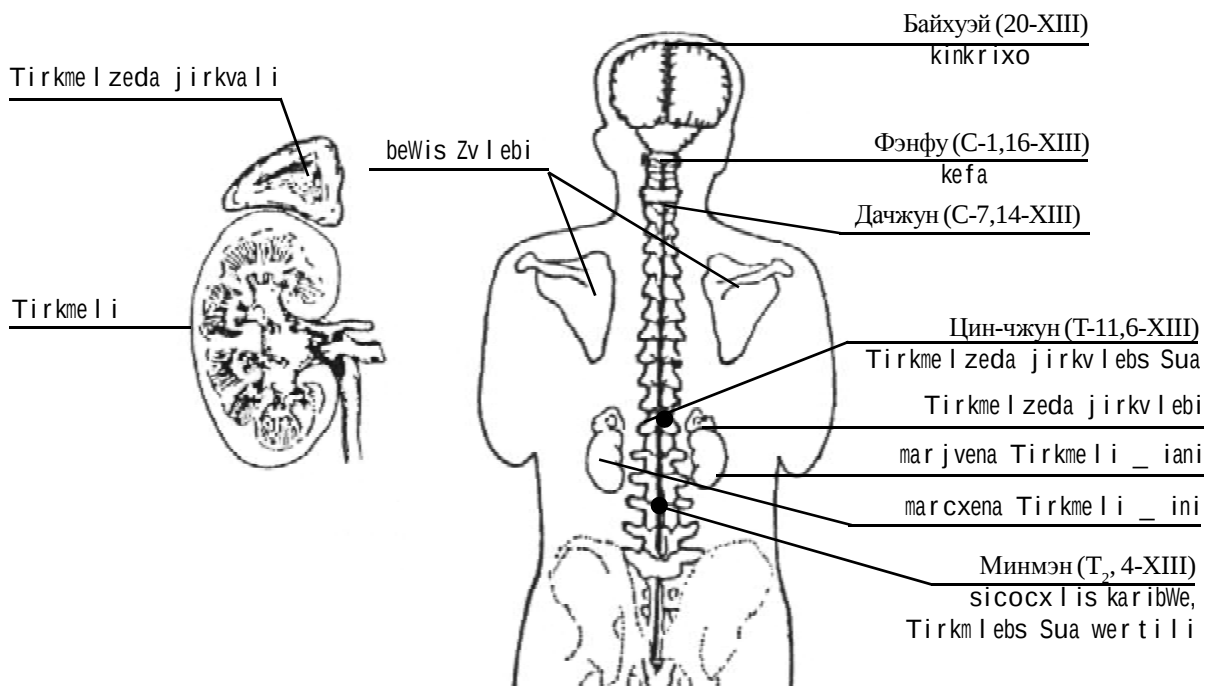
g) Tirkmelzeda jirkvlebis zemoqmedeba sicocxlisunarianobaze:

ase Tu ise, adrenalini Cvens organizmze mainc zemoqmedebis. Tumca, rogorc wesi, amas ver aRviqvamT manamde, sanam im situaciaSi ar aRmovCndebiT, romelic gadamWrel qmedebes mo-iTxovs. iseTi stimulatorebi, rogoricaa yava, nikotini da sxva narkotikuli saSualeebia, Tirkmelzeda jirkvlebis hiperstimulacias iwveven da maT organizmi aRmgznebiTi mdgomare-obiT xvdeba. organizmSi Semosuli stimulatorebis mimarT organizmis amnairi aRmgznebiTi mdgomareobebi imis mixedvit izrdeba, Tu rogor Semoaqvs pirovnebas Tavis cxovrebis wesSi sakuTari Tavis stimularebs survili da male es yvelaferi Cvevad gadaiqceva. es Tirkme l ze-da jirkvlebis dasustebas da maTi sasicocxlo Zalis Semcirebas iwvevs. mko-ze varjiSis dros Tqven igrZnobT, Tu rogor imatebs TqvenSi bunebrivi energiis done da mcirdeba moTxovniliba mastimulirebel sasmlebsa da saSualeebze.

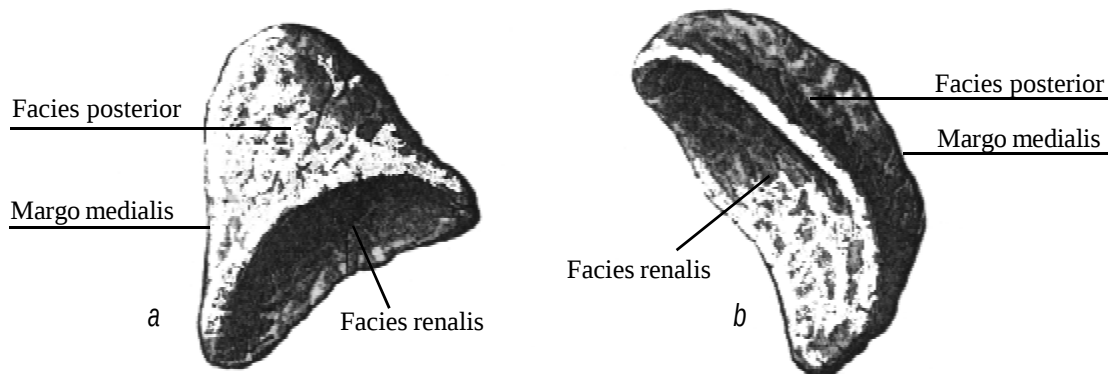
d) narkotikuli preparetebi:

narkotikuli preparetebi Tirkmelzeda jirkvlebis energias minimumamde swrafad amcireben!

narkotikuli preparetebi ZiriTadad im sust Sxams warmoadgens, romelic mis momxma-rebels ucbad ar klavs. am preparetebs momxmareblis organizmi sicrueSi Sehyavs, mcire xnis ganmavlobaSi axdens sxoulis Zalisa da energiis koncentrirebas da es yvelaferi wamieri warmosaxviti siamovnebisTvis keTdeba. magram droebiT movlenas warmoadgens.



surati 10. Tirkmelzeda jirkvlebis centri _ wertili цзи-чжун.



surati 11. Tirkmel zeda jirkvlebi (xedi uknidan): a _ mar jvena, b _ mar cxena.

narkotiku li preparebis miRebisas momxmareblis Tirkmel zeda jirkvlebi, organizmis TiToeuli ujredi yvelaze Zvirfas energias gascems da amit winaaRmdogobas uwevs organizmisaTvis ucxo preparatis Semosvlas. narkotiku li preparebis momxmareblis halucinacia ewyebaT: TiTqosda esmiT RvTaebrivi musika da sjeraT, rom zeZalebTan urTierToben. TumcaRa moCvenebebi imwamsve qreba, rogorc ki preparatis zemoqmedeba mTavrdeba. amastan, momxmareblis eCveneba, rom mas am preparatis ufro didi doza esaWiroebeba, raTa es mdgomareoba isev ganicados. yovelive amis saboloo Sedegia janmrTelobis swrafi gauareseba, sisuste, gamofitva da sikvdilis Jamis moaxloveba.

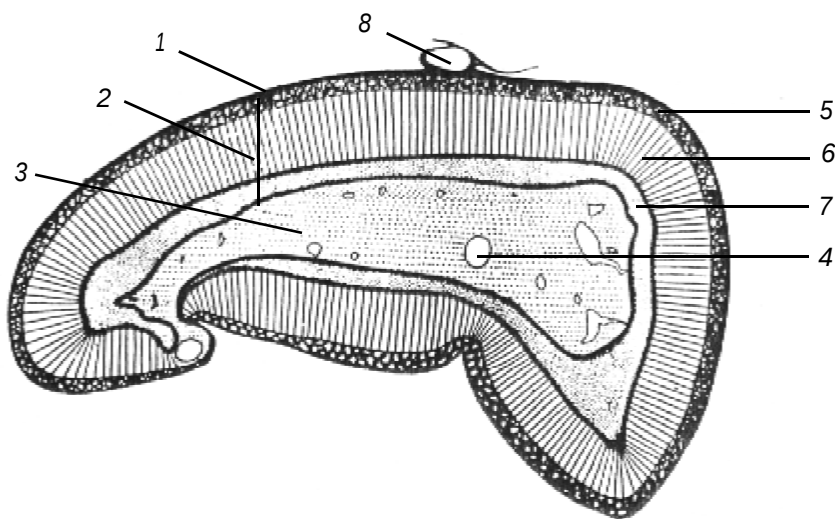
kosmiur energiazemomuSave ostatebi gvirCeven, rom msgavsi `ukvdavebis abebi~ ara qimiur preparebSi unda veZeboT, aramed Cvens organizmSi.

sicocxlis namdvil wyaros seqsualuri energia warmoadgens _ adamiანis organizმი gamravlebis sistemas maSinac ki exmareba, rodesac TviTon adamiანის amaze ukve aRar figrobs. rodesac seqsualuri energiis Senaxvas iswavliT, amit samyaros Zalebis tyuilubralod xarjvas gadaeCveiT. es ki Tqven sakuTari organizმის gajansaRebis saWiრო Zalebis moZRvavebis, Tirkmel zeda jirkvlebis energiis aRdgenis, SemoqmedebiTi da sulieri niWierebis amARlebis saSualebas mogcemT.

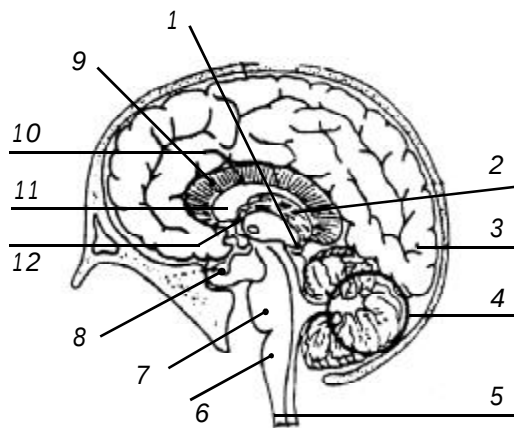
e) emociuri zemoqmedeba:

Tu Tirkmel zeda jirkvlebis centri energetikulad Riaa da sxელის სხვა structurebTan Seertebulia, adamiანის Tavisuflebis SegrZnebas ganicdis; Tu am jirkvlebis centri energetikulad Caketilia an blokirebulი, adamiანის Sinaganad iTrguneba.

rogorc zemoT vTqviT, Tirkmel zeda jirkvlebis qerqi daaxloebiT 50 სხვადასხვა tipის hormonebs gamoimuSavebs, romelTagan mxolod rva axdens gamoxatul biozemoqmedebas. Tirkmel zeda jirkvlebis qerqის hormonebis saerto saxeლwodebaa `kortikosteroidebi (kortizonი, kortizოლი, ჰიდროკორტიზონი, დეზოკრიკორტიკოსტერინი). es hormonebi organizმის mimdinare cvლათა procesze aqtiurad moqmedeben, Tumca maTi daniSnuleba Semdegia _ organizმი maTi saSualebiT im სხვადასხვა mudmivad warmoebul cvლilebebs egueba, romelic garemoSi xdeba, anu hormonebi organizმის Seguebis reaყciis gamomuSavebaSi monawileoben.



surati 12. Tirkmel zeda jirkvali ganakveTze (sqenaturad): 1. fibrozu li garsi, 2. qerqi, 3. tvinovani nivTiereba, 4. centraluri vena, 5. gorglovani zona, 6. bagirakovani zona, 7. badebrivi zona, 8. Tirkmel zeda jirkvlis zeda vena.



surati 13. Tavis tvinis sagitaluri xedi (ganakveti): 1. jaRuzisebri sxuuli (epifizi _ jirkvali, romelic naTxemi-kinkrixos wertil `Байхуэй~ze gegmildeba); 2. Talamusi (jirkvali); 3. naTxemi; 4. `nefrituli baliSi~ (Tavis qalas fuZeSi wertili фэнфу (16-XIII) анюй-чжэнь (9_VI); 5. xerxemali; 6. mogrZo tvini; 7. xidi; 8. hipofizi (jirkvali); 9. korZiani sxuuli; 10. korZiani sxuulis ?; 11. korZiani sxuulis muxli; 12. korZiani sxuulis niskarti.

renalins, romlebic zemoqmedeben nervul dabo loebbez, reagirebas axdenen gul-sisxlovani sistemis funqciaze, nivTierebaTa cvlaze (pirvel rigSi naxSirwyalis cvlaze), monawileoben organizmis Seguebis reaciebSi.

tvinovani Sris (nawilis) mier Warbi hormonebis gamomuSavebisas SeimCneva wnevis swrafi momateba.

3) aqtur wertil **цзи-чжун**-is Sesabamisi jirkvlis mokle anatomia

1. Tirkmelzeda jirkvali (sur. 10 da 11).

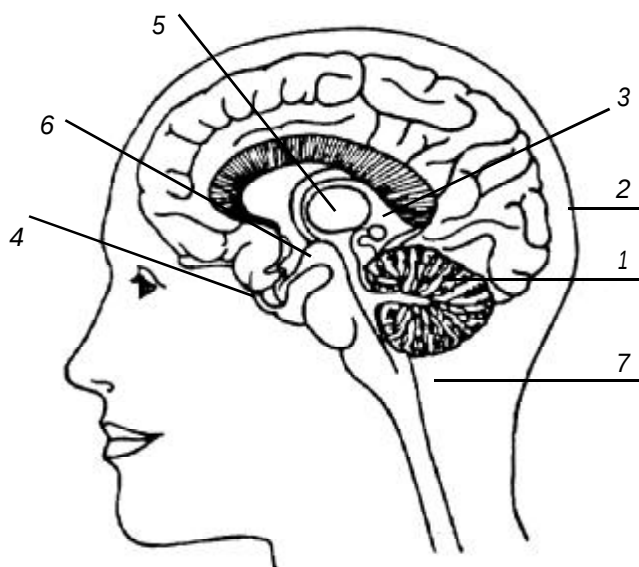
adamianisa da ZuZumwovari cxovelebis Tirkmelzeda jirkvlebi wyvili organoa. yovel jirkvalSi ori nivTiereba gairCeva, romelTa struqtura da ganvitareba erTimeorisagan mkveTrad gansxvavdeba. maT Soris: gareTa qergovani nivTiereba _ mezoTeliumisagan vitardeba, xolo SigniTa tvinovani nivTiereba simpatikuri nervisagan warmoiqmneba.

Tirkmelzeda jirkvlebi Tirkmelebis zeda boloebze mdebareobs, magram agebulebis, warmoiqmniisa da funqciis mxriv TirkmelebsTan saerto araferi aqvT.

Tirkmelzeda jirkvlebi xerxemlis orive mxares, gulmkerdis XI malis doneze mdebareobs. maTi saSualo sigrZe 4-6 sm-ia, sigane _ 2-3 sm.

Tirkmelzeda jirkvlebs namglis moyvani loba aqvs da moyvitalo-yavisferia, qvemo kide sqeli da ganieria. Sedreilia da eyrdnoba Tirkmelis zeda bolos. zemo kide viwroa, metadre marjvenasi (sur. 11).

Tirkmelzeda jirkvalisa da TviT Tirkmlis zedao bolos Soris faSari-Semaertebe li qsovilia Cafenili da amitom am orga-



surati 14. `nefrituli baliSi~ da Tavis qalas jirkvlebi: 1. `nefrituli baliSi~; 2. naTxemi; 3. jaRuzisebri sxuuli (epifizi); 4. hipofizi; 5. Talamusi; 6. hipoTalamusi; 7. zurgis tvini.

noebis ganca lkeveba advilia. marjvena Tirkmelzeda jirkvlis wina zedapirze RviZli Zevs, marcxena Tirkmelzeda jirkvlis wina zedapirze ki _ kuWisa da pankreasis nawilebi. Tirkmelzeda jirkvlebis wina zedapirze arsebobs Rari, romelic am organos karis rols asrulebs, radganac aqedan gamodis venebi, yovel i Tirkmelzeda jirkvali mkvrivi fibrozuli kafsuliTaa garSemortymuli (sur. 12).

rogorc zemoT aRvniSneT, TviT jirkvlis qsovili ori nivTierebisagan Sedgeba: qerqovani da tvinovani. Tirkmelzeda jirkvlis qerqisa da tvinis Tanafardoba icvleba asakTan dakavSirebiT. axalSobilis organizmSi qerqi sWarbobs tvins. srulasakovani adamianis organizmSi orive nivTierebis raodenoba TiTqmis Tanabaria. moxucebuli adamianis organizmSi ki tvini orjer metia, vidre qerqi.

Tirkmelzeda jirkvali mravali wrili arteriiT ikvebeba. es arteriebi Tirkmelzeda jirkvlis kavsulaSi uxv arteriul qselis qmnis. aqedan gamosuli wrili totebi jirkvlis qerqSi kapilarebs qmnis. nawili arteriebisa itoteba tvinovan nivTierebaSi. saerTod, kapilaruli qseli am organoebSi uxvia.

Tirkmelzeda jirkvlis venebi Tirkmelzeda jirkvlis karidan gamodis da marjvena mxareze uSualod uerTdeba qvemo Rru venas, marcxena mxareze ki _ Tirkmelis venas.

Tirkmelzeda jirkvlis limfuri ZarRvebi mravalia da qmnian ramdenime wnuls rogorc qerqSi, ise tvinSi.

Tirkmelzeda jirkvlebs anervebs faSvis wnulidan gamosuli nervebi da, agreTve, cTomili nervis totebi. TviT organoSi, gansakuTrebiT tvinSi, es nervebi nervuli boWkoebis uxv wnuls qmnis.

Tirkmelzeda jirkvlebi funqciurad mWidro kavSirSia Sinagani sekreciis sxvadasxva organosTan. magaliTad, pankreasis (kuWukana jirkvali) kunZulebi, farisebri jirkvali, tvinis danamati (hipofizi), RviZli da sxva.

3. aqtiuri wertili `ფენ-ფუ~ (16\_XIII) \_ `nefritული ბალისი~ (naTxemi)

a) lokalizacia da funqcia:

`nefritული ბალისი Tavis qalas fuZis xvrelSi, xerxemlis svetis kisris aris pirveli malis zemoT imyofeba. igi im Sida Tavis qalas tumbos nawils warmoadgens, romelic zeviT tumbavs zurgis tvinis siTxesa da kosmiuri energiis nakads (suraTi 13, 14). am areSi hipofizi (jirkvali) da mogrZo tvini mdebareobs, romlebic sxeuLSi organizmis mniSvelovani funqciebs (guliscema, sunTqva, kunTuri daZabva-moduneba) koordinirebs.

b) `nefritული ბალისის~ Tvissebebi:

naTxemis wertili `ფენ-ფუ~ inur energias warmoqmnis; amrigad, igi Tavis tvinSi ianuri energiis gawonasworebas xels uwyobs da, aseve, erTdroulad gawmendili sasqeso energiisa da dedamiwis Zalis (energiis) sacavs (dan-tians) warmoadgens.

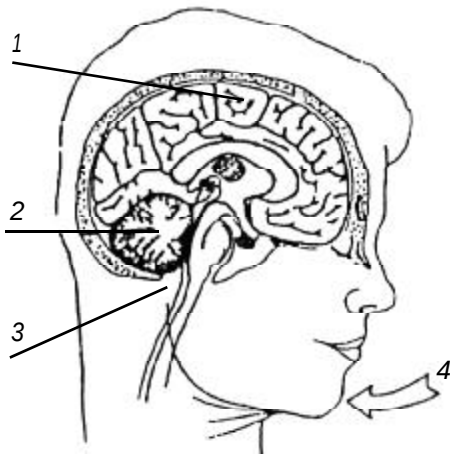
garda amisa, naTxemi uSualod Tavis qalas mwvervalTan da `mesame TvalTanaa~ dakavSirebuli (suraTi 14, 15). gamocdili ostatebi amtkiceben, rom naTxems Tormeti energo-toti gaaCnia. es 12 toti terfis fexisgulebSi Tavdebia da iq dedamiwis 12 arxs uerTdeba.

g) `nefrული ბალისი~ da sunTqvisadmi kontroli:

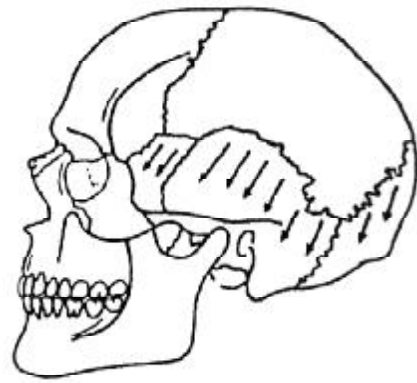
naTxemis wertili `ფენ-ფუ~ (16-XIII) sunTqvis process akontrolrebs. am wertilis gaxsnas SeuZlia TviT sunTqviTi sistemis cvalebadoba gamoiwvios: xandaxan igi mZimed sunTqvas gvaiZulebs, amave dros am wertils SeuZlia sunTqva iSviaTi, ganzomili da Rma gaxados; aseve gamoiwvios arakontrolirebadi konvulsiebi (kruncxvebi) da mokle droiT sunTqvis SeCerebac. ganvitarebuli gonebrivi Zalis saSualebiT adamians SeuZlia gonebis (azris) Zalis meSveobiT sunTqvis xerxi Secvalos da energia mko-ze mimarTos.

im pirebs, visac aranormaluri sunTqviT gamowveuli Sedegi ainteresebs, SeiZleba vuTxraT Semdegi: araswori sunTqvis anu organizmSi energiis araTanabari miwodebis dros Sida organoebis Sewyobili, harmoniული muSaobis darRveva xdeba da energo-arxebis `mokle CarTvebis~ gamo janmrTeloba umal uaresdeba, da movarjises didi Zalisxmeva da gonebis koncentracia dasWirdeba energo-wonasworobis aRsadgenad.

d) `nefritული ბალისის~ kefis nawilis Sida tumboze zemoqmedeba:



surati 15. naTxemis wertili `ფენ-ფუ~ (16-XIII): 1. Tavis tvini (iani; seqsualuri da dedamiwis energiebis sacavi); 2. naTxemi (ini; hipofizi da mogrZo tvini); 3. `nefrituli baliSi~ (RvTaebis bage); 4. nikapi odnav Seweulia.



surati 16. Tavis qalas Sida tumbo.

`nefrituli baliSi~, aseve Sida qalas tumbos nawils warmoadgens. SewevT ra nikaps SigniT (Tavis qalas fuZisaken), kisris win da ukan rxevebis meSveobiT am sivrcis gafar-Toebas mivaRwevT (sur. 15). es gafarToebuli are kisris pirvel Zalas (C<sub>1</sub>) zemoT mdebareobs. es yvelaferi `nefrituli baliSis~ gaaqtiurebasa da kefis nawilis Sida tumbos stimulirebas gamoiwvevs (sur. 16).

e) `RvTaebis bage~:

es saxeli `nefrituli baliSis~ anu naTxemis wertil `ფენ-ფუ~-s kidev erT saxel-wodebas warmoadgens. movarjiSe cdilobs, rac SeiZleba farTod gaxsnas es RvTaebis bage. igi am aris qmedebas azlierebs da amit Sida tumbos efeqturobas amaRlebs. gamocdili ostatebis azrit, wertili `ფენ-ფუ~ damatebiti energiis sacavs warmoadgens da satelevizio antenis msgavsad, igi informacias zemodan Rebulobs (sur. 15, 16).

v) emociuri zemoqmedeba `RvTaebis bageze~ (`nefritul baliSze~):

Tu wertili `ფენ-ფუ~ blokirebulia, anu Tu man sxva aqtiur wertilebTan kavSiri dakarga, maSin energia Tavis tvinSi Sedinebas agrZe lebs da iq Warb energo-wnevas qmnis. aman SeiZleba movarjiSis iluziebis aRmoceneba gamoiwvios da mdumarebaze (meditaciaze) varjiSis xarixi daadablos.

kargi iqneba, Tuki movarjiSe jirkvlebis: jaIRuzisebri sxoulis (epifizis), hipofizis, Talamusisa da hopoTalamusis monaxvis xerxs Seiswawlis (am xerxs qvemoT gaecnobiT). amis Semdeg am jirkvlebisaken energiis mimarTvas Tavisuflad SeZlebs da amit mas Tavis tvinSi ukontrolod dagrovebis saSualeba aRar eqneba.

aqve unda gavixsenoT, rom mko-ze meditaciis xerxi am problemis mTlianad Tavidan aridebis saSualebas izleva da movarjiSis Sida tumbos efeqturobac matulobs.

Tavis qalaSi dagrovili Warbi energiis gadanawileba `Sida mzeris Zalis~ meSveobiTac aris SesaZlebeli.

rodesac naTxemis wertil `ფენ-ფუ~ Riaa da sxva aqtiur wertilebTan aris SeerTebuli, movarjiSes aRmafrenis grZnoba eufleba, xolo Tu es wertili blokirebulia \_ daxuTvis SegrZneba Cndeba. wertili `ფენ-ფუ~-Si Warbi energiis dagrovebis dros kiserSi tkivilis SegrZneba Cndeba.

z) aqtiur wertil `ფენ-ფუ~-s (16-XIII) Sesabamisi jirkvlis _ hipofizis mokle anatomia:

aqtiur wertil `ფენ-ფუ~-s Sesabamisi jirkvali _ tvinis danamati _ hipofizi (Hypophysis) _ momrgvalo formis, zemodan qvemoT Sebrtyelebul organos warmoadgens. igi Tavis qalas solisebri Zvlis Turquli kexis fosoSi mdebareobs (sur. 17).

tvinis danamati _ hipofizi ori zonisgan (wilisgan) Sedgeba: wina da ukana.

hipofizis wina zona (wili) _ mTavar wilad iTvleba; mas lobios marcvlis moyvani lo-

ba aqvs. igi ufro msxvili da mkvrivia (sur. 17, 18). wina zona (wili) ruxi-mow-iTalo ferisaa, radgan igi sisxI ZarRve-biT uxvad aris momaragebuli da es sisx-I ZarRvebi arteriuli wris wina rkalis totebs warmoadgens.

es wina wili _ jirkvlovania da mas adenohipofizi ewodeba (sur. 17).

hipofizis ukana zona (wili _ tvinis fuZis ruxi borcviz Zabisagan vi-Tardeba da nervuli qsovilisagan Sedge-ba. mas neirohipofizi ewodeba. es zona momrgvalo formisaa; igi ufro rbilia da baci momwvano-moyviTalo feri aqvs, radgan masSi pigmentebia dagrovili (sur. 17).

hipofizis wina zonis (wilis) Suamde-bare nawili _ mxolod zogierT cxoveIsi siTxiT asvebul Rrus Seicavs. srulasako-van adamiანი Rrus magivrad buStukovani xasiaTis warmonaqmnebia (cistebi), rome lic koloidur nivTierebas Seicavs.

amrigad, hipofizis sam aRniSnul zo-nas (wils) Soris, rogorc ganviTarebis istoria gviCvenebs, warmoSobisa da anatomiuri agebulebis mixedviT didi gansx-vavebaa. ukana wili _ tvinisagan viTarde-ba, wina wili ki _ wina nawlavis epiTe-liumisagan. magram, amis miuxedavad, asako-vani adamiანის organizმი es ori wili SeerTebulia da erTmaneTTan mWidrodaa Sezrdili, garSemo saerTo mkvrivi fibrozuli kafsula aqvs Semoxveuli.

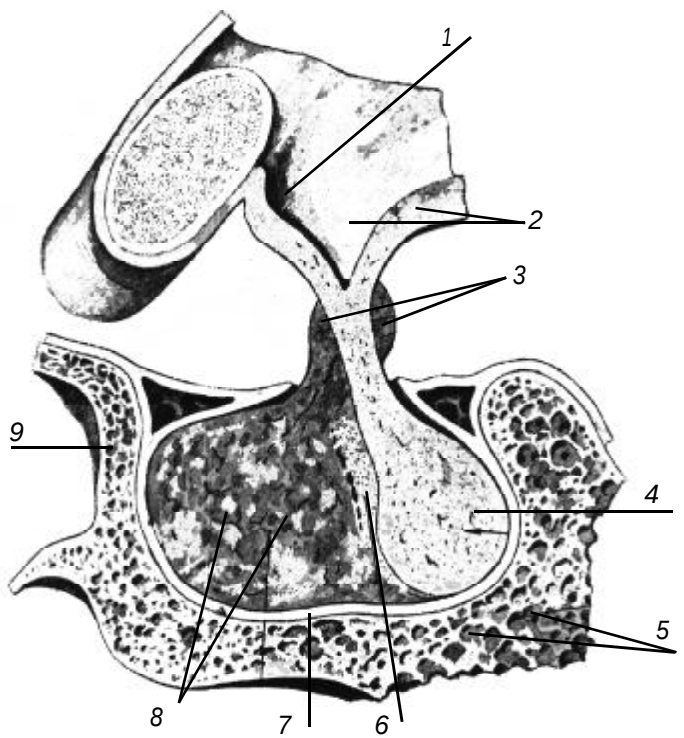
tvinis danamati _ hipofizi zemodan Tavis tvinis magari garsis firfitiTaa dafaruli da es firfita Turquli kexis wina da ukana daxril morCebs Sorisaa gadaWimuli, mas Turquli kexis Suasazgids uwodeben.

am Suasazgidis centrSi arsebobs mcire mrgvali xvreli, romlis saSualebiTac tvi-nis danamati _ hipofizi _ wrili da nazi nervuli qsovilisagan Semdgari fexiT Tavis tvinis ruxi borcviz ZabrS erTvis.

adamiანის tvinis danamatis _ hipofizis saSualo wona naxevar grams udris.

tvinis danamatis _ hipofizis wina wili ramdenime hormons gamoyofs, rome lTa Soris zogi Zvlebisa da kunTebis zrdaze axdens zegavlenas, zogi aZlierebs sasqeso organoe-bis moqmedebas, sarZeve jirkvlebis funcias da a. S.

tvinis danamatis _ hipofizis wina zonis (wilis) moqmedebis daqveiTeba, anu e. w. hipofuncia, organizმის zrdas aCerebs,



surati 17. tvinis danamatis _ hipofizis sagi-taluri kveTa (Turquli kexis fosoSi) (naxevarad sqema-turi): 1. mxedvelobis nervis jvaredini; 2. Zabri; 3. hipofizis fexi; 4. hipofizis ukana zona (wili) _ neirohipofizi; 5. kefis Zvlis sxuulis _ sagitalurad gadakveTili; 6. hipofizis Suamdebare zona (wili); 7. Turquli kexis foso; 8. hipofizis wina zona (wili) _ 70%, 9. hormoni; 9. solisebri Zvlis sxuuli.



surati 18. jirkvali _ hipofizi; qveidan (tvinis qveda zedapiri).

amis Sedegia e. w. `qondris kacebi~, romelTa simaRle 1 metrze naklebia. am jirkvlis wina zonis (wilis) gaZlierebuli moqmedeba, anu e. w. hiperfunqcia, organizmis (gansakuTrebiT Zvlebis) zrdas aZlierebs, ris Sedegadac gigantizmi viTardeba. am SemTxvevaSi, adamianis tanis simaRle 2 metrze metia.

amrigad, tvinis danamatis _ hipofizis wina zonis (wilis) hormonebs Soris zrdis hormoni _ pituitrini da sasqeso jirkvlebis stimulatori hormoni _ prolani unda aRiniSnos.

tvinis danamatis _ hipofizis ukana zonis (wilis) funqcionaluri daqveiTeba, anu hipofunqcia iseT mZime daavadebas iwvevs, rogoricaa uSaqro diabeti. igi daukmayofilebeli wyurviliT (dRe-Ramis ganmavlobaSi 20 litrze meti) da Sardis Warbi gamoyofiT xasiaTdeba; zogjer kanqveS cximis didi raodenobiT dagrovebac xdeba (gansakuTrebiT mxrebisa da barZayebis midamoebSi).

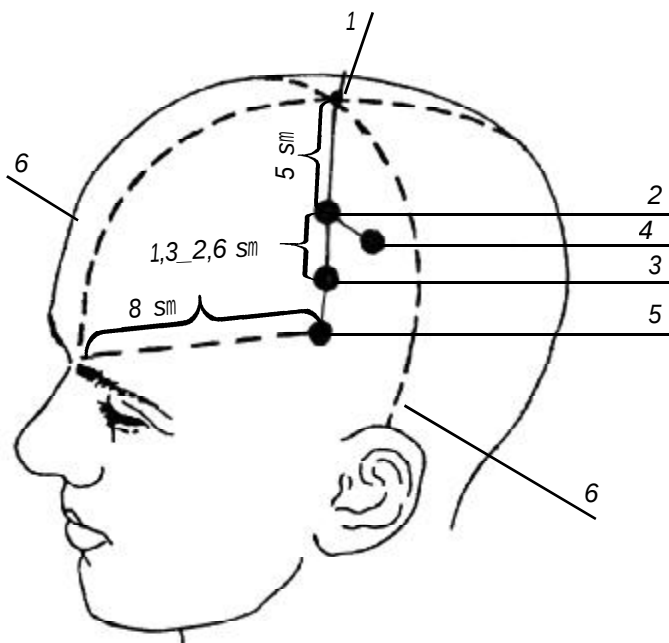
tvinis danamatis _ hipofizis wina zonis (wilis) hormonebi uSualod sisxliSi gadadis; Suamdebare zonisa (wilisa) da ukana zonis (wilis) hormonebi ki jer tvinis mesame parkuwis Tav-zurgtvinis siTxeSi gadadis, aqedan ki _ sisxliSi.

ase rom, hipofizis wina wili cxra hormons gamoyofs. danarCeni hormonebi Sida sekreciis sxva jirkvlebis saSualebiT moqmedeben. amitomac maT saxelwodeba _ `tropuli hormonebi~ (`tropos~ _ mimarTuleba) miiRes. ai ramdenime am hormonTagani: adrenokortikotropuli hormonebi, romlebic Tirkmelzeda jirkvlebs astimulireben; tireotropuli hormonebi, romlebic farisebri jirkvlis moqmedebaze axdenen zegavlenas; gonatotropuli hormonebi, romlebic sasqeso jirkvlebz axdenen zegavlenas; prolaktinis hormonebi _ sarZeve jirkvlebis funqcias astimulirebs da sxva.

hipofizis ukana wili hormonebs ar gamoyofs; igi Tavisebur sacavs warmoadgens. aq vazopresini (vazoprolani) da oqsotocini grovdeba, romelic jirkval hipotalamusis birTvSi warmoiSveba da iqidan hipofizis ukana wiliSi aRwevs.

hipofizis hormonebs ciluri warmoSoba gaaCnia.

hipofizis hormonebis sekreciis darRveva organizmSi sxvadasxva moSliლობas iwvevs, romelTa xasiaTi hipofizis dazianebs xarixsze da, amastan, gamoyofilis hormonebis siWarbesa da simwirezea damokidebuli.



suraTi 19. Txemis (kinkrixos) wertilebis ganlageba: 1. Txemis wertili `Байхуэй~ (цяньдин) xazebis gadakveTaze mdebareobs; 2. Talamusi; 3. hipotalamusi; 4. jalRuzisebri sxouli (epifizi); 5. hipofizi; 6. xazi yuridan yuramde.

4. aqtiuri wertili Байхуэй (20-XIII) _ цяньдин (21-XIII) Txemi (kinkrixo)

a) lokalizacia da funqcia:

Txemis wertili `Байхуэй~ (20-XIII) \_ `цяньдин~ (21-XIII) Tavis qalas kinkrixos gamWolav medialur RerZze mdebareobs. Tu gavavlebT xazs yuridan yuramde da cxviris fuZidan Tavis qalas fuZemde, maTi kveTa zustad `Байхуэй~ wertilis mdebareobas izleva (suraTi 19).

b) Txemis `Байхуэй~ wertilTan dakavSirebuli damatebiTi wertilebi da jirkvlebi:

1) Txemis Zvlis kefis wertili, jalRuzisebri sxouli (epifizi): Txemis Zvlis kefis aris wertili `Байхуэй~ adamianis arsebiT umaRlesi wertilsa da `zeciuri kavSiris~ udiades mwvervals warmoadgens. es wertili jalRuzisebr sxouls (epifizs) uertdeba da Txemis qveviT, daaxloebiT 8 sm-

is siRmeSi mdebareobs, korZiani sxeu li s qvemoT (sur. 19, 20).

ja lRuzisebri sxeu li uSualod hipofizTanaa dakavSirebuli da Tavis qalas SigniT, warbebis rkalebis Sua doneze imyofeba (sur. 13, 14, 19, 20, 21). am ori jirkvli s SeerTeba pirovnebis energo-Tvisebebis gaZlierebis saSua lebas iz le va.

iTvleba, rom ja lRuzisebri sxeu li organizmis mTavar receptorsa da `qronometrs- warmoadgens. meditaciis procesis dros misi (epifizis) stimulireba Sida mzeris proces- ebis marTvis saSua lebas iz le va (amis meSveobiT ukve adamianis auris danaxvaa SesaZ le bel i) da igi Sida kompasis msgavsad moqmedebs _ movarjiSis sivrciT orientirebas uwyobs xels (sur. 22).

sulierebis ganviTarebis varjiSebis Sesrulebis dros unda gaxsovdet, rom Txemis Zvlis kefis nawili `sikvdilis daZlevisaTvis~ SeiZleba gamoiyenoT; amasTan adamiani TiTqos gare Zalebs iwovs da maT seqsualur energiasa da dasabamur ZalasTan aerTianebs. amiT iqmneba `ukvdavi tani~, `ukvdavi tanis~ meSveobiT adamians Tavis fizikuri garsi SeuZlia sabo loo gadasvli s (gardacvalebis) dadgomis momentamde datovos. Txemis Zvlis areSi mdebare wertili `Байхуэй~, `цянъдин~ Crdiloet polusTan da polarul varskv- lavTan uSualodaa dakavSirebuli, rac movarjiSis sxeu ls sivrcesi moZraobis dros orientirebis saSua lebas aZ levs. ostatebis azrit, Crdilo polusi samoTxis erT-erT WiSkars warmoadgens (sur. 23).

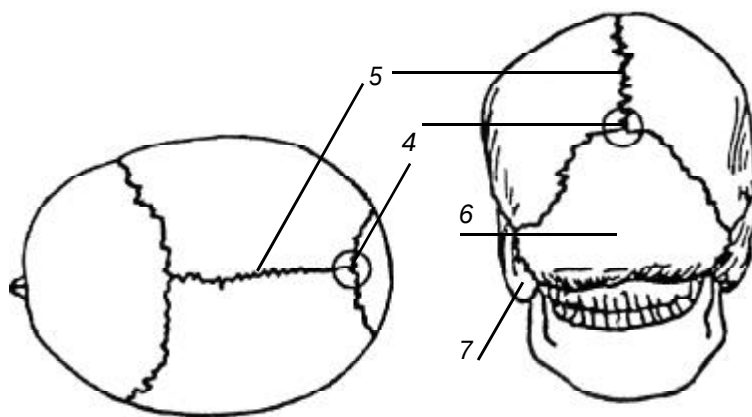
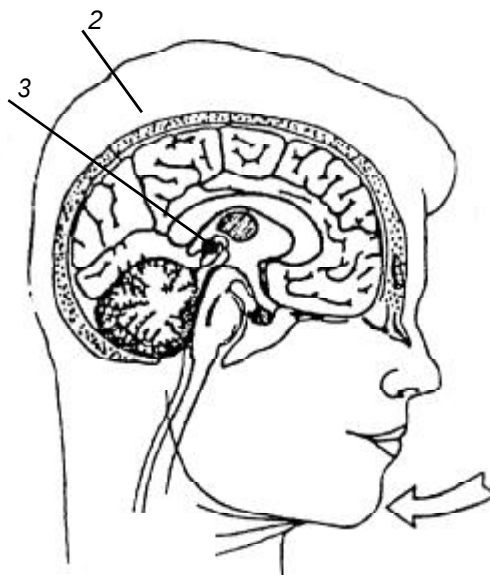
movarjiSe moaxdens ra meditaci- is dros jirkvalTa `brolis sasax- leze~ (ix. qvemoT), ja lRuzisebr sx- eu ls (epifizi) da Txemis kefis areze gonebis koncentracias, igi an wertiliT Crdiloet polusze (polarul var- skvlavze) axdens sakuTari Tavis proeqcirebas (dagegmarebas) da Crdi- loet polusis (polaruli varskv- lavis) iisfer gamosxivebas aRiqvams (sur. 22).

ja lRuzisebr sxeu ls (epifizs) sinaTle da sibnele SeuZlia gaar- Cios; igi aseve adamianis sqesobriv cikls, biologiur saatsa da bior- iTms marTavs.

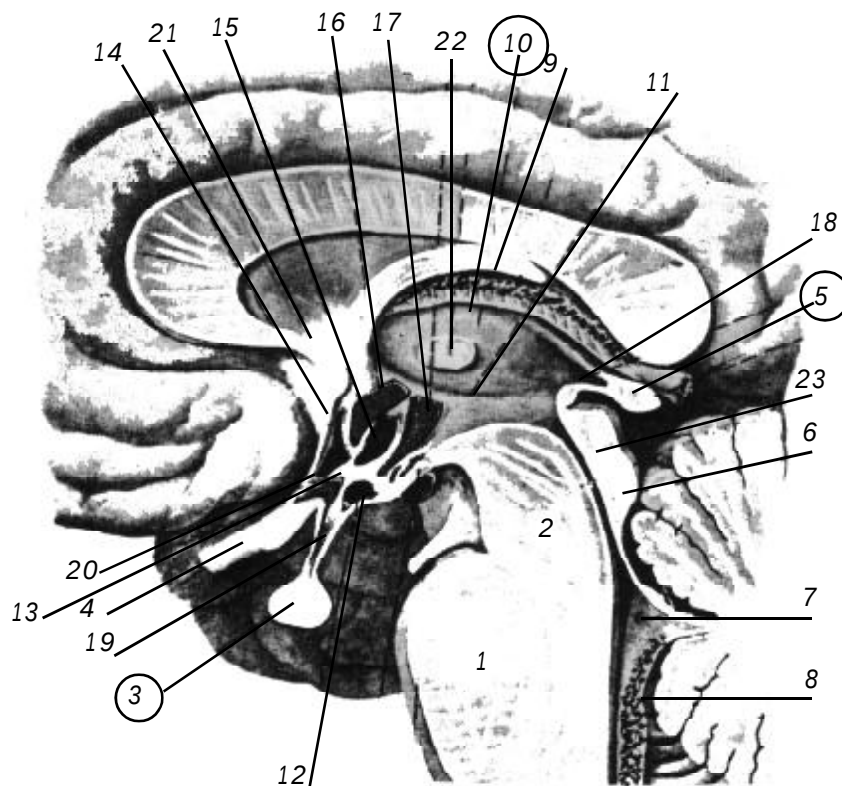
ja lRuzisebri sxeu li (epifizi) da masTan dakavSirebuli movarji- Sis tvinis struqturabi mniSvelovan rols Tamasoben, rac dedamiwuri depresiebis mizezebis gansazRvraSi gamoixateba. ase magaliTad, adamiane- bi, romlebic mzis Casvlamde randen- ime saatis ganmavlobaSi srul faso- van intensiur sxivur dasxivebas mi- iReben, dedamiwis sezonur depresie- bs mniSvelovnad aici lebs Tavidan. movarjiSe gamajansaRebeli sxivuri meditaciit (mdumarebit) varjiSi- sas samyaros sinaTlis (gamosxiveb- is) aRqmas daxuWuli TvaliTac ki axerxebes.

2) jirkvlebi: Talamusi da hipota lamusi:

es wertilebic (jirkvlebi)



suraTi 20. Txemis Zvlis kefisa da kinkrixos wertili `Байхуэй~: 1. kefis asawevad nikapi odnav SigniT SevwiOT; 2. sxeu li umaRlesi wertili `Байхуэй~ (20_XIII) _ `цянъдин~ (21_XIII); 2. ja lRuzisebri sxeu li (epifizi); 4. Txemis Zvlis kefis are; 5. sagitaluri nakeri; 6. kefa; 7. safeTqlis Zvlis are.

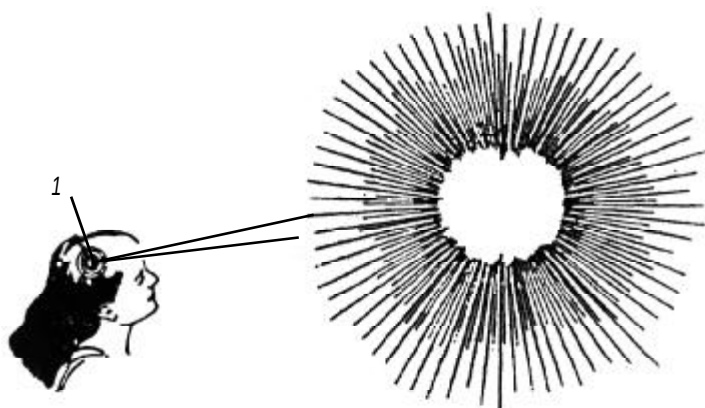


surati 21. Suandebare tvini, misi birTvebi da mesame parkuWi: 1. xidi; 2. tvinis fexebi; 3. hipofizi (tvinis danamati); 4. mxdvelobis jvaredini; 5. epifizi _ jalRuzisebri sxელი; 6. Sua tvinis saxuravi; 7. meoTxe parkuWi; 8. misi sisxl-ZarRvovani sarqveli; 9. mesame parkuWis sisxlZarRvovani sarqveli; 10. Talamusi (mxdvelobis borcvi); 11. misi Rari; 12. qveda medialuri birTvi; 13. mxdvelobiszedა birTvi; 14. borcvის birTvi; 15. zeda medialuri birTvi; 16. parkuWaxlo birTvi; 17. ukana birTvi; 18. jalRuzis jibe; 19. Zabis jibe; 20. mxdvelobis jibe; 21. wina SesarTavi; 22. mxdvelobis borcvTa Sexorceba; 23. Sua tvinis wylsadeni.

Tavis qalas Sida tumbos nawilebs warmoadgens; es jirkvlebi movarjiSes didi daTvis Tanavarskvlavedis energiis mopovebaSi exmareba (sur. 21, 24). Tavis qalas Sida tumbos gaaqtiureba `Sida mzeris SigniT Setrialebas~ `brolis sasaxlis~ centrisaken moqcevaSi uwyobs xels (`brolis sasaxlis~ sxva saxelwodebaa `brolis darbazi~). aseve xdeba Sida mzeris Tavis qalas mwervalisaken _ Txemisaken moqcevac. es wertilebi (jirkvlebi im warmosaxviT xazebze mdebareobs, rome lTaganac erTi yuridan yuramde (yurebis xvrelebidan Txemze gavliT) miemarTeba, xolo meore _ cxviris fuZidan Tavis qalas fuZemde (Txemze gavliT) da erTmaneTs Tavis qalas mwervalze kveTaven. Talamusis jirkvali daaxloebiT 5sm siRmeSi mdebareobs; am Sveuli, warmosaxviTi xazis 1,3_2,6 sm-iT (≈ 3 sm) ufro qvemoT (SigniT) _ hipoTalamusia; jalRuzisebri sxელი (epifizi) _ am wertilidan (hipoTalamusidan) 2,5 sm-iT ukan mdebareobs; xolo hipoTalamusis wertilis qveS 8 sm-is daSorebiT hipofizi imyofeba (sur. 19).

3) jirkvali _ hipoTalamusi:

es jirkvali mTeli hormonaluri sistemis Tavisebur tvins warmoadgens. igi organizmis avtonomiuri nervuli sistemebidan (simpatiuri da parasimpatiuri), aseve mxdvelobis nervis, ynosvis receptorebisa da jirkval Talamusis impulsebs Rebulobs.



surati 22. jalRuzisebri sxელი (epifizi) adamianis gronometrs, Sida kompass da Sida mzeris wyaros warmoadgens.

movarjiSis cnobieri da qvecnobieri azrovneba, mis hormonalur sistemaze gavlenas axdens da Tavis tvinis qerqsa da jirkval-hipoTalamuss Soris arsebul `neironul sinpasebze~ moqmedebs.

hormonaluri sistemis (jalRuzisebri sxელის, Tirkmelzedა jirkvlebis, sakvercxeebis, saTesse jirkvlebis da a. S.) hormonaluri aqtiuroba _ hipoTalamusTan ukukavSirSi imyofeba, rome lic, Tavis mxriv, hipofizs `gankargulebs~ aZlevs, raTa man `mTavari hormonebis~ secreciis done Secvalos.

hipofizis mier gamoyofili `mTavari hormonebis~ done _ farisebri jirkvlis, Tirkmel zeda jirkvlebis, sakvercxeebis, saTes le jirkvlebis da sxva jirkvlebis sekretorul aqtiurobas gansazRvavs, anu mTlianad hormonaluri sistemis normalur funcioni rebas gansazRvavs.

jirkval-hipoTalamusis neironebis sxva aksonuri dabo-
loebebis formirebas axdens hipofizi. hipofizis mier
warmoebuli nivTierebebi _ transmiterebi _ am aqsonebiT
uSualod sisxlZarRvovan sistemaSi miedineba. es transmi-
terebebi damatebiTi hormonebis or tips warmoadgens, rom-
lic organizmis sxva funciebs aregulirebs (sur. 25).

ostatebi Tvlian, rom wertili `Байхуэй~ samyaros Za-
lis ZiriTad wyaros warmoadgens. adamanis am wertilSi
xdeba gamoRviZebuli sulis Sevseba. aRsaniSnavia isic, rom
jalRuzisebri sxeuli (epifizi) Tavis TavSi dadebiT (mamr)
muxts Seicavs, xolo hipoTalamusi ki _ uaryofiTs (md-
edrs). am ori jirkvlis SeerTeba mZlavri, balansirebuli
(gawonasworebuli) Zalis warmoSobis saSualebas izleba.

movarjisis mier `Байхуэй~-s centrze yuradRebis kon-
centrირებisa da gonebaSi didi daTvis Tanavarskv lavedis
warmodgenis dros movarjiSe am Tanavarskv lavedis energias-
Tan SeRwevis saSualebas Rebulobs (Tavis qalas Txemis
zonidan am dros gamosxivebis sveti aRmocendeba).

4) `brolis sasaxle~:

tvini adamanis mier yvela qmediT, cnobier da aracno-
bier qmedebebze kontroli axorcielebs. igi yvela SegrZnebas da gaRizianebas aRiqvams da
sxoulis mier Sesabamisi reagirebebis brZanebas izleba. tvini kosmiur energiis sxoulSi
qvevidan zeviT asvlasa da mis iq dagrovebas axorcielebs; amiT adamani gonierebas aum-
jobesebs da tvins janmrTel mdgomareobaSi amyofebs.

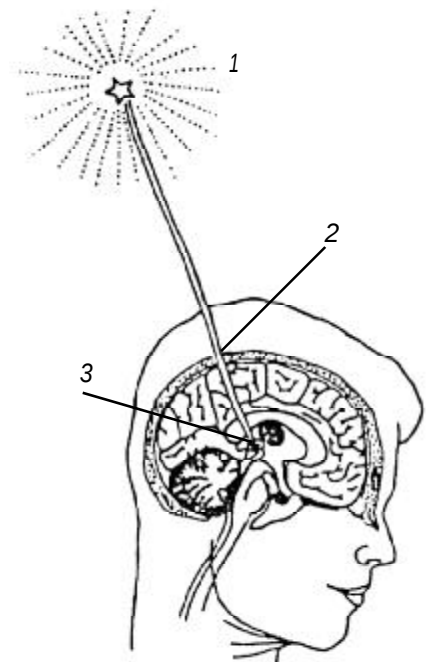
`brolis sasaxle~ Tavis tvinis Sua adgilas imyofeba
(sur. 26). `brolis sasaxlis~ centris gansazRvra Semdeg-
nairad SeiZleba: gaavleT warmosaxviTi Sveuli xazi Txemis
mwvervalidan qveviT da igi cxviris fuZidan SigniT mimaval
horizontalur xazze gadakveTeT, am gadakveTaze mdebareobs
`brolis sasaxlis~ centri.

`brolis sasaxle~ jalRuzisebr sxoulze (epifizze),
hipofizze, Talamusze hipoTalamusze zemoqmedebs da maT
qmedebebis koordinirebas axdens. zustad aq xdeba sensoru-
li da motiruli nervuli boWkovani daboloebebis gadakve-
Ta da mWidro wnulebad gaertianeba. mdumarebis (meditaci-
is) procesSi `brolis sasaxle~ warmogvidgeba, rogorc
ovaluri formis vercxlisferi naTebis mocimcime krista-
li (sur. 26).

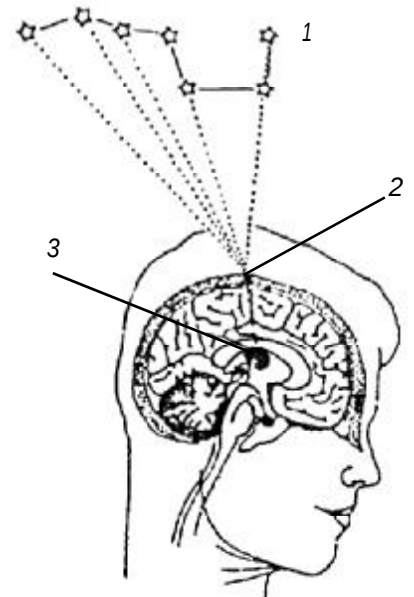
Tavisi formiT `brolis sasaxle~ kvercxს მოგვაგონებს,
romlis zeda nawili kefis Zvlisaken daaxloebiT 15°-iTaa
daxrili. Tu nikaps odnav SewevT, Tqven naTxemis wertili
`ფენ-ფუ~-s aiweva, amiT `brolis sasaxlis~ gaxsnas xels
SeuwyobT da igi ukve advilad aRiqvams gare Zalebs.

`kvercxის~ mwvervali jalRuzisebr sxoulze (epifizze)
modis; centraluri nawili _ Talamussa da hipoTalamusis
doneze; xolo `kvercxის~ fuZe _ hipofizze.

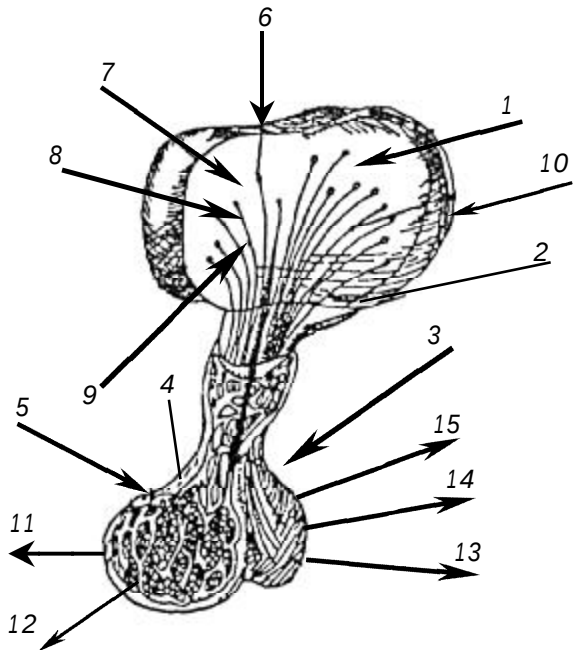
gaxsnili `brolis sasaxle~ utvalavi kristalis ms-
gavsad anaTebს. mas sinaTlis rogorc gamosxivebis, aseve



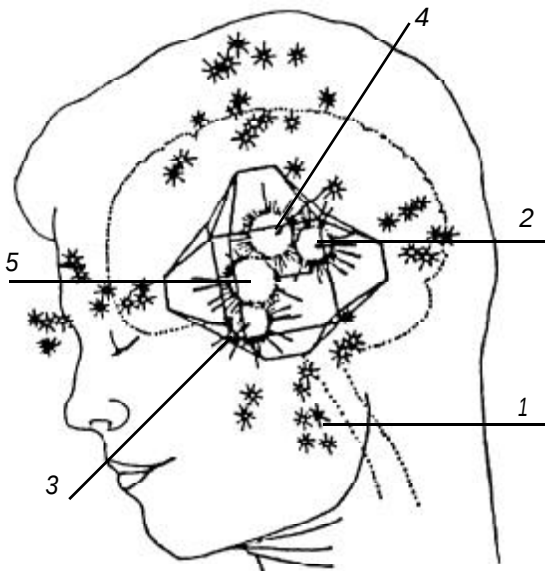
suraTi 23. jalRuzisebri sx-
euli (epifizi) Crdilo polusTan
da polarul varskvlavTan uSual odaa
dakavSirebuli. 1. polaruli varskv-
lavi; 2. wertili `Байхуэй~; 3. jal-
Ruzisebri sxeuli (epifizi).



suraTi 24. jirkvlebi: Tal-
amusi da hipoTalamusi didi
daTvis Tanavarskv lavedTan uSua-
lodaa dakavSirebuli: 1. didi
daTvis Tanavarskv lavedi; 2.
wertili `Байхуэй~; 3. jirkvle-
bi: Talamusi da hipoTalamusi.



surati 25. kavSiri hipoTalamussa, hipo-
fizza da sxva jirkvlebs Soris: 1. jirkvali
hipoTalamusi; 2. hipofizis nervuli wnuli; 3.
hipofizis ukana wili; 4. hipofizis hormonebi;
5. hipofizis wina wili; 6. jirkval Talamusi-
sagan; 7. jaIRuzisebri sxoulidan; 8. adamianis
simpatiuri da parasimpatiuri nervuli sisteme-
bisagan; 9. mxedvelobiTi nervisagan; 10. ynosvis
nervebis dabo loebidan; 11. jaIRuzisebri sx-
eulisaken; 12. saTesle jirkvlisaken; 13. mkerdi-
saken; 14. kunTebisken, Zvlis (zrdis) qsovilebi-
saken; 15. TirkmeI zeda jirkvlebisaken.



surati 26. `brolis sasaxle-: 1. `brolis
sasaxle~ milioni manaTobeli kristaliviT ana-
TebS, cincimebs rogorc vercxliswylis sinaT-
le; 2. jaIRuzisebri sxouli (epifizi); 3.
hipofizi; 4. Talamusi; 5. hipoTalamusi.

STanTqmis unari gaaCnia. `brolis sasaxles~ mo-
varjiSis Sida codnis gamosxivebac ki SeuZlia;
igi mis mimalul Sida SesaZleblobebsac xsnis.

`brolis sasaxle~ samyarodan sinaTlesa da
codnas Rebulobs, xolo Semdeg maT sxvadasxva
organoebisa da jirkvlebisaken gadaasxivebs, rac
maT ajansaRebs.

garda amisa `brolis sasaxles~ 10 xvreli
gaaCnia, romelic mTvaris 10 ylortTanaa dakav-
Sirebuli (sur. 27). aRmosavluri astrologiis
Tanaxmad, mTvaris 10 ylorti zeciur energo-na-
kadebis regulirebas warmoadgens. rogorc iciT,
es energo-nakadebi dedamiwis arsebebsa da maT
arsebobaze didi zegavlenas axdens.

g) Txemis wertil `Байхуэй~-s Tvisebebi:
Txemis umaRlesi wertili `Байхуэй~ uSua-
lod centraluri nervuli sistemis yvela ZiriTa-
di ganyofilebis moqmedebasa da, aseve, sensoruli
sistemis funcioniRebaSi Rebulobs monawilebas.

rodesac Txemis wertili `Байхуэй~ Riaa da
sxva aqtur wertilebTan SeerTebulia, `sxivuri
bednierebis~ SegrZneba ibadeba. adamianis qmede-
bebs TiTqos zeZalebi marTaven da am dros mo-
varjiSes adamianis gare energo-garsis (auras)
danaxva SeuZlia. aseve am wertilis gaxsnil mdgo-
mareobaSi yofnisas, movarjiSes mdumarebis (med-
itaciis), anu sxoulis gareSe mogzaurobis sava-
li gzis `manaToblis~ danaxvis niWierebac exsne-
ba.

Tu wertili `Байхуэй~ daketili an blokire-
bulia, gulis acruebis grZnoba, iluziebisadmi mi-
dreki leba, Tavis tkivilebi da ganwyobilebis qao-
suri cvalebadoba Cndeba. amave dros, `Байхуэй~
blokidreuli wertilis mqone pirovneba erTdrou-
lad Tavs monad da msxverplad aRiqvams.

d) aqtur wertil `Байхуэй~-is Sesa-
bamis jirkvalTa mokle anatomia:

1) jaIRuzisebri sxouli _ epifizi (sur.
13, 14, 19, 20, 21 da 26).

jaIRuzisebri sxouli, anu epifizi didi tvi-
nis hemisferoebis qveS, oTxgorakis wina borcvebis
RarSi mdebareobs (sur. 21). igi mowiTalo-ruxi
feris, kvercxis formis patara sxoulia, romelic
zemodan qvemoTaa Sebrtyelebuli. misi wona 0,2
gr-s udris, sigrZe _ 8 mm-s, sigane _ 6 mm-s, sisqe _
4 mm-s. epifizi mxedvelobis borcvs wrili fexe-
biT moTeTro konebiT ukavSirdeba (sur. 21).

epifizs uswormasworo wril marcvlovani zeda-
piri aqvs. igi tvinis sisxlZarRvovani garsis Semaer-
TebeI qsovilebSia Sexveuli da uwriles sisx-
lZarRebs uxvad Seicavs.

epifizis fuZeSi, tvinis ukana TeTri SesarTavis
zemoT, patara Rrus saxiTaa SeWriIli mesame parku-

Wi, mas ja lRuzisebri jibe ewodeba (sur. 21).

adamianis sxeu lSi ja lRuzisebri sxeu li (epifizi), rogorc jirkvali 7 wl is asakamde viTardeba; Semdeg igi SemaerTebeli qsovilis boWkoebiT ivseba da ukuganviTarebas iwyebs. masSi mravali ujredi iRupeba da maT adgilis kiris marculebi ikavebs, romelsac tvinis qviSa ewodeba.

ja lRuzisebri sxeu lis reduqciis procesi sqesobrivi momwifebis periodamde grZeldeba.

ja lRuzisebri sxeu lis funqcia ar aris srulad gamokveTili, magram Catarebuli (umTavresad klinikuri xasiaTis) dakvirvebebi gviCvenebs, rom am organos hipertrofia sasqeso organoebis naadrev ganviTarebas iwvevs. figroben, rom am jirkvalis normalur ganviTareba, mkerdukana jirkvalis msgavsad, sasqeso organoebis naadrev zrds abrko lebs.

ja lRuzisebr sxeu lis kvercxis, ufro zustad, naZvis gircis forma aqvs, amitomac mas kidev _ `gircul jirkvals~ eZaxian. igi adamianis sulis centrs warmoadgens.

ja lRuzisebri sxeu li (epifizi) iseTi organos rols asrulebs, romelic orientirebis saSualebas, dRisa da Ramis cvlilebebTan Seguebis saSualebas izleba.

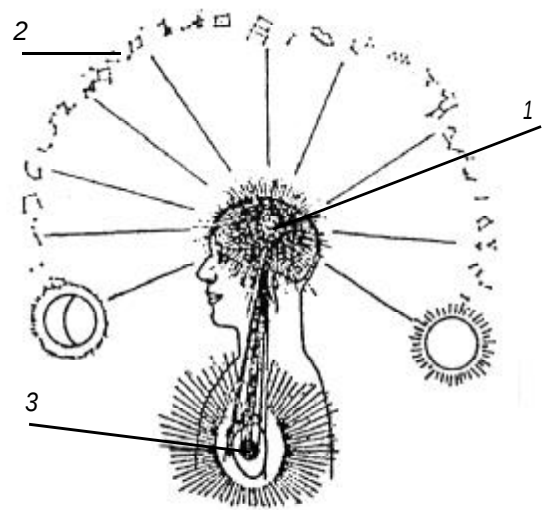
2) mxedvelobis borcvi _ Talamusi (sur. 13, 14, 19, 20, 21 da 26):

Suamdebare tvinis SemadgenlobaSi Sedis mxedvelobis tvini sami nawiliTa da sami parkuWiT (sur. 21).

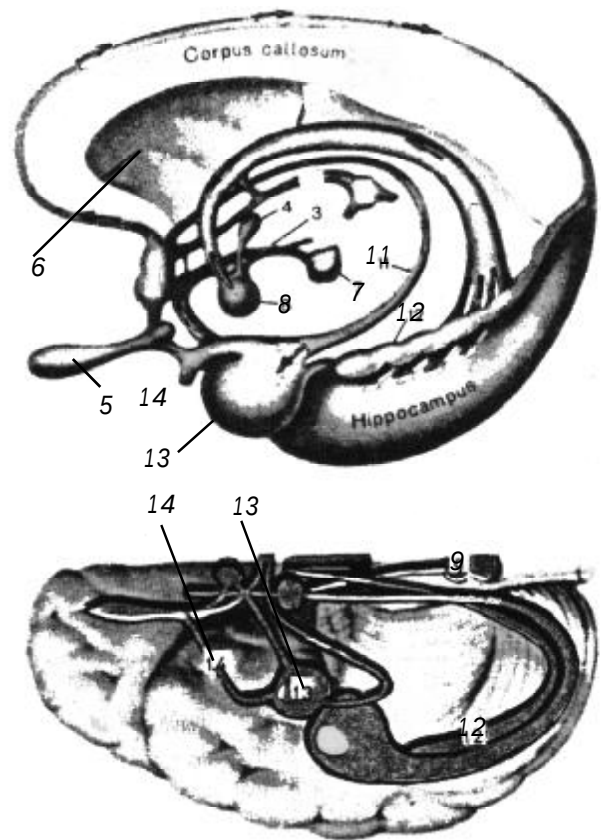
Suamdebare tvini korZiani sxeu lis wvelsa da TaRis qveS mdebareobs da Tavis gverdiTi nawilebiT uSualod didi tvinis hemisferoebis erTvis.

arCeven: mxedvelobis borcvebs _ Talamuss, epiTalamuss da metaTalamuss. Talamusi _ mxedvelobis borcvi _ kvercxis moyvani lobis ruxi nivTierebisagan Semdgari msxvili sxeu lia, romelic uknidan gamsxvilebulia da e. w. baliSs qmnis xolo winidan Seviwroebulia da wina borcvis Seicavs (sur. 28); Talamusi wina nawiliT parkuW-TaSua xvrels emijneba, xolo ukana nawiliT uSualod Sua tvinis saxuravs. Talamuss _ mxedvelobis borcvis _ oTxi mxare aqvs: dorsaluri da medialuri mxarebi Tavisufalia da III da gverdiTi parkuWis kedlis SeqmnaSi iRebs monawileobas, xolo ventraluri da lateraluri mxareebi Tavis tvinis nawilebTanaa Sezrdili.

Talamusi _ mxedvelobis borcvis _ dorsaluri zedapiri TeTri nivTierebis SriTaa mofenili;



surati 27. `brolis sasaxle~ mTvaris 10 ylortTan da gulTanaa dakavSirebuli: 1. `brolis sasaxle~; 2. mTvaris 10 ylorti; 3. guli.



surati 28. limburi sistemis elementebi (sqenaturad): a. xedi tvinis sagitaluri ganakveTis mxridan, b. maTi proeqcia tvinis fuZeze.

1. korZiani sxeu lis ruxi samoseli, 2. korZiani sxeu li, 3. dvri l-mxedvelobis borcvis kona, 4. Talamusi wina birTvi, 5. saynosavi bolqvi da traqti, 6. gamWvirvale Zgide, 7. fexTaSua birTvi, 8. dvrilisebri sxeu li, 9. sade da misi samkuTxedi, 10. TaRi, 11. sasazRvro zoli, 12. dakbiluli xveuli, 13. nuSisebri birTvi, 14. ynosvis lateraluri zoli (gza), 15. mxedvelobis borcvis tvinovani zoli.

Talamus sasazRvro zolis RarSi gaivlis vena, romelic tvinis ruxi nivTierebiTaa gadafaruli.

mxedvelobis borcvebis medialuri zedapirebi Suamdebare SexorcebiT gaerTianebulia da mxedvelobis borcviT lateraluri zedapiri e. w. SigniTakafsulas emijneba. misi qvemo zedapiri tvinis fexze Zevs da Sezrdilia mis saxuravTan, romelic aq hipoTalamusSi SeiWreba.

mxedvelobis borcvi ganakveTze TeTri nivTierebis zolIT sam birtvad iyofa: wina, medialuri da lateraluri (sur. 28).

mxedvelobis borcvi _ Talamusi _ qerqqveSa centria, romlis meSveobiT periferiidan mosuli gaRiziane bani tvinis qerqs aRwevs.

epiTalamusi _ Talamusze arsebuli tvinovani zolebi miemarTeba ukan da orive mxares mxedvelobis borcvis sazRvarze samkuTxovan Semsxvilebas qmnis, romel sac sadaves samkuTxedi ewodeba. ukanasknelidan orive mxareze waizrdeba viwro, TeTri fexi, sadave, romel zedac jaIRuzisebri sxელი (epifizia) Camokidebuli.

sadaveebis samkuTxedSi Cartulia mcire birtvebi, romlebSic Tavdeba ynosvis midamodan aRmocenebuli mxedvelobis borcvis tvinovani zolis boWkoebi.

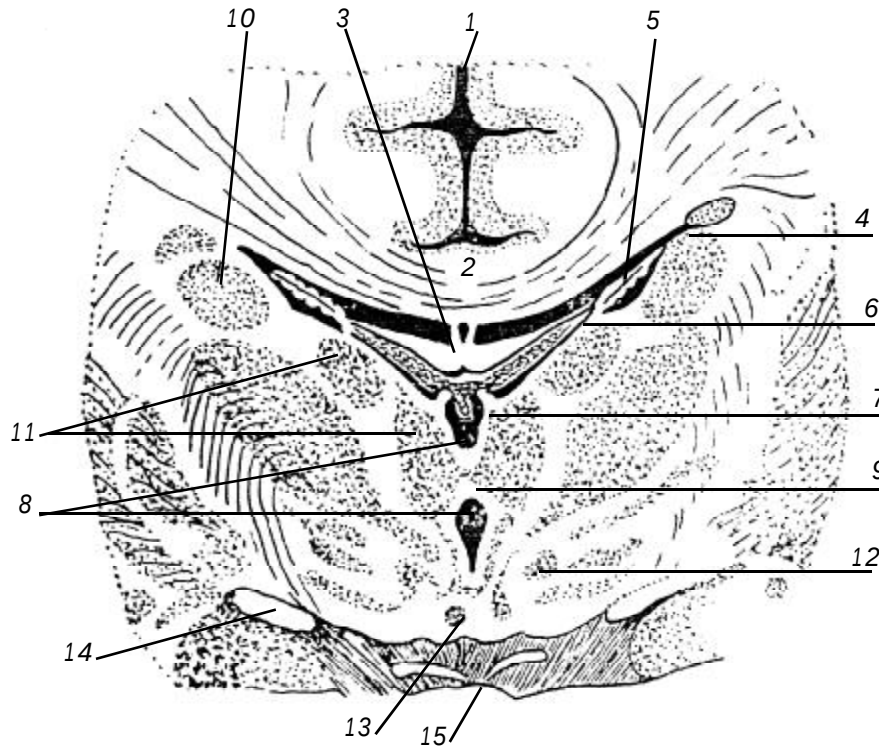
metaTalamusi _ warmodgenilia mxedvelobis borcvis _ Talamusis ukan mdebare patara, TeTri ori SemaRlebiT, e. i. lateraluri da medialuri damuxvlili sxelebiT, romelTa Soris yoveli Tanamosaxe le rux birtvs Seicavs. maT Soris:

medialuri _ mcire, mkafiod gamoxatuli, damuxvlili sxელი Zevs zemo gorakis mklavTan, sadac mas ukavSirdeba mxedvelobis traqtis erTi nawili. medialur-damuxvlil birtvSi Tavsdeba smenis pirveladi centri.

lateraluri _ damuxvlili sxელი Zevs mxedvelobis borcvis _ Talamusis qveS da masSi Tavsdeba traqtis meore nawili. am birtvSi mxedvelobis pirveladi centri mdebareobs.

3) hipoTalamusi (suraTi 13, 14, 19, 20, 21, 26 da 29):

hipoTalamusi genezurad rTuli warmonaqmnia, radgan mis SemadgenlobaSi Sedis rogorc



suraTi 29. mesame parkuWi _ frontaluri ganakveTi, gatareblui mxedvelobis borcvtasua Sexorcebaze da dvrilisebr sxelebze: 1. Tavis tvinis gaswrvivi naprali; 2. korZiani sxელის wელი; 3. Taris sxელი; 4. gverdiTi parkuWis centraluri nawili; 5. gverdiTi parkuWis sisxlZarRvTa wnuli; 6. tenia choroidea; 7. stria medullaris thalami; 8. III parkuWi; 9. adhesio interthalamica; 10. kudiani birtvis kudi; 11. mxedvelobis borcvi; 12. wiTeli birtvi; 13. dvrilisebri sxელის birtvi; 14. mxedvelobis traqti; 15. fexTaSua foso.

wina, ise Suamdebare tvinis nawi lebi. amrigad, hipoTalamuss ekuTvnis tvinis fuZeze moTavsebuli yvela nawili da maT Soris ukve cnobili tvinis ruxi borcvi mis mezobelTan erTad. ganiv ganakvetZe mas samkuTxedis forma aqvs, romelic zemodan mosazRvrulia mxedvelobis borcviss _ Talamusis centraluri zedapiriT, qvemodan da gverdidan _ tvinis fexebis fuZiT. am midamoSi TavSdeba wiTeli birTvisa da Savi substanciis boloebi (sur. 29).

hipoTalamusis warmonaqmnebs Soris mniSvnelovania Semdegi nawi lebi (sur. 29):

dvrilisebri sxeulebi _ or TeTr sxeuls warmoadgens, romelic simetriulad da erTad mdebareobs ukana daxvretili substanciisa da ruxi borcvis sazRvarze. Tavisi funqciiT dvrilisebri sxeulebi ekuTvnis qerqqveSa ynosvis centrs.

ruxi borcvi _ dvrilisebri sxeulis win mdebareobs, tvinis fuZeze kenti, Rru SemaRlebaa, Sedgeba Txeli, ruxi firfitisagan; gverdebidan rux borcvis mxedvelobis traqtebi sazRvraven. am borcvis mwvervali Rru Zabrs qmnis, romlis brma boloze danamati _ hipofizia mimagrebuli (romelic Turquli kexis fosoSia moTavsebuli). ruxi borcvi metad mniSvnelovani warmonaqmnia, vinaidan misi wrili ruxi birTvebi vegetaciuri centrebia, romlebic moqmedeben sxeulis siTbos regulaciisa da nivTierebaTa cvlaze.

mxedvelobis nervTa jvaredini ruxi borcvis win mdebareobs. misi wina kuTxeebidan mxedvelobis nervebi iwyeba, ukan ki mxedvelobis traqtebi waizrdeba; jvaredinSi mxedvelobis nervebis nawi lobrivi gadajvaredineba xdeba. mxedvelobis nervTa jvaredinis win ruxi borcvis wina kedeli _ sasazRvro firfitis saxiT mesame parkuWis wina kedels qmnis.

hipoTalamur midamos mcire farTobi aqvs, Zevs hipoTalamuri Raris qvemoT, warmoadgens tvinis fenebis dorsaluri nawilis, e. i. Weris gagrZe lebas.

5. aqtiuri wertili `Иньтан~ (BM-3) \_ `mesame Tvali~, cxviris fuZe, hipofizi

a) lokalizacia:

aqtiuri wertili `Иньтан~-i warbebs Sua areSi, xolo misi Sesabamisi jirkvali _ hipofizi ki cxviris fuZidan siRrmeSi daaxloebiT 8 sm-iT mdebareobs. energetiku l xelovnebaSi iTvleba, rom adamanis sul zustad am adgilasaa Sekrebili (sur. 30).

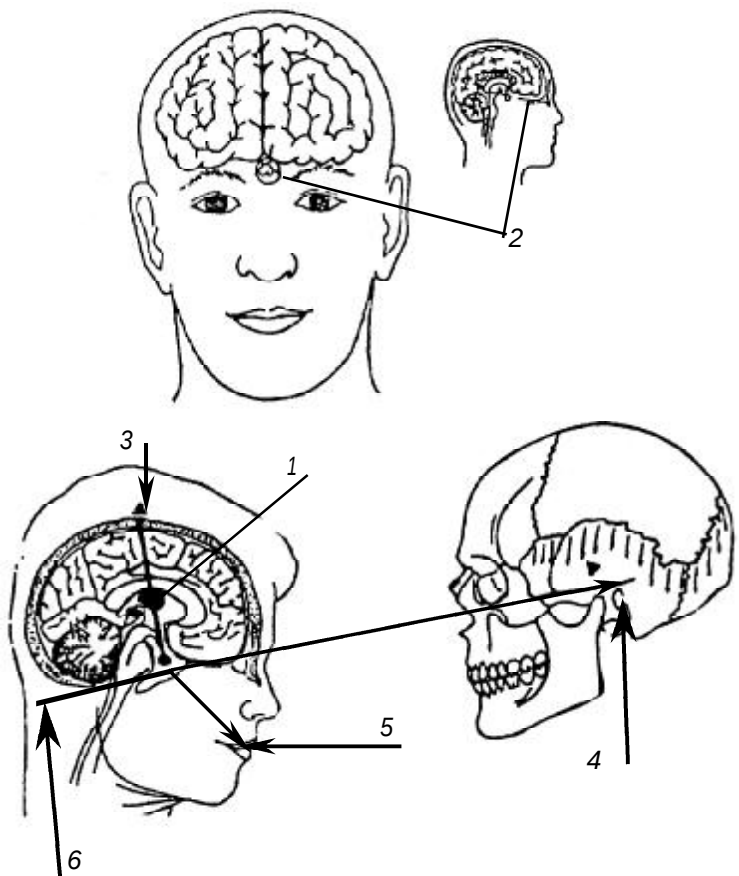
rogorc adre aRvniSneT, hipofizi `brolis sasaxlis~ nawi ls warmoadgens. hipofizs gare sami aqtiuri wertili Seesabameba. esenia: Sublis Sua aris wertili (Seesabameba hipoTalamuss), warbebs Soris wertili (`mesame Tvali~, Seesabameba hipofizs) da wertili, romelic cxviris fuZeze Tvalebs Soris mdebareobs.

garda amisa, hipofizi aseve sxva aqtiur wertilebsac uertdeba (sur. 29, 30, 31):

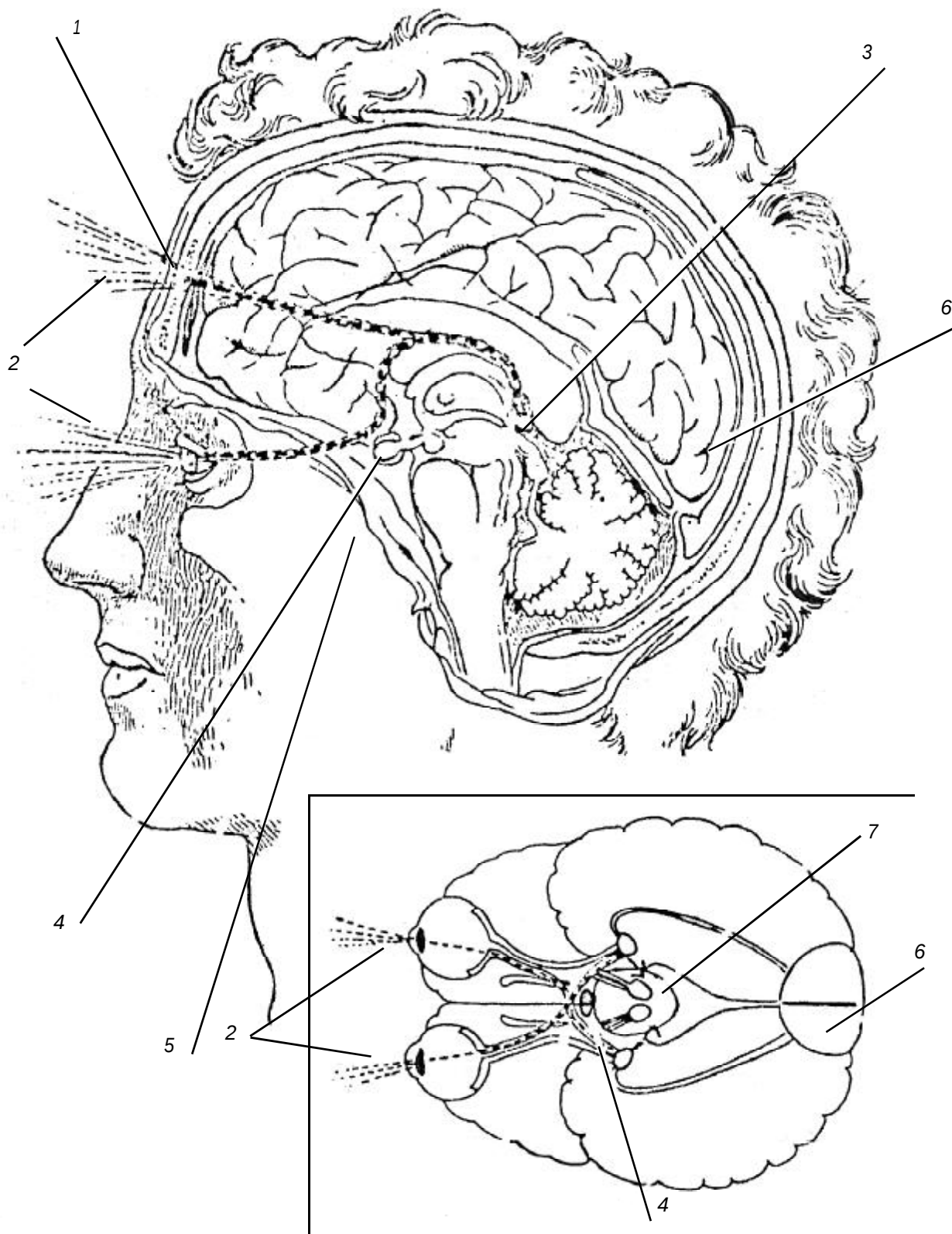
1. `nefritul baliSs~ `фэн-фу~-s;

2. Sublis Sua are Txems (kinkrixos) _ `Байхуэй~-s;

3. Tvalebs Sua wertili `Иньтан-иньцзяо~-sa da mSvenier



suraTi 30. jirkval hipofizis sxva aqtiur wertilebTan SeerTeBa: 1. hipofizi; 2. warbebs Sua wertili `Иньтан~; 3. Txemis (kinkrixos) wertili `Байхуэй~; 4. safeTqlis Zvali; 5. sasa, `иньцзяо~; 6. Tavis qalas fuZe, `фэн-фу~.



surati 31. Tavisi qalas Sida anatomiuri mimoxilva da misi fsiqologiuri centrebi: 1. mesame Tvalis-vertili ინტან-; 2. oqros naTebis bilikebi; 3. jaRuzisebri sxeuli (epifizi); 4. hipofizi; 5. cxviris xvreli; 6. mxdvelobis qerqi; 7. mxdvelobis qerqi.

4. wertil `Иньтан~-is marcxena nawili marcxena safeTqlis Zvals (iani);

5. wertil `Иньтан~-is marjvena nawili marjvena safeTqlis Zvals (ini).

b) Tvisebebi:

hipofizi erT-erT im mniSvnelovan endokrinul sistemas warmoadgens, romelic hormonebs warmogmnis. es jirkvali hipotalamusis brZanebebs anu signals emorCileba da Semdeg sxvadasxva hormonebs warmogmnis. es hormonebi adamanis organizmSi uamrav funciebs marTaven: magaliTad, hormoni _ tiotropini _ farisebri jirkvlis qmedebas astimulirebs; adrenokortikotropuli hormoni _ Tirkmelzeda jirkvlebis qerqis qmedebas astimulirebs; prolaqtini qalebTan rZis warmoebas aregulirebs; aseve zrdis hormonebi da sxva.

hipofizis Sua wili hormon intermedins awarmoebs da kanis pigmentur ujredbez zemoqmedebs.

hipofizis ukana wili organizmSi siTxe-marilis cvlas, sisxlis wnevas, Tirkmelebis funcias, kunTebis qmedebas uwevs kontrolys.

mko meditaciis dros, rodesac movarjiSe ganvitarebis maRali dones aRwevs, igi meditacias cxviris fuZesTan mdebare wertil `Иньтан~-iT iwebs. am wertilSi Tavmoyrilia adamanis `umaRlesi me-s energia~. kosmiuri energia, romelic mko-s gavilis, Wipis zonasa da sxva aqtiur wertilebs aaqtiurebs. hipofizis wertili `Иньтан~-i `umaRlesi me-s Zalas-zrdis. igi aseve im substancias filtravs, romelic Sida `me-s kvebas~ emsaxureba.

wertil `Иньтан~-dan wamosuli energia enis mimarTulebiT miedineba, iq sxva Zalebs Seuertdeba da im sasicocxlo Zalad gadaiqceva, romelsac Tai-Zi-Si `neqtris~ an `eleqsiris~ saxelwodebiTaa cnobili.

g) `Иньтан~ wertilis emociuri zemoqmedeba:

rodesac hipofizis wertili `Иньтан~-i Riaa, pirovneba Tavs brZen adamanad grZnobs. Tu hipofizis wertili `Иньтан~ daketilia _ adamians gadawyvetilebis miRebis uZlureba uCndeba.

6. aqtiuri wertili `Иньцзяо~ (28-XIII) \_ `zeciuri tbori~, sanerwyve jirkvlebi

`zeciuri tbori~ sasas areSi imyofeba da sasisagan, enisa da nerwyvisagan Sedgeba.

a) sasa:

sasas wertili `Иньцзяо~ uSualod zed kbilebis ukan mdebareobs da Rrmulis (xvreis) warmoadgens, romlis gavliT kosmiuri energia qveviT Caedineba (sur. 32).

sasas wertil `Иньцзяо~-s sami pozicia Seesabameba:

1. qaris pozicia _ zeda kbilebs ukan, CaRrmavebis centrSi imyofeba da sasas wertil `Иньцзяо~-s;

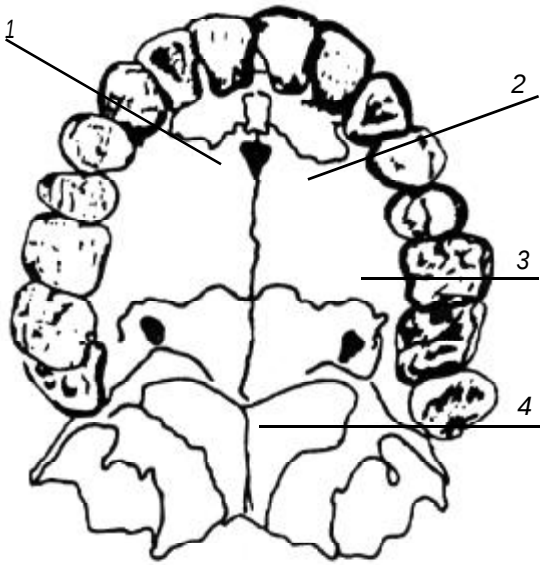
2. cecxlis pozicia _ ufro Rrmad, myari sasas zedapirze imyofeba, uertdeba gulis arxs da `cecxlovan energias~ aRagznebs;

3. wylis pozicia _ rbili sasas wina nawilSi, enis zurgze imyofeba. es pozicia hipofizis ukan da im energo-axsis RerZzea ganlagebuli, romelic kosmiur energias Tirkmelebidan da seqsualuri centridan gadascems organizms. eniT am wertilze Sexeba inuri substanciis amaRlebas iwvevs, romelic seqsualuri energiisa da tvinis Semadgenel nawils warmoadgens.

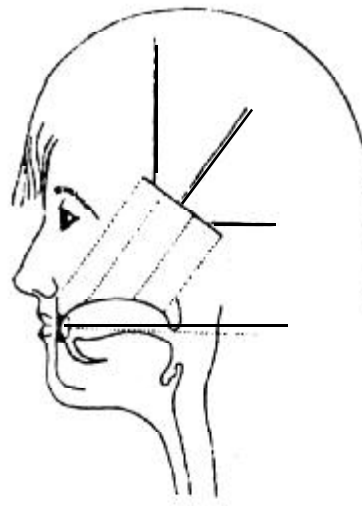
b) sami poziciis gamoyeneba:

Tu movarjiSe eniT sasas zedapirs ramdenjerme Seexeba, igi kosmiuri energiis mimoqcevis gazrdas (momatebas) igrZnobs. es SegrZnebebi xan sicivis, xan siTbos, xan dabuJebis, xan eleqtrodenis msgavs Cxvletas hgavs. Tu movarjiSe enas sasaze aamoZravebs, enis mdgomareobis iseT optimalur pozicias SearCevs, sadac kosmiuri energiis mimoqceva yvelaze SesamCnevad aRiqmeba (rogorc wesi, es wertili pozicia: kbilebs ukana areSi imyofeba). varjiSis dros am areze xdeba gonebis koncentracia da kosmiuri energia sxელis qveda nawilisa da qveda Sida organoebisaken Caedineba.

rodesac movarjiSes inuri energiis didi moTxovni leba uCndeba, maSin igi enis wvers wylis pozicias miadebs, ianuri energiis moTxovni lebis dros ki _ qaris pozicias (sasas Sua are) da cecxlovan energiis moZrvavebas igrZnobs, Semdeg ki wylis pozicias daubrun-



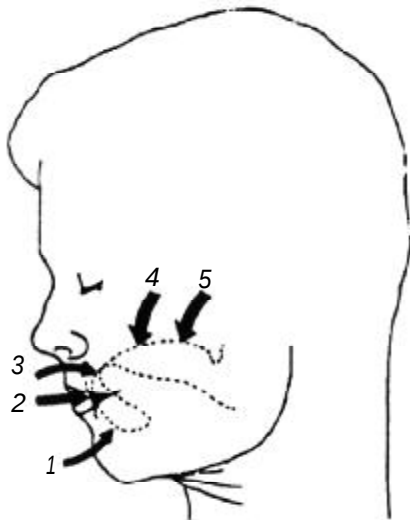
surati 32. sasas sami pozicia: 1. xvreli, 2. qariz pozicia, 3. cecxlis pozicia, 4. wylis pozicia.



surati 33. zeda sasas sxva organoebTan SeerTebis xerxi.

Si enis xangrZlivi droiT daWera gauWirdeba da am amitom, xSirad cvalet es pozicia. g) ena da enis wveri:

enaze ramdenime ZiriTadi wertili



surati 34. sasisa da enis danarCen organoebTan da maTi energo-arxebTan urTierTmqmedeba: 1. qveda ybis kbilebs ukana wertili `чэнцян` (24_XIV) sami Rrus energo-arxTan (X) urTierTmqmedebis; 2. piris Rrus frontaluri nawili filtvebisa (I) da msxvili nawlavis (II) wertili energo-arxebTan urTierTmqmedebis; 3. wina sasas wertili gulsisa (V) da wvriili nawlavis (VI) energo-arxebTan urTierTmqmedebis; 4. sasas Sua nawili, wertili RviZlisa (XII) da naRvlis buStis (XI) energo-arxebTan urTierTmqmedebis; 5. sasis ukana nawili, wertili Tirkmelebsa (VIII) da Sardis buStis (VII) energo-arxebTan urTierTmqmedebis.

deba. damwyeb movarjiSes aRniSnul mdgomareoba-

mdebareobs (sur. 33, 34 da 35). am wertilebis kosmiuri energiIT gaaqtiurebis SemTxvevaSi kosmiuri energia sxoulis sami nawilis energo-arxe ufro intensiurad miedineba. enis wveris qveda ybis kbilebs ukana wertili `чэнцян`-ze (24_XIV) midebisas (miWerisas) kosmiuri energia elenTasa da mis energo-arxs (IV) aaqtiurebs. Tu enis wvers zeda da qveda kbilebs Soris movaTavsebT _ kosmiuri energiIT fil tvebi da misi energo-arxi (I) aqtiurdeba.

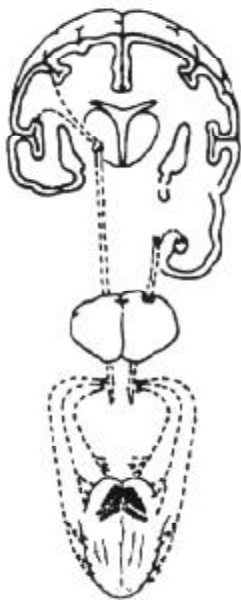
enis wveris zeda ybis kbilebze miWerisas kosmiuri energia gulsisa da mis energo-arxs (V) aaqtiurebs.

enis wveris sasas myar areze miWerisas kosmiuri energia RviZlisa da mis energo-arxs (XII) aaqtiurebs.

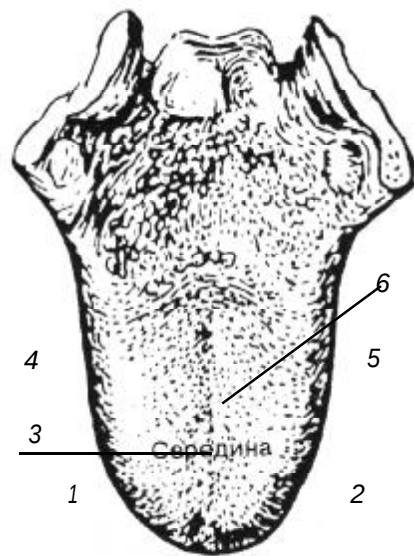
enis wveris sasas rbiI areze miWerisas kosmiuri energia Tirkmelebsa da mis enrego-arxs (VIII) aaqtiurebs.

arsebobs oqros siTxis wertili. enis marjvena nawilze `nefrituli siTxis` (`nefrituli qalwulis`) wertili mdebareobs, romelsac dedamawis Zalis (energiis) gaaqtiureba ZaluZs. Tavisi uaryofiTi polusiT igi funkcionalur mSvenier energo-arxs, Tirkmelebsa da sasqeso (seqsualur) centrs ukavSirdeba.

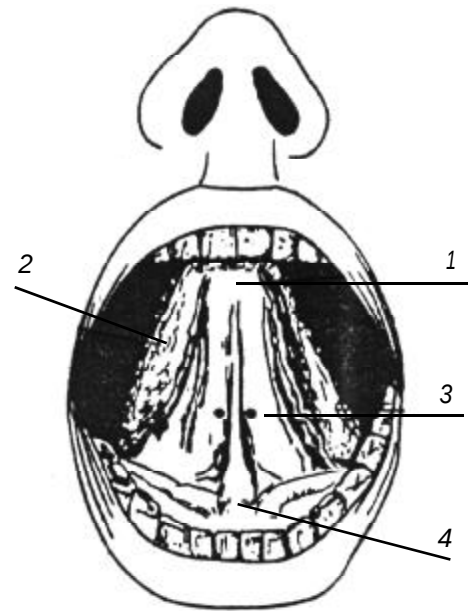
enis centralur nawilSi, e. w. `wyaros gamaertianebeli wertili` imyofeba. mas neitraluri muxti gaaCnia da amitomac masSi inuri da ianuri energiebis raodenoba gawonasworebulia (sur. 36).



surati 35. enis Tavis tvinis struq-turebTan SeerTeba.



surati 36. enis aqtiuri wertilebi: 1. marjvena; 2. marcxena; 3. Sua; 4. nefrituli siTxis wertili; 5. oqros siTxis wertili; 6. gamaerTianebeli wyaros wertili.



surati 37. enisqveSa wertilebi: 1. enis wvete, 2. enis qveda zedapiri, 3. `ormagi gve leSapi~, 4. enisqveSa korZi sadinarTa xvreliT.

es wertili Sualedur enrego-arxTan, gu lTan, dasabamieri Zal is centrTan da yvela sxva danarCen organoebTanaa SeerTebuli.

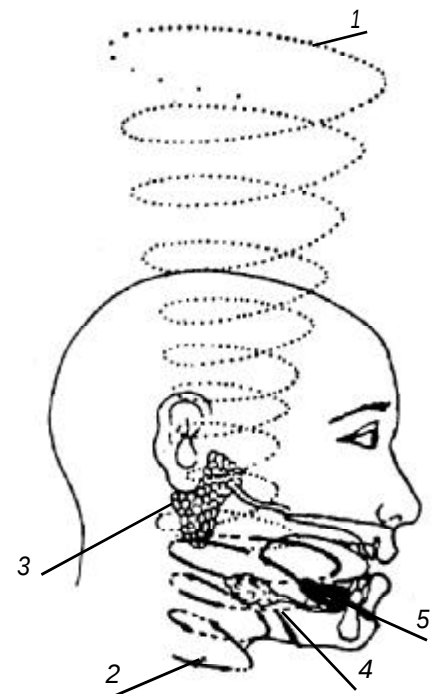
enis qveS ori momwvano feris kvanZia moTavsebuli. maT aRmosavlur medicinaSi `ormag gve leSaps~ uwodeben. orive enis moqni lobasa da moZraobas uzrunvelyofs, rac Tavis mxriv, sami ZiriTadi wertilis gaaqtiurebas da nerwyvis gamoyofis gaZlierebas uwyobs xels (sur. 37).

d) nerwyvi da neqtari (elegsiri):

rodesac sicocxli eleqtmagnituri Zala sasis, enisa da ormagi gve leSapis wertilebs gaivlis, nerwyvis gamoyofa Zlierdeba (sur. 38).

movarjiSe elodeba piris Rrus nerwyviT Sevsebas da Semdeg igi mas erTi ylupiT ylapavs _ es xorxis orive mxaris wertilTa gaaqtiurebas iwvevs (kerZod, oqrosa da nefrituli siTxis wertilebs, romlebic enis marcxena da marjvena nawilze imyofebian). ostatebs miaCniat, rom nerwyvis gare ZalebTan swori proporciit gazavebisas igi mZlavri gamaaxalgazrdavebeli efeqtis mqone elegsirad iqceva. am elegsirs aseve energowonas-worobis damyarebisa da Warbi energiebis mocilebis Zala Seswevs. swored gadaylapurli nerwyvi funqcionallur anu mSvenier winaSualedur arxs (жэньмай) gaxnsaSi exmareba. igi am dros energias, yovelgvari dabrcolebis gareSe, sxoulis frontalur sibrtyeze moZraobis saSuaLebas azlevs (rogorc cnobilia, energiis qveviT mimarTva ufro rTulia, vidre zemoT).

nerwyvs ramdenime funqcia gaaCnia. igi piris Rrus membranas anestianebs (asvelebs); ganzavdeba ra sakvebSi, saWmlis monelebas uwyobs xels; xels uwyobs naxSirwylis winaswar gadaxarSvas da mis glukozad gadaqcevas; xels uwyobs sakvebis kuWamde ganzavebas. garda amisa, nerwyvi ramdenime vitaminsa (magaliTad, B2 da K) da saWmlis



surati 38. nerwyvi da neqtari (elegsiri): 1. samyaros Camomavali energia, 2. dedamiwis aRmavali energia, 3. yba-yuris jirkvali, 4. qveda ybisqveSa nerwyvis jirkvali, 5. enisqveSa nerwyvis jirkvali.

monelebis fermentebis Seicavs.

e) rogor gadavylapoT nerwyvi:

nerwyvis ylapvis Cveva janmrTelobis Senaxvis erT-erTi saukeTeso saSualebas warmoadgens. piris RruSi enis triali nerwyvis jirkvlebis gaaqtiurebas iwvevs. am dros samyaros umaRlesi me-s, dedamiwisa da dasabamur ZalebTan ganzavdeba da es yvelaferi Zlier dadebiT faqtorebs warmoadgens. ai, es faqtorebi:

1) es piris Rrus mware gemos aSorebs, anTebiT procesebis arbilebs da kariesis procesebis aqrobs;

2) kuWi, wrili nawlavi da msxvili nawlavi nestiandeba da erTdroulad saWmlis monelebis process exmareba;

3) nestiandeba organoebi da myesebi;

4) gadaxurebis SemTxvevaSi agrilebs guls da kvebavs kans;

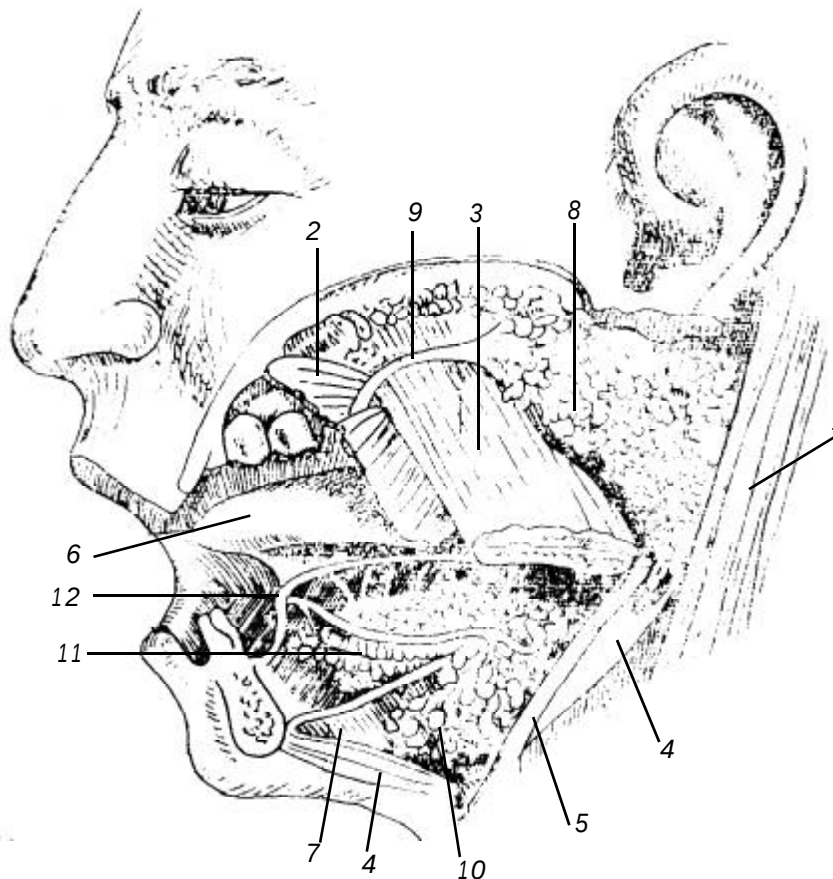
5) ramdenime ulufis zedized gadaylapvis dros SimSilis grZnoba qreba;

6) Tu pirovneba Tavs sustad grZnobs, xolo xorxi an mkerdi Warbi energiit an sinestiTaa savse _ Wipis areSi siThoze axdens koncentracias, iweybs enis trials piris RruSi da nerwyvSi ganazavebs yvela Zalas. Semdeg Seasrulebs 3-6 ylapvit moZraobas, ris Sedegad umaIve simsubuqes igrZnobs;

7) umaRlesi donis movarjiSe varjiSebSi mudmivad axdens nerwyvis ganzavebasa da ganwmendas. amis saSualebiT igi `Sida margalitis` _ piradi sulis kvintesencias gamoi-muSavebs;

8) Tu pirovnebas uZiloba awuxebis, ramdenjerme unda gadaylapis nerwyvi da amiT Sida sistemebs gaagrileys.

nerwyvi umaRles eleqsirs (neqtars, an sicocxlis sinotives) warmoadgens. piris Rru



surati 39. sanerwyve jirkvali marcxnidan. amowrilia qvedaybis sxeuli da gaxsnilia piris Rru: 1. mkerd-laviw-dvrilisebri kunTi; 2. loyis kunTi; 3. saReWi kunTi; 4. ormuclala kunTi; 5. sadgis-inis kunTi; 6. ena; 7. yba-inis kunTi, anu piris Suasazgidi _ moWrili Tanamosaxele xazTan; 8. yba-yuris jirkvali; 9. yba-yuris jirkvlis sadinari; 10. qvedaybisqueSa jirkvali; 11. enisqueSa jirkvali; 12. enisqueSa korzi orive jirkvlis gaertianebuli sadinarebit.

aseve seqsualur energiasa da TirkmelebSi Senaxul dasabamier Zalas warmoadgens. Sesabamisi stimulirebis Sedegad nazavi siTxis energia adis Tavis tvinamde, jaRuzisebr sexuls (epifizs), hipotalamussa da hipofizs aqtiurebs. ukanaskneli ki, Tavis mxrvi, hormonebs gamoafqrqevs, romlebic sasaze elegsiris _ umaRlesi sinotivis (oqros elegsiris) saxiT grovdeba.

Cveulebriv, aseTi ram iset adamianebs mosdiT, romlebic didi siyvaruliT cxovroben. amasTan, Zalebi piris RruSi sinotives grZnoben, romel sac neqtris, Zalian tkbili da aromatuli gemo aqvs. am nerwyvis swori ylapvis SemTxvevaSi, sinotive sulis gajansaRebisa da mTlianad, sulieri ganvitarebisaTvis yvelaze sauketeso saSualebas warmoadgens.

adamanuri siyvarulisa da sqesobrivi cxovrebis harmoniuli Setanxmebis (Sewyobis) dros, Tirkmelebis energiis gaaqtiureba xdeba. amasTan, energia mTavari ukana Sualeduri arxis meSveobiT (Дума́й) Tavis qalasken miemarTeba da gzad aqtiurebs jirkvlebsac. sulieri siyvarulisa da seqsualuri energiebis harmoniuli Setavsebis (Setanxmebis) SemTxvevaSi samyarosa da dedamiwis Zalebis SeerTeba xdeba (xorcieldeba).

v) aqtiuri wertili `Иньцзяо`-s (28-XIII) Sesabamis jirkvlebis _ sanerwyve jirkvlebis mokle anatomia:

1. yba-yuris jirkvali: es jirkvali seriozulia, yvela sanerwyve jirkvalze didia, woniT 20-30 grami; am jirkvlis erTi nawili saReW kunTze Zevs. misi danarCeni nawili qveda ybis ukana fosoSia moTavsebuli. uknidan dvrilisebr morCs da mkerd-laviw-dvrilisebr kunTs aRwevs; misi e. w. yba-yuris sadinari saReW kunTze Zevs.

2. qveda ybisqveSa jirkvali: es jirkvali Sereuli xasiaTisaa. igi kvercxis moyvani lobisaa da 15 gr-s iwonis, xelis SexebiT advilad isinjeba kanis qveS qvedaybis kuTxis win da SigniT. qvemodan kaniTa da kisris kanqveSa kunTiTaa dafaruli; garedan sazRvravs qveda ybis medialuri zedapiri, romelzedac igi kvalstovebs; am jirkvlis ukana nawili SigniTa frTisebr kunTs aRwevs da yba-yurisa da enisqveSa jirkvlebs exeba.

qvedaybisqveSa jirkvlis e. w. qvedaybisqveSa sadinari misi ukana nawilidan iwyeba, miemarTeba lagamis gverdze, enisqveSa korZis xvrelSi.

3. enisqveSa jirkvali: es jirkvali lorwovania, wagrZe lebuli da viwro, iwonis 5 gr-s; Zevs piris Rrus Ziris lorwovani garsis qveS, yba _ inis kunTze. mas erTi didi enisqveSa sadinari aqvs, romelic qvedaybisqveSa jirkvlis sadinarTan SeerTebis Semdeg enisqveSa korZis xvrelSi ixsnoba.

enis wvets qvemodan rom lorwovani garsi movaciloT da Semdeg frTxilad kunTovani boWkoebisagan ganvacalkeoT, maT Soris metad mcire, or, cercvisodena enis wina jirkvals davinaxavT. am jirkvlebis sadinarebi foCisebr naoWebSi ixsnoba.

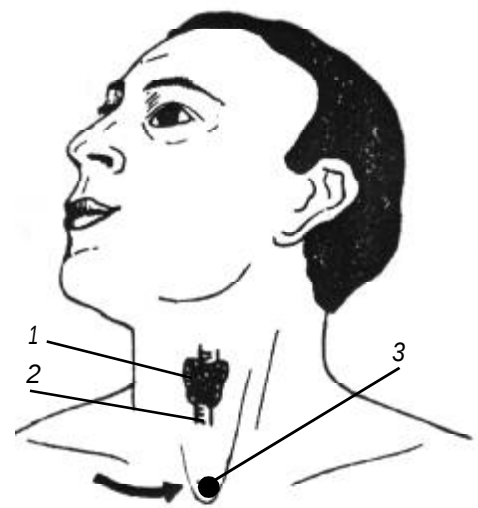
piris karibWisa da piris Rrus zemoaRniSnuli organoebis moqmedebiT saWmlis pirveladi damuSaveba xdeba, ris Sedegad sakvebi nivTierebis fizikuri da qimiuri Tvisebebi icvleba.

4. nerwyvi: nerwyvi piris karibWisa da piris Rrus yvela msxvili da wrili jirkvlis mier gamoyofili wvenia; igi gamWvirvale, wevadi, ufero da usuno siTxea; aqvs tute reaqlia; mis SemadgelobaSi Sedis: wyali, mucini, fermentebi da marilebi.

mucini wevadi, cilovani nivTierebaa, romelic saWmlis uerTdeba da mis gadaylapvas aadvilebs.

fermenti ptialini piris RruSi saxamebels Saqrad gardaqmnis da mas atkbobs. dRe-Ramis ganmavlobaSi adamanis piris Rrus jirkvlebi saSualod 750 gr nerwyvs gamoyofs.

7. aqtiuri wertili `Тяньту` (22-XIV) _ yelis wertili, zeciuri anarek-



suraTi 40. yelis wertili "тяньту" (22_XIV): 1. farisebri da farisebraxlo jirkvlebi; 2. sasule, traqea; 3. aqtiuri wertili "тяньту" (22_XIV).

II, farisebri da parafarisebri jirkvlebi

a) lokalizacia:

yelis wertili `тянгу~ farisebr da farisebraxlo (parafarisebr) jirkvlebs qve-moT, laviwis RmulSi imyofeba. Tuki saCvenebeli TiTiT odnav daawvebiT da SigniT moxriT mas, _ es iqneba yelis wertili (sur. 40 da 41).

b) Tvisebebi:

1. metyveleba da urTierToba.

yelis wertili uSualod metyvelebasa da urTierTobasTanaa dakavSirebuli. aRmosavluri fiziologiis mixedviT, ena Sexebis grZnobis organos warmoadgens, romelic uSualod gulTanaa dakavSirebuli (SeerTebuli). garda amisa, guli gonebis bunebrivi saTavsia. sak-uTari azrebis gonivrulad da naTlad gamoTqmis niWiereba bevradaa damokidebuli am wertilis mdgomareobaze, agreTve imaze, gaxsnilia Tu ara guls (gonebasa) da enas Soris energo-arxi. yelis centri guls da enas Sua imyofeba. Tuki am wertilze kosmiuri energia Zlierad da Tavisuflad miedineba, movarjiSe Zalian advilad gamoxatavs Tavis azrebs, xolo misi metyveleba naTeli da gasagebi iqneba. Tu es wertili daketilia _ movarjiSes iseTi SegrZneba ebadeba, TiTqos azrebis gamosaxatavad sityebi ar hyofnis (yelis wertilis gaxsnisas es siZneleebi advilad daiZleva).

2. sizmrebi.

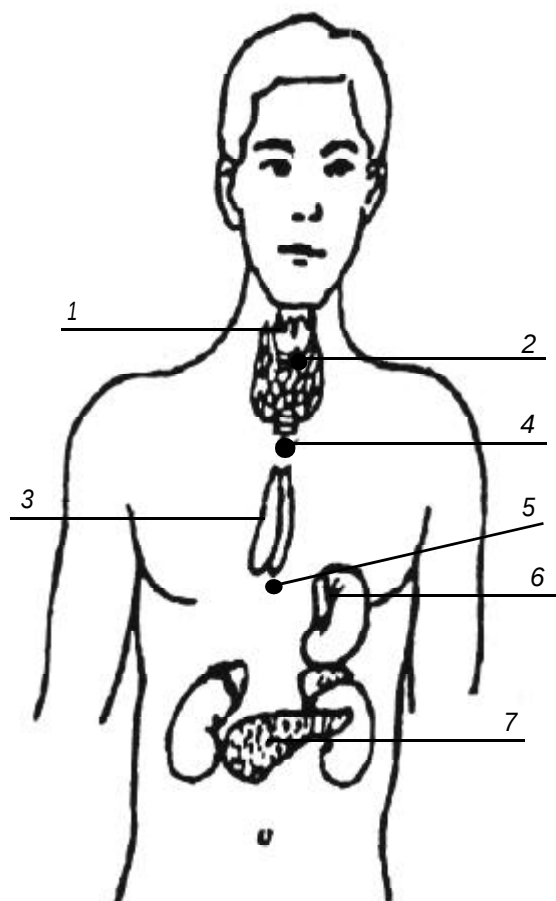
yelis wertili Zilis procesis dros adamianis gonierebasTanaa dakavSirebuli. maRali donis ostatebi Zilis win yelis centrze axdenen koncentrierebas da amiT cnobierad aertianeben sifxizlisa da Zilis mdgomareobebs. Zilis dros isini kosmiuri energiis nakadis denadobis kontroli axorcieleben da aucileblo-bis SemTxvevaSi advilad moaxdenen orive mdgomareobis koreqtirebas. Tu movarjiSis goneba Zilis dros suftaa (wmindaa), maSin energetikul tans gaZlierebis saSualoba eZleva da es sulier sru-lyofas mniSvelovnad aCqarebs.

3. energotani.

yelis metyvelebasTan uSualo kavSiris Sesaxeb ori logikuri daskvna arseobs. imis gamo, rom metyveleba sunTqvasTanaa dakavSirebuli, xolo sunTqva, Tavis mxriv, _ kosmiur energiasTan, yelis wertili energo-tanis erT-erT mmarTvel aqtur wertils warmoadgens.

yelis wertili sustia da misi dacva Znelia. movarjiSes, romelic yelis wertils sxva wertilebTan SeerTebamde gaxsnis, energiis dakargvis riski eqmneba da Tavs safrTxeSi igdebs, radganac uaryofiti energiis matarebeli pirovnebis gavlenis qveS SeiZleba moxvdes (is pirovnebebi da arsebebi, romlebsac sxvisi energotanis daufleba surT, rogorc wesi, adamianis yelis centridan aRweven SigniT).

amitom, movarjiSis meditaciis procesis dros yelis wertilis gaxsnis win aucilebelia ukana (mTavari) da wina (funqcionaluri) Sualeduri energo-arxebi, romlebic dabrkolebis gareSe Se-Zleben kosmiuri energiis gatareba. movarjiSe, ig-rZnobs ra uaryofiti energiis pirovnebis mier misi sxელის დაუფლების მცდელობას, SeuZlia winaaRmdეგობის გავეა და მკო-ზე kosmiuri energiis Zlieri mimoqcevis მოხდენა.



surati 41. yelis, gulsა da mzis wnulis wertilebis Sesabamisi jirkvlebi: 1. yeli (farisebri da farisebraxlo jirkvlebi); 2. yelis wertili; 3. guli (mkerdukana jirkvali _ Timusi); 4. gulis wertili; 5. mzis wnuli (elenTa); 6. mzis wnulis wertili; 7. Tirkmelzedა jirkvlebi; 8. kuWukana jirkvali.

g) farisebri jirkvali:

farisebri jirkvali endokrinul jirkvalTa Soris yvelaze didia, uSualod yelis wertilis zemoT mdebareobs da mTel sasules moicavs (sur. 40 da 41). hormonaluri sekreciis Sedegad farisebri jirkvali organizmSi nivTierebaTa cvlas marTavs. am jirkvlis mier arasakmarisi hormonebis gamomuSavebis dros adamians saxe umrgvaldeba, suqdeba, mouxerxebeli da zanti, xolo zogierT SemTxvevaSi _ fsiqologiurad aranormaluriki xdeba. hormonebis Warbi gamomuSavebis SemTxvevaSi adamians Wamis didi mada uCndeba da nerviuli movlenebi ewyeba. amastan erTad, aCqarebuli nivTierebaTa cvlis procesis Sedegad adamiani droTa ganmavlobaSi xdeba.

farisebri jirkvlis normaluri funcionirebisTvis aucilebelia iodi; tiroiduli hormonebis warmoebisaTvis iodis umniniSvnelo raodenobac sakmarisia. farisebri jirkvlis arasakmarisi aqtiurobis SemTxvevaSi ujredebi swrafad iSleba da cdilobs sakvebidan Seiwovos iodis maqsimalurad SesaZlebeli raodenoba. jirkvlis Warbi aqtiurobis SemTxvevaSi hipofizis mier gamoyofili hormonebis Semdegad tiroidebis gamomuSaveba matulobs da farisebri jirkvali zomaSi izrdeba. amis Sedegi aseve SeiZleba iyos iodis Warbi Semcveloba.

tiroiduli hormonebi randenime funcias asrulebs: xels uwyobs nivTierebaTa cvlas, pirovnebis fizikur da gonebriv ganvitarebas, qsovilebis diferenciaciassa da zrds. farisebraxlo jirkvlebis mier gamomuSavebuli hormonebi abalansireben farisebr jirkvlis hormonebs da xels uSlian sisxliSi kalciumis dagrovebas.

Tu movarjiSes mko Ria, xolo yelis wertili sxელის სხვა აქტიურ wertilebTan SeerTebuli aqvs, maSin farisebri jirkvlis naklebi an Warbi aqtiurobis SemTxvevaSi SesaZlebelia hormonebis balansis miRweva.

d) emociuri zemoqmedeba:

Tu movarjiSes yelis wertili Ria da sxva wertilebTan SeerTebuli aqvs, mWevrmetყველი (ენაყლიანი) xdeba. xolo Tu yelis wertili daketilia an blokirebuli, movarjiSes midreki leba uCndeba cvalebadobisaken.

e) aqtiur wertil `Тяньгу`-s (22-XIV) Sesabamisi jirkvlis _ farisebri da parafarisebri jirkvlebis mokle anatomia:

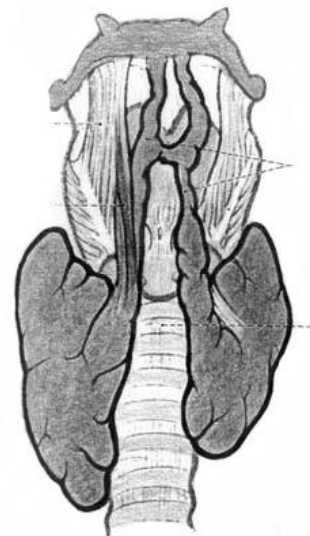
1. farisebri jirkvali wrilxorkliani, agurisferi, xSirad asimetriული, nalisebri organoa, romelic ori gverdiTi _ marjvena da marcxena _ da Sua wilisagan Sedgeba. es ukanaskneli gverdiTi wilebis qveda boloebis aertianebs; mas farisebri jirkvlis yeli ewodeba. farisebri jirkvlis saSualo wona 45 gramia. farisebri gverdiTi wilebi mdebareobs saylapavi milis, xaxis, xorxisa da sasules gverdiT kedlebs. sasules Vxrtilovani rgolidan farisebri xrtilis lateraluri firfitis Sua donemde maTi gamodrekili gareTa zedapirebi dafarulia kisris kunTebiT _ mkerd-inis, mkerd-farisa da far-inis. jirkvlis gverdiTi wilebis SigniTa Sedrekili zedapiri Sezrdilia xorxTan SemaerTebeLi qsoviliT.

farisebri jirkvlis yeli ganivad mdebareobs sasules wina kedelze. me-2 rgolidan me-5 rgolande. am garemoebas didi praqtikuli mniSveloba aqvs traqეotomiis dros.

farisebri jirkvlis yelidan, ufro marcxena wilis maxloblad, zeviT inis Zvlisaken, warizideba jirkvlovan morCi, romelsac uwodeben piramidul wils. es morCi Zevs farisebri xrtilis marcxena firfitaze.

farisebri jirkvali dafarulia SemaerTebeLqsovilovani kafsuliT, romelic gzavnis organos sisqeSi firfitovan morCebs da yofs mas mraval mcire wilakad.

am organos jirkvlovan qsovili Sedgeba wrili momrgvalo buStukebisagan, romlebic mofenilia erTSriani kuburi epiTelimit da Seicavs koloidur nivTierebas. am warmonaqm-



surati 42. farisebri jirkvali winidan: 1. inis Zvali; 2. farisebri xrtili; 3. far-inis apki; 4. farisebri jirkvlis gverdiTi wili; 5. misi yeli; 6. piramiduli wili; 7. sasule.

nebs ewodeba folikulebi _ folliculi glandulae thyroidane.

farisebri jirkvali mdebareobs kisris midamos qveda nawilSi, kisris organoebis win da gverdebze, mkerdis sauRle naWdevidan 2-3 sm zeViT da sruliad damalulia rbili nawilebis qveS, romlebsac umTavresad ekuTvnis mkerd-laviw-dvrilisebri kunTis medi- aluri fexi, kisris fascia da am midamoSi uxvad ganviTarebuli cximovani qsovili.

farisebri jirkvali ikvebeba gareTa saZile da laviwqveSa arteriebis totebiT _ wyvili zemo, wyvili qvemo da kenti farisebri arteriebiT.

farisebri jirkvlis anomaliebs ekuTvnis:

1) farisebri jirkvlis yelis ararseboba _ am SemTxvevaSi gverdiTi wilebi gan- calkevebuli wyvili jirkvlebia;

2) farisebri jirkvlis piramiduli wilis simcire an sruli ararseboba; gansxvavebu- li formis piramiduli wilis arseboba orive gverdiT wilakze, rasac ufro xSirad adgili aqvs farisebri jirkvlis yelis ararsebobisas;

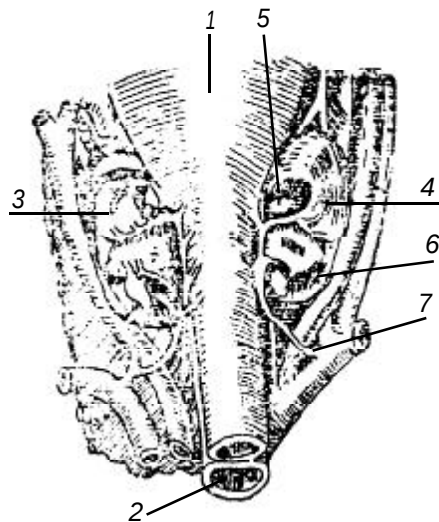
3) damatebiTi farisebri jirkvlebi _ glandulae thyroideae accessoriae _ wvili jirkv- lovani marcvlebis saxiT, romlebic gafantulia kisrisa da gulmkerdis zemo nawilis SemaerTebe li qsovilSi;

4) far-enis sadinaris naSTi, romelic grZeli, brmaa da viwro, mas ukavia enis Ziris sisqe enis brma xvrelidan TiTqmis enisqveSa Zvlamde.

farisebri jirkvlis folikulebis koloidisagan gamoyofilia specifikuri hormoni, romelsac ewodeba Tiroqsini. Tiroqsini Seicavs iods da moqmedebs organizmze, rogorc nivTierebaTa cvlis gamaZlierebeli faqtori, iwvevs nervuli sistemis moqmedebis gacxo- velebas, xels uwyobs organizmis sqesobrivi momwifebis regulacias. arsebiTad, farisebri jirkvlis hormonis moqmedebazea damokidebuli umaRlesi xarixis cilebis sinTezi, amitom, am jirkvlis daavadebas, gansakuTrebiT maSin, Tu igi endemuri xasiaTisaa, mZime Sedegebi moaqvs adamanisaTvis.

farisebri jirkvlis daavadeba SeiZleba warimarTos ori gziT: jirkvlis funqciis gaZlireba _ hiperfunqcia da jirkvlis funqciis daqveiTeba _ hipofunqcia.

farisebri jirkvlis e. w. triada: farisebri jirkvlis gadideba (hipertrofia), TvaldaWy- etiloba da aCqarebuli gulis cema (taqikardia). farisebri jirkvlis aseT paTologiur movlenas ewodeba basedovis daavadeba.



suraTi 43. farisebri jirkva- li da farisebraxlo jirkvlebi uknidan: 1. xaxa, 2. sasule, 3-4. farisebri jirkvlebis marjvena da marcxena wilebi, 5. zemo farisebraxlo jirkvlebi, 6. qvemo farisebraxlo jirkvlebi, 7. farisebri qvemo arteria.

farisebri jirkvlis hipofunqciis dros viTardeba sxva xasiaTis daavadeba _ miqsedema. am SemTxvevaSi kanze viTardeba SeSupebebi, rac amaxinjebs sxელis formas; adgili aqvs agreTve temperaturis daqveiTebas, gulis cemis Senelebas (bradikardias), gonebriv daqveiTebas. roca hipofunqcia Tandayolilia, viTardeba e. w. kretinizmi, rac xasiaTdeba organizmis zrdis SeCerebiT. sasqeso or- ganoebis ganuviTarelobiT, saerto modunebiT, usicocx- lobiTa da sruli idiotizmiT.

2. farisebraxlo jirkvlebi mcire sididis ovaluri an CxiriviT wagrZe lebuli formis sxელakebia. TiToeulis wona udris 0,05 g; es sxელakebi moTavsebulia farisebri jirkvlis gverdiTi nawilebis ukana zedapiris mezoblad da maTTan mWidrodaa SekavSirebuli.

adamians aseTi jirkvali aqvs oTxi _ or-ori yovel mxareze. amrigad, arCeven farisebraxlo jirkvlebis or wyvils _ zemo wyvili da qvemo wyvili. am sxელakebis povnis gasaadvileblad sargebloben qvemo farisebri ar- teriis farisebr jirkvalTan Sexebis adgiliT. am adgi- lis zemoT moTavsebulia zemo wyvili farisebraxlo jirkv- lebisa, romlebic, Cveulebriv, jirkvalTan mikrulia faSari SemaerTebe li qsoviliT. aRniSnuli adgili qvemoT ki mo- Tavsebulia qvemo wyvili sxელakebi. saerTod, am mcire

jirkvlebs moyviTalo feri aqvs, xolo bavSvis organizmSi es TiTqmis gamWvirvale sxeu lake-
bi vardisferia. asakis momatebasTan erTad maTi feri TandaTan muqdeba.

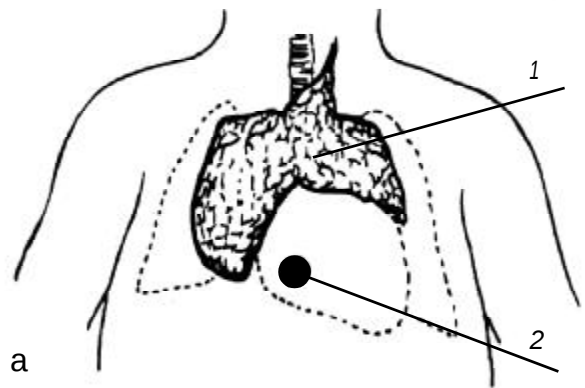
am jirkvlebis anatomiuri urTierToba farisebr jirkvalTan sxvadasxvagvaria. zog
SemTxvevaSi es jirkvlebi daSorebulia farisebri jirkvlisagan da moTavsebulia faSar
SemaerTebe l qsovilSi. am dros maTi povna SeiZleba wrili arteriuli totiT, romelic
midis yovel sxeu lakTan. sxva SemTxvevaSi farisebraxlo jirkvlebi mWidrodaa SekavSirebu-
li farisebri jirkvlis parenqimasTan, iSviaTad ki _ SeWrilia da mimaluli mis qsovilSi.

farisebraxlo jirkvlebi mikroskopuli agebulebiT erTgvarad gansxvavdeba farisebri
jirkvlisagan. amasTn dakavSirebiT, maT Soris garkveuli gansxvaveba arseobs funqciis mxrivac.
am jirkvlebis dazianeba da daavadeba organizmSi iwevs Rma specifiku cvlilebs.

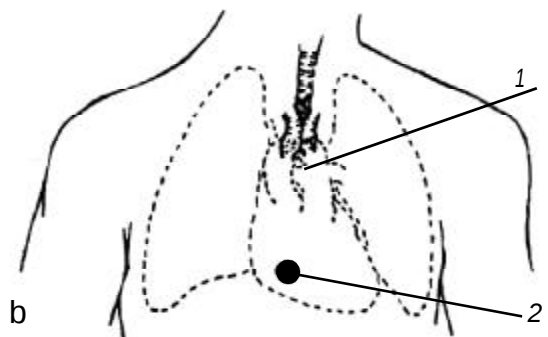
dadgenilia, rom organizmSi farisebraxlo jirkvlebis hormoni ganagebs kalciumis
marilebis cvlas da Tavisi mniSvelobiT axlo dgas raqitis sawinaaRmdgo D vitaminTan.

eqsperimentis safuZvelze damtkicebulia, rom farisebraxlo jirkvlis amokveTa mozardi
cxovelis organizmSi iwevs Zvlis zrdis SeCerebas, nervuli sistemis aRgznebas, krunCxvebs
da, bolos, cxovelis sikvdils.

farisebri jirkvlis operaciebis dros farisebraxlo jirkvlebis dazianeba, miT umetes
_ maTi amocla, metad saSiSia adamanis sicocxlisaTvis.



a

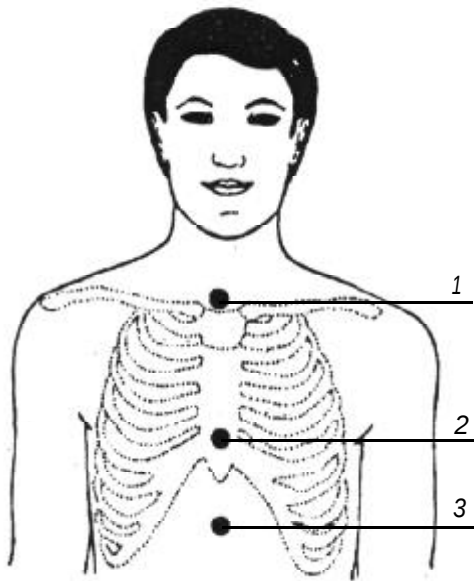


b

8. aqtiuri wertili `Танчжун`
(17-XIV) _ gulis centri; mkerdu-
kana jirkvali (Timusi)

gulTan dakavSirebulia ori mniSvelovani
wertili. erTi maTgani guls, rogorc fizikuri
organos centrs warmoadgens (sur. 41 da 44)
da misi gakaJeba mdumarebis (meditaciis) meSve-
obiT xorcieldeba; meore wertils _ energet-
ikuli centri warmoadgens, romelic mkerdis
Zvlis gverdiTaa ganlagebuli. igi im Sua swor

suraTi 44. a) bavSvebTan; b) mozdilebTan: 1.
mkerdukana jirkvali (Timusi); 2. танчжун
(17_XIV) gulis centri.



suraTi 45: 1. yel is centri (тяньту, 22_XIV); 2. gulis centri (танчжун, 17_XIV); 3. mzis wnulis.

xazze mdebareobs, romelic yelisa da mzis wnulis wertilebs aerTebS (winaSua ledur, anu жэнмай energo-arxs Seesabameba) (sur. 41 da 45) da mas akupunturiT aqtiuri wertili `таньчжун` (17_XIV) Seesabameba.

am konspeqtSi mxolod energetiku l wertils ganvixilavT, romelic dakavSirebulia rogorc fizikur gultan, aseve mkerdukana jirkvalTan (TimusTan).

a) lokalizacia:

gulis energetiku l centri mamakacebTan ZuZuebs Soris da qalebTan mkerdis Zvlis bolodan zemoT 2,5 sm-ze mdebareobs.

es wertili gulis fizikur centrs dasabamuri energiis (Zalis) centrTan aerTebS, romelic T-5 da T-6 xerxemlis malebs Soris mdebareobs (wertili шэньдао, 11_XIII; sur. 1).

b) Tvisebebi da emociuri zemoqmedeba:

rogorc wesi, gulis centri yovelTvis odnavaa gaxsnili, amitom misi mTliani gaxsnisaTvis xangrZlivi mdumarebis (meditaciis) xelovnebis gamoyenebaa saWiro (sur. 46). xandaxan gulis wertilis zonaSi Warbi

energiis dagrovebis SemTxvevaSi tkivilibis, diskomfortisa da qoSinis SegrZnebebi ibadeba. amis Semsubuqeba gulmkerdis dazelviTaa SesaZlebeli. movarjiSem icis, rom emociuri diskomforti negatiuri energiebisagan ganTavisuflebis Sedegad xorcieldeba. gulis samkurnalo bgera "hhhaaaa~s Sesrulebis Semdegac xorcieldeba gulis Warbi energiebis da emociuri wnevebis regulireba.

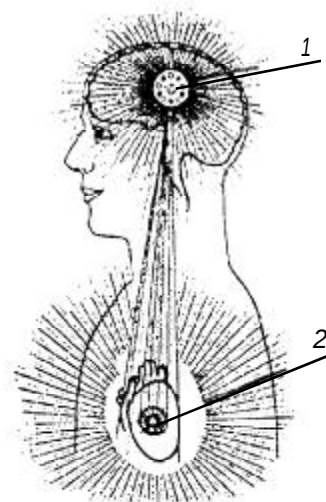
gulis ZiriTad funqcias warmoadgens siyvarulis, bednierebis, pativiscemis, sixarulis da sulierebis dadebiTi emociebis warmoiqmna. imisaTvis, rom gulis centri gavxsnaT, saWiroa movarjiSem gadasces adamianebs is dadebiTi emociebi, rac man mdumarebaze varjiSis dros gamoimuSava. cigunis "Sida Rimilisa~ da "mko-s~ meditaciebSi varjiSisas advili xdeba, zemoT CamoTvili dadebiTi emociebis aRZvra sakuTar TavSi (mdumarebis xelovneba am emociebis gamomuSavebaSi did daxmarebas gagiwevT).

garda amisa, gulis centri sxoulis sami gamaxureblis energo-arxis zeda sacavs warmoadgens. rodesac gulis centri Riaa, siyvarulis, bednierebis, sulierebis SegrZnebebi ibadeba (sur. 47), xolo Tu igi Caketilia an blokirebuli _ paranoiduli ideebi, sakuTari Tavis Secodebis, mouTmenlobis, uxeSobis, moZulebisa da Zaldobis SegrZnebebi ibadeba.

g) movarjiSe qalebi da gulis centri:

energo-xelovnebaSi movarjiSe qalebisaTvis Zalian mniSvelovania gulis centris normalur da dadebiT emociur mdgomareobaSi yofna. gulis centris dadebiTi muxti seqsualuri energiis, menstrualuri ciklisa da sulieri ganvitarebis ukeTesi kontrolis saSuaLebas izleba. qalebTan gulis centrs kidev ukvdavebis centrsac uwodeben. Tu es wertili movarjiSe qals Ria aqvs, misi energia sarZeve jirkvlebsi midis, iqidan ki gulis zneobrioba (saTnoeba) mTel sxoulisvrceldeba.

ganvitarebis maRal safexurze movarjiSe qalebs energia ukve gulis centrSi SeuZliaT Seinaxon. mko-s gaxsnis Semdeg movarjiSe qalebma orbitaze meditacia SeuZliaT daiwyon Wipis aridan, Semdeg energia gadaadgilon (mimarTon) gulis centrisaken, Semdeg zeviT _ yel is centrisaken da kinkrixosaken, Semdeg qveviT, xerxemlis svetisa da isev Wipis aris gavliT, gulisaken movarjiSe qalebTan (aseve mamakacebTan, romlebsac inuri energiis siWarbe gaaCniat) mko-s mimarTuleba SeiZleba uku iyos, radga-



suraTi 46. Cveulebriv, gulis centri odnavaa gaxsnili: 1. Tavis centri; 2. gulis centri.

nac maTi sxeulis wina (frontaluri) mxare metwlad ianuri energiis matarebilia, xolo zurgi _ inuris. mko-s Cveulebrivi mima-rTulebiT moZraobisas cecxlovani ianuri energia, romelic xerxemlis gavliT zemoTadis, sxeulis wina (frontaluri) nawillis wylis (inis) arxis gasawmendaT gamoiyeneba. magram Tu movarjiSes wylis energia cecxlze ufro Zlieri aqvs, igi cecxlis energiis arxis blokirebuli adgilebis gawmendaTvis SeuZlia gamoiyenos.

d) siyvarulis saTavso:

gulis centri siyvarulis saTavsos warmoadgens. Sesabamisad, masSi samyaros siyvarulis energiaTa ganzavebaa SesaZlebeli. amastan erTad, gulis wertili e. w. im qvabad gada iqceva, sadac mraVli saTnoeba erTmaneTs Seednoba da TanagrZnobas warmoqmnis. Tai-Zis ostatebi Tvlian, rom guliSi adamiანis sulieri arseba binadrops, romelic mZinare mdgomareobaSi imyofeba.

rodesac yvela saTnoeba TanagrZnobad gardaiqmneba, suliniadagSi Cafluli marcvaliViT gamoiRviZebis da xe aRmocendeba. Tumca gulis wertilis naadrevad gaxsnis SemTxvevaSi, im dros, rodesac sxeulis danarCeni wertilebi gaxsnili da erTmaneTTan dakavSirebuli araa, arsebobs gare zemoqmedebebis saSiSroeba, ramac SeiZleba siyvarulis energiis dakargva gamoiwvios.

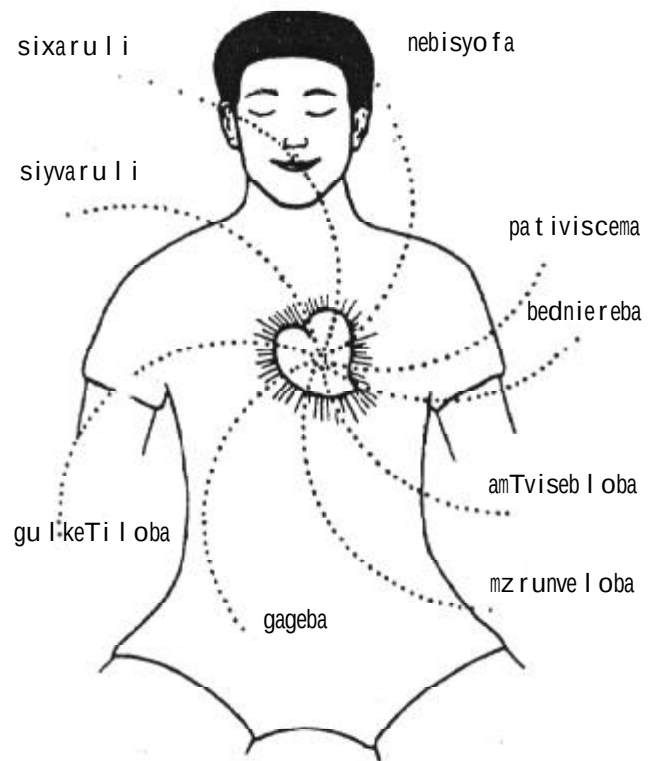
qristianuli religiaSi gulis centri borotebisadmi morCilebiT miRebis Sesaxeb arsebuli koncefcii asaxsneladaa gamoyenebuli. gulis centrSi xdeba morwmuneebis mier...~ qristianobaSi adamiანებს aReZvrebAT sakuTari gulis gaxsnisa da siyvarulis Cuqebis didi survili. isini grZnoben, Tu rogor ifurCqneba maT gulebSi ulamazesi yvavili (sur. 48).

mosiyvarule gulis erT-erT mniSvnelovan energias _ pativiscemis energia warmoadgens. rodesac movarjiSes pativiscemis gamoxatva SeuZlia, misi guli ixsnoba da samyaro-rosa da dedamiwis ZalTa nakadebs advilad aRiqvams. es principi moZRvarsa da Segirdebs Soris urTierTobaSi mSvenier niadags poulobs.

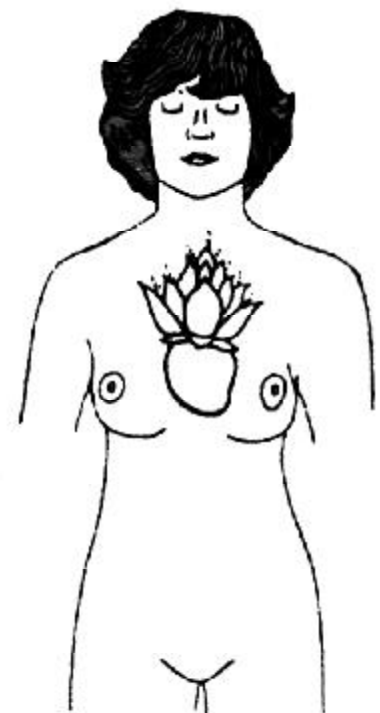
gulis wertilis gaxsnis mniSvnelovan pirobas patiebi-isa da siyvarulis niWiereba warmoadgens. Tu guliSi siZul-vilma daisadgura, guli iketeba da misi xelaxla gaxsna Zalian Znelia. Tu movarjiSes ar ZaluZs mtris Seyvareba, unda Seecados mainc amaze fiqri airidos da gulgrili urTierToba SeinarCunos.

e) urTierToba mkerdukana jirkvalTan (Timus-Tan):

radgan guli sxeulis yvela organos sisxliT amargebs, saocrad uwvrilesi sisxlarvTa sistema gaaCnia, romelic gulis kunTs sakvebi nivTierebebiT amargebs. gulis centri gulsa da mkerdukana jirkvals marTavs, amitom meditaciis dros saWiroa movarjiSem mis mier organoebis kontroli-saTvis am wertilze moaxdinos koncentracia.



suraTi 47. gulis centris gaxsna.



suraTi 48. movarjiSe gulis gamfurCqav mSvenier yvavilad aRiqvams.

mkerdukana jirkvali sxeulis win, yelis ZirSi imyofeba da organizmis imunuri dacvis sistemis funcionirebisTvis mniSvnelovan rols asrulebs;

es jirkvali sisxliis TeTri nawilakebis warmoebaSi did rols TamaSobs da infeqciis matareblebsa da sneulebaTa amgznebebs spobs. axalSobilebs mkerdukana jirkvali didi zomisa aqvT; igi ymawvilibis periodSic izrdeba, Tumca Semdgom dapataravebas iwyebs (sur. 44). Suaxnis adamanis mkerdukana jirkvali mcire zomis xdeba da imunuri sistemis mniSvnelovan komponentad rCeba. sicocxliis pirveli kviris ganmavlobaSi mkerdukana jirkvlebis mier t-limfocitebi sisxliis nakadis meSveobiT mTel organizmSi vrceldeba da avsebs limfokvanZebs. SemdgomSi limofkvanZebi antisxeulebs gamoimuSaveben, romel sac organizmis normaluri imunuri dacvisaTvis sasicocxlo mniSvneloba gaaCnia.

v) gulis wertilis gaxsna mkerdis Zvlis dazelvis meSveobiT:

mkerdis Zvlis neknebSua areebis dazelva adunebs da sxeulidan aZevebs uaryofiT emociებს, azlierebs limfur nakadebs da aaqtiurebs mkerdukana jirkvlis qmedebas.

saCvenebeli an Sua TiTis saxsrebi gamoyenebiT movarjiSe mudmiv wriul dazelviT moZraobebs asrulebs mkerdis Zvlis zemodan qveviT, aseve mkerdis ZvalTan neknebis SeerTebis adgilebSic (sur. 49).

Tu movarjiSe aRmoaCens mtkivneul adgils, masze unda SeCerdes da msubuqi dazelviTi moZraobebiT aRmofxvras tkivili.

z) guli:

gulis centraluri nawili wiTeli feriTa SeRebili, xolo misi garsi TeTri ferisaa. gulis centri dadebiT muxts gamoimuSavebs da urTierTobas amyarebs im uaryofiT muxtebTan, romlebic Tirkmelebisa da sasicocxlo wertil `минмэнь~-is meSveobiT gamomuSavdeba.

am ori urTierTsapirispuro muxtis urTierToba harmoniuls xdis da mTel sxeulSi avrcelbebs kosmiuri energiis nakads. garda amisa, gulis centris marcxena mxare wiTelia da dadebiTi muxti aqvs, xolo marjvena mxare _ muq-mwvane da uaryofiT muxti gaaCnia. am ori muxtis kombinacia im pirvelad sulier energias azlebs sicocxles, romelic sul (Sen-energias) kvebavs da gulSi binadrobs.

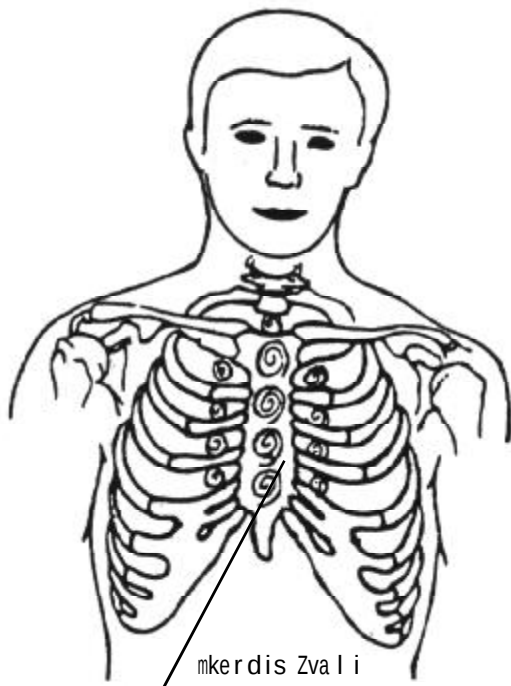
ostatebi Tvlian, rom dasabamieri energia Casaxvis Semdeg or nawilad iyofa, erTi maTgani Tavis tvinis siRrmeSi _ `broliis sasaxleSi~, xolo meore _ TirkmelebSi seqsualuri energiis saxiT imyofeba. amitom movarjiSes meditaciis dros SeuZlia aRadginos Tavisi sulieri arsi da kosmiuri energiis orive nawili gulSi Seaertos.

T) aqtiuri wertili `Танчжун~-is (17-XIV) Sesabamisi jirkvlis _ mkerdukana jirkvlis (Timusis) mokle anatomia:

1. mkerdukana jirkvali _ Timusi:

mkerdukana jirkvali adenoiduri da epiTeluri elementebis organuli gaertianebaa _ adenoe-piteluri jirkvlis saxiT. igi moTavsebulia gulmkerdis RruSi, wina Suasayaris zemo nawilSi, mkerdis taris ukan. odnav Sedreki li ukana zedapiriT igi mdebareobs gulis perangsa da gulis msxvil sisxlZarRvebze. es jirkvali, Cveulebriv, Sedgeba ori arasimetriuli wilisagan: marjvena da marcxena wilebi. garda amisa, yoveli maTgani iyofa kidev mraval ufro wril wilakad, rogorc yoveli wilaki, ise TviT mTeli jirkvali Sexveulia metad naz da Txel SemaerTebe l qsovilSi. amis gamo, am jirkvlis danawileba advilia.

saerTod, mkerdukana jirkvlis qvemo nawili gaganierebulia da warmodgenilia fuZis saxiT, romelic qvemo bolosi SeiZleba iyos gaorkapebuli, zemo nawilSi ki, piriqit, gaertianebulia, Seviwrovelia da warmodgenilia mwvervalis saxiT.



surati 49. mkerdis Zvlis dazelva.

mkerdukana jirkvlis zemo napiri mdebareobs mkerdis sauRle naWdevis doneze. morfologiurad am jirkvals sxvadasxva moyvani loba aqvs. metadre maSin, rodesac igi Sedgeba ara ori, aramed sami, oTxI da zogjer mravali wilisagan: jirkvlis wina zedapiri dafarulia kedlis amyoli plevrit ise, rom mis Sua xazze marjvena da marcxena plevris parkebis napirebi miaxlovebulia erTmaneTTan.

mkerdukana jirkvlis qsovili rbilia, amitom misi reliefis gaformebaze gavlenas axdens yvela is mezobeli organo, romelic mas exeba. am jirkvlis wona srulasakovan adamianebsi meryeobs 20-30 gr-s farglebSi.

mkerdukana jirkvali, rogorc moqmedi organo, intensiurad viTardeba Canasaxis ganvitarebis dros da dabadebis Semdeg mxolod sami-oTxI wlis ganmavlobaSi. am droidan dawyebuli ki igi metad nela viTardeba; parenqimuli elementebi ganicdis reduqcias da maT adgilis TandaTan ikavebs cximi. daaxloebiT 12 wlis asakidan dawyebuli, igi mTlianad gadaiqceva cximovan organod, romelic Sexveulia faSar SemaerTebeI qsovilSi. Rmad moxucebulobis xanaSi mkerdukana jirkvali mxolod cximisagan Sedgeba. Tumca mis masaSi aqa-iq moipoveba jirkvlovani qsovilis naSTebi, romlebic uwesrigodaa gafantuli mcire xarixebis saxiT.

bavSvebis mkerdukana jirkvali sigrZezea gazrdili. igi moruxo ferisaa, Semdeg ki, zrdis procesSi, cximis dagrovebis gamo, TandaTan yvitldeba. axalSobilis mkerdukana jirkvali mTlianad parenqimuli organoa, cxims ar Seicavs da iwonis 10-15 grams.

mkerdukana jirkvali ontogenezurad viTardeba mesame salayuce jibis ventraluri kedlis epiTeliumisagan _ wyvili nergis saxiT. aRniSnuli nergebi TandaTan eSveba qvemoT, uaxlovdeba erTmaneTs da amrigad, iqmneba orwillovani mkerdukana jirkvali.

axalSobilebTan mkerdukana jirkvlis zemo bolo odnav aweulia kisrisaken, sauRle amonaWdevis zemoT. SemdegSi ki igi mTlianad eSveba wina SuasayarSi.

mkerdukana jirkvals kvebavs Semdegi arteriebi: gulmkerdis SigniTa arteria, misi mravali meoreuli toti, farisebri qveda arteria. am arteriebis mravali wrili toti mihyveba SemaerTebeI qsovillovan xarixebis da qmnis uxv kapilarul qselis, gansakuTrebit jirkvlis wilakebis qerqovan SreSi.

venuri sisxli jirkvlidan gamodis nawilobrivi wrili venuri totebit, romlebic mihyveba wilakebis arteriebs da erTvis gulmkerdis SigniTa venebsa da maT totebs. nawilobrivi ki _ Sedarebit msxvili wilakTaSua venebit, romlebic uertdeba mxar-Tavis marcxena venas.

mkerdukana jirkvlis limfuri ZarRvebi ukavSirdeba wina Suasayaris limfur kvanZebs. am jirkvlis inervacias axdens simpatikuri nervisa da cTomili nervis totebi.

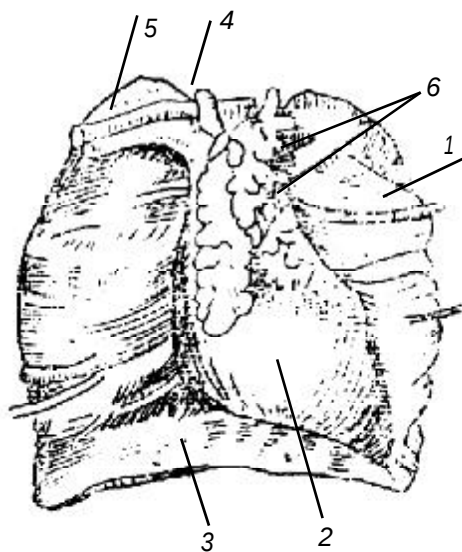
mkerdukana jirkvlis hormoni dRemde gamoyofili ar aris, magram eqsperimentuli da kliniki dakvirvebebis safuZvelze dadgenilia, rom igi gavlenas axdens organizmis zrdaze Canasaxovani cxovrebis periodSi da dabadebis Semdeg pirveli xanebsi (yrmobis xanamde); amis Semdeg, rogorc cans, am mniSvnelovan funqciebs igi gadascems farisebr jirkvals, Tvit ki, rogorc aRniSnuli iyo, reduqcias ganicdis.

9. aqtiuri wertili **Чжунвань** (12-XIV) _ mzis wnulis centri, kuWukana jirkvaTi, elenTa, RviZli, aura

a) lokalizacia:

mzis wnulis wertili `чжунвань` (12-XIV) Wipisa da mkerdis Zvlis SuaSi imyofeba (suraTi 51).

b) Tvisebebi:



suraTi 50. wina Suasayaris organoebi: 1. marcxena filtvi, 2. gulis perangi, 3. Suasagidi, 4. sasule, 5. laviwqveSa arteria da vena, 6. mkerdukana jirkvali (samwilaqovani).

mzis wnulis wertili elenTis, kuWukana jirkvliis, kuWisa da RviZliis qmedebibis regulirebas axdens. garda amisa, es wertili zemoqmedebis aurazec (adamianis sxeulis gare energogarsi, veli) da marTavs adamianis sxeulis Sua sacavsac, romlis qvabSic Sezavebulia seqsualuri energia da sasicocxlo Zalebi, romlebic sulier energiad anu Sen-energiebad transformirdebian (am sacavis qvabSi sxeulis, sulisa da winda sulis erTmaneTSi Sereva xdeba).

1. elenTa. elenTa ZiriTadad adenoiduri qsovilisagan Sedgeba, e. i. limfoiduri organoa. elenTa yvelaze did (gigantur) limfur organos (kvanZs) warmoadgens. igi sadinars moklebuli organoa da Cartulia sisxliis mimoqcevis didi wrisa da RviZliis karis venebs Soris. elenTasa da RviZliSi daRupuli da daSlili wiTeli burTulebis hemoglobinis SemadgenlobaSi myofi rkina xmardeba Zvliis wiTeli tvinidan axali wiTeli burTulebis Seqmnas.

elenTa mdebareobs marcxena ferdebpveSa midamoSi, cercvis moyvani lobis, molurjo-mowita-lo feris organoa. misi wonaa saSualod 150 gr, sigrZe _ 12 sm, sigane _ 7 sm, sisqe _ 4 sm.

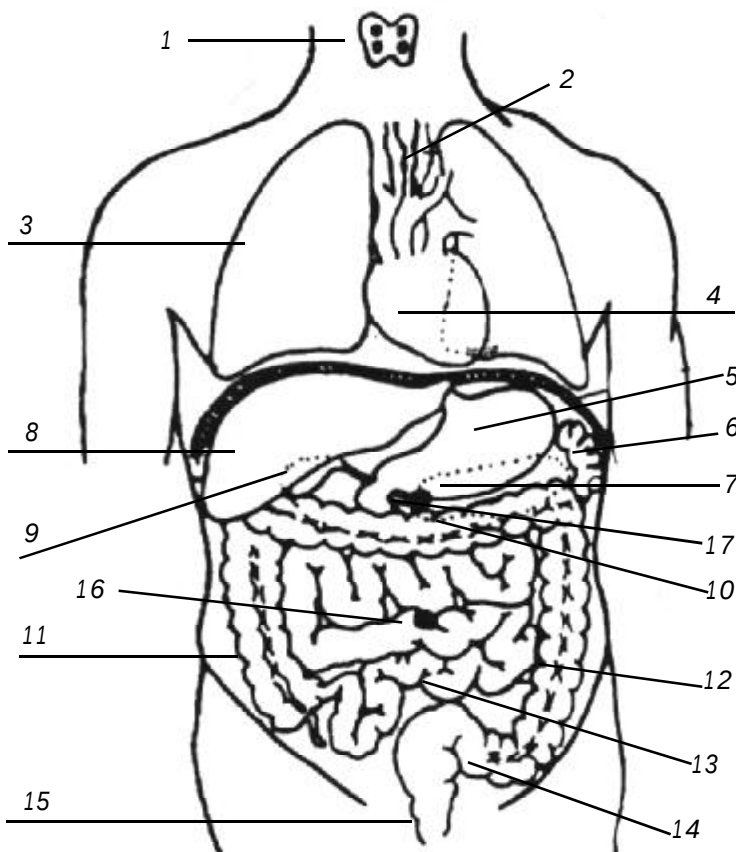
elenTas aqvs ori zedapiri _ diafragmisa da Signeulobis, ori kide _ zemo da qvemo, ori bolo _ ukana da wina.

elenTa sisxliis sxeulebs qmnis, sisxliis wmends toqsinebisagan, agrovebs rkinas hemoglobinis warmoebisatvis, aseve awarmoebs naRvliis pigment _ bilarubins. sxva limfuri jirkvlebis msgavsad, elenTa imunuri sistemis nawils warmoadgens, romelic organizmis mier winaaRmdegobis gawevas uwyobs xels. elenTa aregulirebs sisxliZarRvebis avsebas sisxliT.

aRmosavluri medicinis TvalsazrisiT, elenTa kosmiuri energiis transformirebasa da mis moZraobaze agebs pasuxs. kosmiuri energiis transformireba saWmlis monelebis procesis dros xdeba. am dros elenTa kuWukana jirkvalTan erTad mnisvnelovan rols asrulebs: sisxliis mimoqcevisas mraval sakveb nivTierebas da kosmiur energias gadascems sxeulis nawilebis yvela ujreds. es sakvebi nivTierebebi da energia saWmlis gadamuSavebis (monelebis) procesis Sedegia.

2. kuWukana jirkvali (pankreasi). pankreasi uSualod kuWsa da RviZliis qveS imyofeba da glukozis metabolismis marTva evaleba. amrigad, igi erTdroulad endo da ekzokrinuli jirkvalia. rogorc endokrinuli (hormonebis mwarmoebeli), pankreasi awarmoebs insulina da glikogens. insulini glukozis energiad gadaqcevaSi (sisxliis Saqari) mnisvnelovan rols TamaSobs; hormoni glikogeni RviZliis depos Saqars gadaaqcevs sisxliis Saqrad da es xdeba maSin, rodesac amis aucileblobaa saWiros. rogorc ekzokrinuli jirkvali _ pankreasi saWmlis monelebis fermentebis awarmoebs, romlebic naxSirbadis, cximisa da cilis monelebisTvisaa saWiros. aRmosavluri medicina erTmaneTisgan ar ansxvavebs pankreassa da elenTas; orive organos funqcia elenTas ganekutvneba.

3. kuWi. miRebulia, rom kuWi



suraTi 51. mzis wnuli da Wipis are: 1. farisebri da farisebraxlo jirkvlebi, 2. mkerdukana jirkvali (Timusi), 3. filtvebi, 4. guli, 5. kuWi, 6. elenTa, 7. kuWukana jirkvali (pankreasi), 8. RviZli, 9. naRvliis buSti, 10. ganivi kolinji, 11. aswrvivi kolinji, 12. daswrvivi kolinji, 13. wvili nawlavi, 14. sigmoiduri kolinji (nawlavi), 15. swori nawlavi, 16. Wipis wertili шэньцюэ, 17. mzis wnulis wertili чжунвань.

saWm l i s mone l e b i s mTavar organod iTv l e b a, Tumca, sinamdvi l e S i, e rTaderTi produqti, romel i c i x l i C e b a (gadamuSavdeba) kuW S i, e s c i l e b i a. kuW i s k e d l e b i p r a q t i k u l a d a r c e r T s u b s t a n c i a s a r i w o v s a s p i r i n i s a d a a l k o h o l i s g a r d a. a R m o s a v l u r i m e d i c i n i s k u T x i T k u W i ` s a k v e b i s g a T x e l e b a s a d a g a m d i d r e b a z e ~, s a k v e b i n i v T i e r e b e b i s g a d a t a n a z e, k o s m i u r i e n e r g i i s d a R a m v a l m o Z r a o b a s a d a s x e u l i s T x e v a d i s u b s t a n c i e b i s w a r m o e b a z e a g e b s p a s u x s.

4. RviZ l i. RviZ l i s m a s a 1,5 k g - s u d r i s d a t a n i s y v e l a z e d i d o r g a n o s w a r m o a d g e n s. RviZ l i s f u n q c i e b i m r a v a l f e r o v a n i a: i g i a w a r m o e b s n a R v e l s, r o m e l i c c x i m e b i s e m u l g a c i - i s T v i s a a s a W i r o (w v r i l n a w l a v S i c x i m e b i s m o n e l e b i s g a s a a d v i l e b l a d). RviZ l i p a n k r e a s z e m n i S v n e l o v a n r o l s T a m a S o b s s i s x l S i g l u k o z i s S e m c v e l o b i s d o n i s r e g u l i r e b a S i d a a u c i l e b l o b i s S e m T x v e v a S i, s i s x l S i S a q a r s g a m o y o f s.

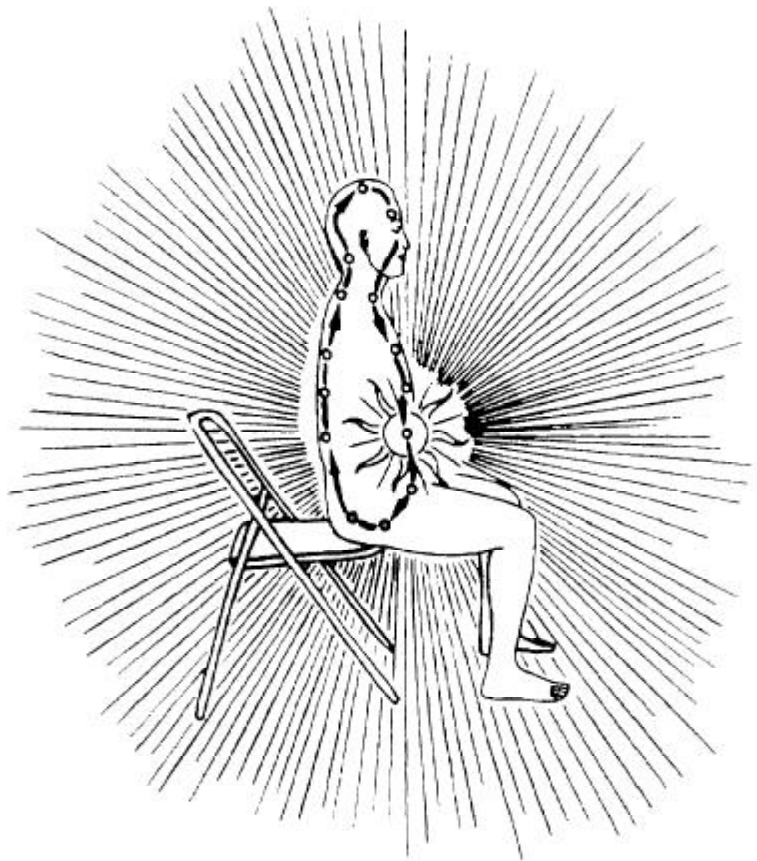
RviZ l i a s e v e r k i n a - d e t o q s i k a t o r a d i T v l e b a. i g i S l i s a z o t i s S e m c v e l n a r C e n e b s, a l k o h o l s, a s e v e s x v a m a v n e S e n a e r T e b s. a w a r m o e b s l e c i t i n s d a c x i m i s k i d e v e r T e m u l g a t o r s w a r m o a d g e n s. RviZ l i s m u S a o b a v i t a m i n C - s m e S v e o b i T x o r c i e l d e b a. g a r d a S a q r i s S e n a x v i s a, RviZ l i a s e v e a g r o v e b s c x i m e b i s d a m S l e l i s e T v i t a m i n e b s, r o g o r i c a a A, D, E d a K.

5. a u r a (e n e r g o - g a r s i). a u r a s x e u l i s g a r e e n e r g o - v e l s, e n e r g o - g a r s s w a r m o a d g e n s (s u r. 52). p r a q t i k u l a d n e b i s m i e r i p r o c e s i, r o m e l i c a d a m i a n i s s x e u l S i m i m d i n a r e o b s, s a W m l i s m o n e l e b i d a n d a w y e b u l i k u n T u r i a q t i u r o b i T d a m T a v r e b u l i, T a v i s i a r s i T e l e q t r o q i m i - u r i a. i m i s g a m o, r o m e l e q t r u l i b u n e b i s n e b i s m i e r i m o v l e n a m i s g a r S e m o e l e q t r o - m a g n i - t u r i v e l i s S e q m n i T m i m d i n a r e o b s, a d a m i a n i s s x e u l i c, s x v a a r a f e r i a, T u a r a e l e q t r o - m a g n i t u r i v e l i.

T i T o e u l a d a m i a n s c n o b i e r a n q v e c n o b i e r d o n e z e Z a l u Z s a u r i s S e g r Z n e b a, m a g r a m m x o l o d z o g i e r T m a T g a n s S e u Z l i a m i s i d a n a x v a w i n a s w a r i m o m z a d e b i s g a r e S e. e l e q t r o - m a g n i t u r i v e l e b i e r T m a n e T z e z e m o q m e d e b s, a m i t o m, r o d e s a c m o v a r j i S e s x v a a d a m i a n e b s S o r i s i m y o f e b a, S e u Z l i a a R i q v a s T u r o g o r a m y a r e b s u r T i e r T o b a s m i s i a u r a s x v a T a a u r e b T a n. a u r a z e z e m o - q m e d e b a s a x d e n s a s e v e e l e q t r o n u l i m u x t e b i, r o m l e b i c a z r o v n e b i s a d a g r Z n o b e b i s p r o c e s e b i s T a n d a y o l i l i e n e r g i e b i a.

Z a l i a n m n i S v n e l o v a n i a, r o m m z i s w n u l i s a q t i u r i w e r t i l i R i a i y o s; T u m c a, T u i g i s a W i r o z e m e t a d a a R i a, m o v a r j i S e s a k u T a r i a z r e b i s, g r Z n o b e b i s, a g r e T v e s x v a T a a z r e b i s m i m a r T s a W i r o z e m e t a d m g r Z n o b i a r e x d e - b a d a x a l x m r a v a l s a z o g a d o e b a - S i v e r e w i n a a R m d e g e b a s x v a p i r o v n e b e b i s a z r e b i s a d a e m o c i e - b i s m Z l a v r m o z R v a v e b a s. a m m d g o - m a r e o b i d a n g a m o s a v a l i S e m d e g i a: m o v a r j i S e m u n d a w a r m o i d g i n o s k a r i a n f a r i, m o a T a v s o s i g i m z i s w n u l i s d o n e z e; a m o Z r a o s T a v i s u f l a d z e m o T - q v e m o T d a e s m o Z r a o b a d a m o k i d e b u l i u n d a i y o s i m a z e, T u r a m d e n a d T b i l i u r T i e r T o b a g a a C n i a m o v a r j i S e s `k a m p a n i i s - d a n a r C e n w e v r e b T a n.

T i T o e u l m o v a r j i S e s u f l e - b a a q v s d a i c v a s s a k u T a r i s i c - o c x l e. a r c e r T a d a m i a n s T a v i s i s a x l i s k a r i m u d m i v a d R i a a r a a q v s, m i T u m e t e s T u a m k a r s m i R m a m o v a r j i S i s g r Z n o b e b i a m i m a l u l i. m z i s w n u l i s w e r t i l i s g a x s n a S e i Z l e b a m x o l o d m a S i n, T u a r s e - b o b s n d o b i s f a q t o r i s x v a p i r o v n e b a s T a n. a m a s T a n m o v a r j i S e s T a v d a c v a u n d a S e e Z l o s, r o d e -



s u r a T i 52. m z i s w n u l i d a n g a m o m a v a l i a d a m i a n i s a u r a.

sac Zlier Setevas grZnobs. pirovnebas aqvs piradi cxovrebis ufleba. movarjiSem pativi unda sces am uflebas, rogorc sakuTar TavSi, aseve sxva pirovnebebSi.

g) emociuri zemoqmedeba:

rodesac mzis wnulis wertili Riaa da sxva wertilebTan SeerTebuli, movarjiSeSi simamacisa da riskze wasvlis grZnobe bi iRviZebS; Tu mzis wnulis wertili Caketilia anda blokirebuli, movarjiSes panikisa da Sefiqrianebis grZnobe bi aReZvrebA.

d) mzis wnulis gasaZlierebeli saSualeba:

movarjiSem unda warmoidginos, rom mzis wnulidan mzis naTeli sxivi anaTebS, romelic zeciuri mzis sxivebTan erTiandeba. dae, movarjiSis mzis wnulidan naTeba aRmocendes, igi movarjiSis auras (sxulis energo-garss) gaaZlierebs. Zlieri mzis wnuli sxva pirovnebebis mier gamosxivebul uaryofiT muxtebs igieriebs.

rodesac movarjiSe sinaTlis usazRvro wyarostan kavSirs igrZnobs, igi ise Zlierdeba, rom ukve SeuZlia Tavis naTeba sxva adamianebsac gaugzavnos da maT uaryofiTi emociების gaqrobaSi daexmaros.

is TeTri naTeba, romelic movarjiSis mzis wnulidan aRmocendeba, umaRlesi Zalebisa da WeSmaritebas ziarebuli arsebebis mier SemCneul iqneba, ris Semdegac isini movarjiSes advilad daexmarebian da daicaven.

e) aqtiur wertil `Чжунвань`-is (12-XIV) Sesabamisi _ kuWukana jirkvlis (pankreas) mokle anatomia:

1. kuWukana jirkvali _ pankreasi. pankreasi Sereuli xasiaTis jirkvalia. misi wona udris 70-80 gr-s. pankreasi Tavis moyvanilobiT CaquCs hgavs; igi mdebareobs mucilis ukana kedelze, winidan dafarulia kuWiT da Sedgeba sami nawilisagan: Tavi, sxuli da kudi.

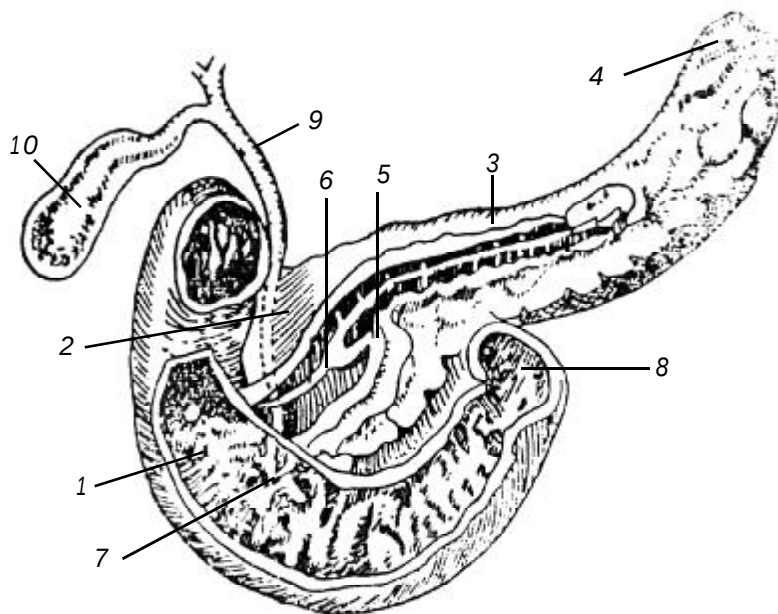
pankreas Tavze garSemoxveulia naliViT modreki li Tormetgoja nawlavi. igi mdebareobs welis il malis doneze. pankreas Tavis qvemoT mdebareobs pankreas Zlier mcire nawili, igi pankreas Tavisagan gansazRvrulia RariT, romelsac ewodeba kavisebri morCi.

pankreas sxuli ukana zedapiriT faravs aortas da marcxena Tirkmlis wina zedapirs.

pankreas kudi, Cveulebriv, aweulia marcxniv da zemoT, igi exeba elenTas. pankreass aqvs sadinari, romelsac ukavia am jirkvlis RerZi _ kudidan moyolebuli Tavamde. igi xvrets Tormetgoja nawlavis ukana kedels da naRvlis saerto sadinarTan erTad ixsneba Tormetgojas RruSi. zogierT SemTxvevaSi sadinari pankreas TavSi or totad iyofa. am SemTxvevaSi meore toti damoukideblad ixsneba Tormetgoja nawlavSi mTavari sadinaris cota zemoT

da marcxniv. mas uwodeben pankreas damatebiT sadinars.

pankreas jirkvlo-
vani wilebis wrili sa-
dinarebi pankreas sadi-
narSi ixsneba. magram unda
aRvniSnoT, rom pankreasSi
arsebobs gansakuTrebuli
gafantuli patara jirkv-
lovani wilakebi, romleb-
sac sadinarebi ara aqvT.
es wilakebi gancalevebu-
liarian pankreas jirkv-
lovani qsovilisagan,
miekuTvneba Signita
sekreciis organoebS da
ewodebaT pankreas kun-
Zulebi, romelTa danaxva
SeiZleba mxolod mikrosk-
opiT (pankreas Sinagani
sekreciis aparatis anatomiuri
aRweriloba ixileT



surati 53. Tormetgoja nawlavi da pankreas: 1. Tormetgoja (gakveTili); 2. pankreas Tavi; 3. pankreas sxuli; 4. pankreas kudi; 5. pankreas sadinari; 6. pankreas damatebiTi sadinari; 7. Tormetgojas gaswrvivi naoWi dvriliT; 8. Tormetgojas bolo nawili; 9. naRvlis saerto sadinari; 10. naRvlis buSti.

qvenot).

kuWSi nawil obriv gadamuSavebuli saWmeli gadadis Tormetgojasa da wvrii nawlaveb-Si. aq wvrii nawlavebis wvenis (pankreas wveni, naRveli da nawlavebis wveni) gavleniT xdeba saWmlis Semadgeneli koloiduri nivTierebebis Rmad gadamuSaveba.

pankreas wveni gamWvirvale, mlaSe gemos mqone, tute reaqciis siTxea, romelic Seicavs tripsins _ cilebisaTvis, amilazas _ saxameblisaTvis da lipazas _ cximebisaTvis. dRe-RameSi gamoyofili pankreas wvenis raodenoba saSualod udris 300 kub. sm-s.

RviZli nawlavSi gzavis naRvels, romelic moyviTalo-momwvano feris, mware gemos mqone, tute reaqciis siTxea. igi Seicavs naRvlis pigmentbs _ bilirubinsa da biliverdins, agreTve naRvlis mJavebs, qolesterinsa da kaliumis marilebs.

bilirubini moyviTalo ferisaa. igi warmoiqmneba RviZliSi hemoglobinidan sisxlis wiTeli burTulebis daSlis Sedegad da daJangvis Semdeg Rebulobs mwvane fers.

dRe-RameSi gamoyofili naRvlis raodenoba udris erT litrs.

naRveli uerTdeba cximebs, iwvevs maT aqafebas. cximebi aseT emulgirebel mdgomareoba-Si Seiwoveba xaoebis centraluri arxiT. garda amisa, naRveli Rebavs nawlavis SigTavss moyviTalo ferad, azlierebs peristaltikas da abrkolebs lpobis process.

nawlavis wveni moyvitlo feris, tute reaqciis mRvrie siTxea. mas gamoyofs wvrii nawlavis jirkvlebi, romelTa raodenoba udris daaxloebiT or millions.

nawlavis wveni Sedgeba Semdegi fermentebisagan: enterokinaza (romelic azlierebs pankreas fermentis _ tripsinis _ moqmedebas), erepsini, lipaza, maltaza, laqtoza da sxva, romlebic pankreas fermentebTan erTad amTavreben sakvebi nivTierebis qimiur gadamuSavebas. dRe-RameSi adamanis wvrii nawlavebi gamoyofs 3, 5 litr nawlavis wvens.

2. pankreas kunZulebi _ Insulae pancreatis. saWmlis momnelebeli sistemis aRweris dros Cven ganvixileT pankreasi, rogorc erT-erTi mniSvelovani saWmlis momnelebeli jirkvali, romelic Tavis wvens gzavis Tormetgoja nawlavSi didi magistraluri tipis sadinariT. am mxriv pankreasi Ria, eqskretoruli jirkvalia.

magram iqve aRniSnuli iyo, rom pankreas qsovi lSi moipoveba 200.000-dan 1,8 milionde mikroskopuli sididis jirkvlovan kunZulebi, romlebic gafantulia mTel pankreasSi, gansakutrebiT, mis kudis nawi lSi. es kunZulebi Sexveulia SemaerTebe l qsovi lSi da izo-lirebulia rogorc erTimeorisagan, ise Ria jirkvlis elementebisagan. am nawi lakebs ewodeba pankreas kunZulebi _ Insulae pancreatis. pankreas saerto wona saSualod udris 70-80 gr. pankreas kunZulebis saerto masis wona ki daaxloebiT pankreas wonis erTi measedia (0,7-0,8 gr).

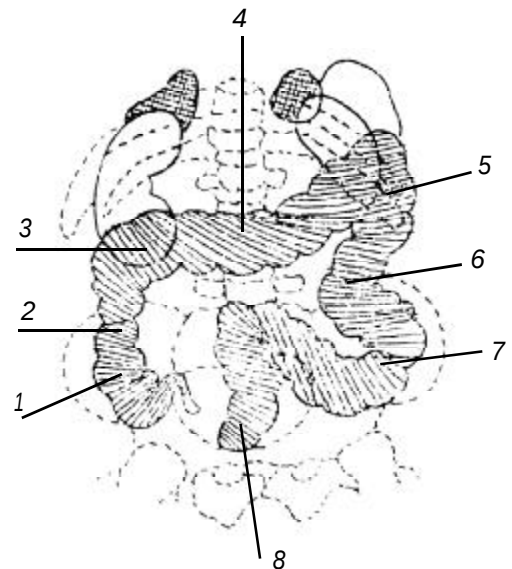
es kunZulebi Sedgeba mkrTali epiTeluri ujredebisagan, romlebic garSemovlebulia uxvi kapilaruli qseliT. am jirkvlebs ara aqvs sadinarebi da maTi hormoni _ insulini _ pirdapir gadadis sisxliSi.

cnobilia, rom pankreas, saertod, viTardeba Tormetgoja nawlavis epiTeliumisagan ventraluri da dorsaluri nergebis saxiT. pankreas rekretoruli nawili ki, e. i. kunZulebi, umTavresad warmoiqmneba dorsaluri nergisagan. amiT aixsneba is garemoeba, rom kunZulebis didi umravlesoba Tavsdeba pankreas kudSi.

pankreas kunZulebs anervebs simpatikuri da cTomili nervebis totebi.

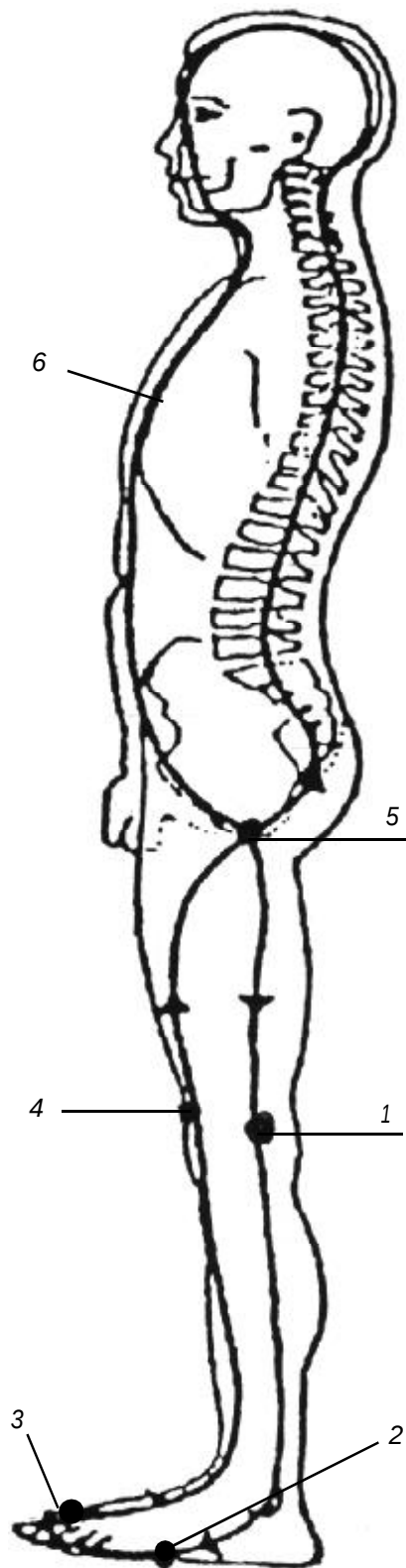
pankreas kunZulebis hormoni _ insulini _ aregulirebs sxeu lSi naxSirwylebis cvlas. pankreas kunZulebis daavadeba Ziritadad gamoixateba maTi funqciis daqveitebaSi (hipofunqcia), rasac ewodeba Saqriani diabeti. Saqari didi raodenobiT grovdeba sisxliSi (0,12%-is magivrad, zogjer igi aRwevs 1%-s _ glikemia) da mouxmareblad gamoiyofa organizmidan Sardis gziT (glikozuria).

Saqris daavadeba iwvevs Zlier sisustes kunTo-



suraTi 54. msxvili nawlavis sqema: 1. brma nawlavi wianawlaviT; 2. aswvrii kolinji; 3. kolinjis marjvena nakeci; 4. ganivi kolinji; 5. kolinjis marcxena nakeci; 6. daswvrii kolinji; 7. sigmoiduri kolinji; 8. swori nawlavi.

vani sistemis dauZlurebis gamo (radgan organizmi ver iRebs sakmaris sawvav masalas _ Saqars), mas axasiaTebS SimSi lisa da, gansakuTrebiT, wyurvilis gaZlierebuli grZnoba, Sardis xSiri da mometebuli gamoyofa.



suraTi 55. didi cirkulaciis aqtiuri wertilebi: 1. вэйчжун (40_VII) muxlis saxsris Sida mxris wertili; 2. юнцюань (1_VIII) fexis terfis gulis wertili; 3. дадунь (1_XII) fexis terfis didi TiTis wertili; 4. хэдын (1-156) muxlis kviristavis wertili; 5. хуэйинь (1-XIV) Sorisis wertili; 6. mikro kosmiuri orbita.

Tavi III didi cirkulaciis aqtiuri wertilebi

mko-sagan gansxvavebiT kosmiuri energia tanis gar-da kidurebSic vrceldeba. kosmiuri energiis Sorisis wertil `хуэйинь~Si (1\_XIV) misvლისა igi gadis fexis energo-arxebS, Cadis fexisgulebisaken, xolo Semdeg brun-deba ukan isev `хуэйинь~ wertilSi (sur. 55).

1. muxlis saxsris Sida mxris aqtiuri wertili _ Вэйчжун (40_VII) (sura-Ti 55 da 56).

muxlis saxsris Sida mxris aqtiuri wertili вэйчжун im damatebiTi energiis sacavia, romelic meditaciis Sede-gad miiReba (sur. 56). sulieri srulyofis maRaI safex-urze es adgili im sulis energiis droebiT TavSesafarad iqceva, romelic tanis datovebisaTvis emzadeba.

Tu meditacia gadajvaredinebuli fexebiT srulde-ba, maSin muxlis saxsris Sida mxris wertilebTan kav-Siris damyareba Zalian Zneldeba. muxlebi uSualod fexis terfebTanaa dakavSirebuli da miwis energiasTan kon-taqtis xarjze aucilebeli mxardaWera, moqniloba da moZraobebis Tavisufleba eZleva. Tu es kavSiri da SeerTe-ba sustia, maSin movarjiSe mouqnelobas grZnobs.

2. fexisgulis aqtiuri wertili `Юнцюань~ (1\_VIII) (`morakrake nakaduli~).

es wertili fexisgulebis CaRrmavebebSi mdebare-obs (sur. 56 da 57). mas `morakrake nakadulis~ wertil-sac uwodeben, radganac zustad fexisgulebidan morakrake-bs miwis energia zemoT, adamanis tanis SigniTken. es wertili uSualod miwis energiasTanaa SeerTebuli, igi miwis energias asuftavebs da mxolod anis Semdeg mia-wodeba tanis umaRles energocentrebs.

a) fexisgulis sxva aqtiur wertilebTan kav-Siri:

fexis terfebis gulebi xel isgulebTan uSualodaa dakavSirebuli. movarjiSis mier am kavSiris swori gamoy-eneba organizmis Sida qronometris regulirebis saSu-aლებს იZleva. Tu movarjiSe gonebrivad da fizikurad marjvena xel igulis marcxena fexis terfTan, xolo marcx-ena xel igulis marjvena terfTan SeaerTebS, Tavisuflad SeuZlia mko gamoiyenos Tavis aqtiuri wertilebis gawonasworebisaTvis da Sida biosaaTis CamorCenebis

gamosworebisaTvis. garda amisa, fexisgulebis wertilebi mucilis apkisa da Tavis qalas aqtiur wertilebTan gansakuTrebuli saxiTaa dakavSirebuli.

b) Tvisebebi:

rodesac fexisgulebis es aqtiuri wertilebi Riaa, isini miwasTan kavSiris meoxebiT, tanis stabilizacias uwyoben xels.

Tu es wertilebi daketilia, anda blokirebuli, "miwisagan mowyvetis~, arastabilurobis grZnoba matulobs da es yvelaferi miwasTan susti kavSiris gamo xdeba.

g) fexisgulisa da masTan dakavSirebuli wertilebis dazelva:

meditaciis win da mis Semdeg fexis terfebis dazelva aqtiurebs mTavar energo-arxebis.

terfebis zogierTi ZiriTadi wertilebis dazelva aseve xels uwyobs kosmiuri energiis Tavisuflad svlasa da gulisa da Tirkmelebis inuri da ianuri energiebis gawonasworebas (sur. 58).

1. Tirkmelebis wertili (6_VIII, чжаохай, `udiadesi Tari~ an `mocimcime zRva~). es wertili Sida koWis qvemo areSi imyofeba.

2. elenTas wertili (4_IV, гуньсунь, `Tavadis SviliSvili~ an `udiadesi SviliSvili~). es wertili fexis terfis Sida zedapirze, ukana terfis Zvlis wina qveda areSi imyofeba, cera TiTis mesame falangastan.

3. naRvlis buStis wertili (41_IX, цзулиньци, `montirali Cvili~ an "montirali Cvilis mofereba~). es wertili fexis terfis gare zeda zedapirze, ukana terfis Zvlis, fexis meoTxe da mexuTe TiTebis Soris imyofeba.

4. Sardis buStis wertili (62_VII, шэньмай, `gawelili, gafarToebuli WurWeli~). es wertili gare koWis qvemoT patara RrmulSi imyofeba.

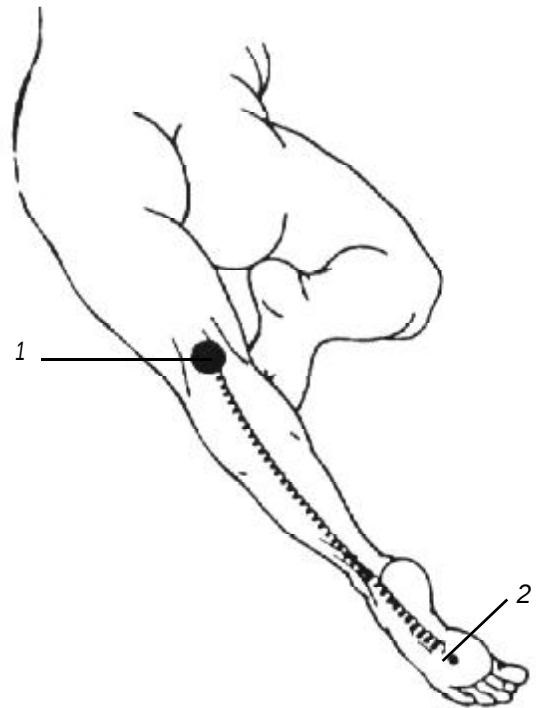
3. fexis terfis didi TiTis aqtiuri wertili `дадунь~ (1_XII)

wertili `дадунь~ fexis cera TiTis gverdiT zedapirze, TiTis falangas frCxiilis Sida kuTxeSi imyofeba (sur. 59). es wertili masze gamaval sulieri energiis harmonizaciasa da gawmendas uwyobs xels.

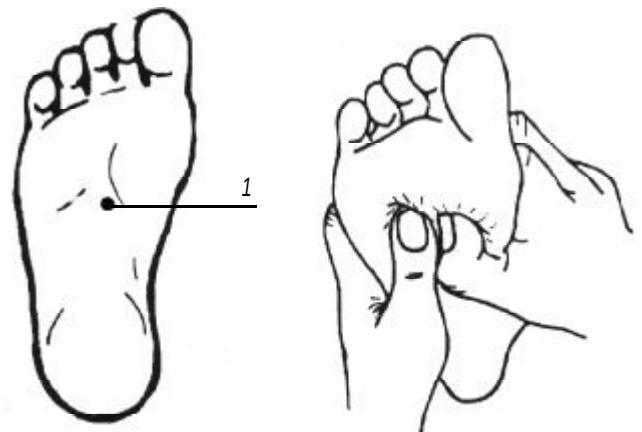
4. muxlis kviristavis aqtiuri wertili `хэдин~ (BM-156)

wertili `хэдин~ muxlis kviristavis zeda Sua sazRvarze mdebareobs (sur. 60). igi kosmiuri energiis droebiT TavSesafars warmoadgens. garda amisa, dedamiwis imZalis (energiis) gawmendas uwyobs xels, romelic mucilis Rrusaken miemarTeba. misi povna xdeba moxril muxlize.

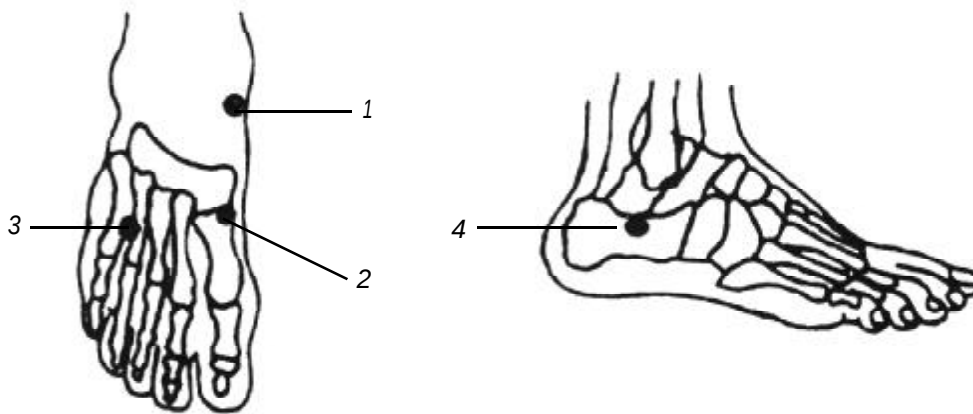
es wertili arc erT ZiriTad energo-



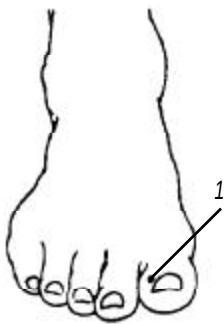
surati 56. fexisgulis aqtiuri wertili `юнцюань~ (1\_VIII) (`morakrake nakaduli~).



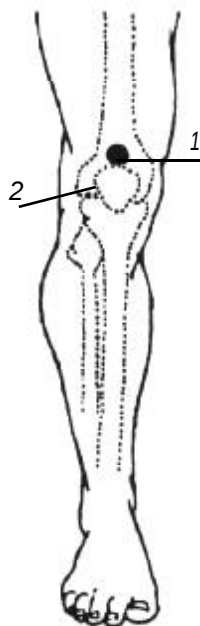
surati 57. wertili `юнцюань~is (1\_VIII) (`morakrake nakaduli~) dazelva.



surati 58. fexis terfis mnisvnelovani aqtiuri wertilebi: 1. Tirkmelebis wertili `чжаохай~ (6-VIII), `udiadesi Tasi~; 2. elenTas wertili `гуньсунь~ (4-IV), `Tavadis SviliSvili~; 3. naRvliis buStis wertili `цзулинь-ци~ (41-XI), `momtirali Cvili~; 4. Sardis buStis wertili `шэньмай~ (62-VII), `gawelili WurWeli~.



surati 59. fexis did (cera) TiTis wertili `дадунь~ (1-XII).



surati 60. muxliis kviristavis wertili: 1. aqtiuri wertili `хэдин~ (BM), `Saravandis mwvervali~; 2. muxliis kviristavi.

arxze ar mdebareobs da energo-arxebis gareSe wertilebis sistemas ganekutvneba; rusul literaturaSi maT `внемеридианные (BM) точки~ ewodebaT, frangul literaturaSi `Tavisebur wertilebi~ (Points curieux _ P.C.), xolo germanulSi _ PFM. es wertilebi energo-arxebis Soris arsebuli dRe-Ramis saaTobriv damokidebulebaSi ar monawileoben. isini energo-arxebisa da arxebis wertilebis gverdiT mdebareoben. sxoulze maTi raodenoba 171-s arwevs.

5. mnisvnelovani aqtiuri wertilebis Seswawla-aTviseba

movarjisesTvis Zalian mnisvnelovania zemoT aRniSnul aqtiur wertilTa adgil mdebareobisa da maTi saxelwodebebis damaxsovreba. yovel dRiuri varjisiSisTvis gamoyofil droSi Tqvens tanze am aqtiur wertilTa povnac SeitaneT. kargi iqneba, Tu am wertilebs Tqveni megobrebis tanzec moZebniT. movarjises am proceduris Catarebis Semdeg, TiToeuli wertilis funqcionatur daniSnulebaze warmodgena ukve eqneba, magram mnisvnelovani mainc maTi praqtikuli gamoyenebaa.

movarjise, aTvisebs ra am mnisvnelovan aqtiur wertilTa adgil mdebareobasa da maT funqciebs, tanis nebismieri adgil isaken kosmiuri energiis gonebiT mimarTva Zalian gauadvildeba da mko-sa da didi cirkulaciis meditaciis metodebiT varjisebs ukve Sedegis mocema SeeZlebaT.

am metodebiT 6 Tvidan 1 wlamde praqtikis Semdeg zemoT aRniSnul aqtiur wertilTa bevri funqciuri mnisvneloba movarjisiSisTvis gaxsnili aRmoCndeba.

Tavi I

mdumarebaze (meditaciaze) muSaobis dawyeba	3
endokrinuli sistema anu Sinagani sekreciis jirkvlebis Sesaxeb	5

Tavi II

kavSiri energo-aqtiur wertilebsa da endokrinul sistemas Soris:

1. aqtiuri wertili `гуаньюань~ (4_XIV)	7
2. aqtiuri wertili `цзи-чжун~ (T ₁₁ , 6_XIII)	11
3. aqtiuri wertili `фэнфу~ (16_XIII)	
_ `nefrituli baliSi~ (naTxemi)	15
4. aqtiuri wertili `Байхуэй~ (20_XIII)/`цяньдин~ (21_XIII) Txemi (kinkrixo)	19
5. aqtiuri wertili `иньтан~ (BM_3)	
_ `mesame Tvali~, cxviris fuZe, hipofizi	27
6. aqtiuri wertili `иньцзяо~ (28_XIII)	
_ `zeciuiri tbori~, sanerwyve jirkvlebi	27
7. aqtiuri wertili `тяньту~ (22_XIV)	
_ yelis wertili, farisebri da parafarisebri jirkvali	32
8. aqtiuri wertili `танчжун~ (17_XIV)	
_ gulis centri, mkerdukana jirkvali (Timusi)	36
9. aqtiuri wertili `чжунчань~ (12_XIV)	
_ mzis wnulis centri, kuWukana jirkvali, RviZli, aura	40

Tavi III

didi cirkulaciis aqtiuri wertilebi:

1. muxlis saxsris Sida mxris aqtiuri wertili	44
_ Вэйчжун (40_VII)	
2. fexisgulis aqtiuri wertili `юнцюань~ (1_VIII) (`morakrake nakaduli~)	44
3. fexis terfis didi TiTis aqtiuri wertili `дадунь~ (1_XII)	45
4. muxlis kviristavis aqtiuri wertili `хэдин~ (BM-156)	46
5. mniSvnelovan aqtiur wertilTa Seswavla-aTviseba	46

