

Planches des méridiens

34 Accumulation

ESTOMAC

7h-9h

36 Terre – Horaire

40 Luo

41 Feu – Tonification

42 Source

43 Bois

44 Eau

45 Métal – Tsing -Sédation

Point méridien : 1

1

9 Eau

8 Accumulation

RÂTE-PANCRÉAS

9h-11h

5 Métal – Sédation

4 Luo

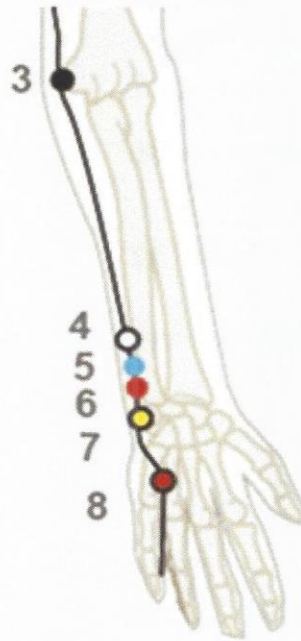
3 Terre – Source -Horaire

2 Feu – Tonification

1 Bois - Tsing

CŒUR 11h-13h

- 3 Eau
- 4 Métal
- 5 Luo
- 6 Accumulation
- 7 Terre – Sédation – Source
- 8 Feu - Horaire



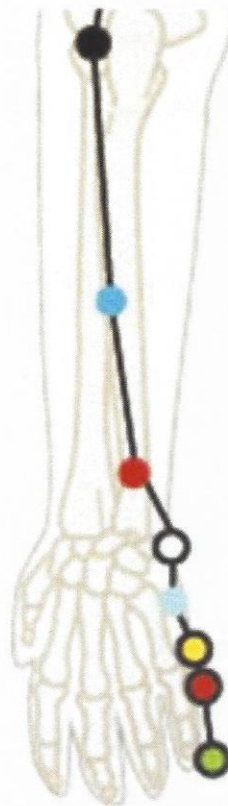
9 Bois – Tsing -
Tonification

1

INTESTIN GRÊLE 13h-15h

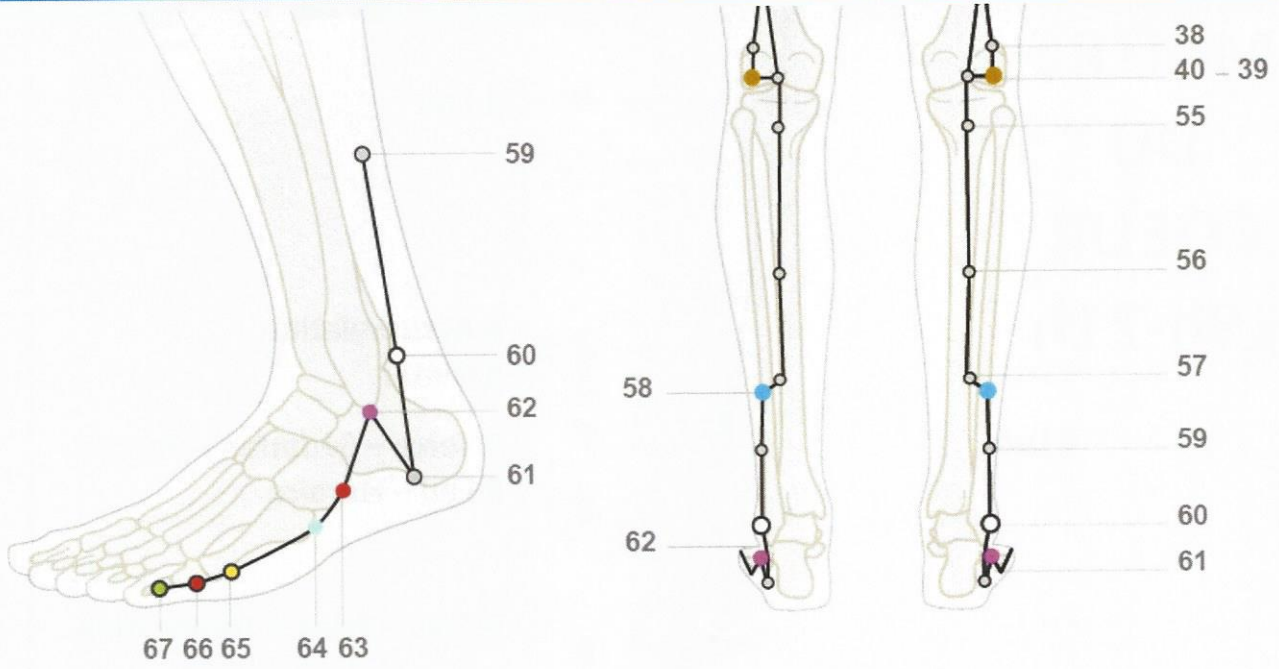
8 Terre - Sédation

7 Luo



- 6 Accumulation
- 5 Feu – Horaire
- 4 Source
- 3 Bois – Tonification
- 2 Eau
- 1 Métal - Tsing

19



63 Accumulation 64 Source
 65 Bois 66 Eau – Horaire
 67 Métal – Tsing -Tonification

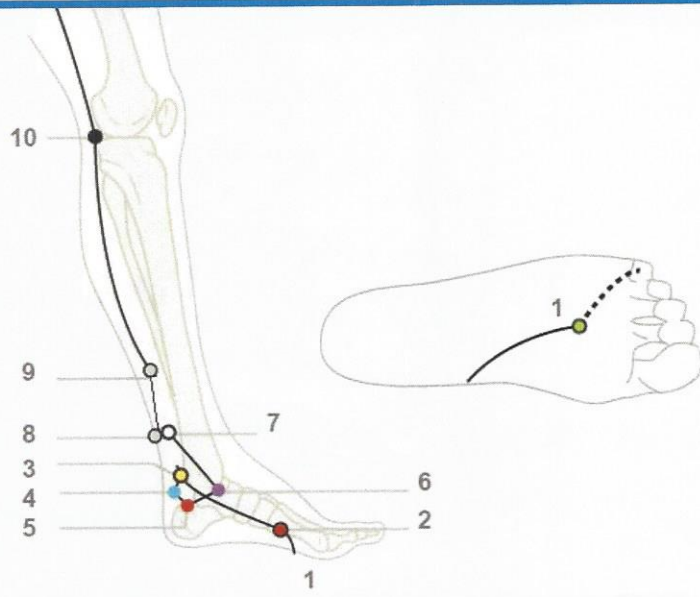
60 Feu

VESSIE 15h-17h

40 Terre
 58 Luo

1

10 Horaire



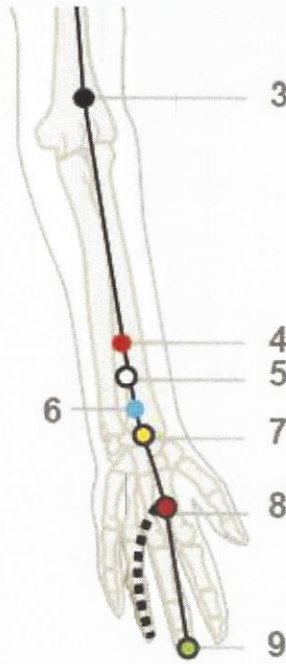
3 Terre –
 Source
 4 Luo

27
REIN 17h-19h

7 Métal –
 Tonification
 6 Accumulation
 2 Feu
 1 Bois – Sédation -
 Tsing

MAÎTRE DU COEUR 19h-21h

6 Luo



3 Eau

4 Accumulation

5 Métal

7 Terre – Sédation – Source

8 Feu – Horaire

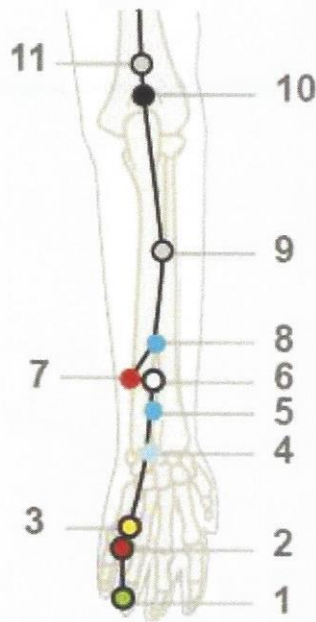
9 Bois – Tsing – Tonification

4

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23

7 Accumulation
3 Bois – Tonification



10 Sédation

6 Feu – Horaire

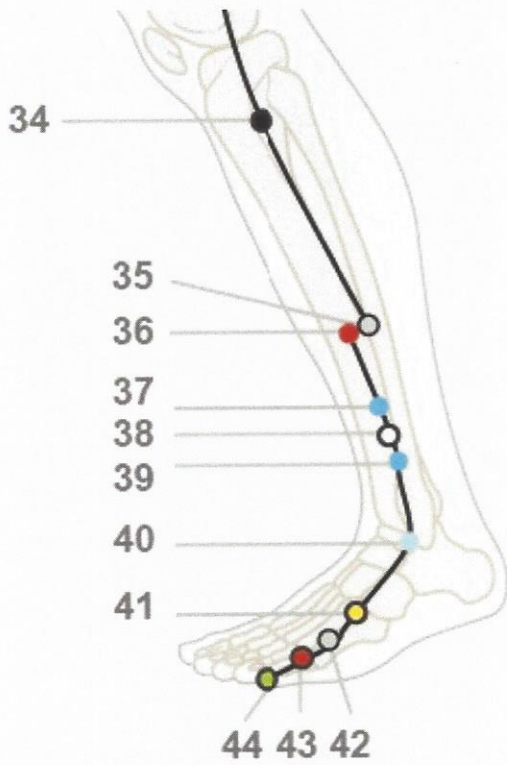
5 Luo

4 Source

2 Eau

1 Métal - Tsing

TRIPLE RÉCHAUFFEUR 21h-23h



34 Terre

36 Accumulation

37 Luo

38 Feu - Sédation

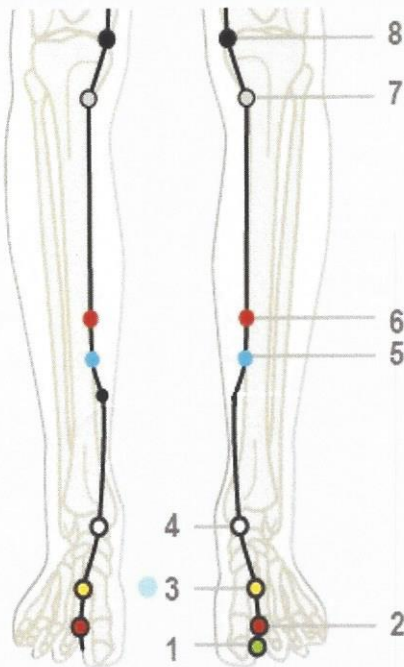
40 Source

41 Bois - Horaire

43 Eau - Tonification

44 Métal - Tsing

VÉSICULE BILIAIRE 23h-1h



8 Eau - Tonification

FOIE 1h-3h

6 Accumulation

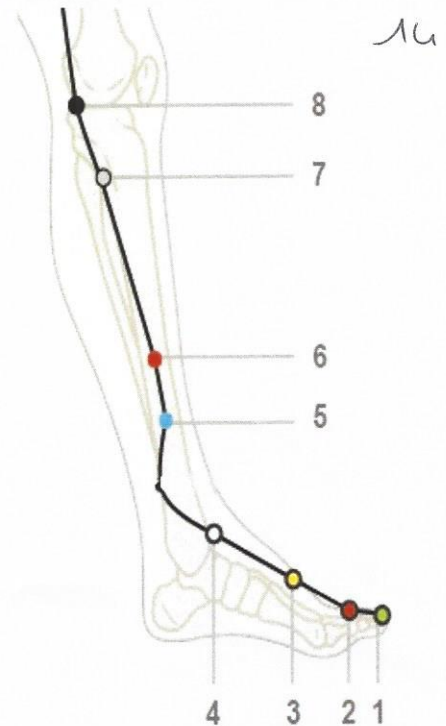
5 Luo

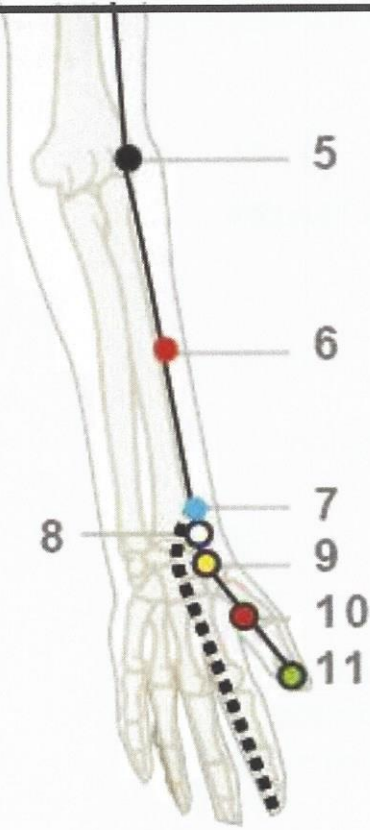
4 Métal

3 Terre - Source

2 Feu - Sédation

1 Bois - Tsing -
Horaire





5 Eau – Sédation

6 Accumulation

7 Luo

8 Métal – Horaire

9 Terre – Tonification – Source

10 Feu

11 Bois – Tsing

POUMON

3h-5h

GROS INTESTIN

5h-7h

11 Terre – Tonification

7 Accumulation

6 Luo

5 Feu

4 Source

3 Bois

2 Eau – Sédation

1 Métal – Horaire – Tsing

