

Fundamental Knowledge of Chinese Acupuncture

Acupuncture was started long time ago in China. As early as 2,000 years ago, in the book Ling Shu, a part of Yellow Emperor's Classic of Internal Medicine has recorded many Meridians and acupuncture points. There are different forms of needles used in ancient China.

Acupuncture is an important part of traditional Chinese medicine. Because of its simplicity, easy operation, it quickly becomes popular over the world. In acupuncture practice, there also includes moxibustion, cupping, Gua Sha, etc.

The needles used now are as fine as hair and they are made of stainless steel. The needles are put into the points which are on the Meridians System of the body. By stimulating these points, the energy and blood of the meridians can be regulated, the Yin and Yang of the body can be balanced, the pathogenic evils can be eliminated, the stagnations can be removed, etc.

There is little to no pain with acupuncture. But most of the times, a sensation, we call "qi", is necessary with the treatment. There are different sensations, such as soreness, tingling, numbness, itching, heaviness, distension, etc.

The needles are usually left in points for about 10-30 minutes. A stimulation may be necessary when the needles are in points for acute and severe illnesses.

Other treatments go along with acupuncture are moxibustion, cupping, Gua Sha and Tui Na.

Moxibustion started just as early as acupuncture. The fine wool of mugwort leaf is used for moxibustion. This material is cheap, easy to light, having warming nature, etc. The wool is placed on the points with or without materials to separate from the skin. The materials for separation are fresh ginger piece, garlic, salt, muddy, hebal cake, etc. The wool is lit for stimulation of points.

The moxa wool is also wrapped in special paper to form a cigar. Light the cigar and place over the points.

Moxibustion therapy is good to strengthen the qi and blood, disperse cold, move qi and blood, disperse lumps, stop pain, strengthen yang, stop diarrhea, etc.

Cupping is another simple, effective therapy in the treatment of stagnations, pains, colds, etc. A cup, usually a glass one, will be placed on the place. A vacuum is made by fire earlier so the cup can be firmly suck on to the place. The cups are

sometimes moved to move qi of a bigger area. A red, purple or black mark will be left after cupping, but it will go away after a few days.

Gua Sha, by using ceramic spoon, horn, smooth coin, etc. is another therapy used in acupuncture practice. It is used widely for fever, constipation, insomnia, headache, irregular menses, back pain, asthma, hypertension, neck pain, shoulder pain, poor digestion, diarrhea, acne, menopause, etc. Bruise-like red marks will be left on the place treated.

Tui Na, or Chinese massage, is another therapeutic therapy. It is different from western massage which is mainly used for relaxation. Chinese Tui Na is widely used to treat traumatic injuries, frozen shoulder, back or neck pain, sprains, cervical spondylosis, TMJ, stomachache, hemiplegia, insomnia, headache, diarrhea, constipation, enuresis, etc.

The most difference of Chinese Tui Na from western massage is that Tui Na, most of the times, are working on acupuncture points, and there are a lot of complicated manipulations involved in the procedure, and they have therapeutic effects.

With the combination of the above therapies, your conditions can be managed better, and your life quality will be better.

The 12 regular meridians of the body are:

- the lung meridian of Hand-taiyin
- the large intestine meridian of Hand-yangming
- the stomach meridian of Foot-yangming
- the spleen meridian of Foot-taiyin
- the heart meridian of Hand-shaoyin
- the small intestine meridian of Hand-taiyang
- the bladder meridian of Foot-taiyang
- the kidney meridian of Foot-shaoyin
- the pericardium meridian of Hand-jueyin
- the Sanjiao meridian of Hand-shaoyang
- the gallbladder meridian of Foot-shaoyang
- the liver meridian of Foot-jueyin

There are **eight extra meridians**. They are Chong, Ren, Du, Dai, Yinwei, Yangwei, Yinqiao, Yangqiao. The regular meridians are the big pathways and the eight extra meridians are like the lakes or reservoirs.

The acupuncture points are like the bus stops on the big pathways.

There are **three types of acupuncture points**. Namely meridian points, extra

points and Ashi (oh-yes) points.

The meridian points are the points on the fourteen meridians (the 12 regular meridians plus Ren and Du meridians). There are 361 points.

Extra points are the points not yet included in the meridians system. They have names and locations. There are about a hundred of extra points.

Ashi points are the tenderness or the sensitive points. When you treat the patients you palpate on the body meridians or muscles. When you hit these points, the patient will say "Oh, yes". So the points are also translated into Oh-yes points. This type of points has no name, no fix locations, and no fix numbers. But they are often very effective, especially for pains.

There are **microsystem acuapunctures**, including ear acupuncture, hand acupuncture, foot acupuncture, scalp acupuncture, wrist-ankle acupuncture, etc. They are a supplement to the acupuncture system.

Acupuncture is very good to treat pains and functional disorders. It is once pretty popular in the anesthesia world. This is probably why acupuncture was brought to the USA in 1972.

World Health Organization has recognized the use of acupuncture in the treatment of many diseases. There are practitioners and organizations throughout the world.

A few special Remedies of Acupuncture:

Stop lactation: GB 37, GB41, GB21

Reduce Fever: Du14, LI 11, LI 4

Stomach regulation: ST36, RN12, PC6

Insomnia: HT7, PC6, SP6, Ear-shenmen, Anmian

Constipation: SJ6, BL25

Uterine bleeding: moxa SP1, DU20

Excessive Leukorrhea: GB26, SP6

Malposition of Fetus: BL67 (moxa)

Difficult Labor: SP6, LI4

Insufficient lactation: ST36, SI 1

Stiff neck: LaoZhen, GB39, BL60, SI3

Redness, swelling and pain of eyes: bleed Taiyang, Erjian(ear apex), GB8

Hives: LI11, ST36, SP6, SP10, DU14, ST25

Hypertension: LI11, ST36, PC6, GB20

Hemorrhoids: local point + erbai, BL57

Malnutrition: Sifeng, ST36, RN12

Hicups: ear diaphragm

Disease list for acupuncture:

common cold, heatstroke, malaria, cough, asthma, loss of voice, hiccups, nausea and vomiting, stomachache, abdominal pain, diarrhea, dysentery, constipation, rectal prolapse, hypochondriac pain, edema, diabetes, palpitation, insomnia, depression, anxiety, epilepsy, UTI, seminal emission, impotence, headache, dizziness, stroke, facial pain, Bell's palsy, painful joints, sciatica, lower back pain, stiff neck, frozen shoulder

irregular menstruation, painful menstruation, amenorrhea, uterine bleeding, menopause syndrome, excessive leukorrhea, morning sickness, difficult labor, lactation insufficiency, prolapse of uterus, genital itching, infertility

infantile malnutrition, sequela of polio, enuresis, infantile convulsions, mumps

sores, mastitis, hemorrhoids, goiter, eczema, breast lumps, herpes, psoriasis, joint sprain, urticaria (hives), skin rashes, acne

swelling, pain, redness of eyes, ptosis of eyelid, tearing eyes, near and far sightedness, strabismus, tinnitus, deafness, rhinitis, sinus congestion, epistaxis, toothache, sore throat

fever, syncope, convulsions, collapse, pains, etc.