

Acupuncture

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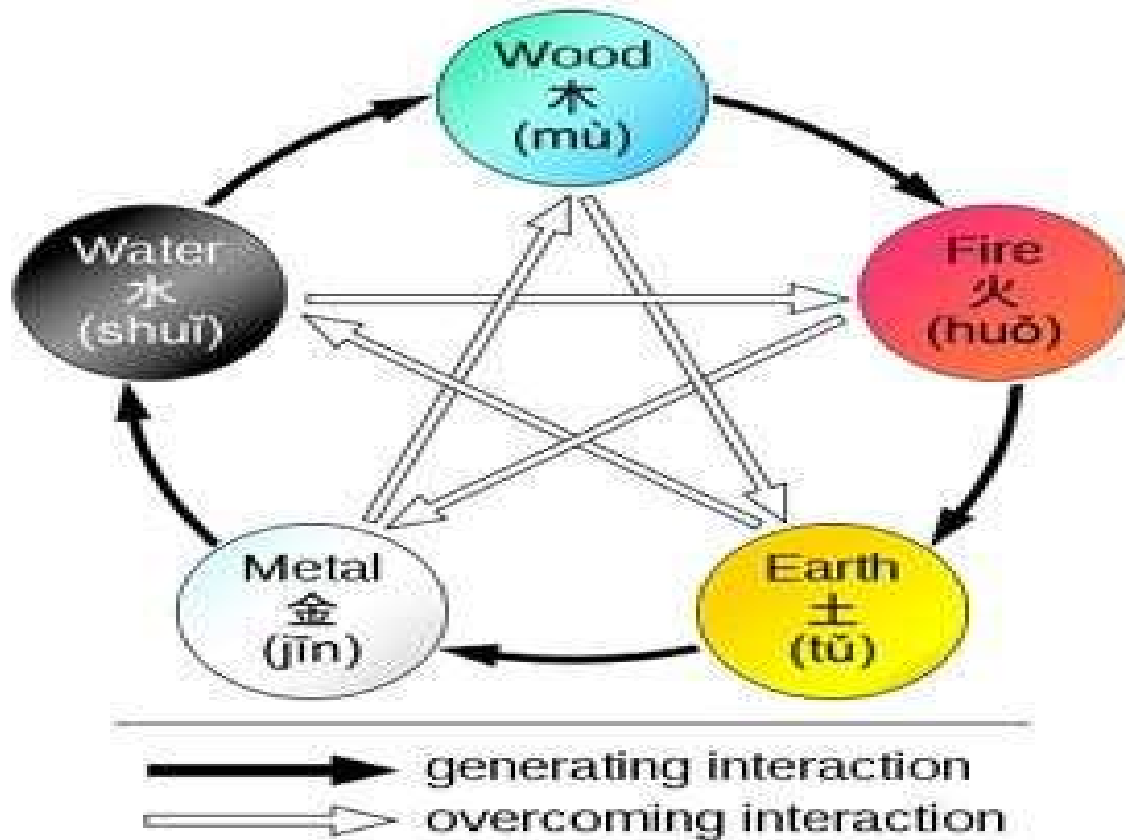
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TRADITIONAL CHINESE MEDICINE

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HISTORY:-

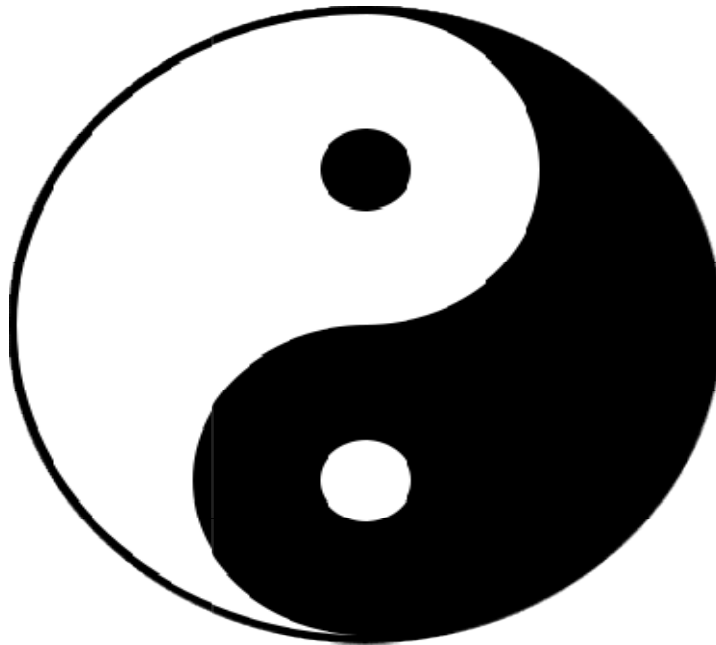
The three legendary emperors, Shen Nung, Huang Di and Fu his are traditionally believed to have been originators of Chinese Medicine. The classical book on traditional Chinese Medicine is the “Huang Di Nei Jing”, meaning “The Yellow Emperor’s Classic of Internal Medicine”, and this work is ascribed to Huang Di, who is believed to have lived about 2697 – 2596 B.C.

It is presented as a dialogue between the Yellow Emperor and his prime minister – physician, Chi Po. The book is in two sections, first Su Wen, contains

the principles of traditional Chinese medicine, and the second, Ling Shu, describes the various therapeutic processes.

INTRODUCTION:-

A medical system that has been used for thousands of years to prevent, diagnose, and treat disease. It is based on the belief that qi (the body's vital energy) flows along meridians (channels) in the body and keeps a person's spiritual, emotional, mental, and physical health in balance. Traditional Chinese medicine aims to restore the body's balance and harmony between the natural opposing forces of yin and yang, which can block qi and cause disease. Traditional Chinese medicine includes acupuncture, diet, herbal therapy, meditation, physical exercise, and massage. Also called Oriental medicine and TCM.



The theoretical concepts of the TCM were based on the explanation of the cosmos in terms of the universalistic Chinese philosophy there is a constant struggle in the Universe between opposing and unifying forces. In the healthy state when YIN and YANG are in balance, normal vital energy (QI) which flows through the channels of the body is produced. An excess or deficiency of YIN or YANG produces an imbalance of this vital energy which is disease.

TYPE OF METHODS:-



1. Herbal therapy

2. Moxibution

Moxibution that is heating or burning certain areas of the body with the powdered leaves of the moxa plant.

3. Acupuncture

Acus means needle and Punctura means to penetrate. **Acupuncture** is a form of treatment that involves inserting very thin needles through a person's skin at specific points on the body, to various depths.

4. Surgery

Surgery was used extensively in treating war injuries and in a more traditional procedure, to produce eunuchs for Imperial Court.

DIAGNOSIS:-

a) Looking

Examination especially of the eyes, tongue, lips, nose, and ears.
Examination with special reference to color and careful observation of the patient's hearing and disposition.

b) Listening

Listening that is to the heart, the breathing and particularly the voice.

c) Asking

Asking that is finding out by interrogation the history of the disorder and other factors such as sleep, dreams, bowel habits.

d) Palpating

Palpating specifically of points on the abdomen, thorax and on the channels.

e) Taking the pulse – pulse diagnosis

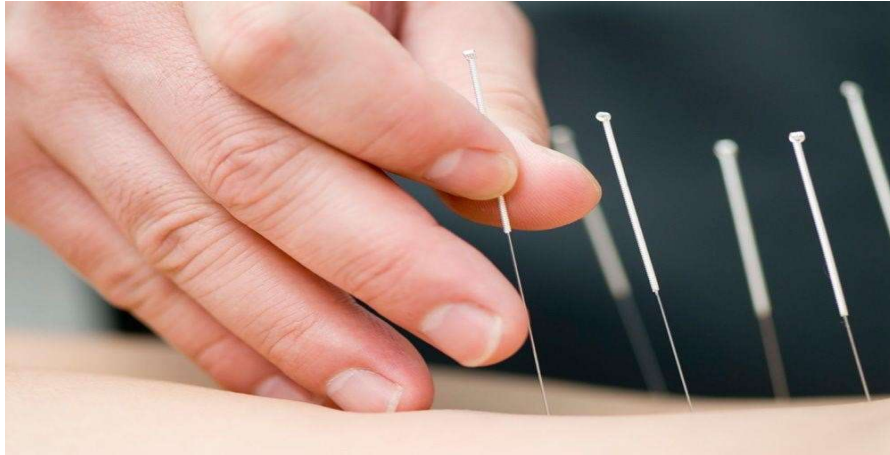
f) Examination the ear – using the principles of auriculotherapy.

g) Tongue diagnosis

ACUPUNCTURE

Definition:-

Acus means needle and Punctura means to penetrate. **Acupuncture** is a form of treatment that involves inserting very thin needles through a person's skin at specific points on the body, to various depths.



Concepts of Acupuncture:-

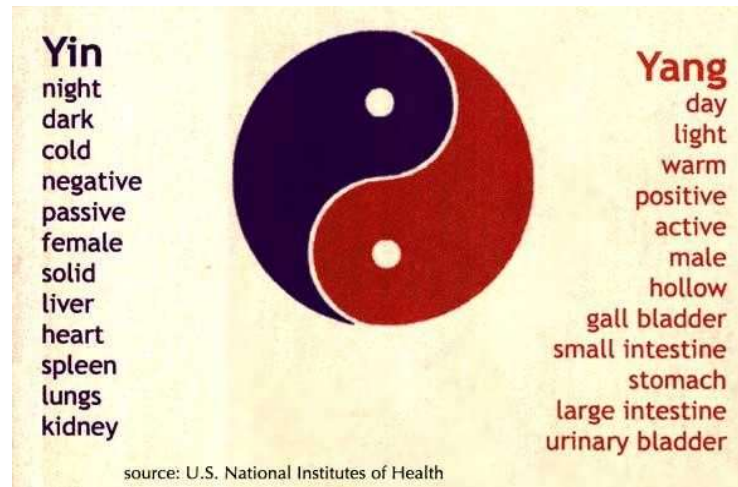
The ancient Chinese believed that disease was caused by the imbalance in the body of two principles, which they called Yin and Yang: by Yin meant the negative or female principles, while Yang was the positive or male principles, both of which are universally present in all nature.

In the healthy state, there was believed to be a harmonious balance between these opposite but mutually interacting principles – a state of affairs (homeostasis). But when disease supervenes, it was believed that one or other principle becomes dominant at the expense of the other.

Corrections of this imbalance are achieved by the needling of selected acupuncture points.

Traditional Theory of Acupuncture:-

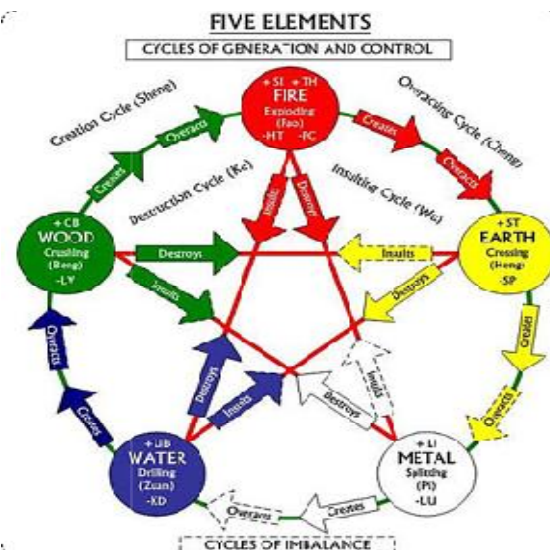
1) The theory of Yin and Yang:-



This dynamic concept is the keystone of the entirety of Chinese philosophy and of Chinese medicine. Yin is conceptualized as being cold, dark and female. Yang is warm, light and male. Yin is passive and signifies that which is deep and hidden. Yang is active and signifies that which is above the surface. Since Yin and Yang are constantly changing their relationship to each other, one can not exist, materially or conceptually, without each other.

2) The theory of Five Elements:-

The five elements are: Wood, Fire, Earth, Metal and Water. They are related in two cyclic sequences which are termed the generative and the destructive cycles.

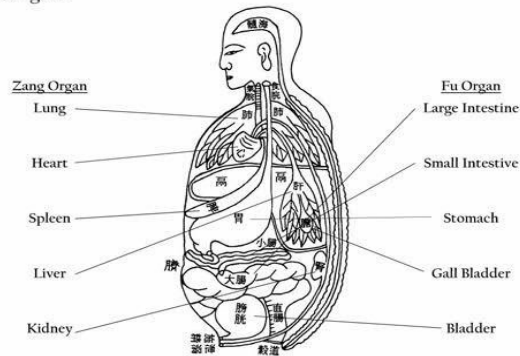


In the generative cycle Fire is fed by Wood; the ashes which form become the Earth; Metal is formed in the Earth; Water springs from Metal; and Water nourishes trees which become Wood, thus completing the cycle.

In the destructive cycle Fire melts Metal; Metal cuts Wood; Wood covers the Earth; and Earth dams Water.

3) The theory of Zang – Fu:-

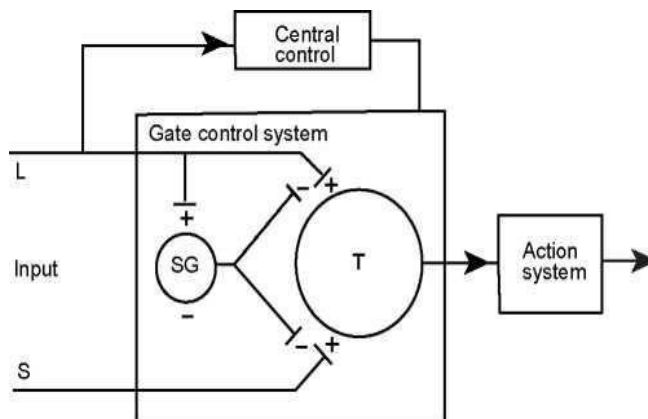
TCM Zang Fu



The Zang Organs have the function of storing and are known as the “Solid Organs”. They are Ying in character. The Fu Organs have the function of digesting and absorbing food and excreting wastes, and are known as the “Hollow Organs”. They are Yin in character. Although the the different Organs have separate functions, they work in close co – ordination with each other to preserve the unity of the organism and to carry out its vital functions.

Modern theories of Acupuncture:-

A. Gate Control Theory of Pain:-



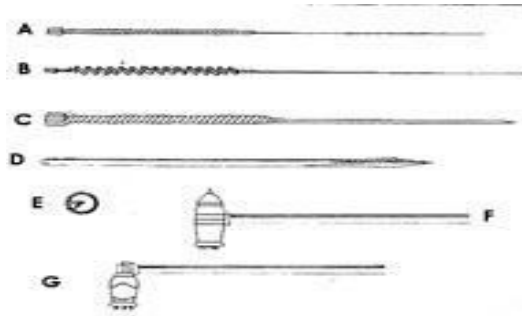
According to this theory, our perception of pain is modulated by a functional gate within the central nervous system. Under normal circumstances this gate is wide open and pain impulses get through quite easily. But when acupuncture needling is carried out, a second stream of non – painful impulses is set up from the site of needling. The result is over – crowding or jamming at the gate causing it to close.

B. Chemical or Hormonal Mechanism:-

Acupuncture sensation pathway through hypothalamus to the pituitary. Endorphins carried from pituitary in the cerebrospinal fluid to the thalamus and spinal cord. Endorphin flow from pituitary to the thalamus and reticular formation. Acupuncture sensation reaching the reticular formation through the hypothalamus.

Materials of Acupuncture:-

I. The Acupuncture Needles:-



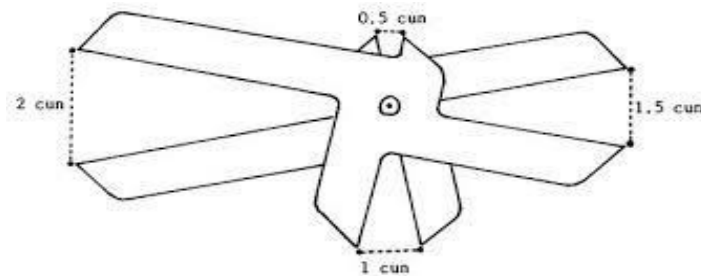
Different types of needle are used for acupuncture:

- The filiform needles
- The embedding needles
 - The thumbtack type
 - The fish tail type
 - The spherical press needle
 - The muscle embedding needle
- The “Plum Blossom” needle
- The three edged needle
- The hot needle

II. Apparatus for the electrical stimulation of acupuncture points via needles



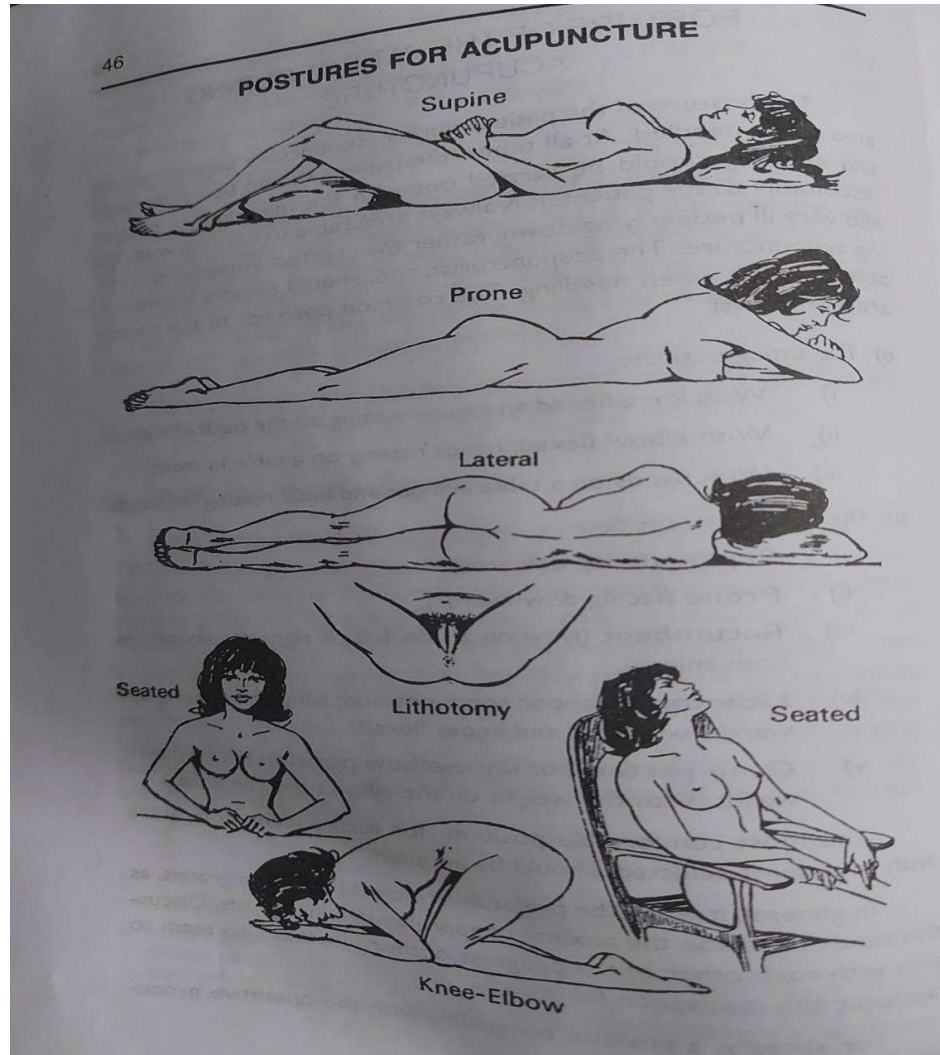
III. Apparatus for the detection of acupuncture points – Acupunctoscope



- IV. Sterilization and disinfection of needles
- V. Care of the needles
- VI. Cotton

Methods of Acupuncture:-

- Posture of the patient during Acupuncture



The posture of the patient during acupuncture depends on the area to be needled. At all times, the patient should be comfortable and needling should be carried out with the minimum of pain or discomfort to patient.

- The sitting position:-
 - With knee flexed and spine resting on the back of a chair.
 - With elbow flexed, hands resting on a table in front.
 - With hands on a table in front and head resting on hands.

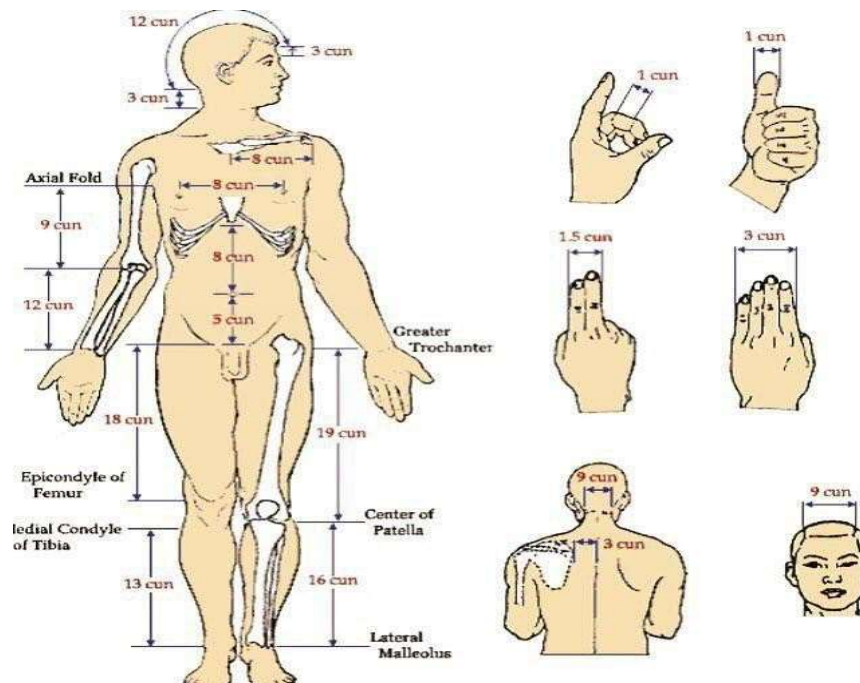
- The lying down position:-
 - Supine
 - Prone
 - Recumbent (lying on a side, left or right)
 - Lithotomy (labour room position)
 - Genu pectoral or knee elbow position (facing downwards, with the weight on the elbows and the knees)

- **Methods of locating Acupuncture Points**

- I. Anatomical landmarks

Prominent anatomical marking of the body surface are made to serve as a basis for locating points. These include the body landmarks, felt or seen, on the surface, the sense organs, the eyebrows, the hairline, joint creases, the nipples, and the umbilicus.

- II. Finger measurements



In this method, the Chinese “body inch” or “Cun” is taken as the standard.

- III. Proportional measurement

This method takes as its basis that in an average person the various parts of the body are generally in relative proportion to each other.

IV. Location of points by using posture

In this method, the patient is instructed to assume certain postures, which will help to identify the points. Second the acupuncturist's posture to identify some points.

V. Tender points

Certain points of the body become tender to finger pressure in condition of disease. The needle is inserted at the centre of the tender area.

VI. Location of points with Acupunctoscope

The patient is asked to grip one of the two electrodes connected to the instruments and the acupuncturist uses the other electrode, which is equipped with a blunt point, to explore the body surface for reactive points.

VII. Location by reference to another points

Eg. Extra 6 which is located in reference to Du – 20.

VIII. Cunometer

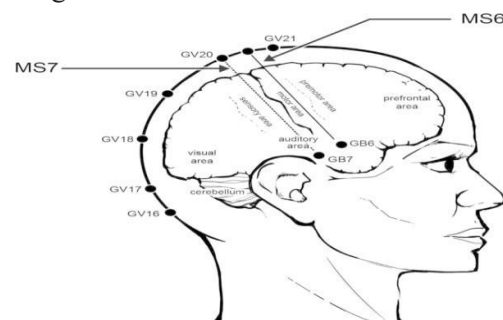
This is specially designed pair of double callipers by which the patient's "Cun" is directly measured, with this one measurements, the instruments could show multiple of cun.

IX. Skin changes

This method is used in locating reactive acupuncture points in auriculotherapy.

X. Combination of two or more of the above methods

XI. Using a centimetre



In head needle therapy the acupuncture areas are located using a centimetre scale.

XII. Electronic points detector



In modern electrotherapy and laserbeam apparatus there are coloured indicators or computerized devices to signal the arrival of the probe over the acupuncture point.

• **Methods of Puncture**

Methods of needle insertion called puncturing techniques can be described with reference to the three main stages of the puncture;

- a) Insertion
- b) Retention
- c) Withdrawal of the needle

Insertion of needle:-

There are many ways in which a needle could be inserted, and the technique to be used for a particular acupuncture points depends upon the site of the point and the length of the needle. The acupuncturist must ensure that the needle pass through the skin very quickly.

Depth & Direction:-

The direction of insertion of the needle may be described in terms of the angle the needle makes with the skin surface. There are three directions of insertion:

- Perpendicular – 90 degree to the skin
- Oblique – 45 degree to the skin
- Horizontal – 15 degree to the

skin
Order of inserting and removing the needles:-

- From above downwards
- From proximal to distal
- Away from or towards the acupuncturist
- Less painful to the more painful points
- To encircle a lesion such as a scar, ulcer or a skin eruption.

Retaining of the Acupuncture needle:-

Usually the needle is retained in position for 15 – 30 min., and removed. Treatment is carried out for 7 – 10 days daily, every other day, or every third day. Then a period of 5 – 7 days, rest is given to allow for further improvement and thereafter the patient is reviewed. In very painful disorders needle may be retained for one hour.

Removal of Acupuncture needle:-

The needle is removed at the end of the treatment period rapidly and gently. The acupuncture point is then massaged with a dry sterile piece of cotton wool.

- **Stimulation with the needles**

Stimulation is usually performed manually or electrically. The following methods may be used in manual stimulation:

- i. Lifting and thrusting:

After insertion to the correct depth, hold the needle between the thumb and the forefinger, lift it a little and then thrust it back to the original depth.

- ii. Rotation:
After insertion to the correct depth, rotate the needle clockwise and counter clockwise at amplitude of not more than 180 degree.
- iii. Combination of the lifting and thrusting with rotation: This method generally gives better results.
- iv. Scraping the handle:
The method may be fixed with the thumb and then the handle is scraped with the forefinger.
- v. Vibration of the needle:
The needle may be vibrated after insertion by gently tapping on the handle from one side.

- **Needling sensation**

The sensations felt by the patient are Subjective :

- a) Numbness
- b) Heaviness
- c) Soreness
- d) Distension

nsion

Objective

effects are;

- a) Analgesic
- b) Sedation
- c) Homeostatic
- d) Immune enhancing action
- e) Anti – inflammatory
- f) Anti - allergic

Precautions of Acupuncture:-

Areas prohibited for acupuncture are the scalp area of infants, the nipple & breast tissue, the umbilicus, the region of the external genitalia.

Dangerous and vulnerable acupuncture points are to be punctured with care.

Contra – indication to Acupuncture:-

- Cancer and other Malignant diseases

- Mechanical obstruction
- Clear indication for surgery
- Fulminating infections
- Pregnancy
- Drugs
- Hemorrhagic diseases
- Miscellaneous conditions – very old patient, debilitated and dying patient, patients sweating profusely, immediate after hot bath.

Complications of Acupuncture:-

- Pain on insertion of the needle
- Bleeding
- Fainting
- The forgotten needle
- Bent, broken or stuck needle
- Infection
- Injury to internal organs or vital structures
- Overcorrection of certain physiological parameters, especially if the patient is also on drug therapy
- Abortion or premature delivery in pregnancy
- Drug withdrawal
- Electrical burns
- Ventricular fibrillation
- Interference of cardiac pace – maker
- Addiction to Acupuncture
- Nerve damage
- Penetrations of vital organs or joints
- Generalized convulsion

Rules for selection of Acupuncture Points:-

- All acupuncture points of a channel treat diseases occurring along that channel and diseases of the corresponding internal organ related tissues and of the connected special sense organ
- All acupuncture points treat diseases of the local and adjacent areas
- Points distal to the elbow and distal to the knee treat proximal disorders
- Needling has specific physiological and psychological effects

- Certain points on the body surface become tender or act as a trigger points during disease – Ah – Shi Point
- Certain points become painful on palpation when there is disease of related organ – Alarm Point
- There are 8 Influential Points which are used to treat diseases of specific tissues
- Each channel has Xi – Cleft point, which treats acute diseases of the Channel and pertaining channel
- Each channel has Yuan Source point which treat sub acute and chronic diseases of pertaining channel
- There are 15 Luo – Connecting points
- Symptomatic points – alleviate symptoms of certain diseases
- A disease of one side of the body may be treated by acupuncture points of either side
- The extra ordinary channels may treat mixed symptomatology disorders.
- Five Shu points corresponds to five elements
- The mother and son points used for tonifying and sedating respectively
- Points according to Innervation

BENEFITS:-

- headache and migraine
- high and low blood pressure
- chemotherapy-induced nausea and vomiting
- some gastric conditions, including peptic ulcer
- painful periods
- dysentery
- allergic rhinitis
- facial pain
- morning sickness
- rheumatoid arthritis
- sprains
- tennis elbow
- sciatica
- dental pain
- reducing the risk of stroke
- inducing labor

- Low back pain
- neck pain
- osteoarthritis
- knee pain

REFERENCES

- Clinical Acupuncture – Anton Jayasuriya
- <https://www.webmd.com/pain-management/ss/slideshow-acupuncture-overview>



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