Acupuncture, its theory, practice, and benefits

Aizhongn Li, PhD., L. Ac., Dipl. O. M. Professor of FLSAOM of NYCC
What Is Chinese Acupuncture?
Acupuncture is one of the **oldest medical procedures** in the world and can benefit your general health.

- USA: 1970s after Richard Nixon's historic visit to China.
- China (Asia): more than 2,000 years.
- One of the fastest growing fields of health care in US.
- Safe, effective, and low cost.
Acupuncture helps Rebalance of the body

- Similar to Western medicine, our body, mind, and spirit function optimally when in a state of balance or homeostasis. Our lives and lifestyle throw us out of balance.

- With acupuncture, fine, sterile needles are inserted into specific acupuncture sites along pathways or meridian to balance qi or energy in order to re-establish internal balance.
The Needles

All needles used are filiform (solid), sterile and disposable.
Acupuncture Channels

Hundreds of points are located on all surfaces of the body
A Branch of TCM
Traditional Oriental Medicine

• Acupuncture
• Chinese Herbs
• Diet & Lifestyle
• Exercises (Tai chi/ Qi gong)
• Other Techniques (tuina/bodywork, electrical stimulation, cupping, etc.)
What can be treated with Oriental Medicine?

Including:
• painful conditions
• digestive complaints
• menstrual disorders
• fatigue & energy concerns
• skin conditions
• Upper Respiratory Tract
  – Acute sinusitis
  – Acute rhinitis
  – Common cold
  – Acute tonsillitis

• Respiratory System
  – Acute bronchitis
  – Bronchial asthma

• Disorders of the Eye
  – Acute conjunctivitis
  – Central retinitis
  – Myopia (in children)
  – Cataract (without complications)

• Disorders of the Mouth
  – Toothache, post-extraction pain
  – Gingivitis
  – Acute and chronic pharyngitis
• **Gastro-intestinal Disorders**
  - Spasms of oesophagus and cardia
  - Hiccough
  - Gastroptosis
  - Acute and chronic gastritis
  - Gastric hyperacidity
  - Chronic duodenal ulcer (pain relief)

  - Acute duodenal ulcer (without complications)
  - Acute and chronic colitis
  - Acute bacillary dysentery
  - Constipation
  - Diarrhoea
  - Paralytic ileus
• Neurological and Musculo-skeletal Disorders
  – Headache and migraine
  – Trigeminal neuralgia
  – Facial palsy (early stage, i.e. within three to six months)
  – Pareses following a stroke
  – Peripheral neuropathies
  – Sequelae of poliomyelitis

  – Meniere's disease
  – Neurogenic bladder dysfunction
  – Nocturnal enuresis
  – Intercostal neuralgia
  – Cervicobrachial syndrome
  – "Frozen shoulder," "tennis elbow"
  – Sciatica
  – Low back pain
  – Osteoarthritis
Tongue Diagnosis

- One of the observation diagnostic method to find out the patient condition and pattern
Tongue-Organs

Areas of the tongue also reflect imbalances of zangfu or areas of the body.
Pulse Analysis

Detailed analyses of 12 radial pulses are used to help determine a clinical diagnosis.
Acupuncture Points
Indirect Moxa
Heat helps invigorate Qi & Blood movement, as well as adding supplemental energy to the points.
Heat can be applied through combustion of moxa (mugwort plant material) or via electrical far-infrared heat lamps. Patients may notice smoky odor in office.
Without side effects.

- By using acupuncture and related treatment strategies, the clinic effectiveness can be very satisfying. The pain scale drops dramatically without side effects.
“Herbs”
Over 6,000 species are in use, most of botanical origin (leaves, stems, seeds, twigs, roots, etc)
Transplant and Acupuncture
• On average, **66 people receive transplants every day** from either a living or deceased donor.
In 2002, about 24,500 transplants were performed in the United States:

- 14,400 kidney transplants
- 5300 liver transplants
- 2200 heart transplants
- 1000 lung transplants
- 900 kidney/pancreas transplants
- 550 pancreas transplants
- 104 intestine transplants
- 31 heart/lung transplants
Acupuncture May Smooth Liver Transplant Recovery


• As major surgery requiring general anesthesia, a liver transplant involves the challenging post-operative recovery period. Now researchers from Duke University have found that acupuncture is a safe and effective way to ease the transition between operating table and hospital dismissal.


Department of TCM, Organ Transplantation Center, The First Clinical Hospital of Jilin University, Changchun, China. Ge HY, Chen B, Li YT

• **OBJECTIVE:**
  
• To observe the effect of acupuncture on gastrointestinal responses after renal transplantation.

• **METHODS:**
  
• 60 cases with gastrointestinal responses after renal transplantation were randomly divided into an acupuncture group and a medication group, 30 cases in each group. The acupuncture group were treated with acupuncture at Neiguan (PC 6), Zusanli (ST 36), Sanyinjiao (SP 6), etc.; the medication group were treated with oral administration of Weilexin. The symptoms of abdominal pain, nausea, gastric distention, and other gastrointestinal responses were observed in the two groups
RESULTS:

• The effective rate was **93.3%** in the acupuncture group and **76.7%** in the medication group with a very significant difference between the two groups (P < 0.01), the acupuncture group being significantly better than the medication group.

• CONCLUSION:

• Acupuncture has a good effect of promoting recovery of gastrointestinal function after renal transplantation.
• Bone Marrow Transplants:
  Acupuncture given a few weeks prior to bone marrow transplant can help prepare the body for transplant
  Acupuncture given 1-4 weeks after bone marrow transplant can help with infection, liver problems, jaundice and other symptoms.
Stem cell transplantation

• A new combined therapeutic strategy of governor vessel electro-acupuncture and adult stem cell transplantation promotes the recovery of injured spinal cord.

• Liu Z, Ding Y, Zeng YS.

• Source

• Division of Neuroscience, Department of Histology and Embryology, Zhongshan School of Medicine, Sun Yat-sen University, Guangzhou 510080, China.
Spinal cord injury (SCI)

Abstract

- We have used a combined approach by integrating the basic and clinical research in SCI in recent years. In this connection, transplantation of NSCs or MSCs coupled with the Governor Vessel electro-acupuncture (GV-EA) has been adopted to improve the recovery of SCI. Our study suggests that GV-EA may activate the process of cell metabolism, and initiate synthesis and secretion of endogenous neurotrophic factors in the ambient tissues at the lesion site of spinal cord.
Acupuncture for Persistent Hiccups in a Heart and Lung Transplant Recipient

• Persistent hiccups can interfere with daily activities and cause sleep disturbance and fatigue. We report a case of persistent hiccups occurring in a heart and lung transplant recipient that was successfully treated with acupuncture.

• http://www.jhltonline.org/article/S1053-2498(05)00426-2/abstract
Acupuncture works on Qi
Qi

- Qi is the vital force, the presence of which separates the living from the dead.
One's good health depends on a balanced distribution of Qi throughout the meridian network.
The energy channels and collaterals form a highly-complex invisible network, that connects all parts of the body together, transports and directs Qi to every part of the body.
Qi Has Many Functions

• Qi nourishes the body.
• Qi promotes growth, development and reproduction.
• Qi is also a driving force for blood circulation, etc.
Acupuncture and Oriental Medicine Defined:

Imbalances in the flow of qi lead to health problems ...
The Main Objectives of Treatment

BALANCE and HARMONIZE
Body Repairs Itself

• Acupuncture therapy helps the body to repair itself and maintain its own health.