

ACUPUNCTURE
AURICULOTHERAPY ACUPRESSION

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Synopsis

Acupuncture is a therapy that emerged from traditional Chinese medicine and is used to promote well-being and to treat various health problems. Acupuncture techniques consist of the application of fine needles, laser or mustard seeds at specific points on the body, called meridians, where nerve endings, tendons and muscle fibers are located.

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ACUPUNCTURE-ORIGIN

The origins of Acupuncture are lost in time.

Archaeological evidence allows us to suppose that the technique was practiced on the Asian continent, more specifically in China, more than four thousand years ago.

Some scholars, in their works, refer to its origins four thousand years ago. We all know that, in antiquity, diseases were treated with the means available at the time, such as diets and teas (herbal infusions), “needling” (acupuncture); and, later, spinal manipulation and massages (Tui-Na), breathing exercises, with or without body movements (Qi Gong) and exercises adapted from the martial art (Tai Chi Chuan).

These and other treatment methods based on the knowledge of primitive medicine have been developed and interpreted, over the centuries, in the light of subjective and philosophical beliefs, inserted in the cultural context of each era. Archaeological finds from the Shang dynasty (1766-1123 BC) even included primitive acupuncture instruments and turtle shells and bones, on which discussions of medical pathology were recorded.

But the first medical text known and still used by the TCM is the Yellow Emperor's Treaty of Internal Medicine (Nei Jing), written in the form of a dialogue between the legendary Yellow Emperor (Huang Di) and his minister, Qi Bai, on the affairs of medicine, according to some authors, during the Warring States (475-221 BC). Other classic texts appeared later, among them the Discussion of Diseases Caused by the Cold, The Classic on the Pulse, The Classic of Difficulties (Nan Ching) and The Classic on Systematization of Acupuncture and Moxa.

This important book – Nei Jing – became known as “The Yellow Emperor's Canon of Medicine” and served as the basis for the development of TCM.

The first volume contains the techniques of physical examination and the theories and fundamentals of TCM, while the second contains practically all the science of diagnosis and treatment through needles and moxas, from the different

instruments used at the time, such as the “nine needles” , to the location and therapeutic indication of the points, about 60% of which are still used as a reference today.

Recently, on the occasion of the Congress of the Brazilian Medical Society of Acupuncture (SMBA), the book Acupuncture and Manipulation Methods was released. It recognizes that many of the treatment techniques currently used in medicine are actually updated versions of those cited in the book Nei Jing. Therefore, it is necessary to be careful with what some often call “innovative” techniques as if they were contemporary, when in reality, under a more accurate observation, they are repetitions of those described above.

The history of Chinese Medicine records periods in which acupuncture reached considerable development, as well as others in which it remained stationary. During the Tang dynasty (618-907 AD), acupuncture gained great prominence, with the foundation of the Imperial College of Medicine, where the first acupuncturists were officially trained.

Approximately two hundred years later, around 1206, during the Song dynasty (960-1279), a hollow, life-sized bronze statue of a man was built, containing replicas of viscera and organs. There were, on the surface, the acupuncture points drilled into the meridian paths. This model, known as “The Bronze Man”, was used in the teaching and training of acupuncture students. To do so, the surface was covered with black wax and the model was filled with water.

The student should, as requested by the masters, introduce a needle, letting the water flow if he correctly reached the indicated point. This innovative teaching method allowed for a considerable development of acupuncture, which culminated in the execution of a pioneering study on the needling of certain effective points for the treatment of various diseases.

It was during the reign of the Ming dynasty (1368-1644), however, that TCM reached its apogee, recognizing and delimiting the different areas of medical practice, such as pediatrics, gynecology, general practice, orthopedics-

traumatology, psychiatry, forensic medicine. , febrile diseases (infectious diseases), phytotherapy,

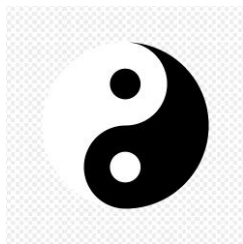
acupuncture and Tui-Na (vertebral manipulation and massage), which correspond to current medical specialties (except for the last one, Tui-Na). During the nearly three centuries (1644 -1911) after the Ming dynasty and during the Ching dynasty, acupuncture gradually declines, which begins with the exclusion of its teaching in universities.

At the same time, the influence of Western Medicine was expanded and accentuated in the 19th century, when new diagnostic procedures and new drugs (allopathic medicines) were discovered, used in the treatment and combat of diseases and epidemics, causing a great impact on the Chinese academic circles, because they were much more effective in cases of acute illness.

This trend culminated in the ban on acupuncture in the Forbidden City, enacted in 1822 by the then Emperor Dao Guang, considering that acupuncture was just an esoteric practice.

Since 1944, the then leader Mao Tse Tung had already proclaimed the guideline for integrating TCM with Western medicine. After the proclamation of the People's Republic of China in 1950, Mao himself insisted on the joint work of TCM professionals and those of Western medicine.

From the 1950s onwards, surgeons found that acupuncture had an analgesic effect, both in the surgical and post-surgical procedures, a fact that marked the beginning of acupuncture anesthesia.



EVOLUTION

An important change in the historical evolution of acupuncture was probably due to its official recognition in 1955, when TCM came to be equated with Western scientific medicine. This conceptual reform had the following mottos: "Ancient wisdom must be harnessed, integrating Western medicine into our medicine", "It is very important that we eliminate old and useless concepts, and introduce innovation in traditional Chinese medicine".

In 1958, doctors trained in Western medicine were invited to learn TCM. From then on, acupuncture began to be practiced taking into account the knowledge and advances of western medicine, opening the possibility of carrying out new studies and scientific research in China.

In 1966, the study of acupuncture anesthesia was a matter of interest to the Chinese government, leading to the diffusion of this technique in the following decade.

In the period from 1949 to 1977, there were about 8,000 articles on clinical research. From 1970 to 1983, more than 2,000 scientific papers were published on the mechanism of action of acupuncture and anesthesia using this technique. Currently, there are dozens of medical journals relating to acupuncture, some of which have been translated into other languages.

In the 1970s, the period of the Cultural Revolution, due to the population explosion in China, the deficiency of public health services was accentuated. Faced with this huge problem, the current regime authorized the care of the population by improvised teams, made up of the so-called "barefoot doctors", who were non-medical individuals with precarious knowledge of various medical areas, including acupuncture.

The result of this experience, as expected, was a disaster, since the treatment with needles, despite appearing to be a simple technique, actually required knowledge of anatomy, physiology and pathology to obtain the correct diagnosis of

diseases. Thus avoiding the occurrence of serious complications causing deaths, as has already been recorded in Red China.

Faced with these facts, the Chinese authorities determined that acupuncture should only be taught in TCM faculties, taught in an integrated way with Western medicine. In this way, the professional practice of acupuncture could only be performed by physicians trained in these schools.

During my postgraduate course in Traditional Chinese Medicine, in the capital of the province of Guangzhou, in 1982, I had the opportunity to experience the efforts made by the medical community to integrate Traditional Chinese Medicine with Western Medicine.

The progress of acupuncture and TCM has been steady and remarkable. His practice is present in hundreds of clinics and hospitals worldwide. In order to obtain the best results, the trend is in fact to include acupuncture in the physician's specialty, such as, for example, acupuncture, applied to pediatrics, orthopedics, gynecology and so on.

Scientific evidence is accumulating on the effectiveness of acupuncture, and the explanation of its mechanism of action is being researched in many medical centers around the world, including Medical Schools and University Hospitals in China and in our own country.

In Brazil, acupuncture was recently considered a medical specialty by the Federal Council of Medicine (CFM) and by the Brazilian Medical Association (AMB), and in October 1999, the first competition for the Title of Specialist in acupuncture was held, in which more than 800 doctors were approved.

Acupuncture is a technique in which practitioners stimulate specific points on the body, most often by inserting fine needles through the skin. It is one of the practices used in traditional Chinese medicine.

Acupuncture can help control certain pain conditions, but evidence about its value for other disabilities determines the balance of the human body by meridians.

Technique Acupuncture is a treatment technique that consists of stimulating certain points on the surface of the skin. Needles, suction cups, massages, and even the heat from the burning of moxa, prepared from the herb *Artemisia* (Moxibustion) can be used in this process.

Needles In the Stone Age, wooden thorns, then bone chips or sharpened flint, were used to puncture, draw pus from the abscess, or to bleed.

In fact, archaeological research has led to the discovery of flint needles dating back to the Stone Age, but the first known acupuncture needles were made of stone, bones and bamboo (Neolithic period), but with the discovery of metals passed to be made with iron, silver and various metal alloys.

It was Emperor Huang Ti who ordered the use of metallic needles, replacing stilettos and jade. Today, stainless steel needles are used.

Archaeological finds from the Shang Dynasty (1766 – 1123 BC) even included acupuncture needles and turtle shells and bones, on which discussions of medical pathology were recorded. The needles used today are as fine as a hair (0.020 mm in diameter), and made of stainless steel, measuring 1 to 12 cm.

Its tip is rounded, which prevents it from hurting and storing blood in case there is bleeding.

The needle handle is wrapped in silver-plated copper wires, which facilitates the electrical stimulation effect, important in the treatment of acute and chronic pain. Most needles are imported from China and come in individual, pre-sterilized packages.

Application Acupuncture Migraine Patient being treated for Migraine. Needles inserted in some points of the scalp. Already in the first applications the response is excellent. Rhinitis Patients with rhinitis may benefit from acupuncture treatment.

Very small and very fine needles are introduced in some points of the face with very good results in 8 to 10 sessions. Knee Pain Knee pain. It responds very well to Acupuncture. In this case,

electro acupuncture is being used, in which a low-frequency current potentiates the effects of needling.

Back Pain Patient is being treated for back pain.

Electro acupuncture is also being used with faster and more efficient results. Asthma Patient is being treated for asthma. The results of this treatment are excellent.

Points are stimulated with a positive response in the first applications.

Needleless Acupuncture Some patients have needle phobias, especially children. We can use electrodes on the acupuncture points with electrical stimulation.

The results are very similar to needling. **Indication and Use** It is important to emphasize that Acupuncture is a therapy with a wide range of action, which can improve or cure numerous diseases. If the diseases are recent, without physical injuries, they are more likely to be cured.

As for the most serious and chronic diseases, Acupuncture improves their symptoms and the patient's quality of life.

Acupuncture does not treat disease.

It treats patients who must be evaluated as a whole, diagnosing the cause or type of imbalance that it presents, and not just the consequences of the imbalance or its symptoms.

The preventive side of Acupuncture consists in the possibility of going against the disease before it manifests itself in its fullness, that is, in the stage where we know that we are almost getting sick, but there are still no concrete symptoms, in the phase of discomfort that precedes the illness.

In general, every patient is subject to acupuncture treatment as long as there is no extreme degree of tissue degeneration.

And even when the patient needs to associate another allopathic or homeopathic treatment, undergo surgery or undergo symptomatic treatment for an incurable disease, Acupuncture reduces side effects, potentiates the effect of medication, accelerates recovery.