Chinese Acupuncture

Mel Drisko, MSTCM, L.Ac.
Distinguish between western biological rationale for medical acupuncture and Chinese acupuncture.

Compare and contrast diagnostics and treatment approach from a medical acupuncture vs. TCM perspective.

Identify medical conditions treated with acupuncture, and resources for referral & further learning.
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Chinese Medicine

- Oracular / Demonic
- Religious / quasi-religious
- Buddhist, Ayurvedic
- Pragmatic drug therapy
- Systematic correspondence
- Western bio-medicine

Unschuld, P.U., Medicine in China, A History of ideas. Univ of Calif Press 1985
3500 year history
• Shamanism
• Ancestors
• feng shui

Confucianism
Taoism
Systematic Correspondence

Everything in Universe is connected with everything else

Human body
Parts of the body
Organs
Animals
Plants

Minerals
Natural phenomena
Climate/weather
Musical notes
Numbers
Systematic Correspondence

• Belief in unity of nature
• Finest particles of matter as basis of life
• Certain characteristics of a united empire
• *Yin Yang* and the Five Phase theories

Unschuld, P.U., Medicine in China, A History of ideas. Univ of Calif Press 1985
Sky

Human

Earth

yang

taiji

yin
<table>
<thead>
<tr>
<th><strong>Yin</strong></th>
<th><strong>Yang</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Structure</td>
<td>Function</td>
</tr>
<tr>
<td>Contraction</td>
<td>Expansion</td>
</tr>
<tr>
<td>Responsive</td>
<td>Aggressive</td>
</tr>
<tr>
<td>Quiescent</td>
<td>Dynamic</td>
</tr>
<tr>
<td>Conservation</td>
<td>Destruction</td>
</tr>
<tr>
<td>Earth</td>
<td>Sky</td>
</tr>
<tr>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>Cold</td>
<td>Hot</td>
</tr>
<tr>
<td>Moist</td>
<td>Dry</td>
</tr>
</tbody>
</table>
Five Phase - *wu xing*

### Yin Yang combined with five phases in a systematic correspondence

<table>
<thead>
<tr>
<th>Yang/yin</th>
<th>Yang/Yang</th>
<th>Yin/yang</th>
<th>Yin/Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase</td>
<td>Wood</td>
<td>Fire</td>
<td>Earth</td>
</tr>
<tr>
<td>Season</td>
<td>Spring</td>
<td>Summer</td>
<td>late</td>
</tr>
<tr>
<td>Viscera</td>
<td>Liver</td>
<td>Heart</td>
<td>Spleen</td>
</tr>
<tr>
<td>Bowels</td>
<td>GB</td>
<td>SI</td>
<td>Stomach</td>
</tr>
<tr>
<td>Color</td>
<td>green</td>
<td>red</td>
<td>yellow</td>
</tr>
<tr>
<td>Flavor</td>
<td>sour</td>
<td>bitter</td>
<td>sweet</td>
</tr>
<tr>
<td>Orifice</td>
<td>eyes</td>
<td>ears</td>
<td>nose</td>
</tr>
<tr>
<td>Emotion</td>
<td>anger</td>
<td>joy</td>
<td>sympathy</td>
</tr>
</tbody>
</table>
Evil - xie

xie gui , xie mo— evil demons

xie qi – unnatural trend or influence
Unhealthy influences

Environmental
Emotional stresses
Dietary
Exercise/leisure/overexertion
Trauma
Parasites and poisons
Wrong treatment

Qi or Chi

“Rising vapors”

“Rice”

“breath”, “vapors”, “gas”, “pneuma”


Classical Period:

Nei Jing
Shang Han Lun
Nan Jing
Zhen jiu jia yi jing

2000 BC  200 BC  200 CE  900  1800  1950

Traditional Chinese Medicine (TCM)
Acupuncture
Origins

- 6000 BC
- 168 BC  *Ma Huang Di* tombs
- 90 BC
- 100 CE

Acupuncture Channels (jingmai, luomai, sunmai)

- Occur between “skin and flesh”
- Carry qi and blood
- Well, spring, stream, river, sea
- Limits in analgesic effects
Acupuncture Channels

12 paired channels
8 single channels
Extra points
Then

- Amulets
- Geomancy
- Exorcism
- Oral spells
- Bleeding
- Massage-tuina
- Moxa-cauter-y
- Bathing-fuimigation
- 13 acupoints
- Stone needles

Now

- Electro-acupuncture
- TENS
- Filiform needle
- 3 edge needle
- 7 star hammer
- Intradermal needle
- Massage/acupressure
- Cupping/Moxibustion
- Point injection therapy
- Infrared
- Laser
- Over 400 acupoints

## TCM - physiology

- Three treasures: qi, shen, jing
- Vital substances:

<table>
<thead>
<tr>
<th>Jing</th>
<th>qi</th>
<th>blood</th>
<th>fluids</th>
<th>shen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kd</td>
<td>Lu</td>
<td>Lv</td>
<td>Sp</td>
<td>Ht</td>
</tr>
</tbody>
</table>

- Organ correspondences

<table>
<thead>
<tr>
<th>Lungs</th>
<th>Skin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen</td>
<td>Pancreas</td>
</tr>
<tr>
<td>GB</td>
<td>acupoints</td>
</tr>
<tr>
<td>Liver</td>
<td>qi, tendons</td>
</tr>
<tr>
<td>Kidney</td>
<td>bones, reproductive</td>
</tr>
<tr>
<td>Heart</td>
<td>emotions</td>
</tr>
</tbody>
</table>
TCM – pathology

Many patterns for one disease

Many diseases with the same pattern
TCM Diagnosis

- History, interview
- Observation (laboratory tests)
- Palpation, physical exam
- Pulse

Tongue Inspection

TCM Diagnostic and Treatment Sequence

1. Synthesis of signs and symptoms
2. Eight Principles
   - yin-yang
   - Interior-Exterior
   - Hot-Cold
   - Deficient – Excess
3. Disease “pattern” (bian zheng)
   - qi and blood patterns
   - organ patterns
   - channel patterns

TCM Diagnostic and Treatment Sequence

4. Root (ben) or branch (biao) manifestation

5. Diagnosis

6. Treatment Principle


Numerous correspondences but little to no causation.
### Chronic Gastritis

<table>
<thead>
<tr>
<th>Patient #1</th>
<th>SP damp heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient #2</td>
<td>ST yin def.</td>
</tr>
<tr>
<td>Patient #3</td>
<td>SP yang def.</td>
</tr>
<tr>
<td>Patient #4</td>
<td>SP/ST cold damp</td>
</tr>
<tr>
<td>Patient #5</td>
<td>LV invading Sp</td>
</tr>
<tr>
<td>Patient #6</td>
<td>ST blood stasis</td>
</tr>
</tbody>
</table>

Primary Hypertension

Patient #1  Liver fire
Patient #2  Phlegm obstructing spleen
Patient #3  Liv/Kid yin deficiency
Patient #4  Kid yang deficiency

Western Psychiatric Disease with Chinese Equivalents

Senile dementia - feeblemindedness, impaired memory

Major depressive disorder – depression-agitation, Lillium syndrome, plum-pit syndrome

Bipolar Affective disorder – frequent sorrow/ frequent joy

Anxiety disorder – fear & palpitations, panic throbbing

Post-partum depression - Liver/Heart blood deficiency

Premenstrual dysphoric disorder - liver qi not discharging

Perimenopausal syndrome – liver/kidney yin deficiency heat flaring

Hollifield, M and Hammerschlag R. Acupuncture for Posttraumatic Stress Disorder a randomized controlled Pilot Trial, J Nerv and Mental Dis, Vol 195, Number 6, June 2007
Treatment with Chinese Medicine

Acupuncture

Herbs

Qigong

TCM

Food Therapy
Moxa
(moxibustion)

Qi Gong

Traditional Chinese Acupuncture
Pricking / Bleeding

Cupping


Risk and Harms with Acu/Moxa Therapies

- Soreness
- Organ injury
- Infections
- Bleeding disorders
- Broken needles
- Pacemaker
- Pregnancy
- Silicone reaction
- Burns


Acupoint Selection

Local points

Distant and peripheral points

Constitutional points

Empirical points

Arm pain = Large intestine 11
Lower abdominal region = Spleen 6
Scapular region = Small Intestine 11
Upper GI = Stomach 36
Back of head and neck = Lu7
Face and mouth = LI4
Low back pain (acute) = UB40

Extra points

Opposite Puncture (*muci or jiuci*)

Needle manipulation

A

Shallow Middle Deep

B

forward right left backward
Needle manipulation

- A: Needle insertion at different depths (Shallow, Middle, Deep)
- B: Needle manipulation showing right and left movements
WHO Conditions treated with Acupuncture

- low back pain
- neck pain
- sciatica
- tennis elbow
- knee pain
- peri-arthritis of the shoulder
- sprains
- facial pain and tempromandibular (TMJ) dysfunction
- headache
- dental pain
- rheumatoid arthritis
- primary dysmenorrhea
- acute epigastralgia
WHO Conditions treated with Acupuncture

- adverse reactions to radiation or chemotherapy
- Leucopenia

- induction of labor
- correction of malposition of fetus (breech presentation)
- morning sickness
- nausea and vomiting

- stroke
- Hypertension – essential

- allergic rhinitis, including hay fever

- depression (including depressive neurosis and depression following stroke)

- peptic ulcer
- acute and chronic gastritis
Consensus statement

• Adult postoperative and chemotherapy nausea and postoperative dental pain.

• Addiction, stroke rehabilitation

• Headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome

• Asthma