

History of Acupuncture

- ***Instrument***

- ***Bian*** Stone / stone needle

- Incising boils and abscesses

- Bloodletting

- Bone needle, bamboo needle, ceramic needle, etc

- Metal needle

- Bronze, gold, silver,
 - stainless steel needle
 - Three edge needle
 - Plum blossom needle

- Technique
 - The nine, twelve, five needling methods in <Internal Classic>
 - Getting Qi sensation
 - Simple Tonifying or reducing techniques
 - Techniques for stimulating Qi
 - Comprehensive tonifying or reducing techniques
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- New techniques
 - Electro acupuncture
 - Magnetic acupuncture
 - Far-Infrared Therapeutic Lamp
 - Laser acupuncture
 - Sound wave acupuncture
 - Microsystem
 - Ear
 - Scalp
 - Hand
 - etc

The structure of needle



- Tail Handle Root Body /shaft tip

The specification of needle

- Length

Cun	0.5	1	1.5	2	2.5	3	4
Mm	15	25/3	40	50	65	75	100
Gauge		0					

No.	28	30	32	34	36	38	40	42	44
Dia. (cm)	0.38	0.32/ 0.30	0.26 /0.25	0.22	0.20	0.18	0.16	0.14	0.12
Japan ese No.		8	5		3	2	1	01	02

Needling practice

- Practice with paper cushion
- Practice with cotton cushion

Posture of the patient

- Supine posture
- Prone posture
- Lateral recumbent
- Sitting position

Strengthening the finger force

- Moving arm regulating Qi exercise

Locating and probing the points