

# 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
  - .....

- 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