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**

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- **Gauge**

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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