

History of acupuncture

See *Class 4 handout – Acu tech.pdf*

Instruments

First needles were stone—incise boils, carbuncles, abscesses. Eastern part of China, much fishing. Most culture developed at sea or rivers. Boils and abscesses due to damp, heat, animal products causing boils and abscesses. Let out blood and pus.

Ancient 9 needles were a set of various types for different uses/point types – shallow type, filiforms like we use now, draining and more surgical needles, some designed just to stim skin, some for blood letting, etc. These are about 2000 yrs old minimum, mentioned in Internal Classic.

Traditional Techniques

Metal needles allow more flexible and greater number of techniques. There's a chapter on it in CAM that will be covered in an advanced tech class.

Multiple needling techniques.

- ◆ Internal classic identifies nine, twelve, and 5 needling methods.
- ◆ Getting Qi sensation.
- ◆ Simple tonifying and reducing techniques
- ◆ Techniques for stimulating qi
- ◆ Comprehensive tonifying and reducing techniques

Most important: get the Qi sensation, reflection of the body's reaction, body will adjust. Locate point correctly first. Also manipulate in order to bring sensation.

Acu doesn't add anything to the body—just stim's the point in order to open the channel, stim organ to regulate it well.

More modern prospective: stimulate nerves, stim's immune rsvp, muscles contract and changes the body.

Effect of treatment depends on acupunc's skill, and pt's rx. Some pts more sensitive to ext stim. Some don't feel much sensation—high pain threshold, out of touch with their bodies, etc. All pt's rx differently to acupuncture. If sensitive, body will adjust and fx might be better. Body adjusts to get more balance.

Tonify (deficiency—whether qi or blood or whatever) or reduce (excess). This helps body adjust to balance. ST 36 to tonify qi deficiency, for instance. Body will adjust better if you can get more qi

sensation. Can also use tonifying methods to push qi inside and guide qi in the point to accumulate, spread. LI 4 regulates the qi in the body.

Reducing – reduce excess, reduce pathogens, reduce phlegm.

Internal Classics, 81 questions for Internal Classics

Covers tonify/reduce tech, 81 questions takes it further. Also much other med literature building on this info.

Are techniques to move qi to affected areas.

Can combine ton/red methods to achieve certain results. Lift/thrust, rotation combinations.

New techniques

- ◆ Electro stimulation.
Fx bioelectric fields of the body
- ◆ Magnetic
Common on ear, bracelets, necklaces. Fx electromagnetic field.
- ◆ Far-infrared therapeutic lamp
Commonly called “heat lamp” not just to warm the patient when cold, but also to regulate local body functions. Popular in china for home use—got a problem, lamp it for 20 minutes!
Very relaxing to the body.
- ◆ Laser acupuncture
- ◆ Sound wave acupuncture
 - Might have come from the Tibetan bowl playing. This plus laser are in the infancy stage, less research done on these than on other techniques.
 - Tuning fork – makes a sound, you put it on the point and you can feel the vibration. Can be a very strong effect.
 - There is also some music for certain problems (Joanna used this). Liver healing music, calming music for agitation, etc. There is some research to translate sound into electricity for electro-stimulation. Pattern very complex. Body has a harder time adapting to it, which is the whole point—no effect if body gets used to it.
- ◆ Microsystems
Whole new points in microsystems.
 - Ear
Often used for addictions such as drugs, smoking, eating. Also for insomnia, pain.
 - Scalp
Used in neurological diseases—to affect brain funx. On side of head there is a motor line, one in charge of feet, arms, head, etc. Also areas in charge of balance, hearing, etc. Choose diff lines to treat diff neurological diseases. **Can treat stroke this way**, for instance. 2-7 days after CVA hemorrhage stops, start acu. Combine acu plus other treatments for most to full recovery.
 - Hand
Korean hand acu is most common in U.S. Chinese system is different from this system—often uses side of 2nd metacarpal bone to treat a bunch of stuff. Regardless, the hand is used as a microsystem model for the body.

- Etc...

Nose, mouth, abdomen (Japanese diagnostic method uses this too), feet (reflexology type system), for instance. Can needle different levels to treat different parts of body.

You'll see even more new stuff if you go to a symposium type setting. China and Europe are developing many of these technologies. Germany, France, China, Japan, Korea.

Structure of the Needle

5 parts.

Most in pharmacy are very good.

- ◆ Tail
Far end of the handle. Many needles don't have this 'decoration.' Doesn't matter much, though can help hold moxa.
- ◆ Handle
Texture and grip is often dependent upon personal taste. For electro acupuncture, moxa/warm needle, want a metal handle! Otherwise, depends on personal pref. Important is quality. Tip is *the* most important part of a needle anyhow.

Some handles have a spiral handle, some have a smooth one.

- ◆ Root
End of the handle closest to the shaft. This is where you want it to be strong, not break.
- ◆ Body/shaft
Next most important part. Needs to enter smoothly, be controllable.
- ◆ Tip
Should be mosquito-like—you don't feel it at all under the best circumstances. You want smooth and sharp.

Needle and specifications

See the handout, *Class 4 handout – Acu tech.pdf* for the comparison chart.

Length and gauge

Length you choose depends on where you are needleing. Gauge – chinese system the bigger the number, the thinner the needle. In the Japanese system, it's vice versa. Gauge choice might have to do with the pts rx and the stimulation you get. Consider how sensitive your partner is when you needle in class. Thin needles, sometimes don't feel as much.

- ◆ 0.5 cun needles – 15mm
ear and face applications, sometimes fingers/toes
- ◆ 1 cun needles.
Most common are 1 cun – 25mm, but some are 30mm. These are both considered 1 cun.
- ◆ 1.5 cun – 40mm
Also a common gauge

- ◆ 2 cun = 50mm
- ◆ 2.5 cun = 65mm
- ◆ 3 cun = 75mm
- ◆ 4 cun = 100mm

3-5 cun needles often used for buttocks, muscular areas. Really long needles used for techniques like threading.

Usually packaged with gauge first, then mm or cun marking.

Needle selection important—bear in mind body parts, sensitivity in those areas. 42 and 44 gauge needles are very thin. Use for needle sensitive people.

28 gauge is pretty thick. Heavy stimulation, but more pain too.

Practice needle technique! Practice with the cushion or yourself. Practice a lot so you are comfortable with the “sword.”

Patient positioning:

Some pts in wheelchair and that’s all you can get to!

Strengthening finger force

Want strong hands. Use taichi, qigong to move qi to hands. Focus on arm/hands so you can send qi to arm/hands.

3 regulations, relax body. Visualize lines of light up legs, into ab, spreading to 2 branches at shoulders. Bring hands on plane level with Ren 17 in front of heart, palms down. As you inhale, hands out level, visualize the light going from shoulder to elbow to hand. Exhale, hands back, light back to shoulders. Repeat a lot.

Do this prior to treatments to strengthen your qi.

Finding points

There are standard locations, but palpate to get it exactly right *when you have experience and know the standards*. Later you will see the pt, know where it is.