

# **MODERN ACUPUNCTURE**

*Learn From The Master*

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- |     |                   |         |
|-----|-------------------|---------|
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| 4.  | Upper Arm         | 44.xx   |
| 5.  | Sole              | 55.xx   |
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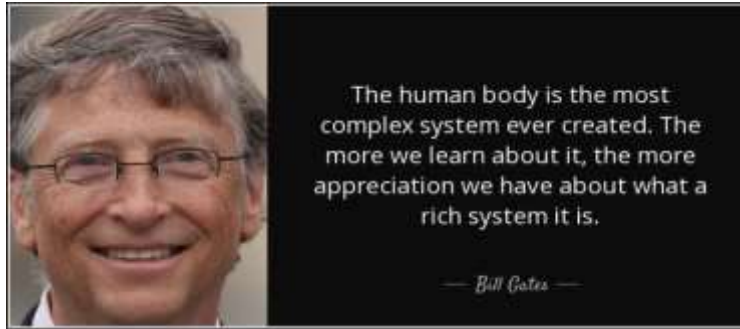
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## 1.1 Introduction of Human Anatomy

Anatomy is the scientific study of body systems of an organism, tissues, organs, and composed materials, including studying the shape, size, position, structure, blood supply, and innervations of an organ. Anatomy also includes its appearance, position, locations, and relationships with other parts. The study of anatomy can be subdivided into macroscopic (or gross) anatomy and microscopic anatomy. Gross anatomy is the study of structures large enough to be seen with the naked eye. Microscopic anatomy is the study of structures on a tiny scale seen only by a microscope. Histology is the microscopic study of tissues.

Embryology is the study of an organism in its developing state.

Anatomy can be studied using non-invasive and invasive methods to obtain information about systems' structure and organs of organisms. Techniques of study of anatomy include dissection, in which a body is opened, and organs studied. Anatomy can also be reviewed by endoscopy, where a video camera-equipped instrument is inserted through a small incision in the body wall and used to explore the internal organs and other structures. Acupuncture therapy depends upon anatomy; it is a neurological component and relation to surface anatomy. Many of the principles of acupuncture are based on the embryological development process. Therefore, acupuncturists need to be well informed of human anatomy to make rational judgments while treating patients.

### Primary Constituents of Body

The body is made up of 60% water. However, the water content of different tissues varies in different proportions. For example, lungs contain about 85% water; muscles and kidneys 79%; heart and brain 73%; skin 63% and bone 31%. Apart from water, the body is made up of different basic essential elements, which are oxygen (65%), carbon (18%), Hydrogen (10%), Nitrogen (3%), and other trace elements. These different elements in different proportions make various molecules, molecules make cells, and cells make the body's tissue.

### RNA and DNA

DNA control the cell function of the body. Parts of DNA are copied and sent to other the cell

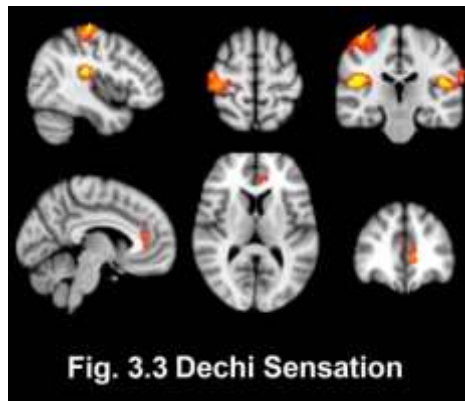


<b>Movement</b>	<b>Direction</b>	<b>Movement</b>	<b>Direction</b>
Abduction	Moving away from the midline	Medial (internal) rotation	Spiral movement towards the midline
Adduction	Moving towards the midline	Lateral (external) rotation	Spiral movement away from the midline
Flexion	Decreasing the angle between two structures	The extension (trunk)	Bending backward
Extension	Increasing the angle between the two structures	Pronation	Medial rotation of the radius, resulting in the palm facing posteriorly (if in anatomical position) or inferiorly (if the elbow is flexed)
Plantar-flexion	Flexion of the plantar (underside) part of the foot	Supination	Lateral rotation of the radius, resulting in the palm facing anteriorly (if in anatomical position) or superiorly (if the elbow is flexed)
Dorsi-flexion	Flexion of the dorsum (top) part of the foot	Circumduction	A combined movement starting with flexion, then abduction, extension, and ending with adduction
Retrusion	Moving backward (tongue, mandible)	Deviation	Movement of the wrist joint towards the radial or ulnar sides (radial deviation, ulnar deviation)
Protraction	Moving forwards and laterally simultaneously	Opposition	Touching the pad of any one of your fingers with the thumb of the same hand
Retraction	Moving backward and medially simultaneously	Reposition	Separating the pad of any of your fingers from the thumb of the same hand
Depression	Moving downwards	Inversion	The plantar side of the foot is moved towards the median plane
Elevation	Moving upwards	Eversion	The plantar side of the foot is moved away from the median plane

**Fig. 2.10 Anatomical Movements**

## Dechi

Acupuncture stimulation elicits a composite of unique sensations called deqi.



As per Traditional Chinese Medicine, deqi experienced by patients is often described as aching or soreness, numbness or tingling, fullness, distention, or pressure. The acupuncturists feel heaviness and are that needle grasping as tense, tight, and complete in the process of Dechi.

The arrival of deqi may be an essential factor in the mechanism and efficacy of acupuncture treatment. Dechi from neurophysiologic angles is necessary for clinical practice. It empowers acupuncturists to perform quantitative needle therapy assessments to get a dependable evaluation of acupuncture therapy.

## Qi or Chi

Pronounced as "chee" is the energy flowing along the meridians or pathways connecting the acupuncture points on the body, connecting internal organs. Thus, Chi is like a "life force" (*Praan*) that maintains health.

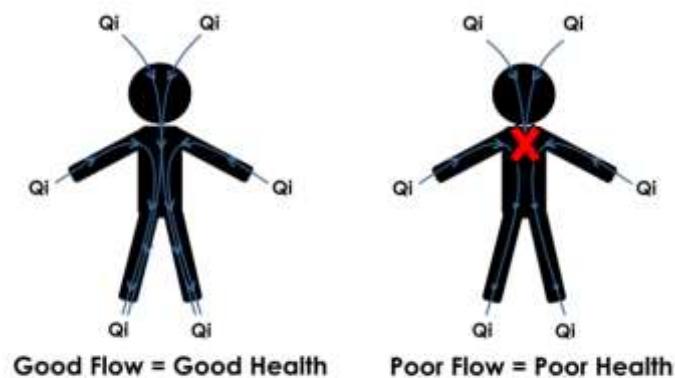
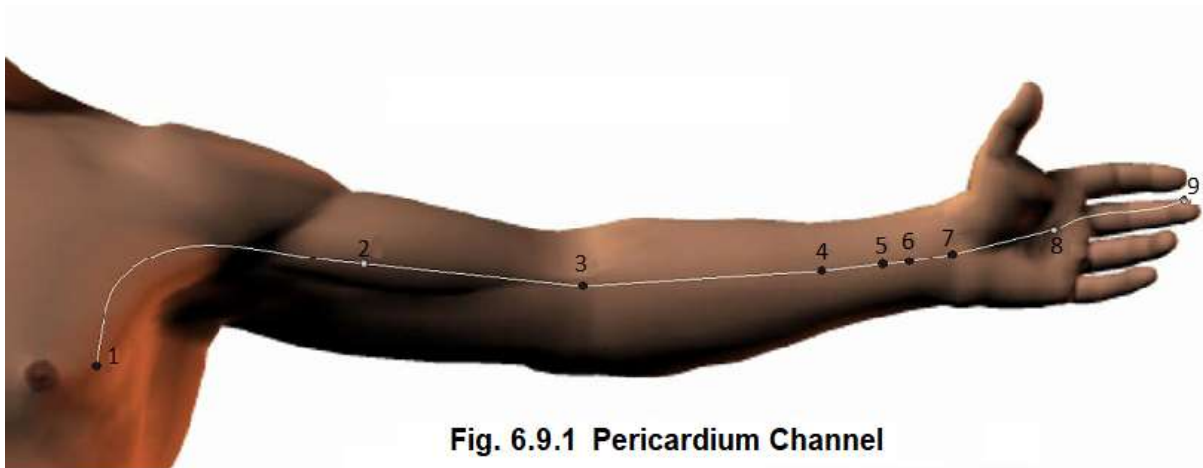


Fig. 3.4 Flow of Qi

Chi interprets as "air" and allegorically

## 6.9 Pericardium Channel (PC)

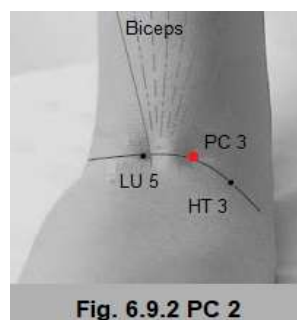
The Pericardium channel is also called the Hand-Jueyin channel, which after getting a connection from the Kidney channel, begins with point PC 1 in the chest lateral to the nipple. It then ascends to the axillary fossa and runs along the upper arm's medial aspect, passing through the cubital fossa (PC 3). It goes further downward to the forearm between the tendons of the m. Palmaris longus and m. flexor carpi radialis (PC 7). It enters the palm and passes along the middle finger to its tip at PC 9. It later connects with the San Jiao channel.



The important points 3, 4, 5, 6, 7, 9 of the Pericardium channel are discussed below.

### Pericardium 3

Location: PC 3 is located at the transverse cubital crease, at the ulnar side of the tendon of m biceps brachii.



Needling technique: PC 3 is punctured perpendicularly for .5 - 0.7 cun or pricked with an injection needle to cause bleeding.

Indications: Palpitation, febrile diseases, irritability, abdominal pain, vomiting, pain in the elbow and arm, tremor of the hand and arm

headaches. Some are life-threatening, whereas some are harmless. The description of the Headache and findings on the neurological examination will determine whether additional tests are needed and how to treat it best.

### Primary Headache

While primary headaches may cause daily pain and disability; they are benign and not dangerous. Primary headaches constitute about 90% of all headaches. These headaches usually start when people are between 20 and 40 years old. The most common types of primary headaches are migraines and tension-type headaches. Migraines typically present with pulsing head pain, nausea, and sensitivity to light (photophobia), and sensitivity to sound (phonophobia). Tension-type headaches are generally present with non-pulsing band-like pressure on both sides of the head. Examples of primary headaches are mentioned below.

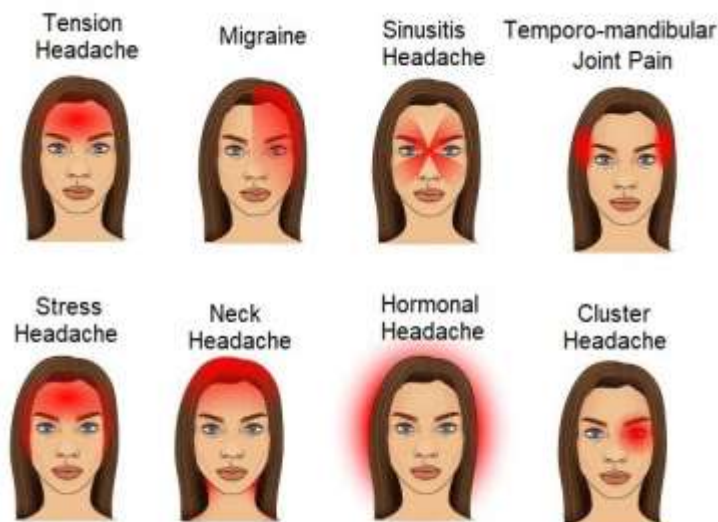


Fig. 18.1 Primary Headache

Trigeminal neuralgia shows shooting pain of the face or occipital neuralgia.

Primary cough headache starts suddenly and lasts for several minutes after coughing, sneezing, or straining (anything that may increase pressure in the head).

Primary exertional Headache has throbbing, pulsatile pain, which starts during or after exercising, lasts for 5 minutes to 24 hours.

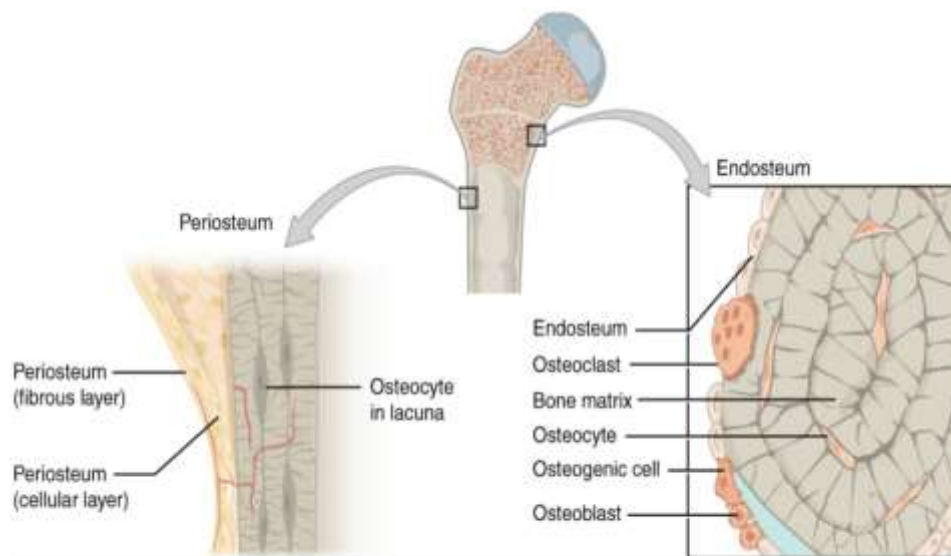
Cluster headaches occur in episodes (15–180 minutes) of severe pain, usually around one eye, with autonomic symptoms (tearing, red eye, nasal congestion), and coincide every day.

Primary sex headache is a dull, bilateral headache that starts during sexual activity and worsens during orgasm.

Hemi-crania continua are continuous unilateral pain with episodes of severe pain. Hypnic Headache is a moderate-severe headache that starts a few hours after falling asleep and

## 12 Periosteal Acupuncture

The periosteum is the membrane that covers the outer surface of the bone. The inner lining surface of the medullary cavity of long bones is called the endosteum. The periosteum consists of dense irregular connective tissue. It is divided into an outer "fibrous layer" and an inner "cambium layer" (or "osteogenic layer"). The fibrous layer contains fibroblasts, while the cambium layer contains progenitor cells that develop into osteoblasts. These osteoblasts are responsible for increasing the overall size of bones. After a bone fracture, the progenitor cells are essential to the healing process, which develop into osteoblasts and chondroblasts.



**Fig. 12.1 Structure of Periosteum**

Source Connexions <http://cnx.org/content/col11496/1.5/>

It also provides nourishment to the marrow through the blood supply. The periosteum is attached to the bone by strong collagenous fibers called Sharpey's, extending to the outer circumferential and interstitial lamellae. It also provides an attachment for muscles and tendons. As opposed to skeletal tissue, the periosteum has nociceptive nerve endings, making it very sensitive to manipulation, and therefore gives effective periosteal acupuncture analgesia.

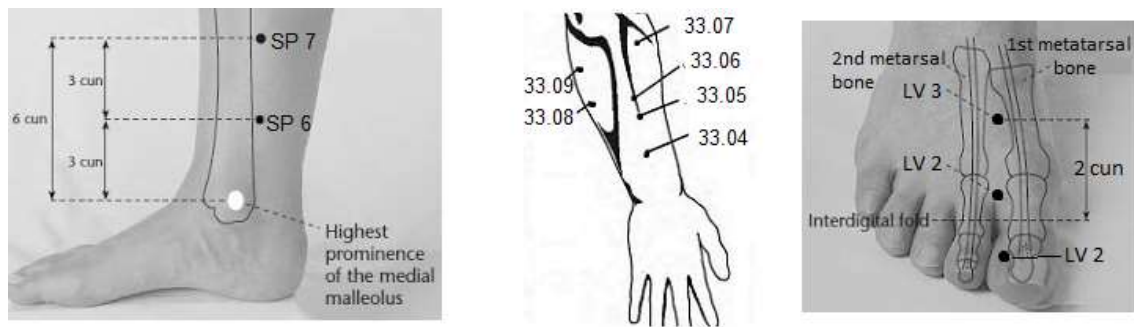
### **The Technique of Periosteal Acupuncture**

Periosteal acupuncture means stimulation of the nerve network of the bones' periosteum with a needle. Since a network of nerve fibers innervates the periosteum richly, the connective tissue is very sensitive to needle stimulation and gives significant pain relief. Dr. Felix Mann developed the method.

Pain in Anterior-Medial Plane (TaiYin channel)

1. SP 6, 33.08, 9, when pain is in the groin, LV 3

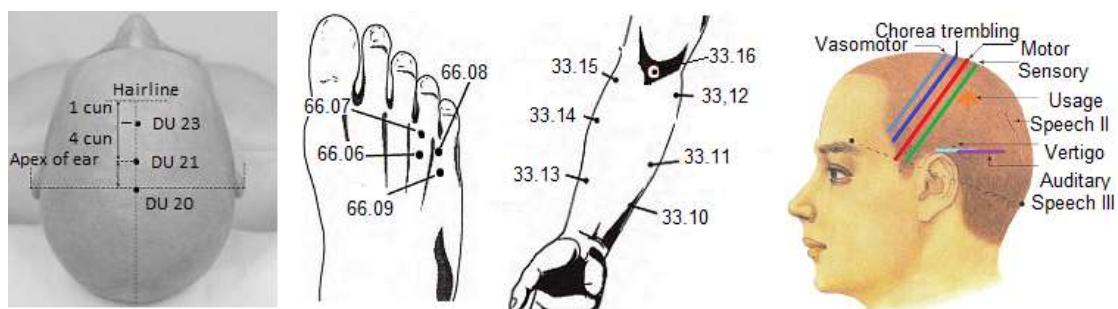
- If pain persists despite three sittings, bleed UB 40



**Fig. 23.6 Treatment of Sciatica Pain at TaiYin**

Pain in Anterior-Lateral Plane (YangMing)

- 66.06, 10.22, 33.08, 33.09, 33.12
- Upper 1/5<sup>th</sup> of Dr. Jiao's scalp sensory area of the scalp in a downwards direction gives excellent results.
- In resistant cases, bleeding UB 40 may give instant relief



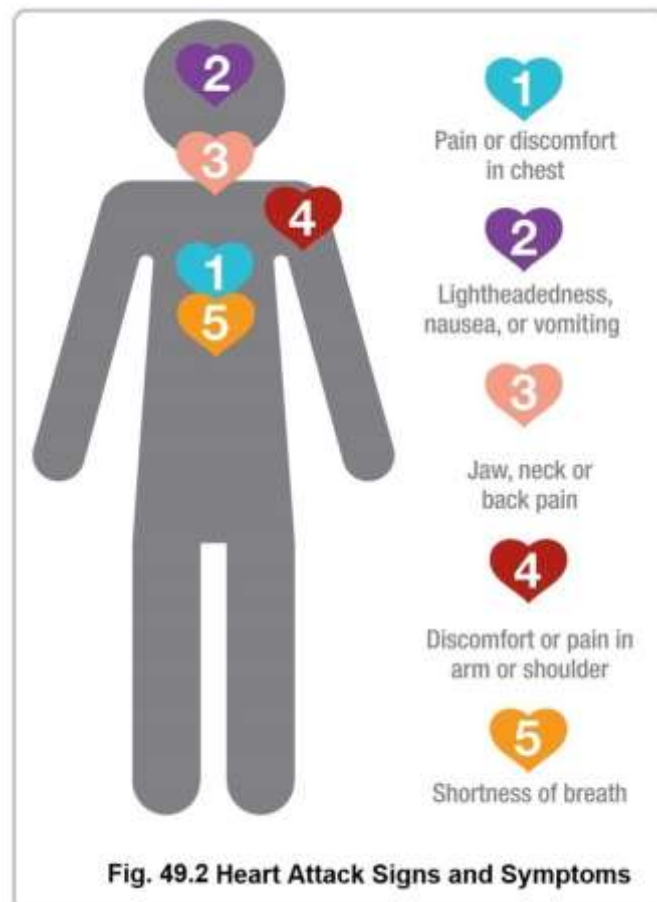
**Fig. 23.7 Treatment of Sciatica Pain at Yangming**

### Sacro-Iliac Joint Stimulation of Periosteum

Stimulation of the periosteum of the sacrum iliosacral joint is highly effective in treating sciatica. The patient needs to lie comfortably, ventrally on the abdomen exposing the sacroiliac area. Four fingers are used to palpate the sacroiliac joint with pressure from the midline to the lateral direction by four flat fingers below L 5. The joint is felt as a notch just before the posterior superior iliac spine. One should go back again slightly to define the upper and lower end of the joint. Once the joint's complete orientation is appreciated mentally by fingers, a 25 mm x 0.25 mm needle is inserted vertically or slightly medially to

## Heart Attack

A heart attack is a sudden stoppage of blood to the heart due to a block. A heart attack is one of the most common life-threatening heart conditions. Symptoms of a heart attack can include: chest pain – a sensation of pressure, tightness, or squeezing in the center of the chest; pain in other parts of the body – it can feel as if the pain is traveling from chest to arms (usually the left arm is affected, but it can affect both arms), jaw, neck, back, and tummy (abdomen); feeling lightheaded or dizzy; sweating; shortness of breath; feeling sick (nausea) or being sick (vomiting); an overwhelming sense of anxiety (similar to having a panic attack); coughing or wheezing. Although chest pain is often severe, some people may only experience minor pain, similar to indigestion. In some cases, there may not be any chest pain at all, especially in women, older people, and people who have diabetes. It's the overall pattern of symptoms that helps to determine whether a patient has a heart attack.



**Waiting for an Ambulance:** If there is a heart attack, the patient needs rest while waiting for an ambulance to avoid unnecessary strain on the heart. If aspirin is available and the patient is not allergic to it, ask to slowly chew and then swallow an adult-size tablet (300mg) while the patient waits for the ambulance. Aspirin helps to thin the blood and improve blood flow



## 55. Professional Practice

Acupuncture as a career is about choosing what one wants out of life. It's crucial to find out what fits them best to never become a question mark after spending some years into it. Once one has chosen acupuncture as a profession, a clear plan is essential for an entrepreneur's success. The plan will help the specifics of the professional life and discover and highlight some unknown areas invited before. Following are important aspects to consider.

### **Plan of Profession**

Professional plans of feasible objectives, financial goals, and integration into a lifestyle must be documented.

Plan a brainstorming session, preferably with a senior acupuncturist. Consider strengths, weaknesses, opportunities, and threats in starting practice in the area chosen.

Review lifestyle and explore how passionately practice will fit into it or the other way around.

Draw out projected income-expenditure plans and consider all possibilities, especially negative ones.

Consider the capital finance part; check loans available from banks, etc. Go with a low profile start and build up professional expenditure as practice improves. Remember, when you start getting revenue, the best place to invest is in the profession.

Survey and find out the best place to get on rent to start practice, keeping expenses minimum yet keeping revenue potential maximum.

Complete all legal formalities with the local authority to start the clinic.

### **Choosing City of Practice**

Choosing a city or town of practice is an important decision that affects practice, personal