

Acupuncture - the Oriental Medicine

Acupuncture is a form of Oriental medicine that originated 2000 years back in ancient China. This method of pain alleviation made its entry into Japan in the 6th century as a form of religious medicine with Buddhism. It is now practiced widely in Japan. Though its efficacy was much in debate for years, it is now being accepted as a pain management technique across hospitals and clinics across America and Canada. The WHO, after extensive study with other Government organizations, has declared that it is a relatively safe method of pain alleviation when done under an expert acupuncturist.

Theories of Acupuncture
Ancient theoryThe ancient Chinese acupuncture Text of Huangdi Neijing describes acupuncture pathways called jingluo or meridians that allow excess blood or qi to flow out of the body. The skin was thought to be the gateway of diseases in ancient China and making holes in them was a way to let the disease out of the body. The Chinese had a well developed irrigation system consisting of streams and canals. They compared the human body to having such canals through which the vital energy qi flows. If there is an obstruction to the flow of qi, diseases occur. So, acupuncture aims at clearing the blockages and allowing the free flow of qi.
Modern TheoryAccording to modern medicine, diseases are caused due to microbes and not due to the blockage of qi. The modern theory of acupuncture states that the stimulation by acupuncture needles send signals to the nervous system which in turn emits biochemicals and causes the release of certain hormones that aid in disease management. When the acupuncture needles are inserted at strategic points, electromagnetic signals are released that excite the immune cells to release hormones like endorphins that alleviate pain. Studies have found that acupuncture also affects the brain sensations, body temperature and blood pressure.
Therapeutic Care

Acupuncture has showed good results in post operative pain in dentistry, nausea caused due to chemotherapy, drug addiction, pain during menses, osteoarthritis, fibromyalgia, backpain, migranes, asthma and carpal tunnel syndrome where it has been included in the pain management program with the general treatment.
Acupuncture PointsThe categories of acupuncture points are the Jing well, shu-stream, Ying-spring, Jing river, He sea, and the Five phase points that describe the five transporting points namely the fire, wood, earth, metal and water, Xi-cleft points, luo connecting, Yuan source, back-shu, hui meeting and front mu.

About the Author

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