

ACUPUNCTURE

Presented By
MBAcC



The British Acupuncture Council (BAcC) represents professional acupuncturists who have extensive training in acupuncture and the biomedical sciences appropriate to the practice of this medicine.

So what is acupuncture?

- An essential part of traditional Oriental Medicine which is a comprehensive system of health care with a continuous clinical history of over 3,000 years
- Oriental Medicine includes acupuncture, Chinese herbology, bodywork (massage), dietary therapy and exercise all based on traditional medical principles
- Founded on a different paradigm of the human body - “Qi” - sometimes referred to as ‘vital energy’

A Continuous Clinical History

1766 -1122 BC - Written medical records on tortoise shell

403 - 221 BC - Yellow Emperor's Classic of Internal Medicine written; bronze needles used; herbal formulae on wooden slips used

206 BC - 220 AD - Treatise on Febrile Diseases written

265 – 316 AD - Classic of Acupuncture & Moxibustion

960 – 1279 AD - Two (nearly) life size bronze statues depicting meridians & points

In China today, hospitals offer both eastern and western approaches and patients may choose

Oriental Medicine

Oriental Medicine is a complete system of medicine of which acupuncture is a part. It comprises many techniques for evaluation, diagnosis and treatment.

There are numerous ‘approaches’ in acupuncture, including:

- TCM (Traditional Chinese Medicine)
- Five Element
- Japanese
- Korean
- Several others

Acupuncture is:

- ✓ **Safe**
- ✓ **Effective**
- ✓ **Cost Effective**
- ✓ **Increasingly popular**

A Different Conceptual Basis

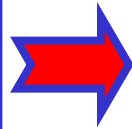
- **Interior / Exterior**
- **Cold / Hot**
- **Deficiency / Excess**
- **Yin / Yang (energies of the body)**
- **Five Elements**
- **Stagnation, dryness, damp**

A Different Diagnostic Language

An Example

Western Medicine

- Peptic Ulcer



Eastern Medicine

- Yin Deficiency affecting the Stomach
- Excess Cold-Damp affecting Spleen & Stomach
- Liver Invading Spleen
- Blood Stagnation in Stomach
- Damp-Heat affecting Spleen
- Imbalance in Fire element affecting Earth element



Similarly, for the *same* human body

Western Medicine

Anaemia

Amenorrhoea

Vertigo

Insomnia

Hypertension

Eczema

Heart arrhythmia

Depressive neurosis



Eastern Medicine

Blood Deficiency

Methods of Diagnosis

LOOKING:	Appearance, behaviour, tongue
LISTENING:	Voice, respiration, cough
ASKING:	Full medical and personal history, pain, appetite, thirst, sleep patterns, headache, perspiration, urination, stool, medication etc.
PALPATING:	Palpation of meridians and areas of pain or tension, pulse diagnosis

Tongue Diagnosis

Shape: Swollen, Scalloped, Thin,

Colour of tongue body:

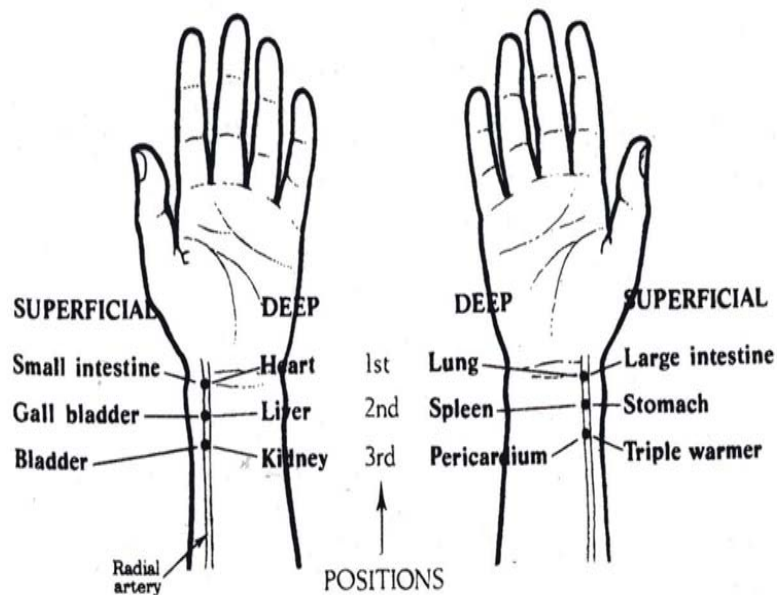
Red, Red Tip, Pale, Purple, Orangey

Colour/texture of coating:

White, Yellow, Clear, Thick, Dry

Underside: Red/Purple Sublingual Veins

The Importance of Pulse Taking



Pulse taking is an integral part of acupuncture, used to determine the state of health and/or monitor the treatment

There are some 28 different pulse qualities that indicate the 'state' of the body's Qi and blood

Each wrist has 6 pulses which relate to specific organs

TCM Acupuncture (Zang Fu)

- TCM stands for Traditional Chinese Medicine
- It is a diagnostic system that differentiates signs and symptoms into syndromes based on four diagnostic methods, the eight principles and an understanding of the organs' (zang-fu) functions amongst other aspects
- Adheres to the Yin/Yang theory of balance and harmony of energy to achieve health and longevity
- Very often combined with the doctrines and theories of Five Element acupuncture amongst others

Yin Yang Correspondences

YIN

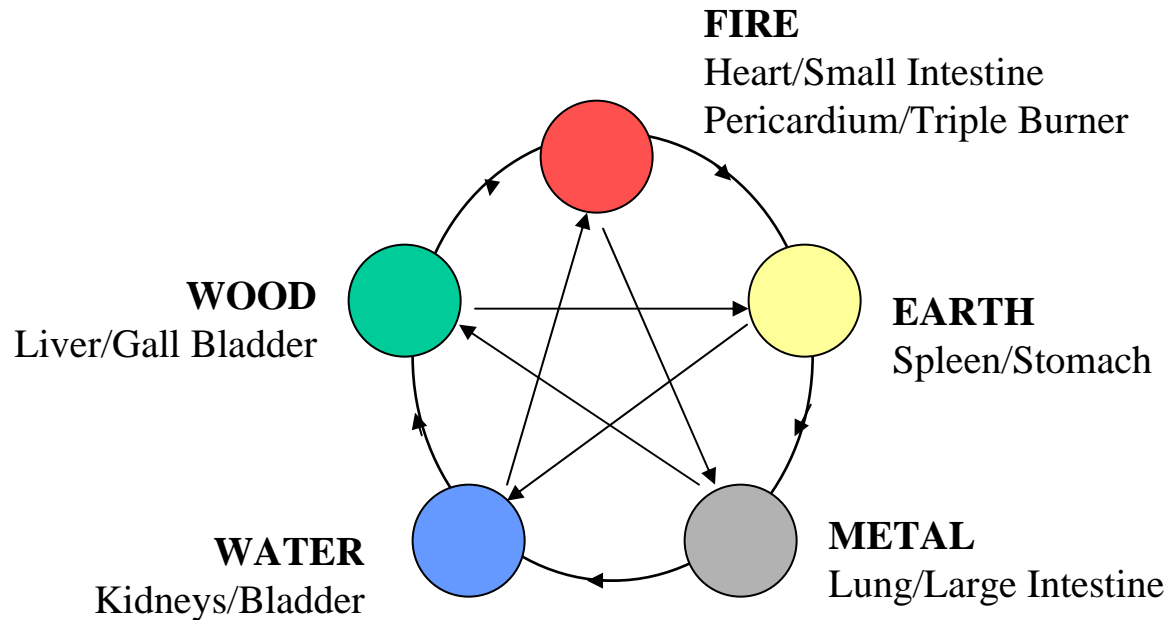
- Female
- Cold
- Interior
- Front of body
- Below the waist
- Chronic onset
- Night
- Dark
- Heart
- Pericardium
- Spleen
- Lung
- Kidneys
- Liver



YANG

- Male
- Hot
- Exterior
- Back of body
- Above the waist
- Rapid onset
- Day
- Light
- Small Intestine
- Triple Warmer
- Stomach
- Large Intestine
- Bladder
- Gall Bladder

Cycles of the Five Elements



Sheng and Ke cycles shown

Five Element Theory

Each element has a correlation to a particular:

- Season
- Colour
- Sound
- Odour
- Emotion
- Body type
- Time of day
- Climate
- Organ function
- Other attributes

Each element feeds the next and is dependent upon it

The ancient Chinese understood the relationship a human body has with the Universe and the elements, therefore classical Five Element acupuncture follows the specific principles of the seasons and nature

Too much or too little of one element can cause excess and/or lack of a specific elemental quality

Acupuncture rebalances and strengthens the energy where it is weak or sedates it when it is in excess and the symptoms in turn should resolve

Five Element Correlations

FIRE **EARTH** METAL **WATER** **WOOD**

COLOUR

Red

Yellow

White

Blue

Green

EMOTION

Joy

Worry

Grief

Fear

Anger

SEASON

Summer

Late Summer

Autumn

Winter

Spring

CLIMATE

Heat

Damp

Dryness

Cold

Wind

SOUND

Laugh

Sing

Weep

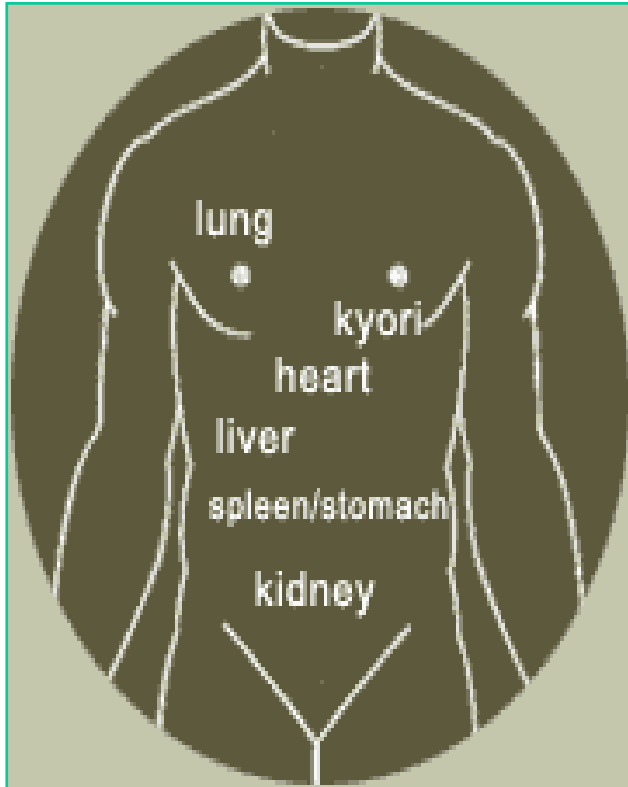
Groan

Shout

Stems & Branches

- Working with the cyclical flow of nature and ultimately the Five Element model
- Stems and branches is a technique which uses the knowledge of planetary influences and seasonal variations to develop a further understanding of the impact of these on the body
- A method that helps select appropriate treatment and points

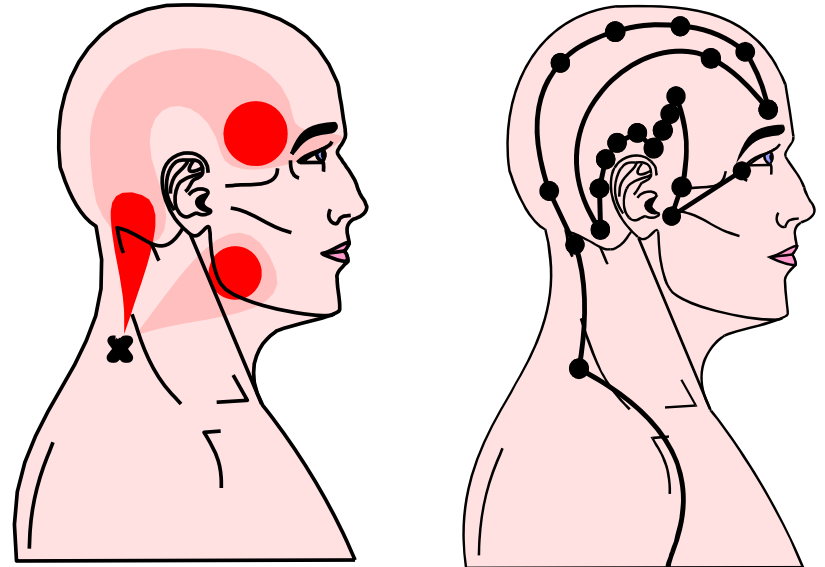
Japanese Acupuncture



- Came to Japan from China in the 6th century
- For cultural and historical reasons, it evolved differently to Chinese medicine
- Touch diagnosis is paramount in this technique, especially of the abdomen (called Hara diagnosis)
- Generally tends to be a more subtle, delicate technique
- Needles are typically finer and shallow, sometimes no insertion is common

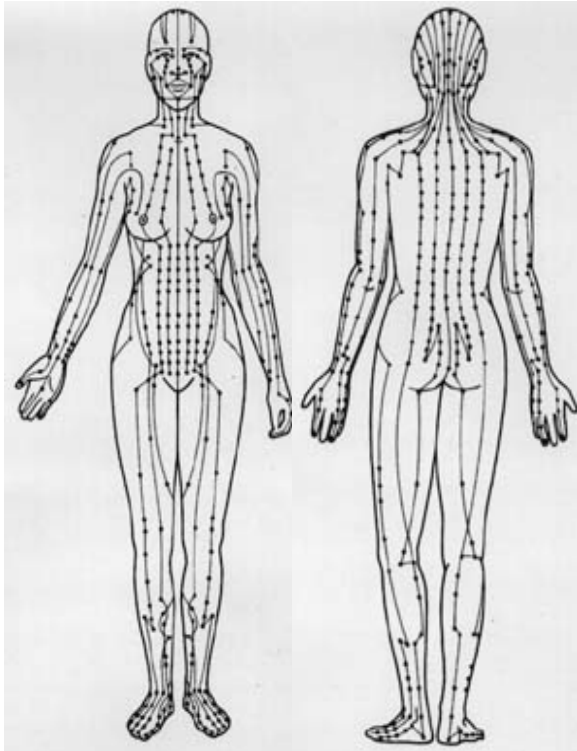
Trigger Point Acupuncture

- Trigger points are tender points within muscle that can be the source of pain felt at some distance away
- They are often found at the site of classical acupuncture points
- Pain patterns from trigger points often overlap with meridian paths



This diagram illustrates a trigger point in the upper fibres of trapezius, which corresponds to the classical point GB21

The Meridians (1)



Qi is said to flow throughout the body in channels or meridians and collaterals circulating through tissues, muscles, organs, skin and bones

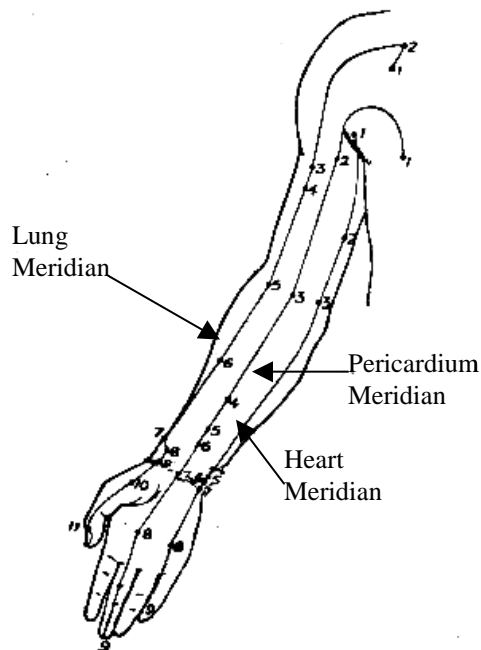
There are 12 main meridians in the body, six Yin and six Yang (paired), each relating to one of the main organs and to a specific element:

- Heart and Small Intestine (Fire)
- Pericardium and Triple Warmer (not an organ) (Fire)
- Spleen and Stomach (Earth)
- Lungs and Large Intestine (Metal)
- Kidneys and Bladder (Water)
- Liver and Gall Bladder (Wood)



The Meridians (2)

THE THREE YIN CHANNELS OF THE UPPER LIMB



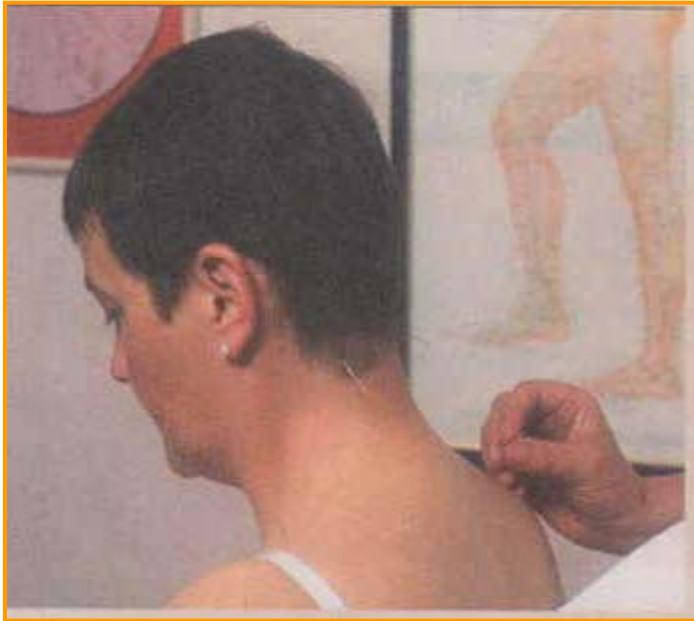
Apart from the 12 main meridians, there are several other meridians in the body:

- Branch meridians
- Connecting meridians
- Muscle meridians
- Divergent meridians
- Extra meridians

Each of these permeate the surface and interior of the body and form what is called 'the meridian network'

Acupuncture points lie principally along the 12 main meridians but the acupuncture needle will also influence the areas covered by the other meridians (above)

Acupuncture Points



- There are some 365 points on the human body
- Each point has a specific set of functions
- Usually, several points in different places are used to meet the treatment principle
- Points on the foot may be used for headaches for example

Treatment Can Utilise:

- **Insertion of acupuncture needles**
- **Moxibustion (warming acupuncture points)**
- **Cupping**
- **Bleeding points**
- **Gua Sha (scraping technique)**
- **Electro-stimulation**

Moxibustion (Moxa)



Moxibustion is a technique used to treat specific complaints by heating the acupuncture point, either directly (on the surface) or indirectly (on the inserted needle)

This is done by burning a smouldering herb known as *Artemesia Vulgaris* (commonly called mugwort)

Cupping Technique

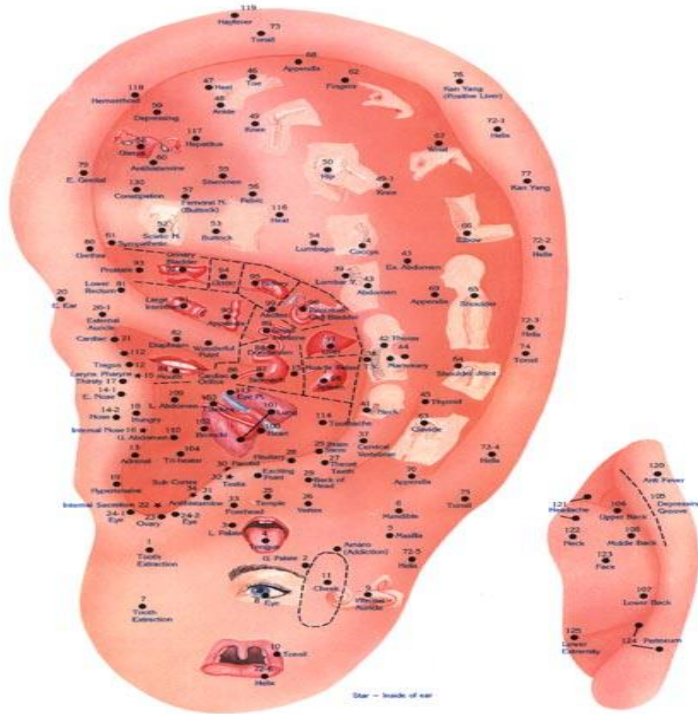


- ‘Cupping’ is a technique frequently used in treatment by trained practitioners
- It involves creating a vacuum in cups (usually made from glass or bamboo) and placing them on the affected area
- The suction allows stuck energy to be released and the free flow of Qi relieves the tension in the area
- It is also used to help expel the symptoms of a cold or flu

Electro-Acupuncture

- Also called electro-pulse stimulation (EPS)
- A more recent development (about 50 years ago)
- Involves the application of low-level electrical pulse either via an inserted needle using probes or pincers or directly onto the surface of the body using self-adhesive electro pads
- Can be used for a variety of complaints but primarily as an effective pain management technique for anything between 10-30 minutes at a time

Auricular Acupuncture



- Also called auriculotherapy, it is often used to diagnose and treat numerous conditions including drug or alcohol abuse rehabilitation
- There are some 200 points on the outer ear and each relates to a specific part of the body
- Often, ear points are combined with points on the body to maximise the results

How does acupuncture work?

- Can be understood on the basis of both an energetic model and a biomedical model of western medicine
- It recognises a vital energy (Qi) behind all life forms and life processes which can be manipulated
- Pain, illness or disease results from a blockage or imbalance of the flow of Qi
- Acupuncture can correct or rebalance this flow and trigger the body's own healing mechanism to restore health
- Acupuncture also involves neurochemical and physiological processes

For a Variety of Health Needs

- ✓ **Immune enhancement/prevention**
- ✓ **Infectious diseases**
- ✓ **Acute conditions**
- ✓ **Chronic, degenerative conditions**
- ✓ **Pain management**
- ✓ **Rehabilitation**
- ✓ **Chemical dependency**
- ✓ **Mental and emotional well being**

What can acupuncture treat?

- ✓ Acupuncture is considered effective for a whole range of conditions
- ✓ Defined complaints such as back pain, arthritis, asthma, circulatory problems, as well as more general feelings of ill health such as anxiety, lethargy, nausea, dizziness
- ✓ Helpful in the treatment of infertility and is commonly used throughout pregnancy and childbirth
- ✓ Generally held to be a safe treatment and suitable for all ages, including babies and young children

Conditions Acupuncture Can Help

- Allergies
- Asthma
- Back pain
- Carpal Tunnel
- Colds & Flu
- Constipation
- Depression
- Gynaecological conditions

- Headaches
- Heart problems
- Infertility
- Insomnia
- PMS
- Sciatica
- Sports Injuries
- Stress
- Tendonitis

(But there are many others)

Clinical Studies Indicate that Acupuncture is Effective in Treating:

- Headache
- Dysmenorrhoea
- Fibromyalgia
- Stroke
- Substance abuse
- Menopause
- Depression
- Female infertility

- Neck Pain
- Lower Back Pain
- Osteoarthritis
- Morning sickness
- Respiratory diseases
- Urinary dysfunction
- Tennis elbow
- Facial Pain

Clinical Research Demonstrates that Acupuncture...

- Stimulates bone regrowth
- Stimulates the production of cortisol
- Stimulates production of dynorphin, endorphin and enkephalin (pain modulators)
- Regulates blood pressure
- Regulates serotonin (spinal cord pain modulator)
- Increases red and white blood cell count
- Stimulates the clotting factor
- Regulates the sympathetic nervous system
- Regulates the peripheral blood flow
- Enhances the immune response
- Reduces the allergic response
- Modulates the immune system

Other Beneficial Side Effects

Patients reported that most of the time they:

- ✓ **Feel better (76%)**
- ✓ **Miss fewer work days (71%)**
- ✓ **Get along better with others (69%)**
- ✓ **Have less pain (64%)**
- ✓ **Have more energy (58%)**
- ✓ **Are more focused (58%)**
- ✓ **Can work better (64%)**

Cost Effective Health Care

In a study of patients in six clinics in the USA

- 70% of those who said they had been recommended for surgery had avoided surgery
- 84% reported seeing their GP less
- 58% reported seeing a psychotherapist less
- 77% reported seeing a physiotherapist less
- 79% reported reduced use of prescription drugs
- 77% reported they were asking for fewer reimbursements from their insurance company

Substantial Savings

- Avoidance of arthroplasty surgery for the knee: (7 of 29 patients) Cost savings: \$9,000 per patient
- Decreased days in hospital/hospice for stroke patients (88 v 161 days/patient) Cost saving: \$26,000/patient
- Low back pain patients return to physical labour: (62% returned to original or equivalent jobs)
- Avoidance of surgery and fewer hospital visits for angina patients: Cost savings \$13,000/patient plus 79% fewer hospital days in 1st year

Who has acupuncture?



- ✓ **Acupuncture is a safe treatment for most people including young children and babies**
- ✓ **Many people use it as preventative care**
- ✓ **It can be used alongside conventional medicine for both chronic and acute diseases**

Does it hurt?

- Acupuncture needles bear **no** resemblance to those used for injections or blood tests
- When needles are inserted, the sensation is often described as a ‘tingling’ or a ‘heaviness’ called deqi which is a necessary part of the treatment
- Acupuncture is not painless, but neither can it be described as painful
- As treatments can be very relaxing, patients are advised not to drive directly afterwards or do anything that can cause risk or injury

Acupuncture Needles



- Unlike hypodermic needles acupuncture needles are not hollow but solid
- They vary in size (gauge) and in length
- **Only** sterilized, disposable needles are used

Needle Techniques



There are several different needling techniques used in acupuncture

Needles can be inserted and left in for a duration or they may be inserted, turned and removed immediately

Different techniques are used to either 'reinforce' the Qi or to 'sedate' it, whichever is applicable at the time

Is it safe?

- ✓ All members of the British Acupuncture Council (BAcC) observe a Code of Safe Practice that lays down stringent standards of hygiene and sterilisation for all equipment
- ✓ These procedures provide protection against the transmission of infectious diseases
- ✓ Patients who have been treated by a BAcC member are eligible to donate blood through the Blood Donation Service

Adverse Events Survey (1)

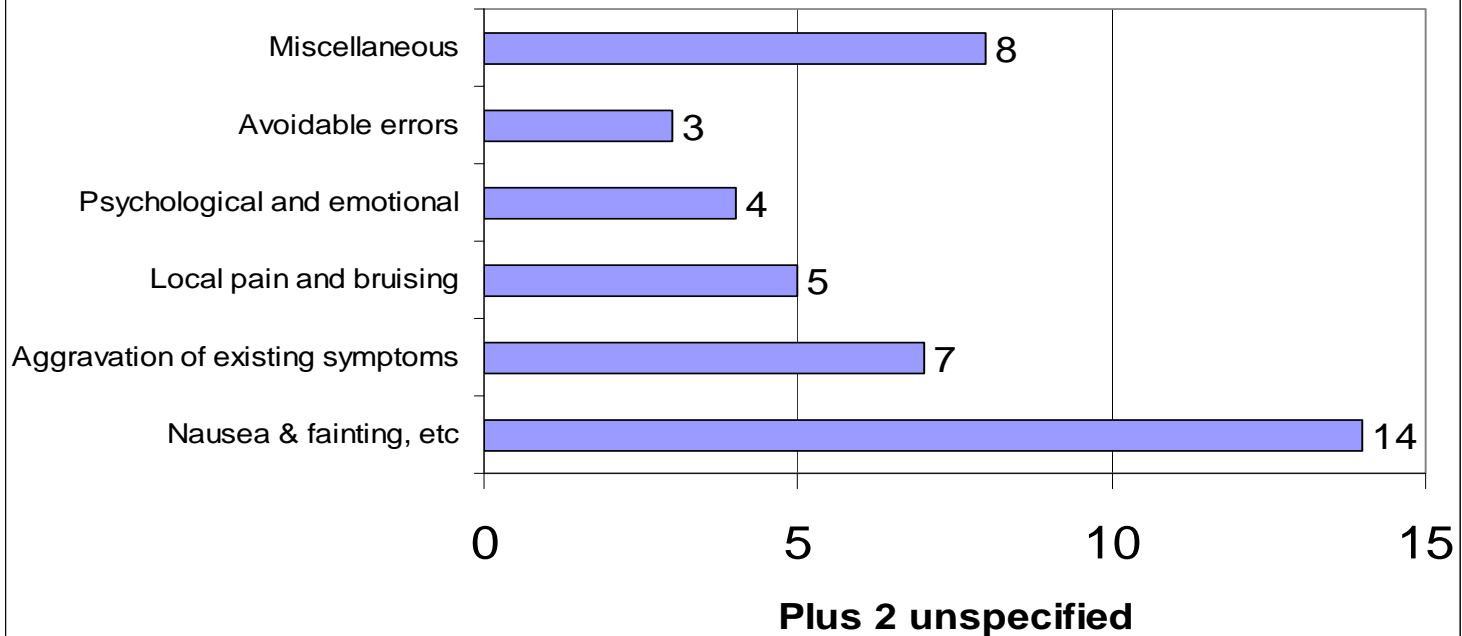
2,000 BAAC members were asked to record patient reactions to treatments

A total of 574 practitioners responded (31% of members) providing data on 34,407 treatment sessions showing that professional acupuncturists deliver approximately 2 million treatments per year in the UK

NO serious adverse events were reported. However, 43 minor adverse events were reported

Adverse Events Survey (2)

43 adverse events were reported from a total of 34,407 treatments



What happens at treatments?

- A full medical history is taken at the first session
- You will be asked about your current symptoms, treatments you have received so far, your diet, the state of the body's systems, sleep patterns and emotional factors
- The pulses and the tongue are also studied as this provides vital information about general health

How many treatments are needed?

- In the theory underlying traditional acupuncture, each person is unique, so the number of treatments required varies
- Some change is usually seen after 6-8 treatments
- Depending on the complaint, treatment may be required regularly (perhaps once or twice a week), sometimes several times a week, every two weeks or monthly

Should my doctor know?

If you are receiving treatment from your doctor then it makes sense to inform him/her of your plans to have acupuncture

Acupuncture can enable you to reduce or even stop taking certain medication, but your doctor should be consulted regarding *any* changes to dosage or prescription

Why see a BAaC member?

BAaC members undergo *extensive* training
(minimum 3 years full time)
in traditional acupuncture

BAaC members abide by strict Codes of Conduct and Safe Practice
and undertake Continuing Professional Development (CPD)

Members of the public (patients) are assured that their
treatment is covered by full liability insurance

Our members can also issue Blood Donor certificates accepted by
the Blood Donor Service

A Registered Practitioner?

What to look for:

- ✓ Ask to see a current membership card
- ✓ Verify that the practitioner treating you is the person who is registered
- ✓ All their literature should use the letters MBAcC after their name
- ✓ Look for the BAcC membership certificate with the practitioner's name on it
- ✓ Look for the qualification certificate to verify they have the appropriate training

The BAAB

- The British Acupuncture Accreditation Board was formed in 1989 to establish an accreditation process for acupuncture education in the UK
- The process is an extensive and rigorous 3 year self-evaluation of educational methods and standards in accordance with set criteria
- The BAAB is an independent body that works closely with the British Acupuncture Council
- There are 8 institutions in the UK that have been accredited*

