

## Introduction to Acupuncture

(Acu mean needle , puncture means skin puncture )

### Definition:

Acupuncture is a procedure by which diseases can be prevented and treated through proper insertion of needles into points accompanied by different manipulations.

### Needle types:

- filiform needle
- cutaneous needle
- intradermal needle
- three-edged needle,

in which the filiform needle is widely used



Filiform needle



Intradermal needle

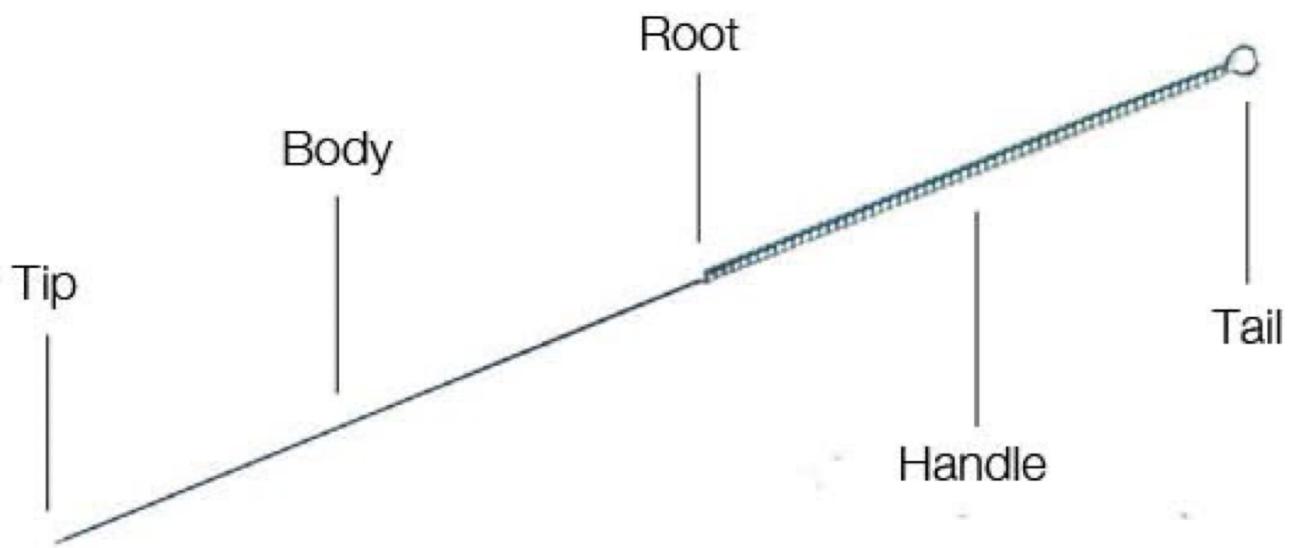


Three edge needle

A filiform needle may be divided into five parts:

- 1) Handle the part webbed with filigree either of copper or stainless steel;
- 2) Tail the part at the end of the handle;
- 3) Tip the sharp point of the needle;
- 4) Body the part between the handle and the tip; and
- 5) Root the demarcation line between body ad the handle. The length and gauge refer to the dimension of the needle body. The common filiform needles vary in length and diameter.

# Anatomy of an Acupuncture Needle



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## Preparations Prior to Treatment

1. Inspection of the instruments
2. Posture of the patient
3. Sterilization
4. Skin disinfection

## Anatomy of acupuncture points

- Type I the motor point of the muscle; .
- Type II corresponds to the focal meeting of superficial nerves in the sagittal plane;
- Type III lie over the superficial nerves or plexi
- Type IV at the muscle - tendon

junction.

The most important of these are the Type I and IV

## Disease according to TCM

Imbalance or blockage of Qi

## Qi energy

In TCM, health is seen as a state of balanced and free-flowing Qi, while illness is often attributed to blockages or imbalances in this energy.

## What is Qi energy

Qi is often described as the vital energy that sustains life. It is invisible and flows through the body along pathways known as meridians.

- It is believed to be the force that animates and connects all aspects of life, including the physical, mental, and spiritual realms.

Acupuncture works on the principle of Qi energy

By doing acupuncture we manipulate Qi energy either by decreasing or increasing it.

## Types of Qi force

There are two sources

Congenital

Acquired

Yaun Qi:

congenitally present

store in kidneys

Zong Qi

It is acquired type of Qi

Form in stomach and spleen

Also called pectoral Qi because present in pectoralis major and minor muscles

Assist respiratory and thyroid functions

Also control movement of limbs

Ying Qi

Also called nutrient Qi

Form in digestive organs

Present inside the vessels

Circulate in overall body and provide nutrition

Wei Qi

Also called defensive Qi

Flow outside the vessels

Defend body against pathogens

## Zang Qi

It is the combination of four Qis and it is the type of Qi which flow in meridians

## Circulation of energy through the meridians

### Meridians

Pathway for flow of Qi energy

They are invisible

12 channels and 2 conception channels

### The classical order of meridians

Lungs	3AM to 5AM
Large intestine	5AM to 7AM
Stomach	7AM to 9AM
Spleen	9AM to 11AM
Heart	11AM to 1PM
Small intestine	1PM to 3PM
Bladder	3PM to 5PM
Kindney	5PM to 7 PM
Pericardium	7PM to 9 PM
San jao	9PM to 11PM
Gallbladder	11PM to 1 AM
Liver	1 AM to 3 AM