

Chinese Medicine: Origins
Chinese versus Japanese
Acupuncture

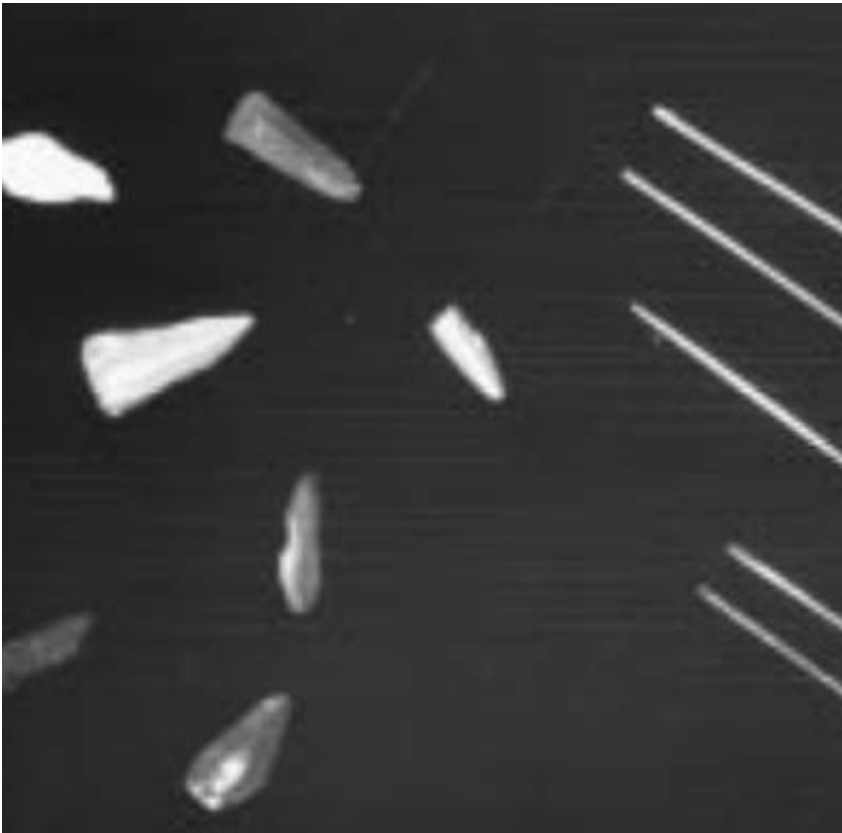
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Origins

- There is evidence that humans had discovered the therapeutic effect of inserting needles into a person's body more than 5000 years ago
 - The preserved Iceman found in the Italian Alps had tattoo markings with charcoal not ink suggesting a heating therapeutic tattooing (moxa-like) rather than decorative
 - 1000 BC in late Shang Dynasty
 - Archeological evidence of stone acupuncture needles “Bian Shi” was used for treating illnesses
 - Period of Warring States (475-221BC) Fu Xi (Bao Xi) credited with developing the 9 needles
 - Made of silver and gold

Archeological Evidence in China

Bian or Stone Needles (Jade)



Gold needles found in the tomb of the Han prince Liu Sheng (113BC) at Mancheng, North China



Ma KW. Acupuncture: its place in the history of Chinese Medicine. *Acupuncture in Medicine*. 2000;18(2):88-99

Historic Record

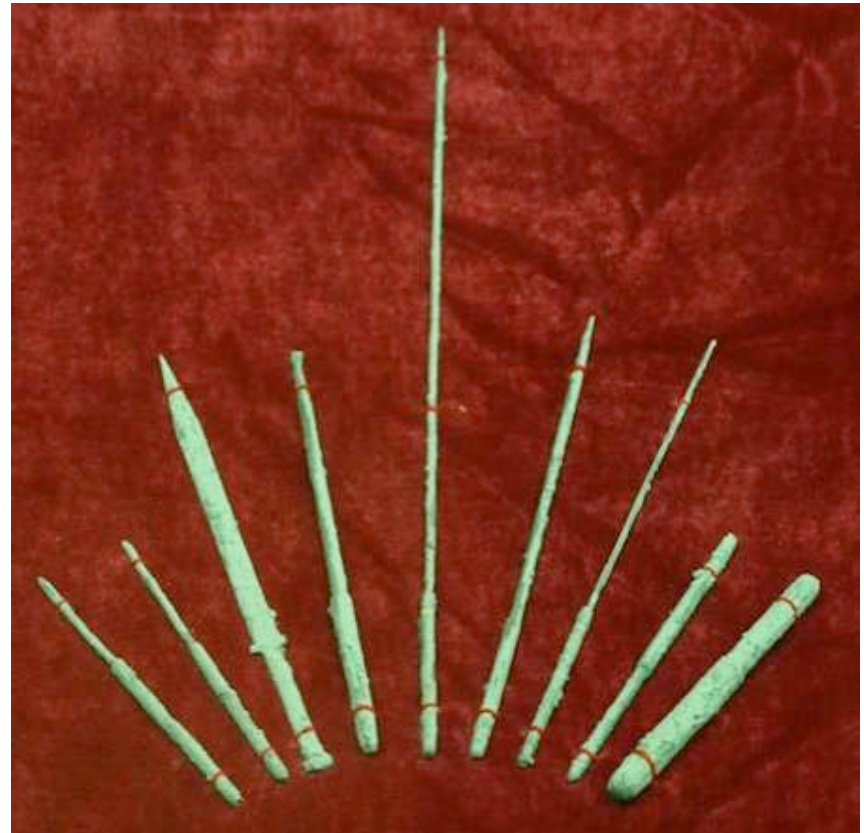
- Bone Needles in the New Stone Age (10,000 to 4,000 years ago), Preserved in Shanghai TCM Museum, China

Bone needles

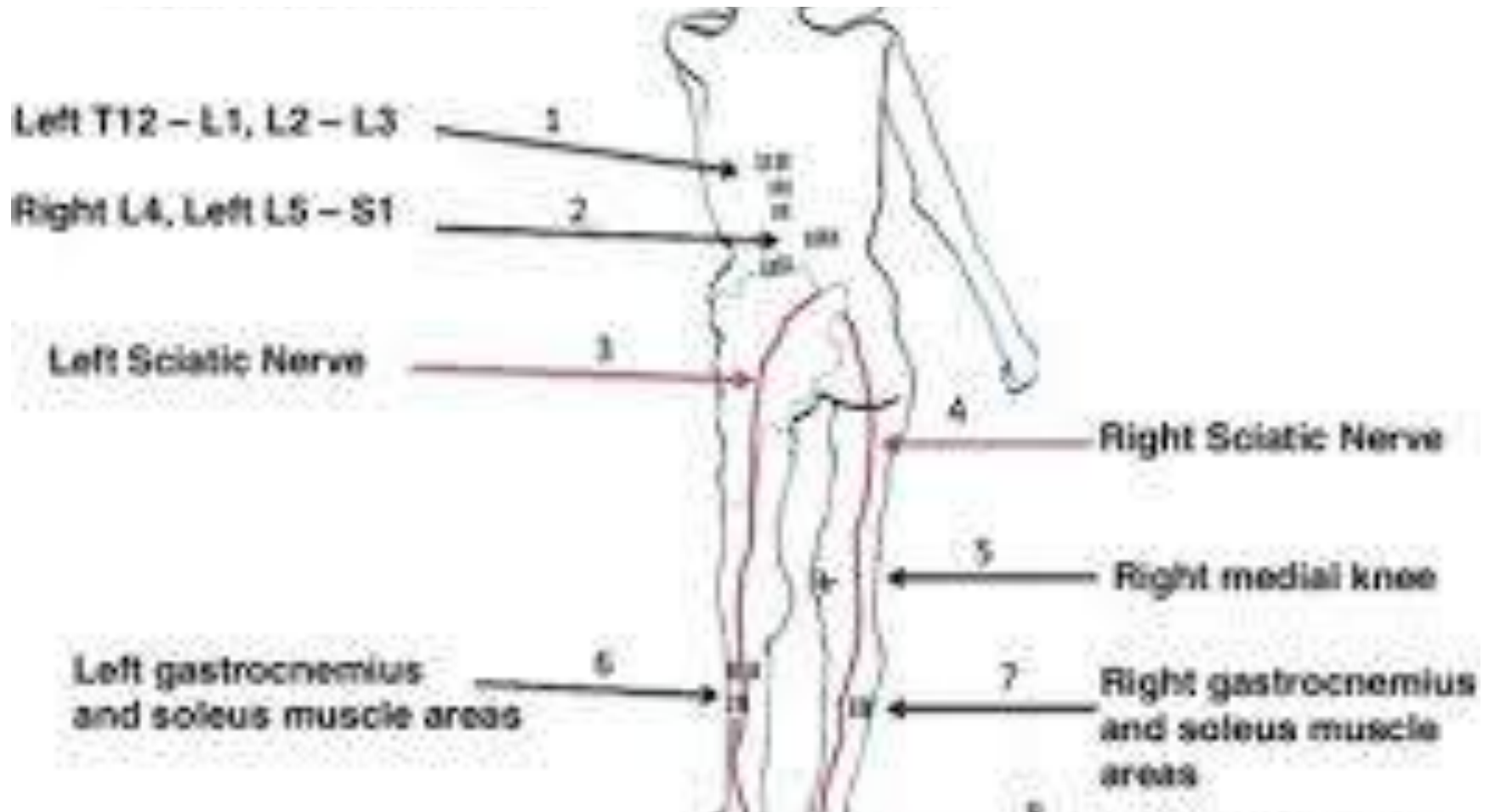


Historic Record

- Acupuncture needles found in Ming dynasty (1368–1644) tomb (replica), Dojindo Museum, near Beijing, China,



Archeological Evidence in Europe: Otzi the Iceman

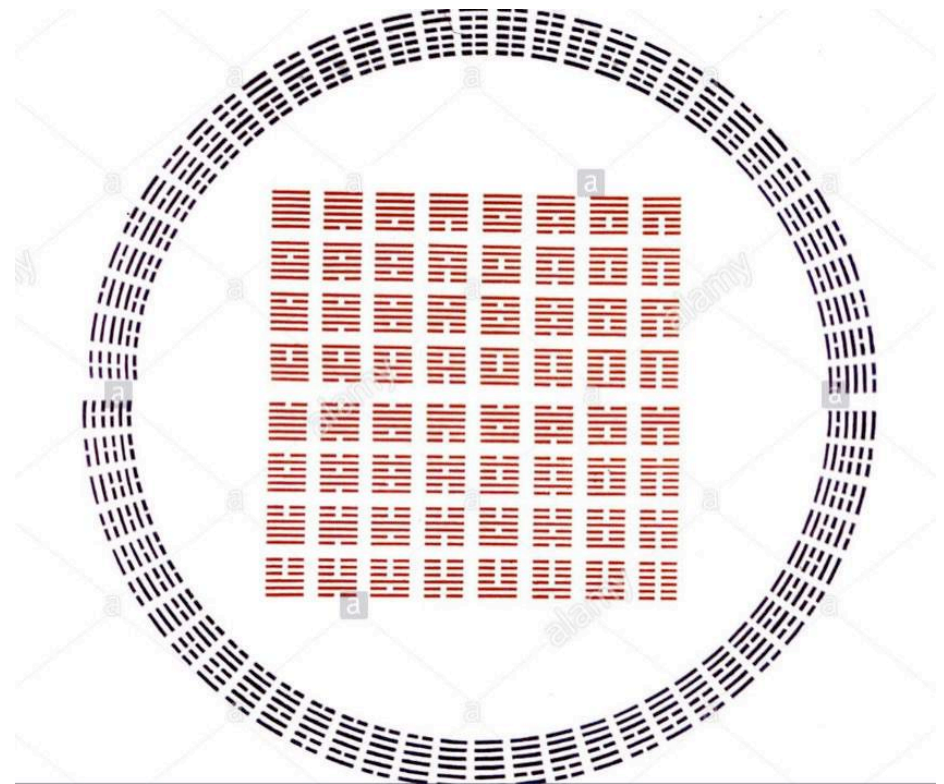


Yellow Emperor's Internal Classic

- Huangdi Neijing (Yellow Emperor's Internal Classic) codified the practice of acupuncture via a discussion between the Yellow Emperor (Huangdi) and Qi Bo.
 - Written between the 5th and 1st Centuries BC with the greatest developments occurring during Han Dynasty (206 BC- 220 AD)
 - Su Wen (Plain Questions) 81 chapters
 - Ling Shu (Miraculous Pivot or Spiritual Pivot) 81 chapters
 - Acupuncture is predominant focus
 - 295 points, 12 Regular Channels and 15 Main Collaterals (Jing Luo) were described in the human body
 - Nan Jing (Classic of Difficult Issues) written after Su Wen and Ling Shu, likely 1st Century CE

The Theory

- Patterns of Change
 - Man as part of an infinite universe of interweaving patterns of energy and substance that can transform back and forth at time more substantial, at other times less substantial depending on context
 - Quantum theory: Electrons have behave both as particles and waves
 - I-Ching or Book of Changes
 - Characterization of all transformations using the 64 hexagrams

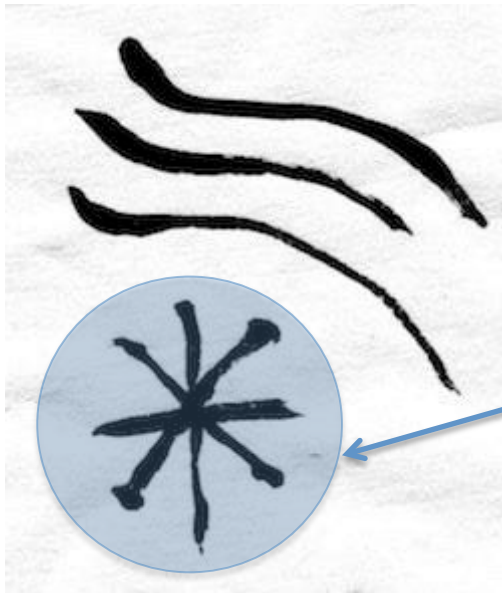


The Metaphysical Concept

- Daoist philosophical construct to understand the place of humans in the universe
 - Unlike Greek philosophical origins of modern science which was reductionist looking for the underlying essential elements that make up all things
 - Focus of Daoist theory is relativistic and depends on a philosophical holism – the relationship between the myriad of things in Heaven and Earth
 - Qi
 - Ying and Yang
 - 5 phases

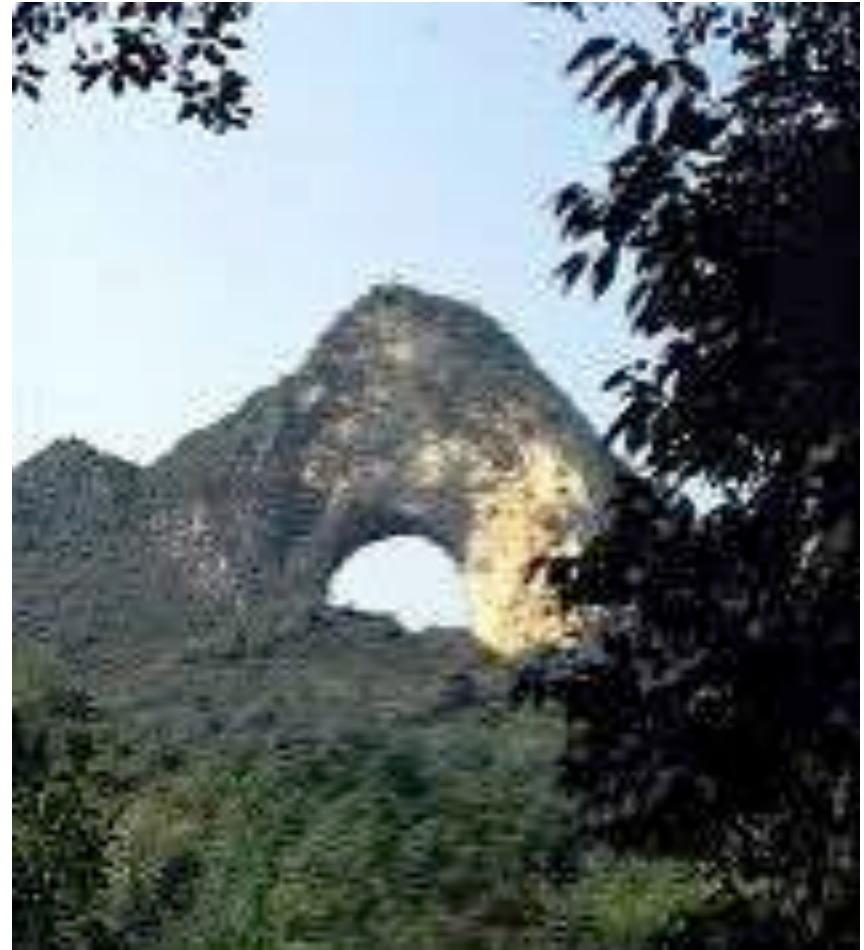
Theory: Qi

- Fundamental Unit of Energy – Qi
 - Sheaf of Rice (Substantial) and Cloud or Vapor (Insubstantial)



Theory: Qi

- Qi
 - In Huai Nan Zi (c. 122BC)
“Dao originates from Emptiness and Emptiness produced the universe. The universe produced Qi.... That which is clear and light drifted up to become heaven, and that which was heavy and turbid solidified to form earth”
 - Big Bang theory and production of matter and antimatter



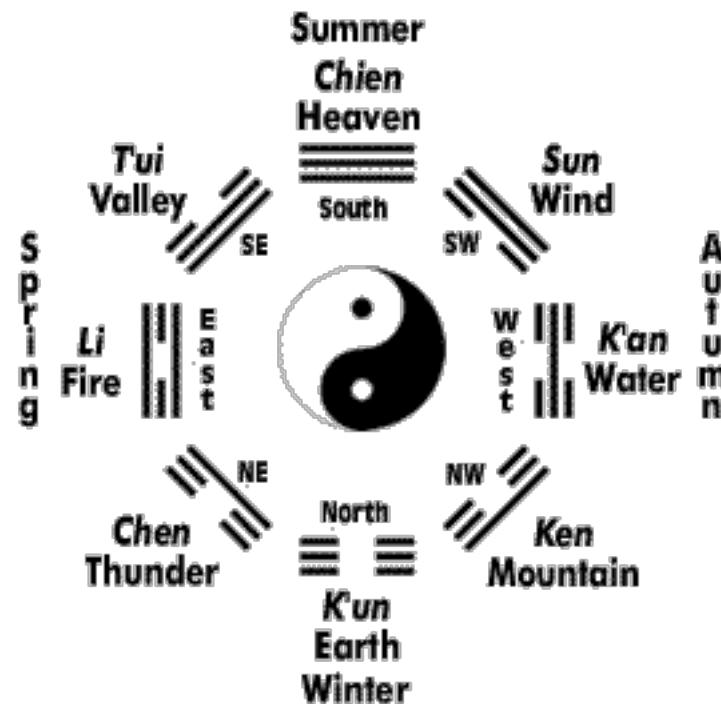
Theory: Qi

- Between Heaven and Earth
 - “A human being results from the Qi of Heaven and Earth. The union of the Qi of Heaven and Earth is called human being” (ch. 25, Huang Di nei jing su wen - Basic Questions)



Traditional Chinese Medicine - TCM

- The laws that govern the macrocosm must apply to the microcosm
 - Humans lie between Heaven and Earth

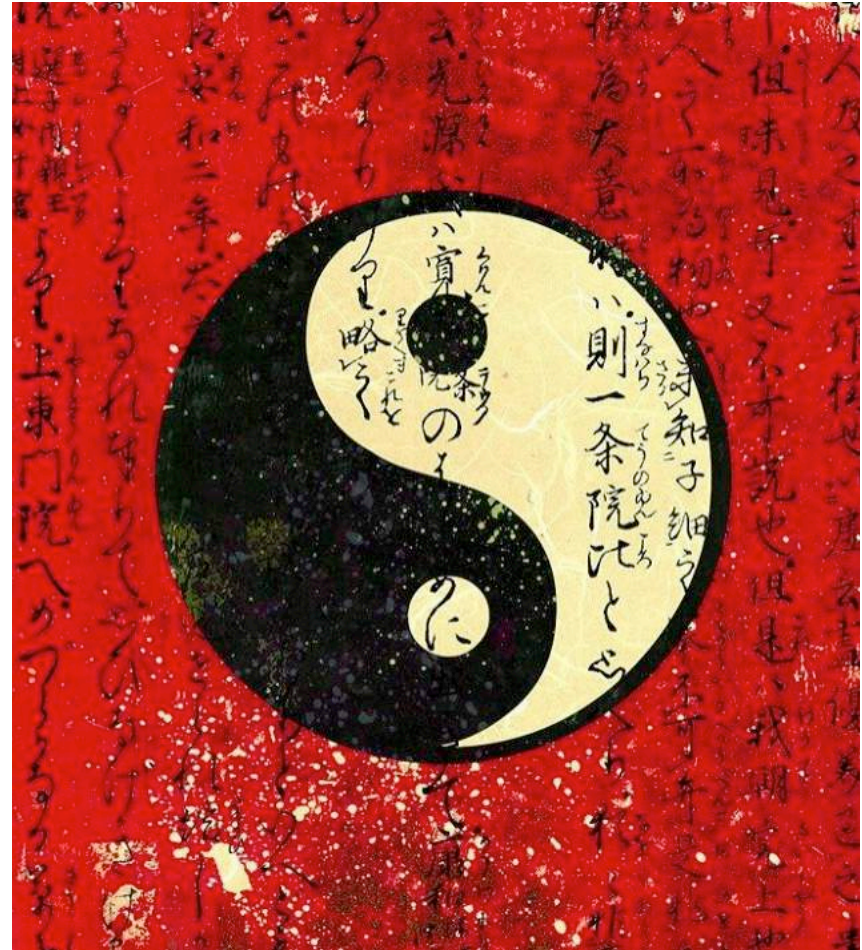


Ying Yang - Theory of Opposites



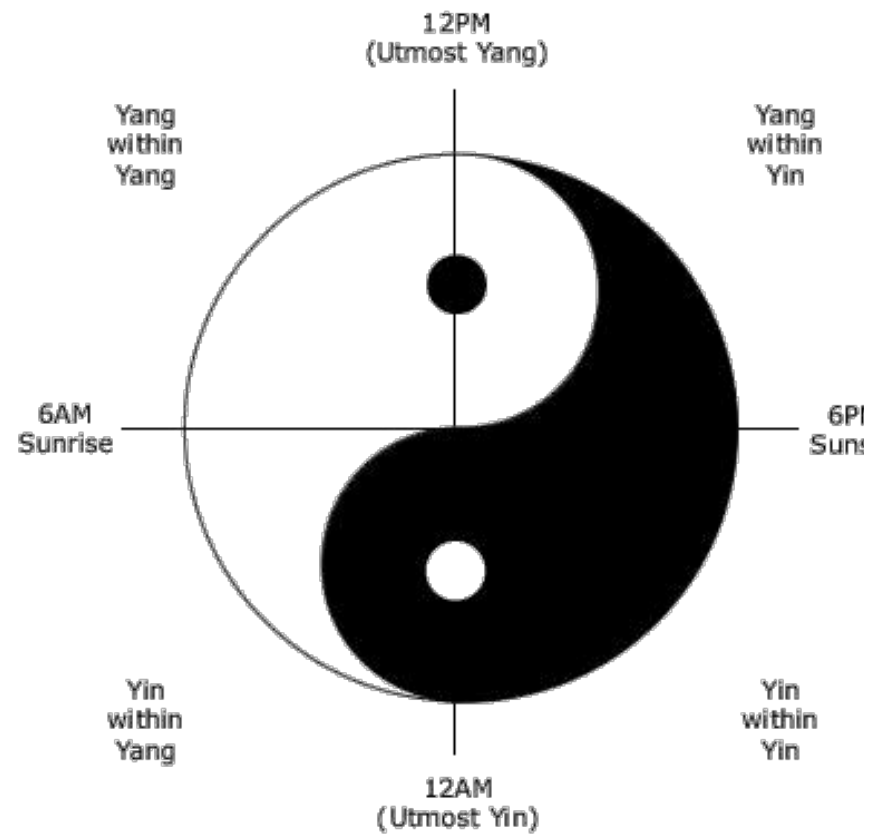
Theory: Yin Yang

- Fundamental Unit of Change – Yin Yang
 - Non-linear view of natural phenomenon and human health and disease
 - Rather than western view of causality $A \rightarrow B \rightarrow C$
 - A has a small b within and B has a small a within and there is a flow back and forth between, with a constantly shifting relative dominance



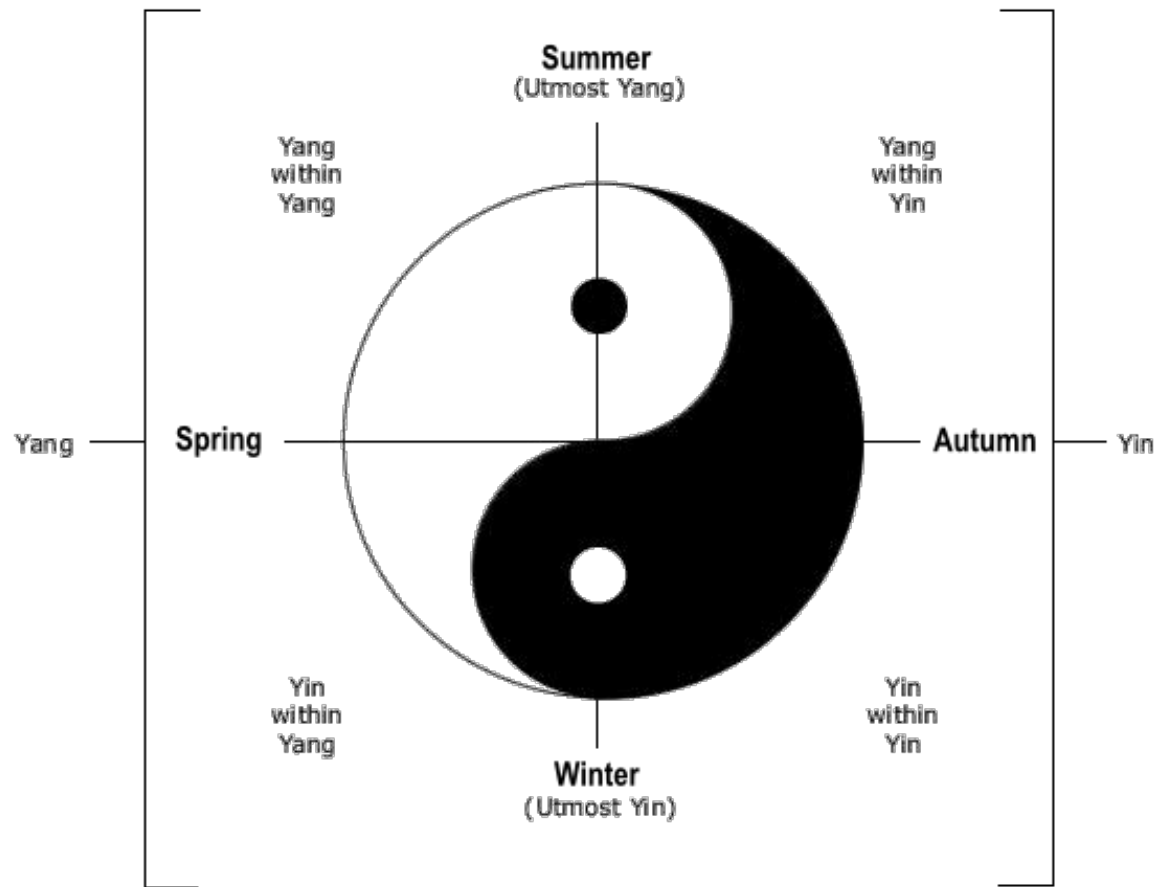
Theory: Yin Yang

- Yin Yang and Day-Night Cycle
 - Similar pattern with Seasonal Cycle



Theory: Yin Yang

- Yin Yang and the Seasons



Theory: Yin Yang

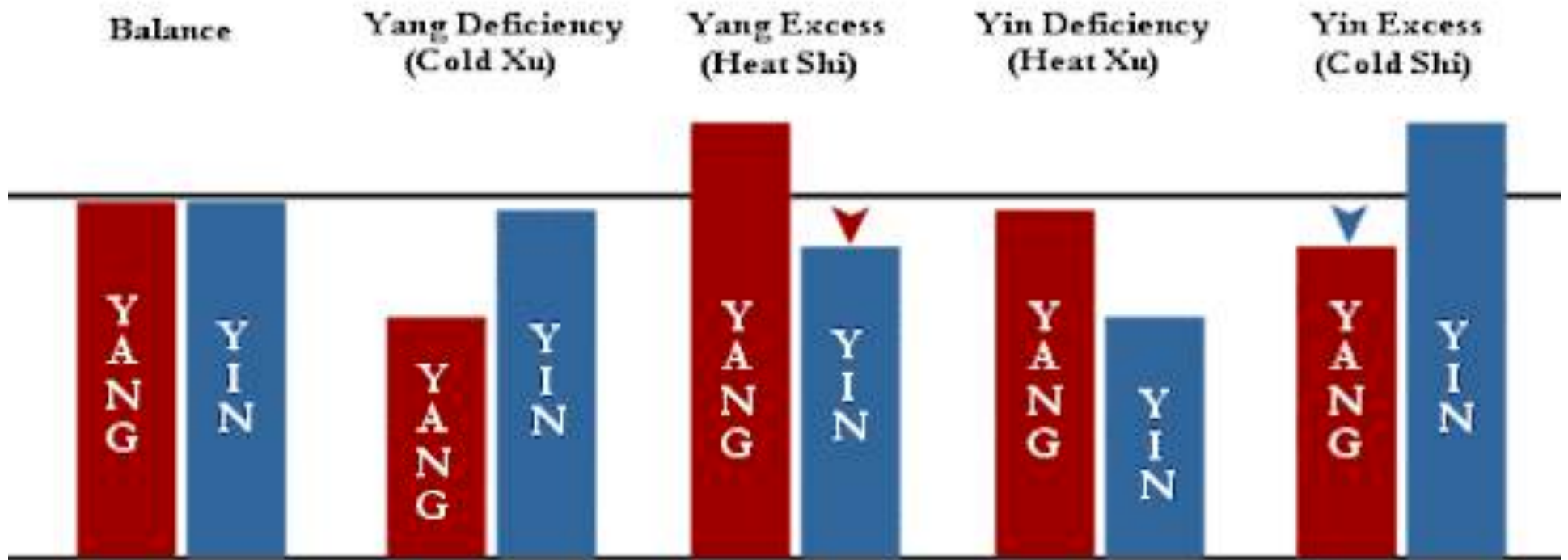
- Yin

- ❖ Material
- ❖ Produces Form
- ❖ Grows
- ❖ Substantial
- ❖ Cold
- ❖ Condensation
- ❖ Descending
- ❖ Inside
- ❖ Below
- ❖ Front
- ❖ Damp
- ❖ Water

- Yang

- Immaterial
- Produces Energy
- Generates
- Non-substantial
- Hot
- Expansion
- Rising
- Outside
- Above
- Back
- Dry
- Fire

Theory: Yin Yang



The Theory: Jing Luo

- Jing Luo
 - Jing refers to the warp threads when weaving and in acupuncture means network of pathways
 - Luo means to direct
- Jing Luo is a system of channels and collaterals that forms a network of pathways throughout the body that the substances (Qi and Xue (Blood)) can reach all parts of the body



The Theory: Jing Luo

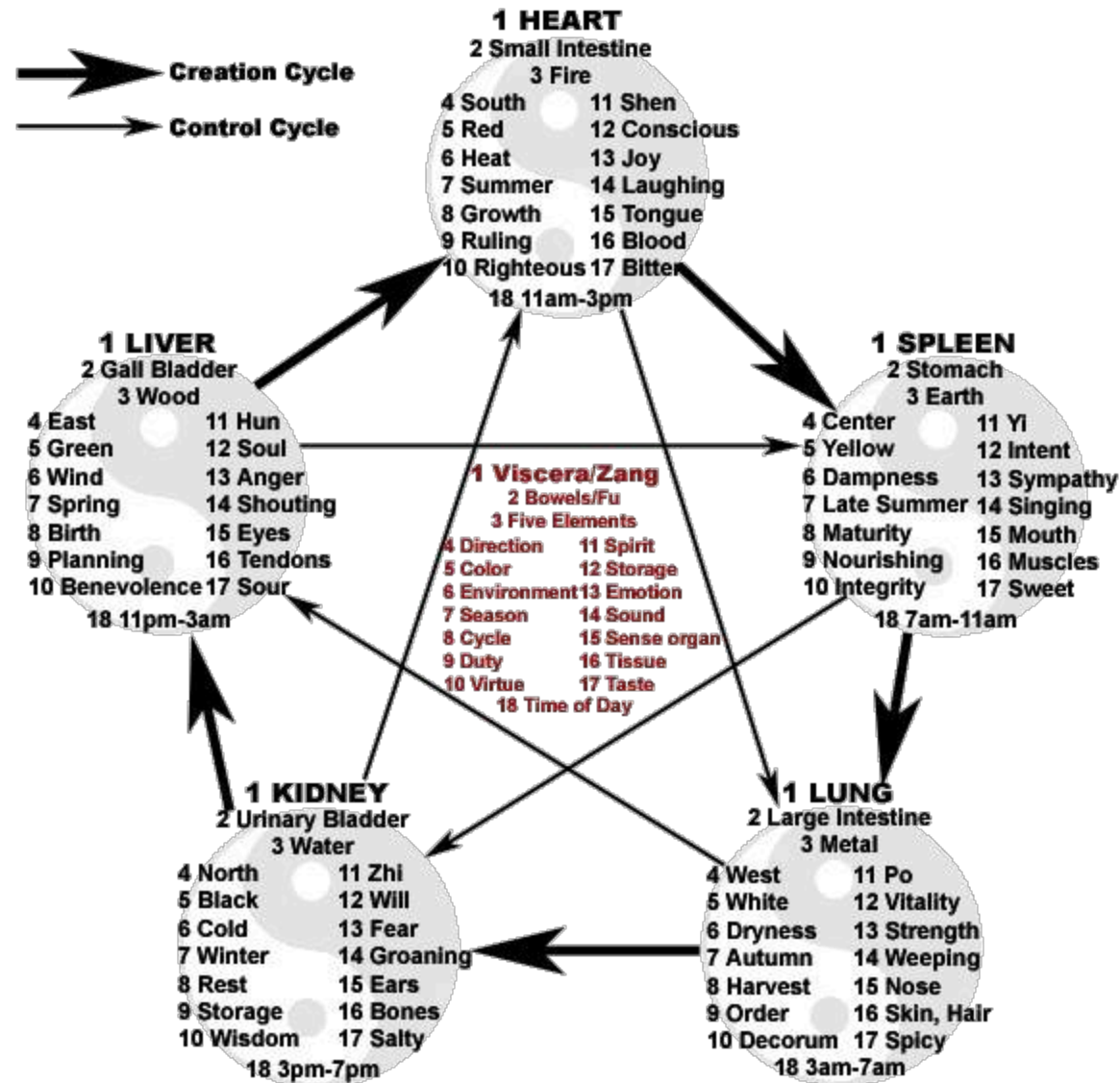
- It is through the Jing Luo that the Qi and Xue (Blood) circulate, and there are points on the body surface where the Qi of the deep internal organs lies just below the surface. These points can be punctured to cure diseases by regulating the flow of these substances.



Theory: 5 Phases

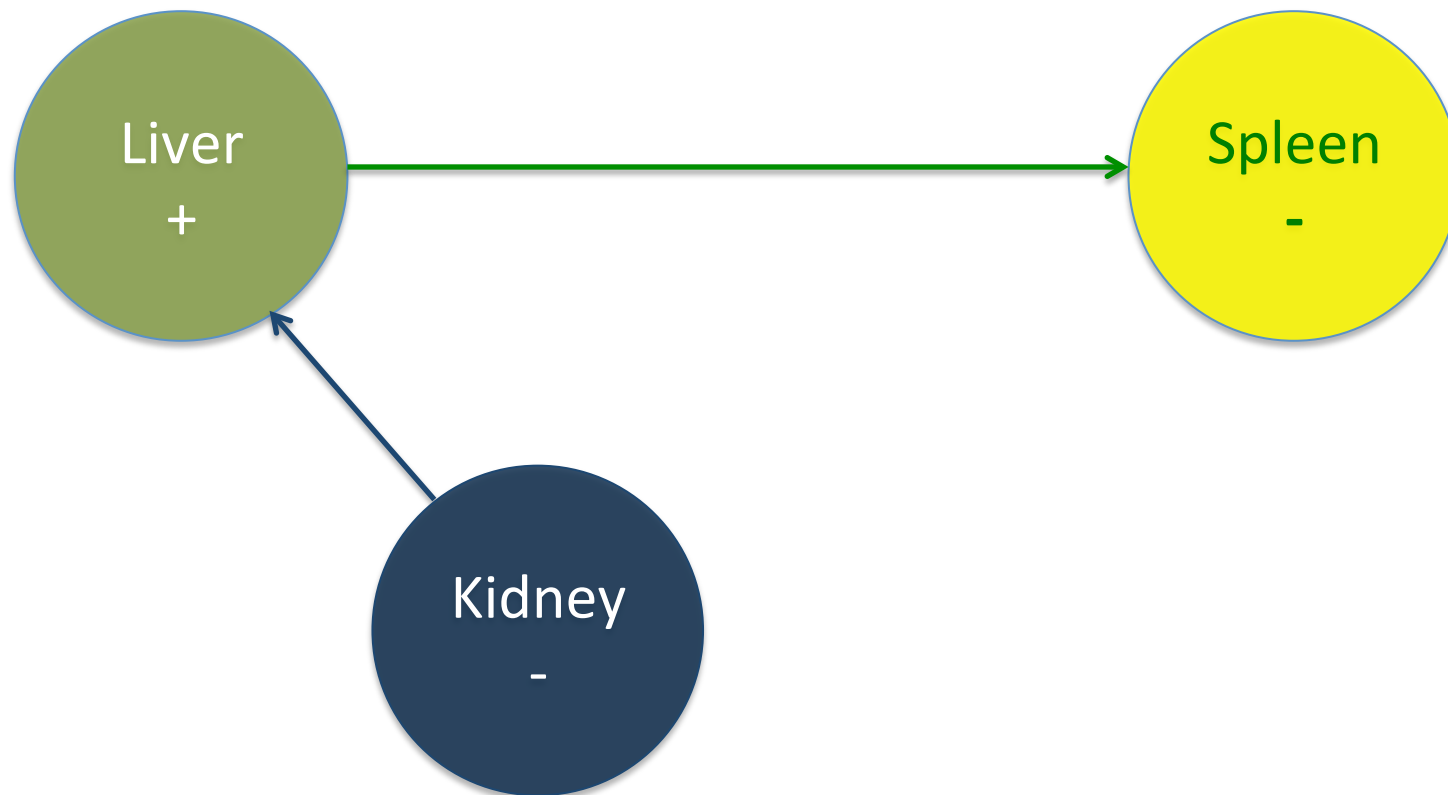


Associations with 5 Phases



Theory: 5 Phases

- Liver (wood) in excess, invades Spleen (earth) by excess control and depletes Kidney (water the mother of wood)



Other Developments

- Nanjing - (or Huangdi Bashiyi Nanjing 黃帝八十一難經 - The Yellow Emperor's Eighty-one Difficulties Classic)
 - Apex of developmental phase of system
- Zhang Zong-jing (150-219AD) authored Shanghang Zabing Lun (Treatise of Febrile Diseases),
 - initiated the doctrine of analyzing and differentiating the influence of pathogenic factors on health - syndrome differentiation and treatment

Other Developments

- Hua Tuo (c. 140-208)
 - Huatuo Jiaji points named after him
 - Points $\frac{1}{2}$ cun off midline of spine
 - Segmental neuroanatomical effects on CNS
 - Respected for his expertise in surgery and anaesthesia, Hua Tuo was famous for his abilities in acupuncture, moxibustion, herbal medicine and medical Daoyin exercises("Exercise of the Five Animals")

Other Developments

- Sun Simiao (active during the Tang Dynasty (618-907 A.D.)
 - *Taiqing Danjing Yaojue* (Essentials of the Elixir Manuals for Oral Transmission (ca. 640 A.D.),
 - *Qianjin Yifang*. The content is based on 30 years of subsequent experience with special attention to folk remedies; it was printed at the end of his life in 682 A.D.

凡大醫治病，必當安神定志，無欲無求，先發大慈惻隱之心。誓願普救含靈之苦。

Whenever eminent physicians treat an illness, they must quiet the spirit and settle the will, they must be free of wants and desires, and they must first develop a heart full of great compassion and empathy. They must pledge to devote themselves completely to relieving the suffering of all sentient beings

Pattern Recognition and TCM

- Diagnosis is akin to Lao-tzu meditating on the interrelationships and patterns in all things
- So to in TCM Pattern Differentiation we are tasked with discerning the pattern and interrelationships in all things internal and external that influences the homeostasis and health of the body



The Order of the Body mirrors the Order of the Universe

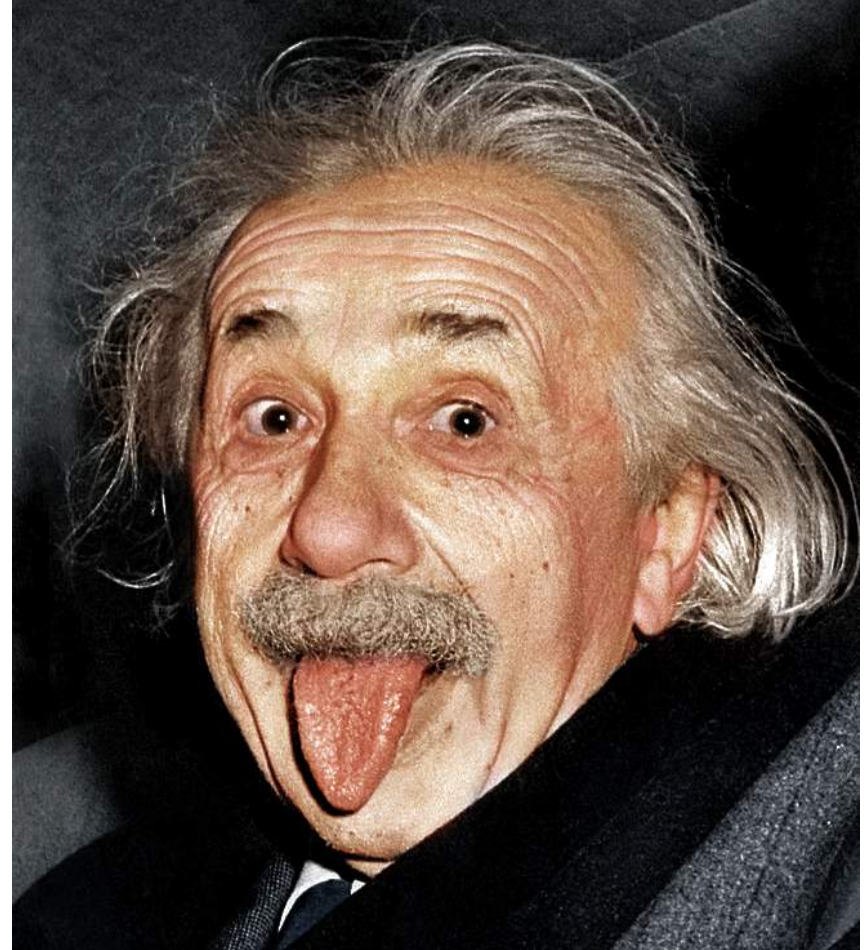


TCM and Pattern Discrimination

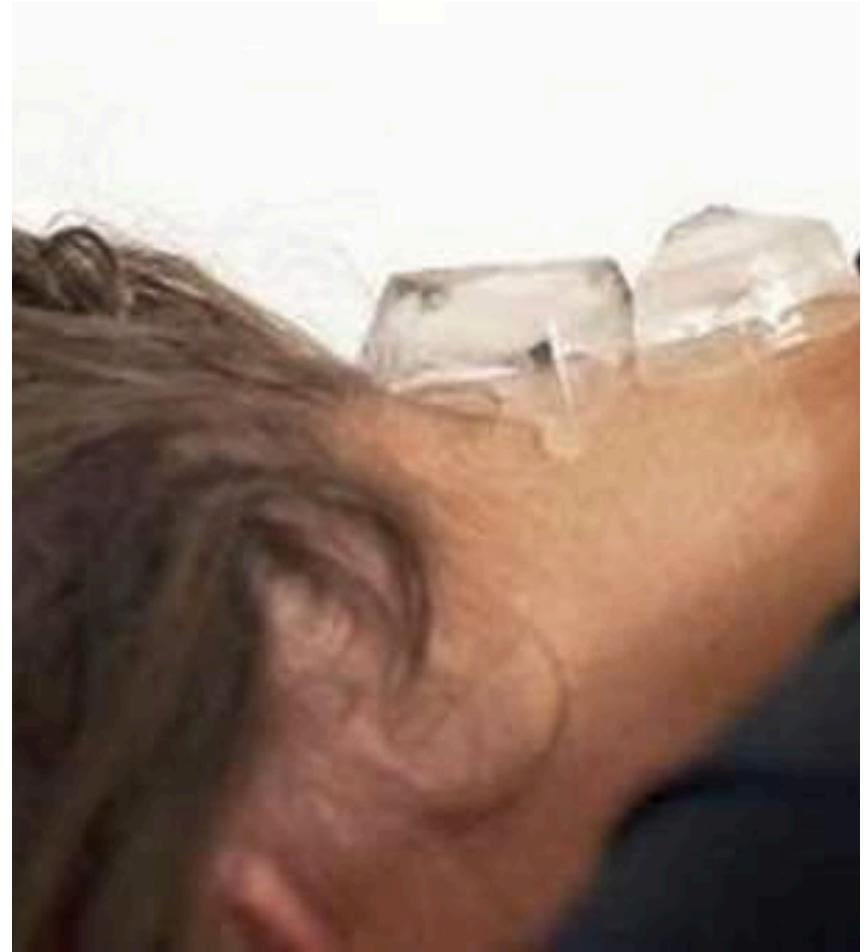
- Four Components
 - Inquiry – 20 questions
 - Cold/Heat preferences
 - Food preferences, Digestive issues, Stool and Urine pattern
 - Energy levels
 - Pain patterns
 - Observation
 - Eyes, Face, Tongue, Nails, Limbs
 - Listening and Smelling
 - Sound and volume of voice
 - Smell of body, urine, stool
 - Palpation
 - Pulse

Tongue

- Shape
- Coating
- Pattern of redness
- Cracks



The Hidden Meaning



Complexity of Prediction



Kiiko Style Japanese Acupuncture

- Relies on close interpretation of Classic (Han Dynasty) Texts
 - Body Palpation was considered a method of diagnosis
 - Considered more reliable than pulse and tongue
- Focus on the Abdomen as energetic center and source of all meridians and organ function
 - Hara Diagnosis
 - Kidney stores both pre and post natal Jing (essence is driving force of growth and development and preservation of the functions of the organs)
 - Fire between Left (Yin) and Right (Yang) kidneys generates the energy that flows to all other organs and meridians – Yuan or Source or Original Qi
 - According to Chapter 66 of the Classic of Difficulties, Original Qi dwells between the two Kidneys below the umbilicus at the Gate of Vitality

Liver Disturbance

- “Consider feeling a (movement in the) vessels (that is associated with an illness in the) Liver External evidence of such (an illness includes) a tendency towards tidy appearance, a vivid face, and an inclination to become angry. **Internal evidence** of such (an illness is the presence of) moving influences to the left of the navel which, if pressed, respond with firmness and pain...” (The Sixteenth Difficult Issue, sentences 10, 11, and 12. Medicine in China, Nan-Ching. Translated and Annotated by Paul U. Unschuld, first edition, page 219)

Oketsu – Left ST 26-27 region



Lv 4 with Lu5

**In fascial hole medial to tibialis
anterior tendon**



**Japanese Lu5 lateral to TCM
point**



Point Verification

- Use palpatory diagnostic reflexes to choose points
 - If region to the left of the umbilicus (liver disturbance) is tight and tender, then the point I choose must relieve that area of discomfort
- Cuts through theory and lack of certainty about translating theory into treatment plan:
 - Liver 3: Indications include Headache, sinus problems, eyes painful, cannot see clearly, dry and stuck throat, abdominal pains, nausea, vomiting, constipation, chest and ribs full and painful, mastitis and lactation problems, frequent sighing, depression, insomnia, hypertension, detoxifies Liver from effects of drugs and alcohol. Relieves all spasms in muscles.

Characteristics of Style

- Point verification with body palpation
 - Smaller needles
 - Use change of reflex to assure proper point location rather than deqi response
 - Patient centered
 - Driven by patient response rather than theory
 - Allows patient to immediately see change on the table rather than wait to see if treatment is going to work
 - Allows for flexible response
 - If Point A does not relieve pressure pain on abdomen then try Point B
 - Response of patient provides understanding of diagnosis
 - Point A implies issue more Liver related
 - Point B implies issue more related to fatigue and stress

Conclusions

Kiiko Style Japanese Approach

- Based on Master interpretation of Han Dynasty Texts
 - Palpation preeminent diagnostic tool
 - Hara Diagnosis to find root or constitutional cause of disease
- Point verification
 - Body Centered
 - Minimal Needling methods
 - Immediate feedback builds confidence of patient and practitioner

Traditional Chinese Medicine (TCM)

- Relies more on indirect diagnostic methods
 - Pattern recognition based on questions about patients likes and dislikes
 - Pulse and Tongue
- Treatment Points
 - Theory guides treatment
 - De Qi sensation of patient used as guide for adequacy of treatment rather than changes in symptoms