

# Acupuncture



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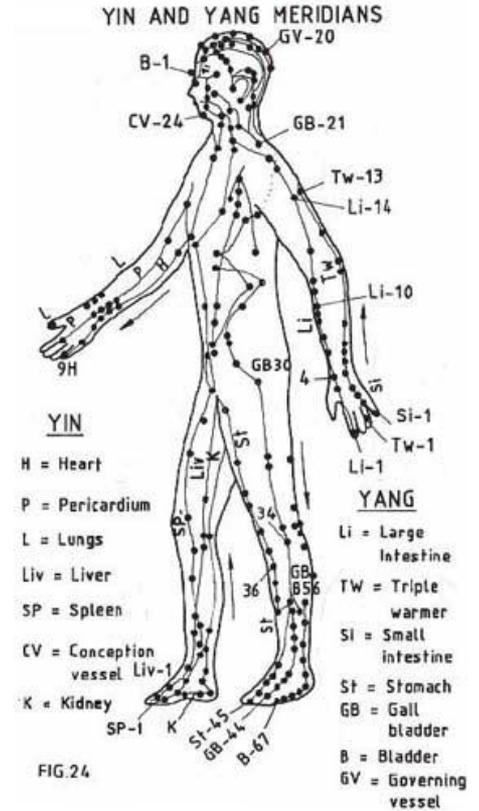
# Definition

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- Acupuncture consists of pricking the skin with needles to alleviate pain and to treat physical, mental, and emotional needs. Acupuncture originated in China but is now used around the world.
- Acupuncture has typically been thought to be somewhat of a hoax or an insufficient method of alleviating pain in the past.
- There is now evidence based research that proves acupuncture can release a rush of endorphins that can relieve pain and nausea.
  - Although there are many theories and studies on acupuncture, the exact science to why pushing tiny pins into specific points on the body causes such an endorphin rush is not known.
  - Due to the lack of knowledge around the concept of acupuncture, there is still scepticism in the scientific community about this form of pain relief.

# Purpose

- Acupuncture consists of pressing tiny needles into the skin at specific spots on the body in an attempt to alleviate pain.
  - These specific places of insertion have been studied by the Chinese for thousands of years and are called acupoints.
- This form of pain relief has also been used for overall wellness in recent years, and has been implemented in aiding those who struggle with stress management.



# History

- ❖ Historically, the discovery of acupuncture was credited to the Chinese Emperor Huangdi in 2500 BC
- ❖ However, acupuncture likely predated Emperor Huangdi and took place during the Neolithic Period, 5000 BC to 6000 BC
- ❖ At this time instead of needles sharpened stones and long sharp bones were used for acupuncture treatments These instruments were also used for simple surgical procedures such as lancing an abscess
- ❖ Acupuncture has been practiced in China for more than 3000 years
- ❖ Eventually it spread to Europe and America in the sixteenth to nineteenth century
- ❖ History of acupuncture research was initiated in the eighteenth century and has developed rapidly ever since



# How it Works

Acupuncture points are believed to stimulate the central nervous system which releases chemicals into the muscles, spinal cord, and brain

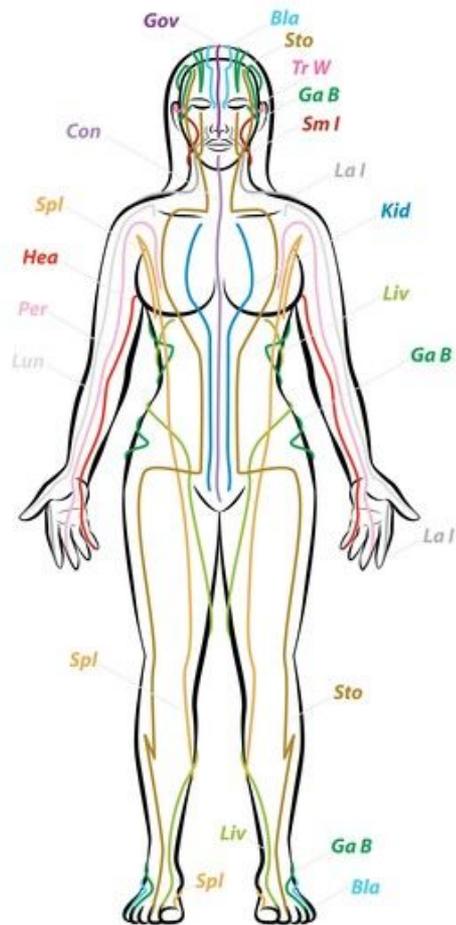
These biochemical changes stimulate the body's natural healing abilities and promote physical and emotional well-being

Acupuncture is done using sterile hair-thin needles (Needles may be heated or have a mild electric current applied to them)

The needle is inserted to a point that produces a sensation of pressure or ache

- **Traditional Chinese medicine practitioners** believe the human body has more than 2,000 acupuncture points connected by pathways or **meridians**
- These pathways create an energy flow or Qi (pronounced "chee") throughout the body that is responsible for overall health
- Disruption of the energy flow can cause disease
- By applying acupuncture to certain points, it is thought to improve the flow of Qi, thereby improving health.

# The Body Meridians



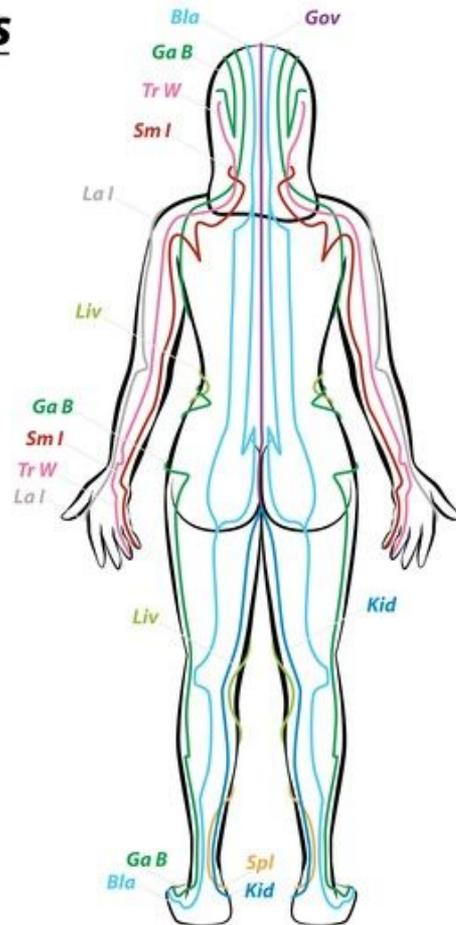
anterior view

## Two Centerline Meridians:

Conception Vessel  
Governing Vessel

## Twelve Principal Meridians:

Stomach Meridian  
Spleen Meridian  
Small Intestine Meridian  
Heart Meridian  
Bladder Meridian  
Kidney Meridian  
Pericardium Meridian  
Triple Warmer Meridian  
Gall Bladder Meridian  
Liver Meridian  
Lung Meridian  
Large Intestine Meridian



posterior view

# Best Client

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- Acupuncture is a method used to alleviate the discomfort of many conditions. The most common conditions are:
  - Chemotherapy-induced and postoperative nausea
  - Dental pain
  - Headaches
  - Labor pain
  - Lower back pain
  - Neck pain



# License

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- To be legally employed as an Acupuncturist in the US, you need to complete an accredited-educational program and pass a state licensing exam
- The National Certification Commission for Acupuncture and Oriental Medicine (**NCCAOM**) administers the national board examinations for the profession
- Most states will not let you sit for the exam unless your program was completed at an **ACAOM** (Accreditation Commission for Acupuncture and Oriental Medicine) accredited college

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