

# **Understand Acupuncture and Traditional Chinese Medicine**

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Traditional Chinese Medicine is orientated in China and has been practiced for 4000-5000 years. In early dynasty of China, medical practitioners had established theoretical foundation and overall concept for Oriental medicine and acupuncture. The overall concepts include the close relationship between human body and nature, relationship between human's internal organs and internal environment. Theoretical foundations are to prevent disease/disorder from occurring; to prevent disease/disorder from progression if it already occurred; to get early treatment when recognizing the disease/disorder. In order to succeed, the ancestor doctors have developed a scientific way to acknowledge physiological and pathology, diagnose and treat diseases/disorders. This is Traditional Chinese Medicine. The law of pathogenesis in Traditional Chinese Medicine can be categorized by the 7 emotions, 6 environments, life style and other factors such as trauma and animal/insects. In the book Golden Cabinet, it is vividly categorized by 108 viscera and bowel organ diseases, five exhausting, six extremes and seven trauma and 36 women's health diseases.

Acupuncture is one method to treat diseases/disorder in Traditional Chinese Medicine. Acupuncture uses 12 main meridians and secondary channels to treat and prevent diseases/disorders. So you must ask what are meridians and Channels. They are Qi and blood operation system, relationship between viscera (heart, kidney, spleen, liver and lung) and bowel organs (small intestine, large intestine, urinary bladder, stomach, and gallbladder) communication with interior and exterior, and meridians. Meridians and channels have the meanings of pathway and network which covers our whole body internally and externally. Internally it relates with organs. Externally it connects with skin, muscle, tendon, ligaments and bone. Because of the internal and external connection, it creates a whole. Under normal circumstances, all elements support and counterbalance each other so that a harmonious balance is maintained. It is similar to positive and negative feedback system in the western medicine system, but not exact. Meridians and channels also have functions of nourish, protect and communicate.

Meridians and channels are pathways and networks in body. When an imbalance or pathogen occurs in physiological dysfunction, indications appear in the body. These indicators include pain, spam, discoloration, temperature change, sensor differences and etc. Acupuncture use hair thin needles and other modalities to stimulate identified points. By doing so, it actives flow of energy, adjust functions, helps to bring our bodies to balance and achieve the goal of treatment of diseases/disorders.

Acupuncture books were first found in dynasty tombs in China. It recorded meridian, channel pathways and diseases related to it. Through a long history of discovering, experiencing, developing, it has contribute a great value to our society. In the past, acupuncture has spread to different countries such as Japan, Korea, Europe, former Russia, USA and etc. Today many researches are being conducted to further understand, develop and prove of effectiveness in many countries.