

## ACUPUNCTURE: TREATMENT WITHOUT MEDICINES

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### ABSTRACT AND INTRODUCTION

Acupuncture is the Chinese medicine. According to Chinese medicine there is continuous flow of energy in the Meridians to maintain the harmony in organs. If any obstruction in flow of vital energy occurred then the disease appears. If the obstruction in the flow of energy removed by needling, the disease cure. This is the Chinese explanation about the etiology and treatment of disease.

#### Disease Cured By Acupuncture Treatment

- 1) Diseases of Nervous system: Hemiplegia, Paraplegia, Poliomyelitis, Facial Paralysis, Headache, Insomnia.
- 2) Disease of Respiratory system: Sinusitis, Common cold, Allergic Rhinitis, Bronchitis, Bronchial Asthma.
- 3) Disease of Cardiovascular Disorder: Low blood pressure, High blood pressure, Palpitations.
- 4) Disease of Gastro - Intestinal disorder: Gastritis, Indigestion, Abdominal distention, Constipation, Intestinal Colic.
- 5) Disease of Urinary Disorder: Oedema, Renal Colic, Retention of Urine.
- 6) Disease of Gynecological Disorder: Amenorrhoea, Irregular menstruation, Dysmenorrhoea, Leucorrhoea, Lactation deficiency
- 7) Skin Disease: Pimples, dark circles
- 8) Ear Disorder: Deafness, Tinnitus, Earache.
- 9) Eye Disorder: Myopia, night blindness.
- 10) Endocrine Disorder: Diabetes Melitus.
- 11) Psychiatric Disorder: Mental Depression.

12) Locomotor Disorder: Cervical Spondylosis, frozen Shoulder, Backache, Sciatica, Rheumatoid Arthritis.



The theory of Traditional Chinese Acupuncture mentions that inside the body there is network of channels which connects between the Internal organ and surface of the body.

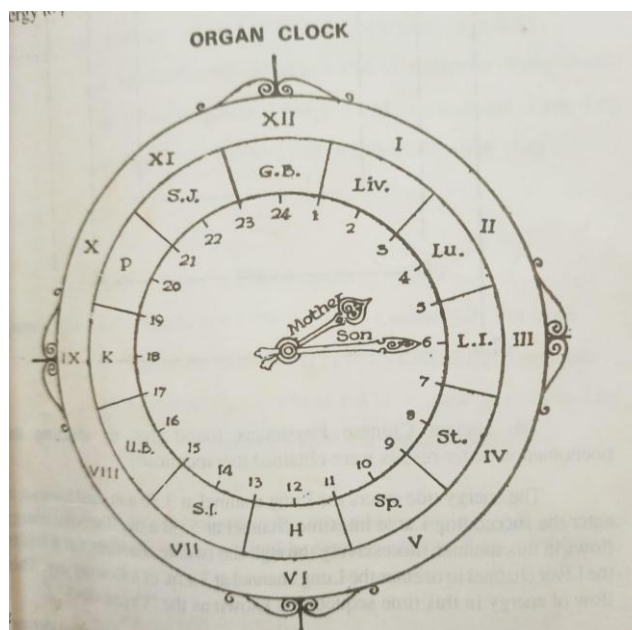
There are 14 Meridians all over the body. Each Meridians has a definite pathway and is divided into two parts. Internal part and External part. The whole pathway or Meridian is a closed circuit. This circuit has definite direction of flow.

There are near about 700 Acupuncture points. Out of them 361 points in the Classical 14 Meridians. Rest of the points fall outside the path of Meridians.

Explanation of why needle at a certain point can cure the disease of other parts.

For example: needling in hand can cure the Headaches. The Meridian serve as a conductor through which the hand is linked to the head. The impulse generated by needling In the hand is transmitted to the head through the Meridian.

Vital energy flows through the 12 channels in 24 hrs cycle.



**Diagram No. 1- Organ Clock**

If treatment done according by organ clock, the results better observed.

According to Ancient Chinese the YIN and YANG are the basic principle of entire Universe. All YIN organs are solid organs they preserve energy but do not transmit it. Where as YANG organs are hollow organs they always transmit the energy, they never preserve it.

All the phenomena of the nature can be related to the five elements like WOOD, FIRE, EARTH, METAL, WATER. These elements can assist in a helpful relationship to each other or they can work against each other. i.e.

WOOD destroy EARTH by covering it.

EARTH destroy WATER by damming it.

WATER destroy FIRE by extinguishing it.

FIRE destroy METAL by melt it.

METAL destroy WOOD by cutting it.

Like wise organs belongs to 5 elements.

- 1) WOOD: Liver, Gall bladder
- 2) FIRE: heart, Small intestine, Pericardium, Tripple Warmer.
- 3) EARTH: Spleen, Stomach.
- 4) METAL: Lungs, large intestine.
- 5) WATER: kidney, Urinary Bladder.

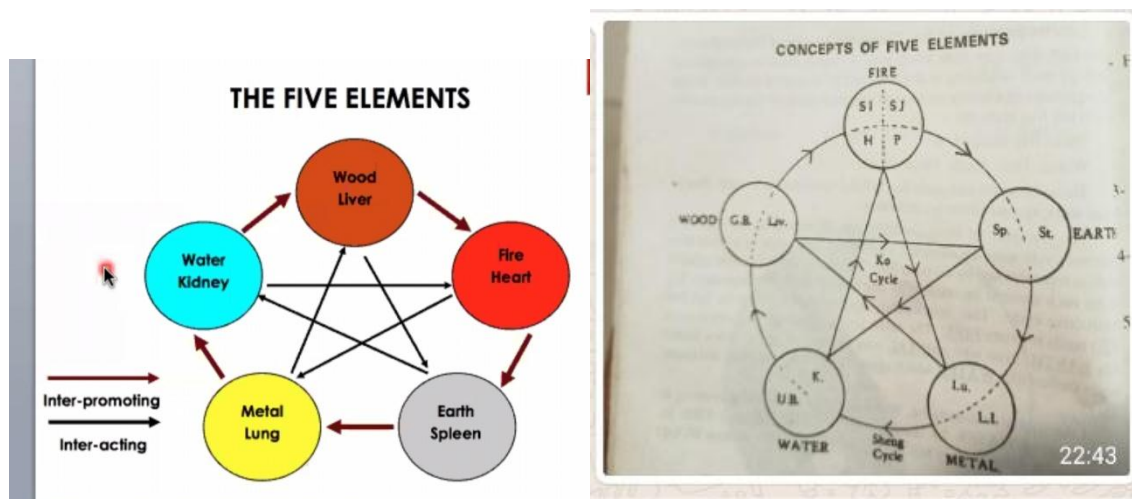


Diagram No. 2: Concepts of Five Elements.

### Contra - Indications of Acupuncture

- 1) Pregnancy
- 2) Hemorrhagic diseases.
- 3) Miscellaneous conditions:
  - immediately after hot bath.
  - just after food.
  - hungry patients.
  - very old patients.

### CONCLUSION

In my 21 years of experience I have treated minimum 4000 case. Till date Acupuncture is the last preference of the patient, hence the disease might turn chronic and I have handled many such chronic cases with 99% result. Acupuncture consist of sittings. First 15 days is considered as first sitting. In this period of time patient may recover 50%.and with a gap of 10 days next sitting of 15 days is conducted. Similarly according to the severity of the disease 3-4 sittings are needed to get 99% of result.