

Acupuncture

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Acupuncture originated in China approximately 3,500 years ago. However, it did not become popular in the United States until three decades ago.

There are many different theories about acupuncture. These have developed at different times throughout its history. The main idea behind it is it is believed to keep the balance the yin and the yang in the body. With this balance, a person will have normal qi. Qi helps to regulate the body.

One theory as to why acupuncture works is because it is believed that pain impulses are blocked from reaching the Central Nervous System (CNS). Most acupuncture sites are near the “gates” to the CNS, which leaves one to believe that acupuncture stimulates the CNS.

Another theory is that acupuncture helps the body to produce endorphins, which will help reduce pain. It is also believed that opioids, which are relieving substances, may be released into the body during treatment.

The body consists of twenty meridians (pathways). There are twelve main ones and eight secondary ones. Within these meridians, there is a total of two thousand acupuncture points. However, only three hundred and sixty-five of these are used on a regular basis. An acupuncturist will try to find where qi is blocked from going through the meridians. After deciding, one of two different techniques will be used and the blocks will be dissolved.

During a session, the acupuncturist will pick a few of the main three hundred and sixty-five points to work on. He will then use either fine needles or small cones of Moxa. The needles, which are solid and thin, are inserted a half inch into the skin. This causes no pain to the patient. The small cones of Moxa are burnt on top of the skin, causing a warm sensation. This also causes no pain to the patient.

The two techniques that may be used are Formula Acupuncture and Five Element Acupuncture. The first of these is used to provide temporary relief. The second uses the five elements; fire, water, metal, earth, and wood, to bring a patient permanently back to full health.

Acupuncture can help a variety of diseases. The categories that these fall under are: respiratory diseases, bronchopulmonary diseases, eye disorders, mouth cavity disorders, orthopedic disorders, gastrointestinal disorders and neurological disorders.

Acupuncture is neither timely or costly when compared to other treatments. A usual session will only take forty-five minutes to one hour and cost approximately sixty-five dollars. At first, the patient will go once a week and then less often.

Acupuncture provides relief to some conditions that cannot be solved by other methods. Due to this, it is becoming more popular worldwide.

