Introduction to Acupuncture
The TCM paradigm

Objective:
To explain the following:
- Definition of Acupuncture
- Overview of Traditional Chinese Medicine (TCM)
- Meridian Theory
- The Eight Principles
- Pathogenic Factors
- Five Element Theory
- Neurophysiology of Acupuncture

Goal of Acupuncture
To allow the body to have an opportunity to repair and heal itself:
- To reset the pain perception
- To release the tension in the body as a whole
To re-establish and maintain balance within the body.
- Dry needle
- Aqua-puncture with hypodermic needles
- Hemo-acupuncture (equine)
- Electro-stimulation
- Gold bead implants
- Pneumo-acupuncture (equine)
- Moxibustion
- Laser
- Acupressure (for owners to do at home)

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**TCM**

- **YIN**: cool, related to body fluids, inward function, dense
- **YANG**: hot, metabolic, outward function, light

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**YIN and YANG**

- They exist together and depend upon each other.
- They produce and consume each other.
- They are always relative
- They have a dynamic balance to maintain homeostasis within the body and the environment.

**DISEASE occurs when the harmony and homeostasis is lost!!**
Examples:

- Of YIN: cold, contracting, darkness, dense, descending, matter, moon, produces form, rest

- Of YANG: activity, energy, expansion, light, producing energy, rising, sun, warmth

Zang Fu

- Zang: solid organs, they are yin, manufacture and store fundamental substances.
  - Lung, Pericardium, Heart, Liver, Spleen, Kidney
- Fu: hollow organs, they are yang, receive and digest food, transmit and eliminate waste
  - Large Intestine, Triple Heater (internal membrane system of the body), Small Intestine, Stomach, Bladder
- Extraordinary Fu: extra organs that are not defined specifically Zang or Fu
  - Gall Bladder, Brain, marrow, bones, vessels, uterus

Times of peak organ function

<table>
<thead>
<tr>
<th>ORGAN</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung (LU)</td>
<td>3 am to 5 am</td>
</tr>
<tr>
<td>Large Intestine (LI)</td>
<td>5 am to 7 am</td>
</tr>
<tr>
<td>Stomach (ST)</td>
<td>7 am to 9 am</td>
</tr>
<tr>
<td>Spleen (SP)</td>
<td>9 am to 11 am</td>
</tr>
<tr>
<td>Heart (HT)</td>
<td>11 am to 1 pm</td>
</tr>
<tr>
<td>Small Intestine (SI)</td>
<td>1 pm to 3 pm</td>
</tr>
<tr>
<td>Bladder (BL)</td>
<td>3 pm to 5 pm</td>
</tr>
<tr>
<td>Kidney (KI)</td>
<td>5 pm to 7 pm</td>
</tr>
<tr>
<td>Pericardium (PC)</td>
<td>7 pm to 9 pm</td>
</tr>
<tr>
<td>Triple Heater (TH)</td>
<td>9 pm to 11 pm</td>
</tr>
<tr>
<td>Gall Bladder (GB)</td>
<td>11 pm to 1 am</td>
</tr>
<tr>
<td>Liver (Liv)</td>
<td>1 am to 3 am</td>
</tr>
</tbody>
</table>
Fundamental Substances

- **Qi**: Life force and vital energy that flows through the body.
- **Blood**: Dense material form of Qi
- **Body fluids**: All of the normal body fluids.
- **Shen**: Consciousness
- **Essence**: Congenital or acquired

Qi 
- Life force, vital energy that flows through the body in cyclical rhythms through channels and vessels
- Derived from the air that is breathed and the food that is eaten
- It is used up in the body’s daily metabolism and functions
- ANY disruption in normal Qi flow creates disease
- Acupuncture is used to maintain and balance Qi flow in the body

Blood 
- The dense, material form of Qi
- Flows through the meridians and vessels
- Nourishes, moistens and maintains the whole body
- Nourishes and houses the Mind
- DISEASE is seen when there is Blood deficiency or stagnation

Disease is seen when there is Blood deficiency or stagnation
BODY FLUIDS

- Similar to Blood
- Nourishes the body
- Moistens Sinews and allows movement

SHEN

- The awareness that shines out of the eyes when we are truly awake
- Allows the body to engage with the environment in mental activity and emotions
- Memory
- Thirst
- Sleep

ESSENCE

- Congenital – received from both parents at the time of conception
- ...determines basic constitutional makeup, strength and vitality
- ...maintained by balancing work, rest, diet
- Acquired – the complex of essences are refined and extracted from food
- ...Stomach and Spleen are responsible for the digestion of food and then the transformation and transporting of food essences
- ...in this manner, Qi is produced
- Kidney Essence – Congenital and Acquired Essence
- ...important in one’s physiology
- ...determines one’s constitution
Bladder Channel, horse

The Eight Principles

<table>
<thead>
<tr>
<th>YIN</th>
<th>YANG</th>
</tr>
</thead>
<tbody>
<tr>
<td>COLD</td>
<td>HOT</td>
</tr>
<tr>
<td>INTERIOR</td>
<td>EXTERIOR</td>
</tr>
<tr>
<td>DEFICIENCY (empty)</td>
<td>EXCESS (full)</td>
</tr>
</tbody>
</table>

Pathogenic Factors

- Wind
- Cold
- Summer Heat
- Dampness
- Dryness
- Heat/Fire
Five Element Theory

- Fire: HT/PC/TH/SI
- Earth: SP/ST
- Metal: LU/LI
- Water: KI/BL
- Wood: LIV/GB

Creation and Control

- Fire - parent of Earth, controls Metal
- Earth - parent of Metal, controls Water
- Metal - parent of Water, controls Wood
- Water - parent of Wood, controls Fire
- Wood - parent of Fire, controls Earth

Five Element Characteristics

<table>
<thead>
<tr>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ini Organ</td>
<td>Liver</td>
<td>Heart</td>
<td>Stomach</td>
<td>Large Intestine</td>
</tr>
<tr>
<td>Huy Organ</td>
<td>Gallbladder</td>
<td>Small Intestine</td>
<td>Bladder</td>
<td>Kidney</td>
</tr>
<tr>
<td>Tissue</td>
<td>Tongue</td>
<td>Tongue</td>
<td>Tongue</td>
<td>Tongue</td>
</tr>
<tr>
<td>Sense</td>
<td>Taste</td>
<td>Taste</td>
<td>Taste</td>
<td>Taste</td>
</tr>
<tr>
<td>Sense</td>
<td>Sense</td>
<td>Sense</td>
<td>Sense</td>
<td>Sense</td>
</tr>
<tr>
<td>Emotion</td>
<td>Anger</td>
<td>Joy</td>
<td>Worry</td>
<td>Grief</td>
</tr>
<tr>
<td>Impression</td>
<td>Anger</td>
<td>Laughing</td>
<td>Crying</td>
<td>Growing</td>
</tr>
<tr>
<td>Color</td>
<td>Green</td>
<td>Red</td>
<td>Yellow</td>
<td>White</td>
</tr>
</tbody>
</table>
References:

- May, K: Introduction to Acupuncture, Dallas Convention Center, Dallas, TX, October 5, 2006.
- Schoen, A: Veterinary Acupuncture: Ancient Art to Modern Medicine, St. Louis, 1994, Mosby.