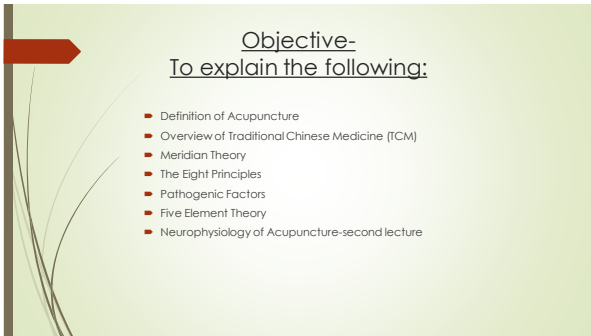




Introduction to
Acupuncture

The TCM paradigm

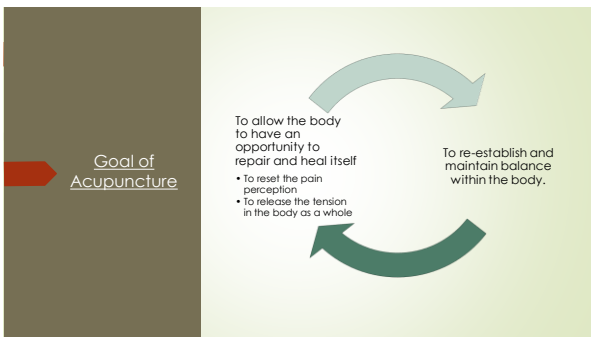
The slide features a light green background with a dark green vertical bar on the left. A red arrow points to the right from the bar. The title 'Introduction to Acupuncture' is centered, with 'The TCM paradigm' below it.



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-second lecture

The slide has a light green background with a dark green vertical bar on the left. A red arrow points to the right from the bar. The text 'Objective- To explain the following:' is centered. Below it is a bulleted list of seven items.



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.

The slide has a light green background with a dark green vertical bar on the left. A red arrow points to the right from the bar. The title 'Goal of Acupuncture' is centered. Below it is a diagram with two circular arrows forming a loop. The left arrow is light green and points right, with text 'To allow the body to have an opportunity to repair and heal itself' and a bulleted list. The right arrow is dark green and points left, with text 'To re-establish and maintain balance within the body.'

- Dry needle
- Aqua-puncture with hypodermic needles
- Hemo-acupuncture (equine)
- Electro-stimulation
- Gold bead implants
- Pnemo-acupuncture (equine)
- Moxibustion
- Laser
- Acupressure (for owners to do at home)

Acupuncture Technique styles

TCM

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

YIN and YANG

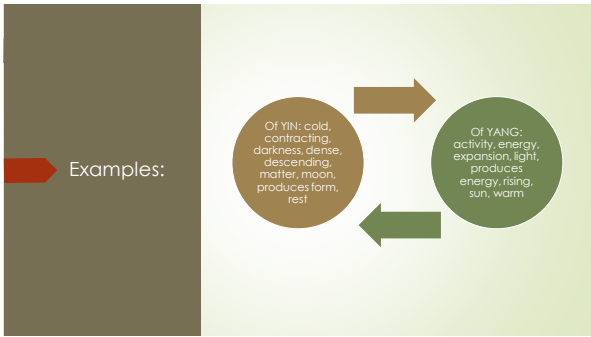
They exist together and depend upon each other.

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!!!!



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

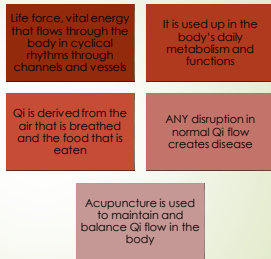
Times of peak organ function

ORGAN	Time
Lung (LU)	3 am to 5 am
Large Intestine (LI)	5 am to 7 am
Stomach (ST)	7 am to 9 am
Spleen (SP)	9 am to 11 am
Heart (HT)	11 am to 1 pm
Small Intestine (SI)	1 pm to 3 pm
Bladder (BL)	3 pm to 5 pm
Kidney (KI)	5 pm to 7 pm
Pericardium (PC)	7 pm to 9 pm
Triple Heater (TH)	9 pm to 11 pm
Gall Bladder (GB)	11 pm to 1 am
Liver (LV)	1 am to 3 am

- 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

Fundamental Substances

Qi



BLOOD

- The dense, material form of Qi
- Flows through the meridians and vessels
- It nourishes, moistens and maintains the whole body
- It nourishes and houses the Mind
- 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
- Thinking
- Sleep

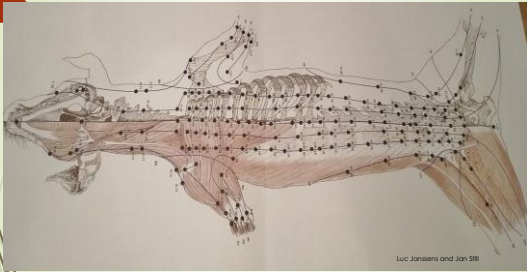
ESSENCE

- 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

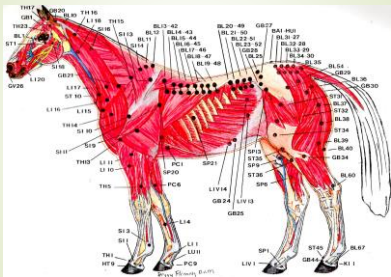
The Channels, Canine



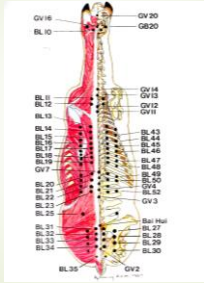
Ventral View of Channels, Canine



Equine channel chart



Bladder Channel, horse



The Eight Principles

YIN	YANG
COLD	HOT
INTERIOR	EXTERIOR
DEFICIENCY (empty)	EXCESS (full)

Pathogenic Factors

Wind	Cold
Summer Heat	Dampness
Dryness	Heat/Fire

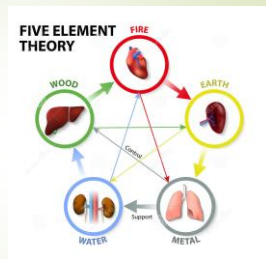
Five Element Theory

- ▶ 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

	Wood	Fire	Earth	Metal	Water
Yin Organ	Liver	Heart	Spleen/ pancreas	Lung	Kidney
Yang Organ	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Tissue	Tendons	Blood vessels	Flesh	Skin	Bones
Sense organ	Eyes	Tongue	Mouth	Nose	Ears
Sense	Sight	Speech	Taste	Smell	Hearing
Season	Spring	Summer	Indian Summer	Fall	Winter
Emotion	Anger	Joy	Worry/ obsession	Grief	Fear
Expression	Anger	Laughing	Singing	Crying	Groning
Taste	Sour	Bitter	Sweet	Pungent	Salty
Color	Green	Red	Yellow	White	Blue/black Schoen

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