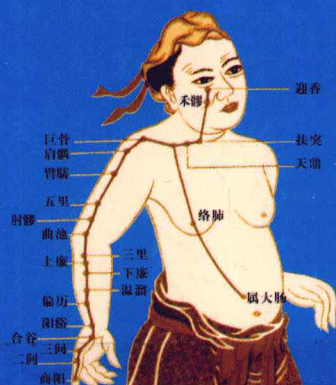


圖說針灸

An Illustrated Guide to Acupuncture



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人民卫生出版社

PMPH

PEOPLE'S MEDICAL PUBLISHING HOUSE

An Illustrated Guide to **Acupuncture**



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BEIJING • LONDON • NEW YORK

图书在版编目 (CIP) 数据

图说针灸=An Illustrated Guide to Acupuncture: 英文/王富春等
主编.—北京: 人民卫生出版社, 2010.7
ISBN 978-7-117-11618-3

I. 图… II. 王… III. 针灸学—图解—英文 IV. R245-64

中国版本图书馆CIP数据核字 (2010) 第037597号

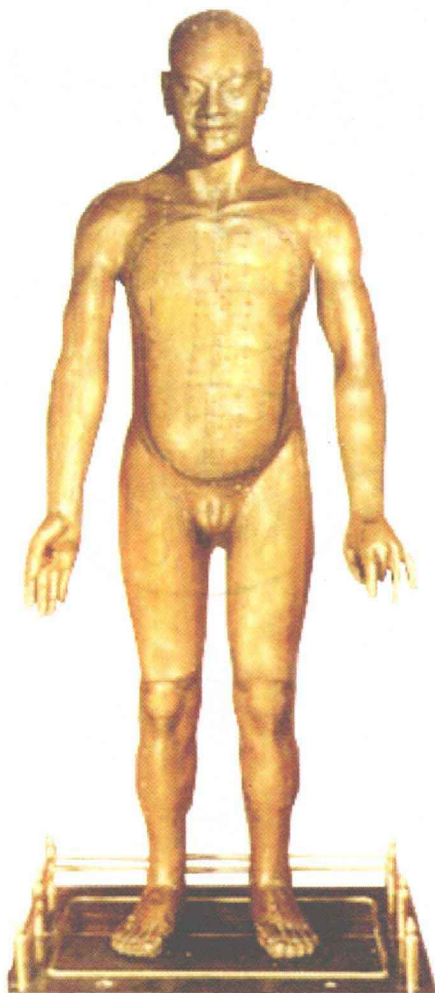
用户网: www.pmph.com	出版物查询、网上书店
卫人网: www.hrhexam.com	职业护士、执业医师、 卫生资格考试培训

图说针灸 (英文)

主 编: 王富春 岳公雷
出版发行: 人民卫生出版社 (中继线+8610-5978-7399)
地 址: 中国北京市朝阳区潘家园南里19号 世界医药图书大厦B座
邮 编: 100021
网 址: <http://www.pmph.com>
E-mail: pmph@pmph.com
发 行: pmphsales@gmail.com
购书热线: +8610-5978-7338/7399 (电话及传真)
开 本: 710×1000 1/16
版 次: 2010年7月第1版 2010年7月第1版第1次印刷
标准书号: ISBN 978-7-117-11618-3/R·11619

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Imitation Tianshen Bronze Man from the Song Dynasty
仿宋天圣针灸铜人

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Edited by Mark Mondot, L.Ac

Designed by Beijing Sense Media Inc., Ltd



人 民 卫 生 出 版 社

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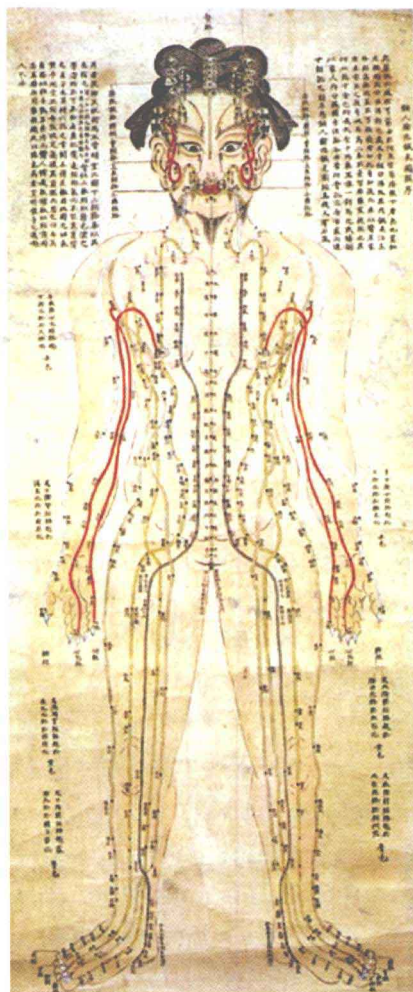
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Prof. Wang Fu-chun is a Clinical Doctoral Supervisor, Dean of the Acupuncture and Tui Na Department, and an Academic Committee Member at Changchun University of Chinese Medicine. He is a council member and Executive Vice-chairman of Jilin Province of the Chinese Acupuncture Society; an editorial committee member for the *Journal of Acupuncture Research*, *China Tui Na*, *Journal of Traditional Chinese Osteo-Traumatology*, *Asian Pacific Traditional Medicine*, and *American TCM*. He has published about 120 papers and 80 academic works, such as: *Specific Theory of Points*, *Micro-Acupuncture Therapy*, *Atlas of Newly Discovered and Extra Points*, *Practical Acupuncture Technique*, and *Essential Reader of Clinical TCM*. He has been invited to make presentations on the General Assembly of the World Federation of Acupuncture Societies in Rome and Seoul and other international conferences. He has made more than ten scientific achievements and won the following science awards of Chinese medicine: a third place at the national level, a third place award for scientific progress for the China Acupuncture Association, a second place and two third places at the Jilin Provincial Technology Awards, a first place and three third places at the provincial level. At present, he is presiding over six scientific research projects at the national and provincial levels. He has supervised more than sixty postgraduate students.





Cheng Hua Shi Su Bronze Man from the Ming Dynasty
明成化史素铜人



Preface

Acupuncture and moxibustion treatments are healthy and holistic therapies without any side-effects if carried out by a registered practitioner. They are also the first traditional medicinal therapies to be recognized and accepted by the whole world. Since the 1970s, many countries have set up an institute of acupuncture and moxibustion to study the ancient Chinese channel theory, and it has gradually developed into an important part in the fight for world health. Acupuncture treatment can cure many diseases with simple, convenient, effective, and inexpensive methods, the unique theory and empirically learned clinical effects are given more attention today because medical costs have become an increasingly heavy burden. As acupuncture spreads to the world each TCM doctor also becomes its ambassador.

The language in this book was as reader-friendly as possible. The book is divided into three chapters. In the first chapter, it narrates how Chinese medicine developed. In the second chapter, it tells some acupuncture related stories. In the last chapter, it describes how acupuncture works, various treatment modalities, and whether there are side effects of acupuncture.

Because of time restraints and the limitations of translation, there will inevitably be mistakes in the book. I apologize. I would like to express my sincere thanks to the designers who made this nice book. Finally, I would like to express my respect and admiration to the ancestors of the Chinese people, the culture they created, and the contribution they have made to the field of medicine.

Wang Fu-chun
June 1, 2010





Zhengtong Bronze Man from the Ming Dynasty
明正统铜人

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圖說針灸

CHAPTER 1

Acupuncture and Moxibustion

針灸

The Origin of Acupuncture and Moxibustion

The Legend of Stone Needle



Fu Xi and Nü Wa (West Wei Period. Mo Gao Grottoes' Frescoes, Dun Huang)

Traditional acupuncture originated with the stone needle. The stone needle is a kind of sharp-edged stone. It is mainly used to cut carbuncles, furuncles, skin diseases that discharge pus or blood, and to stimulate acupuncture points. It is the earliest medical treatment tool. Some of the ancient books in China speak of the stone needle that cured people by puncturing the body. From *The Yellow Emperor's Inner Classic* (*Huáng Dì Nèi Jīng*, 黄帝内经), "In the east land, all their diseases are

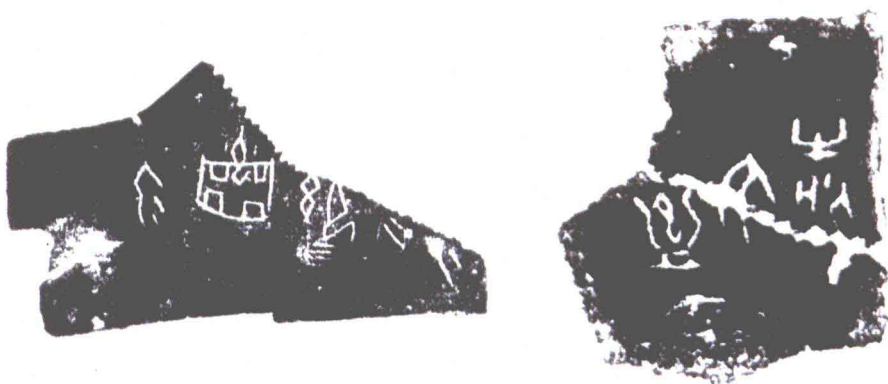
carbuncles, furuncles, and skin diseases, and it is better to cure them with the stone needle." The *Han Dynasty Dictionary* (*Shuō Wén Jiě Zì*, 说文解字) also wrote this, "Acupuncture is just to puncture the points with stone."

Why Was a Stone Needle Used to Cure People?



Stone Needles

In ancient society, people had to fight the great universe to survive, and they lived a primitive life. Their skins were often injured or even lacerated by sharp stones, tree branches, thorns, and so on. Their chronic diseases improved or even disappeared after bleeding. Over time, people realized that they could cure some diseases by bleeding certain places on the body. Then after long-term repeated practice, people developed stone needle acupuncture methods.



The Fossil of Stone Needle





Stone Needles

It is generally believed that people made stone needles beginning in the Neolithic time. At that time people had already developed the technique of grinding and could make fine stone implements. The shape of the stone needle is mainly in accordance with their use. For example, the ones which are used to puncture would be made like a sword or a needle, and it is called "stone needle"; and some which are used to incise would be made like a knife, called "chan (knife) stone". These have already been found among ancient cultural relics. In 1963, archeologists discovered a stone needle at the Chinese Interior Mongolia New Stone Implement Period Site. The stone needle was 4.6 cm long and the body is square, one side is pointed, and the other side is a small semicircle with a blade, so it can needle as well as cut.



Golden Needles

According to this 1963 excavation, stone needles can be traced back to Neolithic times, 14,000 years or earlier. A stone needle is the stone implement that early people made to deal with hardships and diseases. People used them to relieve pain or fight with diseases by stimulating certain points or suppurating blood and pus. Stone needle acupuncture treatment originated from Shandong according to ancient books and the *Han Dynasty acupuncture practice diagram of the human-faced bird* unearthed there. The quotes: "Stone needles come from Shandong" and "In the east land, the diseases are carbuncles, furuncles, and skin diseases, and it is better to cure them with a stone needle," are both from *The Yellow Emperor's Inner Classic. A Chinese Bestiary* (*Shān Hǎi Jīng*, 山海经) writes that, "On the top of Gao's Alp, there is a lot of jade; at the foot of it, there are many needle stones." Gao's Alp is in eastern China. There are four acupuncture practice diagrams from the Eastern *Han Dynasty* which were excavated in Weishan County in Shandong Province. The supernatural totem figure of a half man/half bird comes from early times. Various ancient eastern clans adorned their totems with this half man/half bird and the practice was most followed in the Shandong region. According to research, Tai Hao was a famous chief of the Tai Gao clan, which was one of the eastern clans inhabiting Shandong at that time. The Tai Gao clan did not pray to bird totems, but the Yi clan was in the habit of praying to bird totems. This further confirmed that the stone needle originated from the Shandong area of China. Following the widespread use and practice of stone needles, people used bone and bamboo needles. When people could make pottery, they used pottery needles. After the discovery of metallurgy, people used copper needles, iron needles, silver needles, and gold needles, broadening the types of needles used and the scope of acupuncture.



Stone Needle



Bronze Needle



Discovery of the Nine Needles

In 1968, nine needles implements were discovered in a Western *Han* Dynasty grave in Mancheng City, Hebei Province. *The Yellow Emperor's Inner Classic* had recorded nine different needle implements with different shapes and uses, called the nine needles: the digging needle, the round needle, the spoon needle, the edge needle, the beryllium needle, the circular needle, the long needle, the fine needle, and the big needle. The invention and use of the nine needles symbolized that acupuncture techniques had already reached a new level.

In the *Han* Dynasty, following the development of metallurgy techniques, stone needles gradually became metal needles. The discovery of the nine needles in the Western *Han* Dynasty grave verified the record of the nine needles in *The Yellow Emperor's Inner Classic* and has enabled the understanding of the use of acupuncture theories in ancient times.

The Origin of Fire



Hominid Making Fire