

Contents

1 Introduction to Acupuncture and Traditional Chinese Medicine (TCM)

What is Acupuncture?	2	■ The Theory of <i>Yin</i> and <i>Yang</i>	5
■ Acupuncture Arrives in Europe	2	■ The Five Fundamental Substances	8
■ Acupuncture as a Regulatory Therapy	3	■ The Five Phase Theory	10
The Basics of TCM	4	■ The Internal Organ Theory (<i>Zang Fu</i>)	13
■ <i>Tao</i>	4	■ The Disease Concept of TCM	14
Life Force <i>Qi</i>	4	■ TCM Diagnostics	17
Five Phases	4	Tongue Diagnosis	18
■ Concepts of TCM	5	Pulse Diagnosis	19
		Disease Patterns	20

2 Systematics

■ “Access To The Depth”— <i>Xue</i> : The Point	24	■ Extraordinary Channels	40
■ Acupuncture Points	24	■ The Significance of the Channels for TCM	40
■ Channel Points	25	The 12 Regular Channels	42
Four Main Categories	26	The <i>Yin</i> Channels	43
The Five Transport Points	27	■ Kidney Channel	43
Tonification and Sedation Points	29	■ Liver Channel	44
Acute (<i>Xi</i>) Cleft Points	29	■ Heart Channel	45
Intersection (Group) Points	30	■ Pericardium Channel	46
Confluence <i>Jiao Hui</i> Points	30	■ Spleen Channel	47
The Eight Meeting Points		■ Lung Channel	48
(Influential, Master Points)	30	The <i>Yang</i> Channels	49
The European Master Points	32	■ Large Intestine Channel	49
Extraordinary Points (Extra Channel Points) ...	34	■ Stomach Channel	50
<i>A-Shi</i> Points (Ouch Points)	34	■ Small Intestine Channel	51
Somatotopic Areas	34	■ Triple Burner Channel	52
Ear Acupuncture	34	■ Bladder Channel	53
Symptomatic Points	35	■ Gallbladder Channel	54
The Channel System of Acupuncture	36	The Extraordinary Channels	55
■ System Overview	36	■ <i>Ren Mai</i> Channel	55
Three Channel Circulations	36	■ <i>Du Mai</i> Channel	56
■ Channel Partnerships	38		
Coupled Channels	38		
Corresponding Channels	38		

3 Criteria and Rules

Methods of Locating Points	58	Treatment Technique	74
Prerequisites For Acupuncture Therapy	60	■ Acupuncture	74
Effects and Reactions	61	■ Moxibustion Therapy	79
■ Scientific Background	61	■ Electrostimulation	80
The Effects of Acupuncture on Pain	61	■ Laser Acupuncture	80
Integrating Acupuncture Into a Treatment Plan ..	64	■ PuTENS	81
Characteristics of Acupuncture During		■ Injection Acupuncture	81
Pregnancy	67	■ Acupressure	81
Complications	68	■ Qi Gong	82
■ General Recommendations	69	Organizational Model	83
Treatment Rules and Therapeutic Guidelines	70	■ Therapy Categories	83
		■ Point Categories	83
		■ Ear Acupuncture	85
		Prerequisites For Acupuncture Therapy	
		in a Clinic	86

4 The Practice of Acupuncture in Obstetrics and Gynecology

Obstetrics	88	Puerperium	106
■ List of Indications	88	■ Involution Disorders	106
Pregnancy	89	■ Functional Disorders of The Breast	106
■ General Regulation Based on Mental/		■ Mental/Emotional Disorders During	
Emotional Balance	89	Confinement	108
■ Hyperemesis Gravidarum	90	■ Constipation	109
■ Heartburn and Vomiting	90	■ Urinary Disorders	109
■ Early Labor and Impending Premature		■ Emergency Points	110
Delivery	91	Acupuncture and Gynecology	111
■ Infections During Pregnancy	92	Significance of Acupuncture	111
■ Treatment of Addictions During Pregnancy ..	92	Acupuncture Indications For	
■ Breech Presentation	93	Gynecological Disorders	114
■ Gestosis	94	General Therapy Rules	115
■ Pain Conditions During Pregnancy	95	■ Premenstrual Syndrome (PMS)	115
■ Childbirth Preparation using		■ Dysmenorrhea	115
Römer's Scheme (Mannheim Model)	97	■ Functional Disorders of the Menstrual Cycle ..	116
Peripartal	100	■ Amenorrhea	117
■ Induction of Labor	100	■ Infertility	117
■ Acupuncture During Delivery	100	■ Menopausal Syndrome	117
■ Analgesia During Delivery	101	■ Vaginal Discharge	118
■ Dysfunctional Labor and Insufficiently		■ Pruritus Vulvae	118
Coordinated Uterine Contractions	102	■ Adnexitis	118
■ Cervical Dystocia	103	■ Chronic Pelvic Pain	119
■ Placental Detachment Disorders	104	■ Low-Back Pain in Women	119
		■ Headache Syndrome—Hormone-Related	
		Migraine	120
		■ Urethritis and Cystitis	121

■ Chronic Recurring Infections	121	■ Chronic Recurring Nonpuerperal Mastitis	122
■ Emesis and Chemotherapy	122	■ Pain Following Mastectomy	123
■ Mastopathy and Mastodynia	122	■ Outlook	123

5 Point Atlas

LU = Lung	126	GB = Gallbladder	165
LI = Large intestine	128	LR = Liver	171
ST = Stomach	131	GV = Governing vessel	172
SP = Spleen	139	CV = Conception vessel	177
HT = Heart	144	EX-HN = Head and neck	185
SI = Small intestine	146	EX-CA = Chest and abdomen	188
BL = Bladder	147	EX-B = Back	189
KI = Kidney	159	EX = "Breast point in front of the axilla"	190
PC = Pericardium	163	EX-LE = Lower extremity	191

6 Chinese Nutrition Therapy and Qi Gong

Chinese Nutrition Therapy	196	Qi Gong	213
■ Introduction	196	■ The History of Qi Gong	213
■ Points of Practical Importance	197	■ Qi Gong in Traditional Chinese Medicine	214
The Five Flavors	197	■ Perceivable Phenomena	215
The Five Thermal Food Natures	198	■ Learning Qi Gong	216
Basic Recipes	198	■ Indications for Qi Gong Exercises	218
■ Gynecological Aspect	199	■ Contraindications	220
■ Indications	202	■ Side Effects	220

Appendix

American and International Tai Ji and Qi Gong Associations	223	Index	227
Further Reading	225		