
Global Certificate in Chinese Medicine and Health Care

Acupuncture and Moxibustion

Acupuncture:

A traditional Chinese medicine practice that involves the stimulation of specific points on the body, most often with thin needles piercing the skin. It is based on the concept of Qi (vital energy) flowing through the body along pathways called meridians. Acupuncture aims to restore balance and promote healing by removing blockages and improving the flow of Qi.

Related terms:

- * Meridians
- * Qi
- * Needles
- * Stimulation

Acupuncture needles:

Thin, sterile needles used in acupuncture to stimulate specific points on the body. They are usually made of stainless steel and come in various sizes, with the most commonly used needles being very thin (0.16-0.40 mm in diameter).

Related terms:

- * Acupuncture
- * Sterile
- * Stimulation

Moxibustion:

A traditional Chinese medicine practice that involves burning a herb called mugwort (*Artemisia vulgaris*) near specific points on the body to stimulate and warm the area. It is often used in combination with acupuncture to enhance the therapeutic effect.

Related terms:

- * Traditional Chinese medicine
- * Mugwort
- * Stimulation

Meridians:

Energy pathways in the body through which Qi flows. There are 12 main meridians, each associated with a

specific organ or function, and they are interconnected, forming a complex network that regulates the body's physical, emotional, and spiritual well-being.

Related terms:

- * Acupuncture
- * Qi
- * Organ

Qi (Chi):

The vital energy or life force that flows through the body along meridians. Qi is believed to be the fundamental energy that sustains all living things and is responsible for maintaining balance and promoting healing in the body.

Related terms:

- * Acupuncture
- * Meridians
- * Balance

Stimulation:

The act of activating acupuncture points or meridians to improve the flow of Qi. Stimulation can be achieved through various methods, including needles, heat (moxibustion), pressure, and electrical current.

Related terms:

- * Acupuncture
- * Moxibustion
- * Needles

Sterile:

Free from living microorganisms, such as bacteria, viruses, and fungi. Sterility is essential in acupuncture to prevent infection and ensure patient safety.

Related terms:

- * Acupuncture needles
- * Infection

Yin and Yang:

Two complementary and interdependent forces that represent the balance and harmony of the body and the universe. Yin is associated with the feminine, passive, and cold aspects, while Yang is associated with the masculine, active, and hot aspects.

Related terms:

- * Balance
- * Harmony
- * Complementary

Five Elements:

A concept in traditional Chinese medicine that describes the interrelationship between the five elements of wood, fire, earth, metal, and water. Each element is associated with a specific organ, emotion, and season, and they work together to maintain balance and harmony in the body.

Related terms:

- * Organ
- * Emotion
- * Season

Zang Fu:

The internal organs in traditional Chinese medicine, which include the Yin organs (Zang) and the Yang organs (Fu). The Zang organs are the heart, liver, spleen, lungs, and kidneys, while the Fu organs are the small intestine, large intestine, stomach, gallbladder, and bladder.

Related terms:

- * Organ
- * Yin
- * Yang

Jing-Luo:

The meridian system in traditional Chinese medicine, consisting of the main meridians (Jing) and the collateral meridians (Luo). The Jing meridians are the 12 main meridians, while the Luo meridians are the branches that connect and regulate the flow of Qi between the main meridians.

Related terms:

- * Meridians
- * Qi

Tonification:

A technique in acupuncture that aims to strengthen and nourish the body's Qi. Tonification is often used to treat deficiencies or weaknesses in the body, and it can be achieved through various methods, including needling, moxibustion, and herbal medicine.

Related terms:

- * Acupuncture
- * Qi
- * Deficiency

Dispersion:

A technique in acupuncture that aims to clear blockages and remove excess Qi from the body. Dispersion is often used to treat conditions characterized by stagnation or congestion, and it can be achieved through various methods, including needling, cupping, and gua sha.

Related terms:

- * Acupuncture
- * Qi
- * Stagnation

Point selection:

The process of choosing the appropriate acupuncture points based on the patient's condition, symptoms, and constitution. Point selection is a crucial aspect of acupuncture, and it requires a thorough understanding of the meridians, Qi, and the body's interconnected systems.

Related terms:

- * Acupuncture points
- * Meridians
- * Qi

Needle manipulation:

The technique of adjusting the needle after insertion to achieve the desired therapeutic effect. Needle manipulation can include various methods, such as twirling, lifting, and thrusting, and it is used to stimulate the acupuncture points and regulate the flow of Qi.

Related terms:

- * Acupuncture
- * Needles
- * Qi

De Qi:

The sensation of Qi flowing or gathering at the acupuncture point, indicating that the point has been successfully stimulated. De Qi is often described as a heavy, numb, or radiating sensation and is considered an essential aspect of acupuncture treatment.

Related terms:

- * Acupuncture
- * Qi
- * Sensation

Local point:

An acupuncture point that is located in the same area as the affected region or symptom. Local points are often used to treat pain, inflammation, or other localized conditions, and they can be stimulated with needles, moxibustion, or other methods.

Related terms:

- * Acupuncture points
- * Moxibustion
- * Needles

Distal point:

An acupuncture point that is located away from the affected region or symptom. Distal points are often used to treat systemic conditions, internal disorders, or complex symptoms, and they can be stimulated with needles, moxibustion, or other methods.

Related terms:

- * Acupuncture points
- * Moxibustion
- * Needles

Acupuncture point:

A specific location on the body where Qi can be accessed and stimulated through acupuncture. Acupuncture points are located along the meridians and are associated with specific organs, functions, and symptoms.

Related terms:

- * Acupuncture
- * Meridians
- * Qi

Master Tung's acupuncture:

A style of acupuncture developed by Master Tung Ching-Chang, a renowned Chinese acupuncturist. Master Tung's acupuncture uses a unique system of points and needling techniques, often involving distal points and asymmetrical needle placement.

Related terms:

- * Acupuncture
- * Distal points
- * Needling techniques

Balance method:

A style of acupuncture developed by Dr. Richard Tan, based on the principle of balancing the Qi in the body. The balance method uses specific point combinations to regulate the flow of Qi and restore balance to the body, often focusing on distal points and asymmetrical needle placement.

Related terms:

- * Acupuncture
- * Distal points
- * Qi

Ear acupuncture:

A form of acupuncture that involves stimulating specific points on the ear to treat various conditions. Ear acupuncture, also known as auricular acupuncture, can be performed with needles, seeds, or pellets, and it is often used to treat addiction, pain, and stress-related disorders.

Related terms:

- * Acupuncture
- * Needles
- * Seeds

Electroacupuncture:

A form of acupuncture that uses a mild electrical current to stimulate the acupuncture points. Electroacupuncture can enhance the therapeutic effect of acupuncture, and it is often used to