

Acupuncture & Oriental Medicine



The Science & Practical Applications of
Acupuncture for Pain Management

By

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Purpose

- To demystify the various clinical pain practices of Acupuncture and Oriental Medicine and explain their observed effects.





Outline

- **Types of Pain**
- **Acupuncture/Moxibustion/Electrostimulation**
- **Herbal Medicine**
- **Cupping**
- **Gua Sha**
- **Tui Na**



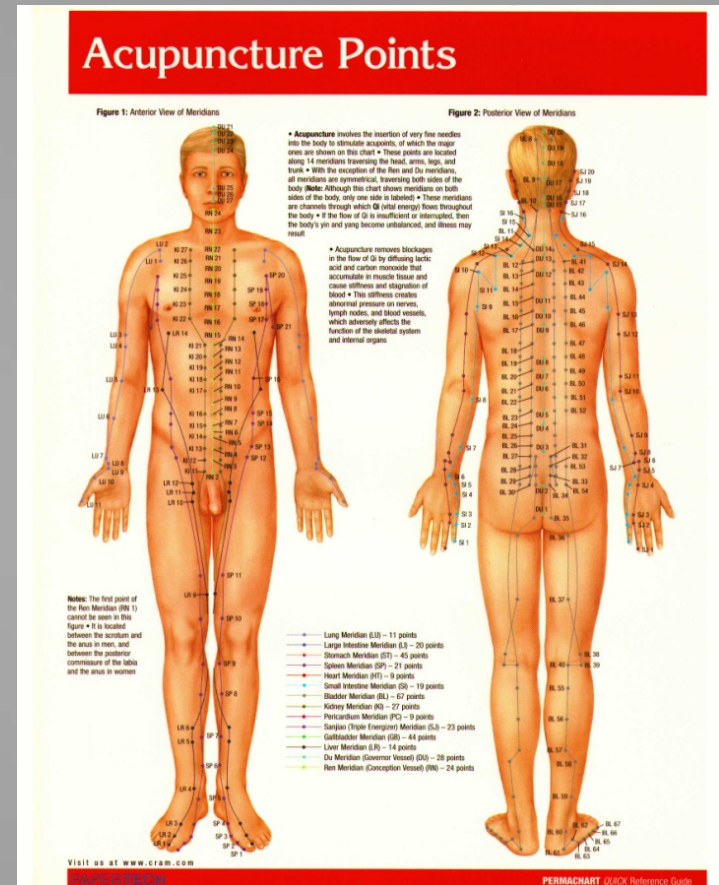
Types of Pain

- Neuropathic
- Nociceptive
 - Somatic
 - Visceral

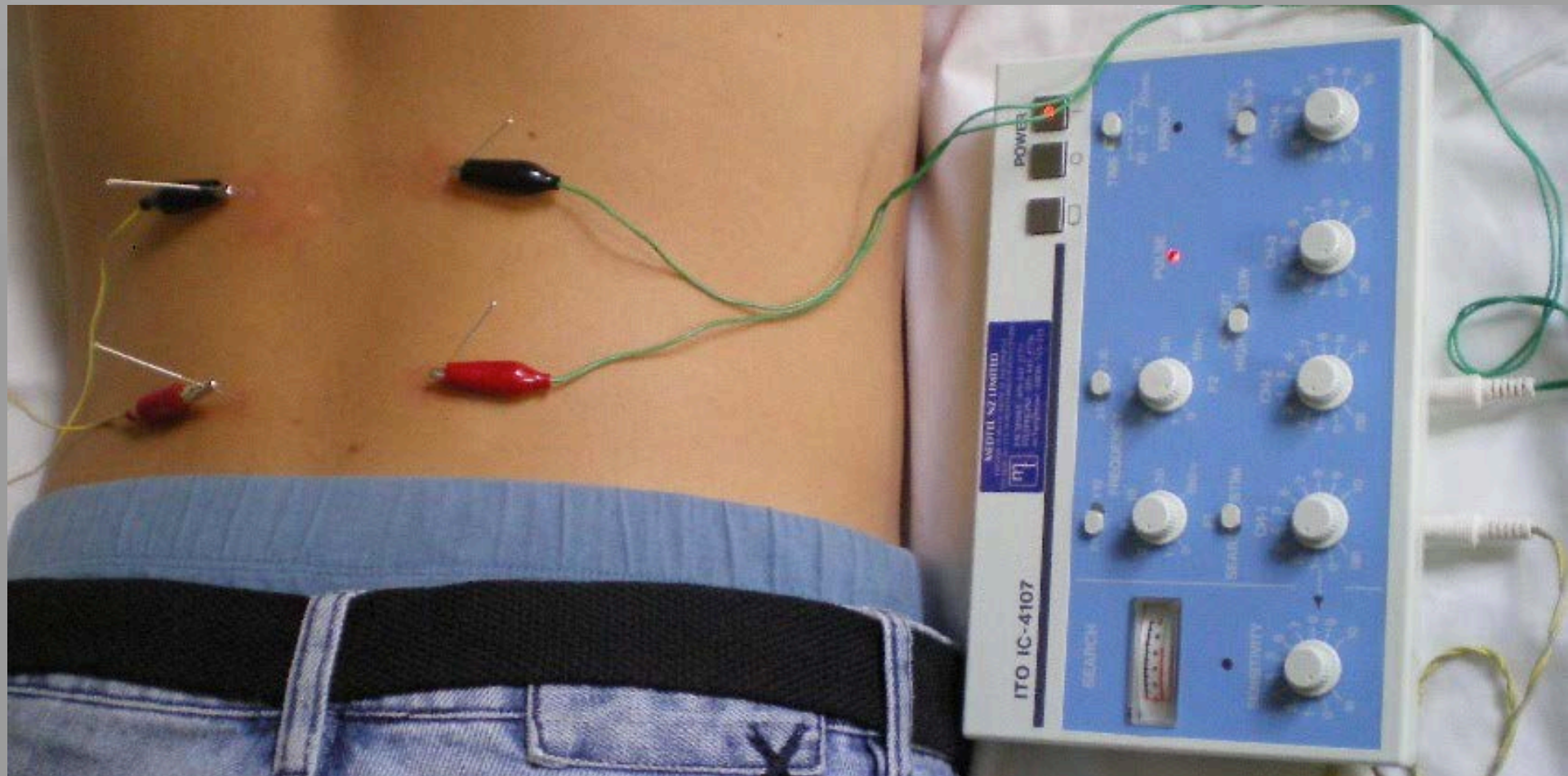


Western Explanations of Acupuncture Effects

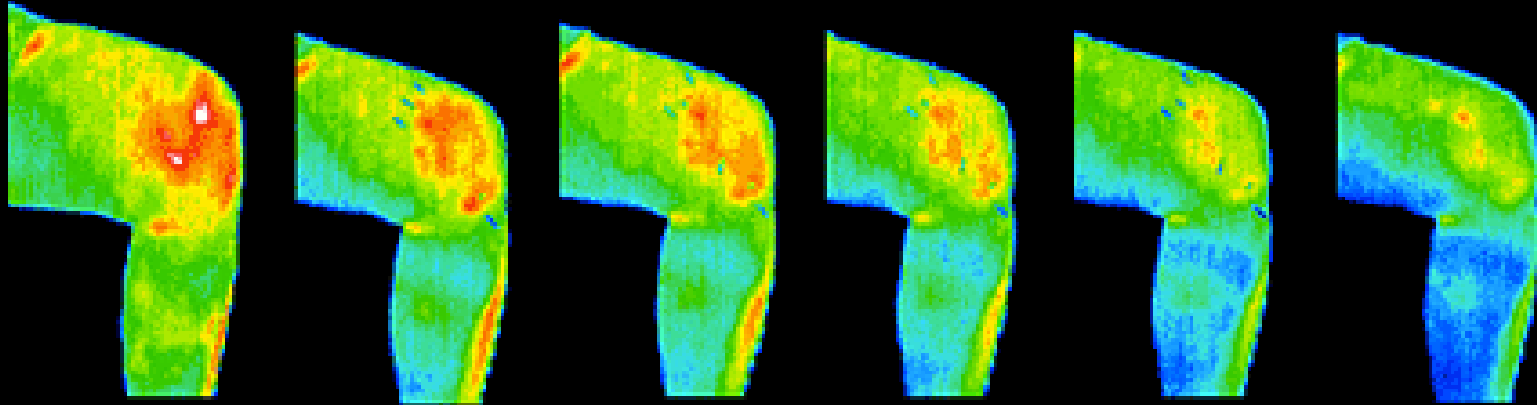
- Gate
- Circulatory
- Neurotransmitter
- Endorphins
- Anti-inflammatory
- Augmentation of Immune system



Electrostimulation



Monitoring the effects of Acupuncture

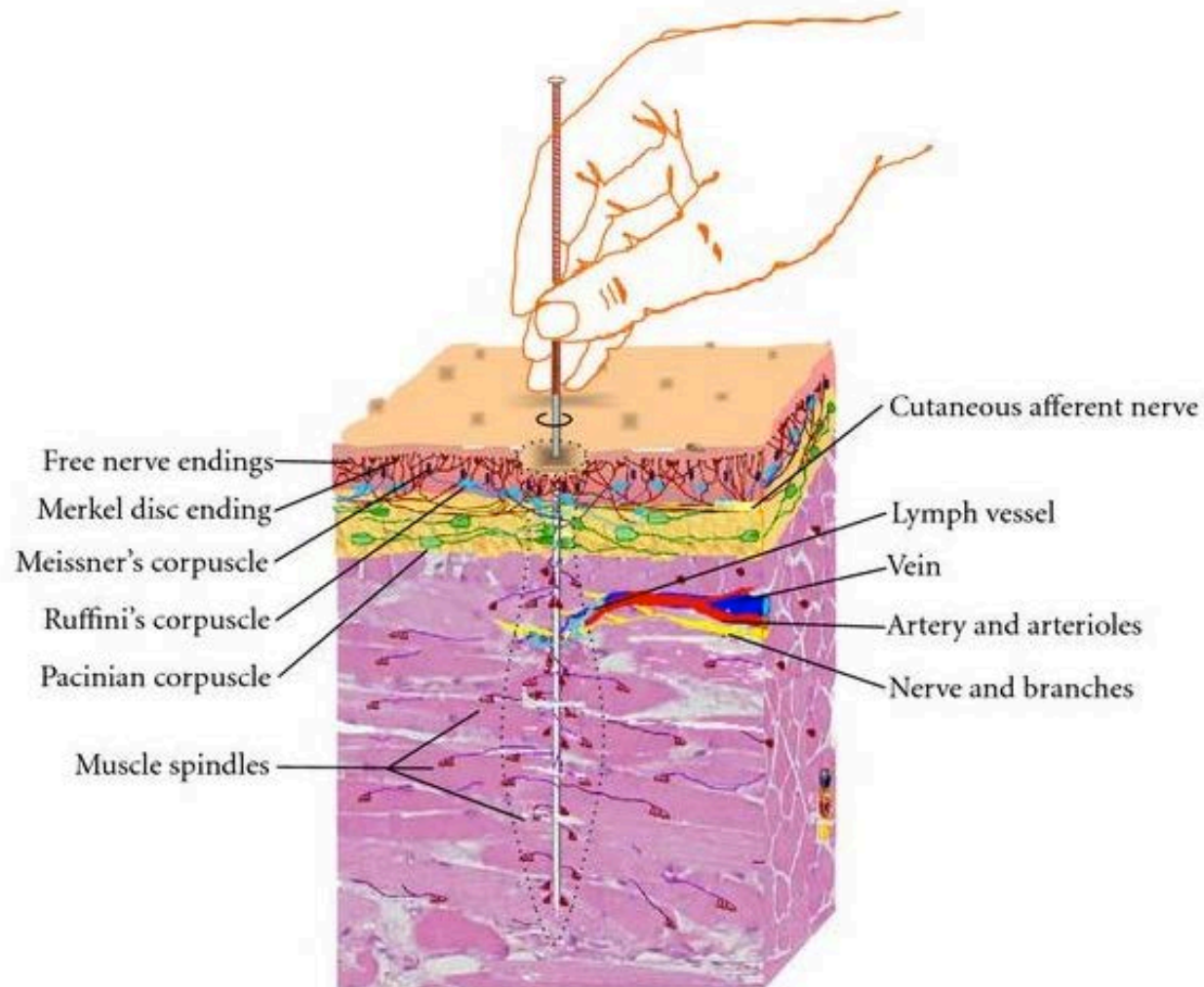


Baseline
before
needle
placement

Sequential recording at 5 minute intervals
with needles in place

Stabilized
result after
needle
Removal

Neural Acupuncture Unit



Herbal Medicine

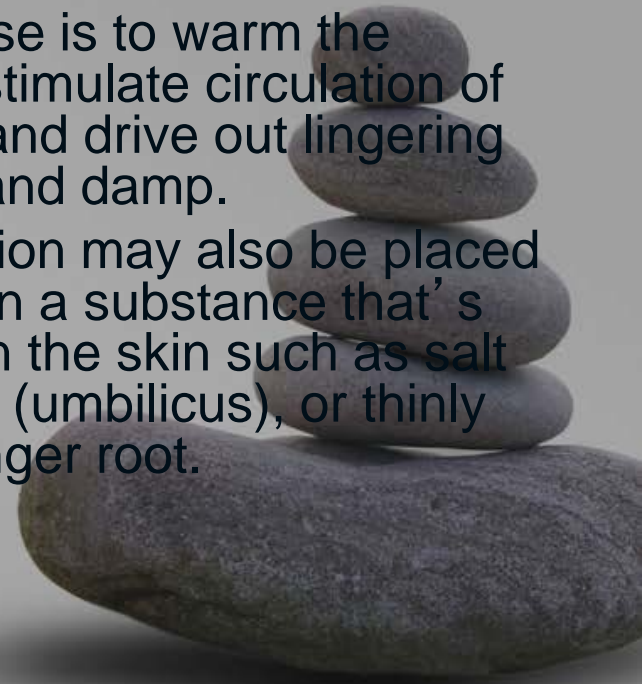
- They can be prescribed in raw, powder and pill form or brewed into tea. Plasters and poultices may be applied externally as well.
- There are over 300 herbs commonly used today, with formulas that date back over 2000 years.



Moxibustion



- Moxibustion uses moxa AKA mugwort or artemisia vulgaris.
- Mugwort is typically used in two forms: a ground “fluff” or a cigar-style stick.
- It is used indirectly over the skin with needles or sticks.
- Its purpose is to warm the tissues, stimulate circulation of yang Qi and drive out lingering yin cold and damp.
- Moxibustion may also be placed directly on a substance that’s placed on the skin such as salt on Ren 8 (umbilicus), or thinly sliced ginger root.





Cupping



Gwyneth Paltrow

- Types of cupping
 - Flash
 - Stationary
 - Moving
 - “Wet”
 - Application over needles



Gua Sha

- Gua Sha is an ancient folk technique used throughout East Asia with effects similar to cupping.
- The technique involves scraping a smooth edged tool over lubricated skin.
- This results in a red or purple coloration of the skin, or “sha,” which lasts for 2-4 days and resembles bruising.



Tui Na



Limitations to Acupuncture

- Structural problems
 - Spinal stenosis
 - Tumors/Masses causing pain
 - Bone spurs
 - Non OEM body parts



Interesting conditions acupuncture treats

- Trigeminal neuralgia
- Post-herpetic neuralgia
- Phantom limb pain
- Fractures
- Autoimmune disorders
- Dysmenorrhea
- Chemo-induced Peripheral Neuropathy



Acupuncture is Safe

“Although tens of millions of acupuncture needles are used annually in the United States, only about *50 cases of complications resulting from acupuncture have been reported in the medical literature over the past 20 years.”

**Birch, et. al., “Clinical Research on Acupuncture,”
Journal of Alternative and Complementary Medicine, 2004**

****None of the complications resulted in death. Over 100,000 people per year die from the **proper** use of prescription medication.
(iatrogenic deaths exceed 350,000 annually)***

