



Acupuncture and Blood Supply How to Treat? Does it Matter?



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Submission: 📅: May 03, 2018; **Published:** 📅: August 27, 2018

Abstract

This article discusses the ways of treatment of the acupuncture points. The traditional ways are with: needles, moxa, massage, or garlic, and the modern ways are with: laser, infrared light, magnets, or electric current. The different ways of treatment have one thing in common - they all increase the blood supply to the acupuncture points. Ancient texts claim that golden needles should be used for stimulation and silver needles for sedation and the contemporary research support this. The article also explains why clockwise massage of an acupuncture point stimulates, while counterclockwise massage sedate, why the southern pole of a magnet stimulates, while the northern pole sedates, etc.

Keywords: Acupuncture treatments; Types of acupuncture needles; Moxa; Acupressure; Laser for acu-treatments; Infrared for acu-treatments, Magnets for acu-treatments, Electro-stimulation of acupuncture points

Introduction

The acupuncture points today are treated either the traditional way: with needles, moxa, massage, or garlic, or the modern way: with laser, infrared light, magnets, or electric current Maria Kuman [1].

Traditional acupuncture treatments with needles, moxa, or garlic

All organs are represented more than once on the surface of the body. Beside on the surface of the whole body, all organs are holographically represented on: the palms, the feet, the ears, the irises of the eyes, and the tongue. Healing of an organ can be achieved by treating points of any of the above-listed representations. In ancient time the acupuncture points were treated with needles, moxa, or garlic:

Treatment with needles

After a great number of clinical tests, Dr. Nakayama [2] concluded that both needles and moxa increase the blood circulation in full agreement with the ancient Chinese texts [2]. "A fact that seems unbelievable is that the blood is affected by both moxibustion and acupuncture. Immediately after the first treat me, little difference has been noticed. But through controlled moxibustion carried out for some length of time, the blood undergoes a materially important transformation. The needles produce even faster results." (Huang Ti Nei Ching Sue Wen [2]) This proves that acupuncture treatments do increase the blood circulation. I have patented sensitive equipment that allows me to measure the accumulation effect of daily acupuncture treatments. I have done measurements for years and I have the proof that acupuncture heals through accumulation

of the stimulation effect of each treatment. Therefore, to achieve healing a series of daily acupuncture treatments are necessary.

Treatment with Moxa

Moxibustion is warming of the acupuncture points with lighted herbal cigars held at a distance 1 to 2cm from the skin surface. Since warming is Yang, the moxibustion is "a physical therapy of the nature of Yang", which means it activates. "It is usually used to cure excess of Yin", which means it is used when the processes are too slow to activate them. Yang means active, hot, or warm. The moxibustion, being Yang treatment, "animates (activates) all physiological functions in a general way: metabolism, activity of the leucocytes, and activates nervous and psychic centers." Huang Ti Nei Ching Sue Wen [2].

Treatment with garlic

In the traditional Chinese medicine, the acupuncture points were also treated with mashed garlic. However, the garlic shouldn't be left on the skin for a long time because it would create a blister. This is a chemical treatment of the acupuncture points. Based on this, some acupuncturists in California started injecting substances in the acupuncture points.

Types of Needles - Does It Matter?

Golden or silver needles - does it matter?

When acupuncture point is treated with a needle, does the type of needle matters? Nakayama explains the importance of the type of needle in the following way: "A Chinese theory attributes to the yellow (Yang) metal, like gold, cooper, etc. a stimulating, vivifying

power; and to the white (Yin) metals like silver, chrome, zinc, etc., a calming, dispersing power." Huang Ti Nei Ching Sue Wen [2] therefore, the acupuncturists should use yellow (Yang) needles like gold, to stimulate or activate (Yang). They should use white (Yin) needles, like silver, to decrease or disperse energy. Modern studies found the same. Dr. Vogralik of Gorki, Russia, found that golden needles create higher and positive electric potential in the tissue. Therefore, golden needles should be used for stimulation. He found that silver needles create lower and negative electric potential. Therefore, silver needles should be used for sedation (Maria Kuman, Modern Aspects of Ancient Acupuncture [1]). Dr. Manaka of Japan with coworkers [3] found the same: Copper and gold stimulate, while zinc and silver sedate; southern pole of a magnet stimulates, while northern pole of a magnet sedates; thumb stimulates, while little finger sedates; red color (light) stimulates, while blue and green color (light) sedate. Dr. Manaka and coworkers also found that the poles of magnets "bring about almost instantaneous changes, such as decrease or increase of pressure pain and tension at specific acupuncture points. These rapid changes occur too quickly to be molecular. As we have already stated, stimulus from polarity agents is too minute to affect the nervous system" [3].

Our explanation of the rapid changes caused by north or south poles of a magnet, as well as the rapid changes caused by light with different color: red, blue, or green are fast because they are done through the waves running in the direction of the meridians, which were theoretically predicted by the author [4] and experimentally found by Hungarian scientists [5]. Both, ancient and modern studies say that it matters whether golden or silver needles are used. However, most of the contemporary acupuncturists disregard this and use only disposable steel needles.

Diameter and shape of needles - does it matter?

The ancients treated the acupuncture points with needles with different shapes and diameters. Presently, the needles used for treatment of acupuncture points are usually thin; they are either made of silver (reusable) or made of steel (disposable). They might have different lengths. The silver reusable needles must be properly sterilized. The hepatitis viruses are hardest to kill. They require baking of the needles at 2000 C, which makes all silver needles dark. Boiling of the needles (1000 C) is not enough to kill the hepatitis viruses. The needles used for auricular therapy (to treat the shallow acupuncture points of the ear) look like thumbtacks with an actual depth of penetration of 1 to 2 mm.

Treatment with pressure (acupressure)

Our skin has piezoelectric properties, which means that rubbing the skin induces electric changes. Not only does rubbing of the acupuncture points induce electric charges on the skin surface, electric impulses and waves propagate from the treated point in the direction of the meridian (see [4] and [5]). The direction of rubbing seems to play essential role: when an acupuncture point is massaged clockwise, according to nonlinear physics, we create vortex, which adds energy to the body and the body is stimulated. When an acupuncture point is massaged counterclockwise,

according to nonlinear physics, we create anti-vortex, which sucks energy from the body and the body is sedated.

What does clockwise massage do?: Usually the thumb is used for massage. Our hands are negatively (Yin) charged and each finger emits negative electric charges. When massaging with the thumb of the right hand clockwise, we create a ring current, which induces magnetic field oriented toward the skin. This is according to the rule of the right hand in physics, which says that if the folded fingers show the direction of the currents, the pointing up thumb shows the direction of the induced magnetic field. Therefore, when massaging an acupuncture point clockwise, a magnetic field toward the body is induced, which means energy is added to the acupuncture point or the acupuncture point is stimulated. The southern pole of a permanent magnet also stimulates because it is adding energy to the point it is applied to.

What does counterclockwise massage do?: When an acupuncture point is massaged with a thumb counterclockwise, a counterclockwise ring current is created, which according to the rule of the right hand in physics induces a magnetic field off the body. This means that we are taking energy from the acupuncture point or we are sedating. The northern pole of a magnet also sedates because it is taking energy from the point it is applied to. The Roman numerals can be used as a simple mnemonic rule. They help to remember that massage in counterclockwise direction sedate or subtract energy from the body. Take as an example the number V. When you add one (I) to the left side of the Roman number V, you subtract one, and you get IV. This means that when you massage acupuncture point counterclockwise (to the left), you subtract energy. The Roman numerals can also be used to remember that massage in clockwise direction stimulates or add energy to the body. When you add one (I) to the right side of the Roman number V, you get VI. When you massage an acupuncture point clockwise (to the right), you add energy. This is so because the Roman numbers were created on the same principle.

Every right-handed individual usually massages with his right thumb clockwise and with his left thumb counterclockwise. Since for males the right hand is stronger, but for females the left hand is stronger, the massage therapist must figure out on which side of the head or legs of the patient the massage therapist (he or she) should be. Their position would also be different depending on are they treating female or male individual (Maria Kuman [1]). Every left-handed individual usually massages with the right thumb counterclockwise and with the left thumb clockwise. Since for males the right hand is stronger, but for females the left hand is stronger, the person doing the massage must figure out on which side - head or legs - he/she should stay, if a female or male individual is treated, so that energy is added to or subtracted from the needy right or left side.

People Don't Like the Idea of Looking Like A Pincushion - Modern Acupuncture Without Needles

During the last three to four decades the interest in acupuncture has tremendously increased worldwide because acupuncture has

the power to heal cases like paralysis, chronic diseases, etc., where the modern western medicine is powerless. However, people don't like the idea of looking like a pincushion, in other words they are afraid of needles. Also, considering the fact that we live in an era of AIDS and hepatitis, we needed to develop methods of treatment that do not penetrate the skin. In other words, we needed to find substitute for the needles. This gave birth to modern ways of treatment. Modern research developed number of devices for acupuncture treatment, which do not penetrate the skin. But regardless that needles are not used anymore, and the skin is not penetrated, modern acupuncture is still called acupuncture. This allows integration of the different modern techniques used for acupuncture treatment with the old traditional treatments under the name acupuncture. Such modern acupuncture treatments are:

1. Treatment with different colors of light;
2. Laser treatment of the acupuncture points;
3. Infrared treatment of the points;
4. Electric treatment of the points;
5. Magnetic treatments of the points.

Treatment with Light with Different Color

Light is electromagnetic waves and the different colors are electromagnetic waves with different frequencies ν , or different wavelengths $\lambda=c/\nu$ (where c is the speed of light), or different energy $E=h\nu$ (where h is the Planck's constant). Red and blue light are at the opposite ends of the rainbow spectrum and while the red light has the lowest frequency and energy (and the highest wavelength - 700nm), the blue light has the highest frequency and energy (and the lowest wavelength - 450nm =450.10⁻⁹m). Our bodies are adapted to yellow color because our planet orbits a yellow Sun, which is at the center of our solar system. Adaptation to the yellow light of our Sun has made yellow the color of our Solar Plexus, which is located at the center of the body one inch under the conjunction of the chest ribs. It is a nerve ganglion with radial nerve branches spreading as solar rays from it.

In a previous article, we listed the colors that activate each organ and activate the acupuncture meridian representing the organ on the surface of the body. The Liver and its meridian are activated by green light, the Spleen and its meridian are activated by yellow light, the Heart and its meridian are activated by red light, etc. When an acupuncture meridian is treated with its color (the liver meridian with green color, the spleen meridian with yellow color, the heart meridian with red color, etc.), the light will increase the energy of the meridian and its corresponding organ, and the influence will be instantaneous because it is done through the waves running along the meridian.

Laser Light to Treat the Acupuncture Points of the Ears

To stimulate acupuncture points, mild Helium-Neon lasers with a power of 3 to 5 milliwatts were developed. At this power, there is no pain involved during treatment, but the depth of penetration

of this red laser beam is about a centimeter. This makes such laser best for treatment of acupuncture points on the ear, which are very shallow. It should not be used on acupuncture points on the rest of the skin, which are deeper because there will be no effect of stimulation. Children are usually afraid of needles, but they love to be treated with laser. Since the acupuncture points have higher conductivity, most of the laser devices have sensitive electrometer (in the micrometer diapason) for their detection. In addition to this, in most cases the laser device usually has a built-in buzzer, which buzzes when the measuring electrode is at acupuncture point.

Infrared Light Substitutes Moxa

In the traditional Chinese medicine, some acupuncture points respond better when treated with moxa (lightened herbal cigars held at a distance of one to two centimeters from the acupuncture point). The heat of the moxa heals but working with moxa is messy. The acupuncturist cannot avoid having ashes over the patient, over the floor, everywhere. A new infrared device was developed, which creates the same warming effect by emitting infrared light with the same wavelength as moxa. The device does as good a job as moxa, but there is no mess, no ashes.

Electric Stimulation of the Acupuncture Points

Stimulation of the acupuncture points with electric current (without penetration of the skin) was found to be an effective substitute for needles. It was named electro-puncture. The device can be used for healing of a large number of chronic and acute diseases. Its small size and easy handling make it fun to work with. Presently, low frequency pulsed currents are used for electrical stimulation. The currents are delivered to the acupuncture point by a central electrode and a ring of electrodes around it. The device is placed over the acupuncture point, turned on, and it stimulates the point and the lying under it receptors with a series of electric impulses between the two sets of electrodes. The receptors react spontaneously with neurohormonal activity, which triggers different chains of reactions that brings stimulating and healing effects.

Application

The electric stimulator can be used in clinical conditions, at home, in sports medicine, and so on.

Construction and principle of work

The electric stimulator is an impulse transformer with coercive excitation.

Precautions

When working with the electric stimulator, you are not allowed to touch the ring electrodes with one hand and with the other hand the central electrode of the device.

Work

Hold the stimulating device with the right hand with thumb over the starting button. Roll the potentiometer to off position until you hear the click of the switch. Then roll the potentiometer

slowly up. After the click of the switch, watch the light diode, which changes its light intensity with the current. Switch it off (it is ready to work). For disinfection, clean the working surface of the device with 3 % solution of peroxide before each usage and dry it well.

Before treatment, clean the skin surface of the patient with soap and water and dry it. The treatment must be done on dry, greaseless skin because when the surface is greasy, only the surface is stimulated (the patient can feel surface warming), but there is no penetration. Hold the device with the right hand and slightly touch the treated surface with the device. Slowly roll with thumb the potentiometer looking at the light diode. The intensity of the current is proportionate to the light intensity. Ask the patient for his subjective feelings. The treatment should be done under the pain threshold. No pain or muscle contractions should be felt or observed during stimulation. Only a slight tickling in the treated area should be felt. Since the conductivity of the acupuncture points is higher than the surrounding tissue, at the same value of current, the subjective feeling of electric current is stronger at the acupuncture points than around them. The duration of treatment should be determined by the therapist based on the type of disease and the state of the patient. It could be from 30 to 60 sec and can go up to 2 min. The treatments should be done every day, only in rare acute cases should they be done more than once a day.

Indications

The following diseases are very well influenced by electropuncture:

- A. osteochondrosis of the backbone with different types of pain syndromes:
 - spondylosis, spondylitis and spondylarthrosis,
 - neck, chest and lumbar radiculitis,
 - refractorial blood syndromes, etc.
- B. angio-tropho-neurosis (disease of Reino);
- C. arthritic changes and peri-arthritis of shoulder, elbow, wrist, fingers, knees, ankles and heels;
- D. states of pain and restricted movements in all kinds of joints after fractures;
- E. temporomandibular arthritis;
- F. epicondylitis of elbow or shoulder;
- G. phantom pains;
- H. after surgery pain;
- I. interbone neuralgia;
- J. neuritis of the facial nerve;
- K. neurosis, headache - including migraine;
- L. nocturnal enuresia;
- M. low blood pressure;

- N. smoking and drinking habits, etc.

A vegetarian diet with a lot of liquids is highly recommended before and during the treatment.

Contraindications

Do not do electric treatments in combination with X-rays, laser, or ultraviolet treatment! Electropuncture should not be done to:

- A. children under the age of 5,
- B. people older than 75 that are weak or feeble,
- C. people with malignant and nonmalignant tumors,
- D. people with fever and acute infectious diseases,
- E. people in states of high psychic excitation and psychotic diseases,
- F. people with epileptic seizures,
- G. people who had heart attack (electropuncture is allowed only 6 months after the attack),
- H. people with heart surgeries with implanted cardiostimulator,
- I. people with weak blood supply (third degree),
- J. pregnant women,
- K. people with thrombophlebitis,
- L. people with generalized skin diseases, and so on.
- M. Electropuncture is not allowed in deneurited skin zones.

Recommended acupuncture points for some popular diseases

The therapist determines the order, in which the points should be treated, and the duration of the stimulation based on the state of the patient. During one treatment usually 4, 6 to maximum 8 points are treated. When more than 8 points need to be treated, some points are treated alternatively in following treatments. Therefore, in modern times acupuncture does not necessarily mean needles. We still use the term acupuncture, but there are no needles and no puncturing involved. None of the modern methods of acupuncture punctures the skin.

Magnetic Stimulation of the Acupuncture Points

The acupuncture points can also be treated with magnets. Usually, permanent magnets with the size of a dime or nickel are fixed over the acupuncture points with a band-aid. The northern and southern poles of a magnet have opposite polarity and they influence the electromagnetic fields of the meridians differently:

The southern pole of a magnet stimulates or adds energy to every acupuncture point it is applied to. The energy of the treated point will increase and the energy of the whole meridian to which this point belongs will increase. Since waves propagate along the meridian all the time, the southern pole will increase the energy

of these waves. The northern pole of a magnet sedates or subtracts energy from every acupuncture point it is applied to. The energy of the treated point will decrease, and the energy of the whole meridian to which this point belongs will decrease. Since waves propagate along the meridian all the time, the northern pole will decrease the energy of these waves. The interaction of these fields is instantaneous, which makes the effect of magnets instantaneous.

How Many Treatments are Necessary?

Since chronic diseases have: slow onset ('chronic' means 'slow') and slow, difficult and unpredictable cure, they require a series of treatments. Each series consists of 8 to 14 daily treatments, but their number can reach 20, if the disease is old - the older the disease the longer the series. If the symptoms of the disease reappear a few weeks or months later, the series of acupuncture treatments need to be repeated [6].

Conclusion

This article listed the traditional and modern ways of treatment of the acupuncture points. Being Medical Biophysicist, I underlined

the necessity to treat with laser light only acupuncture points of the ear because they are shallow, and the penetration of the laser light is shallow - 1 to 2cm depth of penetration (when the power of the laser is 3 milliwatts). Laser shouldn't be used on other points because of insufficient depth of penetration of the laser light, which makes the stimulation insufficient.

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