

1st
WORLD
CONGRESS



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ON HEALTHY AGEING

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Pain management

The speaker

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What is acupuncture?

It is a treatment for pain and illness in which thin needles are positioned just under the surface of the skin at special nerve centres around the body.

Cambridge advanced learner's dictionary

What is acupuncture?

It is a treatment by means of needles with proper techniques and methods.

Application of acupuncture

1. Examine the sickness/disease
2. Choose the methods
3. Select the sect of acupuncture
4. Use the points
5. Monitor the needles
 - tonification and sedation

**How is acupuncture applied
to pain management?**

My emphasis of this presentation is
on blood stasis.

Blood stasis

What is blood stasis?

It is the blood stagnation with fixed stabbing pain intensified by pressure with ecchymoses, deep and uneven pulse.

It may be due to external injuries which may arise from accidents such as a fall, a knock, a hit or even a pinch.

Why we think we are all right

Blood stasis is hardly revealed under the x-ray.

Nothing is revealed, it should be all right.

But it will give pain to the injured spot.

Contribution of this research

This research is to introduce an innovative method to diagnose and to treat blood stasis.

Diagnoses

1. Read from the eyes
2. Read from the nails

From the eyes

What can you find from the eye?

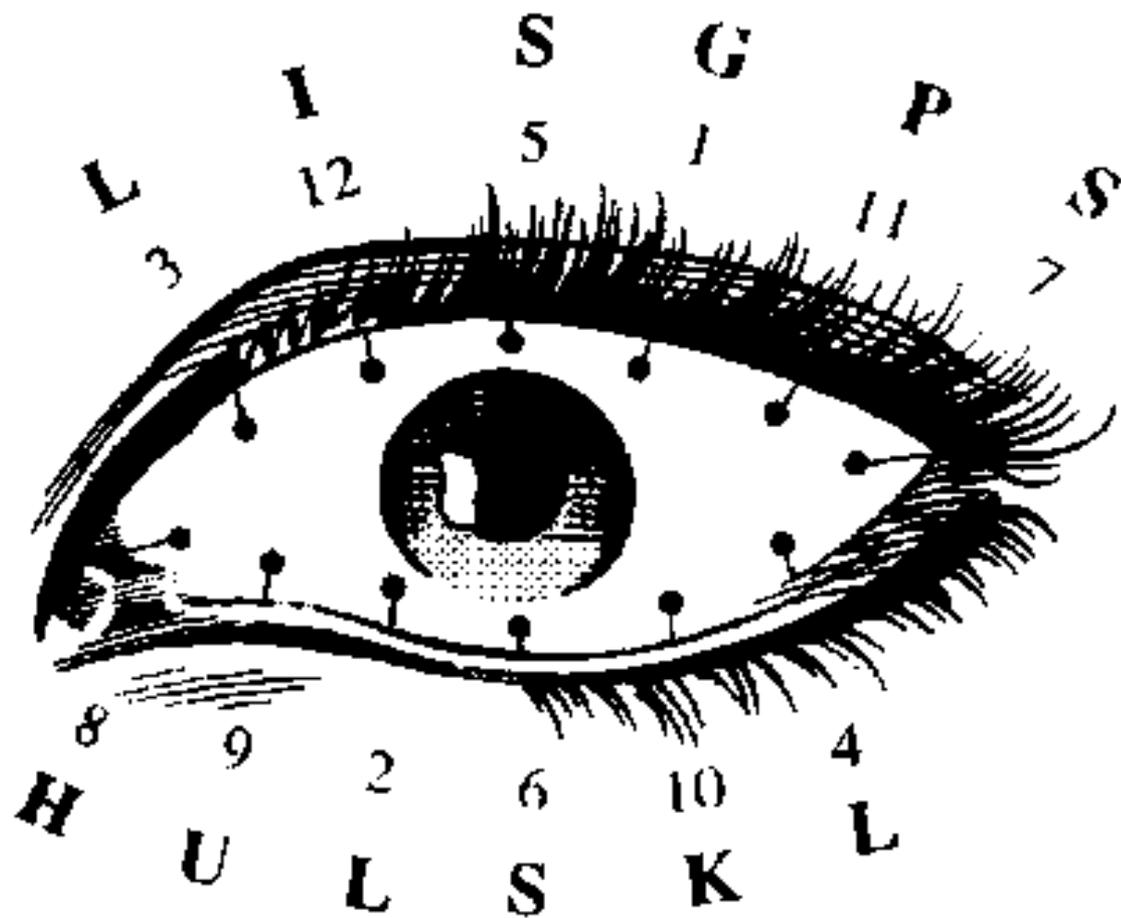
The black spots with tiny line(s)

These can be shown in the diagram
as follows:

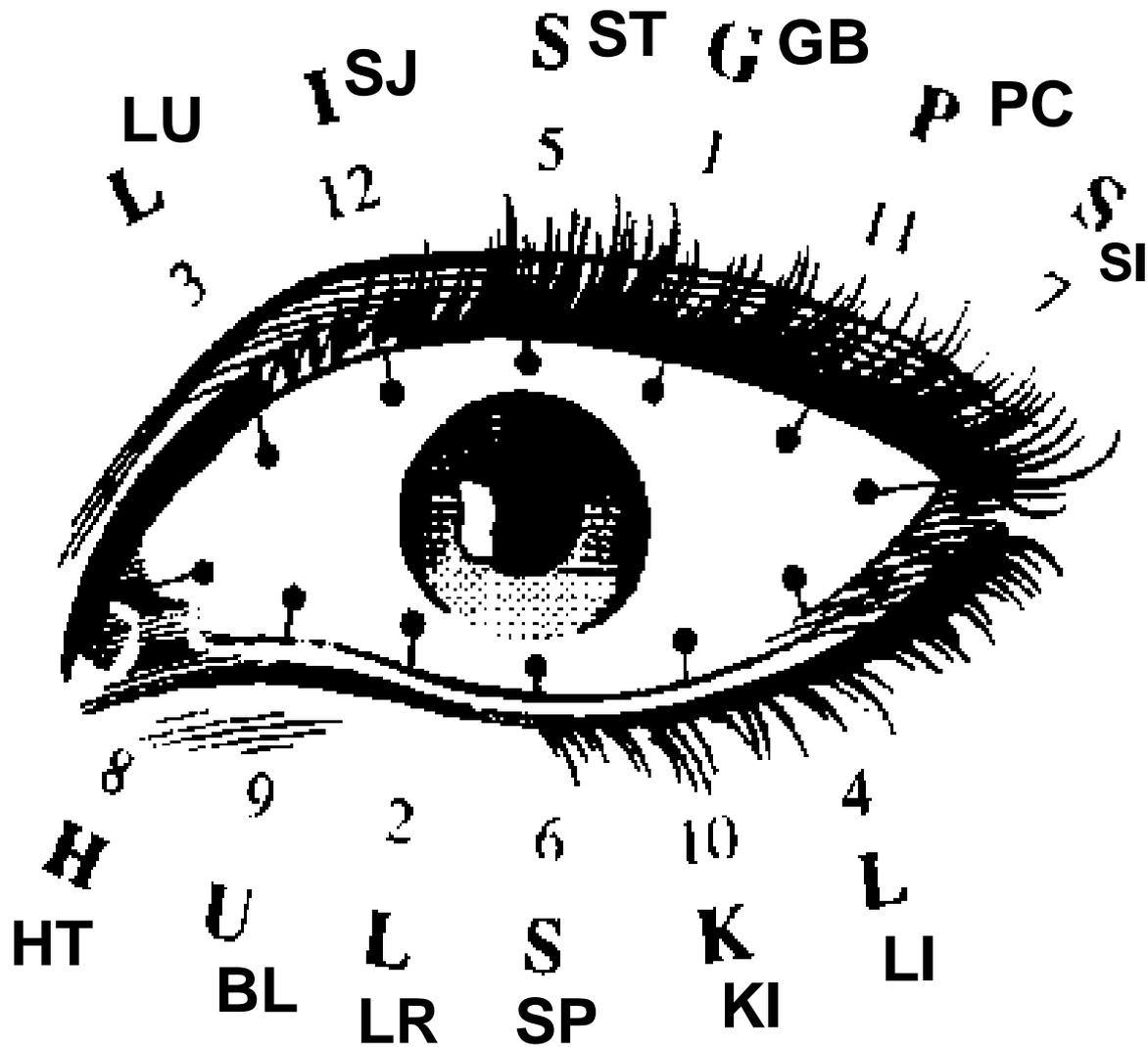
The origin of this diagram

The bronze statute of Shao-lin temple

Here is the diagram.



The left eye



The left eye

The points

Upper part

3 L = LU

12 I = SJ (inner cavity)

5 S = ST

1 G = GB

11 P = PC

7 S = SI

Lower part

8 H = HT

9 U = BL

2 L = LR

6 S = SP

10 K = KI

4 L = LI

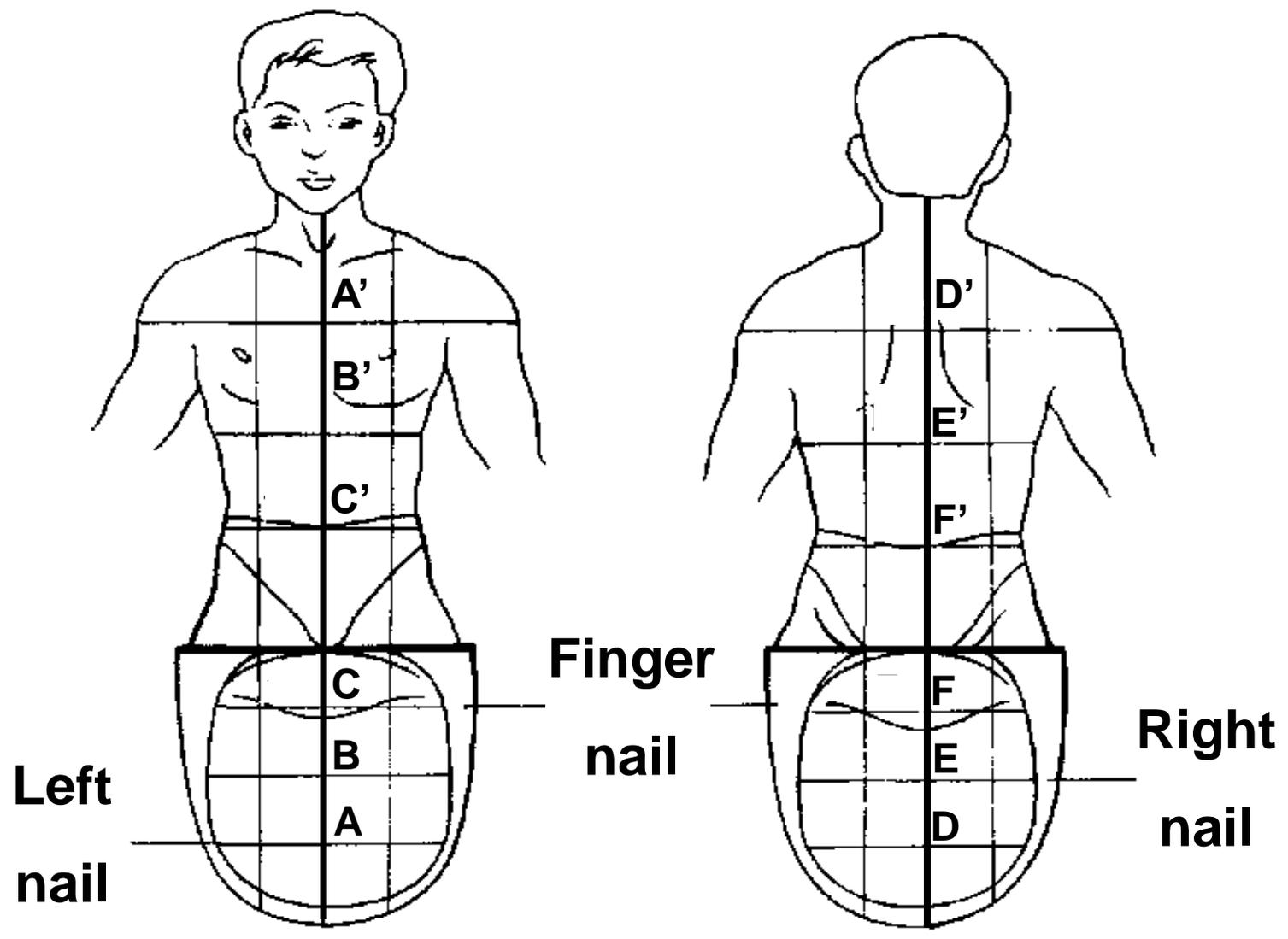
From the finger nails

This is my innovation.

1. The left nails are the mirrors of the front.

2. The right nails are the mirrors of the back.

**These are shown in
the diagrams below.**



Other methods of diagnoses

1. Pluck the painful area
2. Roll the skin
3. Press the area

Methods of treatment

1. Massage (by hand or leg)
2. Cupping (vacuum cups)
3. Bleeding (blood lancets)
4. Using magnetic needles
5. Using wooden needles
6. Scrapping (Guasa)
7. Using the pointed edge
8. Beating with hands
9. Acupuncture needling

Other Chinese Medical treatments

1. Herbal medicine (external and internal)
2. Ointment
3. Plasters
4. Oils (e.g. coconut oil)
5. QiGong
6. Electrical instruments

These techniques will be demonstrated in the clinic.

***The future is in our hands
but
it depends on how we live.***

God Bless You!!!