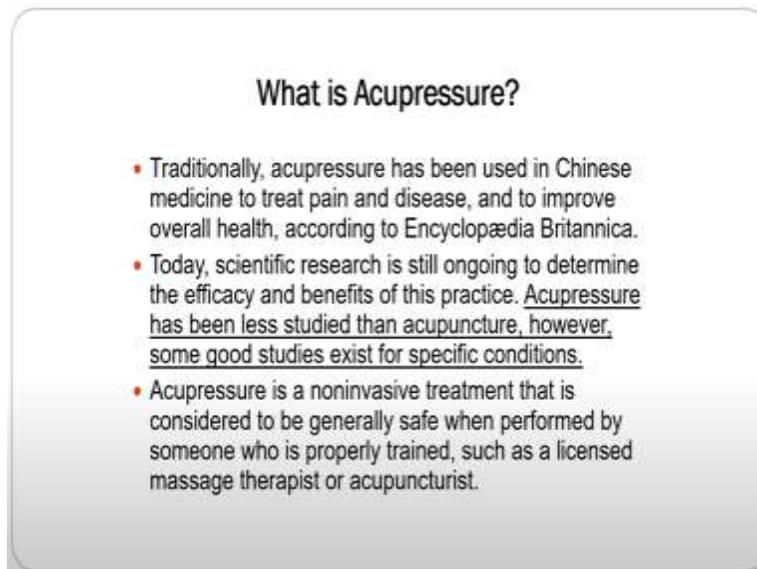


Certificate in Integrative Palliative Care – 3
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Week-06
Lecture 47: Introduction

Hello friends, Namaste. Week number 6, that means we have already reached the halfway. And week number 6 pertains to acupressure and acupuncture.

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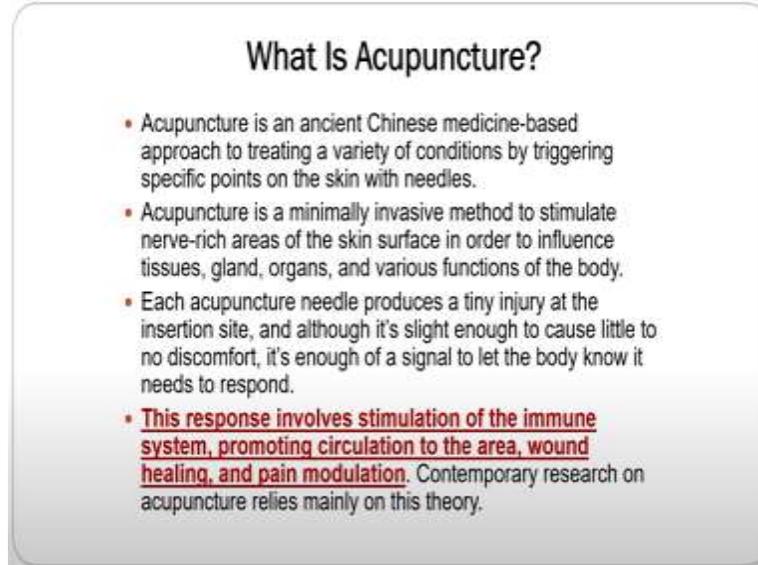
What is Acupressure?

- Traditionally, acupressure has been used in Chinese medicine to treat pain and disease, and to improve overall health, according to Encyclopædia Britannica.
- Today, scientific research is still ongoing to determine the efficacy and benefits of this practice. Acupressure has been less studied than acupuncture, however, some good studies exist for specific conditions.
- Acupressure is a noninvasive treatment that is considered to be generally safe when performed by someone who is properly trained, such as a licensed massage therapist or acupuncturist.

What is acupressure? Traditionally, acupressure has been used in Chinese medicine to treat pain and disease and also to improve overall health. Today, scientific research is still ongoing to determine the efficacy and benefits of this practice. Acupressure has been less studied than acupuncture.

However, some good studies exist for specific conditions. You know that acupressure is a non-invasive treatment and therefore, It is considered to be generally safe when performed by someone who is properly trained, such as a licensed massage therapist or acupuncturist.

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What Is Acupuncture?

- Acupuncture is an ancient Chinese medicine-based approach to treating a variety of conditions by triggering specific points on the skin with needles.
- Acupuncture is a minimally invasive method to stimulate nerve-rich areas of the skin surface in order to influence tissues, gland, organs, and various functions of the body.
- Each acupuncture needle produces a tiny injury at the insertion site, and although it's slight enough to cause little to no discomfort, it's enough of a signal to let the body know it needs to respond.
- This response involves stimulation of the immune system, promoting circulation to the area, wound healing, and pain modulation. Contemporary research on acupuncture relies mainly on this theory.

We'll take on acupuncture also. Acupuncture, just like acupressure, is an ancient Chinese medicine-based approach to treating a variety of conditions by triggering specific points on the skin with needles.

Acupuncture is minimally invasive because those needles are very fine, very sharp. And when you insert that needle, it doesn't pain you. You just get some sort of tingling effect in your skin. Therefore, we call it minimally invasive method to stimulate nerve-rich areas of the skin surface in order to influence tissues, glands, organs and various functions of the body. So, you rightly said that this needle causes tiny injury.

on insertion site. And although it is slight enough to cause little to no discomfort, it's enough of a signal to let the body know it needs to respond. And this response involves stimulation of the immune system, promoting circulation to the area and wound healing and even pain modulation. So contemporary research on acupuncture relies mainly on this theory.

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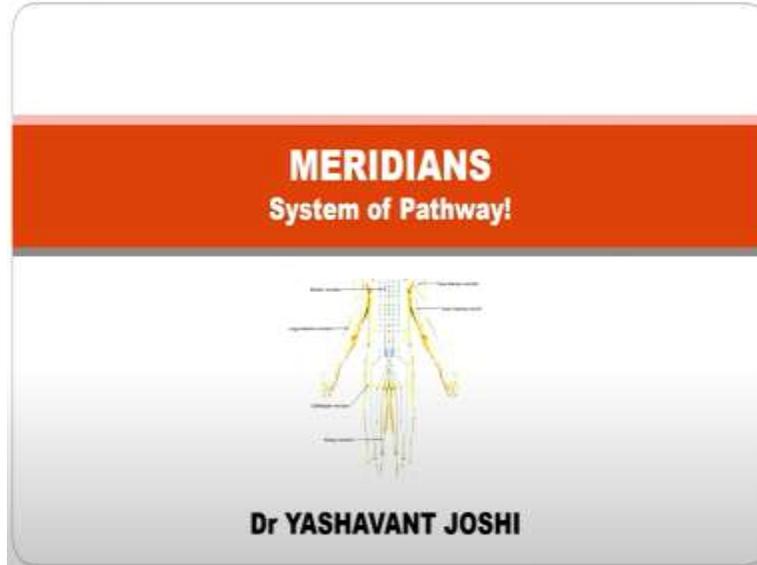


So in this week, week number 6, firstly we will talk about meridians.

Meridians is a system of pathogen. Then we will come to acupressure or some sort of beginner's guide. We will give you a brief picture about acupressure. Then 5 popular acupressure points. Then acupuncture.

And then we will give you what are the differences between acupressure and acupuncture. And lastly, we will give you a very good interesting topic that is called auricular acupuncture. That is, we call it ear piercing. So, it is a very interesting topic.

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Meridians, you may not be knowing it because you are a doctor and you may not believe it.

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Meridians: System Pathway

- In traditional Chinese medicine, meridians represent a complex system of pathways critical for the uninterrupted energy flow in the body, ensuring health, emotional stability, and balance.
- The 12 primary meridians, further categorized as yin and yang meridians, are responsible for specific organs and their function.
- On the other hand, the Eight Extraordinary Meridians play a unique role in addressing deeper imbalances within the body's energy system.
- Understanding the intricacies of each meridian in TCM is crucial for optimizing health and promoting well-being.

Meridians, it is a system of pathways. In traditional Chinese medicines, meridians represent a complex system of pathways critical for the uninterrupted energy flow in the body, ensuring health, emotional stability and balance. There are 12 meridians. In fact,

this is akin to our chakra system, starting from Sahasra to the Muladhara. And along the chakras, There are meridians, there are systematic pathways.

You may call them neuron pathways or whatever it is, but there is no science behind it. But it is there. There are 12 primary meridians further categorized as yin and yang. Yin means soft and yang means hard. So basically to remain healthy, we require a balance between soft and hard pressures, yin and yang meridians.

And they are responsible for specific organs and their functions. On the other hand, the eight external organs, extraordinary meridians play a unique role in addressing deeper imbalances within the body's energy system and understanding the intricacies of each meridian in TCM is crucial for optimizing health and promoting well-being.

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Why Are Meridians Important in Acupuncture?

BESIDES FORMING THE BASIS FOR ACUPUNCTURE POINTS, HERE ARE SEVERAL REASONS WHY MERIDIANS ARE IMPORTANT IN ACUPUNCTURE:

- **Qi Flow Regulation:** Much like the circulatory system of blood, the system of meridians regulates the energy flow to optimize health.
- **Organ System Connection:** Each meridian is thought to connect to a specific organ system in the body. By targeting said meridians, acupuncture resolves disharmonies and the pain associated with that organ.
- **Yin-Yang Balance:** Meridians are interconnected with the concepts of yin and yang, representing the dual nature of opposing forces. Regulating these concepts is considered crucial to maintaining health and avoiding illness.
- **Holistic Approach:** Acupuncture adopts a holistic approach to health, targeting **body, mind, and spirit**. Meridians thus serve as tools for combating health issues and investigating their underlying causes.

So this is again one of the complementary medicine when done along with your regular treatment it can enhance your well-being This is why meridians are important. I have given four reasons here. Qi flow regulation. Qi means life energy.

We call it a prana. Then organ system connection. All these meridians and acupoints, they are located on the meridians and all these acupoints, they are connected with some one or some other organs of the body. Yin Yang, hard force and soft force. And it is a totally holistic approach which basically targets body, mind and spirit of the people.

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History of Acupressure

- Acupressure originated in India and went to ancient China. Like many other treatments used in TCM, the goal of the practice is to support movement of qi, or life force inside the body, notes the University of Michigan Health's Rogel Cancer Center.
- According to TCM theory, qi flows through paths throughout the body, known as meridians. Along the meridians lie acupressure points, which can be stimulated by manual pressure with fingers or tools, heat, or needles, depending on the therapy and modality.

Now we come to the first, acupressure. History of acupressure. Acupressure originated in India and went to ancient China. Like many other treatments used in TCM, the goal of the practice is to support movement of chi, It is called qi.

Qi, okay. Qi, not q. It is being pronounced as qi. It is a Chinese word. Qi means life force, pran. Or life force inside the body.

Notes the University of Michigan Health's Rogel Cancer Center.

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POPULAR ACUPRESSURE POINTS



Dr YASHAVANT JOSHI

Okay, next. Then come to five acupressure points.

Then comes to acupuncture. Is it a miracle remedy for everything?

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Health Benefits of Acupuncture

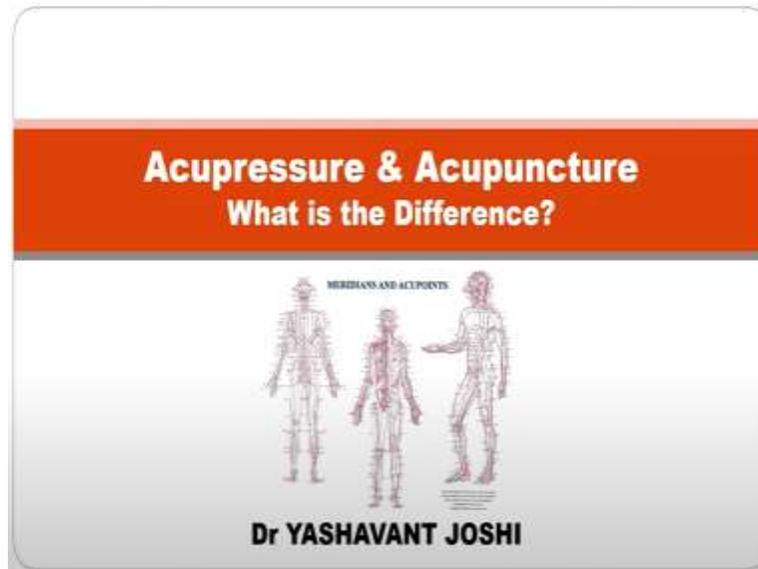
There are numerous conditions and symptoms that acupuncture has been found to help with. Here are just a few:

- Allergies
- Anxiety And Depression
- Osteoarthritis
- Chronic Pain, Often In The Neck, Back, Knees, And Head
- Hypertension
- Insomnia
- Menstrual Cramps And PMS
- Migraines
- Morning Sickness
- Multiple Sclerosis
- Sprains

No. People say, there are certain people, they believe in acupuncture. But again, like acupuncture here also, scientific research is lacking. And it has benefited a number of people.

By the way, acupuncture, acupressure is very much prevalent in China, Asian countries, even in USA, Western countries also. These are the benefits here. It can help in allergies, anxiety and depression, osteoarthritis, chronic pain often in the neck, back, knees and head. It can have beneficial effect in hypertension, insomnia, menstrual cramps, migraines, morning sickness, multiple sclerosis and sprains.

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Now comes after knowing something about acupressure and acupuncture, let's see the differences between these two traditional Chinese medicines.

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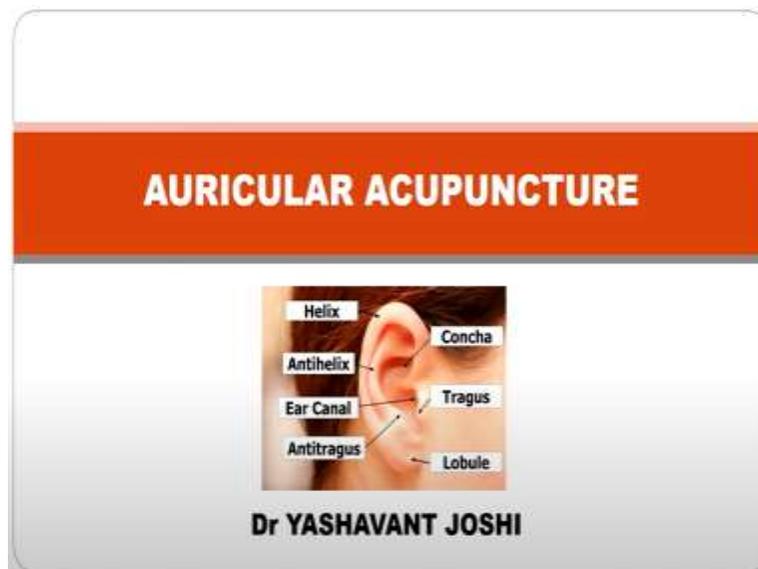
So acupuncture and acupressure are both traditional Chinese medicine treatments rooted in the idea that our bodies house channels that is meridian through which our life energy flows both methods aim to improve or correct energy flow by stimulating meridian points. Okay, what you said there are the similarities between these two because they belong to original traditional chinese medicine yeah difference there are two main

differences. First Acupressure is non-invasive because needles are not used. Only pressure. Pressure is being applied either with the fingers or with the thumb or like that.

So, it is non-invasive. Whereas in acupuncture, we make use of very sharp needles. Second difference. And because of that, there is a significant difference in training of the practitioner. Training, yeah. So, these two differences are there.

Invasive, non-invasive and lot of training is required, whereas acupressure can be done by you or me also. I have to just study it and take certain lessons from an expert acupressurist. There is a significant difference in the training of the practitioners as well.

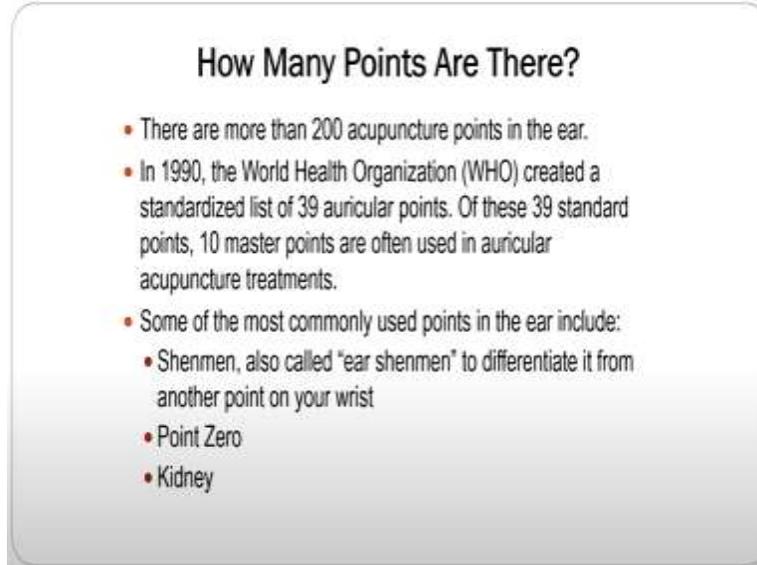
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Okay, now come to the auricular acupuncture. Yes, what are you wearing here? This is what I am saying.

What we call ear piercing is nothing but a sort of acupuncture which is just confined to the parts of our ears.

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How Many Points Are There?

- There are more than 200 acupuncture points in the ear.
- In 1990, the World Health Organization (WHO) created a standardized list of 39 auricular points. Of these 39 standard points, 10 master points are often used in auricular acupuncture treatments.
- Some of the most commonly used points in the ear include:
 - Shenmen, also called "ear shenmen" to differentiate it from another point on your wrist
 - Point Zero
 - Kidney

How many points are there? Almost 200, more than 200 acupuncture points are in the ear. In the ear. It's only in the ear.

Only in the year. So in 1990, the WHO created a standardized list of 39 auricular points. Of these 39 standard points, 10 master points are often used in auricular acupuncture treatments. And some of the most commonly used points in the year include Shenmen also called as ear Shenmen to differentiate it from the another point on your wrist then point zero and kidney point. So this is what it is. This is about acupressure and acupuncture both these modalities are traditional Chinese medicines.

Thank you. Can you see what is he doing? He is doing acupressure. Acupressure. And therefore it is non-invasive. Thank you friends.