

## Acupuncture among past and present



Nowadays in all countries, all continents, there are people who place trust in doctors who practice acupuncture, a very ancient method.

In the far V millennium b.C. Chinese people found out and studied in depth this way to do medicine, so different from the traditional practice we are used to, and so complete to fascinate doctors and patients of all times.

The western doctor, who wants to undertake the study of the traditional Chinese medicine, runs into schools and masters who make him study very ancient texts, as the "Huang Di Nei Jing", probably written in the II millennium b.C. Even more recent texts imitate the ancient and never deny them.

**How is it possible that a so old medicine is still practicable?**

**How is it possible that 4000-5000 years ago, 720 spots of acupuncture, still used, were found on the body?**

**How is it possible that a needle, a tiny metallic object, inserted and left in the body for a couple of minutes is a medical procedure capable of taking care of people?**

This and many other questions take place in our western mind. The comprehension becomes easier if you keep in mind that in this whole time the human being has always been a human being, with his mind and his body. Unchangeable in his organicity and substance, soul and body, energy and physicalness. The heart has always been in its place inside the chest, for the entire time.

In the same way the first spot of the energetic canal referred to the heart has never changed its position. It is there, unchangeable, still, always in the same body zone, at the bottom of the depression of the axillary cavity, unquestioned in the years.

The acupuncturist through the needle, and only the needle, operated on a net of 14 canals covered by vital energy and stimulate some and well determined spots, provoking the harmonization, the dispersion and the toning of the energy contained in it, balancing the whole energetic status of the person.

The fundamental principle of the acupuncture tells that wherever there is pain, an obstruction of the regular flow of energy exists, so the doctor has the restoration of the free energetic flow as main goal.

It is important to operate when the stress and the rhythm of life are too elevated and cause a lack or an energetic compression, status that if not treated, encourage too often the presence of indisposition or true diseases.

Old Chinese masters told that "the small doctor takes care of the disease when it comes out, while the big doctors takes care of it before its becoming" and in fact in the ancient time Chinese doctors were paid when the patient was healthy, not when he was ill. The doctor was considered effective if he was able to maintain the correct energetic balance of the patient and not if he took care of him when he was ill; prevention was considered the most important therapeutic procedure.

To underline the actuality of this therapeutic method is the fact that so far the World Organization of Health recognized the efficiency of acupuncture in the care of 200 pathologies and many studies were done to demonstrate the existence of the dense energetic net formed by canals in the body.

Among the pathologies in which acupuncture is more efficient, we find muscle tendons pain (lumbosciatica, stiff neck, tennis elbow), nervous system's disorder (insomnia, anorexia, depression e cephalgia), digestive system's disorder (slow digestion, borborygmus, constipation, colitis), feminine genital apparatus's problems (painful and irregular period), forms of infertility, allergic pathologies (rhinitis, asthma e dermatosis), inflammation charged on some mucous membranes (sinusitis, bronchitis, gastritis).