



ICMART LEXICON of Medical Acupuncture

ICMART

International
Council of
Medical
Acupuncture and
Related
Techniques





CYPRUS



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NATIONAL/REGIONAL ACUPUNCTURE PRACTICES

A. Types of Medical Acupuncture most commonly practiced

1. TCM – traditional Chinese medicine

- a. Classic acupuncture
- b. Moxibustion
- c. Cupping
- d. Point massage

2. ACUPUNCTURE MICROSYSTEM

- a. Auriculo acupuncture
- b. Cranical scalp acupuncture
- c. Sujok KOREAN acupuncture
(palmar-plantar acupuncture)

3. NON-INVASIVE METHODS

- a. Transcutaneous electrostimulation
- b. LASER stimulation
- c. Magnetic and electromagnetic field stimulation

4. ELECTROACUPUNCTURE AND ELECTRO-ANESTHESIA

5. NEURAL THERAPY

Point injection or pharmaco-acupuncture



B. EDUCATION

The theoretical and practical program is 250 hours for licenced physicians. Time devoted to theory vs. clinical practice 2:5

CORE CURRICULUM

ACUPUNCTURE AS NON-DRUG THERAPY IN MEDICAL CORE Historical background of acupuncture. Deontology.

TCM ACUPUNCTURE

THEORIES FOR THE EXPLANATION OF THE MECHANISM OF ACUPUNCTURE.

a. **BASIC** Theories of traditional Chinese medicine: Vital Energy – Chi or Qi, YANG-YIN, TSANG-FU, theory of “five elements” pathogenic factors in TCM.

b. **MODERN SCIENTIFIC** views.

Neurophysiological aspects: The role of reflex activation of the somatic sensory and autonomic nervous sensory and automatic nervous system: Receptors, Receptive fields, afferent neurons A and C Fibres, axonal transport.

Chemical basis for synaptic transmission: morphology of synapse gap, biosynthesis of transmitter substances: opioid peptides – endorphines, enkephalines, dynorphin, prostaglandins, substance P, cholecystokinin and other inhibitors.

THE MOST SIGNIFICANT AND BENEFICIAL EFFECTS OF ACUPUNCTURE

Analgesia, vasodilatation, bronchodilatation, immune response, relaxation of spastic muscle.

BASIC PRINCIPLES OF CHINESE MEDICAL DIAGNOSTIC METHODS

a. Listening, examination by questions (interrogation), inspection (visual examination) auscultation.



- b. Identification and classification of syndromes: “eight principles” or four parts YIN-YANG, harmony-disharmony, superficial-internal, emptiness-fullness, deficiency-excess, coldness-hotness”.
- c. Determination of etiology: six external factors (cold, fire, wind, heat, dryness, humidity), SEVEN internal/Emotional factors (excessive joy, anger, worry, overthinking, sadness, fear, surprise).

BASIC KNOWLEDGE of ACUPUNCTURE TREATMENT

Clinical diagnosis and differential diagnosis, selection of points, methods of combining points.

ACUPUNCTURE POINTS

Anatomical and pathophysiological aspects of acupuncture points. Methods of locating points. The points of fourteen meridians. Extraordinary points. Rules for selecting points for therapy.

MERIDIANS (CHANNELS) AND COLLATERALS

- a. The concept of fourteen meridians. The course and their pathological symptoms.
- b. The concept and pathology of extra meridians.

ACUPUNCTURE MICROSYSTEM

Anatomical and pathological aspects, indications and contraindications. Selection of points or zones stimulation.

1. AURICULO ACUPUNCTURE
2. OPHTHALMO
3. CRANIAL-SCALP
4. ORAL
5. NASAL
6. PALMAR
7. VAGINAL
8. PLANTAR



ACUPUNCTURE EQUIPMENT

Needles, cupping, moxa, electro, laser, magnets, ultrasound.

ACUPUNCTURE TECHNIQUES

I. INVASIVE METHOD STIMULATION

- a. Needling acupuncture:
 - GENERAL knowledge
 - Needle selection and sterilization
 - Insertion, direction, depth and manipulation
 - Methods of stimulation, acupuncture.
 - SENSATION-TECHI OR DEQI, BU methods-
 - Reinforcing and XIE-Reducing, and therapeutic effects.
 - Complications which may occur in acupuncture, prevention and management.
- b. Other needling methods:
 - Intradermal imbedding needles.
 - Three edged needle
 - plum blossom needle
 - Long Mang needles.
- c. Point injection or pharmacoacupuncture.
- d. Surgery or strong stimulation method

II. NON-INVASIVE METHOD STIMULATION

- a. Moxibustion and cupping stimulation or thermo-cryoacupuncture stimulation. Definition, indications, manipulation, remarks.
- b. Laser-light or photoneedle stimulation
- c. Ultrasound stimulation
- d. Magnetic and electro-magnetic field stimulation. Micromagnetics.
Electro-acupuncture stimulation.



ACUPUNCTURE ELECTRO-ANESTHESIA

- History, definition, indications and contraindications
- Limoge current and transcutaneous CRANIAL electrical stimulation and neurolept anesthesia for MAJOR SURGERY.

CLINICAL TREATMENT – ACUPUNCTURE THERAPY

Application of acupuncture stimulation in different fields of medicine:

Internal diseases

Pediatric

Neuropsychiatric diseases

Surgical diseases

Gynaecological and obstetric diseases

Urogenital diseases

Sense organ diseases

Acupuncture for quitting smoking, excessive eating, alcohol.



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With thanks to the contributors:

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