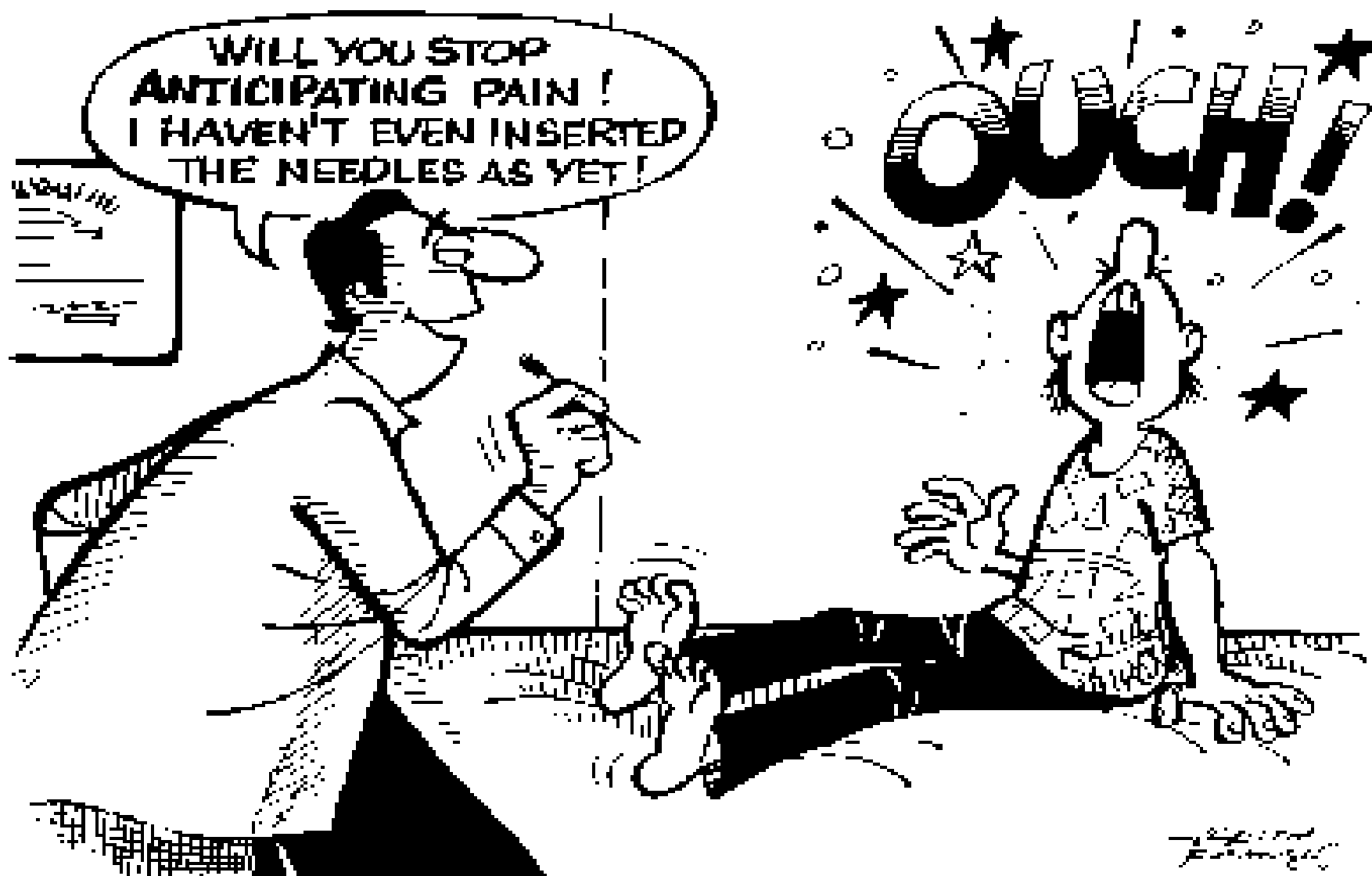


ACUPUNCTURE ACUPRESSURE AROMATHERAPY

by

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Acupuncture



Acupuncture

- Acupuncture is an alternative medicine originating in Ancient China.
- It is used to treat patients by insertion and manipulation of solid, generally thin needles in the body.
- Acupuncture is based on the theory that energy, called Qi flows through and around the body along pathways called meridians.
- It aims to correct imbalances in the flow of qi by stimulation of anatomical locations on or under the skin called acupuncture points, most of which are connected by meridians channels.

Acupuncture

- Scientific research has not found any physical or biological correlation of qi, meridians and acupuncture points.
- However, proponents of acupuncture believe that it promotes general health, relieves pain, treats infertility, and treats and prevents disease
- Current scientific research supports its efficacy in the relief of certain types of pain and nausea;
- but some systematic reviews have found these results to be equivocal

Acupuncture

- Other reviews have concluded that positive results reported for acupuncture are too small to be of clinical relevance.
- this may be the result of inadequate experimental blinding or can be explained by placebo effects and publication bias
- Other researchers have pointed out the difficulty in designing an adequate scientific control for any placebo effect acupuncture might have due to its invasiveness.

HISTORY OF ACUPUNCTURE

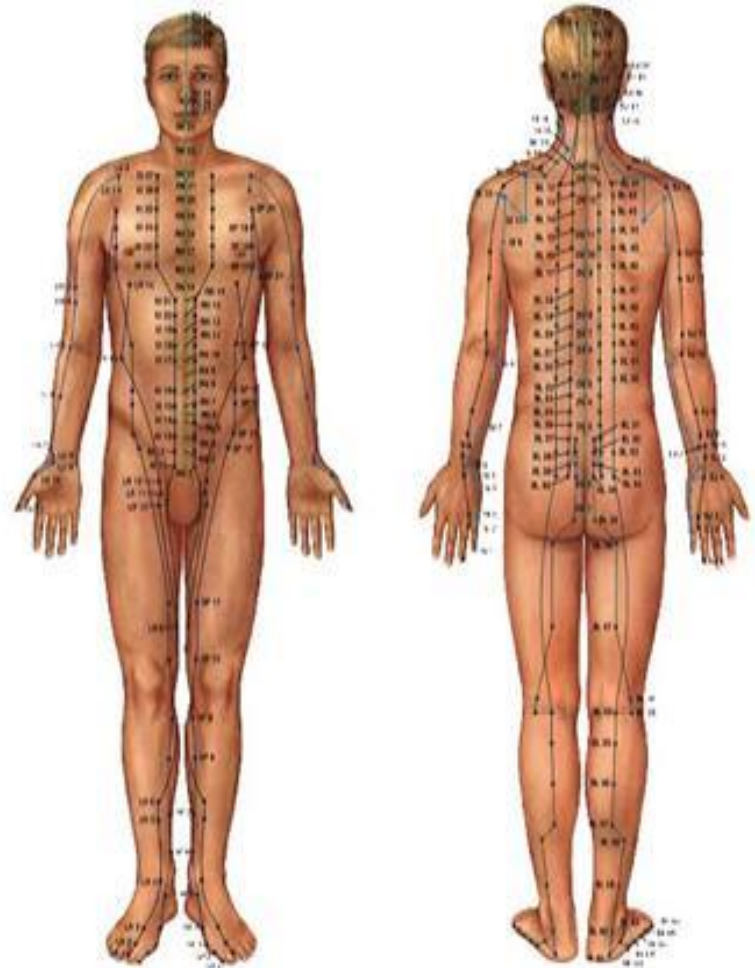
- The precise start date of acupuncture, its use in China and how it evolved from early times are uncertain.
- One explanation is that some soldiers wounded in battle by arrows were believed to have been cured of chronic afflictions that were otherwise untreated
- Sharpened stones known as Bian shi have been found in China, suggesting the practice may date to the possibly earlier in the Stone Age

HISTORY OF ACUPUNCTURE

- Hieroglyphs and pictographs have been found dating from the Shang Dynasty, which suggest that acupuncture was practiced along with moxibustion.
- Despite improvements in metallurgy over centuries, it was not until the 2nd century BCE during the Han Dynasty that stone and bone needles were replaced with metal.
- The earliest examples of metal needles were found in a tomb dated to 113 BCE, though their use might not necessarily have been acupuncture.

HISTORY OF ACUPUNCTURE

- The earliest written record of acupuncture is found in the Huangdi Neijing , dated approximately 200 BCE.
- It does not distinguish between acupuncture and moxibustion and gives the same indication for both treatments.



HISTORY OF ACUPUNCTURE

- The Mawangdui texts, which also date from the 2nd century, mention the use of pointed stones to open abscesses, and moxibustion, but not acupuncture.
- However, by the 2nd century BCE, acupuncture replaced moxibustion as the primary treatment of systemic conditions.
- The practice of acupuncture expanded out of China to other areas, now part of Japan, Korea, and Taiwan, diverging from the narrower theory and practice of mainland TCM in the process.

MIDDLE HISTORY

- Korea is believed to be the first country acupuncture spread to outside of China.
- Within Korea there is a legend that acupuncture was developed by the legendary emperor Dangun though it is more likely brought into Korea from a Chinese colonial prefecture.
- Around ninety works on acupuncture were written in China between the Han Dynasty and the Song Dynasty

MIDDLE HISTORY

- the Emperor Renzong of Song, in 1023, ordered the production of a bronze statuette depicting the meridians and acupuncture points then in use.



MIDDLE HISTORY

- However, after the end of the Song Dynasty, acupuncture lost status, and started to be seen as a technical profession, in comparison to the more scholarly profession of herbalism.
- It became rarer in the following centuries, and was associated with less prestigious practices.



MODERN ERA

- In the early years after the Chinese Civil War, Chinese Communist Party leaders ridiculed traditional Chinese medicine, including acupuncture, as superstitious, irrational, and backward,
- He claimed that it conflicted with the Party's dedication to science as the way of progress.
- Communist Party Chairman Mao Zedong later reversed this position, saying "Chinese medicine and pharmacology are a great treasure house and efforts should be made to explore them and raise them to a higher level".

MODERN ERA

- Under Mao's leadership, in response to the lack of modern medical practitioners, acupuncture was revived
- and its theory rewritten to adhere to the political, economic and logistic necessities of providing for the medical needs of China's population
- Acupuncture gained attention in the United States when President Richard Nixon visited China in 1972.
- During one part of the visit, the delegation was shown a patient undergoing major surgery while fully awake, ostensibly receiving acupuncture rather than anesthesia.

THEORY OF ACUPUNCTURE

- The general theory of acupuncture is based on the premise that bodily functions are regulated by an energy called qi , which flows through the body;
- disruptions of this flow are believed to be responsible for diseases.
- Acupuncture describes a family of procedures aiming to correct imbalances in the flow of qi by stimulation of anatomical locations on or under the skin, by a variety of techniques.

THEORY OF ACUPUNCTURE

- The most common mechanism of stimulation of acupuncture points employs penetration of the skin by thin metal needles, which are manipulated manually or by electrical stimulation.

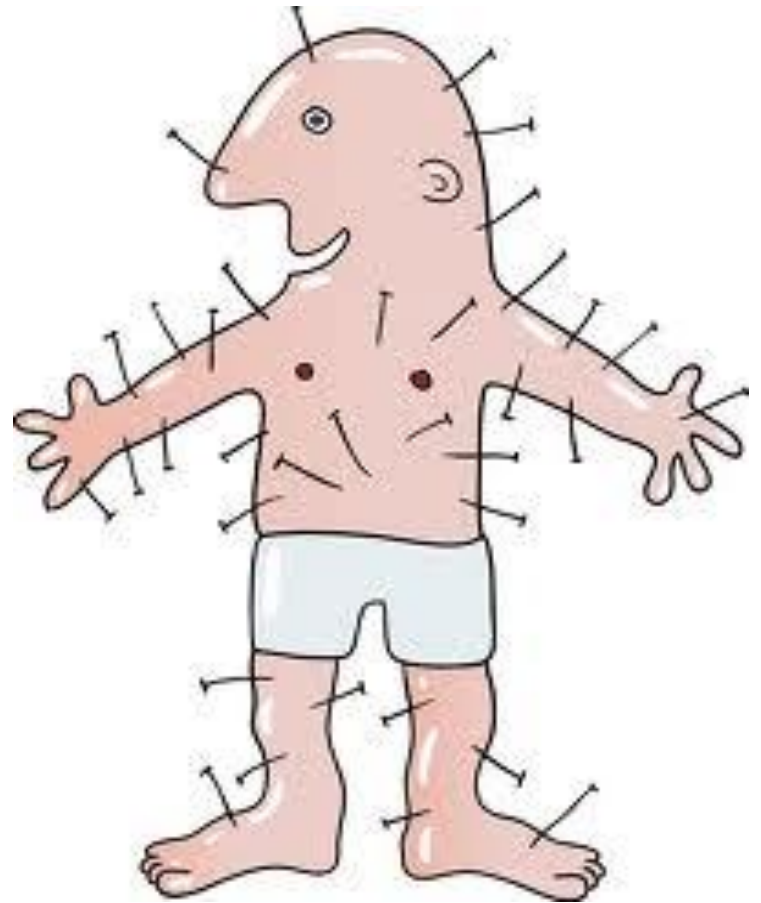


TRADITIONAL DIAGNOSIS

- ***Inspection*** - focuses on the face and particularly on the tongue, including analysis of the tongue size, shape, tension, color and coating, and the absence or presence of teeth marks around the edge.
- ***Auscultation and olfaction*** - refer, respectively, to listening for particular sounds such as wheezing and attending to body odor.

TRADITIONAL DIAGNOSIS

- **Inquiring** - focuses on the "seven inquiries", which are:
 - chills and fever;
 - perspiration;
 - appetite,
 - thirst and taste;
 - defecation and urination;
 - pain;
 - sleep; and
 - menses and leukorrhea.



TRADITIONAL DIAGNOSIS

- **Palpation** - includes feeling the body for tender qi points, and palpation of the left and right radial pulses at two levels of pressure - superficial and deep and three positions *Cun*, *Guan*, *Chi* (immediately proximal to the wrist crease, and one and two fingers' breadth proximally, usually palpated with the index, middle and ring fingers)

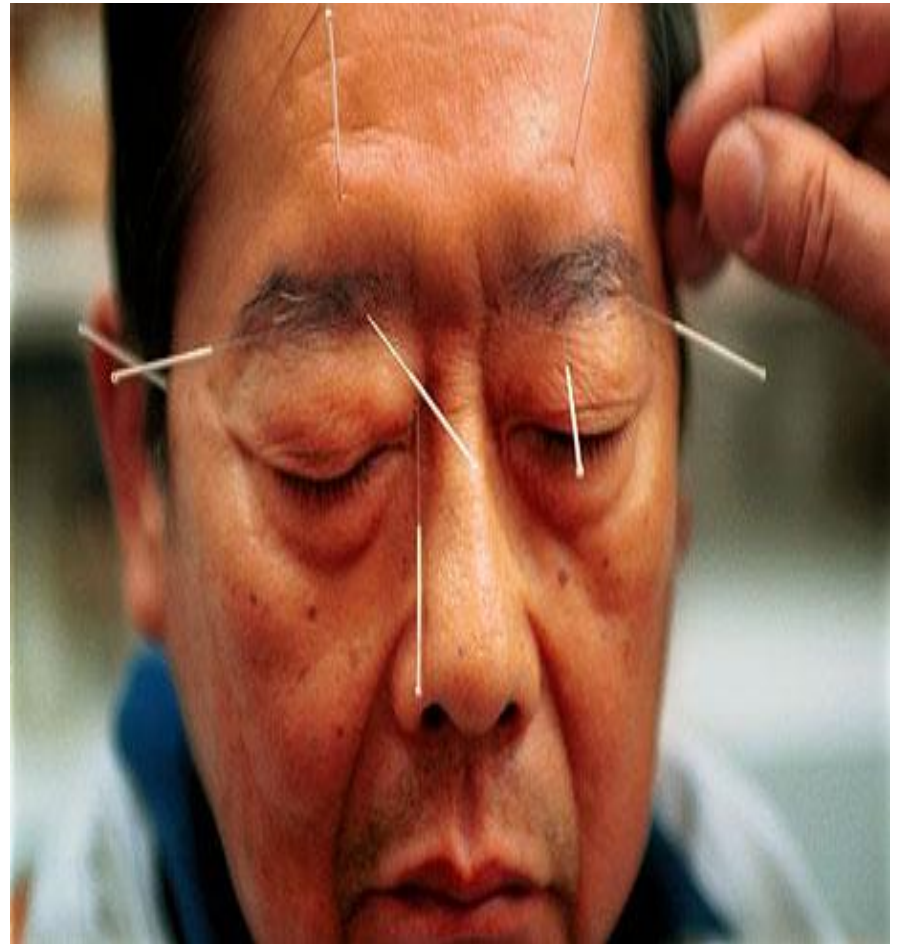
ACUPUNCTURE NEEDLES



- Acupuncture needles are typically made of stainless steel wire.
- They are usually disposable, but reusable needles are sometimes used as well, though they must be sterilized between uses.

ACUPUNCTURE NEEDLES

- Needles vary in length between 13 to 130 millimeters with shorter needles used near the face and eyes, and longer needles in more fleshy areas



ACUPUNCTURE NEEDLES

- needle diameters vary from 0.16 mm to 0.46 mm with thicker needles used on more robust patients.
- Thinner needles may be flexible and require tubes for insertion.



ACUPUNCTURE NEEDLES

- The tip of the needle should not be made too sharp to prevent breakage, although blunt needles cause more pain.
- Japanese acupuncturists use extremely thin needles that are used superficially, sometimes without penetrating the skin, and surrounded by a guide tube.



ACUPUNCTURE NEEDLES



- Korean acupuncture uses copper needles and have a greater focus on the hand.

EFFECTIVENESS FOR SPECIFIC CONDITIONS

Pain

- A review of Cochrane Collaboration articles on pain concluded that "Their results suggest that acupuncture is effective for some but not all types of pain"
- and singled out migraines, neck disorders, tension headaches, and peripheral joint osteoarthritis as having evidence supporting acupuncture's use,
- while results were inconclusive for shoulder pain, lateral elbow pain, and low back pain and negative for rheumatoid arthritis.

Pain

- There is evidence to support the use of acupuncture to treat headaches that are idiopathic, though the evidence is not conclusive and more studies need to be conducted
- Braverman and other medical acupuncturists also stated that definitive conclusions based on research findings were rare because the state of acupuncture research is poor, but that it is improving

Nausea and vomiting

- Stimulation of a particular acupuncture point, located on the underside of the forearm, several finger-widths from the wrist is traditionally thought to relieve nausea
- A 2004 Cochrane Review initially concluded that acupuncture appeared to be more effective than antiemetic drugs in treating postoperative nausea and vomiting

Fertility and childbirth

- Proponents believe acupuncture can assist with fertility, pregnancy and childbirth, attributing various conditions of health and difficulty with the flow of qi through various meridians.
- A 2008 Cochrane review of randomized controlled trials of in vitro fertilization and acupuncture suggests that acupuncture performed on the day the embryo is transferred to the uterus may increase the live birth rate,
- although this effect could be due to the placebo effect and the small number of women included in acceptable trials

THE END...



Acupressure



Acupressure

- Acupressure is an ancient healing art using the fingers to gradually press key healing points, which stimulate the body's natural self-curative abilities.
- Using the power and sensitivity of the hand, Acupressure Therapy is effective in the relief of stress-related ailments, and is ideal for self-treatment and preventive health care for boosting the immune system.

Acupressure

- Acupressure releases tension, increases circulation, reduces pain, and develops spirituality and vibrant health.
- Acupuncture & Acupressure use the same pressure points and meridians
- but Acupuncture employs needles while Acupressure uses gentle to firm finger pressure.
- When these acupressure points are stimulated, they release muscular tension, promote circulation of blood, and enhance the body's life force energy to aid healing.

Acupressure

- Acupressure therapy can be used to relieve pain, fortify the sexual reproductive system, detoxify the body for greater health and beauty, and tone facial and back muscles.



HISTORY OF ACUPRESSURE

- The origins of acupressure and acupuncture are as ancient as the instinctive impulse to hold the forehead or temples when a person has a headache
- The Chinese discovered more than 5,000 years ago that pressing certain points on the body-relieved pain where it occurred and benefited other parts of the body more remote from the pain and the pressure point.
- Gradually, they found other locations that not only alleviated pain but also influenced the functioning of certain internal organs.

HISTORY OF ACUPRESSURE

- In early Chinese dynasties, when stones and arrows were the only implements of war, many soldiers wounded on the battlefield reported that symptoms of disease that had plagued them for years had suddenly vanished.
- Naturally, such strange occurrences baffled the physicians who could find no logical relationship between the trauma and the ensuing recovery of health.
- After years of meticulous observation, ancient Chinese physicians developed ways of curing certain illnesses by striking or piercing specific points on the surface of the body.

HISTORY OF ACUPRESSURE

- Like Chinese soldiers, people through the ages have found the most effective ways to help themselves by trial and error.
- The art and science of acupressure and acupuncture was practiced by the contributions of people whose awareness was so highly developed that they could feel where the bodies of people in pain were constricted and sense which trigger points would alleviate the problem.

HISTORY OF ACUPRESSURE

- Many of the health problems in our society are the result of living unnaturally.
- Stress, tension, lack of exercise, poor eating habits, and poor posture contribute to the epidemic of degenerative diseases.
- Acupressure and acupuncture are ways to help the body fight back and balance itself in the face of the pressures of modern life.

WAYS TO USE ACUPRESSURE

- The Applications of using Acupressure include relieving pain, balancing body energy, and maintaining good health.
- Acupressure's healing touch reduces muscular tension, increases circulation, and enables deep relaxation.



Some Areas for Applying Acupressure Effectively



Beauty Treatment

- The Chinese used acupressure points as a beauty treatment for thousands of years.
- An acupressure beauty treatment enhances muscle tone and increases circulation.
- The Heavenly Appearance and Facial Beauty acupressure points improve skin condition and the tone of facial muscles and connective tissue.

Some Areas for Applying Acupressure Effectively

Beauty Treatment

- This can lessen the appearance of wrinkles without drugs or surgery.
- Simple finger pressure on the Heavenly Appearance points, along with therapeutic facial exercises, relieves congested areas and relaxes the muscles.
- Thus, toxins are released and eliminated, which of course benefits the outward appearance.



Some Areas for Applying Acupressure Effectively

Better Sex

- Ancient Chinese Sexology practices use the acupressure points to cultivate sexual energy in lovemaking.
- Acupressure for lovers also fortifies fertility, arousal, sexual endurance, and enhancing sexual pleasure.
- Lovers have the advantage of stimulating the acupressure points with full body embraces, kisses, and the secrets of touch.

Some Areas for Applying Acupressure Effectively



Back Care

- Acupressure Therapy is highly effective for relieving muscular tension in all areas of the back. Important points are located along either side of the spine and on the upper back.

Some Areas for Applying Acupressure Effectively

Healing Trauma & Emotional Pain

- Long known for its ability to alleviate physical pain, the ancient healing art of Acupressure can also relieve emotional pain.
- From day-to-day pressures to life's most significant trials, emotional stress causes the body to shut down, which keeps negative feelings stuck, resulting in physical ailments and emotional imbalances.

Some Areas for Applying Acupressure Effectively



- Acupressure techniques release this muscular tension and restore the flow of vital energy, making resolution possible.
- Acupressure has an advantage in that it works directly with the body to relieve physical ailments, muscular tension, and the emotional imbalances associated with them

ACUPRESSURE METHODS

- All Acupressure Massage techniques, methods, and styles use the same ancient acupressure trigger points.
- They vary in using different rhythms and pressures for stimulating the acupressure points, using not only the fingers, but also the hands, arms, legs and even feet.
- Some styles also incorporate other healing techniques.

ACUPRESSURE METHODS

- ***Shiatsu Therapy:***
the traditional Japanese form of acupressure can be quite vigorous, with deep pressure applied to each point for three to five seconds.



ACUPRESSURE METHODS



- ***Jin Shin Acupressure:***
at least two points are gently held for a minute or more. This style also uses the Extra Meridians or Extraordinary Vessels, which balance the meridians.

ACUPRESSURE METHODS



- ***Tuina Chinese Massage and Thai Massage:*** stimulate the Qi healing energy using acupressure hand movements, full body stretches, and Chinese massage techniques.

ACUPRESSURE POINTS



- Acupressure points have a high electrical conductivity at the surface of the skin, and thus conduct and channel healing energy most effectively.
- This is why the most potent healing energy work uses acupressure points. The Chinese call healing energy Qi or Chi.

ACUPRESSURE POINTS

- In Japan, the life force is termed Ki, and channeling healing energy is called Reiki.
- Yoga practices refer to the body's life force as prana or pranic energy.



ACUPRESSURE POINTS

- These terms all relate to the same universal healing energy, which exists in our environment, and links us to all forms of life.



THE END...



Aromatherapy



Aromatherapy

- Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being.



Aromatherapy



- Essential oils, the pure essence of a plant, have been found to provide both psychological and physical benefits when used correctly and safely.

Aromatherapy

- Although the word aromatherapy sounds as if the oils are inhaled, but they can also be massaged into the skin or rarely taken by mouth, with specific instruction from a trained and qualified specialist.



Aromatherapy



- Essential oils are concentrated extracts taken from the roots, leaves, seeds, or blossoms of plants.
- Each contains its own mix of active ingredients, and this mix determines what the oil is used for.

Aromatherapy

- Some oils are used to promote physical healing, for example, to treat swelling or fungal infections
- Others are used for their emotional value
- they may enhance relaxation or make a room smell pleasant.
- Orange blossom oil, for example, contains a large amount of active ingredients that are thought to be calming.

HISTORY OF AROMATHERAPY

- The roots of Aromatherapy can be traced back more than 3,500 years before the birth of Christ, to a time when the use of aromatics was first recorded in human history.
- In reality, the history of aromatherapy is linked to the development of aromatic medicine, which in the early days was itself combined with religion, mysticism, and magic.

HISTORY OF AROMATHERAPY

- This was a time when the ancient Egyptians first burned incense made from aromatic woods, herbs, and spices in honor of their gods.



HISTORY OF AROMATHERAPY



- They believed that as the smoke rose up to the heavens, it would carry their prayers and wishes directly to the deities.

HISTORY OF AROMATHERAPY

- In 1937, the word first appeared in print in a French book on the subject: Aromathérapie: Les Huiles Essentielles, Hormones Végétales by René-Maurice Gattefossé, a chemist.
- An English version was published in 1993. In 1910, Gattefossé burned a hand very badly in a laboratory explosion.
- The hand developed gas gangrene, which he successfully, and intentionally, treated with lavender oil.

HISTORY OF AROMATHERAPY



- A French surgeon, Jean Valnet, pioneered the medicinal uses of essential oils, which he used as antiseptics in the treatment of wounded soldiers during World War II.

HOW AROMATHERAPY WORKS

- Researchers are not entirely clear how aromatherapy may work. Some experts believe our sense of smell may play a role.
- The "smell" receptors communicate with the amygdala and hippocampus on the brain that serve as storehouses for emotions and memories.
- When a person breathes in essential oil molecules, some researchers believe they stimulate these parts of the brain and influence physical, emotional, and mental health.

HOW AROMATHERAPY WORKS

- For example, scientists believe lavender stimulates the activity of brain cells in the amygdala similar to the way some sedative medications work.
- Other researchers think that molecules from essential oils may interact in the blood with hormones or enzymes.
- Aromatherapy massage is a popular way of using essential oils because it works in several ways at the same time.

WHAT HAPPENS DURING AN AROMATHERAPY SESSION?

- Professional aromatherapists, nurses, physical therapists, pharmacists, and massage therapists can provide topical or inhaled aromatherapy treatment.
- Only specially trained professionals can provide treatment that involves taking essential oils by mouth.
- At an aromatherapy session, the practitioner asks about medical history and symptoms, as well any scents of the client choice.

WHAT HAPPENS DURING AN AROMATHERAPY SESSION?

- The practitioner directs the client on how to breathe in essential oils directly from a piece of cloth or indirectly through steam inhalations, vaporizers, or sprays.
- The practitioner may also apply diluted essential oils to the skin during a massage.

WHAT HAPPENS DURING AN AROMATHERAPY SESSION?



- In most cases, the client is taught how to use aromatherapy at home, by mixing essential oils into bath.

WHAT IS AROMATHERAPY GOOD FOR?

- Aromatherapy is used in a wide range of settings, from health spas to hospitals to treat a variety of conditions.
- In general, it relieves pain, improves mood, and promote a sense of relaxation.
- Several essential oils including lavender, rose, orange, bergamot, lemon, sandalwood, and others have been shown to relieve anxiety, stress, and depression.

WHAT IS AROMATHERAPY GOOD FOR?

- Several clinical studies suggest that when qualified midwives use essential oils, pregnant women felt less anxiety and fear, had a stronger sense of well being, and had less need for pain medications during delivery.
- Many women also report that peppermint oil relieves nausea and vomiting during labor.

WHAT IS AROMATHERAPY GOOD FOR?



- Massage therapy with essential oils may benefit people with depression.
- The scents are thought by some to stimulate positive emotions in the area of the brain responsible for memories and emotions

WHAT IS AROMATHERAPY GOOD FOR?

- the benefits seem to be related to relaxation caused by the scents and the massage.
- A person's belief that the treatment will help also influences whether it works.



Other conditions for which aromatherapy may be helpful

- Alopecia
- Anxiety
- Insomnia
- Psoriasis
- Constipation
- Agitation, possibly including agitation related to dementia



Other conditions for which aromatherapy may be helpful

- Itching, a common side effect for those receiving dialysis
- Pain: Studies have found that people with rheumatoid arthritis, cancer, and headaches using topical peppermint require fewer pain medications when they use aromatherapy



PEOPLE WHO SHOULD AVOID AROMATHERAPY

- Pregnant women, people with severe asthma, and people with a history of allergies should only use essential oils under the guidance of a trained professional and with full knowledge of physician.
- Pregnant women and people with a history of seizures should avoid hyssop oil.
- People with high blood pressure should avoid stimulating essential oils, such as rosemary and spike lavender.

PEOPLE WHO SHOULD AVOID AROMATHERAPY

- People with estrogen dependent tumors (such as breast or ovarian cancer) should not use oils with estrogen like compounds such as fennel, aniseed, sage, and clary-sage.
- People receiving chemotherapy should talk to their doctor before trying aromatherapy.

THINGS TO WATCH OUT FOR

- Most topical and inhaled essential oils are generally considered safe.
- Avoid taking essential oils by mouth unless under the supervision of a trained professional.
- Some oils are toxic, and taking them by mouth could be fatal.
- Rarely, aromatherapy can induce side effects, such as rash, asthma, headache, liver and nerve damage, as well as harm to a fetus.

THINGS TO WATCH OUT FOR

- Oils that are high in phenols, such as cinnamon, can irritate the skin.
- Water should be added or a base massage oil such as almond or sesame oil to the essential oil before applying to the skin.
- Avoid using near the eyes.
- Essential oils are highly volatile and flammable so they should never be used near an open flame.

THINGS TO WATCH OUT FOR

- Animal studies suggest that active ingredients in certain essential oils may interact with some medications.
- Researchers do not know if they have the same effect in humans.
- Eucalyptus, for example, may cause certain medications, including pentobarbital and amphetamine to be less effective.

WHAT IS THE FUTURE OF AROMATHERAPY?

- Although essential oils have been used for centuries, few studies have looked the safety and effectiveness of aromatherapy in people.
- Scientific evidence is lacking, and there are some concerns about the safety and quality of certain essential oils.
- More research is needed before aromatherapy becomes a widely accepted alternative remedy.

THANKS FOR LISTENING...

