

Analysis of the Relationship between Acupuncture and Massage and Health Care Education

Huan Li

Henan Province Hospital of TCM
The Second Affiliated Hospital of Henan University of
Traditional Chinese Medicine
zhengzhou, China
happyrui9hntcm@126.com

Jianghong Hou

Henan Province Hospital of TCM
The Second Affiliated Hospital of Henan University of
Traditional Chinese Medicine
zhengzhou, China
Houjianghong888@126.com

Abstract—Acupuncture and moxibustion not only has a significant effect in treating diseases, but also plays an important role in the health care of the Chinese nation. This article provides a comprehensive analysis of ancient Chinese acupuncture massage and health care systems. It not only enriches the content of acupuncture, but also provides a reference for scholars such as acupuncture, massage and health care. It also promotes the development of acupuncture and massage and the improvement of the Oriental Natural Health Law, and contributes to the education of human health.

Keywords—Acupuncture, Massage, Health education, Health care.

I. INTRODUCTION

Chinese acupuncture and moxibustion therapy is acupuncture and moxibustion synthesis, which is commonly used in ancient China, one of the ways to treat various diseases. Acupuncture has a lot of efficacy, for example, to clear the meridians, righting and so on[1]. Modern Chinese medicine health, acupuncture is one of the most important health methods, it can also prevent the treatment of various diseases. Acupuncture and moxibustion repair tissue, enhance immunity, blood circulation, analgesic and other multiple effects; to make all kinds of acupuncture efficacy to play. Acupuncture is a "disease outside the rule" of the medical, through the meridians, acupoints conduction effect, and the application of certain operating methods to treat systemic diseases. In clinical practice by traditional Chinese medicine diagnosis of the diagnosis of the cause, to identify the key to the disease, to identify the nature of the disease, to determine the lesion belongs to which meridians, which organs, identify it is the table, cold and heat, the actual situation that type Out of diagnosis. And then the corresponding allocation of acupuncture points for treatment[2]. To pass meridians, adjust the blood, so that the yin and yang attributed to the relative balance, so that the function of the organs tend to reconcile, so as to achieve the purpose of prevention and treatment of disease.

II. THE FUNCTION AND CHARACTERISTICS OF ACUPUNCTURE AND MOXIBUSTION

A. The Role of Acupuncture

Dredge the role of the meridian is to allow the silence of the meridian smooth and play its normal physiological role, is the most basic acupuncture treatment of the most direct role. Meridian "belongs to the organs, outside the Department of limb", running blood is one of its main physiological function[3]. Meridian barrier, blood running blocked, clinical manifestations of pain, numbness, swelling, ecchymosis and other symptoms. Acupuncture and moxibustion division to select the appropriate acupoints and acupuncture techniques and triangular needle puncture bleeding so that the meridian patency and blood running normally.

Acupuncture to reconcile the role of yin and yang is the body from the yin and yang imbalance to the state of balance, which is the ultimate goal of acupuncture treatment to achieve. The mechanism of disease is complex, but in general can be summarized as imbalance between yin and yang. Acupuncture to reconcile the role of yin and yang through the meridian yin and yang attributes, meridian compatibility and acupuncture techniques to complete.

Acupuncture is the role of Quxie Quxie is to help the body upright and get rid of pathogens. The occurrence and development of the disease and the process of the outcome, in essence, is the process of struggle. Acupuncture treatment, is to play its righting role[4]. Acupuncture therapy is characterized by medical treatment does not rely on medication, but in a certain part of the patient's body with a needle into the thorn nerve and cause local reactions to achieve the purpose of treatment. The section headings are in boldface capital and lowercase letters. Second level headings are typed as part of the succeeding paragraph (like the subsection heading of this paragraph).

B. The Characteristics of Acupuncture and Massage

First, there is a wide range of indications, can be used for internal and external, women, children, facial features and other diseases of the treatment and prevention.

Second, the effect of treatment of disease is relatively rapid and significant, especially with good excitement of the body function, improve disease resistance and sedation, analgesic and so on;

Third, the operation method is simple and easy; Fourth, the medical expenses economy;

Fifth, no or little side effects, basic safe and reliable, but also in conjunction with other therapies for comprehensive treatment.

III. CONTENT ACUPUNCTURE HEALTH CARE

China's acupuncture health care content generally includes meridian health care, prevention of disease, health care moxibustion these three aspects.

A. Meridian Health Care

Chinese medicine that the meridian is the human body meridians and collaterals in general. By the path of the meaning of the meridians through the upper and lower, communication inside and outside, is the backbone of the meridian system [5]. Network, the meaning of the network, the meridian is the meridians of the branch, than the meridians small, criss-crossing, all over the body. Meridian communication between the organs and the body surface, which belong to the organs, in addition to belong to the muscles, skin, limb, the human organs, tissues, organs into an organic whole. So that the functional parts of the body to maintain a relatively balanced state of balance. The meridian of the physiological function of traditional Chinese medicine called "jingqi", its function mainly in the network whole body, Unicom as a whole, running blood, coordination of yin and yang; resistance to evil, reflecting the disease; conduction induction, adjust the actual situation four aspects.

B. Prevent Disease

Prevention, is to take certain measures to prevent the occurrence and development of the disease. Chinese medicine has always focused on prevention, as early as in the "Nei Jing" on the proposed "cure disease" prevention thinking. Prevention, for healthy people, can enhance physical fitness, prevention of disease; for patients, can prevent the development and transmission of the disease.

Acupuncture massage to prevent disease efficacy is through a variety of techniques, acting on the specific parts of the body surface to adjust the body's physiological and pathological conditions, so as to achieve the therapeutic effect and health care of a method. Acupuncture and moxibustion, including acupuncture and moxibustion, that is, through the acupuncture or moxibustion of the physical effects and moxa drug on the acupuncture point of the specific stimulating effect, through the meridian system of induction conduction and regulation function, leaving the body of blood yin and yang to be adjusted Restore balance, so as to play its treatment of health care and disease prevention efficacy.

C. Health Care Moxibustion

Health and health moxibustion is to use his medicine placed in the body surface of the acupuncture point, the temperature of iron, by the moxibustion of the warm heat and the role of drugs. It is through the meridian conduction, play warmth of blood, righting, cure and health effects of an external treatment method. Moxibustion is based on meridians, viscera theory as a guide. Health care moxibustion is an important part of acupuncture and moxibustion, but also an important medical treatment of the motherland medicine.

IV. APPLICATION OF ACUPUNCTURE AND MOXIBUSTION HEALTH CARE

Acupuncture health care is most commonly used to treat chronic fatigue. Chronic fatigue syndrome, the main symptoms of extreme fatigue and continued for more than six months, the disease is slow, recurrent [6]. The performance of patients with nerve, cardiovascular, skeletal muscle system three fatigue. Some by bed rest did not alleviate such fatigue. And some will be due to physical labor and mental work and aggravate the disease, the ability to significantly reduce the activity. Some patients will appear dizzy, mild fever, sore throat discomfort, muscle pain, insomnia, forgetfulness, palpitations, depression, emotional instability and other non-specific performance. In this paper, 100 patients were selected for analysis and comparison, to study the relevance of acupuncture and health care and health care.

A. General Materials

100 patients with chronic fatigue syndrome were divided into study group and control group. Course of 6 months - 10 years. There was no statistically significant difference in sex, age, and course of disease between the two groups ($p > 0.05$).

B. Methods and Efficacy Criteria

The study group implemented acupuncture and massage therapy. The main acupuncture points are Neiguan, Shenmen, Guan Yuan, Sanyinjiao, Zusanli. Flat fill diarrhea, 10 minutes line needle 1, needle for 30 minutes. Massage is mainly to make up, when the treatment should be through the mold rubbing. 3 times / week, 1 course of treatment for 1 month, after 2 courses of treatment, to observe the therapeutic effect

Head massage method: supine, the doctor standing in front of the patient head. With his hands and thumb to push 10 times the amount of pattern, the sun's skin by the save bamboo, hand Shaoyang triple burner by the bamboo empty, foot Shaoyang gall bladder pupil and other main points of the kneading by 20 -30 times, according to rubbing the temple 20-30 times ,

Follow the massage foot Shaoyang gall bladder, the wind pool points Baihui points, the 3-6 times and so on. And in accordance with the massage treatment method for back and back massage and buttocks, thighs, lateral massage.

The control group was treated with acupuncture only, as described above.

C. Standard of Efficacy

Markedly: the main clinical symptoms and other complications completely eliminated or disappeared > 2/3;

Effective: the main clinical symptoms and other complications > 1/3;

Invalid: the main clinical symptoms and complications elimination < 1/3 or did not improve.

D. Results

The clinical efficacy of the two groups was compared, as shown in Table 1 below. The total effective rate was 97.6% in the study group and 75.6% higher than that in the control group, the difference was statistically significant ($P < 0.05$). Acupuncture and moxibustion treatment was significantly more effective than acupuncture alone.

V. CONCLUSION

Acupuncture as a traditional Chinese medicine therapy, its role is obvious, the treatment of disease is certain. In addition, acupuncture also has the role of preventive health care, it is a safe, healthy, no side effects of therapies, the current is more and more people advocated.

ACKNOWLEDGMENTS

The preferred spelling of the word “acknowledgment” in America is without an “e” after the “g”. Avoid the stilted expression “one of us (R. B. G.) thanks ...”. Instead, try “R. B. G. thanks...”. Put sponsor acknowledgments in the unnumbered footnote on the first page.

REFERENCES

- [1] Yin Hongbo. Research on the Construction of Acupuncture and Moxibustion Prevention and Health System Based on Literature Perspective [D]. Shandong University of Traditional Chinese Medicine. 2013
- [2] Xu Peigen. Talking about the application of acupuncture and moxibustion to health care and health care [J]. Chinese and foreign medical care .2007,9,p12-15
- [3] Zhang ren. History and status of acupuncture and moxibustion prevention and treatment [J].Journal of Traditional Chinese Medicine. 2004,8,p123-125
- [4] Peng Huarong. Acupuncture and moxibustion treatment of chronic fatigue syndrome [J].Massage and rehabilitation medicine (late), 2011,2 (2): 182-183
- [5] Xu Zhengde. Chinese medicine health theory and practice [D]. Nanjing University of Traditional Chinese Medicine. 2010
- [6] Li Rong.Chinese ancient Chinese acupuncture and massage health care academic theory and methodological system research - and acupuncture massage health care modern scientific mechanism [D]. Chengdu University of Traditional Chinese Medicine 2001