

Foreword

The safe and competent practice of acupuncture requires of practitioners that they follow several principles. First and foremost, they should either make, or seek from a suitably qualified practitioner, an orthodox medical diagnosis prior to the application of acupuncture since symptomatic relief from acupuncture may delay the diagnosis of serious disease. Secondly, an appropriate risk–benefit assessment regarding the use of acupuncture should be made in partnership with the individual consenting to treatment. This text includes a comprehensive section on the potential adverse events related to acupuncture, including comments on indirect risk.

Thirdly, the practitioner should use appropriate procedures to minimize the risk of transmission of infections that may result from the application of acupuncture and related techniques. Finally, the practitioner should apply acupuncture, and its related techniques, with due care of anatomy so as to minimize the potential for traumatic adverse events. This text includes anatomical details for all the channel and extra points, and describes where necessary potential adverse events related to individual points. Surprisingly, this is one of the few texts that specifically comments on anatomical hazards, and for that reason alone it can be highly commended.

As well as following these principles, competent practice requires the practitioner to follow a consistent and evidence-based model, so that audit and research of practice can inform application of, and modifications to, the model.

Across the globe there are numerous different models or styles of practice within the field of acupuncture. Most styles include, to a greater or lesser extent, elements of Traditional Chinese Medicine (TCM). In several Western countries these elements of traditional acupuncture have been selected and modified to fit a cultural niche and a perceived need. In the UK, the majority of health professionals use a Western approach that retains only the most useful clas-

sical points (although some have even dispensed with the notion of points) and principally selects sites for treatment based on segmental innervation or the presence of myofascial trigger points. This may be because of science, iconoclasm, or the time pressures of the National Health System. But whatever one's particular approach to therapy, it is often useful to have a reference text that illuminates some of the rather esoteric links made between the soma and bodily functions in TCM. This text includes a considerable element of such links, both within the main section on specific acupuncture point location and anatomy as well as in a separate section. There are many books describing TCM theory, and they are often rather impenetrable to the uninitiated reader. The relevant section in this text is remarkably easy to dip into by virtue of the many graphical illustrations, diagrams, and charts. It is so visually appealing that it may even encourage strictly orthodox characters like myself to occasionally browse through some traditional concepts.

The authors are to be congratulated on producing a very comprehensive text that will be useful to the vast majority of acupuncture practitioners, whatever their particular models of practice.

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Mike Cummings

Preface

This practical tutorial is a multi-functional book.

The authors, who have been involved in acupuncture training for many years and who are aware of the difficulties of conveying the material, have put their international teaching experience into practice here.

Besides detailed representation of all the body acupuncture points, the reader will find a tutorial for the most important points that, for the first time, provides universal point localization on an appropriate anatomical structure. This is not an end in itself but serves as a fast and reliable aid to orientation for the beginner as well as the advanced student.

This localization of acupuncture points is more reliable and precise than localization according to the relative Cun measures. Investigatory methods taken from chiropractic therapy, which facilitate the search for acupuncture points, have been taken into consideration and supplement the descriptions.

A further innovative aspect is the introduction of a color-coded index. This provides effective access to the necessary information, in line with daily practice. For the reader this means no more annoying and time-consuming consultation of the list of contents. The search for specific acupuncture points can be carried out accurately according to various search criteria.

The authors have put special emphasis on conveying seemingly difficult teaching content. Thus, the basic principles of Chinese Medicine are presented here according to a system developed by the authors.

The frequently unstructured listing of individual symptoms used in previous books has been eliminated. Instead major symptoms are defined and learning is facilitated considerably by highlighting the differences and comparing, for example, individual syndromes. Meanwhile, in Germany the visual didactic processing system (VISDAC) defined by the authors has become an accepted seal of quality and guarantee of learning success.

A special, detailed chapter deals with the contraindications and side effects of acupuncture. The latest scientific studies have been taken into consideration and surely represent a new phenomenon in this form. We consider this essential within the framework of quality development and taking into account forensic points of view.

Our aim, which we would also like to bring across in this book, is to create quality standards in acupuncture.

We hope that our multi-functional book helps our readers to get to the point quickly, reliably, and efficiently when learning about acupuncture and the basic principles of Chinese Medicine.

We should like to thank all those who have been involved in the production of this book. Mr. Rüdiger Bremert for his excellent anatomical drawings, Mr. Axel Nikolaus for the photography, and Mr. Martin Wunderlich for the professional graphic design.

Our special thanks go to Ms. Angelika-Marie Findgott whose great personal commitment and specialist knowledge made possible the translation of this standard tutorial and its international distribution.

Kiel, Essen, Münster, Weßling