



### AAI brings China to India

- ❑ EDITORIAL - ACUPUNCTURE FOR PREVENTION OF DISEASES
- ❑ MRI FINDINGS AFTER THE TREATMENT OF BACK PAIN THROUGH ACUPUNCTURE

#### ABDOMINAL ACUPUNCTURE

- ❑ VARYING ACUPUNCTURE STIMULATION AND NEEDLING-- REVIEWING THEIR EFFICACY
- ❑ ACUPUNCTURE IN TORTICOLLIS
- ❑ AN OPTIC NERVE ATROPHY CASE-- TREATED BY ACUPUNCTURE
- ❑ ROLE OF ACUPUNCTURE IN PREVENTING ILLNESS
- ❑ ACUPUNCTURE (CUPPING) IN RIO OLYMPICS, 2016
- ❑ LETTER TO THE EDITOR

17th National Conference of AAI  
21-22 January, 2017  
Indore (MP)  
(Details inside)

# JAAI

Journal of  
Acupuncture  
Association of India

Vol. 22 No.3 Sept. - Dec., 2016



## EDITORIAL

Editor : Dr. Bhabaniprasad Sahu

### Editorial Board :

Dr. M. N. Gantait, Dr. B. J. Bhattacharya, Dr. A. K. Ghanta, Dr. A. P. Nayek

## ACUPUNCTURE FOR PREVENTION OF DISEASE

This was the theme of this year's (2016) 'Acupuncture Day', observed every year by Acupuncture Association of India (AAI) on 1st March to Commemorate the birth anniversary of Dr. Bijoy Kumar Basu (1912-1986), pioneer of acupuncture system of therapy in India (1959) and founder president of AAI (1977).

To speak the truth, this preventive role of acupuncture is far less practised than its therapeutic use. But however it has long been known that regular application of acupuncture needles at some specific loci can prevent geriatric changes (like wrinkles of skin, diminishing immunity and muscle power etc) and can prolong life with good health. Regular acupuncture at Neiguan (P.6) can prevent heart disease and keep the lipid level normal. Similarly acupuncture and moxibustion at Hegu (L.L4) and Zusanli (St. 36) improve immunity and adapto-defensive mechanism of the body, thus preventing various infections and infestations to a large extent. Moxibustion at Gaohuangshu (U.B. 43) can keep the lungs healthy. Similar moxibustion at Shenjue (Ren. 8) i.e. umbilicus can prevent diarrhoea and other gastro-intestinal problems particularly in children (this is also a traditional folk practice empirically used in many rural areas in our country, without knowing acupuncture). There are many other relevant examples.

This is also not unusual as, without causing any chemical pollution of the body (like medicines), through its neuro-endocrine-immune (NEI) mechanism, it modulates body's own natural power of keeping the body healthy. In many centres throughout the world, acupuncture is used with this purpose i.e. keeping the otherwise disease-free body young and healthy. Apart from common people, many celebrities are also utilising acupuncture in this way in increasing number, - one well-known example was Lady Diana, to others like Michael Phelps and Serena Williams in Rio Olympics, 2016.

We, all acupuncturists, should keep this in mind in our practice. It may be that in near future, specialised 'Preventive Acupuncture Units' will be established in different corners of our country.

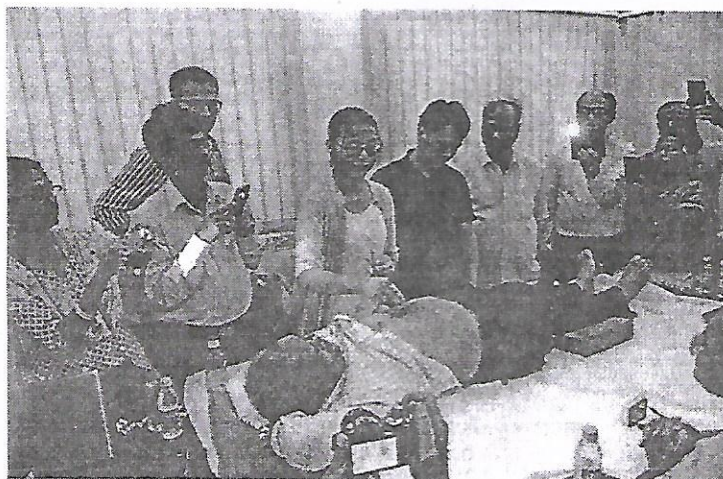


## AAI brings China to India

At the invitation of AAI, a three member team of acupuncture specialists from Hunan University of Chinese Medicine, China, came to India from 31 July to 8 August, 2016. They stayed in Kolkata and gave lectures, demonstrations on newer aspects of acupuncture, and had interactions with Indian counterparts. Members of the team were Dr. Peng Liang - Asstt Professor, Dr. Liu Mailan - Lecturer and Dr. Yu Juan - Lecturer of the University.

AAI had organized sessions at The Calcutta Gujrati Samaj Medical Centre, 1, School Row, Bhowanipur, Kolkata. Everyday more than 40 participants joined the sessions. In four days a total of 167 participants took part in programme.

In the lectures and demonstrations the Chinese teachers talked on nearly ten topics which were new to Indian doctors. These were on Tuina (a traditional massage technique) before acupuncture, Qigong (a traditional exercise) after acupuncture for rehabilitation, recent researches on acupuncture points specificity, newer techniques of moxibustion, relation of culture and medical systems of any country, Abdominal meridian system (Abdominal Acupuncture), Naval acupuncture etc. Abdominal acupuncture was discovered by Dr. Qi Yang, a surgeon in China in 1972. It is also called 'Qizen'. He has developed 48 acupuncture points on abdomen centering umbilicus like image of a turtle. These points are effective in diseases of various parts of body. Naval acupuncture (Umbilical acupuncture) was introduced by Dr. Bo in 1992. It is also called 'Yi medicine'. In this system acupuncture needles are punctured horizontally in umbilicus for diseases of different parts of body. Here different body parts are represented as area, not point. Thus only a few needles are required, and less pain occurs. The Chinese experts demonstrated application of those new systems on patients. Therapeutic efficacy was noticed.





Participants expressed their satisfaction to know new techniques of acupuncture and the Chinese doctors' modes of treating patients. They wanted to know more on TCM like pulse diagnosis etc. In such short time that was not possible.

The Chinese doctors expressed hope that in future exchange programme between acupuncturists of two countries,- India and China would increase. They expressed their thanks to AAI for inviting them for this programme. Dr. M. Gantait, President of AAI, had expressed gratitude to the Chinese teachers for their sincere and cordial attitude in deliberations. He told that Dr. B.K. Basu, founder president of AAI had brought two Chinese acupuncture teachers (Dr.Liu and his associate) for giving acupuncture training in Kolkata 1983 under the auspices of AAI. After 33 years again Chinese doctors have come to India to deliver their expertise on acupuncture. Dr. Gantait expressed thanks to the Consul General of Chinese Consulate in Kolkata for his initiative to make the programme a reality.

In another function one acupuncture clinic was inaugurated at the Gujarati Samaj Medical Centre on 7 August. Mr. Ma Zhanwu, Consul General of Chinese Consulate in Kolkata was present in the function and told that acupuncture therapy acts as a bridge of friendship between peoples of India and China.





## ARTICLE- 1

# MRI FINDINGS AFTER THE TREATMENT OF BACK PAIN THROUGH ACUPUNCTURE

Vinay Varma\*

### Background :

Presently, MRI spine has become integral part of back pain assessment. But how much it helps in the diagnosis and prognosis is a big question mark. Then why MRI ? This study tries to answer.

### Objective :

To verify the usefulness of MRI in back pain treated with acupuncture, we started analysing all the MRIs coming to us with back pain patients. Most patients had multiple MRIs before acupuncture treatment.

### Materials & method :

We divided into following two groups. One who had multiple MRIs before acupuncture treatment (Multiple MRIs before Acupuncture : 197 cases) – to study the behavior of disc and another group (Post Acupuncture Group : 95 cases) who had previous MRI and were willing to have post-treatment MRI to study the effect of acupuncture. The criteria for selection was having "Clinical Co-relation". Once clinical co-relation of symptoms with MRI was established, there was nothing better than MRI study to monitor & produce evidence of recovery in symptoms. All patients received acupuncture treatment with standard care. (Back school concept)

### Observations :

MRI Before Acupuncture Analysis of MRIs when pt. moved from doctor to doctor			Pre & Post Acupuncture MRI Effect of Acupuncture treatment		
No significant change	78	39.28%	No significant change	25	26.325
Increased	110	56.12%	Decreased	67	70.53%
Decreased	09	04.60%	Increased	03	03.15%
Total	197	100%	total	95	100%

*Statistically results are highly significant,  $P < 0.0001$*

### Takeaway Points :

- \* Our study included all cases not responding to conventional treatments or refusing surgery.
- \* Disc pathology increased or remained same in majority of cases over the period in non-responders non-acupuncture group. (MRIs Before Acupuncture)
- \* Disc pathology decreased in majority of cases over the period in acupuncture group. (Pre & Post Acupuncture MRI) suggesting role of acupuncture in reversal of disc pathology.
- \* MRI is very useful in producing evidence that acupuncture is not just for pain relief but facilitates disc resolution or absorption in clinically correlated cases.

### Conclusion :

This study should boost the morale of acupuncture practitioners to take such cases with increased confidence and give better patient satisfaction.

Presented at 5th National Symposium of Acupuncture Association of India, Lucknow, UP, in December, 2015

\* M.B.B.S., Senior Acupuncturist, Anand Pain Relief & Rehab Institute, Hubli, Karnataka

E-mail : drvinayvarma@gmail.com



**ARTICLE- 2****THERAPEUTIC EFFICACY OF VARIOUS TYPES & VARYING INTENSITY OF ACUPUNCTURE STIMULATION & PROCESS OF NEEDLING****Bhaskar Jyoti Bhattacharya\***

This paper deals with the observation of result after acupuncture treatment with electro stimulation of the needles by different types of stimulation and of varying intensity with definite needling method.

Allied methods like hammering, moxibustion were not used for uniformity of result.

For the observation 20 patients of osteo-arthritis of the knee were selected. The patients had the features of osteophytic changes, restriction of movement to some extent, mildly inflamed joints. Pain was persistent. There was aggravation of pain on movement. Some patients developed deformity of knee joint.

Twenty patients were divided into 4 series of 5 patients each.

In the first series, those patients having pain with inflammation (not very much) were treated with manual stimulation of needles only.

In the second series, patients having inflammation with pain and swelling were treated with continuous type of electro stimulation.

In the third series, patients having chronic pain with very little inflammation dense-disperse type of electro stimulation given. In above mentioned cases normal twisting in and twirling out method was applied during needling.

In the fourth series, patient having pain on rest and deformity of knee joint were treated with periosteal needling with continuous electro stimulation.

In all the cases needles were retained for 20 minutes. 20 to 50 sittings were given in all the cases as required following definite treatment schedule.

In all the cases good results were observed, though there were some difference in rate and magnitude of improvement.

To fix up type and intensity of stimulation and process of needling many parameters are to be brought under consideration like nature of the patient, duration of disease, pathological changes etc. If selection of type and intensity of stimulation done properly and proper needling method is applied definitely good results can be obtained.

(Abstract)

---

Presented in the 5th National Symposium of AAI, Lucknow (UP), December, 2015

\* M.B.B.S., M.O., Dr. B. K. Basu Memorial Research & Training Institute of Acupuncture (Govt. of W.B.)  
188/87, Prince Anwar Shah Road (Dr. B. K. Basu Sarani), Kolkata-700 045

E-mail : drbbhattachar@yahoo.com



**ARTICLE- 3****TORTICOLLIS--  
EXCELLENT RESULT BY ACUPUNCTURE****Swapan Kumar Sarkar\***

The word Torticollis is derived from the latin word 'Tortus' which means twisted and 'colum' means 'neck'

It is the most common of the focal dystonias -- a state of excessive or inadequate muscle tone in the muscles of the neck that control the position of the head. It is also called wry neck.

Torticollis is an acute problem that exhibits the disorder in flexion, extension or twisting of muscles of the neck beyond their normal position. In torticollis the neck tends to twist to one side, causing head tilt.

It can occur at any age. Women are more prone than men. Although most individuals first experience it in the middle age -- between 28 - 50 years.

**DIAGNOSIS --**

Diagnosis is made by three ways --

- (1) Detail medical history is needed to determine possible causes including trauma.
- (2) EMG -- to detect overactiveness of muscles.
- (3) MRI or X- Ray - may be done to rule out other causes of abnormal posture.

**MATERIALS --**

To observe the efficacy of Acupuncture Treatment on Torticollis I have selected 63 patients. Out of them 22 came directly to Acupuncture clinic willingly or insisted by others, and rest were referred from General OPD & Orthopaedic OPD, after taking oral medicines, injection & Physiotherapy.

Total no. of Patient -- 63

Male -- 19

Female -- 44

Most of the patients had acute onset for few days.

Age group -- 18 yrs. to 59 yrs.

Duration of illness -- One day to 10 years.

One boy of 18yrs old had torticollis from birth trauma.

---

Presented at 5th National Symposium of Acupuncture Association of India, Lucknow, UP, in December, 2015

\*B.H.M.S (C.U), F.W.T. (Cal), Certificate in Acupuncture (J.U.), Medical Officer- Haldia Sub-Divisional Hospital, Ex-Medical Officer- Ramakrishna Mission Hospital, Belur Math, Ex- Lecturer- Kolkata Acupuncture Medical College, Kolkata-700 006

**TORTICOLLIS (63)**  
(Male = 19, Female = 44)

<p>Acute (59) (Male = 16, Female = 43) (Traumatic or as an adverse reaction to medicines like ketamine, cocaine, compazine, haldel, thorazine, etc)</p>	<p>Chronic or Spasmodic (4) (Male = 3, Female = 1) Condition developed slowly with a family history of disorder.</p>
---	--

### **METHOD**

#### **Acupuncture points --**

Local Points - Du. 14 (Dazhui), U.B. 10 (Tianzhu), S.I. 14 (Jianwaishu), S.I. 3 (Houxi), G.B. 20 (Fengchi)

#### **Distal points -**

G.B. 39 (Xuanzhong), S.I. 7 (Zhizheng), U.B. 60 (Kunlun), L.u. 7 (Lieque), Extra meridian point - Luozen, Moxa Stick, Hammer / Seven Star needle.

#### **Treatment Schedule -**

I have planned a treatment schedule to observe the efficacy of only hammering, only moxibustion and needling with moxibustion with or without hammering. For this prospective study, out of total 63 patients, 59 (16 male & 43 female) were having acute pain with stiffness in the neck. Out of 43 female, 27 came after taking oral medicines, injections and or physiotherapy; rest were without any treatment.

**Only Hammering** done on 6 males (5 fresh & 1 post medicine ) and 5 fresh females.

**Only Moxibustion** given on 5 males (1 fresh & 4 post medicine) and 11 females (9 fresh & 2 post medicine).

**Needling & Moxibustion with or without Hammering** done on 5 males & 27 females.

Hammering done for 8 - 10 minutes in regular way.

Moxibustion done for about 5 - 10 minutes in regular basis.

1.5 filliform needle pricked in above mentioned points according to site of affection for 20 minutes regularly under moderate to strong electrical stimulation in continuous wave.

#### **OBSERVATION AND RESULT :-**

After 6 sittings, 6 male & 5 female treated by **Hammering** were relieved of pain & stiffness of the neck.

3 male and 9 female patients treated by **Moxibustion** were relived of pain and stiffness of neck.

Treatment by **Needling and Moxibustion** cured 3 males and 2 females.

Now, there are 4 male and 27 female patients for next course of treatment. Treatment done by needling under continuous electrostimulation thrice in a week and moxibustion at home.



After 15 sittings there was no pain sensation in general. But frequent neck movement caused occasional stiffness.

After 21 sittings there was no more improvement. So treatment schedule was changed. Moxibustion stopped. Firstly hammering and then needling with electro - stimulation were given for 30 minutes, twice in a week. After another 15 sittings it was observed that 2 males and 16 females got full relief from painful neck movement.

After another 14 sittings one male improved 80% and 6 females improved 90% from their problems.

Among the 4 spasmodic cases, one 16 yrs boy had torticollis since birth due to birth trauma by forceps delivery with deformity in left shoulder by raised left clavicle and recurrent attack of spasmodic pain in the left trapezius muscle. Surgeons advised for operation. But the boy was treated elsewhere in different ways and for about one year he was treated by me by hammering and needling with strong electrostimulation.

After 40 sitting it was observed that the interval of recurrence increased and the intensity of pain diminished.

After 60 sittings pain relieved totally, but there was occasional spasm in left trapezius muscle, specially after hard working or weight lifting by left hand, no change in bone deformity. And after 80 sittings the spasm occurred very occasionally. The boy has joined a service, takes treatment when time permits.

Other 3 cases of spasmodic torticollis were treated by hammering followed by needling with electro - stimulation in continued wave for first 10 sittings, then in D / C wave on alternate days. After 40 sittings pain and spasm was relieved by 40%, after 60 sittings 75% complains disappeared. There are occasional spasm with mild pain at shoulder. Treatment given twice in a week and after 80 sittings the improvement is about 90%.

#### Acute Torticollis

Procedure of treatment	Hammering	Moxibustion	Moxibustion & Needling
No. of patient	11 Male - 6 Female - 5	16 Male - 5 Female - 11	32 Male - 5 Female - 27

#### No. of sitting and Improvement by percentage (%)

No. of Sittings	Hammering	Moxibustion	Moxibustion & Needling
6	100% M - 6 F - 5	75% M - 3 F - 2	15.62% M-3 F-2
15	—	90%	50%
21	—	No Improvement	No Improvement



Treatment scheduel changed. Moxibustion stopped. Only Hammering & then Needling with E/S in D/D wave.

36	—	No	66.66%
		Moxibustion	Male-2, Female-16
50	—	—	85%
60	—	90%	90%
80	—	—	92-95%

### Chronic or Spasmodic Torticollis

Mode of Treatment- Hammering followed by Needling

Cause	No. of Patient	No. of Sitting & Improvement in		
		After 40 sitting	After 60 sitting	After 80 sitting
Birth Trauma	1	40%	75%	90%
Other spasmodic Cases	3	50%	80%	90%

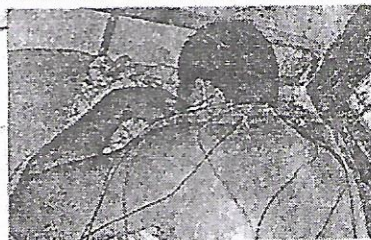
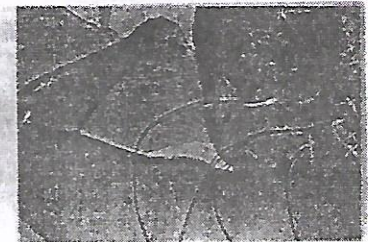
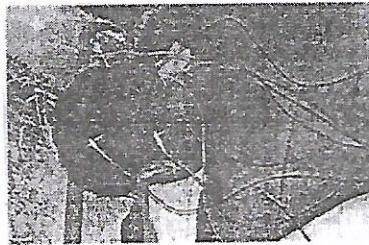
### DISCUSSION

Torticollis or wry neck is a deformity in which the head is bent to one side whilst the chin points to the other side with pain and spasm in the sternocleidomastoid and trapezius muscles supplied by the spinal accessory nerves.

Whatever may be the variety or cause of torticollis, it is seen that Acupuncture treatment shows excellent result specially when it is acute in nature, because Acupuncture treatment is always analgesic and anti inflammatory in nature. Here Acupuncture successfully controls both the conditions by its neuro-humoral mechanism.

It is also proved that Acupuncture treatment releases Endorphin, 5-HT, GABA, Enkephalin in central nervous system which releives pain and spasm.

Hammering increases the blood circulation at the site and Moxibustion makes muscle fibres relaxed.





**ARTICLE-4****OPTIC NERVE ATROPHY – AN INTERESTING CASE STUDY****Sumit Bhattacharya\***

A male patient aged 68 (sixty eight) years, was diagnosed as a case of optic nerve atrophy (bilateral) from a reputed eye hospital in Delhi. He had complains of gradually diminishing vision in both eyes. Right eye had more progressive visual loss than the left eye. He was advised 'acupuncture treatment' by a reputed eye surgeon in Delhi.

**Treatment Schedule :**

Acupuncture treatment was started in the year 2006 and continued till early part of 2014.

- \* Thrice a week sittings were continued for 1st 3 months.
- \* Twice a week sittings followed for next 12 months.
- \* One a week treatment was continued for nearly 2 years.
- \* Treatment continued till 2014 at an interval of fifteen days with gaps in between.

**Acupuncture points used for treatment**

GB<sub>20</sub> (Gall Bladder 20), St<sub>1</sub> (Stomach 1) GB<sub>14</sub> (Gall Bladder 14), UB<sub>2</sub> (Urinary Bladder 2), LI<sub>4</sub> (Large Intestine 4), Taiyang (Extra), Liv<sub>3</sub> (Liver3) and Optic area (Scalp).

**Electro Stimulation :**

Continuous electro stimulation was used for most of the points with the exception of St1 (Stomach1) where no electro stimulation was ever given in nearly 8 years' treatment. Mild to moderate intensity stimulation was used.

**Results :**

The first good news came one year after his treatment when he next visited Delhi eye hospital. The report said there had been no more deterioration in vision than his last eye check up one year back. Every consecutive year checkups at Kolkata and Delhi revealed that the progressive atrophy of the optic nerve has been arrested. His visual acuity and visual field had no more deterioration after starting acupuncture treatment.

**Conclusion :**

Acupuncture treatment is an effective mode of therapy to restrict and control a nearly untreatable progressive disorder like 'Optic Nerve Atrophy' which if untreated may lead to total amourosis (blindness). I would request my learned colleagues to try their hands on such cases and enrich our knowledge about the dreaded disease.

---

Presented in the 5th National Symposium of AAI, Dec. 2015, Lucknow UP

\* BHMS (Cal), Cert, in Acupuncture (J.U.)

Medical officer Acupuncture, Hooghly District Hospital (W.B.)



## ARTICLE- 5

### ROLE OF ACUPUNCTURE IN PREVENTING ILLNESS

Tapas Kr. Pal\*

According to the Huang Di Nei Jing (Yellow Emperor's Internal Classic-one of the oldest text books of TCM written over 4000 yrs. ago) acupuncture is a great tool for preventing illness before even they occur.

"Those who are wise do not wait for illness to develop before taking care of its cause. To wait for illness to arrive is like waiting until one is already thirsty before digging a well, or waiting for battle to have already began before forging the weapons. Is that not too late ?" – 'Huang Di Nei Jing'.

Even simply a few times per year, acupuncture can greatly strengthen the body and promote normal movement of blood and qi so that one can feel healthy round the year . The ancient Chinese believed in living in accordance with the seasons. Getting acupuncture at the start of each season will help your body adopt to the changes in time and climate, prevent seasonal illness and allow your body to feel its best round the year.

Before a lab test or MRI can biochemically detect a disease or illness, there exists an energetic imbalance of qi and blood that is only palpable to the practitioners of Traditional Chinese Medicine. Acupuncturists are trained to be able to treat this energetic imbalance before it manifests into something more serious and chronic. These imbalances can be detected through mood changes, digestive habits, sleeping problems, menstrual irregularities, skin colour and texture. To detect warning signs through diagnosis of pulse and tongue is also helpful.

Acupuncture is useful for prevention of the following conditions :-

#### **Cold and Flu (including asthma)**

Acupuncture can strengthen immunity and tonify the protective energy (wei qi) that encircles the body to prevent pathogenic illnesses. You can receive treatment during anytime of the year to strengthen immune system and white blood cells. Suggested points- G.B.20, L.I.20, L.I.11, L.I.4, Lu.7, Du.20, BL. 12, St. 36

#### **Allergies**

Getting treatments 2 seasons before your typical allergies occur can significantly reduce or even entirely prevent symptoms. For spring allergies you have to seek

---

\*B.H.M.S. (C.U.), P.G. Certificate in Acupuncture (J.U.)  
M.O. (Acupuncture), Coochbehar M.J.N. Hospital (W.B.)



acupuncture treatments in autumn : Suggested Point - L.I.11, Sp. 10, Sp. 6, St. 36, BL. 17

#### **Dysmenorrhoea**

Patients suffering from it need to consume pain-killers everytime. It includes cramps, bloating, irritability, weepiness, backaches during the menstrual cycle. Chinese classics describe menstruation as completely silent and pain-free can this is definitely possible. Acupuncture treatment a few days before menstrual pain symptoms can effectively prevent dysmenorrhoea. Suggested points – Ren. 3, Ren. 4, St. 29, Sp.6, Liv. 3

#### **IBS and other gastrointestinal disorders**

One of the most succesful conditions acupuncture can treat and prevent is digestive problem whether it is in stomach, large intestine, small intestine or in colon. Acupuncture can strengthen the qi machanisms of these organ systems to ensure healthy digestive fenctions and movements. Suggested points– St 21, St 25, St. 36, Ren 12, Ren. 6, BL. 20, BL. 21, P.6

#### **Arthritis**

Painful joints run in the family of many persons. Any person from such family while beginning to experience pain symptoms, acupuncture treatment will be helpful for ensuring joint health. Acupuncture needles can stimulate the bones and muscles to nourish fluids surrounding the joints. Suggested points- Du14, BL. 11, BL.23, BL. 25, L.I. 15, L.I. 11, L.I. 41, St. 5, St. 35, 36, 41, GB. 34, Du. 20,

So, we can say in the **conclusion** that acupuncture has a great role in preventing so many illnesses.

### **NEWS**

#### **CUPPING – ‘ PART OF ACUPUNCTURE’, IN RIO OLYMPICS, 2016**

##### **Used cupping for relaxation : Serena**

“New York : Serena Williams has used the cupping therapy that drew so much attention during the Olympics when Michael Phelps won gold with purple circles dotting his shoulder and back.

But the 22 time major champion says it's been for relaxation, not recovery. After her first-round win at the US Open on Tuesday, Williams said : ‘ If I go to my lady in Palm Beach, it's part of acupuncture. I love getting it; it makes me relax....” The Times fo India; 1.9.16



## Abdominal Acupuncture

The visiting Chinese doctors discussed some newer aspects of acupuncture. One of them was 'Abdominal Acupuncture'. Here a synopsis of this is being presented.

The Abdominal Acupuncture (Dizhen) was developed by Dr. Qi Yang, a Chinese surgeon, in 1972. It includes 48 points on abdominal skin centering umbilicus like an imagery of a turtle.

It was mentioned that, for low backpain Ren. 4 and Ren. 6 can be used.

**Shangfengshi**, a new acupuncture point, was described, located 1.5 cun above umbilicus and 2.5 cun lateral to midline. Its reflex was elbow and indication— diseases of elbow joint and its surrounding tissues; inflammation of upper part of body; upper respiratory tract infection; allergic rhinitis etc. Its function was said to adjust meridians of upper part of body.

Similarly some other newer points were—

### **Xiafengshidian**

Location – 1.5 cun below umbilicus and 2.5 cun lateral to anterior midline.

Reflex – Knee

Disease – Of knee joint and surrounding areas.

Function – Clear heat, remove dampness, detoxification, get rid of inflammation of the lower parts of body.

### **Xiafengshixia**

Location – 2 cun below umbilicus, 3 cun lateral to anterior midline.

Reflex – feet, ankle joint

Diseases – Of the ankle joint and its surrounding tissues including pain, oedema and inflammation; also of heart.

It was also discussed that—

Ren. 12 can be used for diseases of mouth,

Ren. 10 for diseases as indicated by Du. 14,

Ren-6 for diseases as indicated by Du.4;

Ren. 4, as Du-3;

K.19 as Ren. 12 (i.e. mouth);

K.17 as Ren.10 (i.e. as Du.14)

K.13 as Ren. 4 (i.e. as Du. 3);

St. 26- for lip and buttock disease;

St. 25- for waist;

St. 24- for shoulder;

Ren. 12 and Ren. 4 - for spleen and Kidney;

Ren. 12, 10, 6, 4 – regulate heart- lung, harmonize Spleen- Stomach, tonify liver- kidney;

Ren. 12 & 4, K. 17, St. 24- for neck distortion;

Ren. 12, 10, 6 & 4, St. 25- for gastroenteritis;

St. 24- spreads qi and blood to upper limbs;

St. 26 – spreads qi and blood to lower limbs, – thus these last two points viz St. 24 and St. 26 bring blood and qi of zang-fu organs to extremities.

– Compiled by Dr. Asit Halder



## LETTER TO THE EDITOR

Ref. : Editorial, 'Acupuncture and Modern Medicine' in Vol. 21 No. 3 Sep-Dec. 2015 of JAAI

Acupuncture means Acupuncture and Moxibustion and Modern Medicine means Western 'Allopathy' system. Western allopath pharmacological deals with the subject of drugs and chemicals. Ayurveda, Unani, Sidhha, Homoeopath, and Chinese traditional medicine deal with the subject of vegetable kingdom, animal kingdom and mineral kingdom. The Acupuncture and Moxibustion deal with the subject of internal organs, heat, sound and wind inside the body. Sound is transferred into heat and wind circulates through blood circulation. The organ-heat circulates, distributes, liberates and balances up inside the body through definite pathway (channels and collateral) connecting lengthwise cell, tissue and muscle in all parts of the body. It regulates blood circulation, nerve and lymphatic fluid. Western allopathy explains that the organ heat is distributed, liberated and balances up body through blood circulation. It is non-science, because motion of blood and motion of heat are not equal. It is the basic difference between Western allopathy and all the traditional medicine in the world. It is not circulated through blood. The organ heat distributes, liberates and balances up another way. It is connected in all parts or the body lengthwise and creates a network throughout the body. General conception of Allopathy is heat in calorie, not in motion. But in Information Technology they are using heat in motion. All the traditional medicine follow heat in motion.

Dr. Bikash Chandra

Research Institute of Indian Medicine & Acupuncture & Moxibustion Society  
3, Rashbehari Sarani, Siliguri, Dt. Darjeeling (W.B.)

(Abridged. Editorial Board of JAAI is not responsible for the comments of the letter)

## IT PAYS TO ADVERTISE IN JAAI

## TARIFF

4th Cover Page (full)	Rs.	2500/-
2nd & 3rd Cover Page (full)	Rs.	2000/-
Ordinary Full Page	Rs.	1000/-
Ordinary Half Page	Rs.	500/-



**AAICON**  
**17th National Conference**  
**ACUPUNCTURE ASSOCIATION OF INDIA**  
**21st - 22 nd January 2017**  
**INDORE**

Dear Colleagues,

It is proud moment for us to announce and invite you once again in Indore for 17th National Conference of Acupuncture Association of India (aaicon 16-17, Indore).

It is a millstone event and an attempt to bridge the gap from traditional to modern acupuncture science. The main focus of this conference is to combine the art and technology in the field of acupuncture from diagnosis to therapy. There will be plenary sessions, symposia & free papers to update most recent advancement to delegates on various aspects of acupuncture.

We have also organized pre - conference workshops on Cosmetic acupuncture & I Ching Acupuncture (Dr Tan's Balance method) to be conducted by renowned acupuncture specialist.

We are sure the conference will enrich your knowledge and help treat patients with better skills.

Indore is a centrally located well connected education and health hub with a pleasant cold weather during the month of the January 2017.

Besides Indore is also known as Business capital of Madhya Pradesh surrounded by historical and religious place like -- Ujjain, Mandu, Omkareshwar and many

We assure you a very warm welcome and Malawi hospitality. Assuring you a conference of the highest standards. Looking forward to seeing you in Indore.

Dr. Nilesh Patel

Organising Chairman

G-1, Tapasya Apt., 31/3 Ganesh Colony (Nr. Dada Wadi)

Indore 452007. Ph. 0731 2422665, Mob. 919826633200

(9 am to 12pm & 4.30 - 7.30 pm)

email:- dr\_nileshacupuncture@yahoo.com Web site. www.aaicon16-17.com

**Registration fees for delegates Aaicon - 2016 - 17**

(Before 31st October 2016)

**Delegates**                      **Spouse**

AAI Members                      Rs 2500/-

Non AAI Members                      Rs 3000/-

Foreign delegates                      \$200/-

(After 31st October 2016)

**Delegates**

AAI Members

Non AAI Members

Foreign delegates

**Spouse**

Rs 3000/-

Rs 3500/-

\$250/-

Rs 2500/-

Rs 2500/-

\$150/-

Spot registration Rs 4000/- \$ 350/- (Kit is not guaranteed)

**Donation**

Members of reception committee Rs 4000/- Patron Rs 5000/-

All remittance to be made by cash / draft (Only)

in favour of "Aaicon 16 - 17" Payable at Indore

Papers / Articles publishing in souvenir

Those members who want to present a paper or publish their articles in souvenir, must send two copies of abstract & a photograph along with the registration form.

For Accommodation contact

Sanjeev Sudele - 9826025076



**AAICON - 2016 - 17**  
**21st - 22 nd January 2017**

**Conference Registration Form**

Name Dr. / Mr.-----

Qualification -----

Accompanying Person Dr. / Mrs. / Mr. -----

Address -----

City ----- State ----- Pin Code -----

Phone ----- Country-----

Member of AAI: Yes / No

A) I wish to register for AAICON 16 - 17

Fees :

B) I wish to register for pre conference workshop

1) Cosmetic acupuncture dt 19/1/2017 Rs 6000/-

2) I Ching Acupuncture (Dr Tan's Balance Method) dt 20/1/2017 Rs 6000/-

I enclose a total of Rs. ----- DD No. (Cheque at par) ----- Dt.-----

----- Bank ----- date -----

(please attached M.O slip, if paid by M.O to the form)

Note :

All remittance to be made by cash / draft (only) in favour of "AAICON 16 - 17" Payable at INDORE

You can directly deposit your fees in our bank account

Name of Bank : Bank of Maharashtra

Branch : INDORE MG ROAD (106)

Address : Phadnis Complex 88 M G Road, INDORE

A/c Name : AAICON 1617

A/c No : 60049510452

MICR Code : 452014002

IFSE Code : MAHB0000106

C) I wish to present a paper

Free paper ☐

Scientific Paper ☐

Subject / Title-----

Note : Send abstract by email

Date -----

**Signature**



A New book published  
by Dr. M. Gantait

## **PRACTICAL GUIDE TO ACUPUNCTURE**

This book is an essential guide to apply acupuncture efficiently.

The author is one of the senior most acupuncturists of India. He was founder Director of West Bengal government's Dr. B. K. Basu Memorial Research & Training Institute of Acupuncture. He is also co-ordinator of Certificate in Acupuncture course of Jadavpur University. He has also experiences of teaching acupuncture in various parts of India like Delhi, Kerala, U.P. etc. The author's 45 years' experiences of treatment, teaching and researches have been reflected in every part of the book.

It contains 19 chapters. Stress has been given on Acupuncture technique, Electro-acupuncture (with its physics), Moxibustion practical aspects, Hammering, Cupping etc., In therapeutics part, not just acupuncture points prescription given; associated management and prognosis have been discussed. TCM has been discussed lucidly to have basic concepts. Explanation of acupuncture in light of modern science has been described concretely. Elaborate history of acupuncture in India has been included. Chinese phonetics to pronounce names of acupuncture points correctly has been given. Anatomical surface marking will enable to locate acupuncture points more accurately. Multiple Choice Questions (MCQ) has been added to make the knowledge comprehensive.

All learners, practitioners and teachers will be benefitted from this book.

There are many photos and sketches. It contains 160 pages in hard bound volume in 25 cm x 19 cm size

Price : Rs. 450 • ISBN : 81-86552-88-X

*Chief Distributor*

**MODERN MANUFACTURING & TRADING CO.**

22A, NEW G. T. ROAD, P.O. UTTARPARA, DIST. HOOGHLY, W.B.-712258

Mobile : 9830369084 email : acummtc@gmail.com

Contact S. Chatterjee for personal copy and bulk order.

**Also available at**

**KANSON-Delhi-110006**

**IMPORTER, STOCKIST, WHOLESELLER**

Acupuncture, Acupressure, Acupuncture Laser and Surgical Items

Cellphone : +91-9818525411, + 91-9910063839

e-mail : kansonindia@gmail.com

Kindly Visit us at : [www.acupunctureindia.co.in](http://www.acupunctureindia.co.in)

**Bombay Surgico Medical Agency**

109A, C. R. Avenue, Kolkata- 700 073 (Near Central Metro Station & Opp. Tropical Medicine)

Ph. : (0) 9830192771, (0) 9831168613