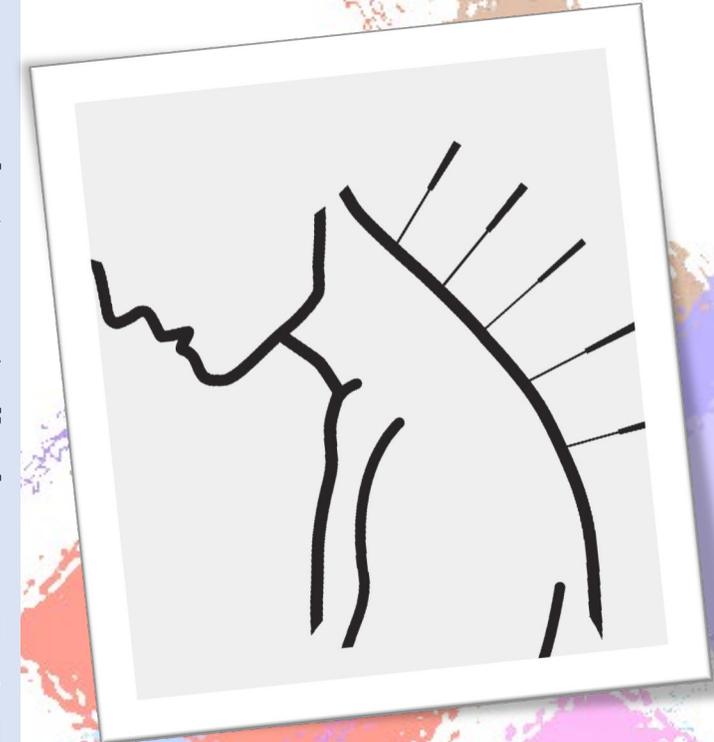


# Acupuncture

In ancient China, long before the use of herbal medicine, acupuncture was regarded as a unique medical treatment. Acupuncture still remains a valuable medical tool of traditional Chinese medicine though the era has changed. Its values are not just recognized by the Chinese community but are also widely appreciated by other communities due to its effective therapy.

In the primitive age of China, the Chinese people made a living by hunting. To make ends meet, they had to continue hunting even if they were unwell. They had to fight against wild animals and may hurt themselves during the process.

Hunting while being sick was difficult, yet the hunters encountered a strange experience. They found out that instead of being more injured, some of the illnesses their bodies experienced had miraculously recovered by after being spiked or bruised by certain objects. Ever since the discovery, they started using needles or sharp objects to jab every part of their body. True enough, the outcomes were promising. Acupuncture therapy was thus born.

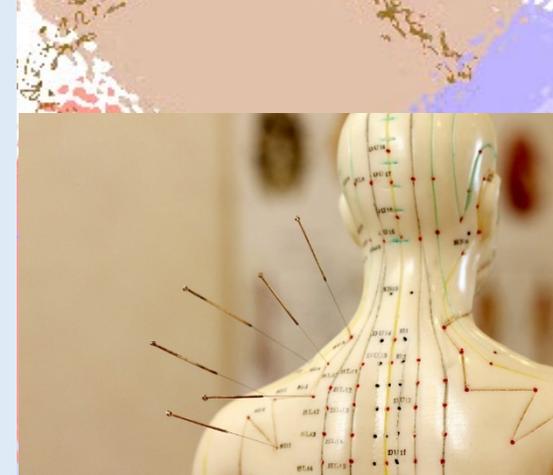


# Acupuncture

Moxibustion (heat therapy) is another form of acupuncture treatment. It was also inadvertently invented during the primitive age. During winter time, the Chinese would keep themselves warm by sitting next to a fireplace. In the process, some people accidentally burnt their own skin (epidermis), after which the illness and discomfort of their bodies slowly reduced. That was how moxibustion was discovered.

In the legend recorded in the ancient literature 'Records of the Grand Historian', acupuncture had existed and saved many lives a long time ago. According to the records, the legendary physician, Bian Que, had long ago used acupuncture therapy to save patients who had been in a coma-like state for a few days, to gain consciousness. Acupuncture treatment was also applied by another famous doctor from ancient China, Hua Tuo, to treat the famous Chinese warlord, Cao Cao, who suffered from chronic headaches.

Stones or stone needles were commonly used in ancient acupuncture treatment. Later, they were replaced by small bones. When metal became widely used, iron, copper or silver needles were used in place of small bones for acupuncture therapy. Currently, Chinese medicine practitioners use stainless steel needles for the same purpose.



# Acupuncture

Acupuncture treatment used to be applied only on specific sick or pain spots. To improve the treatment effects, it has now advanced to the extent that it combines both acupoint meridian and physiotherapy. Acupoint meridian is a concept in traditional Chinese medicine about a path through which the life-energy known as “qi” flows.

The international medical profession has gradually begun to recognize and looked highly upon the role of acupuncture treatment, the treasure of Chinese medicine. In 1971, acupuncture therapy had particularly attracted the attention of the world when China officially announced the success of acupuncture in anesthesia. This had, in a way, helped in the globalization of acupuncture therapy in benefiting patients worldwide.

## Food for Thought:

- Careful observation and a rich imagination are important in giving rise to innovation or invention.
- Continued efforts to the accumulated results of predecessors are necessary for greater success in innovation and invention.

