

Acupuncture Points Information

Time to get started on this topic. Take a few moments to read every aspect of this paper hopefully it will be of great help. The term Acupuncture is a combining of two Latin words 'acus' which means needle and 'pungere' means prick. It is in truth an ancient Chinese medical process in which needles were inserted into patient along some well-defined meridian points. In ancient China, stone needles were exploited for the treatment; then as metals were revealed subsequently needles were made of bronze, silver and even gold. In modern days, needles are made of stainless steel.

Acupuncture points are most crucial part of Acupuncture therapy. These are really the various stimulation points from various body parts. According to ancient theory; all these points have a direct access to stimulate the meridians, which are imaginary channels from where critical energy flows. There are more than 360 input points; when needles are inserted or somehow stimulation of these points is done then it either interrupts or stimulates the energy flow.

This interruption or stimulation of points can cause analgesic effect that will cut down or totally eliminate pain. It can even suffer a more strong energy flow which can cure the various health problems. All these Acupuncture points are mapped to Fourteen major meridian lines, for group Twelve inner organs one meridian; one meridian along the spine which is known as governing vessel and one more along the midline of abdomen which is named as conception vessel. The measure that is exploited to find Acupuncture points is named "Cun". Generally one Cun is equal to space between the distal interphalangeal joint and proximal interphalangeal joint on middle finger.

All these Acupuncture points are categorised as per their functions. First category of such Acupuncture points is Five transporting points system: This system explains the flow of vitality (which named as 'qi' in Chinese) exploitation analogy of rivers and points are described as points along the flow line.

According to this system; "qi" bubbles up from a spring and step by step grows in depth and breadth like a river fluent down from mountain to the ocean". In this five transporting system there are points; * Jing well points are the points that bring about energy flow when it bubbles up; these points are placed on tips of fingers and toes. * Ying spring points are where the energy river glides down the channel, these points indicate heat of the body and they also show the changes in our complexion.

* Shu stream; these points indicate heaviness of body along with afflictive areas in joints and intermittent diseases. * Jing river points give indication of cough and dyspnoea, fever and chills and bone diseases. * He sea points are where qi unites and heads deeper into the body; these points are useful for indicating diarrhea. The counter flow of qi and these points also indicates the disorders caused by irregular feeding and drinking.

Along with Five transporting points, there are some other sets of points like five phase points, Eleven cleft points, Yuan source points, Luo connecting points, Back shu points, front Mu points, Hue meeting points. Acupuncture treatment is successfully exploited to treat ear, nose and throat disorders, and then respiratory disorders.

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Michael Malega presents several acupuncture points articles for your information. You can visit Michael's web site at: [Acupuncture Points](http://www.acupuncture-treatment.net/Acupuncture-Points.php)
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