

HISTORY OF ACUPUNCTURE FROM PAST TO PRESENT ISTORICUL ACUPUNCTURII DIN TRECUT PÂNĂ ÎN PREZENT

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ABSTRACT | REZUMAT

Acupuncture is a treatment method based on stimulating special points on the body with various techniques. Acupuncture, one of the oldest medical sciences, has a history of about 5000 years. As a general opinion it is thought to be a Chinese origin treatment. However, some sources state that acupuncture was found by the Turks and developed by the Chinese. In this study, the development of acupuncture from past to present has been discussed.

Keywords: acupuncture, history, treatment

Acupunctura este o metodă de tratament bazată pe stimularea punctelor speciale ale corpului cu diverse tehnici. Acupunctura, una dintre cele mai vechi științe medicale, are o istorie de aproximativ 5000 de ani. Ca o opinie generală, se crede că este un tratament de origine chineză. Cu toate acestea, unele surse afirmă că acupunctura a fost găsită de turci și dezvoltată de chinezi. În acest studiu s-a discutat despre dezvoltarea acupuncturii din trecut până în prezent.

Cuvinte cheie: acupunctură, istoric, tratament

Acupuncture is a treatment method based on the removal of pain and some dysfunction in the body by stimulating the special points on the skin. These special points can be stimulated by sticking the needle or by the help of electricity, heat, pressure and rays (4, 5, 6, 9, 10, 11, 13, 17, 18, 20).

OLD HISTORY OF ACUPUNCTURE

Acupuncture is one of the oldest medical sciences in the world. In the "Huang Di Nei Jing = Classic Internal Medicine Book", written in China's Yellow Kingdom period, 4700 years ago, information about acupuncture and moksa treatment can be found. This book is said to have been written even before Shen Nung, known as the founder of Chinese medicine. Between 659 and 621 BC, Bai-Le-Zhen Jing wrote the first veterinary acupuncture book, "Baile's Veterinary Acupuncture Principles" (Fig. 1) (2, 6, 9, 10, 12, 14, 16, 18).

Although acupuncture is thought to be a Chinese treatment method, it is stated in some sources that the first acupuncture application was performed by Uyghur Turks. There are many data about acupuncture being used by Turks for the first time. Human figures in the book titled "Huang Di Nei Jing" written in the Yellow Imperial period are similar to Uyghur Turks. Also China's oldest medical history book, in Huen Yen-zey, it is mentioned that acupuncture was first performed by Turks using needles made of bone (14, 18).

In 1963, in the excavations of the Duo Lun Qi ruins of Mongolia, needles made of stone were found.

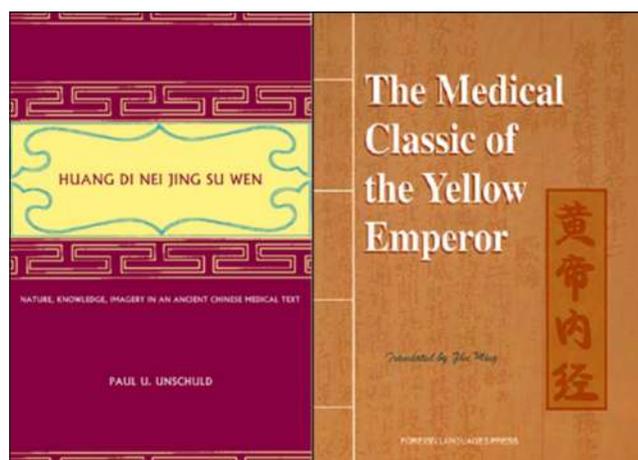


Fig. 1. The book called Huang Di Nei Jing



Fig. 2. Bianshi, The first acupuncture needles

Archaeologists and medical history experts think that the stone acupuncture needle "bianshi", which they thought to date 4000 years ago, is made of jade and pointed stone needles. In the examinations, it was

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determined that the writings on these needles called Bianshi are Uyghur Turkish (Fig. 2) (15).

In the excavations in the Hoten and Cimşar regions of East Turkistan where Uighur Turks live, needles made of stones and bones, which are thought to be used in acupuncture applications, were found. Again in East Turkestan, near the city of Turfan, some inscriptions were found in the town of Idikut, known as the Old Uighur capital, showing the acupuncture points on the body, written in Uyghur Turkish. It is also remarkable that the two bronze sculptures on which acupuncture points are thought to have been built in 50 BC, are similar to the Uyghur Turks, and the only civilization that could shape the bronze was the Uyghur Turks. These bronze sculptures are exhibited in "Beijing Traditional Chinese Medicine College, Chinese History of Medicine Museum" (8, 14).

In 1991, a corpse called Ötzi / Ice man, which was estimated to have lived 5300 years ago, was found on the Italian-Austrian border of the Alpine mountains (Fig. 3). 47 tattoos were detected on the ice man. In the examinations, it was found that the ice man, who was found to have a problem in his joints, was tattooed over the acupuncture points used in the treatment of joint diseases (urinary bladder meridian; such as BL-21, BL-22, BL-23, BL-24, BL-25, BL-59 points). However, the eggs of stomach parasites causing severe abdominal pains were found in the body of the ice man and it was found that the acupuncture points used in the treatment of stomach problems were also tattooed (gallbladder meridian; such as GB-37 and GB-38; liver meridian; such as LR-8; spleen meridian; such as SP-6) (3, 15, 16).



Fig. 3. Tattoos on ice man's body

Ibn-i Sina, one of the most important medical doctors in history, talked about energy channels and meridians in the body and used acupuncture for diagnosis and treatment. Ibn-i Sina treated herself with

bone needles when he got sick until his death (8, 14, 15). In 1465, Şerafettin Sabuncuoğlu painted some acupuncture points in his book, which he presented to Fatih Sultan Mehmet. Şerafettin Sabuncuoğlu treated muscle spasms using needles from chicken bone. Şerafettin Sabuncuoğlu, who depicts more than thirty acupuncture points, has been treated by stimulating acupuncture points mostly with cauterization applications. He tried to treat diseases such as epilepsy, headache, and chronic migraine using the GV-20 point. In addition, he also illustrated important acupuncture points such as ST-4, ST-8, ST-12, PC-6, LU-9, CV-5, CV-17 and GB-1 (1, 15).

Acupuncture gained an important status with the establishment of a medical college in China during the Tong Dynasty. In this period, Ah-shi points used in myofascial pain have been described (2). Acupuncturist Yang Jizhou, who lived during the Ming dynasty, published the book "The Summary of Acupuncture and Moxibation" in 1601. This book has served as an important reference book since its writing. In the last periods of the Ming dynasty (from the mid-17th century), the use of acupuncture therapy has decreased (2).

Although there is a lot of evidence that acupuncture treatment is found by the Turks, the influence of the Chinese is great in its development and becoming a widespread treatment in the world. In addition, Turks are more concentrated on treatment of moksa, a different form of acupuncture (14, 18).

RECENT HISTORY OF ACUPUNCTURE

It has not been easy for acupuncture to survive until today and to be accepted all over the world. Although it has lost its popularity and has been banned from time to time due to the TAO philosophy it is based on, it has continued to be implemented among the public. Acupuncture was banned in China in 1864.

In 1944, acupuncture became popular again with the treatment of non-relieving headaches of Mao using acupuncture. During this period, Chinese medicine and pharmaceutical science were restructured and acupuncture regained its former popularity. Significant successes have been achieved in anesthesia applications and pain relief with acupuncture. Traditional Chinese Medicine has regained its former popularity with rational policies in recent years (7, 10, 14, 15).

Acupuncture took time to be accepted and applied in the world outside of China. Acupuncture, which started to be recognized in Europe in the 15th century, was learned by the Christian missionaries in the 17th century and transferred to Europe. In 1637, Portuguese Dr. Zaratus Lusitanus stated that sciatica pain was treated by cauterization of an acupuncture point in the ear. William Ten Ryhne, a British doctor, wrote a book on acupuncture in 1683 (8, 14, 15).

In the 18th century, there are works written by many physicians about acupuncture in Europe. The most important of these physicians are Valsalva (1707), Kaempfer (1712-1749), Du Halde (1739), Cardonne (1770), Du Jardin (1774) and Siebold (1781). In his book, Valsalva reported that he had a toothache by cauterizing a certain area in the ear (14, 15). In the 19th century, Dr. Berliöz has become an authority with his work on chronic diseases and acupuncture (8, 15). In the early 20th century, Dr. Ferrey Rolles was interested in French translations of Japanese books about acupuncture. He published his French translations in a magazine called "Homeopathy Francais".

In the 1950s, Dr. Nakatani developed the ryodoraku method, which is based on acupuncture principles in Japan (15). In 1956, French Dr. Nogier developed auriculotherapy, arguing that the ear was in the form of an inverted homunculus and that there were whole-body acupuncture points in the ear (14, 15). In the same period as Nogier, Sir Henry Head in England tried to explain acupuncture with the theories he created (15). In 1956, electrical conductivity of hyperesthetic skin points in animals was found to be higher than other regions. In 1958, Joeckle discovered the meridian lines. In 1969, acupuncture analgesia was performed for the first time in horse operations (2).

Acupuncture gained its worldwide reputation in 1971 thanks to the visit of the American president Richard Nixon to China. New York Times reporter James Reston, who followed Nixon during his visit to China, was disturbed and hospitalized with the diagnosis of acute appendicitis. Due to the postoperative pain of Reston, whose appendix was removed by the operation, the doctors performed acupuncture. After the acupuncture treatment, the rapid disappearance of Reston's pain was published in newspapers in the USA a day later (6, 10, 13). The Chinese delegation, who saw that acupuncture was so confused in the American delegation, invited Richard Nixon and his delegation to follow a heart surgery they will perform with acupuncture anesthesia. On the planned day and hour, heart surgery was performed only with acupuncture anesthesia without using any anesthetic agent. President Nixon was amazed to use acupuncture anesthesia in a high-risk surgery such as heart surgery. As soon as President Nixon returned to his country, he sent doctors to China to learn acupuncture and invited acupuncture specialists in China to his country. After this event, acupuncture has increased in popularity all over the world, especially in the USA, and has found wide usage areas (7, 8, 14, 15, 19). The World Health Organization (WHO) adopted it as a scientific treatment method in 1979. While veterinary acupuncture applications have also improved recently, the International Veterinary Acupuncture Association, established in America in 1964, organizes courses and publishes current studies (2, 8).

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