

The  
"How to"  
SEMINAR OF ACUPUNCTURE  
for Physicians



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organs; for instance, the two halves of the Lung meridian are connected through the lungs. The two halves of the Heart meridian are connected through the heart. Acupuncturists noted that a stimulus which affected one side had a similar effect on the other. It is for this reason that most modern acupuncturists treat bilateral meridians on both sides, bilaterally. Experience shows that treating only the affected side produces only about a 60% response.

Treating only the contralateral side produces about a 30% response. Treating both sides produces the highest percentage of response.

This information is especially valuable in treatment by acupressure and acupuncture, because the acupoint on the affected side may be too tender to be treated. In most such cases, treating the opposite side, the non-tender side, will either correct the problem without discomfort or pain to the patient, or tenderness on the affected side will be alleviated so that the patient is able to tolerate direct treatment.

### **THE INTERSECTION EFFECT**

Acupuncturists have discovered through experience that a stimulus applied at certain acupoints has an effect not only on that acupoint's meridian, but also on one or more other meridians. These multiple-effect acupoints have been called Crossing points, Reunion points, or Intersection points. Their positions are such that they act as either direct or reflex connections

**THE TONIFICATION  
OR SEDATION EFFECT**

The tonification or sedation effect will follow the cycle of the Law of Stimulation, provided it is in harmony with the Law of Deficiency. Tonification is an increase or excitation of energy in a meridian; sedation is a decrease or calming of energy.

**THE LOCAL EFFECT**

The local effect resulting from stimulation is the alteration in the acupoint itself and its local area of control.

**THE REMOTE EFFECT**

The remote effect resulting from stimulation of an acupoint is the alteration that radiates or reflexes to another acupoint or a remote area.

**THE  
CONTRALATERAL EFFECT**

Sperensky first described the contralateral effect of stimulation in reporting an experiment in which croton oil was applied as an irritant to the foot of a dog. This stimulation caused degeneration in the opposite paw. Today, neurologists explain this effect by noting that an impulse may travel over the afferent neuron, reach the spinal cord, traverse an intercalated or internuncial neuron over to the opposite side of the cord, and leave by the same segment of the cord on an efferent neuron. This is called contralateral or crossed reflex arc.

The acupuncturist knew of this relationship 4500 years ago. He explained it by pointing out that the bilateral meridians are located upon each side of the body and are connected through their associated

stimulation. A small amount of alcohol acts as a tonic; a larger amount is tranquilizing; drink too much and you pass out. A short scratch where it itches evokes a pleasant tingling; continued scratching causes a dull sensation, then later comes numbness. No matter how interesting a speaker is, he can take you through enthusiasm to disinterest to sleep, if he keeps speaking long enough. The same principle applies to noise, heat, massage, vacations, sex, food . . . any sustained stimulation.

#### **Forms of stimuli**

The Law of Stimulation also applies to any form of stimulus used for meridian therapy. In a treatise published in Japan in 1961, Mituhiro Y. Hasegawa, I.Ph.B.A.U., Institute of Medicine, states that in meridian therapy there are approximately 100 methods of stimulation other than needles. Acupressure, moxibustion, electrotherapy, ultra-sound, diathermy, massage, and vacuum therapy are among the most commonly used methods of treatment.

#### **Cycle of stimulation**

Sustained stimulation of an acupoint can cause the effect of tonification, sedation, and anesthesia, in compliance with the Law of Stimulation, not only in the acupoint itself but in the meridian as a whole, plus the organs, tissues, and functions affiliated with the meridian.

Application of a stimulus directly to the meridian points was always accompanied by treatment or advice to correct the environmental stress that precipitated the illness or impending illness.

**FOUR ASPECTS OF  
MERIDIAN THERAPY**

In ancient times there were four aspects of meridian therapy. Four different methods and approaches were used in treating the meridians; (1) Herbal medicines and diet to affect the meridians chemically; (2) Direct stimulation of the acupoints by various method such as needles, cauterization, massage, pressure, etc.; (3) Manipulation of the spine and joints, using much the same method used today by osteopaths and chiropractors; (4) Psychotherapy through emphasis on controlling emotions and attitudes, especially with meditation, contemplation, and introspection.

The meridians may be treated with herbs, chemicals, electrical stimulus, heat, cold, spinal manipulation, color, sound, ultrasound, hypnosis, medication, exercise, breathing regimens, meditation, massage, etc. In fact, many forms of stimulus may be used to affect or treat the meridian system.

**MAN . . . A  
SMALL UNIVERSE**

Meridian therapy, or acupuncture, is based on the ancient Chinese philosophical concept that man is a small universe and a replica of the larger one; that every function of body and mind is governed by the same natural laws of positive and

to use the basic scales and chords upon which he built his artistry, so will you continue to use the basic acupuncture techniques upon which you build your proficiency. You add to your skills. You do not replace one with another.

### **THREE STAGES**

Most practitioners find that proficiency is best gained by implementing acupuncture into their practices in three stages:

- 1) **Treat the tender acupoints.** This is a basic method of diagnosing and treating which will prove effective in approximately 60% of cases. Essentially, it is a trial-and-error system of palpating for relative tenderness of acupoints, then stimulating the tender acupoints until you find one that corrects the condition. For example, if the patient has a lung problem, palpate along the Lung meridian. If the patient has a problem in the knee joint, palpate the acupoints around the knee. Then start by treating the most tender acupoints. (See Chapter V.)
- 2) **Use proven formulae.** This method of treatment utilizes the experience other acupuncturists have gained in treating similar conditions, and is based primarily on diagnosis by symptoms. Specific formulae for a number of conditions and symptoms are given in Chapter XIV.