

<<手针疗法>>

图书基本信息

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## 前言

As a treasure of traditional Chinese medicine, hand acupuncture is a physiotherapy to prevent and treat diseases. The hand reveals —— through changes of qi ( vitality ) , color and outward appearance —— physiological and pathological disturbances in the body. The same changes also reveal the cause and diagnosis of these diseases. Treatment for prevention or cure can then be applied by stimulating certain acupuncture points or areas of the hand through acupuncture, massage or other therapies. Hand acupuncture therapy consists of two procedures : Diagnosis, through observing the hand; and treatment, through applying acupuncture and massage. The clinical practice of observing the hand can be traced to the Zhou Dynasty ( c. 11th century-256 BC ) where it was called palmistry or the holographic diagram of JiuGong ( nine divisions ) and Ba Gua ( eight trigrams ) . Diagnosis through observing the hand developed further in the Qin and Han Dynasties ( 221 BC-AD 220 ) . The publication of the ancient medical classics —— such as The Yellow Emperor's Canon of Medicine, Classic of Difficult Diseases and so on —— better defined and established the theories of Zangfu ( internal organs ) and Jingluo ( meridians and collaterals ) . After that, observing the hand reached an even higher standard. Through this historical progression, hand acupuncture therapy developed into an important branch of traditional acupuncture.

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### 内容概要

This book describes in detail the principles of hand acupuncture therapy , the location of the hand acupuncturepoints , hand observation diagnosis and the clinical application of hand acupuncture therapy for some common diseases. This book , dealing with all important branch of Traditional Chinese Medicine , stresses the practical application of the subject.

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作者简介

乔晋琳 , Born in September 1963. Qiao Jinlin is an associate professor and associate chief physician at the Navy General Hospital of the PLA in Beijing where he also is director of the Department of Rehabilitation and Physical Therapy. He concurrently serves as an executive member and deputy secretary general of the Acupotomology Association of the Traditional Chinese Medicine Association of China. He is also a member of the Army Acupuncture Committee and a director of the Army Physical Rehabilitation Committee. From 1989 to 1991, Qiao Jinlin participated in a group of acupuncture specialists to aid foreign countries. He has published 29 scientific research papers and other writings in his areas of expertise that include hologram-embryo acupuncture, traditional acupuncture, acupotomology, and physical rehabilitation therapies. His main writings include "A Clinical Analysis of Hologram-embryo Acupuncture," "Acupotomology in China and' Diagnosis and Treatment of Male Diseases Through Traditional Chinese Medicine."

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## 章节摘录

Through the study of Traditional Chinese Medicine over thousands of years, clinicians have discovered the following truths. (1) Many acupuncture points lie on the meridians passing through the hand. Massage, acupuncture or moxibustion can be applied to stimulate these points to cure diseases and relieve discomfort throughout the whole body. (2) As a miniature representation of the body, the hand through changes in skin color, creases and sensitive points - can reveal the condition of all the organs and tissues of the body. At the same time, stimulation applied at the sensitive points can cure diseases in their corresponding organs and tissues.

At present, we can put a clear definition on the hand acupuncture therapy. It may be defined as a physiotherapy to prevent and treat diseases and relieve suffering by applying physical stimulation through acupuncture or massage on acupuncture points and areas on the hand. Before applying the treatment, the pathogenic factors should be determined, and a thorough diagnosis of the disease should be made by analyzing the information provided by the hand and the general pathological problems in the body. The basic theories of hand acupuncture therapy include: (1) The theory of Ba Gua ( eight trigrams ) on the palm (2) The Zangfu ( internal organs ) and Jingluo ( meridians and collaterals ) theories of Traditional Chinese Medicine (3) Modern biological theory of holographic embryo. Compared with other therapies, acupuncture is a widely accepted and convenient therapeutic method to stimulate acupuncture points and areas on the hand. Therefore, it is often used in clinical practice where the treatment is simply called "hand acupuncture therapy." .....

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