

What is acupuncture and moxibustion medicine?

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Introduction

The history of acupuncture and moxibustion therapy dates back 2000 years or more. This traditional medical care originated in the Chinese region, and has now spread worldwide.

Introduction 2

In 2007, the World Health Organization set out definitions of traditional medicine, Chinese medicine, Oriental medicine, traditional Japanese medicine (kampo), Korean medicine, and others, but did not discuss the meanings of the term 'medicine' itself,

Introduction 3

and the definitions offered consist only of an explanation of the meaning of 'tradition' and of the countries and regions where such traditional medical care is practiced.

Introduction 4

No definition has yet been given for acupuncture and moxibustion medicine. I would like to consider what acupuncture and moxibustion medicine actually is.

Main Text

Until the Qing dynasty, acupuncture and moxibustion therapy in China was simply referred to as '医 medicine'. The word '医学 medical learning' first appeared in 1895 in the "Introduction to Chinese Medicine" written by the Qing-dynasty author Tang Zong-hai. Until then, the word '医療 medical care' had also not yet appeared.

Main Text 2


Acupuncture and moxibustion therapy had been passed down as traditional medical arts; however, this lore had been transmitted only in terms of developing arbitrary theories of yin–yang and the five elements, and thus the analytical methods employed up to Qing dynasty can scarcely be described as ‘medicine’.

Main Text 3

Today, the analytical methods that comprise the core of medicine are based on modern medicine.

Main Text 4

Acupuncture and moxibustion medicine should be regarded as the academic discipline involving the accumulated results of analyses and the studies of the physical phenomena that occur as a result of acupuncture and moxibustion therapy, on the basis of the methodologies employed in modern medicine.



Discussion

The traditional methods of medical care that have been passed down in Asia, including acupuncture and moxibustion therapy, decoction therapy, anma massage therapy, and yoga therapy, are based on the concept that the 'mind' (heart/spirit) governs the 'body'.

Discussion 4

Traditional medical care is a treatment that aim to correct imbalances in the body based on the underlying concept that disorders initially arise in the 'mind', resulting in the appearance of disease in the 'body'.

Conclusion

Acupuncture and moxibustion therapy is medical care that aims to correct imbalances between the 'mind' and 'body'.

Conclusion 2

Acupuncture and moxibustion medicine can be regarded as the academic discipline of providing a scientific underpinning for the empirical medicine of acupuncture and moxibustion therapy using the analytical methods of modern medicine.