

针灸

平衡身心的力量

中

医博大精深，很难用短短数页一一尽述。作为中医的一支，针灸多用于临床诊治，在西方人

眼中多少有些神秘色彩。针灸起源于中国远古的石器时代，距今已有数千年历史，如今盛行的中、日、韩的针灸术和五行针灸疗法等多个学派也都是由中医衍生而来。针灸术仅在日本就细分为三十个不同的学派，且每个针灸师都具有自己一套独特的施术过程。只要能达到疗愈的效果，究竟是哪种学派、由哪位针灸师施针都不重要。

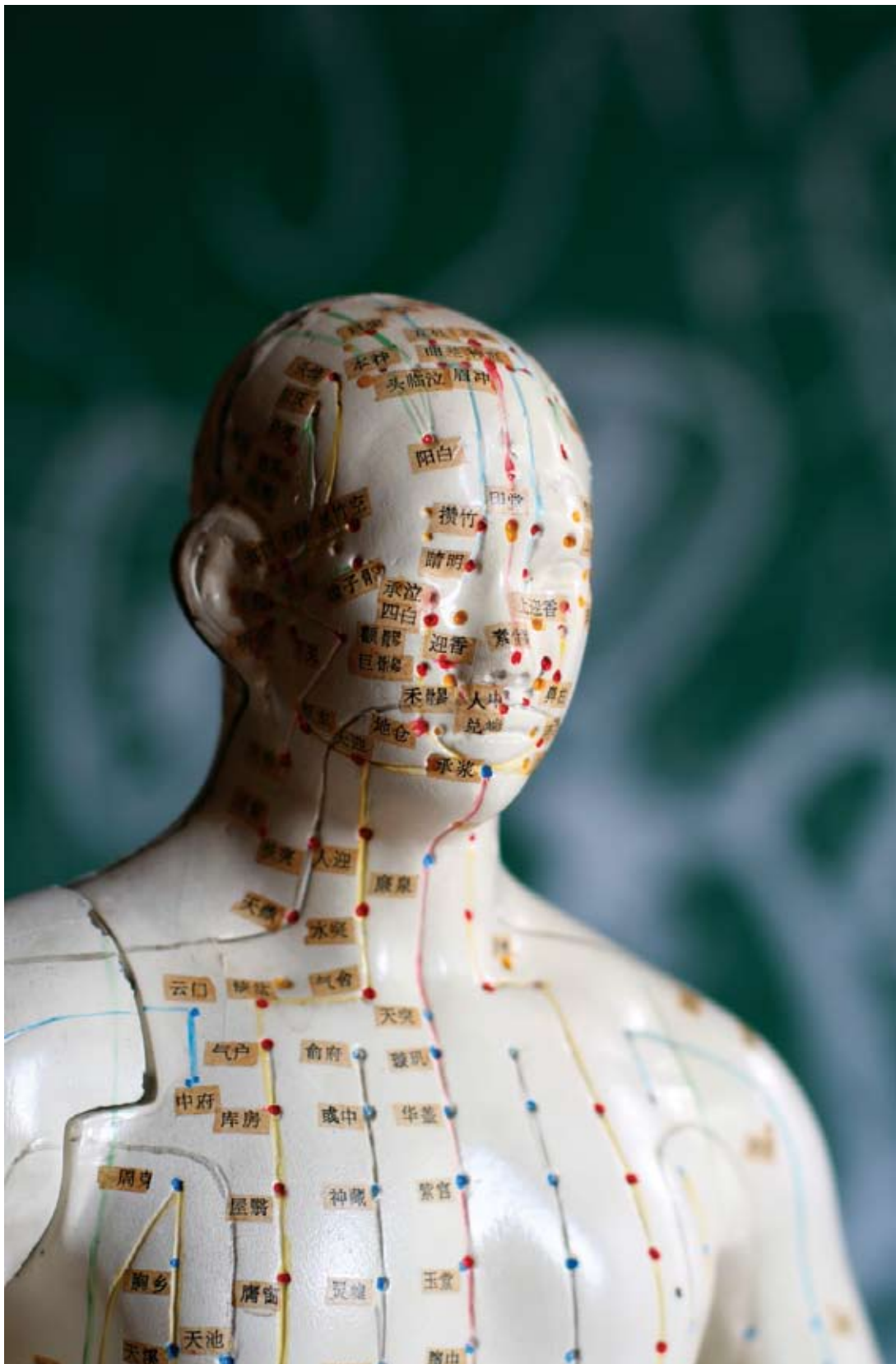
针灸的起源

作为养生保健的一个完整体系，中医可分为五大分支，分别是运动健身、营养学、针灸、草药学及结构医学(例如按摩)。作为其中的一大分支，针灸术现已传至各国，包括印度、日本、泰国、韩国、挪威、英国、印度、美国、德国、以色列、冰岛等等。世界各地的人们都在运用这个源自中国的古老医学理念，来缓解和治疗身心的伤疾。

远古时期，机缘巧合下人们发现用石头、荆棘等尖硬物体碰触身体表面的某个部位，可以起到缓解疼痛的效果。这个偶然的发现随着“经络”概念的出现得到了进一步验证。人体的经络如山川河流，气在体内运行，进入不同脏器会或快或慢或深或浅，而遇到特殊穴位时又会出现郁结现象。随着时间的推移，针灸在长期实践中逐渐可同时治疗身心的疾患，施针的工具由最初的骨针演变为如今的金针，消毒措施也日益完善。

针灸疗程

首先，针灸师会询问你一些健康状况，接着会观舌苔、把脉，最后做出诊断，并根据诊断结果开具一个针灸处方。针法和灸



法一般会同时运用，通过局部热熨艾绒等物温通经脉。施针所用的金针一般会在身体里停留20-30分钟。

在此过程中，人体的神经系统会出于本能排斥这些金针，将他们排出体外的同时人体也开始了自身疗愈的过程，直至达到一个平衡。

与用作采集血液样本的中空针头不同，金针实心的设计对肌肤没有任何伤

害，就如将一根筷子插进一团面条一样。金针刺入身体时，并不会对肌理组织造成任何损害，它只是将组织轻轻推开，并通过人体神经系统排异—接受的功能来重新激活整个免疫系统。因此，针灸能治疗多种疾病，它将郁结在体内不好的气排出，消除可能由它导致的肌肉疼痛、精神紧张、伤风等症状，帮助人体达到一个深层的身心平衡。

Making Yourself at Home with Acupuncture

By Ken Rosen M.S. L.Ac.

Trying to get an article about acupuncture to fit into these few pages is something of a round puzzle with square pieces. It will never seem complete.

Acupuncture is both clinical and mysterious. It has a long lineage. Practiced differently around the world by different schools of practice – five-element, Chinese, Korean hand, and Japanese Toyohari to name but a few. I recently found out that there are 30 different schools of acupuncture in Japan alone. And, of course, acupuncture is practiced differently still by individuals.

The big point here is that people are getting relief; no matter what style of acupuncture or what individual.

A Brief History of Acupuncture.

Acupuncture is rooted in a larger system of medicine which is known globally as Tradi-

tional Chinese Medicine or TCM. Traditional Chinese Medicine comprises five distinct branches of medicine to help people govern their health.

The five branches of Traditional Chinese Medicine are exercise, nutrition, acupuncture, herbal medicine, and structural medicine like massage.

Acupuncture, as a branch, has grown globally as well. I have met TCM practitioners from far-away places like Norway, England, India, America, Germany, Israel, Iceland and Thailand, to name a few. People from all over the world are finding relief from serious physical and mental illnesses with this ancient therapy.

Acupuncture treatment most likely started with people poking each other in places that hurt with tools in a form of crude massage, or as way to lance boils. Eventually, the Chinese

mapped rivers of energy called meridians, or channels, on the body. Much the way energy flows down a river, the same is true in the body. Energy moves quickly in some places, deeply in others, and also stagnates in common acu-point locations.

As time passed, the ancients refined specific points on these meridians that created a broad range of action on both physical and emotional conditions. Needles used to be made from bones, then eventually metal. Today, they are made from stainless steel, making them also sterile and disposable.

What Happens During an Acupuncture Treatment?

After a series of questions, a practitioner of Chinese Medicine will look at your tongue, feel your pulse, and reach a diagnosis. Then an acupuncture prescription will be matched to your diagnosis. The combination of acupoints are needled and heat therapy (moxibustion) or mild electrical stimulation may be added to the needles. Needles are retained in the body for a period of 20 to 30 minutes.

During that time, the nervous energy of the whole body tries to push these needles out and tunes into itself for healing. When the needles come to equilibrium with the body and mind, a healing message has been received.

Unlike a needle that takes blood out of your body, an acupuncture needle is solid. It is not designed to cut through flesh. It is like putting a chopstick into a bowl of noodles. Instead of cutting into your body, it pushes tissue aside, letting your body's nervous system grab it, reject it, accept it, and thereby reboot your whole system. This is how acupuncture is able to treat such a wide range of conditions. Needles vibrate within your body to help bring you into balance. The needles vent out built-up qi, which could be manifested in muscular pain, emotional tension, or a chest cold. Ultimately an acupuncture treatment should catapult your whole being into a deep state of ease so your body and mind can overcome energy imbalances, pain and disease.





The moxibustion, picture by Yuan Spa, Hyatt On The Bund, Shanghai

The Future of TCM

By Ken Rosen

TCM is a solid framework for understanding the body, mind, and spirit. The spa industry is craving more than just pampering treatments. I think introducing treatments that go beyond pampering is a good idea. Also, using the spa as a way to educate people about well-being is powerful. Likewise, treatments such as Chi nei tsang/zang (Abdominal massage) are quite worthwhile for people looking to detox and release deep abdominal stress. Acupuncture has not been integrated into many spas, which is unfortunate. It has a wide use as endorsed by World Health Organization. To me, ear acupuncture is the future. You can treat the whole body through the ear as it is a microsystem. It can have a great effect, especially in a spa environment. Because TCM has a solid framework, spas can develop treatments based on this framework. For example, spas can develop massages or treatments based on five elements or micro-systems such as the ears, feet, hands, and face.

The first and most important branch of TCM is exercise. Spas can really use the strength of traditions like qi gong and tai qi instead of seeing plugging people into a treadmill for an hour as the only way to move the body. People need that spiritual connection when they move.

水疗行业可借鉴的传统中医

就水疗行业长远发展而言，仅仅有奢华放松的疗程是不够的；传统中医是一个帮助人们了解身心、灵的完整的医学体系，我认为将它的理论实践引入水疗业是个很不错的主意。此外，通过水疗这个途径，人们在放松之余还能了解更多更健康的生活方式。一些中医疗程，例如“气”内脏按摩就很适合用来排毒舒压。

大部分水疗目前尚不能提供针灸疗程，这是件很遗憾的事。针灸可以缓解多种不适，促进身心和谐健康，这点是获得世界卫生组织认可的。在我看来，耳针灸会是未来的一大发展

趋势，耳是人体重要的一处微循环系统，你可以通过在外耳施针来治疗身体多处的不适，疗程的便捷也使它更容易在水疗中心得到普及。

中医是一个多元化医疗体系，水疗可以从中医借鉴很多理论、观点，发展出各类行之有效的疗程。比如，水疗可以根据中医五行理念发展出各类针对耳、足、手、脸等微系统的按摩疗程。

中医一大重要分支就是锻炼，这一点很值得水疗行业借鉴。例如比起机械单一的脚踏车，气功和太极要求练习者形神合一，在改善循环、强健体魄方面更行之有效。



针灸在水疗中的运用

如今客人在选择水疗疗程时越来越注重疗效，随着人们生存压力的加剧，针灸在水疗行业内的应用也日益广泛。

当今世界生存压力的根源在于“阴”不足，人们工作、生活的节奏越来越快，科技的发展固然让生活更加便捷，却也在无形中增加了我们生存的成本，使我们很少有时间在日常生活中放松自己，享受宁静和谐。

水疗为现代人提供了一个放松身心、补充“阴”能量的场所，一个可以让人安心、忘忧的所在。如今人们需要更多地补充阴能量，因此对水疗的需求日益增加。针灸也是一种滋“阴”的疗程。施针的过程中，你需要静坐着不动，放松肌肉，在金针的作用下，身体会释放所有的静力场，帮助舒缓身心，补充阴的能量，同时帮助你在这样一个躁动的世界中获得平静。

记得曾经读过一篇德国学者的研究报告，里面提到针灸比按摩能

更有效地缓解颈部疼痛。近年来，水疗一直在研发更多的新疗程，而针灸，作为一种经过漫长临床实践，被证明行之有效的医疗艺术，一定会得到更多人的认可。

世界卫生组织发布的 针灸所适用的病症

感染： 伤风感冒、支气管炎、肝炎；
内科： 低血糖、哮喘、高血压、溃烂、大肠炎、消化不良、腹泻、糖尿病、便秘及痔疮；
眼、耳、鼻、喉： 耳聋、耳鸣、耳朵痛、近视、头晕、鼻炎、咽喉肿痛、过敏；
皮肤科： 湿疹、痤疮、疱疹；
肌骨科及神经科： 关节炎、神经痛、坐骨神经痛、背痛、粘液囊炎、肌腱炎、颈僵直、贝尔麻痹、三叉神经痛、头痛、中风、扭伤；
泌尿生殖科： 不孕不育、月经前综合症、阴道炎、月经不调、腹痛、怀孕初期反应；
精神心理科： 焦虑、抑郁、压力大、吸毒、失眠

Acupuncture for Spa

The applications for acupuncture set in the spa environment are enormous. Guests at spas are becoming more results-orientated and stressed at the same time.

At the core of the world's problems with stress levels and modern living is yin deficiency. People are running around more than ever. Technology has made many things in life more convenient but also has placed greater demands while also shrinking our attention spans. Yin deficiency is a global diagnosis. We lack the ability to relax, unwind, and find some stillness in our daily lives. The go-go yang world keeps calling us into the future. Have you checked your e-mail yet? Doing rather than being.

The whole idea of a spa is a place to relax, recharge, rejuvenate the body, mind and spirit. In short, a place to charge the yin. A place to simply be.

Acupuncture is a yin treatment in many respects. You sit alone and still with needles in your body in a quiet and relaxing environment. The body lets out all the static energy and relaxes your body, mind and spirit. Charging the yin, so people can feel more balanced in this very yang world of ours.

People crave more yin in their lives. This lack of yin is why people want to come to a spa. The fact that acupuncture has a proven record for a wide range of health concerns and can truly charge the yin is a powerful tool for attracting spa clients.

I am reminded of a recent German study that found acupuncture to be more effective in relieving neck pain than massage. Spas are always looking for ways to improve services or offer new treatments. Acupuncture continues to prove itself an incredibly effective treatment. A treatment that, when done well, people will seek out again and again.

The World Health Organization's list of what acupuncture can treat

Infections: colds and flu, bronchitis, hepatitis.
Internal: hypoglycemia, asthma, high blood pressure, ulcers, colitis, indigestion, diarrhea, diabetes, constipation, and hemorrhoids.
Eyes-ears-nose-throat: deafness, ringing in the ears, earaches, poor eyesight, dizziness, sinus infection, sore throat, allergies.
Dermatological: eczema, acne, herpes.
Musculo-skeletal and neurologic: arthritis, neuralgia, sciatica, back pain, bursitis, tendonitis, stiff neck, Bell's palsy, Trigeminal neuralgia, headache, stroke, sprains.
Genito-Urinary and reproductive: impotence, infertility, PMS, vaginitis, irregular periods, cramps, morning sickness.
Mental-Emotional: anxiety, depression, stress, drug addiction, insomnia.

柔能克刚——道德经

道德经中的这句名言常常会让我联想到针灸神秘的力量。当尖硬的金针刺入肌肉或穴位时，柔韧的肌体组织会出于本能产生排异反应，而正是这种排异的过程产生了神秘而强大的治愈力量。

The soft overcomes the hard — Tao Te Ching

These words from this ancient classic remind me of the tremendous power of acupuncture. Hard needles go into tight or hard acu-points or muscles, but it is the power of your soft body rejecting and then accepting these needles that makes the treatment effective. Your body has to become soft in the reaction to the hard needles. It is only natural.

所有的疾病都源于我们思家心切 ——Diane M. Connelly

任何一个好的疗程，无论是按摩还是针灸，都应该能帮助人体恢复内在的平衡，感受到如同回家一般的自在。

Diane M. Connelly的这个比喻简洁易懂，但究竟要如何通过疗程重新激活人体系统，却不是一件简单的事，整个过程因人而异。若运用得当，针灸可以帮助你镇静心绪并取得身心平衡，另外，一个成功的针灸疗程可以说是一次宝贵的“宇航体验”，它可以将你体内的“小宇宙”调节到最合适的位置，帮助回归真正的自我。

All sickness is home sickness — Diane M. Connelly

Any good treatment, whether it be a massage or acupuncture, should return the being to a sense of balance.

This is the feeling of beng at home within ourselves.

Of course, metaphors of rebooting your computer system are helpful, but are only metaphors. There is something larger at work, something that is very personal. Something that helps calm spirit, ground being, and reconnect the head with the body during treatment. And beyond all of that, acupuncture can be a cosmic experience; tuning into the cosmic radio station of your true self.



中医与水疗

访中药研究，泰式医疗按摩专家、
综合营养学家Ken Rosen M.S. L.Ac.

Ken Rosen M.S. L.Ac.是中药研究，泰式医疗按摩专家、综合营养学家。目前是泰国奇瓦颂度假村常驻理疗专家。他还在纽约亚太学院东方医学专业执教七年多，主要教授营养学、诊疗和泰式医疗按摩，发表过多篇论文，内容涉及中医、癌症治疗和营养学。也是目前炙手可热的国际性研讨会讲师。

您觉得西方国家对中医的认识是怎样的？

在西方人的概念里，中医疗程只有针灸一种。人们通常害怕打针，所以西方对中医针灸尊重之余多少有些畏惧。同样的，西方国家没有中医医师这个概念，所有从事中医研习和治疗实践的都被称为职业针灸师。

您如何看待中医在中国医疗实践中的作用？

与其它国家地区相比，中医在发源地中国显然有更深的文化积淀。举个例子，在中国，“气”这个字不仅用于诊断治疗，在日常对话中出现的频率也很高。自行车轮胎瘪了，中国人就会说：“你的轮胎没气了。”这些寻常对话所折射出的思想文化让我受益多多。

近些年来，现代生化科技的影响下中医也发生了不少变化，例如针灸的生物电刺激得到更多应用，传统中医的临床运用也更加细化。因此，一位中医医师除了有中医知识以外，也可能是位资深肌体护理专家。

在我看来，一个好的医生应该对病人的健康状况有全面的判断，教授他们如何重建身心平衡，而不是单单治疗疾病。

The Healing Power of TCM

An Interview with Ken Rosen M.S. L.Ac. Practitioner of Traditional Chinese Medicine

By Lily Lu

Ken Rosen has been studying medicine since he was diagnosed with cancer over 20 years ago. After receiving a film degree from New York University, Ken Rosen attended the Pacific College of Oriental Medicine and graduated with a master's in the Science of Traditional Oriental Medicine. Outside his private practice as a licensed acupuncturist and board-certified herbologist, Ken also taught classes in nutrition, diagnosis and Thai Medical Massage in New York. He moved to Thailand in 2006 to join Chiva-Som as a resident therapist. Ken has been published internationally, with numerous articles on Chinese medicine, cancer treatment and nutrition, and has presented at prominent conferences

in the US and Asia.

What kind of TCM treatments are the most popular among foreigners, and why?

I think foreigners generally think of acupuncture as the only TCM treatment. Of course, because of the nature of needles, there is usually some fear around it. On the other hand, because of the nature of needles, people think acupuncture is more of a medical procedure. So, there is some fear along with respect for acupuncture. Likewise, practitioners are known as licensed acupuncturists not TCM doctors in the west.

How do you think TCM is seen in China?

Obviously TCM is much more part of the cul-

ture in China than other places. For instance, 'qi' is used commonly in daily speak and also in medical speak. I had a flat tire on a bicycle once in New York, and my Chinese teacher said that there was no 'qi' in the tire. That taught me a lot. I do think TCM, because of strong modern bio-medical influences in China, has changed. A patient of mine from China actually gave it a name, CCM, or Contemporary Chinese Medicine. There is much more use of electrical stimulation with acupuncture and a focus on specialization within the medicine. So, a patient will go to a skin specialist TCM doctor.

To me, this loses some of the wholistic root of TCM. A good doctor should see the whole picture and try to teach patients about balance.