

Daoist Acupuncture and Pain Relief

Classical acupuncture has its roots deep within the culture and traditions of China. Taoist arts represent some of the oldest forms of Chinese thought. Taoists have attempted to explain and organize observed natural phenomena in a concise and reproducible manner. The meridian system and point selection used in acupuncture can best be explained through the study and application of the symbolism of the I Ching/ BaGua. All sorts of physical complaints can be treated using this symbolism.

When using the I Ching/ BaGua, an acupuncturist will look at the body as a whole, and each part of the body can be seen as a holographic image of the whole body. For this reason, distal points can be used to treat a physical complaint. For example, if a patient has a headache, points on the hand, foot or leg are chosen to needle. Using distal points has some of the strongest and safest effects in treatment. Whiplash can be treated in the ankle, assuring no bruising or reinjury of the traumatized area. It is possible then to treat both chronic and acute pain effectively using primarily acupuncture.

Not only can a Daoist approach to acupuncture treat pain and orthopedic injuries, it can be used to treat internal complaints as well. Commonly treated systems include:

- digestive
- gynecological
- liver
- mental/emotional
- kidney and urinary
- respiratory
- circulatory

Recent studies have shown the effectiveness of acupuncture to treat asthma, high blood pressure, depression, dysmenorrhea, irritable bowel syndrome and paralysis.

