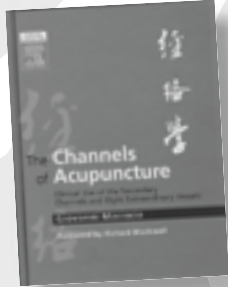


Reviews



THE CHANNELS OF ACUPUNCTURE:
CLINICAL USE OF THE SECONDARY
CHANNELS AND EIGHT
EXTRAORDINARY VESSELS
by Giovanni Maciocia
Churchill Livingstone, hardback,
738 pages, £64.99

The channels are one of the unique features of Chinese medicine, the key anatomical/energetic feature that underpins the view of the body as an integrated whole. Rather than muscles, connective tissue, nerves, blood vessels etc. Chinese medicine emphasises the channels that interweave all these structures, connecting the exterior of the body with its deepest layers, the extremities with the centre, above with below and vice versa. This perception is extant today, not only in the practice of acupuncture, tuina and herbal medicine, but also of qigong where stretching and twisting the body, in tune with the breath and focused attention, is understood to open the channels throughout their depth (rather than simply stretch the muscles).

The knowledge of the channels goes back around two thousand years, and is marked by an extraordinary period of development during the Han dynasty (approximately 200 BCE to 200 CE). Discoveries at the Mawangdui and Zhangjiashan sites, sealed in 168 BCE, show an unsophisticated system of eleven channels which travel roughly parallel to each other without interconnecting. By the time of the Yellow Emperor's Classic, probably not much more than 200 years later, much of 'modern' channel theory is laid down.

It is axiomatic of course to say the channels particularly underlie the practice of acupuncture, but this often seems to be forgotten, given the emphasis on individual points and, in recent years, on the study of modern anatomy at the expense of traditional Chinese anatomy (i.e. channel anatomy). I have experience of teaching in many different countries, but while I am often shamed by students for my approximate grasp of muscular anatomy, I have yet to find a single student or practitioner with a comprehensive knowledge of the channels, particularly the secondary channels and the deep pathways of the primary channels.

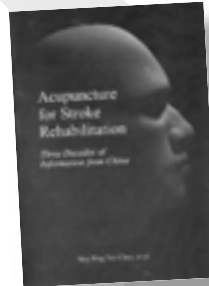
This reluctance to teach channels to the same level as modern anatomy ends up failing students who are nevertheless often expected to learn the points in great detail. For it is clear from even a cursory study of the traditional indications of the points that while some are empirical, some derive from their location, and some from their association with the zangfu and the 'external' pathways of the primary channels, many can only be understood from their effect on the deep pathways of the primary, luo-connecting and divergent channels. Furthermore many uses of the points involve channel relationships

(particularly the six channels) or derive from broad principles of channel treatment (for example that the more distal points treat the head while points near the knees and elbows treat the chest and abdomen). As in all things, learning great swathes of detail is made easier by understanding the principles that underlie it.

Here then we have a book that can help remedy these deficiencies and bring channel theory to the forefront of our attention. Aided by numerous attractive illustrations and many quotations, it covers virtually every aspect of channel history, theory, pathways and clinical use, not just of the primary channels of course, but also of the membranes and fat tissue, the triple burner, the connecting, muscle, divergent channels and the cutaneous regions. Considerable attention is lavished on the eight extraordinary vessels which occupy around half of the book's length.

This is yet another extraordinarily comprehensive book from Giovanni Maciocia which adds to his ever-growing list of core Chinese medicine textbooks.

This book is available at a reduced price from the JCM bookshop (www.jcm.co.uk/01608-659110)



ACUPUNCTURE FOR STROKE
REHABILITATION
Three Decades of Information from China
Hoy Ping Yee Chan
Blue Poppy Press, softback, 176 pages,
\$29.95

Specialised books that focus on the treatment of one particular disorder are of immense benefit to practitioners since they can explore the condition in much greater depth than is found in more thinly spread clinical textbooks. Anyone who has worked in a Chinese hospital knows how extensively stroke is treated and how focused the treatment is on achieving the maximum possible rehabilitation. In Western countries, however, patients are unlikely to benefit from acupuncture since hospitals are largely ignorant of how much it has to offer. One of the first steps to changing this situation is for practitioners to be as well informed as possible about stroke and strategies for its treatment, and to approach hospitals armed with a good knowledge of stroke research, most of it Chinese. This book is an essential text for anyone treating stroke and its sequelae and will maximise the chances of its adoption into the medical system.

Chapter One explains stroke from the viewpoints of both Western and Chinese medicine. Chapter Two briefly overviews standard acupuncture treatment of stroke (classical techniques, first aid treatments and treatment of sequelae). Chapter Three gives an account of five different approaches to stroke treatment from recognised experts, for example Wang Le-ting's 13 treatment methods, Jiao Shun-fa's scalp needling method, Peng Jin-Shen's

periocular needling method. Chapter Four briefly discusses clinical trials, while Chapter Five at greater length analyses clinical trials exemplifying the use of twenty special techniques such as one point treatment, tongue acupuncture, the use of paravertebral points etc. Chapter Six offers treatments for 23 post-stroke symptoms, from depression, through dysfunction of the thumb, wrist, ankle, upper extremities, aphasia, ataxia etc. to persistent laughing after stroke. Chapter Seven covers abstracts of clinical trials and experiments showing the effects of acupuncture on Western medical markers in humans and animals. Chapter Eight comprehensively covers prevention of stroke, both self-help and through treatment and importantly discusses warning signs of impending stroke. Finally, appendices include the Chinese national standard for diagnosis of stroke and outcomes of its treatment, the author's experiences with the treatment of neurological conditions by acupuncture, and how to talk to patients and their families about stroke.

Peter Deadman

This book is available from The Journal of Chinese Medicine bookshop www.jcm.co.uk/01608-659110.



TREATING PEDIATRIC BED-WETTING WITH ACUPUNCTURE AND CHINESE MEDICINE

Robert Helmer

Blue Poppy Press, paperback,
252 pages, \$24.95

Robert Helmer has done great work here, pulling together a great deal of information that would have otherwise remained scattered in sources that most practitioners do not have easy access to. From the beginning of the book, the approach is systematic. Clear definitions are given of Primary Nocturnal Enuresis (PNE) and Secondary Nocturnal Enuresis (SNE), together with some statistics related to age groups of sufferers etc. Herbalists are likely to gain most from this book as the bulk of the Chinese research relates to herbs, with smaller amounts on acupuncture, tuina, combined therapies and the external use of herbs. However there is useful information for all those who treat children.

This book has grown out of the fact that Chinese medicine has a great deal to offer in treating this distressing condition. The emotional impact that successful treatment of nocturnal enuresis (NE) has on self-esteem and on the whole dynamics of the family cannot be understated. The psychological factors involved in NE are discussed in the text, along with the less well-known co-morbidity of NE and Attention Deficit Hyperactivity Disorder (ADHD) which is about 30%, considerably higher than expected by chance alone.

Chapters 3,4 & 5 cover the Western medicine causes, diagnosis and treatment of NE. Research carried out in 1995 indicates that alarm therapy is the only Western modality that shows any persistent effectiveness (the relapse rates for treatment with imipramine and desmopressin are high and at

twelve months were no different from an observational group). However many of the cases that present for treatment with acupuncture in our clinics will come from patients for whom alarm therapy has had no success, apart from waking up the rest of the household.

Helmer gives an excellent discussion in chapter 6 of the Chinese medical causes and mechanisms of enuresis. Regarding Heart spirit in children he says " ... When the spirit is quiet and tranquil, heart fire or yang moves downward to the kidney to transform cold water. But when it is disquieted it tends to stir frenetically and counterflow upward. Hence, heart fire and kidney water fail to interact, ... In this case, kidney vacuity is the proximate cause of enuresis, but a disquieted heart spirit is a complicating or even causative factor."

Chapter 8, which forms more than half the book, deals with Chinese research on NE, subdivided into sections on ancient formulas, empirical formulas, external treatments, combined treatments, acupuncture, moxibustion, tuina, electroacupuncture and various combinations of treatments. It has some extremely useful discussions of studies made with quite large numbers of patients. Herbalists and those wanting a fuller understanding of the various herbal strategies behind the treatment of this problem will be rewarded with discussion of many different approaches to the use of Chinese herbal medicine. This is of great value to practitioners as it demonstrates that Chinese medicine, as always, is in evolution and that there is a constant refining of the practical and effective, informed by the theoretical background. The results of the research in this section, which have mainly been published in respectable Chinese journals are impressive.

To give a flavour of this research, there is a Dr Zhao Ling who says that " ... when there is insufficiency of kidney yang, the heart yang is not aroused. This then results in an extremely deep sleep and spontaneous urination. Yu Jin, Shi Chang Pu and Yuan Zhi are used in order to open the heart orifices, diffuse the qi, dispel phlegm, arouse the brain and clear the spirit."

Professor Yu Jin-mao, who is a teacher of the author, believes Shi Chang Pu and Yuan Zhi are not very effective and prefers to use Ma Huang to cope with enuresis resulting from deep sleep. He also points out that 30% of enuresis sufferers have a history of recurrent upper respiratory tract infections and simultaneously develop asthma.

Dr Xu Xiao-zhou, in discussing the simple but rich prescription (Bu Gu Zhi, Jin Ying Zi, Fang Feng, Gao Ben, Fu Ping Zi, Shi Chang Pu, Gan Cao) used for treatment of 109 cases of enuresis, refers back to Zhang jie-bin's saying: "to treat water, you must treat the qi, and, to treat the kidneys, you must treat the lungs."

A study by Zhao Guo Ren shows good results with a very straightforward prescription, Gu Quan Yin (Secure the Stream Beverage), which simultaneously regulates the heart, lungs, spleen and kidneys and which he/she has used for more than 20 years.

Chapter 7 ('Treatment based on pattern discrimination') discusses the Chinese medicine causes and patterns of

disharmony. For a book of this size it would be good to have a bit more discussion here. There is one pattern of disharmony demanding to be articulated with more clarity and that is where phlegm impedes the ascent and descent of clear yang and yin, with the result that the kidneys and heart lose connection, anxiety is woven into the pattern and sleep may become very deep. The relationship between heart, phlegm, spleen, kidney yin and kidney yang, which one sees in practice more often than in the literature, seems to be left out of many Chinese books on NE and daytime enuresis. The role that this dynamic plays is clear in the use of herbs such as Yuan Zhi and Shi Chang Pu discussed in the section on Chinese research.

From a neuroanatomical perspective, there is the possibility that taking greater account of the effects on the senses of phlegm and the deeper connections between phlegm production and the yin-yang balance of the zangfu can help establish more useful connections between the central nervous system and the bladder. The result of successful treatment is that the child can wake in time without the disappointment, sadness and frustration resulting from NE.

As with any text, there are some sections that it might have been better to omit, for example the bladder training exercises. These might be counterproductive, in that the child may be confused by being asked not to respond clearly to the sensation/pain of a full bladder. Other minor criticisms are that some of the acupuncture treatments are not relevant in the West,

for example the use of 28 gauge needles or the point Huiyin REN-1. Herbalists have to be on their guard when reading trials that used certain banned herbs such as Ying Su Ke (Papaveris Pericarpium), Fu Zi (Aconiti Radix lateralis preparata) and higher doses of Ma Huang (Ephedrae Herba) than are allowed in the UK. The comparison trial for imipramine, desmopressin and alarm therapy dates from 1995 and it is to be hoped this book will inspire a further edition with research comparing treatment using acupuncture, herbs, tuina, western herbs etc. in western trials. The acupuncture points suggested are too narrow in range to warrant an acupuncturist buying this book, for example the omission of Lieque LU-7 in treatment of spleen-lung qi vacuity pattern of enuresis.

This work makes a valuable contribution in helping us understand a condition which is still not very well dealt with by Western medicine. It will form an extremely useful resource for further research, simply by showing which strategies worked well, and it will be an inspiration to any practitioner who works with this sometimes difficult complaint. Chinese medicine and all its users will benefit a great deal from well-researched books like this one.

Tim Martin, past contributor to *The Journal of Chinese Medicine* and *A Manual of Acupuncture*, in practice at Worthing (from 1983) and The Children's Clinic, Brighton (from 1985).

This book is available from the JCM bookshop (www.jcm.co.uk/01608-659110)