



# ICMART LEXICON of Medical Acupuncture

ICMART

International  
Council of  
Medical  
Acupuncture and  
Related  
Techniques





# HUNGARY



## HUNGARY

### NATIONAL/REGIONAL PRACTICES

Type(s) of Medical Acupuncture most commonly practiced:

1. Traditional Chinese Medicine
2. Auriculomedicine in accordance Nogiére and latest development on auriculomedicine.
3. Microsystems ( Yamamoto New Scalp Acupuncture, Oral-acupuncture, Su-jok system, e.t.)
4. Related techniques: Neuraltherapy, Electroacupuncture, EAV, Magnetotherapy, Soft-Laser therapy, Bioresonance therapy, as special form of physiotherapy

Definitions

**1. Traditional Chinese Medicine:** The current name for an ancient system of health care from China. Traditional Chinese medicine (TCM) is based on a concept of balanced qi (pronounced "chee"), or vital energy, that is believed to flow throughout the body. Qi is proposed to regulate a person's spiritual, emotional, mental, and physical balance and to be influenced by the opposing forces of yin (negative energy) and yang (positive energy). Disease is proposed to result from the flow of qi being disrupted and yin and yang becoming imbalanced. Among the components of TCM are herbal and nutritional therapy, restorative physical exercises, meditation, acupuncture, and remedial massage.

**2. Auriculomedicine :** Auriculotherapy is a clinically effective treatment modality utilized for the relief of acute/ chronic pain and the alleviation of substance abuse. The external ear has been shown to have a somatotopic organization in an inverted fetus pattern, wherein each part of the auricle corresponds to a specific part of the body. Detection of electrical conductance and tenderness palpation can reveal specific auricular reflex points which can be stimulated to alter pathological reflex patterns in the brain, in internal organs, and in different peripheral regions of the musculoskeletal body.



**3. Microsystems:** The development, systems, theory, clinical uses, and holograms of microacupuncture. Every part of the body can function as an energetic reflection of the body as a whole, both diagnostically and therapeutically. The Front Mu points and back Shu are an early microsystem. Each of the 12 Mu-Shu levels defines a torso reflex zone. The tongue and radial pulses function classically as diagnostic microsystems. Anatomy, as well as Sheng and Ke cycle 5-element phases, can be reflected in pulses. The ear microsystem developed first by Nogier is discussed above mentioned.. A table outlines 42 microsystems and is accompanied by 13 pages of sketches of the holograms involved in each system. Details of each system, from scalp (YNSA ), face, and nose, to foot and hand, are discussed. Sometimes 2 or more holograms can exist for 1 body part, as with Nogier's 3 phases and a Chinese system for the ear. There is also the Fitzgerald-Ingham foot and hand system contrasted with Yoo's Korean Koryo Chim hand approach that is very detailed and exacting in use. A US and German tooth system (Gleditsch oral system) coincide. A metacarpal linear system (Zhang Ying-Qing) is proposed as embryo containing the information of the whole organism (ECIWO). It is proposed that every long bone of the body might contain this 12-point system.

Almost a half century of investigations by many researchers backs the validity of microsystems. These many systems make us give less credence to the conventional premise that there are definite acupuncture points and therefore, non-acupuncture points. Micro-acupuncture systems could be used to treat body conditions of pathology. These micropoints, like their larger meridian cousins, have relatively high electrical permeability and they appear to consist of energy networks. Some systems, such as hand and foot, could be taught to the public and even used by children as first aid procedures (eg, finger acupressure).

**4. Neural therapy** is an injection technique known to provide instant relief of pain, increased motion and return of function for some problems not able to be helped by other methods. In 1925, two German physicians, Ferdinand and Walter Huneke discovered that procaine and lidocaine anesthetics caused immediate resolution of pain symptoms when injected into scars, nerves and tissues. Nowadays we use Xyloneural injection.



Nerves work by having a normal nerve flow. Nerves monitor and control all the body's parts. Muscles move because of nerve flow to them. The heart beats because of nerve flow controlling it. All the special senses and internal organs work due to the control of the nerves. The nerve flow is critical to the sensation, function and movements of the entire body. When nerves become damaged through surgery, injury, falls, burns, and so forth, this vital nerve flow is broken. The broken nerve flow is like a short circuit in your house wiring. Pain, lack of motion, loss of function, poor endurance and many other body control malfunctions result from broken nerve flow and remain until the nerves are fixed. Everyone knows that local anesthetics block pain. The new information is that local anesthetics restore normal nerve flow. When the nerve flow is restored, the function and energy are instantly corrected. The pain and other sensory problems also instantly improve or resolve entirely. The nerve flow is restored by the exact placement of local anesthetic into and around the precise nerves involved. The injections are done with a very thin needle by a physician specifically trained in post-doctoral work in neural-fascial therapy. Cortisone is never used by doctors specifically trained in neural-fascial therapy. Fascial means tissue. This fascial tissue interconnects all the body's parts. In science there is a law which states that structure determines function. Thus a pain and lack of function can result. In falls, hits and pulling injuries, structure is altered without visible scar formation. Tissue becomes squished or compressed. Since the structure has been changed, the function becomes abnormal. Neural-fascial therapy is often ideal for this problem. The tiny needle injecting a volume of local anesthetic restores the structure similar to a bicycle pump blowing up a flattened tire. Once the structure is restored, the function returns quickly and without side effects. The exact palpation leads to points to be needed, which are often acupuncture points.

**5. Other related techniques:** As the mechanic energy can be applied to the bioactive points as acupuncture, so could be applied other energy: magnetic, electric, electromagnetic, as a part of special physiotherapy for having effect to the body.



### C. Education/Training Requirements

<b>Medical Acupuncture Modality</b>	<b>Theoretical Hours</b>	<b>Clinical Hours</b>	<b>Proficiency Testing</b>	<b>Preliminary Practice</b>
<b>TCM</b>	600	600	Y	Y
<b>Auriculoth-</b>	80	120	Y	Y
<b>Microsystems</b>	60	60	Y	Y
<b>Related techn.</b>	40	40	Y	Y

### CORE CURRICULUM

#### TCM:

Yin-Yang Theory: The basic concept of the Yin-Yang theory; applications of Yin-Yang theory in TCM

Five Element Theory: the basic concepts of the Five Element theory; applications of the Five Element theory in TCM; classification of objects according to Five Element theory

Causes of disease in TCM:

\* External causes: Six Vicious Energies

\* Internal causes: Seven Emotions

Pathological changes in TCM: Ba-Gang theory, pathological changes in Six Meridians

The principles of treatment in TCM

Terminology of TCM

Basic theory in Acupuncture Meridians

Diagnosis in TCM

Four methods of diagnosis

Diagnosis by observation (including tongue diagnosis)

Diagnosis by hearing and smelling

Diagnosis by interrogation

Diagnosis by palpitation (pulse diagnosis)

Bagan Bian Zheng (8 Principle Syndromes Diagnosis)



## Organ Diagnosis (Zang/Fu Bian Zheng)

### Qi and Xue Diagnosis

### 4 Level Diagnosis (Wei, Qi, Ying, Xue Bian Zheng)

### 6 Channel Diagnosis (Liu Jing Bian Zheng)

## Chinese Herbology

### Introduction to Chinese Herbology:

- \* Brief history
- \* four Energies of herbs
- \* Five Flavours of herbs
- \* connection between energies & flavours of herbs, movement of herbs
- \* meridian-directing herbs
- \* conventional pairing of herbs
- \* methods of taking herbs
- \* dosage of herbs
- \* storage of herbs
- \* processing of herbs

Classification of herbs: approximately 200 of the most frequently used herbs will be discussed in detail

## Chinese Acupuncture I

### Distribution and functions of the meridians:

- \* the 12 meridians
- \* the 15 main collateral meridians
- \* the branches of the 12 meridians
- \* the 12 muscular meridians
- \* the twelve skin areas

### Clinical applications of meridians in diagnosis and treatment

Classification of acupuncture points, including the acupuncture points on the 14 major meridians; extraordinary points, pressure points

### Action of acupuncture points

### Specially marked points



### Locating acupuncture points of the 12 meridians

### History, Terminology of TCM and Chinese Language (only short)

Brief introduction to the history of TCM, Chinese language pinyin writing and the spoken Mandarin form, as well as commonly-used TCM terms.

### Clinical Observation, Qi Gong Practice

Observation of doctors' or senior students' clinical practice

Preparing Acupuncture treatment

Practicing Qi Gong

Practicing Moxibustion

Learning basic needle techniques

Learning basic Tui-na (Chinese Massage) techniques

Understanding clinical procedures

Communication Skills, Ethics

Regulations of Traditional Chinese Medicine practitioners and acupuncturists

Communication skills with patients, within and across health care providers groups

### Ethics in TCM, and acupuncture

#### Clean needle technique

#### Clinical training program (practice management)

#### Acupoint Locations

Discussing the main 12 channel locations by using different acupoint location methods, functions, symptoms and clinical applications.

Focus on the acupoints anatomic locations and point combinations

#### TCM Internal Medicine

Introduction of basic concepts of disease mechanism, symptoms and treatment of internal diseases. The following diseases will be discussed as to causes, pathological mechanisms, symptom differentiation, treatment principles and methods:

- |                               |                                  |
|-------------------------------|----------------------------------|
| * Heart diseases              | * Liver and gallbladder diseases |
| * Lung diseases               | * Kidney diseases                |
| * Spleen and Stomach diseases | * Other organ diseases           |



## TCM Gynecology

The characteristics of women's physiology

Causes and pathological changes in women's diseases

Diagnosis in women's diseases

5 broad categories of women's diseases:

- \* Diseases of menses
- \* Diseases of morbid leucorrhoea
- \* Diseases of pregnancy
- \* Postpartum diseases
- \* Women's miscellaneous diseases

Common children's diseases: cold and flu, cough, asthma, pneumonia, vomiting, diarrhea, abdominal pain, indigestion, convulsion, epilepsy, urinary disorders, blood diseases, perspiration, infectious diseases, slow development, etc.

## Formulas ( most important ones)

- \* Formulas for relieving the exterior syndrome
- \* Purgative formulas
- \* Harmonizing formulas
- \* Formulas for eliminating heat
- \* Formulas for eliminating summer heat
- \* Formulas for warming the interior
- \* Formulas for eliminating both exterior and interior syndrome
- \* Tonification formulas
- \* Formulas for calming the mind
- \* Formulas for opening the orifice
- \* Formulas with astringent effects
- \* Formulas for regulating qi
- \* Formulas for regulating blood
- \* Formulas for relieving wind syndromes
- \* Formulas for dryness
- \* Formulas for eliminating dampness



\* Formulas for eliminating phlegm

\* Formulas for relieving food stagnation

\* Formulas for eliminating mass and accumulation

\* Parasite expelling formulas

\* Emetic formulas

\* Formulas for relieving carbuncle

## Chinese Acupuncture II

Acupuncture insertion and technique

Scalp acupuncture

Ear acupuncture

Extra points and updated new points

Eight extra meridians and their points

Channel syndrome diagnosis and treatment

Five Senses Diseases and Pediatrics

Etiology and pathogenesis of the five sense organs; diagnosis and treatment of common disorders in them. Common children's diseases: cold and flu, cough, asthma, pneumonia, vomiting, diarrhea, abdominal pain, indigestion, convulsion, epilepsy, urinary disorders, blood diseases, perspiration, infectious diseases, slow development, etc.

Tui Na I

This subject provides students with general information in terms of Tui Na. The basic anatomy and Tui Na techniques will be discussed in classes based on different areas of the body. Indications and contraindications of Tui Na will be introduced as well.

Clinical Pre-practice

Qi Gong practice

Chinese Acupuncture III

Treating internal diseases by using acupuncture therapy, digestive disorders, respiratory disorders, heart and blood vessel disorders, nutritional disorders, urinary disorders, male symptoms

Treating women's and children's disorders using acupuncture therapy

Treating other diseases using acupuncture therapy



### TCM Dermatology

Common diseases in TCM surgery will be discussed

Common skin diseases: eczema, psoriasis, herpes, urticaria, pelade, chilblain, callosity, mites, zona, lupus, dermatitis, acne, scleroderma, verruca, impetigo, drug rashes, lichen

### Diet Therapy

An introduction to the traditional Chinese concept of food and nutrition. Important aspects of food are discussed which include the energies, flavours and actions. Chinese diet therapy provides a detailed and clinically proven method of deciding if a given food is appropriate for any individual's personal condition, for prevention of illness and balance of the body.

### Clinical Practice

In this course, the students will have an opportunity to practice acupuncture, moxibustion, herbology and Tui na intensely under supervision, building up clinical skills.

### Tui Na II

This subject provides students with knowledge of Tui Na in different kinds of clinical situations. The diagnosis and treatments of diseases of the neck, back, upper extremities and lower extremities will be discussed, especially focusing on Tui Na techniques.

### Application of Diagnosis and Treatment in Acupuncture & TCM

This class will have demonstrations of diagnosis, treatment and techniques in acupuncture and TCM. Clinical case studies will also be presented.

### Modern Herbal Pharmacology/Toxicology in Chinese herbs

Up-to-date pharmacological information of Chinese herbs, relevant Chinese herbal scientific experiments and clinical reports will be offered here. This is an opportunity for students to acquire in-depth study in ancient and modern pharmacology, as well increasing their knowledge of Chinese herb applications.

### Chinese Acupuncture IV

Acupuncture formula studies are according to TCM differentiation. A collection of case studies recorded by famous TCM doctors will be examined. A viewpoint from each doctor explains how patients with the same disease are treated with different acupuncture point combinations.



### TCM Gerontology

This course will discuss the diagnosis and treatments of common clinical situations in TCM Gerontology. The special features of TCM Gerontology will be emphasized as well.

### TCM Psychology

This course focuses on the disorders of both the physical body and the mind with TCM and other special therapies working as modern holistic medicine. Students will learn the concept of the new model of medicine, the social-psychological model, and therapies like music therapy combined with TCM for depression and other disorders involving both the body and the mind.

### Single and Double Acupoints

This is a basic introduction course covering the theory and principles of the single point acupuncture therapy and double point acupuncture therapy. Ancient Asian methods are combined with modern theory on acupuncture treatments. The most effective points are chosen to treat various common diseases by using single point or double points. This has become a popular therapy currently being used in China and throughout the world. In this class, we will examine information on new research and development of acupuncture.

### TCM Classic Texts ( short course only)

This course is a study of important articles of TCM literature, a huge treasure that serves as foundation for TCM today. We will discuss the originals in those classics like Huan Di Nei Jing, Jin gui Yao Lue, Shan Han Lun, and other works that help students to acquire a better understanding of traditional thought in TCM.

### Case Study, Clinically-Proven Formulas, and Licensing Exam Review

This subject will provide students with the ability to deal with difficult clinical situations and introduce clinically-proven formulas used in China and worldwide. It covers all clinical subjects. Licensing exam review may be introduced.

### Clinical Practice

In this course, students will have an opportunity to practice acupuncture, moxibustion, herbology and Tui Na intensely under supervision to build up their clinical practicing skills. Students will develop their ability to deal with various clinical situations.



### Modern Clinical Development and Research in TCM

This subject provides student with modern clinical development and research in the field of internal medicine, acupuncture and Tui Na. It also provides students with knowledge and ability to deal with various clinical situations and the ability to do further research or education in TCM.

### Urology and Male Sexual Dysfunction

This course will introduce TCM etiology, pathological development, diagnosis and TCM treatment (herb formulae and acupuncture) of common male sex disorders and related disorders, such as impotence, male infertility, disorders of ejaculation, prostate disorders, etc.

### Gynecology

This course will introduce TCM new achievements, which include herb formulae, single herbs, acupuncture and treatments in common difficult to treat female illnesses, such as female infertility, amenorrhea and metrorrhagia, etc.

### Clinical Practice

In this course, students will practice acupuncture, moxibustion, herbology and Tui Na intensely and independently to build up clinical practice skills. Students will also develop their ability to deal with a broad range of various clinical situations.

### Internship in China: ( with co-operation with Tangshan Medical University, Hebei, China

It is very important for students to get some clinical experience in China before final graduation; for this reason, the college takes every step to insure that all students have such an opportunity to improve their clinical skills. Although the clinical study tour to China in the second year.

### Traumatology of TCM

This subject provides students with knowledge of diagnosis and treatment of common diseases in trauma such as the general introduction to injury, dislocations and introduction to fractures, as well as injury of various parts of the body: how can be treated with acupuncture.



### Auriculotherapy:

- 1 Anatomy, topography
2. Original Nogier, 3 phase
3. Diseases which can treated by auriculotherapy, indications.
4. NADA
5. Ethical questions.

### Yamamoto New Scalp acupuncture: state of art course:

1. Introduction.
2. Microsystems, theory, explanation
3. Anatomy: basic, organ, somatosensoric, nervpoints, extra somatopies.
4. Cases: living outpatients treated by YNSA with active presence of students

### Neuraltherapy:

Anatomy, sympathic-parasympathic nervous system

Indications-contraindications

Cases.

Other related techniques: lectures, practice with small groups.

### Examination in TCM and other topics:

3 midterm test-examination

3 times small practice examination

Final examination: test, verbal, case- solutions, practice.

Certification: title: "MSc. of TCM and related techniques"

Precondition for exam: MD-diploma and specialization in any kind of medicine!

Exam: on Medical University.



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International Congress of Medical Acupuncture and Related Technologies (ICMART)

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