



ICMART LEXICON of Medical Acupuncture

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International
Council of
Medical
Acupuncture and
Related
Techniques





BULGARIA



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NATIONAL/REGIONAL ACUPUNCTURE PRACTICES

A. Type(s) of Medical Acupuncture most commonly practiced:

1. TCM

- Stimulation by needling of specific points on the body surface with intention by restoring and maintenance the Yin Yang balance to obtain particular therapeutic effects or influence capacity of the body to correct physical and energetic dysfunctions.

2. AURICULAR ACUPUNCTURE

- Microsystems are a subset of Acupuncture Theory where the whole body is treated by using a single part . The most well known and widely practiced Microsystem acupuncture is Auricular Acupuncture which fundament is Dr. Nogier's theory of the somatotopic correspondence of specific parts of the body to the ear based upon the concept of an inverted foetus. In the auricular microsystem acu - points on the outer ear are treated either needles or other devices to help relieve many chronic complains

3. SU JOK ACUPUNCTURE

- Similarity (Homo) is the basic principle of this method. Our entire body in miniature is represented in our hands and feet. In view of the exact similarity of the hands and feet any place and problem in the body can be influenced using the Su Jok correspondence treatment.



B. Education/Training Requirements

Medical Acupuncture Modality	Theoretical Hours	Clinical Hours	Proficiency Testing	Preliminary Practice
TCM	500	500	Y	Y
Auricular Acupuncture	40	40	Y	N
Su Jok Acupuncture	30	30	N	N

CORE CURRICULUM

TCM

The education in TCM is divided into two practically undividable/ like Yin and Yang/ parts - Theory and Practice in TCM , following several steps :

1. TCM Theory:

A. Historical overview of TCM .The philosophy of Chinese Medicine. Introduction to the basic theories-Yin Yang, Five Elements / Phases/, Zang Fu , Qi and Blood. Deqi.

B. A thorough study of The Acupuncture Channels and Collaterals. Acu-points. Classification of points-the top most commonly used points,Back Shu and Front Mu points, Connecting Luo Points, Eight Opening and Coupled Points,The six Divisions, etc.

C. Principles of Chinese diagnosis and treatment- Etiopathogenesis of the disease from the TCM point of view. Syndrome analysis /Yin-Yang, Excess- Deficiency , Heat-



Cold, Chinese and Western approach. Special emphasis on Chinese pulse and tongue diagnosis.

D. Contemporary scientific explanation of the mechanism and action of acupuncture. Modern related techniques – electroacupuncture, laserpuncture.

E. Microsystems in acupuncture-auriculopuncture, scalp acupuncture-special courses.

F. The educational program continues with some courses in Chinese herbs application and using the food as a drug according to Five Elements.

2. TCM Practice:

A. Education in the practical application of acupuncture starts with detailed understanding of the Acupuncture channels and Collaterals. Extraordinary points. Locating the acu-points, their action and most common indications. Principles of point selection /according to area, to syndromes, to diseases and to empirical knowledge and clinical practice.

B. Needling considerations-techniques, depth, angles, contraindications. Needle sizes and types. Cun measurements.

C. Moxibustion and cupping therapy-general cautions, methods, points contraindicated for moxibustion.

D. Clinical acupuncture practice. Treatment by means of TCM of common illnesses from different fields of the medicine-internal medicine, neurology, psychiatry, dermatology, gynecology, sport medicine, ORL, ophthalmology, etc. The practice is supervised by highly educated and experienced medical acupuncture doctors.

TCM training in Bulgaria is a part of the postgraduate education for medical and dental doctors. Though acupuncture has not got the status of separate medical speciality, we have confidence and ambition to educate theoretically and practically skilled, clinically thinking medical acupuncturists.



AURICULAR ACUPUNCTURE

The training covers :

1. Anatomy, embryology, innervation and pathology of the ear.

Detailed learning of Nogier's theory and Auricular maps and examining approximately 120 auricular points. Development of the Auricular model to Three Phase System. Ear and its interrelationship with treating chronic conditions and pain management .

2. Safe Auricular Acupuncture needling practice. Related techniques- electrical and laser devices, magnets and pellets.

3. Training the students to administer 5-point Detox Protocol - specialized program for treating Mental Health problems - Stress, Anxiety, Depression, Insomnia, Drug and Alcohol addiction.

4. Clinical practice under supervision of skilled medical acupuncturists that is helping to obtain clear and correct diagnosis and acupuncture treatment.

SU JOK ACUPUNCTURE - NEW KOREAN HAND AND FOOT ACUPUNCTURE

The educational course includes:

1. First level.

A. Main correspondence system-each organ and part of the body have their own projection on the hand and the foot.

B. Correspondence system "Insect"-save on the hole hands and feet the miniature body image is also located on each toe and finger separately.

2. Second level.



The Meridian system present in the body is also reflected in the hands and feet. This phenomenon makes possible to do metaphysical energy manipulation therapies using Six Ki, Six Emotions and Six Reasons theories.

Su Jok Acupuncture is simple and convenient to use. During all the course there are a lot of clinical examples and practical cases to discuss which makes the method easy to acquire.



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