



# ICMART LEXICON of Medical Acupuncture

ICMART

International  
Council of  
Medical  
Acupuncture and  
Related  
Techniques





# Uruguay



## Uruguay

### NATIONAL/REGIONAL ACUPUNCTURE PRACTICES

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

##### 1. Body Acupuncture

Point selection based on Traditional Chinese Medicine concepts; body point stimulation using acupuncture needles, moxibustion, electroacupuncture devices, cupping, laser devices and other techniques.

Point selection based on Neuro-anatomical and Neuro-functional knowledge, using acupuncture needles and electroacupuncture devices.

##### 2. Micro-systems commonly used

-Auricular acupuncture: Auricular point stimulation using specific needles or electronic devices.

-Scalp Acupuncture: Yamamoto's New Scalp Acupuncture

- Hand Acupuncture, etc.

#### B. Education/Training Requirements

Medical Acupuncture Modality	Theoretical Hours	Clinical Hours	Intermediate Tests	Final Exam
Traditional Acupuncture	90	40	Monthly	Yes
Neurofunctional Acupuncture	50	20	Monthly	Yes

### LEGAL STATUS OF ACUPUNCTURE IN URUGUAY

Practice of Medical Acupuncture is regulated since 2001 by a Decree of the Government: "...considering that acupuncture, as a medical technique that requires a prior diagnosis of the condition being treated and an assessment of the results achieved, can only be done by medical professionals and dentists with degree awarded by the University of the Republic, or duly authorized private universities registered with the Ministry of Public Health" Dentist can use Acupuncture in specific dental conditions.

As a consequence, formal teaching of Medical Acupuncture is only offered to Medical Doctors, and only by the *Asociación Uruguaya de Acupuntura* (Uruguayan Acupuncture Association)



## CORE CURRICULUM

### 1. TCM Theory:

- 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.
- 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.
- 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.

### 2. Contemporary Scientific Acupuncture:

- Study of the Central and Neurovegetative Nervous System. Neurotransmitters. Neuroanatomical and neurophysiological explanation of the mechanism of action of acupuncture. Tender points, Trigger points. Central sensitization, implications for the diagnosis and treatment of pain.
- Modern related techniques – electroacupuncture, laserpuncture.

### 3. Auricular Acupuncture

- Embryology, anatomy, and innervation of the ear.
- Detailed training of Nogier's theory and Auricular maps, development of the Auricular model to Three Phase System.
- Study of over 100 auricular points including Chinese and European points.
- The ear as an instrument for treating chronic conditions and pain management.
- Safe Auricular Acupuncture needling practice. Related techniques: electrical and laser devices, seeds, pellets and magnets.

### 4. Clinical Practice:

- Training in the practical application of acupuncture starts with detailed understanding of the Acupuncture channels and Collaterals. Locating of regular and extraordinary acupoints, their action and most common indications. Principles of point selection according to area, to syndromes, to diseases and to empirical knowledge and clinical practice.
- Needling considerations: techniques, depth, angles, contraindications. Needle sizes and types. Cun measurements.
- Moxibustion and cupping therapy: general cautions, methods, contraindicated points for moxibustion.
- Treatment of common illnesses from different fields of the medicine: internal medicine, neurology, psychiatry, dermatology, gynecology, sport medicine, otolaryngology, ophthalmology, etc.



- Training in practical acupuncture and treatment of clinical conditions is offered in an integrated point of view, applying traditional and contemporary knowledge.

***The needling practice among students and with real patients is supervised by highly educated and experienced medical acupuncture doctors.***