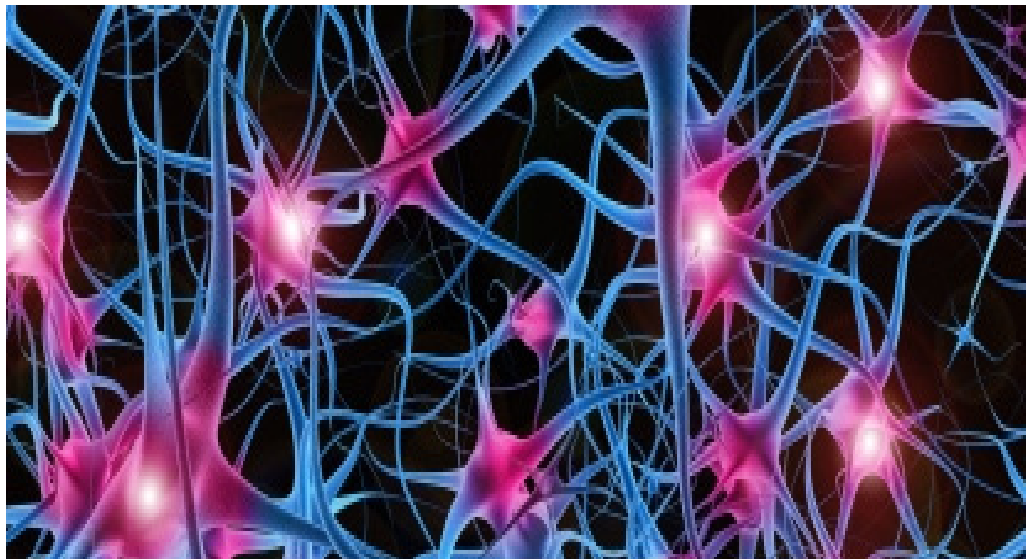


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Research: Acupuncture triggers
adenosine in humans. **P.1**
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29/11/2012 - Traditional Acupuncture triggers a local increase in adenosine in human subjects.

Acupuncture is a form of Eastern medicine that has been practiced for centuries. Despite its long history and worldwide application, the biological mechanisms of acupuncture in relieving pain have been poorly defined.



Research continued on page 2..

REN 6 / CV 6

REN6 (Conception Vessel 6)

Chinese Name: Qihai

English Name: Sea of Qi

Precautions: Contraindicated point during pregnancy.

Location: On the midline of the abdomen, 1.5 cun below the umbilicus and 3.5 cun above the superior border of the pubic symphysis.

Functions: Regulates the Qi functions, regulates the Qi circulation, strengthens deficient Kidneys, dispels Dampness, tonifies the body, prolongs life.

Primary Indications: Uterine bleeding, vaginal discharge, menstrual disorders (irregular menstruation, dysmenorrhoea, uterine bleeding), enuresis.

Secondary Indications: Flaccid wind-stroke.

Tertiary Indications: Lower abdominal pain, spermatorrhoea, hernia, diarrhoea/dysentery, uterine prolapse, female infertility, constipation, oedema, neurasthenia, heat-stroke, lumbago, appendicitis, retracted penis and scrotum.

Other Indications: Intestinal paralysis, polyuria, urinary retention, male urinary problems, dark yellow urine, five sores of urethritis, nephritis, duodenal ulcer (remarkable effects), enterorrhagia, underdevelopment in children, metritis, intestinal disorders, vomiting all that one eats, coma, emptiness of the five Zang, lack of essential energy, all chronic disorders due to energy problems (More indications available at www.acupuncture.com.au)

This information is from the book *Acupuncture Point Dynamics* by John McDonald.

Recent studies in mice, however, demonstrate that acupuncture triggers increases in interstitial adenosine, which reduces the severity of chronic pain through adenosine A1 receptors, suggesting that adenosine-mediated antinociception contributes to the clinical benefits of acupuncture. We asked here whether acupuncture in human subjects is also linked to a local increase in interstitial adenosine concentration.

We collected microdialysis samples of interstitial fluid before, during, and after delivering 30 minutes of conventional acupuncture in the Zusanli point in human subjects. The interstitial adenosine concentration increased significantly during acupuncture and remained elevated for 30 minutes after the acupuncture. Acupuncture-mediated adenosine release was not observed if acupuncture was not delivered in the Zusanli point or if the acupuncture needle was inserted, but not rotated.

This study strengthens the role of adenosine in acupuncture-mediated antinoci-

ception by directly providing such evidence in humans.

PERSPECTIVE: This article presents further evidence of the role of adenosine in acupuncture-mediated antinociception by demonstrating that local adenosine concentrations increase in the acupoint in human subjects receiving traditional acupuncture.

Country: USA

Institute: Division of Glial Disease and Therapeutics, Center for Translational Neuromedicine, Department of Neurosurgery, University of Rochester, Rochester, New York.

Author(s): Takano T, Chen X, Luo F, Fujita T, Ren Z, Goldman N, Zhao Y, Markman JD, Nedergaard M.

Journal: *J Pain.* 2012 Dec; 13(12): 1215-23. doi: 10.1016/j.jpain.2012.09.012.

Pubmed ID: 23182227

Upcoming Events - 2012

December 1 - Melbourne

Manaka Protocols Advanced Review Weekend - Paul Movsessian

(This is a multi-day event ending on the 02/12)

Contact: Australian Shiatsu College 03 9387 1161

December 16 - Sydney

Study Group Japanese Acupuncture/Moxa Skills by Ronnie Stein

(This is a multi-day event ending on the 16/12)

Contact: Ronnie Stein 0419 987 779 ronniestein@ozemail.com.au

Upcoming Events - 2013

February 1 - Sydney

Australasian Toyohari Meridian Therapy Course - Weekend 4

This is a multi-day event ending on the 03/02

Contact: Helio Supply

February 6 - Perth

Master Class in Traditional East-West Cupping Bruce Bentley

This is a multi-day event ending on the 08/02

Contact: Bruce Bentley on 03 95761787

February 9 - Perth

Modern Cupping Therapy presented by Bruce Bentley

This is a multi-day event ending on the 10/02

Contact: Bruce Bentley on 03 95761787

February 9 - Brisbane

Reproduction and Fertility Masterclass by Peter Kingston

This is a multi-day event ending on the 10/02

Contact: China Books on 02 9280 1885

February 16 - Melbourne

Master Class in Traditional East-West Cupping Bruce Bentley

This is a multi-day event ending on the 18/02

Contact: Bruce Bentley on 03 9576 1787

February 19 - Melbourne

Modern Cupping Therapy by Bruce Bentley

This is a multi-day event ending on the 20/02

Contact: Bruce Bentley on 03 9576 178