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Research: Acupuncture at ST36

for Asthma. **P.1**

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WFAS 2012 - Indonesia



The world federation of Acupuncture - Moxibustion societies (WFAS) are holding their yearly conference this year in Indonesia.

The WFAS - International Conference and Workshop on Acupuncture 2012 will be held in Bandung, Indonesia, at Maison Pine Hotel, from 16 – 18 November 2012.

For more information visit the WFAS website : <http://wfas2012-indonesia.com>

24/10/2012 - Effects of acupuncture at “Zusanli” (ST 36) on eosinophil apoptosis and related gene expression in rats with asthma

### OBJECTIVE:

To observed efficacy differences of acupuncture at “Zusanli” (ST 36) in rats with asthma and asthma with spleen-deficiency, so as to investigate the therapeutic mechanism.



## BLADDER 60

Chinese Name: Kunlun

English Name: Kunlun Mountains

Location: In the depression midway between the lateral malleolus and the Achilles tendon.

Precautions: Contraindicated in pregnancy.

Nature: Jing-River point of the Bladder channel, 8th of Ma Dan Yang's 12 Stars.

Functions: Dispels Wind, dispels Xie Qi from Taiyang channels, eliminates blood stasis from the uterus, relaxes the tendons and transforms Dampness, strengthens the lumbar and Kidneys.

Primary Indications: Headache, stiff neck, visual dizziness, pain and spasm of shoulder and back, low back pain.

Tertiary Indications: Pain in heel, epistaxis, infantile epilepsy, epilepsy, retained placenta, difficult labour, Bi syndrome of ankle, sciatica, foot swelling, malaria, paralysis of lower limbs, dyspnea.

Other Indications: Diseases of the head, aching among the upper teeth, goiter, hypertension, pain in heart radiating to back, abdominal pain and throughflux diarrhea, intestinal tuberculosis, pain and swelling of genitals, pain in vagina, sterility in women, pain the interior of the renal region and of the vertebrae, all glandular disorders, pain in hand, pain in knee joint, spasms in calf, swelling of limbs.

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

### METHODS:

Sixty SD rats were randomly divided into 5 groups according to their weight, named as an asthma with spleen-deficiency group (group A), an acupuncture on asthma with spleen-deficiency group (group B), an asthma group (group C), an acupuncture on asthma group (group D) and a control group. The rat models with spleen-deficiency in the first two groups were set up by TCM, then the rats of asthma model in the first four groups were induced by egg albumin, but the control group was treated by the same dose of saline. The group B and the group D were both treated with acupuncture at "Zusanli" (ST 36), once each day for 8 days, and the other groups remained unhandled. The mRNA expressions of Fas and Bcl-2 in the lung tissues were detected by hybridization in situ and apoptosis was detected by TUNEL (terminal deoxynucleotidyl transferase-mediated dUTP nick end labeling).

### RESULTS:

Compared with the control group, in both the group A and the group C, the expression of Fas mRNA significantly decreased, but the expression of Bcl-2 mRNA significantly increased (all  $P < 0.01$ ), and eosinophils (EOS) counts significantly increased, but EOS apoptosis rate significantly decreased (all  $P < 0.01$ ). Compared with the group C, in the group A, the expressions of Fas mRNA significantly decreased, but the expressions of Bcl-2 mRNA and EOS counts significantly increased (all  $P < 0.01$ ). At the same time, compared with the corresponding asthma groups, in both acupuncture

groups, Fas mRNA expression obviously increased, Bcl-2 mRNA expression was significantly reduced (all  $P < 0.01$ ), EOS counts remarkably decreased and EOS apoptosis rate significantly increased (all  $P < 0.01$ ). There were no significant differences in the expressions of Fas mRNA and Bcl-2 mRNA between the two acupuncture groups (both  $P > 0.05$ ), but compared with group B, in the group D, EOS counts significantly decreased and EOS apoptosis rate significantly increased (both  $P < 0.01$ ).

### CONCLUSION:

Acupuncture at "Zusanli" (ST 36) can regulate the disorders of Fas mRNA and Bcl-2 mRNA expression in the state of both asthma and asthma with spleen-deficiency, promote EOS apoptosis so as to inhibit the development of inflammatory reaction of asthma, showing that acupuncture at "Zusanli" (ST 36) has certain advantages on regulation of related gene of EOS in asthma with spleen-deficiency.

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## Upcoming Events

### **November 16-18 - Indonesia**

#### **WFAS International Conference & Workshop on Acupuncture**

When: 16 - 18th November 2012

Where: Badung, Indonesia

Contact: <http://wfas2012-indonesia.com/>

### **November 29 - Sydney**

#### **Kiiko Matsumoto - Fertility Lecture**

When: 4:00 pm - 7.00pm, Where: Embassy Conference Centre, 826

George Street

Contact: Qiology on +61 405 044 576 or [info@qiology.com.au](mailto:info@qiology.com.au)

This is a multi-day event ending on the 29/11

### **November 30 - Sydney**

#### **Kiiko Matsumoto - Treating the Dan Tien**

When: 9.00am - 5.00pm, Where: Embassy Conference Centre, 826 George Street

Contact: Qiology on +61 405 044 576 or [info@qiology.com.au](mailto:info@qiology.com.au)

This is a multi-day event ending on the 01/12