Investigating acu-points

Name

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Date

The purpose of this study is to investigate how reliable and specific FMRI signal changes are in the occipital cortex by the use two vision-related acupoints plus one NAP as well as clarifying how needle stimulation acupuncture at GB 37 and UB-60 acupoints relates to occipital brain activity. In their sturdy, Kong, Kaptchuk, Webb, Kong, Sasaki, Polich, and Gollub, (2009) noted that UB-60 and GB-37 are some of the vision-related acupoints that were used in the study. Point location method was used by an acupuncturist where the subjects were directed to have their eyes closed and be calm while concentrating on the sensations created by the stimulations from the electropuncture process. Needle and superficial electrode insertions were performed consecutively in order to obtain a unique sensation characterized by a feeling of numbness and fullness known as deqi sensations. Further, anatomical analysis (ROI) was applied in order to allow interrogation of global signal changes occurring in the anatomical region.

Group results revealed that in the occipital cortex, similar FMRI signal decreases were produced due to the electroacupuncture stimulation at the UB 60, GB 37 and NAP. There was no notable difference among the two vision-related acupoints and the NAP when deqi sensations were made explained as shown by the Anatomical(ROI) based group analysis. Group results showed a decrease in FMRI signal while individual results showed variations in the FMRI signal with some increasing, others increasing and some remaining constant in various trials (Kong, et.al, 2009).

The Acu-point UB-60 is located at the back of the ankle joint and is at the center of the depression between the lateral malleolus and the Achilles tendons' posterior border. It is a crucial point to remove excess wind, fire and yang from the body's upper part. It is therefore considered the fire point of the taiyang bladder channel.

References

Kong, J., Kaptchuk, T. J., Webb, J. M., Kong, J. T., Sasaki, Y., Polich, G. R., ... & Gollub, R. L. (2009). Functional neuroanatomical investigation of vision-related acupuncture point specificity—A multisession fMRI study. *Human brain mapping*, *30*(1), 38-46.