

Acupuncture —It's Origin in India

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"Suchi-Bhaden" (Suchi-needle, Bhaden-puncture) or "Shira-bhad" a synonym to acupuncture was in practice in India as a traditional art of healing. In fact, it originated beyond Himalaya where "Ayurveda" or herbal medicines were not available. Different types of instruments made of stone, bone or metal were used to puncture certain parts of the body in order to cure various ailments.

Besides this, many Indian traditions were employed in form of religion or culture like "Choti" (a tuft of long hair tied on head), "Kardhani" (bunch of thread tied around waist of children), "Jamu" (a bunch of thick threads across the body), bearing nose and ear rings, tattooing, bare-foot walks on grass, and Kundalini yoga to stimulate many vital acu-points to keep the body and mind healthy. The secret of healthy long life of Indian yogis is that they strictly observe these Indian traditions and practice "Kundalini-Yoga".

In remote Indian villages many such bare-foot doctors can be seen even now who extract out tooth without any pain or bleeding, by acupressure and cure many diseases by puncturing different parts of the body. Sometimes they also do cauterization or tattooing on certain points.

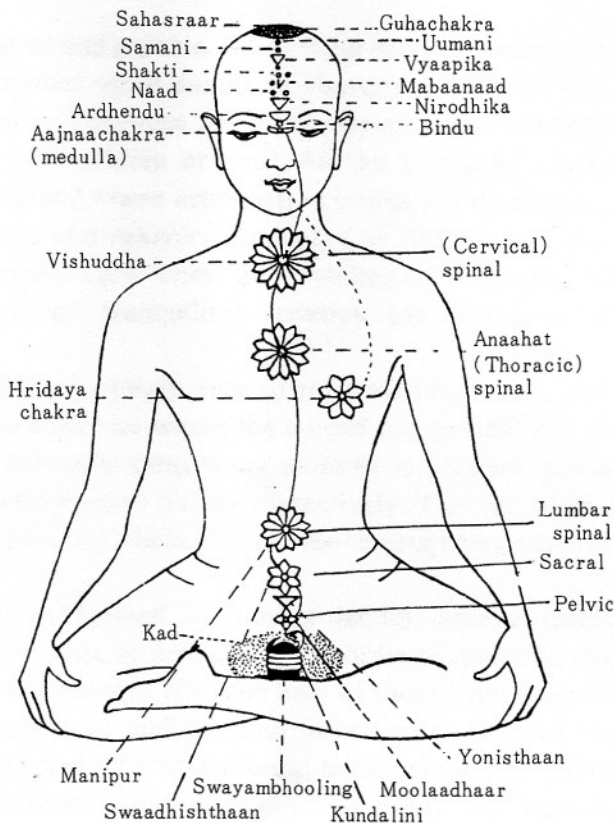
There is a lot of resemblance in Indian and Chinese schools of treatment, for example, five element theory, pulse diagnosis and Indian nadis and Chinese meridians. There are 7,200 nadis, some resemble with Chinese meridians.

Comparison of Indian Nadi and Chinese Meridians

Indian Nadi	Chinese Meridian
1. Kuhu Nadi	1. Lungs Meridian (肺經)
2. Alambusha Nadi	2. Large Intestine Meridian (大腸經)
3. Gandhari Nadi	3. Stomach Meridian (胃經)
4. Hastijivha Nadi	4. Spleen Meridian (脾經)
5. Yashwini Nadi	5. Heart Meridian (心經)
6. Payuswini Nadi	6. Small Intestine Meridian (小腸經)

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The Different Yogic Plexuses



7. Varuni Nadi
8. Vishodara Nadi
9. Saraswati Nadi
10. Shusumana Nadi
11. Shakhini Nadi
12. Pusha Nadi
13. Ida Nadi
14. Pingla Nadi

7. Urinary Bladder Meridian (膀胱經)
8. Kidney Meridian (腎經)
9. Pericardium Meridian (心包經)
10. Triple-Heater Meridian (三焦經)
11. Gall Bladder Meridian (胆經)
12. Liver Meridian (肝經)
13. Conception Meridian (任脈)
14. Governing Meridian (督脈)

In Indian philosophy about the body comprises five elements, i.e., sky, air, fire, water and earth. Earth includes wood and metal and nature is of two types jara (Yin) and chetna (Yang). The meridians of acupuncture are described as invisible pathways of energy and acupuncture points are the hollow or depressions where all the five elements are lying underneath the skin from where the flow of vital energy is regulated.

According to Indian philosophy the "Prana Shakti" (Chi or vital energy) is the basis of life. This vital energy is also known as "Kundalini". This is the serpent power. This power is in the coiled form. When stimulated or evoked by yoga or "Sadhna" it gets uncoiled which in effect begins to retrace its reverse path to its parental source Prana and mind can depend on two opposite charges of the force like yin and yang in different

plants in physical, astral and psychic. When these opposite charges unite at a particular plane, it results in another set of duality of charges on the next subsequent plane.

When Kundalini, placed between perineum and anus, is stimulated it commences its upwards journey in its meridian or nadi. All the Kundalini Chakras or plexus are situated at the same place where acupuncture points are described.

All the six symptoms of awakening Kundalini or Vedhamayee are similar to what a patient feels after acupuncture. These are a feeling of well being, trembling of whole body, a new born energy, tranquillity, sedation and awareness of ownself and its surroundings.

The "Kundalini Shakti" closely related to governing vessel and is controlled by coccygeal plexus below sacrum where the second energy centre is situated. The third, fourth, fifth and sixth energy centres are situated in prostate plexus, lumbar plexus, cardiac plexus and aoesophageal plexus respectively. The last is situated in cavernous plexus, the posterior part of glabella. From these centres energy of all meridians of nadis are controlled.

These centres are stimulated by mudra (style), asanas (postures), prayanams (breathing exercise) i.e. yoga or acupuncture in order to maintain the balanced flow of the pranashakti or vital energy. With the help of these yogic exercises the vital force starts flowing in proper way and directed to particular chakras and diseased points which can also be achieved by acupuncture these points. The famous Indian surgeon "Sushutra" also performed operations under "Suchi-Bhaden" anaesthesia.

It is obvious now that acupuncture has been used by Indians in some form or the other not only to cure diseases, but also to keep the body and mind in healthy state. The basic principle behind all the Indian traditions is to stimulate the various acu-points of the body. The Chinese scholar of Sanskrit, Tazsin, who came to India in 736 AD during Harsha's rule and studied at the University of Nalanda for many years, has said that acupuncture and its pulse diagnosis did not only originate in India but was also taught to foreigners, by Indian Ayurveda physicians at ancient Indian Universities. In ancient Indian epic "MAHABHARAT", Bhishma Pitamah who was mortally wounded by arrows was kept alive for fifty eight days by lying on a bed made out of set pattern of arrow points, which kept stimulating "Back-Shu" and "Mu-Front" points.

References

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