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### Research on the prevention and treatment of sub-health by acupuncture and moxibustion

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Sub-health, a state between health and illness, is a modern medical concept. According to World Health Organization, about 75% of humans are under sub-health conditions. This number is significant and the problem needs to be treated properly. Acupuncture and moxibustion were found effective for the treatment. Through the research and literature review, this dissertation attempts to analyse the optimal treatment of sub-health and evaluate the effectiveness of acupuncture and moxibustion. Acupuncture and moxibustion in sub-health treatment is found effective with the diagnostic method in the Chinese medical thinking. Positive indications are lacking in Western medical inspections while Chinese clinical theory could support this deficiency. The diagnostic method adopted by Chinese medical practitioners such as 'inspect, smell, ask and touch' combining with factors like seasons, weather, areas and mood can accurately assess the activity state of life. After scanning these articles, suitable detailed reports on sub-health treatments through acupuncture were selected for analysis. The results indicate that there are various methods of applying acupuncture treatment for sub-health, including pure acupuncture, acupuncture combined with other methods (such as acupuncture combined with ear-press, massage, or Chinese herbs etc.) and pure moxibustion. 57 acupoints were used in the treatment of sub-health. The most commonly adopted acupoints are zusanli (ST36), baihui (DU20), neiguan (PC6), taichong (LR3) and sanyinjiao (SP6). The three most frequently used meridians are bladder meridian, stomach meridian and ren meridian. With regard to moxibustion, the major acupoints used are dazhui (DU14), pishu (BL20), shenshui (BL23), guanyuan (RN4), qihai (RN6), shenque (RN8), danchong (RN17), zhongwan (RN12) and zusanli (ST36), and the purpose is to strengthen the digestive system and the body as a whole.

#### Biography

Yanmun Yiu completed her PhD at Hubei University of Traditional Chinese Medicine. She is currently a Principal Lecturer in School of Chinese Medicine, University of Hong Kong. She has published more than 10 papers in reputed journals.

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