

## VETERINARY ACUPUNCTURE

### **What is acupuncture?**

Acupuncture is the insertion of fine needles into very specific points of the body to achieve therapy and homeostasis. Other ways of stimulating acupuncture points are acupressure, aquapuncture, moxibustion, electroacupuncture, gold beat implants and laser.

The development of veterinary acupuncture is closely related to the human form and has been practiced for approximately 4500 years. The theoretical foundation of traditional Chinese medicine is the theory of Yin and Yang and the 5 element theory. It looks at a pattern of disharmony and uses the body's own ability to repair itself. A body that is in balance within itself and with the environment is healthy. A disruption of this balance results in disease.

### **What are the effects of stimulating these acupuncture points?**

There are a variety of effects including:

- Sedation, due to release of dopamine in the brain.
- Homeostasis, due to effects on the autonomic nervous system and endocrine system (changing respiration and heart rates, blood pressure, temperature, metabolic rate, perspiration and electrolyte balance).
- Immune System changes, due to effects on the reticulo-endothelial system (increasing white blood cell and interferon levels).
- Psychological changes, due to regulation of opiates (endorphins), serotonin, noradrenalin and acetylcholine.
- Motor recovery, due to the stimulation of regeneration of anterior horn cells in the spinal cord.

Reaction to acupuncture differs from animal to animal. There might be no obvious changes but the animal seems brighter. In other cases symptoms might improve for 24 to 48 hours and then worsen again, whilst in others, the reverse may occur and the animal may seem worse for 1 to 2 days before improvement is seen. The number of necessary treatments depends on each individual case and animal.

### **What conditions can be treated?**

The indications are widespread, and include musculoskeletal, urinary tract, respiratory tract, gastrointestinal, geriatric and reproductive problems. Also conditions of the nervous system, skin and immune system can be treated.

### **What are the contraindications and possible side-effects?**

Possible problems include bending of needles if the animal moves although breaking of needles is rare. Also injury of vital organs is possible if the practitioner is not familiar with animal anatomy. **Acupuncture should not be used without a proper clinical and diagnostic examination. It should also not be used after corticosteroid therapy or at certain points during pregnancy.**

**FOR FURTHER INFORMATION PLEASE CONSULT A  
VETERINARY ACUPUNCTURIST**

**動物針灸**

## 什麼是針灸？

針灸是使用毫針插入身體某些穴位以達致平衡身體內部機能和治療效果，除了用毫針刺激穴位外，其他刺激穴位的方法有指壓、穴位注射、灸法、電針、金片植入和激光。

動物針灸的發展與人類針灸非常接近，而這種技術已被使用了四千五百年。傳統中國醫術是基於陰陽和五行理論，著眼於身體不協調狀況及使用身體本身的能力以作出修補。當身體內部與環境平衡的時候，為之健康。當平衡受到破壞的時候，疾病便會因此而來。

## 刺激穴位對身體有什麼影響？

- 鎮靜作用—使腦部釋放多巴胺。
- 體內平衡—影響自主神經系統和內分泌系統（影響呼吸、心跳、血壓、體溫、新陳代謝率、排汗及電解平衡）。
- 免疫系統—刺激穴位影響網狀內皮系統因而增加白血球數目及增加干擾素。
- 心理方面—刺激穴位會引起身體釋放嗎啡（內啡肽）及調節神經傳遞素，如5-羥色胺(Serotonin)，去甲腎上腺素(Noradrenalin)，乙酰膽鹼(acetylcholine)的新陳代謝。透過腦電圖可得知刺激穴位可改變腦能力。
- 運動肌或運動神經的復原—在神經癱瘓症中，脊髓內的前角細胞會因為穴位受到刺激而增生。

動物對針灸的反應各有不同，有些動物可能沒有明顯徵狀的改善，但會較之前精神。有些會於24—48小時內有所改善，但之後變差。有些則於1至2日內變差，但之後改善。所需療程視乎不同病情及動物身體情況而定。

## 針灸能治療什麼疾病？

針灸可廣泛用於治療肌肉骨骼毛病，尿道毛病，呼吸管道毛病，心血管系統的毛病，皮膚病，神經失調，腸胃問題，衰老情況，免疫系統毛病及生殖問題等。

## 針灸有什麼禁忌及副作用？

若動物有所移動，毫針便可能會彎曲，但斷針情況極少。若施行針灸者不是熟悉動物解剖學，便可能損害到其重要的器官。在以下的情況，是不適宜進行針灸的，如動物未曾接受過適當（傳統中國醫學或西方醫術）的檢查和診斷。在病者接受類固醇治療後，及當病者懷孕的時候，有某些穴位要小心處理。

欲知道更多有關詳情，可請教你的（動物針灸）獸醫