



AKUPUNKTUR ENERJİSİ, MERİDYENLER ve SENDROMLAR

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TCM VE AKUPUNKTUR

TCM (Traditional Chinese Medicine, Geleneksel Çin Tıbbı) ve akupunktur, binlerce yıldır uygulanan, günümüzde hala geçerliliğini koruyan ve her gün aslında tam zıt bilginin doğru olduğu karmaşasını yaşadığımız günümüz bilimini düşündüğümüzde ise zerre kadar değişikliğe uğramamış çok statik bir bilim dalıdır. Binlerce yıl önce teorisini ve felsefesini tamamlamış olarak hastalıkların tanımı ve nasıl tedavi edileceği çok detaylı yazılmış ders kitapları vardır ve tedaviler hala bu bilgiler ışığında yapılmaktadır (1- 9).

Huangdi Neijing (Sarı İmparatorun İç Hastalıkları Klasığı)en eski tıp kitabıdır (10). TCM hakkında her birinde 81 ana konunun bulunduğu bölümlerden oluşur. Çin tıbbının temel taşıdır ve günümüzden 2.500 yıl kadar önce yazılmış ilk tıp klasiklerinden biridir. Çin halkının en eski atası olan efsanevi İmparator Huangdi (Sarı İmparator) ve akupunktur uzmanı Shaoyu arasındaki konuşmalardan oluşan soru-cevap biçimindedir. TCM ve akupunkturun tüm felsefesinin anlatıldığı kitabın ilk bölümünde sinir sistemi, meridyenler (kanallar), etiyoloji, tanı yöntemleri, tedavi prensipleri ve akupunkturu tartışan sorular ve ikinci bölümde akupunktur tedavisi, akupunktur noktaları, iğneleme yöntemleri ve aletleri ile akupunktur tedavi prensipleri yer almaktadır. Kitapta konular, çevresel koşullar (makrokozmoz) ile beden (mikrokozmoz) arasındaki dengeyi korumak, koruyucu hekimlik, erken tanı ve bütüncül tedavi esasına dayanarak anlatılmaktadır.

Akupunkturun arkeolojik kanıtlara göre geçmişi 6 bin yıl öncesine kadar dayanmaktadır. Teknolojinin gelişmesi, elektrik stimülatör (elektroakupunktur, EA), lazer ve teknolojik iğneler gibi ancak bir kaç alanda gelişme sağlamasına yardımcı olmuştur. Asıl önemlisi teknoloji, akupunkturun nasıl işe yaradığı konusunu aydınlatmaktadır. Mesela akupunktur çalışmalarında serum serotonin seviyelerinin artması ve prostoglandin (PG) seviyelerindeki azalma tedavinin etkinliğinin nedeni olarak gösterilmektedir. İlaç tedavileri ile de bu amaçlanmaktadır ama birçok yan etkiyi de yanında getirmektedir. TCM'ye göre akupunkturun yanında yaşam stiline olması gereken egzersiz ve masaj (akupunktur noktalarına yapılan masaja tuina denir) da önemlidir ve bunlar da aynı mekanizma üzerinden etki gösterir.

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