

7th International Conference on

Ayurveda, Homeopathy and Chinese Medicine

May 18-19, 2017 Munich, Germany

Kantan na Kensa, one acupuncture systemic technique where we work directly with the neurological response: No need to know about Meridians of Cycles Theory of 5 Elements/Movements

Walter Rodrigues Lara Filho

Japanese-Brazilian Association of Acupuncture and Holistic Therapies, Brazil

I will introduce my Acupuncture Systemic treatment technique I called and baptized as "Kantan na Kensa". Kantan na Kensa (Japanese) is translated as "Simple Treatment". Since my training in 1995, I thought of improving all taught techniques on Eastern therapies. I always wondered, when in class we were taught the mystical side of acupuncture, Yin/Yang energies, Cycles Theory of 5 Elements/Movements, but felt uncomfortable with some questions. For example: Why it took more than 20, 30 and even 40 sessions to treat a condition. In my point of view it was not logical to leave the premise that to harmonize the body energy could restore health. Through numerous bad questions answered, I began to insert needles outside the traditional points (Meridians) and I ended up having results above expectations. I started in 2001 the technical comparison of the responses of patients. I realized it was a starting point and something new amidst the study of acupuncture, which ceased to apply traditional, dedicating myself from then until today. The ease with which I apply the technique, and through the study of responses obtained by patients, led me to perfect it. In 2013, I put a willingness to pass it to students and interested colleagues. I dedicated myself to creating and perfecting this technique when I delved into my research on Neurological response generated by the insertion of the needle. I created what I call the key points, which tested the reactions generated by the patient and the answers they gave me on the amazing improvement, where they were unanimous in responding that the improvement was 80% from the first session. I observed that all patients treated by Kantan technique Kensa regarding Traditional Acupuncture, responded quickly to treatment, and when used the traditional Chinese technique there was a significant delay passing 12 sessions. Hoje only use the technique in Kantan Kensa in all the calls. Gero a direct action on the main patologia concept of Kantan in Kensa, is that there is no need to study the points of Meridians and neither of Cycles Theory of 5 Elements/Movements. Time devoted to the study and technical effectiveness was 12 years. Since 2003, I applied & improved the technique. On average we use 03 and up to 05 needles.

massagemoriental@hotmail.com

Evaluation of the effects of transcutaneous electrical stimulation in patients with low back pain in acupuncture treatment

Wesley Guilherme da Mota and Marcelo Renato Guerino

Federal University of Pernambuco, Brazil

Acupuncture has been the subject of a growing number of researches in recent years, which have demonstrated, in addition to an increasing space as a reference in the complementary treatment of diseases, the relevant perspective of their interaction with the analgesic system through its action on the regulation of pain. Current studies have narrowed the relationship of acupuncture with other therapeutic resources within the medical clinic, aiding in the treatment of several pathologies, among them low back pain - LBP. The purpose of this study was to evaluate the effects of transcutaneous electrostimulation therapy - TENS - in patients with LBP associated to the complementary treatment with acupuncture.

Methodology & Theoretical Guidance: A randomized, uni-blind controlled clinical trial in which the sample was obtained for convenience and 45 patients with LBP with a history of pain present for more than three months were included. This total of patients was divided into three equal groups where the spectra of each of them were compared, being the intervention group formed by patients who received the combination of treatments - acupuncture and TENS - and compared to two other groups that received these two techniques in isolation.

Conclusions: From a statistical analysis of the results obtained, the authors conclude that there were significant differences in points B25-Right, B24-Right and Left, and B23-Right and Left for the groups that received acupuncture and also for the association of acupuncture with TENS. Acupuncture treatment promoted analgesia in patients with LBP, and had a significant short-term effect on pain and quality of life of these patients.

wguilhermem@hotmail.com