

Pain and Acupuncture



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Opinion

The word pain derives its origin from the Indo-European root meaning *aleg suffer*. The word pain is later and is derived from the Latin word «*poena*» means punishment. Since ancient times there was disagreement about the perception of pain and its assessment. Unlike vision, hearing and smell, pain does not seem to be a primary sense, but rather an emotional experience. Most researchers pain, felt the pain as a complex concept, which is induced by noxious stimuli. Although the pain is the most common symptom in medical and despite huge advances that have occurred in the field of analgesia and anesthesia, the pathophysiological mechanisms involved in the genesis and maintenance of not fully understood. The definition of pain given in 1979 by the Classification Committee of the International Study of Pain (IASP) «as an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.” In other words, although the Physiology and Anatomy define a precise point of reference for the detection and transmission of messages interpreted as painful, what differentiates the experience of pain, it is the fact that there is always an emotional rating of pain experience.

The scientific term acupuncture is incomplete performance of Chinese therapeutic method *Zhen - Jiu*, which means drilling and burning. Acupuncture has a complete theory with great therapeutic potential. To measure it, used selected energy points of the skin and underlying tissues.

According to the zones of Head (1893), are changing relationships between internal organs and skin. The Heine (1988) demonstrated the morphological structure of the

acupuncture points, as each acupuncture point corresponds to the position of a *angeionefrikou bundle*. Acupuncture except regional case action appears to present a distant effect. Thus, in Pomeranz (1976) the synthesis of *endorphin* seems to be influenced favorably by needling. The revival of acupuncture began in the late 1950s, when a group of surgeons in China thought that if acupuncture can improve existing pain, why not used to prevent the inevitable pain that accompanies surgery. For this method used the term *analgesia with acupuncture (acupuncture analgesia)*. The subsequent visit of US President Richard Nixon to China in 1972 catapulted the popularity of acupuncture in the US and worldwide.

The methods for stimulating acupuncture points, besides the classical acupuncture include the application of electric current to the needles, which are inserted into the acupoints (*electroacupuncture*), or by skin electrodes positioned over the acupuncture points (*transcutaneous electrical stimulation*), the injecting chemicals into acupuncture points and the pressing massage on selected acupuncture points (*acupressure*). To 1833 o *Guillaume Duchenne de Boulogne*, founder of modern electrotherapy starts using *electroacupuncture*. In 1844 the *Hermel* uses *electro-puncture (electro-puncture)* for the treatment of *sciatica* and *lumbosacral neuritis* with acupuncture to the affected area. In 1955 *Reinhold Voll* establishes the low frequency *electroacupuncture (1-10 Hz)*. In late 1971 the Dr. *Nguyen Van Ngi* and his team used the method of acupuncture analgesia (*acupuncture analgesia*) in 50 major surgeries with good results.



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