

# Traditional Chinese Medicine. Its Place in Podiatric Practice. A Personal Journey.

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ROYAL COLLEGE OF PODIATRY  
ANNUAL CONFERENCE 2023



# Acupuncture and Podiatry

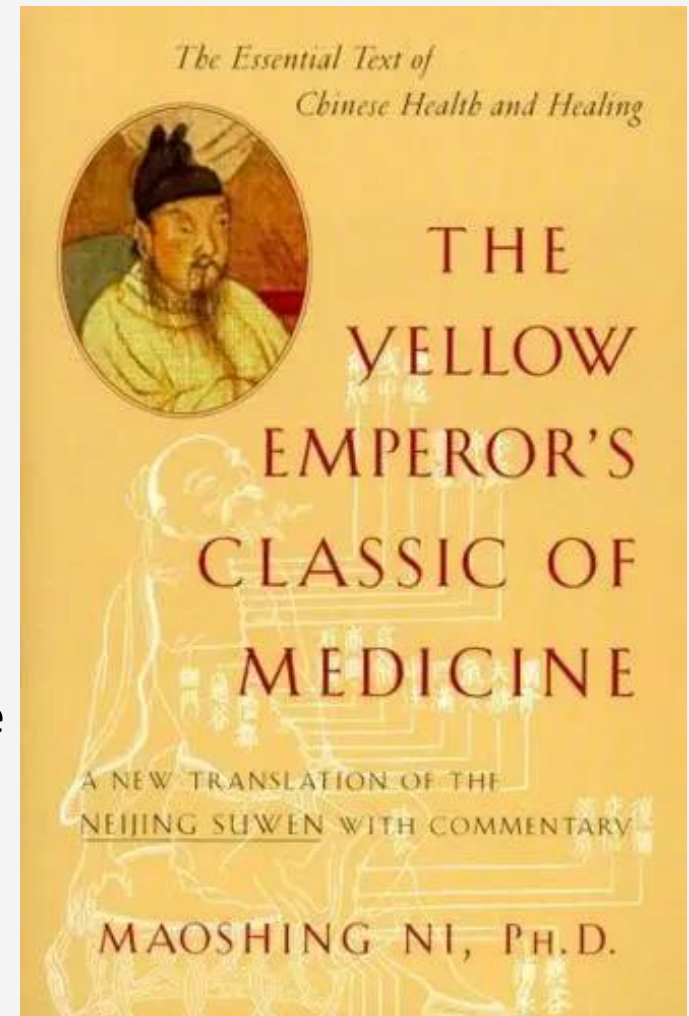
My Professional Journey

Origins of Acupuncture

Traditional Chinese Medicine

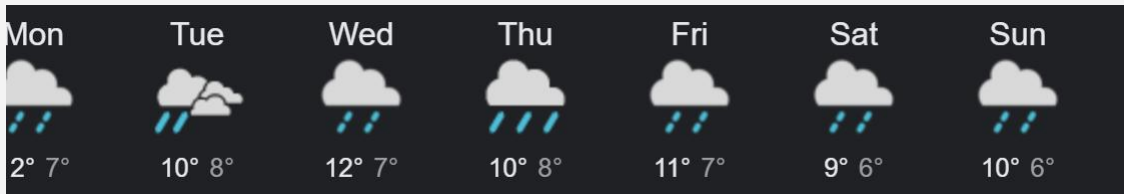
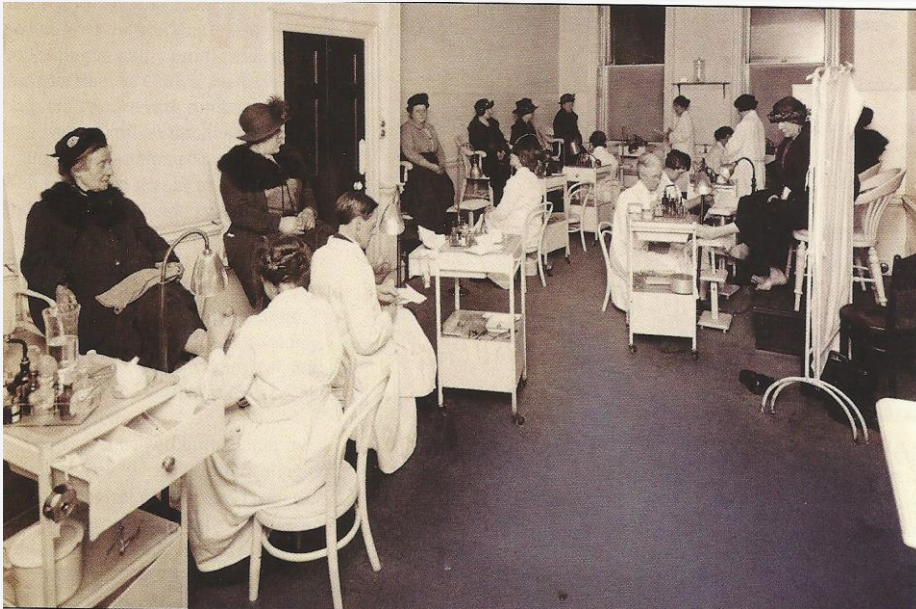
Western Acupuncture

Acupuncture Applications for Podiatric Practice



# Chiropody Salford Technical College 1979

Salford College of Technology 1979-1982  
HND in Chiropody



# London 1982

- City and Hackney DHA
- Barts
- St Leonards
- Hackney



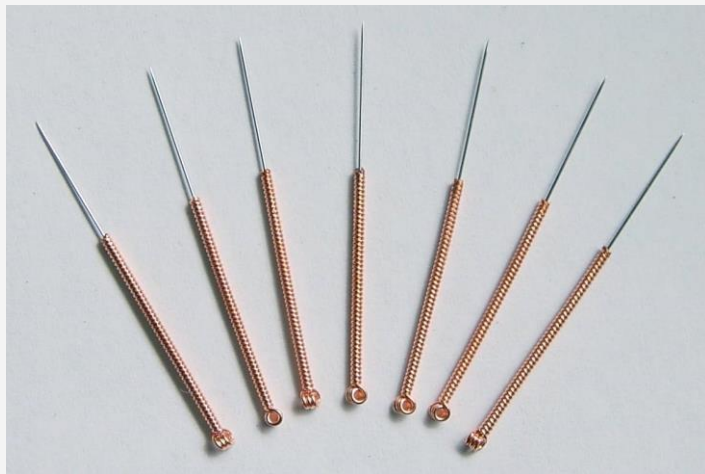
# Chiropody 1982

Vernon, Wesley. "The future of the profession."

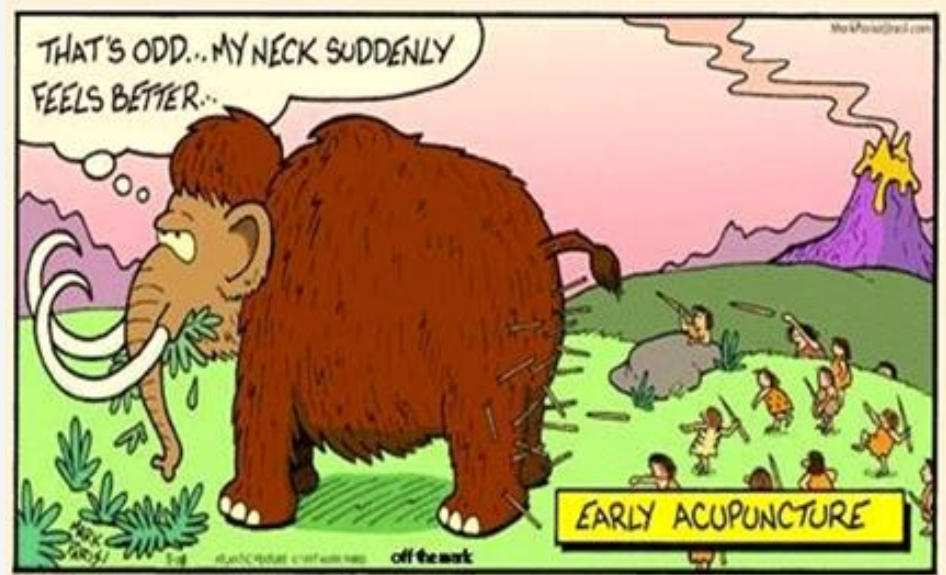
*Podiatry Now*, vol. 11, no. 9, Sept. 2008, p. 23. *Gale Academic OneFile*, [link.gale.com/apps/doc/A198291027/AONE?u=googlescholar&sid=googleScholar&xid=953f1a68](http://link.gale.com/apps/doc/A198291027/AONE?u=googlescholar&sid=googleScholar&xid=953f1a68). Accessed 29 Oct. 2023.

- “Chiropodists were expected to vacuum and clean up the room offered to them in GP practices on completion of their clinical session
- Toilets were offered to chiropodists as clinical facilities by some residential homes.
- Hospitals refused the offer of chiropodial assistance in cases of foot ulceration and was not the sort of condition that a chiropodist should become involved in
- Biomechanics in its infancy
- Minimal sports injury involvement
- Podiatric Surgery was tiny and full of weird people

# Alternative/Complementary Medicine

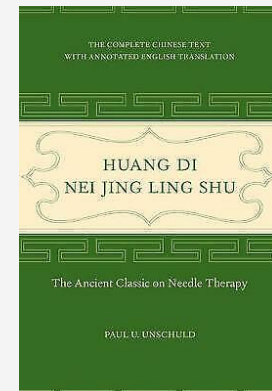


# Acupuncture

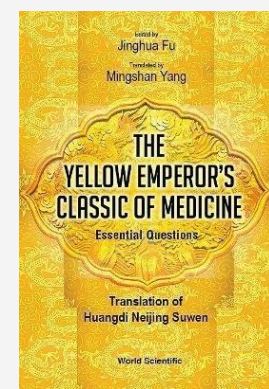


## Origins of Acupuncture

- Originated in China about 2500 BC
- The “Nei Jing” or The Yellow Emperors Classic of Internal Medicine written between 475 and 221 BC.
- Foundation for the theory and philosophy on which Chinese medicine was founded



# The Yellow Emperor



- The Yellow Emperor's Classic of Medicine is an ancient treatise on health and disease. Dating back to 206 BCE
- Dialogue in which the emperor seeks information from his minister Ch'I-Po on questions of health and the art of healing, it is the oldest known document in Chinese medicine.
- A question about the nature of damage to the spirit would be answered:
- When the spirit is hurt, severe pain will ensue. When the body is hurt, there will be swelling. Thus, when severe pain occurs first and swelling comes on later, one may infer that a disharmony in the spirit has done harm to the body. Likewise, when swelling appears first and severe pain is felt later on, one can say that a dysfunction in the body has injured the spirit.

# Acupuncture and the Universe



## Basic Concepts

### Chi ( Vapour/Air)

- Is the energy of the universe. A vital force forming part of every living entity. The flow of which must be unimpeded for health
- It flows through all living beings and connects us energetically, physically, emotionally, and spiritually.
- Everything in universe, both organic and inorganic is composed of and defined by Chi.
- Chi is matter on the verge of becoming energy or energy on the point of materialising

# Origin of Chi

## Yuan Chi or Prenatal Chi

Transmitted at conception

Inherited Chi or constitution

Stored in the Kidneys



## Grain Chi

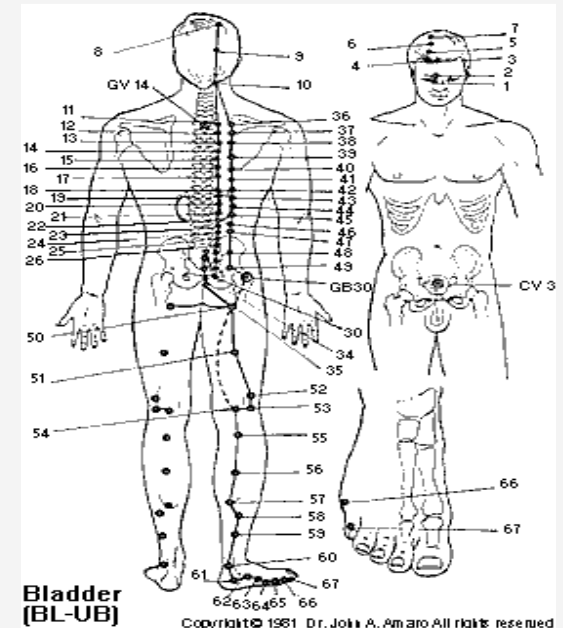
Derived from digestion of food

i.e. Junk food = Junk Chi

## Air Chi

Extracted by the lungs from the air we breathe

i.e. Polluted air is polluted chi



# Acupuncture Basics

## Yin and Yang

The principle of Yin and Yang is the foundation of the entire universe. It underlies everything in creation.

- Heaven was created by the concentration of Yang, the force of light
- Earth was created by the concentration of Yin, the force of darkness.
- Yang is light, more superficial, more obvious, male
- Yin is dense, heavy, more hidden, mysterious and female
- Yang brings about disintegration
- Yin gives shape to things.



# Acupuncture Basics

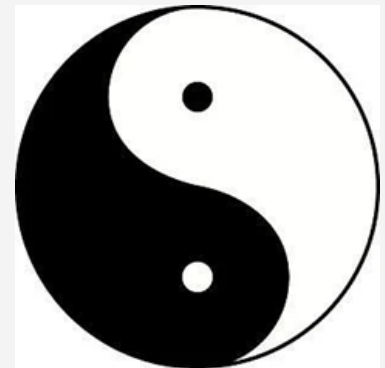
## Yin and Yang

In order to treat and cure diseases one must search for their origins.

- Yin and Yang are complementary opposites that are in balance.
- Any upset in this balance will cause disease
- Yin and Yang are in conflict yet interdependent

- Yin Organs/Emotions
- Heart/Joy
- Liver /Anger
- Kidneys/Shock
- Lungs/Anxiety
- Spleen/Fear

- Yang Organs
- Small Intestine
- Large Intestine
- Stomach
- Bladder
- Triple Burner



# Acupuncture and the Origin of Disease

- How is a diagnosis made?
- Disease is due to the interruption of the smooth flow of chi
- This is caused by external factors
  - Wind
  - Damp
  - Dryness
  - Heat



# Acupuncture Disharmony



- 4 major Chi Disharmonies

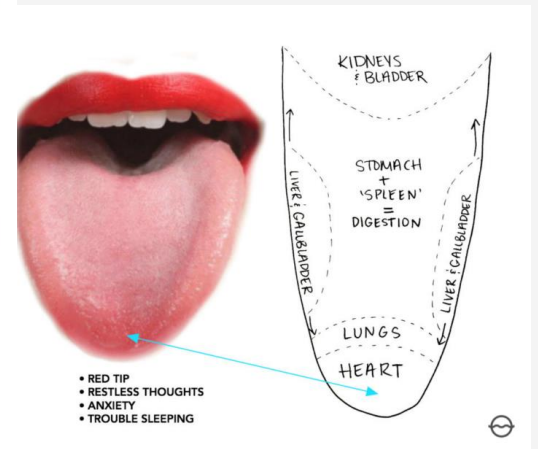
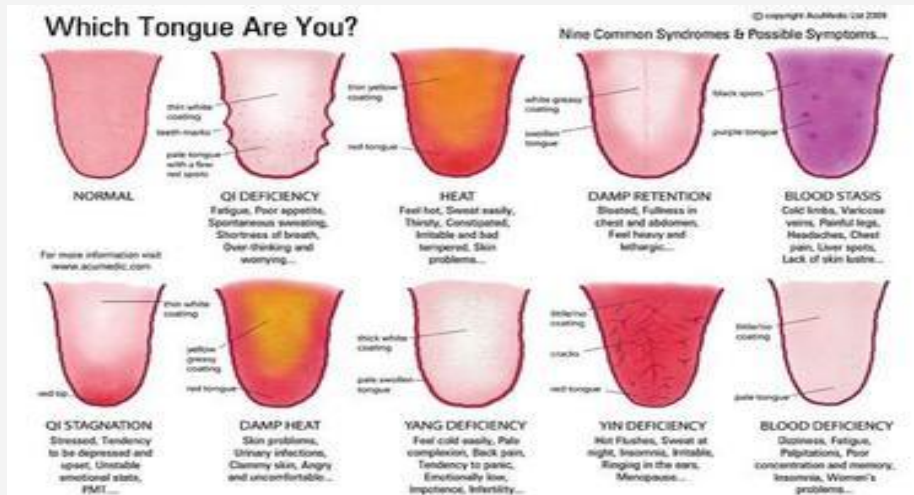
**Deficient Chi:** insufficient Chi to perform its function  
e.g. Weakness, lethargy/ME/Long Covid

**Collapsed Chi:** can no longer hold organs in place.  
e.g. Prolapse of uterus/piles/hernia

**Stagnant Chi:** impaired movement of chi  
e.g leading to aches and pain/ fibromyalgia. Joint disease

**Rebellious Chi:** going the wrong way  
e.g. Stomach chi going the wrong way leading to vomiting

# Acupuncture Diagnosis



## Tongue

Material and coating (moss/fur)

Normal tongue is pale red and moist

Colour change and coat change denote disease

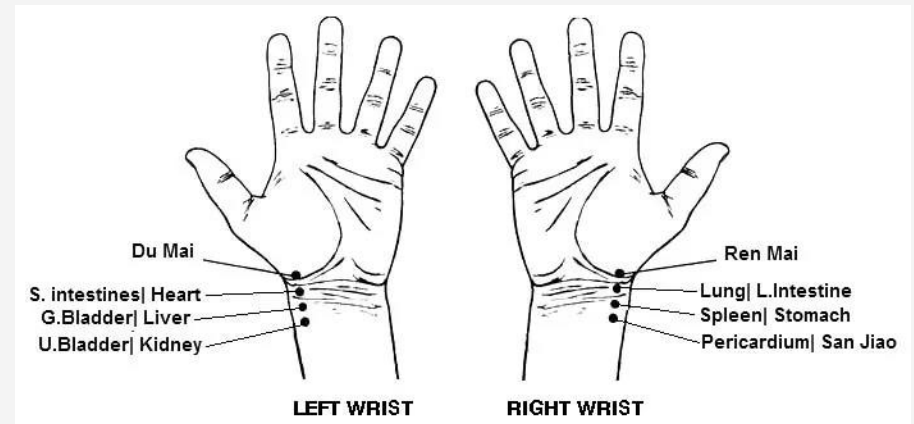
These changes have clear pathology

e.g. Stagnant Chi, Deficient Yin etc



# Acupuncture Pulse Diagnosis

## Traditional Diagnosis Pulses



- Critical part of the diagnosis
- 18 types of pulses
- e.g. floating, sinking, empty, full, wiry, thin
- Each associated with pattern of Yin/Yang and pattern of excess or deficiency

# Acupuncture pulses

## The Pulses

### Right side

Deep	Superficial
Pericardium	TW (Prox)
Spleen	St (Int)
Lu	Co (Distal)

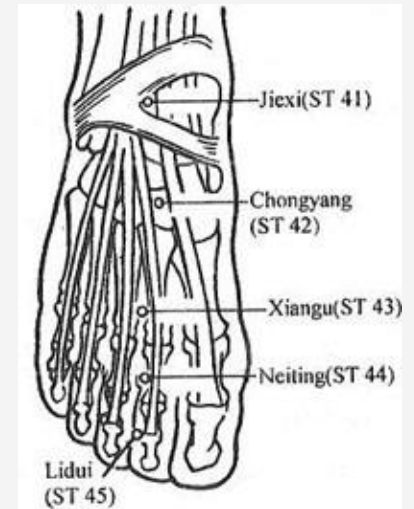
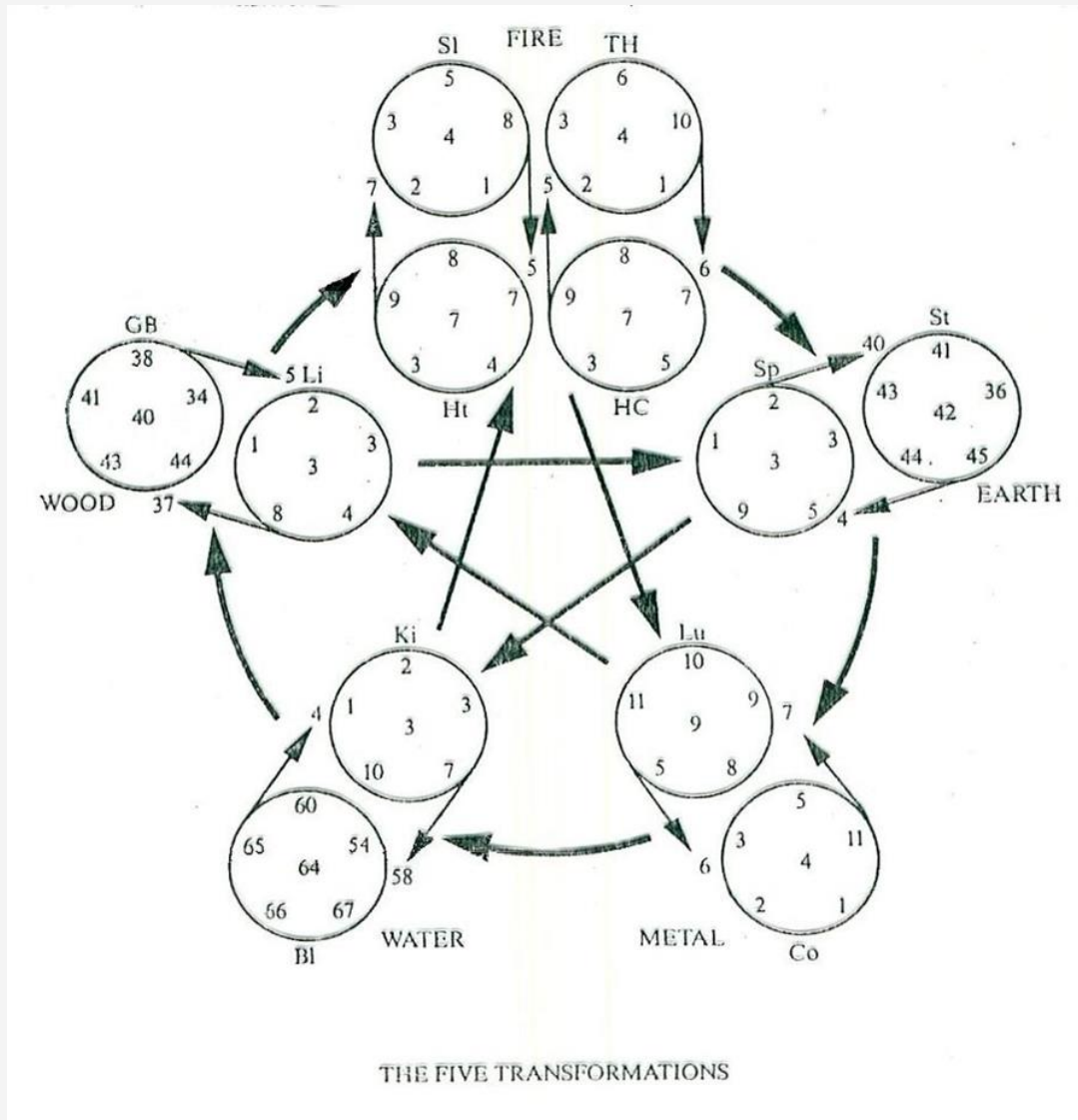
### Left side

Superficial	Deep
Bl	Ki
GB	Li
SI	Ht

# The Five Element Theory

ELEMENT	WOOD	FIRE	EARTH	METAL	WATER
		SI/Ht	Sp/St	Lu/Co	Bl/Ki
DIRECTION	East	South	Centre	West	North
COLOUR	Green	Red	Yellow	White	Black
SEASON	Spring	Summer	Long Summer	Autumn	Winter
CLIMATE	Wind	Heat	Humidity	Dryness	Cold
PROCESS	Birth	Growth	Maturity	Harvest	Storage
NOURISHES	Muscles	Blood Vessels	Flesh	Skin	Bones
EXPANDS INTO	Nails	Colour	Lips	Body Hair	Head Hair
ORIFICE	Eyes	Tongue	Mouth	Nose	Ears
SENSE	Sight	Speech	Taste	Smell	Hearing
FLAVOUR	Sour	Bitter	Sweet	Pungent	Salt
BODY SMELL	Rancid	Scorched	Fragrant	Rank	Putrid
LIQUID EMITTED	Tears	Sweat	Saliva	Mucus	Urine
EMOTION	Aggression	Joy	Calmness	Sympathy	Caution
EXCESS EMOTION	Anger	Over excitement	Depression	Grief	Fear
HUMAN SOUND	Shout	Laughter	Singing	Weeping	Groaning
CHINESE NOTE	Chio	Chih	Kung	Shang	Yu
MEAT	Chicken	Mutton	Beef	Horse	Pork
CEREAL	Wheat	Rice	maize	Oats	Beans

# The Five Element Theory



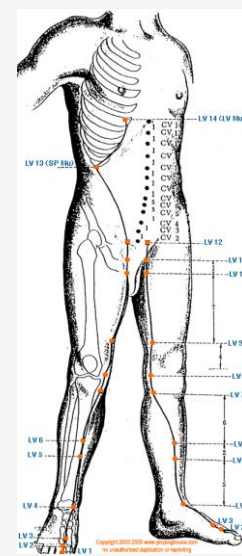
# Acupuncture Diagnosis

## Clinical Assessment

### The Eight Principles

- Yin/Yang
- Interior/Exterior ie acute/chronic
- Deficiency/Excess ie underactivity/overactivity
- Cold/Hot

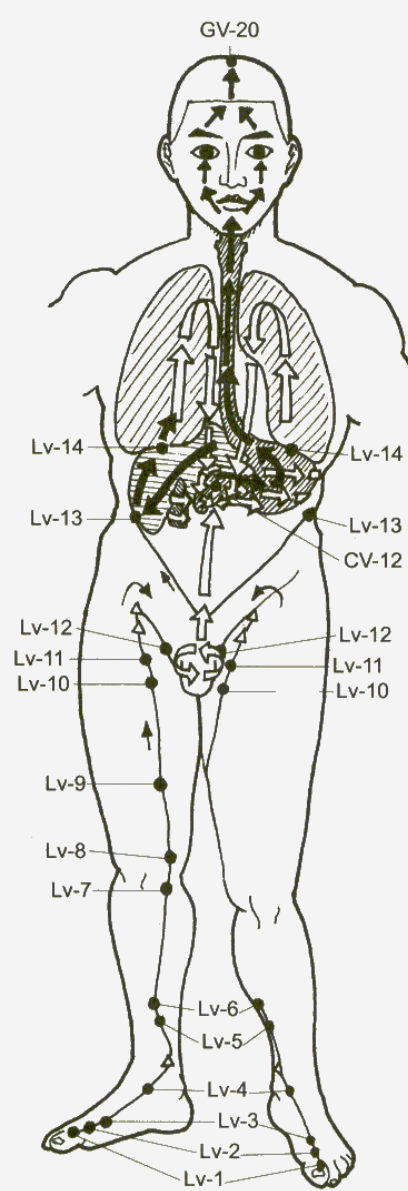
# Acupuncture TCM



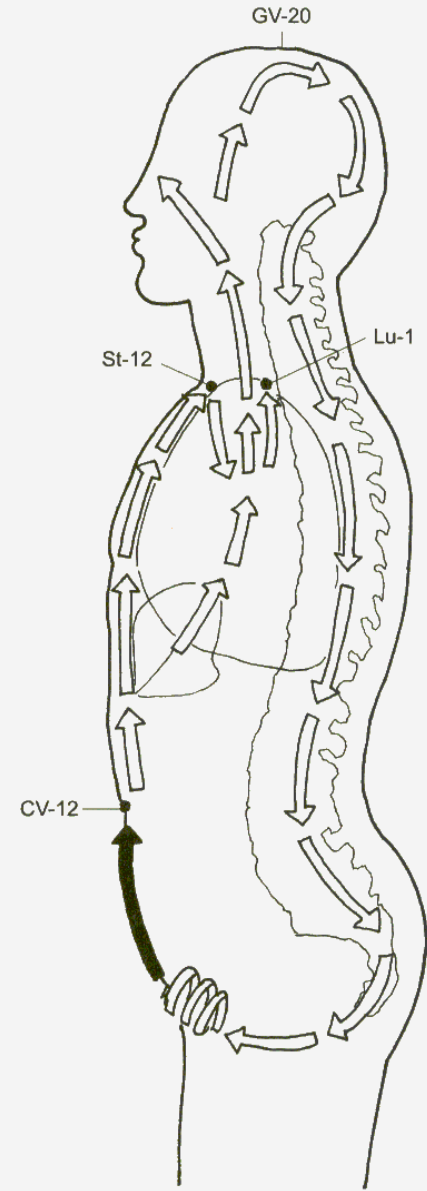
## Liver

- Rules flowing and spreading of bodily substances. Moves Chi and blood in all directions.
- It harmonises the emotions. Anger and frustration are intertwined with the liver.
- Rules the tendons and is manifest in the nails.
- Liver disharmonies cause the nails to be thin, brittle and pale.
- The Liver opens into the eyes (Jaundice) and many eye disorders are Liver related

# Liver Meridian



The Internal and External Qi Flow of the Liver (Lv) Channels



Side View of the Liver Channel's Internal Flow of Energy

# Acupuncture Practice In China



- With the introduction of western medicine into China from 1600`s onwards the practice of acupuncture decreased
- In 1822 acupuncture was banned within the Imperial Medical College as it was considered to be biased with superstition and irrational.
- 1929 the government tried to ban acupuncture as a whole.
- In the 1950`s TCM is standardised and becomes part of the Communist state building project.
- In the 1990`s there was an attempt to propel TCM into global health markets

Beijing October 2023



# 地道药材



消防  
FIREHY





# A Westerner having Acupuncture



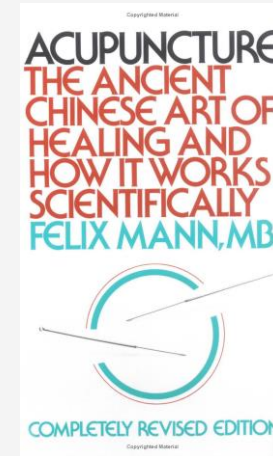
# Tongue Diagnosis



# Treatment



# Acupuncture and the West



- Through commerce and trade the Dutch East India Company brought Chinese acupuncture to Europe 1700
- Only in 1950 did Felix Mann introduced medical acupuncture in the UK and founded BMAS
- There are currently about 3000 registered acupuncturists in the UK
- Western (Medical) acupuncture suggests that insertion of needles stimulates sensory nerves under the skin and in the muscles. This results in the body producing natural substances eg pain relieving endorphins

# Western Theories of Acupuncture

- Napadow V, Beissner F, Lin Y, Chae Y, Harris RE.
- Editorial: Neural Substrates of Acupuncture: From Peripheral to Central Nervous System Mechanisms. Front Neurosci. 2020 Jan 17;13:1419. doi: 10.3389/fnins.2019.01419. PMID: 32009889; PMCID: PMC6978887.
- An early popular theory to explain acupuncture analgesia was the “gate control theory,” which posited that stimulation from acupuncture needling produces pre-synaptic inhibition of nociceptive afference in the central nervous system
- (Melzack and Wall, 1965).

# Western Theories of Acupuncture

- Melzack and Wall Melzack R., Wall P. D. (1965).
- Pain mechanisms: a new theory. *Science* 150, 971–979. 10.1126/science.150.3699.971
- Harris R. E., Zubieta J. K., Scott D. J., Napadow V., Gracely R. H., Clauw D. J. (2009).
- Traditional Chinese acupuncture and placebo (sham) acupuncture are differentiated by their effects on mu-opioid receptors (MORs). *Neuroimage* 47, 1077–1085. 10.1016/j.neuroimage.2009.05.083
- Goldman N., Chen M., Fujita T., Xu Q., Peng W., Liu W., et al.. (2010).
- Adenosine A1 receptors mediate local anti-nociceptive effects of acupuncture.  
• *Nat. Neurosci.* 13, 883–888. 10.1038/nn.2562
- Torres-Rosas 2014 Neuroplasticity  
• Torres-Rosas R., Yehia G., Pena G., Mishra P., del Rocio Thompson-Bonilla M., Moreno-Eutimio M. A., et al.. (2014).
- Dopamine mediates vagal modulation of the immune system by electroacupuncture.  
• *Nat. Med.* 20, 291–295. 10.1038/nm.3479

# Acupuncture Barts 1985





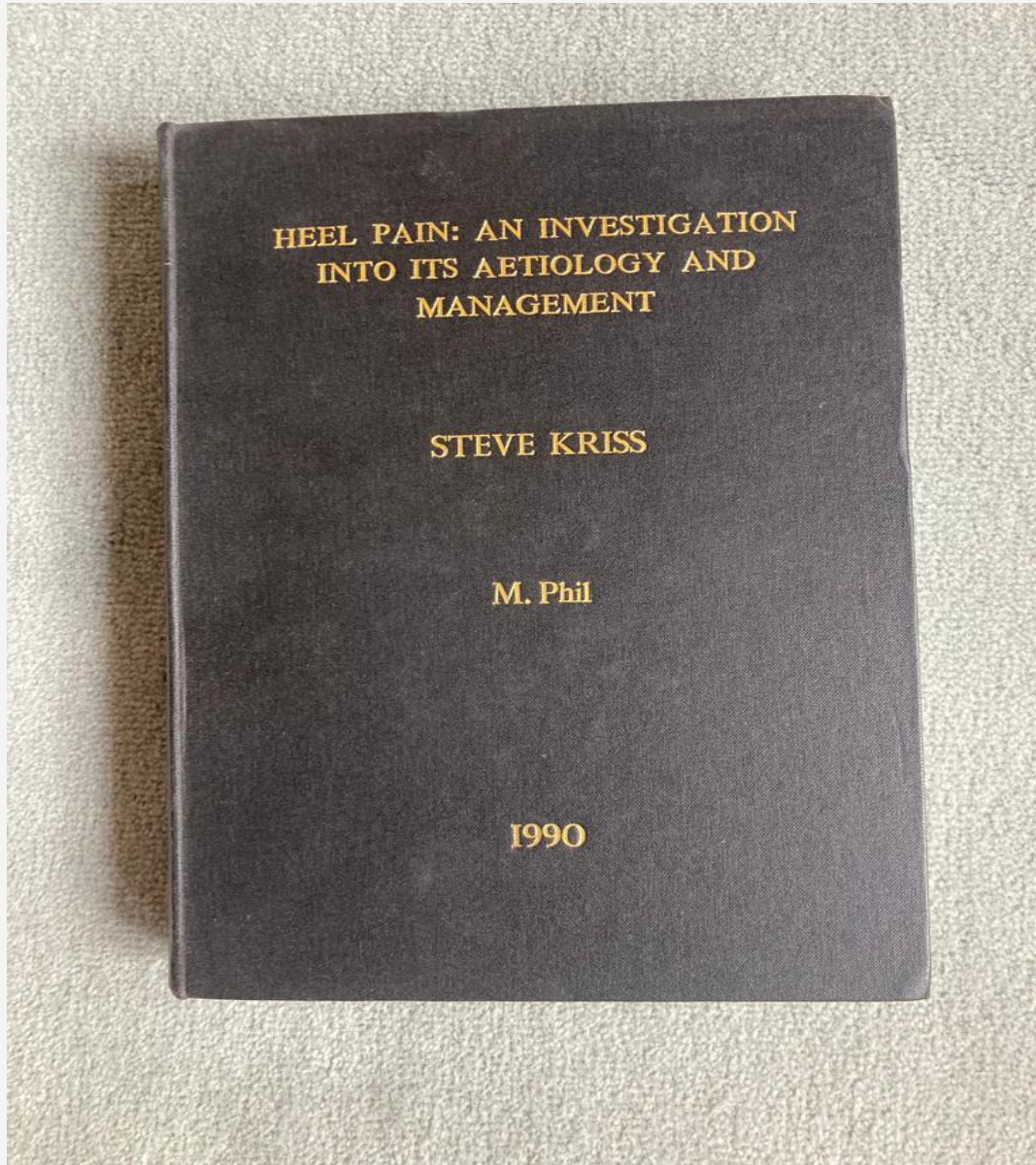
# Knees



# Foot and Ankle



# HND! I need a Degree. Plantar Fasciitis 1990



# Podiatric Surgery 1990 FPodA 1994



# Podiatric Surgery 2000



# The Rheumatoid Foot 1990-2023



# What is acupuncture good for?

- Pain
- Addiction
- Stress-related problems
- Plantar Fasciitis, Neuromas
- Soft tissue injuries and Pathologies
- OA, RA
- PVD Neuropathy
- Post operative pain
- Pre operative anxiety Hypertension
- Regional Pain Syndromes
- Cancer Symptoms



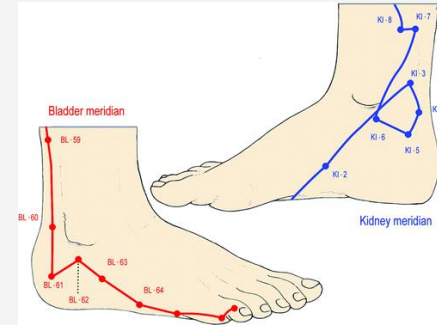
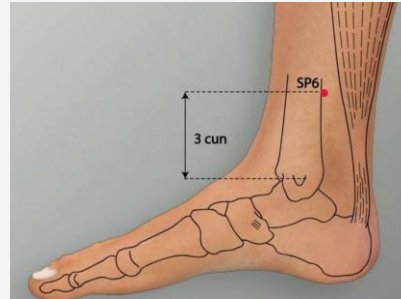
# Acupuncture and the Foot

## Plantar Fasciitis



- How effective is acupuncture for reducing pain due to plantar fasciitis?
- Singapore Med J. 2017 Feb;58(2):92-97. doi: 10.11622/smedj.2016143. Epub 2016 Aug 16. PMID: 27526703; PMCID: PMC5311890. Thiagarajah AG.
- **CONCLUSION** :Although acupuncture may reduce plantar fasciitis pain in the short term, there is insufficient evidence for a definitive conclusion regarding its effectiveness in the longer term.
- Further research is required to strengthen the acceptance of acupuncture among healthcare providers.

# Acupuncture and the Foot



## Effect of Acupuncture treatment on Heel Pain due to plantar fasciitis

Tillu A, Gupta S

- Acupuncture Med 1998 Nov;16(2)
  - 18 patients with excess of 1 year of pain due to plantar fasciitis
  - All had prior conservative therapy, physio, orthoses etc
  - POINTS Ki3, Bl60, Sp6
  - Pain assessed with 100mm VAS before RX and at 4 weekly intervals
  - Significant improvement in VAS scores found  $p=0.0001$

# Spleen 6



- Function of Spleen

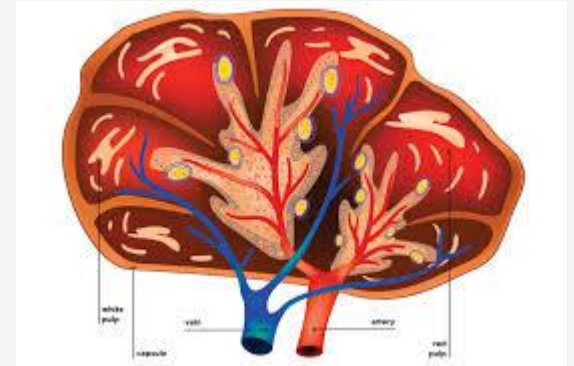
- Responsible for the intake, processing and distribution of nutrients from food.
- It is then transported upwards by the spleen to the lungs.
- The heart and lungs take over and generate qi and convert the nutrients to blood.
- Additionally, excess water produced from the digestion process is circulated to the lungs and kidneys where it is vaporized to form perspiration and urine and excreted out of the body.
- Sp 6 a primary point for tonifying the kidneys and spleen, and harmonising the liver.
- Sp 6 is said to regulate menstruation, and invigorate, cool and nourish the blood

# Dysfunction of Spleen Meridian

## Action of Spleen in TCM

Spleen governs the flesh or muscles

Spleen governs thought



## Deficiency syndromes of Spleen

Spleen-Qi deficiency,

Spleen-Yang deficiency and

Spleen-Yin deficiency.

The diagnostic criteria in common are poor appetite, abdominal fullness after meal, loose bowel movements, pale or sallow complexion.

# Acupuncture and RA

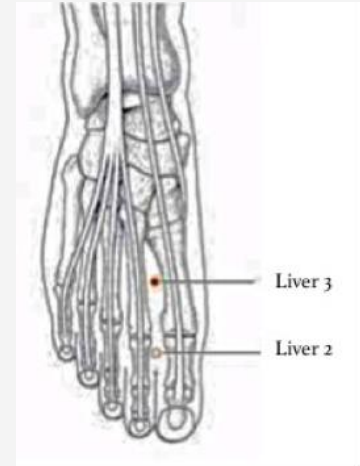
The effect of acupuncture on patients with RA: a randomized, placebo controlled cross-over study

David J, Townsend S, Sananathan R, Kriss S, Dore J  
Rheumatology 1999;38: 864-869

56 patients on DMARD`s age range 18-75yrs.

- Li3/placebo acupuncture for 6 weekly Rx and then 6 week “washout” followed by further 6 week course
- Outcome measures ESR CRP 28 joint count
- VAS score GHQ Global Patient Assessment
- No difference for any groups using a single point

# Liver 3



- The Liver Meridian
- The liver meridian is connected to the eyes, and visual ability mainly relies on the nourishment of liver blood. Therefore, the eyes can reflect the function of the liver:
- Insufficient liver blood may cause dry eyes and blurred vision;
- Hyperactivity of the liver fire will lead to pain and swelling of the eyes.
- Anger is also related to the Liver
  
- Action of Li3
- Expels wind and heat particularly from the throat, teeth, mouth
- Useful for dizziness headache and facial paralysis

# Acupuncture and Morton's Neuroma



- Atilano L, Martin JI, Iglesias G, Andia I.
- Percutaneous needling of Morton's complex. a technical note.
- Muscles Ligaments Tendons J. 2016 Feb 13;5(4):280-3. doi: 10.11138/mltj/2015.5.4.280. PMID: 26958536; PMCID: PMC4762639.
- Conclusion
- We present an original idea that may improve Morton's management. Upcoming prospective clinical studies have to demonstrate the symptomatic benefits and the usefulness of this novel echographic intervention.

# Acupuncture for Foot and Ankle Pain

- The Efficacy of Acupuncture on Foot and Ankle for Pain Intensity, Functional Status, and General Quality of Life in Adults: A Systematic Review
- *Kien Trinh, Nikita Belski, Fangwen Zhou, Arul Kuhad, David Luk, and Eunjae Youn*
- *Medical Acupuncture* 2021 33:6, 386-395
  
- **Conclusion:**
- There is some evidence to suggest acupuncture to be a safe and efficacious treatment for relieving pain and improving functional status for the foot and ankle.
- The results of this systematic review should be interpreted with caution due to the limited evidence.
- Future research should take into consideration the findings of this systematic review.

# Acupuncture and Peripheral Neuropathy

- Dimitrova A, Murchison C, Oken B.
- Acupuncture for the Treatment of Peripheral Neuropathy: A Systematic Review and Meta-Analysis.
- J Altern Complement Med. 2017 Mar;23(3):164-179. doi: 10.1089/acm.2016.0155. Epub 2017 Jan
  
- Conclusion
- Acupuncture is beneficial in some peripheral neuropathies, but more rigorously designed studies using sham-acupuncture control are needed to characterize its effect and optimal use better.

# Acupuncture for Peripheral Vascular Disease

- R. G. Cunha, K. C. Rodrigues, M. Salvador and R. A. Zângaro,
- "Effectiveness of Laser treatment at acupuncture sites compared to traditional acupuncture in the treatment of peripheral artery disease,"
- *2010 Annual International Conference of the IEEE Engineering in Medicine and Biology*, Buenos Aires, Argentina, 2010, pp. 1262-1265, doi: 10.1109/IEMBS.2010.5626418.
- Those treated with laser acupuncture exhibit a significant increase in systolic pressure of their lower limbs, with a consequent improvement of the Revascularization Index, suggesting that different stimuli on acupuncture points generate different variations of peripheral resistance of lower limbs.

# Acupuncture and Podiatry

## Where Next

- Acupuncture has become increasingly accepted within mainstream medical and surgical practice
- There is extensive research on the use of acupuncture but the main problem is the use of double blind RCT
- Dismissal of TCM as “nonsense” should be done from a position of knowledge
- There are many and numerous applications of acupuncture within podiatry.
- It is important that the systemic effect of acupuncture is understood so that acupuncture is practiced with a sound understanding rather than as a simple technique

# November 2023

- There is much more to do.
- But I have other plans....



- Thanks for listening.

