

# A prick away from health

By **Chloe Cunningham**  
News Editor

The word *acupuncture* come from Latin *acus*, meaning needle and *pungere*, meaning a prick. This ancient form of Chinese medicine claims to be relatively painless, and even relaxing.

"I was scared-I hate needles," said sophomore Sarah T. Davis on her first acupuncture experience.

Her friend Brynmarie Maison agreed: "I thought it was going to hurt, but it really didn't."

Acupuncture dates back to the Han Dynasty during the first millennium (3000 B.C.). During this time small needles were carved from stone and used on certain "acupuncture points" on the body. Later, in the Tang Dynasty (618-907 A.D.), acupuncture schools began to appear, and the practice was spread throughout Asia.

It was only around the 1950's, however, that acupuncture became slightly accepted by practitioners of Western medicine and used

in hospitals. Even today, many Western doctors condone the practice of acupuncture and other eastern medical practices.

The general theory of acupuncture is to stimulate specific "acupuncture points" on the body (in the hands, feet, head, etc.), allowing signals to be sent, ultimately restoring the balance of yin and yang. Conceptually, the reason a patient is feeling poor, is because yin and yang were not balanced in his or her body.

Acupuncture treats everything from infertility to depression, and HIV infections to carpal tunnel.

Although the effectiveness of acupuncture has not been proven, many people who are open to the practice have had successes.

"I was treated for my back," said Davis. "It relieved by muscle tension and helped me relax."

Maison also had positive results. "I was treated for my immune system. It was very soothing and an intense journey."

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