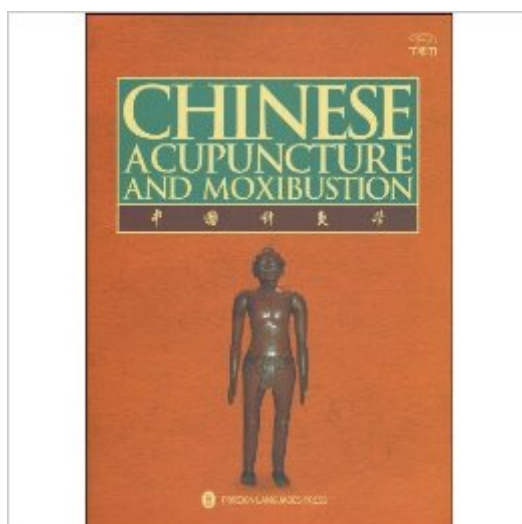


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# Chinese Acupuncture And Moxibustion (Third Edition 2009, Seventeenth Printing 2016)



## Synopsis

Acupuncture and Moxibustion are indispensable parts of traditional Chinese medicine in the prevention and control of disease. Since the founding of the Peoples' Republic of China, these arts have been developed and are highly regarded by the international academic community. Based upon Essentials of Chinese Acupuncture, used as a textbook by the International Acupuncture Training Centers in Beijing, Shanghai and Nanjing, Chinese Acupuncture and Moxibustion incorporates the rich experience of class teaching and clinical practice and the results of acupuncture research, retaining the characteristic features of the traditional theory of acupuncture and stressing the integration of theory and practice. The book consists of eighteen chapters and four appendices. Chinese Acupuncture and Moxibustion was compiled by the International Acupuncture Training Centers and Acupuncture Institute of China, Academy of Traditional Chinese Medicine, on commission of the Ministry of Public Health.

## Book Information

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## Customer Reviews

I have been studying oriental medicine for the past 5 years intensively. I am currently preparing for a trip to Beijing to practice medicine in China as an internship. After reading the previous reviews I picked up a distinct feeling from all of the reviews that is typical. You must remember Chinese Medicine is not a light topic anyone can understand with a few reads. It is truly a different mindset and lifestyle. This book is not meant as a book to teach one the precise form and techniques of acupuncture, hence the brief overview of techniques. It will be greatly appreciated once you do learn

the techniques however as a guide. If you are interested in learning TCM please keep this in mind. There is a reason all formal medicine schools in China use this book.

I have read a large range of reviews for this book, some hating it others loving it for both reasonable and utterly ridiculous reasons. If you are a TCM or OM student of any kind and plan on taking the NCCAOM test, whether you like the book or not, you WILL be studying this book. I must admit, I did find some of the grammatical errors to be a bit annoying and the State propaganda (it IS printed by a State run publisher) in Chapter 1 is almost laughable in it's fawning praise for Mao Zedong and the Cultural Revolution. All that aside, I am studying it along with other Authors such as Peter Deadman, "Acupuncture: A comprehensive text" translated by Bensky and O'Connor, and Giovanni Maciocia's works and I have already had a few "a-ha" moments while reading Chinese Acupuncture and Moxibustion (or 'CAM' as we call it in school). It is nice to have access to how it is still being taught in Beijing and it is rather different perspective on TCM and OM from the 'Western'/English speaking authors and translations.

I was given a copy of this book when I signed up for training courses in the Nanjing University of Traditional Chinese Medicine. It isn't all bad, and I learned a lot from it. The problem is that one can learn so much more from other texts such as Maciocia's Foundations of Chinese Medicine and Deadman, Mazin and Baker's A Manual of Acupuncture. This book tries to be comprehensive, but it is, at times, incomprehensible. For example, Maciocia's writings on TCM Syndrome Differentiation is much easier to comprehend than the equivalent chapters here. In fact, I found myself studying Foundations instead of this book for such topics as the 8 principles. This book also assumes too much. It does not recognize the fact that most westerners cannot readily grasp the marked differences in western and eastern philosophy. Again, this is a topic that Foundations (and Web that has no Weaver) covers much more excellently. Ultimately, if you must purchase only ONE book on Chinese medicine, this is neither the best nor the worst you can find, but it will be adequate. Otherwise, I highly recommend that you check out various Listmanias (Jeffrey Chapman's is quite excellent) for alternatives.

The simple fact is that if you want to pass the NCCAOM acupuncture exam you will need this book. Otherwise don't waste your time. Even if you need to pass the exam, find other books first. This book is definitely not useful for understanding the "whys" of Traditional Chinese Medicine. It is mainly a poorly assembled mass of factoid minutiae that need to be memorized for the exam. The

language of the book is both confusing and contradictory. Often you don't know if particular terms are different because they actually represent different principles in TCM or just because it was translated differently. The diagrams for point locations are mediocre, at best. You will need to find better descriptions and diagrams to pass NCCAOM. Most importantly, this book completely fails to provide beginning students with the conceptual overview of how TCM is used to actually diagnose and treat patients. The authors really got lost in the trees and forgot to describe the forest. So, a big thumbs down here.

Although required at many acupuncture/TCM schools, this is quite possibly the most badly translated & produced (certainly the most poorly edited) English language text book in Chinese medicine. Get a copy from a library. Photocopy pages from an older student. But please, please, please don't make the mistake I made buying a spanking new copy of "CAM" my first month of acupuncture school!

The text traces the history of acupuncture from ancient times and gives a thorough, yet easy to understand, account. Also, the information is invaluable throughout the book! There are detailed diagrams showing the meridians and acupoints, collaterals, as well as such detail as the Foot-Shaoyin or Hand Shaoyang. The General Principles of Treatment are discussed as well as the Principles for Prescription. It is easy to read yet well written and thorough and well worth the cost. This is a book you will want to keep as a resource and reference.

CAM has long been one of the go to texts for the NCCAOM exam. I had purchased an older edition at a used bookstore, only to find there had been very important technical revisions, with critical differences. I then borrowed this text from a classmate. Interestingly, when my own updated version arrived, the new text was 1/2 inch thinner than the older printing of the same edition. I compared the texts, including the tables and images, appendices and chapter headings, and found no difference. Apparently, it is just a thinner paper. Paging through, the paper does seem a little smoother, and it does not really seem flimsy, so I am satisfied.

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