

***Kornievich I.K***  
**ACUPUNCTURE**  
***Tutor: lect. Kruglik A.D.***  
*Foreign Language Department*  
*Belarusian State Medical University, Minsk*

Acupuncture is a method of traditional Chinese medicine that has been used for centuries to treat various ailments. Although acupuncture has been used in China for thousands of years, it has only recently gained recognition as a legitimate treatment method in the Western world. The purpose of this research is to provide a comprehensive overview of acupuncture, including its history, mechanisms of action, indications and contraindications, as well as current research of its effectiveness in various diseases.

Acupuncture was first described in the Yellow Emperor's Classics of Internal Medicine over 2,000 years ago. It has been popular in China for over two thousand years and has spread all over the world.

In ancient times, people accidentally hit a certain part of the body with some hard objects such as stones, thorns, etc. and the unexpected pain subsided. The ancients began to deliberately pierce certain parts of the body with sharp stones or artificially puncture the body, causing bleeding to relieve the pain.

Ancient Chinese medical texts accelerated the development of acupuncture in other East Asian countries. As a result, acupuncture became increasingly popular in Japan and penetrated into Korea and Mongolia in the 6th century AD. In the West, interest in the technique emerged in the 18th century, and today acupuncture is one of the most popular practices of alternative medicine.

The internationalisation and modernisation of acupuncture in the world really began in the 1920s and 1930s, developed in the 1950s and culminated in the 1970s, so that currently more than 180 countries and regions use acupuncture to treat diseases in their populations.

Acupuncture affects certain points on the human body. The number of such points reaches 664 and each of them has a precise topographic location and a specific therapeutic purpose. Nowadays, there are hundreds of types of needles and their combinations with other influencing factors that are used in acupuncture. Depending on the situation, different types are used for certain effects.

Turning to the practice of acupuncture itself, it is worth saying that currently many methods are used in acupuncture, but we will consider three main ones:

the meridian deepening method

the yin and yang reconciliation method

acupuncture point compatibility method

Generally speaking, acupuncture has an inhibitory effect on hyperactive, agitated and spastic tissues and organs and an excitatory effect on weak, inhibited and relaxed tissues and organs. This adjustment is benign and bidirectional. This is one of the main reasons why acupuncture can treat many diseases.

As we can see, in the 20th century acupuncture really spread in Europe, but only as an alternative medicine, and after the first clinical studies it was concluded that the effectiveness of acupuncture was not higher than the placebo effect. Currently, there are studies proving the opposite. However, acupuncture as part of traditional Chinese medicine still retains its prevalence in China, where the prevailing opinion is that it is scientific.