

Preface

Ten years after the first successful edition of the atlas *Punti e Meridiani di Agopuntura*, we felt the need to modernize and enrich the content of this book, in order to bring it up to date and closer to the requirements of acupuncturists and acupuncture students.

The original plan of a corrected and integrated re-edition of the atlas was, during its long processing time, gradually left behind. We decided to create a new book that would, even if it maintained the iconography of the former edition, in reality be completely updated and revised in its content and in its general layout to produce a much more exhaustive yet concise and easy-to-use reference work. We are very happy to have the opportunity to review this new English edition of our book, and we thank Thieme Publishers for this interesting opportunity.

Over the past 15–20 years, European acupuncture has finally confronted itself with the Chinese discipline and has been obliged to revise and correct a large part of its doctrinal approach, thereby becoming more realistic.

The physiopathology of the internal organs and their syndromic patterns has been accepted by most acupuncture schools. Clinical indications of acupuncture points have been deeply revised, abandoning the strict frameworks of doubtful therapeutic effectiveness.

With this in mind, we have conformed—based on Chinese data—the pathways of the main and secondary channels and the location of some new acupunc-

ture points; artwork, that is, the cartography of the channels and the anatomic tables and sections, has been revised, and we have reviewed some clinical indications for acupuncture points and channels.

The aim of this book is to give acupuncturists and acupuncture students an effective learning and reference tool that can accurately provide the location, method of locating, anatomic relations, and main clinical indications for every acupuncture point.

Therapeutic acupuncture techniques often require a deep insertion of the needle, and the danger of provoking internal injuries is very high; for this reason the acupuncturist must have a strict knowledge of the different anatomic layers and of the cross-sections at the level of the acupuncture points.

Insertion of the needle into the acupuncture point cannot be separated from the achievement of the typical paraesthetic sensation named *de qi*, which confirms that the acupuncture point is being correctly stimulated. The first section of this book contains the *de qi* method for each acupuncture point and the detailed information on location, anatomic coordinates, and clinical indications.

Leaving it up to our readers to judge whether our goals have been reached, we present our new atlas and hope to provide students and qualified acupuncturists with a valuable support in their study and clinical practice of acupuncture.

The Authors

Foreword to the Italian Edition

The atlas *Punti e Meridiani di Agopuntura* is a new book by Piero Ettore Quirico, MD, Director of the Turin School of Acupuncture CSTNF. Established in 1978, the school is one of the main Italian educational institutes for this discipline. Dr. Quirico has visited China several times since 1984 in order to improve his knowledge of acupuncture, and in 1996 he visited my institute in Shanghai, with his wife Tiziana Pedrali, MD, co-author of the book.

This book has the particular feature of integrating Traditional Chinese Medicine with Western medicine in studying the fundamentals and clinical practice of acupuncture. It contains descriptions of all the main and secondary channels, of 361 regular acupuncture points, and of 50 extra points. For each point, details include the name, location, needling method, *de qi*, and clinical indications. The study of the main acupuncture points also includes anatomic sections derived from the books that I have published in China over previous years.

Considering the clear and extensive content of the book, I believe that it is an important tool for both learning and updating within the field of acupuncture.

Professor Yan Zhenguo
Director
Research Institute
Institute of Anatomy
University of TCM
Shanghai

序言

《针灸经络俞穴学》是贵院克勤教授的新作。贵院克勤教授是意大利都灵针灸学院的院长，该院创建于1978年，是意大利国内规模较大的一所针灸专业学院。自1984年以来，他多次率团来中国取经，对经络体系有较深入的研究，在此基础上，编写出版了这部教材和著作。谨此致以敬意。

贵院克勤教授的《针灸经络俞穴学》是一本由点线面结合与临床相结合的作品，汇集了100多条经络循行路线和穴位，包括经穴和50个经外奇穴，叙述了穴位的名称、定位、主治、刺灸方法、部位穴位、适应症等，并附有解剖图，其中穴位解剖图的版面清晰准确和和文之字。全书体现了作者的研究成果。

《针灸经络俞穴学》可视为一本针灸著作之集，对于推广和普及针灸学水平具有很大作用。全书内容详实，论述之理，内容充实，对广大中西医学工作者以及中医针灸爱好者是一本很有价值的读物，值得向读者推荐。

上海中医药大学 终身教授

陈仁寿、李维国博士

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