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Ancient Chinese Accupuncture

Ancient Chinese acupuncture is an art that was in existence from over 3000 years ago. The philosophy of the birth of such remedies is connected to an important discovery in the history of China. Approximately 8000 years ago a Taoist by the name of Fu Hsi formulated the first two symbols that depict a broken and an unbroken line. Two lines are therefore represents life and taken as a symbol for the particular purpose. Yin and Yang is therefore the backbone of the [ancient Chinese acupuncture](#) and many other Chinese remedies.

Excavations have unravelled many objects from the old and new Stone Age in China. Interestingly enough, while the new Stone Age artifacts consisted of knives made of stone for medical procedures, the medical instruments unraveled from the new Stone Age period consisted of stones that had been carved in to hair thin needles. These were called Biens. It is believed that ancient Chinese acupuncture gained popularity in China during the period of the Yellow Emperor by the name of Huang Di (2697-2597). Not only using the Bien stone but Ancient Chinese acupuncture has also been using the bronze needles as well. The Warring States era (421-221BC) though unraveled four gold needles and five silver needles in an ancient tomb. This period also boasts of the Nan Jing which is a book that attributes to eight extra meridians found in the body.

"systematic classic of Acupuncture and moxibustion" is known to be the most noted text of Ancient Chinese acupuncture. Transition however was noted in Ancient Chinese acupuncture later. During the Han dynasty (618-907) and many texts thereafter, acupuncture became a formal branch of medicinal education in China. During this time many acupuncture schools appeared and it became an essential chapter in the imperial medical bureau. Ancient Chinese acupuncture has also been noted in the Ming dynasty(1568-1644).

A backseat has taken place in Ancient Chinese acupuncture during Ming Dynasty and all the way up to 1960's. Western medicines gained more popularity and were given preference over traditional cures. They were viewed at the time as being 'primitive' and 'harmful'. This gave birth to the emergence of 'barefoot doctors'. These doctors practiced ancient Chinese acupuncture on a small scale in villages and thus helped keep alive this magnificent ancient medical discovery. [Ancient Chinese acupuncture history](#) has been more appreciated after 1960's. Therefore still the diamond remains strong as it was with some modernizations.

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