

Mentoring Programme in Classical Acupuncture

Dr Hung D Tran, MBBS, MBAcC

Classical Acupuncture

Classical Chinese Medicine (CCM) is an expression of Daoist philosophy. Acupuncture is a manifestation of this philosophy. When practiced as a whole, it is a profoundly effective and complete system of medicine.

In this system of medicine, the 12 Primary channels of acupuncture are directly responsible for the daily flow of Qi and Blood and thus healthy physiological functioning of the body. The Complement (aka Secondary) channels prevent a pathogenic factor from making its way into the Primary Channels and Zang Fu where it could potentially disrupt physiological function with serious implications to an individual's health and wellbeing.

However much of the language of Classical Chinese medicine was codified and has been passed from teacher to student through successive generations. There is also a rich tradition of commentaries which has given rise to many different traditions of CCM. The key nuances are easily lost without an authentic lineage of transmission. Modern day Daoist Master Jeffrey Yuen is one such lineage holder and transmitter of this medicine.

An important aspect of the Chinese medical classics is their emphasis on understanding the process of "transmission" of disease. Viewing a condition in its present state is not enough to induce a satisfactory resolution of a sickness. We need to clearly understand where it has come from and where it could potentially progress to. This enables Chinese medicine to effectively prevent and heal disease, as well as rebuild and regenerate the body.

Mentoring Programme

The mentoring programme is a hands-on interactive workshop in Classical Acupuncture. This is envisaged as a rolling programme to serve the needs of acupuncturists wishing to receive mentoring in the complement channels.

The programme is inspired by the oral transmissions of Daoist Master Jeffrey C Yuen and the clinical teachings of Ann Cecil-Sterman, a senior student of Jeffrey's. It is envisaged as a hands on, systematic exploration of the application of the Complement Channels of acupuncture (Sinews, Luos, Divergents, Eight Extraordinary Vessels).

It consists of a series of one-day workshops that can be attended individually or together. We welcome final year acupuncture students as well as established practitioners who have a wish to apply these channels to their existing practice.

The next set of channels that we shall be exploring will be the Luo Vessels.

The Luo Vessels

The Luo Vessels are channels of latency. They hold onto pathogenic factors.

The Sinew Channels, which are conduits of Wei (defensive) Qi, are the body's first defense against external pathogenic factors (EPFs). When these fail to release the PF back to the exterior then the problem is passed onto another channel system.

The second line of defense is the Luo Vessels. Luo Vessels are conduits of Ying (nutritive) qi (Blood and the *jinye* body fluids). Symptoms of the Luo Vessels are those that relate to Bi obstruction, rebellious qi, and Shen disturbances.

When the *wei* qi level of the body has failed to "release" an external pathogenic factor (EPF) then it creates "latency". Latency prevents the movement of an EPF into the Primary Channels and Zang Fu, thereby disrupting physiological function. The Luo Vessels trap the PF in a minor blood vessel which is created on the surface of the skin, manifesting as a varicosity. In the process of creating and maintaining latency, the Luo Vessels induce a state of blood stasis.

The Classics teach that anything related to Blood is also related to the Shen. The Shen is said to circulate through the Blood. So clinically, the Luo Vessels are the most appropriate channels to directly address a problem in our lives particularly if it has an emotional or psycho-social element to it.

Thus accessing the Luo Vessels enables the practitioner to help their patients in the resolution of a wide range of illnesses involving the Blood and Shen.

Mentoring Programme Facilitator

My name is Hung Tran. I obtained my Bachelors in Medicine & Surgery (MBBS) from St Mary's Hospital, Imperial College and began working in the NHS in 1998. My training in acupuncture was via the apprenticeship route with my first teacher of Oriental Medicine, Master Nguyen Tinh Thong, between 1999-2008. I undertook systematic study and practice Classical Chinese Medicine (CCM) after meeting Master Jeffrey Yuen in 2007. I have also received the transmission of the entire Complement channels of Classical Acupuncture from Ann Cecil-Sterman. Ann has encouraged me to begin sharing this wondrous and profound system of medicine

with other practitioners. This mentoring programme is the culmination of these teachings and my clinical experience.
