Appendix  A Milestone of Acupuncture Research: Correlation Between Peripheral Nerves and Meridians-Acupoints

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Before 1950s, there was no direct evidence regarding the correlation between the nervous system and meridians-acupoints. A systemic investigation into the relationship between peripheral nerves and meridians-acupoints was initiated in later 1950s by Drs. Peihua Zhou, Peide Qian and Dengkai Huang in the Department of Anatomy and Drs. Huayun Gu and Huiren Wang in the Department of Histology at Shanghai First Medical College (now Shanghai Medical College of Fudan University), Shanghai, China. Dr. Ding Li, then a renowned acupuncturist at Shanghai College of Traditional Chinese Medicine (now Shanghai University of Traditional Chinese Medicine), Shanghai, China, specifically localized all acupoints they studied with acupuncture needles.

In this pioneer study, they used anatomical and histological approaches to carefully dissect out the surrounding tissues of the meridians and acupoints in human cadavers and found that all acupoints studied were abundant in nerve tissues. Their initial data were published in 1959 (Department of Anatomy at Shanghai First Medical College 1959). Then, the contents were included in a book entitled “Anatomy of Commonly Used Meridians-Acupoints” by Shanghai Scientific & Technical Publisher in 1960 (Department of Anatomy at Shanghai First Medical College 1960). After more comprehensive work, they completed their studies on all major acupoints, i.e., 324 acupoints in total, in the body. With 8 adult cadavers, 49 detached upper extremities and 24 lower extremities, they detailed the topographical relation between the peripheral nerves and 324 acupoints of the 13 meridians including Ren meridian. Their data show that peripheral nerves are richly distributed in all these meridian points though in different ways, which was published by Shanghai People’s Publishing House in 1973 (Department of Anatomy at Shanghai First Medical College 1973). Also, they presented the intriguing results in English at the National Symposia of Acupuncture-Moxibustion & Acupuncture Anesthesia (Beijing) in 1979 (Zhou et al. 1979).

Their work was indeed a milestone of acupuncture research, which provided an initial direction for Chinese scientists and acupuncturists to explore the
mystery of acupuncture. However, this important work was rarely known in the non-Chinese community of acupuncture research because of language barrier. We therefore mention it here as a memory of the pioneer research.

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