

# Acupressure Points Online Database

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# Why Acupressure?

- Chemical drug is good or bad? 化学药品是好，还是坏？
- Our body is a system – integration of multi-components 我们的身体是一个系统，由大量部件组成
- Chemicals are 1-1 GOOD relation to the ONE component of our body 化学药品对我们身体的某一个部件是 1 对 1 的好的关系

# Why Acupressure? (ctd)

- But Chemicals may be 1-M BAD relations to components of our body What is the true way for our health? 但化学药品可能对身体其它部件是一 对多 的坏 关系
- What is the true way for our health? Curing for the pre-illness, NOT curing for the illness 什么是身体健康的真正方法呢？治“预病”，而不是治“已病”

# Why Acupressure? (ctd)

- Four basic curing points for pre-illness 防治“预病”的四个要点：
  - Balanced/fresh food 饮食平衡
  - **Appropriate exercise** 运动适度
  - Enough rest 休息充分
  - Keeping positive 保持乐观

# Why Acupressure? (ctd)

- There are co-relations among the above four, but the KEY is the **Appropriate exercise** 以上四个要点相互耦合，但关键点是“运动适量”
- One KEY type of “appropriate exercise” is the acupuncture or acupressure “运动适量”的一个要点是 针灸或者 穴位推拿

# Why Acupressure? (ctd)

- Acupuncture or acupressure 针灸或者 穴位推拿
  - Thousand years of “clinical trials” in China 在中国有数千年的“临床试验”（尚需正规化！重大课题之一）
  - A systematical treatment for the **body system** 一种对于身体健康的系统治疗
  - Modern theories on immune system support 现代免疫学理论支持（尚待完善！重大课题之一）

# Why Acupressure? (ctd)

- Huge amount of related information: meridian and acupressure points 现存有大量有关经络，穴位，和推拿的经验或数据资料（亟待系统整理和运用！）
- Utilizing online database systems 在此结合在线数据库系统进行应用研究。进一步可结合模糊数学，人工智能等大系统理论研究

# Why Acupressure? (ctd)

- Acupressure points vs **body system** 人体与穴位

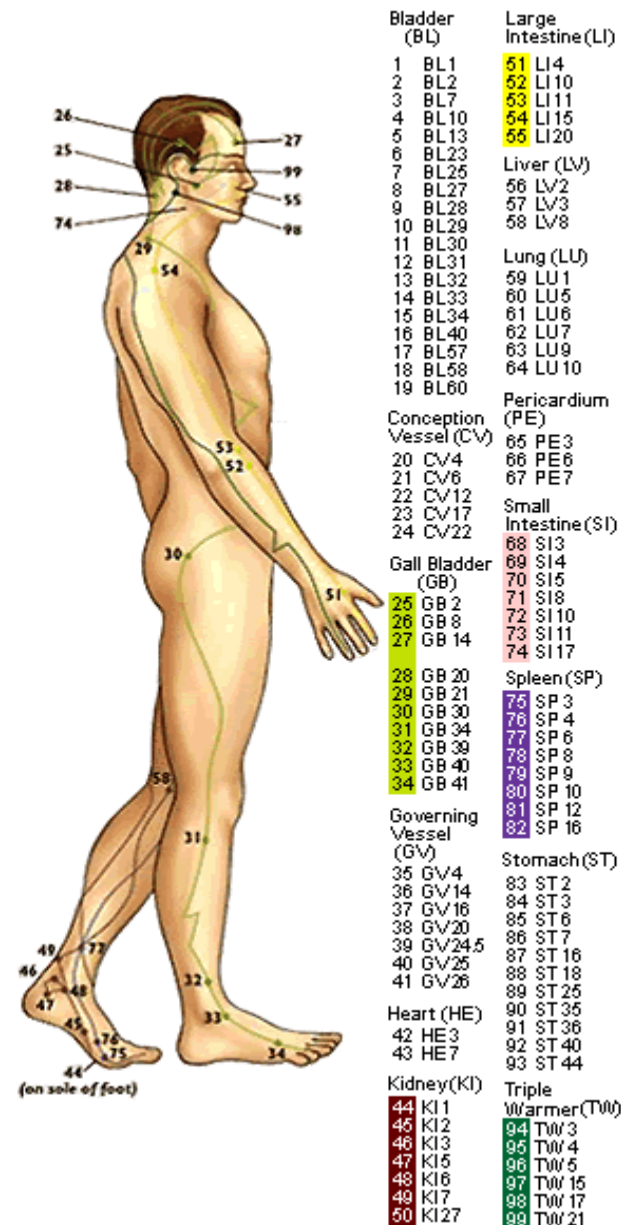


Figure 1 Acupressure points

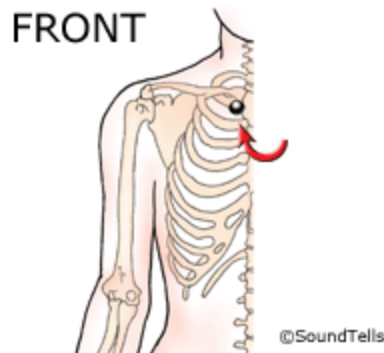


# Why Acupressure? (ctd)

- One symptom – can be treated through different points 一个症状，可以通过刺激不同的穴位点达到缓解和治疗

# Why Acupressure? (ctd)

- Example - If your symptom is sore throat, the acupressure points are K27 (Shufu), LI4 (He Gu) 例如，如果症状是喉咙酸痛，刺激或按摩点有？？和合谷



k27



LI 4

# Online Database systems

- Real time instant solutions 实时，迅速给出答案
- Convenience: Internet and a Web browser needed 非常便捷：只需因特网和浏览器
- Secure 安全
- User friendly 良好的用户介面

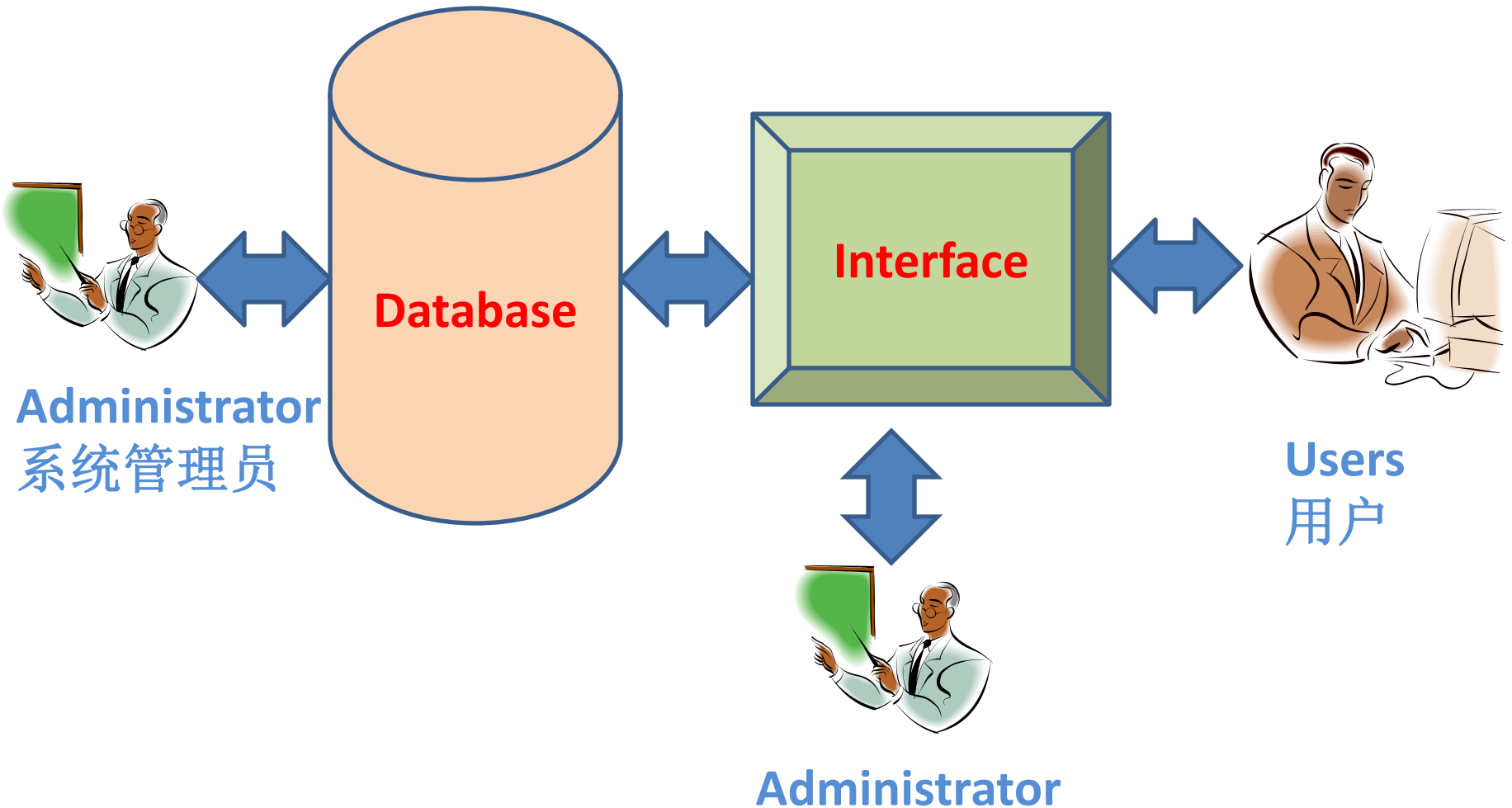
# Online Database systems

- **Knowledgeable: database support** 数据库支持的庞大的知识和数据资源
- **Accuracy** 准确性极高

# Online Database systems (ctd)

- Construction tools 构建工具
  - PHP 编程语言
  - MySQL 数据库系统
- Design 这里简单介绍一下设计及....
- Implementations 系统实现
- Case study 一个实际案例

# Systems Design 系统设计结构



# Systems Implementation 系统实现

The structure  
of Points table  
穴位点数据表  
的结构

```
zwang.vwc.edu - default - SSH Secure Shell
File Edit View Window Help
Quick Connect Profiles
mysql> describe points;
+-----+-----+-----+-----+-----+-----+
| Field          | Type          | Null | Key | Default | Extra          |
+-----+-----+-----+-----+-----+-----+
| id             | int(11)       | NO   | PRI | NULL     | auto_increment |
| name          | varchar(8)    | YES  |     | NULL     |                |
| chinesename   | varchar(20)   | YES  |     | NULL     |                |
| linkurl       | varchar(100)  | YES  |     | NULL     |                |
| headache      | int(11)       | YES  |     | NULL     |                |
| hangover      | int(11)       | YES  |     | NULL     |                |
| sorethroat    | int(11)       | YES  |     | NULL     |                |
| heartburn     | int(11)       | YES  |     | NULL     |                |
| weightloss    | int(11)       | YES  |     | NULL     |                |
| depression    | int(11)       | YES  |     | NULL     |                |
| insomnia      | int(11)       | YES  |     | NULL     |                |
| memory_and_concentration | int(11)       | YES  |     | NULL     |                |
| hiccoughs     | int(11)       | YES  |     | NULL     |                |
| high_blood_pressure | int(11)       | YES  |     | NULL     |                |
+-----+-----+-----+-----+-----+-----+
14 rows in set (0.00 sec)

mysql>
```

Connected to zwang.vwc.edu      SSH2 - aes128-cbc - hmac-md5 - none      84x22

# Systems Implementation 系统实现

## PHP Code for Adding More Records

```
<?php
...
$query = "INSERT INTO $table_name VALUES '0', '$name',
'$chinesename', '$linkurl', '$headache', '$hangover', '$sorethroat',
'$heartburn', '$weightloss', '$depression', '$insomnia',
'$memory_and_concentration', '$hiccoughs', '$high_blood_pressure)";

Print "The Query is <i>$query</i><br>";
mysql_select_db($mydb);
print '<br><font size="4" color="blue">';
if (mysql_query($query, $connect))
{ print "Insert into $mydb was successful!</font>"; }
else
{ print "Insert into $mydb failed!</font>"; }
mysql_close($connect);
...
?>
```



# Case Study 案例分析

The URL of the online system 在线系统网页地址：  
址：

[http://zwang.vwc.edu/~tasantos.](http://zwang.vwc.edu/~tasantos)

### Project Objectives:

- Users select illness and/or uncomfortable body parts
- The system will present all the related acupressure points
- The links of these points' locations are also displayed

### Sources:

- [Free Online Acupressure Guide](#)
- [Yin Yang House](#)



[Go to the Acupressure Wizard](#)

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← → ↻ 🏠 [zwang.vwc.edu/~tasantos/search1.php](http://zwang.vwc.edu/~tasantos/search1.php) ☆ 🔧

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# CS489 Acupressure Points Database

**Created by Tara Santos**

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Please select your symptom(s):

- Headache
- Hangover
- Sore Throat
- Heartburn
- Weightloss
- Depression
- Insomnia
- Memory & Concentration
- Hiccoughs
- High Blood Pressure

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zwang.vwc.edu/~tasantos/test.php

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# CS489 Acupressure Points Database

Created by Tara Santos

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Your symptom(s) are:

sorethroat

[How to massage these acupressure points.](#)

[Go back to select another symptom.](#)

Point Name	Chinese Name	Link
LI4	He Gu	<a href="#">♥</a>
K27	Shufu	<a href="#">♥</a>
ST36	Zusanli	<a href="#">♥</a>
CV22	Tian Tu	<a href="#">♥</a>
LU11	Shao Shang	<a href="#">♥</a>

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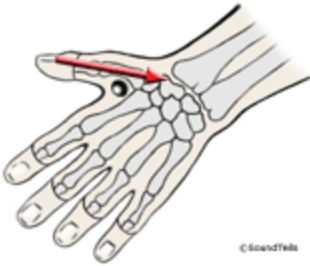
www.soundtells.com/AcupressureOnline/Li4R.htm

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# ACUPRESSURE ONLINE.ORG

**Li 4 - This point is forbidden for pregnant women.**

Continue on the other side.



**Location:** between thumb and index finger as indicated on the picture.

**Direction:** apply firm deep strokes of pressure in upward direction. The initial painful sensation will soon begin to subside.

**Duration:** 2 min

[Go to the Next Step](#)

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[Go to Table of Contents](#)

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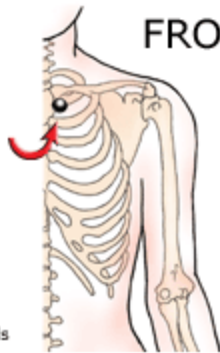
www.soundtells.com/AcupressureOnline/K27R.htm

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# ACUPRESSURE ONLINE.ORG

K27 - Continue on the other side

**FRONT**



@SoundTells

**Location:** in the hollow under the clavicle, next to the breastbone. To find the point follow the clavicle until it connects to the breastbone. If you have difficulty following the clavicle bone, move shoulder back and forth.

**Direction:** apply firm deep strokes of pressure into the chest.

**Duration:** 1 min

[Go to the Next Step](#)

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[Go to Table of Contents](#)