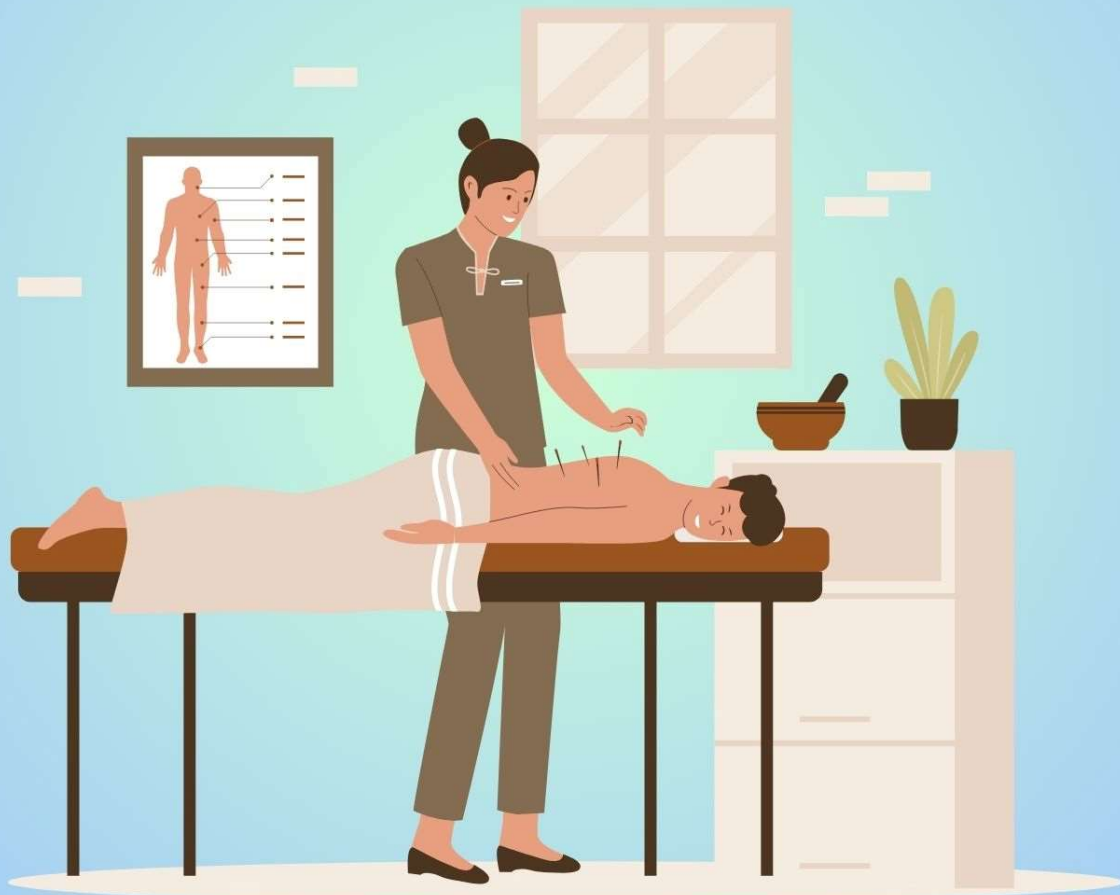


Acupuncture



Author: Muzammil Ramzan

Foreword

It is with great pleasure and enthusiasm that I introduce to you the insightful world of acupuncture through the pages of this book, authored by the esteemed Muzammil Ramzan. In "Acupuncture," Mr. Muzammil Ramzan delves into the ancient and intricate art of acupuncture, offering a comprehensive guide that navigates through the core principles, techniques, and applications of this time-honored healing practice.

In a world increasingly turning towards holistic and integrative approaches to health, the exploration of traditional healing methods gains paramount importance. Muzammil Ramzan, with his profound expertise and dedication, leads us on a captivating journey through the realms of acupuncture. The book is thoughtfully structured, encompassing fundamental concepts such as Qi Theory, the basics of acupuncture, the intricacies of the 12 main meridians, and the nuanced techniques of needling.

As we embark on this exploration, the author not only imparts knowledge but also invites readers to understand the profound interplay between the body's vital energy and the ancient wisdom encapsulated in acupuncture. Muzammil Ramzan's expertise shines through as he demystifies the complexities of acupuncture point prescriptions, providing practical insights into addressing common diseases through this therapeutic modality.

This book is a valuable resource for both beginners seeking an introduction to acupuncture and seasoned practitioners looking to deepen their understanding. Muzammil Ramzan combines traditional wisdom with a contemporary perspective, making the content accessible and relevant to diverse audiences.

In the spirit of sharing the rich tapestry of acupuncture, I encourage readers to embrace the wisdom within these pages. May this book be a guiding light for those embarking on a journey to explore the profound benefits of acupuncture and a source of inspiration for practitioners dedicated to enhancing the well-being of others.

Wishing you a transformative and enlightening journey through the pages of "Acupuncture."

Muzammil Ramzan

Acupuncture

Acupuncture is a procedure by which diseases can be prevented and treated through proper insertion of needles into points accompanied by different manipulations. Today those commonly used are filiform needle, cutaneous needle, intradermal needle, and three-edged needle, in which the filiform needle is widely and mostly used..

A filiform needle may be divided into five parts:

- I) Handle the part webbed with filigree either of copper or stainless steel;
 - II) Tail the part at the end of the handle;
 - III) Tip the sharp point of the needle;
 - IV) Body the part between the handle and the tip; and
 - V) Root the demarcation line between body and the handle. The length and gauge refer to the dimension of the needle body. The common filiform needles vary in length and diameter.
- Unused needles are suggested to store in a box with layers of gauze or in a tube with dry cotton balls placed at the both ends to protect the needle tip.
 - On boiling water sterilization, needle should be bound steadily by gauze in case the needle tip hits against the wall of an autoclave
 - On manipulation, insertion of the needle should be neither too forceful nor too - fast to prevent it from getting bent. If the needle tip touches the bones, the needle should be withdrawn a little to avoid bending.

Preparations Prior to Treatment

Inspection of the instruments Needles of various size, trays, forceps, moxibustion wool, jars, sterilized cotton ball, 75% alcohol or 1, .5% iodine tincture, or 2% gentian violet, etc. should be carefully inspected and prepared before use.

Posture of the patient An appropriate posture of a patient is significant in correct location of points, manipulation for acupuncture and moxibustion, prolonged retaining of the needle, and in prevention of fainting, bent needle, stuck needle or broken needle. The selection of a proper posture is therefore of importance clinically. Generally, the practitioner must be able to work without hindrance and the patient is relaxed and feels comfortable. The commonly-used postures adopted in the clinic are as follows:

- Sitting in flexion: suitable for the points on the head, neck and back.
- Sitting erect with elbows resting on a table: suitable for the points on the head, arm and shoulder.
- Lateral recumbent: suitable for the points at the lateral side of the body.
- Supine posture: suitable for the points on the head and face, chest and abdominal region. and areas of the four limbs.
- Prone posture: suitable for the points on the head, neck, back, lumbar and buttock regions, and the posterior region of the lower limbs.

Sterilization:

Needle sterilization:

Autoclave sterilization: Needles should be sterilized in an autoclave at 1.5 atmospheric pressure and 125°C for 30 minutes. Boiling sterilization: Needles and other instruments are boiled in water for 30 minutes. This method is easy and effective without any special equipment. Medicinal sterilization: Soak the needles in 75% alcohol for 30-60 minutes. Then take them out and wipe off the liquid from the needles with a piece of dry cloth. At the same time, the needle tray and forceps which have directly contacted with the filiform needles should also be sterilized in the same way. Besides, needles used to treat some infectious cases should be sterilized and stored in separate place.

Skin disinfection

The area on the body surface selected for needling must be sterilized. Generally, points on the local area must be sterilized with methylated spirit or alcohol swab or any other antiseptic.

• Methods of Insertion

This is a vital skill for every practitioner, including insertion, manipulation and withdrawal of the needle.

Insertion refers to the whole procedure of the tip piercing the skin to the desired depth. Generally, the needle handle is held with the thumb and index finger of the right hand, and the needle body with the middle finger. The needle is inserted into the point rapidly, aided by the thumb of the left hand holding the tip and pressing the point area, with the two hands exerting force simultaneously. The right hand is known as the puncturing hand; the left, the pressing hand.

According to the length of the needle and the location of the point, different methods of insertion are employed:

- (1) Inserting the needle aided by the pressure of the finger of the pressing hand. This is suitable for puncturing with short needles (0.5–1 cun), by pressing beside the acupuncture point with the nail of the thumb or index finger of the left hand, holding the needle tip closely against the nail and then inserting the needle into the point.
- (2) Inserting the needle with the fingers stretching the skin. Stretch the skin where the point is located with the thumb and index finger of the left hand, hold the needle with the right hand, and insert it into the point rapidly between the thumb and index finger of the left hand. This method is suitable for long needles and the points where the skin is loose.
- (3) Inserting the needle by pinching up the skin. Pinch the skin up around the point with the thumb and index finger of the left hand, and insert the needle rapidly into the point with the right hand.

After insertion of the needle, different angles are taken according to different acupoints and pathogenetic conditions, involving perpendicular, oblique and horizontal (transverse) puncture. Perpendicular puncture is most commonly used in the clinic. In this method, the needle is inserted perpendicularly, forming a 90° angle with the skin surface. Oblique puncture is used for the points at the edge of bones, or points unsuitable for deep insertion. Generally, the needle is inserted obliquely to form an angle of approximately 45°–60° with the

skin surface. Horizontal puncture is commonly used in the areas where the muscle is thin. The needle is inserted at an angle of 15° . This method also used for penetrating needling.

- **Manipulations**

Needle manipulation means that needling is performed after insertion to induce a needling sensation by twirling and rotating or lifting and thrusting. The fundamental manipulation techniques are:

(1) Lifting and thrusting: This refers to the manner of lifting up and thrusting down the needle at the acupoint after inserting it to a certain depth. In clinical practice, it is classified into two types:

- (i) one involves lifting and thrusting in the whole acupoint area, i.e. making the needle move from the superficial to the deep, and from the deep to the superficial. The amplitude is relatively large, and this technique is similar to inserting and withdrawing the needle, so it is called the inserting–withdrawing method in some books. This type of manipulation is often employed in the comprehensive reinforcing–reducing manipulations which will be introduced in the following chapters.
- (ii) The other type refers to lifting and thrusting with a small amplitude, in which the needle is inserted and withdrawn repeatedly within a certain depth with moderate force and even amplitudes ranging from 0.1 cm to 0.5 cm, which should be regulated according to the patient’s condition and constitution. The strength and speed of lifting and thrusting were believed to produce varied therapeutic effects in ancient times.

(2) Twirling and rotating. This refers to the manner of twirling and rotating the needle backward and forward continuously after it has reached the desired depth. Generally, hold the needle handle with the thumb and index and middle fingers of the right hand, with the thumb opposite the other fingers, or with only the thumb and the index finger, and rotate the needle clockwise or counter-clockwise with an amplitude of 180° – 360° . But rotating the needle in a single direction may twine the muscle fibers and produce pain. Just like lifting and thrusting, rotating the needle to the left or the right may produce different therapeutic effects. The two are often combined together in the clinic.

(3) Retaining: This means holding the needle in place after it is inserted to a given depth below the skin. The patient’s age, physical constitution and pathological conditions decide the retaining and its duration of 5–10 min for short and several hours for long. In general, the needle is retained for 15–20 min. Retaining the needle is divided into still retaining and moving retaining. The former refers to retaining the needle right after the arrival of qi until withdrawal of the needle; the latter to repeating manipulations at intervals during the retention.

- **WITHDRAWAL**

This refers to the manner in which the needle is withdrawn after the acupuncture treatment. On withdrawing the needle, press the skin around the point with the thumb and index finger

of the pressing hand, rotate the needle gently and lift it slowly to the subcutaneous level, then withdraw it quickly and press the punctured point for a while with cotton balls to prevent bleeding or relieve the discomfort. If a stuck needle occurs during withdrawal, do not be eager to lift the needle forcefully, for fear of causing pain, bleeding, or even a bent needle. It is advisable to press the skin around the point, or puncture another point nearby before slowly withdrawing the needle. If the stuck needle is due to the change of the postures, ask the patient to return to the original position before withdrawing the needle.

- **Introduction to Acupuncture Manipulations**

Acupuncture refers to the whole procedure of needling manipulations in a broad sense, and narrowly speaking it refers to the manipulations between insertion and withdrawal of needles. Lifting–thrusting and twirling–rotating are the most fundamental and important. Many other manipulations are also available, and here the commonly used ones will be introduced.

AUXILIARY MANIPULATIONS

Auxiliary manipulations are the manipulations applied before and after insertion of needles to regulate and transmit the needling sensation that signals the arrival of qi. They are applied with the hands only or with the needles. They include the following.

Pressing

This means pressing an acupoint with the thumb, index finger or middle finger with even force. It is able to relieve pain induced by needling, and to facilitate the arrival of qi after insertion.

Massaging Along the Meridian

This refers to a procedure for promoting the needling effect by pressing with the fingers gently on the upper or lower parts of the related acupoints along the meridians and collaterals, pressing with the thumb or index finger, or tapping with the middle finger. It can promote the flow of the meridian-qi and remove a stuck needle.

Flicking

This is a manipulation to strengthen the needling sensation and to conduct or spread the needling sensation. It is applied with the index finger and the middle finger overlapped, or the thumb and the index finger overlapped. Gently flick the needle tail with the index finger, causing mild vibration of the needle for 7–10 times. Never flick too forcefully or too frequently, to avoid bending or sticking the needle.

Scraping

This is a manipulation to strengthen the needling sensation and to conduct or spread the needling sensation. It is applied in two ways:

- (1) Single-hand scraping. Place the thumb on the needle tail, and then scrape the handle with the nail of the index finger or middle finger.
- (2) Double-hand scraping. Place the thumb of the left hand on the top end of the handle, pressing a little downward; hold the needle body with two flexed index fingers, and scrape the handle slightly with the nail of the thumb of the right hand, which requires skillful manipulation and even exertion. The nail for scraping has to be round and smooth, not too long and not too short.

REINFORCING AND REDUCING MANIPULATIONS

“Reinforcing” means “replenishing and tonifying,” referring to replenishing and regulating qi when yin–yang and qi-blood in some part of the body are deficient; “reducing” originally meant “discharging,” here referring to eliminating the excess syndrome of yin–yang and qi-blood in some part. The main purpose of reinforcing and reducing is to keep the body in equilibrium. Reinforcing and reducing means to employ different manipulations during acupuncture to reinforce the deficiency and reduce the excess. There are various kinds of manipulations in acupuncture books of the past dynasties, and they are divided into two major types: **simplex or basic reinforcing and reducing manipulations, and duplex or comprehensive reinforcing** and reducing manipulations, most of which are rarely used in the clinic. The following are some reinforcing and reducing manipulations which are commonly used and easy to master.

Simplex Reinforcing and Reducing Manipulations

- Reinforcing and reducing by twirling and rotating the needle

Derived from the basic twirling and rotating method, this is differentiated by clockwise or counter-clockwise rotation of the needle. In other words, the right rotation is the reducing method that means rotating the needle forward with the thumb, and the left rotation is the reinforcing method that means rotating the needle backward with the thumb. This technique is commonly applied to acupoints of the four limbs in treatment of locomotor system diseases. For example, reducing manipulation by twirling and rotating is suitable for pain and limb spasm, and reinforcing manipulation by twirling and rotating for numbness and weakness due to the asthenic healthy qi.

- Reinforcing and reducing by lifting and thrusting the needle

Also derived from the basic lifting and thrusting method, the reinforcing and reducing manipulations are distinguished by heavy pressing of the needle to a deep region or forceful lifting of the needle to the superficial region. Specifically, reinforcing means to press the needle rapidly and lift it slowly, which is applicable to deficiency cold syndrome because of its warming reinforcing function, while reducing means to rapidly lift the needle and press it slowly, which is applicable to excessive heat syndrome because of its cold reducing function. It is worth noting that manipulation is often applied to acupoints of the four limbs, and that the exertions of lifting and thrusting (including the frequency and amplitude) must be different and regulated according to different conditions and constitutions.

- Reinforcing and reducing according to the needling direction

This is also known as reinforcing and reducing by puncturing along and against the direction of the meridians, respectively. The needling direction depends on the running direction of the course of the 12 meridians. The three yang meridians of the hand run from the hand up to the head. The needle tip pointing downward, i.e. against the meridian course, is known as the reducing method. The needle tip pointing in the opposite direction, i.e. following the running course of the meridian, is known as the reinforcing method. The same applies to the three yin meridians of the hand running from the chest to the hand, the three yang meridians of the foot running from the head down to the foot, and the three yin meridians of the foot running

from the foot up to the abdomen and the chest. During the operation, the arrival of qi must be achieved before one adjusts the direction of the needle tip.

Duplex Reinforcing and Reducing Manipulations

These are also known as comprehensive reinforcing and reducing manipulations, as they combine the application of basic manipulations, auxiliary manipulations, and simplex reinforcing and reducing manipulations. More than 20 methods are recorded in the acupuncture literature. The following two comprehensive methods are commonly used in the clinic.

- **Setting the mountain on fire**

This is also known as the warm reinforcing method. When it is applied, ask the patient to naturally inhale with the nose and exhale with the mouth, and divide the predetermined depth into three layers: superficial (heaven part), middle (human part) and deep (earth part). Puncture from the superficial layer to the deep layer. Do nine times of quick pressing and slow lifting successively, first in the heaven part, then in the human, and finally in the earth. After that, lift the needle directly to the heaven part and repeat the above from the superficial layer to the deep three times inward and three times outward (actually nine times inward and three times outward), and this is one turn. Do all this several times, until the patient feels warm all over his or her body. If there is no warm feeling, forget it and retain the needle for 10–15 min. This method is generally applied to acupoints on thick muscles and applicable to paralysis, numbness, chronic enterorrhea, pathogenic cold and pain in abdomen syndromes due to deficiency cold.

- **Thorough heavenly cool**

This is also known as the cool reducing method. Ask the patient to naturally exhale with the nose and inhale with the mouth, then insert the needle with the fingers stretching the skin. In the course of acupuncture manipulation, the needle is inserted from the deep to the superficial part. First, insert the needle directly into the deep part, lift it quickly and thrust it slowly, six times; then, lift the needle to the middle part to do the same manipulation six times. Finally, lift the needle to the superficial part to do the same manipulation six times again. After that, insert the needle directly into the deep part again to do the above manipulation. Three liftings and three insertions from the deep to the superficial part (actually nine liftings and three insertions) are one turn. Repeat the manipulation for several turns, till the patient feels cool in the punctured area or in the whole body. But usually the cool feeling is more difficult to cause than the warm feeling, so if the patient cannot feel cool, retain the needle in the point for 10–15 min. This method is mainly applicable to excessive heat syndromes like wind-stroke block syndrome, febrile diseases and manic type schizophrenia.

➤ Emergency conditions

Acupuncture accidents are accidental injuries owing to either the practitioner or the sufferer during acupuncture, moxibustion or other acupoint stimulation. Slight injuries may cause pain, and severe ones may lead to lifetime physical disability or even death. The following will be introduced here: causes, classification, precautions, and accidents commonly seen in the clinic.

CAUSES OF POSSIBLE ACCIDENTS

The causes involve the practitioner and the patient, but the former takes the main responsibility.

Causes Concerning the Practitioner

(1) Incorrect points location and imperfect manipulations. Accidents may happen because of neglect of the knowledge of anatomy, with only deep insertion, or insertion in a wrong direction; or inserting aimlessly or promiscuously, damaging the organs.

(2) Infection caused by improper sterilization of needles or selected region for needling; a bent needle due to an eroded base; or other injuries caused by overthick needles.

(3) Too-strong electroacupuncture stimulation or out-of-specification of the apparatus resulting in broken needles.

(4) Absence of responsibility of the practitioner during treatment — another important factor in possible accidents.

Causes Concerning the Patient

(1) Psychologic factor, such as excessive tension, fear or agitation.

(2) Physiologic factor, such as hunger, or fatigue, which is one of the major causes of fainting during acupuncture.

(3) Constitutional factor, like inanition, or an allergic constitution.

(4) Pathologic factor, like injuries by mistake due to internal organs' pathologic changes (the lung, liver and spleen in particular) causing enlargement, a rough surface or porosity of tissue structure; for patients with hematologic disease, breaking small vessels may lead to hemophilia.

(5) Others, for example, rapid postural changes of the patients (mainly infants or mentally ill persons), may lead to needle squirm in the tissues or even needle bending; changes of the respiratory rhythm or depth may shorten the distance between the acupoint and the internal organ, and accidents tend to happen.

In general, whatever the causes are, the practitioner should take the main responsibility for the accident.

CLASSIFICATION OF ACUPUNCTURE INJURIES

The possible accidents are seen as follows.

Reactive Injury

This includes fainting reaction during acupuncture or moxibustion, anaphylactic reaction (such as allergic hives due to moxibustion) and hysteria reaction (sudden aphasia, convulsions and wild laughter).

Physical Injury

A mechanical injury is the most hazardous one; its lesion position involves internal organs, blood vessels and nerves. The degree of the injury depends on the specific organ. Generally, the most serious is the injury to the brain or the heart, which tends to cause death. A mechanical injury is the most common one in the clinic. For example, a pneumothorax by piercing is one of the most common accidents due to acupuncture.

Chemical Injury

This may arise from the development of acupoint injection therapy. Injuries vary according to different injecting sites. They include soft tissue injuries (often seen in the forearm and the

hand, which may lead to hand abnormality or functional disorder), peripheral nerve injuries (radial nerve, ulnar nerve and median nerve injuries; sciatic nerve injury) and vascular injuries (thromboangitis has the highest incidence). Besides improper manipulations, the causes are relevant to the physical liquor for injection, including the quality, power of hydrogen, density and dosage.

Biological Injury

This refers to secondary infection due to incomplete sterilization, i.e. causative organism (parasites, bacteria, or viruses) is brought into the patient's body by various apparatuses (filiform needle, injection needle, dermal needle, three-edged needle), causing infection like local red swelling and suppuration, or the spread of type B viral hepatitis.

In addition to the four injuries mentioned above, it is worth noting some indirect injuries. One patient was reported to have died of cerebral hemorrhage suddenly after acupuncture on points of the head, and it was found out later that the death might have been due to the nervous tension of the patient and too-strong stimulation instead of the acupuncture itself.

PREVENTION AND MANAGEMENT IN ACUPUNCTURE TREATMENT

Prevention

It is advisable to grasp the information in the book, to be cautious about selecting acupoints (especially the points noted to be dangerous), to employ the routine manipulations, to sterilize strictly both hands of the practitioner, the needles and the selected points for acupuncture, and to reinforce the sense of responsibility, improve medical ethics, keep calm and be serious in treating every patient.

Management

When accidents happen, rapid and exact judgment must be made, including the type of injury, the injury site and the degree of injury, for further treatment. It requires a comprehensive consideration of all aspects, such as inserting direction, depth, manipulation, and clinical situation of the patient. What is more, measures should be actively taken.

Management of accidents consists of two kinds:

- (1) management in the office (such as for a mild pneumothorax, ocular hematoma, fainting during acupuncture, anaphylaxis or common infections), which requires a good command on the part of practitioners;
- (2) transition management (such as for a moderate or severe pneumothorax, a major visceral injury, or a bent needle that cannot be withdrawn without surgical techniques). If the accident remains unclear regarding the kind or graveness, transition management or consultation of doctors is needed.

COMMON POSSIBLE ACCIDENTS AND MANAGEMENT

Pneumothorax

This is the commonly seen accident in the clinic. It happens owing to lack of knowledge about acupuncture and anatomy. Generally speaking, a pneumothorax may be caused by too-deep puncturing on the acupoints of the chest and the back above the tenth dorsal vertebra, the ninth lateral rib and the seventh rib of the prothorax. And it may affect the patient with emphysema, even with deep needling on the acupoints of the superior belly or upper lumbar, or routine acupuncture for its overdistension of the lung and muscle atrophy. The clinical

manifestations of a pneumothorax are of three types: mild, moderate and severe. A mild pneumothorax presents with oppression in the chest, cough and dragging pain with movement; moderate and severe pneumothoraces, with stabbing pain of the costa sternales, dyspnea, severe cough, and even cold limbs or unconsciousness. The former requires a rest of 3–5 days without special management, and medicine for relieving cough or pain may be administered according to symptoms; the latter necessitate sending the patients for surgery. To avoid a pneumothorax, the beginner should take jiaji (EX-B 2) or distant points instead of acupoints of the back or the chest, especially for the patient with emphysema. If necessary, do as follows: at 1 cm lateral to the selected back–shu point, insert the needle at an angle of 65° toward the vertebral column until it touches the bone, and then lift the needle a little with retention, which is both safe and highly effective in the clinic.

Fainting

This is often due to nervous tension, a delicate constitution, hunger, fatigue, too-strong stimulation (too-forceful manipulation, too-long retention), stale air or noisiness in the office. The manifestations are dizziness, vertigo, palpitations, shortness of breath, fidgeting, nausea, pallor, cold sweating and a weak pulse. In severe cases, there may be loss of consciousness, fainting on the floor, excessive dripping sweat, urinary and fecal incontinence, or even convulsions. Fainting often occurs during acupuncture or minutes after the withdrawal. Fainting during cupping or moxibustion has similar manifestations. Management For mild cases, withdraw all the needles or cups, or stop moxibustion immediately. Then help the patient to lie down with his or her legs slightly up, and provide good ventilation. The symptoms will disappear after a short rest. If not, offer the patient some warm water. In severe cases, in addition to the above management, apply warm moxibustion on baihui (DU 20), or needle shuigou (DU 26) and yongquan (KI 1).

Ocular Hematoma

This is also a commonly seen accident in the clinic, with manifestations such as cyanosed ecchymosis on the point area or around the eyes (so-called panda eyes), which will cause otiose distress to patients as it does affect the looks. The main causes of hematoma are too-thick needles and too-forceful manipulation. To prevent it, avoid selecting jingming (BL 1) and chengqi (ST 1), for they bleed easily. Even if it has to do, the beginner should employ shallow needling. No. 32–34 filiform needles must be used with slow insertion. Never try to lift and thrust or twirl the needles with a large amplitude. Withdraw the needle slowly and press the point for a moment with dry cotton balls. For mild cases, no management is needed; use hot soaks to remove the ecchymosis. Severe cases often result from injury to the blood vessels or a relatively important artery or vein of the eyes, causing the loss of a large volume of blood. During the bleeding, a cold compress should be applied to the local area with distilled water or cold boiled water for 20 min. Then ask the patient to apply a hot compress with a hot towel two or three times a day, 20 min each time, which may be changed to once daily after the distension disappears. Generally, it takes 1–3 weeks to remove ecchymosis

Needle Techniques

Shu Point Needling (Shu Puncture)

Used for disorders of the Five Solid Zang (Yin Organs)

Needle the Ying-Spring points and the Shu-Stream points

(Shu-Stream Points are also the Yuan-Source points on the Yin Meridians).

Example: LIV-02 and LIV-03

Distal Needling (Distant Puncture)

Used for disorders of Six Hollow Fu (Yang Organs)

Needle lower points to treat upper disorders. Because the Fu Organs have a corresponding Lower He-Sea point in the lower part of the body, the Lower He-Sea points can treat disorders of the Fu (Yang) organs located in the upper part of the body.

In general, disorders of the face, head, upper limbs, and trunk can be treated by points below the knees, and are said to be lower distal points treating upper disorders.

Meridian Needling (Ashi Puncture)

Used for disorders along the Channels

(For example: Needle the Large Intestine Channel for Tennis Elbow)

Needle along the major channels where affected (usually by Qi and Blood Stagnation)

In clinical practice, we can use two channels:

For example, in a medial meniscus tear, where the Stomach channel is on both sides and the Spleen Channel travels through, needle SP-09 and ST-36. For sciatic pain running down the calf, needle BL-54 and GB-30.

Collateral Needling (Small Blood Vessel Puncture)

Used to eliminate Blood Stagnation and treat collateral disorders

Needle the small (subcutaneous) Blood Vessels to cause a small amount of bleeding. This is usually used to prevent early degeneration, and to treat heat and excess.

"A healthy person should not see many blood vessels. If so, they should be symmetrical."

Cleft Needling (Crack or Parting Puncture)

Used to treat muscular pain, Bi syndromes, or injury

Needle the space in between two muscles to reach the fascia (needle into the patients pain)

For example: Shin splints, tendonitis, carpal tunnel, adhesions

Contra-Lateral Needling (Great Puncture)

Use points on the right side to treat the affected side on the left, and vice-versa

For example: For frozen shoulder, use LI-15, SI-9 or 10 on the unaffected side

Heat Needling (fire Puncture)

Use for Bi Syndromes (Rheumatoid Arthritis (later stages are more cold), Gout, For Damp-

Cold Bi Pain, and Yin-Ulcers)
Needle using a red hot Acupuncture needle

Chapter 2

Qi Theory

More than 5000 years ago, Chinese physicians came to understand that everything is composed of the same energetic substance called Qi (pronounced chee"). These ancient masters concluded that there is a oneness and wholeness in all existence, and that energetically everything is interconnected as one body, although energy may appear to take on many different forms. All things in nature and, in fact, all things in the universe are woven together so that we are, quite literally, all symbiotically one with the universe through the system of Qi, Qi is always in motion within all things, and is the catalyst for everything to relate and interrelate within the universe. In modern times, the laws of physics have demonstrated that matter and energy are interchangeable, and that matter is simply another form of energy. Matter is constantly vibrating in the form of tangible solids and intangible gases, and is constantly altering, being affected by, or interacting with energy. Energy is inherent in the living human body, and the human body is sustained by energy . The ancients mastered techniques to balance the body's energy (Qi) in order to live in harmony with the environmental (Earthly) Qi as well as the universal (Heavenly) Qi. Traditional Chinese

Medicine maintains that when living things start to lose their Qi, they lose their vitality. An ancient Chinese saying states, "Life comes into beginning because Qi is amassed; when Qi is scattered, the person dies." Qi is stored within the body in the form of pools, creating the structures of the internal organs. From these internal pools, the body's life force energy flows in the form of rivers and streams. These energetic rivers and streams form the body's vessels, channels, and collateral systems. The Body's External Qi Field

THE FIVE DOMINIONS OF ENERGY

The ancient masters observed that Qi can be divided into five manifestations of matter and energy: mineral, plant, animal, human, and divine. Each form draws on the energy of the next, resonating and interacting with the divine through the form's relationship in Wuji (infinite space). The five manifestations of matter and energy are explained as follows.

- The mineral's energetic field is considered the densest (i.e., the slowest) or lowest form of energetic vibration. The disintegration or division of the mineral's particles combine with the elements of air and water to form the Earth's soil. Every particle in the soil still retains the original primordial energy force of the mineral, which interacts with the energy of the divine.
- The plant's energetic field is considered the next higher form of energetic vibration. All of the Earth's vegetation (trees, bushes, flowers, herbs, etc.) absorbs a part of its life-energy from the mineral's energetic field, increasing and multiplying its energetic potential. The plant's energetic field is considered the next higher step in energetic evolution towards the divine energetic field.
- The animal's energetic field is considered the next higher form of energetic vibration. The animal consumes and absorbs the energy from the plant's energetic field, further increasing and multiplying its energetic potential, bringing it one step closer towards the divine energetic field. Within each higher frequency of vibration there is also an increase in consciousness and level of awareness.
- The human energetic field is considered the next highest form of energetic vibration. Mankind stands between Heaven and Earth, partaking of both energy fields. Through diet, Qigong practice, prayer, and meditation, humans can further refine and multiply their energetic potential.
- The divine energetic field is the highest vibrational expression of energy known. As it envelops and becomes active within the human body, it further increases and multiplies the body's energetic potential, allowing man to attain divine consciousness.

All these energetic fields originate from one source, and all contain the vibrations of the one divine life force. Likewise, with an attitude of deep respect for plants and animals that give up their life-force energy for our consumption, it is possible to enhance the nutritional value of the substances they provide us with. The blessing of food, and food prepared with a loving attitude, allows for the absorption of not only the vitamins and minerals contained therein, but also the absorption of the higher vibrations of the one divine energy inherent in all things. This is why many ancient cultures, often referred to as "primitive," prayed before hunting so that the animal spirit would willingly give itself for sacrifice. Prayers were also given after the kill to free the animal's spirit so that it could return back to the divine. Once individuals

becomes aware of the divine energetic field, they begin to experience the refined vibrational energy fields of minerals, plants, animals and human beings. This increased awareness of the divine life-force energy strengthens the awareness of one's own energetic fields and that of others. This in turn can deepen the conscious and unconscious energetic connections between ourselves and others, be they human, animal, plant or mineral.

According to ancient Chinese thought, qi was the fundamental substance constituting the universe, and all phenomena were produced by the changes and movement of qi. This viewpoint greatly influenced the theory of traditional Chinese medicine. Generally speaking, the word "qi" in traditional Chinese medicine denotes both the essential substances of the human body which maintain its vital activities, and the functional activities of the zang-fu organs and tissues. Essential substances are the foundation of functional activities. In this sense, qi is too rarefied to be seen and its existence is manifested in the functions of the zang-fu organs. All vital activities of the human body are explained by changes and movement of qi.

Each of the five energetic fields can be further divided into Yin and Yang aspects. In Traditional Chinese Medicine (TCM), the theory of Yin and Yang energy represents the duality of balance and harmony within the body, as well as within the universe.

While the concept of Qi may seem complicated, it is actually very simple. Matter progresses to energy and energy to spirit. Qi is the medium, or bridge, between matter and spirit. Once we become aware of the reality of Qi, it becomes easily recognized. Through observation and study, Chinese Qigong (pronounced chee-gung) masters discovered that each organ in the human body has a different function and a different speed of By tracing the pathways (channels) Qi takes through each organ and observing the effects on bodily functions, the Chinese developed the basic theories upon which Qigong practice is founded. For thousands of years, Chinese medicine has successfully cured serious illnesses by stimulating the body's energy in very specific ways.

Classification and Production of Qi

Certain qualitative terms differentiate qi in the human body according to its source, function and distribution. These terms are: yuanqi (primary qi), zongqi (pectoral qi), yingqi (nutrient qi) and weiqi (defensive qi). In terms of their source they may be further classified into congenital qi and acquired qi. Yuanqi, which is derived from congenital essence and inherited from the parents, is referred to as congenital qi. After birth, zongqi, yingqi and weiqi are all derived from food essence, and are therefore known as acquired qi. Congenital qi and acquired qi are dependent on each other for their production and nourishment. Yuanqi stimulates and promotes the functional activities of the zang-fu organs and the associated tissues of the body, which in turn produce acquired qi. Thus yuanqi is the material foundation for the production of acquired qi. On the other hand, acquired qi continuously nourishes and supplements congenital qi. The relationship is therefore an interdependent one: congenital qi promotes acquired qi, which in turn nourishes congenital qi.

1) Yuanqi (Primary qi) Derived from congenital essence, yuanqi needs to be supplemented and nourished by the qi obtained after birth from food essence. yuanqi takes root in the kidney and spreads to the entire body via the sanjiao. It stimulates and promotes the

functional activities of the zang-fu organs and the associated tissues. The more abundant yuanqi is, the more vigorously the zang-fu organs and the associated tissues will function. The human body will then be healthy and rarely suffer from disease. On the other hand, congenital insufficiency of yuanqi, or deficiency due to a prolonged illness, may lead to various pathological changes.

2) Zongqi (pectoral qi) Zongqi is formed by the combination of qingqi (clean qi) which is inhaled by the lung, and the qi of food essence which is produced by the spleen and stomach. Zongqi is stored in the chest. Its main functions are: i) To promote the lung's function of controlling respiration. The strength or weakness of speech and respiration are related to the quality of zongqi. ii) To promote the heart's function of dominating the blood and blood vessels. The circulation of qi and blood, coldness and warmth, and the motor ability of the four limbs and trunk are all associated with zongqi.

3) Yingqi (nutrient qi) Derived from the qi of food essence produced by the spleen and stomach, yingqi circulates in the vessels. Its primary function is both to produce blood and to circulate with it, providing further nourishment. As yingqi and blood are so closely related, "ying blood" is the term commonly used to refer to their joint functions.

4) Weiqi (defensive qi) Weiqi is also derived from the qi of food essence, but unlike yingqi it circulates outside the vessels. It functions to protect the muscular surface, defend the body against exogenous pathogenic factors, control the opening and closing of the pores, moisten the skin and hair, readjust body temperature, and warm up the zang-fu organs. Defending the body against exogenous pathogenic factors is its principal function, hence the name weiqi. As mentioned above, the zang-fu and meridians possess their own qi. Originating from yuanqi, zongqi, yingqi and weiqi, the qi of the meridians (which circulates throughout the meridian system) is a combination of the qi of food essence, qingqi inhaled by the lung, and essential qi stored in the kidney. The qi of the meridians, therefore, is referred to as zhengqi or zhenqi (vital qi) flowing in the meridians. According to twenty-seventh chapter of Plain Questions, "Zhengqi (vital qi) means the qi of the meridians." As the basis of the functions of the meridians, the qi of the meridians greatly influences the functions of the qi, blood and zang-fu organs of the entire body.

Functions of Qi

Qi acts extensively in the human body by permeating all parts. There is no place that does not have qi nor to which qi does not penetrate. If the movement of qi ceases, the vital activities of the human body will also cease. Abundant qi is the basis of good health and weakness of qi may lead to disease. Hence the statement from the Eighth Problem of Classic on Medical Problems, "Qi is the root of the human body; the stem and leaves would dry up without a root."

Qi serves following Functions:

- **Promoting function**
- **Warming function**
- **Defensive function**
- **Checking the balance**

➤ Nutrition

Chapter 3

Yin & Yang

Introduction to Yin and Yang

Yin and Yang (pronounced yong, as in 'gong') is one of the most fundamental concepts in Traditional Chinese Medicine (TCM), as it is the foundation of [diagnosis_and_treatment](#). The earliest reference to Yin and Yang is in the I Ching (Book of Changes) in approximately in 700 BC. In this work, all phenomena are said to be reduced to Yin-Yang.

Four Main Aspects of Yin and Yang Relationship

Yin-Yang are opposites

They are either on the opposite ends of a cycle, like the seasons of the year, or, opposites on a continuum of energy or matter. This opposition is relative, and can only be spoken of in relationships. For example: Water is Yin relative to steam but Yang relative to ice. Yin and Yang are never static but in a constantly changing balance.

Interdependent: Can not exist without each other

Nothing is totally Yin or totally Yang. Just as a state of total Yin is reached, Yang begins to grow. Yin contains seed of Yang and vice versa. They constantly transform into each other.

For Example: no energy without matter, no day without night. The classics state: "Yin creates Yang and Yang activates Yin".

Mutual consumption of Yin and Yang

Relative levels of Yin Yang are continuously changing. Normally this is a harmonious change, but when Yin or Yang are out of balance they affect each other, and too much of one can eventually weaken (consume) the other.

Four (4) possible states of imbalance:

Preponderance (Excess) of Yin

Preponderance (Excess) of Yang

Weakness (Deficiency) of Yin

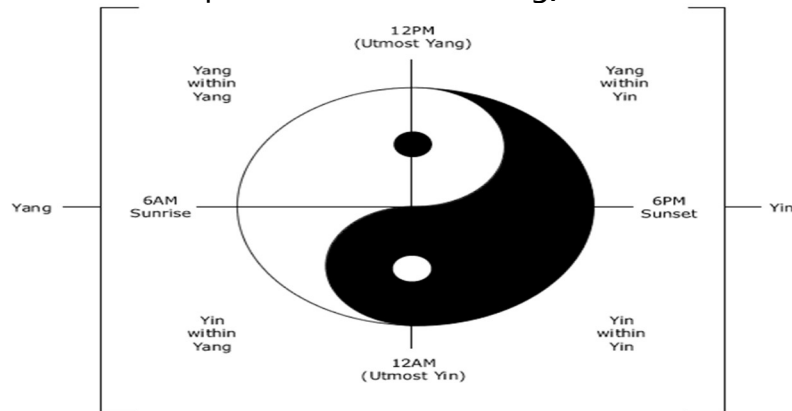
Weakness (Deficiency) of Yang

Inter-transformation of Yin and Yang.

One can change into the other, but it is not a random event, happening only when the time is right. For example: Spring only comes when winter is finished.

24 Hour Yin Yang Cycle

12 PM corresponds to Utmost Yang, while 12AM corresponds to Utmost Yin



General Qualities of Yin and Yang

Yin	Yang
Darkness	Light
Moon	Sun
Feminine	Masculine
Shade	Brightness
Rest	Activity
West (Sunset = Yin)	East (Sunrise = beginning of Yang)
North	South

Yin	Yang
Earth	Heaven
Right	Left
Flat (like Earth)	Round (like Heaven)
Matter	Energy
More material/dense	Non-material, rarefied

These transform into one another. They are 2 states of a continuum.
i.e. - Liquid water (Yin) heat - vapor (Yang) - cools - liquid (Yin).

Yin	Yang
Produces form	Produces energy
Grows	Generates
Substantial	Non-substantial
Matter	Energy
Contraction	Expansion
Descending	Rising
Below	Above
Water	Fire

Yin and Yang in Medicine

All physiological processes, signs and symptoms can be reduced to Yin-Yang.

In general, every treatment modality aims to:

- **Tonify Yang**
- **Tonify Yin**
- **Disperse excess Yang**
- **Disperse excess Yin**

(In practice, depending on the condition, strategies may be combined, for example: disperse excess Yin & tonify Yang)

Yin and Yang and the Six Pathogenic Factors

Yin	Yang
-	Wind
Cold	Heat

Yin	Yang
Dampness	Dryness
-	Summerheat

Yin and Yang and the Human Body

Yin	Yang
Front (chest-abdomen)	Back
Body	Head
Interior (organs)	Exterior (skin, muscles)
Below waist	Above waist
Anterior-medial	Posterior-lateral
ventral surface of the trunk and limbs	back and dorsal surface of the limbs
Structure	Function
Blood/Body Fluids	Qi
Conservation/storage	Transformation/change
Yin Organs: Heart, Lung,	Small Intestine, Lg. Intestine
Liver, Spleen, Kidney,	Gall Bladder, Stomach, Bladder
Pericardium	San Jiao
"Solid Organs"	"Hollow Organs"

Front and Back

Front is more soft and vulnerable (Yin). Back contains spine that holds ribs: protection. When human depicted as crouching, back receives sun (Yang) and front faces the earth (Yin), is in shade and is protected.

All Yang channels (except the Stomach channel) flow on the dorsal or dorsolateral surface of the trunk and limbs. They carry Yang energy and protect the body from pathogenic factors. Yin channels flow on the anterior or anteromedial surface of the trunk and limbs.

Body and Head

Yang channels either end or begin on the head. Acupuncture points on the head can be used to raise Yang energy. When Yang energy is not cooled by Yin, it may rise to the head, causing signs such as red face and eyes. The head is easily affected by Yang pathogens such as heat and wind. The chest and abdomen (Yin) areas are more easily affected by Yin pathogens such as Cold and Dampness.

Interior and Exterior

The exterior of the body such as the skin and muscles is more Yang. The exterior protects body from attack by external pathogenic influences such as Cold, Wind, etc. The classics state: "Yang is on the outside and protects Yin".

Below the waist and Above the Waist

Below waist - closer to earth (Yin). Above, closer to Heaven (Yang).

Upper part more affected by Yang pathogens, i.e. wind.

Lower part more affected by Yin pathogens, i.e. cold damp.

Anterior/Medial and Posterior/Lateral Surface of the Limbs

Yin channels flow on anterior-medial aspect of trunk/limbs

Yang channels flow on posterior-lateral aspect of trunk/limbs

Structure and Function

Structure = something substantial, i.e. Matter (Yin)

Function = something insubstantial, action, energy (Yang)

All parts of the body have a structure (a physical form), and a function (their activity)

However, all is relative. Even within the Yang category of function, there are Yin functions (i.e. storage, conservation) and Yang functions, i.e. transformation, transportation, digestion, excretion.

Within the Yin category of form there are Yin forms ("solid") and Yang forms ("hollow")

Blood, Body Fluids, and Qi

Qi is Energy, more Yang.

Blood = denser and more material (therefore Yin).

But note that "Xue" (blood) not exactly like our concept of Blood. More like "thicker" form of Qi.

Note: there are several types of Qi. Each is relatively more Yin or Yang.

Ancestral Qi (more Yin, more slow moving. Moves in long slow cycles).

Ying Qi (more Yang than Ancestral Qi, moves with Blood with which it is closely related). Ying is more Yin than Wei Qi.

Wei Qi the most Yang form of Qi. Circulates in the exterior in the daytime to protect us from pathogenic influences, and regulates opening/closing of pores.

Conservation/Store (Yin) and Transformation/Change (Yang)

Yin Organs store Blood, Body Fluids, Essence, etc.

Yang Organs constantly transform, transport and excrete the products of digestion.

Solid and Hollow Organs (Zang Fu)

Yin Organs are "Solid": constantly active, involved in production and storage of the body's vital Substances (Qi Blood, Body Fluids, Essence)

Yang Organs are "Hollow": receive and circulate but do not store, involved in digestion, transformation, excretion.

Yin and Yang in Pathology

Clinical signs and symptoms can be interpreted via Yin-Yang theory. When Yin Yang are in dynamic balance and relating harmoniously, there are no symptoms to observe. When Yin and Yang are out of balance, they become separated.

For example (Actual symptoms depend on specific pathologies, which Organ involved, etc.):
 When Yin does not cool and nourish Yang, then Yang rises
 (headaches, red face, sore eyes, sore throats, nosebleeds, irritability, manic behavior)
 When Yang does not warm and activate Yin
 (cold limbs, hypo-activity, poor circulation of blood, pale face, low energy)

Yin	Yang
Deficiency	Excess
Hypo-activity	Hyperactivity
Chronic disease/gradual onset	Acute disease/rapid onset
Slowly changing symptoms	Rapid pathological changes
Quiet, lethargy, sleepiness	Restlessness, insomnia
Wants to be covered	Throws off bedclothes
Lies curled up	Lies stretched out
Cold limbs and body	Hot limbs and body
Pale face	Red face
Weak voice, no desire to talk	Loud voice, talkative
Shallow, weak breathing	Coarse breathing
No thirst/wants warm drinks	Thirst esp. for cold drinks
Copious, clear urine	Scanty, dark urine
Loose stools (fluids not transformed)	Constipation (damage to fluids by heat)
Clear, copious secretions	Thick, sticky white/yellow secretions
Excessive moisture	Excessive dryness (throat, skin, eyes etc.)
Degenerative disease	Inflammatory disease
Pale tongue, white coat	Red tongue, yellow coat
Empty pulse	Full pulse

In Practice:

Although Yin-Yang is essential for understanding symptoms and signs, the above list of signs is too general. We need to distinguish further to get exact diagnosis. i.e. - Which **TCM Organ(s)** involved, which **pathogen(s)** involved, which **channel(s)** involved.

Structure and Function - Without structure, function could not occur. Without function, structure would be meaningless.

Mutual Consumption of Yin and Yang - Balance of Yin & Yang is constantly changing. Yin & Yang mutually consume each other.

Four different situations:

For additional signs and symptoms for general deficiency and excess of Yin and Yang, please see the **General Diagnosis of Yin and Yang Table** in the **Diagnosis** area.

Yin	Yang
1) Excess of Yin	2) Excess of Yang
3) Deficiency of Yin	4) Deficiency of Yang

Excess of Yin - i.e., when excess Cold in the body consumes the Yang (heat). This is an Excess Cold (Full Cold) condition.

Excess of Yang - i.e., when excess Heat (from Exterior or Interior of body) consumes Body Fluids, leading to Dryness or even Heat. This is an Excess Heat (Full Heat) condition.

Deficiency of Yin (Consumption of Yin) - i.e., when the body's Yin energy is depleted, an apparent excess of Yang results, leading to feelings of "empty heat" (mild but very specific heat symptoms, i.e., flushed cheeks, afternoon fever, sweating at night, heat in extremities. This is Deficiency Heat (Empty Heat) condition (i.e., a condition of deficiency and heat), also called "False Fire".

Deficiency of Yang (Consumption of Yang) - When body's Yang energy is spontaneously deficient - an apparent excess of Yin results, leading to various symptoms involving cold and hypo-activity Deficiency of Yang can also occur after an Excess Cold condition has damaged Yang. This is an Deficiency Cold (Empty Cold) condition (i.e., a condition of deficiency and cold).

Yin	Yang
Excess of Yin (Full Cold)	Excess of Yang (Full Heat)
Excess of Yin is primary aspect	Excess of Yang is primary aspect
Yin is in true excess	Can eventually cause deficiency of Yin
Can eventually cause deficiency of Yang	
Yin	Yang
Deficiency of Yang	Deficiency of Yin

(Consumption of Yang)	(Consumption of Yin)
(Empty Cold)	(Empty Heat of "False Fire")
Decrease of Yang energy is primary aspect	Deficiency of Yin is primary aspect
Yin only apparently in excess	Yang only apparently in excess

Inter-transformation of Yin and Yang in Medicine

In medicine also, Yin and Yang transform into one another, but only when conditions are right. The right moment determined by internal qualities of the given situation or phenomenon. In clinical practice, the above principle is very important.

- Disease is prevented by living a balanced lifestyle, like the examples below.
- Excessive work (Yang) without rest leads to deficiency of Yin energy.
- Excessive consumption of cold food (Yin) leads to deficiency of body's Yang energy.
- Smoking (adding heat 'Yang' into Lungs) leads to deficiency of Yin of Lungs (and eventually Kidneys).
- The principle is observable in pathological changes seen in disease, like the examples below.
- Exterior cold (cold weather) can invade body and can change to heat (sore throat).
- Deficiency of Spleen Yang can lead to Excess Interior Dampness (Yin), because the Spleen Yang is unable to properly transform fluids.

Chapter 4

Acupoints

Acupoints are the specific sites through which the qi of the zang–fu organs and meridians is transported to the body surface. The Chinese characters “腧穴” for an acupoint mean respectively “transportation” and “hole.” In the medical literature of the past dynasties, acupoints, the sites where acupuncture and moxibustion treatment is applied, have other terms, such as “qi point” and “aperture.” Acupoints are not only the pathways for the circulation of qi and blood, but also the loci of response to diseases. In acupuncture and moxibustion treatment, proper techniques are applied on the acupoints to regulate the functional activities of the body, and strengthen body resistance so as to prevent or treat diseases. Medical practitioners of past ages have left plentiful recordings describing the locations and indications of acupoints, formulating a systematical theory.

CLASSIFICATION OF ACUPOINTS

Generally speaking, acupoints fall into the following three categories in terms of their evolution. Acupoints of the 14 Meridians Also known as “regular points,” acupoints of the 14 meridians are distributed along the 12 regular meridians and the du and ren meridians, amounting to **361**. They are the most commonly used points and form the main part of all acupoints.

Extraordinary Points

These are of two kinds. One refers to the extraordinary points (or extra points for short), recorded in ancient acupuncture literature. These points are scattered over the body, or their curative effects have not been confirmed, so they are not added to the regular points of the 14 meridians. But, actually, some regular points were developed from the extraordinary points. Examples are gaohuang (BL 43) and fengshi (GB 31), which were extra points in *Bei Ji Qian Jin Fang* (Important Formulas Worth a Thousand Gold Pieces for Emergencies) in the Tang Dynasty; tu were added to the regular points in later acupuncture literature. The other kind refers to new points which have been summarized by many acupuncturists in China and

foreign countries in modern times. The extraordinary points consist of extra points and the new points. There are more than 1500 extra points in some literature, among which 48 points are the standard points accepted in the world.

Ashi Points

In addition to regular points and extra points, tender spots can be used as acupoints in the clinic. These are termed ashi points, and were seen first in the Tang Dynasty; they are also known as reflexing points or unfixed points. Acupoints of the three categories are closely related. During the development of acupoints, ashi points may become extra points that also may be changed into regular points. Besides, in treatment, they complement each other. For example, the treatment of acute lumbar sprain will involve three categories of points.

NOMENCLATURE OF ACUPOINTS

Acupoints of the 14 meridians and the extra points have definite locations and names. In early ages, they did not have names or had some confusing names. Clinically, they require unified and standardized names. Each point is named with profound significance. Most of them are named according to their locations or functions. The nomenclature of acupoints will be introduced in detail in the following chapters.

FUNCTION OF ACUPOINTS

Acupoints are the spots along the meridians, and they belong to meridians and collaterals. Generally, they have the followings functions:

To reflect diseases:

Acupoints are able to reflect symptoms if the body is diseased, mainly manifested by disorders of feelings, colors and appearance, such as tenderness, soreness, sclerosis, prominence, depression or hyperemia. For example, in cases with cholelithiasis, the patient will feel obvious pain when pressing tianzong (SI 11); patients with gastroptosis will feel a trab-shaped object in zusanli (ST 36) or nodes in zhongwan (RN 12). Modern acupuncturists do further study on the relation of the acupoints and zang-fu organs and certain diseases by means of acupoint temperature determination, electricity determination and optics determination.

To receive stimulation:

The stimulation of the body by acupuncture is achieved through acupoints, for acupoints, are able to receive stimulation and transmit the needling sensation to regulate the deficiency and excess, and balance yin and yang. Puncturing the acupoints will induce a sensation of soreness, distension, heaviness or numbness, which is a response to the stimulation. Much observation and research supports the view that acupuncture on some points will regulate the systemic functions of endocrine, immune, digestion, cardiovascular, discharge and reproduction, as well as neurological function.

METHODS OF LOCATING ACUPOINTS

Location of acupoints, whether accurate or not, will affect the therapeutic results. Precise location of acupoints therefore is of great significance. At present, four methods of acupoint location are commonly used in clinics.

➤ **Bone Proportional Measurements**

In this method, which was first seen in Ling Shu (The Spiritual Pivot), the joints are taken as the main landmarks to measure the length and width of various portions of the human body. Keep in mind the following commonly used standards for proportional measurement:

- i. Head: It is converted to 12 cun from the anterior hairline to the posterior hairline; 9 cun between the two mastoid processes.
- ii. Chest, back, lumbar and abdomen: 6 cun between the medial borders of the scapulas; 3 cun between the two sacroiliac joints; 8 cun between the two nipples or between the midpoints of the two collarbones; 8 cun from the sternocostal angle to the center of the umbilicus; 5 cun between the center of the umbilicus and the upper border of the symphysis pubis.
- iii. Four limbs: 9 cun between the end of the axillary fold and the transverse cubital crease; 12 cun between the transverse cubital crease and the transverse wrist crease; 15 cun between the transverse gluteal crease and the transverse crease of the poples; 16 cun between the center of the patella and the tip of the lateral malleolus.

➤ Surface Anatomical Landmarks

This is a method to determine the location of points on the basis of anatomical landmarks on the body surface, which are divided into fixed and moving landmarks.

The fixed landmarks include the five sense organs, hair, nails, nipples, umbilicus, and prominence and depression of the bones. Examples are **yintang (EX-HN 3)** between the two eyebrows, **suliao (DU 25)** on the tip of the nose, and **tanzhong (RN 17)** between the two nipples. The moving landmarks are the clefts, depressions, wrinkles or prominences appearing on the joints, muscles, tendons and skin during motion. For example, when the elbow is flexed and the cubital crease appears, **quchi (LI 11)** can be located; **jiache (ST 6)** is located in the prominence of the masseter muscle.

Finger Measurement

This is a method to locate the points by measuring the distance with either the length or the width of the patient's finger(s). The following three methods are commonly used in the clinic:

- i. Middle finger measurement: When the middle finger is flexed, the distance between the radial ends of the two interphalangeal creases of the patient's middle finger is taken as 1 cun. This method is employed for measuring the horizontal distance to locate the points on the limbs or the back.
- ii. Thumb measurement: The width of the interphalangeal joint of the patient's thumb is taken as 1 cun. This method is employed to locate the points at an interval of 1 cun.
- iii. Four-finger measurement: The width of the four fingers (index, middle, ring and little) close together at the level of the dorsal skin crease of the proximal interphalangeal joint of the middle finger is taken as 3 cun. This method is used to locate the points on the lower limbs, the lower abdomen or the back.

Simple Measurement

This is a simple method to locate the points developed from clinical practice. For example, **laogong (PC 8)** is located on the first transverse crease, where the tip of the middle finger is

pressing when a hollow fist is made; fengshi (GB 31) is where the tip of the middle finger touches when the patient stands erect with the hands at laxation.

Specific Points

Specific points are those of the 14 meridians that have special properties and are grouped under special names, including **5 shu points, yuan–primary points, luo–connecting points, xi–cleft points, 8 confluent points and lower he–sea points which are on the limbs below the elbow and the knee, front–mu points and back–shu points on the chest and the back, 8 influential points on the trunk, and crossing points on the whole body.**

Each of the 12 regular meridians has, below the elbow and the knee, 5 specific points, namely **jing–well, ying–spring, shu–stream, jing–river and he–sea, which are known as the 5 shu points in general.** The names of the 5 shu points image the flow of meridian qi as the flow of water.

- The jing–well point is situated in the place where the meridian qi starts to bubble.
- The ying–spring point is where the meridian qi starts to gush.
- The shu–stream point is where the meridian qi flourishes.
- The jing–river point is where the meridian qi is pouring abundantly. Finally,
- The he–sea point signifies the confluence of rivers in the sea, where the meridian qi is the most flourishing.

The five shu points have their own characteristics in the treatment of diseases: the jing–well point is often used for loss of consciousness, owing to its enlightening and awakening function; the ying–spring point for heat diseases, because it is able to clear and disperse the evil heat; the shu–stream point for paroxysmal diseases or swelling and pain of joints; the jing–river point for asthma, cough and throat disorders; and the he–sea point for enterogastric diseases.

LOWER HE–SEA POINTS

The he–sea point mentioned above is the last of the five shu points located near the elbow and knee joints. In addition, each of the six fu organs has another he–sea point in the three yang meridians of the foot, known as the lower he–sea point. The lower he–sea points of the stomach, large intestine, small intestine, sanjiao, bladder and gallbladder are zusanli (ST 36), shangjuxu (ST 37), xiajuxu (ST 39), weiyang (BL 39), weizhong (BL 40) and yanglingquan (GB 34). The lower he–sea points are mostly employed to treat disorders of the six fu organs in the clinic, such as shangjuxu (ST 37) for diseases of the large intestine, xiajuxu (ST 39) for abdominal pain and weiyang (BL 39) for urinary retention.

YUAN–PRIMARY POINTS

Each of the 12 regular meridians has a yuan–primary point, which is located on the limbs. The Chinese character “原” (yuan) means the primary qi in this context. The yuan–primary points are where the primordial qi passes by and retains, and they consist of 12 points. In treatment, the yuan–primary points are able to dispel exogenous, reinforce deficiency and strengthen the body. Whatever diseases occur to zang–fu organs, corresponding yuan–primary points are applied, such as taiyuan (LU 9) for cough and shortness of breath, and taibai (SP 3) for borborygmus and enterorrhea.

LUO–CONNECTING POINTS

Each of the 12 regular meridians has, below the knee, a luo-connecting point to link its exteriorly-interiorly related meridian. Other luo-connecting points are jiuwei (RN 15) below the ensiform process of the sternum, changqiang (DU 1) at the sacrococcygeal region, and dabao (SP 21) in the lateral chest. In total there are 15 luo-connecting points. A luo-connecting point is used to treat disorders involving the two exteriorly-interiorly related meridians and those in the area supplied by the two meridians. For example, lieque (LU 7) is applicable to both cough, shortness of breath and toothache, diseases on the vertex. According to TCM, the disease occurs to meridians in the early stage while it enters collaterals if it lasts for a long time. Many chronic diseases induced by internal injuries can therefore be treated by luo-connecting points.

XI-CLEFT POINTS “郄”

(xi) means a space where qi and blood deeply converge. Each of the 12 regular meridians and the 4 extra meridians (yinqiao, yangqiao, yinwei and yangwei) has a xi-cleft point on the limbs, amounting to 16, including jiaoxin (KI 8) in the yinqiao meridian, fuyang (BL 59) in the yangqiao meridian, zhubin (KI 9) in the yinwei meridian and yangjiao (GB 35) in the yangwei meridian. In the clinic, the xi-cleft point is used to treat acute disorders in the area supplied by its pertaining meridian and those of its pertaining zang or fu organ. Ancient literature supports the view that the xi-cleft points of yin meridians are applicable to blood troubles such as blood vomiting, rhinorrhagia, hemoptysis and acute functional uterine bleeding; the xi-cleft points of yang meridians are applicable to acute pains. Nowadays, they are used to help in diagnosis by pressing the xi-cleft point.

BACK-SHU AND FRONT-MU POINTS

Back-shu points are specific points on the back where the qi of the respective zang-fu organs is infused. Front-mu points are those points on the chest and abdomen where the qi of the respective zang-fu organs is infused and converged. In total there are 12 back-shu and 12 front-mu points. The names of the 24 points, except jueyinshu for the pericardium, come from their respective zang-fu organs, such as feishu (BL 13), xinshu (BL 15), pishu (BL 20), weishu (BL 21) and sanjiaoshu (BL 22). In treatment, the back-shu and front-mu points are applicable to the diseases supplied by their respective zang-fu organs. It was believed in ancient times that the back-shu points were used mainly for yin syndromes, and the front-mu points contrariwise. Now, if a zang or fu organ is diseased, the corresponding point will have manifestations on it, such as changes in the skin color, a depression, a prominence, a node, a trab-like object, a hemisphere-like object when pressing, or tenderness. Some studies have been done on the back-shu and front-mu points by acupoint temperature and infrared imaging techniques.

EIGHT INFLUENTIAL POINTS

The eight influential points are important points where the qi of zang, fu, qi, blood, tendon, vessel, bone and marrow gathers, respectively. They are zhangmen (LR 13), zhongwan (RN 12), tanzhong (RN 17), geshu (BL 17), yanglingquan (GB 34), taiyuan (LU 9), dazhu (BL 11) and juegu (GB 39). They indicate respectively diseases of zang, fu, qi, blood, tendon, vessel, bone and marrow, such as zhangmen (LR 13) for abdominal distension, hypochondriac pain and abdominal mass; zhongwan (RN 12) for stomachache, borborygmus, vomiting and icterus;

yanglingquan (GB 34) for paralysis, numbness and spasm; and geshu (BL 17) for blood troubles of various kinds

EIGHT CONFLUENT POINTS

The eight confluent points are the points on the limbs where the regular meridians communicate with the eight extra meridians. They are gongsun (SP 4), neiguan (PC 6), zulinqi (GB 41), waiguan (SJ 5), houxi (SI 3), shenmai (BL 62), lieque (LU 7) and zhaohai (KI 6), among which gongsun (SP 4) communicates with the chong meridian and neiguan (PC 6) with the yinwei meridian, meeting at the stomach, heart and chest; houxi (SI 3) with the du meridian and shenmai (BL 62) with the yangqiao meridian, meeting at the inner canthus, scapular region; lieque (LU 7) with the ren meridian and zhaohai (KI 6) with the yinqiao meridian, meeting at the throat, lung, chest and diaphragm. In the clinic, the eight confluent points are used to treat a variety of disorders of the corresponding eight extra meridians, as well as diseases of regular meridians. For example, gongsun (SP 4) is applicable to both diseases of the spleen meridian and the chong meridian, and neiguan (PC 6) to both diseases of the pericardium meridian and the yinwei meridian. Especially, the eight points are divided into four pairs to enhance the curative effect. That is to say, gongsun (SP 4) and neiguan (PC 6) as a pair are applicable to diseases of the chest, heart, liver, spleen and stomach; lieque (LU 7) and zhaohai (KI 6) to diseases of the chest, throat, lung, diaphragm, liver and kidney; houxi (SI 3) and shenmai (BL 62) to diseases of the inner canthus, neck, scapula, back and lower back; and waiguan (SJ 5) and zulinqi (GB 41) to diseases of the outer canthus, back of the ear, cheek, neck, shoulder and lateral thorax. In addition to the specific acupoints introduced above, there are crossing points at the intersections of two or more meridians.

Four Command Points		Hui Meeting Points		Four Seas Points	
Stomach & Abdomen	ST-36	Zang (Yin) Organs	LIV-13	Sea of Qi	REN-17
Head & Back of Neck	LU-7	Fu (Yang) Organs	REN-12	Sea of Blood	BL-11 ST-37 ST-39
Lower Back (Lumbar)	BL-40	Qi	REN-17	Sea of Water & Grain	ST-30 ST-36
Face & Mouth	LI-4	Blood	BL-17	Sea of Marrow	DU-16 DU-20
Heart & Chest	P-6	Sinews	GB-34		
Fainting &	DU-26	Marrow	GB-39		
		Bones	BL-11		
		Vessels	LU-9		

Collapse

Major Acupuncture Points Chart in Chinese Medicine

	◄ Jing (Well)	◄ Ying (Spring)	◄ Shu (Stream)	◄ Jing (River)	◄ He (Sea)	◄ Yuan (Source)	◄ Luo (Connecting)	◄ Xi (Cleft)	◄ Front (Mu)	◄ Back (Shu)	◄ Lower He (Sea)	◄ Mother	◄ Child	◄ Entry	◄ Exit
<u>Lung</u>	<u>11</u>	<u>10</u>	9	<u>8</u>	5	9	7	<u>6</u>	<u>LU-01</u>	<u>BL-13</u>	—	9	5	<u>1</u>	7
<u>Large Intestine</u>	<u>1</u>	<u>2</u>	3	5	<u>11</u>	4	6	7	<u>ST-25</u>	<u>BL-25</u>	<u>ST-37</u>	<u>11</u>	<u>2</u>	4	<u>20</u>
<u>Stomach</u>	<u>45</u>	<u>44</u>	<u>43</u>	<u>41</u>	<u>36</u>	<u>42</u>	<u>40</u>	<u>34</u>	<u>REN-12</u>	<u>BL-21</u>	<u>ST-36</u>	<u>41</u>	<u>45</u>	<u>1</u>	<u>42</u>
<u>Spleen</u>	<u>1</u>	<u>2</u>	3	5	9	3	4	<u>8</u>	<u>LIV-13</u>	<u>BL-20</u>	—	<u>2</u>	5	<u>1</u>	<u>21</u>
<u>Heart</u>	9	<u>8</u>	7	4	3	7	5	<u>6</u>	<u>REN-14</u>	<u>BL-15</u>	—	9	7	<u>1</u>	9
<u>Small Intestine</u>	<u>1</u>	<u>2</u>	3	5	<u>8</u>	4	7	<u>6</u>	<u>REN-4</u>	<u>BL-27</u>	<u>ST-39</u>	3	<u>8</u>	<u>1</u>	<u>19</u>
<u>Bladder</u>	<u>67</u>	<u>66</u>	<u>65</u>	<u>60</u>	<u>40</u>	<u>64</u>	<u>58</u>	<u>63</u>	<u>REN-3</u>	<u>BL-28</u>	<u>BL-40</u>	<u>67</u>	<u>65</u>	<u>1</u>	<u>67</u>
<u>Kidney</u>	<u>1</u>	<u>2</u>	3	7	<u>10</u>	3	4	5	<u>GB-</u>	<u>BL-</u>	—	7	<u>1</u>	<u>1</u>	<u>22</u>

	◀ Jing (Well)	◀ Ying (Spring)	◀ Shu (Stream)	◀ Jing (River)	◀ He (Sea)	◀ Yuan (Source)	◀ Luo (Connecting)	◀ Xi (Cleft)	◀ Front (Mu)	◀ Back (Shu)	◀ Lower He (Sea)	◀ Mother	◀ Child	◀ Entry	◀ Exit
									25	23					
<u>Pericardium</u>	9	8	7	5	3	7	6	4	REN- 17	BL- 14	=	9	7	1	8
<u>San Jiao</u>	1	2	3	6	10	4	5	7	REN- 5	BL- 22	BL- 39	3	10	1	22
<u>Gall Bladder</u>	44	43	41	38	34	40	37	36	GB- 24	BL- 19	GB- 34	43	38	1	41
<u>Liver</u>	1	2	3	4	8	3	5	6	LIV- 14	BL- 18	=	8	2	1	14
<u>Ren (Conception)</u>	=	=	=	=	=	=	15	=	=	=	=	=	=	=	=
<u>Du (Governing)</u>	—	—	—	—	—	—	1	—	—	—	—	—	—	—	—

Chapter 5

Meridians and Collaterals

The theory of meridians and collaterals, an important part of acupuncture and moxibustion, is the core of the basic theory of acupuncture and moxibustion and a great achievement made by ancient doctors. The meridians and collaterals are pathways in which the qi and blood of the human body are circulated. The meridians run longitudinally and interiorly with the body, while the collaterals run transversely and superficially from the meridians. They are collectively termed “jingluo” (“meridians and collaterals”) in traditional Chinese medicine. Records about jingluo were seen as early as in Meridians and Vessels, one of the silk scrolls in the Spring and Autumn Period and the Warring States Period. The theory of meridians and collaterals is of great significance in guiding the clinical practice of acupuncture and moxibustion, and is a research focus nowadays.

OVERVIEW OF THE SYSTEM OF MERIDIANS AND COLLATERALS

The system of meridians and collaterals is an integral system consisting of three parts: the main body, the inner part and the outer part. The main body has two categories: jingmai and

huomai. Jingmai comprises the 12 meridians (or the 12 regular meridians), the 12 divergent meridians and the 8 extra meridians. The 12 meridians are the major trunks of the system, including the 3 yin meridians of the hand (the meridian of hand–taiyin, the meridian of hand–shaoyin and the meridian of hand–jueying), the 3 yang meridians of the hand (the meridian of hand–taiyang, the meridian of hand–shaoyang and the meridian of hand–yangming), the 3 yin meridians of the foot (the meridian of foot–taiyin, the meridian of foot–shaoyin and the meridian of foot–jueying), and the 3 yang meridians of the foot (the meridian of foot–taiyang, the meridian of foot–shaoyang and the meridian of foot–yangming). The 12 divergent meridians are the main branches of the 12 regular meridians in the chest, the abdomen and the head, and are the same as the 12 regular meridians which fit the hand and foot, including 3 yin and 3 yang divergent meridians. The 8 extra meridians, different from the 12 regular meridians, are called the extra meridians in short, including 8 meridians: the ren, du, chong, dai, yangqiao, yinqiao, yangwei and yinwei meridians, functioning to govern, connect and regulate all the other meridians and collaterals. Luomai refers to branches respectively from each of the 12 regular meridians in the 4 limbs, and from the ren meridian (the front of the trunk), the du meridian (the back), and a large one (the major collateral of the spleen) from the spleen — a total of 15 collaterals responsible for connection of the interior and the exterior, and circulation of qi and blood, which are termed the 15 collaterals. There are further branches of the 15 collaterals, known as minute collaterals, superficial collaterals and superficial venules. The inner part of the system refers to the zang–fu organs, associated with the 12 meridians and collaterals, and their relationship is mainly demonstrated as “pertaining and connection.” Zang organs pertain to yin, and fu organs to yang. And yin meridians pertain to zang organs and connect with fu organs, while yang meridians pertain to fu organs and connect with zang organs. For the 3 yin meridians of the hand, the meridian of hand–taiyin pertains to the lung, and so is termed the lung meridian of hand–taiyin; The meridian of hand–shaoyin to the heart is termed the heart meridian of hand–shaoyin; and the meridian of hand–jueyin to the pericardium is termed the pericardium meridian of hand–jueyin. And, accordingly, the rest are the small intestine meridian of hand–taiyang, the sanjiao meridian of hand–shaoyang, the large intestine meridian of hand– yangming, the spleen meridian of foot–taiyin, the kidney meridian of foot–shaoyin, the liver meridian of foot–jueyin, the bladder meridian of foot–taiyang, the stomach meridian of foot–yangming, and so on. The outer part of the system includes 12 muscle regions and 12 cutaneous regions. The former have the same nomenclature as the 12 meridians, distributing on the surface of the body along the 12 meridians, which have their own characteristics:

- distributing from the ends of the four limbs
- to the trunk or the head and face;
- distributing in a strip shape, accumulating in the joint and spreading in the rich muscles;
- having no direct connection with zang–fu organs.

The latter refer to the corresponding areas of the 12 meridians distributing on the skin, and so diseases and disorders of the meridians or zang–fu organs will be reflected on the local skins.

Acupuncture Channel Summary

We have 12 bilateral Meridians. The two special vessels (the Conception Vessel and the Governor Vessel) are not bilateral. They are singular channels, which follow the midline of the body, one in front and one on the back.

There are a number of ways in which the Primary Meridians can be classified. One method is to classify them into two groups, according to their polarity of Yin and Yang. The Chinese determined that some of the Meridians are predominantly of Yin energy, and some are predominantly of Yang energy.

Yin Channels (Organ)	Yang Channels (Organ)
Lung (LU)	Large Intestine (LI)
Spleen (SP)	Stomach (ST)
Heart (HT)	Small Intestine (SI)
Kidneys (KI)	Bladder (BL)
Pericardium (PC)	San Jiao (SJ)
Liver (LV)	Gall Bladder (GB)

The Primary Meridians are also grouped together in coupled pairs, each Yin meridian being coupled to a specific Yang meridian. The pairs are coupled according to the table above, i.e., Lung with Large Intestine, Spleen with Stomach, Heart with Small Intestine, Kidneys with Bladder, Pericardium with San Jiao, and Liver with Gall Bladder.

Another way of classifying the Meridians is based on the main location of the Channel and its terminal point. Six Meridians are located on the upper portion of the body, and start or end on the fingers. The other six Meridians are located on the lower portion of the body and end or start at the toes. Which gives us the following relationships:

Hand Meridians	Foot Meridians
Lung (LU)	Stomach (ST)
Large Intestine (LI)	Spleen (SP)
Heart (HT)	Bladder (BL)
Small Intestine (SI)	Kidneys (KI)
Pericardium (PC)	Gall Bladder (GB)
San Jiao (SJ)	Liver (LV)

By combining the Yin/Yang and Hand/Foot classifications or groupings, we get the following...

Channels	Abbreviations	Pathway
3 Yin Meridians of	(LU, HT, PC)	Chest to Hand

the Hand		
3 Yang Meridians of the Hand	(LI, SI, SJ)	Hand to Face
3 Yang Meridians of the Foot	(ST, BL, GB)	Face to Foot
3 Yin Meridians of the Foot	(SP, KI, LV)	Foot to Chest

FUNCTIONS OF THE MERIDIANS AND COLLATERALS

The network of the meridians and collaterals is closely connected with the tissues and organs of the body, and plays an important role in human physiology and pathology of ailments.

- i. Connecting the interior and the exterior and transfixing the superior and the inferior: the system of meridians and collaterals associates all the organs of the body by pertaining and connecting, and thus the interior and the exterior, the upper and the lower portions and the left and right sides of the body are kept in a close association, and a relative equilibrium of normal life activities is maintained.
- ii. Transporting qi and blood and nourishing the whole body: qi and blood are the primary substances of the human body, while meridians and collaterals are passages for circulation of qi and blood.
- iii. Transmissive function: the meridians and collaterals assume the responsibility of transmitting pathogens and needling sensations so as to regulate the organic body.

RESEARCH ON THE MERIDIANS AND COLLATERALS

It has been more than 2000 years since the meridians and collaterals were found, but acupuncturists remain confused about some questions regarding whether they exist or not, and what they are if they exist. In order to clarify the issue of the existence of the meridians and collaterals and their natures, much work has been done since the 1950s, especially since the 1970s.

The modern researches, generally, focus on the following three aspects:

- i. Running pattern: the routes by which the meridians and collaterals distribute on the body surface. One way is to study the transmitting routes of the needling sensation through points stimulation; another is to use physical or chemical methods to demonstrate the running routes, including detection of the electrical characteristics of the skin, temperature changes, cold illumination, sound information, radioactive nuclides, fluorescein, and so on.
- ii. Association pattern: whether meridians and collaterals are the passages for associating the interior with the exterior. Pathological changes are reflected on the body surface, i.e. the interior is reflected on the exterior; stimulating the surface works to the organs, i.e. the exterior affects the interior. Research has been done on the associations of the tenderness spot (sensitive point) and the internal organs.

iii. Morphology basis: anatomy and histology of modern medicine. This is to study whether or not there exist special structures of meridians and collaterals.

A great deal of effort by many acupuncturists of the world has confirmed the existence of meridians and collaterals, but the nature of the system remains unclear. Great importance has been attached to the research on the meridians and collaterals in China, and there are reasons to believe that the eternal mystery will be unraveled in the near future.

Gunn from Vancouver has classified four types of acupuncture points on the basis of their relationship to human neural structures:

Type I corresponds to a known anatomical entity — the motor point of the muscle;

Type II corresponds to the focal meeting of superficial nerves in the sagittal plane;

Type III lie over the superficial nerves or plexi;

Type IV are the Golgi tendon organs at the muscle - tendon junction.

The most important of these are the Type I and IV points where the largest diameter afferent fibres originate from the annulospiral endings. Other studies including those made by Proff Zhang Xiantong at the Shanghai Institute of Physiology have confirmed that some of the main acupuncture points like Hegu and Zusanli are situated at the sites which are particularly rich of nerve endings. Anatomically there seems to be a great variety of structures which are related to different types of acupuncture points, although many of the points are close to the neural structures. We may conclude that no specific single anatomical entity corresponds to the acupuncture points.

The Twelve Meridians - In Classical Arrangement

Hand Yin Lung Meridian (LU)

LU 1: zhong fu / Central Treasury

“Zhong” refers to the energy of the middle energizer among the triple energizers; “fu” means “collection.” The lung meridian of hand–taiyin starts from the middle energizer. This point is the first point of the lung meridian, which is the collection place of all energy from the middle energizer, and so it is called zhongfu. **Location**

- (i) The patient is in the supine position, at the laterosuperior aspect of the anterior wall of the chest, 6 cun (finger measurement; the same below) lateral to the anterior midline, at the level of the first intercostal space.
- (ii) Lateral to the junction of the straight line of the nipple and the third rib. It is easy to perform: restrict it to males.

Method

Puncture obliquely downward with a 1-cun-long filiform needle, 0.5–0.8 cun, with the tip touching the rib margin, and a sensation of local soreness and distension.

Function: Regulates Lung Qi and stops cough, stimulates the Lung Qi to descend, disperses fullness in the chest and stops pain.

Indications: Useful for all Lung issues, especially cough, wheezing, asthma and fullness in the chest as well as local problems such as pain in the chest, shoulder and back.

Caution

Do not puncture too deeply toward the medial side, in case the lung gets hurt. It is safe to follow the structures mentioned above. Beginners are advised to use moxibustion or cupping therapies

LU 2: yun men / Cloud Gate

Function: Disperses fullness from the chest, stimulates the descending action of Lung Qi, stops cough.

Indications: Cough, asthma, pain in the chest, shoulder and arm, fullness in the chest.

LU 3: tian fu / Celestial Storehouse

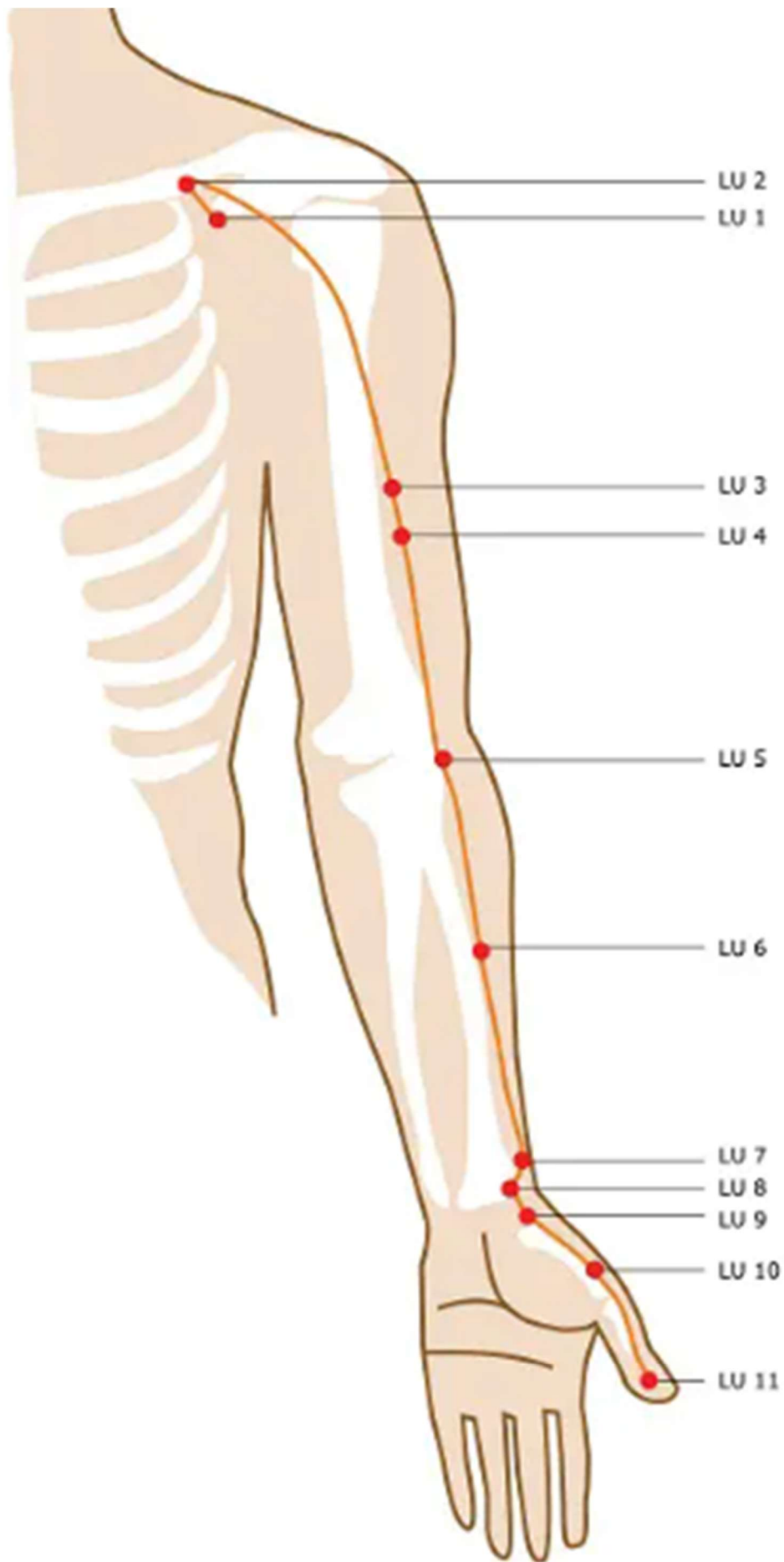
Function: Clears Lung heat and regulates Lung Qi.

Indications: Asthma, epistaxis, pain in the medial aspect of the upper arm.

LU 4: xia bai / Guardian White

Function: Regulates Qi and blood, relieves pain.

Indications: Cough, fullness in the chest, pain in the medial aspect of the upper arm.



LU 5: chi ze / Cubit Marsh

"Chi" refers to the forearm; "ze" means "lowland in shallow water." It is named after its site.

Location

On the cubital crease, in the depression of the radial side of the tendon of the biceps muscle of the arm. This point is located with the elbow slightly flexed.

Method

Puncture perpendicularly 0.5–1 cun to induce the sensation of soreness and distension, or an electrified sensation radiating to the forearm. Warm moxibustion for 5–15 min

Function: Clears Lung Heat, stimulates the descending action of Lung Qi, expels phlegm from the Lung, benefits the Bladder, relaxes the sinews.

Indications: Cough, hemoptysis, evening fever, asthma, sore throat, fullness in the chest, infantile convulsions, spasmodic pain of the elbow and arm, mastitis.

LU 6: kong zui / Collection Hole

"Kong" refers to poles; "zui" means "collecting." It is a cleft point, where qi and blood assemble.

Location

On the radial side of the palmar surface of the forearm, and on the line connecting taiyuan and chize, 7 cun above the wrist furrow.

Method

Puncture perpendicularly 1–1.5 cun to induce the sensation of soreness and distension in local area, or sometimes radiating to the forearm.

Function: Regulates Lung Qi and causes Lung Qi to descend, clears heat, stops bleeding.

Indications: Cough, pain in the chest, asthma, hemoptysis, sore throat, spasmodic pain of the elbows and arm.

LU 7: lie que / Broken Sequence

"Lie" means "decomposition"; "que," "breaking." It is so named as it is the luo-connecting point hand-taiyin meridian where it enters handyangming, and it is located between the brachioradialis tendon and the long adductor muscle of the thumb, like a crevice. Besides, lieque in ancient times refers to lightning which is like a crevice in shape.

Location

- (i) On the radial side of the forearm, proximal to the processus styloideus of the radius, 1.5 cun proximal to the wrist furrow, between the brachioradial muscle and the tendon of the long adductor muscle of the thumb.
- (ii) When the index fingers and thumbs of both hands are crossed with the wrist joint extended and the index finger of one hand placed on the processus styloideus of the radius of the other, the acupoint is in the depression on the dorsum on the wrist right under the tip of the index finger.

Method

Puncture 0.5–1 cun obliquely toward the elbow or horizontally toward the wrist with a local sensation of soreness and distension, or a sensation radiating to the elbow joint.

Function: Stimulates the descending and dispersing of Lung Qi, circulates defensive Qi and releases the exterior, expels exterior wind, opens the Conception Vessel, benefits the Bladder and opens water passages, opens the nose, communicates with the Large Intestine.

Indications: Persistent cough, sore throat, headaches, migraines, stiff neck, facial paralysis, toothaches, pain and/or weakness of the wrist.

LU 8: jing qu / Channel Ditch

Function: Diffuses the Lung and downbears Qi, courses wind and resolves the exterior.

Indications: Cough, asthma, fever, pain in the chest, sore throat, pain in the wrist.

LU 9: tai yuan / Great Abyss

“Tai” means “big”; “yuan,” “depth of water.” It is so named as it is a source point and one of the eight confluent points, where the blood and qi are thriving, great and deep at the cunkou artery.

Location

At the radial end of the crease of the wrist, when the pulsation of the radial artery is palpable.

Method

Puncture perpendicularly 0.3–0.5 cun, with soreness and distension in the local area.

Function: Resolves phlegm, regulates Lung Qi, stops cough, tonifies Lung Qi, Lung yin and gathering Qi, promotes circulation of blood, influences pulse, clears Lung and Liver heat.

Indications: Cough, asthma, hemoptysis, sore throat, palpitation, pain in chest, wrist and arm.

LU 10: yu ji / Fish Border

“Yu” means “thumb prominence like fish maw”; “Ji,” “margin.” It is named for being at the margin of the thumb prominence.

Location

In the depression proximal to the first metacarpophalangeal joint, on the radial side of the midpoint of the first metacarpal bone, and at the dorsoventral boundary of the hand.

Method

Puncture perpendicularly 0.5 cun or slightly toward the palm 0.5–1 cun, with a sensation of soreness and distension.

Function: Clears Lung heat, benefits the throat.

Indications: Cough, hemoptysis, sore throat, loss of voice, fever, feverish sensation on the palm.

LU 11: shao shang / Lesser Shang

“Shao” means “small”; “shang” refers to one of the five notes (gong, shang, jiao, wei, yu).

According to Nei Jing (The Inner Classic), the sound of the lung is shang, so the point gets its name as it is a jing–well point and meridian qi is small at the beginning.

Location

On the radial side of the distal segment of the thumb, about 0.1 cun from the corner of the fingernail.

Methods

- (i) Puncture obliquely upward 0.1–0.2 cun, with pain in the local area.
- (ii) Prick for blood with a three-edged needle or a thick filiform needle.

Function: Expels wind (both interior and exterior), stimulates the dispersing and descending of Lung Qi, benefits the throat, opens the orifices and promotes resuscitation.

Indications: Sore throat, cough, asthma, epistaxis, fever, loss of consciousness, mania, spasmodic pain of the thumb.

Primary Functions

- The lung meridian is largely responsible for governing respiration, as well as water and fluids around the body.
- It also has a large role in governing the chi of the body in general.
- The lung meridian strongly influences the health of the skin and body hair.
- It also influences the healthy function of the nose.

Common Uses

- Treating respiratory disorders such as coughing, wheezing, asthma, dyspnoea (difficulty breathing), and shortness of breath.
- Healing the lungs from damage caused by pathogens.
- Treating nasal problems, such as nosebleeds or nasal congestion.
- Treating issues of the throat, such as soreness, congestion, swelling, dryness, and pain.
- Treating oedema (excess fluid retention) in cases where it is caused by the failure of the lungs to regulate fluid in the body.
- Treating vomiting in the cases when it is related to problems of the Stomach meridian.

Lung Meridian Channels & Sinews

The Lung meridian begins on the front of the shoulder, and continues down the arm until it reaches the tip of the thumb.

However, the Lung meridian also has various energy pathways that branch off of it, and sinews (muscle tissue) that is strongly affected by the energy of the meridian.

Hand Yang Large Intestine Meridian (LI)

LI 1: shang yang / Metal Yang

“Shang” refers to one of the five notes, similar to shaoshang (LU 11); “yang,” a point of yang meridians, lateral to shaoshang (LU 11).

Location

On the radial side of the distal segment of the index finger, about 0.1 cun from the corner of the nail.

Method

Puncture perpendicularly 0.1–0.2 cun, or prick for bloodletting.

Function: Clears heat, brightens the eyes, benefits the throat, calms the mind, expels wind and scatters cold.

Indications: Toothache, sore throat, swelling of the submandibular region, numbness of fingers, febrile diseases with anhidrosis, xerostomia, loss of consciousness.

LI 2: er jian / Second Space

“Er” means “two,” here referring to the second point in this meridian; “jian” means “cleft.” The point is located at the cleft depression, so it gets the name erjian.

Location

With a slight fist made, at the dorsoventral boundary, in the depression of the radial side of the index finger, distal to the second metacarpal phalangeal joint.

Method

Puncture perpendicularly 0.2–0.3 cun, with a local sensation of distending pain.

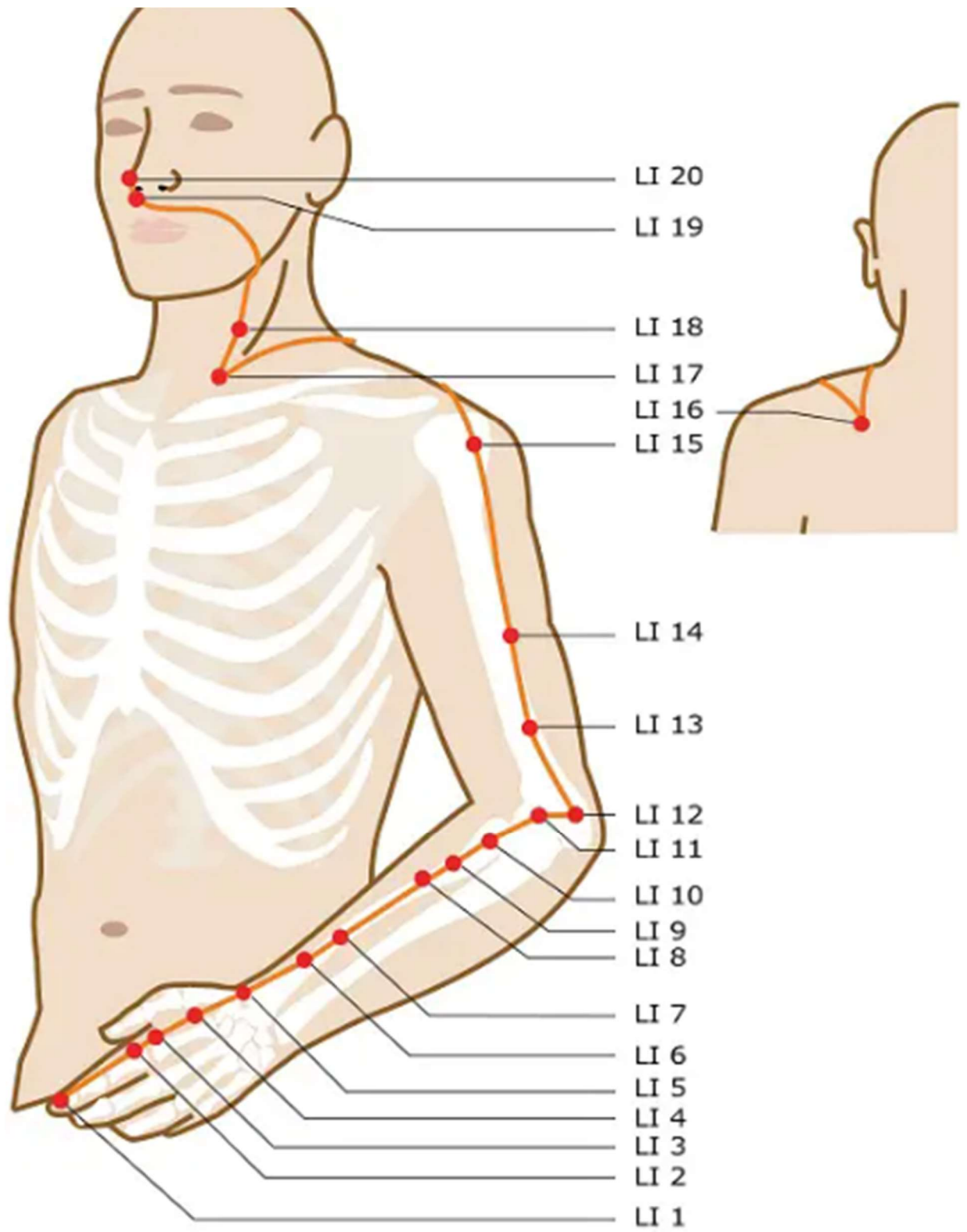
Function: Clears heat, dissipates pathogenic heat, disinhibits the throat.

Indications: Blurring vision, epistaxis (nosebleed), toothache, sore throat, febrile diseases.

LI 3: san jian / Third Space

Function: Dispels exterior wind, clears heat, brightens the eyes, benefits the throat.

Indications: Toothache, ophthalmalgia, sore throat, redness and swelling of fingers and the dorsum of the hand.



LI 4: he gu / Union Valley

“He” means “join”; “gu,” “valley.” It is located at the site where the thumb and the index finger join like a valley.

Location:

- (i) On the dorsum of the hand between the first and second metacarpal bones, on the radial side of the midpoint of the second metacarpal bone;
- (ii) At the top of the eminence of the “tiger’s mouth,” when the thumb and the index finger are put together;
- (iii) Make the patient place the interphalangeal crease of the palmar surface of the thumb of one hand on the margin of the web between the thumb and the index finger of the other hand. The point is located just beneath the tip of the thumb when the thumb is at flexion.

Methods

- (i) Puncture perpendicularly 0.8–1.2 cun, with a local sensation of soreness and distension radiating to the fingertip
- (ii) Puncture 2–3 cun toward laogong (PC 8) or houxi (SI 3), with numbness and distension in the palm or radiating to the fingertips.
- (iii) Puncture obliquely 1–1.5 cun along the periosteum of the second metacarpal bone, with numbness and distension radiating upward, sometimes to the elbow and shoulder joints.

Function: Dispels exterior wind, releases the exterior, stimulates the dispersing function of the Lungs, stops pain, removes obstructions from the channel, tonifies Qi and consolidates the exterior, harmonizes ascending and descending functions.

Indications: Headache, pain in the neck of any part of the body, redness, swelling and pain of the eye, epistaxis, nasal obstruction, rhinorrhea, toothache, deafness, facial swelling, sore throat.

LI 5: yang xi / Yang Ravine

“Yang” refers to yang of yin–yang, because it is on the dorsum of the hand; “xi” means “stream in mountains,” since it is at the depression between bones and muscles, like streams in mountains.

Location

At the radial end of the carpal transverse crease, in the depression between the tendons of the m. extensor pollicis brevis and longus when the thumb is tilted upward.

Method

Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension.

Function: Expels wind, releases the exterior, benefits the throat, stops pain.

Indications: Headache, redness, pain and swelling of the eye, toothache, sore throat, pain of the wrist.

LI 6: pian li / Veering Passage

Function: Opens the Lung water passage.

Indications: Redness of the eye, tinnitus, deafness, epistaxis, aching of the hand and arm, sore throat, edema.

LI 7: wen liu / Warm Flow

Function: Clears heat, stops pain, expels wind, benefits the throat.

Indications: Headache, swelling of the face, sore throat, borborygmus, abdominal pain, aching of the shoulder and arm.

LI 8: xia lian / Lower Ridge

Function: Dissipates wind and clears heat, frees the channels and relieves pain.

Indications: Abdominal pain, borborygmus, pain in the elbows and arm, motor impairment of the upper limbs.

LI 9: shang lian / Upper Ridge

Function: Courses the channels and quickens the connecting vessel, frees bowel Qi.

Indications: Aching of the shoulder and arm, motor impairment of the upper limbs, numbness of the hand and arm, borborygmus, abdominal pain.

LI 10: shou san li / Arm Three Miles

“li” means “cun,” since the point is on the hand, 3 cun below elbow (condylus lateralis humeri).

Location

With the elbow flexed, on the radial side of the dorsal surface of the forearm and on the line connecting yangxi and quchi, 2 cun distal to quchi.

Method

Puncture perpendicularly 1.2–2 cun, with a local sensation of soreness and distension, sometimes radiating to the forearm and fingertips.

Caution Besides local diseases (paralysis in the brachium, pain), it is applicable to abdominal diseases as adjuvant point.

Function: Removes obstructions from the channel, tonifies Qi.

Indications: Abdominal pain, diarrhea, toothache, swelling of the cheek, motor impairment of the upper limbs, pain in the shoulder and back.

LI 11: qu chi / Pool at the Bend

“Qu” means “inflexion”; “chi,” “pool.” With the elbow flexed, a depression forms at the end of transverse striation like a shallow pool. “Chi” also means a place where qi and blood assemble like water flowing into a pool.

Location

- (i) The elbow is flexed, at the midpoint of the line connecting chize (LU 5) and the condylus lateralis humeri;
- (ii) The elbow is flexed, at the depression of the radial end of elbow transverse striation.

Methods

- (i) Puncture perpendicularly 0.8–1.2 cun with the tip slightly oblique to the elbow joint, giving a local sensation of soreness and distension, or electric numbness radiating to the fingertips, when the patient flexes the elbow.
- (ii) Puncture 2–2.5 cun penetrating to shaohai (HT 3), with a strong sensation of soreness and distension, sometimes radiating up to the shoulders or down to the fingers, when the patient flexes the elbow.

- (iii) Puncture obliquely 1.5–2 cun, with the tip slightly toward the shoulder, giving a local sensation of soreness and distension radiating up to the shoulders.

Function: Expels exterior wind, clears heat, cools blood, resolves dampness, regulates nutritive Qi and blood, benefits the sinews and joints.

Indications: Sore throat, toothache, redness and pain of the eye, scrofula, urticarial, motor impairment of the upper extremities, abdominal pain, vomiting, diarrhea, febrile diseases.

LI 12: zhou liao / Elbow Bone-Hole

Function: Courses the channels and quickens the connecting vessels, disinhibits the joints.

Indications: Pain, numbness and contracture of the elbow and arm.

LI 13: shou wu li / Arm Five Miles

Function: Courses the channels and quickens the connecting vessels, disinhibits the joints.

Indications: Pain in the shoulder and arm, rigidity of the neck, scrofula.

LI 14: bi nao / Upper Arm

“Nao” initially referred to the forelimbs of livestock; here it means the inside part of the upper arm. It is so named as it is located on the inside of the humerus.

Location

- (i) On the lateral side of the arm, at the insertion of the deltoid muscle and on the line connecting quchi and jianyu, 7 cun above quchi.
- (ii) The arm is raised to the level of the shoulders, at the depression above the inferior extremity of the deltoid muscle.

Methods

- (i) Puncture perpendicularly 0.8–1.2 cun, with a local sensation of soreness and distension.
- (ii) Puncture 1.2–1.5 cun penetrating to the anterior and posterior borders of the humerus, with a strong sensation of soreness and distension.
- (iii) Puncture obliquely 1–1.2 cun upward to the deltoid muscle, with a local sensation of soreness and distension.

Caution

The two locating methods should be referenced to each other. Perpendicular insertion is applicable to paralysis of the upper extremities, and pain; penetrating insertion, to peri-arthritis of the shoulder; and oblique insertion, to eye diseases.

Function: Removes obstructions from the channel, brightens the eyes, resolves phlegm and disperses masses.

Indications: Pain in the shoulder and arm, rigidity of the neck, scrofula.

LI 15: jian yu / Shoulder Bone

Location

On the shoulder superior to the deltoid muscle, in the depression anterior and inferior to the acromion when the arm is adducted or raised to the level of the shoulder.

Methods

- (i) Puncture perpendicularly 1–1.5 cun, with a local sensation of soreness and distension.

- (ii) Puncture 1.5–2.5 cun penetrating toward jiquan (HT 1) in the armpit, with a local sensation of soreness and distension.
- (iii) Puncture obliquely toward jianliao (SJ 14) 1.5–2.0 cun, or retreat to subcutaneous and puncture obliquely toward the deltoid muscle and the anterior part of the shoulder, with soreness and distension diffusing to around the shoulder joint or to the upper limbs.
- (iv) With the upper arm prostrating, puncture horizontally 2–3 cun toward the deltoid muscle, with a local sensation of soreness and distension.

Caution

Different acupuncture methods are applicable to different diseases. The first is for beginners and for general diseases; the second and the third for peri-arthritis of the shoulder; the second and the fourth for hemiplegia by stroke.

Function: Benefits sinews, promotes circulation of Qi in the channels, stops pain, expels wind.
 Indications: Pain in the shoulder and arm. Motor impairment of the upper extremities, rubella, scrofula.

LI 16: jug u / Great Bone

Function: Moves blood locally, removes obstructions from the channel, opens the chest, subdues ascending rebellious Qi, stimulates the descending of Lung Qi, benefits the joints.
 Indications: Pain and motor impairment of the upper extremities, pain in the shoulder and back.

LI 17: tian ding / Celestial Tripod

“Tian” means “upper part or higher part”; “ding” refers to an ancient cooker with three legs. It is named thus because it is on the neck, in the middle of the head, cervical vertebrae and sternocleidomastoid.

Location

On the lateral side of the neck, at the posterior border of the sternocleidomastoid muscle beside the laryngeal protuberance, at the midpoint of the line connecting futu (LI 18) and quepen (ST 12).

Method

With the patient sitting with the head turning to the opposite side, puncture perpendicularly 0.3–0.8 cun, with a local sensation of soreness and distension reaching the back and the shoulder, sometimes with electric numbness radiating to the fingers.

Function: Disinhibits the throat and clears Lung Qi.

Indications: Sudden loss of voice, sore throat, scrofula, goiter.

Caution Avoid inserting too deep in case of pneumothorax. Experiences support the view that the tenderness spot may be found at this point in cases of hemiplegia by stroke or peri-arthritis of the shoulder. Then puncture the tenderness and induce a needling sensation radiating to the shoulders or fingers to achieve better efficacy.

LI 18: fu tu / Protuberance Assistant

“Fu” means “help by arms”; “tu,” “higher part.” It is so named as it is located at the protrusion juncture of two tensions (the sternum end and clavicle end of the sternocleidomastoid).

Location

Ask the patient to sit upright and raise the head slightly, 3 cun lateral to the Adam's apple, at the midpoint between the sternal head and the clavicular head of the m. sternocleidomastoideus.

Method

Puncture obliquely downward 0.5–1 cun or perpendicularly 0.5–0.8 cun.

Caution Avoid inserting too deep or with high frequency of electroacupuncture, otherwise vagus reactions may occur, like slowing heartbeat, decreasing BP, nausea and vomiting, or a pale complexion.

Function: Benefits the throat, relieves cough, resolves phlegm and disperses masses.

Indications: Cough, asthma, sore throat, sudden loss of voice, scrofula, goiter.

LI 19: he liao / Grain Bone-Hole

"He" means "food"; "liao," "holes." It is near the mouth, which is for food intake, with a depression inside (a depression behind the foreteeth and the roots of tines). Since there are two points named heliao, it is called kouheliao.

Location

On the upper lip, directly below the lateral border of the nostril, on the level of shuigou (DU 26).

Method

- (i) Puncture perpendicularly 0.2–0.3 cun, with a local sensation of distending pain.
- (ii) Puncture 0.8–1.5 cun from heliao penetrating to the opposite one, with a sensation of distending pain.

Caution

The penetrating point is applicable to sequelae of facial paralysis. Direct moxibustion is forbidden.

Function: Diffuses Lung Qi and clears Lung heat, clears the nose and rouses the spirit.

Indications: Nasal obstruction, epistaxis, deviation of the mouth.

LI 20: ying xian / Welcome Fragrance

"Ying" means "welcome"; "xiang" refers to flavors of various kinds. It is so named because the major indication of the point is the syndrome of anosmia.

Location

Lateral to the midpoint of the lateral border of the ala nasi in the nasolabial groove.

Methods

- (i) Puncture perpendicularly 0.2–0.4 cun with a local sensation of distending pain.
- (ii) Puncture 0.8–1 cun penetrating to bitong (EX-HN 8), with a local sensation of distending pain and lacrimation, the tip reaching the nose.
- (iii) Puncture horizontally at an angle of 15°, then flatten the needle close to the skin and insert it toward the orbit 0.8–1.2 cun.

Function: Dispels exterior wind.

Indications: Nasal obstruction, hyposmia, epistaxis, rhinorrhea, deviation of the mouth, itching and swelling of the face.

Common Uses

- Treating disorders in the head area, specifically disorders related to disruptions in the energy of the Large Intestine meridian or the Stomach meridian.
- Treating ear problems.
- Healing the skin.
- Balancing the energy of any area that lies along the meridian or its secondary channels, especially in the head area.
- Healing the heart of ailments caused by disruptions in the Large Intestine meridian or Stomach meridian.
- Empowering the lungs with regards to their treatment of bodily fluids.

Large Intestine Meridian Channels & Sinews

Like all meridians, the Large Intestine meridian is not isolated to merely the line that connects the primary meridian points shown in the image above.

The Large Intestine meridian also includes secondary energy branches that are not used for acupuncture needling but are important to consider when choosing which points along the meridian to needle, or to apply pressure to when using acupressure.

Foot Yang Stomach Meridian (ST)

ST 1: cheng qi / Tear Container

“Cheng” means “endure;” “qi,” “tears.” The point suggests that it can endure when tears drop.

Location

On the face, with the patient’s eyes looking straight forward, directly below the pupil and between the eyeball and the infraorbital ridge.

Method

The patient closes the eyes. Use a fine filiform needle (No. 30–32) to pierce the skin rapidly, then insert the needle perpendicularly, close to the infraorbital border upward slightly to a depth of 1–1.5 cun; or insert the needle horizontally, to the angle of the eye. The sensation of soreness and distension may radiate to the whole eyeball, sometimes with lacrimation.

Function: Expels wind, brightens the eyes, stops lacrimation.

Indications: Redness, swelling and pain of the eye, lacrimation, night blindness, twitching of eyelids, facial paralysis.

Caution

Piercing the point may lead to hematoma, so it requires fine needles, rapid insertion and withdrawal. Avoid too much twirling, rotating, lifting and thrusting. Press the local skin with sterilized dry cotton balls after withdrawal. The point is unsuitable for moxibustion.

ST 2: si bai / Four Whites

“Si” means “vast”; “bai,” “bright and clear.” The point is applicable to eye disease and effective in improving eyesight.

Location

On the face, with the patient’s eyes looking straight forward, at the depression of the infraorbital foramen.

Methods

- (i) Puncture perpendicularly 0.3–0.5 cun, with a local sensation of soreness and distension.
- (ii) Puncture 1.5–2 cun toward xiaguan (ST 7) or yingxiang (LI 20), with a strong sensation of soreness and distension.
- (iii) Puncture obliquely 0.3–0.5 cun, into the foramen infraorbitale from the lower part to out upper, with a sensation of electric numbness radiating to the upper lip.

Function: Expels wind, brightens the eyes.

Indications: Redness, pain and itching of the eye, facial paralysis, twitching of eye lids, pain in the face.

Caution

Penetrating puncture is mainly applicable to obstinate facial paralysis; oblique puncture, to trifacial neuralgia. Beginners should take perpendicular acupuncture. The point is unsuitable for direct moxibustion

ST 3: ju liao / Great Bone-Hole

Function: Expels wind, removes obstructions from the channel, relieves swellings.

Indications: Facial paralysis, twitching of eyelids, epistaxis, toothache, swelling of lips and cheek.

ST 4: di cang / Earth Granary

“Di” means “lower part”; “cang,” “granary.” The point is located at the lower part of the face, near the mouth, where water and food are taken, and so it is name dicang.

Location

On the face, 0.4 cun lateral to the corner of the mouth, directly below the pupil.

Methods

- (i) Puncture perpendicularly 0.2–0.3 fen.
- (ii) Puncture 1.5–2 cun toward jiache (ST 6) or yingxiang (LI 20), with a sensation of soreness and distension in the local area or half of the face.

Function: Expels wind, removes obstructions from the channel, benefits tendons and muscles.

Indications: Deviation of the mouth, salivation, twitching of the eyelids.

Caution

Penetrating puncture to jiache (ST 6) is applicable to obstinate facial paralysis; puncture to yingxiang (LI 20), to trifacial neuralgia.

ST 5: da ying / Great Reception

Function: Courses wind and quickens the connecting vessels.

Indications: Facial paralysis, trismus, swelling of the cheek, pain in the face, toothache.

ST 6: jia che / Jawbone

“Jia” means “cheek;” “che,” “maxillary joint.” The mandible was called the mandibular joint, where the point is located.

Location

On the cheek, one fingerbreadth (middle finger) anterior and superior to the mandibular angle, in the depression where the masseter muscle is prominent.

Methods

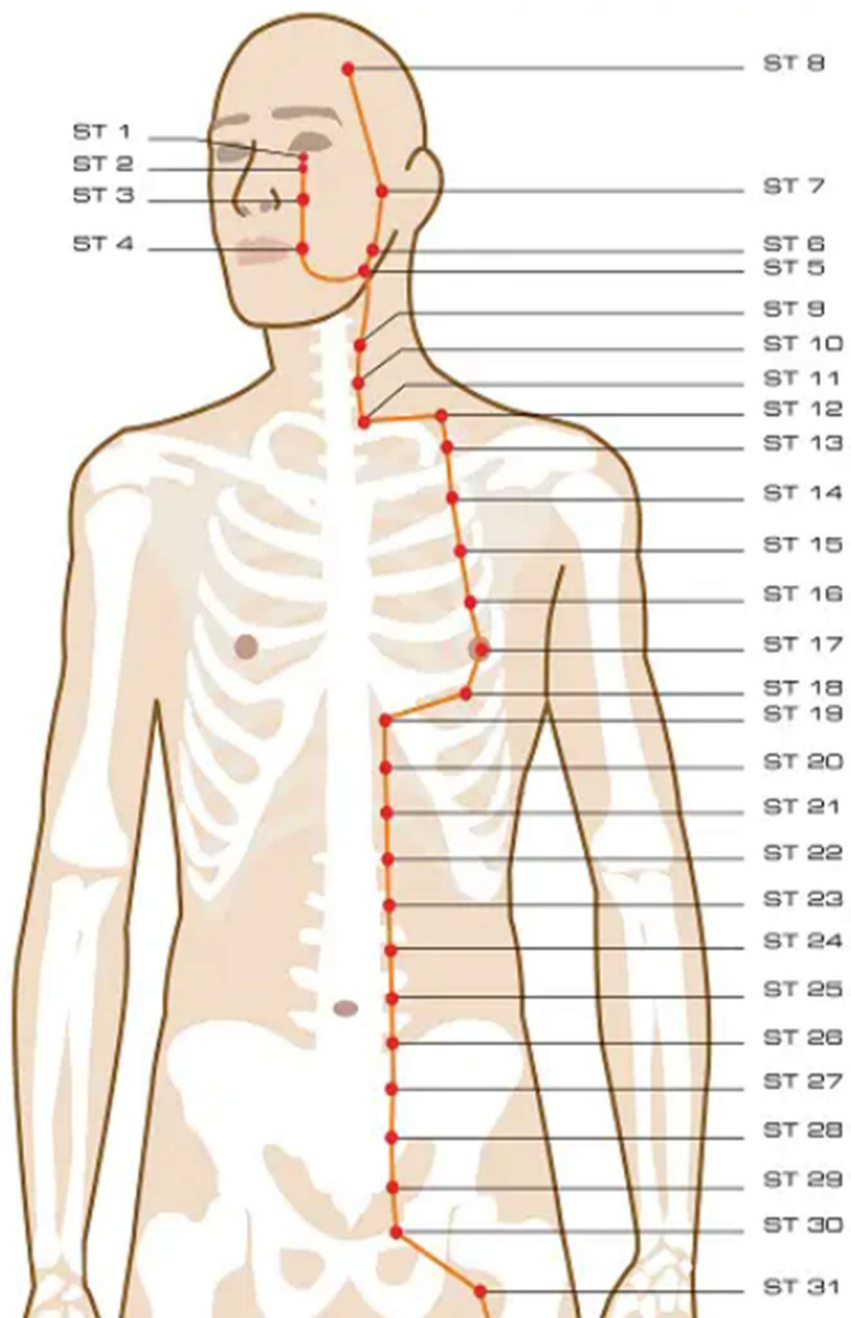
- (i) Puncture perpendicularly 0.5–0.8 cun with a local sensation of soreness and distension.
- (ii) Puncture horizontally 2–2.5 cun toward dicang (ST 4) or xiaguan (ST 7), with a sensation of soreness and distension radiating to half of the face.

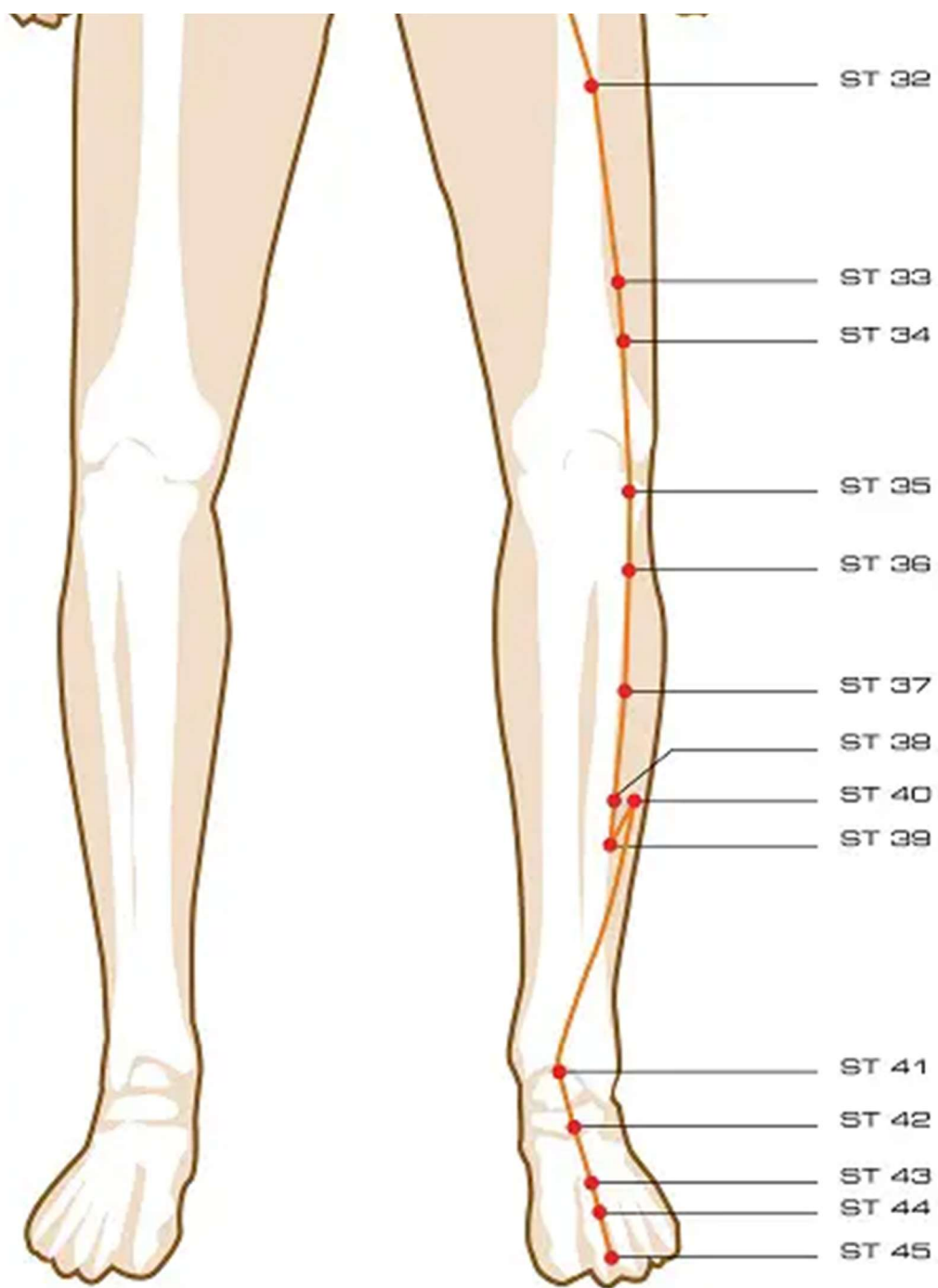
Function: Expels wind, removes obstructions from the channel.

Indications: Facial paralysis, toothache, swelling of the cheek and face, mumps, trismus.

Caution

The second method is the main one for locating the point, with the first one as reference. Penetrating puncture is applicable to obstinate facial paralysis.





ST 7: xia guan / Below the Joint

“Xia” means “lower part;” “guan,” “maxillary joint,” i.e. the anterior maxillary joint where the point is located, and so it is named xiaoguan, opposite to shangguan.

Location

On the face, anterior to the ear, in the depression between the zygomatic arch and the mandibular notch. It is where there is a hole with the mouth closed.

Methods

- (i) Puncture perpendicularly 1–1.5 cun, with the tip downward, giving a sensation of soreness and distension around.
- (ii) Puncture obliquely 0.8–1.5 cun, with the tip forward or backward.
- (iii) Puncture 1.5–2.5 cun, penetrating toward jiache (ST 6) or sibai (ST 2).

Function: Removes obstructions from the channel, benefits the ears.

Indications: Deafness, tinnitus, otorrhea, toothache, facial paralysis, pain of the face, motor impairment of the jaw.

Caution

Common diseases are treated with perpendicular acupuncture. Oblique puncture is applicable to deafness; penetrating puncture, to obstinate facial paralysis.

ST 8: tou wei / Head Corner

Function: Expels wind, relieves pain, brightens the eyes, relieves dizziness, clears heat.

Indications: Headache, blurring of vision, ophthalmalgia, lacrimation.

ST 9: ren ying / Man's Prognosis

It is located at the carotid arterial pulse bilateral to the Adam's apple, called the renying pulse in ancient China, which was believed to welcome the qi of five zang viscera and six fu viscera to nourish the human body.

Location

On the neck, 1.5 cun lateral to the Adam's apple, at the anterior border of the m. sternocleidomastoideus, where the pulsation of the common carotid artery is palpable.

Method

Puncture perpendicularly 0.5–1 cun (avoiding the artery), with a local sensation of soreness and distension, sometimes radiating to the shoulder.

Function: Regulates Qi, removes masses, benefits the throat, relieves swellings.

Indications: Sore throat, asthma, goiter, dizziness, flushing of the face.

Caution

During puncturing of the point, the patient should take the decubitus position instead of the sitting position. Do not puncture too deep, and stimulation should not be too strong. Avoid the artery. Generally, the point is unsuitable for moxibustion, and direct moxibustion is forbidden.

ST 10: shui tu / Water Prominence

Function: Rectifies Lung Qi and disinhibits the throat.

Indications: Sore throat, asthma, cough.

ST 11: qi she / Qi Abode

Function: Courses Qi and downbears counterflow.

Indications: Sore throat, pain and rigidity of the neck, asthma, hiccup, goiter.

ST 12: que pen / Empty Basin

Function: Subdues rebellious Qi.

Indications: Cough, asthma, sore throat, pain in the supraclavicular fossa.

ST 13: qi hu / Qi Door

Function: Clears heat and loosens the chest.

Indications: Fullness in the chest, asthma, cough, hiccup, pain in the chest, hypochondrium.

ST 14: ku fang / Storeroom

Function: Rectifies Qi and loosens the chest.

Indications: Sensation of fullness and pain in the chest, cough.

ST 15: wu yi / Roof

Function: Courses wind and relieves pain.

Indications: Fullness and pain in the chest and the costal region, cough, asthma, mastitis.

ST 16: ying chuang / Breast Window

Function: Clears heat and resolves depression, relieves pain and disperses swelling.

Indications: Fullness and pain in the chest and hypochondrium, cough, asthma, mastitis.

ST 17: ru zhong / Breast Center

Function: None.

Indications: None.

ST 18: ru gen / Breast Root

Function: Regulates Stomach Qi, regulates the breast and lactation, dispels stagnation.

Indications: Pain in the chest, cough, asthma, mastitis, insufficient lactation.

ST 19: bu rong / Not Contained

Function: Regulates the center and harmonizes the Stomach.

Indications: Abdominal distensions, vomiting, gastric pain, anorexia.

ST 20: cheng man / Assuming Fullness

Function: Harmonizes the Stomach and rectifies Qi.

Indications: Gastric pain, abdominal distension, vomiting, anorexia.

ST 21: liang men / Beam Gate

“Liang” means “grains”; “men,” “door.” The point is located on the stomach, the place where food comes and goes.

Location

On the upper abdomen, 4 cun above the center of the umbilicus and 2 cun lateral to the anterior midline. **Method**

With the patient in the supine position, puncture perpendicularly 1–1.5 cun, with a sensation of heaviness and distension in the upper abdomen. Three to five cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Regulates the Stomach, subdues rebellious Qi, stops vomiting, relieves pain.

Indications: Gastric pain, vomiting, anorexia, abdominal distension, diarrhea.

Caution

Be sure not to puncture too deep. Generally, when the tip touches the peritoneum, the patient will complain of pain, and then stop the insertion.

ST 22: guan men / Pass Gate

Function: Regulates the Stomach and Intestines.

Indications: Abdominal distension and pain, anorexia, borborygmus, diarrhea, edema.

ST 23: tai yi / Supreme Unity

Function: Clears the Heart and quiets the spirit, fortifies the Spleen and harmonizes the center.

Indications: Gastric pain, irritability, mania, indigestion.

ST 24: hua rou men / Slipper Flesh Gate

Function: Quiets the spirit and stabilizes the disposition, regulates and harmonizes the Stomach and Intestines.

Indications: Gastric pain, vomiting, mania.

ST 25: tian shu / Celestial Pivot

“Shu” means “hub.” The point is located in the middle of the upper and the lower abdomen, transporting the qi of the middle and lower jiao like a traffic hub.

Location

On the middle abdomen, 2 cun lateral to the center of the umbilicus.

Method

Puncture perpendicularly 1–1.5 cun, with a local sensation of soreness and distension, sometimes radiating to the homolateral abdomen. Five-to-seven cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Promotes the function of the Intestines, clears heat, regulates Qi, relieves retention of food.

Indications: Abdominal pain and distension, borborygmus, pain around the umbilicus, constipation, diarrhea, dysentery, irregular menstruation, edema.

Caution

The same as for liangmen (ST 21).

ST 26: wai ling / Outer Mound

Function: Dissipates cold, relieves pain, rectifies Qi.

Indications: Abdominal pain, hernia, dysmenorrhea.

ST 27: da ju / Great Gigantic

Function: Regulates Stomach Qi.

Indications: Lower abdominal distension, dysuria, hernia, seminal emission, premature ejaculation.

ST 28: shui dao / Waterway

“Shui” means “stream,” “current”; “dao,” “pathway.” The point works to induce diuresis and so is named shuidao.

Location

On the lower abdomen, 3 cun directly below the center of the umbilicus, 2 cun lateral to the middle of the abdomen.

Method

Puncture perpendicularly 1–1.5 cun, with a sensation of soreness and distension radiating to the homolateral lower abdomen. Five-to-seven cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Benefits urination, opens the water passages, benefits difficult urination.

Indications: Lower abdominal distension, retention of urine, edema, hernia, dysmenorrhea, sterility.

Caution

The same as for liangmen (ST 21).

ST 29: gui lai / Return

Both “gui” and “lai” mean “recovery, restoration”. The point is used to restore uterine prolapse to normal. **Location**

On the lower abdomen, 4 cun directly below the center of the umbilicus, and 2 cun lateral to the midline of the abdomen, namely 1 cun directly below shuidao.

Methods

- (i) Puncture perpendicularly 1–1.5 cun with a local sensation of soreness and distension.
- (ii) Puncture horizontally toward the pubic symphysis 5–2 cun, with a local sensation of soreness and distension sometimes radiating to lower abdomen and the external genitalia. Five-to-seven cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Relieves stagnation of blood.

Indications: Abdominal pain, hernia, dysmenorrhea, irregular menstruation, amenorrhea, leukorrhea, prolapse of the uterus.

Caution

Horizontal acupuncture is applicable to orchitis and uterine prolapse.

ST 30: qi chong / Surging Qi

Function: Regulates Stomach Qi, regulates the Penetrating Vessel, promotes essence, tonifies the sea of nourishment, regulates blood.

Indications: Abdominal pain, borborygmus, hernia, swelling and pain of the external genitalia, impotence, dysmenorrhea, irregular menstruation.

ST 31: bi guan / Inferior Joint

“Bi” means “thigh”; “guan,” “joint.” The point is located at the thigh, close to the femur joint.

Location

- (i) On the anterior side of the thigh and at the line connecting the anterior superior iliac spine and the superolateral corner of the patella, at the level of the perineum when the thigh is flexed, in the depression lateral to the sartorius muscle.
- (ii) In the supine position, directly beneath the anterior superior iliac spine, on the transverse striation of the buttocks, opposite to chengfu (Bl 36).

Method

Puncture perpendicularly 1.5–2.5 cun, with a local sensation of soreness and distension, sometimes radiating to the knee. Three-to-five cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Removes obstruction from the channel.

Indications: Pain in the thigh, muscular atrophy, motor impairment, numbness and pain of the lower extremities.

Caution

In locating the point, the second one is easier while the first is exact, so the two should refer to each other.

ST 32: fu tu / Crouching Rabbit

“Fu” means “pronation”; “tu,” “rabbit.” The point is located at the eminence of the anterior side of the thigh; like a pronating rabbit.

Location

On the anterior side of the thigh and on the line connecting the anterior superior iliac spine and the superolateral corner of the patella, 6 cun above this corner.

Method

Puncture perpendicularly 1.5–2.5 cun, with a sensation of soreness and distension radiating to the knee. Five-to-seven cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Removes obstructions from the channel, expels wind-heat.

Indications: Pain in the lumbar and iliac region, coldness of the knee, paralysis or motor impairment and pain of the lower extremities, beriberi.

ST 33: yin shi / Yin Market

Function: Courses wind and dissipates cold, frees the channels and quickens the connecting vessels, disinhibits the joints.

Indications: Numbness, soreness, motor impairment of the leg and knee, motor impairment of the lower extremities.

ST 34: liang qiu / Beam Hill

“Liang” means “mountain ridge”; “qiu,” “higher position.” The point is located at the muscle eminence on the knee, like a hill.

Location

With the knee flexed, on the anterior side of the thigh and on the line connecting the anterior superior iliac spine and the superolateral corner of the patella, 2 cun above this corner.

Method

Puncture perpendicularly 1–1.5 cun, with a sensation of soreness and distension radiating to the knee. Three-to-five cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Subdues rebellious Stomach Qi, removes obstructions from channel, expels damp and wind.

Indications: Pain and numbness of the knee, gastric pain, mastitis, motor impairment of the lower extremities.

ST 35: du bi / Calf's Nose

“Du” means “calf”; “bi,” “nostril.” The point is located in the depression lateral to the patella and its ligament on the knee, like the nostrils of a calf.

Location

With the knee flexed, on the knee, in the depression lateral to the patella and its ligament.

Methods

- (i) Puncture perpendicularly 1.5–2 cun from the back to the front, with a sensation of soreness and distension in the knee.
- (ii) Puncture 2–2.5 cun, penetrating toward neixiyan (Ex-LE 4), with a local sensation of soreness and distension. Warm needling is applicable with 1–2 moxa cones (1-cun-long cones pierced on the handle), or warm moxibustion for 15–20 min.

Function: Invigorates the channel, relieves swelling, stops pain.

Indications: Pain, numbness and motor impairment of the knee, beriberi.

Caution

During manipulation, the patient is to flex the knee at an angle of 90°. Perpendicular acupuncture is applicable to pain of the knee joint; penetrating puncture, to swelling of the knee joint.

ST 36: zu san li / Leg Three Miles

“Zu” means “foot”; “li,” “cun.” The point is located 3 cun below the knee, corresponding to shousanli (LI 10). **Location**

On the anteriolateral side of the leg, 3 cun below dubi, one fingerbreadth lateral to the anterior crest of the tibia.

Methods

- (i) Puncture perpendicularly 1–2 cun, slightly to the tibia, with a local sensation of soreness and distension, or electric numbness radiating to the dorsum of the foot.
- (ii) Puncture obliquely 1.5–2.5 cun, with a sensation of soreness and distension, or electric numbness radiating downward to the dorsum of the foot, or upward to the knee. Five-to-ten cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Benefits Stomach and Spleen, tonifies Qi and blood, dispels cold, strengthens body, brightens eyes, regulates nutritive and defensive Qi and the Intestines, raises yang, expels wind and damp, resolves edema.

Indications: Gastric pain, vomiting, hiccup, abdominal distension, borborygmus, diarrhea, dysentery, constipation, mastitis, enteritis, aching in knee joint and leg, beriberi, dizziness, insomnia, edema, cough, asthma, emaciation due to general deficiency, indigestion, apoplexy, hemiplegia, mania.

Caution

The second location method is simple and easy, and the first exact. Oblique acupuncture is mainly applicable to hemiplegia by stroke and lap diseases.

ST 37: shang ju xu / Upper Great Hollow

“Shang” means “upper part;” “juxu,” “giant and empty,” here referring to the big space between the tibiofibulas where the point is located and above xiajuxu (ST 39).

Location

On the anteriolateral side of the leg, 6 cun below dubi, one fingerbreadth (middle finger) from the anterior crest of the tibia.

Method

Puncture perpendicularly 1.5–2 cun, with a local sensation of soreness and distension, or electric numbness radiating to the foot. Three-to-seven cones of moxibustion are applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Regulates the function of the Stomach and Intestines, eliminates damp-heat, dispels retention of food, calms asthma.

Indications: Abdominal pain and distension, borborygmus, diarrhea, dysentery, constipation, enteritidis, paralysis due to stroke, beriberi.

ST 38: tiao kou / Ribbon Opening

Function: Removes obstructions from the channel.

Indications: Numbness, soreness and pain of the knee and leg, weakness and motor impairment of the shoulder, abdominal pain.

ST 39: xia ju xu / Lower Great Hollow

Function: Regulates the function of Stomach and Intestines, eliminates damp-heat, eliminates wind-damp, stops pain.

Indications: Lower abdominal pain, backache referring to the testis, mastitis, numbness and paralysis of the lower extremities.

ST 40: feng long / Bountiful Bulge

- (i) "Feng" means "fullness"; "long," "eminence." The point is located at a site with the full and ridgy muscle.
- (ii) "Fenglong" originally referred to the thunderclap, the name of thunder god, after which the point is named, like lieque (LU 7) after lightning.

Location

On the anteriolateral side of the leg, 8 cun proximal to the tip of the lateral malleolus, two fingerbreadths (middle finger) from the anterior crest of the tibia.

Method

Puncture perpendicularly 1.5–2.5 cun, the tip being slightly inward, with a sensation of soreness and distension radiating up to the knee or down to the external malleolus. Five-to-seven cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Resolves phlegm and damp, calms asthma, clears heat, calms and clears the mind, opens the chest.

Indications: Headache, dizziness and vertigo, cough, asthma, excessive sputum, pain in the chest, constipation, mania, epilepsy, muscular atrophy, motor impairment, pain, swelling or paralysis of the lower extremities.

ST 41: jie xi / Ravine Divide

"Jie" refers to the interosseous raphe, the junction of bones; "xi" means "stream, depression." The point is located in the depression between the tendons of the ankle joint.

Location

At the central depression of the crease between the instep of the foot and the leg, between the tendons of the m. extensor digitorum longus and hallucis.

Methods

- (i) Puncture perpendicularly 0.3–0.5 cun, with a local sensation of soreness and distension.

- (ii) Puncture 1–1.5 cun, penetrating toward both sides, with a sensation radiating to the whole ankle joint.

Function: Removes obstructions from the channel, eliminates wind, clears heat, clears the mind, brightens the eyes.

Indications: Pain of the ankle joint, muscular atrophy, motor impairment, pain and paralysis of the lower extremities, epilepsy, headache, dizziness and vertigo, abdominal distension, constipation.

Caution

Generally, perpendicular acupuncture is used, and penetrating acupuncture is applicable to ankle diseases.

ST 42: chong yang / Surging Yang

Function: Tonifies Stomach and Spleen, calms the mind, removes obstructions from the channel.

Indications: Pain of the upper teeth, redness and swelling of the dorsum of the foot, facial paralysis, muscular atrophy and motor impairment of the foot.

ST 43: xian gu / Sunken Valley

Function: Eliminates wind and heat, removes obstruction from the channel.

Indications: Facial or general edema, abdominal pain, borborygmus, swelling and pain of the dorsum of the foot.

ST 44: nei ting / Inner Court

“Nei” means “enter”; “ting,” “gate and yard.” The point is located between toes, like a gate to a yard.

Location

At the dorsum of the foot, at the junction of the red and white skin proximal to the margin of the web between the second and third toes.

Methods

- (i) Puncture perpendicularly upward 0.3–0.5 cun, with a local sensation of distending pain.

- (ii) Puncture obliquely 0.5–1 cun, with a local sensation of soreness and distension.

Function: Clears heat, eliminates fullness, regulates Qi, stops pain, promotes digestion, eliminates wind from face.

Indications: Toothache, pain in the face, deviation of the mouth, sore throat, epistaxis, gastric pain, acid regurgitation, dysentery, constipation, swelling and pain of the dorsum of the foot, febrile diseases.

Caution

Generally, oblique acupuncture is applicable except for local lesions, treated by perpendicular acupuncture.

ST 45: li dui / Severe Mouth

“Li” “foot”; “dui,” “pointed end.” The point is located at the anterior end of the toe.

Location

On the lateral side of the distal segment of the second toe, 0.1 cun from the corner of the nail.

Method

Puncture horizontally upward 0.2–0.3 cun, or prick for bloodletting. Warm moxibustion with moxa sticks for 5–10 min is applicable.

Function: Calms the mind, brightens the eye, clears the Heart, relieves retention of food.

Indications: Facial swelling, deviation of the mouth, epistaxis, toothache, sore throat and hoarse voice, abdominal distension, coldness in the leg and foot, febrile diseases, dream-disturbed sleep, mania.

Common Uses

- Treating disorders in the head that are related to energy disruptions in the Stomach or Large Intestine meridian.
- Treating ear problems.
- Treating throat problems.
- Improving the health of the intestines.
- Treating disorders related to disruptions of the Triple Energizer meridian energy, especially problems in the heart, lungs, epigastrium, stomach, spleen, uterus, bladder, and general chest area.
- Treating disorders of the breast area.
- Improving disturbed emotions, especially mental issues like mania or depression.

Stomach Meridian Channels & Sinews

Along with the primary meridian line, the Stomach meridian also has secondary energy pathways through which its energy flows.

These secondary pathways do not have acupuncture points of their own, but they are important to be aware of because the energy disruptions that occur in the primary meridian can negatively affect the areas covered by these secondary lines.

This also means that we can heal negative health problems by stimulating that acupuncture points along the primary meridian line, thus balancing the energy of the entire zone of influence.

Foot Yin Spleen Meridian (SP)

SP 1: yin bai / Hidden White

“Yin” means “to hide;” “bai,” means “white,” here referring to the border between the red and the white flesh. The point is located on the inside of distal phalanx of the big toe, as if hiding in the border between the red and the white flesh.

Location

On the medial side of the distal segment of the big toe, 0.1 cun posterior to the corner of the nail of the big toe.

Method

Puncture obliquely 0.1–0.2 cun, with the tip upward and a sensation of pain; or prick with a three-edged needle for bloodletting. Warm moxibustion for 5–7 min is applicable.

Function: Strengthens the Spleen, regulates blood, calms the wind.

Indications: Abdominal distension, bloody stools, menorrhagia, uterine bleeding, mental disorders, dream-disturbed sleep, convulsion.

Caution

Moxibustion is applicable to hypermenorrhea and alimentary tract hemorrhage; pricking puncture, to infantile convulsions; oblique puncture, to other diseases.

SP 2: da du / Great Metropolis

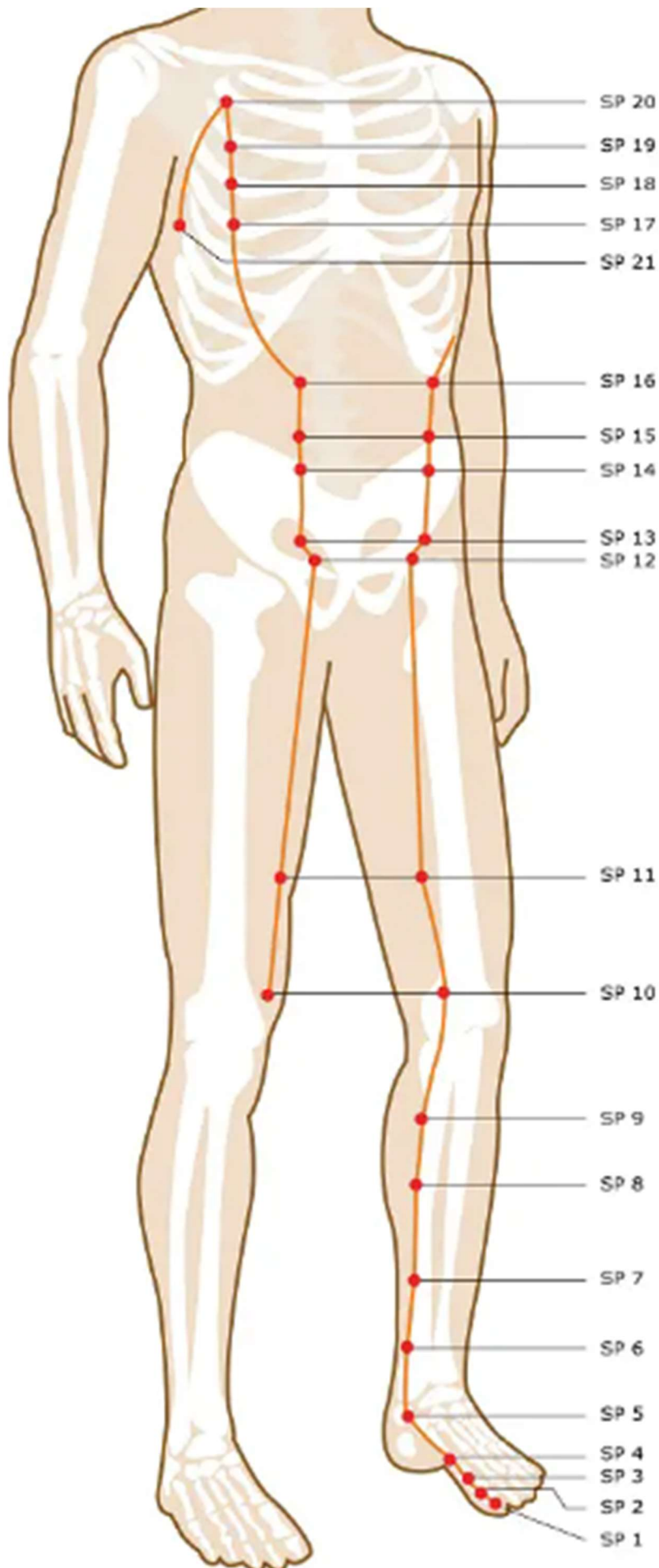
Function: Strengthens the Spleen, promotes digestion, clears heat.

Indications: Abdominal distension, gastric pain, constipation, febrile diseases with anhidrosis.

SP 3: tai bai / Supreme White

Function: Strengthens the Spleen, resolves damp, strengthens the spine.

Indications: Gastric pain, abdominal distension, constipation, dysentery, vomiting, diarrhea, borborygmus, sluggishness, beriberi.



SP 4: gong sun / Yellow Emperor

“Gongsun” was the surname of an ancient emperor, Huangdi. The point is named gongsun after the branch of the collateral connecting to it.

Location

On the medial border of the foot, anteroinferior to the proximal end of the first metatarsal bone, at the dorsoventral boundary.

Methods

- (i) Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension.
- (ii) Puncture 1.5–2 cun penetrating to yongquan (KI 1), with a sensation radiating to the sole.

Function: Tonifies Stomach and Spleen, regulates the Penetrating Vessel, stops bleeding, dispels fullness, pacifies the Stomach, removes obstructions, regulates menses.

Indications: Gastric pain, vomiting, abdominal pain and distension, diarrhea, dysentery, borborygmus.

Caution

When one is treating gastrointestinal affections, the point is often combined with neiguan (PC 6). Generally, perpendicular acupuncture is applied and penetrating acupuncture is applicable to agitation and insomnia.

SP 5: shang qiu / Metal Hill

Shang was one of the five notes in ancient times and jin in five phases; “qiu” means earth hill. The point is a Jing–river point, attributing to jin in five phases, and it is located under the medial malleolus, protruding like a hill.

Location

At the depression anteroinferior to the medial malleolus, at the midpoint of the line connecting the tip of the medial malleolus with the tubercle of the scaphoid bone.

Methods

- (i) Puncture perpendicularly 0.3–0.5 cun, with a local sensation of soreness and distension.
- (ii) Puncture toward jixi (ST 41) 1–1.5 cun, with a sensation of soreness and distension in the ankle joint.

Function: Strengthens Stomach and Spleen, resolves damp.

Indications: Abdominal distension, constipation, diarrhea, borborygmus, pain and rigidity of the tongue, pain in the foot and ankle, hemorrhoid.

Caution

Penetrating acupuncture is applicable to swelling and pain of the ankle, and should be performed by experienced practitioners. Perpendicular puncture is applicable to other diseases.

SP 6: san yin jiao / Three Yin Intersection

“Sanyin” refers to the three yin meridians in the foot (the meridians of the liver, spleen and kidney); “jiao” means “intersection.” The point is at the intersection of the three yin meridians.

Location

On the medial side of the leg, 3 cun proximal to the tip of the medial malleolus, posterior to the medial border of the tibia.

Methods

- (i) Puncture perpendicularly 0.5–1.5 cun, with a local sensation of soreness and distension.
- (ii) Puncture toward xuanzhong (GB 39) 1.5–2 cun, with an obvious sensation of soreness and distension, or electric numbness radiating to the foot.
- (iii) Puncture obliquely 1.5–2.5 cun, with a sensation radiating up to the knee.

Function: Strengthens Spleen, resolves damp, promotes function of Liver and smooth flow of Liver Qi, tonifies Kidneys, nourishes blood and yin, benefits urination, regulates uterus and menstruation, moves and cools blood and eliminates stasis, stops pain, calms mind.

Indications: PMS, abdominal pain and distension, impotence, borborygmus, diarrhea, sterility, delayed labor, nocturnal emission, enuresis, dysuria, edema, hernia, genital pain, dizziness, vertigo, insomnia, muscular atrophy.

Caution

The point is unsuitable for pregnant women. Perpendicular puncture is applicable to common diseases; penetrating puncture, to hemiplegia by stroke; oblique puncture, to diseases of the urogenital system.

SP 7: lou gu / Leaking Valley

Function: Fortifies the Spleen and harmonizes the stomach, disinhibits damp and disperses swelling, frees the channels and quickens the connecting vessels, regulates Qi and blood.

Indications: Abdominal distension, borborygmus, coldness, numbness and paralysis of the knee and leg.

SP 8: di ji / Earth's Crux

"Di" means "earth, soil," here referring to the spleen meridian as the spleen belongs to tu in five phases; "ji," "key place." The point is the xi-cleft point, where qi and blood aggregate.

Location

On the medial side of the leg, 3 cun distal to yinlingquan, at the line connecting yinlingquan and sanyinjiao. **Method**

Puncture perpendicularly 1.2–1.5 cun, with a local sensation of soreness and distension, sometimes radiating to the leg. Three-to-five cones of moxa are applicable, or warm moxibustion for 10–15 min.

Function: Removes obstructions from the channel, regulates Qi and blood, regulates the uterus, stops pain.

Indications: Abdominal pain and distension, diarrhea, edema, dysuria, nocturnal emission, irregular menstruation, dysmenorrhea.

SP 9: yin ling quan / Yin Mound Spring

"Yin" refers to the inner side of the leg; "ling" means "protruding hill," here referring to the condylus medialis tibiae; "quan," "depression." The point is located in the depression of the condylus medialis tibiae on the inner side of the leg, so it is named yinglingquan; corresponding to yanglingquan (GB 34).

Location

On the medial side of the leg, in the depression posterior and inferior to the medial condyle of the tibia.

Methods

- (i) Puncture perpendicularly along the posterior border of the tibia 1–1.5 cun, with a local sensation of soreness and distension radiating downward.
- (ii) Puncture obliquely with the tip upward, giving a sensation of soreness and distension, sometimes radiating to the knee.

Function: Resolves dampness, benefits the lower energizer, benefits urination, removes obstructions from the channel.

Indications: Abdominal pain and distension, diarrhea, dysentery, edema, jaundice, dysuria, enuresis, incontinence of urine, genital pain, dysmenorrhea, knee pain.

Caution

The point is good at inducing diuresis and, generally, perpendicular acupuncture is applied. Oblique puncture is applicable to urinary retention, as well as swelling and pain of the knee and leg.

SP 10: xue hai / Sea of Blood

“Xue” means “blood”; “hai,” “sea.” TCM believes that spleen controls blood, and the point is the place where the spleen blood gathers like a vast sea.

Location

- (i) When the knee is flexed, on the medial side of the thigh, 2 cun proximal to the superinternal border of the patella, on the bulge of the medial portion of the m. quadriceps femoris of the thigh.
- (ii) The operator puts his or her left hand over the patient’s right patella with the center of the palm just on the upper border of the patella, and the second-to-fifth fingers directed upward and the thumb at an angle of 45° with the index finger; the spot beneath the tip of the thumb is the location.

Method

Puncture perpendicularly 0.8–1.5 cun, with a local sensation of soreness and distension sometimes radiating to the coxa. Three-to-five cones of moxibustion are applicable, or warm moxibustion for 10–15 min.

Function: Cools the blood, removes stasis of blood, regulates menstruation, tonifies blood.

Indications: Irregular menstruation, dysmenorrhea, uterine bleeding, amenorrhea, urticaria, eczema, erysipelas, pain in the medial aspect of the thigh.

Caution

The second method of location is easy and convenient but should refer to the first.

SP 11: ji men / Winnower Gate

Function: Clears the head and disinhibits Qi, promotes free flow through the waterway.

Indications: Dysuria, enuresis, pain and swelling in the inguinal region, muscular atrophy, motor impairment, pain and paralysis of the lower extremities.

SP 12: chong men / Surging Gate

Function: Removes obstructions from the channel, tonifies yin.

Indications: Abdominal pain, hernia, dysuria.

SP 13: ju she / Bowel Abode

Function: Regulates Qi dynamic, soothes the Liver and relieves pain.

Indications: Lower abdominal pain, hernia.

SP 14: fu jie / Abdominal Bind

Function: Warms the center and dissipates cold, rectifies Qi and downbears counterflow.

Indications: Pain around the umbilical region, abdominal distension, hernia, diarrhea, constipation.

SP 15: da heng / Great Horizontal

“Heng” means “sidelong.” The point is horizontally opposite the umbilicus center at a longer distance than tianshu (ST 25), so it is named daheng.

Location

On the middle abdomen, 4 cun lateral to the center of the umbilicus.

Methods

- (i) Puncture perpendicularly 1–1.5 cun, with a sensation of distension and heaviness in the local area.
- (ii) Puncture horizontally 2–2.5 cun, with the tip toward the umbilicus center, giving a sensation radiating to the homolateral abdomen.

Function: Strengthens the Spleen and limbs, resolves damp, regulates Qi, stops pain, promotes the function of the Large Intestine.

Indications: Abdominal pain and distension, diarrhea, dysentery, constipation.

Caution

The point is effective in treating ascariasis with the manipulation of horizontal acupuncture. Perpendicular puncture is applicable to common diseases.

SP 16: fu ai / Abdominal Lament

Function: Clears heat and disinhibits damp, frees bowel Qi.

Indications: Abdominal pain, indigestion, constipation, dysentery.

SP 17: shi dou / Food Hole

Function: Rectifies Qi and disinhibits water, courses the Triple Energizer.

Indications: Fullness and pain in the chest and hypochondriac region.

SP 18: tian xi / Celestial Ravine

Function: Loosens the chest and rectifies Qi, downbears counterflow and suppresses cough.

Indications: Fullness and pain in the chest and hypochondrium, cough, hiccup, mastitis, insufficient lactation.

SP 19: xiong xiang / Chest Village

Function: Diffuses and downbears Lung Qi, suppresses cough and stabilizes dyspnea.

Indications: Fullness and pain in the chest and hypochondriac region.

SP 20: zhou rong / All-Round Flourishing

Function: Diffuses and downbears Lung Qi, suppresses cough and stabilizes dyspnea.

Indications: Fullness in the chest and hypochondriac region, cough, hiccup.

SP 21: da bao / Great Embrace

Function: Moves blood in the blood connecting channels.

Indications: Pain in the chest and hypochondriac region, asthma, general aching and weakness.

Primary Functions

- Overseeing the healthy function of the digestion of food and liquids by the intestines after they have been processed by the stomach.
- Influencing the production of chi energy and physical blood.
- Controlling the discharge of bodily fluids.
- Monitoring the healthiness of the blood, overseeing the first steps in creation of new blood cells, and preventing hemorrhaging.
- Dominating the activity of the muscles, especially those of the arms and legs.
- Influencing the functions of the mouth and especially the sense of taste.
- Aiding in the increase of chi energy to counteract decreases brought about by various causes.

Common Uses

- Treating problems with food digestion and expulsion, including borborygmus (noisy rumbling intestines), loose stools, undigested food reaching the stool, and appetite problems related to digestion.
- Treating disorders of the intestines, such as dysentery, diarrhea, and constipation.
- Treating pain in the abdomen, edema of the abdomen, feelings of heaviness, soreness of muscles and joints, swelling in the limbs, urination problems, leucorrhoea (abnormal vaginal discharge), prolapse, excess drowsiness, and lethargy due to poor metabolism.
- Tonifying (increasing energy within) both chi and blood.
- Improving circulation of the blood, especially in the uterus.
- Raising chi levels in general.
- Treating dyspnoea (labored breathing), and distension (internal swelling) of the chest.
- Calming and regulating the spirit.
- Treating genital disorders.

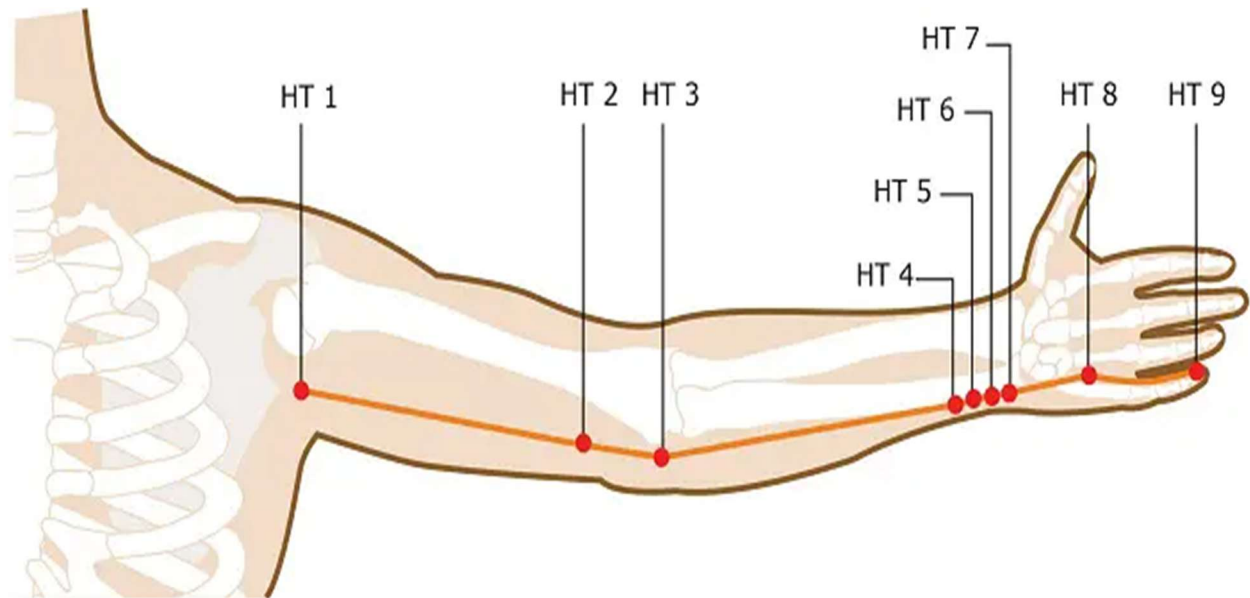
Spleen Meridian Channels & Sinews

The Spleen meridian begins on the big toe of the foot, and continues up the leg until it reaches the torso.

It rises up the side of the body until it reaches the shoulder area, and then veers down and comes to an end in the armpit area.

However, like most meridians, the Spleen meridian also has secondary energy pathways and muscle tissue, referred to classically as the sinews, which it strongly affects.

Hand Yin Heart Meridian (HT)



HT 1: ji quan / Highest Spring

“Ji” means “the end,” and here it refers to deep depression; “quan” refers to the source of water. The heart meridian of hand–shaoyin starts from the heart and comes to the surface from the point in the axillary fossa like spring flows.

Location

At the apex of the axillary fossa, where the pulsation of the axillary artery is palpable.

Method

With the upper arm extending, puncture perpendicularly 0.5–1.5 cun, with a sensation of soreness and distension in the local area or electric numbness radiating to the fingertip.

Function: Nourishes Heart yin, clears empty heat.

Indications: Pain in the costal and cardiac regions, scrofula, cold pain of the elbow and arm, dryness of the throat.

Caution

Avoid the axillary artery. In order to make the needling sensation radiate to the fingertip, the needle should be inserted anterior to the artery. Be sure not to beat or jab after the electric numbness appears, for fear of injuring nerves. The point is unsuitable for moxibustion.

HT 2: qing ling / Cyan Spirit

Function: Frees the channels and quickens the connecting vessel, regulates Qi and blood.

Indications: Pain in the cardiac and hypochondriac regions, shoulder and arm.

HT 3: shao hai / Lesser Sea

“Shao” refers to the meridian of hand–shaoyin; “hai,” the sea where rivers join.

Location

When the elbow is flexed, at the midpoint of the line connecting the ulnar end of the transverse cubital crease and the medial epicondyle of the humerus.

Method

Puncture perpendicularly or obliquely downward 0.5–1.5 cun, with local soreness and distension or electric numbness radiating to the forearm.

Function: Removes obstructions from the channel, calms the mind, clears heat.

Indications: Cardiac pain, spasmodic pain and numbness of the hand and arm, tremor of the hand, scrofula, pain in the axilla and hypochondriac region.

Caution

Unsuitable for direct moxibustion.

HT 4: ling dao / Spirit Pathway

“Tong” means “access”; “li,” “inside.” It is a luo-connecting point where collaterals leave the meridian of hand-taiyang, whose branches return to the heart along this meridian.

Location

On the palmar side of the forearm, 1 cun proximal to the transverse crease of the wrist, at the radial border of the tendon of the m. flexor carpi ulnaris.

Method

Puncture perpendicularly 0.3–0.5 cun, which local soreness and distension, or numbness transmitting up and down along the ulnaris. Warm moxibustion is applicable.

Function: Removes obstructions from the channel.

Indications: Cardiac pain, spasmodic pain of the elbow and arm, sudden loss of voice.

Caution

Unsuitable for direct moxibustion.

HT 5: tong li / Penetrating the Interior

Function: Calms the mind, tonifies Heart Qi, benefits the tongue, benefits the Bladder.

Indications: Palpitations, dizziness, blurring of vision, sore throat, sudden loss of voice, aphasia with stiffness of the tongue, stuttering, pain in the wrist and elbow.

HT 6: yin xi / Yin Cleft

Function: Nourishes Heart yin, clears heat, stops sweating, calms the mind.

Indications: Cardiac pain, hysteria, night sweating, hemoptysis, epistaxis, sudden loss of voice.

HT 7: shen men / Spirit Gate

“Shen” means “spirits, deities, heart–storing spirits”; “men,” “door.” It is a yuan-source point where spirits and deities come and go.

Location

On the wrist, at the ulnar end of the crease of the wrist, in the depression of the radial side of the tendon of the ulnar flexor muscle of the wrist.

Method

Puncture perpendicularly or slightly deviating to the ulnaris 0.3–0.5 cun, which local soreness or distension, or electric numbness radiating to the fingertips.

Function: Calms the mind, nourishes Heart blood, opens orifices.

Indications: Cardiac pain, irritability, palpitation hysteria, amnesia, insomnia, mania, epilepsy, dementia, pain in the hypochondriac region, feverish sensation in the palm, yellowish sclera.

Caution

Unsuitable for direction. Change the direction of the needle when electric numbness arises instead of grinding repeatedly.

HT 8: shao fu / Lesser Mansion

“Shao” refers to the meridian of hand–shaoyin; “fu,” the place where shen and qi exist.

Location

- (i) On the palm, between the fourth and fifth metacarpal bones, at the same level as laogong (PC 8);
- (ii) At the part of the palm touching the tip of the little finger when a fist is made.

Method

Puncture perpendicularly 0.3–0.5 cun, with distending pain in the local area.

Function: Clears Heart fire, Heart empty heat, Heart phlegm fire, calms the mind.

Indications: Palpitations, pain in the chest, spasmodic pain of the little finger, feverish sensation in the palm, enuresis, dysuria, pruritus of the external genitalia.

Caution

Direct moxibustion is forbidden.

HT 9: shao chong / Lesser Surge

“Shao” refers to the meridian of hand–shaoyin; “chong,” the main route. It belongs to hand–shaoyin and the joint of hand–shaoyin and hand–taiyang, the main route of channel qi communication.

Location

On the radial side of the distal segment of the little finger, about 0.1 cun posterior to the corner of the nail. **Method**

Puncture 0.1–0.2 cun, or prick for blood with a three-edged needle. Warm moxibustion for 5–10 min is applicable.

Function: Clears heat, subdues wind, opens the Heart orifices, relieves fullness, restores consciousness.

Indications: Palpitations, cardiac pain, pain in the chest and hypochondriac regions, mania, febrile diseases, loss of consciousness.

Caution

Applicable to emergencies with pricking blood therapy; for others, with a shallow puncture.

Primary Functions

- The Heart meridian has the primary function of governing the blood and blood vessels of the body.
- It also governs the sweating function of the body, and strongly affects the performance of the tongue due to the secondary Heart energy channels which connect the Heart meridian itself with the base of the tongue.
- The healthiness of the Heart meridian manifests in the complexion of the skin.
- The Heart meridian is also said to house the spirit of the human soul, which correlates with the idea that a person “has lots of heart” if they have a strong spirit.

Common Uses

- Treats chest pain and disorders related to the rhythm of the physical heart.

- Improves circulation and performance of the blood vessels throughout the entire body.
- Calms the spirit and improves emotional wellbeing.
- Heals disorders of the tongue and speech disorders. This is because the Heart meridian is connected to the tongue via the secondary energy channels.
- Treating throat problems such as pain, swelling, and congestion. The Heart meridian is connected to the throat via the secondary channels.
- Treating eye problems such as redness, pain, or swelling. This is because the secondary Heart channels connect with the eyes.
- Improving problems with the complexion of the skin, especially on the face where the Heart secondary channels reach.

Heart Meridian Channels & Sinews

The Heart meridian begins at the heart and goes outwards until it reaches near the skin of the armpit area. This is where the first point that is accessible with acupuncture needles, abbreviated as HT₁, is located. However, the Heart meridian, like other meridians, is not just a simple line from one point at another.

Hand Yang Small Intestine Meridian (SI)

SI 1: shao ze / Lesser March

“Shao” means “small,” at the little finger aside shaochong (HT 9); “ze,” “wetland or depression.”

Location

On the ulnar side of the distal segment of the little finger, about 0.1 cun proximal to the corner of the nail.

Method

Puncture obliquely 0.1–0.2 cun, with a local sensation of distending pain, or prick with a three-edged needle for bloodletting. Warm moxibustion with moxa sticks for 5–15 min is applicable.

Function: Expels wind-heat, subdues wind, opens the orifices, removes obstructions from the channel, promotes lactation.

Indications: Headache, febrile diseases, loss of consciousness, redness of the eye, cloudiness of the cornea.

Caution

Oblique acupuncture with retention and warm moxibustion are applicable to lack of lactation, and pricking needling to acute mastitis and apoplectic coma.

SI 2: qian gu / Front Valley

Function: Clears heat.

Indications: Numbness of the fingers, febrile diseases, tinnitus, headache, reddish urine.

SI 3: hou xi / Back Ravine

“Hou” means “at the back,” referring to the location at the back of basic joints of the little finger; “xi” means “stream,” suggesting the location at the ulnaris transverse striation, like a stream.

Location

When the patient makes a hollow fist, the point is at the site proximal to the fifth metacarpophalangeal joint, at the dorsoventral boundary of the hand on the ulnar side and at the ulnar end of the distal palmar crease.

Methods

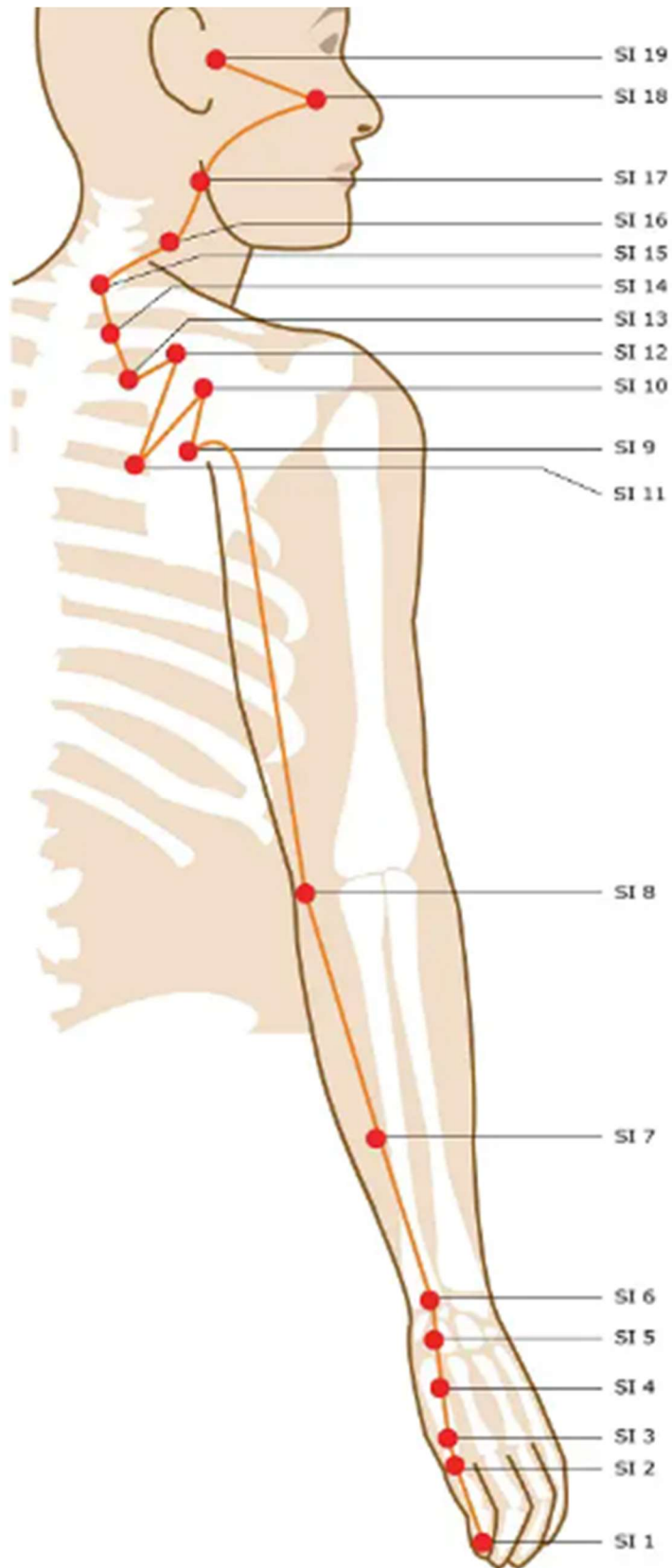
- (i) Puncture perpendicularly 0.5–1 cun with a hollow fist along the lateral metacarpus, with a local sensation of distending pain.
- (ii) Puncture 1.5–2 cun penetrating toward hegu (LI 4), with a sensation of soreness and distension on the whole palm, sometimes radiating to the finger.

Function: Eliminates interior wind from the Governing Vessel, expels exterior wind, benefits sinews, resolves dampness and jaundice, clears the mind.

Indications: Pain and rigidity of the neck, tinnitus, deafness, sore throat, mania, malaria, acute lumbar sprain, night sweating, febrile diseases, contracture and numbness of the fingers, pain in the shoulder and elbow.

Caution

Due to its severe pain, it is advised to insert swiftly. Penetrating puncture is applicable to induced poststroke syndrome like finger ankylosis.



SI 4: wan gu / Wrist Bone

Wangu, initially a name for the carpal bones, has the name because it is located near the carpal bones.

Location

On the ulnar border of the hand, in the depression between the proximal end of the fifth metacarpal bone and hamate bone, and at the dorsoventral boundary of the hand.

Method

Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension, sometimes radiating to the palm.

Function: Removes obstructions from the channel, eliminates damp-heat.

Indications: Febrile diseases with anhidrosis, headache, rigidity of the neck, contracture of the fingers, pain in the wrist, jaundice.

SI 5: yang gu / Yang Valley

Function: Clears mind, removes obstructions from the channel, expels exterior damp-heat.

Indications: Swelling of the neck and submandibular region, pain of the hand and wrist, febrile diseases.

SI 6: yang lao / Nursing the Aged

“Yang” means “to support”; “lao” means “the elderly,” here referring to senile diseases.

Ancient physicians thought that the point is effective in treating some senile conditions, like blurred vision.

Location

On the ulnar side of the posterior surface of the forearm, in the depression proximal to and on the radial side of the head of the ulna.

Method

Puncture perpendicularly 1–1.5 cun, with a sensation of soreness and numbness in the palm and wrist, sometimes radiating to the elbow or shoulder. Moxibustion with 3–5 cones is applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Benefits the sinews, brightens the eyes, removes obstructions from the channel.

Indications: Blurring of vision, pain in the shoulder, elbow and arm.

Caution

- (i) It hides itself in the bony suture, so it can be located only when the elbow is flexed with the palm turning to the chest.
- (ii) Oblique acupuncture is applicable to acute stiff neck and lumbar sprain.

SI 7: zhi zheng / Branch to the Correct

Function: Removes obstructions from the channel, calms the mind.

Indications: Neck rigidity, headache, dizziness, spasmodic pain in the elbow and fingers, febrile diseases, mania.

SI 8: xiao hai / Small Sea

“Xiao,” refers to the small intestine meridian; “hai” means “sea,” a place with meridian qi aggregating. **Location**

On the medial side of the elbow, in the depression between the olecranon of the ulna and the medial epicondyle of the humerus.

Methods

- (i) Puncture perpendicularly 0.2–0.3 cun, with a local sensation of soreness and distension.

- (ii) Puncture obliquely downward 0.5–1 cun, with a sensation of soreness and distension radiating to the forearm

Function: Resolves damp-heat, removes obstructions from the channel, calms the mind.

Indications: Headache, swelling of cheek, pain in nape, shoulder, arm and elbow, epilepsy.

Caution

Oblique acupuncture is applicable to pain and numbness of the elbow and arm, and to patients who fail to respond to perpendicular acupuncture.

SI 9: jian zhen / True Shoulder

“Jian” means “shoulder”; “zhen,” “right.” Ancient people believed that the point is just at the end of the shoulder crevice on the back, which is the right position of the shoulder.

Location

Posterior–interior to the shoulder joint, 1 cun superior to the posterior end of the axillary fold when the upper limb is adducted.

Methods

- (i) Puncture perpendicularly 1.2–1.5 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely 1.2–2 cun at an angle of 70°, with a local sensation of soreness and distension, or soreness and numbness radiating to the fingertips.

Function: Courses wind and quickens the connecting vessels, dissipates, binds and relieves pain.

Indications: Pain in the scapular region, motor impairment of the hand and arm.

Caution

Oblique puncture is applicable to hemiplegia of the upper extremities, one of the poststroke syndromes. While puncturing the point, avoid inserting obliquely inward (toward the chest) too deep, in case of a pneumothorax.

SI 10: nao shu / Upper Arm Point

Function: Quickens the blood and frees the connecting vessels, soothes the sinews and dissipates binds.

Indications: Swelling of the shoulder, aching and weakness of the shoulder and arm.

SI 11: tian zong / Celestial Gathering

“Tian” means “upper part, high position”; “zong,” “look up, adore.” In ancient times the sun, moon and stars were called tianzong (“celestial watching”), while the point is at the highest site of the scapula, and so it gets the name tianzong.

Location

On the scapula, in the depression of the center of the subscapular fossa, and on the level of the fourth thoracic vertebra, or at the junction point of the upper third and middle third of the line connecting the lower border of the scapular spine and the interior angle of the scapula.

Method

- (i) Puncture perpendicularly 0.8–1 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely 1–1.5 cun at an angle of 70°, with a sensation of soreness and numbness radiating to the shoulder.

Function: Resolves Tai Yang channel pathogens, diffuses Qi stagnation in the chest and lateral costal region.

Indications: Pain in the scapular region, pain in the lateroposterior aspect of the elbow and arm, asthma.

Caution

Oblique acupuncture is applicable to acute mastitis. And it is reported that obvious tenderness at tianzong (SI 11) can be regarded as the auxiliary diagnosis to biliary lithiasis

SI 12: bing feng / Grasping the Wind

Function: Frees the channels and quickens the connecting vessels.

Indications: Pain in the scapular region, numbness and aching of the upper extremities, motor impairment of the shoulder and arm.

SI 13: qu yuan / Crooked Wall

Function: Soothes the sinews and quickens the blood.

Indications: Pain and stiffness of the scapular region.

SI 14: jian wai shu / Outer Shoulder Transporter

Function: Courses wind and quickens the connecting vessels, warms the channels and dissipates cold.

Indications: Aching of the shoulder and back, pain and rigidity of the neck.

SI 15: jian zhong shu / Central Shoulder Transporter

Function: Diffuses the lung and clears heat, transforms phlegm and brightens the eyes.

Indications: Cough, asthma, pain in the shoulder and back, hemoptysis.

SI 16: tian chuang / Celestial Window

Function: Dispels wind and quickens the connecting vessels, quiets the spirit and nourishes the Heart.

Indications: Sore throat, sudden loss of voice, deafness, tinnitus, stiffness and pain of the neck.

SI 17: tian rong / Celestial Countenance

“Tian” means “upper part”; “rong,” “to house, to contain.” It is on the neck, close to the throat, which contains things.

Location

On the lateral side of the neck, posterior to the mandibular angle, in the depression of the anterior border of the sternocleidomastoid muscle.

Methods

- (i) Routine acupuncture. Puncture perpendicularly 0.3–0.5 cun, with a local sensation of soreness and distension.
- (ii) Special acupuncture. The patient is in the supine position, with the shoulders padded up and the neck completely exposed. Feel the pulse with the left hand, and puncture between sternocleidomastoid and blood vessel, followed by inserting the needle slowly at an angle of 40° backward, inward and forward to 1–1.5 cun, with a sensation radiating to the forehead and shoulders.

Function: Resolves damp-heat, expels fire-poison, removes obstructions from the channel.

Indications: Deafness, tinnitus, sore throat, swelling of the cheek, foreign body sensation in the throat, goiter.

Caution

The first acupuncture is applicable to beginners, and the second mainly to eye disease and poststroke syndromes like hemiplegia, but be sure not to injure vessels. Direct moxibustion is not suitable

SI 18: quan liao / Cheek Bone-Hole

“Quan” refers to the jugal bone; “liao” means “holes.” It is at the depression below the jugal bone.

Location

Ask the patient to sit upright with the eyes looking horizontally, on the face, directly below the outer canthus, in the depression on the lower border of the zygoma.

Method

Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension. Warm moxibustion for 10–15 min is applicable.

Function: Expels wind, relieves pain.

Indications: Facial paralysis, twitching of eyelids, pain in the face, toothache, swelling of the cheek, yellowish sclera.

SI 19: ting gong / Auditory Palace

“Ting” means “hearing”; “gong” means “palace,” here referring to the middle. It is so named because it is able to improve hearing and is located in the middle anterior to the ear.

Location

On the face, anterior to the tragus and posterior to the mandibular condyloid process, in the depression found when the mouth is open.

Method

With the mouth opening a little, puncture perpendicularly or obliquely downward 1.5–2 cun, with a local sensation of soreness and distension, or a sensation of soreness and distension in the ear and evagination of the tympanic membrane. Warm moxibustion for 10–20 min is applicable.

Function: Benefits the ears.

Indications: Deafness, tinnitus, otorrhea, motor impairment of the mandibular joint, toothache.

Caution

While puncturing, open the mouth a little, otherwise it cannot reach the depth needed. And it requires skilled manipulation, rapid and correct because of its severe pain. The point is not suitable for direct moxibustion.

Common Uses

- Reducing fever related to Small Intestine meridian energy disruption, especially fever caused by malaria.
- Clearing phlegm.
- Treating mania.

- Alleviating pain along the Small Intestine meridian, including in the arm, axilla, shoulder, scapula, neck and throat, jaw, mouth, teeth, tongue, nose, cheek, eyes, and ears, which are all affected by this meridian.
- Reducing swelling, especially in the neck, throat, and cheeks.
- Treating breast disorders, and disorders on the side of the breast (lateral costal region).

Small Intestine Meridian Channels & Sinews

Along with its primary energy pathway, the Small Intestine meridian also has secondary branches of energy that spread out and influence other parts of the body.

It also has a muscle/tissue zone called the sinews which it strongly influences as well.

Foot Yang bladder Meridian (BL)

Note: Some sources number the points along the secondary spinal branch differently. The alternative numbering scheme is provided in parentheses. However, the names of each point remain the same, regardless of the number used.

BL 1: jing ming / Bright Eyes

“Jing” means “eyes”; “ming,” “bright.” The point is able to brighten the eyes.

Location

On the face, in the depression 0.1 cun superior to the inner canthus.

Method

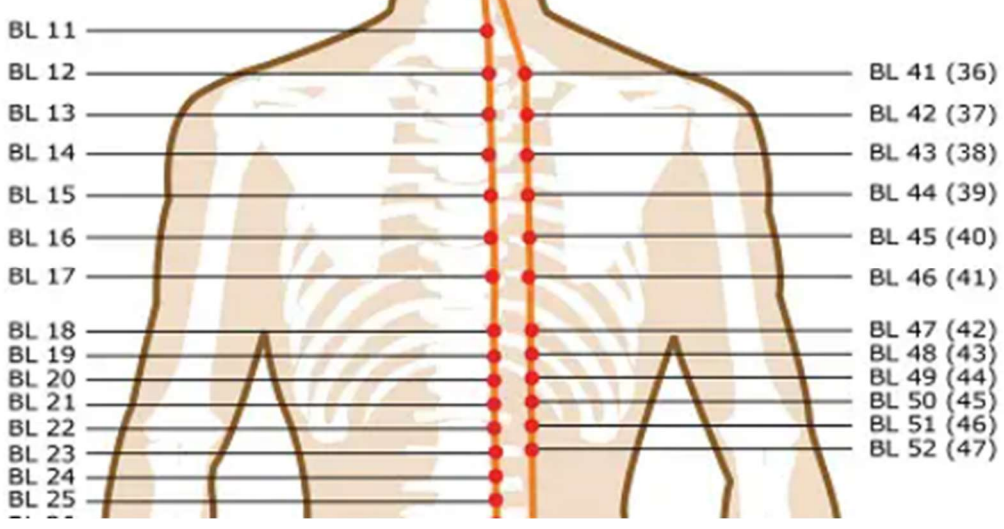
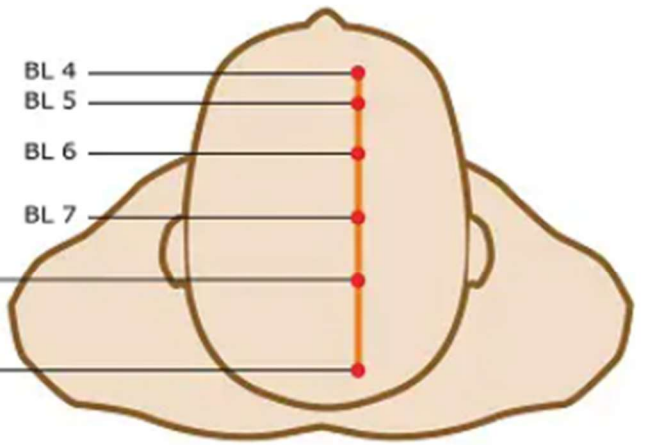
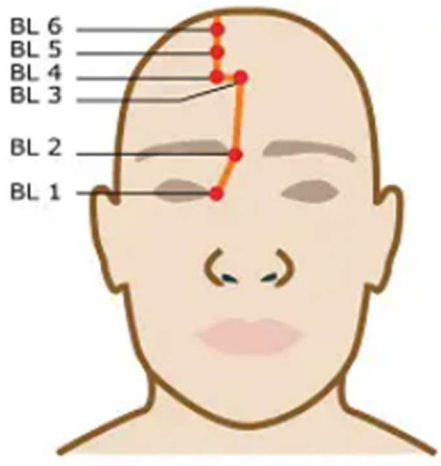
(i) Shallow puncture: Puncture perpendicularly 0.2–0.3 cun, with a local sensation of soreness and distension. (ii) Deep puncture: Ask the patient to close his or her eyes, push the eyeball outward the left hand, take a fine filiform needle (Nos. 32–34) to insert rapidly and puncture slowly 1–1.5 cun along the orbital border, with a local sensation of soreness and distension radiating behind and around the eyeball.

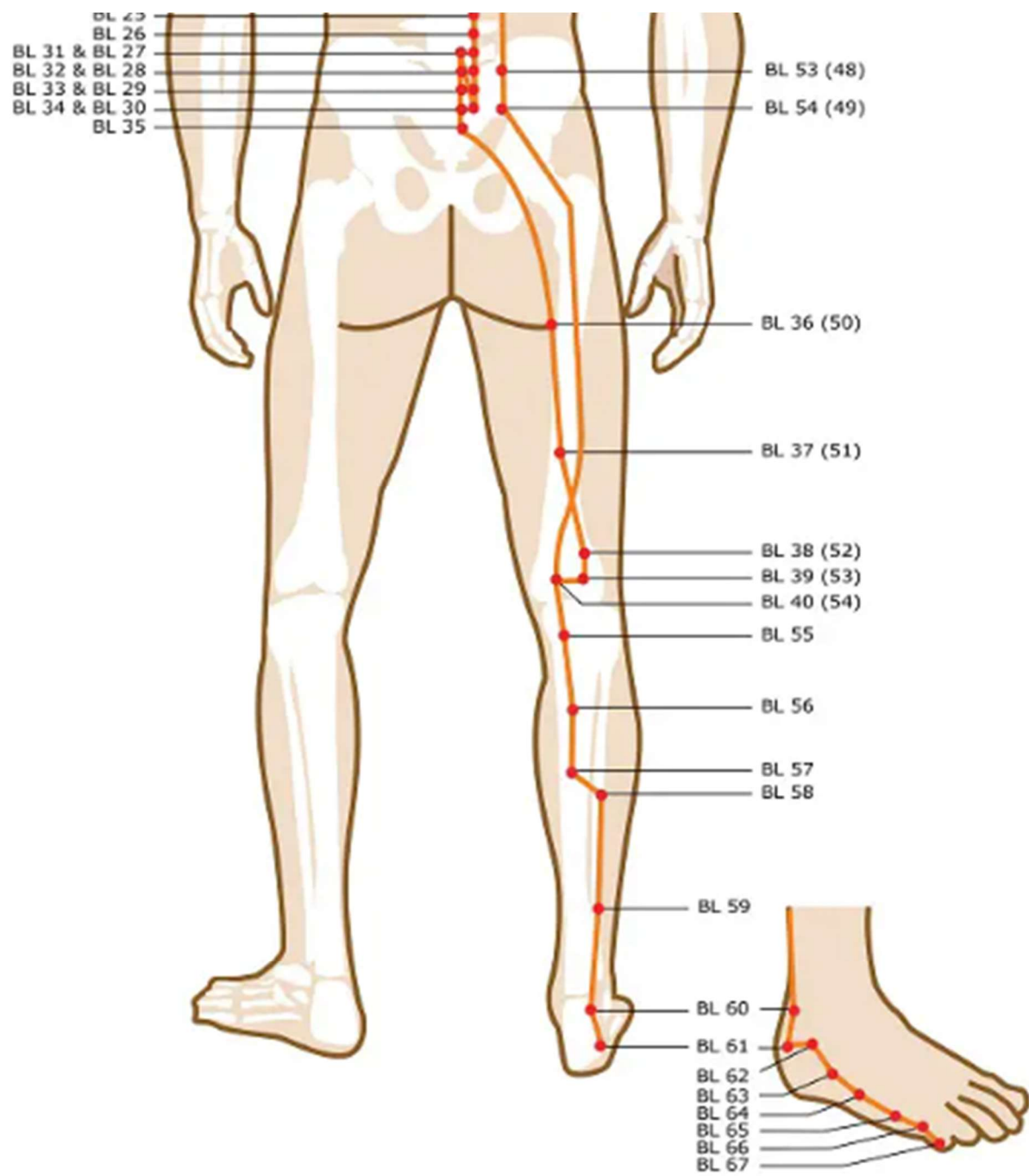
Function: Expels wind, clears heat, brightens the eyes, stops pain, stops itching, stops lacrimation.

Indications: Redness, swelling and pain of the eye, itching of the canthus, lacrimation, night blindness, color blindness, blurring of vision.

Caution

Beginners should take shallow puncture rather than deep puncture, for this will lead to ocular hematoma. While puncturing deeply, be sure to push the needle slowly and change the direction if there is any resistance till the sensation appears, the needle is retained without lifting or twirling, and do not insert it too deeply. Withdraw the needle slowly then press the local skin with disinfection dry cotton balls for 1–2 min. Do observe whether there is blood in the pinhole. Too much bleeding suggests injury of the vessel, which requires a cold compress to stop the bleeding, followed by a hot compress to disperse the blood stasis. Moxibustion is not suitable for the point.





BL 2: zan zhu / Bamboo Gathering

“Zan” means “assemble, gather”; “zhu,” “bamboo leaf,” here referring to the eyebrow. The point is located on the inner side of the eyebrow, like bamboo leaves gathering together, when the patient frowns.

Location

On the face, in the depression at the medial end of the eyebrow, at the supraorbital notch.

Methods

(i) Shallow acupuncture: Puncture perpendicularly 0.2–0.3 cun, or puncture obliquely downward to jingming (Bl 1) 0.5–0.8 cun, with a sensation of soreness and distension in the local area or around the eye.

(ii) Deep acupuncture: A No. 30 filiform needle is inserted slowly along the foramen sine incisura supraorbitalis to 1–1.5 cun, with a sensation of soreness and distension in the orbit or the eyeball.

(iii) Horizontal acupuncture: Insert the needle 1.2–1.5 cun, with the tip to the middle of the eyebrow, giving a sensation of distending pain in the local area or around the eye.

Function: Expels wind, brightens the eyes, soothes the Liver, removes obstructions from the channel, stops pain.

Indications: Headache, blurring or failing of vision, pain in the supraorbital region, lacrimation, redness, swelling and pain of the eye, twitching of eyelids, glaucoma.

Caution

Shallow acupuncture is mainly applicable to headache and acute conjunctivitis; deep acupuncture to optic atrophy; and horizontal acupuncture to facial paralysis. Deep acupuncture always results in bleeding, so what one should be cautious about is the same as for puncturing jingming (Bl 1). Direct moxibustion is unsuitable for the point.

BL 3: mei chong / Eyebrow Ascension

Function: Dispels wind and clears heat, brightens the eyes.

Indications: Headache, giddiness, epilepsy, nasal obstruction.

BL 4: qu chai / Deviating Turn

Function: Discharges heat and opens the portals, clears the head and brightens the eyes.

Indications: Headache, nasal obstruction, epistaxis, blurring and failing of vision.

BL 5: wu chu / Fifth Place

Function: Subdues interior wind, restores consciousness.

Indications: Headache, blurring of vision, epilepsy, convulsion.

BL 6: cheng guan / Light Guard

Function: Clears heat and eliminates vexation, brightens the eyes and opens the portals.

Indications: Headache, blurring of vision, nasal obstruction.

BL 7: tong tian / Celestial Connection

Function: Subdues wind, clears the nose, brightens the eyes, stops convulsions, opens the orifices.

Indications: Headache, giddiness, nasal obstruction, epistaxis, rhinorrhea.

BL 8: luo que / Declining Connection

Function: Dissipates wind and clears heat, clears the head and brightens the eyes.

Indications: Dizziness, blurring of vision, tinnitus, mania.

BL 9: yu zhen / Jade Pillow

Function: Dispels wind and quickens connecting vessels, frees the portals and brightens eyes.

Indications: Headache and neck pain, dizziness, ophthalmalgia, nasal obstruction.

BL 10: tian zhu / Celestial Pillar

“Tian” means “head”; “zhu,” “post, pillar.” Nuchal muscle bulges like a pillar where the point is located. **Location**

On the nape, 1.3 cun lateral to the posterior midline, at the depression at the lateral border of the m. trapezius. **Method**

Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension radiating to the parietal region. Warm moxibustion with moxa sticks for 5–10 min is applicable.

Function: Expels wind, clears the brain, opens the orifices, soothes the sinews, removes obstructions from the channel, brightens the eyes, invigorates the lower back.

Indications: Headache, nasal obstruction, sore throat, neck rigidity, pain in shoulder and back.

Caution

The point is unsuitable for deep acupuncture upward, in case of hurting by mistake the medulla oblongata. Generally, direction moxibustion is not applied.

BL 11: da zhu / Great Shuttle

Function: Nourishes blood, expels wind, strengthens bones, soothes sinews, releases exterior.

Indications: Headache, pain in the neck and back, pain and soreness in the scapular region, cough, fever, neck rigidity.

BL 12: feng men / Wind Gate

“Feng” refers to pathogenic wind; “men” means “door.” The point was believed in ancient times to be the door for pathogenic wind coming and going.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the first thoracic vertebra. **Methods**

(i) Oblique acupuncture: At 1 cm outside the point, insert the needle toward the apical column at an angle of 45° to a depth of 1–1.5 cun, with a local sensation of soreness and distension, sometimes radiating to the ribs. (ii) Horizontal acupuncture: Puncture 1.5–2 cun, penetrating from up to down, with a local sensation of soreness and distension.

Function: Expels and prevents exterior wind, releases the exterior, stimulates the Lung dispersing function, regulates nutritive and defensive Qi.

Indications: Common cold, cough, fever and headache, neck rigidity, backache.

BL 13: fei shu / Lung Transporter

“Fei” refers to the lung; “shu,” the back–shu point, i.e. the place for viscus qi transfusion where the point is located.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the third thoracic vertebra.

Method

The same as for fengmen (BL 12).

Caution

The same as for fengmen (BL 12).

Function: Stimulates the Lung dispersing and descending function, regulates Lung Qi, regulates nutritive and defensive Qi, tonifies Lung Qi, stops cough, clears heat.

Indications: Cough, asthma, chest pain, spitting of blood, afternoon fever, night sweating.

BL 14: jue yin shu / Absolute Yin Transporter

“Yueyin” refers to the pericardium of hand–jueyin, meaning that the point is corresponding to the pericardium, where qi and blood infuse.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the fourth thoracic vertebra.

Method

Puncture obliquely (toward thoracic vertebrae) 1.5–2 cun till the tip touches the basivertebral. The needling sensation may radiate to the brisket. Moxibustion with 3–7 cones is applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Regulates the Heart.

Indications: Cough, cardiac pain, palpitations, stuffy chest, vomiting.

Caution

Too-deep puncture at this point will injure the lung and, generally, oblique acupuncture is applied, especially for beginners.

BL 15: xin shu / Heart Transporter

“Xin” means “heart.” The point is the place where heart qi is transported.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the fifth thoracic vertebra. **Method**

The same as for jueyinshu (BL 14).

Function: Calms the mind, clears heat, stimulates the brain, invigorates blood, nourishes Heart.

Indications: Cardiac pain, panic, loss of memory, palpitation, cough, spitting of blood, nocturnal emission, night sweating, mania, epilepsy.

Caution

The same as for jueyinshu (BL 14).

BL 16: du shu / Governing Transporter

Function: Regulates the Heart, invigorates blood.

Indications: Cardiac pain, abdominal pain.

BL 17: ge shu / Diaphragm Transporter

“Ge” refers to the diaphragm, corresponding to the point.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the seventh thoracic vertebra.

Method

Puncture obliquely downward or beside the vertebral column 0.5–0.8 cun, with a local sensation of soreness and distension. Three-to-five cones of moxa are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Nourishes blood, invigorates blood, opens the chest, removes obstructions from diaphragm, tonifies Qi and blood, clears heat, calms the mind, pacifies Stomach Qi.

Indications: Vomiting, hiccups, belching, difficulty in swallowing, asthma, cough, spitting of blood, afternoon fever, night sweating, measles.

Caution

The same as for jueyinshu (BL 14). Regional anatomy shows that the point is located in the thinnest muscle layer, and deep puncture should be avoided.

BL 18: gan shu / Liver Transporter

“Gan” refers to the liver. The point is the place where liver qi is transported.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the ninth thoracic vertebra. **Method**

The same as for geshu (BL 17).

Function: Benefits Liver and Gallbladder, resolves damp-heat, moves stagnant Qi, benefits the eyes, eliminates wind.

Indications: Jaundice, pain in the hypochondriac region, redness of the eye, blurring of vision, night blindness, mental disorders, epilepsy, backache, spitting of blood, epistaxis.

Caution

Avoid too-deep puncture, in case of injuring the lung to induce a pneumothorax

BL 19: dan shu / Gallbladder Transporter

“Dan” refers to the gallbladder. The point is a back–shu point of the gallbladder.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the tenth thoracic vertebra.

Method

The same as for geshu (BL 17).

Function: Resolves damp-heat in Liver and Gallbladder, pacifies Stomach, relaxes diaphragm.

Indications: Jaundice, bitter taste of the mouth, pain in the chest and hypochondriac region, pulmonary tuberculosis, afternoon fever.

Caution

The same as for geshu (BL 18).

BL 20: pi shu / Spleen Transporter

“Pi” refers to the spleen. The point is the back–shu point of the spleen.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the 11th thoracic vertebra.

Method

Puncture perpendicularly 0.8–1 cun, slightly inclined to the vertebral body, with a local sensation of soreness, numbness and distension. Three-to-five cones of moxibustion are applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Tonifies Spleen and Stomach, resolves damp, nourishes blood.

Indications: Epigastric pain, abdominal distension, jaundice, vomiting, diarrhea, dysentery, bloody stools, profuse menstruation, edema, anorexia, backache.

Caution

Too-deep puncture should be avoided, for fear of injuring the kidney or the liver.

BL 21: wei shu / Stomach Transporter

“Wei” refers to the stomach. The point is the back–shu point of the stomach.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the 12th thoracic vertebra.

Method

The same as for pishu (BL 20).

Function: Regulates and tonifies Stomach Qi, resolves damp, pacifies the Stomach, relieves retention of food.

Indications: Pain in the chest and hypochondriac and epigastric regions, anorexia, abdominal distension, borborygmus, diarrhea, nausea, vomiting.

Caution

The same as for pishu (BL 20).

BL 22: san jiao shu / Triple Energizer Transporter

Function: Resolves dampness, opens the water passages, regulates the transformation of fluids in the Lower Energizer.

Indications: Borborygmus, abdominal distension, indigestion, vomiting, diarrhea, dysentery, edema, pain and stiffness of the lower back.

BL 23: shen shu / Kidney Transporter

Shen” refers to the kidney. The point is the place where kidney qi is transported.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the second thoracic vertebra. **Method**

Puncture perpendicularly 1.5–2 cun, slightly inlined to the vertebral body, with a sensation of soreness and distension in the lower back, or electric numbness radiating to the buttocks or the lower limbs. Three-to-five cones of moxibustion are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Tonifies the Kidneys and nourishes the Kidney essence, strengthens the lower back, nourishes blood, benefits bones and marrow, resolves damp, strengthens Kidney function of reception of Qi, brightens the eyes, benefits the ears.

Indications: Nocturnal emission, impotence, enuresis, irregular menstruation, leukorrhea, low back pain, weakness of the knee, blurring of vision, dizziness, tinnitus, deafness, edema, asthma, diarrhea.

Caution

While puncturing, the tip should be directed to the vertebral body instead of deviating to the outside, for fear of injuring the kidney.

BL 24: qi hai shu / Sea-of-Qi Transporter

Function: Strengthens lower back, removes obstructions from channel, regulates Qi and blood.

Indications: Lower back pain, irregular menstruation, dysmenorrhea, asthma.

BL 25: da chang shu / Large Intestine Transporter

“Dachang” refers to the large intestine. The point is the place where large intestine qi is transported.

Location

On the back, 1.5 cun lateral to the posterior midline, below the spinous process of the fourth thoracic vertebra. **Methods**

- (i) Puncture perpendicular 1–2 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely 2–3 cun, with the tip outward a little, giving a sensation of electric numbness radiating to the lower limbs.

Function: Promotes the function of the Large Intestine, strengthens the lower back, removes obstructions from the channel, relieves fullness and swelling.

Indications: Lower back pain, borborygmus, abdominal distension, diarrhea, constipation, pain, muscular atrophy, numbness and motor impairment of lower extremities, sciatica.

Caution

Perpendicular puncture is applicable to common diseases; oblique puncture, to sciatica.

BL 26: quan yuan shu / Origin Pass Transporter

Function: Strengthens the lower back, removes obstructions from the channel.

Indications: Lower back pain, abdominal distension, diarrhea, enuresis, sciatica, frequent urination.

BL 27: xiao chang shu / Small Intestine Transporter

Function: Promotes the function of the Small Intestine, resolves dampness, clears heat, benefits urination.

Indications: Lower abdominal pain and distension, dysentery, nocturnal emission, hematuria, enuresis, morbid leukorrhea, lower back pain, sciatica.

BL 28: pang guang shu / Bladder Transporter

Function: Regulates the Bladder, resolves dampness, clears heat, stops pain, eliminates stagnation, opens the water passages in the Lower Energizer, strengthens the loins.

Indications: Retention of urine, enuresis, frequent urination, diarrhea, constipation, stiffness and pain of the lower back.

BL 29: zhong lu shu / Central Backbone Transporter

Function: Strengthens the lumbar spine, warms yang and dissipates cold.

Indications: Dysentery, hernia, stiffness and pain of the lower pain.

BL 30: bai huan shu / White Ring Transporter

Function: Warms yang, regulates the menses, courses the channel, rectifies the Lower Energizer.

Indications: Enuresis, pain due to hernia, morbid leukorrhea, irregular menstruation, dysuria, cold sensation, pain of lower back, constipation, tenesmus, prolapse of the rectum.

BL 31: shang liao / Upper Bone-Hole

Function: Regulates the Lower Energizer, tonifies the lumbar region and knees, nourishes Kidneys.

Indications: Lower back pain, dysuria, constipation, irregular menstruation, morbid leukorrhea, prolapse of the uterus.

BL 32: ci liao / Second Bone-Hole

“Ci” means “second”; “liao,” means “hole,” here referring to the deuterostoma of the sacrum where the point is located.

Location

On the sacrum, at the second posterior sacral foramen, medial and inferior to the posterior superior iliac spine and the governor vessel.

Method

Puncture perpendicularly into the dorsal sacral foramina 1–2 cun, with a sensation of soreness and distension in the sacral region, or radiating to the abdomen or lower limbs. Three-to-five cones of moxibustion are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Regulates the Lower Energizer, tonifies lumbar region and knees, nourishes the Kidneys.

Indications: Lower back pain, hernia, irregular menstruation, leukorrhea, dysmenorrhea, nocturnal emission, impotence, enuresis, dysuria, muscular atrophy, pain, numbness and motor impairment of the lower extremities.

Caution

The crevice hole must be found exact; puncture it perpendicularly or slightly upward. Too-deep insertion should be avoided, for fear of injuring the rectum or bladder.

BL 33: zhong liao / Central Bone-Hole

Function: Regulates the Lower Energizer, tonifies the lumbar region and knees, nourishes Kidneys.

Indications: Lower back pain, constipation, diarrhea, dysuria, irregular menstruation, morbid leukorrhea.

BL 34: xia liao / Lower Bone-Hole

Function: Regulates the Lower Energizer, tonifies the lumbar region and knees, nourishes Kidneys.

Indications: Lower back pain, lower abdominal pain, dysuria, constipation, morbid leukorrhea.

BL 35: hui yang / Meeting of Yang

Function: Clears and discharges Lower Energizer damp-heat.

Indications: Dysentery, bloody stools, diarrhea, hemorrhoids, impotence, morbid leukorrhea.

BL 36 (50): cheng fu / Receiving Support

“Cheng” means “bear, endure”; “fu,” “support.” The point is able to bear the upper body and to support the lower body.

Location

On the posterior side of the thigh and on the midpoint of the inferior transverse gluteal fold.

Method

Puncture perpendicularly 2–2.5 cun, with a local sensation of soreness and distension, or electric numbness radiating to the foot. Three-to-five cones of moxibustion are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Soothes the sinews and quickens the connecting vessels.

Indications: Pain in the lower back and gluteal region, constipation, muscular atrophy, pain, numbness and motor impairment of the lower extremities.

BL 37 (51): yin men / Gate of Abundance

“Yin” means “profound, medianus”; “men” refers to the door where meridian qi comes and goes. The point is located at the thick muscles in the posterior middle of the thigh.

Location

On the posterior side of the thigh and on the line connecting chengfu and weizhong, 6 cun distal to chengfu.

Method

Puncture perpendicularly 2–2.5 cun with a local sensation of soreness and distension, or electric numbness radiating up to the buttocks, or down to the foot. Three-to-five cones of moxibustion are applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Strengthens the lumbar spine, soothes the sinews and quickens the connecting vessels, relieves pain.

Indications: Pain in the lower back and thigh, muscular atrophy, pain, numbness and motor impairment of the lower extremities, hemiplegia.

BL 38 (52): fu xi / Superficial Cleft

Function: Soothes the sinews and quickens the connecting vessels, quickens the blood and relieves pain, clears and disinhibits the Lower Energizer.

Indications: Numbness of the gluteal and femoral regions, contracture of the tendons in the popliteal fossa.

BL 39 (53): wei yang / Outside of the Bend

Function: Opens the water passages in the Lower Energizer, benefits the Bladder.

Indications: Stiffness and pain of the lower back, distension and fullness of the lower abdomen, edema, dysuria, cramp of the leg and foot.

BL 40 (54): wei zhong / Middle of the Bend

“Wei” means “bending,” here referring to the bending part of the knee; “zhong,” “center.”

The points located at the center of the bending part of the knee.

Location

At the midpoint of the transverse popliteal fold, between the tendons of the biceps muscle of the thigh and the semitendinous muscle.

Method

Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension, or electric numbness radiating to the foot; Or prick with a three-edged needle for bloodletting. Warm moxibustion with moxa sticks for 5–7 min is applicable.

Function: Clears heat, resolves damp, relaxes the sinews, removes obstructions from the channel, cools blood, eliminates stasis of blood, clears summer heat.

Indications: Lower back pain, motor impairment of the hip joint, contracture of the tendons in the popliteal fossa, muscular atrophy, pain, numbness and motor impairment of the lower extremities, hemiplegia, abdominal pain, vomiting, diarrhea, erysipelas.

Caution

In order to transmit the needling sensation downward, ask the patient to lie on the back with leg-raising (if this cannot be done, seek help from others). Insert the needle to the middle of the point 0.5–0.8 fen. In most cases, the sensation of electric numbness will be induced and will radiate to the foot. But remember that 2–3-time stimulation is enough. The method is applicable to sciatica and hemiplegia by stroke; pricking with three-edged needles, to acute lumbar muscle sprain.

BL 41 (36): fu fen / Attached Branch

Function: Courses wind and dissipates cold, soothes the sinews and quickens the connecting vessels.

Indications: Stiffness and pain of the shoulder, back and neck, numbness of the elbow and arm.

BL 42 (37): po hu / Corporeal Soul Door

Function: Stimulates the descending of Lung Qi, regulates Qi, clears heat, stops cough and asthma, subdues rebellious Qi.

Indications: Pulmonary tuberculosis, hemoptysis, cough, asthma, neck rigidity, pain in the shoulder and back.

BL 43 (38): gao huang shu / Vitals (Area below the Heart)

“Gao” refers to lipoids; “huang,” membranes. It was thought in ancient times that gao was the inferior part of the heart while huang was located under the heart and above the diaphragm. The point is the place where gaohuang qi is transported.

Location

On the back, 3 cun lateral to the posterior midline, below the spinous process of the fourth thoracic vertebra. **Method**

Puncture obliquely 0.5–1 cun from the anterior exterior to the dorsal part, with local sensation of soreness and distension, sometimes radiating to the scapular region. Moxibustion with 5–15 cones is applicable, or warm moxibustion with moxa sticks for 10–20 min.

Function: Tonifies Qi, strengthens deficiency, nourishes essence, nourishes Lung yin, invigorates the mind, stops cough and calms asthma.

Indications: Pulmonary tuberculosis, cough, asthma, spitting of blood, night sweating, poor memory, nocturnal emission.

Caution

The point is generally given moxibustion. Acupuncture is applied to a depth of no more than 0.8 cun (regional anatomy shows that its maximum depth is 3.5 cm), otherwise it will injure the lung.

BL 44 (39): shen tang / Spirit Hall

Function: Loosens the chest and rectifies Qi, suppresses cough and stabilizes dyspnea, soothes the sinews and quickens the connecting vessels.

Indications: Asthma, cardiac pain, palpitation, stuffy chest, cough, stiffness and pain of the back.

BL 45 (40): yi xi / Yi Xi (no translation available)

Function: Resolves the exterior and clears heat, diffuses the Lung and rectifies Qi, frees the channels and quickens the connecting vessels.

Indications: Cough, asthma, pain of the shoulder and back.

BL 46 (41): ge guan / Diaphragm Pass

Function: None.

Indications: Dysphagia, hiccup, vomiting, belching, pain and stiffness of the back.

BL 47 (42): hun men / Ethereal Soul Gate

Function: Regulates Liver Qi, roots the ethereal soul.

Indications: Pain in the chest and hypochondriac region, back pain, vomiting, diarrhea.

BL 48 (43): yang gang / Yang Headrope

Function: Clears the Gallbladder and Stomach, transforms damp-heat.

Indications: Borborygmus, abdominal pain, diarrhea, pain in the hypochondriac region, jaundice.

BL 49 (44): yi she / Reflection Abode

Function: Tonifies the Spleen, stimulates memory and concentration.

Indications: Abdominal distension, borborygmus, vomiting, diarrhea, difficulty in swallowing.

BL 50 (45): wei cang / Stomach Granary

Function: Harmonizes the Stomach and transforms damp, rectifies Qi and disinhibits the center.

Indications: Abdominal distension, pain in the epigastric region and back, infantile indigestion.

BL 51 (46): huang men / Vitals Gate

Function: Regulates the Triple Energizer, ensures the smooth spread of the Triple Energizer Qi to the Heart region.

Indications: Abdominal pain, constipation, abdominal mass.

BL 52 (47): zhi shi / Will Chamber

“Zhi” means “will”; “shi,” “house.” According to TCM theory, the kidney stores will. The point is located bilateral to shenshu (BL 23), the place where kidney qi is infused.

Location

On the lower back, 3 cun lateral to the posterior midline, below the spinous process of the second thoracic vertebra.

Methods

- (i) Puncture perpendicularly 0.5–0.8 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely toward shenshu (BL 23) 2–3 cun, with a local sensation of soreness and distension radiating to the buttocks or lower limbs

Function: Tonifies the Kidneys, strengthens the back, reinforces the will power.

Indications: Nocturnal emission, impotence, enuresis, frequency of urination, dysuria, irregular menstruation, pain in the back and knee, edema.

Caution

The maximum depth in this point is 1 cun. Oblique puncture is applicable to lower back pain.

BL 53 (48): bao huang / Bladder Vitals

Function: Opens the water passages in the Lower Energizer, stimulates the transformation and excretion of fluids.

Indications: Borborygmus, abdominal distension, pain in the lower back, anuria.

BL 54 (49): zhi bian / Sequential Limit

“Zhi” means “order, sequence”; “bian,” “border.” The point is located at the lowest along the back of the bladder meridian.

Location

On the buttock and on the level of the fourth posterior sacral foramen, 3 cun lateral to the median sacral crest. **Methods**

- (i) Puncture perpendicularly 2–3 cun with a local sensation of soreness and distension, or electric numbness radiating to the foot.
- (ii) Puncture obliquely at an angle of 45° 2.5–4 cun with a sensation radiating to the abdomen and the perineal region.

Function: Relaxes the sinews, invigorates blood, clears heat, removes obstructions from the channel.

Indications: Pain in the lumbosacral region, muscular atrophy, motor impairment of the lower extremities, dysuria, swelling around external genitalia, hemorrhoids, constipations, beriberi.

Caution

Perpendicular puncture is applicable to sciatica and paraplegia; oblique puncture, to diseases of the genital system.

BL 55: he yang / Yang Union

Function: Strengthens the lumbus and boosts the Kidney, soothes the sinews and quickens the connecting vessels, regulates the Penetrating and Conception vessels.

Indications: Lower back pain, pain and paralysis of the lower extremities.

BL 56: cheng jin / Sinew Support

Function: Soothes the sinews and quickens the connecting vessels.

Indications: Spasm of the gastrocnemius muscle, hemorrhoids, acute lower back pain.

BL 57: cheng shan / Mountain Support

“Cheng” means “continue”; “shan,” “valley.” The lower end of the gastrocnemius muscle in the leg is like a valley, with a depression in it where the point is located.

Location

On the posterior midline of the leg, between weizhong and kunlun, in the pointed depression formed below the gastrocnemius muscle belly when the leg is stretched or the heel is lifted.

Method

Puncture perpendicularly 1–1.5 cun, with a local sensation of soreness and distension. Warm moxibustion with moxa sticks for 10–15 min is applicable.

Function: Relaxes the sinews, invigorates blood, clears heat, removes obstructions from the channel.

Indications: Lower back pain, spasm of the gastrocnemius, hemorrhoids, constipation, beriberi.

Caution

Puncturing chengshan (BL 57) should avoid lifting and thrusting or twirling and rotating with a large amplitude, otherwise discomfort will occur.

BL 58: fei yang / Taking Flight

Function: Removes obstructions from the channel, strengthens the Kidneys.

Indications: Headache, blurring of vision, nasal obstruction, epistaxis, back pain, hemorrhoids, weakness of the leg.

BL 59: fu yang / Instep Yang

Function: Removes obstructions from the channel, invigorates the Yang Motility Vessel, strengthens the back.

Indications: Heavy sensation of the head, headache, lower back pain, redness and swelling of the external malleolus, paralysis of the lower extremities.

BL 60: kun lun / Kunlun Mountains

“Kunlun” originally meant “high mountains”; here it refers to the external ankle protruding high like a mountain, beside which the point is located.

Location

Posterior to the lateral malleolus, at the depression between the tendon of the m. calcaneus and the tip of the external malleolus.

Methods

- (i) Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension radiating to the little toe.
- (ii) Puncture obliquely, with the tip upward, 1–2 cun, giving a local sensation of soreness and distension radiating to the heel and/or the toe.

Function: Expels wind, removes obstructions from the channel, relaxes the sinews, clears heat, invigorates blood, strengthens the back.

Indications: Headache, blurring of vision, neck rigidity, epistaxis, pain in the shoulder, back and arm, swelling and pain of the heel, difficult labor, epilepsy.

Caution

Perpendicular puncture is applicable to common diseases; oblique puncture, to thyromegaly.

BL 61: pu can / Subservient Visitor

Function: Frees channels and quickens the connecting vessels, disperses swelling, relieves pain.

Indications: Muscular atrophy and weakness of the lower extremities, pain in the heel.

BL 62: shen mai / Extending Vessel

“Shen” means “extend, stretch”; “mai,” the yang heel channel where the points pass.

Location

On the lateral side of the foot, in the depression directly below the external malleolus.

Methods

- (i) Puncture perpendicularly 0.3–0.5 cun, with a local sensation of soreness and distension.

- (ii) Puncture obliquely 0.5–0.8 cun, with the tip downward, giving a local sensation of soreness and distension.

Function: Removes obstructions from the channel, benefits the eyes, relaxes the sinews, opens the Yang Motility Vessel, clears the mind, eliminates interior wind.

Indications: Epilepsy, mania, headache, dizziness, insomnia, backache, aching of the leg.

Caution

Oblique puncture is applicable to an ankle sprain.

BL 63: jin men / Metal Gate

Function: Soothes the sinews and quickens connecting vessels, opens portals, quiets the spirit.

Indications: Mania, epilepsy, infantile convulsion, backache, pain in the external malleolus, motor impairment and pain of the lower extremities.

BL 64: jing gu / Capital Bone

Function: Frees the channels and quickens the connecting vessels, quiets the Heart and spirit, dissipates wind and clears heat.

Indications: Headache, neck rigidity, pain in the lower back and thigh, epilepsy.

BL 65: shu gu / Bundle Bone

Function: Removes obstructions from the channel, clears heat, eliminates wind.

Indications: Mania, headache, neck rigidity, blurring of vision, backache, pain in the lower extremities.

BL 66: tong gu / Valley Passage

Function: Clears heat, removes obstructions from the channel, eliminates wind.

Indications: Headache, neck rigidity, blurring of vision, epistaxis, mania.

BL 67: zhi yin / Reaching Yin

“Zhi” means “arrive”; “yin” refers to the kidney meridian of foot–shaoyin, where the bladder meridian of foot–taiyang and of foot–shaoyin make contact.

Location

On the lateral side of the distal segment of the small toe, about 0.1 cun posterior to the corner of the nail.

Method

Puncture obliquely upward 0.1–0.2 cun, or prick for bloodletting, with pain in the local area.

Warm moxibustion with moxa sticks for 10–30 min is applicable.

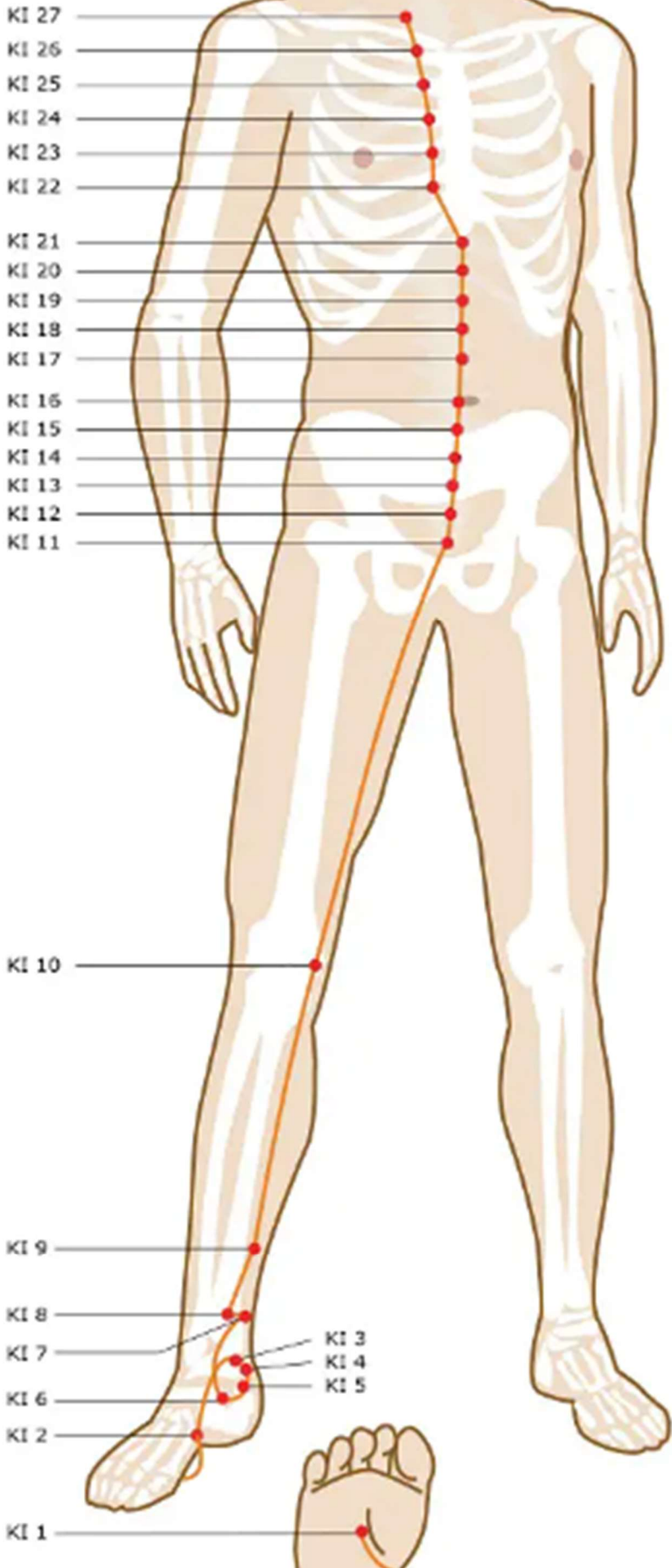
Function: Eliminates wind, removes obstructions from the channel, invigorates blood, clears eyes.

Indications: Headache, nasal obstruction, epistaxis, ophthalmalgia, malposition of fetus, difficult labor, retention of afterbirth, feverish sensation in the sole.

Caution

Moxibustion is applicable to abnormal fetal position.

Foot Yin Kidney Meridian (KI)



KI 1: yong quan / Gushing Spring

“Yong” means “bubbling up or rushing forth of water”; “quan,” “spring water.” The point is the well point, which means that channel qi rushes forth from the sole

Location

- (i) On the sole, in the depression appearing on its anterior part when the foot is in plantar flexion, approximately at the junction of the anterior third and posterior two-thirds of the line connecting the base of the second and third toes and the heel.
- (ii) When the foot flexed, on the depression of the forepart of the foot.

Method

Puncture perpendicularly 0.5–0.8 cun, with a local sensation of distending pain, sometimes radiating to the ankle. Warm moxibustion for 5–10 min is applicable.

Function: Tonifies yin, clears heat, subdues wind, subdues empty-heat, calms the mind, restores consciousness, clears the brain.

Indications: Headache, blurring of vision, dizziness, sore throat, dryness of tongue, loss of voice, dysuria, infantile convulsions, feverish sensation in the sole, loss of consciousness.

Caution

The two methods of location may be referenced to each other, with the second one commonly used. Puncturing the point tends to be painful, so — apart from shock, which is treated with strong stimulation and long retention — in general, rapid insertion without retention or mild stimulation with retention should be applied. Moxibustion is unsuitable for this point

KI 2: ran gu / Blazing Valley

Function: Clears empty-heat, cools blood, invigorates Yin Motility Vessel.

Indications: Pruritus vulvae, prolapse of uterus, irregular menstruation, nocturnal emission, hemoptysis, thirst, diarrhea, swelling and pain of the dorsum of foot, acute infantile ophthalmitis.

KI 3: tai xi / Great Ravine

“Tai” means “grand, thriving”; “xi,” “stream.” The point is the source point of the kidney meridian of foot–shaoyin, where channel qi from yongquan (KI 1) aggregates into a big stream.

Location

On the medial side of the foot, posterior to the medial malleolus, at the depression between the tip of the medial malleolus and the tendon of the m. calcaneus.

Methods

- (i) Puncture perpendicularly 0.5–0.8 cun, with a local sensation of soreness and distension.
- (ii) Puncture 0.8–1 cun, with the tip penetrating to kunlun (BL 60), giving a sensation of soreness and distension radiating to the heel.
- (iii) Puncture obliquely toward the medial malleolus, with a sensation of electric numbness radiating to the sole.

Function: Tonifies the Kidneys, benefits essence, strengthens the lower back and knees, regulates the uterus.

Indications: Sore throat, toothache, deafness, tinnitus, dizziness, spitting of blood, asthma, thirst, irregular menstruation, insomnia, nocturnal emission, impotence, frequency of micturition, pain in the lower back.

Caution

Oblique acupuncture is applicable to heel pain, the other two methods, to common diseases.

KI 4: da zhong / Large Goblet

Function: Strengthens the back, lifts the spirit.

Indications: Spitting of blood, asthma, stiffness and pain of the lower back, dysuria, constipation, pain in the heel, dementia.

KI 5: shui quan / Water Spring

Function: Benefits urination, promotes blood circulation, stops abdominal pain, regulates uterus.

Indications: Amenorrhea, irregular menstruation, dysmenorrhea, prolapse of uterus, dysuria, blurring of vision.

KI 6: zhao hai / Shining Sea

“Zhao” means “apparent”; “hai,” “sea.” The point has obvious channel qi, like a vast sea.

Location

On the medial side of the foot, in the depression of the lower border of the medial malleolus.

Methods

- (i) Puncture perpendicularly 0.5–0.8 cun, with a local sensation of sore ness and distension.
- (ii) Puncture obliquely 0.8–1 cun, with the tip downward, giving a sensation of soreness and numbness radiating to the ankle or inside of the foot.

Function: Nourishes yin, benefits the eyes, calms the mind, invigorates the Yin Motility Vessel, cools the blood, benefits the throat, promotes the function of the uterus, opens the chest, cools heat, calms spirit, benefits throat.

Indications: Irregular menstruation, morbid leukorrhea, prolapse of uterus, pruritus vulvae, asthma, frequency of micturition, urine retention, constipation, epilepsy, insomnia, sore throat.

Caution

Oblique acupuncture is applicable to heel pain and hypertension.

KI 7: fu liu / Recover Flow

Function: Tonifies the Kidneys, resolves damp, eliminates edema, strengthens the lower back, regulates sweating.

Indications: Edema, abdominal distension, diarrhea, borborygmus, muscular atrophy of the leg, night sweating, spontaneous sweating, febrile diseases without sweating.

KI 8: jiao xin / Intersection Reach

Function: Removes obstructions from the channel, stops abdominal pain, removes masses, regulates menses.

Indications: Irregular menstruation, dysmenorrhea, uterine bleeding, prolapse of uterus, diarrhea, constipation, pain and swelling of testes.

KI 9: zhu bin / Guest House

Function: Calms the mind, tonifies Kidney yin, opens chest, regulates the Yin Linking Vessel.

Indications: Mental disorders, pain in the foot and lower leg, hernia.

KI 10: yin gu / Yin Valley

Function: Expels dampness from the Lower Energizer, tonifies Kidney yin.

Indications: Impotence, hernia, uterine bleeding, dysuria, pain in the knee and popliteal fossa, mental disorders.

KI 11: heng gu / Pubic Bone

Function: Boosts the Stomach and disinhibits damp.

Indications: Fullness and pain of the lower abdomen, dysuria, enuresis, nocturnal emission, impotence, pain of genitalia.

KI 12: da he / Great Manifestation

Function: Supplements Kidney Qi, regulates the Penetrating and Conception vessels.

Indications: Nocturnal emission, impotence, morbid leukorrhea, pain in the external genitalia, prolapse of uterus.

KI 13: di xue / Qi Hole

Function: Tonifies the Kidneys and essence, removes obstructions from the channel.

Indications: Irregular menstruation, dysmenorrhea, dysuria, abdominal pain, diarrhea.

KI 14: si man / Fourfold Fullness

Function: Supplements Kidney Qi, regulates the Penetrating and Conception vessels, promotes free flow through the waterways.

Indications: Abdominal pain and distension, diarrhea, nocturnal emission, irregular menstruation, dysmenorrhea, postpartum abdominal pain.

KI 15: zhong zhu / Central Flow

Function: Nourishes the Kidney channel, regulates the Penetrating and Conception vessels, disinhibits the Lower Energizer.

Indications: Irregular menstruation, abdominal pain, constipation.

KI 16: huang shu / Vitals

Function: Removes obstructions from the channel, tonifies the Kidneys, benefits the Heart.

Indications: Abdominal pain and distention, vomiting, constipation, diarrhea.

KI 17: shang qu / Intestine Bend

Function: Fortifies Spleen, disinhibits damp, soothes sinews, quickens the connecting vessel.

Indications: Abdominal pain, diarrhea, constipation.

KI 18: shi guan / Stone Pass

Function: Fortifies the center and harmonizes Stomach, frees intestines and abducts stagnation.

Indications: Vomiting, abdominal pain, constipation, postpartum abdominal pain, sterility.

KI 19: yin du / Yin Metropolis

Function: Fortifies the Spleen and harmonizes the Stomach, regulates Qi dynamic and frees abdominal Qi, regulates the Penetrating and Conception vessels.

Indications: Borborygmus, abdominal pain, epigastric pain, constipation, vomiting.

KI 20: tong gu / Open Valley

Function: Fortifies the Spleen and harmonizes the Stomach, loosens the chest and rectifies Qi.

Indications: Abdominal pain and distension, vomiting, indigestion.

KI 21: you men / Dark Gate

Function: Abdominal pain and distension, indigestion, vomiting, diarrhea, nausea, morning sickness.

Indications: Courses the Liver and rectifies Qi, fortifies the Spleen and harmonizes the Stomach, clears abdominal heat.

KI 22: bu lang / Corridor Walk

Function: Diffuses the Lung and suppresses cough, downbears counterflow and stops vomiting.

Indications: Cough, asthma, distension and fullness in the chest and hypochondriac region, vomiting, anorexia.

KI 23: shen feng / Spirit Seal

Function: Tonifies the Kidneys, calms the mind.

Indications: Cough, asthma, fullness in the chest and hypochondriac region, mastitis.

KI 24: ling xu / Spirit Ruings

Function: Tonifies the Kidneys, calms the mind.

Indications: Cough, asthma, fullness in the chest and hypochondria region, mastitis.

KI 25: shen cang / Spirit Storehouse

Function: Tonifies the Kidneys, calms the mind.

Indications: Cough, asthma, chest pain.

KI 26: yu zhong / Lively Center

Function: Loosens chest and promotes smooth flow of Qi, calms dyspnea and relieves cough.

Indications: Cough, asthma, accumulation of phlegm, fullness in the chest and hypochondriac region.

KI 27: shu fu / Shu Mansion

Function: Stimulates the Kidney function of reception of Qi, subdues rebellious Qi, stops cough, calms asthma, resolves phlegm.

Indications: Cough, asthma, chest pain.

Primary Functions

- Influencing the reproductive organs, growth of the body in general and bodily development.
- Controlling the production of bone marrow, brain material and fluids, and the health of the bones in general.
- Aiding the production of blood cells.
- Dominating water and fluids throughout the body.
- Controlling the reception of chi energy.
- Influencing the health of the ears.
- Dominating the anus and urethra.

Common Uses

- Aiding in the removal of pathogens from the head.
- Treating night sweating.
- Treating excessive thirst.
- Treating wasting disorder (excessive deterioration of muscle and fat).
- Aiding in the treatment of headaches and dizziness caused by Liver meridian energy disruption.
- Balancing Kidney fluid levels.
- Reducing restlessness, insomnia, poor memory, palpitations, epilepsy, mania, and susceptibility to fright.
- Aiding the lungs in the treatment of cough, coughing up blood, dyspnoea (difficult breathing), asthma, wheezing, and other lung-related illness.
- Strengthening the kidneys in the treatment of edema (swelling caused by fluid retention), and urinary disorders.
- Strengthening Kidney meridian energy to increase sexual libido, and to treat impotence, seminal emission issues, and other sexual disorders.
- Strengthening Kidney meridian energy to improve body heat in the lower torso, legs, and feet.
- Strengthening the lower spinal area.
- Improving the health of the teeth.
- Increasing the health of the ears, such as while treating tinnitus and hearing deficiency.
- Treating diseases of the uterus such as infertility, menstruation disorders, uterine prolapse, post-partum disorders, and other reproductive problems.
- Improving the function of the bladder and intestines to treat difficult urination, retention of urine, painful urinary tract, overly dark or discolored urine, diarrhea, dysentery, hernia, and more.
- Treating itching, pain, or swelling of the genitals.
- Treating pain of the lower abdominal area.
- Removal of constipation caused by dryness or fluid imbalance, related to the kidneys' ability to regulate the body's fluids.

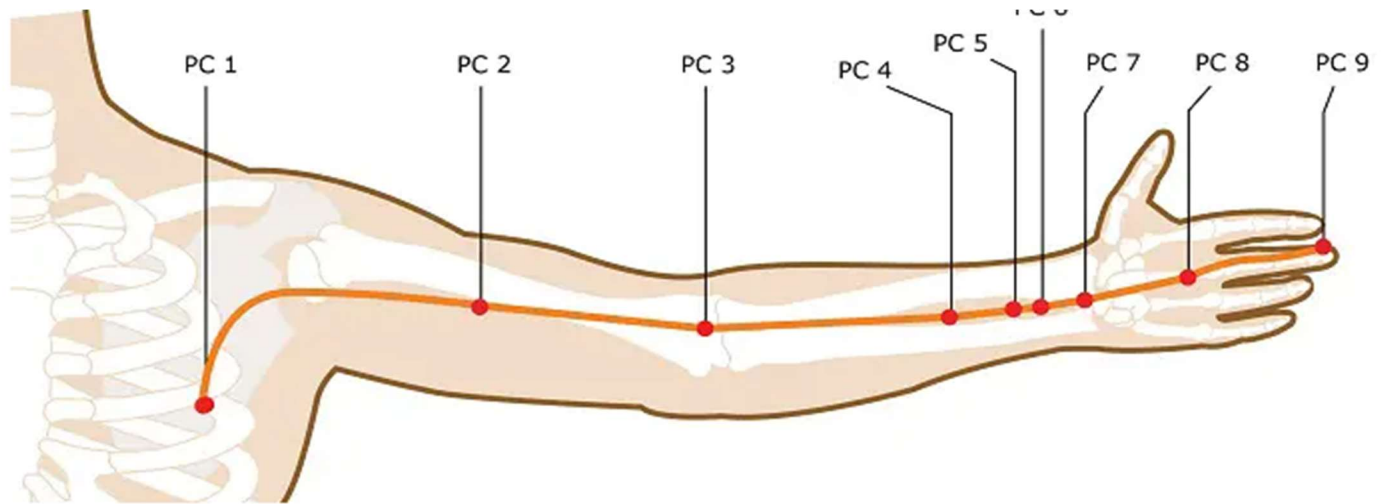
Kidney Meridian Channels & Sinews

The Kidney meridian is the only acupuncture meridian that features a point on the bottom of the foot.

The meridian begins here at acupoint KI1 and travels up the leg, until it reaches near the center of the torso, where it continues up the body until it ends near the collarbone area on the upper chest.

But the Kidney meridian also features several extraneous channels of energy that branch off of it and influence nearby parts of the body.

Hand Yin Pericardium Meridian (PC)



PC 1: tian chi / Celestial Pool

Function: Opens the chest and rectifies Qi, suppresses cough and calms dyspnea, diffuses the Lung and clears heat.

Indications: Suffocating sensation in the chest, pain in the hypochondriac region, swelling and pain of the axillary region.

PC 2: tian quan / Celestial Spring

Function: Opens the chest and rectifies Qi, nourishes the Heart and calms the spirit, quickens the blood, transforms stasis, relieves pain.

Indications: Cardiac pain, distension of the hypochondriac region, cough, pain in the chest, back and the medial aspect of the arm.

PC 3: qu ze / Marsh at the Bend

“Qu” means “flexing,” referring to the bend of the elbow; “ze,” refers to a place where water joins in, which indicates that it is shallower and larger than chi (“pool”) in quchi.

Location

At the midpoint of the cubital crease, on the lunar side of the tendon of the biceps muscle of the arm.

Method

Puncture perpendicularly 0.5–0.8 cun, with local soreness and distension, or electric numbness radiating to the finger, or prick with a three-edged needle for bloodletting. Warm moxibustion for 5–10 min is applicable.

Function: Pacifies the Stomach, clears heat, cools blood, expels fire-poison, opens the orifices, stops convulsions, moves blood and dispels stasis, calms the mind.

Indications: Cardiac pain, palpitation, febrile diseases, irritability, stomach ache, vomiting, pain in the elbow and arm, tremor of the hand and arm.

Caution

Unsuitable for direct moxibustion. Avoid the artery while puncturing. Pricking is applicable to emergencies like acute gastroenteritis or heatstroke.

PC 4: xi men / Cleft Gate

“Xi,” means “cleft”; “men,” refers to a door, where shen (“spirit”) and qi come and go.

Location

On the palmar side of the forearm, 5 cun proximal to the transverse crease of the wrist, at the line connecting quze with daling, between the tendons of the m. palmaris longus and the m. flexor carpi radialis.

Method

Puncture perpendicularly 0.8–1.2 cun, which local soreness and distension, or electric numbness radiating to the finger.

Function: Removes obstructions from the channel, stops pain, calms the Heart, opens the chest, regulates blood, cools the blood, strengthens the mind.

Indications: Cardiac pain, palpitation, epistaxis hematemesis, hemoptysis chest pain, furuncle, epilepsy.

PC 5: jian shi / Intermediary Courier

Function: Resolves phlegm in Heart, regulates Heart Qi, opens chest, regulates Stomach heat.

Indications: Cardiac pain, palpitation, stomach ache, vomiting, febrile diseases, irritability, malaria, mental disorders, epilepsy, swelling of axilla, contracture of elbow and arm.

PC 6: nei guan / Inner Pass

“Nei” means “inside,” for it is at the flexure surface of the forearm, opposite to waiguan; “guan” means “important pass.” It is so named because the point is applicable to treating diseases of viscera.

Location

On the palmar side of the forearm, and on the line connecting quze and daling, 2 cun proximal to the transverse crease of the wrist, between the tendons of the m. palmaris longus and the m. flexor carpi radialis. **Methods**

- (i) Puncture perpendicularly 0.8–1.5 cun, penetrating to contralateral waiguan (SJ 5), with local soreness, distension, and numbness radiating to the fingertip.
- (ii) Puncture obliquely upward (to the elbow joint) 1.5–2 cun, with numbness and distension diffusing to the elbow, armpit and chest.
- (iii) Puncture shallowly with the tip slightly deviating to the radialis to 1.5–2 cun, with electric numbness radiating to the fingertip.

Function: Opens the chest, regulates Heart Qi and blood, regulates and clears the Triple Energizer, calms the mind, regulates the terminal yin, harmonizes the Stomach.

Indications: Cardiac pain, palpitation, stuffy chest, pain in the hypochondriac region, stomach ache, nausea, vomiting, hiccups, mental disorders, epilepsy, insomnia, febrile diseases, irritability, malaria, contracture and pain in the elbow and arm.

Caution

In treatment of heart disease, diaphragmatic spasm and vomiting, the tips should be inserted obliquely upward to make the sensation transmit upward; in treating pain, numbness and paralysis of the upper limbs, a shallow puncture should be made to induce a shocking sensation, but try to avoid repeatedly grinding in case of injuring the median nerve due to excessively strong stimulation.

PC 7: da ling / Great Mound

“Da” means “tall and big”; “ling,” “hills.” It is located behind the eminence of carpal bones, which is like a tall hill.

Location

At the midpoint of the transverse crease of the wrist, between the tendons of the m. palmaris longus and the m. flexor carpi radialis.

Method

Puncture perpendicularly 0.3–0.5 cun, with a local sensation of distending pain radiating to fingertips. Or puncture obliquely downward a little into the carpal, canal, with the same sensation.

Function: Calms the mind, clears heat.

Indications: Cardiac pain, palpitation, stomach ache, vomiting, mental disorders, epilepsy, stuffy chest, pain in the hypochondriac region, convulsion, insomnia, irritability, foul breath.

Caution

Insert the needle rapidly, not too deep in case of injuring nerves for its apparent pain while puncturing.

PC 8: lao gong / Palace of Toil

“Lao” means “labor”; “gong,” “palace,” here meaning that the palm is the place where the heart and spirit live in. It is located at the point which the fingertip points to when the fingers are flexed.

Location

At the center of the palm, between the second and third metacarpal bones, but close to the latter, and in the part touching the tip of the middle finger when a fist is made.

Method

Puncture perpendicularly 0.3–0.8 cun, with a local sensation of distending pain. Warm moxibustion for 5–10 min is applicable.

Function: Clears Heart fire, calms the mind.

Indications: Cardiac pain, mental disorders, epilepsy, gastritis, foul breath, fungus infection of the hand and foot, vomiting, nausea.

Caution

Inform the patient about the pain during puncturing, and insert the needle rapidly after puncturing. It is unsuitable for direct moxibustion.

PC 9: zhong chong / Central Hub

“Jian” refers to the cleft between two tendons; “shi” means “official”. It belongs to the pericardium meridian, which is the official of the heart — the emperor.

Location

On the palmar side of the forearm, and on the line connecting quze and daling, 3 cun proximal to the transverse crease of the wrist, between the tendons of the m. palmaris longus and the m. flexor carpi radialis.

Method

Puncture perpendicularly 0.8–1.2 cun, with local soreness, distension and numbness radiating to the finger.

Function: Clears heat, restores consciousness, expels wind.

Indications: Cardiac pain, palpitation, loss of consciousness, aphasia with stiffness and swelling of tongue, febrile diseases, heat stroke, convulsion, feverish sensation in the palm.

Caution

Puncturing obliquely upward is applicable to angina pectoris and arrhythmia, with repeated twirling, rotating, lifting and thrusting of the needle to strengthen the sensation into transmitting upward. The point is unsuitable for direct moxibustion.

Primary Functions

- The pericardium is described in Chinese medicine as the protector of the physical heart and has the primary function of protecting the heart from pathogenic attack.
- You may notice that most of the primary meridians represent a physical body organ, but not the Pericardium meridian.
- In the oldest acupuncture texts, the Pericardium was not considered an independent organ, but was merely an extension of the Heart organ.
- With the Pericardium sinews around the meridian being closely connection the physical heart, the Pericardium meridian is often used to treat heart disorders.

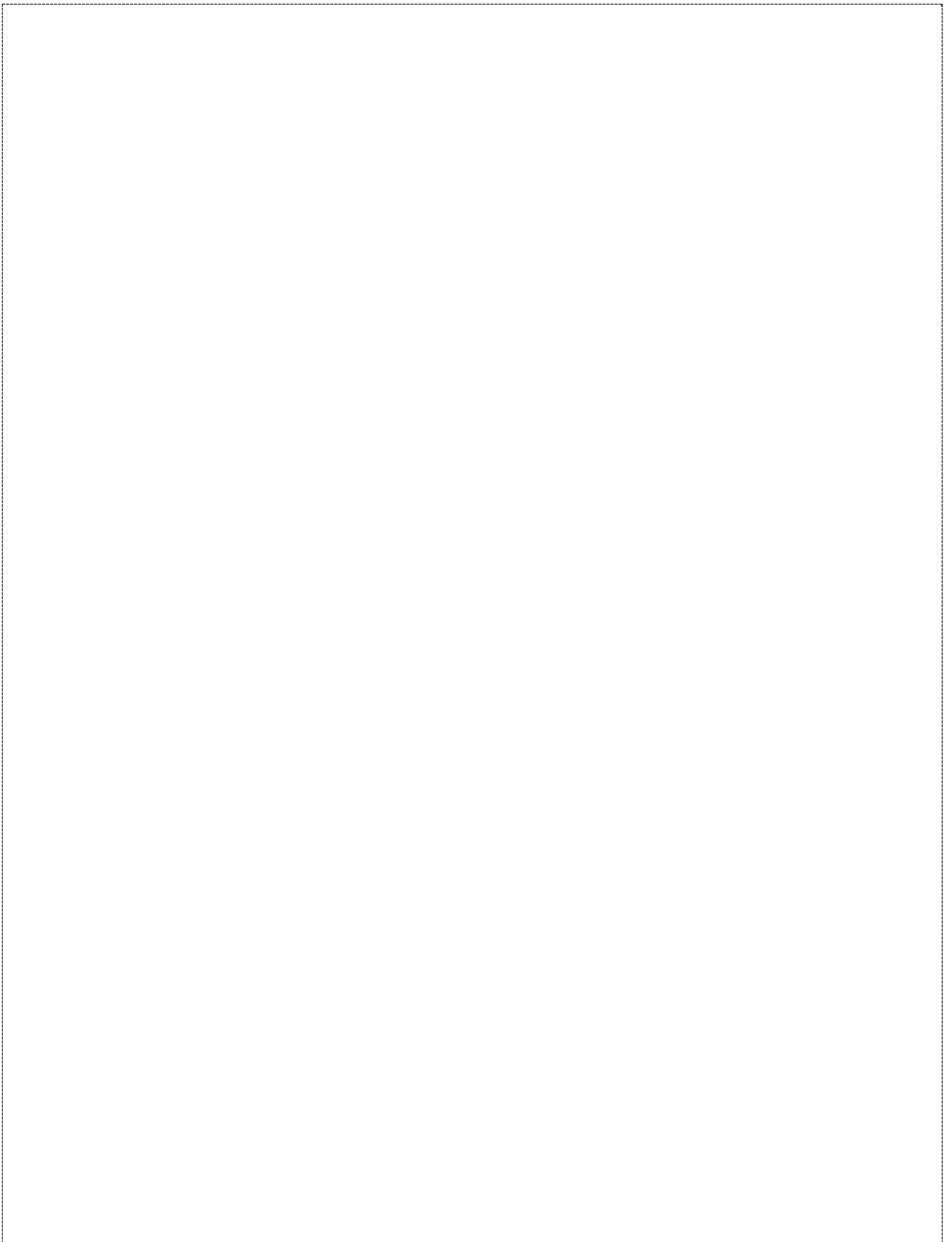
Common Uses

- Treats problems with the physical heart, such as palpitations, pain, or irregular heart rhythm.
- Treats disorders of the chest in general, including lung problems.
- Used to restore energy to the upper or middle energizer portion of the Triple Energizer meridian.
- Treating disorders of the stomach, especially those related to the middle energizer of the Triple Energizer meridian.
- Treating problems in the lateral costal region (side of the chest) in which the Pericardium sinews reside.
- Treating any pathogenic diseases which can cause a fever, especially pathogens that might infect the physical heart.
- Treating physical pain, swelling, and soreness of the axilla (shoulder joint area) through which the Pericardium sinews pass.

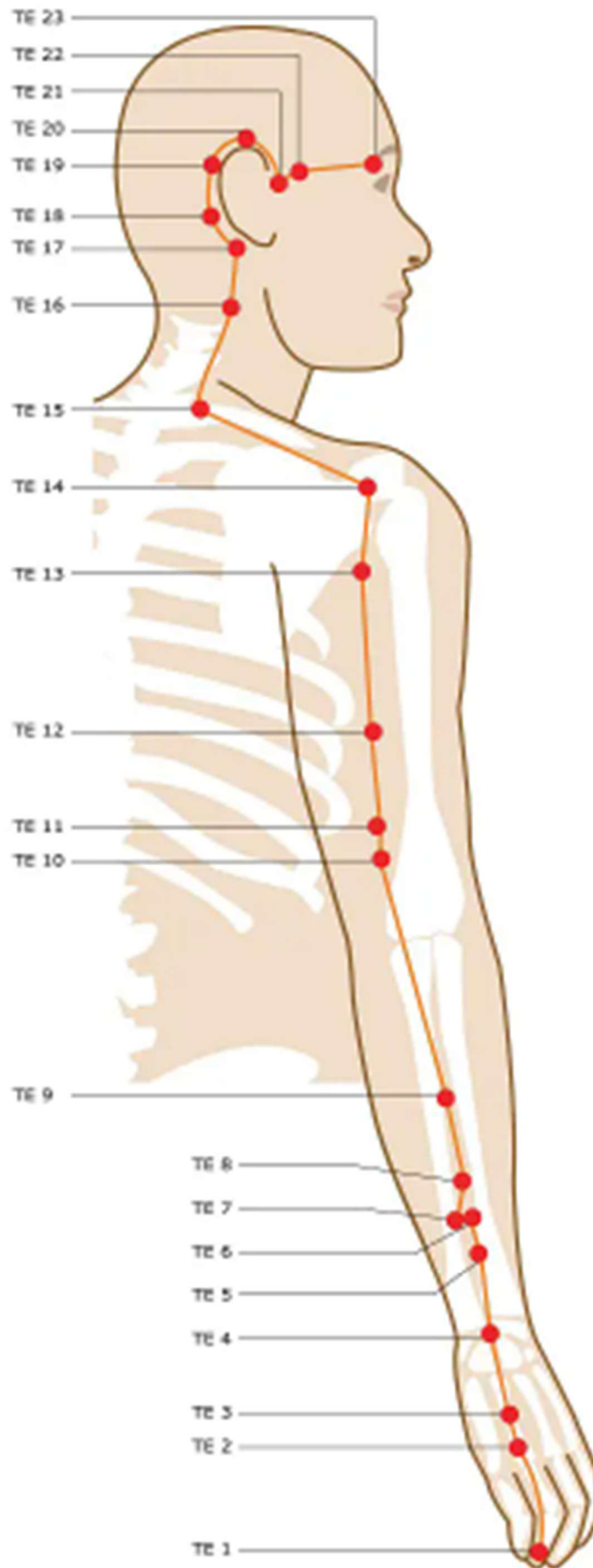
Pericardium Meridian Channels & Sinews

The Pericardium meridian starts at the tip of the middle finger and runs along the arm and onto the chest.

Like all meridians, the Pericardium is not just a straight line of energy, but also has a layer of sinews (muscle tissues) that surround it, as well as other pathways of energy that flow into and out from it.



Hand Yang San Jiao Meridian (SJ)/ Triple energizer



TE 1: guan chong / Passage Hub

“Guan” refers to an important pass. It is so named because the point is a well point of the sanjiao meridian of hand–shaoyang, where channel qi is generated, and it is located between shaochong (HT 9) and zhongchong (PC 9).

Location

On the ulnar side of the distal segment of the ring finger, about 0.1 cun posterior to the corner of the nail. **Method**

A shallow puncture is performed to 0.1–0.2 cun, or pricking with a three edged needle. Warm moxibustion for 5–10 min is applicable

Function: Clears heat, expels wind, invigorates blood, restores consciousness, stops convulsions.

Indications: Headache, redness of eyes, sore throat, stiff tongue, febrile diseases, irritability.

Caution

Same as zhongchong (PC 9)

TE 2: ye men / Humor Gate

Function: Clears heat, expels wind, benefits the ear, removes obstructions from the channel.

Indications: Headache, redness of the eyes, sudden deafness, sore throat, malaria, pain in arm.

TE 3: zhong zhu / Central Islet

“Zhong” means “the middle”; “zhu,” “small island.” The point is the shu stream point of the sanjiao meridian, which is like rivers flowing, where the meridian qi flows in and out, and so it is called zhongzhu.

Location

On the dorsum of the hand, proximal to the fourth metacarpophalangeal joint, in the depression between the fourth and fifth metacarpal bones.

Methods

- (i) Puncture perpendicularly 0.5–0.8 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely toward the wrist 0.8–1.5 cun, with a sensation of soreness and distension diffusing to the wrist, and sometimes electric numbness radiating to the fingertips.

Function: Clears heat, expels wind, benefits ears, lifts the mind, removes obstructions from the channel, regulates Qi.

Indications: Headache, redness of the eyes, deafness, tinnitus, sore throat, febrile diseases, pain in the elbow and arm, motor impairment of fingers.

Caution

Perpendicular puncture is generally taken as the main method, while oblique puncture is mainly for pain, numbness and paralysis of fingers.

TE 4: yang chi / Yang Pool

Function: Relaxes sinews, removes obstructions from the channel, clears heat, regulates the stomach, promotes fluids transformation, benefits original Qi, tonifies Penetrating and Conception vessels.

Indications: Pain in the arm, shoulder and wrist, malaria, deafness, thirst.

TE 5: wai guan / Outer Pass

“Wai” means “outside,” since the point is on the extensor side of the fore arm; “guan”, “a pass.” It corresponds to neiguan (PC 6), mainly applicable to diseases in the head, limbs and trunk.

Location

On the dorsal side of the forearm and on the line connecting yangchi and the tip of the olecranon, 2 cun proximal to the transverse crease of the dorsal wrist, between the radius and the ulna.

Methods

- (i) Puncture perpendicularly 0.8–1 cun, with a local sensation of soreness and distension.
- (ii) Puncture 1.5–2 cun penetrating to neiguan (PC 6), with a strong sensation of soreness and distension, or electric numbness radiating to the fingertips.
- (iii) Puncture obliquely 1.5–2 cun toward the elbow joint, with a local sensation of soreness and distension radiating to the elbow and shoulder.

Function: Expels wind-heat, releases the exterior, removes obstruction from the channel, benefits the ear, subdues Liver yang.

Indications: Febrile diseases, headache, pain in cheek, strained neck, deafness, tinnitus, pain in the hypochondriac region, motor impairment of the elbow and arm, pain of the fingers, hand tremors.

Caution

Perpendicular puncture is mainly applicable to local pain and numbness; penetrating puncture to neiguan (PC 6) for hemiplegia by stroke; oblique puncture to conditions in the head, face and trunk, such as deafness, cold and parotitis. It is worth noting that if electric numbness appears, withdraw the needle and insert it in another direction, instead of pounding aimlessly for fear of injuring the nerves.

TE 6: zhi gou / Branch Ditch

“Zhi” refers to the four extremities, here meaning the forearms; “gou,” means “ditch.” It is so named as it is on the forearm, at a site depressed like a ditch.

Location

On the dorsal side of the forearm and on the line connecting yangchi and the tip of the olecranon, 3 cun proximal to the transverse crease of the dorsal wrist, between the radius and the ulna.

Method

Puncture perpendicularly 1–1.5 cun, with a local sensation of soreness and distension radiating to the elbow, and sometimes electric numbness radiating to the fingertips.

Moxibustion with 3–5 cones is applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Regulates Qi, removes obstructions from the channel, removes obstructions from the Large Intestine, clears heat, expels wind.

Indications: Tinnitus, deafness, pain in the hypochondriac region, vomiting, constipation, febrile diseases, aching and heavy sensation of the shoulder and back, sudden hoarseness of voice.

TE 7: hui zong / Convergence and Gathering

Function: Removes obstructions from the channels, benefits eyes and ears, stops pain.

Indications: Deafness, pain in the ear, epilepsy, pain of the arm.

TE 8: san yang luo / Three Yang Connection

Function: Clears heat, removes obstructions from the channels.

Indications: Deafness, sudden hoarseness of voice, pain in the chest and hypochondriac region, pain in the hand and arm, toothache.

TE 9: si du / Four Rivers

Function: Courses the channels and quickens the connecting vessels, frees and regulates the waterways, disinhibits the throat and opens the portals.

Indications: Deafness, toothache, migraine, sudden hoarseness of voice, pain in the forearm.

TE 10: tian jung / Celestial Wall

“Tian” means “upper part”; “jing,” “well, depression.” It is so named as it is located on the olecranon, where the fossa olecrani is deep.

Location

On the lateral side of the upper arm, with the elbow flexed, at the depression about 1 cun proximal to the tip of the olecranon of the ulna.

Method

Puncture perpendicularly 0.5–0.8 cun, with a local sensation of soreness and distension.

Moxibustion with 3–5 cones is applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Relaxes tendons, resolves damp and phlegm, dispels masses, clears heat, dispels stagnation, regulates nutritive and defensive Qi.

Indications: Migraine, pain in the neck, shoulder and arm, epilepsy, scrofula, goiter.

Caution

Lymphoid tuberculosis is treated with moxibustion, and other diseases with acupuncture.

TE 11: qing leng yuan / Clear Cold Abyss

Function: Frees the channel and connecting vessel, clears heat and drains fire.

Indications: Motor impairment and pain of the shoulder and arm, migraine.

TE 12: xiao luo / Dispersing Riverbed

Function: Courses the channels, quickens the connecting vessels and moves Qi, clears and drains depressed heat in the Triple Energizer.

Indications: Headache, neck rigidity, motor impairment and pain of the arm.

TE 13: nao hui / Upper Arm Convergence

Function: Clears and discharges pathogenic heat, frees the channels and connecting vessels, disinhibits the joints.

Indications: Goiter, pain in the shoulder and arm.

TE 14: xian liao / Shoulder Bone-Hole

“Jian” means “shoulder;” “liao,” “hole.” It is so named as it is on the shoulder, which has depressions when lifted up.

Location

On the shoulder, posterior and inferior to the acromion, at the depression about 1 cun posterior to jianyu when the upper arm is horizontally adducted.

Methods

- (i) Puncture perpendicularly 1–1.5 cun with a local sensation of soreness and distension.
- (ii) Puncture 2–2.5 cun penetrating to jiquan (HT 1), with the arm adducted, a sensation of soreness and distension radiating to the whole articular cavity, and sometimes electric numbness induced to the fingertips.
- (iii) Puncture obliquely 1.5 cun, with the tip toward the elbow, giving a sensation of soreness and distension diffusing to the shoulder. Moxibustion with 5–7 cones is applicable, or warm moxibustion with moxa sticks for 10–15 min.

Function: Dispels wind and overcomes damp, moves Qi, quickens blood and relieves pain.

Indications: Pain and motor impairment of the shoulder and upper arm.

Caution

Perpendicular puncture is applicable to hemiplegia by stroke, and penetrating puncture and oblique puncture to periartthritis of the shoulder. Beginners generally prefer perpendicular or oblique puncture.

TE 15: tian liao / Celestial Bone-Hole

Function: Dispels wind and eliminates damp, frees the channels and quickens the connecting vessels, relieves pain.

Indications: Pain in the shoulder and elbow, stiffness of the neck.

TE 16: tian you / Celestial Oriole

Function: Clears heat and drains fire, dispels wind and eliminates damp, reduces swelling and stops pain, frees the channels and quickens the connecting vessels.

Indications: Headache, neck rigidity, facial swelling, blurring of vision, sudden deafness.

TE 17: yi feng / Wind Screen

“Yi” means “to cover”; “feng,” “pathogenic wind.” It is named yifeng because it is effective in treating diseases induced by pathogenic wind, and it is covered by auricular lobules.

Location

Posterior to the ear lobe, in the depression between the mastoid process and the mandibular angle.

Methods

- (i) Puncture perpendicularly 1–1.5 cun toward the contralateral eyeball, with a sensation of distending pain at the bottom of the external auditory canal.
- (ii) Puncture obliquely 1.5–2 cun, with the tip anterior–inferior to the inside, giving a local sensation of soreness and distension, sometimes radiating to the throat.

Function: Expels wind, benefits the ears.

Indications: Tinnitus, deafness, otorrhea, facial paralysis, toothache, swelling of cheek, scrofula, trismus.

Caution

Perpendicular puncture is mainly applicable to deafness and tinnitus; oblique puncture, to facial paralysis and parotitis.

TE 18: chi mai / Spasm Vessel

Function: Clears heat and resolves tetany, quickens the connecting vessels and relieves pain, opens the portals.

Indications: Headache, tinnitus, deafness, infantile convulsion.

TE 19: lu xi / Skull Rest

Function: Courses wind and quickens the connecting vessels, frees the channels and relieves pain, quiets the spirit and settles fright.

Indications: Headache, tinnitus, deafness, infantile convulsion.

TE 20: jiao sun / Angle Vertex

“Jiao” refers to the superior angle of the ear; “sun,” the minute collaterals. It is so named as it is located at the superior angle of the ear, where the lateral vein of the hand–shaoyang meridian passes.

Location

On the head, above the ear apex within the hairline.

Method

Puncture 0.5–1 cun downward along the skin or horizontally; or prick with a three-edged needle. Warm moxibustion with moxa sticks for 10–15 min is applicable, or rush-fire cauterization.

Function: Clears the head and brightens the eyes, courses wind, quickens the connecting vessels.

Indications: Tinnitus, redness, pain and swelling of the eye, swelling of the gum, toothache, parotitis.

Caution

Parotitis and conjunctivitis are often treated with rush-fire cauterization, which will be introduced later in the book; other diseases, with acupuncture or moxibustion

TE 21: er men / Ear Gate

“Er” means “earhole”; “men,” “door.” The point is located just in front of the earhole, like a door.

Location

On the face, anterior to the supratragic notch of the auricle, at the depression behind the posterior border of the condyloid process of the mandible.

Methods

- (i) Perpendicular puncture: With the patient opening his or her mouth, find the depression and insert the needle rapidly to 0.8–1.5 cun, the tip being slightly posterior–inferior, with a sensation of distending pain radiating to the inner ear.

- (ii) Penetrating puncture: With the tip downward, and the patient opening his or her mouth a little, insert the needle quickly, penetrating to tinggong (SI 19) and tinghui (GB 2), with a strong sensation of distending pain radiating to half of the face.

Function: Courses the channels and quickens the connecting vessels, opens the portals and boosts hearing.

Indications: Tinnitus, deafness, otorrhea, toothache, stiffness of the lip.

Caution

Puncturing ermen will cause pain, so it requires skilled operation and delicate manipulation, and a certain depth. Penetrating puncture is not suitable for infants and patients with a weak constitution or fearing acupuncture.

TE 22: he liao / Harmony Bone-Hole

Function: Dispels wind and frees the connecting vessels, opens the portals.

Indications: Migraine, tinnitus, lockjaw.

TE 23: si zhu kong / Silk Bamboo Hole

“Si” means “finespun eyebrow”; “zhu,” “bamboo leaves”; “kong,” “holes.” The point is located at the depression of the tip of the brow, like a bamboo leaf.

Location

On the face, in the depression at the lateral end of the eyebrow.

Methods

- (i) Puncture perpendicularly 0.2–0.3 cun, with a local sensation of soreness and distension.
- (ii) Puncture horizontally 0.5–1 cun backward or to the middle of the eyebrow, with a local sensation of distension.

Function: Expels wind, brightens the eyes, stops pain.

Indications: Headache, redness and pain of the eye, blurring of vision, twitching of the eyelid, toothache, facial paralysis.

Caution

Perpendicular puncture is applicable to eye disease, and horizontal puncture to others.

Moxibustion was forbidden in ancient times.

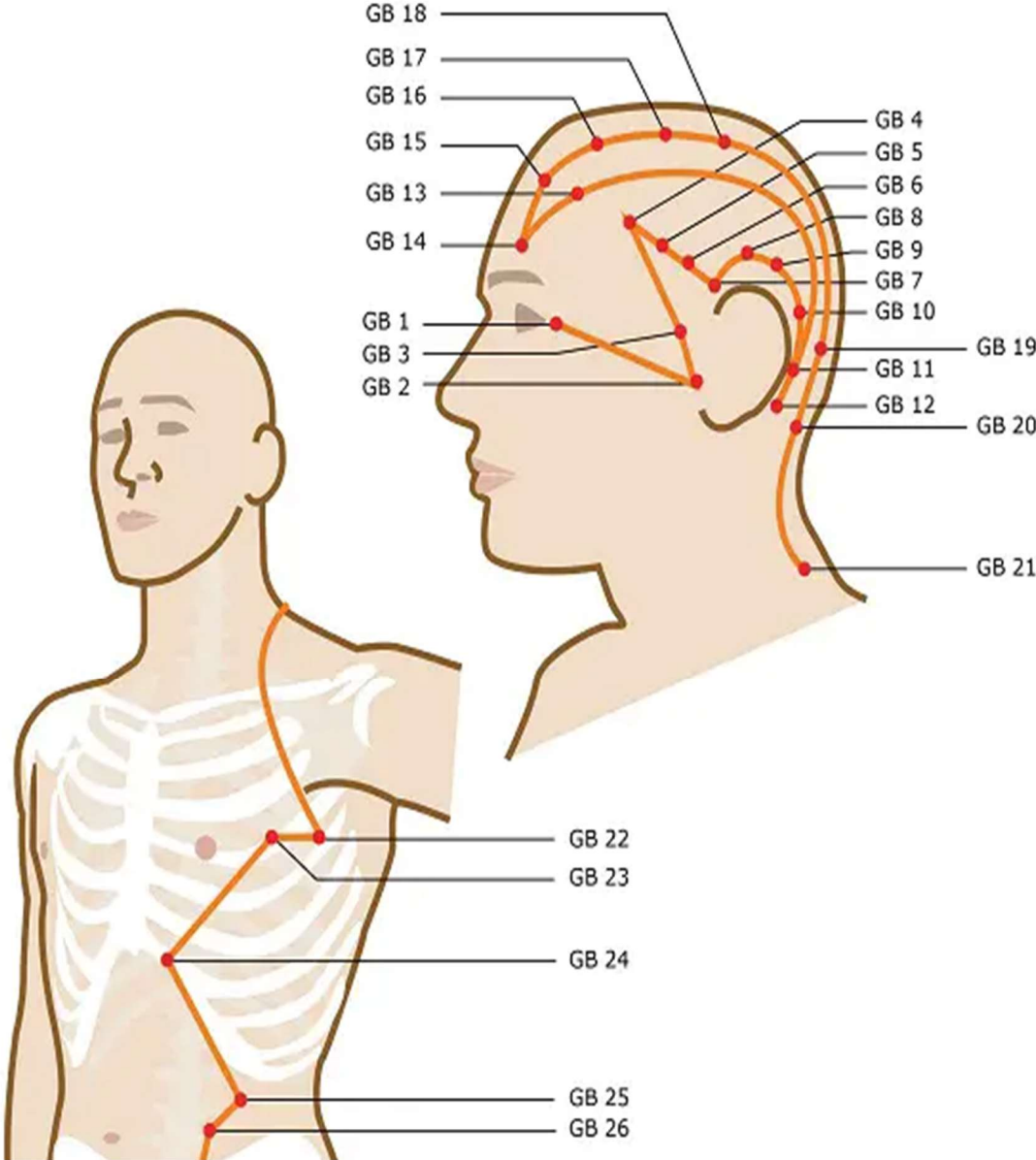
Common Uses

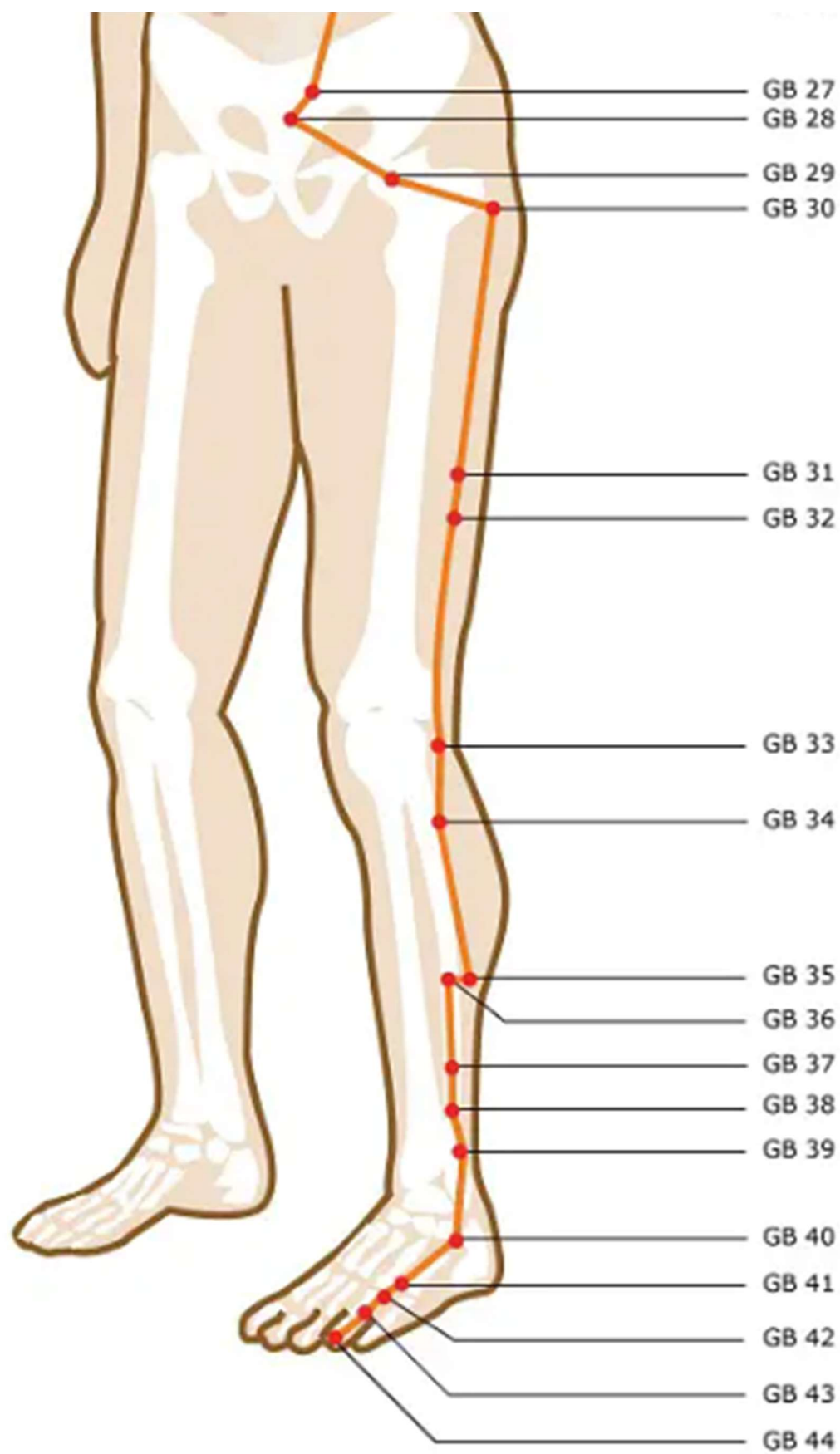
- Reducing fever and chills caused by pathogenic infection.
- Enhancing the health of the ears, and treating hearing disorders.
- Removing energy imbalances that negatively affect the eyes.
- Removing energy imbalances that negatively affect the neck, throat, and tongue.
- Calming the emotions and reducing mental issues, including restlessness, mania, epilepsy, and agitation.
- Treating physical pain in the chest, especially near the heart.
- Getting rid of headaches, especially those focused on the side of the head near the temples.
- Treatment of nausea and constipation.

Triple Energizer Meridian Channels & Sinews

The Triple Energizer meridian, like all other primary meridians, also contains secondary and tertiary energy pathways that are not shown in the map of the regular meridian line. These secondary pathways do not feature their own acupuncture points that are used in acupuncture treatment. However, they are important to be aware of because the energy flow of the meridian also affects the areas through which these extra energy pathways pass.

Foot Yang Gall Bladder Meridian (GB)





GB 1: tong zi liao / Pupil Bone-Hole

“Tongzi” means “eye”; “liao,” “hole.” The point is located beside the eye.

Location

On the face, 0.5 cun lateral to the outer canthus, at the depression on the lateral border of the orbit.

Method

Puncture horizontally toward the temple (backward) to 0.8–1 cun, with a local sensation of soreness and distension, sometimes radiating to the ear canal. Warm moxibustion with moxa sticks for 5–10 min is applicable.

Function: Expels wind-heat, clears fire, brightens the eyes.

Indications: Headaches, redness and pain of the eyes, failing vision, lacrimation, deviation of the eyes and mouth.

Caution

Unsuitable for direct moxibustion.

GB 2: ting hui / Auditory Convergence

“Ting” refers to the sense of hearing; “hui” means “convergence”. “The point may converge the sense of hearing.

Location

On the face, anterior to the intertragic notch, at the depression posterior to the condyloid process of the mandible when the mouth is open.

Method

With the patient opening his or her mouth a little, puncture perpendicularly 1–1.5 cun, with the tip slightly oblique backward, giving a sensation of distending pain in the ear. Warm moxibustion for 10–15 min is applicable.

Function: Removes obstructions from the channel, benefits the ears, expels exterior wind.

Indications: Deafness, tinnitus, toothache, motor impairment of the temporomandibular joint, mumps, deviation of the eye and mouth.

Caution

It is painful to puncture the point, so quick insertion is needed.

GB 3: shang guan / Upper Gate

Function: Frees the channels and quickens the connecting vessels, boosts the hearing.

Indications: Headache, deafness, tinnitus, diplopia, deviation of the eye and mouth, toothache.

GB 4: han yan / Forehead Fullness

Function: Courses wind, quickens connecting vessels, clears heat, settles fright, relieves pain.

Indications: Migraine, vertigo, tinnitus, pain in the outer canthus, toothache, convulsion, epilepsy.

GB 5: xuan lu / Suspended Skull

Function: Courses wind and quickens the connecting vessels, disperses swelling, relieves pain.

Indications: Migraine, pain in the outer canthus, facial swelling.

GB 6: xuan li / Suspended Tuft

Function: Removes obstructions from the channel, benefits the ear.

Indications: Migraine, pain in the outer canthus, tinnitus, frequent sneezing.

GB 7: qu bin / Temporal Hairline Curve

Function: Clears heat and disperses swelling, extinguishes wind and relieves pain.

Indications: Headache, swelling of cheek, trismus, pain in temporal region, infantile convulsion.

GB 8: shuai gu / Valley Lead

Function: Removes obstructions from the channel, benefits the ears.

Indications: Migraine, vertigo, vomiting, infantile convulsion.

GB 9: tian chong / Celestial Hub

Function: Removes obstructions from the channel, subdues rising Qi, eliminates interior wind, calms spasms, calms the mind.

Indications: Headache, epilepsy, swelling and pin of the gums, convulsion.

GB 10: fu bai / Floating White

Function: Courses and disinhibits the Liver and Gallbladder, dissipates wind and frees the connecting vessels.

Indications: Headache, deafness, tinnitus.

GB 11: tou qiao yin / Head Portal Yin

Function: Clears heat and disinhibits Gallbladder channel damp-heat, frees the ears and disinhibits the throat.

Indications: Pain in the head and neck, tinnitus, deafness, pain in the ears.

GB 12: wan gu / Completion Bone

Function: Eliminates wind, calms spasms, subdues rising Qi, calms the mind.

Indications: Headache, insomnia, swelling of the cheek, retro-auricular pain, deviation of eye and mouth, toothache.

GB 13: ben shen / Root Spirit

Function: Calms the mind, eliminates wind, gathers essence to the head, clears the brain.

Indications: Headache, insomnia, vertigo, epilepsy.

GB 14: yang bai / Yang White

“Yang” means “forehead” “bai,” “bright light.” The point is located in the forehead and is able to cure eye diseases.

Location

At the forehead, 1 cun above the midpoint of the eyebrow.

Method

Puncture horizontally 1–1.5 cun, with the tip penetrating respectively to the middle, inner side and tip of the brow, giving a sensation of distending pain in the forehead, sometimes radiating to the parietal region. Warm moxibustion for 3–5 min is applicable.

Function: Eliminates exterior wind, subdues rising Qi.

Indications: Headache in the frontal region, pain of the orbital ridge, eye pain, vertigo, twitching of the eyelids, ptosis of the eyelids, lacrimation.

Caution

Generally, horizontal puncture to the middle of eyebrow is applied to the point, and penetrating needling to the inner side or tip is available for facial paralysis.

GB 15: tou lin qi / Head Overlooking Tears

Function: Regulates the mind, balances the emotions, clears brain, brightens eyes, frees the nose.

Indications: Headache, vertigo, lacrimation, pain in outer canthus, rhinorrhea, nasal obstruction, manic depression.

GB 16: mu chuang / Eye Window

Function: Courses the channels and connecting vessels, clears head and brightens eyes.

Indications: Headache, vertigo, red and painful eyes, nasal obstruction.

GB 17: zheng ying / Upright Construction

Function: Clears heat and drains the Gallbladder, soothes the sinews and quickens the connecting vessels.

Indications: Migraine, vertigo.

GB 18: cheng ling / Spirit Support

Function: Calms the mind, clears the brain, drains heat, diffuses Lungs, frees portals.

Indications: Headache, vertigo, epistaxis, rhinorrhea, obsessive thoughts and dementia.

GB 19: nao kong / Brain Hollow

Function: Clears the Gallbladder and drains fire, soothes the sinews and quickens the connecting vessels, rouses the brain and frees the portal.

Indications: Headache, stiffness of the neck, vertigo, painful eyes, tinnitus, epilepsy.

GB 20: feng chi / Wind Pool

“Feng” refers to pathogenic wind; “chi,” means “pool,” here referring to a depression. The point is located in the depression of the lateral neck, which is a place pathogenic wind will easily attack.

Location

In the posterior aspect of the neck, below the occipital bone, on the level of fengfu, at the depression between the upper ends of the m. sternocleido mastoid and m. trapezius.

Methods

- (i) Puncture perpendicularly to the nasal tip 0.5–1.2 cun, with a local sensation of soreness and distension radiating to the calvaria, tempo ralis part, forehead or orbit.
- (ii) Puncture penetrating to contralateral fengchi (GB 20), with a local sensation of soreness and distension radiating to the nuchal region.

Function: Eliminates wind (interior and exterior), subdues Liver yang, brightens the eyes, benefits the ears, clears heat, clears the brain.

Indications: Headache, vertigo, insomnia, pain and stiffness of neck, blurred vision, glaucoma, red and painful eyes, tinnitus, convulsion, epilepsy, infantile convulsion, febrile diseases, common cold, nasal obstruction, rhinorrhea.

Caution

Being one of the dangerous points, the point is inserted no deeper than 1.2 cun. Avoid deep puncture to the contralateral tragus or its anterior border, for fear of piercing the cranial cavity. Among the acupuncture techniques, perpendicular puncture is the most common one and penetrating puncture is more applicable to headache or painful spasm of the nape.

GB 21: jian jing / Shoulder Well

“Jian” means “shoulder”; “jing,” “depression.” The point is located in the depression of the shoulder.

Location

On the shoulder, directly above the nipple, at the midpoint of the line connecting dazhui and the acromion. **Method**

Puncture perpendicularly or obliquely backward a bit 0.5–1 cun, with a local sensation of soreness and distension radiating to the shoulder and back. Three-to-seven cones of moxibustion are applicable, or warm moxibustion for 10–15 min.

Function: Relaxes sinews, promotes lactation, promotes delivery.

Indications: Pain and rigidity of the neck, pain in the shoulder and back, motor impairment of the arm, insufficient lactation, mastitis, scrofula, apoplexy, difficult labor.

Caution

Being one of the dangerous points, jianjing (GB 21) is punctured no deeper than 1 cun, especially for emaciated old men. Inserting to the anterior interna should be avoided.

GB 22: yuan ye / Armpit Abyss

Function: Loosens the chest and normalizes Qi, soothes the sinews and quickens the connecting vessels.

Indications: Fullness of the chest, swelling of the axillary region, pain in the hypochondriac region, pain and motor impairment of the arm.

GB 23: zhe jin / Sinew Seat

Function: Courses the Liver and rectifies Qi, calms dyspnea and downbears counterflow.

Indications: Fullness of the chest, pain in the hypochondriac region, asthma.

GB 24: ri yue / Sun and Moon

Function: Resolves damp-heat, promotes the function of the Gallbladder and Liver.

Indications: Pain in hypochondriac region, vomiting, acid regurgitations, hiccups, jaundice, mastitis.

GB 25: jing men / Capital Gate

Function: Used more for diagnosis than treatment of kidney problems.

Indications: Abdominal distension, borborygmus, diarrhea, pain in lumbar and hypochondriac region.

GB 26: dai mai / Girdling Vessel

Function: Regulates the uterus, resolves damp-heat, regulates the Girdling Vessel.

Indications: Irregular menstruation, amenorrhea, leukorrhea, abdominal pain, hernia, pain in the lumbar and hypochondriac region.

GB 27: wu shu / Fifth Pivot

Function: Strengthens the lumbar and boosts the Kidneys, courses the Liver and rectifies Qi, treats vaginal discharge.

Indications: Leukorrhea, lower abdominal pain, lumbar pain, hernia, constipation.

GB 28: wei dao / Linking Path

Function: Courses stagnant Qi, rectifies the intestines, leashes the Girdling Vessel.

Indications: Leukorrhea, lower abdominal pain, hernia, prolapse of uterus.

GB 29: ju lido / Squatting Bone-Hole

“Ju” means “squat down”; “liao,” air space. The point refers to the depression in the thigh when the person is squatting down. Location On the hip at the midpoint of the line connecting the anterosuperior iliac spine and the prominence of the great trochanter.

Methods

- (i) Puncture perpendicularly 1–2 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely 2–3 cun, with the tip toward the hip joint, giving a sensation of soreness and distension radiating to the hip joint.

Function: Removes obstructions from the channel.

Indications: Pain and numbness in the thigh and lumbar region, paralysis, muscular atrophy of the lower limbs.

Caution

Perpendicular puncture is always taken as the main method, and oblique puncture is applicable to pain and swelling in coxa.

GB 30: huan tiao / Jumping Round

“Huan” means “round,” here referring to the buttocks; “tiao,” “jump.” The point is located on the buttock and is able to cure diseases of lower limb movement.

Location

On the lateral side of the thigh, when the patient is in the lateral recumbent position with the thigh flexed, at the junction of the lateral one-third and medial two-thirds of the line connecting the highest point of the greater trochanter and the hiatus of the sacrum.

Methods

- (i) Puncture perpendicularly 2–3 cun, with the tip slightly leaning to the perineum, giving a local sensation of soreness and distension or electric numbness radiating to the foot.
- (ii) Puncture obliquely 1.5–2.5 cun, with the tip probing near the hip joint, giving a sensation radiating to the hip joint.

Function: Removes obstructions from the channel, tonifies Qi and blood, resolves damp-heat.

Indications: Pain of the lumbar region and thigh, muscular atrophy of lower limbs, hemiplegia.

Caution

Perpendicular puncture is mainly applicable to sciatica and paraplegia; oblique puncture, to soft tissue injury in the gluteal region.

GB 31: feng shi / Wind Market

“Feng” refers to disease affected by pathogenic wind; “shi” means “market, assemble.” The point is able to cure different diseases affected by pathogenic wind.

Location

At the midline of the lateral aspect of the thigh, 7 cun proximal to the transverse popliteal crease; or, when the patient is standing upright with the hands hanging by the sides of the body, the point is where the tip of the middle finger reaches.

Method

Puncture perpendicularly 1.5–2 cun, with a local sensation of soreness and distension, sometimes radiating downward. Five-to-seven cones of moxa are applicable, or warm moxibustion for 10–15 min.

Function: Expels wind, relaxes sinews, strengthens the bones, relieves itching.

Indications: Pain and soreness in the thigh and lumbar region, paralysis of the lower limbs, beriberi, general pruritus (swelling of skin).

GB 32: zhong du / Central River

Function: Soothes sinews, quickens the connecting vessels, expels wind and dissipates cold.

Indications: Pain and soreness of the thigh and knee, numbness and weakness of the lower limbs, hemiplegia.

GB 33: (xi) yang guan / (Knee) Yang Joint

Function: Dispels wind and dissipates cold, soothes the sinews, quickens the connecting vessels and relieves pain.

Indications: Swelling and pain of knee, contracture of tendons in popliteal fossa, numbness of leg.

GB 34: yang ling quan / Yang Mound Spring

“Yang” refers to the facies lateralis cruris; “ling” means “protrusion,” here referring to the capitulum fibulae; “quan,” “depression.” The point is located at the facies lateralis cruris, in the depression of the capitulum fibulae.

Location

On the lateral side of the leg, at the depression inferior and anterior to the head of the fibula.

Method

Puncture perpendicularly 1.5–2 cun, with insertion obliquely downward to the posterior border of the tibia, giving a sensation of soreness and distension radiating downward. Four-to-seven cones of moxibustion are applicable, or warm moxibustion for 10–15 min.

Function: Promotes the smooth flow of Liver Qi, resolves damp-heat, removes obstructions from the channel, relaxes the sinews, subdues rebellious Qi.

Indications: Hemiplegia, weakness, numbness and pain of the lower extremities, swelling and pain of the knee, beriberi, hypochondriac pain, bitter taste in the mouth, vomiting, jaundice, infantile convulsion.

GB 35: yang liao / Yang Intersection

Function: Relaxes sinews, removes obstructions from the channel, stops pain.

Indications: Fullness of chest and hypochondriac region, muscular atrophy, paralysis of leg.

GB 36: wai qiu / Outer Hill

Function: Removes obstruction from the channel, stops pain.

Indications: Pain in the neck, chest, thigh and hypochondriac region, chills and fever that accompany rabies.

GB 37: guang ming / Bright Light

The point is able to cure eye diseases and improve the eyesight. There are two points both named guangming, and this point is located in the foot, so it is called zuguangming (GB 37).

Location

On the lateral side of the leg, 5 cun proximal to the tip of the external malleolus, at the anterior border of the fibula.

Method

Puncture perpendicularly 1–1.5 cun, with the tip slightly upward, giving a sensation of soreness and distension, sometimes radiating to the knee or lateral to the dorsum of the foot.

Three-to-five cones of moxibustion are applicable, or warm moxibustion for 10–15 min.

Function: Brightens the eyes, expels wind, clears heat, conducts fire downwards.

Indications: Pain in the knee, muscular atrophy, motor impairment and pain of the lower extremities, blurring of vision, ophthalmalgia, night blindness, distending pain in the breast.

GB 38: yang fu / Yang Assistance

Function: Subdues Liver yang, clears heat, resolves damp-heat.

Indications: Migraine, pain of the outer canthus, pain in the axillary region, scrofula, lumbar pain, pain in the chest, pain in the hypochondriac region and lateral aspect of the lower extremities, malaria.

GB 39: xuan zhong / Suspended Bend

“Xuan” means “hang up”; “zhong,” “heel.” The point is located above the heel while the heel hangs below, so it is named xuanzhong.

Location

On the lateral side of the leg, 3 cun proximal to the tip of the external malleolus, at the anterior border of the fibula.

Methods

- (i) Puncture perpendicularly 0.8–1 cun, with a local sensation of soreness and distension.
- (ii) Puncture 1.5–2 cun, penetrating to sanyinjiao (SP 6), with a sensation of soreness and distension radiating to the sole.

Function: Benefits essence, nourishes marrow, eliminates wind, strengthens sinews and bones, clears and cools damp-heat, benefits Liver and Gallbladder.

Indications: Apoplexy, hemiplegia, pain in neck, abdominal distension, pain in hypochondriac region, muscular atrophy of the lower limbs, spastic pain of the leg, beriberi.

Caution

Generally, perpendicular puncture is applied while penetrating acupuncture is applicable to hemiplegia by stroke.

GB 40: qiu xu / Hill Ruins

“Qiu” means “high place”; “xu,” “larger and higher,” here referring to the external malleolus. The point is beside it and so is named qiuxu.

Location

At the depression inferoanterior to the lateral malleolus, lateral to the tendon of the long extensor muscle of the toes.

Method

Puncture perpendicularly aiming at the inferior border of the medial malleolus 1–1.5 cun with a local sensation of soreness and distension. One-to-three cones of moxibustion are applicable, or warm moxibustion for 5–10 min.

Function: Promotes the smooth flow of Liver Qi.

Indications: Pain in the neck, swelling in the axillary region, pain in the hypochondriac region, vomiting, acid regurgitation, muscular atrophy of the lower limbs, malaria, pain and swelling of the external malleolus.

GB 41: (zu) lin qi / (Foot) Overlooking Tears

“Lin” means “from up to down”; “qi” tears which are believed to be the liquid of the liver in TCM. The point is located above the foot and indicates eye diseases, so it is named linqi. In order to be distinguished from the other linqi (GB 15), of the head, it is named zulinqi (GB 41).

Location

On the lateral side of the instep of the foot, posterior to the fourth metatarsophalangeal joint, in the depression lateral to the tendon of the extensor muscle of the little toe.

Method

Puncture perpendicularly 0.5–0.7 cun, with a local sensation of soreness and distension, sometimes radiating to the fourth digit of the foot. One-to-three cones of moxibustion are applicable, or warm moxibustion for 5–10 min.

Function: Resolves damp-heat, promotes the smooth flow of Liver Qi, regulates the Girdling Vessel.

Indications: Headache, vertigo, pain of the outer canthus, scrofula, pain in hypochondriac region, distending pain of the breast, irregular menstruation, pain and swelling of the dorsum of the foot and toe.

GB 42: di wu hui / Earth Five-Fold

Function: Clears the Liver and drains the Gallbladder, brightens the eyes and sharpens hearing.

Indications: Pain of the canthus, tinnitus, distending pain of the breast, swelling and pain of the dorsum of foot.

GB 43: jia xi / Pinched Ravine

Function: Subdues Liver yang, benefits the ears, resolves damp-heat.

Indications: Headache, dizziness, vertigo, pain in outer canthus, tinnitus, deafness, swelling of the cheek, pain in hypochondriac region, distending pain of the breast, febrile diseases.

GB 44: (zu) qiao yin / (Foot) Portal Yin

“Qiao” means “a pass;” “yin” refers to the meridian of foot–jueyin. The point is the last of the meridians of zu–shaoyang, conjoint with the meridian of foot–jueyin. In order to be distinguished from the other qiaoyin (GB 11), of the head, it is named zuqiaoyin (GB 44).

Location

On the lateral side of the distal segment of the fourth toe, 0.1 cun from the corner of the toenail.

Method

Puncture obliquely 0.2–0.3 cun, with the tip upward and a sensation of pain; or prick with a three-edged needle for bloodletting. Warm moxibustion for 5–10 min is applicable.

Function: Subdues Liver yang, benefits the eyes, calms the mind.

Indications: Migraine, deafness, tinnitus, ophthalmalgia, dream-disturbed sleep, febrile diseases.

Caution

Pricking with a three-edged needle is mainly applicable to conjunctivitis; oblique puncture, to common diseases.

Common Uses

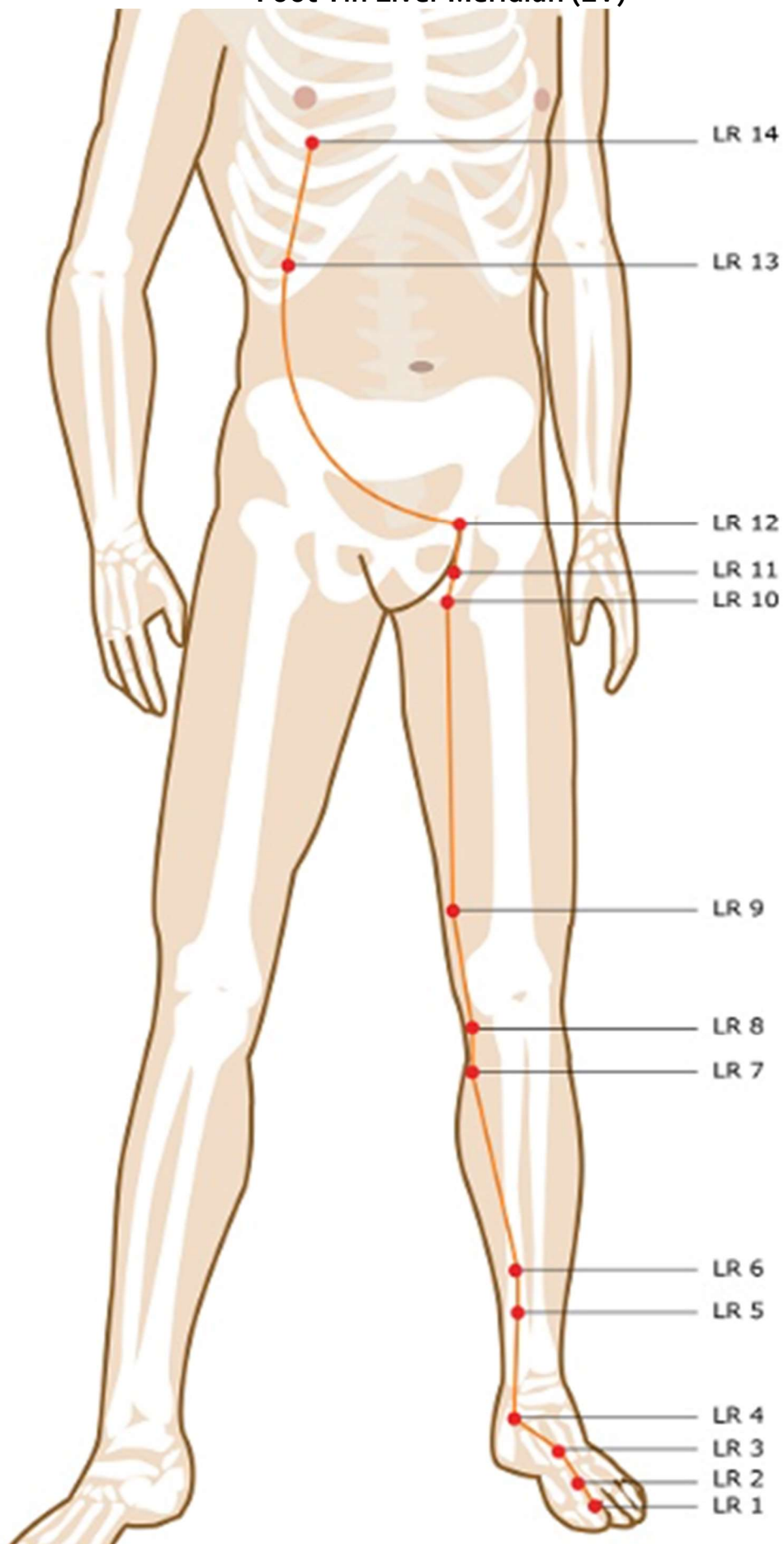
- Treating eye problems.
- Treating ear problems.
- Treating headaches, especially ones near the temple or side of the head.
- Treating liver disorders.
- Removing phlegm disorders and disorders related to swelling caused by retention of bodily fluids, such as swollen lymph nodes.
- Clearing energy disruptions of the Gallbladder channel which are the cause of jaundice, pain in the side of the torso, nausea, or fever.
- Healing pathogenic illness.
- Treating emotional disorders believed to be related to the wellbeing of the human soul.
- Healing atrophy of the leg muscles.

Gallbladder Meridian Channels & Sinews

The Gallbladder meridian travels from the toes all the way up to the top of the head.

Alongside the primary meridian channel that features the acupuncture points, there are also secondary energy pathways through which the energy of the Gallbladder meridian flow.

Foot Yin Liver Meridian (LV)



LR 1: da dun / Large Pile

“Da” means “big”; “dun,” “thick.” The point is located on the lateral to the big toe, which is big and thick. **Location**

At the lateral aspect of the dorsum of the terminal phalanx of the big toe, 0.1 cun from the corner of the nail.

Method

Puncture obliquely upward 0.2–0.3 cun, or prick with a three-edged needle for bloodletting, with a pain sensation in the local area. Warm moxibustion for 5–10 min is applicable.

Function: Regulates menses, resolves damp-heat, promotes smooth flow of Liver Qi, restores consciousness.

Indications: Hernia, enuresis, uterine bleeding, prolapse of the uterus, epilepsy.

Caution

Puncturing the point needs rapid manipulation, because of its severe pain. Moxibustion is applicable to functional ejaculation failure; acupuncture, to syncope.

LR 2: xing jian / Moving Between

“Xing” means “go through”; “jian,” “middle.” Channel qi of the liver meridian of foot–jueyin goes through the point between toes.

Location

On the instep of the foot, between the first and second toes, at the junction of the red and white skin proximal to the margin of the web.

Method

Puncture obliquely upward 0.5–1 cun, with a local sensation of distending pain radiating to the dorsum of the foot. Warm moxibustion for 5–10 min is applicable.

Function: Clears Liver fire, subdues Liver yang, cools blood, subdues interior wind.

Indications: None.

LR 3: tai chong / Supreme Surge

“Tai” means “grand”; “chong,” “abundant.” The point is the yuan–source point, which is abundant in qi and blood, and so is named taichong.

Location

At the dorsum of the foot, at the depression of the posterior end of the first interosseous metatarsal space.

Methods

- (i) Puncture perpendicularly 0.5–1 cun, with a local sensation of sore ness and distension.
- (ii) Puncture toward yongquan (KI 1) 1.2–1.5 cun, with a local sensation of soreness and distension, or electric numbness radiating to the sole.

Function: Subdues Liver yang, expels interior wind, promotes the smooth flow of Liver Qi, calms the mind, calms spasms.

Indications: Headache, dizziness and vertigo, insomnia, congestion, swelling and pain of the eye, depression, infantile convulsion, deviation of mouth, pain in the hypochondriac region, uterine bleeding, hernia, enuresis, retention of urine, epilepsy, pain in the anterior aspect of the medial malleolus.

Caution

Generally, perpendicular acupuncture is used, and penetrating acupuncture is applicable to hypertension and neurasthenia.

LR 4: zhong feng / Mound Center

Function: Promotes the smooth flow of Liver Qi in the Lower Energizer.

Indications: Hernia, pain in the external genitalia, nocturnal emission, retention of urine, distending pain in the hypochondrium.

LR 5: li gou / Woodworm Canal

“Li” means “ladle”; “gou,” “ditch.” The calf, where the point is located, is like a ladle in shape, and the inside tibia is like a ditch.

Location

On the medial side of the leg, 5 cun proximal to the tip of the medial aspect of the tibia.

Methods

- (i) Puncture perpendicularly 0.5–1 cun along the posterior border of the tibia, with a local sensation of soreness and distension.
- (ii) Puncture obliquely upward 1.5–2 cun along the posterior border of the tibia with the manipulation of lifting, thrusting, twirling and rotating, giving a sensation of soreness and distension radiating to the knee, and even to the genitalia.

Function: Promotes the smooth flow of Liver Qi, resolves damp-heat.

Indications: Retention of urine, enuresis, hernia, irregular menstruation, leukorrhea, pruritus or itchy vulvae, weakness and atrophy of the leg.

Caution

Oblique acupuncture is applicable to diseases of the genitalia; perpendicular puncture, to common diseases.

LR 6: zhong du / Central Metropolis

Function: Removes obstructions from channels, promotes smooth flow of Liver Qi, stops pain.

Indications: Abdomen and hypochondriac pain, diarrhea, hernia, uterine bleeding, prolonged lochia.

LR 7: xi guan / Knee Joint

Function: Frees channels and connecting vessels, disinhibits joints, dispels wind, relieves pain.

Indications: Pain of the knee, especially if pain in on the inner knee.

LR 8: qu quan / Spring at the Bend

Function: None.

Indications: Prolapse of uterus, lower abdominal pain, retention of urine, nocturnal emission, pain the external genitalia, pruritus vulvae, pain in medial aspect of the knee and thigh.

LR 9: yin bao / Yin Bladder

Function: Courses the Liver and rectifies Qi, adjusts the Penetrating and Conception vessels, clears and disinhibits the Lower Energizer.

Indications: Pain in the lumbosacral region, lower abdominal pain, enuresis, retention of urine, irregular menstruation.

LR 10: (zu) wu li / (Foot) Five Li

Function: Soothes the sinews and quickens the connecting vessels, clears and disinhibits Lower Energizer damp heat.

Indications: Lower abdominal distension and fullness, retention of urine.

LR 11: yin lian / Yin Corner

Function: Soothes the sinews and quickens the connecting vessels, regulates the Penetrating and Conception vessels.

Indications: Irregular menstruation, leukorrhea, lower abdominal pain, pain in the thigh and leg.

LR 12: ji mai / Urgent Pulse

Function: Frees the channels and dissipates cold.

Indications: Lower abdominal pain, hernia, pain in the external genitalia.

LR 13: zhang men / Camphorwood Gate

“Zhang” means “magnificent”; “men,” “door.” The point, both a mu-point of the spleen and an influential point dominating the zang organs, is a site where the qi and blood of the five zang organs magnificently meet. **Location**

Right below the free end of the 11th rib, on the lateral side of the chest.

Methods

- (i) Puncture obliquely toward short ribs (free end) 0.5–1 cun, with a local sensation of soreness, distension and heaviness.
- (ii) Puncture horizontally anterior–inferior 1–1.5 cun, with a sensation of distension and heaviness in the lateral region of the abdomen.

Function: Promotes the smooth flow of Liver Qi, relieves retention of food, benefits the Stomach and Spleen.

Indications: Abdominal distension, borborygmus, pain in the hypochondriac region, vomiting, diarrhea, indigestion.

Caution

Accidents often occur to the point. Autopsy shows that the insertion should not be deeper than 0.5 cun. Generally, oblique acupuncture is applied toward the short ribs, with the tip touching the rib, which is applicable to common diseases. Horizontal acupuncture, at an angle of 15°, is for hypochondriac pain.

LR 14: qi men / Cycle Gate

“Qi” means “cycle”; “men,” “door.” The qi and blood of the 12 meridians flow in a cycle from yunmen (LU 2) to this point, so it is named qimen.

Location

On the chest, when the patient lies supine, directly below the nipple, at the sixth intercostal space, 4 cun lateral to the anterior midline.

Method

Puncture obliquely to the upper or lower costal margin about 0.5 cun, with a sensation of distending pain, sometimes radiating to the posterior wall of the abdomen. Three to five cones of moxibustion are applicable, or warm moxibustion for 10–15 min.

Function: Promotes the smooth flow of Liver Qi, benefits the Stomach, cools blood.

Indications: Hypochondriac pain, abdominal distension, hiccups, acid regurgitation, mastitis, depression, febrile diseases.

Caution

Accidents often occur to the point and the insertion should not be deeper than 0.5 cun. Generally, oblique acupuncture is applied till the tip touches the margin of the rib. With electric stimulation, the tip should be inserted horizontally along the intercostal space subcutaneously.

Primary Functions

- Maintaining the free flow of chi throughout the body.
- Dominating the sinews of the body.
- Influencing the health and function of the eyes.
- Controlling the health of the finger and toe nails.

Common Uses

- Resolving distension and pain related to the stagnation of Liver meridian chi, especially in the head, throat, chest, heart, lungs, stomach, abdomen, intestines, and genitals.
- Assisting the healthy movement of chi in the Stomach meridian, Lung meridian, and Spleen meridian.
- Treating the occurrence of headaches, dizziness, epilepsy, and spasms related to chi imbalances.
- Balancing the performance of Liver meridian chi.
- Improving the health of the eyes.
- Treating disorders that involve pain and swelling in the genitals, as well as genital issues such as ejaculatory disorders, priapism (unwanted erections), and impotence.
- Regulating the health of the menstrual cycle and improving menstrual disorders.
- Treating hernias, swelling, and pain, in the genital and lower abdomen areas.
- Treating urination disorders such as urinary retention, painful urination, urinary dysfunction in general, incontinence, frequent urination, and others.
- Treating lumbar (lower spine) pain.
- Improving psychological emotional disorders related to a failure in the Liver meridian chi.

Liver Meridian Channels & Sinews

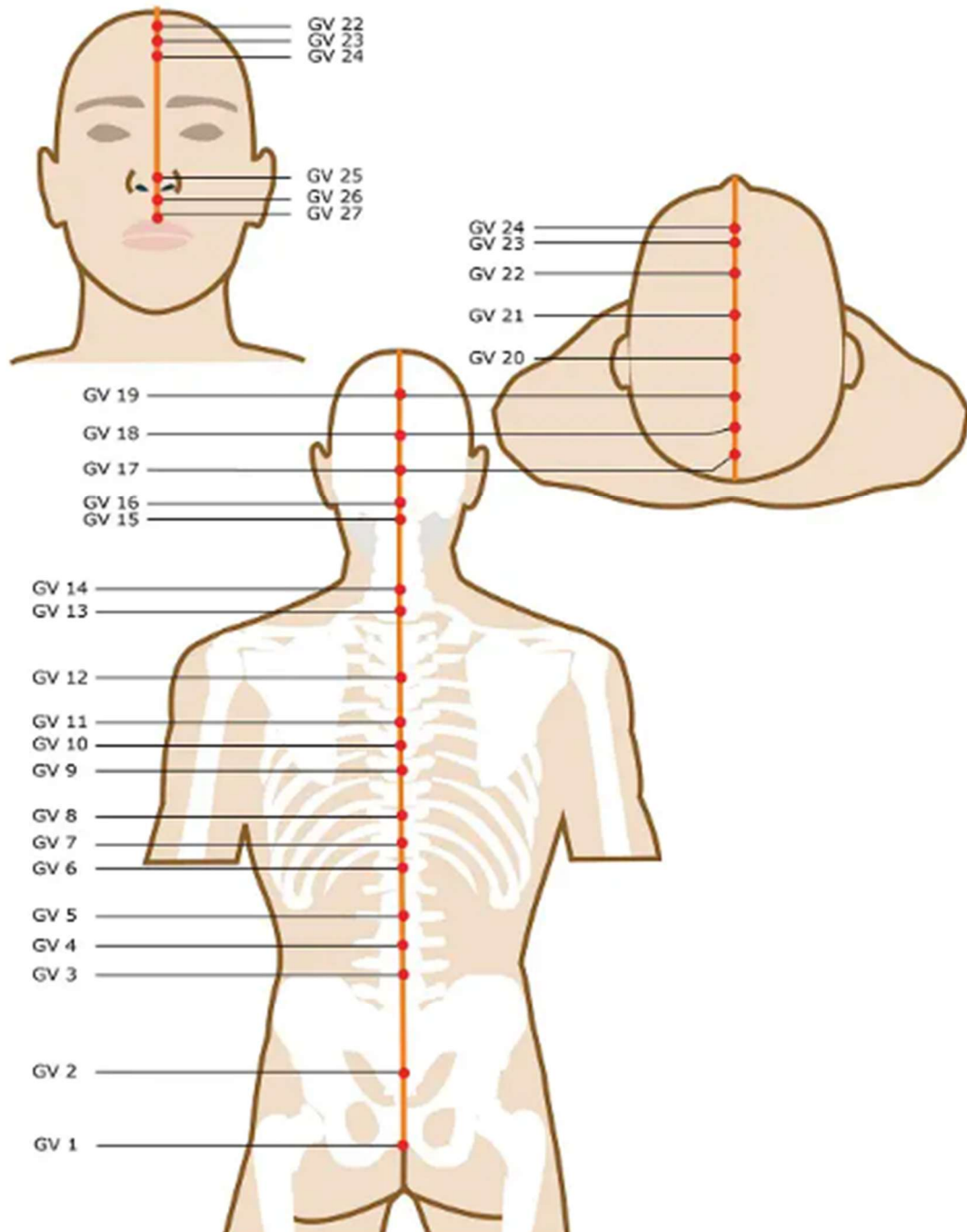
The Liver meridian begins at acupoint LV1 on the side of the big toe.

From there, it ascends up the leg until it reaches the groin area, then bends sideways as it travels up the side of the torso and ends at LV14 on under the nipple on the chest.

But the Liver meridian, like all meridians, also has secondary pathways of energy that flow out from it that aren't considered a part of the primary meridian line.

These secondary pathways don't have acupuncture points of their own, but they are still an important part of the knowledge of trained acupuncturists because their energy flow helps explain why a certain meridian can influence body parts that don't touch the meridian line itself.

The Governing Vessel (DU), also called the Du Mai, or Du Channel



GV 1: chang qiang / Long Strong

Function: Regulates Governing and Conception vessels, resolves damp-heat, calms the mind.
Indications: Diarrhea, bloody stools, hemorrhoids, prolapse of the rectum, constipation, pain in the lower back, epilepsy.

GV 2: yao shu / Lumbar Transporter

Function: Extinguishes interior wind, calms spasms and convulsions, strengthens lower back.
Indications: Irregular menstruation, pain and stiffness of the lower back, hemorrhoids, muscular atrophy of the lower extremities, epilepsy.

GV 3: (yao) yang guan / (Lumbar) Yang Pass

Function: Strengthens the lower back, tonifies yang, strengthens the legs.

Indications: Irregular menstruation, nocturnal emission, impotence, pain in the lumbosacral region, muscular atrophy, motor impairment, numbness and pain of the lower extremities, epilepsy.

GV 4: mung men / Life Gate

Function: Tonifies Kidney yang, nourishes original Qi, warms gate of vitality, expels cold, strengthens the lower back, benefits essence.

Indications: Stiffness of the back, lumbago, impotence, nocturnal emission, indigestion, irregular menstruation, diarrhea, leukorrhea.

GV 5: xuan shu / Suspended Pivot

Function: Fortifies the Spleen and harmonizes the Stomach, strengthens the lumbar and knees.

Indications: Pain and stiffness of the lower back, diarrhea, indigestion.

GV 6: ji zhong / Spinal Center

Function: Fortifies the Spleen and disinhibits damp, supplements the Kidneys and stems desertion, strengthens the lumbar.

Indications: Pain in the epigastric region, diarrhea, jaundice epilepsy, stiffness and pain of the back.

GV 7: zhong shu / Central Pivot

Function: Supplements the Kidneys and strengthens the lumbar, harmonizes the Stomach and relieves pain.

Indications: Pain in the epigastric region, lower back pain, stiffness of the back.

GV 8: jin suo / Sinew Contraction

Function: Relaxes the sinews, eliminates interior wind.

Indications: Epilepsy, stiffness of the back, gastric pain.

GV 9: zhi yang / Extremity of Yang

Function: Regulates Liver and Gallbladder, moves Qi, opens chest and diaphragm, resolves damp-heat.

Indications: Jaundice, cough, asthma, stiffness of the back, pain in the chest and back.

GV 10: ling tai / Spirit Tower

Function: Diffuses the Lung and suppresses cough, frees the channels and quickens the connecting vessel.

Indications: Cough, asthma, furuncles, back pain, neck rigidity.

GV 11: shen dao / Spirit Path

Function: Regulates the Heart, calms the mind.

Indications: Poor memory, anxiety, palpitation, pain and stiffness of the back, cough, cardiac pain.

GV 12: shen zhu / Body Pillar

Function: Eliminates interior wind, calms spasms, tonifies Lung Qi, strengthens the body.

Indications: Cough, asthma, epilepsy, pain and stiffness of the back, furuncles.

GV 13: tao dao / Kiln Path

Function: Stiffness of the back, headache, malaria, febrile diseases.

Indications: Clears heat, releases the exterior, regulates the Lesser Yang.

GV 14: da zhui / Great Hammer

Function: Clears heat, releases the exterior, expels wind, regulates nutritive and defensive Qi, clears the mind, tonifies the yang.

Indications: Neck pain and rigidity, malaria, febrile diseases, epilepsy, afternoon fever, cough, asthma, common cold, back stiffness.

GV 15: ya men / Mute's Gate

Function: Clears the mind, stimulates speech.

Indications: Mental disorders, epilepsy, deafness and mute, sudden hoarseness of voice, apoplexy, stiffness of the tongue and aphasia, occipital headache, neck rigidity.

GV 16: feng fu / Wind Mansion

Function: Eliminates wind, clears the mind, benefits the brain.

Indications: Headache, neck rigidity, blurring of vision, epistaxis, sore throat, post-apoplexy, aphasia, hemiplegia, mental disorders.

GV 17: nao hu / Brain's Door

Function: Eliminates wind, benefits the brain, clears the mind.

Indications: Epilepsy, dizziness, pain and stiffness of the neck.

GV 18: qiang jian / Unyielding Space

Function: Calms the Liver and extinguishes wind, soothes the sinews and quickens the connecting vessel.

Indications: Headache, neck rigidity, blurring of vision, mania.

GV 19: hou ding / Behind the Vertex

Function: Calms the mind.

Indications: Headache, vertigo, epilepsy, mania.

GV 20: bai hui / Hundred Convergences

Function: Clears the mind, lifts the spirits, tonifies yang, strengthens the ascending function of the Spleen, eliminates interior wind, promotes resuscitation.

Indications: Headache, vertigo, tinnitus, nasal obstruction, aphasia by apoplexy, coma, mental disorders, prolapse of the rectum and the uterus.

GV 21: qian ding / Before the Vertex

Function: Extinguishes wind and relieves tetany, frees the connecting vessels and disperses swelling, stabilizes the spirit.

Indications: Epilepsy, dizziness, blurring of vision, vertical headache, rhinorrhea.

GV 22: xin hui / Fontanel Meeting

Function: Calms the Liver and extinguishes wind, opens the portals and settles fright.

Indications: Headache, blurring of vision, rhinorrhea, infantile convulsion.

GV 23: shang xing / Upper Star

Function: Opens the nose.

Indications: Headache, ophthalmalgia, epistaxis, rhinorrhea, mental disorders.

GV 24: shen ting / Spirit Court

Function: Calms the mind.

Indications: Epilepsy, anxiety, vertigo, palpitation, insomnia, headache, rhinorrhea.

GV 25: su liao / White Bone-Hole

Function: Discharges heat and opens the portals, returns yang and stems counterflow.

Indications: Loss of consciousness, nasal obstruction, epistaxis, rhinorrhea, rosacea.

GV 26: shui gou / Water Trough

Function: Promotes resuscitation, benefits the lumbar spine.

Indications: Mental disorders, epilepsy, hysteria, infantile convulsion, coma, deviation of the mouth, apoplexy-faint, trismus, puffiness of the face, pain and stiffness of the lower back.

GV 27: dui duan / Extremity of the Mouth

Function: Nourishes yin and clears heat, relieves pain and quiets the spirit.

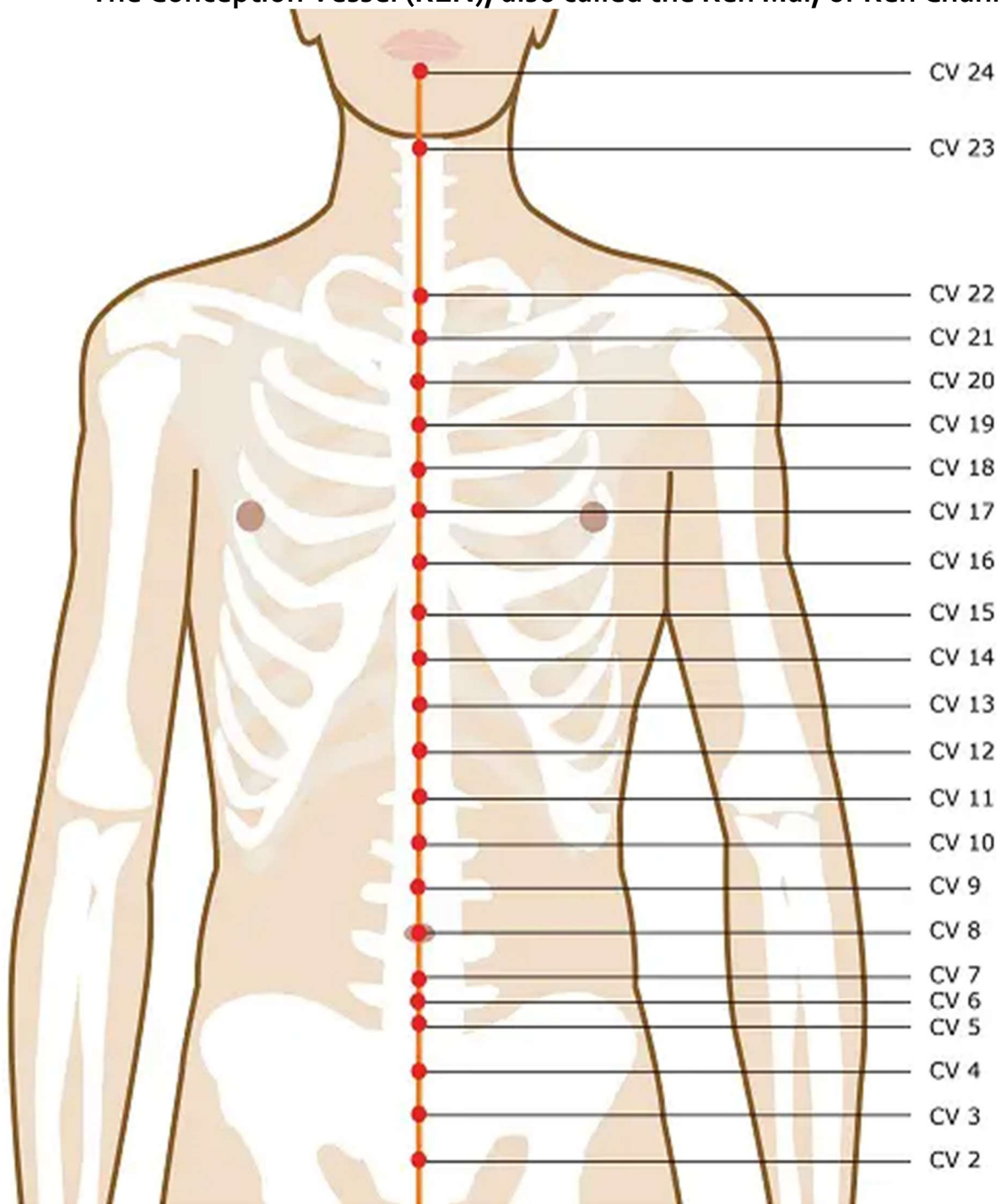
Indications: Mental disorders, lip twitching, lip stiffness, pain and swelling of the gums.

GV 28: yin jiao / Gum Intersection

Function: Diffuses the Lung and frees the portals, clears heat and drains fire, brightens the eyes and relieves itching.

Indications: Mental disorders, pain and swelling of the gums, rhinorrhea.

The Conception Vessel (REN), also called the Ren Mai, or Ren Channel



CV 1: hui yin / Meeting of Yin

Function: Nourishes yin, benefits essence, promotes resuscitation, resolves damp-heat.

Indications: Vaginitis, retention of urine, hemorrhoids, nocturnal emission, enuresis, irregular menstruation, mental disorders.

CV 2: qu gu / Curved Bone

Function: Warms yang and supplements Kidney, regulates menses and stops vaginal discharge.

Indications: Retention and dribbling of urine, enuresis, nocturnal emission, impotence, morbid leukorrhea, irregular menstruation, dysmenorrhea, hernia.

CV 3: zhong ji / Central Pole

Function: Resolves damp-heat, promotes the Bladder function of Qi transformation, clears heat.

Indications: Enuresis, nocturnal emission, impotence, hernia, uterine bleeding, irregular menstruation, dysmenorrhea, morbid leukorrhea, frequency of urination, retention of urine, pain in the lower abdominal, prolapse of the uterus, vaginitis.

CV 4: guan yuan / Origin Pass

Function: Nourishes blood and yin, strengthens yang, regulates the uterus, benefits original Qi, tonifies the Kidneys, calms the mind, roots the ethereal soul.

Indications: Enuresis, nocturnal emission, frequency of urination, retention of urine, hernia, dysmenorrhea, uterine bleeding, irregular menstruation, morbid leukorrhea, lower abdominal pain, prolapse of the rectum, postpartum hemorrhage, indigestion, diarrhea, flaccid type apoplexy.

CV 5: shi men / Stone Gate

Function: Strengthens original Qi, promotes the transformation and excretion of fluids in the Lower Energizer, opens water passages.

Indications: Abdominal pain, diarrhea, edema, hernia, anuria, enuresis, uterine bleeding, amenorrhea, morbid leukorrhea, postpartum hemorrhage.

CV 6: qi hai / Sea of Qi

Function: Tonifies Qi and yang, regulates qi, tonifies original Qi, resolves dampness.

Indications: Abdominal pain, enuresis, nocturnal emission, impotence, hernia, edema, asthma, diarrhea, dysentery, uterine bleeding, irregular menstruation, dysmenorrhea, morbid leukorrhea, amenorrhea, postpartum hemorrhage, constipation, flaccid type apoplexy.

CV 7: yin jiao / Yin Intersection

Function: Nourishes yin, regulates the uterus.

Indications: Abdominal distension, edema, hernia, irregular menstruation, uterine bleeding, morbid leukorrhea, pruritus vulvae, postpartum hemorrhage, abdominal pain around the umbilicus.

CV 8: shen que / Spirit Tower Gate

Function: Rescues yang, strengthens the Spleen, tonifies original Qi, warms and frees the original yang, opens the portals and restores consciousness, moves gastrointestinal Qi, transforms cold-damp accumulating stagnations.

Indications: Abdominal pain, borborygmus, flaccid type of apoplexy, prolapse of the rectum, unchecked diarrhea.

CV 9: shui fen / Water Divide

Function: Moves Spleen and disinhibits water-damp.

Indications: Promotes the transformation of fluids, controls the water passages.

CV 10: xia guan / Lower Venter

Function: Promotes the descending of Stomach Qi, relieves stagnation of food, tonifies Spleen.

Indications: Epigastric pain, abdominal pain, borborygmus, indigestion, vomiting, diarrhea.

CV 11: jian li / Interior Strengthening

Function: Promotes digestion in the Stomach, stimulates the descending of Stomach Qi.

Indications: Stomach ache, vomiting, edema, abdominal distension, borborygmus, anorexia.

CV 12: zhong guan / Central Venter

Function: Tonifies Stomach and Spleen, resolves dampness, regulates Stomach Qi.

Indications: Stomach ache, abdominal distension, borborygmus, nausea, vomiting, acid regurgitation, diarrhea, dysentery, jaundice, indigestion, insomnia.

CV 13: shang guan / Upper Venter

Function: Subdues rebellious Stomach Qi.

Indications: Stomach ache, abdominal distension, nausea, vomiting, epilepsy, insomnia.

CV 14: ji que / Great Tower Gate

Function: Subdues rebellious Stomach Qi, calms the mind, clears the Heart.

Indications: Pain in cardiac region and chest, nausea, acid regurgitation, difficulty in swallowing, vomiting, mental disorders, epilepsy, palpitations.

CV 15: jiu wei / Turtledove Tail

Function: Calms the mind, benefits original Qi.

Indications: Pain in the cardiac region and the chest, nausea, mental disorders, epilepsy, palpitations, difficulty swallowing, itchy skin on abdomen.

CV 16: zhong ting / Central Palace

Function: Loosens the chest and rectifies Qi, downbears counterflow and harmonizes the center.

Indications: Distension and fullness in the chest and intercostal region, hiccups, nausea, anorexia.

CV 17: shan zhong / Chest Center

Function: Tonifies Qi, regulates Qi, dispels fullness from the chest, clears the Lungs, resolves phlegm, benefits the diaphragm and the breasts.

Indications: Asthma, pain in the chest, fullness in the chest, palpitation, insufficient lactation, hiccups, difficulty in swallowing.

CV 18: yu tang / Jade Hall

Function: Loosens the chest and rectifies Qi, suppresses cough and dispels phlegm.

Indications: Pain in the chest, cough, asthma, vomiting.

CV 19: zi gong / Purple Palace

Function: Loosens the chest and rectifies Qi, suppresses cough and disinhibits the throat.

Indications: Pain in the chest, cough, asthma.

CV 20: hua gai / Florid Canopy

Function: Loosens the chest, disinhibits the diaphragm, clears the Lung and stops cough.

Indications: Fullness and pain in the chest and intercostal region, cough, asthma.

CV 21: xuan ji / Jade Pivot

Function: Loosens the chest and rectifies Qi, suppresses cough and downbears counterflow.

Indications: Pain in the chest, cough, asthma.

CV 22: tian tu / Celestial Chimney

Function: Stimulates the descending of Lung Qi, resolves phlegm, clears heat, stops cough, benefits the throat, soothes asthma.

Indications: Asthma, cough, sore throat, dry throat, hiccups, sudden hoarseness of the voice, difficulty in swallowing, goiter.

CV 23: lian quan / Ridge Spring

Function: Disperses interior wind, promotes speech, clears fire, resolves phlegm, subdues rebellious Qi.

Indications: Swelling and pain of the subglossal region, salivation with glossoplegia, aphasia with stiffness of tongue by apoplexy, sudden hoarseness of the voice, difficulty swallowing.

CV 24: cheng jiang / Sauce Receptacle

Function: Expels exterior wind.

Indications: Facial puffiness, swelling of the gums, toothache, salivation, mental disorders, deviation of the eyes and mouth.

EXTRAORDINARY POINTS

➤ **Yintang (EX–HN₂)**

“Yin” means “a seal”; “tang,” “hall.” The point is located between the eyebrows, and was named yintang by ancient astrologists.

Location

On the forehead, midway between the medial ends of the two eyebrows.

Methods

- (i) Puncture obliquely 0.5 cun with the pinching insertion method from up to down, with a distending sensation in the local area.
- (ii) Puncture horizontally 1 cun respectively penetrating to bilateral zanzhu (BL 2), with a local sensation of soreness and distension. Warm moxibustion for 3–5 min is applicable.

Indications

Headache, dizziness, rhinitis, infantile convulsions, cold.

Caution

Generally, oblique puncture is applied, while horizontal puncture is for headache. Pricking with a three-edged needle for bloodletting is done for treatment of infantile convulsions and cold.

➤ **Taiyang (EX–HN₅)**

“Tai” means “high and extreme”; “yang,” refers to yang of yin and yang. The slight depression of the temporalis part is commonly called taiyangxue, where the point is located.

Location

At the temporal part of the head and on the depression 1 cun posterior to the midpoint between the lateral end of the eyebrow and the outer canthus.

Methods

- 1) Puncture perpendicularly 0.5–1 cun, with a local sensation of soreness and distension; or prick with a three-edge needle for bloodletting.
- 2) Puncture horizontally 1.5–2 cun toward the apex satyri, with a sensation of soreness and distension radiating to the homolateral temporalis part.
- 3) Puncture 2–2.5 cun, penetrating to xiaguan (ST 7).

Indications

Headache, migraine, dizziness, facial paralysis, toothache, acute conjunctivitis.

Caution

Generally, perpendicular puncture is applied. Pricking with a three-edged needle is for severe headache or acute conjunctivitis; horizontal puncture, for migraine; penetrating puncture, for sequelae of facial paralysis. The point is unsuitable for moxibustion.

➤ **Qiuhou (EX–HN7)**

“Qiu” means “eyeball”; “hou,” “posterior.” The point is deep behind the eyeball.

Location

On the face, at the junction of the lateral fourth and medial three-fourths of the infraorbital margin.

Method

With the patient looking up, the practitioner fixes the eyeball with the left hand and inserts the needle slightly upward–inward with the other 0.8–1.2 cun, with a sensation of soreness and distension or protrusion in the whole eyeball.

Indications

Juvenile myopia, optic atrophy, orbital optic neuritis, chronic simple glaucoma.

Caution

As it is one of the points to which accidents will occur, No. 32–34 fine needles should be used with slow insertion, the needle being retained as soon as the sensation arises. Avoid lifting, thrusting, twirling or rotating with a large amplitude, for fear of injury to blood vessels inducing ocular hematoma.

➤ **Jinjin (EX–HN12), Yuye (EX–HN13)**

“Jin” and “Yu” here mean “precious” and “valuable”; “jin” and “ye” refer to saliva, which was believed to be the essence of human body fluid. The point is located at the opening spots under the sublingual ducts of the left and right where saliva is secreted.

Location

In the mouth, on the vein on the left side (jinjin) and on the right side (yuye) of the frenulum of the tongue. **Method**

Puncture perpendicularly 0.2–0.3 cun, with a pain sensation in the local area; or prick for blood with a three-edged needle.

Indications

Glossoculus, aphasia, mouth ulcer. Caution Usually, pricking needling is applied without retention of the needle.

Yiming (EX–HN₁₄)

“Yi” means “to cover”; “ming,” “bright light.” The point is able to cure eye diseases and brighten the eyes. **Location**

On the nape, 1 cun posterior to yifeng, at the midpoint of the line connecting yifeng and fengchi.

Method

Puncture perpendicularly 1–1.5 cun, with a distending sensation on one side of the head, or distension and heaviness in the local area. Indications Myopia, early senile cataract, tinnitus, optic atrophy.

Caution

A satisfactory needling sensation will be achieved if the needle point is inserted toward the nasal tip.

➤ **Zigong (EX–CA₁)**

“Zigong” means “uterus.” The point is able to cure diseases of the uterus.

Location

At the lower abdomen, 4 cun below the center of the umbilicus and 3 cun lateral to zhongji (RN 3).

Methods

- (i) Puncture perpendicularly 1–1.5 cun, with a local sensation of sore ness and distension.
- (ii) Puncture 2.5–3 cun penetrating to zhongji (RN 3), with soreness and distension in the abdomen, sometimes a uterus tic or needling sensation radiating to the external genitalia.

Indications

Uterine prolapse; menoxenia, menalgia, pelvic inflammation.

Caution

Penetrating acupuncture is mainly applicable to uterine prolapse; perpendicular puncture, to common diseases.

Dingchuan (EX–B₁)

“Ding” means “conquer”; “chuan” refers to asthma. The point works to conquer asthma, so it is named dingchuan.

Location

On the back, below the spinous process of the seventh cervical vertebra, 0.5 cun lateral to the posterior midline. **Method**

Puncture perpendicularly 0.5–1 cun, with the tip slightly oblique to the backbone, giving a local sensation of soreness and distension, sometimes radiating to the shoulders, the back or the chest. Three to five cones of moxibustion are applicable, or warm moxibustion for 10–15 min.

Indications

Asthma, bronchitis, urticaria, stiff neck.

Caution

Avoid deeper insertion, for fear that accidents will happen.

➤ **Jiaji (EX–B2)**

“Jia” means “being fixed by two opposite forces”; “ji,” refers to the spinal column. The point is located bilateral to the spine from the first to the fifth like clamping the spine from both sides, so it is named jiaji — or huatuoji, for it was said to be discovered by the famous physician Hua Tuo of the Eastern Han Dynasty. **Location**

On the back and low back, a group of 34 points on both sides of the spinal column, below the spinous processes from the first thoracic vertebra to the fifth lumbar vertebra, 0.5 cun lateral to the posterior midline. **Method**

Puncture perpendicularly 1.5–2 cun slightly toward the inner side, with a local sensation of soreness and distension, or electric numbness radiating to the extremities or intercostal space. Warm moxibustion for 10–20 min is applicable.

Indications

Points on the upper breast for diseases of the heart, the lung and upper extremities; points on the pectus for diseases of the stomach and intestines; points on the lower back for diseases of the lumbar, abdomen and lower extremities.

Caution

Perpendicular puncture is applicable to common diseases; horizontal puncture, to local muscle diseases.

➤ **Yaoyan (EX–B7)**

“Yao” refers to the low back; “yan,” the eye socket, the depression. The point is located on the depression bilateral to the low back, which is commonly called yaoyan.

Location

On the low back, below the spinous process of the fourth lumbar vertebra, in the depression 3.5 cun lateral to the posterior midline.

Methods

- (i) Puncture perpendicularly 1.5 cun, with a local sensation of soreness and distension.
- (ii) Puncture horizontally 1.5–2 cun, with the tip toward the vertebrae, giving a local sensation of soreness and distension, sometimes radiating to the buttocks.

Indications

Acute lumbar muscle sprain, nephroptosis, chronic low back pain.

Caution

The most obvious tenderness is taken as the point for an acute lumbar muscle sprain. Horizontal acupuncture is applicable to chronic low back pain.

➤ **Yaoqi (EX–B8)**

“Yao” refers to the low back; “qi” means “peculiar.” The point is located on the low back and has curative effect on some diseases, so it is named yaoqi.

Location

On the low back, 2 cun directly above the tip of the coccyx, in the depression between the sacral horns. **Method**

Puncture horizontally, with the tip upward, 2–2.5 cun along the skin. Warm moxibustion for 10–15 min is applicable.

Indications

Mania, headache, insomnia, constipation.

➤ **Sifeng (EX–UE10)**

“Si” means “four”; “feng,” “crevice.” The point is located on the transverse striation of interphalangeal joints, four points on each hand, so it is named sifeng.

Location

Four points on each hand, on the palmar side of the second-to-fifth fingers and at the center of the proximal interphalangeal joints.

Method

Pricking needling is applied with a thick filiform needle or a three-edged needle. Withdraw the needle rapidly before a small amount of yellow–white transparent mucus is extruded, with a pain sensation in the local area. **Indications**

Infantile diarrhea, infantile malnutrition, pertussis.

Caution

During pricking, yellow–white mucus disappearing and blood flowing out show that the patient's condition is getting better. Moxibustion is unsuitable here.

➤ **Shixuan (EX–UE11)**

“Shi” refers to ten points on both hands; “xuan” means “catharsis.” This means that the points work to remove pathogens.

Location

Ten points on both hands, at the tips of the ten fingers, 0.1 cun from the free margin of the nails.

Method Puncture perpendicularly 0.1–0.2 cun, or prick for blood with a three edged needle, with a pain sensation in the local area. Warm moxibustion for 5–10 min is applicable.

Indications

Coma, syncope, heatstroke, high fever, infantile convulsions.

➤ **Yaotongdian (EX–UE7)**

It is effective in treating acute or chronic lumbar muscle sprains.

Location

On the dorsum of the hand, between the second, third, fourth and fifth metacarpal bones lateral to the midpoint of the cross striation and the metacarpophalangeal articulation, two points on each side.

Methods

- (i) Puncture perpendicularly 0.3–0.5 cun, with a local sensation of soreness and distension.
- (ii) Puncture obliquely toward the center of the palm, two points on each side, with a sensation of soreness and distension radiating to the whole palm.

Indications

Acute lumbar muscle sprain, chronic low back pain, syncope, infantile convulsions, headache.

Caution

Oblique puncture is applicable to an acute lumbar muscle sprain; ask the patient to move the low back during manipulation. Perpendicular acupuncture is applicable to other diseases. Puncturing the point is highly effective in treating acute lumbar muscle sprains.

➤ **Xiyan (EX–LE5)**

“Xi” means “knee”; “yan,” “depression.” It is so named for it is located at the depressions of the bilateral knees.

Location

In the depression on both sides of the patellar ligament when the knee is flexed. The medial and lateral points are named neixiyan and waixiyan, respectively.

Methods

- (i) Puncture perpendicularly 1.5–2 cun, from the front to the back, or from the anterior interna to the posterior externa, with a sensation of soreness and distension in the knees, radiating downward sometimes.
- (ii) Puncture from the outer xiyan penetrating to the inner xiyan, with a local sensation of soreness and distension. Warm needling with one or two cones is applicable, or warm moxibustion for 10–15 min.

Indications

Swelling and pain of the knee joint, hemiplegia by stroke.

Caution

Waixiyan is dubi (ST 35) of the stomach meridian of foot–yangming. Perpendicular acupuncture is applicable to severe cases; penetrating puncture, to mild cases or patients who are afraid of needles. Warm needling is applied on the basis of perpendicular acupuncture.

➤ **Lanweixue (EX–LE7)**

It is a new acupoint beyond the meridians recently developed, and is effective in treating appendicitis, so it is named lanwei (the appendix in the human body).

Location

At the upper part of the anterior surface of the leg, 5 cun below dubi, one finger breadth lateral to the anterior crest of the tibia.

Method

Puncture perpendicularly 1.5–2 cun slightly toward the tibia, with a local sensation of soreness and distension radiating to the dorsum of the foot. Three-to-five cones of moxa are applicable, or warm moxibustion for 10–15 min.

Indications

Acute or chronic appendicitis, paraplegia, stomachache, dyspepsia.

Caution

While treating acute or chronic appendicitis, press on the point area to find the most obvious tenderness before insertion.

➤ **Dannangxue (EX–LE6)**

It is a new acupoint beyond the meridians recently developed, and is applicable to gallbladder disorders. **Location**

At the upper part of the lateral surface of the leg, 2 cun directly below the depression anterior and inferior to the head of the fibula.

Method

Puncture perpendicularly 1.5–2 cun, with a local sensation of soreness and distension radiating downward sometimes. Three to five cones of moxibustion are applicable, or warm moxibustion for 10–15 min. **Indications**

Acute or chronic cholecystitis, Barbados distemper, paraplegia, hypochondriac pain.

Caution

As with lanweixue (EX–LE7), the tenderness spot must be detected before insertion in the treatment of acute or chronic cholecystitis and Barbados distemper

A Yin meridian joins its Yang coupled meridian (and vice versa) in the extremities, either the fingers or the toes. Yin meridians of the Hand terminate in the fingers. Yang meridians of the Hand begin in the fingers. Yang meridians of the foot terminate in the toes. Yin meridians of the foot begin in the toes.

Notes:

Although the Governing Vessel is of Yang nature and the Conception Vessel of Yin nature, these two are not, strictly speaking, a coupled pair in the same sense of the twelve Primary Meridians.

Understanding the energetic function of the Meridians is the Chinese equivalent of understanding the function of the organs in Western Medical thought. The meridians are connected with, and have their origin in, the internal organs: treating a meridian effects the organ to which it is connected. The acupuncturist manipulates the vital organs with needles utilizing the acupuncture points along the meridians to achieve the desired effect.

The practice of acupuncture rests upon the relationship that exists between a specific area on the surface of the skin and a particular organ or energetic function. The needles or stimulus acts directly on the meridian, which in turn affects the associated organ. The more

appropriate the selection of the points on the meridian, the better the treatment results. Within the 12 Meridians and the two Extra Vessels lie the majority of acupuncture treatment technique.

The series of acupuncture points upon the skin, which constitute the outward line of the meridian, are primary evidence of the meridians existence although the meridians themselves are invisible. Acupuncture point locators indicate the difference in electrical resistance that exists around acupuncture points. The traditional methods of locating the points are by locating specific anatomical landmarks, using special methods of measurement which are valid for any human body, and by finger sensitivity. Finger sensitivity is necessary in many areas of acupuncture practice; locating the points, feeling the quality of the pulses, feeling the grip that Qi is exerting on an inserted needle, feeling (palpating) for sensitized areas of damage on the body.

The meridians provide communication lines between external body appendages and surfaces and the internal organs; upper and lower parts of the body; and provide for the circulation of energy. They govern the body's ability to function, carry Qi, and so contribute largely in the maintenance of health. This energy can be manipulated at stations along these communication lines, the acupuncture points along the meridians.

General Pathways of the Meridians

The circulating pathways of the twelve Meridians flow from the face to the feet, from the feet to the chest, from the chest into the hands, and from the hands back to the face. The Yang Meridians generally flow along the outward (lateral) side of the limbs and along the back of the body. The Yin Meridians pass along the inward (medial) side of the limbs and along the front of the body. It has already been mentioned that the pathways leading to or from the arms are called Hand Meridians, and those that descend to the legs or ascend from the legs are the Foot Meridians.

The three Yin hand meridians travel from chest to hand; the three Yang hand meridians, from hand to head (face). The three Yang foot meridians travel from head to foot; and the three Yin foot meridians travel from foot to chest. This describes the circulation of energy over the entire body and delineates the pathways in which Qi, or energy, flows.

With the arms raised over the head palms facing forward, the energy in the three Yin Hand Meridians (Lung, Heart, and Pericardium) will be flowing from the chest to the fingertips, upward along the forward portion of the arm. The energy in the three Yang Hand Meridians (Large Intestine, Small Intestine, and the San Jiao) will be flowing from the fingertips, downward on the back part of the arm, to end their flow in the face.

From the head, the energy of TWO of the three Meridians of the Foot (the Bladder and Gall Bladder, but not the Stomach) will be traveling down along the side or back of the body and outward side of the leg to end in the toes. To complete the cycle, the energy in the three Yin Meridians of the Foot (Spleen, Liver and Kidney) will be traveling up from the toes along the inward side of the leg, continuing along the front of the abdomen and ending in the chest, at which point the cycle begins again from the chest to the hand. There are exceptions to this, but the general pattern is accurate.

The Stomach Channel is one exception. Although it is a Yang Meridian, it runs on the front of the body with the Yin Meridians, instead of up the back like the rest of the Yang Meridians. The other exception is the Governor Vessel, which is a Yang Meridian in the center of the back, in which energy flows upward as opposed to the rest of the major Yang Meridians in which energy flows downward.

The Governor Vessel, or Du Mai (Du or GV), follows the spine upward on the back, travels over the head and ends on the inner surface of the upper lip. It has no direct connections to any internal organ. Its energy flow is Yang and ascends from the bottom of the pathway beginning near the anus. It connects with all the Yang Meridians of the body, and is important in many conditions requiring manipulation of the Yang energy of the body.

The Conception Vessel, or Ren Mai (CV or Ren) travels up the midline in front of the body. It runs from near the anus to the mouth, and its energy is Yin, ascending from the lower body to the upper, as does the Governing Vessel. In effect, these two meridians vertically encircle the body on its midline, front and back.

These two Vessels are not bilateral. They do not form a direct part of the organ meridian's energy circulation network, nor are they associated with any one organ. They belong to the eight Extra Vessels.

The energy traveling from the chest to the fingertip is predominantly Yin energy. Yet on its way back up the other side of the arm, it becomes Yang energy. The energy changes polarity, from Yin to Yang, or from Yang to Yin, the nearer it approaches the extremities of the limbs. The energy traveling from the chest to the fingertip begins as predominantly Yin energy, but as the energy approaches the extremity the polarity begins to change, and by the time the tip of the finger is reached the Yin becomes progressively mixed with the Yang energy. Energy traveling from the fingertips to the face begins as mixed Yin/Yang, but by the time it arrives in the face it is predominantly Yang energy.

Energy traveling from the face to the toes begins as predominantly Yang energy. As this Yang energy approaches the lower extremities of the leg, the polarity begins to change again. By the time the toes are reached the Yang energy is mixed with the Yin energy in almost equal proportions. The return from the toes to the chest causes the transformation again. This Yin energy then flows back into the arm, to continue the cycle.

It can be seen, therefore, that as Qi circulates through the Primary Meridians, it alternates in coupled pairs of Yin and Yang Meridians, staying for two hours in the Yin and two hours in the Yang, in a smooth alternating rhythm.

In the central area of the head and chest, even though the energy passes from one Channel to another, there is no polarity change. The head is the area where one Yang meridian joins another Yang meridian, and the chest is where each Yin meridian joins another.

The polarity change is not a sudden thing, but occurs gradually, mostly between the elbow and the fingertips, and between the knee and the toes. Therapeutically, it is at points below the knee and below the elbow that energy polarity changes can be most easily accelerated or retarded. Within these limits, the most important control or energy manipulation acupuncture points are found.

On acupuncture charts, the meridians appear as thin surface lines connecting a series of dots that represent the acupuncture points. Actually, there is much more to each meridian than what is shown in the acupuncture charts and diagrams. Every Channel has an inner pathway and an outer pathway, and it is usually the outer pathway with its acupuncture points that is shown on most charts or drawings, and the inner pathways are not accessible to manipulation by needling.

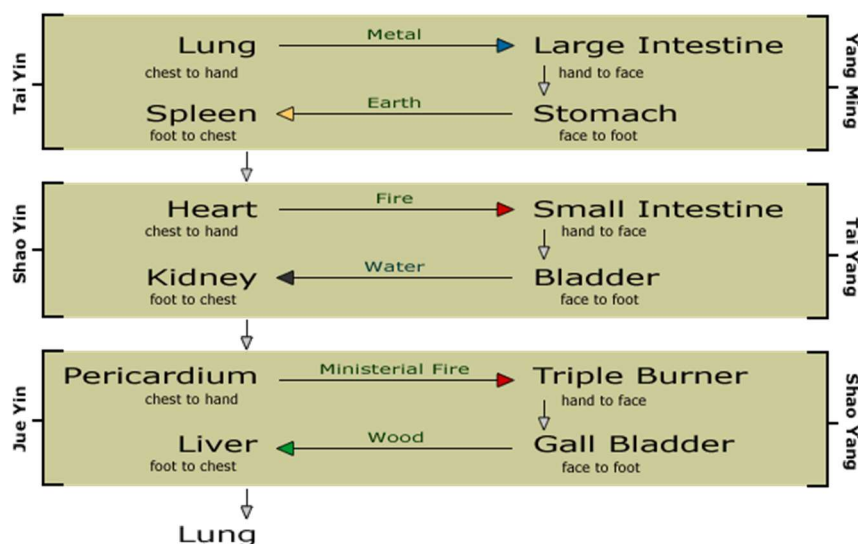
The true extent of the Meridians cannot be shown by lines on a two-dimensional drawing. On a drawing the lines show us an imaginary line from point to point, which usually represents the approximate centerline of the sphere of influence of that Channel. According to the Chinese, each Channel is connected to all the tissues, organs and functions over which its acupuncture points have an influence or produce an effect, whether in the immediate area of the points or at a much distant area.

i.e. - Examine the Heart Meridian with its nine acupuncture points running from the armpit down the inner surface of the arm to the tip of the little finger, very close to the surface. This much is shown on standard Meridian charts and most diagrams. However, the Heart Meridian naturally must be connected to the Heart, so it extends internally from the armpit point to the organ of the Heart itself. But, the Heart Meridian also has several other branches deep inside the body. One runs to the Small Intestine, and another branch connects to the head, specifically with the eye, tongue and brain.

Qi Flow Acupuncture Channels

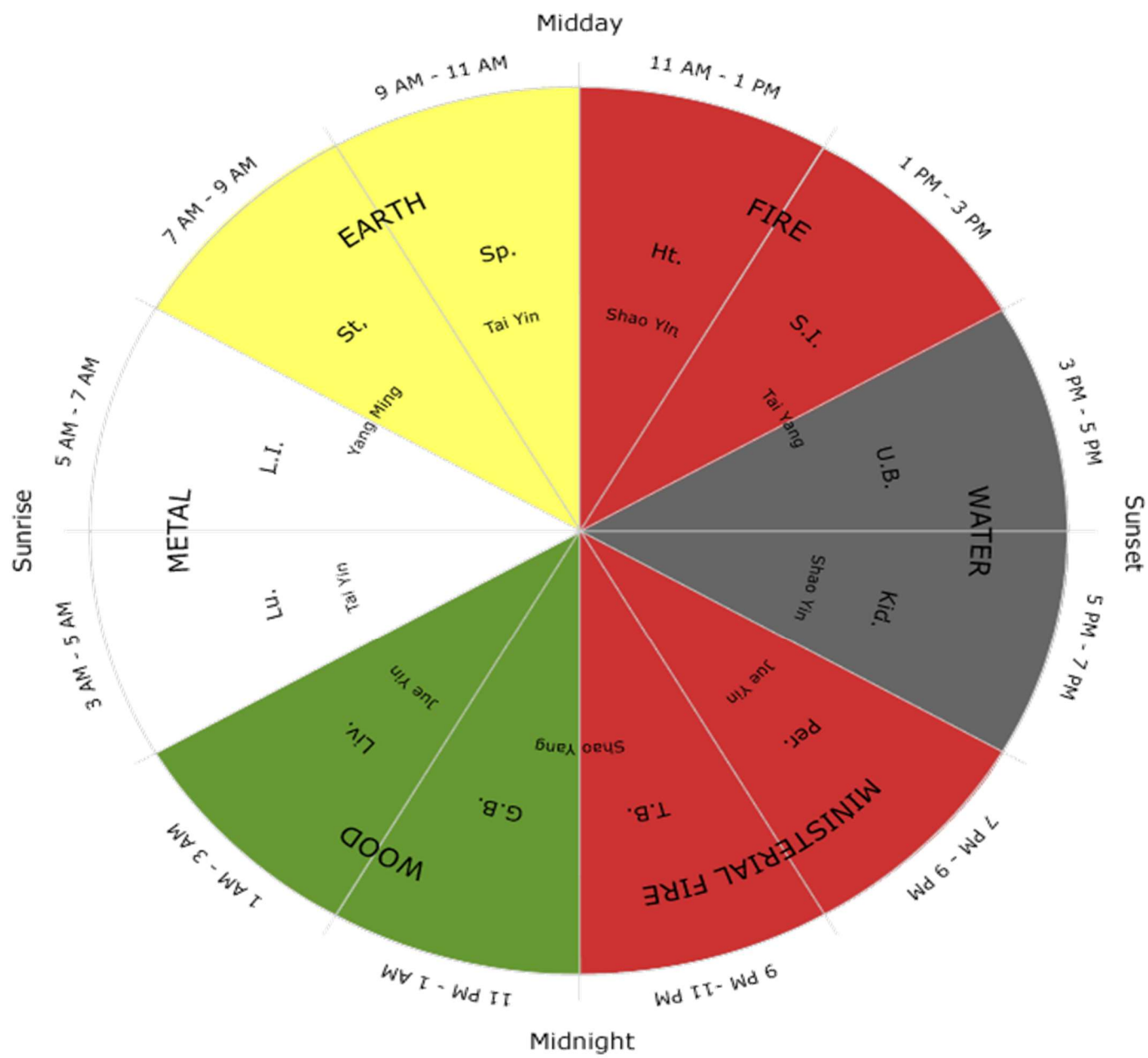
Three Main Circuits in the Flow of Qi

Qi and blood flow through the channels by way of the Luo (Connecting) points in the order depicted by the green and red arrows in the following diagram.



24 Hr Qi Flow Through the Channels

This cycle is known as the Horary cycle.



Chapter 6

Clinical Prescriptions Gastro-intestinal Disorders

- Abdominal Distention | Diagnosis: Excess Condition

Point Prescription(s)

REN-12, ST-25, ST-36, ST-37, LI-4, REN-6, SP-9 (Reduce)

NOTES: This condition is involved in gastroparesis, acute gastrectasia, enteroparalysis, internal obstruction, gastrointestinal neurosis, etc.

- Abdominal Distention | Diagnosis: Deficiency Condition

Point Prescription(s)

REN-12, ST-25, ST-36, ST-37, REN-4, SP-3 (Reinforce + Moxa)

NOTES: This condition is involved in gastroparesis, acute gastrectasia, enteroparalysis, internal obstruction, gastrointestinal neurosis, etc.

- Abdominal Pain | Diagnosis: Accumulation of Cold

Point Prescription(s)

REN-12, REN-8, ST-36, SP-4 (Acupuncture + Moxa)

NOTES: Salt Moxa on REN-8

- Abdominal Pain | Diagnosis: Hypoactivity of Spleen Yang

Point Prescription(s)

BL-20, BL-21, REN-12, LIV-13, REN-6, ST-36 (Reinforce + Moxa)

- Abdominal Pain | Diagnosis: Retention of Food

Point Prescription(s)

REN-12, ST-25, REN-6, ST-36, Inner-Neiting (Extra Point)

- Epigastric Pain | Diagnosis: Retention of Food

Point Prescription(s)

REN-11, P-6, ST-36, Inner-Neiting (Extra Point) (Reduce)

NOTES: A. Epigastric pain is symptom found in peptic ulcer, gastritis, gastric neurosis and diseases of the Liver, Gallbladder and pancreas

B. Cupping: large or medium cups on upper abdomen or Back-Shu, 10-15 min.

- Epigastric Pain | Diagnosis: Attack of the Stomach by the Liver Qi

Point Prescription(s)

LIV-14, REN-12, P-6, ST-36, LIV-3 (Reduce)

NOTES: A. Epigastric pain is symptom found in peptic ulcer, gastritis, gastric neurosis and diseases of the Liver, Gallbladder and pancreas

B. Cupping: large or medium cups on upper abdomen or Back-Shu, 10-15 min.

- Epigastric Pain | Diagnosis: Deficiency of the Stomach with Cold Stagnation

Point Prescription(s)

REN-12, REN-6, BL-20, P-6, ST-36, SP-4 (acupuncture + Moxa)

NOTES: A. Epigastric pain is symptom found in peptic ulcer, gastritis, gastric neurosis and diseases of the Liver, Gallbladder and pancreas

B. Cupping: large or medium cups on upper abdomen or Back-Shu, 10-15 min.

- Intestinal Abscess | Diagnosis: None Noted

Point Prescription(s)

ST-25, LI-11, Lanwei (Extra Point), ST-37 (long Retention 30 Min - 120 Min. Manipulate Every 10 Min. + Moxa)

If fever: DU-14, LI-4

If vomiting: P-6, REN-12.

NOTES: a.k.a. Acute simple appendicitis

- Jaundice | Diagnosis: Yang Jaundice

Point Prescription(s)

SP-9, ST-36, BL-18, BL-19, DU-9, LIV-3, GB-34 (Reduce)

NOTES: Acupuncture + Moxa are more effective treating hepatogenic jaundice.

- Jaundice | Diagnosis: Yin Jaundice

Point Prescription(s)

SP-9, ST-36, BL-18, BL-19, DU-9, Moxa at BL-20, BL-48 (even + Moxa)

NOTES: Acupuncture + Moxa are more effective treating hepatogenic jaundice.

- Morning Sickness | Diagnosis: Spleen/Stomach Deficiency

Point Prescription(s)

REN-12, REN-13, P-6, ST-36, SP-4 (Even)

NOTES: A. Avoid many points and strong stimulation.

B. Bed rest is called for and avoid raw, cold or greasy foods. Also multiple, small meals are best.

- Morning Sickness | Diagnosis: Liver/Stomach Disharmony

Point Prescription(s)

REN-17, REN-12, P-6, ST-36, LIV-3 (Even)

NOTES: A. Avoid many points and strong stimulation.

B. Bed rest is called for and avoid raw, cold or greasy foods. Also multiple, small meals are best.

- Constipation | Diagnosis: Excess Condition: Accumulation of Heat

Point Prescription(s)

BL-25, ST-25, SJ-6, KI-6, LI-11, LI-4 (Reduce)

- Constipation | Diagnosis: Excess Condition: Qi Stagnation

Point Prescription(s)

BL-25, ST-25, SJ-6, KI-6, REN-12, LIV-3 (Reduce)

- Constipation | Diagnosis: Deficiency Condition: Qi/Blood Deficiency

Point Prescription(s)

BL-25, ST-25, SJ-6, KI-6, BL-20, BL-21, ST-36 (Reinforce)

- Constipation | Diagnosis: Deficiency Condition: Agglomeration of Cold

Point Prescription(s)

BL-25, ST-25, SJ-6, KI-6, Moxa at REN-8, REN-6 (Reinforce + Moxa)

- Diarrhea | Diagnosis: Acute Condition. Cold-Dampness

Point Prescription(s)

ST-25, ST-36, REN-12, REN-6 (Reduce + Moxa)

NOTES: This condition may be involved in acute and chronic enteritis, indigestion, parasites, diseases of the pancreas, liver or biliary tract, endocrine and metabolic disorders and neurotic troubles.

➤ Diarrhea | Diagnosis: Acute Condition. Damp-Heat

Point Prescription(s)

ST-25, ST-36, ST-44, SP-9 (Reduce)

NOTES: This condition may be involved in acute and chronic enteritis, indigestion, parasites, diseases of the pancreas, liver or biliary tract, endocrine and metabolic disorders and neurotic troubles.

➤ Diarrhea | Diagnosis: Acute Condition. Retention of Food

Point Prescription(s)

ST-25, ST-36, Inner-Neiting (Extra Point) (Reduce)

NOTES: This condition may be involved in acute and chronic enteritis, indigestion, parasites, diseases of the pancreas, liver or biliary tract, endocrine and metabolic disorders and neurotic troubles.

➤ Diarrhea | Diagnosis: Chronic Condition. Spleen Deficiency

Point Prescription(s)

BL-20, LIV-13, SP-3, REN-12, ST-36 (Reinforce + Moxa)

NOTES: This condition may be involved in acute and chronic enteritis, indigestion, parasites, diseases of the pancreas, liver or biliary tract, endocrine and metabolic disorders and neurotic troubles.

➤ Diarrhea | Diagnosis: Chronic Condition. Kidney Deficiency

Point Prescription(s)

BL-23, BL-20, DU-4, REN-4, KI-3, ST-36 (Reinforce + Moxa)

NOTES: This condition may be involved in acute and chronic enteritis, indigestion, parasites, diseases of the pancreas, liver or biliary tract, endocrine and metabolic disorders and neurotic troubles.

➤ Dysentery | Diagnosis: Damp-Heat

Point Prescription(s)

ST-25, ST-37, LI-11, LI-4 (Reduce)

For fever, Add: DU-14

For tenesmus, Add: BL-29

For prolapse of the rectum, Add: DU-20 with Moxa, DU-1

➤ Dysentery | Diagnosis: Cold-Damp

Point Prescription(s)

ST-25, ST-37, REN-12, REN-6, SP-9 (acupuncture + Moxa)

For fever, Add: DU-14

For tenesmus, Add: BL-29

For prolapse of the rectum, Add: DU-20 with Moxa, DU-2

➤ Dysentery | Diagnosis: Food-Resistant

Point Prescription(s)

ST-25, ST-37, REN-12, P-6 (Reduce + Reinforce + Moxa)

For fever, Add: DU-14

For tenesmus, Add: BL-29

For prolapse of the rectum, Add: DU-20 with Moxa, DU-3

- Dysentery | Diagnosis: Intermittent

Point Prescription(s)

ST-25, ST-37, BL-20, BL-21, REN-4, ST-36 (Reduce + Reinforce + Moxa)

For fever, Add: DU-14

For tenesmus, Add: BL-29

For prolapse of the rectum, Add: DU-20 with Moxa, DU-4

- Hiccup | Diagnosis: Retention of Food

Point Prescription(s)

BL-17, REN-12, P-6, ST-36, REN-14, Inner Neiting (Extra Point) (Reduce)

NOTES: Commonly used cupping points: BL-17, BL-46, BL-18, REN-12, ST-18

- Hiccup | Diagnosis: Stagnation of Qi

Point Prescription(s)

BL-17, REN-12, P-6, ST-36, REN-17, LIV-3

NOTES: Commonly used cupping points: BL-17, BL-46, BL-18, REN-12, ST-19

- Hiccup | Diagnosis: Cold in the Stomach

Point Prescription(s)

BL-17, REN-12, P-6, ST-36, REN-13 (acupuncture + Moxa)

NOTES: Commonly used cupping points: BL-17, BL-46, BL-18, REN-12, ST-20

Hypochondriac Pain | Diagnosis: Excess Condition. Qi Stagnation

Point Prescription(s)

LIV-14, SJ-6, GB-34; LIV-3, GB-40 (Reduce)

NOTES: A. This is seen in diseases of the Liver and GB, contusion of the local region, intercostal neuralgia, and costal chondritis.

B. Huatoujiaji of the associated region works well for intercostal neuralgia

C. Dermal needle therapy: tap the skin of the affected hypochondriac area, then apply cupping (dor pain due to contusion or sprain).

- Hypochondriac Pain | Diagnosis: Excess Condition. Blood Stagnation

Point Prescription(s)

LIV-14, SJ-6, GB-34; BL-17, BL-18 (Reduce)

NOTES: A. This is seen in diseases of the Liver and GB, contusion of the local region, intercostal neuralgia, and costal chondritis.

B. Huatoujiaji of the associated region works well for intercostal neuralgia

C. Dermal needle therapy: tap the skin of the affected hypochondriac area, then apply cupping (dor pain due to contusion or sprain).

- Hypochondriac Pain | Diagnosis: Deficiency Condition

Point Prescription(s)

LIV-14, BL-18, BL-23, ST-36, SP-6, LIV-3 (Reinforce)

NOTES: A. This is seen in diseases of the Liver and GB, contusion of the local region, intercostal neuralgia, and costal chondritis.

B. Huatoujiaji of the associated region works well for intercostal neuralgia

C. Dermal needle therapy: tap the skin of the affected hypochondriac area, then apply cupping (dor pain due to contusion or sprain).

- Prolapse of Rectum

Point Prescription(s)

DU-20, BL-25, DU-1, ST-36 (Reinforce + Moxa)

NOTES: Pricking therapy: pick any spot on the paraspinal muscle bilaterally in between the third lumbar vertebra and second sacral vertebra.

- Vomiting | Diagnosis: Retention of Food

Point Prescription(s)

REN-10, REN-12, ST-36, P-6, SP-4 (Reduce)

For persistent vomiting, Add: Jinjing Yuye (Extra Point) - prick to bleed

- Vomiting | Diagnosis: Attack of the Stomach by the Liver Qi

Point Prescription(s)

LIV-3, REN-12, ST-36, P-6, SP-4 (Even)

For persistent vomiting, Add: Jinjing Yuye (Extra Point) - prick to bleed

- Vomiting | Diagnosis: Hypofunction of the Spleen and Stomach

Point Prescription(s)

BL-20, REN-12, ST-36, P-6, SP-4 (Reinforce + Moxa)

For persistent vomiting, Add: Jinjing Yuye (Extra Point) - prick to bleed

- Infantile Diarrhea | Diagnosis: Spleen/Stomach Disharmony, Damp-Heat

Point Prescription(s)

ST-25, ST-37, Sifeng (Extra Point)

Due to overfeeding: REN-11, REN-6

Due to Damp-Heat: LI-11, LI-4, SP-9

NOTES: A. Attention should be paid to severe diarrhea which may lead to a critical condition,

B. the diet should be restricted and a light diet of small quantity is advisable.

- Infantile Malnutrition | Diagnosis: Spleen Deficiency, Food Retention > Heat

Point Prescription(s)

REN-10, BL-21, BL-20, ST-36, Sifeng (Extra Point), SP-3 (superficial pricking)

For parasitosis: Baichongwo (Extra Point)

Respiratory Disorders

- Wei Syndrome | Diagnosis: Heat in the Lung

Point Prescription(s)

LU-5, BL-13 (Reduce);

Upper limb: LI-15, LI-11, LI-4, SJ-5

Lower limb: ST-31, GB-30, SP-10, ST-34, ST-36, GB-34, ST-41, GB-39 (upper & lower limbs are main point prescriptions)

Incontinence of urine: REN-3, SP-6

Incontinence of feces: BL-25, BL-32

NOTES: A. This is seen in acute myelitis, progressive myatrophy, myathenia gravis, multiple neuritis, sequellae of poliomyelitis, periodic paralysis, hysterical paralysis, traumatic paraplegia, etc.

B. Long Treatment periods are needed. Tapping affected areas with dermal needle thx along affected meridians may be added.

➤ Wei Syndrome | Diagnosis: Damp-Heat

Point Prescription(s)

BL-20, SP-9 (Reduce);

Upper limb: LI-15, LI-11, LI-4, SJ-5

Lower limb: ST-31, GB-30, SP-10, ST-34, ST-36, GB-34, ST-41, GB-39 (upper & lower limbs are main point prescriptions)

Incontinence of urine: REN-3, SP-6

Incontinence of feces: BL-25, BL-32

NOTES: A. This is seen in acute myelitis, progressive myatrophy, myathenia gravis, multiple neuritis, sequellae of poliomyelitis, periodic paralysis, hysterical paralysis, traumatic paraplegia, etc.

B. Long Treatment periods are needed. Tapping affected areas with dermal needle thx along affected meridians may be added.

➤ Wei Syndrome | Diagnosis: Liver & Kidney Yin Deficiency

Point Prescription(s)

BL-18, BL-23 (Reinforce);

Upper limb: LI-15, LI-11, LI-4, SJ-5

Lower limb: ST-31, GB-30, SP-10, ST-34, ST-36, GB-34, ST-41, GB-39 (upper & lower limbs are main point prescriptions)

Incontinence of urine: REN-3, SP-6

Incontinence of feces: BL-25, BL-32

NOTES: A. This is seen in acute myelitis, progressive myatrophy, myathenia gravis, multiple neuritis, sequellae of poliomyelitis, periodic paralysis, hysterical paralysis, traumatic paraplegia, etc.

B. Long Treatment periods are needed. Tapping affected areas with dermal needle thx along affected meridians may be added.

➤ Wei Syndrome | Diagnosis: Trauma

Point Prescription(s)

Huatoujiaji points at the corresponding level of spinal injury (Even);

Upper limb: LI-15, LI-11, LI-4, SJ-5

Lower limb: ST-31, GB-30, SP-10, ST-34, ST-36, GB-34, ST-41, GB-39 (upper & lower limbs are main point prescriptions)

Incontinence of urine: REN-3, SP-6

Incontinence of feces: BL-25, BL-32

NOTES: A. This is seen in acute myelitis, progressive myatrophy, myathenia gravis, multiple neuritis, sequellae of poliomyelitis, periodic paralysis, hysterical paralysis, traumatic paraplegia, etc.

B. Long Treatment periods are needed. Tapping affected areas with dermal needle thx along affected meridians may be added.

➤ Asthma | Diagnosis: Excess Condition. Wind-Cold

Point Prescription(s)

BL-13, BL-12, DU-14, LU-7, LI-4 (Reduce, Moxa)

For persistent asthma, Add: DU-12, BL-43

For Spleen Deficiency, Add: REN-12, BL-20

➤ Asthma | Diagnosis: Excess Condition. Phlegm-Heat

Point Prescription(s)

BL-13, Dingchuan (Extra Point), REN-22, LU-5, ST-40 (Reduce)

For persistent asthma, Add: DU-12, BL-43

For Spleen Deficiency, Add: REN-12, BL-20

➤ Asthma | Diagnosis: Deficiency Condition. Lung Deficiency

Point Prescription(s)

BL-13, LU-9, ST-36, SP-3 (reinforcing, Moxa is advisable)

For persistent asthma, Add: DU-12, BL-43

For Spleen Deficiency, Add: REN-12, BL-20

➤ Asthma | Diagnosis: Deficiency Condition. Kidney Deficiency

Point Prescription(s)

KI-3, BL-23, BL-13, REN-17, REN-6 (reinforcing, Moxa is advisable)

For persistent asthma, Add: DU-12, BL-43

For Spleen Deficiency, Add: REN-12, BL-20

➤ Cough | Diagnosis: Invasion by the Exogenous Pathogenic Factors: Wind-Cold Type

Point Prescription(s)

LU-7, LI-4, BL-13 Acupuncture + Moxa

Pain and swelling of the throat: LU-11

If fever and aversion to cold: DU-14, SJ-5

NOTES: A. If a cough is accompanied by fever and asthma, see 'Common Cold' and 'Asthma'

B. Cough is often seen in common cold, acute and chronic bronchitis, pneumonia, bronchiectasis, and pulmonary TB

C. Cupping at BL-12, BL-13

D. Dermal needle therapy: BL and DU

➤ Cough | Diagnosis: Invasion by the Exogenous Pathogenic Factors: Wind-Heat Type

Point Prescription(s)

LU-7, LI-4, BL-13 no Moxa

Pain and swelling of the throat: LU-11

If fever and aversion to cold: DU-14, SJ-5

NOTES: A. If a cough is accompanied by fever and asthma, see 'Common Cold' and 'Asthma'

B. Cough is often seen in common cold, acute and chronic bronchitis, pneumonia, bronchiectasis, and pulmonary TB

C. Cupping at BL-12, BL-13

D. Dermal needle therapy: BL and DU

- Cough | Diagnosis: Internal Injury: Blockage of the Lung by Phlegm

Point Prescription(s)

BL-13, REN-12, LU-5, ST-36, ST-40

NOTES: A. If a cough is accompanied by fever and asthma, see 'Common Cold' and 'Asthma'

B. Cough is often seen in common cold, acute and chronic bronchitis, pneumonia, bronchiectasis, and pulmonary TB

C. Cupping at BL-12, BL-13

D. Dermal needle therapy: BL and DU

Cough | Diagnosis: Internal Injury: Lung Dryness with Yin Deficiency

Point Prescription(s)

BL-13, LU-1, LU-7, KI-6

If coughing blood: LU-6, BL-17

NOTES: A. If a cough is accompanied by fever and asthma, see 'Common Cold' and 'Asthma'

B. Cough is often seen in common cold, acute and chronic bronchitis, pneumonia, bronchiectasis, and pulmonary TB

C. Cupping at BL-12, BL-13

D. Dermal needle therapy: BL and DU

Musculoskeletal Disorders

- Bi Syndromes | Diagnosis: Wandering Bi

Point Prescription(s)

BL-17, SP-10 (Reduce, Subcutaneous needles)

NOTES: Wind-Damp-Cold Bi Pain > Qi/Blood Stagnation > Obstruction of the channels and collaterals

- Bi Syndromes | Diagnosis: Painful Bi

Point Prescription(s)

BL-23, REN-4 (Moxa is main, Acupuncture is adjunct w/ deep + long retention)

NOTES: Excess Cold > Qi/Blood stagnation in the channels and collaterals

Bi Syndromes | Diagnosis: Fixed Bi

Point Prescription(s)

ST-36, SP-5 (Acupuncture + Moxa + Warm Needle + Dermal + Cupping)

NOTES: Excess Damp > Qi/Blood stagnation > heaviness and numbness

- Bi Syndromes | Diagnosis: Heat Bi

Point Prescription(s)

DU-14, LI-11 (Reduce, subQ needles)

NOTES: Redness, swelling, pain in the joints as pathogenic factors turn into Heat.

- Bi Syndromes | Diagnosis: Skin Bi

Point Prescription(s)

(Acupuncture + Moxa + Warm Needle + Dermal + Cupping)

NOTES: Numbness of the skin with cold sensation.

- Bi Syndromes | Diagnosis: Muscle Bi

Point Prescription(s)

(Acupuncture + Moxa + Warm Needle + Dermal + Cupping)

NOTES: Soreness, numbness and pain of the muscles.

- Bi Syndromes | Diagnosis: Tendon Bi

Point Prescription(s)

GB-34 (Reduce, Subcutaneous needles)

NOTES: Soreness, pain and stiffness of the tendons and muscles.

- Bi Syndromes | Diagnosis: Vessel Bi

Point Prescription(s)

BL-17, SP-10 (Moxa is main, Acupuncture is adjunct w/ deep + long retention)

NOTES: Pain due to the blockage of vessels.

- Bi Syndromes | Diagnosis: Bone Bi

Point Prescription(s)

BL-11, GB-39 (Acupuncture + Moxa + Warm Needle + Dermal + Cupping)

NOTES: Soreness, heaviness and pain of joints which fail to perform their functions of lifting, extension and flexion.

- Bi Syndromes | Diagnosis: Pain in the Shoulder Joint

Point Prescription(s)

LI-15, SJ-14, SJ-19, SI-10

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

- Bi Syndromes | Diagnosis: Pain In the Scapula

Point Prescription(s)

SI-11, SI-12, SI-14, BL-43

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

- Bi Syndromes | Diagnosis: Pain In the Elbow

Point Prescription(s)

LI-11, LU-5, SJ-10, SJ-5, LI-4

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

- Bi Syndromes | Diagnosis: Pain In the Wrist

Point Prescription(s)

SJ-4, LI-5, SI-5, SJ-5

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

- Bi Syndromes | Diagnosis: Stiffness of the Fingers

Point Prescription(s)

SI-5, LI-4, SI-3

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

- Bi Syndromes | Diagnosis: Numbness and Pain of the Fingers

Point Prescription(s)

SI-3, LI-3, Baxie (Extra Point)

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

- Bi Syndromes | Diagnosis: Pain In the Lumbar Region

Point Prescription(s)

DU-26, DU-12, DU-3

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Pain In the Hip Joint

Point Prescription(s)

GB-30, GB-29, GB-39

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Pain In the Thigh Region

Point Prescription(s)

BL-54, BL-36, GB-34

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Pain In the Knee Joint

Point Prescription(s)

Heding (Extra Point), ST-35, Medial Xiyan (Extra Point), GB-34, SP-9

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Numbness and Pain In the Leg

Point Prescription(s)

BL-57, BL-58

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Pain In the Ankle

Point Prescription(s)

ST-41, SP-5, GB-40, BL-60, KI-3

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Numbness and Pain In the Toes

Point Prescription(s)

SP-4, BL-65, Bafeng (Extra Point)

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: Pain In the Back

Point Prescription(s)

DU-26, DU-12, DU-3

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

➤ Bi Syndromes | Diagnosis: General Pain

Point Prescription(s)

SI-3, BL-62, SP-21, BL-17, LI-15, LI-11, LI-4, SJ-4, GB-30, GB-34, GB-39, ST-41

NOTES: A. Bi syndromes include rheumatic fever, rheumatic arthritis, rheumatoid arthritis, fibrositis, neuralgia and gout.

B. Dermal + Cupping Thx: use heavy tapping to induce mild bleeding along the two sides of the spine or the local area of the affected joint, plus cupping for skin Bi + muscle Bi assoc. w/ numbness and bone Bi w/ stiffness and limited ROM.

C. Acupuncture works for mild cases well. For severe, long period of Treatment are needed. If left untreated, it may turn into Wei Syndrome

Boil and Red-Thread Boil

Point Prescription(s)

DU-10, DU-12, P-4, LI-4, BL-40 (Reduce or prick to bleed)

On the face: LI-1, LI-11

If on the tips of the fingers: LI-11, LI-20

If on temporal region: GB-34, GB-44

On the 4th or 5th toe: GB-34, GB-2

NOTES: Another effective method for treating boil is to prick and tilt with a three-edged needle into small papules found alongside the thoracic vertebrae. Treatment is given once a day.

➤ Sprain and Contusion | Diagnosis: None Noted

Point Prescription(s)

Ahshi Points (Acupuncture + Moxa for Local, Acupuncture for Distal)

Neck: BL-10, SI-3

Shoulder Joint: GB-21, LI-15

Elbow Joint: LI-11, LI-4

Wrist Joint: SJ-4, SJ-5

Hip Joint: GB-30, GB-34

Knee Joint: ST-35, ST-44

Ankle Joint: ST-41, GB-40, BL-60

NOTES: Needling can be applied to the healthy side at the area corresponding to the affected area. When manipulating the needle, ask the patient to move the sprained joint. Alleviation or subsidence of pain may be expected.

➤ Low Back Pain | Diagnosis: Cold-Damp

Point Prescription(s)

BL-23, DU-3, BL-40; BL-25, BL-26 (Moxa)

NOTES: A. This is seen in renal diseases, rheumatism, rheumatoid arthritis, hyperplastic spondilites, muscle strain and traumatic injury.

B. When the lumbar vertebra are diseased, the corresponding Huatoujiaji are punctured perp. 1.0-1.5 inches, needles are retained.

➤ Low Back Pain | Diagnosis: Kidney Deficiency

Point Prescription(s)

BL-23, DU-3, BL-40; DU-4, Yaoyan (Extra Point) (Reinforce + MoxA.

NOTES: A. This is seen in renal diseases, rheumatism, rheumatoid arthritis, hyperplastic spondilites, muscle strain and traumatic injury.

B. When the lumbar vertebra are diseased, the corresponding Huatoujiaji are punctured perp. 1.0-1.5 inches, needles are retained.

➤ Low Back Pain | Diagnosis: Trauma/Acute

Point Prescription(s)

BL-23, DU-3, BL-40; DU-26, Yaotongxue (Extra Point), Ahshi point(s) (Reduce or prick to bleed)

NOTES: A. This is seen in renal diseases, rheumatism, rheumatoid arthritis, hyperplastic spondilites, muscle strain and traumatic injury.

B. When the lumbar vertebra are diseased, the corresponding Huatoujiaji are punctured perp. 1.0-1.5 inches, needles are retained.

➤ Torticollis | Diagnosis: None Noted

Point Prescription(s)

DU-14, BL-10, SI-14, GB-39, SI-3, Luozen (extra - this point is used alone) (Reduce + Moxa)
Inability in flexion or extension: BL-60, LU-7
Difficulty rotating the neck: SI-7

NOTES: a.k.a. wry neck. Cupping may be applied after needling therapy.

Neurological and Psychological Disorders

- Poor Memory | Diagnosis: Heart Blood Deficiency; Spleen/Kidney Qi Deficiency

Point Prescription(s)

Sishencong (Extra Point), BL-15, BL-20, ST-36, BL-23, KI-6 (Reinforce)

- Deviation of Eye and Mouth | Diagnosis: Attack of Wind and Cold on the Meridians

Point Prescription(s)

SJ-17, GB-14, Taiyang (Extra Point), SI-18, ST-7, ST-4, ST-6, LI-4 (Even)

With HA: GB-20

With difficulty in frowning and raising the eyebrow: BL-2, SJ-23

Incomplete closing of the eye: BL-2, BL-1, GB-1, Yuyao (Extra Point) SJ-23

Difficulty in sniffing: LI-20

Deviation of the philtrum: DU-26

Inability to show the teeth: ST-3

tinnitus and deafness: GB-2

tenderness at the mastoid region: GB-12, SJ-5

NOTES: A. this condition is seen in peripheral facial paralysis or Bell's palsy.

B. In long-standing cases, Moxa @ Taiyang, ST-6, ST-4, ST-3 and ST-7

C. Cupping: small cups once every 3-5 days (in combo with acupuncture) D) If the healthy side of the face is stiff, shallow puncture and needle retaining at the local points of the healthy side can be applied in combo with needling the affected side.

- Dizziness | Diagnosis: Hyperactivity of Liver Yang

Point Prescription(s)

GB-20, BL-18, BL-23, KI-3, LIV-2 (either Reduce or Reinforce)

NOTES: Dermal needle therapy: DU-20, Taiyang (Extra Point), Yintang (Extra Point), Huatoujiaji (Extra Point); tap once or twice daily with moderate stimulation. 5-10 Treatment constitute a course.

- Manic-Depressive Disorder | Diagnosis: Depressive Disorder

Point Prescription(s)

BL-15, BL-18, BL-20, HT-7, ST-40 (Even)

NOTES: A. This condition includes depressive and manic types of schizophrenia

B. Thirteen points for MDD: prick to bleed in the order of - DU-26, LU-11, SP-1, P-7, BL-62, DU-16, ST-6, REN-24, P-8, DU-23, REN-1, LI-11 and Shexiazhongfeng (an extra point located at the midline of the underside of the tongue).

- Manic-Depressive Disorder | Diagnosis: Manic Disorder

Point Prescription(s)

DU-14, DU-16, DU-26, P-6, ST-40 (Reduce)

NOTES: A. This condition includes depressive and manic types of schizophrenia

B. Thirteen points for MDD: prick to bleed in the order of - DU-26, LU-11, SP-1, P-7, BL-62, DU-16, ST-6, REN-24, P-8, DU-23, REN-1, LI-11 and Shexiazhongfeng (an extra point located at the midline of the underside of the tongue).

- Melancholia | Diagnosis: Depression of the Liver Qi

Point Prescription(s)

BL-18, REN-17, REN-12, ST-36, SP-4, LIV-3 (Even)

NOTES: Western Diagnosis: Hysteria, Neurosis

- Melancholia | Diagnosis: Transformation of Depressed Qi Into Fire

Point Prescription(s)

REN-13, SJ-6, GB-34, LIV-2, GB-43 (Reduce)

NOTES: Western Diagnosis: Hysteria, Neurosis

- Melancholia | Diagnosis: Stagnation of Phlegm

Point Prescription(s)

REN-22, REN-17, P-6, ST-40, LIV-3 (Even)

NOTES: Western Diagnosis: Hysteria, Neurosis

- Melancholia | Diagnosis: Insufficiency of Blood

Point Prescription(s)

REN-14, HT-7, SP-6, LIV-3 (Even)

If distress to the chest, Add: P-6, REN-17

With hiccups, Add: SP-4, REN-22

With sudden aphonia, Add: HT-5, REN-23

With convulsions, Add: LI-4, GB-34

With loss of consciousness, Add: DU-26, KI-1

NOTES: Western Diagnosis: Hysteria, Neurosis

- Dizziness | Diagnosis: Deficiency of Qi and Blood

Point Prescription(s)

DU-20, BL-20, REN-4, ST-36, SP-6 (reinforce + Moxa)

NOTES: Dermal needle therapy: DU-20, Taiyang (Extra Point), Yintang (Extra Point), Huatoujiaji (Extra Point); tap once or twice daily with moderate stimulation. 5-10 Treatment constitute a course.

- Dizziness | Diagnosis: Interior Retention of Phlegm-Dampness

Point Prescription(s)

ST-8, BL-20, REN-12, P-6, ST-40 (Even)

NOTES: Dermal needle therapy: DU-20, Taiyang (Extra Point), Yintang (Extra Point), Huatoujiaji (Extra Point); tap once or twice daily with moderate stimulation. 5-10 Treatment constitute a course.

- Epilepsy | Diagnosis: During Seizure

Point Prescription(s)

DU-26, REN-15, P-5, LIV-3, ST-40 (Reduce)

NOTES: This refers to many types of epileptic seizures including grand-mal, petit-mal, psychomotor and focal seizures. For secondary epilepsy, treat the primary disease.

- Epilepsy | Diagnosis: After Seizure

Point Prescription(s)

BL-15, Yintang (Extra Point), HT-7, SP-6, KI-3, Yaoqi (Extra Point) (Even)

If daytime seizure: BL-62

If nighttime seizure: KI-6

With phlegm stagnation: REN-12, ST-40

If severe Qi & Blood Deficiency: REN-4, ST-36

NOTES: This refers to many types of epileptic seizures including grand-mal, petit-mal, psychomotor and focal seizures. For secondary epilepsy, treat the primary disease.

- Headache | Diagnosis: Due to Invasion of Pathogenic Wind Into the Meridians and Collaterals

Point Prescription(s)

Occipital HA: GB-20, BL-60, SI-3

Frontal HA: ST-8, Yintang (Extra Point), DU-23, LI-4, ST-44

Temporal HA: Taiyang (Extra Point) GB-8, SJ-5, GB-41

Parietal HA: DU-20, SI-3, BL-67, LIV-3 (Reduce)

NOTES: Dermal needle and cupping therapies: Main points are L-1 to S-4 of the spine.

Secondary points are GB-20, Taiyang (Extra Point), Yangbai GB-14. Method: tap on the spinal area. then tap the local area and along affected channels. For acute pain, Taiyang and yangbai may be tapped to slight bleeding, then apply cupping.

- Headache | Diagnosis: Due to Upsurge of Liver Yang

Point Prescription(s)

GB-20, DU-20, GB-5, GB-43, LIV-2 (Reduce)

NOTES: Dermal needle and cupping therapies: Main points are L-1 to S-4 of the spine.

Secondary points are GB-20, Taiyang (Extra Point), Yangbai GB-14. Method: tap on the spinal area. then tap the local area and along affected channels. For acute pain, Taiyang and yangbai may be tapped to slight bleeding, then apply cupping.

- Headache | Diagnosis: Due to Qi/Blood Deficiency

Point Prescription(s)

DU-20, REN-6, BL-18, BL-20, BL-23, ST-36 (Reinforce)

NOTES: Dermal needle and cupping therapies: Main points are L-1 to S-4 of the spine.

Secondary points are GB-20, Taiyang (Extra Point), Yangbai GB-14. Method: tap on the spinal area. then tap the local area and along affected channels. For acute pain, Taiyang and yangbai may be tapped to slight bleeding, then apply cupping.

- Infantile Convulsion | Diagnosis: Acute Condition. Invasion of Seasonal Pathogenic Factors

Point Prescription(s)

Yintang (Extra Point), DU-26, LIV-3 (Reduce); DU-14, LI-11, twelve Jing-Well points on both hands (LU-11, HT-9, P-9, LI-1, SJ-1, SI-1)

- Infantile Convulsion | Diagnosis: Acute Condition. Accumulation of Phlegm-Fire

Point Prescription(s)

Yintang (Extra Point), DU-26, LIV-3 (Reduce); SJ-18, REN-12, LI-4, ST-40

- Infantile Convulsion | Diagnosis: Acute Condition. Sudden Fright

Point Prescription(s)

Yintang (Extra Point), DU-26, LIV-3 (Reduce); Sishencong, P-8, KI-1

- Infantile Convulsion | Diagnosis: Chronic

Point Prescription(s)

DU-20, DU-24, REN-4, SP-6, ST-36 (Reinforce + Moxa)

If SP/Kidney Yang Deficiency: BL-20, BL-23, REN-12

If Blood Deficiency: LIV-3, KI-2

- Infantile Paralysis | Diagnosis: Ying/Wei Disharmony > Qi/Blood Stasis > Blocked Channels and Collaterals

Point Prescription(s)

Paralysis of upper limb: LI-15, LI-11, LI-4, SJ-5, DU-14, BL-10

Paralysis of the lower limb: ST-31, ST-36, ST-41, GB-30, GB-34, GB-39, SP-6, BL-60, Huatoujiaji L-1 to L-5

Paralysis of abdominal muscles: ST-21, ST-25, GB-26, REN-4 (above are the main prescriptions)

With contracted knee: ST-33

Reverse flexion of knee: BL-36, BL-40, BL-57

Inversion of foot: GB-31, BL-62, GB-40

eversion of foot: KI-3, KI-6

Difficult intorsion and extorsion of hand: SJ-4, LI-5, SI-3, SJ-9, HT-3

Drop of wrist: SJ-9, SJ-5

NOTES: This disease should be treated as early as possible, in combination with the functional exercises for strengthening the therapeutic effect.

- Insomnia | Diagnosis: Heart/Spleen Qi Deficiency

Point Prescription(s)

HT-7, SP-6, Anmian (Extra Point); BL-20, BL-15, SP-1 w/ small Moxa cones (Reinforce + Moxa)

NOTES: Dermal needle therapy: tap Sishencong and Huatoujiaji slightly from above downward two to three times. Treat once daily or every other day. 10 Treatment = 1 course. Next course begins after 2-3 days break.

- Insomnia | Diagnosis: Heart/Kidney Not Communicating

Point Prescription(s)

HT-7, SP-6, Anmian (Extra Point); BL-15, BL-23, KI-3 (Even)

NOTES: Dermal needle therapy: tap Sishencong and Huatoujiaji slightly from above downward two to three times. Treat once daily or every other day. 10 Treatment = 1 course. Next course begins after 2-3 days break.

- Insomnia | Diagnosis: Liver Fire Flaring Upwards

Point Prescription(s)

HT-7, SP-6, Anmian (Extra Point); BL-18, BL-19, GB-12 (Reduce)

NOTES: Dermal needle therapy: tap Sishencong and Huatoujiaji slightly from above downward two to three times. Treat once daily or every other day. 10 Treatment = 1 course. Next course begins after 2-3 days break.

- Insomnia | Diagnosis: Dysfunction of the Stomach

Point Prescription(s)

HT-7, SP-6, Anmian (Extra Point); BL-21, ST-36 (Reduce)

NOTES: Dermal needle therapy: tap Sishencong and Huatoujiaji slightly from above downward two to three times. Treat once daily or every other day. 10 Treatment = 1 course. Next course begins after 2-3 days break.

- Syncope | Diagnosis: Deficiency Syndrome

Point Prescription(s)

DU-26, DU-20, P-6, REN-6, ST-36 (Reinforce)

NOTES: Includes simple fainting, postural hypotension, hypoglycemia, hysteria, etc.

- Syncope | Diagnosis: Excess Syndrome

Point Prescription(s)

DU-26, LI-4, P-8, P-9, LIV-3, KI-1(Reduce)

NOTES: Includes simple fainting, postural hypotension, hypoglycemia, hysteria, etc.

Skin Disorders and Infections

- Urticaria | Diagnosis: Wind-Heat

Point Prescription(s)

LI-11, LI-4, BL-40, SP-10, SP-6 (Reduce); DU-14

NOTES: Dermal needle technique is advised at the local area.

- Urticaria | Diagnosis: Wind-Damp

Point Prescription(s)

LI-11, LI-4, BL-40, SP-10, SP-6 (Reduce); SP-9

NOTES: Dermal needle technique is advised at the local area.

- Urticaria | Diagnosis: Accumulation of Heat in the Stomach and Intestines

Point Prescription(s)

LI-11, LI-4, BL-40, SP-10, SP-6 (Reduce); ST-25, ST-36

NOTES: Dermal needle technique is advised at the local area.

- Edema | Diagnosis: Yang Edema

Point Prescription(s)

LU-7, LI-4, LI-6, SP-9, BL-39 (Even)

NOTES: In the context of edema, acute and chronic nephritis and malnutrition are included.

- Edema | Diagnosis: Yin Edema

Point Prescription(s)

BL-20, BL-23, REN-9, REN-4, KI-7, ST-36 (Reinforce + Moxa)

With facial puffiness, Add: DU-26

If edema is on the pedis dorsum, Add: GB-41, SP-5

NOTES: In the context of edema, acute and chronic nephritis and malnutrition are included.

- Erysipelas | Diagnosis: Spleen/Stomach Damp Heat or Qi/Blood Stagnation

Point Prescription(s)

LI-11, LI-4, P-3, BL-40, SP-10 (Reduce)

If Wind-Heat: GB-20

If Damp-Heat: ST-36, SP-9

If fever: DU-14

If pathogenic toxin attacks the interior: twelve Jing-Well points on both hands (LU-11, HT-9, P-9, LI-1, SJ-1, SI-1)

If constipation: SJ-6

NOTES: Strict sterilization is necessary to avoid infection. If ulcer occurs due to mixed infection, or if there septicemia or pyemia, comprehensive Treatment should be applied.

- Herpes Zoster | Diagnosis: Damp Heat or Liver/Gallbladder Fire

Point Prescription(s)

Firstly, the head and the tail of the location of Herpes Zoster should be distinguished. The area where the skin lesions first appeared is considered as the tail, while the extending part is the head. Prick the skin around Herpes Zoster with a three-edged needle to cause a little bleeding: 5 pricks at 0.5 cun from the tail, and also several pricks along both sides. Then select LI-11, SP-10, BL-40, GB-34, LIV-3

- Mumps | Diagnosis: Invasion of Epidemic Pathogen

Point Prescription(s)

ST-6, SJ-17, SJ-5, LI-11, LI-4 (superficial + Reduce)

With chills and fever: LU-7

High fever: DU-14, twelve Jing-Well points on both hands (LU-11, HT-9, P-9, LI-1, SJ-1, SI-1)

Swelling and pain of the testis: LIV-3, LIV-8

NOTES: A. a.k.a. Acute Parotitis

B. Moxa thx with Medulla Juncti: SJ-20: Two pieces of rush pith soaked with vegetable oil are ignited and aimed at SJ-20. Remove them quickly as soon as there is a sound of burning of the skin. Usually the swelling will subside after one treatment Repeat the next day if swelling is not 100% gone.

- Malaria | Diagnosis: None Noted

Point Prescription(s)

DU-14, DU-13, SI-3, P-5, SJ-2, GB-41

With high fever: Reduce LI-11

With splenomegaly: LIV-13 + Moxa at Pigen (extra point)

With high fever, delirium, and mental confusion: prick the twelve Jing-Well points (LU-11, HT-9, P-9, LI-1, SJ-1, SI-1)

NOTES: Acupuncture Treatment of tertian malaria has achieved better effects. Pernicious malaria should be treated by acupuncture in combination with medicine.

ENT Disorders

- Optic Atrophy | Diagnosis: Liver/Kidney Yin Deficiency

Point Prescription(s)

GB-20, BL-1, Qiuhou (Extra Point), GB-37, LIV-3, KI-3, BL-18, BL-23 (Reinforce)

- Optic Atrophy | Diagnosis: Qi/Blood Deficiency

Point Prescription(s)

GB-20, BL-1, Qiuhou (Extra Point), GB-37, ST-38, SP-6 (Reinforce)

- Optic Atrophy | Diagnosis: Liver Qi Stagnation

Point Prescription(s)

GB-20, BL-1, Qiuhou (Extra Point), GB-37, LIV-14, LIV-3, GB-34 (Even)

- Nasal Discharge which is Thick and Sticky | Diagnosis: Lung Heat > Obstruction

Point Prescription(s)

LU-7, LI-20, Bitong (Extra Point), LI-4, Yintang (Extra Point) (Reduce)

NOTES: This corresponds with chronic rhinitis and chronic nasosinusitis.

- Epistaxis | Diagnosis: Extreme Heat In the Lung and Stomach

Point Prescription(s)

LI-20, LI-4, DU-23 (Reduce)

Heat in LU: LU-11

Heat in ST: ST-44

NOTES: Epistaxis may be caused by trauma, nasal disorders and acute febrile diseases.

- Epistaxis | Diagnosis: Deficiency of Yin with Preponderance of Fire

Point Prescription(s)

LI-20, LI-4, DU-23, KI-6 (Even)

NOTES: Epistaxis may be caused by trauma, nasal disorders and acute febrile diseases.

- Eye Congestion, Swelling, Pain | Diagnosis: External Wind Attack or Liver/Gallbladder Fire Flaring Upwards

Point Prescription(s)

BL-1, GB-20, Taiyang (Extra Point), LI-4, LIV-2 (Reduce)

With Wind-Heat: SJ-5

Fire preponderance in the LV: LIV-3

NOTES: Seen in acute conjunctivitis, pseudomembranous conjunctivitis, epidemic keratoconjunctivitis, etc.

- Facial Pain | Diagnosis: Invasion by Pathogenic Wind and Cold

Point Prescription(s)

GB-14, Taiyang (Extra Point), BL-2, SJ-5; GB-20 (Reduce)

Pain at maxillary region, Add: ST-2, SI-18, LI-20, LI-4

Pain at mandibular region ST-7, ST-6, ST-5, Jiachengjiang (Extra Point)

NOTES: Trigeminal neuralgia

- Facial Pain | Diagnosis: Excessive Fire In the Liver and Stomach

Point Prescription(s)

GB-14, Taiyang (Extra Point), BL-2, SJ-5; LIV-3, ST-44 (Reduce)

Pain at maxillary region, Add: ST-2, SI-18, LI-20, LI-4

Pain at mandibular region ST-7, ST-6, ST-5, Jiachengjiang (Extra Point)

NOTES: Trigeminal neuralgia

- Facial Pain | Diagnosis: Yin Deficiency and Excessive Fire

Point Prescription(s)

GB-14, Taiyang (Extra Point), BL-2, SJ-5; KI-6, SP-6 (Reinforce)

Pain at maxillary region, Add: ST-2, SI-18, LI-20, LI-4

Pain at mandibular region ST-7, ST-6, ST-5, Jiachengjiang (Extra Point)

NOTES: Trigeminal neuralgia

- Sore Throat | Diagnosis: Excessive Heat

Point Prescription(s)

LU-11, LI-4, ST-44, SI-17 (Reduce)

NOTES: Sore Throat as described here is involved in acute tonsillitis, acute and chronic pharyngitis.

- Sore Throat | Diagnosis: Deficiency of Yin

Point Prescription(s)

A. KI-3, LU-10, REN-23

B. KI-6, LU-7, LI-18 (Reinforce)

NOTES: Sore Throat as described here is involved in acute tonsillitis, acute and chronic pharyngitis.

- Goiter

Point Prescription(s)

SJ-13, LI-17, SI-17, REN-22, LI-4, ST-36 (Reduce)

If Liver Qi Stag: REN-17, LIV-3

If palpitations: P-6, HT-7 Reinforce

If exophthalmos: SJ-23, BL-2, BL-1, GB-20

If hot temper, anxiety, sweating: SP-6, KI-7 even

NOTES: A) This is described as simple goiter and hyperthyroidism

B. the method of puncturing with several needles surrounding the goiter and with one needle in the center has a fairly good effect of reducing the goiter.

- Deafness and Tinnitus | Diagnosis: Excess Condition. Liver/Gallbladder Fire Flaring Upwards

Point Prescription(s)

SJ-17, GB-2, GB-43, SJ-3, LIV-2, GB-41 (Reduce)

If invasion of exogenous pathogenic wind: SJ-5, LI-4

NOTES: These symptoms may be present in many diseases, mostly neural.

- Deafness and Tinnitus | Diagnosis: Deficiency Condition. Kidney Qi/Jing Deficiency

Point Prescription(s)

SJ-17, GB-2, GB-43, SJ-3, BL-23, DU-4, KI-3 (Reinforce + Moxa)

NOTES:-----

Male Disorders

- Impotence | Diagnosis: Decline of Mingmen Fire

Point Prescription(s)

REN-4, DU-4, BL-23, KI-3 (Reinforce + Moxa)

NOTES: Impotence in most cases is a functional disorder, i.e. sexual neurasthenia

- Impotence | Diagnosis: Downward Flowing of Damp-Heat

Point Prescription(s)

REN-3, SP-6, SP-9, ST-36 (Reduce)

NOTES: Impotence in most cases is a functional disorder, i.e. sexual neurasthenia

- Nocturnal Enuresis | Diagnosis: Kidney Qi Deficiency (Xu) > Failure of Bladder Function to Hold

Point Prescription(s)

BL-23, BL-28, REN-3, SP-6, LIV-1

If enuresis with dreams, Add: HT-7

If loss of appetite, Add: BL-20, ST-36 (Reinforce + Moxa)

NOTES: Causitive factor: underdevelopment of micturition center. As for enuresis caused by organic diseases, the Treatment should be given to the primary disease.

- Seminal Emission | Diagnosis: Nocturnal Emission

Point Prescription(s)

HT-7, BL-15, KI-3, BL-52 (Reduce HT, Reinforce KI)

- Seminal Emission | Diagnosis: Spermatorrhea

Point Prescription(s)

BL-23, KI-12, SP-6 REN-4, REN-6 (Reinforce + Moxa)

Female Disorders

- Dysmenorrhea | Diagnosis: Excess Condition

Point Prescription(s)

REN-3, BL-32, LI-4, SP-10, SP-8, LIV-3 (Reduce)

Distending pain in the lower abdomen: KI-14, ST-28

Pain with a cold feeling in the lower abdomen: ST-27, ST-29

NOTES: This disorder often involves pathological changes of the genitalia, and related to endocrinal and neuropsychiatric factors. If it is secondary, treat the primary disease.

- Dysmenorrhea | Diagnosis: Deficiency Condition

Point Prescription(s)

REN-4, BL-20, BL-23, ST-36, SP-6 (Reinforce + Moxa)

NOTES: This disorder often involves pathological changes of the genitalia, and related to endocrinal and neuropsychiatric factors. If it is secondary, treat the primary disease.

- Amenorrhea | Diagnosis: Blood Stagnation

Point Prescription(s)

REN-3, ST-29, SP-10, LIV-3, LI-4, SP-6 (Reduce)

NOTES: Includes amenorrhea from endocrine and neuropsychiatric disorders.

- Amenorrhea | Diagnosis: Blood Depletion

Point Prescription(s)

REN-4, BL-18, BL-20, BL-23, ST-36, SP-6 (Reinforce + sometimes Moxa)

NOTES: Includes amenorrhea from endocrine and neuropsychiatric disorders.

- Irregular Menses | Diagnosis: Antedated Menses. Qi Deficiency

Point Prescription(s)

REN-6, SP-6, REN-12, ST-36 (Reinforce)

NOTES: Included in this disorder is irregular menorrhoea resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Irregular Menses | Diagnosis: Postdated Menses. Blood Deficiency

Point Prescription(s)

REN-4, REN-6, SP-6 (Reinforce + Moxa)

Dizziness or blurred vision: DU-20

Palpitation and insomnia: HT-7

NOTES: Included in this disorder is irregular menorrhagia resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Irregular Menses | Diagnosis: Postdated Menses. Cold In the Blood

Point Prescription(s)

REN-4, REN-6, SP-6 (even + strong Moxa)

Dizziness or blurred vision: DU-20

Palpitation and insomnia: HT-7

NOTES: Included in this disorder is irregular menorrhagia resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Irregular Menses | Diagnosis: Postdated Menses. Qi Stagnation

Point Prescription(s)

ST-25, KI-13, ST-8, LIV-3 (Reduce)

Fullness of the chest: P-4

Distention in the hypochondriac region and breast: LIV-14

NOTES: Included in this disorder is irregular menorrhagia resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Irregular Menses | Diagnosis: Irregular Cycles. Liver Qi Stagnation

Point Prescription(s)

REN-6, KI-14, P-5, LIV-5 (Even)

Distention in the hypochondriac region and breast: REN-17, LIV-14

Mental depression: HT-7, LIV-3

NOTES: Included in this disorder is irregular menorrhagia resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Irregular Menses | Diagnosis: Irregular Cycles. Kidney Deficiency

Point Prescription(s)

REN-4, BL-23, KI-8 (Reinforce + Moxa)

Sore and weak low back and knees: Yaoyan (Extra Point), KI-10

Dizziness and tinnitus: DU-20, KI-3

NOTES: Included in this disorder is irregular menorrhagia resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Insufficient Lactation | Diagnosis: Qi/Blood Deficiency

Point Prescription(s)

ST-28, REN-17, SI-1; BL-20, ST-36, SP-6 (Reinforce)

NOTES: Advise patient as to proper diet and correct nursing method.

- Insufficient Lactation | Diagnosis: Liver Qi Stagnation

Point Prescription(s)

ST-28, REN-17, SI-1; LIV-14, P-6, LIV-3 (Reduce or even)

NOTES: Advise patient as to proper diet and correct nursing method.

- Irregular Menses | Diagnosis: Antedated Menses. Heat In the Blood

Point Prescription(s)

LI-11, REN-3, SP-10, KI-5 (Reduce)

If Liver Qi > Fire: LIV-2

Yin Deficiency (Xu)w/ internal Heat: KI-2

NOTES: Included in this disorder is irregular menorrhagia resulting from dysfunction of antehypophysis or from ovarian dysfunction.

- Breast Abscess | Diagnosis: Liver Qi Stagnation with Heat

Point Prescription(s)

GB-21, REN-17, ST-18, SI-1, ST-36, LIV-3 (Reduce)

If chills and fever: LI-4, SJ-5

If distention and pain in the breast: GB-41

NOTES: a.k.a. Acute Mastitis

- Lactifuge | Diagnosis: None Noted

Point Prescription(s)

GB-41, GB-37 - 10 min. of Moxa at each point, once every day.

NOTES: For those who don't want to breast feed.

- Leukorrhea | Diagnosis: Spleen Deficiency

Point Prescription(s)

BL-26, REN-6, BL-30, SP-9, ST-36 (Reinforce + Moxa)

NOTES: This disease covers infections in the reproductive organs such as vaginitis, cervicitis, endometritis and annexitis, etc.

- Leukorrhea | Diagnosis: Kidney Deficiency

Point Prescription(s)

BL-23, REN-4, KI-12, BL-26, KI-7 (Reinforce + Moxa)

NOTES: This disease covers infections in the reproductive organs such as vaginitis, cervicitis, endometritis and annexitis, etc.

- Leukorrhea | Diagnosis: Damp-Heat

Point Prescription(s)

REN-3, BL-32, SP-6, LIV-3 (Reduce)

Itching in the vulva: LIV-5

Reddish leukorrhea: SP-10

excessive Heat: LI-11

NOTES: This disease covers infections in the reproductive organs such as vaginitis, cervicitis, endometritis and annexitis, etc.

- Malposition of fetus | Diagnosis: None Noted

Point Prescription(s)

BL-67 Moxa bilaterally 15-20 min. while the pt. Sits in a chair, 1-2x per day until the fetus turns

NOTES: 80% + success rate

- Prolapse of Uterus | Diagnosis: Qi Deficiency

Point Prescription(s)

DU-20, REN-6, REN-12, ST-36, ST-29 (Reinforce + Moxa)

NOTES: Avoid overstrain, rest facilitates Acupuncture treatment.

- Prolapse of Uterus | Diagnosis: Kidney Deficiency

Point Prescription(s)

REN-4, Zigong (Extra Point), LIV-8, KI-6 (Reinforce + Moxa)

NOTES: Avoid overstrain, rest facilitates Acupuncture treatment.

- Prolonged Labor | Diagnosis: Qi/Blood Deficiency

Point Prescription(s)

ST-36, SP-6, BL-67 (Reinforce + Moxa)

NOTES: Measures other than Acupuncture + Moxa should be taken in case of prolonged labor caused by uterine deformity or contracted pelvis.

- Prolonged Labor | Diagnosis: Qi/Blood Stagnation

Point Prescription(s)

LI-4, SP-6, BL-67 (Reduce)

NOTES: Measures other than Acupuncture + Moxa should be taken in case of prolonged labor caused by uterine deformity or contracted pelvis.

- Uterine Bleeding | Diagnosis: Excessive Heat

Point Prescription(s)

REN-3, SP-10, SP-1, LIV-8 (Reduce)

Affection of external heat: LI-11

excessive HT Fire: HT-8

excessive Liver Fire: LIV-3

NOTES: This disease includes functional uterine bleeding due to ovarian dysfunction, but organic disorder of the reproductive system must be excluded.

- Uterine Bleeding | Diagnosis: Qi Deficiency

Point Prescription(s)

DU-20, REN-4, ST-36, SP-6, SP-1, SJ-4 (Reinforce + Moxa)

NOTES: This disease includes functional uterine bleeding due to ovarian dysfunction, but organic disorder of the reproductive system must be excluded.

Cardiovascular Disorders

- Palpitation | Diagnosis: Shen Disturbance

Point Prescription(s)

BL-15, REN-14, HT-7, P-6; P-5, GB-40,

If with phlegm-heat: ST-40, BL-19 (Even)

NOTES: Palpitations described here may be involved in neurosis, functional disorders of the vegetative nervous system and cardiac arrhythmia of various origins.

- Palpitation | Diagnosis: Insufficiency of Qi and Blood

Point Prescription(s)

BL-15, REN-14, HT-7, P-6; BL-20, BL-21, ST-36 (Reinforce)

NOTES: Palpitations described here may be involved in neurosis, functional disorders of the vegetative nervous system and cardiac arrhythmia of various origins.

- Palpitation | Diagnosis: Fire Hyperactivity Due to Yin Deficiency

Point Prescription(s)

BL-15, REN-14, HT-7, P-6; BL-14, BL-23, KI-3 (Reduce + Reinforce)

NOTES: Palpitations described here may be involved in neurosis, functional disorders of the vegetative nervous system and cardiac arrhythmia of various origins.

- Palpitation | Diagnosis: Retention of Harmful Fluid

Point Prescription(s)

BL-15, REN-14, HT-7, P-6; REN-9, REN-4, REN-8, SP-9 (Reduce first, then Reduce + Moxa)

NOTES: Palpitations described here may be involved in neurosis, functional disorders of the vegetative nervous system and cardiac arrhythmia of various origins.

Nephrological Disorders

- Retention of Urine | Diagnosis: Accumulation of Heat In the Bladder

Point Prescription(s)

BL-28, REN-3, SP-6, BL-39 (Reduce)

- Retention of Urine | Diagnosis: Decline of Mingmen Fire

Point Prescription(s)

DU-4, BL-23, DU-20, REN-4, SJ-4 (Reinforce + Moxa)

- Retention of Urine | Diagnosis: Damage of the Qi In the Meridian

Point Prescription(s)

REN-3, SP-6, ST-28, KI-5 (Even)

- Urination Disturbance | Diagnosis: Dysuria Caused by Calculi (Shi Lin)

Point Prescription(s)

BL-28, REN-3, SP-9; BL-39 (Reduce alone or combine with Reinforce)

NOTES: This morbid condition includes urinary infection and urolithiasis.

- Urination Disturbance | Diagnosis: Dysuria Caused by Qi Dysfunction (Qi Lin)

Point Prescription(s)

BL-28, REN-3, SP-9; LIV-2 (Reduce alone or combine with Reinforce)

NOTES: This morbid condition includes urinary infection and urolithiasis.

- Urination Disturbance | Diagnosis: Painful Urination with Blood (Xue Lin)

Point Prescription(s)

BL-28, REN-3, SP-9; SP-10, SP-6 (Reduce alone or combine with Reinforce)

NOTES: This morbid condition includes urinary infection and urolithiasis.

- Urination Disturbance | Diagnosis: Dysuria with Milky Urine (Gao Lin)

Point Prescription(s)

BL-28, REN-3, SP-9; BL-23, KI-6 (Reduce alone or combine with Reinforce)

NOTES: This morbid condition includes urinary infection and urolithiasis.

- Urination Disturbance | Diagnosis: Dysuria Caused by Overstrain

Point Prescription(s)

BL-28, REN-3, SP-9; DU-20, REN-6, ST-36 (Reduce alone or combine with Reinforce)

NOTES: This morbid condition includes urinary infection and urolithiasis.

Miscell--- Disorders

- Sunstroke | Diagnosis: Mild Type

Point Prescription(s)

DU-14, P-6, LI-11, BL-40 (Reduce)

NOTES: Guasha: lateral to spine, neck, intercostal spaces, shoulder regions, cubital and axilla fossae until purplish-red

- Sunstroke | Diagnosis: Severe Type

Point Prescription(s)

DU-26, DU-20, Shixuan (Extra Point), P-3, BL-40 (Reduce)

NOTES: Includes thermoplegia, thermospasm, heliosis, etc.

- Wind-Stroke | Diagnosis: Attack of the Zang Fu Organs: Closed Bi (Tense Syndrome)

Point Prescription(s)

DU-20, DU-26, ST-40, LIV-3, KI-1, twelve Jing-Well points on both hands (LU-11, HT-9, P-9, LI-1, SJ-1, SI-1)

NOTES: Frequent Moxa at ST-36 and GB-39 may prevent Wind-Stroke.

- Wind-Stroke | Diagnosis: Attack on the Meridians and Collaterals

Point Prescription(s)

DU-20, BL-7, DU-16, LI-15, LI-11, SJ-5, LI-4, GB-30, GB-34, ST-36

If upward disturbance of wind: reducing method on GB-20 and LIV-3 while reinforcing KI-3 and SP-6

For excessive Fire in the HT and LV: Reduce P-7 and LIV-2 while reinforcing KI-3

For deviation of the mouth: ST-4 and ST-6

NOTES: Frequent Moxa at ST-36 and GB-39 may prevent Wind-Stroke.

- Toothache | Diagnosis: Due to Stomach Fire

Point Prescription(s)

LI-4, ST-6, ST-44, ST-7 (Reduce)

NOTES: Toothache as described here is involved in acute and chronic pulpitis, dental caries, periodontal abscess and pericoronitis.

- Toothache | Diagnosis: Caused by Wind-Fire

Point Prescription(s)

SJ-2, GB-20, LI-4, ST-6, ST-7, SJ-5 (Reduce)

NOTES: Toothache as described here is involved in acute and chronic pulpitis, dental caries, periodontal abscess and pericoronitis.

- Toothache | Diagnosis: Due to Kidney Yin Deficiency

Point Prescription(s)

ST-6, ST-7, KI-3 (Even)

NOTES: Toothache as described here is involved in acute and chronic pulpitis, dental caries, periodontal abscess and pericoronitis.

- Common Cold | Diagnosis: Wind-Cold

Point Prescription(s)

DU-16, BL-12, GB-20, LU-7, LI-4 (Reduce)

NOTES: Even technique with Moxa for points with weak constitutions. Moxa BL-12 and ST-36 daily to prevent common cold in its prevalence.

- Common Cold | Diagnosis: Wind-Heat

Point Prescription(s)

DU-14, LI-11, SJ-5, LI-4, LU-10, LU-11 (Reduce)

NOTES: Same Px for other viral/bacterial infections as well. Moxa BL-12 and ST-36 daily to prevent common cold in its prevalence.