

Acupuncture Techniques in NeiJing

- Nine Needle Technique:

- Nine Kinds of needling methods to treat the Nine kinds of diseases

- Twelve Needle Technique:

- 12 needling techniques in NeiJing to treat the diseases of the 12 meridians

- Five Needle Technique:

- Three Needle Technique:

Nine Kinds of Needling Techniques (九刺)

Nine Kinds of needling methods in Neijing
to treat the Nine kinds of diseases

Contents:

- | | |
|---|-----|
| 1. Shu Point Needling (Shu Puncture) | 輸刺 |
| 2. Distal Needling (Distant Puncture) | 遠道刺 |
| 3. Meridian Needling (Ashi Puncture) | 經 刺 |
| 4. Collateral Needling (Small Blood Vessel Puncture) | 絡 刺 |
| 5. Cleft Needling (Crack or Parting Puncture) | 分 刺 |
| 6. Evacuation Needling (Draining Puncture) | 大瀉刺 |
| 7. Shallow Needling (Hair Puncture) | 毛 刺 |
| 8. Contra-Lateral Needling (Great Puncture) | 巨 刺 |
| 9. Heat Needling (fire Puncture) | 燄 刺 |

1) Shu Point Needling (Shu Puncture)

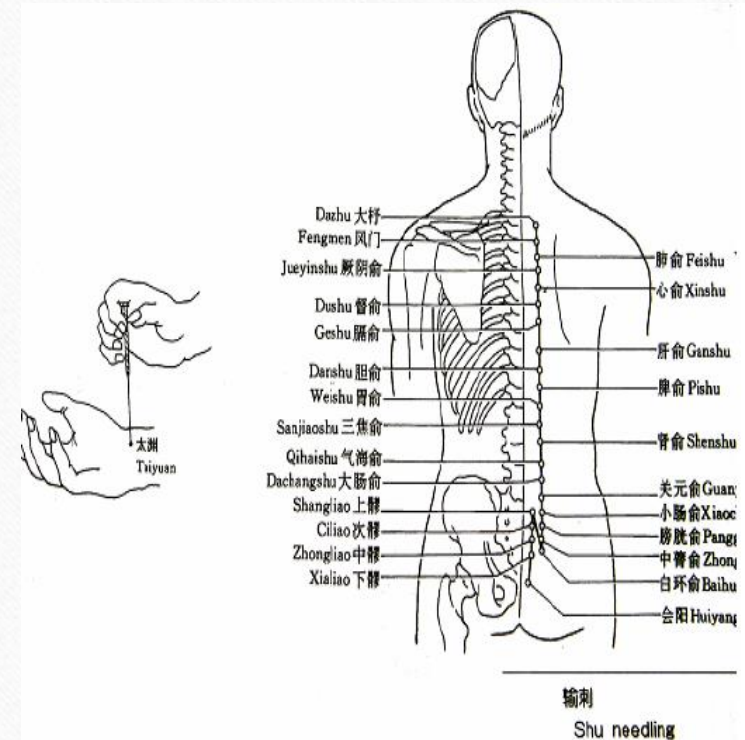
輸 刺

- Name: means to needle the Shu-stream point and the Back-shu point of the meridian involved
- Method: To treat diseases of the five Zang-organs, Choosing ying-Spring, shu-Stream Points located below the elbow and knee on the meridian involved, and the Back-shu Points of the five zang-organs
- Clinical Application: Treating disorders in Five Zang-Organs

Name: Means to needle the Shu-Stream point and Back-Shu point of the meridian involved

- 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



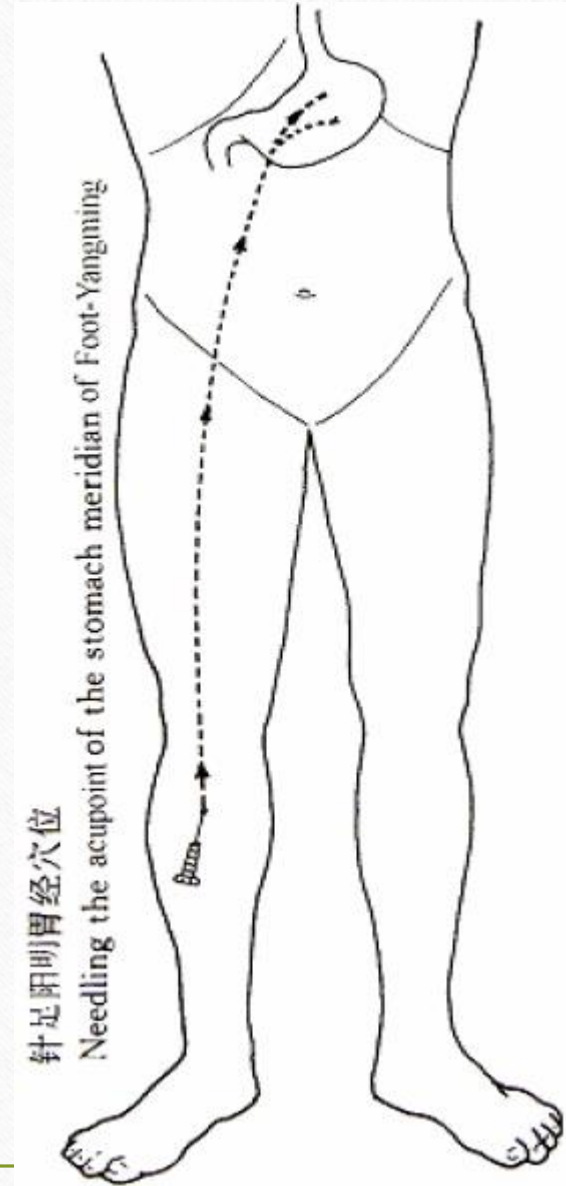
2) Distal Needling (Distant Puncture) 遠道刺

- This is a means to treat the upper by needling the lower or to select the acupoints located in the distal part of the meridian.
- Method: to treat disease of the six-fu organs, needling the lower He-Sea points on the 3 yang meridians of the foot.
- Lower He Sea Points (ST 36, UB 40, GB 34, ST 37, ST 39, UB 39)

- 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.



Practice

- Stomach Qi Rebellion.(ST36)
- UB Dampness and Heat.(UB40)
- GB Fire Raising Up.(GB34)
- LI Fluid Deficiency.(ST37)
- SI Dampness and Heat.(ST39)
- Disability to Irrigate Fluid of SJ.(UB39)

3) Meridian Needling (Ashi Puncture) 經刺

- Name: to treat the disorder of the meridian itself, the points selected are all located on the meridian with pathologic changes.
- 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.

- Clinical Application: To treat the disorders of the meridian itself
- Points: shu points in Five Element and local points in Meridians
- Practice: LU9, PC7, HT7 ; SI3, SJ3, LI3



4) Collateral Needing (Small Blood Vessel Puncture) 絡刺

- Name: 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.
- Instruments: Three-edged Needle Cutaneous Needle
"A healthy person should not see many blood vessels. If so, they should be symmetrical."

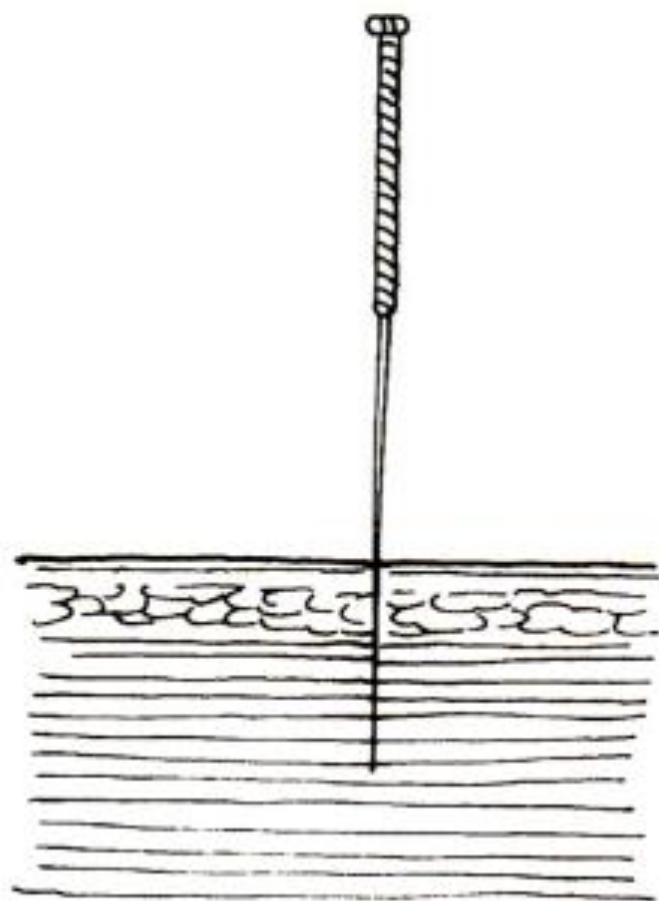
Clinical Application: Treating excess and Heat syndromes

- Practice :
- LU11/LI1 for sore throat
- LU10 For excess lung heat
- Du14 For heat syndrome
- Apex of the ear For red and pain eyes



5) Cleft Needling (Crack or Parting Puncture) 分刺

- Name: the method means to insert the needle directly into the muscles
- Used to treat muscular pain, Bi syndromes, or injury
- Method: Needle the space in between two muscles to reach the fascia (needle into the patients pain)
- Clinical Application: Treating muscular pain, flaccidity or old wound
For example: Shin splints, tendonitis, carpal tunnel, adhesions

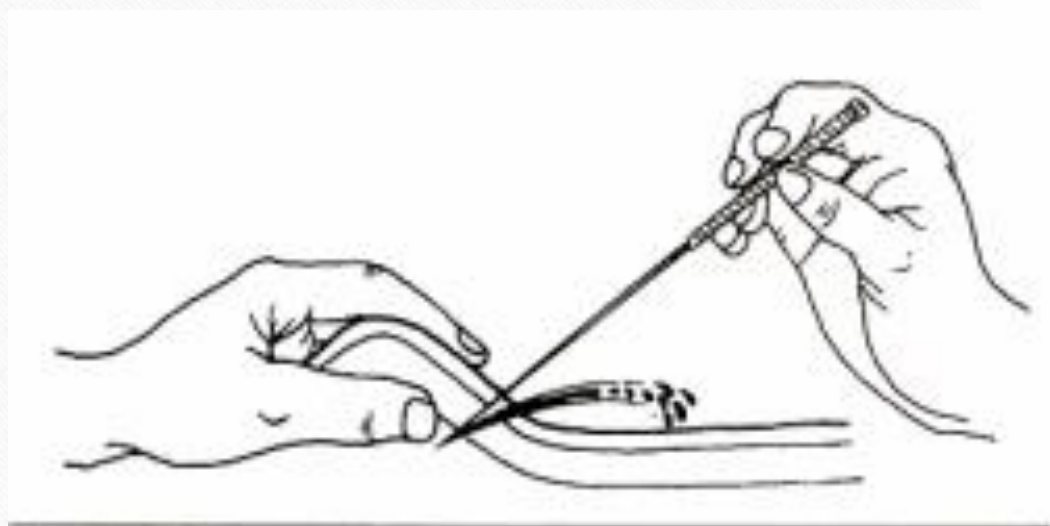


分刺

Muscular needling

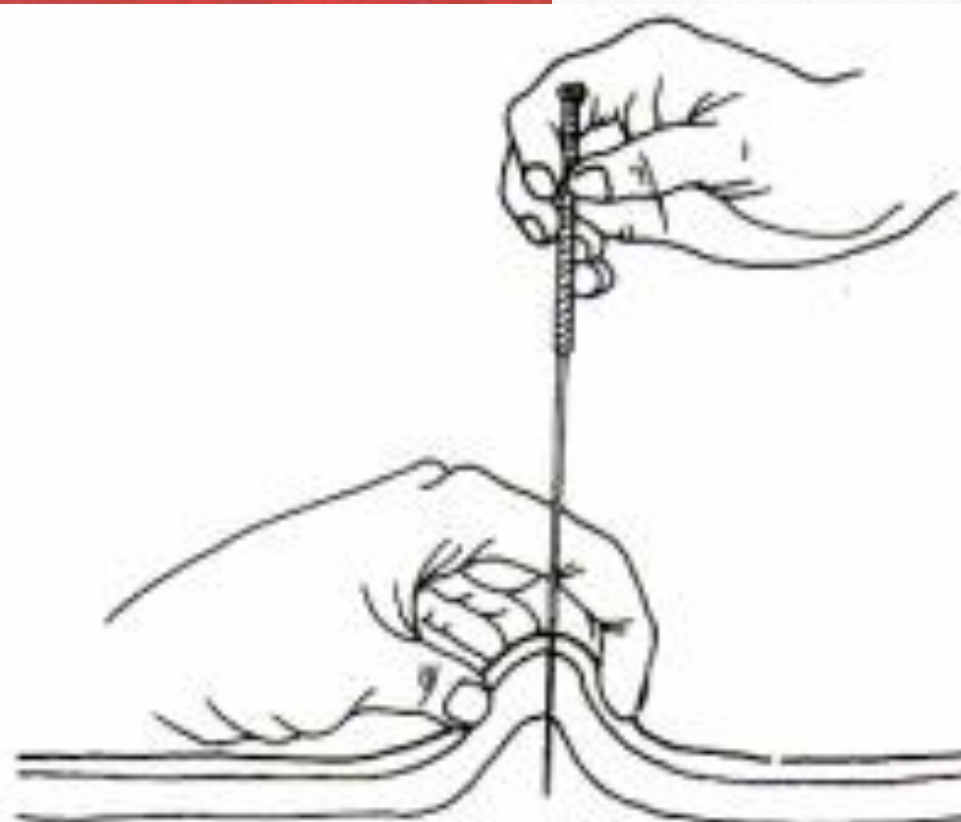
6) Evacuation Needling (Draining Puncture) 大瀉刺

- Name: the method is used to eliminate & dredge stagnant blood and ascites. That is why it is so called
- Method: To incise or to puncture for the elimination of pus (with blood in) and dredging of ascites in the area with abscess, hematoma or edema.
- Clinical Application: Used to drain pus, other fluids, and cause a small amount of bleeding
- Use a sword (big and sharp) needle to puncture the affected area.
- Use with caution in deficient patients



大泻刺

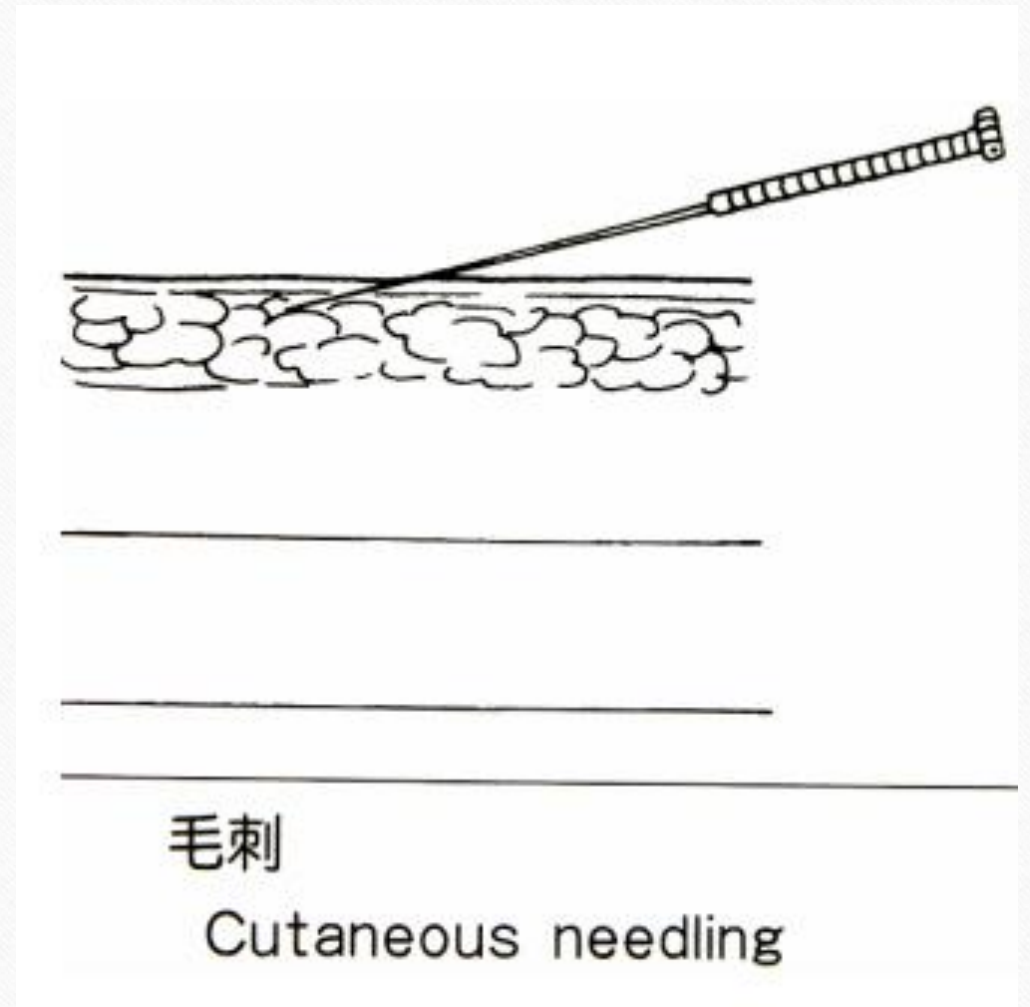
Major reducing needling



7) Shallow Needling (Hair Puncture) 毛刺

- Name: means to needle shallowly into the skin
- Used for treating superficial disorders
- Puncture the skin superficially with ear tacks, dermal needles, 7-Star needles, or Superficial Threading
- Method: To needle shallowly into the skin; not deep into the layer between the skin & muscle

- For superficial floating Skin Bi (Wind and itching) syndromes, Vessel Bi (Vascular problems), Bone Bi (Osteoarthritis), Tendon Bi, and Muscle Bi
- Clinical Application: Treating cutaneous numbness and superficial diseases



8) Contra-Lateral Needling (Great Puncture) 巨刺

- Name: to needle the left for the treatment of the right and vice versa
- Method: to treat the disorders on the left side by needling the right side and vice versa. Since Qi in the meridians exchanges from the left to the right.

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

Master Tong's Points are highly recommended when practicing contra-lateral needling

Clinical Application:

to treat the disorders on the left side by needling the right side and vice versa

繆刺 Miu-needling: is similar to Contralateral needling, which is used to treat diseases just developing in the collaterals

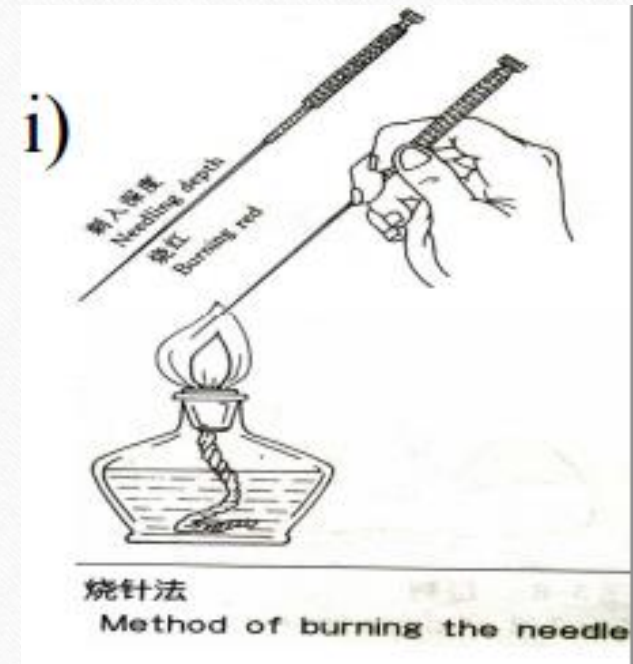


巨刺

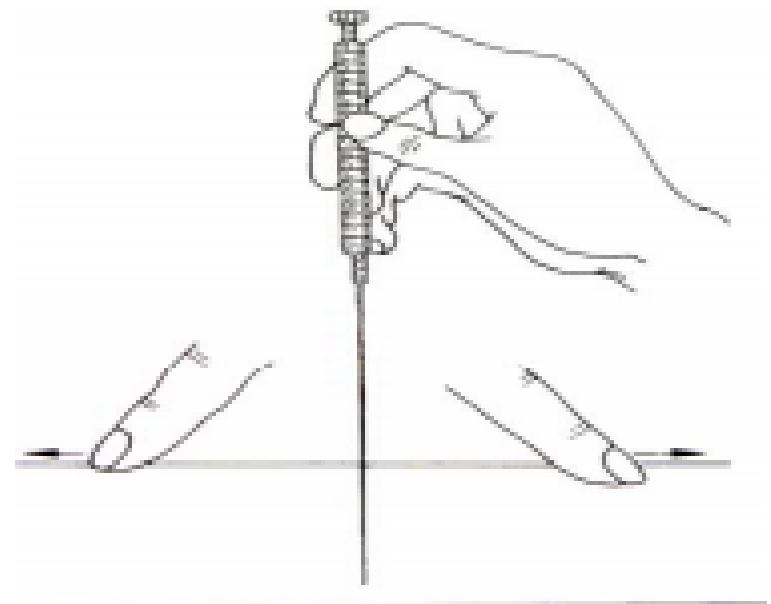
Opposite-side needling

9) Heat Needling (fire Puncture) 焮刺

- Name: means to insert the cauterized needle into the body
- Method 1/3-1/2 of the needle is burned red/white and then immediately inserted into the acupoints
- Use for Bi Syndromes (Rheumatoid Arthritis (later stages are more cold), Gout, For Damp-Cold Bi Pain, and Yin-Ulcers)



- Clinical Application: Treat cold pain, scrofula and carbuncle



淬刺

1 Cauterized needling

Twelve Needle Technique 十二節刺

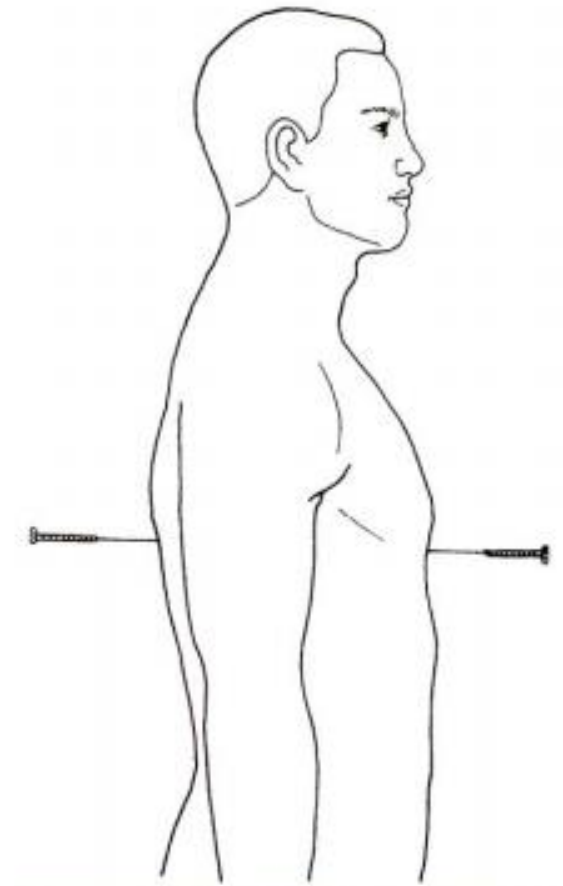
12 needling techniques in Nei Jing to treat the diseases of the 12
meridians

Contents

- | | |
|---|---------------|
| 1. Symmetrical Needling (Ou ci) | 偶刺（前后配刺） |
| 2. Trigger Needling (Bao ci) | 報刺（刺而再刺） |
| 3. Rehabilitating Needling (Hui ci) | 恢刺（多向刺） |
| 4. Ranked Needling (Qi ci) | 齊刺（三針同刺） |
| 5. Surrounded Needling (Yang ci) | 揚刺（五針同刺） |
| 6. Straight Needling (Zhizhen ci) | 直針刺（沿皮刺） |
| 7. Shu Needling (Shu ci) | 輸刺（提插深刺） |
| 8. Close-bone Needling (Duan ci) | 短刺（近骨刺） |
| 9. Superficial Needling (Fou ci) | 浮刺（肌肉斜刺） |
| 10. Yin Needling (Yin ci) | 陰刺（左右配刺） |
| 11. Accompanied needling (Pang zhen ci) | 傍針刺（正刺傍刺兩針同用） |
| 12. Repeatedly sparse needling (Zhuan ci) | 贊刺（散針出血） |

1) Symmetrical Needling (Ou ci) 偶刺 (前后配刺)

- Name: One needle is inserted on the front and another on the back. Also known as Yin Yang needling.
- Clinical application: To treat zang-fu organs' diseases by the combination of front-mu and Back-shu points



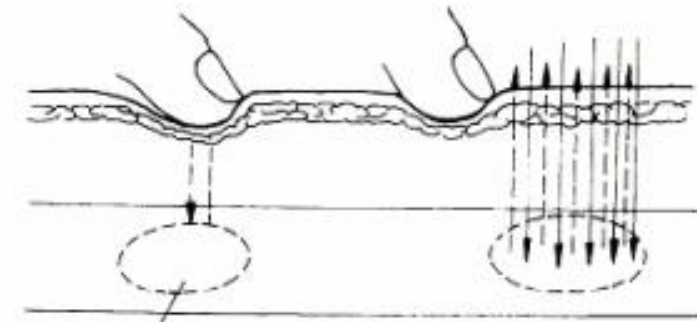
偶针

Symmetrical needling

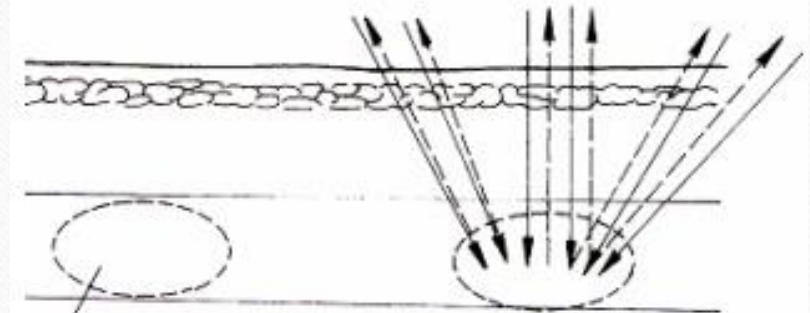
- Method: One hand presses the front (corresponding to Front mu point on the chest), the other hand presses the back (corresponding to Back-shu point). The needles are inserted into the tenderness felt on the front and back. Such a front-back needling technique is known as symmetrical needling

2) Trigger Needling (Bao ci) 報刺 (刺而再刺)

- Name: To re-puncture after the needle is withdrawn.
- Method: To needle the region felt painful by the patient. When the needle is manipulated, ask the patient whether the pain of the needled region is stopped. Then tenderness on the other region is needed.
- Clinical application: To treat wandering Bi-syndrome



痛点
Painful point



痛点
Painful point

報刺

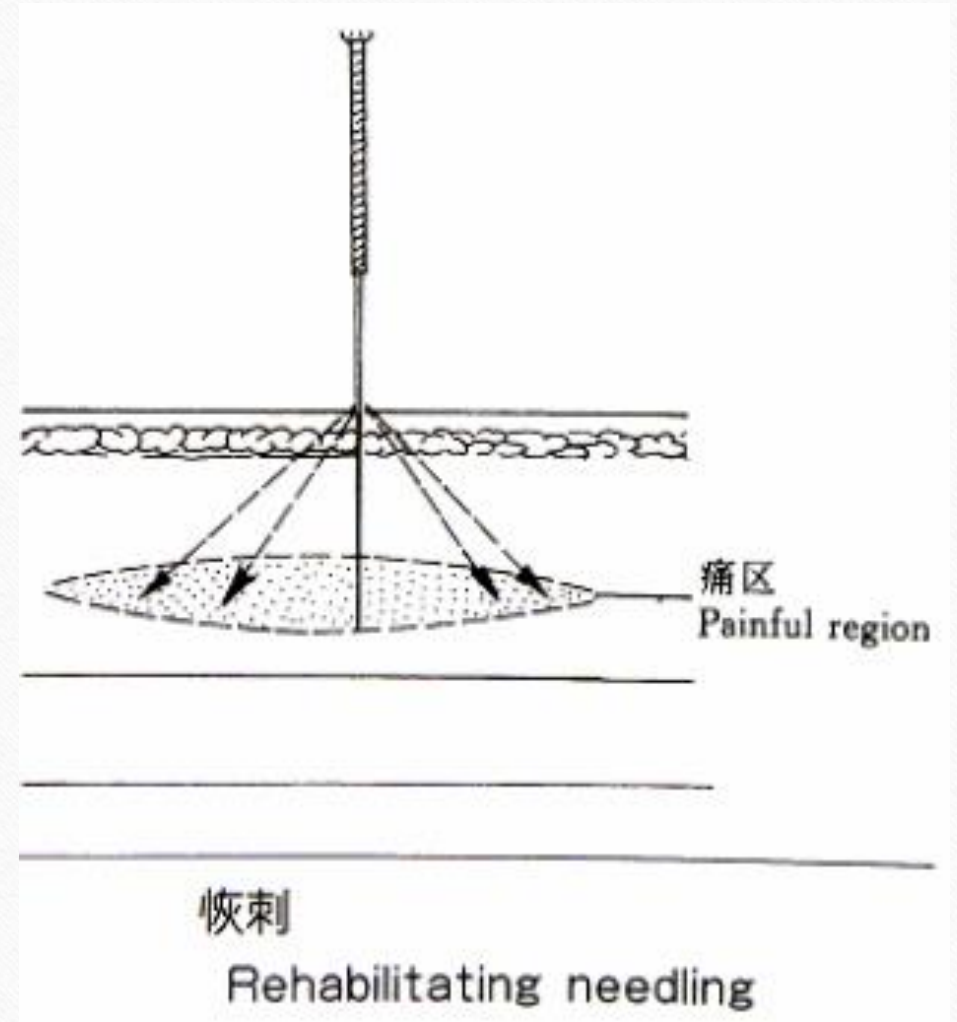
Trigger needling

3) Rehabilitating Needling (Hui ci) 恢刺 (多向刺)

- Name: This method helps restore the function of the affected part
- Method: The needle is inserted beside the joint. When needling-sensation is obtained, ask the patient to move the joint and repeatedly change the direction of needling for dredging the meridians and relieving spasm of the tendons

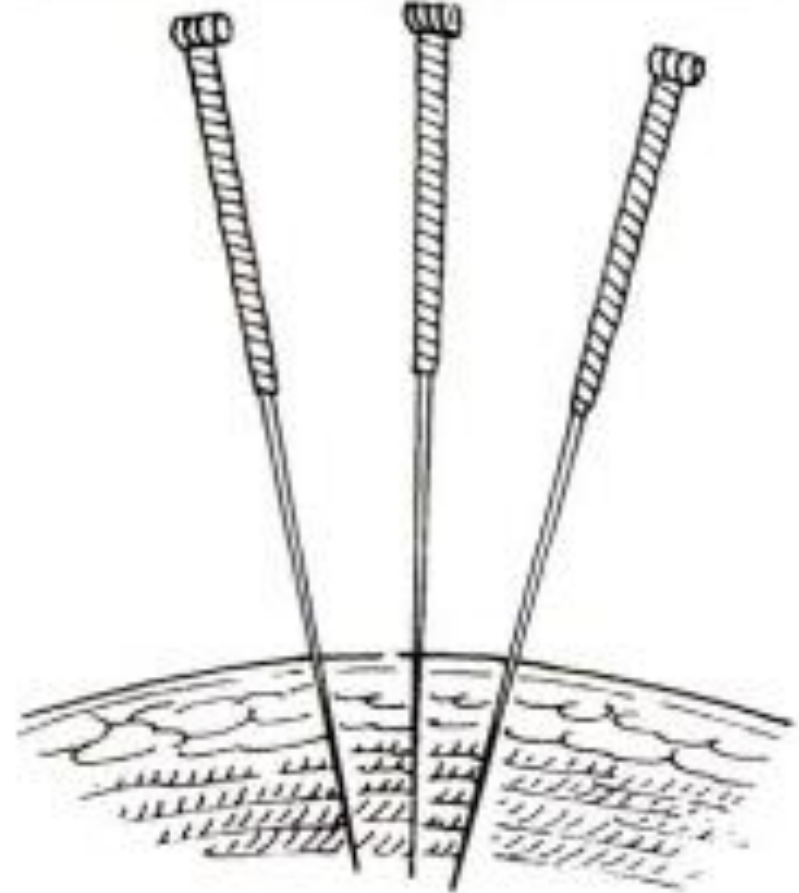


- Clinical application: To treat bi-syndrome due to cramps of musculature by needling around the affected region.



4) Ranked Needling (Qi ci) 齊刺 (三針同刺)

- Name: To insert one needle first and then to insert one more needle on each side of it.
- Method: One needle is inserted into the middle and two are on both sides. Three needles are inserted at the same time.



齊刺

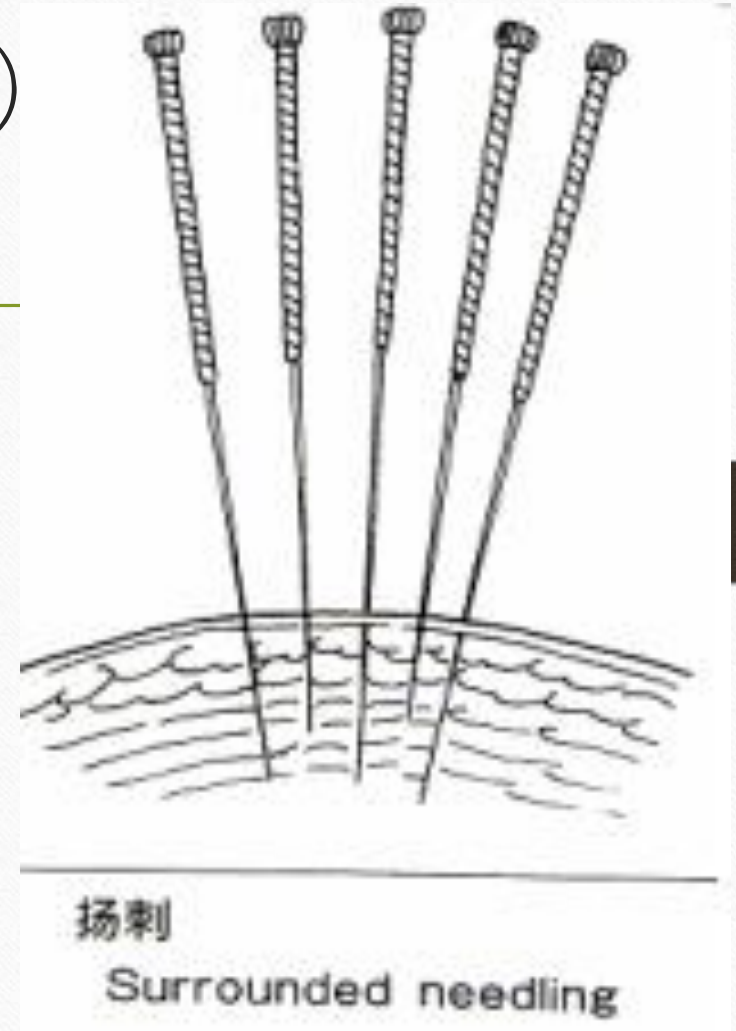
Ranked needling

- Clinical application: to treat deep Bi-syndrome over a small area
- Note This method is different from rehabilitating needling characterized by repeatedly needling in point with one needle or to more direction. but ranked needling is done by using three needles.



5) Surrounded Needling (Yang ci) 揚刺 (五針同刺)

- Name: Characterized by insertion of one needle in the center and four around for shallow and superficial needling. “yang” means shallow
- Method: One needle is inserted on the middle and 4 others are inserted on the upper, lower, left and right respectively. The needled area is not concentrated. So it is called surrounded needling

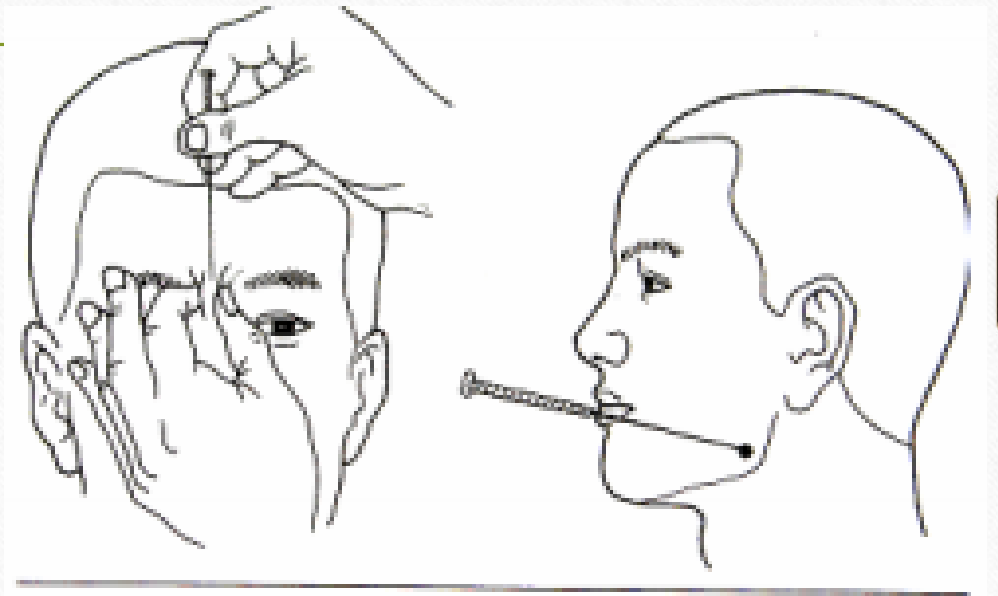


- Clinical application: To treat Bi-syndrome with superficial cold retention in a large area.
- Note Plum needling was developed on the basis of surrounded needling



6) Straight Needling (Zhizhen ci) 直針刺 (沿皮刺)

- Name: The skin is kneaded and the needle is inserted into the location of the disease
- Method: Knead the points, and needle subcutaneously (between the skin and muscle)---SHALLOW



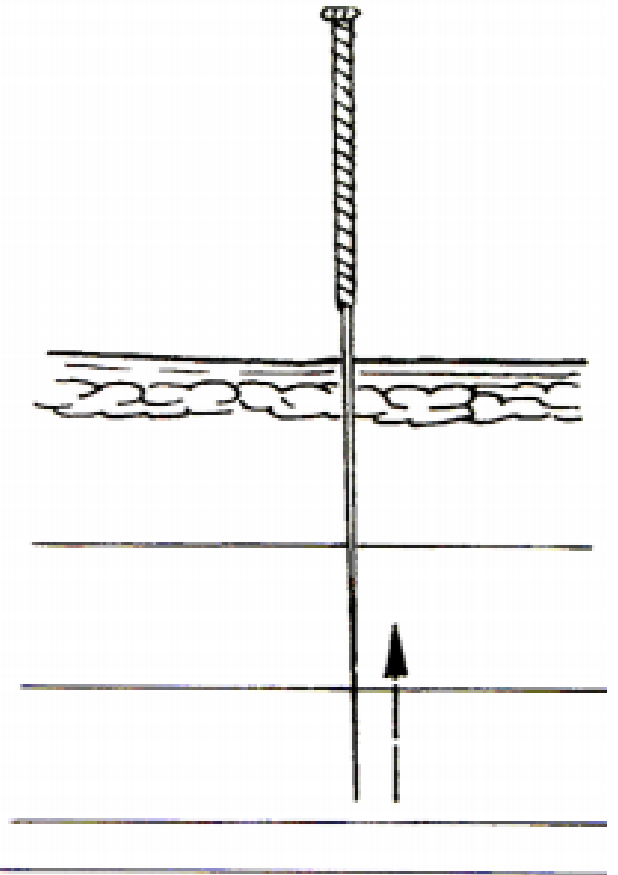
Perpendicular needling

- Clinical application: To treat superficial and collateral disease by shallow needling.
- Note This method is now known as needling by the skin or transverse needling



7) Shu Needling (Shu ci) 輸刺 (提插深刺)

- Name: To direct yang away from yin to eliminate heat
- Method: The needle is inserted perpendicularly deep to wait for needling-sensation and when needling-sensation is obtained, the needle is slowly withdrawn
- Clinical application: To eliminate pathogenic heat through directing yang away from yin

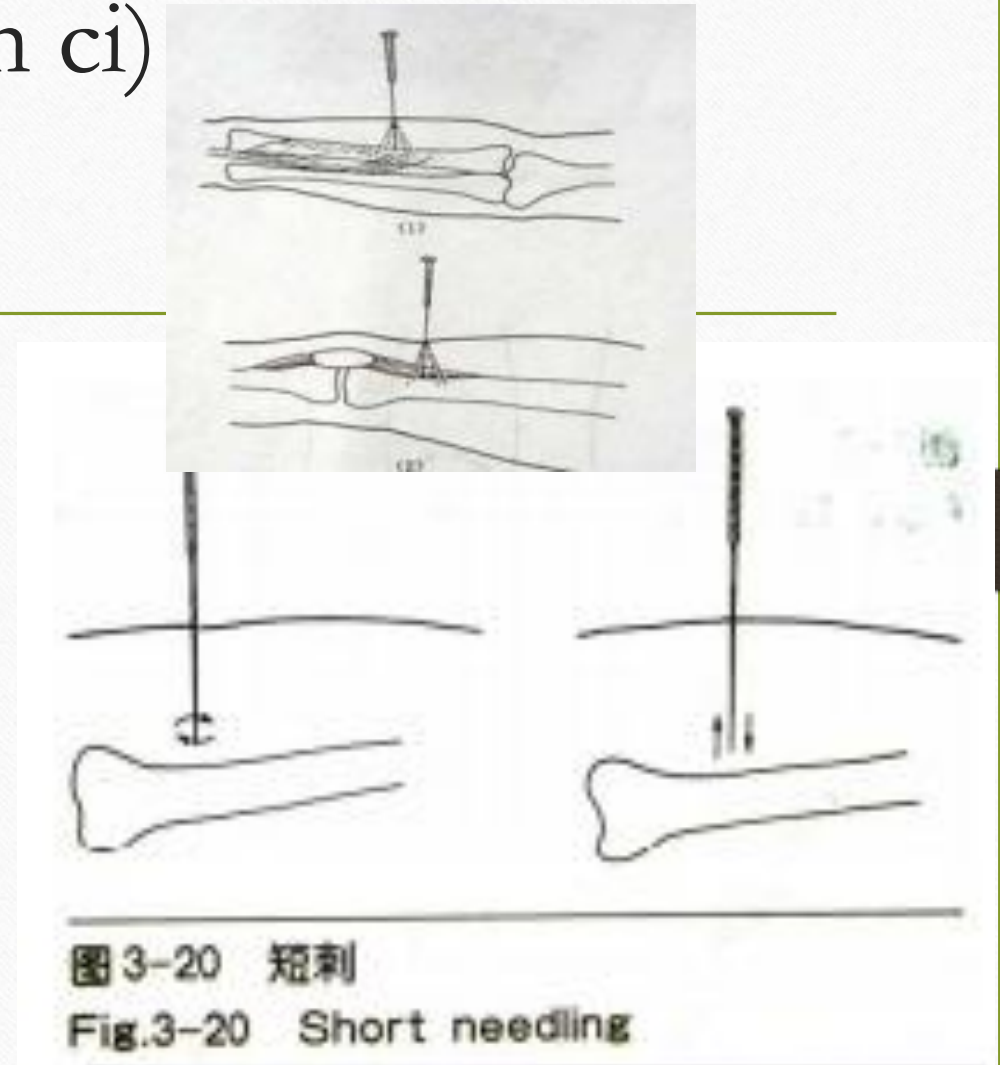


輸刺

Shu needling

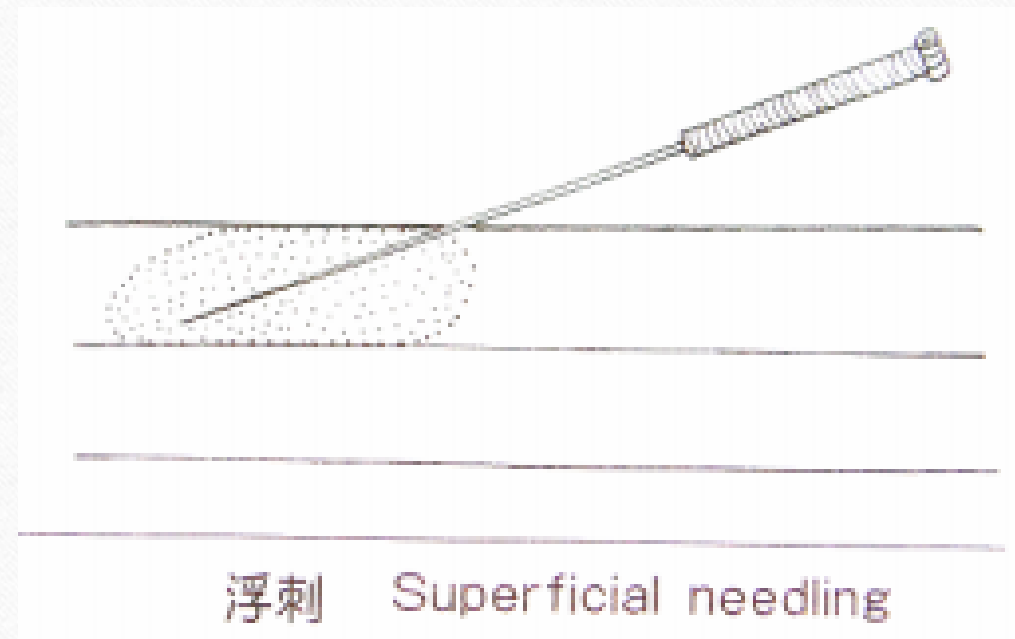
8) Close-bone Needling (Duan ci) 短刺 (近骨刺)

- Name: Used to needle the region near the bone
- Method: To insert the needle slowly to the deep by slight shaking and then to rotate it mildly when it gets near the bone
- Clinical application: To treat deep located disease like bone Bi-syndrome



9) Superficial Needling (Fou ci) 浮刺 (肌肉斜刺)

- Name: This is an obliquely superficial needling technique
- Method: Obliquely shallow needling (on the superficial of the muscle)
- Clinical application: To treat cold cramps of muscles; and numbness syndromes



- Notes Superficial needling, cutaneous needling and surrounded needling all belong to shallow needling. But superficial and cutaneous needling means shallow needling with fewer needles, while surrounded needling means shallow needling with more needles



10) Yin Needling (Yin c 陰刺 (左右配刺)

- Name: Simultaneous needling of the points located on both sides
- Method: To needle an point on the right and left sides simultaneously

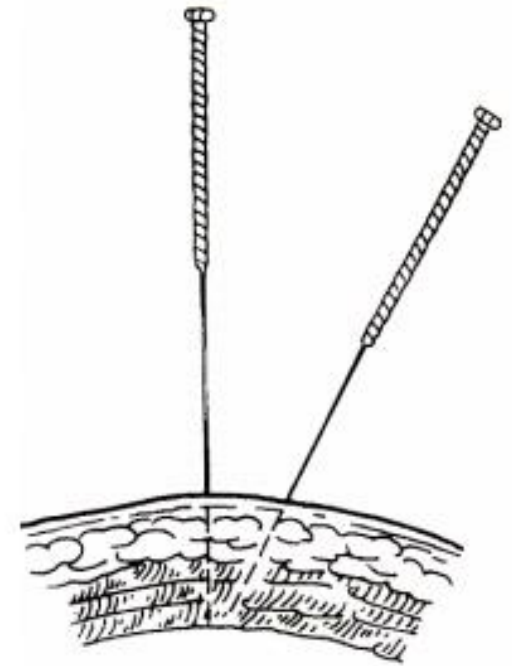


- Clinical application: To treat yin cold
- Note Acupoints of the same name on the left and right sides are needled at the same time.



11) Accompanied needling (Pang zhen ci) 傍針刺（正刺傍刺兩針同用）

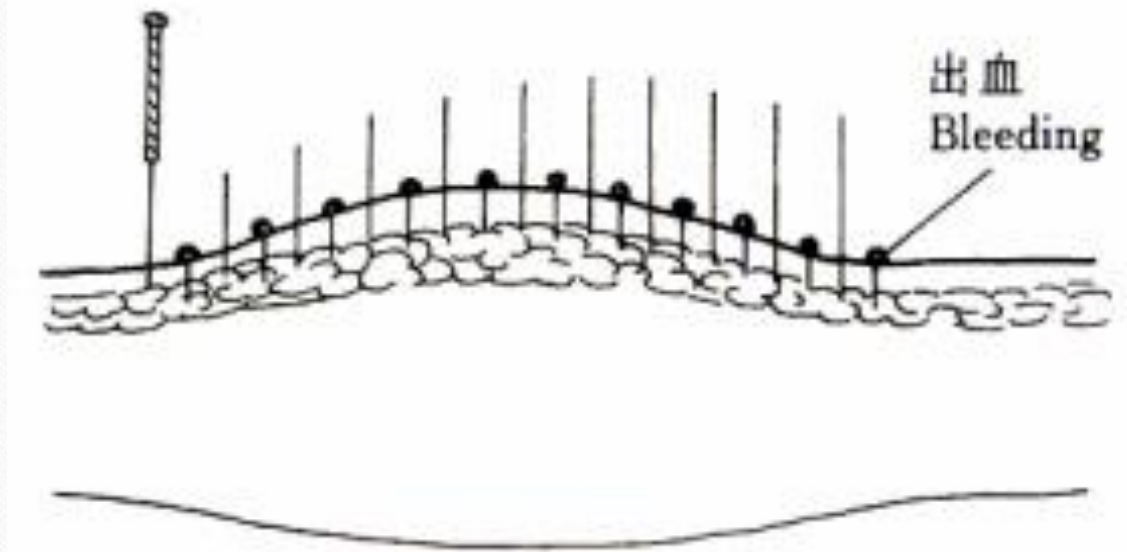
- Name: To insert one needle into the selected point and another into the point nearby.
- Method: One needle is inserted perpendicularly, and another is inserted obliquely beside
- Clinical application: Is used to treat stubborn Bi-syndrome with obvious tenderness and fixed location
- Note: This method is used to help dredge the meridian and activate the collaterals over the tenderness



旁針刺 Accompanied needling

12) Repeatedly sparse needling (Zhuan ci) 贊刺 (散針出血)

- Name: This way of needling can help subside sores and swelling.
- Method: The needle inserted perpendicularly, and withdrawn straightly, characterized by shallow needling and quick withdrawal of the needle. This is repeated, sparse, shallow and bloodletting technique
- Clinical application: To treat carbuncle, furuncle



贊刺 Repeatedly sparse needling

Five Needling Techniques

Five needling techniques are differentiated according to the relation between the five Zang organs and five constituents

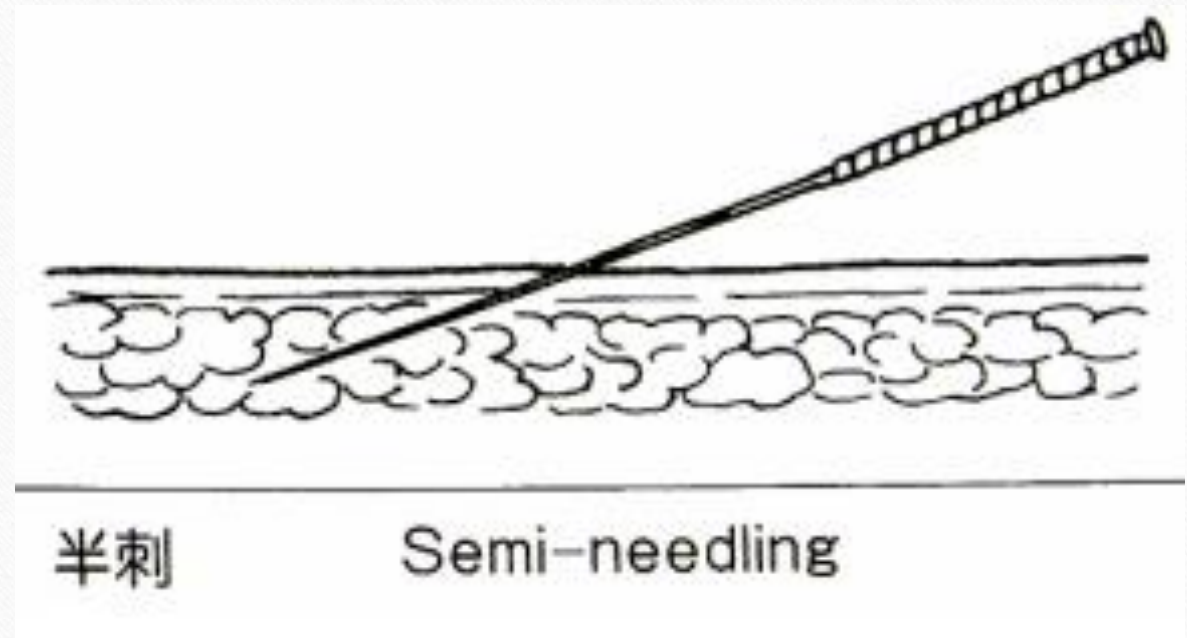
Contents

- | | |
|--------------------------------------|-----|
| 1. Semi- Needling (Ban ci) | 半刺 |
| 2. Leopard-spot Needling (Baowen ci) | 豹紋刺 |
| 3. Joint Needling (Guan ci) | 關刺 |
| 4. Hegu Needling (Hegu ci) | 合谷刺 |
| 5. Shu Needling (Shu ci) | 輸刺 |

1) Semi- Needling (Ban ci) 半刺

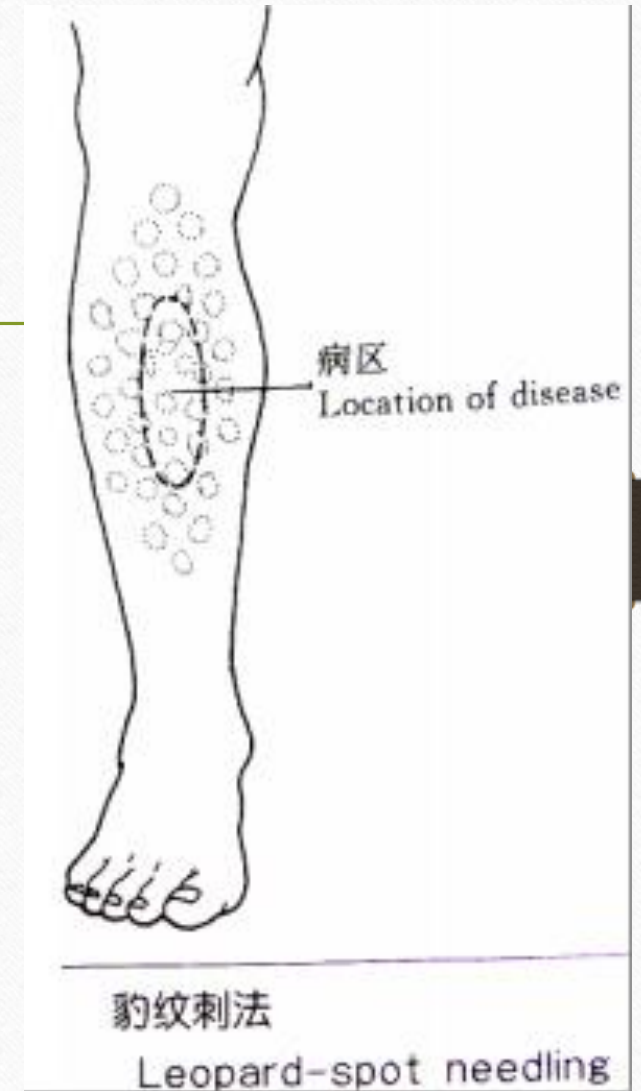
- Name: To needle the skin only (shallow)
- Method: The needle is inserted only into the skin and then is quickly withdrawn like the pulling of a piece of body hair
- Note: It can regulate Lung qi; and is frequently used to treat children in modern times.

- Clinical application: To treat wind & cold attack of the superficies, fever, dyspnea and other diseases involving the lung as well as some skin diseases
- techniques characterized by shallow insertion and swift withdrawal of the needle, also called shallow needling



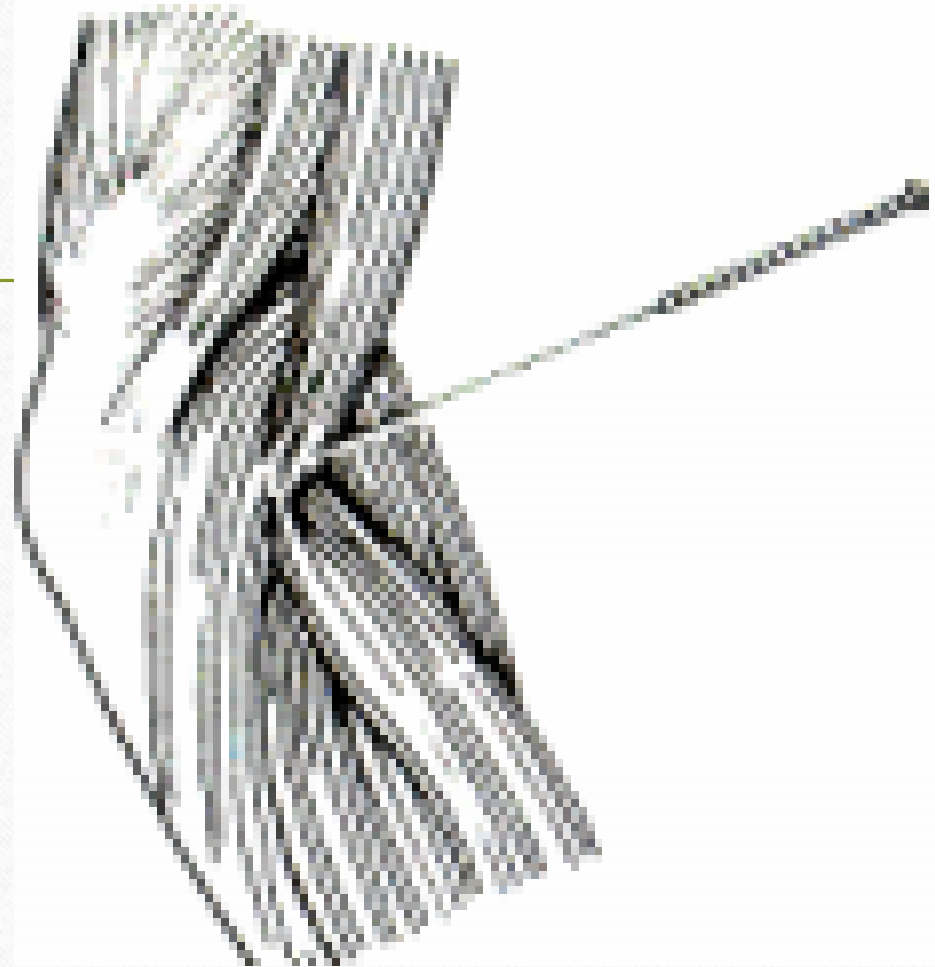
2) Leopard-spot Needling (Baowen ci) 豹紋刺

- Name: Is characterized by multiple points of bleeding
- Method: To select one point as the center and to needle sparsely around for blood-letting
- Clinical application: Red, swollen, hot, painful dermatological disease
- Note: Since the heart controls blood and vessels, this method works on the regulation of Heart qi



3) Joint Needling (Guan ci) 關刺

- Name: Means to needle the tendons around the joints of the body
- Method: This method focuses on needling the tendons around the joints. Since the tendons converge around the joints, the tendons and muscles of the four limbs all end near the joints

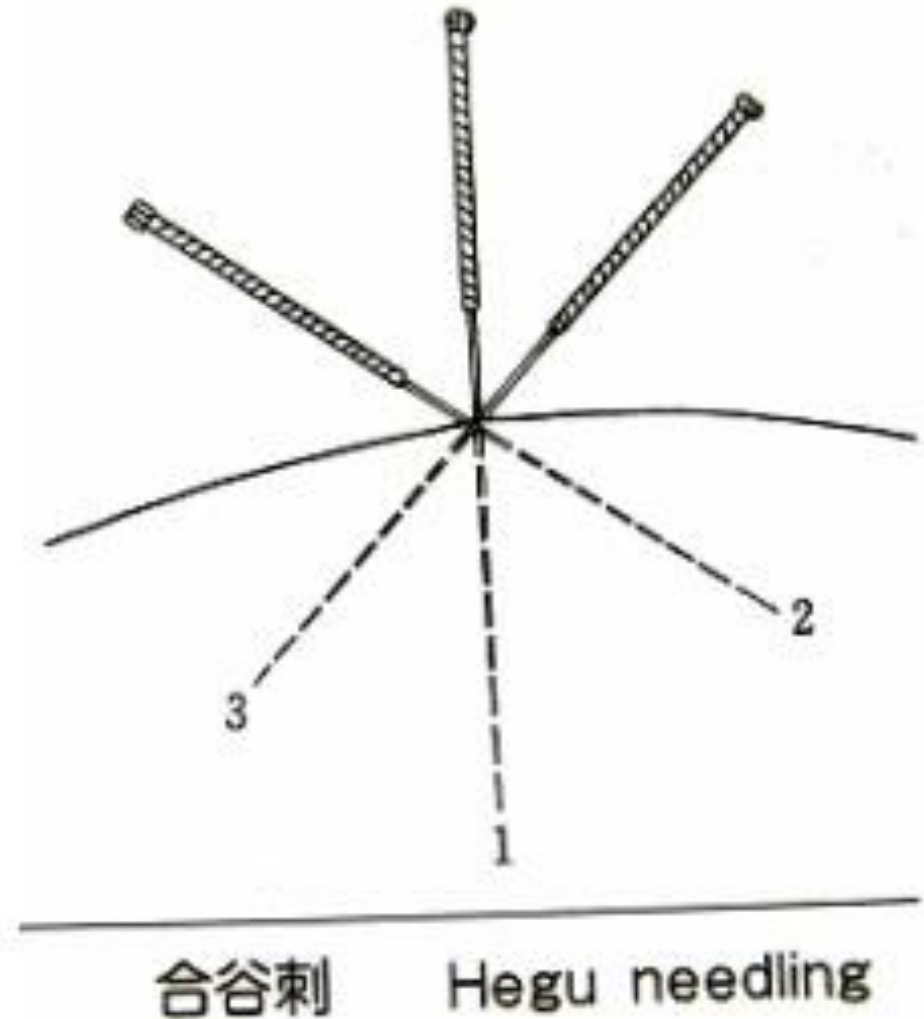


- Clinical application: To treat Tendon Bi-syndromes Note It can regulate Liver qi, and cares should be taken not to impair the vessels
- Note It can regulate Liver qi, and cares should be taken not to impair the vessels



4) Hegu Needling (Hegu ci) 合谷刺

- Name: Refers to the needling of the region with thick muscles. “Gu” means major muscular convergence
- Method: To insert the needle deep into the regions with thick muscles, then to withdraw it to the shallow region and push the needle obliquely to both sides.



- Clinical application: To treat muscular Bi-syndrome
- Notes: The technique is characterized by inserting the needle into the muscles. Since muscles are controlled by the spleen, this method can regulate spleen qi; clinically it is a kind of heavy stimulating method



5) Shu Needling (Shu ci) 輸刺

- Name: Means to insert the needle perpendicularly and to withdraw it straightly for the purpose of dredging the external and the internal
- Method: To insert the needle perpendicularly deep to the bones and withdraw straightly
- Clinical application: To treat obstructive pain of the bones(including diseases located in the deep regions)
- Note Since kidney controls bones, this method can regulate renal qi

