Acupuncture Technique

R. Bishay

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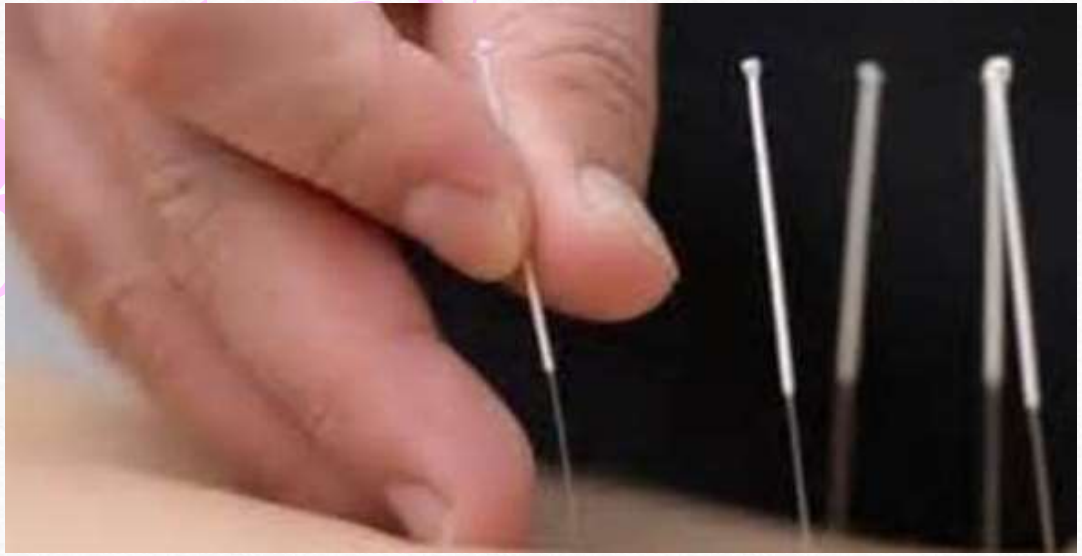
What is Acupuncture Technique

- Narrow Sense, it is the manipulation of needles.
- Broad sense it encompasses all the needle manipulation, but also the preparation of the practitioner and patient, technique of palpation etc…



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Origin

- Since the time of Huan Di Nei Jing, where they talked about methods of to tonifying and reduction methods using needle.

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Standard nomenclature of the ‘Nine classical needles’

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Shear needle chanzhen 鑱針

- A pricking instrument like an arrowhead with a sharp tip, the same as a chisel needle or sagittal needle
- 鑱針者，取法於巾針，去末寸半，卒銳之，長一寸六分，主熱在頭身也。

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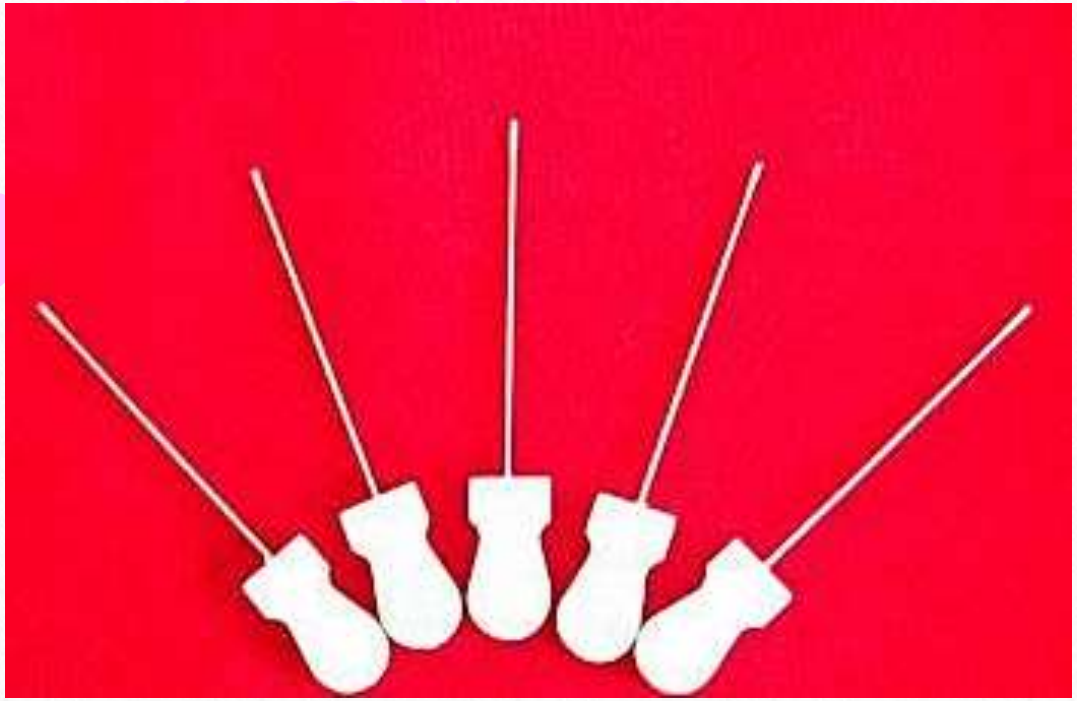
Round-point needle yuanzhen 圓針

- A cylindrical instrument with the shaft 1.6 cun long and an oval tip, used for massage on the body surface, the same as a rounded needle
- 圓針，取法於絮針，筒其身而卵其鋒，長一寸六分，主治分間氣。



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Lance needle fengzhen 鋒針

- Another name for three-edged needle, the same as a lancing needle
- 鋒針，取法於絮針，筒其身鋒其末，長一寸六分，主癰熱出血。

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Spoon needle chizhen 鍉針

- An instrument with a thick shaft and a slightly sharp round tip used for pressing the meridians/channels
- 鍉針，取法於黍粟之銳，長三寸半，只按脈取氣，令邪出。

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Stiletto needle pizhen 鈹針

- An instrument like a double-edged sword used for drainage of pus,
- 鈹針，取法於劍鋒，廣二分半，長四寸，主大癰膿，兩熱爭者也。

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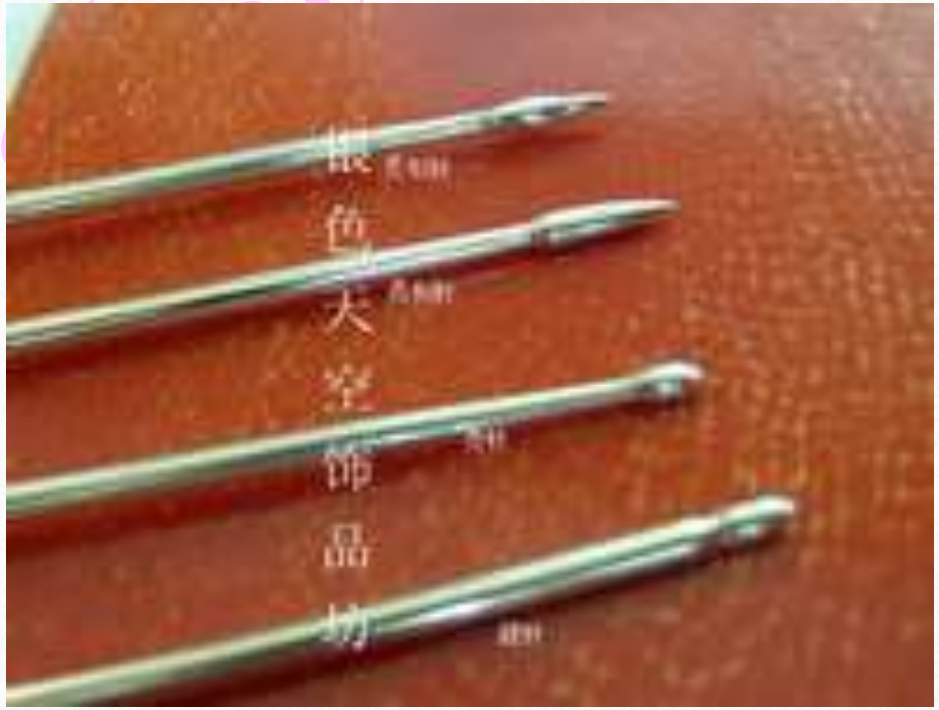
Round-sharp needle yuanlizhen 圓利針

- A cylindrical instrument with the shaft 1.6 cun long and an oval tip, used for massage on the body surface, the same as a rounded needle
- 員利針，取法於鑱針，微大其末，反小其身，可令深內也，長一寸六分，主取膿痹者也。



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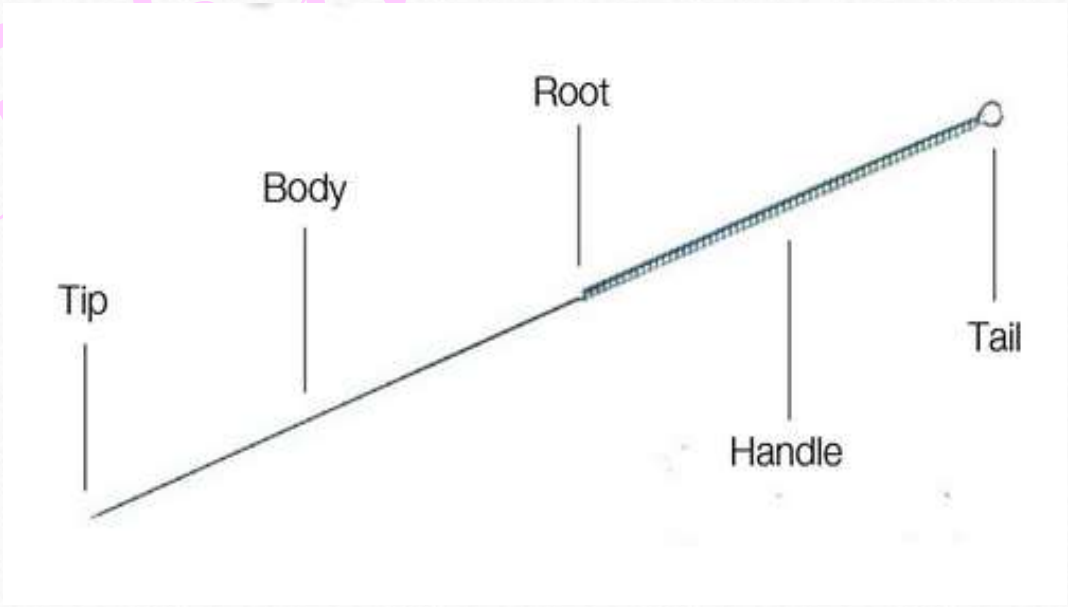
Filiform needle haozhen 毫針

- A type of fine needle of varying length most commonly used in performing acupuncture at present
- 毫針，取法於毫毛，長一寸六分，主寒熱痛痹在絡者也。



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NEEDLE CHART

Needle Gauges and Thicknesses

Gauge		Thickness	
JAPANESE	CHINESE	MILLIMETERS	INCHES
00	-	0.12	0.0047
0	-	0.14	0.0055
1	40	0.16	0.0063
2	38	0.18	0.0071
3	36	0.20	0.0079
-	34	0.22	0.0087
5	32	0.25	0.0098
8	30	0.30	0.0118
-	28	0.35	0.0137

Needle Lengths

Millimeters	CUN
13	0.5
15	0.6
25	1.0
30	1.2
40	1.5
50	2.0
60	2.5
75	3.0
100	4.0
125	5.0

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Long needle changzhen 長針

- 7 cun in length, used for deep puncture
- 長針，取法於綦針，長七寸，主取深邪遠痹者。

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Big needle dazhen 大針

- A needle with a long and thick shaft and a somewhat round tip, the same as a large needle
- 大針，取法於鋒針，其鋒微員，長四寸，主取大氣不出關節者也。

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九鍼之圖

一曰鋩鍼

二曰員鍼

三曰鍉鍼

四曰鋒鍼

五曰鈹鍼

六曰員利鍼

七曰毫鍼

八曰長鍼

九曰大鍼

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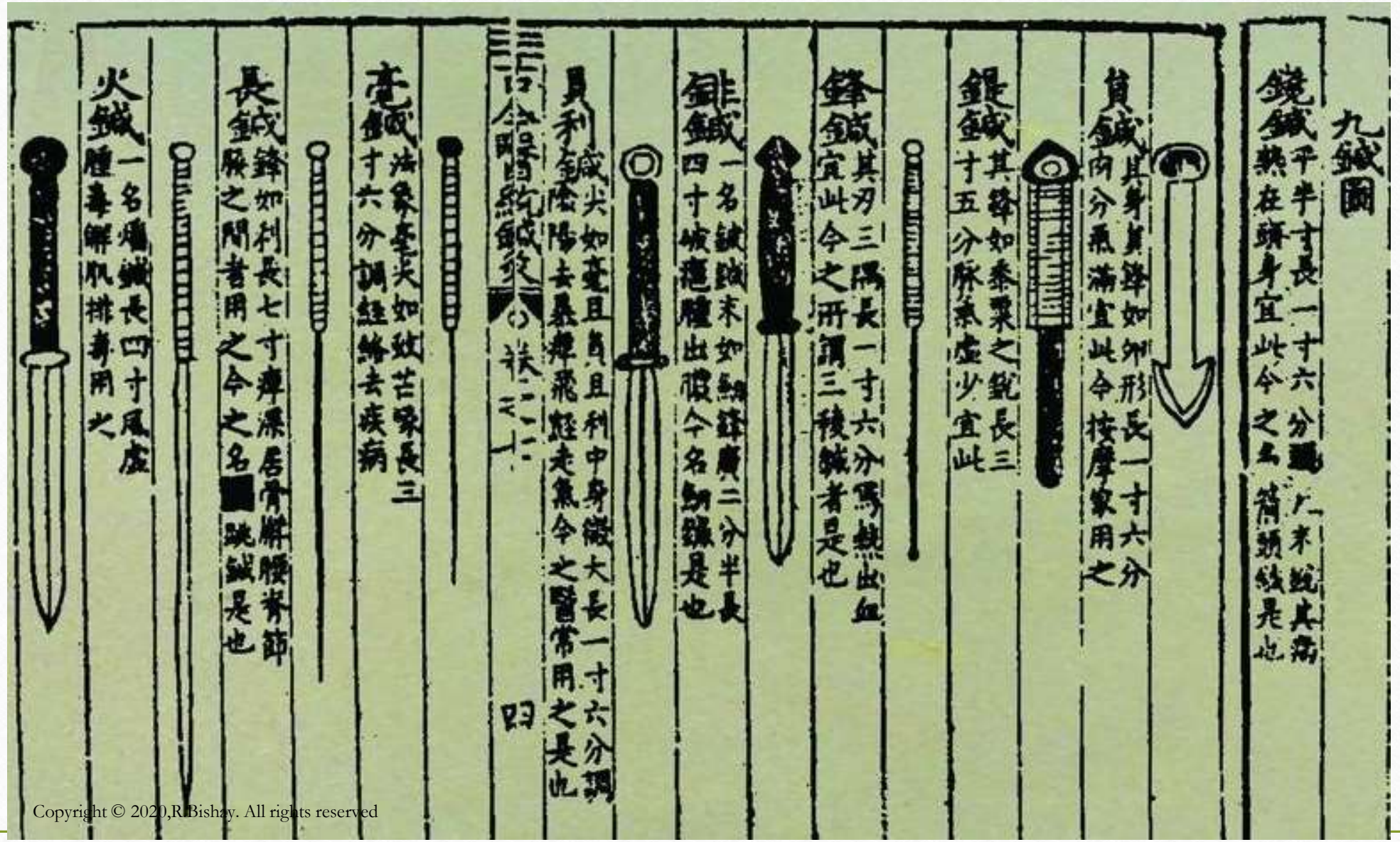

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What are some needles not mentioned?

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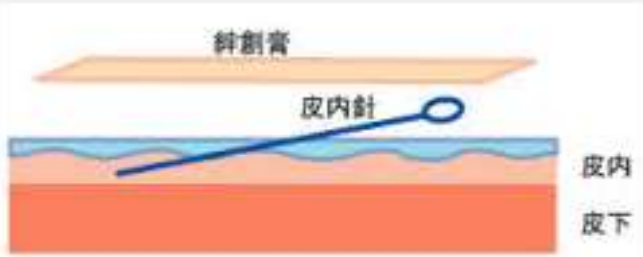
Intradermal needle pineizhen 皮内針



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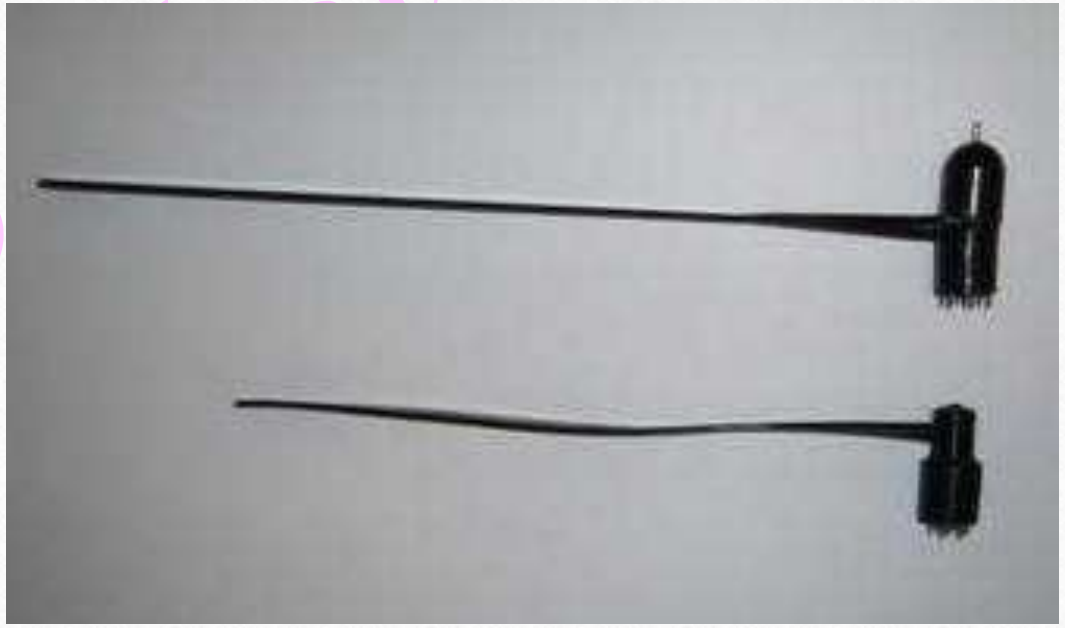
Dermal needle pifuzhen 皮膚針

- Plum blossom needle (5 needles), Seven star needles (7 needles), 18 needles called LoHan Needle
- **梅花針（5枚）、七星針（7枚）、和叢針，18支針組成的，叫羅漢針**



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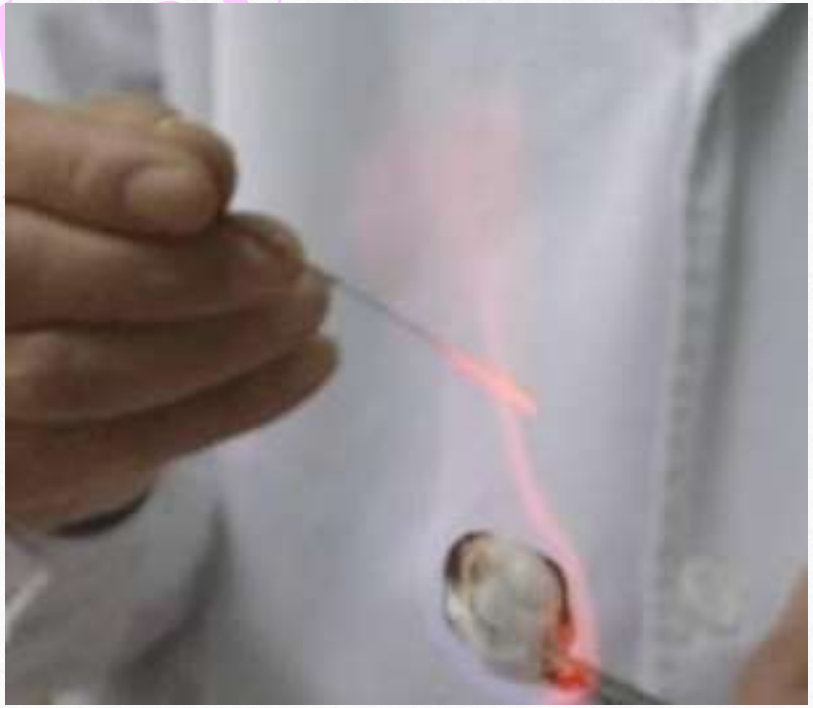
Fire Needle 火針

- Some say that the large needle is an ancient fire needle.
- Red hot heated tungsten needles are inserted into the skin for a microsecond and pulled out again. It breaks down cysts, nodules and very tight muscle structures. Surprisingly very little pain is experienced and it is very effective for stubborn issues.



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Holding Needles 持針法

- Holding techniques refer to the methods to hold the needles. Holding means to hold the needle between the fingers and holding methods refers to the techniques for the acupuncturists to hold and manipulate the needles.
- Note No matter what method is used, the important point is to hold the needle tightly and flexibly with the finger strength and proper holding of the handles.

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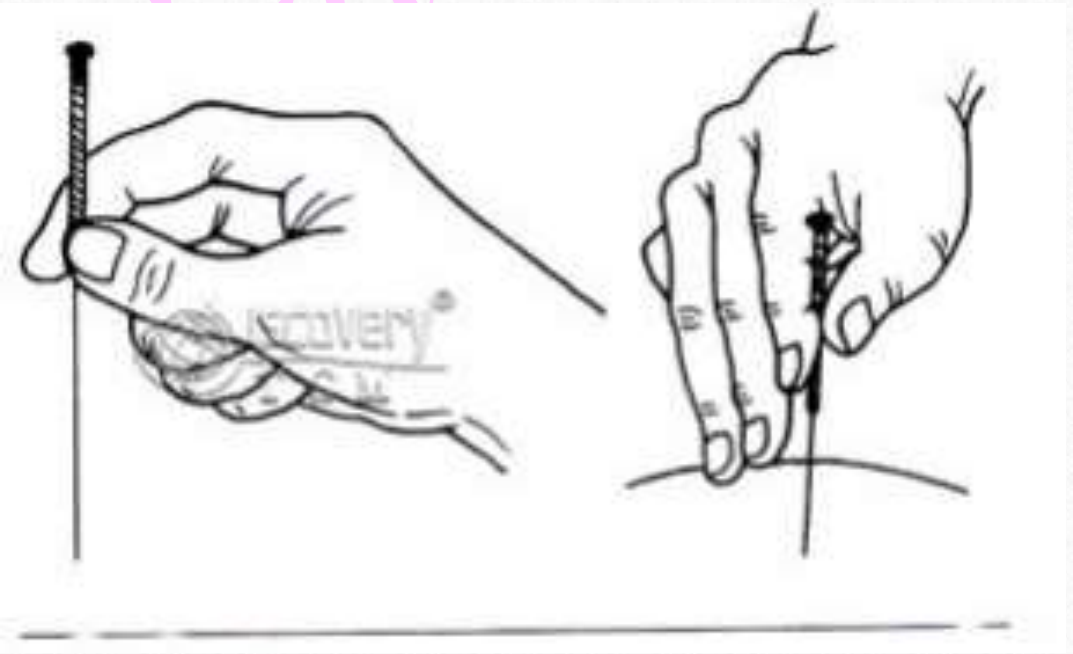
1) Holding with double fingers
兩指持針法

- Method The needle is held between the thumb and index finger
- Clinical Application Applicable to the use of small needles.



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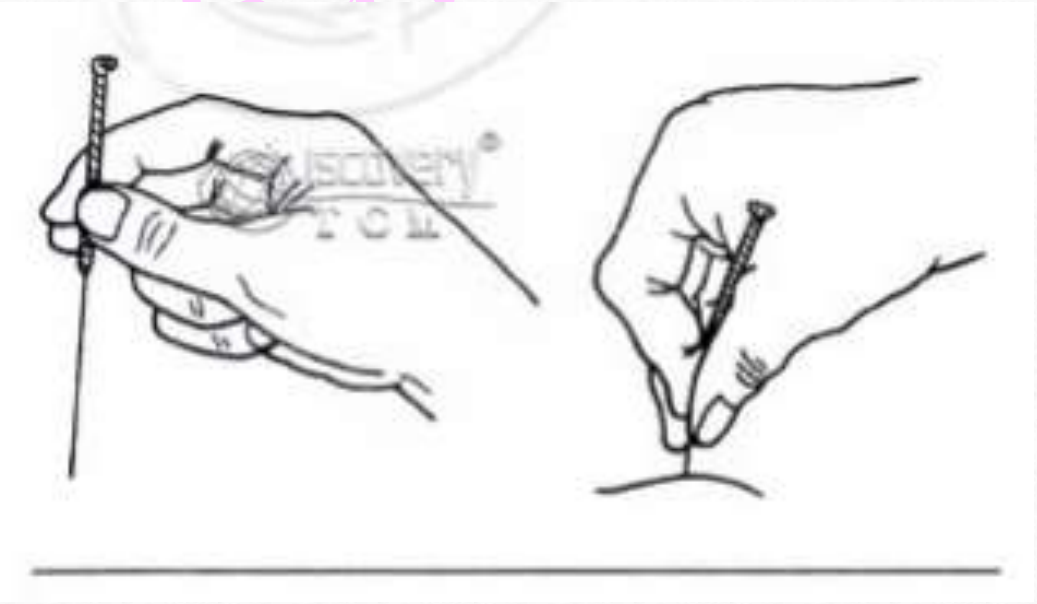
2) Holding with three fingers
三指持針法

- Method The needle is held by the thumb on the side close to the acupuncturist, and index and middle fingers on the other side
- Clinical Application Applicable to the use of longer needles.



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3) Holding with four fingers
四指持針法

- Method The thumb, index and middle fingers hold the handle of the needle, the fourth finger leans on the body of the needles
- Clinical Application Applicable to the use of the long needles in order to prevent the body of the needle from twisting by leaning the fourth finger against the body of the needle.

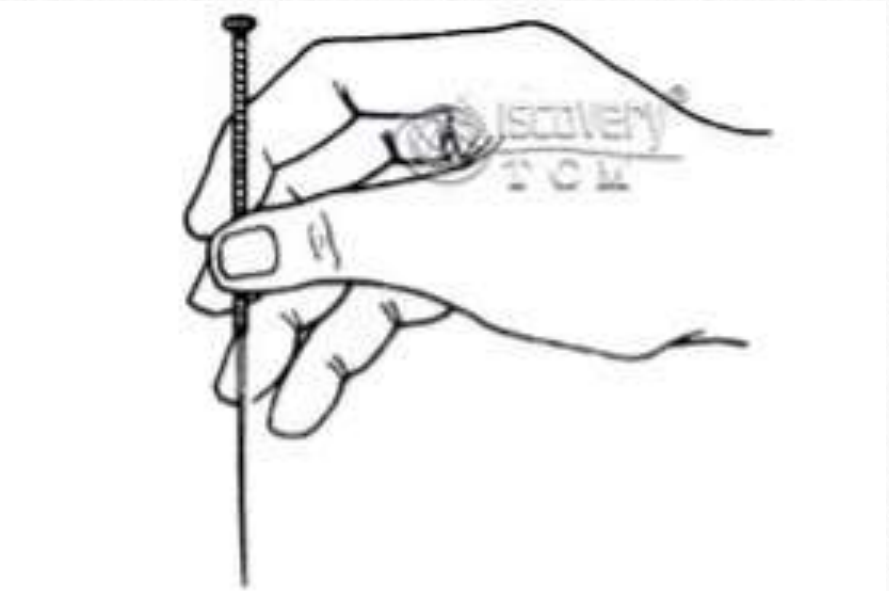

Fig. 1-5 Holding with four fingers

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4) Holding the handle and pressing the tail
持柄壓尾法

- Method The thumb and middle finger hold the handle and the index finger presses the tail of the needle. The needle is inserted into the acupoint by means of the cooperation of the three fingers
- Clinical Application Applicable to the use of short needle for quick puncturing

Fig. 1-6 Holding the handle and pressing the tail

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5) Holding the body
持針身法

- Method: A cotton pinched between the thumb and index finger is fixed on the body near the point of the needle. The needle is pointed to the acupoint, and the thumb and index finger hold the cotton ball and insert the needle into the skin forcibly and quickly
- Clinical Application Applicable to quick insertion.

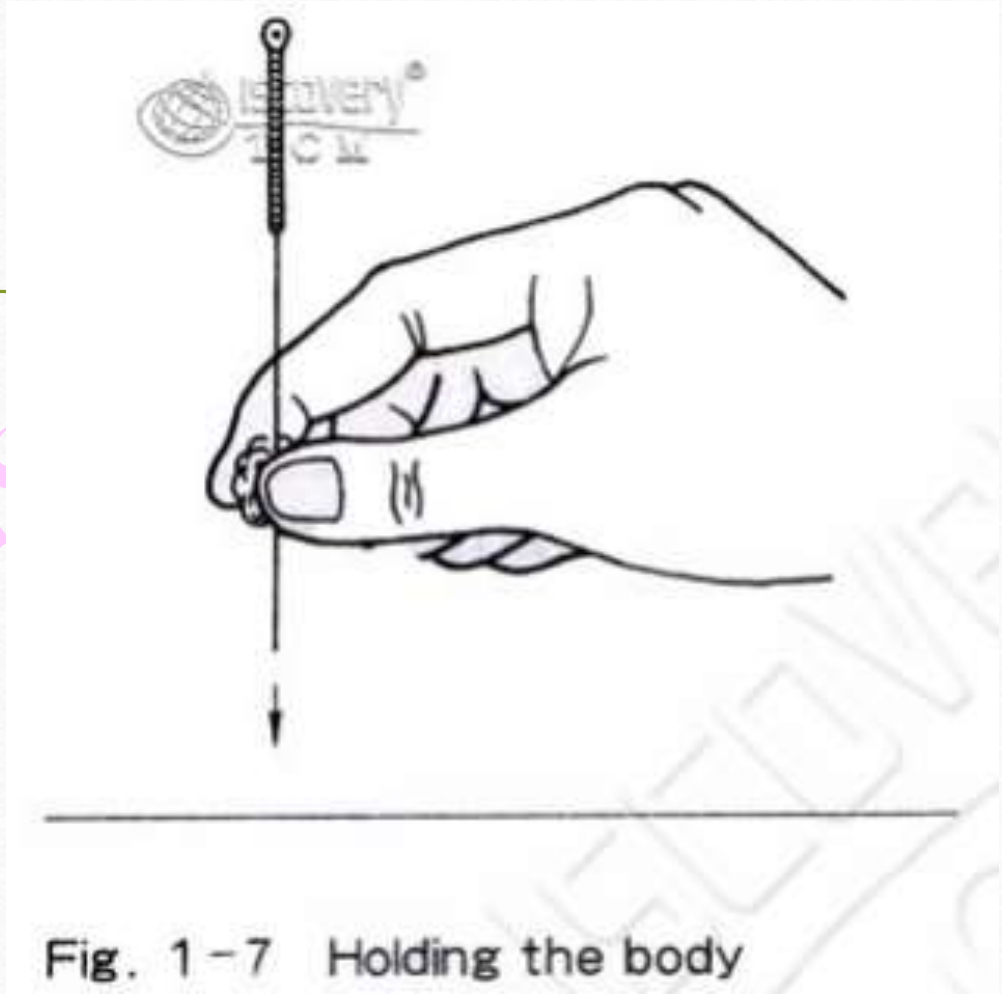

Fig. 1-7 Holding the body

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6) Holding with double hands
兩(雙)手持針法

- Method The thumb, index and middle fingers of the right hand hold the handle while the thumb and index finger of the left hand fixate the sharp part of the needle
- Clinical Application Applicable to the use of long needles for the purpose of preventing bending and reducing pain.

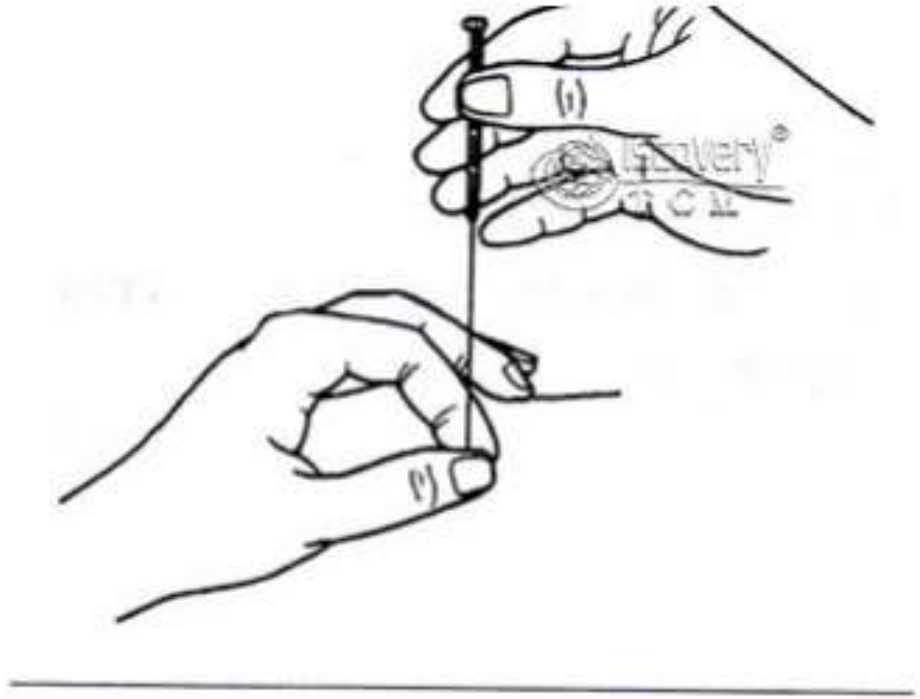

Fig. 1-8 Holding with double hands

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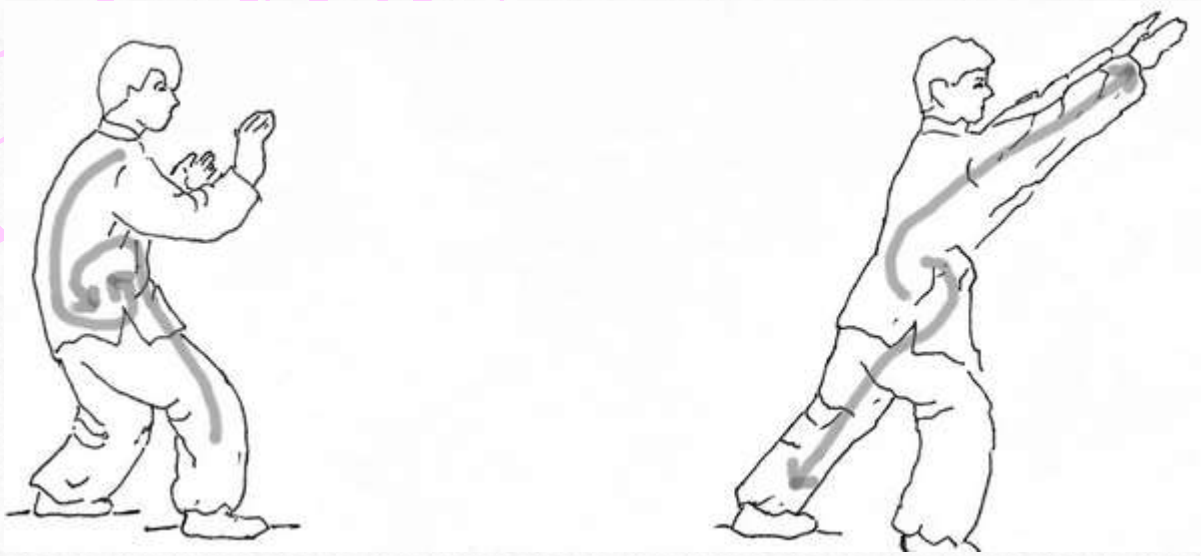
Practice of needling skills

- To needle filiform needles requires powerful finger strength and excellent techniques.
- Just like any sport, acupuncture needling technique requires training and exercise.



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- Only continuous practice can enable one to strengthen the power of fingers and to grasp the techniques of manipulation, which, in turn, will enable one to insert the needle into the skin swiftly without pain and to perform the manipulation of strengthening and reducing techniques freely.
- On the other hand, poor strength of the fingers and manipulation of the needles may make it difficult and painful to insert the needle into the skin, to perform harmonious manipulative techniques and to obtain satisfactory needling effect

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1. The paper-cushion and cotton-pack practice of needling

- The procedure of making the paper-cushion folded up to 30 -50 layers and made into a cuboid 2cm in thickness, 8cm in length and 5cm in width. The folded paper is fastened by cotton thread in the form of double cross.

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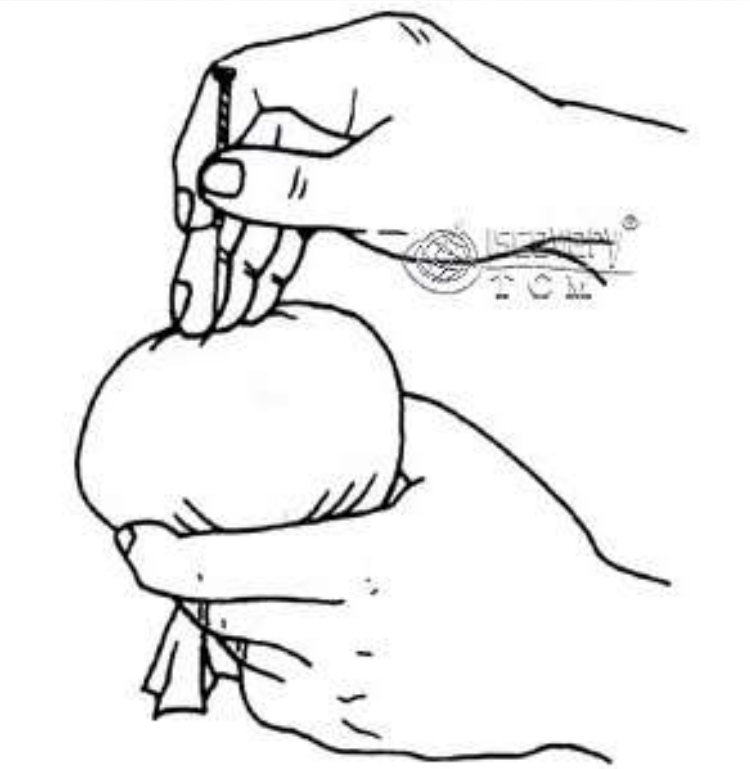
Cotton-pack practice

- The procedure of making the cotton pack is that a roll of cotton is fastened by thread into a ball with 6 -7cm in diameter. The pack, soft inside and tight outside, is wrapped by a piece of white cloth and is sutured or fastened by threads.
- Since the cotton pack is soft, it can be used to practise various techniques of lifting, thrusting, rotating, inserting and withdrawing of filiform needles.



1－10 Cotton-pack practice

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Floating Apple Practice

- We will practice with floating apple.
- First with whole apple, then to half, then to a quarter.

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