

Compound Technique

複式手法

1

Burning Mountain 燒山火

- This technique is a combination of swift-slow, lift-thrust (or rotation), **nine plus six**, closing-opening and occasionally respiration methods. Since it can induce heat sensation, it is literally known as "**burning mountain fire**".

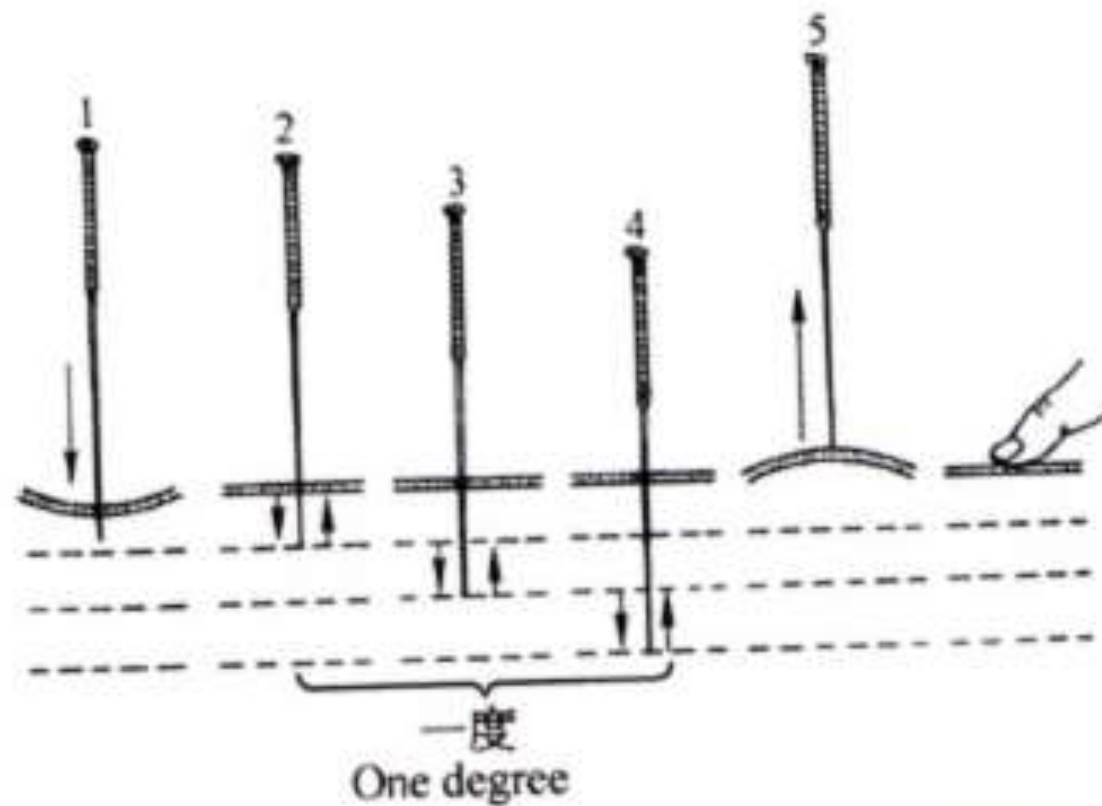


图 2 - 64 烧山火法

Fig. 2 - 64 Heat-inducing method

Method

- The needle is inserted and manipulated in the shallow, middle and deep regions or from the shallow to the deep according to the possible depth of a given acu-point. The needle is manipulated for **nine times** by means of quick insertion and slow lifting (or rotation) in each layer from the shallow region to the deep region in turn,
- then the needle is withdrawn to the shallow region, which is called one time. The way of needling can be repeated for several times to induce heat sensation (Fig. 2-64).
- Clinical Application
- This is a powerful strengthening method which is applicable to asthenia and cold syndromes.
- Note: This method is characterized by distinct difference of strength in lifting and inserting in the way of quick pressing (thrusting force-fully) and slow lifting (lifting mildly). It's important to lay emphasis on quick pressing and thrusting so as to direct Yang Qi to the deep region to produce pyretic sensation.

Cooling the Heavens 透天涼

- This technique is a combination of swift-slow, lift-thrust or rotation **nine plus six**, closing-opening and occasionally respiration methods. Since it can induce cool sensation, it is literally known as “**thorough cooling**”

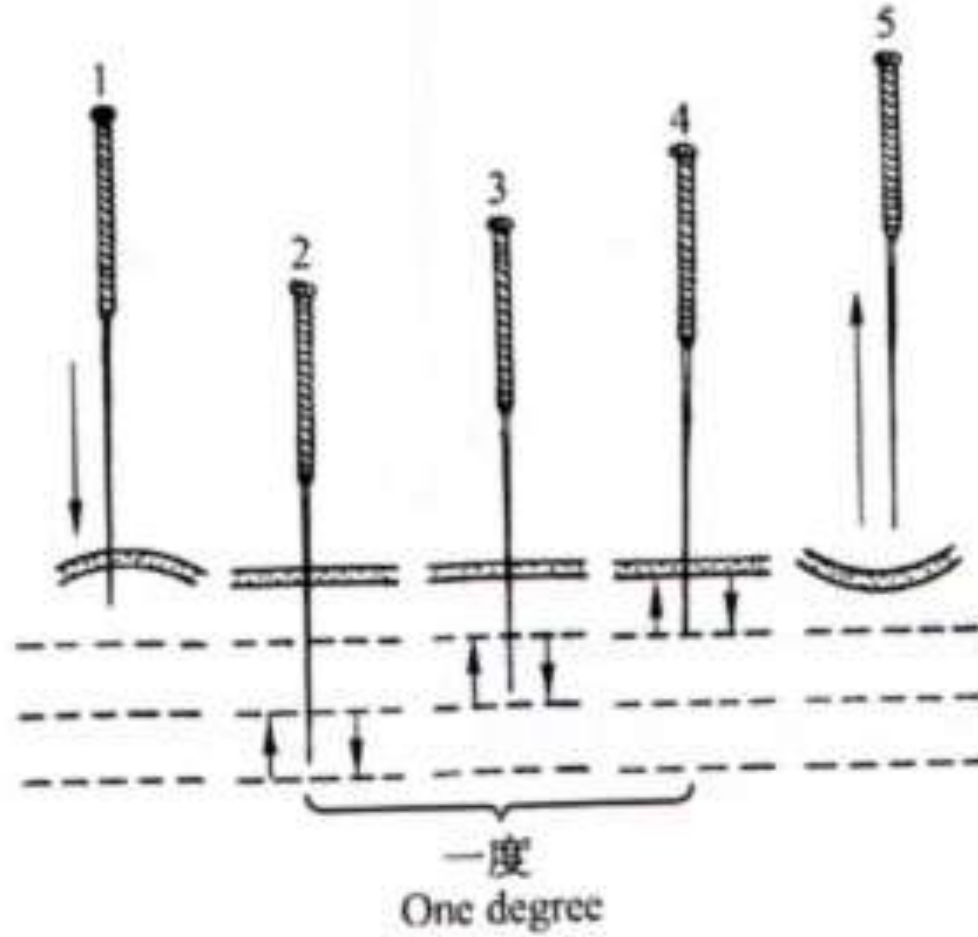


图 2 - 65 透天凉法

Method

- When inserted into the deep region, the needle is manipulated in the shallow, middle and deep regions or shallow and deep regions respectively according to the possible depth of the acu-point, characterized by quick lifting or rotation and slow pressing or rotation for **six times** (one insertion and triple withdrawal for twice, or one insertion and twice withdrawal for three times) which is known as one time. This method is performed repeatedly for several times to produce cool sensation

Clinical Application

- This is a strong reducing technique used to reduce heat in treating athenia syndrome and heat syndrome.

Note

- The key point of this manipulation rests with the distinct difference of strength in pressing and lifting, quick lifting (lifting force-fully) and slow pressing (pressing mildly) must be perfectly done. It's important to lay emphasis on quick lifting so as to discharge pathogenic factors to eliminate heat and induce cool feeling. The methods of heat-inducing and cool-inducing should be performed on the acu-points located on regions with thick muscles.