Reinforcing and Reducing Methods
Principles:

• Reinforce—deficiency

• Reduce--excess
Factors contribute to the effect of reinforcing/reducing

- Pathological conditions of the body
  - Dual regulating function
- The specific function of points
- Effect of manipulation methods
The basic reinforcing and reducing methods

• Reinforcing and reducing by lifting and thrusting the needle:
  – Reinforcing:
    After arrival of Qi, Lifting the needle gently and slowly, while thrusting the needle heavily and rapidly
  – Reducing:
    After arrival of Qi, Lifting the needle forcefully and rapidly while thrusting the needle gently and slowly
• Reinforcing and reducing by rotating the needle:
  – Reinforcing:
    After arrival of Qi, Rotating the needle gently and slowly with small turn
  – Reducing:
    After arrival of Qi, Rotating the needle rapidly with big turn
• Reinforcing and reducing by rotating the needle:
  – Reinforcing:
    After arrival of Qi, Rotating the needle forward with the thumb forcefully and rapidly while rotating backward gently and slowly.—clockwise
  – Reducing:
    After arrival of Qi, Rotating the needle backward with the thumb forcefully and rapidly while rotating forward gently and slowly.—counter-clockwise
• Reinforcing and reducing by keeping the needle hole open or close on withdrawing of the needle:
  – Reinforcing:
    Pressing the needle hole quickly to close it
  – Reducing:
    Shaking the needle to enlarge to needle hole without pressing it
• Reinforcing and reducing achieved by means of respiration:
  – Reinforcing:
    After arrival of Qi, inserting (and manipulating) the needle on exhalation, withdrawing the needle on inhalation
  – Reducing:
    After arrival of Qi, inserting (and manipulating) the needle on inhalation, withdrawing the needle on exhalation
• Reinforcing and reducing achieved by the direction the needle tip pointing to:
  – Reinforcing:
    After arrival of Qi, the needle tip pointing to / following the meridian course
  – Reducing:
    After arrival of Qi, the needle tip pointing against the meridian course
Reinforcing and reducing distinguished by speed (rapid and slow) of insertion and withdrawal of the needle:

– Reinforcing:
    After arrival of Qi, inserting the needle slowly to a given depth and lifting it rapidly.

– Reducing:
    After arrival of Qi, Inserting the needle rapidly to a given depth and lifting it slowly.
Even reinforcing and reducing method

• Indication:
  disorders that are atypical to deficiency or excess nature.

• Methods:
  – After arrival of Qi, Lifting and thrusting / rotating the needle evenly and gently at moderate speed to cause a mild sensation
  – Withdraw the needle at moderate speed