

# Precautions and contraindications of Acupuncture

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# Contraindications

- Points should not be needed:
  - ST17, Ren8
  - Points where the skin has wound, ulcer, infection, scar, etc
  - Infants when the fontanel is not closed: points on the vertex

## - Pregnant women:

- LI4, SP6, BL60, BL67
- points on the lower abdomen and lumbosacral region: under three months pregnancy
- Points on the upper and lower abdomen and lumbosacral region: after three months pregnancy

- Conditions that acupuncture is contraindicated:
  - After severe bleeding, sweating, diarrhea
  - Severe deficiency
  - Temporary conditions such as:
    - Drunk,
    - Extremely angry, or scared,
    - Extreme full, hungry, or thirsty,
    - Too tired / overworked, etc
  - Patients bleed easily
  - Pregnant women who have history of miscarriage

# Precautions

- Points around nerve trunk, big blood vessel and tendons: no strong manipulations
- Points around organs: no deep insertion
- Different stimulation intensity for different body constitution and disease condition:

# Intensity of manipulation

- Strong:
  - Thick needle
  - Long needle
  - Deep insertion
  - Big amplitude in manipulation
  - Frequent manipulation
  - Longer retaining time
- Mild:
  - Thin needle
  - Short needle
  - Shallow insertion
  - Small amplitude
  - Less frequent manipulation
  - Shorter retaining time

# Methods for different constitution

- Weak constitution: thin body, thin skin, pale complexion, weak voice:
  - Milder stimulation
- Strong constitution: strong, big, thick skin:
  - Stronger stimulation
- Yang type body, Qi move fast, needle sensitive:
  - Milder stimulation
- Yin type body, Qi move slow, needle insensitive:
  - Stronger stimulation

# Methods for different patterns

exterior	Shallow insertion
interior	Deep insertion, longer retaining time
deficiency	tonifying
excess	reducing
cold	Deep insertion, longer retaining time
heat	Shallow insertion, shorter retaining time