

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

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|------------|---|
| 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 |