Precautions and contraindications of Acupuncture

Yuxia Qiu
Contraindications

• Points should not be needled:
  – 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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