

Precautions and contraindications

Points not to needle:

- St 17 (nipple), Ren 8 (navel). Both are used as landmarks.
Ren 8 notes:
You do use Ren 8 for moxibustion rather commonly. You also use them for herbal topical application (esp for kids—their skin is more absorbant than that of adults). Ren 8 is connected with mother earth and universe so is important to regulate the function of the whole body. Can use for cupping also, but looks really really weird.
- Points where the skin has a wound, ulcer, scar, etc.
Scar: might be painful. Acupuncture will help scar tissue, however, and the earlier you treat the better.
To treat those problems do use acupuncture around the border of the area.
- Infants - points on the vertex when the fontanel is not closed. Can see the pulsation here when the fontanel is not closed.
(Can do acupuncture on infants, though acupressure and massage are more common. Skin is so tender, qi is so superficial that can just stimulate the skin and affect the whole body. Do needle shallowly for deep problems. Very low needle retention time.)
- Pregnant women:
 - LI 4, SP 6, BL 60, BL 67.
Don't use 'em. Some docs wont even needle these during menstruation.
 - First trimester (1st 3 months): Points on the lower ab and lumbosacral region
 - 2nd and 3rd trimesters: Points on the upper and lower ab and lumbosacral region.
 - Other points in different books are contraindicated for preggers.
- Conditions in which acupuncture is contraindicated
 - After severe bleeding, diarrhea, sweating
i.e., after childbirth or accident with bleeding. Sweating = shock or exercise...body is weaker and acupunc will have a reducing effect at this point. Body is trying to regulate itself and is under stress. Acupunc might cause fainting. If you are puncturing for a sports injury, rehydrate patient first.
 - Severe deficiency
Same reason as above—body cannot adjust or handle the qi stimulation.
 - Temporary conditions:
 - Drunk.
Causes disordering of qi.
 - Extreme anger or fright.
Qi is rushing upward.
 - Extremely hungry, full or thirsty.
Need a balance between hungry and full for a good treatment. Fullness causes

discomfort and rebellion of ST qi. Emptiness of either food or drink causes weakened state.

- Too tired, overworked, etc.
Same as hungry/full/thirsty but with energy rather than consumables.
- Patients that bleed easily
Hemophilia: don't needle them at all.
Blood thinner meds: If taking small doses without bruising or bleeding easily then can go ahead. If patient doesn't mind the bruising, go ahead.
- Preggers women with history or miscarriage.

Points you must needle carefully:

- Nerve trunk, big blood vessels, tendons.
Can needle around them, but cannot do strong manipulations.
- Points around organs: no deep insertions
- There are different stimulation intensities for different body constitutions and disease conditions.

Intensity of Manipulation

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

Often you see the reaction with the tenting of the skin and the reddening. Not all patients react this way, however. Might react more deeply in the body.

Methods for different constitutions

Weak constitution	Thin body, thin skin, pale complexion, weak voice	Milder stimulation
Strong constitution	Strong, big, thick skin	Stronger stimulation
Yang body type	Qi moves fast, so does patient. Talks loudly and fast. Tends to be more needle sensitive.	Milder stimulation
Yin body type	Qi moves slowly, less needle sensitivity. Speaks more slowly but firmly.	Stronger stimulation.

Methods for different patterns

Exterior	Shallow insertion. Don't want to drive pathogen inside the interior of the body.
Interior	Deep insertion, longer retention. Takes longer for body to adjust.
Deficiency	Tonifying. Might need a milder or stronger stim depending on the patient's situation and constitution.
Excess	Reducing Might need a milder or stronger stim depending on the patient's situation and constitution.
Cold	Deep insertion, longer retention. Concern is that qi will not be able to move freely – also qi will go into the body more to hibernate especially in the winter, so you have to call it up. May take a while to bring it out of hibernation. Remember this can be excess or deficient.
Heat	Shallow insertion, shorter retention Remember this can be excess or deficient.

Acushock

Manifestations/symptoms

Mild	Severe
Feelings of weakness	Cold extremities
Dizziness	Cyanosis of lips or nails
Vertigo	Drop in blood pressure
Cold sweating	Incontinence of urine or stool
Palpitation	Loss of consciousness
Shortness of breath	
Oppression feeling in chest	
Nausea	
Pallow	
Weak (and probably faster) pulse	

Causes of acushock

- Nervous tension
- Delicate constitution, hunger, fatigue, extreme weakness after severe diarrhea, bleeding or sweating
- Improper positioning
- Manipulation too forceful
- Too hot or cold in treatment room

Treating acushock

- Stop needling immediately and remove all needles
- Help the patient lie down with head lower, feet elevated, clothes loosened
- Offer patient sweet or warm water
- For severe cases:
 - Acupuncture or better, acupressure, at:
 - Du 24 (top 1/3 of philtrum)
 - Du 25 (tip of nose)
 - LI 4 (pressure right against the 2nd metacarpal bone – very strong stim)
 - PC 6 (use with nausea, vomiting, motion sickness, stomach qi rebelling upwards.
2 cun proximal to the wrist crease right between the 2 tendons.
Try a gauze pad soaked in white flower oil taped here for motion sickness.
 - ST 36
Use for fainting symptoms with the coldness.
 - KD 1
Use w/acupressure or even moxa to stim adrenals. Bottom of feet – from end of toe to heel right in the middle. Divide this into 3 parts, right at the line between the top 3rd and the middle 3rd.
 - PC 9
Located at end of middle finger. Regulates the heart function.
 - Du 20 (moxa) lifts the qi up to the head.
 - Ren 4, 6, 8 (moxa). All good for tonifying and warming the body.
4 tonifies the yuan qi.
6 is the “ocean of qi” – dantian.
 - If really an emergency, call 911.

Prevention

- Relax and calm the patient before treatment
- Put them in a comfortable position
- For new patients: less points and mild manipulation. Watch how they react.
- Give treatment after eat/drink/rest for those that are hungry, tired, etc.
- Always observe patient’s condit during needling/retention. Keep them comfortable as far as temperature, etc.