The three-edged needle therapy

- Three-edged needle ← Lance needle ← Bian stone
- Bloodletting therapy
Manipulation

- **Spot pricking**
  - On single point

- **Scattering / clumpy pricking**
  - Prick several times around the diseased area
  - For sore, sprain, Bi syndrome, rash, tinea, etc
  - For the combination of Bleeding & Cupping

- **Blood vessel pricking**
  - Superficial vein on the cubital fossa (PC3, LU5), popliteal fossa (BL40, BL39), taiyang area, etc
  - Fibrous-tissue-broken pricking
  - Bloodletting & cupping
Functions and Indications

Functions:
- Clear heat, remove toxin
- Remove blood stagnation
- Reduce swelling;
- Open channels, stop pain;
- Invoke resuscitation

Indications:
EXCESS, HEAT, BLOOD STAGNATION, PAIN, ACUTE disorders.
Commonly used points

- Red painful eyes (conjunctivitis, etc): Taiyang, Ear apex
- Sore throat: LU11, LI1
- Fever: ear apex, shi xuan, Jing-well points
- Sunstroke: PC3, BL40
- Acute lumbar sprain: BL40, Ashi points
- Swollen painful joints: local points around joints
- Acne: vein on the back of ear
- Syncope: shi xuan, jing-well points
- Hypertension: ear apex
- Indigestion: si feng
Precautions

- Comfortable position
- CNT
  - Disposable sterile three-edge needle
  - Gloves
  - Clean points after rubbing the area
  - Dispose of used needle and cotton balls with blood immediately to sharp container and biohazard bag
  - Wash hands before and after procedure
Precautions and Contraindications:
- Weak
- Aged
- Anemic
- Pregnant
- Susceptible to spontaneous bleeding
- Avoid arteries