



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



continued

- Precautions and Contraindications:
 - Weak
 - Aged
 - Anemic
 - Pregnant
 - Susceptible to spontaneous bleeding
- Avoid arteries