Today: four needle technique and how to select points with this theory. This is on the boards, in exit exams, etc.

**Basic principles of acu-prescription and selection**

**Composition of acu-formulas**
In general, you acupoints should be inserted from Yang to Yin, so top to bottom, back first then front. Some authors will vary.

**Techniques and Methods**
Notations on the right upper corner of the point on your charts.

| + or T | Tonify | Tonify deficiencies. Lift/thrust method, more force and intent on the thrust. Inhale/exhale, more intent on the inhale. Close the hole. Follow the meridian |
| - or ⊥ | Reduce/sedate | Reducing or sedation is the opposite of tonification methods |
| ± or | Even/regulate |
| △ | Moxa w/ cone | Moxa most related to Spleen and Liver. Don’t use with full heat, but can with deficient. Check the tongue to make sure the tongue doesn’t show deficient body fluids. Good for immunological disease. Can treat hyperthyroid per Dr. Luo – 6 points around Du 14. |
| X | Moxa w/ stick |
| | Warm needle |
| | Blood letting |
| (looks like a lightning bolt) | E-stim | Know it before you treat with it! Never use with pacemaker patients or any other electro implants. |
| * | Plum blossom |
| | Cupping | Air, fire, bamboo, water cupping |
| [m] | Point injection | Allowed in some states, not all. Syringe used to inject herbal into a prescribed point. Dan shen or huang qi for instance. Not legal in Texas. Excellent result, however and very strong. Side effects are severe however – hurts lots. Have to be sure you don’t get an artery or vein. |
Duration of point retention
Decided based on the patient’s condition. The longer the needles are retained the more it actually weakens the patient. If you have a very weak patient, then you don’t want to retain too long and further deplete them. If on the other hand your patient comes in with an excess and you want to sedate it you would leave the needles in longer to drain away more of the excess.

Other factors can affect the decision about how long to retain needles. For instance, if you regularly practice medical qigong, bring that Qi into your treatment and channel it to your patient, then you are slowing the rate at which Qi is depleted in the patient and can therefore keep the needles in longer.

As a rule of thumb:
To reduce or sedate an excess keep the needles for a longer time.

To tonify, retain the needles a relatively shorter period of time.

How often should a patient visit?
This too is dependent upon the patient’s condition. You cannot needle too frequently or this too will deplete the patient. (And don’t needle someone 2ce in one day for sure!) As a general rule:

Acute conditions:
If patient has an acute problem, 2-3 times per week until the condition resolves.

Chronic conditions:
As a rule, 1 treatment every 2 weeks for a longer amount of time than for an acute problem.

Number of needles
Hmmm. That’s a weird thing to talk about. Odd or even numbers of needles have meaning in Chinese medicine. This is true in herbs too: formulas for acute conditions often have an odd number of herbs while formulas for chronic conditions often contain even numbers.

Odd number of needles
Acute and Yang problems.
This is a habit in China. Odd numbers are thought to have a Yang nature.
The emperor is indicated by 9 dragons, the utmost Yang.
Example: acute loss of consciousness, can use just Du 26 and that’s enough.

Even number of needles
Chronic conditions, to treat Yin and Blood. Deeper insertion too.

Example case-let:
16yo female patient comes in with an acute excessive disorder. What would you choose?

1 – odd number of needles, reducing, twice per week
2 – odd number of needles, tonify, twice per week
3 – even number of needles, reducing, twice per week
4 – even number of needles, tonifying, twice per month.
Examples of different acupuncture styles

Japanese style acupuncture uses fewer needles – 3 to 5
Chinese uses more needles and tends towards balancing techniques
Korean techniques use a 4 needle technique
Tradition Chinese method uses as few needles as possible.

Point Selection

According to Meridian Theories

There are different principles for this.

1. Go to the specific or affected meridian or organ
   Go directly to the affected problem.
   Example: insomnia with heart fire, use the heart channel points, esp heart 8. To tonify heart, use HT 7. Stomach defic or excess, use ST 36. Diarrhea/digestive, use ST 25

2. Go to the related meridians
   Chosen by
   i. Internal/external relationship
      Example: Strong cough, chest pain, yellow sputum, red face, rough breathing.
      Using internal/external selection, use LU 10 (strongest to clear heat), LI 11 (to clear heat). This is an interior (LU 10) with exterior (LI 11) combination.

   ii. Mother/son relationship
      Use the same example above. This is a Lung meridian problem. This is an excess problem, so you reduce the Son, thus you’d reduce the Kidney/Water channel. Use Kidney 10 to reduce or UB 66 to reduce the Kidney.

      What if this was a deficient problem? Then you’d tonify the Mother, the Spleen/Stomach or Earth channel. That would be SP 3 or ST 36. This would reduce the phlegm/damp in the body. This would treat the root.

      Asthma example:
      This is a winter disease, flaring up more regularly in the winter. Treat the root in the summer by tonifying the Spleen. Could also reduce the Kidney in the Winter.
      Kidney, Spleen, and Lung are all part of the asthma equation. Kidney is the root of the breath and is the “son” in this relationship. The Lung is the organ affected. The Spleen is the mother.

   iii. Same name/channel
      Example of asthma again: Lung is the affected organ. Thus you use the Lung Hand Taiyin or the Spleen Foot Taiyin.

      Example of insomnia: often is a Heart-Kidney disharmony. Both are Shaoyin channels.
According to Point Theories

Point Selection Principle

1. Local
   Easy as pie – choose points in the area local to the problem.
   “I have a toothache” – choose ST 6 or 7.

2. Distal
   Use distal points to treat problems elsewhere.
   Examples: Vertex headache associated with Liver heat is often treated with Liver 2 to reduce the fire. Another example is appendicitis which is treated with dan nang xue, an extra point below ST 36 in the distal area.

   You can also combine them with local points. In the toothache example above in the Local point selection principle, ST 6 is associated with LI 4, the command point of face and mouth. Combinations of distal with local is common in clinic.

   Yaotong on the wrist can be used for lumbar pain.

3. Symptomatic
   Treat the symptom. Yaotong for the lumbar pain for example. Or Dan nang xue for appendicitis.

Points association principle

1. Local meridian.
   Choose points on the meridian associated with the organ having problems. Stomach channel for stomach problems for example.
   a. External/internal associated meridians.
      Refers to the host-guest or Yuan/Luo connection.
      Cough for example is a lung problem. The external meridian associated with this is the Large Intestine. The internal is the Lung.

      Lung channel has LU 9 for the Yuan and LU 7 as the Luo. LI channel has LI 4 for the Yuan and LI 6 for the Luo.

      Let’s say the patient starts with a cough and later has constipation. You’d choose the Yuan for the first affected organ (Lung) and thus would choose LU 9. Then couple that with the Luo on the 2nd affected organ/channel, LI 6. Why would this happen? Because Lung Qi cannot perform dispersing of water function, causing water deficiency in the LI and thus constipation.

      Another person has constipation as the primary complaint. They’ve had it a long time. Now they develop a cough. Use the Yuan point on the LI (LI4) and the Luo on the Lung (LU7). You do something similar with herbs: you can promote bowel activity to stop a cough or tonify the Lung to promote bowel activity!
2. Front/Back
   Front Mu points and Back Shu points to treat problems. You can treat problems from both
   perspectives. Example: gallbladder pain, some diarrhea, could use GB 24 (front mu of GB),
   UB 19 (back shu of GB) to treat. Very simple and effective treatment.
   a. Distal and local is part of the front/back association. Just talked about that. Swollen and
      red eye problem for instance, could be treated locally with UB 1 or 2 (if UB 1 is too
      scary!) while distally using Liver 2.

3. Left/right
   Bell’s Palsy and paralysis for instance, you treat from opposite/contralateral side. Neijing
   calls this “ju ci” or contralateral treatment. Often used with distal points.
   a. Upper and lower.
      Four gates is a common example. Treating both upper and lower at the same time.

According to Special Point Theories

Lower He-Sea Points
   The Six Yang organs have special He Sea points on the lower limbs.

<table>
<thead>
<tr>
<th>Organ</th>
<th>LHS</th>
<th>Channel</th>
<th>Organ</th>
<th>LHS</th>
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</thead>
<tbody>
<tr>
<td>LI</td>
<td>ST 37</td>
<td>Yang Ming</td>
<td>ST</td>
<td>ST 36</td>
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<tr>
<td>SJ</td>
<td>UB 39</td>
<td>Shao Yang</td>
<td>GB</td>
<td>GB 34</td>
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<tr>
<td>SI</td>
<td>ST39</td>
<td>Taiyang</td>
<td>UB</td>
<td>UB 40</td>
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</table>

Bioclock Theory
   Can be very complex or very simple, depending on how you approach it. The theory says
different organs have different times of day:
   GB = 23 – 1am
   LV = 1 – 3 am
   LU = 3 – 5 am
   LI = 5 – 7am
   ST = 7am – 9am
   SP = 9am – 11am
   Ht = 11am – 1pm
   SI = 1pm – 3pm
   UB = 3pm – 5pm
   Ki = 5pm – 7pm
   Pc = 7pm – 9pm
   SJ = 9pm – 11pm

   You can treat according to time – Liver excess for example you could reduce during the hours
   which affect the Son or Heart. If you combine this with the other flavors of treatment covered
   the result is powerful. Of course, you probably won’t be treating this way unless you happen to
   be in a hospital setting…and in the US, that’s going to require a major culture shift!

Balance Technique
   Very similar to left/right balance. Most of the time you use bilateral treatment (both sides).
Four needle Technique
You would use this technique if the routine treatment just isn’t fixing the problem. This treatment type is for organ disorders, not for meridian disorders.

Use the 5 element chart to determine your points.
Remember that Yang meridian controls the yin meridian.

Diagnosis: determine the location or organ and the property – deficient or excess.
Principle of treatment is as follows:

**Excesses**
Sedate or reduce the son element and tonify the controlling element
Example: reduce the son (fire or Heart) for a Liver or Wood excess. If that doesn’t work you can add in tonification on the control or Metal/Lung element.

**Deficiencies**
Tonify the mother element or sedate/reduce the controlling element
Example: Liver deficiency would call for tonifying mother/water/Kidney or sedating the control element of metal. (The control element is also referred to as Ko or Grandmother)

### Five element points of the twelve main meridians

<table>
<thead>
<tr>
<th></th>
<th>Jing-well</th>
<th>Ying-spring</th>
<th>Shu-stream</th>
<th>Jing-river</th>
<th>He-sea</th>
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<td>8</td>
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<td>Heart</td>
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<td>Small Intestine</td>
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<td>Urinary Bladder</td>
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<td>Gall-bladder</td>
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**Horary point:** the point corresponding to the element of the channel
How you select the points
Excesses:
The principle is sedate/reduce excesses.
   1. Sedate
       a. Sedate son on its own meridian
       b. Sedate the son point on the son meridian
   2. Tonify
       a. Tonify the controlling point on its own meridian
       b. Tonify controlling point on the controlling meridian

Deficiencies:
The principle is tonify deficiencies.
   1. Tonify
       a. Tonify the mother point on its own meridian
       b. Tonify the mother point on the mother meridian
   2. Sedate
       a. Sedate the control point on its own meridian
       b. Sedate the control point on the controlling meridian

Case Study-ette 1
Spleen Deficiency/earth:
Tonify the mother on its own meridian: earth is SP 3, so mother is SP 2
Tonify the mother point on the mother meridian: mother of earth is fire. Earth point on the fire meridian is heart 7, so mother is HT 8
Sedate control point on its own meridian: SP 1
Control point on control meridian: LV 1

Case Study-ette 2
LI excess heat
Sedate the son on its own meridian: LI 2
Sedate the son point on the son meridian: UB 66
Tonify controlling point on its own meridian: LI 5
Tonify the controlling point on the control meridian: SI 5

Homework: 4 needle technique for KI Xu
HOMEWORK
Kidney Xu 4 needle technique:

Deficiencies:
The principle is tonify deficiencies.
1. Tonify
   a. Tonify the mother point on its own meridian
   b. Tonify the mother point on the mother meridian
2. Sedate
   a. Sedate the control point on its own meridian
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**Horary point:** the point corresponding to the element of the channel

1. Tonify the KI 7 point and the LU 8 point
2. Sedate the KI 3 point and the SP 3 point
Case Study 1

Zhang, female, age 60

Chief Complaint: Lower back pain for 1 year
Pertinent history:
Fatigue, ringing in the ears, hot flashes, night sweating and palm heat. Digestive disorder with gas and bloating, poor appetite and aversion to meat. She feels full in the abdomen and has a greasy taste in her mouth.
Tongue: Her tongue is pale and swollen and the coating is thick and greasy.
Pulse: thin and fast, weak in rear positions

She’d prefer an herbal treatment

1. What is your differential diagnosis for this case?
   a. Spleen and Kidney Qi xu with damp retention
   b. Kidney yang xu with Spleen Qi xu
   c. Kidney yin xu with dampness in spleen
   d. Middle Jiao disorder with Kidney essence xu

2. What is the therapeutic principle?
   a. Warm Kidney yang and tonify the Spleen Qi
   b. Nourish Kidney Yin and remove dampness
   c. Regulate middle jiao and strengthen Kidney essence
   d. Tonify Kidney and Spleen Qi and remove dampness

3. What is the strategic plan for this case?
   a. Apply Kidney yin tonics and ignore the dampness
   b. Tonify Spleen and Kidney Qi and warm Kidney yang
   c. Nourish Kidney essence and regulate middle jiao
   d. Strengthen Spleen and remove dampness first then nourish Kidney yin secondarily

What points might you choose?

Answers: 1 = c, 2 = b, 3 = d
Points: KI 3 (tonify KI), GB 34 (stimulate GB and help with digestion of fats/meats, relax sinews to help with lower back pain), GB 39 (boost marrow), ST 36 (tonify spleen/digestion), SP 6 (both kidney and spleen tonification), Ren 12 (help digestion). You could also use UB 23, yaoyin and jaiji points for the lower back pain.
Case Study 2

Wang, 30yo male.

Chief complaint: Stomach ache

Pertinent history:
Patient has an irregular diet. Distention in epigastric area, burning pain and aversion to touch. Belching with a sour odor. Constipation, aversion to food.
Tongue: red with a thick and curdy coating
Pulse: slippery, wiry, forceful.

1. What is the pattern differentiation for this case?
   a. Retention of heat and phlegm in the middle warmer
   b. Food stagnation with accumulation of stomach heat
   c. Spleen deficiency with empty heat in stomach
   d. Stomach excessive heat and fire with yin xu

2. Which of the following groups of points would be appropriate to this patient?
   a. HT 7 (shenmen), P 7 (dahling), Du 26 (renzhong), Du 20 (Baihui)
   b. Ren 17 (tanzhong), Lu 7 (lieque), Kid 6 (zaohai), SI 3 (houxi)
   c. ST 36 (zusanli), Ren 12 (zhongwan), P 6 (neiguan), ST 25 (tianshu)
   d. GB 34 (yanglingquan), GB 40 (qiuxu), SP 4 (gongsun)

Answers: 1 = B, 2 = C