Acupuncture Techniques in Neijing

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Introduction

About Neijing:

History

Contents: Shu Wen;

Ling Shu (Spirit Pivot/Acupuncture Classic)

Ancient Nine Needles---------Needling Techniques
Section 1:

Nine Kinds Needling Techniques
(jiu ci)

Nine Kinds of needling methods in Neijing to treat the Nine kinds of diseases
Contents:

1. Shu Needling (shu ci)
2. Distal Needling (yuan dao ci)
3. Meridian Needling (jing ci)
4. Collateral Needling (luo ci)
5. Muscular Needling (fen ci)
6. Major reducing Needling (da xie ci)
7. Cutaneous Needling (mao ci)
8. Contralateral (opposite-side) Needling (ju ci)
9. Cauterized Needling (cui ci)
1. Shu Needling (shu ci)

Name: means to needle the Shu-stream point and the Back-shu point of the meridian involved

Method: To treat diseases of the five Zang-organs, Choosing ying-Spring, shu-Stream Points located below the elbow and knee on the meridian involved, and the Back-shu Points of the five zang-organs.

Focusing on Stream (shu) Points and Back-shu Point (bei shu) = Shu Ci
Clinical Application:
Treating disorders in *Five Zang-Organs*

**Practice**

- Kidney Qi Deficiency (UB23, KD3)
- Liver Qi Stagnation
- Spleen Qi deficiency
- HT
- PC
- Lung
2. Distal Needling (yuan dao ci)

**Name**: means to treat the upper by needling the lower or to select the acupoints located in the distal part of the meridian.

**Method**: To treat diseases of the six fu-organs, needling the lower He-sea points on the 3 yang meridians of the foot.
- Lower He Points. (ST36, UB40, GB34, ST37, ST39, UB39)
- Lower He (sea) Points ---- Six *Fu* organs.
Clinical Application
Treating disorders of **Six Fu organs**; currently involving the head, trunk and viscera all can be treated by needling the points located below the elbow and knees.

Practice:
- Stomach Qi Rebellion.(ST36)
- UB Dampness and Heat.(UB40)
- GB Fire Raising Up.(GB34)
- LI Fluid Deficiency.(ST37)
- SI Dampness and Heat.(ST39)
- Disability to Irrigate Fluid of SJ.(UB39)
3. Meridian Needling (Jing cì)

**Name:** to treat the disorder of the meridian itself, the points selected are all located on the meridian with pathologic changes.

**Method:**

To treat the stagnation of qi & blood as well as accumulation phenomena (such as blood stasis, sclerosis and tenderness) over the circulating route of the meridian by needling the points on the affected meridian alone.
Clinical Application:
To treat the disorders of the meridian itself

**Points:** shu points in Five Element and local points in Meridians

**Practice:**
LU9, PC7, HT7 ; SI3, SJ3, LI3
4. Collateral Needling (Luo ci)

**Name:**
mainly used to needle the collaterals.
A kind of bleeding method

**Method:**
To needle the small collaterals shallowly to induce bleeding

**Instruments:**
Three-edged Needle
Cutaneous Needle
Clinical Application:
Treating excess and Heat syndromes

Practice

• LU11/LI1 for sore throat
• LU10 For excess lung heat
• Du14 For heat syndrome
• Apex of the ear For red and pain eyes
5. Muscular Needling (Fen ci)

Name: the method means to insert the needle directly into the muscles

Method: mainly inserts the needles directly into the muscles attached to the bones.

Clinical Application:
Treating muscular pain, flaccidity or old wound
6. Major reducing Needling (Da xie ci)

**Name:** the method is used to eliminate & dredge stagnant blood and ascites. That is why it is so called

**Method:**
To incise or to puncture for the elimination of pus (with blood in) and dredging of ascites in the area with abscess, hematoma or edema.

**Clinical Application:**
To dredge pus and ascites
7. Cutaneous Needling (Mao ci)

Name: means to needle shallowly into the skin

Method:
To needle shallowly into the skin; not deep into the layer between the skin & muscle

Clinical Application:
Treating cutaneous numbness and superficial diseases
8. Contralateral Needling (Ju ci)

Name

to needle the left for the treatment of the right and vice versa

Method

to treat the disorders on the left side by needling the right side and vice versa. Since Qi in the meridians exchanges from the left to the right.
Clinical Application:
to treat the disorders on the left side by needling the right side and vice versa

**Miu-needling** is similar to Contralateral needling, which is used to treat diseases just developing in the collaterals.
9. Cauterized Needling (Cui ci)

Name:
means to insert the cauterized needle into the body

Method
1/3-1/2 of the needle is burned red and then immediately inserted into the acupoints

Clinical Application:
Treat cold pain, scrofula and carbuncle
Section 2

Twelve Needling Techniques

12 needling techniques in *Neijing* to treat the diseases of the 12 meridians
Contents

• 1. Symmetrical Needling (Ou cì)
• 2. Trigger Needling (Bao cì)
• 3. Rehabilitating Needling (Hui cì)
• 4. Ranked Needling (Qi cì)
• 5. Surrounded Needling (Yang cì)
• 6. Straight Needling (Zhizhen cì)
• 7. Shu Needling (Shu cì)
• 8. Close-bone Needling (Duan cì)
• 9. Superficial Needling (Fou cì)
• 10. Yin Needling (Yin cì)
• 11. Accompanied needling (Pang zhen cì)
• 12. Repeatedly sparse needling
1. Symmetrical Needling (Ou ci)

- **Name:**
  One needle is inserted on the front and another on the back. Yinyang needling

- **Method:**
  One hand presses the front (corresponding to Front-mu point on the chest), the other hand presses the back (corresponding to Back-shu point). The needles are inserted into the tenderness felt on the front and back. Such a front-back needling techniques is known as symmetrical needling

- **Clinical application:**
  To treat zang-fu organs’ diseases by the combination of front-mu and Back-shu points
• **Name:**
  To repuncture after the needle is withdrawn.

• **Method:**
  To needle the region felt painful by the patient. When the needle is manipulated, ask the patient whether the pain of the needled region is stopped. Then tenderness on the other region is needled.

• **Clinical application:**
  To treat wandering Bi-syndrome
3. Rehabilitating Needling (Hui ci)

- **Name:**
  This method helps restore the function of the affected part

- **Method:**
  The needle is inserted beside the joint. When needling-sensation is obtained, ask the patient to move the joint and repeatedly change the direction of needling for dredging the meridians and relieving spasm of the tendons.

- **Clinical application:**
  To treat bi-syndrome due to cramps of musculature by needling around the affected region.
4. Ranked Needling (Qi ci)

- **Name:**
  To insert one needle first and then to insert one more needle on each side of it.

- **Method:**
  One needle is inserted into the middle and two are on both sides. Three needles are inserted at the same time.

- **Clinical application:**
  to treat deep Bi-syndrome over a small area

- **Note**
  This method is different from rehabilitating needling characterized by repeatedly needling in point with one needle or to more direction. but ranked needling is done by using three needles.
5. Surrounded Needling (Yang ci)

• **Name:**
Characterized by insertion of one needle in the center and four around for shallow and superficial needling. “yang” means shallow

• **Method:**
One needle is inserted on the middle and 4 others are inserted on the upper, lower, left and right respectively. The needled area is not concentrated. So it is called surrounded needling

• **Clinical application:**
To treat Bi-syndrome with superficial cold retention in a large area.

• **Note**
Plum needling was developed on the basis of surrounded needling
6. Straight Needling (Zhi zhen ci)

- **Name:**
The skin is kneaded and the needle is inserted into the location of the disease

- **Method:**
Knead the points, and needle subcutaneously (between the skin and muscle)---SHALLOW

- **Clinical application:**
To treat superficial and collateral disease by shallow needling.

- **Note**
This method is now known as needling by the skin or transverse needling
7. Shu Needling (Shu ci)

• Name:
To direct yang away from yin to eliminate heat

• Method:
The needle is inserted perpendicularly deep to wait for needling-sensation and when needling-sensation is obtained, the needle is slowly withdrawn

• Clinical application:
To eliminate pathogenic heat through directing yang away from yin

Shu needling
8. Close-bone Needling (Duan ci)

- **Name:**
  Used to needle the region near the bone

- **Method:**
  To insert the needle slowly to the deep by slight shaking and then to rotate it mildly when it gets near the bone

- **Clinical application:**
  To treat deep located disease like bone Bi-syndrome
9. Superficial Needling (Fou ci)

- **Name:**
  This is an obliquely superficial needling technique

- **Method:**
  Obliquely shallow needling (on the superficial of the muscle)

- **Clinical application:**
  To treat cold cramps of muscles; and numbness syndromes

- **Notes**
  Superficial needling, cutaneous needling and surrounded needling all belong to shallow needling. But superficial and cutaneous needling means shallow needling with fewer needles, while surrounded needling means shallow needling with more needles.
10. Yin Needling (Yin ci)

• **Name:**
  Simultaneous needling of the points located on both sides

• **Method:**
  To needle an point on the right and left sides simultaneously

• **Clinical application:**
  To treat yin cold

• **Note**
  Acupoints of the same name on the left and right sides are needled at the same time.
11. Accompanied needling (Pang zhen ci)

- **Name:**
  To insert one needle into the selected point and another into the point nearby.

- **Method:**
  One needle is inserted perpendicularly, and another is inserted obliquely beside.

- **Clinical application:**
  Is used to treat stubborn Bi-syndrome with obvious tenderness and fixed location.

**Note:**
This method is used to help dredge the meridian and activate the collaterals over the tenderness.

[Diagram: Accompanied needling]
12. Repeatedly sparse needling (Zhuan ci)

- **Name:**
  This way of needling can help subside sores and swelling.

- **Method:**
  The needle inserted perpendicularly, and withdrawn straightly, characterized by shallow needling and quick withdrawal of the needle. This is repeated, sparse, shallow and bloodletting technique.

- **Clinical application:**
  To treat carbuncle, furuncle and erysipelas.
Section 3:

Five Needling Techniques

Five needling techniques are differentiated according to the relation between the five Zang organs and five constituents.
Contents:

• 1. Semi-Needling (Ban ci)
• 2. Leopard-spot Needling (Baowen ci)
• 3. Joint Needling (Guan ci)
• 4. Hegu Needling (Hegu ci)
• 5. Shu Needling (Shu ci)
1. Semi-Needling (Ban ci)

Name: To needle the skin only (shallow)

**Method:** The needle is inserted only into the skin and then is quickly withdrawn like the pulling of a piece of body hair

**Clinical application:**
To treat wind & cold attack of the superficies, fever, dyspnea and other diseases involving the lung as well as some skin diseases

Note:
It can regulate Lung qi; and is frequently used to treat children in modern times.
2. Leopard-spot Needling (Baowen ci)

- **Name:**
  Is characterized by multiple points of bleeding

- **Method:**
  To select one point as the center and to needle sparsely around for blood-letting

- **Clinical application:**
  Red, swollen, hot, painful dermatological disease

**Note:**
Since the heart controls blood and vessels, this method works on the regulation of Heart qi
3. Joint Needling (Guan ci)

- **Name:**
  Means to needle the tendons around the joints of the body

- **Method:**
  This method focuses on needling the tendons around the joints. Since the tendons converge around the joints, the tendons and muscles of the four limbs all end near the joints

- **Clinical application:**
  To treat Tendon Bi-syndromes

**Note**
It can regulate Liver qi, and cares should be taken not to impair the vessels
4. Hegu Needling (Hegu ɕí)

• **Name:**
  Refers to the needling of the region with thick muscles. “Gu” means major muscular convergence

• **Method:**
  To insert the needle deep into the regions with thick muscles, then to withdraw it to the shallow region and push the needle obliquely to both sides.

• **Clinical application:**
  To treat muscular Bi-syndrome

  **Notes:**
  The technique is characterized by inserting the needle into the muscles. Since muscles are controlled by the spleen, this method can regulate spleen qi; clinically it is a kind of heavy stimulating method
5. Shu Needling (Shu ci)

- **Name:**
  Means to insert the needle perpendicularly and to withdraw it straightly for the purpose of dredging the external and the internal

- **Method:**
  To insert the needle perpendicularly deep to the bones and withdraw straightly

- **Clinical application:**
  To treat obstructive pain of the bones (including diseases located in the deep regions)

**Note**
Since kidney controls bones, this method can regulate renal qi
Section 4

Triple Layer needling and Qi-directing Techniques
Triple Layer Needling Technique

• **Name:**
The needle is manipulated in the shallow, middle and deep layers respectively in the intradermal, subcutaneous and intramuscular regions.

• **Method:**
The needle is inserted to the shallow layer first to expel pathogenic factors and promote blood circulation, then to the middle layer to disperse yin qi and finally the deep layer for the purpose of anti-pathogen Qi.

• **Clinical application:**
To remove pathogenic factors and to maintain the healthy qi.
Qi-directing technique

• **Name:**
  It is characterized by slow insertion and slow withdrawal.

• **Method:**
  When inserted into certain depth, the needle is manipulated evenly, slowly and mildly with lifting, thrusting, and rotating techniques to obtain needling sensation. Then strength, range and speed of lifting, thrusting and rotation are the same. When needling sensation is reached, the needle is retained for a while and then withdrawn.

• **Clinical application:**
  It does not have the effect of reducing or tonifying, it is used to treat adverse flow of Qi and blood as well as non-sthenic and non-asthenic diseases
Brief introduction of Needling Techniques in Nanjing
Cooperation of both hands Needling

- Hilight to operate with both hands

- Pressing Hand                                  Puncture Hand
  Help to finish the treatment                   Hold the needle


Needling of Wei

- **Method:** for the needling of wei Phase (layer), the needle is quickly inserted into the skin by the right hand and is rotated, thrusted, and lifted to stimulate the 1\(^{st}\) layer of needling-sensation; or transverse needling; or normal manipulating technique is used to induce desirable needling-sensation.

- **Clinical Application:**

  **Note:** the needling of Wei phase (layer) should be shallow with or with transverse needling technique to avoid affecting Ying qi in the deep layer.
Needling of Ying

- **Method:** For the needling of Ying Phase (layer), the acupoint is pressed first by the left hand to disperse Qi and blood, then the needle is inserted by the right hand perpendicularly into the deep region or into the painful area.

- **Clinical Application:**

  **Note:** When needling Ying phase (layer), care should be taken not to impair Wei in the superficies. Before needling, the point should be pressed by the left hand first to dissipate Weiqi in the shallow region, then the needle is inserted.
Tonifying/reducing needling of Ying and Wei

- **Tonifying needling:**
  
  the needle was inserted, and needling sensation was obtained; then push the needle deep inside. (induce the yangqi on the Wei layer inside the body)

**Reducing Needling**

the needle was inserted, and needling sensation was obtained; Then move and lift the needle outside
Combining Needling technique with acupoints’ property

• Tonify the mother and reduce the son

Based on the five-shu points, and five element theory

Yang Channel: Jin(well)----Metal
Yin Channel: Jin(well)------Wood

Needling Techniques based on the Four Seasons

Spring+Summer → Shallow needling
Autumn+Winter → Deep needling