

Course:	Advanced Needling 2	Date:	April 15, 2009
Class #:	1		

Syllabus review:

- ☉ Neijing and Nanjing techniques – they will be kinda familiar, some systematic techniques depending on location of disease (i.e., shallow problem, shallow needling...deeply internal problem, deep needling), when to use blood letting, etc.
- ☉ Comprehensive techniques – reduction, tonification, etc.
- ☉ Balance method – Dr. Tan
- ☉ Master Tong's
- ☉ Threading techniques
- ☉ Wrist/ankle acupuncture – another micro-system acupuncture
- ☉ “Be careful” needling points – BL 1, BL 2, ST 1, DU 16, etc.

Quiz 1 is week 5 (20%), Quiz 2 is week 8 (20%), Final is week 11 (comprehensive written 60% and practicum 20%). All tests follow the notes...and like Zheng Zeng he uses the emboldened and the blue.

Required text is CAM.

Sidebar:

Some terms in the recommended texts are obscure. Examples:

Duan ci – short needling...close to the bone

Zhi Zhen ci – perpendicular needling or “straight” needling.

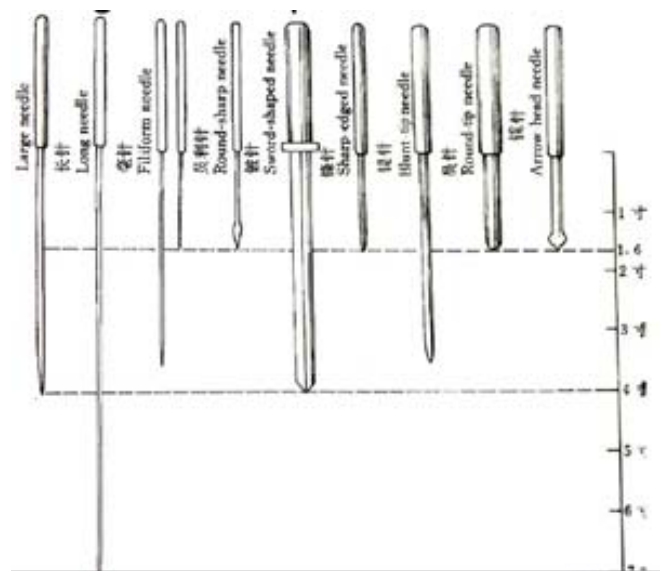
So follow Dr. Liu's notes for standardization on the tests.

## Acupuncture Techniques in Neijing

Neijing has very useful collection of 151 points and a lot of very useful techniques. It is broken into 2 parts:

- ☉ Shu Wen is for the foundations – “simple questions” is the translation even though they aren't simple at all.
- ☉ Ling shu is Spiritual Pivot. This is the classic of acupuncture.

The first technique is about picking up the needles – get the right needle for the right application. There are 9 basic types. Another technique is about how to hold the needle – hold it tight and firm, very straight. This takes practice. You should be able to insert a 3 cun needle as a student without bending it. Control your finger strength in the right way. Later on should be able to manipulate a 5 cun needle without bending it.



We will cover 9, 12, 5, and 3 kinds of needling techniques. This means the 9 kinds has 9 different needles to treat 9 different kinds of problems. Arrow head for instance is in the 9 kinds and is used to treat skin. Other needles are used for muscles, blood, etc. These are classic techniques and form the trunk of the tree of techniques. Learn the classic foundations first then move on to the supplementary stuff. Twelve is for the 12 meridians. Five is for the 5 Zang organs. Three is for the 3 layers – shallow, middle, deep.

## Jiu Ci – The Nine Kinds Needling Technique

The nine kinds technique treats the 9 kinds of diseases.

### Shu Needling – Shu Ci

This refers to the back shu points and for shu stream points which are used to treat the Zang organs. For example, for lung problems you could use UB 13 (back shu of the lung) and LU 9 (shu stream).

Clinical application: treats disorders of the 5 zang organs. In practice you use it for

- ☯ KI Qi xu – UB 23 + KI 3
- ☯ Lv qi stagnation – UB 18 and LV 3
- ☯ Spleen – UB 20 + SP 3
- ☯ HT = UB 15 + HT 7
- ☯ PC = UB 14 + PC 7
- ☯ LU = UB 13 + LU 9

### Distal needling – Yuan Dao Ci

Treat the upper by needling the lower or selecting acupoints located on the distal part of the meridian. These are used for the 6 Fu organ problems using the Lower He Sea points (ST 36, UB 40, GB 34, ST 37, ST 39, UB 39). Includes Fu organ problems involving the head, trunk and viscera.

Can combine 2 or 3 of these together in the clinic especially for tough cases.

In clinic, distal needling in general is for Fu organ problems. In practice:

- ☯ ST Qi rebellion
  - ST 36
- ☯ UB damp and heat
  - UB 40 also lower back pain
- ☯ GB fire rising up
  - GB 34 – damp heat in the gallbladder such as stones. Gallbladder inflammation point is just below GB 34 as a matter of fact.
- ☯ LI Fluid deficiency/constipation/dryness
  - ST 37
- ☯ SI dampness and heat
  - ST 39
- ☯ Disability of SJ channel to irrigate fluids
  - UB 39 (Dr. Liu doesn't use this one much)

### Meridian needling – Jing Ci

This treats disorders of the meridian itself. Most of the time this refers to painful syndromes. For example, shoulder pain can be LU, SJ, LI, or SI problem. Headaches are meridian problems depending upon the location of the headache. You needle the meridian points corresponding to the syndrome.

You are treating stagnation of Qi and Blood as well as accumulations such as blood stasis, sclerosis and tenderness over the circulating route of the meridian by needling the points on the affected meridian alone. You needle distal points, specifically the **Shu Stream points** because these are the points you use to treat body heaviness and pain of the joints. Combine these with **local/ashi points** to treat these problems.

### Collateral needling – Luo Ci

Mainly used to needle the collaterals. This is a kind of **bleeding method**.

From shallow to deep: skin, collateral, meridian, Zangfu. Collaterals start shallow on the surface, go to larger rivers as they go deeper in the body. You thus bleed on the shallow levels – small collaterals. Use a 3 edged needle or cutaneous needle with cupping.

Clinically you use this for treating **excess and heat syndromes**. The results are quick and dramatic, usually within ½ hour.

In practice:

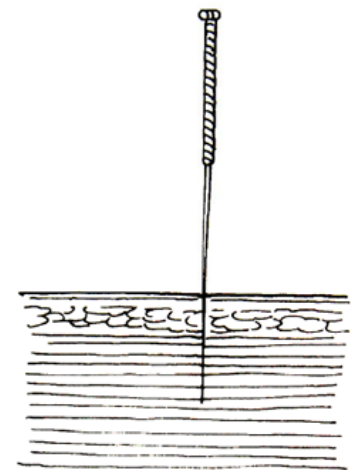
- ☉ Sore throat = LU 11 or LI 1
- ☉ Excess lung heat (especially really bad asthma due to heat) = LU 10
- ☉ Heat syndrome = Du 14
- ☉ Red and painful eyes due to toxic heat = Erjian (apex of the ear)

### Muscular Needling – Fen Ci

Needling directly into the muscle to **treat muscular problems**. This a rather deep treatment. Used for muscle **pain, flaccidity/atrophy or old wounds**. →

For GB 21 remember that there is a danger of pneumothorax. Be sure to pinch the muscle up then needle into the muscle. You should feel the muscle jump a little.

For needling muscle on the back go subcutaneous following the contour of the muscle rather than perpendicular needling, again because of the danger of pneumothorax.



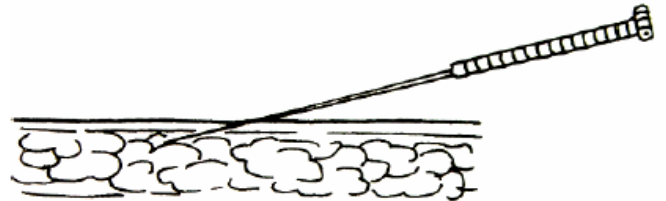
### **Major Reducing Needling – Da Xie Ci**

This technique is to eliminate and dredge stagnant blood and **ascites**...guess what...can't legally do that in this country! The needle used looks like an anglo-saxon long sword! This is not a blood letting technique, but to let out excess crapola such as **pus**, **infections**, ascities. Acupuncture needles really aren't clean enough to pull this off safely. Refer people to a doc for surgery.



### **Cutaneous needling – Mao Ci**

This refers to needling *shallowly* into the skin. Not deep into the layer between skin and muscle. Typically this is to treat **skin** numbness and **superficial** diseases.



### **Contralateral Needling – Ju Ci**

Needling on one side to treat problems on the other. **Meridian and loss of balance treatment.**

### **Cauterizing Needling – Cui Ci**

FYI only. This is a cauterized needle inserted into the skin. Heat the needle tip until it's red, then insert into the skin. No one uses this any longer – this was pre-moxa and used to treat deep **cold pain (cold deep bi syndrome)**. Also once used for scrofula and carbuncle.