

Course:	Advanced Needling 2	Date:	April 29, 2009
Class #:	3 – Five Needling Techniques		

## Five Needling Techniques

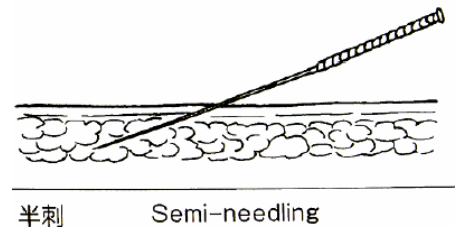
This corresponds to the five Zang organs, which are needled on the corresponding body tissue, which indirectly affects it and its functions.

- ☉ Lung – skin
- ☉ Spleen – muscle
- ☉ Liver – tendons
- ☉ Heart – vessels
- ☉ Kidney – bone

Master Tong's acupuncture uses this technique. So for tendon problem, you stimulate another tendon. For bone problem, you needle to the bone (and for Kidney problems as well).

### Semi-needling (ban ci)

This means half needling. This used to treat wind and cold attacking the superficial areas, fever, dyspnea, other disease involving lung and skin. You stimulate superficially and quickly withdraw like pulling off a piece of body hair (very quickly). You will feel the needle catch a little just like if you were plucking out a body hair rather than a smooth in/out motion. (Kind of like flicking out a splinter but less so?)



You can use this to regulate Lung Qi. You can also use it for kids (a modern technique – because they won't sit still for a regular needle retention and because it scares them).

**Know the difference between this and the other types of cutaneous/shallow/superficial needling.** You stimulate different layers in each technique.

### Leopard Spot Needling (Baowen ci)

Used for red, swollen, hot and painful dermatological diseases. This is needling with multiple points of bleeding, blood letting technique. Typically centered in one area. You select one point as the center and needle sparsely around for blood letting.

Similar to the repeat sparse (like for early carbuncles) that we learned last week.

Skin issues such as those described in the first sentence are issues of blood heat affecting the skin. Since the heart controls the blood and vessels, this works on regulation of the Heart Qi.

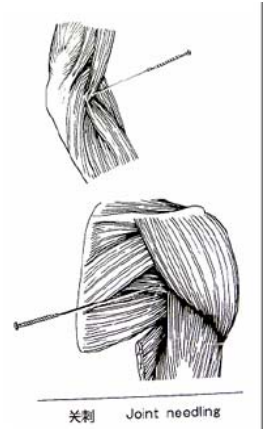
## Joint Needling (Guan ci)

Guan means “joint” in Chinese.

This treats Tendon and Bi-syndromes. This technique needles the tendons around the joints of the body. Since tendons converge at the joints. There is very little pain in this technique – just feels tight. You will not damage the tendon by doing this.

Needling vessels will cause pain. Take care not to impair the vessels when you needle this deeply. Needling into the muscle feels a little sore. Needling into nerve is an electrical zap sensation.

This technique can regulate the Liver Qi.



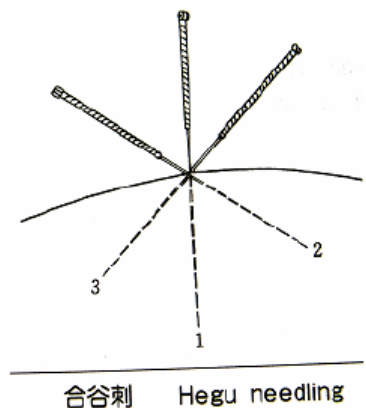
## Hegu Needling (Hegu ci)

This treats **muscular Bi** syndrome.

Remember back to Advanced Needling 1 – this is similar in form to the “chicken foot” in scalp acupuncture which was good for muscular control issues, especially fine muscular control.

In this technique you

- 1) Insert deeply (1 – 1 ½ cun needle) into thick muscle and get Qi. You can leave it in for a few minutes if you think it's needed. Normally you move as soon as you get Qi.
- 2) Withdraw shallowly and push obliquely to one side. Get Qi.
- 3) Repeat to the other side. Get Qi.
- 4) Go back to original insertion and retain.



Can be used to regulate the Spleen Qi. Rather a heavy kind of stimulation method. If you have a needle sensitive patient, probably can't do it.

Similar to rehabilitative needling from past class where you do the movement.

## Shu Needling (Shu ci)

Side bar:

There was also a Shu needling in 9 kinds for Zang organ to reduce heat. Quickly in, gradually out to transport the heat out of the body. This is a deep needling technique but is different from the Shu Needling in the 5 kinds.

Treats obstructive pain of the bones including disease located in deep regions.

- 1) Perpendicularly insert deeply to the bone
  - 2) Withdraw straight
- Retaining the needle is not generally done in this technique. Just touch and go.

This method can regulate Renal Qi since kidney controls the bones.

When you learn acupoints you usually use Shu from 9 kinds, distal needling, Yin. Note the different combinations – one, two, three, four and five needles in the techniques. Also review the different layers these techniques cover – superficial, muscular, deep, etc.

## Triple Layer Needling and Qi Directing Techniques

### Triple Layer Needling

The tissue from surface down can be separated into 3 layers unless a point is very very shallow:

- ☉ Intradermal (shallow)  
Expels pathogenic factors, promotes blood circulation
- ☉ Subcutaneous (middle)  
Disperses yin Qi
- ☉ Intramuscular (deep)  
Antipathogenic Qi stimulation

You must think about what the needle tip is touching and in what layer it is. This method removes pathogenic Qi and maintains the healthy/antipathogenic Qi.

You must learn the physiological tests in order to know what muscle, tendon or nerve is involved so that you can clearly target them.

### Qi Directing Technique

This technique is characterized by slow insertion/withdrawl and gentle motion. Even lift/thrust/rotate techniques to balance/harmonize the Qi. Range, speed, and strength are the same. Once the needling sensation is reached, the needle is retained for a while and withdrawn.

This treats the adverse flow of Qi and blood as well as non-sthenic and non-asthenic diseases.

## Brief introduction of Needling Techniques in *Nanjing*

*Neijing*, *Nanjing*, *Shang Han Lun* are the 4 classics (one is in 2 parts) of TCM. The *Nanjing* talks about diagnosis and technique.

*Nanjing* says you need to use 2 hands to needle. This is a highlight of the techniques in this book. You use a pressing hand and a needling/puncture hand. One hand to find the points, one to needle.

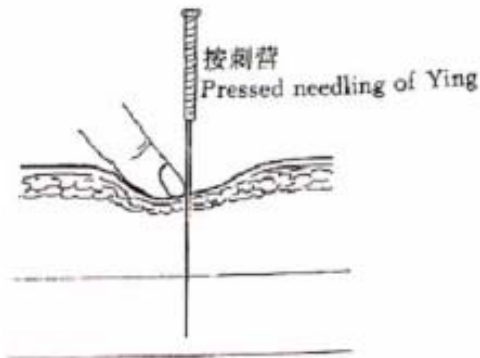
### Needling of Wei

Needling on the shallow or defensive layer, just below the skin. This avoids injuring the Ying Qi in the deep layer.

The needle is quickly inserted into the skin by the right hand and is rotated/thrusted/lifted to stimulate the 1<sup>st</sup> layer of needling sensation. Transverse needling or normal manipulation tech's used to induce desirable needling sensation.

### Needling the Ying

So how do you needle deeply without injuring the shallow Wei? You press with the left hand to disperse the Qi and Blood. Then you needle with the right hand perpendicularly into the deep region or into the painful area.



By pressing and rubbing for a bit prior to needling you reduce sensation at the point and prepare the body to accept the needle. Good idea for needle sensitive patients and this way you don't injure Qi and blood.



The material on page 47 of the handout is not on the test – review it on your own.