

Comprehensive Needling Techniques

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4 methods for dredging Channels and Connecting Qi

- **Named as**

Dragon----Tiger--- Turtle(Tortoise)-----Phoenix

Indications

Qi and blood stagnation in the Channels; there is no needling sensation while needling around the joints; the
can not pass through the joints.

Blue-dragon- wagging-tail method

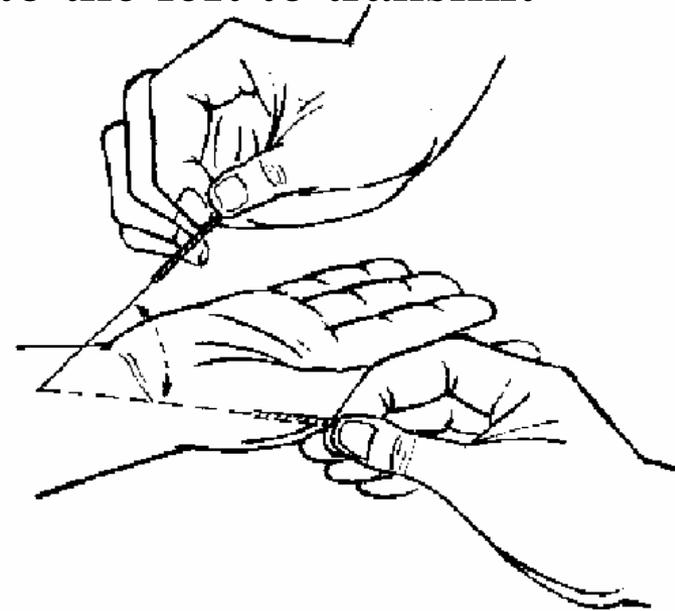
Method:

The needle is inserted to shallow region obliquely; or the deep region first then the shallow region; with the needle tip towards to the location of the disease. When the needling-sensation is obtained, the handle of the needle is rotated slowly, like the steersman turning the helm, from the right to the left to transmit meridian qi to the distal region.

Clinical Application:

Directing qi, strengthening deficient, warming the meridian to promote the circulation of qi and blood;

Clinic: to treat various abdominal mass, arthralgia and other problems due to the stagnation of qi, blood and meridians



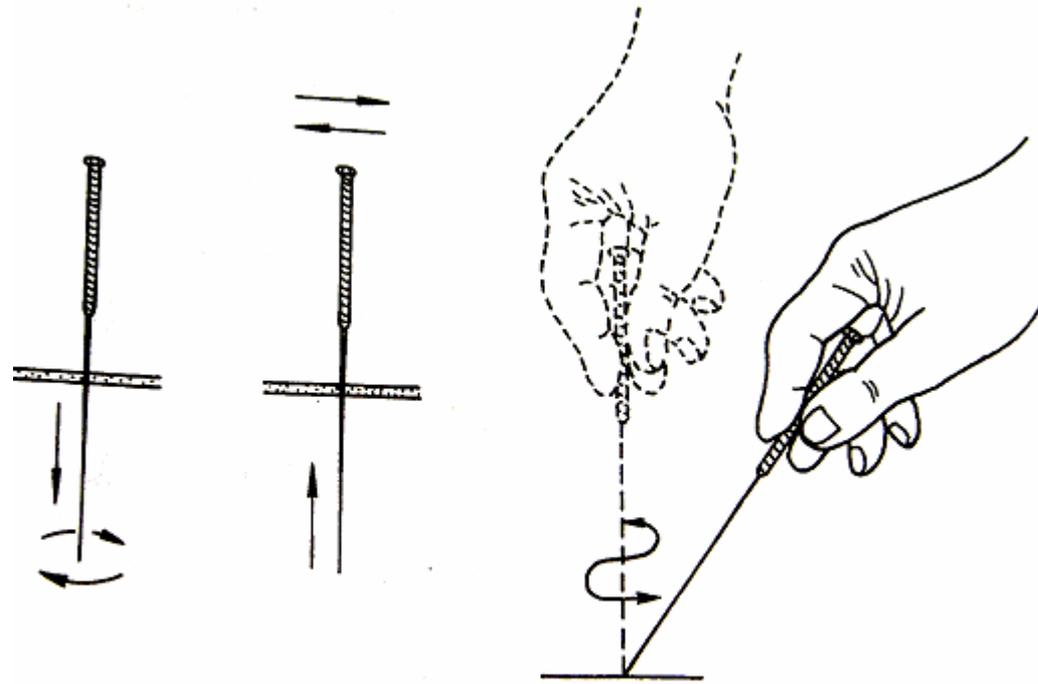
White-tiger-shaking-head method

- Method:

When inserted perpendicularly deep into the muscle, the needle is shaken quickly like the ringing of a bell, shaking and lifting. At the same time one side of the meridian is pressed by another hand to drive the meridian qi to flow to the other direction and to the location of the disease

- **Clinical Application:**

Promote meridian qi flow and reduce excess



白虎摇头 White-tiger-shaking-head

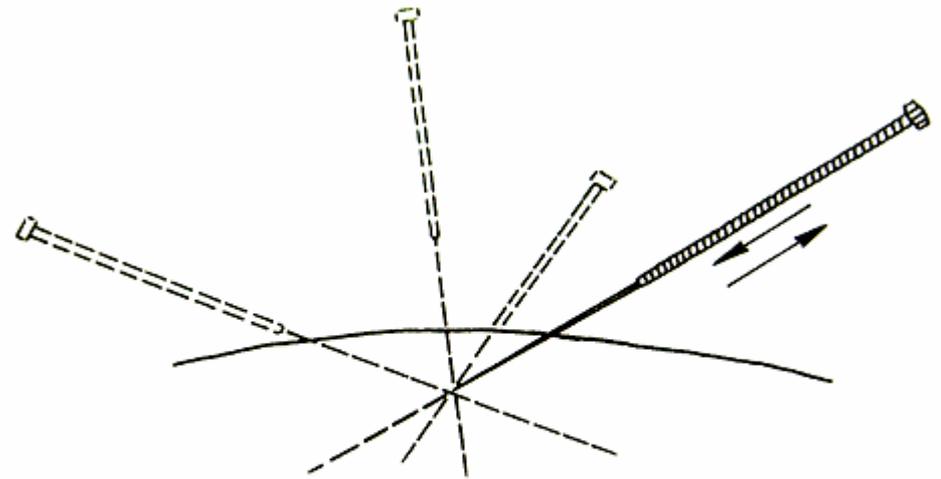
Black-tortoise-seeking for hole

Method:

When inserted into the selected point, the needle is withdrawn to the shallow region and then thrust to various directions in the shallow, middle and deep region like a tortoise seeking for its holes. To thrust to different direction can reach the most desirable needling-sensation or reinforce stimulation to strengthen needling-sensation

- **Clinical Application**

Promote the circulation of qi and needling-sensation, dredging meridians and directing needling-sensation from the shallow region to the deep region and other direction



苍龟探穴 Black-tortoise-seeking-for-hole method

Red-phoenix-meeting its source

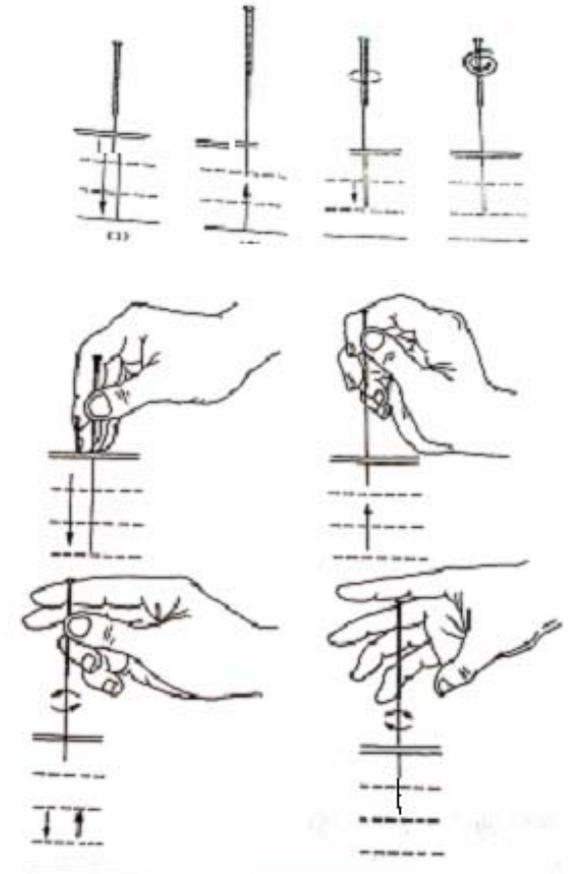
Method

When inserted into the deep region with needling-sensation, the needle is lifted to the shallow region, shaken to wait for *qi* and inserted into the middle layer. Then the needle is manipulated with flying technique like a red phoenix spreading its wings to promote the circulation of *qi*

- **Clinical Application:**

Promote *qi* circulation, wait for needling sensation; dredge meridian and promote the flow of meridian *qi*.

To treat various pain disorders



赤凤迎源 (手示) Red-phoenix-meeting-its-source method (Hand performance)

8 Methods for treating diseases

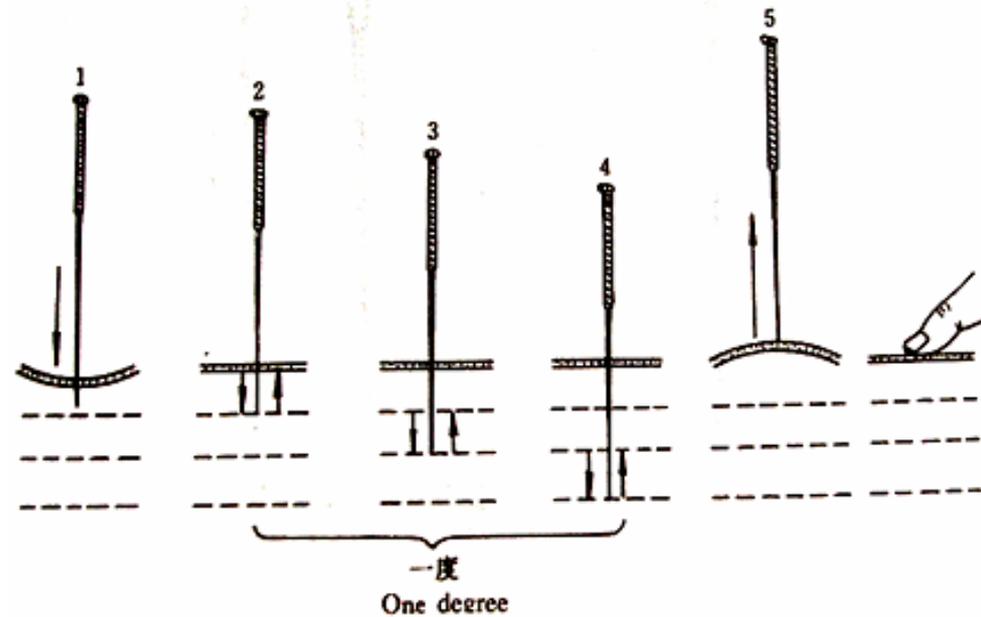
Heat-inducing techniques

•Name

It is a combination of swift-slow, lift-thrust, nine-six, closing-opening methods, and occasionally respiration method, it can induce heat sensation, it is also called as "Burning Mountain Fire"

• Method

the needle is inserted and manipulated in the Shallow, Middle and Deep layers, and manipulate (tonify-rotation or strong insertion and light lifting) the needle for 9 times on each layer, then the needle is withdrawn to the shallow layer, which is called 1 degree. The way of needling can be repeated for several times to induce heat sensation



烧山火

Heat-inducing techniques

•Clinical Application

This is powerful strengthening method for deficient cold syndrome

Note

This method is characterized by distinct strength in lifting and inserting in the way of lifting and pressing so as to direct *Yang-qi* to the deep region to produce Pyretic (heat) sensation

Cool-inducing technique

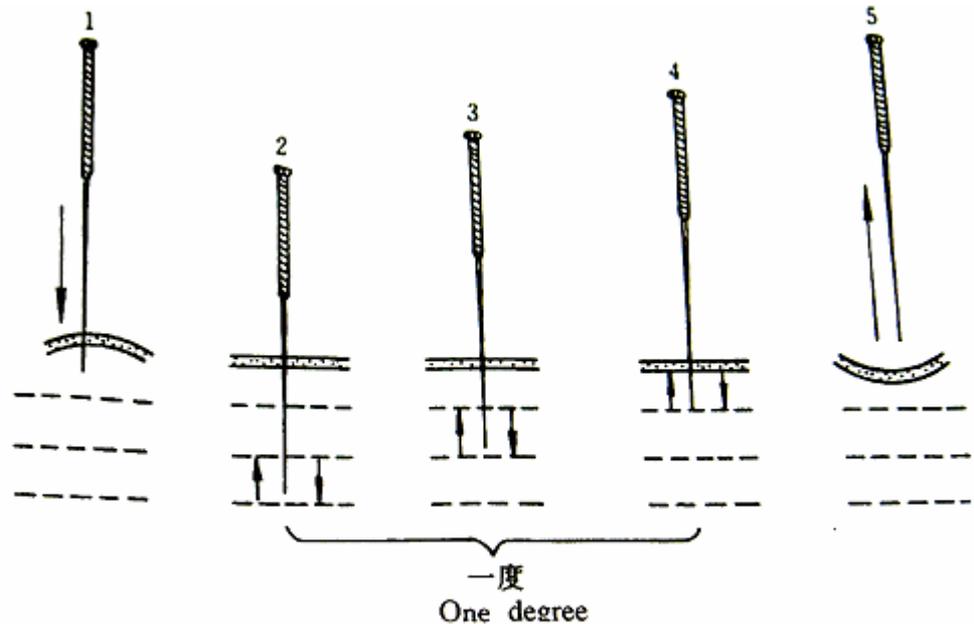
•Name

It is a combination of swift-slow, lift-thrust, nine-six, closing-opening methods, and occasionally respiration method, it can induce cool sensation, it is also known as “Thorough Cooling”

Method

When inserted into the deep region, the needle is manipulated in the deep, middle and shallow layers respectively, quick (light) thrusting and slow (strength) lifting or reducing-rotation for 6 times, which is known as 1 degree.

This method is performed repeatedly to produce cool sensation



透天凉法 Cool-inducing techniques

•Clinical Application

It is a strong reducing method, for treating Excess heat syndrome

Note

The manipulation must be done with lifting strengthenly, and slightly inserting the needle so as to eliminate heat.

The methods of Heat-inducing and Cool-inducing methods should be performed on the acupoints located on regions with thick muscles.

Yin-hiding in Yang method

Method

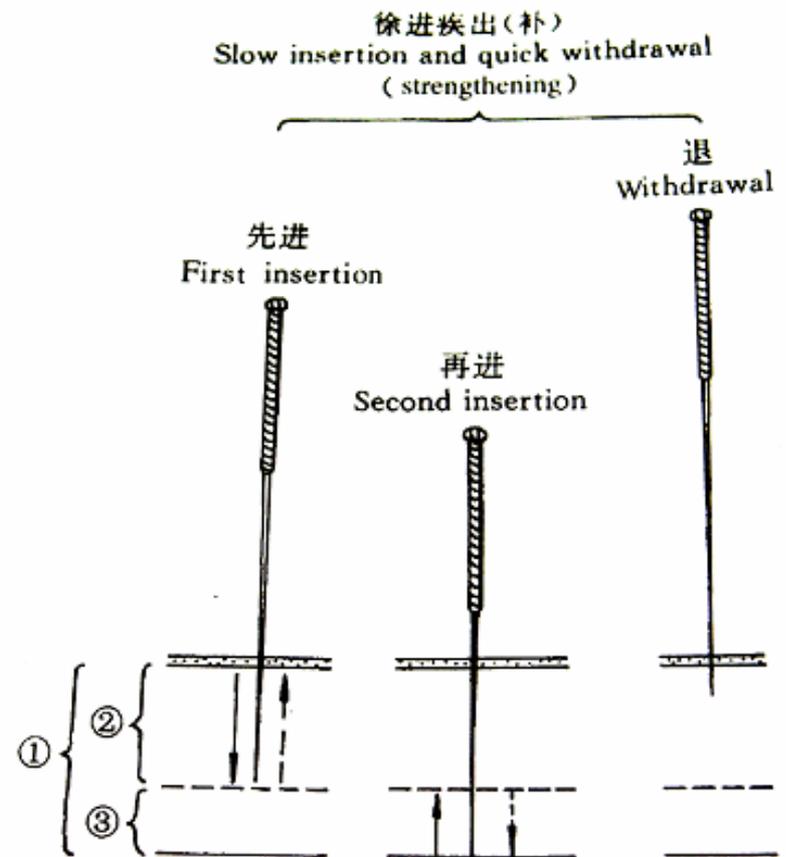
The needle is inserted and manipulated in the shallow and deep regions. The tonifying method is performed in the shallow layer (heavily pressing and lightly lifting for 9 times); and then reducing method is performed in deep region (heavily lifting and lightly thrusting for 6 times).

Clinical Application

To treat diseases characterized by fever following cold.

Note

On one point, tonifying techniques is used first and then reducing method is used



阳中隐阴法 Yin-hiding-in-yang method

Yang-hiding in Yin method

Method

Contrary to the procedure of Yin-hiding in Yang.

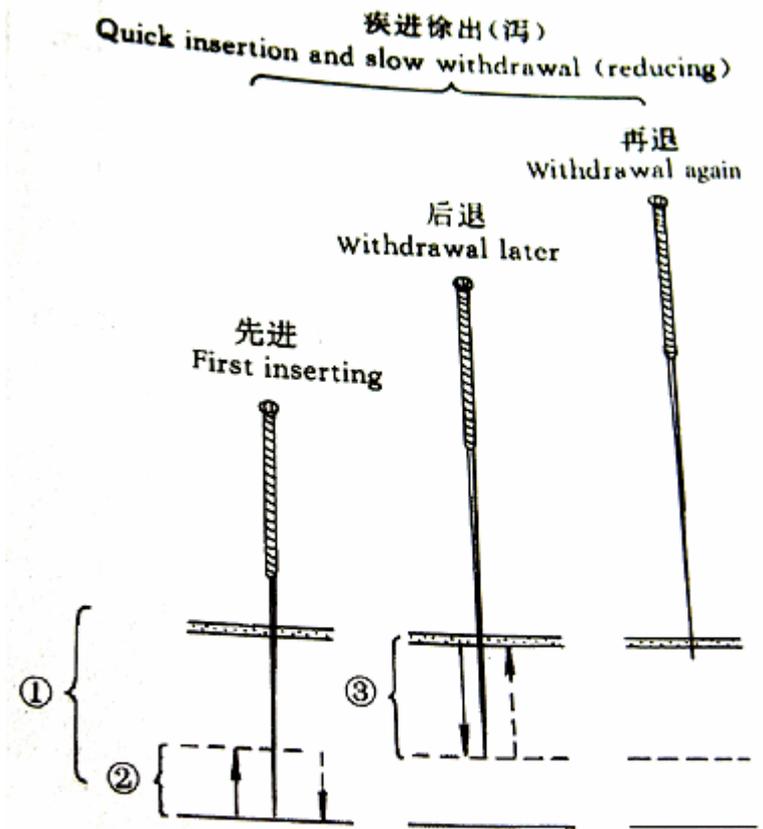
The needle is manipulated by reducing method in the deep region, and then withdrawing to the shallow layer for the performance of tonifying method.

• Clinical Application

To treat disease characterized by cold following heat

Note:

These two methods, characterized by the speed of lifting and thrusting, manipulation of the needle and the difference in strength.



阴中隐阳法 Yang-hiding-in-yin method

Left-right rotating, up-down lifting-thrusting method

Method

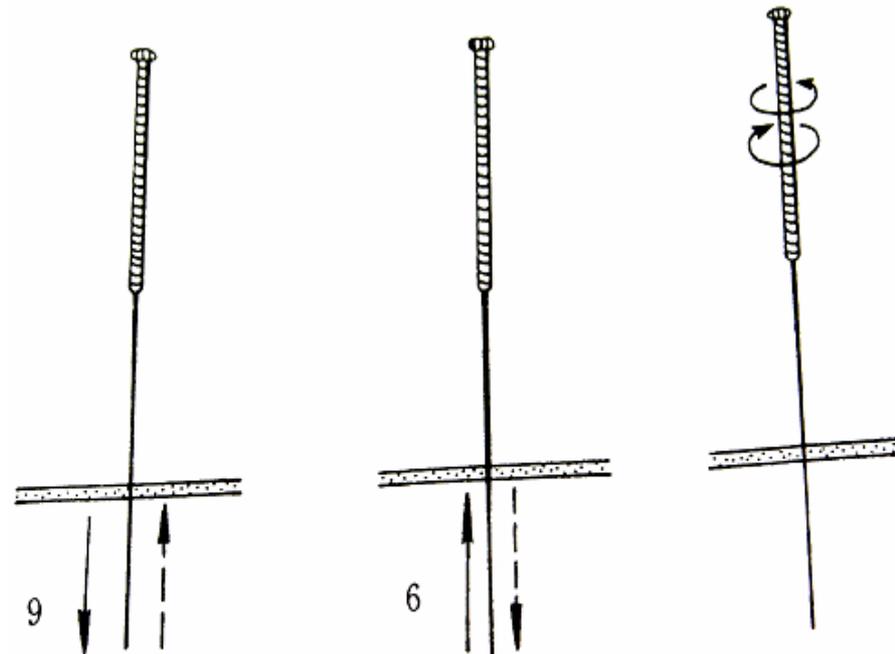
When needling-sensation(after inserting needle) is obtained, 9 times of heavily pressing and lightly (**quick**) lifting are performed first followed by 6 times of *slow* lifting and **quick** pressing and rotation.

It is performed repeatedly

Clinical Application

Directing the qi of Yin & Yang,
simultaneous tonifying and reducing.

It is also effective for subduing swelling and
disinhibiting fluid, be used to treat edema
and flatulence.



子午捣臼法 Left-right rotating, up-down
thrusting-lifting method

Dragon-tiger-struggle method

•Name

Is characterized by repeated alternation of rotation from the left to the right to stop pain. Dragon means to rotate to the left, tiger means to rotate to the right

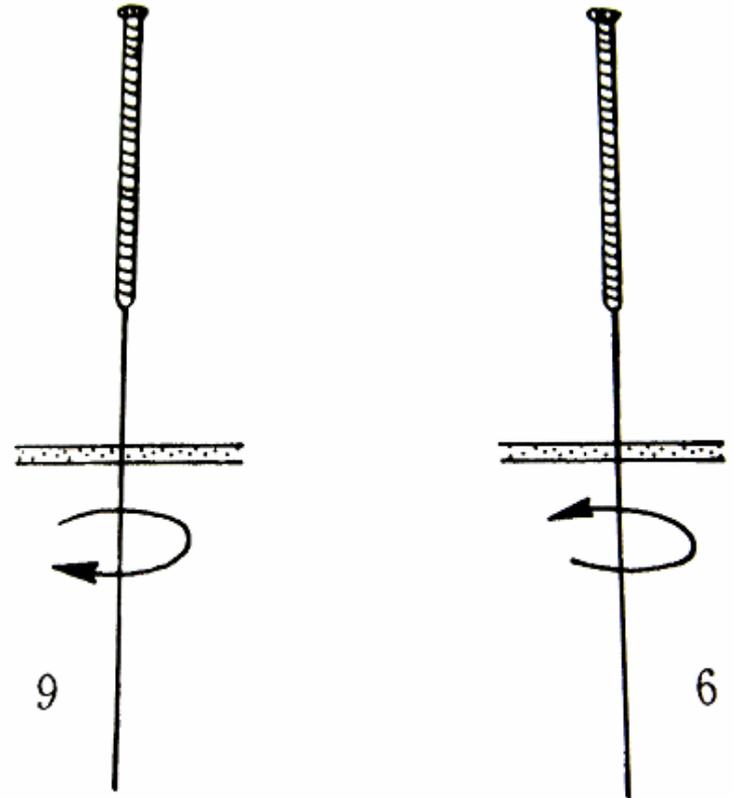
• Method

When inserted and needling sensation is obtained, the needle is rotated left first(the thumb rotates forward for 9 times) and then to the right (the thumb rotates backward 6 times).

This method can be performed repeatedly or in the shallow, middle and deep regions)

• Clinical Application

Quite effective in relieving pain



龙虎交战法 Dragon-tiger-struggle method

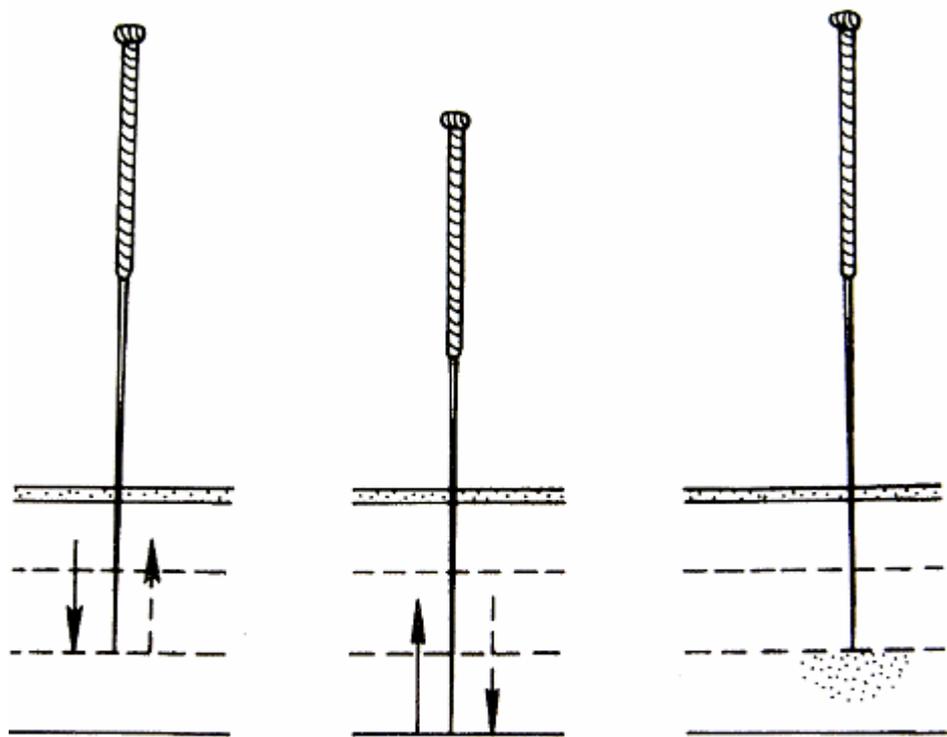
Retention of Qi method

Method:

When inserted into the middle region and needling-sensation obtained, the needle is manipulated by tonifying method (like 9 times heavily pressing & lightly lifting); thrust to the deep layer and lift to the original layer to maintain needling-sensation so as to dissipate stagnation

- **Clinical Application:**

To disperse abdominal mass



留气法

Retention of qi method

Repeated lifting and pressing method

- **Name:**

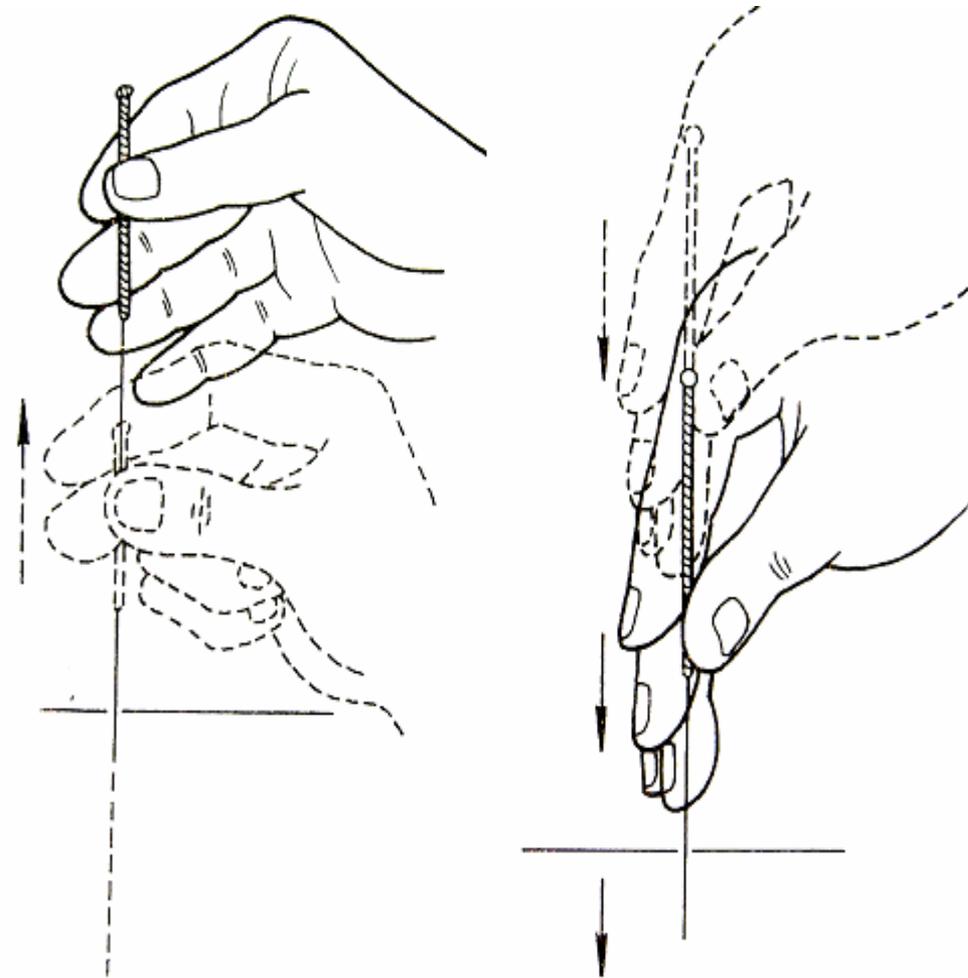
Is performed by repeatedly lifting and thrusting the needle in the deep, shallow (upper and lower) regions.

- **Method:**

After the insertion, the needle is lifted and thrust or rotated for 9 times to promote needling-sensation, then lifted and thrust in various direction, and finally thrust and pressed perpendicularly

- **Clinical Application:**

To treat paralysis, sores and cutaneous diseases



抽添法 Repeated lifting and pressing

Other Methods

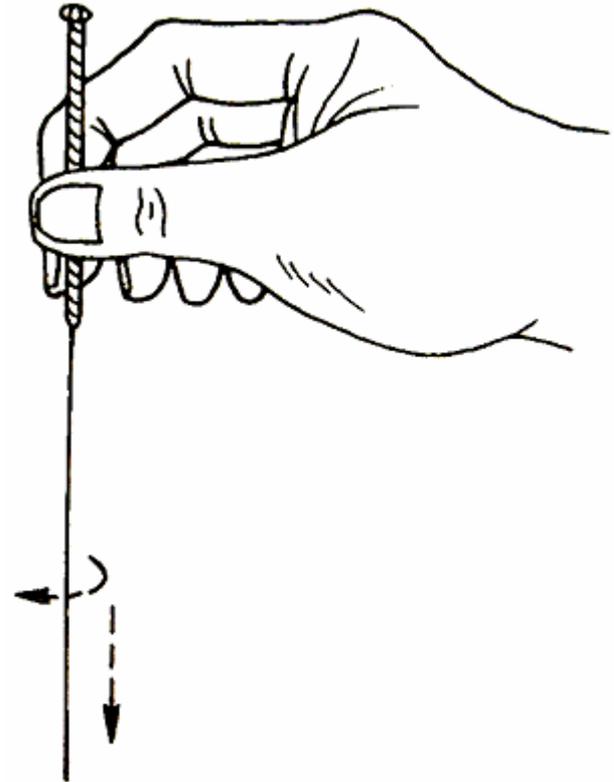
Heat-strengthening method

Method

Left hand press the point, inserting the needle into point with right hand. When “Qi” is coming, the left hand **increase** the pressure on the point, and the thumb of the right hand rotated the needle **forward** for 3-5 times. When heavy and sunken sensation is felt beneath the needle, the needle is heavily thrust and lightly lifted for 3-5 times at the area with needling-sensation, then the thumb rotates the needle forward for another 3-5 times, and the needle tip reaches the area with needling sensation to keep the heavy and sunken sensation beneath the needle, in order to get heat sensation. (the needled point is pressed)

- **Clinical Application**

To treat deficient cold syndrome



热补法 Heat strengthening method

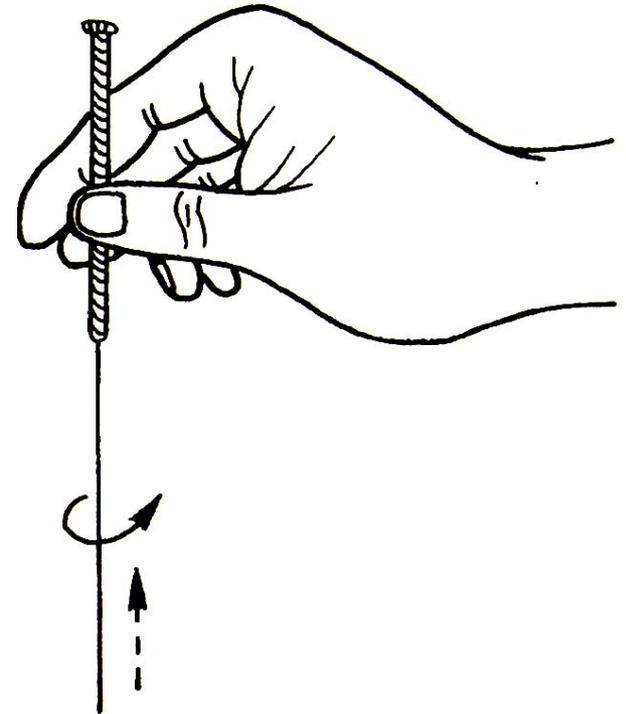
Cold reducing method

Method

Left hand press the point, inserting the needle into point with right hand. When “Qi” is coming, the left hand *reduce* the pressure, and the thumb of the right hand rotated the needle **backward** for 3-5 times. When heavy and sunken sensation is felt beneath the needle, the needle is withdrawn a little, and the needle tip is lightly thrust and heavily lifted for 3-5 times in the area with needling-sensation, then the thumb rotates the needle *backward* for another 3-5 times, and the needle tip reaches the area with needling sensation to relax the area beneath the needle, in order to get cold sensation. (without closing the needled points)

- **Clinical Application**

To treat excess heat syndrome



凉泻法

’ Cold-reducing method

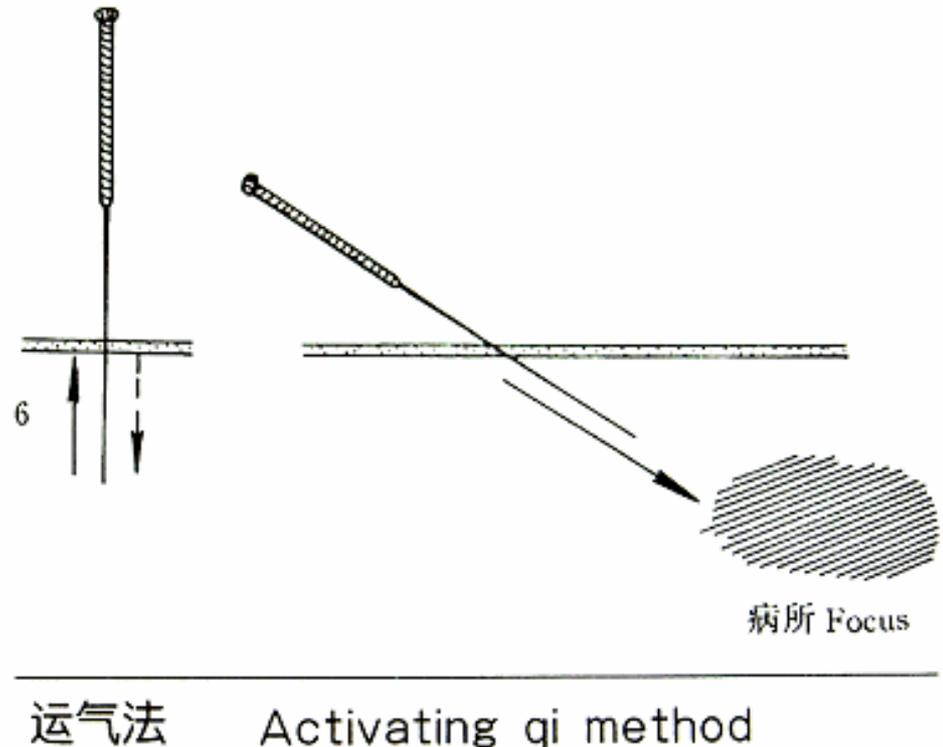
Activating-Qi method

Method

The needle is inserted perpendicularly and then lifted –thrust or rotated for 6 times. After needling-sensation is obtained, the needle tip is pointed obliquely to the location of disease, and the patient is asked to take deep breath for 5 times for Qi to flow to the location of the disease

- **Clinical Application**

To promote qi flow and stop pain.



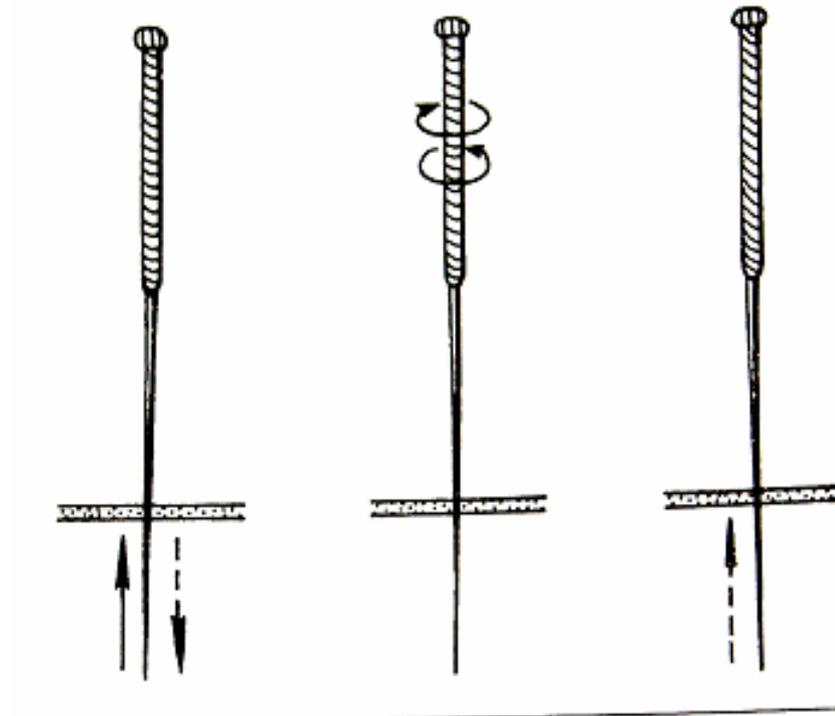
Qi-lifting method

- **Method**

The needle is manipulated by 6-numbered (yin number) strongly lifting and slightly pressing method for 6-12-18 times according to the condition of needling-sensation. With the arrival of qi, the needle is rotated to promote meridian qi circulation. At the same time the needle is mildly lift to concentrate the meridian qi and to accumulate *ying qi* and *wei qi* underneath the needle

- **Clinical Application**

To treat cold and numbness of the limbs.



提气法

Qi-lifting method

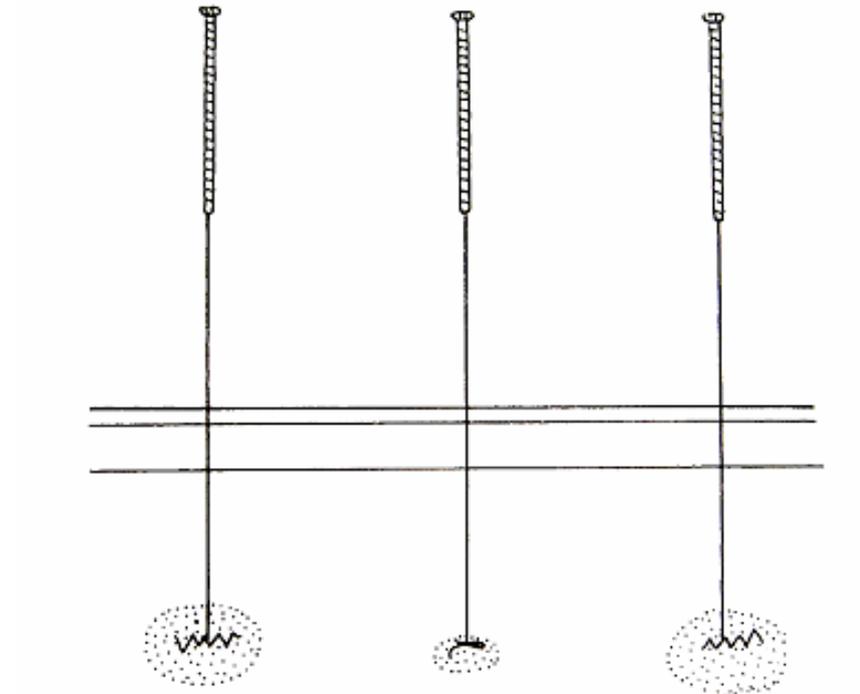
Tremoring-needling method

Method

The needle is tremored slightly up and down when manipulated by, or manipulated by scraping or flicking the handle of the needle by the index finger to shake the upper part of the handle of the needle

- **Clinical Application**

For excitation of flaccid vessels, muscles and nerves



震颤术 Tremoring-needling method