

| | | | |
|----------|--|-------|-------------|
| Course: | Advanced Needle Techniques 2 | Date: | May 6, 2009 |
| Class #: | 4 – Dredging Channels and Connecting Qi; Eight Methods | | |

Test next week. Includes the 4 + 8 from today's lecture.

Comprehensive needling techniques handout

Dredging Channels and Connecting Qi

Four methods – definite test materials for practicum...one of these plus one more we don't know yet.

- ☉ **Dragon, Tiger, Turtle/tortoise, Phoenix.**
Indicated for **Qi and blood yu in the channels**. There isn't any needle sensation and it cannot pass through the joints. Joints don't pass Qi through easily...kind of like bamboo and the knuckles on bamboo represent the joints.

Why these names? From the Golden Needle Book. These animals move Qi, some forcefully (dragon or tiger), or in the case of the tortoise just steady and strong.

- ☉ **Blue dragon wagging tail** method
 - **Directs Qi, strengthens deficiency, warms meridian to promote the circulation of Qi and blood.**
 - In clinic treats ab masses, arthralgia, other probs of xue yu, qi yu and meridian stagnation.
 - Method:
Needle is inserted shallowly and obliquely (or deep first, then removed to shallow level) with tip of needle pointing to the location of the disease. Handle is slowly and barely rotated from R to L to transmit meridian Qi to distal region. Described as a "steersman turning the helm." You not only rotate, but move left and right slightly.

Kind of like driving a car straight for 300 yards. Small correcting movements and focus on the goal. Once you get the Qi, treat it very gently this way. I get the idea that you are using the needle as a transmitting antennae to telegraph the Qi where you want it to go.

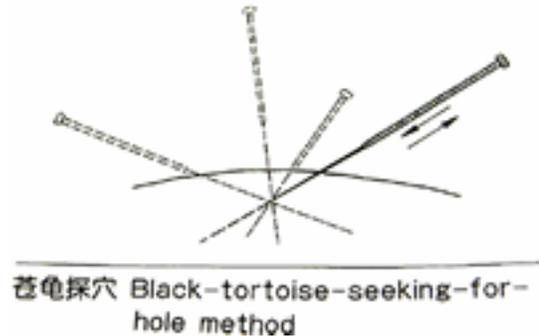
- ☉ **White Tiger Shaking Head** Method
 - **Reducing technique. Promotes meridian Qi flow and reduces excess.**
 - You insert perp, deep into the muscle. When you withdraw, you shake it like a tiger shaking it's head or like ringing a bell. Shake, lift. At the same time you use the other hand to press the other side of the meridian to drive the meridian qi to flow to the other direction/location of disease.

First, insert, get Qi. Now withdraw while shaking. Quickly in, slowly out. You can repeat again.

Example: problem at the shoulder, so you do this at LI 10. Hold distal to LI 10 so that the vibration only goes in the direction you want it to go.

☯ **Black turtle seeking for hole**

- For **muscular areas** – thick, deep muscle. **Strongly promotes the circulation of Qi** and needling sensation. Also **dredges meridians and direct the needling sensation from shallow region to deep** and other direction.
- To needle you insert to selected point, then withdraw shallowly and go different direction. This is referred to as “seeking the hole” which means you don’t change directions and insert in one smooth move, but in about 3: shallow, middle, deep. Do this in all 4 directions.



☯ **Red phoenix meeting it's source.**

- Promotes qi circulation, maintains needling sensations, dredges meridians and promotes the flow of meridian Qi. Treats **various kinds of pain disorders** and good to move Qi.
- Method of needling:
 - Insert into deep region with needle sensation.
 - Needle is then lifted to shallow, shaken to wait for Qi
 - Then inserted to middle layer.
 - Needle is then manipulated with **flying technique** like a phoenix spreading it's wings which then promotes circulation of Qi.



Eight Methods for Treating Diseases

“Great compendium of acupuncture” an old OM book is the source for these.

Tonifying direction when needling is following the meridian.

Reducing means needle against the flow of the meridian.

Following anything means tonify/support. Going against is reducing.

Remember the numbers too – 6, an even number, is more for female. 9 is considered to be Yang and tonifying. September 9, for instance, is 9th month, 9th day – double Yang.

Heat Inducing Technique

Powerful strengthening method, especially for deficient cold. Builds Yang. Severe Bi cold syndrome. Can also use after a stroke and for atrophy.

Think about the 3 layers – shallow, middle, deep. Combine tonify/reduce method to burn the mountain fire.

Needle is inserted and manip in 1) shallow, 2) middle, 3) deep layers. Manipulation is by tonifying-rotating or strong insertion/light lifting, lift/thrust (strong in gentle out), etc. . Nine times each layer.

Needle is then withdrawn to shallow layer, which is called 1 degree.

Repeat several times to induce heat. When you finally withdraw, close hole.

You need thick muscle at these points and not too tight. Stomach 36 for instance is not a good point. This is a very tight point while SP 6 is not. BL 23 might be good if the muscle is thick enough here. Never on the chest or upper back. Also, avoid the big arteries (like at BL 40 or LU 5).

Cool Inducing Technique

Makes the whole body cool off. Hard to get the results though! Opposite of the previous technique. Treats excess heat syndrome. Should be a high fever patient – normal folks won't feel this much.

Insert, directly deep, do reducing tech and deep, then mid, then shallow layers. You can use swift/slow, lift thrust, nine/six numbers, close open and respiration method.

Yin Hiding in Yang Method

For diseases characterized by fever which follows cold.

Tonifying method of slow insert with heavy breath insert and quick withdrawl. This tonifies yang on the way in and reduces fever on the way out.

Needle is inserted/manip in shallow and deep regions. Tonify shallow, reduce deep. See handout.

Yang Hiding in Yin Method

Just the opposite of the previous – for cold that follows heat.

Left-right rotating, up/down lift/thrust method

This is directing Qi of Yin and Yang, simultaneously tonifying and reducing. Also effective for subduing swelling/disinhibiting fluid. Use to treat edema, flatulence.

Left right rotating is even.

Insert the needle and get sensation. For 9 times heavily press/lightly lift. Then for 6 times slowly lift/quickly press/rotate.

Dragon-tiger struggle method

Quick and effective in treating pain.

Repeat alternation of rotation from left to right to stop pain. 9 times rotate left first, 6 times backwards. This makes strong sensation (dragon – wind it tight) 9 times, then unwinds it (tiger) 6.

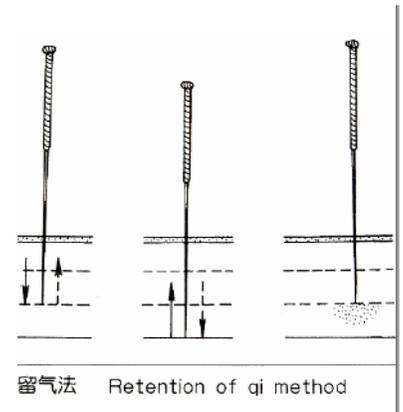
You can perform this repeatedly in the shallow, middle, deep regions.

Retention of Qi method

Disperses abdominal masses. Do this above the level of the mass, yet never touching the mass.

1. Insert to middle layer and tonify the Yang (like 9 times heavy press/light lift).
2. Thrust to deep and get qi.
3. Lift to original layer to keep Qi below your needle.

Dissipates the stagnation, phlegm, stasis. Yang Qi moves this around and softens it (while Yin Qi makes it colder and heavier).



This is similar to a medical qigong technique to break up stagnation.

Repeated lifting/pressing method

Treats paralysis, sores, cutaneous diseases.

Repeatedly lift and thrust the needle in the deep, shallow regions. This is very strong stimulation.

1. Needle is lifted/thrust 9 times to promote needle sensation.
2. Lifted/thrusted various directions
3. Finally thrusted/pressed perpendicularly.

He says you can learn the others section on your own, can forget heat/cold. They are so similar to the previous ones.

For final practicum:

- ☉ 4 animals + others in this section + cool-inducing, heat-inducing