Master Tong’s Extra Points

Yuxing Liu

Academy of Oriental Medicine at Austin
Master Tong Ching Chang has been referred to as *The Greatest Acupuncture Master* who ever lived. He was a traditional Chinese physician from the Shandong Province in Northern China, famous for the miraculous and spontaneous results he would obtain using just a few needles.

The points he used are unique in that they are located opposite the affected area. In most cases, the patient notices the effect immediately upon insertion of the needle.
Areas in Master Tong’s Acupuncture

There are 12 principles areas in Master Tong’s chart of human body

- **Finger** as area 11, 27 points;
- **Palm/Dorsal hand** as area 22, 11 points;
- **Forearm** as area 33, 16 points;
- **Arm** as area 44, 17 points;
- **Sole** as area 55, 6 points;
- **Dorsal Foot** as area 66, 15 points;
- **Leg** as area 77, 28 points;
- **Thigh** as area 88, 32 points;
- **Ear** as area 99, 8 points;
- **Head/Face** as area 1010, 25 points.
- **Back** as area DT, 52 points (B/L: 83 points)
- **Chest/Abdomen** as area VT, 56 points.
Characters of Tong’s Extra Point

• 1. 骨緣分布: the points along the edge of the bone, bone membrane stimulation.

• 2. 穴位組合: points combination, outstanding efficacy.

• 3. 背部七線: 7 lines in the back including central 21 points. Away 1.5” lines (bilateral) 18 points. Alway 3” lines (bilateral) 30 points. Away 6” lines (bilateral) 14 points. Total: 81 points.

• 4. 正經奇穴: Same points but different name from TCM.

   all points in traditional meridians but different location or efficacy, we also call Master Tong’s Acupuncture as Tong’s Orthodox Acupuncture.
**Tong’s Special Technique**

• 1. 針法簡便 (Simple Technique), Perpendicular, oblique and Transverse (10-20 degree) insert needle. But different depth, different effect.
  E.g. 77.18 (Shenguan), 0.5 depth tonify spleen, 1.0 depth tonify kidney.

• 2. 倒馬針法 (Dao Ma Needling Method), Parallel needles technique, 2 or 3 needles.

• 3. 動氣針法 (De Qi Method), Activating qi technique, contralateral insert needle and patient moves painful area.

• 4. 牽引針法 (Chien Yin Method), Inducing qi technique, contralateral insert needle with ipsilateral distal needle to induce qi.
5. 刺絡法: Blood Letting Technique
(1) Distal area blood letting.
   For example, blood letting on back to treat knee problem.
(2) Can be everywhere of the body,
   for example, the back: Heart/Lung area(C7-T5), Liver area(T6-T10), Spleen area(T10-L1), Kidney area(L2-S1).
(3) Treat many disorders, easy, safe and wonderful efficacy.

6. 刺病象法 (Needling Pathologic Morphology Technique) Insert needle to abnormal pathologic morphologies of the body. Such like abnormal color, sensation or morphology.
Tong’s Diagnosis Methods

1. Read palm (Tong’s Palm Diagnosis)
2. Inspect face. (Tong’s Face Diagnosis)
3. From Qi and color’s change to make diagnosis (e.g. Tong’s Back Diagnosis)
4. Pick up points to treat it. (Adding Electro Meridian Analysis System to confirm meridian dysfunction and pick up the points)
5. If patient’s cc is sciatica, after read palm, inspect face and color’s change, the diagnosis is Sciatica d/t lung deficiency, needle Linggu & Dabai to treat this sciatica.
Tong’s Theories

• 1. Holographic Correspondence.

For example, takes ear, nose or hand as whole body, then to find points to treat whole man and condition.

• 2. Analogous Correspondence

For example, bone points for bone disease, skin points for skin disease.

• 3. Zang-Fu Collateral way

Lung and Bladder, Spleen and Small Intestine, Heart and Gall Bladder, Kidney and San Jiao, Pericardium and Stomach.

• 4. Vascular Pathology

Blood stagnation always induces many ailments, so blood letting technique is very important in Tong’s acupuncture.
**The Most Common Tong’s Acupoints**

11.06 還巢穴 Huanchao (return to ovaries). Reflex area of liver and kidney.

**Location:** On the center of the ulnar side of the middle phalanx of the ring finger. Insert 2-5 fen in depth.

**Indication:** Uterine pain, uterine tumor, uteritis, irregular menstruation, Leucorrhrea with redish discharge, fallopian tube blockage, retroversion of uterus, frequent urination, vaginal swelling, frequency miscarriage.

子宮痛，子宮瘤，子宮炎，月經不調，赤白帶下，輸卵管不通，子宮不正，小便過多，陰門發腫，安胎。

**Location:** These 2 points lie on ulnar side of the proximal phalanx of the thumb. Divide the dorsal proximal phalanx of the thumb into three section, find these 2 points just lie on the dividing lines very near the ulnar margin. 位於大指背第一節尺側，1/3, 2/3 各一穴。

**Needling:** Usually inserts 2 fen in depth to these 2 points at the same time. 大指第一節尺側，針深 2 分，一用兩針。

**Indication:** Uteritis, pain of uterus (acute or chronic), hysteroma, distention of the lower abdomen, Female steility, irregular menstruation, dysmenorrhea, menorrhea, scanty menstruation. 子宮炎，子宮痛（急慢均可），子宮瘤，小腹脹，婦人久年不孕，月經不調，痛經，月經過多或過少。
22.01 重子穴 Zhongzi (Double son). Reflex area of lungs.

- **Location:** The point located in the thenar area about 1 cun from skin fold between the 1st and 2nd metacarpals. 掌側虎口下 1 寸，大指掌骨與食指掌骨之間
- **Indication:** Back pain, pneumonia (esp. effective), common cold, coughing and asthma (most effective to children). 背痛，肺炎（特效），感冒，氣喘（小兒特效）。

22.02 重仙穴 Zhongxian (Double immortal). Reflex area of lungs.

- **Location:** This point lies at the joint between the 1st and 2nd metacarpal bones, oblique and distal 1 cun to Zhongzi. 需刺 3-5 fen depth. 重子下 1 寸，靈骨正反面。針深 3 - 5 分。
- **Indication:** High fever, Pneumonia, Back pain, Knee pain (esp. anterior knee pain). 背痛，肺炎，退燒，心跳，膝蓋痛（膝前痛）。
22.04 大白穴  Dabai (great white)  Reflex area of LU.

- **Location & Needling:** The point lies 1.2 cun distal to bony junction of the 1st & 2nd metacarpals. Insert 4-6 fen depth. 當第一掌骨與第二掌骨接合處向下1.2 寸, 針深4-6分。

- **Indication:** Asthma in child (Blood letting), High Fever (most effective), Sciatica d/t lung deficiency. 小兒氣喘（點刺出血）, 發高燒（特效）, 肺機能不夠之坐骨神經痛。

  N.B.: not for pregnant women. 孕婦禁針。

22.05 靈骨穴  Linggu (spirit bone)  Reflex area of LU.

- **Location & Needling:** The points lies at the bony junction of 1st & 2nd metacarpals of dorsal hand. Deep insert to 22.02 Zhongxian. 位於手背姆指與次指叉骨稍前。可透刺至重仙穴。

- **Indication:** Sciatica d/t lung deficiency, Lumbago, Leg pain, Bell’s palsy (Facial nerve palsy), Hemiplegia, Tinnitus, Hyper or oligo-menorrhagia, Polyuria, Amenorrhea, Migraine, Difficult to delivery, Hearing impairment (sensorineural type). 肺機能不夠之坐骨神經, 腰痛, 腿痛; 半面神經麻痺, 半身不遂, 骨骼脹大; 婦女經脈不調, 經閉, 難產; 背痛, 耳聾, 偏頭痛, 經痛, 腸痛, 頭暈脹脹。

  N.B. Not for pregnant women. 孕婦禁針。
33.10 肠门穴  Changmen (intestine gate)  Reflex area of liver and Intestine.

- **Location & Needling:** This point lies longitudinally 3 cuns above the pisiform bone, just on the medial side of ulna. 3 – 5 fen deep insertion.
- **Indication:** Enteritis caused by hepatitis, dizziness and blurred vision.

33.11 肝门穴  Ganmen (liver gate)  Reflex area of liver.

- **Location:** This point lies longitudinally 6 cuns above the pisiform bone, which is on the medial side of the ulna.
- **Treatment:** Acute hepatitis (most effective).
- **Procedure:** 3-5 deep insertion will relieve liver pain immediately. Manipulating Clockwise to relieve chest tension. Manipulating anti-clockwise to relieve intestine Pain. Permitted only on the left forearm.

33.12 心门穴  Xinmen (heart gate)  Reflex area of HT & LIV

**Location & Needling:** This point lies longitudinal 1.5 cuns distal to the olecranon. Insert 4-7 fen in depth.

- **Indication:** Carditis, Palpitation, Chest oppression, Vomiting (dry), Inguinal region pain.
44.06 肩中穴 Jianzhong (central shoulder)  Reflex area of HT

- **Location**: The point lies at the center of the deltoid muscle. 當後臂肱骨之外側，去肩骨縫二寸五分，針深五分至一寸。（中三角肌中央）

- **Needling**: 0.5-1.0 cun in depth.

- **Indication**: Knee pain (most effective—contralateral insert), Skin disorder (esp. neck skin), Hemiplegia, Poliomyelitis (Infantile paralysis), Arterio-sclerosis, Nose bleeding (Epistaxis), Shoulder pain (contralateral). 膝蓋痛特效（針健側），皮膚病（頸項反膚病有特效），小兒麻痺，半身不遂，心跳，血管硬化，鼻出血，肩痛特效（針健側）。
Location & Needling: 2 cuns proximal to the web between the 2nd and 3rd toes. Insert 1.0-1.5 cuns in depth.

Indication: Enteritis, Gastritis, Abdomain pain, Dysentery, Appendicitis.

N.B.: Only use one point in one treatment.

Explanation:

1. Just proximal to ST43 or 2 cuns proximal to ST44.

2. Can treat any kind of Gastritis.

3. Good for temporal migraine and nose congestion and menstrual cramp.

4. Good for Dysentery, with Linggu treat abdominal pain.

5. Always with ST44 treat above disease, also rectal prolapse.
66.06 木留穴  Muliu (wood keep)  Reflex area of spleen and liver.

**Location & Needling:** 1.5 cun proximal to the web between the 3rd and 4th toes. Insert 0.5-1.0 cun in depth. 第三敧骨與第四敧骨連接部之直前陷中，距蹠趾關節一寸五分。針深一寸至一寸五分。

**Indication:** Splenomegaly, Indigestion, Liver disease, Fatigue, Cholecystitis, Poliomyelitis & Leukaemia.

66.07 木斗穴  Mudou (wood scoop)

**Location:** 1 cuns proximal to the web between the 3rd & 4th toes. Insert 0.5-1.0 cun in depth. 第三敧骨與第四敧骨之間，距蹠趾關節五分。針深一寸至一寸五分。

**Indication:** Same as Muliu but not including Leukaemia.

66.10 火連穴  Huolien (fire connection)  Reflex area of heart and kidneys.

**Location:** Just 1.5 cuns proximal to the medial side of 1st metatarso-phanlangeal joint. Insert 5-8 fen in depth. 第一敧骨內側，從蹠趾關節向足跟一寸五分。針深五至八分。

**Indication:** Vertigo, Dizziness, Palpitation, Heart weakness d/t Hypertension. 血壓高引起的頭暈眼昏，心跳，心臟衰弱。

N.B.: Only use one point in one treatment. Not for pregnant women. 單腳取穴，孕婦禁針。
77.01 Zhengjin (Upright tendon)  Reflex area of brain and spine.

**Location & Needling:** The point located on the Achilles tendon just 3.5 cuns straight above the heel. Insertion 5 – 8 fen in depth (Penetrate tendon more effective). Needle tough guy in sitting position; weak person with side lying position. 足後跟筋中央上，距足底三寸五分。針深五分至八分（透筋尤佳），體壯可坐姿扎，體弱者應側臥扎。

**Indication:** Spinal pain(S/S), Lumbago, Neck pain(d/t herniated cervical disc and S/S), Hydrocephalus and Occiput pain. 脊椎骨閃痛，腰脊椎痛，頸項筋痛及扭轉不靈，腦骨脹大，腦積水。

77.02 Zhengzong (upright ancestral)  Reflex area of brain & spine.

**Location & Needling:** 2 cuns straightly above Zhengjin. Insert depth as Zhengjin. 正筋上二寸，針深同之。

**Indication** Same as Zhengjin. 治同正筋。

N.B.: Always use with Zhengjin to have better effective. 正筋正宗相配用針。
### 77.17 天皇穴 Tianhuang (heaven emperor)
Reflex area of kidney & heart

**Location:** The point is located just below the med. condyle of the tibia bone. **Needling** 0.5-1.0 depth. 在脛骨頭之內側陷中，去膝關節二寸五分，針深五分至一寸。

**Indication:** Hyperchlorhydria (excessive gastric acid), Esophageal reflux, Glomerulonephritis, Diabetes. 胃酸過多，反胃（倒食病），腎臟炎，糖尿病，小便蛋白質。

**Procedure:** with 77.18 Sheguan, treat excessive gastric and Esophageal reflux. 配腎關治胃酸過多，倒食症。

N.B.: No moxa, not for pregnant women. 禁灸及孕婦禁針。

### 77.18 天皇副穴 (腎關) Tianhuangfu (Shenguan) (kidney gate)
Reflex area of heart and kidney.

**Location:** The point lies 1.5 cuns below Tianhuang. **Needling** 0.5 – 1.0 cun depth. 天皇穴直下一寸五分，脛骨之內側，針深五分至一寸。

**Indication:** Hyperchlorhydria (excess gastric acid), Esophageal reflux, Strabismus (squint), Astigmatism (visual distortion), Anemia, Idiopathic epilepsy, Hysteria, Headache (frontal), Nose pain, Vertigo. 胃酸過多，倒食症，眼球歪斜，散光，貧血，癲癇病，神經病，眉酸骨痛，鼻骨痛，頭暈。
77.19 地皇穴 Dihuang (earth emperor)  Reflex area of kidneys.

Location & Needling: The point lies 7 cuns above the med. malleolus just beside the med. border of the tibia. Insert obliquely 1.0-1.8 cun in depth. 在脛骨之內側，距內踝骨七寸，四十五度進針，針深一寸至一寸八分。

Indication: Edema, Glomerulonephritis, Diabetes, Early ejaculation, Impotence, Gonorrhea, Hematuria, Uterine myoma. Lumbago due to Kidney Deficiency Syndrome or period. 腎臟炎, 四肢浮腫, 糖尿病, 淋病, 早洩, 夢遺, 小便蛋白質, 小便出血, 子宮瘤, 月經不週腎虧之腰痛。
N.B.: Not for pregnant women. 孕婦禁針。

77.21 人皇穴 Renhuang. (human emperor)  Reflex area of kidney.
Location: 4 cun below 77.19, on the medial posterior border of tibia (SP6)
Indication: Gonorrhea, Impotence, Lumbago, Neck pain (acute), Early ejaculation, Hands numbness d/t Diabetes, Dizziness. 淋病，早洩，遺精，滑精，腰脊椎骨痛，脖子痛，頭暈，手麻，糖尿病，小便出血，腎臟炎，腎虧之腰痛。
N.B.: Not for pregnant women. 孕婦禁針。
77.22 側三里穴 Cesanli (lateral 3 mile)  Reflex area of teeth & lungs.

**Location & Needling:** The point lies horizontally 1.5 cuns lateral to ST36. 0.5 – 1.0 cun depth insert.

**Indication:** Toothache (Gingivitis), Facial nerve palsy.

77.23 側下三里穴 Cexiasanli (Distal to lateral 3 mile)

**Location & Needling:** The point lies longitudinally 2 cuns below the Cesanli. 0.5-1.0 cuns depth insert.

**Indication:** Same as Cesanli. Always combine these 2 points contralaterally in practice.
88.01通關穴 Tongguan (passing gate). Reflex area of HT.

**Location & Needling:** The point locates at the medline of the thigh, 5 cuns above the superior border of the patella. 3-5 fen depth insert. 在大腿正中線上，距膝蓋橫紋上五寸，針深三分至五分。

**Indication:** Heart disease, Coronary disease, Acute pericarditis, Cardiac rheumatism, Floating vision, Palpitation, Stomachache, 4 extremities pain, Cerebral ischemia. 心臟病，心包絡（心口）痛，心兩側痛，心臟性風濕病，頭昏，眼花，心跳，胃病，四肢痛，腦貧血。

88.02通山穴 Tongshan (passing mountain). Reflex area of HT.

**Location & Needling:** 2 cuns above the Tongguan. 5-8 fen depth insert. 通關直上二寸，針深五至八分。

**Indication:** Same as Tongguan. 治同通關。

88.03通天穴 Tongtian (passing heaven). Reflex area of heart.

**Location & Needling:** 4 cuns above the Tongguan. 0.5-1.0 cun depth insert. 通關直上四寸。

**Indication:** Same as Tongguan.

N.B.: Only pick these three points in one leg to use. 不可雙足六穴同時下針。

- Only pick one or two of them to treat patient. 各取一穴至二穴下針。
- Only pick one point in each thigh to treat hypertension. 高血壓雙足只各取一穴下針.
1010.19 水通穴 Shuitong (water open). Reflex area of kidneys.

**Location & Needling:** 4 fens longitudinally below the corner of the mouth. Obliquely insert 1-5 fens from medial to lateral side of the chin. 在嘴角下四分，針由內向外斜扎，針深一分至五分。

**Indication:** Fibromyalgia and chronic fatigue d/t kidney deficiency, vertigo, blurred vision, lumbago Low back sprain/strain d/t qi blockage. 腎臟之風濕病，腎機能不夠之疲勞，頭暈，眼花，腎虛，腎虧，腰痛，閃腰岔氣。

1010.20 水金穴 Shuijin (water metal).
Reflex area of kidneys.

**Location & Needling:** Horizontally 5 fens to the medial side of Shuitong. Same inserting technique. 水通穴向裡平開五分，針由內向外斜扎，針深一分至五分。

**Indication:** Same as Shuitong (plus asthma, cough,). 治同水通。