

Threading Needling Techniques

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General Introduction

- **Concept:**

Using filiform needle inserting from a point, and let its tip gets to another point, this technique is characterized by one needle 2 points or one needle pass through many points

Origin:

Jin and *Yuan* Dynasty

Characters

Less needle, but stimulating many points

Advantage

1. Connecting meridian Qi (even two or many meridians)
2. Increase the stimulating action on the points
3. Reduce patient's fear of too many needles
4. Reduce the practitioner's work load (fewer needles)

Main Indications

Good for long-term, and difficult diseases.

Classify

Thread needling on the same channel

Thread needling on the close channels

Thread needling on exterior and interior channels

Classify based on the different needling angle

Transverse thread needling

Oblique thread needling

Perpendicular (Direct) thread needling

Needling Methods and Attentions

- Selection of Needle
- One needle 2 points or many points
- Main point to auxillary point

Principle:

Convenient to manipulate needle

Less pain

Based on the anatomical structure

Pay attention to the stimulating volume (during the needling process, to different patients)

Threading Needling methods on the head and facial area

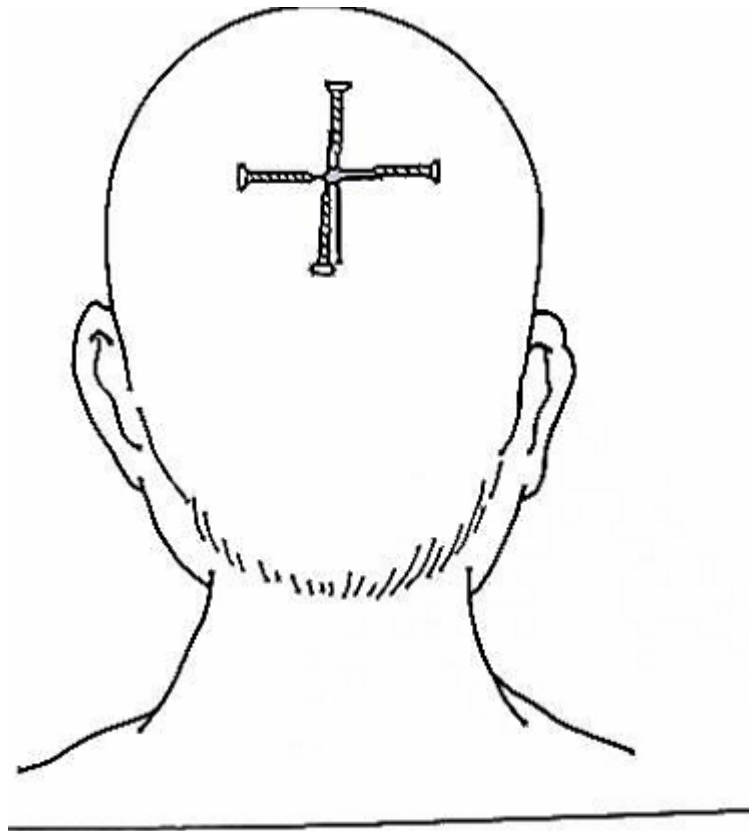
1. Needling four sides of DU20

- **Method**

To needle beneath the skin from DU20 to Sishencong located on the upper, lower, right and left sides of DU20

- **Indications**

Headache, insomnia, and other mental disorders, and anal prolapse



百会四边刺

Needling four sides of Du20

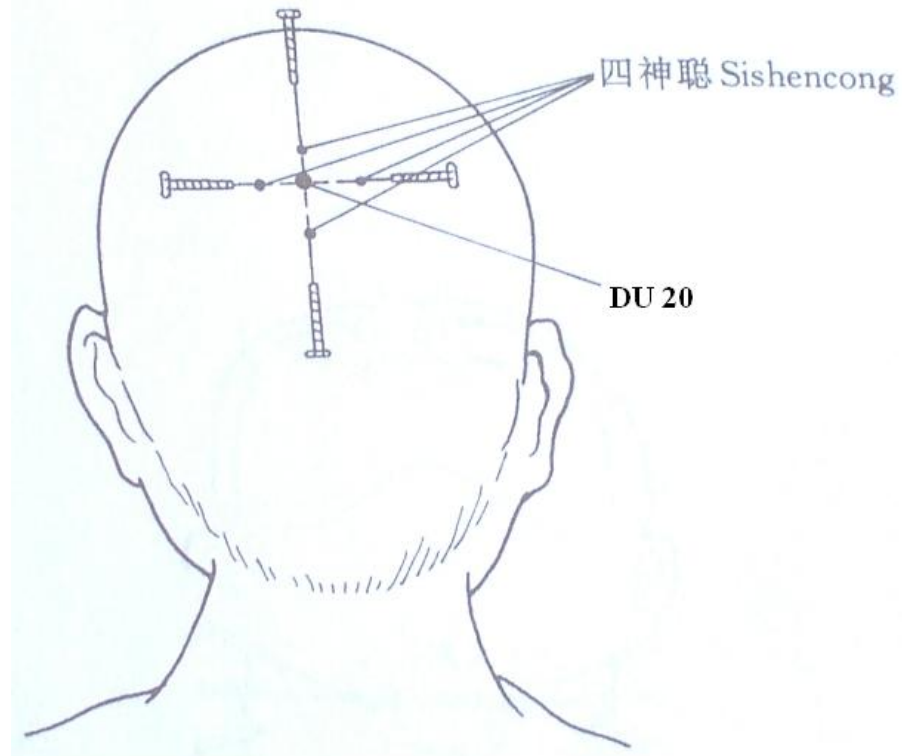
2. Four flower needling towards DU20

Method

Inserting the needle from the four points (1 cun apart from Du20) known as “Si-shen-cong” to DU20

•Indications

Headache, insomnia, mental disorders, and anal prolapse



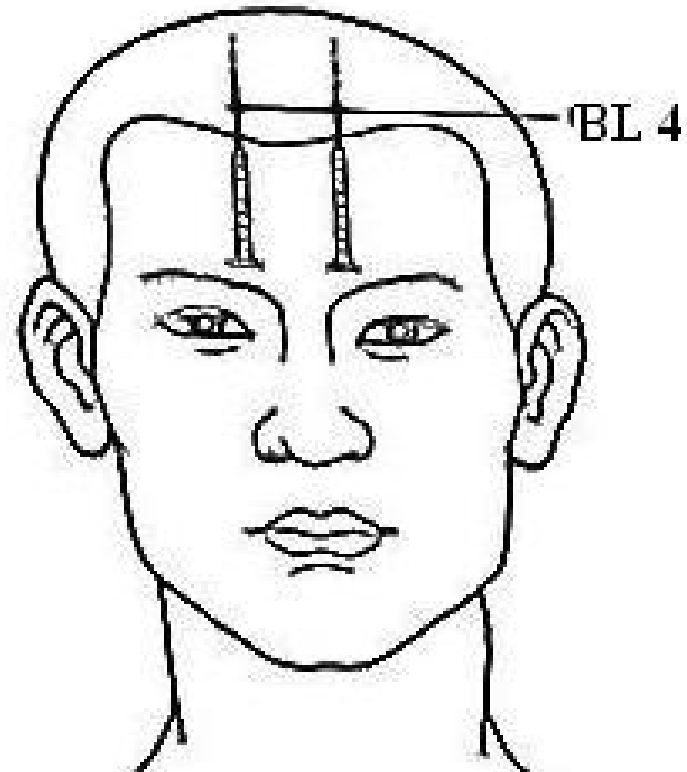
3. Two dragon needling

Method

The needle is inserted beneath the skin from BL4 to BL6 till needling sensation is felt.

Indications

Mental disorders,
nasal and sinus disorders.



Er long (Two dragon) needling

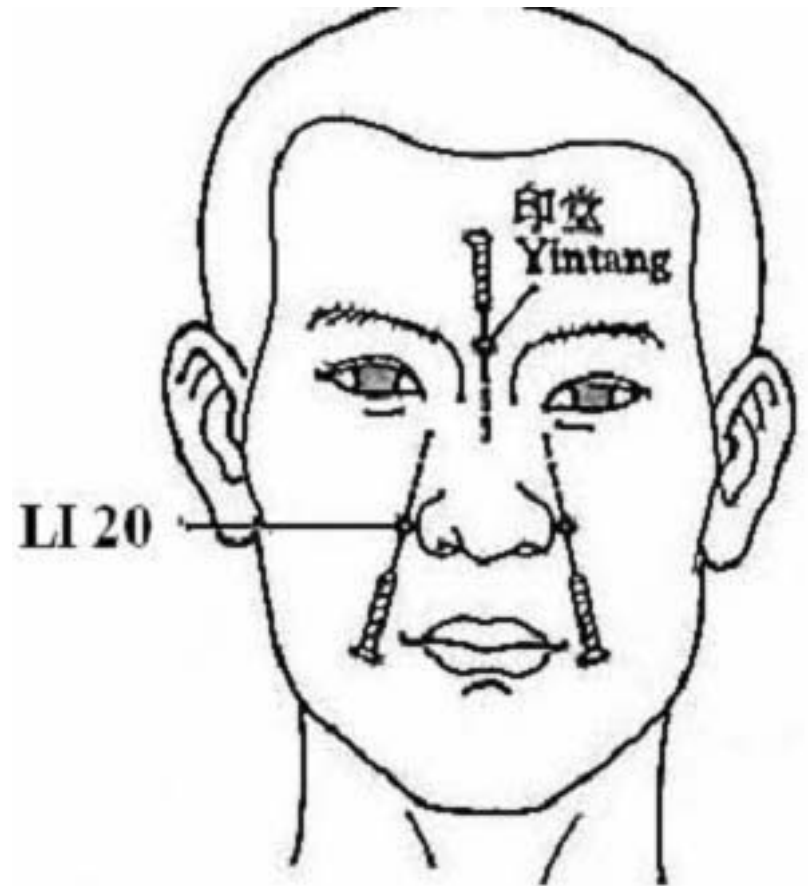
4. Triple dragon needling of nose

•Method:

Use three needles to puncture in the direction of the nose to treat nasal diseases; one needle is inserted beneath the skin from *Yintang* (downward), another 2 are from LI20 to *Bitong*/BL1 on each side along the nasolabial groove, the depth is 0.3-1 cun.

•Indications

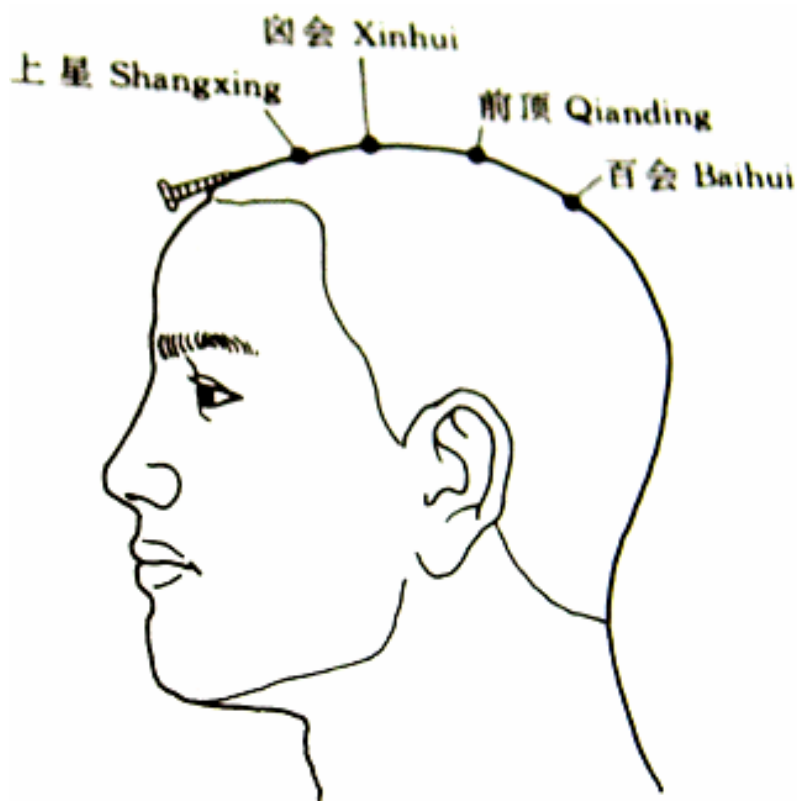
various nasal diseases



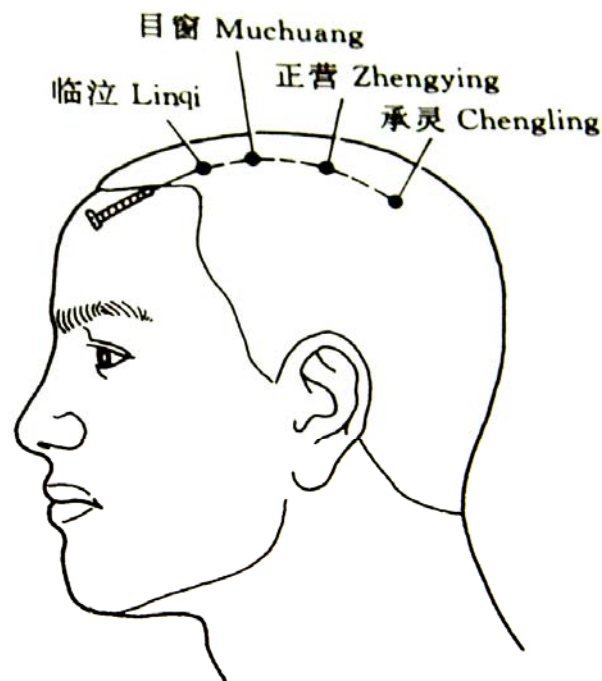
Triple Needling of Nose

ST4 to ST6: for facial paralysis and facial muscular spasm

Others:

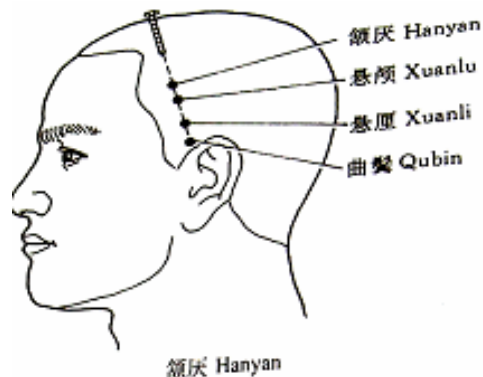


通顶针 Vertex needling



通冲针

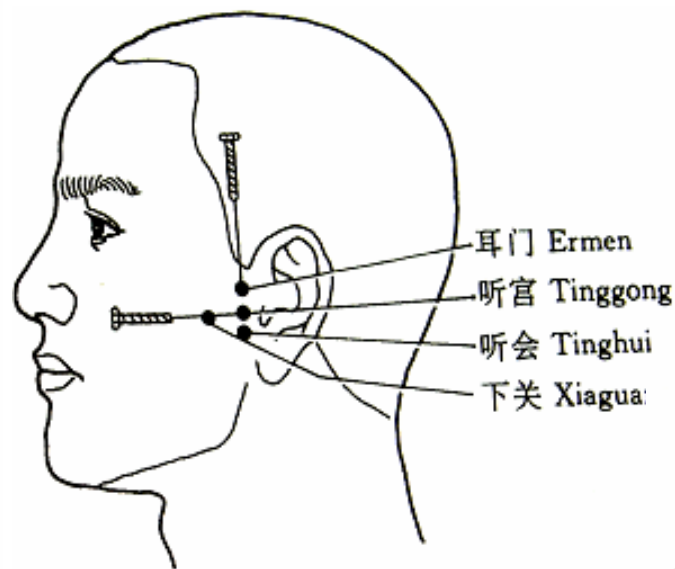
Impulsive needling



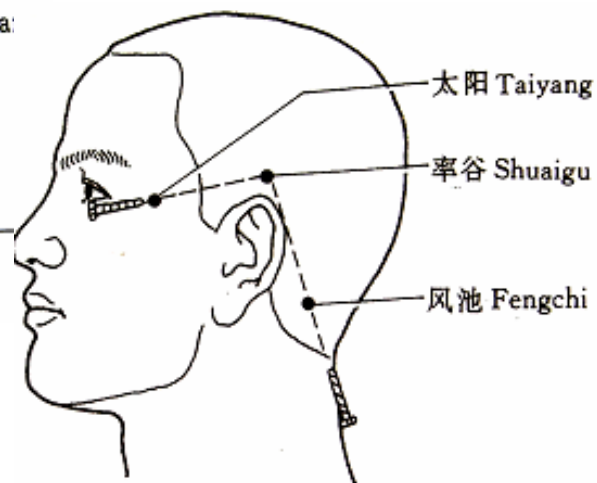
额厌 Hanyan



八字针 Bazi needling

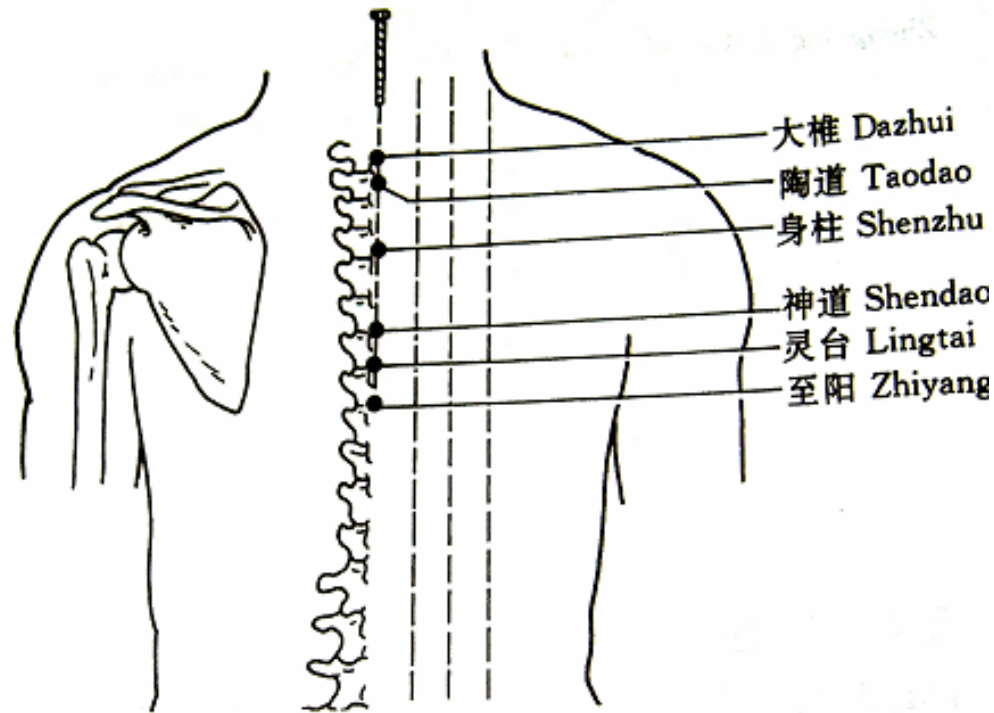


清耳术 Ear-clearing needling



率谷对锋刺GB8 Duifeng needling

Threading Needling methods on the Back



向尾针 Towards tail needling

Threading Needling methods on the Chest

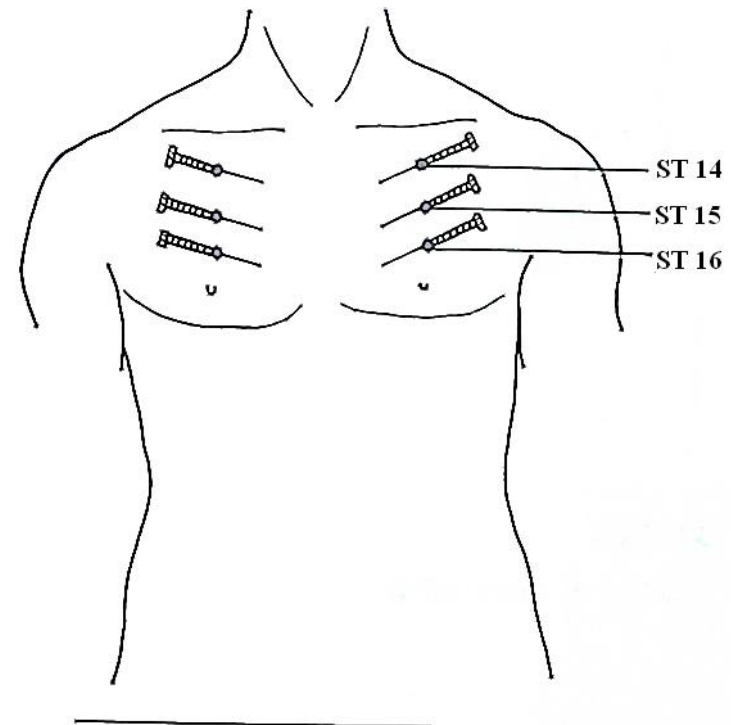
1. Heart-soothing Needling

Method

To needle ST14-15-16 on both sides along the skin over the intercostal space through the kidney channel or Conception Vessel till needling sensation is felt.

• Indications

Palpitation, pain of the heart, stuffiness of the chest, cough or difficult breath.



舒心术

Heart-soothing needling

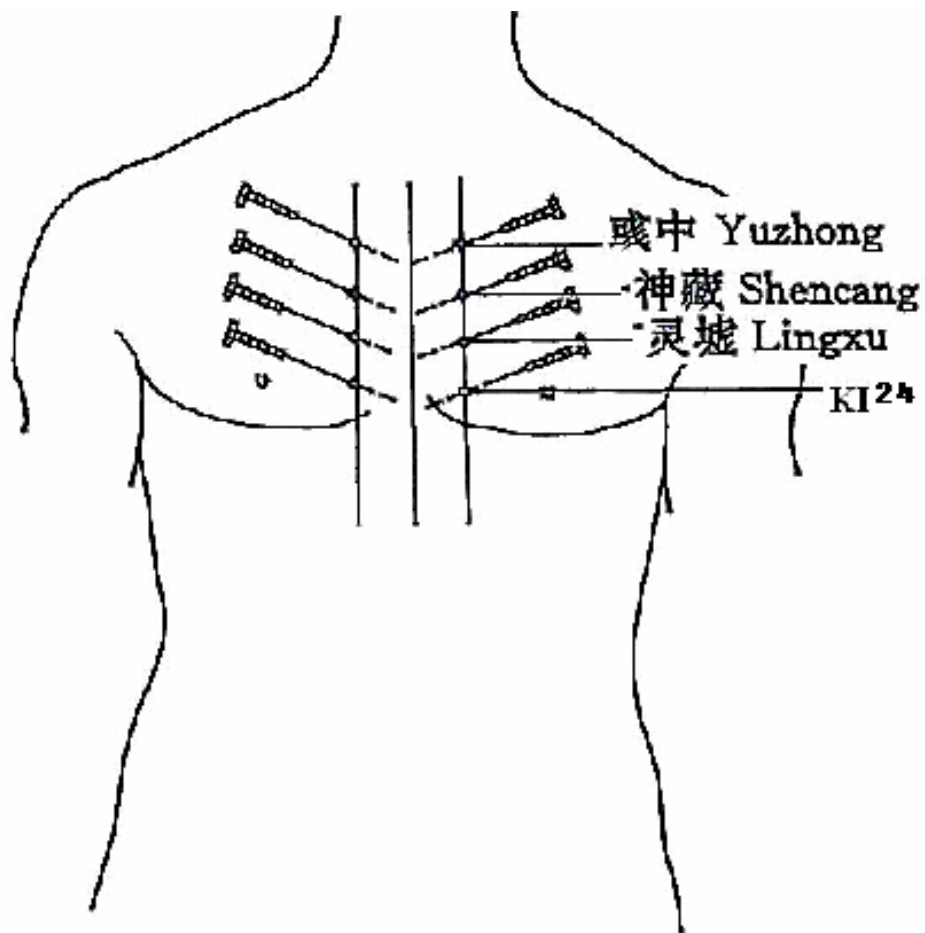
2. Needling for soothing the chest and regulating qi

Method

To needle KI27-26-25-24 on both sides along the skin over the intercostals space to the middle line till needling sensation is felt.

•Indications

HT system disorders(Chest distress chest pain, palpitation); Lu system disorders (cough, difficult breath).



宽胸理气术

Needling for soothing the chest

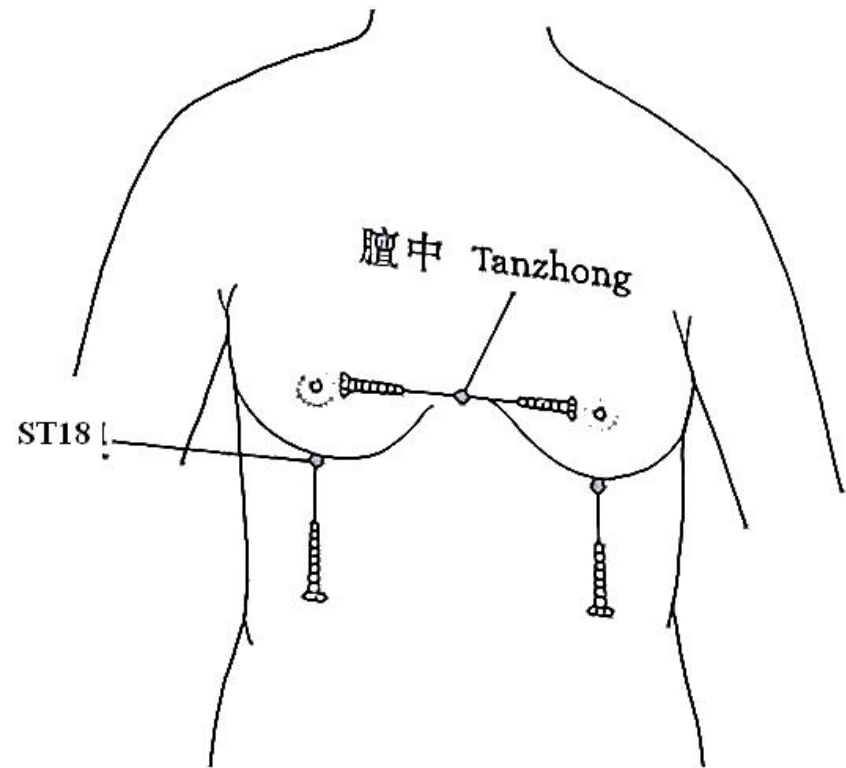
3. Needling for Promotion of lactation

- Method:

The needle is inserted obliquely upward into ST18 with an angle of 30 degree 0.5-0.8 cun to the direction of ST17. Another needle is inserted horizontally into CV17 to the direction of ST17 with an angle of 15 degree beneath the skin till needling sensation is felt.

- Indications:

Lack of lactation, breast abscess and retention of milk.



Needling for Promotion of lactation

Threading Needling methods on the Abdomen

ST25 to SP15

- Method:
- Indications:

REN4 To REN1

- Method:
- Indications

Enuresis, impotence, nocturnal emission, irregular menstruation, dysmenorrhea, prolapse of the uterus.

Threading Needling methods on the Arm & Hand

1. PC6 to SJ5

- Method
- Indications

Asthma, malaria, upper chest and back pain

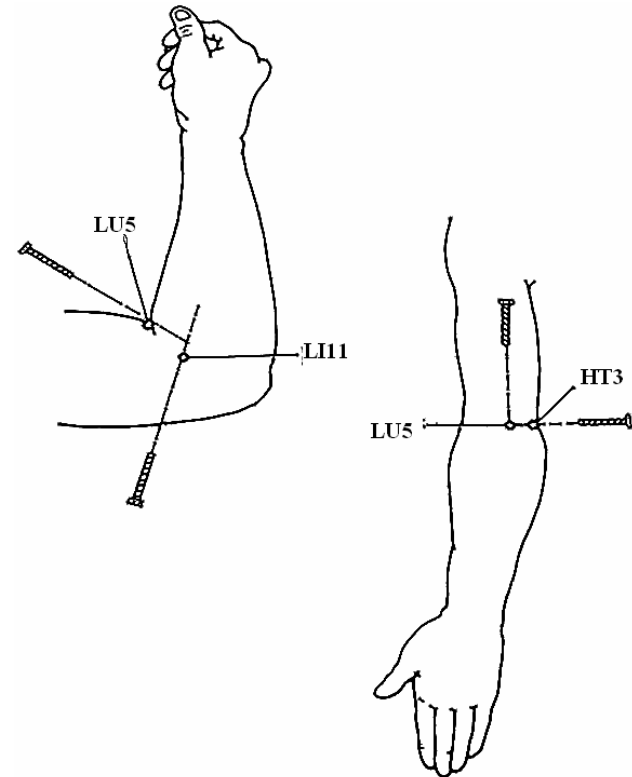
2. LI11 to HT3

- Method

Inserting needle from LI11 through into HT3.

- Indications

Paralysis of the upper limbs, pain of the elbow joints, hypertension, fever.



T-shaped needling of LI11

3. Hypnosis needling

- Method

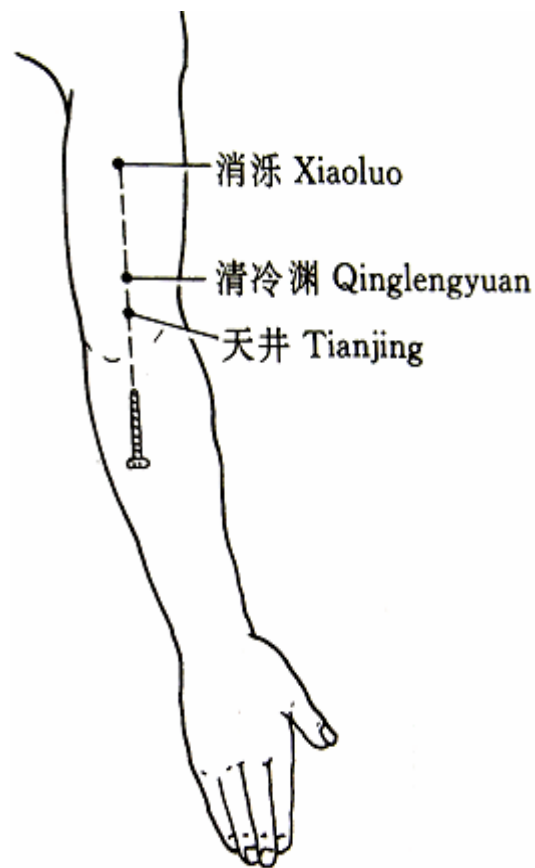
the needle is inserted beneath skin from HT7 through HT6 to HT5 and HT4. till needling sensation is felt.

- Indications

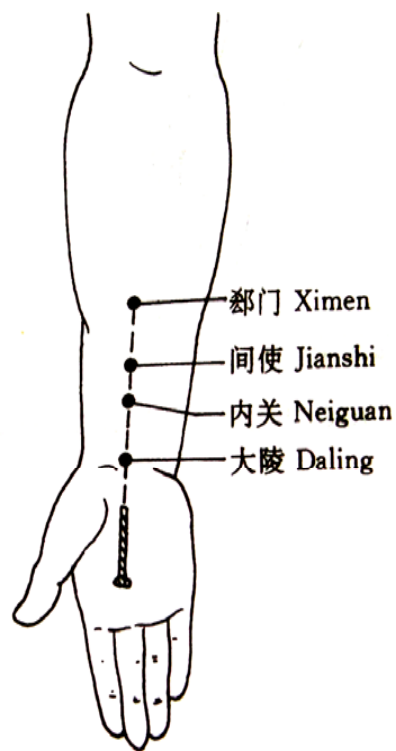
Mental disorders,

Sleep disorders (Insomnia, night wandering, dreaminess);
heart disorders(palpitation, hypertension or hypotension)

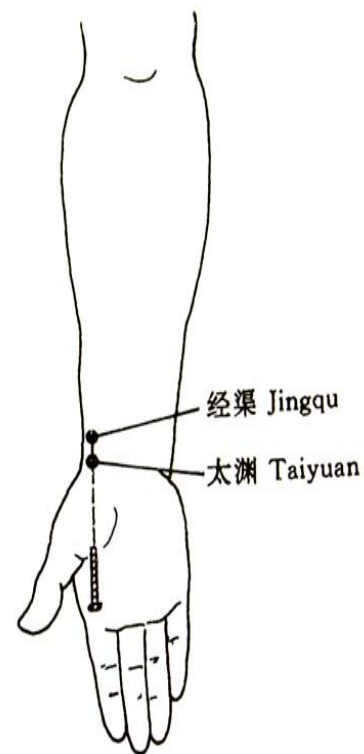
Other thread needling techniques on the arm



穿甲针 Needling of hardness Heart-strengthening technique



强心术



清肺术

Lung-clearing technique

Thread needling on the hand

- LI4 to PC8
- LI 4 to SI3
- LI3 to LI4

Threading Needling methods on the Lower LEG

LIV3 to KI1

- Method:
- Indications: hypertension, headache, dizziness, numbness of the feet and toes
- **BL60 to KI3**
- Method:
- Indications: lumbar and back pain, stiff neck, hemiplegia, numbness of the feet, dizziness, tinnitus.

GB34 to SP9

- Method.
- Indications: hypochondriac pain, shoulder pain, knee pain, pain of the lower leg

GB39 to SP6

- Method.
- Indications: shoulder-back-hypochondriac pain, stiff neck, numbness of the feet; irregular menstruation, vaginal discharge.

ST38 to BL57

- Method
- Indications: frozen shoulder, sprain of shoulder joint, hemiplegia, numbness of the feet.