Extra Points

**Huatuojiaji – Hua Tuo’s Paravertebral Points**
Start T1 and run to L5. 34 total points accounting for bilateral locations.
There is not a cervical Jiaji set that is used for neck pain. These are not Huatuojiaji, but Jiaji only.

Puncture technique:
½ - 1 cun lateral to the depressions below the spin proc’s of the 12 thoracic, 5 lumbar. Really, it’s ½ cun…don’t know why Deadman says 1 cun is OK. Shen says you can use your thumb, needle right next to it at the level of the depression. You want the needle to touch the bone. Use a 1 – ½ cun needle. If the patient really is big, might need a 2 cun to reach that bone.

You can use these with the Chase the Dragon technique that Shen mentioned – GB 20’s, Du 14, then alternating Jia Ji’s all the way to L5. Very good for central nervous system problems, MS, etc. Start the patient with small diameter needles, graduate up to larger needles with stronger stimulation.

Relatively safe points. Want that needle to touch the bone!! Safe this way and gives strong Qi sensation.

For spinal curvatures: follow the curve!

**Indications:**
1. Local problems
   a. Spinal, arm, leg, nerve pain as well as pain from shingles.
      For shingles, do the Jiaji’s at the level of the problem at the affected side. Once the skin is healed, use ashi points.
      i. C1 – C7 = head and neck problems
      ii. C4 – C7 = Upper extremities
      iv. C5 – L5 = ab cavity and related organs
      v. T11 – S2 = Lower back and sacral area
      vi. L1 – L4 = Pelvic cavity and related organs
      vii. L2 – S2 = Lower extremeties

      Note: Shen’s list is different:
      T1 – T3 = upper limbs
      T1 – T8 = chest
      T6 – L5 = abdomen
      L1 – L5 = lower limbs

   b. Sciatic pain – choose at injured area. If left aches, choose left side.
c. Herniated disc – but doesn’t work that well. If acute, suggest they go to doc or chiro. Acu is only for functional problems, not so much for structural problems.
d. Hemi-paralysis and spinal injury
   Use the lift trick – if it hurts way too much at lift and can’t get leg off the table, probably a structural problem.

2. Related internal organ problems: Lu, Ht, Sp, Liv, Kid – substitute for back shu points!
3. Balance the body: general pain, psycho-emo.
   Use dragon cross (aka dragon tail) or just choose tender spots.
   ZZ mostly chooses jiaji’s for a back treatment.
   Hold stress on upper back/shoulders? Choose Jiaji’s T7, GB 21/20, back shu’s. Pull out needles, do cupping. Will also help tension headache.

**Sishencong**
“Four alert spirit”
Located on the scalp, 1 cun anterior, posterior and lateral on both sides from Du 20.

**Indications**
- Headache
- Dizziness
- Benefit mind, clear head for foggy mind, poor concentration, etc. Can use for mold allergies, which is wind/damp retention from atmospheric conditions.
- Blood xu, Kid xu, etc.
- Open orifice (brain orifice) for psychoemotional disorders. EDMFs! Also depression, anxiety and manic sx’s.

Gotcha: if patient is very weak, don’t use all 4 points. Maybe just one or just Du 20 instead. Why? Overstimulation of the scalp might cause headache or other discomforts. Could also use small gauge Seirin needles, maybe ½ cun. Some patients don’t need strong stimulation.

**Yintang**
“Hall of Impressions” or “Hall of Seals”
Located at the glabella, midpoint between the medial extremeties of the eyebrows. Some people report reduces the creases between the eyebrows.

**Indications**
- Calm Shen and pacifies wind – stress, can’t calm down.
  Can use this alternatively with Du 24 and Du 23. Occasionally a patient says they don’t like this point. Good to know you can use other points for these indications.
  
  There’s a famous acupuncturist in China who treats psycho-em with acupuncture. She uses Yintang and punctures deeply almost to the root of the nose. Root of the nose in facial acupuncture is a heart point. Thread to this point to affect Heart Spirit as well as activating Du channel for Shen problems. Combine with Ren 15 threaded downward to Ren 14. Might also add Ren 12 if there is phlegm retention.

- Eye problems
- Nose problems – nasal congestion. Use combination Yintang, LI 20 and/or Bitong for allergies, congestion. If patient has no congestion, choose sinus points around where it hurts instead.

Pinch to insert, usually insert downward. Might go lateral if treating eye problems.

YuYao
“Fish Waist”
Eyebrow looks like a fish. This point is mid-eyebrow, the fishes waist.
Puncture medially or laterally, transverse ½ - 1 cun.

Indications
- Eye problems
- Upper eyelid problems – swollen, puffy, uncomfortable. Includes eyelid twitching and perhaps nodules on the eyelid.
- Headaches – migraine or sinus headaches and prbs around eyebrow. Basically, using it as an Ashi.
- Sinus problems in the area.

Qihou
“Behind the ball”
Very similar to BL 1, but even more dangerous. On the infraorbital margin below the eyeball, about 75% of the way measuring from the inner canthus to the outer canthus. ZZ never uses this point!

Indications
- Benefits the eyes – some people thing it is good for this, some people feel it’s too dangerous.

Taiyang
At the temple, tender depression here

Indications
- Headache (temporal, Shaoyang, so choose GB 41, 42), dizziness
  Add distal points on the legs to balance out the Qi flowing to this point.
- Painful around eyes, red, burning or itching, blurred vision. Uveitis for instance.
  Can do blood letting on Taiyang for this. Can do cupping here for this to encourage blood flow. Combine with Erjian on the ear for eye problems.

Patient of ZZ’s who had major eye problems, uveitis and rheumatoid arthritis. Long Dan Xe Gen Tang – red eyes, headaches, etc. When she had less heat, moved on to Shi hu ye guang wan is an herbal formula for benefiting the eyes…but the Shi hu is now unavailable here. Qi Ju Di Huang Wan followed this one. Inflammation and infection receded.

Erjian
On the apex of the ear.

Indications

- Local problems
- Clear heat and benefit the eyes.
  
  Very common use for Pink Eye. Pink eyes also called Conjunctivitis – patient’s sclera will be pink, will probably have yellow or white discharge.

Do blood letting on Erjian on the diseased side for excess cases. Mere puncture doesn’t work! Massage the ear, push the ear tissue up here. Once the blood collects there, then fold the ear and hold so your finger doesn’t touch the area. Puncture and squeeze out a buncha blood. Tiny drops won’t get rid of the excess heat. Instead, you want to use 3-5 cotton balls. You want the “blood to flow!” Keep on til it coagulates. That should clear out the clog in the veins that is associated with the heat buildup.

Patient should feel cooler in the affected eyes. Can repeat this daily if needed. Will probably be quite dark at first, getting lighter and more blood colored as you continue to treat.

Can give wind heat herbs at first, then clear toxic heat herbs after past the w/h stage.

Glaucoma: herbs + reduce liver wind points.

**Bitong**

Indications:

- Nasal congestion, local problems.

At the highest point of the nasolabial groove. When you puncture abt 90% of patients you will touch the bone. They will feel Qi sensation. Manipulate the needle and they will almost always get congestion relief. As soon as Qi sensation goes away, however, nose will congest. Relief is temporary like LI 20. Be aware that for nasal structure problems this will be of limited effect.

Acupuncture great for functional problems, but not for structural problems.

**Bailao**

“Hundred Taxations”

Indications

- Not used much now. Used to be often used for Lung/pulmonary TB – weightloss, fatigue, not or spontaneous sweating. Was used to clear empty heat, coughing. Also applied to other parts infected by TB, especially lymph nodes swollen in neck (scrofula).
- Now used for stiff neck.
- Occasionally used for migraine headache, starting in the neck. Ashi use.

Some people hold stress here and will let you know that. Will move to
occipital headache, then whole head.
Use GB 20, Du 15/16 in addition to this point.

**Anmian**
“Peaceful sleep”
Located midway between SJ 17 – GB 20. Helps patient calm down. This point is only about 30 years old, not an old one. GB 15, Du 20 to calm shen is more traditional. Can use this face up or face down. Relatively safe point.

- Indications
  - Calm shen
  - Insomnia, dds
  - Anxiety

**Jiachenjiang**
In Chinese is “adjacent to container of fluids.” Jia is “beside” and chenjiang is Ren 24.

- Indications
  - Facial problems such as paralysis
  - Oral cavity problems – dental work, constant canker sores.

Used as Ashi/local point.

**Jinjin Yuye**
“Gold Liquid and Jade Fluid”
Located on the veins on either side of the frenulum of the tongue. Jinjin is to the left, Yuye is to the right. Prick to bleed. Use a thicker needle. Hold the patient’s tongue up and out of the way with a gauze wrapped tongue depressor.

- Indications
  - Local problems mostly – stiffness of tongue, mostly after stroke. Also slurred speech, tongue ulcers. Good for this. Sometimes patients go to chiropractor for spinal and neck adjustments after stroke, but in China patients go to Tuina. Here the neck adjustments you learn in Tuina are not legal to use! Damn legislation.
  - Wasting and thirsting diseases. ZZ never uses this for that. Too scary for the patient. Could use Ren 23-24 for this instead. This is often a way to say “diabetes” as diabetics often feel thirsty regardless of amount they drink.
  - Vomiting and diarrhea. So many other points for this … don’t scare your patient with this one!

**Dingchuan**
Calm Dyspnea
Important point to stop asthma. ½ - 1 cun lateral to the depression below the spinous process of the 7th cervical vertebra (DU 14). Insert perp-obl toward spine ½ - 1 cun.

- Indications
  - Stop asthma, cough + asthma. Combine with LU 6. If patient cannot breathe lying down, have patient sit, put arms on table, pillow on table to rest head. Insert LU 6
and Dingchuan. Often works to relieve breathing spasms. Takes 10 minutes or so in most cases. Puncture bilaterally.

- Local problems
- Upper back problems.
- Expel external wind.
- Upper extremeties problems – b/c spinal nerves exit here to upper extremeties. If pt says they have numbness and tingling on the arms, use this point and jiaji points. Only on diseased side unless on both.
- Calm shen. So many others that this one not often used for that.

Weiguanxishu

Stomach Controller Lower Shu or “back shu of pancreas”

At level of T8, 1.5 cun lateral like the 1st BL line. Puncture is the same as the other back shus – obliquely towards the spine.

Indications:

- Local problems
- Digestive problems
- Diabetes…back shu of pancreas. Not the best point for this, however. Depends upon the differentiation. Use this if you’re doing a back treatment anyhow. ST 36 is still the most often used point to treat diabetes. © But really depends upon the patient’s situation.

Yaoyan

Lumbar Eyes

On the depression about 3.5 cun lateral to L4.

Shiqihixia

17th vertebra – counted from thoracic, not cervical. Below the spinous process of the 5th lumbar vertebra.

Both used locally – lower back pain. Muscle achiness, do cupping. Spinal problems, puncture. Herniated disc acute or pinched nerve, don’t do heat on the lumbar!!

Zigong – Palace of the child/uterus – 3 cun lateral to Ren 3

Tituo – Lift and Support. Used for prolapse. – 4 cun lateral to Ren 4

Both on lower abdomen. Used for gas and bloating. Mostly used for GYN problems – regulate menstruation (very effective), stimulate ovulation, treat menstrual cramps, ovulation pain. ZZ uses it for treating delayed ovulation, insufficient production of eggs.

Also used for prolapse of the uterus (some other organs too).

No matter the problem, can always combine points on Ren channel with this point. Depends on which point is better to the differentiation.

Sanjiaojiu

San = 3, Jiao = corner

Triangle Moxibustion
Start at Ren 8 and make an equilateral triangle equal to the width of the mouth. Used with moxa only. Can’t puncture the bellybutton!

Indications:
Local problems
- Reproductive problems – Yang xu with damp cold in the lower jiao. Enhances any fertility treatments patient is using too. Not a lot of that here in Austin, but more of it where the weather is colder and damper. Remember the lecture about cold after menstruation or after childbirth and cold entering the channels.
- Pain around the umbilicus, depending on the etiology of the pain. Diarrhea yes. Constipation → pain no. Will work with SP Qi xu: fatigue, craving for sugar, etc. If you’re too lazy to do moxa, like ZZ, could use liquid moxa from white crane with a heating lamp. Can use a heating pad too. Combine that with Zheng Gu Shui.
- Hernia, theoretically. Most people with an umbilical hernia don’t want you in that neighborhood!

Shixuan
On the tip of the fingers – 10 spreading points. Use a 3 edged needle to prick them. Don’t use them all at once! Not often used because 1) very painful, 2) doesn’t always work well. Also, people with the problems below are often ER bound, not acupuncturist bound.

Indications:
- Local problems – hand and finger pain. If finger is swollen, red, painful, use this. If not, use something else. Don’t use for rheumatoid arthritis, for instance. Could, however, do moxa on these points. Possibly helps things as high as the wrist.
- Loss of consciousness – like jing well’s
- Wind stroke
- Summer heat stroke – mostly excess cases. Use guasha on BL 40 for this instead.
- Febrile disease
- Swelling and pain of the throat – like choosing LU 11 or LI 1 for sorethroat.
- Acute childhood fright wind – high fever leading to seizure attack. Blood letting lowers temperature and avoids the seizure.

Sifeng
Four Seams
On the palmar surface of the hand at the creases of the 1st interphalangeal joints (most proximal ones). Prick to bleed. Hurts like a mother, but works well. Squeeze until a yellow-white liquid appears.

Indications:
- Childhood nutritional impairment or accumulation (food) disorder
- Childhood diarrhea
- Whooping Cough
Use for picky eaters, overeaters. Clinically not used that often

Baxie
Mostly for local – joint and finger problems. On the fist between the heads of the metacarpal heads at the MCPs including between index finger and thumb.

**Yaotongxue**
Lumbar pain (yaotong) point.

On the dorsum of the hand between the 2nd and 3rd and 4th and 5th MC bones. In the depressions lying immediately distal to the bases of the MCs. LI10, SI 3, Du 26, Du 20 for lower back pain. This one for acute sprain, not so much for chronic.

**Luozhen**
Stiff Neck

On the dorsum of the hand in the depresson just prox to the 2nd and 3rd MCP joints. Similar to P 8 but on the flip side.

Indications:
- Acute problems along the neck such as stiffness and pain in the neck, inability to turn the head, headache, pain of shoulder and arm.
- Gastrointestinal probs in theory, but rare to see in clinic because so many other points for this.

**Erbai**
Two Whites
On the flexor aspect of the arm, 4 cun prox to P7 on either side of the tendon of flexor carpi radialis.

Indications:
Problems around the anus. Hemorrhoids, tenesmus, itching of the anus, blood in the stool. Mostly tenesmus is seen in severe diarrhea.

**Zhoujian**
Elbow tip.

Indications:
Transforms phlegm: scrofula, carbuncles, furuncles, deep rooted ulcers, intestinal abscess. Several pts around elbow treat scrofula, actually. Old texts say for carbuncle, furuncle use moxa only. Phlegm nodules like swollen lymph nodes

**Jianqian**
Front of the Shoulder

Anterior shoulder midway between anterior axillary crease and LI 15. Perp insert 1 – 1 ½ cun or oblique/oblique-trans distally toward elbow 2-3 cun.

Local problems – shoulder pain in the front mostly.
**Baichongwo**  
*Hundred Insect Burrow*  
1 cun prox to SP 10...3 cun prox to upper border of patella.

Soreness of the leg. Knee pain and leg pain.  
Expel wind, wind rash, itching on the skin (itch can feel like bugs on skin – 100 insect burrow).  
Remember SP 10 can = blood = itching. Heat can also = itching.  
Originally used for parasites – 100 insects.

**Xiyang**  
Eyes of the knees  
**Heding**  
Crane’s Summit

All together this makes a triangle around the knee. Xiyang is ST 35, but on both sides of the patellar tendon. Heding is top center of the patella. Put a rolled pillow under the patient’s knee.  
Beware: CNT needed because you’re puncturing the joint capsule. Yellow emperor’s book says never puncture on Xiyang…probably because needles not sterilized, danger of infection in joint capsule. Today we can punc due to CNT and sterile needles.

**Langweixue** (appendix point) and **DanLangxue** (gallbladder point)  
Lanweixue is 2 cun distal to ST 36. Danlangxue is 1-2 cun distal to GB 34. Find the tender spots.

Lanweixue is used for appendix problems, either acute or chronic. Acute is not such a good idea!  
Also used for indigestions.

Danlangxue is used for gallbladder problems such as acute and chronic cholecystitis, acute and chronic cholelithiasis, diseases of bile duct, biliary ascariasis, distention and pain in the lateral costal region. Use in conjunction w/GB34.

Patients may still have sx’s along GB chanel even if GB has been removed. Li Dan Pian = benefit gallbladder pill which drains damp heat from the GB channel. Can also help prevent stones.

**Bafeng**  
Eight Winds

On the dorsum of the foot between toes ½ cun prox to margin of web

- Local problems
  - Neuropathy-use all points on diseased side. If due to diabetes, because of poor circulation, be very strict about CNT. There are other problems besides diabetes that cause this: some cholesterol drugs, some cases due to drinking. Bafeng still works. Give them Zheng Gu Shui to take home.
Injuries to toes-use points on injured side and only toes that are hurt.

- Clear heat – liver 2, st 44, gb 43 (yingsprings)
For final:

- Point categories: all pt cats including window of sky, ghost, etc.
- NO questions on Extrapoints
- Five shu and applications – choosing according to 5 element, or in combinations including 4 needle.
- Channels – primary channel pathways, focus on origination of channel, internal organs visited along the way. Esp Liver, Lung, PC, Kidney.
- Channels passing thru or entering specific organs such as tongue, ear (si, sj, gb), genital organs and brain (du and bladder and yinqiao). Which channels go to these places
- Headaches - area and distal points on which channels. In which areas and what channels go to those areas. Know distal points on which channel. Frontal: LI or stomach. Temporal: Taiyang (BL and SI) and Shaoyang (GB and SJ). Know GB 41
- Six stages theories – Shaoyang and Taiyang
- Case discussions – pay attention to chief complaint, differentiation – some will have dx or diff’ s
- Extra channels – sx, points to choose, opening points.