

# Class 2 - Point Indication

## Acupuncture Treatment Principles

### Eight Principles in Treatment (bā gāng 棒綱)

Yin

Tonify

Yang

Sedate

Exterior/Superficial (Biao) -

Needle superficial

Reduced length of needle retention

Internal/Deep (Li)

Needle deep

Increased length of needle retention

Cold (Hán Zhèng) (face and tongue pale)

Use moxa or tonify techniques like - Setting the mountain on fire - Shao Shan Huo

Heat (Re Zhèng)

Bleeding/cupping or sedate techniques like - Penetrating the heaven coolness - Tou Tian Liang

Deficiency (Shi)

Tonify

Excess (Xu)

Sedate

The strength of sedation should be tempered against the persons constitution

## Point Choice Principles

### Local vs. Distal

Points can always be selected according to the location of the pain or problem relative to the meridians in the area.

Ashi points are used to treat specific tender points of pain.

Distal points are those located a distance from pain or problem location that are

indicated for given problem.

## Following the Symptoms

By following the individual symptoms a set of points can be chosen

## Deep vs Shallow

Depth of problem often follow the seasons:

Spring - superficial layer

Summer - skin

Fall - muscle

Winter - tendons and bones

Therefore spring and summer shallow acupuncture, fall and winter deep acupuncture.

Problems organ can also determine depth:

Liver - Tendon

Heart - Vessel

Spleen - Muscle

Lung - Skin

Kidney - Bone

Treat yin problem then yang problem

## Meridian Selection

Selecting the points based on the meridian of the organ where the problem is located

## Shu / Mu Selection

Selecting the shu and/or mu points for the organ where the problem is located

In particular for problems of the physical organ itself.

## Left / Right Selection

Selecting the points on the opposite side of the problem (usually opposite method of sedate or tonify)

## Point Type Principles

	Well-jing	Spring-ying	Stream-shu	River-jing	Sea-he
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Zang / Yin	wood	fire	earth	metal	water
Fu / Yang	metal	water	wood	fire	earth
Classic Problems ( <i>Nei Jing</i> )	Zang organ (mental in particular)	Color change	Chronic	Voice change	Excess or Digestion
Contemporary use	Extreme heat - Bleeding	Heat	Chronic	Voice Change (Lu in particular)	Digestion (St 36, Sp 9) Caugh (Lu 5) Heat (GB34) Skin Rash from Heat / Blood Pressure (Li 11) Lower Back (UB 40)
Classic Problems ( <i>Nan Jing</i> )	Fullness of chest	Febrile (Heat) Diseases	Heavy sensation / painful joints	Caugh / Asthma do to xie cold/ heat	Diarrhea / Counterflow Qi
Common Contemporary Technique	Strong Sedate	Sedate	Neutral	Neutral	Tonify or sedate

Sedate son for excess

eg. Liver excess -

Liver = Wood

Son of Wood = Fire

Sedate fire point on Liver channel = Spring-ying point

Therefore sedate Lv 2 the Liver Spring-ying point

Tonify mother for def.

eg. Lung deficiency -

Lung = Metal

Mother of Metal = Earth

Earth = Stream-shu = Lu 9

### Eight Extra Meridian Confluent Points

Ren (Lu 7) + Yin Qiao (Ki 6)

Throat, chest and lung

Du (SI 3) + Yang Qiao (UB 62)

Neck, shoulder, back, inner canthus

Chong (Sp 4) + Yin Wei (P 6)

Heart, chest, stomach

Dai (GB 41) + Yang Wei (SJ 5)

Retroauricle, cheek, outer canthus

### Eight Influential / Meeting points

Zang - Lv 13

Fu - Ren 12

Qi - Ren 17

Blood - UB 17

Tendon - GB 34

Pulse/vessels - Lu 9 (week / non existant pulse)

Bone - UB 11

Marrow - GB 39