

Class 11 - Plum Blossom Needle

Also known as:

Mei Hua Zhen
5 Star Needle
7 Star Needle

Traditional made from one of the follow for its philosophical reason:

pine tree (evergreen strong and tall)
bamboo (nodules like stages of life)
plum blossom (flourishes in winter)

Uses:

Sedation

1. Treatment of skin disorders with out secretions (needles are short)

Shingles / Herpes Zosters (Damp Heat in Lv, GB)

(if not treated, later blood stagnation and pain can be treated with local bleeding and cupping)

Tap head of trail of blister first then towards tail (Yang to yin, ie. back to front, top to bottom)

(when P.B. needle not available use surrounding needle technique)

Tap around blister not on liquid filled area

Herb to use: Ban Lan Geng

In general: Lv 28 + GB 34 + Sp 9

Lips + Mouth = Sp 9, Sp 5, Sp 10 + St 44

Around Eyebrow use UB 65 + Sp 9 + UB 39

Ring Worm

Serosis

2. Muscular Atrophy

Tap Local + Tap Yang Ming Meridian (as yang ming is full of Qi and Blood and so promote circulation)

3. Spot Hair Loss (Alopecia Areata)

(Wind or heat in blood)

Clean area with alcohol

Rub area with fresh ginger

Tap with PB needle

4. Chronic internal organ disorders

Apply on the jia ji points of the back shu

Method:

1. Clean area twice with alcohol

2. Use just finger force on end of handle to tap 2 or 3 times at location following meridian

Never scratch

Never use on areas with secretions or liquid filled blisters

3. Clean area afterwards with alcohol