

# Jeffrey Yuen's Acupuncture in Emergency Situations and the Treatment of Pain

## I) Invasion Pathway of Pathogenic Factors

- EPF → Yuan-source points → Luo points → Xi-cleft points
- At the Xi-cleft points, Qi and Blood accumulate, causing pain
- Yuan points are Shu-stream points on Yin meridians
  - They store EPFs
- On Yang meridians, the Shu-stream points are more turbulent, so they have separate Yuan-source points
- The Kidney meridian never allows the EPF to get past the Jing-River point
- The Bladder meridian (Tai-yang) is the body's attempt to get all EPFs out

## II) Emergency Conditions (Ji Zheng)

- Intractable fevers
- Seizures/convulsions
- Chronic pain from long-standing diseases (in which case, analgesics are best used)
- Collapse of Yang
  - Coma
  - Fainting
  - Shock
- Collapse of Yin
  - Profuse sweating (cold sweat, as in heart attacks)
  - Severe bleeding
  - High blood pressure
  - Stroke
- For any of the above conditions, you can always use the Xi-cleft points
  - These are also known as Zhi Tong points – or points which by themselves have the ability to relieve pain
  - For Zhi Tong point to relieve pain, you must employ certain needling techniques...

## III) The Nature of Pain

### 1) The Common Instigators of Pain

- Climate
  - Hot or Cold Bi-obstruction

- Qi/Blood Stagnation
  - Use Xi-Cleft points
- Zang-Fu
  - Pain is a “dragging” discomfort (due to lesions) in the torso

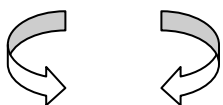
2) Location of Pain

- The 4 limbs
  - Acute conditions manifest first in leg channels
- Along meridians
- Head; throat; chest; abdomen; visceral; lower back; uterine; psychosomatic
  - All due to Bi-Obstruction

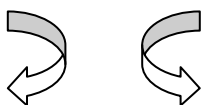
3) Treatment

- Use Ahshi points
- Also, to free stagnation of Qi and Blood, use:
  - Xi-cleft points
  - Luo points
  - Shu-stream points
  - Meridian analgesic points
  - Empirical points for pain in that location
- Some pain is referred, so the point needed will be based on empirical findings or theoretical approaches
- For pain along the meridians or on the 4 limbs:
  - Use Xi-Cleft points
  - Use dispersal technique
- The shaking method is often used in cases of joint pain

IV) Needling Methods for Emergency Situations



Dispersal Method: relative to the midline of the body, twirl the needle quickly counter-clockwise first, then twirl it clockwise slightly slower, and/or a lesser number or times.



Tonification Method: relative to the midline of the body, twirl the needle first clockwise, then counter-clockwise slightly slower and/or a lesser number of times.

Even Method: A patient displays a case of fluid deficiency with accumulation of Dampness (edema), which is predominant. This is due to Stomach and Spleen Deficiency.

You'd needle Ren-12, twirling it rapidly counter-clockwise 9 times, in order to disperse the Damp, clockwise just as quickly, but only 6 times, as ridding the excess Damp was more important in the treatment.

Shaking Method: vibrate the needle after inserting it; this is especially indicated for joint pain

## V) **The Xi-cleft Points and Their Indications**

### 1) Theory

- Xi-Cleft points are reservoirs of Qi and Blood
  - Thus they have a tendency towards stagnation, producing pain, distension and fullness associated with the channels (*e.g.*, Bi-obstruction syndrome)
  - Xi-Cleft points are used in 5-Element acupuncture for “child dispersal” to avoid dredging the actual child
  
- Xi-Cleft points also act as a diagnostic reflex point for their pertaining meridian
  - They are palpated for sensitivity/flaccidity to determine excess/deficiency of the associated meridian
  - They are observed for abnormal coloration to determine if there is Heat (red) or Cold (blue)
  
- Xi-Cleft points are used in emergency situations for severe leakage of qi/blood/body fluids – sweating, coughing, bleeding, diarrhea, &c.

### 2) Indications

#### **Lu-6**

- Severe coughing
- Nausea/vomiting
- Coughing up blood
- Nose bleeds
- Internal bleeding in the top part of the body

#### **LI-7**

- Pain in the mouth
- Tooth ache
- Bleeding gums
- Sore throat
- Pain of the tongue
- Pain when chewing

#### **St-34**

- Epigastric pain
- Swelling of the breasts

#### **Sp-8**

- Acute menstrual pain
- Dysentery
- Nocturnal emissions and spontaneous seminal loss
- Harmonizes Qi and Blood especially

**Ht-6**

- Night sweats
- Hot flashes
- Chest pain
- Promotes diaphoresis
  - Sweat is the fluid of the Heart due to its relationship with Blood

**SI-6**

- Pain in the shoulders and neck
- Tonify for longevity

**Bl-63**

- Acute lower back pain
- Seizures/epilepsy

**Ki-5**

- Painful urination
- Menstrual pain
- Lung Bi-obstruction

**P-4**

- Chest/heart pain
- Vomiting/blood while coughing
- More calming than Ht-6

**SJ-7**

- Acute pain in the upper limbs
- Sudden deafness

**GB-36**

- Acute pain along flanks
- Neck pain
- Sciatica

**Lr-6**

- Pain related to hernias
- Retention of placenta
- Genital pain
- Kidney stones

**Bl-59** (Xi-Cleft point of Yangchiao Mai)

- Pain of the lower limbs
- Blindness in one eye
- Eye pain

**Ki-8** (Xi-Cleft point of Yinchiao Mai)

- Uterine and testicular pain

**GB-35** (Xi-Cleft point of Yangwei Mai)

- Chest/rib pain radiating towards the back

- Lower back pain

**Ki-9** (Xi-Cleft point of Yinwei Mai)

- Urogenital pain due to masses (*e.g.*, kidney stones), a.k.a. Shan Pain
- Aids in detoxification
  - Moves stagnation during the detoxification process (like constipation)

**VI) Zhi-Tong Points**

- Points which by themselves have the ability to relieve pain

**LI-11 or LI-12**

- For stiff (trigger) fingers
  - Needle superficially
  - Circular dispersal
- Snap muscles in that area
  - Find where you can get the most “snap”

**St-4 and St-6**

- Analgesic points for the face

**St-26**

- Relieves pain along the trajectory of the Stomach meridian

**St-31 – 37**

- All analgesic points
- St-37 treats LI pain
- St-26 also treats LI pain; it is a local point

**St-41 and 42**

- Analgesic points (St-42 slightly less)

**Sp-6**

- Pain along the trajectory of the Spleen meridian

**Sp-12 and 13**

- Analgesic points

**Ht-8 and Ht-1**

- Analgesic – for pain along the Heart meridian (Ht-1 slightly less so)

**SI-4 and SI-11**

- Analgesic points

**SI-14**

- Pain along the SI meridian
- Pain in the SI

**SI-16**

- Local point for neck pain

**Bl-10 and Bl-39**

- Relieves pain along the meridian

**Bl-61, Bl-64 and Bl-58**

- Relieve pain (Bl-58 to a lesser extent)

**Ki-16**

- Only point of Kidney meridian that relieves pain/stagnation along the Kidney meridian

**P-3**

- Relieves pain along the meridian
- Chest pain
- Heart pain
- Palpitations

**SJ-8 and SJ-12**

- Relieve pain along the San Jiao meridian

**GB-1, GB-5, GB-7 (and GB-4 and GB-8 to a lesser extent)**

- Head and facial pain

**GB-33, GB-35, GB-38, GB-39, and GB-43**

- Relieves pain along channel
- Find which point to needle by palpation (it will be more tender)

**Lr-6**

- Pain in nipple

**Lr-7**

- Pain in groin
- Vertex headache
- Pain along Liver meridian

**VII) Points for Pain on the Torso**

**St-38**

- Acute shoulder pain

**SI-6**

- Chronic shoulder pain

**GB-10 and GB-39**

- Neck pain

**Bl-59 and Bl-60**

- Acute lower back pain

**Bl-40**

- Command point for lower back

**Ki-7**

- Chronic lower back pain

**SI-1**

- Pain in the breasts
- Regulates milk ducts

**St-34 and GB-21**

- Pain of the breasts
- Swelling of the breasts

**Bl-51**

- Painful fibrocystic breasts

**St-28**

- Uterine pain
- Swellings during period

**Bl-60**

- Uterine pain

**Lr-5 and Bl-55 (also Lr-8 when dispersed)**

- Genital pain

**VIII) Points for Fevers**1) Fevers

- Due to:
  - Childhood infectious diseases
  - Epidemics (due to Li-Qi, i.e., Pestilent Qi)
    - These tend to penetrate to the Blood
      - Also curious organs
      - Can cause deformities in uterus
      - Can fuck with bone marrow
  - Wei-atrophy syndrome due to Heat or Damp-Heat
    - Area becomes hot, swollen and inflamed, as in rheumatism
    - Neuropathy begins to take place
- 8 out of 10 have Damp-Heat as their pathology
  - 1 has childhood infectious disease
  - 1 has Li-Qi (Pestilent Qi) that's come out of latency
- Lr-Fire → Ht-Fire → St-Fire → Lu-Fire → Ki-Fire
  - Fever attacks the generation cycle
- Yin organs tend to have more intense Heat/Fire

- Yang organs tend to get stagnant due to Damp
- Also, Blood stasis gives rise to Qi stagnation which gives rise to Heat
  - This often happens in martial arts when a person gets hit hard

2) Fever Needling Techniques

- Use a lot of distal points in treating fevers
- Bleed Ying-spring points
- Use lifting (done relatively fast, brings EPF to Exterior) and thrusting (done relatively slow, gets into the Interior) technique, then circular technique (reduction)

3) Points for Releasing Heat

**Lr-8**

- Lift and thrust, then circular reduce to get rid of Liver-Fire

**GB-43**

- For Gall Bladder Damp-Heat

**GB-7, 9, 11, 34, 38 and Dannangxue**

- Also for Damp-Heat

**GB-36**

- Good to use on a child right after a vaccination
  - Helps with the Dampness that ensues
  - This point is bled if there are signs and symptoms of Dampness

**SJ-5, 7**

- Clear Heat
- SJ-5 is used for childhood infectious diseases causing fever

**SJ-19**

- Heat in the ear

**P-7**

- Clears Heat in the Pericardium

**P-3**

- Clears Heat from the Qi, Nutritive and Blood levels

**SI-4**

- Only SI point that intrinsically clears Heat

**Bl-38**

- Clears Heat in Small Intestine
- Used for hot urination
- Knotted Qi in the Large Intestine

**Bl-66**

- Only intrinsic point that clears Heat from the Bladder meridian



**Ki-1**

- Descends Excess from the head causing things like sore throat

**Ht-8**

- Only Heart point that clears Heat
  - Can also use Ki-9 (Yinwei Mai association)
  - Or P-8

**St-12**

- Clears Heat and stuffiness in chest
- Irritability

**St-6**

- Clears Heat
- Used if parotid gland is swollen

**Sp-12**

- Clears Heat in Spleen

**LI-7, 11**

- Clears Heat
- LI-7 gets rid of Fire-toxins of bleed

**Lu-10**

- Clears Heat in throat
- Used in cases of coughing up Blood

**Lu-5**

- Clears Heat from the Lung channel

**Lu-2**

- Clears Heat in cases of more Internal conditions

**Du-9, 14**

- Bleed either one of these, then cup to clear Heat
  - Done in cases of intractable fever

**Du-10**

- Clears Heat and detoxifies poison
- Can be bled

**Du-13, GB-36, and GB-22 or Sp-21, depending on which one is more tender**

- Used in the treatment of malaria
- If healing crisis does not occur fairly quickly, cup these points

**IX) Miscellaneous Analgesic Points****LI-3**

- Needle then pull their finger, dragging your fingers and squeezing their bone

- Relieves headaches

#### **Bl-2**

- Use for trigeminal neuralgia (TMJ)

#### **Lu-10**

- Bleed this point for:
  - Throat pain making it hard to swallow
  - Laryngitis
  - Swelling of the parotid gland

#### **Ren-17**

- Needle and thread it to Ren-15 (pinch up their skin with your fingers squeezing medially) for chest pain
- Also use distal points like P-6

#### **SJ-6**

- Flank pain
- Pain along the ribs and in the sternal area
- Pain in the hypochondrium

#### **Dannangxue** (1-2 cun inferior to GB-34)

- Pain due to gall stones
- Jaundice
  - Also cup Du-9

#### **Sp-4 and St-34**

- Abdominal pain
  - Also use a local point like St-25
  - Needling stimulation of these two points must be simultaneous
  - Needle lower He-sea points for intestinal pain

#### **Du-26, SI-3 and Bl-40**

- For low-back/lumbar pain
  - You can use moxa or the hot needle technique at Bl-40
    - The hot needle technique is where you needle the point, then hold a lit moxa stick next to it till the patient feels hot; after a minute you warm the point again

#### **Sp-9**

- For kidney stones
- The hot needle technique can be used

## Pregnancy Protocol

1<sup>st</sup> Trimester = Earth – St-45

2<sup>nd</sup> Trimester = Fire – SI-1

3<sup>rd</sup> Trimester = Wood – GB-44

Water/Metal = womb – Bl-67

- When Water gives way to Yang, labor begins (Bl-67 encourages this)
  - Needle Jing-well points to start labor
  - Needle He-sea points to prevent labor
    - To stop early contractions, focus on Yin
      - “Stop” Kidney and Spleen and needle Ki-10 and Sp-9
- 1) Uterine contractions → use Yang Jing-well points
  - 2) Abdominal contractions → needle SJ-1, which diminishes labor pain and causes deeper contractions
  - 3) Diaphragmatic contractions → needle GB-44 or LI-1 to expel the placenta
    - Labor occurs in this order