

# Acupuncture Notes

*These notes have been compiled over the course of my study at the Swedish Institute. They are usually direct quotes from my teachers, jotted down because they represent some bit of knowledge they've gained through their many years of experience practicing acupuncture.*

## 4 GATES:

- 4 Gates = Lr-3/LI-4
- Deficient 4 Gates = Lr-3/P-6
- Inner 4 Gates = St-36/LI-10 (helps tonify organs)

## 8-EXTRA VESSELS:

- Chong is Essence
- Du is Yang
- Ren is Yin
  
- Yin Wei Mai is formed when Ren dissolves
- Yang Wei Mai forms when Du dissolves
  
- When there's further dissolution of the body, the psyche is hurt, causing Yin and Yang Qiao Mai to form
  - It indicates that the body no longer has the Jing to deal with pathology
  - Psychologically, the patient no longer has the ability to be in the present moment, though they still have the ability to process their life
  
- Dai Mai is created when you're so wiped out that it's just trying to hold everything together
  - So sometimes you'll want to tonify, sometimes you'll want to disperse Dai Mai
- At Dai Mai, the stage after the Qiao Mais, a person no longer has the capability to deal with their life issues
  
- When treating the 8-Extras, work backwards
  
- Chong Mai treatments are good for people who don't know who they are and what their purpose in life is
- Chong Mai is known as the vessel of miracles
  - When you don't know what to do, and the patient is very ill or has a lot of unresolved life issues, use Chong Mai (or Dai)
  - When you tap into Chong – into Blood and Essence – a person can tap into the greatest energy potential within their manifested physical body... and this can help them through their issues
  
- The Luo Vessels empty into the Qiaos
  
- You cannot do 8-Extra treatments unless you patient displays Jing Deficiency

## ACNE:

- Acne is an indication of a deep-level toxin; it is related to the Divergent Meridians

## AIDS:

- To treat AIDS, treat Wei-Qi and Kidney-Yang (which supports Wei-Qi)

- Also treat depression

### **ALLERGIES:**

- Patients who've had abortions and shortly after come down with allergies have had their Kidney-Jing/Yuan Qi depleted, thereby compromising Yuan-Qi in its support of Wei-Qi

### **AMENORRHEA:**

- In cases of amenorrhea, as when a person goes off birth control pills, open up Ren and Chong Mai
  - Use Sp-13, St-30, &tc.

### **BACKACHE:**

- Low back pain due to standing for a long period of time is due to Liver-Qi Stagnation
- Low back pain after a period indicates Kidney-Qi Deficiency
- The involvement of Spleen and Blood should not be overlooked in conditions of low back pain
- For lower backache, needle the point 1½ cun diagonally posterior and inferior to the tip of the medial malleolus and tonify
  - This point is also good for astringing Kidney Essence
  - It is located on/amongst the tendons of tibialis posterior, flexor hallucis longus and flexor digitorum longus as they round the medial malleolus on their way to inserting on the undersides of the bones of the foot
- LI-4 is a prime point in the treatment of lower back pain
  - The lower down the back pain is, the closer to the juncture of the 1<sup>st</sup> and 2<sup>nd</sup> metacarpal it should be needed

### **BACK SHU POINTS:**

- According to J. Yuen, the inner Bladder shu allow you to become aware of an emotion, while the outer shu help in their expression

### **BELL'S PALSEY:**

- Bell's Palsey is common in over-doers with deficiencies... such people typically have shot Spleens and overactive Stomachs
  - There is also the complication of Phlegm, especially in chronic conditions
    - Bell's Palsey is due to Wind-Phlegm... if it was only Wind, you could treat it in one treatment
- In treating people with this, gua sha at LI-15 helps
- E-stim helps with loosening tight muscles
  - GB-14 (pointed upward) and St-2 can be paired
  - St-4 and St-6 can also be paired
  - Tai Yang and St-7
  - Tai Yang and GB-7
- Other points that can be needed include:
  - GB-14 → Yuyao
  - St-2, 4 → 6, 7

- Bl-2 → 1
- LI-20, 4
- SI-16, 18
- Tai Yang → SI-18
- Tai Yang → GB-7
- Tai Yang → St-7

**BIRTH CONTROL:**

- Strong stimulation at Ren-5 causes temporary sterility in women

**BLADDER MERIDIAN:**

- According to Hua T'o, only the outer line of the Bladder meridian connects Bl-10 to Bl-67, while the inner line runs from Bl-10 to Bl-23
  - So, when getting rid of an EPF, the outer Bladder was more often used

**BLOOD:**

- If there's Blood Deficiency, also treat Blood Stagnation, and *vice versa*

**BLOOD PRESSURE:**

- LI-4 can lower blood pressure

**BREAST PAIN:**

- Breast pain during menses is due to a combination of Liver-Qi Stagnation and Blood Heat
  - Blood Heat is either caused by Liver-Qi Stagnation or Heart-Fire

**BUNIONS:**

- Bunions are related to the Divergent Meridians; they represent areas where the Divergents have deposited pathogens at the level of Jing/bone

**CRAMPING:**

- To immediately treat cramping, needle the patient while they are standing (this according to the *Ling Shu*, Chapter 2, last paragraph)

**CONSTIPATION:**

- If there is constipation caused by Heat and/or stagnation, making the abdomen warmer than the rest of the torso, lance LI-1

**CUTS AND BRUISES:**

- To treat cuts and bruises, sedate all points proximal to the injury and tonify points distal to it

**DIET:**

- Juicing an entire pineapple – skin and all – lowers cholesterol if taken daily

**DIVERGENT MERIDIAN TREATMENTS:**

- Divergent meridian treatments should be for three days in a row
- In Zonal Divergent Meridian treatments:
  - Needle the ahshi points on the side without symptoms
  - Needle the crossing point
  - Then mirror the placement of the ahshi points on the side affected

- Needle the jing-well point on the affected side three times
- You can also needle the jing-well point of the side you started on three times
- In Zonal DM Tx's, if there's symptoms on both sides, start with the ahshi points on one side, then, once you've needled the jing-well on the other side from where you started, you can needle the jing-well on the side you started.
- In Zonal DM Tx's, needles are removed in the same order they were inserted
- In DM Tx's, you can needle the cross-over points either immediately after the confluent points, or after needling the tajejectory points on one side
- To stop physical trauma from entering the Divergent Meridians – and from there, the joints – needle with strong stimulation SI-12

### **DREAMS:**

- Unhappy dreams = Liver
- Scary dreams = Kidney

### **EAR ACUPUNCTURE:**

- There are 3 phases in ear acupuncture:
  - Phase 1: Acute
  - Phase 2: Chronic with symptoms
  - Phase 3: Chronic without symptoms
- Within each phase, the location of a particular point is different than where it might be found in another phase
  - According to Nogier's school of training, you must look through different filters to determine proper point location

### **EAR SHEN MEN:**

- Ear Shen Man relates morphologically to the hara (Ren-4 or 6)
  - It brings people out of their mind and back into their body

### **EARTH SCHOOL – BASIC TREATMENT:**

- Needle in order:
  - Ren-12, St-36
  - Ren-13, P-6
  - Ren-10, St-25
- This treatment is good for very complex cases where you're not sure what to do
- It is also good for people who eat to suppress uncomfortable emotions
  - This creates Dampness, which stagnates the bowels
  - In this case you want to empty the bowels by descending Stomach-Qi

### **EMPTY-HEAT:**

- When there are Empty-Heat signs, you must not only clear Heat and tonify/nourish Yin, but clear Damp as well
  - In such conditions, the body has been creating and using Dampness as a buffer to protect the Yin from the effects of the Heat

### **FACIALS:**

- To give an acupuncture facial using an e-stim machine, get a double locator hookup, and trace the wrinkles with them
  - Hold one steady while the other traces the wrinkle on the opposite side of the face or of the wrinkle line or constricted muscle
  - Use cream to increase conductivity

### **FAINTING:**

- For fainting, needle Du-26, 25 and 20
  - Then put clothes pins on their jing-well points to prevent Qi from escaping
  - Keep their legs elevated
  - Pole moxa at Ren-8

### **HEART ATTACK:**

- With a heart attack, in addition to needling Ht-9, you can needle the Great Luo of the Stomach, St-18, left side

### **HEAT:**

- Everyone has Heat, which is equated with *desire*, within them
- Heat is very moving in nature, and so can suffuse any of the organs
- Heat is most prevalent in the Yang Ming channel
- To rid the body of Heat, be it anywhere in the body, needle LI-11
  
- The points in the “4 folds” – Bl-40 and LI-11 – are the points that drain Heat the most

### **HEMORRHOIDS:**

- Hemorrhoids can be due to Liver-Yin Deficiency with Wind

### **HIP PAIN:**

- With people with hip problems, have them lie on the table face down and straighten out
  - Pull don on their ankles to discover if one leg is shorter than the other
    - Make sure they get orthotics for their shoes, and an 8-Extra treatment (Chong Mai, possibly)

### **HUA T'WO POINTS:**

- Hua T'wo points are needled parallel to the high-point of the spinous process
- Insertion depths:
  - Cervical: 1 cun
  - Thoracic: 1.2 cun
  - Lumbar: 1.5 cun

### **INFERTILITY:**

#### **JING-WELL POINTS:**

- GB-21 opens the jing-wells of the hands
- GB-30 opens the jing-wells of the feet

#### **JIN-YE:**

- To redistribute Jin-ye, disperse Sp-6

#### **JOINT PROBLEMS:**

- For joint problems, boil cattle bones in water for 2-2½ hours

- Take out the bones and put the decoction in the refrigerator overnight
- Skim off the top layer of fat and use the gelatin in soup

### LIVER-QI STAGNATION:

- Palpate St-27 on the left side to determine if there is Liver-Qi Stagnation

### LOCATION NOTES:

- The high-point of the spinous process of L<sub>4</sub> is level with the high-point of the hips *in men*
- *In women*, the space between L<sub>4</sub> and L<sub>5</sub> is level with the hips...
- When needling SI-9 when the arms are draped in front of the table as the patient is lying face down, palpate for teres major – SI-9 is just inferior to this

### LUO POINTS:

- To get a more powerful result from bleeding a Luo point, surround it with 4 needles (or more), and then bleed
  - The needles keep the Qi attracted to the point and from dispersing

### MANAKA CORDS:

- 1) The theory is that in disturbed areas of the body there is a preponderance of (+) ions; to heal that area, you must move the (+) ions out and the (-) ions in
  - The energy runs from Black to Red
  - If you get the polarity wrong, red eyes and face, nausea and headache will result
  - In this case, reverse the cords or take them out and moxa Ren-6 to anchor the Qi
- 2) Insert the needles 2mm and leave the cords attached for 10 – 20 minutes
- 3) Don't use Manaka cords on pregnant women
- 4) A person with tightness or flaccidity along Ren Mai at the abdomen is a candidate for a **Ren/Yin Qiao Mai** treatment
  - Hook up Lu-7 with red, Ki-6 with black
    - In this treatment, Lu-7 is located directly above Lu-8
    - Ki-6 is located in a depression inferior and slightly posterior to the high point of the medial malleolus – an area which tends to be puffy on some people
- 5) Palpate lateral to the cervical vertebrae, the area of SI-9 and SI-10, and the PSIS, looking for tightness; this is done to in order to determine if a **Du/Yang Qiao Mai** treatment is in order
  - SI-3 = red
  - Bl-62 = black (this point is located inferior and slightly posterior to the lateral malleolus)
- 6) To see if a **Dai/Yang Wei Mai** treatment should be done, palpate for tightness along a line from Du-4 to Ren-8
  - GB-41 = red
  - SJ-5 = black
- 7) To determine if a **Chong/Yin Wei Mai** treatment should be done, palpate under the rib cage for tightness of flaccidity
  - Sp-4 = red

- P-6 = black
  - This clears diaphragmatic issues
- 8) You can treat up to four 8-Extra Vessels at a time
- Do one treatment on one side of the body; the other on the opposite side

**MONONUCLEOSIS:**

- Mononucleosis can lead to chronic fatigue syndrome and hypersomnia

**MOTOR POINTS:**

- The motor point is always there – it is where the muscle is enervated
  - It is located in the belly of the muscle
  - It has direct communication with the CNS
  - Motor points are related to the Yuan-Qi level
- If you needle the motor point, you affect the trigger point as well
  - Not so the other way around

**MOUTH SORES:**

- LI-4 is good for mouth sores when needled deeply with strong stimulation

**MOXA:**

- Moxa Bl-23 for Kidney Deficiency
- Du-4 for low energy

**NECK PAIN:**

- For people who experience neck pain when flexing their head up or down, needling just above C<sub>7</sub>

**NEEDLING:**

- To gain mastery in needle manipulation, keep insertion tubes in your pocket so you can practice twirling them in your spare time
- Before needling, if your patient is needle sensitive, you may want to press down on the point with your hand until you feel a pulsation, indicating that Qi has arrived
  - This makes needling less traumatic
- When the needle comes out crooked, you went in too deep and too fast
- With fine needles, you can go deep and still tonify
  - Not so for thicker needles – you go deep with them when you want to disperse
- Always needle points in the order of the meridian Qi cycle according to the Chinese clock, from local to distal to pain
- To treat the Yin of Yin (zang), use ying-spring and yuan-source points
- To treat the Yang of Yang (skin), use he-sea points
- For tonification, leaving the needles in for 8-12 minutes is enough – 20 minutes is too long
  - According to the *Nan Jing*, once Qi has arrived, that is enough – you can take the needles out

- To let Qi out of a point, spread the skin on either side of the needle with your fingers as you're pulling the needle out
- For toe jing-well points, you need only use 40 gauge needles
  - Only for the shen-disturbed do you want to use strong stimulation
- Jing-river points dredge the channels from obstruction
  - Ex.: St-45 is good for draining Heat from the Heart (the St. Meridian passes through the Heart)
- Be careful of the very large blood vessel at SJ-16
- You can safely needle points on Du Mai up to a depth of 1 cun
- You can safely needle points on the inner Bladder line along the back up to 1.5 cun obliquely on a person of normal build
- When needling the inner Bladder shu points, needle ~.5 cun lateral to the high-point of the erector spinae
- In needling Ren-22, go in perpendicularly .5 cun, then thrust downwards towards the thorax
  - Have the patient swallow to make sure the needle isn't touching the airway

#### **NEUROPATHY:**

- In treating neuropathy (numbness and pain), needle points along the paired arm or leg meridian of the channel affected by the neuropathy
  - For example, needle the Stomach meridian for pain along the Large Intestine channel

#### **NIGHT SWEATS:**

- Night sweats are due to Internal Heat
- Sticky and cold sweat = Yin Deficiency
  - Sticky = Yin
- If Heart-Qi is low due to Kidney-Yin Deficiency, bad dreams will also be present

#### **PAIN:**

- For acute pain, start with distal points, then go local
- For chronic pain it's the other way around
- For neck pain, needle Yintang with a 2 inch needle superiorly, threading towards the scalp-line

#### **PALPATION:**

- To test for deficiency of the organs, press down on the various organ areas of the hara while having the patient hold up their arm or leg vertically
  - If you can then push down the limb, it indicates that the organ whose area you are pressing is deficient
    - This technique also works using Mu points



### **PARASITES:**

- In treating parasites, you must alter your treatments since they are very adaptable
  - Exorcisms are the same way – you must use different points and techniques

### **PATHOLOGY:**

- When an EPF invades and the body is weak, the Lung will borrow Qi from the Spleen
  - Since Spleen-Qi ascends, coughing will occur
  - The Stomach may also borrow Qi from the Spleen, leading to nausea and vomiting
    - In these two ways the body will try to move the pathogen up and out
- If the body is strong enough to keep the EPF from moving deeper, but not strong enough to move it out, bi-obstruction occurs
  - This can cause bi-obstruction in the limbs, and/or headache (head-bi)
  - The body will further defend itself by tightening up at the diaphragm, which can lead to chest-bi
  - If the EPF gets past the diaphragm, it will move into the abdomen and cause distension, pain, &tc.
    - Accumulations and gatherings (*ji-jiu*) can occur, and they can be substantial – a tumor – or insubstantial – a nodule which moves around on palpation
  - If the EPF penetrates still deeper and into the lower abdomen (or is Damp and Yin in nature), swellings called zheng-jia (conglomerations and concentrations) will appear
    - This can manifest as uterine fibroids, prostatitis, testicular swellings, &tc.
- According to Hwa T'o, EPFs enter through the legs, moving up from the jing-well points to manifest as symptoms where the channels affected originate – the head or chest

### **PEDIATRIC:**

- Du-20 is contraindicated for needling in persons under the age of 18

### **PERICARDIUM:**

- The Pericardium is also seen as the diaphragm
- On a psychological level, it is about letting people and life experiences affect you, being comfortable and able to interact with your milieu
  - People who have trouble being “open” or being around people and interacting in social environments often have tight diaphragms
- To open the Pericardium, needle deeply P-3
  - If your location is correct, Da Qi should travel up to the armpit

### **PREGNANCY:**

- In woman, if the Heart pulse is predominant, pregnancy is indicated (Huang Di Nei Jing, trans. Maoshing Ni; p74)

### **PULSES:**

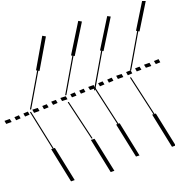
- The Ming Men pulse, which is deep to the Kidney-Yang pulse at the right wrist, will be weak in conditions of Yang Deficiency
- From the thinnest to widest pulse:
  - Thin
  - Wiry
  - Tight

- Slippery = Qi Stasis
- Choppy = Blood Stagnation
- A Tight-Wiry pulse on the right side can indicate cancer
- When a patient is uptight, make sure to take the pulse more often
  - If from Wiry the pulse turns to Thin and Rapid, and the patient is agitated, take out the needles to avoid syncope
- To better understand the pulses and the Excesses and Deficiencies of the zang-fu, take the pulse while palpating the hara
  - Palpating the hara should bring up the pulses where they should be ideally

### **QI GONG:**

- In Qi-Gong practice, to develop Wei-Qi when you stand, have your knees bent in horse-stance and have your weight on the ball of your foot with the most weight on the big toe
  - You should always be able to press down with your heels
- To grasp Qi, keep a loose, spread hand slightly clawed
- To project, the fingers should be like a knife's edge

### **SCAR TREATMENTS:**

- Scar tissue calcifies and can either irritates nerves in the area, thereby causing pain, or numb the nerves in the area
- To help heal a scar, needle around it like:
 
- This also alleviates pain
- Dogskin (aka, go pi yan yao) or a golden sunshine moxa patch can help with pain and healing as well
- To treat scars with an e-stim, find with the locator those points around the scar that are very reactive
  - Needle them with the needles directed towards the scar
  - Then hook up the two needles at the beginning and end of the scar to the e-stim and disperse

### **SHEN:**

- To calm stagnant and/or rising Liver-Qi, and a person's Spirit, e-stim Ear Shenmen to Ear Liver (on both ears), and Du-20 to Du-24
- To treat soul issues (sense of direction in life problems), needle points with *Ling* in their names

### **SHOULDER PAIN:**

- For shoulder pain, use St-38 on the leg opposite the side of the pain, having the patient rotate their shoulder as you manipulate the needle
  - The reason St-38 is used is because it is between the lower he-sea points of the Large and Small Intestines, the meridians of which are the main thoroughfares across the shoulder
- Then needle Sp-9 and GB-34 on the same side of the pain
- Needle local points

- To treat bi at the shoulder in the vicinity of SI-9 and 10, bleed SI-7 then needle the shu-stream points of Large Intestine and San Jiao towards the fingers
  - Then needle local points
- Sometimes you must open up the shoulders to fix the hips, and *vice-versa*
  - These two areas are related
- In opening up the shoulder along the Small Intestine channel, you can help a person loose a couple pounds since the energy bound up at the shoulder can descend to the Intestines

#### **SHU-STREAM POINTS:**

- When needling shu-stream points, directionality is very important in redirecting the correct flow of Qi

#### **SICKNESS:**

- When using sweating to oust an EPF, be sure to generate fluids
- When inducing vomiting, use ascending herbs – not poisonous ones
- When purging an EPF, be sure to protect the Stomach and Spleen

#### **SWEAT:**

- Sweaty hands and feet indicate Heart-Fire
  - Hands = Pericardium
  - Feet = Kidney
- Be careful in sedating this condition, for it may be due to Deficiency, and not Excess Heat

#### **TEMPORAL HEADACHE:**

- Press on the point in the depression on the bridge of the nose, one thumb-width inferior to where the bridge begins
  - Simultaneously press the two points bilateral and about ½ a cun inferior to this point, on the sides of the bridge of the nose where the bone ends and the cartilage begins
  - Follow with LI-4

#### **TONGUE:**

- When the sublingual veins are distended, look towards Liver, Heart or Spleen-Qi
- If they're dark, look for Blood Stagnation involvement too

#### **TRACHYCARDIA:**

- A person's heart rate can be slowed down using acupuncture along with a pre-recorded rapid beat

#### **TRIGGER POINTS:**

- Trigger points are always painful
  - They may or may not be present in a given muscle – they tend to appear then disappear
  - They tend to refer across myotomes
  - They are related to the Divergent meridians and to the Wei-Qi level

#### **TUMORS:**

- Slow-growing tumors = Phlegm
- Fast-growing tumors = Qi/Blood Stasis