

*A Study on
Tung's Acupuncture*

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How to tell one is a qualified acupuncturist

Medical skills are taken as an important element in determining a good acupuncturist. If you want to make a clear judgment of a qualified acupuncturist, the following criteria must be observed.

Fewer points selected:

The more brilliant the herbalist, the fewer medicinal herbs they administer. It is the same with acupuncturists; the more qualified they are, the fewer the points they select. It shows they know both the specific effect of the points and are confident. According to early physicians one treatment consisted of two main points with two adjunct points selected. When acupuncture is applied to both sides then eight points are selected to the maximum on an average. If you frequently select more than eight points in one treatment, then some points may be useless.

Careful selection of points:

There are over one thousand points on the body, but only a few dozen are frequently used. If every one were selected, one would never know the property of the individual points. In ancient acupuncture prescriptions, over 50% of those specific points were frequently used. In the *MaDanYangTianXing* twelve points (an ancient acupuncture book), only twelve points were alternately selected to deal with various problems. From above, we can see that there is something to recommend from the clinical experience of past acupuncturists. Any point can be adjusted in two ways. Clinically, we must adhere to the principle that many problems can be solved by only needling one point. When we have a thorough command of the property of points, we can minimize the number of needles. In the past three hundred thousand patients, I have generally selected from about twenty points. In one day I often treated several dozen patients, used 3-4 points for each, and in total, less than 30 points were selected with great results seen as well.

Needling not applied or never applied to the diseased site:

If one always gives acupuncture to the painful spot, it is equivalent to a nurse giving an injection. The only difference is that syringe needle is replaced by an acupuncture needle. In such a case, he is an acupuncture nurse rather than an acupuncturist. Even though our predecessors selected *Asbi* points (tender spots), the *Asbi* points were selected based on the following conditions:

1. It was an excess syndrome
2. It was an uncomplicated case
3. The problem was characterized by pain

This method of pain-point needling still adheres to the theory of channels and treatment. TCM is not only a branch of medicine, but it is also a kind of healing art that is different from allopathic medicine, which advocates treating symptoms but not the disease. Chinese medicine may achieve the same result by searching for and treating the primary cause of disease in treatment. As pointed out in the *BiaoYouFu* (an Acupuncture writing), "Points contra lateral to the side of the body with the disorder are needled; a draining method is applied...acupuncture is given to the foot when the head has disease". Distant needling is given in most cases, but based on differentiation of syndromes. Otherwise, the effect is not satisfactory.

Instant results for emergency and painful cases

Acupuncture has been applied in emergency and painful cases for a long time. It is easy and safe to use, and characterized by quick response. There are many case studies discussing acupuncture therapy for cerebral hemorrhage, shock, coma, acute abdominal pain, acute pain and strain. When one has command of the property of points and has improved one's acupuncture skills, it is not difficult to have quick response. I have often

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rushed to hospitals to treat coma, acute pain and strain with great success. Every acupuncturist should master these skills.

Bloodletting and deep insertion of needles with long retention for protracted and complicated cases:

It is stated in the *Neijing* that, "Since one may become afflicted with a disease superficially or deeply, shallow or deep insertion of a needle becomes necessary." Many acupuncturists only give shallow needling for any problem and withdraw needle immediately after a few rotations. It may be effective for a recently occurring disease but it will likely be ineffective for protracted and complicated conditions. In protracted diseases, pathogenic factors have invaded deeply into the body and the body resistance becomes weak. Short retention and shallow puncture of the needle can never bring about good results. As to pain and spasmodic problems, experience tells us deep insertion and long needle retention will get good results. Therefore, shallow or deep puncture of needles should be based on the nature of the syndrome or physiology to avoid accidents. TCM says: "Blood stasis occurs in protracted, difficult and odd diseases", for which bloodletting is the best way to solve the problem. It is a pity that many doctors do not like to use bloodletting because the patients are afraid of it. If it is properly conducted, unimaginable effects can be seen. Some protracted diseases may be alleviated by acupuncture or herbal therapy, but a complete cure is impossible. Bloodletting can eliminate stasis and speed up the cure, especially in difficult or complicated cases when a patient fails to respond to various therapies. As to some acute diseases, the effect of bloodletting is far better than that of acupuncture. It is to some extent true that any acupuncturist who is not familiar with bloodletting cannot view as a proficient one.

The above conclusion has been reached in the light of my clinical experience over the past years and researching medical literature. It can be taken as the preliminary criteria in determining a proficient acupuncturist. Anyone who wants to be an acupuncturist or who is searching for acupuncture treatment may consult this article. Those who want to become qualified acupuncturists may draw inspiration from it. It is shown here to help encourage us in our endeavors.

Theoretical Applications of Tung's Extra Point 董氏奇穴之取用

Shadow and Venous Congestion 暗影及青筋

Shadows, a term used to denote darkest discoloration of the skin, are the manifestations on the skin of certain internal pathologies. When certain organs or channels harbor pathology, shadows often will manifest with discolorations on corresponding body parts, although they may be difficult to detect if they are not on the palms or face. Shadows are not only useful in diagnosing problems, but they also can show us effective areas to needle for treating the related pathology. Master Tung excelled in using this method of point selection, and it enabled him to create new therapeutic functions of points. For example, he used *Shuijin* (1010.20) to treat coughing and asthma, because he saw shadows in the area of *Shuijin* when patients coughed. He also used *WuHu* (11.27) to treat hand and foot pain, and *ChongZi* (22.01) and *ChongXian* (22.02) to treat shoulder and back pain.

暗影有时亦可称之为发乌，亦系病变之一种反应，即当某脏腑或某经络有病变时，常常在某处发现暗影，一般而言，在手掌及面部较易出现，身体其它地方也会有此现象，不过较难发现而已，这种方法除了反应病变有助诊断外，并且有些可以以之施针发生治疗作用，此法董师甚为精通，以此形成固定治疗穴位，例如水金治咳喘，五虎穴治手脚痛，重子、重仙治肩背痛……等，就是此一方法之发挥。

This principle is intimately related to the principles used in Chinese pediatrics with the *SanGuan* diagnostic method of examining the child's middle finger to ascertain the child or infant's physical condition. This principle is mainly related to blood pressure in the veins. The higher the blood pressure in the veins, the more pronounced the shadow. Shadows can reflect relative deficiencies of oxygen in our bodies. The more severe the oxygen

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deficiency, the higher the content of carbon dioxide in the blood, and the more pronounced the shadow. The reflex areas vary, depending upon the various pressures of different organs.

此一法则与儿科三关诊断法之原理颇为接近，主要与静脉压有关，静脉压愈高，暗影越明显。它图以在某种程度上反映体内缺氧的程度，缺氧愈甚，血中还原血红蛋白量就愈高，青紫色的纹路(暗影)就越明显。由于各脏腑之压力不同，反应之部位亦不尽相同。

In other words, venous congestion reflects the degree of blood stagnation in the blood vessels. Based upon my experience, venous congestion is often seen in cardiac and respiratory disorders and *TongBi* (painful or cold) syndromes. The shape of these veins is extremely pronounced and the color is purplish blue; they are known as bluish tendon. This syndrome manifests frequently on *WeiZhong* (BL 40), *ChiZe* (LU 5), and the upper arm; the lateral aspect of the limbs and the thenar eminence; and the scapular and lower abdomen.

青筋相当于静脉瘀，据经验血压心脏病变及呼吸病变较为常见，其它病痹证亦可见及。这种静脉形状特别显著，颜色特别紫蓝，俗称「青筋」，此症多发生在委中、尺泽、臂上部；间或四肢外侧及鱼际、然谷部也有、更有发生在肠骨前沿及肩胛与腹壁的。

Shadows may manifest anywhere in the body. If ignored, this venous congestion may block the resolution of related diseases. When we treat shadows, patients problem can typically be cured within one week to two months.

凡全身都可因此引起病患。若不注意此症，其所有患处则永不能根治；若能治此、其病患常在一两周后，最迟一两个月，不加治疗就霍然而愈。

In my experience, sometimes one treatment can resolve certain diseases. If not cured in the first treatment, often patients experience great relief after one treatment and are cured shortly thereafter. I recommend using a three-edged needle to bleed the *Luo* channels, allowing the dark, occluded blood to drain out. Repeat this treatment every five to six days until the venous congestion is gone.

据个人经验，有些病治疗一次，即有全愈者，一般经针治一次后即大见减轻，数次后，其病就根治。治疗时用三棱针刺破络脉，流出些黑血，每隔五、六天再放一次，到脉管不一现瘀胀为止。董师亦常根据手掌及手指之青瘀部位诊断疾病，发展出独门之「董氏掌诊学」。

Microsystems (QuanXi) 全息

In Chinese medicine, heaven and humans unite as one. As our bodies are a microsystems of the macrocosm, the world around us, so each area of the body can reflect the whole body. In other words, Chinese medicine is holographic in nature, with each body area reflecting the totality.

在中医天人合一学说中认为每一个局部均与全体相关，每一个局部均能反应全体，也皆能以之治疗全体，这就是全息论的观点。因此有掌针、眼针、耳针、足针、头针等多种针法的发明。当然最重要的是体针，体针虽以十四经络对应五脏六腑。但若将手臂足腿每一部皆再予区分，每一部份仍能各自治疗全身疾病。这种事实充分反映了人身整体相关。全息论的出现深化了中医学的整体观念，按生物全息论，人体任一肢节都是整体的缩影。都有与整体相应的穴位，例如第二掌骨侧，这里的穴位从指根向掌根歧骨，对应有头、颈、上肢、肺、肝、胃、十二指肠、肾、腰、下腹、腿、足等各部位穴位，第五掌骨侧也有这样的对应。在各个节肢及其它较大的相对独立的部份中，都有着与第二掌骨侧相同的穴位分布规律，各节肢的各穴分布都遵循着与第二掌骨侧同一比例：头穴和足穴联机的中点是胃穴。胃穴与头穴联机的中点为肺穴。肺穴与头穴联机分为三等分，从头穴端算起的中间两个分点依次是颈穴和上肢穴。胃穴与足穴的联机分为六等分，从胃穴端算起的中间的五个分点依次是十二指肠穴、肾穴、腰穴、下腹穴和腿穴。上述穴位只是具有代表性的点，其它穴位可以以这些穴位为参考点得出。

The distribution of Master Tung's acupuncture points is based upon an understanding of holographic relationships and Microsystems. Master Tung emphasized the point that any body area could be used to treat

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illnesses of the whole body. He divided the body into 12 therapeutic sections, although he acknowledged that any section could treat diseases anywhere in the body. His understanding and application of Microsystems enables us to be highly creative in devising acupuncture treatments. Microsystems Correspondences are discussed in the article, "Further Explorations of Tung's Extra

Points".董氏奇穴的穴位分布与全息律亦有极相似之处，董师强调任一局部皆能治疗全身疾病，董师虽然将全身区分为十二治疗部位，但每一部位均可独立治疗全身疾病。临床施治时，常艺术化的由病人决定针手或脚而治疗病人。同类性质作用的穴道在手及脚皆有分布，例如指五金、手五金、足五金；指驷马、足驷马即是显例。再如一个穴组本身即常蕴有全息意味。例如灵骨、大白并用董师温阳补气要穴，治病之蟹，几乎全身无所不包，疗效之高，亦非其它穴位所可比拟。大白位置与三间相符，而贴近骨头，三间系大肠经俞穴，灵骨穴在合谷后又骨前，两穴合用涵盖俞原所经之处，若以全息律而论，大白主上焦，灵骨主下焦。又大白、灵骨皆以深针为主，又深透侧面之上、中、下三焦，因此不论纵横，此二针皆涵盖三焦，其效果之大，自是可知。再如五虎穴，自指尖向手掌，依序为五虎一、五虎二、五虎三、五虎四、五虎五。五虎穴董师原治全身骨肿。按此五穴之分布及主治本身即有全息意味，五虎一常用于治疗手指痛、手掌痛及腱鞘炎；五虎三用于治疗脚趾痛，（五虎二则用于加强五虎一、二之作用）；五虎四用于脚背痛；五虎五用于治疗脚跟痛。再如八八(大腿部位)七七(小腿部位)之一些主治全身病变的穴组，例如驷马上、中、下之治肺系疾病；天黄、明黄、其黄之肝系疾病；肾关、人皇、地皇之治肾系疾病。每一部位全息下点与另一全息上点相交之处，则上下病变皆能治疗。例如灵骨可治脚跟痛，也能治头晕。曲池能治头晕，也能治下部之膝盖痛。

董师的倒马针法常用两三针并列，虽说因并立加强了治疗作用，但何尝不是借着全息作用，全体互应的结果。尤其是八八部位三针并列的脏腑治疗系列，更与全息律有着不谋而合的关系。例如：治肺脏病的驷马上、中、下；治心脏病的通关、通山、通天；治肝脏病的明黄、天黄、其黄；治肾脏病的通肾、通胃，通背。就有上针治上部、中针治中部、下针治下部的作用。整体合用，全体照应，疗法当然突出。

Dui Yin or Correspondences 对应

Biao You Fu's poetry on Cross Channel Needling: *Treat problems on the left with points on the right. Treat local problems with distal points (to drain away the problem). Treat disorders on the head with points on the feet.*

标幽赋说：「交经缪刺，左有病而右畔取，泻络远针，头有病而脚上针。」董师善用上病下治，下病上治，左病针右，右病针左，绝不在局部针刺，其治病常采对应取穴，效果卓著。董师常用之对应取穴法有下列八种：

It is stated in the *Biao You Fu* (Versed Formula of Profound Acupuncture Therapy) that "Acupuncture applied to the healthy side while the opposite side is diseased is known as contra-lateral insertion. Another way is that when there are problems in the head, acupuncture is applied to the foot". Master Tung was good at the contra-lateral insertion of needles. For example, he treated diseases in the upper, lower, left or right part by managing the opposite. He never conducted acupuncture locally because he believed the correspondent selection of the points would improve the curative effect. Master Tung's correspondent needling technique includes the following aspects:

Selection of points on the same level: 等高对应

Acupuncture is performed on the opposite point at the same level of the tender spot. For instance, when pain is on the left *Qu Chi* (LI 11), the right *Qu Chi* (LI 11) is punctured; and vice versa. In the treatment of the internal disorders; we may discard the practice of needling the same points on both sides. In fact, different point on one side or both sides can be applied.

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即在痛点对侧相等部位施针，左侧病痛可取右侧等高点，右侧病痛也可取左侧等高点，例如左曲池痛可针右曲池。这与物理学说之共振理论，有其相合之处，推广应用治疗内科病也可不采用双侧同穴针刺，而采用单侧或双侧异穴针刺。

Same direction correspondence between the arm and leg: 手足顺对

Arrange the upper limb and lower limb in a line. Take the elbow and the knee as a correspondent pair. Other pairs are the shoulder and hip; upper arm and thigh; forearm and leg; hand and foot. When the hip is diseased, points on the shoulder [e.g. *JainZhong* (44.06)] is applied. When there are problems in the knees, *QuChi* (LI 11) or *ChiZe* (LU 5) is needled (*ZhouHouGe* – Rhymes of Prescriptions for Emergencies). Conversely, shoulder disorders can be treated by needling points on the hips; or elbow ailments are treated by needling points on the knee. I often perform acupuncture this way to treat ankle pain. It is a way of selecting points in light of this rule.

将上肢与下肢顺向并列，以肘对应膝为中心对应，可有如下对应：即肩对髋、上臂对大腿、肘对膝、下臂对小腿、手对脚。如髋有病可取肩部穴位(例：肩中穴)施治；膝部有病取曲池或尺泽(肘后歌)施治(反之肩部有病也可取髋部穴位施治，肘部有病也可取膝部穴位施治)。个人常以五虎穴治脚趾痛，以小节穴治脚踝痛，即系此一一对应之运用。

Opposite direction correspondence between arm and leg: 手足逆对

Arrange the upper and lower limbs in opposite directions. The part of opposite correspondence is as follows: They are shoulder and foot, upper arm and lower leg, elbow and knee, forearm and thigh, hand and hip. For example, if there are problems in the ankle, points on the shoulder are needled; and if the thigh is diseased, points on the forearm are punctured. Conversely, problems in the shoulder can be treated by needling points on the foot; or the problems of the forearm are treated by needling points on the thigh. Master Tung often performed acupuncture to *LingGu* (22.05) and *HouXi* (SI 3) to treat sciatica. I usually select *ZhiGou* (SJ 6) and *WaiGuan* (SJ 5) to treat aching or other kinds of pain of the thigh, which is consistent with this rule.

将上肢与下肢呈逆向排列，可有如下对应：即肩与足、上臂与小腿、肘与膝、下臂与大腿、手与髋。如足踝部有病可取肩部穴位治疗，大腿有病可取下臂穴位治疗(反之肩部有病可取足部穴施治，下臂有病也可取大腿穴施治)，董师常取手上灵骨、后溪等穴治疗坐骨神经痛，个人亦常取支沟、外关治大腿酸痛，均系此一原理之应用。

Same direction correspondence between the upper limbs and trunk:

手躯顺对法

In addition to a correspondence between the upper and lower limbs, there is a correspondence between the upper limbs and the trunk. Let the arms hang down naturally at the sides. The following pair of correspondence is obtained: the upper arm and chest (back) or upper abdomen, the elbow and umbilicus (lower back), the forearm and lower abdomen (lumbosacral area), and the hand and genitals. For instance, if there are problems in the lumbosacral portion or the lower abdomen, points on the forearm are selected. Problems in the forearm are treated by needling points on the lower abdomen or lumbosacral area. Master Tung followed this rule to treat hernia by needling *DaJian* (11.01), *XiaoJian* (11.02), *FuJian* (11.03), *WaiJian* (11.04) and *ZhongJian* (11.05).

上肢除与下肢有对应关系外，与躯干亦有对应关系，将上肢自然下垂与躯干呈顺向并列对置，则有如下对应：上臂与胸(或背)脘，肘与脐(腰)，下臂与下腹(腰骶)，手与阴部。如腰骶或下腹有病可取下臂穴位治疗，阴部病可取手部穴治疗(反之下臂病也可取下腹或腰骶部穴位施治)。董师以大间等五个间穴治疝气即与此一原理有关。

Opposite direction correspondence between the upper limb and trunk:

手躯逆对法

Arrange the upper limb and trunk in the opposite direction, and the following pairs of correspondence is obtained. They are: the hand and wrist with the head and neck; the forearm with the chest, back or upper abdomen; the elbow with the lower back; the upper arm with the lower abdomen and lumbosacral area; and the shoulder with the genitals. Disorders of the chest and upper abdomen can be treated by needling points of the forearm. [For example, *NeiGuan* (PC 6), *HuoChuan* (33.04) and *HuoLing* (33.05) are selected to treat palpitation

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and stuffiness in the chest]. Acupuncture given to the upper arm treats problems of the chest, upper and lower abdomen. Also diseases on the forearm and upper arm are treated by needling points on the chest, upper and lower abdomen. Master Tung punctured *TianZong* (44.10) and *YunBai* (44.11) on the shoulder to treat vaginal problems and he used hand acupuncture (quite popular at the present) to treat head problems.

将上肢与躯干呈逆向并列，可有下列对应关系：即手(腕)与头(颈)，前臂与胸(背)腕，肘与(腰)上臂与下腹(或腰骶)，肩与阴部。如胸腕有病可取前臂穴位施治，下腹有病可取上臂穴位施治(反之前臂及上臂有病，亦可取胸腕及下腹穴位施治)。董师以肩部之天宗、云白等穴治妇科阴道病。目前流行之手针以手指治头部都与此一原理有关。

Same direction correspondence between the lower limb and trunk:

足躯顺对法

In addition to the same direction correspondence between the upper and lower limbs, there is a correspondence between the lower limb and trunk. Arrange the lower limb and the trunk in the same direction. The following pairs of correspondences are obtained. They are the thigh with the chest, back and upper abdomen; the knee with the umbilicus and lower back; the leg with the lower abdomen and lumbosacral portion; and the foot with the genitals. When there are problems in the chest or back, acupuncture can be applied to points on the thigh and needling points on the leg treats lower abdomen disorders. Conversely, if there are disorders in the thigh and leg, points on the chest or abdomen are selected. Clinically, *SiMaZhong* (88.17), *SiMaShang* (88.18) and *SiMaXia* (88.19) are usually needled to treat lung problems, and *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) are selected to deal with heart diseases. *MenJin* (66.05) is selected for dysmenorrhea, *DaDun* (LR 1) and *YinBai* (SP 1) for uterine bleeding; *FuLiu* (KI 7) for lumbosacral pain; and *SanYinJiao* (SP 6) for lower abdomen disorders. All of these fall under the guidance of this rule.

下肢除与上肢有对应关系外，与躯干亦有对应关系，肢与躯干顺向并列对置，则有如下对应：即大腿与胸(背)腕，膝与脐(腰)，小腿与下腹(腰骶)，足与阴部。如胸背有病可针大腿，下腹有病可针小腿，反之大腿及小腿有病，亦可在胸腹施治。临床常以内庭治经痛，大敦、隐白治崩漏，以及复溜治腰骶痛，三阴交治下腹病……等，其运用皆与此一原理相合。

Opposite direction correspondence between the lower limb and trunk:

足躯逆对法

Arrange the lower limb and trunk in the opposite direction, and the following pairs of correspondence is obtained. They are: the foot with the head; the ankle with the nape; the leg with the chest, back and upper abdomen; the knee with the umbilicus and lower back; and the thigh with the lower abdomen and lumbosacral area. Points on the leg are needled when there are problems in the chest and upper abdomen. Problems in the lower abdomen can be relieved by needling points on the thigh and leg. Master Tung usually treated discomfort of the nape by needling *ZhengJin* (77.01) and *ZhengZong* (77.02), whereas I often apply acupuncture to *ZuLinQi* (GB 41) for migraine, *XianGu* (ST 43) for headache due to disturbance in the *YangMing* channel, and *ShuGu* (BL 65) for pain in the back of the head. All of these are consistent with this rule.

将下肢与躯干呈逆向排列，可有下列对应关系：即足与头、踝与颈项、小腿与胸(背)腕、膝与脐(腰)、大腿与下腹(腰骶)。如胸腕有病可针小腿，下腹有病可针大腿，反之胸腕及下腹亦能治大小腿病。临床常以临泣治偏头痛，陷谷治阳明头痛，束骨治后头痛。董师亦以正筋、正宗治颈项不适，都与此一对应法有关。

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Same direction correspondence between the head and sacrum:

头骶对应法

Besides the same direction correspondence between the hand, foot and trunk, there is a correspondence between the head, face and sacrum. Clinically, *ChangQiang* (Du 1) is selected for mania and *BaiHui* (Du 20) is punctured for prolapse of the rectum. Master Tung tended to treat headache by needling *ChongXiao* (DT.17) which is also consistent with this rule. It was Master Tung's experience to select points on the left side to treat disorders on the right and vice versa. By using the principle of balance through selecting distal points, treatment were highly effective.

除了手与脚及手脚与躯干的对应外，头面与尾骶亦形成一种对应。例如临床以骶部之长强治癫狂之脑病；以头部之百会治疗脱肛就是常见的例子，董师亦常以冲霄穴治头痛，也是此一原理之运用。

The head and foot correspondence: 头足对应

The *BaiHui* (Du 20) point on the top of the head and the *YongQuan* (KI 1) on the bottom of the sole is a good example of top-bottom mirror correspondence. It is also called "Heaven Top vs. Earth Gate". This is why *YongQuan* can be applied for treating brain diseases and headache on the top of head.

头顶百会与脚底之涌泉也形成对应，即所谓「天顶对地门」，所以用涌泉治疗顶痛及脑部病变。

Anterior-posterior correspondence: 前后对应

The anterior part and posterior part of the human body also have mirror-correspondence relationship, such as chest-back, abdomen-waist & lower back, mouth-neck, etc. Master Tung often used *ZongShu* (1010.07) point on the neck to treat vomiting or feeble voice due to no strength of voicing. Another example is to use *ChengJiang* (Ren 24) for treating neck stiffness.

人身前后亦有对应关系，如胸背对应，腰腹对应，颈口对应等，董师常以颈部之总枢穴治发音无力，呕吐等，一般十四经穴则以承浆治项强，就是这种对应的应用。

Body Correspondence 体应

This system of correspondence is the most promising invention and application in Master Tung's approach. If we can grasp this principle well, not only can we perform acupuncture with Master Tung's extra points more effectively and profoundly, but we can also apply these ideas in our acupuncture using the 14-channels and achieve greater therapeutic effect. The essential idea of "body correspondence" is to use bone to treat bone; tendon to treat tendon; muscle to treat muscle; and vessel to treat vessel.

体应是董氏奇穴在治疗方面最有针对性的发明及应用，掌握此一原则，不只能将董氏奇穴应用得更深入更有效，以之于用在十四经穴方面，也能加强及突出其效果。体应之要点即：以骨治骨；以筋治筋；以肉治肉；以脉治脉。

Bone to treat bone 以骨治骨

In treating bone spur, we often use the *XiaoGuZhen* (bone-cutting) needling technique, with *SiHuaZhong* (77.09) and another point 3 *Cun* below it. Needle these two points close to the bone. We call this combination the "coupling needling technique". It can treat bone spurs in the knee, inflamed and enlarged knee joints, and degenerative arthritis of the knee joint with excellent results. When Master Tung needled a point that was close to the bone, he needled as close as he could get to the bone without piercing it. For example, *LingGu* (22.05), *HuoZhu* (66.04), *DaBai* (22.04) should be needled with a perpendicular insertion right next to the bone. The patient may feel a strong needle sensation, but the results will be excellent. In addition, we needle *FengShi* (GB 31) against the bone to the point at which the needle touches the bone, to treat various forms of Wind disease, pain syndrome, and hemiplegia with good results. Currently, one school of acupuncture emphasizes stimulation of the membranes surrounding bones to spur stronger and longer lasting conduction of *Qi*. Needling close to bone enables us to activate this powerful effect.

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治骨刺常用削骨针，即四花中及其下三寸的倒马针，两针紧贴骨头才有作用。本组穴位治疗膝盖骨刺，肥大性、退化性关节炎疗效很好。董师扎针，能贴骨就尽量贴骨，例如灵骨、火主、大白等穴贴骨而入，不但针感强而且疗效高。又如常用九里(风市)穴每每深至贴骨，治疗各种风病、疼痛以及半身不遂，疗效哀好。目前有一派说法强调骨膜传导，认为骨膜有传导作用，因此扎针时尽量贴骨或抵骨，疗效较佳。

*Tendon to treat tendon*以筋治筋

In treating disorders of tendons, needling as close as possible to a tendon similarly generates excellent results. For example, *ChiZe* (LU 5) is on the radial side of the tendon of m. biceps brachii. Needling this point can ameliorate tendon and other sports injuries anywhere in the body. *ZhengJin* (77.01) and *ZhengZong* (77.02) [located on the Achilles' tendon] are excellent for treating stiff tendons in the neck, tightness in the m. gastrocnemius and other tendon disorders.

贴筋进针可治筋病，例如尺泽在大筋旁，可治全身的筋病，对运动病变效果很好。又如正筋、正宗(阿基利斯腱)是一大筋，针刺入正筋、正宗可治疗颈筋强硬，小腿筋紧等多种筋病。

*Muscle to treat muscle*以肉治肉

SiMa (88. 17, 18, 19) and *JianZhong* (44.06) [both located on large muscle groups] are used to treat muscular problems and especially muscular atrophy. In terms of the 14-channels, *QuChi* (LI 11), *ShouSanLi* (LI 10) and *HeGu* (LI 4) are all located in areas with extensive musculature; these points are superior in treating muscle disorders. Of course, muscular atrophy typically occurs because of *YangMing* damp-heat or lung-heat. Needling the points above is excellent for clearing *YangMing* and Lung-heat. *SiMa*, *JianZhong*, *QuChi*, *ShouSanLi* and *HeGu* are superior points for various dermatological conditions.

例如驷马及肩中皆是肌肉较为丰富的部位，最常用来治肌肉方面的病变，尤其是肌肉萎缩，疗效甚好。在十四经面，曲池、手三里、合谷都是肌肉较丰富的地方，治疗肌肉病变效果也较好。当然肌肉萎缩多为阳明湿热或火烁肺金，针这些穴位对清阳明及肺金的疗效都很高。驷马、肩中、曲池、手三里、合谷等穴治疗皮肤病效果也很好。

*Vessel to treat vessel*以脉治脉

Needling proximal to the vessel can treat vascular diseases. For example, needling *RenZong* (44.08) and *DiZong* (44.09) [located close to large vessels] can regulate blood circulation and greatly benefit arteriosclerosis and heart disease. *TaiYuan* (LU 9) [located proximal to the radial artery] is the "influential point of vessels" and is excellent for treating vascular diseases.

紧贴脉管的穴位可治脉病，例如针人宗、地宗，因靠近血管，调整血液循环，治心脏病及血管硬化效果很好。肺经的太渊穴在脉旁为脉会，治疗脉管病效果很好。此外，根据五行对应原理，还能以骨治肾，以筋治肝，以脉治脾，以皮治肺等，董师书中随处可见，这里就不再多与例证。

Master Tung's Acupuncture and Channels 董氏奇穴与经络

Selection of Points following the Channels 循经

The basic principle of acupuncture point selection is summed up in these words: "Follow the channel to select points". Master Tung adhered to this principle. Because Master Tung is known for his great success in using his system of extra points, many fail to realize that he also was a master of the use of the 14-channels. It was precisely his thorough knowledge, understanding and competence in employing primary channel acupuncture treatment that enabled him to develop such effective extra points. Master Tung also created unique and highly effective applications for the points of the 14-channels. This principle has been discussed in the above article, "Further Explorations of Tung's Extra Points", so I am not going to readdress this issue here.

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循经取穴是针灸辨证取穴的最基本原则与方法。董氏奇穴大致亦不例外。董师由于研究奇穴的突出，以致竟有些人对其在十四经穴的成就懵然不知，这的确是一件可惜的事，殊不知董师因为对十四经穴的深入与扩大，才有数百奇穴的发明，而董师在十四经穴之应用方面确有许多发前人所未发之处，例如以脾关治感冒，以伏兔治心悸、心脏病，犊鼻治唇生疮，公孙治腰痛、手麻，三阴交治腰痛、落枕，阴陵泉治前头痛，腕骨治眼病，肩外俞治小腿痛，膏肓棱针点刺治膝痛，承扶治瘰疬，风市治肩痛、胁痛、半身不遂，陷谷治偏头痛、腹泻，风府点刺治呕吐……等等，董氏奇穴虽名之为「奇穴」，但董老师常说其奇穴为「正经奇穴」，其原著亦称「董氏正经奇穴学」，亦即穴位之分布与十四经有密切关系，若非对十四经穴有极为深刻之认识，断难发现如此多之奇穴，在其原著书后亦附有「董氏对十四经穴主治病症之修订」可资参考。这里再举几个奇穴中的例子，与各位说明：董师常用肝门穴治肝病，中医认为肝病多湿，小肠为分水之官，小肠之原穴腕骨即为治黄要穴(通玄指要赋、玉龙歌、玉龙赋)，肝门穴位于手臂小肠经中央，即合经络，又合全息治中焦肝病之理、其效显著，自无疑义。又如正筋、正宗之治疗颈项，即合对应(详见七七部位正筋之说明)又与膀胱经有关，治疗颈项病当然有奇效。再如搏球之治背痛；其门、其正、其角之治痔疮；天黄、明黄、其黄之治肝病；下三皇之治泌尿、脾胃、妇科病包含三阴交穴在内；人士、地士、天士及曲陵穴等之治气喘感冒与肺经有关；门金之治肠胃病变与胃经有关……等等，真是不胜枚举，这些皆足以说明董氏奇穴是以十二正经为基础发展起来，而又兼颤对应全息，因此效果更为突出。

In addition, Master Tung considered the primary channel pairs in selecting points. For example, he used *GongSun* (SP 4) to treat frontal headaches involving the *YangMing* stomach channel and *NeiGuan* (PC 6) is used to treat disrupted flow of *Qi* in the *SanJiao* channel. Master Tung bled three points located proximal to the stomach primary channel – *SiHuaZhong* (77.09), *SiHuaWai* (77.14) and *FengLong*(ST 40) with a three-edged needle to treat phlegm and blood stasis obstruction diseases because the spleen produces phlegm and dampness. 此外循经取穴除包括本经取穴外，尚有表里经取穴，例如以脾经之火菊治疗前头(阳明头痛)；以内关治疗三焦之气机不显；在四花中、外、丰隆点刺出血治疗痰(脾聚痰湿)瘀阻滞之病……等亦是，不胜枚举。

Selection of Points Following the Crossing Channels 交经

Master Tung also employed the six divisions in creating his point selections. He clearly understood the relationships among foot and hand *TaiYang*, foot and hand *YangMing*, and; foot and hand *ShaoYang* as well as foot and hand *TaiYin*, foot and hand *ShaoYin*; and foot and hand *JueYin*. Points using the six channels have a profound effect on human physiology and pathology. For example, Heart and Kidney communication, so important in traditional Chinese medicine thinking occurs via the hand and foot *ShaoYin* division. Similarly, the hand-*JueYin* of the Pericardium has an interdependent relationship with the foot-*JueYin* of the Liver.

交经又名通经取穴法，或称六经同名经相通取穴法，即太阴通太阴，阳明通阳明，少阴通少阴，太阳通太阳，厥阴通厥阴，少阳通少阳的三阴三阳相通，实际上就是六经同名经相通。这种关系，对人体的病理生理均有影响，例如心肾之气必须相交，就是因于手足少阴相接的特点；包络相火可以寄附于肝瞻，专赖手足厥阴通连为之维系。

While the six divisions play a prominent role in *ShangHanLun* thinking, having formed the foundation of pattern differentiation and the resulting herbal traditions for centuries afterward, the application of the six divisions in acupuncture channel theory is not as widely known but is highly effective. Examples of Master Tung's usage of the six channels include the following: He used *WanShunYi* (22.08) and *WanShunEr* (22.09) located on the hand-*TaiYang* of Small Intestine to treat lower back pain related to the foot-*TaiYang* of Urinary Bladder. Additionally, he used *WanShunYi* (22.08) and *WanShunEr* (22.09), located in proximity of *HouXi* (SI 3) to treat pains on the external side of the foot involving the bladder channel. Master Tung also used *Yuji* (LU 10) to treat *GongSun* (SP 4) pain, employing the hand and foot *TaiYin* connection. Master Tung's development of *WuHu* (11.27), locates

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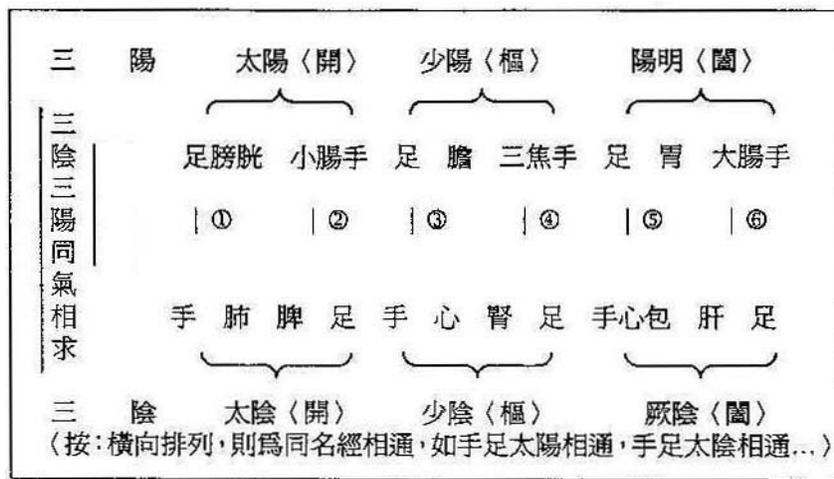
along the lung channel on the thumb, is also based upon the six division relationships. *WuHu* points are known to treat pain and problems of the opposite great toe. Master Tung believed that knowing the specific channel involved in a disorder was much more important than knowing specific points. Combining knowledge of the channel with proportional measurements enabled one to select points that would highly beneficial. For example, if a patient has pain on the right leg around (BL 57), the practitioner could use the mid-portion of the left forearm channel of SI to find an effective point to treat it.

六经相通，在伤寒论中，记之甚详，并予以辨证论治，但在针灸治疗之应用方面却少人知。但应用的机会则不在少数，效果也很好。董师在奇穴方面也常应用通经法。例如，以腕顺一、二穴治疗膀胱经腰痛，还可治对应的足外侧痛。又如以鱼际可治公孙(手太阴通足太阴)部位痛，再扩展演伸出五虎穴治大趾痛。这种方法有时不需要有固定的穴位也能治疗疾病，只要掌握经络、掌握对应比例即可，例如小腿承山部位痛，可在手臂的中段(太阳经)找穴位治疗即可。

ZangFuBeiTong Theory (Five Zang Extra Relationship Theory) 五脏别通用法

The *ZangFuBeiTong* theory is the most outstanding, widely used, and essential aspect of Master Tung's Acupuncture. Although never discussed formally in his writing, this theory has been consistently applied in the practice of his tradition. The *ZangFuBeiTong* theory was initially discussed in the *Ming* dynasty classic: *YiXieRuMen* (Introduction to Medicine), by *LiYan* in the *ZangFu* Depth Chapter and explored in much greater detail in the *Tang ZhongHai's YiJinJinYi* (Essential Theories of Classical Chinese Medicine). However, the origin of the *ZangFuBeiTong* theory has not been investigated. The *ZangFuBeiTong* theory originated from the Six Channel's articulation of Open, Close, Pivot (entries, exits and axes) and the "Six Channel Theory" stemmed from the theoretical applications of the *YiJing*. The *LingShu's* chapter on "Roots and Nodes" stated that among the *Yang* channels, *TaiYang* is the entry; *YangMing* is the exit; and *ShaoYang* is the axis; and among the *Yin* channels, *TaiYin* is the entry; *JueYin* is the exit; and *ShaoYin* is the axis; thereby hinting at the resonance between *TaiYang* and *TaiYin*, *ShaoYang* and *ShaoYin*; and *YangMing* and *JueYin*.

这是董氏奇穴应用最突出、最广泛及最精华的部份，虽然在董师书中从未提及这方面的理论，但其应用则时时处处与之相合。五脏别通首先见于李挺「医学入门」，引自脏腑穿凿论。唐宗海之「医经精义」有较细的发挥。但他们都并未深入了解其源流，五脏别通应系由六经之开合枢变化发展而来(开阖枢则又系由易经演变而来)。灵枢根结篇说：「太阳为开，阳明为合，少阳为枢」，又说：「太阴为开，厥阴为合，少阴为枢」，以三阴三阳同气相求，作手足相配之表如下



This chart articulates the relationships among the Lung and Urinary Bladder, the Spleen and Small Intestine, the Heart and Gallbladder, the Kidney and Triple Energizer, and the Liver and Large Intestine. In addition to this

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ZangFuBeiTong theory, the Pericardium and Stomach also share resonance. This chart helps resolve many otherwise puzzling aspects of Master Tung's acupuncture system, and helps explain the phenomenal results obtained from its practice. In 1992, I discussed the application of these principles in almost all the points used in Master Tung's system. Here I will highlight several examples.

这样就构成了肺与膀胱通，脾与小肠通，心与胆通，肾与三焦通，肝与大肠通。除五脏别通外，胃也应与包络通。从此一原理来探源董氏奇穴之原理及应用，许多疑惑自可不言而喻，以此原理发挥应用更能挥洒自如，早在1992年个人重新修订之「董氏奇穴针灸学」已将此一原理之应用明注于该书各穴位之说明中，现将其中部份用例再提出看看，当能更了解其应用。

For Example: 例如:

- *ChongZi* (22.01) and *ChongXian* (22.02), which are on the Lung channel, can be effectively used to treat pain on the back and scapular along the Bladder channel.
重子、重仙在肺经上，但可治膀胱经之背痛，及肩胛部疼痛
- *GanMen* (33.11), which is on the Small Intestine channel, the separator of pure from the impure fluids, is highly efficacious in draining Damp-Heat and treating hepatitis.
肝门穴在小肠经上，小肠为分水之官，清利湿热之效甚好，所以能治肝炎
- *YanHuang* (11.23), located on the Heart channel, can treat yellowish discoloration of the eyes that occurs in jaundice, because of the heart and gallbladder relationship.
眼黄穴在心经上，透过心与胆通，所以能治眼发黄
- *HuanChao* (11.06), occupying the *SanJiao* channel, doesn't only regulate *SanJiao*'s energy flow, but also disperse the liver, tonify the kidney, to treat gynecological diseases and infertility.
还巢穴在三焦经上，因三焦经与肾相通，故透过治理三焦，疏肝补肾能治妇科病、不孕症等
- *HuaBao* (55.01), on the second toe on the Stomach channel, is highly effective for treating angina and other types of heart pain, because of the stomach and pericardium relationship. In addition, *TongGuan* (88.01) and *TongShen* (88.09) both located on the stomach channel, also effectively in treating heart disease. 又如火包穴在胃经第二脚趾上透过胃与心包通，治心痛甚效。
通关、通山在胃经上治心脏病亦甚效
- *Mu* (11.17), located on the Large intestine primary channel, can treat hernia pain on the liver channel because of the relationship between the large intestine and liver. Also excellent for liver channel hernia pains are *DaJian* (11.01), *ZhongJian* (11.05), *XiaoJian* (11.02), *FuJian* (11.03) all located on the liver channel.
木穴在大肠经上，但能治肝经之疝气痛，其它大、中、小浮间皆在大肠经上，都能治疝痛
- In addition, frozen shoulder, which typically features pain around the shoulder and scapular areas of the small intestine channel, can be effectively treated by needling *ShenGuan* (77.18), located on the spleen channel. 又五十肩病痛多在肩背小肠经处，针肾关(在脾经上)特效

Choosing points on the 14-channels based upon the *ZangFuBeiTong* theory can also result in highly efficacious treatments. For example, *QuChi* (LI 11) treatment of dizziness is based upon the relationship between the large intestine and liver. *WanGu* (SI 4) can drain the spleen dampness and as cited in many classics, is highly effective in treating jaundice. *ZhongZhu* (SJ 3) is excellent in the treatment of the lower back pain caused by kidney deficiency. *ZuSanLi* (ST 36) excels in treating heart disease, and *NeiGuan* (PC 6) achieves great results in treating knee pain located on the stomach channel. This method can be flexibly applied to many clinical problems. There are many successful clinical cases so I am not going to address more.

十四经穴应用五脏别通之原理取穴，疗效亦非常好，例如，以曲池治头晕，就是透过大肠与肝通的应用。腕骨在小肠经，能清脾湿，治黄疸，自古为治黄要穴。中渚在三焦经上，治肾亏腰痛甚效。

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足三里为胃经穴，但治心脏病甚效。内关为心包络穴位，但治膝痛甚效，此因通过膝部最主要之经络为胃经。此种方法应用极灵活，例证甚多，疗效极好，在此不再多举。

Needling Methods for Tung's Extra Points 董氏奇穴手法

DongQi (Active Qi) and DaoMa (Coupling) Needling Methods 动气及倒马针法

Master Tung's needling methods are very simple since he only advocated perpendicular insertion, oblique insertion, shallow insertion, deep insertion, skin insertion and retention of needle, all of which will exert the desired effect. To lessen the suffering of the patients and fainting during acupuncture, he did not use flicking, shaking or rotating manipulations. He did not rigidly adhere to the theory of supplementing and draining. 董氏奇穴施针手术简便，仅用「正刺」、「斜刺」、「浅刺」、「深刺」、「皮下刺」与「留针」各种手法即可达到所期望之疗效。不采「弹」、「摇」、「捻」、「摆」等手法，可减轻患者之痛苦，减少晕针的情况，亦不必拘泥于「补」、「泻」等理论。

Since he did not adhere to supplementing and draining, he developed a series of special, even needling methods *DongQi* (Active *Qi*) technique and *DaoMa* (Coupling) technique. He believed that human body had the natural resistant capacity and a relative balance spot; as a result, he adopted the cross channel, opposing needling techniques. Striking effectiveness can be seen in distal needling combined with the *DongQi* technique especially indicated for pains. For instance, Tung needled *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) of the healthy side and asked the patient to grip his teeth or move his chin for trigeminal neuralgia. The pain immediately disappeared. The same happened to sciatica when *LingGu* (22.05) and *DaBai* (22.04) were needled and the patient was advised to move his low back and leg. Although the extra points have specific functions, the effectiveness of the *DongQi* technique can never be neglected. This technique is not only applied to the extra points but to the points of the 14-channels. It is effective for pain and internal diseases as well.

由于不拘泥于补泻，董师研创出另一套平补平泻的特殊针法——动气针法与倒马针法。动气针法即针后令病人疼痛处所活动活动，看有无改善，再决定继续捻针或换针。本人将此种手法为老师定名为动气针法，首刊于1975年版「针灸经纬」，老师亦甚赞同此老，遂沿用至今。大陆虽亦有类似手法，但首见于1988年「黄河医话」名之为「运动针法」并自谓首创，实则已晚于本人13年，晚于董师则更久矣。近年来大陆及国外对此几种手法研究者不在少数，事实早在1985年山西科技版之吕景山着的「针灸对穴临床经验集」已经引证本人著作及动气针法。

董师认为人体有自然抗能，并有相对平衡点，所以常采用「交经巨刺」以远处穴道疏导配以动气针法，疗效惊人。尤其对于疼痛性病证，往往能立即止痛，例如三叉神经痛，董师针健侧侧三里、侧下三里两穴，并令患者咬牙或动颞，可立即止痛；坐骨神经痛，针健侧灵骨、大白两穴，并令患者腰腿活动，亦可立即止痛。虽说奇穴有奇用，但是动气针法的功效也是不可忽视的。动气针法不局限于奇穴有效，更适合于十四经穴，不但适用于止痛，用于内科，亦有着效。

The operations of the *DongQi* technique is as follows: 动气针法具体操作如下：

1. Select the points 先决定针刺穴道。
2. Insert the needle and when it has reached the sensations of numbness, soreness or distension, rotate the needle and ask the patient to move the affected side.
进针后有酸麻胀等感觉时，即为得气现象，然后一面捻针一面令患者患部稍微活动，
3. When the suffering subsides, indicating the union of the point *Qi* with that of the affected area, the *Qi* is successfully dredged and balanced. Then one must stop the rotation of the needle and retain or withdraw

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the needle according to the specific condition.

病痛便可立即减轻，表示针穴与患处之气已经相引，达到疏导及平衡作用，可停止捻针，视情况留针或出针。

4. For a chronic case, the needle should be retained longer and rotated in order to lead the *Qi* arrival. The patient is asked to move the affected part to cause the needling sensation.
如病程较久，可留针稍久，中间必须捻针数次以行气，可令病患再活动患部引气。
5. If the disease is located in the chest or abdomen, ask the patient to breath deeply or massage the local area to bring the needle *Qi* up and drive pathogenic evils away. For example, in the treatment of chest pain or stuffiness in the chest, *NeiGuan* (PC 6) is first choice to needle and then ask the patient to take a deep breath. The symptoms will immediately be relieved.
如病在胸腹部，不能活动，可用按摩或深呼吸，使针与患处之气相引，疏导病邪。例如治胸闷胸痛，针内关，然后令患者深呼吸，可立刻舒畅。

DongQi technique is very easy to learn, and it is very useful. It can be used without knowing the deficiency or excess condition. However, the needle only is applied to distal points because the diseased part must be movable or easy to massage. According to my own experience, I usually select the *Yuan*-source points, *Luo*-connecting points, *Shu*-stream points, *Mu*-front points, *Xi*-cleft points and connecting points. This method is becoming more popularized and should continue.

动气针法简单实用，且在不明虚实思状前亦可使用。但必须能使病痛部位自由活动或易于按摩，因此必须在远隔穴位施针。依个人经验，仅就五输原络，俞募都会等特定穴位，灵活运用即可，价得推广应用。

DaoMa (Coupling) technique is another invention of Master Tung. It is a way in which two or three points on a line are needled at the same time to promote the curative effect of the extra points or points of the 14-channels. It is often used together with the *DongQi* technique with marked effect.

倒马针法系董师所创用之一种特殊针法，系利用两针或三针并列之方式，加强疗效的一种特殊针法。奇穴与十四经穴均可利用此一针法，此一针法亦常与动气针法结合使用，疗效显著。

The operation of *DaoMa* technique is as follows: 具体操作是：

1. Select a first point, e.g. *NeiGuan* (PC 6). 先在某一穴位施针(如内关)。
2. The second point chosen is to be a neighboring point of the same channel, for example *JianShi* (PC 5) or *DaLing* (PC 7). This is the so-called *DaoMa* needling technique.
然后取同经邻近穴位再刺一针(如间使或大陵)，这样就形成了所谓的倒马针。
3. The tonifying or sedating method is used, or the technique is combined with the *DongQi* technique to enhance the treatment effect.
在倒马针的基础下可用补泻法，也可用动气针法与之配合，加强疗效。

The result of the two point needles on the same line is much stronger than when several needles are applied. For instance, if the effect of acupuncture applied to *NeiGuan* (PC 6) is one, then when *JianShi* (PC 5) is needled the strengthened effect is three instead of two. The reason lies in the coordination of points, giving the effect in one vigorous effort.

这种邻近两针同时并列的针法，较之散列的多针的效果，是来的较大而确实的，在内关取穴施针之效果如果等于一分，加取间使穴使成并列之倒马针，则其效果并不只是二分的增加，而可能是三分或五分，究其原因，可能是有互助合作，一鼓作气的强化作用。

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To strengthen the treatment effect, *DaoMa* technique can be applied to many parts of the body. For example, the following pair of points are often selected to improve the effect:

全身有很多的地方都可使用倒马针以增强疗效

- *NeiTing* (ST 44) and *XianGu* (ST 43) for gastrointestinal disorders
如内庭、陷谷合用对肠胃病有很大效用
- *NeiGuan* (PC 6) and *JianShi* (PC 5) for heart disease 针内关、间使治心脏病有特效
- *ZhiGou* (SJ 6) and *WaiGuan* (SJ 5) for hypochondriac pain, leg pain and sciatica;
支沟、外关治肋痛、小腿痛、坐骨神经痛
- *ShouSanLi* (LI 10) and *QuChi* (LI 11) for dizziness, rhinitis, shoulder and arm pain, lower back and knee pain. 手三里、曲池治头晕、鼻炎、肩臂痛、腰膝痛

Other point combinations are *HeGu* (LI 4) and *SanJian* (LI 3); *FuLiu* (KI 7) and *TaiXi* (KI 3); *ShenMai* (BL 62) and *JinMen* (BL 63); and others too numerous to mention one by one.

其它如合谷、三间倒马针，复溜、太溪倒马，申脉、金门之倒马……等不胜枚举，可以推广使用。

Based on my clinical experience and *DongQi* technique, I developed a new acupuncture method called the Guiding Needling Technique (*QianYin*). The latter is much more effective than the former. For details, please read my book, "The Essence of Acupuncture and Moxibustion".

倒马针两针或三针并列，实亦寓有全息的意义，若三针并列，则也还有上针治上、中针治中、下针治下的意义，两针并列，则有上针治上部、下针治下部的意义。在个人多年的临床经验中，复根据动气针法的基础研究创出「牵引针法」，效果之佳，较动气针法尤有过之而无不及，详细内容可参看拙著之「针灸经纬」。

Depth of Needle Insertion 重视深浅

Ancient medical literature stresses the importance of needle depth. Master Tung often spoke of different depths to which a needle is inserted to treat different diseases. For example, for *DaJian* (11.01) and *XiaoJian* (11.02), he said: "Perpendicular insertion of a 0.5 *Cun* needle to a depth of 0.1 *Cun* treats heart diseases, while to a depth of 0.2-0.25 *Cun* treats disorders of pulmonary branch nerves". For *DiShi* (33.14), he said: "The needle is inserted to a depth of 1 *Cun* to treat asthma, common cold, headache and Kidney vacuity; while a depth of 1.5 *Cun* treats heart diseases". For *DiZong* (44.09), he pointed out: "The needle is inserted to a depth of 1 *Cun* to treat mild cases; whereas a depth of 2 *Cun* treats severe cases." The above is only a few examples to illustrate his use of depth in treatment. Depth of needling usually adheres to the following principles:

针刺的深浅关乎疗效极大，古书中不乏记载，董氏奇穴中亦经常提及深浅不同的主治有别，例如：大间及小间穴之手术部份指出：「五分钟，正下一分治心脏，二至二点五分为肺分支神经」。地土穴之手术：「针深一寸治气喘、感冒、头痛及肾亏。针深一寸五分治心脏病」。地宗穴之手术：「针深一寸治轻病，针深二寸治重病」。这些只是列举其一以示全部。可以说董氏奇穴全部穴位，无不贯彻深浅之理。董师用穴之深浅大致依循下列几项原则。

According to diseased part 根据病位

Shallow puncture is for superficial or muscular ailments while deep puncture is used for bone and *ZangFu* organ disorders. For instance, the bleeding method is applied to *DaZhui* (*Du* 14), *FeiShu* (BL 13) and *GaoHuang* (BL 43) for exterior syndrome due to affliction by exopathogens; which is an example of shallow puncture. Even for the same point, *DaJian* (11.01), *XiaoJian* (11.02) and *DiZong* (44.09) different depths treat different diseases. One key is that for a nearby ailment, shallow puncture is used, whereas for a distal ailment, deep puncture is used.

ZuSanLi (ST 36), a commonly used point is another example. Master Tung often said: "When it is inserted to a

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depth of 0.5-1 *Cun*, it deals with leg problems; to a depth of 1.5-2 *Cun*, with gastrointestinal disease; to a depth over 2 *Cun*, with heart disease and asthma; and to a depth over 2.5 *Cun*, with face and head disorders". The effectiveness has been verified clinically.

一般病在表、病在肌肤宜浅刺；病在骨、病在脏腑宜深刺。有时治外感表症常在背部大椎、肺俞、膏肓点刺出血即为浅刺之例。同一穴位之深浅主治亦有别，在前述之大小间、地土，均已举例说明，其要旨为治近宜浅，治远宜远。又如最常用之足三里穴，董师常说：针五分一寸治腿部病，针一寸至寸半治肠胃病，治心脏病气喘病至少宜寸半以上，头面病则宜二寸以上，临床应用确有至理。

According to the nature of disease 根据病性

In general, for Heat or Deficiency syndromes and recently occurring diseases, shallow puncture is employed. For Cold or Excess syndromes and protracted diseases, deep puncture is used. For mild or recent diseases, Master Tung usually selected points of the finger and face with shallow puncture. But for severe or protracted ones, he often selected points of the leg and thigh with deep puncture. For febrile diseases he performed shallow puncture to points on the back or bled the *Jing*-well points. But for Cold syndrome or chronic diseases, deep puncture was performed to the leg, elbow, blood vessel or thick muscle with needles retained for some time; or with the bleeding method.

一般热症、虚症宜浅刺；寒症、实证宜采刺；新病宜刺浅，久病宜刺深。董师治疗较轻较短之病，常以手指颜面较浅部位之穴道针刺，对久病重病则以小腿大腿部位较深之穴位为主；热病在较浅穴位(背部)及井穴点刺，寒症久病则在腿部、肘部血管或肌肉较厚部位深刺久留或点刺。

According to seasons 根据四时节令

In general, shallow puncture was given in spring and summer, while deep puncture was given in autumn and winter. In addition, different points were selected in different seasons. The above fully embodies Master Tung's understanding of chronotherapeutics, which has been elaborated upon in "An Exploration into Tung's Extra Points and His Thinking" (Section 1), and it is unnecessary to go into detail here.

一般春夏宜刺浅，秋冬宜刺深，董师治疗疾病不只遵行春夏刺浅，秋冬刺深之理，在选穴处治方面亦有不同，充分体现了董师对时间治疗学的认识。

According to the physical condition 根据体质

In general, for fat, strong, muscular patients and laborers, deep puncture is used. For the thin, debilitated, weak patients, infants and office workers, shallow puncture is needed.

一般肥胖、强壮、肌肉发达者宜刺深；消瘦、虚弱、肌肉脆薄及婴儿宜刺浅，董师亦遵循此原则进针，对体力劳动者进针较脑力劳动者通常稍深。

According to the location of points 根据穴位

Master Tung usually selected points on the limbs. For the thicker parts he gave deep punctures, and for the thinner parts he gave shallow punctures. Any point was classified into three depths, *i.e.* superficial, deeper and the deepest. For points on the chest and back, the bleeding method was mainly applied. For points on the head and face, shallow perpendicular puncture or prone needling was performed. He used acupuncture manipulations such as that, it is safe and markedly effective.

董氏奇穴用穴多以四肢为主，肥厚部份可稍深，其余部份宜稍浅。穴分天地人三部，局部刺浅，再远入中，最远入深。躯干胸背概以三棱针轻浅点刺为主，头面部穴位多以浅针直刺或卧针平刺为主。绝无危险，且疗效高。

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In short, he paid attention to the depth of puncture of needles in light of the diseased site, disease's nature, physical conditions, season, and individual points; however, Master Tung always adhered to the following principles:

1. The point should be needled shallowly or deeply, he punctured it shallowly or deeply
2. When it was close to the diseased part, the point was shallowly punctured; if far, the point was deeply punctured.
3. For a recently occurring disease, shallow puncture was conducted, while for a chronic one, deep puncture was applied.
4. He tended to select points on the limbs, and he would rather make mistakes by deep puncture than by shallow puncture, which was like an insect bite, and could never gain any effect. Since it is kind of joining method, deep puncture strengthens the tie between channels and is indicated for patients who need more than one channel stimulated. It is consistent with the principle of a single needle that works on several points, not only lessening the suffering of needle insertion, but also strengthening the stimulation and improving effectiveness.
5. No matter how deep the puncture is, the arrival of *Qi* must be guaranteed.

总之，董师针刺论深浅，虽据病位、病性、体质、节令、穴位而定，但总以穴浅宜浅，穴深宜采；治近宜浅，治远宜深；新病宜浅，病久宜深为要。取穴多在四肢，强调宁失之深，勿失之浅，如蚊蝇之叮咬难期收功。由于深针有透穴作用，加强了经脉间之联系，并扩大了针刺之主治范围，且由于一针多穴，合乎精简原则，不但减轻进针之疼痛，又能加强刺激量，提高针刺效应，最为董师所乐用，但不论深浅，又必以得气为度。

Retention of Needles to Gain Effectiveness 注重留针

Retention of needles can strengthen and prolong the needling sensation to gain curative effect. Retention of needles and its duration are decided by the physique of a person, disease, seasonal conditions, individual point properties and *Qi* states.

留针是指进针以后，将针留置于穴位内，以加强及持续针感及其作用，从而达到提高疗效的目的。是否需要留针，留针时间长短，必须因人、因病、因时、因穴及视「气」而定。

Personal conditions: 因人而异

Retention of needles and its duration depend on the condition of the physique and age. Muscular and strong persons are difficult to be invaded by pathogenic factors. Once they are attacked, pathogenic factors go deep into the body. For this reason, needles should be retained with long duration, whereas for thin and debilitated patients and children, it is necessary to insert the needle shallowly and withdraw it quickly.

根据体质、年龄不同而决定留针与否及时间长短。体质壮实、肌肉丰满者，受邪较难，得之则邪深，刺宜深刺久留。体质瘦弱、皮薄肉少者及儿童则应浅刺疾出，不宜留针。

Disease conditions: 因病而异

Retention of needles and its duration are decided by the course, site, and nature of a disease. In protracted cases, the pathogenic factors go deep into the body, and reside in the *Yin* aspect and nutrient system (Deficiency syndrome). In this case, the needle should be retained for a long time. For a chronic case of Excess syndrome the bleeding method with a three-edged needle is applied. For a newly occurring disease when pathogenic factors reside in the *Yang* aspect and defensive system (Heat and Excess syndromes), it is necessary to give shallow puncture without retention of needles.

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根据病程、病位、病性而定；久病邪气入深及病邪在阴分、营分、属寒、属虚者(久病虽实则宜棱针点刺出血)宜深针久留；初病邪气表浅或病在阳分卫分，属热属实者应浅刺而不留针。

Seasonal conditions: 因时而异

Retention of needles and its duration are dependent on the seasons. For example, in spring and summer, when *YangQi* resides in the superficial portion of the body, puncture shallowly with short retention or without retention of needles at all. But in autumn or winter, when *YangQi* resides inwardly, puncture deeply and retain the needles. In the light of this principle, the retention of needles should be longer in the evening than in the morning and afternoon.

根据天时季节而定，春夏人之阳气在表，宜浅刺少留或不留。秋冬阳气在里，应深刺而留针。同理，下午晚上针刺，一般较上午及中午留针稍久。

Individual point property: 因穴而异

For a shallow point, *Qi* often resides superficially. Therefore shallow puncture is applied without retention of needles. For a deep point, needles can be retained for some time. However, we must remember, "A needle is resisted in a Heat Syndrome", and "A needle is sucked in a Cold syndrome". To avoid the sucking and bending of needles, a large part of the needle must be outside of the body. For the Cold syndrome, when the needle is retained for a long time, bending of a needle may occur because of a change in body posture. Master Tung preferred a comfortable supine position, and needles were retained in the limbs. It is the safest way to ensure that bending and sucking of needles is rarely seen.

穴位浅、气浮在外宜浅针不留，穴位深可稍留久，但必须注意由于「热病则顶针，寒病则吸针」，寒病久留为防针体被吸入，必须多留一部份针体在外，以免发生滞针弯针(长时留针，体位异动有可能发生弯针)。董师针刺多采舒适之卧位，并在四肢穴位进行留针；绝无弯针，亦不怕吸针，是较安全的针法。

At present there are two arguments about the duration of retained needles.

留针时间多久为宜，目前较通行者有两种说法：

1. As is pointed out in the *LingShu, WuShiYing* (Treatise on the fifty cycles of the nutrient *Qi*): "There are twenty-eight channels and collaterals in the body. The time of a day is measured by water dripping in a vessel marked by 100 segments. When the nutrient *Qi* travels 16 *Zhang* 2 *Chi* (1 *Zhang* = 3 1/3 meters, 1 *Chi* = 1/3 meter), a cycle is completed in the body. It takes 2 segments of water dripping." The above says that the cycle of *Qi* and blood flow in the channels and collaterals takes 2 segments of water dripping, equal to 0.48 hour or 28 minutes and 48 seconds, since a day is divided into 100 segments of water dripping.

据灵枢五十营篇所言：「二十八脉，……漏水下百刻，以分画夜。……气行十六丈二尺……一周于身，下水二刻。」指出气血运行一周，需时二刻，一昼一夜为一百刻，则二刻为零点四八小时，为廿八分四十八秒。

2. According to the *LingShu YingWeiZhengHui* (The origin of the Nutrient and Defensive systems and *Qi* circulation in them): it is stated that "The nutrient *Qi* travels within the channels, and the defensive *Qi* flows outside of the channels without cessation. In a day they travel fifty cycles." It means for one cycle, it takes 28 minutes and 48 seconds, From above, we can see that the duration of retention of needles should lasts over 28 minutes and 48 seconds. For easy calculation, at present, 30 minutes would be proper.

据灵枢营卫生会篇所言：「营在脉中，卫在脉外，营周不休，五十而复大会，阴阳相贯，如环无端」。营卫一昼一夜在人体运行五十周，以廿四小时一千四百四十分计算，即廿八分四

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十八秒循环一周。从上述两点看来，留针至少宜超过廿八分四十八秒，目前为求计算方便，一般留针三十分是合理而适宜的。

In treatment of a Cold syndrome, Master Tung usually retained the needles for 45 minutes and twirled them at an interval of 15 minutes. It is pointed out by pain tests that the pain threshold of the whole body's skin can be increased to some extent when *HeGu* (LI 4) is needled. It reaches the maximum when the needle is retained for 40-45 minutes. It happens to coincide with Master Tung's experience and from it we can see that his theory about the retention of needles is reasonable.

Emphasizing the order sequence of needling.注重主次先后

Generally, if a three-sequenced-point is chosen for treatment, Master Tung always needled the middle one first, then, followed by the other two points. Some research studies have indicated that if point A is needled prior to point B, then the *Qi* will move toward the previous points first. This is also the mechanism for me to invent the *QianYin* needling technique.

For example, when treating the sciatica neuralgia pain (*TaiYang* channel pattern), we usually would needle *LingGu* (22.05) and *DaBai* (22.04) first, then followed by needling the *ShuGu* (BL 65) as *QianYin* point. After the *ShuGu* point is needled, the *Qi* linked in *LingGu* and *DaBai* will be tracked by *ShuGu*, then vice versa. These two traction energy flow will meet in the middle (the sciatica nerve area). Therefore, the therapeutic points should be needled prior to the traction points.

一般而言，董师如欲针刺三针，必先针中间的一针，再上、下各一针。据研究先针一针于穴道上，再针于他处的穴道上，则其气皆往先前扎的穴道上走，此即个人研创之牵引针的原理。如坐骨神经痛属太阳经者，先针灵骨、大白(主针)，次用束骨牵引，此前二针作用会被束骨所自然牵引，也可能束骨会被前二针牵引，而可能在中间的痛点交汇，因此应先针治疗针，后扎牵引针。

Master Tung always emphasized the traditional theory "needle the healthy side as the origin point, then needle the diseased site as the reaction point". For example, if the symptom manifestation is on the right side, then the point on the healthy left side should be needled first; if the disease is on the left top, then needle the right bottom first; if the disease is on the right top, then needle the left bottom first..., etc. If there are multiple diseased sites, then needle the primary complaint first.

While using points of various channels, the mutual relationship between points should be cautiously considered. For example, if a point of Earth channel is used together with a point of Water channel, then due to consideration of "Earth counteracts Water", the Earth channel point should be needled prior to the Water channel point. It is the same order while manipulating the needles during treatment.

董师针刺常遵古法「先针无病为之主，后针有病为之应」，右边有病则先针无病的左边，左上有病则先扎右下，右上有病则先扎左下(个人亦先针治疗针，之后再扎牵引针。)。好几个症状一起呈现，则先针主症，后针次要症。多经的穴位一起使用时，则应注意其是否有克应问题，如土经的穴和水经的穴在一起使用，有可能土克水，可先针土经穴位，再针水经穴位；捻针时亦先捻土经穴，再捻水经穴。

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Tung's Extra Points and the Theory of TCM

董氏奇穴与中医学说

The Five elements and ZangFu Theory with Tung's Extra Points

治疗注重五行及脏象学说之应用

Master Tung specific emphasis uses five elements and *ZangFu* theory to treat disease. He used points named after the five elements and *ZangFu* to have the corresponding treatment effect. For example, *ShuiJin* (1010.20) means communication between Water and Metal and deals with disturbance in the diffusing and descending function of the lung as well as the failure of the kidney to receive air. It is indicated for blockage of Water and Metal manifested by coughing, asthma, hiccup, abdominal distension, vomiting and dry cholera.

董师在治疗方面极为重视五行之调和及脏象学之应用，其穴位以五行及脏象命名者，便有类似相关之治疗效用，例如水金穴就有金水相通之义，能治疗肺不肃降、肾不受纳之金水不通病变，诸如咳嗽、气喘、打呃、腹胀、呕吐、干霍乱等皆有特效。

SiMaZhong, *Shang* and *Xia* (88.17, 18, 19) are indicated for lung diseases because according to the theory of TCM, the lung dominates *Qi* and skin. That is why these points are especially effective for rhinitis, psoriasis, acne and various skin diseases. In addition, in the Five elements they can treat conjunctivitis because Fire fails to control metal. They are also effective for thyroid enlargement because Metal controls Wood.

又例如驷马中、上、下三穴能治疗肺病，中医理论肺主气，又主皮肤，因此本穴治疗鼻炎，牛皮癣、青春痘均有特效，对于各类皮肤病效果亦佳。

TianHuang (88.13), *MingHuang* (88.12) and *QiHuang* (88.14) are indicated for cirrhosis, hepatitis, blurred vision and eye pain. *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03) can treat heart disease, rheumatic heart disease, knee pain and edema of the lower limbs. *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) deal with nephritis, general body edema, lower limbs edema, thirst and sore throat. *ShenGuan* (77.18) is the essential point to boost the Kidney. It is very helpful for sciatica, back pain, headache and lower back pain.

另外透过五行生克，尚能治疗结膜炎(使火不克金)，甲状腺肿(使金能制木)亦有卓效。天黄、明黄、其黄三穴能治疗肝硬化、肝炎，也能治眼昏、眼痛。通关、通山、通天能治心脏病、心脏性风湿病，也能治膝盖痛，下肢浮肿。通肾、通胃、通背能治疗肾脏炎，全身浮肿、四肢浮肿，也能治口干、喉痛。肾关为补肾要穴，对于肾亏所引起之坐骨神经痛、肩痛、背痛、头痛、腰酸皆有显效。

Those above are obvious examples elucidating the application of the *ZangFu* theory. Based on the theory of the five elements and the idea of preventive medicine, this kind of treatment is adopted more flexibly; e.g. cough and asthma, so we should follow the classic instruction: "Treating the lung when it attacked by evil and treating the kidney in healthy time". It means that at the stage of attack, acupuncture is applied to *ShuiJin* (1010.20) in association with *ChiZe* (LU 5), *RenShi* (33.13) or *DiShi* (33.14) or *TianShi* (33.15), while in the healthy time needle *TianHuangFu* (77.18) or *DiHuang* (77.19) or *RenHuang* (77.21).

又如木火穴即可疏肝去风，又可清火或温阳，是治疗半身不遂的好穴道。这些便是透过脏象学说发挥应用的着例。另外透过五行学说及预防思想，这种治法可以运用的更灵活，例如治咳嗽，遵古说：「发则治肺，平时治肾」，在发作期常针水金配合曲陵、三士，平时则针下三皇等，此类治例真是多不胜数。

The Spleen and Stomach Theory (PiWeiLun) with Tung's Extra Points

治疗重视脾胃学说

Master Tung had a profound comprehension of *LiDongYuan's* Spleen and Stomach theory, and he developed many therapies in regulation of the spleen and stomach. He believed that regulating of the disturbance in the

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ascending and descending function of the spleen and stomach brings about normal health. When he dealt with the disorders of the heart and lung channels, he started by treating the stomach channel, e.g. *SiMaZhong*, *Shang* and *Xia* (88.17, 18, 19), *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03) are crossed by the stomach channel. [*TuShui* (22.11) on the lung channel is effective for stomach disorders and can be considered further evidence of the principle]. He advocated that treatment of the spleen channel cures kidney problems because strengthening the spleen could restrain water, *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) are all located on the spleen channel. When there appears to be a deficiency syndrome of both the spleen and kidney, it is preferred to reinforce the spleen rather than kidney; a way to strengthen the acquired essence. Master Tung believed that the "Three *Huang's*" [*TianHuangFu ShenGuan* (77.18), *DiHuang* (77.19), and *RenHuang* (77.21)]" function to invigorate the kidney, but, in fact, they are located at the spleen channel. The above shows that Master Tung's discovery and use of points are consistent with the theory.

董师对于李东垣之脾胃学说有深刻的研究，临床治疗对于调理脾胃有很多发明，认为若能使脾胃升降失调导致正常，则许多病便能治愈。其治疗心、肺两经之病多从胃经着手，例如常用之驰马上中下穴，及通关通山通天穴位置均与胃经有交迭关系。常用驷马治鼻炎，即有补土生金之意。常用通关通山治心脏病，有「子能令母实」之意。（土水穴能治胃病，位于肺经，也是此一原理的反面应用）。其治疗肾病多从脾经论治，认为崇土可以制水，所以通肾、通胃、通背三穴皆在脾经之上。对于脾肾两虚之病认为补肾不如补脾，先宜调后天，其乐用之下三皇（天皇副、人皇、地皇）名曰补肾，实亦皆在脾经路径上。治蛋白尿脾肾双补肾关很好，这些就都反应了董师的创穴用针是其源有自，深合理论根据的。

Bleeding theory in Tung's Extra Points 治疗注重活血化瘀善用棱针点刺

Master Tung was especially good at bloodletting with a three-edged needle. When I was an apprentice, I often saw him treat successfully by using a three-edged needle. An ailment persistent for years or sharp pain would be cured in an instant; the effectiveness is really beyond imagination.

运用三棱针放血治病，可谓董师之拿手绝活，余从董师学习多年随侍老师之侧，常见董师应用三棱针治疗，数年大病往往豁然而愈，剧烈疼痛亦可止于顷刻，其效果真是令人难以思议，董师刺络用穴之范围不受古书所限，除一般医师常用之肘窝、膝膑、侧额、舌下、十二井、十宣、耳背等部位，董氏善用爱用并有发明外，至于下臂、下腿、脚踝、脚背、肩峰等几乎无处不能放血，尤其是腰背部位，董师更是以之灵活运用治疗全身病变。

"Best location for bleeding: elbow pit, back of knee, lateral temple, sublingual part, twelve *Jing*-well points, *ShiXuan* (Extra 30) and the back of the ear". Master Tung conducted bloodletting on many parts of the body such as the forearm, leg, ankle, instep and acromion. He also performed bloodletting on the back and lower back to treat pathological changes of the whole body. He had investigated many medical books on the use of blood circulation to resolve Blood stagnation through ages and had a profound understanding of the following concepts listed in the *Neijing*: "In protracted illnesses, impeded flow of *Qi* and blood in the channels is caused by disturbance in *Ying* and *Wei* systems", "accumulation of blood stasis is due to traumatic injury", "retention of pathogenic cold produces obstruction of the channels", and the saying by *YeTianShi*: "The channels and collaterals are impaired in chronic diseases". He advocated eliminating the protracted problem, dealing with blood first. When smooth circulation of the blood is restored, pathogenic wind is automatically removed. Based on these concepts, he treated various disorders by a three-edged needle, for example, bloodletting applied to

- *WeiZhong* (BL 40) for sciatica, low back pain, stiff neck, rheumatism of the lower limbs and hemorrhoids;
- *ChiZe* (LU 5) for stuffiness in the chest, asthma, periarthritis of the shoulder.
- *ZuSanLi* (ST 36) for gastric disorders, gastroenteritis;

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- *TaiYang* (Extra 2) [corresponding to the location of *HanYan* (GB 4)] for migraine, dizziness, conjunctivitis;
- *SanJin* (DT.07) for knee pain, *JinLin* (DT.09) for thigh pain, *JingZhi* (DT.08) for leg pain, *SbuangFeng* (DT.05) for numbness of the hand and foot, *SanJiang* (DT.15) for gynecological diseases, *ZongShu* (1010.07) for children's high fever and vomiting.

This bleeding technique included: internal, external, gynecological, pediatric and traumatic problems. This bloodletting method was often applied to a spot far from the affected part, which was consistent with this theory: "using the distal points to do the

bleeding".董师对于历代有关活血化瘀文献多所涉猎，对于内经「病久入深，营卫之行澹、经络时疏，故不通」「有所堕坠，恶血留内」「寒气客则脉不通」等瘀血学说及叶天士「久病入络」之说颇有认识。主张师「宛陈则除之」及「治风宜治血，血行风自灭」之法，运用棱针点刺广泛治疗多种病变，例如以委中治坐骨神经痛、腰痛、项强、下肢风湿痛、痔疮；尺泽治胸闷、气喘、五十肩；足三里治胃病、肠胃炎；以太阳穴(相当于领厌穴部位)治偏头痛、头晕、结膜炎；三金穴治膝痛；金林穴治大腿痛；精技穴治小腿痛；双凤穴治手脚麻；三江穴治妇科病；总枢治小儿高烧、呕吐……等，所涉范围可谓内、外、妇、儿、伤科全部包括在内。

董师之刺络针法最大特点在于取穴多半远离患处，正合乎古法正统之「泻络远针」，效果卓著而确实，反观时下点刺放血多取「阿是」或邻近穴位，效果未必突出，与董师相较，益见董师针术之高超。

而董师之刺血又灵活寓有它法，例如在太阳穴(风袭高位)刺血能去风活血；在耳背刺血能清火活血；在背部(阳之所在)刺血能温阳活血；在委中刺血能利湿活血，在四花中、外(丰隆穴附近)刺血能化痰活血，在十二井刺血能开窍活血；其刺血疗法之灵活，也真是不胜枚举。

The Seasonal Treatment of Tung's Extra Points 治疗重视节气之配合

Although chronotherapeutics is a newly emerging branch of clinical medicine, as far as two thousand years ago in *NeiJing*, there were many expositions about the essentials of chronotherapeutics and treatment according to seasonal conditions. For example, in terms of the seasonal rhythm, it says: "*Ying*-spring, *Sbu*-stream, *He*-sea and *Jing*-well points are needled in spring, summer, autumn and winter respectively". It also says: "Liver, Heart, Spleen, Lung and Kidney problems occur mainly in spring, summer, long summer, autumn and winter respectively". Facing these universal disorders, my teacher Master Tung knew clearly the implications of this book, and he tended to give acupuncture to the points connected to the internal orders that are related to the disorders. For instance,

- in spring, he needled *MingHuang* (88.12), *TianHuang* (88.13), *QiHuang* (88.14);
- in summer *TongGuan* (88.01), *TongShan* (88.02);
- in autumn, *SiMaZhong* (88.17), *SiMaShang* (88.18), *SiMaXia* (88.19);
- in winter, *ShenGuan* (77.18), *RenHuang* (77.21), *DiHuang* (77.19).

时间治疗学(Chronotherapeutics)虽是新近崛起的一门临床科学，但远在二千年前的中医古籍「内经」中，却早已有较多的篇幅论述时间治疗学的要则，并提出了一些因时施治的方法，例如在季节治律方面曾说：「春刺荣，夏刺俞，秋刺合，冬刺井」，又说：「肝主春，……心主夏，……脾主长夏，……肺主秋，……肾主冬，……」，董师深体内经之意在面对全身泛发性的疾病时，常在与主旺之脏腑有关经穴施针，春日针三黄；夏季针通关、通山；秋天针驷马；冬天针下三皇等，都在临床

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常见。对于病久体虚病患，又常配合季节针其母经有关穴位，以收补虚之功。临床治疗痹症，极为重视季节与症状之关连性。

For debilitated patients, points on the mother channels are needled in accordance with the seasonal conditions in order to invigorate. The seasonal arthritis syndromes are in spring since wind prevails, so migratory arthritis is often seen, but in winter cold prevails and arthritis aggravated by cold is usually found. In summer and autumn, dampness prevails so non-wandering arthritis is often seen. Treating liver, spleen or kidney is mostly taken into consideration respectively. In view of the season in which a specific illness occurs, the other related internal organs are dealt with to cure quickly.

春日风胜多见行痹，冬日寒胜多见痛痹，夏秋湿令多见着痹。治疗或以肝为主，或以脾肾为主，各以该季当旺之脏为主，再结合其它有关脏腑治疗，收效至为宏速。此外亦常配合内经一日四时分刺法治疗多类疾病，例如治疗咳嗽，先针奇穴水金，再按内经「朝刺荣，午刺俞，夕刺合，夜刺井」原则，加针鱼际、太渊或尺泽等穴，每次仅取二穴，用针少却效果显著。至于子午流注，董师虽未明言其重要，但却认为于下午三~五时(申时)点刺出血，对膀胱经之病变(例如于委中点刺治疗痔疮)可收平时之加倍效果，其实这就是子午流注之纳子法的应用，这就说明了董师对于时间治疗学亦有相当的绍识。

In addition, acupuncture was given in different hours in a day. For example, according to *NeiJing* mentioned, to treat cough, *ShuiJin* (1010.20) was needled first, then *YuJi* (LU 10) or *TaiYuan* (LU 9) or *ChiZe* (LU 5). *NeiJing* said that *Ying*-spring, *Shu*-stream, *He*-sea and *Jing*-well points are needled respectively in the morning, at noon, in the evening and at night. For each treatment, only two points were selected, but marked effectiveness was usually found. Although he did not emphasize the importance of the theory of "midnight noon ebb flow", he contended that when bloodletting was done from 3:00-5:00 PM, double effectiveness was achieved for pathological changes in the bladder channel. This shows that he understood the value of chronological therapy because he was able to use the theory of "Midnight Noon Ebb Flow" in practice.

个人平日针刺骨刺最常应用人中、后溪、束骨、复溜等穴，因此这类病人下午来针，效果较佳。因未时十二经流注至小肠经，申时流注至膀胱经，酉时流注至肾经，又未时任督流注开人中穴，下午恰值未、申、酉时，针这几个穴位与时辰流注有关，当然效果甚好。

Tung's Extra Points Therapeutics 董氏奇穴治疗发挥

One Channel Treats Many Channels 一经治多经

The classical text, *BiaoYouFu*, stated that one should use one channel to treat diseases of three channels. This statement means that when we needle one channel, we should consider the neighboring channels in making our selection. After studying with Master Tung and reviewing ancient texts, I began to understand that one channel and even one needle can be used to treat many channels. This perspective helps us understand that we address multiple aspects of a clinical problem with one needle. For example, in selecting a Large intestine point, we need to consider its paired *Yin* channel of Lung, its paired *YangMing* channel of stomach (i.e. hand-*YangMing* connecting with foot-*YangMing*) and its "Five *Zang* extra relationship theory" paired channel of liver (hand-*YangMing* connecting with foot-*JueYin*). Master Tung's points, *LingGu* (22.05) and *DaBai* (22.04) – both located on the large intestine channel – can thus treat disorders of the large intestines, tonify lung *Qi*, benefit stomach disorders and treat liver-related hemiplegia.

标幽赋说：「……取三经用一经而可正。」其原意是说针一条经络应顾及到左右的邻经，这样才不会针错经络，本人随董师学习，并融合古学加以发挥，定出「用一经必能治多经」之说，也就是说扎一经时应同时考虑能治到好几条经络，这样开阔视野，照顾整体，扩大应用范围，一针治疗多病。例如针大肠经穴位，要考虑到表里经的肺经，其次要考虑到有同名交经关系的足阳明经，也就是所谓的手阳明通足阳明，再其次五脏别通的大阳与肝通的肝经也要考虑进去，例如取用董氏奇穴灵

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骨，大白，因在大阳经上，可治大肠的病变，也可补肺气(因与肺经表里)，又因手足阳明相通，治胃经的病也有效，而董老师最常用来治半身不遂则又属肝与大肠通的运用。

One Point Treats Many Disorders 一穴多用

BiaoYouFu stated that we should select one point to correct five points. This phrase means that in selecting a point, we should consider upper and lower points (i.e. Five Elements and Mother-Son relationships) and points on the left and right neighboring channels for precise point selection. Personally, when I select a point, I need to consider the attributes of the organs, the channels, the five elements relationships, the Microsystems and the "Five *Zang* Extra relationship theory" to create precise effects influencing the whole system. For example, *LingGu* and *DaBai* – located on the large intestine primary channel – can effectively treat liver diseases such as hemiplegia and stroke via the "Five *Zang* extra relationship"; and can affect wood and fire functions, respectively, from the perspective of "Five element theory". *LingGu* is located close to *YangXi* (LI 5), the fire point, and *DaBai* (22.04) is proximal to *SanJian* (LI 3), the wood point. These points similarly affect *Shu*-stream and *Yuan*-source point functions. *Shu*-stream points treat heaviness of the body and joint point. *Yuan*-source points affect the *SanJiao*. Therefore, these points strongly generate *Qi* because of the large intestine's relationship with its *Yin* pair, the Lung, the commander of *Qi*; and they warm the *Yang*. Furthermore, from the Microsystems perspective, *DaBai* dominates the upper-*Jiao*, and *LingGu* controls the lower-*Jiao*. The combination of these points – *LingGu* and *DaBai* – mutually generates Metal and Water, tonifying *Qi* and nourishing *Yin*. These two points can treat many diseases and can be used to tonify or drain energy.

标幽赋说：「……取五穴用一穴必端」，它的意义是说：取一穴要上、下穴(同经五行及母子关系)左右(邻近经络)穴都要注意到，这样取穴才会准确，才会提高。个人则以为用一穴时必须考虑到脏象、经络、五行、全息、五脏别通……等关系，这样疗效才会确实，才会全面，才会提高。例如灵骨及大白穴，在经络属大肠，透过五脏别通可治肝经病变，因五行属木、火，效与木火穴有类近之处，治疗中风半遂甚效，穴性属俞原，俞主体重节痛，原与三焦之气相应，所以补气温阳之作用亦强，因大肠与肺经表里，这种作用就更强，而从目前之全息律来看大白主上焦、灵骨主下焦合用之则调理全身气机之作用极强极好。再从灵骨大白之命名来看又有金水相通，益气养阴之作用，可谓具备了治疗多种疾病的双向调节作用。

Mutual Guidance, Mutual Treatment 互引互治

A number of acupuncture points not only guide the flow of energy to the sites of pathology but actually treat the pathology. For example, needling *LingGu* on the same side on which a person has tennis elbow can guide the flow of *Qi* to the tennis elbow site; while needling the opposite side's *ShouSanLi* (LI 10) and *QuChi* (LI 11) can effectively treat the pathology associated with tennis elbow. But *LingGu* cannot only be used as a guide; it also can be used to treat tennis elbow. As another example, *ChengJiang* (Ren 24) can be used both to guide energy to the area of a stiff neck as well as to treat the stiff neck. We usually use *ChengJiang* with *ChongZi* (22.01), *ChongXian* (22.02) to treat stiff neck.

许多穴位是牵引针，也是治疗针。是治疗针也是牵引针，这样的穴位在应用时治疗效果尤其好，例如灵骨穴可治网球肘，也可用对侧手三里、曲池当治疗针，以同侧灵骨为牵引针，这样灵骨穴即可当牵引针，也有治疗作用，如此效果最好，又如承浆穴可治落枕、重子、重仙穴也可治落枕，用重子、重仙时加上承浆又作牵引，又当治疗针，这种用法治疗落枕效果最好。

Mutual Sharing of Functions among Points 夹穴多治

Some of Master Tung's extra points also share functions with primary channel points located near them. For example, *TongGuan* (88.01) and *TongShan* (88.02) – located between *BiGuan* (ST 31) and *YinShi* (ST 33) on the Stomach primary channel – have a close relationship with *FuTu* (ST 32), which separates the two points – can treat cardiac disorders. The *JinJouDaXin* (The Great Compendium of Acupuncture) describes *FuTu* as a meeting

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point of all blood vessels and *Luo* channels, indicating that this point strongly regulates the blood vessels, making it quite useful for cardiac disorders. This function can be surmised also because of the stomach primary channel's relationship with the pericardium channel. Of course, *TongGuan* (88.01) and *TongShan* (88.02) also powerfully regulate the stomach. As another example, *LingGu* and *DaBai* share some of the functions of *HeGu* (LI 4), a primary channel point that separates them; although they are slightly less effective than *HeGu* in providing these functions. As the Large intestine channel's wood point, *HeGu* can disperse liver *Qi* stagnation, making it quite useful in treating patients with post-stroke sequelae and hemiplegia. However, *LingGu* and *DaBai* are superior in treating post-stroke sequelae and hemiplegia; with *HeGu* performing them less strongly. As a command point for the face, *HeGu* additionally can treat Bell's paralysis when the patient has difficulty closing her eyes.

治疗时夹着它的穴及被夹的穴均有相关作用，例如通关、通山可治心脏病，这与它们二穴夹着伏兔穴有关，盖伏兔穴，针灸大成述其为脉络之会，此穴调整血脉之作用极强，也可治心脏病变。通关、通山夹伏兔穴而有此作用理应类似，当然通关通山位在胃经，透过胃与包络通及调理脾胃而有此种作用自有其道理。又如合谷在灵骨、大白之间，亦有灵骨、大白的作用，只是稍弱而已。而灵骨、大白夹合谷，合谷为大肠经(与肝通)的木穴，疏肝效果很好，治疗中风、半身不遂当然有效。在颜面神经麻痹，只有剩眼皮闭合不全时合谷甚效(口面合谷收)，这也因其与善治半身不遂的灵骨、大白穴夹其穴有关，当然有这种疏肝治中风的作用了。

Conclusion 结语

In the study of TCM, especially acupuncture and moxibustion, it is quite helpful to command profound knowledge of modern medicine. But if one divorces oneself from the theory of TCM, no achievement can be made. Hence, it is imperative to master the theory of TCM so that clinical acupuncture can be further developed. Master Tung proved this by his academic success and good clinical results. There is no doubt that in the past thirty odd years, acupuncture and moxibustion in Taiwan has flourished because of the hundreds of clinical teachings. Master Tung and the discovery and popularity of his extra points made this success possible. It is expected that the acupuncturists will cherish these gains and conduct extensive research on his extra points. I believe even more brilliant results and contributions will be obtained.

学习中医，尤其是针灸，能具备深厚的现代医学知识，当然更为有利，但设若脱离中医的学理，亦决不可能产生好的成绩。因此深入了解掌握中医原理将有助于针灸临床的更大发挥，董师的学术成就及临床效果，就是此一事实的明证。董师之针灸医术，浩如瀚海，深若渊壑，并不只前述几项，其它如精通掌诊、重视辨证论治，往往治疗不同病患，所针部位相同，而收效良好；取穴灵活机动，虽有定穴并无定点，常就病变反应取穴；用针精要，反对一病多针，要求一穴多病，临床从不超过六针，用针常在二、三针内，然每能针之至，立起沉疴，令人叹服。总之，董师景昌幼承祖学，专攻针灸，医术精湛，超迈前贤，个人得以入其门下，并承厚爱，尽授绝学，无限感念，仅就所学所知，举其荦荦大者于前，虽不能概括董师学术精华之什一……，但已足见董师学术之博大微奥。堪称当代针圣而无愧。

无可置疑的，三十年来，台湾针灸界虽是百家争鸣，各有发挥，但若无董师景昌的出现，及董氏奇穴的发明风行，这些成果不会显得如此突出。针灸界必须珍惜这份既有的成果，也希望各位能以即有的条件，从更广更深的角度来研究董氏奇穴，相信必能作出更辉煌的成就与贡献。

近几十年来，中国针灸迅速传遍世界，国内针灸界近几年亦有长足的进步，但董氏奇穴这块瑰宝，仍有待各位去发掘琢磨，扩大流传，使其更光辉的为世人健康作出更大的贡献。1999年元月于中华中医学说学理学会(时任该会理事长)

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Introduction

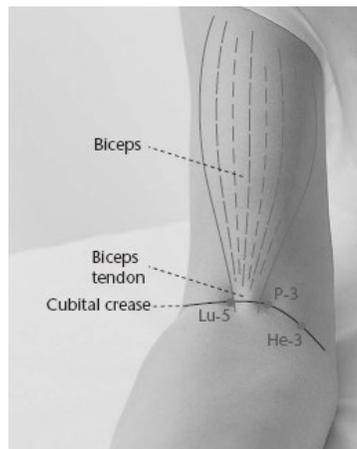
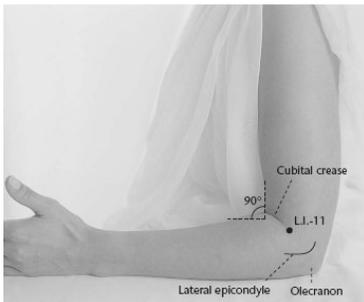
Essentials of Tung's Acupuncture Therapy

Tung's acupuncture therapy has now been popularized in many countries and regions such as Korea, United States, China and Taiwan, and the Tung's extraordinary acupuncture points are now listed together with the points of the fourteen channels and could even have better therapeutic results. Good commands of Tung's extraordinary acupuncture points may even help deepen the understanding to the acupuncture points of the fourteen channels.

Then, what is the difference between Tung's extraordinary acupuncture points and the points of the fourteen channels? It is common knowledge in the profession that the points of the fourteen channels operate through the channels and collaterals:

1. Select the points along the diseased channel.
2. Select the points from the externally-internally related channel.
3. Select the points from the same-named channel of hand or foot.

In fact, in the use of the points of the fourteen channels, distal points are also often selected. As stated in the chapter "Ode to Elucidate Mysteries" (*BiaoYouFu*) of the book "*Compendium of Acupuncture and Moxabustion*" (*ZhenJiuDaCheng*): "To dredge the channels with distal points, needle the points on the foot to treat diseases of the head", "Using contra lateral insertion, needle the right points for left diseases". It means when a disease is located on the left side, we needle the points on the right side, and when a disease is located on the head, we needle the points on the leg and foot, and vice versa. The contra lateral selection of acupuncture points functions to balance the two sides of the body, while selection of the lower points to treat the upper disease functions to dredge the channels. The method of selecting the right lower points for left and upper disease and vice versa is known as *JuCi* (opposite needling). This method is often used in selection of the points of the fourteen channels as well as Tung's acupuncture.

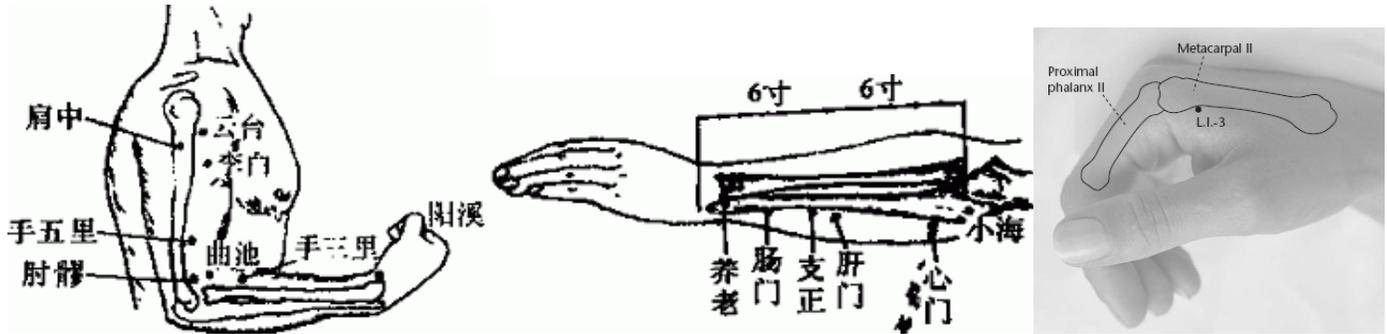


The core of the connotation of Tung's acupuncture is the extraordinary connection between the *ZangFu* organs. For instance, the Liver is connected with the Large Intestine. The Large Intestine channel runs on the hand and arm, and the Liver channel runs on the foot and leg. (*Note: is it because YangMing and JueYin are related, or is it because the anatomical symmetry between the Liver and Large Intestine channel?*) One pertains to *Yin* and the other pertains to *Yang*. One is a *Fu* organ and the other is a *Zang* organ. With such connection between the upper and lower, and the left and right, a balance is maintained. Therefore, the therapeutic effect of Tung's acupuncture is even better than just selecting the points of the diseased channel. Take *QuChi* (LI 11) as an example; since it is a point of the Large Intestine channel, it has very good therapeutic effect for diarrhea. However, it can also successfully treat vertigo, headache, Meniere's syndrome, and lower blood pressure. This is because the Large Intestine channel is connected with the Liver channel.

Here is another example, using *QuChi* for the treatment of tennis elbow. This point is not very close to the bone; however, if we needle this point closer to the bone, the therapeutic effect will be faster and better. This method is based upon the second important theory of Tung's acupuncture – Local Treatment – which includes "needling the bone to treat bone diseases." This method suggests that bone diseases must be treated by needling close to the border of the bone or into the bone. Chapter seven of the *LingShu* (*Miraculous Pivot*) explains the bases for this acupuncture method. *ChiZe* (LU 5) is located by the side of *QuChi* and close to

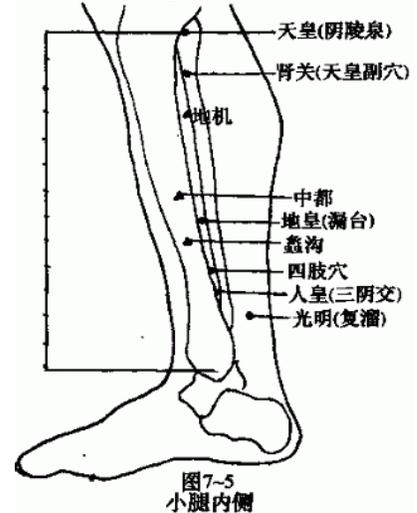
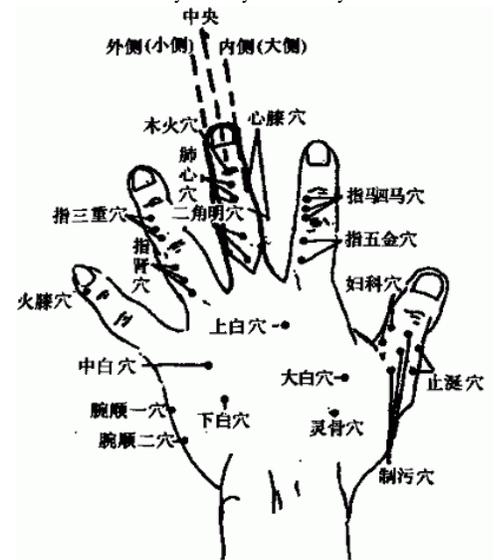
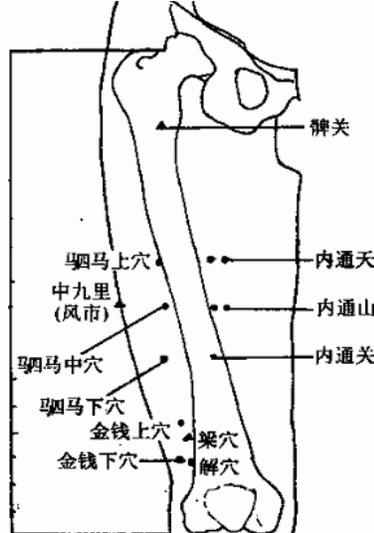
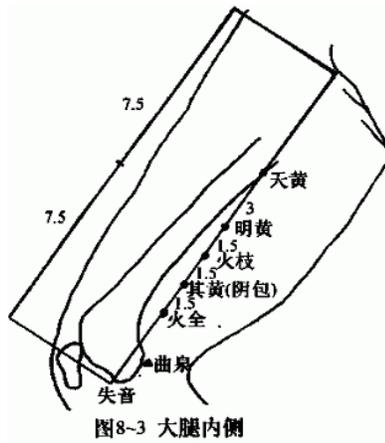
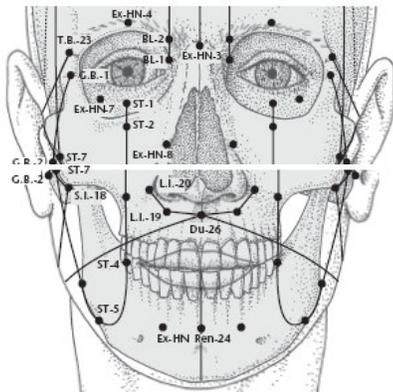
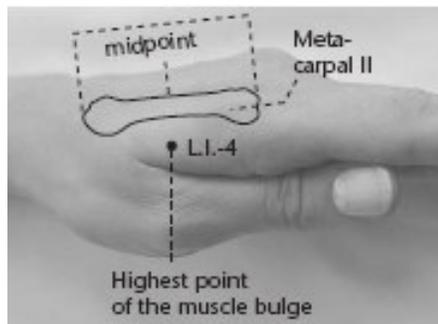
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the big piece of tendon. If we needle this point with its location close to the tendon, it can treat peri-arthritis of the shoulder with special effect. This is because dysfunction of the shoulder in raising arm is a disease of the tendon and "needling tendon can treat tendon diseases". In Tung's acupuncture, the therapeutic effect of "needling the bone for bone diseases", "needling the tendon for tendon diseases", "needling the vessel for vessel diseases", "needling the muscle for muscle diseases" and "needling the skin for skin diseases" gives remarkable results, and is a distinct feature of this work.



A detailed introduction to the extraordinary connections between *ZangFu* organs will be given later in the book. The theory derives from the *Neijing* (*Yellow Emperor's Inner Classic*). A deeper study will reveal originations of these theories in the *Yijing* (*The Book of Changes*). Without the *Yijing*, there would be no channels and collaterals theory. *Yijing* is the origin of the theory of channels and collaterals. More studies on the theory of symmetry and balance in *Yijing* will help you become a master of acupuncture.

While the extraordinary points are



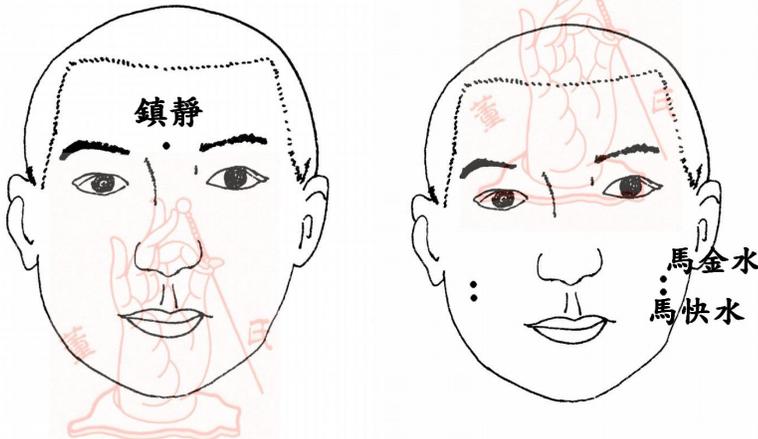
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the focus of Tung's acupuncture, the theory of five elements is still used. Studies on the Five *Shu* points may assist in the practical use of Tung's extraordinary points.



Holography is another important principle in Tung's system. Master Tung considered that each part of the body has correspondence to the Triple Energizers (*SanJiao*), the upper, middle and lower burner. Take the forearm as an example, its anterior part corresponds to the Upper Energizer (*ShangJiao*) and can therefore treat diseases of the head and face; its middle part corresponds to the Middle Energizer (*ZhongJiao*) and can therefore treat diseases of the Middle Energizer, and points *GanMen* 肝门 (33.11) and *ChangMen* 肠门 (33.10) are located in this part; its posterior part corresponds to the lower energizer and point *XinMen* 心门 (33.12) is located in this part and can

be selected to treat coccygeal pain and knee joint pain. Point *YunBai* 云白 (44.11) and *LiBai* 李白 (44.12) are located on the posterior part of the upper arm and can be selected to treat women's diseases. The second metacarpal bone is also divided into three parts corresponding to the Triple Energizers. Point *SanJian* (LI 3) corresponds to the Upper Energizer and is good at treating diseases of the head and face; *Hegu* (LI 4) corresponds to the Middle Energizer and is good at treating gastrointestinal diseases (the medical classics also state that it is useful for treating diseases of the head and face). *LingGu* 灵骨 (22.05) corresponds to the Lower Energizer and is good at treating diseases of the Lower Energizer such as lower back pain, sciatica and heel pain.



The head is also divided into three parts corresponding to the Triple Energizer. Point *YinTang* (Ex-HN-3) and *ZhenJing* 鎮靜 (1010.08) are in the Upper Energizer and can therefore calm the mind; *RenZhong* (DU 26) and *MaJinShui* 馬金水 (1010.13) are located at the junction of the Middle and Lower energizers and are therefore good at treating lower back pain; Point *ChengJiang* (REN 24) is located in the Lower Energizer and can be used to treat amenorrhea. (Point *ChengJiang* is the crossing point of hand and foot *YangMing* channels and the *Ren* channel. It is connected with perineum and can regulate *Qi* and Blood and thus the therapeutic effect.) On the thigh, three points corresponding to the Triple Energizer are often selected together to treat the Upper, Middle, and Lower Energizers simultaneously such as the Upper, Middle and Lower point *Sima* 驕馬中, 上, 下 (88.17,18,19) and *TianHuang* 天黃 (88.13), *MingHuang* 明黃 (88.12) and *QiHuang* 其黃 (88.14). Point *ShenGuan* 腎關 (77.18) on the leg corresponds to the Upper Energizer and is good at treating headache and peri-arthritis of the shoulder; Point *RenHuang* 人皇 (77.21) is located in the Lower Energizer and *DiHuang* 地皇 (77.19) in the Middle Energizer. The combination of the three points in application can treat diseases of all the three Energizers simultaneously. Point *DaDun* (LR 1) and *YinBai* (Sp 1) are all located at the distal end of the foot and they are therefore good at treating diseases of the lower part of the body. For instance *DaDun* is good for hernia and impotence, and selection of both treats uterine bleeding (Hematuria).

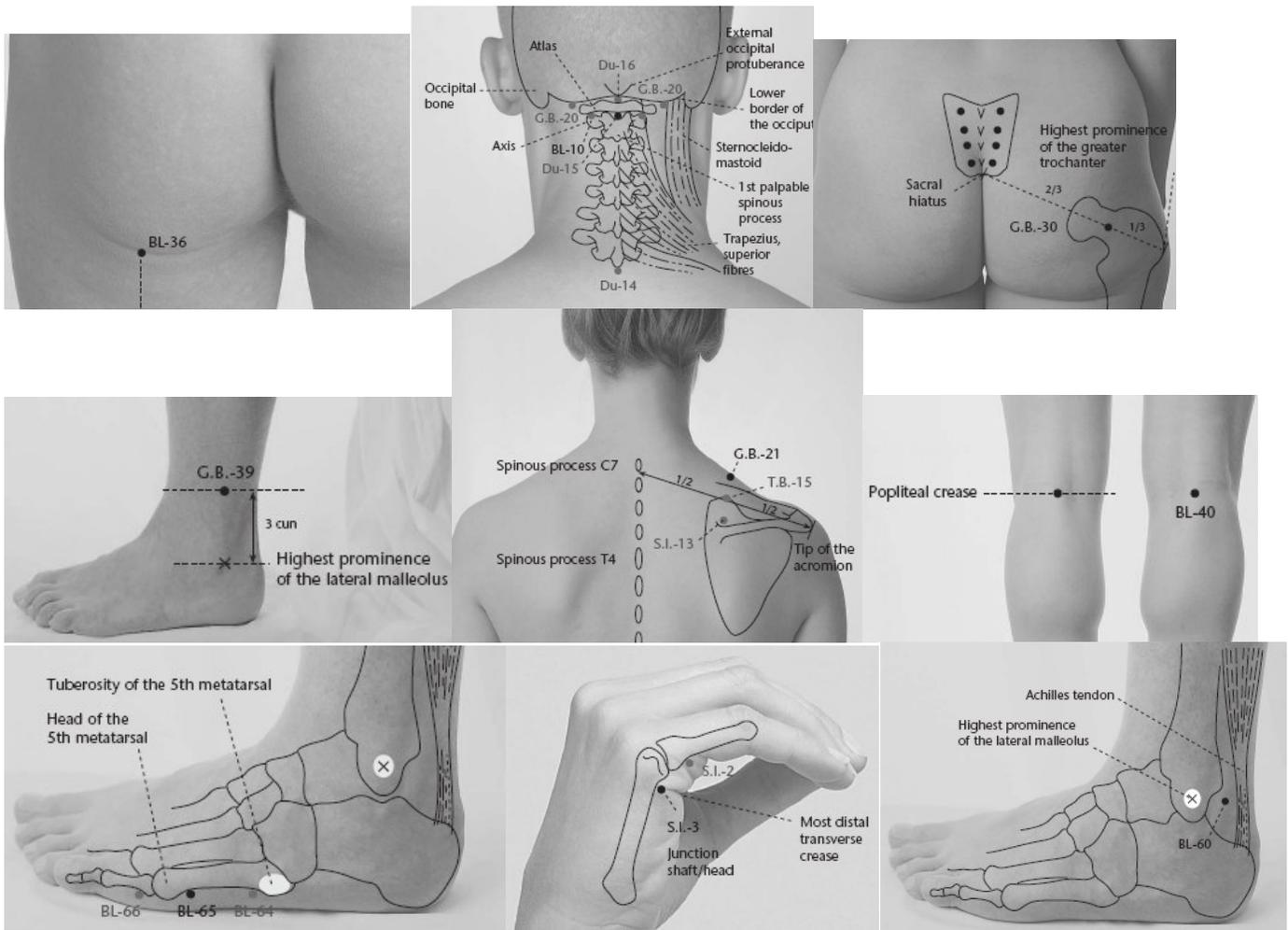
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Further introduction to the difference between Tung's extraordinary points and the points of the fourteen channels

More than once I have emphasized that it is important to understand the title of Master Tung's first book "Tung's Extraordinary Acupuncture Points and the Points of the Regular Channel". The "regular channels" here refer to the fourteen channels. It implies the connections between Tung's Extraordinary Acupuncture Points and the points of the 14 channels. Tung's extra points are different from other extraordinary points, which don't have their own system and mechanism.

Like the points of the 14 channels, Tung's extra points are also often selected from the diseased channel, the same-named channel or externally-internally related channel. The principle in selection follows that in application of the fourteen channels. It is most important to attach importance to the connections between *ZangFu* organs. To go deep in the study on such connections will give great help to the application of the theory of *Treatise on Attack by Col (ShangHanLun)* and *Warm Diseases (WenBing)* and treatment of difficult problems.

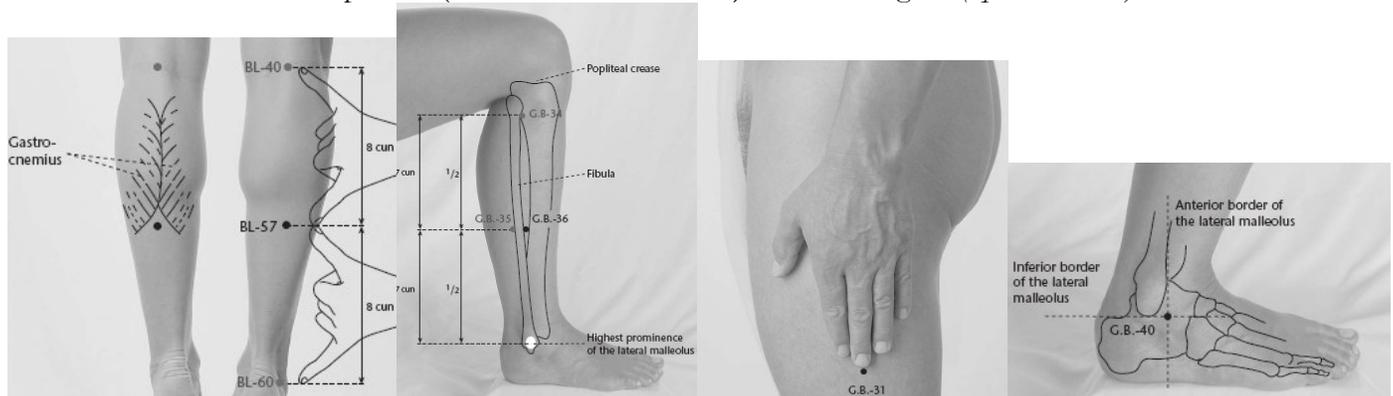
Chinese medicine takes the human body as integrity. The fundamental theory of acupuncture and that of *ShangHanLun* are the same. Only when you have a good command of internal medicine, can you raise your acupuncture treatment to a higher level.



Another characteristic of Tung's extra points is that they affect not the points needed but cover a large area and thus the therapeutic effect is faster and better than that of the points of the 14 channels. Take neck sprain as an example, which is clinically characterized by pain of the head, shoulder and upper back at the same time and

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difficulty of the neck in rotation. How do we treat neck sprain with selection of the points of the fourteen channels? It is stated in chapter 26 (Miscellaneous Diseases) of book *LingShu (Spiritual Pivot)*: "In case of



difficulty of the neck in flexion and extension, needle the UB channel of the foot *TaiYang*; in case of difficulty of the neck in rotation, needle the SI channel of hand *TaiYang*." Dr. ZhangJingYue of the Ming dynasty considered the point of the hand *TaiYang* channel for neck sprain should be *HouXi* (SI 3) and that of the foot *TaiYang* channel should be *KunLun* (BL 60). Selection of *HouXi* is correct, while *KunLun* is incorrect and its therapeutic effect is poor. Why? It is stated in chapter 68 of book *NanJing (The Classic of Difficulties)*: "*Shu* stream points are indicated in heaviness of the body and pain of the joints." The *Shu* stream point of the *Yin* channel pertains to earth and is related to the Spleen and its functions of: transformation and transportation, in this case, of water and damp. The *Shu* stream point of the *Yang* channel pertains to wood and is related to the Liver; it maintains free flow of Qi and dispels wind. Heaviness of the body and joint pain often result from wind and damp. The *Shu* stream point of *Yang* channel pertains to wood and is more closely related to the tendons. Difficulty in rotation of the neck must be related to the tendons, and therefore point *ShuGu* (BL 65) should be needed which pertains to wood and is *Shu* stream point, not *KunLun* which is a *Yuan* source point and pertains to fire.

Neck sprain may also present discomfort at point *JianJing* (GB 21), in which *ShaoYang* channel is involved. Some doctors often select point *XuanZhong* (GB 39) to treat neck sprain but cannot cure the problem in one treatment. Neck sprain is a small problem and covers multiple channels. However, in Tung's acupuncture, with selection of *ChongZi* (22.01) and *ChongXian* (22.02), a single treatment may resolve the problem quickly. If point *ChengJiang* (REN 24) is added, the therapeutic result will be even better. In the most of the classical medical odes, the selection of *ChengJiang* for rigidity of the neck is mentioned. Selection of this point for neck sprain is actually based upon the theory of correspondence between the anterior and posterior. Use the anterior point *ChengJiang* to treat posterior neck rigidity. Master Tung also often selected the posterior point *ZongShu* (1010.07) which is between *FengFu* (DU 16) and *YaMen* (DU 15) to treat hoarse voice, nausea and vomiting and dysphasia in the front. It is one of the important needling techniques of Master Tung.

The method of selecting one point for multiple channels and areas is often seen in Tung's acupuncture. Take sciatica which is commonly seen as another example. Generally *HuangTiao* (GB 30), *ChengFu* (BL 36), *ZhiBian* (BL 54) and *FengShi* (GB 31) are selected with some additional points along the affected channels such as *WeiZhong* (BL40), *ChengShan* (BL 57) and *KunLun* when *TaiYang* channel is involved and *YangLingQuan* (GB 34), *XuanZhong* (GB 39) and *QiuXu* (GB 40) when *ShaoYang* channel is involved. This method uses more points with less effect. If both *TaiYang* and *ShaoYang* channels are involved, points of both channels have to be selected, altogether more than ten needles are used and the results may not be satisfactory. In some cases of sciatica, there is pain radiating to the groin and medial aspect of the thigh where *Yin* channels are distributed. In this case even more needles are used. When multiple channels are affected in pathological conditions, selection of Tung's extra points is an improvement because it uses lesser needles and the results are typically better. For these forms of sciatica, select the two points, *LingGu* and *DaBai* on the opposite hand in order to obtain immediate analgesic effect for all channels of the *TaiYang*, *ShaoYang* and *JueYin* channel. Additionally, these points are distal and

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therefore safe and convenient. Though the method is simple, the connotation is deep. From these two case examples we can see the difference between Tung's extra points and points of the fourteen channels.

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Question: What is the *QianYin* (Guiding) needling method? How is it applied?

Answers: It is a needling method that is used to attract the *Qi* flowing to the desired area. It is based on the theory of "attracting effect." If we needle two points at the same time and then withdraw one needle, the *Qi* of the other point will be attracted and flows towards and finally arrives at the area of the withdrawn needle. If you give a short stimulation to one of the two points, the *Qi* will flow towards the retained needle. This is the basic mechanism of the attracting needling technique. If you want to go deeper into this method, you could read my book *ZhenJiuJingWei* (The Strategy of Acupuncture). In the chapter "Tung's Extra Acupuncture points", there is an introduction to "Tung's Commonly Used Three Needling Methods".

第二節 倒馬針法

倒馬針法，為董師所創用之一種特殊針法，係利用兩針或三針並列之方式，加強療效的一種特殊針法，奇穴與十四經穴均可利用此一針法，此一針法亦常與動氣針法結合使用，療效顯著。

具體操作是：(一)先在某一穴位施針（如內關）。(二)然後取同經鄰近穴位再刺一針（如間使或大陵），這樣就形成了所謂的倒馬針，(三)在倒馬針的基礎下可用補瀉法，也可用動氣針法與之配合，加強療效。

這種鄰近兩針同時並列的針法，較之散列的多針的效果，是來的較大而確實的，在內關取穴施針之效果如果等於一分，加取間使穴便成並列之倒馬針，則其效果並不只是二分的增加，而可能是三分或五分，究其原因，可能是有互助合作，一鼓作氣的強化作用。

全身有很多地方都可使用倒馬針以增強療效，如內庭、陷谷合用對腸胃病有很大效用，針內關、間使治心臟病有特效，支溝、外關治脇痛、小腿痛、坐骨神經痛；手三里、曲池治頭暈、鼻炎、肩臂痛、腰膝痛，其它如合谷、三間倒馬針，復溜、太溪倒馬針，申脈、金門之倒馬針……等不勝枚舉，可以推廣使用，一般而言，以特定穴（五輪原絡都會）為主針，再在鄰近取穴配針，效果尤其顯著。

第三節 牽引針法

牽引針法的作用在疏導平衡並用，取對側遠處另一端之穴位與同側遠處另一端之穴位形成相互牽引的形態，仍然不取近處穴位，使其可以「動引其氣」，痛點在兩穴中央，兩穴相引，必然通過痛點，由於「通則不痛」，立即可以抑止疼痛而達到治病之目的。這是個人在多年臨床經驗中，根據動氣針法的基礎所研用的一種特殊針法，效果之佳，較動氣針法尤有過之，而無不及。

具體操作是：(一)先在健側遠端選取穴位。(二)再在患側另一端選取一穴，(三)然後在兩端同時捻針，使兩針互相感應。(四)令病人痛點稍微活動或按摩後，再稍微捻針，痛可立止，也有許多病人，當在兩端穴位施針時，未用手法即已止痛，這就是兩穴相互感應的關係，(五)收效後按情況決定出針或留針，留針時，中間需頻頻或定時捻針以催氣。

這種針法施用簡單，效果良好，因此在這裡介紹出來，以便推廣使用，例如左肘痛，可在右側風市刺一針，再在左側合谷刺一針，可立止肘痛；又如右肩痛，可在左豐隆取穴，再針右側中渚，可以立止肩痛。再如左膝蓋痛，可取右側內關，再取左側太沖，可立止膝痛。(一般而言，牽引之疏導穴，取患側該經之俞穴為主)

最好是能夠配合經絡取穴，施行牽引，效果尤佳，例如肩痛除在對側遠處施針治療外，如屬陽明部位，則以同側合谷取穴牽引，如屬側肩痛（少陽部位），則在中渚牽引，如後肩痛（太陽部位），則在後溪牽引。其它各種疼痛，均可以此類推。

以上都是很好的實例，也正附和了內經「上有病而下取之（遠取以疏導）」，左有

一膝，捻右側內關針，活動左膝，其作用仍然是對側交互影響的。
牽引針法，也可以與倒馬針法合用，效果亦佳，例如左側坐骨神經痛，可針右側奇動右穴大白、靈骨，再針左側申脈一針。靈骨、大白相互構成倒馬，但它們與申脈卻形成牽引。(患側肢端奇穴為牽引穴，健側遠端為治療穴，取穴見下篇治療篇)。

Following are few case examples often seen in the clinic and they might help you better understand this method.

Take knee joint pain as an example; needle the therapeutic point on the healthy side first. In this case, the needle is inserted into *NeiGuan* (PC 6) or *XinMen* (33.12) which are on the healthy side, then needle a distal point on the diseased side as the attracting point. If the pain is on the stomach channel, needle the *Shu* stream point of the stomach channel which is *XiangGu* (ST 43); if the pain is medial, along the path of the liver channel, needle *TaiChong* (LR 3), the *Shu* stream point of the liver. In this way, *NeiGuan* and *TaiChong* (or *XiangGu*) form an attracting group. The *Qi* of *NeiGuan* and that of *TaiChong* attract each other and the flow of *Qi* must pass through the painful area. This method is very effective in the treatment of knee joint pain. During treatment, if the patient can make some local exercise, then the therapeutic effects will be improved. If no exercise is made by the patient, treatment is still effective and better than local massage.

The *Shu* stream points of various channels are typically used for the attracting points. As stated in chapter 68 of the book *NanJing*: "*Shu* stream points are indicated in heaviness of the body and pain of the joints." The *NeiJing* also states, "When pain in a disease aggravates and alleviates alternatively, *Shu* stream point should be needled."

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An example of this is the pain caused by cancer which tends to fluctuate. *Shu* stream points in the *Yang* channels correlate with wood while on the *Yin* channels, it is earth. Wood dominates tendons and earth dominates muscles, therefore these points give good results in the treatment of muscle and tendon, heaviness of the body and joint pain in particular.

For shoulder joint pain, needling *ShenGuan* (77.18) can be very effective. Once the needle is inserted into the point, the pain is typically alleviated immediately. In addition, the corresponding *Shu* stream point should be selected for better result according to diseased channels. That is to select the *Shu* stream point *SanJian* for *YangMing* channel, *ZhongZhu* (SJ 3) for triple energizer channel and *HouXi* for *TaiYang* channel.

For sciatic pain, we often use *LingGu* (22.05), *DaBai* (22.04) on the healthy side to treat multiple channel involvement. To these, add the *Shu* stream points as attracting points: *SanJian*, *ZhongZhu*, and *HouXi* on the diseased side. Even if the patient cannot exercise due to pain, the treatment is still effective because the attracted *Qi* flows through the diseased area. Massage is not indicated for the attracting method since it may lead to local tissue fatigue and aggravate the pathology.

The *QianYin* (Guiding) technique has another advantage: the use of *JuCi* (contra lateral needling). In such treatment, points are selected from both the upper and lower, and the left and right to dredge the upper and lower and balance the left and right. The *QianYin* needling method is that I derived from Tung's *DongQi* (active *Qi*) needling method. In general, the selection of one point from the diseased channel is sufficient.

Selecting a point from diseased channel can be very effective. The ancient physicians often selected *Shu* stream point to treat pain which can serve as the main point or the attracting point. Typically, *ZuSanLi* (ST 36), *YangLingQuan* (GB 34), *LiangQiu* (ST 34), or similar points are selected for knee joint pain. However, *TaiChong* is mostly selected for knee joint pain in ancient classics. Now we select this point plus *NeiGuan*, one upper and one lower, to obtain both therapeutic and attracting effect, which is incomparable.

Another example is tennis elbow. Puncture point *QuChi* and *ShouSanLi* (LI 10) on the healthy side first as therapeutic points, and then needle *LingGu* as the attracting point. Then ask the patient to exercise the disease elbow in order to obtain very good therapeutic effects. *LingGu* is taken as attracting point in this instance; it also serves as a therapeutic point.

Depth of insertion and retention of needles

Needling a point with correct location might not have the desired effect: this is because of incorrect insertion depth. There is an ancient saying in Chinese medicine, do not divulge the secret: for herbal medicine, it is the dosage and for acupuncture it is the depth of insertion. Therefore, great importance should be attached to the depth of insertion.

Point *ZuSanLi* can treat many diseases of the body. However, there is not much information regarding therapeutics related to the depth of insertion. Generally speaking, needling this point with the depth of 0.5 to 1 *cun* (heaven) treats pain or other diseases of the leg; needling this point with the depth of about 1.5 *cun* (man) can treat diseases of the Spleen and Stomach and other middle energizer diseases, and needling this point with deep insertion (about 2 *cun*) with long needle retention is very effective for heart disease and asthmatic breathing. This point is also very effective for facial paralysis, however, the depth of insertion should be at least 2 *cun* with the needle directing obliquely upward.

In chapter "Channels and Points" of the book *DongShiQiXue* (Tung's Extraordinary Acupuncture Points), the description of the first point *DaJian* (11.01) says: "Needling the point with the depth of 0.1 to 0.2 *cun* treats pathological changes of the heart; needling the point with the depth of 0.2 to 0.3 *cun* treats diseases of the small intestine, hernia and knee joint pain. The point is needled unilaterally on the healthy side." At the very beginning, Master Tung attached the importance to the depth of insertion and put forward the principle of contra lateral needling.



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In the description of the second point *XiaoJian* (11.02), he also says: "Needling the point with the depth of 0.1 to 0.2 *cun* when a half *cun* needle is used treats diseases of heart and lung; needling the point with the depth of 0.2 to 0.25 *cun* treats hernia and knee joint pain." In the description of point *DiZong* 地宗 (44.09), he says "Needling this point with insertion of 1 *cun* treats mild diseases and 2 *cun* treat severe diseases." In the description of *DiShi* 地士 (33.14), he says: "Needling the point with insertion of 1 *cun* treats asthmatic breathing and 1.5 *cun* treats heart disease." The above mentioned are just few examples and the other Tung's extra points are also needled following the same principle.

Master Tung's theory of insertion depth has various theoretical bases and the most important is that "Shallow insertion is indicated in local or adjacent diseases and deep insertion is indicated in distal diseases." It means shallow needling treats near and new diseases and deep needling treats distal and old diseases. This principle can also be applied in acupuncture points of the fourteen channels. Take *HouXi* as an example, needling this point with the depth to the heaven can treat the upper diseases such as facial spasm, trigeminal neuralgia and rigidity of the neck; needling this point with the depth to the man can treat lower back pain; and needling this point with the depth to the earth can treat sciatica and pain of the lower limbs. In general, the main cause of the therapeutic effect of either the acupuncture points of the fourteen channels or Tung's extra points is the depth of insertion.

Once the depth of insertion is well controlled, a single point may act as several points, saving the number of the points to be selected and the time of treatment. During last thirty years of practice, I have treated tens of patients daily in average and sometimes over one hundred patients per day. This would be impossible if I hadn't selected fewer points and used few needles for each treatment. On average, I use four needles per patient (not more than eight needles and minimally one needle). The points should be selected as minimally as possible and flexibly.

I attended the national acupuncture conference of America in Washington D.C., and gave a lecture on "The Twelve Commonly Used Points of the 14 Channels." The introduction to the twelve commonly used points of the fourteen channels is based upon the summary of the experience of ancient physicians and ancient classics as well as that of my own. The introduction to the twelve frequently used Tung's extra points is based upon the summary of master Tung's experience and that of my own obtained during my clinical practice over last thirty years. These points are essential in clinical practice. A good command of the twenty four points may help treat pathological changes of the whole body. These points will be introduced in the related chapters.

Lastly, I would like to talk about needle retention. Master Tung typically retained the needles for 45 minutes. This is based upon the *LingShu* which states that one whole circulation of *Qi* and Blood in the body takes twenty eight minutes and forty eight seconds. To make it more convenient in calculation, we take it as 29 minutes, and 30 minutes even better. The ShangHai Journal of Traditional Chinese Medicine published one article in 1980 mentioning that the highest pain threshold was achieved with needle retention for between 40 and 50 minutes at point *HeGu*. It can be seen that the author of that articles and Master Tung coincidentally had the same idea. I often retain needles in points for 45 minutes. In case there are not enough beds or the patient is in a hurry, the needles should be retained for at least 30 minutes. The duration of needle retention should be prolonged for chronic conditions, severe diseases, cold syndromes and acute abdomens. I will retain needles for 60 minutes in cases of facial paralysis; 90 minutes could be even better. Thirty years ago, I saw a senior TCM doctor retaining needles in points for 2 hours in treatment of Heart disease and chronic asthmatic breathing. In the industrial and commercial times, people are busy and it is difficult to retain needles for 60 minutes and such long needle retention is rarely seen.

Tung's system is remarkable. Following is the application of Tung's extraordinary point in treatment of various kinds of diseases.

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Chapter 1

Head, Face, Neck and Nape

Head

Headache 头痛

1. *DaBai* 大白 (22.04) is very effective. The combination of *DaBai* and *ZhongBai* 中白 (22.06) or 三叉三 *ChaSan* (A.04) may have a better result.
2. Needle *CeSanLi* 侧三里 (77.22), *CeXiaSanLi* 侧下三里 (77.23) and *ShenGuan* 天皇副 (肾关) (77.18). Retain the needles for 45 minutes. Mild cases may be cured in 2-3 treatments. A severe case may be cured within 4-5 treatments without recurrence. These points may have good results for chronic and stubborn headaches.
针侧三里、侧下三里，并针肾关，留针四十五分钟；轻症二三次，重症四五次，即可不发。
3. *LingGu* 灵骨 (22.05) may immediately alleviate headaches. 补灵骨，立可缓和疼痛。
4. Blood-Letting *WuLing* 五岭 (DT.04) in order to immediately stop headaches.
背部五岭穴点刺，亦可立止头痛。
5. Blood-Letting point *TaiYang* (Extra) has a special effect for chronic headaches. For mild attacks, give 1-2 treatments; for severe attacks give 3-4 treatments for cure.

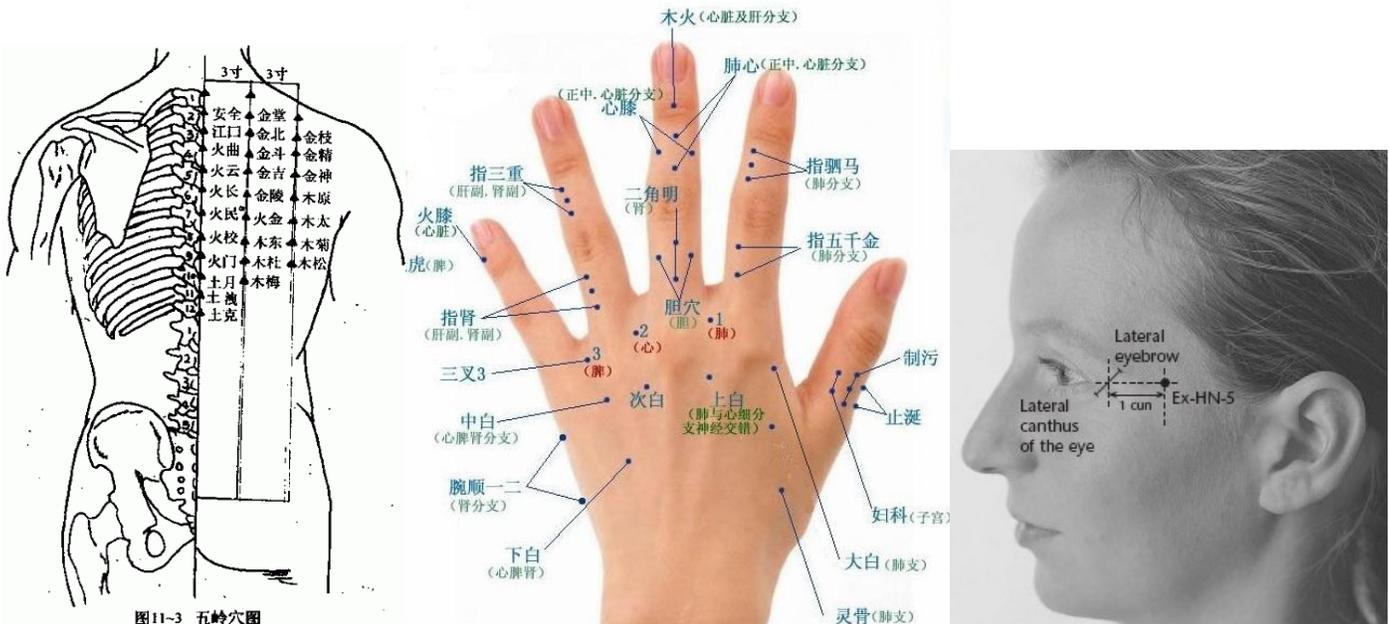
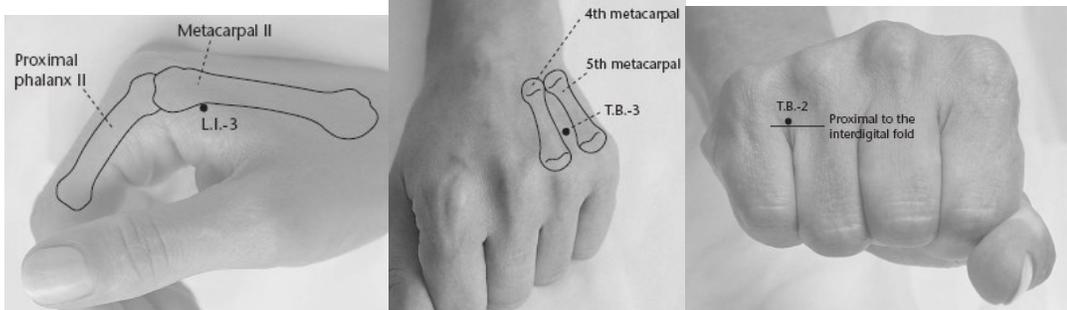
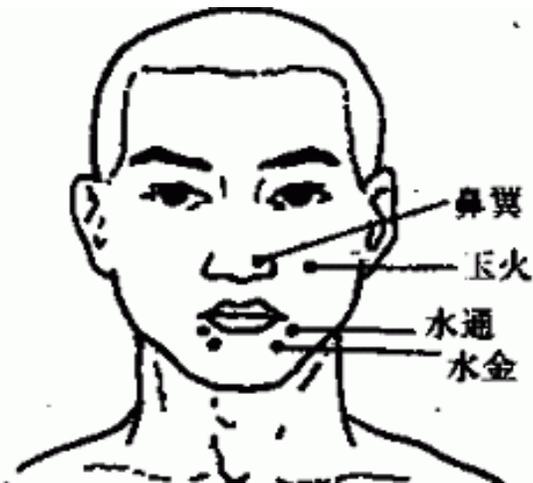
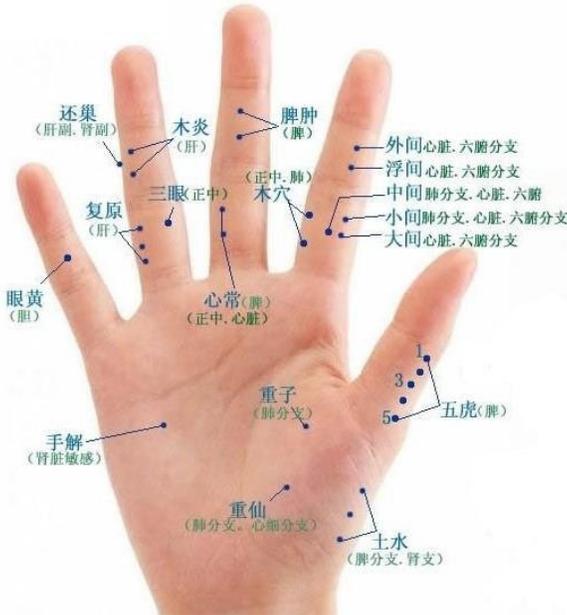


图11-3 五岭穴图



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I like to supplement points of the fourteen channels with Tung's major points. Generally speaking, *DaBai* and *SanChaSan* may immediately stop pain. In addition, *SanChaSan* is one of the frequently used 10 important Tung's extraordinary points; it is also a very good point for the common cold. It is located on the course of Triple Energizer channel of hand *ShaoYang* and improves immunity. It is very close to *YeMen* (SJ 2), which is the *Ying* spring point of the Triple Energizer (*ShaoJiao*) channel. It is stated in the book *Neijing*: "Ying spring and *Shu* stream points are indicated in disorders of external channels." It is therefore a commonly used point for exogenous diseases. For headache due to common cold, this point plus *DaBai* is sufficient. *DaBai* is located on the same level of *SanJian* (LI 3). Needling this point along the border of the bone may stop headache quickly. Further, *DaBai* is located on the course of the large intestine channel and the large intestine is externally-internally related to the lung has therefore good therapeutic effect for diseases of the lung. Thus, it has remarkable effect in treatment of headache due to cold. According to the theory of holography, *DaBai* is located on the area of head and face. It is close to *SanJian* which pertains to wood. *DaBai* has the same property and it is therefore effective for Liver (wood) and wind diseases.

According to the theory of connections between *ZangFu* organs, the liver is connected with the large intestine. Therefore the points are also effective for headache due to liver disorders. In conclusion, *SanChaSan* plus *DaBai* has special effect in treatment of headache due to cold, and is also effective for general headache. *SanChaSan* combined with *TuShui* 土水 (22.11), they work together to treat sore throat very effectively.

SanChaSan is also a special point for relieving fatigue. Another point for fatigue is *BiYi* 鼻翼 (1010.22). If somebody is sleepy or tired, the two points may be needled. The same treatment can be used for driving long distances since it heightens the spirit.

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I have another story about point *SanChaSan*. There was a *GongFu* competition in Taiwan in 1975 and I was one of the judges, taking a rest at the site. One of the athletes came to me because he was suffering from shoulder pain. I needled *SanChaSan* for him. After needle retention for 30 minutes, the pain was relieved. Right after that he went to the competition and he didn't feel tired when he finished the first round. By the second round, he was more and more competent and finally won the game and became the champion. *SanChaSan* is a very effective point for fatigue relief. It is also an important point for disorders of the five organs. It can be selected for all the disorders of the five sense organs, based upon the theory of holography.

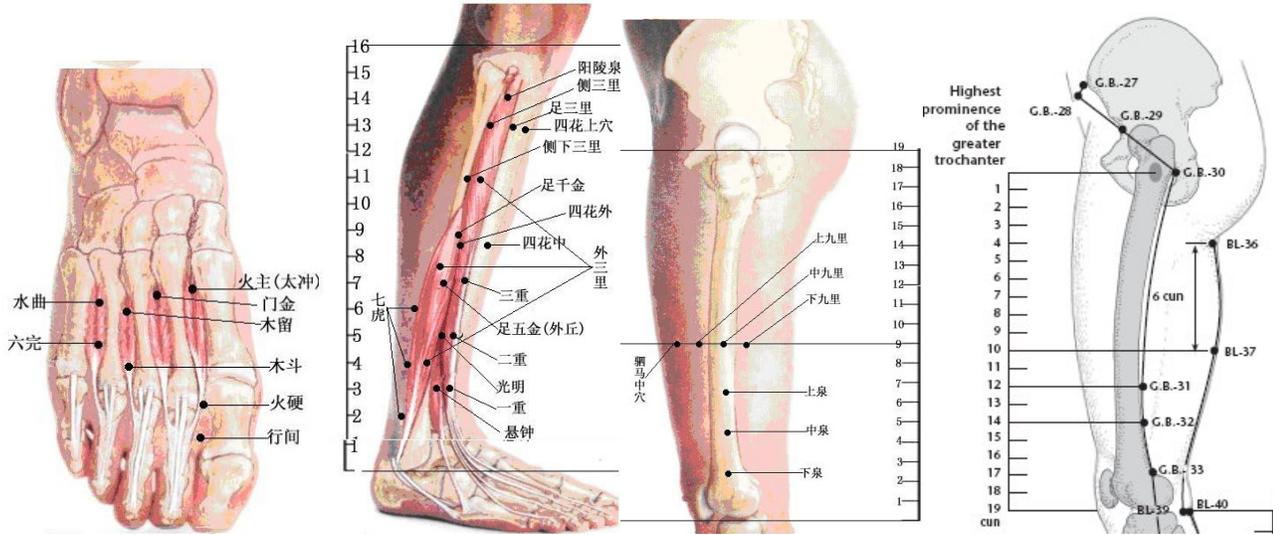
I once gave lectures in San Francisco and one audience who was a female doctor at present was suffering from an attack of allergic rhinitis. I needled *SanChaSan* for her and the running nose immediately stopped. This point is a very good point for disorders of the five sense organs. For shoulder pain, it is advisable to needle this point on the diseased side, and in case of pain of the thigh, it is advisable to needle the point on the healthy side. It also has very good therapeutic effect for nausea, vomit, neck sprain, hypochondriac pain, lower back pain, palpitation and itching of the skin due to various kinds of allergy.

I would like to return to headaches. I want to emphasize that the first points to select for headaches are *DaBai* and *SanChaSan*. The combination of these two points is extremely effective. The second points are *CeSanLi* and *CeXiaSanLi* plus *ShenGuan*. They are also very good, since the first two points are located between *YangMing* and *ShaoYang* channels and they are therefore able to treat disorders of the two channels such as *YangMing* and *ShaoYang* headache. *ShenGuan* governs the kidney, which is externally-internally related to the urinary bladder and it is therefore effective for *TaiYang* headache. It is also good for various kinds of chronic diseases because prolonged illness will finally affect the kidney. If, on the basis of this, *LingGu* is added, the analgesic effect will be even heightened. Besides, Master Tung has another special method to treat headache. That is to bleed point *TaiYang*. Even if the headache is prolonged and chronic, one treatment may obtain remarkable effect. The maximum duration for cure will not go beyond 2-3 treatments.

Migraine 偏头痛

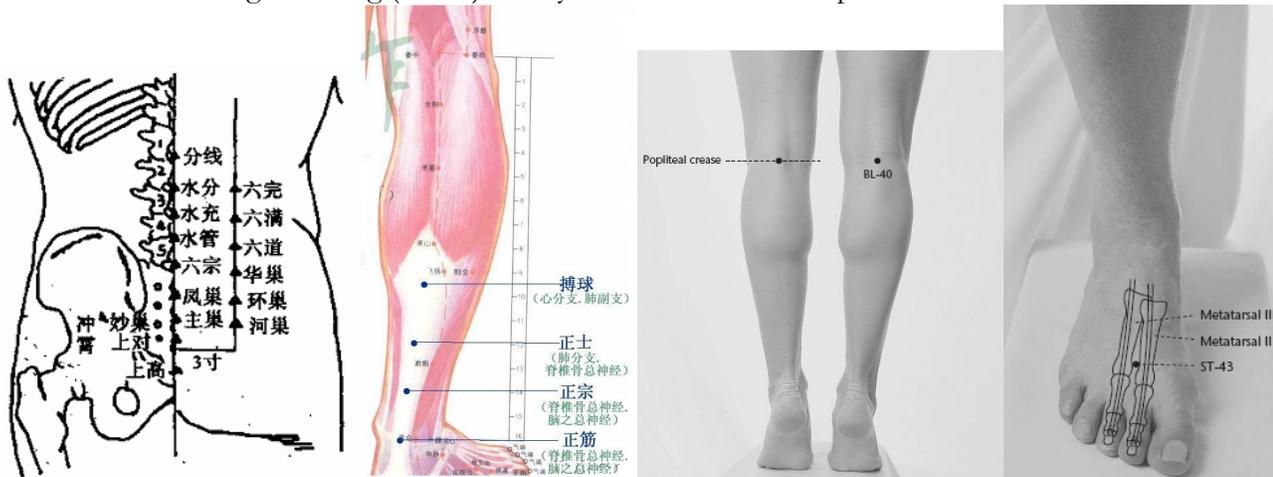
1. Needle *CeSanLi* and *CeXiaSanLi*. They have good therapeutic effect. 针侧三里、侧下三里，效果甚佳。
2. Needle *ZhongJiuLi* 中九里 (88.25) (point *FengShi* 风市 GB 31). This result is also good. 针中九里（风市），效果亦佳。
3. Pricking *SanChong* 三重 (77.07) and *SiHuaWai* 四花外 (77.14) to cause bleeding may immediately stop pain. 三重、四花外穴，用三棱针点刺放血，亦可立止疼痛。
4. If the pain is at *TaiYang*, needling *MenJin* 门金 (66.05) is very effective. 太阳穴部位疼痛，针门金效果甚佳。
5. Blood-letting *TaiYang* has special effect for chronic migraine, one treatment in mild case and 2-3 treatments in severe case may cure the condition.
6. Needle *ShuiQu* 水曲 (66.09)

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Occipital Headache 后头痛

1. Blood-letting *ChongXiao* 冲霄 (DT 17) may immediately stop pain. 冲霄放血，立止疼痛。
2. Needling *ZhengJin* 正筋 (77.01) and *ZhengZong* 正筋 (77.02) may also have good effect. 针正筋、正宗效果亦佳。
3. Blood-letting *WeiZhong* (BL 40) is very effective for chronic posterior headache.



Now let's discuss migraine. *CeSanLi* and *CeXiaSanLi* are effective for the disorders of *YangMing* channel. They also have therapeutic effect for migraine. Since *CeSanLi* and *CeXiaSanLi* are located between *YangMing* and *ShaoYang* channels, they are able to treat pain of the two channels. If the pain is located on the *YangMing* channel or at *TaiYang*, needling point *MenJin* would be enough, which is located behind point *XianGu* (ST 43). It is needled along the border of the bone. If *MenJin* is not found, *XianGu* can also be selected because it is the *Shu* stream point of the *YangMing* channel, which is indicated in heaviness and pain of the body and joints.

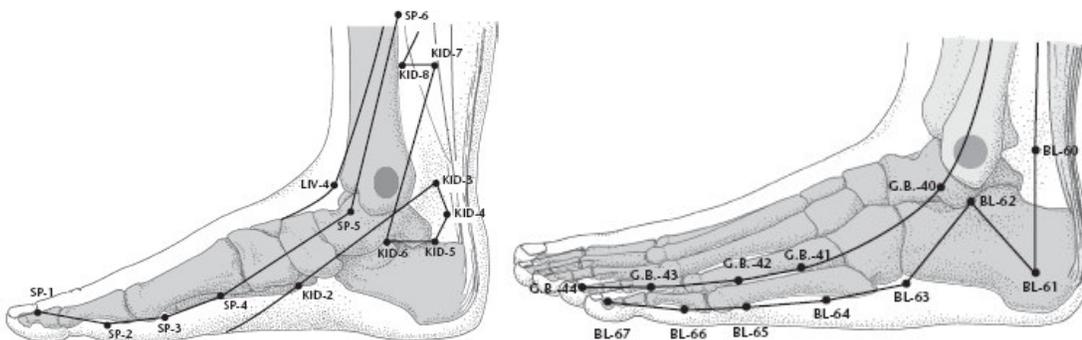
In cases of chronic headache, the point should be needled along the border of the bone and combined with point *MenJin* would be the best. There is a saying in TCM that a prolonged illness will finally affect the kidney. It means if an illness lasts for long, it will weaken the function of the kidney leading to deficiency of either kidney *Yin* or Kidney *Yang*. This is why the point should be needled along the border of the bone or with the tip of the needle hitting the bone for chronic diseases. It is the principle in TCM so called "treating the bone for bone diseases" and "treating the bone for kidney diseases". For migraine, *ZhongJinLi* which is actually point *FengShi* is also a good point. It is one of the most frequently selected points of Master Tung. It works for all kinds of pain, the pain of *ShaoYang* channel in particular.

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If you don't know what to start with in treatment of a difficult miscellaneous disease, you may select point *ZhongJiuLi* first to at least alleviate pain, and then seek the cause of the disease and needle other points accordingly. The method can help heighten the therapeutic effect.

Here I'd like to detail the explanation about *ZhongJiuLi* and *FengShi*. In ancient time *FengShi* was taken as an extraordinary point. It was not introduced in *ZhenJiuJiaYiJing* (The Systematic Classic of Acupuncture and Moxibustion), *QianJinYaoFang* (Thousand Ducat Formulas), *WaiTaiMiYao* (Secrets of a Frontier Official) or *TongRenZhenJiuShuXueTuJing* (Illustrated Classic of Acupuncture Points on the Bronze Man). It was introduced in *ZhenJiuDaCheng* and *ZhenJiuZiShengJing* (The classic of Supplementing Life with Acupuncture and Moxibustion). Chinese medicine considers that pain syndrome and wind syndrome are often related to wind. "*Feng* (wind) *Shi*" means the place where pain due to wind comes and goes. When Master Tung treated patients with pain of one or two places, he selected corresponding extraordinary points. If the patient has pain all over the body, he needled *FengShi* plus *ZhongDu* (GB 32) with *DaoMa* (Coupling) needling technique. The combination of the two points effectively alleviates pain of the whole body. The point *ZhongDu* is very much related to pathogenic damp because "*Du*" means water passage. Wind and damp often cause pain together and the two points are therefore selected. Moreover, following the principle of "treating muscle for muscle disorders" and "treating muscle for disorder caused by damp", the two points are selected. The muscles at *FengShi* is thick, it is good at treating damp diseases. Besides, *FengShi* is located on the gallbladder channel, which is externally-internally related with the liver, it can treat diseases of both the liver and gallbladder. Both the liver and gallbladder dominate tendons. If the point is needled with the needle tip touching the bone, the therapeutic effect will go to the kidney, treating Kidney diseases. In this way, it treats all the disorders of the tendons, bones and muscles. According to the theory of the five elements, it treats all the disorders due to wind, cold and damp. The theory of *ZangFu* considers that the liver dominates tendons and kidney dominates bones. However, this does not conform to the book *LingShu*. It is stated in chapter 10 of *LingShu* that *ShaoYang* dominates bones and *TaiYang* dominates tendons. That's why I often select *FengShi* to treat bone spur.

Further, chapter 9 of the *SuWen* (Essential Questions) states: "All the other eleven *ZangFu* organs rely on the gallbladder." From this statement, we can understand why *FengShi* is selected to treat so many diseases. My teacher, Prof. *Liu DuZhou* is very famous in mainland, China. He is an academic authority of *ShangHanLun*, and is expert with the formula *XiaoChaiHuTang* (Minor Decoction of Bupleurum). He was my supervisor when I was doing my doctoral degree of *ShangHanLun* in Beijing University of Traditional Chinese Medicine. I began teaching *ShangHanLun* in 1976. In 1980, I was invited by *Tongji* Hospital of Singapore to teach *ShangHanLun*. In the Last tens of year of clinical practice, I have often used *XiaoChaiHuTang* with modification which affects the *ShaoYang* channels and successfully treated many diseases. Based upon the same theory, point *FengShi* of *ShaoYang* channel has good effect for all kinds of pain. It has good therapeutic effect for all kinds of headache, migraine in particular. For chronic headache, blood-letting point *TaiYang* is the best because prolonged illness gives rise to blood stasis. In the points for treating headache, the point with special effect is *ZhengJin*. The therapeutic effect is even better when it is combined with *ZhengZong* with *DaoMa* technique. *ZhengJin* is located between *TaiXi* (K3) and *KunLun* (BL 60),



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Master Tung's ten most commonly used extraordinary points. Point *HuoJu* is also very effective for frontal headache. It is located behind point *GongSun* (SP 4) and is needled along the border of the bone. "Ju" means chrysanthemum flower, which is a Chinese medicinal herb with the function to clear heat and benefit the head and eyes. Point *HuoJu* has therefore the same therapeutic function and is indicated in hypertension, vertigo, headache and soreness of the eyes.

The three points of *WuHu* are indicated in shoulder and arm pain as well as headache. Besides, it is indicated in frontal headache. There is another very effective point for frontal headache. I often used this point 30 years ago but I am almost not using it anymore now. The point is *ZhongWan* (REN 12). All these points introduced above are effective for frontal headache. *YinLingQuan* is the *He*-sea point of the spleen channel. "He-sea points are indicated in diseases of *Fu* organ". Based upon the theory of holography, the upper end of the leg corresponds to the head; point *HuoJu* is close to *GongSun*, which is the *Luo*-connecting point of the spleen channel. The spleen channel is externally-internally related to the stomach and therefore the *Luo*-connecting point of the spleen can treat *YangMing* headache. *GongSun* also has very good therapeutic effect for gastric spasm and gastritis, as well as pain of the shoulder and arm; *ZhongWan* is the front-*Mu* point of the stomach and is indicated in frontal headache, the *YangMing* headache. If you understand all these, it is easy to select correct points that are therapeutically effective. Though they are extraordinary points, they have close relations with the fourteen channels.

Vertigo 头晕

1. Point *LingGu* 灵骨 is very effective for vertigo.
2. In case of hypertensive vertigo, blood-let point *WuLing* 五岭 on the back first and then needle *HouYin* 火硬 (66.03), the blood pressure will be lowered and vertigo stopped immediately. This method is also effective for vertigo due to hypotension.
血压高的头晕，先在背部五岭穴点刺放血，再针火硬，立降血压，并止晕眩。
3. In case of vertigo due to cerebral anemia, needle *TongGuan* 通关 (88.01), *TongShan* 通山 (88.02) and *TongTian* 通天 (88.03). 脑贫血的头晕，针通关、通山、通天。

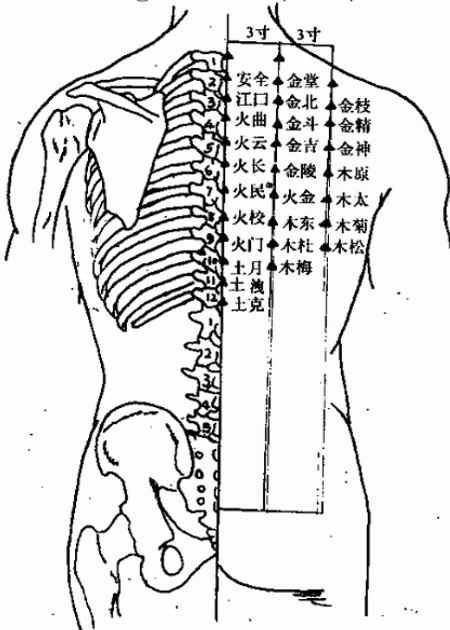
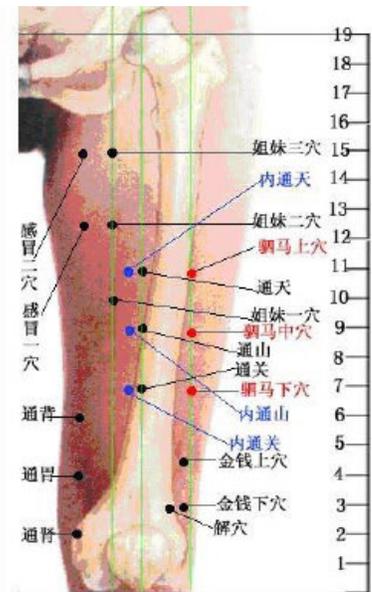
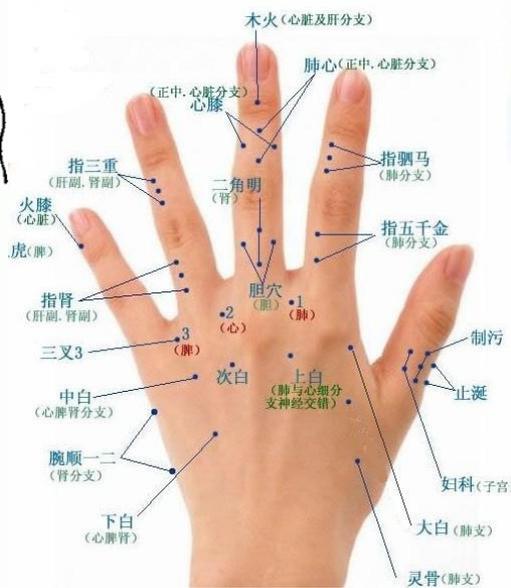
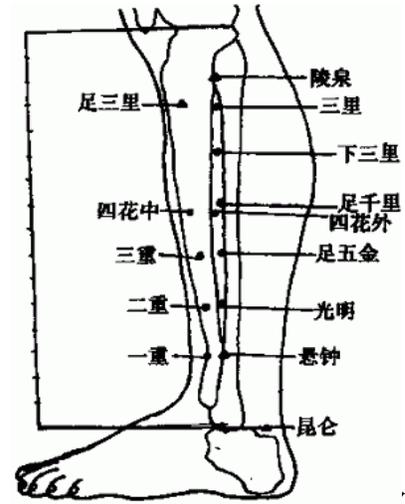
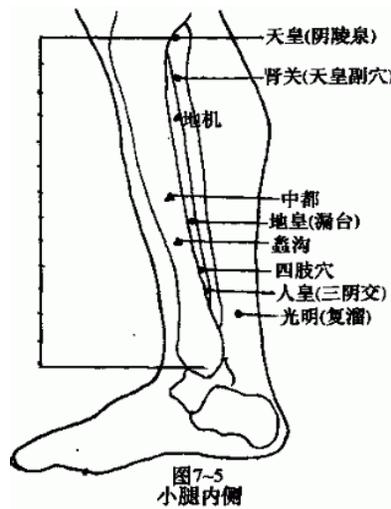
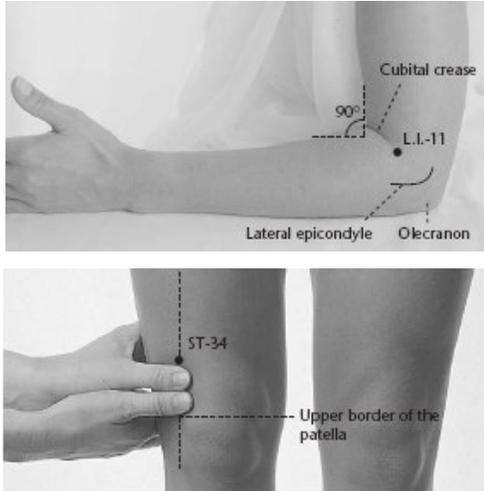


图11-3 五岭穴图

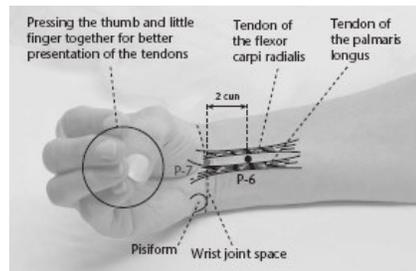
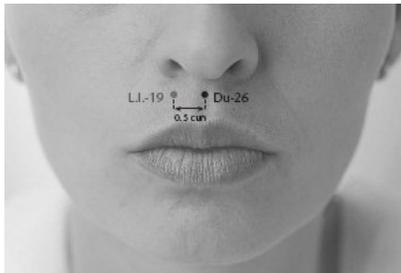


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To

treat vertigo, point *LingGu* is the best one. It has the function to supplement Qi and tonify kidney. Since it is located on the course of the large intestine channel, which is connected with the liver, it is very effective for vertigo. Among the points of the fourteen channels, the best point for vertigo is *QuChi* (LI 11). If *LingGu* is selected together with *QuChi*, the therapeutic effect is improved, no matter whether the vertigo is resulted from hypertension, hypotension or anemia. The large intestine channel is the one with ample Qi and Blood and is effective for treating disharmony of Qi and Blood.



As an aside, I would like to speak here about fainting due to needles at this point. *JieXue* 解穴 (88.28) is useful for fainting. *JieXue* is effective for incorrect needling, derangement of Qi and Blood or acute pain. Further, contusion injures Qi and Blood giving rise to pain due to stagnation. In some patients, the pain is

wandering without fixed location, and in this case, *JieXue* may play the same role of *LiangQiu* (ST34) – the Xi-cleft point of the stomach channel – which is also the channel with ample Qi and Blood. Moreover, Xi-cleft points are the place where Qi and Blood gather and therefore they have strong therapeutic effect to regulate Qi and Blood. *JieXue* is very close to there, thus a good point. In case of derangement of Qi and Blood due to disharmony, *JieXue* is useful. To relieve fainting due to needling, *RenZhong* (Du 26) of the fourteen channels may be selected. Further, this point is the point of the *Du* channel which travels towards the head and clears the mind, warms the Yang and rescues collapse; it is therefore a good point for fainting due to needling. In Tung's extraordinary points, *JieXue* is often used to relieve fainting caused by needling. The goal of this method is also to regulate Qi and Blood. In brief, needling cannot be separated from Qi and Blood, and Yin and Yang. If you know more fundamental TCM theory, you will find good points and improve your therapeutic results.

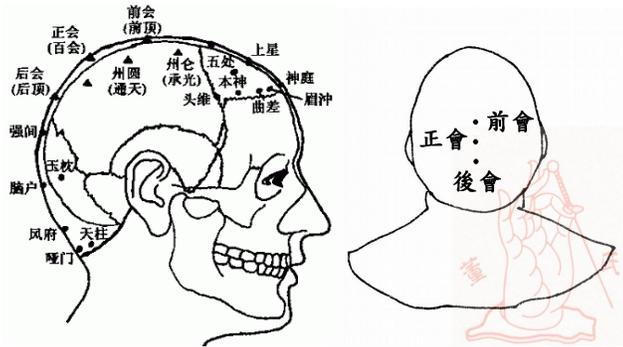
In addition, needling *TongGuan* and *TongShan* is also very effective for vertigo due to anemia. In case of vertigo in Meniere's syndrome which is usually accompanied by nausea and vomiting, I often select *LingGu* in combination with *NeiGuan* (PC 6) for good result. If *QuChi* is added, the result may be faster and better. In many cases of Meniere's disease, the patient came into the clinic with the help of others by hand and independently immediately following treatment. If the vertigo is due to pathological changes of the cerebral nerves, *XiaSanHuang* (天皇副77.18, 地皇 19, 人皇 21) is better. This point supplements the kidney, which dominates brain. In severe cases, bleed point *SanChong* 三重 (77.07). Point *LingGu* also improves cerebra-vascular circulation. It is indicated in tens of diseases, hemiplegia in particular. Dr. *Jiao ShunFa*, the inventor of Chinese Scalp-Acupuncture, can rotate the scalp needle with the speed as fast as 200 times per minute and most practitioners cannot do it. However, *LingGu* could be used instead of needle rotation to improve outcomes. This point

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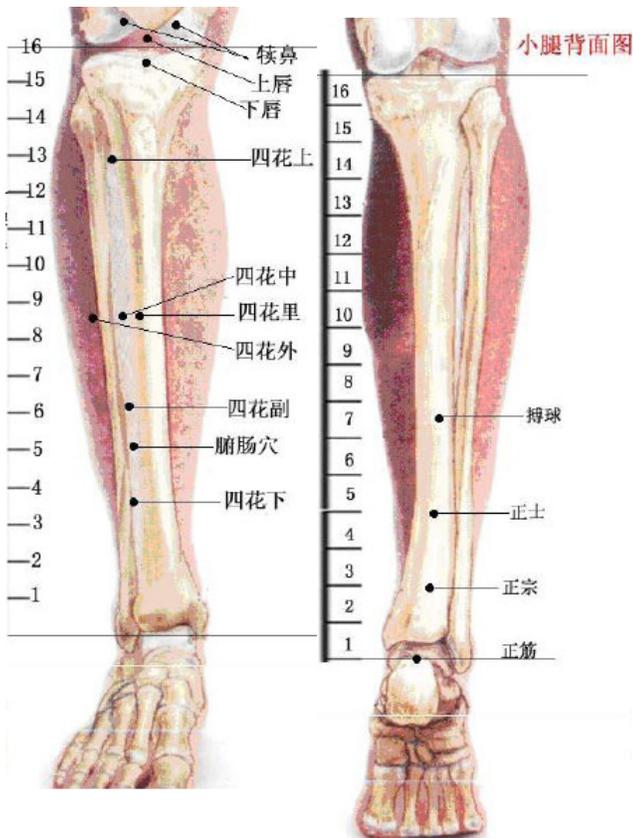
improves cerebral blood circulation heightening the therapeutic effects for hemiplegia. If *XiaSanHuang* is added, the effect may be improved.

Cloudiness thinking and fatigue 脑神经不清 (neurasthenia)

1. Needle point *ZhengHui* 正会 (1010.01) and *ZhenJing* 镇静 (1010.08) and then bleed *SanChong* 三重 (77.07). 针正会，镇静，再在三重穴放血。
2. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) may also obtain good therapeutic effect. 针下三皇效果亦佳。



Meningitis 脑膜炎



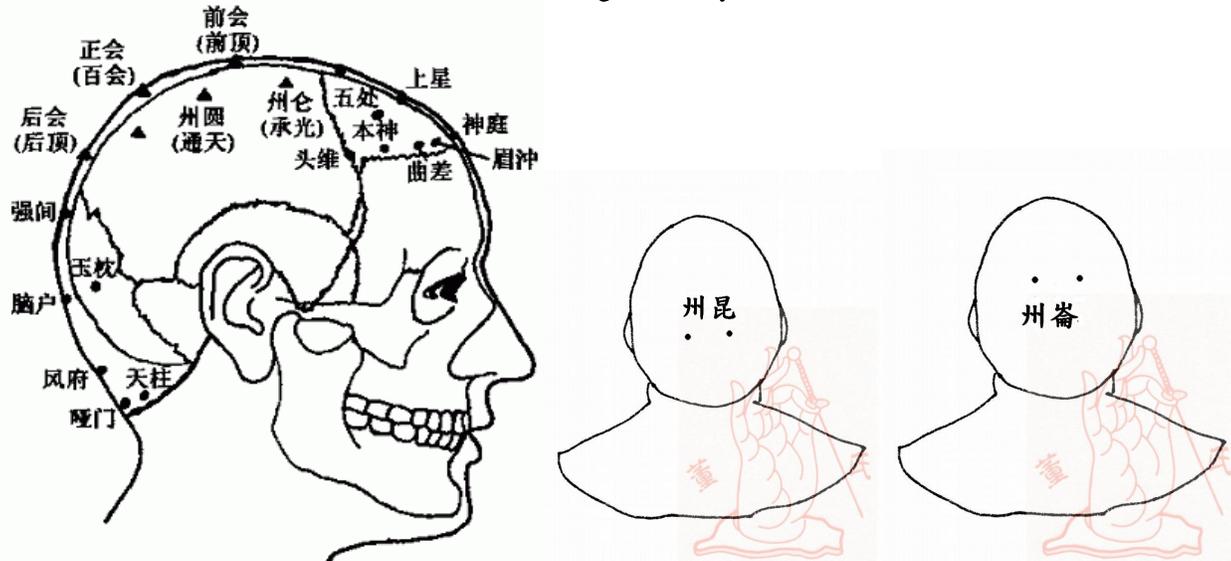
1. Needle *SanChong* 三重 with *DaoMa* needling technique. 三重、用倒马针法。
2. Prick *SiHuaWai* 四花外 (77.14) first and then needle *ZhengJin* 正筋 (77.01). 四花外点刺，再针正筋。

Brain Tumor 脑瘤

1. Needle *ZhouKun* 州昆 (1010.3), *ZhouLun* 州仑 (1010.4) first, and then needle *SanChong* 三重 with *DaoMa* needling technique. 先针州昆、州仑、火光，再在三重穴用倒马针法。
2. If point *ShangLiu* 上瘤 (55.06) is selected in combination with the above points, the effect could be even better. 配上瘤穴，效果更佳。
3. Needle point *ZhengJin*.



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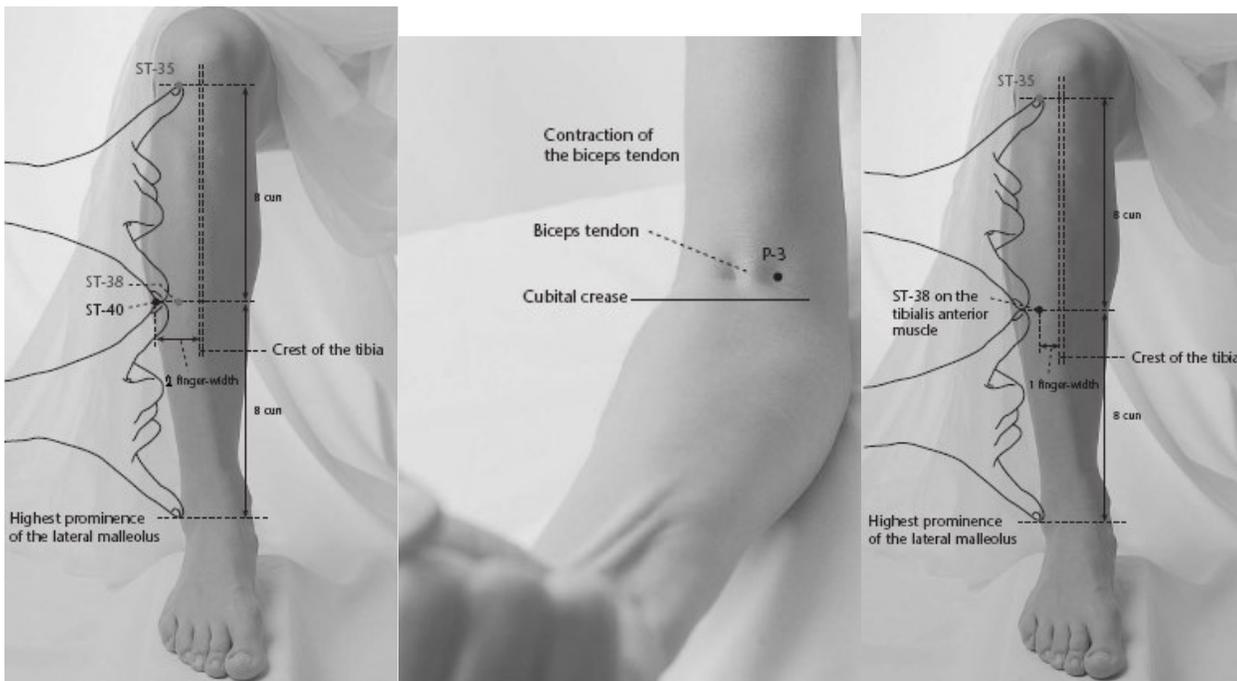


Enlargement of Cranial Bone 脑骨肿大

1. Needling *ZhengJin* 正筋 may have good therapeutic effect, and if *ShangLiu* 上溜 is added, the result will be even better. 针正筋，配上溜穴，效果更佳。

Hydrocephalus 脑积水

1. Needling *ZhengJin* 正筋 and *ShangLiu* 上溜 may have favorable effect. 针正筋，上溜，有良好效果。
2. Better results may be obtained if blood-letting is given to point *SanChong* 三重 in treatment of the last four diseases.



Three cerebral diseases have been introduced: Meningitis, brain tumor and hydrocephalus. For all the three diseases, bleeding point *SanChong* is to improve effectiveness. *SiHuaWai* may also be bled. *SiHuaWai* is one of the most commonly used points of Master Tung. He also often bled *ChiZe* (PC 3) or *WeiZhong* (BL 40) for these brain

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bleed ear apex or the vein on the ear back first. Then needle *LingGu*. For conjunctivitis, also bleed the ear apex.

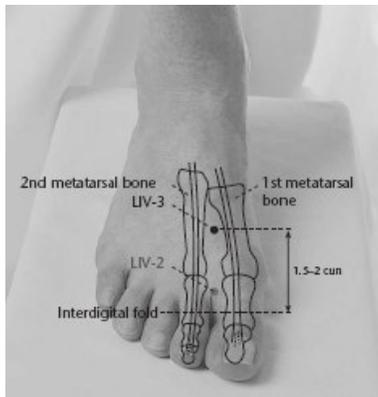
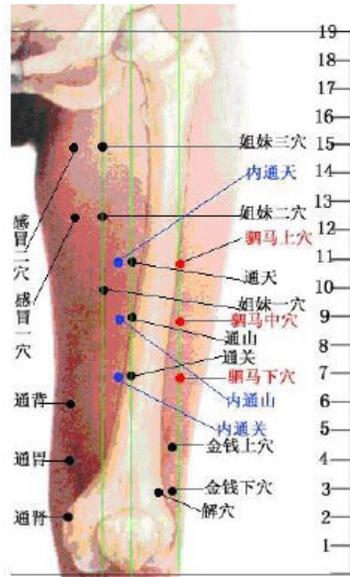
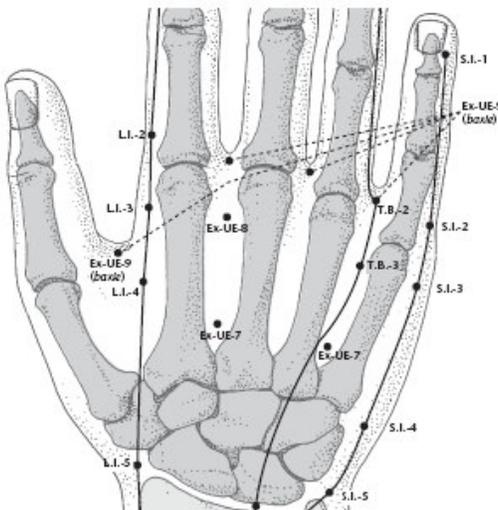
The ear apex is one of the most commonly used points for bleeding. This is a brief introduction to the ear apex. It is effective for all eye diseases. It also has good therapeutic effects for the common cold. For facial paralysis with no possibility of bleeding the buccal mucosa, the ear apex may be selected. Bleeding the ear apex may also treat insomnia and various kinds of skin diseases. Why does ear apex have therapeutic effect for so many diseases? Chinese medicine holds that *ShaoYang* channel dominates wind and the *TaiYang* channel dominates the exterior. The *TaiYang* urinary bladder channel starts from the head, and then travels passing the temporal side of the head and reaches the ear; the *ShaoYang* channel also winds around the ear. Exterior syndromes correlate with the *TaiYang* channel, and skin diseases are related to both wind and exterior. Thus, the ear apex is indicated for both wind and exterior syndromes. The *ShaoYang* channels travel on both medial and lateral sides of the eye and bleeding given here may treat eye diseases, as *ShaoYang* channels dominates wind. Moreover, the gallbladder is connected with the heart according to the theory of *ZangFuBieTong* (the extraordinary connection of *ZangFu*); the points of gallbladder channel are also indicated in insomnia. The kidney opens into the ear, however, *SuWen* chapter four states, "The heart opens into the ear." Base upon this theory, bleeding the ear apex may treat palpitations and hidrosis since the heart dominates perspiration.

We already mentioned that *FengShi* is important and is one of my ten most commonly used points. It is also one of the best points for insomnia. Insomnia has many etiological factors. The most common one is over thinking

after that, disharmony of the stomach, deficiency of *Yin* of the Liver and Kidney, and disharmony between the heart and kidney. Insomnia caused by over thinking is characterized by difficulty falling asleep which is related to fire of the heart and liver. In this case, opening the four gates (*HeGu* (LI 4) and *TaiChong* (LR3)) may obtain good therapeutic effects. For better results are necessary, needle *SanJian* (LI3) and *XingJian* (LR 2). In other words, needle the four gates (*HeGu* and *TaiChong*) with their locations placed distally. However, the best point for insomnia is *JianGu* 間谷

(Extra) located between *SanJian* and *HeGu*. According to the theory of holography, *SanJian* corresponds to the upper energizer and is more used for diseases of the head. *HeGu* corresponds to the middle energizer and is more indicated in diseases of that region. For insomnia accompanied with the symptoms between the upper and middle energizers such as mental restlessness and stuffy chest, *JianGu* (Extra) has the best effect. Therefore in treatment of insomnia, I often select *FengShi* and *JianGu*. In case of chronic stubborn insomnia, I have also used *XueFuZhuYuTang* (Decoction for removing blood stasis from the Chest) and received good therapeutic effect, because this formula disperses blood stasis. For the same reasons, blood-letting may also help remove blood stasis, and bleeding ear apex is therefore used for insomnia. Since both the heart and kidney open into the ear, needle ear apex can

harmonize the heart and kidney, and regulate water and fire, thus good results for insomnia.



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For keratitis, bleeding the ear apex can be very effective. It can work faster than ophthalmic drugs in western medicine. For congestion around the eye due to trauma, filiform needling doesn't work as fast as bleeding *TaiYang* on the diseased side. In case of chronic congestion *SiMa* 驷马中, 上, 下 (88.17, 18, 19) can be needed.

NOTE- *JianGu* is another point name for *ErJian* (LI2), for the Extra point, it is part of *BaXie*.

Dryness in the eyes 目干涩



1. Point *Mu* (11.17) has very good effect.
2. Needling *MingHuang* 明黄 (88.12) is effective. 针明黄有效。
3. If *FuLiu* 复溜 or *GuangMing* 光明 (77.28) is added, the effect will be even better. 配复溜 (光明) 效更佳。

Difficult opening the eyes 两眼睁不开

1. Needling *SanChaSan* (A.04) and *HuoJu* (66.11) may obtain immediate effect. 针叉三、火菊, 即可睁开。
2. Needling *GuangMing* 光明 (77.28) and *RenHuang* 人皇 (77.21) 针光明、人皇。
3. Needling *MenJin* 门金 (66.05) has special effect.

Trachoma 沙眼

1. Pricking the red spot on the inner wall of eyelid to cause bleeding has good effect. 脸骨皮上的红点, 用针点刺出血, 效果很好。

Blurred vision (Four fingers appearing like five fingers in front of the eyes) 视线模糊 (视四指如五指)

1. Needling *GuangMing* 光明 (77.28) with rotation of needle during needle retention. If *FuLiu* 复溜 (KI 7) is added, the therapeutic effect will be improved. 针光明, 留针, 捻转即愈。加针复溜, 效更佳。

Astigmatism 散光

1. Needling *ZhongBai* 中白 (22.06) is effective. 针中白有效。
2. *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28) are effective.

Deviation of eyeballs 眼球歪斜

1. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) is effective. 针下三皇, 极有效。
2. Pricking *TaiYang* (Extra) to cause bleeding has extremely good results.

Point *Mu* is the best point for dryness in the eyes. It is located on the medial aspect of the palmar side of the proximal segment of the index finger 0.2 *cun* toward the midline from the center of the phalanx. It has two points and the lower one has better effect. Point *Mu* has special therapeutic effect for skin diseases of the hand such as eczema of housewife and tinea. It is also good for running nose, no matter the nasal discharge is white due to wind cold or yellow due to wind heat, or heat in the gallbladder channel. According to the meaning of the name, point *Mu* dispels wind. It is indicated in diseases of the liver and gallbladder. When there is heat in the gallbladder, it dispels heat from the gallbladder. Master Tung often used this point to treat acute rhinitis and common cold. (Personally I treat common cold with point *SanChaSan*). This point is also effective for dryness of eyes and lacrimation due to wind. Further, point *Mu* is located on the large intestine channel which is connected with the liver and is therefore effective for eye diseases. The large intestine channel is externally-internally related

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to the lung and this point is therefore effective for diseases of the lung. In Tung's acupuncture, the theory of the extraordinary connections among *ZangFu* organs is often used.

MingHuang and *FuLiu* are also often selected for dryness in the eyes. For ptosis of the eyes due to myasthenia; *SanChaSan* and *HuoJu* are effective. *MenJin* is also applicable. Usually the points are needled with the depth of 1 *Cun* or deeper. For difficulty in opening eyes, *SiMa* are also useful. The selection of these points is based on the theory of "treating the muscle for muscular diseases" and "treating the muscle for spleen diseases." These points are selected where the muscles are rich and thick since myasthenia is a condition of the muscles. *SiMa* corresponds to the spleen and therefore supplements *Qi*. For these reasons, myasthenia due to deficiency of *Qi* can be treated with this point. Further, *HeGu* is also located at the thick muscle, supplementing the spleen and the *Qi* it is therefore also useful for myasthenia. In general, the theories on which Tung's extraordinary acupuncture is based include the theory of the "extraordinary connections of the *ZangFu* organs," "holography of human body" and "the method of correspondence."

Double vision due to strabismus can be treated with point *MingHuang* and *FuLiu*. For pediatric strabismus, *ShenGuan* and *FuLiu* are better. In adults, strabismus can be caused by paralysis of ocular muscles. Normal functional activities of an eyeball are maintained by the six muscles around it, which must function in coordination on both sides. If a muscle sector is paralyzed, the eyeball will not function normally, causing double vision. Biomedicine allows six months for a cure or remission to occur, if the disease is not cured in six months, then the patient is referred to surgery. However, if the disease is treated with Chinese herbal medicine, it usually takes only three months for a cure. If we add blood-letting therapy, the duration of treatment may be even shorter. After taking Chinese herbal medicine, many patients improve about thirty percent. After bleeding *TaiYang*, the patient immediately improved another thirty percent. If bleeding is given again in one or two weeks, the patient improves another thirty percent. In general, three treatments of blood-letting may cure the case, while it could take at least three months to cure the problem if the patient takes herbs only and western medicine takes at least six months. Another form of double vision due to diabetes is common in the senior population. For such condition, we can also bleed *TaiYang*. If there appears astigmatism or visual confusion, needling *ZhongBai* may have good therapeutic effect.

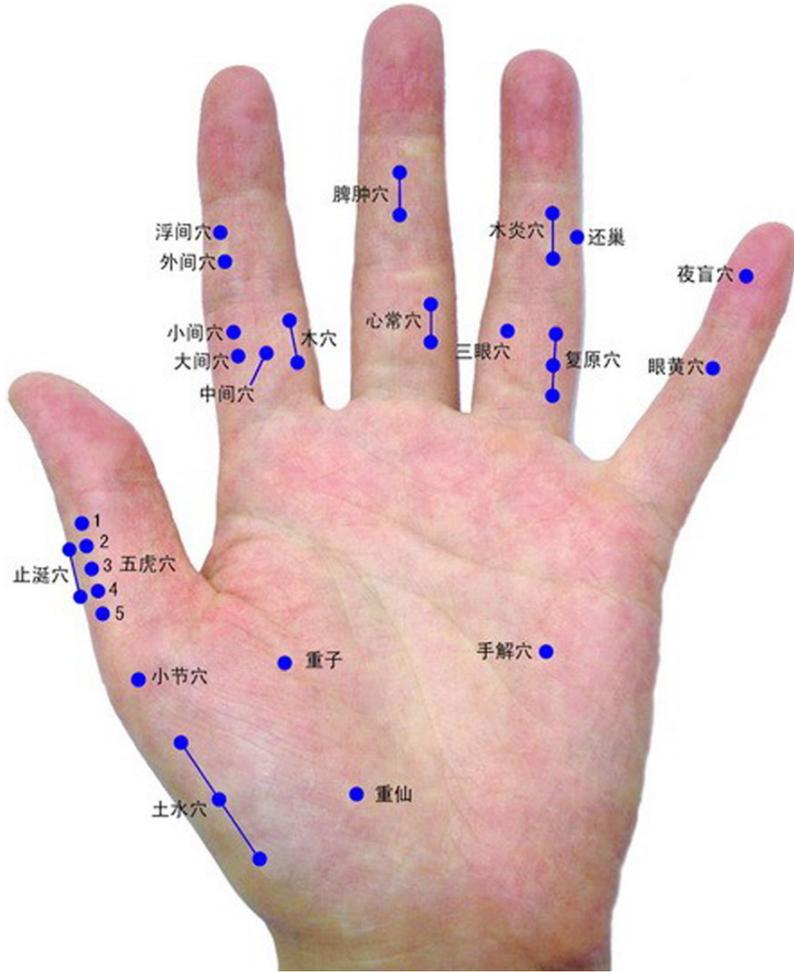
Cataract 白内障

1. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) for long time may have very good effect. 针下三皇，长期治疗有卓效。
2. Needling *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28). 肾关、光明。

Night Blindness 夜盲

1. Needling point *YeMang* 夜盲 (A.07) has special therapeutic effect. 针夜盲穴特效。

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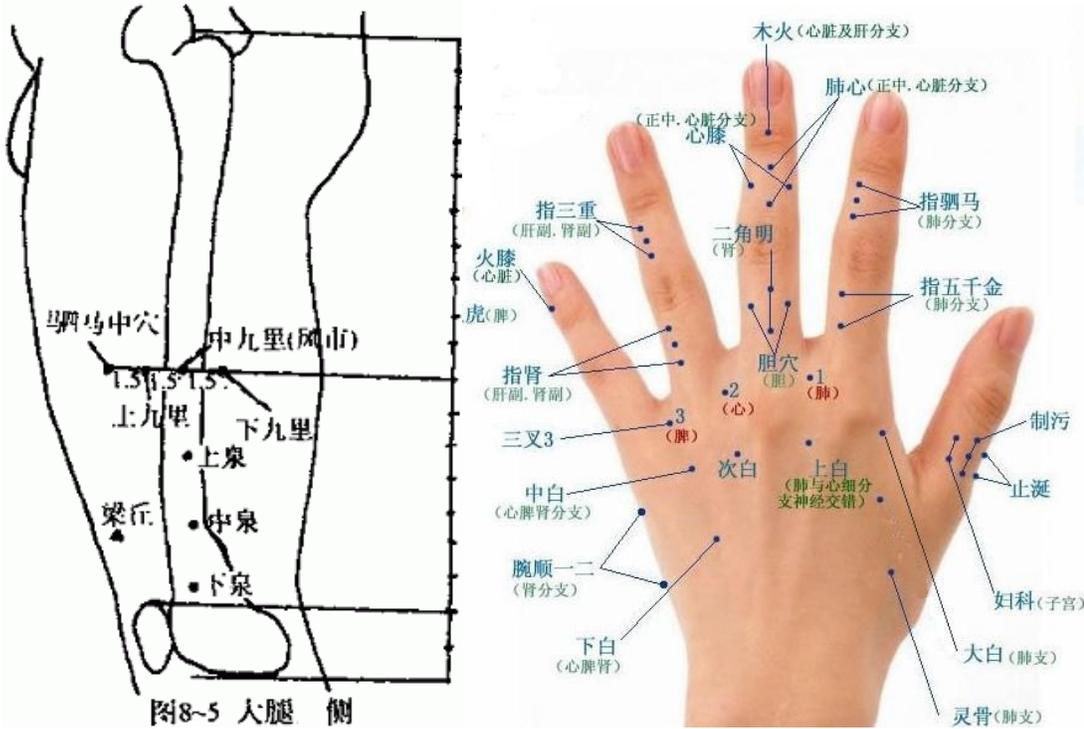


Lacrimation in wind 见风流泪

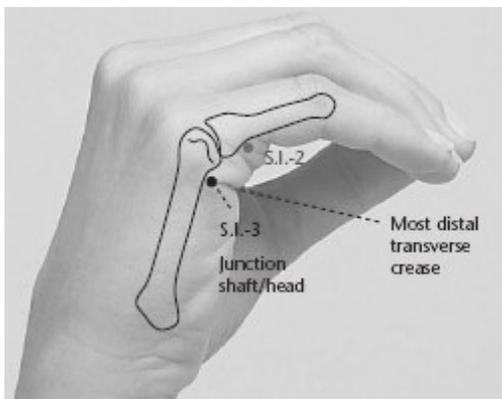
1. Needling point *Mu* 木穴 (11.17) has special good effect. 针木穴特效。
2. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) is also very effective. 针下三皇，效果亦佳。
3. In prolonged cases, *SanChong* 三重 (77.07) can be needled first. 久年老病，可于三重穴先行点刺。

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Twitching of ocular muscle 眼跳



1. Needle *WanShunYi* 腕顺一 (22.09) and *WanShunEr* 腕顺二 (22.08).
2. Needle *CeSanLi* 侧三里 (77.22), *CeXiaSanLi* 侧下三里 (77.23) and *ShenGuan* 肾关 (77.18).
针侧三里、侧下三里、肾关。
3. Needle *FengShi* 风市 (GB 31) and *FuLiu* 复溜 (KI 7) 针风市、复溜。
4. Needle *ShangGuan* 上泉 (88.22), *ZhongGuan* 中泉 (88.21) and *XiaGuan* 下泉 (88.20)



Many people have lacrimation when exposed to wind and point *Mu* has a special effect for the problem. Point *XiaSanHuang* is also very effective. For chronic cases, bleed point *SanChong*. If there is ocular muscle or facial twitching, *WanShunYi* and *WanShunEr* can be selected. Sometimes we can select *HouXi* (SI 3), this is because *HouXi* is connected with the Governing Vessel (DU) which goes upward and meets the liver channel at the vertex. Thus *HouXi* dispels wind. Moreover, the small intestine channel goes upward and reaches the inner and outer canthus, then goes back to the zygoma, being closely related to the ocular muscle and trigeminal nerve. Point *HouXi* is the *Shu*-stream point of the small intestine; it pertains to wood and corresponds to wind. Therefore the point is also indicated for

trigeminal neuralgia and neuropathy of the face.

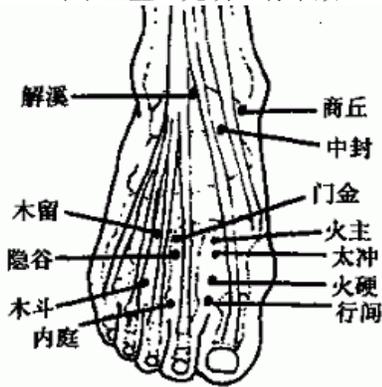
I would like to say something further about facial spasm and facial paralysis. Though facial spasm and facial paralysis are not difficult to treat, too much manipulation or electric stimulation may cause twitch of ocular muscle as a sequela. The facial nerves are close to the surface and shallow insertion is advisable. Manipulation of the needles is not advised in order to avoid over-stimulation. Improper treatment, long and strong stimulation in particular may cause sequela, which is difficult to cure, giving rise to twitching of the eye or muscles around the eye, or even myasthenia characterized by difficulty opening the eye. However, I usually select distal points for facial paralysis. Chinese herbal treatment for twitching of the eyelids works well with *ShaoYaoGanCaoTang*

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(Decoction of Peony Root and Liquorice Root). If *QianZhengSan* (Power for Facial Paralysis) is added, the therapeutic effect is improved. *ZhiMu* (Rhizoma Anemarrhenae) is then added to strengthen sedative function. If the pathological condition is severe, *GouTeng* (Ramulus Uncariae cum Uncis) should be added. The essential feature is the dosage of *ShaoYao* (Radix Paeoniae). It is usually 25-30 grams. As we know, each formula must have a principal ingredient and *ShaoYao* is the principal herb of this formula since it mediates *Yin*. Those people who stay up all night may be affected by facial spasm, because staying up all night may consume *Yin* and *Yin* deficiency produces wind.

Glaucoma 青光眼

1. *HuoYin* 火硬 (66.03) and *HuoZhu* 火主 (66.04) are very effective.
2. Needling *XiaSanHuang* 下三皇 (77.18, 19, 21) and *GuangMing* 光明 (77.28) may have excellent result.
针下三皇、光明，有卓效。



Myiodesopsia

1. Needle *ShenGuan* 肾关 (77.18) and *GuangMing* 光明 (77.28). 肾关、光明

Optic atrophy

1. Prick *TaiYang* (Extra) to cause bleeding.
2. *ShenGuan* (77.18) and *GuangMing* (77.28) 肾关、光明

Among the fourteen channels, point *XingJian* (LR 2) is the best point for treating glaucoma. If *XiaSanHuang* and *GuangMing* are added, the therapeutic effect can be improved. It is also advisable to bleed ear apex and ear back to lower intraocular pressure. In severe cases blood-letting *TaiYang* may also be used. Not long ago, I treated a patient who suffered from chronic glaucoma and for which the patient came to my clinic. There is an autoimmune disorder that involves the mouth, eyes and genitals called Behcet's disease, causing ulceration of the oral cavity and genitals and poor vision. I first used several doses of *GanCaoXieXinTang* (Licorice Decoction for Purging the Stomach Fire) to treat oral ulceration. Together with the improvement of oral ulceration, his eyes also got better. Further, if the target treatment is for glaucoma, we need to use other agents. The best single drug for glaucoma is a large dose of *CheQianZi* (Semen Plantaginis). It can be added to *LongDanXieGanTang* (Decoction of Gentiana for Purging the Liver Fire) since acute attacks of glaucoma are usually caused by liver fire. The dosage of *CheQianZi* is often up to 30 grams. In many cases of glaucoma, *TaiYang* (Extra) bled in order to lower the intraocular pressure quickly. If there is myodesopsia known as vitreous opacity, the Tung's extraordinary point *ShenGuan* and point *GuangMing* are better. To treat most cases of optic atrophy, which is a very severe disease, point *TaiYang* can be selected for blood-letting once every two weeks. It can be combined with needling *ShenGuan* and *GuangMing*.

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Question: How long are needles retained in the points? How are the needles manipulated?

Master Tung often retained the needles in points for 45 minutes and manipulation was given once every 15 minutes. During the needle retention, ask the patient to have some exercise or give some massage. If the duration of needle retention is 30 minutes, manipulation should be given once every 10 minutes. The patient should also exercise through the range of motion while the needles are manipulated. Without manipulation, the results will be poor. However, excessive exercise will have opposite effect. The exercise every 10 minutes is the best and it can help move the flow of Qi. Regarding the length of needle retention, there are two basic considerations.

1. In chapter 15 of the *LingShu*, it says: "The Qi and blood circulate in the body day and night. One whole circulation of Qi and blood in the body needs 28 minutes and 48 seconds."
2. In chapter 18 of the *LingShu*, it says "The *Ying Qi* (nutrient Qi) circulates inside the vessels and *Wei Qi* (defensive Qi) circulates outside the vessels. *Ying Qi* circulates all over the body 50 times per day."

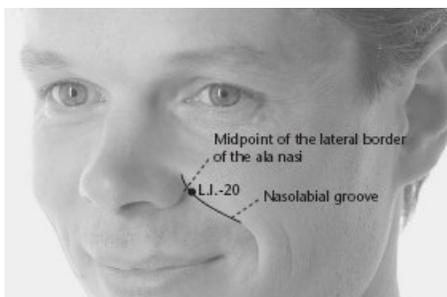
Based on these statements, one whole circulation takes 28 minutes and 48 seconds. For convenience, we take it as 30 minutes. It is generally considered that the duration of needle retention is 30 minutes. During the needle retention, manipulation is given once every 10 minutes.

Diseases of the nose 鼻疾病

Consider that all the nasal diseases can be treated with point *SiMa* (88.17, 18, 19). 鼻部各病，驷马穴皆有特效。All diseases respond better if two groups of points are used in alternation. However, in the treatment of nasal diseases, point *SiMa* is the best and most frequently used. Master Tung used to have his business card on which it was written: "Guaranteed to cure all nasal diseases", including allergic rhinitis, atrophic rhinitis, nasal pus retention (sinusitis) and hypertrophic rhinitis. With the selection point *SiMa*, a mild case can be cured in a few treatments and severe cases require more treatments with longer duration.

Master Tung didn't use Chinese herbal medicine very often and he gave acupuncture treatment about three times a week. 20-30 years ago, a single income could support the whole family and the life was slow. This made it possible for the patient to come for treatment 3 times a week or even more. There is much more stress in the life now and even both husband and wife working cannot support one child. So patients can only come to receive treatment once a week. In this case, blood-letting should be added to the treatment to strengthen and prolong the therapeutic effect. Of course, simultaneous application of Chinese herbs may improve the therapeutic effects. Here, I'd like to make it clear that, application of herbal medicine doesn't mean we are not confident in acupuncture and application of acupuncture doesn't mean the therapeutic function of herbs is weak. Either acupuncture or Chinese herbs should be effective, and the combination of both may have better results.

Dryness of the nose 鼻干



1. Needle point *Sima* (88.17, 18, 19) 针驷马穴。
2. Needle point *Mu* 木穴(11.17)

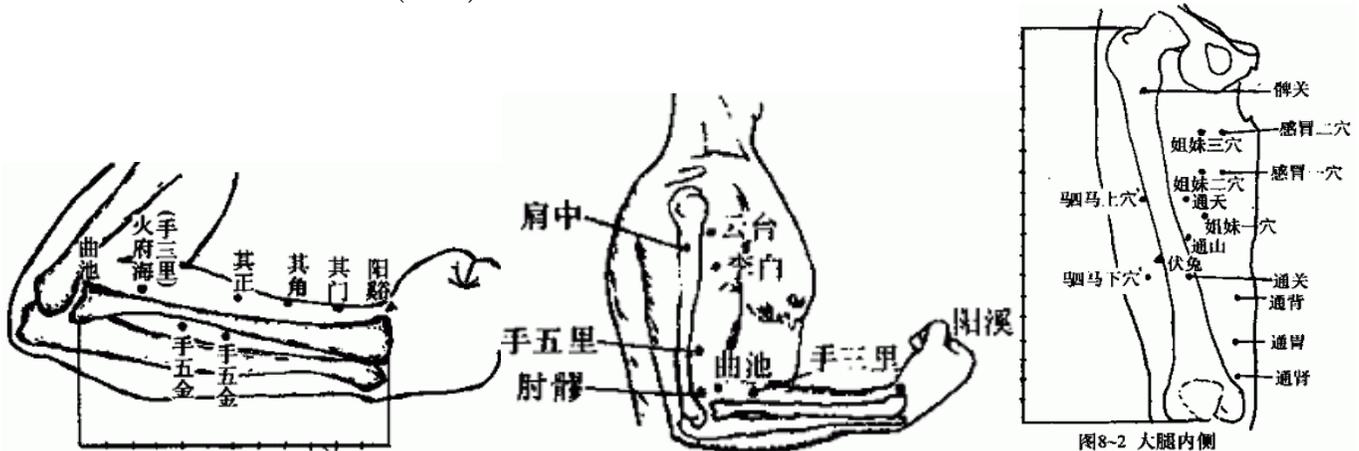
Many patients suffer from dryness and itching in the nose. For such patients, needling *Sima* and *YingXiang* (LI 20) is very effective. Point *YingXiang* is the crossing point of *YangMing* channels of hand and foot. Since the *YangMing* channels of hand and foot have ample Qi and Blood and all travel to the nose, it has good function for regulating Qi and blood and treating nasal diseases. Point *Mu* is located on the large intestine channel, which travels by the side of the nose. The lung opens into the nose and is externally-internally related to the large intestine that is connected with the liver. The liver channel

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travels deep in the nasopharynx area. Based upon the above reasons, point *Mu* can be selected to treat dryness in the nose.

Nasal obstruction 鼻塞

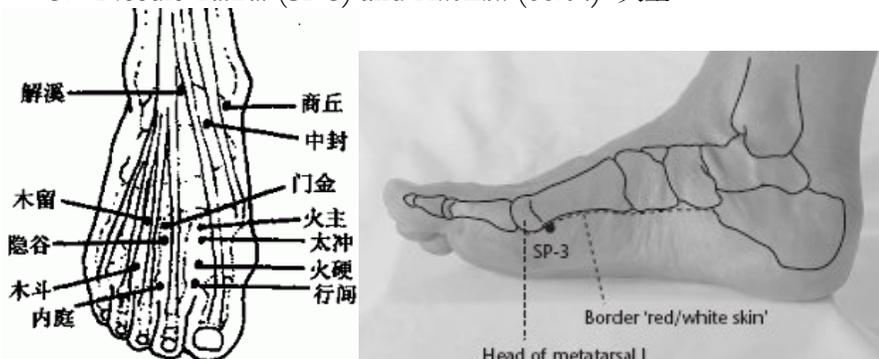
1. In case of common cold with nasal obstruction, needling *JianZhong* 肩中 (44.06) has a very good effect. 感冒鼻塞、针肩中，有卓效。
2. Needling *CeSanLi* 侧三里 (77.22) with needle retention is also effective. 侧三里留针半小时，亦有效。
3. Needling *MenJin* 门金 (66.05) is also effective. 针门金亦有效
4. Point *Mu* 木穴 (11.17) is effective.
5. Point *HuoFuHai* 火腑海 (33.07) is also effective.



There are many good points for nasal obstruction. The most commonly used one is *YingXiang*, which has the fastest effect. In Tung's extraordinary points, point *Mu* has best result. Point *JianZhong* or *CeSanLi* are also good for nasal obstruction. *MenJin* is also effective. *ShouSanLi* (LI 10) is also good for symptomatic treatment of nasal obstruction. *SiMa* is also a good point. Though many points are indicated in nasal obstruction, *SiMa* is good enough for nasal obstruction due to chronic rhinitis. It is stated in *NeiJing*: "The diseases of the heart and lung may affect the nose." Therefore, in the treatment of nasal disease, the use of additional points such as *NeiGuan* (PC 6) or *TongGuan* 通关 (88.01) and *TongShan* 通山 (88.02) may improve the therapeutic effect. *YingXiang* can be added to any points selected for nasal diseases. It is both double treatment and attracting needling.

Nasal allergy 鼻膜炎 (含过敏性鼻炎、慢性鼻炎)

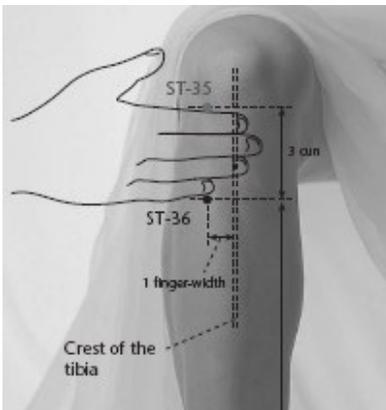
1. Needle *Sima* 驷马 (88.17, 18, 19), *TongTian* 通天 (88.03) and *TongGuan* 通关 (88.01). 驷马、通天、通关。
2. Needle point *Mu* 木穴(11.17)
3. Needle *TaiBai* (SP 3) and *HuoZhu* (66.04) 火主



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Nasal allergies involve allergic and chronic rhinitis. Let's discuss allergic rhinitis first. In many cases, allergic rhinitis is caused by cold food. If drinking too much ice water in summer time, the person would be more liable to be affected by this disease in winter. Preference of cold food may lead to liability of sneezing and running nose in cold storage. This is so called "invasion of exogenous pathogenic cold or cold food or drink injures the lung". For the pathological condition, *XiaoQingLongTang* (Minor Decoction of Blue Dragon) is the best. The use of several doses would have therapeutic effect. Then use *BuZhongYiQiTang* (Decoction for Strengthening the Spleen and Supplementing Qi) to strengthen the underlying condition and prevent recurrence. Allergic rhinitis is quite common in Taiwan, Los Angeles, and Korea. In Los Angeles, the rainy season starts from November and ends in March. It rains occasionally in April. There is no rain during the period after then till next November. Therefore, in April and May the air is full of pollen everywhere because Los Angeles doesn't have many high buildings, which gives rise to high morbidity of allergy caused by pollen. There are a lot of high buildings and rain in Taiwan. Though there are many allergy patients, not man of them are caused by pollen. To treat allergic rhinitis and pollen allergy, Tung's extraordinary point *SiMa* should be needled first. In herbal medicine, *GuiZhiTang* (Decoction of Ramulus Cinnamomi) combined with *YuPinGFengSan* (Powder of Jade Screen) with modification can be taken. It raises the immunity and alleviates allergy to pollen.

To treat nasal diseases, ancient physicians often open (needle) the four gates (*HeGu*, *TaiChong*). The Tung's extraordinary point *SiMa* is often used in combination with the four gates *HeGu* and *TaiChong*, with good therapeutic effect. Why select the four gates? *HeGu* is the point of the large intestine channel. The trajectory travels around the nose and it is therefore indicated in the diseases of the nose. *TaiChong* is the point of the liver channel; it passes through deep layers of the throat and nose reaching the vertex, and is therefore closely related to the nose and throat. In other words, the large intestine channel is responsible for external nose and the liver channel is responsible for internal nose. Further, when heat in the gallbladder is transmitted to the brain, it can give rise to sinusitis. That's why application of *XiaoChaiHuTang* (Minor Decoction of Radix Bupleuri) plus



GeGenTang (Decoction of Radix Puerariae) has good therapeutic effect for pus retention (sinusitis). Nasal diseases are treated by taking the liver into consideration. In many cases, nasal problems are related to liver Qi stagnation. Many doctors therefore like to treat the problems by either dispersing the liver Qi stagnation or clearing liver heat. *XiaoYaoSan* (Ease Powder) is often appropriate. Selection of *HeGu* and *TaiChong* follows the same principle. *TaiChong* has good effect for dispersing liver Qi stagnation. This is a rationale for selecting the point in the treatment of nasal disorders.

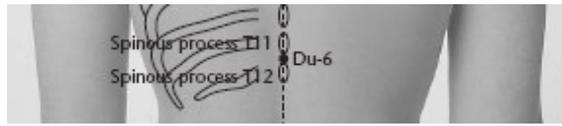
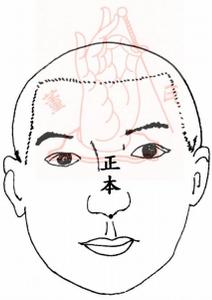
Another frequently used and effective group of points are *HeGu*, *QuChi* (LI 11) and *ZuSanLi* (ST 36). The *YangMing* channel and the liver channel are always considered in the treatment of nasal diseases. The three points above are from the *YangMing* channels. *TaiChong* is the *Shu*-stream point and *Yuan*-source point of the liver. Point *HuoZhu* is just behind *TaiChong* and is needled along the border of the bone. Actually, the location of *TaiChong* in the ancient classics is close to the bone and overlaps Master Tung's extraordinary point *HuoZhu* which is also very effective for sore throat because the liver channel passes the throat and reaches the vertex. *TaiChong* is effective for chronic disorders of the throat and nose, as is point *HuoZhu*. Since chronic diseases often affect the kidney, the point is therefore needled along the border of the bone, treating the kidney at the same time. Further, point *Mu* is also good for treating nasal diseases. It is located on the large intestine channel, which is connected with the liver and is therefore effective for the nasal diseases. Moreover, the large intestine channel is externally-internally related with the lung that opens into the nose, and point *Mu* is effective also because of this kind of relation.

Brandy nose 酒渣鼻 (鼻头红晕)

1. Use three-edged needle or seven-star needle to blood-let point *ZhengBen* 正本 (1010.12)
正本用三棱针或七星针点刺出血，三四次即愈。

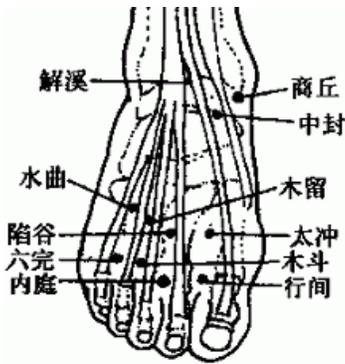
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2. Blood-letting *PiShu* 脾俞 (BL 20) and *WeiShu* 胃俞 (BL 21) is also very effective.
背部脾俞、胃俞点刺出血亦有卓效。



Brandy nose is characterized by redness of the nose tip. Many people who drink a lot of alcohol have this disease that is often resulted from damp heat in the spleen and stomach. Pricking point *ZhengBen* with either three-edged needle or plum-blossom needle to cause bleeding is effective. Bleeding either *PiShu* or *WeiShu* is also effective. This is because the nose is located in the center of the face, corresponding to the spleen and stomach according to the theory of holography.

Nasal bleeding 鼻衄 (鼻出血)



1. Needling *JianZhong* 肩中 (44.06) may immediately stop bleeding. 针肩中立止。
2. Needling *HuoZhu* 火主 (66.04) is effective.
3. Needling *LiuWan* 六完 (66.08) is effective.

For nasal bleeding, needling *JianZhong* is very effective. Needling *LiuWan* is also effective. *TaiChong* or *HuoZhu* may also be selected. Since the liver has the function of storing blood, needling the point of liver has good effect. Further, needling *HeGu* is also effective because the large intestine channel travels towards the nose. Since the liver is connected with the large intestine, nasal bleeding due to heat in the *YangMing* channel can be treated with *ZhiZiBaiPiTang* (Decoction of

Fructus Gardeniae and Cortex Phellodendri) with modifications. If the ingredients of the formula *ZhiZi* (Fructus Gardeniae), *HuangBai* (Cortex Phellodendri) and *GanCao* (Radix Glycyrrhizae) are combined with *XianHeCao* (Herba Agrimoniae) and *OuJieTan* (Nodus Nelumbinis Rhizomatis carbonized), the therapeutic effective is even better. *ZhiZiBaiPiTang* can clear heat from the liver. This formula is listed in the "Jaundice" chapter of "YangMing Disorders." of *ShangHanLun*. It is a formula for *YangMing* channel and it is therefore effective for nasal bleeding. Generally, 3 to 5 doses of the herbal decoction would work effectively. This formula can also be used for infantile nasal bleeding. However, it doesn't work for nasal bleeding due to nasopharyngeal cancer.

Pus retention in the nose

Point *Mu* is very effective point for pus retention in the nose, so is *SiMa*. Pus retention in the nose often results from heat in the liver and gallbladder. This point is very effective because of the extraordinary connection between the large intestine and the liver. Selection of *Hegu* and *TaiChong* is also very effective. If *QuChi* is used in combination, the result is even better. *TaiChong* is a point of the liver channel, which goes up to the vertex via nose. *HeGu* and *QuChi* are all the points of the large intestine channel. Both are good for treating diseases of the head. The large intestine channel passes through the nose and is connected with the liver. It clears heat from the liver and gallbladder, and is therefore effective for pus retention. If point *DaBai* is used instead of *HeGu*, the result is even better, because *DaBai* is also located of the large intestine channel and has very good effect on regulating *Qi*. From point of view of holography, it corresponds to the head and face. As we mentioned already, point *SiMa* is indicated in nasal pus retention. First, it is located on the stomach channel of foot-*YangMing*, which passes by the side of the nose; second, it is located at the place where the muscles are rich and thick. Selection of this point follows the principle of "needling the muscle to treat diseases of the spleen". Needling this point has very good effect of regulating and supplementing *Qi*. As mentioned before, application of modified

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XiaoChaiHuTang (Minor Decoction of Radix Bupleuri) is also very effective, so is *DanZhiXiaoYaoSan* (Ease powder modified with Cortex Moutan Radicis and Fructus Gardeniae).

Ear Diseases 耳疾病

Otitis Media 中耳炎



1. Prick *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) to cause bleeding.
2. Prick point *ZhiWu* 制污 (11.26) to cause bleeding.

In the treatment of otitis media, Master Tung often gave blood-letting to the lateral side of lateral malleolus, and sometimes point *DiWuHui* (GB 42) too. Personally, I like to bleed point *ZhiWu* to treat otitis media, which can help astringe the suppurating wound. A teacher from one of the universities in Beijing has a daughter who injured her sole. For three years, the wound was not healed by treatments of many doctors. However, one treatment by bleeding point *ZhiWu* improved condition and two treatments cured the case. Point *ZhiWu* is located on the thumb and bleeding this point has good therapeutic result. Before bleeding, ask the patient to hold a tight fist so that the point becomes congested with blood. If wounds due to trauma or operation fail to heal, this point is always good. Further, this point assists recovery of herpes zoster. It is a good point for otitis media, the chronic case with pus flow in particular. Point *ZhiMu* is close to the *Jing*-well point of the lung, which dominates the skin and *Qi*. In Chinese medicine, the lung is often considered in treatment of skin diseases. In case of prolonged skin suppuration without cure, Chinese medicine often uses big dose of *HuangQi* (Radix Astragali seu Hedysari) to supplement *Qi*. Therefore, it is reasonable to needle points of the lung in treatment of prolonged skin suppuration caused by various kinds of skin infection such as furuncles and carbuncles. Otitis media is situated on the course of foot-*ShaoYang* channel, which runs around the ear, and thus bleeding therapy is used at the external malleolus.

Earache 耳痛

1. Pricking *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) to cause bleeding.
2. Bleed *SanChong* 三重 (77.07) and *SiHuaWai* 四花外 (77.14) simultaneously. 三重、四花外，同时点刺出血。
3. Needle *SanChaSan* (A.04)
4. Needle *SiMa* 驷马 (88.17, 18, 19)

The commonly used points for earache are *CeSanLi* and *CeXiaSanLi*. Some other points such as *SanChaSan* are also good. *SanChaSan* treats diseases of the five sense organs, including the eye, ear, mouth, nose and skin. Point *Sima* is also indicated in earache. If the earache is prolonged, bleeding therapy could be used to either *SanChong* or *SiHuaWai*. Generally, when needling is not good enough, use blood-letting method.

Distention in the ear 耳内胀

1. Needling *QuLing* 曲陵 (33.16) and *ZhongBai* 中白 (22.06). 曲陵，中白，留针半小时。
2. Needling *SanChaSan* (A.04)

Tinnitus 耳鸣

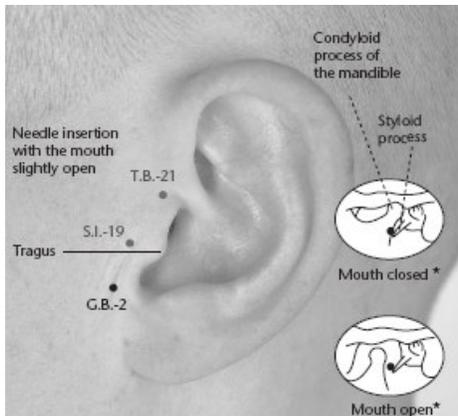
1. Needle *SiMa* 驷马 (88.17, 18, 19) with reducing method and *ShenGuan* 肾关 (77.18) with reinforcing method. 泻驷马，补肾关，可即停止。

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2. Needle *QuLing* 曲陵 (33.16) with reducing method and *MingHuang* 明黄 (88.12) with reinforcing method. 曲陵用泻法，再补明黄，亦可停止。
3. Needle *SiMa* (77.17, 18, 19) and bleed the *Ashi* points around the external malleolus. 针驷马，无名穴放血。
4. Needle *WanShunYi* (22.09) and *WanShunEr* (22.08).
5. Needle *ZhongJiuLi* (88.25) 中九里。
6. Needle *LingGu* (22.05)
7. Needle *SanChaSan* (A.04)



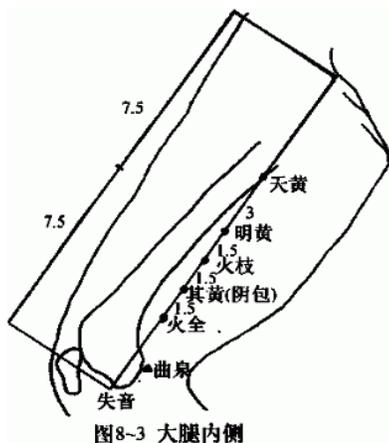
Both *SanChaSan* and *LingGu* are effective for distention in the ear. *ZhongBai* is also frequently used point. If it is combined with *SanChaSan*, the effect is even better. In the treatment of tinnitus, Master Tung often selected *SiMa* and sometimes combined them with *LingGu*. I have often used *SanChaSan* combined with *FengShi* with very good results. *FengShi* has a sedative function and dispels wind. It is an important point of the foot-*ShaoYang* channel, which passes and winds around the ear. Sometimes I also used *SiMa* or *LingGu* in alternation. To treated tinnitus, it is mainly to supplement *Qi* and strengthen the kidney. In my treatment for tinnitus, I used *ErLongZuoCiWan* (Pills of Magnetium for Deafness) for deficiency of kidney, which is composed of *LiuWeiDiHuangWan* (Pills of Six Drugs Including Rehmanniae) plus *WuWeiZi* (Fructus Schisandrae) and *CiShi* (Magnetium). Additionally, I add *ShiChangPu* (Rhizoma Acori Gaminei) and *ChaiHu* (Radix Bupleri) for better results. *ShiChangPu* helps open the orifices and *ChaiHu* serves as the guiding drug to take the actions of the drugs to the *ShaoYang* channel and ear. Moreover, there are many cases of tinnitus due to depressed *Yang*, more in young



people. It is advisable in this case to apply *YiQiCongMingTang* (Decoction for supplementing the *Qi* and Promoting Hearing) to supplement *Qi* and lifting *Yang*. In the prescription, *GeGen* (Radix Puerariae) is an important drug for treating tinnitus. The decoction has the function to tonify lung and supplement *Qi*. The mechanism in application of herbs here is the same as that in application of point *SiMa* by Master Tung for tinnitus. In treatment of tinnitus, it is advisable to supplement *Qi* first, and in chronic cases, take the kidney into consideration by needling *ShenGuan* and using *ErLongZuoCiWan* plus *WuWeiZi*, *CiShi*, *ShiChangPu* and *ChaiHu*. Selection of *WanShunYi* and *WanShunEr* is also related to the kidney. In the ancient acupuncture point songs for tinnitus, *TingHui* (GB 2) is

almost always listed. In the application of the above Tung's extraordinary points, *TingHui* is therefore often used as the guiding point for good therapeutic effect.

Deaf-Mutism 聋哑



1. Bleed point *SanChong* 三重 (77.07) first, then, needle *SiMa* 驷马 (88.17, 18, 19) with six needles. 先三重放血，再驷马穴六针同下。
2. Prick point *ZongShu* 总枢 (1010.07) to cause bleeding. 总枢穴点刺出血。
3. Needle point *ShiYin* 失音 (88.32).

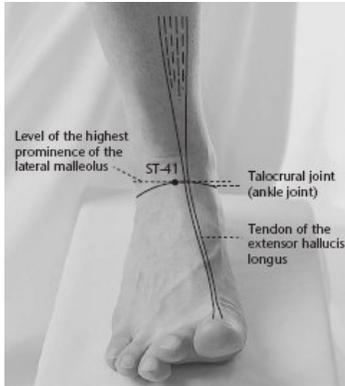
Deaf-Mutism refers to deafness or double hearing plus aphasia. It is curable if it is mild and incurable if it is severe. It is often treated with *TingGong* (SI 19) and *TingHui* according to the medical classics. Master Tung often used *SiMa* in the treatment. For aphasia, he often used point *ShiYin* and in severe case, bled

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SanChong. Personally I needle *TingGong*, *TingHui* and *ErMen* selectively for double hearing or poor hearing function, and *SiMa* or *XiaSanHuang* in alternation additionally. For aphasia, pricking *ShiYin* or *ZongShu* (1010.07) to cause bleeding is both safe and effective. In herbal medicine, *MaiMenDongTang* (Decoction of Radix Ophiopogonis) modified with *JieGeng* (Radix Platycodi) and *FengHuangYi* (Membrana Follicularis Ovi) is often used.

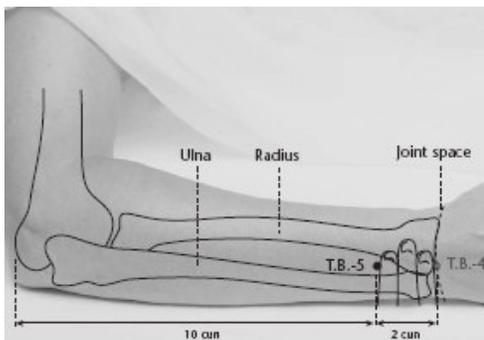
Diseases of the mouth and teeth 口舌齿疾病

Pain of the mandible (difficulty in opening mouth) 下颌骨痛



1. Needle *HuoYin* 火硬 (66.03). The therapeutic effect would be even better if *JieXi* 解溪 (ST 41) is added. 针火硬，配解溪效果更佳。
2. Prick the ear back to cause bleeding.
3. Blood-letting *TaiYang* (Extra) is especially effective.

HuoYin is effective for mandibular pain with difficulty in opening mouth as is *HuoZhu* (66.04). Furthermore, *WaiGuan* (SJ 5) and *YangLingQuan* (GB 34) of the fourteen channels are also effective. In 1989, I treated one case of oral cancer. The patient used to have the happy of chewing areca, which contain lime that may make the oral membrane pale and cause cancer. Small amounts of pepper gave rise to pain in the oral cavity and the patient had difficulty opening the mouth to let even one finger. This was due to fibrosing on both sides. When the patient came to my clinic, I bled *TaiYang* (Extra). Few days after bleeding, the patient could put two fingers into the mouth. The bleeding treatment was given once every two weeks and after three treatments the patient could put three fingers into the mouth. The patient then received few more treatments. The membrane in the oral cavity gradually became pink. At the same time, he drank the tea of *DanZhuYe* (Herba Lophatheri). After three months of treatment, all the symptoms subsided and he is still alive after over 10 years. This patient didn't take medication, bleeding *TaiYang* (Extra) and occasionally *ChiZe* (Lu 5) was the primary treatment. I treated another case of oral cancer which could not open



the mouth after operation. I gave him bleeding treatment few times and he finally could open his mouth. These two cases were severe. In mild cases, *HuoYin* and *WaiGuan* are sufficient. Point *MenJin* (66.05) is also helpful since it is the wood point of the *YangMing* channel and is needled along the border of the bone, treating both tendons and bones. Moreover, the *YangMing* channel passes through the mandible, which is why *MenJin* (66.05) has special effect.

Deviation of the mouth and eye (facial paralysis) 口眼歪斜

1. Bleed *SiHuaWai* 四花外 (77.14) first and then needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23). 四花外点刺，再针侧三里，侧下三里。
2. Bleed *SanChong* 三重 (77.07) first and then needle *SiMa* 驷马 (88.17, 18, 19) and *TongShen* (88.09) 通肾。三重点刺，再针驷马、通肾。
3. Bleeding the oral membrane on the diseased side has special therapeutic effect.
4. Bleeding the ear apex of the diseased side is also effective.

This facial paralysis does not involve apoplexy, but rather Bell's paralysis and facial neuritis. It is usually caused by cold or exposure to cold wind during sleep with windows open. After getting up the next morning, the patient had salivation while brushing the teeth and a deviated face. When I served as the member of the council of Taiwan Association of Traditional Chinese Medicine in 1980, the director of the board was suffering from facial

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paralysis at a meeting. I urged him to have timely treatment. Three weeks later he gave me a call and asked me for help. I asked him why he didn't receive any treatment for three weeks. He told me he was the director of the board and many doctors gave him treatment on their own initiative but received no effect. He also prescribed some herbal medicine for himself that didn't work either. I gave him blood-letting treatment on the oral membrane of the affected side twice and he was completely cured. This case report was published in The Annuals of Traditional Chinese Medicine, 1981. There are more such case examples. Among all the cases of facial paralysis, the youngest was a few month old newborn baby. For the treatment, I also used blood-letting therapy. The second treatment was given 3-4 days later. In general, 2-3 treatments may cure the patient.

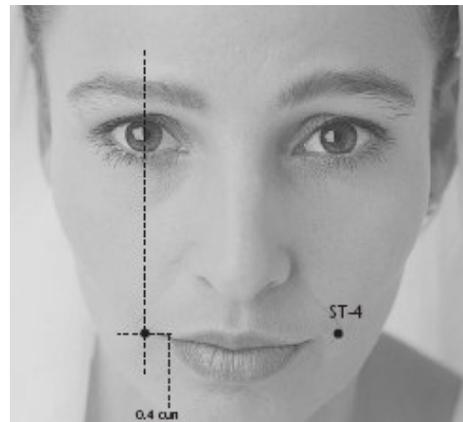
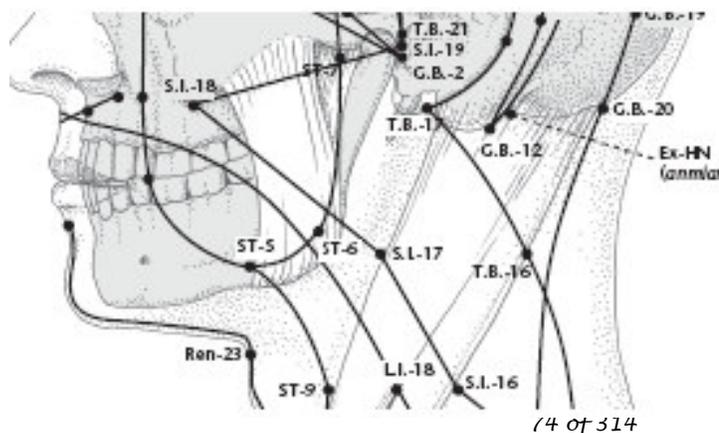
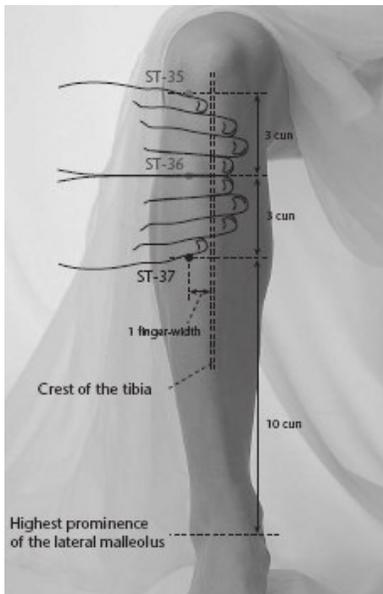
There is one thing I'd like to make it clear: the pathological condition may get worse after the first treatment. This is because the first five to seven days after the attack are progressive stages of the disease. However, with continued treatment, the condition will not get worse but will become gradually alleviated. This statement should be given to the patient during the first week of treatment.

I once suffered from facial paralysis. In the winter of 1994, I was invited by the board director of Taiwan Association of Acupuncture to accompany the delegates of HongKong Association of Chinese Medicine to dinner. Eight people drank 3 bottles of western liquor. I usually didn't drink alcohol, but I drank a lot that night. I had been busy writing articles for a special newspaper column for a few nights. I also had many patients in my clinic during the day and was tired. During the dinner, I was sitting close to the air conditioner. Suddenly, I was

feeling abnormality like numbness and stiffness on my face. Some person sitting beside told me that my face was deviated. Immediately, I went home and asked one of my students to needle *ShangJuXu* (ST 37), *ZuSanLi* (ST 36) and do blood-letting. The next morning, the condition was even worse. I kept on working in clinic during the day with a plaster on my face. That evening I needed the points myself with no change. After treatment on the third day, the condition started to improve. I then asked my student to perform more bleeding. By the fourth day, most of the deviation was corrected. I received treatment with acupuncture twice a day and blood-letting once every other day. In addition, I took *GuiZhiJiaGeGenTang* (Decoction of Ramulus Cinnamomi and Radix Puerariae) plus *QianZhengSan* (Powder for Treating Facial Paralysis). By the fourth day of treatment, the disease was almost cured and the fifth day, it was completely cured when the herbal decoction was finished. Many people didn't believe I was cured in four days. However, I received treatment twice a day, for four days; this treatment is equal to regular treatment of eight days, and thus the effect. A correspondent reported my case in the newspaper and tens of patients with facial paralysis came to visit me in one week. I saw that there are many patients suffering from this disease.

If the duration of the disease goes beyond 3 weeks, the patient needs to take decoction of *BuYangHuanWuTang* (Decoction Invigorating Yang for Recuperation) plus *QianZhengSan* (Powder for treating Facial Paralysis). If the

duration of the disease is more than one month, it is more difficult to treat. In general, the therapeutic effect of local points such

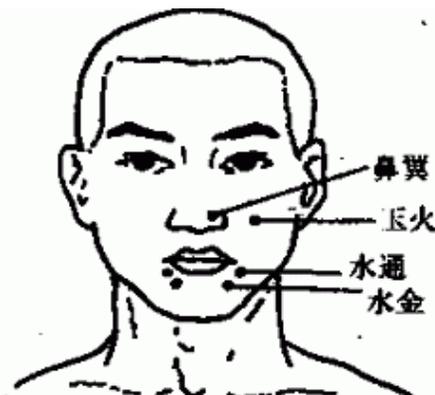
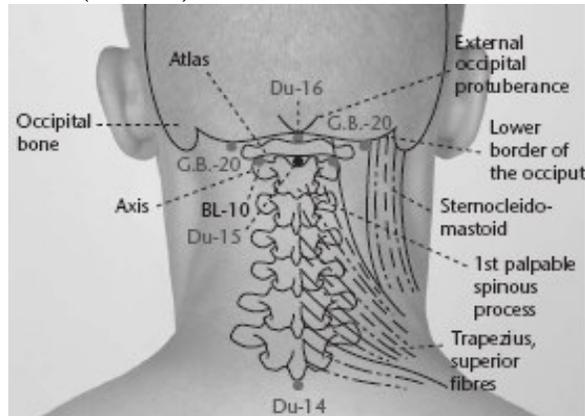
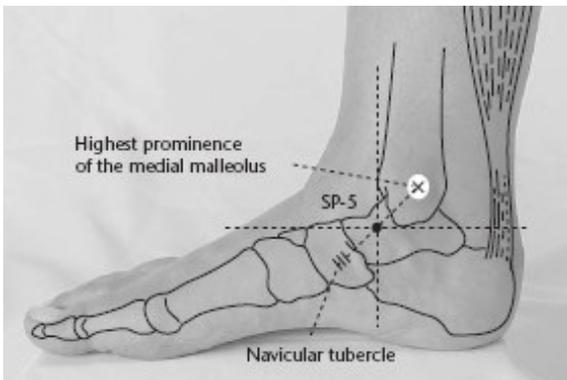


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as *DiCang* (ST 4) and *JiaChe* (ST 6) are not good. For chronic cases, needle *ShangJuXu* and *ZuSanLi* bilaterally, or select *CeSanLi* and *CeXiaSanLi* contra laterally. Retention of needles should be long. The two groups of points are often selected alternatively. If the duration is over two months, the patient should also take the herbal decoction, *ShunFengYunQiSan* (Powder for Dispelling Wind and Harmonizing Qi) for good therapeutic effect. In addition, needle *ShangJuXu* and *ZuSanLi* or *CeSanLi* and *CeXiaSanLi*. Moreover, blood-letting in the oral cavity may improve the results. When needling *ShangJuXu* and *ZuSanLi*; insert the needles at a 45 degree angle obliquely upward. The depth of insertion should be 2 *Cun* and the duration of needle retention should be at least 60 minutes. Blood-letting should be given once every other week. Generally speaking, a two-week treatment may cure an acute case completely. This requires that acupuncture be given 3 times a week. If receiving treatment twice a day like I did, the therapeutic effect can be faster. Attention should be given to the angle of needle insertion. It is the best to insert the needle along the stomach channel with the angle of 45 degrees upward. The stomach channel runs from the upper to the lower. Treatment is therefore given against the flow of *Qi* in the channel. Such oblique insertion has better effect than perpendicular insertion. These two points are used because *ShangJuXu* is the lower *He*-sea point of the large intestine and *ZuSanLi* is the *He*-sea point of the stomach. Both of the two channels go up to the face and wind around the lips, and thus the two points are indicated in diseases of face and mouth. The therapeutic effect is also related to reinforcing or reducing method based on the needling direction along or against the channel. According to my experience, oblique insertion is more effective than perpendicular insertion. Long needle retention, at least 60 minutes may obtain better results.

Rigidity of the tongue (aphasia due to apoplexy) 舌强难言 (中风失语)

1. Needle *JianZhong* 肩中 (44.06). If point *ShangQiu* 商丘 (SP 5) is added, the effect is even better.
针肩中、配商丘更佳。
2. Needle *ZongShu* (1010.07) shallowly or prick the point to cause bleeding.
3. Select *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19).



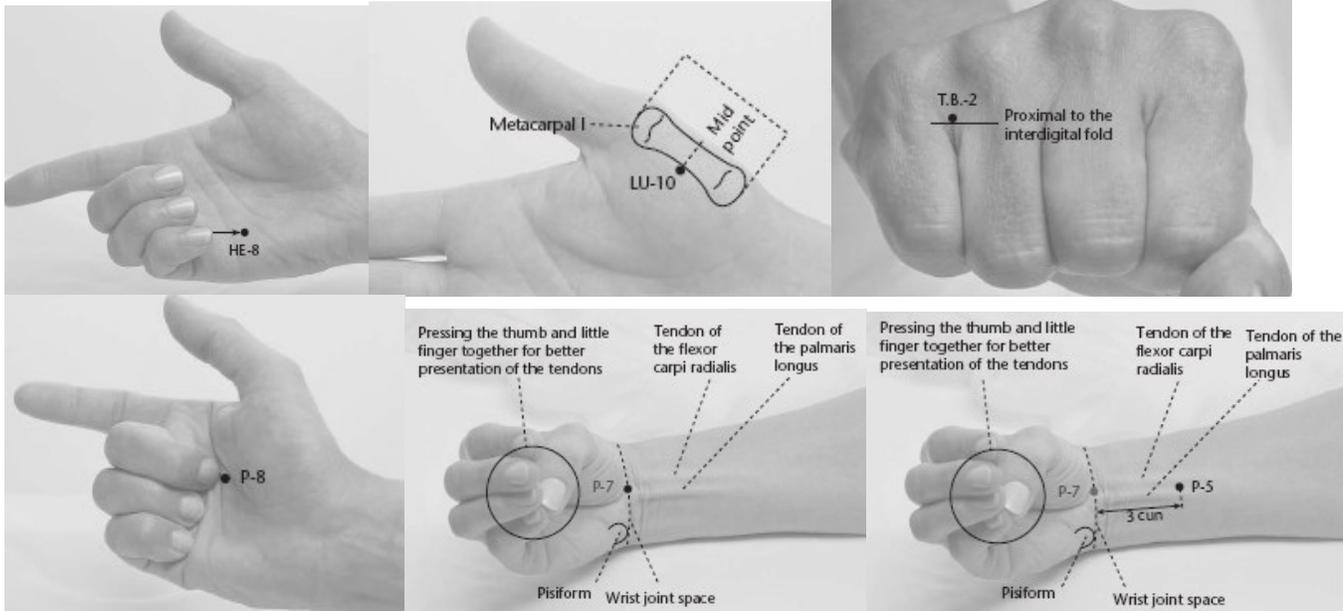
Rigidity of the tongue here refers to aphasia due to apoplexy, for which it is quite good to prick the points around *FengFu* (DU 16) and *YaMen* (Du 15) to cause slight bleeding. Such treatment is usually given once every 3-4 days. Apoplectic aphasia is a form of stroke sequela and its principle of treatment is the same as that of apoplexy. This will be detailed later in discussion regarding to the selection of points and management of the acute condition. I have been invited to the hospitals to give emergency management to tens of apoplectic patients. Many of them had no hope of survival. However, after acupuncture treatment with blood-letting therapy and use of herbal medicine, they resuscitated and survived. My clinical practice has proven to me that acupuncture for the treatment of hemiplegia due to stroke has the best therapeutic

result.

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For aphasia due to apoplexy, *ShuiJin* has good therapeutic effect. After needling *ShuiJin*, bleed *FengFu* and *YaMen*. *FengFu* and *YaMen* are indicated for aphasia and vomiting. This is based upon the correspondence between the anterior and posterior. Bleeding the two points are very effective for nausea and vomiting which is a disease of the anterior while *FengFu* and *YaMen* are the points of the posterior. In acupuncture, this method of treatment is known as correspondence between the anterior and posterior. It is also known as "Treating *Yin* diseases with *Yang* points and treating *Yang* diseases with *Yin* points." The method of correspondence and treatment will be detailed later for diseases of the four limbs. Understanding the correspondence and symmetry of the four limbs is essential to treatment of their diseases. Such correspondence and symmetry exist between arm and arm, arm and leg, arm and trunk, arm and thigh, leg and leg, leg and trunk, left and right upper and lower, and anterior and posterior. Some doctors don't study much about the theory of channels and collaterals but know the correspondence and symmetry, but they can still treat many diseases. If we have a good command of the knowledge of both, we will be able to treat diseases better. The more we know such knowledge, the better and more flexible we will be in treating diseases, especially knowing how to start the treatment for a patient. As a doctor of Chinese medicine, we need to have confidence for good therapeutic effect. If we doctors don't have confidence, there would be no therapeutic effect. It is therefore important to have confidence, which comes from a good command of such knowledge.

Point *ShangQiu* is very effective for aphasia because the spleen is the metal and *Jing*-river point of the spleen



Channel. It has good therapeutic effect for pathological changes of phonation. Selection of this point is based upon the theory of the five elements. It is stated in the *LingShu*, "When the disease is located in *ZangFu* organs, select the *Jing*-well point." If *ZangFu* organs are attacked in wind stroke, the patient will have unconsciousness and *Jing*-well point should be bled, "when the disease gives due to needling and has a pale face, strengthen the heart by needling the *Ying*-spring of the heart *ShaoFu* (HT 8). In case of red face due to heat in the lung, select the *Ying*-spring point of the lung *Yuji* (LU 10). If there is redness, swelling and itching of the skin, select the *Ying*-spring point of the heart *ShaoFu*, the *Ying*-spring point of the triple energizer *SanJiao* channel *YeMen* (SJ 2) and *SanChaSan* (A.04), which is located behind

YeMen. If the pathological condition is going up and down, select the *Shu*-stream point. "When there is pathological change in phonation, select *Jing*-river point." It means when any pathological change happens to phonation, we may select *Jing*-river point in treatment. For instance, we may select point of pericardium channel

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to treat nausea and vomiting. This is because the stomach channel and pericardium channel are inter-connected. *LaoGong* (PC 8), *DaLing* (PC 7) and *NeiGuan* (PC 6) are all indicated in nausea and vomiting. However, point *JianShi* (PC 5) is the best. This is because *JianShi* is the *Jing*-river point and is indicated in abnormal voice that occurs with vomiting. In case of sudden aphonia caused by fright, which is considered to be an abnormal change of phonation related to heart and mind, we should select *LingDao* (HT 4), the point of the heart that dominates mind and the therapeutic effect is good. In general, any pathological changes of the phonation can be treated by *Jing*-river points. This consideration is originated from *NeiJing*.

Now let's see what is said in the book *NeiJing*: "*Jing*-well point is indicated in fullness of epigastrium; *Ying*-spring point is indicated in hotness sensation of the body; *Shu*-stream point is indicated in heaviness and pain of the body and joints; *Jing*-river point is indicated in asthmatic breathing, cough, chills and fever; *He*-sea point is indicated in dysentery due to adverse flow of *Qi*". Corresponding to the five elements, the *Jing*-well point pertains to metal; the *Shu*-stream point pertains to earth; the *Ying*-spring points pertain to fire; the *Jing*-river point pertains to wood. In the five elements, metal makes the loudest sound. When the metal is broken, its sound becomes lower. A broken bell doesn't make sound. On the contrary, a stuffed bell doesn't make sound either. Take the common cold as an example. It is often caused by an invasion of pathogenic cold, which causes *Qi* stagnation in the lung, giving rise to hoarse voice. Both cough and asthmatic breathing are diseases related to change of voice, and the *Jing*-river point of the lung or other related channels can be selected in the treatment since the lung pertains to metal according to the theory of the five elements. The *Jing*-river point is also indicated for cold and heat syndromes of the common cold because *Jing*-river point, like the lung, pertains to metal. For aphasia due to wind stroke, the best choice is the *Jing*-river point of the spleen. This is because, for wind stroke, earth points (the points of the spleen and stomach) should be selected to promote metal. Further, the *Jing*-river points are empirical for treating aphasia. Moreover, the spleen channel goes to the root of the tongue. Therefore, the *Jing*-river point of the spleen channel *ShangQiu* is very good for aphasia due to wind stroke. The herbal formula for such aphasia is *DiHuangYinZi* 地黄饮子 (Rehmannia Decoction), which is very good for stroke patients with hemiplegia and aphasia. This condition is also known as "*FengFei*" and "*YinFei*", for which the combination of both herbal medicine and acupuncture in the treatment is much better. Another problem caused by stroke is dysphagia, which could be treated by bleeding *FengFu*, *YaMen* or *ZongShu* plus *DiHuangYinZi*.

Sublingual swelling 舌下肿



1. Needling *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) is effective. Bleeding *JinJin* 金津 and *YuYe* 玉液 (Extra) may have even better result. 针侧三里、侧下三里有效。(可于金津、玉液点刺出血效果更佳)
2. Give blood-letting to the ear apex.

Sublingual swelling here refers to swelling of the tongue body, which can be treated by many points. In Tung's extraordinary points, *CeSanLi* and *CeXiaSanLi* are often needled. Since the spleen channel is connected with the root of the tongue exteriorly and the heart interiorly (the heart opening into the tongue), the points of the heart and spleen should be selected if we use the points of the fourteen channels. In brief, bleeding

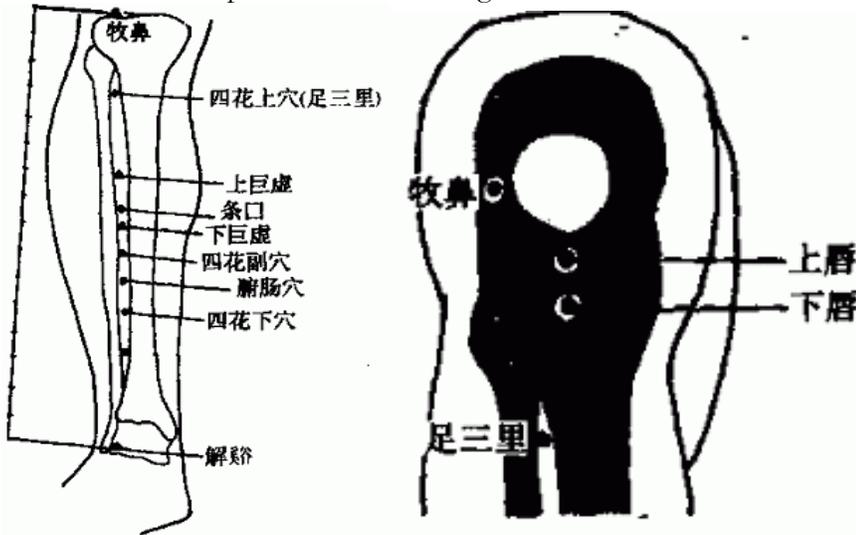
JinJin and *YuYe* has very good therapeutic effect. Since the heart opens into the tongue, we can also bleed the ear apex.

Oral ulceration 口内生瘤

1. Prick point *SiHuaZhong* 四花中 (77.09) to cause bleeding and needle *SiHuaShang* 四花上 (77.08). 四花中点刺、针四花上。
2. Prick point *ShangChun* 上唇 (77.15) and *XiaChun* 下唇 (77.16) to cause bleeding.
3. Give blood-letting to *TaiYang* (Extra).

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4. Prick ear apex to cause bleeding.

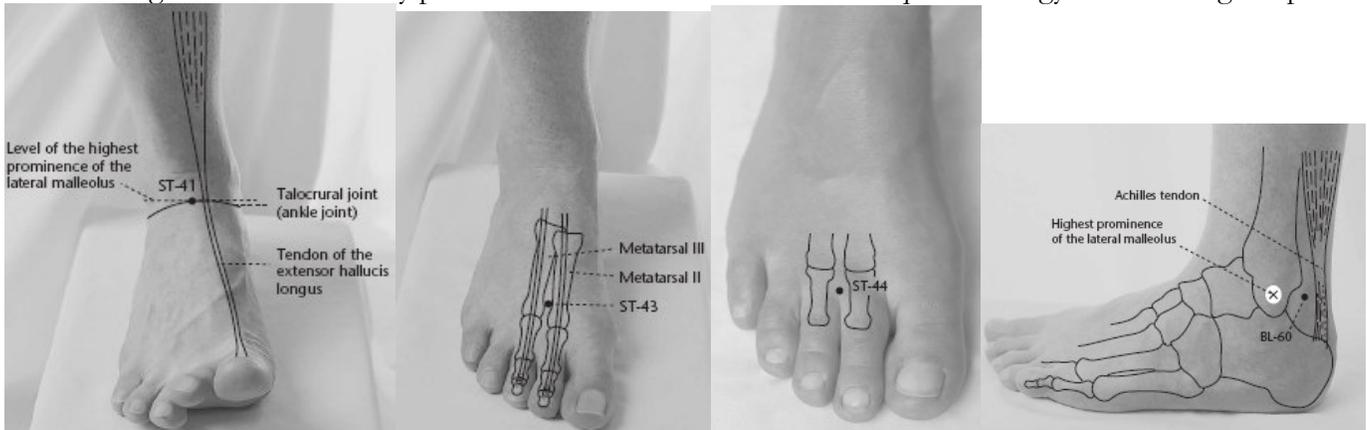


Oral ulceration is a disease related to the heart and spleen. In treatment, we can bleed local points around the ulcer or *SiHuaZhong* or *ShangChun* and *XiaChun*. If the ulceration is multiple, bleeding *TaiYang* is the best. To make the treatment simple, bleeding *TaiYang* is very effective.

Toothache 牙痛

1. Needle *LingGu* 灵骨 (22.05) bilaterally, and *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) contra laterally. 针灵骨，交刺侧三里，侧下三里。
2. Needling *SiHuaWai* 四花外 (77.14) is also effective. 针四花外亦有效。
3. Prick the dorsum of the foot.

Master Tung used to select many points to treat toothache. His most frequent strategy was bleeding the points



Located between *XianGu* (ST 43) and *JieXi* (ST 41), or the points on the dorsum of the foot along the gallbladder channel when there was inflammation. He usually punctured the points on the healthy side with filiform needles and bled the points on the diseased side, with good therapeutic effect. After that, *LingGu* and *CeSanLi* were needled to consolidate the treatment. When using the fourteen channels, select *NeiTing* (ST 44) and *ZuSanLi* (ST 36) for pain of the upper teeth, and *HeGu* or *SanJian* for pain of the lower teeth. The pain of the tooth root is related to the kidney, and can therefore be treated with *TaiXi* (KI 3) and *KunLun* (BL 60).

There are effective herbal methods for toothache. Soak 30 grams of *ShiGao* (Gypsum Fibrosum) and *XiXin* (Herba Asari) in boiling water. This is known as *ErXinTang* (Decoction of Two Pungent Drugs) because both

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ingredients are pungent. The decoction is used to rinse the mouth for an anesthetic effect. *ShiGao* (Gypsum Fibrosum) is pungent and cold and has the function to clear heat from the stomach; *XiXin* (Herba Asari) is pungent and warm affecting the kidney, and tonifies the kidney. 80-90% of such cases have fire in the stomach or kidney; there *ErXinTang* is used for toothache. There is another formula used for toothache called *YuNuJiang* (The Jade Lady Decoction) that also clears fire from the stomach and kidney. In case of decayed teeth, treatment can include modified *QingWeiSan* (Powder for clearing Heat from the Stomach). As previously mentioned, *SanChaSan* (A.04) is a good point for all the diseases of the five sense organs, including toothache.

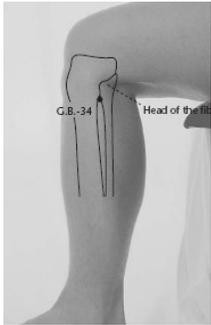
Diseases of the face 颜面疾病

Facial Spasm (spasm and tremor) 颜面神经抽掣

1. Needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) and *ZhongJiuLi* 中九里 (88.25) which is actually point *FengShi* 风市 (GB 31). 针侧三里，侧下三里及中九里（风市）有效。
2. For facial spasm, needle point *SiMa* 驷马 (77.17, 18, 19) 面部神经紧张一驷马。.
3. Needle *WanShunYi* 腕顺一 (22.09) and *WanShunEr* 腕顺二 (22.08). 腕顺一、二。

Numbness of the face 面麻

1. Bleed point *SanChong* 三重 (77.07) and needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23). 三重放血，针侧三里、侧下三里。
 2. Unilateral facial paralysis: *FengShi* 风市 (GB 31) and *CeSanLi* 侧三里 (77.22). 半面脸麻痹一风市、侧三里。
- In the introduction to the facial diseases, we discussed facial spasm first, which has a larger affected area with higher frequency than twitching of the eyelid. However, both have the same treatment principle. As mentioned previously, *WanShunYi* and *WanShunEr* are very effective for these types of facial disease. Other useful points include *CeSanLi*, *CeXiaSanLi* and *FengShi* and point *SiMa*. The indicated herbal formula is *ShaoYaoGanCaoTang* (Decoction of Radix Paeoniae and Radix Glycyrrhizae) plus *QianZhenSan* (Powder for Facial Paralysis) with modifications.



The facial paralysis mentioned here doesn't refer to deviation of mouth and eye. It is a kind of abnormality insensibility of the face, a kind of dull sensation of the face. Such patients should pay attention to the prevention of apoplexy. In mild case, we needle *CeSanLi* and *CeXiaSanLi*. For all diseases of the face, we can needle the two points contra laterally, these include: dull sensation of the face, facial spasm, zygomatic pain and trigeminal neuralgia. In severe cases, bleed *SanChong* because it is located between the stomach and gallbladder channels and is therefore very effective for the diseases of *YangMing* and *ShaoYang* channels. It is also helpful to bleed the ear apex.

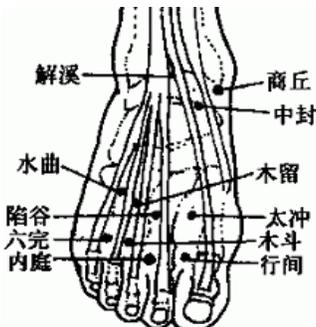
Zygomatic pain 颧骨疼痛

1. Prick point *SanChong* 三重 (77.07) to cause bleeding. 三重点刺出血。
2. Needle *CeSanLi* (77.22) and *CeXiaSanLi* (77.23). 针侧三里、侧下三里。

In case of zygomatic pain, it is also advisable to needle *CeSanLi* and *CeXiaSanLi*. In severe case, bleed *SanChong*. *WanShunYi* is also a good point. *YangLingQuan* (GB 34) and *HouXi* (SI 3) are also very effective.

Trigeminal Neuralgia

1. Needle *CeSanLi* (77.22) and *CeXiaSanLi* (77.23) (corresponding to *DuBi* ST 35). 侧三里、侧下三里（外膝眼）。
2. Needle *MuDou* 木斗 (66.07) and *MuLiu* 木留 (66.06).
3. Needle *DaBai* (22.04).
4. Needle *WanShunYi* (22.09) and *WanShunEr* (22.08).



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5. In chronic case, bleed *TaiYang* (Extra).

To treat trigeminal neuralgia, needle *CeSanLi* and *CeXiaSanLi* first. In severe cases, add *DuBi* (ST 35). *MuDou* and *MuLiu* are also very good, as are *WanShunYi*, *WanShunEr* and especially *DaBai*. Select *DaBai* on the healthy side as the therapeutic point and *HouXi* on the diseased side as the guiding point, or vice versa. Both of these methods are effective. While the above groups of points have very good therapeutic effect for trigeminal neuralgia one can add *CeSanLi*, *CeXiaSanLi* and *ZhongJiuLi* on the leg. For very severe cases of trigeminal neuralgias, acupuncture treatment may stop the pain immediately. Bleed *TaiYang* for severe conditions. Bleeding must be given to the diseased side while filiform needling the healthy side.

Diseases of the throat 咽喉疾病

Fish bone in the throat 鱼骨刺喉

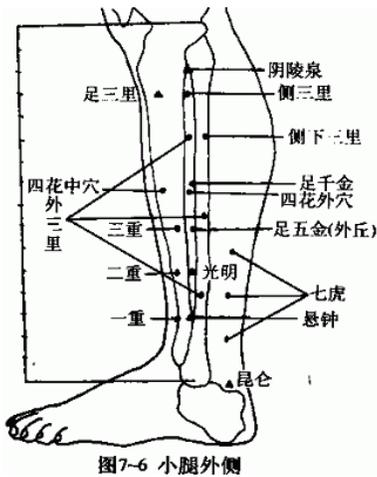
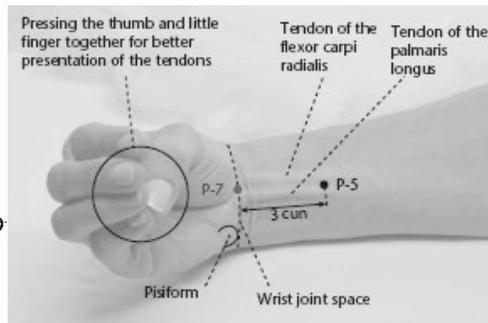


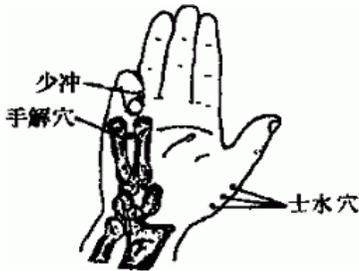
图7-6 小腿外侧



1. Needling point *ZuQianJin* 足千金 (77.24) has special effect.
针足千金有特效。

Needling *ZuQianJin* has very good therapeutic effect for fish bone in the throat. This point is considered to be related to the external and internal relation between the lung and large intestine, and hence the name *Jin* (metal). Point *JianShi* (PC 5) of the pericardium channel is an important point for fish bone in the throat. It also pertains to metal according to the theory of the five elements. From this, it can be seen that Master Tung paid a lot of attention to the theory of the five elements in the use of Tung's extraordinary points.

Sore Throat 喉痛



1. Bleed the vein on the ear back. 耳后青筋放血。
2. Bleed point *SanChong* 三重 (77.07). 三重穴放血。
3. Bleed *ZuQianJin* 足千金 (77.24). 足千金放血。
4. *TuShuiEr* 土水 (22.11) and *SanChaSan* (A.04) are very effective for acute sore throat.
5. Point *HuoYin* (66.03) is very effective.

There are many points indicated for sore throat. *SanChaSan* and *TuShuiEr* are extremely good for acute sore throat. The two points can cure a mild case in one treatment, and even a severe case may have the symptoms alleviated by 70-80%. *SanChaSan* is an important point for exogenous diseases which are the primary cause of acute sore throat. The midpoint of *TuShui* overlaps point *Yuji* (LU 10), the *Ying*-spring point of the lung channel. *Ying*-spring and *Shu*-stream points dominate the exterior. They are therefore effective for sore throat. The combination of the two points mentioned above is very effective for the sore throat. However, in case of chronic sore throat, the best point is *HuoZhu* (66.04), because the liver channel travels deeply in the throat. Sometimes sore throat is related to the kidney and *HuoZhu* should be needled along the border of the bone. It is very effective for chronic sore throat related to the liver and kidney. Bleeding ear apex or ear back is also good for sore throat. It is also good for acute exogenous sore throat and can immediately stop pain.

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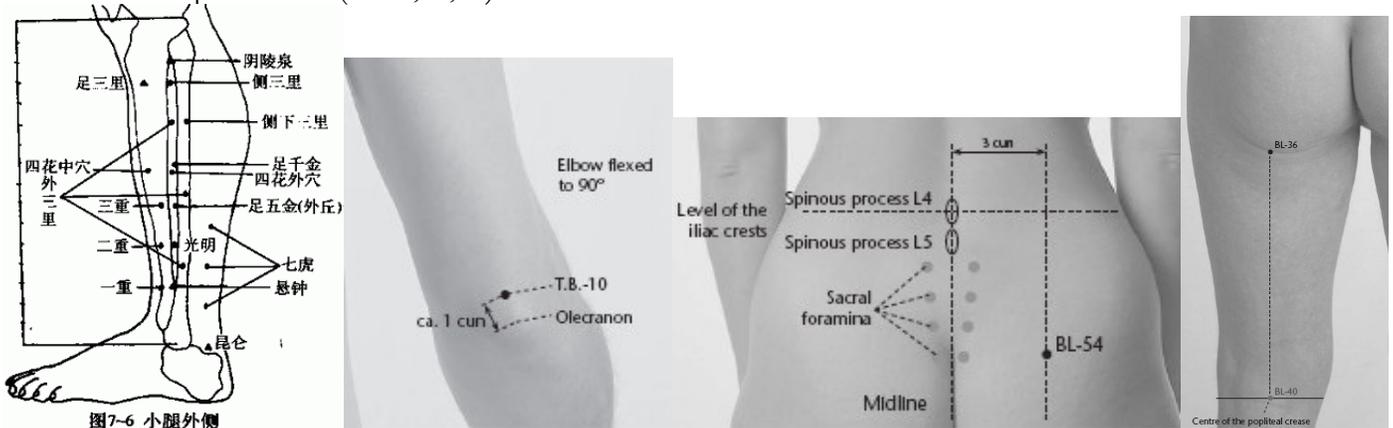
Diseases of the neck and nape

Scrofula 颈病 (瘰疬)

1. Needling *SanChong* 三重 (77.07) and *LiuWan* 六完 (66.08) on the diseased side is very effective. 针三重、六完，取患侧穴位非常有效。
2. Bleed *SanChong* 三重 (77.07) and then needle *ChengFu* 承扶 (BL 36) and *ZhiBian* 秩边 (BL 54). The effect is extremely good. 三重放血，再针承扶、秩边。效果极佳。

Enlargement of thyroid gland 大颈泡

1. First bleed *SanChong* 三重 (77.07), then needle *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23). 先于三重放血，再针侧三里，侧下三里。
2. Needle *ZuQianJin* 足千金 (77.24) and *ZuWuJin* 足五金 (77.25). 针足千针，足五金。
3. Bleed point *SanChong* (77.07).
4. Needle point *SiMa* (88.17,18,19)



Scrofula is rarely seen during modern times. Master Tung used *ZhiBian* and *ChengFu* to treat it with good results. I treated many such cases 30 years ago and few cases few years ago. Bleed *SanChong* after needling and the therapeutic effect is improved. The ancient medical song said the point *TianJing* (SJ 10) of the triple energizer channel has the best therapeutic effect for scrofula. This consideration is also recorded in such books as *YiZongJinJian* (The Gold Mirror of Medicine), *YuLongGe* (The Song of Jade Dragon), *YuLongFu* (The Poem of Jade Dragon) and *ShenYuGe* (Song More Precious than Jade). My clinical experience confirms the efficacy of *ZhiBian* and *ChengFu*.

Hyperthyroid exophthalmus 甲状腺眼突

1. Needle point *SiMa* 驷马 (88.17,18,19) 驷马。
2. Needle *ZuQianJin* 足千金 (77.24) and *ZuWuJin* 足五金 (77.25). 针足千针，足五金。
3. Bleed point *SanChong* (77.07).

In the treatment of enlargement of thyroid gland, Master Tung used point *SiMa* the most. There is no better point. After *SiMa*, he selected *ZuQianJin* and *ZuWuJin*. These two points indicated in all the diseases around the neck. For neck disorders, bleeding *SanChong* is also very good. Needle *SiMa* for recent onset of hyperthyroid exophthalmus. This treatment can help the eyeballs return to normal. The ancient physicians considered that "the neck and nape are the area where liver diseases happen". Needling *SiMa* strengthens the lung, supplements *Qi* and soothes the Liver.

Skin diseases around the neck 颈项皮肤病

1. Needling *JianZhong* 肩中 (44.06) is effective. 针肩中有效

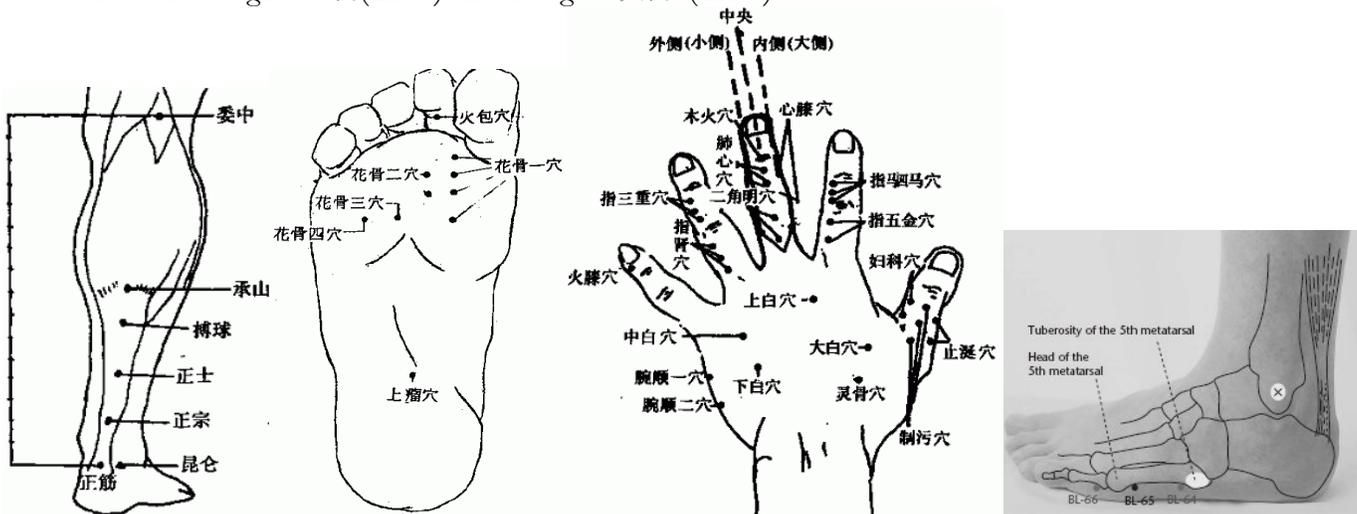
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2. Needle *SiMa* (88.17, 18, 19).
3. Bleed ear apex.

Point *JianZhong* is effective for skin diseases around the neck. *SiMa* is effective for all kinds of skin diseases. However, needling this point set requires special technique, which will be introduced in discussion on sternocostal diseases. Needling *JianZhong* or *SiMa* plus ear apex bleeding may have better results.

Stiffness of the neck 项强：（颈痛）

1. Needling *ZhengJin* 正筋 (77.01) and *ZhengZong* 正宗 (77.02) may immediately help rotate the neck freely. 针正筋、正宗立能转侧。
2. Needle point *HuaGuYi* 花骨一 (55.02) 花骨一穴。
3. Needle *ShangBai* 上白(22.03) and *ZhongBai* 大白 (22.06)



The best point for stiffness of the neck is *ZhengJin* and *ZhengZong*. In severe case, bleeding *WeiZhong* (BL 40) is better. Point *HuaGuYi* is also applicable. Since it is located on the sole and needling this point is painful, *ZhengJin* and *ZhengZong* may be chosen. We have introduced three groups of points here. However, that doesn't mean all points from the three groups must be selected in a single treatment. We just need to use one of the three groups. They are all effective. Usually, we introduce the most effective one first. In the points of the fourteen channels, the most effective point is *ChengJiang* (REN 24). Selection of this point is based on the principle of



correspondence between the anterior and posterior, using a *Yin* channel point to treat disease of the *Yang* channel (using *Ren* channel to treat *Du* channel). The point *HouXi* and *ShuGu* (BL 65) of the hand and foot *TaiYang* channels are also very good for stiffness of the neck. Both of the two points are *Shu*-stream points. *Shu*-stream points are indicated in heaviness and pain of the body and joints. They also pertain to wood in terms of the five elements. Therefore they are very effective in treatment of tendon disease. However, they are different in clinical application. As

stated in Chapter 26 of *LingShu*: "In case of difficult rotation of the neck, select *HouXi*; In case of difficult flexion and extension, select *ShuGu*." *ZhengJin* and *ZhengZong* should be selected first. However, for convenience, *HouXi* and *ShuGu* may be selected instead. *ChengJiang* could serve as the guiding point for either of the above two groups. Three points are therefore enough for one treatment. Both *ZhengJin* and *ZhengZong* are located on the ankle, corresponding to the neck in terms of holography. Moreover, the two points are on the Achilles tendon, selection of the two points follows the principle of "needling tendon to treat tendon disease". The third reason of selection of the two points is that they are connected with the urinary bladder channel and they are therefore effective for stiffness of the neck.

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Mumps (parotitis and inflammation of sub-auricular gland)

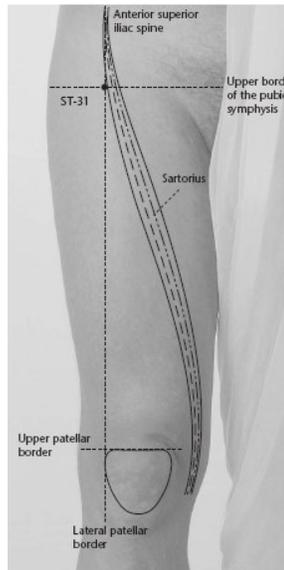
痄腮（腮腺炎或耳下腺炎）

1. Bleed the ear back. 耳背放血。
2. Prick point *SiHuaWai* (77.14) to cause bleeding.
3. Prick *SanChong* (77.07) to cause bleeding.

Delayed treatment of mumps may lead to testitis and give rise to infertility. Some patient who were infected by the disease when they were young, have aspermia. In the treatment of this disease, first bleed the ear back and then bleed point *SanChong* or *SiHuaWai*. The herbal formula *PuJiXiaoDuYin* (Universal Decoction for Disinfection) is very effective. It is also very good to use *SanHuangErXiangSan* (Powder of Three Yellow Drugs and Two Aromatic Drugs) for topical application.

Pain of the shoulder and neck 肩颈痛

1. Needle *ShenGuan* 肾关 (77.18). 肾关上、髌关。
2. Needle *ShenGuan* (77.18) and *SiHuaShang* (77.08)
3. Needle *ChongZi* (22.01) and *ChongXian* 重仙 (22.02).
4. Needle *BiGuan* (ST 31)



ShenGuan is a frequently used point for pain of the shoulder and back, especially when the pain of the neck is involved. It is often used in combination with *SiHuaShang* for better results. Further, for the pain of the shoulder and neck, *ChongZi* and *ChongXian* are also very effective.

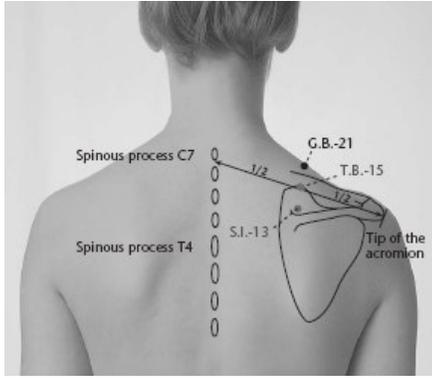
It was more than 30 years ago when Master Tung would select *ShenGuan*. At that time, there was not enough attention paid to sterilization. Later on, he gave sterilization to the point on the clothes and then inserted the needle into the point. After work, he soaked the used needles in alcohol for the night for sterilization. From 30 years ago when there was no sterilization of the needles to 20 years ago when the needles were sterilized in pressure cooker, to 15 years ago when practitioners started the use of disposable needles, there has been great progress in clean needle technique. If the patient cannot remove his

clothes, select points which don't require taking off the clothes. One of the characteristics of Tung's acupuncture is, it often uses points on the arms and legs. It is therefore convenient, safe, and easier to avoid accusations of sexual abuse. Blood-letting on the back is very shallow and is therefore also very safe.

Neck Sprain 落枕

1. Needle *ChongZi* (22.01) and *ChongXian* (22.02) 重子、重仙。
2. Needle *ZhengJin* (77.01) and *ZhengZong* (77.02) 正筋、正宗。
3. Needle *MuLiu* (66.06) 木留。
4. Needle *ShangBai* (22.03) and *ZhongBai* (22.06)

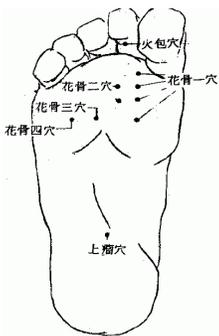
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Neck sprain is a common disease. We often see cases in the clinic where there is a sudden attack with impaired neck rotation and pain referring to the shoulder and back. For the treatment, we first select either *ChongZi* or *ChongXian* and then needle *ChengJiang*. The therapeutic effect is very good. If the pain affects the neck, *ChongXian* is better, and if the pain affects the shoulder, *ChongZi* is better. If the pain affects both the neck and shoulder severely, select both points plus *ChengJiang*. Ask the patient to exercise their neck while stimulating the point with the needle for immediate and improved results. Patients who come to the clinic on the same day of an attack often get complete relief immediately following treatment. Even if the patients come to the clinic two to three days after attack, the pain can

be relieved 80% in the first treatment. Other points that can support and assist including, *ZhengJin* and *ZhengZong*. Moreover, the simultaneous use of *MuLiu*, *ShangBai* and *ZhongBai* are also very effective. In the clinical practice, needling *ChongZi* or *ChongXian* are usually enough. As for herbal medicine, many physicians like to use *GuiZhiJiaGeGenTang* (Decoction of Ramulus Cinnamomi and Radix Puerariae). But the therapeutic effect is not good enough since the formula is for the *TaiYang* channel. Many patients with neck sprain have pain on the shoulder, especially at point *JianJing* (GB 21) which belongs to *ShaoYang* channel. Therefore, the treatment should cover *ShaoYang* channel as well, therefore the formula must be modified. The therapeutic effect is improved by adding *ChaiHu* (Radix Bupleuri). The pain at *JianJing* will not likely disappear without adding *ChaiHu*. The results are improved further by adding drugs that dispel wind such as *QiangHuo* (Rhizoma seu Radix Notopyterygii) and *FangFeng* (Radix Ledebouriellae). One or two does may completely cure a case. If the patient doesn't care for acupuncture, they can be quickly cured with herbal medicine. Combining acupuncture and herbal medicine provides the most reliable and expedient outcome.

Question: What is the location and indication for HuaGu 花骨 (55.02, 03, 04, 05)?



HuaGuYi (55.02) is located between the great and second toes and is indicated in diseases of the face and neck; *HuaGuEr* (55.03) is located between the second and third toes and is indicated in diseases of the shoulder and back; *HuaGuSan* (55.04) is located between the third and fourth toes and is indicated in pain of the waist; and *HuaGuSi* (55.05) is located between the fourth and fifth toes and is often used to treat sciatica. The indications for these points are more or less associated with holography. Once you understand holography, it is easy to understand the mechanism of their indication.

Question: What is the mechanism for treating skin diseases?

Treatment of skin diseases is first based on the combined principles of "needling the skin for skin diseases and needle the muscle for muscular diseases". The location of skin is very extensive and the points located on big area are therefore often selected. Second, the points located on rich muscles such as *QuChi* (LI 11), *ShouSanLi* (LI 10), *HeGu* (LI 4), *SiMa* (88.17, 18, 19) and *JianZhong* (44.06) are often related to *YangMing* channels. Almost all these points are points of *YangMing* channels, which have ample *Qi* and Blood and therefore are effective in regulating *Qi* and blood, thus the therapeutic effect in treating skin diseases.

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Tung's extraordinary points are not ordinary extra points which are separated from each other, rather, they are symmetrical points listed together with the points of the fourteen channels in parallel. They are also based upon systematic theory. I have spent a great deal of effort studying the *Neijing*, *Yijing* and many other classic canons of traditional Chinese medicine. This experience has helped me to develop and create effective theories based upon the application of Tung's extraordinary points. A good command of the points of the fourteen channels will help one to understand Tung's extraordinary points, similarly to the relationship between the *ShangHanLun* and *WenBingTiaoBian* (Treatise on Differentiation and Treatment of Epidemic Febrile Diseases). If you have a good knowledge of *ShangHanLun* prescriptions, then you will be good at *WenBing*. However, *WenBing* has its own theoretical system. In the treatment of febrile diseases, on the top of clearing heat, emphasis is mainly put on nourishing *Yin*. While in *ShangHanLun*, emphasis is less on nourishing *Yin* and more on strengthening *Yang*. The question is: which is the main contraindication? Historically, *WenBing* was a very small branch of practice. Only in the *Qing* dynasty, did it become one of the major therapeutic systems in Chinese Medicine. Tung's extraordinary points had similar circumstances. So also, Master Tung's system of extraordinary points was handed down for generations before he made it public. He contributed to the theory, quickening the development of the system and the therapeutic effects have been rapid and better.

Question: Would you like to talk something about the use of herbal prescriptions in treatment of headache?

Headache is a common disease in the clinic. There are various forms of acute and chronic headaches; however, they are generally divided into two categories, exogenous and endogenous. The exogenous headache is mostly caused by pathogenic wind. Since chapter 5 of *ShuWen* "Wind is liable to affect the upper part of the body first", headaches occur, the pathogenic wind often combines with cold blocking the channels and collaterals, heat disturbing the head, or damp suppressing the misting of *Yang*. For headache due to wind, we can use *MaHuangGuiZhiTang* (Decoction of Herba Ephedrae and Ramulus Cinnamomi) or *JingFangBaiDuSan* (Antiphlogistic Powder of herba Schizonepetae and Radix Potentillae) according to the symptoms and signs of wind cold or heat; if the headache is intermittent with attacks due to exposure in wind and cold and severe pain during attacks, use *ChuanXiongChaTiaoSan* (Powder of Rhizoma Ligustici ChuanXiong) to be taken together with tea as the main prescription. In case of headache due to wind heat the attack of which is often induced by heat or sunshine, use modified *SangJuYin* (Decoction of Folium Mori and Flos Chrysanthemi). In case of headache due to wind damp which is characterized by heaviness in the head like being wrapped by a piece of cloth, heaviness of the limbs and poor appetite, use *QiangHuoShengShiTang* (Decoction of Notopterygium for Eliminating Damp) to dispel wind and eliminate damp.

The endogenous headache is usually caused by pathological changes of the liver, kidney and spleen, or disharmony of *Qi* and Blood. Pathomechanisms include dysfunction of the liver in maintaining free flow of *Qi* due to excessive emotional changes. This leads to stagnation of the liver *Qi* which transforms into heat, producing liver fire which travels upward attacking the head. Constitutional deficiency of liver and kidney *Yin* may give rise to hyperactivity of the liver *Yang* causing headache; Post-partum blood deficiency or massive bleeding due to any reason may lead to a failure of blood moving upward to nourish the brain; this gives rise to headache or dizziness. Headaches may also be caused by constitutional obesity or spleen dysfunction with regard to transformation and transportation may produce phlegm in the interior that prevents the clear *Yang* from ascending. Further, blood stasis due to traumatic injury or prolonged headache may cause block the channels and collaterals and giving rise to headaches, which are characterized by repeated attacks in a fixed location. In case of headache due to wind and damp, use *BanXiaBaiZhuTianMaTang* (Decoction of Rhizoma Pinelliae, Rhizoma Atractylodis Macrocephalae and Rhizoma Gastrodiae) with modification. For headaches due to liver *Yang* uprising, use *TianMaGouTengYin* (Decoction of Rhizoma Gastrodiae and Ramulus Uncariae cum Uncis) with modification. If the headache is due to blood stasis, use *XueFuZhuYuTang* (Decoction for Removing Blood Stasis

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in the Chest). In my practice, I often use *XuanFuHua* (Flos Inulae), *DaiZheShi* (Ochra Haematitum), *XiangFu* (Rhizoma Cyperi), *HeShouWu* (Radix Polygoni Multiflori), *QuanXie* (Scorpio) and *JiangCan* (Bombyx Bytryticatus) combined with *SiWuTang* (Decoction of Four Ingredients) to treat headache as the sequela of traffic accident or cerebral concussion and have obtained good therapeutic effect.

Generally speaking, headaches with short duration and severe persistent attacks are usually caused by exogenous pathogenic factors. In this case, we should differentiate whether it is wind cold, wind heat or wind damp. If the duration is long and the headaches are mild and intermittent, then differentiate between deficiency of *Yin* with hyperactivity of *Yang*, deficiency of *Qi* and blood, or phlegm damp and blood stasis. There are also many cases of headache with long duration and nausea and vomiting when the pain is severe, which is known as *JueYin* headache in Chinese medicine and it could be treated successfully with modified *WuZhuYuTang* (Decoction of Fructus Euodiae). There is another syndrome differentiation of diseased channels. *YangMing* headaches are often located in the front of the head and supraorbital area and should be treated with modified *XuanQiTong* (Decoction of Selected Special Ingredients) from the book *DongHuanShiXiaoFang* (Dong Huan's Empirical Prescriptions); *ShaoYang* headaches are often located on the temporal side of the head radiating to the ear, and I often treat it with modified *SanPianTang* (Decoction for Treating Temporal Headache) of the book *BianZhengLu* (Essential Collections of Syndrome Differentiation) written by *Chen ShiDuo*. This prescription is very effective for migraine and trigeminal neuralgia; *JueYin* headaches are located on the vertex possibly radiating to the eyes (in severe case there might be nausea and vomiting) and is treated with *WuZhuYuTang* (Decoction of Fructus Euodiae) with modification; *TaiYang* headaches are located at the occipital area radiating to the nape with local muscular tension. I often treat this kind of headache with *YueJuWan* (Pills for Relieving Stagnancy) modified with *ShaoYao* (Radix Paeoniae), *GanCao* (Radix Glycyrrhizae), *BaiJiLi* (Fructus Tribuli) and *JueMingZi* (Semen Cassiae).

In the treatment of headache, I often add some wind-dispelling drugs such as *BaiZhi* (Radix Angelicae Dahuricae), *ChuanXiong* (Rhizoma Ligustici ChuanXiong), *JingJie* (Herba Schizonepetae), *GaoBen* (Rhizoma Ligustici), *QiangHuo* (Rhizoma seu Radix Notopterygii), *ManJingZi* (Fructus Vitis), *BaiJiLi* (Fructus Tribuli) and *TianMa* (Rhizoma Gastrodiae), because these drugs may bring other drugs directly up to the head to stop pain (among them *ChuanXiong* is most commonly used). Since these drugs are pungent, warm, aromatic and dry, additional drugs for regulating blood should be added in the long time use or use of big dosage.

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The Principle of the Open, Close and Pivot, and the Extraordinary Connections of ZangFu

叁 开阖枢原理与脏腑别通

If you are interested in the study on "the Four Designs and Eight Trigrams", it would be very helpful to your clinical practice. My studies on *Yijing* and the Heaven Stems and Earth Branches have been very beneficial in my learning of Tung's extraordinary points. The theory of the five elements in particular is very closely related to traditional Chinese medicine.

Many of my students have gone deeply into studies on *Yijing* some of them are outstanding. Some have become very famous in Taiwan and Japan. Since it is helpful to the clinical practice, I have also written some books. The study on *YinYang* and the eight trigrams is very helpful to the clinical practice. For instance, the theory of the open, close, and pivot are very closely related to the theory of *Yijing*. To help you more easily understand the theory of this theory, here I'd like to talk about the relationship between *Yijing* and the meridians.

In acupuncture, the location, running direction, nature determination and listing order of the meridians are all closely related to the theory of the *Yijing*.

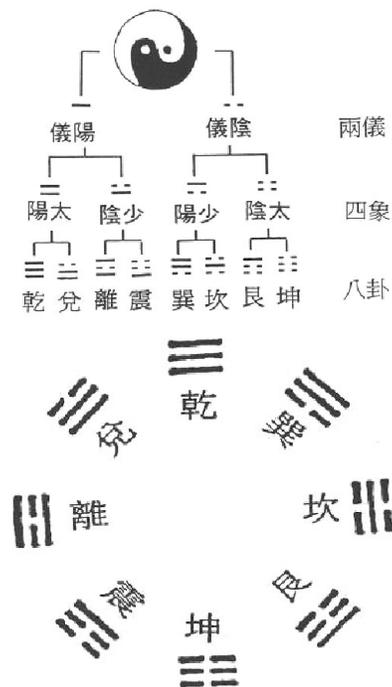
如果对四柱八字有兴趣并加以研究，对临床也是很有帮助，我因为早期研读易理学、易学及天干地支，对于学习董氏奇穴很大的帮助，特别是其中的五行与中医有极大的关系。

我的许多学生都深入研究易学，在这方面出色的学生也很多，有几位在台湾及日本都很出名。我基于对临床的帮助而学习易理，也有这方面的著作，研究阴阳及八卦，对临床很有帮助，或许有人不这样认为。但今天要讲的「开阖枢」与易学就有密切的关系。在深入讲解之前，为了帮助大家更易理解开阖枢，先讲一下易学与经络。

在针灸学里，经络的定位、定向、定性、与定序都可以说与易理密切相关，现在大家看看手里拿着的图表，我来给大家说明。

The old eight trigrams 先天八卦 and the location of ZangFu and meridians.

一、先天八卦与脏腑经络之定位



《系詞》說：「易有太極，是生兩儀，兩儀生四象，四象生八卦。」此即先天八卦之由來，圖示如下：The book "*XiCi*" says: "*Taiji* gives rise to transformation and produces the two forms, namely *Yin* and *Yang*. The primeval pair produce the four symbols, from which are derived the eight trigrams." This is the source of the old eight trigrams which is illustrated as follow:

再將此圖按《說卦》所言：「天地(乾坤)定位，山澤(艮兌)通氣，雷風相薄(震巽)水火(坎離)不相射之容展開」則如下 Then based upon what is said in the book *ShuoGua* (Talk on the eight Trigrams): "The heaven and the earth (*Qian* and *Kun*) fix the location; the mountain and the marsh (*Gen* and *Dui*) ventilate *Qi*; the thunder and the wind (*Zhen* and *Sun*) fight with each other; and the water and the fire (*Kan* and *Li*) are incompatible", the eight trigrams are located as follow:

將臟腑與先天八卦對應並配置於先天八卦中，由於乾為老陽，為陽之極，故統諸陽之督脈。坤為老陰，為陰之極，故統諸陰之主任脈。其餘臟腑根據其屬性配於各卦

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之內。兌卦屬金，肺大腸，亦屬金，故配置於兌卦；離卦為火，心及小腸亦屬火，故配置於離卦；巽卦屬木，主風，肝膽亦屬木，故配置於巽卦；坎卦屬水，腎與膀胱亦屬水，故配置於坎卦；艮屬土，脾胃亦屬土，故配置於艮卦。多餘之心包與三焦則配置於震卦中，蓋震為龍雷之火，心包三焦相火。

☱兌(金) 肺、大腸	☰乾(金) 督	☴巽(木) 膽、肝
☲離(火) 心、小腸		☵坎(水) 膀胱、腎

In the correspondence of *ZangFu* to the eight trigrams, the trigram *Qian* corresponds to *TaiYang* (Yang within Yang) and is the extreme of Yang. It dominates *Du* meridian that governs all the Yang meridians. *Kun* corresponds to *TaiYin* (Yin within Yin) and is the extreme of Yin. It dominates *Ren* meridian that governs all the Yin meridians. The other *ZangFu* organs pertain to the rest of the trigrams according to their nature.

The trigram *Dui* pertains to metal, the lung and large intestine also pertain to metal, and the lung and large intestine therefore correspond to *Dui*. The trigram *Li* pertains to fire, the heart and small intestine also pertain to fire.

The heart and small intestine therefore correspond to *Li*. The trigram *Xun* pertains to wood and dominates wind, and the liver and gallbladder also pertain to wood. The liver and gallbladder therefore correspond to *Xun*. The trigram *Kan* pertains to water, the kidney and urinary bladder also pertain to water. The kidney and urinary bladder therefore correspond to *Kan*. The trigram *Gen* pertains to earth, the spleen and stomach also pertain to earth. The spleen and stomach therefore correspond to *Gen*. The pericardium and *SanJiao* correspond to the trigram *Zhen* since it is the fire of the dragon and thunder and the pericardium and *SanJiao* are the minister fire. 也就是說兌艮之肺、大腸與胃、脾為一組相對應；離坎之心、小腸膀胱、腎為一組相對應；震巽之心包、三焦與膽、肝為一組相對應。這就形成了太陰陽明(肺大腸與胃脾)；少陰太陽(心小腸膀胱腎)；厥陰少陽(心包三焦與膽肝)的三組小循環。 Thus the left three, *Dui*, *Li* and *Zhen* are Yang trigrams and dominate the hand meridians; the right three, *Xun*, *Kan* and *Gen* are Yin trigrams and dominate foot meridians, thus, the following correspondence is formed:

1. The lung and large intestine (*Dui*, marsh) correspond to the spleen and stomach (*Gen*, mountain);
2. The heart and small intestine (*Li*, fire) correspond to the kidney and urinary bladder (*Kan*, water);
3. The pericardium and *SanJiao* (*Zhen*, thunder) correspond to the liver and gallbladder (*Xun*, wind);
4. The *Du* meridian (*Qian*, heaven) corresponds to *Ren* meridian (*Kun*, earth).

In addition to the *Ren* and *Du* extraordinary meridians that form a circle, the 12 regular meridians have formed three small systems:

- the system of the lung, large intestine, spleen and stomach
- the system of the heart, small intestine, kidney and urinary bladder
- The system of the pericardium, *SanJiao*, liver and gallbladder.

The fact is that the 12 regular meridians form a major circulatory system under which there are 3 minor circulatory systems. Each trigram corresponds to one *Zang* and one *Fu* organs that pertain to *Yin* and *Yang* respectively and are externally-internally related to each other.

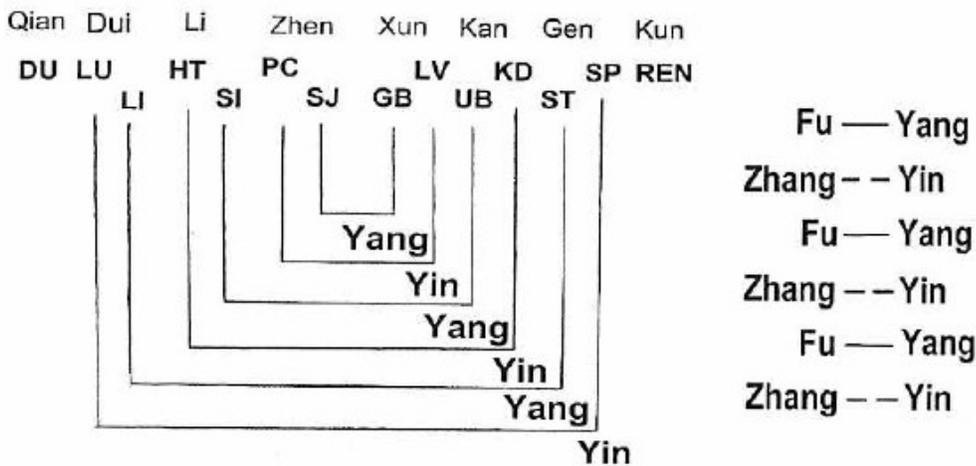
A Study on Tung's Acupuncture

The old eight trigrams and the nature of the six meridians

二、先天八卦与六经定性

The names of *TaiYin* (Greater *Yin*), *ShaoYin* (Lesser *Yin*), *TaiYang* (Greater *Yang*) and *ShaoYang* (Lesser *Yang*) first appeared in the book *YiJing*, and *JueYin* and *YangMing* in the book *NeiJing*. *Tai* (Greater) and *Shao* (Lesser) imply quantity and changes, which were used by the ancient people to understand the world. It influenced the book *NeiJing* and its theory was used to study the human body. With the theory, the trunk is divided into three parts: the chest, back and lateral aspect, and the four limbs are also divided into three parts: the medial, lateral and middle. *YangMing* and *JueYin* were put forward in the *NeiJing* probably according the theory of *Yin* and *Yang* and local anatomical characteristics.

太阴、少阴、太阳、少阳之名首见于《周易》，厥阴、阳明始见于《内经》，太少本就含有阴阳的多少和变化，属于古人认识世界的工具，它影响了《内经》，利用其理论来研究人体。人体部位在身上有胸、背、侧之分，在四肢也有内外中三部之分，《内经》中人体上的阳明和厥阴，可能是在这种情况下，按阴阳的原则，结合部位之特点提出来的。



The natural occurrence of the six meridians in *TaiYang*, *ShaoYang*, *TaiYin*, *ShaoYin*, *JueYin*, and *YangMing* is more easily understood with the theory of *YiJing*. Now let's unfold this in the order of the old eight trigrams: *Qian*, *Dui*, *Li*, *Zhen*, *Xun*, *Kan*, *Gen* and *Kun*. *Qian* dominates *Du* meridian and *Kun* dominates *Ren* meridian. The two are both extraordinary meridians and they do not pertain to any *ZangFu* organs. The others are listed according to the *Yang* trigram (*Dui*, *Li*, and *Zhen* with *Zang* in the front) and *Yin* trigrams (*Xun*, *Kan* and *Gen* with *Fu* in the front) (the order contains balance of *Yin* and *Yang*). Then connect the *Zang* and *Zang*, *Fu* and *Fu* that are classified into the same trigrams. The result is that the lung and spleen are connected as *Zang* organs and they correspond to *Yin* trigrams; the large intestine and stomach are connected as *Fu* organs and they correspond to *Yang* trigrams; the heart and kidney are connected as *Zang* organs; the small intestine and urinary bladder are connected as *Fu* organs; the heart and pericardium are connected as *Zang* organs; the *SanJiao* and gallbladder are connected as *Fu* organs. Finally, list all the mentioned above according to the order of *Yin* and *Yang* on the right side. These illustrations can be seen in many books. However, there has been no more exploration and development.

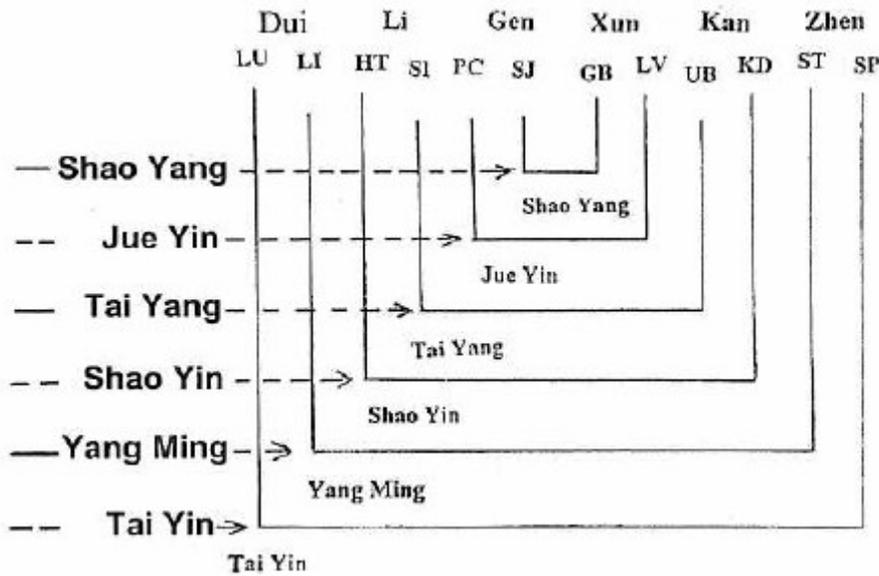
六经之太少厥阴阳明之定性，如果用易理来解说，将更容易理解。这里试将先天八卦依干兑离震巽坎艮坤之次序展开（见图四），并将其所属之脏腑列于其下，干主督脉，坤主任脉，任脉及督脉皆属于奇经，不与脏腑连属。将其它之六卦按阳仪（兑离震卦，脏在前）阴仪（巽坎艮卦，腑在前）排列（此有阴阳对称平衡之意），再依对应卦象之脏与脏、腑与腑相连，则肺脾相连为脏属阴画--（阴爻），大肠与胃属腑属阳画—（阳爻），心肾相连为脏画--，小肠膀胱相连为腑画—，心包肝相连为脏画--

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，三焦胆相连为腑画一，将上列按阴阳次序画于右边即下列图式（图四及图五），此一图式在很多书中皆能见及，但也仅止于此，而未能进一步的加以分析或发挥。

When we explore the theory deeply, we have found it is very much related to the nature determination of the *ZangFu* organs. This divination symbol exactly shows the fire (☲) is in the upper and water (☵) in the lower, like the human body with the heart in the upper and the kidney in the lower. The heaven and earth take *Qian* and *Kun* to fix the locations while the human body takes the fire and water to fix the locations. This divinatory symbol has six trigrams. According to the *Qi* of *Yin* and *Yang*, earth and heaven in ascending and descending, *YangQi* increases when it descends and the uppermost *Yang* is *ShaoYang*, and then *TaiYang*. The lowest *Yang* trigram comes from merging of two *Yang* is thus called *YangMing*. *YinQi* decreases when it ascends. The lowest *Yin* trigram is *TaiYin* and then *ShaoYin*. The uppermost *Yin* comes from mержence of two vanished *Yin* and is thus called *JueYin*. In this way the three *Yin* and three *Yang* are formed. Attach the *YinYang* properties of the six trigrams to the Illustration, and the *YinYang* properties of the *ZangFu* organs are thus determined. That is, the lung and spleen are *TaiYin*, the large intestine and stomach are *YangMing*, the heart and kidney are *ShaoYin*, the small intestine and urinary bladder are *TaiYang*, the liver and pericardium are *JueYin* and *SanJiao* and Gallbladder are *ShaoYang*.

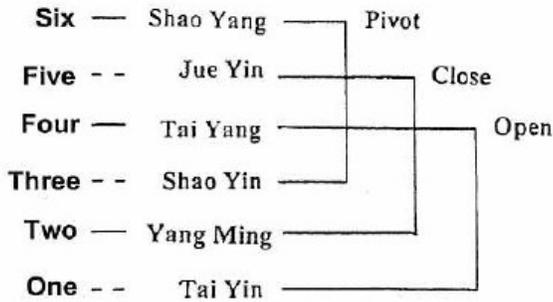
我们深入研究及探索，会发现这与脏腑的定性有很大的关系。此一卦象恰为火（☲）水（☵）下，即如同人身之心在上，肾在下，天地以乾坤定位，人身以火水定位。将此一卦象（图五）：六爻，根据天地阴阳之气阴升阳降之原则，分析其性质，阳往下增加，则最上之阳爻为少阳，依次为太阳，最下之阳爻为两阳合明谓之阳明。阴往上递减，最下之阴爻为太阴，依次为少阴，最上之阴爻为两阴交尽谓之厥阴，如此产生出三阴三阳（见图六），将此六爻阴阳之性质还原于图四之中，脏腑之阴阳进一步属性亦随之定性，即肺脾为太阴，大肠胃为阳明，心肾为少阴，小肠膀胱为太阳，心包肝属厥阴，三焦胆属少阳。



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Open, close and pivot, and the running directions of the meridians (as well as extraordinary connections of ZangFu)

三、开阖枢与经络定向〈兼谈脏腑别通〉



According to the theory of *YinYang* in inter-dependence, the theory of open, close and pivot of three *Yin* and three *Yang* meridian was put forward in the *NeiJing*. It says in Chapter 5 of *SuWen*: "In regard to the three *Yang* meridians, *TaiYang* is the open, *YangMing* is the close and *ShaoYang* is the pivot; In regard to the three *Yin* meridians, *TaiYin* is the open, *JueYin* is the close and *ShaoYin* is the pivot." The concept of open and close originates in the book of the *YiJing*: "The close corresponds to *Kun*. The open corresponds to *Qian*. One open and one close form a change. Constant change gives rise to transformation."

《内经》根据阴阳互根理论，提出三阴三阳开阖枢理论，《素问·阴阳离合论》说：“是故三阳之离合也，太阳为开，阳明为阖，少阳为枢……，三阴之离合也，太阴为开，厥阴为阖，少阴为枢。”。开阖思想显然源于《周易系辞》之“阖户谓之坤，辟户谓之干，一阖一辟谓之变，往来不穷谓之能。”，仔细探究，这其实来自易卦。

According to the *YiJing*, the interrelationships of six divinatory symbols have certain correspondences. There is a correspondence between the first and the fourth, the second and the fifth, and the third and the upper (sixth). It can be seen that such correspondences exist in the opposite divinatory symbols and do not exist in the two that are the same in nature. The correspondence indicates dynamic harmony and unity of the two opposite aspects in one thing. Moreover, in the double divinations, the first and the fourth divinatory symbols occupy the same position, so do the second and fifth, and the third and sixth. This is because the first divinatory symbol is in the lower position of the lower divination, and the fourth divinatory symbol is in the lower position of the upper divination; the second divinatory symbol is in the middle position of the lower divination, and the fifth divinatory symbol is in the middle position of the upper divination; the third divinatory symbol is in the upper position of the lower divination, and the sixth divinatory symbol is in the upper position of the upper divination.

根据《易经》六爻的关系之象，初爻与四爻，二爻与五爻，三爻与上爻之间存在着一种呼应关系，称之为「应」。在这种关系啊，凡是爻性相反则可交感，称为「有应」；若爻性相同（两者皆阴或皆阳）则不应。应则顺利，象征事物对立面存在着谐和、统一的运动规律。又重卦中的初爻与四爻，二爻与五爻，三爻与上爻为同位，因初爻为下卦的下位，四爻为上卦的下位；二爻为下卦的中位，五爻为上卦的中位，同为中位；三爻为下卦的上位，上爻为上卦的上位，同为上位。

In the above introduced three *Yin* and three *Yang* symbolized by fire and water, *TaiYin* and *TaiYang* are in the lower and outmost position of the upper and lower divinations, pertaining to "Open"; *YangMing* and *JueYin* are in the middle position of the lower and upper divinations, pertaining to "Close"; and *ShaoYang* and *ShaoYin* are in the upper position of the upper and lower divinations, all pertaining to "Pivot". This kind of correspondence (one *Yin* and one *Yang* that are in the same position, as shown) indicates the harmony and unity between the first and fourth, second and fifth and third and sixth divinatory symbols in the nature and movement, and this theory has been applied to explain the physiological activities and pathological changes.

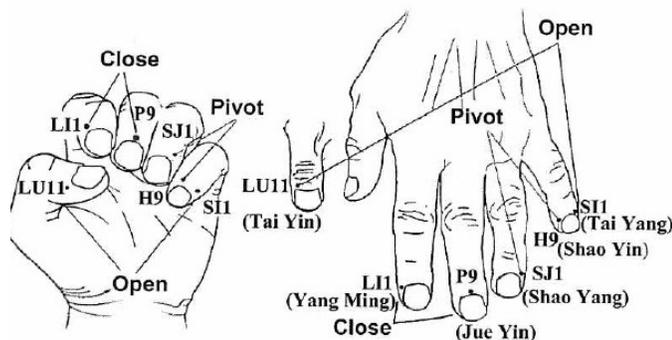
在前述火水定位图之三阴三阳中，下卦及上卦之下爻太阳、太阴在最外为“开”，下卦及上卦之中爻阳明及厥阴在内属“阖”，上下卦之上爻少阴及少阳皆为转化之枢“枢”。合乎「对应」（一阴一阳）及「同位」的原则（图七），象征着一四爻、二五爻、三六爻闲，存在着谐和统一的运动规律及同类的性质。应用于人身，就有着同类的生理和病理活动。

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Among the three *Yin* and three *Yang*, the first divinatory symbol of the lower divination *TaiYin* and the first divinatory symbol of the upper divination *TaiYang* occupy the outmost position, and therefore dominate "Open", including the urinary bladder meridian of foot *TaiYang*, the small intestine meridian of hand *TaiYang*, the lung meridian of hand *TaiYin* and the spleen meridian of foot *TaiYin*. When the pathological cold invades the human body, it affects *TaiYin* first, occupies the outmost position. Cold is a *Yin* pathogenic factor and is liable to affect the lower part, and foot *TaiYang* is therefore affected first. That is why the urinary bladder meridian is discussed first in the book *ShangHanLun*. Heat is a *Yang* pathogenic factor, and is liable to injure *Yin* first. Since pathogenic *Yang* often comes from the upper and it therefore affects the lung meridian of hand *TaiYin* first. Since *TaiYin* and *TaiYang* are often injured first by exogenous pathogenic factors, they are therefore considered as "Open". The upper divinatory symbols of both the upper and lower divinations are the places where changes happen. The Upper divinatory symbols of both the upper and lower divinations *ShaoYang* and *ShaoYin* are all called as places of "Pivot". *ShaoYang* is located between the exterior and interior and their syndrome is characterized by alternation of chills and fever. However, this syndrome could have predominance of either the exterior or the interior. For example, *XiaoChaiHuTang* (Minor Decoction of Radix Bupleuri) is indicated in *ShaoYang* syndrome but *ChaiHuGuiZhiTang* (Decoction of Radix Bupleuri and Ramulus Cinnamomi) is used for *ShaoYang* syndrome with predominance of the exterior, and *DaChaiHuTang* (Major Decoction of Radix Bupleuri) and *ChaiHuJiaLongMuTang* (Decoction of Radix Bupleuri plus Os Draconis and choncha Ostreae) are used for *ShaoYang* syndrome with predominance of the interior. *ShaoYin* syndrome has the tendency of transformation into either cold or heat syndrome. When it transforms into a cold syndrome, we should use *SiNiTang* (Decoction for Resuscitation) and *ZhenWuTang* (Decoction for Warming *Yang* and Eliminating Water). When it transforms into a heat syndrome, we should use *HuangLianEJiaoTang* (Decoction of Rhizoma Coptidis and Colla Corii Asini), etc. *YangMing* and *JueYin* are all middle divinations and imply the significance of "Close". In case of attack by cold and when the *Yang* goes to its extreme and affects *YangMing*, it gives rise to severe condition with such manifestations as floccitation and failure to recognize people; when the *Yin* goes to its extreme and affects *JueYin*, it gives rise to syncope. In case of febrile diseases, when the pathogenic heat goes into the pericardium meridian of hand *JueYin*, it gives rise to coma; when it goes into the foot *JueYin* meridian, it stirs up the internal wind. All these are critical conditions at the late stage of a disease that has affected the "Close" layer, manifesting the mental symptoms.

三阴三阳中之下卦第一爻太阴及上卦第一爻太阳在最外为开，也就是说包括手足太阳之膀胱经及小肠经，包括手足太阴之肺经及脾经为开。每当寒邪伤人，最先伤阳，即伤最外之太阳，寒为阴邪易从下起，先伤足太阳，故伤寒论叙证从足太阳膀胱经起。每当热邪伤人，最先伤阴，热为阳邪多从上而来，先伤手太阴肺经。外邪先伤太阳太阴，即因太阳太阴为「开」之故。上下卦之上爻皆为变化之处，上卦之上爻少阳及下卦之上爻少阴皆为转枢之位，少阳在表里之间其证以寒热往来为主，又有兼表兼里之分。例如小柴胡汤为少阳正证，又有偏表之柴胡桂枝汤及偏里之大柴胡汤，柴胡加龙牡汤等。少阴亦有寒化热化之证，如寒化之四逆汤，真武汤等，热化之黄连阿胶汤等。阳明及厥阴皆在卦之中爻，有闭合之意，故为阖。观伤寒之邪，当其阳亢之极则入阳明，而成循衣摸床不识人之重病；阴寒之极则入厥阴，则为厥逆之证。而温病热入手厥阴心包则神昏，入足厥阴则动风，皆为病症之极，已至闭阖之最后阶段，而有严重之精神证状。

Then, how do "Open", "Pivot" and "Close" affect the meridians? Try to make a loose fist like *TaiJi*; you may find "Open", "Pivot" and "Close" are connected one another. Let's look at *ShaoShang* (LU 11) and *ShaoZe* (SI 1)



first. One is from *TaiYin* meridian and the other is from *TaiYang* meridian, they are both listed as "Open". *GuanChong* (SJ 1) is a point on the *ShaoYang* meridian and *ShaoChong* (HT 9) is a point on the *ShaoYin* meridian, they are listed together as "Pivot". *ZhongChong* (PC 1) is a point on the *JueYin* meridian and *ShangYang* (LI 1) is a point on the *YangMing* meridian, they are listed together as "Close". Thus there forms the law of movement through "Opening", "Pivoting" and "Closing". From the outmost *TaiYang* to move inward, it comes to *ShaoYang* and finally reaches *Yangming*.

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When the fingers are extended, the interrelationships of the "Open", "Pivot" and "Close" are as shown.

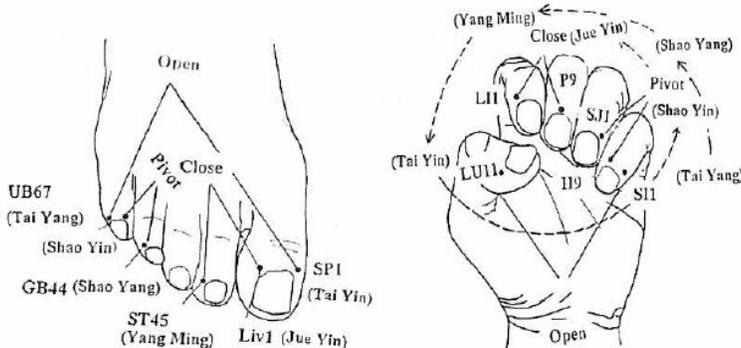
开合枢怎样影响经络？试将手掌握成一个圆形如太极（图八），便可发现开阖枢两两相连。先看少商与少泽，一为太阴，一为太阳，即是开；关冲为少阳经，少冲为少阴这为阖；中冲为厥阴经，商阳为阳明经，中冲与商阳为阖，这就汇成了开合枢的规律。依此圆形从最外之太阳向内运行（传经），依次为少阳，最后为阳明，阳尽则阴，依次为太阴、少阴，最后为厥阴。将拳头伸开则开阖枢之关系成下图

Extending the sole of the foot, it becomes curved, *TaiYang* is neighbored with *TaiYin*, and *JueYin* is neighbored with *YangMing*. Once one Japanese practitioner took *YongQuan* (KI 1) to do a temperature test, he used *NeiZhiYin* (medial *ZhiYin*) that is located between *ZhiYin* (BL 67) and *ZuQiaoYin* (GB 44) to replace *ZhiYin* (BL 67). In this way, *ShaoYang* and *ShaoYin* are also closely neighbored.

若将脚掌弯卷起来，亦成太阳太阴紧邻排列，厥阴阳明紧邻排列。至于涌泉，日人赤羽幸兵卫作（知热感度测验）时，以至阴与窍阴间之内至阴代替，这样亦成为少阳少阴紧邻排列的状况，说明了开阖枢有一定的排列次序

These concepts are the bases for the meridian courses and distributions locations in the *NeiJing*. They conform to what is in chapter 10 of *SuWen*: "*YangMing* is anterior to *TaiYin*", and "*ShaoYin* is posterior to *TaiYin*, and *JueYin* is anterior to *ShaoYin*." The three *Yang* meridians are on the *Yang* aspect of the body, and the three *Yin* meridians are on the *Yin* aspect of the body. Then, according to *Yang* determinants (*Dui*, *Li* and *Zhen* derived from *TaiYang* and *ShaoYang*), the lung and large intestine (*Dui*), heart and small intestine (*Li*), and pericardium and *SanJiao* (*Zhen*) meridians are distributed on the upper limbs. According to the *Yin* determinants (*Xun*, *Kan* and *Gen* derived from *TaiYin* and *ShaoYang*), the liver and gallbladder (*Xun*), kidney and urinary bladder (*Kan*), and spleen

and stomach meridians are distributed on the lower limbs. Besides according to the principle of *Yin* ascending and *Yang* descending, the meridians originate from or terminate at the tip of finger. For example, the *TaiYang* meridian runs along the lateral side of *Yang* aspect of the small finger, and *ShaoYang* meridian runs along the midline of the ring finger. On the analogy of this, other meridians are distributed following the same way.



此种位置与《素问·阴阳离合论》所说：「太阴之前，名曰阳明。」及《阴阳离合论》所说：「太阴之后，名曰少阴……少阴之前，名曰厥阴。」相符。内经据此而确定经络循行部位（图九、十），三阳在阳面，三阴在阴面，然后根据阳仪（兑离震由太阳少阴而来），故肺、大肠（兑），心、小肠（离），心包、三焦（震）走手上，阴仪（巽坎艮由太阴少阳而来），故肝、胆（巽），肾、膀胱（坎），脾、胃（艮）走脚上（见到一、图二）。又据阴升阳降，或到指端止，或从指端起，例如太阳经从小指走在阳面之最外，少阳沿约指（无名指）走在阳面之中间，……其它以此类推。

The clockwise distribution of the "Open", "Pivot" and "Close" on the fist conforms to the transmission of diseases of the six meridians introduced in *ShangHangLun*, that is, from *TaiYang* to *ShaoYang*, *YangMing*, *TaiYin*, *ShaoYin* and finally to *JueYin*.

此一开阖枢握拳之图以顺时针方向旋转，也甚合《伤寒论》太阳传少阳，传阳明，传太阴、少阴、厥阴的六经传变次序。（见图十一）

Every time we discuss the theory of "Open", "Pivot" and "Close", there is a question about *ShaoYin* or *JueYin* as the "Pivot". There is no such sentence stating that the "*JueYin* is the pivot" in *NeiJing*. Later physicians made the *JueYin* a pivot based upon its interior-exterior relationship to the *ShaoYang*. Moreover, the *JueYin* syndrome may have alternation of chills and fever, and they took *JueYin* as a pivot incorrectly. It has been previously introduced in this book that "*ShaoYin* serves as the pivot and *JueYin* as the close." The details were listed by taking the sequence of meridians as an example. To make it more clearly, I'd like to give you further explanation using the locations of the *ShaoYin* and *JueYin*.

每当提及开阖枢，总有一个疑点会被提出讨论，就是关于究竟是「少阴为枢」或「厥阴为枢」的问题。内经并无「厥阴

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为枢」之文句，后世以厥阴与少阳表里，且厥阴亦有寒热往复之症状，而强以厥阴为枢，殊属不合。本文在前述中已对「少阴为枢，厥阴为阖」的作用详加说明，并从经络排列次序作了比较分析，当不致再有疑问，为了加强说明，再就少阴与厥阴的位置略加解说分析，当可更加清晰确定。

According to the classic literature and symptoms and signs, *Yang* deficiency of *ShaoYin* (heart and kidney) is critical. It's easy to understand this according to the classical theory. However, if we read classical literature such as the *ShangHanLun* carefully, it may be found that the dying syndromes appear more in *JueYin* than in *ShaoYin*. That is to say, the *JueYin* disease is more critical than *ShaoYin* disease. The critical cold syndrome of *ShaoYin* is often complicated with syncope and spasm of *JueYin*. For instance, "when fading pulse resulted from attack by cold (due to *Yang* deficiency of *ShaoYin*) lasts for 7-8 days, there appears constant restlessness (syncope of *JueYin* known as viscera shock (*ZangJue*))." From this, we can see *JueYin* is affected after *ShaoYin*. The chapter 3 of book *WenBingTiaoBian* says: "When pathogenic heat goes deeply into either *ShaoYin* or *JueYin*, treatment should be focused on activating the pulse." The author *WuJuTong* gave an annotation regarding this: "Since pathogenic heat greatly consumes *Yin*, *ShaoYin* (kidney) stores essence and *JueYin* relies on sufficiency essence of *ShaoYin*, the two meridians may all help restore the pulse. They have the same origin." It clearly points out that *ShaoYin* is in front of *JueYin* and gives influence to *JueYin*. For this reason, *ShaoYin* becomes the pivot.

从条文及症状看，少阴心肾阳虚确是生死关头，从其死证条文较多，不难理解少阴之危，但若细看，厥阴死证条文更多于少阴，而厥阴病更危于少阴病，少阴病寒化危证长见合并厥阴的昏痉等症，如「伤寒脉微而厥(少阴阳虚)至七八日肤冷，其人躁无暂安时(出现厥阴昏厥)此名脏厥。」，可见厥阴应是在少阴之后。又从温病条辨看「热邪深入，或在少阴，或在厥阴，均宜复脉。」，条下吴鞠通自注「此言复脉为热邪劫阴之总司也，概少阴藏精，厥阴必待少阴精足而后能生，二经均可主以复脉者，乙癸同源也。」，明白指出了少阴在前，厥阴在后，少阴影响厥阴。这样少阴为枢就不是问题了。

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The later eight trigrams and the circulation (order) of meridian system

四、后天八卦与经络循环〈定序〉

〈木中土〉 巳辰 ☱巽(木) 肝 卯 ☳震(木) 膽 ☶艮(土) 胃、脾	午 ☲離(火) 心、小腸 坎(水) 膀胱、腎	〈火中土〉 未申 ☷坤(土) 心包、三焦 酉 ☱兌(金) 大腸 ☰乾(金) 肺
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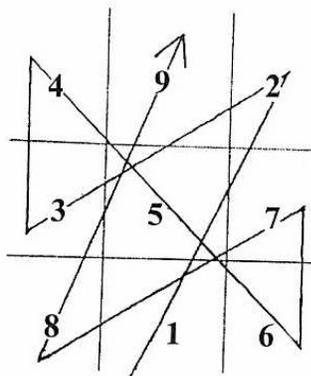
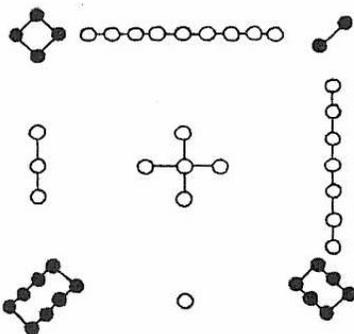
The order of circulation in the meridian system is familiar to the practitioner. However, it is still necessary to devote time and energy to the study of the abstract meridians. I seriously studied the *Yijing* at Beijing University where I obtained my PhD degree, with doctoral studies on the *ShangHanLun*; I also took a doctoral level studies on meridians and collaterals at the University of Chinese and Western Medicines. Here I'd like to share some of those experiences.

大家对经络循行的顺序可以说无人不知，但是对于似乎抽象的经络下点功夫，还是必要的。我曾在北京大学攻读博士专研易学，在北京中医药大学攻读博士专研伤寒论，在中西医科大学攻读博士研究针灸，因此对易学、伤寒论及经络有一些特别的研究心得，愿与各位分享。

We mentioned the old eight trigrams have influenced the location, nature and direction of the meridians. Besides, the listing order of the meridians is also related to the later eight trigrams. Let's look at the old eight trigrams and the illustration of *LuoShuJiuGongTu* (Illustration of *LuoShu*), in which the sum of all the numbers on a straight line in all directions is 15.

前面我们谈过先天八卦影响决定了经络的位置、性质及方向，此外经络顺序则与后天八卦有关，我们再来看看后天八卦及不论那个方向相加都是十五的洛书九宫图。

In the medical book excavated from *MaWangDui* tomb, the meridians were not inter-connected. In the book *YinYangShiYiJiuMai* (The eleven Yin and Yang meridians for moxibustion) and the book *ShouZuShiYiJiuMai* (The eleven hand and foot meridians for moxibustion), the meridians were not listed in fixed order. However, in *LingShu*, the order of the meridians in circulation was already completed. Since the circulation theory was derived from the influence of *Yijing*, the order of the meridians in circulation is closely related to the later eight trigrams, in which the key number is 9. The divinatory locations of the later trigrams are listed below: the upper is *Li*, the lower is *Kan*, the upper left is *Xun*, the left is *Zhen*, the lower left is *Gen*, the upper right is *Kun*, the right is *Dui* and the lower right is *Qian*. Since the *Ren* and *Du* meridians are not involved in the circulation of the 12 regular meridians, they are isolated from the 12 regular meridian systems.



Try to list the positions of *ZangFu* organs according to the properties of the five elements in the later eight trigrams. *Kan* and *Li* pertain to water and fire, and therefore the kidney and urinary bladder that pertain to water are listed in the position of *Kan* (1), and the heart and small intestine that pertain to fire are listed in the position of *Li* (9). Both metal and wood have two positions each in the later trigrams. Since both Liver and Gallbladder pertain to wood, they are

located in the positions of *Zhen* and *Xun*. The lung and large intestine pertain to metal and they are located in the positions of *Dui* and *Qian*. However, the liver pertains to the wood of *Yin* nature, and the gallbladder pertains to

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the wood of *Yang* nature. According to the divinatory number of the later trigrams (the number of *LuoShu*, the origin of *Yijing*, the wood of *Yang* nature, the gallbladder, is fixed in the position of *Zhen* (3), and the wood of *Yin* nature, the liver, is fixed in the position of *Xun* (4). According to the same principle, lung, the metal of *Yin* nature, is fixed in the position of *Qian* (6), while large intestine, the metal of *Yang* nature, is fixed in the position of *Dui* (*Yang* number of 7). Such distribution conforms to the distribution of the meridians on the hand: in the hand meridians (*Yang* determinants) *Zang* are in the front; in the foot meridians (*Yin* determinants) *Fu* are in the rear. The earth has two divinatory positions with the spleen and stomach fixed respectively in *Gen* and *Kun*; however, the pericardium and triple energizer do not have stable positions. According to the theory of *JiuXingLiuNian* (Nine Stars and Fortune), when it comes to the number "5", *Yang* will be fixed in the position of 2 and *Yin* in the position of 8. The other elements metal, water, wood and fire do not have such parasitism. The spleen and stomach meridians are distributed in the lower part of the body, pertaining to *Yin* and are therefore parasitized in the position of 8, while the pericardium and triple energizer are parasitized in the position of 2 which is *Kun*. *Kun* is the earth in the fire. The pericardium and triple energizer contain minister fire and are positioned in *Kun*, conforming to its five-element property. According to the order form 1 to 9 mentioned above (position 5 is replaced by position 2 and 8), the order of internal organs in circulation is as follow:

1. Urinary bladder and kidney -> 2. Pericardium and triple energizer -> 3. Gallbladder -> 4. Liver -> 6. Lung -> 7. Large intestine -> 8. Spleen and stomach -> 9. Heart and small intestine -> 1. Urinary bladder and kidney

在马王堆出土医书中，经络并未相互衔接，在《阴阳十一灸脉》及《手足十一灸脉》中并无一定之循环次序，但在《内经·灵枢》中已有完整之循环次序。由于受易学“寰道观”影响而产生出循环理论。从经络之循环次序来看，其与九宫数即后天八卦实有密切关系，后天八卦之卦位（图十二）如下：上为离，下为坎，左上为巽，左为震，左下为艮，右上为坤，右为兑，右下为干。因任督二脉不参与十二经之循环，将任督两脉除外。试将脏腑依其五行属性排列于后天八卦中：水(坎)，火(离)各一卦，将属水之肾及膀胱定位在坎(1位)，将属火之心及小肠定位在离(9位)。金、木之卦各二，由于肝胆属木，所以定位在震巽，肺大肠属金，所以定位在兑干，但肝属阴木，胆属阳木，根据后天八卦之宫位数(即洛书之数，见图十三、十四)，而将阳木胆定位在3的震位，阴木肝定位在4的巽位。同理将阴金肺定位在阴数6的干位，阳金大肠定位在阳数7的兑位，此亦与前述图四之手经（阳仪）脏在前，足经（阴仪）腑在前相符。土虽然有两卦，但若将脾胃分置于艮坤两卦，则心包及三焦将无位置可安。根据九星流年学说，若逢5数则将阳寄于2，阴寄于8，其它金、水、木、火则无寄位之说。前曾述及脾胃经在足在下属阴，因此寄于8，余下之2位则将心包及三焦寄于此，即坤位，坤为火中土，心包及三焦含相火，安于坤位，亦合乎其五行属性。根据前述1至9的顺序运行(中间之5已寄于2,8位，则跳过5，向前顺行)则成为：1.膀胱、肾→2.心包、三焦→3.胆→4.肝→6.肺→7.大肠→8.胃、脾→9.心、小肠→1.膀胱、肾……的循环，正合乎目前十二经络循环的顺序。

This form of circulation is exactly in accordance with the circulation of the 12 regular meridians.

In Chinese medicine, the theory of "correspondence between heaven and man" was derived from observation of the heaven and earth. Here, "heaven" means nature, the heaven and earth. In this theory, the physiological circulation inside the human body is in accordance with the circulation and change in heaven and earth. Based upon this, we can understand the mechanism of the meridians and collaterals.

在中医学中有所谓的「天人相应」，这里的「天」指的是自然，指天地，考察天地的变化原理，才有这样的理论出现。人体的运行也符合着天地的运行，这样才能了解经络的原理。

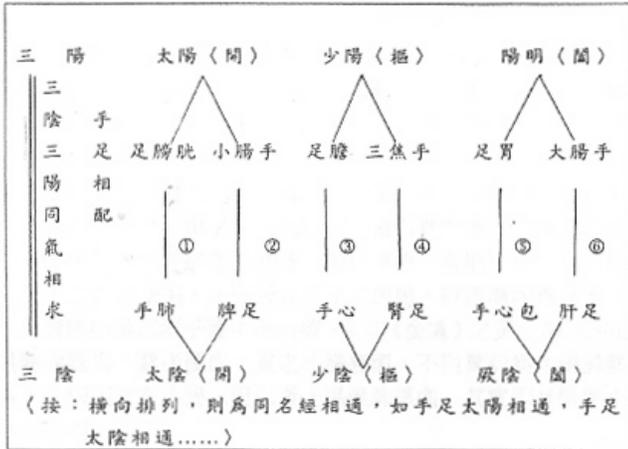
The theory of "Open", "Pivot" and "Close" expounds the law of three *Yin* and three *Yang* in movement of separation and combination, inter-dependence, inter-transformation and the meridian *Qi* in ascending and descending. It is essential in the application of *ShangHanLun*. It also guides the treatment of epidemic febrile diseases, making the therapeutic effect significant in the treatment of general miscellaneous diseases. Since imbalance of *Yin* and *Yang* is the general pathogenesis in *ShangHanLun*, it is essential to regulate the "Open", "Pivot" and "Close" of three *Yin* and three *Yang* so as to regain the balance.

开阖枢在于说明三阴三阳离合、互根、转化、及经气升降出入转输的规律，对于应用《伤寒论》有决定性的作用。对于温病也有一定的指导及启发作用，用之于治疗一般杂病，疗效显著。由于阴阳失和（失衡）是《伤寒论》的总病机，如何促进阴阳自和，就在于调动三阳三阴开阖枢的失衡，使之调和（平衡）。

A Study on Tung's Acupuncture

From the above we can see that *TaiYang* and *TaiYin* are closely linked, belonging to the same category as do the *ShaoYang* and *ShaoYin*, and the *YangMing* and *JueYin*. It is stated in both *SuWen* and *LingShu* "*TaiYang* is the open, *ShaoYang* is the pivot and *YangMing* is the close; *TaiYin* is the open, *ShaoYin* is the pivot and *JueYin* is the close."

Based upon this *TaiYang* and *TaiYin* are inter-correspondent, so as *ShaoYang* and *ShaoYin*, and *YangMing* and *JueYin*. In this way, *Yin* corresponds to *Yang* and hand corresponds to foot. These correspondences are illustrated as follows:



由前述得知，太陽太陰有一定類屬及相關，少陽及少陰性質相關，陽明厥陰相關，《素問》及《靈樞》均提及「太陽為開，少陽為樞，陽明為闔；太陰為開，少陰為樞，厥陰為闔。」，試以太陽為開，少陽為樞，陽明為闔；太陰為開，少陰為樞，厥陰為闔，將其展開，太陽太陰相對〈開〉，少陽少陰相對〈樞〉，陽明厥陰相對〈闔〉，陰與陽對，手與足對，配合作表如下：

There exist extraordinary connections between the lung and urinary bladder, spleen and small intestine, heart and gallbladder, kidney and triple energizer, and liver and large intestine. In addition the five *Zang* organs, the pericardium are also connected with the stomach. Thus, the six *Zang* and six *Fu* organs are all connected, forming the extraordinary connections between the *Zang* and *Fu* organs. With the application of such theory, the treatments of the internal and miscellaneous diseases are very effective.

这样就构成了肺与膀胱通，脾与小肠通，心与胆通，肾与三焦通，肝与大肠通，除五脏别通外，包络也应与胃通，从而确立了六脏六腑全能相通的「六脏别通」，即「脏腑别通」，透过「脏腑别通」的脏腑关系，用于内科及杂病均甚为有效。

3 Yang	Taiyang (Open)	Shaoyang (Pivot)	Yangming (Close)
	Foot UB, Hand SI	Foot GB, Hand SJ	Foot ST, Hand LI
Same Energy Attraction (Matching of the Hand and Foot channels)	Vertical lines connecting UB to SI, GB to SJ, ST to LI	Vertical lines connecting GB to SJ, ST to LI	Vertical lines connecting ST to LI
3 Yin	Taiyin (Open)	Shaoyin (Pivot)	Jueyin (Close)
	Hand LU, Foot SP	Hand HT, Foot KI	Hand PC, Foot LR

For over 30 years, I have used this method to treat many diseases with Chinese herbs and acupuncture and obtained extremely good therapeutic results, with acupuncture in particular.

The theory of "Open", "Pivot" and "Close", and the extraordinary connections of *ZangFu* organs is the core of Tung's Acupuncture. As is known to everyone, this theory is derived from *YiJing*, which

emphasizes symmetry and balance. Tung's Acupuncture also attaches importance to symmetry and balance. The following is the introduction to its clinical application and further elaboration of the theory of the extraordinary connection of *ZangFu*.

三十多年来，个人以此方法运用方药及针灸治病甚多，极有疗效（方药另文举例），用于针灸效果更为突出。

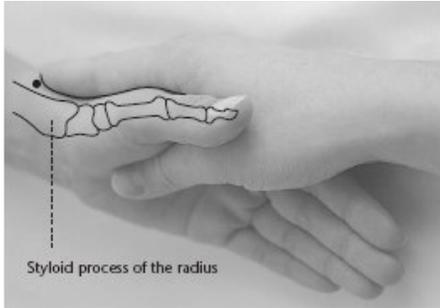
开阖枢与脏腑别通为董氏针法的核心内容，各位在这里知道开阖枢从易学而来。易学强调对称及平衡，董氏奇穴也很强调对称与平衡。下面重点介绍其应用，说明脏腑别通的发挥。

A Study on Tung's Acupuncture

The extraordinary connections of the ZangFu

The Lung and Urinary Bladder

The disturbance of urinary bladder *Qi* in transformation and dysfunction of the urinary bladder in control is related to the regulatory function of the lung. Dysfunction of the lung *Qi* in dispersing and descending may lead to dysfunction of the bladder in storing and discharging urine. It is the *Qi* of the lung that functions to regulate and control the bladder. "*Qi* transformation helps and controls urination". It is stated in Chapter 7 of the book *JinKuiYaoLue* (Essentials from the Golden Cabinet) that, "in case of deficiency of the lung with spit and no



cough, the patient is not thirsty and there must be enuresis and frequent urination. This is because deficiency in the upper fails to control the lower. When there is cold in the lung, the patient will have vertigo and profuse spit. For the condition, *GanCaoGanJiangTang* (Decoction of Glycyrrhizae and Rhizoma Zingiberis) should be used to warm the cold." It is a deficiency syndrome with the lung failing to control the bladder. Dysfunction of the lung *Qi* may also lead to water retention in the lung, giving rise to upward rebellion of the lung *Qi* and resulting in asthma. Treatment is given to clear heat and promote the function of the bladder so as to cure asthma. In return, dysfunction of the bladder *Qi* can be

removed by regulating the lung; this is the method known as "removing the cover of a teapot to let the tea flow out". As Dr. *WuJuTong* said, "Open the Upper sluice gate, transform the lung *Qi* and disperse the upper so as to promote urination in the lower." Dr. *ZhuDanXi* also said: "The Lung is located in the upper *Jiao* and the urinary bladder in the lower *Jiao*. When the upper *Jiao* is blocked, the lower *Jiao* is obstructed." *MaHuangTang* (Decoction of *Herba Ephedrae*) is therefore often used to help open the upper and benefit the lower so as to promote urination as well as to control frequent urination of the senior and child enuresis. In addition, needling point *LieQue* (LU 7) can treat frequent urination and polyuria (*i.e. passing of an excessive quantity of urine*). Needling point *YinLingQuan* (SP 9) can promote urination as well as frequent urination. Needling *Yuji* (LU 10) can treat backache along the distribution of the bladder meridian. Needling the back-*Shu* points can treat asthmatic breathing. All these are due to the extraordinary connection between the lung and spleen (*TaiYin*), and the urinary bladder (*TaiYang*).



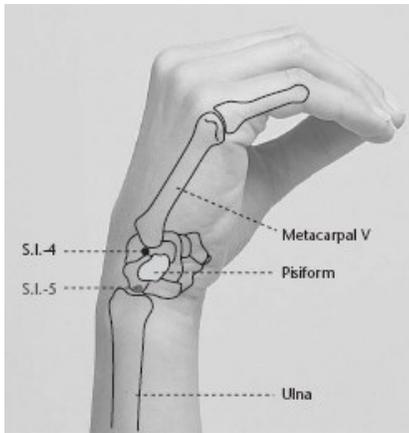
In the application of Tung's extraordinary points, *ChongZi* (22.01) and *ChongXian* (22.02) located on the lung meridian are often selected to treat backache along the bladder meridian. The disorders of the uterus are also related to the bladder meridian. In *ShangHanLun*, there is the syndrome of blood retention the manifestations of which are "TaiYang disease Heat accumulation in the bladder.... The patient looks maniac... acute pain the lower abdomen." In case of the syndrome of blood retention of the bladder meridian, there often appear maniac symptoms. Many ladies with blood retention in the uterus may also have psychotic symptoms such as dysmenorrhea (*i.e. painful menstruation*), amemorrhhea (*i.e. absence of the menses*) and heat retention in the uterus, for which *TaoHeChengQiTang* (decoction of peach kernel for activating *Qi*) with modification is often used. It is also

mentioned in *JinKuiYaoLue* that *GuiZhiFuLingWan* (pills of *Ramulus Cinnamomi* and *Poria*) is often used to treat diseases with blood retention in the uterus. Both of the two prescriptions have the ingredient *GuiZhi* (*Ramulus Cinnamomi*), which is the major herb for the urinary bladder meridian. From this example we can understand the significance of the selection of *ChongZi* and *ChongXian* that can be used to treat hysterymyoma (*i.e. myoma of the uterus*), and this therapeutic effect is closely related to the extraordinary connection between the lung and the urinary bladder. The therapeutic effect of point *FuKe* 妇科 (11.24) located on the lung meridian, which can treat gynecological diseases, uterine diseases in particular, is also based upon the theory of extraordinary connection of *ZangFu*.

A Study on Tung's Acupuncture

The spleen and the small intestine

The spleen dominates transformation and transportation, including the reception and transforming function of the small intestine. The small intestine relies on the warming function of the kidney *Yang* to transform food, while the function of the small intestine in separating the clear from the turbid offers the material foundation to the spleen function in transforming *Qi* and blood, ascending the clear and descending the waste. The spleen dominates ascending, prefers dryness and dislikes damp; correspondingly, pathogenic damp is liable to injure the spleen. The small intestine dominates descending, prefers warmth and dislikes cold, and pathogenic cold is therefore liable to consume the *YangQi* in the small intestine. Thus, the spleen and small intestine work closely together in coordination. Since the time of *NeiJing*, disorders of the small intestine and disorders of the spleen and stomach have never been clearly separated. As stated in Chapter 22 of *SuWen*: "When spleen is ill due to deficiency, there appear abdominal fullness, boryborygmus' (*i.e. a rumbling or gurgling sound caused by the movement of gas in the intestines*) and indigestion." *ShangHanLun* also says: "In *TaiYin* disease, there appear abdominal fullness, vomiting, poor appetite, diarrhea and abdominal pain." Though it is the disease of the spleen, it can also be considered as the pathological change of the small intestine in reception and transformation. Therefore, in case of diseases of the small intestine, we often treat both the spleen and small intestine. When there is cold in the small intestine, we warm the middle *Jiao* and dispel cold; When there is heat in the small intestine, we clear heat from the small intestine and purge the spleen; When the small intestine is slow in absorption with boryborygmus and diarrhea, we strengthen the spleen functions of transforming and transporting with additional drugs to eliminate damp. This is the method: solidify the stool by promoting urination; it is accomplished by treating both the spleen and the small intestine. Clinically, abdominal dull pain which is alleviated by warmth and pressure, watery and loose stool and poor appetite are often seen in gastro-duodenal ulcer and dysfunction of the small intestine in absorption. In Chinese medicine, it is differentiated as *Yang* deficiency of the spleen and stomach and is treated with *HuangQiJianZhongTang* (Decoction of Radix Astragali ser Hedysari for Strengthening the Spleen) or *FuZiLiZhongTang* (Decoction of Radix Aconiti Praeparata for Regulating the Middle *Jiao*). Another example is the application of *HuangTuTang* (Decoction of Based Yellow Soil) in *JinKuiYaoLue* to treat hematochezia. Dr. *WuJuTong* considered that bleeding after defecation is due to cold damp in the small intestine which is different from bleeding before defecation due to cold damp in the small intestine which is different from bleeding before defecation due to damp heat in the large intestine. Since the etiological root is in the small intestine, *HuangTuTang* is therefore used to warm the spleen and stop bleeding, the example of the spleen and small intestine being treated simultaneously.

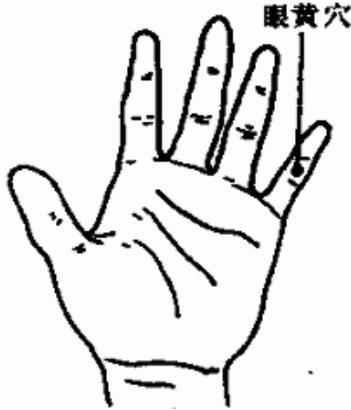


In acupuncture treatment, *WangGu* (SI 4) is often used for obesity. In ancient classical literature, it is often selected to treat jaundice due to damp heat (see *TongXueZhiYaoFu* – Ode of Commonly Used Important Points, *YuLongGe* – Song of Jade Dragon and *YuLongFu* – Ode of Jade Dragon). *WangGu* is the *Yuan*-source point of the small intestine and can eliminate damp due to spleen deficiency. The Tung's extraordinary point *GanMen* (33.11) is also located on the small intestine meridian and is indicated in hepatitis. All the ancient and contemporary physicians considered it is important that hepatitis should be treated by eliminating damp. In cases of *Yang* jaundice due to acute hepatitis, emphasis of treatment should be placed on the *YangMing*; while in case of *Yin* jaundice in chronic hepatitis, the emphasis should be placed on eliminating damp. The small intestine is the organ of irrigation and has very strong ability to eliminate damp. An alternative example: the spleen point *YinLingQuan* (SP 9) can be selected to treat peri-arthritis of the shoulder with remarkable effect. It is also due to the extraordinary connection between the spleen and small intestine.

The heart and the gallbladder

A Study on Tung's Acupuncture

It is said in Chapter 8 of *SuWen*: "The heart is the emperor organ and it houses mind.... The gallbladder is the upright organ and it helps to make decision." The gallbladder is related to emotional activities and plays an important role in spirit, consciousness and thinking. The heart dominates blood and vessels. The gallbladder assists digestion. The heart dominates the emperor fire and the gallbladder dominates the minister fire. The gallbladder excretes bile and dominates ascending and descending in the triple energizer; it is therefore closely related to the formation of phlegm and damp. Dysfunction of the gallbladder often leads to hyperlipoidemia (*i.e.* presence of excess lipids in the blood) and cardiovascular diseases such as coronary heart disease, angina pectoris, myocardial infraction and arrhythmia. It is pointed out in the research of western medicine that the occurrence



of coronary heart disease and angina pectoris is often related to the hyperlipoidemia and cholecystitis, cholelithiasis (*i.e.* the presence of gallstones) and obstruction of biliary tract may all raise the blood lipids. Based on these concepts, we can treat heart disease by taking gallbladder into consideration; we often use *XiaoChaiHuTang* and *WenDanTang* (Decoction for Clearing Heat from the Gallbladder) to treat, coronary heart disease, angina pectoris and arrhythmia. There are many such clinical reports. The two herbal formulas are also very effective in treatment of insomnia. To treat biliary diseases by taking the heart into consideration, we often use *GuaLouJinBaiBanXiaTang* (Decoction of Fructus Trichosanthis, Herba Allium and Rhizoma Peinelliae) to treat chronic cholecystitis (*i.e.* inflammation of the gallbladder) with certain therapeutic effect. At present, the therapeutic effect of treating cardiac and biliary disease together is far better than

considering one or the other alone. In acupuncture, needling point *FengShi* of the gallbladder meridian is very effective for insomnia, heart disease and cholecystitis. Needling point *ShenMen* (ST 7) of the heart meridian is also very effective for deficiency of *Qi* of the heart and gallbladder. Besides, the extraordinary point *YanHuang* 眼黄 (11.23) located on the heart meridian is effective for yellow eyes. All these are examples of extraordinary connections of *ZangFu*.

The kidney and the triple energizer (*SanJiao*)

It is stated in Chapter 47 of *LingShu*: "The kidney controls the triple energizer and the urinary bladder." There exist two systems in the triple energizer (*SanJiao*). The first system is that if *Qi* activity dominated by the lung, spleen and the kidney. The *Qi* activity in the upper energizer functions to disperse and distribute the body fluid and essential substance and this function relies on the lung. The *Qi* activity in the middle energizer functions to transform the nutrient *Qi* (*YingQi*), defensive *Qi* (*WeiQi*), and essential blood and this function relies on the spleen. The *Qi* activity in the lower energizer dominates the anterior and posterior orifices and controls discharge of the waste and this function relies on the kidney, and the kidney is the original motive power of the *Qi* activity in all the triple energizer.

The second system is that of ministerial and emperor fire of the triple energizer which is dominated by the heart, liver and kidney. The heart is the emperor fire located in the upper energizer. The liver is the minister fire located in the middle energizer while the kidney and *MingMen* (vital gate) are the minister fire located in the lower energizer. Kidney is the organ that contains both water and fire and therefore both of the two systems originate from the kidney. During the course of diseases of the two systems, they can transform into each other usually in the late stages.

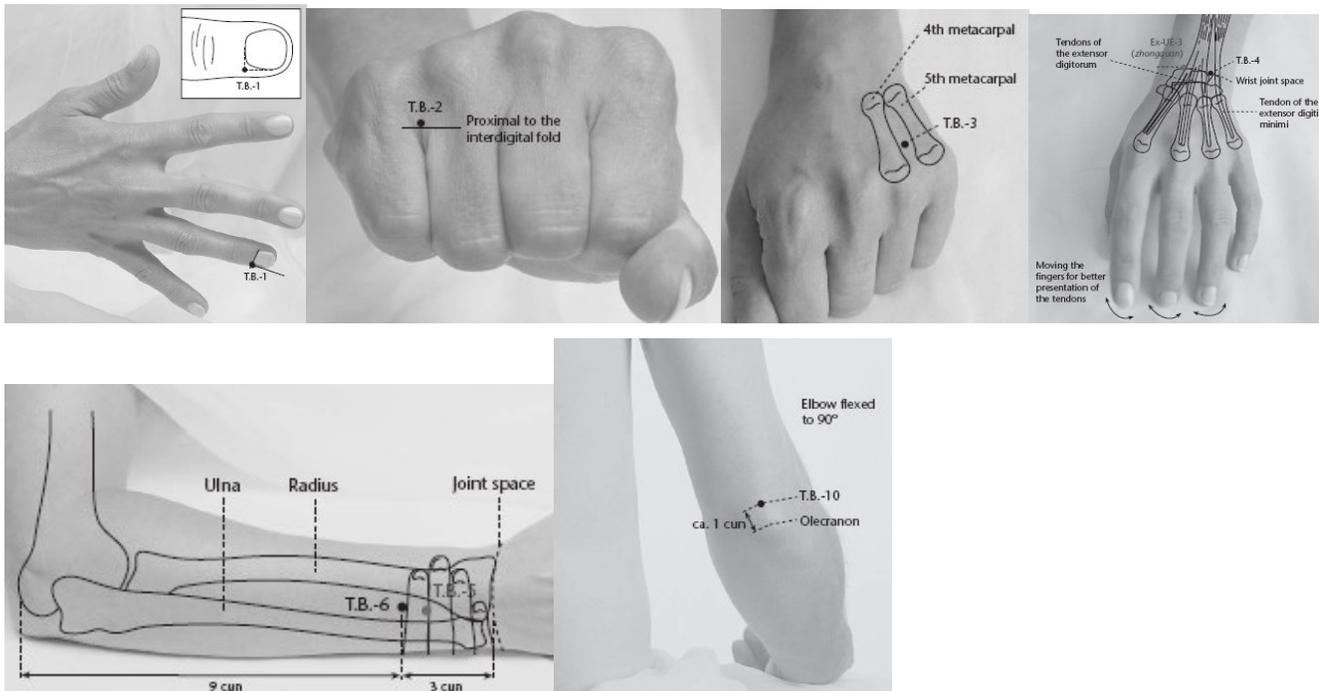
Prolonged illness of either system may eventually affect the kidney. This is because both systems originate from the kidney which contains *Yin* and *Yang*, water and fire, and serves as the general pivot of the whole body. Clinically, the triple energizer should be considered in the treatment of kidney diseases. Cold limbs due to *ShaoYin* patterns result from kidney *Yang* deficiency, the prescription *SiNiTang* is indicated for this condition. However, it is formed with *FuZi* (Radix Aconiti Praeparata) to warm the kidney *Yang* in the lower energizer, *GanJiang* (Rhizoma Zingiberis) to warm the spleen *Yang* in the middle energizer, and *GanCao* (Radix Glycyrrhizae) to warm the heart *Yang* in the upper energizer, treating the *Yang* of all three energizers.

A Study on Tung's Acupuncture

There are many such formula examples in the book *ShangHanLun*. The basic principle of treatment is "Treating the disease and protecting the patient". It means the physicians should consider the body constitution of the patient in order to avoid weakening the patient with the drugs. Many formulas of *ShangHanLun* are modified by adding such herbs as *GanCao*, *ShengJiang*, and *DaZao* (Fructus Ziziphi Jujubae) to protect and strengthen the anti-pathogenic *Qi*. Moreover, *GuiZhiTang* should be used only after taking *MaHuangTang*; further, *DaChengQiTang* (Major Decoction for Clearing Heat with Purgation) cannot be used repeatedly even when there still remain symptoms of exterior patterns. All these measures are for protecting the anti-pathogenic *Qi* of the patient. This is different from the western medicines where strong drugs are sometimes used and they badly weaken the body constitution of the patient before the disease is controlled.

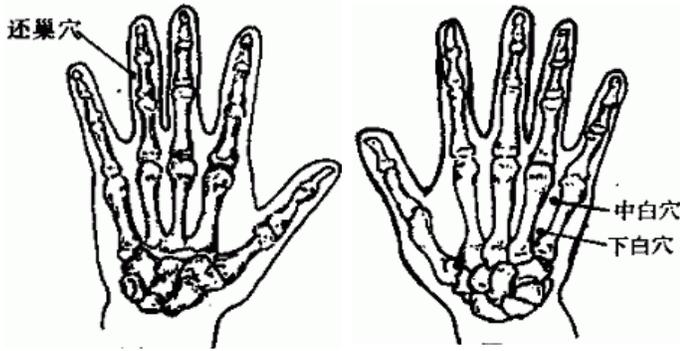
Another principle often used in TCM, acupuncture, is "two-way regulation". For instance, needling point *NeiGuan* to slow down the heartbeat in case of tachycardia and speed up the heartbeat in case of bradycardia; needling *ZuSanLi* can treat both hyperperistalsis and bradystalsis of the stomach. The two-way regulatory function of acupuncture is obvious and safe. Many formulas in *ShangHanLun* also have two-way regulatory functions. For instance, in *SiNiSan*, *ChaiHu* can ascend *Qi* and *ZhiShi* (Fructus aruantii Immaturus) can descend *Qi*. Through the ascending and descending functions, the formula effectively regulates the *Qi* activity. Besides *ShaoYao* and *GanCao* can regulate blood, thus the formula functions to regulate both *Qi* and blood in ascending and descending. Another example is *GuiZhiTang* in which *GuiZhi* and *ShengJiang* can warm the *Yang* and regulate defensive *Qi*, and *ShaoYao* and *DaZao* can nourish *Yin* and harmonize nutrient *Qi*, thus the formula has two-way regulatory function for both *Yin* and *Yang*, and *Ying* (nutrient *Qi*) and *Wei* (defensive *Qi*).

The third principle in TCM is "considering the body as an integrated whole in treatment". For example, *SiNiTang* is mainly used to warm the kidney *Yang*, and in fact, it warms *Yang* of all three energizers. Another example is *GuiZhiJiaHouPoXingRenTang* (Decoction of Ramulus Cinnamomi plus Cortex Magnoliae Officinalis and Semen Armeniacae Amarum), which is used to treat asthmatic breathing. However, in that prescription, *XingRen* (Semen Armeniacae Amarum) is for regulating lung *Qi* in the upper energizer, *HouPo* (Cortex Magnoliae Officinalis) is for regulating the *Qi* in the middle energizer and *GuiZhi* (Ramulus Cinnamomi) balances and regulates the *Qi* in the lower energizer. Though the formula is used to treat asthmatic breathing, it regulates the *Qi* in all the three energizers.



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Now let's talk more about the extraordinary connection of the kidney and triple energizer. The five-*Shu* points *GuanChong* (SJ 1), *YeMen* (SJ 2), *ZhongZhu* (SJ 3), *ZhiGou* (SJ 6) and *TianJing* (SJ 10), and *YangChi* (SJ 4) are all related to the water (Kidney). In the treatment of nephritis, Master Tung often used *ZhongBai* (22.06) and *XiaBai* 下白 (22.07). The two points were also used to treat edema. Besides, *ZhongZhu* is often selected to treat lower back pain. Another example is the extraordinary point of Master Tung: *HuanChao* 还巢 (11.06) is often needed to treat infertility. This point is located on the triple energizer meridian and it functions through the extraordinary connection of *ZangFu*.



The liver and large intestine

The liver maintains the unrestrained and free-going condition for the flow of *Qi* and it also assists urination and defecation. The transportation of the large intestine greatly relies on the function of the liver in maintaining free-flow of *Qi*. In his medical record of treatment of hypochondriac pain, constipation and abdominal distention, Dr. *WuJuTong* emphasized liver function in regulating urination and defecation, which is based upon the liver meridian winding around the external genitalia and the extraordinary connection of the liver and large intestine.

For example, the form of dysentery where the herbal formula *WuMeiTang* (Decoction of Fructus Mumae) is indicated results from prolonged damp heat. Here, stagnation of the liver transversely invades the spleen and dysfunction of the liver in maintaining free flow of *Qi* give rise to dysentery with tenesmus. The type of dysentery that is treated with *BaiTouWengTang* (Decoction of Radix Pulsatillae) is caused by deficiency of the earth that gives rise to stagnation of the wood, and in return, it makes the stagnation of the wood even worse. As a result, accumulation of damp heat in the intestine occurs. Treatment can obtain therapeutic results by dispersing the wood and regulating the liver. *BaiTuoWengTang* here works to clear heat and eliminate damp from the *YangMing* (large intestine) and disperse the *Qi* stagnation of the liver so as to cure dysentery. Moreover, *SiNiSanJiaJiuBaiTang* (Decoction for Treating Cold Limbs modified by Allium Tuberosum Rottier) can



also be used to treat dysentery. The two formulas are also effective for diseases of external genitalia since such diseases are often caused by damp heat in the liver meridian. In acupuncture, needling *QuChi* can treat hypertension due to liver *Yang* hyperactivity and various kinds of vertigo. The extraordinary point *LingGu* located on the large intestine meridian is effective for vertigo. Point *Mu* on the large intestine meridian can treat hernia of the large intestine. And the point *Dajian* 大间 (11.01), *Xiaojian* 小间 (11.02), *Waijian* 外间 (11.04), and *Fujian* 浮间 (11.03) located on the large intestine meridian can all treat hernia. Besides, needling *TaiChong* of the liver meridian can treat diarrhea with abdominal pain. All these examples in which the theory of extraordinary connection of *ZangFu* is used.

The pericardium and the stomach

A common clinical picture is the patient with myocardial infarction caused by an upward attack of the stomach *Qi* after overeating. Since some patients with angina pectoris due to coronary heart disease also have obvious symptoms of the upper digestive tract, the formula for chest *Bi* can treat stomachache simultaneously, it is a treatment known as the "simultaneous treatment for both the heart and stomach". This is because the stomach is connected with the pericardium giving symptoms such as disturbance of the mind. In this case, *DaChengQiTang* is used to purge the excess heat form the stomach. When the stomach is cured, the pericardium will be calm. It is stated in Chapter "Middle Energizer" of the *WenBinTiaoBian* "In the *YangMing* warm disease, there is

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constipation, the pathogenic heat invades the pericardium, leading to unconsciousness and delirium, obstruction of the mind and thirst. For the condition, *NiuHuangChengQiTang* (Decoction of Calculus Bovis for Clearing Heat) should be used"; also, "In case of stomach disease with dysentery, delirium, excessive or slippery and rapid pulse, *XiaoChengQiTang* (Minor decoction for clearing heat with purgation) should be used". Further, it is said in Chapter "JueYin" of the *ShangHanLun*, "in case of dysentery with delirium and dry stool, *XiaoChengQiTang* should be used." In cases of *YangMing* and *JueYin* being diseased simultaneously, use purgatives to clear heat for constipation, but also use cooling drugs to help induce resuscitation such as *NiuHuangQingGongWan* (Pills of Calculus Bovis for Clearing Heat to Inducing Resuscitation) and *ZiXueDan* (Pills of cool drugs for inducing Resuscitation). The simultaneous use of both the cool drugs such as *NiuHuang* (Calculus Bovis) and the heat-clearing purgatives are also used. *ChengQiTang* (Decoction for clearing heat with purgation) is often used to treat epidemic dysentery with unconsciousness, delirium and convulsion due to toxic heat, known as "treating dysentery by promoting bowel movement and protecting anti-pathogenic *Qi* with purgation;" This carries the patient through the crisis. Needling point *NeiGuan* of the pericardium meridian is very effective for stomachache (where the stomach meridian travels) and knee joint pain. The stomach point *ZuSanLi* is also very effective for stuffiness in the chest due to heart disease. Master Tung often used *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03) to treat heart disease. All these points are located on the stomach meridian, indicating the extraordinary connection of the pericardium and stomach.

Concluding remarks

Guided by the theory of the open, close and pivot, personally, I have explained the extraordinary connection of the five *Zang* and supplemented the extraordinary connection of the pericardium and the stomach, making the theory more complete. The clinical application of the theory has improved the therapeutic effect for the miscellaneous diseases, especially for acupuncture treatment. At present, points are usually selected from the same-named meridians (for instance, select points of the hand-*YangMing* meridian to treat the foot-*YangMing* meridian, points of hand-*TaiYang* meridian to treat foot-*TaiYang* meridian, etc.); or the externally-internally related meridians (such as the hand-*YangMing* and hand-*TaiYang*). Points from the same-named meridians, the points of hand and foot, the upper and lower, are selected mainly to dredge the meridians (for instance, select points of the hand-*YangMing* meridian to treat the foot-*YangMing* meridian, points of hand-*TaiYang* meridian to treat foot-*TaiYang* meridian, etc.); while the points of the externally-internally related meridians, points of *Zang* and *Fu*, *Yin* and *Yang*, are selected mainly to maintain balance (for instance, select points of the hand-*TaiYang* meridian to treat foot-*TaiYang* meridian, etc.). Based on the extraordinary connection of *ZangFu*, points are selected from both *Zang* and *Fu*, hand and foot, *Yin* and *Yang* meridians (taking the extraordinary connection of the lung and urinary bladder as an example, the lung meridian is a hand-*Yin* meridian and the urinary bladder meridian is a foot-*Yang* meridian), functioning in both dredging the meridians and maintaining balance, thus the remarkable therapeutic results. This is the most important part, the core of the theory of Tung's extraordinary points.

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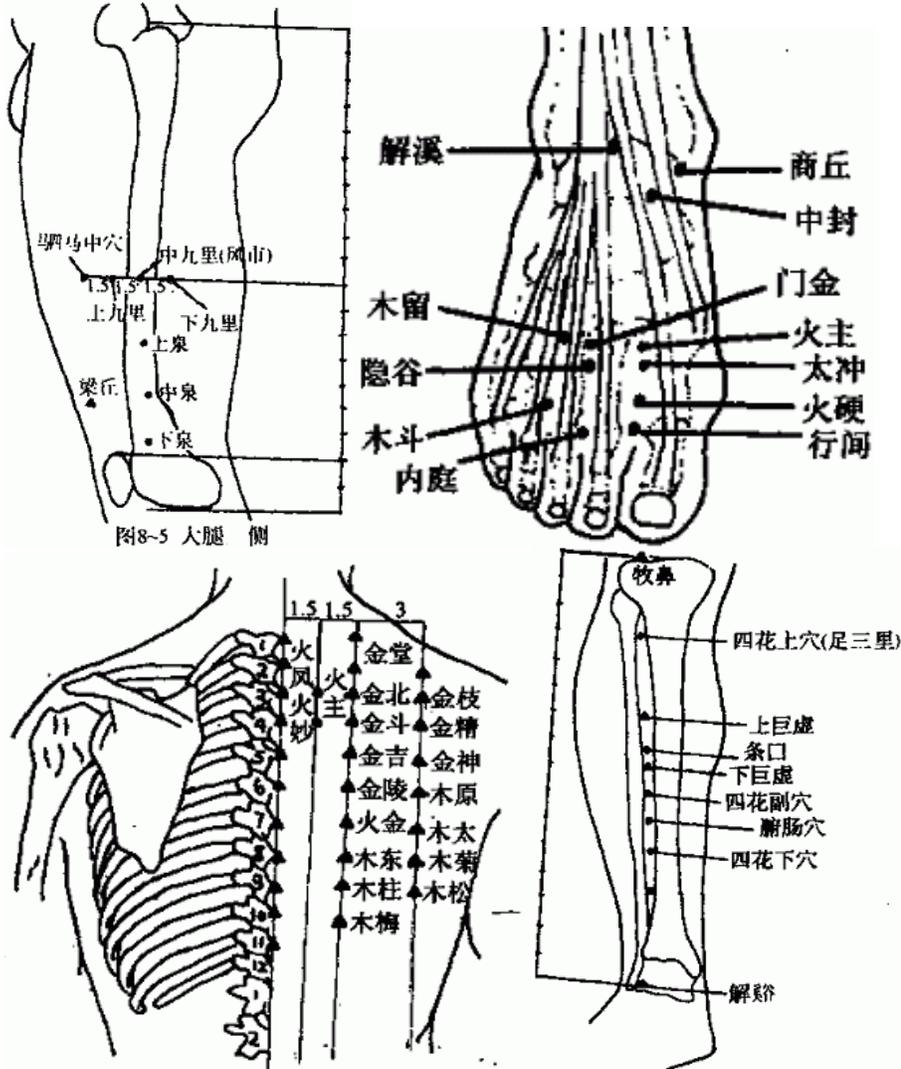
Chapter Two

The Four Limbs and Trunk 四肢躯干

Diseases of the upper limbs 上肢疾病

Numbness of the Fingers 手指麻

1. Needle *ShenGuan* 肾关 (77.18) and *FuLiu* 复溜 (K 7) has specific effect. 针肾关, 复溜特效。
2. Needling *HuoJu* 火菊 (66.11) is effective.
3. Needle *JiuLi* 九里 (88.26, 27) 上九里, 下九里
4. Needle *MuDou* 木斗 (66.07) and *MuLiu* 木留 (66.06).
5. Needle *WuHu* 五虎 (11.27) on the opposite side.
6. Prickling *ShuangFeng* 双凤 (DT.05) to cause bleeding is effective.



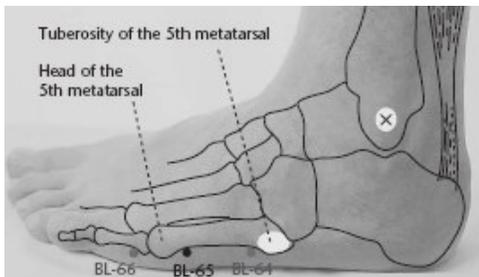
Symmetrical methods are useful for diseases of the four limbs; they will be introduced in detail later. To treat numbness of the fingers, the first point is *ShenGuan*. The second point *HuoJu* is also very effective. The third point is *JiuLi*. These points are useful for mild finger numbness. A few treatments may cure the condition if it is

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not related to cervical problems. Examination of the cervical vertebrae is necessary to rule out cervical complication.

When numbness of the fingers is due to problems of cervical vertebrae, in addition to *ShenGuan* and *HuoJu*, bleed *ShuangFeng*, which is lateral 1.5 *cun* to the 2nd cervical vertebra. Include the other 6 points below with the distance of 1 *Cun* between each other, with seven points in total. With an aging patient population the incidence of cervical bone spurs is increasing as a result, more patients are suffering from numbness of the fingers. Other common sites for bone spurs include the lumbar vertebrae, knees and heels. In my many years clinical practice, the most common conditions I have treated are bone spurs. In addition to spurring numbness maybe caused by poor circulation due to high cholesterol. Generally, *ShenGuan*, *HuoJu* or *JiuLi* are good enough for simple numbness of the fingers. If the numbness is due to bone spurs, additional points should be selected. In Tung's acupuncture, *MingHuang* 明黄 is often selected to treat bone spurs of the cervical and lumbar vertebrae; *SiHuaZhong* and *SiHuaXia* 四花下 (77.11) are often used to treat bone spurs of the knee joint and heel. When needling *SiHuaZhong* and *SiHuaXia*, insertion of the needle should be close to the border of tibia, known as "needling the bone for bone diseases" in order to obtain therapeutic effect.

At present, many patients with knee pain receive good and fast therapeutic effect with acupuncture. However, more severe cases often involve bone spurring. In this case, it should be insert the needle along the border of the bone. Otherwise, the result will be poor. The therapeutic effects are improved if *NeiGuan* and *TaiChong*, or *XinMen* 心门 (33.12) and *TaiChong* are combined. Knee pain caused by bone spur may be cured quickly by selecting these points.



The causes of bone spurring are many. The first is incorrect posture, or inquire about softness of the bed and ergonomic factors for computer workers. Lack of exercise may be a cause as can injuries. Even though there is no pain and no treatment right after injury, there may still be formation of bone spurs over time. Other factors may include invasion by wind cold or frequent squatting for extended periods of time. I have one special acupuncture method for bone spur of cervical and lumbar vertebrae. Needle *RenZhong* (DU 26), *HouXi* (SI 3), *SuGu* (BL 65) and

FengShi (GB 31) for good therapeutic effect. *RenZhong* on the *Du* meridian dredges the meridian. *HouXi* is one of the eight confluent points and is connected with the *Du* meridian and thus indicated in diseases of the *Du* meridian. The urinary bladder meridian travels on both sides of the *Du* meridian and is thus indicated in the diseases of the *Du* meridian, *SuGu* is an effective choice. *FengShi* is the point located on the *ShaoYang* meridian that dominate bone and is thus indicated in bone diseases. It is better to needle *HouXi* and *SuGu* along the border of the bones and *FengShi* deeply enough to touch the bone. The above four points are the best points for treatment of bone spur. In severe case, bleed *WeiZhong* once every 10 days to two weeks, in order to improve responsiveness and therapeutic outcomes.

In the past years, I have treated many cases of shoulder and arm pain and numbness of the fingers due to bone spur of cervical vertebrae. Here is mini case. In 1985, I had a patient named Mr. Zheng who was the father-in-law of an acupuncturist in Los Angeles. He was suffering from left shoulder and cubital pain and numbness of the left hand for over 6 months. He went back to Taiwan to visit his family and came to my clinic during the spring festival. I treated him with the points including *FengShi*, *ShenGuan* and *FuLin*. He received treatment 2-3 times per week with blood-letting at *WeiZhong* once every two weeks. I further prescribed the herbal formula *GeGuaShaoCaoTang* (Decoction of Radix Puerariae, Fructus Chaenomelis, Radix Paeoniae Rubra and Radix Glycyrrhizae Praeparata) which was made by me for bone spur of cervical vertebrae. The ingredients include *GeGen*, *MuGua* (Fructus Chaenomelis), *ChiShao* (Radix Paeoniae Rubra), *BaiShao*, *ZhiGanCao*, *QinJiao* (Radix Gentianae Macrophyllae), *QiangHuo*, *SiGuaLuo* (Retinervus Luffae Fructus), *WeiLingXian* (Racis Clematidis) with modifications. The treatment lasted for less than five weeks and then all the symptoms disappeared.

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In 1981, I published an article entitled, *Experience in Acupuncture Treatment of Neurological Symptoms with Picked Points* in the annual symposia of Taipei Municipal Association of Traditional Chinese Medicine. In the article, there is a section "Experience in Treatment of 7 Cases of Hyperplasia of Cervical Vertebrae with Immediate Effect", in which I described the acupuncture treatment and selection of points in details with case examples. Here I'd like to give one example. Not long after the treatment of Mr. Zheng I mentioned above, there came Mr. Huang who was suffering from stiffness and pain of the neck, nape, back and scapula as well as numbness of the fingers. Examination at the hospital revealed hyperplasia at C5 and C6. I needled *ShenGuan*, *FuLiu*, *FengShi* and *HouXi*. Sometimes I used *RenZhong* and *ShuGu* instead of *ShenGuan* and *FuLiu*. The patient also received bleeding therapy to *WeiZhong* once every 2 weeks. At the same time he also took herbal decoction of Modified *GeGuaShaoCaoTang* (as introduced above). He was cured in 32 days.

The most effective method that I have used for bone spur is bleeding *WeiZhong*. Bleeding therapy can move the blood and disperse blood stasis, thus regulating blood circulation. Bleeding promotes metabolism and improves the general health condition. Some people may even have improvement of the career promotions after bleeding *WeiZhong*. This is because bleeding improves blood circulation and gives rise to better facial complexion and the mind that gives others better impression, and thus better career.

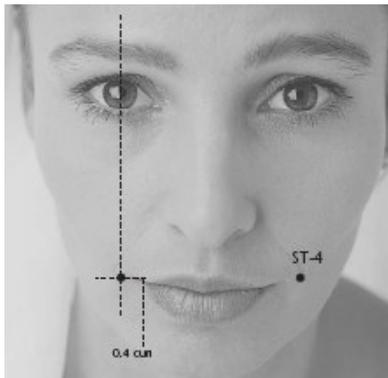
Here are some true examples. One professor was promoted after he received bleeding treatment at *WeiZhong* for his hemorrhoid. Another patient was an ambassador and was due to retire soon. After bleeding treatment he was promoted to minister. One professor was very famous and he was nominated for academician of the Central Academy the year before but didn't pass the examination of credentials. Then he came to me to receive bleeding treatment for his hemorrhoid the second year and he passed the examination after that. Another patient was a university president. He was going to be retired soon. But he was promoted as the chairman of the educational committee after receiving bleeding treatment. It may have been a coincidence; however it may be useful to hear about these correlations since there is no harm.

Question: How does a doctor give bleeding treatment in oral cavity for facial paralysis?

Use three-edged needle to prick the mucus membrane of the inner wall of oral cavity to cause bleeding. This method is very helpful in clinical practice. Without it, the cure may take seven days instead of three days. Afterwards, have the patient rinse the mouth with saline water for sterilization and to avoid infection on one hand, and give certain stimulation on the other for recovery. Ear apex bleeding on the diseased side is also very good for facial paralysis, and it can be used in alternation with oral cavity bleeding to avoid repeated injury of the same point.

Question: What is the standard method of the cure for facial paralysis?

This is a good question. I have treated many patients with facial paralysis in Taiwan and have accumulated very rich experience. When the mouth starts to deviate, the eye cannot close generally and the mouth cannot whistle either. There is often food retention around the gums. After treatment for certain period of time, the food retention disappears. Further, assess the therapeutic effect by asking the patient to whistle before and after treatment. The sound of whistle indicates great progress after treatment. The ability of the patient in closing eye suggests the cure of the disease and the course of treatment could be finished. Often, the patient looks fine after treatment. However, they cannot completely close the eyes; in this case needle *HeGu* on the healthy side. As mentioned in the ancient medical classic, "*HeGu* is indicated in the diseases of the face and mouth." Ask the patient to close the eye as much as possible while manipulating the needle, and gradually the patient will be able to close the eye. In severe cases, the mouth deviates downward. Some patients



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have the deviation on both sides; in these cases, give traction by needling *DiCang* (ST 4). For downward deviation, needle *ChengJiang* for better and faster results. However, the stimulation of the traction shouldn't be too strong. Facial paralysis is not a difficult disease to cure. But if the duration of the disease is more than 2 months, the improvement will be slow and the course of treatment will be long, and early treatment is therefore advisable.

Question: What are precautions of bleeding therapy?

The precautions are as follows:

1. Preparation. If the patient takes a standing position for bleeding, place some drape sheets under his/her feet. If the patient bends over for bleeding, place some drape sheets (paper) under the location to be bled. For example, if *WeiZhong* is to be bled, put some papers under the knee; if *TaiYang* is to be bled, place a bucket on the ground to let the blood drop into the bucket. All these preparations must be done before treatment.
2. Pay attention to the weather. This is also important for other aspects of treatment. Good weather may allow more bleeding with improved therapeutic results. If the weather is cloudy, the blood vessels contract and bleeding will be less. Therefore, bleeding treatment should be given generally when the weather is fine to all the chronic cases except acute condition.
3. Food-intake of the patient is important. It is not advisable to give bleeding when the patient is either full or hungry. When the patient is hungry, the blood becomes thicker and it will affect the volume of the bleeding. Do not have bleeding treatment long after eating. Besides, the patient is liable to have fainting when hungry.
4. Thickness of the needle and needling technique. Though the three-edged needle is thick and looks terrifying, its therapeutic effect is good. Besides, the needling technique is even more important. To avoid too deep insertion when the technique is not good enough, hold the top of the needle with fingers first and then prick the point. In bleeding therapy, it requires the insertion of the needle tip only. Since the surface of the three-edged needle is very smooth, autoclaving sterilization is good enough. But now disposable three-edged needle is commonly used. It is important that the tip is sharp enough and that the three blades are smooth, problems of increased pain and inefficient outcomes occur when the tip is dull and the blades are rough. If the tip and three blades are sharp enough, slight pricking may easily cause bleeding. Otherwise, there is possibly no bleeding but injury of the skin only. It is therefore necessary to check the tip and three blades before needling. Besides, the volume of bleeding is also related to the technique and the flow of air in the pricked point. If the insertion is too shallow and the air flow in the point is too little, bleeding will be less. The pricked area of three-edged needle is much larger than that of a filiform needle. Slight pricking may cause much bleeding. Pricking with the depth of 0.1 *Cun* may give rise to a lot of bleeding. Poor technique will not cause enough bleeding but long wound.
5. How do we cause heavy bleeding? I'd like to talk about this in detail. If a practitioner's skill is sufficient, just pricking the point slightly will cause bleeding. With lower skill, there will be more tissue injury with little or no bleeding; under these circumstances, prick the blue vein. When there is bleeding, there will be no pain, and when there is no bleeding, there will be pain. If there is no bleeding after pricking the vein, just prick another vein nearby. It is just like opening milk can that needs two drilled hole to let milk flow out. Further, some areas have no vein on such as the back. To cause bleeding to occur more easily, first press and massage the local area to cause local congestion. Thumb-pressing may also be used when bleeding point *WeiZhong* and *ChiZe*. It may reduce the pain caused by pricking. When bleeding *TaiYang* with no local obvious vein, we could ask the patient to tighten the collar first to cause congestion at the point for ease and larger amount of blood. When bleeding the *Jing*-well points such as *ShaoShang* (LU 11) or *ShangYang* (LI 11), make it congested first. If the finger root of the thumb or index finger is pressed to make congestion first and then bleed the point, more blood will flow out.

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6. Time for bleeding. The appropriate time for bleeding therapy is essential and affects the amount of blood and efficiency of bleeding therapy. For example, when *TaiYang* is bled at 11:00 am when the weather is fine, the therapeutic effect would be best. Especially when getting close to mid-noon, more *YangQi* exist in the vein and the blue vein is clearer such as in case of migraine. If we prick such blue vein at point *TaiYang*, there could bleed 40-50 drops of blood. Generally every 10 drops are equal to 1 cc. Bleeding *TaiYang* treats many diseases with excellent results, especially diseases of the face and neck such as migraine, trigeminal neuralgia or even asthma. The depth of insertion is about 0.1 *Cun*. When it bleeds to certain drops, the bleeding will stop spontaneously. To cause heavy bleeding, just prick with the needle against the blue vein. Generally speaking when the patient's facial complexion is rosy and moist, it would be more difficult to find the blue vein. In this case, just tighten the collar to cause local congestion at the point and then bleed the point. If the bleeding is still not enough, just squeeze it. However the amount of bleeding available by squeezing is limited and it is advisable to prick the point long enough after causing congestion. In general, when there are more blue veins, the bleeding will be easier and doesn't require squeezing, and the blood even sprays out, leading to good therapeutic effect.

The above are the principle and method of bleeding *TaiYang*. For lower back pain and bone spur of spinal vertebrae, it is better to give bleeding in the afternoon, following the theory of Midnight-noon Ebb flow. After bleeding, the use of Acupuncture may make the therapeutic effect even better. As we know, the ebb and flow of the circulation in the 12 regular meridians follow certain time regularity, so does the circulation of the *Ren* and *Du* meridians. The glow circulating in the 12 regular meridians arrives at the small intestine meridian of hand-*TaiYang* during the period of 1:00-3:00 PM and the urinary bladder meridian of foot-*TaiYang* during the period of 3:00-5:00 pm. Both the hand and foot *TaiYang* meridians travel on the posterior aspect of the human body, and therefore best result could be obtained when bleeding is given in the afternoon for sciatica and hemorrhoids. However, bleeding *Jing-well* points like *ShaoShang* are emergency points and have nothing to do with the time since there is no blue vein in the local areas. When treating backache and lumbago, bleeding *WeiZhong* is the best. If no blue vein is found at the point, bleeding may be given on the back and lower back. Pain of the leg can be treated by bleeding certain areas of the back and lower back too. To bleed the back or lower back, there is no strict requirement regarding time. Though the amount of bleeding is not as much as that in pricking a blue vein, we can increase the bleeding by squeezing or cupping. Generally, the patients without much exposure of the blue veins do not have a large amount of bleeding during these procedures. When bleeding the oral enough. Just ask the patient to open the mouth, prick the mucous membrane at the level of mouth angle. Blood letting is usually given to the diseased side in case of facial paralysis.

Pain of the index finger 食指痛

1. Needling *WuHuYi*, the first point of *Wuhu* 五虎 (11.27), may have special effect. 五虎一特效。
2. Needling *SiHuaZhong* 四花中 (77.09) may also have good effect. 针四花中穴特效。

In the treatment of the index finger pain, we usually needle point *WuHu* 1, the first point of *WuHu* on the healthy side. The point is also indicated in the pain of all the five fingers. *SiHuaZhong* is also good for the pain of the index finger. At present, many patients are suffering from the pain of finger joints, for which I often needle point *WuHu* 1. I also select the point in treatment of finger pain due to rheumatoid arthritis. Best result could be obtained by the combination of acupuncture and herbal medicine in treatment of rheumatoid arthritis.

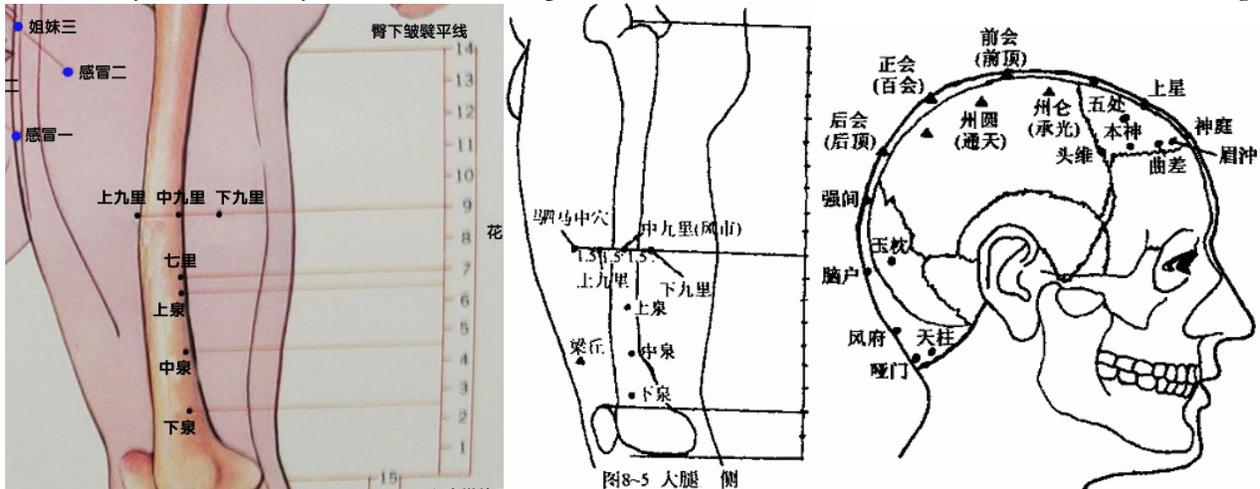
The most commonly used herbal prescription is *GuiShaoZhiMuTang* (Decoction of Ramulus Cinnamomi, Radix Paeoniae and Rhizoma Anemarrhenae). Rheumatoid arthritis is known as *WanBi* or *WangBi* (stubborn *Bi* syndrome). *GuiShaoZhiMuTang* modified by *QuanXie* (Scorpio) and *WuGong* (Scolopendra) has very good therapeutic effect for rheumatoid arthritis. Many patients with swelling and deformity of finger joints came to my clinic for treatment. If the condition is not too severe, this prescription may help the patient completely recover.

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Acupuncture is often taken mainly for the control of pain. Master Tung also often selected *TongGuan* (88.01) and *TongShan* (88.02) to treat the disease.

Question: How effective is acupuncture in the treatment of Yin deficiency? Please explain it by taking Parkinson's disease as an example.

, acupuncture has very good analgesic effect. It is also very effective for insomnia due to deficiency of Yin. But some Yin deficiency syndromes are not very well treated with acupuncture. For instance, Parkinson's disease due to Yin deficiency is not as easy to treat. The therapeutic effect is slow and the duration of treatment is long. We



have

Generally already introduced a method for treating Parkinson's disease, that is to needle *QianHui* 前会 (1010.05) and *HouHui* 后会 (1010.06), or *QiLi* 七里 (A.01) and *JiuLi* 九里 (上九里88.26, 下九里27), or *ShangSanHuang* (88.12, 13, 14) and *XiaSanHuang* (77.18, 19, 21) alternatively. Since Master Tung only used above acupuncture method to treat the disease without herbs, the therapeutic effect was slow. If scalp acupuncture or the four-gate points (*HeGu* and *TaiChong*) were added, the result would be better. Therefore, the best result could be obtained by using Tung's extraordinary points and the points of the fourteen meridians plus Chinese herbal medicines that can nourish Yin and dispel wind. To treat tremor due to wind, the best medicine is *LingYangJiao* (Cornu Antelopis). Many doctors have used it but now are mostly using *ShanYangJiao* (Goat Horn) instead. The formula for the disease is *TianMaGouTengYin* (Decoction of Rhizoma Gastrodiae and Ramulus Uncariae cum Uncis) or *DingZhenWan* (Pills for Calming Tremor). The commonly used medicines are *ShanYangJiao* (Goat Horn), *MuLi* (Concha Ostreae), *GuiBan* (Plastrum Testudinis) and *BieJia* (Carapax Tionycis). They are quite effective. There is a saying "use sedative drugs to dispel wind" in Chinese Medicine. All the above drugs have sedative function.

The patients of tetanus and convulsion are often treated with such moving drugs as *QuanXie* and *WuGong*. In treatment of arthritis, these drugs are also used to dispel wind. In severe case of pain, *QuanXie* and *WuGong* have an excellent analgesic action. They are therefore often added to the prescriptions in the treatment of severe trigeminal neuralgia, intercostals neuralgia, herpes zoster and sciatica. In the treatment of severe sciatica, *DuHuoJiShengTang* (Decoction of Radix Angelicae pubescentis and Ramulus Loranthi) is often modified with the two drugs, the best drugs for wind following the principle "treating the abnormality in movement with moving drugs."

The effect of acupuncture alone in the treatment of Parkinson's disease is slow. Further, the combination of acupuncture and herbal medicine has a better therapeutic effect.

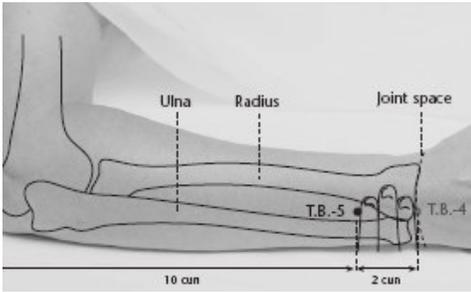
Timely treatment is important in serious diseases. Take the injury of spinal nerved due to traffic accident as an example. The therapeutic effect is more remarkable when treatment is given within the first six months. If there

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is delay, the therapeutic effect will be slow and poor. Upper nerve damage is usually very difficult to treat. However, early treatment with the combination of both acupuncture and herbal medicine can still obtain certain therapeutic effect. No matter how serious the injury is, acupuncture can obtain therapeutic effect. While it can be difficult, the key is the early treatment.

Soreness of the hand 手酸

1. Needling *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) on the healthy side.
针侧三里，侧下三里。



Select *CeSanLi* and *CeXiaSanLi* on the healthy side to treat soreness and numbness of the hand. Further *WaiGuan* (SJ 5) of the fourteen meridians is also very effective because the *YangWei* meridian is connected with the five fingers. Generally, unilateral soreness of hand is treated by needling *WaiGuan* on the healthy side. If both hands are involved, the point is needed bilaterally; alternate the exercise of each hand during needle manipulation. Alternatively, needle the points on the more severe side because needling the point unilaterally will treat both sides. Needling *ShenGuan* on the healthy side is also very effective. If there is wrist joint

pain, needle *CeSanLi* on the healthy side plus *WanGu* (SI 4) on the healthy side and *HouXi* on the diseased as guiding point.

Tenosynovitis 腱鞘炎 (i.e. inflammation of a tendon sheath)

1. *WuHu 1* 五虎一 (11.27) is very effective. 五虎一特效。
2. *CeSanLi* (77.22) is effective.

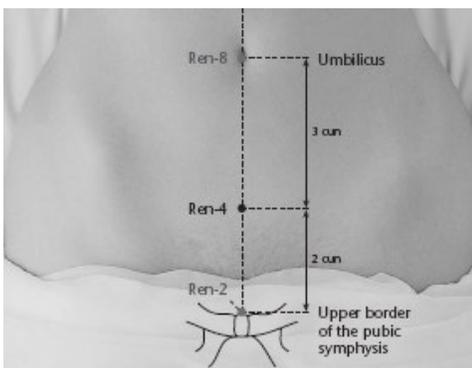
Tenosynovitis at the radius often results from overuse leads to strain, giving rise to wrist pain. It is important to consider the types of work that cause this disease. Typical scenarios include writers and mothers who carry children in their arms for extended periods of time. A few years ago, I was affected with tenosynovitis due to overuse of my wrist and fingers while rushing to write a manuscript. The clinical manifestations included dysfunction of the fingers when moving with large amplitude, with pain of the thumb. Needling point *WuHu 1* on the opposite side is very effective. However, it can be more effective if a point on the diseased side is selected as a guiding point. Usually a few treatments will cure the disease. Tenosynovitis is often not easy to cure; however, with this method, one may obtain very good therapeutic results. During the treatment, the patient should avoid too much exercise of the wrist and fingers and take a good rest, especially when the patient has a bone spur. Periarthritis of the shoulder however, requires more exercise.

Question: In the case of bone spur, what other patient centered methods should be used in addition to rest?

Control of the body weight is essential to the patient of bone spur, especially the bone spur of the knee joint and heel. Obesity can aggravate the pathology. However, acupuncture over time may assist the reduction of body weight. The best method to reduce body weight is slow eating. Nine in every ten obese patients eat meals fast. Nine in every ten thin people eat their meals slowly. Therefore, the first thing, I ask such patients to eat slowly to

eighty percent of his/her fill. If they avoid overeating and greasy food while controlling intake, they can lose weight. If herbal medicine is used in combination, the therapeutic effect will be improved.

Regarding the use of Chinese herbs for weight loss, there are two obesity types: excess and deficient. The deficiency type often has profuse sweating. In case of obesity of excess type, *FangFengTongShengSan* (Powder of Radix Ledebouriellae for Promoting



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Defecation) is often used. In case of obesity of deficiency type, *FangJiHuangQiTang* (Decoction of Radix Stephaniae Tetrandrae and Radix Astragali seu Hedysari) is often used. Most obese people have *Yang* deficiency, and for this reason, *HuangQi* is added. At the same time some *Yin* tonics such as *ShuDi* (Radix Rehmanniae Praeparata) and *HeShouWu* (Radix Polygoni Multiflori) should be added to the prescription in order to reduce the appetite and balance *Yin* and *Yang*. Moreover, *HeYe* (Folium Nelumbinis) which ascends *Yang* will enhance the loss of weight. In acupuncture treatment of obesity, needling points of small intestine is the best because the chyliiferous vessels of the small intestines are involved in the absorption of nutrition. Needling the *Yuan*-source point *WangGu* (SI 4) and front-*Mu* point *GuanYuan* (Ren 4) of the small intestine meridian plus *LiangQin* (ST 34) and *GongSun* (SP 4) can be very effective.

I have successfully used this method to treat obesity in *Taipei*. In 1998, I went to Tibet for benefit treatment on Tibetan Plateau. It could be very hard for me to go with my body weight. For this reason, I lost over 10 kilograms in 3 months with the treatment I gave myself. When I was in Tibet, I worked on the plateau over 4,000 meters above sea level, and treated over 100 patients per day. With *ShengMaiSan* (Pulse-activating Powder) I took daily, I was not feeling tired at all. *ShengMaiSan* has very good function to strengthen the heart. Use of the powder at the area of high elevation can help strengthen the heart and supplement *Qi*.

Numbness of the middle finger 中指（趾）麻

1. *TongGuan* 通关 (88.01) and *TongShan* 通山 (88.02) are effective. 针通关、通山。
2. *NeiGuan* (PC 6) is very effective.



Pain of the finger joints 指关节痛

1. Needling *WuHu 1* 五虎一 (11.27) has special effect. 针五虎一特效。
2. Needling *RenShi* 人士 (33.13) is effective. 针人士。

Pain of the wrist joint 腕关节痛

1. Needling *CeSanLi* 侧三里 (77.22) and *CeXiaSanLi* 侧下三里 (77.23) has special effect. 针侧三里，侧下三里特效。
2. Needling *WanShunYi* (22.09) and *WanShunEr* (22.08) is very effective.

Dysfunction of the shoulder in lifting arm 手臂不能举

1. Needling *ShenGuan* 肾关 (77.18) on the opposite side has special effect. 针肾关特效（对侧）。
2. Needling *SiHuaShang* (77.08) (either of the two sides) is effective.
3. Needling *SiHuaZhong* (77.09) of the diseased side is very effective. 针四花中亦特效（同侧）
4. Needling *ZuQianJin* 足千金 (77.24) and *ZuWuJin* 足五金 (77.25) has special effect. 针足千金，足五金效果亦佳。
5. Needling *HuaGuEr* (55.03) is effective. 花骨二穴。
6. Needling *QuLing* (33.16) with elimination technique is very effective.

Tung's extraordinary points are often more effective than the points of the fourteen meridians for shoulder dysfunctions with impaired lifting of the arm. The best point is *ShenGuan* on the healthy side, while *SiHuaShang*

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on the healthy side and *SiHuaZhong* of the diseased side are also effective. For difficulty touching the scapula with the hand, *ZuQianJin* or *ZuWuJin* on the healthy side may obtain therapeutic effect.

Please note that early treatment is ideal for good clinical outcomes. If the duration of the condition is more than three to four months, it can be very difficult and treatment will over a long period of time. However, in very late stages such as eight to nine months after the occurrence, the problem again becomes easier to treat. Treatment in the middle stage is the most difficult.

In periarthritis (*i.e. inflammation of the structures (as the muscles, tendons, and bursa of the shoulder) around a joint*) of the shoulder, the patient has difficulty raising the arm of the diseased side and touching the ear on the healthy side, neither can they push the arm backward; the pain often occurs unilaterally. It is more difficult to treat inability to push and raise the hand backward, which is known as "frozen shoulder". To treat such a case, bleed Tung's extraordinary point *QuLing* (33.16) which is the same as *ChiZe* (LU 5) of the fourteen meridians. Bleeding this point helps to loosen the tendons. This is because there is a major tendon beside point *ChiZe* which follows the principle "needle tendons to treat tendon disease." To reiterate, for severe periarthritis of the shoulder, best results are achieved with blood-letting around point *ChiZe*. In mild cases, *ShenGuan* is sufficient. Additionally, if there is difficulty raising the arm against the back, use *ZuQianJin* or *ZuWuJin*.

Use the *Shu*-stream point of the diseased meridian that passes through the area where the pain is located, and then add a guiding point to improve clinical outcomes. For example: when pain is located along the trajectory of the *YangMing* meridian, needle *SanJian*; if there is pain along the triple energizer (*SanJiao*) meridian, needle *ZhongZhu* (SJ 3); and if the pain is along the small intestine meridian, needle *HouXi*.

"Motor therapy" therapy will improve the therapeutic outcomes for periarthritis of the shoulder. Include the following motor therapeutic exercise:

- a) Standing and squatting exercise – With one hand holding a chair on the side, do standing and squatting movement;
- b) Circular exercise (clockwise and counter-clockwise) – With the diseased arm, draw a circle in clockwise and counter-clockwise direction;
- c) Climbing a wall – Put the palm against a wall and climb up with the fingers to the top and then slip down and then climb the wall again.

All these exercises are helpful to the treatment of frozen shoulder.

Hand pain with difficulty holding an object 手痛不能握物

1. Needle *CeSanLi* 侧三里(77.22) and *CeXiaSanLi* 侧下三里 (77.23) on the opposite side.
针对侧侧三里、侧下三里。
2. Needle *ChongZi* 重子(22.01) and *ChongXian* 重仙(22.02). 重子、重仙。
3. Needle *ShenGuan* 肾关 (77.18).

Sprain of the shoulder joint 肩关节扭伤

1. Same treatment as that of difficulty in raising arm. 针法同手不能举。
2. Needle *JianZhong* (44.06)

Frozen shoulder 肩凝 (五十肩)

1. Same treatment as that of difficulty in raising arm. 针法同手臂不能举。
2. Needle *JianZhong* 肩中 (44.06) is also effective. 针肩中亦有效。

Shoulder pain 肩痛

1. Same as that of frozen shoulder. 针法同肩凝。

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2. Needle *ShenGuan* 肾关 (77.18) and *JiuLi* 九里 (88.25, 26, 27) 肾关、九里。

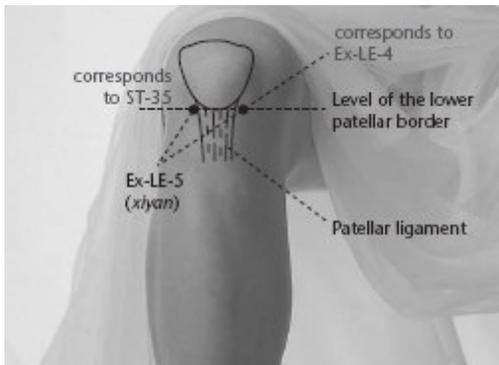
When there is difficulty holding an object, *CeSanLi* and *CeXiaSanLi* on the healthy side are often selected. *ChongZi* and *ChongXian* are also effective. If *ShenGuan* is added, results are even better. All these points are very effective. The treatment of shoulder joint sprain is the same as that of peri-arthritis of the shoulder. *JianZhong* on the healthy side is also very effective for pain of the shoulder joint.

While acupuncture is very effective for peri-arthritis of the shoulder, the therapeutic effect is improved when Chinese herbal medicine is combined. The formula is *JuanBiTang* (Decoction for Treating Rheumatic or Rheumatoid Arthritis) or *HuangQiWuWuTang* (Decoction of Five Ingredients Including Radix Astragali seu Hedysari). If the left side is worse, add *DangGui* (Radix Angelicae Sinensis), and if the right side is worse, increase the dosage of *HuangQi*. This same principle should be followed in the application of *JuanBiTang* or *HuangQiGuidZhiWuWuTang*. Peri-arthritis of the shoulder usually occurs for patients around the age of 50. However, it may also occur at ages 40 or 60. One reason is that senior patients often have deficiency of the liver and kidney yin, which can lead to weakness of the tendons and bones. I therefore often add *LuHanCao* (Herba Pyrolae), or sometimes even *QinJiao* (Radix Gentianae Macrophyllae) and *SangZhi* (Ramulus Mori). *QinJiao* is very good for rheumatism of deficiency type and *SangZhi* is also a very good herb for treating arthralgia. In the treatment of peri-arthritis of the shoulder, I often add *QinJiao*, *SangZhi* and *LuHanCao* into *JuanBiTang*. The dosage of *ShaoYao* and *GanCao* may also be increased in order to capture the pain relieving function of *ShaoYaoGanCaoTang* (Decoction of Radix Paeoniae and Radix Glycyrrhizae). In summary, acupuncture combined with Chinese Herbal medicine is very effective in treatment of peri-arthritis of the shoulder.

Pain of the acromion 肩峰痛 (发肿)

1. Select point *TongShen* 通肾(88.09), *TongWei* 通胃(88.10) and *TongBei* 通背(88.11). 通肾、通胃、通背。
2. Select *JiuLi* 九里 (88.25, 26, 27) and *CeXiaSanLi* 侧下三里 (77.23) 九里、侧下三里。
3. Needling *ShenGuan* (77.18) is very effective.
4. *ChongZi* (22.10) and *ChongXian* (22.02) are also effective.

Pain of the upper arm 上臂痛



1. Needling *CeSanLi* 侧三里 (77.22) and *LiuWan* 六完 (66.08) of the healthy side are effective. 针对侧三里、六完有效。
2. Needling *ShenGuan* (77.18) is very effective.
3. Needling *XiYan* (Extra) is very effective.
4. 再在对侧上曲，用三棱针放血。
5. Bleeding *SiHuaZhong* 四花中 (77.09) is very effective. 左臂痛，在膝眼下针即愈，四花中放血亦效。
6. *QiLi* (A.01) and *JiuLi* (88.25, 26, 27) are very effective.

Now let's discuss the pain of the acromion and upper arm which is an area that is typically not difficult to cure. *ShenGuan* is the best point, while *JianZhong* or *YangLingQuan* on the healthy side may also be very effective. *QiLi* and *JiuLi* also treat shoulder pain effectively. For pain at the acromion, *ShenGuan* or *TongShen* and *TongWei* are effective. For pain of the shoulder, upper arm and clavicle, use *ShenGuan* and *ChongZi* since the indications for these two points are extensive. My preference is to select *ShenGuan* and *ZuSanLi* to treat acromial pain.

Question: What are your thoughts about treatment based upon syndrome differentiation and the use of specific methods?

Treatment according to syndrome differentiation is characteristic of Chinese medicine and is the preferred method for treating difficult to treat miscellaneous diseases. However, syndrome differentiation can be used as a

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shield to hide one's knowledge. I would like to make an argument for specific treatment. For example in frontal headache, the solution is usually to needle *YinLingQuan* or *HuoJu*. This is simple and clear. However, some teachers intentionally or unintentionally hide their practical knowledge. They will recommend the selection of points or herbal formula based upon syndrome differentiation after inspection, auscultation and olfaction, inquiry and palpation, even though they use specific points and herbal formulas. This practice can obscure the transmission of clinical experience. In fact, acupuncture, like herbal medicine, also has points with special therapeutic effect for some diseases. Such specific drugs or acupuncture formulas are obtained from decades of clinical experience.

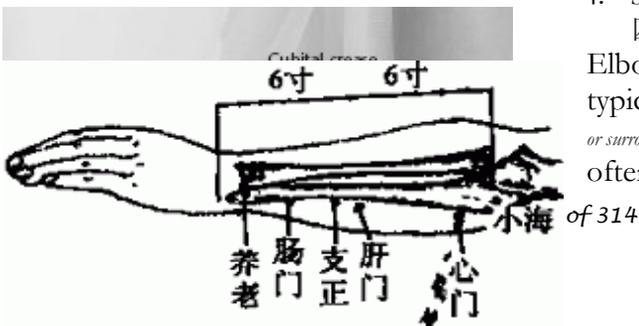
There is a law of 20% and 80% that exists throughout society and enterprise. (Pareto principle) In terms of economy in social systems, 20% of the population own 80% of the wealth and 80% of the population owns 20% of the wealth. In the clinic, 20% of the diseases have affected 80% of the patients. In Chinese medicine, 20% of acupuncture points are used to treat 80% of diseases while 80% of the points are used to treat 20% of the diseases. The same is true for Chinese herbal formulas.

Take gastropathy for example. Gastric ulcer is a common disease that is differentiated into five syndromes, among which deficiency of spleen and stomach *Yang* is most commonly seen. According to my clinical experience and many clinical reports, the best and most effective formula for the condition is *HuangQiJianZhongTan* (Decoction of Radix Astragali seu Hedysari for Strengthening Spleen and Stomach). This formula is almost a 'specific' for treating gastro-duodenal ulcer. In other words, 80% of the patients with gastric ulcer have this syndrome and the other four syndromes only exist in 20% of the population. Thus the cure rate for *HuangQiJianZhongTan* when used to treat ulcer of the digestive tract is approximately 80% for the general population. The other 20% of patients are then treated according to syndrome differentiation, which takes time for inquiry regarding "cold and heat, sweating, head and body, chest, food-intake, bowel movement and urination, hearing function, drinking, old disease, and etiological factor..." With such methods, one can only treat a few patients in one day.

It is also possible to diagnose diseases according to the main symptom. It may save time but requires rich clinical experience and diagnostic skills. Not all the doctors can do it easily. If we use specific formulas for some diseases, at least 80% of the patients may have very good effect. Though correct treatment is the most important, there are some principles in Chinese medicine to follow: The first is correctness and the second is rapidness. That is to decide the points or herbal formula quickly with no hesitance. Facing many patients, we do not have time to waste. The third is flexibility. TCM treatment is a kind of art. We can never rigidly adhere to one point or one formula in treatment. In acupuncture, we have specific points in the fourteen meridians as well as extraordinary points, and specific formulas in Chinese classical herbal medicine as well as empirical formulas based upon clinical experience. If we understand all these, we can still manage treatment without certain drugs. If we have at least two groups of points in mind, we will not always needle the same points in treatment causing repeated injury to the local tissues. Instead, we will be able to let the points have rest. There is another possibility; if we always needle the same points without change, the patient may treat him or her self at home with the same points after several treatments. Will that achieve the therapeutic effect?

Elbow joint pain 肘关节痛

1. *LingGu* 灵骨 (22.05) has a special therapeutic effect. 针灵骨特效。
2. *HuoFuHai* 火腑海 (33.07) of the opposite side is very effective.
3. *ZhongJiuLi* 中九里 (88.25) is very effective. 中九里亦效。
4. *SiHuaZhong* 四花中 (77.07) also has special therapeutic effect. 四花中特效。



Elbow joint pain is often caused by overuse syndromes and is typically medial or lateral epicondylitis (*i.e.* irritation or inflammation of the epicondyle or surrounding tissue). In tennis elbow (lateral epicondylitis), the pain is often located on the *YangMing* meridian and we can needle

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QuChi and *ShouSanLi* (LI 10) on the healthy side. *QuChi* should be punctured with the needle close to the border of the bone, following the principle of "needle the bone for bone disease." Point *ShouSanLi* is located in both muscle and tendon tissues. *HuoFuHai* is located adjacent to *ShouSanLi* and also provides access to needling the tendon and muscle layers. Therefore *QuChi* is punctured at the border of the bone, needling the bone to treat bone disease while *HuoFuHai* focuses on the tendon, treating those tissues. Further *LingGu* of the diseased side is selected as the guiding point for better result. Actually, point *LingGu* is both guiding and therapeutic point, increasing the effectiveness. In this way, few treatments can cure a case.

Golf elbow (medial epicondylitis) presents with pain on the ulnar aspect of the elbow, on the course of hand-*TaiYang* meridian. Needle *XinMen* 心门 (33.12) on the healthy side; it is 2 *Cun* or 3 fingers breadth away from the tip of the elbow. The point which is needled along the border of the bone was originally effectively used for spurring of the knee joint and coccygeal vertebrae. To treat golf elbow, we may needle *XinMen* (33.12) on the healthy side and *HouXi* or *WanShunYi* (22.08) on the diseased side as the guiding point. The therapeutic effect will be very good.

Question: There is no reinforcing and reducing methods have been mentioned in Tung's Acupuncture book. What are the reinforcing and reducing techniques in the practice of Tung's acupuncture?

I also often used reinforcing and reducing methods in practice 30 years ago. Also, the detailed description of reinforcing and reducing techniques with either rotation of the needle or the direction along or against the course of meridian are addressed in my book *ZhenJiuJingWei* (The strategy of acupuncture). Tung's acupuncture has its own characteristic methods including: active *Qi* moving (*DongQi*) technique, point coupling (*DaoMa*) technique, and point guiding (*QianYin*) technique which I created; here, Tung's extraordinary points are combined with the points of the fourteen meridians. All these techniques are characterized by a two-way regulatory function that is generated by the use of distal points, *Qi* induction and *Qi* moving. The even method is sufficient when distal points are needled causing the reinforcing or reducing method to be generally unnecessary. Reinforcing and reducing methods are often used with the fourteen meridians because many local and *Asbi* points are selected. When the needles are inserted locally, the patient cannot move the diseased area, and fails to move *Qi*, thus reinforcing or reducing method is necessary. Thirty years ago in mainland China, there were many texts addressing reinforcing and reducing techniques. Recently, there is more attention on the selection of distal points; as a result, the reinforcing and reducing techniques are less frequently emphasized. However, I do continue to use the respiratory reinforcing and reducing method.

However, let's look more deeply into this question since deep studies have identified two circulatory systems of the meridians. Discrepancies regarding reinforcing and reducing techniques continue. An area of question is the reinforcing and reducing techniques continue. An area of question is the reinforcing and reducing methods that involve needling with or against the course of meridian. Chapter 10 of *LingShu* discusses the *Qi* of the five-*Shu* points running from the hands and feet to the heart, that is, from the distal aspect of the limbs to the heart. The *LingShu* also discusses *Qi* traveling from *ZhongFu* (LU 1) to *YunMen* (LU 2), *TaiYuan* (LU 9), *ChiZe* (LU 5), *Yuji* (LU 10) and finally to *ShaoShang* (LU 11). However, the first acupuncture book to appear after the *LingShu* is the *ZhenJinJiaYiJing* (The Systematic Classic of Acupuncture and Moxibustion). It details the flow of the Lung meridian *Qi* in only one direction, from *ShaoShang* to *Yuji*, *TaiYuan*, *JingQu*, and finally to *ChiZe*. While these two books have disparate views, yet both affirm the movement of *Qi* from distal aspect towards the heart.

Chapter 10 of *LingShu* describes two different circulations of the 12 regular meridians; the concentric and the eccentric. The one that runs from hands and feet to the heart is concentric, and the one that runs from the chest to the hands and feet is eccentric. The identical description about the running directions in the two books are the three *Yang* meridians of hand which run from the hand to the head and heart, and the three *Yin* meridians of

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foot which run from the foot to the heart. The difference in the two books is that, in *LingShu*, the three *Yin* meridians of hand run from the chest to the hand, and the three *Yang* meridians of foot from the head to the foot; while in *ZhenJiuJiaYiJing*, they are all concentric. With so many contradictions regarding the direction of the meridians, how shall we perform reducing and reinforcing techniques by needling along and against the meridians? We can forget those that are contradictory, and follow those that are the same in the two books. However, my experience is that neither needling points along nor against the running directions nor needling with rotation is as effective as the active *Qi* moving method.

Until now, the method of reinforcing and reducing that has no argument is the one with lifting and thrusting. It states in Chapter 76 of *NanJing* (The Classic of Difficulties): "Take the *Qi* from the *Wei* system for tonification and *Ying* system for elimination." It means, in case of tonification, take the *Qi* in the *Wei* system and push the *Qi* inward; and in case of elimination, take it *Qi* in the *Ying* system and pull the *Qi* outward. The needling techniques *ShaoShaoHuo* consists of three thrusts and one lift and the emphasis is placed on thrust, whereas *TuoTianLiang* consists of one thrust and three lifts and the emphasis is placed on the lift, to pull *Qi* outward from the *Ying* system. *TuoTianLiang* has the therapeutic effect of elimination and *ShaoShanHuo* has the therapeutic effect of tonification. But, how do we use this technique in the clinic? Take for example, a common disease such as gout with increasing morbidity in recent years. Generally, there appears redness, swelling and pain of the great or middle toe in gout. Needling the third point of *WuHu* may quickly stop pain. However, the pain often reoccurs soon after treatment because the treatment doesn't target the underlying condition, which is the uric acid. To treat the underlying condition, it is necessary to lower the uric acid. Otherwise the disease continues to recur. While one treatment can stop pain, more treatments are needed to lower the uric acid. Once the uric acid is low, the patient will not have attacks for a long period of time.

I usually select the third point of *WuHu* plus *ZuSanLi* for gout. When needling *ZuSanLi*, insert the needle to a depth of 2 *Cun* and retain the needle for 10 minutes. Then, manipulate the needle with strong stimulation and lift the needle one-third of the insertion. Retain the needle for another 10 minutes and then manipulate the needle with strong stimulation and lift the needle for another one-third of the insertion. This method is known as "taking the *Qi* from the *Ying* system", which clears heat and reduces fire with good therapeutic effect for gout. The needle is retained for another 10 minutes and then manipulated with strong stimulation, and finally removed. In this way, the needle is first inserted directly to the layer of earth, then lifted to the layer of man; and finally to the heaven, and removed. One thrust and three lifts places the emphasis on lifting; this eliminates *Qi* from the *Ying* system so as to clear heat from the blood. When the needle is removed from *ZuSanLi*, needles in the point *WuHuSan*, the third point of *WuHu* can still be retained in the point for few more minutes, and at the same time ask the patient to exercise the painful area. The patient may feel much relieved or no pain at all after one such treatment.

Let's explore skin diseases as another example. Many texts recommend *QuChi* and *XueHai* (SP 10) or *SanYinJiao* (SP 6) for skin diseases. While these are commonly used points, the outcomes are often less than desired. Some texts recommend *QuChi* as the main point for the upper part of the body, and *XueHai* for the lower part of the body. The therapeutic effect of *XueHai*, *QuChi* or *FengShi*, are improved when using the eliminate *Qi* from the *Ying* system method. In man skin diseases, the skin becomes red and itches when there is heat in the blood. In this case, *QuChi* and *FengShi* can be needled to a depth of 2 *Cun*. Then the needle is lifted one-third of the depth with strong stimulation 10 minutes later. Repeat this 3 times before the needle is removed. This type of reducing method often causes itching to quickly subside. While I have introduced in detail the reinforcing and reducing method with lifting and thrusting manipulation, I believe that you will develop even better and more effective reinforcing and reducing method in your own clinical studies.

There is detailed description about reinforcing and reducing method in the book *ZhenJiuJingWei* I published 30 years ago. In recent years, I have been revising and compiling the book and it is completed. A new book *ZhenJiuBaoDian* (The treasure of Acupuncture and Moxibustion) is published in *Taiwan* and mainland China, and Korea soon. The content of the book will be much richer and more profound than *ZhenJiuJingWei*. The book

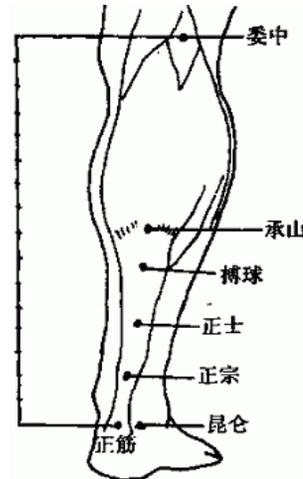
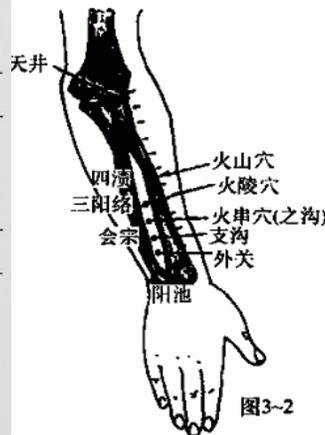
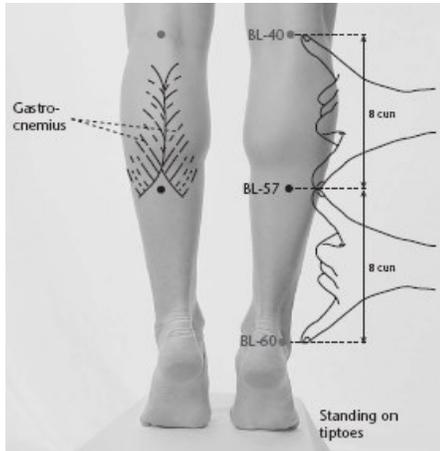
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ZhenJiuJingWei has been printed over 20 times with certain revision and served as the textbook of universities, the new book *ZhenJiuBaoDian* will become the textbook of the doctoral studies.

Cramping of the hand and arm 手抽筋

1. Needle *HuoShan* 火山 (33.06) on the opposite side. 针对侧火山。

Now let's discuss cramping of the hand and arm. To treat this disease, we can needle point *HuoShan* on the opposite side first. Second, we can needle *QuLing* (33.16) which is *ChiZe* of the fourteen meridians and use the reducing method. It is also very good to needle *WaiGuan* on the healthy side. If applying correspondence method, we can also needle *BoQiu* 搏球 (77.04) or *ChengShan* (BL 57).



I would like to introduce the correspondence method in detail. I went to the largest bookstore in Korea today where I found books that introduce the correspondence needling method but without details. Here I'd like to introduce the method briefly. takes the umbilicus

There are several *Taiji*'s in the human body. The great *Taiji* as the core. The medium *Taiji* takes the knee and elbow as the core. And the minor *Taiji* takes the wrist and ankle as the core. All these form the basis of the correspondence method, which is a holographic model. Here, I will introduce the great *Taiji* and address the medium and minor *Taiji* later. A good command of *Taiji* correspondence will greatly help improve one's acupuncture skill, and can assist the selection of points without consideration of the meridians.

Since the *Song* dynasty, there have been 361 points in the fourteen meridians and the number has not been changed. Physicians have concentrated on the study of these points, greatly improving the level of acupuncture. Newer points discovered more recently have been taken as the extraordinary points. Many of Tung's extraordinary points are located on the fourteen meridians. We will use the points published by Master Tung for the first time in 1973 as the standard. There are many points that were added later, which are not recognized as Tung's extraordinary points. This prevents confusion in the system of Tung's extraordinary points. What we should do is to continue our profound studies of the original Tung's extraordinary points, making a more consummate use of his system.

I have mentioned previously that there are several groups of effective points for each disease, and that each group must have one principal point. Though *LingGu* and *DaBai* are often selected together, however, we try to use only one of these points. In this way, we can deepen our understanding to the property and therapeutic effects of each point. At present, doctors often select many points for various diseases, selecting 5-6 points for each disease. If we treat one patient suffering from several diseases, we will have to select a large number of points. For this reason, I am going to write a book in 2-3 years, which will be published by Great Star Press in Korea. In the book I will talk about treatment with one needle, known as one needle therapy. For each disease, only one point is selected. For example, select *QuChi* for hypertension. In the book, the mechanism and needling technique will be introduced in detail. *QuChi* is the *He*-sea point of the large intestine meridian which has ample *Qi* and blood, the point is therefore able to regulate *Qi* and blood. It is stated in *Neijing*: "He-sea points are indicated for disorders of the *Fu* organs." Based upon this statement we use *He*-sea points for the *Fu* organs. In the book written by *TangZhongHai* of *Qing* dynasty, it is mentioned that the liver is connected with the large

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intestine. To treat liver disease, we dredge the large intestine. It also says in Chapter 72 of *SuWen*, "To reduce the wood (liver), needle the *He*-sea point of the hand-*YangMing* meridian." This is *QuChi*, the *He*-sea point of the large intestine meridian, which should be needled for hyperactivity of the liver *Qi*. This point is effective for hyperactivity of liver *Yang* and hypertension is mostly due to hyperactivity of liver *Yang*. It may help lower both systolic and diastolic hypertension. Further, *QuChi* is a very good point for vertigo. Chinese medicine holds that the liver is closely related to vertigo.

I'd like to take hiccup as another example. The most commonly used point for hiccup is *JianShi* (PC 5). It is the *Jing*-river point of pericardium meridian and pertains to metal according the theory of five elements. It is said in *NeiJing*: "In case of pathological changes of voice, select *Jing*-River point." *Jing*-river point is very effective point for abnormal change of the voice and hiccup is a type of abnormal voice. Then why do we have to select the *Jing*-river point of the pericardium meridian? It is because the pericardium is connected with the stomach through the extraordinary connections of the *ZangFu*. Hiccup is related to the stomach *Qi*. *JianShi* is the *Jing*-river point of the pericardium, which is connected with the stomach, and hiccup is a pathological change of the voice, this point is therefore effective for hiccup. If the condition is mild, it will be cured soon. If the condition is severe, it takes more treatments.

If all kinds of diseases are treated with selection of one point according to these principles, the therapeutic results will be more remarkable and bring the therapeutic function of the point into full play.

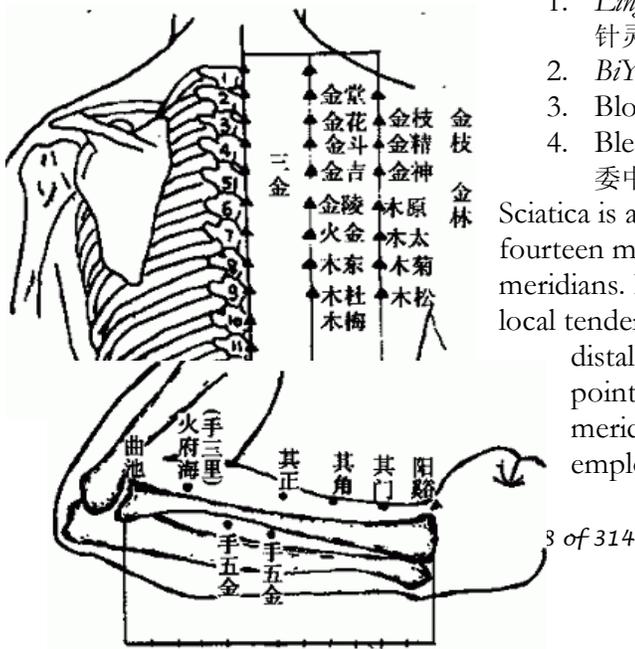
Tonic spasm of the hands 两手拘挛

1. Needling *QuLing* 曲陵 (33.16) with reducing method, and needle *ShenGuan* 肾关 (77.18).
泻曲陵、针肾关。
2. Needle *ChongZi* (22.01) and *ChongXian* (22.02).

Tonic spasm of the hands relates to tendon problems. *QuLing*, which is the same as *ChiZe* is effective. It is the water point and the son point of the Lung meridian. Needling this point with strong stimulation will reduce metal, causing the metal to not overact on the wood, thus curing disease of the tendons. There is also a large tendon beside *ChiZe*; we needle this point just at the border of the tendon, following the principle of "needle tendon to treat tendon disease." Further, *YangLingQuan* is the influential point of tendons and it is also an effective point for spasm of hands. Other points that relax the tonic spasm of the hands include *ChongZi* and *ChongXian*. *ShenGuan* may also help for disorders of the palm, including tonic spasm of the hands.

Diseases of the lower limbs 下肢疾病

Sciatica 坐骨神经痛



1. *LingGu* 灵骨 (22.05) and *DaBai* 大白 (22.04) have a special effect.
针灵骨、大白特效、
2. *BiYi* 鼻翼 (1010.22) has special effect. 针鼻翼亦特效。
3. Blood-let *JinLin* 金林 (DT.09) 金林点刺亦佳。
4. Bleed the blue vein at point *WeiZhong* 委中 (BL 40).
委中青筋点刺特效。

Sciatica is a common disease in modern society. When using the fourteen meridians, we need to understand the etiology and the diseased meridians. It often seems there are no specific points for the disease and local tender points are typically needled. However, in my experience, distal points of the fourteen meridians are also very good. The point coupling (*DaoMa*) technique is useful for both the fourteen meridian and the extraordinary points. The point coupling method employs two and occasionally three needles. For instance, in case

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of pain of the *TaiYang* meridian, select *WangGu* coupled with *HouXi*. If the pain goes along the *ShaoYang* meridian on the lateral side of the leg, select *WaiGuan* coupled with *ZhiGou*. In Master Tung's system of extraordinary points, sciatica is mainly treated with selection of *LingGu* coupled with *DaBai*. The two points are the most effective ones for the pain on either *TaiYang* or *ShaoYang* meridian, and possibly pain on the medial aspect of the thigh. There is no comparison between the two points and the points of the fourteen meridians. After *LingGu* and *DaBai*, *BiYi* is another effective point. In Tung's acupuncture *ShouWuJin* 手五金 (33.08) and *ShouQianJin* 手千金 (33.09) are also effective for sciatica.

The points that I use to treat various kinds of sciatica include *LingGu* and *DaBai*. *WeiZhong* is added to improve results when sciatica is caused by a bone spur. Blood-letting therapy has very good therapeutic effect for complicated compressive sciatica. Needling *LingGu* and *DaBai* is enough for simple sciatica and sometimes guiding point (*QianYin*) is selected in combination on the diseased side when the condition is severe. The method is to select the guiding point from the diseased channel after needling *LingGu* and *DaBai*, and 80%-90% of the patients are completely cured. For example, in treatment of pain along the *TaiYang* meridian, add point *SuGu* (UB 65) of the urinary bladder meridian of foot *TaiYang* as the guiding point. In case of sciatica with pain along the *ShaoYang* meridian, we can select *ZuLingQi* (GB 41) as the guiding point. If the pain is located at the groin on the medial aspect of the thigh along the path of the liver meridian, we can select *TaiChong* as the guiding point. If the pain is on the anterior aspect of the thigh where the stomach meridian of foot-*YangMing* travels, we can select *MenJin* (66.05) located on the stomach meridian as the guiding point. In summary, needling *LingGu* and *DaBai* in combination with a guiding point is most effective for sciatica. I have treated many patients of sciatica with this method. In the treatment, I mainly select *Shu*-stream point as the guiding point, because it is said in book *NanJing*: "*Shu*-stream point is indicated in heaviness and pain of the body and joints." All these *Shu*-stream points are specific points for pain syndromes, functioning together with *LingGu* and *DaBai* for the upper and lower of the body, and thus the good therapeutic effect.

Following are herbal prescriptions for sciatica. In TCM, Chinese herbal medicine and acupuncture have the same theoretical foundation. This is an example of using same treatment to address similar diseases. While *LingGu* and *DaBai* are specific for sciatica, and hemiplegia, *DuHuoJiShengTang* (Decoction of Radix Angelicae Pubescentis and Ramulus Loranthi) is also indicated in sciatica; it therefore must also be indicated in hemiplegia. Similarly, we use *BuYangHuanWuTang* to treat sciatica and hemiplegia, just like the above two points. TCM holds that to treat wind we need to treat blood first, because when the blood circulation goes back to normal, wind will disappear. Both of these formulas have the ingredients that treat blood. However, the herbs for regulating *Qi* are indispensable. In *BuYangHuanWuTang*, *HuangQi* has a large dosage, and in *DuHuoJiShengTang*, *RenShen* is applied. The reason is that blood circulation relies on propelling function of *Qi*.

When sciatica results from bone spur, the following acupuncture methods may obtain better therapeutic effect. Master Rung's first choice for treatment of bone spur of lumbar vertebrae was *MingHuang* (88.12). He secondly needled *SiHuaZhong* and *SiHuaXia*, along the border of the bone for enhanced effect. According to my own experience, there is a group of points that can be selected they include *RenZhong* (DU 26), *HouXi*, *SuGu* and *FengShi*. I previously mentioned this point set for numbness of the fingers. However, these points are also effective for sciatica and bone spurring of the lumbar vertebrae and the cervical vertebrae. If blood-letting is applied to *WeiZhong*, the therapeutic effect will be even faster. The blood-letting therapy is given once every week or every 10 days.

Pain in thigh 大腿痛

1. Needle *SanChaSan* 三叉三 (A.04) for a special effect. 针叉三特效。
2. Bleed point *JinLin* 金林 (DT.09). 金林点刺亦特效。
3. Needle *QiLi* 七里 (A.01) and *JiuLi* 九里 (88.25, 26, 27). 七里、九里。

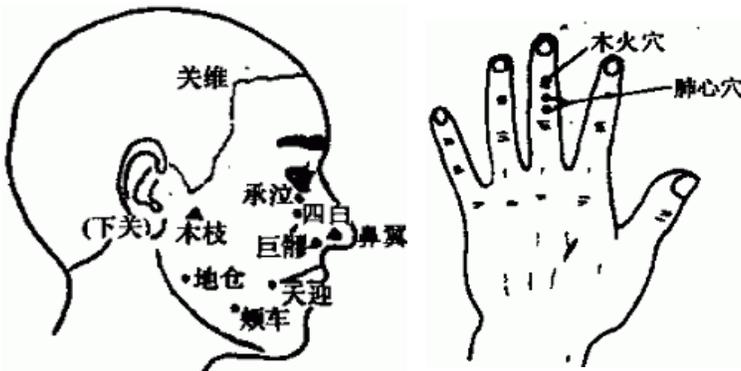
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Soreness of foot with difficulty walking 足酸难行

1. Needle *CiBai* 次白 (A.06) or bleed the blue vein at point *WeiZhong* 委中 (BL 40).
针次白或委中青筋上放血。
2. Bleed *JingZhi* 精枝 (DT.08)

Soreness of the foot with difficulty walking results from pathological changes of the leg. *CiBai* has a special therapeutic effect for this. It is also good to bleed *JingZhi* on the back. We can also bleed the blue vein at *WeiZhong* for leg pain. It is similar to bleeding *ChiZe* for the arm pain. It treats pain of both the thigh and leg, but the thigh in particular. In case of soreness and pain of the thigh only, needling *SanChaSan* is very effective. In severe case, bleed point *JinLin*. In case of soreness of both the thigh and leg, needle both *SanChaSan* and *CiBai*. Bleeding *WeiZhong* is given only when the pathological condition is severe.

Weakness of legs 腿软无力 (兼心跳)



1. *JianZhong* 肩中 (44.06) and *TongTian* 通天 (88.03) have a special effect.
针肩中、通天特效。
2. *MuZhi* 木枝 (1010.18) also has a good therapeutic effect. 针木枝亦佳。
3. *ShuiJin* (1010.20) or *ShuiTong* (1010.19) are also effective.

JianZhong and *TongTian* are very good for weakness of the legs. *MuZhi* is also very good. Needling *ShuiJin* and *ShuiTong* may tonify the lung and kidney effectively. In case of hemiplegia,

needle *MuHuo* 木火 (11.10) for a good therapeutic effect. Further, *MuZhi* is effective for weakness of legs of senior patients.

Numbness of legs 脚麻

1. Needle *SiMa* 驷马 (88.17, 18, 19) 外驷马。
2. Needle *JianZhong* 肩中 (44.06) 再针对侧肩中。

Needling *SiMa* for numbness of the legs is effective. Besides, *JianZhong* on the healthy side can also be selected. *ShenGuan* is also effective. In severe case, bleed *ShuangFeng* (DT.05). Bleeding this point may treat numbness of the hands and feet. If needling *XiaSanHuang* (77.18, 19, 21) is added on the leg, the therapeutic effect is better.

Numbness of toes 趾麻

1. Needle *XiaSanHuang* 下三皇 (77.18, 19, 21). 针下三皇。
2. Needle *WuHuSan*, the third point of *WuHu* (11.27).
3. Bleed *ShuangFeng* (DT.05).

In the treatment of numbness of foot, we may needle *XiaSanHuang*, or needle *RenHuang* (77.21) and *DiHuang* (77.19) first and then needle *ShenGuan* (77.18). *ShenGuan* is an important and effective point. Besides, the third point of *WuHu* is also effective. In severe case, bleed *ShuangFeng*. If the numbness of toes is resulted from bone spur of spinal vertebrae, treat the bone spur.



Cold pain of legs 腿冷痛

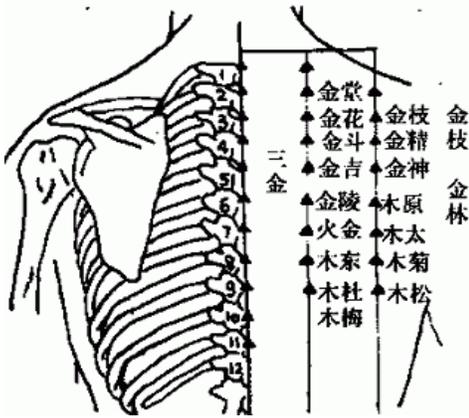
1. Needle *MuHuo* (11.10)
2. Needle *JianZhong* (44.06) and *JiuLi* (88.25, 26, 27)
3. Bleed *ShuangFeng* 双凤 (DT. 05). 双凤穴点刺出血。

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4. Needle *TongTian* 通天 (88.03) and *TongWei* 通胃 (88.10). 再针通天, 通胃。

Cold pain of legs is more common in senior persons. Point *MuHuo* has very good therapeutic effect for the disease. Everybody knows how to use this point. Someone has compiled a book titled "Tung's extraordinary acupuncture therapy", in which it is said *MuHuo* has four points: *MuHuo1*, *MuHuo2*, *MuHuo3* and *MuHuo4*. It is stated that only *MuHuo2* is most effective. Actually, *MuHuo2* is the real point *MuHuo* (11.10). In the same book, point *FuYuan* 复原 (11.22) is subdivided into *FuYuan1*, *FuYuan2* and *FuYuan3*, and point *FuKe* (11.24) into *FuKe1*, *FuKe2* and *FuKe3*. However, only one or two of them are used in practice. It is just like drawing a snake and adding feet to it, giving more confusion to practitioners. The Tung's extraordinary are always simple and clear.

Cold pain of knees 膝盖冷痛



1. Needle *TongTian* 通天(88.03) and *TongShan* 通山 (88.02). 针单侧通天、通山。
2. Needle *JianZhong* 肩中 (44.06).
3. Bleeding *SanJin* 三金 (DT.07) is very effective.

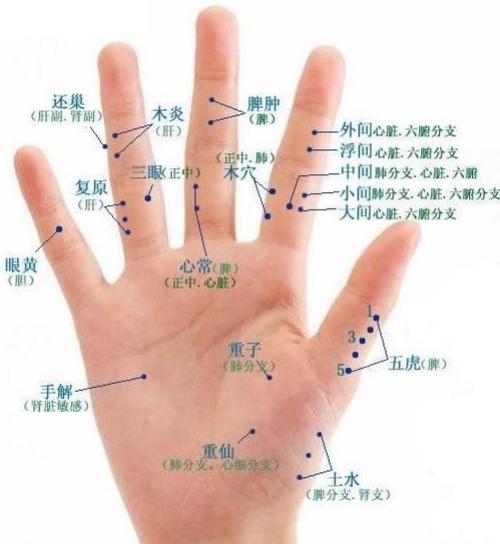
Cold pain of knees often occurs in winter, and *MuHuo* is very effective. *JianZhong* is also very good. *TongShan* and *TongTian* are also effective. Point *NeiGuan* of the fourteen meridians is also very effective. For knee joint pain including bone spur, chronic condition in particular, bleeding *SanJin* is the best and has radical effect.

Knees joint pain 膝盖痛

1. Needling *JianZhong* (44.06) has special effect. 针肩中有特效。
2. Bleeding *SanJin* 三金 (DT.07) has special effect for chronic knee joint pain. 三金穴点刺对久年膝痛尤有特效。
3. Needle *ZhongJian* 中间 (11.05). 中间亦有效。
4. Needle point *Dan* 胆 (11.13). 胆穴。
5. Needle *XinMen* 心门 (33.12). 心门。
6. Needle *MuHuo* (11.10).
7. Needle *SiHuaZhong* (77.09) and *SiHuaXia* (77.11) along the border of the bone.

There are many effective points for knee joint pain. According to my experience, point *NeiGuan* of the fourteen meridians is the best point. It is because there exist the extraordinary connection between the pericardium and the stomach. Via *ZuSanLi* (ST 36), the stomach meridian is closely connected with the knee joint. *NeiGuan* is the *Luo*-connecting point of the pericardium and is located between two tendons; it is very effective to treat spasm, pain and dysfunction of the knee joint in flexion and extension, since needling tendon can treat tendon disease. In Tung's acupuncture, *JianZhong* is a very good point for knee joint pain. Master Tung also often selected *Dan* and *ZhongJian* to treat knee joint pain. Besides, *ChongZi* (22.01) and *ChongXian* (22.02) are also indicated in knee joint pain.

The most effective point for knee joint pain introduced in the ancient medical songs such as *ZhouHouGe* (Song to Keep Up your Sleeve) and *XiHongFu* (Ode of XiHong) is *TaiChong*. *TongXuanFu* (Ode of the Essentials of Understanding) and *ShengYuGe* (Song More Precious than Jade) consider that this point can treat difficulty in walking. Besides point *XingJian* (LR 2) located anterior to *TaiChong* is also another

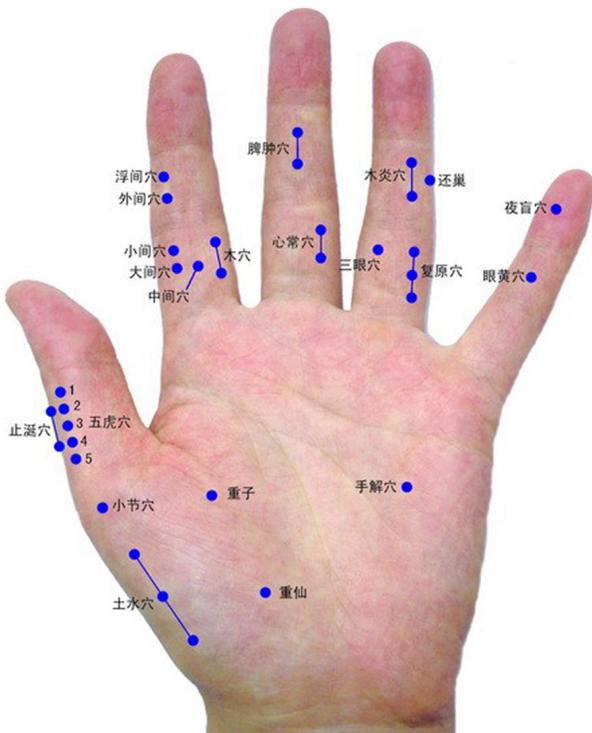


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important point for swelling and pain of knee joints (see *ZaBingXue FaGe* [Song of Points for Miscellaneous Diseases], *TongXuanZhiYaoFu* [Ode of Essentials of Understanding] and *ShengYuGe*). Personally, I often select *NeiGuan* of the healthy side combined with *TaiChong* of the diseased side to treat knee joint pain, and have obtained very immediate effect. Both of the two points are therapeutic points. However, *TaiChong* on the diseased side serves as the guiding point as well. In selection of guiding points, the most commonly used are *Ying*-spring points and *Shu*-stream points, and the latter in particular, because "*Shu*-stream points are indicated in heaviness and pain of the body and joints." Better result can be obtained if *TaiChong* is selected in combination with *NeiGuan*, one in the upper, and one in the lower, working together to regulate *Qi*, thus complement each other. In recent years, we have select *XinMen* on the diseased side as the therapeutic point for knee joint pain; especially that caused by arthritis due to bone spur. In the treatment, *TaiChong* of the diseased side is taken as the guiding point to make the therapeutic effect better and faster. Knee joint is very liable to have bone spur and the knee joint pain in many cases is caused by spur. In this case, when the above method is combined with needling *SiHuaZhong* and *SiHuaXia* along the border of the bone, the therapeutic effect could be even better. We can also needle *XinMen* and *TaiChong*, and then bleed *SanJin* once a week to speed up the cure.

I have been to many Korean restaurants here this time and some of them are very large. According to the local habit, everybody has to squat and sits down for meal and it is quite difficult for the patients with knee joint pain. The above method can help such patients with filiform needling only. If blood-letting therapy is added, the effect will be even better.

Ankle sprain 踝扭伤



1. Needling *XiaoJie* 小节 (A.05) has special effect. 针小节尤其特效。
2. Needle the fourth point of *WuHu* 五虎 (11.27). 针五虎四。
3. Bleeding *WeiZhong* 委中 (BL 40) has special effect. 委中点刺出血特效。

Now let's discuss ankle sprain. If you don't know the point *XiaoJie*, you can needle the fourth point of *WuHu*. *XiaoJie* is located on the radial side of the first metacarpal bone, at the junction of the white and dark skin (on the course of the lung meridian of hand-*TaiYin*). To needle this point is with a fist in the direction towards *ChongXian* or *DaLing*. This point is very effective for ankle sprain of either medial or lateral side. Many athletes are liable to get ankle sprain. I have used this point to treat many of them, including basketball player, tennis player and gymnastic athletes successfully. If there is no redness and swelling, one treatment can cure the patient completely or at 70-80%. If there is redness and swelling, it has immediate analgesic effect. In addition, we can grind red beans into powder that is mixed with egg white and then apply the paste on the local area. It can help eliminate

swelling quickly. Or use the three-edged needle to bleed *SiHuaWai* (77.14) first to subside swelling and then needle point *XiaoJie*.

Foot pain 脚痛不能履地

1. Needle *JiuLi* 九里 (88.25, 26, 27) 针对侧九里, 下针即愈
2. Needle the third and fourth point of *WuHu* (11.27)

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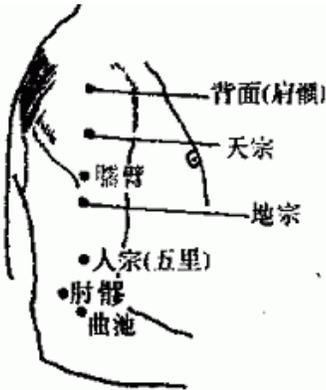
Here the foot pain mainly refers to the pain of the sole and dorsum of the foot. To treat such foot pain, we can needle *JiuLi* on the opposite side. The point *JiuLi* corresponds to *FengShi*. It is also effective to needle the third point of *WuHu*. In case of leg pain, needling *JiuLi* is effective. Besides, *CiBai* (A.06) is also effective.

Distending pain of legs (soreness and pain) 小腿胀痛 (酸痛)

1. Needling *CiBai* 次白 (A.06) has extremely good effect. 针次白特效。
2. Needle *JianZhong* 肩中 (44.06). 针肩中亦佳。
3. Bleeding *JingZhi* 精枝 (DT.08) is extremely good. 精枝放血尤佳。

To treat distending pain or soreness and pain of the leg, we can needle *CiBai* on the opposite side. It is also effective to needle *JianZhong* on the diseased side. In severe case, we can bleed *JingZhi* on the back.

Soreness and pain of thigh 两腿酸



1. Needling *SanChaSan* (A.04) is effective.
2. Needle *JianZhong* (44.06).
3. Needle *QiLi* 七里 (A.01) and *JiuLi* 九里 (88.25, 26, 27). 对侧之七里、九里。
4. Needle *ShuiTong* 水通 (1010.19) and *ShuiJin* 水金 (1010.20). 水通、水金。
5. Bleeding the area around *BeiMian* 背面 (44.07) is very effective. 刺背面穴出血即愈。
6. Bleeding *JinLin* (DT .09).

To treat soreness and pain of thigh, *SanChaSan* may obtain the best result. It is also very effective to needle *QiLi* and *JiuLi* on the opposite side. *ShuiTong* and *ShuiJin* are also effective points. Besides, it is also good to give blood-letting around point *BeiMian* or to *JinLin* when the condition is severe.

Pain of toes 脚趾痛

1. Needle the third point of *WuHu* 五虎(11.27) 五虎三

Generally, it is quite effective to needle the third point of *WuHu* for simple pain of toes, including sprain, contusion and rheumatism. If it is caused by gout, *WuHu* on the opposite side is effective. However, the pain may come back after treatment due to uric acid. To avoid this, it is advisable to needle *ZuSanLi* on the diseased side simultaneously, strengthening the earth to restrict the wood so as to speed the excretion of uric acid. The method of eliminating *Ying* (nutrient) system should be adopted when needling *ZuSanLi*. That is to insert the needle directly to the earth with the depth of 2 *Cun*. Then lift the needle 0.5-0.7 *Cun* once every 10 minutes. Remove the needle after 30 minutes retention. It is an effective therapeutic method for gout, because TCM considers there is heat in the blood due to local redness and swelling. It is stated in *NanJing*: Take *Qi* from the *Ying* system for elimination. This method is applied to eliminate heat from the blood. (For tonification, we have to push *Qi* inward, that is to push *Qi* inward from the *Wei* "defensive" system; for elimination, we have to eliminate *Qi* from inside by lifting the needle.)

I think there must be many patients of gout in Korea. Why? Because there is a lot of sea food here. I don't know whether Korean people eat internal organs of animals. But I do know Korean people drink a lot. So there must be a lot of gout patients. In herbal medicine, the formula *DangGuiNianTongTang* (Decoction of Radix Angelicae Sinensis for Pain Relief) is very effective for gout. In my early years, I often used this formula. In recent years, I often use *ShaoYaoGanCaoTang* (Decoction of Radix Paeoniae and Radix Glycyrrhizae) combined with *SiMiaoSan* (Powder of Four Wonderful Drugs). Though the ingredients are less, it is still very effective for acute attack of gout. After acute attack, we need to strengthen the underlying condition (*Ben*) for which I often use *SiMiaoSan* combined with *SiLingSan* (Powder of Four Diuretic Drugs) with modification to reduce uric acid. The only difference between *SiLingSan* and *WuLingSan* (Powder of Five Drugs Including Poria) is the use of *GuiZhi* (Ramulus Cinnamomi). The two formulas combined together are very effective for decrease of uric acid and

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prevention of gout attack. During my lectures for *ShangHai* Association of Traditional Chinese Medicine and *ShangHai* Association of Acupuncture and Moxibustion in 1992, I was asked what gout was and how it was treated. The question shows that there were few cases of gout at that time. Many people had never heard of it. After many years passed, this disease has developed very fast in mainland China. When I visited *ShangHai* again in 1999, many doctors there had already treated many case of gout. I think there must be many patients of gout here in Korea after so many years of development. The method I have introduced for treating gout is quite effective. In acupuncture treatment, needle the third point of *WuHu* and *ZuSanLi*. During acute attack, take *ShaoYaoGanCaoTang* combined with *SiMiaoSan* or *DangGuiNianTongTang*.

Question: How is twitching of the lower eyelid treated with acupuncture?

I have talked about this before. Here I'd like to talk about it again more in details. Twitching of the lower eyelid pertains to facial spasm. The points that I select most frequently are *SanJian* of the large intestine meridian and *HouXi* of the small intestine meridian, because the distribution of the two meridians are closely related to the face. The small intestine meridian arrives at the outer and inner canthus, and needling *HouXi* is therefore effective. According to the five elements, *HouXi* pertains to wood and tremor or twitching is related to liver wind, thus the point has the function to dispel wind, and is therefore effective for the wind symptom of the small intestine meridian. Besides, it is the *Shu*-stream point of the small intestine meridian and the *Shu*-stream point is indicated in heaviness and pain of the body and joints, it is therefore effective for pain on the distribution of the small intestine meridian such as trigeminal neuralgia. Why *SanJian* is selected? The location of point *SanJian* is close to *DaBai*. According to the theory of holography, it corresponds to head and face. Moreover, it pertains to wood according to the theory of five elements, and is therefore indicated in liver wind. Thus it is effective treating twitching of the face due to wind, and trigeminal neuralgia as well. In addition to the above two points, *TaiChong* of the fourteen meridians is also effective. It is a point of the liver meridian and liver dominates wind, the point is therefore effective to dispel wind. The liver meridian "enters the head at vertex and connects with the eye system. Its branch travels downward from the eye, passes the cheek and winds around inside the lips". The liver meridian is closely connected with the eye and periocular tissues.

The most frequently used points by Master Tung are *CeSanLi* and *CeXiaSanLi*. The two points are located between the *ShaoYang* and *YangMing* meridians, and are therefore indicated in disorders of the two meridians, or wind disease of *YangMing* meridian. Both *ShaoYang* and *JueYin* meridians dominate wind, and the two points are therefore effective. It is also advisable to needle *DaBai* and *HouXi* together with the above two points to strengthen the therapeutic effect from both the upper part and lower part of the body. In this way, we needle few points and obtain better result. In herbal medicine, I personally often use *ShaoYaoGanCaoTang* combined with *ZhiJingSan* (Powder for Eliminating Spasm). The prescription is very effective and can sometimes be modified with *JiangCan* (*Bombyx Batryticatus*) and *GouTeng* (*Ramulus Uncariae cum Uncis*) for sedation and dispelling wind. Some doctors use *ZhenGanXiFengTang* (Decoction for Dispelling Liver Wind) combined with *QianZhengSan* (Powder for Correcting Deviation of the Face) which is also effective. *JiangCan* and *GouTeng* have the sedative and wind-dispelling function. According to my own many years experience, *ShaoYaoGanCaoTang* combined with *ZhiJingSan* plus *JiangCan* and *GouTeng* is very effective. If the pathological condition is more severe, add in *ZhiMu* (*Rhizoma Anemarrhenae*) and *GeGen* (*Radix Puerariae*). *ZhiMu* has strong sedative function and *GeGen* can stop spasm. It is mentioned in *JinKuiYaoLue* that *GeGenTang* (Decoction of *Radix Puerariae*) is used for spasmodic diseases, and it is therefore indicated in cramping. Besides, to treat wind, we should treat the blood. Though *ShaoYao* (*Radix Paeoniae*) and *GanCao* (*Radix Glycyrrhizae*) have the function to mediate the blood, the therapeutic effect would be even better if *DanShen* (*Radix Salviae Miltiorrhizae*) is added in. It has the similar function of activating blood and dispersing blood stasis as *SiWuTang* (Decoction of Four Ingredients). In general, the method of using herbs for the disease doesn't go beyond the above principle. There is one thing that you have to pay attention to. For this disease, it is not advisable to puncture local points nor use electric stimulation, or the condition may get worse.

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Question: What are the points for lowering blood sugar in Tung's Acupuncture?

Pathologically, diabetes is mostly resulted from deficiency of the spleen and kidney, and in some cases deficiency of the lung *Yin* as well. Treatment is therefore focused on strengthening the spleen *Qi* and nourishing the *Yin* of the lung and kidney. In Tung's acupuncture, point *XiaSanHuang* is therefore often selected because it can strengthen the spleen and kidney. When it tonifies the spleen, it strengthens the lung simultaneously. So the point is often used to treat diabetes. In application of points of the fourteen meridians, many doctors often select *YangChi* (SJ 4). Japanese acupuncturists also like to select this point. It is the *Yuan*-source point of the triple energizer meridian and has the function to strengthen the kidney and tonify *YuanQi* (source *Qi*) so as to lower blood sugar. Some doctors have selected *ChengJiang* (Ren 24) because it is the meeting point of *Ren* meridian and *YangMing* meridians of hand and foot and has the function to regulate *Qi* and blood. If the above two points are selected in combination with *XiaSanHuang*, it would be even better. A good herbal prescription for diabetes must have the function to supplement *Qi* and nourish *Yin*. Personally I often use *ShenQiMaiWeiDiHuangTang* (Decoction of Radix Codonopsis Pilosulae, Radix Astragali seu Hedysari, Radix Ophiopogonis, Fructus Schisandrae and Radix Rehmanniae). *DanShen* (Radix Codonopsis Pilosulae) and *HuangQi* are used with large dosage up to 30 grams. Moreover, the use of *MaiDong* (Radix Ophiopogonis) and *WuWeiZi* (Fructus Schisandrae) also implies the function of the formula *ShengMaiSan* (Pulse activating Powder). When *XuanShen* (Radix Scrophulariae) is added in, it works together with *MaiDong* and *ShengDiHuang*, forming another formula *ZengYiTang* (Decoction for Increasing Body Fluid), which is often used for deficiency of body fluid and thirst in warm and febrile diseases.

In case of severe thirst, we can increase the dosage of *ZhiMu* and *TianHuaFen* (Radix Trichosathis). Why we know it is stated in *ShangHanLun* that, in use of *XiaoChaiHuTang*, *TianHuaFen* is added in after *BanXia* (Rhizoma Pinelliae) removed when there appears thirst; and in use of *BaiHuTang* (Decoction of White Tiger), *ZhiMu* is added in when there is severe thirst. Therefore, the two herbs have the best therapeutic result for lowering blood sugar in case of diabetes. In chronic diabetes, there must be blood stasis, for which *DanShen* should be added in to move the blood and disperse blood stasis.

Diseases of chest and abdomen 胸腹痛

Pain of the lateral side of the chest and abdomen 胸腹侧痛 (压痛)

1. Needle *Sima* 驷马 (88.17, 18, 19) with point coupling technique. 针驷马穴，倒马针法。

Pleuritis 胸膜炎

1. Bleeding *SiHuaZhong* 四花中 (77.09) first and then needle *SiMa* 驷马 (88.17, 18, 19). 四花中点刺，再针驷马穴。

Lateral lower abdominal pain 小腹侧痛

1. Needle *SiMa* 驷马 (88.17, 18, 19), *TongTian* 通天 (88.03) and *TongWei* 通胃 (88.10). 针驷马、通天、通胃。
2. Needle *MenJin* (66.05) and *HuoJu* (66.11)

Pleurisy (intercostals neuralgia) 肋膜炎 (肋间神经痛)

Pleurisy - inflammation of the pleura, characterized by pain that is aggravated by deep breathing or coughing

Pleura - the thin transparent serous membrane enveloping the lungs and lining the walls of the thoracic cavity

Neuralgia - sharp and paroxysmal pain along the course of a nerve.

1. Needle *SiMa* 驷马 (88.17, 18, 19) 针驷马

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2. Bleeding *SiHuaZhong* (77.09).

Many points are indicated in chest pain. *TongGuan* and *TongShan* are good points for pain in the middle of the chest. *NeiGuan* is also good. The pain on the side of the chest is mostly related to the lung, and point *SiMa* is very good. Generally, *NeiGuan* of the fourteen meridians is the best point for the pain from the abdomen to the chest. There is a saying in TCM: "Select *NeiGuan* for the chest." So is *SiMa*. It also works effectively for the chest and abdomen, more for pathological changes of the chest and less for those of the abdomen. There are many points in the fourteen meridians that are indicated in diseases of the chest. In addition to *NeiGuan* often used for chest pain, the pain in the middle of the chest in particular, *ZuSanLi* and *GongSun* are also effective for chest pain.

In treatment of pain on the lateral side of the chest, clavicular area and around the breast, *LiangQiu* of the stomach meridian is the best. The extraordinary point *MenJin* is also very effective, since the stomach meridian passes through the clavicular and breast area. It has been mentioned that *SiMa* is very effective for intercostals neuralgia. However, *YangLingQuan* and *ZhiGou* could be even better. *YangLingQuan* is indicated more in costal pain and *ZhiGou* more in pain of the costal cartilage. In case of hypochondriac pain, select both of them for better effect. It is mentioned in some ancient classics that either *YangLingQuan* (*TongXuanFu* and *ZaBingXueFaGe*) or *ZhiGou* (*BiaoYouFu*) is effective and combination of both points can obtain even better result. In treatment of diseases, it is advisable to select one point for many diseases, not many points for a single disease. Usually we select one point first. If it is not very effective, select another point, two points in maximum.

If the pain is located in many areas including the chest, costal area and abdomen, *SiMa* is generally enough. If treatment is bilateral, we should use six needles in total. It seems a lot of needles to be used. However, selection of this point implies holographic significance. Generally, *SiMaShang* (88.18) corresponds to the upper energizer, *SiMaZhong* (88.17) corresponds to the middle energizer and *SiMaXia* (88.19) corresponds to the lower energizer. We could select the point according to the location of pain. If the pain is on one side, needle the point unilaterally. If the pain is on both sides, needle the point bilaterally. After needle insertion, ask the patient to have some exercise during needle retention. This is so called active *Qi* moving technique, which can guide *Qi* to arrive at the painful area and serve as the best therapeutic method of pain syndrome. In case of unable to move, use massage or breathing method instead. For pain syndrome, points are mainly selected on the healthy side. If the pain is prolonged and severe, the time of needle retention can be longer. Try not to use many needles.

Abdominal colic pain (dry cholera) 腹中绞痛 (绞肠痧)

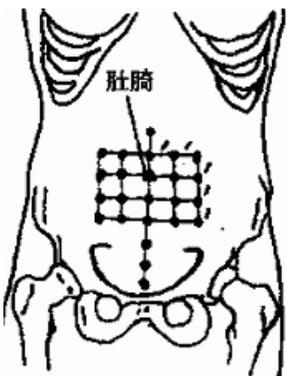


图12-3
腑巢二十三穴

1. Bleeding *FuChaoErShiSan* 腑巢二十三 (VT.05) 腑巢二十三穴点刺。

In Tung's extraordinary points, there are many points in groups. Though each group has many points, not all the points are selected in treatment. Take abdominal colic pain as an example. We often select *FuChaoErShiSan*, but not all the 23 points of *FuChao* are needed. *WuLing* (DT.04) has 40 points, not all of them are needed. The use of those points is very selective. Blood-letting is often given to point to *FuChao* by taking the umbilicus as the center and needling the point one *Cun* above, below and lateral to the umbilicus. In severe case, select another four point one *Cun* above, below and lateral to the selected points respectively with action of the points expanding to all the four directions. With the pathological condition getting worse, more points are selected in the same way. In addition, bleeding point *SiHuaZhong* and *SiHuaWai* is also good for abdominal colic pain.

Stiffness in the chest 胸闷

1. Needle *HuoShan* 火山 (33.06) and *HuoLing* 火陵 (33.05) simultaneously, and it is forbidden to needle the points bilaterally. 火山、火陵同时下针 (禁用双手)。
2. Bleeding *SiHuaZhong* 四花中 (77.09) is very effective. 四花中点刺甚佳。

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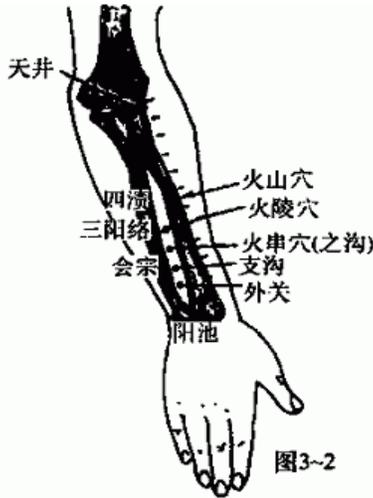
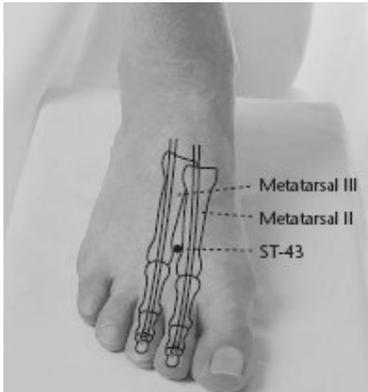


图3~2

To select few points for the same result, Dr. Tung often selected left points for male patients and right points for female patients in treatment. In other word, if the points are selected unilaterally, needle the points on the left side for male patients and right side for female patients. In case of stuffiness in the chest, Dr. Tung often needled *HuoShan* and *HuoLing* unilaterally. In the points of the fourteen meridians, *NeiGuan* is the best. *SiMa* is also a very good point for stuffiness of the chest. In severe case, it is better to bleed *SiHuaZhong* and *SiHuaWai*. Acupuncture is good enough for stuffiness in the chest without heart disease. In case of heart disease, needling *NeiGuan* and *ZuSanLi* is very effective. If the condition is really severe, bleeding either *SiHuaZhong* or *SiHuaWai* is necessary. I once treated a senior lady patient named *Liu*, who was going to receive and operation for heart disease in 1986. I gave her treatment with acupuncture and blood-letting therapy for 4 months and everything of her was good. She is still alive and healthy 17 years after the treatment and she is now 85

and has never received operation.

Lower abdominal pain 少腹痛



1. Needle *MenJin* 门金 (66.05) 针门金，特效。
2. Needle *HuoJu* (66.11)
3. Bleed *QuLing* 曲陵 (33.16) 针肝门、曲陵针向下刺亦效。
4. Bleed *SiHuaZhong* (77.09) and *SiHuaWai* (77.14).

There are many effective points for lower abdominal pain. The most frequently used effective one is *MenJin*. It is located behind *XianGu* (ST 43), the *Shu*-stream point of the stomach, close to the bone. It has the property of both wood and earth. Needling this point along border of the bone makes the point has water property. It is therefore indicated in diseases of the spleen, liver and kidney.

HuoJu is also indicated in lower abdominal pain, and in severe case, bleed *ChiZe* or *SiHuaZhong*. If the therapeutic result of *HuoJu* is not good, there could be some organic pathological change, for which we should bleed *SiHuaZhong* and

SiHuaWai. It is important for the patient to have careful examination for clear diagnosis in this case.

Pain around the umbilicus and lower back pain 肚脐周围痛及腰痛

1. *WanShunYi* 腕顺一 (22.09) and *WanShunEr* 腕顺二 (22.08) 腕顺一、二。
2. *ZhongBai* (22.06) and *XiaBai* (22.07)

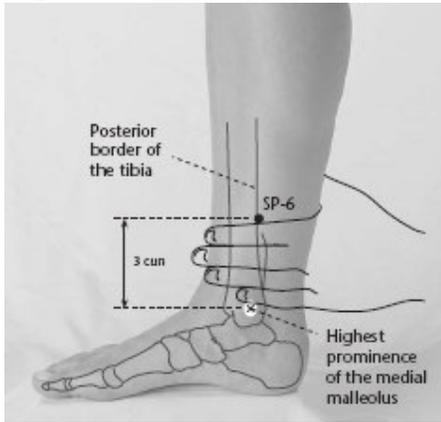
Distending pain of the large intestine 大肠部胀痛

1. Needle *MenJin* 门金 (66.05). 针门金
2. Needle *ChangMen* 肠门 (33.10) 针肠门

In case of pain around the umbilicus and waist, we could needle *WanShunYi* and *WanShunEr* or *ZhongBai* and *XiaBai*. For distension or pain in the large intestine, we can needle *MenJin* first and *ChangMen* after. Many patients suffer from abdominal distention. In case of upper abdominal distention and pain, needling *MenJin* is very effective; in case of lower abdominal distention and pain, needling *LingGu* is very effective. Needling both *MenJin* and *LingGu* may have even better result. Simultaneous selection of the two points may harmonize the upper and lower, not only eliminating pain but also regulating the stomach and large intestine meridians. In addition to distention and pain caused by gastrointestinal dysfunction, the two points are also effective to the distending pain due to liver *Qi* stagnation or disharmony between the liver and spleen. Because *MenJin* is the wood point of the earth meridian, it can regulate the disharmony of the liver and spleen. *LingGu* can regulate the liver meridian to arrest pain because the liver and large intestine have extraordinary connection, and therefore it can help

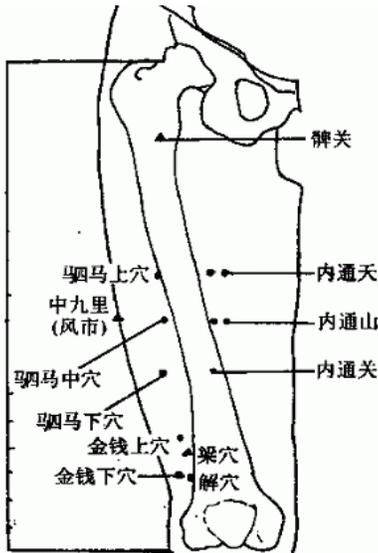
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disperse liver *Qi* stagnation. This is the method to treat abdominal distention and pain in Tung's Acupuncture. In



the ancient classics such as *YuLongFu* (Ode of the Jade Dragon), *ZaBindXueFaGe* (Song of points Miscellaneous Diseases), *WoYanLingXiaoYingXueGe* (Song of Effective points of *WoYanLing*), *TongXuanZhiYaoFu* (Ode of the Essentials of Understanding), and *YiZongJinJian* (The Golden Mirror of Medicine), point *NeiTing* (ST 44) is often selected for abdominal distention, because it is the water point of the stomach meridian, and can therefore strengthen both the spleen and kidney. When it is combined with *ZuSanLi*, the effect will be even better. It is mentioned in *ZhenJiuDaCheng* (The great compendium of Acupuncture) that, if *SanYinJiao* (SP 6) is added additionally the effect will be extremely good.

Chest injury due to heavy blow 胸部打伤



1. Needle *SiMa* 驷马 (88.17, 18, 19) 针驷马穴。
2. Bleed *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) 四花中，外点刺亦佳。
3. For fresh injury, needle point *Jie* 解 (88.28).

In Tung's acupuncture, *SiMa* is often selected for chest injury due to heavy blow. In case of fresh injury, including the fresh injury due to heavy blow, puncture *Jie* first to regulate *Qi* and blood, and it is very effective. Besides, it is also very good for the pain due to stagnation of *Qi* and blood after injury caused by heavy blow. *SiMa* is very good for traumatic injury of the chest. For severe injury or internal injury of the chest, it is better to bleed *SiHuaZhong*. Point *Jie* is indicated in traumatic injury because it is located near *LiangQiu*, which is the *Xi*-cleft point of the stomach meridian. Stomach meridian is the one with ample *Qi* and blood. *Xi*-cleft point is the place where *Qi* and blood accumulate, and it therefore has the function to regulate *Qi* and blood, and the *Xi*-cleft point of the stomach meridian in particular. Point *Jie* is not only located near *LiangQiu* but also close to the tendon, which is dominated by the liver. The liver stores

blood. Therefore it has very strong function to regulate *Qi* and blood, thus very effective for stagnation of *Qi* and blood due to traumatic injury.

Pain of the chest and abdomen along the Ren meridian 胸腹部任脉线上痛

1. Needle *ShuiXiang* 水相 (66.14) 针水相穴



Since the pain along the *Ren* meridian is sometimes on the chest and it is not so convenient to needle the points on the chest, we may needle the points of kidney meridians instead because the kidney meridian runs closely along both sides of the *Ren* meridian. I always try not to select local points but distal and less points for pain, mostly the specific points below the elbow and knee joints. This method is just like the classical therapeutic method in Chinese Herbal Medicine. Like Chinese herbal medicine, there also exist classical school of thought and school of current prescription in acupuncture. In Chinese herbal

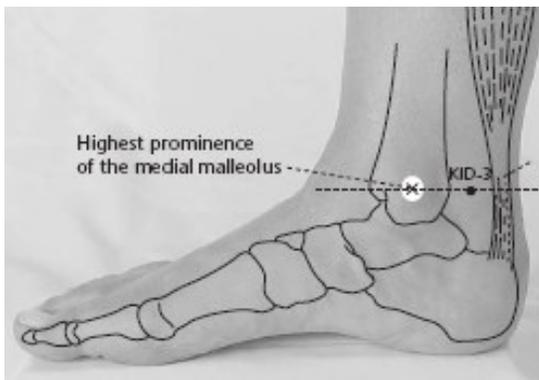
medicine, the classical school of thought mainly refers to the school of *ShangHanLun* and *JinGuiYaoLue*, which is characterized by few ingredients with large dosage in prescriptions. The school of thought of current

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prescriptions generally refers to the schools of thought that appeared later. They have more ingredients in one prescription and the dosage of each ingredient is small. In the application of classical prescriptions, the physician must grasp the chief manifestations. Most of the great physicians in different times in China belong to the classical school of medicine. They are good at using classical prescriptions to treat diseases. It is the same in acupuncture. The doctors of classical school of thought follow the treatment principles from *LingShu* and *SuWen* and they take the Five-*Shu* points as the main points in treatment of diseases of the whole body, which are located below the elbow and knee joints.

Today we can see that the theory of the Five-*Shu* points implies the view of holography, and they pertain to the five elements, namely the wood, fire, earth, metal and water, and the five *Zang*, namely the liver, heart, spleen, lung and kidney respectively. They are the holographic points of the internal organs on the meridians. The essential in application of the Five-*Shu* points is "seeking *Qi* from the same element point" and "needling method of body correspondence". For example, in case of a liver disease complicated with kidney disease, we don't have to select points from both the liver and kidney meridians, and instead, we could just needle the water point of the liver meridian. The liver pertains to wood, and its water point is connected with the kidney, needling this point could treat both the liver and kidney simultaneously. If the stomach and the liver are diseased at the same time while the stomach is the main diseased one, we could needle the wood point of the stomach meridian, and this method is very effective for disharmony between the liver and stomach. Point *TaiChong* is also very good for regulating the liver and the spleen since it is the spleen, dispersing the liver stagnation and regulating the spleen. *YangLingQuan* is also a good point for dispersing the liver stagnation and regulating the spleen because it is the earth point of the wood meridian – the gallbladder meridian. It is therefore able to treat wood and earth simultaneously involved in the same disease. The wood dominates tendon and earth dominates muscle and it is therefore effective for diseases of both the tendons and muscles. According to the theory of the five elements, this point has the property of both the wood and the earth, and can treat diseases of both the muscles and tendons, and it is therefore an essential point for diseases of the motor system.

Now let's look at Tung's extraordinary point *MenJin* which is located behind *XianGu*. In ancient classics, the two points are overlapped. *XianGu* is the wood point of earth meridian, the stomach meridian, it is certainly able to treat disharmony of the wood and earth. Therefore we often select *MenJin* to disperse the liver stagnation and regulate the spleen. This point also has the function to strengthen the spleen. If the kidney is involved, it is also effective since it is close to the bone. Needling along the border of the bone may affect the kidney. For instance, we often select the point to treat diarrhea before dawn, a kind of diarrhea due to deficiency of *Yang* of both spleen and kidney. Diarrhea before dawn is mainly resulted from kidney *Yang* deficiency. Point *MenJin* can not only regulate the spleen and stomach in case of diarrhea but also be effective for renal diarrhea because of needling the point along the border of the bone. Such needling method is based upon the theory of "seeking *Qi* from the same element point" and "the needling method of body correspondence", and is therefore highly effective. This theory has been introduced in details in my book *ZhenJiuWuShuXueYingYong* (Application of the Five-*Shu* points in Acupuncture). Please read this book if you want to know more about the theory.



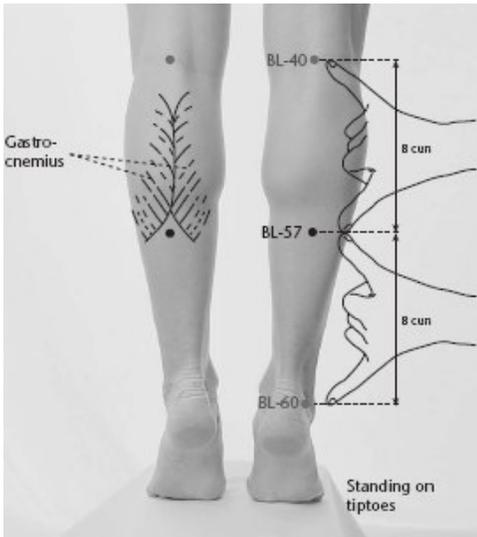
In the school of current prescriptions, much more points are selected and most of the points are local tender points or adjacent points. Personally, I mainly select points of classical prescriptions and therefore I use less needles or herbs in one treatment but still obtain good results.

Now let's see the effect of point *ShuiXiang* in treatment of pain of the *Ren* meridian. *ShuiXiang* is located at the side of *TaiXi* (KI 3), and therefore needling *TaiXi* is also effective. *TaiXi* is the point of kidney meridian, a very effective point for diseases of the *Ren* meridian. It can treat the pain along the midline of the anterior aspect of the body, the *Ren* meridian. In case of pain of the *Ren* meridian, it can be selected in combination with *ShuiXiang*. The two points

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work together as guiding points to each other. Needling *ShuiXiang* as the therapeutic point and *ChengJiang* (*Ren* 24) as the guiding point is very effective for pain of the *Ren* meridian on the chest.

In treatment, we should try to select one point to treat multiple diseases instead of selecting more points to treat one disease. For every disease, there are several specific points. We may select one of them in the treatment. However, better result can be obtained if they are used in combination. It doesn't mean good result is obtained only by combining several points together. Actually, every specific point is effective. Once you understand all these points, you will be more confident in treatment. You may use these single points either alternatively or in combination for better result. When you select these points alternatively or in combination of better result. When you select these points alternatively, you don't have to use many needles. In general, you have to remember several specific points for each disease. You don't have to select all of them at the same time but use them in alternation.

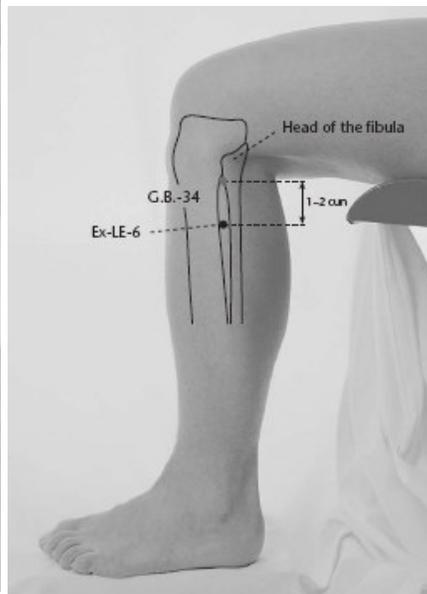
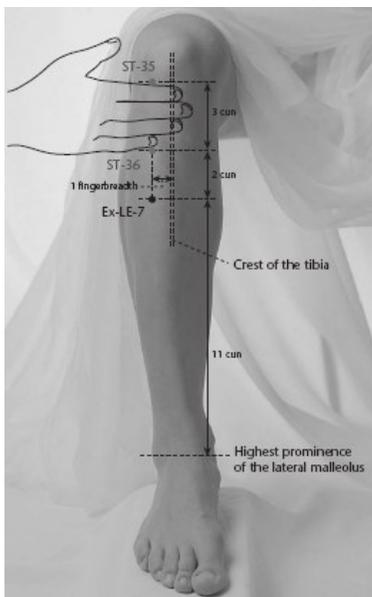


Pain of both chest and back 胸连背痛

1. Needle *SiMa* (88.17, 18, 19) 驷马, 然后承山
2. Needle *ChongZi* (22.01)
3. Needle *ShenGuan* 肾关 (77.18)
4. Needle *ShangBai* 上白 (22.03)

We have introduced the treatment of chest pain and back pain. If both the chest and back are painful, we can needle *SiMa*, and if it is selected together with *ChengShan* (BL 57), the therapeutic result will be even better. Actually, point *SiMa* is enough. Personally, I often select *ChongZi* and *ChongXian* to treatment pain of the chest and back by needling left points for right pain and right points for left pain. Besides, *ShenGuan* is also very effective for pain of both chest and back. *ShangBai* is a good point too.

Question: How is acute abdomen treated?



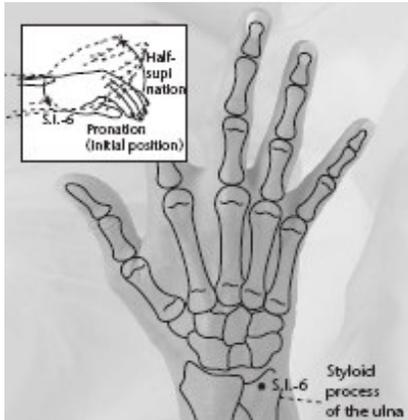
In case of acute abdomen, the first possible disease is appendicitis. *JinGuiYaoLue* has many good formulas for appendicitis such as *YiRenFuZiBaiJiangSan* (Powder of Semen Coicis, Radix Aconiti Praeparata and Herba Patriniae) and *DaHuangMuDanPiTang* (Decoction of Radix et Rhizoma Rhei and Cortex Moutan Radicis). In acupuncture treatment, we can needle *LanWeiXue* (Extra) which is located one *Cun* below *ZuSanLi*. It is a very good point for appendicitis. During an acute attack, there may appear a reaction tender point there. In case of cholecystitis (*i.e.* inflammation of the gall bladder, due to bacterial infection or the presence of gallstones), needle *DanNangXue* (Extra) which is located one *Cun* below *YangLingQuan*. During an acute attack, there may appear a tender point there.

Cholecystitis and cholelithiasis (*i.e.* the presence of gallstone) are included in acute abdomen. To treat such acute abdomen, there are some principles to follow: The first is deep insertion, the depth of insertion should be at least 2 *Cun*; second, long duration of needle retention which could be up to 90 minutes or even longer; third, strong

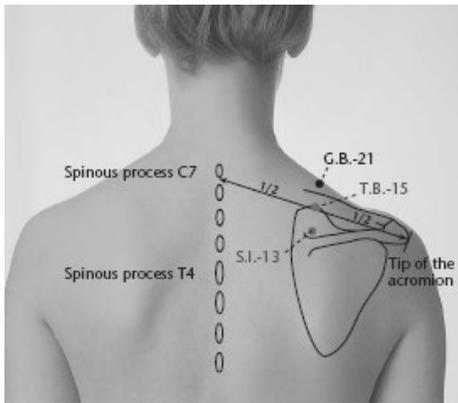
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stimulation with continuous lifting, thrusting and rotating. The method is used for all kinds of acute abdomen including cholecystitis, cholelithiasis and appendicitis. These important principles to follow in the treatment of acute abdomen. If we don't have time to retain the needles, apply blood-letting to *SiHuaZhong* and *SiHuaWai*. Blood-letting therapy is very good for diseases of the chest and abdomen, appendicitis in particular. It is also good for acute abdomen due to gallbladder problem. I would like to emphasize the principles in the treatment of acute abdomen once more: deep insertion, long duration of needle retention and strong stimulation.

Diseases of the lumbus and back 腰背痛



Pain of the lumbus and back is the most frequently seen disease in clinic, lower back pain in particular. The therapeutic effect of acupuncture is even better than that of medication. There are many specific points for lower back pain in the fourteen meridians such as *RenZhong* (Du 26), *HouXi*, *ZhongZhu*, *YangLao* (SI 6), *FuLiu* (KI 7), etc. There are also some very effective empirical formulas for lower back pain. For instance, *TongQiSan* (Powder for Moving Qi) from *YiZongJinJian* is a very effective representative formula for acute lumbar sprain. Its ingredients include *MuXiang* (Radix Aucklandiae), *ChuanShanJia* (Squalma Manitis), *ChenPi* (Pericarpium Citri Reticulatae), *GanCao*, *XiaoHuiXiang* (Fructus Foeniculi), *ZhiGanCao*, *HeiChou* (Semen Pharbitidis) and *YuanHu* (Rhizoma Corydalis), etc. Personally, I often add in *ChaoDuZhong* (Stir-fried Cortex Eucommiae) for better and faster result. In



the clinical practice, the prescription is very effective without use of acupuncture. In mild case, the pain is controlled after taking one dose of the herbs. In severe case, the patient is 70-80% cure after taking the first dose of the herbs and the pain is completely controlled after taking another dose.

Neck sprain is also a kind of acute sprain, for which acupuncture is effective too and *ChongZi* may help immediately stop pain. Besides, *ShangBai* and *ZhongBai* are also very effective. I also have a very effective herbal prescription modified *GuiZhiJiaGeGenTang* (Decoction of Ramulus Cinnamomi Modified by Radix Puerariae), which may quickly cure neck sprain. The ingredients are *GuiZhi*, *ShengJiang*, *ZhiGanCao*, *BaiShao*, *DaZao*, *GeGen*, *QiangHuo* and *ChaiHu*. Why is *ChaiHu* used here? It is because

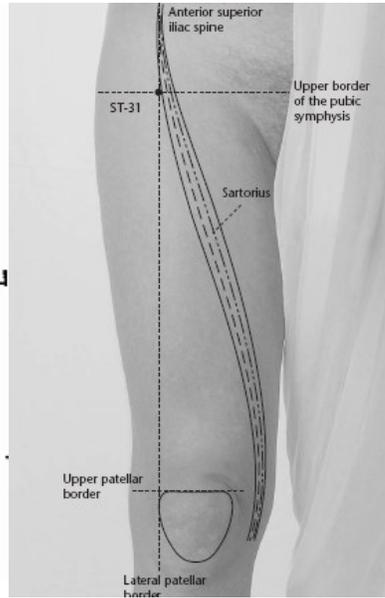
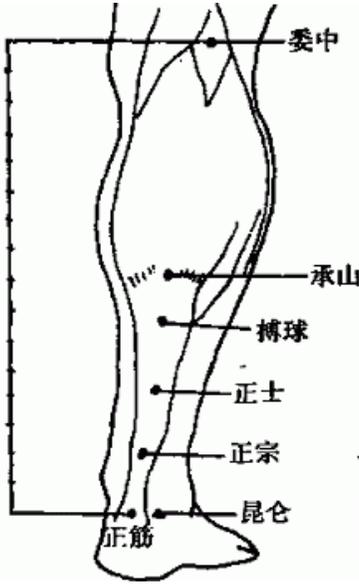
neck sprain causes not only the pain of the neck and back but also the pain at point *JianJing* (GB 21) where *ShaoYang* meridian passes. Many people like to use *GuiZhiJiaGeGenTang*. However, it is not good enough because it doesn't cover *ShaoYang* meridian, on which point *JianJing* is located. Therefore, the prescription modified by *ChaiHu* is more complete. *GuiZhiTang* works for *TaiYang* meridian, *GeGen* works for both *YangMing* and *TaiYang* meridian and *ChaiHu* is the herb for *ShaoYang* meridian. The above herbs used together may work effectively for all the three meridians, including the pain of the neck, back and shoulder.

TongQiSan is very effective for acute lumbar sprain. In case of chronic lumbago, most of the cases must have kidney deficiency and we have to strengthen the kidney then.

Backache 背痛

1. In case of unilateral backache, needling *ChongZi* 重子 (22.01) and *ChongXian* 重仙(22.02) may immediately arrest pain. 单背痛，针重子、重仙立止痛。
2. In case of bilateral backache, needle *ZhengShi* 正士 (77.03) and *BoQiu* 搏球 (77.04). 双背痛，针正士、搏球。
3. Needling *TongBei* 通背 (88.11) is also effective. 针通天、通背亦有效。

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4. Needling *SiMa* 驷马 (88.17, 18, 19) has specific effect. 针驷马穴亦特效。

ChongZi is the most effective point for backache. In the fourteen meridians, there is no point that can compare with this point in treatment of unilateral backache. In case of bilateral backache, it is also very effective to needle *ChongZi* bilaterally. When the backache radiates to the shoulder, *ChongZi* is very good; and when the backache radiates to the neck, *ChongXian* is very good. If the pain covers all the back, neck and shoulder, needle both *ChongZi* and *ChongXian*. If the condition is bilateral, needle *ChongZi* on one side and *ChongXian* on the other, or needle the two points of the left side for male patient and right side for the female, or needle the two points on the opposite side of the worse side. It is not necessary to needle the two points bilaterally.

Besides, *ZhengShi* and *BoQiu* on the lower limbs are also very effective. *BoQiu* is located below *ChengShan* (BL 57) that is a specific point for backache. In case of unilateral backache, needle the two points on the healthy side only, and in case of bilateral backache, needle the two points bilaterally.

In addition, *TongBei* is also a good point for backache. Point *BiGuan* (ST 31) of the stomach meridian of foot-*YangMing* is also effective for backache. *SiMa* is also a good point for backache, as chest and back is related to the lung.

When the backache is located on the midline, close to the spinal vertebrae, needling *SuGu* (BL 65) of the bladder meridian is very good. Personally, I often select *ZhongZhu* to treat backache along the spine. It has always been an important point for backache since ancient time, and introduced in *ZhouHouGe* (Song to keep up your sleeve), *ShengYuGe*, and *XiHongFu*. In the book *ZaBingXueFaGe* and *WoYanLingXiaoYingGe*, the point is even considered as the especially effective point for spinal pain behind the heart, the backache along the spine.

In general there are many points that are effective for backache. They can be selected according to the pathological conditions.



Backache radiating to the lower limb 背连下腿痛

1. Needling *MaKuaiShui* 马快水 (1010.13) is very effective. 针马快水，有卓效。

Pain of the shoulder and back 肩背痛

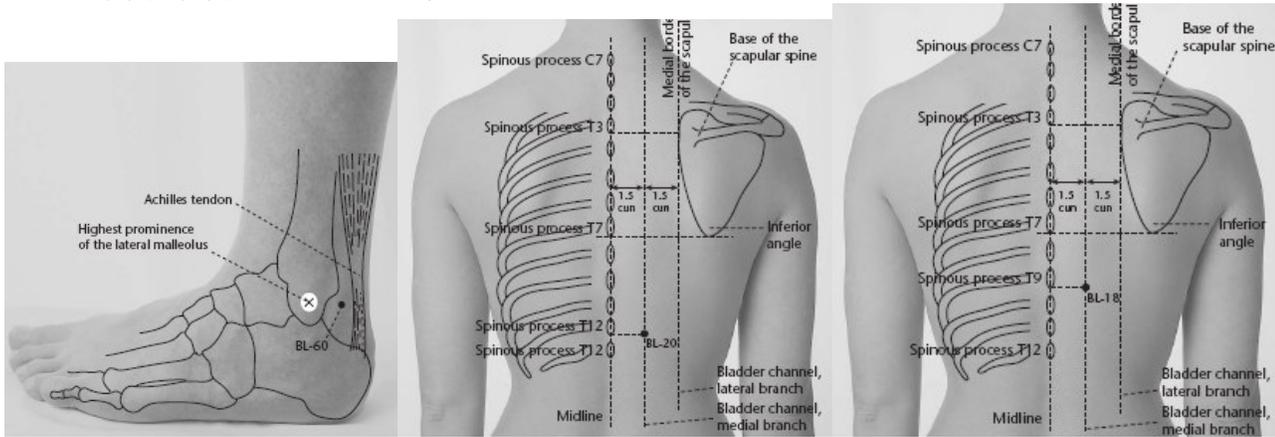
1. Needling *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) has special effect. 针重子、重仙特效。
2. It is also very effective to select *TongShen* 通肾 (88.09), *TongWei* 通胃 (88.10) and *TongBei* 通背 (88.11). 针通肾、通胃、通背亦特效。

It is also very effective to needle *BiGuan* (ST 31) of the stomach meridian to treat pain of the shoulder and back. In addition to the above-mentioned Tung's extraordinary points, *ShenGuan* is also a frequently used effective point.

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Deformity of the back and spine 背脊畸形

1. Needling *MingHuang* 明黄 (88.12), *QiHuang* 其黄 (88.14), and *TongTian* 通天(88.03) is effective. 明黄、其黄、通天，下针有效。



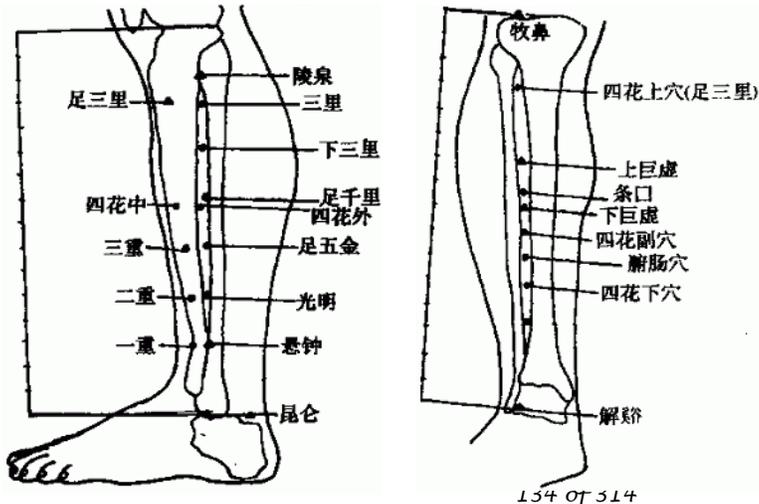
Deformity of the back and spine refers to scoliosis. Master Tung selected *MingHuang*, *QiHuang* and *TongTian* to treat the disease. In the ancient classics, *RenZhong*, *QuChi* and *KunLun* (BL 60) are often recommended for treatment of ankylosing spindylitis. Besides, moxibustion applied to *PiShu* (BL 20) and *GanShu* (BL 18) is also very effective for scoliosis (*i.e.* an abnormal lateral curve of the spine).

Spur of spinal vertebrae 脊椎肥大生芽 (长骨刺)

1. Blood-letting *WeiZhong* 委中 (BL 40) is very effective. It would be even better if *MingHuang* 明黄 (88.12) is selected in combination. 委中点刺有卓效，配合针明黄更佳。
2. Needling *JiuLi* 九里(88.25, 26, 27) and *WanShunYi* 腕顺一(22.08) also has specific effect. 针九里，腕顺一穴亦特效。
3. Needling *SiHuaZhong* 四花中 (77.09) and *SiHuaFu* 四花副 (77.10) along the border of the bone. 四花中、副（四花中、副又当削骨针用）。

Tenderness of the spinal vertebra 脊椎压痛

1. Blood-letting *WeiZhong* 委中 (BL 40) is very effective. It would be even better if *MingHuang* 明黄 (88.12) is selected in combination. 委中点刺有卓效，配合针明黄更佳。
2. Needling *JiuLi* 九里 (88.25, 26, 27) and *WanShunYi* 腕顺一(22.08) also has specific effect. 针九里，腕顺一穴亦特效。
3. Needling *SiHuaZhong* 四花中 (77.09) and *SiHuaFu* 四花副 (77.10) along the border of the bone. 四花中、副（四花中、副又当削骨针用）。



Spinal vertebrae consist of cervical vertebrae, thoracic vertebrae and lumbar vertebrae, and the cervical and lumbar vertebrae are most liable to have bone spur, for which the point most frequently selected by Master Tung is *MingHuang*. Besides he also bled *WeiZhong* once a week. The therapeutic effect was very good. In addition, needling *SiHuaZhong* and *SiHuaFu* along the border of the bone is also very effective for cervical and lumbar bone spur. They are even better for bone spur of the knee joint and heel. My personal empirical points are *JiuLi*, *WanShunYi* and *RenZhong*. If they are used

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together with *ShuGu*, the therapeutic result will be even better. It is a group of very effective points for spinal bone spur, including the spur of the cervical and lumbar vertebrae.

Degeneration of cervical and lumbar vertebrae is closely related to the kidney since "the kidney dominates bone". Growth of bone spur is related to kidney deficiency and *WanShunYi* has the function to tonify the kidney. There is another effective point *ZhongJinLi* which is *FengShi* in the fourteen meridians for bone spur. It is stated in Chapter 10 of *LingShu*: "*ShaoYang* dominates bone." Needling *FengShi* along the border of the bone has therefore double functions. *FengShi* is a point of *ShaoYang* meridian and hence frequently selected for bone spur. According to my own clinical experience, it is even better than *TianHuang*, *MingHuang*, *SiHuaZhong* and *SiHuaFu*. However, the most frequently used points of my own for cervical and lumbar vertebrae are *RenZhong*, *WanShunYi* or *HouXi*, *ZhongJinLi* and *ShuGu*. I have used these points to treat hundreds of such cases during last 35 years. In case of numbness of the hand due to bone spur of cervical vertebrae, we may bleed *ShuangFeng* located on the side of the cervical vertebra for better result. Needling *RenZhong*, *WanShunYi* and *FengShi* can not only treat the *Biao*, the numbness of the hand, but also treat the *Ben*, the underlying condition.

In case of sciatica resulted from lumbar disc hernia, there may be pain of the thigh or groin, or pain along the bladder meridian. According to clinical experience, the pain along the bladder meridian is mostly resulted from sciatica. 20-30% of the sciatica patients may also have pain along the gallbladder meridian and others have pain of *TaiYang* and *ShaoYang* meridians, the pain of the *TaiYang* meridian on the buttock and *ShaoYang* meridian on the leg, or the pain of the hip on the upper and the posterior aspect of the leg on the lower. To treat such patient, we need to select many points of the fourteen meridians. However, in Tung's acupuncture, only *LingGu* and *DaBai* will be enough and effective for any meridians affected. The two points are effective for sciatica in general. If there is bone spur, blood-letting therapy should be used in combination for better and faster result, or needle *RenZhong*, *WanShunYi* and *FengShi* along the border of the bone in combination which has been introduced already.

In treatment of sciatica, *LingGu* and *DaBai* are often selected in combination with the point of the affected meridian as the guiding point. To select guiding point, we often needle the *Shu*-stream point, since "Shu-stream point is indicated in heaviness of the body and pain of the joints". So *TaiChong* on the diseased side is selected as the guiding point when the pain is on the anterior aspect, *ZuLingQi* on the diseased side when the pain is on the lateral aspect and *ShuGu* on the diseased side when the pain is on the posterior side of the buttock thigh and leg. The two principal points *LingGu* and *DaBai* are selected from the healthy side. This method is very effective even if sciatica is caused by bone spur. For faster result, needling along the border of bone or bleeding *ChengShan* or *WeiZhong* once every 7-10 days can be adopted at the same time. There are many patients of sciatica in the clinic and the disease cannot be cured easily. This method can be used to treat both *Biao* and *Ben*, pathological changes of both nerve root and nerve trunk.

I have treated hundreds of cases of sciatica and some of them have made me deeply impressed. Few days before I went to lecture in Singapore in 1980, one senior gentleman who was a relative of the governor of HongKong, Mr. *DongJianHua*, was suffering from sciatica due to bone spur of lumbar vertebrae. The pain was so severe that he couldn't stand up straight and had to walk with the help by others. He had difficulty to go to toilet. He couldn't receive operation because he was also suffering from heart disease. Originally he didn't believe Chinese medicine very much. One captain working for him used to suffer from sciatica and was cured by me, and tried hard to recommend me to him. During treatment, I needled *RenZhong*, *ShuGu*, *WanShunYi* and *FengShi* once every other day and give him blood-letting. He was remarkably improved one week later. Since I was going to lecture in Singapore and could not continue the treatment, he asked to come with me to Singapore and stay with me in the same hotel. After telling him the unnecessary, I gave him the prescription of the points and let him ask other doctor to treat him selecting the same points. He then called me once a week about his condition, and I changed the prescription according to his condition given by the doctor. He was improved quickly and cured soon. When I passed HongKong on the way back to Taiwan, he came to the airport to pick me and invited me to dinner in his house.

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It is quite often to have cases with bone spur of spinal vertebrae, lumbar vertebrae in particular. It is not so difficult to treat. Here is another example. In 2002, a very famous gentleman, Mr. Wang came to my clinic for treatment. He had suffered from sciatica for 3 years and was treated by some doctors with poor effect. He was walking with the body deviated to 30-40 degrees. After hearing I was back to the United States, he came to see me, hoping he would be cured for 3 months. He was prepared to come for treatment every day. I told him to come 3 times a week since he was living far away. I needled *RenZhong*, *ShuGu*, *WanShunYi* and *FengShi* for one treatment, and *LingGu* and *DaBai* on the healthy side for the other day. Besides, I gave *WeiZhong* blood-letting once every 10 days. With the treatment, his condition was getting better and better. He had an abrupt severe attack of acute pain one day 3 weeks later, but after that, the pain completely disappeared. After 4 weeks, he was completely cured and could walk normally, much faster than he expected. This method can be used to treat bone spur of both cervical and lumbar vertebrae with very good therapeutic result.

The method of needling along the border of the bone can also be used. That is to needle *SiHuaZhong* and *SiHuaFu* along the border of the Tibia, or needle *TianHuang* and *MingHuang*. Personally, I prefer the preceding method, the experience of my own. As for *SiHuaZhong* and *SiHuaFu*, I often use them to treat bone spur of the knee joint or heel. Regarding knee joint pain, a Korean patient came to see me in my hotel with the complaint of knee joint pain for 9 months and difficult squatting. I needled *JianZhong* and *XinMen* on the healthy side. She told me she was 80-90% cured the next day. She was completely cured after another treatment.

Acute sprain of spinal vertebra 脊椎闪痛

1. Needling *ZhengJin* 正筋(77.01) and *BoQiu* 搏球(77.04) is effective. 针正筋，搏球有效
2. Bleeding *WeiZhong* 委中(BL 40) has extremely good effect. 委中点刺有特效
3. Needle *QiLi* 七里 (A.01) and *JiuLi* 九里 (88.25, 26, 27) 七里、九里

In treatment of acute sprain of spinal vertebra, we can needle *ZhengJin* and *BoQiu*. It would be even better if blood-letting is given to *WeiZhong* after. Master Tung often used *QiLi* and *JiuLi*. Needling *RenZhong* and *HouXi* of the fourteen meridians is also very effective. Selecting *RenZhong* and *WanShunYi* is also good. For the pain of thoracic vertebrae, *KunLun* and *WanShunYi* is also good. For the pain of thoracic vertebrae, *KunLun* is the best point. The name *KunLun*, has two explanations. One is that the point is located close to the highest bone of the body, malleolus, like Mount *KunLun* in China. The other is that the thoracic vertebrae occupy the highest position of the spine when ape-man crawls and thus the name. In fact, the bladder meridian travels along both sides of the *Du* meridian and has diverging meridian to connect with the *Du* meridian and *KunLun* is the *Yuan*-source point of the bladder meridian, the point is therefore indicated in the pain of spinal vertebrae according to either the meaning of the point name or distribution of the meridian.

Lower back pain 腰痛



针下三皇亦有效。

1. Needling *LingGu* 灵骨 (22.05) and *DaBai* 大白 (22.04) is very effective. 灵骨、大白亦极有效。
2. Needling *ErJiaoMing* 二角明 (11.12) is very effective (towards the small finger). 二角明有效。(向外扎)
3. Bleeding *WeiZhong* 委中 (BL 40) is very effective. 委中放血，亦有效。
4. Needling *MajinShui* 马金水 (1010.13) is very effective. 马金水颇有效。
5. Needling *Shuijin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) is effective. 水金、水通，有效。
6. *XiaSanHuang* 下三皇 (77.18, 19, 21) is also an effective point.

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Lower back pain due to kidney deficiency 肾虚腰痛

1. Needling *ZhongBai* 中白(22.06) combined with *WanShunYi* 腕顺一(22.08) is very effective. 针中白，配腕顺一更佳。
2. Needling *ShuiJin* 水金(1010.20) and *ShuiTong* 水通(1010.19) is effective. 水金、水通有效。
3. Needling *ShenGuan* 肾关 (77.18) combined with *FuLiu* 复溜 (KI 7) is very effective. 肾关配复溜亦极有效。
4. Point *MaJinShui* (1010.13) or *MaKuaiShui* (1010.14) is also effective.

Acute lumbar sprain 闪腰岔气

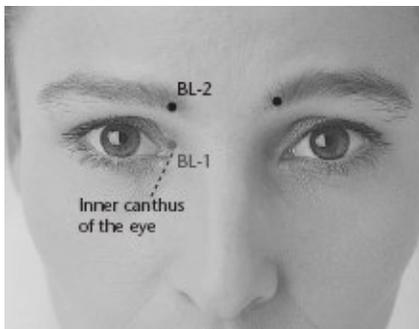
1. Needling *MaJinShui* 马金水 (1010.13) and *ShuiTong* 水通 (1010.19) is effective. 针马金水、水通有效
2. Needle *ErJiaoMing* 二角明 (11.12). 针二角明
3. Bleeding *WeiZhong* 委中(BL 40) is extremely effective. 委中，用三棱针点刺放血（效果尤速）。

Now let's discuss lower back pain which is one of the most commonly seen diseases in the clinic. In various kinds of lower back pain, acute lumbar sprain is most commonly seen. I have mentioned the specially effective herbal prescription for acute lumbar sprain is *TongQiSan* (Powder for Moving Qi), which is effective for almost all kinds of acute lumbar sprain, even a ninety years old lady patient was cured after taking 2 doses of the herbs, the prescription of which was sent to her by fax. In acupuncture treatment, Master Tung often selected point *MaJinShui*. The horizontal line at the lower border of the nose (the upper end of the philtrum) corresponds to the kidney and lumbus. The points on this line are generally indicated in the pain syndrome of the kidney and lumbus. The points on this line are generally indicated in the pain syndrome of the kidney and lumbus. *MaJinShui* is almost at the same level with *RenZhong*, and is therefore indicated in the pain of the lower back. Master Tung also often needled *ErJiaoMing* on the middle finger subcutaneously towards the small finger. When I followed Master Tung, I found the point most frequently used by him for acute Lumbar sprain is *ErJiaoMing*. In Master Tung's treatment of acute lumbago, two points were most frequently used and they were *ErJiaoMing* and *MaJinShui*. Clinically, the two points are not selected simultaneously, and either of the two is enough.

In severe case, we could just give blood-letting to *WeiZhong*. The patient could stand up and walk out of the clinic himself without help after such treatment.

There are many case examples of acute lumbar sprain. Here is a story about the treatment. Early in 1975, one taxi driver took a patient into the clinic, the taxi driver was then waiting outside. The patient had obvious blue vein swelling up at the popliteal fossa. I then bled the blue vein and the patient immediately felt much relieved and walked out himself. Not long after, the taxi driver came to see me for his stomachache and I cured him.

Since he was constitutionally asthenic and easily getting tired, I gave him few more treatments and his body constitution was greatly improved. After then he quit the job of taxi driver and started to learn acupuncture with great effort, passed examination and became a licensed acupuncturist in California in the United States of America. He is now practicing acupuncture in south Taiwan and having many patients with good reputation.



In the treatment of acute lumbar sprain, bleeding *WeiZhong* is the best. If the condition is mild, needling *ErJiaoMing* or *MaJinShui* will be enough. The two points are selected alternatively. A mild case could be cured in one treatment, and in severe case, it takes two or three times only.

Now let's see how to treat acute lumbar sprain with the points of the fourteen meridians. First, we need to differentiate the pain is in the middle or the two sides of the lower back. *RenZhong* is very good for lower back pain in the middle, and *HouXi* is very good for the lower back pain of the both sides. When the pain is located on the lateral side of the waist or the whole waist, *ZhongZhu* is very good. In fact, there are many points that are indicated in lower back pain. Some doctors use *QuChi* and others use *NeiGuan* to treat lower back pain. *ZanZhu* (BL 2) is located at the starting point of the bladder meridian and is therefore effective for lower back pain.

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Lower back pain is most closely related to the bladder meridian and *ShuGu* is another effective point of lower back pain.

There are also many points in Tung's acupuncture to treat lower back pain due to kidney deficiency. The first points are *ShuiJin* and *ShuiTong*. The second point is *ErJiaoMing*. Needling *ErJiaoMing* in the direction towards the small finger is effective not only for acute but also chronic lower back pain. Besides, bleeding *WeiZhong* is also very good. *XiaSanHuang*, *MaJinShui*, *LingGu* and *DaBai* are all very good point for lower back pain. In addition *BiYi* (1010.22) is a good point too.

There are also many effective points for chronic lower back pain in the fourteen meridians. The first is *RenZhong*, the second is *HouXi* and the third is *ZhongZhu*. In addition, *ShuGu* and *FuLiu* are all good points. Many people consider that *FuLiu* is an important point of the kidney meridian and is therefore a very good point for chronic lower back pain, as it is the metal point, the mother point of the kidney meridian which has the function to tonify the kidney. Chronic lower back pain is often of deficiency type. Actually, it is also an important point for acute lumbar sprain. *XiHongFu* (Ode to *XiHong*) says: "*FuLiu* functions to eliminate *Qi* stagnation from the lumbus." *TaiYiGe* (Song of *TaiYi*), *TongRenZhenJinTuJing* (Illustrated classic of Acupuncture Points on the Bronze Man) and *YiZongJinJian* (The Golden Mirror of Medicine) all take it as a very effective point for acute lumbar sprain. Generally, kidney deficiency often gives rise to lower back pain, and the patient with kidney deficiency is more liable to be affected by acute lumbar sprain, point *FuLiu* is therefore extremely good for such condition. Besides, many other points such as *XiaSanHuang* on the leg, and *ShuiJin* and *ShuiTong* on the face are also very good point. In the treatment, if *ZhongBai* or *WanShunYi* is selected in combination, it would be even better.

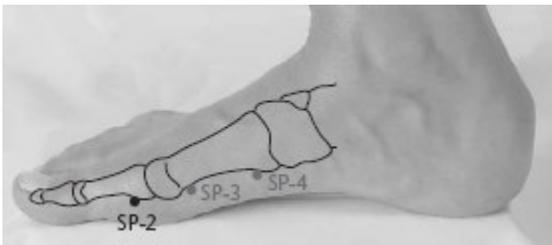
Pain of the midline of the spinal vertebrae 脊椎正中线痛。

1. Bleed *WeiZhong* 委中 (BL 40). 委中点刺出血，再针双昆仑。
2. Needle *ZhengJin* (77.01) and *ZhengZong* (77.02)

We have introduced this disease before. In Tung's acupuncture, *ZhengJin* and *ZhengZong* are the most frequently used points. The two points are very good for the pain along the midline of the spinal vertebrae. In the fourteen meridians, *KunLun* 昆仑 is a very effective point, and it would be even better if *RenZhong* is added as it is the point of *Du* meridian that is very effective for the pain of the spinal vertebrae. In severe case, bleeding *WeiZhong* is always the best.

Pain of coccygeal vertebrae 尾椎痛

1. Needling *XinMen* (33.12) has special therapeutic effect.
2. Needle *ZhengHui* (1010.01) and *HouHui* (1010.06).
3. Needle *DaDu* 大都 (SP 2) and *HaiBao* 海豹 (66.01)



Now let's discuss the pain of the coccygeal vertebrae. There are many patients suffering from this disease. Some cases are very severe. This pain is worse when sitting on chair. Such pain is often caused by fall from chair or slipping down when walking or from stair with bottom hitting the ground. The condition could last long without cure. Acupuncture is very effective for the disease, Tung's extraordinary points in particular. The first point is *XinMen* and such clinical application of this point has never been mentioned before. It is my own clinical

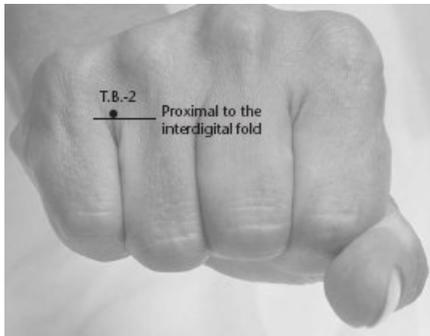
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experience. It is very effective for the pain of coccygeal vertebrae. The second point is *ZhengHui* combined with *HouHui*. It is also very effective. Besides, *HaiBao* is also good for coccygeal vertebral pain.

Here I'd like to talk something wide off the topic. In February of this year (2003), I was giving lectures in Houston. The lecture hour ranges from 8:00 AM to 9:00 PM. At the request of the students, my lecture didn't stop until 1:00 PM the next day. Every one was tired after listening to the lecture for almost 17 hours. Some students had to drive for another 4 hours for home. So, I needled point *BiYi* for everyone after the lecture was finished. Because the students had been listening to my lecture continuously for 3 days and they were even more tired than me. After my treatment, everyone went home full of energy. If you are feeling tired now, I can help you needle *BiYi* to give you a lift.

Here I'd like to give you some supplementation. Since the pain of the spinal vertebrae is located in the middle of the back, we do not have to needle the points bilaterally but unilaterally with selection of the points on the left side for the male and right side for the female. When the therapeutic effect is not good enough, we needle the points on the other side. In Tung's acupuncture, many points are forbidden to needle bilaterally. But according to my own experience, some of these points may have very good effect without any side effect when they are needled bilaterally. I will give you more explanation in the introduction to the related treatment. Of course, we usually try to needle the points of one side first, and needle the other side only when the therapeutic result is not good enough.

Regarding the pain of coccygeal vertebrae, I have read an article published in a journal of the mainland of China,



which was written on the basis of "Tung's Acupuncture" published in mainland China. It is mentioned in the articles that *ZhengHui* and *HouHui* may have good therapeutic result in treatment of the pain of coccygeal vertebrae. I understand the two points are effective for the disease.

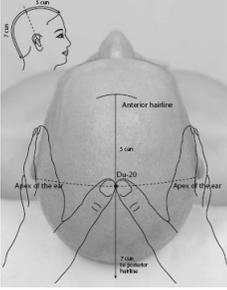
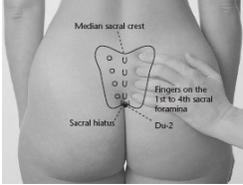
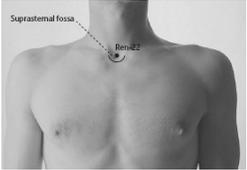
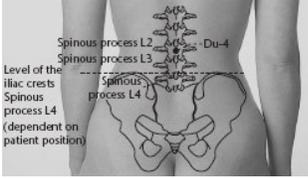
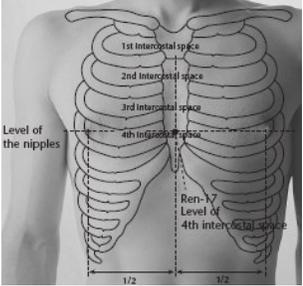
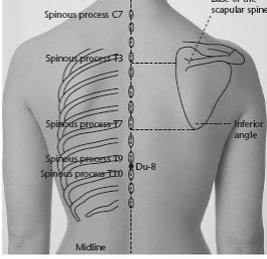
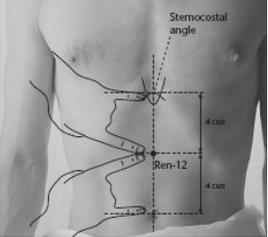
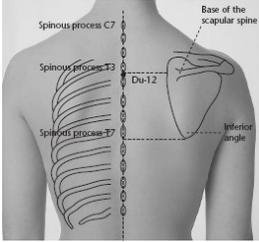
However, *XinMen* is the best point according to my own clinical experience. I noticed that the above book has missed point *XinMen* in the introduction.

Yesterday I went to a bookstore where there were many medical books in Chinese. I found many books with introduction to the fourteen meridians. There were also some books of Tung's Acupuncture and some of them have mistakes about points. For example, point *DaBai* was quite wrong.

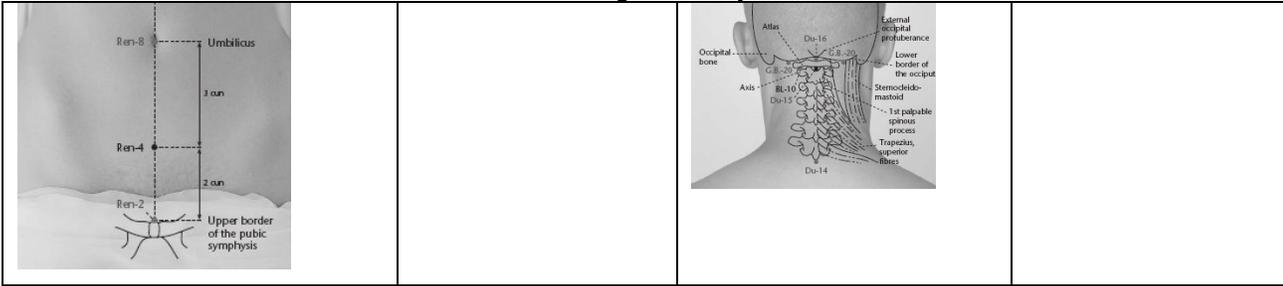
Some other books had mistakes about point *YeMen* (SJ 2) and *SanChaSan*. I read the book briefly and found almost half of the points were wrong. So when you buy the book, you need to pay more attention.

Here is one thing that I want to emphasize that needling *RenZhong*, *HouXi*, *ShuGu* and *FengShi* for lower back pain in the afternoon is better than in the morning. As everybody knows that the 12 regular meridians have the theory of Midnight-Noon Ebb-flow. In fact, the *Du* and *Ren* meridians also have Midnight-Noon Ebb-Flow. The flow order of the *Ren* and *Du* meridians is as follows:

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Acupuncture Point	Time	Acupuncture Point	Time
BaiHui (Du 20) 	11:00 AM – 1:00 PM	HuiYin (Ren 1) 	11:00 PM – 1:00 AM
RenZhong (Du 26) 	1:00 PM – 3:00 PM	YaoShu (Du 2) 	1:00 AM – 3:00 AM
TianTu (Ren 22) 	3:00 PM – 5:00 PM	MingMen (Du 4) 	3:00 AM – 5:00 AM
TanZhong (Ren 17) 	5:00 PM – 7:00 PM	JinSuo (Du 8) 	5:00 AM – 7:00 AM
ZhongWan (Ren 12) 	7:00 PM – 9:00 PM	ShenZhu (Du 12) 	7:00 AM – 9:00 AM
GuanYuan (Ren 4)	9:00 PM – 11:00 PM	FengFu (Du 16)	9:00 AM – 11:00 AM

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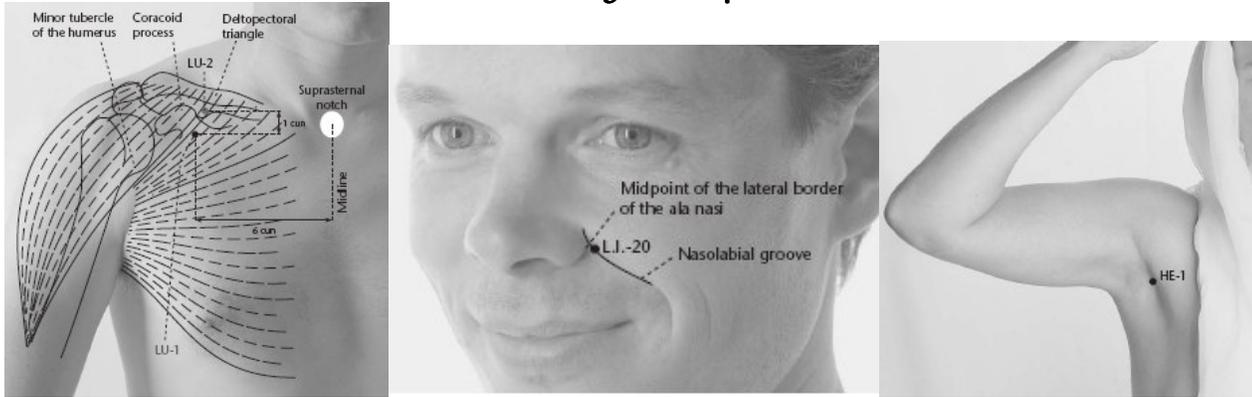
From this we can understand that the flow of the *Ren* and *Du* meridians comes to *RenZhong* from 1:00 PM – 3:00 PM, the flow of 12 regular meridians comes to the small intestine meridian from 1:00 PM – 3:00 PM, and the bladder meridian from 3:00 PM – 5:00 PM. In the treatment of lower back pain and bone spur, we often needle *RenZhong* of the *Du* meridian, *HouXi* of the small intestine meridian and *ShuGu* of the bladder meridian, and all these points are therefore advisably needed from 1:00 PM – 3:00 PM and from 3:00 PM – 5:00 PM for best therapeutic result for pathological changes of either the lumbar or cervical vertebrae. In case of kidney deficiency, treatment should be given from 5:00 PM – 7:00 PM since it is the time for flow of the kidney.

Here I'd like to introduce another 2 points for lower back pain: *ZhongBai* and *XiaBai*. *ZhongBai* is a very good point for acute and chronic lower back pain. *XiaBai* is often selected in combination with *ZhongBai* as a coupling point. Besides, *XiaBai* is a very good point for nephrosis (i.e. kidney disease, esp. marked by noninflammatory degeneration of the tubular system) or colic pain due to renal stone. There is one point below *ShangBai* corresponding to point *MenJin* on the dorsum of the foot, which could be called Hand-*MenJin*. This point is very effective for acute lumbar sprain and the effective rate goes up to at least 90%. Now we can see that *LingGu*, *XiaBai*, Hand-*MenJin* and *WanShunEr* are almost located on the same level and they are all very good points for lower back pain. It implies the theory of holography. The combination of Hand-*MenJin* and *XiaBai* is even more effective. With the extraordinary connection of *ZangFu*, *XiaBai* is connected with the kidney and is therefore a very good point for renal colic and renal stone. At the beginning, Master Tung used *ZhongBai* and *XiaBai* to treat nephrosis. Since the two points are located on the *ShaoYang* meridian of hand, they are also very effective for biliary colic and biliary ascariasis (i.e. infestation of the intestines with the roundworm *Ascaris lumbricoides*, causing abdominal pain, nausea and vomiting, weight loss, etc), as the two same-named meridians are connected with each other. The therapeutic result might not appear right after insertion of the needle, it works with needle retention going on.

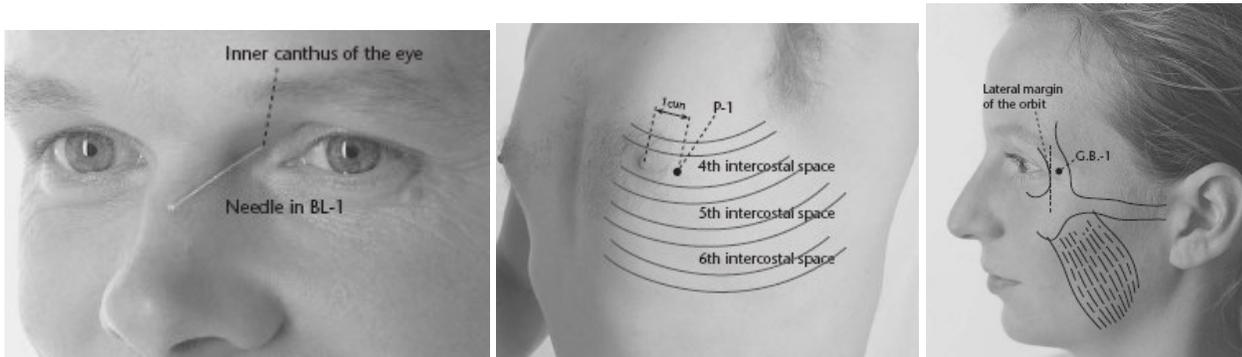
Question: You have mentioned the meridians listed in your table of open, close and pivot transversely are the same-named meridians that are connected with each other. Can you give more explanation?

The theory of open, close and pivot is used to describe the law of the three *Yin* and the three *Yang* meridians in separating, gathering, interdepending, intertransforming, and the *Qi* of the meridians in ascending, descending, moving in and out. *TaiYang* is the open, including the hand and foot *TaiYang* meridians; *ShaoYang* is the pivot, including the hand and foot *ShaoYang* meridians; and *YangMing* is the close, including the hand and foot *YangMing* meridians. In the same way, *TaiYin* is the open, including the hand and foot *TaiYin* meridians; *ShaoYin* is the pivot, including the hand and foot *ShaoYin* meridians; and *JueYin* is the close, including the hand and foot *JueYin* meridians. It shows that the *TaiYang* meridians of hand and foot dominates open and have the same property and law of movement, the *ShaoYang* meridians of hand and foot dominates and serves as pivot and have the same property and law of movement, and the *YangMing* meridians dominate close and have the same property and law of

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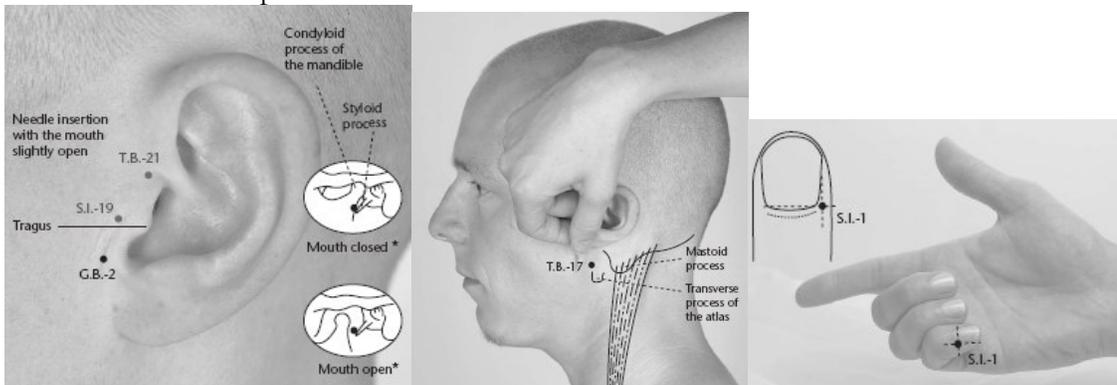
Movement, so do the other *TaiYin* meridians of hand and foot, *ShaoYin* meridians of hand and foot and *JueYin* meridians of hand and foot. The same named meridians are connected with each other and their correspondence



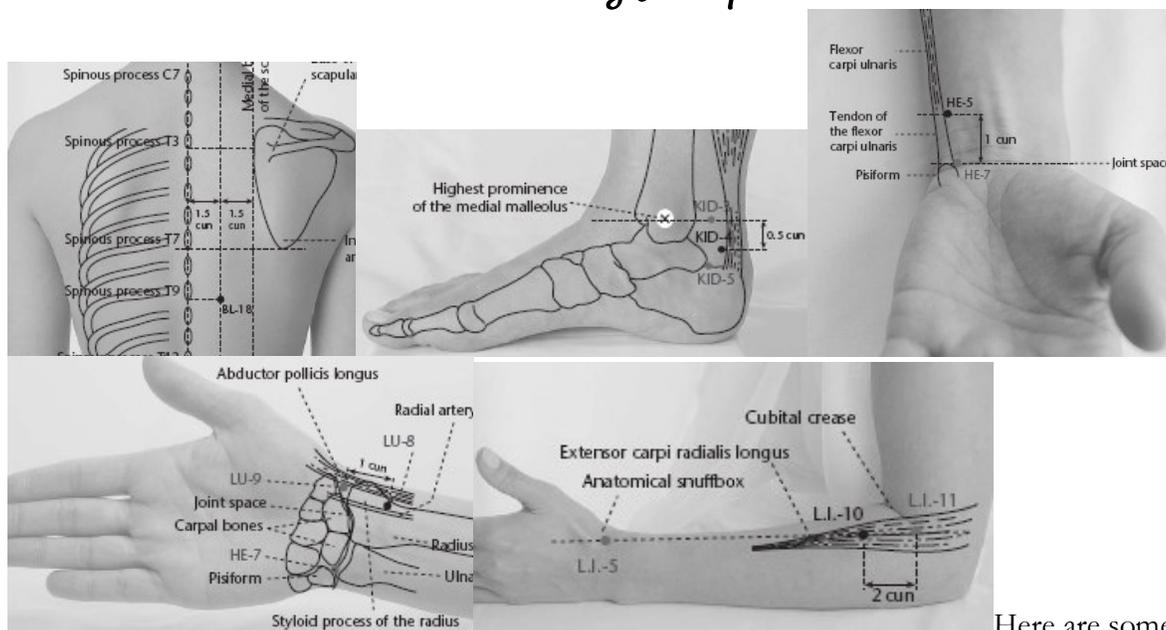
Could be referred to "*Taiji* Holographic and Correspondence" attached to this lecture.

Because of "the connection of the same-named meridian", they help each other and can be combined with each other in treatment. They have the passage to make the couple meridians connected with each other. For instance, the hand and foot *TaiYin* meridians are connected with each other near point *ZhongFu* (LU 1); the hand and foot *YangMing* meridians are connected with each other at point *YingXiang* (LI 20); the hand and foot *ShaoYin* meridians are connected with each other in the heart at point *JiQuan* (HE 1); the hand and foot *TaiYang* meridians are connected with each other at point *JingMing* (BL 1); the hand and foot *JueYin* meridians are connected with each other at point *TianChi* (PC 1); and the hand and foot *ShaoYang* meridians are connected with each other at point *TongZiLiao* (GB 1).

The combination of points of the same-named meridians is often introduced in the ancient songs of acupoints.



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Here are some examples from

the book *BaiZhengFu* (Ode of One Hundred Symptoms): "Treatment of deafness relies on

TingHui (GB 2) and *YiFeng* (SJ 17)". *TingHui* is the point of the gallbladder meridian and *YiFeng* is the point of *SanJiao* meridian. These two meridians are same-named meridians; "In case of dislike of speaking and preference of lying flat, select *TongLi* (HT 5) and *DaZhong* (KI 4)." *TongLi* is the point of the heart meridian and *DaZhong* is the point of the kidney meridian. The two points are from the same-named hand and foot meridians of *ShaoYin*; "For the eye disease, needle *GanShu* (BL 18) and *ShaoZe* (SI 1)." *GanShu* is the point of the bladder meridian and *ShaoZe* is the point of the small intestine meridian. They are from the same-named meridians, the hand and foot *TaiYang* meridians. Besides, it is also said in the book *XiHongFu*: "In case of febrile disease with anhidrosis, needle *DaDu* and *JingGu* (LU 8), "Needling *ShouSanLi* (LI 10) and *ZuSanLi* may treat food retention and abdominal distention." The former two points are from the hand and foot *TaiYin* meridians; and the latter the hand and foot *YangMing* meridians. Such examples of both the ancient and modern times are numerous, enough to prove that selection of points from the same-named meridians in treatment is one of the commonly used practical methods.

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Taiji Holography and Correspondence

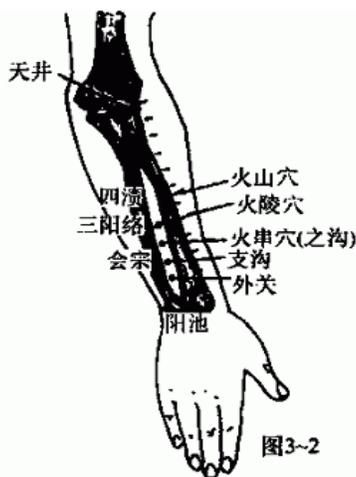
Holographic acupuncture technique is derived from the theory of holography, which considers that a relative independent part of an organic body is the same as the whole in chemical structure pattern, and is the narrowed form of the whole in proportion. In another word, the local is the miniature of the whole. Such biological holographic phenomena can be seen everywhere. In Chinese medicine, the tongue diagnosis and pulse palpation are the very concrete phenomena. Besides, observation of the face is another example. All these show that each relative independent part is the miniature of the whole.

In fact, this theory is originated from *Taiji*. In the theory of *Taiji* and *YuanQi* in *Yijing*, there is an important point of view, that is, the local may manifest the general. It is also an important point of view in traditional Chinese medicine: correspondence between heaven and man. It considers that human body itself is a small universe, and any local part of human body is a miniature organic structure of the whole body. In another word, the whole includes the local and the local manifests the information of the whole. Such thought has been applied in the field of Chinese medicine in diagnosis and practice and created a special TCM holographic medicine.

Early in the book "The annals of Lu's Family", it says: "Like all parts of the human body, all the things in the universe form the universal harmony in the world." The theory of *Taiji* was greatly developed after *Song* dynasty. From the theory of *Taiji*, the thinking of holography was derived, saying that "each object is an organic integrity and an organic integrity is a universe". The Confucian scholars of *Song* dynasty further pointed out the "man exists in the universe and there is a universe in man". The Confucian of *Song* dynasty *ZhuXi* clearly pointed out that "everything has a *Taiji*". As for the interrelationship between the universe and man, the human body is a small universe and is the holographic structure of the universe". Furthermore, each human body is an organic integrity and each local part of the body is a miniature of the whole body.

The *Taiji* of the human body takes the umbilicus as the core. This is because the acquired is based upon the congenital and the nutrition is supplied by the umbilical cord at the beginning of life. The part of the body above the diaphragm is known as upper energizer, (*ShangJiao*) that between the diaphragm and the umbilicus is known as the middle energizer (*ZhongJiao*) and that below the umbilicus is known as the lower energizer (*XiaJiao*). However, according to the theory of holography that "one object is a *Taiji* and each local part of the object is a small *Taiji*", there are many miniatures of *Taiji* on the body.

The Major Taiji

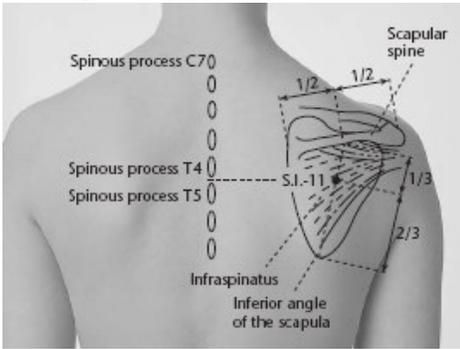


There is a *Taiji* in each of the upper and lower extremities. The upper extremity takes the elbow as its *Taiji* and the lower extremity takes the knee as its *Taiji*. Furthermore, there are correspondence and inverse correspondence respectively. Compare with the umbilicus, this could be considered as the holography of grade one. With the upper extremities naturally dropping down, there is a natural correspondence between the arm and the trunk: the upper arm corresponds to the chest (or back) and epigastrium; the elbow corresponds to the umbilicus (waist); the forearm corresponds to the lower abdomen (lumbosacral area); and the hand corresponds to the external genitalia. For instance, we can select points of the forearm to treat diseases of the lower abdomen or lumbosacral area, and the points of the hand to treat diseases of the external genitalia (or in return, select points of the lower abdomen and lumbosacral area to treat diseases of the forearm). Based upon this theory, Master Tung used to needle the five points of the hand including *Dajian* (11.01) to treat hernia.

When the upper extremity and the trunk are placed inversely, there is also a correspondence (known as inverse correspondence between the arm and trunk) as follow: the hand (wrist) corresponds to the head (neck); the forearm corresponds to the chest (back) and epigastrium; the elbow corresponds to the waist; the upper arm

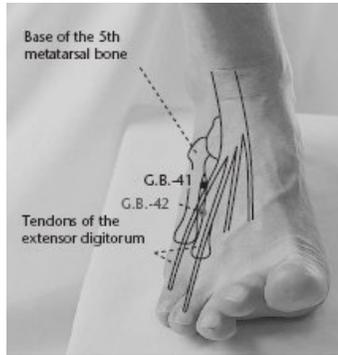
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corresponds to the lower abdomen (or lumbosacral region); and the shoulder corresponds to the external genitalia. For instance, we can select points of the forearm to treat diseases of the chest and epigastrium (such as *NeiGuan* and *HuoChaun* 火串 (33.04) and *HouLing* 火陵(33.05) to treat palpitation and stuffiness in the chest); we can also select the points of the upper arm to treat diseases of the lower abdomen (on the contrary, we can select points of the chest, epigastrium and lower abdomen to treat diseases of the forearm and upper arm). That's why Master Tung often selected *TianZong* (SI 11) and *YunBai* (44.11) at the shoulder to treat vaginal diseases in gynecology and points of the finger are often selected to treat diseases of the headache nowadays. With the same principle, selecting points of the fingers to treat diseases of the head is now very popular.



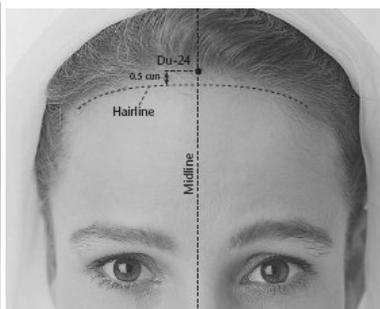
When the lower extremity and the trunk are placed in sequence (the sequence between the foot and the trunk), there is the correspondence as follow: the thigh corresponds to the chest (back) and epigastrium; the knee corresponds to the umbilicus (waist); the leg corresponds to the lower abdomen (lumbosacral region); the foot corresponds to the external genitalia. In case of diseases of the chest and back, needle the points on the thigh. For diseases of the lower abdomen, needle the points on the leg. On the contrary, for diseases of the thigh and leg, we can needle the points of the chest and abdomen.

Clinically, we often select point *SiMa* on the thigh to treat the lung, and *SanTong* (通关 88.01, 通山 02, 通天 03) to treat the heart. Personally, I often select *MenJin* to treat dysmenorrhoea, *DaDun* and *YinBai* to treat uterine bleeding, *FuLiu* to treat lumbosacral pain and *SanYinJiao* to treat lower abdominal pain, etc.



When the lower extremities and the trunk are placed inversely, there is a correspondence as follow: the foot corresponds to the head; the ankle corresponds to the neck; the leg corresponds to the chest (back) and epigastrium; the knee corresponds to the umbilicus (waist); and the thigh corresponds to the lower abdomen (lumbosacral region).

If there is illness in the chest and epigastrium, needle the points on the leg. For diseases of the lower abdomen, needle the points of the thigh. On the contrary, the points of the chest and epigastrium are indicated in diseases of the thigh and leg. Master Tung used to select *ZhengJin* and *ZhengZong* to treat disorders of the neck, I personally often select *ZuLingQi* (GB 41) to treat migraine, *XianGu* (ST 43) to treat *YangMing* headache and *ShuGu* (BL 65) to treat occipital headache.



According to the above correspondence, the fingers and toes may correspond to the vertex where *BaiHui* and *ShenTing* (Du 24) are located, and this is why the *Jing*-well points can be used to treat mental disorders and acute apoplexy in emergency management. For instance *LiDui* (ST 45) and *YinBai* (SP 1) are often used to treat frequent nightmare, and

DaDun (LR 1) and *ShaoShang* (LU 11) collectively known as ghost points to treat depressive psychosis. Wrist and ankle correspond to the neck. In addition to *ZhengJin* which is indicated in stiffness of the neck, points around

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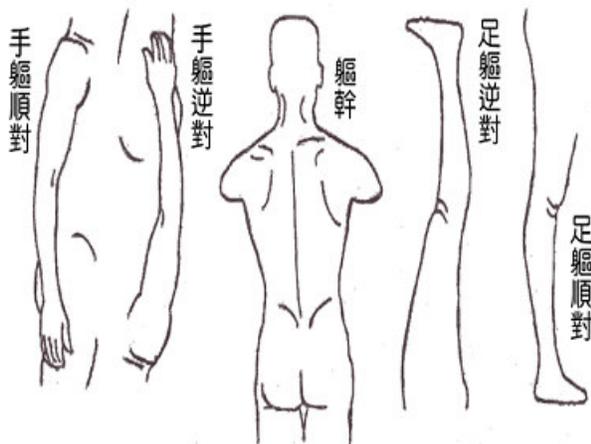
the wrist and ankle are also often selected to treat neck disorders. For example, *LieQue* is indicated in stiffness and pain of the neck.

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身軀對應可分四項(見下表):

對應部位	頭	胸脘(背)	臍	下腹(腰)	陰部
手軀順對	肩	上臂	肘	下臂	手
手軀逆對	手	下臂	肘	上臂	肩
足軀順對	髖	大腿	膝	小腿	足
足軀逆對	足	小腿	膝	大腿	髖

Location in correspondence	Head	Chest and Epigastrium (Back)	Umbilicus	Lower Abdomen (Waist)	External Genitalia
Correspondence between Upper Extremity and Trunk	Shoulder	Upper Arm	Elbow	Forearm	Hand
Inverse Correspondence Between Upper Extremity and Trunk	Hand	Forearm	Elbow	Upper Arm	Shoulder
Correspondence between Lower Extremity and Trunk	Hip	Thigh	Knee	Leg	Foot
Inverse Correspondence between Lower Extremity and Trunk	Foot	Leg	Knee	Thigh	Hip



This kind of correspondence also exists between the upper and lower extremities. In correspondence, the elbow corresponds to the knee, the shoulder corresponds to the hip, the upper arm corresponds to the thigh, the forearm corresponds to the leg and the hand corresponds to the foot. For instance, shoulder points (such as *JianZhong*) can be selected to treat diseases of the hip. *QuChi* or *ChiZe* can be selected to treat diseases of the knee. On the contrary, points of the hip can be used to treat diseases of the shoulder and points of the knee can be used to treat

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diseases of the elbow. Personally, I often select *XiaoJie* to treat ankle pain and it is the treatment following the same principle.

In the inverse correspondence of the upper and lower extremities, there is the correspondence as follows: the shoulder corresponds to the knee; the forearm corresponds to the thigh and the hand corresponds to the hip. For example, we can select points on the shoulder to treat ankle diseases, and points of the forearm to treat thigh diseases. On the contrary, we can select points on the foot to treat diseases of the shoulder, and points of the thigh to treat diseases of the forearm. Master Tung often selected *LingGu* and *HouXi* on the hand to treat sciatica. Personally, I often select *ZhiGou* and *WaiGuan* to treat soreness and pain of the thigh.

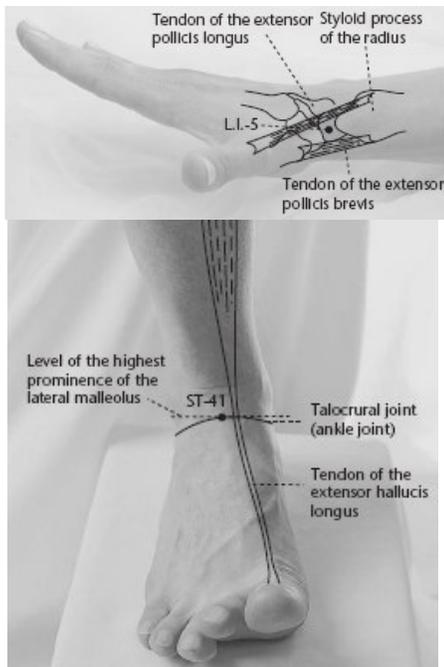
The above correspondence is tabled with illustration as follow:

However, the most frequently used in clinic is the consequent correspondence of the upper and lower extremities. This method is based on the theory of congenital eight diagrams in *YiJing*. (See Chapter: The Principle of the Open, Close and Pivot, and the Extraordinary Connections of *ZangFu*)

The Correspondence between Upper Extremity and Lower Extremity

Shoulder	Upper Arm	Elbow	Forearm	Hand
Hip	Thigh	Knee	Leg	Foot

Since the lung and large intestine correspond to the spleen and stomach, they are often used to treat each other



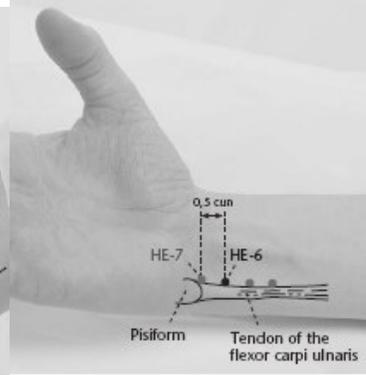
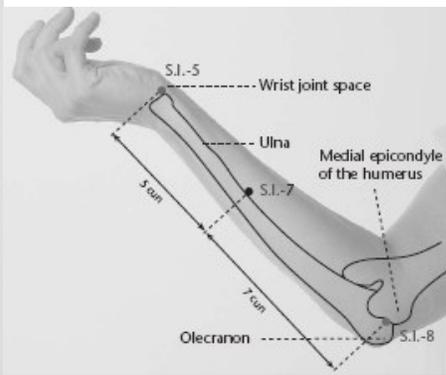
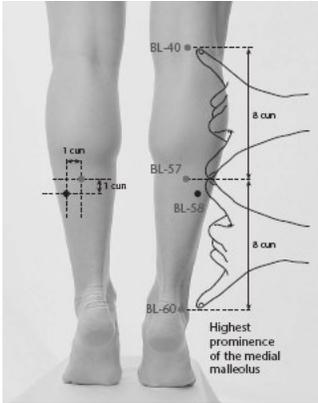
in treatment. But selecting points from the same-named meridians is the most frequently used one. That is , the lung meridian of hand *TaiYin* and the spleen meridian of the foot-*TaiYin* are used to treat each other, so are the large intestine meridian of hand *YangMing* and the stomach meridian of foot *YangMing*, the heart meridian of hand *ShaoYin* and the kidney meridian of foot *ShaoYin*, the small intestine meridian of hand *TaiYang* and the urinary bladder meridian of foot-*TaiYang*, the pericardium meridian of hand-*JueYin* and the liver meridian of the foot *JueYin* and the *SanJiao* meridian of hand *ShaoYang* and the gallbladder meridian of foot *ShaoYang*.

Here are some examples. Diseases of the meridian of hand-*TaiYin* can be treated through needling the points of spleen meridian of foot-*TaiYin*. The pain of *ShaoShang* can be treated through needling *YinBai* and vice versa; the pain at *TaiYuan* can be treated by needling *ShangQiu* and vice versa; the pain at *ChiZe* can be treated by needling *YinLingQuan* and vice versa. The treatment of diseases of the hand-*YangMing* and foot-*YangMing* meridians can also follow the same principle. The pain at *XianGu* can be treated through needling *HeGu*; the pain at *YangXi* (LI 5) can be treated through needling *JieXi* (ST 41); and *ShouSanLi* and *ZuSanLi* can be used in the same

way. The heart meridian of hand-*ShaoYin* and the kidney meridian of the foot-*ShaoYin* are the same. The pain at *TongLi* can be treated by needling *TaiXi* and vice versa. So are the *TaiYang* meridians. The pain at *HouXi* can be treated by needling *ShuGu* and vice versa. In this way, the correspondent points can be selected to treat each other.

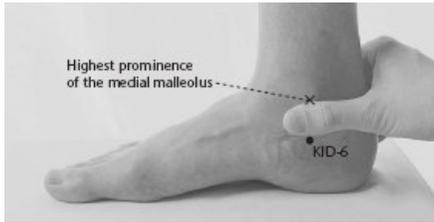
The following are some more examples: *ZhongZhu* (SJ 3) and *ZuLingQi* (GB 41) can be selected to treat each other, and *WaiGuan* (SJ 5) and *XuanZhong* (GB 39) can also be selected to treat each other. The general pattern to follow is to select *Jing*-well point for *Jing*-well point, *Ying*-spring point for *Ying*-spring point, *Shu*-stream point for *Shu*-stream point, *He*-sea point for *He*-sea point, or finger tip for toe tip, wrist for ankle, and elbow for knee.

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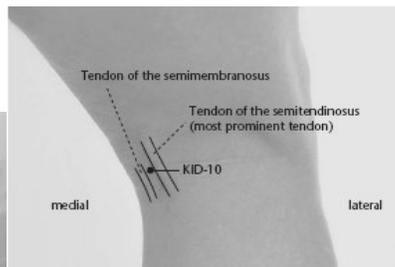
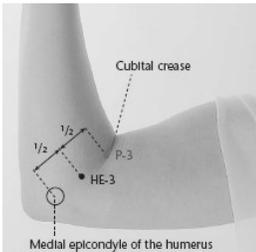
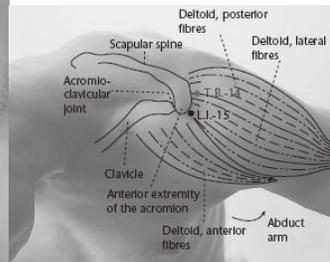
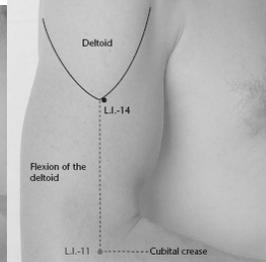
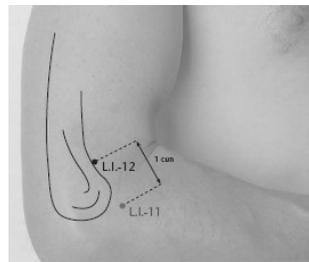
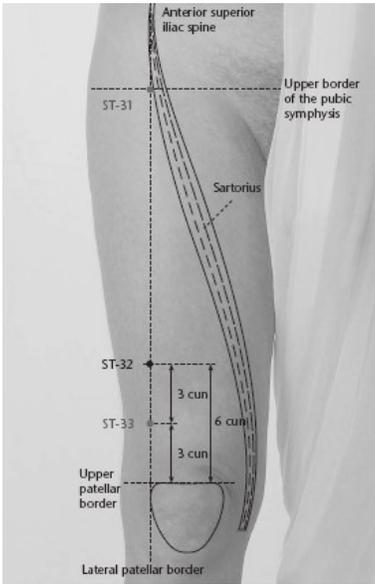


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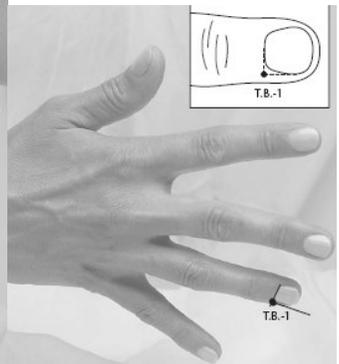
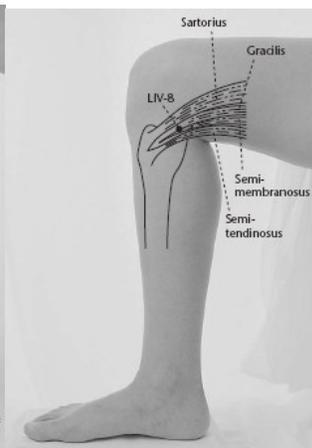
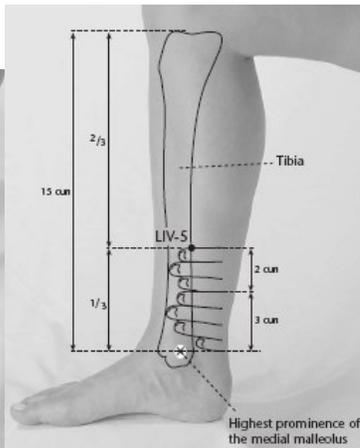
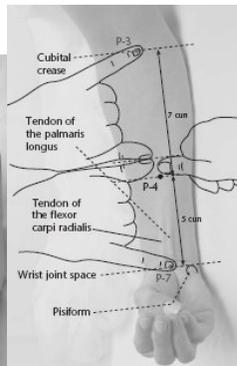
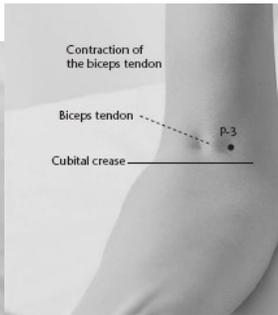
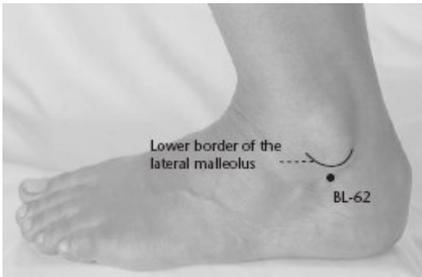
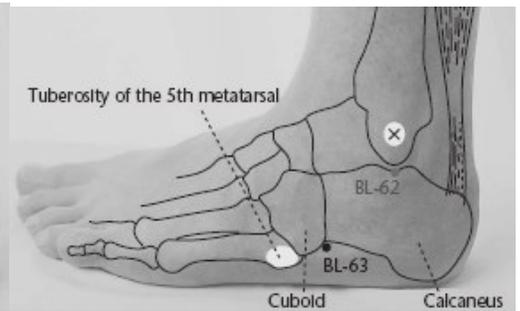
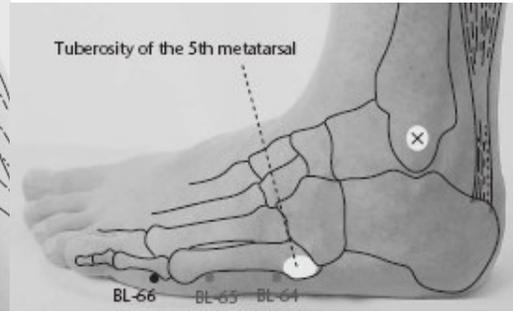
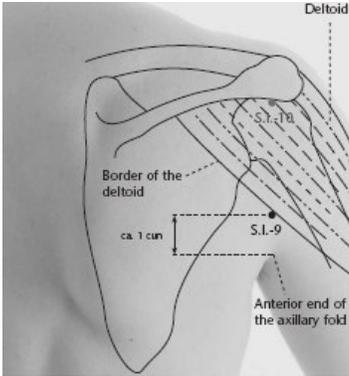
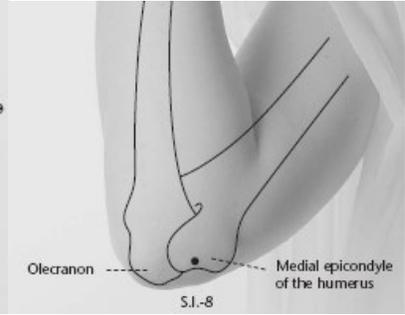
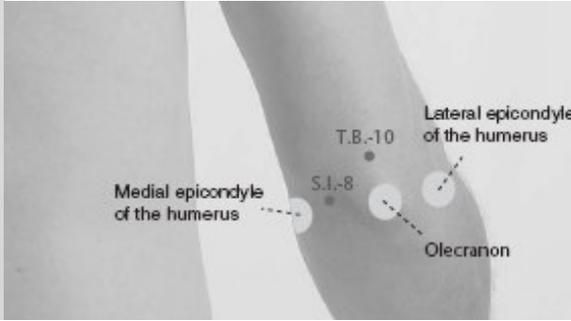
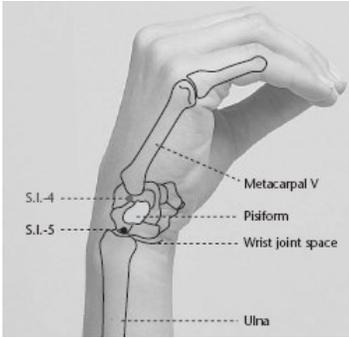
such correspondence between the hand and foot can even be enlarged to the treatment of not only the diseases of the upper and lower limbs but also the internal diseases or other diseases. For example, *HeGu* and *TaiChong* are all indicated in eye diseases; *ZhongZhu* and *ZuLingQi* are all indicated in ear disease; *LieQue* and *ZhaoHai* (KI 6) are all indicated in throat diseases; *NeiGuan* and *SanYinJiao* are all indicated in diseases of the heart and chest; *ShouSanLi* and *ZuSanLi* are all indicated in gastro-intestinal



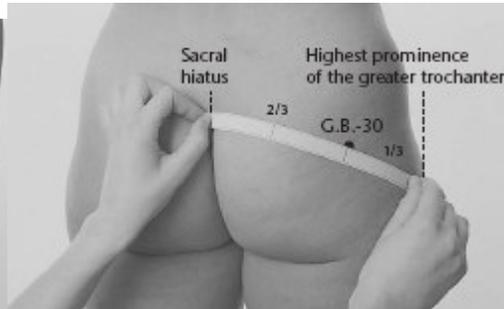
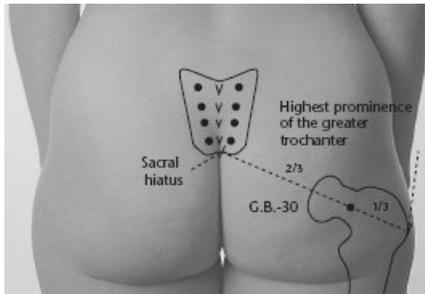
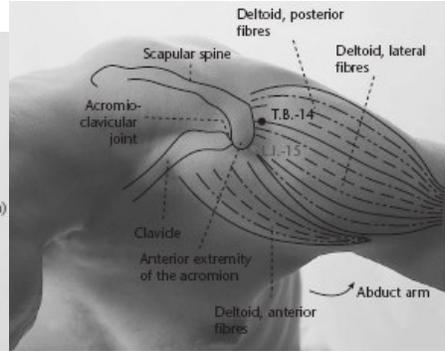
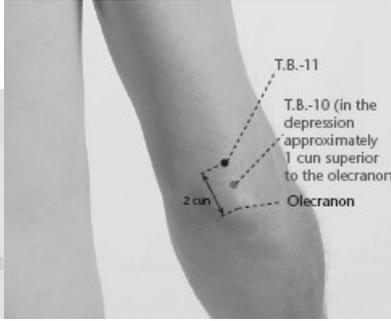
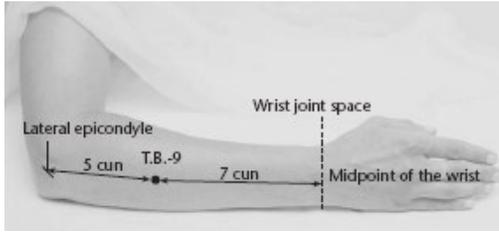
diseases; *WeiZhong* and *QuChi* are all indicated in diseases of the lower back; *ShenMen* (HT 7) at the wrist and *DaZhong* (KI 4) at the ankle are all indicated in dementia; *YinXi* (HT 6) and *FuLiu* are all indicated in night sweating; *ZhiZheng* (SI 7) of the small intestine meridian of the hand-*TaiYang* and *FeiYang* (BL 58) are often selected together to treat vertigo; *YuJi* (LU 10) and *GongSun* (SP 4) are all indicated in stomach diseases and infantile malnutrition; *ShaoZe* (SI 1) can promote lactation and *ZhiYin* (UB 67) can correct malposition of fetus, and they are all indicated in gynecological diseases; and *XuanZhong* (GB 39) and *WaiGuan* (SJ 5) are all indicated in neck sprain, etc. Such application will make acupuncture treatment more flexible and convenient.



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The correspondence between the same-named meridians of hand and foot is listed as follows:

The Lung Meridian of Hand- <i>TaiYin</i>	The Spleen Meridian of Foot- <i>TaiYin</i>
<i>ShaoShang</i> (LU 11)	<i>YinBai</i> (SP 1)
<i>YuJi</i> (LU 10)	<i>TaiBai</i> (SP 3)
<i>TaiYuan</i> (LU 9)	<i>ShangQiu</i> (SP 5)
<i>LieQue</i> (LU 7)	<i>San YinJiao</i> (SP 6)
<i>ChiZe</i> (LU 5)	<i>YinLingQuan</i> (SP 9)
The Large Intestine Meridian of Hand- <i>YangMing</i>	The Stomach meridian of Foot- <i>YangMing</i>
<i>ShangYang</i> (LI 1)	<i>LiDui</i> (ST 45)
<i>HeGu</i> (LI 4)	<i>XianGu</i> (ST 43)
<i>YangXi</i> (LI 5)	<i>JieXi</i> (ST 41)
<i>ShouSanLi</i> (LI 10)	<i>ZuSanLi</i> (ST 36)
<i>QuChi</i> (LI 11)	<i>DuBi</i> (ST 35)
<i>ZhouLiao</i> (LI 12)	<i>LiangQiu</i> (ST 34)
<i>BiNao</i> (LI 14)	<i>FuTu</i> (ST 32)
<i>JianYu</i> (LI 15)	<i>BiGuan</i> (ST 31)
The Heart Meridian of Hand- <i>ShaoYin</i>	The Kidney Meridian of Foot- <i>ShaoYin</i>
<i>ShaoFu</i> (HT 8)	<i>RanGu</i> (KI 2)
<i>ShenMen</i> (HT 7)	<i>ZhaoHai</i> (KI 6)

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<i>TongLi</i> (HT 5) <i>ShaoHai</i> (HT 3)	<i>TaiXi</i> (KI 3) <i>YinGu</i> (KI 10)
The Small Intestine Meridian of Hand- <i>TaiYang</i>	The Bladder Meridian of Foot- <i>TaiYang</i>
<i>ShaoZe</i> (SI 1) <i>QiangGu</i> (SI 2) <i>HouXi</i> (SI 3) <i>WanGu</i> (SI 4) <i>YangGu</i> (SI 5) <i>YangLao</i> (SI 6) <i>ZhiZheng</i> (SI 7) <i>XiaoHai</i> (SI 8) <i>NaoShu</i> (SI 10)	<i>ZhiYin</i> (BL 67) <i>TongGu</i> (BL 66) <i>ShuGu</i> (BL 65) <i>JinMen</i> (BL 63) <i>ShenMai</i> (BL 62) <i>KunLun</i> (BL 60) <i>ChengShan</i> (BL 57) <i>WeiZhong</i> (BL 40) <i>ChengFu</i> (BL 36)
The Pericardium Meridian of Hand- <i>JueYin</i>	The Liver Meridian of Foot- <i>JueYin</i>
<i>ZhongChong</i> (PC 9) <i>LaoGong</i> (PC 8) <i>DaLing</i> (PC 7) <i>XiMen</i> (PC 4) <i>QuZe</i> (PC 3)	<i>DaDun</i> (LR 1) <i>TaiChong</i> (LR 3) <i>ZhongFeng</i> (LR 4) <i>LiGou</i> (LR 5) <i>QuQuan</i> (LR 8)
The <i>SanJiao</i> Meridian of Hand- <i>ShaoYang</i>	The Gallbladder Meridian of Foot- <i>ShaoYang</i>
<i>GuanChong</i> (SJ 1) <i>ZhongZhu</i> (SJ 3) <i>YangChi</i> (SJ 4) <i>WaiGuan</i> (SJ 5) <i>SiDu</i> (SJ 9) <i>QingLengYuan</i> (SJ 11) <i>JianLiao</i> (SJ 14)	<i>ZuQiaoYin</i> (GB 44) <i>ZuLingQi</i> (GB 41) <i>QiuXu</i> (GB 40) <i>XuanZhong</i> (GB 39) <i>YangLingQuan</i> (GB 34) <i>FengShi</i> (GB 31) <i>HuanTiao</i> (GB 30)

The Medium Taiji (Holography Grade 2)

The medium *Taiji* is also known as holography grade 2. It takes the wrist and ankle as the core (*Taiji*), covering the fingers and toes, and the forearm and the middle section of the leg. It is listed as follow:

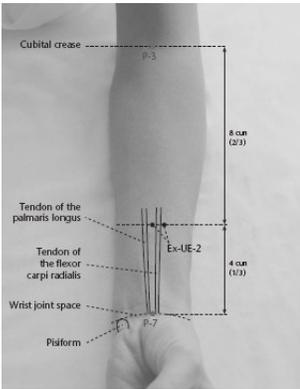
Correspondent Location	Head	Chest and epigastrium (back)	Umbilicus	Lower abdomen (lower back)	External Genitalia
Hand	Finger	Palm	Wrist	Forearm	Forearm

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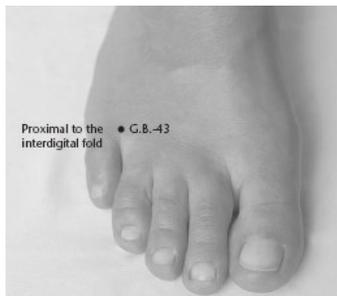
				(distal part)	(middle part)
Foot	Toe	Dorsum of foot	Ankle	Leg (distal part)	Leg (middle part)

The application of the theory was often used in ancient acupuncture (see Acupuncture Songs). Many of the applications are related to holography.

The examples are listed as follows:



<i>GuanChong</i> (SJ 1)	Ear	<i>QiaoYin</i> (GB 44)
<i>DaGuKong</i> (Extra)	Eye	<i>XingJian</i> (LR 2)
<i>ErJian, SanJian</i> (LI 2, 3)	Throat	<i>TaiChong</i> (LR 2), <i>TaiBai</i> (SP 3)
<i>LaoGong</i> (PC 8)	Heart and Chest	<i>YongQuan</i> (KI 1)
<i>YuJi</i> (LU 10)	Stomach	<i>GongSun</i> (SP 4)
<i>WanGu</i> (SI 4)	Waist and Navel	<i>ZhongFeng</i> (LR 4), <i>KunLun</i> (BL 60)
<i>NeiGuan</i> (PC 6)	Lower Abdomen	<i>SanYinJiao</i> (SP 6)
<i>ErBai</i> (Extra)	Anus	<i>ChengShan</i> (BL 57)



In the correspondence of medium *Taiji* (holography grade 2) introduced above, *TaiXi* corresponds to the kidney and is therefore often selected to treat renal colic. *ShuiQuan* (KI 5) corresponds to *TianShu* (ST 25) at the navel, and is therefore often used by ancient doctors to treat delayed menstruation (*TianShu* is also a point of indication in *BiJing* – amenorrhea). *ZhiGou* (SJ 6) and *ChengShan* (BL 57) correspond to the sacrococcygeal area and are therefore indicated in constipation and coccygeal pain.

According to the holography of grade 1 and 2 that often appears in classical literature, the application of points for common diseases are listed as follow:

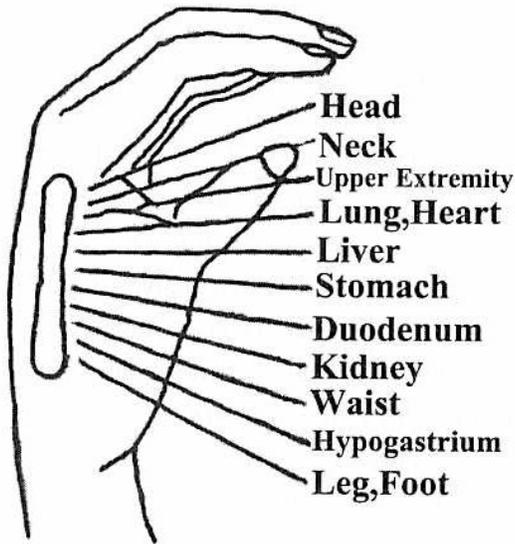
Location of disease	Most Commonly Used Point
Head and Face	<i>HeGu</i> (LI 4)
Eyes	<i>HeGu</i> (LI 4) , <i>TaiChong</i> (LR 3)
Throat	<i>ShaoShang</i> (LU 11), <i>HeGu</i> (LI 4), <i>ZhaoHai</i> (KI 6), <i>TaiChong</i> (LR 3)
Chin	<i>YangGu</i> (LI 5), <i>XiaXi</i> (GB 43)
Neck	<i>ChengJiang</i> (Ren 24), <i>HouXi</i> (SI 3), <i>SuGu</i> (BL 65)
Chest	<i>DaLing</i> (PC 7), <i>NeiGuan</i> (PC 6), <i>YongQuan</i> (KI 1), <i>JianShi</i> (PC 5)
HypoChondrium	<i>ZhiGou</i> (SJ 6), <i>YangLingQuan</i> (GB 34), <i>WanGu</i> (SI 4)
Abdomen	<i>ZuSanLi</i> (ST 36)
Navel	<i>YinLingQuan</i> (SP 9), <i>QuQuan</i> (LR 8), <i>ZhongFeng</i> (LR 4)

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Urinary Organs	<i>YinLingQuan</i> (SP 9), <i>SanYinJiao</i> (SP 6), <i>DaDun</i> (LR 1)
Women's Disease	<i>SanYinJiao</i> (SP 6)
External Genitalia	<i>SanYinJiao</i> (SP 6), <i>DaDun</i> (LR 1)
Anus	<i>ChengShan</i> (BL 57), <i>BaiHui</i> (Du 20), <i>ErBai</i> (Extra)
Shoulder	<i>ZhongZhu</i> (SJ 3), <i>ZhiGou</i> (SJ 6)
Waist (Lower Back)	<i>WeiZhong</i> (BL 40), <i>KunLun</i> (BL 60)

The Minor Taiji

In case of subdivision of the hand, arm, foot and leg, each part is related to the whole body and can be used to treat diseases of the whole body. According to the theory of holography, any minor part of the body, including the head, is a miniature of the whole and has the points corresponding to the different parts of the body respectively.



For instance, the radial side of the second metacarpal bone can be divided into small regions respectively corresponding to the hand, upper energizer, middle energizer, lower energizer and external genitalia. Starting from the root of the finger to the root of the palm where the trapezium is, there locate the points respectively corresponding to the head, neck, upper limb, lung, liver, stomach, duodenum, kidney, waist, lower abdomen, leg and foot. The ulnar side of the fifth metacarpal bone also has the same correspondence.

Regarding to the division of small parts, from metacarpophalangeal joints (head) to carpometacarpal joints is originally divided into 3 parts, the upper, middle, and lower. The upper part corresponds to the head, heart and lung. The middle part corresponds to the spleen, stomach, liver and gallbladder. The lower part corresponds to the kidney, bladder and lower limbs. Later, the 3 parts were developed into 11 points. Their

locations are as follow: the midpoint between the point Head, and Leg and Foot is Stomach; the midpoint between Stomach and Leg and foot is Waist; the midpoint between the Head and Stomach is Heart and Lung; the distance between Head, and Heart and Lung is divided into 3 equal parts: connecting point of the upper one-third and middle one-third is Neck, the connecting point of the middle and lower one-third is Upper Limb; the midpoint between Stomach, and Heart and Lung is Liver. The distance between Liver and Waist is then divided into 3 equal parts, the connecting point between the upper and middle one-third is Duodenum; the connecting point of the middle and lower one-third is Kidney; the midpoint between Waist and Leg and Foot is Hypogastrium. The division of other parts of the body such as upper arm, forearm, thigh and leg also follows the same principle.

However, I have to point out that:

1. Each point should be considered as a small area that includes the corresponding locations and organs. For example, point Head includes head, eyes, ears, nose, mouth and teeth, etc.; point Neck includes neck, throat, thyroid gland, trachea, etc.; point Leg includes leg and knee; and point Foot includes foot, ankle and toe.
2. The terminal end of each part is the starting point of another part that can be selected to treat diseases of both parts, besides, each part also has both consequent and reverse correspondence.

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Distribution of Tung's extraordinary points is very much based upon biological holography. Master Tung emphasized that all the local points could treat diseases of the whole body. Though he divided the whole body into 12 therapeutic regions, each of them can be used to treat diseases of the whole body. In his clinical treatment, it was often the patients that decided to select points on either hand or foot. The points of the same therapeutic category are located on both upper and lower limbs. The examples are *ZhiWuJin* 指五金(11.08), *ShouWuJin* (33.08) and *ZuWuJin* (77.25), and *ZhiSiMa* 指驷马 (11.07), and *ZuSiMa* (88.17.18.19). Moreover, one group of points may also imply the significance of holography. For instance, *LingGu* (22.05) and *DaBai* (22.04) are often selected to warm *Yang* and supplement

Qi and their indications almost cover the whole body. Their therapeutic effect is so high that the other points cannot compare. Point *DaBai* overlaps *SanJian* that is the point of large intestine meridian and point *LingGu* is located between *HeGu* and the junction of the first and second metacarpal bones. Simultaneous selection of the two points covers the location of the *Yuan*-source and *Shu*-stream points. From the point of view, *DaBai* dominates the upper energizer and *LingGu* dominates the lower energizer. Besides, the two points are needled deeply, penetrating through all the three energizers transversely and perpendicularly, and thus the therapeutic effect.

Another example is point *WuHu* that has five points distributing from the fingertip to the palm, respectively known as *WuHuYi*, *WuHuEr*, *WuHuSan*, *WuHuSi* and *WuHuWu*. Master Tung used to select this point to treat swelling of joints. Actually, the location and indication of the points imply holographic significance. *WuHuYi* is often selected to treat finger pain, palm pain and tenosynovitis. *WuHuSan* is often needled to treat pain of toes. *WuHuEr* is mainly used to enhance the therapeutic effect of *WuHuYi* and *WuHuSan*. *WuHuSi* is used to treat pain of the dorsum of foot. *WuHuWu* is needled to treat heel pain.

Furthermore, some groups of points on the thigh and leg are indicated in disorders of the whole body. For example, *SiMaHuang* (88.18), *SiMaZhong* (88.17) and *SiMaXia* (88.19) are indicated in diseases of the lung system; *TianHuang* (88.13), *MingHuang* (88.12), and *QiHuang* (88.14) are indicated in liver diseases; *ShenGuan*, *RenHuang* and *DiHuang* are indicated in disorders of renal system. The meeting point (lowest point of each part and the utmost point of the connected one) is indicated in diseases of both the corresponding upper and lower. For example, *LingGu* can be selected to treat both heel pain and dizziness, and *QuChi* can be needled to treat both dizziness and knee pain.

In the point-coupling technique, Master Tung often selected 2 or 3 needles puncturing together in row, and the method implies the significance of correspondence in holography, the points on the thigh in particular, which are often used to treat disorders of internal *ZangFu* organs. For example, *SiMaShang*, *SiMaZhong* and *SiMaXia* are indicated in diseases of the lung system; *TongGuan*, *TongShan* and *TongTian* are indicated in diseases of the heart system; *MingHuang*, *RenHuang* and *QiHuang* are indicated in liver diseases; and *TongShen*, *TongWei* and *TongBei* are indicated in diseases of the kidney. It can be seen that the upper point is indicated in diseases of the upper, the middle point is indicated in diseases of the middle and the lower point is indicated in diseases of the lower. The therapeutic effect of such integral correspondence is quite prominent.

Now let's see the holographic distribution of the head. It was expounded early in Chapter 49 of *LingShu*. It is considered that the tip of the nose is taken as the center (*TaiJi*), corresponding to the head and face; the midpoint between the eyebrows corresponds to the lung and the point slightly above it corresponds to the throat; the midpoint between the eyes corresponds to the heart; the midpoint of the nasal spine corresponds to the liver; the tip of the nose corresponds to the spleen; the ala nasa corresponds to the stomach; the lateral side of the point Liver corresponds to the gallbladder; the area below the zygoma and cheek corresponds to the large intestine (directly between the outer canthus); the area from the zygoma to the cheek corresponds to the kidney (it level with the lower border of the nose)

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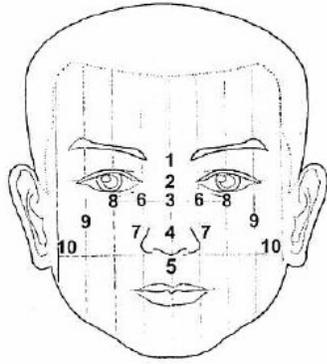


Illustration 8

1. Lung 2. Heart 3. Liver 4. Spleen 5. Urinary bladder and uterus
6. Gallbladder 7. Stomach 8. Small intestine 9. Large intestine 10. Kidney

According to the holographic correspondence, *RenZhong* is often clinically selected to treat pain of the spine and lumbus; *JuLiao* (ST 3) (corresponding to *ShenShu* [BL 23]) is often selected to treat diseases of the lumbus; *MajinShui* (which is located below the zygoma and corresponds to the kidney and lumbus) is often selected to treat lower back pain and renal stone; *DuiDuan* (Du 27) is often selected to treat diseases of the urinary system; and *YinTang* (Extra) is often selected to treat insomnia with its sedative function, etc.

Each part of the body has both consequent and reverse correspondence, so does the head. As shown, the area below *ChengJiang* corresponds to the throat; mouth corresponds to the heart; *RenZhong* corresponds to the esophagus; nose corresponds to the stomach; the area around the eye corresponds to the kidney; forehead corresponds to the intestines; and the top of forehead corresponds to the bladder and uterus.

Clinically, this kind of correspondence could be used in observation and treatment of diseases. Areas 13 and 26 correspond to bronchus; areas 11 and 24 corresponds to lungs, and needling *ShuiJin* (1010.20) and *ShuiTong* (1010.19) obliquely downward and subcutaneously through zygoma (from the bronchus to the lung) is very effective for cough and asthma; in case of pulmonary tuberculosis, deficiency of *Yin* of the lung and heat in the lung, there may appear redness in areas 11 and 24, the areas below zygoma; in case of asthmatic breathing, there may appear bluish color in the areas 13 and 26; the lips correspond to the heart, and pathological changes of the heart often change the color of the lips such as white in case of blood deficiency and purple in case of blood stasis; area 10, the tip of the nose, corresponds to the stomach, and brandy nose suggests damp heat in the stomach; areas 9 and 22, the zygomatic areas, correspond to the liver and spleen, and there may appear brown patches in these areas in case of damp in the liver and spleen or disharmony of the liver and spleen; areas 6 and 19 at the orbit correspond to the kidney, and dark color around the eyes suggests kidney deficiency, and edema of the eyelids suggests nephritis; area 5 corresponds to the transverse colon and lumbus, and needling *JingMing* (BL 1) and *ZanZhu* (BL 2) can treat lower back pain, and this therapeutic effect is based upon not only the meridian system but also holography.

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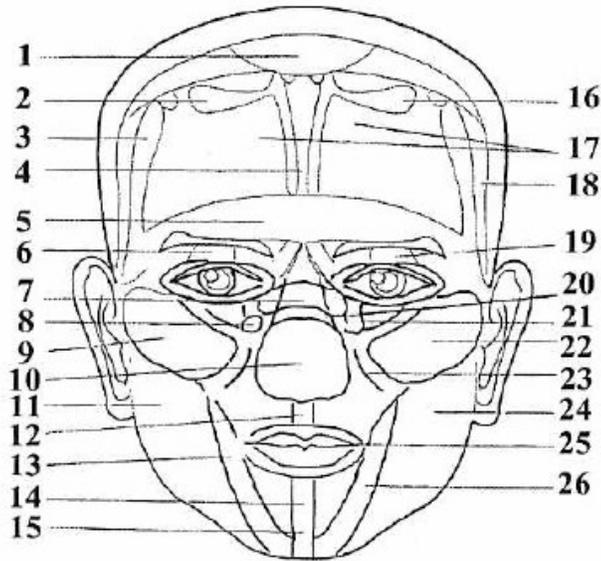


Illustration 9

1. Urinary Bladder and Uterus 2. Right Ovary and Right Testis 3. Ascending Colon
 4. Ureter 5. Transverse Colon 6. Right Kidney 7. Pancreas
 8. Right Adrenal Gland 9. Liver 10. Stomach 11. Right Lung
 12. Esophagus 13. Right Bronchus 14. Thyroid Gland 15. Throat
 16. Left Ovary and Right Testis 17. Small Intestine 18. Descending Colon
 19. Left Kidney 20. Duodenum 21. Left Adrenal Gland 22. Spleen
 23. Diaphragm 24. Left Lung 25. Heart 26. Left Bronchus

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Chapter Three

Diseases of ZangFu 脏腑疾病

For treating ZangFu organ diseases, I want first to introduce some general points. I will try to help you grasp the mechanism and therapeutic methods for various kinds of diseases in this limit period, and meanwhile, grasp the principles of point's selection as well. What will be introduced in this paragraph will give you a general understanding of a disease and its therapeutic methods in the shortest time. If you have profound research on some diseases, you will know more about point applications. Of course the therapeutic effect will be better. The more properties of points you are able to grasp, the deeper understanding of the points you will know, the better therapeutic effect there will be. Considering this, it will take more time to give further explanation. I will try to explain the therapeutic principles in this lecture even though the time is limited.

Cardiac Diseases 心脏病

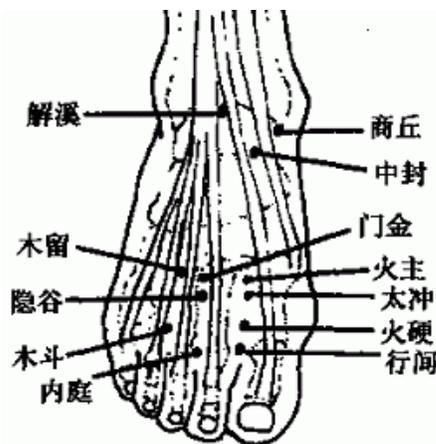
Angina Pectoris

A syndrome characterized by paroxysmal, constricting pain below the sternum, most easily precipitated by exertion or excitement and caused by ischemia of the heart muscle, usually due to a coronary artery disease, as arteriosclerosis.



1. *TongGuan* (88.01), *TongShan* (88.02)
2. It will bring a fairly good therapeutic effect by pricking *HuoBao* 火包(55.01) to induce bleeding. 火包穴，三棱针点刺放出黑血，有特效。
3. It will bring a fairly good therapeutic effect by pricking a place around the cubital crease located at *QuZe* (PC 3) and *ChiZe* (LU 5).
4. *TianZong* 天宗 (44.10) and *DiZong* 地宗 (44.09)
5. *HuoZhu* (66.04) and *HuoYing* 火硬 (66.03)

The most commonly used points Master Tung selected for treating cardiac diseases are *TongGuan* and *TongShan*. The most commonly used point from the fourteen meridians is *ZuSanLi*. The reason is the son could strengthen the mother. Also because the stomach



communicates with the pericardium and the *He-sea* points for treating viscera's diseases, thus *ZuSanLi* could be applied to treat cardiac diseases. It is a very good idea to combine *NeiGuan* and *ZuSanLi* for treating cardiac diseases. *TongGuan* and *TongShan* are both points often used by Master Tung, which are both on the stomach meridian and the function of these two points are exerted because of the stomach communicating with the pericardium. *FuTu* (ST 32) is between *TongGuan* and *TongShan*. *ZhenJiuDaCheng* says *FuTu* is the confluence of the blood vessel. Therefore, *FuTu* is a very good

point for regulating cardiac blood circulation. Because the stomach communicates with the pericardium and *FuTu* is the confluence of blood vessel, this point could bring a very good therapeutic effect in treating cardiac disease by considering treating the vessel by needling the vessel and treating the heart by needling the vessel.

The place where *TianZong* and *RenZong* 人宗 (44.10) are located is stout muscle. If the arm rotates forwardly, the hardness could be avoided. These two points are located on the lung meridian. It is easier to insert a needle alongside the blood vessel when the arm is rotated; if not, it will be difficult to insert the needle. In classic books, it recorded that needles were forbidden in this place. According to my opinion, maybe it is because thick needles

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were used at that time, and therefore susceptible to injuring blood vessels and nerves. This point is close to the artery, therefore, it can regulate blood circulation according to the theory of treating vessels by using vessels. Meanwhile, the heart is closely related to blood vessels, thus this point can be applied to treat cardiac diseases, even for bringing back a life.

The chief therapeutic property of *HuoYing* is to strengthen heart and can be applied to coma. Sometimes when *RenZhong* and *NeiGuan* were applied without bringing back consciousness, by stimulating *HuoYing* consciousness could be brought back, so as *TaiChong*. *HuoZhu* can treat paralyzes of the heart. Both *HuoYing* and *HuoZhu* can treat cardiac diseases. Underneath *HuoYing* and *HuoZhu* there is the *Chong* meridian. The theory of treating the vessel by stimulating the vessel and treating the heart by stimulating the vessel, and the location of *HuoZhu* is same as *TaiChong* and the meridian where *TaiChong* bears the same name of Pericardium meridian of hand *JueYin*. Those are the reasons for why *HuoZhu* has the function of strengthening the heart. Another saying: recent research proves that coronary artery spasm could not only induce angina pectoris but is also one of reasons for acute myocardial infarction and sudden death. TCM classifies blood vessel as aponeurosis (*i.e. to change to tendon*). Chapter 44 of *SuWen* states liver dominates aponeurosis. In chapter 5, 19 and 3 of the same book, there are records about aponeurosis. Liver dominates aponeurosis which composes tendons, thus in the TCM field, there is a perception of liver dominating aponeurosis. Liver and heart are closely related. Aponeurosis spasm will be included if liver *Qi* is stagnated due to liver *Yang* deficiency or emotional disturbance. Hence, heart vessel spasm will occur too. This is one of the reasons why *HuoZhu* and *HuoYing* from the liver meridian have the therapeutic effect. Because blood circulation could be regulated by following the theory of treating the vessel by stimulating the vessel, therefore the heart could be treated by following the theory of treating heart by stimulating the vessel. *HuoYing* and *HuoZhu* work better than *RenZhong* in more conditions as first aid. When there is acute coma, and *RenZhong* and *NeiGuan* can't bring back consciousness, puncture *TaiChong* or *HuoYing* or *HuoZhu*, the consciousness will be brought back. This is a very good example for the application of five element theory.

Acupuncture clinics could be better helped if extra studying is applied to chapter 51 of *SuWen* and chapter 7 of *LingShu*. According to my own study, Master Tung used chapter 51 and chapter 7 frequently, though he never said it clearly. After my study to his knowledge, I'd like to summarize his essence and present it to the public. If we know the mechanism, the applications of his points will be improved. Each of Master Tung's points has a profound reason. Not only in South Korea, but also China and USA, Master Tung's points are widely known. At present, plenty of people think that Master Tung's points and points from the fourteen meridians are two separate equal systems. In fact, the theory of Master Tung's points is a very complete system. At the beginning of the lecture, I've already explained it by applying extraordinary connection of *ZangFu*, *YiJing* and the theory of Open, Close and Pivot. *TianZong* and *RenZong* are very good points for strengthening the heart so that they can be used to treat cardiac diseases. *HuoYing* and *HuoZhu* also have the function of strengthening heart. The application of all those points is based upon the body parts correspondence.

For treating angina pectoris and myocardial infarction, *HuoBao* could be applied. The Chinese name of *HuoBao* makes people think of pericardium which is *XinBao* in Chinese. The location of *HuoBao* is underneath the second toe on through extraordinary connection of *ZangFu*. This point is very near the *Jing*—well point, thus it has the function of first aid. The therapeutic effect will be very good if bleeding method is applied. Here I tried to display the explanation and supplement to the function and mechanism of each point. After this lecture, *DaXing* Medical Press will publish what is taught in this lecture for your reference. If you can understand the property of each point, it will benefit your clinical practice. We are looking forward to its publication and providing you with a lot of reference.

For acute angina pectoris, our ancestors like to prick the cubital crease to induce bleeding for first aid. I also bleed this place. By inducing more bleeding in this place it could release pain and promote blood circulation. It is a good method to help patients with coronary arterosclerotic heart disease and myocardial infarction by either puncturing or pricking. There are many patients who should have received an operation but didn't because of the acupuncture treatments. Many patients got cardiac diseases in their fifties, but the acupuncture and bleeding treatments, they are still very healthy in their eighties, even in their nineties. We've cured many patients

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completely who had cardiac diseases. When myocardial infarction or acute pectoris angina occurs, the above mentioned methods could be followed. Usually puncture *NeiGuan* and *ZuSanLi*, or *TongGuan* and *TongShan*. In addition, prick one of the points from two groups to induce some bleeding about once every 10 days: one group includes *SiHuaZhong* and *SiHuaWai*, another group includes *ChiZe* and *QuZe*. With 3 or 4 months such treatment, patients will feel very good; for severe condition, it may take longer period.

For prevention of hyperlipemia (*i.e. excessive amounts of fat and fatty substances in the blood; lipemia*) and myocardial infarction (*i.e. heart attack*), food therapy is advisable and important. The best food is Jew's ear, and garlic would decrease blood lipid. It is better to eat raw garlic. Cut the garlic and eat it after oxidation which brings a better effect. There is no effect if garlic's cooked. Some TCM physicians would like to add 15 g or 20 g Jew's ear in the prescription for treating coronary cardiac disease which could increase the therapeutic effect. In the herbal prescription, *GuaLou* (Fructus *Trichosanthis*) and *XieBai* (Bulbus *Allii Macrostemi*) are used the most. If the pathological condition is severe, *XueFuZhuYuTang* (Decoction for Removing Blood Stasis in the Chest) is a very good formula. *GuoLouXieBaiTang* (Decoction of *Trichosanthes* and *Allium*) works very well for regulating *Qi* circulation and resolving phlegm, but weak in regulating blood circulation. For enhancing blood circulation *SiNiSan* (Powder for Treating Cold Limbs) and *DanShen* should be added. *SiNiSan* formula is good at regulating *Qi*. If *ShaoYao* is replaced by *ChiShao*, the blood circulation could be enhanced. If *DanShen* added, the function of strengthening blood circulation is enhanced. Nowadays, more and more people suffer from hyperlipemia and high cholesterol. The basic treatment for those people is to regulate diet, after which the blood lipid will decline. *DanShen*, *ShanZha* (Fructus *Crataegi*), *ChiShao*, *JueMingZi* (Semen *Cassiae*) and *ZeXie* (Rhizoma *Alismatis*) and other herbs work very well for decreasing cholesterol. *ChuanXiong* and *GeGen* added will bring a better effect in decreasing blood lipid. In addition *WuMei* and *CuChaiHu* (Radix *Bupleuri* prepared with vinegar) added on the base of this prescription to treat fatty liver.

Stomach distention (Distending sensation occurring inferior to heart)

心下胀

1. *XinMen* 心门 (33.12) 针心门
2. *TongGuan* 通关(88.01) and *TongShan* 通山(88.02) with effect 针通关、通山亦有效。

Patients suffering with stomach distention sometimes will have difficulty to explain clearly their symptoms. There is a term of inferior to heart recorded in *ShangHanLun* which refers to stomach. For treating common stomach disease, Master Tung usually prick *SiHuaZhong* to induce bleeding, then puncture *TongGuan* and *TongShan*. These points treat stomach distention fairly well. *NeiGuan* is also an effective point. If combined with *ZuSanLi* it also will create a better effect. As well, *MenJin* is a good point for stomach distention.

Tachycardia 心跳过速 (*i.e. excessive rapid heartbeat*)



1. *XinChang* 心常(11.19) with good effect.
2. *XinMen* 心门 (33.12) with good effect. 心门有特效。
3. *TongGuan* 通关(88.01) and *TongTian* 通天(88.03) with effect. 针通关，通天亦有效。
4. *SiHuaZhong* (77.09) and *SiHuaWai* (77.14), prick to induce bleeding with effect. 四花中、外，点刺放血亦有效。
5. *SanChaSan* point (A.04)
6. Prick ear apex to induce some bleeding with effect.

Same as palpitation, *XinChang* is a commonly used point for tachycardia which is on the middle finger. *XinChang* brings a very good therapeutic effect for treating palpitation, arrhythmia, and abnormal heart beating. *XinMen* is also a good point for palpitation. *XinChang* and *XinMen* are effective points for arrhythmia. For tachycardia, besides *XinChang* and *XinMen*, *ChaSan* is another often used point. *TongGuan*, *TongShan* and *TongTian* are also good. If pathological condition is severe, prick *SiHuaZhong* or ear apex to induce bleeding.

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XinChang and *XinMen* can also be used for bradycardia (i.e. a slow heartbeat rate, usually less than 60 beats per minute). *TongGuan*, *TongShan* and *TongTian* have the same function as well. *NeiGuan* and *ZuSanLi* are effective too.

Cardiac Paralysis 心脏麻痹

1. *QuLing* 曲陵 (33.16) with pricking method to induce bleeding brings a very good effect. 曲陵放血极有效。
2. *SiHuaZhong* 四花中 (77.09) with bleeding method brings a very good effect. 四花中、外，放血亦佳。
3. *HuoBao* (55.01) with pricking method to induce bleeding brings a fairly good effect.
4. *HuoYing* (66.03) and *HuoZhu* (66.04) with effect.
5. *DiZong* (44.09) with effect.

The difference between heart paralysis and angina pectoris is the severity of pathological condition. When pathological condition becomes severe, angina pectoris will turn to heart paralysis. It is very clearly recorded in the book of "Points Study" that there are many points which can treat heart paralysis. Among those previously mentioned points: *TianZong* (44.10), *RenZong* (44.08) and *DiZong* (44.09). *DiZong* is the most frequently used one. *HuoYing* and *HuoZhu* are also commonly used points for heart paralysis. Both of them have the function of strengthening heart. Pricking method to induce bleeding to *HuoBao* brings a very good effect. Pricking the area where *QuZe* and *ChiZe* could achieve good effect as well. *ZhongChong* with bleeding technique will bring fairly good effect. When first aid given to wind stroke, prick *ZhongChong* as a key point for rescue, next prick *ShaoShang* to induce bleeding. As we know that the thumb is correspondent to the head, for treating mental diseases, points on the thumb, for example, *ShaoShang*, usually are pricked. Because thumb moves most frequently and closely relates to cerebral neuron, and middle finger is directly related to pericardium, thus, *Jing*-well point of pericardium meridian is pricked. Master Tung usually used *LingGu* and *DaBai* for treating hemiplegia, *MuHuo* on the middle finger is also often used. About *MuHuo* will be explained in details when treatment of wind stroke is introduced.

Cardiac Pain 心口痛（心侧痛）（风湿性心脏病）

1. *TongGuan* 通关 (88.01), *TongShan* 通山 (88.02) and *TongTian* 通天 (88.03). 通关、通天、通山。
2. *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) with pricking method to induce bleeding bring fairly good effect. 四花中、副，点刺出血亦佳。

Pain on both sides of heart 心两侧痛（血管硬化）

1. *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花副 (77.14) with pricking method to induce bleeding will bring a fairly good effect. 四花中、副，点刺放出紫黑色血。

Precordial pain and pain on both sides of heart could be treated by puncturing *TongGuan*, *TongShan* and *TongTian*. *SiHuaZhong* and *SiHuaWai* with pricking method to induce bleeding will bring a fairly good effect too. *NeiGuan* and *ZuSanLi* also work well. For severe condition, pricking method should be applied.

Myocarditis 心肌炎 (i.e. inflammation of the myocardium)

1. *XinMen* 心门 (33.12) 针心门
2. *TongGuan* (88.01), *TongShan* (88.02) and *TongTian* (88.03)
3. Prick ear apex.
4. Prick *SiHuaZhong* (77.09) and *SiHuaWai* (77.14) to induce bleeding.

It is not rare to see myocarditis; especially many youth suffer from myocarditis, manifested in stuffy chest, unsmooth breath, or even arrhythmia. After enquiry, we know that those patients have common cold before myocarditis occurring. Many patients' myocarditis can be considered as after effect of common cold. Heat is injured, though the common cold cured, the after effect remains: stuffy chest or unsmooth breath or arrhythmia. On considering herbal medicine, combined formulas of *ShengMaiSan* and *ZhiGanCaoTang* is very good. It is very effective to puncture *XinMen*. Combination of *NeiGuan* and *ZuSanLi* is very good too.

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Liver and Gallbladder Diseases 肝胆病

Hepatocirrhosis 肝硬化

any of various progressive diseases of the liver, characterized by death of liver cells, irreversible fibrosis, etc: caused by inadequate diet, excessive alcohol, chronic infection, etc



1. Prick *SiHuaZhong* (77.09) and *SiHuaWai* (77.14) to induce bleeding, and then puncture *三黄 MingHuang* (88.12), *QiHuang* (88.14) and *TianHuang* (88.13). 肝俞点刺出血，再针上三黄。
2. Prick *ShangQu* 上曲(44.16) to induce bleeding, and then puncture *GanMen* 肝门(33.11) and *MingHuang* 明黄 (88.12). 上曲用三棱针点刺放血，再针肝门，明黄。

Hepatitis 肝炎

inflammation of the liver, caused by a virus or a toxin and characterized by jaundice, liver enlargement, and fever

1. *GanMen* 肝门(33.11) and *MingHuang* 明黄(88.12) bring a fairly good effect for acute and chronic hepatitis. The therapeutic result will be better if *ChangMen* 肠门 (33.10) is combined. 针肝门、明黄，不论急性、慢性，均有特效，加针肠门更佳。

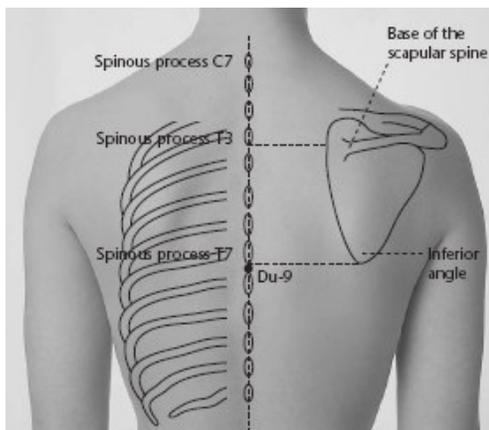
For acute hepatitis, *GanMen* could be punctured first. Combination of *GanMen* and *ChangMen* is mainly applied. I've treated many patients with hepatitis. Some patients only have herbal treatment without needles; some patients only have acupuncture treatment without medicine; some receive both medication and acupuncture treatments. The best acupuncture treatment is the combination of *GanMen* and *ChangMen*. Among points from the 14 meridians, *WanGu* is the most frequently used point which is *Yuan*-source point of Small Intestine Meridian. TCM considers that small intestine communicates with spleen. Spleen could resolve dampness; small intestine could also remove dampness, as an official separating clear water from the turbid. Both of them are important points for resolving dampness. Because both *GanMen* and *ChangMen* are located on the Small Intestine Meridian, the underlying reason for application of those two points is same as the one for application of *WanGu* treating jaundice and hepatitis; next, location of *GanMen* is on the middle of arm which is corresponding to Middle Energizer in arm holography, thus it is very good at treating disorders occurring in the Middle Energizer.

When I was in Taiwan, there is a saying among colleagues that a doctor will not be considered as an internal medical doctor if he can't cure liver and kidney diseases properly. Taiwan is surrounded by the sea in a semitropical area. The climate is very humid and hot which is liable to attack liver and kidney. Meanwhile, Chinese don't pay enough attention to food hygiene and there are too many peddlers; in addition, no disposable chopsticks, thus liver diseases were often seen. Nowadays the public sanitary condition is better. Kidney diseases will be induced if food is too salty. On considering ENT diseases, a doctor is not considered as a good doctor if he is incapable of curing rhinitis. There is a tendency that more and more people are suffering from rhinitis. People who drink more cold water can easily accumulate hidden cold fluid. In winter, the external cold may induce the internal cold fluid which may flare and rise upward resulting in nasal diseases. Modernized people like to eat cold, raw food such as ice cream which is available all year around. Also with air conditioning everywhere, it is very easy to induce rhinitis by the cold air. This indicates an important reason for the occurrence of allergic rhinitis resulting from stimulation by polluted air to respiratory tract. A gynecological doctor is not considered a good doctor if she does not have the ability to cure infertility. In the neuro-department, a neurologist is not considered good if he is not competent in treating spur.

Many patients I have treated with acute hepatitis by using a very good empirical prescription which my students also have applied to cure many patients. Ingredients include *YinChen* (Herba Artemisiae Scopariae), *PuGongYing* (Herba Taraxaci), *XiaoJi* (Herba Cirsii), *ZeLan* (Herba Lycop), *YuJin* (Radix Curcumae), *DaZao*, *CheQianZi*

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(Semen Plantaginis), *HuaShi* (Talcum), *GanCao*, *DanShen*, and other herbs. Although not so many herbs are included but extremely good results has been achieved. Many patients were cured by using this prescription. Some patients' GOT and GPT mounts to thousand units, but test results show a drop of 300 or 400 in one week with the help of this prescription. Dosage of the prescription: *YiChen* 40-50 g, *PuGongYing* 15-25 g, *XiaoJi* 15g, *ZeLan* 15g, *YuJin* 15g, *DaZao* 4 pieces, *CheQianZi* 25g, *HuaShi* 15g, *GanCao* 5g, *DanShen* 15g. After one week use of decoction, the index will drop from one thousand to about 300; at least 500 degree could be dropped. With



two weeks treatment, the index will reach 200 or within 100. Most patients' index will drop within 100 with about two weeks' of treatment. About three weeks, it will drop to about 30, which is about normal. Essentials from the *JinGuiYaoLue* says jaundice will be cured within two to three weeks' treatments if it is appropriate; but if the pathological condition became worse after 10 days' treatments, it will be difficult to cure the disease since the pathogen is predominant but anti-pathogen is weak, such as fulminant hepatitis.

Without knowing other puncturing methods, it will take about 3 weeks to cure acute hepatitis completely by applying *GanMen* and *ChangMen*. About acupoints from the fourteen meridians system, for acute hepatitis, *WanGu* and *ZhiYang* (Du 9) mainly applied; for chronic hepatitis,

GanMen is added; possibly add *MingHuang*, *QiHuang* and *TianHuang*.

It is fairly difficult to treat hepatic cirrhosis, try to prick *SiHuaZhong* and *SiHuaWai* to induce bleeding, add *MingHuang*, *QiHuang* and *TianHuang* or *MuDou* (66.07) and *MuLiu* (66.06).

Cholecystitis 胆囊炎

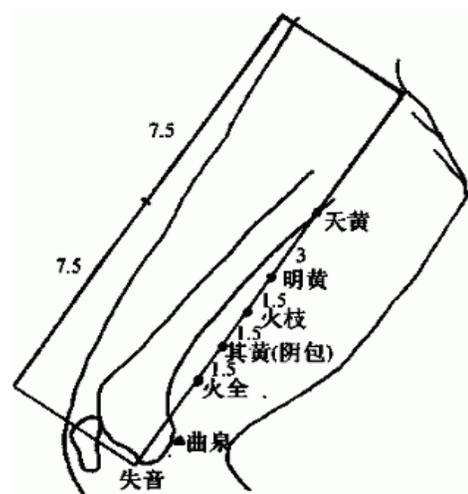


图8-3 大腿内侧

1. *HuoZhi* 火枝(88.15), *HuoQuan* 火全(88.16), and *QiHuang* (88.14).
2. *MuZhi* (1010.18)
3. *QiLi* (A.01) and *JiuLi* (88.25, 26, 27)
4. Hand-*MenJin* (66.05)

Cholecystitis can be easily developed nowadays because people are fond of delicious food. The gallbladder colic pain may radiate to the back when acute cholecystitis attacks. Several groups of points could be applied for this symptom. First one includes *QiLi* and *JiuLi* with point coupling technique and it brings good therapeutic effect for cholecystitis and biliary colic. *HuoZhi* and *HuoQuan* on the leg, combining with *QiHuang* can also treat cholecystitis. In addition, *MuZhi* on the face is a commonly used point for cholecystitis. Among acupoints from the fourteen meridian systems, tenderness maybe felt on pressing the point *DanNangXue* (Extra) below *YangLingQuan* when cholecystitis attacks, then puncture the tender point. *XiaBai* mentioned previously is also a very good point for cholecystitis and gallbladder colic pain.

For treating cholecystitis, same as Master Tung, I also use *HuoZhi*, *QiHuang* and *HuoQuan* or *MuZhi*. Meanwhile, I discovered *QiLi* and *JiuLi* or Hand-*MenJin*. With regard to herbal formulation, commonly used is *DaChaiHuTang* (Major Bupleurum Decoction) with modification.

Cholilithiasis 胆石痛

1. *MuZhi* 木枝 (1010.18) with special effect. 针木枝穴特效。
2. It will bring a better effect if *XiaBai* (22.07) or *JiuLi* (88.25, 26, 27) is added.

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The most commonly used point for pain induced by gallbladder stone is *MuZhi*. Other points are also effective, such as *QiLi*, *JiuLi*, *XiaBai* and *DanNangXue*. *DaChaiHuTang* plus *JinQianCao* (Herba *LySimachiae*), *JiNeiJin* (*Endothelium Corneum Gigeriae Galli*) and *YuJin* (*Radix Curcumae*) are also good.

Pulmonary Diseases 肺病

Pulmonary emphysema (Distention and stuffy sensation in the lung area) 肺部胀闷 (肺气肿)

1. Pricking *SiHuaZhong* 四花中(77.09) and *SiHuaWai* 四花外(77.14) to induce bleeding is effective. 四花中、外穴三棱针点刺，出血立舒。

Pneumonia 肺炎

1. *ChongZi* 重子(22.01) and *ChongXian* 重仙(22.02) 针重子，重仙、大白
2. *DaBai* 大白 (22.04) with pricking method.
3. *QuLing* (33.16) with pricking method.
4. *TuShui* (22.11).

Bronchitis (cough) 支气管炎 (咳嗽)

1. *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) have special effect. 针水金、水通特效。

Pulmonary tuberculosis 肺结核

1. Prick *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14), and then puncture *SiMa* 驷马 (88.17,18,19) 四花中、外穴点刺，再针驷马极效。

Firstly, we will address bronchitis, which takes cough as a chief symptom and can be divided into acute and chronic types. *ShuiJin* or *ShuiTong* is the best and most often used points for both acute and chronic bronchitis. Generally speaking, *ShuiTong* is enough with a technique of oblique insertion upward and subcutaneously. The area where this point is located and where the needle covers is corresponding to bronchus and the lung according to holography. Upward oblique insertion method is to insert from bronchus to the lung. It is a specially-effective point for treating cough. In addition, *YangMing* meridians of hand and foot connect with each other at this place. The Large Intestine meridian of Hand *YangMing* is externally and internally related to the Lung meridian, thus it can be used to treat lung disorders. Master Tung gave the name of *ShuiJin* to this point with a special significance. As we know, the respiration is fulfilled by the cooperation of the lung and kidney. Spleen is the earth which could produce metal. *Jin* means metal, referring to the lung which dominates descending; *Shui* means water, referring to the kidney which dominates reception. If lung fails in descending, it will bring difficult breath; if kidney fails in reception, there will be not enough *Qi*. Respiration is accomplished with a combined effort of the lung in descending and the kidney in reception. The nomination of *ShuiJin* is related to respiration. Both *ShuiJin* and *ShuiTong* can be used for dysfunction of *Qi* activity, including cough, asthma, belching, abdominal distention, profuse urination or unsmooth urination. *ShuiTong* could make water metabolism flow smoothly. Regardless of the type of *Qi* disturbance, *ShuiJin* or *ShuiTong* can help. *YuJi* or *ChiZe* can be used for cough and asthma.

It will bring a better therapeutic effect for treating cough in the treatment with a puncturing technique following four periods in a day. There are four seasons in a year; four periods in a day. *HuangDiNeiJing* has a statement of puncturing according to four periods in a day. The principle of acupuncture according to four seasons is to puncture *Ying*-spring points in spring, *Shu*-stream points in summer, *He*-sea points in autumn, and *Jing*-well points in winter. According to four periods in a day, it is to puncture *Ying*-spring points in the morning because morning is like spring, *Shu*-stream points at noon because noon is like summer, *He*-sea points in afternoon and evening because they are like autumn, *Jing*-well points at night because night is like winter. In short, puncture

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Ying-spring points in the morning, *Shu*-stream points at noon, *He*-sea points in the evening, and *Jing*-well points at night. But almost there is no one requiring acupuncture treatment at night. Patients are most probable to come before or after noon during day time. For treating cough, *YuJi* is punctured if patients come in morning; if they visit in the afternoon, add *ChiZe*. It is very effective for treating cough and asthmatic breath with *ShuiTong* and *ChiZe*. Because *ChiZe* is the *He*-sea point of lung meridian and *He*-sea points can relieve rebellious *Qi*, thus, *ChiZe* with a very good effect can be used for treating lung rebellious *Qi* causing cough. *ChiZe* is a water point of the lung meridian so that it can be applied for both lung and kidney diseases, which is another reason why *ChiZe* can achieve a very good effect for cough.

I explained the treatment relationship between cough and the five *Shu* points, and *ChiZe* could be applied for both lung and kidney. Chronic cough may influence lower energizer resulting in kidney deficiency, on considering this, lung metal and kidney water are both involved. Thus *ChiZe* as *He*-sea point of lung meridian can be punctured because the *He*-sea points can relieve rebellious *Qi*. There is rebellious *Qi* in each meridian. Rebellious *Qi* in the lung meridian manifests in cough. Rebellious *Qi* in the spleen meridian manifests in belching and diarrhea. Rebellious *Qi* in the liver meridian is hypertension due to hyperactivity of liver *Yang*. In stomach meridian, rebellious *Qi* manifest in vomit. *He*-sea points of each meridian can be applied for their own rebellious *Qi*. Regardless in what type of pathological condition, so long as it is rebellious *Qi* in the lung meridian, *ShuiJin* or *ShuiTong* and *ChiZe* will bring an effect. If patient only has a cough, *ShuiJin* or *ShuiTong* and *ChiZe* are more than enough; one more point could be added by puncturing according to four periods in a day. All those have been explained clearly in my books, entitled "*ZhenJiuJingWei*" and "*ZhenJiuWuShuXue*". If points are punctured based on considering time the therapeutic effect will be better and quicker.

For treating intercostals pain, puncture *YangLingQuan* and if time is considered when this point is punctured, the therapeutic effect will be better and quicker. *YangLingQuan* is a *he*-sea point which should be applied in autumn or evening from 3 PM – 9PM, then a better effect would occur. Same as treating cough, *YuJi* is added in the morning, *TaiYuan* added at noon, *ShaoShang* with pricking method at night, *ChiZe* better applied at 3-9 PM. But if time is not under consideration, *ShuiJin* or *ShuiTong*, combining with *ChiZe* will suffice.

Acute bronchitis could be treated by the method mentioned above. For chronic bronchitis, patients may have symptoms of kidney deficiency due to coughing for a long time. Patients with chronic bronchitis are more middle aged or older. Symptoms start in late autumn and last until next spring. The kidney should be nourished because of the deficient condition. Both *ShuiJin* and *ShuiTong* can nourish the kidney. If *ShenGuan* is added, it will be better. *Shen* means kidney. From the name of this point, we could see that it can nourish kidney. It also nourishes the spleen because the point is located on the spleen meridian. So *ShenGuan* can nourish both kidney and spleen. Spleen earth process lung metal. On considering this *ShenGuan* brings a very positive effect because it can treat not only earth, but also metal and water.

There are *GanJiang* (Rhizoma Zingiberis) and *WuWeiZi* (Fructus Schisandrae) in *XiaoQingLongTang* formula. *GanJiang* with a pungent flavor has the function of nourishing spleen. *WuWeiZi* with an astringent property, it has the function of nourishing kidney. One herb is pungent, the other is astringent; treating both the spleen and kidney, which is also a very important treatment principle for cough. For treating chronic bronchitis, *ShenGuan* is added which can nourish both kidney and spleen. At the beginning of *Qi* deficiency, it is a very good idea to add *LingGu* which has a strong function to nourish *Qi*. Not long ago, I read a book published in mainland China about single point application. It is said in this book that *HeGu* only has reducing function while not reinforcing which I find is a very strange concept. According to my experience, *LingGu* has a very strong function of nourishing *Qi* and kidney.

Asthmatic breathing 气喘

1. *ShuiJin* 水金(1010.20) and *ShuiTong* 水通(1010.19) with special effect. 水金、水通特效。
2. *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) with good effect. 大白、重子、重仙亦有效。
3. *TuShui* 土水 (22.11) with special effect. 土水穴特效。

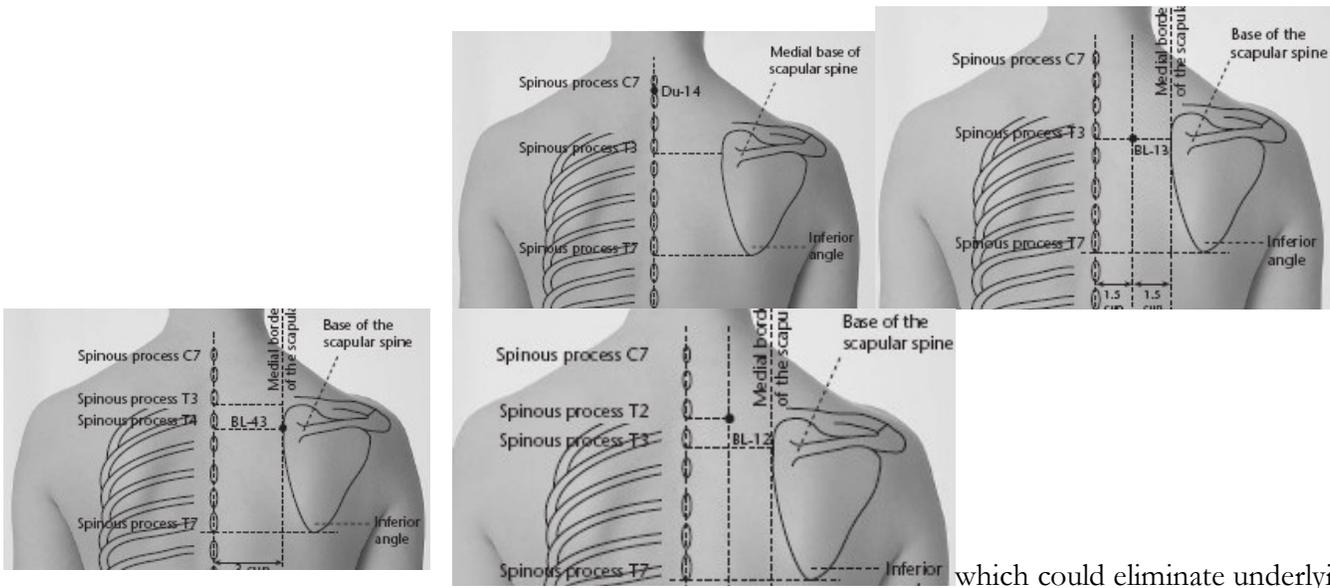
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4. Pricking *SiHuaZhong* (77.09) and *SiHuaWai* (77.14) achieving special effect.
5. Pricking *DaBai* 大白 (22.04) to induce bleeding is effective.
6. Pricking *QuLing* (33.16) to induce bleeding achieves good effect.

Asthmatic breath is a very commonly seen disorder. I've treated more than 10 patients with asthmatic breath. Many patients with severe pathological conditions were cured. They are very fortunate. If patients with asthmatic breath don't receive proper treatment, there will be a risk of death. *ShuiJin* or *ShuiTong* are the main points for treating asthmatic breath. *ChiZe* is a good point too, especially for chronic ones. When asthma occurs, *TuShui* should be punctured which equals to *YuJi*, treating earth, metal and water simultaneously. It is a good point to stop asthmatic breathing. For some patients, the asthmatic breathing will be stopped right after this point is punctured.

I'd like to share a real story of mine treating a patient with asthmatic breathing. Seven years ago I was in Taipei. I lived on the eighth floor while my clinic was on the third floor. One night, I went out for dinner, and when I returned, I met my neighbor and his son who was very pale with asthmatic breath. He had great difficulty in breathing. The father asked me whether I could treat this disease or not. I brought them to my clinic on the third floor and gave the son and immediate treatment. I punctured *YuJi* because this point can stop asthmatic breath immediately; if not, *NeiGuan* should be added. I punctured *YuJi* bilaterally. The asthmatic breathing stopped immediately, but I still punctured *NeiGuan* on one side and left in the needles in there for 30 minutes. One month later, this neighbor came for a visit and presented me with a gift, telling me that his son passed examinations for the best high school. He appreciated my help tremendously. His son had a history of asthma but had not had an attack for many years. The day when he had the attack, he was working very hard for the next day's examination. The asthma attacked him because of the stress and tension in working hard. If I hadn't given him the immediate treatment, he would have been sent to hospital for rescue, thus he could not pass the examination next day successfully. Then I forgot this event, but after three years, the father came with flowers to show his appreciation again and told me that his son passed exams for the best university. If three years ago, he failed to study in the best high school, he would not be allowed to study in the best university then. He was very grateful. *YuJi* which is the middle *TuShui* changed the boy's fate. Such university entrance examination is only help once a year. If students failed in this year, it will be more difficult in the next year, that's why they were so grateful.

It is a very good first aid method to help asthmatic breathing by acupuncture. For chronic condition *YuJi* should be punctured first. When there is no attack, puncture *ShuiTong* or *ChiZe* which will achieve a very good effect too. But if the therapeutic effect expected, needs to be improved and obtained quicker, bleed *ChiZe*. This is the best method



which could eliminate underlying

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causes. Pricking *SiHuaZhong* and *SiHuaWai* to induce bleeding will produce the same function. Those two groups of points could be applied alternatively. Furthermore, bleeding some points on the back related to the lung meridian can achieve a good result as well. If it is too difficult to prick points on hands or feet due to fright or unskillful technique or failure of holding vein, select points on the back instead; if not enough blood is induced, put cups over those points to draw out more blood. The following points are frequently used: *DaZhu* (Du 14), *FeiShu* (BL 13), *FengMen* (BL 12) and *GaoHuang* (BL 43). In china, there is a physician named *WangXiuZhen* who brought good effect to patients with asthmatic breath by pricking *TaiYang* (Extra) to induce bleeding. The quantity of bleeding in the point is fairly large. Without acupuncture, but with bleeding method once every two weeks, asthmatic breath would be cured.

ShuiTong and *ChiZe* are very good for treating asthmatic breath with acupuncture technique; if *YuJi* added with bleeding technique once every 10 days, the patient could be cured completely after several months of treatment.

Here is another example of a successful case of treating asthmatic breathing. The patient had been treated for many years and was often sent to the emergency department. He was easily attacked with asthmatic breath. He was recommended to visit me. I applied those commonly used points for him as well: *ShuiTong*, *YuJi* and *ChiZe*. Sometimes I bled *ChiZe*, sometimes *SiHuaZhong* and *SiHuaWai*. This patient visited me often in winter when he had attacks.

In the TCM field, there is a principle of treatment which is to treat winter diseases in summer, i.e., it is easy to cure diseases in summer which tend to attack in winter. It is difficult to treat those winter diseases during cold days because the attack is easily induced and aggravated at that time. In winter, the patients had to use western medical inhalers several times a day. Anyway, these patients do not require the inhaler after several treatments and the patient had no recurring attacks again for many years, even in winter.

There are altogether five patients who were sent to the emergency room including the previous mentioned patient. After several years, others died, except him. He is still alive because he relied on TCM treatment. After treatments when he was sure that the diseases would not attack him again, he went back to the original western doctor and telling them: you said it is very difficult to cure asthma, but now look at me, I am completely cured. He was eating ice cream when he talked. Of course his eating behavior is improper.

There are many herbs which can cure asthma. *GeJie* (Gekko gecko Linnaeus) is a good medicine for asthmatic breathing. In the thirties of last century, there was a famous physician in *BeiJing* name *ShiJinMo*. In *SiChuan* province, he was very surprised to see a lot of people pulling or carrying heavy things without shortness of breathe even when they ran, because they had the tail of *GeJie* in their mouth. *BenCaoBeiYao* (Essential Preparation of Herbs) has the same saying. Medical function will be improved if *GeJie* prepared into powder or decoction was eaten. *ZhuDanXi* said *JiaoMu* (Fructus *Zanthoxylum bungeanum* Maxim) could be applied for asthmatic breathing which achieves a good therapeutic effect. When I treat asthmatic breathing, I differentiate whether it is cold or heat type. According to my experience, the cold type is often seen. Modification of *XiaoQingLongTang* formula is most often used.

Treat winter diseases in summer is to treat winter diseases in the hottest period in midsummer which include 30-40 days after summer solstice. In those days, *YinQi* is hidden because of predominant *YangQi*. That period is the most suitable time to treat diseases of *Yin* predominance and *Yang* deficiency. The hot weather could help to penetrate the medical function of moxibustion or paste into the root. Points selected include: *DaZhu*, *FengMen*, *FeiShu* and *GaoHuang*. Moxibustion could be used first and then herbal paste. Herbal paste consists of *BaiJieZi* (Semen *Sinapis Albae*), *YanHuSuo* (Rhizoma *Corydalis*), *GanSui* (Radix *Kansui*, *Euphorbia Kansui*) and *XiXin* (Manchurian Wildginger root). First, prepare into granulated powder and mix them with *SheXiang* (Musk) or without. Use ginger juice to make the paste, fix the paste on the points with tape until skin becomes red or even blisters induced to enhance the function of expelling cold and resolving phlegm. Remove it after 4-6 hours. If the red skin lasted for several days or 2-3 weeks, the therapeutic effect would be better. If blisters were induced, put some anti-inflammation ointment to avoid infection. Many patients will not suffer from asthma in the coming winter after such treatment. Many patients with chronic bronchitis and asthma will never have such

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diseases attacking for the rest of their life if they could have continuous treatment for 1-3 years. The effective rate is higher than 90%. With the help of herbal paste, many patients' body constitution obviously improved and it reduces the risk of them to catch cold easily, thus this method has the function to strengthen body constitution too.

Spleen and Stomach Diseases 脾胃病

Stomach Disease 胃病

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) to induce bleeding has special effect. 四花中、外穴点刺出血，再针通关、通山特效。
2. Pricking *SiHuaShang* (77.08) to induce bleeding has fairly good effect.
3. Pricking *TongGuan* 通关 (88.01) and *TongShan* 通山 (88.02) to induce bleeding and then puncturing them has fairly good effect.

Stomach Ulceration 胃穿孔 (胃溃疡)

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* (77.14) has special effect. 四花中、外穴点刺出血，再针通关、通山特效。
2. Pricking veins from *JieXi* (ST 41) to *MenJin* (66.05) has good effect.

Acute Stomachache 急性胃痛

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* (77.14) has special effect, combination of two points brings a better effect. 四花中点刺特效。
2. *TuShui* 土水 (22.11). 针上土水穴。

Duodenum Ulceration 十二指肠溃疡

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) has special effect. 四花中、外、点刺特效。
2. Pricking veins from *JieXi* 解溪 (ST 41) to *MenJin* (66.05) has good effect. 解溪穴附近点刺亦效。

For treating acute stomachache, *SiHuaZhong* with pricking method could stop the pain immediately. Last year when I was giving a lecture in Los Angeles, there was a student who had severe stomachache. It was so severe that even his asthma was induced. If it were simple the stomachache by puncturing *LiangQiu* would stop the pain because *LiangQiu* is the *Xi*-cleft point of stomach meridian. *Xi*-cleft points have the function of checking acute pain related to their own meridian. But after puncturing, though his pain reduced, it still remained. He had stomach problems for long time, so I pricked *SiHuaShang* (77.08) to induce some bleeding. As soon as a bit blood oozed out, he felt his stomach felt much better. He had no pain as soon as he was pricked. His asthmatic breath was alleviated too. The next week when he came for the lecture again, he said he had no stomachache and the asthma was much better too and he didn't need to use an inhaler or other medicine after.

Some old acupuncturists retained needles longer for *NeiGuan* and *ZuSanLi* which also could treat chronic stomachache and asthmatic breath. Pricking to induce bleeding is a very effective therapeutic method and obtains a quick result. Mild stomach diseases will be cured by acupuncture treatment. If it is still not completely cured, then prick *SiHuaZhong* (77.09) and *SiHuaShang* (77.08) to induce bleeding, the pain could be stopped immediately. Besides, *TuShui* is also a good point for treating stomachache. When there is cold invasion to stomach, there will be a lot of veins visible around *TuShui*. The acute stomachache I mentioned here includes ulceration in the duodenum and stomach. According to the differentiation, ulceration in duodenum and stomach can be categorized into both the spleen and stomach deficiency and cold, disharmony between liver and stomach, dampness and heat accumulation in the spleen and stomach, stomach *Yin* deficiency and *Qi* retention and blood stagnation. But according to clinical experience, the spleen and stomach are mostly involved.

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Modification of *HuangQiJianZhongTang* (Decoction of Astragalus for Tonifying Middle Energizer) is the most often used formula for ulceration occurring in digestive system.

Profuse stomach acid 胃酸过多

1. *TianHuang* 天皇(77.17) and *ShenGuan* 肾关(77.18) 针天皇、肾关。
2. *TongTian* 通天 (88.03) and *TongWei* 通胃(88.10) 针通天、通胃。

TianHuang and *ShenGuan* may bring fairly good effect for profuse stomach acid. *TongTian* and *TongWei* are good points too. Acid regurgitation has similar symptoms as those of stomachache, but also has reverse flow of stomach acid. *TianHuang* and *ShenGuan* are also main points for acid regurgitation which may bring good therapeutic effect. About herbal medicine, a lot of people like to use *WuZeiGu* (cuttlefish bone), *ZheBei* (Bulbus Fritillariae), *WaLengZi* (Concha Arcae) and other herbs related to the condition. My own experience is to add *WuMei*, *ShanZha* which are better than *WuZeiGu*, *ZheBei* and *WaLengZi*. Because they have the function to astringe and soothe the liver, both treat the branch and root.

Vomit 呕吐

1. Pricking *ZongShu* 总枢 (1010.07) has special effect. 总枢穴点刺特效。
2. Pricking *SiHuaZhong* 四花中(77.09) has fairly good effect. 四花中点刺亦有效。
3. Puncturing *ShuiJin* 水金(1010.20) and *ShuiTong* 水通(1010.19) has effect. 针水金、水通亦有效。

The most effective method is to prick *ZongShu* to induce bleeding. It is also possible to prick *FengFu* (*Du* 16) to induce bleeding. If there is apprehension of using three edged needle and a blood extraction needle, a small needle can be replaced, although the quantity of bleed induce is small, the vomit could be stopped too. This method is an application of "correspondence between the front and back".

Regurgitation 翻胃

1. Puncture *TianHuang* 天皇 (77.17) and *ShenGuan* 肾关(77.18). 针天皇、肾关
2. Prick *ZongShu* 总枢 (1010.07) to induce bleeding. 总枢穴点刺出血。

What's regurgitation? Here is an example. Those people who do not exercise will have unsmooth breath, nausea, and even vomit after over exertion in exercises. That's regurgitation. For this problem, bleed *ZongShu* or *FengFu* which is 0.2 *cun* above the previous point. These two points also can be bled for treating nausea and vomiting. *SiHuaZhong* with bleeding technique also works for the symptoms.

Among the 14 meridians, the most effective meridian for vomit is the pericardium meridian. There are many points from the pericardium meridian that can be applied for vomiting. The most effective one is *JianShi*. Vomiting is a kind of *Qi* rebellion and vomiting makes a loud sound. *JianShi* is *Jing*-river point, pertains to metal which is related to voice and *Qi*. This is because *Jing*-river points should be selected for vocal pathological changes. In addition, because the pericardium communicates with the stomach, points on the pericardium meridian can be applied for vomiting, such as *DaLing*, *LaoGong* and *NeiGuan*. *FengFu* or *ZongShu* can treat vomiting because of the "correspondence between the front and back" (mouth and occiput).

Gastritis 胃炎

1. *MenJin* 门金(66.05) 针门金
2. Prick *SiHuaShang* (77.08)
3. *TongGuan* (88.01) and *TongShan* (88.02)

Gastritis is manifested in stomachache and frequent vomiting, *MenJin* is often used for those symptoms. There are various kinds of stomach diseases, such as ulceration in duodenum and the stomach. For treating these conditions, Master Tung always used *SiHuaZhong* with pricking method to induce bleeding, and then puncture *TongGuan* and *TongShan*. For treating stomach diseases, Master Tung first used pricking method, and then puncturing method.

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edema, I often combine *SiHuaShang* and *TianHuang*. Such combination plays an extremely good function that the edema could be removed by promotion of urination. Among points from the 14 meridians, *ZuSanLi* and *YinLingQuan* are often used to sooth and promote *Qi* in Foot *YangMing* and *TaiYin* meridians, in order to strengthen the spleen and stomach *Qi* to maintain a normal water metabolism, and this in accordance with nourishing earth to check water, and thus both the spleen and kidney are treated. According to records in ancient lyrics, *ShuiFen* (Ren 9) is the most frequently used point for edema, thus it is better to treat the diseases related to water if *ShuiFen* is added. *ShuiGou* (Du 26) could be added if there is edema on the face. Edema in acute nephritis is due to a fight between wind and water. *YuePiJiaZhuTang* (Decoction for Strengthening the Spleen to relieve Edema) or modified *JingFangBaiDuSan* (Antiphlogistic Powder of Schizonepetae and Ledebouriellae) could be applied for acute nephritis. Modification of Formulas of *ZhenWuTang* (Decoction for Strengthening the Spleen-Yang) and *FangJiHuangQiTang* (Tetrandrae and Astragalus Decoction) is for chronic nephritis more often due to water overflow because of *Yang* deficiency.

Renal Calculus 肾结石



1. Puncture *MaJinShui* 马金水 (1010.13) 针马金水穴
MaJinShui is punctured for both acute and chronic renal calculus. The therapeutic effect will be better if *MaKuaiShui* 马快水 (1010.14) added with point coupling technique. *XiaBai* (22.07) is effective in checking colic pain induced by renal calculus. Puncturing *MaJinShui* and *XiaBai* alongside bone is very effective for treating renal colic pain, because the place where *MaJinShui* is located is corresponding to the kidney; because it is on the Triple Energizer (*SanJiao*) Meridian and the kidney communicates with the triple energizer, that's why *XiaBai* can be applied for kidney diseases. Meanwhile *XiaBai* is located on the palm at the level of *LingGu* and *WanShunEr*. According to holography, they all

indicate kidney and lumbar diseases. The therapeutic effect will be better if they are punctured alongside the bone for kidney diseases.

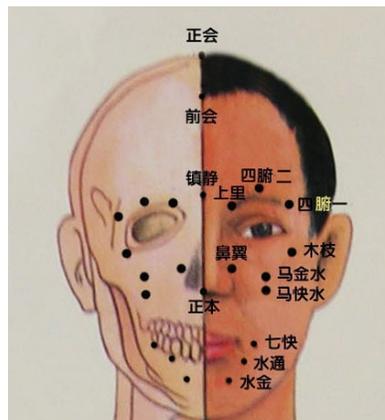
Cystolithiasis 膀胱结石

1. Puncture *MaKuaiShui* 马快水 (1010.14) 针马快水

Urethral Calculus

1. Puncture *LinKuai* 六快 (1010.16) and *QiKuai* 七快 (1010.17)

Dysuria

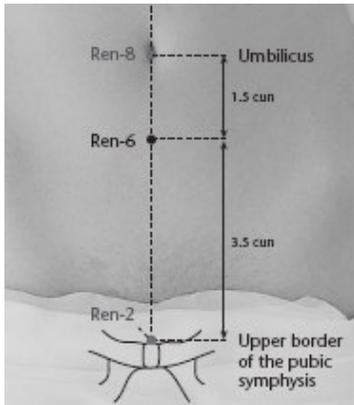


1. *TianHuang* (77.17) and *SiHuaShang* (77.08)
2. *HuoZhu* (66.04) and *HuoYing* (66.03)

Symptoms of cystolith are similar to those of cystitis and urethritis, including painful urine, dysuria, and radiation pain toward bladder, perineum and both sides of the thigh, accompanied with pale complexion, nausea, vomiting and cold sweat. Puncturing *MaKuaiShui* and *MaJinShui* is effective. If the symptoms of

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cystolith include urgent, frequent and painful urination with gravels, puncture *LinKuai* and *QiKuai*. Besides *XingJian* and *TaiChong* can be applied for dysuria, because the liver meridian winds around the external genitalia. The liver meridian is effective for treating painful syndromes in the external genitalia. Because the locations of *HuoYing* and *HuoZhu* are near *XingJian* and *TaiChong* and also on the liver meridian, those two points have the therapeutic effect as well. For treating dysuria due to senile prostate gland enlargement, puncturing *TianHuang* – *YinLingQuan* and *SiHuaZhong* – *ZuSanLi* will bring a best effect. It will be better if *HuoZhu* (puncture alongside bone) added. *YinLingQuan* is a water point in the spleen meridian which pertains to earth, having the function of nourishing both the spleen and kidney. *ZuSanLi* is genuine earth on the earth meridian, having a very good function of nourishing *Qi*. Both of them are *He*-sea points, strong in regulating *Qi*. *HuoZhu*, on the liver meridian, has a soothing function; if this point is punctured alongside the bone,



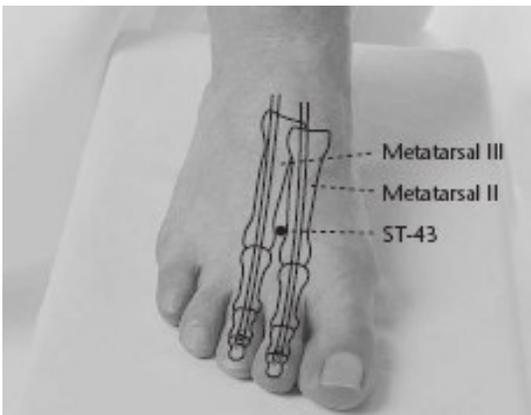
the kidney can be treated. Most of the patients with prostate gland enlargement are result of Kidney *Qi* deficiency. Those points are very effective. TCM classifies dysuria into *Lin* syndrome, which can be varied as five types according to different symptoms: *Qi Lin*, Milky *Lin*, Gravel *Lin*, Blood *Lin*, and Heat *Lin*. The first type is *Qi Lin* referring to dysuria due to *Qi* deficiency, such as prostate gland enlargement. The second type is Milky *Lin* manifested in greasy urine which is chyluria. The third type is Gravel *Lin* referring to symptoms due to stones in the urinary system, manifested in sand or gravel within urine. The fourth type is Blood *Lin*, manifested in bloody urine, such as pyelonephritis. The fifth type is Heat *Lin*, referring to cystitis, urethritis or infection in urinary system. It is agreed *QiHai* (*Ren 6*) is the key point for the five *Lin* syndromes in *XiHongFu*, *BaiZhengFu* and *LingGuangFu* (Ode of Spiritual Brightness). Thus *QiHai* is the best point for dysuria due to various kinds of reasons. *XingJian* and *TaiChong* are also good points for *Lin* syndromes. *HuoZhu* and *HuoYing* bring good effect for *Lin* syndromes as well. The treatment principle for urinary stones is to resolve dampness and clear heat; the prescription is modified *ZhuLingTang* (Umbellate Pore Decoction). Senile patients with stones in the urinary system are more often due to kidney *Qi* deficiency, and can be treated by following the principle of nourishing kidney and *Qi* to promote urination. For such a condition, I always apply modified *ShenQiWan* (Bolus for Tonifying the Kidney *Qi*) with which I have cured many senile patients suffering from urinary stones. TCM thinks *NiuXi* (Radix Achyranthis Bidentate) is a key herb for various kinds of *Lin* syndromes. Three *Jins*, *JinQianCao* (Herba LySiMaChiae), *HaiJinShao* (Spora Lygodii) and *JiNeiJin* (Endothelium Corneum Gigeriae Galli), bring the best effect on expelling stones.

Large Intestine and Small Intestine Diseases 大小肠病

Acute Enteritis 急性肠炎

1. Puncturing *MenJin* 门金 (66.05) has special effect. 针门金亦特效。
2. Puncturing *ChangMen* 肠门 (33.10)
3. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) has special effect. 四花中、外，点刺特效

Acute enteritis is acute diarrhea. Puncturing *MenJin* brings the best effect. The next effective point is *ChangMen*. Besides, *QuChi* is very effective too. Why that *MenJin* can be applied for acute diarrhea? It is because *MenJin* is on the Stomach Meridian of Foot *YangMing* which communicates with the Hand *YangMing* meridian, thus it can be applied for diseases of the large intestine, such as diarrhea. *Jin* means metal which refers to lung. Lung and large intestine are internally and externally related, this is another reason. In Master Tung's acupuncture, both *ZuQianJin* (77.24) and *ZuWuJin* (77.25) can be applied for diseases in the lung and large intestine, and disorders in the throat system, such as tonsillitis and



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sore throat. *ShouQianJin* (33.09) and *ShouWuJin* (33.08) can regulate the lung to nourish *Qi* and treat sciatic neuralgia because they are related to *Jin* which means metal. *MenJin* can be applied for both the stomach and large intestine diseases. Location of *MenJin* is the same as that of *XianGu* (ST 43) recorded in ancient classics. Modern location of *XianGu* (ST 43) is a bit anterior to *MenJin* (66.05). Ancient location of *XianGu* was slightly posterior and alongside the bone, according to my book *ZhenJiuJingWei*. As a wood point of stomach meridian, *XianGu* has the function of soothing the liver, regulating *Qi* and strengthening the spleen, regulating and harmonizing the liver and spleen. It brings great effect for painful diarrhea. *MenJin* could be applied for both acute and chronic diarrhea; it brings better effect if *QuChi* is added. *QuChi* is *He*-sea point of large intestine meridian. *He*-sea points indicate diarrhea due to *Qi* rebellion. For severe condition, bleeding *SiHuaZhong* and *SiHuaWai* achieves a very good effect. If bowel movement is urgent but there is no toilet available, pinch *ChangMen* which could reduce the urgent sensation and then take time to look for a toilet. The formula for acute enteritis is *GeGenQinLianTang* (Decoction of Pueraria, Scutellaria and Coptis) which may achieve good effect.

Chronic Enteritis 肠炎

1. Puncturing *MenJin* 门金 (66.05) achieves special effect. 针门金特效
2. *ChangMen* 肠门 (33.10) and *ZuQianJin* 足千金 (77.24). 肠门、足千金
3. *YinLingQuan* (SP 9) and *QuChi* (LI 11).

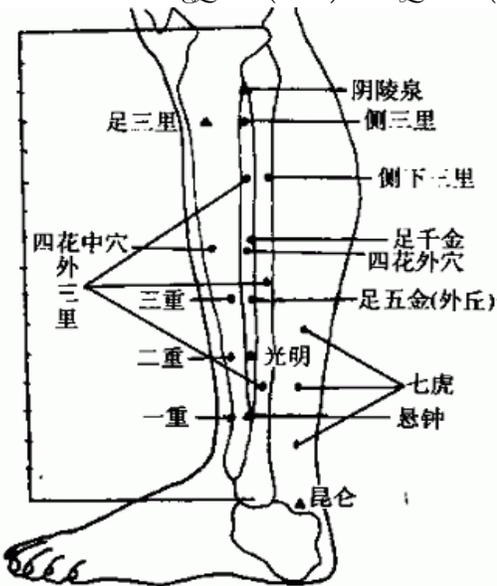


图7-6 小腿外侧

MenJin is also effective for chronic enteritis; next point is *ChangMen* and *ZuQianJin*. Location of *ZuQianJin* is between the stomach and gallbladder meridians, therefore they can treat both wood and earth diseases and regulate the disharmony between wood and earth. Master Tung though they also could regulate the lung and large intestine on considering the names which contains *Jin* – metal. Because this point locates between wood and earth meridians, it can function on both wood and earth meridians. If the five *Shu* points are grasped and applied in this manner, it will bring fairly good effect. Among points from the fourteen meridians, *YinLingQuan* is most often used for chronic diarrhea, if *QuChi* is added, the therapeutic effect will be better. At the beginning of this year, I've treated two patients who suffered from chronic diarrhea. One grandmother started to have diarrhea every morning as soon as she got up, and several times during the day. Such pathological condition lasted for about 5 months. Thus *MenJin* and *QuChi* were selected, plus 4 days' of decoction, afterward, she was normal again. Altogether, this patient had seven days' of decoction and her chronic diarrhea was cured completely. The formula used for her is

the combination of *SiShenWan* (Pill for Four Miraculous Drugs) and *LiZhongTang* (Decoction for Regulating the Function of Middle-Energizer). Ingredients of *SiShenWan* include: *WuWeiZi*, *WuZhuYu*, *RouDouKou* (Semen Myristicae), *BuGuZhi* (Fructus Psoraleae), which are good at treating morning diarrhea due to kidney *Yang* deficiency. This grandmother also had asthma but I didn't add other special medicine for it, because *LiZhongTang* is for spleen *Yang* deficiency and *SiShenWan* is for Kidney *Yang* deficiency. Such prescription also works for asthma. The other patient was a beautiful girl from USA about 23 years old. She had diarrhea 4 to 5 times a day for 3 years. She took a lot of western medicine and was diagnosed as having colitis. I also used *QuChi* and *MenJin*. I used *LiZhongTang* and *ShenLingBaiZhuSan* (Powder of Ginseng, Poria and Bighead *Atractylodes*) for her. After decoction, she felt much more comfortable. With a combination of treatments using needles and herbs, she was cured very quickly. Altogether she visited twice and took ten days of decoction, and then her three years of disease was cured. From these two examples, we can see that either needles or herbal decoction brings very good therapeutic effect for chronic diarrhea. The combination of two methods is even better.

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Lower Abdominal Distention 小腹胀

1. *WanShunYi* 腕顺一(22.08) and *WanShunEr* 腕顺二(22.09) 腕顺一、二
2. *MenJin* (66.05)
3. *LingGu* (22.05)

The reason for lower abdominal distending pain or uncomfortable sensation is lower abdomen is more often due to *Qi* deficiency in large and small intestines and the lower energizer, thus the treatment principle is to nourish kidney. Uncomfortable feeling in the large and small intestines is often related to kidney *Qi*, thus *WanShunYi* and *WanShunEr* could be punctured, because they are on the small intestine meridian which can be applied for treating small intestine and nourishing the kidney as well. If there is distending pain on both the stomach and lower abdomen, puncture *MenJin*, *WanShunYi* and *WanShunEr*. The combination of those points brings a better effect. *ZhenJiuDaCheng* says puncturing *NeiTing*, *ZuSanLi* and *SanYinJiao* together is very effective for abdominal distention. But I always used *XianGu* instead of *NeiTing*. *MenJin's* function is included in that of *XianGu* and *Jin* is related to *Qi*, therefore, it can nourish *Qi* and very good at treating stomach distention. *LingGu* on the large intestine meridian is also good at treating lower abdominal distention, regulating *Qi* and blood. According to holography of the second metacarpal bone, *LingGu* is corresponding to the lower energizer; if it is punctured along bone, it is corresponding to kidney. Puncturing *GongSun* brings good effect for lower abdominal pain. If the pain didn't stop well after puncturing *GongSun*, we should think that there might be organic changes.

Enterorrhagia 肠出血

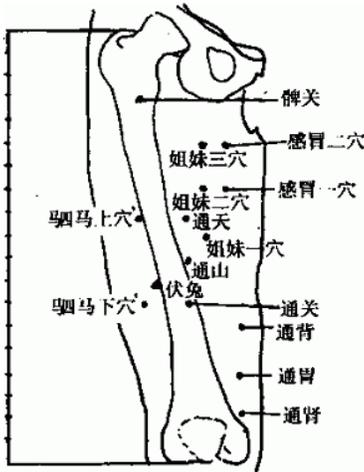
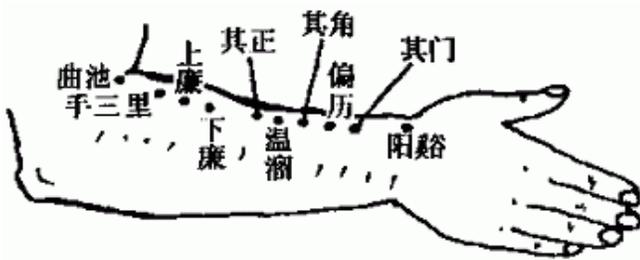


图8-2 大腿内侧

1. Prick *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) to induce bleeding (blood letting), then puncture *JieMei* 姐妹 (88.04, 88.05, 88.06). 四花中、外穴点刺出血，再针姐妹穴。

There are two conditions of enterorrhagia: bleeding before and after a bowel movement. For a common condition, prick *SiHuaZhong* and *SiHuaWai* to induce bleeding which may bring an effect. For treating bleeding due to hemorrhoids, it brings that most special effect by bleeding *WeiZhong*. Formula for enterorrhagia is *HuangTuTang* (Decoction of Baked Yellow earth). The most commonly used formula for stomach hemorrhage is *SanHuangXieXinTang* (Decoction of three yellow drugs to clear Heart Fire). Single herbs, such as *BaiZi* (Radix Angelicae Dahuricae) or *SanQi* (Radix Notoginseng) powder is also very effective. Prescriptions for enterorrhagia could be divided into two types: *HuangTuTang* for cold type; *ChiXiaoDangGuiSan* (Phaseolus Seeds and Chinese Angelica Root powder) with modification for dampness and heat type. If bleeding often occurs, be cautious that cancer might occur in the large intestine.

Hemorrhoids 痔



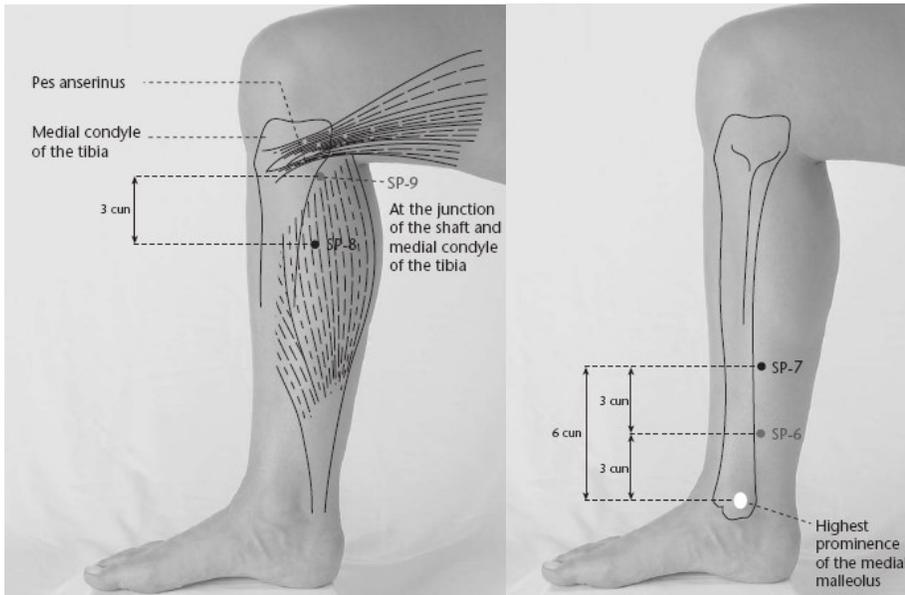
1. Pricking *WeiZhong* 委中 (BL 40) to induce bleeding or blood letting method brings special effect. 委中出血特效
2. Puncturing *QiMen* 其门 (33.01), *QiZheng* 其正 (33.03) and *QiJiao* 其角 (33.02) is effective. 其门、其正、其角亦效

The best effect for bleeding due to hemorrhoids, ensure that *WeiZhong* is bled. It is easy to have hemorrhoids with indulgence in eating spicy food, because pungent and spicy

food enters into the lung and large intestine. Too much spicy food may injure the large intestine and produce fire. Furthermore, standing for a long time, sitting or staying up late will lead to hemorrhoids. The best method for treating hemorrhoids is create a large quantity of bleeding which is better than pricking to induce some

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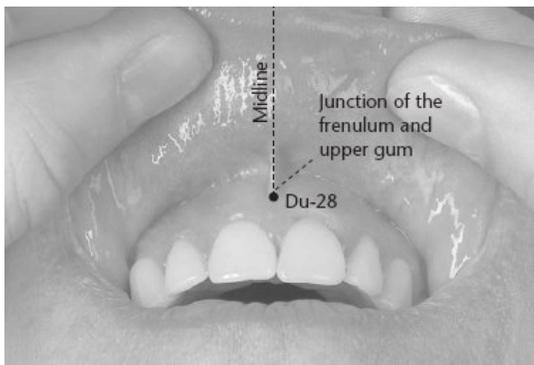
drops of blood. Puncturing *QiMen*, *QiZheng* and *QiJiao* brings effect, because those points are on the large intestine meridian. If it is possible to apply bleeding technique, it will be better. For common acupuncturist, *ShangQiu* (SP 5) is most frequently used. In addition, some people may puncture *ErBai* (Extra) which is one *Cun* proximal to *JianShi* (PC 5). All those points are good but not as effective as *WeiZhong* with the blood letting technique. Blood letting technique is good for both internal and external hemorrhoids. It is very effective to bleed *ChengShan* that is it brings good effect when veins were pricked at the region from *WeiZhong* to *ChengShan*. For internal hemorrhoids, bleed the place around *YinLingQuan*. Veins around *LouGu* (SP 7) and *DiJi* (SP 8) could be bled. In the past, there was printed information that hemorrhoids can be cured without an operation and asking days to leave in Master Tung's business card. At the beginning, I was very curious what kind of special secret remedy he had. After I learned from Master Tung, I know that this secret remedy is blood-letting. Some patients with hemorrhoids may have a second attack after the period of time if they still indulge in taking spicy and pungent food, and then bleeding *WeiZhong* still brings the effect.



In January of this year (2003)

according to the lunar calendar, there was a young guy visiting, complaining of severe pain. It was so painful that he couldn't sit straight but deviated. I bled the veins from *WeiZhong* to *ChengShan* and also veins on the medial aspect around *YinLingQuan*. Several days later, this young man visited me again with a friend. He was happy at the second visit. He didn't have pain when he sat straight down. For him, I only used the bleeding technique and his pain caused by hemorrhoids was completely cured. Though sometimes hemorrhoids were very severe, it could still be cured by acupuncture without taking medicine. Bleeding technique brings the most special effect.

But if herbs could be used simultaneously, it will speed up the process to cure the patients.



In treating hemorrhoids, a Chinese herbal formula that Japanese always used is *YiZiTang* (Decoction for Hemorrhoids). The simple prescription I often use of hemorrhoids, include: *JinYinHua* (Flos Lonicerae) 15g, *GanCao* 5 g, *XiaGuCao* (Spica Prunellae) 15 g; for treating hemorrhoids bleeding, *DiYuTan* (Carbonic Radix *Sanguisorbae*) and *HuaiHuaTan* (Carbonic Flos Sophorae) could stop bleeding. For treating bleeding, usually carbonic herbs are applied. I always apply *SanHuangXieXinTang* (Decoction of Three Yellow Drugs to clear Heart Fire) formula to treat bleeding due to heat

invasion. There is *HuangQin* (Radix Scutellariae) in it to stop bleeding. Patients with hemorrhoids could be treated with bleeding technique or using an herbal formula. In addition, there are always blisters around *YinJiao* (*Du 28*) in patients with hemorrhoids. So, it is also an effective method to treat hemorrhoids if blisters are

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pricked. Hemorrhoids can be considered as phlebangioma in the rectum. Bleeding *WeiZhong* is a method to promote blood circulation to resolve stagnation. The bladder meridian doesn't reach the rectum, but its divergent meridian reaches the anus. It is suitable to bleed *WeiZhong* once a week. Once or twice, treatments may cure a mild condition. Three or four treatments may cure a severe condition.

Hernia 小肠疝气

1. Prick the area from medial malleolus to *SanYinJiao* 三阴交 (SP 6) to induce bleeding.
内踝至三阴交一带点刺出血
2. Puncture any 2-3 points from *DaJian* 大间 (11.01), *XiaoJian* 小间 (11.02), *WaiJian* 外间 (11.04), *ZhongJian* 中间 (11.05) and *FuJian* 浮间 (11.03). 大间、小间、外间、中间、浮间任选三至四穴用针

Nowadays there are not so many people suffering from hernia. Hernia is more often due to both *Qi* and blood deficiency and malnutrition. Sometimes it is because of standing for a long time or forceful speaking, such as teachers giving instructions or children are excessive crying. I often used *BuZhongYiQiTang* (Decoction for Reinforcing Middle-Energizer and Replenishing *Qi*) plus herbs with function of warming the liver and plus *YanHuSuo* (Rhizoma Corydalis) and *WuYao* (Radix Linderae) to sooth liver *Qi*. Such treatment brought fairly good effect. Many patients were cured.

More than thirty years ago, when I studied in the university, my teacher's son had a hernia. He asked me how to treat him. It was summer when litchi is in abundance. So I told him to eat more litchi, because it was unnecessary to give treatment yet. Litchi can warm the liver to expel cold. If he couldn't be cured by eating litchis, then treatment would be necessary. After summer vacation, I asked the teacher about his son and I was told that his son was cured. For treating hernia, Master Tung always pricks veins from the medial malleolus to *SanYinJiao* to induce bleeding. Regarding acupuncture treatment, select 2-3 points among *DaJian*, *XiaoJian*, *WaiJian*, *ZhongJian* and *FuJian*. TCM considers that liver meridian curves around external genitalia,

meanwhile the liver dominates tendons. *DaJian*, *XiaoJian*, *WaiJian*, *ZhongJian* and *FuJian* are on the index finger beside the large intestine meridian. Large intestine communicates with liver, so that they can be applied for intestinal hernia. About points from the fourteen meridians, *DaDun* and *SanYinJiao* can be applied. *DaDun*, *Jing*-well point of liver meridian, can open the orifice to expel cold. *SanYinJiao* can warm the liver and nourish spleen *Qi* to strengthen the ascending function, because hernia is a cold disease and a tendon disease. Liver is related to the tendons, thus the wood point of the wood meridian – *DaDun* can be applied. *DaDun* is not only a *Jing*-well point of the liver meridian but also a wood point on wood meridian with the function of soothing the liver, regulating *Qi*, promoting the meridian and expelling cold. At this point, I'd like to briefly explain the five *Shu* points.

The application of the five *Shu* points, according to *NanJing*. *Jing*-well points are indicate in fullness sensation in the gastric region, *Ying*-spring points are indicate of fever; *Shu*-stream points are indicate in heaviness sensation in the body and painful joints; *Jing*-river points are indicate of cough, asthmatic breath, chills and fever; *He*-sea points are indicate of rebellion of *Qi*. Chapter 44 of *LingShu* says: *Jing*-well points apply for mental symptoms; *Ying*-spring points applied when the disease manifested on the complexion; *Shu*-stream points should be punctured when the diseases is alleviated and aggravated now and then; when the disease is manifested in abnormal voice and when the collateral is full with stagnated blood, *Jing*-river points should be punctured; for stomach diseases and diseases caused by intemperance of food and drink, *He*-sea points should be punctured. Bleed 12 *Jing*-well points for acute mental disorders. For example: when patients with wind stroke have mental symptoms, it will bring effect if the *Jing*-well points are pricked to induce bleeding. The wind pathogen for wind



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stroke is related to wood. Flare up of phlegm fire may cause wind stroke, resulting in hemiplegia or coma, *MuHuo* (11.10) could be selected. All *Yang* meridians of hand and foot run to the head. Among *Yin* meridians, only the pericardium and liver meridians reach the head. Liver meridian reaches the head through throat and inside the brain, thus diseases in the head and mental disorders will be induced if there is hyperactivity of liver *Yang* and liver fire. Phlegm, fire and liver wind are the major pathogens for wind stroke. For treating hemiplegia, Master Tung first used *MuHuo* because it is on the pericardium meridian which has fairly good effect in treating unconsciousness. Besides, unconsciousness could be induced by phlegm blocking heart and heat due to febrile disease attacking the pericardium; mental disorders could be induced by up flaring of liver fire. *MuHuo*, on the pericardium meridian, could be applied for a pathological condition in the pericardium meridian. On considering this, pathological conditions on the liver meridian could be treated by *MuHuo*, because they are bearing the same name. Location of *MuHuo* is near to *ZhongChong* – *Jing*-well point of pericardium. *ZhongChong* is a key point for mental disease, derives the reason for the name of *MuHuo*. This example draws our attention to the application of theory of five elements. If the theory of five elements could be understood fully, the application of the five *Shu* points will be well done.

Application of the five *Shu* points is based upon the theory of the five elements. The core of the therapeutic application of the five *Shu* points is to search the *Qi* of the same category, i.e., inter-crossing, counteracting, inter-promoting, inter-corresponding, inter-communicating and genuine five elements theory. Both *NeiJing* and *NanJing* emphasize on the Therapy of Searching the *Qi* of the same category. For example, *DaDun* is wood point on wood meridian. This is so called genuine five elements. It is the wood point on wood meridian, so it has a very good function of soothing liver. *Jing*-well points could open the orifice to expel cold, thus it is a special point for hernia, and for impotence as well. For treating most of the patients with impotence, *SanYinJiao* is usually punctured. *SanYinJiao* is a special point for disorders occurring on the lower abdomen. About *DaDun*, liver meridian curves around external genitalia and the liver therefore dominates the front external genitalia. Impotence is very closely related to the liver. It is very easy to have impotence if there is liver *Qi* stagnation or bad mood. The function of the liver in storing blood is very closely related to the erection of the penis. It is very easy for patients with hypertension to have impotence because they are taking western medicine for long term to control blood pressure which could easily inhibit liver *Yang*. The best way to treat impotence by acupuncture is the combination of *DaDun* and *SanYinJiao*. But *SanYinJiao* is more for premature ejaculation. *DaDun* is more for impotence. As a wood point of wood meridian, *DaDun* is good at expansion and shrinking of tendon. If the liver is lacking in storing of blood, it fails in helping the congested penis. *DaDun*, as a *Jing*-well point, could help open orifices to expel cold (the tip of penis is one of the orifices), and congest the penis, and reduce pressure in the liver meridian, thus this point is good at treating impotence. While premature ejaculation is due to deconsolidation of the kidney *Qi*, thus *ShenGuan* and *SanYinJiao* should be punctured. On considering herbs, *GuiZhi* plus *LongGu MuLiTang* formula for both impotence and premature ejaculation. After a period of taking the decoction, the effect could be seen and the result is very stable. If premature ejaculation is due over excitement, therapy should be both clearing fire and astringency. *ZhiBaiDiHuangWan* could be applied to clear fire and *JinSuoGuJingWan* (Golden Lock Pill for Keeping the Kidney Essence) to consolidate the kidney. If the patient has impotence and premature ejaculation in the meantime, *DaDun*, *SanYinJiao* and *ShenGuan* should be punctured together. *GuiZhiJiaLongGuMuLiTang* could be prescribed. Though this formula is warm in nature, its therapeutic effect lasts long. At present, some patients are using *KangWeiLing* (Anti-Impotence Agent), the important ingredient of which is *DangGui* and *WuGong* (Scolopendra). Both of them can invigorate *Yang*.

ZuSanLi is an earth point on the earth meridian, according to genuine five element theory. It has the function of strengthening the spleen and nourishing the stomach and brings effect for chronic debility diseases. TCM considers the kidney as the congenital foundation and the spleen and stomach as acquired foundation. Thus, acquired diseases, especially diseases due to weak body constitution should be regulated or treated by applying *ZuSanLi*. The application of the genuine five elements theory in selecting the fire point on the fire meridian, the metal point on the metal meridian and the water point on the water meridian is the same.

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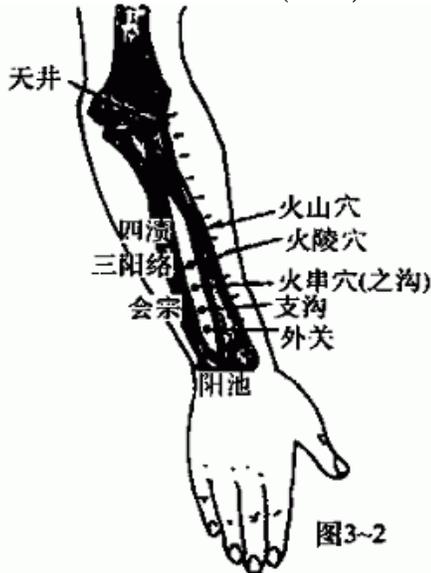
Appendicitis 盲肠炎

1. Pricking *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) to induce bleeding brings special effect. 四花中、外穴点刺出血有奇效
2. *LanWeiXue* (Extra) and *MenJin* (66.05) are effective.

For treating appendicitis, a deep insertion is necessary. Retention of the needle should be from 60 minutes to 2 hours with strong stimulation of reducing method. Manipulate needles once every five minutes. I've treated many patients with appendicitis. *LanWeiXue* is mainly punctured. When symptoms exist due to appendicitis, the tenderness will be discovered on this point. This point is in a place between *ZuSanLi* and *ShangJuXu* where there is obvious soreness and distention when pressed. Most probably it is about 1 *Cun* below *ZuSanLi*. It is better to insert a needle longer than half *Cun*. After pricking *SiHuaZhong* and *SiHuaWai* to induce bleeding, then, puncture this extra point, thus a better effect will be brought. Adding *MenJin* will bring the best effect. Acupuncture treatment brings a fairly good effect for treating simple acute appendicitis. If symptoms are severe and treatment delayed resulting in perforation and necrosis, it is necessary to have surgery.

Constipation

1. *HuoChuan* 火串 (33.04)



Acupuncture is also effective for constipation. *HuoChuan* which is the same as *ZhiGou* could be applied. *ZhiGou* is very effective for treating acute constipation. *YuLongFu* says *ZhaoHai* (KI 6) and *ZhiGou* (SJ 6) are for constipation. It is better to combine *ZhiGou* with *ZhaoHai*, which is a key point among the eight extraordinary meridians, and it has an effect of moistening *Yin* because it is on kidney meridian. Thus it is an effective point for chronic constipation. Chronic constipation is often due to *Yin* deficiency or blood deficiency. *ZhaoHai* could nourish *Yin* to promote fluid and benefit *Qi*. *ZhiGou* can promote *Qi* in Triple Energizer (*SanJiao*), thus it is an effective point for acute constipation. But combining these two points brings a better effect. The combination has a function of nourishing *Qi* and *Yin*. It is a very commonly used combination for constipation. *ZaBingXueFaGe* says reinforcing *ZhiGou* and reducing *ZuSanLi* for deficient constipation. If constipation is of the *Qi* deficient type, *ZhiGou* combined with *ZuSanLi* brings very good effect.

In 1990, when I was lecturing in Detroit of Michigan State, there were 20 TCM and western medical doctors. Almost all of them had a PhD degree. The course lasted for one week. Among them was a sixty year old student. He had a very red face on the fourth day because he didn't have a bowel movement for about 3-4 days. So I punctured his *ZhiGou* and *ZhaoHai* and retained needles for 30 minutes. But 20 minutes later, this student had felt a need to use the toilet. So then the needles were taken out. He went to the toilet and his bowel movement was very smooth. There was another female patient, about 40-50 years old, who had chronic constipation, having only a bowel movement once every 5-6 days. When she visited me, she didn't have stool for four days. I treated her with *ZhiGou* and *ZhaoHai*. Then she had smooth bowel movement everyday in the following two or three days. On the third day, the effect reduced. After 3 and 4 more treatments, her bowel movement became normal. It is very easy for this type of patient to have cancer in the large intestine and breasts. For treating them, I always use both acupuncture and herbal medicine which bring a better effect. For chronic constipation, it brings good effect to drink a decoction made of *FanXieYe* (Folium Sennae) 10g or 15g everyday. Some patients drink such a decoction for 10 years without any side effect. In case of senile or female constipation due to blood deficiency, *JiChuanJian* (Decoction of Increasing Fluid in Intestines to Promote Bowel Movement) could be prescribed. The causative factors for constipation are many: very fine food and meat; blood or *Yin* deficiency; or not drinking enough water; or ingesting too much spicy food; or less often taken; or standing too long or sitting or lack of exercise. Thus treatment for constipation should be given

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according to the body constitution and etiology. It is very good to prevent constipation by promoting peristalsis. *ZhiGou* and *ZhaoHai* are the best points for constipation.

HuoChuan of Master Tung's acupuncture has the same effect as *ZhiGou*. I am introducing Master Tung's points but other TCM theories and methods are mentioned as well. Master Tung's acupuncture is a part from TCM. And TCM emphasizes on a holistic conception, thus if Master Tung's acupuncture is understood deeper, the application of points of the fourteen meridians will be well done. In fact, the theory of Master Tung's acupuncture could be applied on general treatment. If you understand internal diseases more thoroughly and grasp the application very well of the herbal medicine and acupuncture, the mechanism in point selection could be applied in making herbal prescriptions, so that the prescription will be very well organized. These two methods help and supplement each other if they are very well understood. I always emphasize it when lecturing. I try my best to tell you all about Master Tung's points, effective points from the fourteen meridians and special herbal prescriptions, so that the best therapies could be combined in use. Personally, I think these points and the therapeutic methods are good. Master Tung's points and points from the fourteen meridians should be applied alternatively. The theory for Master Tung's points is the one for fourteen meridians, i.e., if you know more about Master Tung's points, you know more about points from the fourteen meridians. I encourage my students to use the fourteen meridians and Master Tung's points skillfully, and recite *NeiJing* and other classics and lyrics very fluently, because Master Tung's acupuncture uses a lot of theories from those classics. If you want to exert and advance Master Tung's acupuncture, classic books must be read proficiently.

Application of Holographic Acupuncture Technique for Different Parts of the Body

The applications of holographic acupuncture for different parts of the body include correspondence between different parts of the body and *ZangFu* organs. It can be considered as a part of holography and the hardcore thought of Master Tung's acupuncture as well. Those techniques originated from *HuangDiNeiJing*. A lot of ancestors' experiences are the same. Up to now, there are odd records about application of such technique, but not holistic and complete. Here, I would like to present a brief statement about Master Tung *JingChang's* and my own 40 years' of clinical experience. Acupuncture Techniques of Holography Corresponding to Different Parts of Body is also named as puncturing five body parts technique, i.e.: stimulating bone to treat bone diseases; stimulating tendon to treat tendon diseases; stimulating muscle to treat muscle diseases; stimulating skin to treat skin diseases. Meanwhile, five body parts treating five *Zang* organs' diseases, the theory of which is based on *HuangDiNeiJing*. Master Tung used those techniques frequently, and I myself even more, so, now let me explain them one by one:

Stimulating body parts to treat diseases of the corresponding body parts

Stimulating bone to treat bone disease

The method for treating bone disease by stimulating bone equals to ancient bone pricking method. Chapter 51 of *SuWen* says: "when pricking bone, tendons shouldn't be hurt", which has two meaning. One is to insert the needle to reach the bone which equals to *Shu*-point-needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "*Shu*-points-needling means thrusting and lifting the needle perpendicularly to reach the bone to treat bone *Bi* syndrome." Second is to insert needle alongside bone which equals to vertical-needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "vertical needling is for bone *Bi* syndrome. After insertion, slightly advance the needle and make the needle tip to approach the bone, then lift and thrust the needle to treat the bone *Bi* syndrome." Among Master Tung's points, there are many to be punctured alongside the bone, and many to be punctured approaching to bone. Master *ZhouKongSi* in Sung Dynasty said in his book

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ZhouShiJingLuoDaQuan (The complete Collection of *Zhou's* Meridians and Collaterals) that the symptoms of those internal diseases moving upward or downward, meridians are involved; if moves are to right or left side, collaterals are involved. Those points, when meridian *Qi* arrives, it accumulates, thus points must be with bone. Recent research discovers a theory of periosteum conduction. Periosteum is full of nerves and blood vessels. When needles reach the bone or stimulate nearby bone, some bone diseases could be cured with a better therapeutic effect, because stimulation is conducted through periosteum. For example, puncturing *LingGu* alongside bone to treat sciatic neuralgia brings special effect (it brings a better effect if *DaBai* is combined); *RenZhong*, *HouXi* and *ShuGu* can be applied for bone spur; it brings better effect if *FengShi* is combined. It brings great effect for spur on the heel if *LingGu* is pricked alongside bone. If *ShuGu* is added, a better effect will be brought. Puncturing *QuChi* alongside the bone is for inflammation in lateral epicondyle of humerus, also known as tennis elbow. Puncturing *TaiChong* alongside bone is for pain in the hand or foot, especially for knee pain.

Stimulating tendon to treat tendon diseases

The method for treating tendon disease by stimulating the tendon equals to ancient tendon pricking method. Chapter 51 of *SuWen* says: "when pricking the tendon, muscle shouldn't be hurt" which has two meaning. One is pricking the tendon, which equals to joint needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "joint-needling is to prick around the joints of extremities straightly to treat the tendon *Bi* syndrome". In pricking, it must cause bleeding and it is the pricking therapy corresponding to the liver. Second is to prick alongside tendon which equals to relaxing-needling recorded in *HuangDiNeiJing*. Chapter 7 of *LingShu* says: "relaxing needling is to prick straight beside the painful muscle, and manipulate the needle up and down and anteriorly and posteriorly to relax the muscle so as to relieve the muscular ache and spasm". Both needling techniques have good effect for treating neck rigidity, pain and also lumbar sprain. *ChiZe* is located beside tendon. If this point is punctured alongside the tendon, the entire body's spasm and convulsion, difficulty in raising the arm up due to frozen shoulder and spasmodic palm can be treated with effect. For treating hemiplegia, this point is also very commonly used. It is the son (water) point of lung (metal), needling this point with reducing method makes it impossible for metal to overact on wood, so that tendons could be relaxed and extended. But application of such therapy is based upon the theory "treating tendon disease by stimulating tendons". Other points, such as *ChengShan* and *YangLingQuan* can be used for tendon diseases, because of same needling technique and theory.

Stimulating vessels to treat vessel diseases

The method for treating vessel diseases by stimulating vessel equals to ancient vessel pricking method. Chapter 51 of *SuWen* says: "when pricking vessels, skin shouldn't be hurt" which has two meanings. One is to prick the vessel to induce bleeding, i.e., pricking method, including collateral pricking, leopard-spot-needling and repeated-shallow puncture in chapter 7 of *LingShu* which says: "collateral pricking method is to prick superficial and small veins beneath the skin; leopard-spot-needling is to prick the left, right, front and rear and the collaterals must be hit; the repeated-shallow puncture refers to lifting and thrusting of needle are perpendicular, and the pricking is swift and shallow to treat carbuncle and swelling". The other method is to thrust the needle to reach a big artery without injury and bleeding, i.e., treating blood vessel disease by puncturing alongside the vessel. Such method was not recorded in ancient classic, but a method commonly used by Master Tung, which pertain to pricking methods.

Pricking methods are very commonly used which have special therapeutic effect for difficult diseases and protracted diseases, and are also extremely good for acute severe diseases and febrile diseases. The clinical applications of those methods are many, but it is difficult to display them all here. I'll give some examples which are more than enough to help you to understand the applications in wide range. For example, 12 *Jing*-well points with pricking method can be applied for syncope due to wind stroke, high fever, sore throat and so on. Pricking *WeiZhong* could treat headache, pain of the neck, back and lumbar region, sciatica, lumbar sprain, leg pain, hemorrhoids, boil, furuncle, carbuncle, cholera, acute vomit, and so on. Pricking cubital area could treat frozen

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shoulder, arm pain, asthmatic breath cardiac diseases, and cholera and so on. Pricking the retro-auricle area could treat ophthalmic diseases, facial paralysis, dermatological diseases, insomnia, and hydrosis and so on. Master Tung adapts "reducing collaterals by pricking the distal area." The commonly used clinical applications include pricking back to treat foot and knee pain, pricking the lower back to treat pain on the upper arm. Pricking *SiHuaZhong* and *SiHuaWai* located on the leg are good for internal organ diseases. The special unique technique Master Tung applied is treating vessels' disease by puncturing an area near the vessel. The application of such technique is not strange to common people. For example, *TaiYuan*, the influential point of the vessel, can be used for various kinds of vessel diseases, which is very familiar to acupuncturists. Master Tung developed and enlarged the application of such technique. For example, *DiZong* (44.09) which is near an artery indicates reviving of life for collapse of *Yang*, cardiac diseases and angiosclerosis; *Chong* meridian passes *HuoYing* (66.03) and *HuoZhu* (66.04), so they are also indicated in blood vessel diseases.

Stimulating muscle to treat muscle diseases

The method for treating muscle disease by stimulating muscle equals to ancient muscle pricking method. Chapter 51 of *SuWen* says: "when pricking muscle, vessel and tendon mustn't be hurt". Muscle pricking method includes superficial-needling, inter-muscular-needling and multi-direction-needling recorded in chapter 7 of *LingShu* which also says: "superficial-needling is to prick shallowly lateral to the surface of the affected muscle to dispel cold and muscle spasm; inter-muscular-needling is to prick the pace of the low-lying muscular layers; multi-direction-needling is to prick one point in different directions towards left and right, like a chicken claw, on the muscle layer to treat muscle *Bi* syndrome". Superficial puncture is to prick muscle on the shallow layer with oblique or transverse insertion for cold muscle and muscle spasm. Inter-muscular-needling is to puncture the muscle in a fairly deep layer for muscle pain, numbness or atrophy. Multi-direction-needling is to puncture perpendicularly to a certain depth, then lift the needle to skin layer and then thrust the needle leftward, rightward or anteriorly and posteriorly, like a chicken claw, for treating muscle *Bi* due to wind, cold and dampness invasion. Clinically, it brings quite good therapeutic effect for muscle atrophy by stimulating *HeGu*, *QuChi*, *ShouSanLi*, *ZuSanLi* and *SiMa* points on the thigh where there are rich muscles. Though there is a saying "when treating *Wei*-flaccid syndrome, only *YangMing* channel should be selected", the good therapeutic effect is also due to muscle stimulating for treating muscle disease. Those points are also good for muscle spasm, or peripheral neuritis. *ChengShan* and *JianZhong* locate on the area with rich muscle, and they also bring good therapeutic effect for muscle disease.

Stimulating skin to treat skin disease

The method for treating skin diseases by stimulating skin equals to ancient skin pricking methods. Chapter 51 of *SuWen* says: "when pricking skin, muscle shouldn't be hurt". Skin pricking method includes skin needling and shallow needling recorded in chapter 7 of *LingShu* which says "skin needling is for skin *Bi* syndrome; shallow-needling is to insert needle swiftly without injuring muscle, like plucking a piece of fine hair and it can purge the skin energy". Skin needling refers to a shallow insertion, like hair growing superficially on the skin and the technique should be gentle and swift; shallow needling also refers to a shallow insertion, like plucking a piece of hair, which is very similar to skin needling, but a bit deeper. Shallow needling is to prick skin without injuring muscle, equals to plum blossom needling. Skin needling is more for local numbness and some dermatological disease, similar to plum blossom tapping technique, until skin becomes slightly congested or bleeding. It indicated in abnormal feeling on the skin, neurodermatitis, alopecia areata, hair loss and rosacea. Plum blossom needle could be replaced by a three edged needle exerting scattered-spot-prick. But chapter 7 of *LingShu* says: "it is not suitable to be applied if the skin is pale". Because the techniques (pricking methods to achieve bleeding) are to treat *Yang* and excessive condition is more suitable to be applied for heat in blood if the skin is red. For example, dermatological red skin, erysipelas, multiple boil or herpes zoster can be treated by such methods which should be applied on the local area with skin lesion.

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Master Tung's pricking method is different from others. He applied such method for treating dermatological diseases on the area where there are big muscles, which has the meaning of nourishing earth to promote metal and to treat skin by stimulating skin. For example, *SiMa* have extreme good effect for skin diseases because they are on the area where the *YangMing* meridian passes which is full of *Qi* and blood, good in regulating *Qi* and blood circulations. But deep insertion is not suitable because it doesn't correspond to skin and hair. Or prick with reducing-*Ying*-nutrient stage method; i.e., first insert a needle to earth layer, then lift to the man layer with strong stimulation of reducing and then lift to heaven layer to retain needle, which follows what is said in *NanJing* "when reducing, take *Qi* from *Ying*-nutrient stage". This technique is especially good at treating skin diseases with skin turning to red. *QuChi* applied for skin diseases should be punctured with such technique according to the same mechanism.

Stimulating body parts to treat corresponding Zang organs

The technique of puncturing five body parts includes not only stimulating body parts to treat corresponding body parts, i.e., stimulating bone to treat bone disease; stimulating tendon to treat tendon disease; stimulating vessel to treat vessel disease; stimulating muscle to treat muscle disease; and stimulating skin to treat skin disease; but also stimulating bone to treat kidney; stimulating tendon to treat liver; stimulating muscle to treat spleen; stimulating vessel to treat heart; and stimulating skin to treat lung. Because kidney dominates bone, liver dominates tendon, spleen dominates muscle, heart dominates vessel, and lung dominates skin. Chapter 7 of *LingShu* says: "shallow needling...purges the skin energy and corresponds to lung; leopard-spot-needling...disperses stagnated blood in channels and corresponds to heart; joint-needling...to treat tendon *Bi* syndrome and must cause bleeding, and corresponds to the liver; multi-direction-needling...pricks muscle to treat muscle *Bi* and corresponds to the spleen; *Shu*-point needling...deeply inserted to bone, for treating bone *Bi*, and corresponds to kidney". Such record explains the correspondence between five body parts and five *Zang* organs. The following are some simple examples.

Pricking skin corresponds to the lung

Clinically for treating cough, asthmatic breath and other lung diseases, stimulate *ShuiJin* or *ShuiTong* with subcutaneous needles. For treating sore throat or fever due to lung heat, prick *ShaoShang* and *ShangYang*. For treating nasal diseases, prick *MuXue* on the index finger.

Pricking muscle corresponds to the spleen

Pricking the muscle can be used for the spleen. The places with thick muscle have functions of nourishing and regulating *Qi*. *HeGu* and *TaiChong* are on the fingers and toes where the muscles are quite thick, so they have strong function of regulating *Qi*. Though it is because they are *Yuan*-source points, it also is due to muscle correspondence between the muscle and spleen. Puncturing *SiMaXue* can treat skin disease and strengthen the spleen to supplement the *Qi*. Master Tung emphasized the theory of the spleen and stomach. For example, *SiMa* for lung diseases; *TongGuan*, *TongShan* and *TongTian* for heart disease; *TongShen*, *TongWei* and *TongBei* for kidney; *TianHuang*, *MingHuang* and *QiHuang* for liver; *FengShi*, the key point for stopping pain, all located on thigh where there are big muscles. In fact, application of those points is for strengthening spleen.

To treat heart by stimulating vessel

It brings best effect to treat heart diseases by pricking the vessel. I applied cubital area, *SiHuaZhong* and *SiHuaWai* near *TiaoKou* and *FengLong* to treat many severe cardiac diseases with the pricking method to induce bleeding. Pricking *DiZong* can revive life, heart tonification, heart disease and angiosclerosis. Pricking *HuoYing*, *HuoZhu* and *TaiChong* with the artery beating underneath, the heart function could be strengthened for treating cardiac palsy. *TaiChong* also has function of heart tonification. I used *TaiChong* for coma. First I punctured *RenZhong* and *BaiHui* but failed, while *TaiChong* brought immediate effect for some cases.

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To treat liver by stimulating the tendon

YangLingQuan is the key point for treating tendon diseases and also a chief point for liver and gallbladder. Combining with *ChengShan*, it has effect on treating foot cramp. This point also brings effect on treating stomach spasm and pain, and dysmenorrhea because those diseases are all related to the liver.

Pricking bone corresponds to kidney

Puncture *LingGu* along the bone to treat lumbago, and also to nourish kidney to treat heel pain and various kind of diseases due to kidney deficiency. Puncture *FuKe* and *HuanChao* along the bone for nourishing kidney to treat kidney diseases, such as infertility. Indications of *WanShun* (22.08, 22.09) are related to kidney. It brings better therapeutic effect if these points are punctured alongside the bone. Puncture *SanYinJiao* alongside the bone brings stronger function of kidney tonification.

Some points, through having the corresponding relations with tendon, bone and muscle, could relate to more *Zang* organs and indicate more diseases. For example, external epicondyle inflammation, tennis elbow can be treated by puncturing *ShouSanLi* on the tendon and *QuChi* alongside bone. This is because both liver and kidney are nourished when both tendon and bone are treated. Another example, *ShouQianJin*, between *TaiYang* and *ShaoYang* meridians, is under the tendon and anterior to bone, thus both tendon and bone could be treated, communicating with the liver and kidney. The indications of this point are related to tendon, bone, liver and kidney. *YeMen* (SJ 2), I most often used, is punctured along the bone until *ZhongBai* or known as *ZhongZhu* (SP 3), and *XiaBai* (22.07) where there are more muscles, thus this point communicates with the spleen, liver and kidney, so spleen, liver and kidney diseases can be all treated by needling these points. This point has extensive indications and is very effective. It is one of my ten most frequently used points.

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Chapter Four

Other Diseases 其它疾病

Diseases of the Anterior and Posterior Genitalia 前后阴病

Testitis 辜丸炎

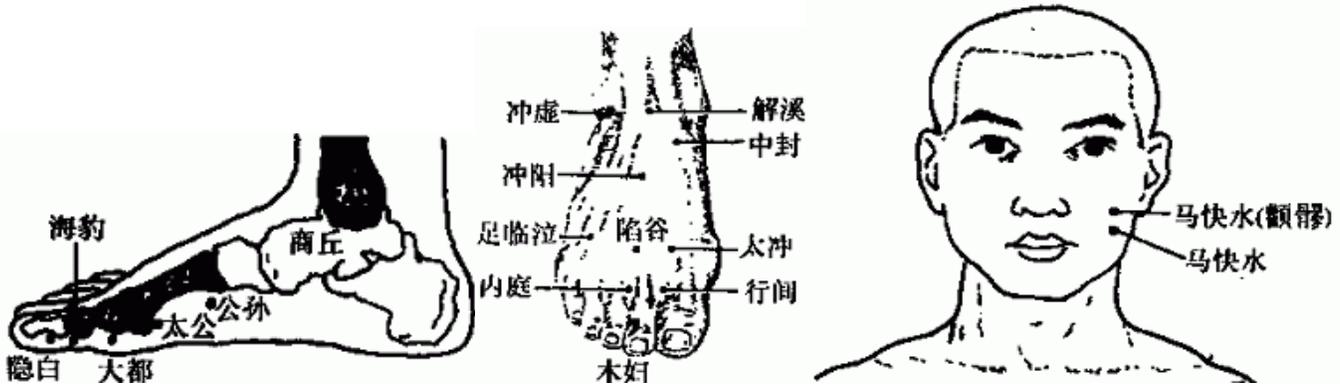
(i.e. orchitis – inflammation of the testis.)

1. Prick the area from the inner malleolus to *SanYinJiao* 三阴交 (SP 6) (bloodletting)
内踝至三阴交一带点刺出血。
2. *DaJian* (11.01), *XiaoJian* (11.02), *ZhongJian* (11.05) and *FuJian* (11.03)

Hernia has been dealt with as a disease of the anterior and posterior genitalia, and now we are going to discuss testitis. In treating this disease, two or three points can be chosen from *DaJian*, *XiaoJian*, *ZhongJian*, *WaiJian* and *FuJian*, using the same manipulations as those used for hernia. Master Tung prefers to prick the area from the inner malleolus to *SanYinJiao* in the treatment. Acupuncture treatment can also be given at *DaDun* and *SanYinJiao*, the mechanism of which has already been discussed in previous chapters.

Frequent Micturition 尿意频数

1. *ShenGuan* 肾关 (77.18) (highly effective) 肾关尤具特效。
2. *HaiBao* 海豹 (66.01) and *MuFu* 木妇 (66.02) (effective) 针海豹、木妇特效。
3. *MaKuaiShui* 马快水 (1010.14) (also effective) 针马快水亦可。



The most effective point for frequent micturition is *ShenGuan*, owing to its effect of invigorating the spleen and kidney *Qi* and astringency. This point can be used to treat premature ejaculation, albuminuria and diabetes. When I was teaching acupuncture in Taiwan, I started with points from *ShiSiJing* (The fourteen meridians), and *ShenGuan* from *DongShiQiXue* (Tung's Extraordinary Points) was taught later. Once, when I was teaching I found that a student had to go to the restroom about every 30 minutes. I asked him to try acupuncture at *ShenGuan* and his problem was solved in two or three weeks. Urgent and difficult urination with little amount indicates cystitis, which should be accordingly. *ShenGuan* can be used to treat frequent micturition due to deficiency of kidney *Qi*, which causes hyposexuality, and that is why *ShenGuan* can be used. Besides frequent micturition, *ShenGuan* can also be used to treat premature ejaculation owing to its effect of astringency. Frequent micturition can also be treated with *SangPiaoXiaoSan* (Powder of Ootheca Mantidis) and *SuoQuanWan* (Pill for Controlling Urination), and premature ejaculation can be treated with *JinSuoGuJingWan* (Pill for Arresting Premature Ejaculation) and *ZhiBoDiHuangWan* (Pill of Rhizoma Anemarrhenae Asphodeloidis, Cortex Phellodendri and Radix Rehmanniae). Being the gate of kidney, *ShenGuan* controls fluid and stores semen, and failure in this function may result in frequent micturition and premature ejaculation, which are effectively treated by this point. Since *ShenGuan* can improve the storing and astringing functions of the kidney *Qi*, it can be used in combination with other points to

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treat asthma in patients with long-lasting diseases. *ShenGuan* has the combined effect of both *ShenShu* (BL 23) and *GuanYuan* (Ren 4), the former lying in the *Yang* location of the body having the effect of warming kidney *Yang* and the latter in the *Yin* location of the body having the effect of nourishing kidney *Yin*. Therefore, *ShenGuan* is the best point for frequent micturition. Other effective points include *HaiBao* and *MuFu*, but since the points are on the toes, they are painful and the patient has to take off the shoes and socks, sometimes making it hard for the doctor to bear the disagreeable smell. *MaKuaiShui* is also effective, but these points are not as effective as *ShenGuan* in the treatment of frequent micturition. Besides frequent micturition, *MaKuaiShui* is also an effective point for cholecystolithiasis. In treating difficulty in micturition, attention should be paid to "mainly bringing down *Qi*", by puncturing *ShenGuan* first followed by *MaKuaiShui*. This is the preferable method in spite of the dual regulating effect of acupuncture.

It is important to master the principles in differentiation of syndromes based on the eight principles, whether Tung's extraordinary points or points from the fourteen regular meridians are used. A veteran doctor knows how to determine the nature of the disease based on the eight principles: deficiency and cold in long-lasting diseases, and excess and heat in new diseases. For instance, when the needle is inserted into a depth of 1.5 inches, it may go further into a depth of 1.8 inches after some time in patients with cold constitution owing to the needle suction effect in such kind of patients; while the needle may withdraw itself to a depth of 1.3 inches or even less in patients with heat constitution or grebriile diseases. By observing these phenomena, it is possible to determine the cold or heat nature of the patients. Administering acupuncture is much the same as administering drugs, since acupuncture can treat and regulate cold and heat syndromes and constitutions and also correspond with drug effects. In treating heat syndromes, shallow insertion of the needle with short duration (without retaining the needle) is given, but treatment can be given twice a day. This is also true with using drugs for the same kind of diseases. Both *GuiZhiTang* and *YinQiaoSan* are mild in their dosage, but they are to be taken several times a day. Being an effective pungent-cool diaphoretic recipe, *YinQiaoSan* is the most common recipe to be used at the onset of a febrile disease. Chinese medicine holds that the treatment of the diseases of the upper energizer (*ShangJiao*) is just like a feather (namely, by using drugs light in texture and dosage), the treatment of the diseases of the middle energizer (*ZhongJiao*) is to bring about a balance, and the treatment of the diseases of the lower energizer (*XiaJiao*) is like a poise (i.e. by using drugs heavy in texture). Since long-lasting diseases affect the lower energizer, pills are used over a long period. Besides, heavy drugs such as *LongGu* (Os Draconis), *MuLi* (Concha Ostreae) and *DaiZheShi* (Haematitum) are also used. In treating diseases of the upper energizer, *JinYinHua* (Flos Loncerae Japonicae) is used with mild dosage, about 10-15 grams. Diseases of the middle energizer are mostly caused by cold-heat in coordination and therefore drugs of both cold and heat nature are used to bring about a balance. As an example, the common recipes for gastrointestinal diseases are *BanXiaXieXinTang* (Decoction of Rhizoma Pinelliae Ternatae Praeparata for Purging Heart) and *XiaoChaiHuTang* (Minor Decoction of Radix Bupleuri), which includes both drugs of cold nature such as *HuangQin* (Radix Scutellariae Baicalensis) and *HuangLian* (Rhizoma Coptidis), and drugs of heat nature like *BanXia* (Rhizoma Pinelliae Ternatae Praeparata) and *GanJiang* (Rhizoma Zingiberis Officinalis). This is also true in acupuncture treatment. In treating diseases of the upper energizer, diseases at the onset or diseases of heat nature, shallow insertion of the needle is used, while in treating diseases of the lower energizer, chronic diseases (when the kidney is affected) and diseases of cold nature, deep insertion is applied. A deep understanding of the eight principles is crucial in using either drugs or acupuncture in the treatment of the disease.

Galacturia 淋浊

(i.e. the presence of a milky fluid containing emulsified fat in the urine as a result of organic disease (as of the kidney))

1. *TongShen* (88.09), *TongWei* (88.10) and *TongBei* (88.11) 针通肾、通胃、通背。
2. *MaKuaiShui* (1010.14) 马快水。

Galacturia is among the five types of stranguria (i.e. slow and painful discharge of the urine, due to spasm of the urethra and bladder), namely, uropoismus (i.e. urinary gravel), urinary incontinence, galacturia, pollakiuria (i.e. abnormally frequent urination) and hematuria (i.e. presence of blood in the urine). Since they have already been dealt with in previous chapters, I'm going to talk only about galacturia

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here. The common recipe for this disease is *BiXieFenQingYin* (Decoction of Rhizoma Dioscoreae Hypoglaucae seu Septemlobae for clarifying Urine), which is normally used at the onset of the disease with damp-heat. In a chronic case, which is often due to failure of *Qi* to control fluid, *BuZhongYiQiTang* (Decoction of Reinforcing *Qi* in the Middle Energizer) can be used, with *BaiJi* (Rhizoma Bletillae Striatae) or *SheGan* (Rhizoma Belamcandae Chinensis) added to the prescription to achieve better results. Galacturia is often due to damp-heat or deficiency of *Qi* and blood, with excess syndromes seen at the onset and deficiency syndromes found in chronic cases. Both can be treated with *TongShen*, *TongWei* and *TongBei* as a group, or with *MaKuaiShui*. *ShenGuan*, *RenHuang*, *DiHuang* are also effective for the disease. Points from the fourteen regular meridians can also be used, such as *QiHai* in the Conception Vessel, an important point for treating the five types of stranguria, and *TaiChong*.

Seminal Emission 遗精

1. *XiaSanHuang* (77.18, 19, 21) 针下三皇。

ShenGuan is the best point for the disease. Together with *RenHuang* and *DiHuang*, they form a group of points for regulating and reinforcing the spleen and kidney with the effect of astringency. *GuiZhi*, *LongGu*, *MuLi* also makes a good prescription, which I often use to treat infantile enuresis. This prescription is also quite effective even for children ten or eleven years of age with enuresis, and many children recover in a week. If the prescription does not work satisfactorily, *MaHuang* 3g can be added to enable the child to wake up for urination. With Chinese drugs, acupuncture is usually not necessary for children with enuresis, but if acupuncture is used, *ShenGuan* is normally chosen. The decoction of *GuiZhi*, *LongGu* and *MuLi* is also a common prescription for frequent micturition.

ShenGuan is an important point for seminal emission. When drugs are used, it is advisable to use the decoction of *GuiZhi*, *LongGu* and *MuLi* for different kinds of seminal emission such as seminal emission without dreams or seminal emission during defecation, so as to reinforce the kidney function.

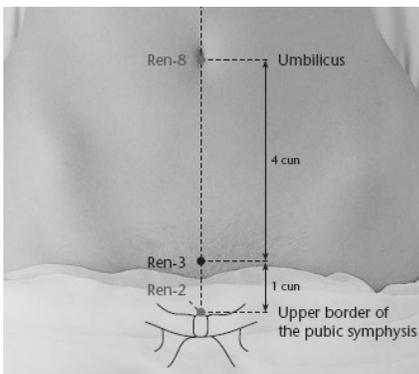
Regular acupuncture points for seminal emission are *GuanYuan*, *QiHai* and *SanYinJiao*. *GuanYuan* is an important point for deficiency syndromes owing to its effect in reinforcing the kidney *Qi*. It is said in *BaiZhengFu* (book on a hundred diseases) that "treating turbid urine and seminal emission by puncturing the three yin meridians at *QiHai*". *QiHai* has the function of reinforcing *Qi* and inducing astringency. *SanYinJiao* can be used to treat the diseases of the spleen, liver and kidney, and is also an important point for the diseases of the urogenital system.

Hematuria 小便出血

1. *XiaSanHuang* (77.18, 19, 21) 针下三皇

Hematuria is often caused by nephropylitis or urolith rubbing against the urethra wall. To treat stones in the bladder, urethra and kidney, *MaJinShui*, *MaKuaiShui*, *LinKuai* (1010.16) and *QiKuai* (1010.17) are used in combination. *XiaSanHuang* is effective for nephropylitis. Two effective recipes for hematuria are *XiaoJiYinZi* (Decoction of Herba Cephalanoploris) and *ZhuLingTang* (Decoction of Sclerotium Polypori Umbellati).

Urethralgia 尿道痛



1. *FuJian* 浮间 (11.03) and *WaiJian* (11.04) 针李白、云白、浮间。
2. *MaKuaiShui* (1010.14) 马快水
3. *LingGu* 灵骨(22.05) and *HuoZhu* 火主 (66.04) 灵骨、火主
4. *YunBai* 云白(44.11) and *LiBai* 李白 (44.12)

Urethralgia is usually caused by cystitis or urethritis, which is known as heat stranguria in Chinese medicine. *WaiJian*, *FuJian*, *LiBai* (44.12) and *YunBai* (44.11) are all effective points for urethralgia owing to the fact that the corresponding area of *WaiJian* and *FuJian*, which lie on the fingers, is the pudendum (*i.e.* external genitalia of humans, especially of the female) (direct correspondence of hand and trunk) and the corresponding area of *LiBai* (44.12) and *YunBai* (44.11),

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which are located on the upper arm, is also the pudendum (adverse correspondence of hand and trunk). Alternatively, *HuoYing* and *HuoZhu*, or *LingGu* and *HuoZhu* can be used with good results. *HuoYing* and *HuoZhu*, with *TaiChong* in between, are all located in the liver meridian, which circles the genitalia and therefore can be used to treat the diseases in this area. *XingJian* is also effective since it is the spring point of the liver meridian and has the effect of purging liver fire, similar to the effect of *LongDanXieGanTang* (Decoction of Radix Gentianae for purging Liver Fire). Both *ZhongJi* (Ren 3), the front-Mu point of urinary bladder and *QiHai*, an important point for stranguria, can be used to treat urethralgia. *BaZhengSan* (Powder for Restoring Health) and *LongDanXieGanTang* are also used to treat urethralgia of damp-heat type. I often use *SiNiSan* (Powder for Treating Cold Limbs), which include *ChaiHu*, *ZhiShi* (Fructus Immaturus Citri Aurantii), *ShaoYao* and *GanCao*. *JieGeng* and *FuLing* are added to the prescription since the former can discharge pus and relieve inflammation and the latter can induce diuresis. In a severe case, *PuGongYin* (Herba Taraxaci) can be added. Pregnant women with urethritis should be treated neither with acupuncture nor with Chinese's drug recipes such as *BaZhengSan* and *LongDanXieGanTang*. I prefer to use *QingXinLianZiYin* (Decoction of Semen Nelumbinis Nuciferae for Clearing away Heart Fire), which is also effective for chronic cystitis in pregnant women.

Dysuria 小便夜闭

(i.e. painful difficult urination)

1. *TianHuang* (88.13) and *SiHuaShang* (77.08)
2. *XiaSanHuang* 下三皇 (77.18, 19, 21) 针下三皇
3. *JianZhong* 肩中 (44.06), *YunBai* 云白 (44.11) and *XiaQu* 下曲 (44.15) 针肩中, 云白, 下曲。



Dysuria with varying degrees is caused by prostatomegaly, lithiasis, tumors or neurological bladder dysfunction. *TianHuang* and *SiHuaShang*, or *YinLingQuan* and *ZuSanLi* can be used to treat the disease. *JianZhong*, *YinBai*, *XiaQu* and *XiaSanHuang* are also effective points. For dysuria caused by abdominal dropsy, *YinLingQuan* and *ZuSanLi* can be used, the former being water in earth capable of reinforcing the spleen and kidney and the latter being the earth in earth with strong effect of both replenishing the earth to reinforce *Qi* and replenishing the earth to control water. The two points are also quite effective for dysuria caused by prostatomegaly. It is said in *ZhiYaoFu* (Gist of Medicine) that "*YinLingQuan* dredges the water passages." According to *ZaBingXueFaGe* (Rhymes of Needle Manipulation for Miscellaneous Diseases), "dysuria is treated effectively with *YinLingQuan* and *ZuSanLi*. *ZhongJi*, the front-Mu point of the bladder, can also be used by pressing and releasing the point with the finger to promote the function of urination.

A case report: an old man with prostatomegaly (i.e. enlargement of the prostate) had not passed water for more than ten hours, with flushed and bloated face. I promptly treated him with *TianHuang* and *SiHuaShang*, and soon after the acupuncture treatment, he could urinate freely.

Balanitis 龟头炎

1. *XiaSanHuang* (77.18, 19, 21) 针下三皇 (加中极更佳)。

Balanitis (i.e. inflammation of the head and foreskin of the penis) is generally treated with *XiaSanHuang*, together with *ZhongJi*, *DaDun* or *XingJian*. Being the Sprint and Fire point of the liver meridian, *XingJian* is an important point for cystitis and urethritis. Since *HuoYing* is close to *XingJian*, this point can also be used. Both *XingJian* and *HuoYing* are also effective for glaucoma.

A Study on Tung's Acupuncture *Impotence and Premature Ejaculation* 阳萎早泄

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) (together with *ShuiJin* 水金 (1010.20) and *ShuiTong* 水通 (1010.19) with better effect) 针下三皇 (配水金、水通更佳)。
2. *DaDun* (LR 1) and *ShenGuan* (77.18)

Although impotence and premature ejaculation are put in the same category here, they are not the same pathologically. To treat impotence, use *DaDun* and *SanYinJiao* in combination; to treat premature ejaculation, use *ShenGuan*, *ShuiJin* and *ShuiTong* together. Both impotence and premature ejaculation can be treated with *DiHuang* in combination with *DaDun*. To treat impotence, one should treat the liver; to treat premature ejaculation, one should treat the kidney. In treating postcoital protrusion due to hyperactivity of the ministerial fire, I often use *ZhiBoDiHuangTang* (Decoction of Rhizoma Anemarrhenae Asphodeloidis, Cortex Phellodendri and Radix Rehmanniae Praeparata) to purge fire. Conversely, in treating impotence due to insufficiency of the ministerial fire, I try to replenish the fire of the gate of life, and in treating premature ejaculation due to incoagulation of the kidney or hyperfunction of the liver in regulating the flow of *Qi* and blood, the kidney is mainly treated prior to the liver. In treating impotence, however, the liver is mainly treated prior to the kidney. Emotional stress also causes impotence and therefore it is often treated by soothing the liver, using *DaDun* and *SanYinJiao*. Premature ejaculation is mainly treated with *ShenGuan*. Impotence and premature ejaculation can be treated together, by using *DaDun* and *XiaSanHuang*, since *DaDun*, the *Jing*-well point of the liver and the wood point of the liver meridian, can soothe the liver and dispel cold and *ShenGuan* can strengthen the kidney. I have mentioned before that deficiency of *Yin* leads to hyperactivity of the ministerial fire, and therefore *ZhiBoDiHuangTang* can be used to clear away fire, thus strengthening the kidney essence. In treating premature ejaculation, not only *ZhiBoDiHuangTang* can be used to clear away fire, *JinSuoGuJingWan* (Pill for Strengthening the Kidney) can also be used to strengthen the kidney. Impotence is often a cold syndrome. According to *JinKuiYaoLue*, glands coldness is treated with *GuiZhiJiaLongGuMuLiTang*, which are also effective for premature ejaculation. To sum up, the common points for this group of diseases are *DaDun* and *XiaSanHuang*, with impotence treated mainly with *DaDun* and *XiaSanHuang*, and premature ejaculation treated mainly with *XiaSanHuang*.

Gynecopathy 妇科病

FuKe 妇科 (11.14) and *HuanChao* 还巢 (11.06) in Tung's extraordinary points are the main points frequently used for all kinds of gynecopathy. Other points such as *JieMeiYi* (88.04), *JieMeiEr* (88.05) and *JieMeiSan* (88.06) are also effective in regulating women's diseases, which Master Tung used to use frequently. Since the points are on the thigh, it causes some inconvenience and therefore I do not use it unless it is necessary, and use *FuKe* and *HuanChao* instead.

Hysteralgia 子宫痛 (i.e. pain in the uterus)

1. *MenJin* (66.05) (specially good effect)
2. *FuKe* 妇科 (11.24) (specially good effect) 针妇科穴特效
3. *HuanChao* 还巢 (11.06) (used as an adjunct point) 还巢可作配穴

FuKe used in combination with *HuanChao* is quite effective for hysteralgia. I prefer *MenJin* and *ChengJiang*. *MenJin* is connected with the lung and large intestine, with similar effect to *XianGu* in the stomach meridian. Since it is a wood point of the earth meridian, it is related to the liver and can soothe the liver *Qi* and regulate the functions of the liver and spleen. Also, since this point is on the *YangMing* Meridian, a meridian full of *Qi* and blood, it can regulate *Qi* and blood with good effect in treating physiological pains. *ChengJiang* is also an effective point for physiological pains. Being the *Jing*-well point of the conception vessel which reaches the pudendal region, it can remove cold from that region. Besides, it is at the crossing point of *YangMing* meridians of hand and foot, which have the function to regulate *Qi* and blood, and therefore *ChengJiang* is effective for hysteralgia, which is mostly caused by disharmony between *Qi* and blood, stasis of blood or deficiency and cold of the lower energizer.

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Oviduct Obstruction 输卵管闭塞

1. *FuKe* 妇科 (11.24) (specially good effect) 针妇科穴特效
2. *HuanChao* 还巢(11.06) (used in combination with *FuKe* with better effect) 还巢、木妇可作配穴

Oviduct obstruction is mainly responsible for infertility and is treated effectively by *FuKe*. Better effect can be achieved if the point is used in combination with *HuanChao*. *MuFu* 木妇 is also effective, but since the point is on the toe, it is painful and causes inconvenience. I have a proven recipe for oviduct obstruction: *TaoHongSiWuTang* (Decoction of Four Drugs Including Semen Persicae and Flos Carthami Tinctorii) plus drugs for regulating *Qi*, like *XiaoHuiXiang* (Fructus Foeniculi Vulgaris), *LianQiao* (Fructus Forsythiae Suspensae) and *XiangFu* (Rhizoma Cyperi Rotundi). This recipe is quite effective and some patients became pregnant after just corresponding with me for some time.

Hysteromyoma 子宫瘤

1. *HuanChao* 还巢 (11.06), 姐妹三 *JieMeiYi* (88.04), *JieMeiEr* (88.05), and *JieMeiSan* (88.06) 还巢, 姐妹三
2. Prick the area between *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) to let out blood. 重子至重仙直线上点刺, 再针还巢。
3. *FuKe* 妇科 (11.24) (quite effective), *HuanChao* (11.06) (more effective when used in combination with *FuKe*) 妇科穴亦特效
4. Prick the area between medial malleolus and *SanYinJiao* (SP 6) to let out blood.

FuKe and *HuanChao* are the main point for the disease. Pricking the area between *ChongZi* and *ChongXian* or between medial malleolus and *SanYinJiao* alternatively to let out blood is also effective, but may be more painful. Small tumors can be resolved but it is difficult to resolve tumors over six centimeters in diameter. Generally, combination of acupuncture with drugs will produce better effect. The commonly used drugs include *GuiZhiFuLingWan* (Pill of Ramulus Cinnamomi Cassiae and Sclerotium Pariae Cocos) and drugs for softening and resolving hard masses. Recipes for activating blood circulation and resolving phlegm are frequently used of both tumors and gynecopathy. To resolve phlegm, *ErChenTang* (Decoction of Two Old Drugs) which includes *BanXia*, *ChenPi*, *FuLing* and *GanCao*. *BanXia* and *ChenPi* are important drugs for resolving phlegm since they can remove dampness and promote the flow of *Qi*. *FuLing* can eliminate dampness and prevent the formation of phlegm. The prescriptions for resolving phlegm in *ShangHangLun* does not include *ChenPi* and *FuLing* often used to resolve phlegm. In *LingguiZhuGanTang* (Decoction of Sclerotium Poriae Cocos, Ramulus Cinnamomi Cassiae, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae Uralensis), for example, *FuLing* is used as the main herb for resolving phlegm. Activating blood circulation and resolving phlegm is a good method to treat miscellaneous diseases, and Master Tung *JingChang* often treats these with *SiHuaWai*, which is located very close to *FengLong*. *FengLong* is the collateral point of the stomach meridian, and therefore can be used to treat diseases of the spleen and stomach. Also, since "phlegm accumulates at *FengLong*", puncturing this point can treat phlegm disorders. Pricking the point to let out blood can also treat blood stasis, and so this point can treat both phlegm retention and blood stasis. According to the theories of Chinese medicine, both blood stasis and phlegm retention are likely to occur in chronic, intractable, miscellaneous and weird diseases. *SiHuaWai* can be used as the main point for serious diseases by pricking it to let out blood. As far as herbs for softening and resolving hard masses in the treatment of hysteromyoma are concerned, the commonly used ones are *XiangFu* (Rhizoma Cyperi Rotundi), *XuanShen* (Radix Scrophulariae Ningpoensis), *ZheBeiMu* (Bulbus Fritillariae Thunbergii) and *MuLi* (Concha Ostreae). In a sever case, *ChuanShanJia* (Squama Manitis Pentadactylae), *SanLeng* (Rhizoma Sparganii Stoloniferi) and *E Zhu* (Rhizoma Curcumae) can be added to enhance the effect of activating blood circulation. Sometimes, *GuiZhiFuLingWan* (Pill of Ramulus Cinnamomi Cassiae and Sclerotium Pariae Cocos) is used in combination with *YiYiRen* (Semen Coicis Lachryma-jobi) with good effect. Activating blood circulation to remove blood stasis by acupuncture can be done by pricking the area between medial malleolus and *SanYinJiao* to let out blood.

A Study on Tung's Acupuncture *Leucorrhoea with Red and White discharge* 赤白带

(i.e. a whitish, viscid discharge from the vagina and uterine cavity)

1. *HuanChao* (11.06) 针还巢
2. *FuKe* (11.24) 针妇科穴
3. *JieMeiYi* (88.04), *JieMeiEr* (88.05), *JieMeiSan* (88.06) and *MuFu* (66.02) 针姐妹三、木妇
4. *TongShen* (88.09), *TongBei* (88.11) and *TongWei* (88.10) 针通肾、通背、通胃亦效

FuKe and *HuanChao* are effective for this disease. *JieMeiEr*, *JieMeiSan* and *MuFu* are also very effective, but because of their locations, it is not so convenient to use them. *YunBai* and *LiBai*, at the thick muscles of the shoulder, have the effect of invigorating the spleen *Qi* and removing dampness, and according to the "adverse correspondence of hand and trunk" their corresponding area is the pudendal part of the body. Therefore they can also be used to treat the disease. Leucorrhoea with red and white discharge is often caused by spleen deficiency, severe dampness or failure of *Qi* function. When caused by spleen deficiency, *LingGu* and *DaBai* can be used, and *YunBai* and *LiBai* are also frequently used. *LingGu* and *DaBai* can treat leucorrhoea by invigorating *Qi*. Other points such as *XiaSanHuang*, *TongShen*, *TongBei* and *TongWei* are also effective for leucorrhoea owing to the fact that they are all on the spleen meridian and can reinforce both the spleen and kidney. However the commonly used points are *XiaSanHuang*, which include *ShenGuan*, for enhancing the function of *Qi*, and *RenHuang*, for regulating the spleen, liver and kidney, and these make a desirable group of points for leucorrhoea with red and white discharge.

The prescription *WanDaiTang* (Decoction for removing mucus) for leucorrhoea with red and white discharge is effective. It is the formula of *FuQingZhu's* works on women's disease in *Qing* dynasty. It has the effect of invigorating the spleen, regulating *Qi*, and removing dampness and mucus. The yellowish leucorrhoea is caused by damp-heat, and *XingJian* can be used for removing damp-heat of liver and gallbladder. *MuFu* is also effective, since it treats the disharmony of liver and spleen and damp-heat of liver and gallbladder. If itching of pudendum caused by leucorrhoea with yellow discharge, hp bath can be done with decoction made from *KuShen* (Radix Sophorae Flavescentis) 15g and *SheChuangZi* (Fructus Cnidii Monnierii) 25g.

Pudendum swelling 阴肿

1. *HuanChao* (11.06) 针还巢
2. *FuKe* (11.24) 针妇科穴

Besides *HuanChao* and *FuKe*, *HuoZhu*, *HuoYing* and *XingJian* can also be used for this disease. In a severe case, bloodletting can be performed along the area from medial malleolus and *SanYinJiao* (SP 6). Since the Liver meridian runs through the lower abdomen and circles the pudendum, and the kidney opens into the Anterior and Posterior Genitalia, diseases of the pudendum is often treated by treating the liver and kidney. Besides, since diseases of the pudendum are often due to damp-heat, treatment is usually given to remove damp-heat.

Vaginitis 阴道炎 (i.e. inflammation of the vagina)

1. *YunBai* (44.11) and *HaiBao* (66.01) 针云白、海豹
2. *FuKe* (11.24) 针妇科穴
3. *HuoZhu* (66.04) and *HuoYing* (66.03)

Vaginitis is often accompanied by yellow leucorrhoea and can be treated effectively with *YunBai* and *HaiBao*. But the latter is on the toe and is therefore painful. Besides, *HuoZhu* and *HuoYing* are also effective for the disease since diseases of the pudendum are mostly due to damp-heat. *FuKe* is also effective. If itching of the local area occurs, hp bath can be done with decoction made from *KuShen* (Radix Sophorea Flavescentis) 15g and *SheChuangZi* (Fructus Cnidii Monnierii) 25g.

Dysmenorrhoea (i.e. painful cramps during menstruation) 子宫炎 (经痛)

1. *MenJin* (66.05) (specially good effect) 门金穴特效

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2. *MuFu* (66.02) 针木妇
3. *FuKe* (11.24) (specially good effect) 针妇科穴

MenJin is an effective point for dysmenorrhea since it can relieve pain, soothe the liver *Qi* and regulate the liver and spleen. *NeiTing* which lies just in front of *MenJin*, is also quite effective. *FuKe* is the main point for gynecopathy and is also effective for dysmenorrhea. Generally speaking, *MenJin* is used to treat acute painful diseases and *FuKe* is for the chronic ones. All the diseases of the uterus can be treated with *FuKe*.

Difficult Labor 难产

1. *HuoBao* (55.01) 针火包

HuoBao as a point from Tung's extraordinary points is used for difficult labor. Generally, *ZhiYin* and *SanYinJiao* from the fourteen regular meridians are used for this disease. Ancient people used to use *HeGu* and *SanYinJiao* for abortion. *HuoBao*, *ZhiYin* and *SanYinJiao* used together are quite effective for difficult labor. *HuoBao* alone is effective but it is better to combine it with *SanYinJiao*.

I met with a case of difficult labor in 1998 when I was giving volunteer treatment in northern Burma. A pregnant woman was having difficult labor after three days of delivery pains and I was asked to help. I used *HuoBao*, *ZhiYin* and *SanYinJiao* and the position of the fetus returned to normal position in less than an hour so that the woman finally had a smooth labor.

These points have the effect of relieving the obstruction in the lower energizer and regulating the function of the uterus. They can also be used to treat retention of placenta. As for Chinese herbal medicine, I use *ZhangZhongJing's TuoHuaJian* (Decoction for Difficult Labor) with good result. The components of this recipe include *DangGui*, *RouGui*, *ChuanXiong*, *NiuXi* (Radix Achyranthis Bidentate), *CheQianZi* (Sement Plantaginis) and *HongHua* (Flos Carthami Tinctorii), all of which can be used to treat difficult labor.

Long-Lasting Infertility 久年不孕

1. *FuKe* (11.24) (specially good effect) 妇科穴特效
2. *HuanChao* (11.06) 还巢穴亦有效
3. Bilateral alternate use of *FuKe* (11.24) and *HuanChao* (11.06) (better effect) 妇科、还巢，左右交刺尤效

FuKe and *HuanChao* are most effective for infertility, and not any of the points from the fourteen regular meridians are comparable with these two points. The theories of Chinese medicine state that long-lasting infertility is in most cases accompanied by blood stasis and therefore in treating this disease, bloodletting can be performed between medial malleolus and *SanYinJiao* before *FuKe* and *HuanChao* are used. The two points can be used alternately, i.e., left *FuKe* and right *HuanChao* at a time and vice versa. It is preferable to give treatment everyday or every other day, which was the case 30 years ago, with good results. Nowadays people are too busy to receive treatment so frequently and of course it takes longer to see the therapeutic effect, two to three months for young people and four to five months for older women. Generally the younger the patient, the better the results, the better the therapeutic effect and vice versa. A 28 year old woman who has not been pregnant for eight years, for example, is treated more effectively than a 30 year old newly wed. This shows that it doesn't matter how long you have been married, but age is an important factor. For older patients, the needle should be retained for longer time and the treatment is to be given mainly to activate blood circulation and resolve phlegm, and also to regulate the liver and kidney. Infertility due to oviduct obstruction is best treated with *FuKe* and *HuanChao*. It doesn't matter if a patient who is unaware of her own pregnancy continues to use these two points, since they have dual-regulating effect, being also able to prevent abortion. Both *FuKe* and *HuanChao* can reinforce the liver and kidney, regulate the flow of *Qi*, activate blood circulation and resolve phlegm, and are very good point for women's diseases. *FuKe* is on the lung meridian and therefore can regulate the flow of *Qi*. *HuanChao* is on the triple energizer meridian and can regulate the flow of *Qi* and resolve phlegm. Through internal organs, *FuKe* is connected with the kidney and can reinforce the liver and kidney, and *HuanChao* is connected with the bladder, which includes the uterus according to the theories of Chinese medicine. For example, the syndrome of blood retention among the syndromes of *TaiYang Fu* organ in *ShangHanLun* include

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blood retention in the uterus, which can be treated with *TaoHongChengQiTang* (Decoction of Semen Persicae and Flos Carthami Tinctorii for Purgation). As another example, both *TaoHongChengQiTang* and *GuiZhiFuLingWan* commonly used for women's diseases include *GuiZhi* which is a drug for *TaiYang* meridian.

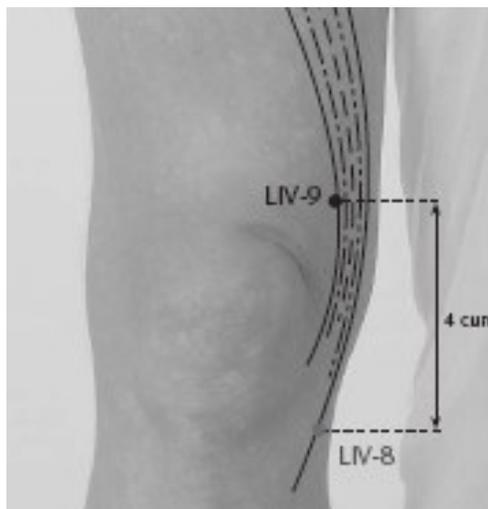
Since there are many different causes of infertility, treatment should be given accordingly. For instance, it is complicated to consider using drugs to promote ovulation if corpus luteal hormone does not solve the problem, but the problem is easily solved by using acupuncture with the points mentioned above. For infertility due to emotional depression and stress, *XiaoYaoSan* (Ease Powder) and *DangGuiShaoYaoTang* (Decoction of Radix Angelicae Sinensis and Paeonia Lactiflora Pall) can be used in combination with *TuSiZi* (Semen Cuscutae Chinensis), *XianLingPi* (tip of Radix Angelicae Sinensis) and *ZiShiYing* (Amethystum) to reinforce the kidney and warm the uterus. I used this method to treat many patients, mostly due to deficiency of the liver and kidney and accumulation of cold in the uterus. During 30 plus years of clinical practice, I have used *WenJingTang* (Decoction for Warming Uterus) from *JinKuiYaoLue* to treat many patients. Sometimes infertility is caused by oligozoospermia (*i.e. decreased number of spermatozoa in the semen*) in the male, and male infertility should be treated, using *LiuErWuTang* (Six Two Five Decoction), *i.e.*, *LiuWeiDiHuangWan*, *ErXianTang* and *WuZiYanZongWan* (Pill of Five Drugs for Infertility). Generally, after taking these recipes for two months, the patient will have enough sperm for pregnancy.

To treat metrorrhagia (*i.e. uterine bleeding occurring at irregular intervals and sometimes of prolonged duration*), *SanChaYi* (A.02) can be used to invigorate *Qi* and induce astringency. Its location corresponds with the extraordinary point *DuanHong*, a common point for metrorrhagia. As for points from the regular fourteen meridians, *DaDun* is the best point and *YinBai* is also effective. Chinese medicine holds that "the liver stores blood and spleen controls blood." Metrorrhagia is related to the liver and spleen, and since *DaDun* is the *Jing*-well point of the liver meridian and *YinBai* is the *Jing*-well point of the spleen meridian, both can be used to treat acute cases. To treat the disease with Chinese drugs, *JiaAiSiWuTang* (Decoction of Four main ingredients including Colla Corii Asini and Folium Artemisiae Argyi) can be used to arrest bleeding followed by *DangGuiShaoYaoSan* (Powder of Radix Angelicae Sinensis and Paeonia Lactiflora Pall) to regulate blood. The reason why powder is used is that decoction may have adverse effect of failure to stop bleeding. To regulate menstruation, just use *FuKe* and *HuanChao*, or use *DangGuiShaoYaoSan*. It is important to determine the nature of the menstruation. Premenstrual period is due to heat and *QuChi*, *HeGu* and *SanYinJiao* can be used; delayed menstrual period is often due to cold, and *LingGu*, *ShenGuan* and *SanYinJiao* can be used. Irregular menstrual period is often caused by disorder of liver *Qi*, and this is treated with *HeGu*, *TaiChong* and *SanYinJiao*. For heat syndromes, use *DanZhiXiaoYaoSan* (Powder of Cortex Moutan Radicis and Fructus Gardeniae Jasminoidis); for cold syndromes, use herbs for warming and invigorating purposes.

Apoplexy 中风症

(*i.e. Sudden impairment of neurological function, especially from a cerebral hemorrhage; a stroke*)

Apoplexy (Coma) 中风

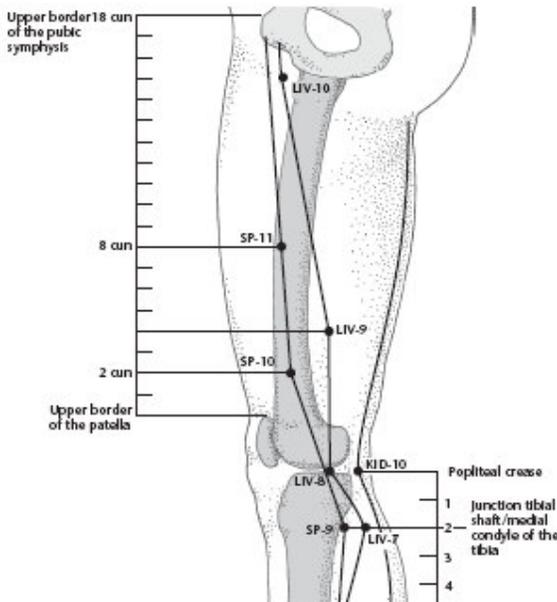


1. Prick the twelve *Jing*-well points (bloodletting)
2. *RenZhong* (Du 26), *NeiGuan* (PC 6), *YongQuan* (KI 1) and *TaiChong* (LR 3)
3. *ZhengHui* (1010.01), *QianHui* (1010.05), *HouHui* (1010.06) and *LingGu* (22.05)

At the acute phase of apoplexy, coma may occur, which can be treated with either acupuncture or Chinese drugs, with good results. It is commonly known that apoplexy with coma can be treated by pricking the twelve *Jing*-well points to let out blood. According to *ShangHanLun*, "coma occurs when *Yin* and *Yang* fail to connect with each other." The *Jing*-well points are the starting or terminating points of the meridians, and pricking these points may "connect *Yin* and *Yang*". According to

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NeiJing, "to treat diseases of the *Zang* organ, use the *Jing*-well points." It follows that the *Jing*-well points are especially effective for an acute case of apoplexy. Sometimes it is inconvenient to use the points on the foot, and points on the hand are more often used. The points on the foot can be used selectively, e.g. *DaDun*, *YinBao* (LV 9) and *LiDui* used first, followed by other points such as *BaiHui*, *RenZhong*, *NeiGuan* and *TaiChong*.



Over the past 30 years, I have treated many patients with apoplexy, including those with coma or hemiplegia. In 1980, I treated a patient named *Ruan*, who was in coma with dysuria and high B.U.N. (Blood Urea Nitrogen) level. I performed bloodletting at all the *Jing*-well points on the hand and *DaDun*, *YinBao* and *LiDui* on the foot. Then, I give an acupuncture treatment at *BaiHui*, *NeiGuan* and *YongQuan*. I didn't use *RenZhong* because the patient was wearing an oxygen hood tent. After that, I tube fed the patient with *AnGongNiuHuangWan* (Pill of Calculus Bovis for Resurrection). Soon afterwards the patient could pass water freely and B.U.N. level went down greatly. I continued to use *AnGongNiuHuangWan* and he regained consciousness on the third day.

Another case involved a woman named *Wan*, who was in coma for over fifty days caused by angioma rupture due to brain vein malformation. I also treated her with bloodletting at the *Jing*-well points and prescriptions for activating blood circulation

and resolving phlegm. *AnGongNiuHuangWan* was not used since this prescription works well soon after coma occurs and the patient had been in coma for two or three months. Instead I used *ErChenTang* (Decoction of two Old Drugs) to resolve phlegm and *SanQiFen* (Powder of Radix Notoginseng) to activate blood circulation. Later I also used *GuaLou* (Fructus Trichosanthis) to resolve phlegm and *DaHuang* (Radix et Rhizoma Rhei) to relax the bowels and promote blood circulation. I also used *TingLiZi* (Semen Lepidii seu Descurainiae) and *LongDanCao* (Radix Gentianae), and these two drugs played a very important part in curing the disease. According to *ShangHanLun*, *TingLiDaZaoTang* (Decoction of Semen Lepidii seu Descurainiae and Fructus Zizyphi Jujubae) can be used to treat hydrothorax, suggesting that *TingLiZi* (Semen Lepidii seu Descurainiae) is a good herb for fluid retention in the upper part of the body. *LongDanCao* (Radix Gentianae) can purge the liver fire, and the two herbs used together are very effective for brain edema with brain hypertension in coma patients. Finally the patient regained consciousness after the ninth day of coma.

In fact, the patient became partially conscious in the course of the treatment. After coma was completely gone, I tried to treat hemiplegia as the sequela of the disease, and the patient gradually fully recovered. In a work, herb for activating blood circulation and resolve phlegm can cure many unusual diseases.

Hemiplegia 半身不遂 (偏枯)

1. *LingGu* (22.05) and *DaBai* (22.04) (especially effective) 灵骨、大白特效
2. *JiuLi* (88.25, 26, 27) with point-coupling technique (especially effective) 九里倒马亦特效。
3. Bilateral *ChongZi* (22.01) and *ChongXian* (22.02) (very effective) 对侧重子、重仙，效亦佳
4. *ShenGuan* (77.18) 肾关
5. *ZhengHui* (1010.01) and *HouHui* (1010.06) 正会、后会
6. *WuLing* (DT.04) (bloodletting)

Hemiplegia responds well to Chinese medicine, especially acupuncture, which is far more effective than western medicine. The first point is *MuHuo*, which should be used only several times and should not be used any longer. We use *MuHuo* because apoplexy is closely related to the liver wind and phlegm fire, and is sometimes caused by the falling off of the heart thrombus. Also, all the *Yang* meridians reach the head and the pericardium and liver meridians among the *Yin* meridians also reach the head. Acupuncture at *MuHuo*, therefore, corresponds with the

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liver (wood) and the pericardium (fire). Besides, this point is adjacent to the *Jing*-well point of the pericardium meridian, just between the *Jing*-well (wood) point and the *Ying*-spring point (fire), and that is why it is called *MuHuo* (wood-fire) in Chinese. Since *Jing*-well points can treat mental diseases, it is very effective for apoplexy. According to Master Tung's experience, *MuHuo* should not be used too many times and the needling time should not be long. For apoplexy with hemiplegia, the first treatment with this point is about 7-8 minutes, and then *LingGu* and *DaBai* and preferably *QiLi* and *JiuLi* with point-coupling technique can be used. *LingGu* and *DaBai* are mainly used to treat weakness and spasm of the lower limbs, and the upper limbs as well. They are the most effective points for hemiplegia. For weakness and spasm of the upper limbs, *QiLi* and *JiuLi* are also effective. The needling time of *MuHuo* should be 5-6 minutes during the second and third sessions of treatment, 4-5 minutes during the fourth and fifth sessions and 3-4 minutes during the sixth and seventh session. Severe cases can be treated by bloodletting at *WuLing* at the back every week or every 15 days.

Early treatment is very important. The following conditions can certainly be cured. The first is early treatment given within three months after the onset of apoplexy, certainly with good effect. Very good effect can also be obtained as long as the patient receives treatment within six months after the onset. The second is related to the age. Good effect can be obtained for patients under 60 years of age, and apoplexy patients are mostly between 50-60 years old. There are also many patients about 60-70 years of age, and the earlier the treatment, the better the effect. As a rule, the effect of treatment for the first attack is the best; the effect is less satisfactory for the second attack, and even worse for the third attack. Generally speaking, acupuncture treatment for apoplexy should be given mainly on the unaffected side of the body, but for chronic cases (two or three years), the affected side should also be punctured to achieve better effect. During the first attack, many patients have paralysis only on one side, but during the second attack, both sides are affected. Physiotherapy is given to some patients but the effect is not so satisfactory. Chinese medicine, especially acupuncture, is absolutely superior to western medicine in this area. It is still possible to cure apoplexy lasting for 2-3 years, but the treatment takes longer time and Chinese herbs should be used in conjunction with acupuncture. Therefore, getting treatment earlier is the better.

LingGu and *DaBai* are very effective for hemiplegia, more effective than *QuChi*, *YangLingQuan*, *XuanZhong* and *TaiChong*. In fact *LingGu* and *DaBai* are a group of "wood-fire points", similar to *MuHuo*. *DaBai*, a wood point according to the theory of the five elements, is close to *SanJian* of the large intestine meridian, and *LingGu*, a fire point, is close to *YangXi*. The two points used together with point-coupling technique can treat both wood and fire. *MuHuo* on the middle finger connects with foot *JueYin* meridian (liver meridian) through the hand *JueYin* meridian (pericardium meridian), and therefore can be used to treat liver wind. *LingGu* and *DaBai* on the large intestine meridian connect with the large intestine through the liver and therefore can also be used to treat liver wind. Besides, *DaBai* is related to the lung, and since the large intestine and the lung are internally and externally related to each other, points on the large intestine meridian can also be used to treat lung diseases or invigorate *Qi*. *LingGu* should be inserted just against the bone, which corresponds with the kidney, and can be used to reinforce the kidney *Qi*. Thus, *LingGu* and *DaBai* are a group of points very effective for apoplexy since they can be used to reinforce the spleen, liver, kidney, *Qi* and blood. Generally speaking, doctors would like to use *BuYangHuanWuTang* (Decoction for Invigorating Yang for Recuperation) to treat apoplexy, but I prefer to use *ZhenWuTang* (Decoction for Strengthening Spleen Yang) as well to enhance the effect. The former is effective in invigorating *Qi* and activating blood circulation, while the latter can warm the kidney Yang and invigorate both the liver and kidney. These two recipes are important ones for hemiplegia. Kidney deficiency, a common cause of hemiplegia, can be dealt with by using *ShenGuan* in the lower limbs or *ShuiTong* and *ShuiJin* on the face to enhance the effect of invigorating the kidney. Besides, *JiuLi*, *QiLi*, *ZhengHui* and *HouHui* with point-coupling technique are all the points Master Tung frequently used to treat the disease. Several groups of points can be selected and used alternately, but *LingGu* and *DaBai* are certainly the most important and most commonly used points.

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Apoplexy with Aphasia 中风（昏迷不语）

1. *ZhengHui* 正会 (1010.01) and *HouHui* 后会 (1010.06) 正会、前会、后会、灵骨
2. Prick to let out blood.

To treat apoplexy with aphasia, *ZhengHui* should be punctured first and then *HouHui*, followed by *ShangQiu*, the *Jing*-river point of the spleen meridian, which connects with the root of the tongue. It is stated in *NeiJing* that "Jing-river points can be used to treat disorders of the voice." Pricking *ZongShu* 总枢 (1010.07), *FengFu* and *YaMen* to let out blood is also quite effective. This method also works for apoplexy with dysphagia or supranuclear paralysis. The best recipe for the disease is *DiHuangYinZi* (Decoction of Radix Rehmanniae), which can be used in combination with bloodletting at *FengFu* and *YaMen*. The ingredients of *DiHuangYinZi* include *BaJiTian* (Radix Morindae Officinalis) and *RouGui* (Cortex Cinnamomi Cassiae) for warming *Yang* and *DiHuang* (Radix Rehmanniae) for nourishing *Yin*. Most cases are due to *Yang* deficiency and are treated with *BuYangHuanWuTang* and *ZhenWuTang* used in combination, while those with *Yin* deficiency are treated more effectively with *DiHuangYinZi*. *ZongShu*, which is between *FengFu* and *YaMen*, *FengFu* and *YaMen* are the most frequently used points for apoplexy with aphasia.

Limb Tremor (Parkinson's syndrome) 四肢发抖（帕金森症）

1. *ShenGuan* 肾关 (77.18), *FuLiu* 复溜 (KI 7) and *MingHuang* 明黄 (88.12) 肾关、复溜、明黄
2. *MingHuang* 明黄 (88.12), *QiHuang* 其黄 (88.14) and *ShenGuan* 肾关 (77.18) 明黄、其黄、肾关
3. *ZhengHui* 正会 (1010.01), *QianHui* 前会 (1010.05) and *MuZhi* 木枝 (1010.18) 正会、前会、木枝

Limb tremor, including Parkinson's syndrome, is in most cases due to *Yin* deficiency, and a minority of cases is due to "deficiency of *Yang* and stirring of wind". Acupuncture is quite effective for this kind of diseases of the neurological system, but it takes relatively longer time to treat those due to deficiency of *Yin* and stirring of wind with acupuncture. Chinese medicine believes that limb tremor is related to the liver and kidney. In *BinJiShiJiuTiao* (Pathogenesis No. 19) from *NeiJing*, it is said that "the various kinds of trembling and dizziness due to wind are related to the liver" and "the various kinds of trembling and dizziness due to cold is related to the kidney". Since most patients with Parkinson's syndrome are due to wind and deficiency of *Yin* of the liver and kidney, treatment should be given to treat both the liver and kidney. In using acupuncture, the main principle is "two liver points and one kidney point" or "two kidney points and one liver point". *ShenGuan* and *FuLiu* are points for reinforcing the kidney; *MingHuang* and *QiHuang* are points for the liver. In treatment, two kidney points, *ShenGuan* and *FuLiu* or *TaiXi*, and one liver point, *MingHuang* or *QiHuang* or *TaiChong*, are used at one time, and at another time, two liver points, *MingHuang* and *QiHuang* or *TaiChong*, and one kidney point *ShenGuan* or *FuLiu* or *TaiXi* are used. This method used alternately is quite effective. Besides, *ZhengHui* and *HouHui* can be used to enhance the sedative effect, and can also be added to treat senile asthenia and dispel wind. These Tung's extraordinary points can be used together with the points from the fourteen regular meridians, with good effect. Thus, *HeGu* and *TaiChong* can be used together with *SanYinJiao*. In scalp acupuncture, Tung's extraordinary points can be used together with these points at the tremor control area, and Tung's extraordinary points can be used alternately. For *Yang* deficiency with stirring of mild wind accompanied by aversion to cold, *ZhenWuTang* can be used with modification; for *Yin* deficiency with stirring of wind, *TianMa* (Rhizoma Gastrodiae Elatae), *GouTeng* (Ramulus Uncariae cum Uncis) and *LingYangJiao* (Cornu Saigae Tataricae) can be used in combination. Besides, drugs from shells such as *MuLi*, *GuiBan* (Plastrum Testudinis), *BieJia* (Carapax Tionycis), *ShiJueMing* (Concha Haliotidis) and *ZhenZhuMu* (Concha Margaritifera Usta) can also be used. These drugs have sedative effect and can be used to "control mobility with tranquility." Other drugs such as *QuanXie* (Buthus Martensi), *WuGong* (Scolopendra Subspinipes), *JiangCan* (Bombyx Batryticatus) and *DiLong* (Pheretima) can be used to "control mobility with mobility." In addition, *MuGua* (Fructus Chaenomelis), *ShaoYao* (Paeonia lactiflora Pall), *GanCao* and other related herbs can be used to suppress liver wind. At the late stage of the treatment, drugs for reinforcing the kidney *Yin*, like *DiHuang* and *HeShouWu*, and drugs for nourishing blood and dispel wind, like *DangGui* and *DanShen* can be used.

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The most commonly used recipes for the disease are *DingZhenWan* (Pill for Easing Tremor), *SanJiaFuMaiTang* (Decoction of Three Shell Drugs) and *DaDingFengZhu* (Great pearl for wind syndrome), the first being a recipe from *ZhengZhiZhunSheng* (Standards of Diagnosis and Treatment), and the second and the third being recipes from *WenBingTiaoBian* (Treatise on Differentiation and Treatment of Epidemic Febrile Diseases).

SanJiaFuMaiTang (Decoction of Three Shell Drugs) is in fact *ZhiGanCAoTang* (Decoction of Radix Glycyrrhizae Uralensis Praeparata) plus the three shell drugs, i.e. *MuLi*, *GuiBan*, and *BieJia*, with astringing and tranquilizing effect.

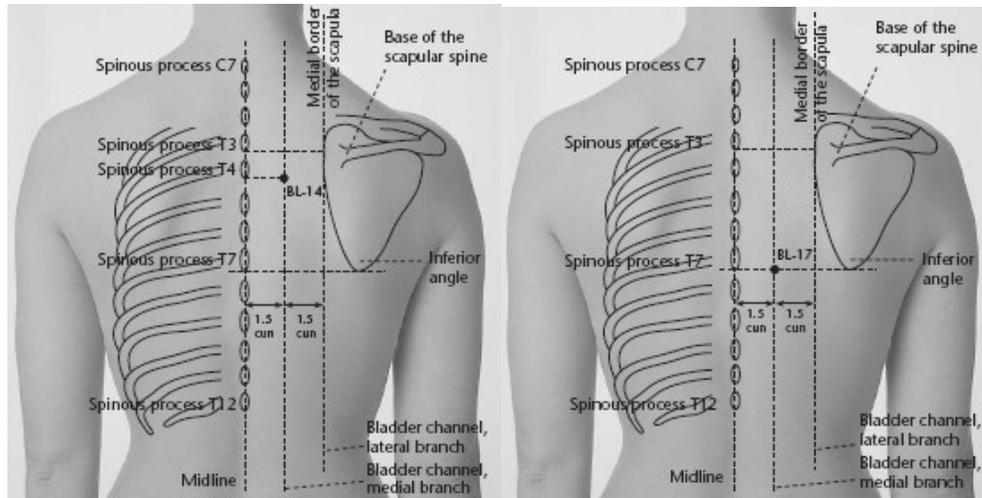
Apoplexy with Hand Convulsion 中风手拘挛

1. *ChongZi* 重子 (22.01) and *ChongXian* 重仙 (22.02) on the opposite side 针对侧重子，重仙有效
2. Bloodletting at *QuLing* (33.16)

ChongZi and *ChongXian* on the opposite side can be used to treat this disease. In a severe case, *ChiZe* on the affected side can be used, either by bloodletting or needling with reducing method. Bloodletting is more effective and puncturing *ChiZe* follows the principle of "treating tendon with tendon", since this point is just next to the great tendon. *ChiZe* is also the water point or the son point of the metal meridian and therefore can be used to reduce the metal, making it unable to control wood, and as a result the wood or rather the tendon is at ease. This method is also effective for frozen shoulder. Needling *ChiZe* with reducing method can soothe the liver and bloodletting at the point can activate the blood circulation to remove blood stasis, both being good methods for this disease. The disease is very difficult to treat in those whose shoulders drop down two or three finger breadth.

Miscellaneous Diseases 难症 (should be translated as difficult diseases)

Hypertension



1. *WuLing* 五岭 (DT.04) [1.5 inches lateral to the line from the fourth to the seventh thoracic vertebrae, *JueYinShu* 厥阴俞 (BL 14) and *GeShu* 膈俞 (BL 17) on the bladder meridian], bloodletting along the line between *HuoYun* 火云 (DT.IV) and *TuXie* 土泄 (DT.X).
五岭穴之（第四胸椎至第七胸椎两旁一寸半，膀胱经线上的厥阴俞至膈俞）火云至土泄，点刺放血。
2. Bloodletting at *WeiZhong* 委中 (BL 40) just on the blue vein. 委中青筋点刺出血
3. Bloodletting at *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外(77.14) 四花中、外，点刺出血
4. *ZhongBai* 中白 (22.06) 中白穴亦有效
5. Bloodletting at the tip of the ear.
6. Bloodletting at *TaiYang*.
7. *HuoJu* 火菊 (66.11) and *HuoYing* 火硬 (66.03)

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jaundice" and *ZhiYang* (Du 9) , which is just below the seventh thoracic vertebra, has the effect of activating *Yang* and removing dampness and is an important point for treating jaundice."

Diabetes 糖尿病

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) (with medially perpendicular insertion of the needle), together with *TongShen* 涌泉 (88.09) if great thirst occurs. 针涌泉、下三皇 (针向内斜刺)。口渴加针通肾

The commonest method of Chinese medicine to treat diabetes is to "invigorate *Qi* nourish *Yin*," or rather, invigorating *Qi* of the spleen and lung and nourishing the kidney *Yin*. Diabetes is likely to occur when both the spleen and the kidney are deficient and most diabetes patients have deficiency of the spleen and the kidney. Thirst is a symptom of kidney deficiency. *ShenGuan* and *TianHuang* are quite effective for the disease. According to *JingXuePian* (On meridians and Points), *TianHuang* is the main point for diabetes. When *TianHuang* which is the water point of the spleen meridian and coincides with *YinLingQuan* of the spleen meridian, is used together with *ShenGuan* (point-coupling technique) they can "reinforce both the spleen and kidney." *XiaSanHuang* are also very effective and *TongShen* can be added if thirst occurs. *ChengJiang* and *YangChi* (SJ 4) from the fourteen regular meridians are also effective. *ChengJiang* is the *Hui*-meeting point of the Conception Vessel and can invigorate *Yin*; it is also at the crossing point of the *YangMing* meridians of hand and foot, and so it can regulate the low of *Qi* and blood; through the crossing point of the stomach and large intestine meridians, it is internally and externally related to the lung and the spleen, and therefore it can invigorate the two organs, reinforce *Qi* and nourish *Yin*. Since it is a point that can reinforce both *Qi* and *Yin*, it is a good point for diabetes. As for *YangChi* of the triple energizer meridian, Japanese has said, "in systemic treatment, *YangChi* and *ZhongWan* are absolutely indispensable, and stimulating *YangChi* has the effect of regulating the functions of the internal organs. According to *YiZongJinJian*, *YangChi* is the main point for diabetes since it can regulate the *Qi* of the triple energizer. *YangChi* is the *Yuan*-source point and an earth point, and since a *Yuan*-source point correspond with *Qi* stored between the kidneys, it can regulate *Qi* and reinforce the kidney. *YangChi* is the point that the Japanese use most frequently, and since it is connected with the triple energizer through the kidney, it can reinforce the kidney. Also, since it is an earth point, it can reinforce both the spleen and the kidney. It is generally believed that in treating diabetes, one should reinforce the spleen and nourish *Yin* and herbs for warming *Yang* is seldom used. This is also the case with acupuncture, as "the principles used in pharmacotherapy also apply to acupuncture." Chinese drug recipes for the disease include *MaiWeiDiHuangTang* (Decoction of Radix Ophiopogonis, Fructus Schisandrae Chinensis and Radix Rehmanniae), which is effective for nourishing *Yin*, but not so effective for invigorating the spleen *Qi*. Therefore, *HuangQi* and *DangShen* should be added. In addition, other herbs can also be added, like *ZhiMu*, *XuanShen* (Radix Scrophulariae Ningpoensis) and *TianMaFen* (Radix Trichosanthis Kirilowii) for clearing away fire, *DanShen* for activating blood circulation, and *BaiZhu* (Radix Atractylodis) for invigorating spleen. Thus these twelve or thirteen kinds of drugs form a very good recipe for diabetes. As long as insulin is not used in the treatment, Chinese medicine treatment is very effective for diabetes even if the blood sugar level is three to four hundred. The therapeutic effect is achieved very quickly for those with the blood sugar level of one to two hundred. Some patients whose blood sugar level is three to four hundred have the normal blood sugar level after receiving treatment for several months. When diabetes is accompanied by hypertension, apoplexy is likely to occur. In such a case, *BaiHuJiaRenShenTang* (White Tiger Decoction with Radix Ginseng) and *GeGengQinLianTang* (Radix Puerariae, Radix Scutellariae Baicalensis and Rhizoma Coptidis) can be used in combination, the former for diabetes and the latter for hypertension. The two recipes used together are quite effective.

It is sometimes said that both cancer and diabetes are incurable. However, some cancer and diabetes patients can live to eighty or ninety. Diet control is very important for diabetes patients, and besides a balanced diet, exercise is also very important. Acupuncture and herbs are effective for diabetes, but if no due attention is paid to diet and exercise, recurrence may follow, making it difficult to cure the disease.

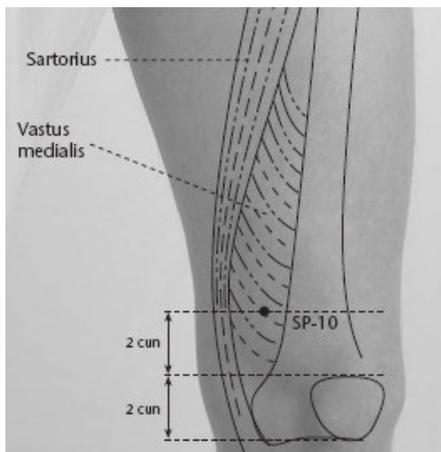
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Limb Edema 四肢浮肿

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) and *TongTian* 通天 (88.03) 针下三皇、通天
Limb edema here refers to edema caused by nephritis. Whether an acute or a chronic case, *TongShen* and *TongWei* or *XiaSanHuang* can be used. For simple leg edema, *TongTian* or *TianHuang* and *SiHuaShang* or *ZuSanLi* and *YinLingQuan* can be used. To treat acute nephritis, *YueBiJiaZhuTang* (Decoction for Relieving Edema with Rhizoma Atractylodis Macrocephalae) plus *BaiMaoGen* (Rhizoma Imperatae Cylindrica) can be used to promote dispersing function of the lung and invigorate the spleen; to treat chronic nephritis, *ZhenWuTang* (Decoction for Strengthening Spleen Yang) can be used with modification to treat the spleen and stomach, and *GuiZhaoZhiMuTang* (Decoction of Ramulus Cinnamomi Cassiae, Paeonia lactiflora Pall and Rhizoma Anemarrhenae Asphodeloidis) can also be used in combination.

Urticaria 风疹

1. Bloodletting along the line between *TianHuang* 天皇 (77.17) and *RenHuang* 人皇 (77.21), and at *MenJin* 门金 (66.05), followed by acupuncture at *SiMa* 驷马 (88.17, 18, 19) and *JiuLi* 九里 (88.25, 26, 27) 天皇至人皇线上及门金点上放血，再针驷马、九里
2. Bloodletting at ear back 耳背 (especially effective) followed by acupuncture at *SiMa* 驷马 (88.17, 18, 19) and *JiuLi* 九里 (88.25, 26, 27) 耳背点刺出血特效，再针驷马、九里



The simplest method to treat this disease is to prick the back of the ear and tip to let out blood, and then use acupuncture at *SiMa* or *JiuLi*. *QuChi* and *XueHai* (SP 10) from the fourteen regular meridians are also effective. In needling these two points, one should use the method of reducing the *Ying* system, i.e. "to acquire *Qi* from the *Ying* system in reducing method", a method similar to the cool-producing method at the withdrawal of the needle in order to cool heat in the blood. As an example, if the needle is to be retained for 30 minutes, then the needle should be withdrawn one third of its depth ten minutes after the insertion, and then it is withdrawn another one third after another ten minutes and finally it is completely withdrawn at the end of the 30 minutes. This method can also be used when *QuChi* or *XueHai* are used alone. Even a better effect can be achieved if *SanYinJiao* is also used. *QuChi* is the *He*-sea point of the

YangMing meridian of hand, which is full of *Qi* and blood, and therefore this point is effective in regulating the flow of *Qi* and blood. Also, there is thick muscle at the location of this point and therefore acupuncture at this point can invigorate the spleen *Qi*. Since the large intestine and the lung are internally and externally related, *QuChi* is an important point for skin diseases. *XueHai* and *SanYinJiao* are used mainly to regulate the blood system, and "to treat wind one must treat blood, and free flow of blood leads to relief of wind." Urticaria appearing on the upper part of the body can be treated with *JianZhong* (44.06), and on the lower part, *JiuLi* or *FengShi*. As for herbs, *XiaoFengSan* (Powder for Dispelling Wind) and *YinQiaoLiangXueTang* (Decoction of Flos Lonicerae and Fructus Forsythiae Suspensae for Cooling Blood) can be used for acute cases; *DanGuiYinZi* (Decoction of Radix Angelicae Sinensis) can be used for chronic cases.

Insomnia 失眠

1. *XiaSanHuang* 下三皇 (77.18, 19, 21) and *ZhenJing* 镇静 (1010.08) (extremely effective) 针下三皇配镇静，效果极佳
2. *DaBai* (22.04) and *JiuLi* (88.25, 26, 27) (very effective)
3. Bloodletting at the ear tip (specifically effective)

Acupuncture is very effective for insomnia. According to my experience, acupuncture treatment can achieve immediate effect. *DaBai* and *JiuLi* are very effective. *JiangGu*, which is between *DaBai* and *HeGu*, or between *SanJian* and *HeGu*, is also effective for insomnia. We all know that *DaBai* is very effective for diseases of the

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upper energizer, *HeGu* is very effective for diseases of the middle energizer, and *LingGu* is very effective for diseases of the lower energizer (such as sciatica). Insomnia with vexation and stuffy chest can be treated with *JiangGu* with very good effect. According to holographic correspondence, *JiangGu* corresponds with the heart and chest area, and therefore it is very effective for insomnia. The effect is more satisfactory if *FengShi* is also used. In most cases, the therapeutic effect is achieved only after the patient receives treatment once.

Twenty years ago, I used to treat insomnia with what I call *SiGuan*, i.e. *HeGu* and *TaiChong*, later with *JiangGu* and *TaiChong*, and recently with *JiangGu* and *XingJian*. *JiangGu* is anterior to *HeGu* and *XingJian* is anterior to *TaiChong*. Therefore, I call this combination of *HeGu* and *XingJian*, *SiGuan*. Anterior *SiGuan* refers to *XingJian* and *JiangGu*; the middle *SiGuan* refers to *HeGu* and *TaiChong*. *SiGuan* has tranquilizing and antispasmodic effect and is effective for insomnia and also other diseases such as tremor of the hand and foot and Parkinson's syndrome. The posterior *SiGuan*, i.e. *LingGu* and *HuoZhu*, is often used to treat diseases of the tendons and bones of the hand and foot and general joint pains, owing to the fact that the insertion of the needle at both points is just against the bones. Since they are related to wood, they are also effective for tendon problems and soreness of the whole body. *HuoZhu* is a point on the liver meridian (pertaining to wood) and can be used to treat tendon problems; it is near *TaiChong* and is an earth point, and so it can be used to treat diseases of the spleen and muscle; it is near the bone and can treat the kidney. Therefore, this point can be used to treat the spleen, liver and kidney. *LingGu* is connected to the large intestine through the large intestine meridian and the liver, and can be used to treat the liver; since the needle is inserted against the bone at this point, it can treat diseases of the tendons and bones. *LingGu* and *HuoZhu* used together can treat general joint pains and pains of the knee and elbow.

I often use *JiangGu* and *XingJian* to treat insomnia, sometimes also with *FengShi*, with good effect. Some people think that it is difficult to treat *Yin* deficiency with acupuncture, but acupuncture is quite effective for insomnia due to *Yin* deficiency. Parkinson's syndrome is also due to *Yin* deficiency, but it can be treated with acupuncture, and of course it takes longer. The reason why *SiGuan* can treat many neurological diseases lies in the fact that *HeGu* is the *Yuan*-source point of the large intestine meridian and *TaiChong* is the *Yuan*-source point of the liver meridian. Thus, one in the upper part and one in the lower part; one on the hand and one on the foot; one is a *Zang* organ and one is a *Fu* organ; and one pertains to *Yin* and one pertains to *Yang*. The combination of the two points has the joint effect of connecting the upper part and the lower part and connecting *Yin* and *Yang*, and so both *Yin* and *Yang* can be treated. Being both the *Yuan*-source point, the primordial *Qi* of which are connected with the triple energizer, they can effectively regulate the functional activities of *Qi*. Also, since the large intestine meridian can regulate *Qi* and blood and the liver meridian can regulate blood and soothe the liver, these two points are the frequently used ones for regulating *Qi* and blood and soothing liver *Qi*. Neurologically speaking, the hand is an organ for work and the foot is one for exercise. They have multiple functions and thus have close connections with the brain, especially the thumb and the big toe. Therefore the responses at the hand and foot are very strong. Since *Hegu* and *TaiChong* are *Yuan*-source points closest to the big toe, they are most effective. Because of the strong functions of the big toe, *DaDun* and *YinBai* on the big toe are also very important *Jing*-well points.

Acupuncture treatment is very effective for chronic insomnia patient, who can sleep only two or three hours even if they take sleeping pills. Insomnia in young people is often due to stagnation of liver *Qi* turning into fire, causing them to have difficulty falling asleep. This can be treated with *SiNiSan* or *DanZhiXiaoYaoSan* (Powder of Cortex Moutan Radicis and Fructus Gardeniae Jasminoidis) to soothe the liver, and *GanMaiDaZaoTang* (Decoction of Radix Glycyrrhizae Uralensis, Fructus Triticum Aestivum and Fructus Zizyphi Jujubae) for tranquilization. Insomnia in the elderly is often caused by deficiency of *Yin* of the liver and kidney, causing them to wake up early. This should be treated by regulating the liver and kidney, causing them to wake up early. This should be treated by regulating the liver and kidney with *QiJuDiHuangTang* (Decoction of Fructus Lycii, Flos Chrysanthemi Morifolii and Radix Rehmanniae). Acupuncture is still very effective for patients with a history of chronic insomnia for over ten or even twenty years, and they can also be treated with Chinese herbs such as *XueFuZhuYuTang* (Decoction for removing blood stasis in the chest), which is also effective for insomnia with

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blood stasis. According to my experience, *BanXia* and *XiaKuCao* added to the recipe may have a better effect for all kinds of insomnia.

JiuLi or *FengShi* is also a very effective point. *JiuLi* has a very strong tranquilizing and analgesic effect and is very effective for diseases of the neurological diseases. *JiuLi* or *FengShi* is on the gallbladder meridian connected with the gallbladder through the heart by phlegm-heat. Through the internally and externally related liver and gallbladder, it can also be used to treat insomnia due to hyperactivity of the liver fire. *YuanHuSuo* (Rhizoma Corydalis) has analgesic and tranquilizing effect and can be added together with *SuanZaoRen* (Semen Ziziphi Spinosae) to recipes to treat insomnia. Chinese medicine holds that long-lasting diseases are always accompanied by blood stasis, and this can be treated very effectively with *XueFuZhuYuTang* or by pricking *WuLing* to let out blood. In recent years I have found that bloodletting at the ear tip alone is very effective for insomnia. We all know that the kidney opens into the ear, and according to *SuWen*, "the heart opens into the ear." Thus, both the kidney and the heart open into the ear. Besides, the *ShaoYang* meridian runs around and then into the ear. That's why bloodletting at the ear tip is so effective. It has the effect of activating blood circulation to remove blood stasis, tranquilizing the mind, dispelling wind and coordinating the heart and kidney.

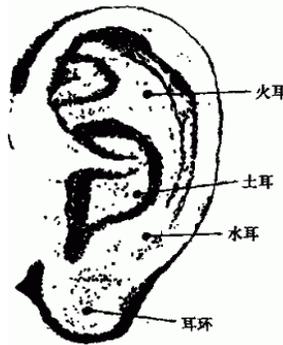
High Fever 发高热

1. *DaBai* 大白 (22.04) (extremely effective) 针大白退热效果极佳
2. Bloodletting at *WuLing* 五岭 (DT.04) on the back 背部五岭穴点刺亦佳

Extremely good effect can be achieved by pricking the blue vein at *DaBai*. Bloodletting at *WuLing* is also effective. Good effect can also be achieved by performing bloodletting at *ShaoShang*, *ZhongShang* and *LaoShang* or at the ear tip. Points from the fourteen regular meridians include *DaZhui* and *QuChi*, which can be used alone or in combination, with the former more effective than the latter.

Alcoholic Intoxication 酒醉

1. Bloodletting at *ErHuan* 耳环 (99.01), combined with *SuLiao* 素髻 (Du 25) with better effect.
刺耳环出血，配针素髻更佳
2. *HuoBao* (55.01)



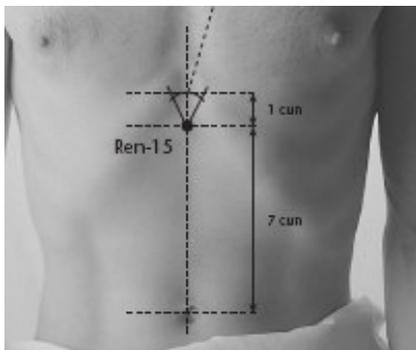
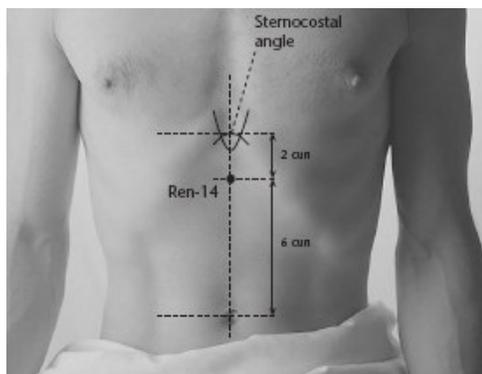
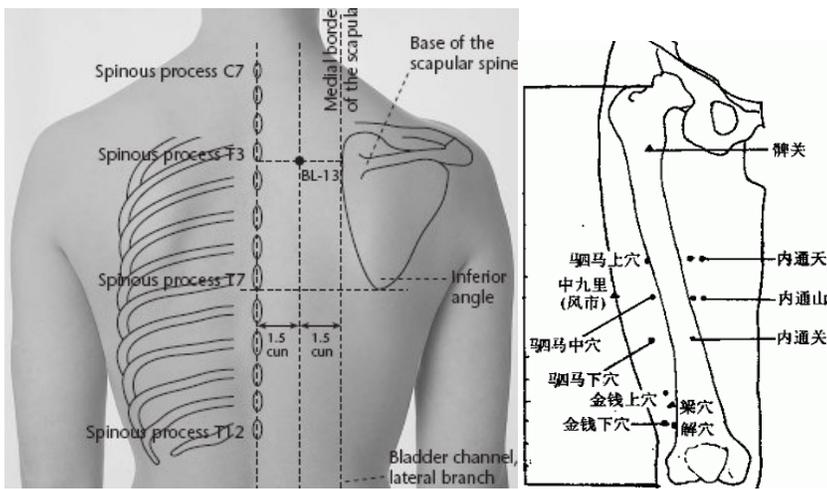
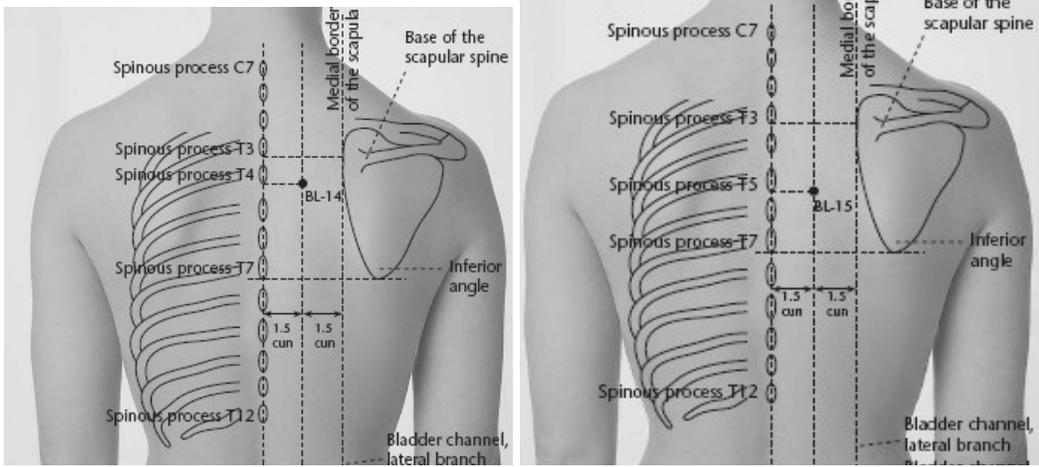
Alcoholic intoxication can be treated by performing bloodletting around *ErHuan*. Followed by acupuncture at *SuLiao* to achieve a better effect. Even a better effect can be achieved by bloodletting at the ear tip, because both the heart and kidney open into the ear and *ShaoYang* meridian runs around and into the ear, making it possible to coordinate the heart and kidney, calm the

mind and dispel wind. *HuoBao* is also effective by Tonifying the heart and regulating the stomach. Chinese medicine believes that alcoholic intoxication is due to water toxins; and *WuLingSan* (Powder of five drugs including *Sclerotium Poriae Cocos*) with good effect.

Epilepsy 癫痫

1. *ShenGuan* (77.18) and *ShangLiu* (55.06)
2. *WanShunYi* (22.08) and *WanShunEr* (22.09)
3. *JinQianShang* 金前上(88.24) and *JinQianXia* 金前下(88.23)
4. Bloodletting at *JinJi* and *JinLing* which is 1.5 inches lateral to the third thoracic vertebra [*FeiShu* 肺俞 (BL 13) and *JueYinShu* 厥阴俞(BL 14)] with very good effect.
背部第三椎旁开寸半之金吉、金陵（即肺俞、厥阴俞）点刺出血，经过一个疗程即愈。

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In the past, epilepsy was mostly due to hereditary factors, but nowadays many cases are caused by traumatic injuries. The best method is to perform bloodletting on the back or to reinforce the kidney. Since the disease is related to brain nerve, *ShenGuan*, *ShangLiu* and *XiaSanHuang*. Ancient people had it that *ShenMai* (BL 62) could be used for an epilepsy attack during the day and *ZhaoHai*, for an epilepsy attack at night. The former comes from *YangQiao* meridian and the latter from the *YinQiao* meridian; the former is on the bladder meridian and the latter, the kidney meridian. So they are both related to the kidney. *JinQianShang* and *JinQianXia*, which are below *FengShi*, can also be used to dispel wind and resolve phlegm, since epilepsy is often due to in coordination between the *Zang* and *Fu* organs, causing stirring or wind and hyperactivity of fire and ascending of the phlegm *Qi* to obstruct the upper orifices. *WanShunYi* and *WanShunEr* can also be used to treat the disease. According to *TongXuanZhiYaoFu* (Ode of the Essentials of Understanding), "epilepsy can be treated with *HouXi*". *HouXi* is just between *WanShunYi* and *WanShunEr*, and is an important point that Master Tung used to treat kidney diseases. A better method is to prick *JinJi* and *JinLing*, which is 1.5 *Cun* lateral to the third thoracic vertebra, to let out blood. Besides, bloodletting can also be performed at *DaZhui*, or the middle line (Governor Vessel) at the back at *WuLing* and along the line 0.5 and 3 inches (Bladder Meridian) lateral to the middle line, since epilepsy is related to the

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brain and the Governor Vessel. Both the Governor Vessel and Bladder Meridian enter into the brain. It is very important to reinforce the kidney in treating this disease, since treating the kidney means treating the brain. *ShenGuan*, *ShangLiu*, *WanShunYi* and *WanShunEr* can tonify the brain, and *WanShunYi* and *WanShunEr* are also connected with the Governor Vessel (*Du*). Therefore, these points are all frequently used to treat epilepsy. Besides, Chinese medicine holds that "the heart is in charge of mental activity." *JinWei* (*Ren* 15) [punctured perpendicularly towards *JuQue* (*Ren* 14), *XinShu* (BL 15), *NeiGuan*, *HeGu*, *TaiChong* and *YongQuan* from the fourteen regular meridians are also effective for the disease, since these points have something to do with the kidney and liver and with tranquilization. The common recipes include *ChaiHuJiaLongGuMuLiTang* (Decoction of Radix Bupleuri, Os Draconis and Concha Ostreae) or *ChaiHuGuiZhiTang* (Decoction of Radix Bupleuri and Ramulus Cinnamomi Cassiae) with *ShaoYao* added to the recipes. Herbs for activating blood circulation can also be added if blood stasis is present.

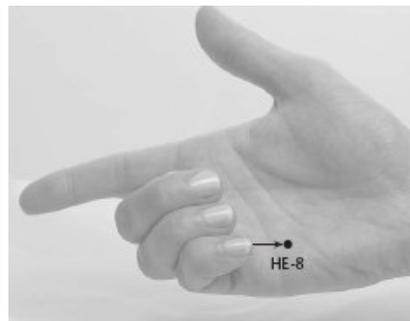
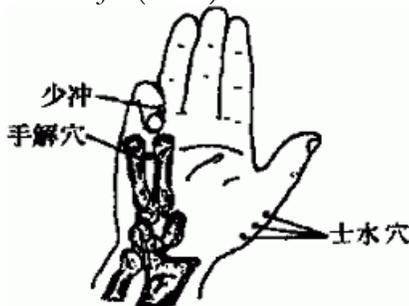
Coma昏迷

1. For unconsciousness: *HuoYing* 火硬 (66.03), *ZhengHui* 正会 (1010.01), *QianHui* 前会 (1010.05) and *WuLing* 五岭 (DT.04) with bloodletting. 神识昏迷。刺火硬、正会、前会，并于五岭穴点刺
2. *HuoYing* (66.03) and *HuoZhu* (66.04)
3. Prick the twelve *Jing*-well points (bloodletting).

Apoplexy with coma has already been dealt with, with several case reports. I just want to make some supplementary remarks here. In recent years I have treated quite a few coma patients, mainly with *HuoYing*, *HuoZhu* and also with *TaiChong*, with quite a good effect. Many doctors would like to use *RenZhong* and *NeiGuan*, without knowing that the three points mentioned above are also very effective. It often happened that after acupuncture at *RenZhong* and *NeiGuan* were given, the patient still did not regain consciousness until one of the three points was then used. This is because that underneath these points there is the *TaiChong* meridian, which, when stimulated can treat the heart. The liver meridian of Foot-*JueYin* meridian, which communicates with the hand-*JueYin* meridian and therefore it is possible to tonify the heart. The liver meridian of foot-*JueYin* runs from the interior of the brain to the head, and the needling effect at *TaiChong* or *HuoZhu* can penetrate to *YongQuan* to enhance the effect of first aid and bring back consciousness. In a severe case, bloodletting should be given at the twelve *Jing*-well points. *ShangHangLun* tells us that "coma occurs when the twelve meridians fail to communicate with each other." The twelve *Jing*-well points are at the starting or terminating points of the meridians and have the function of connecting *Yin* and *Yang* and relieving cold limbs. The first point for bloodletting is *ZhongChong* and then *ShaoShang*, because *ZhongChong* is the *Jing*-well point of the pericardium meridian of hand-*JueYin* and is an important point for tonifying the heart and also a wood point of the fire meridian. The *Jing*-well points can treat acute mental diseases and *ZhongChong* can treat mental diseases related to wood and fire, i.e. liver wind and phlegm fire. *ShaoShang* can regulate the flow of *Qi* and resolve phlegm. Besides, it is on the thumb and is therefore most closely related to the brain neurologically and holographically.

Fainting during Acupuncture解晕针

1. *ShouJie* 手解 (22.10) punctured towards *XiaBai* 下白 (22.07) (especially effective)
针手解穴，透下白，一针即醒
2. *Jie* (88.28)



ShouJie is in fact the *Ying*-spring point of the heart meridian. According to *NeiJing*, "*Ying*-spring point can be used for diseases with changed facial complexion." During fainting, the facial complexion always changes, and *ShouJie*, or the *Ying*-spring point of the heart meridian *ShaoFu* (HT 8) which can tonify the heart can be used to

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effectively deal with the problem. *Jie* is one *Cun* below *LiangQiu*, the *Xi*-cleft point of the stomach meridian, and both points are at the area where *Qi* and blood converge. *Jie* is even nearer to the knee and so is richer in *Qi* and blood. Besides, since it is on the *YangMing* meridian, which is full of *Qi* and blood, it has a stronger effect of regulating *Qi* and blood and can therefore be used to treat fainting during an acupuncture treatment.

Qi and Blood Disorder 解经血错乱

1. *Jie* (88.28) 针解穴

Qi and blood disorder occurs as a result of improper ways of practicing *QiGong*, or improper ways of acupuncture by using too many needles, or from traumatic injuries. *Jie* is quite effective for all these cases, and also for pains and numbness that occur after acupuncture treatment. The mechanism for this is already explained in the previous section "Fainting during Acupuncture"

Common Cold 感冒

1. *SanChaSan* (A.04)
2. *Mu* (11.17)
3. Bloodletting at *WuLing* 五岭 (DT.04) to alleviate fever 五岭穴点刺出血，热度即退
4. *CeSanLi* 侧三里 (77.22) for nasal obstruction (very effective), *MenJin* (66.05) and *Mu* (11.17) (also effective) 鼻塞取侧三里，一针即通

Acupuncture is very effective for treating common cold. *SanChaSan* can be first used and *Mu* can also be used. For common cold with headache, *SanChaSan* and *DaBai* can be used together; for cold with sore throat, this point and *TuShuiZhong* 土水 (22.11) can be used in combination; for running nose and nasal obstruction, *SanChaSan* and *Mu* can be used. The most important point is *SanChaSan*. The combination of this point and *DaBai* has been mentioned before and also in books about the five *Shu* points. The mechanism of the points in treating common cold lies in "Ying-spring points and *Shu*-stream points that control the superficial meridians." The *Ying*-spring points pertain to water in *Yang* meridians and to fire in *Yin* meridians, and can control cold and heat, which is just the features of exterior syndromes. *Shu*-stream points pertain to wood and controls wind and tendon, and to earth and controls dampness and muscles. And wind, cold, dampness and heat are the features of exterior syndromes and diseases of the meridians. *SanChaSan* is close to *YeMen*, the *Ying*-spring point of the triple energizer meridian, and can be used to improve immunity, and since the insertion of this point is just against the bone, it can be used to treat pains of bones and tendons due to wind and cold. *DaBai* is close to *SanJian*, the *Shu*-stream point of the large intestine meridian and is related to the lung, so it can be used to treat common cold. *TuShuiZhong* is at *YuJi*, the *Ying*-spring point of the lung meridian, and is very effective for common cold with sore throat and asthma.

According to *DiErZhangGuQuanXiLun* (Holography of Second Metacarpal Bone), *DaBai* corresponds with the upper energizer and is therefore effective for diseases of that area, and the combination of *SanChaSan* and *DaBai* is very good for common cold. For nasal obstruction, *Mu*, *CeSanLi* and *MenJin* are very effective.

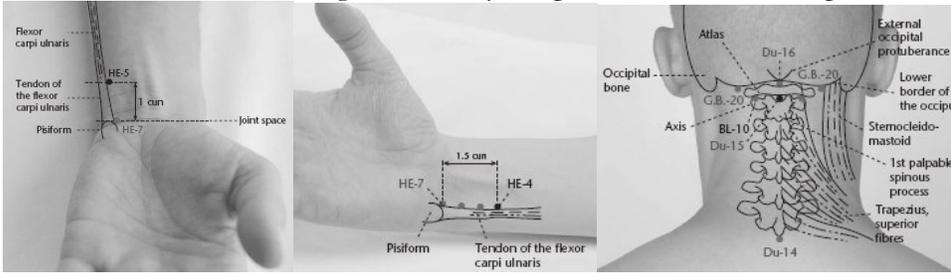
Aphonia 失音 (i.e. loss of voice; inability to produce vocal sounds)

1. *ShiYin* 失音 (88.32) 针失音穴
2. Bloodletting at *ZongShu* (1010.07)

ShiYin, meaning aphonia in Chinese, is at the bending part of the knee joint. It is punctured just along the skin to penetrate from the spleen meridian to the kidney meridian and both meridians reach the throat. Holographically, it also corresponds with the throat. Voice is also related to the lung and puncturing the point along the skin

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enables it to communicate with the lung. That's why the point is effective for aphonia. Bloodletting at *ZongShu* at



the back of

the neck, or *YaMen* (Du 15), is also effective. This follows the principle of using both front and back points and using back points to treat diseases of the front. The common recipe is *MaiMenDongTang* (Decoction of Radix Ophiopogonis), and *FengHuangYi* (Membrana Follicularis Ovi) can also be used together.

Many points from the fourteen regular meridians can also be used to treat aphonia. It is said in *NeiJing* that "diseases of the voice can be treated with points of the corresponding meridians." Since the spleen meridian reaches the tongue and the heart opens into the tongue, both *ShangQiu* and *LingDao* (HT 4) can be used to treat aphonia. Sudden loss of voice is mostly related to the heart and can be treated with *LingDao* and *TongLi* (HT 5) from the heart meridian. *YaMen* is also an important point for aphonia owing to the fact that it is a point of the Governor Vessel related to the mental activity and it is at the neck corresponding with the throat.

Cholera with Convulsion 霍乱抽筋

1. Bloodletting at *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) and needling *BoQiu* 搏球 (77.04) 四花中、外点刺出血，针搏球

The TCM concept of cholera include what the western medicine calls cholera and acute enterogastritis. The first step in treating the disease is to perform bloodletting at *WeiZhong* and *ChiZe*, or at *SiHuaZhong* and *SiHuaWai*. If cramp of the foot occurs, *ChengShan* (BL 57) can also be used. Both acute cholera and acute enterogastritis are accompanied by vomiting and diarrhea, which should be treated according to different symptoms. For acute enterogastritis with both vomiting and diarrhea, the contemporary recipe is *HuoXiangZhengQiSan* (Powder of Herba Agastachis for Restoring Health), and the classic recipe is *GeGengQinLianTang* (Radix, Puerariae, Radix Scutellariae Baicalensis and Rhizoma Coptidis).

Adipoma (i.e. fatty tumor) 脂肪瘤

1. *MingHuang* 明黄 (88.12) (specially effective) 针明黄有特效
2. *WaiSanGuan* 外三关 (77.27) 外三关亦有效. (Picture shows as 外三里)
3. Bloodletting at *SiHuaWai* (77.14)

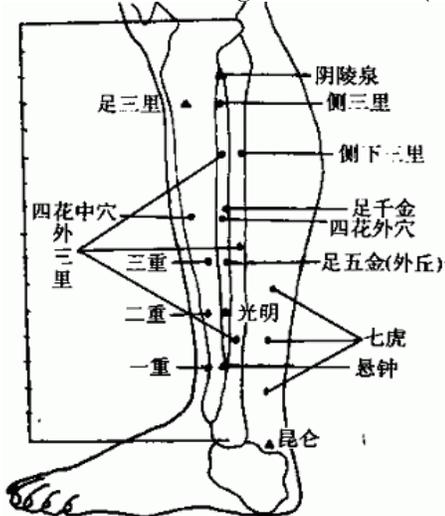


图7-6 小腿外侧

Adipoma cases have increased recently. Modern life with ample nutritional supply causes accumulation of fat, and adipoma is likely to occur especially in the parts of the body where there is lots of fat, such as the thighs, shoulders, arms abdomen, chest, back, hips and even the face. *MingHuang* is a very effective point for adipoma, since it is on the thigh where there is much fat so that it is possible to "treat the flesh with the flesh", and it is also on the liver meridian and liver is related to the fat secretion. *WaiSanGuan* and bloodletting at *SiHuaZhong* and *SiHuaWai* are also effective methods. *SiHuaZhong* can regulate the spleen and stomach and remove dampness and phlegm. *SiHuaWai* is just beside *FengLong*, which is "influential point of phlegm" and bloodletting at this point is effective for phlegm retention. Chinese herbs for invigorating *Qi*, activating blood circulation and resolving phlegm are also frequently used.

YingWeiFanHunTang (Decoction for Restoring Functions of *Ying* and *Wei*

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system) can be taken over a long period with good effect. *LiuJunZhiTang* (Decoction of Six Ingredients) and *XiaoYaoSan* (Ease Powder) used in combination, with the addition of *BaiJieZi* (Semen Sinapis Albae) and *ZheBeiMu* (Bulbus Fritillariae Thunbergii) are also effective for adipoma. Messenger drugs can also be used to enhance the effect.

Phlebangioma (i.e. a venous aneurysm [sac formed by localized dilatation of the wall of a vein]) 静脉曲张

1. Prick the veins above and below the tumor. 痛的上下静脉放血
Long time standing in work is likely to cause phlebangioma, the best method for which is to perform bloodletting on the veins above and below the tumor. Since this may cause bleeding, it is not advisable to prick thick veins and the bloodletting should be performed several times before the disease is cured. After bloodletting, acupuncture can be given at *TaiYuan* (one of the eight influential points for blood vessel), *TaiChong* and *NeiGuan*, which are related to the blood vessel. Traditional Chinese medicine believes that diseases of the lower energizer, like phlebangioma, are mostly due to damp-heat, and phlebangioma is due to both damp-heat and blood stasis, which should both be treated. Chinese herbal recipes for the disease include *GuiZhiFuLingTang* (Decoction of Ramulus Cinnamomi Cassiae and Sclerotium Poriae Cocos) for activating blood circulation to remove blood stasis, the effect of which can be enhanced by adding *FangJi* (Radix Stephaniae Tetrandrae) and *HuangQi* to regulate *Qi* and remove dampness, *FangJiHuangQiTang* (Decoction of Radix Stephaniae Tetrandrae and Radix Astragali seu Hedysari) and *SiMiaoSan* (Decoction of four wonderful Drugs).

Angiosclerosis (i.e. hardening the walls of blood vessels) 血管硬化

1. Bloodletting at *WeiZhong* 委中 (BL 40) 委中点刺有效
2. Bloodletting at *SiHuaZhong* 四花中 (77.09) and *SiHuaWai* 四花外 (77.14) (specifically effective)
四花中、外点刺亦有特效
3. Peck needling at *WuLing* 五岭 (DT.04) (1.3 and 3 inches lateral to the 4th and 7th thoracic vertebrae) (specifically effective) 五岭穴 (四至七椎旁开寸半及三寸) 点刺亦有特效

Angiosclerosis is often due to high levels of blood lipid or triglyceride, which can be treated effectively by performing bloodletting at *SiHuaZhong* and *SiHuaWai*, or by giving acupuncture to *ZhiGou* and *FengLong*. The disease is often due to phlegm or blood stasis and bloodletting at *SiHuaZhong* and *SiHuaWai* can effectively activate blood circulation and resolve phlegm. *FengLong* is effective since it is "influential point of phlegm" and Chinese medicine considers fat accumulation to be related to phlegm. *ZhiGou* can regulate *Qi* activity, relax the bowels and reduce blood lipid. Bloodletting at *WuLing* on the back promotes blood circulation of the body and relieves hardening of the blood vessels.

Leucopenia (i.e. reduction of the number of leukocytes in the blood below 5000 per cubic mm) 白血球过少

1. *QiHuang* (88.14) and *GanMen* (33.11) 针其黄，肝门
2. *MuDou* (66.07) and *MuLiu* (66.06)

Erythropenia (aplastic anemia) (i.e. deficiency in the number of red blood cell) 红血球过少：（再生障碍性贫血）

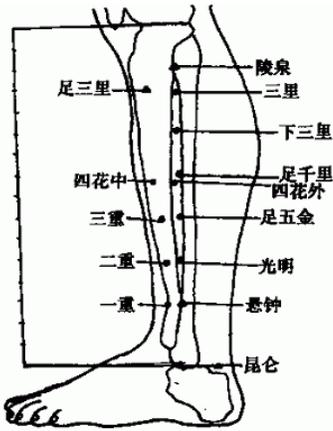
1. *GanMen* (33.11) 针肝门
2. *ShangSanHuang* (88.12, 13, 14) 三黄亦有效
3. *MuDou* (66.07) and *MuLiu* (66.06)

Hyperleukocytosis (i.e. abnormally excessive numbers of leukocytes in the blood) 白血球过多

1. *SanHuang* (88.12, 13, 14) (specifically effective) 针三黄有特效

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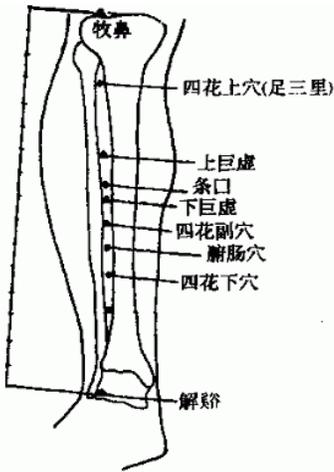
2. *MuDou* (66.07) and *MuLiu* (66.06)
3. *XiaSanHuang* (77.18, 19, 21)



The main method of treatment for blood disorders such as hyperleukocytosis or erythrocytosis is to apply acupuncture at *ShangSanHuang*, which means that both spleen and liver are treated, the former controlling blood and the latter storing blood. *MuDou*, *MuLiu* and *SanZhong* 三重 (77.07) can also be used alternately and are also quite effective. *XiaSanHuang* can "tonify both the spleen and kidney), which has been mentioned frequently in recent medical reports about the treatment of blood disorders. *ShangSanHuang*, *MuDou* and *MuLiu* are used to tonify the liver and spleen and when *XiaSanHuang* are also used, the spleen, liver and kidney are all tonified, and desirable results will be obtained. In using Chinese herbal recipes, *JinKuiYaoLue* provides us with *HuangQiJianZhongTang* (Decoction of Radix Astragali seu Hedysari for Tonifying Middle Energizer) and *LiuWeiDiHuangTang* (Decoction of Six Herbs including Radix Rehmanniae) for Tonifying both the spleen and kidney, and the two recipes are often used together. *HanLianCao* (Herba Ecliptae

Prostrate) and *XianHeCao* (Herba Agrimoniae Pilosae) can also be used to blood deficiency and bleeding. *HuangQiJianZhongTang* can invigorate the spleen, and this recipe can be used together with *GuiZhiTang* to regulate the *Ying* and *Wei* systems and invigorate the spleen and stomach. When fever and bleeding occur, *XiJiaoDiHuangTang* (Decoction of Cornu Rhinocerotis and Radix Rehmanniae) can be used for patients with acute hyperleukocytosis, and *HuangQiJianZhongTang* and *LiuWeiDiHuangTang* can be used for patients with chronic hyperleukocytosis.

Odontoprisis (i.e. grinding teeth) 睡中咬牙



1. *SiHuaXia* 四花下 (77.11) (specifically effective) 针四花下有特效
2. *FuChang* 膈肠 (77.12)
3. Bloodletting at ear tip.

Traditional Chinese medicine believes that restless sleep, such as sleepwalking, often occurs in those with stomach upset or heat in the gallbladder. This is often treated with *WenDanTang* (Decoction for warming gallbladder). For the stomach problem, drugs for "regulating the functions of the stomach and resolving phlegm" should be used. I myself prefer to use *BanXiaXieXinTang* (Decoction of Rhizoma Pinelliae Ternatae Praeparata for Purging Heart), a famous recipe recorded in *ShangHanLun*, with good effect for sleepwalking and also for odontoprisis. Also, since people who indulge in drinking are likely to have damp-heat in the stomach and therefore have odontoprisis, *HuangQin* and *HuangLian* in *BanXiaXieXinTang* can purge the heart fire and clear away heat in the stomach. Acupuncture treatment can be given by using *SiHuaXia* and *FuChang*, which are both on the Stomach

meridian and can regulate the spleen and stomach. Bloodletting can be performed for a mild case.

Fatigue 精神疲劳

1. *SanChaSan* 叉三 (A.04) 针叉三可消除疲劳
2. *BiYi* 鼻翼 (1010.22) 针鼻翼可预防疲劳

BiYi is very effective in relieving fatigue, since this point can refresh the mind. This point can also be used to treat loin and back soreness and pains, and also sciatica. *SanChaSan* is also quite effective. However, since it is on the hand it is not as convenient as *BiYi* is. When the points are punctured, one has to stop working.

SanChaSan has its own advantages since it can also be used to treat shoulder pain, loin pain, headache, common cold, and thigh pain.

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Skin Sensitiveness 皮肤敏感

1. *SiMa* 驷马 (88.17, 18, 19) (specifically effective) 驷马穴特效
2. Bloodletting at ear tip or ear back (specifically effective)

Psoriasis (i.e. chronic non-contagious inflamed lesions covered with silvery white scabs of dead skin) 牛皮癣

1. *SiMa* 驷马 (88.17, 18, 19) (specifically effective) 驷马特效
2. Bloodletting at ear tip or ear back (specifically effective) 耳背刺血亦特效

All kinds of skin diseases, especially psoriasis, can be treated with *SiMa*, together with bloodletting behind the ear. Master Tung is very good at treating psoriasis, and even on his business card it is claimed that he can treat the disease effectively. The point that he likes to use is *SiMa*. Giving acupuncture treatment at *SiMa* everyday and bloodletting at the tip of the ear once a week or bloodletting at *FeiShu* and *JueYinShin* is a very effective method for psoriasis. Points from the fourteen regular meridians that is effective for psoriasis includes *QuChi*, *XueHai* and *SanYinJiao*.

Acne 青春痘

1. *SiMa* 驷马 (88.17, 18, 19) (specifically effective) 驷马特效
2. Bloodletting at ear back (specifically effective) 耳背刺血亦特效
3. Bloodletting at the back (specifically effective) 背部刺血亦特效

Acne responds well to acupuncture treatment, which is given by using *SiMa* and then *YingXiang*, a point where the hand-*YangMing* meridian and the foot-*YangMing* meridian meet. Since the face is where the *YangMing* meridian passes, acupuncture at *YingXiang* has the effect of inducing the needling effect of other points to this area. Another method is to prick the blue veins at the back of the ear to let out several drops of blood. Points from the fourteen regular meridians include *QuChi*, *XueHai*, *SanYinJiao* and *YingXiang*, combined with bloodletting at the top of the ear.

To treat acne with Chinese herbs, *PiPaQingFeiYin* (Decoction of Folium Eriobotryae Japonicae for Clearing away Heat from Lung) from *YiZongJinJianWaiKeXinFa* (The Golden Mirror of Medicine: External Treatment) is the best recipe. There are also other recipes, which I am not going to mention here. The patients with acne should pay attention to the following points:

1. eat less sweet food
2. eat less greasy food
3. eat less pungent food
4. have free-flowing bowel movement
5. ensure good sleep and don't stay up late
6. avoid exposure to the sun excessively
7. eat plenty of fruits and vegetables
8. wash the face frequently

Question: How to treat ectopic dermatitis?

Ectopic dermatitis, also known as specific dermatitis, affects more and more children. This disease is related to heredity. For example, if one of the parents has skin or breathing sensitivities, their children will have 30% chance to develop the disease; if both parents have the problems, the chances for their children to develop the disease will increase to 80%. In Taiwan and Los Angeles there are quite a few cases of ectopic dermatitis. I think this is also true with South Korea. Most people have the disease during their childhood, age two or three years or older, and recover in their teen years. This disease should be treated as early as possible.

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Ectopic dermatitis didn't occur so frequently in the past, because of the simple diet and eating habits. Nowadays, owing to the development of means of transportation and the use of refrigerators, people can eat complex diets, mostly frozen food, coming from different places and different seasons. Some people are allergic to milk, or develop ectopic dermatitis because of wearing certain sweaters, owning pets, or exposed to air pollution. This disease is characterized by alternate attack of skin eczema and diseases of the respiratory system, which may change into chronic bronchitis or asthma if not properly treated.

Ectopic dermatitis was called "*SiWanFeng*" (meaning: eczema at four bending parts) in the medical book *WaiKeZhengZong* (Orthodox Manual of External Diseases) in 1665, late *Ming* dynasty. This is because the disease is likely to occur in the transverse crease of the elbows and knees. Chinese medicine believes that this disease is due to wind, dryness, dampness and stasis. "Wind" refers to the sudden attack of the disease with itchiness, "dampness" indicates purulent discharge, "dryness" suggest desquamation and peeling of the skin, and "stasis" means blood stasis in chronic cases, with discolouration of the skin or thickened hard skin. According to my experience, the best recipe is *YinQiaoShuFengTang* (Decoction of Flos Lonicerae and Fructus Forsythiae Suspensae for Dispelling Wind) developed by me, which can be used to treat many skin diseases. The components of the recipe are *JinYinHua*, *LianQiao*, *ChiShaoYao*, *ShengDiHuang*, *MuDanPi*, *GanCao*, *HuangQin*, *CangErZi* and *ChanTui*. The dosage is 15 grams, except for *GanCao* 7.5g. Of course the dosage for small children should be reduced to 5-10 grams. For itching, *DiFuZi* (Fructus Kochiae Scopariae) and *BaiXianPi* (Cortex Dictamn Dasycarpi Radicis) can be added. This recipe is also called *YinQiaoLiangXueTang* (Decoction of Flos Lonicerae and Fructus Forsythiae Suspensae for Cooling Blood) and is also effective for psoriasis and neurodermatitis. When it is used to treat acne, *PiPaYe* (Folium Eriobotryae Japonicae) and *SangBaiPi* (Cortex Mori Albae Radicis) can be added.

JinYinHua and *LianQiao*, which is often used to treat skin diseases, can regulate the *Ying* and *Wei* systems. Most skin diseases are due to blood heat, manifested by local redness, for which *ChiShaoYao*, *MuDanPi* and *ShengDiHuang* can be used to cool blood. *HuangQin*, which can clear away heat in the lung, *PiPaYe* and *SangBaiPi* are also effective for skin diseases. Acupuncture treatment can be given by pricking the back of the ear and tip to let out blood and the treatment will last for 2 or 3 months before the disease is cured. I have already cured almost a hundred cases. For severe cases, the paste made from *DiYu* (Radix Sanguisorbae Officinalis) and *HuZhang* (Radix et Rhizoma Polygoni Cuspidati) can be used. The Japanese would like to use recipes to treat ectopic dermatitis, with *XiaoChaiHuTang* during attack, *XiaoFengSan* as the main recipe for treatment, and *LiuWeiDiHuangWan* and *XiaoFengSan* used in combination during remission stage. *XiaoFengSan* is a very good recipe for most skin diseases, the effect of which can be enhanced by adding *CangErZi* (Fructus Xanthii Sibirici) and *ChanTui* (Periostracum Cicadae). *JingJie* (Herba Schizonepetae Tunuifoliae) and *FangFeng* (Radix Ledebouriellae Divaricatae) are very effective for patients susceptible to common cold and can be added for this kind of patients, including children. Bloodletting at the back of the ear and tip can also be used to enhance the effect. For older children, acupuncture can be given at *SiMa*.

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Method of Selecting Five *Shu* Points of the Same Five-element Nature

The correspondence between Five *Shu* points to the climate and other natural phenomena of different seasons and to *ZangFu* organs has given rise to the "method of selecting points of the same five-element nature". This principle is often applied to the acupuncture practice, but its mechanism is not known to some doctors. This method is also of great importance in the application of the Five *Shu* Points and further study is necessary. The method is also called "Method of Inter-Response (*JiaoYingLiaoFa*)", and can be considered as one form of holographic correspondence and is divided into the following five types: inter-promotion, inter-restriction, genuine five elements, inter-relation and inter-connection.

Inter-Promotion

This method is developed from the inter-promotion relation among the five elements. For instance, *TaiYuan* is the earth (*Shu*-stream) point of the metal (lung) and therefore can be used to supplement the earth to generate metal to treat lung *Qi* deficiency; *ShangQiu* (SP 5), the metal point of the earth, can also be used to reinforce *Qi* to treat diseases due to deficiency of *Qi* in the middle energizer; *XiaXi* (GB 43), the water point of wood (gallbladder meridian), can be used to treat deficiency of the liver due to failure of the water to nourish the wood; the mother point *FuLiu* for reinforcing the kidney meridian can be used to treat various diseases due to kidney deficiency, bone spur, long-lasting lumbago and lumbar sprain; *ChiZe*, the son point of the lung meridian (metal meridian), can be used with reducing method to decrease the metal in restricting wood and is quite effective for disturbance in the locomotors system such as frozen shoulder and hemiplegia. No more examples are given here, since this is similar to the mother-son reinforcing-reducing method.

Inter-Restriction

This method is developed from the inter-restriction relation among the five elements. For instance, *ErJian*, the water point of the large intestine meridian, is very effective for diseases of this meridian due to heat or fire such as toothache, and *NeiTing* is also effective for toothache for the same reason; *YeMen*, the water point of the Triple Energizer meridian, is effective for diseases of the meridian due to heat or fire, especially diseases of the senses and throat caused by accumulation of heat in the upper and middle energizer. *BaiZhengFu* (Ode of One Hundred Patterns) mentions that *YeMen* is effective in sore throat. The author has been exerting it to clinical practice and receiving outstanding result every time. These points are the *Ying*-spring points of the *Yang* meridians and pertain to water. Since "*Ying*-spring points master body heat", they are used to purge fire, which is known to everyone. *ChiZe*, the water (*He*-sea) point of the lung meridian, can be used to treat diseases of the meridian due to fire, and is therefore the specific point for sore throat and tonsillitis; *QuZe* (PC 3), the water point of the fire meridian, can be used to restrict fire and is therefore effective for diseases due to water deficiency and heat excess, especially those diseases in which adverse ascending of the heart fire is to be checked such as canker sore, eye redness, etc.

The inter-restriction relation mentioned above also applies to the other four elements. For example, since *ZuQiaoYin* (GB 44) is the metal point of the wood (gallbladder) meridian, it can be used to check wood that counteracts on metal in the treatment of diseases due to *Qi* deficiency and stagnation with liver dysfunction; *ZhongFeng* (LR 4), the metal point of the liver meridian, is considered to be able to treat difficulty in walking in some ancient medical rhymes (Song more precious than Jade, Song of Jade Dragon, and Ode of Jade Dragon), because metal can restrict wood, if metal lessens in restricting wood, so that wood is at ease; *QuChi*, the earth point of the metal (large intestine meridian), and since metal can restrict wood and coursing earth can harmonize wood, this point is often used to treat hyperactivity of the liver *Yang*; *ShaoShang*, the wood point of the metal (lung meridian), can also be used to treat wood hyperactivity. Both *QuChi* and *ShaoShang* are very effective for hypertension. Those are the applications of "Energy of the same nature seeks one another (*TungQiXiangQin*)".

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More examples could be given, and readers can also refer to *ZhenJiuJingXueXue* (Channels and Acupuncture Points) written by the author.

Genuine Five Elements

Genuine five elements refer to genuine metal in metal, genuine earth in earth, genuine fire in fire, and so on. That is to select the point with the same five-element nature as that of the meridian. The indications of these points are simple and limited compared with the points utilizing other four types of the method of the same five-element nature, but their effect is doubled and they are much more effective for the diseases of the corresponding meridian.

For example, *JingQu* (LU 8), the genuine metal point of the metal (lung meridian), is frequently used to treat common cold, asthma and cough with marked effect, especially pediatric acute bronchitis; *ZuSanLi*, the genuine earth of the earth meridian, has strong effect in regulating the spleen and stomach; *TaiBai* (SP 3) the earth point of the earth meridian, is effective for diseases of the digestive system such as constipation, indigestion, abdominal pain and vomiting, and is also used to treat general fatigue; *YangGu* (SI 5), the fire point of the fire meridian, is often used for anti-pyretic purposes by Honma, a renowned Japanese acupuncturist; *LaoGong* (PC 8), also a fire point of the fire (pericardium meridian), has excellent effect of purging fire, clearing away heart fire and chest fire and causing fire to descend, and therefore is often used to treat canker sore in children (The Golden Mirror) and heart stuffiness (Ode of the Jade Dragon) effectively; *YinGu* (KI 10), the genuine water point of the water (Kidney meridian), has strong diuretic effect and is used to treat diseases due to kidney deficiency (The Golden Mirror, Song of Supreme Unity); both *QiuXu* (GB 40) and *ZuLingQi* (GB 41) are the wood points of the wood meridian (gallbladder meridian) and therefore the former is used to treat muscle spasm (since wood dominates tendon) and chest and hypochondriac diseases (the location of wood diseases) and the latter is an important point for eye diseases (since wood opens into the eye); *DaDun* (LR 1), also a wood point of the wood (liver meridian), is extremely effective for impotence, and hernia since these diseases are diseases of the tendons, and the liver meridian circles around the genitalia. Because liver stores blood, *DaDun* is also very effective in metrorrhagia.

Inter-relation

This is the main and most widely used method in the method of selecting points of the same five-element nature, the principle of which is to fully utilize the close relation between the five elements and visceral manifestation in clinical practice. To apply this method, first choose the corresponding meridian in accordance to the main diseases, and then selects the corresponding five-element point according to the secondary diseases.

For example, *TaiYuan*, the earth (*Shu*-stream) point of the lung meridian, is effective for exogenous diseases with body heaviness and arthralgia or vomiting and diarrhea (all diseases of the earth); *XianGu* (ST 43), the wood point of the earth meridian, is often used to treat diseases due to in coordination between the wood and earth (liver and spleen), especially diarrhea with abdominal pain, headache, migraine and dysmenorrhea; *DaDu* (SP 2), the fire point of the Spleen (earth) meridian, can be used to treat cold limbs (since the spleen controls the limbs and fire promotes increase of body temperature); *YinLingQuan* (SP 9), the water point of the earth meridian, has strong effect of supplementing earth to control water and is therefore used to induce diuresis in the treatment of dampness, edema, and water swelling and fullness; *LingDao* (HT 4), the metal point of then heart meridian, can be used to treat sudden loss of voice and aphonia (since the heart dominates the mind and metal corresponds to voice); *ShaoHai* (HT 3), the water point of fire (Heart meridian), is effective for mental diseases due to kidney deficiency; *ShenMen* (HT 7), the earth point of the nervous disorders; *HouXi* (SI 3) is the wood point of the *TaiYang* meridian, and since wood controls the tendons it can be used to treat diseases along the *TaiYang* meridian that are related to tendon, such as stiff neck, waist and legs; *WanGu* (SI 4), also pertaining to wood, has similar effect as *HouXi*, and is often used as a main point to treat jaundice, since it is the *Yuan*-source (wood) point of the small intestine meridian and small intestine is the officer of separation of clear and turbid; *ShuGu*

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(BL 65) is the wood point of water meridian, and since wood controls tendons, it is used to treat tendon rigidity along the meridian, especially stiff neck and lumbar sprain (and that is also the reason the *Shu*-stream points can be used to treat body heaviness and arthralgia), and is used to treat vertex pain with good effect because this point has the effect of supplementing water and nourishing wood and also due to the channel pathway;

YongQuan (KI 1), the wood point of the water (kidney meridian), can also be used to treat vertex pain (or *JueYin* headache) with the same mechanism, and is used as an important point for epilepsy and wind syndromes since wood dominates wind and the *Jing*-well point has strong tranquilizing effect.

KunLun (BL 60), the *Jing*-river (fire) point of the water (bladder meridian), is an important point for redness and swelling of the leg and foot (redness and swelling pertain to fire) (according to the Ode and Song of Jade Dragon, and Ode of Essentials of Understanding), and is also used to treat toothache due to ascending of fire (The Golden Mirror) and diarrhea before dawn due to decline of vital gate-fire (deficiency of fire of water) since it is the fire point of water; *RanGu* (same pronunciation to the two words meaning "burning grains") (KI 2), also a fire point of the water (Kidney meridian), has better effect than *KunLun* in treating diseases due to decline of vital gate-fire and is also effective for febrile diseases of the kidney meridian; *TaiXi* (KI 3), the earth point of the kidney meridian, is effective for kidney diseases with symptoms of the spleen and stomach such as vomiting and diarrhea or diarrhea before dawn, and is also a frequently used point for deficiency of *Yang* in the spleen and kidney, since it is the *Jing*-river (earth) point of water (kidney meridian). *DaLing* (PC 7), the earth point of the fire (pericardium meridian), can be used to treat diseases due to deficiency heat of the Spleen and stomach meridians and diseases due to heart fire such as foul breath. (The Ode and Song of Jade Dragon and Song More Precious than Jade).

YangLingQuan (GB 34) is the earth point of the wood (gallbladder meridian) and the tendon point among the eight influential points. Since earth dominates muscles and four limbs, this point can be used to treat diseases of both the tendons and muscles such as dysfunction of the muscles and tendons and locomotors diseases, and is used as a main point for hemiplegia. Since it is also the earth point of the wood meridian, it is effective for in coordination between the liver and spleen.

TaiChong (LR 3), also the earth point of the wood, is an important point for regulating the liver and spleen and can be used in the similar way as *YangLingQuan* (GB 34). *Xingjian* (LR 2), the fire point of the wood (Liver meridian), can reduce the fire caused by liver depression and hence is used as an important point for coursing and rectifying the liver *Qi*.

QuQuan (LR 8), the water point of the liver meridian, is effective for diseases at the genitalia (where the liver meridian passes) and diseases related to the kidney water, such as urethritis, strangury (Lin syndrome), edema of the scrotum, etc.

In addition, *JianShi* (PC 5) (the metal and *Jing*-river point of the pericardium meridian) can be used to treat aphonia (Ode of One hundred patters), and *ZhiYin* (BL 67) (the metal and *Jing*-well point of the bladder meridian) can be used to treat aphonia and pruritus (Ode of One Hundred Patterns). Both points are related to metal. *YinBai* (SP 1), the wood (*Jing*-well) point of the earth (Spleen Meridian), is responsible for controlling and storing blood, and is therefore effective for metrorrhagia. *Sanjian* (LI 3), the wood point of the large intestine meridian, is used to treat diarrhea with shoulder and hypochondriac pain. Master Tung preferred to use *Erjian* (LI 2) to treat lumbago, since this point is the water point of metal (Large intestine meridian) and water is related to kidney, which also bears the relation of "energy of the same nature seek one another (*TungQiXiangQiu*)."
Those kinds of examples are too many to expound piece by piece

It follows from the above explanation that the five *Shu* points are in fact holographic points of the meridians, and their five-element nature reflects the conditions of the five *Zang*-organs and hence can be used to treat diseases of the five *Zang*.

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Inter-connection

This is a method in which two five-element points are used in combination. For instance, *ChiZe* (LU 5) is the water point of the metal (Lung meridian) and *FuLiu* (KI 7) is the metal point of the water (Kidney meridian). The two points used together have the effect of connecting metal with water to treat diseases of the lung failing in depurative descending and kidney failing in receiving and accepting with good effect. The author often combines these two points to treat chronic bronchitis and bronchial asthma effectively. Similarly, *ShaoHai* (HT 3) is the water point of the fire (heart meridian) and *RanGu* (KI 2) is the fire point of the water (kidney meridian). The two points can be used in combination to treat diseases due to in coordination or disharmony between the heart and kidney (discordance between fire and water), such as symptoms often seen in neurasthenia like heart vexation with insomnia, dream-disturbed sleep with seminal emission, palpation with poor memory, vertigo, tinnitus, dry mouth and throat, aching loin and knees, tidal fever with spontaneous sweating, etc. Deficiency of both the heart and spleen can be treated with the earth point of the fire meridian and the fire point of the earth meridian in combination; deficiency of both the lung and spleen can be treated with the metal point of the earth meridian and the earth point of the metal meridian in combination; in coordination between the liver and spleen can be treated with the earth point of the wood meridian and the wood point of the earth meridian in combination; deficiency of *Yin* of the liver and kidney can be treated with the water point of the wood meridian and the wood point of the water meridian in combination; deficiency of *Yang* of the spleen and kidney can be treated with *TaiXi*, the earth point of the water meridian and *YinLingQuan* (SP 9), the water point of the earth meridian. This method can be applied to other conditions in a similar way, and no more examples are to be given here.

Summary

The method of selecting points of the same five-element nature is flexible and highly effective, with a wide application. Though it is divided into five different sub-methods here, they are not separate but can be used in combination to achieve better effect. Besides, each point is not restricted to one of the five methods. For instance, *ChiZe* (LU 5), the water point of the metal meridian, is used to treat diseases due to heat and fire of its meridian such as tonsillitis and sore throat. Since metal and water are of the same source and the *He*-sea water points correspond to kidney water, it can also be used to treat frequent urination, and since metal restricts wood, water nourishes wood and wood controls tendons, it is also an important point for regulating tendons. By needling this point with *FuLiu* (KI 7), the metal point of water, so that metal and water are inter-connected, it can be used to treat chronic diseases of the trachea. This is only one example of the multiple use of one particular point. Other points can be used in a similar way and are not to be discussed here.

The best art of acupuncture treatment lies in the multiple use of one point rather than multiple points for one particular disease. The flexible application of the method of selecting points of the same five-element category will go far toward the accomplishment of this pursuit.

A Study on Tung's Acupuncture

Appendix 1

Application of Bloodletting Therapy

Introduction

Master Tung's bloodletting therapy and the points have been widely adopted by most clinicians, including myself. The main points for bloodletting and their indications have been mentioned before in this book. This appendix is intended to provide the readers with an overall understanding of the bloodletting method and to facilitate further investigation and application.

Bloodletting therapy is an essential procedure in the practice of traditional Chinese medicine, with extremely wide application and surprising therapeutic effects. Bloodletting therapy has been recorded in the medical literature since at least 200 B.C.; however, no one has engaged in a systematic study and documentation of its theory and practice. I have followed Master Tung for many years and have often seen him using the three-edged needle with miraculous effect, e.g. speedy recovery of long-lasting serious diseases and instant relief of great pains. Bloodletting therapy can be used to treat any diseases and the effect is even better than the filiform needle. Master Tung can be considered to be the most significant master who is accomplished in bloodletting therapeutics, he achieved such wonderful effect. I have also found method practical and valuable in the experience of treating over three hundred thousand patients. Many intractable and serious diseases have been cured with this method. In 1988 I went to *AnHui* to meet the bloodletting expert *WangXiuZhen*, who had distinctive features in bloodletting techniques worthy of further study.

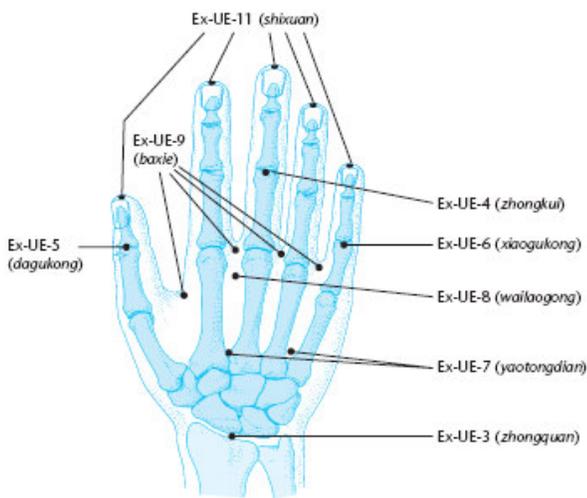
Bloodletting therapy played an important role in the ancient medical practice in China; and according to records on the formation of flint needle and nine forms of needles, has the longest history of medical treatment. As a method, bloodletting refers to the use of a sharp instrument (usually a three-edged needle) to prick certain parts of the patient's body surface: this releases blood in order to treat disease.

The application and importance of bloodletting therapy is mentioned in *LingShu* which states: "To treat chronic diseases, prick to let out blood". The *JiaYiJing* also discusses bloodletting. "To treat diseases, prick the blood vessels which are everywhere in the body, some as thin as a needle and some as thick as tendon."

Bloodletting can be performed on big veins, venules and peripheral capillaries. Venules and peripheral capillaries only appear when disease occurs. They present as red or white streaks or as hemangiomas anywhere on the body

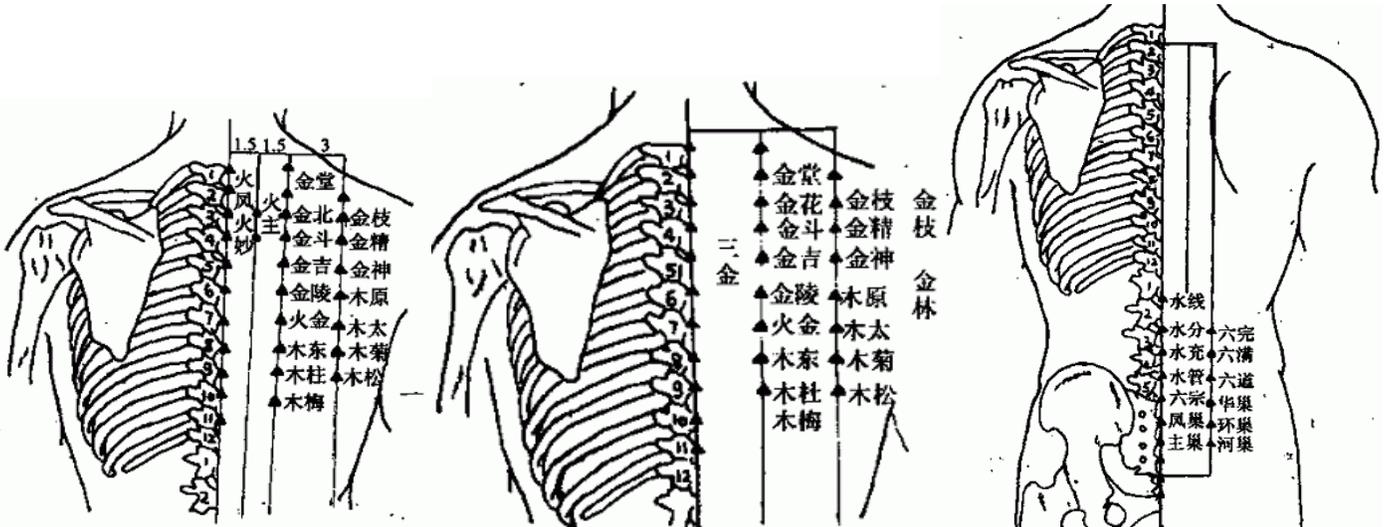
surface or hidden beneath the skin. The large veins are prominent and purple or blue in color, and are commonly referred to as "blue veins". They often appear at *WeiZhong*, *ChiZe*, and the lateral sides of the four limbs, in the scapular region or on the abdominal wall.

Master Tung's use of bloodletting therapy is not restricted by ancient medical books. In addition to the common parts of the body such as the cubital fossa, popliteal fossa, lateral sides of the forehead, hypoglossis, twelve *Jing*-well points, *ShiXuan* (extre 24) and the back of the ear, he uses bloodletting in almost everywhere, such as the arm, the leg, the ankle, the back of the foot and the acromion. He also prefers to use bloodletting on the back as a flexible method for treating all forms of disease.



A Study on Tung's Acupuncture

Mater Tung used bloodletting to treat a wide variety of diseases. For example, he used *WeiZhong* for sciatica, lumbago, stiff neck, lower limb rheumatism and hemorrhoids. He used *ChiZe* for stuffy chest, asthma and frozen shoulder. *ZuSanLi* was used for gastropathy and enterogastritis while *TaiYang* was used for migraine, dizziness and conjunctivitis. Special points such as *SanJin* 三金 (DT.07) was used for knee pain, *JinLin* 金林 (DT.09) for thigh pain, *JingZhi* 精枝 (DT.08) for leg pain, *ShuangFeng* 双凤 (DT.05) for numbness of the hand and foot, *SanJiang* 三江 (DT.15) for gynecopathy, and *ZongShu* (1010.17) was used for conditions such as high fever and vomiting in children. This method addressed pathologies in the following areas of care, internal medicine, external medicine, gynecology, pediatrics and traumatology.



The most prominent feature of Master Tung's bloodletting therapy is the emphasis on distal point selection; this conforms to the ancient orthodox method of "reducing distal points." On the contrary, in our experience, local points (*Ashi points*) are less satisfactory.

I have studied Tung's methods of bloodletting intensively, here are some further examples of his work: he used *TaiYang* to dispel wind and activate blood circulation, he pricked the ear tip to clear heat and activate blood, and pricked the back (where the *Yang* is) to warm *Yang* and activate blood circulation; he used *WeiZhong* (BL 40) to remove dampness and activate blood; he used *SiHuaZhong* and *SiHuaWai* which are near *FengLong* for resolving phlegm and activating blood, and he used the twelve *Jing*-well points for inducing resuscitation and activating blood circulation. His methods are flexible and effective.

Commonly Locations and Indications for Bloodletting Therapy

The most important and common method of bloodletting is to prick the vein. The common locations for bloodletting therapy are as follows:

Cubital Fossa 静脉刺络常用之部位

This common location has been used since ancient times; it is close to *ChiZe* and *QuZe*. This form of bloodletting is performed on the prominent blue vein.

肘窝部为自古常用之部位，相当尺泽、曲泽穴位视鼓起之青筋放血

Indications: Diseases of the respiratory organs and the heart (specifically effective for angina pectoris), cholera, sunstroke, upper limb rheumatic neuralgia, frozen shoulder and hemiplegia.

呼吸器及心脏病（心绞痛用之特效），霍乱、中暑、上肢风湿神经痛、五十肩、半身不遂

A Study on Tung's Acupuncture

Popliteal Fossa 膝膕部

This is a common area for bloodletting with good effect, where *WeiZhong* is.
相当于委中穴位之部位，效果佳而最常用。（古称血郛，最适于刺血）

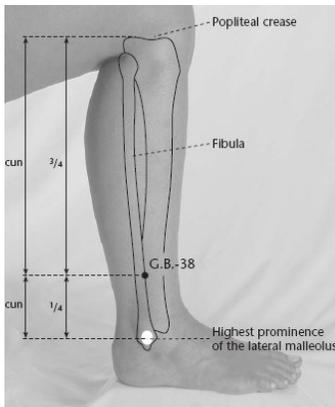
Indications: Enteritis, hemorrhoid, lumbago, stiff neck, lower limb rheumatic neuralgia, sciatica, bone spur of the lumbar vertebrae, hemiplegia, cervicospindylopathy, hypertension, apoplectoid stroke, encephalitis sequela, sequela of poliomyelitis in children, thromboangiitis obliterans, rubella, sunstroke, furuncles and sores, retention of urine.

肠炎、痔疮、腰痛、项强、下肢风湿神经痛、坐骨神经痛、腰椎骨刺、颈椎病、高血压、类中风、半身不遂、脑炎后遗症、小儿麻痹后遗症、血栓闭塞性脉管炎、风疹、伤暑、疔疮、癰闭等

Lower Arm, where *ShouSanLi* is 下臂部相当于手三里穴之部位

Indications: Facial pustule, carbuncle, conjunctivitis, toothache, eczema, urticaria.
面疔、疔、结膜炎、牙痛、湿疹、荨麻疹等

Lower Leg 下腿部



YangMing 阳明

This area is where one finds *ZuSanLi*, *TiaoKou* and *SiHuaZhong*. Bloodletting should be conducted on the blue vein.

阳明部位相当于足三里、条口附近（即董师之四花中穴）部位。视青筋放血

Indications: Gastritis, enterogastritis, chronic gastropathy, chest pain and stuffiness, chronic trachitis, erysipelas and multiple radiculitis.

胃炎、肠胃炎、久年胃病、胸痛胸闷、慢性气管炎、丹毒、多发性神经根炎。

ShaoYang

This area is between *YangLingQuan* and *YangFu* (GB 38), it is called *SiHuaWai*.

Bloodletting should be conducted on the blue vein.

少阳部位相当于阳陵泉至阳辅附近（即董师之四花外穴）视青筋放血

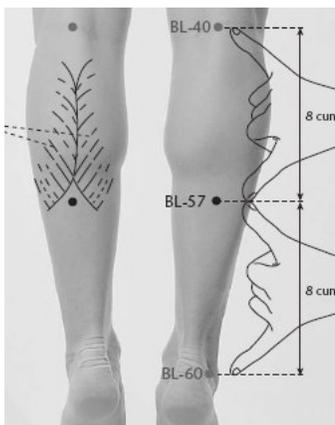
Indications: Acute enterogastritis, pleurisy, heart diseases, chest distention, chronic bronchitis, asthma, sciatica, shoulder pain, migraine and hypertension.

急性肠胃炎、肋膜痛、心脏疾病、胸部发胀、慢性支气管炎、哮喘、坐骨神经痛、肩臂痛、偏头痛、高血压等

TaiYang

This area is where *ChengShan* (BL 57) is, and bloodletting should be given on the blue vein. 太阳部位相当于承山穴部位，视青筋放血

Indications: Hemorrhoid, backache and phlebangioma 痔疮、背痛、静脉瘤

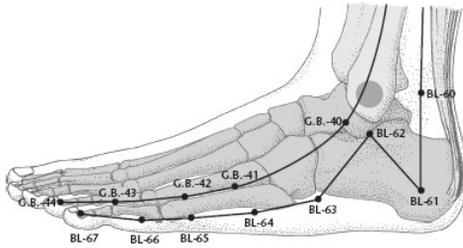


TaiYin

This area is near *YinLingQuan* 太阴部位相当于阴陵泉附近

Indications Internal and external hemorrhoid, dysmenorrhea, infertility, urinary tract infection, acute lymphangitis 内痔、外痔、痛经、不孕、尿路感染、急性淋巴管炎

A Study on Tung's Acupuncture External Malleolus



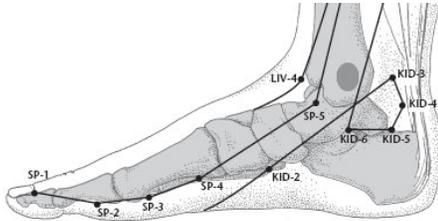
This area is where *QiuXu* (GB 40) and *KunLun* (BL 60) are.

外踝部：包括丘墟、昆仑一带

Indications: Podarthritis, lumbago, sciatica.

足关节炎、腰痛、坐骨神经痛

Internal Malleolus 内踝部

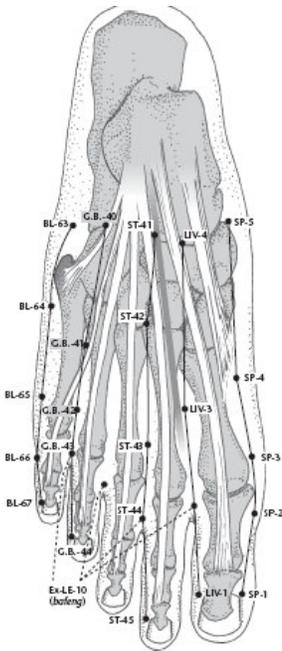


This area is where *ZhongFeng* (LR 4) and *ZhaoHai* (KI 6) are

包括中封、照海穴一带

Indications: Otitis media, hernia, infertility 中耳炎、疝气、不孕证

Dorsum Pedis 脚背



YangMing

This area is near *JieXi* (ST 41) 阳明部位：解溪穴附近

Indications: Gastric ulcer, duodenal ulcer, erysipelas, peripheral neuritis, thromboarteritis obliterans, lymphedema.

十二指肠溃疡、丹毒、末梢神经炎、血栓闭塞性脉管炎、象皮腿

ShaoYang

This area is where *ZuLingQi* (GB 41), *XiaXi* (GB 43) and *DiWuHui* (GB 42) are.

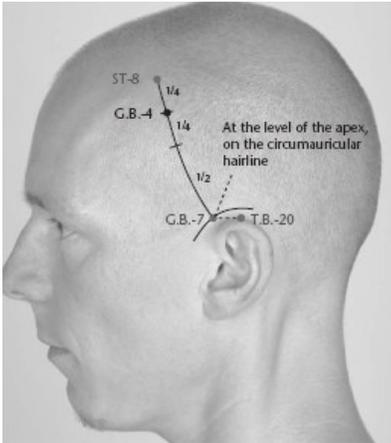
少阳部位相当于临泣、侠溪、地五会等穴位附近

Indications: Toothache, migraine along *ShaoYang* channel, sciatica.

牙痛、坐骨神经痛

A Study on Tung's Acupuncture

Parafrontals

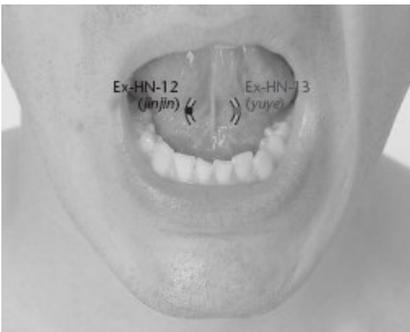


This area is where *HanYan* (GB 4) is, and is often referred to as the temple.
侧额部相当于额厌穴部位，俗称太阳穴

Indications: Headache, dizziness, conjunctivitis, hemorrhage of the ocular fundus, apoplexy, asthma and pathological changes of the esophagus.

头痛、头晕、结膜炎、眼底出血、中风、气喘、食道病变等

Hypoglossis



This area is where *JinJin*, *YuYe* is, i.e. the sublossal blue vein.

舌下部相当于奇穴金津玉液，即舌下紫脉

Indications: Laryngitis, speech disorder, apoplexy, shock and cardioplegia, serious cold. 喉炎、言语障碍、中风、休克、恶性感冒等

Other Common Locations for Bloodletting Therapy 其它常见刺络部位

Besides the aforementioned locations, other common locations for bloodletting therapy include the posterior ear, the twelve *Jing*-well points, *ShiXuan* (Extra), the back, the acromion and the face. Since it is difficult to find blue veins and there are no large veins in these areas, bloodletting is accomplished by pricking the point to let out little blood.

除上述几大常用较大静脉部位外，尚有耳背，十二井、十宣、背后、肩峰、颜面等部位，由于这些部位较不易发现青筋或无较大静脉，因此治疗时不是寻找青筋放血，由于经验之累计，只要在固定穴位刺针，使出些微红血，即达治病目的，这些部位亦有称之为细络者。下面略予说明

Twelve Jing-well points 十二井穴:即十二经络之井穴部位

Indications: Apoplexy, acute inflammation, cardioplegia, fever. 卒中、急性炎症、退热等

A Study on Tung's Acupuncture

ShiXuan, at the top of the ten fingers. 十宣：位于十指之尖端



Indications: Apoplexy and cardioplegia. 卒中

The ear back or ear tip, with thin veins for bloodletting.

耳背：有细小之紫筋数条，对准放血。

Indications: Headache, trigeminal neuralgia, conjunctivitis, ceratitis, skin diseases, arthritis of the temple and chin, insomnia, palpitation, and hidrosis. 头痛、三叉神经痛，结膜炎、角膜炎、皮肤病、颞颌关节炎

The face, including the cheek, the zygomatic region, the tip of the nose and the nasal ala. 颜面：颊，颧、鼻头、鼻翼部位

Indications: Facial paralysis, rhinitis, headache, and trigeminal neuralgia.
颜面神经麻痹、鼻炎、头痛、三叉神经方

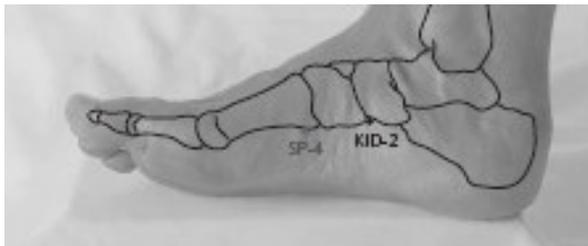
The oral cavity, the oral mucosa 口腔：口腔粘膜

Indications: Facial Paralysis 颜面神经麻痹

The palm margin, from Houxi to Wangu (SI 4)

Indications: Rubella and asthma

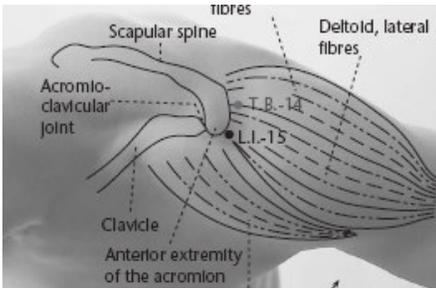
The side of the sole at Rangou (KI 2)



Indications: cerebral concussion.

A Study on Tung's Acupuncture

The acromion, around JianYu (LI 15) 肩峰：相当于肩髃穴附近部位



Indications: Kidney diseases (when yellowish discharge appears), pain of the wrist and the back of the hand (when dark blood appears), congealed shoulders, frozen shoulders, urticaria, mastitis, etc.

出黄水治肾脏病，出黑血治手腕及手背痛。肩凝、五十肩、荨麻疹、乳腺炎等。

The back, including all back-Shu points 腰背：全部腰背俞穴均属放血范围

Indications: Diseases of *ZangFu* and the related channels.

各脏腑病变及其有关经络之病，刺其俞穴出血

QiShing 七星 (DT.03), including *ZongShu* 总枢 (1010.07), 0.8 inch into the hairline and the area 1 inch below it.

七星穴：包括在项部入发际八分之总枢穴及其下一寸

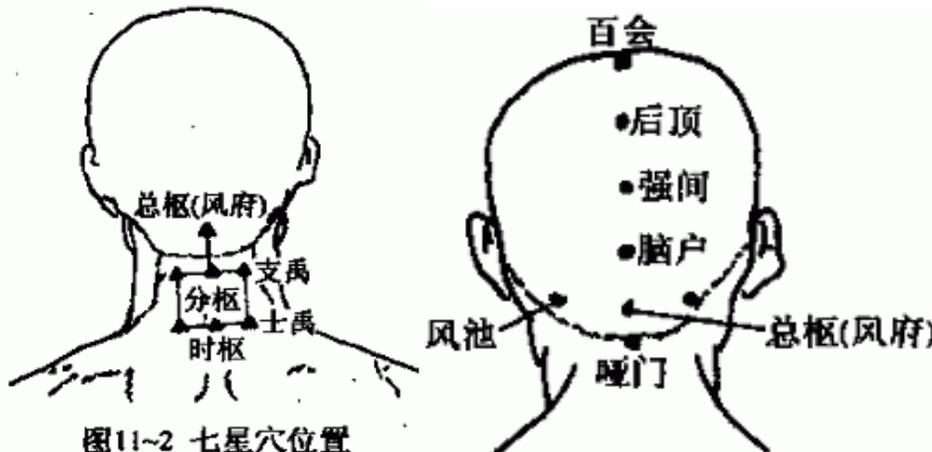


图11-2 七星穴位置

Indications: vomiting, common cold with headache, fever in children, various wind syndromes in children, apoplexy with aphasia and dysphagia. 呕吐（五脏不安）、感冒头痛、小儿高烧、小儿各种风证

***Remarks:** *QiShing* refers to seven points, including *ZongShu*, which coincides with *FengFu*, and *FenShu* (DT.03-II), which coincides with *YaMen* (Du 15). The two points are to be used in bloodletting, not all the seven points. 总枢穴即督脉之风府穴，分枢即督脉之哑门穴，虽然因为有七个穴道，故称七星，但并不需要每个穴都针，一般只要针总枢（风府）、分枢（哑门）即能达到疗效，点刺出血效果更佳。

Wuling 五岭 (DT.04)

A Study on Tung's Acupuncture

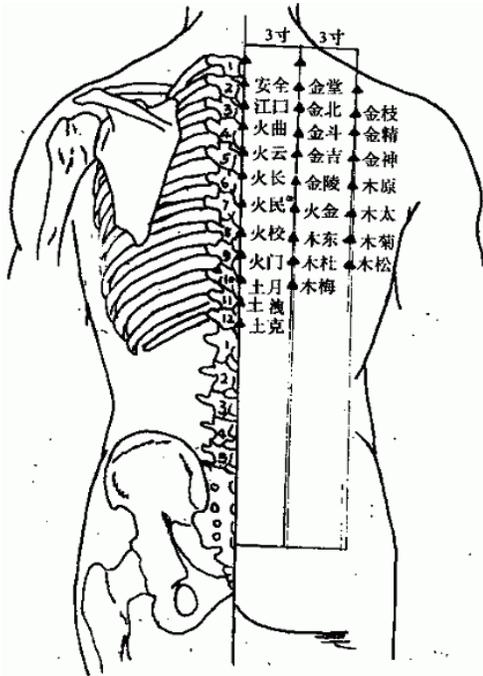


图11-3 五岭穴图

This includes five lines of points. The first runs from *JiangKou* 江口 (DT.04-II) at the second vertebra from *DaZhui* (*Du* 14) down to *TuKe* 土克 (DT.04-XI), below the tenth thoracic vertebra, with one point below each vertebra, altogether ten points. The eight points in between are *HuoQu* 火曲, *HuoYun* 火云, *HuoChang* 火长, *HuoMing* 火明, *HuoXiao* 火校, *HuoMen* 火门, *TuYue* 土月 and *TuXie* 土泄 (DT.04III-X). The second line (two bilateral lines) is four finger breadth from *JiangKou*, running from *JinBei* (XXIII) downwards, with each two points one inch apart, altogether 8 points. The other points are *JinDou* 金斗, *JinJi* 金吉, *JinLing* 金陵, *HuoJin* 火金, *MuDong* 木东, *MuDu* 木杜 and *MuMei* 木梅 (DT.04 XXIV-XXX). The third line (two bilateral lines) are four finger breadth lateral to the second line, again with each two points one inch apart, altogether seven points, namely, *JinZhi* 金枝, *JinJing* 金精, *JinShen* 金神, *MuYuan* 木原, *MuTai* 木太, *MuJu* 木菊 and *MuSong* 木松 (DT.04 XXXVII-XLIII).

五岭穴包括五道穴线：第一道穴线从大椎骨下第二节江口穴起，每下一节为一穴，其顺序为火曲、火套、火长、火明、火校、火门、土月、土泄，直至第十椎下土克穴为止，共十穴。第二条穴线（左右共两条）从江口穴向左右平开四指，金北穴起下一寸为一穴，其顺序为金斗、金吉、金

陵、火金、木东、木杜，直至木梅穴

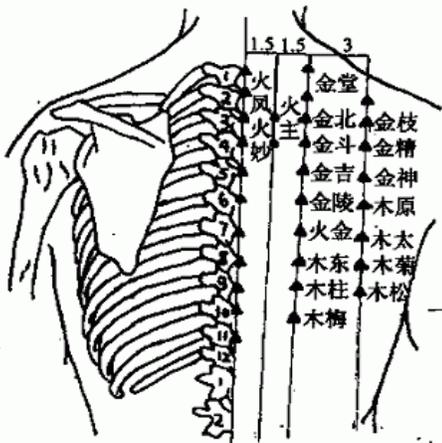
为止，共八穴。第三条穴线（左右共两条）从第二条线向外横开四指，共有金枝、金精、金神、木原、木太、木菊、木松七穴，每穴间隔约一寸。

Indications: Hypertension, severe cold, high fever, chills, sudden dizziness, headache, paralysis of hand and foot caused by hypertension, hemiplegia, various kinds of cholera, vomiting, lumbago due to angiosclerosis and acute gastralgia.

血压高、重感冒、发高烧、发冷、突然间引起之头晕、头痛、高血压引起之手足麻痹、半身不遂，阴霍乱、阳霍乱、呕吐及各种痧症、血管硬化之腰痛，干霍乱、急性胃痛。

用三棱针扎出血

ShuangFeng 双凤 (DT.05)



This is in fact two bilateral lines of points going from *HuoFeng* 火凤 (XLIV), which is 1.5 inches lateral to the point between the second and third vertebrae from *DaZhui* (*Du* 14), with each two points one inch apart, altogether fourteen points on the two bilateral lines. The other points are *HuoZhu* 火主, *HuoMiao* 火妙, *HuoChao* 火巢, *HuoChong* 火重, *HuoHua* 火花 and *HuoMi* 火密 (XLV-L).

双凤穴顾名思义计有两行，位置为自第二椎旁开寸半起每下一寸一穴连续七穴（双偶计十四穴），点刺时以患侧为主，左病针左穴，右病针右穴。

Indications: Pains and numbness of the hand and foot and angiosclerosis of the hand and foot.

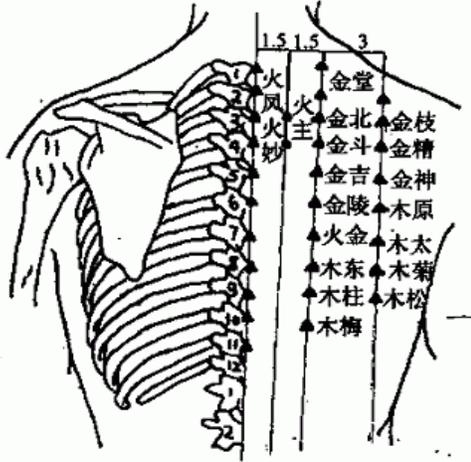
手痛脚痛、手麻脚麻、手足血管硬化

用三棱针出血

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JiuHou 九猴 (DT.06), including *HuoFeng* 火风, *HuoZhu* 火主, *HuoMiao* 火妙 (XLIV-XLVI), *JinTang* 金堂 (XXII two inches above *JinDou* 金斗), *JinBei* 金北 (XXIII), *JinDou* 金斗 (XXIV), *JinJi* 金吉 (XXV), *JinZhi* 金枝 (XXXVII) and *JinJing* 金精 (XXXVIII).

Indications: *HouSha*. 喉痧 (Scarlet fever)



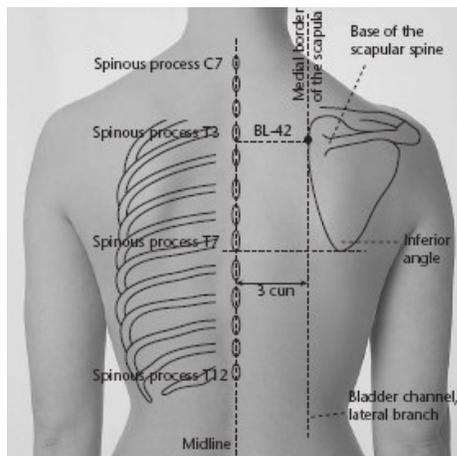
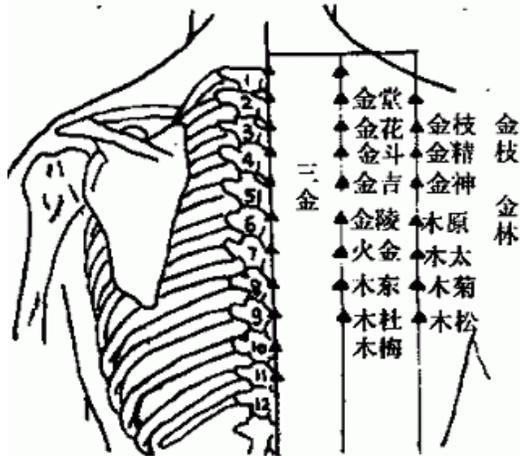
Remarks: There's points are arranged in three lines. The first line starts from *HuoFeng*, which is half inch lateral to the second vertebra, altogether three points, with each two points one inch apart; the second line start from *JinTang*, which is three inches lateral to *DaZhu*, altogether four points, with each two points one inch apart; the third line start from *JinZhi*, which is six inches lateral to the second vertebra, and ends at *JinJing*, which is one inch below. There are altogether 9 points, thus the name "*JiuHou*" (Chinese meaning: nine monkeys).

本穴之排列共分三行，位置为第二椎旁开寸半之火凤穴起，每下一寸一穴，计有主穴（含火凤），大椎旁开三寸之金堂穴起每下一寸一穴，计有四穴（含金堂），第二椎旁开六寸之金枝及下一寸金精，计二穴，总共九穴，为治疗猴痧之要穴，故称九猴穴，可记忆为“二椎寸半连三穴，一椎旁三连四穴，二椎旁六

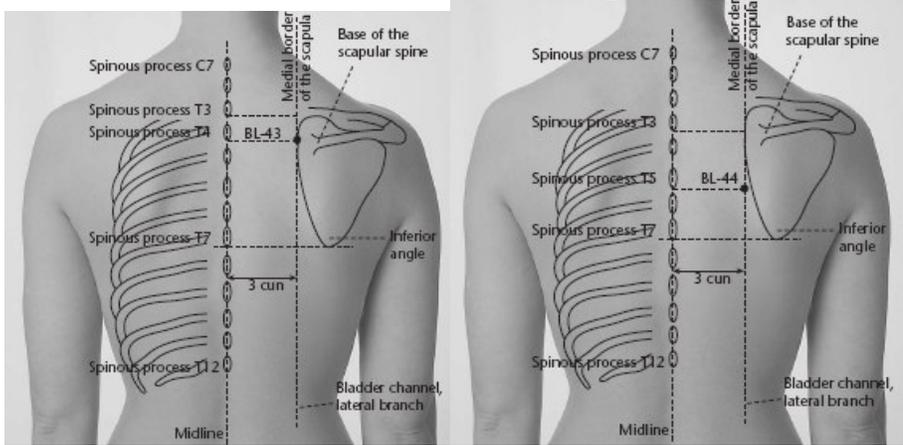
连二穴”

SanJin 三金 (DT.07) including *JinDou* 金斗 (XXIV), *JinJi* 金吉 (XXV) and *JinLing* 金陵 (XXVI).

Indications: Knee pain. 膝盖痛



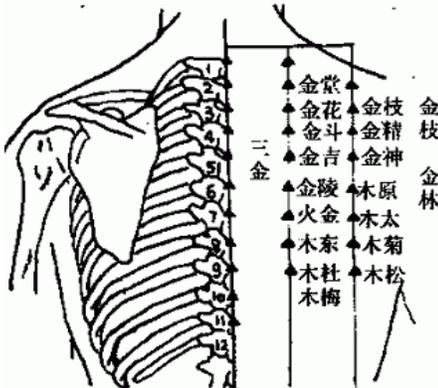
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Remarks: These three points are three inches lateral to the third, fourth and fifth vertebrae respectively, which coincide with *PoHu* (BL 42), *GaoHuang* (BL 43) and *ShenTang* (BL 44) of the bladder channel. Pricking the points to let out little blood and knee pain is relieved instantly. Even long-lasting serious diseases can be cured in this way.

金斗、金吉、金陵三穴分别位于第三、四、五椎外开三寸处，相当于膀胱经之魄户、膏肓、神堂穴，点刺出血少许，治疗膝关节疼痛，确有立竿见影之效，数年大疾亦往往愈于霍然

JingZhi 精枝 (DT.08), including *JinJing* 金精 (XXXVIII) and *JinZhi* 金枝 (XXVII)



Indications: Distention and pains of the leg. 小腿发胀、小腿痛

Remarks: These two points are six inches lateral to the second and third vertebrae respectively. They are very effective for distention and pains of the leg.

精枝穴含金精、金枝两穴，分别位于第二椎及第三椎旁开六寸处，点刺出血，治疗小腿酸胀疼痛，效果极为迅速而突出。

JinLin 金林 (DT.09), including *JinShen* 金神 (XXXIX), *MuYuan* 木原 (XL) and *MuTai* 木太 (XLI)

Indications: Sciatica due to angiosclerosis. 坐骨神经痛

Remarks: These three points are six inches lateral to the fourth, fifth and sixth vertebrae respectively, just below *JingZhi*. They are effective for sciatica and neuralgia of the thigh.

金神、木原、木太三穴分别位于第四五六椎外开六寸处，亦即紧接于精枝穴下，点刺治疗大腿及坐骨神经痛确有卓效。

DingZhu 顶柱 (DT.10), including eleven points: *JingJi*, *JinLing*, *HuoJin*, *MuDong*, *MuDu*, *MuMei* (XXV-XXX), *JinShen*, *MuYuan*, *MuTai*, *MuJu* and *MuSong* (XXXIX-XLIII) (twenty two points bilaterally)

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包括金吉、金陵、火金、金神、木东、木杜、木梅、木原、木太、木菊、木松十一穴（两边共二十二穴）

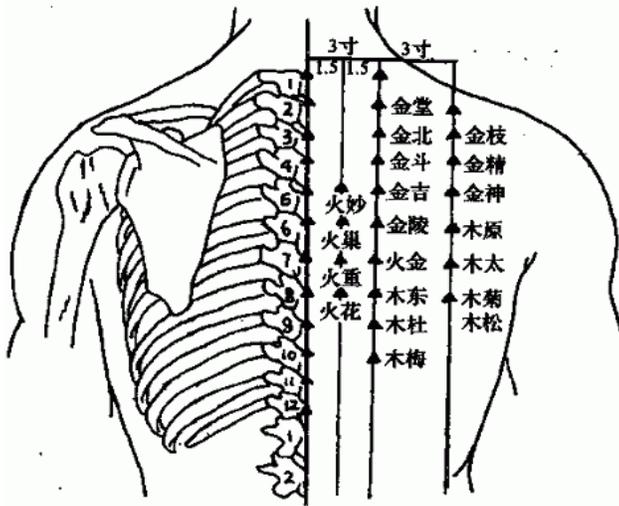
Indications: Lower back pain, acute lumbar sprain, and chest pain on breathing. 腰痛、闪腰、岔气

Remarks: These points are arranged in two lines. The six points in the first line are three inches lateral to the fourth and to the ninth vertebrae respectively; the five points in the second line are six inches lateral to the fourth to the eighth vertebrae.

顶柱穴计有十一穴，两侧合计则为二十二穴，分二行排列。第四椎至第九椎每椎旁开三寸各一穴，计六穴，第四椎至第八椎每椎旁开六寸各一穴，计五穴，可记忆为“四椎旁三连六穴，四椎旁六连五穴”

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HouXin 后心 (DT.11) including three lines of points: the first line starting from

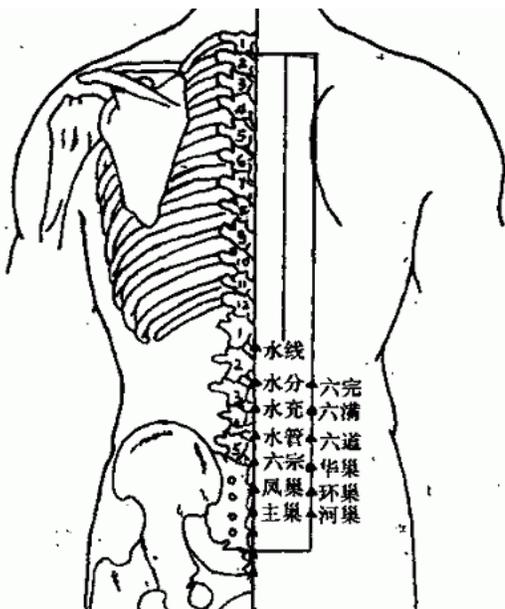


going down through **HouXun** (IV), going down through **HuoChang**, **HuoMing**, **HuoXiao**, **HuoMen** and ending at **TuXue** (six points V-IX); the second line, 1.5 inches lateral to the spinal column, including four points: **HuoMiao**, **HuoChao** and **HuoChong**, **HuoHua** (eight points bilaterally XLVI-XLIX); the third line, 3 inches lateral to the spinal column, including three points: **JinJi**, **JinLing** and **HuoJin** (six points bilaterally XXV-XXVII) 包括大椎骨下第四个脊椎关节处, 火云、火长、火明、火校、火门、土月六穴及脊椎旁开一寸五分之火妙、火巢、火重、火花四穴 (两边共八穴), 与旁开三寸之金吉、金陵、火金三穴 (两边共六穴)。

Indications: Wool-like furuncles, furuncle, heart failure, gastropathy, acute cardioplegia, invasion of wind-cold, severe cold, apoplexy and various kinds of cholera.

羊毛痧、疔疮、心脏衰弱、胃病、风寒入里重感冒、中风、各种急性痧症。

SanJiang 三江 (DT.15) involves two lines of points: the first line starting from point just below the thirteenth vertebra, going down through

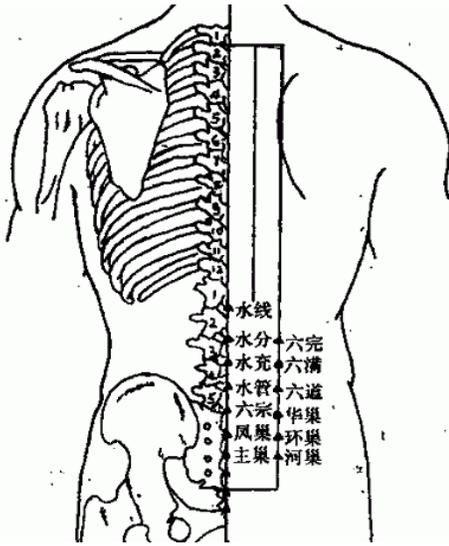


ShuiFen, **ShuiKe**, **ShuiGuan**, **LiuZong**, **FengChao** and ending at **ZhuChao** (XII-XVIII), altogether seven points, with each point at each inter-vertebral space successively; the second line, four finger breadth lateral to the fourteenth vertebra, including six points: **LiuYuan**, **LiuMan**, **LiuDao**, **HuaChao**, **HuanChao** and **HeChao** (twelve points bilaterally XXXI-XXXVI)

包括第十三椎下之分线穴起, 每下一节一穴, 其顺序为水分、水克、水管、六宗、风巢、主巢七穴及十四椎下旁开四指之六元、六满、六道、华巢、环巢、河巢六穴 (两边共十二穴)。

Indications: Amenorrhea, metritis, enteritis, loin sprain, chest pain, acute enteritis. 经闭、子宫炎、肠炎、闪腰、岔气, 急性肠炎。

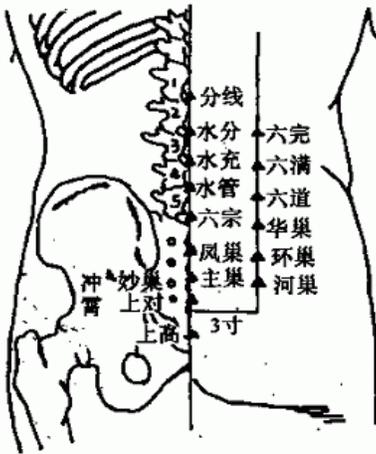
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ShuangHe 双河 (DT.16) including *LiuXuan*, *LiuMan*, *LiuDao*, *HuaChao*, *HuanChao* and *HeChao*; below the fourteenth vertebra (twelve points bilaterally XXXI-XXXVI)

包括第十四椎下之六元、六满、六道、华巢、环巢、河巢六穴（两边共十二穴）

Indications: Pain of the arm, shoulder and back. 手臂痛、肩背痛

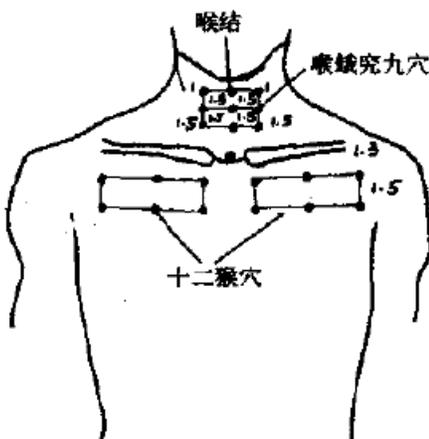


ChongXiao 冲霄 (DT.17) includes the three points: *MiaoChao* 妙巢 (XIX) below the twentieth vertebra, *ShangDui* 上对 (XX) below the twenty-first vertebra and *ShangGao* 上高 (XXI) is one Cun below *ShangDui*

包括第二十椎下之妙巢穴，二十一椎下之上对穴及上对穴下之一寸之上高穴，共三穴。

Indications: Distention and pain of the cerebellar, distention of the middle of os nuchale. 小脑痛、小脑发胀、项骨正中胀痛。

HouEJiu 喉蛾九 (VT.01), including nine points, one at the laryngeal



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prominence, one 1 inch above the laryngeal prominence, one 1.5 inches below it, and the rest six, 1.5 inches lateral (to the right and to the left) to the first three points.

在喉结及其上一寸与下一寸五分处，另加该三处各左右旁开一寸五分处，共九穴。

Indications: Throat moth, throat pain, thyroiditis, throat itching, obstruction of the throat by sputum (dyspnea resembling asthma). 喉蛾、喉痛、甲状腺炎、喉痒、痰塞喉管不出（呼吸困难，其状如哮喘）。

ShiErHou十二猴 (VT.02), including twelve points, six points on the line 1.3 inches below the clavicle bilaterally, and another six points on the line 1.5 inches below the clavicle bilaterally.

平行锁骨下一寸三分处共三穴，再下一寸五分处又三穴，两边总共十二穴

Indications: Scarlet fever, asthma due to angiosclerosis, hepatic cholera (typhoid, severe cold, cholera) 喉痧（猩红热）、血管硬化之哮喘、肝霍乱、下痢不止。（伤寒、重感冒、霍乱均会喉痧）

JinWu金五 (VT.03) including five points starting from JinGan (VT.03-1), which is at the depression at the semi-lunar portion at the top of the sternum, going down through JinYin, JinYang, JinZhuan and ending at JinJiao (VT.03 2-5).

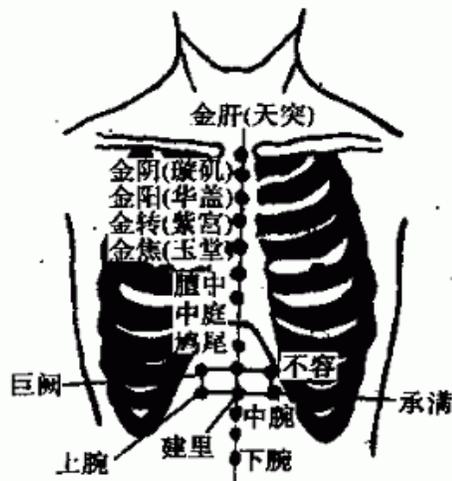
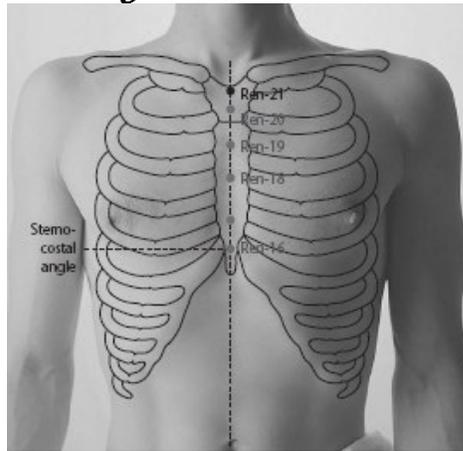


图12-2
金五穴及胃毛七穴



在胸骨上端半月状之下陷凹处为金肝穴，每下一节为一穴，其顺序为金阴、金阳、金转、金焦共五穴

Indications: Hepatic cholera, indigestion (abdominal distention), hypochondriac pain, trachea obstruction, various kinds of cholera.

肝霍乱、消化不良（胃胀）、肋痛、气管不顺、各种痧症

Remarks: *JinGan*, *JinYin*, *JinYang* and *JinZhuan* and *JinJiao* (VT.03 1-5)

coincide with *TianTu* (Ren 22), *XuanJi* (Ren 21), *HuaGai* (Ren 20), *ZiGong* (Ren 19) and *YuTang* (Ren 18) of the Ren Vessel. 金五穴之金肝穴即任脉之天突穴，其下之金阴、金阳、金转、金焦四穴亦即任脉璇玑、华盖、紫宫、玉堂等穴

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WeiMaoQi 胃毛七 (VT.04), includes seven points, one at the depression of the seventh costa-strenal junction, the other two are 1 inch and 2 inches below it, and the other four are 1.5 inches lateral to the middle line.

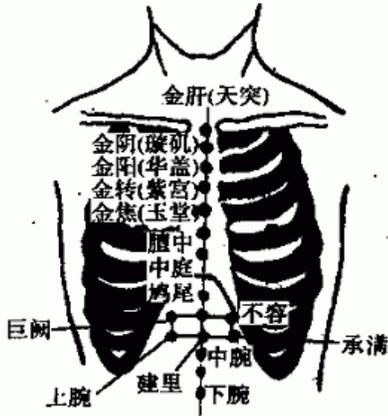
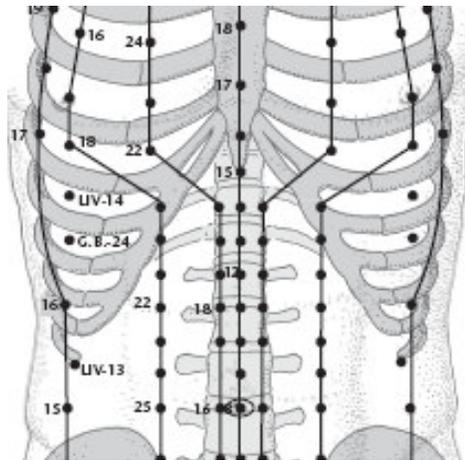


图12-2
金五穴及胃毛七穴



从岐骨下缘陷凹处起，直下一寸一穴，共三穴。旁开一寸五分各两穴（两边四穴）

Indications: Wool-like furuncle, gastropathy, various kinds of cholera, palpitation, gastric hemorrhage.
羊毛痧、胃病、各种霍乱、心跳、胃出血

Remarks: If we change the location from 1.5 inches lateral to the middle line to 2 inches lateral to the middle line", it will be easier to locate the

points. In this way, the seven points coincide with *JiuWei* (Ren 15), *JuQue* (Ren 14), and *ShangWan* (Ren 13) of the Ren Vessel. Bilateral *BuRong* (ST 19) and *ChengMan* (ST 20) of the Stomach channel. Of course, bloodletting can be performed on the line 1.5 inches apart.

胃毛七穴部位之旁开“一寸五分”应为“二寸”方为正确”因此胃毛七穴之位置应系鸠尾、巨阙、上腕（以上三穴属任脉）及两旁之不容、承满（属胃经）内侧各五分一穴，两侧计四穴，总共七穴，位于胃部附近，并以治胃病为主，故称胃毛七穴。

FuChaoErShiSan 腑巢二十三 (VT.05) includes twenty-three points, two points above the umbilicus and five points below the umbilicus; two bilateral points one inch lateral to the umbilicus, each having one point above and two points below (eight points bilaterally); two bilateral points two inch lateral to the umbilicus, each having one point above and two points below (eight points bilaterally). All the points are 1 inch apart.

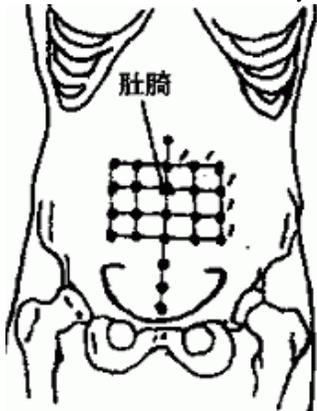


图12-3
腑巢二十三穴

肚脐直上一寸一穴共二穴，肚脐每下一寸一穴共五穴，肚脐旁开一寸一穴，其上一穴，其下二穴（共四穴，两边共八穴），肚脐旁开两寸一穴，其上一穴，其下二穴（共四穴，两边共八穴），总共二十三穴

Indications: Enteritis, metritis, nephritis, nephralgia and umbilical pain.
肠炎、子宫炎、肾炎、肾痛、脐痛

Remarks: Generally, not all the twenty-three points are used, but only the four points around the umbilicus. More points can be used in severe cases. Besides, the common locations for bloodletting mentioned above, there are more locations in the

empirical recipes spread among people for bloodletting. The further development of the techniques of bloodletting therapy calls for our joint efforts.

腑巢二十三穴虽有二十三穴之多，但并不每穴皆用，在精穴简针原则下，一般只针以肚脐为中心，四旁各开一寸之穴位为主，随病情之严重而向四方扩张用穴。

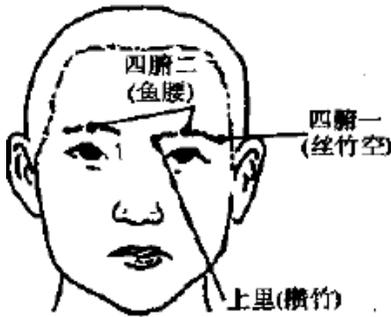
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Bloodletting Therapy for Common Diseases 常见疾病之刺络治疗

Both mainstream practitioners and the historical literature acknowledge that bloodletting therapy can be used to treat a great variety of diseases with speedy effect. It is unfortunate that very few contemporary medical texts discuss this therapy in depth. The following is a summary of bloodletting therapy used in the treatment of common diseases, based on various medical texts and my understanding of Master Tung's experience in bloodletting therapy.

刺络对于疾病之治疗，应用广泛，效果宏速，为不争之事实，唯医书向少记载，甚为遗憾，爰据各家医书之散载及个人对董氏奇穴刺络体会与经验，按照常见疾病分类提要如后：

Diseases of the head 头部



1. Vertex pain: *ShangXing* (Du 23) and *BaiHui* (Du 20)
头顶痛：上星、百会
2. Distention and pain of the occiput or metencephalon: *ChongXiao* (DT.17), *WeiZhong* (BL 40) 后头（脑）胀痛。A. 冲霄
B. 委中
3. Migraine: *SiHuaWai* (77.14); *TaiYang* 偏头痛：四花外
4. Frontal pain: *SiFuYi* (1010.11), *SiFuEr* (1010.10) and *ShangLi* (1010.19); *SiHuaZhong* (77.09) 前头痛：四腑一、二及上里
5. Sudden dizziness: *WuLing* (DT.04); dizziness due to hypertension:

WuLing (DT.04), the ear back 突然头晕：五岭；血压高头晕：五岭

6. Common cold with headache: *SanShang*; *QiShing* (DT.03) 感冒头痛：A. 三商 B. 七星。
7. Angioneurotic headache: *TaiYang* 血管神经性头痛：太阳

Diseases of the eye 眼病

1. Keratitis: *TaiYang*; *GanShu* (BL 18); *WuLing* (DT.04) [liver, gallbladder, *XinShu* (BL 15)]; back of ear
风眼肿痛（角膜炎）：A. 太阳穴、肝俞 B. 五岭（肝、胆、心俞） C. 耳后静脉点刺。
2. Distention and pain of the orbit: *ShaoShang* (LU 11); *TaiYang* 眼眶胀痛。少商、合谷、太阳
3. Conjunctivitis: *TaiYang*; *ZanZhu* (BL 2); *ShaoShang* (LU 11) 结膜炎：A. 太阳 B. 攒竹 C. 少商
4. Hordeolum: back of ear; *QuChi* (LI 11); tip of middle toe 麦粒肿：A. 耳背 B. 曲池 C. 足中趾尖
5. Pterygium: *ShaoZe* (SI 1); *ZhiYin* (BL 67) 翼状胬肉：少泽、至阴

Diseases of the ear 耳病

1. Sub-aural adenitis: *ShaoShang* (LU 11); ear tip; *ZuLingQi* (GB 41), *XiaXi* (GB 43), *DiWuHui* (GB 42)
耳下腺炎：A. 少商 B. 临泣、侠溪、地五会
2. Earache: *SiHuaWai* (77.14) 耳痛：四花外
3. Otitis Media (suppurative: around the ankle 中耳炎（聆耳）：足踝附近

Diseases of the mouth 口病

1. Sores of the mouth and tongue: ear tip; *JinJin* (Extra), *YuYe* (Extra); blue vein between *YinLingQuan* (SP 9) and *XueHai* (SP 10) 口舌生疮：A. 神门 B. 金津、玉液 C. 阴陵泉至血海直线上青筋
2. Swelling of the mouth, tongue and throat: *SanZhong* (77.07), *ShaoShang* (LU 11)
口舌及咽喉肿：三重、少商

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3. Sores of the mouth and lips: blue vein between *YinLingQuan* (SP 9) and *XueHai* (SP 10); *ShangChun* (77.15), *XiaChun* (77.16). 口唇生疮：阴陵泉至血海直线上青筋

Diseases of the tooth 牙病

1. Toothache: The area between external malleolus and *ZuLingQi* (GB 41), *XiaXi* (GB 43), *DiWuHui* (GB 42) 牙痛：外踝尖至临泣、侠溪、地五会

Diseases of the nose 鼻

1. Epistaxis: *ShaoShang* (LU 11); *GanShu* (BL 18) 鼻衄：A. 少商 B. 太冲 C. 肝俞
2. Acne rosacea: *PiShu* (BL 20); *WeiShu* (BL 21); from the nose tip to *ZhengBen* (1010.12) (seven star needle) 酒渣鼻：A. 脾俞 B. 胃俞 C. 鼻尖—正本穴（七星针）。
3. Allergic Rhinitis: *ZhengBen* (1010.12) 敏感性鼻炎：正本

Diseases of the throat 咽喉

General treatment: First prick *ShaoShang* (LU 11) and *ShangYang* (LI 1) and then treat the diseases according to different conditions; First prick the ear tip or ear back, and then treat the diseases according to different conditions 喉咙总治：A. 少商、商阳先行点刺，再行对症治疗。
B. 亦可于耳背点刺，再对症治疗

1. Tonsillitis: *ShaoShang* (LU 11) and *ShangYang* (LI 1); *SanZhong* (77.07) 扁桃腺炎：A. 少商、商阳、合谷 B. 三重。
2. Laryngitis: *ShaoShang* (LU 11), *ShangYang* (LI 1) and *HeGu* (LI 4); *SanZhong* (77.07) 喉头炎：A. 少商、商阳、合谷 B. 三重。
3. Pharyngeal swelling with dysphagia: *ShaoShang* (LU 11), *ShangYang* (LI 1) and *HeGu* (LI 4); *SanZhong* (77.07); *GuanChong* (SJ 1) 咽肿水药米粒不下：A. 少商、商阳、合谷 B. 三重
4. Laryngeal pain: pricking area between *YinLingQuan* (SP 9) and *XueHai* (SP 10); *YaMen* (Du 15); *HouEJiu* (VT.01) 喉痛：A. 阴陵泉至血海直线上青筋点刺 B. 哑门 C. 喉蛾九穴
5. Throat moth: *ShaoShang* (LU 11) 喉蛾：少商
6. Aphasia: *ZongShu* (1010.07) 发音无声：总枢
7. Obstruction of the throat by sputum: *HouEJiu* (VT.01) 痰塞喉管不出：喉蛾九穴

Asthma 哮喘

1. *WuLing* (DT.0) on the back [including *GeShu* (BL 17), *FeiShu* (BL 13), *XinShu* (BL 15) etc.]; *TaiYang*, *ChiZe* (LU 5); *SiHuaWai* (77.14); pricking the blue vein from *HouXi* (SI 3) and *WanGu* (SI 4). 背部五岭（肠俞、肺俞、心俞等穴） B. 太阳、尺泽 C. 四花外 D. 后溪至腕骨线上之青筋

Diseases of the neck 颈项

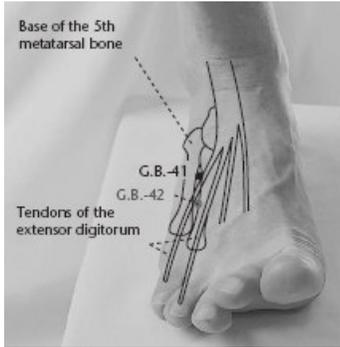
1. Goiter: *SanZhong* (77.07); auricular vein; *HouEJiu* (VT.01) 甲状腺肿：A. 三重 B. 耳后静脉 C. 喉蛾九穴
2. Pain of the middle line of the os nuchale: *ChongXiao* (DT.17); *WeiZhong* (BL 40) 项骨正中线痛：A. 冲霄 B. 委中

Diseases of the upper limbs 上肢

General Treatment: First prick the cubital fossa and then treat the diseases according to different conditions. 上肢总治：可于肘弯点刺，再对症治疗

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1. Wrist pain: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); *ZuLinQi* (GB 41), *XiaXi* (GB 43), *DiWuHui* (GB 42); *ShuiYu* (44.17) 手腕痛: A. 四花中、副 B. 临泣、侠溪、地五会 C. 水俞



2. Shoulder pain: *SiHuaWai* (77.14) 肩痛: 四花外
3. Finger numbness: *HouXin* (DT.11); *ShuangFeng* (DT.05) 指麻: A. 后心 B. 双凤
4. Redness and swelling of the back of the hand and finger pain: *SiHuaZhong* (77.09), *ShuangFeng* (DT.05) 掌背红肿、手指肿: 四花中、副
5. Hand pain and numbness, angiosclerosis of hand and foot: *ShuangFeng* (DT.05); *SiHuaWai* (77.14); *ShuiYu* (44.17) 手痛: 手足血管硬化、手麻: A. 双凤 B. 四花外 C. 水俞
6. Arm pain: *ShuangHe* (DT.16); *SiHuaWai* (77.14); *ShuiYu* (44.17)

臂痛 (前): A. 双河 B. 四花外 C. 水俞

7. Shoulder and arm pain: *ShuangHe* (DT.16); *SiHuaWai* (77.14) 肩臂痛: A. 双河 B. 四花外
8. Ganglionic cyst: Applying chicken-claw pricking at the local area to let out mucus and blood. 腱鞘囊肿: 囊肿部位放液

Diseases of the lower limbs 下肢

General Treatment: First prick *WeiZhong* (BL 40) and then treat the diseases according to different conditions. 下肢总治: 皆可于委中点刺, 再对症治疗

1. Soreness of the legs: *JinLin* (DT.09), *JinZhi* (DT.08-XXVII) 两腿发酸: 金林、金枝
2. Sciatica: pain of the *TaiYang* channel – *WeiZhong* (BL 40) or *JinLin* (DT.09); pain of the *ShaoYang* channel – *SiHuaWai* (77.14) or *JinLin* (DT.09) 坐骨神经痛: A. 太阳经痛—委中或金林 B. 少阳经痛—四花外或金林
3. Knee pain: *SanJin* (DT.07) 膝痛: 三金
4. Leg pain and distention: *JingZhi* (DT.08) 小腿痛 (胀): 精枝
5. Swelling and pain of the ankle: *WeiZhong* (BL 40), *YangLingQuan* (GB 34) 足踝肿痛: 委中及阳陵泉
6. Heel Pain: *WeiZhong* (BL 40) 脚跟: 委中
7. Foot numbness and pain: *ShuangFeng* (DT.05); *YinBai* (LR 9) 足麻、足痛: A. 双凤 B. 隐白
8. Toe Spasm: Center of the external malleolus 足趾痉挛: 外踝中央
9. HongKong foot with yellow discharge: pricking the blue vein from the center of the external malleolus to *ZuLingQi* (GB 41); *ZhiWu* (11.26) 香港脚流黄水: 外踝中央至临泣青筋点刺
10. Numbness and pain of the four limbs: *Jing-well* points. 四肢麻痛: 井穴刺血

Diseases of the chest and abdomen 胸腹

1. Hypochondriac pain (hepatic cirrhosis, pleurisy): *SiHuaWai* (77.14), which can be used with *GanShu* (BL 18) 肋痛 (肝硬化、肋膜炎): 四花外 (肝俞)。
2. Abdominal pain: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 腹痛: 四花中、副
3. Chest stuffiness and distention: *ChiZe* (LU 5); *SiHuaZhong* (77.09) 脚闷 (胀): A. 尺泽 B. 四花中
4. Umbilicus pain: *FuChaoErShiSan* (VT.05) (altogether 23 points, see descriptions of the points mentioned); *SiHuaWai* (77.14) 脐痛: A. 腹集 (23) 穴 (选) B. 四花外

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Diseases of the loin and back 腰背

General treatment: First prick *WeiZhong* (BL 40) and then treat the diseases according to different conditions. 腰背总治：可于委中点刺，再行对症治疗

1. Spine pain: *WeiZhong* (BL 40); *RenZhong* (Du 26) 脊痛：A. 委中 B. 人中
2. Loin pain: *WeiZhong* (BL 40) 腰痛：委中
3. Sprain and Stiffness: *WeiZhong* (BL 40) 转筋强直：委中
4. Lumbago due to angiosclerosis: *DingZhu* (DT.10), *WeiZhong* (BL 40) 血管硬化之腰痛：顶柱、委中
5. Back pain: *ChengShan* (BL 57) 背痛：承山

Diseases of the heart 心脏

General Treatment: cubital fossa; *SiHuaZhong* (77.09); *WuLing* (DT.04) 心脏病总治：A. 肘弯 B. 四花中 C. 五岭

1. Cardiomegaly: *WuLing* (DT.04) (upper energizer portion) 心脏扩大：五岭穴（上焦部分）
2. Angiosclerosis of the heart: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 心脏血管硬化：四花中、副。
3. Cardioplegia: *SiHuaZhong* (77.09), *SiHuaFu* (77.10), the twelve *Jing*-well points
心脏麻痹：四花中、副、十二井穴。
4. Palpitation: *Dan* (11.13) 心惊悸：胆穴
5. Heart Failure: *HouXin* (DT.11) 心脏衰弱：后心
6. Cardialgia: *HuoBao* (55.01), *ChiZe* (LU 5) 心痛：火包、尺泽
7. Accelerated heartbeat: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 心跳剧烈：四花中、副

Diseases of the liver and gallbladder 肝胆

1. Jaundice: *YinBai* (LR 9), *PiShu* (BL 20), *WeiShu* (BL 21) 黄疸：隐白、脾俞、胃俞
2. Hepatic Cirrhosis: *SiHuaWai* (77.14), *GanShu* (BL 18) 肝硬化：四花外、肝俞
3. Liver diseases: *HuoBao* (55.01) 肝病：火包

Lung Diseases 肺病

1. Bronchitis (with yellow sputum): *SiHuaWai* (77.14) 支气管炎（吐黄痰）：四花外
2. Asthma: *WuLing* (DT.04) at the back; *TaiYang*; *ChiZe* (LU 5); *SiHuaWai* (77.14); pricking the blue vein from *HouXi* (SI 3) to *WanGu* (SI 4) 哮喘：A. 背部五岭 B. 太阳、尺泽 C. 四花外 D. 后溪至腕骨线上之青筋
3. Acute Pneumonia: *DaBai* (22.04); *FeiShu* (BL 13), *FengMen* (BL 12) 急性肺炎：A. 大白 B. 肺俞、风门
4. Miscellaneous diseases of the Lung Channel: *SiHuaWai* (77.14) or together with *FeiShu* (BL 13) with better effect. 肺经杂症：四花外均可主治之。（或加肺俞更佳）

Diseases of the spleen and stomach 脾胃

1. Epigastric pain: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 胃酸痛：四花中、副
2. Gastritis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); from *NeiTing* (ST 44) to *JieXi* (ST 41)
胃炎：A. 四花中、副 B. 内庭至解溪
3. Acute gastralgia: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); *QuZe* (PC 3), *WeiZhong* (BL 40); *WuLing* (DT.04)[middle energizer portion, around *WeiShu* (BL 21)] 急性胃痛：A. 四花中、副 B. 曲泽、委中 C. 五岭之中焦部份（胃俞及上下）。

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4. Gastric hemorrhage: *WeiMaoQi* (VT.04); *SiHuaZhong* (77.09), *SiHuaFu* (77.10)
胃出血：胃毛七、四花中、副。
5. Gastric Ulcer: *SiHuaZhong* (77.09), *SiHuaFu* (77.10) 胃溃疡：四花中、副。
6. Duodenal Ulcer: pricking the blue vein from *NeiTing* (ST 44) to *JieXi* (ST 41); external malleolus
十二指肠溃疡：A. 内庭至解溪上青筋点刺 B. 外踝附近点刺
7. Acute enterogastritis (with vomiting and diarrhea): *SiHuaZhong* (77.09), *SiHuaFu* (77.10), *SiHuaWai* (77.14); *QuZe* (PC 3), *WeiZhong* (BL 40) 急性肠胃炎（上吐下泻）：A. 四花中、副、外
B. 曲泽、委中

Kidney diseases 肾

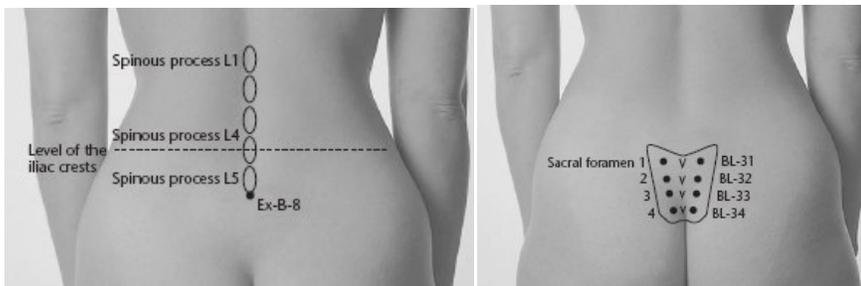
1. Nephritis: pricking *ShuiShu* to let out yellow discharge; *FuChaoErShiSan* (VT.05); around the kidney
肾脏炎：A. 水俞扎出黄水 B. 腑巢 C. 肾脏周围

Intestinal diseases 肠

General treatment: *SiHuaZhong* (77.09), *SiHuaWai* (77.14) 肠病总治：四花中、外

1. Duodenum: pricking the blue vein from *NeiTing* (ST 44) to *JieXi* (ST 41); around the external malleolus
十二指肠：A. 内庭至解溪上青筋点刺 B. 外踝附近点刺
2. Cecitis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10), *SiHuaWai* (77.14) 盲肠炎：四花中、副、外
3. Hernia: around the inner malleolus 疝气：内踝附近
4. Acute enterogastritis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10), *SiHuaWai* (77.14)
急性肠胃炎：四花中、副、外
5. Acute enteritis: *SiHuaZhong* (77.09), *SiHuaFu* (77.10); *SanJiang* (DT.15) 急性肠炎：A. 四花中、副
B. 三江
6. Acute abdominal pain: *QuZe* (PC 3), *WeiZhong* (BL 40) 急性腹痛：曲泽、委中

Gynecopathy 妇科



1. Swelling and pain of the breast: *SiHuaZhong* (77.09), *SiHuaFu* (77.10)
乳房肿痛：四花中、副
2. Amenorrhea: *SanJiang* (DT.15)
经闭：三江
3. Hysteritis: *SanJiang* (DT.15)

子宫炎：三江

4. Retention of Placenta: *HuoBao* (55.10) 胎衣不下：火包
5. *Leuchrrhea*: *SanJiang* (DT.15); *ShiQiZhui* (EX-B8), *BaLiao* (BL 31, 32, 33, 34) 白带：A. 三江
B. 十七椎下、八髎

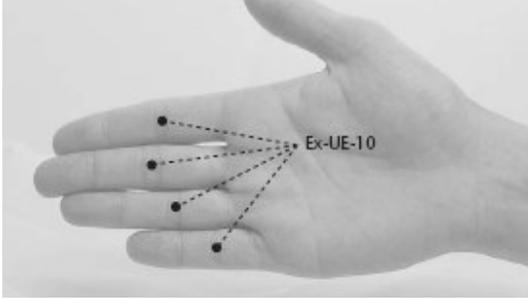
Diseases of the blood vessel 血管病

1. Apoplexy: the twelve *Jing*-well points 中风：十二井
2. Hypertension: *SiHuaWai* (77.14); *WuLing* (DT.04); *WeiZhong* (BL 40)
高血压致手足麻痹或半身不遂：五岭

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3. Paralysis of the hand and foot or hemiplegia caused by hypertension: *WuLing* (DT.04); *ChiZe* (LU 5), *WeiZhong* (BL 40) 高血压: A. 四花外 B. 五岭 C. 委中
4. Phlegangioma: pricking the tumor 低血压 (静脉瘤): 当瘤上点刺

Children's diseases 小儿科



1. Infantile malnutrition (with much food intake and emaciation: *SiFeng* (EX-UE 10); *GanShu* (BL 18), *GeShu* (BL 17), *WeiShu* (BL 21), *ShenZhu* (Du 12)
小儿疳疾 (多食而瘦)。A. 四缝
B. 肝俞、肠俞、胃俞、身柱
2. Smallpox: *ChiZe* (LU 5), *WeiZhong* (BL 40); ear back
小儿痘疮: A. 委中、曲泽 B. 耳背
3. Convulsion: *ShiXuan* (EX-UE 11); *QiShing* (DT.03); *YinTang* 小儿惊风: A. 十宣 B. 七星 C. 印堂
4. Asthma: *DaBai* (22.04) 小儿气喘: 大白
5. Night Cry: *Dan* (11.13) 小儿夜哭: 胆穴
6. High fever and vomiting: *ZongShu* (1010.17), or together with *QiShing* (DT.03)
小儿发高烧、呕吐: 总枢 (七星)。
7. Congenital deformity of the tongue: *ShaoZe* (SI 1), *ShaoChong* (HT 9), *YinBai* (LR 9)
小儿重舌: 少泽、少冲、隐白
8. Mumps: *ShaoShang* (LU 11), *GuanChong* (SJ 1) 痄腮: 少商、关冲

Miscellaneous Diseases 杂病

1. Dry cholera: *ZongShu* (1010.07); *WuLing* (DT.04) 干霍乱: A. 总枢 B. 五岭
2. Cholera: *WeiZhong* (BL 40); *ChiZe* (LU 5), *QuZe* (PC 3); 霍乱: A. 委中 B. 尺泽、曲泽
3. *XieXui*: *WeiZhong* (BL 40); *ShaoShang* (LU 11) 邪祟: A. 委中 B. 少商
4. Hemorrhoid: *WeiZhong* (BL 40) 痔疮: 委中
5. Sunstroke: the twelve *Jing*-well points 急救中暑: 十二井
6. Epilepsy: onset: the twelve *Jing*-well points; remission: *WuLing* (DT.04) 癫痫: A. 发作期: 十二井
B. 缓解期: 五岭
7. Skin diseases: postauricular vein 皮肤病: 耳后静脉点刺
8. Hordeolum: *PiShu* (BL 20), *WeiShu* (BL 21); postauricular vein; *QuChi* (LI 11)
偷针眼: A. 脾俞、胃俞 B. 耳后静脉 C. 曲池。
9. Scarlet fever: *ShiErHou* (VT.02) 猴痧: 十二猴穴
10. Various kinds of cholera: *JinWu* (VT.03); *WuLing* (DT.04) 各种痧证: A. 五金 B. 五岭
11. Wool-like furuncle: *WeiMaoQi* (VT.04); *HouXin* (DT.11) 羊毛痧: A. 胃毛七穴 B. 后心
12. Deep-rooted boils *HouXin* (DT.11) 疔疮: 后心穴
13. General fatigue: *BeiMian* (44.07) 全身疲劳: 背面
14. Vomiting (with discomfort of the five *Zang*): *QiShing* (DT.03) [*ZongShu* (1010.07)]; *WuLing* (DT.04)
呕吐 (五脏不安): A. 七星 (总枢) B. 五岭
15. Herpes zoster: around the local area; the ear back; *ZhiWu* (11.26) 带状疱疹: A. 疱疹周围 B. 耳背

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Case Reports 病案举例

1. Mr. Wang was a 36 year old office worker who had sciatica on the left side and was unable to walk. The painful area was on the gallbladder channel. He was treated by pricking the raised blue vein between *FengLong* (ST 40) and *YangLingQuan* (GB 34) to let out some blood and he was cured after only one treatment.
汪XX, 36岁, 公务员。左腿坐骨神经痛, 不能行走, 疼痛部位属胆经, 视其左腿丰隆至阳陵泉一带有青筋鼓起, 刺之出血, 1次痊愈, 行走如常。
2. Mr. Yang was a 20 years old student who had conjunctivitis and congested eyes for three days. He was treated by pricking the thin purple vein on the posterior aspect of the auricle to let out little blood; he recovered the second day.
颜xx, 20岁, 学生。患结膜炎已3天, 眼白充满红丝, 视其耳背上紫色细脉, 以棱针出血少许, 第二天再行探视, 已痊愈。
3. Mrs. Xie was a 33 year old woman with rheumatism of the knees for many years; she had sharp pains when she went to see us. We first pricked *SanJin* (DT.07) to let out little blood and her pain was greatly relieved. We then applied acupuncture at *NeiGuan* (PC 6) bilaterally and asked her to move the legs. She was thus cured of the disease after only one treatment without recurrence for 10 years.
谢太太, 33岁。双膝风湿痛多年。来诊时疼痛剧烈, 先在双背三金穴, 点刺出血少许, 即刻疼痛减轻大半, 再以毫针在双内关刺针, 令其活动腿部, 1次而愈, 至今10年未再复发。并介绍病友多人来诊。
4. Mr. Tu was a 40 year old army man who had sprained his waist for 2 days with great pain. He was treated by pricking the raised blue vein at *WeiZhong* (BL 40) to let out little blood, followed by needling at *ShuGu* (BL 63), and he recovered after one treatment.
涂xx, 40岁, 军人。腰部扭伤两天, 疼痛异常不得翻身, 视病患委中部位青筋暴起, 以棱针刺破, 血流少许, 旋即痛减能起床翻身, 再以毫针针刺束骨穴, 1次痊愈。
5. Mrs. Wang was a 40 year old woman with migraines for nearly 20 years. The pain came with vomiting and sharp pain. She was treated by pricking the temporal area to let out blood, and her headache was instantly relieved. She didn't come for a second visit, but telephoned us that she had already recovered.
王太太, 40岁, 偏头痛近20年, 痛剧则呕吐, 初诊时抱头而来, 当即在其太阳穴点刺出血, 即时头痛立刻轻减, 之后未再来诊, 电话告知已痊愈, 并介绍头痛病友多位前来治疗。
6. Mr. Yang was a 36 year old man who was unable to open his mouth because of overindulgence in eating bettle nuts. He had white spots in the mouth and would have sharp pain if he ate pungent food. He was diagnosed with buccal carcinoma at a major hospital. He invited me to come to Taiwan to treat him. I pricked *TaiYang* and *ChiZe* (LU 5), and the patient could immediately open his mouth. After that, bloodletting was performed once a week for three months. The white spots turned red, he was able to open his mouth freely and could eat foods of all flavors. He has been cured for four years now and everything is OK.
杨x, 36岁, 因嗜食槟榔, 致口不能张, 仅能容一指, 口腔白斑, 辛辣点滴不能沾, 沾之则痛剧, 经林口某大医院诊为口腔癌。特邀余自美返台治疗, 在太阳、尺泽点刺后即能张口吞下水饺(张口三指有余), 之后每周点刺一次, 前后3个月(余返台1月, 该病患来美2月)白斑转红, 张口如常人, 五味不忌, 一切正常, 今已4年, 一切安好。
7. Mr. Han was 35 year old and had asthma for three years with attacks in the winter. He was treated by pricking *FeiShu* (BL 13), *GaoHuang* (BL 43), *DaZhui* (Du 14) and *ChiZe* (LU 5) and needling *ShuiJin* (1010.20) and *Yufu* (LU 10); his symptoms were immediately relieved. The same treatment was repeated three times, once a week, and he did not have any more attacks.
韩XX, 35岁。气喘3年, 逢冬易发, 来诊时正逢发作, 在其背部肺俞、膏肓、大椎及尺泽点刺

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，并针水金、鱼际，立刻轻松，每周1次，仅如此治疗3次，竟3年未发，并于世界日报（美洲一大华文报纸）登铭谢启事。

My Experience 体会

1. Bloodletting is commonly referred to as "pricking"
刺络俗名放血，但现在一般人多有称之“点刺”者
2. In treating chronic rheumatism, bloodletting therapy can prevent recurrence, which often occurs in patients treated only with acupuncture.
依据个人多年经验，久年风湿疼痛，虽经毫针治疗，但常有复发者，唯经施以刺络辅助，则未见复发者。
3. According to *NeiJing*, the principle of bloodletting therapy is that blood should be released in order to treat chronic diseases. In my opinion, in chronic diseases always present with hyperactivity of the pathogenic factors and blood stasis, which caused obstruction of the blood vessel. While acupuncture relieves the diseases, recurrences are likely to occur due to an incomplete resolution of the condition. Therefore, bloodletting is necessary, just as the ancient people said, "To treat wind one must treat blood, and free flow of blood leads to subsidence of wind."
刺络之治病原理，据《内经》谓：“久宛则除之”。即指久年老病必须放血去除，个人以为，病久则邪气盛，血脉不得通，乃宛陈于该处，平常血行尚能通过，则不觉痛楚，天阴作雨，气压改变，脉道益狭，气血通过困难，虽经毫针通气，唯病久邪深，血不得行，则针去病仍存在，纵然得以治愈，时间拖累甚多，却有复发可能，因此放血实为必要，血去则痛止，此亦即古人所言：“治风宜治血，血行风自灭”。
4. While contra lateral needling method is effective in filiform needle treatment, ipsilateral bloodletting will achieve better effect. 据经验，以毫针针刺，采用巨刺疗效较佳，但放血则以同侧效果为佳
5. Bloodletting therapy is more effective if distal points are chosen. This conforms to the old saying of "pricking distal points: the foot is pricked to treat diseases of the head." Similarly, diseases of the lower part of the body is treated by pricking the upper part of the body, e.g. to treat diseases of the lower limbs, the back is pricked.
据经验，放血仍以远处施针，作用较大。此甚合“泻络远针，头有病而脚上针”的古义，同理下有病而上面针，所以治疗下肢病痛，我们常在背上施针
6. For bloodletting techniques, one can refer to "Application of Three-edged Needle" in the first volume of *ZhenJiuJingWei* (The Strategy of Acupuncture).
放血手法可参看拙著《针灸经纬》上篇手法篇“三棱针之运用”

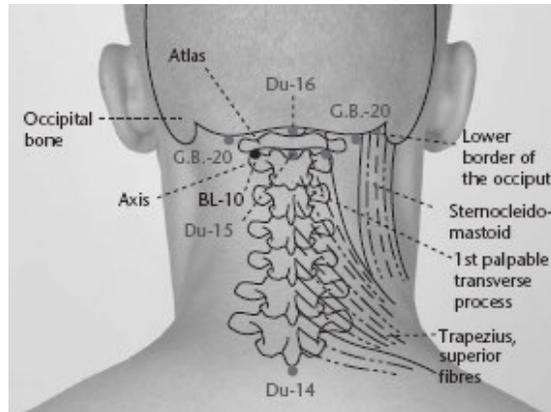
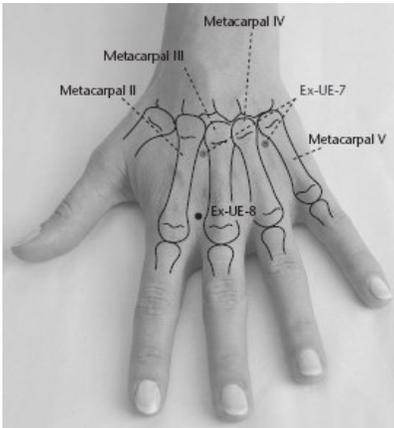
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Appendix 2

A Collection of Application of Tung's Extraordinary Points

Treatment of Stiff Neck and Chronic Lumbago with ChongZi (22.01)

重子穴治疗落枕及久年背痛经验



Stiff neck is a common disease and a number of points can be used to treat this disease effectively, such as *XuanZhong* (GB 39), *LuoZhen* (Extra UE-8), *HouXi* (SI 3) and *TianZhu* (BL 10). I have used *HouXi* and *ShuGu* (BL 65) to treat the disease. It is stated in *LingShuZaBingPian* that "in treating stiff neck, use points from the Hand-*TaiYang* channel for those unable to turn to the

left and right, use the points from the Foot-*TaiYang* Channel for those unable to turn forward and backward." Therefore, in the former case, *HouXi* from the small intestine channel of hand-*TaiYang* is used; in the latter case, *ShuGu* from the bladder channel of foot-*TaiYang* is used, both with speedy effect. Both points can be used if both conditions are present.

落枕为临床常见病症，一般治疗此症之效穴甚多，常用者有1. 悬钟，2. 落枕穴，3. 后溪，4. 风池、天柱等穴。个人尝以后溪、束骨两穴治疗颈项强痛，并以之治疗落枕，自谓为十四经穴之最特效者，盖《灵枢◎杂病篇》云：“项强不能（回）顾取手太阳，不能俯仰，取足太阳”，临床遇有颈项强硬，不能左右转动之症状，取手太阳小肠经俞穴后溪。不能前后抬仰，则取足太阳膀胱经俞穴束骨，均有立竿见影之效，遇有颈项前后左右转动均不利时，则束骨与后溪配合，疗效更佳。

In addition, *ZhengJin* (77.01) can also be used to treat stiff neck, which I have often used with great effect. [For more information about the application of *ZhengJin* and *ZhengZong*, please refer to my book *TungZhiQiXueJianZuo* (Lectures on Tung's Acupuncture: Point Study)]

此外董氏奇穴正筋正宗治疗“颈项筋痛及扭转不灵”，个人亦常以此穴治疗落枕亦甚效。

However, according to other medical books [*YuLongGeFu* (Song and Ode of the Jade Dragon), *TongXuanZhiYaoFu* (Ode of the Essentials of Understanding), *WoYanLingXiaoYingXueGe* (Song of Effective Points of *WoYangLing*), etc.], *ChengJiang* (Ren 24) is the best point for stiff neck. Therefore this point can always be used for any kinds of stiff neck.

然据多数古籍所载（玉龙歌赋，通玄指要赋、卧岩凌效应穴歌）承浆为治疗项强最常用穴位，因此不论何种落枕，加承浆配用效果更佳。

Stiff neck sometimes also affects the shoulders and upper arms and points other than the hand and foot-*TaiYang* can also be used. *ChongZi* is a good point, which I have used together with *ChengJiang* for stiff neck in the past ten years. In most cases, the disease is cured after only one treatment.

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在多年临床中体验，落枕之际，非只颈项强硬，甚而连及肩背上臂极为酸痛，非仅限于手足太阳经之范围而已，经上述针疗后，虽能迅速解除大部份痛苦，但总仍有些不适感，经加针重子穴，则可完全消失。因此本人近十余年来皆以重子穴配承浆穴，治疗落枕，绝大多数病例1次而愈。

(1990年第1期海峡中医)

Treatment of Polyuria and Frozen Shoulder with ShenGuan (77.18)

肾关穴治疗多尿及五十肩特效经验简介

ShenGuan (77.18) is an important point on the leg, 1.5 inches directly below *YinLingQuan*. This is the first choice of Master Tung in treating kidney deficiency and diseases caused by kidney deficiency.

肾关穴为董氏奇穴七七（小腿）部位要穴，位置在阴陵泉穴直下一寸五分处。为董师景昌治疗肾亏之第一要穴，举凡肾虚引起之各种病痛皆有疗效

I have often used this point to treat frozen shoulder with good effect. According to statistics based on over 100 cases, its effect is even better than the method of puncturing *TiaoKou* (ST 38) towards *ChengShan* (BL 57) or the method of using local points. For chronic and severe cases, this point can be used together with *ChiZe*. For those with difficulty raising the arms and turning the arms backward, *ZuWuJin* (77.25) (healthy side) can be used with prompt effect. For chronic cases with congealed shoulders, bloodletting at the cubital fossa should be given.

个人最常应用此穴治疗肩臂不举（五十肩）尤为特效。疗效之佳，经多年百余例统计及临床实践，较条口透承山或肩关节附近局部穴位效果既迅速又确实。一般病例若发病较久，病况严重者，可泻尺泽穴作为辅助，效果尤佳。若除上举困难外，尚有后转困难者亦可加取足五金（健侧）可立见显效。但病久肩部凝硬过度者，则必需辅以肘弯棱针点刺出血

I have used this point to cure over ten cases of night polyuria, especially senile patients with kidney deficiency, with marked effect. The effect is even more satisfactory for young people. This point is also effective for day polyuria. No points from the fourteen regular channels are comparable to this point.

以此穴治愈数10例夜间多尿，尤其年老肾亏者亦见卓效，年青人见效更快。治疗白昼多尿效果亦佳，验诸临床多年，亦非十四经之任何穴位所能比拟

In addition, this point can also be used to treat numbness and pain of the ten fingers very effectively. It is also an important point for eye diseases such as spotted vision and strabismus, often used in combination with *FuLin*. It is also a common point for hemiplegia. The point is always punctured bilaterally.

另外治疗双手十指发麻及十指疼痛，亦极特效。治疗眼科尤为要穴，常配复溜并用，最常用于治疗飞蚊证及眼球歪斜。此外治疗半身不遂亦为常用，均针双侧

In short, this point is quite effective with a wide range of application. Besides what is mentioned above, all the diseases caused by kidney deficiency can be treated with this point.

总之本穴效果极佳，治疗范围极为广泛，除上述作用外，凡肾亏引起之各病，均可以本穴针刺治疗之

(1990年第1期海峡中医)

Treatment of Chapped Palm (Hand Skin Diseases and Common Cold with Watery Nasal Discharge) with Mu (11.17)

董氏奇穴“木穴”治疗富贵手（手掌及感冒流涕）特效经验简介

Mu (11.17) is a very important point on the palm, at the middle of the line between the midline of the first knuckle of the index finger and the junction between the black and white flesh at the medial aspect of the index

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finger. It is in fact two points lying at the upper and lower one third between the two finger creases.

“木穴”为董氏奇穴在手掌上之超级穴位，位于阴掌食指第一节中央线与食指内侧黑白肉际线之连线中央，两指纹之间上1/3及下1/3处各一穴。

Originally, Master Tung used this point to treat hyperactivity of liver fire and spleen *Qi* dryness, thus the name "*Mu*" (Chinese meaning: Wood). I often use this point to treat dry eyes, dacryorrhea and palmar polydypsia, and find that it is a better point than points from the fourteen regular channels.

本穴董师原用于治肝火旺脾气燥，故名木穴，个人常用于治疗眼睛发干、眼易流泪、手汗等皆有疗效，其效果绝不逊于十四经穴。

I have also used the point to treat hardening of the hand skin and hand skin diseases, especially chapped palm with especially good effect. The diseases are usually cured after three or four, or even one or two, sessions of treatment.

Mu is also effective for watery or thick nasal discharge, especially when it is caused by common cold.

个人用治手皮发硬，手皮肤病，尤其是手掌皱裂（富贵手）尤其特效，尝治数十例富贵手，平均3至4次即愈。（甚至有一二次即愈者。

木穴治疗鼻涕多，不论清涕浓涕皆有效，尤其感冒流涕可止于顷刻

To treat the hand skin diseases, use the point on the diseased side; to treat nasal discharge, use the point on the healthy side. 治疗手皮肤病及富贵手以患侧为主，治疗鼻涕则以健侧为主

This point can clear away liver fire, and the effect is even better if it is used in combination with *LongDanXieGanTang* (Decoction of Radix Gentianae for Purging Liver Fire).

本穴能清泄肝火，与龙胆泻肝汤结合应用，尤妙

(1990年海峡中医第1期)

Treatment of Infertility with FuKe (11.24) 董氏奇穴“妇科”治不孕症

There have been more and more cases of infertility in recent years, which, according to Chinese medicine, can be divided into different types: kidney deficiency, blood deficiency (or *Qi* and blood deficiency), liver depression, blood stasis and phlegm dampness. Both Chinese drugs and acupuncture can treat this disease effectively.

Doctors normally treat the disease according to the main disease and the accompanying symptoms, such as obstruction of the oviduct, or retroversion of left flexion of the uterus.

不孕证近年来有逐渐升高之趋势，中医辨证分型大致分为肾虚、血虚（或气血亏虚）、肝郁、血瘀、痰湿等几型，以中药及针灸治疗，疗效均不差，除分型论治外，亦有人就主病或兼症另外立方或立穴治疗，例如输卵管阻塞、子宫后倾或左屈等

I have treated infertility for many years using acupuncture with good effect. I especially want to recommend *FuKe* (11.24), used as a main point in combination with *HuanChao* (11.06). In the past ten years I have successfully treated nearly one hundred female fertility patients; the effect is better than points from the fourteen regular channels. Treatment can be given every other day, with the two points used alternately.

个人治不孕症多年，在辨证分型基础下辅以针灸治疗，疗效颇佳。尤值称道及推介同仁者，则为以妇科穴为主，还巢穴为辅之专穴治疗，十年来治愈近百位不孕妇

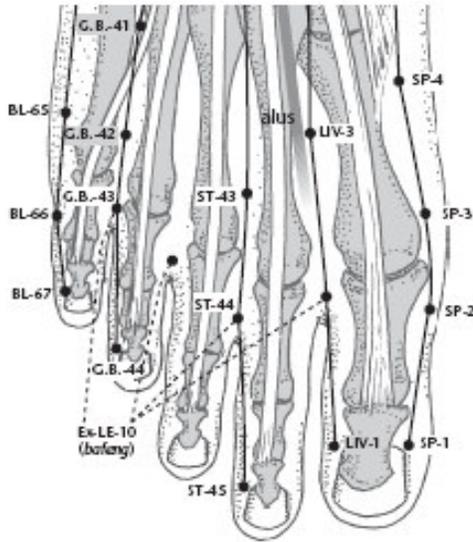
女，使之怀孕，疗效较十四经穴为佳。针刺可隔日为之。妇科穴及还巢穴可左右交替运用。但据经验，年龄越轻，治疗时间愈早者疗效愈好

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According to my experience, the younger the patient and the earlier the treatment, the better the effect. I have read over one hundred articles and papers about the treatment of infertility, and 80% of the patients in the case reports are under 35 years old. It is strange that 80% of the patients that I have treated are over 35 years old. 有关不孕之中医论文，余参阅不下数百篇，其所列之验案，百分之八十在35岁以下。余所遭遇之病例则百分之八十在35岁以上，怪哉。

(1990年海峡中医第1期)

WuHu (11.27) - an important point for pain of the fingers and toes 指趾疼痛要穴——五虎穴



Acupuncturists commonly treat pains of the fingers and toes with *SiFeng* (Extra 25) in the transverse creases between the fingers and *BaFeng* (Extra 40) in the transverse creases between the toes respectively. Although multiple points are used, the effect is not satisfactory. I have used *WuHuYi*, one of the five points of *WuHu*, to treat finger pain and *WuHuSan*, also one of the five points in *WuHu*, to treat toe pain with speedy effect.

常见一般针灸医生治疗手指疼痛，喜于十指缝中之八缝穴针刺，治疗脚趾疼痛则于十趾缝中之八风穴针刺。不但用针多，且效果亦未必彰显。笔者以董氏奇穴五虎穴中之五虎一治手指痛，五虎三治脚趾痛，非只用针少，且有立竿见影之效，值得广为介绍，大力推广。

WuHu was discovered by Master Tung, the indication of the point was said to be "only general bone swelling", according to *TungShiZhenJiuZhengJingQiXueXue* (Tung's Acupuncturology on

Regular Channels and Extraordinary Points). In the clinical practice, I have made several discoveries. Besides pain of the fingers and toes, this point can also be used to treat pain of the dorsal part of the foot and the heel, and peritendinitis. I have treated several hundred patients, from players of national teams to those who were treated with other methods in vain, and the results have always been satisfactory.

WuHu is at the junction between the dorsal and palmar flesh on the first interphalangeal joint of the thumb; it is on the Lung channel of hand-*TaiYin*. There are altogether five points from the tip of the first metacarpus to the interphalangeal transverse crease, each point about one sixth of the whole length apart. Starting from the finger tip, the five points are *WuHuYi*, *WuHuEr*, *WuHuSan*, *WuHuSi* and *WuHuWu*.

五虎穴为董师景昌所发现，以“董氏正经奇穴学”中记载主治仅“治全身骨肿”一项，个人随董师学习多年，见老师常灵活用治手指、脚趾疼痛效果极佳。笔者临床中亦有颇多发现，除用治手指脚趾疼痛外，并广泛用治脚背痛、脚跟痛、腱鞘炎等。病例达数百之多，其中不乏国手国脚等运动员，更不乏在多处辗转治疗无效者，均能收立刻效果，且迅速痊愈。五虎穴位于大指第一节手太阴肺经之黑白肉际上，自第一掌骨至指间横纹共五穴，取穴采六分点法，即每1/6一穴。自指尖向手掌，依序为五虎一、五虎二、五虎三、五虎四、五虎五

WuHuYi is often used to treat finger and palm pain and peritendinitis; *WuHuSan* is used for toe pain; *WuHuEr* is used to enhance the effect of *WuHuYi* and *WuHuSan*; *WuHuSi* is used to treat pain of the dorsal part of the foot and *WuHuWu* is used for heel pain.

五虎一常用于治疗手指痛、手掌痛及腱鞘炎；五虎三用于治疗脚趾痛；五虎二则用于加强五虎一或五虎三之作用。五虎四用于脚背痛，五虎五用于治疗脚跟痛。

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A case report: Mr. Chen, a player of the national basketball team, had had injury of the first and second toes of the left foot and could not move about freely. I punctured *WuHuSan* and asked him to move the injured toes, and he felt much better 2 or 3 minutes later. The needle was retained for 30 minutes and he didn't feel any pain. The disease was cured in just one treatment.

病例：陈XX，篮球国手，左脚大趾二趾踢伤一周，行动不便，在它处治疗无效，经人推介前来诊治。当即于其右五虎三针刺一针，针后嘱其活动左脚脚趾，二三分钟后即觉轻松甚多。留针30分钟起针，已觉不痛，1次而愈

(1990年海峡中医第3期)

LingGu (22.05) and *DaBai* (22.04) - Important points for warming Yang and reinforcing Qi 温阳补气要穴——灵骨、大白穴

LingGu and *DaBai* are main points for the palm, which are often used by Master Tung and are among the more common points I tend to use. *LingGu* is between the dorsal part of the thumb and the furcula of the index finger, at the junction of the first and second metacarpal bones. *DaBai* is just *SanJian* of the large intestine channel and is seldom used alone, but is inserted together with *LingGu* as *DaoMa* needle technique to achieve the best results. It is used alone only in bloodletting for children's asthma, high fever and acute pneumonia.

灵骨、大白为董氏奇穴二二部位（手掌部位）之要穴，为董氏常用要穴，亦为本人最常用穴位之一。灵骨位于手背拇指与食指叉骨间，第一掌骨与第二掌骨接合处。

大白穴即大肠经之三间穴，很少单独应用，除用三棱针治疗小儿气喘、发高烧及急性肺炎外，大多作为灵骨之倒马针（倒马针即指同经邻近两穴一起下针之意，有加强数倍效果之作用。），两穴配合应用效果极佳

According to *TungShiZhenJiuZhengJingQiXueXue*, the indications of *LingGu* include "sciatica due to pulmonary incompetence, lumbago, foot pain, facial paralysis, hemiplegia, skeleton distention, irregular menstruation, amenorrhea, difficult labor, backache, tinnitus, deafness, migraine, dysmenorrhea, intestinal pain and dizziness." 灵骨穴之应用，董师（董氏针灸正经奇穴学）原述主治坐骨神经痛、腰痛、脚痛、半面神经麻痹、半身不遂、骨骼胀大、妇女经脉不调、经闭、难产、背痛、耳鸣、耳聋、偏头痛、经痛、肠痛、头昏脑胀

Pulmonary incompetence refers to "Qi deficiency." These two points have extremely strong effect of reinforcing Qi and can be used to treat any conditions due to Qi deficiency, the effect of which is by no means inferior to *ZuSanLi* (ST 36), *QiHai* (Ren 6) and *TanZhong* (Ren 17). The points are also very effective in warming Yang. I have often used the bilateral *LingGu* alone to treat spinal pain, dysuria and polyuria, and *ShenGuan* can also be used with better effect. The points are also effective for elbow pain (⊥), groin pain (<), heel pain (<) and dizziness (II). (Remarks: ⊥ means the diseased side or the same side; < means healthy side or opposite side; II means both sides. I created these signs twenty years ago and have found them to be very convenient.

所谓肺机能不足即指“气虚”，本穴组补气作用极强，举凡“气虚”之病皆能治之。效果绝不逊于足三里、气海、膻中等穴。除补气外本穴组温阳作用亦极强。临床

个人常以灵骨穴单用治脊骨痛、小便痛、小便次数过多（均取双侧），配肾关效更佳。治肘痛、鼠蹊痛、脚跟痛、头晕等症亦有特效

LingGu and *DaBai* can be used to treat hemiplegia. According to my experience of over twenty years in treating over one hundred cases, the therapeutic effect is better than the points of the fourteen regular channels, such as *QuChi*, *YangLingQuan*, *JianYu*, *HuanTiao*, *XuanZhong*, etc. In using these two points, the healthy side is often punctured, and they are especially effective for pains of the leg along the *YangMing* and *TaiYang* channels.

灵骨、大白两穴合用治半身不遂，据个人二十多年、数百例之临床经验统计，疗效之佳，十四经穴

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(如曲池、阳陵、肩髃、环跳、悬钟等)无出其右者(取健侧穴位为主),两穴合用治阳明太阴走向之大腿小腿疼痛亦有卓效(亦均采健侧穴)

Deep insertion of both points are necessary, and the farther away the diseased area, the more deeply the needle should be inserted. When both points are used, *LingGu* is punctured first and then *DaBai*.

针治上述各病,不论灵骨、大白,皆应深针,治疗部位愈远(例如脚跟),深度应愈深。两穴合用,则先针灵骨,再针大白

DaBai coincides with *SanJian* of the large intestine channel. *LingGu* is anterior to the furcula posterior to *HeGu*. Holographically, the former controls the upper energizer and the latter, the lower energizer. Also since deep insertion is used, the effect of the points covers the three energizers (*SanJiao*), thus their strong effect.

大白穴位置与三间相符,系大肠经俞穴。灵骨穴在合谷后又骨前,两穴合用涵盖俞原所经之处,又以全息律而论大白主上焦,灵骨主下焦。又大白灵骨皆以深针为主,又深透上中下三焦,因此不论纵横,此二针皆涵盖三焦之用,其效果之大,自是可知

(1990年海峡中医第3期)

XiaoJie (A.05) - An important point for ankle pain 治踝痛要穴——小节

Ankle sprain and pain is a common disease and acupuncture is effective for it. Generally, treatment is given by puncturing *XuanZhong* (GB 39) and *KunLun* (BL 60) for external malleolus and *XuanZhong* (GB 39) and *TaiXi* (KI 3) for internal malleolus. Alternatively, local points can be chosen. In recent years, people also use the extraordinary point *Huai* (Ankle).

脚踝扭伤及疼痛为临床常见病,针灸治疗本病颇有效果。一般治法。不论内踝外踝扭伤或疼痛,先取悬钟,外踝加昆仑,内踝加太溪。或径以疼痛局部取穴,近年来也有取奇穴踝点的。

In the past twenty years, I have used *XiaoJie* to treat ankle sprain and pain with extremely good effect, much better than the methods mentioned above, based on statistics of over 300 cases.

笔者二十余年来以小节穴治疗脚踝扭伤及疼痛,疗效极为突出,经三百余例之临床统计比较,较诸前述几种取穴法,疗效显然高出甚多

XiaoJie is on the junction of black and white flesh by the metacarpal bone of the basic joint of the thumb (on the lung channel of hand-*TaiYin*). The insertion of the needle is made when the patient's hand forms a fist, and the needle should be inserted toward *ChongXian* (22.02), about 1.5 inches deep. The healthy side is punctured. After the needle sensation is felt, the doctor should rotate the needle while asking the patient to move the ankle, and the pain is instantly relieved. The needle is normally retained for 30 minutes, or 45 minutes or longer for chronic and severe diseases. Local redness and swelling can be treated by pricking *WeiZhong* on the affected side to eliminate swelling.

小节穴位于大指本节掌骨旁(手太阴肺经)黑白肉际上,握拳取穴。针尖向重仙方向进针,针深一寸半,左病取右,右病取左,即健侧进针。进针得气后,一面捻针,一面令患者活动患侧脚踝,可立即减轻疼痛,一般病例留针30分,久病重病者可留针45分钟或更久。如脚踝局部红肿,可于患肢委中穴点刺出血,可帮助加速消肿。

A case report: Mr. Wen, a player of the national tennis team, came to visit me in October, 1985. He had had left ankle sprain for three days and had received massage treatment twice with no satisfactory effect. I punctured *XiaoJie* on the right side and rotate the needle every ten minutes. After fifteen minutes the pain was greatly relieved, and the needle was retained for 30 minutes. He didn't feel any pain after that but came again the next afternoon asking for consolidation treatment. He then went to attend a match for two hours without feeling any discomfort.

温秀x, 网球国手, 1985年10月来诊, 当时左脚踝扭伤3天, 行动极不便, 已在国术馆推拿治疗2次,

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效果不大。经人推介来诊。当即于右小节穴针刺，针后每10分钟捻针一次，并嘱其走动活动脚踝，针后15分钟即觉轻松甚多，接近不痛，留针30分钟，出针时已觉无恙。次日下午为求巩固疗效，自行再来针1次。针后即赶往台北体专参加比赛，轻松赛完全场2小时毫无不适。余应邀观赛亦有荣焉。

Remarks: This point was discovered by Dr. Wei-Chieh Young based on Master Tung's correspondence needling method. 此为本人依据董氏对应针法所发现之穴位

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Appendix 3

Guiding Needling Technique

(*QianYin* Needling Technique)

Guiding needle technique was created by me in 1972. It was published in my book *ZhenJiuJingWei* (Longitude and Latitude of Acupuncture and Moxibustion) which has been printed 20 editions. Now I have revised it to introduce it to the practitioner for clinical practice.

I developed the Guiding Needling Technique, based upon my study of the Active *Qi* Technique (*DongQi* Needling technique). The Guiding Needling Technique is highly effective in treating syndromes involving pain, numbness, and itching. The technique both disperses and balances. Using this technique, I select distal points on the opposite side and the same side to create an effective therapeutic loop or circuitry. Typically, the points in the loop are designed to pass from one side to the other through the site of the pain. When the channel thereby becomes unblocked, the pain vanishes. I have found the Guiding Needling Technique to be much more effective than the Active *Qi* technique.

The specific method for performing the Guiding Needling Techniques follows:

1. Select a distal point on the healthy side as a therapeutic point.
2. Select a distal point on the diseased side as a guiding point.
3. Manipulate these two points at the same time to create a therapeutic circuit.
4. Ask the patient to move or massage the site of the pain. With slight manipulation of the needles, the pain should immediately remit. For many patients, the pain goes away immediately, with the insertion of needles and there is no need to manipulate them. This phenomenon occurs because these two points form a therapeutic circuit and mutually guide the energy between each other.
5. Once the patient's pain is resolved, we need to consider the underlying pathology in deciding whether to take out or retain the needles. If we retain the needles, it is important to manipulate the needles at regular intervals to continue to circulate the energy.

The application of this needling technique is simple and highly effective. For example, with left elbow pain, we can needle *FengShi* on the right side and *HeGu* on the left side to immediately stop the elbow pain. In this case, *HeGu* is the guiding point. In the example of right-sided shoulder pain, we can needle *FengLong* on the left side to treat the pain and *ZhongZhu* (SJ 3) as a guiding point on the right side to immediately resolve the shoulder pain. Similarly, left knee pain can be treated with *NeiGuan* on the right side as a treatment point and *TaiChong* on the left side as a guiding point.

In general, one should use *Ying*-spring or *Shu*-stream point on the diseased side to guide and disperse, which is called *Ying-Shu* treating the external channel, especially for pain syndromes. In the majority of cases, we use the *Shu*-stream point because it treats heaviness of the body and joint pain. For example, if someone has shoulder pain on the *YangMing* channel, we would choose a distal point on the opposite side to treat the pain. On the diseased side, we would use *SanJian* (LI 3), the *Shu*-stream point, as the guiding point. In another example, if

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someone has lateral shoulder pain on the *ShaoYang* channel, we would use *ZhongZhu* on the same side as the guiding point; and if someone has posterior shoulder pain on the *TaiYang* channel, we would use *HouXi* on the same side as the guiding point.

In summary, we choose the *Shu*-stream point on the diseased side as the guiding point and a distal point on the healthy side as the treatment point. The *NeiJing* stated that we should treat illness on the upper body with lower body points. Please note that distal points are used to disperse. If the problem is on the left side, we select points on the right side to balance as points on the opposite side are for balancing. When a patient has bilateral pain, for example pain in both knees, we can needle *NeiGuan* on both sides first, followed by *TaiChong*. We manipulate *NeiGuan* on the left side and ask the patient to move her left knee. Then we manipulate *NeiGuan* on the right side and ask the patient to move her right knee. This sequence of points affects both sides mutually.

Sometimes it is not necessary to needle a distal point on an extremity as a guiding point. For example, if a patient suffers from facial disease, we can use *YingXiang* as a guiding point because it is an exit point of the large intestine and the beginning point of the stomach primary meridians. The large intestine and stomach meridians circulate through the whole face. Therefore, in cases such as acne or rhinitis, *YingXiang* can be used as a guiding and treatment point very effectively.

The application of Guiding needling technique uses one needle on the upper part of the body and one on the lower part to formulate a circuit. Because of this resulting circulation in both the upper and lower parts of the body, the effect of treatment is much strong. Using one point on the healthy side and another on the diseased side can create a loop that crosses from side. In this manner, both the guiding and treatment points have treatment effects, doubling the effectiveness of the treatment.

Guiding Needling Technique can also be combined with the Couple Needling Technique (*DaoMa* Needling Technique) with excellent results. For example, for left-sided sciatica pain, one can needle *LingGu* and *DaBai* on the right side, followed by the left *KunLun*. Here we sue *LingGu* and *DaBai* with the Couple Needling Technique with *KunLun* to create a therapeutic loop.

Conclusion

Here I have discussed three needling techniques, but there are many more. These are only the ones I personally use most often. They are very effective. One major advantage is that they can be used when we many not be able to distinguish between excess and deficiency syndromes. They are especially useful for acupuncturist not familiar with tonification and sedation techniques.

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Appendix 4

Tung's Extraordinary Points: academic and clinical discussions

In recent years there has been increasing interest and inquiry into the various aspects of Tung's extraordinary points, which is a very good phenomenon. However as a result of this popularity, individuals who have studied on their own without guidance are beginning to teach the work. Further there are several strange books spreading into the stores. For these reasons, we need to support new learners in getting correct information, rather than exposing them to a body of knowledge built solely from reading and conjecture. This will empower new learners to provide proper treatment and to realize the true manifestation of Tung's points. Through direct transmission we can support the strength and integrity of Tung's lineage. Currently, several fellow apprentices and students have collectively discussed the various academic and clinical virtues of Tung's work. After reorganization, the related contents will be published in this website with more research and discussion to follow.

Question 1 : In acupuncture, when to select points on the affected side, and when to select only the point on the opposite side of the body is more appropriate?

This question may be answered with the following descriptions.

1. Treating pains: In general, in treating the pain syndromes, needling the opposite side of the body is more appropriate. The reason is because the nerves cross to the opposite side of the body. This matches the so-called "cross channel needling is called *MiaoCi*, which means to needle the right side of the body when the disease is located in the left side". (*Ode of Elucidate Mysteries*).
2. Treating functional disorders: Either the opposite or the same (affected) side of points may be selected, though sometimes the affected side is more effective. For example, needling the opposite side point to treat the frozen shoulder is effective, but sometimes needling the affected side is more effective. However, if the disorder is with pain, then selecting the opposite side point is better. Or in this case, points on both sides may be selected. Treating tinnitus, needling *FengShi* (GB31) is very effective; however, needling the *FengShi* (GB31) on the affected side is even better. Treating Bell's palsy (facial nerve paralysis), when the face slants toward to the right side, which indicates the disease (paralysis) is located on the left side, the left side (affected side) points should be selected.
3. Blood-letting: Because the blood vessels flow circularly without crossing to the other side, blood-letting in general is performed at the affected side of the body. Although some points such as Jing-well points are selected on the opposite side as that in *MiaoCi*, those cases are somehow treating pains as well.
4. Supplementing or reducing technique: in some cases, selecting the affected side is more appropriate.
5. Moxibustion: Moxibustion is usually on the local and affected side. For example moxa on the Yangchi (SJ4) (affected side) to treat uterus leaning to one side and hernia.

The above are the general guidelines. The clinical applications should be flexible and change accordingly.

Question 2: Some people commented that when using Tung's extraordinary points, only one disease can be treated at a time. Is it so?

Answer: No, it is not like that. This statement truly underrates the treatment scope of the Tung's acupuncture. Back to those old days when I followed Master Tung in the clinic, I remember most patients came to see him for various types of difficult, complicated and miscellaneous diseases. Master Tung treated several diseases of a

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patient at one time. In my clinical practice, most patients came to see me for difficult, complicated and miscellaneous diseases too. I also treat several diseases of a patient in the same treatment. It is not true that only one disease can be treated in the same treatment when using Tung's acupuncture. Since the indications listed in Master Tung's original book were very simple, if a person copies the applications mechanically without elucidation, he will feel that way. If that statement was true, then what about points of the fourteen channels? Are they also treating one disease at a time? If a patient suffers from several diseases at a time and only one disease is addressed at a time, then how long is it going to take to treat him?

There are a few principles that need users' attention when treating several diseases with single point. First is Master Tung's "*Dong Qi* (activating *qi*)" needling technique. Some acupuncturists may not know or do not apply *Dong Qi* needling technique to the treatments. Many points are able to treat multiple diseases, for example *XinMen* (33.12) (heart gate) treats coccyx pain and knee pain. If the patient only has the coccyx pain, when treated by *XinMen* point without *Dong Qi* needling technique, since only one disease attracts the energy of the needling point, it will still work; although if combining with *Dong Qi* needling technique, the result will be better. However, if the patient has several diseases, the energy of the single needling point *XinMen* will be attracted and distributed among the several diseases and can not concentrate in treating certain disease. If the *Dong Qi* needling technique is applied, by activating the affected site to attract the energy of the point, then the effect will be more concentrated. Several diseases can be addressed at the same time. Take *XinMen* as the example again, if the patient has coccyx and knee pains at the same time, he can exercise his lower back first and then his knee or vice versa while the acupuncturist twirls the needle. In this case, both diseases can be treated properly.

Another principle for single point treating multiple diseases is "focused disease, focused treatment." If the disease is concentrated in one organ or one site, then the treatment is specialized in it. To treat multiple or miscellaneous diseases, the primary symptoms/patterns are addressed in the first priority and secondary symptoms/patterns are treated concurrently. This is achieved by mastering the "disease mechanism". If the disease mechanism is the same while the symptoms are numerous and complicated, only single or a small set of points are sufficient to treat multiple diseases. Details for "*Yi Bing Tong Zhi* (different diseases treated by the same treatment methods) have been described in previous discussion questions. Here I would not waste any more space for that.

Question 3: Some said that LingGu (22.05) point is the number one major point in Tung's acupuncture. What do you think?

Answer: Debating over which point is the very first or most primary point in Tung's acupuncture has no practical meanings. It is not meaningful either to debate over either ST36 or PC6 is the number one point in the fourteen channels. "*LingGu* (22.05) is the most primary point in Tung's acupuncture" was *Lai Jin-Xiong's* (the senior fellow apprentice) personal comments. After Master *Tung* successfully treated Cambodian President *Long Nuo* who suffered from the hemiplegia due to stroke, he passed the treatment records to his disciples. Among the treatment records, the *LingGu* point was used 11 times, the highest frequency than other points (9 of them were *DaoMa* with *DaBai* point). The second rank was *ZhongJiaoLi* (88.25) *DaoMa* which was used for 10 times. *ShenGuan* (77.18) and *XiaSanHuang* (lower three emperors) were used 9 times. From this record, *LingGu* was used most often. However, in the Master *Tung's* original book, the indications of *SiMaShang*, *SiMaZhong*, and *SiMaXia* (88.17, 88.18, 88.19) points are up to 19 items which is more than that of *LingGu* point. Then could it be said that *Sima* points are the primary points because they have the most indications?

We certainly can not make that statement by one single disease (for example hemiplegia due to stroke), nor the number of the indications listed in the book. The statistics shall come from the Master *Tung's* clinical cases. I have compiled the statistics from 500 clinical cases by Master *Tung*.

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- *Shenguan* (single point) in 38 cases for 32 diseases; *Shenguan* combining with other point/s (in general *Daoma* with *Xiasanhuang*) in 16 cases (for 14 diseases). *Shenguan* was used in 54 cases in total.
- *Linggu* (single point) in 14 cases (for 10 diseases); *Daoma* of *Linggu* and *Dabai* was in 21 cases (for 17 diseases). *Linggu* was used in 35 cases in total
- *Zhongjiaoli* (single point) in 12 cases (for 9 diseases). *Daoma* of *Zhongjiaoli* and *Xiajioli* (88.27) in 23 cases (for 20 diseases). *Zhongjioli* was used in 35 cases in total.

The statistics showed that *Linggu*, *Zhongjioli*, and *Shenguan* are the three primary points. And *Shenguan* is the number one major point. *Zhongjiaoli* and *Xiajioli* *Daom* is the number one point pair. *Linggu* is neither the number one major single point nor the pair point from the statistics. But *Linggu* is definitely one of the three major points and it is very important point.

Question 4: Why Linggu (22.05) is able to tonify qi and warm yang?

Answer:

1. *Linggu* (22.05) and *Dabai* (22.04) are the primary points in regulating and tonifying qi: *Dabai* communicates with the lung and corresponds to the metal. It is located on the large intestine channel which also belongs to the metal. *Linggu* is located attached to the bone that communicates with the kidney. It treats both metal and water and have strong function in regulating qi. There is a saying that tonifying the qi to the extreme will tonify the yang. *Bu Yang Huan Wu Tang* (*Great Yang Restoration Pills*) is an example. The formula does not contain any warming and tonifying yang fire herbs such as *Fu Zi* and *Gui Zhi*, but when the tonifying qi herb *Huang Qi* is used up to four *liang* (about 120g), the formula is able to tonify yang. *Linggu* and *Dabai* sandwich *Hegu* (LI4) point, the *Yuan*-primary point and is located where the flesh is plenty. The location of the *Hegu* (LI4) has the thick flesh which corresponds to earth (spleen) and hence also has strong earth attribute. That makes the combination of *Linggu* and *Dabai* points able to regulate earth, metal, and water. Points that treat earth, metal, and water simultaneously are most capable of tonifying qi. *Linggu* and *Dabai* points tonify qi and also warm yang.
2. *Linggu* and *Dabai* are essential points in warming yang: There is a saying that yin deficiency is blood deficiency plus water fluid insufficiency; yang deficiency is qi deficiency plus fire insufficiency. Tonifying qi until fire being generated will warm yang. *Dabai* is close to *Sanjien* (LI3) which belongs to wood. *Linggu* is close to *Yangxi* (LI5) which belongs to fire. Needling both points will generate wood and flourish fire. That is to say to generate fire and warm yang. *Linggu* and *Dabai* points cleft the *Hegu* (LI4) point which is the qi-source point and is strong in regulating qi. *Huoying* (66.03) and *Huozyhu* (66.04) points cleft the *Taichong* (LV3) point which is strong in regulating blood. *Linggu* and *Dabai* points tonify qi and warm yang (wood generating fire). As different approaches contribute to same end, *Bu Yang Huan Wu Tang* is the most often selected formula to treat hemiplegia, and *Linggu* and *Dabai* are the most often and essential points in treating hemiplegia too.

Question 5: Both Zi Wu Liu Zhu (Midnight Noon Flow Ebb) and Ling Gui Ba Fa (Eight Methods of Miraculous Turtle) need Gan Zhi of the day and shichen (2-hour time period)" to decide the point. Would you please teach me the quick method to calculate the Gan Zhi (heavenly Stems and Earthly Branches) of the day and shichen?

Answer: Reviewing the journals of the Chinese medicine in various regions in the past decades, one can find several dozens of articles on the topic "Quick Calculating Methods on Gan Zhi (Heavenly Stems and Earthly

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Branches". Those methods usually need to refer to certain tables or charts, or convert between several formulas, or memorize songs of the Gan Zhi of the January firsts. Not only the memorizations are difficult, the calculations are not fast anyhow. Besides, if the person does not bring the pamphlet of the ten thousand year calendar with him, then he will not be able to calculate. In calculating the Gan Zhi of shichen, one needs to know the Gan Zhi of the day first. Once the Gan Zhi of the day is calculated, the Gan Zhi of the shichen is quite simple. I taught the theory of *Yi Jing* and *Ba Zi* (Eight Characters) before, and apply them to predict the constitutions and general health weakness of a person. I have been using the following formulas to calculate the Gan Zhi of a day and shichen. I believe it is a quick method.

Formula A: $[5(x-1)+((x-1)/4)r+15+y] / 10 = \dots$ the remainder is the **Gan of the day**

Formula B: $[5(x-1)+((x-1)/4)r+15+y] / 12 = \dots$ the remainder is the **Zhi of the day**

Explanation: "Y" is the total of days from January first of the year. "X" is the last two digits of the year. If the year is after year 2000, then use the last three digits instead (ex. 100, 101...). "r" is the integer (leave the remainder out). Although I list two formulas above, in fact, there is only one to remember; because one divisor is 10 and the other 12.

The 10 possible remainder from formula A:

1	2	3	4	5	6	7	8	9	0
Jia	Yi	Bing	Ding	Wu	Ji	Gen	Xin	Ren	Gui

The 12 possible remainder from formula B:

1	2	3	4	5	6	7	8	9	10	11	0
Zi	Chou	Yin	Mou	Chen	Si	Wu	Wei	Shen	You	Xu	Hai

Example:

1). Gan and Zhi of March 1st, 2005

Gan of the day = $[5(105-1)+((105-1)/4)r+15+(31+28+1)] / 10 = 520+26+15+60=621/10=62\dots 1$ (the remainder is 1, refers to **Jia**)

Zhi of the day = $[5(105-1)+((105-1)/4)r+15+(31+28+1)] / 12 = 520+26+15+60=621/12=51\dots 9$ (the remainder is 9, refers to **Shen**)

Hence, the Gan and Zhi of March 1st, 2005 is Jia and Shen.

2). Gan and Zhi of May 1st, 2010

Gan of the day := $5 \times (110-1) + (110/4)r + 15 + (31+28+31+30+1) = 545+27+15+121=708/10=70\dots 8$ (the remainder is 8, equals to **Xin**)

Zhi of the day := $5 \times (110-1) + (110/4)r + 15 + (31+28+31+30+1) = 545+27+15+121=708/12=59\dots 0$ (the remainder is 0, equals to **Hai**)

The Gan and Zhi of May 1st, 2005 is Xin and Hai.

As how to calculate the Gan and Zhi of the time (shichen), once the Gan and Zhi of the day are known, they are simple to calculate. There are twelve shichen in a day. There will be sixty shichen in five days, which equals to the sixty Jia Zhi. Hence, the sixty shichen restart and circulate in every five days. If the Zi shi (11:00pm-

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1:00am) of the Jia day is Jia Zi, then the Hai shi of the Wu day is Qui Hai and the Zi shi of the Ji day will be Jia Zi again. As long as one knows the Heavenly Stem (Tien Gan) of the day, it is not difficult to calculate the Gan Zhi of the shichen on that day. The below is the two songs of the starting Shichen of the day. They help memorization. One song takes Zi shi as the starting and is called “*Wu Zi Jien Yuan Fa*” (Five Zi establishing the start). The other takes Yin shi as starting and is called “*Wu Hu Jien Yuan Fa*” (Five Tiger establishing the start). The first method is more popular. It is as follow.

The song of *Wu Zi Jien Yuan Fa*

Jia Ji start from Jia Zi

Yi Gen start from Bing Zi

Bing Xin start from Wu Zi

Ding Ren start from Gen Zi

Wu Gui start from Ren Zi

That means:

On the days of Jia and Ji: the heavenly stem (Gan) of the Zi shi is Jia

On the days of Yi and Gen: the heavenly stem (Gan) of the Zi shi is Bing

On the days of Bing and Xin: the heavenly stem (Gan) of the Zi shi is Wu

On the days of Ding and Ren: the heavenly stem (Gan) of the Zi shi is Gen

On the days of Wu and Gui: the heavenly stem (Gan) of the Zi shi is Ren

The Gan Zhi of the rest shichen can be determined by following the sequence. For example, the Gan Zhi of the Zi shi on Yi day is Bing Zi, so the Gan Zhi of Chou shi is Ding Chou, and the Gan Zhi of Yin shi is Wu Yin..... Another example, the Gan Zhi of Zi shi on Xin day is Wu zi, and so the Gan Zhi of Chou shi is Ji Chou, and Gan Zhi of Yin shi is Gen Yin, Gan Zhi of Mao shi is Xin Mao; Gan Zhi of Chen shi is Ren Chen..... The rest follows the pattern.

Question 6: Some people said “none of the Tung’s extraordinary points is same as any of the fourteen-channel point. Is this statement true?”

Answer: That is not true. The person saying so was not fully familiar with both the Tung’s extraordinary points and fourteen-channel points. And he does not grasp the essence of the Tung’s acupuncture. Take Quling (33.16) and Chize (LU5) as example. Although both points are at the same location, due to different methods in locating and needling the points, they have different functions. Quling (curved mound) is located at the prominence of the crooked elbow. That is why the point is named “curved mound”. Although it is located at the same location as Chize (LU5), because of the different methods to locate and insert the points, the functions of the points are different. According to “*Compendium of Acupuncture and Moxibustion*” and “*Golden Mirror*”, the method to locate Chize (LU5) is “in the transverse cubital crease, while bending the elbow, follow the transverse crease, next to the tendons, the point is in the burial ground.” The emphasis here is the “burial ground”. He-sea points are mostly located at the sites with abundant flesh or hollow or cave places that collect lots of qi.

Puncture the point from the palmer side toward the dorsal side. The indications include reversed lung qi, such

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as asthma and cough. Because Chize is the son (water) point of the lung (metal) channel, it treats excess syndrome and fire syndrome of the lung channel, such as tonsillitis. As for Qulin (33.16), the description of its location is “in the crease of the cubital fossa and on the radial side of the tendon...” When needling this point, insert the needle attached to the tendon to treat various tendon disorders, such as frozen shoulder, elbow-wrist pain, which is the so-called “treat sinews with sinews.”

Another example, the location of Huochun (33.04) in the original book “*Tung's Acupuncture: Extraordinary Points of the Regular Channels*” is “3 cun proximal to the wrist crease on the dorsal side, in the depression in the middle of the tendons between the radius and ulna”. The location of Zhigou (SJ6) according to the *Compendium of Acupuncture and Moxibustion* is “3 cun proximal to the dorsal crease of the wrist, in the depression between the radius and ulna bones”. “*Golden Mirror*” says: “one cun superior to Waiguan (SJ5), in the depression of the radius and ulna”. May I ask the difference of the locations between Zhigou (SJ6) and Huochun (33.04)? “Chun” in Huochun means “to collaborate” or “to thread or string together”. In Master Tung's English version of book, the point was translated to “string together”. The name of Zhigou (SJ6) (Branch Ditch) is named by the topography of the location, while Huochun (33.04) is named by its functions.

Question 7: What is the holographic standpoint of the five transport points? How to apply the concept to clinic practice?

Answer: In *Ling Shu, Jiu Zhen Shi Er Yuan* (The Nine Types of Needle and the Twelve Yuan-source Points) says “The twenty seven qi flow and pour into the five transport points...” That means the twelve channels and the fifteen collaterals flow, pour into, exit from and enter to the five transport points. This indicates that the five transport points are related to the whole body. In *Ling Shu, Guan Neng* (According to the Official Ability) says “Understanding the functions of the five transport points, one is able to apply the swift and slow needling techniques according to the excess or deficient conditions of the diseases. One also is able to recognize how the channel qi flows, and where does it bend, extend, enter and exit. It follows certain rules.” This paragraph indicates that mastering the five transport points is the prerequisite of successful clinical practice. Both quotes reflect the importance of the five transport points.

The connections of the five transport points and the body parts, and the five-element assignments of the five transport points complete the five transport points to a five-element sub-system. This sub-system is connected to the five-element sub-system of the Zang Fu organs and together they constitute the holographic standpoint of the five transport points. The five transport points of each channel are the holographic points of that channel. Each channel may communicate and act on the respectively related organs through the five elements of the five transport points.

The holographic concept of the five transport points includes the holism, naturalism, and image-numberism. The naturalism of the five transport points refers to the connections between space-time and the five transport points. The flowing from shallow to the deep levels and the distribution locations of the five transport points decide the space nature of the five transport points. For example, the Jing-well points correspond to the head region; Ying-spring points to the facial region; Shu-stream points to the neck or lumbar region (depends on the first or second level correspondence); Jing-river points belong to fire or metal which correspond to lung or heart; He-sea points belong to earth and water which correspond to spleen and kidney. In addition, those points belong to wood correspond to liver and gallbladder. Hence, when the diseases are related to the liver or gallbladder, points belong to wood may be chosen. The rest five-element may be deduced by analogy. The correspondence includes the five body tissue (skin, vessel, flesh, sinew, and bone) correspondence. Those points belong to wood are able to treat sinew problems; points belong to fire to treat blood vessels...etc. I have discussed this part in the previous rounds of the discussion questions. Here I would omit the details.

The time nature of the five transport points nurtures the ideology of the “oneness of heaven and humanity”. The example applications of this concept are such as point selections according to acute (ex. Jing-well points), chronic (ex. Jing-river and He-sea points), or intermittent (Shu-stream points) conditions; and the point

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selections according to the four seasons a year or four timings a day; Midnight-Noon Ebb-Flow; and the Eight Methods of Magic Turtle.

Besides, the image-numberism of the five-elements includes Tong Qi Xiang Qio (similar energy attracts one another), and Jiao Ji (mutually supplementing)...etc. The points belong to wood treat liver, gallbladder and sinew diseases; points belong to fire treat small intestine and blood vessel diseases. Those are the applications of image-numberism of the five transport points. More examples are such as when diseases manifested with tremor, cramp pains and sudden-onset like winds are categorized into "wind" diseases. Those diseases may be treated with wood points. The chances to apply the concept are extensive and that will be the major content of the five transport points. To put forth effort on this aspect will enhance the flexibility in treating diseases and increase the effect of the treatment. Numerous applications of the Master Tung acupuncture are based on the image-numberism

Question 8 : Why in One Needle Therapy Acupuncture only either side of body is needed?

Answer: The following aspects may explain this question.

1. **Resonance Effect:** In natural phenomena, the unity of opposites between matters is the main body of any exists. For example, up and down; left and right; anterior and posterior. Channels are divided into *Yin* and *Yang* and distributed in the interior and exterior aspects of the *Zang Fu* organs. When the acupuncture point of one side of body is needled, the other corresponding point located on the opposite side will generate the being-needled sensation as well. Hence, for pain or diseases on both sides of body and interior organ diseases, it is fine to needle only one side of body and there is no need to needle both sides of body. To treat pain, in general, the opposite of the more painful side or the opposite same name channel of the affected channel is selected. For non-pain diseases, select male's left side and female's right side. For example, to treat knee pain of both sides, select the left *Neiguan* (PC6) and right *Taichong* (LV3) as a combination, or right PC6 and left LV3. This type of point selection can reduce the total number of points at least half.
2. **Correspondence Balance:** The right and left side of channels are not isolated, but mutually influence each other. They cross and connect as well for retaining the dynamic balance between the upper and lower and left and right sides. It is well known that it is not the same sides of upper and lower extremities are moving while walking, but the opposite upper and lower extremities are coordinating. The coordination is retained mainly through the *Du* meridian. The connecting vessel of the *Du* meridian breaks from the main channel at sacrum and coccyx (DU1) and travels upward to the nape and head. It then travels downward to the scapula to connect to the foot *Tai Yang* channel and also penetrate into the spinal column (backbone). The connecting vessel of the *Du* meridian is the control center to retain the communication between the left and right and up and down. Needling the opposite point of the affected site will help the body gain the balance back. For example, needling the lower body when the disease is in the upper body. Needling the right side of the body when the disease is in the left part of the body. It is not necessarily to needle both upper and lower or right and left sides.

Question 9: Why the effective points in treating the frozen shoulder are mostly located on Tai Yang and Yang Ming channels?

Answer: *Tai Yang* channels comprise hand *Tai Yang* small intestine channels and foot *Tai Yang* bladder channel. Small intestine channel is closely related to and dominates the motion muscles of the upper limbs. Hence it is particularly effective in treating pain in this range. Points of the small intestine channel are very often selected

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for the impediments of the motor and sensory functions of the upper limbs. Foot *Tai Yang* bladder channel rules the “tendons/sinews”, which are the most important parts in the motor function of the body. Foot *Tai Yang* channel is often selected to treat various types of pains, tetanus, spasm and numbness due to overstrain.

The above mentioned diseases are related to tendons/sinews. That is the meaning of “*Tai Yang* rules the tendons/sinews.” Hand *Yang Ming* large intestine channel rules “*Jin* (body fluid)” related diseases. Besides, the pathway of the hand *Yang Ming* channel travels up “the lateral aspect of the upper arm and over the shoulder”; and hence treats “pains of the shoulder and upper arm”. As the “channel pathways reflect the channel’s indications”, the large intestine channel treats shoulder pain. And because the hand *Yang Ming* channel is with abundant *qi* and blood, it is excellent at regulating *qi* and blood.

Frozen shoulder is closely related to hand *Taiyang* small intestine and hand *Yangming* large intestine channels. Points selected to treat it are mainly located on those two channels. The most often prescribed and effective herbal formulas for treating shoulder and neck/nape pain are *Ge Gen Tang* or *Gui Zhi Jia Ge Gen Tang* from the *Shang Han Lun*. *Ge Gen Tang* and *Gui Zhi Jia Ge Gen Tang* are the formulas of *Taiyang* and *Yangming* channels. The herbal prescriptions also support the statement of the first sentence of this paragraph. To treat the frozen shoulder, other than the primary points on the hand *Taiyang* and hand *Yangming* channels, points on the lung, stomach, and spleen channels are often selected too, because the lung channel is the exterior-interior pair of the large intestine channel; the stomach channel is the hand-foot same name *Yangming* channel; the spleen channel is the pair channel of the small intestine according to the extraordinary connections of the *Zang Fu* organs. Other channels or points related to tendons/sinews may be selected too. Because the frozen shoulder is located on the upper part of the body, it is often to select the hand-foot same name channels, foot *Yangming* and foot *Taiyang* channels, to treat it.

Based on the extraordinary connections of the spleen and small intestine, needling *Shenguan* (77.18), a point located on the spleen channel in the lower body to treat frozen shoulder is very effective. Needling *Xiajuxu* (ST39) (the lower He-sea point of the small intestine channel) to treat the frozen shoulder is very effective too, because it treats both the hand and foot *Taiyang* and *Yangming* channels. Shoulder pain is often treated with *Houxi* (SI3) too. Blood-letting *Shuanghe* (DT.16) points on the back, especially the point corresponding to the *Xiaochangshu* (BL27), to treat the upper arm pain is also very effective. ST38 penetrating to BL57 is a common point in treating the frozen shoulder. ST38 is a point of the foot *Yangming* channel. BL57 is a point of the foot *Taiyang* channel. Combining both points will regulate both *Yangming* and *Taiyang* channels. One needle connecting two channels; it will regulate *qi* and blood and sooth sinews and invigorate the collaterals. Other points also give good results in treating the frozen shoulder, such as LI3 (*Dabai* (22.04)), LU5, GB34, ST37, SJ3, *Sanchasan* (A.04) (SJ2), GB21, LI10, BL2, SJ10, SI10, *Zhongping* point, SJ4, SI16, LI16, LI15, SI9. (The above is cited from the content of the One Needle Therapy of *Young Wei-Chieh*.)

Question 10: Why do both Gongsun (SP4) and Menjin (66.05) treat frontal headache and eyelid ptosis? What are the common mechanisms?

Answer: SP4 is the Lou-connecting point of the spleen channel. The spleen and the stomach are the interior-exterior related organs. Hence SP4 is the major point in treating stomach channel disorders. Personally I most often use SP4 to treat pains located in the supraorbital and nasal bones, and frontal headache as well. The results are superb. It stops the pains promptly. This is because the face and the frontal head belong to *Yangming*. Needling one collateral point will treat both interior and exterior channels. SP4 is also one of the eight confluent points. It communicates with the *Chong* meridian. As “*Chong* meridian is sea of blood”, SP4 is also effective in treating blood vessel headache.

Frontal headache is also called *Yangming* headache. *Menjin* is located on the posterior to ST43 and attached to the bone (equals to the ancient location of the ST43). It equals to the *Shu*-stream (wood) point of the *Yangming* stomach channel. As “*Shu*-stream points govern heavy body sensation and joint pains”, they are the primary

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points in treating various pains of the respective channels. ST43 is the wood point of the earth channel. It is very good at coursing the liver and strengthening the spleen, and hence is quite effective in treating the headache caused by *qi* stagnation and emotional disturbance due to liver depression. The functions and indications of *Menjin* is the same as ST43.

The ptosis of the eyelids is related to *qi* and spleen deficiency. To treat it, the best selections are points related to both earth and metal. The ST43 equals to *Menjin* (door metal) when it is selected by attaching to the bone. *Menjin* (door metal) is named so because the “metal” is related to “lung, and large intestine” and *qi*. *Menjin* is on the stomach channel which belongs to earth. Hence, it treats both the earth and metal, or spleen and lung. It is also the *Shu*-stream point. As “*Shu*-stream points govern body heaviness and joint pains,” it is very good in treating pains or heavy body sensation and lack of strength. In addition, it also treats lateral headache located on the *Taiyang* points. The point’s location also corresponds to the upper eyelids. From the perspectives of the channel pathways, five-elements, and correspondence, they all conclude that *Menjin* is very effective in treating eyelid ptosis.

SP4 is the *luo*-connecting point of the spleen channel. Spleen and stomach are the interior and exterior related organs. Hence it is an essential point in treating various types of spleen and stomach disorders. Spleen and stomach govern “flesh”. Needling SP4 treats both spleen and stomach. SP4 is the superb effective point in treating frontal headache. It also corresponds to the range of the eyelid level. From the perspectives of the channel pathways, five-elements or correspondence, they all support that SP4 is very effective in treating eyelid ptosis and eyelid unable to lift up.

From the perspective of the *Taichi* holographic correspondence, SP4 and *Menjin* are located about the same level and correspond to about the same space too. Both points are also related to spleen and stomach. Hence they both can treat frontal headache and eyelid ptosis. (The above is cited from the content of the One Needle Therapy of *Young Wei-Chieh*.)

Question 11: How to apply the midnight-noon ebb flow (Zi Wu Liu Zhu) of the Ren and Du meridians to the clinical practice?

Answer: *Ren* and *Du* meridians connect into a circle. The ebb flow of their *qi* and blood circulates to a cycle. Like the twelve channels, the *qi* and blood of the *Ren* and *Du* meridians change from day to night. The ebb flow of the meridians also rises and falls from day to night. There are certain opening points corresponding to certain time periods (*shi chen*). There are two popular sayings about the ebb flow of the *Ren* and *Du* meridians.

Time Period	Zi 11-1	Chao 1-3	Yin 3-5	Mao 5-7	Chen 7-9	Si 9-11	Wu 11-1	Wei 1-3	Shen 3-5	You 5-7	Xu 7-9	Hai 9-11
One	RN15	RN17	RN23	<i>Wanguang</i> (<i>Shangen</i>)	DU20	DU16	DU6	BL23	DU1	RN1	RN4	RN8
Two	RN1	DU2	DU4	DU8	DU12	DU16	DU20	DU26	RN24	RN17	RN12	RN8

My personal clinical practice proved that the second saying is more accurate. The opening points of *Yin*, *Mao* and *Chen* time periods are on the back; and *Si*, *Wu*, and *Wei* on the head (refer to the chart). This corresponds to the “During the *Yang* time periods, the points located on the *Yang* regions are opened.” The opening points of the *Shen*, *You*, and *Xu* time periods are located on the front chest; and *Hai*, *Zi* and *Chou* are in the lower abdomen or lumbus. This matches “During the *Yin* time periods, the points located on the *Yin* regions are opened.”

Selecting opening points according to the time periods to treat diseases gives good results. Combining the ebb flow of the twelve channels to select points give even better results. For example, to treat lumbar sprain, it is common to needle *DU26* combining with *SI3* at *Wei shi* (1-3 pm). The result is very good and usually it takes only one treatment to cure completely. It is because the opening point of *Wei shi* is *DU26*. *DU26* along is also a

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very effective empirical point for lumbago. At *Wei shi*, the ebb flow of the twelve channel flows to the small intestine channel. Selecting the *Shu*-stream point of the small intestine, SI3, along is also a very effective empirical point in treating lumbago. That is why this combination is outstandingly effective. Let me give another example. A patient with several protruded lumbar disks which caused severe sciatica was under so much pain that his body leaned toward to the right side to form a 45 degree angle while walking. He had seen several doctors during the past three years but none of the treatments helped. I asked the patient come for treatment every other day (three visits a week) at *Wei* time-period (two o'clock in the afternoon). The points selected were DU26, SI3 (both sides), BL65 (both sides) and were retained for one hour. Blood-letting at BL40 was performed every ten days. The total treatment was twelve visits and total blood-letting treatment was three times. The entire treatment duration to cure the problem was only 28 days. The patient could walk normally like ordinary people. His posture was upright and without slanting to any angle. Needling DU26 and SI3 at *Wei* period matched the ebb-flow time-period. SI3 is also one of the eight confluent points, which communicates with the *Du* meridian. The needles were retained for one hour until *Shen* time period (three o'clock in the afternoon), the time that energy flows to the bladder channel. Bladder channels clasp the spinal column. The muscle-tendon channel of the bladder channel reaches the spinal column. BL65 is the *Shu*-stream point. *Shu*-stream points govern heavy body sensation and joint pains. Blood-letting at BL40 at *Shen* time period (3-5 o'clock in the afternoon) every ten days amplified the effectiveness several folds. Those are the reasons that the three-year-old severe sciatica was cured in 4 weeks.

I also often blood-letting at *Taiyang* point at *Si*, *Wu*, and *Wei* time periods to treat various major diseases and gained pretty good results. It is because the *qi* and blood flows to the head region at those time periods (as at *Si* time period, DU16 is opened; *Wu* time period, DU20 is opened; *Wei* time period, DU26 is opened), particularly the *Wu* time period for the energy is focused at the top of head (DU20).

Question 12: Could you briefly talk about how to apply the point combination of the extraordinary connections of the Zang Fu organs (Zang Fu Bei Tong) to clinical practice?

Answer: Point selections based on Zang Fu Bei Tong is a very practical needling method. Previous discussions have talked about the point selection from single channel, such as LI 11 on the large intestine channel to treat dizziness or vertigo related to the liver channel; and PC6 on the pericardium channel to treat stomach disorders. However, the point combinations from mutually connected organs are more important and very often applied to clinical practice. Examples are as below.

1. Extraordinary connections of lung and urinary bladder: LU5 on the lung channel and BL40 on the bladder channel compose the “four flex pair 四彎配”, which is the most important point combination for blood-letting. It will treat many miscellaneous and difficult and complex diseases. Lung channel is good at treating skin disorders while BL40 on the bladder channel is good at treating boil and carbuncles. Blood-letting on BL40 and Zhiwu (11.26) point (on the lung channel) forms a great combination for various skin diseases. Those are the effective combination examples of the extraordinary connections of the lung and bladder.
2. Extraordinary connections of the spleen and small intestine: Shenguan (77.18), a point on the spleen channel, and SI3, a point on the small intestine, form the very effective combination for treating the frozen shoulder. Shenguan and Wanshuanyi (22.08) and Wanshuaner (22.09) form a good combination to expel dampness and effectively treat lumbago. Those are the examples of the extraordinary connections of the spleen and small intestine.
3. Extraordinary connection of kidney and Sanjiao: Song of Jade Dragon and Ode of Jade Dragon both indicate that SJ6 and KD6 combination is for treating constipation. Zhongzhu (SJ3) on the Sanjiao channel and Fuliu (KD7) on the kidney channel form a great combination in treating lumbago. Those are the examples of the extraordinary connection of the kidney and Sanjiao.

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4. Extraordinary connection of the heart and gallbladder: Fengshi (GB31) on the gallbladder channel and Shaofu (HT8) on the heart channel form a very good combination in expelling wind and stopping itchiness. Qiaoyin (GB44) and Shenmen (HT7) form an effective combination on treating insomnia and dreamful sleep. Those are the examples of the extraordinary connection of the heart and gallbladder.
5. Extraordinary connection of stomach and pericardium: The combination of Neiguan (PC6) and Zusanli (ST36) effectively treats stomach, heart, lung organ diseases, and many internal diseases, for example: digestive, circulation and respiratory system disorders. The effectiveness is through the extraordinary connection of the pericardium and stomach. This point combination is the most commonly used one in regulating heart, stomach and respiratory systems.
6. Extraordinary connection of liver and large intestine: The combination of Hegu (LI4) and Taichong (LV3) is called “four gates” which not only good at treating nasal disease (Song of Point Applications for Miscellaneous Disease), but also treats many major diseases. It is particularly strong at sedating and also is the most commonly used point pair. Besides, Dajien (11.01), Xiaojien (11.02) and Dadun (LV1) form an effective combination in treating hernia and frontal and posterior yin diseases (genital and anus disorders). Those are the examples of the extraordinary connection of the liver and large intestine.

Question 13: Why both the small intestine and Sanjiao channels govern the ear diseases? Why the indications of those two channels are similar?

Answer: Small intestine channel travels toward the head region. It passes the neck and lateral head, enters the ears and terminates at facial region. It is effective in treating febrile or blood-congestion diseases in those regions. It is particularly effective in treating ear diseases. Needling points of the small intestine will unobstruct the ears and benefit the orifices, mainly treat tinnitus, and weak of hearing. Points selected for those problems are *Tingguon* (SI19), *Wanshunyi* (22.08) and *Wanshuner* (22.09) or (SI3, and SI4).

Hand *Tai Yang* governs the “*humor* (ye)” related disease. The described indications related to the above quote are deafness, yellowing of the eyes, swelling of the cheek, pain in the neck, submandibular region, shoulder, upper arm, elbow and posterior aspect of the forearm. Several *Tung's* extraordinary points that are located on the small intestine channel such as *Yenhuang* (11.23) (eye yellow) treats yellowish eyes; *Wanshuner* (22.09) *Changmen* (33.10) (intestine gate) and *Ganmen* (33.11) (liver gate) all treat liver diseases (including yellowish eyes). *Wanshunyi* and *Wanshuner* are also essential points for treating tinnitus.

Hand *Shao Yang* governs the “*qi*” related diseases. The exterior channel diseases of *Sanjiao* include deafness, swelling of the throat, throat *bi*, (abnormal) perspiration, and pain in the outer and inner canthus. *Sanjiao* channel travels along the upper limb and the lateral head. Most tinnitus and deafness are caused by *qi* deficiency or *qi* obstruction. Clinically the points of *Sanjiao* channel are often selected to treat tinnitus and deafness. For example, *Zhongzhu* (SJ3) in the fourteen-channels or *Zhongbai* and *Xiabai* in *Tung's* acupuncture are essential points in treating tinnitus and deafness. Blood-letting (pricking) *Guanchong* (SJ1), the *Jing*-well point of the *Sanjiao* channel, to treat swollen throat and throat obstruction is very effective.

Sanjiao channel travels along the upper limb toward the upper ankle of the ear (behind the ear), to the cheeks and infraorbital regions. It treats pains located on the frontal head, lateral head, chest, ribs, and upper limbs. Because *Sanjiao* channel is *yang* channel, it mainly treats febrile diseases or blood-congested disorders located in the ears, nose, throat and facial regions. The indications are similar to those of the large intestine and small intestine channels. *Sanjiao*, large intestine, and small intestine channels have many in common. *Sanjiao* and small intestine channel are very alike particularly the point locations. Both channels are fire channels and hold the same position related to the monarch fire and prime minister fire. Their indications are alike too.

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Question 14: *Foot Taiyin spleen channel not only is good at treating digestive system diseases, but also good at treating reproductive system diseases located in the lower abdomen. Why is that?*

Answer: Foot *Taiyin* spleen channels starts at *Yinbai* (SP1) point, runs along the medial and anterior aspect of the foot. It continues travels upward to the lower abdomen and intersects with *Zhongji* (RN3), *Guanyuan* (RN4) points of the *Ren* meridian before homing to the spleen and connecting with the stomach. It then continues upward and passes the lateral ribs and ascends to the side of the esophagus and finally proceeds up to the root of the tongue.

Spleen channel is good at treating reproductive system diseases. Other than the points around toe tips (ex. *Yinbai* (SP1)), points between *Sanyinjiao* (SP6) and *Chongmen* (SP12) are effective for those diseases. *Xiasanhuang* (the lower three emperors) points are effective points for treating reproductive system diseases.

Many gynecological disorders are caused by the spleen deficiency. *Sanyinjiao* (SP6) is called “the *Sanli* ((foot) three miles) of the females” and is similar to *Yinlingquan* (SP9) that has very broad indications. *Xiehai* (SP10) is also called “the sea of blood” and hence treats any blood-related diseases, for example, uterine bleeding and irregular menstruation. *Sanyinjiao* (SP6) is believed to effectively treat breech delivery, transverse or oblique lie or any abnormal delivery since ancient. To treat metrorrhagia, *Yinbai* (SP1), *Diji* (SP8) and *Sanyinjiao* (SP6) are selected to bring the blood back to the spleen. It can be clearly seen from those examples that foot *Taiyin* spleen channel is closely related to reproductive organ diseases, especially uterine diseases. The above mentioned diseases that are treated by *Sanyinjiao* (SP6) can also be treated by *Renhuang* (77.21) point or *Daoma* of the *Renhuang* and *Shenguan* point for even stronger result.

Question 15: *Sanjiao channel is good at clearing fire. How to apply it to clinical practice?*

Answer: *Sanjiao* channel is exterior-interior related to the pericardium channel. It not only is good at regulating *qi*, but also clearing heat, especially heat in the upper *Jiao* (its pathway runs to arm and head). Clearing *Sanjiao* fire will benefit the upper orifices, such as *Sanchasan* (A.04) (*Yimen*) (SJ2) and *Zhongzhu* (SJ3) for fire eyes (red, swollen eyes). To treat tinnitus and deafness, select *Sanchasan* (*Yimen*) (SJ2), *Zhongbai* (22.06) (*Zhongzhu* SJ3), and *HuoChan* (33.04) (*Zigou* SJ6). Select *Zhongbai* (*Zhongzhu* SJ3) and *Weiguan* (SJ5) to treat deaf-mute. To treat sore throat, needle *Sanchasan* (*Yimen* SJ2), and *Zhongbai* (*Zhongzhu* SJ3).

To clear and resolve fire heat to treat heart-vexed, needle *Guanchong* (SJ1), *Sanchasan* (*Yimen* SJ2). To treat febrile diseases without sweating, *Guanchong* (SJ1), *Sanchasan* (*Yimen* SJ2), *Zhongbai* (*Zhongzhu* SJ3), *Weiguan* (SJ5), *HuoChan* and/or (*Zhigou* SJ6) all are effective. To treat *XiaoKe* (waste-thirst), *Yangchi* (SJ4) is often selected and result is pretty good. Because regulating *Sanjiao* and clearing fire is an important treatment strategy in bringing down the blood sugar level. Many *Tung's* points that are able to treat *XiaoKe* follow the rule (located on the *Sanjiao* channel). *Zhishen* point is located on the ring finger, the *Sanjiao* channel, is for treating dry mouth

Question 16: *What is the difference between Tung's palm diagnosis and other styles of palm diagnosis?*

Answer: The *Tung's* palm diagnosis was firstly made public in words in the *Zhong Yi Yen Jiao* (*The Researches of the Chinese Medicine*) in 1978, volume one. It was written by my student Dr. Yen Wu-Cun in accordance with my teachings and writings. The content was not exactly same as that currently circulated on the internet. Mine teachings and writings were the practical information resulted from experimenting, proving, and revising from

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Master Tung's original teachings. In response to many students' request, I started to teach palm diagnosis in some doctoral programs in the recent years.

Tung's palm diagnosis is closely related to channels (*Jing-Luo*). It is not difficult to learn Tung's palm diagnosis if one understands well the hand-foot same name channels and the extraordinary connections of the *Zhang Fu* organs. The readers may refer to the article "The Discussion on the Tung's Palm Diagnosis" authored by Dr. Tsai Ming-Zong published in the Symposium of Master Tung's Extraordinary Points in 1999. His article has details on the relations between channels and palm diagnosis. The differences between Tung's palm diagnosis and others are generally described as follows.

1. **Different Location/Regions Definition:** The location definition in general palm diagnosis may accord to the eight trigrams, palmer lines, or other self-defined system. The *Zang Fu* locations in Tung's palm diagnosis are different from those currently populated styles. In Tung's palm diagnosis, other than the *Zang Fu* eight trigrams, the *San Jiao* locations, including the vertical and horizontal *San Jiaos*, are even more emphasized. Tung's palm diagnosis particularly emphasized in the channel localization. If one understands the same name channel communication, and the extraordinary connections of the *Zang Fu* organs, he will not have difficulties realizing Tung's palm diagnosis.
2. **Different Diagnosis Methods:** General palm diagnosis more focuses on the lines, including those major lines such as Heaven line (Love Line), Human line (Wisdom Line)...and minor lines such as vertical, horizontal, island, and obstruction lines, ...etc. Master Tung also observed the changes of color and luster, and flecks, but he most focused on the blue veins and shadow in every region, and secondly focused on the overall palm color and the temperature, muscle thickness or thinness, and indentation or convex in every region. For example, the plumpness or concaveness in the range of the trigram Gen-mountain region, or Venus mount, reflects a person's constitution (vitality) and kidney qi, either strong or weak. If the muscle along the edge of palm of the Houxi (SI3) area is lack of elasticity or is concave, the diagnosis is kidney qi deficiency. If the little finger is too short, it is also diagnosed as kidney qi deficiency.
3. **Different action/purpose:** Master Tung often needled in accordance with the veins and the shadows. For example, the elevated blue veins along the edge of the palm about the Yuji point (LU10), can be diagnosed according to the upper, middle and lower positions to the shoulder or neck and upper back pain. Needle directly on the site of the elevated veins on the palm can treat the related pains. This was as a result of the discovery of the *Chongxi* and *Chongxian* points. Also, if the elevated blue veins are around the middle and lower *Jiao* regions, plus the palm temperature is lower, the diagnosis is Spleen and Kidney Yang deficiency and the treatment is to needle *Linggu* and *Shenguan*. If the palm temperature is high and there are many blue veins, the diagnosis is Liver and Kidney Yin deficiency with exuberant fire. And the treatment is to needle the *Shenguan*, *Renhuang* and *Huoying* points.

Question 17: How to master and learn Master Tung's bloodletting technique well?

Answer: All the descendants of the Master Tung know well that the major feature of Master Tung's treatment is bloodletting technique. Without the knowledge and the skills to perform the bloodletting technique, one can not call himself a descendant of Master Tung. The bloodletting technique can be used to judge if the Tung's students learned the true teachings from the Master.

First is to master the bleeding technique. The focuses are on the selections of needle tools and the targeted bloodletting sites. The thicker needle shaft the easier to hold the needle and easier to give strength. Master Tung called blood-letting technique "*Dien Ci* (point/dot pricking)". The so called *Dien Ci* (point pricking) is to use a three-edged needle to point on the vein and then prick perpendicularly and speedily on it. With the needle slightly pressing down on the vein, the blood shall drip out easily. The most suitable target for blood-pricking is those elevated/floating blue veins. They were felt protruded outward with gentle touch. When pricking the

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lower extremities, Master Tung often asked the patient to lie down. However, some veins float and shown while standing but invisible while lying down, that means those veins are located in the deeper or hidden layers, then the standing position is better than lying position. In this case, if with lying position, the pricking depth has to be deeper, otherwise the blood won't come out and also the patient might feel more pain from the pricking.

It is advisable to first congest the blood at the bleeding site then prick it. In this case, it is not necessary to squeeze the site for blood, and the blood will naturally flow out and the bleeding volume is also more. How to congest the blood? For example, when bleeding the *Jing*-well points, the practitioner can squeeze the finger to make the blood congested at the finger tip and then prick. With this technique, it is easy to bleed and there will not be much pain. To bleed on the back, it is easier if the point has been pressed. Because the back does not show the veins, even with this technique, sometimes the practitioner may need to squeeze or do cupping on the bleeding points to enhance the bleeding. To bleed at *Taiyang* point, grasp the collar for a short while to congest the blood at head, and then gently prick the point with a sharpened three-edged needle, the blood should rush out like a spring. Points located on the elbow and knee crests, such as UB40, LU5, and PC3, are easier to bleed, but if the practitioner presses on the vein before pricking, the blood is easier to flow out and the patient will feel little pain.

Secondly is to master the points. The essential tip of the point selections of the bleeding technique is “the ability of loosening up and tightening up”. The so-called “loosening up” means to broaden up. It is common to bleed all *Sibua-zhong*, *Sibua-xia* and *Sibua-wai* when bleeding the calf. This will reach the purpose of treating the upper, middle, and lower, the wholeness. The so-called “tightening up” means to find the most important point among numerous points. In Tung's acupuncture, the back points are often in groups. It will be too numerous if every point is used. To refine the point selections and to amplify the effect of the major point, it is necessary if the most important point is selected. For example, the back *Sanjin* (three-metal) points are bled to treat the knee pain. The *Sanjin* (three metal) points equal to *Puohu* (UB42), *Gaohuang* (UB43), and *Shentang* (UB44). The most commonly used point by Master Tung in treating the knee pain was the *Xinxi* (heart knee) and *Dan* (gallbladder) points located on the middle finger, the pericardium channel. Hence, the major point among the three metal points is the *Gaohuang* (UB43) that is next to the *Jueyinshu* (UB14) (the back-shu point of *Jueyin*). The upper and lower points, *Puohu* (UB42) and *Shentang* (UB43), act as *Daoma* needles that are to strengthen the major point. From this I comprehend that *Neiguan* (PC6) point on the *Jueyin* channel is very effective in treating knee pain. (PC6 is the *Luo*-connecting point of the pericardium channel.) Through the extraordinary connections of the pericardium and stomach, and that the stomach channel passes the knee eye, and that PC6 is located between two tendons, PC6 is very effective in treating the knee pain.

Question 18: What needs to be paid attention to when conducting the bloodletting therapy?

Answer: One needs to pay attention to the following aspects while conducting bloodletting therapy.

1. Weather: The bleeding volume is more and the result is better in the sunny days than in the rainy and cloudy days, since the blood vessels constrict more in the latter conditions. In the sunny days of the summer, the yang qi floats outward and the blood vessel elevates upward, and hence it is the best season in a year to conduct the bloodletting therapy to treat the difficult and prolonged or miscellaneous diseases. *Weizhong* (UB40), *Chizhe* (LU5), and points on the back are easier to bleed in summer than in winter. Unless treating acute diseases, in the treatment of chronic diseases or pains, it is advisable to bleed the patients in good weather.
2. Food and Drink: It is not suitable for bloodletting therapy when the patient is too hungry or too full. Because when the patient is too hungry, the blood is more concentrated and will influence the volume of bleeding. Do not perform the bloodletting therapy long after the last meal, because over-hunger causes needle fainting easily

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3. Tools and Techniques: In modern times, the three-edged needles are used one time only (disposable). The drawback of the disposable (one-time) three edged needle is that the needle-point is not sharp enough and the three blades (edges) are quite rough. Also, because the needle is plated, it needs to be sharpened by sandpaper to be sharp enough. Once the tip of a three-edged needle and the three blades (edges) are sharp, then only gently prick the skin will cause bleeding. That is why it is important to check the needle tip and its three edges before bloodletting. In bloodletting, simply pricking directly on the blue veins will cause bleeding. Once bleeding, the patient instead does not feel pain. If the blood does not come out, then the patient will feel pain. In this case, prick another closely surrounding vein, and the blood shall flow out. The theory is the same as punching two holes on the milk can to make the milk flow out.
4. Congesting blood at the point site: refer to question two, the technique.
5. Time: If bloodletting therapy is performed in coordinate with time, bleeding volume will be more and the result will be better. For example, when bleeding at *Taiyang* point, the result is best if it is performed in a good weather at eleven o'clock in the morning or at a time close to noon when the yang qi flows more on the upper part of the body. Bleeding to treat lumbago or spinal bone spur, the better time is in the afternoon. It is at *Wei* time period (1pm-3pm) when the qi flows to hand *Taiyang* small intestine channel; and *Shen* time period (3pm-5pm) to foot *Taiyang* urinary bladder channel. Hand and foot *Taiyang* channels travel to the back of the body, and hence it will be more effective to operate the bloodletting technique to treat sciatica or hemorrhoids during these two time periods. As far as bleeding at *Shaoyang* (LU11) and other *Jing*-well points, it is not much relevant to time. Because there are no blue veins at those locations, and they are commonly used for emergency, anytime is fine to bleed those points.

Question 19: When bleeding at the inner cheek, which side shall be chosen? Some say the affected side, and some say the healthy side. What is your opinion?

Answer: Either affected or healthy side can be chosen when treating Bell's palsy (mouth and eye deviation). As the liver channel circulates around the inner mouth, bloodletting on either healthy or affected side works effectively since both are close to the channel. However, the result is better if bloodletting on the affected side. It is not necessary to search for the blue vein when bloodletting the oral cavity. Request the patient to open the mouth widely and prick on the membranes on the center of the side of the oral cavity. Seven or eight drops of blood are fairly enough. After the pricking, ask the patient to rinse the mouth with salty water which will sterilize the wound and at the same time enhance the muscle tone. That will increase the effectiveness. Bloodletting at the side of the oral cavity is the best method to treat facial nerve paralysis.

Question 20: Could you talk about the reasons the Heart opens into the orifices of the ears, and how that relates to bloodletting therapy and acupuncture?

Answer: The quote of the Heart opens to the ears is from *Suwen*, chapter four *Jin Gui Zhen Yen Lun*: "the color of the south is red, and enters into and communicate with the heart which opens into the orifice of the ears..." *Wang Bing's* annotation was "the tongue is the official of the heart, the tongue is for speech, the tongue is not an orifice, and hence the ears are the orifice (of the heart)". *Zhang Jing Yue* said "the root of the tongue belongs to the heart; but the ears belong to both heart and kidney." They both agreed the relation between the heart and the ear orifices.

Because most yin channels do not travel to the head, the five viscera opening to the orifices on the face are in fact through their interior-exterior related yang channels. The kidney opening to the orifice ears is through the

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bladder channel which travels to and opens in the orifice ears. The heart channel, through its interior-exterior relation with the small intestine channel which enters into the ears, relates to the ears too.

There are quite a few ear disorders that are related to the heart. For example, the coronary heart groove on the earlobe is often used to assist the diagnosis of the coronary heart disease. Commonly seen tinnitus, and deafness are often related to the heart. For example, insomnia, hypertension, and anemia that accompany with tinnitus are more effectively treated if the heart is treated.

In *Shang Han Lun*, it says “Before the doctor feels the pulse, the patient presses his chest with interlaced fingers. When the doctor instructs him to cough, he fails to do it accordingly. He must be deaf. A great deficiency after profuse or repeatedly perspiration has caused the deafness.” It is effectively treated by *Gui Zhi Gan Cao Tang* which warms the heart yang. I often use modified *Xiao Cai Hu Tang* to treat ear disorders. One is because the gallbladder channel circulates and enters the ears; and another reason is based on the extraordinary connection of the heart and gallbladder. I also often select *Fengshi* (GB31) to treat the deafness, tinnitus and insomnia due to heart yang deficiency. The result is very good. The reason is also based on the extraordinary connection of the heart and gall bladder.

I also often prick the ear apex to bleed to treat profuse sweating. The result is very good as the heart governs the sweat. Pricking to bleed to treat insomnia is also very effective as the heart governs the spirit. Pricking to bleed to treat skin disorders is also very effective. As the urinary bladder travels to the ears, and the *Taiyang* governs the exterior; *Shaoyang* gallbladder channel circulates around the ears; and *Shaoyang* governs the wind, but so does the “all sores, pains, and itchiness belong to the heart”.

Question 21.: Does the location of the extraordinary point Huofuhai (33.07) match that of the Shousanli (LI10)? Do the point name and the location have any special implication or meaning to the treatment?

Answer: From the direct perspective (view) the *Huofuhai* point does not fall on the location of the *Shousanli* (LI10). But it does overlaps onto the *Shousanli* (LI10) with its particular way of locating the point. Its indications and functions listed in Master Tung's book also match those of the *Shousanli* (LI10). “*Huofu*”, literally “fire fu-viscera”, indicates *Sanjiao* fu-viscera. The point is defined on the *Sanjiao* channel, but is located with the arm twisted and then falls onto the Large Intestine channel and matches the *Shousanli* point. Master Tung's original book lists that its major indication is to supplement or tonify, and functions same as *Zusanli* (ST36) if moxibustion is performed. The point is located at the region with abundant and thick muscles and hence is named “*Hai* (sea).” Master Tung's book indicates the location of the point as “the flesh bulges when pressure is applied, at the border of the protuberant flesh (of the radius.)” The “flesh bugles” indicates that the abundance of the flesh on the location. The site with abundant flesh will be able to treat spleen-stomach related disorders, and functions to supplementing qi. “The border of the protuberant flesh” indicates the point is related to sinew. The differences between the sinew and flesh have been explained in details in the Advanced Tung's Acupuncture Seminar. They are involved with the applications and elucidations of the five-body-tissue needling method (Body Correspondence Needling Method). Here I would point out some key points. First, *Jin* is the flesh that can generate strength. According to the explanation in *Shuo Wen Jie Zi* (Explaining Simple and Analyzing Compound Character), it says *Ji* is *Roe* (flesh). As for *Jin*, it says *Jin* is the strength of *Roe* (flesh). Secondly, *Jin* (sinew) is the stripe-shaped flesh, for example, *Zhenjin* (77.01) and *Zhenzhong* (77.02) points. Thirdly, *Jin* (sinew) refers to the particularly bulged muscle/flesh. *Juonng Roe* refers to the particularly bulged big muscle. For example, deltoid muscle, triceps brachii, gastrocnemius, those chunky shaped muscles belong to this category. *Huofuhai* point is located on the border of the protuberant flesh, a particularly bulged flesh. Hence, it is able to treat tendon/sinew related disorders according the “sinew treats sinew.” And in fact it treats both sinew/tendon and flesh simultaneously. It is superb effective in treating tennis elbow if combined with posterior *Quchi* (posterior

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LI11) which treats bone particularly. Besides, *Huofujubai* point although is defined on the *San Jiao* channel, instead it is located on the large intestine channel. Hence, it treats both *Shaoyang* (*Sanjiao*) and *Yangming* (large intestine) simultaneously. *Yangming* channels are with abundant qi and blood; and hence this point is very good at regulating qi and blood.

Question 22: Both Mubuo point and the Daoma of Linggu and Dabai treat the sequela of stroke. What are the common reasons?

Answer: Stroke is closely related to wind (wood) and phlegm (fire). There are only two yin channels that travel to the head, which are wood (liver) and fire (heart) channels. Liver wind (wood) and phlegm fire (fire) are two main reasons of wind stroke. Wood fire channels and wood fire points are best selections for treating wind stroke and its sequela.

Mubuo (wood fire) point is named because first it is on the fire (pericardium) channel, and located closely to the *Jing*-well wood point. Another reason is that the point is located in between the *Jing*-well (wood) and *Ying*-spring (fire) points on the pericardium. *Mubuo* point is located closely to the *Zhongchong* (PC1) point and has the functions to strengthen the heart and invigorate the blood. It also strengthens and enhances other points that are used to treat the sequela of the stroke. Supplementing wood fire or *Mubuo* has the effect of warming the yang (for the same reason, supplementing the mental and water (*Jingshui*) equals nourishing the yin). This is similar to that prescribing the *Bu Yang Huan Wu Tang* and *Zhen Wu Tang* to treat the stroke or its sequela.

Dabai and *Linggu* points are also between wood and fire points. *Dabai* is closely attached to the *Sanjien* (LI3) point, and has same attributes or nature as those of *Sanjien* (LI3) point. *Linggu* point is between *Hegu* (LI4) (belongs to wood) and *Yangxi* (LI5) (belongs to fire) points. It is located in between the wood and fire and bears the natures of the two elements. Another explanation is that *Linggu* is located closely to the *Yangxi* (belongs to fire) and has the nature of the fire element. In this case, *Dabai* belongs to wood while *Linggu* to fire. Using both of them is as supplementing the wood and fire, and hence creates the effect of warming the yang. Its function is like using the *Bu Yang Huan Wu Tang* and *Zhen Wu Tang* to treat the hemiplegia.

Mubuo point and *Dabai-Linggu* points both have the natures of the wood and fire and hence can treat wood-fire related diseases such as the sequela of the stroke. *Mubuo* point is located closely to the *Jing*-well point and hence can open the brain orifice. *Linggu* and *Dabai* are needled closely attached to the bone which corresponds to the kidney and communicates with the brain and hence can dredge and invigorate the qi and blood of the brain. However, *Mubuo* point is located in between the *Jing*-well and *Ying*-spring points and hence is more suitable for newly developed diseases and is not suitable for long needle retention. *Dabai* point is the *Shu*-stream point while **Linggu** is in between the Yuan-source point (*Hegu* LI4) and *Jing*-river point (*Yangxi* LI5), and both of them are needled attached to the bone; hence they are suitable for both newly-developed and chronic diseases and also are suitable for long needle retention

Question 23: You have mentioned that Quchi (LI11) and Neiguan (PC6) are effective in treating dizziness or vertigo. Could you please give more details on your experience and their mechanisms?

Answer: Here I would like to give further explanation on my highly effective experience and the mechanisms.

1. The reasons of selecting *Quchi* (LI11) to treat dizziness/vertigo: Vertigo or dizziness is related to “wind” in Chinese medicine. In *Neijing*, it is said “All kinds of wind, shaking, and vertigo syndromes belong to Liver.” Through the extraordinary connections of Liver and Large Intestine, it is effective in treating dizziness or vertigo by *Quchi* (LI11), *Sanjien* (LI3) or *Linggu* (22.05) point. *Quchi* (LI11) is the He-sea point of large intestine channel. As He-sea points govern counter-flow qi and diarrhea; and according to *Suwen*,

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chapter Needling Method (*Ci Fa Lun*): “To descend wood, needle the point that *Yangming* channel enters”, which refers to *Quchi* point. *Quchi* (LI11) is located on *Yangming* channel, which is abundant with qi and blood, and has strong effect in regulating qi and blood. Hence, no matter the dizziness or vertigo is caused by Liver *Yang* hyperactivity, or Liver blood deficiency or Meniere’s syndrome, *Quchi* can treat all of them effectively. Another explanation that is according to the Holographic correspondence is that *Quchi* (LI11) located on the starting of the forearm where corresponds to the head and hence treats the head.

2. The reasons of selecting *Neiguan* (PC6) to treat dizziness or vertigo: Hand *Jueyin* and foot *Jueyin* are same name channels and communicate with each other. Selecting points on hand *Jueyin* channel to treat liver-wind diseases of foot *Jueyin* is effective in general. Besides, hand *Jueyin* channel (Pericardium) and foot *Yangming* (Stomach) channel are related through the extraordinary connections. Hence points of hand *Jueyin* (pericardium) channel are particularly effective in treating Stomach channel diseases. Concluding the above reasons, needling *Neiguan* (PC6), the point good at enhancing qi and resolving phlegm, to treat dizziness or vertigo with vomiting or nausea is very effective. That is why *Neiguan* (PC6) is the superb effective and common point in treating Meniere’s syndrome (vertigo with nausea and vomiting). During my decades of clinical practice, I treated more than one hundred cases of Meniere’s syndrome with *Quchi* (LI11) and *Neiguan* (PC6) and all received instant result. Some vertigo patients with vomiting or nausea were so severe that they need someone to support them. After the treatment, they could go home happily without assisting. (The above is cited from Dr. *Young Wei-chieh*’s “*Young Wei-chieh* One Needle therapy. The Korean version of this book will be published the fourth time this year.)

Question 24: How to apply Zang Fu Bei Tong (extraordinary connections of Zang Fu organs) theory to acupuncture?

Answer: This is a broad question. The applications of *Zang Fu Bei Tong* are numerous and flexible. Here I would only give a brief introduction. A general application is the mutual-treatment, which means the communicating/connecting organs mutually treat each other.

1. The extraordinary connection of Lung and Urinary Bladder: Lung governs soothing qi; while Urinary Bladder circulates water. Using Lung channel points to treat Bladder channel diseases imply the meaning of “lifting the cap to release water in the kettle.” Needle *Leique* (LU7) to treat frequent urination or profuse urine; *Chize* (LU5) to treat urinary diseases and lumbago. Besides, needling *Yuju* (LU10) can treat backache along the distribution of Bladder channel. Needling the back-*Shu* points on the Bladder channel can treat asthma; *Weizhong* (UB40) to treat skin diseases and severe sores are very effective. Those are the examples of extraordinary connections of Lung and Bladder. In the application of Tung’s points, *Chongzhi* (22.01) and *Chongxian* (22.02) located on the Lung channel are often selected to treat backache along the Bladder channel. The disorders of the uterus are also related to the Bladder channel (for details, please read chapter one of the *Lecture on Tung’s Acupuncture: Therapeutic System*). And hence the selection of *Chongzhi* and *Chongxian* can be used to treat hysteromyoma and this therapeutic effect is closely related to the extraordinary connection between the Lung and the Bladder. The therapeutic effect of point *Fuke* (11.24) located on the Lung channel, which can treat gynecological diseases, uterine diseases in particular, is also based upon the theory of extraordinary connection of *Zang Fu*. Some Tung’s points located on face such as *Majinshui* (1010.13), *Makuaishui* (1010.14), *Liukuai* (1010.16), *Qikuai* (1010.17), etc., although they are not located on the Lung channel, can treat urinary difficulty and stones. This is because the ideas of “opening the upper orifice to activate the lower orifice”; and “lifting the cap of a teapot to release the water in it.”
2. The extraordinary connection of Spleen and Small Intestine. In acupuncture treatment, *Wangu* (SI4) is often used for obesity. In ancient classical literature, it is often selected to treat jaundice due to damp heat (see *Tong Xue Zhi Yao Fu*—Ode of Commonly Used

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Important Points; *Yu Long Ge*—Song of Jade Dragon and *Yu long Fu*—Ode of Jade Dragon). *Wangu* (SI4) is the *yuan*-source point of the small intestine and can eliminate dampness and strengthen the spleen. The Tung's extraordinary point *Ganmen* (33.11) is also located on the small intestine channel and is indicated in hepatitis for the same reasons as those of the *Wangu* (SI4). All the ancient and contemporary physicians considered it is important that hepatitis should be treated by eliminating the dampness. In cases of *Yang* jaundice due to acute hepatitis, emphasis of treatment should be placed on the *Yangming*, while in case of *Yin* jaundice in chronic hepatitis, the emphasis should be placed on eliminating dampness. The small intestine is the organ of irrigation and has very strong ability to eliminate dampness. Besides, the spleen point *Yinlingquan* (SP9) can be selected to treat periarthritis of the shoulder with great result. The point *Shenguan* (77.18), located 1.5 cun inferior to *Yinlingquan* can treat frozen shoulder with even more remarkable effect. Selecting *Shenguan* to treat hand numbness due to cervical spondylosis is also based on the extraordinary connection of the spleen and the small intestine. *Xinmen* (33.12) point is selected to treat knee pain because it has dual functions of eliminating dampness and strengthen the heart.

3. The extraordinary connection of Heart and Gall Bladder

In acupuncture, needling point *Fengshi* (GB31) of the gallbladder channel is very effective for insomnia, heart disease and cholecystitis. Needling point *Shenmen* (HT7) of the heart channel is also very effective for deficiency of *qi* of the heart and gallbladder. Besides, the extraordinary point *Yanhuang* (11.23) located on the heart channel is effective for yellowish eyes. All these are examples of extraordinary connections of *Zang Fu*. Hand *Jiexue* (22.10) or *Shaofu* (HT8) of the heart channel is particularly effective in expelling the wind to stop itchiness; as “all sores, pains, itchiness belong to the heart”. However, gall bladder channel also has the function to expel the wind. The extraordinary connection between heart and gall bladder also explains the effectiveness. *Fengshi* (GB31) is the number one effective point for all kinds of pains, which could be explained by the extraordinary connections between heart and gall bladder too.

4. The extraordinary connections of Kidney and *San Jiao*

In the treatment of nephritis, Master *Tung* often used *Zhongbai* (22.06) and *Xiabai* (22.07). The two points were also used to treat edema. Besides, *Zhongzhu* (SJ3) is often selected to treat lower back pain, as well as waist pain. *Zhishe* (11.15) point is located on the ring finger (*San Jiao* channel) and it can treat dry mouth due to kidney deficiency. Master *Tung*'s another extraordinary point *Huanchao* (11.06) is often needled to treat infertility. Those points are located on the *San Jiao* channel and they function through the extraordinary connection of *Zang Fu* to strengthen the kidney.

5. The extraordinary connections of Liver and Large Intestine

In acupuncture, needling *Quchi* (LI11) can treat hypertension due to liver yang hyperactivity and various kinds of vertigo. The extraordinary point *Linggu* (22.05) located on the large intestine channel is effective for vertigo. And the points *Dajian* (11.01), *Xiaojian* (11.02), *Waijian* (11.04) and *Fujian* (11.03) located on the large intestine channel can treat hernia. Point *Mu* (11.17) on the large intestine channel can treat hernia of the liver channel as well as disorders related to wind. Besides, needling *Taichong* (LV3) of the liver channel can treat diarrhea with abdominal pain. All these are examples in which the theory of extraordinary connections of *zang fu* is used.

6. The extraordinary connections of Pericardium and Stomach

Needling point *Neiguan* (PC6) of the pericardium channel is very effective for stomachache, all kinds of stomach disorders and knee pain. This is through the extraordinary connection of pericardium and stomach. The stomach point *Zhusanli* (ST36) is also very effective for stuffiness in the chest due to heart disease. Master *Tung* often used *Tongguan* (88.01), *Tongshan* (88.02) and *Tongtian* (88.03) to treat heart disease. All these points are located on the stomach channel, indicating the extraordinary connection of the pericardium and stomach.

The above are the examples explaining the basic application of extraordinary connections of *Zang Fu* organs. Due to the space limit, the more important application of mutual compliment and combination will be addressed later.

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Question 25: Why Jiexue (88.28) and Muhuo (11.10) points are not supposed to retain the needle for long time?

Answer: In our previous discussions (question 3, the third round), the time nature of a point once discussed this question.

1. *Jing*-well points treat the most acute/urgent diseases. “*When diseases are at the Zang, select Jing-well points.*” Ancient people believe that loss of *Shen* (spirit) and consciousness indicates the diseases are at the *Zang*. In wind stroke, other than loss of consciousness, one’s spirit is often changed. *Jing*-well points are able to wake brain and open orifices, quite *Shen* (spirit) and clear heat, drain excess and expel evils. *Jing*-well points are often used at emergency such as sudden disorder of spirit and will. *Jing*-well points are used for acute syndromes. As they are located finger or toe tips which are with very thin muscle, they mostly are pricked with a three-edged needle and do not retain the needle.
2. *Ying*-spring points are for secondly acute/urgent diseases. “*Ying-springs treat exterior channels.*” “*Ying-spring points master body heat.*” Here, “exterior channels” relate to “channels” as well as “exterior evils.” Externally contracted syndromes are wind-“cold” or wind-“heat”. *Ying*-spring points belong to “water” or “fire” and hence are good at externally contracted diseases. Externally contracted diseases are not as urgent as loss of consciousness in wind stroke, but wind evil is migratory and changeable, and often causes diseases suddenly and hence they also belong to urgent diseases, but less urgent than wind stroke. *Ying*-spring points are located posterior to the *Jing*-well points and the diseases they treat are less acute/urgent than those of *Jing*-well points. *Sanchasan* (A.04) and *Muxue* (11.11) in *Tung*’s extraordinary points commonly used for common cold are located closely to *Ying*-spring points. The diseases they treat although are newly contracted, but are less urgent compared to wind-stroke. Those points usually do not retain the needle for long either. *Muhuo* (11.10) point is located between *Jing*-well point and *Ying*-spring point and is not supposed to retain the needle for too long. *Jiexue* (88.28) is located closely to *Liangqiu* (ST34), the *Xi*-cleft point of Stomach. *Xi*-cleft points are usually for acute disorders and pains due to sudden channel obstruction or *qi* disturbance. They are particularly effective for acute disorders or pains on their respective channel. *Jiexue* (88.28) is located closely to *Xi*-cleft point *Liangqiu* (ST34) of the Stomach, which is with abundant *qi* and blood. Hence it is particularly good at regulating *qi* and blood and treating *qi* and blood disturbance and fainting resulting from acupuncture. Because *qi* and blood disturbance and fainting resulting from acupuncture are acute syndromes and not internal acute abdominal disorders, it is not appropriate to retain for too long. If *Xi*-cleft point is used to treat acute abdominal disorders, it is suggested to needle deep with strong stimulation and long retention.

Question 26: Why Linggu (22.05) and Dabai (22.04) are super effective points for sciatica? What are the reasons if they are not effective or the effectiveness duration is short?

Answer:

1. There is one valuable and important tip in point selection and that is the “concentration”. When select points from different channels, one must pay attention to the restraining or attacking relations between or among channels. Sciatica usually involves with three channels: lateral (*Shao Yang* wood), posterior (*Tai Yang* water), and anterior (*Yang Ming* earth). If all three channels are needled at the same time, restraining between channels will occur: wood restrains earth; and earth restrains water. The result is far less effective than only needle on Bladder channel or Gall Bladder channel. Since the *Daoma* of *Linggu* and *Dabai* only apply one channel, the result is concentrated and strong.

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2. *Linggu* and *Dabai* are located on the lateral side of the second metacarpal bone. From the perspective of holographic theory, *Linggu* corresponds to lower *jiao* and lumbar and legs in the upright direction of the second metacarpal bone to the whole body; *Dabai* corresponds to lower *jiao* and lumbar and leg in the reversed direction. Both points can treat lumbar and legs (including sciatica). When they are used together to treat lower *jiao*, lumbar and leg, the effectiveness is certainly strong.
3. From the perspective of the hand-trunk correspondence, fingers correspond to the genital area, palm corresponds to hip area and lower back and hence points of this area treat sciatica. Besides, from the perspective of hand-foot reversed correspondence, hand also corresponds to the hip area and hence treats sciatica. Both correspondences indicate the treatment of sciatica. Hence, *Linggu* and *Dabai*, the two points on hand, treat sciatica with superb effectiveness.
4. Both of the insertions of *Linggu* and *Dabai* are along and close to the bone. The technique matches the saying in *Lingshu*, chapter 7 *Guanzhen*: ““The so-called *Duan Ci* is to treat bone *bi*-syndrome. After the insertion, wave the needle slightly to advance the needle and cause the tip of the needle to approach the bone; and apply lifting and thrusting method to rub the bone.” This is similar to the “using bone to treat bone” technique in the *Ti Ying* (body correspondence) needling methods. The insertion is effective in treating bone pain including sciatica.
5. From the perspective of the “using body (tissues) to treat (disease) images” in the *Ti Ying* needling methods: through the extraordinary connection of the large intestine channel and liver channel (belongs to wood), large intestine also corresponds to wood and treat tendon diseases; the element of *Dabai* point is also wood and hence treats tendon related diseases. Since both points are close to the bone; and as “using bone to treat bone”, both points treat tendon and bone (wood and water) simultaneously. The sciatica is usually related to water (bladder channel) and wood (gall bladder channel). Or it belongs to the liver channel if the pain is at groin, both points can still treat it through the extraordinary connection of the large intestine and liver. If the pain falls in the *yangming* channel, through the communications of the same name hand and foot channels, these two points also can treat.

As far as the question of why the result is not good, it is mostly caused by improper technique. The needling depth plays an essential role in the treatment: shallow depth or heaven division treats local diseases or diseases close to the needling point; medium depth or human division treats diseases located farther to the needling point; and deep depth or earth division treats diseases even farther. Using points located in the upper body to treat the diseases located in the lower, it is necessary to needle deep enough to gain effect. (Also see the previous discussion questions for more details.) *Linggu* and *Dabai* both points must be needled to the earth division (average 1.5 *cun* to 2.0 above) to gain good result. If the needling depth is not deep enough, the result is certainly not good. Besides, if the *Dongqi* (activating qi) technique (asking the patient to exercise the disorder site) is not incorporated, the result is even less effective. If the needling depth is not deep enough, the righteous *qi* can not be regulated. It is said that the local, shallow or heaven division needling is to drain the pathogens residing in *yang* division/layer; medium or human division needling is to drain the pathogens residing in *yin* division; and earth division needling is to strengthen the grain *qi* or righteous *qi*. The sciatica pain mostly is chronic, prolonged and cold nature. To gain a lasting effect, the needle must reach to the earth division and long retained to strengthen the grain *qi* and righteous *qi*. If the needling depth is not deep enough or the needle retention is not long enough, the treatment effect is neither prominent nor lasting.

Question 27: What are the functions of the Xi-cleft points?

Answer: *Xi*-cleft points are good at treating acute/urgent diseases as well as pain syndromes. “*Xi*” means “cleft”, where the channel *qi* gathers deeply. When channels travel and meet with circuitous or crooked parts of body, *qi* and blood will gather and irrigate at those cleft sites. Other than the stomach *xi*-cleft point which is located slightly superior to the knee, the rest of *xi*-cleft points are distributed inferior to the elbow or knee. *Xi*-cleft points are where channel *qi* and blood gather around and hence they are with abundant *qi* and blood and

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with strong function of regulating *qi* and blood. The major indication of *xi*-cleft point is to treat acute *zang fu* disorders and pains of its respective channel.

Some believe the *xi*-cleft points of *yin* channels is more for blood related disorders while the *xi*-cleft points of the *yang* channels more for pain syndromes. However, according to the experience, to treat acute pains or blood disorders of channels, *xi*-cleft points of either *yin* or *yang* channels work well. For example, the *xi*-cleft point of lung channel, *Kuonqzhu* (LU6) is quite effective for asthma (even more effective if combined with *Chize* (LU5) or *Yuji* (LU10)); hemoptysis; bronchiectasis; lung tuberculosis (paired with *Yinxi* (HT6). *Ximen* (PC4) is effective for fright palpitation, unpeaceful spirit (paired with *Shenmen* (HT7)), angina, premature beat (combined with *Xinshu* (UB15), *Tanzhong* (Ren15)). In a word, *xi*-cleft points are mostly used to treat acute syndromes and pains caused by sudden stagnation or imbalance of the channel *qi*. The disorders are usually excessive syndromes.

Dishi point (33.14) in *Tung's* extraordinary point is located very close to the *xi*-cleft point of lung channel, *Kuonqzhu* (LU6) and is very effective for acute disorders of lung such as common cold and asthma. *Jiexue* point (88.28) is located very close to *Liangqiu* (ST34), the *xi*-cleft point of stomach channel which is with abundant *qi* and blood, and hence is particularly good at regulating *qi* and blood to treat disturbance of *qi* and blood and fainting caused by acupuncture.

Besides, many researches and experiences conclude that *xi*-cleft points are diagnostic. *Xi*-cleft points distinctly manifest acute disorders and hence are valuable in diagnosis. They also help diagnose disorders caused by irregularities of *qi* and blood of certain *zang* or *fu*. For example, in stomach spasm and acute mastitis, *Liangqiu* (ST34) will be tender when pressed. Hence, tender on *Liangqiu* (ST34) assist in the diagnosis of stomach disorders. Also, tender sensation at *Kuonqzhu* (LU6) when it is pressed assist in the diagnosis of pneumonia and hemorrhoid. Tender *Waiqiu* (GB36), the *xi*-cleft point of gall bladder channel, assists the diagnosis of gall bladder duct infection. *Wenliu* (LI6), *xi*-cleft point of the large intestine, if tender when pressed, often reflects digestive tract perforation.

Question 28: Why do Jing-well points of Yang channels begin with phase/element metal; Yin channels with phase/element wood?

Answer: The sequences of the Five Phases of the five transport points on *yang* channels and *yin* channels are different and are greatly related to clinical applications, hence one must memories them well. In the *Classic of Difficulties*, the 64th Difficulty: “The *yin* *Jing*-wells are wood; the *yang* *Jing*-wells are metal; the *yin* *Ying*-springs are fire; the *yang* *Ying*-springs are water; the *yin* *Shu*-streams are earth; the *yang* *Shu*-streams are wood; *yin* *Jing*-rivers are metal; *yang* *Jing*-rivers are fire; the *yin* *He*-seas are water; the *yang* *He*-seas are earth.” That is to say the Five-Phase sequence on the *yin* channels is *Jing*-well wood, *Ying*-spring fire, *Shu*-stream earth, *Jing*-river metal, *He*-sea water; on the *yang* channels *Jing*-well metal, *Ying*-spring water, *Shu*-stream wood, *Jing*-river fire, and *He*-sea earth.

But why do *yin* *Jing*-well points start with wood and *yang* *Jing*-well points with metal? There are many articles related to this question, but they seem not grasping the essential points. According to my researches, I believe that is decided by the attributes (nature) of the Five Phases. Metal and water belong to *yin* for they are sinking, heavy and down bearing; wood and fire belong to *yang* for they are floating, light, and up bearing. Hence the nature (*qi* and quality) of the Five Phases decide the channel directions of going upward or downward; as well as the five-phases of the Five-Shu points of *yin* and *yang* channels.

The locations of *Zang Fu* may further explain the channel directions. The area above diaphragm is Yang. Lung and Heart both locate above diaphragm and hence their channel pathways travel above, along the hands/arms. Their exterior-interior channels Large Intestine and Small Intestine follows them and hence travels along hands.

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Spleen, Liver, and Kidney all locate below the diaphragm. Their channels also travel the lower part of body, along feet/legs. Their exterior-interior channels, Stomach, Gall Bladder, and Bladder channels follows them and travel along the feet/legs.

Secondly, according to the *Shi Chen* (traditional 12 two-hour periods) flowing sequence of the *Zang Fu* channels, which starts at *yin shi* (3:00am~5:00am) and ends at *chou shi* (1:00am~3:00am), every *Shi Chen* corresponds to one channel or *Zang Fu*. Lung channel corresponds to *yin shi*; large intestine to *mao shi*; stomach to *chen shi*; spleen to *si shi*; heart to *wu shi*; small intestine to *wei shi*; urinary bladder to *shen shi*; kidney to *you shi*; pericardium to *xu shi*; san jiao to *hai shi*; gall bladder to *zi shi*; liver to *chou shi*. The *qi* and blood of every channel is at its peak at and waning after its *Shi Chen*.

Si, SP: 9—11  Qian Gua	Wu, HT: 11—13  Gou Gua	Wei, SI: 13—15  Dun Gua	Shen, BL: 15—17  Pi Gua
Chen, ST: 7—9  Guai Gua			You, KD: 17—19  Guan Gua
Mao, LI: 5—7  Da Zhuang			Xu, PC: 19—21  Bo Gua
Yin, LU: 3—5  Tai Gua	Chou, LV: 1—3  Lin Gua	Zi, GB: 23—1  Fu Gua	Hai, SJ: 21—23  Kun Gua

Yin, wu, xu, three combine to form fire (*yin-wu-xu* fire 3-unity); *hai, mao, wei*, three combine to form wood; *si, you, chou*, three combine to form metal; *shen, zi, chen*, three combine to form water. Lung (*yin*), Heart (*wu*), and Pericardium (*xu*), the three hand *yin* channels combine to form fire; San Jiao (*hai*), Large Intestine (*mao*), Small Intestine (*wei*), the three hand *yang* channels combine to form wood. Because wood and fire are light, up bearing and floating, they belong to *yang*. Hence those channels travel upper part of body through hands. Spleen (*si*), Kidney (*you*), Liver (*chou*), the three foot *yin* channels combine to form metal; Urinary Bladder (*shen*), Dan (*zi*), Stomach (*chen*), the three foot *yang* channels combine to form water. Because metal and water are sinking and down bearing, which belong to *yin*, hence those channels travel lower part of body through feet.

The circulation of hand and foot three *yin* and three *yang* channels of TCM manifest the mutual assistance between *yin* rising and *yang* sinking, which is in correspondence with the theory of *Yi* (*Classic of Changes*). In the theory of *Yi*, *Kun gua* is earth, belongs to *yin* and its position is in the lower; *Qian gua* is heaven, belongs to *yang* and its position is in the upper. The earth *qi* rises and the heaven *qi* sinks, by which the earth and the heaven moves toward each other and the greatness or the peaceful and prosperous times (*Tai gua*) can be formed. The heaven and the earth are the macro cosmos while human body is the micro cosmos. “*Yin* rising and *yang* sinking” symbolizes the Heaven and Human Unity, the earth and the heaven in communication to form the greatness (*Tai*), or the upper and the lowers’ mutual assistance or interaction. Try stand with both of your hands raised up to the head and review the foot three *yin* channels travel from foot to chest; hand three *yin* channels from chest to hands, hand three *yang* channels from hand to head; foot three *yang* channels form head to foot, which manifest the spirit of *yin* rising and *yang* sinking. Because wood and fire are light, up bearing and rising, the five transport points of the uprising *yin* channels start from wood and fire; because metal and water heavy, sinking and down bearing, the five transport points of the down bearing *yang* channels start with metal and water.

Yin opposites to *yang*; Firmness opposites to yieldingness; *Yang* is firm and *yin* is yielding; metal is firm and wood is yielding; firmness and yieldingness mutual assistance. *Yang Jing*-wells are metal and *yin Jing*-wells are wood. According to the Five-Phase relationships, metal counter-controls wood. The *yang Jing*-wells are *geng* metal; the *yin Jing*-wells are *yi* wood. *Yi* and *geng* however is a matching (*he*). Just like *yin* and *yang* although opposite to each

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other, but mutually assist each other and constitute the “husband and wife” relationship. The rest four phases could be applied the same way: *Jia Ji* matching, *Bing Xin* matching, *Ding Ren* matching, *Wu Kui* matching. *Yin* and *yang* are self-generating, but mutually controlling. Although mutually controlling, they are mutually promoting too. The “controlling within generating” relationship implies the meaning of Cybernetics.

Question 29: Why He-sea points treat zang fu organ diseases? In Tung's extraordinary points, how are those points that can treat zang fu organ diseases related to He-sea points?

Answer: In *Lingshu*, chapter 19 *Si Shi Qi* (Needling methods according to the four seasons): “if the pathogen (disease) is in the *fu* organs, select the *He*-sea points.” In *Suwen*, chapter 38 *Ke Lun* (On cough): “to treat the cough of the *zang* organs, needle the *Shu*-stream points; to treat the cough of the *fu* organs, needle the *He*-sea points.” Those statements indicate that the diseases of the six *fu* organs can be treated by *He*-sea points. In *Lingshu*, chapter 4 *Xie Qi Zang Fu Binjg Xing* (The visceral diseases caused by evil qi): “...how to treat the diseases of the internal *fu* organs? *Qibo* said: the *He*-sea points should be selected.” “*Ying*-spring and *Shu*-stream points treat the external channels; *He*-sea points treat internal *fu* organs.”

The distribution of the five-*shu* points defines the point's treatment scope which also relates to the point's space and time natures. The general idea of the above quotes is that *Ying*-spring and *Shu*-stream points are more suitable for treating body surface and channel disorders of the respective channel. *He*-sea points are more suitable for treating internal body disorders of the six *Fu* organs. *Ying*-spring and *Shu*-stream points are located at distal extremities where the channel *qi* is shallow and near the surface. Hence, they are good at treating body surface (including external channel) disorders and five-sense organ disorders of the respective channel. *He*-sea points are located closer to the body trunk than *Ying*-spring and *Shu*-stream points. They are located around elbow and knee joints where the channel *qi* gathers together as one hundred rivers meet before pouring into the sea. The surrounding of the *He*-sea points is thick muscle and tendons, and hence the channel *qi* is deep and abundant. It is easier for those points to have needle sensations (gain the *qi*). As the channel *qi* of those points are more abundant and travel deeper to the *zang fu* organs, they are good at treating *zang fu* organ disorders. *He*-sea points are also good at treating prolonged or chronic diseases as the saying in Chinese medicine “prolonged diseases enter the *fu* organ.” *He*-sea points are good at treating prolonged or chronic *zang fu* disorders. *Ying*-spring and *Shu*-stream points are good at treating external contracted, newly developed, intermittent aggravation and amelioration, or half-deep/half shallow disorders. Those point selection principles guide the clinical practice.

The so-called “*He*-sea points treat *fu* organ disorders” includes non-spiritual/will disorders. (“*When the disease is at the Zang (viscera), select the jing-well point.*” *Jing*-well points treat spiritual and will/emotional or mental (*Shen Zhi*) disorders.) *He*-sea points of *yin* channels belong to water and dominate pre-natal source *qi* and kidney *qi*. They can supplement the deficiency of kidney water. *He*-sea points of *yang* channel belong to earth and dominate middle *qi* or spleen *qi*. They can supplement the deficiency of spleen and stomach.

Because *He*-sea points are located around elbow and knee joints where the muscle and tendon tissues are thick, and comprise more channel or vessel *qi*; besides, they are closer to the body trunk than *Ying*-spring and *Shu*-stream points, they are good at treating *zang fu* disorders. Hence, several point groups of the *Tung*'s extraordinary points are specialized in treating *zang fu* organ diseases, such as *Sima* three points (88.17, 88.18, 88.19) treat lung; *Tungguan Tungshan Tungtien* (88.01, 88.02, 88.03) treat heart; *Tungshen Tongwei Tongbei* (88.10, 88.11, 88.12); *Tienhuang Minghuang Qihuang* (88.13, 88.12, 88.14) treat liver. They all are located on the thigh, superior to the *He*-sea points. As those locations are with abundant muscles, the channel *qi* is deeper and it is easier for those points to gain the *qi*. Besides, they are located closer to the body trunk and hence are good at treating *zang fu* diseases.

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Also, the twelve divergent channels depart at elbow and knee areas (here they communicate with the five-*shu* points) and continue to travel toward to the heart. This is another reason those point groups of treating major *zang fu* organ disorders in *Tung's* points are allocated on the thighs, superior to the elbows and knees. The “depart, enter, leave, reunite” of the 12 divergent channels complement the circulation inadequacy of the twelve regular channels. For example, foot *Shaoyang* gall bladder channel does not travel to the heart, but because its divergent channel pass through the heart, the evidence of the extraordinary connections of heart and gall bladder is further proved. The major points for treating spleen and stomach *zang fu* diseases *Xiasanhuang* (lower three emperors) three points are located on the calf, because the lower He-sea points of stomach, large intestine and small intestine are on the calf too. The three point groups for treating lung, heart, and kidney diseases are located between the stomach and spleen channels. This also shows that in *Tung's* acupuncture, the theory of the spleen and stomach is emphasized.

Question 30: What is the theory and the specific usage of the needling method based on the mutual communication of the hand foot same name channels?

Answer: The point selection method of the same name channels is also called the needling method based on the mutual communication of the six channels. It is developed from the point selection method of channel connection, and is a type of channel therapy. The so called mutual communication of the six channels is hand *Taiyin* communicates with foot *Taiyin*; hand *Yangming* communicates with foot *Yangming*; hand *Taiyang* communicates with foot *Taiyang*; hand *Jueyin* communicates with foot *Jueyin*; hand *Shaoyang* communicates with foot *Shaoyang*.

The point selection method based on “hand foot same name channels” is related to “Open-Pivot-Close” too. Both hand and foot *Taiyang* govern Open and have unified movement rhythm and similar nature; both hand and foot *Shaoyang* govern Pivot and have unified movement rhythm and similar nature too. Hand and foot same name channels have the unified movement rhythm and similar nature; hence their functions are interchangeable and this is called “mutual communication of the same name channels”.

There are communicating pathways between the “mutual communications of the same name channels.” For example hand and foot *Taiyin* channels are connected at *Zhongfu* (LU1) point; hand and foot *Yangming* channels at *Yingxiang* (LI20) point; hand and foot *Shaoyin* channels in the heart; hand and foot *Taiyang* channels at *Qingming* (UB1); hand and foot *Jueyin* channels at *Tienchi* (PC1); hand and foot *Shaoyang* channels at *Tungziliao* (GB1).

The application of the “mutual communication of same name channels” is written in details in my writings of *Zhen Jiao Bao Dien (Treasures on Acupuncture)* and *Lectures on Tung's Acupuncture: Therapeutic System*. Here I would only give a brief summary. The methods are as follows.

1. Mutual treatment of the same name channels: Usually the point of the opposite side channel is selected. This method is more suitable for four extremity disorder. The upper left side treats the lower right side; upper right side treats the lower left side; lower left side treat upper right side; lower right side treat upper left side. For example, when the disease site is at the *Jing*-well point *Shaoshang* (LU1) of hand *Taiyin* channel, the *Jing*-well point of foot *Taiyin* channel *Yinbai* (SP1) is needed. If the disease is at *Shaofu* (HT8), the *Ying*-spring point of hand *Shaoyin* channel, *Rangu* (KD2), the *Ying*-spring point of foot *Shaoyin* channel is needed. The rest channel may be deduced by analogy. This method does not rigidly adhere to acupuncture points. For example, pain on the site of *Chengshan* (UB58) can be treated by needling the middle point of the opposite forearm on the hand *Taiyang* channel. Although there is no acupuncture point on that specific location, the disorder can still be treated. This method is mostly used for treating four extremity disorders, but can still be used for

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- disorder on the body trunk. For example, to treat the pain on the area of *Shufu* (KD27), moxibustion on *Shaobai* (HT3) and *Shenmen* (HT8) will resolve the pain instantly.
2. Combination of the Hand and foot same name channels: the combination method is often seen on the ancient odes. Let's take several examples from "Ode of One Hundred Symptoms". For example, "deafness due to *qi* obstruction relies on *Tinghui* (GB2) and *Yifeng* (SJ17)." *Tinghui* (GB2) is on gall bladder channel; and *Yifeng* (SJ17) on San Jiao channel. This is an example of point combination of hand and foot same name (*Shaoyang*) channels. Another example, "weary speech and somnolence are indicated in *Tongli* (HT5) and *Dazhong* (KD4)." *Tongli* (HT5) is a point of heart channel; and *Dazhong* (KD4) of kidney channel. This is an example of point combination of hand and foot same name (*Shaoyin*) channels. Also, "excrescence creeping over the eye, *Ganshu* (UB18) and *Shaoze* (SI1) are the points to attack." *Ganshu* (UB18) is on the urinary bladder channel; *Shaoze* (SI1) on small intestine channel. This is an example of hand foot same name (*Taiyang*) channels. Besides, on *Ode of Xi Hong*: "heat disease but no sweat, *Dadu* (SP2) connects with *Jingqu* (LU8)." This is an example of hand and foot same name (*Taiyin*) channels. "Hand and foot/upper and lower *Sanli* (LI10 and ST36), food and *qi* stagnation should select them." This is an example of point combination of hand and foot same name (*Yangming*) channels. *Houxi* (SI3), a point of hand *Taiyang*, and *Shugu* (UB65), a point of foot *Taiyang*, are good for neck pain and lumbar pain. The ancient and contemporary examples are so numerous and can not be listed one by one. Point combination of both hand and foot same name channels is a very practical method.
 3. Mutual replacement of points of hand and foot same name channels: Points on the holographically corresponding locations have similar functions and can be replaced by the other. For example, *Gongsun* (SP4) can treat deficient cold of the spleen and stomach and indigestion. The holographically corresponding point *Yuji* (LU10) can be used to treat deficient cold of the spleen and stomach and indigestion, too. *Zulingqi* (GB41) can treat the ache circulated the waist. The holographically corresponding point *Zhongzhu* (SJ3) can be used for the same purpose. *Xuanzhong* (GB39) can treat *Louzhen* (neck sprained). The holographically corresponding point *Waiguan* (SJ5) can treat sprained neck too. *Shugu* (UB65), a point of foot *Taiyang* channel, can treat neck and lumbar pain. The holographically corresponding point *Houxi* (SI3), a point of hand *Taiyang* channel, can treat the same problem. *Zhiyin* (UB67) can correct abnormal fetal position, a gynecological disorder. *Shaoze* (SI1) also can treat gynecological disorder such as insufficient lactation

Question 31 : Why Shu-stream points treat heavy body sensation and joint pains?

Answer: *Shu*-stream points all can treat heavy body sensation and joint pains (*Shu*-stream points govern heavy body and joint pains.) *Shu*-stream points of *Yang* channels belong to wood, which dominates wind and corresponds to tendon. *Shu*-stream points of *Yin* channels belong to earth, which dominates dampness and corresponds to flesh (muscle). Heavy body sensation mostly relates to dampness; while joint pains to wind or dampness. That is why wind-dampness related diseases and tendon-muscular pains are often treated with *Shu*-stream points. *Shu*-stream points have the function to enhance *qi* and resolve dampness and hence are good at treating swelling and fullness, fatigue and sluggish, diarrhea, and pains. *Shu*-stream points are good at treating wind-dampness related diseases and hence heavy body sensation and joint pains. *Shu*-stream points are most often used in treating the pains in their respectively channels. Besides, heavy body sensation and joint pains are often the results from either surplus dampness or deficient *qi* of earth. Select *Shu*-stream point of *Yin* channels which belong to earth to supplement the deficient earth; select *Shu*-stream points of *Yang* channels which belong to wood to restrain earth's surplus dampness and/or dredge the exuberant dampness pathogen. That is why *Shu*-stream points all can treat heavy body sensation and joint pains. Meanwhile, wood corresponds to liver; earth to spleen. Pains that are often aggravated by emotional or liver-spleen disharmony are effectively treated by related *Shu*-stream points. Because wood dominates wind whose nature is impatient (acute), *Shu*-stream points

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of *Yang* channels, which belong to wood, are more often used to treat newly developed pains. Earth dominates dampness, whose nature is slow and lingering, hence *Shu*-stream points of *Yin* channels are more often used to treat chronic or prolonged pains.

In my clinical practice, I often select the *Shu*-stream point of one channel to treat its respectively channel pain and the result is very satisfied. For example, select *Shugu* (UB65) to treat headache particular vertex headache, lumbar pain, neck pain, and sciatica distributed along *Tai Yang* channel; *Xiangu* (ST43) to treat frontal headache; *Linqi* (GB41) to treat temple headache, lateral lumbar pain and those pains located along *Shao Yang* channel. The results are very good and they are all *Shu*-stream points.

Question 32 : Why Jing-river points can treat panting, coughing, cold and heat sensation?

Answer: *Jing*-river points all can treat panting, coughing, cold and heat sensations (*Jing*-river points dominate panting, coughing, cold and heat.) *Jing*-river points of *Zang* organs (*Yin* channels) belong to metal, which is related to voicing, correspond to Lung, which is related to wind cold. Panting and coughing are diseases related to voicing. *Jing*-river points are effective in treating diseases resulting in abnormal voicing. Panting, coughing, cold and heat sensations refer to wind-cold or wind-heat panting and coughing. *Jing*-river points of *Yin* channels belong to metal and needle them with enhancing technique will assist in restraining its counter-control (fire) to treat wind-heat. *Jing*-river points of *Yang* channels belong to fire and needle them will treat wind-cold. These are the reasons why *Jing*-river points all can treat panting, coughing, cold and heat. *Jing*-river points of *Yin* channels dominate more on the panting and coughing and hence are mainly for internal injuries. *Jing*-river points of *Yang* channels dominate more on cold and heat sensations, and hence are mainly for external contracted diseases.

For example, needle *Jing*-river point of Lung channel, *Jingqu* (LU8), will treat panting and coughing because this point has the function to regulate respiratory organs. *Kunlun* (UB60), the *Jing*-river point of Bladder channel, can sedate panting (asthma) (*Ode of Meticulous Light*) and toothache (the *Golden Mirror*). *Fulu* (KI6), *Jing*-river point of Kidney channel, also can sedate panting. *Jianshi* (PC5) can treat loss of voice, hiccup, panting and coughing. Those examples prove that this quote truly is valuable in clinical practice.

Question 33 : Why He-sea points all can treat counter-flow qi and diarrhea?

Answer: *He*-sea points all can treat counter-flow *qi* and diarrhea (*He*-sea points dominate counter-flow *qi* and diarrhea). *He*-sea points treat *Fu* organ diseases. *He*-sea points of *Yang* channels belong to earth, which dominates the post-natal foundation; while *He*-sea points of *Yin* channels belong to water, which dominates the pre-natal foundation. Those points all can treat counter-flow *qi* and diarrhea. The deficiency of Kidney water, pre-natal *qi*, will result in *qi* counter flow upward or rush downward (diarrhea). Needle *He*-sea points of *Yin* channels, which belong to water, will regulate the pre-natal *Yuan* (source) *qi* and Kidney *qi* in order to supplement the deficiency of Kidney water to sedate the counter-flow *qi*. Needle *He*-sea points of *Yang* channels, which belong to earth and dominate middle *qi* or Spleen *qi*, will supplement the deficiency of middle *qi* in order to treat deficient type asthma and stop the diarrhea caused by overabundant water *qi*. Therefore, *He*-sea points all dominate counter-flow *qi* and diarrhea.

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Every *Zang Fu* organ has its diseases caused by counter-flow *qi*. Liver *qi* counter-flow results in Liver *Yang* hyperactivity; Lung *qi* in asthma and cough; Stomach *qi* in constipation and nausea and vomiting; Spleen *qi* in dry retching and abdominal distension; Kidney *qi* in difficulty in urination... etc. They all can be treated by *He*-sea point of the respectively channel. *He*-sea points have the functions to enhance channel *qi*, regulate the physiological activities of the internal organs, strengthen Spleen and Stomach, support the righteous *qi* and cultivate the source. *He*-sea points are good at treating rebellious *qi*, distension and stuffy sensation, diarrhea, etc. They are particularly effective in treating disorders resulting from irregular eating and drinking. In clinical practice, *Chizi* (LU5) is often used to treat asthma (*Ode of Miraculous Light*), *Zusanli* (ST36) to treat abdominal distension, vomiting (*Great Compendium; Song of Point Applications for Miscellaneous Disease; Ode of a Hundred Patterns*), sedating asthma (*Ode of Xi Hong; Song of the Jade Dragon; Song of Point Applications for Miscellaneous Diseases; Song of Essentials of Needle Practice*); *Yinlingquen* (SP9) to treat fullness of heart, chest, abdomen and hypochondria (*Ode of Xi Hong; Golden Mirror*). Also *Quchi* (LI11), the *He*-sea point of Large Intestine, and *Yanglingquen* (GB34), the *He*-sea point of Gall Bladder, are used to treat hypertension due to Liver *Yang* hyperactivity and give good result. To treat diarrhea, *Quchi* (LI11), ST36, or SP9 gives remarkable result. The quote “*He*-sea points dominate counter flow *qi* and diarrhea” truly makes sense.

Question 34: Tushui (earth water) and Shuijin (water metal) points, both Tung extraordinary points, are named with the Five Elements/Phases. What special meanings do the names carry, and how do they relate to the treatments?

Answer: Since *Tushui* is named with earth and water, it certainly has the function to treat earth (Spleen and Stomach) and water (Kidney) related disorders. And since it is located on the Lung channel, its relationship with the metal must be considered too. So in fact this point treats earth, metal, and water related disorders, which are numerous.

Why was this point named *Tushui* (earth water)? One reason is the consideration of the point functions. But more importantly it is because the point is located between the trigrams *Gen* and *Kan* palaces according to palm trigram chart. *Gen* pertains to earth while *Kan* to water. Hence the point was named Earth Water (*Tushui*). Since *Tushui* is located on Lung (metal) channel, it may be considered an Earth Metal Water (*Tujinshui*) point.

Why was another point named *Shuijin* (water metal)? One reason is due to the consideration of point functions. Another reason is also the considerations of *Yi Jing* (*Theory of Changes*) theory and trigram images. *Shuijin* point is located on face between trigram *Qien* and trigram *Kan*. Trigram *Kan* pertains to water while trigram *Qien* to metal. Hence the point was named Water Metal (*Shuijin*). This point also is located on the pathways of Large Intestine and Stomach channels. Large Intestine channel belong to metal; Stomach channel to earth. Hence this point may be considered as an Earth Metal Water (*Tujinshui*) point, too.

Both points are considered Earth Metal Water (*Tujinshui*) point and both carry strong regulating *qi* function, and hence both are effective points in treating asthma and cough.

Question 35: How do frequency of treatment sessions and treatment time relate to therapeutic effectiveness?

Answer: The relationships between acupuncture treatment time and frequency and therapeutic effectiveness may be considered from the following aspects.

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1. **Total treatment time/length.** This depends on the length of the diseases and the constitutions of patients. The earlier the treatments start, the shorter the total time is needed, and vice versa. For instance, *Lou Zhen* (neck sprain), lumbar sprain and other types of traumas usually take one visit to cure if patient visits the acupuncture clinic on the same day of onset. They may take two or three treatments to cure if patient visits the clinic several days after the onset. The treatment length of acute or newly developed disorders generally is shorter than chronic and prolonged disorders, though there may be exceptions. Generally, functional disorders take shorter time to see the result or cure than substantial disorders.
2. **Time intervals between treatment sessions:** In general, continuous stimulus gives stronger effect. If being treated early and continuously, the disorders usually will be cured in short time without combining herbal treatment. Nowadays, most patients visit the clinic once a week. In this case, even combining with herbal treatment, the diseases are taking longer to see results or cure. Let's take Bell's palsy patients as example. If they receive acupuncture treatments immediately after the onset and continuously everyday, most of them will be cured in five or six days without taking herbs. In the winter of the year 1994, I got Bell's palsy. I received acupuncture treatments twice a day and was cured in only four days. If patients receive acupuncture treatment twice a week, even they take herbs simultaneously, they might still take four to six weeks to cure. Another example is severe pain caused by disorders such as trigeminal neuralgia. The treatments should be just like extinguishing fire with water, continuously, non-stop until the fire is put off. Otherwise, the pain stops or lessens after the treatment but will flare up two days later. Continuous acupuncture treatments will put off the fire and extinguish the wind in one vigorous effort. The disorder so can be cured in a short time and without reoccurrence. In the chapter *Zhong Shi* (Termination and Beginning) of *Ling Shu*: "after evaluating the pulse, the treatment frequency might be once a day, every two days, or twice day." According to experience, most disorders benefit more by treatments performed every other day.
Besides, due to the constitutions of small kids, it is said "needling little kids like putting one's hand into hot soup (without retention), and it is fine to needle more than once a day." Small children don't need deep puncture because their muscle and skin are shallow. Because they won't stay still for needle retention, needling them more than once a day will compensate the insufficiency results from shallow and brief needling.
3. **The best time to perform acupuncture treatment.** The acupuncture result will be better if the treatment is performed at a time in accordance with the channels and waning and waxing of *qi* and blood related to the disorders. For instance, bloodletting *Taiyang* point can treat multiple disorders and is better performed in the morning since *qi* and blood circulates in the upper. To treat insomnia by pricking at ear apex for several drops of blood, the best time will be in the afternoon when *yang* is about to enter *Yin*. To treat lumbar pain, the best time is in the afternoon around *Shen* (1-3pm) and *Wei* (3-5pm), when *qi* and blood circulate Hand and Foot *Taiyang*. Other methods for selecting the best time for treatment are such as according to the flow and ebb of channels, waxing and waning of *qi* and blood, and biological clocks. They all will enhance the treatment effectiveness.

Question 36: What are the relationships between open-close-pivot and the Zang Fu organs and channels?

Answer: Open-close-pivot not only closely relates to the extraordinary connections of *Zang Fu*, but also decides the running sequences of channels. Among the three *Yin* and three *yang* channels, *Taiyin* and *Taiyang* pertain to Open and hence are located the outmost. That is to say channels including Hand and Foot *Taiyang*, or Small Intestine and Urinary Bladder channels; and Hand and Foot *TaiYin*, or Lung and Spleen channels, are the Open. When the pathogen cold attacks human body, it affects *yang* first and that will be the most outer *yang*, *Taiyang*. Cold is a type of *Yin* pathogens and tends to affect the lower body, and hence it will affect Foot *Taiyang* first.

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This is why in *Shang Han Lun*, Foot *Taiyang*, Urinary Bladder channel, is the first to be discussed. When the pathogen heat attacks human body, it affects *Yin* first. Heat is a type of *yang* pathogens and tends to affect the upper body, and hence it will affect Hand *Taiyin* first. This is why in *Wen Bing*, the Hand *Taiyin*, Lung channel, is discussed first. External pathogens damage *Taiyang* and *Taiyin* first, and hence *Taiyang* and *Taiyin* pertain to Open.

Shaoyang and *Shaoyin* both are located at the Pivot position. *Shaoyang* is located between the exterior and interior and their syndrome is characterized by alteration of chills and fever. However, this syndrome could have concurrence of either the exterior or interior syndrome. For example, *Xiao Cai Hu Tang* is indicated for *Shaoyang* syndrome. But *Chai hu Gu Zhi Tang* is used for *Shaoyang* syndrome with predominance of the exterior, and *Da Chai Hu Tang* and *Chai Hu Jia Long Mu Tang* are used for *Shaoyang* syndrome with predominance of the interior. *Shaoyin* syndrome has the tendency of transformation into either cold or heat syndrome. When it transforms into a cold syndrome, *Si Ni Tang* and *Zhen Wu Tang* should be used. When it transforms into a heat syndrome, *Huang Lian E Jiao Tang* should be used.

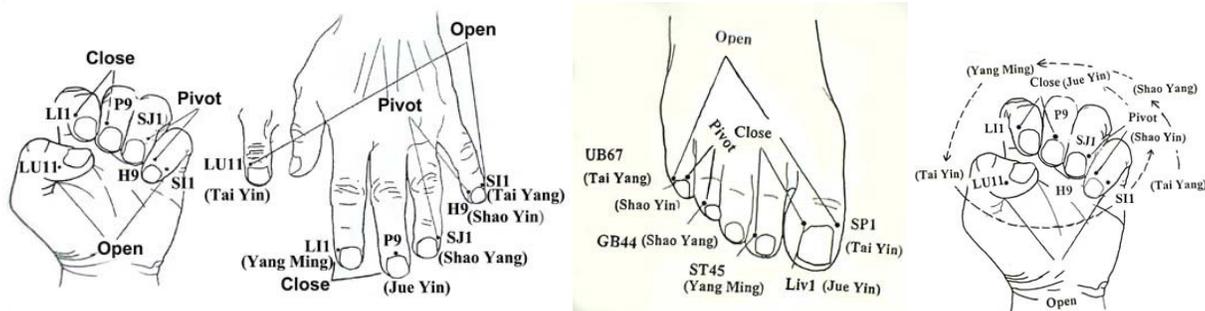
Yangming and *Jueyin* both occupy the middle (2nd and 5th) lines (Yao) in the hexagram *Weiji* *, and imply the significance of Close. In case of attack by cold, if *yang* goes to its extreme, it will enter *Yangming* and gives rise to severe condition with manifestations such as floccitation and failure to recognize people; if *Yin* cold goes to its extreme and enters *Jueyin*, it gives rise to Jue Ni syndrome (syncope). In case of febrile diseases, when the pathogenic heat goes into Hand *Jueyin*, Pericardium, it gives rise to coma; when it goes into Foot *Jueyin*, it stirs up internal wind. All these are critical and extreme conditions at the late stage of a disease that are Closing, manifesting the mental symptoms.



*Hexagram *Weiji*: shows the fire is in the upper and water in the lower, like the human body with the heart in the upper and the kidney in the lower.

The Open-Close-Pivot has close relationships with channels. Let's take Foot Three *Yang* channels as examples. *Taiyang* pertains to Open and is located the outermost on the back; *Yangming* pertains to Close and is located innermost on the chest and abdomen; *Shaoyang* pertains to Pivot and is located between the other two, distributed on the hypochondria. The distribution of *Tung's* extraordinary points also follows to this concept.

Try to make a loose fist shaped like a circle *Taiji*, you may find Open, Pivot and Close are connected to one another. Let's look at *Shaoshang* (LU11) and *Shaoze* (SI1) first. One belongs to *Taiyin* channel and one to *Taiyang* channel. Both pertain to Open. *Guanchong* (SJ1) belongs to *Shaoyang* channel and *Shaochong* (HT9) to *Shaoyin*. Both pertain to Pivot. *Zhongchong* (PC9) belongs to *Jueyin* channel and *Shangyang* (LI1) to *Yangming* channel. Both pertain to Close. Thus there forms the law of movement through Opening, Pivoting, and Closing. Extending the sole of the foot, *Taiyang* is neighbored with *Taiyin*, and *Jueyin* is neighbored with *Yangming*. Once one Japanese practitioner, Koubee Akabane, took *Neizhiyin* (medial *zhiyin*) which is located between *Zhiyin* (UB67) and *Qiaoyin* (GB44) to replace *Yuanguan* (KI1) when he did the "warm temperature sense of skin" test. In this way, *Shaoyang* and *Shaoyin* are also closely neighbored. This implies that Open-Close-Pivot has a certain arrangement sequence.



These concepts are the bases for the channel circulation sequence and distributions of pathways in *Nei Jing*. They conform to what is in chapter 10 of *Suwen*: "*Yangming* is anterior to *Taiyang*", and "*Shaoyin* is posterior to

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Taiyin ... and *Jueyin* is anterior to *Shaoyin*.” The three *yang* channels are on the *yang* aspect of the body, and the three *Yin* channels on the *Yin* aspect. Then, according to *yang* polarity, Lung, Large Intestine (Dui), Heart, Small Intestine (Li), and Pericardium, Sanjiao (Zhen) are distributed on the upper limbs. According to *Yin* polarity, Liver, Gall Bladder (Xun), Kidney, Urinary Bladder (Kan), Spleen, Stomach (Gen) are distributed on the lower limbs. Besides, according to the principle of *Yin* ascending and *yang* descending, the channels originate from or terminate at the tip of fingers. For example, *Taiyang* channel runs along the lateral side of *yang* aspect of the small finger. *Shaoyang* channel runs along the middle of the ring finger. On the analogy of this, other channels are distributed following the same way.

The counter-clockwise distribution of the Open, Pivot, and Close circles from the outer *Taiyang* to *Shaoyang* and *Yangming* to the end of *yang* and toward inner to *Yin*, *Taiyin*, *Shaoyin* and ends at *Jueyin*. This circulation sequence conforms the transmission of the Six Channels in *Shang Han Lun* as *Taiyang* to *Shaoyang*, *Yangming*, *Taiyin*, *Shaoyin*, and *Jueyin*.

Question 37: In Tung's acupuncture, what special meanings do the distributions and arrangements of Sima three points, Tungguan three points, and Tungshen three points imply?

Answer: The distributions of the 14 channels are related to Open-Pivot-Close as we mentioned in the previous question. Same theory explains the distribution and arrangements of Tung's extraordinary points. The distributions of *Sima* three points, *Tungguan* three points and *Tungshen* three points are close related to Open-Pivot-Close theory, too. The *Sima* three points mainly treat Lung *Taiyin* diseases and hence pertain to Open and are located the outermost. *Tungguan* three points mainly treat Heart *Shaoyin* diseases, and *Tungshen* three points treat Kidney *Shaoyin* diseases, in which both pertain to Pivot, and hence are located in the middle. Three Yellow points treat liver diseases, which pertain to Close, and hence are located the innermost.

As far as the implication why *Sima* three points, *Tungguan* three points and *Tungshen* three points all are located between Spleen and Stomach channels, which symbolizes that Master Tung's ancestor emphasized a lot on the Spleen Stomach Treaties.

The vertical arrangement of *Sima* three points, *Tungguan* three points, and *Tungshen* three points also imply special meanings. *Sima* three points treat Lung and hence are located the uppermost. *Tungguan* three points treat Heat and hence are in the middle. *Tungshen* three points treat Kidney and hence are located the most lower

Question 39: It is common for people to learn the applications of individual Tung's points. I wonder if the point combinations are important too.

Answer: Certainly it is important. Each single point has its particular functions. However, point combinations in Tung's acupuncture are even ingenious and make subtle difference. It is said “reading between and beyond the lines.” Points should be selected between and beyond lines too. In Tung's acupuncture, those wordless lines are the Five Phases. Five Phases are the application core of acupuncture, either the 14 Channels or the Tung's acupuncture. One must master the Five Phases and apply them ingeniously to syndrome differentiation and clinical practice. Point combinations may be categorized into intra-promotion, intra-restraint, intra-communication, and intra-responding, etc. In “*The Applications of the Five Shu Points*” I wrote in the early days has a general introduction on this part. I have given more detailed explanations in the recently ended Advanced Seminar (topics including “The Five Phases in Tung's Acupuncture: perspectives of time, space, and imaging...”)

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Within the sub-categories of the point combinations, “*Tong Qi Xiang Qio* (similar energy attracts one another)” gives the highest effect. Take asthma as an example. The disease relates to Lung, Spleen and Kidney. Points pertain to metal and water should be selected primarily. But it would be even better if all earth, metal and water are addressed. *Shuijin* (water metal) point combining with *Tushui* (earth water) point creates very good result. *Shuijin* point is located on the pathways of Stomach and Large Intestine channels, and hence pertains to both earth and metal. Its location falls to the *Kan* (water) region in the facial eight trigrams, and hence also pertains to water. Selecting *Shuijin* point will treat all earth, metal, and water pertained diseases. *Tushui* point is located between trigrams *Gen* (earth) and *Kan* (water) on the palm, and on the Lung (metal) channel; and hence also treats earth, metal and water pertained diseases. Combining the two points is named Upper Lower Same Energy (*Shang Xia Tong Qi*) since both points pertained to earth, metal, and water but one located in the upper while the other in the lower. The combination not only is superb effective in the treatment of cough and asthma, but also effective in treating other diseases as long as differentiated as deficiency in Lung, Spleen and Kidney. This type of point combination is extensively and ingeniously used in Tung's acupuncture and it makes the best use of point combination as it utilizes very few points to treat multiple diseases with high effectiveness.

Dao Ma is also a type of point combinations but also with the profoundness of combinations of the Five Phases, particularly the Big *Dao Ma* on calves and thighs. As long as one understands the Five *Shu* points, the profoundness is easy to comprehend. *Qian Yin* points can form combinations by following the same principles. There are also several types and variations. Here I would not mention further.

Question 40: There are several acupuncturists or doctors writing books specializing in Dao Ma needling method. What are your opinions on those books? Do you plan to write a book specializing in Dao Ma too?

Answer: Although there are several books specializing in *Dao Ma* popular in the market, non of them was written by Master Tung's disciples (non of the authors is in the list of the 73 disciples). Those authors had never seen Master Tung needle patients. The accuracy and credibility of the books are questionable. Several months ago, some people asked me about *Heng* (horizontal) *Dao Ma* and I have replied (please refer to the April discussion questions). I do not think it is necessary to make any more criticisms or opinions.

In fact, the ways Master Tung selected points were not only limited to *Dao Ma*. I started learning with Master Tung in the later time, but I learned with him for a longer time and learned more than many others. In Master's last years, I followed and learned from him continuously and hence I accumulated more notes. Master was a quite person and did not talk much. However, sometimes when he was in a very good mood, he would call us in to his office and chat with us. Of course he would give some hints during the conversations. Master Tung did point out something about *Dao Ma* needling method. Although Master Tung often used the term *Dao Ma*, in his first and the only book “*Tung's Extraordinary Points on Orthodox Channels*”, he originally named the method “*Hui Ma*” which carries special meanings. The term and the needling description of “*Dao Ma*” were put into public in details in my writing “*Zhen Jiao Jing Wei*” in 1975 for the first time. At that time, Master Tung was still alive and the book was reviewed by him and then published. (Please refer to the preface of *Zhen Jiao Jing Wei*, 1975; authored by Young Wei-Chieh.)

In Master Tung's later years, his point selections were even simpler and refiner. Three-needle *Dao Ma* was sometimes simplified to two needles. Sometimes, he even used one needle to penetrate two points or even three points. I often saw Master penetrated *Linggu* to *Dabai* to treat sciatica, which was a simple, refined needling method but with high effectiveness. Currently those *Dao Ma* books circulated in the market mostly focus on padding out the arrangements of points. That is to say merely groups of points are rearranged and categorized. Those important subtle and profound meanings are not given by those books. Simply putting two or three points together does not reflect the essentials and profoundness of *Dao Ma*. *Dao Ma* must be analyzed together

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with the Five Phases, *Yi Jing* theory, and *Kai-He-Shu* (open-close-pivot) so to understand the special meanings of the point arrangements in Tung's acupuncture, such as those points treating Zang Fu organ diseases are arranged and located on the thighs. Those contents were lectured in the Advanced Seminars in October and November 2008 and received enthusiastic feedbacks.

Currently I do not have any plan to write a book specializing in Dao Ma, but I will introduce and give detail discussions in my future book specializing in advanced Tung's acupuncture. The book contents are preliminarily completed and may be published after another two or three advanced seminar lectures and revisions. During the lecture at the advanced seminar, the following discussions on *Dao Ma* were introduced. Those topics will be introduced and explained in details in my future book specializing in advanced Tung's acupuncture. Readers may answer those review-questions related to *Dao Ma* first which will help them gain some inspirations.

1. **Advanced *Dao Ma* Needling Method**
2. **The Meaning of *Dao Ma* Needling Method**
3. **Specific Operations of *Dao Ma* Needling**
4. ***Dao Ma* Needling Method versus Point Combinations**
5. ***Dao Ma* Needling Method vs. *Qi Ci* and *Pang Zhen Ci***
6. **Required Conditions of *Dao Ma* Needling Method**
7. ***Tong Guan Zhen*, *Yu Zhen*, and *Zhi Fei Zhen***
8. **Needling Sequence and Direction of *Dao Ma* Needling**
9. **Distinction among Big, Medium, and Small *Dao Ma***
10. **The Meaning of the Arrangements and Distributions of *Dao Ma* on the Thigh Region**
11. ***Fu Dong* (floating) *Dao Ma* and *Hu Bu* (complimentary) *Dao Ma***
12. ***Dao Ma* and *Jing Luo* (channels and network vessels), and *San Cai* (three talents/treasure)**
13. ***Dao Ma* and *Holography* and needling depths**

Question 41: May you please share your high efficacy experience on treating tennis elbow?

Answer: The condition is more formally known as lateral epicondylitis ("inflammation to the outside elbow bone"), which is a commonly and frequently occurring disease. The patient feels the lateral elbow achy and sore when the affected limb is in use and difficult and limited in lifting. The pain is aggravated when the patient makes a fist and twists with strong strength, ex. twisting a towel; and alleviated at rest. The pain is usually limited at the posterior side of the lateral condyle of humerus (lateral side of forearm). The pain is gradually increased and may radiate to forearm or shoulder back regions. The pain is more severe at night. Trigger points might be palpitated at the lateral epicondyle of humerus. The pain is more obvious when lifting heavy objects with elbow straight or bending 90 degree angle; or when the forearm twists forwardly. The general joint movements are normal.

TCM regards tennis elbow as damaged tendon of the elbow and belongs to the scope of elbow impediment. The causes are strong twisting or bending of the elbow region, over or extreme use of the elbow causing channel qi and tendon membrane damaged and qi and blood stagnation, which is the so called "lou sun". Tennis elbow might be triggered to occur by coldness. The affected limb should avoid carrying heavy objects and moving around during the treatments.

Currently needling ashi points or moxibusting with ginger to treat tennis elbow are the most commonly used methods. However, I personally prefer to needle distally and the result is very good. The commonly used single-therapeutic points are such as Quhou, Linggu, Shousanli (LI10)...etc. Details are as follows.

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Quhou (posterior Quchi (LI11))

Location: When the elbow is flexed on the chest, Quchi (LI11) is in the depression at the lateral end of the transverse cubital crease. Quhou is located posterior to Quchi at the end of the transverse cubital crease, anterior border of the bone.

Needling Technique: Select Quhou at the healthy side and insert the needle along the bone perpendicularly for 1.5 cun. After insertion, request the patient to flex, extend and move around the affected elbow for one to two minutes. Retain the needle for 30 minutes and manipulate the needle every ten minutes. Exercise the affected elbow during the manipulation.

Analysis and Experience: Select Quchi first and then go toward the tip of olecranon, at the medial border of the lateral epicondyle of the humerus to find Posterior Quchi (posterior LI11) which is a point I set up according to my clinical experience. The point is needled along the bone. The needling technique is similar to the *Duan Ci* (short needling) in *Neijing*. In *Lingshu*, chapter 7 *Guan Zhen*: “The so-called *Duan Ci* is to treat bone bi-syndrome. After the insertion, wave the needle slightly to advance the needle and cause the tip of the needle to approach the bone; and apply lifting and thrusting method to rub the bone.” Modern researches concluded the “transmission of the bone membranes”. It is believed that there are abundant nerves and blood vessels at the bone membranes. Needling closely along or with the needle tip touching the bone to treat some bone or joint diseases, through the transmission of bone membranes, will gain very good result. Tennis elbow, lateral epicondylitis of the humerus, belongs to bone bi-syndrome. Needling Posterior Quchi closely along the bone to treat tennis elbow, lateral epicondylitis of the humerus, gives outstanding result and shall cure it after several treatments. The reasons of needling the left to treat the right are one to balance; and second to allow the patient to exercise the affected region to activate and guide the needling energy to enhance the therapeutic effect. The affected limb should avoid carrying heavy objects and moving around during the treatments.

Linggu (22.05)

Location: This point is located in the juncture between the index finger and thumb, the 1st and 2nd dorsal metacarpal bones, and directly opposite Zhongxian (22.02).

Needling Technique: Select the point at the affected side. Lock fingers in a grip to locate the point in the juncture of the index finger and thumb, the 1st and 2nd dorsal metacarpal bones. Insert the needle closely along the bone perpendicularly for 1.5 cun. After insertion, request the patient to flex and extend the affected elbow for one to two minutes. Retain the needle for 30 minutes with manipulation once every ten minutes. Exercise the affected elbow during the manipulation.

Analysis and Experience: Needling Linggu closely attached to the bone corresponds to Kidney and bone. The technique, inserting a needle closely along the bone, is similar to the *Duan Ci* (short needling) described in *Neijing*. In *Lingshu*, chapter 7 *Guan Zhen*: “The so-called *Duan Ci* is to treat bone bi-syndrome. After the insertion, wave the needle slightly to advance the needle and cause the tip of the needle to approach the bone; and apply lifting and thrusting method to rub the bone.” Besides, needling along the bone, through the transmission of bone membranes, to treat bone and joint diseases gives great result. Tennis elbow, lateral epicondylitis of the humerus, belongs to bone bi-syndrome. Needling Linggu along the bone to treat tennis elbow, lateral epicondylitis of the humerus, gives outstanding effect. The focus of lateral epicondylitis of the humerus is on the lateral border of the Large Intestine channel. Selecting Linggu on the affected side allows the patient to exercise the affected site and the acupuncturist to apply the Dong Qi (activating qi) needling technique. If needling Quchi on the opposite (healthy) side, plus Linggu on the affected side, then Linggu will carry the treatment as well as Guiding (Qian Yin) functions, and the effect will be enhanced.

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Huofuhai (33.07)

Location: 2 cun proximal to Huoshan (33.06), on the prominence of the muscle. Although the point is defined on San Jiao channel, to locate it, place the palm on the chest, the point however is located on the radial side of the back of the forearm, about the location of Shousanli (LI10). Request the patient to make a fist and flex the elbow, the point is in the depression of the Brachioradialis muscle.

Needling Technique: Select the point on the healthy side while the patient makes a fist and flex the elbow. Insert the needle perpendicularly for about 1 cun. After qi arrives, apply the lifting and thrusting and rotating techniques and stimulate strongly, meanwhile request the patient to exercise (flex and extend) the affected elbow for one to two minutes. Retain the needle for 30 minutes with manipulation once every ten minutes. Exercise the elbow while manipulation.

Analysis and Experience: This point is located about the same location of Shousanli (LI10), which is an important point of Large Intestine channel. Because Large Intestine channel is full of abundant qi and blood and has strong power to regulate qi and blood, and hence points of this channel will create strong needling sensation, can coursing the wind and invigorate the channel and are good at treating channel and network vessels related diseases. Shousanli (LI10), because of the pathway of the Large Intestine channel, is an essential point in treating shoulder, back and arm pains recorded in all dynasties (refer to Ode of the Essetias of Understand, Song More Precious Than Jade, Ode of Xi Hong, Song of Points for Miscellaneous Diseases.) Huofuhai (33.07) is on the prominence of the muscle, which is the muscle/flesh with proper disposition (Fen Roe). The ancients regarded Fen Roe as Jin (musculartendon) and hence this point is good at treating tendon related diseases. (For this part, I gave detailed explanations at the Advanced Tung's Acupuncture Seminar in Oct. and Nov. 2008. I shall give full discussion in my book in the future.) Meanwhile, since Huofuhai (33.07) is defined on San Jiao channel, it also has the functions to supplement Kidney and treat bone related diseases; and hence is a superb effective point in the treatment of tennis elbow. (The above is cited from "Single Needle Acupuncture Therapy" by Young Wei-chieh).

Remarks: A while ago, (Oct. 19) at the International Conference of Brain Medicine in Traditional Chinese Medicine held in Los Angeles, I was one of the keynote speakers. At the end of the lecture, several presented doctors asked me about the treatment of pains. One asked about the treatment of tennis elbow. One of my students, Dr. Lee responded him (also a Dr. Lee) that he recently treated five cases of tennis elbow by following my above described methods and all of them cured shortly. His descriptions proved my above experience is very practical.

Question 42: What is the reason all Jing-well points treat fullness below the heart?

Answer: Jing-well points master the fullness below the heart. "Below the heart" refers to the Pi (glomus) and fullness of Zhongwan (center stomach duct). "Jing-well" points are located at finger or toe tips and there are twelve of them. The ancients used the "well, the origin of water" as an analogy because the energy (qi) of channels and network vessels origins or departs here (finger or toe tips). Those Jing-well points are able to treat the fullness of the heart.

There are several sayings about the so-called "man (fullness)." One saying of "man" refers to the adverse lung qi. Jing-well points of yang channel pertain to metal, correspond to Lung and dominate qi. They correspond to depurative downbearing, and storing. Jing-well points of yang channels are Lidui (ST45), Shouze (SI1), Shangyang (LI1), Zhiyin (UB67), and Guanchong (SJ1) which pertain to metal. Needling those points has the depurative downbearing function and can lower qi to reduce fullness. Another saying refer "man" to the

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undredged Liver qi. Jing-well points of ying channels pertain to wood, correspond to Liver and dominate blood. They correspond to rising, dispersing, dredging and scattering. Needling Jing-well points of yin channels, Shoushang (LU11), Yinbai (SP1), Shaoshang (HT9), Yungquan (KI1), Daduan (LV1), Zhongchong (PC8), will dredge liver, and regulate qi to eliminate the fullness.

Another saying refers “the fullness below the heart” to the excess syndromes of earth. Jing-well points of yang channels pertain to metal, which is the son of the earth. Blood-letting those points to reduce the son for excess syndromes to eliminate the fullness. Jing-well points of yin channels pertain to wood which restrains the earth. Needling those points can restrain the earth to eliminate the fullness. That is why all Jing-well points can treat the fullness of the heart.

In clinical practice, the combination of Yinbai (SP1) (Jing-well of Spleen), Weishu (BL22), and Tienshu (ST25) is good at treating abdominal distention; the combination of Yinbai (SP1) and Lidui (ST45) is to treat nightmare and unpeaceful sleep. It is believed in Chinese Medicine as “if the stomach is not in harmony, then the sleep is not in peace.” When the stomach is not in harmony, there is often accompanied with the fullness of the heart. I personally often prescribe *Ban Xia Xie Xin Tang* to treat the *pi* (glomus) syndrome which can be treated by the Jing-well points of Spleen and Stomach channels if acupuncture is applied. Also, in acute situations, the region below the heart is often with the sensations of fullness, stuffiness, and obstruction and the heart orifice is obstructed and closed by the excess pathogen. Jing-well points can dredge and drain the pathogenic heat, open and unobstruct the heart orifice and hence are good at treating acute syndromes.

Question 43: What is the reason Ying-spring points all can treat body heat/fever?

Answer: All Ying-spring points can treat body heat diseases as Ying-spring points dominate body heat. Ying-spring points are the points firstly posterior to Jing-well points. Ying-spring points all can treat body heat syndromes or diseases. There are two explanations to the so called “body heat diseases”. One refers to the heat caused by deficient fire. Ying-spring points of yin channels pertain to fire. Needling them can supplement the fire deficiency. Needling Ying-spring points of yin channels are Yuji (LU10), Dadu (SP2), Shaofu (HT8), Rangu (KI2), Laoguo (PC8), Xingjien (LV2), can tonify fire to treat deficiency fire. The other explanation refers the heat to the fire excess. Ying-spring points of yang channels pertain to water. Needling them can clear fire. Needling Neiting (ST44), Xiashi (GB43), Erjien (LI2), Qiengu (SI2), Tonggu (UB66), Yemen (SJ2), Ying-spring points of yang channels can clear heat/fire to treat excess fire, since they all pertain to water. That is why Ying-spring points all dominate body heat diseases. Although they all can treat body heat diseases, one saying is that yang Ying-spring points dominate exterior heat while the yin Ying-spring points dominate the interior heat.

Ying-spring points dominate body heat; Ying-spring and Shu-stream points treat exterior/external channels. Here the “external channels” are related to channels and network vessels (*Jing Luo*) as well as the external pathogens. The exterior contracted diseases often have the symptom of heat effusion which might be caused by heat or cold. Ying-spring points of yin channels pertain to fire. Ying-spring points of yang channels pertain to water. Hence, Ying-spring points have certain therapeutic effect on exterior contracted diseases or diseases manifested with color changes. For example, the often selected Yemen (SJ2) for common cold is superb effective. Needling Yuji (LU10), the Ying-spring point of the Hand Tai Yin Lung Channel to treat throat pain and asthma (mostly triggered by exterior contraction) is very good. In clinical practice, needling Yuji (LU10) of Hand Tai Yin channel and Erjien (LI2) of Hand Yang Ming channel to treat panting, coughing caused by heat syndrome or pneumonia for they can abate heat, sedate cough and pacify panting. Besides, Neiting (ST44), the Ying-spring point of Stomach channel is often selected for the heat syndrome of the Stomach channel; Xingjien (LV2), the Ying-spring point of Liver channel is often selected for heat syndrome of the Liver channel.

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Question 44: What is the relationship between the amount of qi and blood and the therapeutics?

Answer: *Biao Yo Fu* (*Song of Elucidate Mysteries*) says “First (one should) examine the amount (of qi and blood), next should observe the qi arrival. Light, slippery, and slow, (qi) has not arrived; deep, rough, and tight, has arrived.” Here the “amount” is to generalize the amount of qi and blood of every channel. Doing so is to know well (control) beneath the needle, waiting for the qi to arrive and so to conduct the supplementing or reducing manipulation technique accordingly.

The first person who applied the theory of qi and blood amount to clinical practice was Dr. *Zhang Zhong-Jing*. In *Shang Han Lun*, many clinical cases can support this statement (cases to be omitted). *Zhang Cong-Zheng*, one of the Four Eminent Physicians in the *Jin* and *Yuan* Dynasties, was good at blood-letting technique and particular emphasized the theory of qi and blood amount. In *Ru Men Shi Qin* (*A Confucian's Duty to [His] Parents*) he once mentioned “To let blood, Tai Yang and Yang Ming are more suitable for they have abundant blood. Shao Yang channel is not suitable for blood-letting, for it has little blood.” Dr. Zhang often bled on Tai Yang channel on the back, because the back is the pathway of Tai Yang channel and “Tai Yang dominates the exterior/superficial”. Hence to treat sore, carbuncle, boil, and acne, Dr. Zhang often bled to dredge the heat of Tai Yang channel.

Currently the commonly used blood-letting points match the theory of qi and blood amount. For example, Tai Yang channel has abundant blood but little qi, hence Weizhong (UB40) is often bled to treat body heat, headache, vomiting, abdominal pain, sores, carbuncles, boils and acne, etc, those excess heat syndrome, and receive very good effect. Weizhong (UB40) treating lumbago, sciatica is particularly good. Master Tung often bled the back to treat various diseases ranging extensively. No matter the internal organ diseases or the four limbs diseases, all can be treated. *Chize* (LU5) is the He-sea point of Lung channel and since Lung Tai Yin is with abundant qi but little blood, needling *Chize* (LU5) with the reducing technique can treat the excess syndrome of Lung, and impediment of tendon and bone. It is also an essential point of blood letting technique, particularly for frozen shoulder, pains of the shoulder, wrist, and palm, nose bleeding, vomiting, stubborn skin ulcer, *Sha* (sand effusion) syndrome.

Yang Ming channel has both abundant qi and blood. When the exterior contracted disease transmits to Yang Ming, the condition will become “abundant righteous qi fighting exuberant pathogen” and the patient has high fever and cloudy spirit. To treat, reducing method or blood-letting technique is often applied. For example, prick at Shangyang (LI1) and Shaoshang (LU11) for little blood can treat fever and sore throat caused by exterior contracted diseases. This is in accordance with that Yang Ming channels have “abundant blood” and hence dredging the blood to treat the excessive. Besides, “excessive qi transforms to fire”, hence in clinical practice, when treating some diseases caused by or with fire or heat, such as red, swelling and painful eyes, toothache with heat/fire sensation, breast pain, sore, carbuncle, and furuncles, points of Yang Ming channels are often selected to clear the heat and dredge the fire so to detoxify toxin (relieve the fever). Those points are such as Erjien (LI2), Sanjien (LI3), Hegu (LI4), Shousanli (LI10), Quchi (LI11) of the Hand Yang Ming; and Neiting (ST44), Xiangu (ST43), Fengrong (ST40), Zusanli (ST36) of the Foot Yang Ming, all are the commonly selected points for clearing heat and dredging the fire.

I personally often bleed at Zusanli (ST36) to treat stomach diseases, asthma, and heart diseases. I even more often bleed at Fenglong (ST40) to treat prolonged or strange, difficult, complex and miscellaneous diseases. This is in accordance with the “abundant qi and abundant blood” and hence the channels are suitable to dredge. Besides, Fenglong (ST40) is the meeting point of phlegm. Bleeding at Fenglong (ST40) can resolve the stasis and expel phlegm. As the point can treat (resolve) both stasis and phlegm, Fenglong (ST40) is a superb effective and essential point in the treatment of strange, difficult, complex and miscellaneous diseases. Also, because Yang Ming channels have abundant qi and blood, they can be used to regulate and tonify qi and blood are to treat the deficiency of qi and blood, hence they are good at treating the sequel of stroke, such as hemiplegia and atrophy (*wei*) syndromes.

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The above examples are the application of the theory of “amount of qi and blood”. The theory of qi and blood amount directs us to consider the condition of qi and blood: vigorous or feeble, and to regulate qi and blood by tonifying the deficiency and dredging the excess. The goal is to balance the yin and yang to cure the diseases

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Appendix 6

Master Tung's Advanced Points Seminar (Feb 27, 2010) Notes

General Theory and Point Associations

The theory behind Master Tung points has a solid basis in oriental medicine. In ancient texts distal points are cited as being more powerful than local points because the body has better memory for distal locations (which sort of makes sense because of the density of neuronal endings in those areas). If you treat with distal points the effects are often more dramatic and results are achieved more quickly than using local points.

Master Tung point prescriptions also rely upon mirroring – top to bottom, left to right, front to back – and upon balance methods. Microsystems are also a strong component of Tung points. Every component of the body can be viewed as a microsystem: face, 2nd metacarpal bone, hand, ears, etc.

Master Tung points are related to the 14 channels

- Jian zhong is a point in the center of the deltoid muscle. This is more of a muscle to treat muscle application. Because it is located in muscle it has Spleen applications and thus treats muscular atrophy and paralysis. This point also treats knee pain as does PC 6.
- Cesanli “Beside 3 miles” 1.5 cun lateral to ST 36. This is between the shaoyang and yangming channels so has applications for both wood and earth. Will also treat trigeminal neuralgia which is a wind problem (because spasms and pain come and go like the wind). This point establishes control of both earth and wood elements. You can also use LI 3 and SI 3 for trigeminal neuralgi because the Yangming and Shaoyang elements affect this so strongly. Both are Shu stream points. Shu streams control joint heaviness and *pain*. Also, the Neijing says if a problem comes and goes, use the shu stream points to treat it.
- Ganmen (liver gate) along SI channel.
Like SI4, treats hepatitis
- Heart Gate (Shen Men) is 2 finger widths distal to the elbow joint. Or 3 fingers from tip of elbow. Insert perpendicularly. Often used for knee joint pain, including joint degeneration. Knee is related to heart which is inerrelated to SI channel (interior/exterior relationship). Because called Heart gate, orgininally used to tx heart diseases. Close to he sea point which tx internal organs – part of SI/HT internal/external relationship. Can treat knee pain because of elbow/knee location relationship. Can even trt bone spurs on the knee cap.
- 33.01 – 0.3. Three point combination along the LI meridian. Good for hemorrhoids because of the meridian location. Related to anus area - microsystem relationship along this bone/segment of the channel. Erbai treats hemorrhoids for the same reason – microsystem relationship. KI communicates with SJ and ctrls the 2 yin orifices.
- Jiexue 88.28. 1.5 cun below the Xi cleft of the stomach channel (ST 34) which is good for release of stomach pain (acute conditions and pain on the channel/organ are the major indications for xi cleft points). ST 34 works for stomach ulcers too. Most xi cleft points are below the elbow/knee, but this one is above the knee cap. Yangming is rich in qi and blood, so good for bleeding. Jiexue is good for new trauma, bleeding. Good to regulate qi/blood.
Also good for needle shock, for stuck needles, bent needles.

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Many Tung points are related to Five Element correspondences and/or have Antique Point applications.

- Jing well points are used to open orifices. Liver and Spleen 1 for instance stop bleeding because Liver 1 is the jing well for the channel and stores blood. Spleen 1 controls blood. UB 67 is used to open the orifice and induce labor. Per the Shang Han Lun the UB is related to the uterus.

The point 11.17, Wood Anger, is above the yingspring point, so is considered to be related to the jing well on the LI channel. The LI channel terminates at LI 20, the external nose. There is a five element wood/metal relationship between LI/metal and LV/wood, too. The Liver/wood channel goes to the *internal* nose, so Wood Anger will treat both internal and external nose. Good point for opening the nasal cavity. Works similarly to Four Gates.

- He Sea points treat internal organs. These are earth and water points on the five element chart. Also treat deep muscle tissue. These points are located in thick muscle, so this is a muscle → muscle correspondence. Muscle tissue treatments also build Qi.

Toes and fingers are less muscle related and more tendon/motion related.

The 11.10 point, Mu Huo, is called “between wood and fire.” Its function also relates to this correspondence. This point treats sequela of stroke. Strokes are caused by Liver yang rising, hypertension, or thrombosis. All of these reasons are related to wood (Liver correspondence for yang rising and hypertension) and to fire (Heart/thrombosis). The heart and liver channels both go to the head and contribute to stroke. 11.10 is located on the dorsal aspect of the middle finger at the center of the most distal interphalangeal crease.

- Ying spring points are often used to treat the common cold because of the clear fire applications. Sanchasan is a great point for the cold and is located at the Ying spring locations between the knuckles and the MCP joint.
- Jing river and He sea points treat chronic diseases according to the description for these categories of points. The closer to the Jing well points you are the more urgent the diseases you are treating. You do not retain the needle (or only retain short time) here, but bleed instead. As you move toward the he sea and jing rivers however, you're treating more chronic diseases and retaining the needle longer. Retain Ying spring and shu stream points 5 – 10 minutes. Retain jing rivers and he seas longer.
- Further five element associations. Tushui, 22.11, is related to water and has associations with earth and metal as well. It's located at LU 10 and is a great point for asthma, upper back pain, diarrhea (you'll see a bluish purple vein here if the pt has a diarrhea problem). It treats asthma because qi is related to Lung (metal), Spleen (earth) and Kidney (water). Shuijin point on the chin (1010.20) is also earth, water and metal related and so treats asthma and cough as well.

Blood is related to Heart (fire), Liver (wood) and Kidney (water).

Points also have Zang associations

- PC 6 for instance is often used to treat knee joint problems. Knees are related to heart. There are lots of vessels at PC 6 and in the knee, relating it to heart. The knee is also along the stomach channel. PC communicates to the ST and ST channel relates to knee. There is also a hand and foot jueyin intercommunication going on here. Finally, because PC 6 is between tendons and most knee problems are tendon/ligament related this is a tendon to treat tendon application.
- Fuke 11.24 is between MCP 1 and 1st interphalangeal joint, located at the 1/3's. This is a major point to treat infertility. It is often combined with 11.06 along the SJ channel. KI communicates with the SJ

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channel. This point can regulate KI and endocrine function, treating uterine and gynecological problems. Treat right Fuki and left Huanchao one time and then alternate for the next treatment.

- Zhiwu 11.26 point means “control turbidity.” Oozing and chronic sores which don’t close up and heal (like after surgery for instance) are treated with this point. This is on the Lung channel which controls the skin. Use a small lancet and bleed at the blue/purple vein you find in this area. Squeeze the area to build up blood congestion in the area, then bleed. Should start and stop on it’s own this way.
- Ganmen 33.11 means liver gate. It’s major function is for Liver dysfunction such as hepatitis (acute or chronic) and is named for it’s indication. It is on the SI channel which communicates with the spleen channel. The SI channel and organ separates turbidity and clarifies. It is good for treating dampness which is related to the Liver and to jaundice. You can also use SI 4 as a TCM treatment because SI 4 is the yuan source point on the channel.

Therapeutics of Master Tung Points

Microsystems

Microsystem theory came out of china long ago.

Second Metacarpal Bone Theory Microsystem

Remember the 2nd metacarpal bone microsystem from [Advanced Needle Theory 1](#). The 2nd bone is divided into 11 parts with the most distal head of the bone related to head itself and the base of the bone near the wrist related to leg and foot.

Sanchayi (A01-04) and dabai are used to treat headache for this reason – located at the head of finger bones.

Insomnia sidebar:

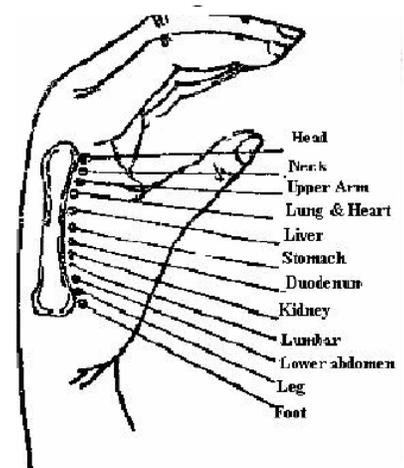
LU and HT locations good for insomnia. Location between da bai and LI 3. Can also use ear apex point for insomnia – super point for insomnia. Insomnia comes from HT/KI failing to communicate or from excess heart fire. Chronic insomnia is treated by soothing liver and nourishing blood in herbal treatment. Kidney opens orifices and ears. But in Suwen says heart can also open orifices on the ears. By bleeding the ears you communicate between Heart and Kidney. This treatment is an acupuncture version of herbal treatment. Shaoyang channels goes through the ears. Bleeding here communicates between the two. Works even for chronic insomnia, though may take longer if more chronic. Persist, bleeding a couple of times, for best results.

Turn the 2nd bone microsystem upside down – now head is foot and foot is head. This is why you needle Ling Gu for dizziness also. This point is along LI channel, which is related to liver – liver is related to wind which is a component of dizziness.

This is why Ling gu is often needled with Da bai. The combination of the two is a Dao Ma treatment. This emphasizes treatment function. Used frequently for sciatic pain which often occurs because bed too soft, not enough movement, carrying heavy stuff.

Facial Microsystem

There’s a microsystem on the face too. See handout page 2. The most general breakdown is by the areas related to the jiaos. Forehead is UJ, nose is MJ, lip area is LJ. Zits on the face are indicative of where you have fire in your system (lips/chin = LJ).



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More detailed facial microsystems can be found on the handout on page 2, top diagram. Different facial components are related to different areas of the body. Some of the facial areas are indicative of left/right, like #11 = right lung, #24 = left lung.

Remember that both heart and kidneys open to the ears. A crease on the face from ear to chin can indicate heart disease when is straight down. If crease is transverse can be ringing in the ears.

See the notes, page 2, bottom diagram for the 2nd facial microsystem. Trigeminal neuralgia can be treated at the 8 and 9 area and also along the jaw. The 8 and 9 area are SI and LI – ties back to SI 3 and LI 3 used to treat trigeminal neuralgia.

Facial tics are a wind disease. Needle wood points – LI 3 and SI 3 together. Different diseases and symptoms, same treatment.

Know where your channels and microsystems overlap and you will understand better.

Dao Ma technique can be largely spaced. Example: 3 point combinations on the leg on the Spleen channel, Stomach channel, etc.

- Upper 3 Yellows
Treat any kind of Liver disease – blood, tendons, literal LV diseases, Parkinson's and other tremor type diseases, hepatitis, etc. 3 points together used for each of the jiaos. If symptoms are localized to one area, you can needle different combinations of these points (like upper 2 for middle/upper jiao affectations).
- Si Ma points – along the stomach channel are #1 for any lung diseases, dermatitis of any kind, skin diseases of any kind. 3 points together used for each of the jiaos.
- Lower 3 Emperors

Tai ji holographic correspondences

1. Same height correspondence
Best is opposite side.
2. hand-foot clockwise correspondence
3. hand foot counterclockwise correspondence
4. hand body clockwise correspondence
5. hand body counter-clockwise correspondence
6. foot-body clockwise correspondence
7. foot-body counter-clockwise correspondence
8. head to hipbone and head to foot correspondence

Can do this on head – needle du 20 for throat pain. You could also correspond it with Du 1 using a different correspondence. You could change tactics again, using Du 20 to treat pain at the sole of the foot.

9. Front-back correspondence

- Du 15 to treat hoarse voice for instance.
- In Tung points there is Zhongshu 1010.07 between Du 15 and 16 for this as well, but best used for bleeding to treat n/v, Meniere's syndrome, loss of voice/muteness, **sequela of stroke where patient cannot swallow on their own.** After bleeding calms the nausea feeling. This is a front/back correspondence.

Chasing a related rabbit or two:

- LI 11 and PC 6 are another way to treat Meniere's – can be used together or separately.
- LI 11 can treat dizziness and vomiting because LI communicates with Liver, treating all kinds of dizziness.

Would this work for our can't swallow patient?

←

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- PC 6 can treat liver diseases due to the Jueyin connection between PC and LV. Another connection between them connects PC and ST so you can treat Liver and Stomach with one needle.
- Because this area connects directly into the brain, can use it for brain stuff too.

Duijin/Imaging Correspondences

This is a holographic map of the body on the extremities, on the trunk. You can use this holographic map to map the whole body on the parts. You might map them right side up so that left shoulder can treat right shoulder, or you might map them upside down so that the fingers or wrist treat the shoulder. Regardless, if you're using the extremities as your correspondence map, be sure to use the elbows and knees as your middle points, so they represent the middle of the extremity (elbow represents knee, knee represents elbow, or either of them represent the navel of the trunk of the body). This is why LI 11 for instance can be used to treat problems around the navel.

From Dr. Liu's notes →

ST 31, as another example, can be used to treat the upper back in this correspondence. Lower leg can represent lower abdomen in another example. This is where Kidney gate is located and can be used to treat the lower abdomen. Toes could be used to treat genital area (Liver 1 and Spleen 1 used to control excessive menstrual bleeding or Liver 1 can be used for impotence as an example of this principle...or Bladder 67 used to induce labor.

Liver is also related to tendons and thus to the penis. Impotence comes from coldness often – Liver 1 can open the orifice and eliminate the coldness. Liver 1 is wood point on wood channel so is the best point to treat wood problems. ST 36 is the earth point on the earth channel and is thus the best for earth/Spleen/Stomach.

Taking the upside down foot/leg into account, toes can also relate to the head. Good point for headache is ST 43 for this reason. There's a better Master Tung point near ST 43 for this too. UB 65 excellent for occipital headache, tying in both the meridian and the toes to head correspondences. SP 6 can relate to PC 6 and treat similarly. Ankle can correspond to neck, lower leg to chest. The Achilles tendon point (just above calcaneus bone on posterior lower leg) treats stiff neck for this reason. Strong connection between Achilles and neck! Lower leg pain could be treated with Sj 6. Five tigers point treats finger pain, but also addresses toe pains.

A05 extra point very good for ankle pain. You can needle this point on opposite side of something like an ankle twist and then have the patient move the affected side. This treats pain – if swelling persists, use chi shao dou, a small red bean which you grind and make into a paste. Put the paste on the swelling, when it dries reapply. Takes the swelling down and helps the twisted ankle heal. Shouldn't take more than 2-3 days.

Body Tissue Correspondence

This is a principle from the Neijing:

Bone to treat bone

Also can be used to treat kidney which is related strongly to bone. **Bone to treat bone** says you go beside the bone, another theory says you touch the bone. You can also insert through a tendon and touch the bone, effectively treating both the Liver/tendons/wind and bone/Kidney.

Image of LIMBS to head and Trunk

Needled Area	Sick Image	Area Reverse Image
Finger/Toe	Testicles & anus	Top of head
Hand/Foot	Genitals, coccyx, sacrum	Head & base of skull
Wrist/Ankle	Bladder area/lumbo- Sacral area	Neck and neck joint
Forearm/lower leg	Lower abdomen, and lower back	upper abdomen, rib cage Chest, mid-upper back
Elbow/Knee	Umbilicus level/L-2	Umbilicus level/L-2
Upper arm/upper leg	Upper abdomen, rib cage, Chest, mid-upper back	Lower abdomen, and lower back
Shoulder/hip joint	Neck, jaw, base of skull	Genitals, coccyx, sacrum
Top of shoulder/top of hip	Top of head	Testicles & anus

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Heel pain for instance can come from heel spurs and can be treated with Ling gu – a bone/bone treatment. Could also insert at GB 31 and touch the bone.

GB 31 is called Wind Market. The Nine Miles point is along the GB channel. Neijing says all meridians come from the Gallbladder – that dude goes everywhere including the head. If you can't figure out what the hell to do for the patient, needle GB 31 first! Also a great point for heel spurs. Add Du 26 to communicate with the spine. If there are lumbar/cervical problems, add SI 3 and UB 65 for the lumbar especially.

Bone also treats Kidney. *Chronic disease should be treated by needling to touch the bone.* Chronic diseases always affect Kidneys. Along the bone we conduct information from the membrane of the bone down to the bone. The 3 points along the bone of the lower leg can treat bone spurs. GB 31 can treat bone diseases if you needle to the bone

Muscle to treat muscle

Also treats Spleen since it is in control of muscle. Also tonifies qi and blood. **Muscle to treat muscle.** Muscular atrophy is treated by needling thick muscle. Ancient work says atrophy is treated with Yangming channels. ST 40 area, LI in deltoid area, etc. Atrophy is deficiency + dampness. Yangming can treat both of these.

Can also treat spleen through muscle needling at the thick muscles.

Tendon to treat tendon

Treats liver issues since liver controls tendons. **Tendon to treat tendon.** Many Master Tung points almost or do overlap with TCM points. LU 5, for instance, can be used to treat tendon, but in the Tung points you bend the elbow and the high point of the tendon is the point. Insert *right* next to the tendon. This is also the water point of the Lu channel – strong manipulation here can sedate the metal.

Also very good for frozen shoulder. Needle this area with strong manipulation on the *same side*.

Usually for pain you needle opposite (because nerve systems cross to opposite sides of body), but *functional* problems are needled on the same side (because this is more blood vessel related and those run same side not opposite).

Tendon treats Liver as well as spasms and such. You can needle A0x points which are just below the tendon and close to the bone – treats wind problems, but close to the bone also treats dampness. Achilles tendon point just above the heel same dealio.

Vessel to treat vessel.

Direct theory example is bleeding. Another is insertion of needle next to blood vessel. You could bleed close to the elbow for heart problems or blood level problems. UB 40 to treat sores (skin heat) for instance. Liver 3, which has a vessel right under the area you needle, can treat heart disease for this reason. Critical patients in the hospital are checked for pulse at LV 3 in China. Same is true for LU 9 here.

Vessels can also treat heart problems at noted above.

Skin to treat skin.

Dermatitis can be treated with plum blossom for this reason. Always insert needle in a shallow position for dermatitis.

Skin can also treat Lung. Use a shallow insertion. Cough and asthma points on the chin are also very shallow.

A Study on Tung's Acupuncture

Channel Meridians Applications

The 14 channels correspond to the Master Tung points. Hand shaoyin and foot shaoyin communicate, for instance. There's also a point to point correspondence – you can use together, substitute one for another, etc. SJ 3 and GB 41 for instance. See below for a couple of examples.

HT	KI	PC	LV
8 →	2	9 →	1
7	6	8	3
5	3	7	4
3	10	4	5
		3	8
SI	UB	SJ	GB
1 →	67	1 →	44
12	66	3	41
3	65	4	40
4	63	5	39
5	62	9	34
6	60	11	31
7	57	14	30
8	40		
10	36		

Zhang Fu Bei Tong

14 channel meridian theory

Same Energy Attraction		
Taiyang (open)	Shaoyang (pivot)	Yangming (close)
Foot UB • Hand SI	Foot GB • Hand SJ	Foot ST • Hand LI
Hand LU • Foot SP	Hand HT • Foot KI	Hand PC • Foot LV
Taiyin (open)	Shaoyin (pivot)	Jueyin (close)

(You can find all of this information in the Therapeutics book that is the companion to the Points book.)

Look at the circuit above. This is the matching of the hand and foot channels. Taiyang is an opening point, shaoyang is a pivot, and yangming is a closing point. Yin evils start at the lower and move upper and always injure the yin. Taiyin and Taiyang, the outer edges, are the first attacked. They have similar functions and relationships. Foot taiyang communicates with the hand taiyin. Hand taiyang (SI) is tied to Foot taiyin (SP), both related to digestion.

A Study on Tung's Acupuncture

Frozen shoulder always related to taiyang and yangming. Kidney gate on the spleen channel (1.5 cun below SP 9) is effective for this condition because of this relationship. Actually, if you combine Kidney gate and SP 9 in a dao ma relationship, it's even more effective. (Also seems like bone/bone, bone/Kidney correspondence.) Needle KI gate, retain, then later add LU 5.

Shaoyang is the pivot point – hence those ½ inside, ½ outside things. Shaoyin is middle of yin channels also, alternating between hot and cold. Note that HT and GB are linked above. GB disease can also translate to HT disease. Heart in some writings is also related to sores that won't heal or sores that break out on the body *or* to itching all over the body. You could use Ht 8 for this. Heart controls fire, so this point could eliminate fire. However, in the book, *Five Transportation Points*, it is noted that if any disease changes the coloring of the skin, you need to use the Ying Spring point. Heart 8 is both heart, horary of heart, and the ying spring.

Gallbladder channel also goes through the ears. Not too many pages ago it was noted that the heart does too and you can bleed for insomnia for this reason. Another tie between Heart and Gallbladder. Taiyang channels go to the ears too and taiyang controls the surface – related to Lungs – which is why bleeding for dermatitis is effective.

Yangming is the closing. Yangming disease are always high fever and constipation, often psychological problems also. When you see psyche problems, needle yangming! High fever and extreme heat can generate internal wind. Convulsions, LOC are both possibilities. Jueyin and Yangming thus have similar functions. This is why you can use LI 11 to treat dizziness, a wind manifestation that is related to Liver. This correspondence is also why you can use PC 6 to treat nausea and ST 36 to treat heart (pc) disease (again with the knee joint to treat the heart). Using both channels together have stronger effect. This correspondence between LI and LV explains the 4 gates connection also. Sweet.

LU 5 and UB 40 are both bleeding points – correspondence between these channels too.

Dao of Dr. Tung

6 Tung's needling methods

6-1 Dong Qi: Active Qi moving needling technique

Needling of *distal* point so patient can move the affected area. See the handout for the how to specifics.

1. Find the painful area and choose your points.
Let's say the patient has left knee pain. Choose right side PC 6 or heart gate.
2. After insertion and arrival of numb/sore/distention, rotate the needle and ask the patient to move the affected part slightly.

In our knee example, have the patient move the affected knee. You can manipulate the needle every 10 minutes then have the patient move the affected area. Remember that one point can treat many different things – having the patient move the affected part sends the Qi directly to the area rather than scattering it to every other application!

3. When pain stops indicates the union of the point qi and qi of affected area. Qi of this area is dredged and balanced. Stop rotating the needle, retain or withdraw according to specific condition.
4. For chronic problems, can retain longer and rotate to lead qi arrival. Patient still moves affected point. If chest or abdomen is the affected area, use deep breathing or massage to guide to the area.

A Study on Tung's Acupuncture

6-2 Dao Ma: Point coupling needle technique

1. Find the main indication point.
2. Add a 2nd point – Ling gu and Da bai for instance. This is a neighboring point on the same meridian. If you choose a different meridian, *this is not Dao Ma!* Dao Ma enhances the treatment if you choose a point on the same meridian.

Note that while Ling gu and Da bai go together often, be sure of what you want to do and needle the primary application point first! In the case of 3 point combinations, needle the middle first, then the surrounding points.

3. You can combine this with the Dong Qi technique above and have the patient move the affected area. An example is Ling gu + Da Bai and then move the sciatic area.

6-3 Guiding needling technique

Great for pain of all kinds.

1. Select a distal point on the healthy side as your therapeutic point
You're looking for the shu stream point most of the time. Right side sciatica on the back of the leg for instance would use the left Ling gu and Da bai.
2. Select a distal on the diseased side to serve as a guiding point.
In the example above (right sciatica on back of leg using Ling Gu/Da Bai on the left) Qi will go everywhere applicable to Ling Gu and Da Bai points unless you guide it differently. Back of the leg is taiyang – you can add UB 65 as your guiding point (the shu stream) on the affected side.

If pain is both in shaoyang and taiyang areas on the leg, add UB 65 and GB 41 as your guiding points. Both are shu streams. This streams energy to both channels.

3. Manipulate the 2 points at the same time to create a therapeutic circuit, mutually guiding the energy between the 2 points.
4. Ask the patient to move/massage the site of the pain. Pain should remit quickly. If so, may not need to manipulate.

Another example: frozen shoulder in yangming area. Needle KI gate and LI 3 to guide. You can use this technique for 14 channel treatments also.

Terrific treatment for tennis elbow. Needle LI 11/LI 10 closer to the bone area on opposite side. Use same side Ling Gu (LI 3, the shu stream point) and Da Bai (for bone) as your guiding point. Tennis elbow always relates to tendon and bone and is on the yangming channel. Should have great results with a few treatments.

6-4 Depth of needle insertion

Secret of needle technique is depth of insertion. If for instance your ling gu and da bai don't work, it could be because you don't have them deep enough. Shallow is an impotence treatment! Every single point has 3 levels:

- Heaven – shallow, about ½ cun
Only treats locally. SI 3 needled shallowly will treat hand and shoulder.
- Human – middle depth, about 1 cun
Reaches more deeply. SI 3 needled 1 cun in depth affects the upper back.
- Earth – deepest depth, about 1.5 cun.
Wakes the internal Qi, reaches the furthest regions of influence.
SI 3 needled 1.5 cun in depth reaches sciatica and knee cap pain.

A Study on Tung's Acupuncture

PC 6 shallowly only treats tight chest. Deeper goes to stomach pain, deepest layer (earth level) will treat the knee cap.

6-5 Retention of needles to gain effectiveness

Master Tung often retained 45 – 50 minutes for best effectiveness. If shorter or longer, result is not as great. You need a warm comfortable place in order to make this work! If your patient gets cold or is uncomfortable you're not getting the best effect.

Some docs retain for 1 hour to 90 minutes for chronic diseases such as asthma, etc. with good result. This is not financially feasible for most practitioners.

All that said, 30 minutes works pretty well since that's a full cycle of energy through the meridians. Ergo, 30 - 45 minutes works for most applications. . .

Except Bell's Palsy which works better at 60 – 90 minutes and patient gets faster resolution. (ST 36 and 37 are the 2 best points for Bell's Palsy, 2 cun deep to eliminate the wind affecting the face.) You can also combine this with bleeding on the inner cheek.

Bleeding

When applicable, build up a blood congestion by squeezing the area, pushing the blood to the area. However on places like BL 40, Taiyang, inside of the cheek, etc can't do that. You should see a congested vessel in the area you can bleed. Be prepared for a major blood related event!

Regardless of where, blood should stop on its' own when it has bled enough. If you get a spurter it's because the problem has been going on a while and the stagnant blood needs to get the hell out of there.

Points Discussion

Finger Points

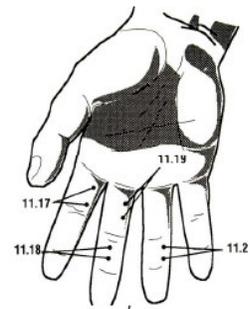
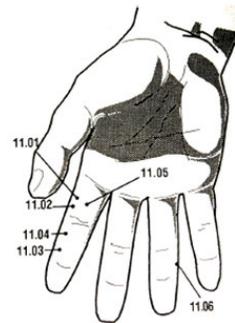
11.06 Huanchao

Insert along the bone, but aiming beneath the bone. Always used with gynecological problems and used in conjunction with Fuke. →

11.17 Mu or wood anger

On the D line of the finger (remember the C line is the middle line of the finger). Between the 2 joints, but is 2 points. Use the 1/3 and 2/3. Mostly you use only the lower point.

- Acute rhinitis: Have patient clean out discharge and immediately needle. If one sided congestion, needle opposite side. Great for common cold.
- Chronic rhinitis or post nasal drip: Works to improve post nasal drip, but really need to find the root and treat that. Can be combined with the 4 gates. Liver channel goes to throat area. LI goes to the external nose. For chronic problems or post nasal chronic, combine with root treatment points.
- Also treats dry eyes or running tears.
- Dermatitis in the palmar area – like cracks on the skin in the winter time.



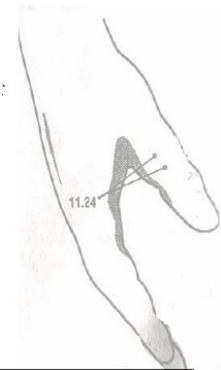
A Study on Tung's Acupuncture

11.24 Fuke

On distal interphalanges of thumb. Use the 1/3 and 2/3 location method. Not needled perp to point, but perp to line C or the dorsal side of the thumb. Needle into the muscle and along the bone. Combine with 11.06 huanchao on opposite side. Alternate sides next treatment.

- Any kind of gynecological problems.
- Infertility.

Combine with 11.06 huanchao on opposite side. Alternate sides next treatment. If you want to treat infertility, always have the husband do a sperm count test first. 30% of time it's the husband who has the problem.



Sidebar: 11.03/.04 is used in conjunction with 11.01 and 11.02. Don't have to use them all...pick a couple. This is for **hernia** treatment. Combine with LV 1 or 2. Combines upper/lower, zang/fu, hand/foot, branch/root treatment making a more complete treatment.

Creates a stronger body memory and communication. Also treats **prostatitis, urethritis, varicose veins in the testicle area** (all of which can contribute to **male infertility**). Bilateral points reduce pain rather quickly.

11.27 Wuhu (Five Tigers)

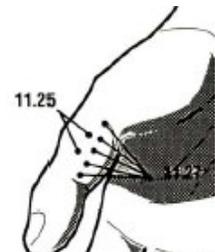
Little different in location than others. Wuhu points are between the 2 joints of the thumb. First, find the middle point. You can't exactly locate right in the middle because of that huge thumb joint. Find the line on the palmar side that runs right in front of the joint, not the the one that runs straight down toward the wrist.

1st tiger treats arthritis pain in the fingers. If you needle Wuhu 1, also needle SJ 5 opposite side. If only 1 or 2 fingers hurt, needle opposite side Wuhu 1 and use guide point Wuhu 1 opposite side.

Have the patient rest – pain in the body is a warning sign. Pain now is often from overuse and tightness (carrying too much, writing too much, typing too much, etc).

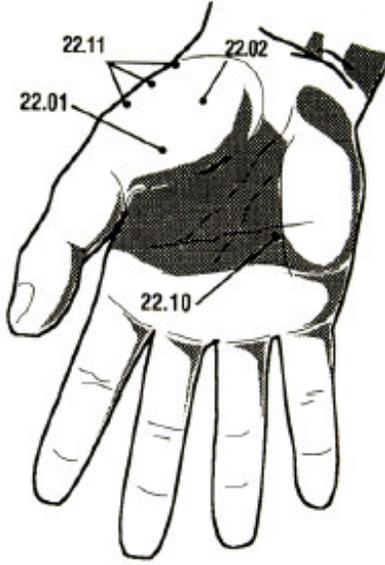
If there is more pain after a treatment, could be due to overwork in the absence and resulting giddiness of no/less pain. Kind of like what happens with cortisone shots.

Wuhu 3 for toes, Wuhu 4 for back of foot pain, Wuhu 5 good for heel pain and twisted ankle pain.



A Study on Tung's Acupuncture

Palmar Points (22.xx section)



22.01 Chongzi

Number 1 for upper back pain (scapular) and shoulder pain. Close your thumb and look at your thumb. Find C line on index finger and follow that down to the crease of the thumb right at the corner of the thumb joint. This is the location of Chongzi. To verify, look for the meeting of red/white skin, move toward center of palm by 1 cun. Needle 1 – 1 ½ cun deep. The thicker this area, the deeper you can needle. Gauge depth based on thickness of area.

In Western astrology this is the Saturn area. Thicker means stronger constitution. If the area is very thin, the blood is cool and others run roughshod over them. If the area is excessively thick, you're a bullheaded asshole and are driving the rest of us crazy.

Insertion to 1 to 1 ½ cun depth will treat fibroids in the uterus also.

Combine 22.01 with 22.02 for neck stiffness especially in the morning or after prolonged inactivity.

22.02 Chongxian

Upper back, shoulder and *neck* area, especially when combined with 22.01.

This combination is pretty tender. Have the patient cough and insert when they do so. Another technique, massage the point first to scatter the Qi.

There are 3 layers here – you do the 3 pushes to each depth, targeting the depth you want. The first thrust is heaven layer. Manipulate a little and go deeper to human level. Repeat and go to earth level.

Can also treat for opposite side finger spasms, chest tightness also (mirror side of the upper back – also works because this is along the Lung channel).

22.04 Dabai

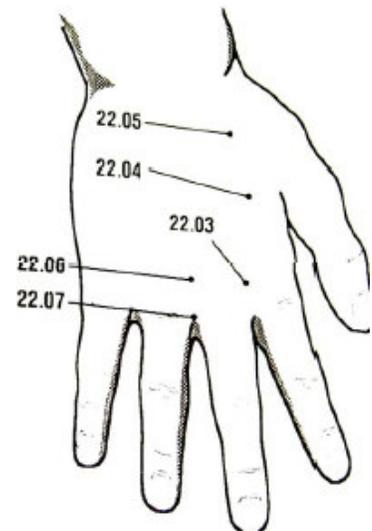
According to modern sources, this point is very close to LI 3, but insertion is closer to bone. (Traditional writings locate LI 3 at Dabai, actually). Combine the functions of Dabai with the functions of LI 3, the shu stream point and wood point of the LI channel. Can treat LI channel pain, wind disease. “Dabai” is “Big White” and is related to Lung channel. Good for pediatric or adult high fevers and common colds. High fevers might manifest with a bluish purple vein here. Also very good for treating pneumonia, headache, trigeminal neuralgia.

Also coupled with Ling gu point in a dao ma combination.

22.05 Linggu

Have patient hold hand like they are holding a bottle. Opens up the joint at the base of the 1st and 2nd metacarpal bones.

Can treat back pain, especially when combined with Dabai. #1 point for sciatic pain, both Taiyang channel and Shaoyang channel. Needled opposite from manifestation. Very effective for hemiplegia.



A Study on Tung's Acupuncture

Can be combined with either Kidney gate or with GB 31, depending upon location, though Linggu and Dabai remain the primary points in combination.

Use opposite side Linggu as the guiding point for tennis elbow.

Use for opposite side heel pain.

Lower back pain + inguinal area pain along Liver channel, i.e., all around hip bone area.

Tx dizziness and headache also.

This point has a metal/water association because it is along the LI channel area. Can thus be used to tonify kidney, treating such things as chronic cough or asthma. Breath always related to metal and water. Lung controls descending – if it doesn't the Lung descending function may be off. Water is the receiving component of breath. If KI qi fails, same shortness of breath or lack of *depth* of breath. Without KI function in tact, hear deep breathing, but patient always feels air deprived and the voice will be soft.

Helps with shoulder weakness, loss of range of motion.

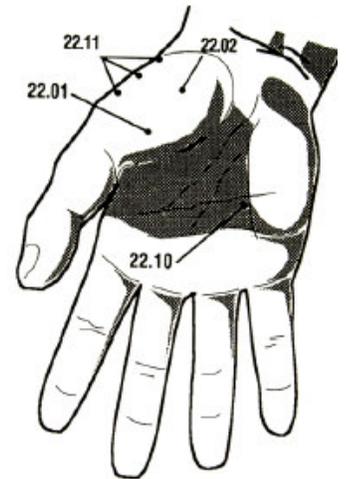
22.11 Tushui

(Not in handout). This is a 3 point combination along the 1st metacarpal bone and the middle point is LU 10. English translation is “fish belly.” Most of the time you only use the middle point in the combination. “Shui” is water, but is related to coldness. Treats SP and ST coldness causing chronic diarrhea, loose stool. (In acute enteritis a bluish purple vein will pop up here.)

Very good for asthma also. This is the Ying Spring point for the Lung Channel, and these always treat external attack. Combine with Sanchasan for common cold, needling sanchasan. If patient also has a headache, combine with Dabai. LU 10 and SJ 2 combination is for sore throat, but the function is not as strong as LU 10 and Sanchasan.

(Sanchasan was not in the original Master Tung book, but Dr. Young says he used it a lot. As a matter of fact, that's what that whole back section is in his book.)

Treats any kind of stomach problem, opposite side palm pain.



Points on the Forearm (33.xx points)

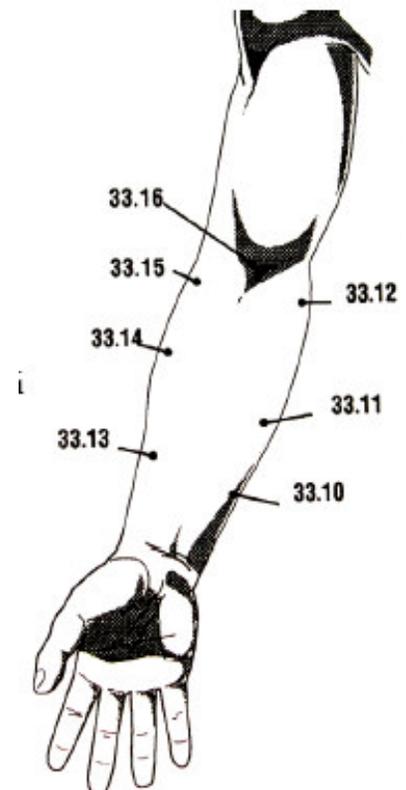
(Not shown all that well in the diagram – should be a shot from the posterior/lateral aspect of the forearm.)

33.10 Changmen

Combine with Ganmen 33.11 for acute hepatitis (damp heat).

By itself, treats acute diarrhea. Better is Menjin (66.05), a point near ST 43, can also use LI 11 as a TCM treatment. Needle both bilaterally and you have a good 4 needle treatment for acute enteritis/diarrhea. If enteritis is combined with vomiting and diarrhea. You can also use PC 6 for nausea/vomiting in combination.

PC 7 treats bad breath, oral sores. PC 5 for hiccups. PC 6 for nausea/vomiting....Stomach problems treated by Pericardium channel.



A Study on Tung's Acupuncture

33.11 Ganmen

Liver Gate. Often used with 33.10. Major treatment for acute hepatitis in this combination. Upper 3 yellows will treat chronic hepatitis. 33.11 will treat lower leg cramps...almost equal to BL 57. Cibai (A06) can also be used for leg cramps and Dr. Young likes it better than Ganmen for this. Acupressure at Cibai works, but takes about 10 minutes – needling is quicker.

33.12 Xinmen (Heart Gate)

In a depression on the medial side of the inferior ulna, 1.5 cun (3 finger widths from the tip of the elbow, 2 fingers from the flare of the bone) distal to the elbow. Insert below the bone.

Treats heart disease: tachycardia, tightness of chest, chest pain, palpitations, irregular heartbeat. Also very good for knee and sciatica pain. (Best for taiyang area sciatica – also treats inguinal area pain + sciatica, though Linggu/Dabai is better.)

Works for tailbone/coccyx pain also (i.e., from falling on it). You can also use Du 19 and 20 for this, though Dr. Young says Xinmen 33.12 works better.

Treats any kind of ankle pain as well. This is a microsystem application, superimposing the body onto this bone.

Remember if you need a guide point, use the appropriate Shu Stream.

Points on the Foot - 66.xx

66.03 Huoying

Also known as LV 2, ½ cun from the webbing of the toes between MTP joint 1 and 2. Related to heart fire. This point can strengthen the heart, treats unconsciousness, treats palpitations, and for placenta failing to descend.

Treats lockjaw and difficulty opening the mouth (66.04 and 66.03 is more potent treatment than local treatment). Jaw is related to LV channel (due to tendon open/close). Combine with 66.04 which is close to the bone and treats any bone degeneration associated with jaw problems. Jaw problems are a wood (tendon) /earth (muscle) disharmony.

Delayed labor due to malplacement of fetus: ST 44, UB 67 + Huoying and SP 6. (Anecdotal insertion by Dr. Young.)

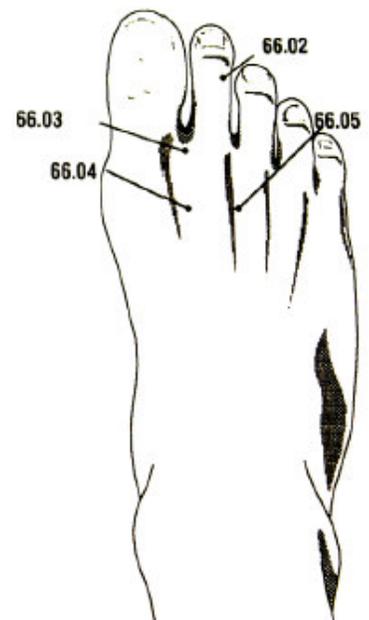
Fibroids in the uterus when combined with 66.04. Note that might feel coccyx pain with uterine fibroids, uterine hematoma, tilted uterus, anything that presses down on the nerve and gives a sort of phantom type of coccyx pain. Use Fuke for this which addresses tilted uterus (also can cause coccyx pain) and all other kinds of gynecological problems.

Can eliminate fire, as can 66.04

66.04 Huozhu

Zhu means master. This is the master of the heart (because of hand and foot jueyin intercommunication) and will treat heart disease. Needle by the bone. This is just about LV 3 in location. This is the earth point on the wood channel so will treat wind, dampness, and coldness. Use Huozhu and LI 4 for heaviness in the 4 extremities for this reason.

Psychological whole body pain can be treated with 4 gates.



A Study on Tung's Acupuncture

Can eliminate fire, as can 66.03. Very good for chronic sore throat. (SJ 2 or Sanchasan + LU 10 also, as previously mentioned, for acute sore throat).

Treats LV/Sp disharmony also. Especially good for emotionally created problems like nervous stomach, irritability affecting stomach, etc. Can also treat dizziness because of the liver/wind association.

Bell's Palsy, sedate huozhu. Don't retain needle too long, but do a strong sedation technique. Add ST 36/37 for Bell's Palsy. Works because the channels go around the mouth, because LV channel goes through the inside of the oral cavity. Very similar to bleeding the inner cheek for Bell's Palsy and can be substituted for that.

Treats hernia, painful urination, genital pain, inguinal pain because the Liver Channel goes here too. Treats any wood/earth disharmony. Insert needle along the bone. Because it's right beside bone has a Kidney and therefore water association.

66.05 Menjin

Posterior to ST 43, inserted close to the bone. Has the same associations as ST 43. Good for acute or chronic diarrhea. Sometimes acute diarrhea is combined with cramping – wood failing to soothe the earth. Shu stream point in this case can stop the pain. Chronic diarrhea, however, like early morning diarrhea is associated with cold. When you insert the needle here close to the bone you are treating bone/kidneys, hence the application for chronic diarrhea.

Good for temporal headache, distending sensations due to Qi, stuffy nose (foot yangming channel can treat the hand yangming which goes to the nose). Good for menstrual cycle cramping (due to wood/earth disharmony). Can couple 66.05 and ST 44 in a daoma combination.

Lockjaw also.

Sidebar:

Why do the Yin channels start at the Jing Well point at **wood** and the Yang channel start at metal? Yin channel energy ascends (**wood**/fire elements) and Yang energy descends (metal/water elements)

Points on the Leg - 77.xx

77.01 Zhengjin

Have patient lie face down and hang foot over edge of table. You want the foot to be at a 90 degree angle. Too much more angle and the tendon will be too tight for insertion.

Patient will not feel pain unless tendon stretched too tight or you use a needle that is too thick - 30 gauge is best.

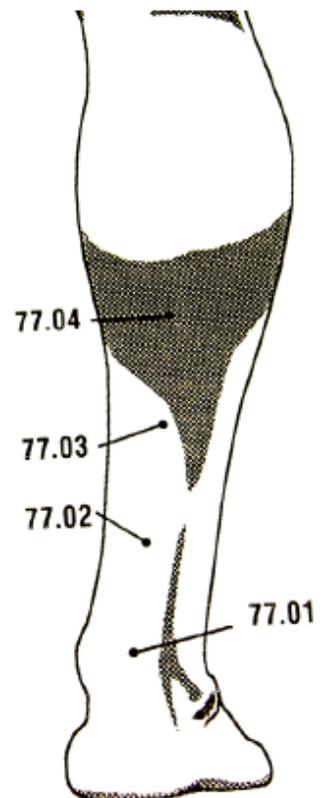
This is tendon to treat tendon application so good for stiff neck, all kinds of cramping problems. UB 57 is similar for leg cramps but this point will treat even stuff like stomach cramps.

Good for acute back strain, brain issues (such as water edema on the brain after trauma).

Add a point 2 cun proximal to this point for a dao ma combination to enhance point function.

Group 77.05 – 77.07 together.

77.05 Yizhong



A Study on Tung's Acupuncture

GB 39, but 1 cun anterior to the fibula. 3 point combination. Shaoyan controls wind, Yangming controls wind/dampness. This grouping treats wind/phlegm problems, thus treats Bell's Palsy (ST 36/37 probably preferable treatment).

Breast or neck area problems – inflammation and tenderness, growths, etc.. Needle opposite side or bilateral for breast problems. Thyroid problems such as swelling of the thyroid. Nodules on the neck relate to Shaoyang – wood/earth disharmony. Zhi Gan Cao Tang could treat this herbally – good for eyes bulging from thyroid syndrome. People with this syndrome often have irregular heartbeat. Might need to add xia ku cao or zhi bei mu and sheng mu li to dissolve phlegm nodules in conjunction with this formula. Add 77.07 Sanzhong.

For spleen problems, needle on the right.

77.06 Erzhang

77.07 Sanzhong

77.08 Sihuashang

3 cun inferior to ST 35 on lateral tibia

77.09 Sihuazhong – Center of the Four Flowers

4.5 cun inferior to 77.08, so 7.5 cun below ST 35 and 1.5 cun lateral to the tibia. ST 40 is in this general vicinity.

If you bleed, go further away from the bone, but if you are going to needle, needle close to the bone. Needle for difficulty raising arm and shoulder pain. If for wrist/finger pain, do same side.

Sihuahuai is better for bleeding – 0.5 cun below, like ST 38. ST 40 is also very close to this location. All suitable for bleeding. You don't need to pinpoint the location, but find the vein in the area.

Bleeding here is good for lung disease (TB, water retention, emphysema, asthma). Also for heart and blood disease, all kinds of heart disease. Chronic stomach problems too (since it is along the stomach meridian).

77.14 Sihuawai (Four Flowers Lateral)

See notes. Didn't get this.

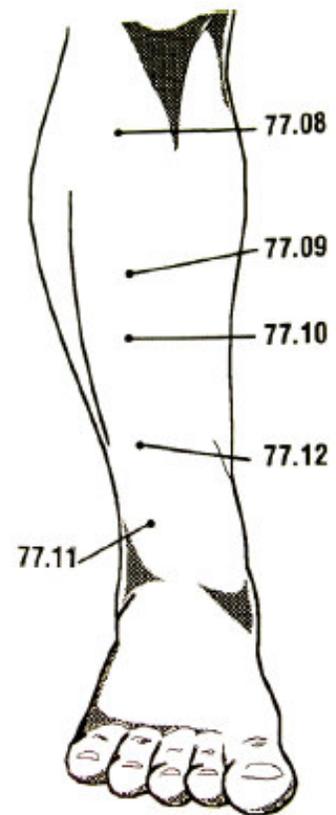
77.17 Tianhuang (Heavenly Emperor)

Same as SP 9, but different application/indications, so different name.

This is the water point on the earth channel. Tonifies SP and KI, treating both pre and post natal problems.

#1 point for frontal headache. Also good for HTN, heart disease. SP 9 indications apply too, treating dampness, fullness feelings. Includes upper, middle and lower jiao treatments (since it touches metal, earth, and water channels). Good for shoulder and neck pain.

Water point on the earth channel so treats earth/water diseases like proteinuria and diabetes (b/c in TCM diabetes = sp/ki xu). Difficult urination – combine SP 9 and ST 36 to make the waters flow well. This earth failing to control the water, usually from Sp xu. KI xu caused by SP xu can be treated with this point.



A Study on Tung's Acupuncture

What about frequent urination due to Ki xu? Sp Qi interferes with KI qi, so you use Tianhuang. Sometimes combined with n/v which means the Ki funx is interfering with Spleen. If ki xu causes spleen sx, then you needle earth point on the water channel – KI 3. So SP 9 + KI 3 will treat uremia.

If a problem manifests in deep muscle, think Spleen; if on the bone, think Water and Kidneys; if by blood vessel, think about heart and fire. If renal problem, relates to water and earth controlling it or not. Think Five Element thoughts.

77.18 Tianhuangfu (Kidney Gate or Shenguan)

1.5 cun distal to SP 9. Because this point is “shenguan” is then related to KI back shu, BL 23. Can function *as* BL 23 and thus can tonify the Kidneys. Also tonifies Liver and Spleen. Always use this point together with 77.17 Tianhuang in a dao ma combination.

Shenguan can enhance the function of 77.17 Tianhuang. Together these points help treat rebellious stomach and acid in the stomach. Will also treat diabetes. Also an effective point for shoulder pain, frequent urination (as well as from enlargement of prostate). Focus on Tianhuang point for frequent urination, however.

Hemiplegia can be treated with these points plus GB 31 and GB 32.

Always combined with 3 cun below point, Dihuang 77.19, or with 1 cun above SP 6, 77.21 or Renhuang. These together are the lower 3 huang/emperors.

77.19 Dihuang

Point is located between Tianhuangfu and Renhuang, but the location is not exact. You can fluctuate 3 cun above or below the mid point between 77.17 and 77.18 because Spleen and Liver and Kidney are crossing each other in this area. No matter your location you're going to get one or more of these channels! As a result you can affect all 3.

Naming goof:

Normally you find heaven above, human in the middle and earth below. This point sequence has heaven, earth then human. Dr. Young says this is a mistake but we will continue to do it this way in deference to Master Tung.

77.21 Renhuang

First locate SP 6 a little differently – 3 cun above the upper border of the ankle bone rather than at the high point. Now go proximal from this point by 1 cun.

Depression, psychological problems, gynecological problems, sexual dysfunction and reproductive dysfunction can all be treated by the 3 emperors. For chronic conditions can be needed to regulate whole body.

Treats Spleen, Liver, and Kidneys simultaneously.

Go the website for a clear explanation of the naming.

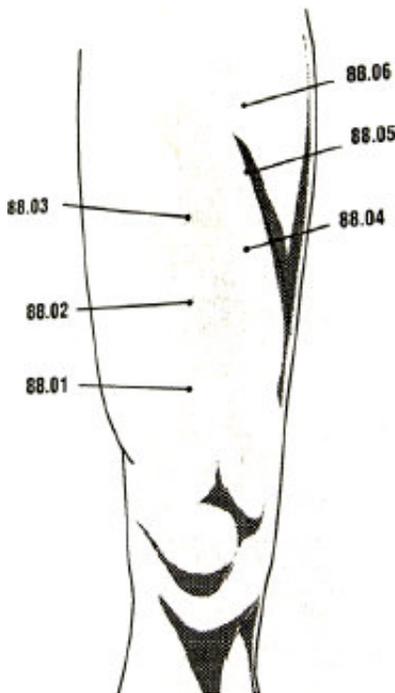
77.22 Cesanli

Good for trigeminal neuralgia, migraines, toothache, facial paralysis. Most of the time used with 77.23 as a dao ma combination. Can use for wrist pain, wind and phlegm problems. Close to shaoyang channel. ST 36 and ST 37 for facial paralysis or you can use 77.22 and 77.23. You can alternate between these 2 groups during a course of treatment.

Locate the 88.01 tongguan point, 5 cun above the knee crease, but proximal to the midline of the anterior aspect of the leg.

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Points of the Thigh - 88.xx



88.01 Tongguan

5 cun above the level of the knee crease on the anterior midline of the thigh.

88.02 Tongshan

2 cun above 88.01.

88.03 Tongtian

Group below (tongshen, tongwei, tongbei) treats any kind of KI disease. Treats water edema – face or whole body – because is along the Spleen channel. Ren 9 is the point for edema in TCM. Remember that navel is always correspondent with knee/elbow. You tonify earth (SP) in order to control water (KI) in this case. Can use for pregnant patients. Combination treats Ki xu causing back pain.

88.09 Tongshen

Treats back pain, safe for preggers.

88.10 Tongwei

Good for pregnant women – treats stomach pain. Also calms fetus.

88.11 Tongbei

Grouping below treats Liver and Spleen diseases such as cirrhosis, acute/chronic hepatitis, eye problems, Parkinson's disease (use the Upper 3 yellows plus Shenguan point), any kind of blood disease (including leukemia, low WBC count).

Cervical bone spurs: GB 31, UB 65, DU 26, SI 3. Lumbar bone spurs: GB 31, DU 26, SI 3. In severe cases, bleed in UB 40 once per week or once per 10 days.

88.12 Minghuang

Between knee crease and inguinal area along the liver channel on the center of the medial aspect of the thigh. Can thus treat liver problems.

88.13 Tianhuang

3 cun above 88.12

88.14 Qihuang

3 cun below 88.12.

88.14, 88.15 and 88.16

88.15 is 1.5 cun superior and 88.16 is 1.5 cun inferior to Qihuang 88.14. Combination is good for gallstones and cholecystitis and other gallbladder system disorders. Bone spurs in the heel too.

88.17, 18, 19 (Four horses)

Upper middle and lower treat lung diseases of all kinds: asthma, chronic cough, nasal problems, dermatitis. To find the point, find the middle first: draw a straight line upward from the lateral corner of the patella, find where GB 31 meets it and this is the middle point.

Back and ribcage pain, tonification of Qi, skin allergies.

88.25 Zhongjiuli

Same as GB 31. Use for whole body aches. Very thick muscle, so can use to strengthen other muscle and Spleen. If you needle deep enough to touch bone you treat KI and bone as well.

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Ear Points - 99.xx

99.07 Erbei

Back of the ears. Look for a bluish purple vein. Should bleed well if the vein is visible there. If the tissue here is thick and smooth it should bleed well too. If not, you will have to massage it more to bring the blood up. Treats hypertension and sore throat, facial pain.

Ear apex

Use with bleeding to treat insomnia, dermatitis, Bell's Palsy, sore throat and common cold, fever. Taiyang channel goes to the tip of the ears and goes to UB 1 and 2 and meets Du 20 (which is why UB 65 is good for the vertex headache). Taiyang controls the exterior and common cold always relates to it for this reason. This is also why it works for dermatitis – that and the connection to the heart going to the ears. Also treats excess sweating. Kidney opens the orifice of the ears – point connects Heart and Kidney and treats insomnia related to this.

Because related to Taiyang/Bladder channel bleeding here also treats sciatica pain. You could also use BL 40 with bleeding for the same reason channel correspondence reason.

Can also use the Master Tung point between Du 15 and 16 for insomnia as well as difficulty swallowing and loss of voice, nausea and vomiting when you bleed it. Don't needle as there is a possibility of needling into the brain.

1010.19 and .20 Shuitong and Shuijin (water through and water gold – also called water and metal)

Best points for asthma. Treats earth/metal/water together. Stomach channel goes thru this area. For coughing and asthma use these points plus Tushui point (LU 10).

You could also use LU 5 rather than Tushui because it is the water point on the metal channel, getting both of those elements as well. LU5 is also the He sea point which treats rebelling Qi which for lung is asthma and cough.

Nausea and vomiting is qi rebellion of the stomach. Difficult urination is the qi rebellion of the Kidney. Liver yang rising is qi rebellion of the Liver channel.

Shuijin descends the Qi not just for cough, asthma, hiccup, but can also strengthen the Yang energy (code word for increasing sexual function!). Amenorrhea point is KI 4 because Ki channel can nourish water/ body fluids and source fire. You can also use ST 25, the FM for the Large Intestine. This treats LI and Stomach – the yangming which is good for qi and blood xu. Dr. Young needles Ren 24, meeting point of hand and foot – Stomach and LI meet in this area. Ren 24 is also the final point of the Yin channel, but functions rather like a jingwell point for Ren. Chong and Ren treat period issues so you can use Ren 24 to open Yin orifices, but also tonifies Yangming channel. Thus: treats dysmenorrhea.

A04 Sanchasan

Strengthens the spleen, eliminates fatigue, treats weak muscles and eyes. If you needle properly, almost reaches HT 8 so treats excess sweat and itching. With one needle you can thread to many points – SJ 3 for instance and zhongbai and ciaobai. Fatigue at the upper legs/thighs. Also treats sore throat and common cold.

If a person loses a lot of weight can impact the spleen and they have a hard time opening their eyes, keeping the lids up! Use this point.

Needle below the tendon, next to the bone. Tonifies spleen, liver and kidneys. When you insert a needle you can reach to SJ 3 which is the shu stream and tonifies qi which is why it strengthens the spleen. Can see the blood vessel here – so it can strengthen the heart.

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A05 Xiaojie

Hold the thumb, insert toward PC 7. Special effect for ankle sprain. Bone to treat bone also. This is along the hand taiyin channel which communicates with foot taiyin to treat medial ankle injury. This area is the Spleen and Kidney area on the ankle.

Treats any kind of back or chest pain.

Treating stroke:

If patient is less than 60, less than 1 year since stroke, good prognosis. Above 60yo not so good. Chances are good they have had more than 1 stroke. More difficult to treat these people. People that have flaccidity of muscles are easier than hypertonic muscles. Use bleeding for hypertonic curled up muscles. Needle opposite side if less than 3 years since stroke. If longer, needle both types. Bleed or sedate at LU 5 for hypertonicity and tight muscles/tendons in the arm after a stroke. Probably have to do this several times, especially if it's long term.

A Study on Tung's Acupuncture Pain Management with Tung Points

First use distal (hand/foot) points. These have a soothing function, balance function. There is also better muscle memory here and it's safer than working with local points. When treating pain need to regulate essence and qi. Remember the Dong Qi techniques, Dao ma, and guide points.

You must figure out the pattern identification.

Causes of Pain

- Bu Tong Ze Tong
Pain due to blockage/stagnation. Needling opens it up to release pain.
- Bu Rong Ze Tong
Deficiency can also cause pain.
- Bu Song Ze Tong
Tension causes pain also. This could be due to heavy work or due to computer work. Both cause tension and pain. This is a lack of relaxation. Fatigue pain due to over-use. This requires rest. Remind patients that even though they feel good after acupuncture, they need to rest. Pain is a signal to the body that something is wrong!

Cold foods, bananas, papaya and sweet rice will actually increase pain. Cold causes constriction and thus more pain. Bananas because of potassium. Sweet rice because difficult to digest so Qi hangs out here, damaging and overworking the ST channel. Beans and seafood will create acidity and will thus cause more pain.

If all needles hurt upon insertion could be that your patient has had insufficient sleep. This makes the body hypervigilant.

Condition of cold in the body can cause greater sensitivity to cold also.

Sidebar: chicken is hot and duck is cold. If you eat too much duck you can induce cold into the body. Chicken is also related to wind and can exacerbate dermatitis. Fire blazing outward causes itching. Focus on wind and fire to treat the itching.

If qi and blood are fighting each other there is pain. For all kinds of pain, calm the fighting! Frozen shoulder must be moved in order to free it up for instance. Make the circle exercise with the arm clockwise then counterclockwise, crawl the wall exercise, crawl up the back exercise if loss of range of motion is in that direction.

- Needle GB 34 for these things too.
- Can also sedate LU 5.
- Shenguan point for failure to lift arm up and down.

Etiology of Pain

- External factors
Wind/damp/cold for instance. Damp → heaviness, coldness → pain, wind → spasming pain.
- Internal factors
Could be diet causing cold in the body. Can also induce damp heat. Example is gout which happens as a result of a diet high in protein, organ meats, peanuts, mushrooms, beer which makes gout so much worse. Usually starts at big or middle toe.

1) Use middle Wuhu point. 2) Also sedate Spleen/Stomach damp heat. Needle same side ST 36 deeply and retain 10-15 minutes. Stimulate strongly then withdraw to the human level. Wait a bit, withdraw the heaven layer and do it again. (This is a 3 motion pattern to sedate which is rather

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the opposite idea of thrusting 3 times to induce heat.)

- Neither external nor internal factors

Timing of the Disease

For **acute** symptoms, use the xi cleft point for the affected channel, as acute problems are good for acute problems and pain. For example, if you have sudden heart pain and never had it before, needle HT 6 which is the Xi cleft of the Heart. Sudden stomach spasms, needle ST 34. Etc.

Needle more deeply on the Xi cleft points to treat internal organs. Deep insertion cleans out deep pain in the body. Strongly stimulate and continue until patient just can't take it! Keep the needle in longer – even an hour if you can do it. Treat appendicitis, gallstone pain, etc this way. Xiaobaixue for kidney stone pain.

Look up the Tung points for Ki and gallstone pain. On the dorsum of the hand.

Chronic pain requires shu stream points.

Location of Pain

In skin, vessel, tendon, bone? Use same tissue correspondence once you figure this part out. You also need to know what channel the problem is on. Needle that shu stream point, the internal/external luo. Shoulder pain for instance is SI and LI. Can needle shenguan point because of SI connections.

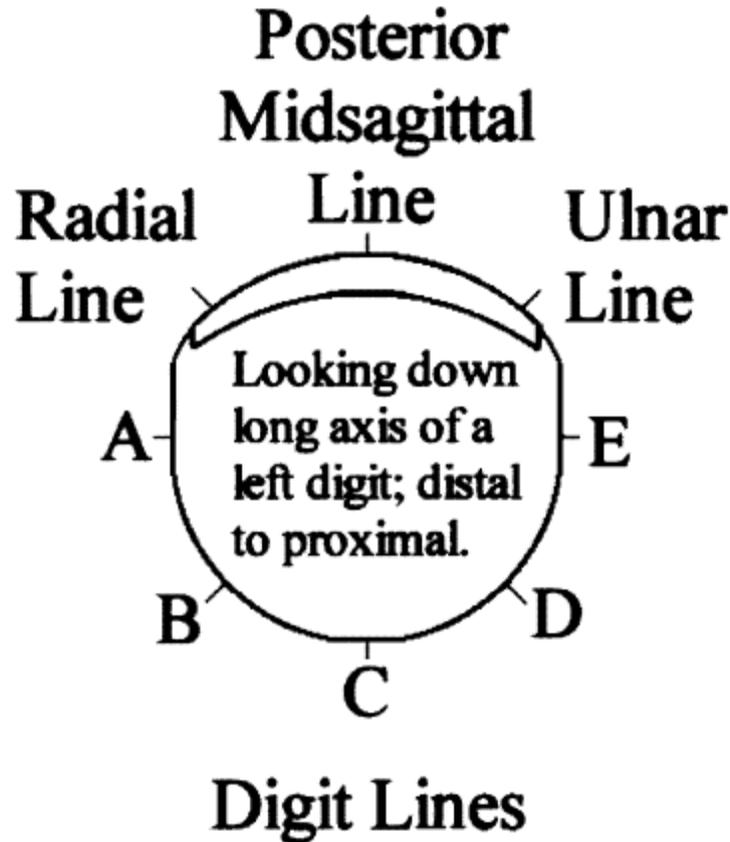
Some people need rest, some need to move. Gotta watch diet too. Gotta watch your own temperature too – getting too cold? That will make cold worse. Headaches for instance can sometimes be treated by putting cold feet into warm/hot water that reaches above SP 6. Cold at the bottom will cause pain at the top.

Please note that greasy food can be a kiss of death for pain conditions as well as a lot of others. This is also pretty bad for people that have cough and phlegm.

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Appendix 7

Digit Lines



A depiction of the digit lines used to locate the points in Region One - One. The viewing reference is down the long axis of a digit on the *left* hand, from distal to proximal. The reader is reminded that the lines are reversed on the *right* hand; remember that the 'Radial Line' and 'Digit Line A' are both located on the radial side of the digit, and that all other lines are located with reference to this fact.

'Digit Lines A' (radial) and 'E' (ulnar) are located at the demarcation of the ventral and dorsal surfaces ('red and white skin').

'Digit line C' is along the ventral midsagittal plane and the 'Posterior Midsagittal Line' is of course along the dorsal midsagittal plane.

'Digit Line B' (radial) is located midway between 'Digit Line A' and

'Digit Line C'; 'Digit Line D' (ulnar) is located midway between

'Digit Line E' and 'Digit Line C'.

The 'Radial Line' is located midway between 'Digit Line A' and the 'Posterior Midsagittal Line';

The 'Ulnar Line' is located midway between 'Digit Line E' and the 'Posterior Midsagittal Line'.

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Appendix 7

Dao Ma Technique

Significance

Dr. *Tung ChingChang* was a link between the ancient past and the future. The 700+ extraordinary points he handed down serve as the basis for his erudite, far-reaching, and profound *DaoMa* system of acupuncture therapeutics. His style has had a great impact on acupuncture therapeutics as practiced on Taiwan, thus making him one of the paramount acupuncturists of the last 300 years.

Of the 700+ extraordinary points utilized by Dr. Tung, approximately 60% of them were organized into and used as *DaoMa* groups. His rationale for doing this was his belief that chronic illness gave rise to *BiZheng*. He observed that using only one or two needles to treat it (*BiZheng*) did not provide the clinical efficacy he sought. He concluded that one or two needles simply did not provide the therapeutic punch needed to address these recalcitrant problems, thus he developed his three needle *DaoMa* technique.

The *DaoMa* system utilizes three needles in different configurations (namely: Three Continuous, Three Transverse and Three Triangular needles) to address a myriad of disorders and is flexible enough to adapt to virtually any clinical situation. These *DaoMa* groups are, by and large, composed of the extraordinary points used by Dr. Tung, though one will occasionally encounter *DaoMa* groupings of points found in the 14-channel (Dr. Tung did make use of the other traditional channel points). Because 60% of the 700+ extraordinary points utilized by Dr. Tung were organized into *DaoMa* groups, one can see just how important and clinically effective this needling technique was for Dr. Tung.

Effectiveness

Based upon his extensive research, Dr. Tung discovered that by using three needles, instead of one or two, he could effectively free, unblock or promote free flow (*Tong*) in the organs of the entire body. Using three needles in a *DaoMa* group increases the strength and the force of the *DeQi* sensation. This in turn exerts a systemic influence to 'Open' the *SanJiao*, harmonize and regulate all the *ZangFu* and thereby strengthen the overall efficacy of the acupuncture. Dr. Tung's *DaoMa* system effectively treats the whole body, which embodies the essence of traditional Chinese medical thought.

Properties

Promotes free flow within the SanJiao

Because this technique employs three needles simultaneously, it very powerfully promotes 'free flow' throughout each of the three *Jiao*. This freeing of the *SanJiao* thereby increases the breadth of treatment to affect all bowels and viscera. Affecting all *ZangFu*, unlike TCM acupuncture employing one or two needles to address only one *Zang/Fu* at a time, enhances the overall efficacy of each acupuncture treatment.

Holistic

The etiology of many complex disorders is not simply due to a pathological change in a single bowel or viscus. Predicated upon the holistic relationship of the bowels and viscera, any pathological change in one must, by definition, affect all the others to some degree. Because the *DaoMa* technique frees the *SanJiao* thereby affecting all *ZangFu* simultaneously, it is particularly holistic. This is especially true because the *DaoMa* technique treats, adjusts, and regulates the circulatory, respiratory, digestive, reproductive, excretory, endocrine, etc. systems

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simultaneously. This in turn brings to bear the full power of acupuncture by expanding the scope of systems treated and enhancing the overall clinical efficacy.

Strong therapeutic effect

Dr. Tung's *DaoMa* system utilizes three needles to bring about its therapeutic effect. This treatment method expands the comprehensiveness of an acupuncture session beyond one *Fu*, one *Zang*, or even one area for that matter. It directs treatment at the whole body and coordinates the functions of all the *ZangFu* simultaneously. Clinically, because this technique employs three needles in a given region, it increases the overall *DeQi* sensation and achieves the desired therapeutic results much more quickly.

Simplified Needling Technique

Dr. Tung did not discuss TCM needling techniques such as flicking, pecking, flying or pulling nor did he emphasize needling techniques for draining or supplementation. Paramount for Dr. Tung was twisting the needles to strengthen the overall *DeQi* sensation under the influence of the needles.

Dr. Tung felt supplementation, draining, or other needling techniques rendered the entire body of acupuncture therapeutics unnecessarily multifarious. He felt opinions varied considerably due to a general lack of an integrated, unified, clear and concise theory of acupuncture therapeutics; furthermore, he was of the opinion that when executing these manifold needling techniques, the actual clinical picture was often so complex that it was difficult to correlate the diverse theories with the actual clinical situation. Thus, in Dr. Tung's *DaoMa* system, one need not be overly concerned with these draining, supplementation, flicking, pecking, flying pulling, etc. needling methods. Rather, one need be primarily concerned with obtaining *Qi* (*DeQi*) and then strengthening the overall needle sensation (twisting the needles) to enhance the efficacy of the acupuncture session.

Low Risk

The majority of points employed in Dr. Tung's *DaoMa* systems are located on the head and extremities rather than on the back, chest or abdomen. As such, this system avoids perpendicularly needling those areas deep to which lie the anatomic *ZangFu*. By avoiding said areas, the risk of accidentally puncturing one of these structures is virtually nil. This is not to say that points on the back, chest, or abdomen are not employed in Dr. Tung's acupuncture- they are, but points in these areas are more often bloodlet with a three-edged needle rather than needled with a filiform needle. When points in these areas are needled with a filiform needle, they are often needled subcutaneously from medial to lateral.

DaoMa versus QiCi needling method

Concerning *QiCi* (one-either side needling – one of the twelve needling method), the *LingShu* states: "*QiCi* – straight in one needle, either side two needles, treats *Cold Qi* of small shallow depth'. Basically, the *QiCi* needling method calls for inserting one needle in the center and one needle on either side of the first, for a total of three needles. This method is employed to treat *Cold Qi* (*HanQi*) which has only penetrated the superficialities of the body. Predicated upon the above, one can readily see that the scope of the *QiCi* needling method is rather limited. The *QiCi* method, along the other similar techniques using 4 or 5 needles (*YangZhen*, *PangZhen*, etc.), are used to treat small areas affected by *Cold* and *Impediment* patterns. These methods are, for the most part, used to treat muscular rheumatism and joint pain, of the wind-damp type, trauma such as sprains and strains, and tendonitis. When utilizing these methods, the needles are inserted or applied locally; generally, needles are inserted at the site of the affected tissue. While it is true that Dr. Tung's *DaoMa* system like the methods described above makes use of three needles, several significant differences exist to distinguish Dr. Tung's *DaoMa* system from these others. These distinguishing features are as follows:

1. Distances between constituent point
QiCi Method: the first needle is inserted in the center of the affected area, with the second and third

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needles applied 2 to 5 *Fen* to either side of the central needle.

DaoMa system: the three needles are generally applied to sites located at a distance from the affected area. Because of this fact, the distances between the three needles vary considerably and are predicated upon the region selected for treatment. The distances between the three needles may be as close as 2-3 *Fen* or as far as 4-5 *Cun*.

2. Principal scopes of treatment/indication

QiCi method: according to tradition, this method primarily addresses sore-achy types of pain, especially due to 'Impediment' pattern.

DaoMa system: in addition to addressing the sore-achy types of pain due to 'impediment' patterns, this system also addresses pathological changes in the *ZangFu*, e.g. pathological changes of the liver, use *ShangSanHuang*; pathological change in the heart, use *SanXinShen*; pathological change in the kidney, use *XiaSanHuang*.

3. Location of treatment points

QiCi method: points are needled at the site of affected tissue, with the principle needle inserted at the center of the lesion. The two adjunct needles are inserted on either side of the principal needle, also at the site of the affected tissue.

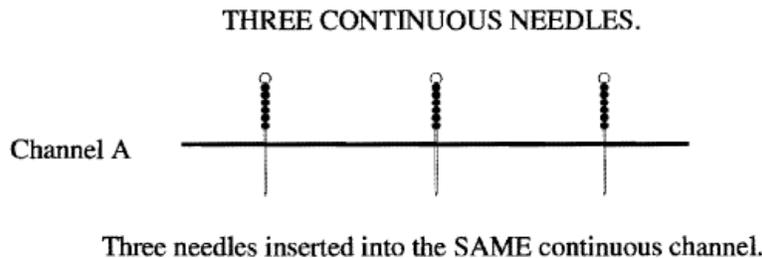
DaoMa system: the majority of *DaoMa* groups selected for treatment are located some distance from the tissue, or *ZangFu* being treated. Dr. Tung's *DaoMa* system often applies an Up-Down-Right-Left balancing method when selecting specific *DaoMa* groups for treatment. Conveying the gist of this Up-Down-Right-Left balancing method is most readily achieved by example: if the right hand has pain, select a *DaoMa* group on the left foot. If the right foot has pain, select a *DaoMa* group on the left hand. If the left antebrachium has pain, select a *DaoMa* group on the right leg. If the left leg has pain, select a *DaoMa* group on the right antebrachium.

Needling configurations

There are three primary needling configurations employed in Dr. Tung's *DaoMa* system, namely: 'Three Continuous Needles', 'Three Transverse Needles', and 'Three Triangular Needles'.

Three Continuous Needles

In this configuration, the needles are arranged in a continuous linear fashion within a specific primary region and on the SAME channel. This configuration is most often used to treat the *ZangFu* and thus regulate bodily functions. Selection of an appropriate *DaoMa* group for treatment is determined on the basis of working in concert on a rostral-caudal, caudal-rostral basis, e.g. *ShangSanHuang* to treat the liver and *XiaSanHuang* to treat the kidneys.



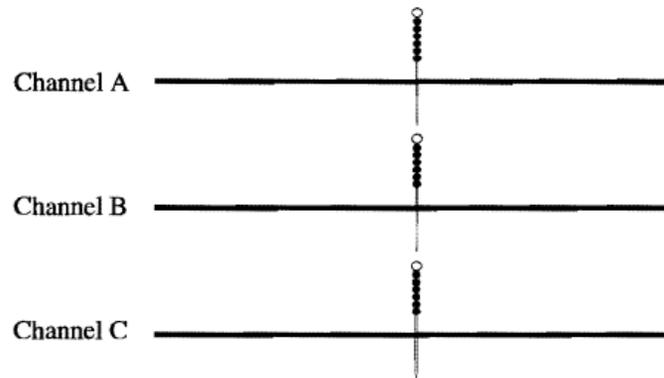
Three Transverse Needles

In this configuration, the needles are arranged in a transverse linear fashion within a specific primary region but in DIFFERENT channels. This configuration is most often used for treating aches and pains in some specific

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body part. Appropriate *DaoMa* groups selection is determined on the basis of the Up-Down-Right-Left balancing method, e.g. 'Palm Three Passes' on the right hand to treat plantar fasciitis of the left foot.

THREE TRANSVERSE NEEDLES.

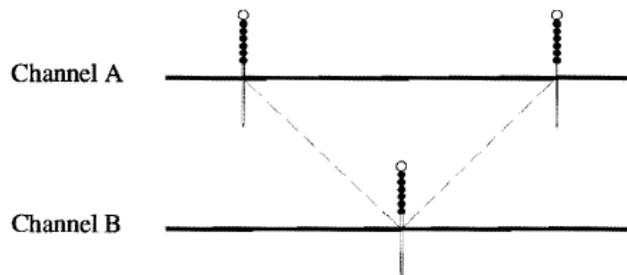


Three needles inserted into three DIFFERENT channels.

Three Triangular Needles

In this configuration, the needles are arranged within a specific primary region in a triangular fashion. Two needles are first inserted in a continuous, linear fashion in the SAME channel. The third needle, called the 'conducting' needle, is inserted at the apex of a triangle in a channel immediately adjacent to the first channel. The conducting needle is said to command, direct, or conduct the clinical focus of the first two needles. This configuration is not commonly encountered in Dr. Tung's *DaoMa* system, but may be used with the 14-channel points to treat local aches and pains, e.g. 'Knee Three Needles' to address disorders of the knee.

THREE TRIANGULAR NEEDLES.



Two needles in Channel A, with a third (the 'conducting' needle) in a channel immediately next to it (Channel B), thereby forming a 'TRIANGLE' of needles.

Insertion Sequence

Dr. Tung's *DaoMa* system employs three needles in any given *DaoMa* group. Because optimization of the clinical efficacy of these three needles is highly desirable, a discussion of insertion sequence is necessary. In the *DaoMa* system there are three basic sequencing methods commonly employed, namely: 'Needling the Principal Point First', "Needling According to the Flow of *Qi* in the Channel", and 'Nearest, Furthest, then Central'.

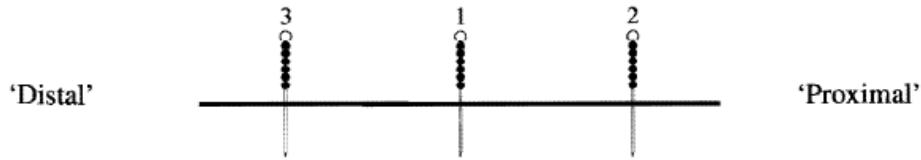
Principal Point First

In this insertion sequence, one needles the central point of the *DaoMa* group first. This central point is referred to as the 'Principal' point of the *DaoMa* group. The second point needled is the 'Proximal' point (i.e. point closest

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to the involved tissue, structure or organ), and the third point needled is the 'Distal' point (i.e. point furthest from the involved tissue, structure or organ). While this insertion sequence is most often used in pain syndromes and 'Impediment' patterns, it may also be used for pathological changes in, as well as prophylaxis for, the *ZangFu* of the entire body.

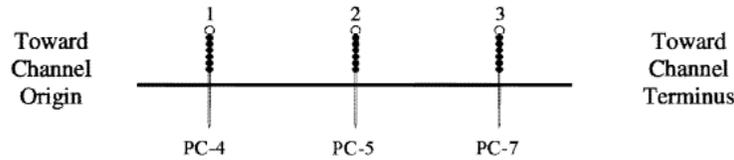
PRINCIPAL POINT NEEDED FIRST.



Flow of Qi in the channel

In this insertion sequence, needle the point of the selected *DaoMa* group closest to the origin of the channel first (PC 4 as an example). The second point needled is the central point of the *DaoMa* group (PC 5) and the final needle is inserted into the point furthest from the 'origin' of the channel (PC 7 as an example). While this needle insertion sequence is most often used for pathological changes in the bowels and viscera of the entire body, it may also be used in pain syndromes and 'Impediment' patterns as well.

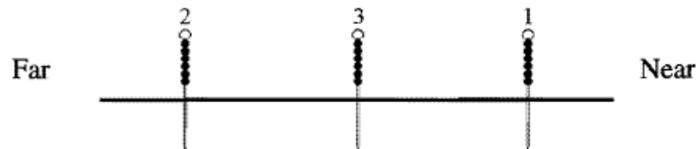
POINTS NEEDED ACCORDING TO THE FLOW OF QI⁴ IN THE CHANNEL. ex. 33-02 'Heart Three Needles' Dao³ Ma³ Group:



Nearest, Furthest, then Central

In this insertion sequence, first needle the point of the selected *DaoMa* group in proximity to ('Nearest') the involved tissue, structure, or organ. The point of the group most distant ('Furthest') from the involved tissue, structure, or organ is needled second, and the third needle is inserted into the center ('Central') point of the selected *DaoMa* group last. The *DeQi* sensation evoked by this final needle should quickly 'shoot' to both the 'Nearest' and 'Furthest' needles simultaneously. This insertion sequence is suitable for any and all clinical situations by virtue of the fact that the *DeQi* sensation obtained via this insertion sequence is the strongest of the three sequences discussed. [AUTHOR DOES NOT PROVIDE PRINCIPLE OR THEORY, BUT USAGE. EMPIRICAL! (SO NON-CHINESE! CHINESE ARE PRAGMATIC IN TERMS OF CLINICAL USAGE BUT ALWAYS FOLLOWS PRINCIPLE AND THEORY)]

NEAREST, FURTHEST, THEN CENTRAL SEQUENCE.



Insert the needles in the following manner:
'Nearest' first, 'Furthest' second, and 'Central' last.

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Needle Depth

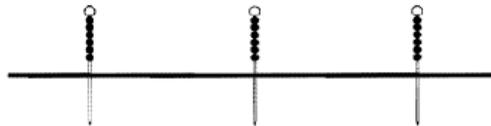
Needle depth is extremely important in Dr. Tung's *DaoMa* system. One of the salient features of this system is the fact that, at any given *DaoMa* point, changing the needling depth alters which *ZangFu* is accessed. These are two straightforward categories with respect to depth of needle penetration: identical depths of needle penetration and different depths of needle penetration.

Identical Depth

In this category, each needle of the selected *DaoMa* group is inserted to the same depth of penetration, regardless of the insertion sequence. This category is primarily used to adjust and regulate pathological changes of the entire body.

The distance of each point in any given *DaoMa* group to the torso differs from constituent point to constituent point. These distance variances, coupled with identical depths of needle penetration, consequently alter the primary therapeutic focus of each constituent point within that group. Each constituent point, when needled to the same depth of penetration can be said to possess its own 'zone' of primary therapeutic benefit within that *DaoMa* group. When identical depths of needle penetration are combined with the 'Needling According to the Flow of Qi in the channel' insertion sequence, these combined techniques powerfully 'Open' (*Tong*) each of the *SanJiao*. As a consequence of simultaneously opening (*Tong*) each of the *SanJiao*, one concurrently treats the pathological changes of the entire body. Ergo, needling to the same depth of penetration, coupled with needling according to the flow of Qi in a specific *DaoMa* group, greatly affects the entire body.

THREE NEEDLES INSERTED TO THE SAME DEPTH.



The three constituent *Dao³ Ma³* points are all needled to the same depth of penetration.

Different Depths of Needle Penetration

When the three needles in a specific *DaoMa* group are inserted to different depths, not only will the *ZangFu* affected differ, but the body areas affected will also differ. Firmly grasping these concepts will greatly multiply the power of one's acupuncture and thus enable the practitioner to greatly improve the odds of a successful clinical outcome. There are two basic methods for differing the depths of needle penetration:

1. Method One – the first needle is inserted into the principal point to the appropriate depth necessary to affect the desired *ZangFu*. The second needle, regarded as an assistant to the principal needle, is inserted into the auxiliary point to a more shallow depth than the principal needle. The third needle, regarded as the pathogen expelling (*QuXie* dispel evils) needle is inserted to a depth more shallow than the principal needle but deeper than the auxiliary needle. This method not only treats the desired *ZangFu*, but also assists in the recovery of the interrelated *ZangFu*. This method also serves to expel and eliminate the

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Appendix 8

Palmar Diagnosis



1. The initial step in palmar diagnosis is to determine which hand to use for diagnostic purposes. Argument has been made for using the right hand in the female and the left hand in the male predicated upon the *YinYang* correspondences.
2. The second step is to view the appropriate palm under adequate lighting; natural light is of course best, but full spectrum lighting will also suffice. The clinician is look for any alteration in the natural color of the skin, mottling, superficial – floating veinules, hemangioma, tec. A bluish-green color denotes 'Cold' and 'Vacuity' in the corresponding region. The darker the hue, i.e. tending toward black, the more ominous the sign and consequently the more serious the condition. A red or purplish-red color denotes 'Heat' is more commonly noted (in Taiwanese patients), but I have observed that the red or purplish-red color is dominant (in American patients). This discrepancy may merely reflect the differences in the conditions suffered by respective patient populations and perhaps is a manifestation of the usually high carbohydrate, inflammatory diet of the typical American patient.

Atrophic changes of the musculature of the hand indicate 'Vacuity' conditions in the corresponding regions. A 'hollowing' or a 'sunken-in' appearance in the region of *XiaBai* and *ZhongBai* on the dorsum of the hand indicates 'Spleen Vacuity'. Any atrophic changes or visible veinules along the course of 'Control the spine three needles' (along the ulnar border of the hand) indicates 'Kidney Vacuity'.

3. The third step is to determine the corresponding region (see palmar map) where the alteration is noted, for example: a mottled appearance with hemangioma noted at the base of the 4th digit; this region corresponds to the 'Liver' and may indicate a pathology in that organ.
4. The fourth Step is to choose an appropriate *DaoMa* group for treatment.

A Study on Tung's Acupuncture

Appendix 8

Bloodletting

Bloodletting is one of the techniques commonly employed in Master Tung's style of acupuncture, but this is not the 'drain a quart' type of bloodletting once employed in the West. Prior to delving into the technical aspects of 'letting' however, the reader must be exhorted to adhere to the strictest aseptic technique throughout the entire procedure. One should also ensure that all proper precautions are taken with respect to blood borne pathogens. The simple rule of Universal Precautions should suffice in every situation: presume all blood is infectious [HIV, HCV, HBV, HAV, etc.], rigorously guard against contact and reduce the risk of cross infection.

Dr. Tung is said to have oft-repeated: 'In long term illness, there must be stasis', 'in odd (strange) diseases, there must be stasis', 'in painful disorders, there must be stasis', and 'in serious illness, there must be stasis'. Dr. Tung was of the opinion that disorders which responded less than satisfactorily to aggressive treatment with acupuncture and medication were due to *Qi* stagnation and blood stasis obstructing the channels and network vessels. If one pierced or pricked by body, one would enable the 'Malign Blood' and 'Evil *Qi*' to be completely evacuated thereby removing the 'Stasis'. With resolution of the 'stasis' said long term, deeply entrenched disorders would soon thereafter take a turn for the better.

Dr. Tung's technique allow the bloodletting anywhere on the body, provided that one 'let' the veins, telangiectasias, spider angiomas, etc. in the area selected. His 'letting' technique calls for the use of the three-edged needle; however, I have found it more convenient to use and 18 or 21 gauge, single use, hypodermic needle (bevel up!). I have suggested this change simply because I have found the hypodermic needle easier on the patient. The clinician is free to select whichever needle he is most comfortable with; the small lancets generally used in blood typing may also be used in the hands.

Cautions

While this technique is very powerful, it is not intended for use in all cases. Certain individuals are inappropriate candidates for the procedure; one should ensure that every patient who is a candidate for the procedure is placed in a suitable position. Patients prone to syncopal events should be placed in the supine or prone position to prevent injury should they suffer such an event. Other cautions include:

1. Do not 'let' the diabetic
2. Do not 'let' those who are pregnant
3. Do not 'let' arteries
4. Do not 'let' the hemophiliacs or anyone with coagulation disorder.
5. Do not 'let' in an individual who has recently lost a significant amount of blood due to trauma
6. Exhibit extreme caution with/ do not 'let' the severely anemic patient
7. Exhibit extreme caution with/ do not 'let' the very weak patient
8. Exhibit extreme caution with/ do not 'let' the patient with significant infection
9. Exhibit care when 'letting' over organs – do not puncture deeply