Acupuncture Techniques in Neijing

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Introduction

About *Neijing*:

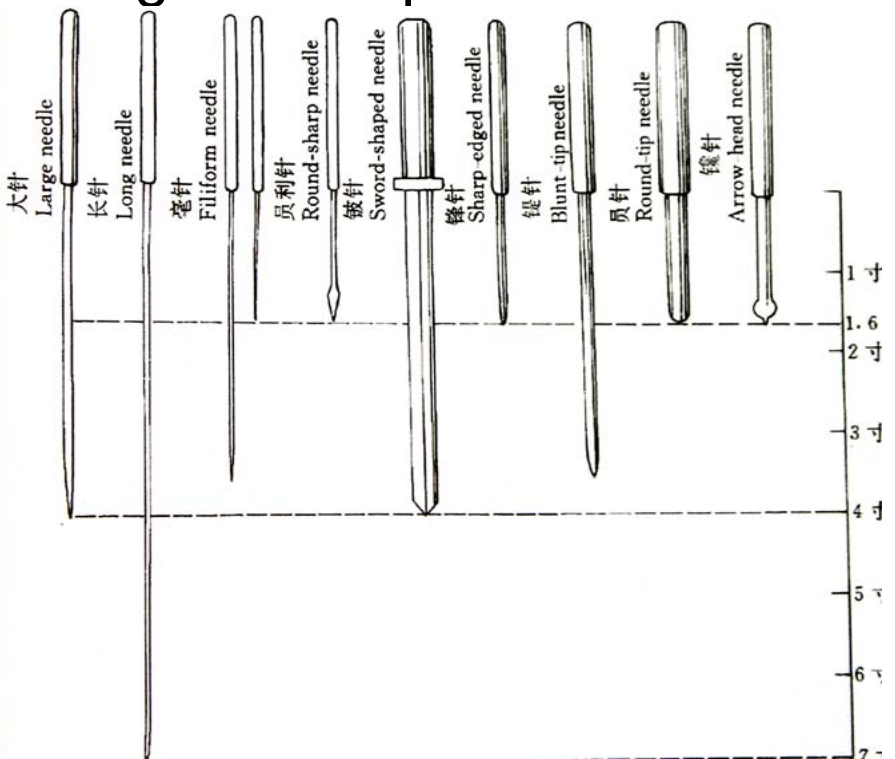
History

Contents: Shu Wen;

Ling Shu (Spirit Pivot/Acupuncture Classic)

Ancient Nine Needles----------Needling Techniques





Section1:

Nine Kinds Needling Techniques (jiu ci)

Nine Kinds of needling methods in *Neijing*
to treat the Nine kinds of diseases

Contents:

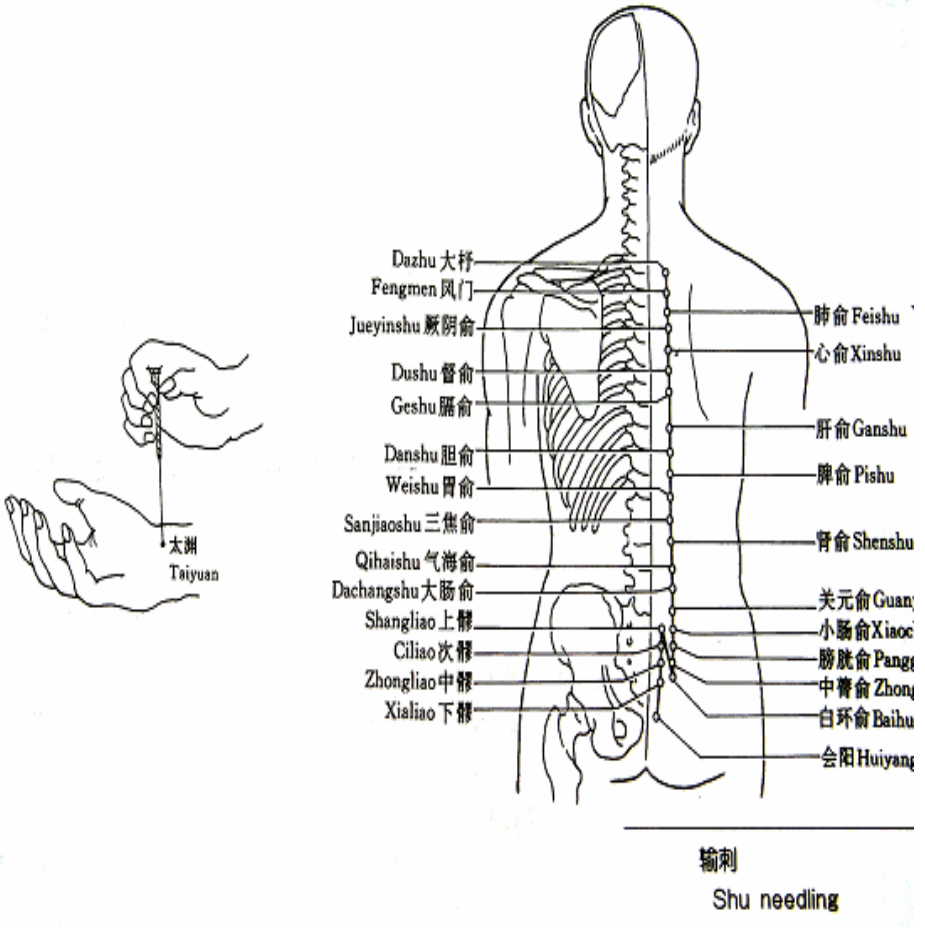
- 1. Shu Needling (shu ci)
- 2. Distal Needling (yuan dao ci)
- 3. Meridian Needling (jing ci)
- 4. Collateral Needling (luo ci)
- 5. Muscular Needling (fen ci)
- 6. Major reducing Needling (da xie ci)
- 7. Cutaneous Needling (mao ci)
- 8. Contralateral (opposite-side) Needling (ju ci)
- 9. Cauterized Needling (cui ci)

1. Shu Needling (shu ci)

Name: means to needle the **Shu**-stream point and the Back-**shu** point of the meridian involved

Method: To treat dieases of the five *Zang*-organs, Choosing ying-Spring, shu-Stream Points located below the elbow and knee on the meridian involved, and the Back-shu Points of the five zang-organs

Focusing on Stream (shu) Points and Back-shu Point (bei shu) = Shu Ci



Clinical Application:

Treating disorders in *Five Zang*-Organs

Practice

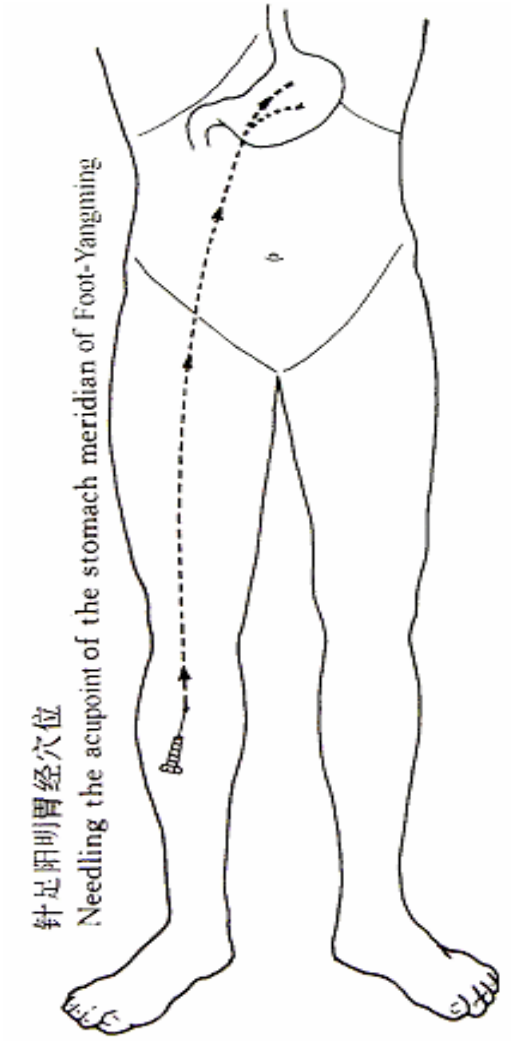
- Kidney Qi Deficiency (UB23, KD3)
- Liver Qi Stagnation
- Spleen Qi deficiency
- HT
- PC
- Lung

2. Distal Needling (yuan dao ci)

Name: means to treat the upper by needling the lower or to select the acupoints located in the distal part of the meridian.

Method: To treat diseases of the six fu-organs, needling the lower He-sea points on the 3 yang meridians of the foot.

- Lower He Points.(ST36, UB40,GB34,ST37,ST39,UB39)
- Lower He (sea) Points ---- Six *Fu* organs.



远道刺
Distal needling

Clinical Application

Treating disorders of **Six *Fu* organs**; currently involving the head, trunk and viscera all can be treated by needling the points located below the elbow and knees

Practice:

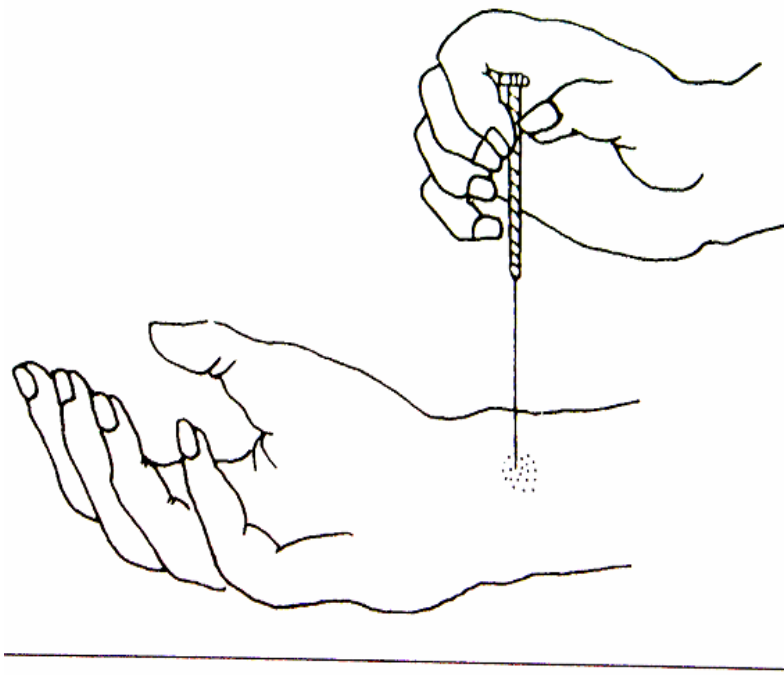
- Stomach Qi Rebellion.(ST36)
- UB Dampness and Heat.(UB40)
- GB Fire Raising Up.(GB34)
- LI Fluid Deficiency.(ST37)
- SI Dampness and Heat.(ST39)
- Disability to Irrigate Fluid of SJ.(UB39)

3. Meridian Needling (Jing ci)

Name: to treat the disorder of the meridian itself, the points selected are all located on the meridian with pathologic changes.

Method:

To treat the stagnation of qi & blood as well as accumulation phenomena (such as blood stasis, sclerosis and tenderness) over the circulating route of the meridian by needling the points on the affected meridian alone.



经刺

Meridian needling

Clinical Application:

To treat the disorders of the meridian itself

Points: shu points in Five Element and local points in Meridians

Practice:

LU9, PC7, HT7 ; SI3, SJ3, LI3

4. Collateral Needling (Luo ci)

Name:

mainly used to needle the collaterals.

A kind of bleeding method

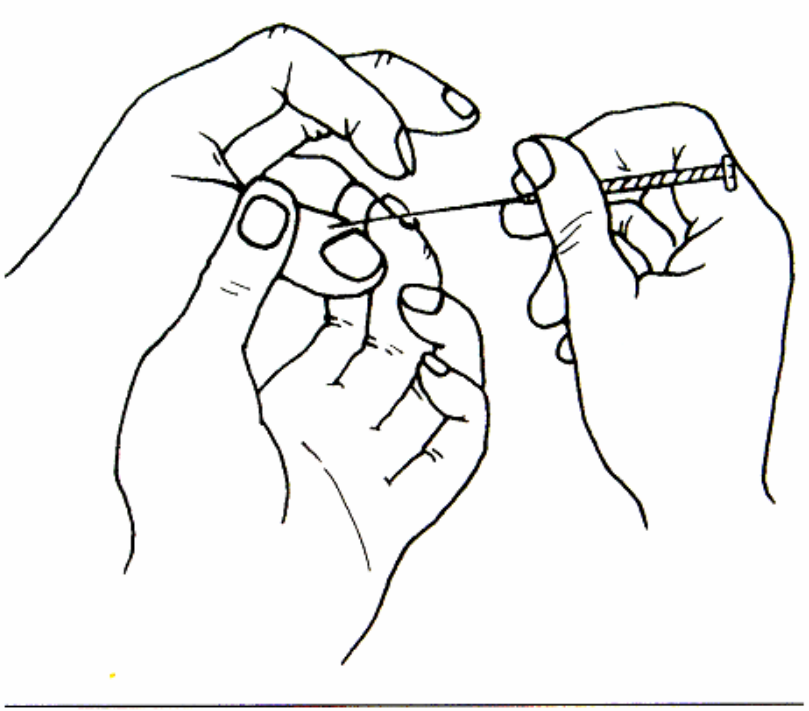
Method:

To needle the small collaterals shallowly to induce bleeding

Instruments:

Three-edged Needle

Cutaneous Needle



络刺

Collateral needling

Clinical Application:

Treating excess and Heat syndromes

Practice

- LU11/LI1 for sore throat
- LU10 For excess lung heat
- Du14 For heat syndrome
- Apex of the ear For red and pain eyes

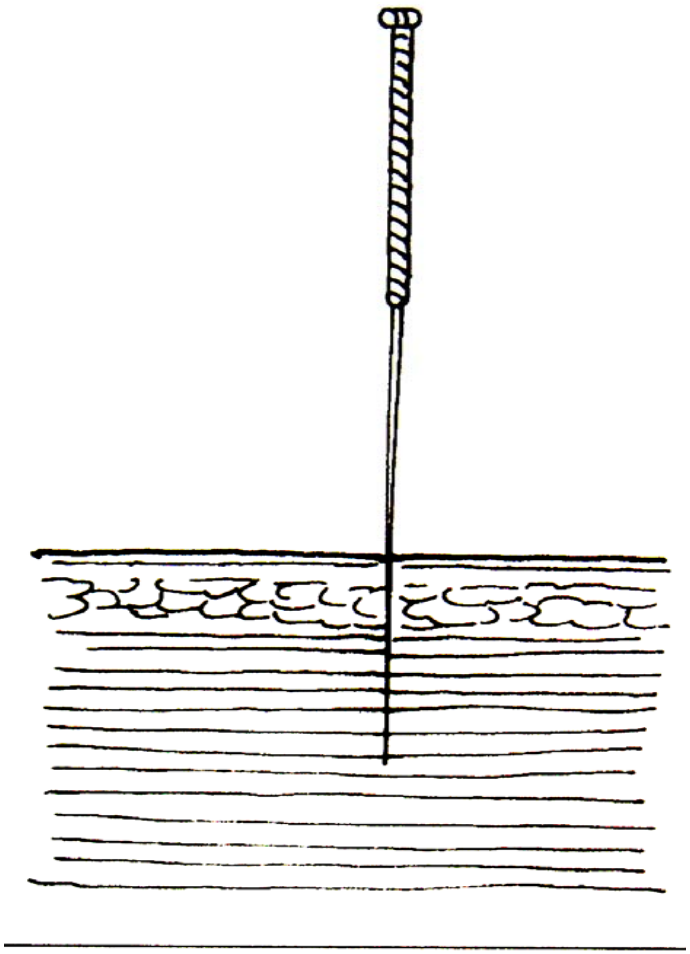
5. Muscular Needling (Fen ci)

Name: the method means to insert the needle directly into the **muscles**

Method: mainly inserts the needles directly into the muscles attached to the bones.

Clinical Application:

Treating muscular pain, flaccidity or old wound



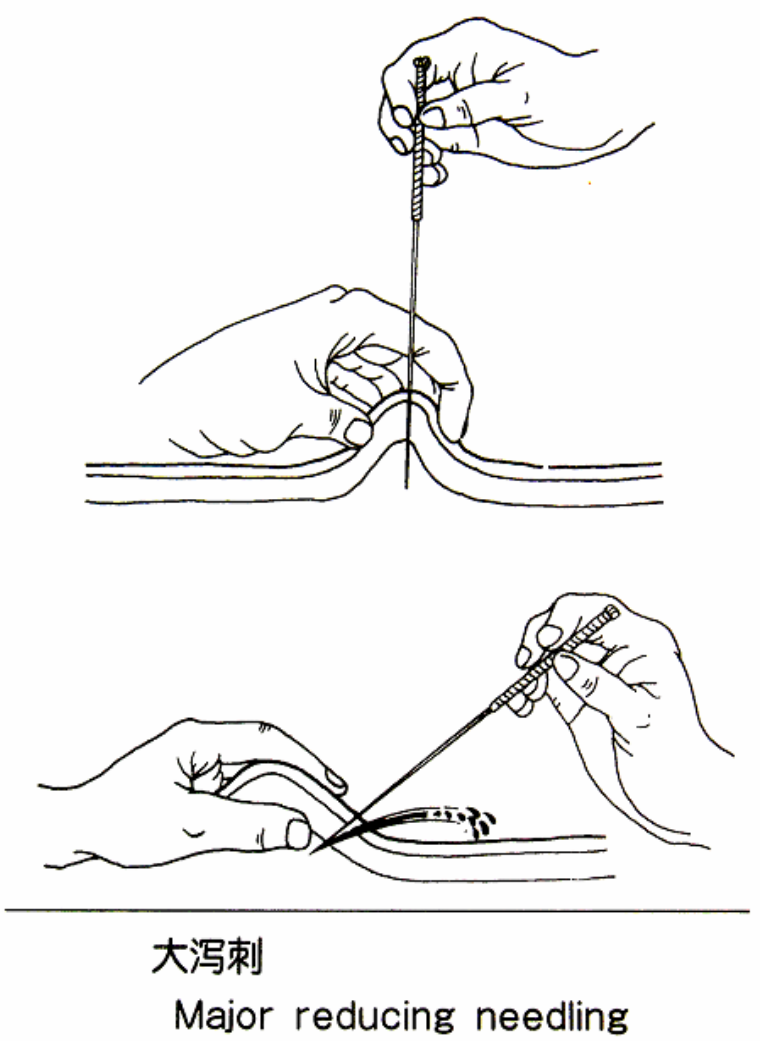
分刺

Muscular needling

6. Major reducing Needling (Da xie ci)



Name: the method is used to eliminate & dredge stagnant blood and ascites. That is why it is so called



Method:

To incise or to puncture for the elimination of pus (with blood in) and dredging of ascites in the area with abscess, hematoma or edema.

Clinical Application:

To dredge pus and ascites

7. Cutaneous Needling (Mao ci)

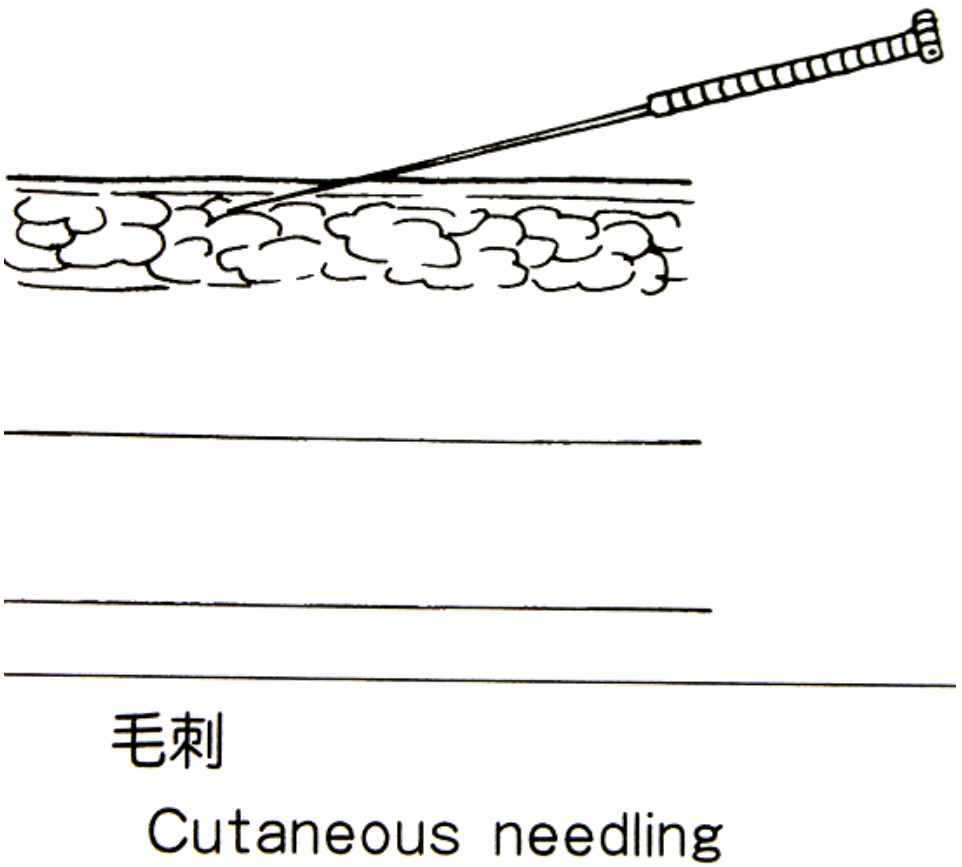
Name: means to needle **shallow**ly into the **skin**

Method:

To needle shallowly into the skin; not deep into the layer between the skin & muscle

Clinical Application:

Treating cutaneous numbness and superficial diseases



8. Contralateral Needling (Ju ci)

Name

to needle the left for the treatment of the right and vice versa

Method

to treat the disorders on the left side by needling the right side and vice versa. Since Qi in the meridians exchanges from the left to the right.



巨刺

Opposite-side needling

Clinical Application:

to treat the disorders on the left side by needling the right side and vice versa

Miu-needling is similar to Contralateral needling, which is used to treat diseases just developing in the collaterals



繆刺

Miu-needling

9. Cauterized Needling (Cui ci)

Name:

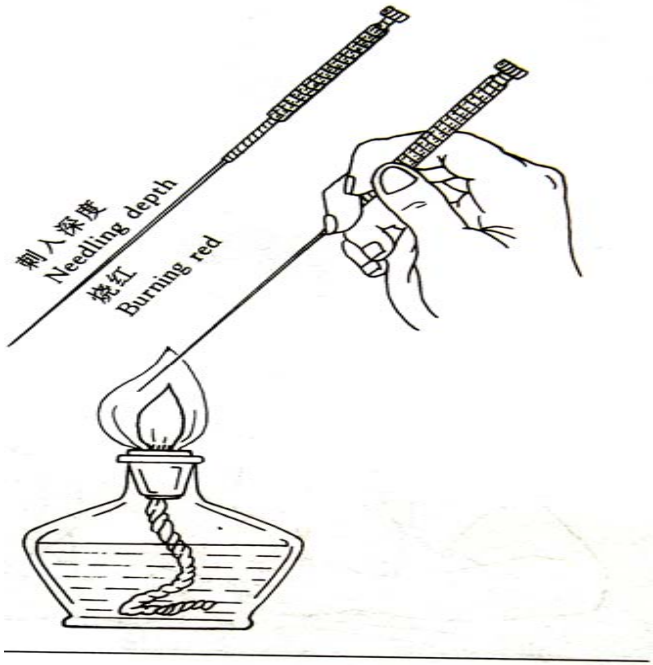
means to insert the cauterized needle into the body

Method

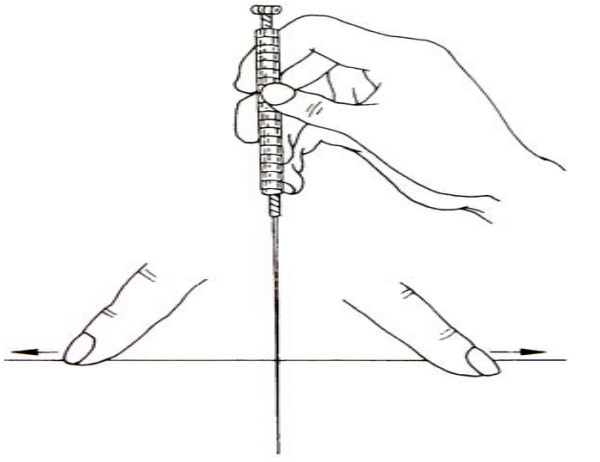
1/3-1/2 of the needle is burned red and then immediately inserted into the acupoints

Clinical Application:

Treat cold pain, scrofula and carbuncle



烧针法
Method of burning the needle



淬刺
1 Cauterized needling

Section2
Twelve Needling Techniques

12 needling techniques in *Neijing* to treat the diseases of the 12 meridians

Contents

- 1. Symmetrical Needling (Ou ci)
- 2. Trigger Needling (Bao ci)
- 3. Rehabilitating Needling (Hui ci)
- 4. Ranked Needling (Qi ci)
- 5. Surrounded Needling (Yang ci)
- 6. Straight Needling (Zhizhen ci)
- 7. Shu Needling (Shu ci)
- 8. Close-bone Needling (Duan ci)
- 9. Superficial Needling (Fou ci)
- 10. Yin Needling (Yin ci)
- 11.Accompanied needling (Pang zhen ci)
- 12. Repeatedly sparse needling

1. Symmetrical Needling (Ou ci)

- Name:

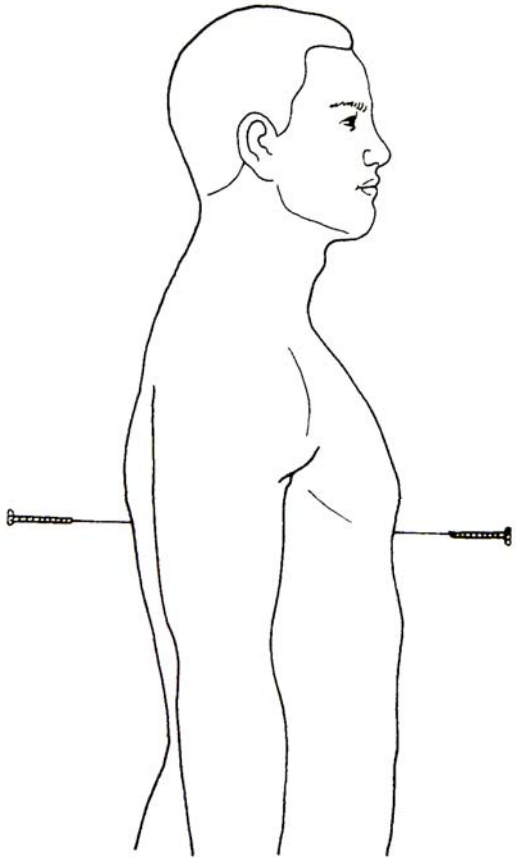
One needle is inserted on the front and another on the back.Yinyang needling

- Method:

One hand presses the front (corresponding to Front-mu point on the chest), the other hand presses the back(corresponding to Back-shu point). The needles are inserted into the tenderness felt on the front and back. Such a front-back needling techniques is known as symmetrical needling

- Clinical application:

To treat zang-fu organs' diseases by the combination of front-mu and Back-shu points



偶针

Symmetrical needling

- Name:

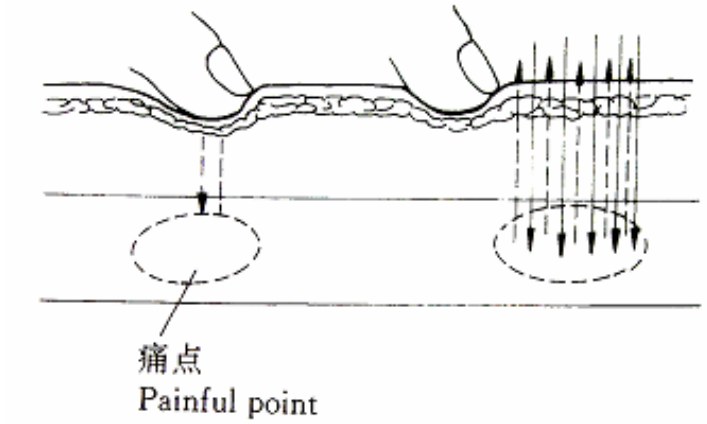
To repuncture after the needle is withdrawn.

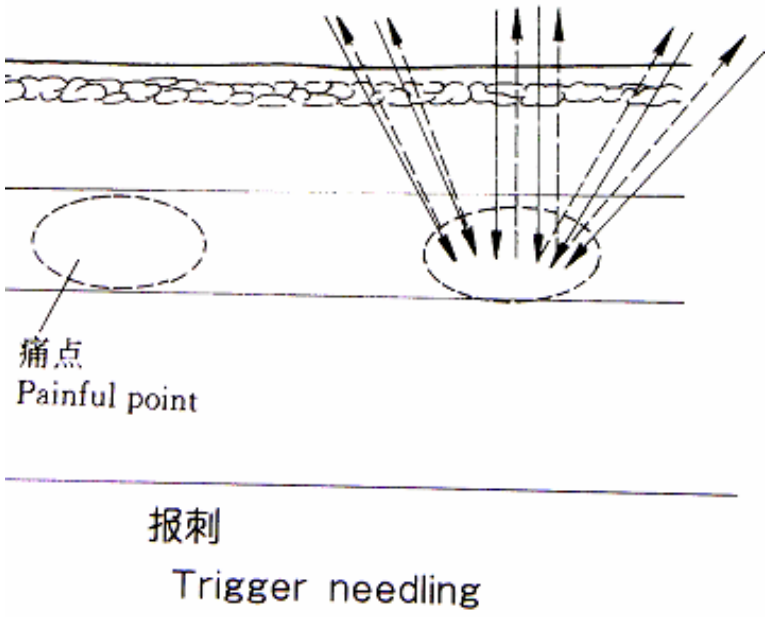
- Method:

To needle the region felt painful by the patient. When the needle is manipulated, ask the patient whether the pain of the needled region is stopped. Then tenderness on the other region is needled.

- Clinical application:

To treat wandering Bi-syndrome





3. Rehabilitating Needling (Hui ci)



- Name:

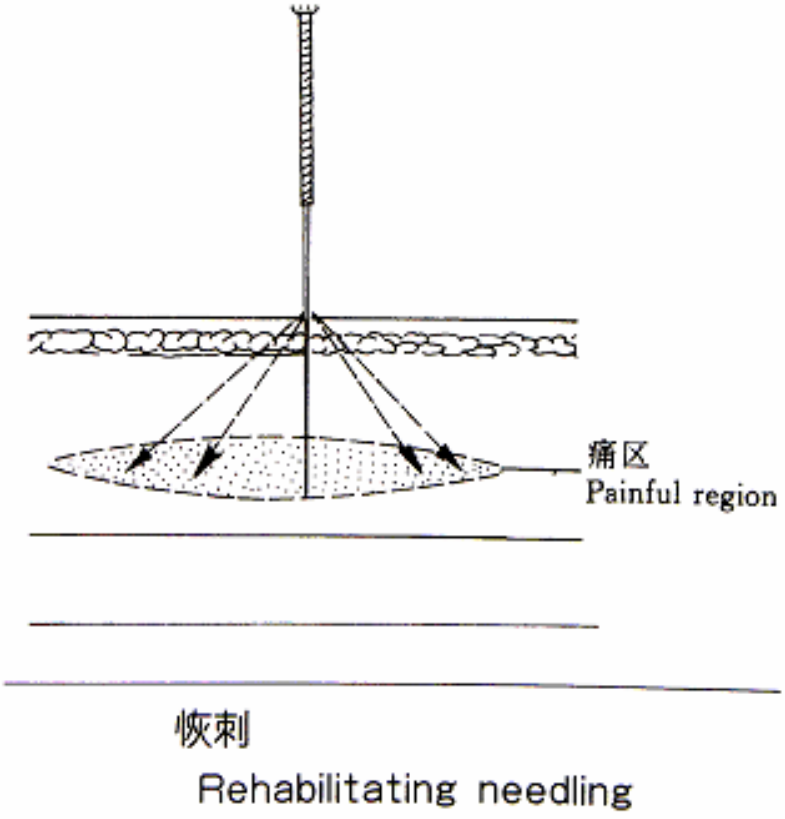
This method helps restore the function of the affected part

- Method:

The needle is inserted beside the joint. When needling-sensation is obtained, ask the patient to move the joint and repeatedly change the direction of needling for dredging the meridians and relieving spasm of the tendons.

- Clinical application:

To treat bi-syndrome due to cramps of musculature by needling around the affected region.



4. Ranked Needling (Qi ci)

- Name:

To insert one needle first and then to insert one more needle on each side of it.

Method:

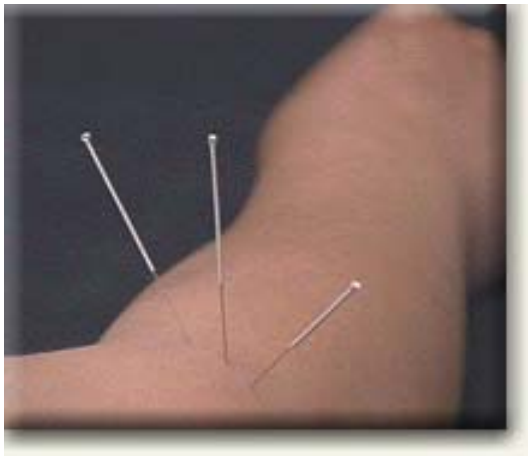
One needle is inserted into the middle and two are on both sides. Three needles are inserted at the same time.

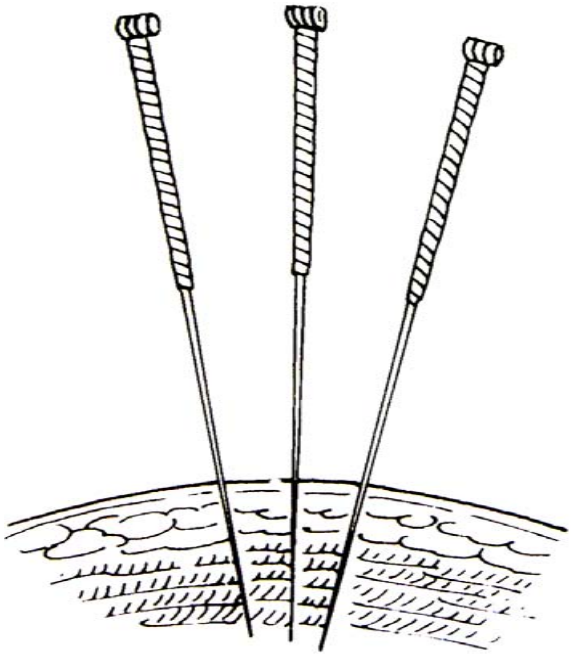
- Clinical application:

to treat deep Bi-syndrome over a small area

- Note

This method is different from rehabilitating needling characterized by repeatedly needling in point with one needle or to more direction.but ranked needling is done by using three needles.

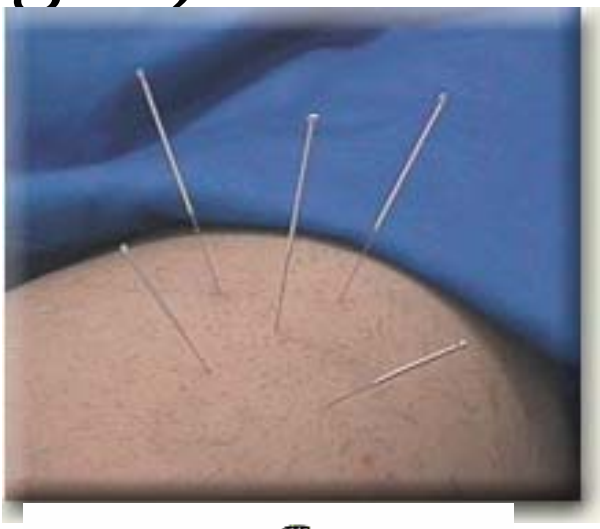




齐刺

Ranked needling

5. Surrounded Needling (Yang ci)



- Name:

Characterized by insertion of one needle in the center and four around for shallow and superficial needling. “yang” means shallow

- Method:

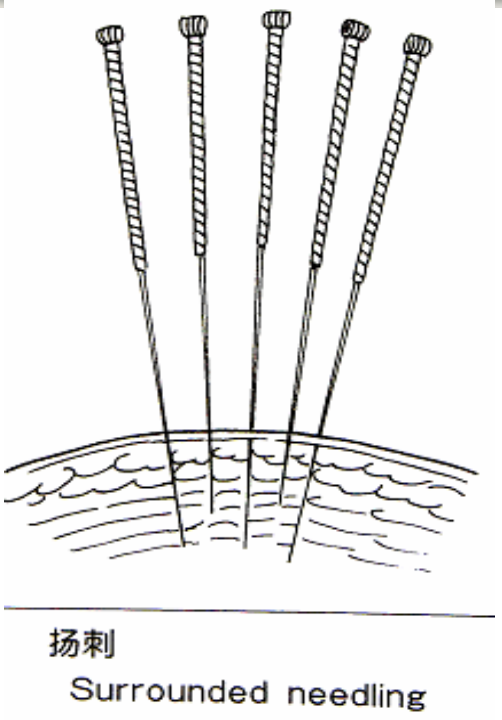
One needle is inserted on the middle and 4 others are inserted on the upper, lower, left and right respectively. The needled area is not concentrated. So it is called surrounded needling

- Clinical application:

To treat Bi-syndrome with superficial cold retention in a large area.

- Note

Plum needling was developed on the basis of surrounded needling



6. Straight Needling (Zhi zhen ci)



- Name:

The skin is kneaded and the needle is inserted into the location of the disease

- Method:

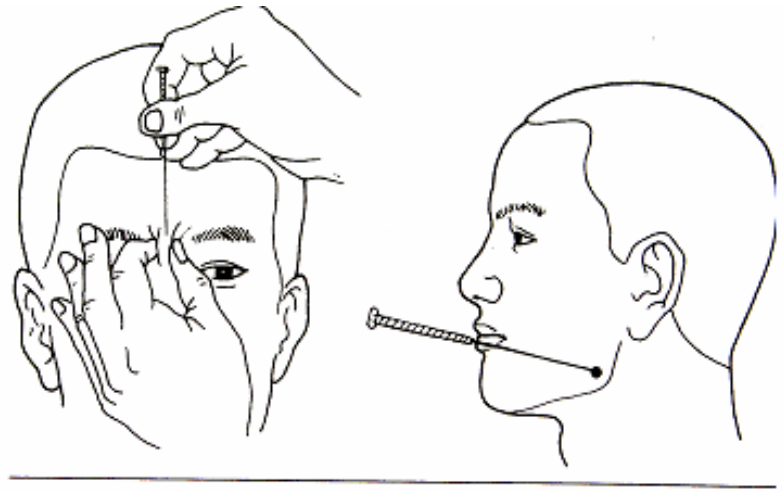
Knead the points, and needle subcutaneously (between the skin and muscle)---SHALLOW

- Clinical application:

To treat superficial and collateral disease by shallow needling.

- Note

This method is now known as needling by the skin or transverse needling



Perpendicular needling

7. Shu Needling (Shu ci)

- Name:

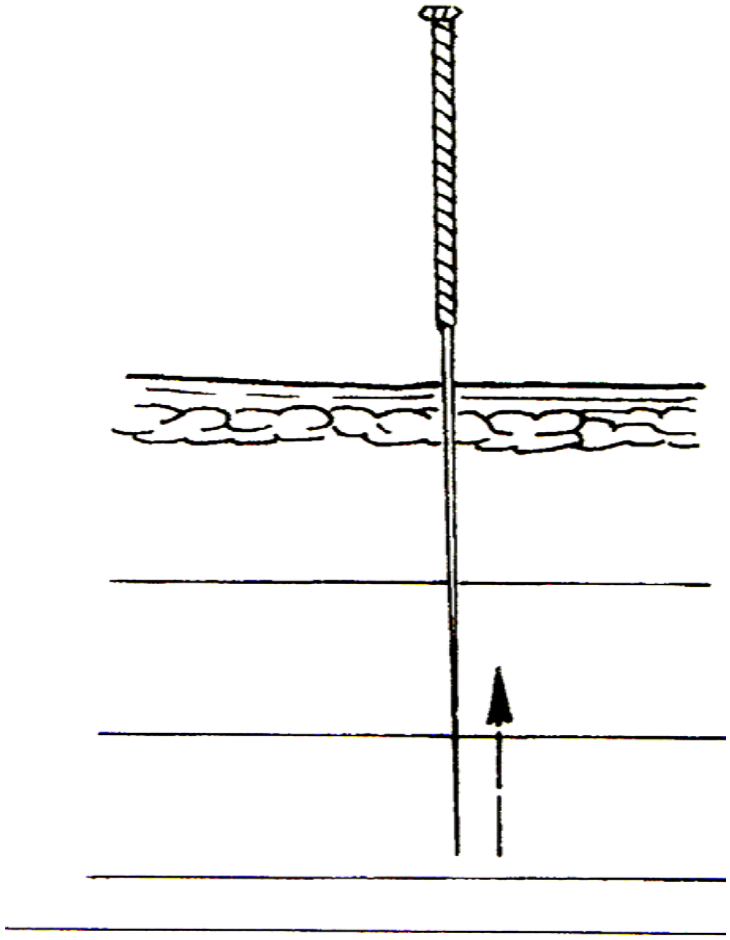
To direct yang away from yin to eliminate heat

- Method:

The needle is inserted perpendicularly deep to wait for needling-sensation and when needling-sensation is obtained, the needle is slowly withdrawn

- Clinical application:

To eliminate pathogenic heat through directing yang away from yin



输刺

Shu needling

8. Close-bone Needling (Duan ci)

- Name:

Used to needle the region near the bone

- Method:

To insert the needle slowly to the deep by slight shaking and then to rotate it mildly when it gets near the bone

- Clinical application:

To treat deep located disease like bone Bi-syndrome

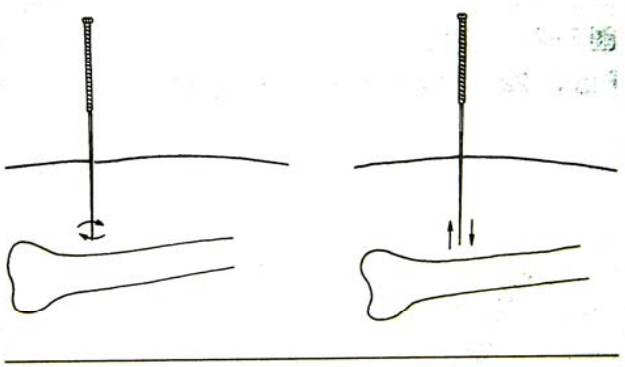
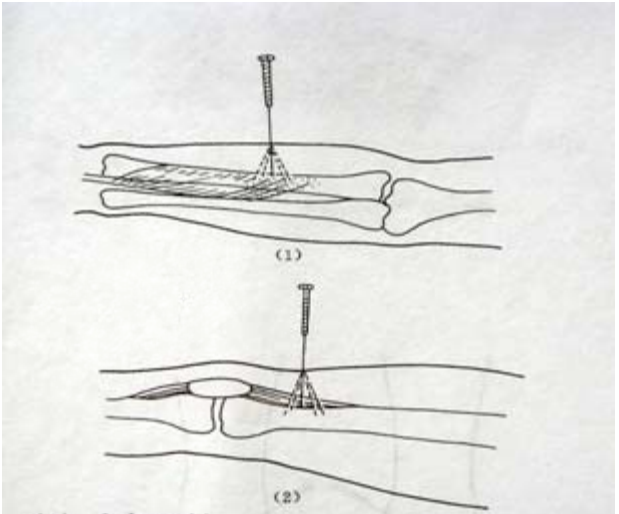


图3-20 短刺

Fig.3-20 Short needling



(1) 手部短刺

(1) Short needling of the hand

(2) 足部短刺

(2) Short needling of the foot

图3-21 短刺（手和足）

Fig.3-21 Short needling (hand and foot)

9. Superficial Needling (Fou ci)

- Name:

This is an obliquely superficial needling technique



- Method:

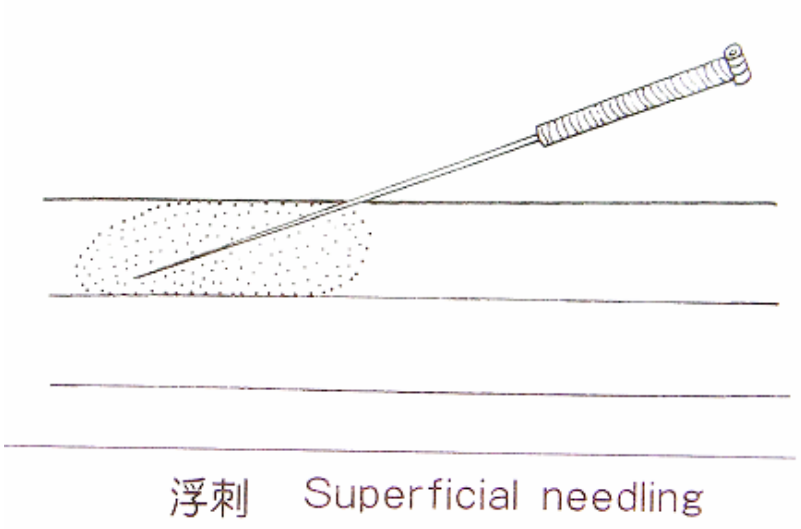
Obliquely **shallow needling (on the superficial of the muscle)**

- Clinical application:

To treat cold cramps of muscles; and numbness syndromes

- Notes

Superficial needling, cutaneous needling and surrounded needling all belong to shallow needling. But superficial and cutaneous needling means shallow needling with fewer needles, while surrounded needling means shallow needling with more needles



10. Yin Needling (Yin ci)

- Name:

Simultaneous needling of the points located on both sides

- Method:

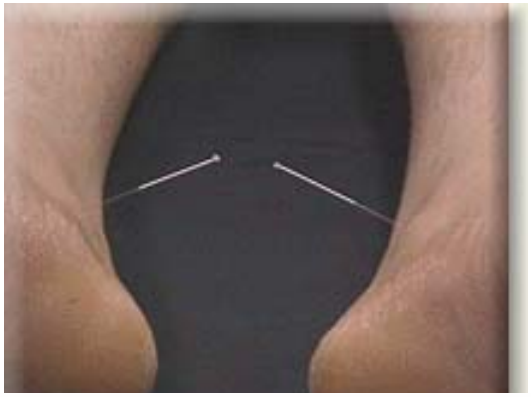
To needle an point on the right and left sides simultaneously

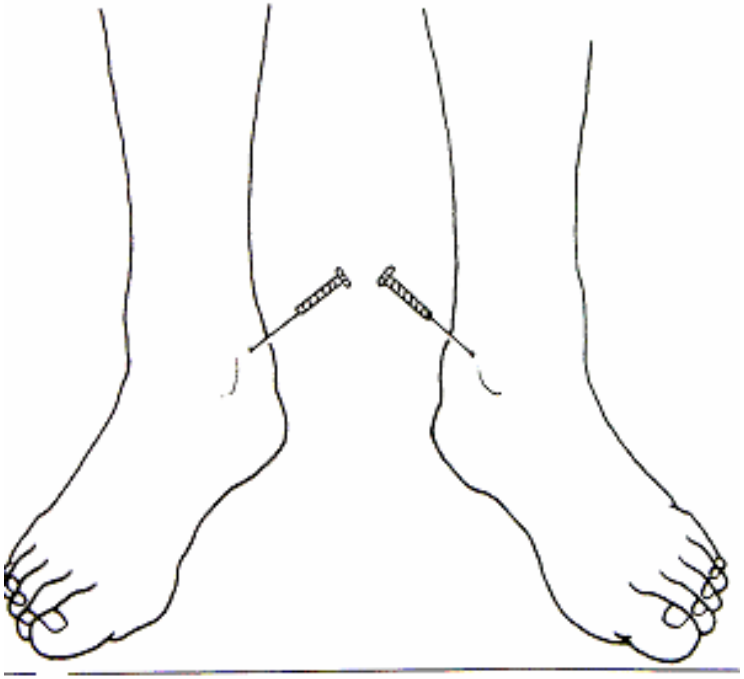
- Clinical application:

To treat yin cold

- Note

Acupoints of the same name on the left and right sides are needled at the same time.





阴刺　Yin needling

11.Accompanied needling (Pang zhen ci)

- Name:

To insert one needle into the selected point and another into the point nearby.

- Method:

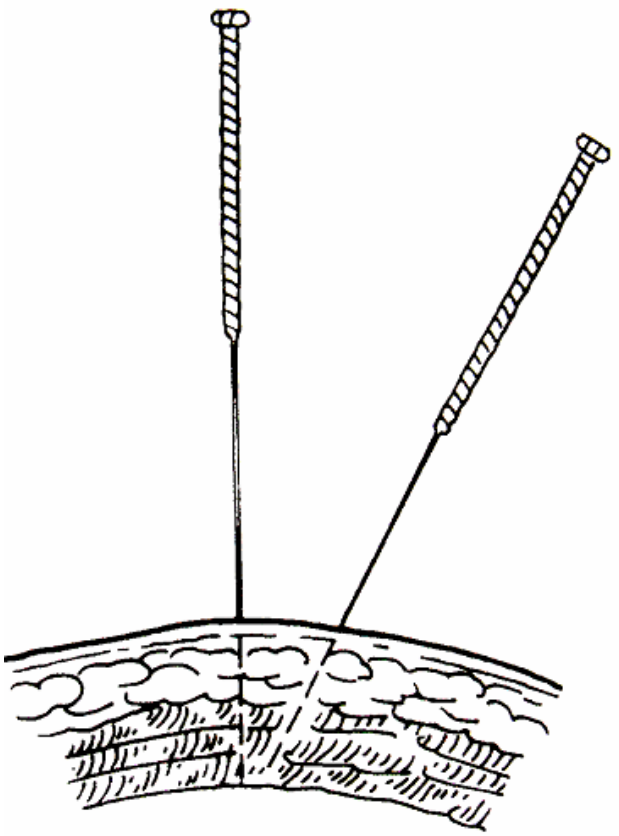
One needle is inserted perpendicularly, and another is inserted obliquely beside

- Clinical application:

Is used to treat stubborn Bi-syndrome with obvious tenderness and fixed location

Note:

This method is used to help dredge the meridian and activate the collaterals over the tenderness



旁针刺 Accompanied needling

12. Repeatedly sparse needling (Zhuan ci)

- Name:

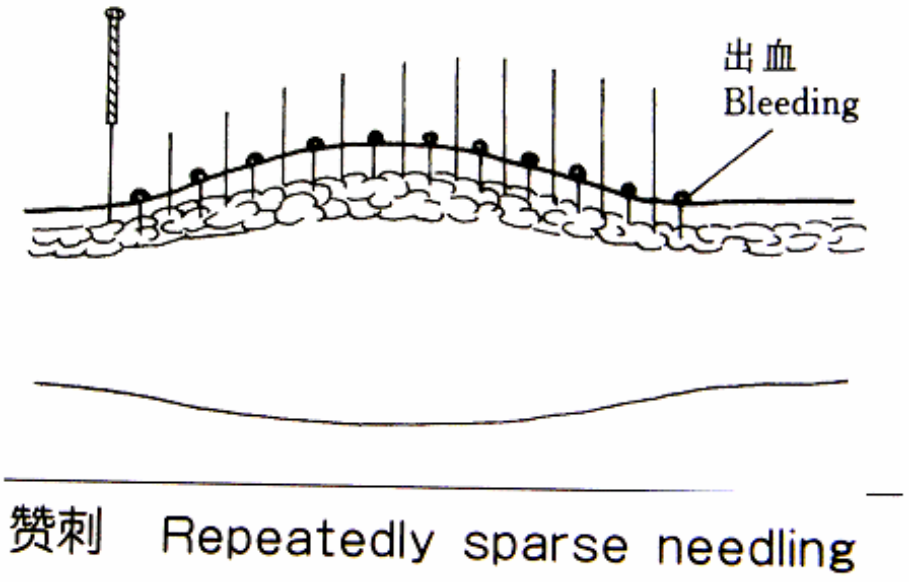
This way of needling can help subside sores and swelling.

- Method:

The needle inserted perpendicularly, and withdrawn straightly, characterized by shallow needling and quick withdrawal of the needle. This is repeated, sparse,shallow and bloodletting technique

- Clinical application:

To treat carbuncle,furuncle and erysipelas



Section3:

Five Needling Techniques

Five needling techniques are differentiated according to the relation between the five Zang organs and five constituents

Contents:

- 1. Semi- Needling (Ban ci)
- 2. Leopard-spot Needling (Baowen ci)
- 3. Joint Needling (Guan ci)
- 4. Hegu Needling (Hegu ci)
- 5. Shu Needling (Shu ci)

1. Semi-Needling (Ban ci)

Name: To needle the skin only (shallow)

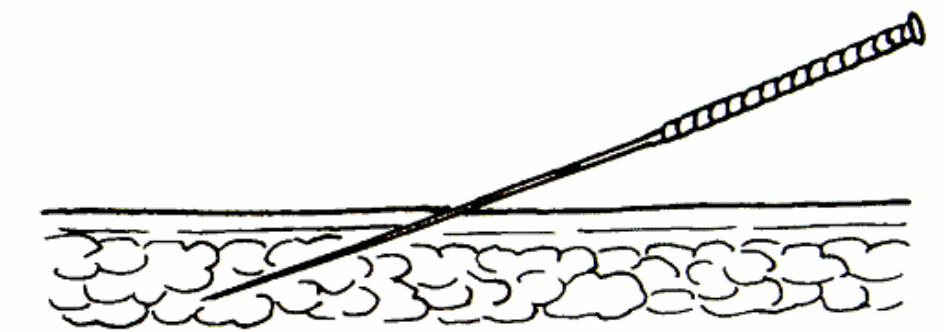
Method: The needle is inserted only into the skin and then is quickly withdrawn like the pulling of a piece of body hair

Clinical application:

To treat wind & cold attack of the superficies, fever, dyspnea and other diseases involving the lung as well as some skin diseases

Note:

It can regulate Lung qi; and is frequently used to treat children in modern times.



半刺 Semi-needling

2. Leopard-spot Needling (Baowen ci)

- Name:

Is characterized by multiple points of bleeding

- Method:

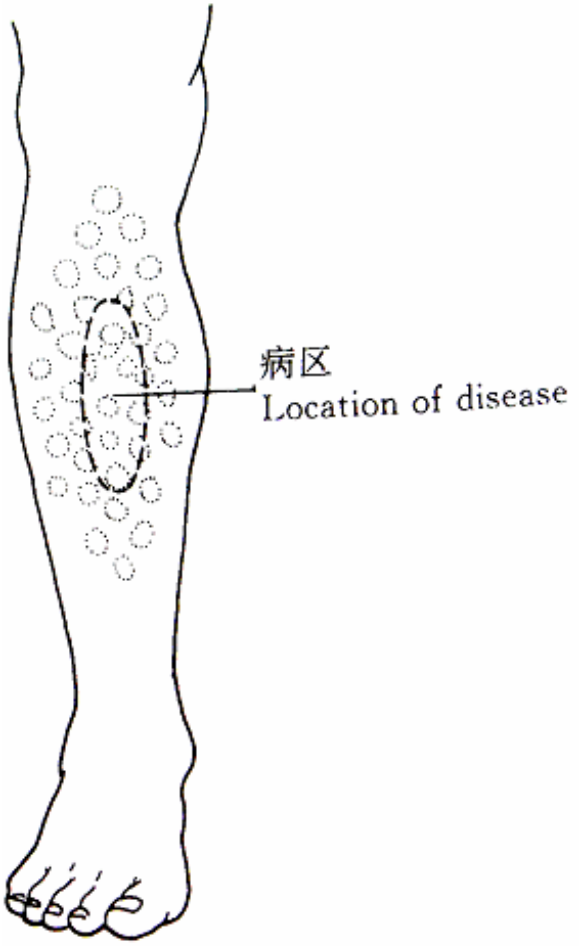
To select one point as the center and to needle sparsely around for blood-letting

- Clinical application:

Red, swollen, hot, painful dermatological disease

Note:

Since the heart controls blood and vessels, this method works on the regulation of Heart qi



豹纹刺法

Leopard-spot needling

3. Joint Needling (Guan ci)

- Name:

Means to needle the tendons around the joints of the body

- Method:

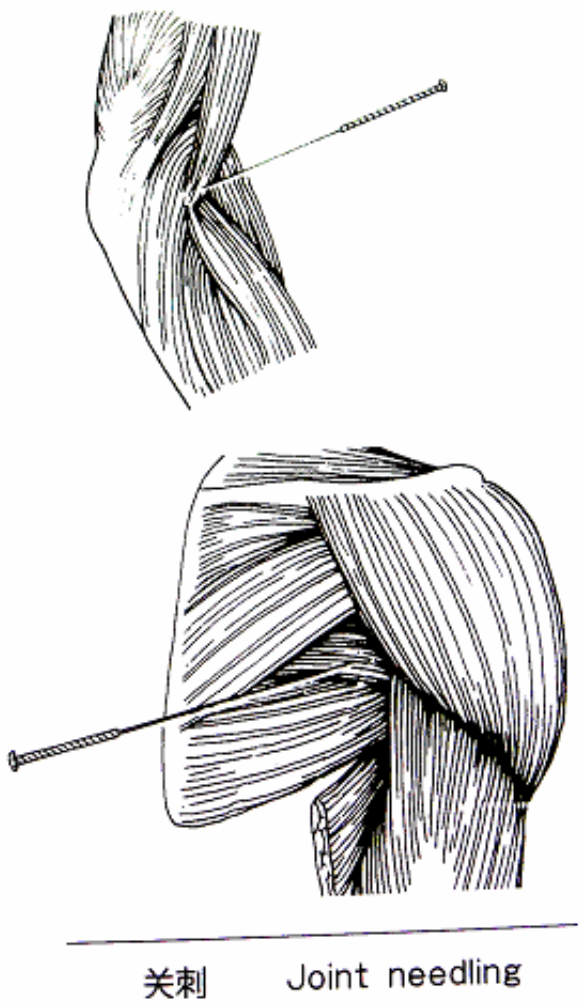
This method focuses on needling the tendons around the joints. Since the tendons converge around the joints, the tendons and muscles of the four limbs all end near the joints

- Clinical application:

To treat Tendon Bi-syndromes

Note

It can regulate Liver qi, and cares should be taken not to impair the vessels



关刺 Joint needling

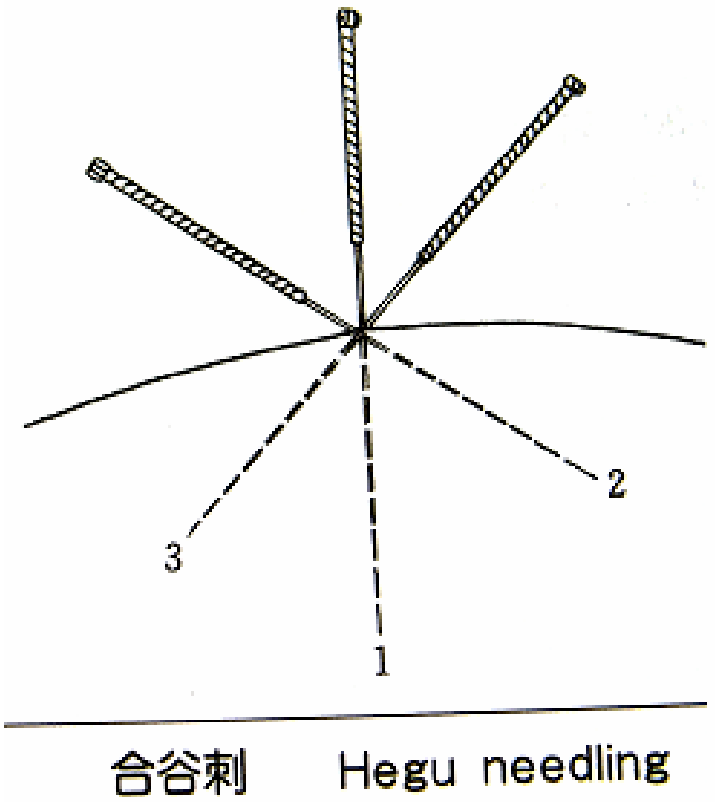
4. Hegu Needling (Hegu ci)

- Name:

Refers to the needling of the region with thick muscles. “Gu” means major muscular convergence

- Method:

To insert the needle deep into the regions with thick muscles, then to withdraw it to the shallow region and push the needle obliquely to both sides.



- Clinical application:

To treat muscular Bi-syndrome

Notes:

The technique is characterized by inserting the needle into the muscles. Since muscles are controlled by the spleen, this method can regulate spleen qi; clinically it is a kind of heavy stimulating method

5. Shu Needling (Shu ci)

- Name:

Means to insert the needle perpendicularly and to withdraw it straightly for the purpose of dredging the external and the internal

- Method:

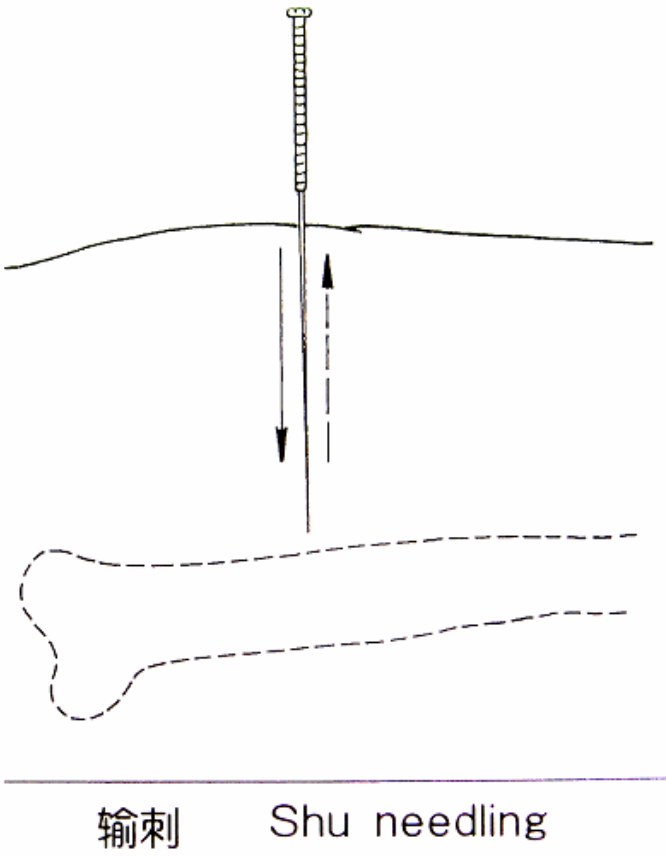
To insert the needle perpendicularly deep to the bones and withdraw straightly

- Clinical application:

To treat obstructive pain of the bones(including diseases located in the deep regions)

Note

Since kidney controls bones, this method can regulate renal qi



Section4

Triple Layer needling and Qi-directing Techniques

Triple Layer Needling Technique

- **Name:**

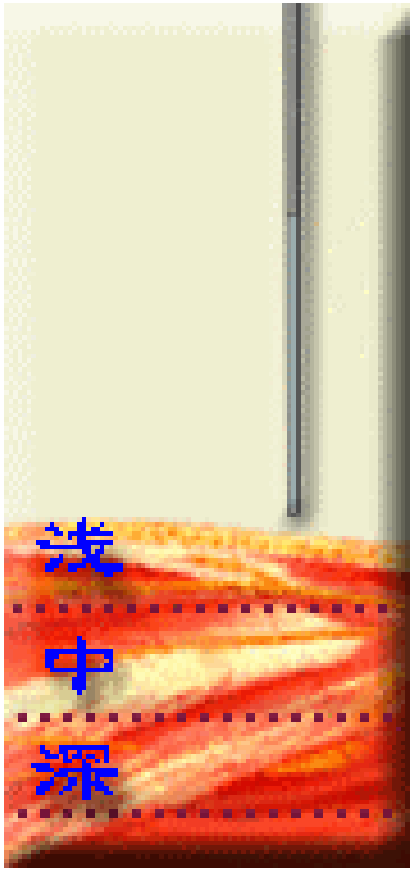
The needle is manipulated in the shallow, middle and deep layers respectively in the the intradermal, subcutaneous and intramuscular regions

- **Method:**

The needle is inserted to the shallow layer first to expel pathogenic factors and promote blood circulation, then to the middle layer to disperse yin qi and finally the deep layer for the purpose of anti-pathogen Qi

- **Clinical application:**

To remove pathogenic factors and to maintain the healthy qi



Qi-directing technique

- **Name:**

It is characterized by slow insertion and slow withdrawal.

- **Method:**

When inserted into certain depth, the needle is manipulated evenly, slowly and mildly with lifting, thrusting, and rotating techniques to obtain needling sensation. Then strength,range and speed of lifting, thrusting and rotation are the same. When needling sensation is reached, the needle is retained for a while and then withdrawn.



- **Clinical application:**

It does not have the effect of reducing or tonifying, it is used to treat adverse flow of Qi and blood as well as non-sthenic and non-asthenic diseases

Brief introduction of Needling Techniques in ***Nanjing***

Cooperation of both hands Needling

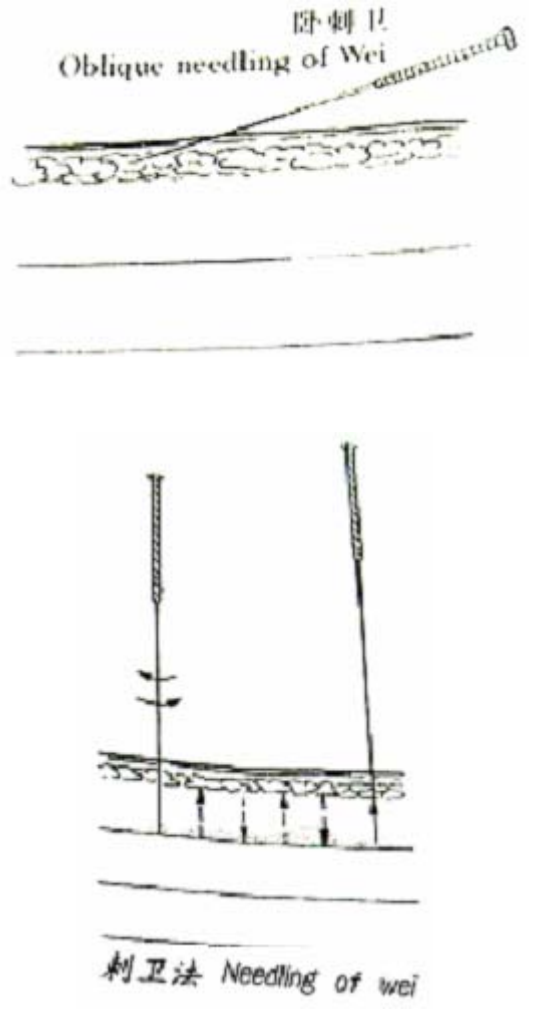
- Hilight to operate with both hands
- Pressing Hand Puncture Hand

  Help to finish the treatment Hold the needle
-

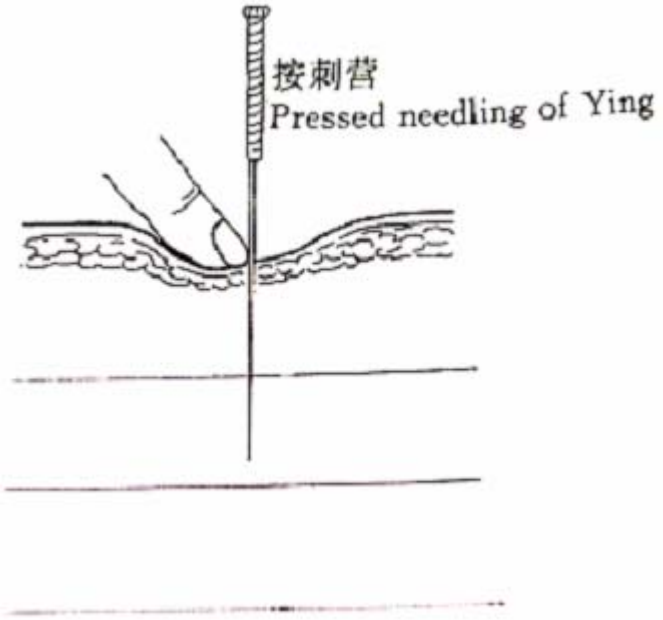
Needling of Wei

- **Method:** for the needling of wei Phase (layer), the needle is quickly inserted into the skin by the right hand and is rotated, thrusted, and lifted to stimulate the 1st layer of needling-sensation; or transverse needling; or normal manipulating technique is used to induce desirable needling-sensation
- **Clinical Application:**

Note: the needling of Wei phase (layer) should be shallow with or with transverse needling technique to avoid affecting Ying qi in the deep layer.



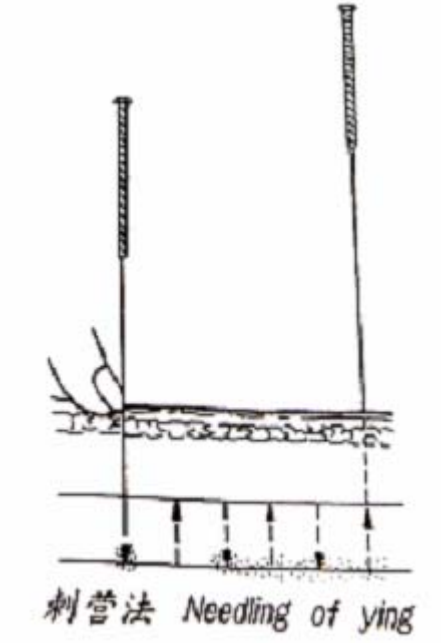
Needling of Ying



- **Method:** For the needling of Ying Phase(layer), the acupoint is pressed first by the left hand to disperse Qi and blood, then the needle is inserted by the right hand perpendicularly into the deep region or into the painful area

- **Clinical Application:**

Note: When needling Ying phase (layer), care should be taken not to impair Wei in the superficies. Before needling, the point should be pressed by the left hand first to dissipate Weiqi in the shallow region, then the needle is inserted.



Tonifying/reducing needling of Ying and Wei

- **Tonifying needling**:

the needle was inserted, and needling sensation was obtained; then push the needle deep inside. (induce the yangqi on the Wei layer inside the body)

Reducing Needling

the needle was inserted, and needling sensation was obtained;

Then move and lift the needle outside

Combining Needling technique with acupoints' property

- Tonify the mother and reduce the son

Based on the five-shu points, and five element theory

Yang Channel: Jin(well)----Metal

Yin Channel: Jin(well)------Wood

Needling Techniques based on the Four Seasons

Spring+Summer ⟶ Shallow needling

Autumn+Winter ⟶ Deep needling