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You can order Dr. Young's book from Golden Flower.

## 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, 2<sup>nd</sup> 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

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Page 1 of 31

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the channel. Erbai treats hemorrhoids for the same reason – microsystem relationship. KI communicates with SJ and ctrl's the 2 yin orifices.

- Jixue 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. Jixue is good for new trauma, bleeding. Good to regulate qi/blood. Also good for needle shock, for stuck needles, bent needles.

### **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.” It’s 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 goin 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 1<sup>st</sup> 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 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

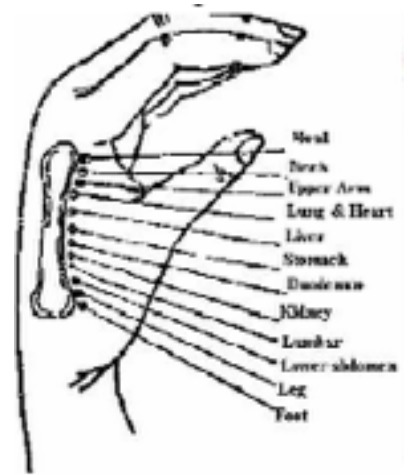
## Microsystems

Microsystem theory came out of china long ago.

### Second Metacarpal Bone Theory Microsystem

Remember the 2<sup>nd</sup> metacarpal bone microsystem from [Advanced Needle Theory 1](#). The 2<sup>nd</sup> 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 2<sup>nd</sup> 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).

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 2<sup>nd</sup> 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:

Would this work for our can’t swallow patient?
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- 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.
- 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.

### Diujin/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.

**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

This turf was covered in [Advanced Needling 2 starting around Class 5](#).

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. 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.

### **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.

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.

#### **6-2 Dao Ma: Point coupling needle technique**

1. Find the main indication point.
2. Add a 2<sup>nd</sup> 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.

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

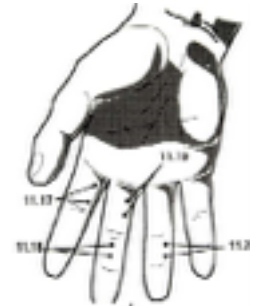
Insert along the bone, but aiming beneath the bone. Always used with gynecological problems and used in conjunction with Fuke. →



### 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.



### 11.24 Fuke

On distal interphalanges of thumb. Use the 1/3 and 2/3 location method. Not needed 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.

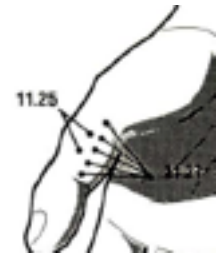


Sidebar: 11.03/.04 is used in conjunction with 11.01 and 11.02. Don't have to use them all... pick a couple. This is for **hernia** treatment. Combine with LV 1 or 2. Combines upper/lower, zang/fu, hand/foot, branch/root treatment making a more complete treatment.

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

## 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 one that runs straight down toward the wrist.



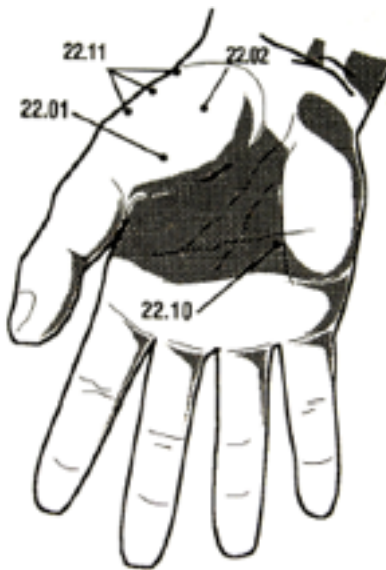
1<sup>st</sup> tiger treats arthritis pain in the fingers. If you needle Wuhu 1, also needle SJ 5 opposite side. If only 1 or 2 fingers hurt, needle opposite side Wuhu 1 and use guide point Wuhu 1 opposite side.

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.

## 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.

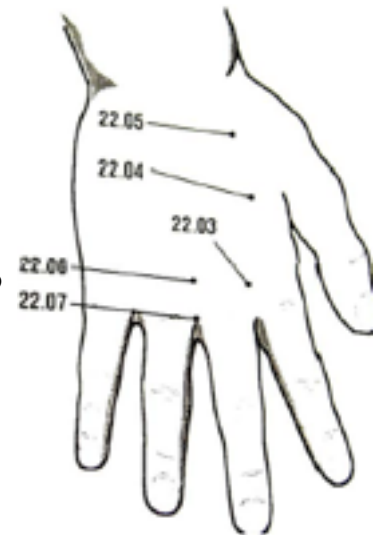
There are 3 layers here – you do the 3 pushes to each depth, targeting the depth you want. The first thrust is heaven layer. Manipulate a little and go deeper to human level. Repeat and go to earth level.

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 1<sup>st</sup> and 2<sup>nd</sup> 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.

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.

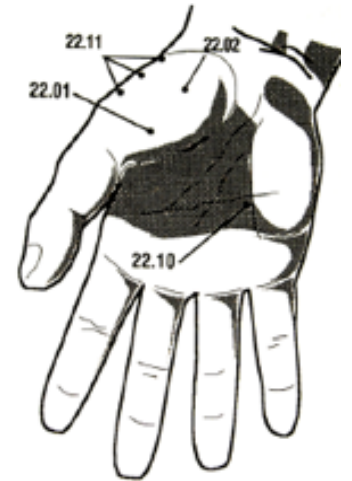
### 22.11 Tushui

(Not in handout). This is a 3 point combination along the 1<sup>st</sup> 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)

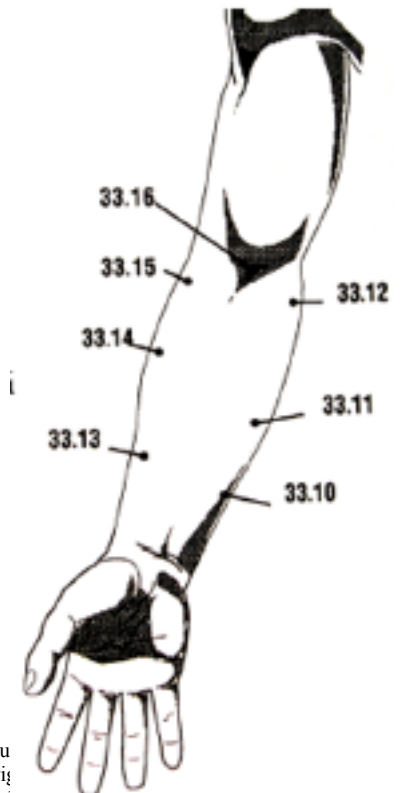
(Not shown all that well in the diagram – should be a shot from the posterior/lateral aspect of the forearm.)

### 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.

### 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

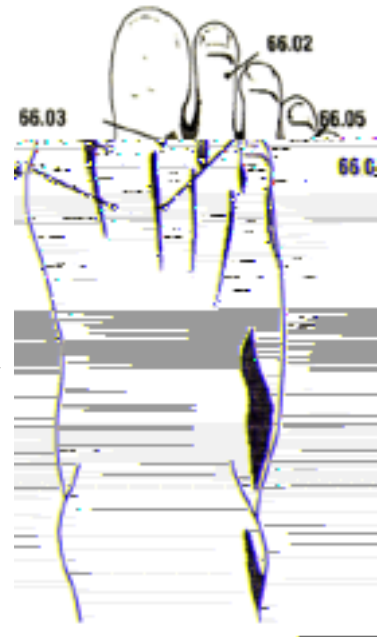
### 66.03 Huoying

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.

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

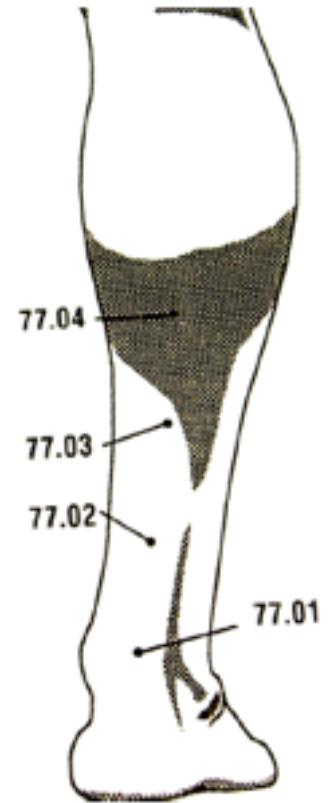
Have patient lie face down and hang foot over edge of table. You want the foot to be at a 90 degree angle. Too much more angle and the tendon will be too tight for insertion.

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

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 Erzhong

### 77.07 Sanzhong

### 77.08 Sihuashang

3 cun inferior to ST 35 on lateral tibia

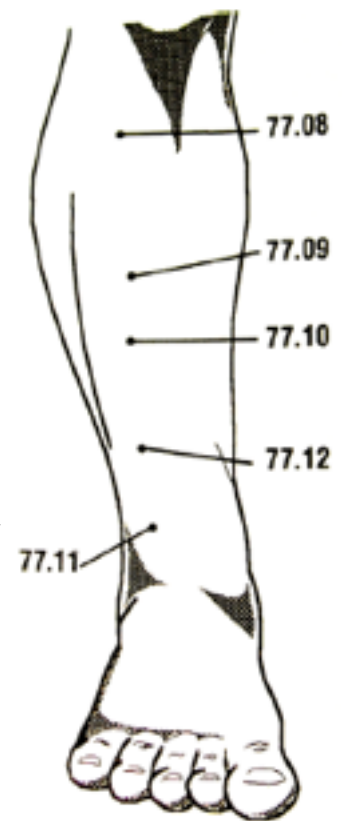
### 77.09 Sihuazhong – Center of the Four Flowers

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.

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.

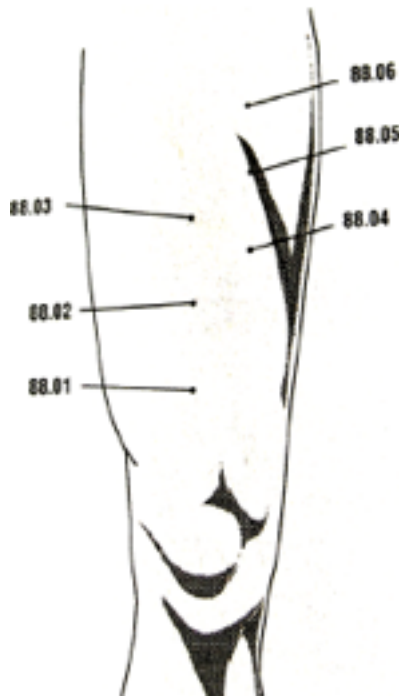
#### 77.22 Cesanli



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.

### 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 preppers.

#### 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.

## **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 orificies, 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.

#### 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.

# 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 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.