

FIVE DRAGONS
ACUPUNCTURE COLLEGE
CORRESPONDENCE COURSE



LESSON 23
OF
31 LESSONS

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Acupuncture Correspondence Course in 31 Lessons
For Educational and Teaching Purposes.

Recommended books to simplify your research are as follows

Essentials of Chinese Acupuncture
Gray's Anatomy
The Merck Manual
Taber's Cyclopedic Medical Dictionary

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to the acupuncturists and medical researchers
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This lesson consists of pages 204 to 216 (inclusive) of the textbook and information contained in this portion of the Study Guide. The 36 points (or groups of points) listed in your textbook correspond to the following points and numbers on the China Cultural Corp. Acupuncture Chart set we have supplied you with:

<u>TEXTBOOK DESIGNATION</u>	<u>CHINA CULTURAL CHART DESIGNATION</u>
①. Yintang (Extra 1)	S-3, Yintang
②. Taiyang (Extra 2)	S-9, Taiyang
3. Yuyao (Extra 3)	S-6, Yuyao
4. Qiuhou (Extra 4)	S-8, Chiuhou
5. Jiachengjiang (Extra 5)	S-18, Keliao
6. Sishencong (Extra 6)	S-1, Szushentsung
⑦. Yiming (Extra 7)	S-13, Yiming
8. Anmian I (Extra 8)	N-27, Anmien ₁
9. Anmian II (Extra 9)	N-28, Anmien ₂
10. Jinjin (Extra 10)	S-20 ₁ , Chinchin (left)
Yuye (Extra 10)	S-20 ₂ , Yuyeh (right)
11. Zengyin (Extra 11)	N-32, Tsengyin
12. Shanglianquan (Extra 12)	S-21, Shanglienchuan
13. Jingbi (Extra 13)	Not on these Charts (See Lesson)
14. Weishang (Extra 14)	Not on these Charts (See Lesson)
15. Weibao (Extra 15)	S-47, Weipao
①⑥. Abdomen-Zigong (Extra 16)	S-49, Tsukung
17. Dingchuan (Extra 17)	N-45, Tingchuan
18. Wuming (Extra 18)	S-55, Wuming
19. Shiqizhui (Extra 19)	S-75, Shihchi-chuihsia
20. Yaoqi (Extra 20)	S-79, Yaochi
②①. Huatuojiaji (Extra 21)	(See Lesson material)
22. Jianzhong [Error in text, see Lesson material, should read: Naoshang] (Extra 22)	N-73, Naoshang
23. Bizhong (Extra 23)	S-115, Pichung
24. Erbai (Extra 24)	S-114, Erhpai
25. Zhongquan (Extra 25)	S-118, Chungchuan
②⑥. Luozhen (Extra 26)	S-108, Luochen
27. Yatong (Extra 27)	N-60, Yatung
②⑧. Baxie (Extra 28)	S-107, Pahsieh
②⑨. Sifeng (Extra 29)	S-94, Szufeng. Index finger point also known as S-89, Fengkuan.
③①. Shixuan (Extra 30)	S-86, Shihhsuan (On fingers) S-87, Muchihchien (On thumb)
31. Heding (Extra 31)	S-156, Heting
③②. Xiyan (Extra 32)	S-145, Hsiyen (Medial). The lateral point is identical to ST-35 (Tupi).
③③. Lanwei (Extra 33)	S-142, Lanwei
34. Linghou (Extra 34)	S-153, Linghou
35. Dannang (Extra 35)	S-152, Tanlangtien
③⑥. Bafeng (Extra 36)	S-137, Pafeng

Of the thirty-six points (or groups of points) listed above, twelve of them have their numbers circled. Those twelve can be considered as the MAJOR ones, for which all pertinent information

should be memorized, exactly like all the major meridian points. A good idea might be to circle the numbers of these points right in your textbook as well. In addition, the three points covered below and not in the textbook (numbered 37, 38, and 39 for reference purposes) should also be considered as further MAJOR extraordinary (non-meridian) points. These fifteen major extraordinary points (or groups) are subject to testing on a final examination.

37. Chuanhsi, S-51 on China Cultural Corp. Acupuncture Charts.

Location: 1 pouce lateral of GV-14, Tachui [or Dazhui (Du 14)] or 5 fen lateral to Dingchuan (Extra 17).

Indications: Asthma, gasping breath symptoms; cough; urticaria.

Needle: 5 fen to 1 pouce [60, slightly towards spinal column].

Caution: Do not needle perpendicular [90] more than 5 fen.

Moxa: 5 to 12 minutes.

38. Longmen (Not shown on China Cultural Corp. Acupuncture Charts)

Location: In the center of the pubic symphysis, on the midline of the abdomen, 8 fen to 1 pouce below CV-2 [Chuku or Qugu (Ren 2)]. Locate with patient lying on back, on the high bone above the genitalia. Mark it in on your acupuncture charts (Chart #1) if you wish.

Indications: Sterility; enuresis; leukorrhea.

Needle: 5 Fen [60 upward].

Moxa: 3 to 7 minutes.

Note: This point is generally utilized only on females. It is such a well established and important enough point that The Shanghai College of Chinese Medicine recently has actually added it directly to the Conception Vessel.

39. Yishu, S-62 on China Cultural Corp. Acupuncture Charts.

Location: Midway between Bladder Points #17 and #18, or one-and-a-half pouce (cun) lateral to the bottom of the spinous process of the 8th. thoracic vertebra.

Indications: Glycosuria, diabetes; abdominal pains; nausea; pleurisy; intercostal neuralgia.

Needle: 5 fen [90] or up to 1 pouce [60, towards midline].

Caution: Location, as well as needle depth and direction.

Moxa: 5 to 7 minutes.

Note: This point is also known as "Weikuanhsiashu" or "Tsuishu" (the latter one indicating the old term for pancreas in transliterated Chinese), and this point is often referred to as 'The Pancreas Point' or the 'Pancreas Back-Shu Point'. It is a well established and important enough point that The Shanghai College of Chinese Medicine has recently added it directly to the Bladder meridian.

General Notes Regarding Extraordinary Points Listed in Textbook

Yintang (Extra 1): The Shanghai College of Chinese Medicine considers this such a well established and important point that it has recently added it to the Governor Vessel as an actual additional point thereon.* This point is classically forbidden to moxibustion. This point is sometimes needled upward instead of downwards, and often bleed. Add to indications given for this point in the textbook, the following: Infantile convulsions and cramps; and eye disorders. Underscore in your textbook the following indications for this point: headaches (add especially frontal) and diseases of the nose. See also Fig. 115 in textbook. Delete 'Puncture' information given in textbook for this point and substitute the following: Puncture 3 to 8 fen horizontally [15] downwards along the skin. Pull up skin at the point between your thumb and index finger and insert needle with other hand.

Taiyang (Extra 2): The Shanghai College of Chinese Medicine considers this such a well established and important point that it has recently added it to the Small Intestine meridian as an actual additional point thereon (as the apex of a triangle in between our SI-18 and SI-19, deleting existing pathway between these two points). Moxibustion here also forbidden. Sometimes needled subcutaneously about two pouce in direction of GB-8 (Shuaiku or Shuaigu) for migraine, instead of downwards. Specifically add headache and conjunctivitis to list of indications given in textbook. Caution: Facial nerve. Substitute the word "pouce" or "cun" for the words "inch" and "inches" under this point's 'Puncture' information. See also Fig. 48, page 111, text-book. Extensive bleeding is often effective for migraine attack and conjunctivitis.

Yuyao (Extra 3): See also Fig. 45, page 109, textbook. Patients eyes looking straight ahead, distinct depression at middle of eyebrow right above the pupil. Usually needled medially but can be needled laterally too. Substitute word "pouce" or "cun" for "inch" in text's 'Puncture' information.

* Previously most authorities considered there to be a total of 361 different 'meridian' points on the twelve main meridians and two mid-line vessels (plus hundreds of various 'non-meridian' points). Recently however, The Shanghai College of Chinese Medicine, a world leader in Chinese medical thought, has added five of the 'non-meridian' points directly to a few of the fourteen main meridians (including the two mid-line vessels) on the basis of research and clinical useage. They have added one each to the Conception and Governor Vessels, and one each (bilateral) to the Bladder, Stomach and Small Intestine meridians, for a total count now of 366. These five points are mentioned in this Lesson, but they are still treated here as 'non-meridian' points because they do not yet appear as 'meridian' points on current acupuncture charts and diagrams. Students of acupuncture should be aware of them as they undoubtedly will appear as actual meridian points in the future.

- Qiuhou (Extra 4): Patient should be looking upwards. Some acupuncturists gently press eyeball upwards with a finger while inserting needle. Rotation or twirling of inserted needle not recommended, nor any deeper penetration than two pouce, although often needled to 1 Pouce 5 Fen. This point bleeds easily and obtains local ecchymosis --- follow instructions given for this eventuality under special Bladder Point #1 needling techniques elsewhere in this Study Guide. Substitute the word "pouce" or "cun" for word "inch" under 'Puncture' instructions for this point in the text-book. China Cultural Charts probably place this point too high and too far lateral.
- Jiachengjiang (Extra 5): Note radical name change between China Cultural Charts (Keliao) and textbook, because some Chinese acupuncturists think of this point only in relation to the Chengjiang (Conception Vessel #24) point, rather than as a separate identity point. This point is almost directly below ST-4 (Titsang or Dicang) and is located in what is known as the 'mental foramen' --- see right side of Fig. 116, page 206, textbook. Substitute the word "pouce" or "cun" for the word "inch" in the textbook's 'Puncture' information. Note: After the needle reaches the mental foramen, some acupuncturists do a further horizontal insertion medially and downwards to a total depth of one pouce. This latter procedure is not necessary for effectiveness, and is not recommended by O.I.C.S.
- Sishencong (Extra 6): A total of four points here, all with a strong effect on mental disturbances in addition to indications listed in textbook. Change word "inch" under 'Puncture' information in textbook to either "pouce" or "cun".
- Yiming (Extra 7): Moxa not advised. Caution: Facial nerve. Add deafness and night blindness to indications given in textbook and underscore tinnitus and insomnia, as these are important ones. Delete word "inch" of textbook 'Puncture' information and substitute "pouce" or "cun", and add the following after the word "nose": "up to 1.5 pouce or cun".
- Anmian I (Extra 8): Add migraine to list of indications given in textbook and substitute the word "pouce" or "cun" for the word "inches" under its 'Puncture' information.
- Anmian II (Extra 9): Great sedation point, often referred to as the 'Valium Point' of acupuncture. Add schizophrenia and restlessness to indications given for this point in the textbook. Delete word "inches" in 'Puncture' information and substitute "pouce" or "cun". Maximum depth is two pouce!
- Zengyin (Extra 11): Avoid carotid artery --- better yet, avoid needling this point at all! Substitute word "cun" or "pouce" for word "inch" under 'Puncture' information in textbook for this point. Needling is in direction of pharynx and can be as much as 1.5 pouce in depth when needling required.

Shanglianquan (Extra 12): Substitute word "pouce" or "cun" for word "inches" under 'Puncture' instructions in textbook here.

Jingbi (Extra 13): Not shown on China Cultural Charts. If you wish to add this point in on these charts, it is just below and lateral of Large Intestine Point #17 which is identified as CO-17 (Tienting) on that set of charts. It would be at approximately just below the middle of the word "Tienting" on Chart #1, and on Chart #3, probably just a little below and forward of the Large Intestine point CO-17 (Tienting). Fig. 68 on page 138 of the textbook shows Jingbi (Extra 13) from a side view as it would be on Chart #3, but does not give CO-17 as a reference point unfortunately. This point (Jingbi) is about one pouce above the clavicle itself. Change the word "inch" of 'Puncture' instructions for this point to either "pouce" or "cun", and add that the needling sensation should radiate right down the arms.

Weishang (Extra 14): Not shown on China Cultural Charts. If you wish to add this point in on your China Cultural Charts, it is about four pouce lateral to Conception Vessel Point #10 (level with KI-17 and ST-23) between the Spleen and Liver meridians. It is not on the Spleen meridian, and it is not the Weile (N-37) point shown on the China Cultural Charts between Spleen #15 and #16. Weishang (Extra 14) then is somewhat below and lateral to Spleen 16. In regard to the 'Puncture' information given in the text for this point, change the word "inches" to either "pouce" or "cun". Notice that this is the only Extraordinary point that the textbook gives moxibustion information for. Moxa is the preferred treatment.

Weibao (Extra 15): Note this point is more than 4 pouce (cun) lateral to Guanyuan (Ren 4), probably five or even six cun (pouce) lateral. The textbook is in error --- please make a correction. This puts this point in a depression distal and medial to the anterior-superior iliac spine. Change "inches" in 'Puncture' information to read either "pouce" or "cun".

Abdomen-Zigong (Extra 16): Specifically add prolapse of uterus; female sterility; and irregular menstruation to indications given in textbook for this point, and under 'Puncture' information replace the word "inches" in two places with either the words "pouce" or "cun". Caution: Intestines and ovaries in female. Moxa: 5 to 15 minutes if necessary.

Dingchuan (Extra 17): Some authors claim this point is 1 pouce (cun) lateral to Dazhui (Du 14) but that puts it at the point Chuanhsi mentioned on page two of this Lesson's Study Guide, as one of the major points not included in the textbook. Add paralysis of upper limb to indications listed in textbook for this point, and underscore the word "asthma" (this point is also known as a 'Asthma Point'). Also see remarks about this point under Huatuojiayi (Extra 21) later on in this Lesson. Note that there is an auricular point of the same name.

Wuming (Extra 18): Change the word "inch" to either "pouce" or "cun" in 'Puncture' information given for this point. This point is also known as 'Erzhui' in transliterated Chinese.

Shiqizhui (Extra 19): Note this point is situated right on the back mid-line of the body, not beside it --- some authors confuse this point with one situated 5 fen lateral to it. Substitute the word "pouce" or "cun" for the word "inches" in the 'Puncture' information given for this point by textbook. Moxa: 5 to 15 minutes if necessary.

Yaoqi (Extra 20): Another way of describing the location of this point is that it is in a depression under the second sacral vertebra. Change the word "inches" under 'Puncture' information in textbook to read "pouce" or "cun" instead, and underscore the words 'horizontally along the skin' therein.

Huatuojiayi (Extra 21):

A bilateral line of points parallel to the spine and about one-half pouce (cun) from the actual mid-line (Governor Vessel) were used for therapeutic purposes by Hua Tuo, a renowned acupuncturist and surgeon of the Han dynasty, over two thousand years ago. At that time the exact names of these points were not established, nor was it considered that they constituted a distinct pathway or meridian. Nevertheless, Hua Tuo must be regarded as the pioneer in recognizing the significance of these para-spinal points, which now bear his name. For two thousand years few acupuncturists paid any special attention to these points of Hua Tuo until the cultural revolutionary period in China when medical personnel 'discovered' or 'rediscovered' many new points on an empirical basis. These newly 'revived' Hua Tuo points have not only now proven themselves to have high efficacy, but they also have been given appropriate names and/or numbers for better reference purposes. In doing so, a step has been made toward establishing of an entirely new acupuncture meridian.

From clinical observations in North America, a great many Western patients suffer from common ailments generally related to the spinal nerves. This condition is quite different from that in other nations and this difference probably stems from the characteristic eating habits and general life style of most Americans. For treatment of such spinal related conditions, the Hua Tuo points are frequently used, perhaps more so than even the Five Shu (or Antique) points of each of the twelve main meridians. It is for this reason that some modern acupuncturists propose that the Hua Tuo points should be established as an entirely new meridian. Certainly they possess the characteristics of a distinct meridian and ample therapeutic evidence in the form of clinical data that they are frequently used points, and therefore have an indisputable basis for establishment as a new meridian. O.I.C.S. students should be aware of all this for the future, and that the generally proposed name for such a meridian is the "Para-spinal Meridian" (already being referred to as such in the literature).

Of the twenty-eight known Huatuojiayi points on each side of the body (bilateral points, therefore a total of fifty-six points altogether) only seventeen are usually discussed by most authors, namely those seventeen points situated in the thoracic and lumbar area. These seventeen points are pictured by pairs in Fig. 119, page 210 of the textbook, but note that the Dingchuan (Extra 17) point pair is not one of the seventeen points. These seventeen points are generally numbered top to bottom from one to seventeen respectively, for reference purposes. They are situated BENEATH and five fen lateral to each of the seventeen vertebrae in that area (12 thoracic + 5 lumbar = 17 vertebrae) as enumerated on page 211 of the textbook. Remember though that the numbers on page 211 of the textbook refer to the actual vertebra numbering system and not to the Huatuojiayi vertebral points themselves. (Henceforth let's abbreviate the Huatuojiayi vertebral points by 'HTV' among ourselves.) These seventeen HTV Points are located approximately 5 fen lateral to the back midline of the body and BELOW each of the seventeen vertebrae in the thoracic and lumbar areas.

Referring now to Chart Two, of the China Cultural Corp. Acupuncture Chart set (supplied by O.I.C.S. to participants), let us locate these seventeen HTV Points. Eleven of them are not named or numbered in the chart, but are designated on the chart already (called Hua To's Vertebral Points in chart legend) by the 'circle with a dot in it' symbol [⊙]. The uppermost of these seventeen points is designated by that symbol, about five fen lateral to Governing Vessel Point #13, and can be referred to as HTV Point #1. HTV Point #2 is also designated by that symbol, somewhat below it, five fen lateral to the 'strange' point Wuming (S-55). HTV Point #3 is not designated as such, but corresponds to the 'strange' point Chuche (S-56) opposite Governing Vessel Point #12. The fourth, fifth, sixth and seventh HTV Points correspond to the newly found points N-48 (Weijehsueh), N-49 (Chungchuan), N-51 (Pijehsueh, and N-52 (Shenjehsueh) respectively. HTV Points #8 through to #13 inclusive, are again designated on the chart by the symbol. HTV Point #14 is not designated by the symbol, but is identical to newly found point Shenchi (N-56), which is just beside the fourth Governor Vessel Point. HTV Points #15, 16 and 17 are again designated on the chart by their symbol.

So far we've talked about seventeen of the twenty-eight HTV Points, leaving a balance of eleven to discuss. Of these eleven, eight are in the cervical area and three in the sacral area, and most of these are never shown on acupuncture charts. The three sacral HTV Points are again located about five fen from the midline at the back of the body (Governor Vessel) and are below or beneath the first, second and third sacral vertebrae respectively. If you wish to mark them in on the China Cultural Corp. Acupuncture charts, this puts them at the level of the 'strange' points Chiuchi (S-78), Yaochi (S-79) and Hsiachui (S-80), and close to Bladder points #31, 32 and 33. These three points are usually treated together as a group with a 'Plum Blossom Needle' and thus do not need to be very precisely located. They are most effective for diseases of the uro-genital system and some disorders of the lower extremities.

The eight cervical HTV Points are located as follows, again about 5 fen from the mid-line of the back (Governor Vessel), and except for the last one (eighth cervical HTV Point) are not shown on the China Cultural Corp. acupuncture charts. The uppermost of the cervical HTV Points (and here we also mean the highest up of all twenty-eight HTV Points) is located at the level of Governor Vessel Point #16, which is just above the 1st. cervical vertebra. The second cervical HTV point is just below the 1st. cervical vertebra at the level of Governor Vessel Point #15. The third cervical HTV Point is just below the 2nd. cervical vertebra (and of course 5 fen lateral). Cervical HTV Points four, five, six, seven and eight are below and lateral to the 3rd., 4th., 5th., 6th., and 7th. cervical vertebrae. Note the cervical HTV Points do not follow below the cervical vertebrae of the corresponding number as the thoracic and sacral ones did.

The eighth cervical HTV Point is at the level of Governor Vessel #14, and most likely corresponds to the newly found point Tingchuan (N-45) of the China Cultural acupuncture charts or in the textbook to Dingchuan (Extra 17). Note, the seventh cervical HTV Point does not correspond to Liuchingchuipang (N-42) or to Chichingchuipang (N-44) of the China Cultural Charts, but rather somewhere between these two points at the level of Chungku (S-31) which is between the 6th. and 7th. cervical vertebrae. As you can see from the table on page 211 of the textbook, these cervical HTV Points are useful for diseases of the head and neck regions, as well as some diseases of the upper extremities. Except for the eighth cervical HTV Point, these cervical HTV Points are usually treated with a "Plum Blossom Needle", and thus do not have to be very precisely located either.

NEEDLING INFORMATION: [Supersedes and replaces 'Puncture' information given on page 210 of textbook.] Needle depth is 1 Pouce 5 Fen to 2 Pouce (cun) slightly obliquely towards the spinal column along the lumbar vertebrae. For points along the thoracic and cervical vertebrae, 5 Fen to 1 Pouce, again slanting slightly obliquely towards the spinal column. There may be a feeling of local soreness and swelling, or a spreading tingling feeling radiating to the arms, legs or ribs. Do not needle in an outward (away from the spine) direction or too deeply perpendicular, to prevent injury to internal organs. Moxa: 5 to 15 minutes. The 'Plum Blossom Needle' is also effective (and recommended by this Institute) for treatment of all points beside the spine, instead of regular acupuncture needles. In therapy, utilize a number of points at a time in a group, on the basis of symptoms, tenderness and according to the table on page 211 of the textbook.

Jianzhong (Extra 22): Note the word "Jianzhong" at the top of page 212 of textbook is in error and should read "Naoshang" instead. Please make this change in your textbook for this Extra 22 Point. Add 'arm pain' to indications given in textbook for this point, and substitute the word "pouce" or "cun" for the word "inches" given under its 'Puncture' information.

- Bizhong (Extra 23): Also known as 'Shounizhu' or 'Shouyuchu', and is located between the two forearm bones. Add spasms of the upper extremities; forearm neuralgia; and hysteria; to list of indications given in textbook for this point. Delete the word "inches" under 'Puncture' information given in textbook for this point and add the following: "cun or pouce, between the bones and almost through to the opposite side of arm".
- Erbai (Extra 24): Note one point on each arm lies on the Envelope of Heart meridian (HG abbreviation on China Cultural acupuncture charts). Add prolapse of anus, and forearm neuralgia to list of indications given in textbook for this point. Substitute the word "pouce" or "cun" for the word "inch" in 'Puncture' information of textbook for this point.
- Zhongquan (Extra 25): Note this point is on the dorsal side of wrist (back of wrist) between Large Intestine Point #5 and Triple Burner Point #4 (CO-5 and TW-4 on China Cultural Acupuncture Charts). Add gastralgia and wrist inflammation to list of indications given in textbook for this point, and change the word "inch" to "pouce" or "cun" under 'Puncture' information. Five fen penetration [90] usually sufficient for response. Moxa: 3 to 5 minutes only if necessary.
- Luozhen (Extra 26): Sometimes referred to as 'Xiangqiang' or 'Hsiang-chiang' by other authors. Specifically add neck, shoulder and arm pain to indications given in textbook for this point. Delete all 'Puncture' information given in textbook for this point and substitute the following: Puncture perpendicular [90] 5 fen or slanting [45] to 1 pouce (cun) or Bleed.
- Yatong (Extra 27): Note this point is located in the PALM of the hand. The word "dorsum" in textbook description of location is an error. Please make this correction in your textbook. Often referred to as the 'New Toothache Point' --- underscore the word 'toothache' in your textbook. Can be up to one pouce (cun) proximal to the web between the middle and ring fingers. Change the word "inch" in 'Puncture' information to read either "pouce" or "cun".
- Baxie (Extra 28): Add to list of indications given in textbook the following --- toothache; inflammation of metacarpo-phalangeal joint; redness, swelling and paralysis of back of hand. Five fen needle depth often sufficient, and shallow needling to draw blood generally also effective. Moxa not advised. Delete word "towards" in text under 'Puncture' information, substitute word "between" and add an 's' to end of word bone.
- Sifeng (Extra 29): Index finger point also has its own name and number as S-89, Fengkuan, on China Cultural Charts. This index finger point is usually needled to bleed, and has as its specific indication cramps in small children. For the

rest of the Sifeng points, add infant indigestion and swollen belly to the list of indications given in textbook. Moxa is forbidden on all eight Sifeng points.

Shixuan (Extra 30): Eight of these points are shown on China Cultural Charts as S-86, Shihhsuan (on fingers). The thumb ones are shown on the charts as S-87, Muchihchien. The little finger ones have a separate name and number on the charts also, as S-88, Hsiaoohchien. Note the middle finger ones are also HG-9 (Envelope of Heart Point #9) on these charts. (See O.I.C.S. course material, Lesson 5, Supplementary Page, in regard to the differing placement of the EH-9 point). The S-87 points (thumb) has its own indications of edema following a nephritis and is usually needled 1 to 2 fen with a regular type needle. The S-88 points (little finger) has its own indications of jaundice, whooping cough, and is usually needled 1 to 2 fen with a regular type needle as well. Add the following indications to those given in the textbook: Epilepsy; hysteria; cramps and spasms of the extremities; and underscore the words 'fever' and 'emergencies' given in text. These points have a powerful effect throughout the entire body after needling. Moxa forbidden on all ten points.

Heding (Extra 31): Best located with patient seated and knees bent. Add pains of the knee joint; paralysis and loss of strength of lower extremities; to list of indications given in textbook. Word "inch" in 'Puncture' information implies pouce or cun here.

Xiyan (Extra 32): Add inflammation and pain of knee joint to indications listed in textbook. Usually punctured [90] 5 fen to 1 pouce (cun) somewhat towards center of knee, but can be needled [45] through to opposite foramen on same knee up to 2 pouce. Delete 'Puncture' information given in textbook for this point and substitute the preceding needle information. Moxa: 5 to 15 minutes.

Lanwei (Extra 33): Also known as "The Appendix Point" as it is used frequently for uncomplicated cases of acute and chronic appendicitis. Add to list of indications given in textbook: Weakness of legs and inability to lift legs. The Shanghai College of Chinese Medicine considers this such a well established and important point that it has recently added it to the Stomach meridian as an actual additional point thereon. Delete word "inches" in textbook 'Puncture' information for this point and substitute "pouce or cun". Moxa: 10 to 20 minutes.

Linghou (Extra 34): This point is on the level of and somewhat behind (other edge of fibula) Gall Bladder Point #34, in a distinct depression. See Fig. 123, page 215 of textbook. Add inflammation of knee joint to indications given therein. Substitute the word "pouce" or "cun" for word "inch" under the 'Puncture' information in textbook. NOTE: Needle depth

Linghou (Extra 34): Continued . . .

is [90] 3 to 5 Fen (0.3 - 0.5 pouce or cun). Many authorities give depth at 2 to 3 pouce, and this is definitely incorrect. The point does not have to be needled very deeply for proper effect. Moxa: 5 to 15 minutes if necessary.

Dannang (Extra 35): Could be up to two pouce (cun) below GB-34. Also known as "Gall Bladder Point". Delete 'Puncture' information and substitute the following: Puncture perpendicularly [90] 1 to 2.5 Pouce (cun). Underscore in textbook "where tenderness occurs" in location information for this point, and "Diseases of Gall Bladder" in indications. Will probably eventually get added to the Gall Bladder meridian.

Bafeng (Extra 36): These points are called Pafeng (S-137) on the China Cultural Corp. Acupuncture Charts. In regard to feet pictured on Chart #1 thereof, the black stars above an open or colored in (blue or red) circle designate those points (the circles themselves) which belong to the Pafeng (S-137) group [four points on each side]. The small side-ways plus signs (X's) above an open star (not blackened in) designate those points (the open stars themselves) at that same level belonging to the Chihping (N-75) group of points [five points on each foot] which are not discussed in this Lesson. By carefully examining the feet on Chart #1 in light of the above information, you can see that ST-44 and Liver Point #2 are two of the Pafeng (S-137) group.

Add beriberi to the list of indications given in the textbook for those Bafeng points. [ST-44 and Liver Point #2 of course have their own indications as discussed elsewhere in this Study Guide]. Delete 'Puncture' information given in textbook and substitute the following: Puncture 5 fen to 1 Pouce (Cun) obliquely [45] upward between the metatarsal bones, or bleed. Moxa: 3 to 5 minutes if necessary. Note how similar these points are to the Baxi (Extra 28) points of the hands previously discussed in this Lesson.

C. THE EXTRAORDINARY POINTS

(1) POINTS OF THE HEAD REGION

1. Yintang (Extra 1):

Location: Midway between the medial end of the two eyebrows (the glabella). (See Fig. 114.)

Indications: Diseases of the nose, headache, dizziness and vertigo.

Puncture: 0.5-0.8 inch horizontally downward along the skin.

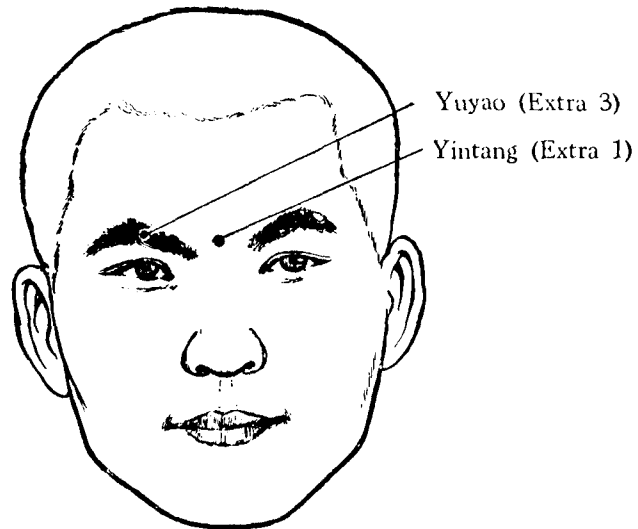


Fig. 114

2. Taiyang (Extra 2):

Location: In the depression 1 cun posterior to midpoint between the lateral end of the eyebrow and the outer canthus. (See Fig. 115.)

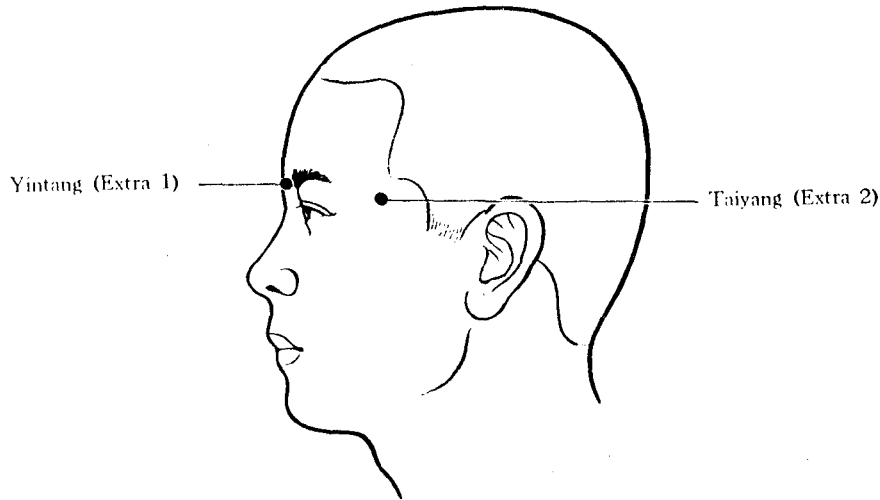


Fig. 115

Indications: Migraine, trigeminal neuralgia, eye diseases, toothache, facial paralysis.

Puncture: Perpendicularly 0.5-0.8 inch, or obliquely downward 1.0-1.5 inches, or prick to cause bleeding with the three-edged needle.

3. Yuyao (Extra 3):

Location: In the middle of the eyebrow directly above the pupil. (See Fig. 114.)

Indications: Pain in the superciliary arch, eye diseases, facial paralysis.

Puncture: 0.5-0.8 inch horizontally along the skin.

4. Qihou (Extra 4):

Location: Midway between the junction of lateral fourth and medial three-fourths of the infraorbital border and the eyeball. (See Fig. 45.)

Indications: Myopia, atrophy of the optic nerve, optic neuritis, glaucoma, turbidity of the vitreous body.

Puncture: Perpendicularly 1 inch. After the needle is inserted into the orbit, direct it slightly medially and superiorly towards the optic foramen.

5. Jiachengjiang (Extra 5):

Location: 1 cun lateral to Chengjiang (Ren 24). (See Fig. 116.)

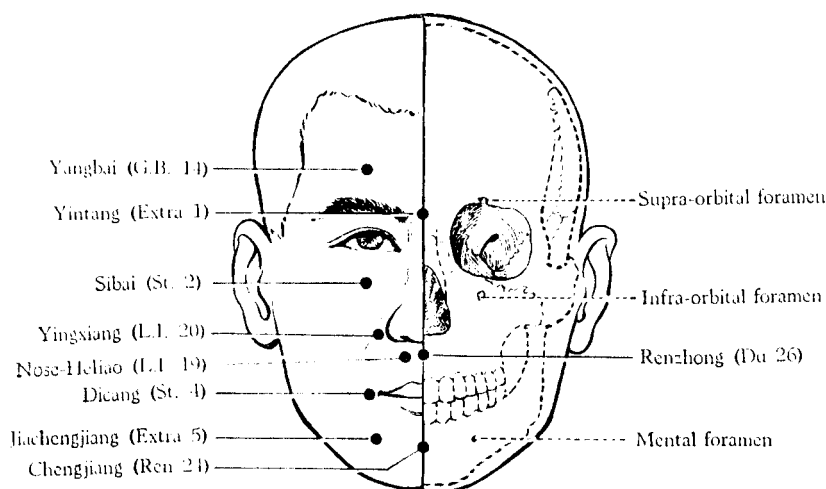


Fig. 116

Indications: Trigeminal neuralgia, facial paralysis.

Puncture: Perpendicularly 0.2-0.3 inch.

6. Sishengcong (Extra 6):

Location: At the vertex, 1 cun posterior, anterior and lateral to Pt. Baihui (Du 20).

Indications: Headache, dizziness, apoplexy, epilepsy.

Puncture: 0.3-1.0 inch horizontally subcutaneously.

7. Yiming (Extra 7):

Location: 1 cun posterior to Yifeng (S.J. 17), on the lower border of the mastoid. (See Fig. 117.)

Indications: Atrophy of the optic nerve, myopia, cataract, tinnitus, insomnia, parotitis.

Puncture: 0.5-1.0 inch perpendicularly or obliquely towards cricoid cartilage or tip of nose.

8. Anmian I (Extra 8):

Location: Between Yifeng (S.J. 17) and Yiming (Extra 7). (See Fig. 117.)

Indications: Insomnia, schizophrenia.

Puncture: Perpendicularly 1.5-2.0 inches.

9. Anmian II (Extra 9):

Location: Between Yiming (Extra 7) and Fengchi (G.B. 20). (See Fig. 117.)

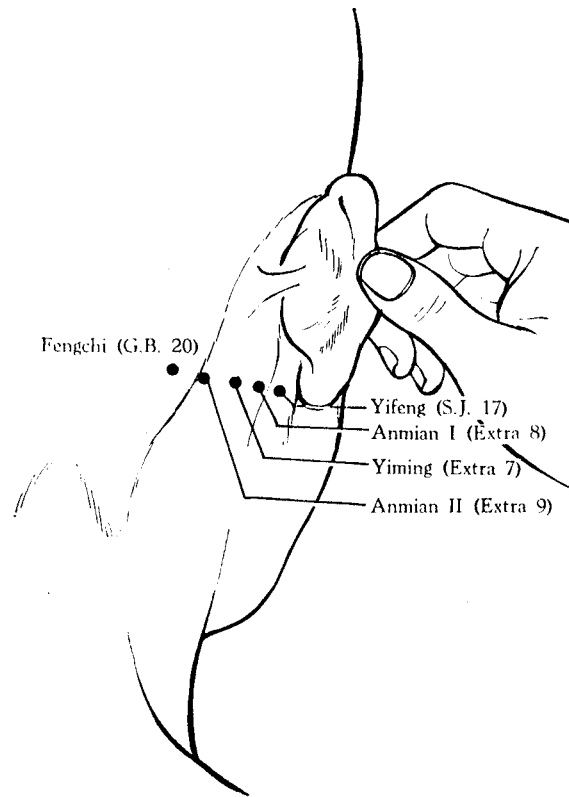


Fig. 117

Indications: Insomnia.

Puncture: Perpendicularly 1.5 inches.

10. Jinjin, Yuye (Extra 10):

Location: With the tongue flexed upward, these points are on both sides of the sublingual veins. The point on the left side is Jinjin; that on the right is Yuye.

Indications: Nausea, vomiting, swelling of the tongue, thrush.

Puncture: Flex tongue upward, prick with three-edged needle to cause bleeding at the veins on the root of the tongue.

11. Zengyin (Extra 11):

Location: At the left and right sides of the thyroid cartilage, in a depression.

Indications: Muteness.

Puncture: 1 inch, upward towards the opposite side.

12. Shanglianquan (Extra 12):

Location: 1 cun below the midpoint of the mandible. Locate the point with head tilted upward.

Indications: Muteness.

Puncture: 1.5-2.0 inches obliquely with needle tilted upward towards root of tongue.

13. Jingbi (Extra 13):

Location: With head turned sideways, the point is at the junction of the medial third and lateral two-thirds of the clavicle, at the lateral border of the head of the clavicle of the m. sterno-cleido-mastoideus. Locate this point with patient in supine position with flat pillow or no pillow.

Indications: Numbness and pain of hand and arm, paralysis of upper extremities.

Puncture: Perpendicularly 0.5-0.8 inch. To avoid injury to the apex of lung, it is advisable not to insert needle downward. Satisfactory needling sensation may be obtained without deep puncture.

(2) POINTS OF THE THORACIC AND ABDOMINAL REGIONS

14. Weishang (Extra 14):

Location: 2 cun above umbilicus, 4 cun lateral to midline. (See Fig. 118.)

Indications: Gastropnoia.

Puncture: 1.5-2.0 inches downward horizontally along the skin towards the umbilicus.

Moxibustion: 5-15 minutes with moxa-stick.

15. Weibao (Extra 15):

Location: On a level with Guanyuan (Ren 4) in the inguinal groove about 4 cun lateral to Guanyuan. (See Fig. 118.)

Indications: Prolapse of the uterus.

Puncture: Obliquely 1.5-3.0 inches downward, till sensation radiates to the lower abdomen and genitalia.

16. Abdomen-Zigong (Extra 16):

Location: 3 cun lateral to Zhongji (Ren 3). (See Fig. 118.)

Indications: Gynecological diseases.

Puncture: Perpendicularly 1.0-1.5 inches. Obliquely 1.5-3.0 inches.

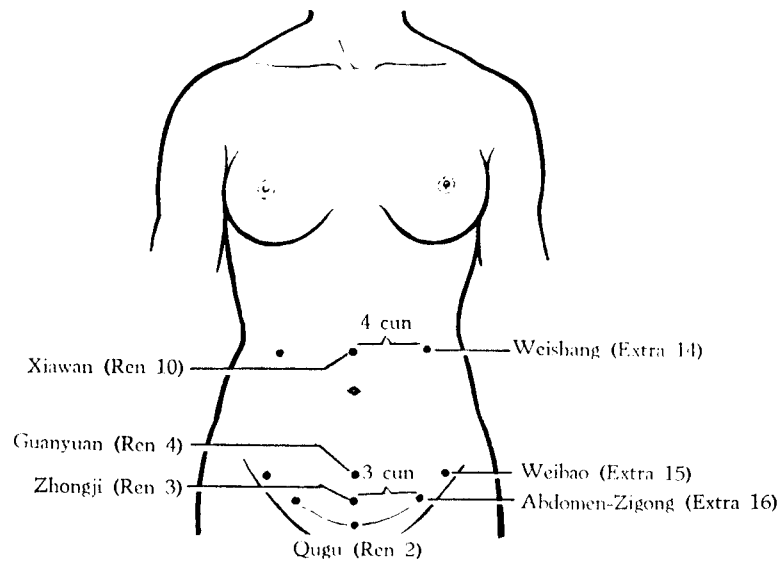


Fig. 118

(3) POINTS OF THE LUMBO-DORSAL REGION

17. Dingchuan (Extra 17):

Location: 0.5 cun lateral to Dazhui (Du 14). (See Fig. 119.)

Indications: Bronchial asthma, cough.

Puncture: Perpendicularly 0.5-1.0 cun, directing needle slightly medially.

18. Wuming (Extra 18):

Location: In the depression below the spinous process of the 2nd thoracic vertebra. Ask patient to bend neck to locate the point. (See Fig. 119.)

Indications: Mania.

Puncture: 0.5-1.0 inch obliquely upward.

19. Shiqizhui (Extra 19):

Location: In the depression below the spinous process of the 5th lumbar vertebra. (See Fig. 119.)

Indications: Disorders of the lumbo-sacral region.

Puncture: Perpendicularly 1.0-2.0 inches.

20. Yaoqi (Extra 20):

Location: 2 cun directly above the coccyx.

Indications: Epilepsy.

Puncture: 1.0-2.0 inches upward, horizontally along the skin.

21. Huatuojiaji (Extra 21):

Location: On both sides of the spinal column, about 0.5 cun lateral to midline, from the 1st cervical vertebra to the 4th sacral vertebra, altogether 28 points. (See Fig. 119. Points on the cervic and sacral regions are not included.)

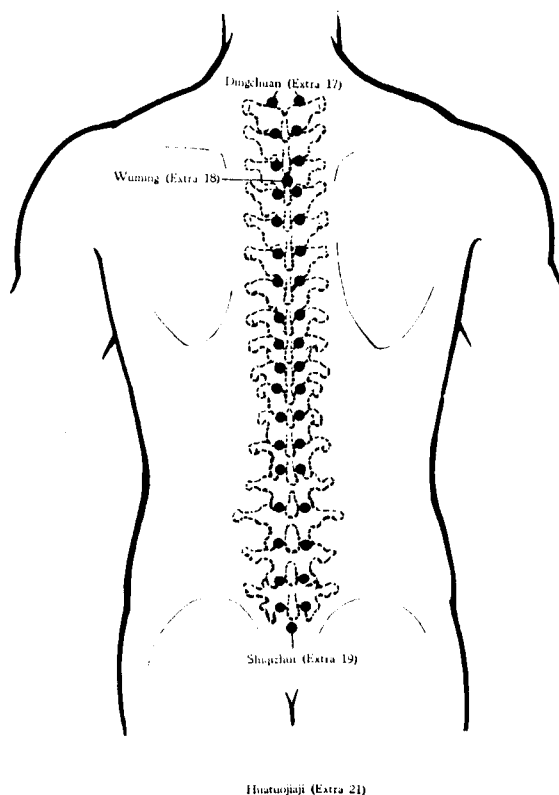


Fig. 119

Indications: Rather general. Besides treating local diseases (such as myelitis), their stimulation is also effective in some diseases of the internal organs. If pathological changes occur in a certain organ, point tenderness along the spinal column in the corresponding section occurs. Results may be achieved by applying treatment at these corresponding points.

Puncture: 1.5-2.0 inches slightly obliquely towards the spinal column along the lumbar vertebrae. 1.0-1.5 inches for points along the thoracic and cervical vertebrae. There may be a distending sensation locally, or a spreading tingling feeling.

The following table illustrates diseases of the corresponding section and the Huatuojiaji Point.

The Huatuojiayi Point and Their Indications

Points	Indications		
Cervical	1	Diseases of the head region	
	2		
	3	Diseases of the neck region	
	4		
	5		
	6		
	Thoracic	7	Diseases of the upper extremities
1			
2			
3			
4		Diseases of the chest region	
5			
6			
Lumbar	7	Diseases of the lower extremities	
	8		
	9		
	10		Diseases of the abdominal region
	11		
Sacral	12	Diseases of the urogenital system	
	1		
	2		
	3		
	4		

(4) POINTS OF THE UPPER EXTREMITIES

22. Jianzhong (Extra 22):

Location: In the middle of m. deltoideus of the upper extremities, midway between Jianyu (L.I. 15) and Binao (L.I. 14).

Indications: Paralysis of the upper extremities.

Puncture: Perpendicularly 1.0-2.0 inches.

23. Bizhong (Extra 23):

Location: At the midpoint of the line connecting the cubital transverse crease with the transverse crease of the wrist, on the midline of the medial aspect of the forearm.

Indications: Paralysis of the upper extremities, thoracalgia.

Puncture: Perpendicularly 1.0-2.0 inches.

24. Erbai (Extra 24):

Location: 4 cun directly above midpoint of the transverse crease of the wrist, on both sides of the tendon of m. flexor carpi radialis; two of these points are on the left and two on the right, four points in all.

Indications: Hemorrhoids.

Puncture: Perpendicularly 0.5-1.0 inch.

25. Zhongquan (Extra 25):

Location: On the wrist, in a depression on the radial aspect of the tendon of the m. extensor digitorum communis.

Indications: Disorders of the wrist joint, feeling of suffocating, hemoptysis.

Puncture: Perpendicularly 0.5-0.8 inch, or obliquely laterally.

26. Luozhen (Extra 26):

Location: On the dorsum of hand, between the 2nd and 3rd metacarpal bones, 0.5 cun proximal to the metacarpal-phalangeal joint.

Indications: Stiffness and rigidity of neck.

Puncture: 0.5 inch perpendicularly.

27. Yatong (Extra 27):

Location: In the dorsum of hand, between the 3rd and 4th metacarpal bones, 0.5 cun proximal to the metacarpal-phalangeal joint.

Indications: Toothache.

Puncture: 0.5 inch perpendicularly.

28. Baxie (Extra 28):

Location: On the dorsum of hand, on the web between the 5 fingers of both hands, 8 points in all. Make a loose fist with palm downward to locate point. (See Fig. 120.)

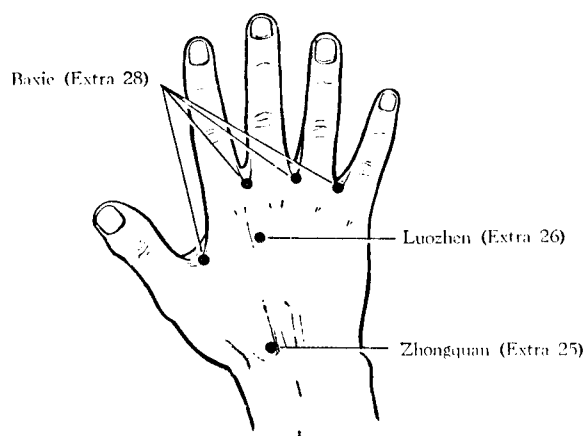


Fig. 120

Indications: Disorders of the finger joints, numbness of the fingers, headache, pain in the neck.

Puncture: Approximately 1 cun obliquely towards metacarpal bone.

29. Sifeng (Extra 29):

Location: On the palmar surface in the transverse creases of the proximal interphalangeal joint of the index, middle, ring and small fingers of both hands, 8 points in all. (See Fig. 121.)

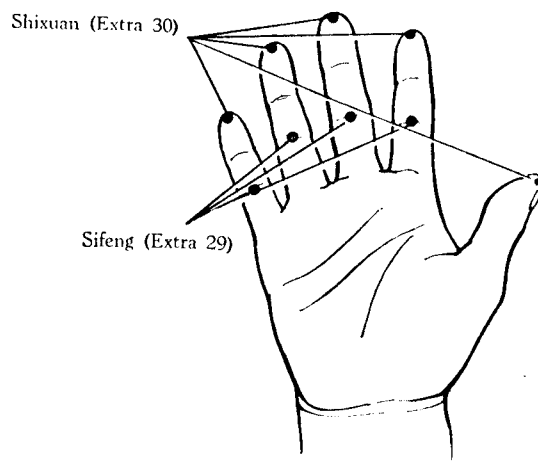


Fig. 121

Indications: Malnutrition syndrome in children, whooping cough.

Puncture: Prick with three-edged needle or filiform needle and squeeze out a small amount of yellow fluid.

30. Shixuan (Extra 30):

Location: On the tips of the ten fingers, about 0.1 cun distal to the nail. (See Fig. 121.)

Indications: For emergencies such as shock, coma, heat stroke, apoplexy, fever, etc.

Puncture: Prick with three-edged needle or filiform needle to cause bleeding.

(5) POINTS OF THE LOWER EXTREMITIES

31. Heding (Extra 31):

Location: On the midpoint of the upper border of the patella. (See Fig. 122.)

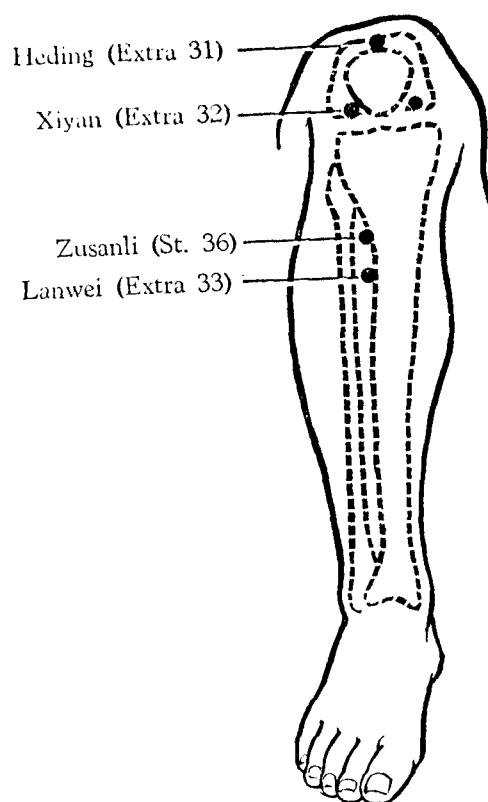


Fig. 122

Indications: Disorders of the knee joint.
Puncture: Perpendicularly 0.5-0.8 inch.

32. Xiyan (Extra 32):

Location: Pt. Xiyan refers to the medial and lateral foramens of the patella ligament. (See Fig. 122.) Locate this point with the patient bending the knee.

Indications: Disorders of the knee joint.

Puncture: Perpendicularly, or obliquely towards the opposite foramen, 1.0-1.5 inches.

Note: The medial foramen is sometimes called Medial-Xiyan. The lateral foramen, identified with Pt. Dubi (St. 35) on the Stomach Channel, is sometimes called the Lateral-Xiyan.

33. Lanwei (Extra 33):

Location: 2 cun below Zusanli (St. 36), a point where tenderness appears in case of appendicitis. (See Fig. 122.)

Indications: Appendicitis, gastralgia, paralysis of lower extremities.

Puncture: Perpendicularly 1.0-2.0 inches.

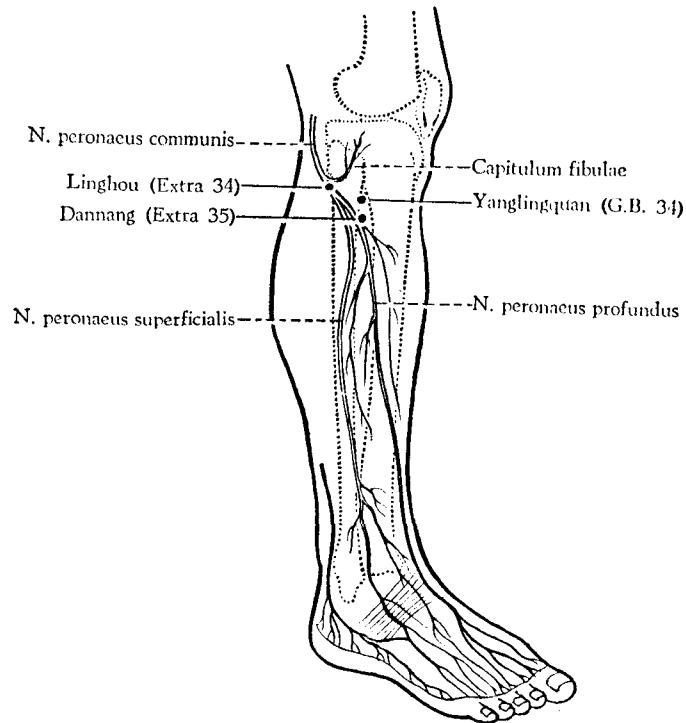


Fig. 123

34. Linghou (Extra 34):

Location: Posterior and inferior to the small head of the fibula.

Indications: Sciatica, paralysis of the lower extremities.

Puncture: Perpendicularly 0.3-0.5 inch.

35. Dannang (Extra 35):

Location: 1 cun below Yanglingquan (G.B. 34) where tenderness occurs. (See Fig. 123.)

Indications: Diseases of the gall bladder, paralysis of the lower extremities.

Puncture: Perpendicularly 1.0-1.5 inches.

36. Bafeng (Extra 36):

Location: On the dorsum of foot, 0.5 cun posterior to the border of the web of the toes. There are altogether 8 points. (See Fig. 124.)

Indications: Redness and swelling, numbness and pain of the toes and dorsum of foot.

Puncture: 0.5-1.0 inch obliquely upward.

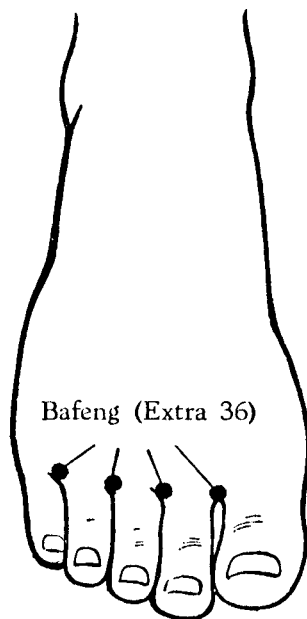


Fig. 124