

X. National Board Exam Review with an Introduction to Chinese Herbal Medicine

E. Weekend 9 Introduction

1. Herbs
2. Review Class
 - a) *This class will cover the information needed to pass the National Boards in Acupuncture*
 - b) *Differing levels of understanding of the material apply to the various national exams.*
 - (1) NBCE
 - (2) ACA
 - (3) NCCAOM
3. Chinese Herbal Patents
4. Nutrition
 - a) *considered a subcategory of herbal treatment*
5. Each topic could easily fill a weekend, we will only touch briefly on each

F. Recommended Books

1. Herbs:
 - a) *Chinese Herbal Patent Medicines – the clinical desk reference* by Jake Paul Fratkin
 - b) Diet:
 - (1) In Defense Of Food and Food Rules by Michael Pollan
 - (2) Healing With Whole Foods by Paul Pitchford

G. Chinese Herbal Patent Medicines

1. Patent Medicine Sources
 - a) **Crane Herb Company, Inc.**
 - (1) (508) 539-1700
 - (2) Email: info@CraneHerb.com

(3) Web: www.CraneHerb.com

b) *Mayway Corporation*

(1) Phone: 1-800-262-9929 / 510-208-3113

(2) FAX 1-800-909-2828 / 510-208-3069

(3) Web: www.mayway.com

c) *Golden Flower Herbs*

(1) (505) 837-2040

(2) Web: www.gfcherbs.com/

2. Ayurvedic Herbs Sources

a) *Banyan Botanicals (505) 857-0909*

b) *Ayurvedic Institute 505-291-9698*

3. Contraindications & Interactions of Herbal Medicine

a) *Hypersensitivity /Allergic Reactions*

(1) Always keep in mind that Anyone could have a reaction to any substance anytime for no apparent reason.

(2) Always warn patients to begin any herb or supplement program with small dosages, and watch for any unintended reactions.

b) *Pregnancy*

(1) If the patient is pregnant, or is possibly pregnant: We recommend you do not prescribe herbs, unless you are well-versed in the particular herbs you are prescribing, and you are confident of how they will affect your patient

(2) All Blood moving, and strongly downward moving herbs are strictly contraindicated in pregnancy

c) *Menses*

(1) In General, women should discontinue Herbs during the menses, unless otherwise directed

(2) Tonics and Blood Moving Herbs are Strongly Cautioned During Menstruation

d) *Therapeutic Effect*

(1) Increasing

(2) Decreasing

e) ***Herb / Drug***

f) ***Herb / Diet***

g) ***Herb / Herb***

4. The Pharmacopoeia

a) *Individual Herbs*

(1) Names

(a) *Pin Yin*

(b) *Latin*

(c) *Pharmaceutical*

(d) *English/common*

(2) Actions

(3) Indications

(4) Temperatures

(5) Flavors

(6) Meridians/Organs Entered

b) *The concept of Formulas*

(1) The sum is greater than the parts

(a) *Emperor*

(b) *Minister*

(c) *Assistant*

(d) *Envoy*

5. Patent Products

a) *Pills*

(1) Teapills -coated (Pian)

(2) Water pills - uncoated (Jei Du Pian)

(3) Honey pills - special pills (Wan)

b) *Powders*

(1) San

(a) *Concentrated Extracts*

(b) *Raw Powdered Herbs*

c) **Liquid Extracts**

d) **Liquids**

(1) Decoction (Tang) (Cha) (Yi)

(2) Oil (You)

(3) Alcohol / Glycerin (Shui / Gin)

e) **Liniments**

(1) True Liniments (Shui)

f) **Ointments**

g) **Ointment**

(1) Oils (You)

(2) Salves (Gen)

h) **Plasters**

i) **Plasters (Gao)**

6. Dosages

a) **Dosing methods and philosophies of prescribing**

(1) **Pharmacologic Prescribing**

(a) *Most of the dosages in the materia medica are pharmacologic doses.*

(b) *act in a drug-like way to induce definite, visible and strong, sustained changes in the system.*

(c) *Its potential pitfalls are the same as those for drugs*

(2) **Physiological prescribing**

(a) *minimum dose necessary to produce a physiological change*

(b) *typified by the naturopathic tradition.*

(3) **Homeopathic prescribing** is based on the principle of: "Extremely low doses of like cures like".

(a) *The remedy is selected by matching its "signature" to the "signature" of the patient, .*

- (4) **Drop dose prescribing** falls somewhere in the gray area between physiological and homeopathic prescribing, and is closely related to the practice of giving flower remedies

b) Routes of Administration

- (1) PO = by mouth
- (2) Topical = applied to skin or mucous membrane

c) Special Notes on Dosages

- (1) It is possible to cause iatrogenic disease with Chinese herbs.
- (2) Dosages of herbs in Chinese herb formulas are variable depending on
 - (a) *the severity of the condition,*
 - (b) *the condition and constitution of the patient,*
 - (c) *the experience and tradition of the practitioner.*
- (3) A recommended range is often given in the literature; these dosages tend to err on the side of caution.
- (4) Formulas are often modified, combined or simplified

d) "Average Dosages"

- (1) Average dosages refer to adults @ 150 lbs.
 - (a) *The average dosages are approximate and can vary considerably depending on the quality and production of the herb or extract.*
- (2) children's dose:
 - (a) *Simple weight measure*
 - (i) = adult dose x (weight of child in pounds divided by 150 pounds)
 - (ii) Example: for a child weighing 50 pounds (50/150 = 1/3), hence the dose would be one-third the dose, which would be given to an adult.
- (3) infant's dose (up to one year old):
 - (a) *Use very small doses,*
 - (i) *i.e. 2 teaspoons full of tea.*
- (4) Young Children need palatable herb flavor.

e) "Recommended Dosages"

(1) Tea Pills

(a) 4-24 pills t.i.d.

(2) Water Pills

(a) 2-3 pills b./t.i.d.

(3) Honey Pills

(a) 1 pill b./t.i.d.

(4) Concentrated Extract Powders

(a) ½ to 1 ½ tsp t.i.d.

(5) Concentrated Extract Liquids

(a) 40 – 120 drops (1-3 droppers full) t.i.d.

7. Brief Diagnostic Review for proper Herbal Prescribing

8. Importance of Diagnosis for Herbal Treatment

- a) Some formulas are Symptom Based and can be used as such: *i.e* Bi Yan Pian.
- b) Most formulas are based on TCM diagnosis: *i.e* Xiao Yao Wan. A clear TCM Diagnosis is necessary before prescribing.

(i)

9. Patent Herbal Formulas for Specific Conditions

a) *Respiratory / Coughs, Colds, Flu, & Nasal*

(1) *Open the Exterior / Expel OPI Heat*

(a) *Yin Qiao*

(i) Early Stage Wind Heat

(ii) 1st 24-48 hours

(a) *Often used for any early stage (48 hours) "cold" or "flu"*

(b) *Gan Mao Ling*

(i) Expel Wind Heat

(ii) Reduce Fever

(iii) Stop Cough

(c) *Zhong Gan Ling*

(i) Expel Wind Heat

(ii) Reduce Fever

(iii) Reduce inflammation

(a) *Sore throat*

(d) *Mahasudarshan (Ayurveda)*

(i) Sore throat

(ii) Reduce inflammation

(2) *Open the Exterior / Expel OPI Cold*

(a) *Kudzu/Ginger/Scallion Tea*

(i) Fresh Ginger (Size of Thumb)

(ii) 1 Scallion

(iii) 1Tbs Kudzu

(b) *Ginger Bath*

(3) Clear the Nasal Passages

(a) Netti Pot

- (i) Moisten & Clear Sinus

(b) Super Nasya Oil

- (i) (Ayurvedic Institute)
- (ii) 5 drops each nostril BID

(c) Bi Yan Pian

- (i) Open the Nasal Passages (Very Drying)
- (ii) Decrease Swelling

(d) Pe Min Kan Wan / Bi Min Gan Wan

- (i) Expel Wind
- (ii) Reduce Allergy Symptoms
 - (a) *Itchy, watery, runny*

(4) Treat Phlegm

(a) Er Chen Wan

- (i) Dry All Dampness
- (ii) Decrease Phlegm
- (iii) Regulate Qi in Middle Warmer
- (iv)

(5) Lung Tonics

(a) Jade Windscreen

- (i) Strengthens the Wei Qi
- (ii)

(b) Li Fei

- (i) Pulmonary Tonic Tablets
- (ii) Lung Qi / Yin Deficiency

(c) Banyan's Ayurvedic

- (i) Immune Formula

(ii) Lung Support

(6) Relieve Cough

(a) Loquat & Fritillary Syrup

(i) Moisten Lung

(ii) Clear Lung Heat

(iii) Stop Cough

(iv) Nourish Lung Yin

(b) Pinella Syrup

(i) Clear Lung Heat

(ii) Stop Cough

(iii) Eliminate Phlegm

(7) Clear Lung Heat

(a) San She Dan Chuan Bei Yi

(i) Non Veggie

(ii) Expel Wind Heat

(iii) Sore Throat

(iv) Stop Cough

(b) Watermelon Frost Powder

(i) Eliminate swelling

(ii) Stop pain

(iii) Fire poison in the throat and mouth

(a) *Strep Throat*

(b) *Tonsillitis*

(8) Stop Smoking Tea

(a) *Soothe the Shen*

(b) *Mildly Tonify Lung Yin*

(c) *Moves Urine*

b) Infections / Fever / Clearing Heat

(1) Niu Huang Jie Du Pian

(a) *Niu Huang Chieh Tu Pian*

(b) *Non Veggie*

(c) *Clear Heat*

(d) *Treat Inflammation*

(e) *Clear Fire Poison*

(i) Upper Warmer

(a) *Sore throat*

(b) *Mouth ulcer*

(c) *Painful bleeding gums*

(ii) Skin

(a) *Boils*

(b) *carbuncles*

(f) *Full Heat Constipation*

(2) Long Dan Xie Gan Wan

(a) *LR/GB Heat and Damp Heat*

(3) Huang Lian Su Tablets

(a) *Coptis Teapills*

(b) *Damp heat diarrhea*

(c) *Amebic dysentery*

c) Tonics: Fatigue/Malaise, Sleep & Digestive Disorders

(1) Tonify Qi

(a) ***Liu Jun Zi Wan***

(i) Tonify Spleen Qi

(ii) Resolve Phlegm

(b) ***Bu Zhong Yi Qi Wan***

(i) Tonify the Middle Warmer Qi

- (ii) All Prolapse
- (iii) Chronic Diarrhea
- (c) *Bojenmi Tea***
 - (i) Soft Middle Warmer Tonic
- (2) Tonify Blood**
 - (a) *Women's Precious Pills***
 - (i) Nu Ke Ba Zhen Tang
 - (ii) Soft Formula
 - (iii) Tonifies Qi and Blood
 - (b) *Dang Gui Wan***
 - (i) Blood Tonic
 - (c) *Gui Pi Wan***
 - (i) Tonify Spleen Qi & Heart Blood
 - (ii) Soothe the Shen
- (3) Tonify Yang**
 - (a) *Golden Book Tea Pills***
 - (i) Jin Gui Shen Qi Wan
 - (ii) Tonify Kidney Yang
- (4) Tonify Yin**
 - (a) *Liu Wei Di Huang Wan***
 - (i) Nourish Kidney and Liver Yin
 - (ii) Cool False Heat
- (5) Harmonizing Formulas**
 - (a) *Xiao (Hsiao) Yao Wan***
 - (i) Move LR Qi Yu
 - (ii) Tonify Spleen
 - (iii) Tonify Blood
- (6) Stomach**

(a) Curing Pill

- (i) Improve Digestion
- (ii) Regulate the Middle Warmer
- (iii) Food Poisoning

(b) Shu Gan Wan

- (i) Move LR Qi
- (ii) Aid Digestion
- (iii) Move Stuck Food
- (iv) Relieve Pain in Middle Warmer

(c) Ulcer / Hyperacidity

(i) Arrowroot Powder & Licorice

- (a) *No Licorice w/ HTN*
- (b) *1/2 to 2 Tbs in cool water t.i.d.*

(7) Constipation

(a) Triphala (Ayurvedic)

- (i) 2-3 Pills with warm water before bed
- (ii) or ½ tsp with warm water before bed

(b) Peach kernel Pills (Run Chung Wan)

- (i) Fructus & Persica Compound
- (ii) Moisten the Stool
- (iii) Clear Heat in the Intestine

(c) Rhubarb Teapills (Da Wang Jiang Zhi Wan)

- (i) Strong Purgative

(8) Hemorrhoids

(a) *5 drops essential oil of lavender in ½ oz of almond oil / applied frequently for up to 3 mos.*

(b) *Sophora Japonica Teapills (Huai Jiao Wan)*

d) Skin Conditions

(1) Itching Hives /Hot, Windy, Skin Conditions

(a) Zi Cao Gen / Spring Wind Ointment

- (i) Disperses wind
- (ii) Clears heat
- (iii) Cools blood
- (iv) Relieves itching

(b) The Great Windkeeper Teapills (Xiao Feng wan)

- (i) Disperses wind
- (ii) Clears heat
- (iii) Cools blood
- (iv) Relieves itching
- (v) Resolves damp

(c) Cilantro Juice

(2) Acne

(a) Margarite Acne Pills

(b) Pearl Cream

(3) Burns

(a) Chinese Herbs exist, but we recommend that you Treat Burns with Standard Western Sterile techniques and Medications to avoid infection

e) Calm Shen

(1) Banyan's Tranquil Mind

(2) An Mian Pian

(a) Calm Spirit

(b) Tranquilize

(c) Clear Heat

(d) Nourish Liver

(3) Tian Wang Bu Xin Wan

- (a) *Calm Spirit*
- (b) *Clear Heat*
- (c) *Nourish Heart Yin*

(4) Suan Zao Ren Tang Pian

- (a) *Calm Spirit*
- (b) *Clear Heat*
- (c) *Nourish Heart Blood*

f) Urogenital Disorders

(1) Bladder Infection

- (a) *1 cup Aloe Vera Juice, 1 cup 100% Cranberry Juice, 2 cups Water: Drink 1 Quart per day*

(2) Kidney Stones

- (a) *Specific Drug Passwan*
- (b) *Amber Stone Formula (Golden Flower)*

(3) Prostate Swelling

- (a) *Kai Kit Pill*

g) Gynecological Disorders

(1) Menstrual Cramps and Uterine Pain

- (a) *Tong Jing Wan (Calm in the Sea of Life Pills)*
 - (i) *Moves Blood*

(b) Bu Tiao Tablets

- (i) *Sooths LR Moves Blood*

(2) PMS

(a) Free and Easy Wanderer Teapills (Xiao Yao Wan)

- (i) *LR Qi Yu*
- (ii) *LR Blood Deficiency*
- (iii) *Regulates the menses*

(3) GYN Tonics

- (a) *Women's Precious Pills*

- (b) *Dang Gui Gin*
 - (c) *Banyan's Women's Support*
- (4) **Infertility**
 - (a) *Warm the Cycle Teapills (Wen Jing Tang Wan)*
- (5) **Vaginal Discharge**
 - (a) *Yu Dai Wan*
 - (b) *Long Dan Xie Gan Wan*
- (6) **Hot Flashes, Night Sweat**
 - (a) *Liu Wei Di Huang Wan*
- h) Herbal Medicines for Pain and Injuries**
 - (1) **Plasters & Compresses**
 - (a) *Ginger Compress*
 - (b) *Bao Zhen Gao Medicated Plaster*
 - (i) **Contraindicated in Pregnancy**
 - (ii) **Indications**
 - (a) *Warm Meridians*
 - (b) *Move Stagnation*
 - (c) *Bi Syndrome Wind, Cold, Damp*
 - (iii) **Apply for one to 5 days**
 - (a) *Watch for allergic reaction to adhesive*
 - (b) *Glue can be difficult to remove*
 - (c) *Bandage adhesive remover (acetone) / oil*
 - (c) **Spring Wind (brand) Soft Plasters / Soak Compresses and Internal Herbs**
 - (i) **Golden Flower Herbs**
 - (a) *(505) 837-2040*
 - (b) *Web: www.gfcherbs.com/*
 - (2) **Liniments**
 - (a) *Spray Moxa*

- (i) Warming
 - (a) *Meridians*

- (ii) Moving

- (iii) Tonifying

(b) Zheng Gu Shui

- (i) Closed Skin only

- (ii) Moves Qi & Blood

- (iii) Stop Pain

- (iv) Works at the level of the Bones

- (a) *Fractures*

- (b) *Dislocated joints*

- (c) *Leave on for 1 – 1 1/2 hours*

- (d) *1 –2 times a day*

- (v) Foot soreness

- (a) *Prevent or treat*

(3) Ointments / Oils

(a) Mahanaryan Oil (Ayurvedic)

(b) Po Sum On Oil

- (i) Warm

- (ii) Moving

(c) Red and White Tiger Balm

- (i) Qi Yu

- (ii) Sore & Achy muscles

(4) Internal Herbal Medicine for Pain & Injuries

(a) Yunnan Pai Yao

- (i) Stop Bleeding

- (a) *G.I.*

- (b) *Pulmonary*
- (c) *Nasal*
- (ii) Stop Pain
- (iii) Trauma
- (iv) Powder
- (v) Little Red Pill
- (a) *Emergency for serious bleeding / impending shock*
- (b) *Acute and Chronic Pain in Joints and Muscles*
- (i) **Great Cordialias Teapills (Yan Hu Suo Zhi Tong Pian)**
 - (a) *Cordialias Relieve Pain Pills*
 - (b) *Invigorates Blood, Move Qi Stop Pain*
- (ii) **Qing Ye Lian**
- (c) *Pain W Spasms*
- (i) **Peony & Licorice Teapills (Shao Yao Gan Cao Wan)**
- (d) *Wind Cold Damp Sciatica*
- (i) **Du Huo Ji Sheng Wan**
- (ii) **Yao Tong Ling: Specific Lumbaglin Pills**
- (e) *Weak/Sore Low Back*
- (i) **Jin Gui Shen Qi Wan (Golden Book Teapills)**
- (f) *Bone Fractures*
- (i) **Circuherb Tea Extract (Tieh Ta Wan)**
- (g) *Toothache / Gum Infections*
- (i) **Goldenseal Tincture**

10. **Selected Chinese Herbal Patent Medicines List**

Expel Wind Invasion:

Yin Qiao: *Early Stage OPI*

Bi Yan Pian: *Stuffy/Runny Nose*

Pe Min Kan Wan (Bi Min Gan Wan): *Allergy Sx.*

Gan Mao Ling: *Sore Throat*

Cough, phlegm and labored breathing:

Er Chen Wan: *All Phlegm*

Ping Chuan Wan: *Asthma / Wheezing*

Li Fei: *Weak Lungs*

Bai He Gu Jin Wan: *Lu Yin Deficiency*

Clearing Heat:

Long Dan Xie Gan Wan: *Damp Heat - Liver/GB*

Niu Huang Jie Du Pian: *Heat in Upper Warmer*

Yu Dai Wan: *Damp Heat in Lower Warmer*

Wind-Damp:

Du Huo Ji Sheng Wan: *Wind Damp Sciatica*

Bao Zhen Gao: *Wind/Damp/Stagnation Pain*

Nourish Brain and Calm Shen:

An Shen Wan: *Peaceful Spirit Pills*

An Mien Pian: *Peaceful Sleep Pills*

Tian Wang Bu Xin Wan: *Heart Yin Deficiency*

Tonify Qi -Blood -Yin -Yang:

Bu Zhong Yi Qi Wan: *SpleenYang Deficiency*

Ba Zhen Wan: *Blood & Qi Deficiency*

Dang Gui Su: *Blood Deficiency*

Liu Wei Di Huang Wan: *Kd/Lr Yin Deficiency*

Jin Gui Shen Qi Wan: *Kd Qi Deficiency*

Blood stagnation:

Tong Jing Wan: *Lower Warmer / Uterus*

Yan Hu Suo Zhi Tong Pian: *Arthritic, Headache*

Yun Nan Bai Yao: *Bleeding*

Promoting digestion:

Xiao Yao Wan: *All Liver Qi Stagnation*

Liu Jun Zi Wan: *Sp Deficiency with Dampness*

XI. National Board Exam Comprehensive Review

I. Introduction

1. This is a Review Class
2. Assumes that each participant either knows the information being presented, or knows where to find the information.

B. Books

1. *The Web That Has No Weaver*: by Ted Kaptchuck
2. *Acupuncture Clean Needle Technique Manual* <http://www.ccaom.org/cntprogram.asp>
3. *The Foundations of Chinese Medicine*: by Giovanni Maccocia
4. *A Manual of Acupuncture*: by Peter Deadman and Mazin Al-Khafaji with Kevin Baker

C. History:

1. Seminal & Important Books
 - a) *Nei Jing: Yellow Emperor's Internal Classic of Medicine*
 - (1) Oldest extant book on Acupuncture & Chinese Medicine
 - (a) *Probably written between 300 and 100 BCE*
 - b) *The Nan Jing*
 - (1) Written in the Han Dynasty 206 BCE - 220 CE

D. The Five Branches of Oriental Medicine

1. Acupuncture/Moxibustion
2. Herbal Medicine
3. Exercise : Qi Gong Tai Ji
4. Diet/Lifestyle
5. Massage & Manipulation

E. Yin Yang

1. General Theory
 - a) *Everything consists of Yin & Yang*
 - b) *Yin & Yang are Relative terms that exist only in relationship to one another*
 - c) *Nothing is totally Yin or totally Yang*
 - d) *If Yin increases, Yang decreases and vice versa*
 - e) *Yang produces Yin and Yin produces yang*
 - f) *Each is necessary for the other's existence*
 - g) *Yin & Yang are Infinitely Divisible*
 - h) *Yin & Yang are Inter-transformational Inter-consuming & Inter-supporting*
 - i) *At extremes Yin and Yang transform into one another*

Functions of Yin & Yang Energies in the Body

FUNCTIONS OF YANG ENERGY IN THE BODY	FUNCTIONS OF YIN ENERGY IN THE BODY
<i>Warms</i>	<i>Cools</i>
<i>Moves, Activates, Circulates</i>	<i>Provides Rest the Ability to Rest</i>
<i>Protects / Provides Defense</i>	<i>Provides the Ability to Recover from Disease</i>
<i>Transforms - Brings About Change</i>	<i>Maintains Structure</i>
<i>Holds Up and In Place: Blood, Fluids, & Organs</i>	<i>Nourishes & Moistens: Blood, Fluids, & Organs</i>

2. Yin/Yang Table of Correspondences

DISORDERS WHICH ARE <u>YANG</u> IN NATURE ARE ASSOCIATED WITH	DISORDERS WHICH ARE <u>YIN</u> IN NATURE ARE ASSOCIATED WITH
<u>Excess Yang or Deficient Yin</u>	<u>Excess Yin or Deficient Yang</u>
<i>Acute / Rapid Onset</i>	<i>Chronic / Slow Onset</i>
<i>Activity / Daytime / Insomnia</i>	<i>Rest / Nighttime / Sleepiness</i>
<i>Stretch Out To Sleep - Throws Off Covers</i>	<i>Curled Up In Sleep - Likes To Be Covered</i>
<i>Heat Signs: Red Efflorescences / Rapid Pulse /</i>	<i>Cold Signs: Pale Efflorescences / Slow, or at least <u>Not Rapid</u> Pulse</i>
<i>Thirst: Likes Cold Drinks</i>	<i>No Thirst: Sips Warm Drinks</i>
<i>Loud Voice - Extrovert</i>	<i>Soft/Weak Voice - Introvert</i>

3. Anatomy of Yin/Yang Relationship Within Body

BODY AREAS WHICH ARE <u>YANG</u> (CONTRASTED WITH YIN AREAS)	BODY AREAS WHICH ARE <u>YIN</u> (CONTRASTED WITH YANG AREAS)
<i>Superior</i>	<i>Inferior</i>
<i>Posterior</i>	<i>Anterior</i>
<i>Lateral</i>	<i>Medial</i>
<i>External</i>	<i>Internal</i>

G. Eight Principles

1. Four Sets of Parameters
 - a) *Yin / Yang*
 - b) *Excess / Deficient*
 - c) *Internal / External*
 - d) *Hot / Cold*
2. Yin / Yang
 - a) *Based on the other 6 principles*
3. Excess / Deficient
 - a) *There are Many Various Signs of Excesses and Deficiencies in Organs, Substances, and Meridians.*
4. Internal / External
 - a) *Location of Disease or Etiology*
 - (1) Internal
 - (a) *Many manifestations within the Organs Bones & Blood*
 - (2) External
 - (a) *Skin*
 - (b) *Muscles*
 - (c) *Meridians (Channels & Collaterals)*
 - (d) *Lungs:*
 - (i) **Special Case: Upper Respiratory Infection (OPI/EPI/EPF)**

5. Hot / Cold

DESCRIPTION OF CONDITION	PATHOLOGY	TREATMENT PRINCIPLE
NORMAL BALANCED CONDITION	N/A	N/A
TRUE EXCESS YIN CONDITION	TRUE COLD	SEDATE YIN
TRUE EXCESS YANG CONDITION	TRUE HEAT	SEDATE YANG
DEFICIENCY OF YIN CONDITION	FALSE HEAT (HEAT FROM DEFICIENCY)	TONIFY YIN
DEFICIENCY OF YANG CONDITION	FALSE COLD (COLD FROM DEFICIENCY)	TONIFY YANG

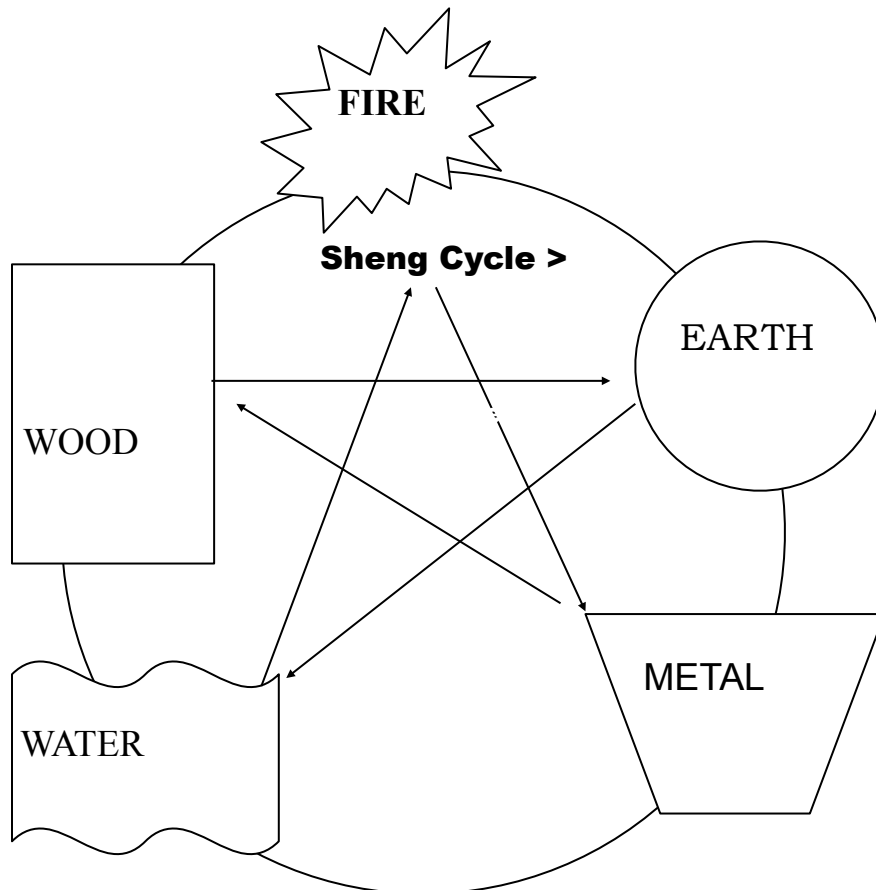
a) Hot

Excess, Full or True Heat (Usually Seen in OPI Heat)	Deficient Yin (False Heat) (A Condition which is Yang in Nature)
Thirst	Dry Mouth
Red Face / Red eyes	Malor Flush
Full (Daytime) Sweat	Night Sweats
Full Fever	PM Fever / PM Hot Flashes / Heat in 5 Hearts
Sore/Painful Throat	Chronic, Dry, Scratchy Throat
Strong Cough	Chronic, Dry, Weak Cough
Dark, Scanty, Urine (Burning if severe)	Dark, Scanty Urine
Constipation (w/ discomfort) / Hot Diarrhea	Dry Stool / Constipation
Full, Rapid, Pulse	Thin, Rapid, Pulse
Red Tongue / Yellow Coat	Red Tongue / No Coat (Peeled)

b) Cold

Excess /Full / True Cold (Often Seen in OPI Cold)	Deficient Yang (False Cold) (A Condition which is Yin in Nature)
Clear Copious Urine	SAME
Preference for Warm Liquids	SAME
Cramping Pain Better with Heat	SAME
No Thirst	SAME
Chills	Cold Body /Hands & Feet
Pale Face	Pale Face
Cramping Pain	No Pain Associated
Cold Diarrhea	Loose Stools / Undigested Food
Thick White Tongue Coat	Pale Puffy Tongue / Wet Coat
Full & Tight Pulse	Weak & Slow Pulse

H. Five Elements



1. Cycles & Pathology

- a) **Within each phase/element are Yin and Yang aspects, sometimes referred to as the husband-wife relationship**
- b) **Creative or Generating Cycle (Sheng)**
 - (1) **AKA: Mother / Son Cycle**
 - (2) **Deficiency Creates Deficiency (2)**
 - (3) **Excess Creates Excess (1)**
- c) **Control Cycle (Ko)**
 - (1) **AKA: Grandmother / Grandson relationship**
 - (2) **Excess Creates Deficiency (2)**
 - (3) **Deficiency Creates Excess (1)**

2. AcuPractice's Table of 5 Element Correspondences

CATEGORY	WOOD	FIRE		EARTH	METAL	WATER
SEASON	Spring	Summer		Late Summer	Fall	Winter
CYCLE	Birth	Growth		Maturity	Harvest	Rest / Storage
ZANG: Solid / Yin Organ	Liver	Heart	PC	Spleen	Lungs	Kidney
FU: Hollow / Yang Organ	Gall Bladder	S I	SJ	Stomach	Lg. Intestine	Bladder
CLIMATE	Wind	Heat		Damp	Dry	Cold
ORIFICE	Eyes	Tongue		Mouth	Nose	Ears
SENSE	Vision	Speech		Taste	Smell	Hearing
BODY TISSUE	Tendons / Sinews	Blood & Blood Vessels		Flesh	Skin	Teeth, Bone & Marrow
TONGUE	Sides	Tip		Center	Behind Tip	Root
RESIDUES	Nails	Complexion		Lips	Body Hair	Head Hair
COLOR	Green	Red		Yellow	White	Black (Blue)
SOUND	Shouting	Laughing		Singing	Weeping	Groaning
OFFICE & DUTY	General Planning	Sovereign Ruling		Minister of Agriculture Nourishing	Architect Create Order	Treasurer Store Essence
STORAGE	Benevolence	Righteous		Faith	Vitality	Wisdom
SPIRITS	Hun (Soul)	Shen (Spirit)		Yi (Thoughts)	Po (Skeleton)	Zhi (Will)
EMOTION	Anger	Joy		Over Thinking	Grief	Fear
BODY FLUID	Tears	Sweat		Saliva	Nasal Mucus	Internal Moisture
TASTE	Sour	Bitter		Sweet	Pungent	Salty
ODOR	Sour	Burnt		Fragrant	Putrid	Musty

I. Chronotherapy (The Horary Cycle)

1. 3-5AM / LU
2. 5-7AM / LI
3. 7-9AM / ST
4. 9-11AM / SP
5. 11AM-1PM / HT
6. 1-3PM / SI
7. 3-5PM / UB
8. 5-7PM / KD
9. 7-9 PM / PC
10. 9-11PM / SJ
11. 11PM - 1AM / GB
12. 1-3AM / LR

J. The Essential Substances

1. Qi, Xue (Blood), Jing (Essence), Shen (Spirit), Jin Ye (Fluids)
2. Qi
 - a) **Energy, Prana, Life-force, Innate**
 - b) **The Body Is It's Physical Manifestation**
 - c) **Circulates Inside and Outside the Meridians**
 - d) **Origin**
 - (1) Constitution
 - (2) Food / Drink
 - (3) Air/ Environment
 - e) **Functions Of Qi**
 - (1) Activation Or Movement
 - (2) Warmth
 - (3) Transformation
 - (4) Defense
 - (5) Containment
 - f) **Imbalances Of Qi**
 - (1) Deficient Qi (Qi Deficiency)
 - (a) **Signs & Symptoms (S&S)**
 - (i) **Fatigue**
 - (ii) **Malaise**
 - (iii) **Pale Face**
 - (iv) **Weak Pulse**
 - (v) **Pale & Swollen (Puffy) Tongue**
 - (vi) **Organ Dysfunction**
 - (2) Collapsed Qi
 - (a) **S&S (Two Presentations)**
 - (i) **Qi Deficiency S & S + Prolapse**
 - (ii) **Qi Deficiency S & S + Heart Attack**
 - (3) Stagnant Qi (Qi Yu)
 - (a) **S&S**
 - (i) **Dull Achy Pain / Unfixed in Time And Space**
 - (ii) **Intermittent Or Traveling Pain**
 - (iii) **Feels Better With Massage Strokes**
 - (iv) **Intercostal Neuralgia (LR Qi Yu)**
 - (4) Rebellious Qi
 - (a) **Moving In The Opposite Direction**
 - (b) **S&S**
 - (i) **Nausea / Vomiting / Acid Reflux**
 - (ii) **Cough / Sneezing**
3. **JING**
 - a) **AKA: Pre-Heaven Qi, Constitutional Qi**

- b) **Formed At Conception; Inherited From The Parents**
- c) **Governs Growth and Development**
- d) **Stored In The Kidneys**
- e) **Imbalance: Jing Deficiency**
 - (1) Poor Development In Children
 - (2) Poor Concentration / Memory
 - (3) Reproductive Disorders
 - (4) Loose Teeth
 - (5) Brittle Bones
 - (6) Gray-Thinning Hair
 - (7) Senility

4. **Blood**

- a) **Blood Is Yin In Relationship To Qi**
- b) **Blood Is A Fluid and a Type of Qi**
 - (1) Liquid Form Of Qi (Yin In Nature)
- c) **Functions:**
 - (1) Nourishes All Parts Of The Body
 - (2) Moistens All Parts Of The Body
 - (a) *Esp. Tendons, Eyes, Hair*
 - (3) Maintains Physical Structure
 - (4) Cools
 - (5) Calms
 - (6) Provides Rest & Ability to Rest
- d) **Relationships Of Blood:**
 - (1) **Heart:** Moves It Through Body
 - (2) **Liver:** Stores and Releases (includes Menstrual Blood)
 - (3) **Spleen:** Produces Blood & Holds It In the Vessels
- e) **Disharmonies Of Blood:**
 - (1) Deficient Blood (Xue Deficiency)
 - (a) *Signs & Symptoms (S&S)*
 - (i) **Similar to Qi Deficiency, but with the addition of Lack of Nourishment, and Moistening**
 - (ii) **Fatigue**
 - (iii) **Malaise**
 - (iv) **Pale Lusterless Face**
 - (v) **Weak Thin Pulse**
 - (vi) **Pale & Thin Tongue**
 - (vii) **Organ Dysfunction**
 - (viii) **Dry Skin**
 - (ix) **Brittle Hair**
 - (x) **Twitches And Spasms (Due To Drying Out Of Tendons)**
 - (xi) **Scanty/Light/Shortened/Infrequent Menses**
 - (xii) **Dizziness**
 - (xiii) **Difficulty Falling Asleep (Yin Substance)**
 - (xiv) **Dry Eyes (Liver)**
 - (2) Stuck Blood (Xue Yu)
 - (a) *Sharp, Stabbing Pain Fixed in Time & Space*
 - (b) *Tumors Or Cysts (Non-Moving)*
 - (c) *Swollen Organs*
 - (d) *Hematoma*
 - (3) Hot Blood
 - (a) *Red Dry Skin*
 - (b) *Pimples*
 - (c) *Rashes*
 - (d) *Hemorrhage Of Fresh Red Blood (Hemorrhoids, Uterine Bleeding, Urine)*

5. Fluids: *Jin Ye*
 - a) ***Includes All Normal Bodily Fluids Except Blood***
 - b) ***Jin: Clear, More Yang, Watery***
 - c) ***Ye: Thick, Internal, More Yin***
6. *Shen (Spirit)*
 - a) ***Spirit That Is Stored In The Heart and Reflected in the Eyes***
 - b) ***Disharmonies Of Shen:***
 - (1) Emotional Problems, Psychological And Emotional Shock, Disturbances Of Psychological/Mental Nature

K. The Causes of Disease or Pathogenic Factors

1. External Pathogenic Factors
 - a) ***The Evil Winds***
 - (1) Wind
 - (2) Cold
 - (3) Damp
 - (4) Dryness
 - (5) Heat
 - (6) Summer Heat
2. Internal Pathogenic Factors
 - a) ***The Emotions***
 - (1) Anger
 - (2) Joy
 - (3) Melancholy & Grief
 - (4) Meditation (Over thinking)
 - (5) Fear
 - (6) Fright
3. Miscellaneous Pathogenic Factors
 - a) ***Inappropriate Diet***
 - b) ***Inappropriate Exercise***
 - c) ***Inappropriate Timing***
 - d) ***Parasites***
 - e) ***Trauma***
 - f) ***Insect / Animal Bites***
 - g) ***Epidemics***
 - h) ***Wrong Treatment***
 - i) ***Excess Sex***
 - j) ***Drug Use, Contact / Environmental, Etc.***
 - k) ***Perhaps Bad Feng Shui***

L. Organs

1. Lung
 - a) ***AKA: Tender Organ, Master Of Qi***
 - b) ***Opens To The Nose & Throat***
 - c) ***Most Easily Affected By OPI***
 - d) ***Dislikes Cold And Dryness***
 - e) ***Properties***
 - (1) Liquefies
 - (2) Descends
 - (3) Disseminates
 - (4) Circulates
 - f) ***Functions***
 - (1) Govern Qi & Respiration

- (2) Rules The Exterior
- g) **Common Disharmonies:**
 - (1) LU Qi Deficiency
 - (2) LU Yin Deficiency
 - (3) Rebellious Qi in LU
 - (4) OPI
 - (5) Dampness. Phlegm in LU
- h) **Major S&S**
 - (1) Respiratory
- 2. Large Intestine
 - a) **The Official In Charge Of The Dregs**
 - b) **Dependent Upon Lungs For Descending**
- 3. Spleen
 - a) **AKA: The Official In Charge Of Transportation And Transformation (T&T)**
 - (1) Governs T&T of Qi, Blood & Jin Ye
 - b) **Holds Blood & Organs in Place**
 - c) **Opens To The Mouth**
 - d) **Manifests In The Lips**
 - e) **Dislikes Dampness & Cold**
 - f) **Functions**
 - g) **Rules The Flesh & Muscles**
 - h) **Common Disharmonies:**
 - (1) SP Qi Deficiency
 - (2) SP Blood Deficiency
 - (3) SP Yang Deficiency
 - (4) Dampness in SP
 - (5) Major S&S
 - (a) Lower Digestive
 - (b) Fatigue
 - (6)
- 4. Stomach
 - a) **The Official In Charge Of Rotting And Ripening**
 - (1) Prepares Food and Drink for T&T by the Spleen
 - b) **Common Disharmonies:**
 - (1) Rebellious ST Qi
 - (2) Heat in the ST
 - (3) Major S&S
 - (a) Upper Digestive
- 5. Heart
 - a) **AKA: The Emperor**
 - b) **Houses The Consciousness / Shen**
 - c) **Rules Blood And Blood Vessels**
 - d) **Dislikes Heat**
 - e) **Opens To The Tongue**
 - f) **Manifests In The Complexion**
 - g) **Common Disharmonies:**
 - (1) Heart Blood Deficiency
 - (2) Heart Yin Deficiency
 - (3) Blood Stagnation in the Heart or Chest
 - (4) Heat in the Heart
 - (5) Major S&S
 - (a) Psychological Disorders

- (b) *Palpitations*
- 6. Small Intestine
 - a) ***Separates The Pure From The Impure***
- 7. Liver
 - a) ***AKA***
 - (1) The General
 - (a) *Charge of Planning*
 - (2) Free & Easy Wanderer
 - (a) *Maintains easy going internal environment*
 - (3) Sea of Blood (Stores)
 - (4) The Master Alchemist / transmutes and detoxifies
 - b) ***Opens To The Eyes***
 - c) ***Dislikes WIND (Heat / Stagnation)***
 - d) ***Responsible for the Smooth and Easy Flow of Qi & Emotions***
 - e) ***Rules the Tendons & Muscles***
 - f) ***Houses the Hun (ego)***
 - g) ***Controls the eyes***
 - h) ***Common Disharmonies:***
 - (1) Liver Qi Stagnation
 - (2) Liver Invading
 - (a) *Stomach*
 - (b) *Spleen*
 - (c) *Lung*
 - (3) Liver Blood Stagnation
 - (a) *Painful periods, Clots, Sharp Stabbing Pain*
 - (4) Damp-Heat in the Liver and Gall Bladder
 - i) ***Major S&S:***
 - (1) Stress Related Disorders
 - (2) Tight/Tense Muscles
 - (3) Tics, Twitches & Tremors
 - (4) Anger / Irritability
 - (5) Gynecological problems
 - (6) Meridian related Sx.
- 8. Gall Bladder
 - a) ***The Official in Charge of Decision Making***
 - b) ***Dislikes Wind***
 - c) ***Very Closely Related to the LR***
- 9. Kidney
 - a) ***AKA***
 - (1) Root of Yin
 - (a) *HT, LR*
 - (2) Root of Yang
 - (a) *SP*
 - (3) Root of Qi
 - (4) Root of Life
 - b) ***Opens To The Ears***
 - c) ***Dislikes Cold***
 - d) ***Functions***
 - (1) Stores Jing
 - (2) It houses the Will
 - (3) Rules the Bones
 - (4) Housed in the Low Back
 - (5) Rules the Knees & Ankles

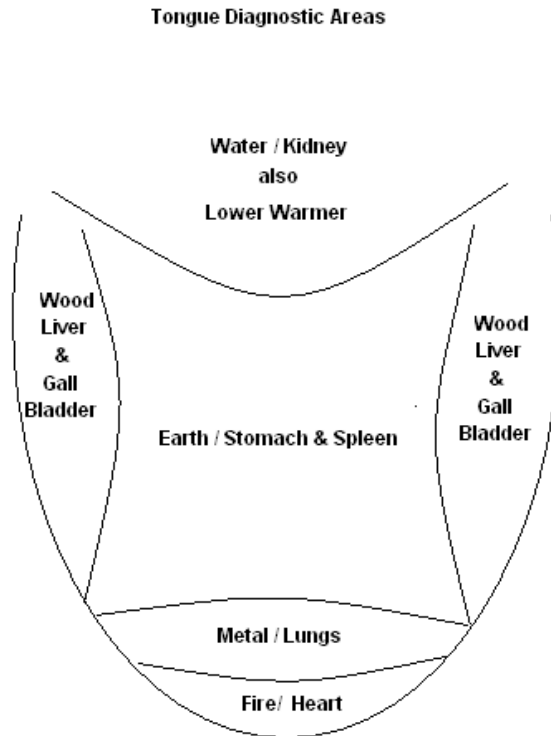
- (6) Governs birth, growth and reproduction.
- (7) Nourishes and Warms (supplies Yin & Yang to) the Lower Warmer
- e) **Common Disharmonies:**
 - (1) Deficiencies ONLY: NO Excess Conditions
 - (2) KD Qi Deficiency
 - (3) KD Yang Deficiency
 - (4) KD Yin Deficiency
 - (5) KD Jing Deficiency
- f) **Major S&S:**
 - (1) General Qi & Yang Deficiency S & Sx
 - (2) General Yin Deficiency S & Sx
 - (3) Low Back / Knee Pain and Weakness
 - (4) Impotence and Infertility
 - (5) Incontinence / Urinary Frequency
 - (6) S&S of Premature Ageing
- 10. Urinary Bladder
 - a) **Transforming and excreting fluids via the power of KD Qi**
- 11. Pericardium
 - a) **The Minister: Insulates, Screens, & Protects The Heart**
 - b) **Maintains The Order Of The Heart Energy**
 - c) **Treats All Heart Disorders Organic & Spirit**
- 12. San Jiao (Triple Warmer)
 - a) **AKA: Triple Heater, Triple Warmer, Triple Energizer**
 - b) **San Jiao: Literally Three Burning Spaces**
 - (1) Upper Jiao
 - (a) LU & HT
 - (b) Respiration & Circulation
 - (2) Middle Jiao
 - (a) SP & ST
 - (b) Digestion & Assimilation
 - (3) Lower Jiao
 - (a) KD, UB & Reproductive Organs
 - (b) Elimination & Reproduction
 - c) **The Three Jiaos are collectively responsible for Water Metabolism (Classically Described As A System Of Sluices Or Waterways)**
 - (1) Lung Adjusts Water
 - (a) Descends & Disseminates
 - (2) Spleen Transforms Water
 - (a) T & T (Sends it Up)
 - (3) Kidney Rules Water
- 13. Extraordinary (Curious) Organs
 - a) **Fu Shape /Store Essences**
 - b) **Six Curious Organs**
 - (1) Gall Bladder
 - (2) Brain
 - (3) Marrow
 - (4) Bone
 - (5) Blood Vessels
 - (6) Uterus
- 14. Extraordinary Meridians
 - a) **Names**

- (1) **Du Mai (Governing Vessel)**
 - (2) **Ren Mai (Conception Vessel)**
 - (3) **Chong Mai (Penetrating Vessel)**
 - (4) **Dai Mai (Belt Meridian)**
 - (5) Yang Wei Mai
 - (6) Yin Wei Mai
 - (7) Yin Qiao Mai
 - (8) Yang Qiao Mai
- b) ***Origin***
- (1) Created at conception
 - (2) Deep energies
- c) ***General Functions***
- (1) Reservoirs of Qi

M. Tongue and Pulse Diagnosis

Condition	Tongue	Pulse
Normal	Normal Red Thin White Coat	Moderate Strength Fills Middle - Touches Superficial & Deep Slightly Slippery
Qi Deficiency	Pale & Puffy Thin White Coat	Weak
Yang Deficiency	Pale & Puffy Wet Coat	Weak & <u>Slow</u>
Blood Deficiency	Pale & Thin Dry Thin White Coat	Weak & <u>Thin</u>
Yin Deficiency	Red & Thin Dry No / Peeled Coat	Weak & <u>Thin</u> & <u>Rapid</u>
True / Excess Heat	Red Dry Thick Yellow Coat	Full & Rapid
Dampness	Greasy Coat	Slippery
Qi Stagnation	Slightly Purple	Slightly Wiry
Blood Stagnation	Dark Purple (Maybe Spots)	Definitely Wiry
OPI Heat	Red Tip Red Edges	Rapid & Floating
OPI Cold	Normal	Floating
Long-Standing SP Xu	Scalloped Edges	Weak in Middle Position
LR Qi Stagnation	Slightly Purple	Full & Wiry

1. Tongue
a) Areas



N. Clean Needle Technique

1. ALWAYS:

- a) ***Wash Hands Between Patients & Whenever Contaminated***
- b) ***Use Sterile Needles***
- c) ***Establish a Clean Field***
- d) ***Wash Hands Prior to Inserting Needles if Hands Have Been Contaminated***
- e) ***Isolate Used Needles Immediately***

2. Universal Precautions: Prevention of Exposure and Prevention of Disease if Exposure Occurs.

- a) ***Use with All Patients***
- b) ***Hand Washing***
 - (1) # 1 for Infection Control
 - (2) Soap & Running Water 10 Seconds Minimum
 - (3) Alcohol Based Hand Disinfectants are Acceptable for Hand Washing
- c) ***Gloves, Gowns, Masks, Goggles etc. when needed***
- d) ***Use Sterile and/or Clean Equipment and Work Areas as directed***

3. **Sterile vs. Clean**
 - a) **Sterilization**
 - (1) Needles & other Instruments that Penetrate the Skin or Touch the Mucous Membrane
 - (2) Bleach Solution for Non-Porous Items
 - (a) 1:10 solution Bleach: Water
 - (b) Soak for 1 hour
 - (c) Use within 24 hours
 - b) **Disinfection / Antisepsis/ 70% Isopropyl Alcohol**
 - (1) Use on Clean Skin to reduce pathogens and inanimate objects on the skin
 - c) **Clean Technique**
 - (1) Using Sterilization, Disinfection, Antisepsis, washing, etc.
4. **Clean Field**
 - a) **The area prepared to contain acupuncture equipment & supplies**
 - b) **Clean Tray or Paper Towel Work Surface**
 - (1) Sealed/Open Needles
 - (2) Alcohol Swabs
 - (3) Dry Cotton Balls
 - (4) Gloves
 - (5) Clean Instruments
 - (a) Gua Sha Tool
 - (b) Cups
 - (c) Forceps
 - (d) Ear Probe
 - (e) Etc.
 - c) **Off the clean field**
 - (1) Waste container
 - (a) Plastic Lined Paper Bag
 - (2) Biohazard Container
 - (3) Other Non-Clean Items:
 - (a) Pens
 - (b) Discarded Insertion tubes and wrappers
 - (c) Etc.
5. **Needles Must be Sterile**
 - a) **Use Single-Use Disposable Needles**
 - b) **Avoid Contamination when removing needles from packaging**
6. **Cups and Guasha Tools**
 - a) **If no bleeding occurs: Cups May be Cleaned with Soap and Water**
 - b) **If Bleeding occurs: Cups Must be Cleaned and Sterilized (Bleach Solution)**
7. **Biohazard Containers**
 - a) **Needles ONLY in Biohazard Containers**
 - (1) Cotton balls, ONLY IF SOAKED WITH BLOOD
 - (2) Cotton balls tinged with blood are disposed in double bagged waste
 - b) **Disposal**
 - c) **Storage**
 - d) **Transportation**
8. **Risk to Acupuncture Providers**

- a) **Train Staff Carefully in**
 - (1) **Recognition of Contaminated Needles**
 - (2) **Office Procedures Regarding Needles**
 - (3) **Handling Contaminated Needles**
 - (4) **Needle Sticks**
- b) **Needle Stick**
 - (1) **Use Caution to Avoid**
 - (2) **CDC Recommends**
 - (a) **Consult a Physician Immediately**
 - (b) **Test Source for HBV, HCV, HIV within 2 hours if possible**
 - (c) **Begin Treatment ASAP, if required**
- c) **Blood Exposure**
 - (1) **Glove Carefully**
 - (2) **Double Glove when necessary**
- 9. **Acupuncture Patient Side Effects**
 - a) **High Risk Patients**
 - (1) **Use Universal Precautions**
 - b) **Needle Sickness / Fainting**
 - (1) **Vasovagal Response**
 - (2) **Remove Needles, Have Patient Lie Down**
 - (3) **Perhaps a few sips of water**
 - c) **Pain / Bruising / Swelling at Needle Site**
 - d) **Stuck Needle**
 - e) **Forgotten Needle**
 - f) **Neuritis**
 - g) **Moxa Burns**
 - (1) **Use Caution**
 - (2) **Assess Patient's Heat Tolerance**
 - (a) **Neural injury, diabetes, paralysis, etc.**
 - (3) **Treat w/ Western Medical Techniques**
 - (4) **Sterile dressing**
 - (5) **Appropriate referral**
 - h) **Abscess**
 - i) **Allergic Dermatitis**
 - j) **Broken Needle**
 - (1) **Leave some shaft visible**
 - k) **Auricular Chondritis**
 - l) **Pneumothorax**
 - m) **Organ Puncture**
 - (1) **Eyes**
 - (2) **Veins/Arteries**
 - (a) **30 sec – 5 minutes direct pressure**
 - (3) **Enlarged**
 - (a) **Heart**
 - (b) **Liver**
 - (c) **Spleen**
 - (d) **Kidney**
 - (4) **Spinal Cord**

- (a) Exercise Caution With DU 15 & DU16 (GV 15 & GV 16)
- n) Seizures
- 10. Contraindications and Cautions
 - a) Always use Caution when treating Patients who are or may be
 - (1) Pregnant
 - (2) Elderly
 - (3) Immunocompromised
 - (4) Diabetic
 - (5) Very Tired
 - (6) Very Hungry
 - (7) Under the influence of any Mind Altering/Pain Relieving Medications
 - (8) Numb in an area to be treated
 - b) Points Contraindicated in Pregnancy
 - (1) LI 4
 - (2) SP 6
 - (3) GB 21 (Caution)
 - (4) Points on the Abdomen (Caution)
 - (5) Points on the Lower Back (Caution)
 - c) GB 21 Contraindicated for patients with Heart Conditions
 - d) Electro-Acupuncture Contraindicated for patients with
 - (1) Pacemakers and other electrical implants
 - (2) History of Seizure Disorders
 - (3) Strongly Recommended not to apply electro-acupuncture across the heart (i.e. Chest to Back/ Left to Right/ Arm to Arm)

O. Acupuncture Techniques

- 1. Introduction
 - a) Acupuncture/Moxibustion
 - (1) Needles
 - (a) Standard
 - (b) Retained
 - (c) Bleeding
 - (2) Moxa
 - (a) Direct
 - (b) Indirect
 - b) Electro-Acupuncture
 - (1) Milliamp & Microamp
 - (2) Invasive / Non-Invasive
 - c) Non-invasive Techniques
 - (1) Cupping
 - (2) Guasha
 - (3) LASER
 - (4) Pressballs / Seeds
 - (5) Magnets
- 2. Clean Needle Technique
 - a) **ALWAYS:**

- (1) **Wash Hands Between Patients & Whenever Contaminated**
- (2) **Use Sterile Needles**
- (3) **Establish a Clean Field**
- (4) **Wash Hands Prior to Inserting Needles if Hands Have Been Contaminated**
- (5) **Isolate Used Needles Immediately**
- b) **Universal Precautions: Prevention of Exposure and Prevention of Disease if Exposure Occurs.**
 - (1) **Use with All Patients**
 - (2) **Hand Washing**
 - (a) **# 1 for Infection Control**
 - (b) **Soap & Running Water 10 Seconds Minimum**
 - (c) **Alcohol Based Hand Disinfectants are Acceptable for Hand Washing**
 - (3) **Gloves, Gowns, Masks, Goggles etc. when needed**
 - (4) **Use Sterile and/or Clean Equipment and Work Areas as directed**
- c) **Sterile vs. Clean**
 - (1) **Sterilization**
 - (a) **Needles & other Instruments that Penetrate the Skin or Touch the Mucous Membrane**
 - (b) **Bleach Solution for Non-Porous Items**
 - (i) **1:10 solution Bleach: Water**
 - (ii) **Soak for 1 hour**
 - (iii) **Use within 24 hours**
 - (2) **Disinfection / Antisepsis/ 70% Isopropyl Alcohol**
 - (a) **Use on Clean Skin to reduce pathogens and inanimate objects on the skin**
 - (3) **Clean Technique**
 - (a) **Using Sterilization, Disinfection, Antisepsis, washing, etc.**
- d) **Clean Field**
 - (1) **The area prepared to contain acupuncture equipment & supplies**
 - (2) **Clean Tray or Paper Towel Work Surface**
 - (a) **Sealed/Open Needles**
 - (b) **Alcohol Swabs**
 - (c) **Dry Cotton Balls**
 - (d) **Gloves**
 - (e) **Clean Instruments**
 - (i) **Gua Sha Tool**
 - (ii) **Cups**
 - (iii) **Forceps**
 - (iv) **Ear Probe**
 - (v) **Etc.**
 - (3) **Off the clean field**
 - (a) **Waste container**
 - (i) **Plastic Lined Paper Bag**

- (b) **Biohazard Container**
 - (c) **Other Non-Clean Items:**
 - (i) **Pens**
 - (ii) **Discarded Insertion tubes and wrappers**
 - (iii) **Etc.**
 - e) **Needles Must be Sterile**
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 - e) **Forgotten Needle**
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 - g) **Moxa Burns**

- (1) Use Caution
- (2) Assess Patient's Heat Tolerance
 - (a) Neural injury, diabetes, paralysis, etc.
- (3) Treat w/ Western Medical Techniques
- (4) Sterile dressing
- (5) Appropriate referral
- h) Abscess
- i) Allergic Dermatitis
- j) Broken Needle
 - (1) Leave some shaft visible
- k) Auricular Chondritis
- l) Pneumothorax
- m) Organ Puncture
 - (1) Eyes
 - (2) Veins/Arteries
 - (a) 30 sec – 5 minutes direct pressure
 - (3) Enlarged
 - (a) Heart
 - (b) Liver
 - (c) Spleen
 - (d) Kidney
 - (4) Spinal Cord
 - (a) Exercise Caution With DU 15 & DU16 (GV 15 & GV 16)
- n) Seizures
- 5. Contraindications and Cautions
 - a) Always use Caution when treating Patients who are or may be
 - (1) Pregnant
 - (2) Elderly
 - (3) Immunocompromised
 - (4) Diabetic
 - (5) Very Tired
 - (6) Very Hungry
 - (7) Under the influence of any Mind Altering/Pain Relieving Medications
 - (8) Numb in an area to be treated
 - b) Points Contraindicated in Pregnancy
 - (1) LI 4
 - (2) SP 6
 - (3) GB 21 (Caution)
 - (4) Points on the Abdomen (Caution)
 - (5) Points on the Lower Back (Caution)
 - c) GB 21 Contraindicated for patients with Heart Conditions
 - d) Electro-Acupuncture Contraindicated for patients with
 - (1) Pacemakers and other electrical implants
 - (2) History of Seizure Disorders

- (3) **Strongly Recommended not to apply electro-acupuncture across the heart (i.e. Chest to Back/ Left to Right/ Arm to Arm)**
- 6. **Tonification, Sedation, and Even Needling**
 - a) **Even / Harmonizing**
 - b) **Tonification**
 - (1) **Mild Stimulus**
 - (2) **Mild Thrusting**
 - (3) **Moderate rotation**
 - c) **Sedation**
 - (1) **Strong Stimulus**
 - (2) **Strong Thrusting**
 - (3) **Great rotation**
- 7. **Moxa**
 - a) **Actions**
 - (1) **Warms**
 - (a) **Body**
 - (b) **Meridians**
 - (c) **Limbs**
 - (d) **Uterus**
 - (2) **Expels Cold & Damp**
 - (3) **Revives Dying Yang**
 - (4) **Invigorates/Moves Qi & Blood**
 - (5) **Regulates Qi & Blood**
 - (6) **Opens The 12 Primary Channels**
 - (7) **Repairs Traumatized Tissue**
 - b) **Indications**
 - (1) **Pain**
 - (2) **Cold**
 - (3) **Deficient Yang**
 - (4) **Stagnation**
 - (a) **Qi**
 - (b) **Blood**
 - (c) **Phlegm**
 - c) **Cautions & Contraindications**
 - (1) **Signs / Symptoms of Heat**
 - (2) **Pregnancy**
 - (a) **Direct**
 - (b) **Near Fetus**
 - (3) **Cv14, 15**
 - (a) **Ht**
 - (4) **Face - Hands**
 - (a) **Scar**
 - (5) **Bl1**
 - (6) **St1**
 - (7) **ST9**
 - (8) **Over a Tendon**
 - (9) **Over a Major Blood Vessel**
 - d) **Methods of Use**
 - (1) **Indirect**

- (a) Belly Bowl (Bong Re)
- (b) Tiger Warmer
- (c) Pole / Roll
- (d) On Needle
- (e) Moxa Instrument
- (f) Moxa on Ginger
- (g) Moxa on Garlic
- (h) Moxa on Salt
- (2) Direct
 - (a) AcuPractice Recommendation: Purchase Pre-rolled Direct Moxa (SMALL SIZE)
- e) Treat Moxa Burn
 - (1) Blister
 - (a) Cover
 - (b) Do Not Break
 - (c) If It Breaks
 - (i) Cover W/ Sterile Dressing
 - (2) Standard Treatment for 3rd Degree Burns
 - (a) If the burn is severe or becomes infected, seek specialized Western medical attention.
 - (b) Keep wound clean
 - (c) Cover W/ Sterile Dressing
 - (d) Antibiotic ointment, if any
- f) Moxa Practical
 - (1) Moxa on Needle
 - (2) Belly Bowl / Ren 8
 - (3) Moxa Pole
 - (4) Tiger Warmer
- 8. Gua Sha & Cupping
 - a) Gua Sha
 - (1) “Scraping” of the skin with a blunt instrument
 - (a) Similar to Graston Technique
 - (2) Often Causes Some Bruising
 - (3) Releases congestion/stagnation
 - (4) Mainly used for stuck/stubborn pain
 - b) Cupping
 - (1) Stationary or Moving Suction Cups Applied to the Surface of the Skin
 - (2) Often Causes Some Bruising
 - (3) Releases congestion/stagnation pain
 - (4) Opens the Lungs/Chest

P. Acupuncture Points and Meridians

Body Measurements and General Point Location

- a) The Cun / Personal Inch
- b) Arm, Leg, Chest Neck & Head Measurements
- 2. Point Categories
 - a) Front Mu /Alarm
 - (1) Treat the Organ
 - (2) Yin Aspect
 - b) Back Shu /Associated
 - (1) Treat the Organ

- (2) Yang Aspect
- c) Yuan Source
 - (1) Treat the Yuan/Jing Level of the Organ
- d) Horary
 - (1) Element Point that matches the Organ i.e. Fire Point of the Heart
 - (2) Treat the Organ
 - (3) Especially associated with the Horary Cycle
- e) Luo /Connecting
 - (1) Connects Husband/Wife Meridians
- f) Xi Cleft /Accumulation
 - (1) Pain along the Meridian
- g) 5 Element/Command
 - (1) Wood/Mu
 - (2) Fire/Huo
 - (3) Earth/Tu
 - (4) Metal/Jin
 - (5) Water/Shui
- h) Tonification / Mother (previous 5-element Sheng cycle point)
 - (1) i.e. Wood Point of the Heart
- i) Sedation / Son (subsequent 5-element Sheng cycle point)
 - (1) i.e. Earth Point of the Heart
- j) Transport (Shu Points)
 - (1) In order from distal end to the elbow/knee
 - (2) “The flow of Qi from the extremities to the elbows/knees is flourishing” (Nei Jing)
 - (3) Jing-Well aka Ting or Tsing
 - (a) TM Meridian Clearing
 - (4) Ying-Spring
 - (5) Shu-Stream
 - (a) Used with Jing-well for TM tx.
 - (6) Jing-River
 - (7) He-Sea
 - (a) Lower He-Sea
 - (i) LI – St37
 - (ii) SI – St39
 - (iii) SJ – UB39
- k) Ah Shi Points
 - (1) Locally Reactive Points

3. Point Categories Chart

YIN Meridian	Jing Well Wood	Ying Spring Fire	Shu Stream Earth	Jing River Metal	He Sea Water	Yuan Source	Xi Accumulation	Luo Connecting	Back Shu Associated	Front Mu Alarm
LU	11	10	9	8	5	9	6	7	UB 13	LU 1
SP	1	2	3	5	9	3	8	4	UB 20	LR 13
HT	9	8	7	4	3	7	6	5	UB 15	REN 14
KD	1	2	3	7	10	3	5	4	UB 23	GB 25
PC	9	8	7	5	3	7	4	6	UB 14	REN 17
LR	1	2	3	4	8	3	6	5	UB 18	LR 14
YANG Meridian	Jing Well Metal	Ying Spring Water	Shu Stream Wood	Jing River Fire	He Sea Earth	Yuan Source	Xi Accumulation	Luo Connecting	Back Shu Associated	Front Mu Alarm
LI	1	2	3	5	11	4	7	6	UB 25	ST 25
ST	45	44	43	41	36	42	34	40	UB 21	REN 12
SI	1	2	3	5	8	4	6	7	UB 27	REN 4
UB (BL)	67	66	65	60	40	64	63	58	UB 28	REN 3
SJ (TW)	1	2	3	6	10	4	7	5	UB 22	REN 5
GB	44	43	41	38	34	40	36	37	UB 19	GB 24

4.

5. Du Meridian “Governing Vessel”

- a) The pathway of the Du Meridian runs from the perineum, up through the middle of the spine over the head and ending at the upper lip. All its points are on the posterior midline of the body. It is also the most Yang meridian on the body. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the Du is important, for treating any and all disorders of the back and specifically the spine.

Point Name	Location	Main Uses
Du 1:	Midway between the tip of the coccyx and the anus, locating the point in prone position.	Hemorrhoids; Rectal or Other Prolapse; Rectal Bleeding
Du 2:	On the hiatus of the sacrum.	Sacral and Coccyx Pain
Du 4:	In the deepest hollow in the low back. Below the spinous process of the 2nd lumbar vertebrae.	Controlling Point for Lower Back and KD: All Lower Back Problems, Especially Weakness; Kidney Deficiency
Du 14:	Below the spinous process of the 7th cervical vertebrae.	Controlling Point for Neck & Upper Back: Pain, Heat & Fevers in the Upper Body; Releases Exterior; Tonifies Wei Qi;
Du 20:	On the midline of the head, approximately on the midpoint of the line connecting the apexes of the two auricles	Any Excess Disorders of the Head; Any Prolapse In The Body; Connects with Brain; Clears the Mind; Headache
Du 25:	At the tip of the nose	Nose/Sinus Congestion

b)
6. Ren Meridian “Conception Vessel.”

a) The pathway of the Ren Meridian runs from the perineum, up the midline of the front of the body ending just under the lower lip. All its points are on the anterior midline of the body. It is also the most Yin meridian on the body. Since Yin Meridians are often used to treat internal disorders, the Ren is important, for treating many internal disorders and especially those associated with reproductive functions.

b)

Point Name	Location	Main Uses
Ren 2	On the midpoint of the upper border of the symphysis pubis.	Controlling Point for All GYN and Urogenital Disorders
Ren 4	On the midline of the abdomen, 3 Cun below the umbilicus	Tonify the Kidneys; All GYN & Urinary Disorders; Tonifies Jing, Yang, Yin, & Qi
Ren 6	On the midline of the abdomen, 1.5 Cun below the umbilicus	Tonify the Spleen; Relieves Stagnation in Abdomen
Ren 8	In the center of the umbilicus	Strengthen Digestion; Diarrhea; Yang Collapse (No Needle-Moxa Only)
Ren 12	On the midline of the abdomen, 4 Cun above the umbilicus	Harmonize the Stomach; All Abdominal Problems
Ren 17	On the anterior midline, at level with the 4th intercostal space	Descend the Qi of the Chest
Ren 22	In the center of the suprasternal fossa	Throat and Swallowing Problems

c)
7. **Lung/Fei**

a) The pathway of the Lung Meridian runs from the second intercostal space 2/3 the distance from the middle of the sternum to the acromion process, down the anterior surface of the arm and ending at the proximal radial corner of the nail of the thumb. Since Yin Meridians are often used to treat internal disorders, the Lung Meridian is important, for treating many internal disorders associated with the Lungs. These include all respiratory disorders and symptoms associated with colds and flus.

b)

Point Name	Location	Main Uses
LU 1	Lateral and superior to the sternum at the lateral side of the 1st intercostal space, 6 Cun lateral to the Ren Mai channel.	Mu / Alarm Point of The Lungs: All Lung Disorders
LU 5	On the cubital crease, on the radial side of tendon of m. biceps brachii, located with the elbow slightly flexed.	Strong, Productive Cough; Any Heat and/or Fullness in Lungs;
LU 7	Superior to the styloid process of the radius, 1.5 Cun above the transverse crease of the wrist	Master Point of the Ren Mai: Controlling Point For Neck & Throat: Circulates the Qi of The Lungs. Luo Point; Use with LI 4 for Headaches and OPIs
LU 9	At the radial end of the transverse crease of the wrist, in the depression on the lateral side of the radial artery.	Source Point; Tonifies the Lungs; All Deficient Lung Problems
LU 11	On the thumb, 0.1 Cun proximal to the radial corner of the nail.	Jing Well Point: Clears Heat From The Lungs (Sore Throat, Tonsillitis, Etc); Moxa Opposite Side For Nosebleeds

8.

9. Large Intestine/ Da Chang

a) The pathway of the Large Intestine Meridian runs from the proximal radial corner of the index finger along the arm on the lateral border of the radial bone to the top of the shoulder, crossing the SCM on the neck to the lower border of the ala nasi, on the opposite side. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the Large Intestine is important, for treating any and all disorders of arm, neck and head.

b)

Point Name	Location	Main Uses
LI 1	On the radial side of the index finger, about 0.1 Cun proximal to the corner of the nail	Jing Well Point: acute pain on the meridian; Clears Heat from the Head and throat; (sore throat, tonsillitis, red burning eyes, etc)
LI 4	On the dorsum of the hand, between the 1st and 2nd metacarpal bones, approximately in the middle of the 2nd metacarpal bone on the radial side.	Controlling point for Head and Face: Main point for pain and other excesses in the head neck and arm. OPIs; (CONTRAINDICATED IF PATIENT IS PREGNANT)
LI 5	On the radial side of the wrist. When the thumb is tilted upward, it is in the depression between the tendons of muscle extensor pollicis longus and brevis.	Good local point for pain in the thumb and area
LI 11-12	Two points, best palpated for. When the elbow is flexed, these points are in and around the area between the depression at the lateral end of the transverse cubital crease and a spot superior to the lateral epicondyle of the humerus.	Fever; elbow pain
LI 14	Just superior to the lower end of the deltoid muscle.	Deltoid and shoulder pain
LI 15-	Anterior and inferior to the acromion, on the upper portion of the deltoid muscle.	Major points for shoulder joint pain
LI 16	When the arm is in full abduction In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and scapular spine.	
LI 17-18	Tow points best palpated for. On the lateral side of the neck, about level with the tip of the Adam's Apple, on the SCM.	Good local points for throat and neck problems
LI 20	In the nasolabial groove, at the level of the midpoint of the lateral border of the ala nasi.	any nose problem; often used with LI 4 and LU 7

10. Stomach/Wei

a) The pathway of the Stomach meridian runs from the middle of the lower border of the eye socket down to the outer corner of the mouth, then back to the mandible and up to the corner of the hairline. From there it proceeds down the front of the body along the mid-clavicular line over the ribcage, where it moves closer to the midline and down to the upper border of the pubic bone. From here it travels out to the leg and along a trajectory just lateral to the crest of the tibia, and on to the foot, ending at the proximal medial corner of the nail of second toe. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the Stomach meridian is important, for treating any and all disorders of and eye, head, teeth, and leg.

b)

Point Name	Location	Main Uses
ST 3	Directly below the center of the eye, at the level of the lower border of the ala nasi, on the lateral side of the nasolabial groove.	Sinus conditions; knee pain
ST 4	Lateral to the corner of the mouth, directly below ST 3.	Facial paralysis; trigeminal neuralgia; herpes; mouth ulcers; gum problems; tooth pain
ST 5	Anterior to the angle of the mandible, on the anterior border of the masseter muscle.	lower jaw toothache
ST 6	One finger breadth anterior and superior to the lower angle of the mandible where the masseter attaches, at the prominence of the muscle when the teeth are clenched.	lower jaw toothache, Bruxism
ST 7	At the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible - located with mouth slightly slack.	TMJ; upper jaw toothache
ST 8	.5 Cun within the anterior hairline at the corner of the forehead, 4.5 Cun lateral to GV 24.	Frontal and band-like headaches
ST 25	2 Cun lateral to the center of the umbilicus.	any intestinal problems; front Mu of LI;
ST 28	3 Cun below the umbilicus, 2 Cun lateral to CV 4	All GYN problems; damp heat in lower warmer; genital herpes; leucorrhoea. Cold and/or blood stagnation
ST 29	4 Cun below the umbilicus, 2 Cun lateral to CV 3	

ST 30	5 Cun below the umbilicus, 2 Cun lateral to CV 2.	in lower warmer;
ST 31	At the crossing point of the line drawn down from the ASIS and the line level with the lower border of the pubic symphysis, in the depression on the lateral side of sartorius, when the thigh is flexed.	Strengthens and moves the thigh and entire leg
ST 34	When the knee is flexed, point is 2 Cun above the laterosuperior border of the patella.	xi cleft; acute breast discomfort; knee pain/weakness
ST 35	When the knee is flexed, the point is at the lower border of the patella, in the depression lateral to the patellar ligament.	knee joint problems
ST 36	3 Cun below ST 35, one finger breadth lateral to the anterior crest of the tibia	Controlling point for Digestion: All digestive problems; builds Qi and blood; regulates digestion
ST 40	8 Cun superior to the external malleolus two fingers breadth lateral to the anterior crest of the tibia.	Helps resolve phlegm anywhere in the body
ST 41	On the dorsum of the foot, at the midpoint of the transverse crease of the ankle, in the depression between the tendons of muscle extensor digitorum longus and hallucis longus, approximately at the level of the tip of the external malleolus.	Pain/ weakness and stiffness in the foot and ankle.
ST 44	Proximal to the web margin between the 2nd and 3rd toes.	Clear heat from head, face, mouth and gums
ST 45	On the lateral side of the 2nd toe, .1 Cun proximal to the corner of the nail.	Jing Well Point: acute pain on the meridian; Clear heat from head, face, mouth and gums

11. Spleen/Pi

a) The pathway of the Spleen Meridian runs from the proximal medial corner of the nail of the great toe along the medial edge of the foot, up the leg following the posterior border of the tibia. At the waist it runs parallel to the midline along the mid-clavicular line until it departs to end at the mid-axillary line midway between the axilla and the free end of the 11th rib. Since Yin Meridians are often used to treat internal disorders, the Spleen Meridian is important, for treating many internal disorders associated with the Spleen. These include all digestive disorders and symptoms associated with fatigue, and dampness.

b)

Point Name	Location	Main Uses
SP 1	On the medial side of the great toe, 0.1 Cun proximal to the corner of the nail.	Jing Well Point: Moxa for bleeding from deficiencies
SP 3	Proximal and inferior to the head of the first metatarsal bone, at the junction of the red and white skin.	Source Point: Tonifies SP
SP 4	In the depression distal and inferior to the base of the first metatarsal bone, at the junction of the red and white skin.	Master point of the Chong Mai, All menstrual disorders; All gastric disorders; masses in the abdomen
SP 6	3 Cun above the tip of the medial malleolus, on the posterior border of the medial aspect of the tibia.	strengthens SP, KD, yin, Qi and blood; All GYN; moves the lower abdomen; calms the mind; all reproductive issues (CONTRAINDICATED IF PATIENT IS PREGNANT)
SP 9	On the lower border of the condyle of the tibia, in the depression on the medial border of the tibia.	All damp disorders; A mild diuretic point
SP 15	4 Cun lateral to the center of the umbilicus, lateral to the muscle rectus abdominus.	secondary point for treating intestinal disorders;
SP 21	On the mid-axillary line, 6 Cun below the axilla, midway between the axilla and the free end of the 11th rib.	whole body pain and/or weakness

12. Heart / Xin

a) The pathway of the Heart Meridian runs from the middle of the axilla down the medial surface of the arm and ending at the proximal radial corner of the nail of the pinky finger. Since Yin Meridians are often used to treat internal disorders, the Heart Meridian is important, for treating disorders associated with the Heart. These include all mental / emotional disorders and symptoms associated with sleep.

b)

Point Name	Location	Main Uses
HT 1	When the arm is abducted, the point is in the center of the axilla, on the medial side of the axillary artery.	Seldom used, deep needling can access m. subscapularis
HT 7	At the ulnar end of the transverse crease of the wrist, in the depression on the radial side of the tendon of muscle flexor carpi ulnaris.	Source Point: Most commonly used HT point all heart disorders. Nourishes the HT, Calms the Shen; relieves insomnia
HT 8	When the palm faces upward, the point is between the 4th and 5th metacarpal bones. When a fist is made, the point is where the tip of the little finger rests.	tachycardia; heat in the Heart; dream disturbed sleep, night terrors
HT 9	On the radial side of the little finger, .1 Cun proximal to the corner of the nail.	Jing Well Point: extreme heat in the Heart; loss of consciousness; tachycardia

13. Small Intestine/Xiao Chang

- a) The pathway of the Small Intestine Meridian runs from the proximal ulnar corner of the pinky finger along the arm on the lateral border of the ulnar bone to the back of the shoulder, through the scapula, up to the back of the neck past the ear and ending lateral to the eye. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the Small Intestine is important, for treating any and all disorders along its pathway, especially around the scapula, and neck.

Point Name	Location	Main Uses
SI 1	On the ulnar side of the little finger, about .1 Cun proximal to the corner of the nail.	Jing Well Point: acute pain on the meridian; mastitis; insufficient lactation
SI 3	When a loose fist is made, the point is on the ulnar side of the hand, proximal to the 5th MP joint, at the end of the transverse crease at the junction of the red and white and skin.	Controlling point for Spine: Master Point of the DU Mai: stiff neck; all back pain; stroke, MS, Turette's and other wind disorders
SI 6	When the palm faces the chest, the point is in the bony cleft on the radial side of the styloid process of the ulna.	xi cleft; pain in the meridian; stiff neck; Shoulder pain
SI 8	When the elbow is flexed, the point is located in the depression between the olecranon of the ulna and the medial epicondyle of the humerus.	local point for elbow pain/stiffness
SI 9	Posterior and inferior to the shoulder joint. 1 Cun above the posterior end of the axillary fold.	local points for shoulder pain and Range of Motion
SI 10	Directly above SI 9, in the depression inferior to the scapular spine.	
SI 11	In the infrascapular fossa, at the junction of the upper and middle third of the distance between the lower border of the scapular spine and the inferior angle of the scapula.	Most important local point for the upper back, and scapular area
SI 17	Posterior to the angle of the mandible, in the depression on the anterior border of the SCM.	local point for jaw, neck, and ear
SI 19	Anterior to the tragus and posterior to the condyloid process of the mandible, in the depression formed when the mouth is open.	benefits the hearing; jaw problems

14. Urinary Bladder / Pang Guang

- a) The pathway of the Urinary Bladder Meridian runs from the medial inner canthus up over the head just lateral to the midline, down the side of the neck where it separates into two pathways, both running parallel to the midline of the back. One pathway is located at the distance of the medial border of the scapula, and the other is halfway between the medial border of the scapula and the midline. At the sacrum the meridian moves out to the buttocks and down to the center of popliteal crease, and throughout the back of the calf, to the ankle where it runs just under the lateral malleolus ending at the lateral proximal corner of the little toe. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the Urinary Bladder is important, for treating any and all disorders of back, and legs. It should also be noted that this meridian contains the “Back Shu Points.” These are specific points for each of the Organs.

Point Name	Location	Main Uses
UB 1	0.1 Cun superior and slightly medial to the inner canthus	Main Point for All eye problems
UB 2	on the medial end of the eyebrow, or on the supraorbital notch	Alternate point for all eye problems
UB 10	1.3 Cun lateral to GV 15, in the depression on the lateral aspect of the trapezius muscle	All neck pain, weakness and stiffness
UB 11	1.5 Cun lateral to GV 13, at the level of the lower border of the spinous process of T1	Back Shu Point of the Bones: All bone problems; arthritis
UB 12	1.5 Cun lateral to the GV meridian, at the level of the lower border of the spinous process of T2	OPIs; headache; cough; stimulates Wei Qi
UB 13	1.5 Cun lateral to GV 12, at the level of the lower border of the spinous process of T3	Back Shu Point of the LU: all lung problems; builds Wei Qi; chronic or acute
UB 14	1.5 Cun lateral to the GV meridian, at level with the lower border of the spinous process of T4	Local Point for Upper Back Pain
UB 15	1.5 Cun lateral to the GV 11, at the level of the lower border of the spinous process of T5	Back Shu Point of the HT: all heart problems
UB 16	1.5 Cun lateral to GV 10, at the level of the lower border of the spinous process of T6	Local Point for Upper Back Pain
UB 17	1.5 Cun lateral to GV 9, at the level of the lower border of the spinous process of T7	Back Shu Point of the Blood: All blood problems; tonifies blood; skin problems from heat in blood; Back Shu Point of the Diaphragm: Hiccough; Hiatal Hernia

UB 18	1.5 Cun lateral to GV 8, at the level of the lower border of the spinous process of T9	Back Shu Point of the LR: benefits all aspects of the liver; smoothes, harmonizes, and tonifies liver
UB 19	1.5 Cun lateral to GV 7, at the level of the lower border of the spinous process of T10	Back Shu Point of the GB: all GB problems
UB 20	1.5 Cun lateral to GV 6, at the level of the lower border of the spinous process of T11	Back Shu Point of the SP: all SP problems; benefits all aspects of spleen
UB 21	1.5 Cun lateral to the GV meridian, at the level of the lower border of the spinous process of T12	Back Shu Point of the ST: benefits all aspects of the ST
UB 22	1.5 Cun lateral to the GV 5, at the level of the lower border of the spinous process of L1.	Back Shu Point of the SJ: regulates and transforms fluids;
UB 23	1.5 Cun lateral to GV 4, at the level of the lower border of the spinous process of the L2.	Back Shu Point of the KD: all KD pathologies; regulates all aspects of the KD
UB 24	1.5 Cun lateral to the GV meridian, at the level of the lower border of the spinous process of L3.	Local Point for Low Back Pain
UB 25	1.5 Cun lateral to GV 3, at the level of the lower border of the spinous process of L4.	Back Shu Point of the LI: low back pain; colon problems; constipation, diarrhea, etc.
UB 26	1.5 Cun lateral to the GV meridian, at the level of the lower border of the spinous process of L5.	Local Point for Low Back Pain
UB 27	1.5 Cun lateral to the GV meridian, at the level of the lower border of the 1st posterior sacral foramen.	Back Shu Point of the SI: used with CV 3 for damp heat in urine; sacroiliac joint problems
UB 28	1.5 Cun lateral to the GV meridian, at the level of the 2nd posterior sacral foramen.	Back Shu Point of the UB: all UB Problems
UB 29	1.5 Cun lateral to the GV meridian, at the level of the 3rd posterior sacral foramen.	Local Point for Low Back Pain
UB 30	1.5 Cun lateral to the GV meridian, at the level of the 4th posterior sacral foramen.	Local Point for Low Back Pain
UB 31	In the 1st posterior sacral foramen.	These are the 8 Liao Points: Used for all genito-urinary, GYN, low back & leg problems
UB 32	In the 2nd posterior sacral foramen.	
UB 33	In the 3rd posterior sacral foramen.	
UB 34	In the 4th posterior sacral foramen	
UB 35	On either side of the tip of the coccyx, .5 Cun lateral to the GV meridian.	Coccygeal pain
UB 40 (used to be #54)	Midpoint of the transverse crease of the popliteal fossa, between the tendons of muscle biceps femoris and muscle semitendinosus.	Controlling point for the low back: All Low back pain; clears heat

UB 57	Directly below the belly of muscle gastrocnemius, on a line joining UB 40 and tendo-calcaneus, about 8 Cun below UB 40.	Upper back pain/tension; used with UB 67 for spasms of the calf;
UB 60	In the depression between the external malleolus and tendo calcaneus.	occipital headache; neck pain; distal point for sciatica; for labor pain; "aspirin point"
UB 62	In the depression directly below the external malleolus.	Master Point of the Yang Qiao Mai: Lateral musculoskeletal problems
UB 67	On the lateral side of the small toe, .1 Cun proximal to the corner of the nail	Jing Well Point: acute pain on the meridian; turning a breech fetus; used with UB 57 for spasms of the calf; back pain; tight hamstrings

15. Kidney / Shen

- a) The pathway of the Kidney Meridian runs from the center of the ball of the foot along the medial edge of the foot, under the medial malleolus, up the medial aspect of the leg posterior to the tibia. At the waist it runs parallel and just lateral to the midline ending at the top of the sternum. Since Yin Meridians are often used to treat internal disorders, the Kidney Meridian is important, for treating many internal disorders associated with the Kidney. These include all growth development and ageing, reproductive and urinary disorders and symptoms associated with fatigue, and general weakness.

Point Name	Location	Main Uses
KD 1	On the sole, in the depression when the foot is in plantar flexion, approximately at the junction of the anterior third and posterior 2/3 of the sole.	emergency point; loss of consciousness; brings heat down fro the upper body
KD 2	Anterior and inferior to the medial malleolus, in the depression of the lower border of the tuberosity of the navicular bone.	Heat/Fire in the throat and lower warmer; UTIs
KD 3	In the depression between he medial malleolus and tendo calcaneus, at the level of the tip of the medial malleolus.	Source Point: All KD disorders; weakness in the knees; low back; lowered libido, erectile dysfunction
KD 6	In the depression of the lower border of the medial malleolus, or 1 Cun below the medial malleolus.	master point of yin Qiao; Tonifies KD yin
KD 7	2 Cun directly above KD 3, on the anterior border of tendo calcaneus.	Tonifies KD Yin and Vaporizes fluids

KD 11-21	These points are 0.5 Cun lateral to CV line and level with the Ren points. KD 11 begins lateral to Ren 2 on the superior border of the symphysis pubis. KD 21 is under the sternum	reinforce the Ren points
KD 16	.5 Cun lateral to the umbilicus, level with CV 8.	Strengthens the KD
KD 22- 27	Beginning at the bottom of the Sternum, these points run to the depression on the lower border of the clavicle, and are all 2 Cun lateral to the Ren meridian.	These points soothe the Spirit, and should be palpated for tenderness

b)

16. Pericardium/ Xin Bao Luo

The pathway of the Pericardium Meridian runs from the chest down the medial surface of the arm and ending at the tip of the middle finger. Since Yin Meridians are often used to treat internal disorders, and the Pericardium is closely related to the Heart Meridian, it is most commonly used to treat disorders associated with the Heart. These include all mental / emotional disorders and symptoms associated with sleep, as well as organic heart disorders.

Point Name	Location	Main Uses
PC 4	5 Cun above the transverse crease of the wrist, on the line connecting PC 3 and PC 7, between the tendons of palmaris longus and flexor carpi radialis	xi cleft point; chest pain; pain in the meridian
PC 5	3 Cun above the transverse crease of the wrist between the tendons of palmaris longus and flexor carpi radialis	calms the spirit; regulates Heart rhythm
PC 6	2 Cun above the transverse crease of the wrist between the tendons of palmaris longus and flexor carpi radialis	Master Point of the Yin Wei Mai: Controlling point for the Chest and Abdomen; calms the spirit
PC 7	In the middle of the transverse crease of the wrist, between the tendons of muscle palmaris longus and flexor carpi radialis.	Source Point: calms the spirit; regulates Heart rhythm
PC 8	On the transverse crease of the palm, between the 2nd and 3rd metacarpal bones. When the fist is clenched, the point is just below the tip of the middle finger.	tachycardia; heat in the Heart; dream disturbed sleep
PC 9	In the center of the tip of the middle finger.	Jing Well Point: extreme heat in the Heart; loss of consciousness; tachycardia; night terrors

17. Triple Heater / Triple Warmer / San Jiao

- a) The pathway of the San Jiao is similar to that of the Small Intestine but more radial.. It runs from the proximal ulnar corner of the ring finger along the arm on the lateral border of the ulnar bone to the back of the shoulder, along the top posterior aspect of the trapezius, up to the back of the neck around the ear and ending just anterior to the tragus of the ear. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the San Jiao is important, for treating any and all disorders along it's pathway, especially around the shoulder, and ear.

b)

Point Name	Location	Main Uses
SJ 1	On the lateral side of the ring finger, about 0.1 Cun proximal to the corner of the nail.	Jing Well Point: acute pain on the meridian;
SJ 3	On the dorsum of the hand between the 4th and 5th metacarpal bones, in the depression proximal to the metacarpophalangeal joint.	Controlling Point for the Ear
SJ 4	On the transverse crease of the dorsum of the wrist, in the depression lateral to the tendon of muscle extensor digitorum communis.	Good local point for the wrist
SJ 5	2 Cun above TW 4, between the radius and the ulna.	Master Point of the Yang Wei Mai: local point
SJ 10	When the elbow is flexed, the point is in the depression about 1 Cun superior to the olecranon.	Good Local Point for the elbow
SJ 14 (posterior to LI 15)	Posterior and inferior to the acromion, in the depression about 1 Cun posterior to LI 15 when the arm is abducted.	Shoulder joint pain and ROM
SJ 15	About 1 Cun posterior to GB 21. Midway between GB 21 and SI 13, on the superior angle of the scapula	Tightness, tension and pain in the neck and shoulders
SJ 17	Posterior and superior to the angle of the mandible. Posterior to the lobule of the ear, in the depression between the mandible and the mastoid process	All Ear disorders
SJ 21	In the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible. The point is located with the mouth slack.	All Ear and Jaw disorders
SJ 23	At the lateral end of the eyebrow	All disorders involving the side of the head/face; lateral headaches, eye pain, ear pain

18. Gall Bladder / Dan

- a) The pathway of the Gall Bladder Meridian runs from the Lateral outer canthus back and forth coursing the sides of the head, down the side of the neck where it follows the top of the trapezius, down to the side of the ribcage, throughout the flanks, to the hip, and down along the most lateral aspect of the leg, to the ankle where it runs under the lateral malleolus ending at the lateral proximal corner of the fourth toe. Since Yang Meridians are often used to treat disorders along the pathway of the meridian, the Gall Bladder is important, for treating any and all disorders of sides of the head, trunk, hip, and legs

Point Name	Location	Main Uses
GB 1	0.5 Cun lateral to the outer canthus, in the depression on the lateral side of the orbit.	Secondary point for eye problems
GB 2	Anterior to the intertragic notch, at the posterior border of the condyloid process of the mandible. The point is located with the mouth open.	Good local point for ear and jaw
GB 8	Superior to the apex of the auricle, 1.5 Cun within the hairline.	Lateral Headaches; post stroke speech disorders; enters the brain
GB 14	On the forehead, 1 Cun directly above the midpoint of the eyebrow.	All eye problems; frontal and temporal HA
GB 20	In the depression between the upper portion of the SCM and the trapezius, just below the occiput.	All Wind: internal LV wind and external OPI wind; opens the orifices of the head: All disorders effecting the eyes, ears, and nose; All Headaches especially occipital;
GB 21	Midway between GV 14 and the acromion, at the highest point of the shoulder.	Primary point for neck and shoulder tension, pain and tightness. ((CONTRAINDICATED IF PATIENT IS PREGNANT, OR HAS A HEART CONDITION))
GB 25	On the lateral side of the abdomen, on the lower border of the free end of the 12th rib.	Front Mu of KD; pain in lumbar region
GB 26	At the Upper Border of the Iliac Crest, usually at the level of the umbilicus.	Main Coalescent Point on the Dai Mai; All GYN Disorders
GB 27	On the lateral side of the abdomen, anterior to the superior iliac spine, 3 Cun below the umbilicus.	Secondary Point on the Dai Mai; All GYN Disorders
GB 28	Anterior and inferior to the ASIS, 0.5 Cun anterior and inferior to GB 27.	Secondary Point on the Dai Mai; All GYN Disorders

GB 29	IN the depression of the midpoint between the ASIS and the great trochanter. When locating this point, put patient in lateral recumbent position with thigh and knee both flexed to about 90°.	GB 29, 30, 31: Main Points for Sciatica, hip; lumbar to thigh, leg pain and paralysis
GB 30	At the junction of the lateral 1/3 and medial 2/3 of the distance between the greater trochanter and the hiatus of the sacrum. When locating this point, put patient in lateral recumbent position with thigh and knee both flexed to about 90°.	
GB 31	On the midline of the lateral aspect of the thigh, 7 Cun above the transverse political crease. When the patient is standing erect with hands at sides, the point is where the tip of the middle finger touches.	
GB 34	In the depression anterior and in inferior to the head of the fibula.	relaxes the tendons; good point for knee, sciatica and leg pain; pain anywhere in the body; shoulder pain
GB 40	Anterior and inferior to the lateral malleolus, in the depression on the lateral side of the tendon of m. extensor digitorum longus.	Ankle Pain
GB 41	In the depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon of m. extensor digiti minimi of the foot.	Master Point of the Dai Mai: All GYN and LV disorders
GB 44	On the lateral side of the 4th toe, about .1 Cun proximal to the corner of the nail.	Jing Well Point: acute pain on the meridian;

19. Liver / Gan

a) The pathway of the Liver Meridian runs from the proximal lateral corner of the nail of the great toe along the medial edge of the foot, up to the posterior to the border of the tibia between the Spleen and Kidney meridians. At the waist it runs parallel to the midline until it departs to the free end of the 11th rib, ending at the sixth intercostal space on the mid-clavicular line. The Liver Meridian is important, for treating many internal disorders associated with the Liver. These include many emotional disorders and symptoms associated with stagnation and wind.

b)

Point Name	Location	Main Uses
LR 1	On the lateral side of the great toe, 0.1 Cun proximal to the corner of the nail.	Jing Well Point: restores consciousness; Inguinal pain; groin pulls; moves Qi in the lower warmer; genitourinary issues; stops bleeding
LR 2	On the dorsum of the foot, between the 1st and 2nd toes, proximal to the margin of the web.	LV fire and heat in the head; Heat in the Lower Warmer; Burning urination; red burning eyes; LV yang rising HA; Herpes I & II; Shingles; LV wind
LR 3	On the dorsum of the foot, in the depression distal to the junction of the 1st and 2nd metatarsal bones.	Source Point: Primary point to benefit all aspects of LV. Move LR Qi, Quell LR Wind, etc.
LR 4	On the ankle, anterior to the prominence of the medial malleolus, in the significant depression just medial to the tendon of tibialis anterior when the ankle is extended (dorsiflexed)	Spreads Liver Qi, Regulates the Lower Jiao, Clears Liver Heat.
LR 13	On the lateral side of the abdomen, below the free end of the 11th floating rib.	Front MU Point of the SP: Liver invading Spleen
LR 14	Directly below the nipple, in the 6th intercostal space.	Pain and tightness/fullness in the chest, ribs and breast

20. Extraordinary Points

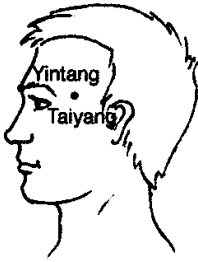
- a) Points which lie off the Main Meridians
- b) There are hundreds of Extra Points, these are a few of the more common ones

Point Name	Location	Main Uses
Yin Tang	Midway between the medial ends of the two eyebrows.	Calms the Shen
Tai Yang	Draw a line following path of lateral end of eyebrow down to intersection of line from outer canthus of eye, at intersection, in depression.	Eye Pain / Discomfort Headaches
An Mian	Midpoint between Yifeng (SJ 17) and Fengchi (GB 20)	Calms the Shen for Insomnia
Bi Tong	At the highest point of the nasolabial groove.	Stuffy-Runny Nose
Jian Nie Ling	Midway between the end of the anterior axillary fold and LI 15	
Xi Yan	A pair of points in the two depressions, medial and lateral to the patellar ligament, locating the point with the knee flexed. Lateral Xi Yan overlaps with S 35.	Knee Pain
Yao Tong Blood	On the dorsum of the hand, midway between the transverse wrist crease and metacarpophalangeal joint, between the second and third metacarpal bones, and between the fourth and fifth metacarpal bones, 4 points in all on both hands.	Acute Back Pain/Sprain
Hua Tou Jia Ji	A group of 34 points along both sides of the spinal column, 0.5 Cun lateral to the lower border of each spinous process from the first thoracic vertebra to the fifth lumbar vertebra.	Release the Muscles of the Back
Luo Zhen	On dorsum of hand, between 2nd & 3rd metacarpal bones, 0.5 Cun posterior to metacarpophalangeal joint	Neck Pain
Shi Qi Zhui (Josen)	Below the spinous process of the 5th lumbar vertebrae	Low Back Pain
Ding Chuan	0.5 Cun lateral to Dazhui (Du 14).	Stop Asthma
Ba Feng	On the dorsum of the foot, in the depressions on the webs between toes, proximal to the margins of the webs, eight points in all.	Foot Pain

Ba Xie	On the dorsum of the hand, at the junction of the white and red skin of the hand webs, eight in all, making a loose fist to locate the points.	Hand Pain
Dan Nang Xue	The tender spot 1-2 Cun below G 34.	Acute and chronic cholecystitis
He Ding	In the depression of the midpoint of the superior patellar border.	Patellar/Knee Pain
Shi Mian	In the center of the heel on the bottom of the foot	Heel & Knee Pain
Si Shen Cong	A group of 4 points, at the vertex, 1 Cun respectively posterior, anterior and lateral to Baihui (Du 20).	Benefits: Wind, Eyes, Ears, Shen
Yu Yao	At the midpoint of the eyebrow.	Benefits Eyes
Zi Gong Blood	3 Cun lateral to Zhongji (Ren 3)	Benefits Uterus

EXTRA POINTS

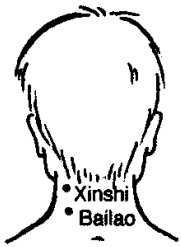
Head



Yintang In the midline, between the eyebrows

Taiyang In the depression found 1 cun posterior and slightly superior to the outer corner of the eye. It is just posterior to the orbital ridge

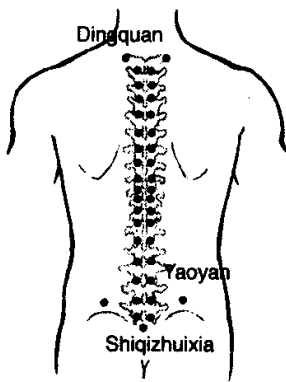
Neck



Bailao 1 cun lateral and 2 cun superior to the tip of the spinous process of C7 (Du 14)

Xinshi 1 - 1.5 cun superior to Bailao

Back



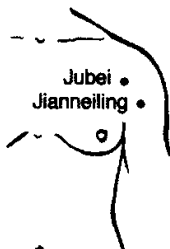
Dingquan (Asthma) 1 cun lateral to the tip of the spinous process of C7 (Du 14)

Huato Jiayi Points These are found 0.5 cun lateral to the tips of the thoracic and lumbar vertebrae.

Yaoyan (Eye of the low back) In a depression lateral to the mass of erector spinae, superior to the iliac crest.

Shiqizhuixia (Below the 17th vertebra) Below the tip of L5

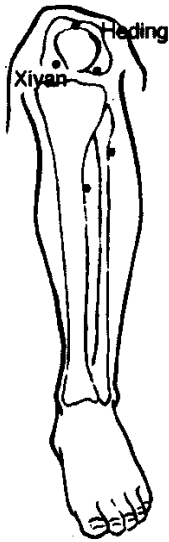
Shoulder



Jubei 3 cun superior to the anterior axillary fold.

Jianneling midway between Jianyu (L.I 15) and the anterior axillary fold

Lower limb



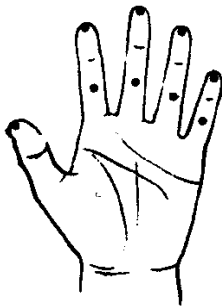
Heding slightly superior to the mid point of the superior border of the patella

Xiyan (Knee eyes) These are two points in depressions on the medial and lateral sides of the patellar tendon. The lateral knee eye is also St 35.

Lanweixue (Appendix point) 2 cun below Zusanli (St 36)

Danangxue (Gall bladder point) 1 cun inferior to Yanglingquan (GB 34)

Hand

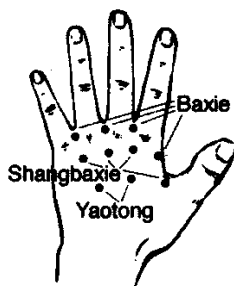


Shixuan On the tips of the four fingers and the thumb.

Sifeng In the middle of the creases on the palmar surfaces of the proximal interphalangeal joints of the four fingers.

Baxie When a fist is made, the lateral three are between the metacarpophalangeal joints (knuckles) and the most medial is inferior to the 2nd metacarpophalangeal joint

Shangbaxie Proximal to the Baxie, in the depressions on the lateral sides of the metacarpals, just proximal to the metacarpophalangeal joints.



Luozhen (Stiff neck) In the depression proximal to the space between the 2nd and 3rd metacarpophalangeal joints (also a Shangbaxie)

Yaotong (Back pain) In the depressions found between the shafts of the 4th and fifth and 2nd and 3rd metacarpals.

21. Additional Meridians

a) The Eight Extraordinary Meridians.

- (1) Access the deepest energies of the individual**
- (2) Equalizing Qi Reservoirs**
- (3) Link Meridians and Organs**
- (4) Zonal / Planar Tx. Of Pain**
- (5) Master & Couple Points**
 - (a) SI3 and BL62**
 - (b) TH5 and GB41**
 - (c) LU7 and KI6**
 - (d) SP4 and P6.**
- (6) Ren Mai**
 - (a) Master Point Lu 7**
- (7) Du Mai**
 - (a) Master Point SI 3**
- (8) Chong Mai**
 - (a) Master Point SP 4**
- (9) Dai Mai**
 - (a) Master Point GB 41**
- (10) Yang Wei Mai**
 - (a) Master Point SJ 5**
- (11) Yin Wei Mai**
 - (a) Master Point PC 6**
- (12) Yang Qiao Mai**
 - (a) Master Point UB 62**
- (13) Yin Qiao Mai**
 - (a) Master Point KD 6**

b) 12 Tendino-Muscular (Sinew) Meridians

- (1) Circulate on the periphery of the body.**
- (2) Do not penetrate to the Zangfu.**
- (3) Are associated with and take their names from the twelve primary channels.**
- (4) Originate at the extremities / Jing-Well Points**
- (5) Broadly follow the course of their associated primary channels but are wider.**
- (6) Follow the lines of major muscles and muscle groups, tendons & ligaments**
- (7) Envelop or “Knot Into” all joints**
- (8) Pain / Trauma**
- (9) Diagnosis**
 - (a) Look for area of diffuse pain, considered excess in the TM meridian**
- (11) Treat acute and chronic painful / tight conditions**

c) 12 Divergent Meridians

- (1) Connect with their paired channel**
- (2) Deeper than Main Meridians**
- (3) Govern the inside of the body**
- (4) Distributed on the Chest, Abdomen and Head**
- (5) Extend the areas of influence of main meridians**
 - (a) i.e. yin meridians to the head**

- d) **12 Skin Regions**
 - (1) **Related to the Main Meridians**
 - (2) **Explain Dx & Tx via the skin**
- e) **15 Luo Connecting Channels**
 - (1) **One small branching channel for each of the 12 primary channels, one each for the Ren & Du, and one for the Great Luo of the Spleen**
 - (2) **Spread from the Luo-connecting point of their own channel to connect with their paired channel.**
 - (3) **After joining with their paired channel they usually continue to follow their own pathways:**

f) **Minute Collaterals**

Probably the minor blood vessels at the surface of the skin

(a)

Q. Auricular Acupuncture and Other Microsystems

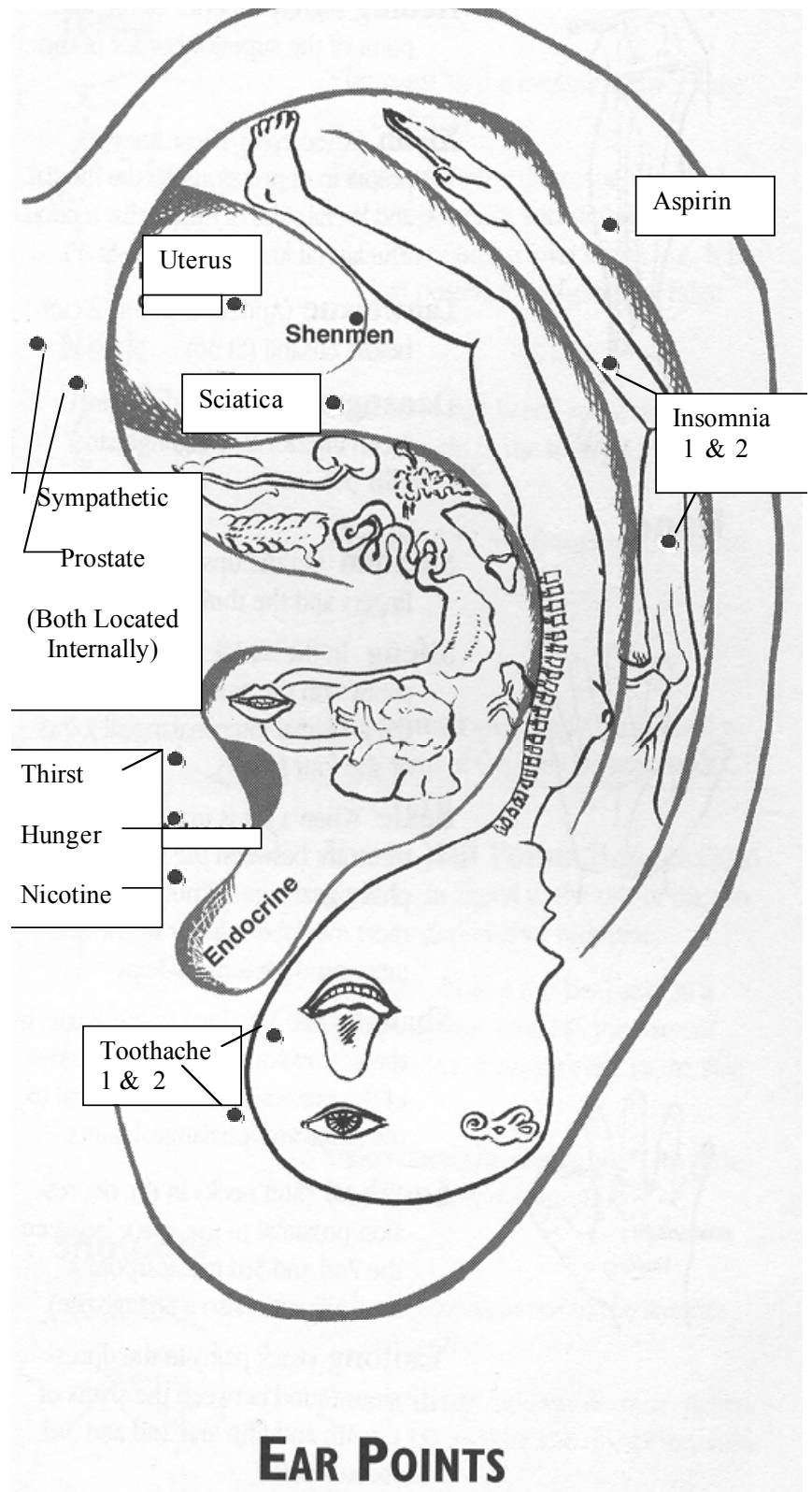
1. **Microsystems Treatment**

- a) **Ear, Scalp, Hand**
- b) **Find point exactly**
- c) **Apply Active or Passive Movement During the Treatment**
- d) **Look For Immediate Change**

2. **Auricular Acupuncture**

a) **Ear Anatomy is Crucial for Locating Points on Any Exam**

- (1) **Helix & Crus**
- (2) **Antihelix & Upper & Lower Crus**
- (3) **Tragus**
- (4) **Antitragus**
- (5) **Lobule**
- (6) **Cavum Concha**
- (7) **Symba Concha**
- (8) **Scaphoid Fossa**
- (9) **Triangular Fossa**



EAR POINTS

b)
c)

Major Points

- (1) Shen Men
- (2) Heart
- (3) Liver
- (4) Kidney
- (5) Sympathetic N.

- (6) **Stomach**
- (7) **Mouth**
- (8) **Thirst**
- (9) **Hunger**
- (10) **Nicotine**
- (11) **Shoulder-Arm-Hand-Finger**
- (12) **Back**
- (13) **Hip-Leg-Foot-Toe**
- (14) **Sciatica**
- (15) **Uterus**
- (16) **Toothache**
- (17) **Aspirin Pt.**
- (18) **Insomnia Pts.**

- d) **NADA Detox Tx:**
 - (1) **Shen Men**
 - (2) **LR**
 - (3) **KD**
 - (4) **HT/LU**
 - (5) **Sympathetic N.**

R. Name That Disharmony / Diagnosis Review

1. A 24 year old woman presents with the following signs and symptoms: excessive menstrual bleeding, the menstrual flow is pale and dilute, the patient also has loose stools, fatigue, pale thin tongue with a white coat, pale and lusterless face, lack of appetite, weak limbs, and a weak and thin pulse.

2. A 24 year old woman presents with the following signs and symptoms: PMS mood swings, severe tenderness, and abdominal pain all increasing until the first day of bleeding; chronic neck and shoulder tension, pain in rib cage, plumb pit throat, pain on palpation on abdomen lower left side, slightly purple tongue, wiry pulse.

3. A 36 year old woman presents with the following signs and symptoms: postpartum depression, fatigue, palpitations, a weak thin pulse, forgetfulness, confusion, pale thin tongue with white coat. and a pale lusterless face.

4. A 48 year old woman presents with the following signs and symptoms: insomnia, chronic dry, sore throat, malor flush, restlessness, palpitations, weak legs, low back pain, dark scanty urination, thin red tongue with a peeled coat, thin rapid pulse.

5. A 52 year old man presents with the following signs and symptoms: sore low back which feels better with heat, frequent clear copious urination, low sex drive, fatigue, pale face, a weak and slow pulse, and a pale & puffy tongue with a wet coat.

6. A 22 year old man presents with the following acute signs and symptoms: severe sore throat, fever, restlessness, dry stools with constipation, full and rapid pulse, red tongue with a yellow coat.

7. A 44 year old man presents with the following signs and symptoms: fatigue, chronic diarrhea / loose stools often containing mucous, overweight, pale swollen tongue with a greasy white coat, pale face, and a slippery, weak pulse.

8. A 36 year old man presents with the following signs and symptoms: asthma, restlessness, insomnia, chronic dry non-productive cough, thin and rapid pulse, thin red tongue with no coat.