Frequently used points in treatment:

The selection of acupuncture points, as pertaining to this hospital, differs from the selection of points in general acupuncture, in that only a small and selective number of points are used, but the treatment effect is outstanding. Below we introduce the most commonly used points in bleeding therapy.

The most frequently selected points are:

- On the head Taiyang point.
- For the upper extremities PC 3 and LU5,
- For the lower back DU2, DU 3.
- For the lower extremities UB 40, UB 39, GB 35.
- Furthermore there are also points selected on the dorsum of the hands and feet.

Tai Yang 太阳(Extra meridian point)

Point location: In the depression about 1 inch lateral to the midpoint between the outer canthus of the eye and the lateral end of the eyebrow. Select the most visible local veins. Pay attention to avoid the artery.

Chief indications: Schizophrenia, mania, neurosis, sequelae of encephalitis, hypertension, sequelae of stroke, Meniere’s disease, neurogenic headaches, diseases of the eyes, ears, nose and throat (EENT), chronic bronchitis, bronchial asthma, cancer of the esophagus, tumor of the thyroid gland, subcutaneous ulcer etc.

Needling method: Insertion slanted upward to induce bleeding.

Points of the upper limb:

LI 15 Jianyu 肩髃

Point location: At the shoulder joint, in the anterior of two depressions, when the arm is lifted, between the anterior and middle portions of the deltoid muscle. Select any visible veins.

Chief indications: Periarthritis of the shoulder, impingement syndrome, rheumatoid arthritis, sequelae of stroke

Needling method: Perpendicular insertion to induce bleeding
PC 3 Quze 曲泽

Point location: On the palmar aspect of the elbow, in the transverse cubital crease, at the ulnar side of the biceps tendon.

Indications: Schizophrenia, mania, heart diseases, heat stroke, sequelae of encephalitis, sequelae of stroke, arthritis, peripheral neuropathy, acute mastitis, stomach diseases, esophageal cancer, skin diseases, infertility

Needling method: Perpendicular insertion to induce bleeding

LU 5 Chize 尺泽

Point location: In the transverse cubital crease, on the radial side of the biceps tendon, look for small veins

Indications: Chronic bronchitis, bronchial asthma, periarthritis of the shoulder, frozen shoulder, heat stroke

Needling method: Perpendicular insertion to induce bleeding

LI 11 Quchi 曲池

Point location: The point is in the depression at the end of the lateral cubital crease, when the elbow is flexed

Indications: Frozen shoulder, arthritis, sequelae of stroke, skin diseases, hypertension, cancer of the digestive tract

Needling method: Perpendicular insertion to induce bleeding

LU 10 Yuji 魚際

Point location: On the radial aspect of the first metacarpal bone, at the junction of the red and white skin. Select the dark veins.

Indications: Chronic bronchitis, bronchial asthma, hemoptysis

Points of the lower limb

ST 31 Biguan 股关

Point location: Directly below the anterior superior iliac spine, in the depression on the lateral side of the sartorius muscle, when the hip flexed.

Indications: Acute appendicitis, arthritis, sequelae of stroke
Needling method: Perpendicular insertion to induce bleeding

**ST 38 Tiaokou 条口**

Point location: On the external border of the tibia, 5 inches directly below St 36 Zusanli, select a dark vein.

Indications: Chronic bronchitis, erysipelas, sequelae of stroke, Guillain-Barre Syndrome

Needling method: Perpendicular insertion to induce bleeding

**ST 40 Fenglong 丰隆**

Point location: At the same level as St 38 Tiaokou, two inches lateral to the anterior tibial crest, select a dark vein.

Indications: Chronic bronchitis, bronchial asthma, schizophrenia, heart diseases, stomach diseases

Needling method: Perpendicular insertion to induce bleeding

**GB 31 Fengshi 风市**

Point location: With the arm naturally hanging down, the point is on the midline of the lateral aspect of the thigh, where the tip of the middle finger touches. Select a dark vein.

Indications: Acute appendicitis, chronic back and leg pain, numbness of the lower limb

Needling method: Perpendicular insertion to induce bleeding

**GB 34 Yanglingquan 阳陵泉**

Point location: In the depression anterior and inferior to the head of the fibula. Select a dark vein.

Indications: Schizophrenia, mania, chronic bronchitis, diseases of the liver and gall bladder, arthritis, filariasis, elephantiasis.

Needling method: Perpendicular insertion to induce bleeding

**GB 35 Yangjiao 阳交**

Point location: 7 inches above the tip of the external malleolus, at the anterior border of the fibula, or mid-point between Gb 34 and tip of external malleolus. Select dark vein.

Indications: Schizophrenia, manic disorder, liver diseases, gall bladder diseases, colic from passing gall stones or kidney stones, acute appendicitis, skin diseases, traumatic injury to the ribcage, etc.

Needling method: Perpendicular insertion to induce bleeding
UB 40 Weizhong 委中

Point location: At the center of the crease of the popliteal fossa. Select dark veins.

Indications: Schizophrenia, manic disorder, sequelae of encephalitis, sequelae of stroke, hypertension, sequelae of polio, arthritis, sciatica, chronic low back pain, chronic leg pain, nosebleeds, subcutaneous ulcers, carbuncles of the back, skin disorders, thromboangitis obliterans, diseases of the cervical spine, headache, etc.

Needling method: Perpendicular insertion to induce bleeding

UB 39 Weiyang 委阳

Point location: At the lateral end of the popliteal crease, lateral to Bl 40, medial to border of the biceps femoris tendon.

Indications: Same as UB 40 Weizhong

Needling method: Perpendicular insertion to induce bleeding

SP 9 Yinlingquan 阴陵泉

Point location: At the inner aspect of the knee, on the lower border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and the gastrocnemius muscle.

Indications: Dysmenorrhea, female infertility, urinary tract infections, acute lymphadenitis, etc.

Needling method: Perpendicular insertion to induce bleeding

SP 6 Sanyinjiao 三阴交

Point location: Three inches above the medial malleolus, on the posterior border of the tibia

Indications: Menstrual disorders, female infertility, sequelae of polio, erysipelas, filariasis, elephantiasis, etc.

Needling method: Perpendicular insertion to induce bleeding
DU 2 Yaoshu 腰俞

Point location: In the hiatus of the sacrum, at intersection with coccyx

Indications: Chronic lower back and leg pain, sciatica, diseases of the lumbar spine, sequelae of polio, sequelae of cerebro-vascular accident, sequelae of encephalitis, chronic nephritis, bedwetting in children, prolapsed uterus, hemorrhoids, acute lower back sprain, etc.

Needling method: Perpendicular insertion to induce bleeding

DU 3 Yaoyangguan 腰阳关

Point location: Below the spinous process of the 4th lumbar vertebra

Indications: Same as Du 2

Needling method: Perpendicular insertion to induce bleeding

UB 31 Shangliao 上髎

Point location: 1st posterior sacral foramen, midway between the Du channel and the posterior superior iliac spine.

Indications: Chronic low back and thigh pain, sciatica.

Needling method: Perpendicular insertion to induce bleeding

DU 1 Changjiang 长强

Point location: Midway between the tip of the coccyx and the anus

Indications: Hemorrhoids, anal prolapse, chronic diarrhea, colitis, etc.

Needling method: Perpendicular insertion to induce bleeding
Points on the dorsum of the hand:

Point selection: First select the darkest veins on the back of the hand, near the TB 3 阳池 and TB 4 中渚 area.

Indications: peripheral neuropathy, Raynaud's syndrome, sequelae of poliomyelitis, sequelae of stroke, sequelae of encephalitis, etc.

Needling method: Perpendicular insertion to induce bleeding

Points on the dorsum of the foot:

Point selection: First look for the darkest veins on the foot, around the areas of GB 41 足临泣, KD6 照海, ST 41 解溪, LV 3 太冲, GB 40 丘墟

Indications: Peripheral neuropathy, thrombangitis obliterans, arthritis, sequelae of stroke, sequelae of encephalitis, sequelae of poliomyelitis, erysipelas, leptospirosis, elephantiasis, etc.

Needling method: Slanted insertion.

Besides the above referenced frequently used points, other points such as Shixuan (finger tips), LU 11 道商, DU 14 大椎 and GV 20 百会 are also often referred to in the TCM literature. According to our research, especially the Shixuan points and LU 11 are frequently used to open the cavities during attempts for emergency resuscitation, generally with very good effects.

Classical reference:

Furthermore, according to the book “Investigation into points along the channels xun jing kao xue bian”, there are 28 acupuncture points that are considered beneficial for bleeding, they are compiled below for reference in clinic.

Points and chief indications:

TB 18 Chimai 瘈脉: Tinnitus, vertigo, clonic convulsions in children

GB 14 Hanyan 颩厌: Head-wind pain

GB 6 Xuanli 悬厘: Red and swollen eyes

GB 14 Lingqi 临泣: Eye diseases

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1 The book “Investigation into points along the channels xun jing kao xue bian” was written by an unknown Ming dynasty author toward the end of the 17th century. It details the courses of acupuncture channels and provides an in depth description of the acupuncture points.
DU 23 Shangxing 上星: Dissipates all Yang and clears heat Qi
DU 25 Suliao 素髎: Stye, suppurative blepharitis
DU 27 Duiduan 兑端: Swollen lips, everted lips
UB 2 Zanzhu 攒竹: Eye diseases
UB 4 Qucha 曲差: Diseases of the nose
DU 22 Xinhui 凹会: Tension headache (do not bleed children below the age of 8).
DU 20 Baihui 百会: Headache
TB 14 Jianliao 肩髎: Heaviness and pain affecting the arm and shoulder, inability to raise arm
SI 9 Jianzhen 肩贞: Shoulder pain
TB 8 Sanyangluo 三阳络: Sprained lower back
TB 1 Guanchong 关冲: Elbow and arm pain, anxiety and restlessness
LU 11 Shaoshang 少商: Drains Heat from the Zang organs, blocked throat (tonsillitis, strep throat, pharyngitis)
HT 9 Shaochong 少冲: Stiffness of the chest, abnormal emotions, (joy and anger).
UB 40 Weichong 委冲: Low back and leg pain, dermatological conditions, skin sores
ST 30 Qichong 气冲: Hemoptysis
ST 36 Zusanli 足三里: Diseases of the Spleen and Stomach
ST 37 Shangjuxu 上巨虚: Diseases of the Spleen and Stomach
LV 3 Taichong 太冲: Edema with redness and swelling
LV 4 Zhongfeng 中封: Sores and erruptions on the foot, tendon spasms, contracted scrotum
SP 2 Dadu 大都: Swollen, red and painful 1st metatarsal joint
UB 67 Zhiming 至明: Damp edema
KD 2 Rangu 然谷: Causes people to instantly be hungry,
KD 5 Shuiquan 水泉: Ankle pain
Chapter 6:

Treatment of frequently encountered diseases

The treatment method of bleeding is a highly effective therapy for a good number of frequently encountered diseases including many chronic conditions. It is especially effective for some very difficult conditions of miscellaneous diseases, often producing an immediate cure and the speed of recovery is almost incredible. After undergoing many years of clinical practice and tens of thousands of cases bleeding therapy has proven itself effective, starting from simple pain cases, to traumatic injuries, developing into many diseases of internal medicine, dermatology, external medicine, gynecology, pediatrics and conditions of EENT, to cover over 100 types of diseases. Of course bleeding technique is not a cure-all, and some conditions respond poorly to the treatment. Below we would like to introduce our clinical experience.

A) Method of point selection:

The point selection for treatment by bleeding was recorded early on in the Yellow Emperor’s classic of Internal Medicine Nei Jing, which stated:

“Problems) above the waist, select the Lung and Large Intestine channel points, below the waist administer Spleen and Stomach channel points” (Spiritual Axis Ling Shu ○ End and Beginning Zhong Shi); this is based on the principle of selecting points close along the channel.

In the same chapter it then states: “Diseases at the top, select the bottom, diseases at the bottom, select the top, if the pain is in the head, treat the foot, if the pain is in the waist, treat the popliteal fossa”; this is based on the principal of distal (far) point selection. Furthermore, for the treatment by bleeding, one must also select points based on the abundance or scarcity of Qi and Blood within the channels and collaterals, for example, among the 12 meridians, the Tai Yang, Tai Yin and Jue Yin meridians contain a lot of Blood but little Qi, and are thus preferable for bleeding therapy.

The general rules for selecting points for bleeding are:

1. Selecting points along the channels

According to the convention of the relationship between channels and collaterals, points are often selected on the four limbs, around and below the elbow and knees, for the treatment of the head, face and trunk areas, (which includes all facial structures and sensory organs, as well as the internal organs).

2. Local point selection

Selecting points based on the traditional treatment function; a disease that appears in any given location, can be treated by a treatment specific point at or near the affected site, to induce bleeding.
3. Point selection based on experience

According to the experience by Professor Wang Xiu Zhen, the most commonly used point on the head is Taiyang 太阳, on the upper extremity it is PC 3 Quze 曲泽, and on the lower extremity UB 40 Weizhong 委中. Furthermore, depending on the different symptoms and conditions, she will select appropriate assistant points to aid in the treatment. The selection of points is small in number but extremely effective, allowing for an easy treatment application.

B) Selection of points in frequently encountered diseases

This section primarily introduces our clinical experience in treating patients. It excludes any documentation obtainable from modern acupuncture textbooks or literature. The selection of points for bleeding is more variable in its scope, than for needling. Even though when encountering the same disease, the patient’s physical status of weakness or robustness may differ, or the disease situation may be mild or severe; the selection of points may therefore be adjusted and vary, both depending on the patient and on the disease.

A. Internal medicine

1. Bronchitis:

Clinical manifestations include cough with expectoration of phlegm. Acute bronchitis is often accompanied by fever, while chronic bronchitis is often brought on or reactivated after exposure to cold; the condition lingers on without a cure, and has a longer duration.

Treatment and point selection:

Main point (s): Taiyang, ST 40, LU 10
Supplemental points: GB 35, ST 38, GB 34

2. Bronchial asthma:

Clinical signs include asthma, phlegm rales, rapid respiration; this is considered a disease associated with allergies and often has repeated episodes and exacerbations.

Treatment and point selection:

Main point (s): Taiyang, LU 10
Supplemental points: GB 35, ST 40
3. **Pneumonia:**

Clinical manifestations: Fever, severe cough and chest pain. This is an infectious disease. In Chinese medicine it is classified as wind warm disease.

Treatment and point selection:

Main point(s): Taiyang, PC 3

Supplemental points: UB 40, GB 35

4. **Hemoptysis:**

There are several causes for coughing up blood. They include such conditions as bronchiectasis, tuberculosis, chronic bronchitis, heart disease or traumatic injury.

Treatment and point selection:

Main point(s): Taiyang

Supplemental points: LU 10, also select points according to the symptomatology.

5. **Heart disease:**

This primarily refers to chronic rheumatic heart disease with signs of heart weakness. Bleeding therapy can reduce the symptoms.

Treatment and point selection:

Main point(s): PC 3, GB 35, Taiyang

Supplemental points: HT 3

6. **Hypertension:**

Chief clinical signs include high blood pressure, vertigo and headache. These are classified within the TCM categories as Liver Wind, vertigo or headache.

Treatment and point selection:

Main point(s): Taiyang, UB 40, LI 11

Supplemental points: UB 39, Du 3
7. Stomach and epigastric pain:
This refers primarily to acute and chronic gastritis, gastric and duodenal ulcers, and gastric spasm, leading to upper abdominal pain.

Treatment and point selection:
Main point(s): PC 3
Supplemental points: GB 35, ST 36

8. Hepatitis:
Primarily refers to chronic hepatitis with clinical signs such as local pain affecting the liver area, hepatomegaly, lack of strength, poor appetite or abnormal liver function.

Treatment and point selection:
Main point(s): GB 35, ST 36, PC 3
Supplemental points: GB 34

9. Ascites due to liver cirrhosis
Clinical manifestations: Severe abdominal distention “like a drum”, appearance of blue veins on the abdomen, dull hypochondriac pain on both flanks, loss of weight and poor appetite, thin body (except stomach) poor appetite. These fall under the TCM realm of drum bloating, rib pain or masses and accumulations. Many patients obtain good results from treatment by bleeding.

Treatment and point selection:
Main point(s): GB 35, ST 36, PC 3
Supplemental points: DU 2, UB 23

10. Cholecystitis
Chief clinical signs include pain in the right upper quadrant (Gb area), poor digestion accompanied by fever, jaundice; in TCM this is classified as rib pain or jaundice.

Treatment and point selection:
Main point(s): GB 34
Supplemental points: GB 35, PC 3
11. Chronic Nephritis

Chief clinical signs include edema, proteinuria, cylinduria (cylindrical structures produced by the kidney and present in the urine), as well as various degrees in decreased renal function. This condition falls within the TCM realm of edema, general weakness and low back pain.

Treatment and point selection:

Main point(s): DU 2

Supplemental points: PC 3, UB 23, UB 40

12. Rheumatoid Arthritis

The chief clinical signs include moving type joint pain throughout the body with exacerbation of symptoms during cold weather or after exposure to cold. The condition falls with the TCM classification of Bi syndrome.

Treatment and point selection:

Main point(s):

For joints of the shoulder and upper extremity select LU 5, for elbow pain select LI 11, PC 3, and for wrist joint bleed TB 3, TB 4

For joints of the hip and lower extremities select GB 30, UB 39; for knee joint bleed ST 36, GB 34; for ankle pain bleed points on the dorsum of the foot.

13. Headache

This mostly refers to neurogenic headaches, vascular headaches and trigeminal neuralgia. Treatment by bleeding has proven extraordinarily effective.

Treatment and point selection:

Main point(s): Taiyang

Supplemental points: For migraines, select Taiyang of the affected side. Headache in the back and nape, select UB 40. Vertex headache, bleed Yintang, headaches involving the neck select LU5

14. Schizophrenia

Chief clinical signs include hallucinations, breakdown of thought processes, paranoia and delusions; other manifestations include abnormal laughing or crying, crazy speech, seeing or hearing imaginary things, irritation, restlessness or absence of speech. These all fall into the TCM classification of mania/madness.
Treatment and point selection:
Main point(s): Taiyang, PC 3, UB40
Supplemental points: GB 35, ST 40

15. Epilepsy
Clinical signs consist of sudden loss of consciousness, tremors and spasms of the four limbs, spitting of foamy white mucous, phlegm rales in the throat; after a short period of time the individual revives by himself. This is an episodic, temporary and short malfunction of the cerebellum, termed “goat pain wind”.

Treatment and point selection:
Main point(s): Taiyang, PC 3
Supplemental points: UB 40, GB 35

16. Guillan – Barre Syndrome
Clinical manifestations include numbness of the four extremities, and overall lack of muscle strength. This is an acute polyneuropathy affecting the peripheral nervous system. Bleeding therapy provides very good benefits.

Treatment and point selection:
Main point(s): Du 3, PC 3
Supplemental points: Local points, UB 39, UB 40

17. Sequelae of Stroke
Mostly refers to brain hemorrhage or brain aneurysm leading to hemiplegia, classified by TCM as windstroke, one-sided withering, or hemiplegia. The treatment effect is reliable and satisfactory.

Treatment and point selection:
Main point(s): Taiyang, PC 3, UB 40
Supplemental points: UB 39, DU 2, local points of the hands and feet.

18. Heatstroke
Heatstroke is an emergency condition, often caused after working over a prolonged period of time in a high temperature environment, commonly known as fasha. The clinical signs may vary in gravity from mild to severe. If not treated in time there often are severe negative aftereffects. Heatstroke includes the Chinese medical conditions of Summerheat closure, Summerheat syncope, and Summerheat wind.
Treatment and point selection:

Main point (s): Shixuan, PC 3, UB 40

Supplemental points: Select points based on the symptomatology

B. Diseases of External Medicine / Dermatology (Wai Ke)

1. Acute Mastitis

Chief clinical signs include local swelling, redness and pain affecting the breast, there might be a hard node that is tender to the touch. Generalized symptoms may include aversion to cold, fever, enlarged axillary lymph nodes. In TCM this condition falls under the term breast abscess.

Treatment and point selection:

Main point (s): PC 3 affected side.

Supplemental points: Select points locally

2. Acute appendicitis

Chief clinical signs include lower right quadrant pain, rebound tenderness, positive Rowsing sign, generally accompanied by fever in folk medicine known as “contracted leg intestinal abscess suo jiao chang yong”. Blood-letting therapy is indicated for simple, uncomplicated appendicitis, but some purulent infectious cases of appendicitis have also been treated successfully in clinic.

Treatment and point selection:

Main point (s): ST 31, GB 30, GB 35, Lanwei, UB19

Supplemental points: GB 31, GB 39, PC 3

3. Colics from gall stones or kidney stones

This refers to stones in the urinary tract or to gall stones, leading to low back pain, abdominal pain and cramping. Bleeding therapy has a marked analgesic effect on the pain.

Treatment and point selection:

Main point (s): UB 23, DU 3

Supplemental points: SP 9, GB 35
4. Thromboangitis obliterans/Buerger’s disease

Chief clinical signs are intermittent claudication, pain of the affected limb, numbness, cold sensation, purplish pale white skin tone, possible muscle atrophy, weakened beating of the artery or completely absent pulse, finally there might be open ulcers, gangrene and death.

Treatment and point selection:

Main point(s): UB 40, DU 2, local points

Supplemental points: Local points, dorsum of the foot

5. Periarthritis of the shoulder or Frozen Shoulder

Clinical signs during the initial stages are mainly pain, in the later stages there is limited range of motion. There is pain affecting the shoulder. Pain may radiate to the neck or upper arm. Pain is milder during the day and aggravated at night. Activities or exercise might lead to a reduction in pain. There is localized pain upon pressure afflicting a large area. External rotation, forward flexion and abduction are limited. This condition is commonly termed frozen shoulder or 50 year shoulder.

Treatment and point selection:

Main point(s): LU5, TB 5

Supplemental points: LI15, LI 11

6. Sciatica

Chief clinical signs are a burning or stabbing pain radiating along the path of the sciatic nerve, the pain is aggravated at night or while walking and there is a positive straight leg test. Many factors may lead to sciatica including muscle spasms, arthritis, slipped discs, herniated discs, bone spurs, sacroilitis, and tumors of the spine.

Treatment and point selection:

Main point(s): DU2, UB 40

Supplemental points: UB 39, GB 35, GB 30, GB 40
7. Acute sprain of the lower back

Often caused by performing work such as lifting or transporting heavy objects while in an improper position; suddenly the person experiences pain afflicting the lower back, with marked pain upon pressure, stiffness accompanied by limited range of motion, commonly referred to as back sprain.

Treatment and point selection:

Main point (s): DU 3, local points
Supplemental points: UB 40

8. Traumatic injury

This refers to injuries to the soft tissues and healing of fractures, with clinical signs of local swelling and pain, as well as limitations in the range of motion of the limbs.

Treatment and point selection:

Main point (s): Select points near the site of injury. For injury to the chest and ribs, select GB 35

9. Osteomyelitis

This refers primarily to chronic osteomyelitis with swelling of the afflicted area, discharge of pus and chronic, non-healing ulcers. Treatment by bleeding is able to speed up the elimination of pus, reduce inflammation, encourage growth of new tissue, to heal the wound and bring about a complete cure.

Treatment and point selection:

Main point (s): Local points
Supplemental points: For upper limb select PC 3, for lower limb bleed UB 40, GB 34

10. Erysipelas, (cellulitis)

Clinical signs are chills, fever, headache, general malaise, inflammation, redness and swelling of the affected area, swelling of the local lymph glands. The condition has repeated onsets, but is seldom seen in a purulent stage, and mostly afflicting the lower limb. In TCM it is sometimes referred to as “flowing fire”.

Treatment and point selection:

Main point (s): Local points, SP 9
Supplemental points: GB 35, UB 40, SP
11. Folliculitis

This refers to an infection of the hair follicles, mostly affecting the neck, nape, groin and genital area; the condition has repeated episodes and lingers on without a cure.

Treatment and point selection:

Main point (s): DU 14, UB 40, Taiyang

Supplemental points: Local points

12. Boils/furuncles

Clinical signs are local swelling and pain, the area forms a small hard knot, often with a white or yellowish head; after 3 – 5 days it opens up and oozes out pus; once the pus has seeped out, the skin gradually heals. In TCM it is referred to as heat toxin furuncle.

Treatment and point selection:

Main point (s): Local points, UB 40. During the purulent stage, one may directly puncture the boil to drain the pus.

13. Subcutaneous ulcer, deep rooted ulcer

This is a deep-seated subcutaneous ulcer, often on the neck, opposite to the mouth (dui kou) also known as “beheading ulcer” (because it appears in the area where the head is being cut off during executions)

Treatment and point selection:

Main point (s): Taiyang, UB 40

Supplemental points: Local area

14. “Touch the back ulcer”

Refers to subcutaneous swelling and pus affecting the back (just where the hand can touch it, hence the name). It includes such conditions as bed sores, open ulcers, carbuncles of the back etc.

Treatment and point selection: Main point (s): UB 40 affected side

Supplemental points: Local area
15. Chronic non healing ulcers of the lower leg.

Refers to lower extremity distention or varicosities, that lead to chronic ulceration which won’t heal or close up.

Treatment and point selection: Tung’s Pt. 11.26 Control Dirt

Main point(s): Local points

16. Elephantiasis

Elephantiasis is caused from an infection by a threadlike parasitic worm, causing a thickening of the skin of the lower extremities, with swelling, distention and edema.

Treatment and point selection:

Main point(s): SP 9, SP 6, as well as points on the dorsum of the feet.

17. Hemorrhoids

Includes such conditions as internal and external hemorrhoids, anal prolapse, as well as other ano-rectal conditions.

Treatment and point selection:

Main point(s): DU 2, UB40, UB39

Supplemental points: DU 1

18. Snake bite

Snake bites cause a swelling, distention and pain at the site of the injury. It must be treated as soon as possible after being bitten.

Treatment and point selection:

Main point(s): Local points. Upper extremity PC 3, lower extremity UB 40
C. Gynecological diseases

1. Dysmenorrhea

Chief clinical signs are premenstrual or menstrual pains afflicting the lower back and abdomen, in severe cases accompanied by nausea, vomiting which in extreme conditions might lead to fainting.

Treatment and point selection:

Main point (s): SP 9, DU 2
Supplemental points: PC 3, SP 6

2. Female infertility

This chiefly refers to infertility and irregular menstruation as a result of Qi stagnation and congealed blood.

Treatment and point selection:

Main point (s): PC3, DU 2
Supplemental points: SP 9

D. Pediatrics

1. Sequelae of Encephalitis

This refers to apathy, tinnitus, loss of vision, loss of voice or paralysis, secondary to viral encephalitis

Treatment and point selection:

Main point (s): Taiyang, PC 3, UB 40
Supplemental points: DU 3, local points
2. Infantile Paralysis (Polio) and Sequelae

Refers to infantile paralysis secondary to poliomyelitis, marked by muscle atrophy.

Treatment and point selection:
Main point (s): UB 40, Du 3
Supplemental points: Local points on arms and legs

3. Bedwetting

Treatment and point selection:
Main point (s): DU 2
Supplemental points: Taiyang, SP 6

4. Tetanus in Infants

Chief clinical signs include lockjaw, ophistotonos, spasms and contractures of the four limbs, facial expression of crying or laughing, commonly known as "broken navel wind po ji feng" or "seven day wind qi tian feng".

Treatment and point selection:
Main point (s): Taiyang
Supplemental points: UB 40, select points based on the symptomatology

E. Diseases of the five sensory organs (EENT)

1. Acute Conjunctivitis

Clinical signs: At first the eyelids feel itchy, with a sensation of pricking or irritation. There might be mild photophobia and a burning sensation. The eyelids are swollen, red and difficult to open; the sclera are red swollen and hyperemic, with increased ocular secretion.

Treatment and point selection:
Main point (s): Taiyang as well as points based on the symptoms
2. Acute Tonsillitis

Clinical signs are sore throat, red and swollen tonsils and adenoids, possibly fever

Treatment and point selection:

Main point (s): Taiyang, LU 5

3. Chronic sinusitis

Chief clinical symptoms include nasal congestion, nasal discharge, inability to smell, pressure pain on maxillary sinuses

Treatment and point selection:

Main point (s): Taiyang, Yintang

4. Tinnitus/deafness

This mostly refers to tinnitus and decreased hearing of neurologic origin

Treatment and point selection:

Main point (s): Taiyang, SI 19

5. Optic neuritis/optic atrophy

Treatment and point selection:

Main point (s): Refers to a neurological disorder of the eyes causing a decrease in visual acuity or blindness

Treatment and point selection:

Main point (s): Taiyang, GB 14
F. Other miscellaneous diseases

1. Urticaria

This is a disease of allergic origin with episodes of rashes and welts on the skin, itching without flaking, but with repeated onsets.

Treatment and point selection:
Main point (s): PC 3, UB 40
Supplemental points: LI 11

2. Breast lump

Treatment and point selection:
Main point (s): PC 3, LU5
Supplemental points: select points based on symptomatology

3. Thyroid Adenoma, some benign tumors, also goiter – bleeding can shrink the tumor or eliminate it.

Main point (s): Taiyang
Supplemental points: LU5, LU1, LU2


Main point (s): LU5, Tai Yang
Supplemental points: GB 35, UB 40, ST 36