

灵枢经 官针第七
Ling Shu Jing Chapter 7

*26 Needling Methods:
- The Guide Lines of
Acupuncture Needling*

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The Principles of Real and
Original Acupuncture Needling

Su Wen Chapter 5

(Yin Yang Ying Xiang Da Lun)

- 黄帝曰：阴阳者，天地之道也，万物之纲纪，变化之父母，生杀之本始，神明之府也，治病必求于本。
- Huang Di: 'Yin and Yang are the Dao of Heaven and Erath, are the laws of 10000 maters, are the origins of changes, are the begins and ends of life, are the spirits where come from. Treat diseases must follow the roots of yin yang.'



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黄帝问于歧伯曰：愿闻卫气之行，出入之合，何如？歧伯曰：岁有十二月，日有十二辰，子午为经，卯酉为纬。天周二十八宿，而一面七星，四七二十八星。房昴为纬，虚张为经。是故房至毕为阳，昴至心为阴。阳主昼，阴主夜。故卫气之行，一日一夜五十周于身，昼日行于阳二十五周，夜行于阴二十五周，周于五藏。《灵枢，卫气行 七十六》(Ling Shu Chapter 76, 15)

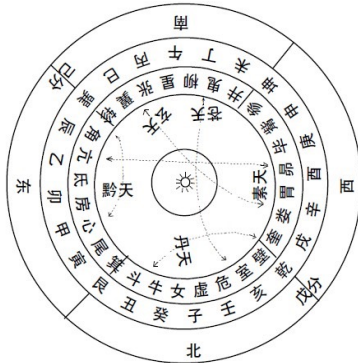
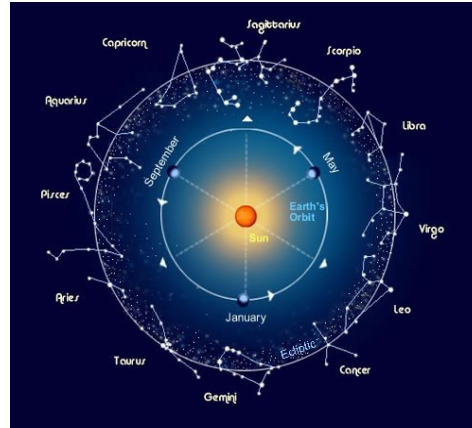
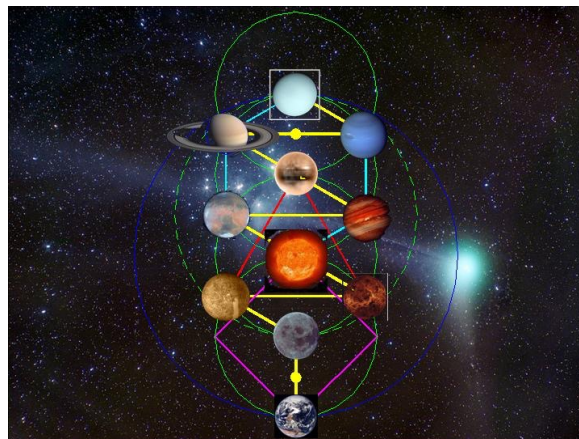


图 1-3 五气经天图



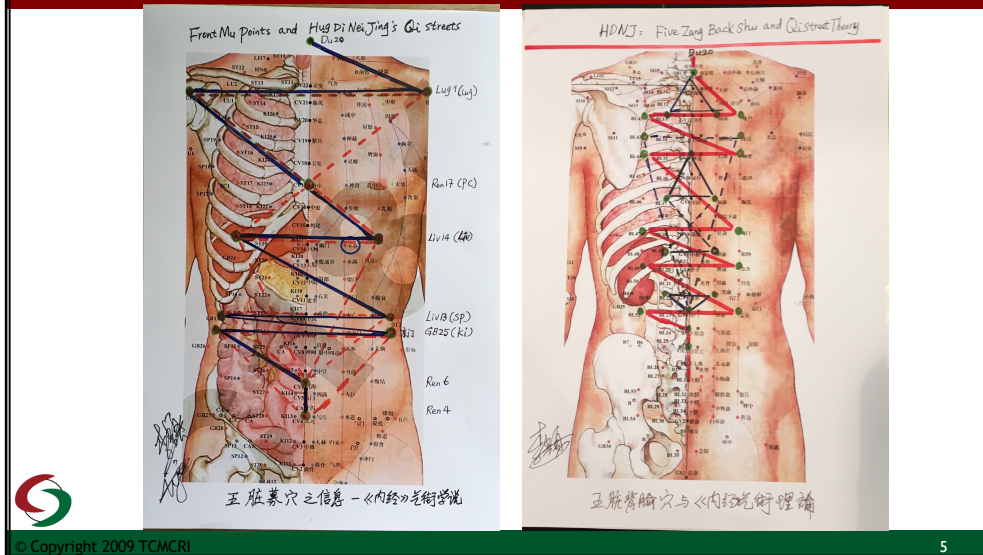
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Tree of life: Jewish Kabbalah and Christian Cabbala...



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Ling Shu Jing Acupuncture: Why Front Mu and Back Shu for Five Zang?...



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- Acupuncture...
- "There are 365 acupoints in the human body, they meet and connect the body, these acupoints are where Shen (life program and information) and Qi go out and come in. They are not the same as skin, flesh, sinews, and bones." LS-Chap 1
- (节之交，三百六十五会，知其要者，一言而终，不知其要，流散无穷。所言节者，神气之所游行出入也，非皮肉筋骨也。) – Ling Su Chapter 1
- *Acupuncture, from the very beginning, was not 'Anatomic medicine', it is 'Qi entanglement medicine', 'Life-information-universe rhythm medicine', 'Frequency medicine', 'Quantum medicine'...*



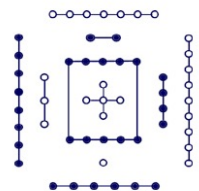
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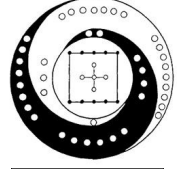
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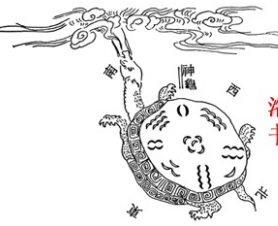
天道左旋, 地道右旋... ..



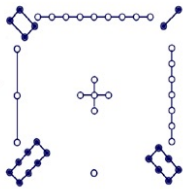
河图

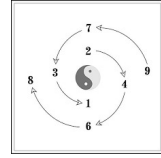






洛书






4	9	2
3	5	7
8	1	6

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- 帝曰：余闻上古圣人，论理人形，列别脏腑，端络经脉，会通六合⑩，各从其经，气穴所发，各有处名，谿谷属骨，皆有所起，分部逆从，各有条理，四时阴阳，尽有经纪，外内之应，皆有表里...
- Huang Di: ‘Saints of ancient described human body as the system of zang fu connecting with jing mai, gathering as Liu He (3 yin and 3 yang), with qi holes that each of them has own location and name... they follow ying yang and distribute internal and external of the body... ’



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- 故善用针者，从阴引阳，从阳引阴，以右治左，以左治右，以我知彼，以表知里，以观过与不及之理，见微得过，用之不殆。
- Qi Bao: ‘Therefore, a real good acupuncturist knows that the diseases are in Yin, treat the corresponded Yang; the diseases are in Yang, treat the corresponded Yin; the diseases are in left side, treat the right and diseases are in the right side, treat the left...’




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Su Wen Chapter 70 (Wu Chang Zheng Da Lun)

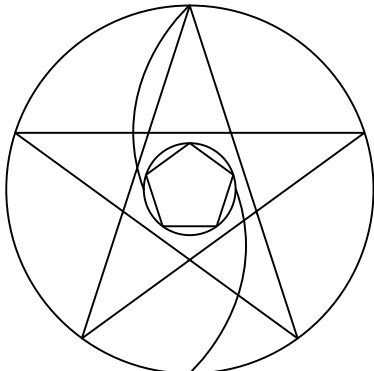
- 帝曰“.....病在上，治之下；病在下，治之上，病在中，旁取之.....”
- Huang Di: ‘The diseases are in upper to treat the lower; The diseases are in lower to treat the upper; The diseases are in the middle to treat the four sides...’



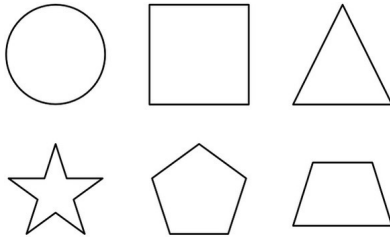
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Ling Shu Jing Acupuncture Is A Geometric Acupuncture...



Geometrische vormen



Platonic Basic Geometric Shapes



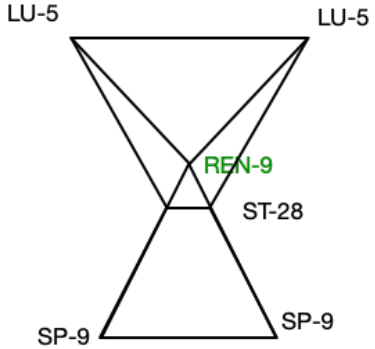
CCM Yin Yang Wu Xing Geometry


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Example of LS Acup Points Combination...

- Lu 5, Ren 9, Sp 9 combination:
Tai Yin Tong Ming Jie Jing, earth meridian-water points
- Lu 5, St 28, Sp9 combination:
Tai Yin Yang Ming Biao Li Jie Jig...



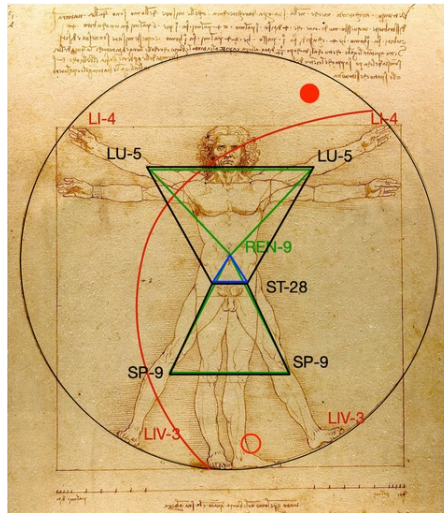


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Talk to Da Vinci about LS Acupuncture...



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I. 3 Ci (needling) Principles

- First needle surface level to remove Biao xie of yang fen
- Second needle deeper level to remove Li xie of yin fen
- Then, needle the deepest level to obtain Gu qi



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II. 9 Ci (needling) and their clinical applications

To suit the nine kinds of pathological changes



Jiǔ - 九



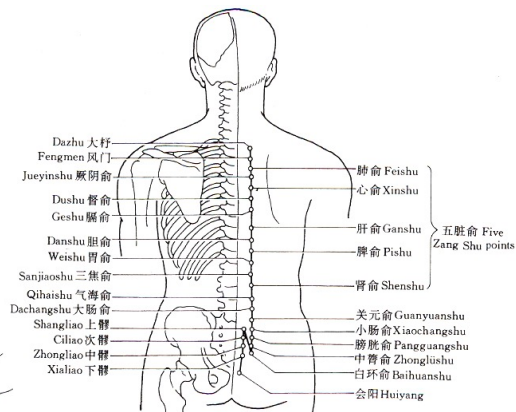
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Nèi Jīng 9 Cì and their modern clinical applications

- 1. Shu Ci (Shu needling)
 - Method: the combination of needling of five shu stream points and back shu points.
 - Clinical application: it is often used for Zang Fu disorders, it uses less points but is more effective. For instance, when there is a syndrome of zu jue yin gan jing, a combination of LIV-2, LIV-3, and BL-18 can be used.



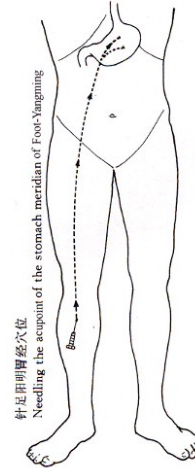
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Nèi Jīng 9 Cì and their modern clinical applications

- 2. Yuan Dao Ci (Distal needling)
 - Method: use upper points to treat problems in the lower part or use lower points to treat problems in the upper part.
 - Clinical application: for the treatment of Zang Fu disorders or head and face problems. However, in the text it is originally described for Fu disorders.
 - It takes the distant point as the major point and the local point as the assistant point.



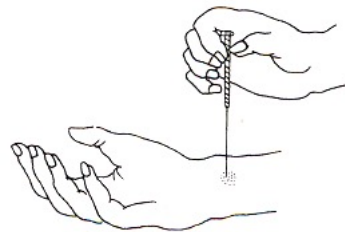
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Nèi Jīng 9 Cì and their modern clinical applications

- 3. Jing Ci (Meridian needling)
 - Method: needle the points on Zheng Jing itself as main points for the treatment. Particularly the luo connecting points.
 - Clinical application: it is often used for problems such as blood stasis, damp-heat accumulation, abscess, or pain and itching along the meridians. For instance, the combination of LU-6 and local points are used for a Fei meridian problem.



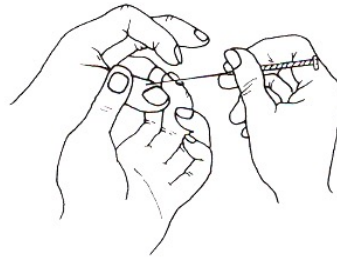
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Nèi Jīng 9 Cì and their modern clinical applications

- 4. Luo Ci (Blood luo/collateral needling)
 - Method: puncture the superficial luo mai to bleed by using one or more needles. Use the Sān Léng (triangle) needle.
 - Clinical application: it is often used for excess heat or blood stasis disorders



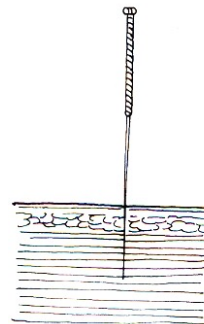
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Nèi Jīng 9 Cì and their modern clinical applications

- 5. Fen Ci (Muscular needling)
 - Method: needle deeply into the muscular levels.
 - Clinical application: it is often used for muscular Bi syndrome, Wei syndrome treatment.



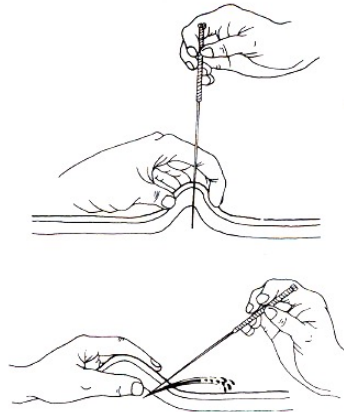
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Nèi Jīng 9 Cì and their modern clinical applications

- 6. Da Xie Ci (Strong discharge needling)
- Method: use a thick needle to discharge the stagnated blood, damp, phlegm or toxins.



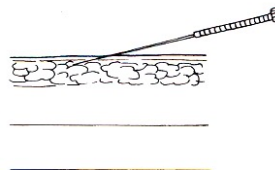
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Nèi Jīng 9 Cì and their modern clinical applications

- 7. Mao Ci (Superficial needling)
- Method: only 'needle' on the surface of skin. There is no penetration of the skin. For instance, by using Chan needles.
- Clinical application: it is often used in the treatment of chronic deficiency diseases, or psychological disorders. It is suitable to treating children, elderly or weak patients.



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Nèi Jīng 9 Cì and their modern clinical applications

- 8. Ju Ci (Opposite needling)
 - Method: needle the points of the opposite side to treat meridian disorders, such as using left side points to treat right side problems or visa versa.
 - Clinical application: it is often used for treatments of headache on one side of the head, post CVA, facial paralysis and so on.



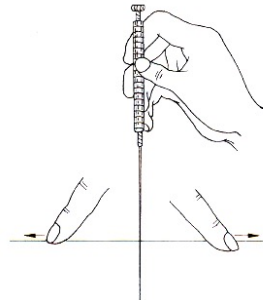
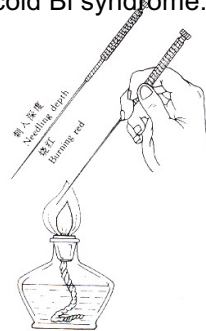
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Nèi Jīng 9 Cì and their modern clinical applications

- 9. Cui Ci (Fire needling)
 - Method: use a fire needle (it is burned red 1/3 or 2/3 of the needle) to insert to the point.
 - Clinical application: it is often used for the treatment of cold Bi syndrome. For instance, frozen shoulder.



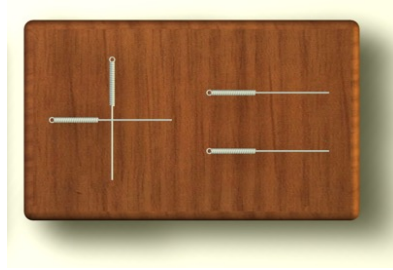
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III. Nèi Jīng 12 Cì and their modern clinical applications

To treat the various diseases of the twelve meridians



Shí èr - 十二



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Nèi Jīng 12 Cì and their modern clinical applications

- 1. Ou Ci (Symmetrical needling)
 - Method: also called 'yin yang needling. It uses the combination of points at the front and points at the back. First, find the points that are painful on pressure and then needle them. It is the today's combination of Front-mu and Back-shu points needling.
 - Clinical application: it is suitable for the treatment of Zang Fu syndromes.

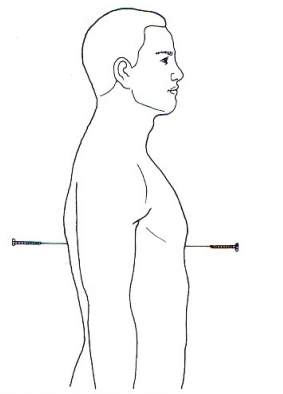


图 3-13 偶针



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Nèi Jīng 12 Cì and their modern clinical applications

- 2. Pao Ci (Repetitive/Trigger needling)
 - Method: needle the pain point and then take the needle out, and needle the same point again. Repeat it many times.
 - Clinical application: it is often used for moving pain syndromes.

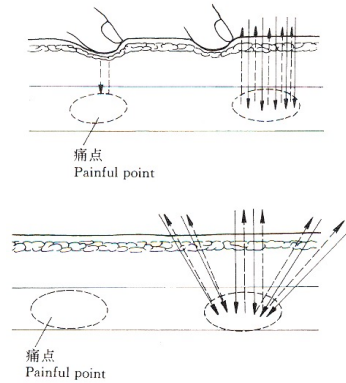


图 3-14 报刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 3. Hui Ci (Expanse/Rehabilitating needling)
 - Method: needle in multiple directions of the pain points, combining with Ti Cha, Nian Zhuan needling manipulations.
 - Clinical application: it is often used for the treatment of cramps and pain problems.

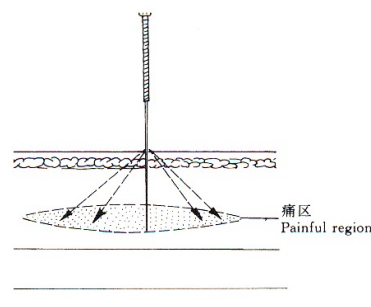


图 3-15 恢刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 4. Qi Ci (Triple/Ranked needling)
 - Method: first insert one needle into the point, and then insert at both sides of the point a needle, and manipulate all the needles.
 - Clinical application: it can be used for muscular pain, tendon disorders, Wei syndromes and so on.

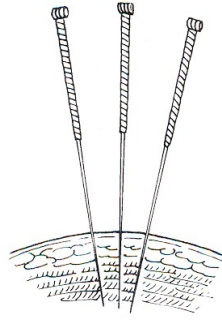


图 3-16 齐刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 5. Yang Ci (Surrounded and dispersed needling)
 - Method: needle one needle in the center, and other four needles surrounded. Do not insert the needles to deep in order to disperse the pathological factors.
 - Clinical application: it is used for skin Bi syndromes, numbness, nerve pain and so on.

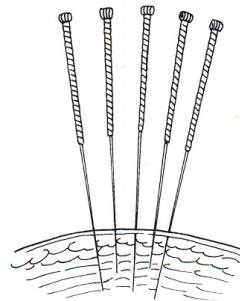


图 3-17 扬刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 6. Zhi Ci (Directing/Perpendicular needling)
 - Method: use the transverse inserting method and needle towards the area where the pathology resides, or the penetrate two points (similar to penetrated needling).
 - Clinical application: it is suitable to treat skin problems, such as numb feeling of the skin, but also for headache, facial paralysis and so on.

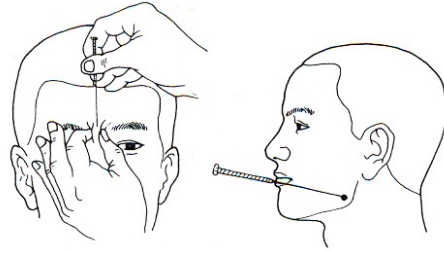


图 3-18 直刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 7. Shu Ci (Deep needling)
 - Method: needle deeply and after manipulation of the needle immediately withdraw the needle. It induces the pathologies from yin to yang.
 - Clinical application: it is used for reducing inner heat or the syndromes of pathologies which reside deep in the meridians.

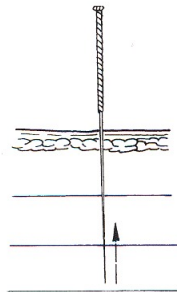


图 3-19 输刺



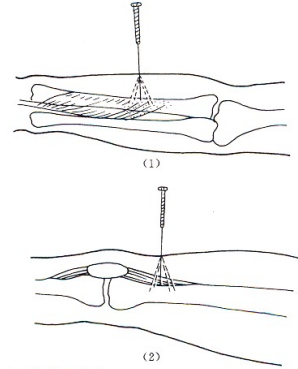
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Nèi Jīng 12 Cì and their modern clinical applications

- 8. Duan Ci (Close to bone/short needling)
 - Method: needle deeply and close to the bone. Needle slowly and in the meantime shake the needle. When the needle is near the bone, rotate the needle gently.
 - Clinical application: it is often used for steaming bone or Bi syndrome of the bones.



(1) 手部短刺
(1) Short needling of the hand
(2) 足部短刺
(2) Short needling of the foot

图3-21 短刺（手和足）



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Nèi Jīng 12 Cì and their modern clinical applications

- 9. Fu Ci (Oblique/Superficial needling)
 - Method: insert the needle first under skin and then obliquely into the surface of muscular layer.
 - Clinical application: it is used for wind-cold attack surface induced muscular cramps, skin and muscular numbness syndromes.

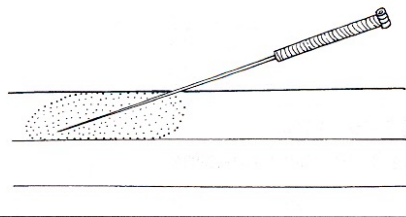


图3-22 浮刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 10. Yin Cì (Yin needling)
 - Method: insert and manipulate two needles on the same point of the same meridian at same time. It is often used on the five shu points.
 - Clinical application: it is used for many internal and external problems. To treat Yin Cold.

Note: acupoints of the same name on the right and left sides are needed at the same time.

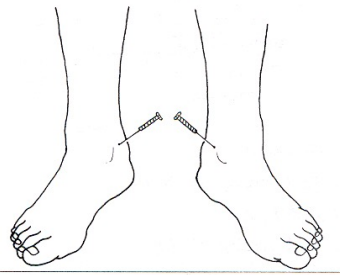


图 3-23 阴刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 11. Pang Cì (Beside/Accompanied needling)
 - Method: first insert the needle perpendicularly into the point and manipulate the needle. Then obliquely insert another needle beside the point and manipulate it.
 - Clinical application: it is used for chronic Bi syndromes, such as muscular Bi.

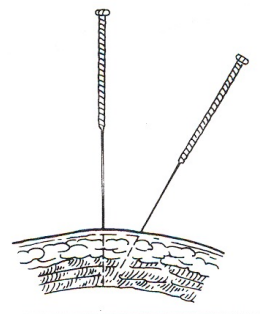


图 3-24 旁针刺



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Nèi Jīng 12 Cì and their modern clinical applications

- 12. Zan Ci (Disperse/Repeatedly sparse needling)
 - Method: insert the needle perpendicularly in the swelling or sores area repeatedly to disperse the heat, damp and toxins.
 - Clinical application: it is used for discharging the stagnated blood or accumulated damp, phlegm and toxins in the tissues (carbuncle, furuncle).

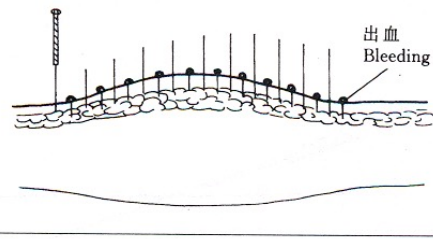


图 3-25 赞刺



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IV. Nèi Jīng 5 Cì and their modern clinical applications

For the treatment of five Zàng-Fǔ related tissues



Wǔ - 五



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Nèi Jīng 5 Cì and their modern clinical applications

- 1. Ban Ci (Skin/Semi needling)
 - Method: needle the skin level without damaging the muscle. The needling is rapidly such as picking the hairs from the skin.
 - Clinical application: it is used for dispersing pathologies on the surfaces. It is suitable for the treatment of children diseases, such as digestive disorders.

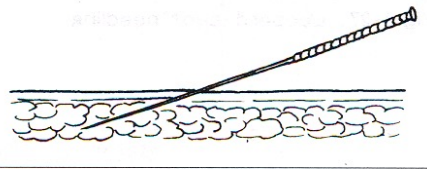


图 3-26 半刺



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Nèi Jīng 5 Cì and their modern clinical applications

- 2. Pao Wen Ci (Luo/Leopard spot needling)
 - Method: needle around the point by using more needles at same time repeatedly until bleeding which looks like leopard fur spots.
 - Clinical application: it is used for stagnated blood heat, toxins on the surface, or numbness syndromes and some skin diseases.



图 3-27 豹纹刺法



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Nèi Jīng 5 Cì and their modern clinical applications

- 3. Guan Ci (Tendon needling)
 - Method: needle the points near by the joints perpendicularly. It often needles the tendons or penetrating the joints.
 - Clinical application: it is often used for the treatment of tendon Bi syndromes.

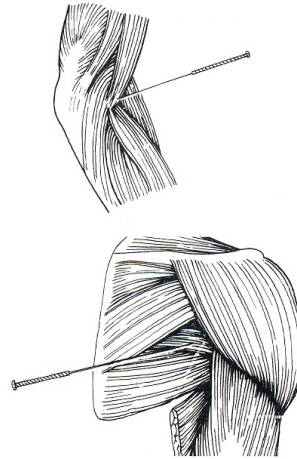


图 3-28 关刺



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Nèi Jīng 5 Cì and their modern clinical applications

- 4. He Gu Ci (Muscular/Hegu needling)
 - Method: insert the needle deeply perpendicularly into the center of the point and manipulate it. Then needle other two needles obliquely at both sides of the center needle.
 - Clinical application: it is suitable for all kinds of muscle Bi syndromes and Wei syndrome.

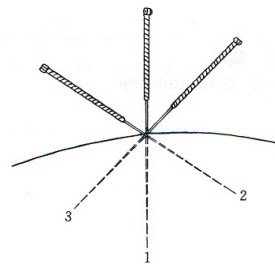


图 3-29 合谷刺



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Nèi Jīng 5 Cì and their modern clinical applications

- 5. Shu Ci (Bone/Shu needling)
 - Method: insert the needle perpendicularly deeply into the bone level and manipulate the needle.
 - Clinical application: it is used for bone pain, steaming bone syndrome.

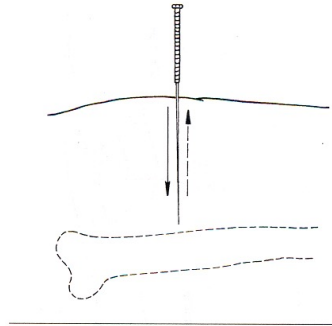


图 3-30 输刺



Thanks!

