

CLINICAL ACUPUNCTURE & MOXIBUSTION

针灸学 [临床篇]

Editor-in-Chief Liu Gongwang

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ISBN 7-5433-0942-4



9 787543 309425 >

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针灸学 [临床篇]

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First published in English in 1996 by

Tianjin Science & Technology Translation & Publishing Corp.

244 Baidi Road, Nankai District, Tianjin, P. R. China

P.C. 300192

天津科技翻译出版公司出版

邮政编码: 300192

1996年12月第1版 1996年12月第1次印刷

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Printed and Bound in

Nankai University Printing Plant, P. R. China

南开大学印刷厂印装

开本: 787 × 1092 1/16

印张: 34

字数: 1000 千

ISBN 7-5433-0942-4

R · 258 定价: 150 元

弘揚針灸學術，
為人類健康服務。

吳咸寧

一九九六年四月廿日

Promote and develop
the academic learning of acupuncture and moxibustion
and give service to the health of humanity!

Wu Xianzhong
April 20, 1996

(Inscription by prof. Wu Xianzhong, Academician of Academy of
Engineering of China, Chairman of the Chinese Association of the
Integration of Traditional and Western Medicine)

提高鍼灸治療效果

服務於世界人民！

石學敏於天津

一九九六年三月十四日

Enhance the curative effect of acupuncture-moxibustion therapy and serve the people of the world!

Shi Xuemin
March 14, 1996

(Inscription by Prof. Shi Xuemin, Member of the Council of China Acupuncture Association, President of the First Hospital Affiliated to Tianjin College of TCM)

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PREFACE

I would like to point out that following the publication of *Fundamentals of Acupuncture and Moxibustion* two years ago, a new book named *Clinical Acupuncture & Moxibustion* written by the same author will be contributed to the reading public in the near future. It is anticipated that it will serve as a guide book in the field of acupuncture treatment which is being popularized and developed day by day throughout the world.

This book is compiled on the basis of the author's many years of clinical experience on acupuncture and about ten years of experience accumulated in the teaching and training on acupuncture to overseas scholars. In keeping with the principal heritage of Traditional Chinese Medicine, this book also pays attention to the requirements of foreign scholars. It strives to make the profound contents be explained in a simple and explicit language and interpreted with proper presentation.

In the general introduction of this book, acupoint selection and the principle of acupoint prescription are expounded brilliantly. According to the basic theories of Chinese Medicine, this book will provide powerful basis for acupoint selection in clinical acupuncture treatment.

In the various sections of this book, 92 common diseases are probed into, each section consists of an analysis on the etiology and pathogenesis, differentiation and treatment, and more careful and detailed discussions are given on syndrome analysis and the explanation on acupoint selection, so that the readers will have rules to follow and methods to apply in their own clinical differentiation and treatment.

For each case of diseases, complementary columns are appended, such as "Ancient and Contemporary Empirical Points" and "Ancient Medical Records", in order to enlarge the readers' knowledge and volume of information. Besides, table forms are designed in each section to give further analysis or conclusion on the disease, syndromes, and illustrations are given aiming at showing the location of acupoints so that the readers can seek out the exact location of the acupoints at a glance, thus they are convenient to the readers in memorization.

With the help of this book, beginners can learn the fundamentals of Chinese Medicine, while experienced readers may go deeper into their study of Chinese Medicine.

In the course of translation, the help of Mr. Paul Rogers, Mr. Andrew Pagon and Miss Anne Troulay are sought to make revision so that the errors in the versions were corrected to ensure the accuracy of the English translation.

At the time of publication, I'm greatly indebted to Dr. Shuji Goto (Ph.D.), the president of Goto College of Medical Arts and Sciences, Tokyo, Japan, for his help in completing this book. It is a happy coincidence that May 1st, 1996 happens to be his 45th birthday. I would like to take this opportunity to extend my congratulations to him.

Editor-in-Chief *Liu Gongwang*

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PART A

General Introduction I

Mechanisms and Principles of Acupuncture and Moxibustion Therapy

The ancient acupuncturists had made a constant and profound study for over a long period of time on the mechanisms of acupuncture and moxibustion therapy. After many years of clinical observation and analysis with ancient viewpoints, they thought that the mechanisms of acupuncture and moxibustion therapy lie in dredging and activating the meridians and collaterals, regulating deficiency and excess, and equilibrating the Yin and Yang of the human body. On the basis of these mechanisms, ancient acupuncturists worked out the principles of acupuncture and moxibustion therapy and combining them with the basic theories of Traditional Chinese Medicine (TCM).

A. Mechanisms of Acupuncture and Moxibustion Therapy

1. Dredging Meridians, Regulating Qi and Blood Circulation

The meridians are the passages which link the Zangfu organs internally and connect the trunk and extremities externally and transport qi, blood and body fluid. The qi and blood can be transported only by the smooth circulation of the meridians and collaterals to the entire body. In the normal physiological condition, the meridians run without any obstruction, the qi and blood circulate without ending, so that the human body can keep healthy and be free from any disorder. But if the human body is invaded by some pathogens, including internal or external pathological factors, the phy-

2 Mechanisms and Principles of Acupuncture and Moxibustion Therapy

biological function of the meridians will be disturbed to cause a series of pathological changes. Stimulating some relative acupoints with acupuncture and moxibustion can rectify the circulative dysfunction of the meridians, and make them return to a normal condition to relieve the pathological reactions. The therapeutic effect of acupuncture and moxibustion is to dredge the meridians and regulate the circulation of qi and blood. It is thought in Chinese Medicine that the occurrence, the development and change of diseases are closely related with qi and blood circulation of the meridians and collaterals. Since they can promote the circulation of qi and blood in the human body, acupuncture and moxibustion are suitable for many symptoms and can be commonly used to treat various diseases. For example, the basic pathology of the pain syndrome is the obstruction of qi and blood in the meridians and vessels, acupuncture and moxibustion make use of dredging the meridians and collaterals to remove the obstruction. Therefore, all kinds of pain syndrome are one of the major indications for acupuncture and moxibustion.

2. Reinforcing Deficiency and Reducing Excess, Strengthening Body Resistance to Remove Pathogenic Factors

The occurrence and development of diseases in fact are the process of a constant struggle between body resistance and pathogenic factors in the human body. Predominant excess of pathogenic factors and predominant deficiency of body resistance make up two basic syndromes: deficiency syndrome and excess syndrome. The former lays emphasis on the symptoms and signs resulting from insufficiency of the vital qi, while the latter on those caused by excessive pathogenic factors when the body resistance is not deficient.

Result of the struggle between the body resistance and pathogenic factors directly involves the condition and prognosis of a disease. If the body resistance can defeat pathogenic factors, the disease will be relieved with a good prognosis. Otherwise, if the vital qi is defeated by pathogens, the disease will become serious and endanger the patients' life.

Acupuncture and moxibustion can play a role in reinforcing the vital qi, reducing the excess pathogens by way of proper acupoint selection and appropriate needling manipulations.

Reinforcing the vital qi and reducing excess of pathogens are important principles of acupuncture and moxibustion. They supplement each other. Removing pathogens is able to strengthen the body resistance and avoid the vital qi being damaged by all kinds of pathogenic factors. Invigorating the vital qi enables the human body to eliminate pathogens and makes the be gradually reduced or even defeated by the body resistance. Here are the cases in point: apply moxibustion Zusanli (ST 36) to prevent all kinds of diseases since Zusanli has the action of strengthening the body resistance and invigorating the vital qi, and puncture Hegu (LI 4) to induce diaphoresis and relieve pain since Hegu has the action of removing pathogens.

3. Equilibrating Yin and Yang, Regulating Physical Functions

Generally speaking, the occurrence of a disease is a result of a temporary imbalance between Yin and Yang in the body in the condition of causative factors, manifested as corresponding symptoms and signs of predominant excess or predominant deficiency.

Acupuncture and moxibustion have the action of regulating Yin and Yang and restoring normal physical functions. For example, for syndromes due to Yang excess and Yin deficiency, reduce the three Yang meridians of Hand and Foot and reinforce the three Yin meridians of Hand and Foot, and for the diseases caused by Yang deficiency and Yin excess, reinforce the three Yang meridians of Hand and Foot and reduce the three Yin meridians of Hand and Foot, and so on. By acupuncture and moxibustion, the symptoms can be quickly relieved effectively and the body can return to a

healthy condition with the equilibrium Yin and Yang. After acupuncture treatment, patients will be in high spirit. They will have a good appetite, sharp ears and bright eyes, quick physical movement, etc. This is the result brought about by the new equilibrium of Yin and Yang in the body. For example, puncture Zhaohai (KI 6) for strephenopodia and Shenmai (BL 62) for strephexopadia. This shows how the mechanism of equilibrating the meridians is applied.

The mechanisms of acupuncture and moxibustion therapy have been discussed from the above three aspects. They are introduced according to the basic theories of Traditional Chinese Medicine in a broad sense. It should be pointed out that these three aspects are related to one another and can not be divided separately, and the therapeutic effect is also the result of a joint action coming from the three aspects.

In recent years, many specific and profound viewpoints on therapeutic mechanism have been advanced through clinical treatment and systematic experimental researches. These achievements have further confirmed that the above therapeutic mechanisms of acupuncture and moxibustion are correct and can be served as a universal guide in clinical practice.

B. Treatment Principles of Acupuncture and Moxibustion

The treatment principles of acupuncture and moxibustion are generally divided into four main aspects:

- Reinforcing deficiency and reducing excess,
- Clearing away heat and warming cold,
- Treating the incidentals and the fundamentals,
- Treating the same disease with different methods and treating different diseases with the same method

In clinical treatment, make a careful differentiation at first to make certain of Yin or Yang, exterior or interior, deficiency or excess, cold or heat of a disease, and then, determine the therapies and acupoint prescription according to the above treatment principles of acupuncture and moxibustion. Only if we take these steps can we achieve a good curative effect.

1. Reinforcing Deficiency and Reducing Excess

As far as acupuncture and moxibustion treatment is concerned, reinforcing deficiency and reducing excess include the following two aspects:

Firstly, they refer to the treatment principles, i.e. determine reinforcing and reducing methods according to the nature of deficiency or excess of diseases to guide the point selection.

Secondly, they refer to the exact manipulations of reinforcing and reducing, i.e. give acupuncture treatment by applying all kinds of manipulations of reinforcing deficiency or reducing excess to achieve curative effect.

There are some differences yet relations between the above two aspects, they act on each other and can not be separated from each other. The following discussion is focused on the treatment methods.

Deficiency and excess are two outlines used to sum up and differentiate whether body resistance is strong or weak and pathogenic factors are excessive or deficient. Deficiency refers to the pathological changes and syndromes resulting from the weakness of vital qi, while excess refers to those caused by the struggle between abundant pathogens and unexhausted vital qi which is not yet seriously damaged.

Because of the different positions of a disease, and the different kinds and different nature of pathogens, deficiency and excess syndromes have different manifestations. In certain concrete conditions, they can be seen at the same time or transform into each other. For these complex