

PRACTICAL APPLICATION OF PAIR-POINT

Written by

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Foreword

Acupoint is one of the three important factors to affect therapeutic effect. So, acupuncturists in history are all paying more attention on acupoint. To study and research is the basic skill for acupuncturist. Besides the location and the function of every acupoint, the combination and the compatibility of acupoint are involved in clinical application, among which primary unit is two point combinations. Pair-point has been studied since *Yellow Emperor's Inner Classic* (*Huang di nei jing*), about which many experiences have been accumulated from then on. Until 1986, it was Mr. *Lü jingshan* to give us the term "Pair-point" and to summarize its theory. Undoubtedly, not only sublimation from single point, the recognition of Pair-point is also the foundation to study the method and law of the combination and the compatibility of acupoint.

This book includes two chapters: the first part is a review on Pair-point theory which includes tracing the source, principle and formula, foundation and modern research of theory; the second part deals with 46 diseases which are treated by 148 Pair-points, some of which are the experiences of acupuncturist at past or present, more are ours with manipulation skill simultaneously. In order to learn conveniently, 148 diagrammatical presentations appear in text seriatim.

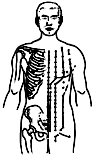
Concise and practical styles of writing are our pursuit. Reader enlightened and assisted are our desire and expectation.

Acknowledgment are to Mr. *Lü jingshan* and other scholars whose experience and achievement we refer to in this book, to *Sherry* and *Jessy* who translate the book into English, and to Mr. *Xue mingchao* who draws some diagrams.

Authors

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Chapter I. Review on Pair-point

Pair-point is a method of acupuncture treatment point selection. Based on certain principles and regularities, the combination of two points work synergistically, maximizing complimentary effects to produce greater results than each point would individually.

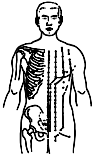
The Pair-point terminology was coined by Mr. Lü jingshan in 1986. Inspired by the concept of “Paired Medicine”, Mr. Lü began systematically researching and summarizing a set of Pair-points to be used in acupuncture treatment. Lü believes that in acupuncture treatment, it is important to be precise in the selection of points in order to achieve maximum therapeutic effects with minimal needling.

Section I . Tracing the Source of Pair-point Theory

Dating back in history, acupuncture physicians in the past had recognized the use of acupuncture points from one point to many points. The concept of Pair-point is evident in *Yellow Emperor’s Inner Classic* (Huang di nei jing) but under different terminology and format. In the eras detailed below, clinical experience led doctors to develop new ideas and form varying styles and many combinations of two acupuncture points.

1. Use of Pair-point in *Yellow Emperor’s Inner Classic* (Huang di nei jing) and *The Classic of Difficulties* (Nan jing)

There are several examples of Pair-point treatments in *Yellow Emperor’s Inner Classic* (Huang di nei jing). For example, *Yellow Emperor’s Inner Classic* (Huang di nei jing) terminologies such as “coupled needling”, or “adjacent needling”, are in



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fact a combination of two acupuncture points. *Spiritual Pivot* (Ling shu), *the Official Needling chapter* states: ‘For “coupled needling”, place hand over heart and back, palpate the tender point. At the tender point location, one needle is at front of the body and another at the back, to treat heart *bi* or blockage.’ In case of “adjacent needling”, place a needle perpendicularly and place another needle adjacently, to treat long residing *bi* or blockage”. Coupled needling is the combination of the front and back of the body trunk. Adjacent needling is a combination of two adjacent acupuncture points. These are two examples of Pair point combinations.

In addition, *Yellow Emperor’s Inner Classic* (Huang di nei jing) also recorded some combinations of fixed opposing points.

For example, in *Spiritual Pivot* (Ling shu), *Five Pathogenic Factors* states “if the pathogenic factor is in the kidney... needle Yongquan (KI1) and Kunlun (BL60)”. This is an example of the application of a two point combination.

The Classic of Difficulties (Nan jing) also mentioned several point combinations that appeared in pairs. In *The Classic of Difficulties* (Nan jing), the *Sixty-ninth difficulty* states, “In case of deficiency, tonify its mother; in excess, reduce its son. One should always tonify first, and then reduce.” Here, it illustrates the selection of combined points through the mother and son relationship. Furthermore, in *The Classic of Difficulties* (Nan jing), the *Seventy-fifth difficulty* states “Reduce the fire in the south; tonify the water in the north. Southern fire is the son of wood. Northern water is the mother of wood. Water triumphs over fire. Son can fulfill the mother, and mother can empty the son. Therefore, reduce the fire to tonify water, causing gold not to pacify wood.” The “reduce south and tonify north” method is used for treating “excess liver and deficient lung.” This is an example of the Pair-point method based on the five elements theory.

Therefore, although there are no set Pair-point combinations explicitly stated in *Yellow Emperor’s Inner Classic* (Huang di nei jing) or *The Classic of Difficulties* (Nan jing), there are many combinations of two acupuncture treatment points listed with their own principles and regularities.

2. Pair-point in The Systematic Classic of Acupuncture and Moxibustion (Zhen jiu jia yi jing)

A great number of Pair-points were recorded by Huang Fu Mi in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) during the Jin Dynasty



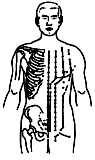
in 282 A.D. After extensive research, some found that in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing) there are 101 items in treatment instructions describing at least two distinct points. Of those, 55 items were focused on pair-point combinations.

In the pair-point combinations, specific points were used most commonly. Within the specific points pairings, the use of five-shu-point pairings was most popular. The combinations include: ying-spring point and shu-stream point pair, ying-spring point and he-sea point pair, ying-spring point and jing-river point pair, shu-stream point and jing-river point pair, shu-stream point and he-sea point pair, jing-well point and jing-well point pair, jing-well point and he-sea point pair, and jing-well point and jing-river point pair.

In addition, there is the anterior-posterior pairing method, which is one point on the chest or abdomen paired with another on the back. *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), *Book Nine, Number Seven* states, “if the abdomen is full, one is unable to eat, needle the middle of the spine. If the qi in the abdomen is excessive and distending, and leading to pain along the spine, although eating much food, but the body appears to be weak and thin, then first needle Pishu (BL20), later, needle the last rib.” In this example, the bladder channel of the foot taiyang’s back-shu point, Pishu (BL20), is paired with the liver channel of the foot jueyin’s front-mu point, Zhangmen (LR14). This is the anterior-posterior pairing method.

Another combination of pairs is internal and external pairing in which the points are from two channels that are internally and externally connected. For example, *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), *Book Nine, Number Eight* lists, “Lumbar pain, cannot stand upright for a long time or bend back and forth, use Jingmen (GB25) and Xingjian (LR2).” Here, the gallbladder channel of foot shaoyang’s front-mu point and the liver channel of the foot jueyin’s ying-spring point are paired as an internal and external point combination.

Superior and inferior pair combination is another frequently found method of pairing. This is where a point above the lumbar or on the upper limb is paired with a point located below the lumbar or on the lower limb. Such as in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), *Book Nine, Number Eleven*, “Blockage of qi causing retention of urine, yellow urination, use Guanyuan (RN4) and Yinlingquan (SP9)”. The combination of Guanyuan (RN4) on the Ren



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channel paired with Yinlingquan (SP9), the he-sea point of the spleen channel of foot taiyin is a good example of superior and inferior pair combination.

Local and distal point pairing is employed depending on the location of the disease. One point is selected at the location of the disease while the other is distal, further away from the indicated point. This technique is illustrated in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), *Book Twelve, Number Six* which states for “Toothache, use Quanliao (SI18) and Erjian (LI2).” Quanliao (SI18), a point on the small intestine channel of hand taiyang, located at the border of the cheek, is paired with Erjian (LI2), the ying-spring point of the large intestine of the hand yangming, located at the second finger. This is an example of local and distant point pairing.

There are, in *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), some cases in which some points are regularly paired together. For example, Dadu (SP2) paired with Taibai (SP3) to treat heartburn from stomach qi is an example of selecting Dadu (SP2) and Taibai (SP3) pairing on the spleen channel of foot taiyin that is internally and externally connected to the stomach channel of foot yangming.

Another pairing is Taixi (KI3) with Chongyang (ST42) to treat spasm syndrome and “acute gastroenteritis, having bowel movement without any awareness ” caused by deficiency of yang qi. Here, Taixi (KI3), the yuan-source point of the kidney channel of foot shaoyin, is used to solidify and strengthen congenital yang whereas Chongyang (ST42), the yuan-source point of the stomach channel of foot yangming, works to supplement the grain qi.

Therefore, the concept of dual points pairing has been understood and its importance recognized as early as *The Systematic Classic of Acupuncture and Moxibustion* (Zhen jiu jia yi jing), providing a structure and basic framework for the further development of Pair-point.

3. Development of Pair-point after Sui and Tang Dynasty (581-901A.D.)

After Sui and Tang dynasty (581-901 A.D.), especially in the Jin, Yuan and Ming dynasties (1115-1644 A.D.), some acupuncture physicians investigated and researched the intricacies between the relationships of Pair-point and derived other

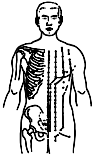


concepts such as “host-guest”, “yin and yang”, “husband and wife”, “father and mother” types of combinations. In Ming dynasty, the renowned acupuncture master Ling yun established the theory of “Corresponding Points” as the principal theory of two point pairs.

The emergence and use of “Eight channels, Eight points” or “Eight confluence points” is a classic example and great use of Pair-point. The “Eight channels and Eight points” was first seen in the *Guide to the Classic of Acupuncture* (Zhen jing zhi nan) written by Dou hanqing, Jin-Yuan dynasty (1241). The original term was “eight crossing points” until the Ming dynasty when Xu feng’s *The Complete Collection of Acupuncture and Moxibustion* (Zhen jiu da quan), *Book Four* coined the term “Eight confluent points.” Dou hanqing was an expert in using these eight points to treat diseases and using pair points such as Lieque (LU7) and Zhaohai (KI6), Houxi (SI3) and Shenmai (BL62), Neiguan (PC6) and Gongsun (SP4), Waiguan (SJ5) and Zulinqi (GB41). Through eight extraordinary channels and twelve others, these points establish the “host and guest” correlation on the upper and lower limbs to further increase their treatment effects.

For example, Gongsun (SP4) combined with Neiguan (PC6) treats diseases of the heart, chest and stomach. When Houxi (SI3) is used in conjunction with Shenmai (BL62), they treat problems of the inner canthus, neck, ear and shoulder. Zulinqi (GB41) and Waiguan (SJ5) are used together to treat disorders of the outer canthus, behind the ear, cheek, neck and shoulder. Lieque (LU7) and Zhaohai (KI6) in combination treat disorders of the lung system, throat, chest and diaphragm.

Later in the Yuan and Ming dynasties, there had been many acupuncture masters contributing their clinical experiences in forms of acupuncture treatment songs and mnemonics. In many of these odes and mnemonics, the points mentioned are precise, only one or two are used to treat certain disorders. Pair-points are commonly mentioned in many of these works. For example, Gao wu in Ming dynasty compiled *The Glorious Anthology of Acupuncture and Moxibustion* (Zhen jiu ju ying) and in it, the *Ode of One Hundred Symptoms* (Bai zheng fu) described as many as 96 common clinical uses of acupuncture. Out of the 93 with acupuncture formula, pair points were used in 76 treatment cases. This demonstrates the prevalence of Pair-point in treatment of disorders and the clinical efficacy of the pair-point.



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Furthermore, the additional concept of “Corresponding Point” was raised in Ming dynasty by famous acupuncturist Ling Yun. His work took analyzing the relationship between two points, and further closer to the current idea of Pair-point.

4. The coining of “Pair-point” terminology

It was in 1986, Professor Lü Jingshan in studying “Pair Medicine/Herbs” had the inspiration of developing a parallel concept in acupuncture point selection and first proposed “Pair-point”. This is the continuation of a long search into finding effective point combinations and providing a framework for further accomplishment in the theory and study of acupuncture treatment.

Section II. Pair-point Combination Principle and Formula

Pair-point are two points that are always used in conjunction based on certain principles and theory. Such as:

1. Corresponding yin and yang points

Many points already contain “Yin” or “Yang” as part of their name. These point combinations are used based on their inherent properties. For example,

Zhiyin (BL67) “*Reaching Yin*” —Zhiyang (DU9) “*Reaching Yang*”

Yinjiao (RN7) “*Yin Intersection*” —Yangjiao (GB35) “*Yang Intersection*”

Yinxi (HT6) “*Yin Cleft*” —Yanggu (SI5) “*Yang Valley*”

Yingu (KI10) “*Yin Valley*” —Weiyang (BL39) “*Lateral to the Crook*”

Yinlingquan (SP9) “*Ying Mound Spring*” —Yanglingquan (GB34) “*Yang Mound Spring*”

Sanyinjiao (SP6) “*Three Yin Intersection*” —Sanyangluo (SJ8) “*Three Yang Luo*”

These combinations above are all derived from the origin of the points. In Chinese medicine, the concept of Yin and Yang can be extended to the following combinations: anterior and posterior, inner and outer, etc.



2. Corresponding anterior and posterior points

There are certain special connections between the back and the chest. Therefore, points on these opposing sides of the trunk often form a regular set of combinations. A well established example is the pairing of front-mu point and back-shu point, especially, the combination of the same *zang* or *fu*'s back-shu and front-mu points. For example,

Feishu (BL13) — (Lung) — Zhongfu (LU1)
 Xinshu (BL15) — (Heart) — Juque (RN14)
 Ganshu (BL18) — (Liver) — Qimen (LR14)
 Pishu (BL20) — (Spleen) — Zhangmen (LR13)
 Shenshu (BL23) — (Kidney) — Jingmen (GB25)

Another important instance of the opposing anterior and posterior pairing is the combination of points on the Du channel and Ren channel. For example,

Zhiyang (DU9) — Zhongwan (RN12)
 Mingmen (DU4) — Shenque (RN8)
 Mingmen (DU4) — Guanyuan (RN4)
 Chengjiang (RN24) — Fengfu (DU16)

In addition, relationships exist between the front and the back of trunk and are often paired. Such as:

Shenshu (BL23) — Huangshu (KI16)

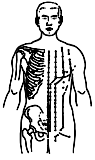
3. Corresponding medial and lateral (or inner and outer) points

Because of the anatomical location of some points, there exists a relationship between them. For example points that are medial and lateral to a certain fixed point in the middle make a good combination. For example,

Neiguan (PC6) — Waiguan (SJ5)
 Sanyinjiao (SP6) — Xuanzhong (GB39)
 Xuehai (SP10) — Liangqiu (ST34)

4. Corresponding local and vicinity points

Selecting points on the same channel but on separate parts of the channel can



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multiply the strength and provide cascading effects of the points. For example,

Neiguan (PC6) — Jianshi (PC5)

Erjian (LI2) — Sanjian (LI3)

Feishu (BL13) — Pihu (BL42)

Shenshu (BL23) — Zhishi (BL52)

Shangjuxu (ST37)—Xiajuxu (ST39)

Of course, local and vicinity point combination can also include points on different channels, such as :

Mingmen (DU4) — Shenshu (BL23)

Zhongwan (RN12) — Liangmen (ST21)

5. Corresponding superior and inferior points

There is an inherent relationship between the upper body and lower body. The points in these combinations are from either the same channel or different channels. Selecting corresponding superior and inferior points works to regulate the ascending and descending qi in the channels.

Selection of corresponding superior and inferior points on the same channel is the key to maintaining regularity of qi and blood flow in the channels. For example,

Renying (ST9) — Fenglong (ST40)

Fengchi (GB20) — Xuanzhong (GB39)

Tianzhu (BL10) — Kunlun (BL60)

With regard to selecting corresponding superior and inferior points on different channels, this method works to maintain the descending and ascending functions of qi and blood throughout the entire body. For example,

Baihui (DU20) — Yongquan (KI1)

Shuigou / Renzhong (DU26) — Huiyin (RN1)

6. Corresponding points on hands and feet

Similar corresponding relationships exist between upper limbs and lower limbs. Areas such as the front and back of the same section, or near wrists, ankles, knee and elbow points, they all form parallel points and are often paired together. For example,



Lieque (LI7) — Zhaohai (KI6)
 Neiguan (PC6) — Sanyinjiao (SP6)

7. Corresponding Yuan-source and Luo-connecting points

Corresponding Yuan-source and Luo-connecting points are examples of Yuan-source points paired with the Luo-connecting points of its internally and externally channel. These combinations are primarily associated with regulation of qi in the internally and externally connected channels. The “Host and Guest” Yuan and Luo-connecting points is also a more developed pairing method.

For example,

Taiyuan (LU9)(Yuan-source point of hand-taiyin) — Pianli (LI6)(Luo-connecting point of hand-yangming)

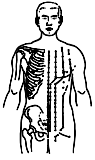
Hegu (LI4)(hand-yangming Yuan-source point) — Lieque (LI7)(hand-taiyin Luo-connecting point)

8. Other corresponding points

Other established corresponding point combinations are a collection of experiences and other theories combined. For example, Zusanli (ST36) combined with Sanyinjiao (SP6) is based on the theory that qi and blood share the same source. The Baihui (DU20) and Fengfu (DU16) pairing, however, is founded on the shu-stream points above and below the brain. As for the combination of Guanyuan (RN4) and Zusanli (ST36), the purpose is to fortify the congenital and acquired qi. All of these combinations provide an example of how points can be combined based on the treatment intentions.

Section III. Foundation of Pair-point Theory

Pair-point are points selected based on certain principles and formula and have great effects and purposes. These principles and formula are founded on theory of eight principles, theory of channels and meridians, theory of acupuncture points and



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theories regarding body constitutions and characteristics of disorders, etc.

Theory of Eight Principles: Through the clinical experiences of four examination methods, such as inspection, auscultation-olfaction, interrogation (history taking) and palpation (including pulse taking), the eight principles are employed in the analysis and categorization of disorders based on location, nature of disease and relation to pathogenic factors. These eight principles are yin, yang, interior, exterior, cold, hot, deficiency and excess. They form the identification and descriptive part of the disorder.

Although the indications and manifestations of diseases may appear complex, the fundamentals can be described and categorized using the eight principles. For example, location or depth of the disorder, and whether it is exterior or interior. As for the nature of the disorder, it is either hot or cold. In terms of pathogenic and upright defensive factors, it's either the weakness in the upright, defensive factors or the excess of the pathogenic factors. In terms of the overall category of disorders, they are either yin syndrome or yang syndrome. The purpose of the eight principles is to separate disorders into exterior and interior syndromes, cold and hot syndromes, excess and deficiency syndromes and yin and yang syndromes as the main differentiating factors in clinical diagnosis. Of the eight principles, six fall under the category of yin and yang. Therefore, exterior, hot and excess are considered yang syndromes and interior, cold and deficiency syndromes are considered yin syndromes.

Zang fu theory: Zang fu organs are important components of the body. Any disorder is a reflection of the dysfunction of the zang fu organs. Because their physiological properties are different, the indications of their disorders vary as well. Zang fu organs differentiation method means to select points according to the physiological functions of the zang fu organs and the etiology of diseases.

Channel / Meridian theory: Another method of selecting points is Channel or Meridian theory. By tracing the pathways of channels, including their connections, intersections, and divergence points and channels, Channel or Meridian theory focuses on the corresponding organs along the pathway, and properties of the channels.

Acupuncture Point theory: This method is primarily based on specific point theory. Most of the specific acupuncture points are experience points. Their inherent properties correlate with their corresponding indications, channels, organs, etc. The



functions of these acupuncture points are usually reflected in their names.

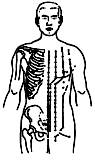
Section IV. Modern Research of Pair-point

In the past, the accumulation of pair-points was based on clinical experiences and extension of proposed theories. In recent years, many scholars have begun to systematically research the relationships between certain popular pair-points. This data further supports the clinical use and strengthens the theory of pair-point treatment combinations.

1. In addition to inherent properties of the selected acupuncture points, treatment efficacy is also related to the state of the affected parts, the nature of the disorder and type of stimulation

Studies have shown that the same point, under different circumstances, will produce varying results. For example, Lin Hong observes that needling Neiguan (PC6) has regulating effects on normal people's pulse rate. Those with the slower pulse rate after needling sometimes experience an increase. Conversely, those with a rapid pulse find their pulse reduced after needling. The effects of Zusanli (ST36) in regulating the functions of small intestine were observed through Tan Xiaohong's experiments. The special dual properties of these acupuncture points are also observed clinically as well: Tianshu (ST26) can effectively stop diarrhea and also treat constipation. Baihui (DU20) is used to treat both hypertension and hypotension. Sanyinjiao (SP6) can treat either excessive menstruation or amenorrhea.

Studies also show that needling even one point with a different technique will vary the results. For example, needling using the *Setting the mountain on fire* technique will relax and expand the capillaries in the nearby area, raising the temperature and producing a warm sensation underneath the needle. Whereas if a different technique, *Penetrating-heaven coolness*, is used the treatment will constrict the capillaries and lower temperature in the nearby area producing a cool sensation underneath the needle. Needling Zusanli (ST36) with tonifying technique usually



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decreases heart rate and relaxes blood vessels. However, needling Zusanli (ST36) with a reducing method will increase heart rate and constrict blood vessels. In addition, using the *Setting the mountain on fire* technique will decrease the level of eosinophile granulocyte while using the *Penetrating-heaven coolness* technique will increase. Other methods also produce treatment results just as effectively as various needling techniques. In Shen Guowei's observation of chemotherapy patients, needling of Zusanli (ST36) with different techniques will yield different results. When contrasting needling, warm needling and moxibustion on Zusanli (ST36) in the treatment of vomiting, Shen found needling alone stops immediate vomiting more effectively than warm needling or moxibustion. The warm needling technique, however, has a more sustaining effect in stopping vomiting.

2. The synergistic effects of Pair-point

The synergistic effects of pair-points are the basis of acupuncture treatment formula and point selections. It is the acupuncture physician's ultimate goal to find an optimal set of points to treat disorders effectively. Therefore, the guideline has always been to select the fewest possible points to generate the maximum impact. There are some tried and true formulas that are used often clinically. As Prof. Lü jingshan summarized, Shuigou / Renzhong (DU26) and Fengfu (DU16) are paired to awaken the brain and open orifices; Hegu (LI4) and Quchi (LI11) are often combined to reduce fever and release the exterior. Hegu (LI4) and Guangming (GB37) together clear heat and brighten eyes. Hegu (LI4) and Zusanli (ST36) combined lead to the ascendance of clear and descending of the turbid. Hegu (LI4) and Taichong (LR3) work in conjunction to extinguish wind and pacify liver.

Research has confirmed such synergistic relationships exist in pair points. Zhang li found that applying electric needling on Zusanli (ST36) and Neiguan (PC6) can shorten the recovery period of digestive organs after an abdomen operation. Luo haiou found that Zhongwan (RN12) and Weishu (BL21) point work synergistically in effectively treating stomach ulcers. Wang guangyi found electric needling of Quchi (LI11) and Fenglong (ST40) provides better results in lowering blood pressure than using either point independently. In addition, not all pair points have the same synergistic effects. Zha wei found that Zusanli (ST36) paired with Mingmen (DU4) has more antioxidation effects than Zusanli (ST36) paired with Dazhui (DU14).