CLINICAL ACUPUNCTURE & MOXIBUSTION

针灸临床学

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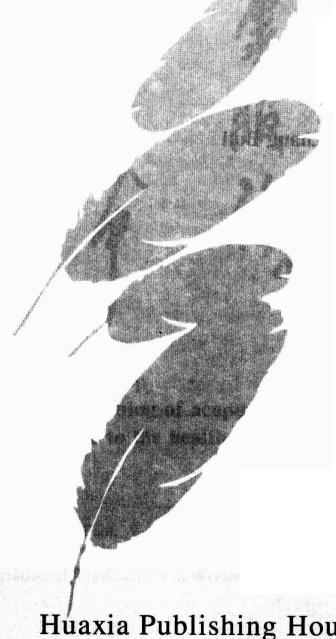


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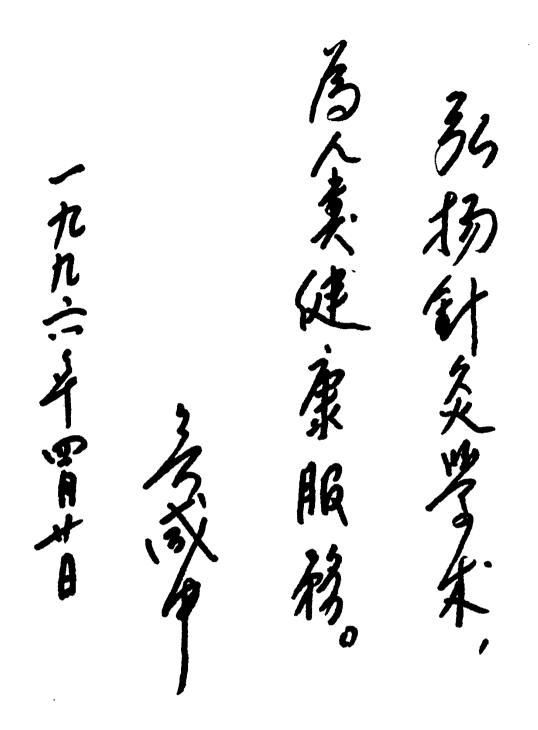
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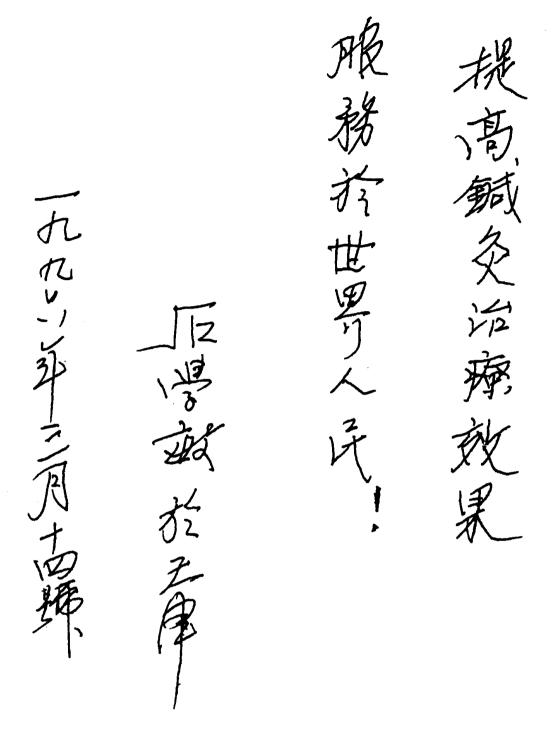
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Promote and develop the academic learning of acupuncture and moxibustion and give service to the health of humanity.

> 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)



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

Shi Xuemin March 14,1996

(Inscription by Prof. Shi Xuemin, Academician of Academy of Engineering of China, Member of the Council of China Acupuncture Association)

Preface to the Second Edition

The first edition of this book was published in 1991. It has been reprinted twice ever since. Its editions in Japanese, Chinese and Portuguese appeared one after the other. With their extensively spreading, the acupuncture-moxibustion science has reached every part of the world. I have devoted my lifetime's effort to the popularization of traditional Chinese medicine, which gives me great gratification.

The second edition feature in the supplement of twenty-two cases, such as over-weight, depression, dementia, abstinence as well as beautification, which I have been frequently encountering in the past ten years. For them, I have practiced many new kinds of acupuncture therapies with remarkable curative effects and accumulated rich clinical experiences. But there have never been their relevant records in the existing literature of the acupuncture-moxibustion science. Oh, do not feel ashamed to cast a brick to attract jade I often enlighten my colleagues to absorb creative ideas to make these therapies perfected gradually.

The second edition is succinct in wording. I have deleted those word presentations in the first edition, including the sections on the etiology, pathogenesis and therapies, the ancient and contemporary empirical points and the ancient medical records.

There have been large amount of new research achievements made on the principles of acupuncture-moxibustion, meridians-collaterals and points. The traditional theories and therapies, however, are still serving as the guidelines in the clinical treatment by acupuncture-moxibustion. The civilization of traditional Chinese medicine has been developing in its own way. To my mind, only beside the sickbeds, can one gain and explore the genuine knowledge of the acupuncture-moxibustion science.

A physician in the Ming Dynasty of China, Chu Cheng said: "An extensive clinical practice is of much help in diagnosing diseases. A host of clinical treatments benefit differentiating pulse conditions." I sincerely expect the readers with different cultural background, instead of rigidly adhering to the contents presented in this book, to develop new therapies in their own medical services so as to enrich the treasure-house of acupuncture-moxibustion therapies for the benefits of mankind.

At the publication of the second edition, I would be greatly indebted to Dr. Shuji Goto, (Ph. D), President of Goto College of Medical Arts and Sciences, Tokyo, Japan, for his constant help with completing this book and to my colleagues and those experts who were involved in its translation and edition.

PREFACE

I would like to point out that, following the publication 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 of 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 explained in a simple explicit language and interpreted with proper presentation.

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

In the various sections of this book, 92 common diseases are probed into, each section consisting of analysis on the etiology and pathogenesis, differentiation and treatment. More careful and detailed discussions are given on syndrome analysis and the explanation on acupoint selection. 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 knowledge and volume of information for readers. Besides, tables are designed in each section to give further analysis or conclusion on the disease and syndromes. 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 for readers to memorize.

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

In the course of translation, Mr. Paul Rogers, Mr. Andrew Pagon and Miss Anne Troulay helped 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.

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PART A

General Introduction I

Mechanisms and Principles of Acupuncture and Moxibustion Therapy

The ancient acupuncturists 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, the ancient acupuncturists worked out the principles of acupuncture and moxibustion therapy and combing 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. 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, qi and blood circulate without ending, so that the human body can keep healthy and free from any disorder. But if the human body is invaded by some pathogens, such as internal or external pathological factors, the physiological function of the meridians will be disturbed to cause a series of patho-

2 Mechanisms and Principles of Acupuncture and Moxibustion Therapy

logical 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, 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 are used to dredge 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 face 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.

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

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

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

Acupuncture and moxibusting have the function 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 appitite, 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 joint result 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 fundamentls,
- 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 and 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 manipulations of reinforcing deficiency or reducing excess to

4 Mechanisms and Principles of Acupuncture and Moxibustion Therapy

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 diseases, doctors must make accurate differentiation and apply proper treatment methods.

1) Reinforcing Deficiency (补虚, Bu Xu)

This method is suitable to the different degrees of weakness or insufficiency of qi, blood and body fluid, Zangfu functions, Yin and Yang, and even to the exhaustion stage of diseases. The method of reinforcing deficiency has the actions of lifting Yang qi, restoring and invigorating Yang qi, activating the primary qi, nourishing body fluid and blood, improving production of qi and blood, tonifying Zangfu organs, strengthening muscles and bones, and supplementing brain marrow, etc, therefore, it is widely applied in clinic. Generally, the method of reinforcing deficiency is divided into the following three aspects.

(1) Reinforcing the Diseased Meridian (补本经, Bu Ben Jing)

The method of reinforcing the diseased meridian means that when a certain Zang or Fu organ is weak, the points of this meridian can be needled with the reinforcing method. For example, the points of the Heart Meridian of Hand Shaoyin can be selected for deficiency syndromes of the heart, the points of the Spleen Meridian of Foot Taiyin can be needled for deficiency syndromes of the spleen, the points of the Lung Meridian of Hand Taiyin can be punctured for deficiency syndromes of the lung, and so on. Generally, the points selected are mainly the Yuan (Source) points and the Back-Shu points on the Bladder Meridian of Foot Taiyang.

(2) Reinforcing the Exterior-Interior Meridian (补表里经, Bu Biao Li Jing)

Reinforcing the exterior-interior meridian refers to when a certain Zang or Fu is diseased, the points of its interior or exterior meridian can be needled with the reinforcing method.

For example, the spleen and the stomach are thought to have an exterior-interior relationship. When the spleen is deficient, the points of the Stomach Meridian of Foot Yangming can be reinforced. Whereas, when the stomach is deficient, the points of the spleen Meridian can be reinforced. The liver and the gallbladder have an exterior-interior relationship. The points of the gallbladder meridian can be selected for deficiency syndromes of the liver, whereas, the points of the liver meridian can be reinforced for deficiency syndromes of the gallbladder, and so on.