

CLINICAL
ACUPUNCTURE & MOXIBUSTION

针灸临床学

Editor-in-Chief Liu Gongwang/Associate Editor-in-Chief Akira Hyodo
Translator-in-Chief Cao Liya/Translation Revisor Liu Gongwang
Supervisors Shuji Goto Zhang Boli



Huaxia Publishing House

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弘揚針灸學術，
為人類健康服務。
吳咸中
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 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.

Liu Gongwang

Jan. 1, 2006

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 fundamentals 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.

Liu Gongwang

Oct. 1, 1996

CONTENTS

Preface to the Second Edition

PREFACE

PART A

General Introduction I 1

Mechanisms and Principles of Acupuncture and Moxibustion Therapy 1

- A. Mechanisms of Acupuncture and Moxibustion Therapy 1
 - 1. Dredging Meridians, Regulating Qi and Blood Circulation 1
 - 2. Reinforcing Deficiency and Reducing Excess, Strengthening Body Resistance to Remove Pathogenic Factors 2
 - 3. Equilibrating Yin and Yang, Regulating Physical Functions 2
- B. Treatment Principle of Acupuncture and Moxibustion 3
 - 1. Reinforcing Deficiency and Reducing Excess 3
 - 2. Clearing Away Heat and Warming Cold 7
 - 3. Treating the Incidental and Fundamental 10
 - 4. Treating the Same Disease with Different Methods and Treating Different Diseases with the Same Method 12

General Introduction II 14

The Science of Acupoint Prescription 14

- A. Method of Acupoint Selection 14
 - 1. Selection of the Local Points 14
 - 2. Selection of the Distal Points 15
 - 3. Selection of the Left-right Points 15
 - 4. Selection of the Symptomatic Points 16
- B. Selection of Points According to Syndromes 17
 - 1. Lung 17
 - 2. Large Intestine 20
 - 3. Spleen 22
 - 4. Stomach 23
 - 5. Heart 25
 - 6. Small Intestine 27
 - 7. Kidney 29
 - 8. Bladder 30
 - 9. Pericardium 32
 - 10. Sanjiao 32
 - 11. Liver 34
 - 12. Gallbladder 35

2 Contents

C. The Application of Specific Acupoints	36
1. Five-Shu Points	38
2. Yuan-(Source) Points	40
3. Back-Shu Points	40
4. Front-Mu Points	41
5. Luo-(Connecting) Points	42
6. Xi-(Cleft) Points	42
7. Lower He-(Sea) Points	43
8. Eight Influential Points	44
9. Eight Confluent Points	45
10. Crossing Points	46
11. Four General Points and Ma Danyang Twelve Points	46
D. Combining Point Methods	48
1. Combining Point Methods of Different Body Parts	48
2. Combining Methods of Specific Acupoints	51
Appendix: The Indications of Acupuncture and Moxibustion	53
1. Indications of Acupuncture	53
2. Therapeutic Effects and Indications of Moxibustion	54

PART B

Chapter I Internal Diseases 56

1. Endogenous Fever (内伤发热, Nei Shang Fa Re)	56
Appendix: High Fever (高热, Gao Re)	62
2. Syncope Syndrome (厥证, Jue Zheng)	64
Appendix: Coition Apsychia (房事晕厥, Fang Shi Yun Jue)	67
3. Convulsive Syndrome (痉证, Jing Zheng)	73
Appendix: Fremitus (震颤, Zhen Chan)	76
4. Collapse Syndrome (脱证, Tuo Zheng)	82
5. Hemorrhagic Syndrome (血证, Xue Zheng)	85
6. Eruptions (发疹, Fa Zhen)	95
7. Common Cold (感冒, Gan Mao)	100
8. Sunstroke (中暑, Zhong Shu)	106
9. Cough (咳嗽, Ke Sou)	110
10. Asthma (哮喘, Xiao Chuan)	114
11. Sweating Syndrome (汗证, Han Zheng)	122
12. Chest Blockage Syndrome (胸痹证, Xiong Bi Zheng)	127
13. Palpitation (心悸, Xin Ji)	131
14. Hiccup (呃逆, E Ni)	136
15. Acid Regurgitation (吞酸, Tun Suan)	140
16. Vomiting (呕吐, Ou Tu)	143
17. Stomachache (胃痛, Wei Tong)	147
18. Abdominal Pain (腹痛, Fu Tong)	151
19. Diarrhea (泄泻, Xie Xie)	155
20. Dysentery (痢疾, Li Ji)	161

21. Constipation (便秘, Bian Bi) 167
22. Prolapse of Rectum (脱肛, Tuo Gang) 171
23. Hypochondriac Pain (胁痛, Xie Tong) 174
24. Jaundice (黄疸, Huang Dan) 179
25. Tympanites (臌胀, Gu Zhang) 183
26. Edema (水肿, Shui Zhong) 188
27. Xiao Ke Syndrome (消渴, Wasting and Thirsting Syndrome) 192
28. Obesity (肥胖, Fei Pang) 197
29. Emaciation (消瘦, Xiao Shou) 201
30. Heat in the Upper and Cold in the Lower (上热下寒, Shang Re Xia Han) 204
Appendix: Cool Syndrome (冷证, Leng Zheng) 206
31. Insomnia (失眠, Shi Mian) 209
32. Sleepiness (嗜睡, Shi Shui) 214
33. Amnesia (健忘, Jian Wang) 217
34. Dementia (痴呆, Chi Dai) 220
35. Lassitude (倦怠, Juan dai) 224
Appendix: Chronic Fatigue Syndrome (慢性疲劳综合征, Man Xing Pi Lao Zong He Zheng) 227
36. Manic-Depressive Disorder (癫狂, Dian Kuang) 232
37. Melancholy (郁证, Yu Zheng) 238
38. Stranguria (淋证, Lin Zheng) 241
39. Seminal Emission (遗精, Yi Jing) 247
Appendix: Sexual Intercourse in Dream (梦交, Meng Jiao) 252
40. Impotence (阳痿, Yang Wei) 254
41. Persistent Erection of the Penis (阳强, Yang Qiang) 258
42. Hernia (疝气, Shan Qi) 263
43. Headache (头痛, Tou Tong) 267
44. Dizziness (眩晕, Xuan Yun) 275
45. Windstroke (中风, Zhong Feng) 280

Chapter II Gynecological Diseases 286

46. Irregular Menstruation (月经不调, Yue Jing Bu Tiao) 286
47. Amenorrhea (经闭, Jing Bi) 292
48. Metrorrhagia and Metrostaxis (崩漏, Beng Lou) 296
49. Dysmenorrhea (痛经, Tong Jing) 302
50. Morbid Leukorrhea (带下, Dai Xia) 306
51. Morning Sickness (妊娠恶阻, Ren Shen E Zu) 310
52. Malposition of Fetus (胎位不正, Tai Wei Bu Zheng) 314
53. Eclampsia (子痫, Zi Xian) 317
54. Prolonged Labor (滞产, Zhi Chan) 320
55. Retention of Placenta (胞衣不下, Bao Yi Bu Xia) 324
56. Lochiostasis (恶露不下, E Lu Bu Xia) 327
57. Lochiorrhea (恶露不绝, E Lu Bu Jue) 330
58. Postpartum Vertigo (产后血晕, Chan Hou Xue Yun) 335
59. Postpartum Abdominal Pain (产后腹痛, Chan Hou Fu Tong) 339

4 Contents

- 60. Hypogalactia (乳少, Ru Shao) 343
- 61. Pruritus Vulvae (阴痒, Yin Yang) 347
- 62. Infertility (不孕症, Bu Yun Zheng) 350
- 63. Symptoms before and after Menopause (绝经前后诸症, Jue Jing Qian Hou Zhu Zheng) 355

Chapter III Pediatric Diseases 359

- 64. Infantile Pertussis Cough (小儿顿咳, Xiao Er Dun Ke) 359
- 65. Children's Diarrhea (小儿泄泻, Xiao Er Xie Xie) 365
- 66. Infantile Malnutrition Syndrome (小儿疳积, Xiao Er Gan Ji) 371
- 67. Infantile Convulsion (小儿惊风, Xiao Er Jing Feng) 374
- 68. Nocturnal Enuresis in Children (小儿遗尿, Xiao Er Yi Niao) 381
- 69. Morbid Night Crying (小儿夜啼, Xiao Er Ye Ti) 385
- 70. Infantile Restless Behavior (小儿多动症, Xiao Er Duo Dong Zheng) 388

Chapter IV Diseases of The Eye, Ear, Nose and Throat 392

- 71. Conjunctivitis (目赤肿痛, Mu Chi Zhong Tong) 392
- 72. Ptosis of the Eyelid (眼睑下垂, Yan Jian Xia Chui) 395
- 73. Dacryorrhea (流泪, Liu Lei) 397
- 74. Nebula (目翳, Mu Yi) 399
- 75. Sudden Blindness (暴盲, Bao Mang) 401
- 76. Night Blindness (夜盲, Ye Mang) 405
- 77. Myopia (近视, Jin Shi) 408
- 78. Toothache (牙痛, Ya Tong) 411
- 79. Prosopodynia (面痛, Mian Tong) 415
- 80. Halitosis (口臭, Kou Chou) 419
- 81. Sialorrhea (口角流涎, Kou Jiao Liu Xian) 422
- 82. Aphtha (口疮, Kou Chuang) 426
- 83. Swelling and Pain of the Throat (咽喉肿痛, Yan Hou Zhong Tong) 429
- 84. Globus Hystericus (梅核气, Mei He Qi) 433
- 85. Aphonia (失音, Shi Yin) 437
- 86. Tinnitus and Deafness (耳鸣, Er Ming, 耳聋, Er Long) 441
- 87. Sudden Deafness (暴聋, Bao Long) 445
- 88. Auricular Itch (耳痒, Er Yang) 449
- 89. Deafness and Muteness (聋哑, Long Ya) 453
- 90. Rhinorrhea (鼻渊, Bi Yuan) 455
- 91. Allergic Rhinitis (鼻鼙, Bi Qiu) 459

Chapter V Dermatological and Other Diseases 464

- 92. Rosa Cea (酒渣鼻, Jiu Zha Bi) 464
- 93. Nail-Like Furuncle (疔疮, Ding Chuang) 466
- Appendix: Alopecia Areata (斑秃, Ban Tu) 469
- 94. Eczema (湿疹, Shi Zhen) 473
- Appendix: Atopic Eczema (四弯风, Si Wan Feng) 478

95. Herpes Zoster (带状疱疹, Dai Zhuang Pao Zhen) 482
96. Urticaria (瘾疹, Yin Zhen) 486
97. Acne (粉刺, Fen Ci) 492
98. Beautification (美容, Mei Rong) 497
99. Erysipelas (丹毒, Dan Du) 500
100. Stopping Smoking (戒烟, Jie Yan) 502
- Appendix: Abstinence Syndrome (戒断综合征, Jie Duan Zong He Zheng) 503
101. Periarthritis of the Shoulder (肩凝证, Jian Ning Zheng) 507
102. Sprain (扭伤, Niu Shang) 510
103. Bi Syndrome (痹症, Bi Zheng) 515
104. Flaccidity Syndrome (痿证, Wei Zheng) 521
105. Torticollis (落枕, Lao Zhen) 525
106. Pain in the Elbow Joint (肘痛, Zhou Tong) 528
107. Lumbar Pain (腰痛, Yao Tong) 532
108. Pain in the Heel (足跟痛, Zu Gen Tong) 537

Index Terms of TCM in English Alphabetical Order 540

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 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. 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 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 strephopodia 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 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 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.