

胡杰一針灸臨證五十穴

Magic Prescription of 50 Acupoints

胡杰一 著
Hu jieyi

針灸

中國科學技術出版社
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自序

1996年10月,我應澳大利亞全國中醫藥針灸學會聯合會邀請,隨中國中醫代表團赴澳出席為期15天的國際中醫藥暨傳統療法學術交流大會。會上,我發表了“針灸治療腦血管性痴呆”的演講,受到諸多國家與會代表的贊賞。他們紛紛向我索取有關針灸學資料,邀我介紹針灸治病經驗。當時,我的心情十分激動,答應將自己的針灸經驗奉獻給他們,故不揣淺陋,撰寫了這本小冊子。

在30年的從醫生涯中,我從人體諸多穴位中擷取五十個,用于治療全身諸疾,收到令人滿意的療效,故將本書定名為《胡杰一針灸臨證五十穴》。

本書共分三部分:第一部分,介紹五十穴的命名、分布與定位、功能、主治及針法、灸法與針感,每一穴后還附有穴歌,以便于初學者誦記;第二部分,介紹五十穴的臨床應用——選出21種常見病和疑難病的針灸治療及部分典型病例;第三部分,附篇是為初學者而設,簡要介紹經絡系統的組成與作用和穴位、定穴法、針法、灸法等的基本知識。

由于筆者水平所限,疏漏之處,誠望醫界同仁指正。

胡杰一

1999年9月22日

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Preface

In October 1996, I attended the International Academic Conference on Unique Therapies of Chinese Medicine and Traditional Medicine in Sydney, Australia, replying to the invitation of the Federation of Chinese Medicine & Acupuncture Societies Australia, Inc. (FCMA).

During the Conference, as a member of the delegation of the Chinese Traditional Medicine, I was invited to make a speech entitled "Treatment of Cerebrovascular Dementia with Acupuncture", which was greatly praised by the participants. They also showed their desire for more acupuncture knowledge and asked me to introduce my experience in treating diseases through selecting a relatively small number of acupoints. In response to their demand, I wrote this book presenting my practical experience in this respect. After over 30 years of clinical practice, I found out that there are 50 acupoints very effective in treating various kinds of diseases. Therefore, I name this book "Magic Prescription of 50 Acupoints".

This book consists of three parts: Part I, Introduction to the 50 acupoints, including the name, location, main function, acupuncture manipulation, moxibustion, needling response and a following ballad to ease remembering of the above information. Part II, The Clinical Application of these 50 Acupoints - - - 21 kinds of diseases and their treatment prescriptions have been analyzed. Part III, Appendix: Basics of the Acupunctureology. Designed for the beginners, this part includes introduction to the theory of channels and

collaterals system, acupoints, methods of location of the acupoints, acupuncture manipulation and moxibustion. After reading this book, it is supposed that you can begin your own exploration of treating diseases with acupuncture. Writing a book about prescribing a small number of acupoints for treating diseases is an initiatory attempt, which may contain errors and omissions. I would be very much grateful if any readers and colleagues kindly point them out.

Dr Hu Jieyi

September 22, 1999

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目 錄

第一部分 五十六穴介紹	(1)
1. 人中(又名水溝)	(1)
2. 合谷	(2)
3. 足三里	(3)
4. 百會	(5)
5. 陽陵泉	(6)
6. 太冲	(7)
7. 三陰交	(8)
8. 内關	(9)
9. 太陽	(10)
10. 風池	(11)
11. 曲池	(12)
12. 翳風	(13)
13. 昆侖	(14)
14. 環跳	(15)
15. 委中	(16)
16. 涌泉	(17)
17. 印堂	(18)
18. 中脘	(19)
19. 關元	(20)
20. 腎俞	(21)
21. 大椎	(23)
22. 膻中	(24)

23. 列缺	(25)
24. 心俞	(26)
25. 肺俞	(27)
26. 肝俞	(27)
27. 下關	(28)
28. 豐隆	(29)
29. 氣海	(30)
30. 睛明	(31)
31. 頰車	(32)
32. 地倉	(33)
33. 天突	(34)
34. 陰陵泉	(35)
35. 血海	(36)
36. 殷門	(36)
37. 承山	(37)
38. 廉泉	(38)
39. 迎香	(39)
40. 神門	(39)
41. 命門	(40)
42. 天樞	(41)
43. 內庭	(42)
44. 長強	(43)
45. 后溪	(43)
46. 外關	(44)
47. 大敦	(45)
48. 行間	(46)
49. 耳門	(47)

50. 肩髃	(48)
第二部分 五十六臨床的應用	(49)
1. 腦血管性痴呆	(49)
2. 癲癇	(55)
3. 精神分裂症	(59)
4. 躁狂抑鬱性精神病	(63)
5. 腦血管意外(中風)	(69)
6. 高血壓性精神障礙	(73)
7. 冠心病性腦病	(76)
8. 癱瘓	(78)
9. 神經衰弱	(82)
10. 性神經衰弱(陽萎)	(85)
11. 坐骨神經痛	(89)
12. 月經不調	(93)
13. 支氣管哮喘	(102)
14. 小舞蹈病	(108)
15. 蕁麻疹	(110)
16. 病毒性肝炎	(113)
17. 遺尿	(117)
18. 前列腺肥大	(119)
19. 急性結膜炎	(123)
20. 急性胃腸炎	(125)
21. 感冒和流行性感冒	(127)
第三部分 附篇——經絡穴位 針法灸法	(131)
一、經絡述略	(131)
1. 經絡的基本概念	(131)
2. 經絡系統的組成與作用	(131)

3. 經絡的生理功能	(137)
4. 經絡的病理反應	(138)
5. 經絡的臨床應用	(139)
二、穴位述略	(141)
1. 穴位的概念	(141)
2. 穴位的分類	(141)
3. 穴位的主治作用	(142)
三、定穴法(審穴法)	(144)
1. 骨度分寸法	(144)
2. 體表標志法	(144)
3. 手指同身寸法	(146)
4. 簡便取穴法	(148)
四、針法(毫針法)	(148)
1. 毫針的基本知識	(148)
2. 針刺練習	(152)
3. 針刺前的準備	(152)
4. 毫針刺法	(157)
5. 異常情況的處理及預防	(168)
6. 針刺的注意事項	(172)
五、灸法	(173)
1. 灸用材料	(174)
2. 灸法的分類與操作	(175)
3. 灸法的作用	(182)
4. 灸法的注意事項	(183)

Contents

1. Name, location, main function and treatment , acupuncture manipulation and moxibustion, needling response of the 50 Acupoints.	(1)
1.1 Jenchung (i.e., Shuikou)	(1)
1.2 Hoku	(2)
1.3 Tsusanli	(3)
1.4 Paihui	(5)
1.5 Yanglingch'uan	(6)
1.6 Tiaich'ung	(7)
1.7 Sanyinjiao	(8)
1.8 Neikuan	(9)
1.9 Taiyang	(10)
1.10 Fengch'ih	(11)
1.11 Ch'uch'ih	(12)
1.12 Yifeng	(13)
1.13 K'unlun	(14)
1.14 Huant'iao	(15)
1.15 Weichung	(16)
1.16 Yungch'uan	(17)
1.17 Yint'ang	(18)
1.18 Chungwan	(19)
1.19 Kuanyuan	(20)
1.20 Shenshu	(21)
1.21 Tachui	(23)

1.22 Shanchung	(24)
1.23 Liehch'ueh	(25)
1.24 Hsinshu	(26)
1.25 Feishu	(27)
1.26 Kanshu	(27)
1.27 Hsiahuan	(28)
1.28 Fenlung	(29)
1.29 Ch'ihai	(30)
1.30 Chingming	(31)
1.31 Cbiach'e	(32)
1.32 Tits'ang	(33)
1.33 T'ient'u	(34)
1.34 Yinlingch'uan	(35)
1.35 Xuehai	(36)
1.36 Yinmen	(36)
1.37 Ch'engshan	(37)
1.38 Lieh'uan	(38)
1.39 Yinghsiang	(39)
1.40 Shenmen	(39)
1.41 Mingmen	(40)
1.42 Tienchu	(41)
1.43 Neit'ing	(42)
1.44 Ch'angch'iang	(43)
1.45 Houhsi	(43)
1.46 Waikuan	(44)
1.47 Tatum	(45)
1.48 Hsinchien	(46)

1.49 Erhmen	(47)
1.50 Chienyu	(48)
2. Clinical Application	(49)
2.1 Cerebrovascular Demlentia	(49)
2.2 Epilepsy	(55)
2.3 Schizophrenia	(59)
2.4 Manic – depressive psychosis	(63)
2.5 Cerebrovascular accident	(69)
2.6 Mental disorder associated with hypertension	(73)
2.7 Encephalopathy coronary heart disease	(76)
2.8 Hysteria	(78)
2.9 Neurosism	(82)
2.10 Sexual neurosism	(85)
2.11 Sciatica	(89)
2.12 Irregular menstruation	(93)
2.13 Bronchial asthma	(102)
2.14 Chorea minor	(108)
2.15 Uricaria	(110)
2.16 Virus hepatitis	(113)
2.17 Enuresis	(117)
2.18 Prostatic hyperplasia	(119)
2.19 Actute conjunctivitis	(123)
2.20 Actute gastroenteritis	(125)
2.21 Cold, and influenza	(127)
3. Appendix	(131)
3.1. Introduction to the theory of channels and collaterals	(131)

3.1.1 Basic concepts about the channels and collaterals	(131)
3.1.2 Components and functions of the channels and collaterals system	(131)
3.1.2.1 Twelve regular channels	(132)
3.1.2.2 Eight Extra – channels	(134)
3.1.2.3 Fifteen main collaterals	(135)
3.1.2.4 Branches of the twelve regular channels	(135)
3.1.2.5 Muscles along the twelve regular channels	(137)
3.1.2.6 Twelve skin areas	(137)
3.1.3 The physiological functions of the channels and collaterals	(137)
3.1.4 Pathologic reaction of the channels and collaterals	(138)
3.1.5 Clinical application of the theory of the channels and collaterals	(139)
3.1.5.1 Application to diagnosis	(139)
3.1.5.2 Application to therapy	(140)
3.2. Introduction to Acupoints	(141)
3.2.1 Concepts of the Acupoints	(141)
3.2.2 Classification of the Acupoints	(141)
3.2.2.1 Acupuncture points on the fourteen regular channels	(141)
3.2.2.2 Extrachannel points	(141)
3.2.2.3 Ah Shih	(142)

3.2.3 Main therapeutic functions of the Acupoints ...	(142)
3.2.3.1 Therapy by selecting near acupoints	(142)
3.2.3.2 Therapy by selecting far acupoints	(142)
3.2.3.3 Special therapy methods	(142)
3.3. Location of the Acupoints	(144)
3.3.1 Bone-length measurement	(144)
3.3.2 Detection with body signs	(144)
3.3.3 Finger cun	(146)
3.3.4 Specialized location method	(148)
3.4. Acupuncture manipulation (Manipulation of Filiform Needle)	(148)
3.4.1 The Basics of the Filiform needle	(148)
3.4.1.1 Nine types of needling	(148)
3.4.1.2 Structure and Manipulation of the Filiform needle	(150)
3.4.2 Practice of the needling	(152)
3.4.3 The preparation of the needling	(152)
3.4.3.1 The preparation of the needle	(152)
3.4.3.2 Explaining properly	(153)
3.4.3.3 Sterilization	(153)
3.4.3.4 Selection of the body position	(154)
3.4.3.5 Attitude of the acupuncturist	(156)
3.4.3.6 Body position of the acupuncturist	(156)
3.4.4 Manipulation of the filiform needle	(157)
3.4.4.1 Needle insertion	(157)
3.4.4.2 The angle and depth of the needle	(160)
3.4.4.3 Needle transmission and needling sensation ...	(161)

3.4.4.4 Reinforcing and reducing	(165)
3.4.4.5 Retaining and withdrawing the needle	(167)
3.4.5 Preventing and tackling the accidents	(168)
3.4.5.1 Fainting during acupuncture	(168)
3.4.5.2 Sticking of needle in acupuncture	(169)
3.4.5.3 Bending of needle	(169)
3.4.5.4 Breaking of needle	(170)
3.4.5.5 Retaining and withdrawing the needle	(170)
3.4.6 Advice for needling	(172)
3.5. Moxibustion	(173)
3.5.1 Materials for moxibustion	(174)
3.5.2 Classification and procedures of moxibustion	(175)
3.5.2.1 Moxibustion with moxa cone	(175)
3.5.2.2 Moxibustion with moxa roll	(178)
3.5.2.3 Needle warming through moxibustion	(180)
3.5.2.4 Mild moxibustion and moxibustion with mild – moxibustioner	(181)
3.5.2.5 Medicinal moxibustion	(181)
3.5.3 Function of moxibustion	(182)
3.5.4 Advice for moxibustion	(183)
3.5.4.1 Digital Acupoint pressure and body position	(183)
3.5.4.2 Procedure of moxibustion	(183)
3.5.4.3 The amount of moxibustion	(184)
3.5.4.4 Treatment of post – moxibustion sore	(184)
3.5.4.5 Contraindication for moxibustion	(185)
3.5.4.6 Reinforcing and reducing of moxibustion ...	(185)

第一部分 五十穴介紹

1. 人中(又名水溝)

(1)命名:人中穴位于人中溝中,狀如“水溝”,故名。

(2)分布與定位:在面部,鼻中膈之下方,人中溝中央的上1/3與下2/3交界處(圖1)。屬督脈、手陽明大腸脈與足陽明胃脈之會穴。坐位或仰臥取穴。

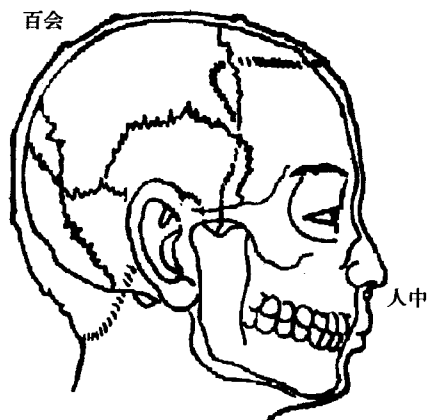


圖1 人中穴和百會穴

(3)功能:清熱開竅,鎮痛寧神,回陽救逆。

(4)主治:暈厥,昏迷,癇證,癲狂,口歪眼斜,急慢驚風,中風,類中風,面部蟻走感,消渴,飲水無度,霍亂,暑病,水腫,鼻塞鼻衄,崩漏,丹毒,黃疸,腰痛。為急救穴之一,也是針麻要穴之一。