

PREFACE

Acupuncture is a special technique of Chinese medicine for external treatment. Many diseases that cannot be cured by modern treatment and medication can be treated by acupuncture therapy with highly beneficial and distinctive effects. In acupuncture treatment of acute illness, the patients are often cured even the needles are pulled out. In recent years the success of acupuncture anaesthesia has been publicised and people all over the world have been surprised at this discovery. Medical doctors of other countries are eager to learn and study this knowledge and technique. In fact knowledge of acupuncture was communicated abroad long ago, but since the success of acupuncture anaesthesia it has attracted world attention. Before it was sardonically considered as unscientific and was almost completely disregarded. It is making a brilliant contribution to modern medicine today.

To be a practitioner of acupuncture one must have knowledge of diagnosis and physiology. Otherwise, wrongly applying the needles could lead to accidents or prevent a patient from being cured at an early stage of an illness which would later become chronic. In other words, it is impossible to cure a disease without diagnosis. Therefore to learn acupuncture one must first possess fundamental medical knowledge.

The contents of this book are the results of 40 years of accumulated research and clinical experience by the author. The book shows that there are several thousand acupuncture points in the human body and shows how new points are constantly being

前 言

針刺是中醫特技的一種外治療法。在現代醫學所甚感棘手，或藥物難以治癒的很多疾病，針刺治療，常能發揮它的特殊功效。其治急性疾病，尤為突出，往往針未起出，病已霍然。尤以近年來，針刺麻醉創造成功，引起各國醫生對此術的學習與研究，更為積極。其實針刺醫術，早已傳至海外，自針麻成功後，大為世人所刮目。一向被譏為不科學而幾將失傳之針刺特技，今日據而大放光彩，對現代醫學作出了一個重大的貢獻。

雖然如此，但是，凡為針刺的醫家，必須具有診斷與生理的學識；否則，胡亂施針極可能會發生事故，或引致病人失去迅速治癒的機會，從而延為慢性，甚至成為頑症。此即所謂“不能辨症，何以論治”。所以學習針刺醫術，首先要掌握醫學的基本知識。

本書的著述，都是作者四十年來積累的研究心得與臨床經驗。在論述中，揭露了人身的經穴何止成千成萬，與新穴為何不斷增多。在病例中，諸如治療毒、瘧疾、胃痛、盲腸

discovered. For diseases such as Malignant Pustule, Malaria, Gastralgia, Appendicitis and Migraine, the points selected for therapy are all simplified and a few insertions or even one only will quickly bring about surprising results.

The last part of this book consists of a list of the 14 channels and their points and a list of strange and new points selected by the author, with the locations and applications of the points and the complete courses of the channels.

For the benefit of the readers, this book is written in both Chinese and English.

Hong Kong
February 1975
Shui Wae

炎、偏頭痛等症，用穴均極簡化，僅刺一針或數針，無不療效迅速。

同時作者將十四經脈的經穴與作者選用的奇穴、新穴等的穴道部位，十四經脈的循行起止，以及每穴的主治病症等，詳盡刊載於篇末，裨供讀者參考。

本書特用中英文對照，使中西醫家，閱讀研究，更為方便。

水 焯

1975年2月於香港

序

家師水揚人先生（煒），籍隸浙江鎮海。幼年從當地慧日寺住持僧定慧法師習內功金鍼，後復從事研習中外醫學，歷四十餘年臨床經驗。民初，上海內功金鍼專家黃石屏氏為袁項城治癒偏頭痛，名噪一時。黃氏為揚人師之師叔，與定慧法師皆為江西圓覺長老所傳授。其學理純以十四經絡為基礎，而創出獨樹一幟之手法，復以經驗宏富，故融會貫通。然二大師擇徒皆苛，未嘗廣收門徒。得定慧法師薪傳者，僅吾揚人師一人而已。

十餘年前，揚人師懸壺於滬濱之徐匯區，並參與教研工作。針刺麻醉初步成功時，曾為該區牙醫師講解經絡學說，與如何刺法使口腔部分能起止痛及麻醉作用。來港後，凡治疑難急症，應手而癒者不可勝數；至累年不癒之痼疾，一經針治，立見春回。其功能神效，益膾炙人口。所有目前流行之電器醫具以及艾灸焚灼諸法，皆摒而弗用。嘗謂習鍼術者，務以洞明經絡穴道為基要並熟練其鍼法，至若假手儀器，抑亦末矣。並評子午流注及八法等均為針灸之歷史陳迹，早已不適合於臨床實用。蓋針灸之道，實能咄嗟奏效，豈能墨守陳法，坐視患者苦痛綿延而必欲俟其血行到達之時間，始予

施治耶？其破舊立新，以求適合於科學原理，誠非偶然。

楊人師處世以至誠之心，雖聲譽燭然，而秉性謙遜，尤不喜以宣傳炫誇。無論中西醫學家之來虛心求益者，無不竭誠以告，不厭其詳，從未作隱晦自秘之想。有國外病家萬里求醫者，亦有由歐美醫師陪伴而來者，一經針治，無不感佩歎服。

楊人師鍼法之純熟及穴道之準確，蓋積四十餘年經驗所致。間有見其取穴之部位與各書所載似覺參差，實乃家師根據解剖學識並因病家本身已形成之畸形狀態，而予以變化應用者；是即所謂因變制宜之理，豈尋常卑陋之士所能諳知者。余業醫三十餘年，今復從楊人師習鍼術，滲合之於西醫治法中，收效宏大，病家受惠尤非鮮淺。近今世界各國方風起雲湧以研究中國針灸學術，因與師兄經明士先生同建議於楊人師，就其心得及教材編為中英文對照之《針刺研究與臨床》一帙。使此震撼千載之中國針灸精華得公諸於世，以供中外醫學界之參考，其嘉惠世界又豈尋常載籍可比擬哉。

受業 少一敬譔

一九七四年九月

CONTENTS

I RESEARCH

*Clinical Proofs Of The Importance Of Jing Luo Theory And
Acupuncture Or Cauterization Both Being Scientifically
Significant* 2

*How Many Acupuncture Points Does A Human Body Possess?
Why Are More Points Found?* 12

*My Opinion On The Treatment Of Appendicitis By Means Of
Acupuncture Or By Operation* 14

Method For Withdrawing Crooked Needles From Jianyu 18

The Treatment Of Lump Caused By Intramuscular Injections 20

*The Treatment Of Inability To Walk Caused By Acupuncture
At The Point Weizhong* 20

*The Treatment Of Inability To Move The Legs After An In-
jection Or Acupuncture At The Breech* 22

Treatment Of Faint Caused By Acupuncture 22

II CLINIC

*Acupuncture Prescription For Malaria Treatment With Special
Effectiveness* 26

*Super-therapy Of Acupuncture For Appendicitis (Appendicitis In
Chinese Medical Terms Named Changyong)* 28

The Specific Acupuncture Points For Malignant Pustule 32

Acupuncture Treatment For Dislocation Of A Joint 36

*Special Acupuncture Points For Treatment Of Archoptosis And
Hemorrhoids (With Prescriptions)* 40

Acupuncture Therapy For Salpingitis (Fallopain Tube), 42

目 錄

(一)研究	3
經絡理論的重要與針灸具有科學意義的臨床證明	3
人體經穴究竟多少，因何新穴越來越多	13
治療盲腸炎施用針刺或割除的我見	15
針肩髃穴曲針後之起針法	19
肌肉注射後變成硬塊之針治法	21
刺委中穴後足重難以舉步之刺解法	21
臀部注射或針刺後腿足不能行動之針治法	23
暈針處理法	23
(二)臨床	27
針刺癩疾特效取穴法	27
針刺腸癰（盲腸炎）特效法	27
針刺疔瘡之特效穴	33
骨節常易脫出之針治法	39
針治脫肛痔瘡等症之奇穴	41
輸卵管炎之針刺療法	43

Acupuncture Therapy For Pain In The Spinal Column & Vertebrae 44

Specific Method For Combined Treatment Of Cardiopalmus And Insomnia By Means Of Acupuncture And Medicine 48

Specific Method Of Acupuncture Therapy For Sacralgia 54

Remarkable Results Of Acupuncture Therapy For Swollen Heads 56

The Treatment Of Vomiting, Diarrhea, Gastralgia And Bellyache By Acupuncture With Quick Effect 58

Special Acupuncture Therapy For Frequent Micturition Or Urodynia And Hematuria 60

The Treatment Of Cervical Tumor 62

III ACUPUNCTURE THERAPY FOR COMMON DISEASES

Influenza 66

Sun-stroke 68

Dysentery 68

Lumbago 70

Parotitis 72

Tonsillitis 76

Stiff-neck 78

Headache 80

Hepatitis 82

Infantile Convulsion 86

Ozaena (Catarrh With Offensive Discharge From The Nose) 86

Lachrymation In Wind 88

Metrorrhagia (Discharge Of Blood) 90

Acupuncture Therapy For Urticaria (Nettle Rash Or German Measles) And Miraculous Prescription (Which Is Also Good For Scabby Head) 92

IV THE TRACK OF THE 14 CHANNELS 96

脊柱與脊椎骨痛之針治法·····	45
針藥兼治怔忡失眠特效法·····	49
針治骶骨部位疼痛特效法·····	55
針治大頭瘟療效奇妙·····	57
針治食後嘔吐、泄瀉、胃痛、腹痛等症之捷效法·····	59
小便頻數或刺痛及尿血等症之特效針刺法·····	61
針治頸腫瘤之神奇療效·····	63
(三)常見病之針刺治療·····	67
感冒·····	67
中暑·····	69
痢疾·····	69
腰痛·····	71
疔腮(腮腺炎)·····	73
乳蛾(扁桃體炎)·····	77
落枕(頸項強直)·····	79
頭痛·····	81
肝炎·····	83
小兒驚風·····	87
鼻淵·····	87
迎風流淚·····	89
崩漏·····	91
風疹(治頑固風疹及頭癬疥瘡之神奇單方)·····	93
(四)十四經脈起止·····	96

V	LOCATION AND MAIN TREATMENT OF THE POINTS OF THE 14 CHANNELS	103
VI	STRANGE AND NEW ACUPUNCTURE POINTS	214
Appendix	Reference table of the acupunctural points (Chinese to Chinese phonetic)	223

(五)十四經脈之經穴穴位與主治	103
(六)奇穴和新穴	214
附錄：中文漢語拼音穴位對照表	223

針刺研究與臨床

A Research
Into Acupuncture
And
Its clinical practice

(I) RESEARCH

CLINICAL PROOFS OF THE IMPORTANCE OF JING LUO THEORY AND ACUPUNCTURE OR CAUTERIZATION BOTH BEING SCIENTIFICALLY SIGNIFICANT

The Theory of Jing Luo^① is the fundamental principle of Chinese medicine. It declares that Jing Luo not only has great significance in the physical function of the human body, but also serves as an important guide for diagnosis and treatment. In chapter "Jing Mo Pian" in "Ling Shu Jing"^② it was written, "The knowledge of Jing Mo directs us how to treat all illnesses, to regulate the human health condition and even to save a patient's life. So it must be thoroughly mastered". Hua Bo Ren^③ said, "One will never find out the cause of illness if he does not know Jing Luo". Hence, the Jing Luo theory, in Chinese medicine, governs physiology, pathology, diagnosis, therapy and so on. Whether one is a medical or a surgical practitioner, and especially if one is a acupuncture practitioner, one must grasp the theory of Jing Luo in order to achieve effective treatments in clinical practice.

Acupuncture is a direct treatment carried out on the healing

① Jing Luo (經絡) or Jing Mo (經脈): Veins and arteries.

② Ling Shu Jing (《靈樞經》): one of the masterpieces of Chinese Medical Writings.

③ Hua Bo Ren (滑伯仁): a famous doctor in Yuan Dynasty.

(一) 研 究

經絡理論的重要與針灸具有科學意義的臨床證明

經絡學說，是中國醫學的基本理論。它說明經絡不僅是在人體的生理功能上以及發病機轉上有着重要意義，同時亦即為診斷與治療方面的重要依據。《靈樞·經脈篇》說：“經脈者，所以能決死生，處百病，調虛實，不可不通。”滑伯仁^①說：“經絡不明，則不知邪之所在。”由此可見，經絡是貫串在中醫學的生理、病理、診法、治則等方面，無論內、外、針灸各科，都必須掌握經絡的理論，然後臨症時就能發揮更大的作用。尤其對針灸，其應掌握經絡理論的重要，則有甚於其他各科。

針灸就是直接在經絡之治療點的經穴，施行針治或灸

① 滑伯仁，江蘇鶴山人，後徙浙江餘姚，元代之傑出醫家，一時名滿江南，著有《十四經發揮》。

points on the channels of Jing & Luo by needling or heating. "Nei Jing"① wrote, "To make the blood vessels function well with a small needle," and "If the illness originates in the blood vessels, cure it by acupuncture and cauterization". That is why Japanese doctors used to name acupuncture and cauterization "Jing Luo Therapy". Jing and Luo are channels and pathways between viscera and the body. When diseases attack a person, they make use of these pathways from outside to inside and from below upwards. "Ling Shu Jing" wrote, "The twelve blood channels of the viscera reach the body and limbs". You Zai Jing② said, "Luo lie shallow and Jing lie deep under the skin; Luo are small and Jing are large. Therefore defects in the Luo cause ailments of skin and muscle, and defects in the Jing cause ailments of ligament and bone or even of the viscera". Wherever the Qi of viscera and Jing Luo fill and gather, there are the places where we call acupuncture and cauterization points. The functions of acupuncture and cauterization are to stimulate and activate the Jing Qi③ with pricking and heat, hence reinforcing the motive power for the flow and circulation of blood, and then gaining adjustment of the functions of organs and balance between Yin and Yang④. And moreover, the original body resistance weakened by illness or even lost can be restored to its normal condition. At the same time it also produces a special powerful

① Nei Jing (《內經》): one of the masterpieces of Chinese Medical Writings

② You Zai Jing (尤在涇): a famous doctor in Ching Dynasty.

③ Jing Qi (經氣): the short form of "Qi of viscera and Jing Luo" (經絡臟腑之氣) which is the motive power for blood circulation.

④ Yin Yang (陰陽): philosophical idea used as a medical principle.

治。《內經》說：“欲以微鍼通其血脈。”又說：“病生於脈，治之灸刺。”所以日本醫家咸稱針灸為“經絡治療”。因為經絡是內臟與體表的通路，病邪的侵入，自亦借道經絡，由表傳裏，由下傳上。《靈樞》說：“十二經脈者，內屬於腑臟，外絡於支節”。尤在涇^①說：“絡淺而經深，絡小而經大，故絡邪病於肌膚，而經邪病連筋骨，甚而入腑，又甚而入臟”。所以在人體的經絡臟腑之氣輸注聚結之處，即所謂經穴者，針刺或艾灸，使刺感或熱感，去激動經氣（經絡之氣），以加強其運行轉注的動力，從而使營衛調和，陰陽平衡，被病邪侵襲而削弱，甚或幾將消失之人體原有的內在抵抗力，自然得以恢復；同時還產生一種特殊的抵抗力，這種抵抗力，就有強力之抗菌、退熱、消炎、止痛以及調整機能後起着吸收等的作用。

① 尤在涇，江蘇省吳縣人，清代名醫，著有《金匱要略心典》。