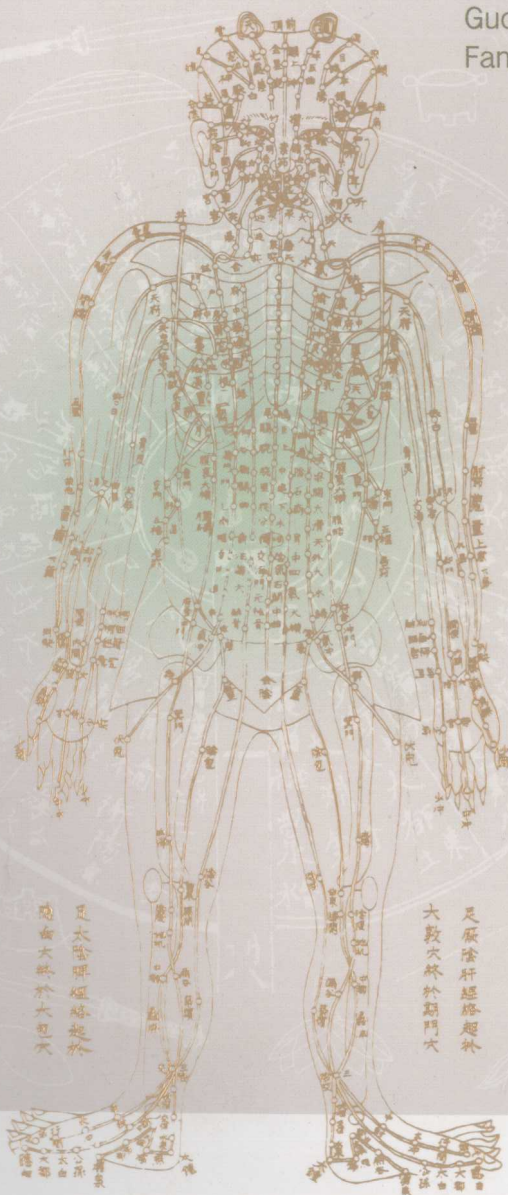




# Acupuncture and Moxibustion for HEADACHE

Guo Chang-qing  
Fan Yu-shan

This is a book on the treatment of headaches with traditional Chinese medicine. It gives a description of the TCM understanding of headaches and introduces the use of acupuncture as a treatment method. In order to improve the clinical effect, acupuncture is always combined with other TCM therapeutic methods, such as tuina, Chinese medicinals, and scraping therapy. These methods are introduced in these chapters as well. There are also several pieces of useful advice on how to prevent headaches through healthy lifestyle and dietary habits.



A Clinical Series



人民卫生出版社  
PEOPLE'S MEDICAL PUBLISHING HOUSE

Y0004687

R246.1

2

# Acupuncture and Moxibustion for **Headache**

*A Clinical Series*

**Guo Chang-qing**

Professor, Chief Physician, Doctoral Supervisor, Director of Acupotomy at the  
Acupuncture and Moxibustion College at Beijing University of Chinese Medicine

**Fan Yu-shan**

Professor, Dean of the Acupuncture and Moxibustion College of

Guangxi Traditional Chinese Medical University



**Contributors**

**Zhao Cai-jiao**

**Wu Jian-wen**

**Sayed Javad Mojtabavi**

**Xu Hui**



00411515

**Translated by**

**Chen You-nan**

**Yu Xian-min**

**Edited by**

**Carl Stimson**



**人民卫生出版社**

**PEOPLE'S MEDICAL PUBLISHING HOUSE**

BEIJING • LONDON • NEW YORK

## 图书在版编目 (CIP) 数据

针灸治疗头痛——临床系列丛书 (英文) / 郭长青, 范郁山主编. —北京: 人民卫生出版社, 2010. 12

ISBN 978-7-117-13275-6

I. ①针… II. ①郭… ②范… III. ①头痛—针灸疗法—英文 IV. ①R246.6

中国版本图书馆CIP数据核字 (2010) 第147408号

门户网: <a href="http://www.pmph.com">www.pmph.com</a>	出版物查询、网上书店
卫人网: <a href="http://www.ipmph.com">www.ipmph.com</a>	护士、医师、药师、中医师、卫生资格考试培训

## 针灸治疗头痛——临床系列丛书 (英文)

主 编: 郭长青 范郁山

出版发行: 人民卫生出版社 (中继线+8610-5978-7399)

地 址: 中国北京市朝阳区潘家园南里19号  
世界医药图书大厦B座

邮 编: 100021

网 址: <http://www.pmph.com>

E-mail: [pmph@pmph.com](mailto:pmph@pmph.com)

发 行: [pmphsales@gmail.com](mailto:pmphsales@gmail.com)

购书热线: +8610-5978 7399/5978 7338 (电话及传真)

开 本: 850×1168 1/32

版 次: 2010年12月第1版 2010年12月第1版第1次印刷

标准书号: ISBN 978-7-117-13275-6/R·13276

版权所有, 侵权必究, 打击盗版举报电话: +8610-5978-7482

(凡属印装质量问题请与本社销售中心联系退换)

Website: <http://www.pmph.com>

Book Title: **Acupuncture and Moxibustion for  
Headache, A Clinical Series**  
针灸治疗头痛——临床系列丛书

**Copyright © 2010 by People's Medical Publishing House.** All rights reserved. No part of this publication may be reproduced, stored in a database or retrieval system, or transmitted in any form or by any electronic, mechanical, photocopy, or other recording means, without the prior written permission of the publisher.

Contact address: No. 19, Panjiayuan South Road,  
Chaoyang District, Beijing 100021, P.R. China, phone/fax:  
8610 5978 7399

For text and trade sales, as well as review copy enquiries,  
please contact PMPH at [pmphsales@gmail.com](mailto:pmphsales@gmail.com)

#### Disclaimer

This book is for educational and reference purposes only. In view of the possibility of human error or changes in medical science, the author, editor, publisher and any other party involved in the publication of this work do not guarantee that the information contained herein is in any respect accurate or complete. The medicinal therapies and treatment techniques presented in this book are provided for the purpose of reference only. If readers wish to attempt any of the techniques or utilize any of the medicinal therapies contained in this book, the publisher assumes no responsibility for any such actions. It is the responsibility of the readers to understand and adhere to local laws and regulations concerning the practice of these techniques and methods. The authors, editors and publishers disclaim all responsibility for any liability, loss, injury, or damage incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.

**First published: 2010**

**ISBN: 978-7-117-13275-6/R-13276**

#### Cataloging in Publication Data:

A catalog record for this book is available from the  
CIP-Database China.

Printed in The People's Republic of China

ISBN 978-7-117-13275-6



9 787117 132756 >

Acupuncture and Moxibustion

*A Clinical Series*

***Stroke Rehabilitation***

***Depression***

***Headache***

***Asthma***

***Herpes Zoster***

***Knee Osteoarthritis***

***Lumbago***

***Dysmenorrhea***

***Obesity***

***Beauty and Skin Care***

***Insomnia***

***Perimenopausal Syndrome***

***Primary Trigeminal Neuralgia***

Acupuncture and Moxibustion for  
**Headache**

*A Clinical Series*

Project Editors: **Huang Lei, Shen Cheng-ling, and Liu Shui**

Copy Editor: **Wang Li**

Book Designer: **Yin Yan**

Cover Designer: **Yin Yan**

Typesetter: **He Mei-ling**

Guo Chang-qing holds the titles of Master of Medicine, Professor, Chief Physician, Doctoral Supervisor, Director of Acupotomy at the Acupuncture and Moxibustion College at Beijing University of Chinese Medicine, Managing Director and Vice Secretary General of the Acupuncture Literature Subcommittee of the China Association of Acupuncture and Moxibustion, Managing Director and Vice Secretary General of the Acupotomy Subcommittee of the China Association of Chinese Medicine, Chairman of the Beijing Acupotomy Professional Committee, and Commissioner of the Beijing Acupuncture and Moxibustion Modern Research Professional Committee. He received an award for being an outstanding teacher from the Beijing Higher Education Bureau. Professor Guo has been engaged in teaching, clinical practice and scientific research on acupuncture and moxibustion for more than two decades. His research is focused mainly on the study of classical acupuncture and moxibustion theory as well as the theory and diagnostics of acupotomy. He is an expert in the treatment of disease using a combination of acupuncture, moxibustion, tuina, acupotomy, and herbal medicine. He is director of National Project 973, "Basic Research on Relieving Therapy with Acupotomy." He has directed or participated in twelve scientific research projects and was rewarded four times for his contribution. He has published nearly forty academic papers in national core journals and important professional magazines both in China and abroad. He has been the chief editor of over thirty academic texts including *Practical Acupuncture Points* (*Shí Yòng Zhēn Jiǔ Xué*, 实用针灸学), and *Anatomical Illustration of Acupuncture Points* (*Zhēn Jiǔ Xué Wèi Tú Jiě*, 针灸穴位图解).

## About the Authors

Guo Chang-qing





---

## About the Authors

---

Fan Yu-shan



Fan Yu-shan holds the titles of Medical Doctor, Master's student supervisor, Professor, Dean of the Acupuncture and Moxibustion College of Guangxi Traditional Chinese Medical University, Director of the Research Institute of Acupuncture, Moxibustion and Channels, academic leader of the Acupuncture and Moxibustion Department, member of the China Association of Acupuncture and Moxibustion, Managing Director of the Clinical Subcommittee, Vice Chairman of the Cardio-Cerebrovascular Diseases Team, and Chairman of the Guangxi Association of Acupuncture and Moxibustion. He has taught and conducted clinical practice and scientific research on acupuncture and moxibustion for more than a decade. With a solid foundation in Chinese medical theories and modern medicine as well as considerable clinical experience, he is an expert in the treatment of cardiovascular and cerebrovascular diseases, diseases of the digestive system, post-stroke syndrome, and menstrual disorders by acupuncture, moxibustion, tuina, and other therapeutic methods. He has directed over ten scientific research projects and was rewarded five times for his contribution. He has published nearly forty academic papers in national core journals and important professional magazines both in China and abroad. He has also served as the chief editor of seven academic texts.

---

Acupuncture technique originated in the New Stone Age ten thousand years ago, and it can even be traced back to the Old Stone Age a hundred thousand years ago. The origin of moxibustion can be traced back to the discovery and use of fire 400,000 years ago.

As early as 1500 years ago, in the Northern and Southern dynasties (the fifth and sixth century A.D.), acupuncture technique and medical books spread to other countries in the world. In the seventeenth century, Chinese acupuncture technique was introduced to Holland, Germany, England, and other Western countries. In the eighteenth and nineteenth century, acupuncture was further propagated in Western countries, as medical doctors in France, Britain, Russia, Italy, Austria, and other countries started to treat diseases and publish books about acupuncture and moxibustion.

In recent decades, great attention has been paid to the new achievements of Chinese acupuncture and acupuncture anesthesia, especially by medical personnel around the world. Medical organizations from many countries have sent medical experts and scholars to China to learn. A new wave of acupuncture and moxibustion study has emerged like never before. Currently, acupuncture and moxibustion is recognized as effective in treating more than 200 different kinds of diseases, as well as tobacco withdrawal, alcohol withdrawal, drug withdrawal, anti-aging, weight reduction, and cosmetology. Preliminary results have been seen in treating AIDS with acupuncture in the USA and Germany.

In 1975, the World Health Organization asked the Ministry of Health of the People's Republic of China to set up international acupuncture training courses in Beijing, Shanghai, and Nanjing, with English, Japanese,

---

and French as the languages of instruction. This was warmly welcomed by foreign physicians. Currently, international training courses in acupuncture are available in TCM colleges throughout many provinces. China has trained two to three hundred thousand acupuncture practitioners from over 160 countries and regions. After returning to their home countries, many began to treat people with positive results. Academic associations, scientific institutes and schools of acupuncture, and published professional journals began appearing in these countries.

The People's Medical Publishing House (PMPH) saw the need to develop clinical, teaching, and scientific research in acupuncture. The publishing house has determined to launch a series of clinical acupuncture books in foreign countries. These books are chief-edited by Wang Ling-ling, director of the Clinical Branch of the Chinese Association of Acupuncture and Moxibustion (CAAM), and Wang Qi-cai, the chief secretary of the Clinical Branch of CAAM, and compiled by experienced acupuncture experts.

For the first step, thirteen books such as the acupuncture treatment for headache, insomnia, depression, stroke, asthma, knee osteoarthritis, lumbago, trigeminal neuralgia, and obesity are selected by editorial board members from among the most commonly seen diseases in clinical practice. Every book contains nine chapters, consisting of the Chinese medicine and Western medicine approach to the disease, syndrome differentiation and treatment, prognosis, prevention and regulation, clinical experience of other renowned acupuncturists, perspectives of integrative medicine, selected quotes from ancient TCM texts, and modern research. This gives the reader a rather complete understanding of the disease.

---

The series of books is mainly geared toward the clinical acupuncturist, and can be used as reference books for teaching staff and students in TCM colleges. Mistakes are sometimes inevitable by laymen following the books, so only licensed acupuncturists are advised to employ it in clinical practice. Due to laws and regulations in individual countries and regions, some therapies in the books may be limited or even forbidden to use.

We sincerely hope that these books will inspire and help you.

*Wang Ling-ling, General-director of the Clinical  
Branch of CAAM*

*Wang Qi-cai, Chief-secretary of the Clinical  
Branch of CAAM*

*May 10, 2010*

---

**Wang Ling-ling**

Professor and Doctoral Supervisor at Nanjing University of Chinese Medicine, President of the Clinical Branch of China Association of Acupuncture-Moxibustion.

**Wang Qi-cai**

Professor and Master Supervisor at International Education College of Nanjing University of Chinese Medicine, Secretary-General of Clinical Branch of China Association of Acupuncture-Moxibustion.

**Zhao Ji-ping**

Professor and Doctoral supervisor at Beijing University of Chinese Medicine, Vice-President of Clinical Branch of China Association of Acupuncture-Moxibustion.

**Li Wan-yao**

Professor, Doctoral Supervisor and Vice-President at Acupuncture and Tuina College, Guangzhou University of Chinese Medicine; Vice-President of Clinical Branch of China Association of Acupuncture-Moxibustion.

**Hui Ke-yi**

Vice-Secretary-General of the Clinical Branch of China Association of Acupuncture-Moxibustion.

**Sun Zhong-ren**

Professor, Doctoral Supervisor, and Presidential-assistant at Heilongjiang University of Chinese Medicine; and Executive Council Member of the Clinical Branch of China Association of Acupuncture-Moxibustion.

**Liu Shui**

Vice-Director of International Publications at People's Medical Publishing House.

**Shen Cheng-ling**

Editor and Project Manager of International Publications at People's Medical Publishing House.

**Huang Lei**

Editor and Project Manager of International Publications at People's Medical Publishing House.

---

**Editorial Board**

---

*for the English edition  
of The Clinical Series  
of Acupuncture and  
Moxibustion*

Headache is a common symptom of many diseases. It can be the main complaint or one symptom among many in several acute or chronic diseases. Headaches can be caused by diseases that fall under the categories of internal medicine, surgery, neurology, psychiatry, otorhinolaryngology, or ophthalmology in Western medicine. It can occur with hypertension, intracranial diseases, neuropathies, migraines, fevers due to infections and post-concussion syndrome. According to traditional Chinese medicine (TCM), headaches can be caused by any of the six pathogenic factors, impairment of the function of the internal organs, emotional stress leading to invasion by external pathogens, phlegm, ascendant hyperactivity of liver yang, or a deficiency of qi, blood, yin and/or yang that results in improper nourishment of the brain. External trauma, chronic disease and an accumulation of blood stasis can also cause a headache. As it is said, "The lack of free flow causes pain."

This book covers various therapies for treating headaches that mainly involve acupuncture and moxibustion. Treatment is determined by pattern differentiation according to channel theory as well as *zang-fu* theory. The authors have combined the essence of the theories from several different schools while keeping in mind the individual patient's medications, diet, and psychological state. The authors have included several updates on the latest developments in the prognosis and treatment of headache.

*Authors*

*July 8, 2010*

---

## Table of Contents

---

### *Chapter 1*

#### The Western Medical Perspective

---

Brief Description .....	001
Etiology and Pathomechanism .....	001
Differential Diagnosis .....	003
Standard Medical Treatment .....	005
Drawbacks of Western Medical Treatments .....	006

---

### *Chapter 2*

#### Chinese Medical Perspectives

---

General Description .....	007
Etiology and Pathomechanism .....	007
Differential Diagnosis .....	009

---

### *Chapter 3*

#### Syndrome Differentiation and Treatment

---

Syndrome Differentiation .....	011
TCM Therapies .....	014
Case Reports .....	037

---

## ***Chapter 4***

### **Prognosis**

---

..... 041

## ***Chapter 5***

### **Preventive Healthcare**

---

Regulation in Daily Life ..... 043

Dictary Regulation ..... 044

Regulating the Spirit ..... 046

## ***Chapter 6***

### **Clinical Experiences of Renowned Acupuncturists**

---

The Experience of He Pu-ren in the  
Treatment of Headache ..... 047

The Experience of Qiu Mao-liang in the  
Treatment of Headache ..... 052

## ***Chapter 7***

### **Perspectives of Integrative Medicine**

---

Challenges and Solutions ..... 061

Insight from Empirical Wisdom ..... 062

Summary ..... 064

## ***Chapter 8***

### **Selected Quotes from Classical Texts**

---

..... 067



---

## Chapter 9

### Modern Research

---

Mechanism Research .....	073
Clinical Research .....	077
International Research.....	078

---

081	References
-----	------------

---

085	Index by Point Names – Numerical Codes
-----	---

---

086	Index by Point Names – <i>Pin Yin</i>
-----	--

---

088	Index by Chinese Medicinals – <i>Pin Yin</i>
-----	---