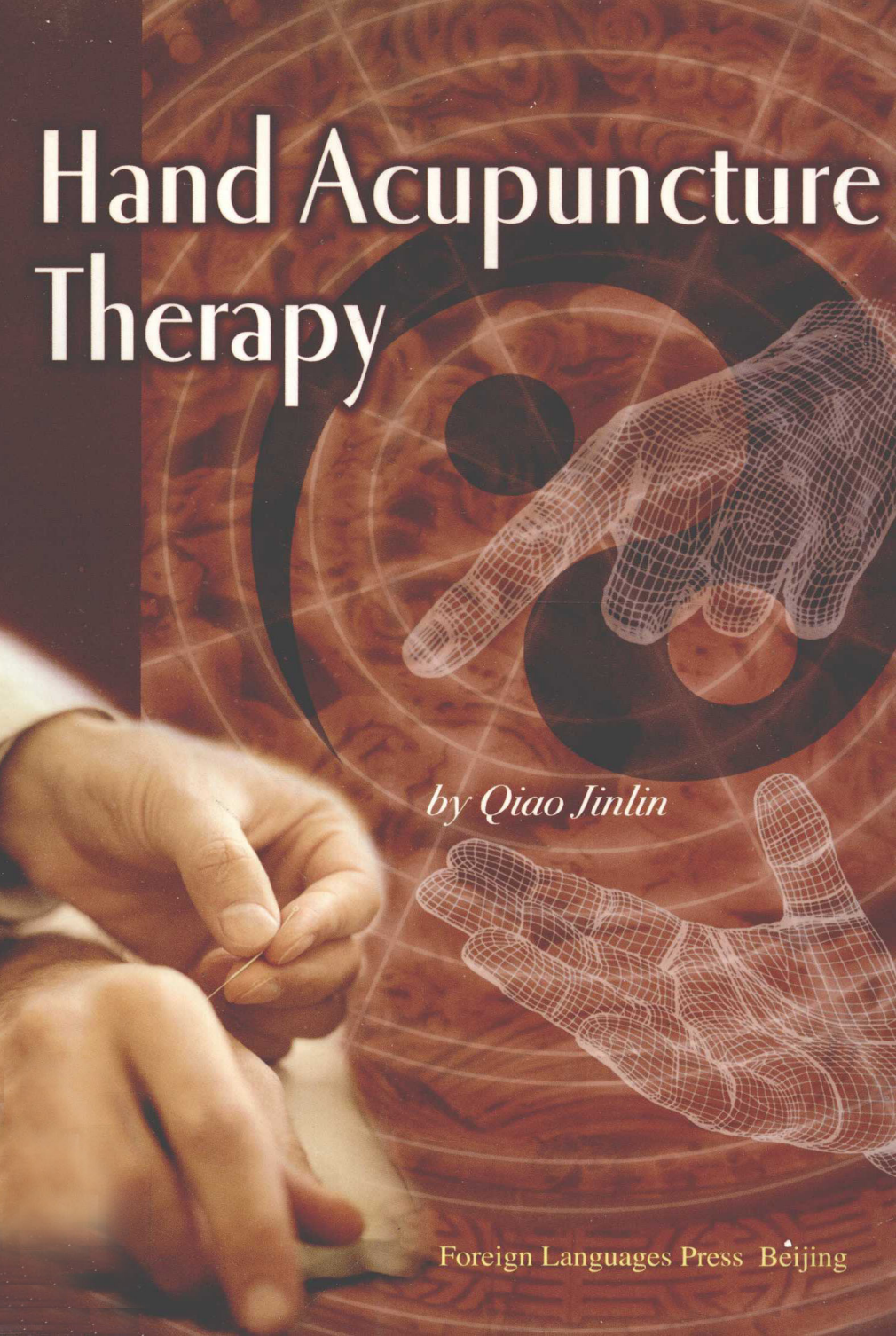


Hand Acupuncture Therapy



by Qiao Jinlin

Foreign Languages Press Beijing

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PREFACE

As a treasure of traditional Chinese medicine, hand acupuncture is a physiotherapy to prevent and treat diseases. The hand reveals — through changes of qi (vitality), color and outward appearance — physiological and pathological disturbances in the body. The same changes also reveal the cause and diagnosis of these diseases. Treatment for prevention or cure can then be applied by stimulating certain acupuncture points or areas of the hand through acupuncture, massage or other therapies.

Hand acupuncture therapy consists of two procedures: Diagnosis, through observing the hand; and treatment, through applying acupuncture and massage. The clinical practice of observing the hand can be traced to the Zhou Dynasty (c. 11th century-256 BC) where it was called palmistry or the holographic diagram of Jiu Gong (nine divisions) and Ba Gua (eight trigrams). Diagnosis through observing the hand developed further in the Qin and Han Dynasties (221 BC-AD 220). The publication of the ancient medical classics — such as *The Yellow Emperor's Canon of Medicine*, *Classic of Difficult Diseases* and so on — better defined and established the theories of Zangfu (internal organs) and Jingluo (meridians and collaterals). After that, observing the hand reached an even higher standard. Through this historical progression, hand acupuncture therapy developed into an important branch of traditional acupuncture.

Over the past 20 years — following the establishment and development of the biological holographic principle and holographic embryo theory — a diagnostic and therapeutic system developed for local acupuncture that combined the diagnostic diagram of the

hand's qi, color and appearance with the holographic embryo of the hand. Therefore, hand acupuncture therapy became increasingly scientific, systematic and objective. It acquired modern biological significance as it developed along a modern theoretical basis.

This book follows the history of hand acupuncture therapy as it developed to relate theories about the therapy; names, locations and identifying marks of acupuncture points and areas; and basic information on diagnosis. Further, the book discusses eight therapeutic methods and extensive clinical experiences involved in the treatment of over one hundred common diseases.

In writing the book, the author reviewed a vast amount of medical reference works, and received cordial encouragement from many specialists and scholars to whom he would like to express his heartfelt thanks. As for any errors that may appear — perhaps inevitably in a work of this scope — the author takes full responsibility and asks that diligent readers point them out so that they might be corrected in future editions.

Finally, the author hopes that this book will prove helpful to the many practitioners — both at home and abroad — of hand acupuncture therapy.

Qiao Jinlin
September 1998

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CHAPTER 1

INTRODUCTION

Section 1 Definition of Hand Acupuncture Therapy

What is hand acupuncture therapy? Before answering that question, let's first talk about something from common experience in daily life:

A toothache and its local swelling may have been caused by using the teeth to crack open too many melon seeds over a long period of time or it might have been induced by mental aggravation or anxiety. In any case, a common Chinese saying goes: "A toothache is not a serious illness, but the suffering it produces can drive a patient to death."

For those suffering a toothache, some concerned and knowledgeable people might recommend applying pressure to the Hukou point ("snuff-box," a depression between the first and second metacarpal bones of the palm) for two to three minutes to relieve the pain. Why? The explanation has a solid basis in medical theory. As mentioned in textbooks on Traditional Chinese Medicine, the Hegu (LI 4) point of the hand's Yangming large intestine meridian lies in the Hukou area. So pressure applied at this point stimulates the circulation of qi and blood, transmitting vital information through the meridian to the face and to the oral cavity to relieve the toothache and local swelling. This follows the principle cited in the *"Indications of Four Main Points in Verse"* to instruct in the clinical practice of Chinese acupuncture: "Choose the Hegu point for

treating diseases of the face and mouth.”

Through the study of Traditional Chinese Medicine over thousands of years, clinicians have discovered the following truths.

(1) Many acupuncture points lie on the meridians passing through the hand. Massage, acupuncture or moxibustion can be applied to stimulate these points to cure diseases and relieve discomfort throughout the whole body.

(2) As a miniature representation of the body, the hand — through changes in skin color, creases and sensitive points — can reveal the condition of all the organs and tissues of the body. At the same time, stimulation applied at the sensitive points can cure diseases in their corresponding organs and tissues.

At present, we can put a clear definition on the hand acupuncture therapy. It may be defined as a physiotherapy to prevent and treat diseases and relieve suffering by applying physical stimulation through acupuncture or massage on acupuncture points and areas on the hand. Before applying the treatment, the pathogenic factors should be determined, and a thorough diagnosis of the disease should be made by analyzing the information provided by the hand and the general pathological problems in the body.

The basic theories of hand acupuncture therapy include:

- (1) The theory of Ba Gua (eight trigrams) on the palm
- (2) The Zangfu (internal organs) and Jingluo (meridians and collaterals) theories of Traditional Chinese Medicine
- (3) Modern biological theory of holographic embryo.

Compared with other therapies, acupuncture is a widely accepted and convenient therapeutic method to stimulate acupuncture points and areas on the hand. Therefore, it is often used in clinical practice where the treatment is simply called “hand acupuncture therapy.”

Hand acupuncture therapy involves both diagnostic and therapeutic procedures. In the diagnostic aspect, observing only the hand itself — called “observation diagnosis of the hand” or “hand diagnosis” — is a unique way to provide detailed physiological and pathological information about the whole body. In the therapeutic

aspect, the theories of both Traditional Chinese Medicine and Western medicine can be consulted to select the appropriate therapeutic method to be administered in clinical practice.

Section 2 Origin and Development of Hand Acupuncture Therapy

In Traditional Chinese Medicine, hand acupuncture therapy is an important branch of traditional acupuncture, both having been applied in clinical practice since ancient times. The meridians and acupuncture points, including many points on the hand, were already being mentioned in *Miraculous Pivot*, one of the volumes of *The Yellow Emperor's Canon of Medicine*, an ancient Traditional Chinese Medicine classic. For example, the three hand yang meridians that originate from the tips of the fingers and travel through the arm to the head and face have common acupuncture points along those meridians. On the hand, those acupoints are Shangyang (LI 1), Hegu (LI 4), Yangxi (LI 5), Shaoze (SI 1), Houxi (SI 3), Guanchong (SJ 1), Zhongzhu (SJ 3), and so on. The terminals of the three hand yin meridians also are located in the hand, and the common points in the hand of those meridians are Yuji (LU 10), Shaoshang (LU 11), Shaochong (HT 5), Laogong (PC 8), Zhongchong (PC 9), and so on. In addition, many lesser meridians are scattered throughout the hand, with their points such as Baxie (EX-UE 9), Shixuan (EX-UE 11), and so on. These observations recorded by ancient pioneers reveal the early discovery of the relationship between acupuncture points (sensitive or reactive spots) and the internal organs as well as the therapeutic effect produced by stimulating those points. For example, bleeding therapy applied at Shaoshang point can cure a sore throat and aphonia; therapy applied at the Shixuan points in children can control seizures caused by high fever. Such useful

applications — passed on for thousands of years — have proved effective in clinical practice up to and including the present.

The history of hand diagnosis can be traced back to the Zhou Dynasty (c. 11th century-256 BC) when it was called “palmistry.” There are many accounts of observation diagnosis in *The Yellow Emperor’s Canon of Medicine*. For example, the *Miraculous Pivot* mentions “to examine internal organs and make a diagnosis of diseases through observing the superficial phenomena of human body;” the *Classic of Difficult Diseases* mentions “to make a diagnosis of diseases by observing five colors (of the face).” These references indicate that observations of superficial manifestations of problems in the body can show which organ is injured, what illness has been contracted and how the disease might be treated. Therefore, hand diagnosis is a really valuable procedure to find and analyze a disease. In ancient times in particular, the ability to learn and practice the observation method for diagnosis of diseases was considered a supreme skill. Clinicians who could make a correct diagnosis by the observation method alone were considered “miracle-working doctors.” These doctors included Bian Que (c. 5th century) and Hua Tuo (?-205). Following them, a group of famous specialists displayed remarkable talent for the palmistry in the successive dynasties: Wang Yun in the Eastern Han Dynasty (25-220), Yuan Tiangang in the Tang Dynasty (618-907), Chen Tuan in the Song Dynasty (960-1279), and Guo Shanfu in the Yuan Dynasty (1271-1368).

In modern times, hand acupuncture therapy has made considerable progress and improvement. On the basis of traditional Zangfu and Jingluo theories and the diagram of hand acupuncture points, the modern Chinese specialists designed a new hand diagnosis diagram. By modifying the original hand diagnosis diagram of Jiu Gong (nine divisions) and Ba Gua (eight trigrams), the new diagram shows qi, color and appearance of the hand and the status of Zangfu (internal organs). With advantages of objectivity and accuracy, the new hand diagnosis diagram designed by Bai Lu and Zhang Yansheng was highly rated by practitioners. The author considers the traditional hand diagnosis diagrams undoubtedly useful

in the diagnosis of diseases, but the newly-designed diagrams also are very valuable in the diagnosis and prognosis of diseases. The author will discuss their essentials and clinical applications in Chapter 3 and Chapter 4 of this book.

In the past ten or so years, the application of “massage at reflecting areas on the palm” has become more popular in Western countries, particularly in Europe and the USA. According to the theory of nerve reflex, reflex areas corresponding to most organs of the whole body are located in the palm for the diagnosis and treatment of diseases, so it is also called “reflexology.”

Following the progress of modern biology in the past 20 years, theoretical studies in hand acupuncture therapy have hastened development and accumulation of new knowledge in the field. In 1973, Zhang Yingqin announced that he had discovered a biological holographic phenomenon and established a holographic embryo therapy. He believed that all living organisms, as well as any of their parts, can be considered independent holographic embryos that may be as small as a cell or as big as the whole organism. According to his theory, the hand of human body is actually a holographic embryo, too. A specific holographic embryo of the hand can show the characteristics of any part of the body and provide information about the whole body. Now, hand acupuncture therapy with a history over thousands years could be interpreted through the scientific holographic embryo theory. Therefore, rapid progress can be expected in the future study of hand acupuncture therapy under the guidance of evolving modern scientific theories.