

ACUPUNCTURE

CHINA'S WONDER THERAPY

常見病的針灸療法



Acupuncture: China's Wonder Therapy



First Edition 1993

Second Edition 2010

ISBN 978-7-119-06721-6

©Foreign Languages Press, Beijing, China, 2010

Published by Foreign Languages Press

24 Baiwanzhuang Road, Beijing 100037, China

<http://www.flp.com.cn>

Printed in the People's Republic of China

图书在版编目(CIP)数据

常见病的针灸疗法: 英文 / 涂希编著.

北京: 外文出版社, 2010 (中国传统医学)

ISBN 978-7-119-06721-6

I. ①常… II. ①涂… III. ①常见病—针灸疗法—英文 IV. ①R246

中国版本图书馆CIP数据核字(2010)第205191号

第二版

策划编辑: 胡开敏 杨春燕

责任编辑: 刘芳念 杨璐

制图审定: 岗卫娟

内文设计: 北京杰瑞腾达科技发展有限公司

封面设计: 器百分·设计

印刷监制: 张国祥

常见病的针灸疗法

涂希 著

© 2010 外文出版社

出版人: 呼宝民

总编辑: 李振国

出版发行: 外文出版社

中国北京百万庄大街24号

邮政编码 100037

<http://www.flp.com.cn>

印刷: 北京信彩瑞禾印刷厂

开本: 787×1092 1/16

印张: 11.5

2010年10月第2版第2次印刷

(英)

ISBN 978-7-119-06721-6

08000 (精)

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 12 Danzhong (CV 17)
 19 Zhongwan (CV 12)
 36 Qihai (CV 6)
 41 Qugu (CV 2)
 27 Xiawan (CV 10)
 37 Guanyuan (CV 4)

Fig. 1 Anterior Acupuncture Points

2 Houding (GV 19)
4 Yamen (GV 15)
5 Fengchi (GB 20)
6 Tianzhu (BL 10)
7 Jianjing (GB 21)
8 Dingchuan (Extra 14)

10 Jugu (LI 16)
11 Jianliao (TE 14)
12 Dazhu (BL 19)

15 Bingfeng (SI 12)
16 Quyuan (SI 13)
17 Fengmen (BL 12)
18 Feishu (BL 13)

20 Tianzong (SI 11)
21 Jueyinshu (BL 14)
22 Xinshu (BL 15)
23 Naohui (TE 13)

24 Dushu (BL 16)

26 Geshu (BL 17)
28 Yishu (Extra)
29 Ganshu (BL 18)
30 Danshu (BL 19)
31 Yishe (BL 49)
32 Pishu (BL 20)
33 Xiaohai (SI 8)
34 Weicang (BL 50)
35 Weishu (BL 21)
36 Sanjiaoshu (BL 22)
37 Shenshu (BL 23)

39 Qihai (BL 24)
40 Dachangshu (BL 25)

42 Sidu (TE 9)
43 Guanyuanshu (BL 26)

45 Xiaochangshu (BL 27)
46 Shangliao (BL 31)
47 Pangguangshu (BL 28)
48 Ciliao (BL 32)

50 Zhongliao (BL 33)
51 Baihuanshu (BL 30)
52 Xialiao (BL 34)

54 Zhigou (TE 6)
55 Waiguan (TE 5)
56 Huantiao (GB 30)
57 Wangu (SI 4)
58 Hegu (LI 4)
59 Baxie (Extra)
60 Chengfu (BL 36)
61 Hand-Zhongzhu (TE 3)
62 Yinmen (BL 37)
63 Weishang (Extra)
64 Weizhong (BL 40)
65 Weiyang (BL 39)
66 Jiuwaifan (Extra)
67 Chengshan (BL 57)
68 Jiuneifan (Extra)
69 Genjin (Extra)
70 Genping (Extra)

9 Dazhui (GV 14)
13 Taodao (GV 13)
14 Jiajixue (Extra)
19 Shenzhu (GV 12)
25 Lingtai (GV 10)
27 Zhiyang (GV 9)

1 Baihui (GV 20)
3 Fengfu (GV 16)

5 Fengchi (GB 20)
6 Tianzhu (BL 10)
7 Jianjing (GB 21)
8 Dingchuan (Extra 14)

10 Jugu (LI 16)
11 Jianliao (TE 14)
12 Dazhu (BL 19)

15 Bingfeng (SI 12)
16 Quyuan (SI 13)
17 Fengmen (BL 12)
18 Feishu (BL 13)

20 Tianzong (SI 11)
21 Jueyinshu (BL 14)
22 Xinshu (BL 15)
23 Naohui (TE 13)
24 Dushu (BL 16)

26 Geshu (BL 17)

28 Yishu (Extra)
29 Ganshu (BL 18)
30 Danshu (BL 19)
31 Yishe (BL 49)
32 Pishu (BL 20)
33 Xiaohai (SI 8)
34 Weicang (BL 50)
35 Weishu (BL 21)
36 Sanjiaoshu (BL 22)
37 Shenshu (BL 23)

39 Qihai (BL 24)
40 Dachangshu (BL 25)

42 Sidu (TE 9)
43 Guanyuanshu (BL 26)

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65 Weiyang (BL 39)
66 Jiuwaifan (Extra)
67 Chengshan (BL 57)
68 Jiuneifan (Extra)
69 Genjin (Extra)
70 Genping (Extra)

38 Mingmen (GV 4)
41 Yaoyangguan (GV 3)
44 Shiqizhuxia (Extra)
49 Yaoshu (GV 2)
53 Yaoqi (Extra 19)

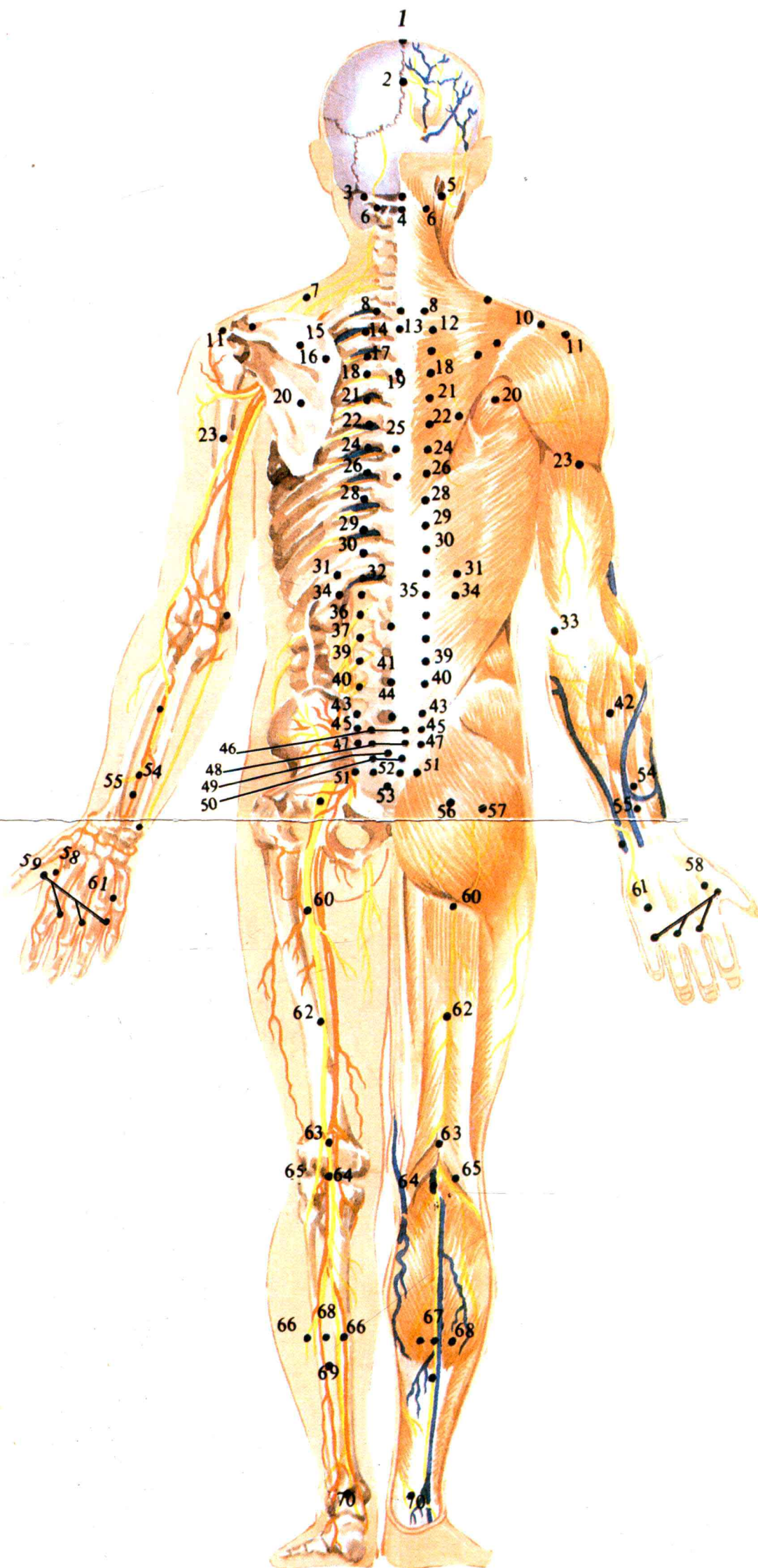
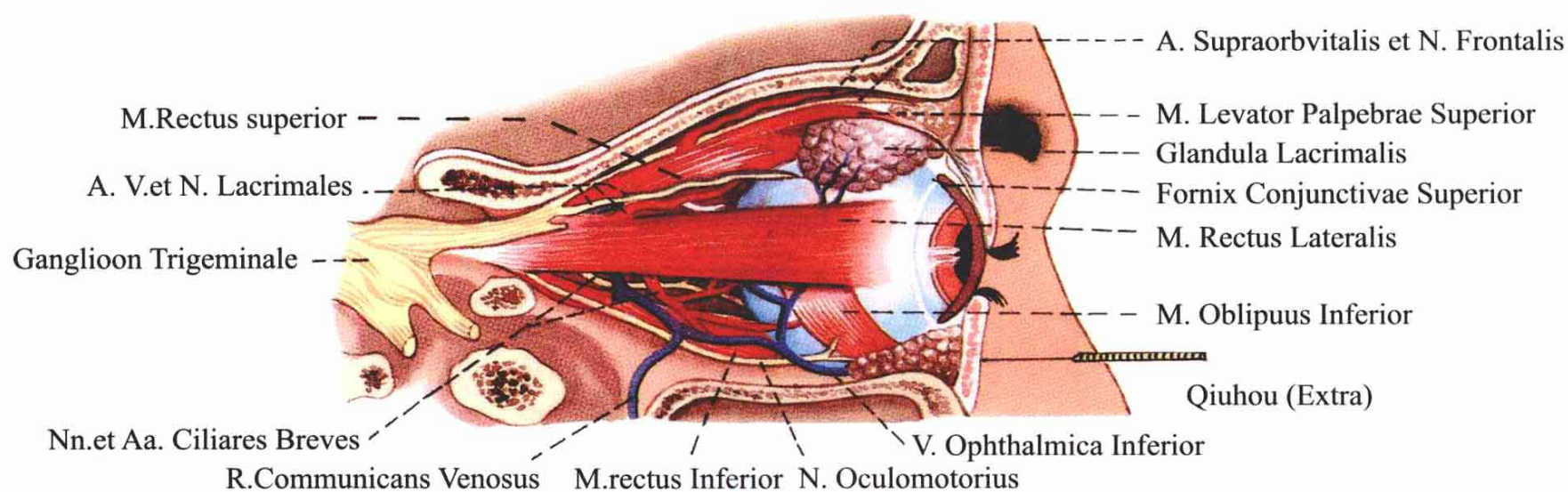


Fig. 2 Posterior Acupuncture Points



The relationship between the needle insertion direction at the *Qiuhou* acupoint and the anatomical structure of the ocular region.

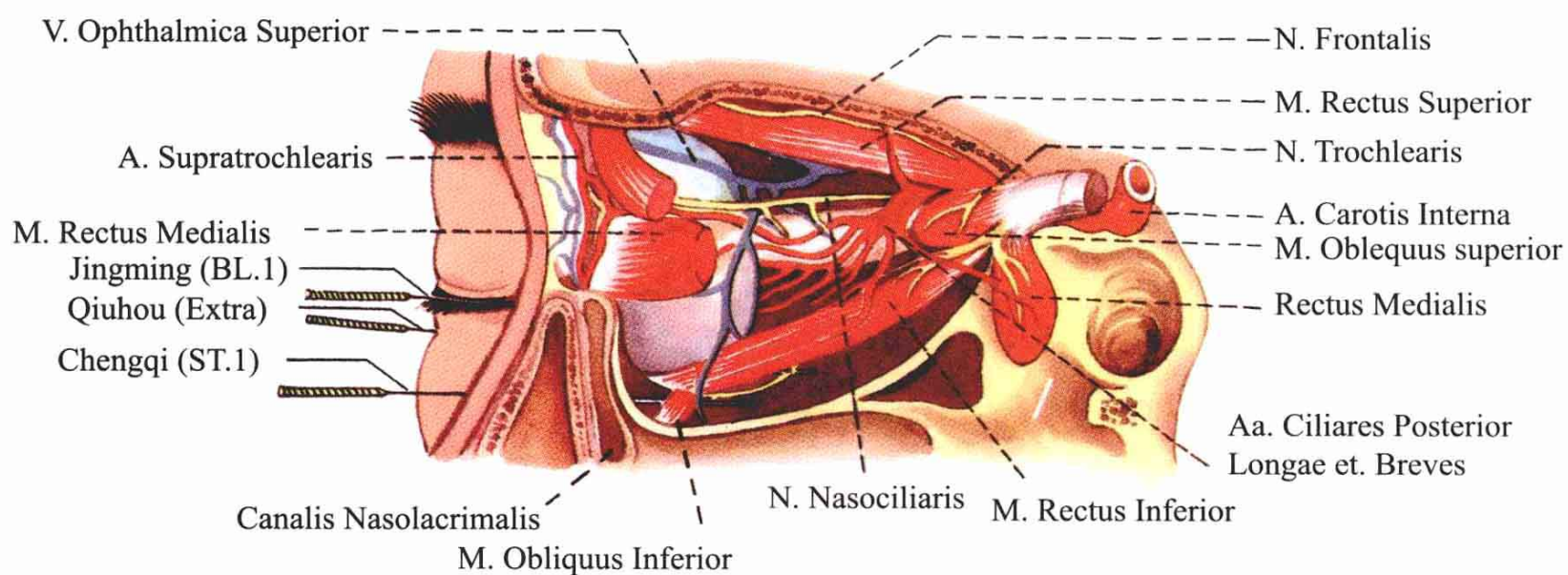
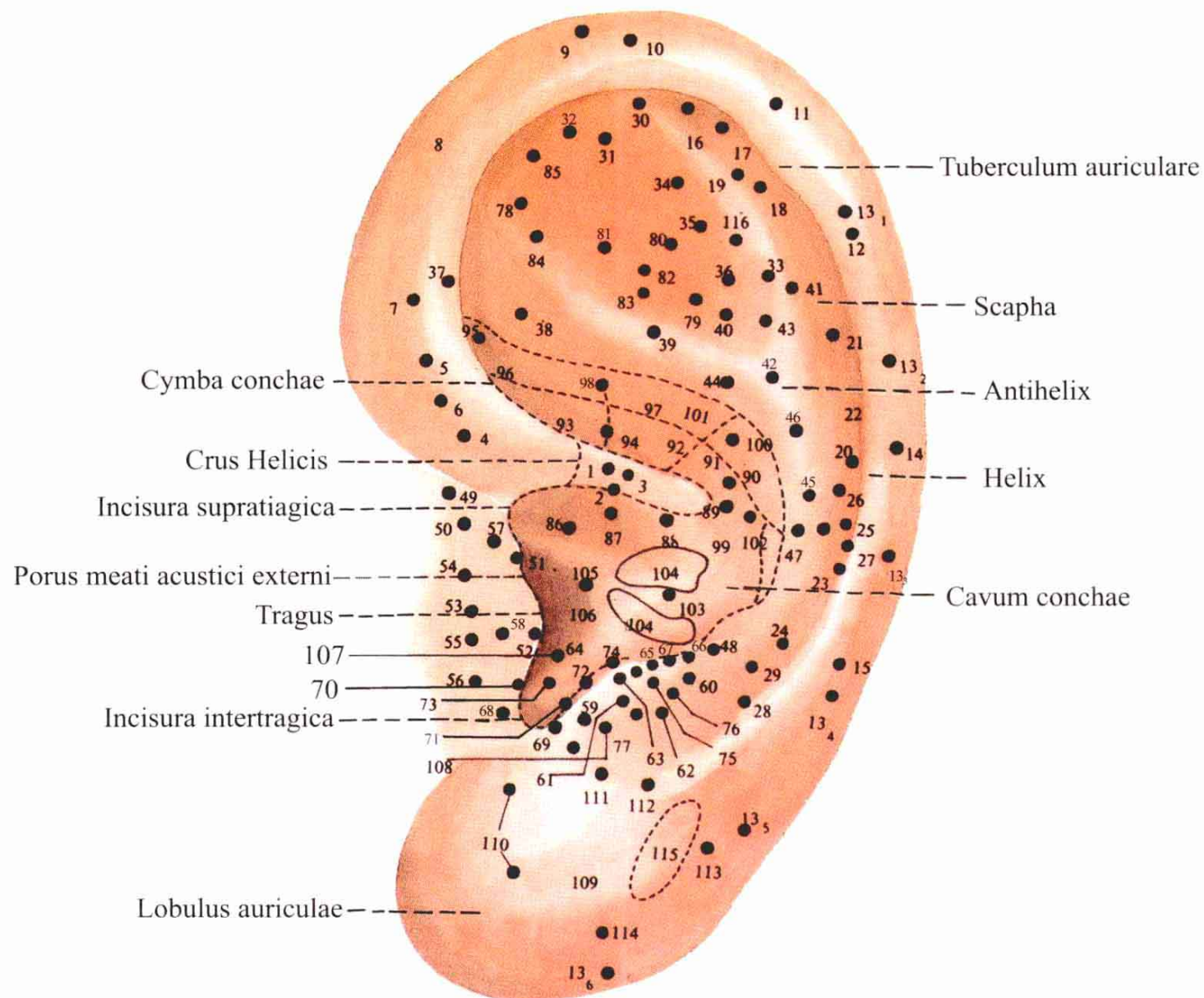


Fig. 3 Another view of the anatomical structure of the ocular region showing needle insertion directions for several acupoints.



1 Pt. Diaphragm	30 Pt. Digitum pedis	59 Pt. Frons	88 Pt. Ptosis
2 Pt. Fulcrum	31 Pt. Malleolus	60 Pt. Occiput	89 Pt. Uterine appendages
3 Pt. Mid-crus liciis	32 Pt. Calx	61 Pt. Taiyang	90 Pt. Lowering blood pressure
4 Pt. Lower rectum	33 Pt. Gemu	62 Pt. Vertex	91 Pt. Duodenum
5 Pt. Urethra	34 Pt. Art. coxae	63 Pt. Pingchuan	92 Pt. Intestinum tenue
6 Pt. Anus	35 Pt. Sura (calf)	64 Pt. Glandula parotis	93 Pt. Intestinum crassum
7 Pt. 1 Organa genitalia externa	36 Pt. Popliteal fossa	65 Pt. Encephalon	94 Pt. Appendix Vermiformis
8 Pt. Hemorrhoid	37 Pt. N. Symathetica	66 Pt. Brain-stem	95 Pt. Prostate
9 Pt. Ear apex	38 Pt. N. Ischiadicus	67 Pt. Vertigo	96 Pt. Vesica Urinaria
10 Pt. Tonsilla	39 Pt. Nates	68 Pt. Oculus 1 (Glaucoma)	97 Pt. Ren
11 Pt. Ganyang 1	40 Pt. Fever	69 Pt. Oculus 2 (Astigmatism)	98 Pt. Ureter
12 Pt. Ganyang 2	41 Pt. Lower abdomen	70 Pt. Endocrine	99 Pt. Jisong
13 Helix 1 2 3 4 5 6	42 Pt. Appendix vermiformis 1	71 Pt. Ovarium	100 Pt. Hepar
14 Pt. Tonsilla 2	43 Pt. Abdomen	72 Pt. Subcortex	101 Pt. Pancreas. Gallbladder
15 Pt. Tonsilla 3	44 Pt. Lumbago	73 Pt. Hormone	102 Pt. Lien
16 Pt. Appendix vermiformis 1	45 Pt. Thorax	74 Pt. Testis	103 Pt. Cor
17 Pt. Digitas manus	46 Pt. Abdomen	75 Pt. Excitat	104 Pt. Pulmo (upper, lower)
18 Pt. Carpus	47 Pt. Glandula Mammaria	76 Pt. Nervus	105 Pt. Bronchus
19 Pt. Allergy	48 Pt. Collum	77 Pt. Hypophysis	106 Pt. Sanjiao
20 Pt. Shoulder	49 Pt. Auris Externa	78 Pt. Uterus	107 Pt. Bronch iectasis
21 Pt. Cubitus	50 Pt. Cor (Pt. Xinzang)	79 Pt. Cavum pelvis	108 Pt. Emphysema
22 Pt. Appendix vermiformis 2	51 Pt. Tragic apex	80 Pt. Shenmen	109 Pt. Oculus
23 Pt. Art. Humeri	52 Pt. Glandula suprarenalis	81 Pt. Asthma	110 Pt. Anesthetic
24 Pt. Clavicula	53 Pt. Nasus Externus	82 Pt. Hepatitis	points for tooth
25 Pt. Shoulder-ache	54 Pt. Thirsty	83 Pt. Guguan	extraction
26 Pt. Subaxilla	55 Pt. Hunger	84 Pt. Os	111 Pt. Lingua
27 Pt. Thorax externa	56 Pt. Hypertension	85 Pt. Exophagus	112 Pt. Upper, lower mandible
28 Pt. Nephritis	57 Pt. Pharyngo Larynx	86 Pt. Cardia	113 Pt. Auris Interna
29 Pt. Glandula Thyroidea	58 Pt. Nasus	87 Pt. Ventriculum	114 Pt. Tonsilla
			115 Pt. Pcies and Bucca

Fig. 5 The relationship between the acupoints and the superficial anatomical structure of the left auricle.

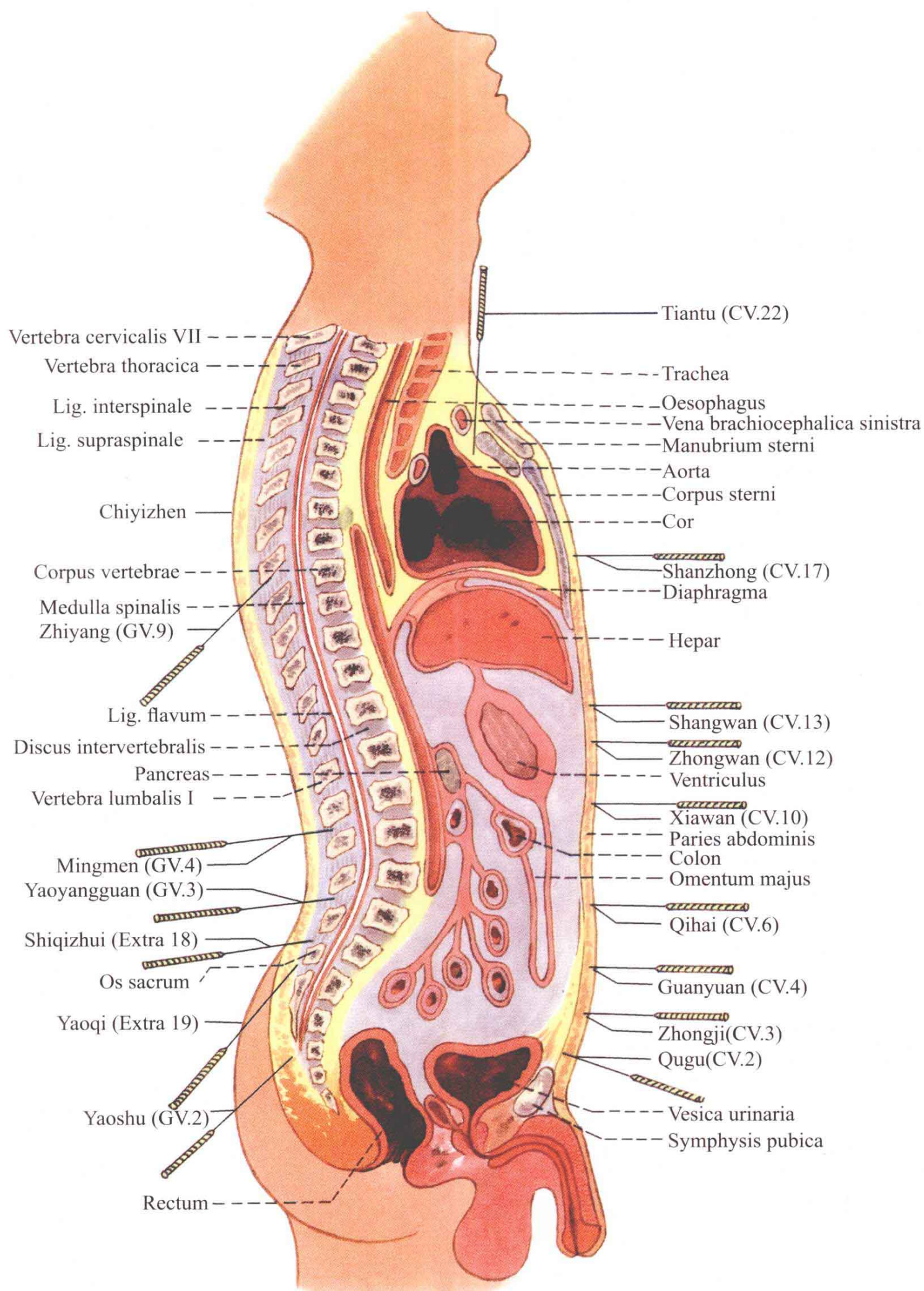


Fig. 4 The relationship between several acupoints and the anatomical structure of the sagittal cross section of the trunk.

CONTENTS

Chapter I. An Outline of the Treatment	1
1. The Therapeutic Effect of Acupuncture and Moxibustion	2
2. Treatment Determined According to Symptoms	3
3. Selection and Combined Use of Points	4
4. Specific Points and Their Applications	9
 Chapter II. Treatment of Common Diseases with Acupuncture and Moxibustion	 17
1. Apoplexy, or Stroke	18
2. The Common Cold	22
3. Heat Stroke	24
4. Cough	26
5. Asthma	29
6. Vomiting and Hiccups	32
7. Choking, Food Retardation and Nausea	34
8. Diarrhea	36

9. Dysentery	38
10. Constipation	40
11. Rectal Prolapse	42
12. Retention of Urine	44
13. Urination Disturbance	46
14. Seminal Emission	48
15. Impotence	49
16. Pulmonary Tuberculosis	51
17. Insomnia and Amnesia	52
18. Palpitation of the Heart	54
19. Depressive and Manic Mental Disorders	56
20. Epilepsy	58
21. Vertigo	60
22. Malaria	62
23. Jaundice	64
24. Edema	66
25. Testis Pain and Swelling	68
26. Beriberi	70
27. Headache	71
28. Hypochondriac Pain	74
29. Epigastric Pain	76
30. Abdominal Pain	79
31. Low Back Pain	81
32. Obstruction Syndromes	83
33. Atrophic Syndromes and Sequelae of Poliomyelitis	85
34. Polyneuritis	89
35. Facial Paralysis	91
36. Sciatica	93
37. Trigeminal Neuralgia	95
38. Menstrual Irregularities	97

39. Dysmenorrhea	99
40. Amenorrhea	101
41. Uterine Bleeding	103
42. Morbid Leucorrhea	105
43. Prolonged Labour	107
44. Lactation Insufficiency and Lactifuge Method	108
45. Prolapse of Uterus	109
46. Malposition of the Fetus	111
47. Acute Infantile Convulsions	111
48. Chronic Infantile Convulsions and Sequelae of Encephalitis	113
49. Infantile Malnutrition	115
50. Nocturnal Enuresis	117
51. Erysipelas	118
52. Urticaria	120
53. Furuncle (Malignant Boil)	121
54. Parotitis (Mumps)	123
55. Acute Mastitis	124
56. Appendicitis	126
57. Hemorrhoids	127
58. Scrofula	129
59. Thyroid Enlargement	130
60. Sprain and Stiff Neck	132
61. Tinnitus, Deafness and Deaf-mutism	134
62. Swelling and Pain of the Eyes and Night Blindness	136
63. Rhinorrhea	138
64. Epistaxis	139
65. Toothache	140
66. Swelling and Pain in the Throat	142
67. Shock	143
68. Hypertension	144

69. Angina Pectoris	146
70. Thromboangiitis Obliterans	148
71. Urinary-Tract Infection	149
72. Acute Lumbar Sprain	151
73. Periarthritis of the Shoulder	152
74. Soft-Tissue knee Injury	154
75. Neurasthenia	155
76. Glaucoma	157
77. Retrobulbar Neuritis	158
78. Myopia	160
79. Gastroptosis	162
80. Spasm of Esophagus and Cardia	163
81. Intestinal Obstruction	165
82. Morning Sickness	167
83. Hysteria	168

Chapter I

AN OUTLINE OF THE TREATMENT

The therapy of acupuncture and moxibustion is to stimulate a certain point on the human body with metallic needles and moxa, activating the meridians and collaterals and regulating the function of the internal organs, qi and blood, so as to prevent and treat disease. Therefore, the student must know not only the meridians, collaterals, points and manipulations but also the essentials of traditional Chinese medicine. Clinically, it is important to follow the treatment determined by the syndromes.

1. The Therapeutic Effect of Acupuncture and Moxibustion

Traditional Chinese medicine holds that all matter and phenomena in the universe contain aspects of yin and yang, which are interrelated and opposed but the same entity. The theory of yin and yang is also used to explain the physiology and pathology of the human body. Under normal conditions the human body has a relative balance of yin and yang. An imbalance of yin and yang causes disease.

When a pathogenic agent invades the human body, antipathogenic agents resist it. If the antipathogenic agents are strong, the disease will be hindered. The effectiveness of acupuncture and moxibustion in treatment of disease is due mainly to regulation of yin and yang, strengthening of the body's defences and elimination of the pathogens.

Experiments of modern medicine have proved that acupuncture and moxibustion can strengthen the central nervous system, reinforcing especially the action of the sympathetic nervous system and cerebral cortex, which control all the tissues and organs of the human body. For instance, acupuncture and moxibustion can regulate the heartbeats, body temperature,

blood pressure and respiration. They can relieve muscle spasms and cure numbness. They can also remove disturbance of exocrine and endocrine secretions and promote secretion of the glands, such as pituitary, thyroid, parathyroid, adrenic, sweat, pancreatic and digestive.

2. Treatment Determined According to Symptoms

A disease often has a complicated cause and development, hence various symptoms and signs must be analyzed and systematized according to knowledge of the zang organs and meridians. Only in this way can one understand its nature—cold or hot, a deficiency or excess, exterior or interior, affection of meridians and internal organs. Then treatment can be determined. Our predecessors, through their practice, summarized the following rules of treatment in acu-moxibustion: The reducing method is employed for excess, the reinforcing method for deficiency, swift insertion and withdrawal of needles without retention for heat, needle retention for cold, moxibustion for deficient vital function and collapse of the yang, bloodletting for stasis.

The reducing method for excess refers to needle manipulation, i.e. strong stimulation should be used to treat some acute or paroxysmal cases in which the normal qi of the body is still of sufficient strength, the pathogenic agents are hyperactive and a severe confrontation takes place between them. Symptoms are high fever, severe pain, etc.

The reinforcing method for deficiency refers to mild stimulation by acupuncture or moxibustion applied to cases with deficiency of the normal qi. Symptoms are coughing, asthma due to weakness of the lung, palpitation, shortness of breath, etc.

Swift insertion and withdrawal of needles without retention for heat refers to inserting the needle rapidly without retention after manipulation or twirling the needle with high frequency after insertion (i.e. the reducing method). In addition, it also includes cutaneous needling or bloodletting to the Jing (Well) points on the tips of the fingers and toes. These methods are prescribed for some disorders resulting from wind heat or heat transformed from wind and cold, e.g. colds due to wind and heat, loss of consciousness due to high fever, etc.

Needles retained for cold means that the needles should be inserted for a period of time, twirling the needle intermittently or not twirling at all. In addition, moxibustion or cupping, may also be applied to treat some diseases caused by pathogenic cold, e.g. cold due to wind and cold, rheumatic or rheumatoid arthritis resulting from excessive cold and dampness and diarrhea due to endogenous cold.

Moxibustion for deficient qi and collapse of yang is a method for diseases resulting from a deficiency of qi, e.g. chronic dysentery, diarrhea, prolapse of rectum. Moxibustion should be used to invigorate the body's yang. Moxibustion may also be used for profuse sweating, cold limbs and fading pulse due to a sudden collapse of yang.

Bloodletting for stasis means that disorders of stagnation and accumulation of blood resulting from traumatic injuries, erysipelas and some other factors may be treated by pricking with the filiform needle or the three-edged needle to cause bleeding, followed by cupping.

3. Selection and Combined Use of Points

Acu-moxibustion treatment is based on the function of points. Therefore, it is important to make a correct selection of them.

How to select points

(a) Selection of local and adjacent points: Each point used can treat local disorders and disorders of adjacent tissues and organs. When a certain part of the body is affected, the points located in the affected area or neighbouring areas should be prescribed for treatment. For instance, Zhongwan (CV 12) and Liangmen (ST 21) are chosen to deal with gastric pain, Jiache (ST 6) and Xiaguan (ST 7) are punctured for toothache, Tianshu (ST 25) and Qihai (CV 6) are prescribed for diarrhea. Under normal conditions local points are taken as the main points, or local and adjacent points are combined. But if there are important organs, ulcers, or scars in the local area, the local points should not be punctured; the adjacent points should be used instead.

(b) Selection of points according to the course of the meridian: Points below the elbow or knee affect diseases occurring in the face, trunk, and tissues and organs far from them. For disorders in a meridian or its corresponding viscus the points of the involved meridian or those related to the diseased one should