

*China's
New Needling
Treatment*



英漢對照

**CHINA'S
NEW NEEDLING TREATMENT**

英漢 新針灸治療法

潘以仁編著
常熙文醫師譯



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- III. Acupuncture Points on the Loins and Back 29**
- | | |
|---------------------------------|-----------------------------------|
| 1. <i>Paihuanshu-261 (B 30)</i> | 2. <i>Changchiang-27 (JEN 24)</i> |
| 3. <i>Mingmen-24 (TU 4)</i> | 4. <i>Tachangshu-256 (B 25)</i> |
| 5. <i>Shenshu-254 (B 23)</i> | 6. <i>Weishu-252 (B 21)</i> |
| 7. <i>Tanshu-250 (B 19)</i> | 8. <i>Hsinshu-246 (B 15)</i> |
| 9. <i>Chihyang-19 (TU 9)</i> | 10. <i>Tachui-14 (TU 14)</i> |
- IV. Acupuncture Points on the Thorax and Abdomen 33**
- | | |
|-------------------------------|----------------------------------|
| 1. <i>Tientu-30 (JEN 22)</i> | 2. <i>Shan chung-35 (JEN 17)</i> |
| 3. <i>Juken-160 (S 18)</i> | 4. <i>Chungwan-40 (JEN 12)</i> |
| 5. <i>Tienschu-167 (S 25)</i> | 6. <i>Chihai-46 (JEN 6)</i> |
| 7. <i>Kuanyuan-48 (JEN 4)</i> | 8. <i>Chungchi-49 (JEN 3)</i> |
| 9. <i>Kuilai-171 (S 29)</i> | |
- V. Acupuncture Points on the Head and Neck 36**
- | | |
|----------------------------------|---------------------------------|
| 1. <i>Shanghsing-5 (TU 23)</i> | 2. <i>Jen chung-2 (TU 26)</i> |
| 3. <i>Yangpai-201 (GB 14)</i> | 4. <i>Tsan chu-233 (B 2)</i> |
| 5. <i>Chingming-232 (B 1)</i> | 6. <i>Chengchi-143 (S 1)</i> |
| 7. <i>Yinghsiang-100 (LI 20)</i> | 8. <i>Szupai-144 (S 2)</i> |
| 9. <i>Hsiakuan-149 (S 7)</i> | 10. <i>Chiache-148 (S 6)</i> |
| 11. <i>Taying-147 (S 5)</i> | 12. <i>Titsang-145 (S 4)</i> |
| 13. <i>Erhmen-121 (SC 21)</i> | 14. <i>Tingkung-142 (SI 19)</i> |
| 15. <i>Tinghui-189 (GB 2)</i> | 16. <i>Yifeng-117 (SC 17)</i> |
| 17. <i>Fengchih-25 (GB 20)</i> | 18. <i>Yamen-13 (TU 15)</i> |
| 19. <i>Paihui-8 (TU 20)</i> | 20. <i>Lienchuan-29 (TU 23)</i> |
- VI. The Strange and New Acupuncture Points in Common Use 43**
- | | | |
|--------------------|------------------------|--------------------|
| 1. <i>Chuanhsi</i> | 2. <i>Yintang</i> | 3. <i>Chiuhou</i> |
| 4. <i>Taiyang</i> | 5. <i>Yiming</i> | 6. <i>Luo chen</i> |
| 7. <i>Hsiyen</i> | 8. <i>Lunghsueh</i> | 9. <i>Lanwei</i> |
| 10. <i>Tzukung</i> | 11. <i>Tanlangtien</i> | 12. <i>Yatung</i> |

Chapter Three	China's New-Needling Treatment for Common Diseases	47
I.	Diseases of the Internal Medicine and Pediatrics	47
	1. <i>Respiratory System</i>	2. <i>Digestive System</i>
	3. <i>Circulatory System</i>	4. <i>Blood System</i>
	5. <i>Genito-Urinary System</i>	6. <i>Nervous System</i>
	7. <i>Infectious Diseases</i>	
II.	Surgical Diseases	55
III.	The Five-Senses and Dermal Diseases	57
	1. <i>Eye Diseases</i>	2. <i>Auricular Diseases</i>
	3. <i>Nose Diseases</i>	
	4. <i>Diseases of the Mouth and Pharynx Region</i>	
	5. <i>Dermal Diseases</i>	
IV.	Diseases of the Gynecology and Obstetrics	61
V.	Medical Emergency and the Others	62
Index		64

中文部份

目 錄

第一章 基本知識.....	71
一、針刺操作.....	71
二、針刺時注意事項.....	74
第二章 常用穴位.....	76
(一) 上肢穴位.....	76
1. 中衝 2. 少澤 3. 中諸 4. 後溪	
5. 勞宮 6. 魚際 7. 合谷 8. 神門	
9. 養老 10. 內關 11. 外關 12. 支溝	
13. 列缺 14. 曲池 15. 肩髃 16. 肩貞	
(二) 下肢穴位.....	80
1. 環跳 2. 股門 3. 風市 4. 血海	
5. 陽陵泉 6. 陰陵泉 7. 足三里 8. 豐隆	
9. 承山 10. 飛揚 11. 光明 12. 懸鐘	
13. 崑崙 14. 三陰交 15. 復溜 16. 太衝	
17. 內庭 18. 足臨泣 19. 至陰 20. 湧泉	
(三) 腰背部穴位.....	85
1. 白環俞 2. 長強 3. 命門 4. 大腸俞	
5. 腎俞 6. 胃俞 7. 胆俞 8. 心俞	
9. 至陽 10. 大椎 11. 喘息	
(四) 胸腹部穴位.....	87
1. 天突 2. 膻中 3. 乳根 4. 中腕	

- | | | | |
|------|------|------|------|
| 5.天樞 | 6.氣海 | 7.關元 | 8.中極 |
| 9.歸來 | | | |

(五) 頭頸部穴位..... 89

- | | | | |
|-------|-------|-------|-------|
| 1.上星 | 2.印堂 | 3.人中 | 4.陽白 |
| 5.攢竹 | 6.睛明 | 7.球後 | 8.承泣 |
| 9.迎香 | 10.四白 | 11.太陽 | 12.下關 |
| 13.頰車 | 14.大迎 | 15.地倉 | 16.耳門 |
| 17.聽宮 | 18.聽會 | 19.翳風 | 20.醫明 |
| 21.風池 | 22.啞門 | 23.白會 | 24.廉泉 |

(六) 常用奇穴..... 93

- | | | | |
|-------|-------|-------|------|
| 1.牙痛穴 | 2.落枕穴 | 3.膝服穴 | 4.聾穴 |
| 5.闌尾穴 | 6.子宮穴 | 7.胆囊穴 | |

第三章 常見病的新針治療..... 96

一、內、兒科疾病..... 96

- | | | | |
|--------|--------|--------|--------|
| 1.呼吸系統 | 2.消化系統 | 3.循環系統 | 4.血液系統 |
| 5.泌尿系統 | 6.神經系統 | 7.傳染病 | |

二、外科疾病..... 100

三、五官和皮膚科疾病..... 101

- | | | | |
|-------|------|------|----------|
| 1.眼病 | 2.耳病 | 3.鼻病 | 4.口、咽部疾病 |
| 5.皮膚病 | | | |

四、婦產科疾病..... 103

五、急救及其他..... 103

CHAPTER ONE

BASIC KNOWLEDGE

新針灸治療法

英文部份

I. TECHNIQUE OF ACUPUNCTURE

(I) Instruments of Acupuncture

There are three kinds of stainless steel needles: Hao Chen, San Ling Chen and Pi Fu Chen which are commonly used in acupuncture.

Hao Chen: The needles must be very fine, flexible, should not break-well polished and should not rust or tarnish. The point should be sharp. The most serviceable one is made of stainless steel. There are several kinds in length, i.e.: 0.5 tsun, 1 tsun, 1.5 tsun, 2 tsun, 2.5 tsun, 3 tsun and up to 5-6 tsun, etc.

The long ones, about three or more than three tsun in length, are used (when they are employed) for deep insertion in the buttock muscles and shoulder muscles.

The medium ones, about two tsun in length, are for the deep points of the limbs and trunk.

The shorter ones, about one tsun in length, can be used in treating superficially the arms and legs and the very fine

needle, about a half tsun in length, is used for the face (Fig. 1).

San Ling Chen (prismatic needle) is an instrument for "Tienchih"*. Most of which are made of stainless steel, about 2 tsun in length. The needle-handle is as if a cylinder, the needle body shows a triangle and its tip is very sharp (Fig. 2).

Pi Fu Chen (Dermal needles) is the instrument for inserting the superficial skin regions. They consist of several little needles. One, which consists of 5 little needles, is called "plum-blossom" needle and the other which consists of seven little needles are called "seven-star" needle. Although there are a little difference in shapes, but the treating effects

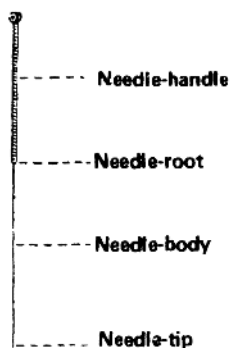


Fig. 1 The Structure of the needle

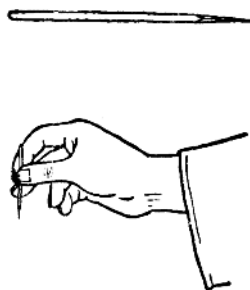


Fig. 2 A prismatic needle and a posture of grasping the needle

* "Tienchih" (blood-letting)

Insert a San Ling Chen (prismatic needle), Hao Chen No. 26-28, an injection needle or a little ablique knife exactly and rapidly into the point or region about one fen deep, shake the needle several times, and then draw the needle to let the blood out. Such a method is called "Tienchi". It is suitable for cases of heat stroke, unconsciousness and painful oropharynx, etc.

are almost the same (Fig. 3).

The sterilizing the needles and disinfecting the skin, 75% alcohol and a pack of cotton wool are also required.



Fig. 3 Pi Fu Chen (Dermal needle)

(II) The Position of Patient's Body

The position of patient's body may be taken according to three principles: The patient is persistent and comfortable, the point is unmasked and convenient to be manipulated.

The patient may sit down, lie on his back, on his stomach or on his side, etc. (Fig. 4).

(III) Localization of the Points

1. Methods of Bone Convertible-Measurement

This method is used for determining the fixed length between the different regions of the body, for example:

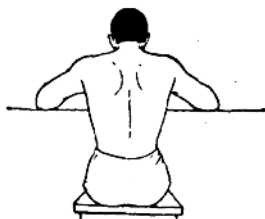
The distance between the middle of the eyebrows and the middle of the natural line of the hair on the forehead is 3 tsun;

The distance between the middle of the natural line of the hair on the forehead and the middle of the natural line of the hair at the back of the head is 12 tsun;

The distance between the middle of the ~~natural line~~ of the



Sitting position 1



Sitting position 2



Lateral position



Supine position



Abdominal position

Fig. 4 Postures of patient's position on acupuncture

hair at the back of the head and the 7th cervical vertebrae is 3 tsun;

The distance between the two mastoid process on the posterior side of the auricle is 9 tsun;

The distance between the Tientu point (this depression is jagular notch) and the costophrenic angle is 9 tsun;

The distance between the nipples is 8 tsun;

The distance between the xiphoid process and the umbilicus is 8 tsun;

The distance between the umbilicus and the superior border of the symphysis pubis is 5 tsun;

The distance between the anterior axillary fold and the elbow crease is 9 tsun;

The distance between the elbow crease and the wrist crease is 12 tsun;

The distance between the greater trochanter of the femur and the lateral patella is 19 tsun;

The distance between the middle of the popliteal fossa and the superior border of the lateral malleolus is 16 tsun;

The distance between the superior border of the lateral malleolus and the inferior border of the heel is 3 tsun (Fig. 5).

2. *Methods of Finger-Measurement*

These methods are used the width of the patient's fingers as a standard to measure the localizations of points. If the patient's body is correspond to the doctor himself, that may also use the width of the doctor's fingers to measure the localization of points. The methods of finger measurement in common use are:

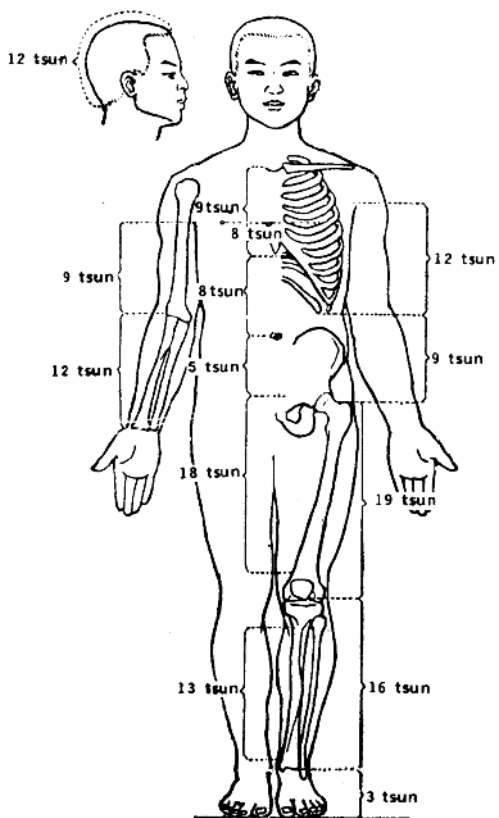


Fig. 5 Diagram of the Bone-convertible measurement

(1) The Middle Finger Measurement

When the patient forms a ring by jointing his middle finger to his thumb, the inside instance between the first and the second joints of the middle finger is one tsun or ten fen.

(2) The Thumb Measurement

The width of the first joint of the thumb is one tsun.

(3) The Finger Combined Measurement

The width of the second joint of the indexfinger, middle finger, ring finger and the little finger linked together is 3 tsun (Fig. 6).

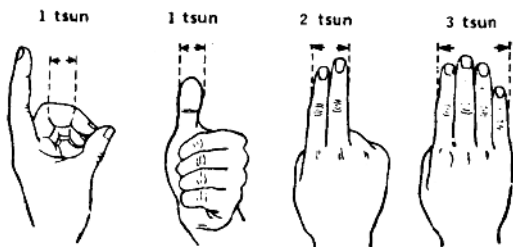


Fig. 6 Methods of the "Finger-measurement"

3. The Method of Anatomical Marks

This is a method for localizing the points in accordance with the anatomical marks of the human body. For example: When bowing the head, the middle of the highest bone of the scapula is on the same level with the spinous process of the 7th thoracic vertebrae; the middle of the second and third lumbar vertebrae is on the same level with the umbilicus; the

highest point of the iliac crest is on the same level with the spinous process of the third lumbar vertebrae; standing upright the point where the tip of the middle finger touching is Fengshih; the space between the thumb and the index finger of the left and the right hand put at an intersection, where the end of the indexfinger is Liehchueh point.

(IV) Insertion of the Needle

Pressing the point tightly with the left thumb's nail, grasp the needle handle with the right thumb and indexfinger, and put the other finger on the needle trunk, then insert the needle rapidly and exactly to the skin, and adjust the needle to the spesified depth; or pressing the point with the left thumb's nail, grasp the needle with the right thumb and indexfinger at a distance of 1-2 fen from the tip of the needle, and insert it suddenly to the skin, then adjust the needle into the spesified depth (*Fig. 7*).

There are three kinds of angles for inserting the needle:

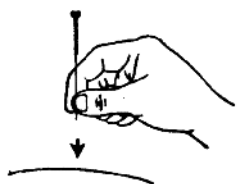
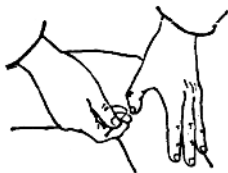
1. Vertical insertion (90°). This is suitable for regions of abundant musculature;
2. Slanting Insertion (10° - 45°). This is suitable for the chest and back region;
3. Transversal Insertion (10° - 15°). This is suitable for the head and the superficial regions (*Fig. 8*).

(V) Manipulation after Insertion of the Needle

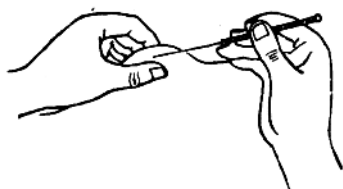
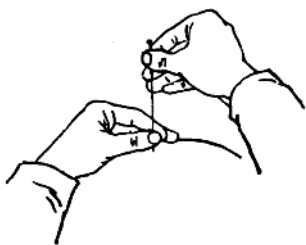
When the patient has a special feeling of needle sensation in the point where the needle is inserted, this is called



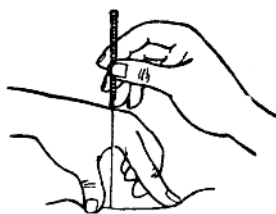
(1)



(2)



(3)



(4)

Fig. 7 Postures of inserting the needle

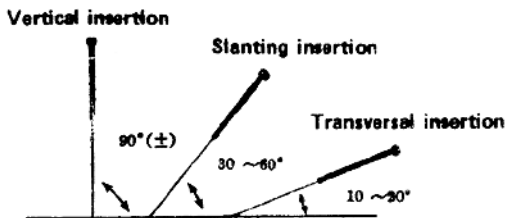


Fig. 8 Diagram of the angles of needle insertion

“Tehchi”*. Then the following stimulations should be made:

1. *The Diffuse-Conductive Method:*

Grasp the needle handle with the thumb and the indexfinger of the left hand while put the thumb of the right hand on the top of the needle and use the indexfinger's or the middle finger's nail paring the needle body from the lower to the upper part several times; Or use the thumb's and indexfinger's nail paring on the top of the needle with a screwy action from the lower to the upper part. This method does not injury the tissue of the body so it is intirely suitable for using. When a feeling of electro-sensibility of diffusion and conduction arises around the

* “Tehchi”

In traditional Chinese medicine, “Tehchi” is considered essential for ensuring the curative effect of acupuncture. This rather obscure-term admits of two different interpretations. On the part of the patient, it refers to the particular subjective feeling experienced in the region being needed, which is often described as a combined deep sensation of soreness, heaviness, tightness, and swelling, while on the part of the acupuncturist it means the manual feeling of resistance or palpable motions of the impaling needle in the tissue during the maneuver, in which the needle is felt to be cougth or sucked in by something in the tissue.