

Eight Principle Treatment Strategies

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6 Treatment Methods

1. Tonfiying
2. Sedating
3. Warming
4. Clearing
5. Ascending
6. Descending

Reinforcing/Tonfiying

Use for deficiencies or weaknesses

Manipulation:

- Slow in, rapid out
- go with the flow of the channel

- insert needle into point on exhalation
- shallow

Yang Deficiencies, Yin Deficiencies, Boosting KD Qi (yang)

Use the points:

- BL 23 (w/ moxa)
- CV 4 (w/ moxa) – warms and nourishes the original qi
- KD3 nourishes both yin and yang

Stomach Qi

- CV 12
- CV 6 – all qi of the body
- ST36 – general purpose tonification
 - Use a warming needle on ST 36 to boost the immune system

Building Qi & Blood

If the person is cold, add moxa

- BL 20
- BL 17
- ST 36 & SP 6

To nourish the KD yin, you do not normally want to add moxa, it depends on how hot the person is.

Note: Do not reinforce in the presence of strong pathological evils. You must first clear the excess evils, then you can later tonify. Do not use ST 36 if there are excess pathogenic evils.

Reducing/Sedating

To dispel pathogens

To move stasis (stagnation)

- Blood
- phlegm
- damp

Manipulation

- Rapid in, slow out, to pull out the excess
- go against the flow of the channel

- insertion on inhalation.
- Deep – takes energy out.
 - Qi is deep in the winter, use heavier needles and needle deeper.

Wind

- GB 20 – upper body
- GB 31 – lower body
- LI 4 – release the exterior
- TW 5
- UB 10

Take out heat

For constipation

- LI 11
- ST 25
- ST 37 on left of body (Lower He – Sea of LI)

For Backache

- Prick to bleed the back of the knee

For Trauma

- Prick to bleed around the injured area.

This will reduce the healing time and prevent complications.

Do not use on a deficient person. If the person is deficient w/ some excess Stasis, use an even method (just twirl the needle gently back and forth)

To Drain Dampness

- CV 9
- SP 9 – acts like a diuretic
- KD 7
- (LI4 & LK 7 will either stop or start sweating)

To Move Qi and Blood

- LV 3

- PC 6 – especially if stagnation is in the chest area

Use one or both to help people deal emotionally with chronic pain

Warming

- Nourish Yang qi
- To treat cold syndromes
- yang deficiencies or yin excess cold
- moxa or warming needles
- retain needles for cold syndromes (heat 8-10 minutes, or prick; cold 20-25 minutes)
- Warm the middle jiao
 - moxibustion
 - TDP lamp

To Rescue Yang Collapse

- CV 4 – moxa
- CV 6 – moxa
- CV 8 – moxa

Use carefully if there is yin deficiency.

Clearing Heat

- Swift needling – do not retain long
- Shi xuan (10 out) – prick to bleed finger tips for extreme heat emergencies.

Points to use:

- DU 14 – prick to bleed or reducing – do not go opposite channel???
- LI 11 – prick to bleed or reducing
- LI 4 – prick to bleed or reducing

or

- Jing Well points & ying spring points the more distal the point, the more cooling
- DU26 is also a resuscitation point (or to keep you awake when driving)

Ascending

- To raise yang qi
- for prolapse or sinking qi

- incontinence
- hemorrhoids
- dizziness w/ emptiness in the head (BL deficiency in the head)

Use a reinforcing method, moxa, with the flow of the channel

- DU 20 w/ flow of channel
- CV 6
- CV 4
- ST 36

Do not do this if there is Liver Yang rising.

Be careful if the person is yin deficient.

Descending

When yang is ascending, migraines, LV fire, hypertension

- ST 36
- GB 20 – anchors & descends the energy (LV & GB)
- CV 17
- CV 12 – acid reflux, stomach qi counterflow)
- PC 6 – Nausea, vomiting
- LV 3 -
- LD 1 – This is NOT a tonification point. It pulls energy down.

This is not for yin deficiency problems or deficiency in the head area

Local & Distal Points

Points along the course of the same meridian.

Local to wake up the meridian, distal to lead the qi out

Distal can be on the same, or related meridian

e.g. LI5 and LU7 for shoulder pain & thumb pain

If the local point is far out on the extremity, just consider it also the distal point.

Protocol

- Select the local points
- Determine which meridian is involved (predominant meridian)
- Select the distal points (some how related to #1 or #2)

1. Could be ashi or actual points

- LI15 – shoulder
- BL23 – back
- GB20 – neck
- GB40 – ankle sprained out
- SP5 – ankle sprained in
- DU20 – headache
- SI19 – face or ear
- TW5 – hand/wrist
- LI4 – hand
- GB29,30 – hip

Could be spontaneous pain or pain w/ movement, or pressure pain. Can also use adjacent points. Check for referred pain.

2. Trace the tender spots to find the involved meridian

3. Knowing the meridian gives you the distal points

Homework: inn clinic use local & distal protocol. Write it up and hand it in for the homework.