

1. Treatment Strategy

4-29-06

4 needle technique

This is a very strong treatment, you may use this once on a patient. Don't use this every time!

Uses five phase strategy to tonify/sedate.

To determine tonification point of the meridian

★Select the mother point of the meridian you want to treat.

- Fire -> Earth -> Metal -> Water -> Wood
- So, for the lung (metal) use the earth point on the lung channel. (LU9).
- If you nourish mom, the child will be nourished.
- Yin
- Jing well -> Wood
- Spring -> Fire
- Stream -> Earth
- River -> Metal
- Sea -> Water
- Yang
- Well ->
- Spring ->
- Stream ->
- River ->
- Sea ->

★For dispersal:

- Select the child point cause the child takes energy from the mom.
- So for lung, choose the water point of the lung channel (the Water (he-sea) of Lung is LU5)

4 needle technique uses both the shung cycle and the ku cycle.

The ko cycle uses the grandmother/grandchild points as well.

(Acumoxa is good book to review this)

★Ku cycle

- Wood -> Earth -> Water -> Fire -> Metal

Four needle technique:

★First Needle: tonify the deficient meridian by needling at the meridian's mother point (earth on lung) LU9

★Second Needle: tonify the same phase point on the mother element's channel (earth on earth channel) SP3

★Third Needle: disperse the control the grandparent on the affect meridian (fire on lung) LU10

★Fourth Needle: disperse the master point on the grandparent's meridian. (fire on fire channel) HT8

The needles can be done with an even fashion. The tonification and sedation comes with the point selection, not the manipulation of the needles.

The person should be able to handle a fairly strong patient. They need to be able to handle the flushing and pushing action of these needles. Make sure that you have selected the correct meridian.

This would normally be used to treat more excess conditions. Especially with organs... You don't have to use all of the needles. You can use this just to tonify as well. Just use the first two needles perhaps. You could use LU9 and SP3 together just to tonify the lungs.

Meridian Sinew

There are two levels:

Level 1: Acute type of problem. Recent injury or trauma

★Main meridian is deficient because it has sent its energy up to the surface to the sinew meridian that is now in excess.

★Treatment should drain the excess in the sinew, but tonify the main meridian.

★The patient can tell you exactly where the problem is. The problem is acute and you know exactly where it hurts. When you lightly palpate, it hurts right away. It could still be black and blue.

★Symptoms

- There can be spasms in the muscles.
- There can be redness
- Sprains of joints
- Strains of muscles
- Impact type traumas
- Acute arthritic flair up. (The body is responding)

★Treatment Principle

- Treat the excess
- Supplement the main meridian

★Treatments

- Palpate and locate the ashi with superficial needle technique
- Supplement the main meridian.

Level 2: More chronic type of problem

★This is the chronic level. It has been going on for a while.

★The defense qi on the surface has become exhausted. The sinew level is exhausted.

★Instead, the excess (pathogen) has made it down to the main meridian.

★The meridian sinew is deficient, but the main meridian is not in excess.

★Symptoms

- Painful spots are deeper in the body.
- Pain is more difficult to pin point. The pain is diffuse at this point.
- The pain is more vague
- There can be numbness. (at the surface sinew level because it is empty)
- The area can be cold to the touch, and the muscles feel kind of loose.
- This is old injuries (I banged my elbow two weeks ago)

- Chronic arthritis pains are an example of this
- ★Treatment Principle
 - Supplement the meridian sinew
 - Sedate the main meridians
- ★Treatments
 - Supplement with a fairly shallow needling technique – tonify this level. Moxa either with or without a needle.
 - Drain the excess out of the main meridian and use the dispersal points (from above) with a deeper technique.
 - Find the correct meridian to treat. Keep in mind that it could involve several meridians.

Aspect	Supplement	Drain
Needle		
★Temp.	Warm first	Do not heat
★Gauge	(thin) 34 or more	(thick) 28,30,32
<i>Thicker in the winter time...thinner in the summer...</i>		
Insertion		
★Speed	Insert slow, remove quick	Insert quick, remove slow
★Depth	Shallow	Deep
★Direction	In direction of channel flow	Against channel flow
★Sensation	Do not cause sensation	Cause sensation
★Vibration	Insert calmly and smoothly	Vibrate needle during insertion and removal
★Timing	Insert on exhalation, remove on inhalation	Insert on inhalation, remove on exhalation
Manipulation		
★Twirling	Clockwise	Counterclockwise
★Retention	Retain for a long time	Retain for a short period
★Lift and Thrust	Thrust with force, lift gentle	Thrust gentle, lift forceful
Acupoint		
★Massage	Rub before insertion	No massage
★Pressure	Press of close point after removal	Spread skin to open point after removal
★Pinch	Pinch with the nails before insertion	Insert w/o pinching
★Point Selection	Needle the “mother” point and channel	Needle the “child” and channel

Other: Body points (head points) are more tonifying (or less draining), distal points are more draining.

Extraordinary Vessels used for BI syndromes

- ★They are the deepest level of the body’s defenses

★They function as a drainage ditch, reservoir. The pathogens may accumulate here if the outside pathogen overfills the main meridians.

★Levels again are:

- Cutaneous, superficial luos
- Tendino-muscle, Sinew
- Luo's
- Meridians
- Extraordinary
- Bone

★Once the pathogen makes it to this level, it stays here. It can stagnate and create more problems. (It can generate more heat)

- This can create blood stasis of arthritis. It's real solidified and locked in the body.
- This can create phlegm bone deformities of arthritis

★This is more of a chronic type of problem.

★Can develop slowly over time

★The pain is going to be kind of diffuse. It's all over the extraordinary vessel because it is so deep. Palpation is important for this. You need to know where the extraordinary channels go. It may not even be in the area where the injury originally occurred. It may not hurt except upon palpation.

★This is more common in older people.

★These are chronic pains.

★Look for the trigger points/the kori (rubbery nodules)

★Look for signs of blood stasis – broken blood vessels

★Look stagnation

★The surface may feel warm or look different or feel different. In one case there are a lot of moles in the area. The skin may feel drier or thicker along the extraordinary vessel

★It could be over broad areas because they cover large portions of the body.

★It can be along both sides of the body.

★When you see problems with the extraordinary organs (bones, vessels, gall bladder, uterus, bone marrow) it can be a problem with the extraordinary vessels.

★They also control the kidney's, essence.

★When to suspect

- Palpation along the extraordinary channel
- When there is general poor health (They aren't real strong people)
- When the area affected is quite extensive
- When function has been lost (like a frozen shoulder)

★Once you've got the meridian

- Open with the master point
- Put in a couple of ashi points (not too many distal points)
- You can treat overall conditions, but not too many...
- Close with the couple point

Use of the Luo Vessels

★Memorize the luo points.

- LU7 luo of LU and LI for example

- ★Remember the luo is a whole vessel system that is going through the body
- ★Each of the luo has one connect point – you can adjust the energy in these channels at this point
- ★Commonly used as distal points for BI syndromes
- ★There are 15 luo points, one for each meridian plus the great luo
- ★They collect pathogens, they collect the blood stasis and the phlegm
 - Swollen lymph is an example of this
- ★They take up the excess from the main meridians
- ★Spider veins are evidence that the luo vessels are involved
- ★Use for acute traumas or surgical
- ★Used when:
 - Signs of blood stasis or phlegm
 - When pain is on both yin and yang channels
 - When there is swelling
- ★

Test Review:

BI syndromes

Be familiar with signs and symptoms and how to address each of the different syndromes

Don't forget the use of blood points – wind is treated by nourishing the blood

There will be cases so go through your notes

Diagnosis, Treatment Principle, and Points

Meridian Sinew

What's happening with level 1?

What's happening with level 2?

How to treat

Specific body joints and the types of pain and how to treat

Know Draining/Supplement Techniques from worksheet.

(You shouldn't have to review the extraordinary vessels)