Jeffrey Yuen’s
Acupuncture in Emergency Situations
and the Treatment of Pain

I) Invasion Pathway of Pathogenic Factors
   - EPF → Yuan-source points → Luo points → Xi-cleft points
   - At the Xi-cleft points, Qi and Blood accumulate, causing pain
   - Yuan points are Shu-stream points on Yin meridians
     - They store EPFs
   - On Yang meridians, the Shu-stream points are more turbulent, so they have separate Yuan-source points
   - The Kidney meridian never allows the EPF to get past the Jing-River point
   - The Bladder meridian (Tai-yang) is the body’s attempt to get all EPFs out

II) Emergency Conditions (Ji Zheng)
   - Intractable fevers
   - Seizures/convulsions
   - Chronic pain from long-standing diseases (in which case, analgesics are best used)
   - Collapse of Yang
     - Coma
     - Fainting
     - Shock
   - Collapse of Yin
     - Profuse sweating (cold sweat, as in heart attacks)
     - Severe bleeding
     - High blood pressure
     - Stroke
   - For any of the above conditions, you can always use the Xi-cleft points
     - These are also known as Zhi Tong points – or points which by themselves have the ability to relieve pain
     - For Zhi Tong point to relieve pain, you must employ certain needling techniques…

III) The Nature of Pain
1) The Common Instigators of Pain
   - Climate
     - Hot or Cold Bi-obstruction
- Qi/Blood Stagnation
  - Use Xi-Cleft points

- Zang-Fu
  - Pain is a “dragging” discomfort (due to lesions) in the torso

2) Location of Pain
- The 4 limbs
  - Acute conditions manifest first in leg channels
- Along meridians
- Head; throat; chest; abdomen; visceral; lower back; uterine; psychosomatic
  - All due to Bi-Obstruction

3) Treatment
- Use Ahshi points
- Also, to free stagnation of Qi and Blood, use:
  - Xi-cleft points
  - Luo points
  - Shu-stream points
  - Meridian analgesic points
  - Empirical points for pain in that location

- Some pain is referred, so the point needled will be based on empirical findings or theoretical approaches

- For pain along the meridians or on the 4 limbs:
  - Use Xi-Cleft points
  - Use dispersal technique

- The shaking method is often used in cases of joint pain

IV) Needling Methods for Emergency Situations

**Dispersal Method**: relative to the midline of the body, twirl the needle quickly counter-clockwise first, then twirl it clockwise slightly slower, and/or a lesser number of times.

**Tonification Method**: relative to the midline of the body, twirl the needle first clockwise, then counter-clockwise slightly slower and/or a lesser number of times.

Even Method: A patient displays a case of fluid deficiency with accumulation of Dampness (edema), which is predominant. This is due to Stomach and Spleen Deficiency.

You’d needle Ren-12, twirling it rapidly counter-clockwise 9 times, in order to disperse the Damp, clockwise just as quickly, but only 6 times, as ridding the excess Damp was more important in the treatment.
Shaking Method: vibrate the needle after inserting it; this is especially indicated for joint pain

V) The Xi-cleft Points and Their Indications

1) Theory
   - Xi-Cleft points are reservoirs of Qi and Blood
     - Thus they have a tendency towards stagnation, producing pain, distension and fullness associated with the channels (e.g., Bi-obstruction syndrome)
     - Xi-Cleft points are used in 5-Element acupuncture for “child dispersal” to avoid dredging the actual child
   - Xi-Cleft points also act as a diagnostic reflex point for their pertaining meridian
     - They are palpated for sensitivity/flaccidity to determine excess/deficiency of the associated meridian
     - They are observed for abnormal coloration to determine of there is Heat (red) or Cold (blue)
   - Xi-Cleft points are used in emergency situations for severe leakage of qi/blood/body fluids – sweating, coughing, bleeding, diarrhea, &tc.

2) Indications

Lu-6
   - Severe coughing
   - Nausea/vomiting
   - Coughing up blood
   - Nose bleeds
   - Internal bleeding in the top part of the body

LI-7
   - Pain in the mouth
   - Tooth ache
   - Bleeding gums
   - Sore throat
   - Pain of the tongue
   - Pain when chewing

St-34
   - Epigastric pain
   - Swelling of the breasts

Sp-8
   - Acute menstrual pain
   - Dysentery
   - Nocturnal emissions and spontaneous seminal loss
   - Harmonizes Qi and Blood especially
Ht-6
- Night sweats
- Hot flashes
- Chest pain
- Promotes diaphoresis
  - Sweat is the fluid of the Heart due to its relationship with Blood

SI-6
- Pain in the shoulders and neck
- Tonify for longevity

Bl-63
- Acute lower back pain
- Seizures/epilepsy

Ki-5
- Painful urination
- Menstrual pain
- Lung Bi-obstruction

P-4
- Chest/heart pain
- Vomiting/blood while coughing
- More calming than Ht-6

SJ-7
- Acute pain in the upper limbs
- Sudden deafness

GB-36
- Acute pain along flanks
- Neck pain
- Sciatica

Lr-6
- Pain related to hernias
- Retention of placenta
- Genital pain
- Kidney stones

Bl-59 (Xi-Cleft point of Yangchiao Mai)
- Pain of the lower limbs
- Blindness in one eye
- Eye pain

Ki-8 (Xi-Cleft point of Yinchiao Mai)
- Uterine and testicular pain

GB-35 (Xi-Cleft point of Yangwei Mai)
- Chest/rib pain radiating towards the back
Lower back pain

**Ki-9** (Xi-Cleft point of Yinwei Mai)
- Urogenital pain due to masses (e.g., kidney stones), a.k.a. Shan Pain
- Aids in detoxification
  - Moves stagnation during the detoxification process (like constipation)

**VI) Zhi-Tong Points**
- Points which by themselves have the ability to relieve pain

**LI-11 or LI-12**
- For stiff (trigger) fingers
  - Needle superficially
  - Circular dispersal

  - Snap muscles in that area
    - Find where you can get the most “snap”

**St-4 and St-6**
- Analgesic points for the face

**St-26**
- Relieves pain along the trajectory of the Stomach meridian

**St-31 – 37**
- All analgesic points
- St-37 treats LI pain
- St-26 also treats LI pain; it is a local point

**St-41 and 42**
- Analgesic points (St-42 slightly less)

**Sp-6**
- Pain along the trajectory of the Spleen meridian

**Sp-12 and 13**
- Analgesic points

**Ht-8 and Ht-1**
- Analgesic – for pain along the Heart meridian (Ht-1 slightly less so)

**SI-4 and SI-11**
- Analgesic points

**SI-14**
- Pain along the SI meridian
- Pain in the SI
SI-16
  – Local point for neck pain

Bl-10 and Bl-39
  – Relieves pain along the meridian

Bl-61, Bl-64 and Bl-58
  – Relieve pain (Bl-58 to a lesser extent)

Ki-16
  – Only point of Kidney meridian that relieves pain/stagnation along the Kidney meridian

P-3
  – Relieves pain along the meridian
  – Chest pain
  – Heart pain
  – Palpitations

SJ-8 and SJ-12
  – Relieve pain along the San Jiao meridian

GB-1, GB-5, GB-7 (and GB-4 and GB-8 to a lesser extent)
  – Head and facial pain

GB-33, GB-35, GB-38, GB-39, and GB-43
  – Relieves pain along channel
  – Find which point to needle by palpation (it will be more tender)

Lr-6
  – Pain in nipple

Lr-7
  – Pain in groin
  – Vertex headache
  – Pain along Liver meridian

VII) Points for Pain on the Torso

St-38
  – Acute shoulder pain

SI-6
  – Chronic shoulder pain

GB-10 and GB-39
  – Neck pain

Bl-59 and Bl-60
  – Acute lower back pain
Bl-40
– Command point for lower back

Ki-7
– Chronic lower back pain

SI-1
– Pain in the breasts
– Regulates milk ducts

St-34 and GB-21
– Pain of the breasts
– Swelling of the breasts

Bl-51
– Painful fibrocystic breasts

St-28
– Uterine pain
– Swellings during period

Bl-60
– Uterine pain

Lr-5 and Bl-55 (also Lr-8 when dispersed)
– Genital pain

VIII) Points for Fevers

1) Fevers
– Due to:
  – Childhood infectious diseases
  – Epidemics (due to Li-Qi, i.e., Pestilent Qi)
    – These tend to penetrate to the Blood
      – Also curious organs
      – Can cause deformities in uterus
      – Can fuck with bone marrow
    – Wei-atrophy syndrome due to Heat or Damp-Heat
      – Area becomes hot, swollen and inflamed, as in rheumatism
      – Neuropathy begins to take place

– 8 out of 10 have Damp-Heat as their pathology
  – 1 has childhood infectious disease
  – 1 has Li-Qi (Pestilent Qi) that’s come out of latency

– Lr-Fire → Ht-Fire → St-Fire → Lu-Fire → Ki-Fire
  – Fever attacks the generation cycle

– Yin organs tend to have more intense Heat/Fire
– Yang organs tend to get stagnant due to Damp
– Also, Blood stasis gives rise to Qi stagnation which gives rise to Heat
  – This often happens in martial arts when a person gets hit hard

2) Fever Needling Techniques
– Use a lot of distal points in treating fevers
– Bleed Ying-spring points
– Use lifting (done relatively fast, brings EPF to Exterior) and thrusting (done relatively slow, gets into the Interior) technique, then circular technique (reduction)

3) Points for Releasing Heat

Lr-8
– Lift and thrust, then circular reduce to get rid of Liver-Fire

GB-43
– For Gall Bladder Damp-Heat

GB-7, 9, 11, 34, 38 and Dannangxue
– Also for Damp-Heat

GB-36
– Good to use on a child right after a vaccination
  – Helps with the Dampness that ensues
  – This point is bled if there are signs and symptoms of Dampness

SJ-5, 7
– Clear Heat
  – SJ-5 is used for childhood infectious diseases causing fever

SJ-19
– Heat in the ear

P-7
– Clears Heat in the Pericardium

P-3
– Clears Heat from the Qi, Nutritive and Blood levels

SI-4
– Only SI point that intrinsically clears Heat

Bl-38
– Clears Heat in Small Intestine
  – Used for hot urination
  – Knotted Qi in the Large Intestine

Bl-66
– Only intrinsic point that clears Heat from the Bladder meridian
Ki-1
  - Descends Excess from the head causing things like sore throat

Ht-8
  - Only Heart point that clears Heat
  - Can also use Ki-9 (Yinwei Mai association)
  - Or P-8

St-12
  - Clears Heat and stuffiness in chest
  - Irritability

St-6
  - Clears Heat
  - Used if parotid gland is swollen

Sp-12
  - Clears Heat in Spleen

LI-7, 11
  - Clears Heat
  - LI-7 gets rid of Fire-toxins of bled

Lu-10
  - Clears Heat in throat
  - Used in cases of coughing up Blood

Lu-5
  - Clears Heat from the Lung channel

Lu-2
  - Clears Heat in cases of more Internal conditions

Du-9, 14
  - Bleed either one of these, then cup to clear Heat
  - Done in cases of intractable fever

Du-10
  - Clears Heat and detoxifies poison
  - Can be bled

Du-13, GB-36, and GB-22 or Sp-21, depending on which one is more tender
  - Used in the treatment of malaria
  - If healing crisis does not occur fairly quickly, cup these points

IX) Miscellaneous Analgesic Points

LI-3
  - Needle then pull their finger, dragging your fingers and squeezing their bone
- Relieves headaches

**Bl-2**
- Use for trigeminal neuralgia (TMJ)

**Lu-10**
- Bleed this point for:
  - Throat pain making it hard to swallow
  - Laryngitis
  - Swelling of the parotid gland

**Ren-17**
- Needle and thread it to Ren-15 (pinch up their skin with your fingers squeezing medially) for chest pain
- Also use distal points like P-6

**SJ-6**
- Flank pain
- Pain along the ribs and in the sternal area
- Pain in the hypochondrium

**Dannangxue** (1-2 cun inferior to GB-34)
- Pain due to gall stones
- Jaundice
  - Also cup Du-9

**Sp-4 and St-34**
- Abdominal pain
  - Also use a local point like St-25
  - Needling stimulation of these two points must be simultaneous
  - Needle lower He-sea points for intestinal pain

**Du-26, SI-3 and Bl-40**
- For low-back/lumbar pain
  - You can use moxa or the hot needle technique at Bl-40
    - The hot needle technique is where you needle the point, then hold a lit moxa stick next to it till the patient feels hot; after a minute you warm the point again

**Sp-9**
- For kidney stones
- The hot needle technique can be used
Pregnancy Protocol

1st Trimester = Earth – St-45
2nd Trimester = Fire – SI-1
3rd Trimester = Wood – GB-44
Water/Metal = womb – Bl-67

– When Water gives way to Yang, labor begins (Bl-67 encourages this)
– Needle Jing-well points to start labor
– Needle He-sea points to prevent labor
  – To stop early contractions, focus on Yin
    – “Stop” Kidney and Spleen and needle Ki-10 and Sp-9

1) Uterine contractions → use Yang Jing-well points
2) Abdominal contractions → needle SJ-1, which diminishes labor pain and causes deeper contractions
3) Diaphragmatic contractions → needle GB-44 or LI-1 to expel the placenta
   – Labor occurs in this order