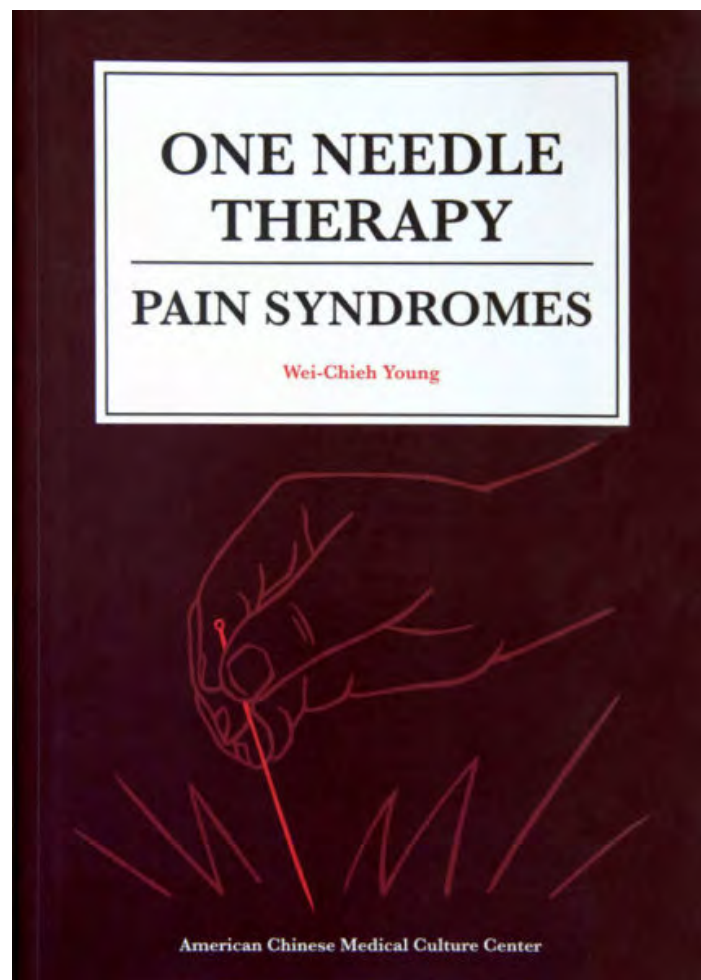




Wei-Chieh Young One Needle Therapy Pain Syndromes



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PREFACE:

Wei-Chieh Young's One Needle Therapy-Pain Syndrome

Many people are aware of acupuncture as a means of treatment for pain and there is an increasing demand for a competent acupuncturist to assist in pain management. However, all acupuncturists are not equal. Just as in any other profession, there are many levels of knowledge and competence between practitioners. It is not unusual to hear people complain that they have seen many acupuncturists and been inserted with many needles, but the results were not satisfactory.

In acupuncture, more is not necessarily better. The number of needles that a practitioner uses does not necessarily correlate with his or her results. In this respect using acupuncture is comparable to using herbs. Just as it is not necessary to use many herbs to treat a disorder, it is likewise not necessary to use many needles to treat a disorder. Some acupuncturists insert many needles around the affected area, as if shooting at a target in the dark. This will not work and will often create more pain for the patient. Practitioners who have studied extensively and have a proper understanding of acupuncture know that if they have properly identified the pathologies and are familiar with the theory of acupuncture, they can often resolve pain with the use of only one needle. The effective use of one needle is both an art and a science. Study and research in simplifying the formula by using just a few needles is as important as in simplifying the formula by using just a few herbs.

In my school years, we were required to memorize *Zhen Jiu Da Cheng* 《針灸大成》 and to learn by heart early odes such as *Biao Yao Fu* 《標幽賦》, *Bai Zheng Fu* 《百証賦》 and *Zhou Hou Ge* 《肘後歌》. This enabled me to score high marks at the exams for Chinese medicine practitioners and gave me a solid foundation for my clinical practice of over 40 years.

There is a saying, "When we know the songs and odes of herbal formulas by heart, we will be able to face difficult clinical cases at ease." It is the same with acupuncture songs and odes. When we know the acupuncture songs and ode by heart, we will also be able to face difficult clinical cases at ease. The vast majority of the songs and odes mention treatment by using only one needle, an ancient and the simplest form of one needle therapy. One needle theory is

the result of the hard work of practitioners who preceded us. A small number of songs and odes use "pairing points" or "corresponding points". However, using only one of the two points is often very effective and can be regarded as a form of one needle therapy just the combination of the dual one needle is more effective. By repeatedly applying and reflecting on these songs and odes, I have gained many new insights which have led to my special creation and invention of new acupuncture formulas.

I have personally put forth tremendous efforts in studying the treatment of pain syndromes. I have also written several books on the treatment of pain. From the beginning of my practice, I have been selecting treatment points according to the ancient and traditional methods. That is, when the disorder is low on the body, select a point that is high on the body; And when the disorder is on the left side of the body, select a point that is on the right side of the body. Through the years, I have developed a practice of using fewer and fewer needles and not needling the affected areas. Through further study and research, I developed my own personal theory of "One Needle Therapy". The greatest feature of my one needle therapy is the selection of distal points and mainly needling the limbs. This is convenient, safe and most importantly, effective. I use only a few needles and achieve speedy and effective results.

This book is divided into two parts: "General Theory" and "Other Theories". "General Theory" introduces the types of pain, pathogenesis and diagnosis. Secondly, it introduces the general law of acupuncture in treatment of pain syndrome. "Other Theories" describes a variety of pains, from the limbs and even the internal organs, as well as various pains of the five sense organs. Clinically commonly seen pain syndromes are also included. For each treatment of pain, groups of special effects one needle points are introduced. There are also explanations of the underlying reasons that a particular point is effective and the theory of selecting such point accordingly. This will give the user more confidence in selecting the point to use clinically with agility.

The work herein is part of my private and unpublished lecture and teaching materials derived from my 40 years of clinical and teaching experience. I titled those materials Wei-Chieh Young's One Needle Therapy. Although most of those materials are unavailable to the general public, I am making this work herein available for those who want to further their studies in the critically important field of pain management. While I have made the study

and practice of acupuncture my life's work, I can never learn all there is to be known in the field. The work herein only reflects my limited range of knowledge. It surely contains some shortcomings or errors and I humbly ask for your opinion to correct them.

Wei-Chieh Young

Written in Los Angeles, Spring 2017

Remarks: The Korean version of this book
was published in 2016 at Seoul, Korea

Chapter 4

Essential Guidelines for Differentiating and Treating Pain Syndromes

The One Needle Therapy emphasizes choosing acupuncture points in coordination with certain factors related to time and space. This holistic approach is based on the concept that we humans are one with the natural world. This is a key element in Master Tung's acupuncture and is an important reason why the One Needle Therapy achieves such desirable results in the clinic.

I. THE CONCEPT OF TIME

When treating pain using the One Needle Therapy it is important to consider the time at which the pain occurs as well as the time at which treatment is given. When these factors are coordinated the clinical results will be much better.

A Time in Relation to Pain

All pain syndromes can be categorized as either acute or chronic and the appropriate acupuncture points are chosen accordingly.

1. Acute Pain and New Pain Syndromes

For acute pain syndromes there are a number of guidelines to keep in mind when choosing acupuncture points.

a. Xi-cleft Points

Xi-cleft points are indicated for any acute condition and for any painful condition. 'Xi' means a gap or space. The xi-cleft points are places along the meridian pathways where qi and blood converge as if they were pouring into a small gap or hole. These are also points where qi and blood enter and exit the body more deeply. Besides Liangqiu ST-34, the xi-cleft point of Stomach meridian which is superior and lateral to the knee, all the other xi-cleft points are found on the four limbs below the elbows and knees.

Chapter 5

Periarthritis of the Shoulder

Periarthritis of the shoulder is caused by degeneration and inflammation of the soft tissue around the shoulder joint. It is also called "adhesive capsulitis". Since it is most commonly seen in people who are in their 50's, it is also known as "fifty-year-old people's shoulder" or "fifty shoulder". The main characteristics of this disorder are the pain is often one-sided with restricted range of motion of the arm (whether it is flexion, extension, adduction or abduction). The shoulder pain is mild at onset, but gets worse over time. The pain may radiate to the neck and upper arm, and is worse at night. Often the patient is awakened by pain (known as rest pain). In the morning, the pain is reduced with increased movements.

Frozen shoulder typically develops slowly. It can severely affect everyday activities, such as brushing hair and dressing. As the disorder progresses from the painful stage to freezing stage, the connective tissues become adhesive, completely freezing the range of motion. This condition is known as frozen shoulder. It is often caused by sprain, fatigue and attack of wind-cold. It is often seen in middle-aged females and is a stubborn disorder among the elderly.

Periarthritis of the shoulder is ascribed to "bi syndrome" in Chinese medicine. It is also called "shoulder and back pain", "frozen shoulder", "shoulder bi" and "leaking shoulder wind". It is believed that the pathogenesis is due to weakened qi and blood as a person ages or the contraction of cold at the local site and overexertion.

ONE NEEDLE THERAPY POINTS FOR PERIARTHRITIS OF THE SHOULDER

The commonly used one needle therapy points for periarthritis of the shoulder are: Shenguan 77.18, Sanjian LI-3 (Dabai 22.04), Xiajuxu ST-39, Tiaokou ST-38, Zhongzhu SI-3, Shousanli LI-10, Yanglingquan GB-34, Jianyu LI-15.

Chapter 19

Lower Abdominal Pain & Acute Lower Abdominal Pain

I. LOWER ABDOMINAL PAIN

All the pains located in the area inferior to the stomach and superior to the pubic bone are generalized as abdominal pain. Clinically, abdominal pain is one of the most commonly seen disorders. Abdominal pain syndrome involves multiple organs and is a complicated syndrome. The pain can appear standing alone. It can also be caused by the organic or functional pathological changes of the abdominal organs and can be implicated in a variety of zangfu organs disorders. The pain can be caused by pathological changes stemming from organs external to the abdomen or systemic infection, endocrine and metabolic disorders, allergies, blood disorders and other systemic disorders.

There are many etiologies causing abdominal pain. To identify these disorders, the practitioner must fully investigate the location of the pain and must fully understand the characteristics of the pain. The etiology of abdominal pain can be generalized into the following categories: 1) Stomach and duodenal ulcers, 2) Acute pancreatitis, 3) Chronic pancreatitis, 4) Acute cholecystitis, 5) Gallstones, 6) Urinary tract stones, 7) Appendicitis, 8) Intestinal obstruction, 9) Peritonitis, 10) Gynecological disorders (such as (a) ectopic pregnancy, (b) rotation of ovarian cyst and (c) Salpingitis or acute salpingitis), 11) Intestinal parasites, 12) Trauma and 13) Others.

Because abdominal pain involves a wide range of etiologies, it can be difficult to diagnose. Some acute and excruciating abdominal pains can be caused by severe abdomen inflammation which results in severe irritation of the abdominal membrane. This is generally called "acute abdominal syndrome" which must be properly diagnosed.

Abdominal pains have a wide range of etiologies. In Chinese medicine, they are roughly as follows:



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