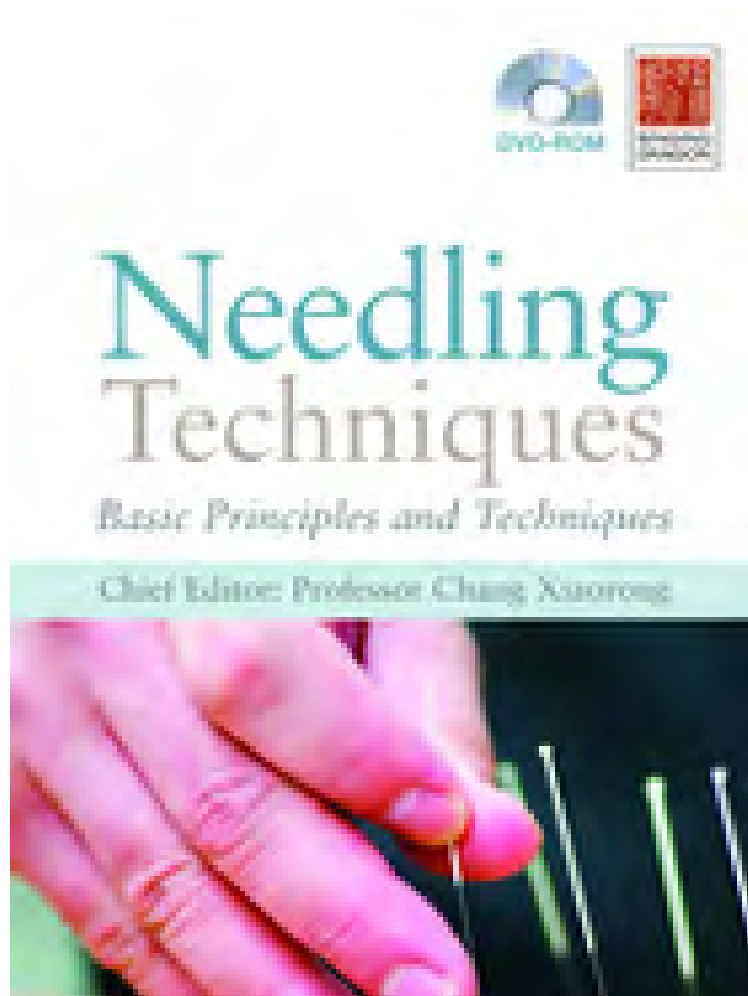




Prof. Chang Xiaorong

Needling Techniques for Acupuncturists



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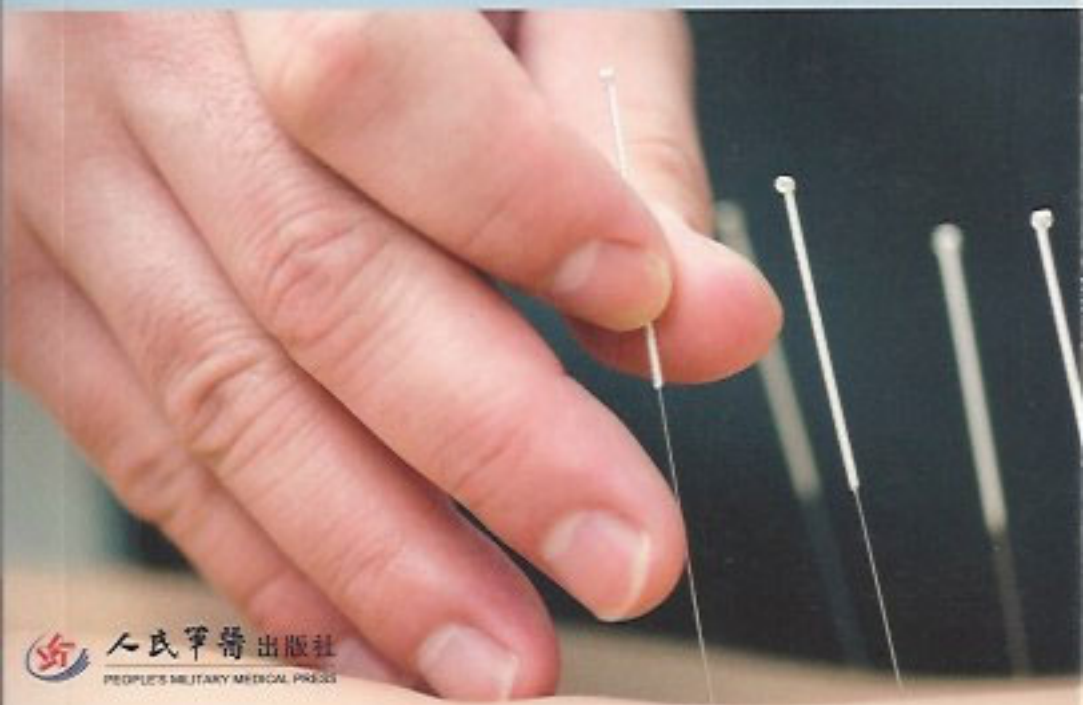
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Needling Techniques for Acupuncturists

Basic Principles and Techniques

Chief Editor: Professor Chang Xiaorong



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2. Auxiliary Techniques

The auxiliary techniques are supplements to the fundamental ones for the purpose of promoting the arrival of meridian *qi* and enhancing needling sensation. Those commonly used in the clinic are as follows.

2.1 Pressing

If *qi* doesn't arrive, pressing can be used to promote *qi*. Slightly press the skin along the course of the meridian to encourage the movement of *qi* and blood and stimulate meridian *qi*. (Fig. 23)

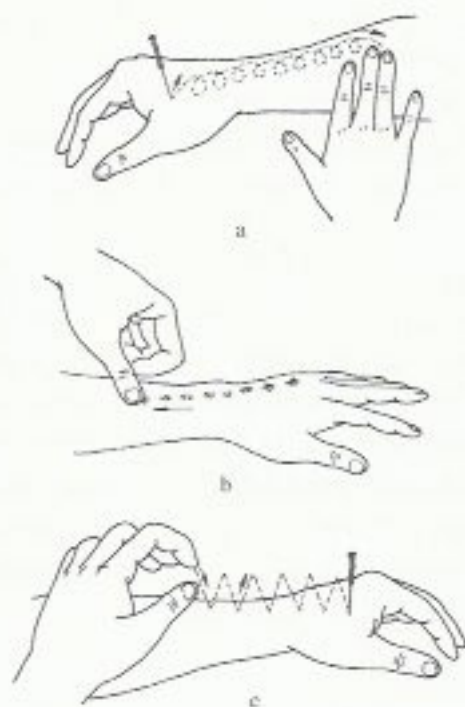


Fig. 23 Pressing

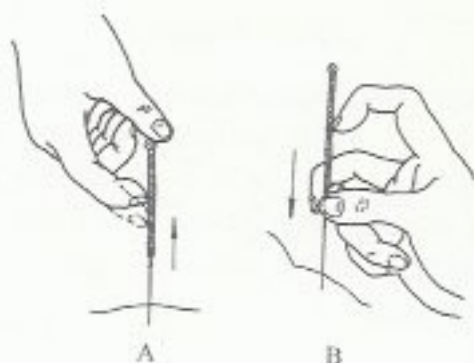


Fig. 25 Scraping

2.4 Shaking

After inserting the needle to a certain depth, hold the handle and shake the body to promote the circulation of *qi*. There are two ways of shaking. One is shaking with the body upright to promote the needling sensation; the other is shaking with the body transverse to transmit the meridian *qi* to a certain direction. (Fig. 26)



Fig. 26 Shaking

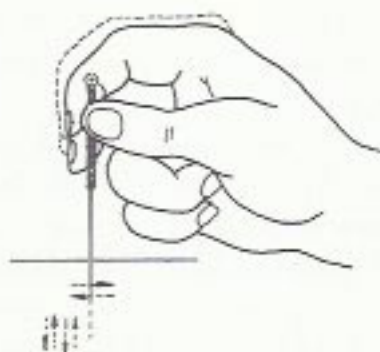


Fig. 28 Trembling

3. The Arrival of *qi*

The arrival of *qi*, known in ancient times as '*qi zhi*', and recently termed 'needling sensation', refers to the obtaining of the needling sensation after inserting a needle to a certain depth and then carrying out manipulations such as lifting and thrusting, twirling and rotating. There are two ways to determine whether the *qi* has arrived or not: one is the reaction of the patient, the other is the feeling transmitted through the puncturing hand of the practitioner. When the *qi* arrives, the patient will have one or more sensations around the point of the insertion: soreness, distention, numbness or heaviness. Sometimes they may feel warm, cool, itching, twitching or crawling sensations. These feelings may radiate in a specific direction or to a specific place. The patient will have no corresponding feeling or reaction if *qi* doesn't arrive, and the practitioner will also feel an empty, loose, virtual, slippery sensation around the needle. Dou Han-qing says in *Biao You Fu*: 'If you feel a sense of the light, slow, slippery around the needle, *qi* has not yet arrived; if you feel heavy, unsmooth, tight, *qi* has already arrived... When *qi* arrives,

CHAPTER 9

Retention and Withdrawal of Needles

1. Retention of Needles

Retention of a needle is known as keeping the needle in the acupoint after it is inserted to a given depth below the skin and manipulated. The purpose of it is to promote the needling effects for further manipulation. In general, the needles can be withdrawn or retained after the arrival of *qi* and proper reinforcing and reducing manipulations have been given. In addition, 15–20 minutes retention is also appropriate.

2. Withdrawal of Needles

The withdrawal of a needle refers to taking out or removing a needle. After manipulation and retention and the predetermined purpose and requirements are met, the needle can be withdrawn or removed.

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This introduction to the key principles of needling techniques for acupuncturists has been produced with the needs of the student in mind, and serves as a core learning tool for beginners, and a handy reference for later use.

The book covers everything from the basics of good practice in care of filiform needles, through methods of insertion, to manipulation and the arrival of *qi*. Reinforcing and reducing methods of acupuncture are explained, as are the four essential needling manipulations of Dragon-Tiger-Tortoise-Phoenix. The book concludes with practical chapters on the retention and withdrawal of needles, and the management and prevention of accidents. Explanations are clear and illustrated with diagrams, and fully demonstrated in action on the accompanying DVD. For ease of use, all key manipulations and principles are indexed on the DVD for quick reference and easy repetition.

This practical guide will be an invaluable learning and reference aid to all students and practitioners of acupuncture.

Professor Chang Xiaorong is a doctorate advisor and leading teacher in the Hunan higher education system. She is the director of the National TCM Administration's Meridian-Organ Relationship Key Research Unit, as well as the director and academic leader of the Hunan Provincial Acupuncture, Moxibustion and Tuina Key Discipline, director of the Hunan Acupuncture Provincial High Quality Courses, vice-president of the Hunan Acupuncture Association and research topic correspondent reviewer for the National Natural Sciences Foundation. She has been involved with acupuncture for 30 years and has taught on both undergraduate and postgraduate degree programmes.



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