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Lectures on Tung's Acupuncture: Therapeutic System



zum Bestellen hier klicken

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Chapter Two

The Four Limbs and Trunk

1. DISEASES OF THE UPPER LIMBS

1) Numbness of the Fingers

- a. Needling *Shenguan* (77.18) and *Fulu* (K7) has specific effect.
- b. Needling *Huoju* (66.11) is effective.
- c. Needle *Jiuli* (88.26, 27).
- d. Needle *Mudou* (66.07) and *Mulin* (66.06).
- e. Needle *Wuhu* (11.27) on the opposite side.
- f. Pricking *Shuangfeng* (DT.05) to cause bleeding is effective.

Symmetrical methods are useful for diseases of the four limbs, they will be introduced in detail later. To treat numbness of the fingers, the first point is *Shenguan* (77.18). The second point *Huoju* (66.11) is also very effective. The third point is *Jiuli* (88.26, 27). These points are useful for mild finger numbness. A few treatments may cure the condition if it is not related to cervical problems. Examination of the cervical vertebrae is necessary to rule out cervical complication.

When numbness of the fingers is due to problems of cervical vertebrae, in addition to *Shenguan* (77.18) and *Huoju* (66.11), bleed *Shuangfeng* (DT.05), which is lateral 1.5 *cun* to the 2nd cervical vertebra. Include the other 6 points below with the distance of 1 *cun* between each other, with seven points in total. With an aging patient population the incidence of cervical bone spurs is increasing as a result, more patients are suffering from numbness of the fingers. Other common sites for bone spurs include the lumbar vertebrae, knees and heels. In my many years clinical practice, the most common conditions I have treated are bone spurs. In addition to spurring numbness may be caused by poor circulation due to high cholesterol. Generally, *Shenguan* (77.18), *Huoju* (66.11) or *Jiuli* (88.26, 27) are good enough for simple numbness of the fingers. If the numbness is due to bone spurs, additional points should be selected. In Tung's acupuncture, *Minghuang* (88.12) is often selected to treat bone spurs of the cervical and lumbar vertebrae; *Sihuazhong* (77.09) and *Sihuaxia* (77.11) are often used to treat bone spurs of the knee joint and heel. When needling *Sihuazhong* (77.09) and *Sihuaxia* (77.11), insertion of the needle should be close to the border of tibia, known as "needling the bone for bone diseases" in order to obtain therapeutic effect.

9) Poor Appetite

- a. *Linggu* (22.05).
- b. *Sihuashang* (77.08).
- c. *Menjin* (66.05).

It brings good effect by puncturing *Linggu* (22.05) for poor appetite. Other fairly good points include *Zusanli* (ST 36) and *Menjin* (66.05). The location of *Sihuashang* (77.08) is same as *Zusanli* (ST 36). For treating ulceration in the duodenum and stomach, Master Tung often pricked the dorsum of the foot to induce bleeding. Prick *Sihuazhong* (77.09), *Sihuawai* (77.14) and the dorsum of the foot where more veins are present.

10) Splenomegaly

- a. Puncture *Mudou* (66.07) and *Muliu* (66.06).
- b. Prick *Sanchong* (77.07) to induce bleeding.

Mudou (66.07) and *Muliu* (66.06) are good at treating not only splenomegaly but also hepatocirrhosis. *Sanchong* (77.07) also could be applied for splenomegaly. The locations of *Mudou* (66.07) and *Muliu* (66.06) are between the stomach and the gallbladder meridians. They are especially good at treating diseases due to liver and spleen disharmony. If pathological condition is severe, it is better to prick *Sihuazhong* (77.09) and *Sihuawai* (77.14) to induce bleeding.

5. KIDNEY AND URINARY BLADDER DISEASES

1) Nephritis

- a. Puncturing *Tongshen* (88.09), *Tongwei* (88.10) and *Tongbei* (88.11) may bring fairly good effect.
- b. Prick *Shuiyu* (44.17) with three edged needle to induce yellow fluid.

2) Edema

- a. Puncture *Tongtian* (88.03) for edema leg.
- b. Puncture *Tongshen* (88.09), *Tongwei* (88.10) and *Tongbei* (88.11) for treating edema of the face and the entire body.

Acute nephritis is manifested in edema of the face and body. *Tongshen* (88.09), *Tongwei* (88.10) and *Tongbei* (88.11) can be applied for treating acute nephritis. All those points which are on the spleen meridian have the function to nourish both the spleen and kidney. It is in accordance with the principle of nourishing earth to check water. *Tongshen* (88.09), *Tongwei* (88.10) and *Tongbei* (88.11) are the most commonly used points.

Appendix 4

Index of Tung's Extraordinary Points

