

SYMPTOMATIC ACUPUNCTURE POINTS



Shiatsu: Four points, each at one thumb from the top of the head; relieves headache, insomnia, improves memory, gives energy, improves head carriage.

Tai yang: Between the eyebrows; relieves headache, especially frontal, and congestion associated with the common cold, and sinus problems; relieves insomnia.

Tai yang: One thumb from the outer corner of the eye; relieves headache, eye diseases, eye or mouth spasms.

Vision: Just above the middle of the eyebrows; helps relieve eye and eyelid problems, facial paralysis.

Bingxi: Halfway along the side of the nose; helps relieve sinus problems associated with the common cold.

Qianzhong: Helps relieve facial pain, spasms and mouth ulcerations.

Jiache: Helps relieve facial pain or spasms and distorted eye or mouth problems.



DU: MID Governing Vessel

- DU 4:** Directly behind the navel on the spine; stimulates the primary energy; increases body heat, helps to alleviate impotency; strengthens the kidneys and lumbar regions.
- DU 14:** Just below the protrusion of the 7th cervical vertebra; increases physical energy.
- DU 20:** On the anterior fontanelle; increases memory, instigates over-sensitivity to climatic conditions such as humidity, cold, heat, wind; stimulates body energy, improves head carriage; helps relieve hemorrhoidal pain.
- DU 24:** Middle of forehead along the hairline; helps relieve frontal headache; gives clarity of mind.
- DU 26:** Under the nose, one third of distance between nose and the upper lip; gives strength and facility; in case of loss of consciousness.

REN: MID Conception Vessel

- REN 2:** Point directly above the bladder—press toward the pubis; relaxes the muscles of the bladder and reduces the need for frequent urination.
- REN 6:** Below the navel, one third the distance between the navel and the pubis; improves nutrient absorption and assimilation; gives energy; helps relieve menstrual cramps, increases potency in men.
- REN 12:** Midway between the navel and the sternum; general relief for all stomach problems; increases the circulation of blocked energy.
- REN 17:** Between the two nipples (when lying down); harmonizes emotions and heart energy; relieves hyperventilation and anxiety.
- REN 22:** In the depression above the sternum; relieves loss of voice and difficulty swallowing, throat pain and symptoms associated with common cold and asthma.

BL: Bladder Meridian

- BL 10:** At one and a half thumb on each side of the center of the skull; helps to free energy blocked in the neck.
- BL 11:** On the back, one and a half thumb on each side of the protrusion of the first dorsal vertebra; speeds recovery of sprains and fractures.
- BL 23 and 25:** Two and four thumbs left and right directly behind the navel (two on each side); increases energy levels, relieves symptoms of the common cold; gives color and willpower.

IV Kidney Meridian

VI Triple Heater Meridian

V Circulation-Sex Meridian

XII Spleen Meridian

VII Gallbladder Meridian

- VII 14:** Just above the eyebrows; helps relieve headache and migraines.
- VII 12/20:** Two and four thumbs left and right from the middle of the skull, just below the protrusion (two on each side); helps relieve headache and migraines; helps to free blocked energy in the neck.

VIII Liver Meridian

- VIII 9:** Four thumbs above the crease of the knee, on the inside of thigh; relieves impotency in men; increases sexual receptivity in women; relieves menstrual cramps.

IX Lung Meridian

- IX 1:** Between the second and third ribs, under the deltoid; increases lung capacity.

XI Stomach Meridian

- XI 29 et 30:** Two thumbs from the middle, one just above and one a thumb above the pubis (two on each side); relieves pain in the genital area; harmonizes the energy of male and female sexual organs.

- XI 36:** Three thumbs under the patella; on the external side of the fibula; gives physical energy; increases appetite and the assimilation of food; helps weight gain; strengthens immune system and general physical condition.

- Lauwe:** Two thumbs under 3; helps to diagnose and relieve appendicitis.

- XI 27:** Three thumbs under 36; helps relieve diarrhea.

X Large Intestine Meridian

- X 10:** Two thumbs from the crease of the elbow; strengthens the digestive system.

- X 11:** At the outer end of the elbow crease; strengthens the digestive system; helps relieve pain in the neck, shoulder, arm, elbow and hand; helps acute skin problems, like itching or rash.

- X 13:** Three thumbs above 11; frees blocked body energy, to start physical activity.

Symptomatic Acupuncture Points

Yun-tao Ma, Zang Hee Cho



Symptomatic Acupuncture Points:

Biomedical Acupuncture for Pain Management - E-Book Yun-tao Ma,Zang Hee Cho,2004-09-13 Synthesizing biomedicine and traditional acupuncture this unique clinical manual allows medical professionals to learn acupuncture and implement it immediately into practice with ease Biomedical Acupuncture for Pain Management explains the biomedical mechanism of acupuncture as well as the non specific nature of acupuncture and its neuro psycho immunological modulation This straightford system of acupuncture termed INMAS by the authors provides a quantitative method to predict the effectiveness of treatment for each patient and an individually adjustable protocol for pain patients Introduction to the Integrative Neuromuscular Acupoint System INMAS as well as the Homeostatic Acupoint System HAS help western trained acupuncturists understand classical techniques A 16 point evaluation method provides a reliable quantitative method to accurately arrive at prognosis Clinically relevant integrative treatment approach in user friendly language Numerous detailed tables photos and line drawings to help readers understand the anatomy symptomatic signs and clinical procedures Clear chapters organized by regional condition for easy readability and flow Case studies to assist with application of concepts in clinical practice Unique clinical procedures for pain management with sections on examination and needling methods Two appendices for quick reference of acronyms abbreviations and the 24 homeostatic acupoints Up to date information on the latest techniques including a chapter on electroacupuncture *A New American Acupuncture* Mark Seem,1993 **A Physician's Guide to Pain and Symptom Management in Cancer Patients** Janet L. Abrahm,2015-01-01 This highly regarded handbook provides clinicians with the information they need to treat their cancer patients effectively and compassionately This comprehensive guide to managing pain and other symptoms for people with cancer has helped tens of thousands of patients and families Designed for busy practicing clinicians A Physician s Guide to Pain and Symptom Management in Cancer Patients provides primary care physicians advanced practice nurses internists and oncologists with detailed information and advice for alleviating the stress and pain of patients and family members alike Drawing on the work of experts who have developed revolutionary approaches to symptom management and palliative care as well as on the lessons learned from patients and their families during her thirty years as a teacher and clinician Dr Janet L Abrahm shows how physicians and other caregivers can help patients and families heal emotionally even as the disease progresses The third edition includes updates to medications and clinical stories and features two new chapters Working with Patients Families and Sexuality Intimacy and Cancer New lessons from palliative care and hospice care can help patients their professional caregivers and their families support each other every step of the way **Acupuncture for Pain Management** Yuan-Chi Lin,Eric Shen-Zen Hsu,2013-09-15 Acupuncture for Pain Management is intended as the premier resource for learning the fundamentals of the art of medical acupuncture Edited by top pain medicine specialists at Harvard and UCLA and based on their popular annual workshop at the American Society for Anesthesiologists the book is the perfect

synthesis of Western and Chinese medicine Anesthesiologists pain medicine specialists primary care physicians osteopaths neurologists psychiatrists physical medicine and rehabilitation specialists and other health professionals looking to add acupuncture to their repertoire will benefit from the concise and practical approach of the book Features Each individual meridian discussed in detail Acupuncture for 25 clinical conditions including headache menstrual pain low back pain insomnia and more Aimed at acupuncturists as well as practitioners who want to add acupuncture to their clinical armamentarium American Journal of Acupuncture ,1994 **Acupuncture in the Treatment of Pain - E-BOOK** Marcus Backer,Michael G. Hammes,2016-06-07 Acupuncture in the Treatment of Pain is aimed at both beginners and experienced practitioners who are treating patients with painful conditions It provides an integrative approach using conventional and traditional Chinese Medicine in the treatment of pain with acupuncture It is especially suited for conventionally western trained physicians who are interested in complementary approaches and seek a guideline to judge the potentials and limits of acupuncture in the treatment of pain The book consists of two parts The first part chapter 2 8 gives the background for both traditional Chinese concepts to pathogenesis diagnosis and treatment of pain and basics of the conventional western approach to pain treatment The second part chapter 9 17 gives detailed information for the integrative treatment of all common painful conditions For every single indication conventional and traditional Chinese treatment options including Chinese phytotherapy are shown and the value of acupuncture scientific data about its efficacy and its possible mode of action in western physiological terms are discussed For all readers this book offers a modern integrative approach which is based on scientific data and the clinical experience of the authors that Western and Traditional Chinese medicine complement each other and can create synergistic effects Attractive 2 colour design Written by a team of experts in the field Includes more than 175 2 colour illustrations Integrates western and traditional Chinese medicine *Moxa in Motion with the Ontake Method* Oran Kivity,2020-01-15 Is moxibustion too difficult to apply too risky or too smoky Discover the effective new moxa method from Japan that gets rapid results safely Moxibustion is ancient Even more ancient than needling In modern acupuncture however it is often considered too time consuming or difficult to master And yet the classics say for chronic conditions moxa has no equal Coming to the rescue of time poor present day acupuncturists is the Ontake Method from Japan This innovative technique uses a piece of bamboo filled with burning moxa wool to roll tap and press on the acupuncture meridians using a metronome programmed to each meridian s frequency The rhythmic application of heat frequency and pressure triggers rapid shifts in your patients body condition and mood but this method generates only a little smoke In this book you will learn Dr Manaka s meridian frequencies and how to apply them Branch treatments for symptom relief Root treatments for whole body regulation The integration of Dr Tan s holographic models with Ontake for the rapid relief of pain in the neck back and joints Moxa in Motion presents a step by step guide to clinical practice utilising the Ontake Method Easily integrated into any style of acupuncture Shiatsu or Tuina the Ontake Method will boost your results and build

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According to this model acupuncture is believed to treat the diseased organs by modulating two conditions known as Yin and Yang which represent all the opposite principles that people find in the universe both inside and outside the human body Yin and Yang complement each other and are subjected to changes between each other The balance of Yin and Yang is thought to be maintained by Qi an energy substance flowing constantly through the meridian a network connecting all the organs of the body The illness according to this theory is the temporary dominance of one principle over the other owing to the blockade of the Qi from flowing through the meridian under certain circumstance The axiom of No stagnation No pain in TCM summarizes this concept Thus the goal of acupuncture treatment is to restore the balance of Yin and Yang conditions in the diseased organ s This theory has been considered to be useful to guide this ancient therapy such as carrying out diagnosis deciding on the principle and selecting the acupoints

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