

Introduction to Experiences of “Point-to-Point” Therapy

“Point-to-point” therapy was first used by Bianque (Magic bird), an ancient famous doctor lived 2,000 years ago, and then the method was respectively recorded in many of the TCM classics. According to the previous discussion and my clinical experience, here are some commonly used and effective ones.

I. Common “Point-to-Point” Therapies

1. Headache

Migraine headache(including trigeminal neuralgia)

SJ23 to GB8, or Taiyang to GB8

Use 2.5 cun needle to puncture from SJ23 and goes subcutaneously towards GB8 or from Taiyang towards GB8. Give even movement manipulation and retain the needle for 20-30 minutes. Manipulate the needle every 5-10 minutes for severe pain to increase needling sensation.

Vertical headache

Sishencong to Du20

Use 1.5 cun needles to puncture from four points one cun lateral, anterior and posterior to Du20, subcutaneously towards Du20. These four points are called Sishencong. Retain the needles for 20 minutes.

Liver Yang preponderance: Add LR3 to KI1 to calm the liver yang.

Occipital headache

GB20 to GB20 (right to left)

Use 3 cun long needle to puncture from right side GB20 towards left GB20. Apply even movement technique and retain the needle for 15 minutes.

2. Facial Paralysis

ST4 to ST6, Taiyang to SI18, and GB14 to Yuyao

Or

GB2 to SJ17, ST4 to Du26, ST2 to LI20 and BL2 to SJ23

Use 3 cun needle from ST4 to ST6, 2.5 cun needle from Taiyang to SI18 (30degree), 1.5 cun needle from GB14 to Yuyao (subcutaneously one cun). For other points, just use 1.5 cun needles, apply even movement manipulation, and retain the needles for 30 minutes to clear the meridians and regulate the local qi.

For facial muscle spasm, add Du20, GB20, LI4 and LR3 to calm the liver and stop the wind.

3. Tinnitus and Deafness

SJ21 to GB2, SJ5 to SJ8

Use 3 cun needle to puncture from SJ21 towards GB2 with an angle of 45 degree with the skin, insert about 2.5 cun.

Use 2.5 cun needle to puncture from SJ5 towards SJ8 with an angle of 35 degree, apply even movement, retain the needles for 20 minutes.

Give treatment every other day.

4. Toothache

ST6 to ST7 or ST6 to ST5

Use 1.5 cun needle to puncture and insert 1.3 cun deep. Apply strong manipulation and cause local sore and distension sensation. Retain the needle for 30 minutes. If the pain does not stop, manipulating the needle every 5-10 minutes will alleviate the pain. For stomach fire, add LI4, ST44; Yin deficiency, add KI3 and KI6.

5. Asthma

RN17 to RN21, PC6 to SJ5, even LU5 to LU6

Use 3 cun needle to puncture subcutaneously from RN17 towards RN21 with even movement. Use 1.5 cun needle to puncture from PC6 to SJ5, and apply rotating and lifting-thrusting reducing technique for 3 minutes. Retain the needles for 30 minutes and manipulate the needles every 10 minutes.

If asthma does not stop, add LU5 to LU6, even movement, retain for 20 minutes.

6. Angina Pectoris (cardiac pain)

PC6 to PC4, BL15 to DU11

Use 3 cun needle to puncture from PC6 towards PC4 with an angle of 30 degree.

Apply rotating technique for 3 minutes and let the sensation spread towards the chest.

Use 2 cun needle to puncture from BL15 to DU11 with an angle of 40 degree (1.5 cun depth). Apply rotating and lifting-thrusting reducing technique to make the needling sensation move to the cardiac region. Retain the needles for 30 minutes and manipulate the needles every 5-10 minutes.

7. Plum-pit Qi (Foreign Body Sensation in the Throat)

RN22 to RN20, LI4 to PC8

Use 2.5 cun needle to puncture from RN22 towards RN20 along the posterior aspect of the sternum for 2 cun deep. Apply even movements to cause a sensation of soreness or distension and remove the needle after that. Use 1.5 cun needle to puncture 1.3 cun from LI4 toward PC8. Apply reducing technique and retain the needle for 20 minutes.

8. Gastroptosis

Choose the three points for lifting the stomach: ST10; ST24 to ST21
Use 1.5 cun needle to puncture ST10 perpendicularly for 1 cun deep and apply even movement. Take a three cun needle to puncture from ST24 to ST21. Give even movement and apply electric stimulation for 15 minutes. Treatment is given every other day.

9. Biliary Ascariasis

Left side: LI20 to ST2, ST20 to ST21 and GB24

1.5 cun needle from LI20 toward ST2. Give even movement and retain the needle for 30 minutes and manipulate the needle every 5-10 minutes. Or use 1.5 cun needle to puncture from ST20 toward ST21. Or use 1 cun long needle to puncture GB24 obliquely 0.5 to 0.8 cun with the tip going laterally along the intercostal space, and apply electric stimulation for 15-20 minutes.

At about 10 minutes, the pain will gradually stop. Then give Wu Mei Wan to calm the ascarid.

10. Costal and back contusion pain

Choose PC6 to SJ5

Use 1.5 cun needle to puncture perpendicularly from PC6 toward SJ5. Apply rotating reducing technique and retain the needle for 20 minutes and give manipulation every 5 minutes. Ask patients to bend, extend and rotate the waist during the treatment. In about 10 minutes, the pain can be alleviated.

11. Costal and hypochondriac pain

Choose GB34 to SP9 or GB40 to KI6

Use 2.5 cun needle to puncture from GB34 toward SP9. Apply rotating reducing technique and make needling sensation spreading to the costal region. Use 2 cun needle to puncture from GB40 toward KI6 and apply even movements. Retain the needles for 20 minutes and manipulate the needles every 5 minutes.

12. Sprain of shoulder, difficulty in raising the arm

Choose ST38 to BL57

Use 3 cun long needle to puncture perpendicularly from ST38 toward BL57. Apply rotating and lifting-thrusting reducing techniques and ask patients to raise their arms during the manipulation. Retain the needle for 30 minutes. Manipulate the needle and raise the arm every 5-10 minutes. It is effective in most cases.

13. Elbow, knee and ankle joint pain

For elbow pain, choose LI11 to HT3.

Take 2 cun needle to puncture perpendicularly from LI11 toward HT3 with even movement. Apply reducing technique for severe pain. If the pain is caused by cold

dampness, give moxibustion after acupuncture. The treatment is given every other day.

For knee pain, choose Xizhong (knee center) to ST33, or LR8 to GB33
Ask the patient sit naturally and keep the knee joint at 90 degree. Use 4 cun needle to puncture for 3.5 cun deep from Xizhong toward the deep part of ST33. Or use 3 cun needle to puncture from LR8 toward GB33. Use even movement technique and retain the needles for 15 minutes. Give treatment every other day.
*Note: Xizhong refers to Xiyan points.

For ankle pain, choose GB40 to KI6 or ST41 to SP5
Take 2.5 cun needle to puncture from GB40 toward KI6 or a 1.5 cun needle from ST41 toward SP5. Apply even movement and retain the needle for 15 minutes. Give treatment every other day. Add moxibustion for cold Bi syndrome.

14. Numbness, swelling and distension of fingers

Choose SI3 to LI3
Use 3 cun needle to puncture from SI3 toward LI3. Apply rotating reducing technique and retain the needle for 20 minutes. Give treatment every other day.

15. Calf cramp

Choose BL57 to BL56
Let patients lie on the stomach, use 3 cun needle to puncture from BL57 toward BL56. Apply rotating reducing technique to cause local heaviness and tension. Retain the needle for 20 minutes and moxibustion. Give treatment every day.

16. Hypertension

Choose LI11 to HT3 or LR3 to KI1
Bend the elbow, needle LI11 through to HT3 with a 3 cun needle. Or use 1.5 cun needle to puncture from LR3 toward KI1. Apply even movement and retain the needles for 20 minutes. Give treatment every day.

17. Epilapsy

Choose Yaoqi (extra) to DU3
*Yaoqi: 2 cun directly above the tip of coccyx.
Let patients lie on the stomach and use 3 cun needle to puncture from hiatus sacralis toward DU3. Apply even movement to make the soreness and numbness sensation spreading toward the head. Retain the needle for 30 minutes. The treatment is given every other day.

18. Prolapse of anus

Choose DU1 to DU2

Let patients lie on the stomach and take a 3 cun needle to puncture for 2.5 cun deep from DU1 toward DU2. Apply rotating reducing technique and retain the needle for 20 minutes. Give treatment every other day.

II. Example Cases

1. migraine headache

female, 38 years old. First visit 01/12/1982

Main complaint: She got left side headache for 3 years and had been diagnosed as “neural headache” by a hospital. The pain could be alleviated by pain killers or herbs but it will easily come back upon stress or emotional stimulation. The pain is aggravated last week accompanied with the following manifestations: dizziness, sudden darkness, restlessness, easy get angry, red face, bitter taste in the mouth, red tongue with thin yellow coating, wiry and rapid pulse.

Diagnosis: Shaoyang meridian headache, liver qi stagnation transforming to fire, wind fire disturbing the Shaoyang meridian and causing stagnation.

Treatment method: Calm the liver and reduce the fire, stop wind and clear the meridians and collaterals.

Points: SJ23 to GB8 (left), LR3 to KI1 (bilateral)

Manipulation: Use 2.5 cun needle to puncture subcutaneously from SJ23 to GB8 with even movement to regulate Shaoyang meridian Qi, expel the wind and clear the collaterals. Then needle LR3 toward KI1 with rotating reducing technique to nourish water so as to control wood, to calm the liver and reduce the fire. Retain the needles for 20 minutes and give treatment every other day.

Result: Headache was reduced after 2 treatment and been cured in ten treatments. The patient was followed up for two years without relapse.

2. Acute lumbar sprain

female, 54 years old. First visit: 04/23/1980.

Main complaint: She injured her waist while carrying water in the morning. The pain was still there after taking Xiao Huo Luo Dan and Yun Nan Bai Yao and applying Shang Shi Zhi Tong Gao (Rheumatic pain plaster). The pain was so severe that she can not move her back.

Diagnosis: Lumbar muscle sprain causing stagnation in the meridians and collaterals. Stagnation leading to pain.

Treatment method: move qi and blood, disperse stasis and stop pain.

Points: Choose PC6 through toward SJ5 (bilateral).

Manipulation: Use 1.5 cun needle to puncture from PC6 toward SJ5 with rotating and lifting-thrusting reducing technique. Retain the needle for 30 minutes and manipulate the needle every 10 minutes. After one-minute manipulation, the needling sensation radiated along hand-jueyin (pericardium) and hand-shaoyang (Sanjiao) meridians to the chest and hypochondriac regions. Lumbar pain was reduced after 10 minutes and disappeared after 30 minutes. The patient could move her waist as she wanted.

3. Gastropptosis

Male, 71 years old. First visit: 07/26/1981

Main complaint: He got stomach disease and had been diagnosed as “gastropptosis” with X-ray. He got the following manifestations: emaciation, sallow complexion, poor appetite, heavy and bearing-down sensation in the stomach after eating, slow digestion, gastric fullness, sometimes vomiting, pale tongue, thin greasy coating, weak pulse.

Diagnosis: weakness of the spleen and stomach, middle Jiao Qi sinking

Treatment method: reinforce the Qi of the middle Jiao, lifting qi to treat prolapse.

Points: choose the three points for lifting the stomach. ST10(right), ST24 to ST21 (bilateral), moxibustion at RN12 and RN6.

Manipulation: Use 1.5 cun needle to puncture ST10 perpendicularly for 1 cun deep with even movement. Use 3 cun needle to puncture from ST24 toward ST21 with rotating reducing technique. Retain the needle for 30 minutes and stimulate the needles every 10 minutes. Apply moxibustion at RN12 and RN6. Treatment was given every other day.

Result: After 2 treatments, the heavy sensation in the stomach reduced and vomiting stopped. After 9 times of treatment, all the symptoms went away. Appetite was very good and the patient was in a very good spirit. Follow-up was given for 2 years and the problem did not come back.

4. Biliary ascariasis

Female, 17 years old. First visit: 08/04/1982

Main complaint: Sudden pain at right upper quadrant of the abdomen progressively became severe. The patient vomited 2 worms. Manifestations: sallow complexion, emaciation, blue spots at sclera, facial white marks (sign of parasite), white spots at the inner side of lower lip, roundworm eggs found in stool.

Diagnosis: biliary ascariasis

Treatment method: expel roundworm and suppress pain.

Points: LI20 to ST2(right side)

Manipulation: Use 1.5 cun needle and puncture from LI20 toward ST2 with even movement. Retain the needle for 30 minutes and stimulate the needle every 10 minutes. 3 minutes after needling, abdominal pain was reduced. The pain disappeared after 25 minutes. Give Wu Mei Wan. The patient passed 8 roundworms the next day. All the symptoms went away without relapse.