

This is an excerpt from Dr. Wang Xiu Zhen's – Bleeding Book, translated by Dan Tennenbaum, OMD and Carol Fong, L.Ac.

Frequently used points in treatment:

The selection of acupuncture points, as pertaining to this hospital, differs from the selection of points in general acupuncture, in that only a small and selective number of points are used, but the treatment effect is outstanding. Below we introduce the most commonly used points in bleeding therapy.

The most frequently selected points are:

- On the head Taiyang point.
- For the upper extremities PC 3 and LU5,
- For the lower back DU2, DU 3.
- For the lower extremities UB 40, UB 39, GB 35.
- Furthermore there are also points selected on the dorsum of the hands and feet.

Tai Yang 太阳(Extra meridian point)

Point location: In the depression about 1 inch lateral to the midpoint between the outer canthus of the eye and the lateral end of the eyebrow. Select the most visible local veins. Pay attention to avoid the artery.

Chief indications: Schizophrenia, mania, neurosis, sequelae of encephalitis, hypertension, sequelae of stroke, Meniere's disease, neurogenic headaches, diseases of the eyes, ears, nose and throat (EENT), chronic bronchitis, bronchial asthma, cancer of the esophagus, tumor of the thyroid gland, subcutaneous ulcer etc.

Needling method: Insertion slanted upward to induce bleeding.

Points of the upper limb:

LI 15 Jianyu 肩髃

Point location: At the shoulder joint, in the anterior of two depressions, when the arm is lifted, between the anterior and middle portions of the deltoid muscle. Select any visible veins.

Chief indications: Periarthritis of the shoulder, impingement syndrome, rheumatoid arthritis, sequelae of stroke

Needling method: Perpendicular insertion to induce bleeding

PC 3 Quze 曲泽

Point location: On the palmar aspect of the elbow, in the transverse cubital crease, at the ulnar side of the biceps tendon.

Indications: Schizophrenia, mania, , heart diseases, heat stroke, sequelae of encephalitis, sequelae of stroke, arthritis, peripheral neuropathy, acute mastitis, stomach diseases, esophageal cancer, skin diseases, infertility

Needling method: Perpendicular insertion to induce bleeding

LU 5 Chize 尺泽

Point location: In the transverse cubital crease, on the radial side of the biceps tendon, look for small veins

Indications: Chronic bronchitis, bronchial asthma, peri-arthritis of the shoulder, frozen shoulder, heat stroke

Needling method: Perpendicular insertion to induce bleeding

LI 11 Quchi 曲池

Point location: The point is in the depression at the end of the lateral cubital crease, when the elbow is flexed

Indications: Frozen shoulder, arthritis, sequelae of stroke, skin diseases, hypertension, cancer of the digestive tract

Needling method: Perpendicular insertion to induce bleeding

LU 10 Yuji 鱼际

Point location: On the radial aspect of the first metacarpal bone, at the junction of the red and white skin. Select the dark veins.

Indications: Chronic bronchitis, bronchial asthma, hemoptysis

Points of the lower limb

ST 31 Biguan 髀关

Point location: Directly below the anterior superior iliac spine, in the depression on the lateral side of the sartorius muscle, when the hip flexed.

Indications: Acute appendicitis, arthritis, sequelae of stroke

Needling method: Perpendicular insertion to induce bleeding

ST 38 Tiaokou 条口

Point location: On the external border of the tibia, 5 inches directly below St 36 Zusanli, select a dark vein

Indications: Chronic bronchitis, erysipelas, sequelae of stroke, Guillain-Barre Syndrome

Needling method: Perpendicular insertion to induce bleeding

ST 40 Fenglong 丰隆

Point location: At the same level as St 38 Tiaokou, two inches lateral to the anterior tibial crest, select a dark vein

Indications: Chronic bronchitis, bronchial asthma, schizophrenia, heart diseases, stomach diseases

Needling method: Perpendicular insertion to induce bleeding

GB 31 Fengshi 风市

Point location: With the arm naturally hanging down, the point is on the midline of the lateral aspect of the thigh, where the tip of the middle finger touches. Select a dark vein.

Indications: Acute appendicitis, chronic back and leg pain, numbness of the lower limb

Needling method: Perpendicular insertion to induce bleeding

GB 34 Yanglingquan 阳陵泉

Point location: In the depression anterior and inferior to the head of the fibula. Select a dark vein.

Indications: Schizophrenia, mania, chronic bronchitis, diseases of the liver and gall bladder, arthritis, filariasis, elephantiasis.

Needling method: Perpendicular insertion to induce bleeding

GB 35 Yangjiao 阳交

Point location: 7 inches above the tip of the external malleolus, at the anterior border of the fibula, or mid-point between Gb 34 and tip of external malleolus. Select dark vein.

Indications: Schizophrenia, manic disorder, liver diseases, gall bladder diseases, colic from passing gall stones or kidney stones, acute appendicitis, skin diseases, traumatic injury to the ribcage, etc.

Needling method: Perpendicular insertion to induce bleeding

UB 40 Weizhong 委中

Point location: At the center of the crease of the popliteal fossa. Select dark veins.

Indications: Schizophrenia, manic disorder, sequelae of encephalitis, sequelae of stroke, hypertension, sequelae of polio, arthritis, sciatica, chronic low back pain, chronic leg pain, nosebleeds, subcutaneous ulcers, carbuncles of the back, skin disorders, thromboangitis obliterans, diseases of the cervical spine, headache, etc.

Needling method: Perpendicular insertion to induce bleeding

UB 39 Weiyang 委阳

Point location: At the lateral end of the popliteal crease, lateral to BI 40, medial to border of the biceps femoris tendon.

Indications: Same as UB 40 Weizhong

Needling method: Perpendicular insertion to induce bleeding

SP 9 Yinlingquan 阴陵泉

Point location: At the inner aspect of the knee, on the lower border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and the gastrocnemius muscle.

Indications: Dysmenorrhea, female infertility, urinary tract infections, acute lymphadenitis, etc.

Needling method: Perpendicular insertion to induce bleeding

SP 6 Sanyinjiao 三阴交

Point location: Three inches above the medial malleolus, on the posterior border of the tibia

Indications: Menstrual disorders, female infertility, sequelae of polio, erysipelas, filariasis, elephantiasis, etc.

Needling method: Perpendicular insertion to induce bleeding

DU 2 Yaoshu 腰俞

Point location: In the hiatus of the sacrum, at intersection with coccyx

Indications: Chronic lower back and leg pain, sciatica, diseases of the lumbar spine, sequelae of polio, sequelae of cerebro-vascular accident, sequelae of encephalitis, chronic nephritis, bedwetting in children, prolapsed uterus, hemorrhoids, acute lower back sprain, etc.

Needling method: Perpendicular insertion to induce bleeding

DU 3 Yaoyangguan 腰阳关

Point location: Below the spinous process of the 4th lumbar vertebra

Indications: Same as Du 2

Needling method: Perpendicular insertion to induce bleeding

UB 31 Shangliao 上髎

Point location: 1st posterior sacral foramen, midway between the Du channel and the posterior superior iliac spine.

Indications: Chronic low back and thigh pain, sciatica.

Needling method: Perpendicular insertion to induce bleeding

DU 1 Changjiang 长强

Point location: Midway between the tip of the coccyx and the anus

Indications: Hemorrhoids, anal prolapse, chronic diarrhea, colitis, etc.

Needling method: Perpendicular insertion to induce bleeding

