-1323-

Dr. Richard Tan Seminar / Sept. 30-Oct. 1, 1995

LING KU

LOCATION – In the depression, just distal to the junction of the first and second metacarpal bones. Approximately 0.5 cun proximal to LI4 (Hegu), on the Yang Ming line.

NEEDLING INFORMATION – Needle perpendicularly, 0.5 to 0.9 cun in depth.

INDICATIONS

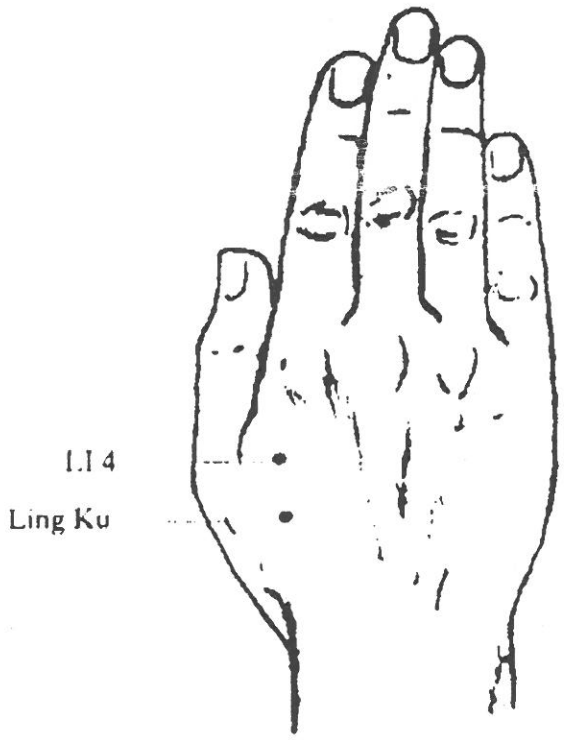
- ***Sciatica*** Used with Da Bai and also Zong Bai on occasion. Effective for lateral part of leg, and low back pain. L 4-5 type sciatica. May also be effective in combination with SI3 (Hou Xi). Use contralaterally to symptom.
- ***Shooting-type pains throughout the body*** Pains which originate in one area or site, and project or shoot down a limb, energetic channel, or to another part of the body. For example, neck pain extending down the trapezius, and most dermatome-related pains, are treatable with LingKu. Needle contralaterally.
- ***Pain in the elbow joint*** Needle on the same side as the pain.
- ***Headache, head area symptoms*** Can be used in combination with LI4 or 3, or used alone for head area symptoms, bilaterally or contralaterally.
- ***Painful and/or frequent urination*** Needle the point bilaterally.

GYN + cramps

CONTRAINDICATION – For use on pregnant women.

Ling Ku is a powerful point that shares with its neighbor, Hegu, the characteristic of having many and varied functions. It possesses a strong 'Qi regulating' effect, which can explain, in part, its variety of indications. The 'Teh-Qi' sensation produced by needling Ling Ku can be quite intense. Ling Ku has also been used in certain cancer-related point prescriptions.

CASE STUDY — Pages: 38, 41, 44, 46, 48, 52, 55, 60, 86, 96, 102, 110, 114



Ling Ku

Big White

DA BAI

LOCATION—About 0.5 cun proximal to LI3 (Sanjian), on the Yang Ming line.

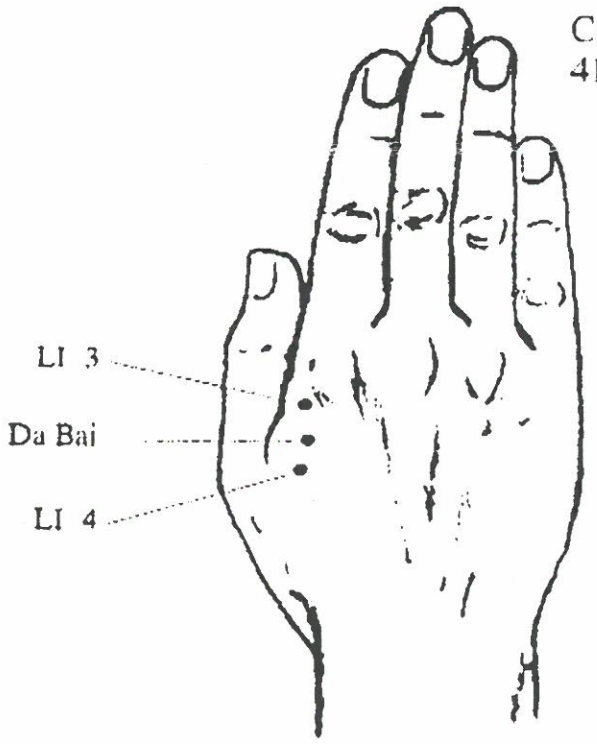
NEEDLING INFORMATION—Needle perpendicularly, under the bone, 0.3 to 0.7 cun in depth.

INDICATIONS

Tonsilitis + sore throat

- ***For children with high fever or asthma*** Bleed the point bilaterally.
- ***Use with Ling Ku for sciatica*** See "Ling Ku" information

CASE STUDY—Pages: 38, 41, 44, 46



Da Bai

Middle white

ZONG BAI

LOCATION—About 0.5 cun proximal to SJ3 (Zhongzhu), on the Shao Yang line.

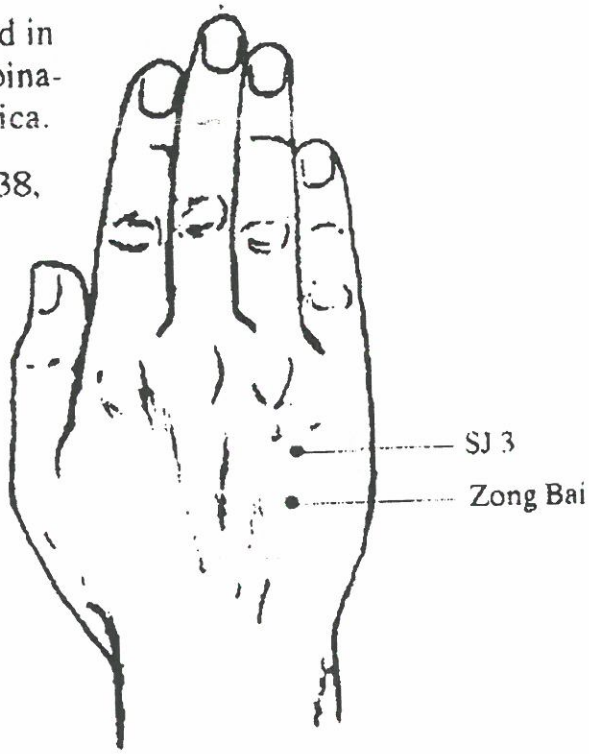
NEEDLING INFORMATION—Needle perpendicularly, 0.3 to 0.5 cun deep.

INDICATIONS

- ***Low back pain in L 2-3 area*** Especially if aggravated by standing up from a sitting position. Needle contralaterally if pain is one-sided.
- ***Edema*** Especially in the limbs. Needle bilaterally.

Zong Bai is often included in the LingKu–Da Bai combination for treatment of sciatica.

CASE STUDY—Pages: 38, 41, 44, 46



Zong Bai

Sacrum - LK
w/ : DB
general : ZB
LBP : SI4

CHUNG TZE

LOCATION—On the palmar surface, about 1 cun medial to the midpoint of the web-margin between the thumb and index finger, on a line drawn from this intersection to P7 (Da Ling). 'Ah Shi' location is appropriate.

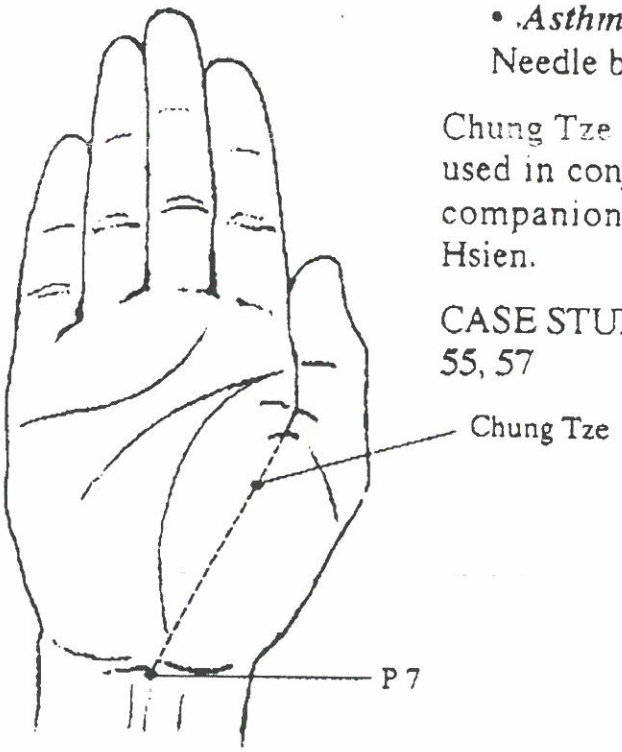
NEEDLING INFORMATION—Needling perpendicularly, 0.3 to 0.5 cun deep.

INDICATIONS

- *Upper back pain* Occurring between the medial border of the scapula and spine. Needle contralaterally. Usually combined with Chung Hsien.
- *Asthma in children* + adults Needle bilaterally.

Chung Tze is almost always used in conjunction with its companion point, Chung Hsien.

CASE STUDY—Pages: 52, 55, 57



Chung Tze

CHUNG HSIEN

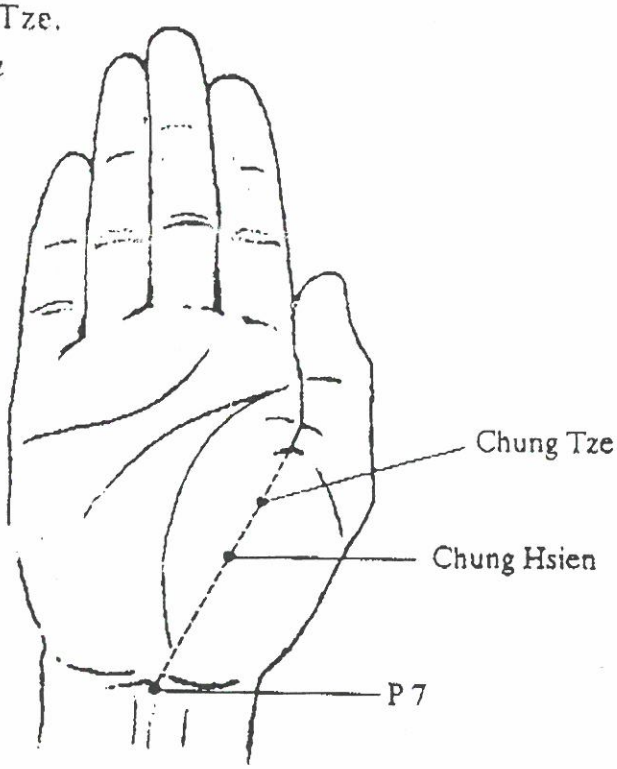
LOCATION—Along same line as described in the location for Chung Tze; about 1.0 cun proximal or medial to Chung Tze. 'Ah Shi' location is appropriate.

NEEDLING INFORMATION—Needle perpendicularly, approximately 0.3 to 0.5 cun in depth.

INDICATIONS

- *Upper back pain* Located between the spine and medial border of the scapula. Needle contralaterally in combination with Chung Tze.
- *Cough and pneumonia* Needle bilaterally in combination with Chung Tze.
- *Asthma in children* Needle bilaterally in combination with Chung Tze.
- *Knee pain* Needle contralaterally.

CASE STUDY—Pages: 52 55, 57



Chung Hsien

Use both points - enhances effectiveness

+ 2-3 needles between LV4 + LV5 on bone same side as pain, opp side of CT/CH oblique needling

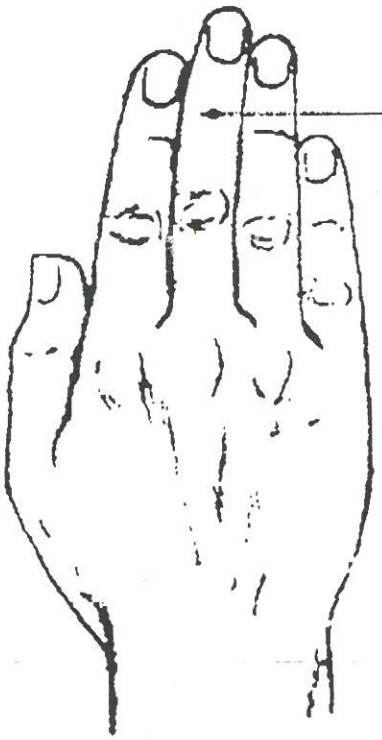
MU HUO

LOCATION—In the center of the dorsal aspect of the distal interphalangeal joint of the middle finger.

NEEDLING INFORMATION—Needle perpendicularly to a depth of up to 0.1 cun.

INDICATIONS

- *For paralysis of all types* Especially useful in one-sided paralysis (hemiplegia). Needle contralaterally.



Mu Huo

The first treatment with Mu Huo should consist of continuous steady stimulus of the point for 5 minutes, then withdrawal of the needle. The second treatment should be given 5 days later, with the stimilus lasting 3 minutes. The third treatment should be administered after another 5 day interval, with the stimulus lasting only one minute.

CASE STUDY: Page: 60

If MS - Do not stimulate too much

8 Gate

BA GUAN

LOCATION—In the notch formed just distal to the epicondyle of the proximal phalangeal bone of the middle finger, on either side of the bone.

NEEDLING INFORMATION—Needle towards the epicondyle of the bone, with the shaft of the needle angled about 45 degrees from the middle finger. Needle to a depth of 0.1–0.2 cun. Needle both sides of the bone.

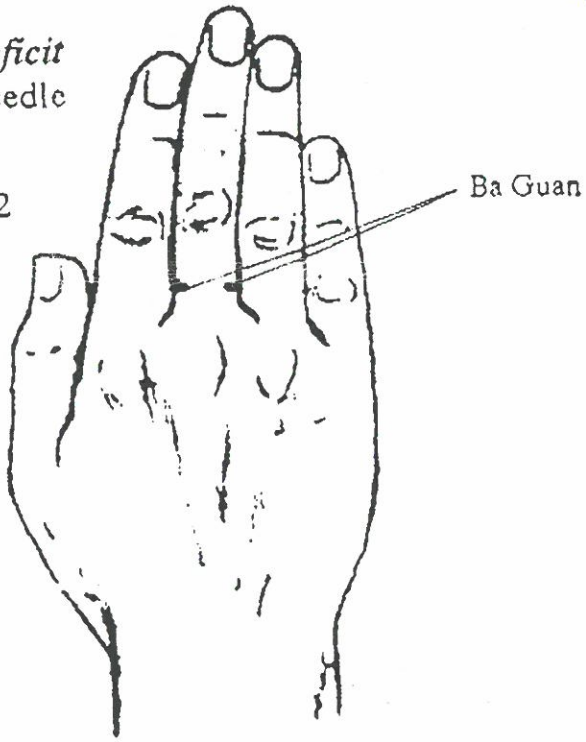
Palpate all 4 fingers
Needle most sensitive

Strong stim, rec.
60 twirls/min
electro good too

INDICATIONS

- *Motor or sensory deficit in the lower limb* Needle contralaterally.

CASE STUDY—Page: 62



Ba Guan

neck pt.

SO JING DIAN

LOCATION—In the depression, approximately level with SJ3 (Zhongzhu), between the third and fourth metacarpal bones. 'Ah Shi' location is appropriate.

NEEDLING INFORMATION—Needle perpendicularly, 0.3 to 0.5 cun in depth.

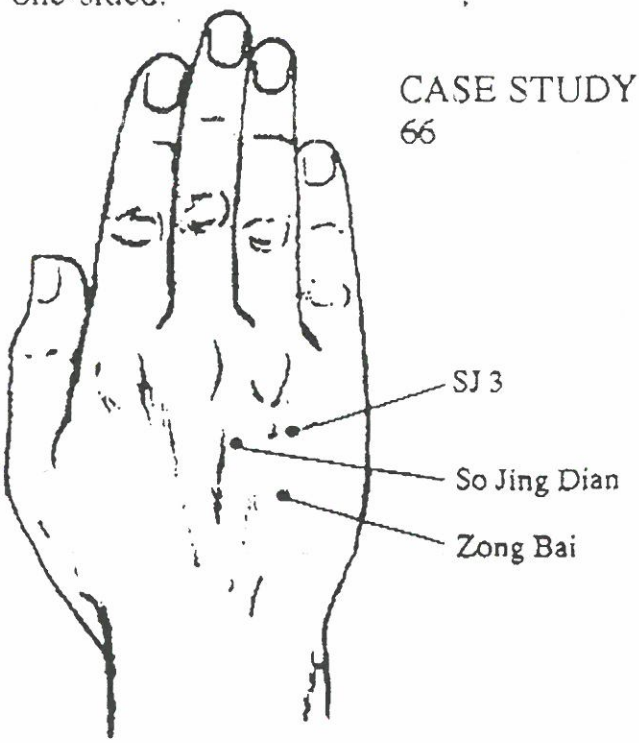
INDICATIONS

- *Neck pain* Good for all types of neck pain, but especially effective for pain of the Shao Yang, Tai Yang, and Du channels. Needle contralaterally when pain is one-sided.

CASE STUDY—Pages: 64, 66

Also between 2nd + 3rd @ TW level (another So Jing Dian point)

Ask patient to move neck - ROM



So Jing Dian

Gate / Door of Liver

GAN MEN

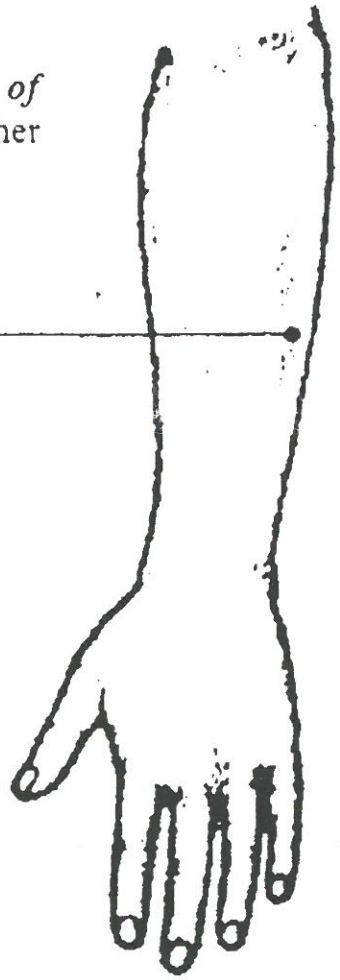
LOCATION—On the Tai Yang line, approximately 6 cun distal to SI8 (Xiaohai). 'Ah Shi' location is appropriate.

NEEDLING INFORMATION—Needle perpendicularly, 0.5 to 0.8 cun in depth.

INDICATIONS

- *Disease and dysfunction of the liver* Can be applied either bilaterally or contralaterally.

CASE STUDY—Page: 68



Acute chronic LV problem
Hep C
Detox

eye yellow

YEN HUANG

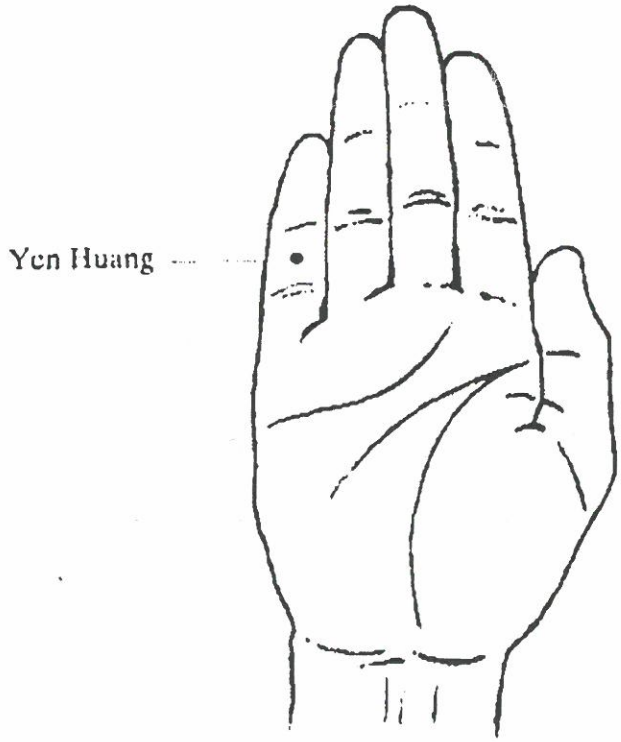
LOCATION—In the center of the palmar aspect of the middle segment of the fifth finger.

NEEDLING INFORMATION—Needle perpendicularly, 0.1 to 0.2 in depth.

INDICATIONS

- ***Yellowing of the conjunctiva; hepatitis; jaundice.***

CASE STUDY—Page: 70



Yen Huang

MU GUAN

LOCATION—Level with Gu Guan (see page 25), about 0.5 cun distal to the prominence of the pisiform bone. 'Ah Shi' location is appropriate.

NEEDLING INFORMATION—Needle perpendicularly 0.2 to 0.5 cun in depth.

INDICATIONS

osteo or

- ***Swollen joints; rheumatoid arthritis throughout the body; "bone swelling;" heel pain*** Needle contralaterally. Usually used with its companion Gu Guan.

Deformation of bone

CASE STUDY—Pages: 74, 77, 80

Mu Guan

Zhong Guan
Gyn problem, burning lower sec
point located between 2 Mu Guan pts.
(+ Ling Ku) - on opp hand

GU GUAN

LOCATION—In the depression (about 0.5 cun) distal to the prominence of the scaphoid bone. 'Ah Shi' location is appropriate.

NEEDLING INFORMATION—Needle perpendicularly 0.2 to 0.5 cun in depth.

INDICATIONS

- *Same as Mu Guan.*

CASE STUDY—Pages: 74, 77, 80

Gu Guan