



ACUPUNCTURE MASTER POINTS

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Acupuncture Experience

Published two research manuals in Acupuncture at NUHS
Taught First Acupuncture Course offered by a Chiropractic College
Education in China, and studied various ways of using acupuncture including Japanese, Korean, and Chinese systems
Studied under Wu Wei Ping, Amaro, and others
Testified throughout the US

**Current Position
Dean of Postgraduate
Division, Texas
Chiropractic College**

My patient Paula ...

Science-Based vs. Yin/Yang and Five Element theory

How to explain acupuncture to your patients

- Science - based
- Traditional
- Oriental
- For centuries in the Orient acupuncture consisted of:
 - Specific point stimulation
 - Physical modalities (such as heat, cold and massage)
 - Counseling (psychotherapy)
 - Herbalism (nutrition)

The basics of Classical Oriental Diagnosis and the causes of dis-ease

- 1) Internal factors – not living in accordance with the principles of the TAO: PREDISPOSED – this is an imbalance in the protecting chi

2) Effected by one of the Ten External Factors – this is an imbalance in the meridians: too much or too little energy (an excess or a deficiency of chi):

climate, emotions, excess food and drink, physical labor, unregulated sexual activity, epidemics, wounds/bites, worms/infestations, poisons, heredity. Only effects an already weak body.

All disease is caused or associated with a disturbed harmony between the yin and yang. If yang becomes dominant in an organ, the organ becomes hyperactive; if yin becomes dominant in an organ, then the organ becomes hypoactive.

3) Symptoms

Excess of energy – pain, inflammation, hyperactivity or hyperfunctioning
Deficiency of energy – edema, conditions of body organs

Scientific basis of acupuncture

- Acupuncture in the Successful Treatment of Leukoderma – *Am J. Acupuncture, Vol 8, No. 3, July-September 1980*
- *Revolutionary New Pain Theory and Acupuncture Treatment Procedure Based on New Theory of Acupuncture Mechanism* – American Journal of Acupuncture, Vol. 11, No4, October – December 1983
- Long-Lasting Reduction of Blood Pressure by Electroacupuncture in Patients with Hypertension – *Medical Acupuncture, Vol. 27, No. 4, 2015*
- Analgesic effect on primary dysmenorrhea treated with conventional and sham acupuncture at San-yin-jiao (SP 6) – *Zhongguo Zhen Jiu 2016 Apr;35 (4): 318-22*
- Effect of Zusanli (ST 36) Electroacupuncture at Two Frequencies on the Bioavailability of Tc-Sodium Perchnetate and on Labeling of Blood Constituents in Rats – *J. Acupuncture Meridian Stud 2009; 2(2):135-146*

- Electroacupuncture at Bilateral Zusanli Points (ST 36) Protects Intestinal Mucosal Immune Barrier in Sepsis – *Evidence-Based Complementary and Alternative Medicine, Vol. 2015, Article ID 639412*
- PC acupoint stimulation for prevention of postoperative nausea and vomiting in patients undergoing craniotomy: study protocol for a randomized controlled trial – by Feng and Li

Pain Control – Endorphins and enkephalins

- Endorphins:
- 100 times more potent than morphine
 - First – stimulate a specific site:
 - The stimulation of specific sites (or combinations of sites) sends an impulse to the brainstem that triggers the release of a complex molecule: Beta-lipotrophin/ACTH
 - Based on the site/or combination of sites – one or more of several reactions are triggered:
 - Increase or decreases hormonal levels (male or female hormones)
 - Increases or decreases cortisone
 - Increases or decreases prostaglandins (associated with acute inflammation)
 - And finally – releases over 200 kinds of endogenous endorphins which tend to be site specific
 - L-Tryptophan is a precursor to endorphin production
 - Endorphins circulate in the blood stream, cerebrovascular fluid and gastrointestinal tract for up to 3 days with a peak within 30-45 seconds of treatment commencement.
 - Pomeranz has conducted numerous research studies documenting endorphin production

In triggering endorphins – locate a trigger point or an “Ah shi” point

- Stimulation occurs with a needle or with a small diameter electrode; 3-5 pps; motor stimulation
- Treatment time is 20-30 seconds per site

Enkephalin

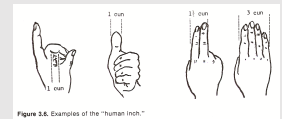
- large myelinated nerve fibers of the skin have an inhibitory effect on the small pain bearing fibers that enter the same segment of the spinal cord
- Enkephalins block out pain – this occurs with high volt therapy at 70-90 pulses per second generally with intensity to patient perception (sensory levels of stimulation) with pad placement directly over the site of the pain OR with interferential therapy in which case pad placement is around the site of the pain and 80-100 pulses per second

Types of points

There are many different types of points, e.g. Local points, Ah Shi points, tonification and sedation points, horary points, connecting points (luo), intersection points, accumulation points, cardinal points, miracle points, moxa points, thermal reflex areas, internal points and amphoteric points (alarm, association, source, akabane, master points)

Locating acupuncture point – The Human inch: Tsun or Pouce

- Based on the patient's hand (males – left, females – right). Patient's hand.
- Used to locate acupuncture points
- The distance between the two creases of the phalanges formed when the second or middle finger is bent. Fen – decimal part of the human inch.



Ah Shi points and local points

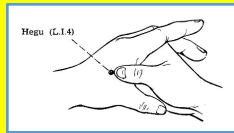
- Ah shi points are literally trigger points – these are the main points of focus in Dry Needling
- Local points are points in local area that are treated

Master points

- Master points are examples of amphoteric points
 - 2-3 times the energy that other points have
 - Method of stimulation of these points is generally irrelevant
- LI 4
- ST 36
- SP 6
- LU 7
- LV 3
- GB 20
- BL 54

LI 4

Ho Ku
He gu/ Hegu



Physiological Effects

- Pain in the upper extremity head and neck
- Analgesia – lower jaw
- Promotes drainage, stagnation

Recent studies from the Journal of Orofacial Pain showed that the stimulation of He Gu (LI4) significantly reduced myofascial pain of the jaw muscles [2]. A recent Cochrane systematic review on acupuncture in migraine and tension-type headaches suggests stimulation of acupoints as an effective and valuable option for alleviating migraines and tension-type headaches [1].

- **References**
- [Schiaffarelli P, Allais G, et al. Acupuncture in primary headache treatment. NeuroSci. 2011 May; 32 Suppl 3:S15-8.](#)
- [Shen YF, Younger J, et al. Randomized clinical trial of acupuncture for myofascial pain of the jaw muscles. J Orofac Pain. 2009 Fall; 23\(4\): 353-9.](#)

Combining points changes the physiological effects of the points

• Examples:

- LI 4 and ST 36
- LI 4 and SP 6
- LI 4 and LI 11
- LI 4 and LV 3

LI 4 and ST 36

- Gastrointestinal complaints
 - The order of needle insertion may make a difference
 - The frequency utilized makes a difference with electrical stimulation
 - The side of treatment may matter
 - Even the length of time each point is stimulated may make a difference

LI 4 and SP 6
- Gynecological Complaints

LI 4 and LI 11

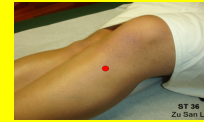
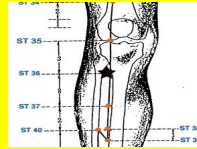
- Dermatological issues
 - Treatment is bilateral

LI 4 and LV 3

- Major sedation

ST 36

Zsusanli
Zu San li
Tsu san li



Physiological Effects

- Knee pain/lateral aspect of the knee
- Gastrointestinal conditions e.g. diarrhea, constipation
 - Order of needle insertion matters
- Nausea and vomiting
- Stress and fatigue
- Health promotion and longevity
- Pain on the lateral aspect of the knee
- Major tonification point for the body
- hiccups
- Bilateral treatment of this point effects the cellular elements of the blood; some studies have demonstrated increased white blood count (during infections) and increased red blood count in cases of anemia. In one study ST 36 and SP 6 was more effective in raising leukocytes than Western drugs
- Research shows electro-acupuncture results with P 6 (HC 6) in cases of hypertension
- When needling, don't stand in front of the patient

Research

- There are many studies conducted with Zu San Li (ST36) in the scientific literature. In neuroimaging studies, stimulation of Zu San Li (ST36) has been shown to affect the limbic and paralimbic systems in the brain[2] which may affect the body's response to stress [3]. The Journal of Autonomic Neuroscience also published an article that showed that both [Nei Guan \[PC\]](#) and Zu San Li (ST 36) used together have an effect on gastrointestinal motility[1].

References

- [Yin J, Chen JD. Gastrointestinal motility disorders and acupuncture. Auton Neurosci. 2010 Dec 29;157\(1-2\):133-7. Epub 2010 Sep 3.](#)
- [Feng Y, Bai L, Ren Y, Wang H, Liu Z, Zhang W, Tian J. Investigation of the large-scale functional brain networks modulated by acupuncture. Magn Reson Imaging. 2011 Sep;29\(9\):1283-90. Epub 2011 May 25.](#)
- [Pavao TS, Vianna P, Pillat MM, Machado AB, Bauer ME. Acupuncture is effective to attenuate stress and stimulate lymphocyte proliferation in the rodent. Neurosci Lett. 2010 Oct 22;482\(1-3\):7-10. Epub 2010 Aug 13.](#)

SP 6

San Yin Jiao



Physiological Effects

- Crossroads of the three Yin Meridians: Spleen, Liver, and Kidney
 - digestive
 - gynecological
 - emotional conditions
- Menstrual problems e.g. irregular menstruation, dysmenorrhea, amenorrhea, infertility
- Nocturnal emissions, enuresis, dysuria
- impotence
- Generalized body edema
- Abdominal distention
- Master point for circulation For individuals that bruise easily, cold feet, and varicose veins

Research

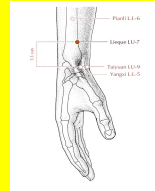
Spleen 6 is commonly used for urological and pelvic disorders, insomnia, and menstrual cramps.

Effects on labor pain with acupressure: improve labor, manage labor pain, and shorten delivery time

- Wong CL, Lai KY, Tse HM, Effects of SP6 acupressure on pain and menstrual distress in young woman with dysmenorrhea, Complement Ther Clin Pract. 2010 May;16 (2):64-9, Epub 2009 Nov 14
- Effects of SP6 Acupuncture Point Stimulation on Labor Pain and Duration of LaborIran

LU 7

Lieque

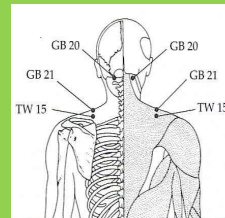


Physiological Effects

- Good for localized edema caused by musculoskeletal problems especially those of an acute nature, e.g. a sprained ankle
- Asthma: Lu 7 is treated in conjunction with points on the kidney and stomach meridians which are located on the chest – over the anatomical lungs (points on the chest and back may be considered local points). Few distant points are found in any formulas, however LI 4 is an exception – and this point is known to “decongest”
- Needle insertion should be toward the wrist

GB 20

Feng chi

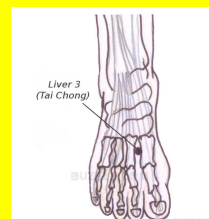


Physiological Effects

- Suboccipital headaches
- Pain and stiffness in the neck
- Conditions involving the parasympathetic nervous system (rest and digest; feed and breed)
- Paralysis, twitching, tremors, numbness and dizziness and vertigo
- Seizures, memory issues
- May effect conditions involving the eyes, e.g. blurred vision and red painful eyes
- Tinnitus, nasal congestion, and runny nose
- When using needles, angle toward opposite eye ...shallow insertion

LV 3

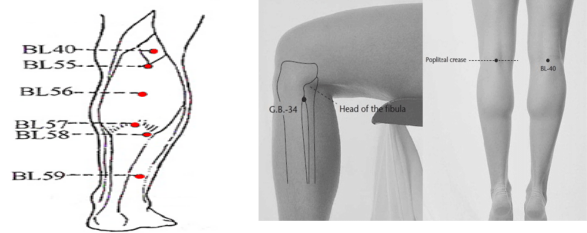
Tai chong



Physiological Effects

- This point will rapidly detoxify the body Angle needle toward heel of foot about 1/2 " deep
- Neurological complains, e.g. Parkinson's, MS, depression, epilepsy, infantile convulsions
- Weakness numbness and pain in the lower extremities; difficulties in walking
- Major sedation point – especially for the lower part of the body
- Migraine headache
- Drug rehab
- Use care in treating if patient has epilepsy, is on drugs, or is intoxicated
- Needles should be angled toward the heel

BL 40/ some older texts list as BL 54
Wei Zhong



Physiological Effects

- Pain in the knee joint
- Meniscal or arthritic pain in the knee
- Sciatic pain that radiates to the knee
- Bend knee prior to needle insertion

Managing musculoskeletal complains Phase One

• Acute Inflammatory Phase

- This phase may last for up to 72 hours, depending on the severity of the injuries and constitutes a non-specific reaction involving both cellular and humoral elements
- Swelling, redness, warmth and pain
- Muckle has emphasized the prominent part played by prostaglandins in the mechanism of both pain production and increased capillary permeability
- Management: cold, antiprostaglandins, TNS, enkephalin and endorphins
- Local and distant point treatment; along with LU 7 for localized edema; and GB 20-21 to relax muscle spasm in the upper extremity and GB 34 in the lower extremity. LV 3 detoxifies.

Phase 2

• Healing phase

- This stage may last from 48 hours on up to 6 weeks and is characterized by the synthesis and deposition of collagen
- According to Van der Meulin, "the repair of tissue is only possible when the wound has become clean" and macrophages are mobilized freely in the removal of cellular debris, erythrocytes and the fibrin clot
- The goal is collagen synthesis with an emphasis on the quality of the collagen
- Management: Create movement, heat therapies, e.g. ultrasound, diathermy, hot packs
- Acupuncture: Local points combined with ST 36 – the major tonification point of the body

Phase 3

• The Rehabilitative or Remodelling Phase

- This phase may last from 3 weeks to 12 months or more (Frank et al.) and is a period in which collagen is remodeled to increase the functional capabilities of the tendon or ligament to withstand the stresses imposed on it.
- The distinction between phases 2 and 3 is largely one of increasing the quantity of collagen during the repair phase and of an improvement in the quality (orientation and tensile strength) in the latter phase.
- The highly organized appearance of normal ligament substance has not been approached by the remodeled scar even after 40 weeks of healing and there is an apparent plateau in scar collagen concentration at just over 70% of normal. In short, collagen is deficient both in content and quality at least 40 weeks after injury.

Reference: Acute soft tissue injuries – a review of the literature, John Kellest, Medicine and Science in Sports and Exercise, Vol. 18, No 5, 1986.

Shoulder, Elbow, wrist and hand

- Treat local points – add points based upon symptomatology
- In cases of decreased mobility – treat trigger point on opposite side and create movement

Hip Joint

- Treat local points – add points based upon symptomatology
- In cases of decreased mobility – treat trigger point on opposite side and create movement

Knee, ankle and foot

- Treat local points – add points based upon symptomatology
- In cases of decreased mobility – treat trigger point on opposite side and create movement

Dry Needling

- A term – apparently coined by the Physical Therapists – in an effort to secure the right to utilize “acupuncture”
- Trigger point dry needling targets the tight points within muscular tissue that produce and refer pain
- According to the APTA, “Dry needling is a skilled intervention that uses a filiform needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular, and connective tissues for the management of neuromusculoskeletal pain and movement impairments.”
- “The practice of acupuncture by acupuncturists and the performance of dry needling by physical therapists differ in terms of historical, philosophical, indicative, and practical context. The performance of modern dry needling by physical therapists is based on western neuroanatomy and modern scientific study of the musculoskeletal and nervous system. Physical therapists who perform dry needling do not use traditional acupuncture theories of acupuncture terminology.”

THE END

