

ACUPUNCTURE

A COMPREHENSIVE TEXT

Shanghai College of
Traditional Medicine

translated and edited by
John O'Connor and Dan Bensky

針灸學

part of the body. Such points of tenderness (or 'positive response') are found in the same manner as those on the ear. (See chapter 7)

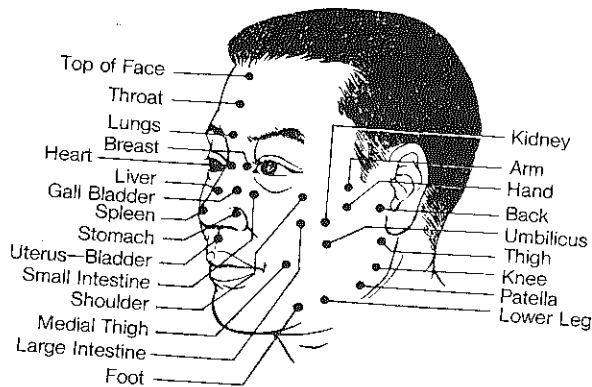
Method

Because of the shallow depth of flesh over much of the face, the needle is usually inserted at a transverse or slanted angle to the surface. A #28-32 gauge needle, 0.5-1.5 inches in length is ordinarily used.

After the needle sensation (Qi) has been obtained, the needle is retained for 10-30 minutes. The physician should manipulate the needle a few times every 5-10 minutes so as to maintain stimulation. Generally, ten treatments constitute one course, on consecutive or alternating days. If it is necessary to begin a second course, a week's rest should be allowed during the interim.

Other considerations

- Acupuncture sites must be rigorously cleaned. Scars and sores should be avoided.
- As on the ear, areas on the nose which are typically moist or oily are expected to show lower electrical resistance than surrounding areas. These areas in particular must be thoroughly cleaned and dried if the physician intends to use the electric probing device for diagnosis.
- The face—and particularly the nose—is very sensitive to needle stimulation. Many sites are simply painful to needle. The physician can help somewhat by avoiding deep insertion on the nose, and minimizing the manipulation of the needle once in place.



Dia. 3-55 Facial Acupuncture Points

Table 3-6 FACE ACUPUNCTURE POINTS

Area	Point	Location
Midline from Forehead to Upper Lip	Top of Face	On midline of forehead, 1/3 the distance from the natural hairline to a point midway between the eyebrows
	Throat	On midline of forehead, 2/3 the distance from the natural hairline to a point midway between eyebrows

Area	Point	Location
Cheek	Kidney	Level with the ala nasi, directly below M-HN-9 (<i>Taiyang</i>)
	Umbilicus	About 0.7 unit directly below the Kidney point, approximately level with Gv-26 (<i>Renzhong</i>)
	Back (same as SI-19 (<i>Tinggong</i>))	In front of the tragus of the ear, between the anterior aspect of tragus and the temporomandibular joint
	Thigh	1/3 the distance from the ear lobe to the angle of the mandible
	Knee	1/3 the distance from the angle of the mandible to the ear lobe
	Patella (same as S-6 (<i>Jiache</i>))	In depression above angle of mandible
	Lower Leg	On superior margin of mandible, anterior to the angle of mandible
	Foot	On superior margin of mandible, directly below the outer canthus and anterior to the Lower Leg



Dia. 3-56 Nose Acupuncture Points

Table 3-7 NOSE ACUPUNCTURE POINTS

Line	Point	Location
1st Line: From mid-line of forehead, down bridge of nose to philtrum (9 points)	Head and Face	In the middle of forehead, 1/3 the distance from the natural hairline to a point between eyebrows