CHAPTER 5-Artistic Needling
Artistic Needling

• Artistic needling means to use two or more needles to puncture two or more acupoints or tenderness.

• This method is developed by the author and is more effective than the needling of one single acupoint in clinic treatment. This is the result of many years study and summarization.

• Since the performance of this kind of needling appears like artistic work, it is called artistic needling.
1. Needling four sides of Baihui

- This way of needling is characterized by needling the four acupoints located on the upper, lower, right and left sides of Baihui (DU20) known as Sishencong.

- Clinical Application

- It is used to treat headache, insomnia, hypophrenia, dementia, manic-depressive psychosis, epilepsy and anal prolapsed.
1. Needling four sides of Baihui
2. Four-flowered needling toward Baihui

• This way of needling is characterized by inserting the needle from the four acupoints known as Sishencong to Baihui.

• Clinical Application

• It is used to treat headache, insomnia, hypophrenia, dementia, manic-depressive psychosis, epilepsy and anal prolapsed.
2. Four-flowered needling toward Baihui

Fig. 5-2  Four-flowered needling toward Baihui
3. Tongtian Luoque tail-chasing needling

• This way of needling is so named as the needles are inserted into Tongtian(UB7) and Luoque(UB8), and the tail of inserted needle is closely followed by subsequent needle.

• Clinical Application
• The method is used to treat headache, vertigo, nasal problems and stiff neck.
3. Tongtian Luoque tail-chasing needling
4. Three needles for intelligence

- This way of needling is so named as three points on the forehead are selected to improve intelligence.

- Clinical Application
- This method can be used to treat children’s feeblemindedness, encephalic hypoplasia, hyperkinetic syndrome of childhood and senile dementia, etc.

- Note

- Caution in children with patent fontanel.
4. Three needles for intelligence
4. Three needles for intelligence
5. Xing Chai triangular needling

- This way of needling is so named as the three points of Shangxing and both Quchai used make a triangle.

- Clinical Application

- This method can be used to treat headache, vertigo, epilepsy, nasal problems, eye problems and sore throat, etc.
5. Xing Chai triangular needling
6. Five fen posterior to the anterior hairline needling

- This way of needling is so named as the acupoints five fen posterior to the anterior hairline are punctured.

- Clinical Application

- This method can be used to treat headache, nasal problems, epilepsy and weak constitution.
6. Five fen posterior to the anterior hairline needling
7. Zanzhu three-direction needling

• This way of needling is so named as Zanzhu(UB2) is needled towards three directions of left, right and inferior parts at the same time.

• Clinical Application

• The method is used to treat headache, pain in the supra-orbital bone, blurred vision and eye problems, etc.
7. Zanzhu three-direction needling

Note: There're quite a few variations of this method, which should be selected according to clinical manifestations.

towards Yuyao on the left (or right)  towards Jingming  towards Tai yang
8. Triple needling of nose

- Clinical Application
- This method is to use three needles to puncture in the direction of the nose to treat nasal disease.
- It is used to treat various nasal diseases, biliary ascariasis and constipation.
8. Triple needling of nose
9. Shangxiaguan needling

- This way of needling is so named as Shangguan and Xiaguan are needled perpendicularly.

- Clinical Application

- The method can be used to treated motor impairment of the jaw, toothache/ deafness and deviation of the mouth and eye, etc.
9. Shangxiaguan needling
10. Xiangxing needling

- This way of method is so named because of composed acupoints “Xiangxing” (LI20-Du23).

- Clinical Application
- The method is used to treat nasal obstruction and hyposmia.
10. Xiangxing needling

Note
In clinic, Shangxing can also be inserted towards the forehead and the needles are in the form of 人.
11. Two Yingxiang point double-splay needling

- This way of needling is so named as Yingxiang and Shangyingxiang are in a splay shape respectively.

- Clinical Application
- The method is used to treat nasal problems such as nasal obstruction, nasal bleeding, nasal polyp, rhinitis and sinusitis, etc.
11. Two Yingxiang point double-splay needling
12. Character eight-one point needling

• This way of needling is so named as the needles are in the form of Chinese character “eight” (similar to inverted “V”) and a point.

• Clinical Application

• The method is used to treat nasal problems and uncomfortable breath.
12. Character eight-one point needling

Fig. 5 - 12  Character eight-one point needling for nasal problems
13. Triple needling of Nao

- This way of needling is so named as three points of Naohu(Du17) and Naokong(GB18) on the occiput are punctured.

- Clinical Application

- The method can be used to treat Parkinson’s disease, feeblemindedness, and cerebral paralysis etc.
13. Triple needling of Nao
14 Needling of neck sinus

• This method is used to puncture the neck and cervical arterial sinus.

• Clinical Application

• It is used to treat hypertension, goiter, cardiovascular and endocrine diseases.
14 Needling of neck sinus

Shallowly with ranked needling technique respectively. Each acupoint is needled 0.1 - 0.5
15. Group needing of the neck

- Group needing of the neck: Usually 12 needles are used to needle the neck.

- Clinical Application
- It is used to treat hypertension, insomnia, hypophrenia, dementia, hysteria, cerebral diseases and sequelae, headache, and ocular diseases.
15. Group needing of the neck
16. Needling technique on the three points of the back

• This way of needling is so named as three points of the Bladder Meridian of Foot Taiyang on the back are selected.

• Clinical Application

• The method is used to treat asthma, cough and backache, etc.
16. Needling technique on the three points of the back

UB11
UB12
UB13
17. Four-flowered needling

• This way of needling is so named because it looks like four flowers.

• Clinical Application

• It is mainly used to treat asthenia consumptive disease, emaciation, thoracic distress, cough and asthma.
17. Four-flowered needling
18. Five-flowered needling

• This way of needling appears like five flowers. That is why it is so named.

• Clinical Application

• It is used to treat pulmonary tuberculosis, cardiovascular disease and intercostal neuralgia.
18. Five-flowered needling

图 5-18 五花刺

Fig. 5-18 Five-flowered needling
19 . Jiaotai needling

• This way of needling is so named as this method can obtain comfortable feeling by treating disharmony between the Heart and Kidney with its Heart-Kidney communicating action. ( Jiaotai, means communicating and comfortable. )

• Clinical Application
• The method can be used to treat insomnia and spermatorrhea due to disharmony between the Heart and Kidney.
19. Jiaotai needling
20. Needling of Baliao

- This way of needling is done on the eight Liao points.

- Clinical Application
- It is used to treat gynecological diseases, lumbago, hernia, difficulty in urination and defecation, flaccidity of the lower limbs.
20. Needling of Baliao
21. Sacral needling

- This way of needling is done on the "sacral region and it looks like a peacock opening wings.

- Clinical Application

- It is used to treat male and female urinary and reproductive diseases, endocrine disorders, and prostatic diseases.
21. Sacral needling
22. Seven-needling techniques for asthma

• This way of needling is named because it can stop asthma.

• Clinical Application

• It is used to treat bronchitis, bronchial asthma, rheumatic lumbago.
22. Seven-needling techniques for asthma
23. Needling on the three points of the sacral region

- This way of needling is so named as three points of the sacral region are selected and needled.

- Clinical Application
- This method is used to treat anal problems.
23. Needling on the three points of the sacral region

图 5-23 尾三针
Fig. 5-23 Needling on the three points of the sacral region
24. Needling technique on the three points of the hip

- This way of needling is so named as three points of the hip are selected and needled.

- Clinical Application
- The method can be applied to atrophy and pain of the lower limbs, hemiplegia, pain in the waist and hip, sciatica, infantile paralysis and soft tissue problems around hip joints, etc.
24. Needling technique on the three points of the hip

Fig. 5-24 Needling technique on the three points of the hip
25. Five-flowered needling of Jiquan

- This way of needling is performed around Jiquan with five needles inserted around, appearing like five flowers.

- Clinical Application
  - It is used to treat shoulder pain, and flaccidity of the upper limbs.
25. Five-flowered needling of Jiquan
26. Heart-soothing needling

• This way of needling is so named because it is effective to regulate qi and to soothe the heart.

• Clinical Application

• It is used to treat palpitation, pain of the heart, thoracic distress, asthma, cough and dyspnea.
26. Heart-soothing needling
27. Needling for soothing the chest and regulating qi

• This way of needling is effective to soothe the chest and to regulate qi. That is why it is so named.

• Clinical Application
  • It is used to treat chest distress, chest pain, palpitation, asthma, cough, dysphagia and dyspnea.
27. Needling for soothing the chest and regulating qi
28. Needling for the promotion of lactation

• This way of needling can promote lactation.

• Clinical Application
• It is used to treat hypogalactia, mastitis and retention of milk.
28. Needling for the promotion of lactation
29. Needling for inducing lactation

• This way of needling is so named because it can promote lactation.

• Clinical Application
• It is used to treat lack of milk, retention of milk and mastitis.
29. Needling for inducing lactation

Fig. 5-29  Needling for inducing lactation
30. Needling of triple Wan

- This way of needling means to needle the upper, middle and lower part of the stomach.

- Clinical Application
- It is used to treat various gastric diseases.
30. Needling of triple Wan
31. Plum-needling of Zhongwan

• This needling takes Zhongwan as the centre and inserts four needles around it and it looks like plum-shaped.

• Clinical Application
• It is used to treat various gastric diseases.
31. Plum-needling of Zhongwan
32. Five-flower needling technique for the stomach

• This way of needling is so named as five points of the gastric region are selected and needled.

• Clinical Application

• This method is used to treat stomachache and gastric neurosis.
32. Five-flower needling technique for the stomach

Ren13
Ren12
Ren11

KD19
33. Needling of the upper abdominal triangle

- This way of needling forms a triangle on the abdomen. That is why it is so named.

- Clinical Application
  - It is used to treat gastric disease, gastroptosis and upper abdominal pain.
33. Needling of the upper abdominal triangle

Fig. 5-33 Needling of the upper abdominal triangle
34. Needling of the middle abdominal triangle

• This way of needling is done on left, right and lower sides of the navel. That is why it is so named.

• Clinical Application
• It is used to treat abdominal pain, diarrhea, dysentery, etc.
34. Needling of the middle abdominal triangle

Fig. 5-34  Needling of the middle abdominal triangle
35. Needling of the lower abdominal triangle

• This way of needling forms a triangle on the lower abdomen. That is why it is so named.

• Clinical Application

• It is used to treat nocturnal emission, impotence, dysmenorrhea, leucorrhagia, prolapse of the uteras frequent and urgent urination or enuresis,
35. Needling of the lower abdominal triangle

Fig. 5-35 Needling of the lower abdominal triangle
36. Square needling of the navel

• This needling is done around the navel with four needles inserted on the four sides of the navel. That is why it is so named.

• Clinical Application
• It is used to treat abdominal pain and various gastroenteric diseases.
36. Square needling of the navel
37. Triple-acupoint needling around the umbilicus

- This way of needling is so named as three acupoints of Tianshu, Yinjiao and Shuifen which are located around the umbilicus are selected.

- Clinical Application
- The method is mainly used to treat bi syndrome and abdominal pain.
37. Triple-acupoint needling around the umbilicus

Fig. 5 - 37  Triple-acupoint needling around the Umbilicus
38. Water-moving technique

• This way of needling is so named as it can move Water and dispel Water.

• Clinical Application
• The method is mainly used to treat renal edema.
38. Water-moving technique
39. Intestinal triple needling

• This way of needling is so named as three points from two acupoint names located lateral and inferior to the umbilicus are selected to treat intestinal problems.

• Clinical Application

• The method is mainly used to treat abdominal pain, enteritis, dysentery and constipation.
39. Intestinal triple needling

Fig. 5-39 Intestinal triple needling
40. Inverted eight needling

- This way of needling is so named as eight points of Tianshu, Wailing, Daju, Shuidao located on the abdomen are needled and formed a shape of inverted eight (Chinese character, inverted eight is similar to “V”).

- Clinical Application

- The method is mainly used to treat retention of urine, intestinal problems and urogenital diseases.
40. Inverted eight needling

图5-40 倒八针术

Fig. 5-40 Inverted eight needling
41. Menstruation regulating technique

- This way of needling is so named as it can regulate menstruation.

- Clinical Application

- The method can be used to treat irregular menstruation, including irregular periods, heavy or decreased menses which may be dark or light.
41. Menstruation regulating technique

Fig. 5-41 Menstruation regulating technique
42. Needling of Zhongji triangle

- This way of needling is done above or below Zhongji point. Thus triangle is formed either below or above Zhongji. That is why it is so named.

- Clinical Application
- It is used to treat nocturnal emission, impotence, dysmenorrhea, leucorrhaea, prolapse of uterus, frequent and urgent urination or enuresis etc.
42. Needling of Zhongji triangle
43. Pubic needling

• Pubic needling is done in the pubic. That is why it is so named.

• Clinical Application
• It is used to treat impotence, premature ejaculation, leucorrhagia, uterine prolapse and enuresis, etc.
43. Pubic needling
44. Perineal needling

- Perineal needling means that the needling is done at the perineum.

- Clinical Application
  - It is used to treat hemorrhoid, dysuria, nocturnal emission, irregular menstruation mania and syncope.
44. Perineal needling
45. Heart opening technique

- This way of needling is so named as this method can remove stagnation in the heart and relieve angina pectoris.

- Clinical Application
- This way of needling is mainly used to treat angina pectoris and pain in the cardiac region.
45. Heart opening technique
46. Triple He needling in the popliteal fossa

• This way of needling is so named as three He-Sea points of the Bladder, Sanjiao and Kidney meridians in the popliteal fossa are selected and needled.

• Clinical Application
• This method can be used to treat muscular atrophy and hi syndrome of the lower limbs, soreness of the waist and knees, motor impairment of the knees and legs.
46. Triple He. needling in the popliteal fossa

KD10 Yingu Weizhong Weiyang UB40
UB39

Fig. 5–46  Triple He needling in the popliteal fossa.
47. Triple He needling on the foot

- This way of needling is so named as three Lower He-Sea points of the Stomach, Large Intestine and Small Intestine are selected and needled.

- Clinical Application

- This method can be used to treat gastrointestinal problems such as stomachache, vomiting, abdominal distending, borborygmus, dyspepsia, diarrhea, constipation and dysentery, etc.
47. Triple He needling on the foot

ST36 足三里 Zusanli
ST37 上巨虚 Shangjuxu
ST39 下巨虚 Xiajuxu

图 5-47 足三合刺
Fig. 5-47 Triple He needling on the foot
48. Sanyin to Quan tail-chasing needling

- This way of needling is so named as when needles are inserted from Sanyinjiao towards the direction of Yinlingquan, the tails of inserted needles are closely followed by the subsequent needles.

- Clinical Application
  - The method is mainly used to treat abdominal pain, intestinal diseases, andrological and gynecological diseases, muscular atrophy and coldness of the leg.

- Note
  - This method is prohibited in pregnant women.
48. Sanyin to Quan tail-chasing needling
49. Triple needling on the ankle

• This way of needling is so named as three points of Taixi, Kunlun and Jiexi which are located on the ankle are selected.

• Clinical Application

• This method is mainly used to treat sprain and pain around the ankle and foot ptosis.

• Note

• This method is prohibited in pregnant women.
49. Triple needling on the ankle

Fig. 5-49 Triple needling on the ankle