

Table of Contents

1	Scientific Basis of Acupuncture (B. Pomeranz)	1
1.1	Acupuncture Analgesia (Basis Research)	1
1.2	Acupuncture Analgesia for Chronic Pain	17
1.3	Drug Addiction	18
1.4	Asthma, Nerve Regeneration and Cardiovascular Effects of Acupuncture	19
1.5	Acupuncture Points (Do They Really Exist?)	20
2	History of Acupuncture (G. Stux)	35
3	Background and Theory of Traditional Chinese Medicine (G. Stux)	37
3.1	Tao, Yin and Yang	37
3.2	The Cosmic Vital Energy: Qi	39
3.3	Jing, the Life Essence	40
3.4	Shen, or Psychic Energy	40
3.5	Disturbances of Qi	41
3.6	The System of Five Phases	43
3.7	External Climatic Factors	44
3.7.1	Description of the Climatic Factors	45
3.8	Internal Emotional Factors	46
4	Diagnosis in Traditional Chinese Medicine (G. Stux)	47
4.1	Eight Diagnostic Criteria, Ba gang	47
4.2	Interior and Exterior Li, Biao	48
4.3	Excess and Deficiency Shi, Xu	48
4.4	Heat and Cold Re, Han	49
4.5	Yin and Yang	50
4.6	Four Examinations Si zhěn	50
4.7	Visual Observation Wàng zhěn	51
4.8	Listening and Smelling Wén zhěn	52
4.9	Questioning Wèn zhěn	52
4.10	Physical Examination Qiè zhěn	54
5	Chinese System of Channels, Organs and Points (G. Stux)	55
5.1	Channels and Organs	55
5.2	Presentation of the Point Categories	60
5.2.1	Shu Points or Transport Points	60
5.2.2	Mu or Alarm Points	60
5.2.3	Influential Points, Hui Xue	62
5.2.4	Xi-Cleft Points	62
5.2.5	Five Shu Points	63
5.2.6	Tonification Point	63
5.2.7	Sedative Point	64

5.2.8	Jing Well Point	64
5.2.9	Ying Point	64
5.2.10	Yuan Source Point	64
5.2.11	Jing Point	66
5.2.12	He Sea Point	66
5.2.13	Luo Connecting Point	66
5.2.14	Confluent Points	68
5.3.	Methods of Point Location	70
5.3.1	Anatomical Landmarks	70
5.3.2	Proportional Cun Measurement	70
5.3.3	Proportional Measurement	72
5.3.4	Location by Means of Specific Posture	72
5.3.5	Location by Measurement of Skin Resistance	74
5.3.6	Location with the Aid of Other Points	74
5.3.7	Combination of Different Methods	74
5.3.8	Location of Painful, Sensitive or Tender Points	74
6	Systematic Description of Channels and Points (G. Stux)	77
6.1	Lung Channel	77
6.2	Large Intestine Channel	84
6.3	Stomach Channel	92
6.4	Spleen Channel	106
6.5	Heart Channel	114
6.6	Small Intestine Channel	120
6.7	Urinary Bladder Channel	128
6.8	Kidney Channel	148
6.9	Pericardium Channel	154
6.10	Sanjiao Channel	160
6.11	Gallbladder Channel	168
6.12	Liver Channel	178
6.13	Du Mai	184
6.14	Ren Mai	192
6.15	Chong Mai	198
6.16	Dai Mai	198
6.17	Yangqiao	198
6.18	Yinqiao	200
6.19	Yangwei	200
6.20	Yinwei	200
6.21	Extra Points	204
7	Regions with Important Acupuncture Points (G. Stux)	212
7.1	Face	212
7.1.1	Points Around the Orbita	212
7.1.2	Points Around the Ear	212
7.1.3	Points Around the Nose	214
7.2	Neck Area	214
7.3	Dorsal Side of the Trunk	216
7.4	Abdominal Area	218
7.4.1	Epigastrium	218
7.4.2	Middle and Lower Parts of the Abdominal Area	218
7.5	Shoulder Area	220
7.6	Points Around the Knee Joint	220

8	Technique of Acupuncture (G. Stux)	223
8.1	Acupuncture Needles	223
8.2	Technique of Insertion and Stimulation of the Needles	224
8.3	De Qi Sensation	225
8.4	Tonifying and Sedating Methods of Stimulation	225
8.5	Electroacupuncture, Electrostimulation	226
8.6	Sterilization of the Needles	227
8.7	Complications of Acupuncture Treatment	227
9	Moxibustion (G. Stux)	229
9.1	Indications and Methods	229
9.2	Direct Moxibustion	230
9.3	Indirect Moxibustion with Ginger Slice Isolation	230
9.4	Moxibustion with “Moxa Cigars”	231
9.5	Moxibustion by Heating Acupuncture Needles	231
9.6	Infrared Moxibustion	231
10	Laser Acupuncture (G. Stux)	233
11	Acupressure (G. Stux)	235
12	Ear Acupuncture (G. Stux)	237
12.1	Technique of Ear Acupuncture	238
12.2.	Representation of the Body on the Auricle	238
12.3	Numbering of Ear Points	242
12.4	Rules for Selection of Ear Points	246
13	Scalp Acupuncture (G. Stux)	249
13.1	Fourteen Lines for Treatment	249
13.2	Method of Needling	252
14	Hand Acupuncture (G. Stux)	253
14.1	Points of the Dorsum of the Hand	253
14.2	Points on the Palm	256
15	Acupuncture Treatment (G. Stux)	261
15.1	Principles of Acupuncture and Major Rules of Point Selection	261
15.2	Locomotor Disorders	270
15.2.1	Arthrosis of the Jaw Joint	270
15.2.2	Cervical Spondylitis, Torticollis, Rheumatoid Arthritis	271
15.2.3	Intercostal Neuralgia, Trauma of the Thorax, Ankylosing Spondylitis, Zoster Neuralgia	271
15.2.4	Sciatica, Lumbar Pain	272
15.2.5	Periarthritis Humeroscapularis, Frozen Shoulder	273
15.2.6	Epicondylitis, Tennis Elbow	273
15.2.7	Pain in the Wrist Joint	274
15.2.8	Pain in the Hand, Rheumatoid Arthritis, Dupuytren’s Contraction	274
15.2.9	Coxarthrosis, Coxarthrititis	274
15.2.10	Gonarthrosis, Pain in the Knee Joint	275
15.2.11	Pain in the Ankle Joint	275
15.2.12	Pain in the Toes	275
15.2.13	Rheumatoid Arthritis	276

15.3	Respiratory Disorders	277
15.3.1	Common Cold	278
15.3.2	Tonsillitis, Laryngitis	278
15.3.3	Maxillary Sinusitis	278
15.3.4	Frontal Sinusitis	279
15.3.5	Chronic Bronchitis	279
15.3.6	Bronchial Asthma	279
15.4	Cardiovascular Disorders	280
15.4.1	Coronary Heart Disease with Angina Pectoris	280
15.4.2	Cardiac Neurosis	281
15.4.3	Cardiac Arrhythmia	281
15.4.4	Exhaustion Conditions in Heart Disease	281
15.4.5	Hypertension	282
15.4.6	Hypotension	282
15.4.7	Disturbances of Peripheral Blood Supply	282
15.5	Gastroenterological Disorders	283
15.5.1	Esophagitis, Dysphagia	283
15.5.2	Gastritis, Gastroenteritis	284
15.5.3	Gastric and Duodenal Ulcer	284
15.5.4	Diarrhea	284
15.5.5	Irritable Bowel Disease	285
15.5.6	Constipation	286
15.5.7	Hemorrhoids, Anal Fissure	286
15.5.8	Cholangitis, Cholecystitis, Biliary Dyskinesia, Biliary Colic	286
15.5.9	Hepatitis	287
15.6	Mental Disturbances and Illnesses	287
15.6.1	Depression	288
15.6.2	Exhaustion Conditions	289
15.6.3	Agitation	289
15.6.4	Sleep Disturbances	289
15.6.5	Schizophrenia	290
15.6.6	Drug Addiction	290
15.6.7	Alcohol Addiction	290
15.6.8	Nicotine Addiction	290
15.6.9	Overweight, Weight Loss	291
15.6.10	Sexual Disturbances	291
15.7	Neurologic Disorders	292
15.7.1	Headache and Migraine	292
15.7.2	Trigeminal Neuralgia	294
15.7.3	Hemiparesis	295
15.7.4	Facial Paresis	296
15.7.5	Epilepsy	296
15.8	Gynecological Disorders	297
15.8.1	Dysmenorrhea	297
15.8.2	Amenorrhea	297
15.8.3	Adnexitis, Salpingitis	298
15.8.4	Pain caused by Gynecological Tumors	298
15.8.5	Pruritus Vulvae	298

15.8.6	Hyperemesis Gravidarum	299
15.8.7	Analgesia During Childbirth	299
15.8.8	Deficient Lactation	300
15.9	Urological Disorders	300
15.9.1	Pyelonephritis, Urinary Infections, Chronic Glomerulonephritis	301
15.9.2	Renal Colic	301
15.9.3	Prostatitis, Psychogenic Urological Symptoms	301
15.9.4	Impotence and Male Fertility Disorders	302
15.9.5	Enuresis	302
15.10	Skin Disorders	303
15.10.1	Acne Vulgaris	303
15.10.2	Leg Ulcers, Deficient Wound Healing	304
15.10.3	Eczema, Neurodermitis	304
15.10.4	Psoriasis	304
15.10.5	Herpes Zoster, Zoster Neuralgia	304
15.10.6	Herpes Simplex	305
15.11	Disorders of the Sense Organs	305
15.11.1	Deafness	305
15.11.2	Tinnitus	305
15.11.3	Ménière's Syndrome, Dizziness, Motion Sickness, Labyrinthitis	306
15.11.4	Chronic Conjunctivitis	306
15.11.5	Glaucoma Simplex	306
15.11.6	Visual Deficiency	307
15.12	Acute Disorders and Emergencies	307
15.12.1	Fainting, Collapse	307
15.12.2	Epileptic Fits, Grand Mal	307
15.12.3	Acutely Painful Conditions	307
Appendixes A–H		308
A.	World Health Organization List of Indications for Acupuncture	309
B.	Nomenclature and Abbreviations for Channels and Points	310
C.	Glossary of Chinese Terms	311
D.	Translation of Chinese Ideograms and Point Names	315
E.	Alphabetic List of Chinese Point Names	326
F.	Index of Indications for Acupuncture	329
G.	Historical Illustrations from the <i>Golden Mirror of Medicine</i>	331
H.	System of the Five Phases	334
Literature		335
Subject Index		339