INTERNAL CANON OF THE YELLOW EMPEROR ACUPUNCTURE

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Importance of Qi adjustment

The key technique of acupuncture is to adjust the flow of Qi.

The needling, the acupuncturist should focus on the changes of Qi in the needled points.

If the pathogenic Qi is strong, it should not be tonified; if the pathogen is gone and vital Qi is weak, it should not be reduced.

Points are important, Qi is crucial.

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Ni and Shun, and tonify and reduce

Ni: when the vital Qi leaves
Shun: when the vital Qi comes
Tonify for insufficiency
Reduce for pathogen
Clean for Qi and blood stagnation
Attack for pathogen predominating
To tonify, insert the needle slowly and withdraw rapidly
To reduce, insert the needle rapidly and withdraw slowly
Feeling the needle sensation beneath means Shi, without it means Xu, retain the needle when it is needed

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Tonify and reduce techniques

Reduce: Insert the needle rapidly and withdraw it slowly with enlarging the hole not pressing it to discharge the sufficient Qi and expel the pathogen.

Tonify: Insert the needle slowly and following the meridian flow directions, withdraw the needle rapidly and press the hole.

Concentrate on the patient’s Shen and reaction, avoid sting into the vessels.

The Nine types of needles

Shear needle (Chanzhen): 1.6 cu
Round-point (Yuanzhen): 1.6 cu
Spoon needle (Chizhen): 3.5 cu
Lance needle (Fengzhen): 1.6 cu
Stiletto needle (Pizhen): 4 cu, 0.2 cu in width
Round-sharp needle (Yuanlizhen): 1.6 cu
Filiform needle (Haozhen): 3.6 cu
Long needle (Changzhen): 7 cu
Big needle (Dazhen): 4 cu

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Usage of different needles

- **Shear needle**: reduce Yang Qi
- **Round-point needle**: massage muscular interstices to reduce Qi with damage
- **Spoon needle**: massage the meridian to smooth Qi flow
- **Lance needle**: to treat chronic and obstinate problems
- **Stiletto needle**: remove pus
- **Round-sharp needle**: treat acute disease
- **Filiform needle**: Bi syndrome with painless insertion
- **Long needle**: chronic Bi syndrome
- **Big needle**: treat swelling joint and fluid retention

Cautions of needling

- The needle should be inserted into the points connecting bones and sinews
- The insertion depth depends on the pathogen locations
- Using tonify or reduce should be strictly based on TCM diagnosis
- Focus on using the five Shu Points
Some point choice

1. External febrile disease: shallow and rapid needling
2. Cold invasion disease: deep and long needling
3. Heat in the Yin: Zusanli (ST-36)
4. Upper Zang disease: Yinlingquan (SP 9)
5. Upper Fu disease: Yanglingquan (GB-34)

S78L – Discussion on the Nine Needles

- Review the usage of the nine types of needles
- Combine a specific type of needle to a Zang-Fu system and pathogen
- The Qi and blood characteristics in different meridians
- The external-internal combination of meridians
The nine types of needles

78. 5 "The number of five symbolizes the heaven and the heaven pertains to Yang. The one among the Five Zang-Organs to correspond to the heaven is the lung. The lung is the repository of the Five Zang-Organ's qi and the Six Fu-Organs. The lung is closely related to the skin which pertains to Yang in the human body. That is why the first needle, known as Chanashen (sagitate needle), is made in such a way that its head is big and its tip is sharp. This needle, usually used to treat diseases due to invasion of pathogenic factors into the skin, is applicable to shallow needling and draining of Yangqi."

78. 15 Qibo said, "The first one is called Chanashen (sagitate needle) made according to the form of a cirrus needle. This needle appears sharp [from the place about] half a Cun inward the tip is 1.6 Cun in length. It is used to treat [the disease marked by] heat in the head and body."

Shear needle:
- reduce Yang Qi
- Heat in heat and upper part of the body

Round-point needle:
- Avoid harming the muscles and withhold the Qi
- Treat disease between the muscles (sinew, fascia and ligaments)
The nine types of needles

78. 7 "The number of three symbolizes human beings…"

Spoon needle:
- Massage the muscle
- Guide the Qi flowing in the meridians
- Draw out pathogenic Qi

Lance needle:
- Reduce heat
- Remove stagnating Qi and blood

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The nine types of needles

78. 9 "The number of five symbolizes [the five] sounds. The Winter Solstice begins in the month of Zi and the Summer Solstice starts in the month of Wu, [during which] Yin and Yang are fluctuating, cold and heat alternating. The struggle between the two kinds of Qi (cold and heat) causes carbuncle and suppuration. So the needle made [for treating such diseases, known as Pitien (sword-shaped needle),] must be sharp in tip like sword. [Such a needle can be used] to drain great pus."

78. 19 "The fifth one is called Pitien (sword-shaped needle) made according to the form of sharp sword. It is 2 5 Fen in width and 4 Can in length. [It can be used] to treat severe suppurated carbuncle and [disease caused by struggle between] the interior and exterior heat."

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The nine types of needles

78. 10 "[The number of] six symbolizes [the six] pitch-pipes which [regulate sound], divide Yin and Yang and the four seasons as well as correspond to the twelve Channels. Invasion of Xue (Deficiency-Evil) into the Channels and Collaterals causes fulminant Bi [Syndrome]. So the needle made [for treating this disease, known as Yuanliuhen (round-sharp needle),] must be like long hair, round and sharp with slightly big body. [Such a needle can be used] to treat acute disease."

78. 20 "The sixth one is called Yuanliuhen (round-sharp needle) made according to the form of long hair. It is slightly big in tip, small in body for the convenience of deep insertion and 1.6 Can in length. [It can be used] to treat carbuncle and Bi [Syndrome]."

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- **Stiletto needle:**
  - Treat external infection and inflammation e.g. suppurated carbuncle
  - Remove pus

- **Round-sharp needle:**
  - Treat acute disease
  - Carbuncle
  - Bi syndrome (heat)
The nine types of needles

78. 11 "[The number of] seven symbolizes the [seven] stars. [The seven] stars correspond to the seven orifices in the human body. [The seven orifices are the passages through which] Xie (Evil) enters the Channels and causes pain and obstruction. [Usually the pathogenic factors] invade the Channels [through the seven orifices]. So the needle must be as sharp as the mouth of a mosquito. [When performing acupuncture, the acupuncturist should] lightly insert [the needle] and retain [the needle in the Acupoint] for a long period of time in order to enrich Zhengqi (Healthy-Qi). [Once] the Xie (Evil) is removed, the Zhen (Genuine-Qi) will be restored. [After] withdrawal of the needle, [measures should be taken for] further treatment [of the patient]."

78. 21 "The seventh one is called Haoshen (filiform needle) made according to the form of minute hair. It is 3.6 Cun in length [and can be used] to treat cold, pain and Bi [Syndrome] in the Collaterals."

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- Filiform needle:
  - Tonify the Zheng Qi
  - Remove the pathogenic Qi
  - Treat Bi syndrome in collaterals
  - Painless insertion

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The nine types of needles

78. 12 "[The number of] eight symbolizes [the winds from the eight directions]. The winds from the eight directions correspond to the eight major joints in the legs and arms. [When] the Xueba (Deficiency-Wind) from the eight directions attacks the human body, it usually invades deep into the bones, waist, spine, joints and Gouli (muscular interstice), eventually causing deep Bi [Syndrome]. So the needle made for treating this disease, known as Changzheng (long needle), must be long and sharp. [Such a needle can be used] to treat deep invasion of Xie (Evil) and prolonged Bi [Syndrome]."

78. 22 "The eighth one is called Changzheng (long needle) and made according to the form of long needle [used for sewing]. It is 7 Cun in length [and can be used] to treat deep invasion of Xie (Evil) and prolonged Bi [Syndrome]."

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- Long needle:
  - Pathogen locating in deep tissues
  - Prolonged Bi syndromes
The nine types of needles

78. 13  "[The number of] nine symbolizes [the nine geographical] divisions. [The nine geographical] divisions correspond to crevices of bones and the regions between the skin. [When] Xie (Evil) invades the body, [the manifestations appear] like that of dropsy because [water] cannot run through the major joints. So the needle made [for treating this disease, known as Dazhen (large needle),] must be like a stick, sharp and slightly round. [Such a needle can be used] to remove Daqi (severe pathogenic factor) that cannot run through the major joints."

78. 23 "The ninth one is called Dazhen (large needle) and made according to the form of sharp needle. It is slightly round in tip and 4 Cun in length. [It can be used] to remove Daqi (severe pathogenic factor) that cannot run through the joints. That is all about the explanation of the shapes of needles. These are the criteria for the length and size of the Nine Needles."

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Comparison of ancient and model needles

- Big needle:
  - Remove severe pathogen from joints
  - Treat arthritis

- Nowadays we have more devices than the original nine needles
- Should understanding the functions of the nine needles

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Qi and blood in different meridians

Blood + & Qi +
- Yangming

Blood + & Qi -
- Taiyang
- Taiyin
- Jueyin

Blood - & Qi +
- Shaoyang
- Shaoyin

Treatment
- Needle Yangming: remove Qi and blood
- Needle Taiyang: remove blood only
- Needle Shaoyang and Shaoyin: remove Qi only
- Needle Taiyin and Jueyin: remove blood

External and internal connection

Foot
- Yangming (ST) – Taiyin (SP)
- Shaoyang (GB) – Jueyin (LV)
- Taiyang (BL) – Shaoyin (KI)

Hand
- Yangming (LI) – Taiyin (LU)
- Shaoyang (SJ) – Jueyin (PC)
- Taiyang (SI) – Shaoyin (HT)
S16L – Nutrient Qi

- Mainly discussion the generation and circulation of nutrient (Ying) Qi in the meridian system
- Ying Qi is transferred from nutrition digested in the stomach
- The Ying Qi generated from the stomach ascends to the lung at first, then descends to both internally to supply the organs, and externally to supply the muscle and sinew
- The stomach and the lung play crucial roles in food digestion

The circulation order

Lung meridian

- Jeujin liver meridian of foot
- Gall bladder meridian
- Triple energizer meridian
- Pericardium meridian
- Kidney meridian

Large intestine meridian (index finger end)

- Stomach meridian of foot-yangming
- Spleen meridian
- Heart meridian
- Small intestine meridian

Bladder meridian

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S68 – Major Discussion on the Abstruseness of the Six Kinds of Qi

- The relation between the Qi and blood in the meridians and the time and seasons
- Three acupuncture techniques
  - midnight-noon and ebb-flow doctrine
  - The eight points corresponding to the Turtle
  - The eight points corresponding to the ascending

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midnight-noon and ebb-flow doctrine

- Based on the Chinese timing system, each 2-hours corresponds to a specific meridian
- Jing Point, Yuan Point, reduce point (son) tonify point

<table>
<thead>
<tr>
<th>Time</th>
<th>Meridian</th>
<th>Organ</th>
</tr>
</thead>
<tbody>
<tr>
<td>23:00 – 1:00</td>
<td>Foot Shangyang</td>
<td>Gall Bladder</td>
</tr>
<tr>
<td>01:00–03:00</td>
<td>Foot Jueyin</td>
<td>Liver</td>
</tr>
<tr>
<td>03:00–05:00</td>
<td>Hand Taiyin</td>
<td>Lung</td>
</tr>
<tr>
<td>05:00–07:00</td>
<td>Hand Yangming</td>
<td>Large Intestine</td>
</tr>
<tr>
<td>07:00–09:00</td>
<td>Foot Yangming</td>
<td>Stomach</td>
</tr>
<tr>
<td>09:00–11:00</td>
<td>Foot Taiyin</td>
<td>Spleen</td>
</tr>
<tr>
<td>11:00–13:00</td>
<td>Hand Shaoyin</td>
<td>Heart</td>
</tr>
<tr>
<td>13:00–15:00</td>
<td>Hand Taiyang</td>
<td>Small Intestine</td>
</tr>
<tr>
<td>15:00–17:00</td>
<td>Foot Taiyang</td>
<td>Bladder</td>
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<td>17:00–19:00</td>
<td>Foot Shaoyin</td>
<td>Kidney</td>
</tr>
<tr>
<td>19:00–21:00</td>
<td>Hand Jueyin</td>
<td>Pericardium</td>
</tr>
<tr>
<td>21:00–23:00</td>
<td>Hand Shaoyang</td>
<td>San Jiao</td>
</tr>
</tbody>
</table>

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The eight point connecting the eight singular meridians

- The Turtle
  - The eight points connecting to the 8 singular channels
  - Taking the date and time in calculation
- The Ascending
  - The eight points connecting to the 8 singular channels
  - Taking the time only in calculation

- All points can be computed by iOS Apps
- The open points are usually sensitive: painful
- Effective to insufficient disease, e.g. menstrual disorders


S7L – Application of Needles

- How to choose appropriate needle
- How to perform different acupuncture techniques
- Will focus on the needling techniques
Needling technique for different pathogen

- Shuci: needle the Ying (Spring) and Shu (Stream) points, and the back Shu Points
- Yuandaoci: treat disease in the upper half by needling the lower half
- Jingci: needle the points on large meridian that connect with collaterals
- Luoci: bleeding on small collaterals
- Fenci: needle the tissue between muscle
- Daxieci: puncture the purulent ulcers to remove pus
- Maoci: shallow needling for skin Bi syndrome
- Juci: needle right to treat left, or needle left to treat right
- Cuici: use heated needle for Bi syndrome

Needling technique based on meridian

- Ouci: insert one needle in the front and another on the back, the needle tips is opposite to each other, for Xiongbi (chest Bi syndrome) – oblique insert
- Baoci: for moving pain, locate the tender points and repeatedly needling – perpendicular insert
- Huici: insert and withdraw the needle repeatedly for Jin Bi
- Qici (Sanzi): insert one needle in the point and two beside it to treat cold disease with Bi syndrome locating deeply

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Needling technique based on meridian

- **Yangci** (scattered needling): insert one needle in the center and four around it, shallow insertion to treat cold disease with large region
- **Zhizhenci** (direct needling): pinch the muscle and insert the needle into it, to treat disease locating superficially
- **Shuci** (transmitted needling): insert a few needles deeply to treat superabundant Qi and excessive heat
- **Duanci** (gradual needling): to treat Gubi (bone) with deeply inserted needle touching the bone
- **Fuci** (floating needling): insert the needle superficially next to the cold spasm muscle
- **Yinci**: needle on both side to treat Hanjue (cold), to treat Hanjue, we use the Taixi (KI-3) on the Shaoyin kidney meridian, thus it is called Yinci
- **Panzhenci** (adjacent needling): insert one needle on the target point, then insert another next to it for prolonged Bi syndrome
- **Zanci**: insert and withdraw several needles perpendicularly to remove stagnated blood and pus, and to treat carbuncles and swellings
### Needling technique corresponding to Zang

- **Banci (half needle):** insert and withdraw needle superficially and rapidly to expel Qi from skin – lung
- **Baowenci (leopard spot needle):** inserting several needles around the target region deep into the vessels for bleeding – heart
- **Guanci (Joint needling):** needle the large joints in the four limbs for Jinbi (Sinew / tendon Bi syndrome), bleeding should be avoided – liver

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### Needling technique corresponding to Zang

- **Heguci (triple directions):** insert needles deep into sinew for Bi syndrome – spleen
- **Shuci (transmitted needling):** insert needles perpendicular deep onto the bone -- kidney
S63 – Discussion on Contralateral Needling Therapy

63. 2 Qiao answered, “When Xie (Evil) attacks the body, it first invades the skin and body hair. [If] it is not eliminated from the skin and body hair, [it] deepens into the fine Collaterals; [if] it is not eliminated from the fine Collaterals, [it] deepens into the Collaterals; [if] it is not eliminated from the Collaterals, [it] deepens into the Channels that are connected with the Five Zang-Organs and distribute to the intestines and the stomach. [When both] Yin [Channels] and Yang [Channels] are affected, the Five Zang-Organs will be impaired. This is the order that Xie (Evil) invades the body through the skin and body hair and is transmitted to the Five Zang-Organs. Such a disorder can be treated by [needling the Acupoints on the] Channels. Now Xie (Evil) attacks the skin and body hair. It is retained in the fine Collaterals and blocks the Collaterals. [Since it] cannot enter the Channels, [it] flows into the large Collaterals and causes strange diseases. When Xie (Evil) is retained in the large Collaterals, [it] flows from the left to the right and from the right to the left. [Since it flows] from the upper to the lower and from the left to the right, [it] affects the Channels and flows (along the large Collaterals) to the four limbs. [Since] Qi[1] does not flow resultantly and never enters into the Channels, [the method to needle it] is called Miaoci.”

The location of the pathogen

63. 4 Qiao answered, “When Xie (Evil) attacks the Channels, diseases may occur on the right side. If the left side is afflicted, the left side is affected by pathogen factors and diseases may occur on the left side. If the right side is affected, the right side is affected by pathogen factors. However, such an order may change in certain cases in which pain on the left side is not relieved but the pain on the right becomes abnormal. Such a disease must be treated with Juci to needle the Channels, not the Collaterals. Pain in Collateral disease is different from pain in Channel disease, that is why the needle method used is called Miuci.”

- Pathogen invades the meridian on one side and symptom appears on the opposite side
- Or the symptoms can transfer to the other side then symptom appears on both sides

- Pathogen invades the small collaterals for a long time
- Transfers to larger vessels and affects the organs and digestive system
- Usually both Yin and Yang meridians are affected
- When the pathogen is blocked in large vessels and to the four limbs, then Miaoci is needed

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Examples of Miuci

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"Invasion of Xie (Evil) into the Collaterals of Hand-Shaoyang leads to soreness and obstruction of the throat, dry mouth, dysphoria, pain in the lateral borders of the arm and inability to raise the hands to the head. [It can be treated by] needling [the region] above the nail of the fourth finger, [the distance about the width of] one leaf of Chinese chive to the angle of the nail once respectively. [The patient with strong constitution] can be cured right away and the old [patient] can be cured after a while. [To treat a new disease] [with the method of] needling the right [to treat disease on] the left and needling the left [to treat disease on] the right, [it needs] several days to cure [the disease]."

For pathogen invasion to the SJ meridian with sore throat and obstruction, dry mouth, dysphoria, pain in the arm and shoulder
Use SJ-1(Zhongchong) on the opposite side

For pathogen invasion to the LI meridian with chest fullness, hypochondriac mass and heat in the chest
Use LI-1 (Shangyang) on the opposite side

For pathogen invasion to the BL meridian with headache, shoulder pain
Use BL-67 (Zhiyin) on the opposite side

For pathogen invasion to the GB meridian with chest pain, abdominal distension and hypochondrium fullness
Use KI-2 (Rangu) for bleeding on the feet, then followed by needling the left side for symptom on the right side, or vise versa

Examples of Miuci

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"Invasion of Xie (Evil) into the Collaterals of Foot-Taixiagang leads to pain of the head, neck and shoulder. [That can be cured by] needling [the region] above the nail of the small toe that converges with the mudao" once respectively. [The pain will be immediately relieved. [If it is not relieved, [the region] below the lateral malleolus can be needled three times. [With the method of] needling the right side [for treating the disease located on] the left side and needling the left side [for treating the disease located on] the right side. [With such a treatment, the pain will be relieved after a meal of time]."

For pathogen invasion to the BL meridian with headache, shoulder pain
Use BL-67 (Zhiyin) on the opposite side

For pathogen invasion to the LI meridian with chest fullness, hypochondriac mass and heat in the chest
Use LI-1 (Shangyang) on the opposite side

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**Examples of Miuci**

“Invasion of Xie (Evil) into the Foot-Yangqiao Channel leads to pain of the eye starting from the inner canthus. [that can be treated by] needling the region half a Cun below the lateral malleolusonce respectively [with the method of] needling the right side [for treating the disease located on] the left side and needling the left side [for treating the disease located on] the right side. [The pain] will be relieved after a period of time that is taken to walk for ten Li.”

- For pathogen invasion to the Yangqiao meridian with eye inner canthus pain
- Use BL-62 (Shenmai) on the opposite side

“Invasion of Xie (Evil) into the Collaterals of Hand-Yangming leads to deafness or occasional loss of hearing [that can be treated by] needling the [region] above the nail of the thumb, [the distance above the width of] one leaf of Chinese chive [respectively]. [The patient] will be cured right away. [If it] does not work, [the region] above the nail of the middle finger that converges with the muscles can be needled and [the patient] will be cured right away. The complete loss of hearing cannot be treated by acupuncture. Tinnitus like wind blowing in the ears also [can be treated with the method of] needling the right side [for treating the disease located on] the left side and needling the left side [for treating the disease located on] the right side mentioned above.”

- For pathogen invasion to the Li meridian with deafness or occasional loss of hearing
- Use LI-1 (Shangyang) on the opposite side, if not effective, use P-9 (Zhongchong)
- Note that complete loss of hearing cannot be treated by acupuncture

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**Summary of different disease mechanism**

- Different types of needles
- The circulation of Ying Qi and acupuncture
- The needling technique of Miuci

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