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Sun Peilin

THE
Management OF
Post-operative
Pain WITH
Acupuncture

Foreword by Giovanni Maciocia

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Foreword

The ability of acupuncture to control pain is generally recognised and, indeed, many acupuncture clinical trials concentrate exclusively on this application of acupuncture. Acupuncture's effectiveness in controlling pain has been documented ever since the times of the "Yellow Emperor's Classic of Internal Medicine".

Although pain may be classified as Empty or Full, in nearly every kind of pain there is some stagnation of Qi and/or Blood obstructing the channels and causing pain. Chinese medicine encapsulates this concept in the saying "*bu tong ze tong; tong ze bu tong*" which means "*obstruction causes pain; if there is no obstruction, there is no pain*".

One of the great advantages of acupuncture is that it is very effective in moving Qi and Blood. Indeed, whatever the needling technique, one cannot insert a needle in a channel without moving Qi and Blood. If we were to ask "*Which points move Qi and Blood?*", my answer would be "*Every point!*".

This is, in fact, an advantage of acupuncture over herbal medicine when dealing with complex Full-Empty conditions (which are in the overwhelming majority in outpatients with chronic diseases). When we are faced with a patient suffering from a condition characterised by simultaneous Fullness and Emptiness, we are always faced with the dilemma of whether we should concentrate on tonifying the Deficiency or on eliminating pathogenic factors.

For example, a patient with chronic fatigue syndrome presents with clear symptoms of Dampness in the muscles and the Stomach-Spleen at the same time as presenting with a severe deficiency of the Spleen. Should we concentrate on resolving Dampness or on tonifying the Spleen? Or should we do both simultaneously?

The problem with herbal medicine is that tonifying the Spleen in such a case may aggravate the Dampness and make the patient worse. That is why when tonifying in such cases with herbal medicine, one must always pay attention to balancing cloying tonic herbs with herbs that resolve Dampness.

By contrast, no such problem arises with acupuncture because, by the very insertion of a needle in a channel, we move Qi and Blood. To go back to the above example, if we tonify ST-36 and SP-6 there is no danger of these having a "cloying" effect in the way that herbal tonics would do.

It is this ability of acupuncture to move Qi and Blood that renders it a therapy of choice in dealing with pain. Moreover, acupuncture is unique in that it not only moves Qi and Blood easily, it can also do this *quickly*, sometimes even in a matter of seconds.

Dr Sun Peilin published his excellent book *The Treatment of Pain with Chinese Herbs and Acupuncture* in 2002. He has now followed that text with this on the treatment of postoperative pain with acupuncture.

The book is a treasure-house of clinical gems with many new slants on the treatment of pain with acupuncture. For example, there is a long chapter on the importance of using the calming the Mind method in order to stop pain.

Another very important feature of the book is a detailed analysis of the channels for each area of pain so that the treatment is clearly honed on the right area and the right channel. A new feature of the book is a reference to secondary channels (divergent, muscle and Luo) in the treatment of pain.

The book discusses the functions of channels besides that of points (as most modern Chinese books do). I have always considered it strange that, in the acupuncture literature in English, not much attention is given

to the secondary channels i.e. the muscle channels (*Jing Jin*), the divergent channels (*Jing Bie*) and the Connecting channels (*Luo Mai*). Dr Sun's book is a welcome addition to our library of Chinese medicine. Indeed, modern Chinese sources are also rather scanty when it comes to the secondary channels. At best, the pathways are described in detail but few indications are given with regard to their clinical use.

A knowledge of the secondary channels (Connecting, muscle and divergent channels) greatly enriches our clinical practice. The Connecting channels are involved in many common pathologies such as Qi stagnation and Blood stasis and play an important role in the pathology of postoperative pain.

As an example of the application of the theory of channels to clinical practice, in the chapter on breast pain, Dr Sun describes in detail all the channels influencing the breast, e.g. Stomach, Liver, Yin Qiao Mai, Yin Wei Mai, Large Intestine divergent channel, the Gall Bladder muscle channel, the Stomach muscle channel, and the Heart muscle channel.

The book not only discusses the use of acupuncture to stop postoperative pain, but it also highlights the other important effects of acupuncture, such as stopping infection and promoting healing; both essential after surgery.

Giovanni Maciocia

Preface

This book is intended to be the companion volume to *The Treatment of Pain with Chinese Herbs and Acupuncture*.

Postoperative pain, minor or severe, is one of the main complaints or complications associated with an operation, occurring anything from a few hours to a few years after the operation, even to the end of life. Although postoperative pain is one of the topics discussed in the category of pain syndromes, it still calls for specific techniques and approaches that are different from routine treatments for postoperative pain. Acupuncture is one of the most powerful techniques and approaches in dealing with postoperative pain that occurs either immediately after the operation or subsequently, or which exists long after the operation. This is the principal reason why this book is devoted to the management of postoperative pain with acupuncture.

In terms of acupuncture treatment for postoperative pain, it is wrong to simply form an acupuncture point prescription, to insert needles in some painful areas and then expect an excellent therapeutic result. To ensure the achievement of such a therapeutic effect, the most important issue for the practitioner is needle manipulation. Inadequate needle manipulation not only greatly influences the efficiency of the treatment, affecting the confidence of the patient and continuation of the therapy, but also potentially damages the reputation of acupuncture in managing postoperative pain. Although some practitioners have learned the theory of acupuncture and Traditional Chinese Medicine (TCM) diagnosis, needle techniques are still their major difficulty, and thus it is not rare to hear their doubts and complaints about acupuncture in the treatment of postoperative pain. Moreover, even in the field of acupuncture itself, there are many approaches

that can be applied besides point puncture, such as some specific needling techniques, moxibustion, auricular therapy, wrist and ankle needles, embedding needle, Plum-Blossom needle, point injection, electric stimulation, etc. It is logical and practical that the more approaches that can be simultaneously applied with point puncture, the better the therapeutic results that can be expected. Thus this book emphasises knowledge on needle manipulations and some important techniques, including some supplementary and additional techniques.

Although operation can correct some tissues and can even save life, operation itself is a type of traumatic injury that inevitably causes some damage to certain channels, collaterals, sinews, tendons and muscles, as well as some normal tissues. In order to restore these extremely important components of the body and relieve postoperative pain, knowledge about regular meridians and extraordinary meridians, as well as tendon-muscle meridians etc., is essential.

Taoism deals with the universal law of life, and TCM is actually the development of Taoism. Therefore, acupuncture treats postoperative pain based on the theory that there should be balance between Yin and Yang, and smooth circulation of Qi and Blood. Postoperative pain occurs when this dynamic balance is disturbed, either partially or completely, after the operation. All methods should be used to re-establish balance in the body.

Besides maintaining physical balance, acupuncture treatment for postoperative pain also aims to regulate the emotions, keeping them in balance. Acupuncture treatment for postoperative pain while ignoring the patient's emotional state is an incomplete therapy. I personally want to sincerely express my thanks to Taoism, because it is from Taoism that I was able to

find my balance both physically and emotionally in the last couple of years while compiling this book.

There is a saying in TCM: 'the superior doctor prevents illness, the mediocre doctor treats imminent illness, and the inferior doctor treats actual illness'. This clearly indicates that prevention of occurrence or aggravation of postoperative pain with acupuncture is more important than pain treatment itself. Early application of acupuncture after the operation could be helpful in the prevention of postoperative pain and accelerate the healing process.

Since postoperative pain can be complicated in practice, in the last chapter of this book I introduce treatment with acupuncture for general postoperative complications. I am sure that in treating such complications, acupuncture can be a useful supplementary therapy in assisting routine classic treatment. Never hesitate and renounce acupuncture treatment before giving it a try.

Belgium, Spring 2006

Sun Peilin

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I owe a debt of gratitude to Chinese culture, especially Taoism, Buddhism and Confucianism. Without inspiration from Chinese culture, it would have been

impossible for me to carry out this project alone. TCM is a carrier of Chinese culture, through which so many people around the world have reason to study Chinese culture, and through which I am able to meet so many colleagues, students and friends.

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Gent, Belgium
2006

Sun Peilin

Postoperative pain

Everyone will, at some time or another, suffer from pain or disability. Pain is an unpleasant experience associated with actual or potential tissue damage. Postoperative pain, from minor to severe, is one of the main complaints or complications associated with an operation, occurring anything from a few hours to a few years after the operation, even to the end of life. Acupuncture treatment could be applied not only for the immediate occurrence of postoperative pain, but also for pain occurring later.

It is true that surgical intervention is one of the most effective weapons in the arsenal against many diseases. For example, surgical procedures to correct degenerated, bulging or ruptured disks of the neck and lower back are often the last hope for patients suffering from spinal problems. Prior to the operation, these patients usually suffer from severe pain, numbness, stiffness and various levels of disability, or even paralysis of the limbs, etc. When the pain and its associated complaints become intolerable, most patients start to search from specialist to specialist, swallowing different medications – from anti-inflammatory muscle relaxants, narcotics and anticonvulsants, to sedatives and antidepressants – possibly without resolving their problem. Due to increased faith in medical assistance, such patients then come to their last hope: the neurosurgeon.

If the operation itself is well done, surgical intervention could save lives and alleviate various types of pain; however, it is possible to see in many cases that although the damaged tissues have healed and no mistake in the operation is discovered, the pain continues.

There are also ‘failed surgeries’ in some cases, i.e.:

- In the long term, results are too often disappointing.
- In some situations patients experience either no relief of the problems at all, or a difference in their pain level so small that it may not have been worth the surgery.
- In some cases, a new pain emerges that can be more disconcerting than the original complaint.
- Initial relief may be followed by a recurrence of the pain within weeks, months or a few years.

When surgery fails, the most unpleasant feeling is that the pain remains the same; sometimes there is even aggravation of the pain. On the other hand, postoperative pain can serve as a warning signal, indicating that something is wrong with the operation. Postoperative pain can therefore serve as one of nature’s ways of protecting patients from potential tissue damage.

Types of postoperative pain

Clinically speaking, in Traditional Chinese Medicine (TCM) postoperative pain can be subdivided into two groups: physical pain and mental pain. They can exist independently or in combination, but will undoubtedly influence each other.

PHYSICAL PAIN

Besides pain, there are other clinical symptoms that may be experienced postoperatively – for example, muscle tension, spasm, stiffness or weakness, nausea, poor appetite, bad sleep and headache. There could be also some immobilisation of an injured part in order to avoid pain from movement.

MENTAL PAIN

It has been observed that whatever the reason for the pain after the operation, there could be a disturbance of Shen, causing feelings of instability in emotions, such as restlessness, insomnia, headache, poor memory, nervousness, stress, frustration, anger, hyperventilation, fear, etc. These emotions make the pain more intense and difficult to treat, and diminish the quality of a person's life in terms of psychology, sociology and physiology.

In the view of modern medicine, generally speaking, there are three types of postoperative pain: nociceptive, neuropathic and psychological.

NOCICEPTIVE PAIN

This is caused by tissue damage and inflammation in response to trauma. The resulting pain is usually not well localised. It is opioid responsive.

NEUROPATHIC PAIN

This is caused by direct peripheral nerve or central nervous system (CNS) injury and may be a complication in up to 10% of surgical cases. Neuropathic pain is usually localised and presents as a background of numbness with burning and the electrical shocks of shooting pain. It may be caused by tumour or infection invading the nerve, nerve injury from surgery, or from toxins (chemotherapy). A special form of neuropathy, called allodynia, occurs in about 30% of cases. Allodynia is defined as an abnormal sensation to a normal stimulus (e.g. clothes touching the skin) or pain due to

a stimulus that does not normally provoke pain. Visceral neuropathic pain as caused by peritoneal malignancies (in the abdomen/pelvic region) may present as a dull ache.

Neuropathic pain, unlike nociceptive pain, responds poorly to opioids and may linger long after surgical wounds and trauma have healed. Traditional treatment of neuropathic pain usually includes tricyclic antidepressants, anticonvulsants and antiarrhythmics.

PSYCHOLOGICAL PAIN

This component of pain is caused by cognitive and affective factors and includes depression, anxiety and/or drug seeking.

Preoperative preparation

Surgical candidates are often unprepared for what lies ahead or expect complete relief of the pain or disability. When the pain remains either partially or completely after the operation, these patients frequently feel unhappy, angry, fearful, stressed or frustrated, which in turn will cause aggravation of pain.

In order to have the best preparation for surgery, it is imperative that patients have good dialogue and an understanding with the medical professionals.

Nowadays, acupuncture is well known and generally accepted by more and more people. Both ancient wisdom and modern scientific research reveal that acupuncture is not just a matter of belief, but a safe and effective alternative therapy for a variety of painful conditions, such as headaches, arthritis, back and neck pain and soreness, premenstrual tension or painful cramps, as well as postoperative pain. Acupuncture is also effective in reducing stress, regulating the emotions and improving the constructive lifestyle. Thus it is more important for practitioners to convince the patient that they do not have to 'live with it'. Trying to ignore postoperative pain can lead to complications and delay recovery.

Postoperative pain management

Traditional Chinese Medicine views the body as a balance between Yin and Yang, and Qi and Blood. Qi and Blood travel through the body along well-defined

pathways – channels and collaterals. When there is a deficiency of Qi and Blood, or when they are stuck in one area, there is an imbalance between Yin and Yang, and Qi and Blood, as well as in the Zang-Fu organs; thus the optimum functions of the Zang-Fu organs are affected, channels and collaterals fail to maintain free communication, body structures are disturbed, and illness and pain develop. Points from different channels are energetically connected to specific Zang-Fu organs and body structures. Postoperative pain management with acupuncture is to use some selected points to tonify the Qi and Blood, activate Qi and Blood circulation, and balance Yin and Yang Zang-Fu organs, as well as the body structure.

During postoperative pain management, acupuncture treatment is carried out in combination with moxibustion, point massage, cupping, electric stimulation, ear acupuncture, Chinese herbal medicine, etc., such treatments often being applied simultaneously. These additional techniques and methods are important treatments that aim in the same direction, i.e. the relief of postoperative pain.

In terms of postoperative pain control, the aims of acupuncture treatment include the following:

- To completely relieve pain, or provide as much relief as possible
- To reduce pain levels
- To improve the ability to deal with pain
- To control the local tissue swelling
- To shorten the resolution of haematoma
- To assist the emotions
- To regulate the appetite
- To strengthen the energy
- To increase participation in usual functions
- To enhance the quality of life
- To minimise the side effects of the anaesthesia
- To diminish the dosage of painkillers after the operation or reduce reliance on painkillers
- To minimise the use of other medications associated with the pain and their attendant side effects
- To stimulate the rapid recovery of functional activities after the operation, etc.

In short, acupuncture treatment for postoperative pain control accelerates patients' recovery and brings all possible benefits without any harmful effects.

However, acupuncture treatment for postoperative pain control is only one of the ways to assist patients to get rid of the pain: application of acupuncture does not ignore necessary support from medical help. During acupuncture treatment for postoperative pain, contact and communication with other specialties (e.g. neurologists, neurosurgeons, orthopaedic surgeons, internists, radiologists, physical and occupational therapists) should be made in order to support patients at maximal points of need.

2

Aetiology of postoperative pain

Introduction

Operation is usually given to those who need to remove, correct or connect some tissues. Thanks to this type of technique, many difficult cases can be helped directly or life can be saved. After operation, many patients no longer have the pain that they had prior to operation. However, an operation may not resolve all types of pain and, in the worst case scenario, it could even cause aggravation of pain or complications. Due to a lack of strict criteria for all operations, it is easy to see that sometimes operation is carried out improperly and unnecessarily.

In the view of Traditional Chinese Medicine (TCM), each single clinical complaint has its own reason for occurring, existing and developing. TCM focuses most attention on the causes of complaints by means of syndrome differentiation. In the TCM view, operation could temporarily or partially – but not completely – eliminate all the aetiologies and pathologies in many cases, and, after the operation, these aetiologies and pathologies could even mix with some additional causes. This is why postoperative pain occurs and remains.

One of the important features of TCM that differentiates it from modern medicine is syndrome differentiation, one of the key ways to control postoperative pain successfully or unsuccessfully.

Syndrome differentiation is performed based on careful and accurate observation of clinical manifestations. It consists of a few procedures:

- Differentiation according to the Eight Principles
- Differentiation according to the Zang-Fu organ system
- Differentiation according to Qi, Blood, Jin and Ye
- Differentiation according to the Six Channels
- Differentiation according to the Triple Burner (Energiser)
- Differentiation according to Wei, Qi, Ying and Xue.

The purpose of syndrome differentiation is to identify all the clinical symptoms and signs so as to establish the root causes for the pain. When the root cause(s) is found, acupuncture treatment (e.g. point selection and combination), manipulation techniques, as well as some additional therapeutic methods, can be determined. However, if syndrome differentiation is wrong or inaccurate, all the methods of treatment will be wrong or improper, and the outcome can be easily imagined.

In order to carry out syndrome differentiation as precisely as possible, it is necessary to master the clinical features of the aetiologies and their pathologies. Generally speaking, the aetiologies and pathologies for postoperative pain can be summarised as follows.

Incomplete disappearance or new invasion of Exogenous factors

As mentioned previously, operation – in the view of TCM – is unable to eliminate all the pathogenic factors prior to the operation, i.e. some pathogenic factors could still exist after the operation with possible invasion of some new pathogenic factors due to relative weakness and stressful conditions after the operation. For instance, during the operation, the patient lies in a room equipped with air conditioning, application of some cold metal materials and exposure of the internal organs to cold air, etc. This condition could lead to invasion of Wind-Cold to the body tissues and organs.

Incomplete disappearance or new invasion of Exogenous factors is one of these causative reasons for postoperative pain.

It should be borne in mind that postoperative complications usually take place in primary infected wounds following injuries and by intraoperative hospital infection. These infections are often caused by invasion of external pathogenic factors, which could prevent the operation from being successful, worsen the preoperative state of the patient and cause aggravation of the pain. In all these situations, acupuncture can be considered a beneficial treatment both to avoid and to treat these complications.

Incomplete disappearance or new invasion of Exogenous factors usually occurs due to improper treatment prior to the operation or weakness of Wei-Qi resulting from loss of Qi and Blood, and some emotional disturbance during and after the operation.

Wind

Wind is the first of six Exogenous factors that attacks the body, most likely in combination with some other pathogenic factor such as Cold, Damp or Heat, leading to retardation of Qi and Blood circulation. This causes blockage in the wounds, channels, muscles, tendons and joints, or even deeply in the Zang-Fu organs, and postoperative pain follows.

As its nature determines, when there is invasion of Wind, it usually attacks wounds in the upper parts of the body, such as the head, neck, throat, chest, arms, etc. However, invasion of Wind could also take place in the upper parts of the body even when the wounds are in the lower parts.

New invasion of Wind is usually caused by too-early exposure to Wind after the operation, wearing too little clothing, profuse sweating, etc.

In accordance with Five Element theory, Wind is in association with the Liver and East, and is a predominant climatic Qi in spring. Patients with dysfunction of the Liver, or those who are very nervous after the operation, are more likely to be attacked by Wind invasion.

Cold

Cold is a Yin pathogenic factor and is likely to damage the activities of the Yang-Qi in the Heart, Stomach, Spleen, Triple Burner, Bladder and Kidney; as a result, pain occurs. The pain caused by Cold is usually characterised by pain with a cold or contracting feeling, and aversion to cold.

Since Cold is characterised by stagnation and contraction, the pain due to Cold could easily cause retardation of Qi and Blood circulation, contraction of Blood Vessels, muscles, tendons and channels, and result in postoperative pain.

If the pain is caused by invasion of Cold, the clinical features are occurrence of acute postoperative pain with cold and contracting sensations, a feeling of cold in the body and limbs, a preference for warmth, limitation of joint movement and anhydrosis. This type of pain can be alleviated by meeting warmth, etc.

As TCM theory points out, extreme Yin could cause formation of Yang. Thus prolonged accumulation and stagnation of Cold in the body could gradually lead to formation of Heat, resulting in pain with redness, hotness and swelling with aggravation of Heat, etc.

In accordance with Five Element theory, Cold is in association with the Kidney and North, and is a predominant climatic Qi in winter. Patients with dysfunction of the Kidney, or those who feel very cold after the operation, are more likely to be attacked by Cold invasion.

Damp

Invasion of Exogenous Damp is usually induced by humid weather, walking in the rain, living and working too long in humid places, or wearing wet clothing after sweating. Among the six pathogenic factors, Damp is the only factor that invades the body very slowly. When it invades the body, people are usually not aware of it because, unlike other pathogenic factors, the symptoms caused by Damp are less obvious.

Moreover, Damp is characterised by viscosity and stagnation. Based on this feature, the pain caused by Damp is generally stubborn and tends to be prolonged and intractable. When the operation is completed, it is very possible that Damp still exists in the body, resulting in persistence of the pain.

Damp is similar to Water which is characterised by heaviness. When it attacks the body, Damp causes pain with heaviness in the head, limbs and body, feeling as if the body is bound with a piece of clothing.

Damp is a Yin pathogenic factor and easily blocks Qi circulation and impairs Yang. When Damp accumulates in the Zang-Fu organs, joints, muscles or channels, it may lead to occurrence of pain due to disorder of ascending and descending activities of Qi.

Damp varies between Exogenous and Internal Damp, the latter normally being caused by dysfunction of the Spleen and Stomach in transportation and transformation, leading to formation of Excessive-Water in the body. However, Exogenous and Internal Damp often influence each other during the occurrence of post-operative pain, i.e. invasion of Exogenous Damp often attacks the Spleen and Stomach, while weakness of the Spleen and Stomach with formation of Damp may easily attract invasion of Internal Damp.

In accordance with Five Element theory, Damp is in association with the Spleen and Centre, and is a predominant climatic Qi in late summer. Patients with dysfunction of the Spleen or Stomach, or those who don't care what they eat after the operation (especially overeating greasy food, sweet food and Cold food), are more likely to be attacked by Damp invasion. Invasion of both Damp-Heat and Damp-Cold are often seen in the clinic.

Dryness

There is usually loss of Jin and Ye, as well as Qi and Blood during the operation. Postoperatively, the patient usually sweats excessively, is unable to drink sufficient fluids, and may even suffer from vomiting and diarrhoea. These conditions could cause imbalance in Body Fluids and lead to the formation of Dryness, thus providing the opportunity for invasion of the body by External Dryness.

In accordance with Five Element theory, Dryness is in association with the Lung and West, and is a predominant climatic Qi in autumn. Patients with dysfunction of the Lung are more likely to be attacked by Dryness invasion.

Lung is located at the Upper Burner and is averse to Dryness. Lung is responsible for respiration, opens

into the skin and nose, is in charge of the throat and regulates Water passage. When there is invasion of Dryness to the Lung, these physiological functions of the Lung will be impaired, leading to painful cough or chest pain, pain in the nose and throat, painful skin and wound pain with dryness. Since the Lung is paired with the Large Intestine, dysfunction of the Lung due to Dryness could cause dysfunction of the Large Intestine, leading to dry stool or constipation, painful defecation, abdominal pain, etc. On the other hand, dysfunction of the Large Intestine due to Dryness invasion could also cause dysfunction of the Lung, leading again to painful cough or chest pain, etc.

Dryness in nature could damage Body Fluids, Blood Vessels and Blood circulation, leading to pain in the muscles, tendons and Blood Vessels.

Heat (Fire, warmth)

Heat is a Yang pathogenic factor, being characterised by flaming up, burning and hot. When it attacks the body, it may result in abnormal Qi and Blood circulation, injury of channels, Blood Vessels, muscles and tendons, and pain occurs with a burning, hot feeling and redness. Many types of acute pain that occur immediately after the operation, characterised by redness, swelling and a burning sensation, are usually caused by invasion of Heat.

When there is accumulation of Heat in the Blood, it could cause accelerated Blood circulation and impairment of the Blood Vessels, leading to occurrence of bleeding. Postoperative bleeding with pain, characterised by bleeding with fresh red colour of the blood, a burning feeling at the wound, restlessness, etc., is often caused by invasion of Heat to the Blood.

According to Five Element theory, Heat is closely associated with the Heart. When there is invasion of Heat to the body, there could be various types of pain with restlessness and insomnia.

Like pathogenic Wind, Heat often attacks the upper parts of the body because of flaming up and upward direction characteristics. In many cases of acute inflammatory joints and muscles in the upper parts of the body, invasion of Wind-Heat is the chief causative factor. Dispelling Wind and clearing Heat is therefore the main treatment principle.

Emotional disorders

Pain is a human suffering. This suffering frequently represents emotional distress in addition to physical

hardship; alternatively, we could say that one of the main causes for the occurrence of pain is due to emotional disorders. The emotional factors differ from the Exogenous pathogenic factors in that they affect the Zang-Fu organs, and the Qi and Blood, directly. For this reason, they are considered to be one of the chief causative factors for various types of pain.

It is logical to note that although operation could remove, correct or connect some tissues, it is unable to relieve emotional disorders, the chief cause for many types of pain prior to the operation. When patients discover that the pain after the operation is not completely eliminated or remains the same, their emotional disturbance could be very great, leading to aggravation of the pain.

In TCM, mental activities relating to emotion are classified into joy, anger, overthinking, meditation, grief (sadness), fear and fright, known as the seven emotional factors. In fact, there are five important emotions that could associate themselves directly with the internal Zang-Fu organs, i.e. anger, overthinking, meditation, sadness and fear. When these emotions, either before or after the operation, last too long or are too intense, they become direct pathogenic factors.

Traditionally, it is believed that different Emotional factors tend to affect the circulation of Qi and Blood of specific internal organs; for example, over-anger injures the Liver, overthinking injures the Heart, over-sadness injures the Lung, over-meditation injures the Spleen and over-fear injures the Kidney. However, since emotional activities could influence each other, it is sometimes very easy to discover that over-anger impairs not only the Liver, but also some other internal organs and tissues. Clinical differentiation of symptoms and signs is always important in such cases. When these internal Zang-Fu organs are affected and injured, there will be retardation of Qi and Blood circulation, and thus pain will be the principal clinical manifestation.

One example is postoperative neck pain after cervical correction for herniation. Some patients may experience no change in their neck pain, or aggravation of the neck pain obviously related to anger and stress. Clinical investigations and examinations sometimes show negative results. Trials with painkillers or anti-inflammatory drugs have shown poor therapeutic results. What is interesting to see, however, is that when methods to smooth the Liver, to regulate the emotions and to calm the Shen are applied to these patients, then their neck pain can be much relieved. The points often include Extra Anmian, GB-20, GB-21, GB-40, GB-41, TE-5, BL-18, BL-19 and SP-6.

As to the influence of pain by excessive emotional activities prior to or post operation, this can be described as follows.

Excessive thinking

Basically, overthinking could disturb the physiological functions of the Heart, leading to occurrence of pain after the operation due to stagnation of Qi and Blood circulation. When this stagnation is longstanding, it may cause formation of Heat in the Heart, resulting in hyperactivity of Heart-Fire.

The pain caused by overthinking could include chest pain, axillary pain, shoulder pain, elbow pain, wrist pain, palm pain and finger pain alongside the Heart channel.

Since the Heart opens into the tongue and is in charge of Blood Vessels, dysfunction of the Heart, resulting from overthinking, could cause tongue pain and pain in the Blood Vessels. Postoperative pain in the Blood Vessels can sometimes be treated via the Heart by promoting the Blood circulation, regulating the emotion and calming the Shen.

One of the main physiological functions of the Heart is to house the Shen. When the Shen is disturbed due to overthinking, this can cause palpitation, restlessness and insomnia as well as the pain. HT-3 Shaohai could be one of the main tenderness points to make a rather clear diagnosis that the Heart is involved as a result of overthinking. On the other hand, pain prior to the operation, use of anaesthetic products during the operation or severe pain in the wounds after the operation can cause disturbance of the Heart in housing the Shen, resulting in aggravation of the pain.

Excessive anger

Anger in TCM includes other emotions, such as frustration and irritation. Excessive anger could also be caused by mistreatment during childhood, including beating, lack of love, limitation of freedom, sexual abuse, and difficulty in relationships with friends, parents, brothers or sisters, etc.

Excessive anger is one of the important emotional pathogenic factors, leading to dysfunction of the Liver in promoting the free flow of Qi in the Liver. This situation may bring about stagnation of Liver-Qi, which gives rise to pain at various places, such as headache, neck pain, hypochondriac pain, abdominal pain, low back pain, pain in the genitals, inguinal pain, hip pain, and pain in the leg and knee along the Liver channel, as well as pain at the big toe.

At this stage, the pain is still characterised by its wandering and distending nature, or intermittent pain, or pain that fluctuates in intensity and location, closely related with emotional upset. Additionally, one of the

most obvious characteristics of pain due to Liver-Qi stagnation resulting from anger is that the pain often occurs with strong emotional overtones, especially anger, stress, nervousness and irritability.

If there is prolonged persistence of Liver-Qi stagnation, the following consequences could be observed: formation of Blood stagnation, generation of Liver-Fire, consumption of Liver-Yin, disharmony between the Liver and Spleen, disorder of the Gall Bladder, blockage of the channels, etc., resulting in formation of some new pathogenic factors in association with the occurrence of pain.

Excessive sadness

According to Five Element theory, over-sadness is in close association with the Lung. It may cause dysfunction of the Lung, leading to Qi and Blood stagnation in the Lung, Lung system, Large Intestine and their channels. In addition, chest pain, shoulder pain, nasal pain, throat pain, skin pain, pain in the abdomen and painful defecation occur, accompanied by cough, breathing difficulties and oppression over the chest.

For example, in pain due to a frozen shoulder, if the pain before the operation occurred along the biceps muscle (the area of the Lung channel), some patients could experience no relief of the pain after the operation, and some may even experience aggravation of the pain. If a close inquiry and examination have been carried out, it is possible to discover that these patients have had much sadness in the past or at present, and that this shoulder pain gets aggravated or alleviated by the emotional state of sadness. In this case, some tenderness points could be easily found in nearby LU-2 Yunmen, LU-3 Tianfu, LU-5 Chize, LU-6 Kongzui, etc. This situation may well explain why the operation for the shoulder pain was not successful. When the underlying pathogenic factor for the shoulder pain – sadness – is eliminated or resolved, the postoperative shoulder pain will diminish or disappear. The principal treatment for this type of case would be to disperse the Lung-Qi, to smooth the emotion and to relieve the sadness. Points such as LU-1, LU-2, LU-5, LU-6, LU-7, LU-9, HT-3 and LI-4 should be selected.

Since the Lung and Large Intestine share a pair of channels and collaterals, if there is stagnation of Qi and Blood in the Lung or in the Lung channel, the Large Intestine or the Large Intestine channel could also be impaired, leading to the occurrence of shoulder, elbow and abdominal pain. Tenderness points can be found around LI-4 Hegu, LI-9 Shanglian and LI-10 Shousanli,

as well as LI-11 Quchi. To treat these types of pain, points should be selected not only from the Large Intestine channel, but also from the Lung channel, such as LU-5 Chize, LU-7 Lieque and LU-9 Taiyuan.

Excessive meditation

After an operation patients usually experience poor appetite, nausea or even vomiting. In this situation, over-meditation prior to or post operation could bring about direct Qi stagnation in the Spleen and Stomach, leading to dysfunction of the Spleen in digestion, transportation and transformation, resulting in even poorer appetite. Qi stagnation in the Spleen and Stomach may cause either deficiency of the Qi and Blood or formation of Damp-Phlegm. In addition, various types of postoperative pain occur, including epigastric pain, abdominal pain, dysmenorrhoea, and pain at the knee, ankle and toes along the Spleen channel. These types of pain are accompanied by distension or fullness in the abdomen, poor appetite, loose stools or diarrhoea, and heaviness of the body and limbs.

Excessive fear

According to Five Element theory, fear is closely associated with the Kidney. Over-fear prior to or post operation may damage the physiological functions of the Kidney, leading to lower back pain, knee pain, pain in the Bones, painful urination and defecation, etc.

Additionally, over-fear prior to or post operation may give rise to Sunken Qi of the Kidney, resulting in failure of the Kidney to consolidate respiration. This may cause chest pain with superficial breathing, or shortness of breath by exertion. This condition often occurs in patients with Kidney weakness who have had an operation in the chest, such as lung, heart and oesophagus.

Furthermore, over-fear prior to or post operation may cause failure of the Kidney in the distribution of Kidney-Essence to produce the Marrow and nourish the Bones. This is the reason why such patients suffer from pain or weakness at the knees and lower back. When this emotion is not properly resolved and an operation is carried out to treat the knee or lower back pain, postoperative pain may remain. This type of lower back pain is usually at the middle of the back, and the knee pain is often at the place where the Kidney channel passes. In addition to the lower back and knee pain, there is usually weakness at the lower back

and knee, tiredness, dizziness, poor memory and poor concentration.

Kidney is located at the lower back and opens into the genitals and anus. Operation in the lower back, knee, genitals or anus, with over-fear after the operation, also causes blockage of Kidney-Qi, leading to lower back pain, pain in the genitals and anus after the operation, etc.

Kidney is responsible for Qi and Water transformation in the body. If there is over-fear postoperatively, there could be accumulation of Excessive-Water in the body, leading to formation of Damp, which may result in blockage in the channels, Zang-Fu organs and some other tissues, with postoperative pain following.

Miscellaneous pathogenic factors

Improper food intake or medications after the operation

Improper food intake after the operation could induce recurrence of the pain.

Improper food intake includes three aspects: overeating, insufficient eating and intake of unhygienic food.

Generally speaking, insufficient food intake causes a Deficient type of pain resulting from failure of the body, joints, muscles and Zang-Fu organs to be nourished, whereas overeating and intake of unhygienic food often cause pain of an Excessive type, resulting from blockage of the Zang-Fu organs, channels, joints and muscles due to formation of Qi and Blood stagnation, or Phlegm and Damp accumulation.

INSUFFICIENT FOOD INTAKE

Losing a certain amount of Qi and Blood during the operation is inevitable, thus it is necessary to eat some nutrient food postoperatively to promote the production of Qi and Blood, to strengthen the body and speed up recovery. After the operation, patients usually have very poor appetite, nausea or vomiting, which may lead to insufficiency of normal food intake. All these situations may cause deficiency of Qi and Blood, leading to recurrence of the Deficient-type pain.

Moreover, insufficiency of normal food intake may cause poor healing of the wound, resulting in persistence of postoperative wound pain.

EXCESSIVE EATING

EXCESSIVE EATING OF RAW AND COLD FOOD, OR CONSUMING ICE-COLD DRINKS

Spleen is averse to Cold and prefers warmth. In order to maintain the physiological functions of the Spleen, there must be sufficient Yang and Qi in the Kidney and Heart. Since there is usually loss of Qi and Blood during the operation, so the physiological functions of Spleen are impaired to a certain degree. At this time, if patients do not take care of their diet (e.g. overeating of raw and cold food, drinking ice-cold water) the Spleen-Qi or Spleen-Yang will certainly be damaged, leading to dysfunction in transportation and transformation, and the formation of Cold-Damp. When Cold-Damp flows with Qi and Blood circulation to everywhere in the body, such as the Zang-Fu organs, joints, muscles and channels, various types of postoperative pain will be the result.

Nevertheless, in the West and other developed countries, many people have a tendency to Yang excess, due to constitutional Yang excess or Yin deficiency from the parents, overconsumption of Liver-Yin and Kidney-Yin due to too much sex, overwork, too much excitement and too much stress. These factors bring about one very probable result: gradual formation of Damp-Heat resulting from prolonged accumulation of Cold-Damp in the body.

EXCESSIVE EATING OF FATTY AND SPICY FOOD AS WELL AS DRINKING HOT BEVERAGES

This includes eating too many warming meats (e.g. pork, lamb, beef, rabbit), drinking too much milk and eating too many milk products (e.g. cheese), eating too much sweet food (e.g. biscuits, cakes, candies, chocolate), eating spicy food too often (e.g. adding excessive amounts of pepper in cooking) and too-frequent consumption of wine or other types of alcohol.

According to TCM theory, these foods are warm or hot in nature and could produce too much Yang in the body. Overeating these types of food postoperatively may give rise to overloading of the Spleen and Stomach, and therefore too much Yang, leading to blockage of the Spleen and Stomach in transportation and transformation, and the formation of Damp-Heat. Moreover, it could evoke the pain felt prior to the operation due to blockage by Damp.

When there is formation of Damp-Heat in the body, there will be occurrence of postoperative pain with

the same mechanism outlined above for formation of Cold-Damp.

INTAKE OF UNHYGIENIC FOOD AND MEDICINES

Intake of unhygienic food includes not only intake of poisonous food, deteriorated food and allergy-causing food, but also intake of some contaminated food and medicines. With today's industrial development, one can say that pollution exists everywhere – in the air, water and earth. This pollution can also be caused by nuclear weapon testing and use. Thus the food we eat naturally may sometimes be contaminated. Eating such foods would bring about disturbance of the physiological functions of the Spleen and Stomach, leading to formation of Damp and Toxin, which may flow with Qi and Blood to everywhere in the body, resulting in postoperative pain.

Overstress, overstrain or lack of physical exertion

Too much stress due to various situations (e.g. personal, sexual and family relationships, living conditions, financial situation, etc.) plays an important role in lingering or recurring postoperative pain.

Stress after the operation is an additional cause for many types of pain. From the TCM aspect, stress may cause either stagnation of Qi in the Heart, Lung, Liver and Spleen, eventually leading to stagnation of Blood, or consumption of Qi and Yin, especially the Yin of the Liver and Kidney and the Qi of the Kidney.

Overstrain or excessive physical and mental activities after the operation may consume the patient's energy, including Qi, Blood, Yin and Yang, leading to lingering or recurring postoperative pain due to failure of the body to be nourished.

Moreover, heavy labour or some physical movements too soon after the operation may weaken the muscles and tendons, leading to weakness and strain of the local muscles, Bones and tendons, and stagnation of Qi and Blood, resulting in postoperative pain.

On the other hand, too little exertion or physical exercise after the operation may also cause postoperative

pain due to retardation of Qi and Blood circulation, weakened function of the Spleen and Stomach, and softened muscles, tendons and Bones.

Side effects from some medications

During the operation, some medications are administered to relax the patient and cause anaesthesia. According to TCM theory, these medications could cause disturbance of the Heart in housing the Shen, and disturbance of the Liver in maintaining the free flow of Qi, resulting in stagnation of Qi or stagnation of the Blood. When the Heart is not functioning properly, the Shen fails to control the emotions, Qi and Blood stagnate, and postoperative pain occurs.

On the other hand, long-term administration of some drugs (e.g. corticosteroids) may also consume the Yin of the body, especially the Yin of the Lung, Spleen, Liver and Kidney, leading to hyperactivity of Deficient-Fire. This pathogenic factor could eventually cause concentration of Body Fluids into sticky Phlegm, and stagnation of Blood in the body, resulting in postoperative pain.

In addition, too long or too frequent administration of some medications may cause damage to the Spleen and Stomach, leading to formation of Cold-Damp-Phlegm.

Traumatic injuries

Traumatic injury here mainly refers to muscle sprain due to sudden or frequent lifting or carrying loads that are too heavy. This type of traumatic injury is a common cause for recurrence of postoperative pain, especially in the neck, lower back, arms and legs. In fact, in TCM, operation is also considered a type of traumatic injury.

Traumatic injury could lead to disorder of Qi and Blood circulation, abnormal joint movement, rupture of tendons and muscles, damage to normal tissue, blockage of the regular circulation of channels, etc., resulting in disturbance to the physical structure, Qi and Blood circulation, and consequent postoperative pain. The longer stagnation of Qi and Blood continues, the more complications that follow.

Pathology of postoperative pain

3

In the West, operation is carried out in most hospital departments. Operation itself can be a pain-causing factor because operation is a process of cutting tissues, during which bleeding occurs. Some of this residual (stagnant) blood can be left in the body, leading to formation of Blood stagnation.

The pathology of postoperative pain can be summarised as follows.

Disturbance of the Qi and Blood circulation

Various factors can cause the occurrence of pain; however, the main pathology is due either to blockage or obstruction, or to deficiency, and in some cases there is mixture of stagnation in conjunction with deficiency.

Among the above pathologies, blockage or obstruction is the chief cause for postoperative pain, i.e. when there is pain prior to the operation due to stagnation of Qi and Blood, operation usually cannot eliminate these causative pathogenic factors completely; in some cases, there is no elimination of the causative factors at all, and postoperative pain appears.

Influence on physiological function of the Zang-Fu organs and tissues

Physiological circulation of Qi and Blood in the body should be constant, just like the ascending and descending of the sun and moon. This circulation depends upon the cooperation of Lung, Heart, Liver, Kidney, etc. Operation on certain organs or tissues could damage the internal Zang-Fu organs, greatly influence the Qi and Blood circulation, and lead to stagnation of Qi and Blood. Moreover, there is close interconnection between all the Zang-Fu organs and tissues through the channels. Operation on certain organs or tissues could influence the Qi and Blood circulation in some other organ or tissue, leading to stagnation of Qi and Blood and resulting in postoperative pain. This is why, following operation on certain organs and tissues, as well as pain in the operated area, there is pain in other sites in the body.

Cutting off or impairment of some normal tissues and channels

The basic statement about pain formed almost 2000 years ago is: 'if there is free flow, there would be no pain; if there is lack of free flow, there would be pain'. Here free flow refers to the free flow of Qi and Blood in the Zang-Fu organs, tissues and channels. During the operation, some diseased tissues as well some normal tissues are cut, leading to damage to the normal Qi and Blood circulation, and postoperative pain occurs.

Nevertheless, operation could cut or damage the muscles and channels, resulting in retardation or even blockage of the Qi and Blood circulation, and postoperative pain appears.

Residual blood is the main cause for Blood stagnation

One of the main causative factors for pain is stagnation of Blood. As it is almost impossible to avoid bleeding during the operation, the residual blood and blood clots formed during the operation could be a direct cause for stagnation of Blood. In turn, this stagnant Blood could block somewhere in the organs, tissues and channels, resulting in the aggravation of Qi and Blood stagnation, and aggravated pain occurs postoperatively.

Loss of Qi, Blood and Body Fluid

Besides stagnation of Qi and Blood as the main cause for postoperative pain, deficiency of Qi and Blood due to other causes can often be seen. When there is pain prior to the operation caused by deficiency of Qi and Blood, it is possible for this to be worsened during the operation as a result of bleeding. In this way, there is aggravated pain after the operation.

Moreover, following operation, patients usually have low energy levels, sweat easily, suffer from nausea and vomiting, lack appetite, do not wish to drink, etc., which will cause loss of Body Fluid and diminished production of Qi, Blood and Body Fluid. The ensuing deficiency of Qi, Blood and Body Fluid results in postoperative pain.

Disturbance of the Heart in housing the Shen

In classic medicine, it is held that pain is the body's way of responding to damaged tissue. In TCM, it is held that pain is the reflection of the Shen to stagnation or deficiency of Qi and Blood. Usually there is pain and the Shen is disturbed to a certain degree prior to the operation. After the operation, some patients suffer from pain from the wound, as well as fear or anxiety. This could lead to further disturbance of the Shen, and pain becomes worse. When the Shen is disturbed, the patient usually suffers from poor sleep, poor memory, headache and restlessness.

During and after the operation, it is usual for some sedatives or other anaesthetic medications to be prescribed to relax the patient and relieve the pain. In some cases, however, these products could disturb the physiological functions of the Heart. When these physiological functions are impaired, it could cause dysfunction of the Heart in its regulation of the Blood Vessels and Blood circulation, resulting in aggravation of Blood stagnation and consequent postoperative pain.

Moreover, TCM holds that the Heart dominates the emotions and the Heart is the root controller of other Zang-Fu organs. When the Heart is disturbed, there could be gradual dysfunction in some other Zang-Fu organs, leading to aggravation of the Qi and Blood stagnation or deficiency, and postoperative pain follows.

Scar formation

After the operation, there could be scar formation that may last for some period of time or may be permanent. Scar formation can be either deep or superficial, both of which could easily block the free flow of Qi and Blood circulation, and interrupt the normal distribution of the channels. Thus, retardation of Qi and Blood circulation forms and postoperative pain follows.

It should be borne in mind, however, that the above statements do not warrant drawing the conclusion that operation is harmful in every case; they serve only to stress the possible disadvantages of some operations for some patients, attempt to discuss some possible causes for postoperative pain so as to avoid the weak points, and try to suggest some ways to deal with patients' postoperative pain as effectively as possible.

Differentiation of postoperative pain

Differentiation of the location of the pain

In most cases, postoperative pain occurs at the operation site; thus it is important to ascertain the location of the pain so as to determine which Zang-Fu organs or channels are involved.

Differentiation of the location of postoperative pain is of utmost importance in the diagnosis and treatment of the pain. If this step is missing, it will be impossible in practice to select the appropriate acupuncture points in order to start treatment. For example, to treat postoperative ankle pain, if we only know that the chief pathology is stagnation of Blood, without knowing which channel is affected, then only the following points can be selected: LI-4, SP-6, SP-10, LR-3 and BL-17. Even if such treatment is given to the patient many times (e.g. more than 10 times), it is unrealistic to expect a good therapeutic result; on the contrary, a poor result is more likely because the treatment misses its therapeutic direction – the channel.

As to the location of the Zang-Fu organs, they are situated as follows:

- Upper Burner: Heart and Lung
- Middle Burner: Spleen, Stomach, Liver and Gall Bladder
- Lower Burner: Kidney, Bladder, Uterus, Small and Large Intestine.

However, the following issues have to be taken into account.

The theoretic system of TCM and modern medicine are not exactly the same

Some internal Zang-Fu organs in Traditional Chinese Medicine (TCM) may include not only the organs which bear the same names as in modern medicine, but also some other organs. For instance, Spleen in TCM may refer to the spleen organ itself, but also the pancreas, large intestine, small intestine, etc. On the other hand, the physiological functions of one specific organ in modern medicine can be discovered in some organs in TCM. For example, liver in modern medicine could be seen in Liver, Gall Bladder, Heart and Large Intestine in TCM. It is essential to avoid such confusion in practice.

There is interrelation between the internal Zang-Fu organs

Since the internal Zang-Fu organs are closely related to each other via the channels and collaterals, it is possible to observe postoperative pain at one place that is caused by a problem

in another place. Care must therefore be taken so that a clear and accurate diagnosis can be made based on differentiation of symptoms and signs. For instance, in post-operative epigastric pain, if the pain is caused by invasion of the Stomach by Liver-Qi, even after the operation has been carried out it is still possible to see that the pathology remains the same. There could also be pain at the middle back around BL-21. To treat such postoperative epigastric pain, key points should be prescribed not only from the Stomach channel, but also from the Liver channel. Only in this way can a rapid and better therapeutic result for such postoperative epigastric pain be achieved.

The channels

It is extremely important to understand and bear firmly in mind the distribution of the 14 channels as well as the Extraordinary channels, as point selection to treat postoperative pain is based on this theory. For example, in epigastric pain immediately after the operation, the local points (e.g. CV-12, ST-21, etc.) would be impossible to puncture because of local wound swelling. For this reason, points distal to the Stomach channel, as well as some other points to treat the pathology are selected.

As to the distribution of the 14 channels, the 12 regular channels are distributed symmetrically at the left and right sides of the body. The two other major channels – the Governing Vessel and the Conception Vessel – emerge from the perineum and ascend along the middle line of the front and back of the body, respectively.

CHANNEL DISTRIBUTION IN THE LIMBS

ON THE UPPER LIMBS

- The anterior border of the medial aspect and radial end of the thumb are supplied by the channel of the Hand-Taiyin.
- The middle of the medial aspect and the radial end of the third finger are supplied by the channel of the Hand-Jueyin.
- The posterior border of the medial aspect and the radial end of the fifth finger are supplied by the channel of the Hand-Shaoyin.
- The channel of the Hand-Yangming runs from the radial end of the second (index) finger to the anterior border of the lateral aspect.
- The channel of the Hand-Shaoyang runs from the end of the second finger to the middle of the lateral aspect.

- The channel of the Hand-Taiyang runs from the ulnar end of the fifth finger to the posterior border of the lateral aspect.

ON THE LOWER LIMBS

- The anterior border of the lateral aspect and the lateral end of the second toe are supplied by the channel of the Foot-Yangming.
- The middle of the lateral side and the lateral end of the fourth toe are supplied by the channel of the Foot-Shaoyang.
- The posterior border of the lateral aspect and the lateral end of the little toe are supplied by the channel of the Foot-Taiyang.
- The channel of the Foot-Taiyin runs from the medial end of the great toe to the middle of the medial aspect of the lower limb and then moves round to its anterior border.
- The channel of the Foot-Jueyin runs from the lateral end of the great toe to the anterior border of the medial aspect of the lower limb and then moves to the middle.
- The channel of the Foot-Shaoyin starts under the little toe, crosses the sole and runs along the posterior border of the medial aspect of the lower limb.

CHANNEL DISTRIBUTION IN THE TRUNK

In the thoracic and abdominal regions the Conception Vessel is situated on the middle line. The first line lateral to it is the Kidney channel of the Foot-Shaoyin, the second lateral line is the Stomach channel of the Foot-Yangming, and the Lung channel of the Hand-Taiyin and the Spleen channel of the Foot-Taiyin correspond to the third line. The Gall Bladder channel of the Foot-Shaoyang is located at the lateral side of the hypochondria and the lumbar region, while the Liver channel of the Foot-Jueyin is in the region of the anterior external genitalia and hypochondria.

On the back, the Governing Vessel stays in the middle, while both the first and second lines lateral to the Governing Vessel are the Bladder channel of the Foot-Taiyang.

CHANNEL DISTRIBUTION IN THE HEAD, FACE AND NECK

The Yangming channels of the hand and foot run in the facial region and the Shaoyang channels of the hand

and foot travel in the lateral sides of the head. The Governing Vessel runs along the middle line of the neck and head, while the Bladder channel of the Foot-Taiyang runs on both sides of the Governing Vessel.

Differentiation of the nature of the pain

Differentiation of the nature of the pain is the method of recognising and diagnosing the pain, which is also the way of making a comprehensive analysis of the symptoms and signs obtained by applying four diagnostic methods. These methods are used to differentiate the causes and pathologies for postoperative pain.

Differentiation according to Eight Principles

INCOMPLETE DISAPPEARANCE OR NEW INVASION OF EXOGENOUS FACTORS

If the pain prior to operation is caused by remaining External pathogenic factors, even if the operation is performed to try to resolve this pain, it is possible to see that these Exogenous pathogenic factors still exist postoperatively. One of the key symptoms and signs to indicate the incomplete disappearance of Exogenous pathogenic factors is that there is acute sensitivity to weather changes or aggravation of the pain during weather changes.

In practice, it is well known that the main symptoms and signs to diagnose the invasion of Exogenous pathogenic factors are an aversion to cold, slight fever, generalised body pain, sweating and a superficial pulse; these symptoms and signs are the indication of invasion of Exogenous pathogenic factors at the Taiyang level. When Exogenous pathogenic factors enter the deep level, such as the Shaoyang or Shaoyin level, or the internal Zang-Fu organs, muscles, joints, tendons and channels, these symptoms and signs will not be so obvious. However, in this case, it is still possible to suffer from pain that is sensitive to weather changes, i.e. aggravation or alleviation of the pain during the weather changes. For instance, when operation is performed for those who suffer from rheumatoid arthritis, the pain remains postoperatively. This is because such complaints are mainly related to incomplete disappearance of Exogenous pathogenic factors. Moreover, additional pathogenic factors may occur after the

operation: stagnation of Qi and Blood, possible damage to the normal tissues and formation of scars, etc., all of which can aggravate postoperative pain.

Following the operation, patients could suffer from weakness due to poor appetite, nausea, poor sleeping, emotional stress and intake of some medications, thus providing the opportunity for new invasion of External pathogenic factors and causing aggravation of the pain. At this stage, there would be the obvious appearance of the External symptoms and signs discussed above.

COLD AND HEAT

Cold and Heat are the opposite sides of the nature of pain. In fact, when there is existence of Cold or Heat in the body, operation cannot eliminate the pain of Cold or Heat.

If the pain is caused by Cold, it could be due either to invasion of Exogenous Cold or to deficiency of Yang in the body. Its manifestations are as pain with a cold feeling and contracting sensation, aggravation of the pain by exposure to cold and alleviation of the pain by meeting warmth. This can be accompanied by aversion to cold, cold hands and feet, a preference for warmth, absence of thirst, clear urine, a white or wet tongue coating and a slow pulse. The main principles of treatment are to dispel Cold, warm the Yang and stop the pain. Cupping and moxibustion are the best ways to relieve pain due to Cold.

If the pain is caused by Heat, it could be due to invasion of Exogenous Heat or to transmission of Cold into Heat from overlong Cold accumulation, to excessive Yang in the body or to formation of Deficient-Heat resulting from Yin deficiency. Its manifestations are pain with a burning feeling or warm sensation, redness and swelling accompanied by fever, aversion to heat, headache, thirst, deep yellow urine, red face, warm hands and feet, restlessness, insomnia, constipation, a red tongue with a yellow coating and a rapid pulse. The principles of treatment are to clear the Heat, reduce fever, cool the Blood and stop the pain.

EXCESS AND DEFICIENCY

Most cases of postoperative pain pertain to Excessive types, caused by invasion of Exogenous pathogenic factors, stagnation of Qi and Blood, and formation of Damp-Phlegm, manifested as sharp pain, stabbing pain, colic pain, throbbing pain, constant pain, pain with distension, heaviness, radiation, hard swelling, a

severe burning or suffocating feeling, pain with dislike of pressure, and a forceful, wiry and tight pulse.

If postoperative pain is caused by deficiency of Qi, Blood, Yin and Yang, this pain pertains to the Deficient type, manifested as slight pain, sore pain, dull pain, intermittent pain, pain with slight spasm, pain with a preference for pressure, and a soft, thready and weak pulse.

Chapter 28 of the Plain questions says, 'Excess is due to hyperactivity of the pathogenic factors, and Deficiency is due to overconsumption of essential Qi' (The Yellow Emperor's Classic of Internal Medicine: Simple Questions 1963). This differentiation forms the basis for eliminating the pathogenic factors or tonifying antipathogenic Qi in the treatment of postoperative pain.

Differentiation according to Qi, Blood, Jin and Ye

QI STAGNATION AND BLOOD STAGNATION

There is a close relationship between the Qi and Blood, i.e. Qi is the governor of Blood, and Blood is the carrier of Qi. In short, circulation of Qi leads to circulation of Blood, and stagnation of Qi brings about stagnation of Blood. On the other hand, stagnation of Blood could cause stagnation of Qi.

Stagnation of Qi and Blood after the operation is usually caused by the following factors:

- Physical disturbance or damage due to the operation
- Invasion of External pathogenic factors
- Disharmony of cold and warmth due to careless daily living following the operation
- Qi and Blood deficiency due to profuse sweating, vomiting, poor appetite, loss of Qi and Blood during the operation and lack of sufficient rest
- Emotional stress and fear
- Residual (stagnant) blood or blood clots from the operation
- Formation of Damp-Phlegm.

The main pathogenic change for postoperative pain is stagnation of Qi and Blood; however, it is still necessary to ascertain the predominance of Qi or Blood stagnation in order to determine the chief cause and then apply the proper treatment to relieve the stagnation of Qi and Blood.

Table 4.1 Differentiation of pain into Qi stagnation and Blood stagnation types

	Qi stagnation	Blood stagnation
Location	Moving	Fixed
Nature	Distending	Stabbing
Hardness	Soft	Hard
Fullness	Yes	No
Time of attack	Daytime	Night-time
Emotion	Aggravating pain	No direct influence
Tongue	Not purplish	Purplish
Pulse	Wiry	Erratic

Generally speaking, predominance of Qi or Blood stagnation could be reflected by the comparison outlined in Table 4.1.

QI DEFICIENCY AND BLOOD DEFICIENCY

The second principal cause for postoperative pain is deficiency of Qi and Blood.

There are five main physiological functions of Qi:

- *Promoting*: When the promoting function of Qi is weak, there will be gradual formation of Qi and Blood stagnation, and postoperative pain follows.
- *Warming*: When the warming function of Qi is weak, there will be formation of Cold in the body, leading to spasm of the Blood Vessels, tendons, muscles and internal organs, and postoperative pain occurs.
- *Protecting*: When the protecting function of Qi is weak, there will be weakness of Wei-Qi, leading to easy invasion of External pathogenic factors to the channels, Blood Vessels, tendons, muscles and internal organs, and postoperative pain occurs.
- *Transforming*: When the transforming function of Qi is weak, there will be formation of Damp-Phlegm in the body, leading to blockage in the channels, Blood Vessels, tendons, muscles and internal organs, and postoperative pain occurs.
- *Consolidating*: When the consolidating function of Qi is weak, there will be profuse sweating, excessive urination, diarrhoea or night emission, causing loss of Qi, Body Fluids and Jing. If the loss of Qi, Body Fluids and Jing is too great, the body will be undernourished and postoperative pain will follow.

There is a close relationship between the Qi and Blood, i.e. deficiency of Qi could cause deficiency of Blood, and deficiency of Blood will cause disturbance of Qi production, resulting in Qi deficiency.

Table 4.2 Differentiation of pain into Qi deficiency and Blood deficiency types

	Qi deficiency	Blood deficiency
Nature	Soreness	Spasm and weak feeling
Complexion	Pale	Sallow
Skin	Pale and cold	Dry and rough
Breath	Shortness	No changes
Eyes	No changes	Poor vision and dry eyes
Appetite	Diminished	No special changes
Urine and stool	Clean urine, loose stool	Dry stool
Tongue	White and swollen with tooth marks	Pale tongue
Pulse	Weak and slow	Thready

Deficiency of Qi and Blood after the operation is usually caused by the following factors:

- Deficiency of Qi and Blood prior to the operation
- Physical disturbance or damage due to the operation
- Profuse sweating, vomiting, poor appetite, loss of Qi and Blood during the operation and lack of sufficient rest.

Generally speaking, deficiency of Qi or Blood could be reflected by the comparison shown in Table 4.2.

DAMP AND DRYNESS

Damp and Dryness are the two principles used to determine the condition of the Body Fluids. Damp is a pathogenic factor that easily blocks the channels, muscles and Zang-Fu organs, causing postoperative pain of Excessive type due to stagnation of Qi and Blood.

Postoperative pain due to Dryness is usually caused by exogenous invasion, deficiency of Yin and Blood prior to the operation, and loss of Body Fluids from excessive vomiting, diarrhoea, sweating and profuse bleeding during and after the operation. When there is formation of Dryness, the muscles, tendons, channels,

Table 4.3 Differentiation of pain into Damp and Dryness types

	Damp	Dryness
Lassitude	Yes	No
Heaviness	Yes	No
Fullness	Yes	No
Skin	Moist or sweating	Dry
Appetite	Disturbed	Not disturbed
Mouth	Excess saliva	Dry mouth
Nose	Nasal discharge	Dry nose
Throat	Phlegm in the throat	Dry throat
Stool	Loose, or diarrhoea	Hard, or constipation
Tongue	Greasy coating	Dry coating
Pulse	Slippery	Thready or erratic

Blood Vessels, sense organs and internal Zang-Fu organs will fail to be properly nourished. Contraction or spasm of these tissues and organs then appears, and postoperative pain follows.

Simple differentiation of Damp and Dryness is usually reflected by the comparison outlined in Table 4.3.

In addition, differentiation according to the Six Channels, to Wei, Qi, Ying and Xue, and to the Triple Burner (Energiser) should also be carried out in order to make an accurate diagnosis.

In summary, in order to understand the key points for the differentiation of postoperative pain, special attention should be paid to:

- the quality of the pain, such as dull, sharp or stabbing, pain with a distending feeling or swollen, throbbing, bursting and pulsating sensations, pain with a heavy or an empty feeling, etc.
- the location of the pain; in headache, for example, pain may be located at the top, back or sides of the head, forehead, behind the eyes, the whole head, etc.
- other factors that may alleviate or aggravate the pain, such as weather conditions, emotions, sexual activity, food, posture, menstruation, pressure and sleeping.

5

Diagnostic principle and treatment concepts

General principle of pain diagnosis

The general diagnosis of postoperative pain includes:

- application of four methods of diagnosis
- mastering of the syndromes prior to and after the operation
- determination of the actual and past causative factors for the pain
- channel and point palpation.

Application of four methods of diagnosis

Pain is only one of the symptoms after an operation and is in close association with many other symptoms. As well as postoperative pain, the situation may be further complicated by pre-existing pain, which is magnified by operation, such as joint or back problems. One problem in pain management is that patients fail to give a complete history, i.e. they do not inform their medical professional about all existing medical problems, the treatment of these problems or any medications used.

Traditional Chinese Medicine (TCM) always tries to identify the underlying relationship between these symptoms and signs to determine the root causes. During the process of investigating the possible causes for the pain, it is essential to apply all diagnostic methods so as to collect all the relevant information for making an accurate diagnosis.

The four methods of diagnosis for TCM consist of inspection, auscultation and olfaction, interrogation, pulse feeling and palpation.

INSPECTION

As inspection is of particular significance in the diagnosis of postoperative pain, it is therefore undertaken first. Since the complexion is closely connected with the internal Zang-Fu organs, any changes of internal Zang-Fu organs or states concerning the Qi and Blood are usually reflected in the appearance of the human body. Inspection here usually includes inspecting vitality, general skin colour and wound colour, the general appearance and the tongue.

INSPECTION OF VITALITY

In TCM, vitality refers to the external presentation of life processes in the human body. It includes three types: strong vitality, lack of vitality and pseudovitality.

Strong vitality is manifested through bright and vivid eyes and clear consciousness, which indicate strong antipathogenic Qi with a favourable prognosis for the pain.

Lack of vitality, however, is manifested through dull eyes and disturbed or absent Shen, even semi-consciousness (usually due to severe pain), indicating weak or blocked antipathogenic Qi with an unfavourable prognosis for the pain.

Pseudovitality usually occurs in critically ill patients who face impending death after the operation. It is typified by the patient who has undergone an extensive operation, is extremely weak and has critical problems, who suddenly appears full of vitality – they speak loudly, have a large appetite, a forceful pulse, a red face, and claim disappearance of their pain. Great care must be taken with this type of patient, because there will soon be separation of Yin and Yang – death is imminent.

Pseudovitality should be clearly distinguished from these favourable changes in patients with postoperative pain.

INSPECTION OF THE GENERAL SKIN COLOUR AND WOUND COLOUR

A complexion with brightness and moisture is the norm. A pale complexion after operation usually indicates loss of Qi and Blood, and deficiency of Qi and Blood to a certain degree, whereas a purplish complexion often indicates syndromes of Cold or stagnation of Qi and Blood.

With regard to wound colour, if it is fresh red with slight swelling just after the operation, it is considered to be normal. However, if it is deep red with severe swelling, bleeding or formation of pus, this usually indicates that there is invasion of Toxic-Heat or accumulation of Heat in the body. If the wound colour is pale with poor healing and a cold feeling, this is usually caused by deficiency of Qi, Blood and Yang. If there is a dark purplish colour at the wound with severe swelling and hardening, this is often caused by stagnation of Blood.

INSPECTION OF THE GENERAL APPEARANCE

This includes judging if the patient is strong or weak, fat or thin. If a patient with a strongly built, mature

body suffers from pain postoperatively, this can often be helped fairly quickly. However, postoperative pain in a patient of weak appearance with an underdeveloped body usually indicates that the pain is of the Deficient type, needing a longer period of treatment.

INSPECTION OF THE TONGUE

This is a unique and important diagnostic method in TCM and is used to observe abnormal postoperative changes in the tongue and its coating, since the tongue serves as a mirror of the internal Zang-Fu organs.

- A normal-coloured tongue with a white coating usually indicates invasion of Cold or stagnation of Qi in the early stages; when the coating is white and greasy, it indicates that there is accumulation of Damp-Phlegm or Cold-Damp.
- A pale tongue with a thin white coating usually indicates a deficiency of Qi and Blood.
- A pale and swollen tongue with tooth marks and a wet coating usually indicates a deficiency of Yang with formation of internal Cold.
- A red tongue with a yellow coating often indicates accumulation of Heat in the body. When the coating is greasy, there is accumulation of Damp-Heat; when the coating is dry and rough, there is accumulation of Excessive-Heat or Toxic-Heat in the body; when there is a peeled coating, there is usually a deficiency of Yin.

AUSCULTATION AND OLFACTION

Variations in the patient's voice, breath and mouth odour are obviously important for the diagnosis of postoperative pain.

In general, if the patient with postoperative pain is talkative with a loud voice, the pain usually pertains to the Excessive type. However, if the patient prefers to keep silent or speak little with a feeble voice, the pain usually pertains to the Deficient type.

INTERROGATION

Interrogation plays an important role in TCM diagnosis as the principal technique to ascertain the patient's symptoms prior to and after the operation. Interrogation usually involves obtaining details of the main complaint, the history of the present complaint, the past history and complaint, and the patient's personal life history and family history.

Special attention should be paid to the present pain and any related symptoms, both pre- and post-operatively, including the location, nature and duration of the pain, what makes it worse or better, its correlation with weather changes, and the relationship of the pain to movement or rest, as well as the patient's emotions, diet, urination and defecation, etc.

PULSE FEELING AND PALPATION

Pulse feeling and palpation is particularly and uniquely important in TCM. It is helpful in judging the location and nature of the pain.

Usually a wiry, tight, erratic or slippery pulse indicates that the pain is of the Excessive type, whereas a soft, weak or thready pulse indicates that the pain is of the Deficient type.

In summary, inspection, auscultation and olfaction, interrogation, pulse feeling and palpation are the integration of four diagnostic methods, which are inter-related and interactive. We must therefore comprehend and adopt these four methods so as to master the pathological changes of all clinical aspects in order to make a correct diagnosis.

Mastering of the syndromes prior to and after the operation

Besides pain, there could be many other symptoms existing prior to the operation. These pathological symptoms and signs are, in fact, very important in TCM theory because they could be considered the key manifestations to determine the root causes for the pain prior to the operation. Moreover, mastering of the syndromes preoperatively could be helpful in making a comparison with the syndromes postoperatively.

During and after the operation, the pain – together with the related syndromes – could be partially or completely removed by the operation. However, the operation usually does not eliminate all the causative aetiologies and their pathologies. If a comparison is made between the syndromes pre- and postoperatively, it is not difficult to find out what is improved and what still remains the same or has worsened. When acupuncture is used to treat postoperative pain, it should not only sedate the pain, but also eliminate the causative factors so as to relieve the pathogenic changes in the body. If the practitioner ignores the syndromes prior to the operation, then it will be very difficult to make any type of comparison of the treatment.

In fact, after the operation, the only way to discover the syndromes prior to the operation is to make a thorough investigation, i.e. eliciting all the symptoms and signs related to the pain that patients used to suffer. After the operation, such investigations, including inspection and palpation, are also carried out to make a comparison, finding out what symptoms and signs are alleviated or aggravated.

Determination of the actual and past causative factors for the pain

The common causative factors for postoperative pain are stagnation of Qi, stagnation of Blood, damage to the tissues, disturbance to the Zang-Fu organs and Shen, loss of Qi, Blood and some other energetic Fluids, etc. These causative factors could be called actual causes, whereas the causative factors prior to the operation could be called past causes. It is quite possible that the past causative factors may still exist, either partially or completely, after the operation. A mixture of both actual and past causative factors makes treatment a little more complicated.

If there is much pain postoperatively, it is essential to use the four diagnostic methods to ascertain the actual causative factors for the pain. In practice, the actual causative factors are usually the key reasons for the pain after the operation, thus it is necessary to relieve the actual causative factors first. Sometimes the actual causative factors and the past causative factors are similar. If the actual and past causative factors have an interrelationship, then they should be treated simultaneously. However, it may then be too difficult, or even incorrect, for the practitioner to treat all the actual and past causative factors at the same time.

Channel and point palpation

Palpation is used specifically to discover the location and nature of the postoperative pain and to determine which internal Zang-Fu organ and channel are affected. In order to fulfil this task, it is necessary to master the general locations of the internal Zang-Fu organs and general distribution of the channels.

Since acupuncture treatment is based on the theory of channels and collaterals, particular attention should be paid to the skin along the course of the channels, including their routine channels, collaterals and sinews. The main physiological functions of the channels are connecting the internal Zang-Fu organs and tissues,

conducting the circulation and distribution of the Qi, Blood, Yin and Yang, and maintaining harmonisation of the body as a whole. Any pathological change at one place or organ in the body could be reflected and transmitted through the channels to other parts of the body.

If postoperative pain occurs, there will usually be some abnormalities in the regions under which the internal Zang-Fu organs lie and the places through which the channels pass. The main task of channel and point palpation is to discover these abnormalities, which include:

- areas of tenderness and warmth
- hard or flaccid muscle tissue
- hard or flaccid indentations
- skin eruptions
- discoloration of the skin
- change in temperature of the skin
- subcutaneous nodules.

Once discovered, the practitioner determines whether the abnormality reflects symptoms of Excess or Deficiency in the related organs or channels.

Stabbing pain, sharp pain, burning pain, colic pain and protrusion belong to pain of the Excessive type, whereas dull pain, soreness, slight pain, numbness, a cold feeling and depression belong to pain of the Deficient type.

In order to detect the abnormalities, the second (index), third and fourth fingers are usually used together to palpate the places under which the internal organs lie, or the thumb is rubbed lightly over the skin along the course of a channel and sinews, or the thumb and second finger are used to knead the skin gently in order to detect alterations in the superficial cutaneous layers. Slightly more pressure may be used to probe deeper layers of the organs or skin. It is important that the pressure be uniform and that the practitioner considers the differences between the same channel on the left and right sides of the body. Ordinarily, examination begins along the channels that pass through the operated areas or have a physiological relationship with these areas. Particular attention should be paid to special points such as Back Transporting points, Front Collecting points, Source points and Accumulation points.

To establish whether there are any disorders of the internal Zang-Fu organs, in addition to palpation to the places under which the internal Zang-Fu organs lie, the left and right sides of the spinous processes should also be checked. Thumb pressing generally begins alongside the twelfth thoracic vertebra, working upward to the first thoracic vertebra, and then from the sacral to the lumbar vertebrae. When this is

complete, the skin surface in the vicinity of the ilium and shoulder blades may be similarly palpated.

Commonly, abnormalities of the vertebrae relate to internal disease as follows:

- Those discovered between the first and third thoracic vertebrae suggest an illness related to the Heart
- Those between the first and fourth are related to the upper limbs
- Those between the second and fifth are related to the Lung and bronchioles
- Those between the fifth and eighth are related to the Stomach and Duodenum
- Those between the eighth and tenth are related to the Liver, Gall Bladder and pancreas
- Those between the tenth and twelfth are related to the Stomach and intestinal diseases
- Those between the twelfth thoracic and the second lumbar vertebrae are related to the Kidney and urinary system
- Those between the first and fourth lumbar vertebrae are related to the lower limbs
- Those in the sacral region are related to the reproductive organs.

Because the area paralleling the spine corresponds to the course of the Bladder channel, the Back Transporting points along this channel are frequently palpated for diagnostic purposes, as are the Alarm Mu points on the chest and abdomen. In practice, these points are considered the primary diagnostic indicators. Neighbouring channel acupuncture points may also be checked for their reaction. For instance, the Alarm Mu point LU-1 Zhongfu and the neighbouring point KI-27 Shufu may reflect disease of the Lung and bronchioles.

When palpating points on the four limbs, the Accumulation points are considered to be of primary importance, and the neighbouring points are secondary; for example, the Accumulation point ST-34 Liangqiu and the neighbouring point ST-36 Zusanli may both reflect Stomach disease.

General concepts of treatment

It will be obvious from what has been discussed above that inadequate management of initial postoperative pain can be dangerous because it could contribute to the pain becoming chronic, and thus more difficult to control. To prevent occurrence of chronic pain as a postoperative complication, early diagnosis and effective

multidisciplinary approaches are advisable from the outset.

The general concepts of treatment for postoperative pain include:

- applying acupuncture treatment as soon as possible
- managing the secondary symptoms and seeking the root cause
- supporting the antipathogenic Qi and dispelling the pathogenic factors
- calming the Shen and benefiting the Heart
- considering individual constitutions
- preventing possible new invasion of Exogenous pathogenic factors.

Applying acupuncture treatment as soon as possible

When could acupuncture be used to treat postoperative pain – soon after the operation or later? The reply is, the sooner, the better.

Prior to operation, most patients will have suffered from pain and various levels of disability. After the operation, some aetiologies and pathologies may not have been completely removed by operation; moreover, patients will be tired or weak, with poor appetite, and there could be certain disturbances of Shen, etc. All these situations need medical support in order to assist patients to recover quickly. Of all the different medical approaches, acupuncture is one of the ideal methods.

If it is possible, acupuncture should be used in the hospital soon after the operation; it is not necessary to wait until the patient is discharged from hospital. In this way, acupuncture can help patients recover more quickly from the side effects of narcosis, improve appetite, increase their energetic level, assist emotional stability and, of course, diminish the postoperative pain. At this time, appropriate techniques should be used, avoiding too much stimulation.

If acupuncture is used to treat pain soon after the operation, one practical question is: Should local points be used?

Immediately after the operation there will be some local bandaging and swelling, thus it is impossible to use some local points; in these circumstances, distal points should be used to eliminate the aetiologies and relieve the pathologies. The points from the channels that pass through the operated areas should be selected in the first instance. The techniques introduced in Chapter 9 could be used.

Managing the secondary symptoms and seeking the root cause

The concept of the root cause and secondary symptoms are relative to each other, involving the phenomena for postoperative pain. Clinically, pain pre- and postoperatively is only a secondary symptom and its aetiologies are the root causes.

Generally, the root cause should be treated first and the secondary symptoms thereafter. However, in the management of postoperative pain, the pain should be dealt with urgently. If the pain and the root cause are both serious, they should be treated simultaneously.

Supporting the antipathogenic Qi and dispelling the pathogenic factors

Pain is the process of the struggle between antipathogenic Qi and pathogenic factors; thus strengthening the antipathogenic Qi to defeat the pathogenic factors is another way to cure the pain.

Strengthening the antipathogenic Qi involves improving resistance and building up energy. Once body resistance against pathogenic factors is strengthened, toleration of the pain is higher and stronger.

Since operation is a radical treatment to the body, there could be loss of Qi, Blood and Body Fluids, leading to deficiency of Qi, Blood, Yin and Yang to a certain degree. Thus, supporting the antipathogenic Qi involves tonifying the Qi and Blood, replacing the Body Fluids and regulating the Yin and Yang so as to re-establish the dynamic energetic balance in the body. In TCM, this type of treatment is extremely important. This method is not simply prescribing some tonic for the patient, but rather carefully identifying the underlying imbalance between the Qi, Blood, Body Fluids, Yin and Yang so as to speed up the healing process after the operation.

Calming the Shen and benefiting the Heart

This method could be contrasted with the practice in modern medicine of prescribing sleeping pills for the patient after the operation. However, calming the Shen and benefiting the Heart could achieve far more benefits than sleeping pills.

The effect of calming the Shen and benefiting the Heart helps the patient in the following ways:

- It enables the patient to tolerate the pain or uncomfortable feelings better
- It provides a relatively easy, relaxed and peaceful feeling
- It smoothes the emotions
- It induces better sleep
- It supports the Zang-Fu organs
- It benefits recovery.

Nevertheless, this treatment is only a form of supplementary therapy after the operation; achievement of this effect does not mean that the causative pathogenic factors are totally eliminated. However, it does mean that sensitivity to the pain is diminished due to lesser impulse conduction of disorder in Qi and Blood to the Heart. This method of treatment should only be considered as a symptomatic treatment.

Considering individual constitutions

During the management of postoperative pain it is necessary to bear one point in mind, i.e. considering

the individual constitution of the patient, including age, sex and personal constitutional conditions. The techniques should be gentle, swift and superficial for weak and old patients or for very young children. Strong manipulation of the needles could be used with some strong and young patients.

Preventing possible new invasion of Exogenous pathogenic factors

After the operation, the patient is likely to suffer from pain in combination with incomplete disappearance of pathogenic factors, disturbance of the internal Zang-Fu organs, loss of Qi and Blood as well as some energetic materials, and damage to some tissues. Moreover, after the operation it is quite normal for the patient to have very little appetite, absence of thirst and difficulties in urination and defecation, leading to retention of some Toxins in the body. All these situations could bring about weakness of antipathogenic Qi, providing the opportunity for new invasion by Exogenous pathogenic factors. Some appropriate therapeutic methods should therefore be undertaken to prevent such possible new invasion.

6

Selection and combination of acupuncture points

Selection of acupuncture points

The selection and combination of points is the most important step in acupuncture treatment. The selection of acupuncture points is guided by the theory of Zang-Fu organs and channels.

To treat postoperative pain, points from the affected channel(s) or organs are primarily selected. In addition, points from related channels, according to the relationship between the Zang-Fu organs and channels, are also often selected. This skill is utilised based on a full understanding of the following:

- Physiology and pathology
- The running course of the channels
- The Exterior–Interior relationship of Yin and Yang
- The function, difference and characteristics of the points.

Selection of pain-controlling points

If the pain occurs postoperatively, it is necessary to use some effective acupuncture points to relieve the pain as soon as possible. However, attention should be paid to accurate diagnosis of the pain. When it is clear that there is nothing wrong with the operation itself, the following points can be used to control the pain.

Whether the pain is of the Excessive or Deficient type, the reducing technique is often used in order to relieve the pain.

ACCUMULATION POINTS

Accumulation points occur where Qi and Blood accumulate in the channels. Conventionally, Accumulation points are used to treat acute pain; however, they are still useful points to treat chronic pain. As most postoperative pain is acute pain, these points can be used successfully to control the pain.

In order to relieve postoperative pain as quickly and as completely as possible, one simple and effective method is firstly to puncture at the Accumulation point(s) from the related channels. The reducing method is recommended. However, this can only be considered a symptomatic treatment, i.e. it does not treat the root cause of the pain. A causative treatment should be carried out immediately after application of these points.

Besides treating the pain, these points can also be used for clinical diagnosis: a sharp or intense pain on pressure, or redness, swelling, hardening, an 'electric' feeling or the formation of nodulations indicate Excess; on the other hand, a dull, mild, slight or intermittent pain indicates Deficiency.

SOURCE POINTS

As the name implies, Source points are the points where the source-Qi resides. On the Yang channels, the Source points are the points just proximal to the Stream points; on the Yin channels, they are the same as the Stream points.

From the perspective of pain control, a Source point has two functions: firstly, it can regulate the related internal organ, and secondly, since the channels are subdivided into channel and collateral, the Source point can relieve pain due to disorder of the channel.

When there is retardation of Qi and Blood circulation in the channels resulting from Excess or Deficiency, the best way to resolve this problem is to activate the Source points. Activation can be effected through either the reducing or the reinforcing method.

Compared with the Sea points, Source points are not as strong in regulating the related internal organs. Their specialty is to promote the circulation in the channels. However, when there is disorder of the internal Zang-Fu organs, it is better to use both Source points and Sea points as they can support each other in clinical effect.

CONNECTING POINTS

Although internal Zang-Fu organs and their corresponding channels are closely related, problems that manifest in the channel system are not necessarily problems of the internal Zang-Fu organs. However, the problems that manifest in the internal Zang-Fu organs can usually be detected on the channels.

Classically speaking, Connecting points have three major applications:

- They can be used in the treatment of Interior-Exterior coupled organ problems
- They can be used in the treatment of Connecting Vessel symptoms
- They can be used to harmonise and promote circulation in the collateral.

In the treatment of postoperative pain, Source points and Connecting points are often combined so as to regulate the channels and collaterals simultaneously. However, it is still necessary to identify the problems in the

channel or collateral. When the pain is severe, in the deep layer with radiating sensation in a narrowed line, it is usually a channel problem; when the pain is slight, at the superficial layer or over a diffuse area, with tingling and colour changes in the Vessels, it is often a collateral problem.

Since the channels are the main trunks and the collaterals are the branches of the channels, when there is a collateral problem, it does not always follow that there is a channel problem; however, when there is problem at the channel, then the collateral is often affected. Thus it is logical that when the Source points are used, the Connecting points are prescribed simultaneously.

AH SHI POINTS

Since these points are particularly sensitive to palpation and pressing, they usually reveal blockage or disorder of channels or Interior organs. In fact, discovery of Ah Shi points means that not only is the problem local, it may also reflect some disturbance at distal and deep locations.

When Ah Shi points are applied, it is inadvisable to use too many of these points at the same time, since one or two local Ah Shi points can treat the pain and induce the effect of treatment to the affected area. When numerous local Ah Shi points are applied at the same time, it attracts attention to the local painful places but not to the causative pathologies.

To treat acute postoperative pain it is better to use the distal points first and then the local points. This is because, during the acute stage of postoperative pain, there is already local swelling and hardening, and the pain is usually severe. If the practitioner punctures at the local place first, then the pain will get worse; if the distal points are used initially, the pain is already under slight control. If the local points are applied at this moment, the patient is better able to tolerate the pain and the treatment.

However, when treating chronic postoperative pain, it is better to use the local points first and then the distal points. This is because, during the chronic stage of postoperative pain, the local area is less swollen and, if the local points are used to control the pain, the effect can be obtained more quickly.

ZI WU LIU ZHU CONNECTING TECHNIQUE

Connecting point selection according to Zi Wu Liu Zhu theory is a special technique that is based on the

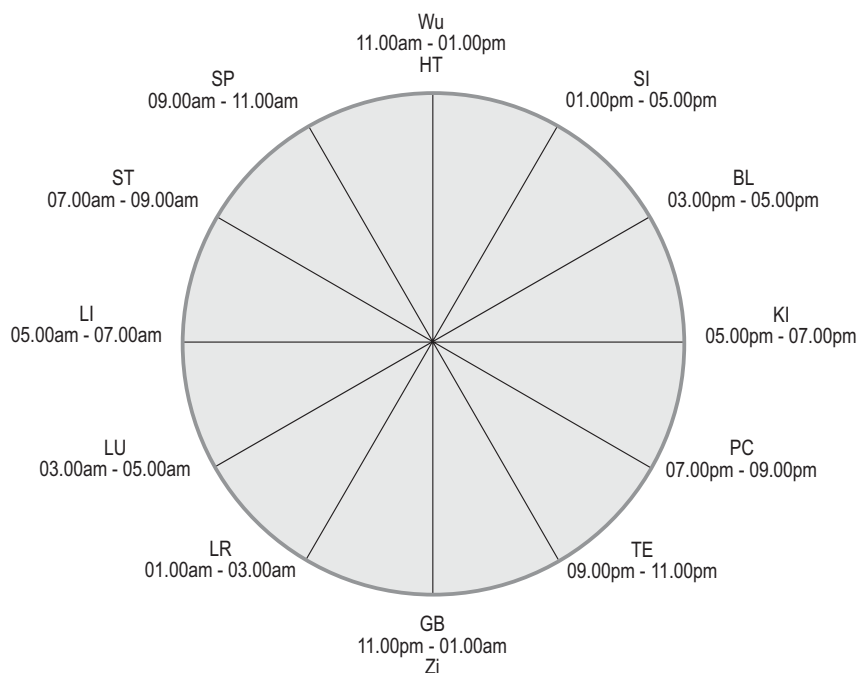


Figure 6.1 Zi Wu Liu Zhu and organ chronology (adapted with permission from Bo Zhiyun 2004, Beijing Science and Technology Publishing House)

premise that there is always balance between two corresponding organs that are located at the opposite position. This balance can be seen in Figure 6.1.

According to Zang-Fu organ chronology in TCM, Qi circulation in the body starts at the Lung channel, then travels to the Large Intestine channel, the Stomach channel, the Spleen channel, the Heart channel, the Small Intestine channel, the Bladder channel, the Kidney channel, the Pericardium channel, the Triple Burner (Energiser) channel and the Gall Bladder channel, finally ending at the Liver channel. The sequence then starts again, without pause.

Every organ has its own specific schedule of energy circulation. When there is disorder of one organ, or one channel from one organ, the organ lying at the opposite position could also be affected. This system can be compared to the balance between Yin and Yang in the body. If one organ or its channel is found to be dysfunctional, the Connecting point from the organ or its channel lying at the opposite position can be used. For instance, when there is pain in the chest due to dysfunction of the Heart, or due to disorder in the Heart channel, then the Connecting point from the Gall Bladder channel (GB-37) could be punctured – and vice versa.

The reducing method is usually applied on these points to relieve the symptoms of postoperative pain.

The Connecting points from related channels can be found as follows.

- GB-37 ↔ HT-6
- LR-5 ↔ SI-7
- LU-7 ↔ BL-58
- LI-6 ↔ KI-4
- ST-40 ↔ PC-6
- SP-4 ↔ TE-5
- GV-1 ↔ CV-15

Selection of points for causative treatment

If pain occurs during and after the operation, the above points can be selected to relieve the pain. However, the points to treat the causative factors should be chosen immediately. Without this step, the treatment is incomplete and the pain will return soon after treatment.

Many points can be used to eliminate the causative pathogenic factors. Source points, discussed above, as well as effectively relieving blockage in the channels and sedating the pain, are also effective in regulating the internal Zang-Fu organs.

The following points have important therapeutic effects.

FRONT COLLECTING POINTS AND BACK TRANSPORTING POINTS

Generally speaking, when pain occurs postoperatively, if this is caused by disorder of the Zang-Fu organs, then the Alarm Mu points or Back Transporting points should be prescribed.

Front Collecting points are those points that are located on the chest and abdomen where the channelled Qi collects. Each Zang-Fu organ has a Front Collecting point. These points can be found directly above or near the organ to which they are related.

Back Transporting points are located on the Bladder channel where Qi passes through all named organs. These points can be used to treat the organ with which they are associated.

The Alarm Mu points are often used to treat pain due to Excessive causes, whereas Back Transporting points are used to treat pain due to both Excessive and Deficient causes.

Due to the relationship between the Interior and Exterior, it is possible to detect disorder of the Interior organs by discovery of some abnormalities at the Exterior. These points can therefore be used as detective points to determine if the internal Zang-Fu organs are functioning properly when pain occurs after the operation. Palpation and inspection are used to ascertain if there is tenderness, swelling, hardening, blistering or some other abnormality around these points.

SIX LOWER SEA POINTS

Each of the three Yang channels of the hand and the three Yang channels of the foot has a Lower Sea point around the knee. They are:

- ST-36 for the Stomach
- ST-37 for the Large Intestine
- ST-39 for the Small Intestine
- GB-34 for the Gall Bladder
- BL-40 for the Bladder
- BL-39 for the Triple Burner.

These six Lower Sea points can be used for both symptomatic and causative treatment. They can regulate the six Fu organs and promote the physiological functions of transportation, leading to constant movement and circulation of the Qi and Yang. If they are blocked or stuck, this transportation function will be impaired, with accumulation of excessive pathogenic factors (e.g. Damp-Phlegm, Fire, Heat, stasis, etc.). Prior to and after operation, especially the latter, it is extremely important to maintain free movement and circulation of Qi in these organs. When there is operation on one of these

organs, the operated organ or even the whole transportation system could be disturbed.

When applied as points for symptomatic treatment, they are usually used in combination with the corresponding Front Collecting or Back Transporting points. For instance, in the case of abdominal pain due to operation for the Gall Bladder, resulting from accumulation of Damp-Heat in the Liver and Gall Bladder manifesting as abdominal pain, a burning feeling at the hypochondriac region, nausea, a bitter taste in the mouth, insomnia, thirst with little desire to drink, a red tongue with a yellow and greasy coating, and a slippery, rapid and forceful pulse, GB-34 should be applied together with GB-24, GB-37, GB-40, GB-43, LR-3, LR-5, LR-8, LR-14, LI-4 and PC-6 in order to clear the Heat, eliminate Damp in the Liver and Gall Bladder, promote the Qi circulation and sedate the pain.

Note: These six Lower Sea points can also serve as Inducing points, guiding treatment to these organs.

EIGHT GATHERING POINTS

These eight points have special functions on the aspect for which they are named. They can be applied for postoperative pain resulting from both Excess and Deficiency.

BL-11: THE GATHERING POINT FOR THE BONES

If there is pain due to operation on the Bones (e.g. spinal operation, operation for Bone fracture, etc.), it is advisable to use this point.

Tonification on this point produces the effect of strengthening the Bones and benefiting the joints. Reducing at this point produces the effect of sedating the pain resulting from the excessive pathogenic factors. For example, in operation for finger deformity due to rheumatoid arthritis, if there is still stabbing finger pain, deformity and swelling of the hand after the operation, as well as the points applied to promote circulation of the Blood and smooth the collaterals, BL-11 should be used simultaneously in order to relieve postoperative pain at the fingers.

GB-39: THE GATHERING POINT FOR THE MARROW

This point is often used to treat postoperative pain due to deficiency of Blood, since the Marrow produces Blood. Moreover, since the Marrow nourishes the

Bones, this point is often combined with other points to treat postoperative pain at the Bones due to deficiency. For instance, pain prior to and after operation for lower back pain due to herniation resulting from weakness of the Liver and Kidney, the points to tonify the Liver and Kidney and eliminate Blood stagnation should be used together with GB-39 in order to strengthen the Bones. Tonification at this point is often applied.

There is usually loss of Qi and Blood both during and after the operation. If there is obvious deficiency of Blood, this point can be used in the acupuncture point prescription to promote the production of Blood.

GB-34: THE GATHERING POINT FOR THE TENDONS

This point is effective in treating pain due to operation at the tendons, resulting from both Excessive and Deficient causes.

Tendons are important in connecting the joints so as to consolidate joint movement. This is indicated in the following cases:

- Operation at the tendons
- Operation around the joint
- Weakness of joint movement after the operation
- Formation of scars after the operation.

Liver is in charge of the tendons. When there is operation at the tendons due to disorder of the tendons, it is necessary not only to determine the causative factors, but also the physiological and pathological changes in the Liver. The point(s) to regulate the Liver and smooth the tendons are often applied simultaneously with the points to treat the root causes.

During postoperative application of this point, it is better to ask the patient to move the operated joints so as to assist the Qi and Blood circulation in the tendons. If the operation has just been performed, then it is not necessary to ask the patient to move the joints.

CV-17: THE GATHERING POINT FOR THE QI

This point is mostly used to treat pain due to stagnation of Qi, especially in the chest, Lung, Heart and Liver. It is often indicated in stagnation of Qi resulting from Excessive causes.

Qi activities in the body can be expressed in four words: ascending, descending, floating and sinking. Disorder of Qi activity could cause dysfunction of the Zang-Fu organs, leading to formation of Damp-Phlegm, generation of Fire or Heat, deficiency of Qi and Blood, and weakness of Qi and Blood circulation in the channels.

Liver is also closely related with Qi; however, the Liver is only in charge of promoting the free and easy circulation of Qi in the body, and CV-17 is in charge of Qi activity in the body. As a result of this important position, CV-17 is sometimes called 'the Sea of Qi'. In some cases, if there is stagnation of Qi, these two points are often applied simultaneously in order to enhance the therapeutic effect.

Due to its important status in Qi activity, CV-17 is also an ideal point to regulate emotion, smooth respiration and relax the chest. After operation, especially operation at the chest, there is always the possibility of emotional disturbance, palpitation, pressure over the chest, insomnia or even hyperventilation. In these circumstances, CV-17 can be applied in combination with other points to alleviate the above symptoms.

The reducing method is usually used for this point.

BL-17: THE GATHERING POINT FOR THE BLOOD

This point is indicated in pain due to both deficiency of Blood and stagnation of Blood, especially the latter. In fact, this point is frequently applied postoperatively because of Blood stagnation to a certain degree. SP-6, LI-4 and LR-3 are often used in combination.

Moreover, this point is very effective for clearing Heat in the Blood, indicated by pain after the operation resulting from formation of Heat in the Blood or formation of Toxic-Heat around the wounds. SP-3, SP-6, SP-10, GV-10 and LI-4 are usually combined with BL-17.

LU-9: THE GATHERING POINT FOR THE BLOOD VESSELS

Generally speaking, this point is often indicated in pain resulting from operation at the Blood Vessels. Moreover, this point is applied to treat postoperative pain due to stagnation of Blood.

In TCM, the Blood Vessels are controlled by the Heart, which implies that the Heart is in charge of promoting free and easy Blood circulation in the Blood Vessels. Any disturbance to the physiological functions of the Heart could cause retardation of Blood circulation, leading to stagnation of Blood in the body. There is a saying in TCM: 'the Lung connects to all the Blood Vessels'.

This point is located on the Lung channel and the Source point of the Lung channel. Puncture at this point can promote the physiological functions of the Heart, regulate the Heart rhythm, disperse the Lung-Qi, smooth the Blood Vessels and eliminate Blood stasis.

LR-13: THE GATHERING POINT FOR THE ZANG ORGANS

This point is indicated in pain due to operation at the internal Zang organs or due to disorder of the Zang organs. This point should, of course, be used together with other points to treat the affected Zang organs. For instance, in cases of postoperative pain at the Lung due to stagnation of Blood in the Lung, LR-13 can be applied in combination with LU-1, LU-5, LU-6, LU-9, LI-4, SP-6 and BL-17 to regulate the Lung, eliminate Blood stasis in the Lung and sedate the pain.

In addition, this point is also the Alarm Mu point of the Spleen, indicated in disorder of the Spleen in transportation and transformation. Following operation, patients suffer from poor appetite, nausea, difficulty in defecation and general tiredness. Application of LR-13 can activate the Spleen, descend the Stomach-Qi and harmonise the Spleen and Stomach so as to relieve the above symptoms.

CV-12: THE GATHERING POINT FOR THE FU ORGANS

As well as being the Gathering point of the Fu organs, CV-12 is also the Alarm Mu point of the Stomach, indicated in pain in the internal Fu organs, especially the Stomach, after the operation.

Moreover, there could be poor appetite, nausea, constipation, scanty urine, water retention, oedema and formation of Damp-Phlegm resulting from disorder in the Fu organs after the operation.

Conventionally, this point should be used with the reducing method, in combination with the points to treat the affected Fu organs.

FIVE TRANSPORTING POINTS

Traditionally speaking, TCM links the flow of Qi in the channels to the flow of water from its source in the mountains to its home in the sea, namely the Five Shu points: the Well point, the Spring point, the Stream point, the River point and the Sea point. These points are located below the elbow and knee of each of the 12 regular channels. The Well points are located at the ends of the fingers or toes and the Sea points are located at the elbow and knee, indicating the Qi deeply united with its home organ.

Generally, the clinical functions and indications of these five Transporting points can be summarised as follows:

- The Well point has the function to clear the Heat and reduce fever. In addition, these points can be

used to open the tendon-muscular sinews so as to relieve the pain.

- The Spring point has the function to clear the Heat, reduce fever and swelling and relieve redness. These points are used to treat pain with redness and swelling.
- The Stream point has the function to benefit and harmonise the joints and relieve pain and stiffness in the joints. These points are used to treat pain in the joints.
- The River point has the function to relieve shortness of breath and asthma. These points are used to treat pain related to dysfunction of the Lung due to various causes; for instance, shoulder pain due to Excessive sadness, accumulation of Damp-Phlegm in the Lung, etc.
- The Sea point has the function to regulate the internal Zang-Fu organs, both from Excess and Deficiency. These points are often used to treat pain due to disorders in the organs, but not due to invasion of external pathogenic factors.

MOTHER-SON POINTS

This is the method formed in the book *Neijing*, based on the combination of the theory of the Five Elements and the nature of the internal Zang-Fu organs. In the treatment of postoperative pain, the Mother point should be tonified in cases of Deficiency in the related Interior organs, and the Son point should be reduced in cases of Excess in the related Interior organs. For instance, the Lung is matched with Metal. According to Five Element theory, Metal produces Water, so the Water point from the Lung channel (LU-5) is the Son point. Thus, in cases of postoperative pain at the Lung, LU-5 should be punctured using the reducing method if the pain is due to Excess in the Lung.

As a further example, since the Lung is considered as Metal, and Earth is the mother of Metal, so LU-9 is the Mother point. If there is postoperative pain at the Lung, LU-9 should be punctured with the tonifying method if the pain is due to Deficiency in the Lung.

Selection of points to calm the Shen and benefit the Heart

The occurrence of pain during or after the operation is, fundamentally speaking, due to incomplete disappearance of pathogenic factors prior to the operation and formation of Blood stagnation or damage to some tissues after the operation.

The Heart houses the Shen and pain is the reflection of the Shen to the actual situation. However, when there is too much pain, or pain that lasts too long, there will be disturbance of the Shen, leading to dysfunction of the Heart with restlessness, irritability, nervousness, headache, insomnia, dream-disturbed sleep, palpitations, overthinking, and even dizziness and fainting. Based on these clinical symptoms and signs, the method to calm the Shen and benefit the Heart plays an important role in dealing with pain after the operation.

POINTS

The following points can be selected in combination with the points to treat the pain and the root causes: HT-3, HT-5, HT-6, HT-7, PC-6, BL-15, GB-20, GV-20, Extra Sishencong and Extra Anmian.

This method of treatment is considered to be symptomatic only, so it is inaccurate in practice to apply only the points to calm the Shen and benefit the Heart to treat the pain without considering treatment for the root causes. This does not mean that the greater the number of points applied, the better the therapeutic results that will be achieved. Usually between one and three points are sufficient to calm the Shen and benefit the Heart.

METHOD OF MANIPULATION

Since most of the pain occurring after operation is due to pathogenic factors of the Excessive type, usually the reducing method is applied in order to eliminate the disturbance from the pathogenic factors to the Heart and calm the Shen. If the postoperative pain is caused by pathogenic factors of the Deficient type, an even method is often used to regulate the Heart and calm the Shen.

APPLICATION PROCEDURE

In order to treat postoperative pain as soon as possible, and to calm the Shen and the patient as much as possible, it is advisable to apply these points first. Manipulation of the needles can be performed for a few seconds up to a couple of minutes to make the patient feel calm and more comfortable, followed by puncturing the above-mentioned pain-controlling points. In this way, the pain can be brought under control, enhancing further cooperation between the patient and the practitioner in management of the causative treatment. However, it is also possible to apply the Confluent points first in order to open the related areas, and in particular to sedate the

pain, and then apply the method to calm the Shen and benefit the Heart.

Selection of Inducing points

In a typical Chinese herbal prescription there are usually four types of herb: Emperor, Minister, Assistant and Guide. As well as the therapeutic effect of the guide herbs, these herbs are also considered as inducing herbs in the prescription. There are actually some points in acupuncture treatment that act as a guide and induce the effect of the treatment to enter certain designated areas. The Eight Gathering points discussed above can also be considered as Inducing points to lead treatment to the affected areas. Moreover, the local points, the local Ah Shi points and the local points with pressure pain, tension, tightness, looseness, swelling, flaccidity, weakness, knots or lack of elasticity could also be regarded as Inducing points.

Practitioners should remember that it is not true that the greater the number of Inducing points applied, the better the therapeutic results. Usually one or two Inducing points should be sufficient in the point prescription.

EIGHT CONFLUENT POINTS

The Eight Confluent points, i.e. PC-6, SP-4, TE-5, GB-41, LU-7, KI-6, SI-3 and BL-62, are located on the four limbs and each is linked with one of the Eight Extraordinary channels as follows:

- PC-6 is connected to the Yin Linking Vessel
- SP-4 to the Penetrating Vessel
- TE-5 to the Yang Linking Vessel
- GB-41 to Girdling Vessel
- LU-7 to the Conception Vessel
- KI-6 to the Yin Motility Vessel
- SI-3 to the Governing Vessel
- BL-62 to the Yang Motility Vessel.

RELATIONSHIP WITH THE TWELVE CHANNELS

The Eight Extraordinary channels constitute a fascinating level of energetic theory and treatment in TCM since current clinical practice utilising these channels demonstrates their vast versatility and effectiveness.

Concerning the relationship between the twelve channels and the Eight Extraordinary channels, this could be described as follows. When the twelve channels are full with energy, they are replete and may overflow. This fullness usually spills over and flows into the

Eight Extraordinary channels, never to return. The twelve channels and the Eight Extraordinary channels form a massive, global, net-like structure of the human body, covering all parts of the anatomy – right and left, upper and lower, interior and exterior. Thus it can be seen that using only the points to regulate the twelve channels, without considering the imbalance of these Eight Extraordinary channels, will lead to poor therapeutic results or even no results.

IMPORTANCE OF CONFLUENT POINTS

In the treatment of postoperative pain, these eight points are extremely important, because:

- they can be considered the key points to open and regulate the Eight Extraordinary channels
- they can also be the guide points, inducing treatment to these channels.

INDICATIONS

In general, the Governing Vessel, the Girdling Vessel, the Yang Motility Vessel and the Yang Linking Vessel (four Yang Extraordinary channels) can be used to treat postoperative pain of the shoulders, back, lumbar region and thigh, especially the superficial parts of these areas, i.e. they are more often used to treat non-organ, superficial and Yang problems.

On the other hand, the Conception Vessel, the Penetrating Vessel, the Yin Motility Vessel and the Yin Linking Vessel (four Yin Extraordinary channels) can be used to treat postoperative pain of the Heart, abdomen, ribs and the sides of the body, especially the deep parts of these areas, i.e. they are more often used to treat the deep organs and Yin problems.

APPLICATION INDIVIDUALLY OR IN A GROUP

In practice, these eight Confluent points can be applied individually or in combination. However, it is advisable to apply these eight Confluent points in a group in order to achieve better therapeutic results.

These eight points have their own functions and indications. For instance, TE-5 is the Connection point of the Triple Burner. It has the ability to harmonise the collaterals of the Triple Burner and to relieve pain along the Triple Burner. On the other hand, it is also the Confluent point of the Yang Linking Vessel, which means that this point can be used to treat pain in the general body, pain at the lateral aspect of the body, etc.

Therefore, it could sometimes serve as an appropriate point to treat pain at the lateral parts of the body without having to be used in combination with GB-41.

When these eight Confluent points are used individually, their indications can be described as follows:

- *PC-6*: Chest pain, Heart pain, Stomach pain, painful swallowing, costal pain, rib pain, painful coughing and abdominal pain
- *SP-4*: Stomach pain, painful swallowing, throat pain, pain in the mouth, abdominal pain, menstrual pain and genital pain
- *TE-5*: Ear pain, headache, neck pain, shoulder pain, elbow pain, hand pain, finger pain, arm pain and lower back pain
- *GB-41*: Pain at the lateral canthus of the eye, ear pain, hypochondriac pain, rib pain, headache, neck pain, shoulder pain, hip pain, knee pain, ankle pain, foot pain, toe pain and lower back pain
- *LU-7*: Chest pain, heart pain, generalised body pain, painful coughing, throat pain, nasal pain, arm pain, elbow pain, wrist pain, finger pain, abdominal pain, defecation pain, neck pain and painful swallowing
- *KI-6*: Menstrual pain, genital pain, urination pain, defecation pain, copulation pain, throat pain, chest pain and pain at the inner canthus of the eye
- *SI-3*: Headache, neck pain, back pain, shoulder pain, elbow pain, wrist pain and finger pain
- *BL-62*: Neck pain, back pain, leg pain, knee pain, ankle pain and toe pain.

When these Confluent points are used in combination, they can be subdivided into four groups: PC-6 and SP-4, SI-3 and BL-62, TE-5 and GB-41, and LU-7 and KI-6. Whether one or two groups of these points are used is totally dependent on the clinical situation. Adding or omitting this combination during pain treatment makes a considerable difference to therapeutic results.

Generally speaking, the clinical indications for these four group points are as follows:

PC-6 and SP-4. When these two points are combined, they can harmonise the Yin Linking Vessel, regulate the Penetrating Vessel and descend the Stomach-Qi, indicated in postoperative pain around the middle line of the body, such as the throat, chest and abdomen. The following tissues or organs are often involved: throat, heart, lung, oesophagus, stomach, small intestine, large intestine, bladder, uterus and ovaries. These two points could be used to regulate the Qi and Blood circulation in the chest, Heart, Stomach and Intestines. In addition, they are particularly indicated in postoperative pain in combination with distension in the chest, belching, acid regurgitation, nausea, vomiting, abdominal distension,

lack of intestinal movement and gas after the operation, difficult urination and defecation, or constipation, urine retention, etc.

SI-3 and BL-62. Combination of these two points can open the Governing Vessel, regulate the Yang Motility Vessel and relax the muscles at the back of the body, indicated in postoperative pain at the inner canthus, the back of the neck, ear pain, the scapular region of the shoulder and the middle line of the whole back. This combination is particularly indicated in postoperative pain at the vertebrae.

TE-5 and GB-41. Combination of these two points can harmonise the Yang Linking Vessel and regulate the Girdling Vessel, indicated in postoperative pain at the outer canthus, pain behind the ear, cheek pain and pain at the lateral aspects of the neck and shoulder. This combination is particularly indicated in postoperative pain at the lateral aspects of the body due to various causes, including operation at the lateral side of the head, ear, neck, intercostals, operation in the axillary regions, hypochondriac region, ovaries, hip, knee, leg and ankle.

LU-7 and KI-6. Combination of these two points can harmonise the Conception Vessel and regulate the Yin Motility Vessel, indicated in postoperative pain next to the middle line of the body, such as throat pain, chest pain, pain in the epigastric region and abdominal pain. Generally speaking, this combination is effective in treating pain above the waist, particularly indicated in pain in the above regions resulting from deficiency of Qi and Blood, or deficiency of Yin of Lung and Kidney.

Concerning needle techniques applied using these eight Confluent points, there are a few approaches proposed by different authors of ancient texts, none of which is very clearly defined.

BILATERALLY, CONTRALATERALLY OR IPSILATERALLY

In historical texts, it was not clear whether these points should be applied bilaterally, contralaterally or ipsilaterally.

There is a general belief that the Confluent points are selected according to the site of the pain described by the patient and found by palpation of right, left, upper and lower by the practitioner.

If the problems are caused by disorder of internal Zang-Fu organs, or if the pain is at the middle line of the body (e.g. postoperative pain of the lower back or abdomen), then the Confluent points are applied bilaterally. If the problems are caused by dysfunction of channels

and located at one side of the body, then the Confluent points are selected ipsilaterally from the affected side. It is also possible to select these points contralaterally, i.e. for males, select the Yang point on the right side of the hand and the Yin point on the left side of the leg; for females, select the Yin point on the left side of the hand and the Yang point on the right side of the leg.

APPLICATION PROCEDURE

It is advisable to insert the Confluent point(s) first, followed by the rest of the body points in sequence. Moreover, it is again advisable to apply the Confluent points in the upper limbs first, then the Confluent points in the lower limbs, as it is believed that using the points in this way could first disperse the general Qi and Blood flow downwards and then stimulate the Qi and Blood flow upwards.

ARRIVAL OF QI

When these Confluent points are inserted, there are two methods to manipulate them: shallow insertion without arrival of Qi, and standard insertion with arrival of Qi. The former only requires minimal insertion of the needle, not necessarily to obtain arrival of Qi for both patients and practitioners. Some practitioners have found a less sensitive technique to be more successful. However, shallow insertion of the needles, in general, is indicated more in cases with minimal postoperative pain, which has a relatively short effect. To treat patients with chronic postoperative pain, or postoperative pain with complicated pathologies, standard insertion of the needles to these Confluent points is often required. If a shallow insertion is used for these cases, these points would not work properly and deeply. This situation is similar to that of inserting a key into a lock without turning the key to open the door, so the door remains locked.

TONIFYING AND REDUCING METHODS

After insertion of the needles into the Confluent points, a dull, heavy, distension or even slight pain sensation should be felt by the patient, together with Deqi feeling by the practitioner. At this time, a further manipulation of the needle is still necessary in order to open the massive net of the body, providing an easy approach to treatment by using the other body points.

Whether these techniques are used with the tonifying or the reducing method is totally dependent on the clinical situation and the diagnosis. If the postoperative

pain is caused by excessive pathogenic factors, then these points are manipulated with the reducing method; if the pain is due to deficient pathogenic factors, the points are manipulated with the tonifying method. However, as mentioned previously, most postoperative pain is caused by excessive pathogenic factors, or a mixture of Excess with Deficiency, so the reducing technique is frequently applied.

Another interesting fact is that, if this technique is properly applied, in most cases the postoperative pain should be greatly diminished, even before inserting the other body needles. On occasion, just simple insertion of the needles into one or two of these Confluent points causes the pain to disappear immediately. Producing such rapid therapeutic results is why Confluent points are sometimes called 'fascinating points'.

However, even if there is no pain after proper insertion to these Confluent points, the causative pathologic factors still remain, i.e. treatment should not stop here.

STREAM POINTS

According to what was written 2000 years ago in the *Neijing*, Stream points can be used to treat joint and limb problems. These points are particularly indicated in postoperative pain due to operation at the joints. In addition to pain in the joints, these points are also indicated in complaints related to the joints after the operation, such as stiffness, swelling or deformity in the joints as well injury to the joints.

Moreover, these points could also act as Inducing points to conduct treatment to the joints after the operation.

THE FOUR COMMAND POINTS

The Command points govern particular parts of the body. These points include:

- ST-36 which commands the abdomen
- LI-4 which commands the head, face and mouth
- LU-7 which commands the head and neck
- BL-40 which commands the back of the body.

These points are selected when the part of the body they command suffers from pain after the operation. However, they can only be applied together with other points to treat the root causes.

These points have the following therapeutic effects:

- Regulation of Qi and Blood
- Control of postoperative pain
- Acting as the Inducing point.

Combination of acupuncture points

In addition to the methods of individual point selection outlined above, there are several traditional methods of combining one point with another in an acupuncture prescription to treat postoperative pain. These techniques are flexible, permitting much variation according to the particular needs of the case.

Combining the local points and distal points

This is the method chosen most often in daily practice. Usually both local points and distal points are important in treating pain. Local points refer to points in the same locality as the pain, which is often considered a sympathetic treatment for the pain, whereas distal points refer to points far from the sites of pain, usually below the elbows and knees. For example, when there is postoperative epigastric pain, the local points CV-12 Zhongwan and ST-21 Liangmen, and the distal points PC-6 Neiguan, ST-34 Liangqiu and ST-36 Zusanli, could be used together.

However, in dealing with pain during or soon after the operation, it is impossible in most cases to select the local points because of local wound swelling, redness, immobilisation, bandage or plaster of Paris. In these cases, distal points from the related channels are selected in combination with some adjacent points. In addition, points from the same channel on the other side of the body can be chosen. Once the bandage, sutures or plaster of Paris have been removed and the wound is healed, the local points can be selected immediately.

For example, when pain occurs during or after operation of the Stomach, the local points, such as CV-12 Zhongwan and ST-21 Liangmen, are impossible to puncture, thus the distal points from the Stomach channel and other points related to the pathology are selected, such as PC-6 Neiguan, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, LR-3 Taichong and SP-6 Sanyinjiao.

When the bandage, sutures or plaster of Paris have only just been removed, it is inadvisable to apply more than a few local points or Ah Shi points to treat the local pain because oversensitivity tends to remain at the operation site due to congestion of Qi and Blood. This oversensitivity is necessary to promote further wound healing in the deep layer. If too many local points are selected, they can sometimes cause more local pain.

COMBINING THE POINTS ON THE LEFT WITH DISEASES ON THE RIGHT

Because regular channel points are bilateral, and those on the right intersect with those on the left, it is advantageous for the practitioner to treat postoperative pain by manipulating the points on the right (left) to treat disease or pain on the left (right) side of the body. The points selected from specific channels on the opposite sides should be from the channels that bear the same name. For instance, in the case of pain around GB-34 at the right knee after operation for the knee, GB-34 on the left side can be chosen to relieve pain at the right knee.

COMBINING POINTS ON THE FRONT WITH POINTS ON THE BACK

The front refers to the chest and abdomen, and the back refers to the back of the body and waist. Points on both front and back appropriate to a particular disease can be used in combination. This method relates to employment of Front Collecting points and Back Transporting points. Simultaneous application of these two sets of points can increase the therapeutic effect in postoperative management. This method of point selection is often applied to treat pain due to disorder of the internal Zang-Fu organs.

However, when pain occurs after operation at the internal organs due to the supine lying position of the patient postoperatively, the points at the back of the body will be difficult to reach. In the interim, front points or distal points will usually be selected.

COMBINING POINTS ON THE YANG CHANNELS WITH POINTS ON THE YIN CHANNELS

Each given channel has a paired channel, forming a Yin and Yang relationship. By combining a point on a Yang channel with another on its paired Yin channel, the cumulative effect is greater than needling either point separately; for example, combining some points from the Stomach channel with a few points from the Spleen channel to treat postoperative epigastric pain.

The most well known combination is between the Source point on the channel primarily affected by a disease and the Connecting point on the paired channel, forming a Yin–Yang relationship. In this combination, the Source point is called the ‘host’ and the Connecting point is called the ‘guest’. For example, when postoperative pain occurs in the chest after operation for the lung, manifested as stabbing pain over the chest, cough, breathing difficulties, abdominal pain, difficulty in defecation or even constipation, the patient may be treated through the Source point from the Lung channel (LU-9 Taiyuan) in combination with the Connecting point (LI-6 Pianli) of its Yang partner, the Large Intestine channel. Conversely, in operation at the Large Intestine, leading to abdominal pain, constipation, pain over the chest, cough, etc., LI-4 Hegu, the Source point from the Large Intestine channel, together with the Connecting point LU-7 Lieque, its Yin partner in the Lung channel, could be selected.

COMBINING POINTS ABOVE WITH POINTS BELOW

Here ‘above’ refers to points on the head, face, arms and above the waist; ‘below’ refers to points on the legs and below the waist. This method of point combination is mostly commonly practised for postoperative pain in the limbs. For instance, if pain occurs after operation at the stomach, PC-6 Neiguan on the arm may be combined with ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang and LR-3 Taichong on the leg. For postoperative pain at the throat, LI-4 Hegu and LU-7 Lieque on the hand can be combined with KI-6 Zhaohai, SP-6 Sanyinjiao, and ST-44 Neiting on the foot.

Traditionally, a distinctive use of the above–below combination was made with respect to the Confluent points of the Eight Extraordinary channels. A Confluent point on one of these channels affected by a disease above would be combined in an acupuncture prescription with a Confluent point on a channel below. For example, for diseases of the Heart, chest and abdomen, which are related to the Yin Linking Vessel and the Penetrating Vessel, PC-6 Neiguan, the Confluent point of the former on the arm (above) and SP-4 Gongsun, the Confluent point of the latter on the foot (below), are both selected for treatment.

Manipulations and arrival of Qi (needling reaction)

Manipulations

Needle manipulations may induce needling reaction, for which several methods should be applied.

Fundamental manipulation techniques

LIFTING AND THRUSTING

After the needle tip penetrates the skin surface, the needle body is lifted perpendicularly and thrust into the point. This technique, known as lifting and thrusting, is applied only when the needle is inserted to a certain depth.

This method is particularly indicated in postoperative pain at the four limbs and abdomen, where the muscles are thick.

It is not appropriate to lift and thrust either too much or for too long, so as to avoid local pain or damage to the local tissues.

TWIRLING OR ROTATING

After the needle has reached its desired depth, twirl and rotate the needle forward and backward constantly. Generally speaking, the needle should only be rotated with amplitude from 180 to 360°.

Take care when applying this technique, i.e. only rotate clockwise without rotating counter-clockwise, or only rotate counter-clockwise without rotating clockwise, to avoid twining the muscle fibres, which may aggravate the pain.

Arrival of Qi

Methods to promote the arrival of Qi

The arrival of Qi is especially important in acupuncture treatment. The arrival of Qi refers to a feeling of soreness, heaviness, numbness or distension around the point after the needle is

inserted to a certain depth. At the same time the practitioner may feel tenseness and heaviness around the needle, like a fish biting on a line, pulling the fishing line downward.

It should be noted that acupuncture treatment is not only simply insertion of some needles into the body similar to planting rice or trees in a field. All acupuncturists know that acupuncture therapy to treat postoperative pain does not have any effect until the arrival of Qi. Quick arrival of Qi usually suggests a good effect of the treatment, slow arrival of Qi indicates a retarded effect of the treatment, and no arrival of Qi implies a very poor or even no effect of the treatment.

The therapeutic effect of acupuncture treatment relies on four important procedures:

- Clear differentiation of symptoms and signs
- Accurate diagnosis and correct principle of treatment
- Correct point selection and concise point combination
- Proper needle insertion and efficient needle manipulation.

It can be seen that even if the first three procedures are correct and accurate, if the last procedure of needle insertion and manipulation is wrong, therapeutic results could still be very poor or there may even be no result. Acupuncture is, in a certain sense, a kind of art, demonstrating and confirming the therapeutic result with the hand of manipulation and the Heart of the practitioner. Concentration and purification of the mind by the practitioner are extremely important. This art cannot be learned in a day; it needs long-term daily practice to perfect performance, best studied under the guidance of a skilful practitioner for a number of years.

In practice, lack of arrival of Qi after insertion of needles and insufficient manipulation of the needles during the treatment are commonly encountered, especially in those who start their acupuncture practice immediately after their period of study. To avoid causing more pain during treatment, some practitioners are afraid to perform the proper needle manipulations. The worst situation is that the needles are not inserted to the correct depth and there is no arrival of Qi after insertion of the needles. As a professor, I often guide students in their needle practice. In some cases a student will insert the needles and both practitioner and patient expect alleviation of the pain to some degree; however, the pain remains the same. Without inserting any other needles, I merely manipulate the existing needles with a proper method and the pain then disappears. Therefore, it can be seen that manipulation of the needles based on the arrival of Qi is an extremely important step in the treatment of postoperative pain.

To promote the arrival of Qi involves two procedures: applying the methods to promote the arrival of

Qi after the insertion of the needles, and applying the specific methods to manipulate the needles during the treatment.

Methods to promote the arrival of Qi after insertion of the needles

If the needles are inserted to the designated depth, and there is still no arrival of Qi, or there is only very little arrival of Qi, then some measures have to be taken to promote the arrival of Qi.

Seven auxiliary methods of manipulation are introduced below.

PRESSING

Press the skin slightly along the course of the channels. Usually the related channels are pushed up and down.

The main purpose of this method is to encourage the movement of Qi and Blood through the related channels and to facilitate sensation at the points. It is used in patients whose needling sensation is delayed.

PLUCKING

Pluck the handle of the needle lightly, causing it to tremble and strengthen the stimulation to obtain the Qi. If the Qi does not flow smoothly, pluck the needle lightly to make Qi travel faster.

This method is particularly indicated in patients with retarded Qi sensation due to Qi deficiency. This method is also one of the techniques used to reinforce the points. It can be performed by first plucking the handle of the needle after the arrival of Qi and then inserting the needle a little deeper.

SCRAPING

When the needle is retained, the thumb and second (index) finger of the left hand support the body of the needle where it enters the skin, while the thumb of the right hand is placed on the tail end to hold the needle steady. The practitioner then scrapes the handle with the nail of the second or third finger of the right hand upward to downward, or vice versa.

Scraping is used to spread the needling sensation. Care should be taken to avoid too heavy pressure from the right thumb to the tail end of the needle, otherwise the body of the needle will be completely inserted into the body, causing aggravation of the pain.

SHAKING

One of the methods to promote the Qi circulation is shaking. This method can strengthen the needling sensation.

In practical application, this method is known as a reducing method, and can be performed as follows:

1. Shake the handle of the needle to cause the arrival of Qi.
2. When the Qi arrives, withdraw the needle a little.
3. Before complete withdrawal, shake the needle to make the hole of the point a little larger to drive out the pathogenic factors.

FLYING

Twirl the needle quickly three times and immediately disengage the thumb and second finger, causing the needle to vibrate. This method should be applied several times until the needling sensation is strengthened.

TREMBLING

Holding the needle with the thumb and second finger of the right hand, lift and thrust it rapidly and lightly in a trembling way. This method is used to strengthen the needling sensation and activate the circulation of Qi and Blood.

WAITING

If, after insertion and manipulation of the needles, the patient does not feel or only has little needling sensation, and when the above methods are applied and there is still lack of arrival or very little arrival of Qi, it is necessary to retain the needles temporarily and then manipulate them again until arrival of Qi is obtained. This method is called 'waiting for the arrival of Qi'. It is usually indicated in postoperative pain due to deficiency of Qi, Blood, Yin and Yang.

Methods to manipulate the needles during treatment

Qi should be constantly circulating in the body in order to fulfil its physiological functions. After the needles are inserted and arrival of Qi is obtained, and methods to reinforce or reduce it are applied, it is still essential to manipulate the needles every 5 or 10 minutes during treatment in order to strengthen the effect of

acupuncture to control the pain. Various methods are used to reinforce or reduce the points, or regulate the points with even methods. For details, see 'Reinforcing and reducing methods' and 'Even method', below.

It is important to remember that if the needles are not manipulated regularly while they are retained, needle sensation will diminish gradually and the therapeutic effects of the treatment will be affected.

Lack of or delayed arrival of Qi

For most acupuncture practitioners, it is not difficult to obtain the arrival of Qi; however, some practitioners still find this difficult or even impossible. The possible causes could be as follows.

INACCURATE LOCATION OF THE POINTS

It is essential to locate the points as accurately as possible in an acupuncture treatment. Where there is inaccurate location, the required needling sensation will be affected; therefore it is necessary to exert some effort to become familiar with all the points.

IMPROPER DEPTH OF NEEDLE INSERTION

A given depth of insertion to each point is required. Needling that is either too deep or too shallow will affect the arrival of Qi.

IMPERFECT MANIPULATION

Needle manipulation directly influences the arrival of Qi, quick or slow, a little or a lot. The practitioner should practise needle manipulation to make it as effective as possible in order to achieve the expected therapeutic effects.

WEAK CONSTITUTION AND DULL SENSATION

It is usually accepted that patients with abundant Yang-Qi may have a quick needling sensation; however, patients with deficiency of Qi, Blood, Yin and Yang may have a slow needling sensation. When patients with postoperative pain respond to acupuncture at a normal rate, neither quick nor slow, this means that the cases are mild.

Reinforcing and reducing methods

With different needle techniques, acupuncture can produce different effects of treatment – reinforcing and reducing. Reinforcing and reducing are two important principles to treat postoperative pain: to eliminate the causative factors for pain of the Excessive type and to tonify the body and relieve pain of the Deficient type. The method best able to invigorate body resistance and strengthen the weakened physiological function is called the reinforcing method, whereas the method best able to eliminate the pathogenic factors and harmonise the hyperactive physiological functions is known as the reducing method.

Clinically, the reinforcing and reducing methods can be applied individually or in combination. However, since most of the causative factors for postoperative pain are Excessive types, the reducing method is more often applied. On the other hand, when treating some complicated cases of postoperative pain, the reinforcing and reducing methods can be used simultaneously.

The basic tonifying and reducing methods can be summarised as follows.

REINFORCING AND REDUCING BY LIFTING AND THRUSTING THE NEEDLE

After the needle is inserted to a given depth and the arrival of Qi appears, reinforcing is obtained by lifting the needle gently and slowly, while thrusting the needle heavily and rapidly. Reducing is achieved by lifting the needle forcefully and rapidly while thrusting the needle gently and slowly.

REINFORCING AND REDUCING BY TWIRLING AND ROTATING THE NEEDLE

Reinforcing and reducing by twirling and rotating the needle can be differentiated by the amplitude and speed used. When the needle is inserted to a given depth, rotating the needle gently and slowly with small amplitude is called reinforcing, whereas rotating the needle rapidly with large amplitude is known as reducing.

In addition, the reinforcing and reducing methods are distinguished by clockwise or counter-clockwise rotation of the needle. In other words, if the needles are rotated clockwise, it is a reinforcing method; if the needles are rotated counter-clockwise, it is a reducing method.

REINFORCING AND REDUCING ACHIEVED BY RAPID OR SLOW INSERTION AND WITHDRAWAL OF THE NEEDLE

These types of reinforcing and reducing methods are achieved by the speed of insertion and withdrawal of the needle. Inserting the needle slowly and withdrawing it rapidly is a reinforcing method; inserting the needle rapidly and withdrawing it slowly is a reducing method.

REINFORCING AND REDUCING ACHIEVED BY KEEPING THE HOLE OPEN OR CLOSED

On withdrawing the needle, shake it to enlarge the acupuncture hole to drive out the pathogenic factors. This method is called the reducing method. Conversely, pressing the hole quickly to close it and prevent the Qi from escaping is called the reinforcing method.

REINFORCING AND REDUCING ACHIEVED BY THE DIRECTION OF THE NEEDLE TIP

When a needle is inserted following the direction of the course of the channel, it is called the reinforcing method; when a needle is inserted against the direction of the course of the channel, it is called the reducing method.

REINFORCING AND REDUCING ACHIEVED BY MEANS OF RESPIRATION

Reinforcing is achieved by inserting the needle when the patient breathes out and withdrawing it when the patient breathes in; reducing is achieved in the opposite way.

Even method

A method between the two methods of reinforcing and reducing – i.e. lifting and thrusting, twirling and rotating the needle evenly and gently at moderate speed to cause a mild sensation and withdrawing the needle at moderate speed – is called the even method.

This method is used to treat facial pain or slight postoperative pain.

Supplementary treatment

8

Techniques in addition to acupuncture needling include the following.

Moxibustion

Application of moxa, a dried preparation of *Artemisia vulgaris*, rolled into a cigar or cigarette shape, is one of the most important components in acupuncture treatment. The process of using moxa is called moxibustion.

Acupuncture and moxibustion have been practised together as complementary forms of therapy, often on the same patient. The name Zhen-Jiu in Chinese means ‘acupuncture and moxibustion’.

Moxibustion includes direct and indirect moxibustion, causing penetration of Heat through the needle to the interior tissues and organs.

Methods of moxibustion

There are different methods of moxibustion that can be used in daily practice, mainly direct moxibustion and indirect moxibustion.

DIRECT MOXIBUSTION

In direct moxibustion a small moxa cone is placed directly on the skin surface at an acupuncture (moxibustion) point and then ignited. There are two forms of this method: scarring moxibustion and non-scarring moxibustion.

SCARRING MOXIBUSTION

The moxa is allowed to burn out completely on the skin. This results in the formation of a blister, very effective in chronic postoperative pain if the pain is localised with a cold sensation or a stabbing feeling. Although this method is still widely used in clinics in China, it is rarely used elsewhere in the world for obvious reasons.

NON-SCARRING MOXIBUSTION

A moxa cone is ignited at the top, placed on the point and removed as soon as a sensation of scorching with slight pain is felt. The procedure may be repeated several times until there is redness and congestion at the site. Usually between three and five cones are applied during a single session. Care must be taken to perform the procedure meticulously and safely. After the treatment, there is no blistering or scarring.

INDIRECT MOXIBUSTION

Indirect moxibustion involves two methods: the sparrow pecking method of moxibustion and moxibustion on the needles.

SPARROW PECKING METHOD OF MOXIBUSTION

In indirect moxibustion a slice of ginger, a slice of garlic or a thin layer of salt is placed over the point before introducing the moxa. Alternatively, an ignited moxa stick may be used to warm the point from a distance of about 3–5 cm. The lighted end of the moxa stick may also be brought briefly into contact with the diseased area and immediately withdrawn. This movement is repeated at intervals of a few seconds.

MOXIBUSTION ON THE NEEDLES

Another method is to warm the head of an acupuncture needle inserted at the site with a piece of lighted moxa firmly fixed to its handle.

Functions of moxibustion

The functions of moxibustion include the following.

TO WARM CHANNELS AND EXPEL COLD

Postoperative pain can be the result of various causes, one of which is invasion of External Cold to the body. When invasion of External Cold occurs, it could lead to slow flow or even stagnation of Qi and Blood. Using moxibustion can produce Heat and dispel Cold, which results in rapid flow of Qi and Blood.

TO ACCELERATE THE SMOOTH FLOW OF QI AND BLOOD

Another function of moxibustion is to induce Qi and Blood to flow freely in the body, upward and downward, interior and exterior of the body. For example, if there is pain in the abdomen resulting from stagnation of Qi and Blood, moxibustion can be used together with acupuncture to promote the circulation of Qi and Blood so as to relieve the abdominal pain.

TO STRENGTHEN YANG-QI

Yang-Qi is the foundation of the human body. Stagnation of Qi and Blood can be caused by deficiency of Yang-Qi, especially in elderly patients following operation. In this case, moxibustion is applied to reinforce the Yang-Qi and prevent further deficiency of Yang-Qi.

TO STRENGTHEN THE HEALTH

Clinical practice has proved that moxibustion is most helpful in preventing some diseases and keeping healthy. For instance, applying moxibustion at ST-36 postoperatively can improve the appetite, applying moxibustion at ST-25 can improve defecation, etc. Postoperatively, patients usually suffer from poor appetite, tiredness and weakness. Moxibustion is particularly indicated in this situation.

Indications

The indications for moxibustion applied to treat postoperative pain can be summarised as follows:

- Invasion of External Cold
- Formation of Internal Cold due to Qi or Yang deficiency
- Stagnation of Qi and Blood
- Deficiency of Qi and Yang
- General weakness and tiredness after the operation.

Contraindications

Since moxibustion can produce Heat in the body, it is, generally speaking, contraindicated in postoperative pain due to Heat, including:

- accumulation of Excessive-Heat
- deficiency of Yin with formation of Deficient-Heat

- hyperactivity of Fire
- uprising of Liver-Yang
- accumulation of Damp-Heat.

Moxibustion should not be applied near the five sense organs or on new wounds with redness and swelling. However, if the wounds are pale in colour with poor healing, then moxibustion can be used.

Cupping

Cupping is a method of stimulating the acupuncture points or areas by applying suction through a hollow vessel in which a partial vacuum has been artificially created. This method is often used in areas with a lot of muscle, such as the neck, shoulder, whole back, hip, upper leg and the back of the knee.

Material and methods

In ancient times, this method of treatment was called the 'horn method'. An animal horn with the tip cut off was inverted over the selected site and suction applied through the hole at the top. After the air was sucked out, the hole was plugged with the finger and the horn kept in position for some time. Subsequently, these horns were replaced by vessels made of bamboo, burnt clay, glass or ceramic. Nowadays elegant spherical glass jars are applied.

There are a few methods for cupping, as follows.

STAYING CUPPING

This is the most commonly used method of cupping. A cotton ball attached to a stick is soaked in alcohol, after which it is ignited, quickly circled round the inside of the jar and then withdrawn. The jar is then swiftly cupped over the skin surface. The partial vacuum so created helps the cup attach itself to the skin area by suction. It requires a swift technique to do this correctly and painlessly.

SHIFTING CUPPING

A thin layer of Vaseline is usually placed on the surface of the skin for lubrication. The cup is then placed on an area of the body, such as the back or leg, where there is a large amount muscle. When the cup is well fixed, start to move the cup up and down until there is slight redness on the skin.

CUPPING BASED ON PLUM-BLOSSOM

This method refers to a technique using a Plum-Blossom needle or Seven-Star needle to tap the skin until there is slight redness or even slight bleeding, then applying the cup on these areas to cause more blood congestion and bleeding.

SUDDEN CUPPING

Use the same procedure as for staying cupping, but as soon as the cup is placed on the skin, take it off, and then start the procedure again. This technique is often used for one specific region that needs cupping.

Functions and indications

This procedure induces local blood congestion or even blister formation at the site, thereby stimulating the acupuncture points to:

- activate free flow of Qi and Blood
- raise the Qi and Yang
- eliminate Blood stasis
- promote the production of new Blood
- subdue the old swelling.

Cupping is an effective method of treating post-operative pain due to stagnation of Qi and Blood resulting from various causes except new swelling due to haematoma, accumulation of Excessive-Heat, hyperactivity of Excessive-Fire and Deficient-Fire, uprising of Liver-Yang and accumulation of Damp-Heat.

Cupping is also indicated in general postoperative weakness.

Electric stimulation

In order to achieve better therapeutic results for post-operative pain control, it is essential to stimulate the needles regularly. In addition to manual stimulation, acupuncture needles may also be stimulated by electricity. After the desired needling response is obtained by hand manipulation, the outlet of the electric acupuncture apparatus is attached to the handles of some needles and the current flows through to the body.

In worldwide research over more than 30 years, electric stimulation has been shown to be effective for

the treatment of many types of pain, including post-operative pain.

The functions of electroacupuncture

- To enhance both the duration and the intensity of acupuncture's anaesthetic effects
- To provoke strong descending control through release of endogenous opioids
- To interrupt pain or spasm cycles and to facilitate the gains in range of motion so crucial to physical rehabilitation
- To promote tissue repair and healing essential in treating many chronic disorders
- To promote regeneration of nerve fibres in situations where cell bodies of damaged nerves are still vital
- To reactivate neural centres habituated by substance abuse
- To withdraw from powerful addiction to strong painkillers.

Types of electric stimulation

PERCUTANEOUS ELECTRICAL NERVE STIMULATION (PENS)

Often described as electroacupuncture, this technique was first developed in China in the 1950s to provide adjunct anaesthesia to reduce the amount of pharmacological anaesthetics required during surgery. PENS is now recognised to have anaesthetic and nerve regenerating functions. It is widely applied in daily practice and in clinics for the treatment of various types of pain, in which postoperative pain is one of the main indications.

PENS is typically applied using milliamps of current; microamps may also be used.

TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS)

Acupuncture points or areas may also be electrically stimulated without needle insertion. TENS uses conductive pads placed on the skin to deliver electrical signals to nerve fibres transcutaneously.

The effect of transcutaneous electrical nerve stimulation does not extend as deeply into tissue as percutaneous electrical nerve stimulation, which has the same

anaesthetic effects, primarily at the level of skin and fascia. However, this modality may be preferable in clinical scenarios where needle puncture is not well tolerated or is inadvisable due to contraindications.

Basically, this method of electric acupuncture uses the same principles as conventional acupuncture. The only difference is that an electric signal, similar to the actual nerve impulse, is used to stimulate the channels. Under certain conditions this is the preferred choice of therapy.

The TENS unit measures skin resistance, which is generally lower at the specific acupuncture point. Once the spot has been found, a steady electric impulse is passed onto the body channel. The strength of the impulse can be set. The patient has a tingling type of sensation, like 'pins and needles', which is usually felt along the channel.

MICROCURRENT ELECTRICAL THERAPY (MET)

Microcurrent electrical therapy is also known as microamps of electrical therapy – MET for short. Current may be provided via inserted needles, hand-held probe electrodes or self-adhesive electrodes. Unlike TENS, which is thought to close the spinal gate to pain impulses so they will not ascend to the brain, MET is believed to have a strong anabolic healing response, with up to 500% increase of adenosine triphosphate (ATP) into the treated area following a treatment of 1 hour or less, increased movement of amino acids into the area and an increase in protein synthesis at the site treated.

CRANIAL ELECTROTHERAPY STIMULATION (CES)

This is the application of low-level electrical stimulation across the head via ear clip electrodes. It is currently a Food and Drug Administration approved therapy in the USA for some diseases (e.g. depression, anxiety and insomnia). It has also been used effectively to treat various types of postoperative pain, especially chronic pain (e.g. spinal pain, headaches, dental pain, etc.). Due to its potential anaesthetic effect, it is also used in general surgery, thus requiring significantly less medication to keep the patient anaesthetised.

As well as its application to relieve postoperative pain, this technique can be used as a drug-free treatment for anxiety, depression and insomnia after the operation. Its mechanism of action is widely thought to be its ability to bring neurotransmitters in stressed subjects back to normal, pre-stress levels of homeostasis.

Principle of point selection for stimulation

Since it is through stimulating particular points of the body that acupuncture works best, it is important for the practitioner to be well versed in the appropriate needling stimulation as well as accurate point location. The commonly used methods in selecting points are summarised as follows.

There are always two lines coming from one outlet in the apparatus: one positive and one negative. Concerning point selection, the usual choice is one local and one distal point. The Source point or the Sea point is often selected as the distal point to treat postoperative pain due to disorder of the internal Zang-Fu organs; the Source point, Accumulation point or Connecting point is selected as the distal point to treat postoperative pain due to disorder of the channels. The point at the painful place or nearby the painful area could be the local point. The positive line is often connected to the distal point and the negative line to the local point.

SELECTING POINTS ACCORDING TO THE THEORY OF THE CHANNELS AND THE ZANG-FU ORGANS

Traditional Chinese Medicine (TCM) holds that the twelve regular channels connect interiorly with the Zang-Fu organs and exteriorly with the four limbs. Each of the channels has its own pathway and connects with the others based on the Exterior-Interior relationship. The method of selecting points along the channels is therefore based on the concept embodied in the theory of the channels 'where a channel traverses, there is a place amenable to treatment'.

SELECTING POINTS ACCORDING TO SYNDROME DIFFERENTIATION

TCM emphasises the concept of the organic integrity of the human body. When any portion of the body is diseased, various symptoms and signs may be manifested through the channels connecting with that portion. In acupuncture therapy, it is important to apply the theory of the Zang-Fu organs and of the channels to carry out syndrome differentiation, and this is the same in electric acupuncture stimulation. Before selecting the points, the symptoms and signs related to the postoperative pain must be differentiated and their relationship with the Zang-Fu organs and channels determined. Attention should also be paid to any responses that the

patient may make during the operative procedure. For example, in operation on the chest, the patient is likely to experience palpitation, shortness of breath and anxiety in the preoperative period or during the operation. According to TCM theory, these symptoms are caused by disturbance of Heart-Qi. Thus, PC-4 Ximen and PC-6 Neiguan are usually selected to calm the Shen, benefit the Heart and regulate the Heart-Qi.

SELECTING POINTS TO RELIEVE THE PAIN AND CALM THE SHEN

During application of electric stimulation, points that have the effect of relieving the pain can be applied. These points could include LI-4, PC-6, LR-3, SP-6, GB-34, ST-36 and ST-40. One of them could be effective for one line.

Since the Heart is governor for all the Zang-Fu organs, the holder for Shen and controller for Blood Vessels, so the points HT-3, HT-5, HT-6, HT-7, PC-6, BL-15, GB-20, GV-20, Extra Sishencong and Extra Anmian to calm the Shen and regulate the Heart are very important. One of these points could thus be connected to another line for electric stimulation.

SELECTING POINTS ACCORDING TO SEGMENTAL INNERVATIONS

Clinical practice and scientific experiments with acupuncture anaesthesia show that the nervous system is involved in pain suppression and physiological regulation of acupuncture anaesthesia. In other words, functional integrity of the nervous system is a prerequisite to produce needling sensation and analgesic effect. Based on the relationship of the segmental innervations between the puncture site and the operative site, there are three ways to select points:

- Selecting points in the adjacent segmentation or in an area that is supplied by the same spinal nerve or an adjacent nerve that supplies the operative site
- Selecting points in a remote segmentation, i.e. in an area supplied by the same or adjacent spinal nerve of the operative site
- Stimulating the nerve trunk within the same segmentation, i.e. to stimulate directly the peripheral nerve that supplies the operative site.

For instance, LI-4 Hegu and PC-6 Neiguan are points of the adjacent segmentation in thyroidectomy, while ST-36 Zusanli and ST-44 Neiting are points in the remote segmentation. LI-18 Futu is regarded as a point

for direct stimulation of the cutaneous cervical nerve plexus, known as stimulating the nerve trunk within the same segmentation.

The implication of selecting points in the adjacent and remote segmentation in acupuncture anaesthesia is different from that of selecting the neighbouring and distal points in acupuncture therapy. The latter only denotes the relative distance between the location of the points chosen and the affected area to be treated. Selecting points far from the affected site is known as the method of selecting distant points, whereas selecting points near the affected site is known as the method of selecting adjacent points. Neither method is related to segmental nerves of the puncturing site and operative site. For example, for anaesthesia in thyroidectomy, LI-4 Hegu and PC-6 Neiguan are chosen as adjacent points according to segmental innervations; however, from the point of view of the relative distance between these points and the operative site on the neck, they are considered as distant points.

Treatment features

Treatment locations for electric acupuncture are selected in the same way as manual acupuncture. Leads are typically attached to needles inserted along the same distribution vessel, consistent with the longitudinal and segmental neuromuscular organisation of the body. Selection of the needles to be stimulated is of primary importance in the therapeutic outcome.

DURATION OF STIMULATION

The typical duration of electroacupuncture application for postoperative pain is 15–45 minutes or a little longer. During this period, the patient may adapt to the electric stimulus. At the same time, it can also regulate the function of various internal organs of the body, preparing the patient for further improvement.

In treatment of withdrawal from a powerful addiction to strong painkillers, the duration and frequency of treatment are often increased.

WAVES OF STIMULATION

Clinically, electric pulsation is divided into three types: continuous wave, tense–disperse wave and intermittent wave, mostly in the form of a biphasic spike or rectangular wave. However, a biphasic sinusoid or irregular sound wave may also be used.

CONTINUOUS WAVE

This type of wave is often used to treat acute postoperative pain, such as muscle pain or joint pain. It is also commonly used to treat all types of severe chronic postoperative pain.

At each session, continuous electrostimulus can only be used for a short period as it could produce too much and too strong stimulation and destroy the patient's needling sensation. Moreover, the patient could produce resistance to the continuous electrostimulus if it is used for too long.

TENSE AND DISPERSE WAVE

This type of wave is often used to treat neurological pain, and acute and chronic nerve pain, including inflammation, nerve damage and poor function of the nervous system.

INTERMITTENT WAVE

This type of wave is used to treat the pain resulting from dysfunction of the internal Zang-Fu organs.

If a longer electrostimulus is needed, intermittent electric pulsation could be the best choice.

FREQUENCY OF STIMULATION

The frequency of electric stimulation is of two types:

- 2–8 times per second
- 40–200 times per second.

The stimulation force should be adjusted according to the patient's tolerance. Generally, in acupuncture treatment for slight pain, only mild stimulation need be applied; however, chronic pain, severe pain or anaesthesia requires powerful stimulation which may be increased gradually up to the highest limit that the patient can endure.

During the treatment, other acupuncture needles should also be stimulated by hand from time to time, usually once every 5–10 minutes.

CONSIDERATIONS

The points selected for electric stimulation should be ipsilateral, without crossing the middle line of the body, in order to avoid electric influence on the heart.

One principle of electroacupuncture therapy is that positive pulse stimulation of a point sedates its corresponding function, whereas negative pulse stimulation tonifies the function. This is analogous to the fact that cell growth is enhanced toward cathode and reduced toward anode in a pulsed electric field, consistent with the model that the mechanism underlying acupuncture is similar to that of growth control.

If electric acupuncture is used to deal with postoperative pain, usually only one pair or two pairs of points are selected. It is not necessary to choose numerous points to be stimulated.

Stimulation should be started from zero and increased to the desired level gradually. When stimulation is turned down, it should be reduced slowly. It is inadvisable to produce stimulus or to shut down the apparatus abruptly as this may produce an uncomfortable sensation for the patient and, in some cases, may even cause aggravation of the pain.

Laser stimulation

General features of laser

The word 'laser' is an acronym for 'light amplification by stimulated emission of radiation'. It uses a quantum mechanical effect and stimulated emission, and is a beam of monochromatic, coherent, monophasic, light energy.

Laser is a new innovation in the medical scientific scene. The theory of laser was first suggested by Albert Einstein in 1917. However, until recently, a laser could not be constructed until the correct equipment and technology were available. It is now possible to construct lasers based on solids, gases or liquids as the emitting source. Among the gaseous lasers are the helium-neon (He-Ne), the argon, the carbon dioxide (CO₂) and the krypton laser. He-Ne lasers are the most widely used in acupuncture therapy today.

When an electron drops from a configuration of higher energy to one of lower energy, the surplus energy that appears is radiation, partly electromagnetic and partly acoustic or vibrational. The electromagnetic radiation from any one type of electron configuration always has the same frequency. In a heated solid, however, many different types of electron configuration are possible and light is emitted at many different frequencies.

Laser light (monochromatic, polarised and coherent) is another type of electromagnetic energy but the wavelength frequency is in the light range. The most common type of cold laser (power <50 mW/cm²) is the visible (red) light from He-Ne lasers. Red light (ruby

laser) is also used. Infra-red (I-R) lasers emit invisible light but the clinical effects are marked.

The power of cold lasers varies widely, from 1 to 50 mW/cm². Lasers emitting <10 mW/cm² are not powerful enough to reach deep points and are mostly used for superficial disorders. For postoperative pain related with dysfunction of the internal Zang-Fu organs, lasers emitting 30–50 mW/cm² are usually recommended.

Most He-Ne and I-R lasers, even those emitting <5 mW/cm², are effective in treating superficial disorders after the operation, such as cuts, wounds, bruises, granulomas and ulcers.

Rapid interruption of the light beam at fixed intervals is called pulsing. Pulsed lasers – especially those interrupted 2000–10 000 times/second (Hz) – penetrate deeper than unpulsed lasers.

Laser beam therapy is distinguishable from electroacupuncture in that, while in the latter the stimulation brings about effects on cells due to electrical current and microcoagulations, in the former the stimulation is caused solely by the absorption of light radiated through the skin.

Essential physical properties

There are three essential physical properties of a laser beam: monochromaticity, coherence and small divergence.

MONOCHROMATICITY

Monochromaticity describes radiation that spectrographically forms a very narrow (spectral) line. In the production of a laser beam this means that only one definite wavelength is amplified and caused to radiate.

On both sides of the laser medium there are resonator mirrors, one of which is only half-silvered. Radiation produced in the laser medium by the action of the pumping energy can travel only along an axis that is determined by these resonator mirrors. When the radiation has been sufficiently amplified by repeated to-and-from passage along this axis, it escapes through the partially silvered resonator mirror. This radiation constitutes the laser beam proper.

COHERENCE

Lasers were hailed as a tremendous advance because of the special properties of the light that they emit.

A common source of light, such as an electric bulb or a flame, produces a wide spectrum of radiation which is emitted spontaneously. In a laser, the material that is emitting tube light is stimulated to radiate by external energy. The conditions are more controlled and the light has more specific properties. By laser, the light from every other molecule comes out in an orderly and regulated way as if a much larger and continuous series of waves was being sent out. This property is called coherence and all the waves sent out by a laser have the same wavelength and frequency. This means that the light is emitted in an almost parallel beam that can travel great distances without diffusing appreciably. It is therefore clear to see that the specific difference between a conventional light source and a laser lies in the extent to which the emission of surplus energy can be controlled. The colour of laser radiation, therefore, has a particular purity that does not normally occur in nature.

SMALL DIVERGENCE

The basic property of the laser beam, namely the small divergence, is of particular practical importance. In laser-active material only the pathways of beams in the neighbourhood of the axes undergo amplification. The emerging beams are therefore substantially parallel. In practice, minimum divergence therefore means maximum parallelism. In this way it is possible to obtain foci of extremely small diameters in the range of 3–10 wavelengths.

Entities capable of vibration, such as atoms or molecules, may assume an energetically 'excited' state. Many of these states have a 'lifetime' considerably above the normal limit of about 10 seconds. If a light wave of a given wavelength falls on an atom or molecule in the excited state, the system returns to the ground state and the radiation emitted reinforces the source of the light.

Clinical functions

The wavelength of the He-Ne laser is in the vicinity of 6328 Angstrom units (the red part of the visible spectrum). Red light of this frequency has known biological effects; for instance, it is generally found to have vitalising effects on living tissue. For this reason, radiation with the He-Ne laser is used for a variety of therapeutic purposes such as promoting wound healing, encouraging healing of skin grafts, in skin diseases and in blood disorders. In laboratory animals whose bone marrow has been destroyed, lasers encourage

re-formation. In agronomy it has been shown that this type of laser radiation may be used to energise seeds, thus making the sprouts grow faster. Therefore, the clinical functions of laser beams on living tissue may be described on an increasing physical scale as follows:

- *Promote elimination of blood clots:* In modern medicine, it could dehydrate or wither the tissues and denature protein, i.e. coagulation, thermolysis (carbonisation) and evaporation. In TCM, it promotes the absorption of blood clots after operation and activates the Blood circulation.
- *Reduce the swelling:* It eliminates local oedema and reduces swelling, indicated in local swelling and even new scar formation.
- *Warm the local tissues:* It warms the local tissues and dispels the Cold in the channels.

Indications

A wide range of disorders, including postoperative pain, have been helped using this technique.

In laser beam therapy the indications are generally the same as in conventional acupuncture. It is claimed that 'Deqi – arrival of Qi' is occasionally elicited; when this happens a fast response may be expected. Particular success has been reported in the treatment of chronic ulcers and non-healing wounds. Better results are obtained in diseases associated with symptoms of Yin-type disorders. On the other hand, neuralgia shows a positive reaction when the ear points are treated.

Clinical applications

The magnitude of the effect on irradiated tissues depends on two factors: the duration of the irradiation and the laser power used.

Lasers are used in Western medicine primarily for their thermal effect. In a laser, intensive electromagnetic energy can be concentrated within a very small area, producing a burning or cutting effect, which can be utilised for various diagnoses and surgical procedures. In surgery, laser treatment of retinal detachment has long been an established practice. In addition to this, endoscopic surgery stands out as a future domain of the laser beam. As well as treatment of internal haemorrhages, there is treatment of small tumours and polyps. Application of laser in dermatological surgery and neurosurgery – and also for ear, nose and throat surgery and gynaecological surgery (especially in cases that permit a vaginal approach) – are also reported.

It is interesting to note that high intensity laser energy for its cauterising effect and weak intensity lasers of specific wavelengths could stimulate biological functions; for example, laser radiation is used for both its destructive properties and 'antibiotic effect' in surgery.

Although radiation of various frequencies of light has biological effects, the effects due to different frequencies partially counteract or cancel each other. As ordinary sources of light possess a heterogeneous mixture of different frequencies, no pronounced biological reactions occur with such radiations. A laser beam is characterised by monochromatic, polarised, monophasic radiation in a much sharper frequency band than can be obtained from other sources of light. The sharpest frequency band is obtained from gas lasers.

Acupuncture is a bioenergetic system of channels and points. In TCM, acupuncture points are specific points of energy exchange between the living organism and the surrounding environment, and therefore the application of laser therapy to acupuncture points has specific advantages whereby significant results are obtained in a variety of diseases. Biophysical experiments have demonstrated that the bioenergy produced by laser radiation of acupuncture points is conducted along bioenergetic channels similar to the accepted traditional acupuncture channels, thus providing new evidence for the physiological significance of acupuncture points and channels.

That acupuncture points are specific points in the bioenergetic sense is indicated by experimental findings that the conductance of various forms of energy, such as heat, light, sound and electricity, is greater in the area of the point than in the surrounding areas of the skin. The acupuncture system is apparently not only a bioelectrical system, but also a photobiological system, where biological (cosmic) energy and information are transferred in the form of electromagnetic radiation. As with the bioelectrical properties of this system, the photobiological properties may also be utilised for both therapeutic and diagnostic purposes.

Laser stimulators are available as robust, portable instruments. They are operated by batteries or by mains electricity. The laser probe is held 0–5 cm from the skin and the laser light is directed to the point. Treatment time depends on emission power. With 30–50 mW/cm² lasers, dose time is very short, 10–60 seconds per point. There is no pain or noxious sensation. This method is ideal for ear points.

Some laser beam apparatus is designed for two functions: to locate an acupuncture point, and to generate laser beam irradiation to the points through the same handpiece that contains the measuring electrode.

Summary

- The period of treatment at each point may range from 10 seconds to one minute.
- Only a few points are treated per session. Local radiation of affected areas is used for local disorders.
- The points usually selected are the distal points, especially the end points of the channels at the extremities and the Well points which are treated bilaterally. Proximal points may also be used.
- The intensity of the laser beam is very low so that there is no danger of damage to the skin, the underlying tissues or the patient's eyes. The penetration depth in human tissues is approximately 5 mm.

With the ammeter in the apparatus it is possible to monitor the skin conductivity of the points treated. As the treatment progresses and the patient begins to improve, a gradual normalisation of skin conductivity may be noted, indicating the restoration of function and energetic balance. The theoretical basis of this therapy comes from the discovery by certain researchers that the living organism has mechanisms for receiving, storing and even emitting electromagnetic waves in the optical region. The red part of the visible spectrum is said to be capable of the highest level of transmission and the skin is believed to function as an optical filter for its absorption by the underlying connective tissue. This is how a red light laser beam is able to penetrate the skin more efficiently.

Although this technique appears to be a fruitful development, much work still has to be done to clarify its theoretical basis so that its full potential may be understood and applied.

Cutaneous needle

Material and functions

MATERIAL

The cutaneous needle, a very old technique, is also known as the Plum-Blossom needle or Seven-Star needle. The Plum-Blossom needle is composed of five stainless steel needles in a bundle attached to a handle perpendicularly; the Seven-Star needle is composed of seven short stainless steel needles attached vertically to a handle 12–15 cm long. These needles cover an area of approximately 1 cm².

FUNCTIONS

Cutaneous needles are used to prick the skin superficially by tapping, without puncturing deeper tissues, to promote the smooth flow of Qi and Blood in the channels, sedate the pain and regulate the functions of the Zang-Fu organs.

Sites for cutaneous stimulation

Because of involvement of the channels in the cutaneous regions, tapping along a channel can treat an internal disease associated with that channel.

Sites for cutaneous stimulation include:

- a site with postoperative pain that radiates along certain channels
- a site with localised pain, hardening, stiffness and spasm, such as stiff neck, lower back pain or painful shoulder
- some important points and some local points around the painful areas
- both sides of the spinal column.

The sites and points along the Governing Vessel and Bladder channels, as well as the Huatuoji points of the back, are often applied.

Force applied and duration

This technique is applied to tap the selected region or points with this instrument by using a wrist movement only. The tapping should be done rapidly and precisely with the tips of the needles striking the skin perpendicularly.

According to the condition of the patient, the force exerted in tapping may be light or heavy.

LIGHT FORCE

Light force means to tap slightly until the skin becomes congested. It is indicated in slight stagnation of Qi and Blood. In the case of children, or debilitated, old and nervous patients, only light tapping is employed.

HEAVY FORCE

Heavy force means to tap heavily until slight bleeding appears. It is indicated in heavy stagnation of Qi and Blood. Heavy tapping can also be used in cases where

the skin sensation is dull or when the patient is suffering from a very painful condition.

When using this technique, tapping is done across a broad area of skin, commonly for 5–10 minutes, more in the manner of pecking than puncturing. Where an area has been stimulated, the skin is typically reddened and moist. Local heavy bleeding should be avoided.

Indications

- Postoperative pain radiating along certain channels
- Postoperative pain due to scar formation
- Postoperative pain with disorder in the internal Zang-Fu organs
- Muscle or tendon stiffness, tension and spasm, as well as tender subcutaneous nodules in the musculoskeletal system.

Cautions

During application of the cutaneous needle, proper attention should be paid to the following issues:

- Always disinfect the instrument before use.
- If Plum-Blossom needles are made of plastic, sterilisation using an autoclave is not appropriate as the plastic will be damaged.
- The tips of the needles should be examined from time to time to ensure that they are even and sharp.
- Injury to the skin should be avoided when tapping.

Contraindications

- Postoperative haematoma
- Formation of pus and Damp-Heat on the skin and in the wound
- Presence of varicose veins
- Cutaneous bleeding
- Severe oedema or burns
- Infections of the skin, such as scabies
- Those suffering from diabetes or from oversensitivity to tapping and pain.

The three-edged needle

This needle has a round handle, and a triangular and sharp tip.

Functions and indications

FUNCTIONS

The main functions of this technique include:

- promoting the smooth flow of Qi and Blood in the channels
- dispelling Blood stasis and eliminating Heat
- rousing the patient from fainting due to severe pain.

INDICATIONS

Indications for this technique include:

- all types of postoperative pain due to blockage of the channels, stagnation of Blood and accumulation of Heat
- postoperative pain with formation of pus
- loss of consciousness due to severe postoperative pain.

Methods of manipulation

There are three types of manipulation: spot pricking, clumpy pricking and puncture pricking.

SPOT PRICKING

This method was known as collateral pricking in ancient times. This technique comprises pricking the small vessels with a three-edged needle to obtain a little bloodletting. During the operation, hold the handle of the three-edged needle with the right hand, pricking swiftly about 0.05–0.1 cun deep at the area for bloodletting and withdrawing the needle immediately. After pricking, press the puncture hole with a dry cotton ball until the bleeding stops.

This is mostly indicated in severe postoperative pain due to stagnation of Blood or accumulation of Heat, or formation of pus.

CLUMPY PRICKING

Prick around a small area or a reddened swelling, then press the skin to release the stagnant blood. This method is mostly applied for postoperative pain due to slight Blood stagnation or accumulation of Heat.

PUNCTURE PRICKING

Pinch up the skin with the left hand and prick it 0.5 cun deep with a three-edged needle to make it bleed. If there is no bleeding, press the punctured part until bleeding occurs. This method is mostly used to treat postoperative pain due to accumulation of Excessive-Heat or accumulation of Heat in the Blood.

Cautions

- Aseptic techniques are used during the procedure to prevent infection.
- For spot pricking, application should be slight, superficial and rapid.
- Bleeding should not be excessive.
- Avoid injuring the deep large arteries.
- Pricking is not suitable for those with a weak constitution, who are pregnant or have diabetes, and those susceptible to bleeding.

The intradermal needle

The intradermal needle is also called the press needle, implanted needle or embedding needle, including two types designed for local treatment, i.e. grain of wheat or straight intradermal needle, and intradermal tack. During application, insert the sterilised needle into the point, leaving its handle lying flat on the skin surface and fixing it with a piece of adhesive tape. In this way, the implanted needle can exert continuous stimulation.

It is mostly used to treat cases with severe postoperative pain, which need long-term retention of the needle.

Types of intradermal needle

GRAIN OF WHEAT OR STRAIGHT NEEDLE

This type of needle is inserted at an almost horizontal angle to the surface of the skin, about 0.8–1.3 mm. The handle of the needle, lying flat on the skin surface, is held in place by a piece of adhesive tape. This method is usually used on the back and the four limbs.

INTRADERMAL TACK

As its name implies, intradermal tack looks like a small thumbtack. The body of the needle is in the form of a

small circle about 3mm in diameter and its tip stands out at right angles to the circle. This needle is inserted at an angle perpendicular to the skin surface to a depth flush with the head of the needle. Because the intradermal tack is only a few tenths of a centimetre in length, it is used for only the most superficial punctures, particularly on the ear.

THE SPHERICAL PRESS NEEDLE (BALL-BEARING TYPE)

This newer style is becoming more popular as it is safer. It consists of a tiny stainless steel ball, which is fixed on the skin at the acupuncture point with adhesive tape. This type of needle is usually left at local painful points – Ah Shi points. It is used for the same purpose as other two types of needle.

Indications

All these types of needle are indicated primarily in chronic or stubborn postoperative pain, such as migraine headache, stomach pain and abdominal pain, in which the pain needs longer stimulation.

Duration

The needles may be kept in place for anything from a few days up to 1 week and are therefore useful in providing mild stimulation of an acupuncture point between treatment sessions. In summer, the needles are generally retained for 1–2 days because of excessive sweating, which is likely to cause infection. In autumn or winter, the retaining duration may be longer according to need in specific cases. In the tropics, where patients may sweat considerably and the possibility of infection is greater, it is advisable to change the needle in about half of this time. Spherical press needles are much safer and may be left in place for a few weeks.

Cautions

- Aseptic precautions must be scrupulously observed in order to prevent perichondritis of the auricular cartilage which can be a very serious complication.
- The intradermal needle should not be used at the joints to prevent more pain on motion.
- During the embedding period, keep the area around the needle clean to prevent infection.

- After the needles are in place, intermittent stimulation is carried out by the patient by pressing on the needles for a few minutes several times a day, hence the reason they are also called ‘press needles’.
- If there is the slightest discomfort with an embedding needle, it should be immediately removed and the ear examined carefully in a good light.
- The needle should not be embedded in a purulent infected area or in skin ulcers.

Joining-needle technique

Joining-needle technique, called ‘Touci’ in Chinese, is one of the techniques of acupuncture where a single needle is used to stimulate more than one acupuncture point at the same time. Although some Western acupuncturists are suspicious of this technique, its application and its effectiveness, it can be a very useful technique for a number of conditions.

Although joining-needle technique is an ancient method, it is still very new for many practitioners. This method of needling promotes the circulation of Qi and Blood, eliminates Blood stasis, frees the flow of the channels, harmonises the sinews, quickens the network Vessels, and regulates muscle tension and spasm. This technique has a relatively strong effect in treating Excessive diseases and a less strong effect in tonifying the Qi, Blood, Yin and Yang.

Since this technique provides relatively strong stimulation and reaches different points and levels during the treatment, try to avoid puncturing blood vessels in nearby areas in order not to cause local haematoma or bleeding.

This technique is considered an advanced method of treatment, having at least the following features:

- Increasing stimulation
- Simplifying the practitioner’s procedure
- Reducing the fear of inserting many needles.

Typically, a longish (though sometimes short) needle is inserted vertically or transversely, entering at one point and then penetrating through to the region of another.

Point selection

During treatment of a disease, it is not advisable to use numerous joining needles. This is because, although some diseases can be very complicated, it is still necessary to ascertain the chief complaint. Usually,

two points, located nearby or at the opposite side, are joined; for example, TE-5 Waiguan to PC-6 Neiguan. In some cases more than two points are selected; if so, this means that these points must be located close to each other, often on the face or abdomen, the back or the four limbs. Traditionally, however, only two points are selected.

Direction

The direction of the joining needle is determined entirely by the locations of the selected acupuncture points. For instance:

- on the face and head, where there is little muscle, apply an oblique or horizontal method of needle insertion
- on the back or chest, because of the vital organs beneath, apply an oblique method of insertion
- on the four limbs, where muscles are plentiful, a perpendicular method of needle insertion can be used
- in a specific place near the joints, e.g. the shoulder or elbow, the direction of the joining needle can be flexible: needle a point on one side first and then, after withdrawing it partially, the direction of the needle can be changed to join a point on the other side, stimulating a wide area with a single needle.

Depth

The depth of a joining needle is determined entirely by the locations of the selected acupuncture points. For instance, a needle 0.25mm in diameter \times 25mm in length is chosen for points on the face and around the ankle, a needle 0.28mm in diameter \times 40–50mm in length is selected for points on the chest, back, abdomen and the four limbs.

When the joining-needle technique is applied, especially on the face and the four limbs, the best therapeutic result can be achieved when the needle almost reaches the skin of the opposite side, but does not penetrate it.

Main indications

This technique has wide indications, ranging from acute to chronic, from Excess to Deficiency. However, it achieves quicker therapeutic results for Excessive diseases than for chronic diseases.

Procedure of point selection

When this technique is applied, the starting point is usually selected according to the following principles:

- When this technique is applied to treat disease of an Excessive type, insert the needle against the course of channel; when it is used to treat disease of a Deficient type, insert the needle along the course of the channel. For instance, to treat a headache due to stagnation of Blood or hyperactivity of Liver-Yang, a joining needle could be used from GV-19 Houding to GV-20 Baihui to calm the Liver, promote Blood circulation and eliminate Blood stasis. To treat a headache due to deficiency of Blood or Kidney-Essence, a joining needle could be used from GV-20 Baihui to GV-21 Qianding to lift up the Qi and Blood, nourish the Brain and benefit the Sea of the Marrow.
- When this technique is applied to treat disease of a mixture of internal disorders with external invasion, insert the needle starting at the points to dispel the External pathogenic factors to the points to regulate the internal disorder. For instance, if there is weakness of the Stomach-Qi causing poor appetite, nausea, etc., plus acute invasion of external Wind-Cold causing headache, generalised body pain, cough and aversion to cold and slight fever, a joining needle can be used from TE-5 Waiguan to PC-6 Neiguan to dispel Wind and Cold, to relieve the External symptoms and to harmonise the Stomach to calm the nausea.
- When this technique is applied to treat disease of a mixture of Excess with Deficiency, it is essential to determine which is the main cause – Excess or Deficiency. If Excess is the main cause, the starting point will be on the channel to dispel or eliminate the Excess and the end point will be on the channel to tonify – and vice versa. For example, if there is chronic lower back pain mainly due to weakness of Kidney-Essence, and if, at the same time, there is a slight stagnation of Blood, the starting point could be KI-3 Taixi to BL-60 Kunlun in order to tonify the Kidney-Essence in the first instance and then to promote Blood circulation to relieve the lower back pain.
- When this technique is applied to treat paralysis, especially facial paralysis, a joining needle could be used from the points situated at the lower place to the points at the upper place; for example, from ST-4 Dicang to SI-18 Quanliao, or from ST-6 Jiache to ST-7 Xiaguan to dispel the pathogenic factors, promote the circulation of Blood and relieve the paralysis.

With regard to the therapeutic results of the joining-needle technique, generally speaking, the younger the patient, the better and quicker the results; the older the patient, the poorer the treatment effect.

Point injection

This method is also popular in China to treat postoperative pain. It can be used in combination with conventional acupuncture needling or used independently.

Advantages

It has at least two advantages:

- It can be applied much quicker than classic needling or electroacupuncture
- It produces longstanding stimulation and effect, e.g. up to 1 hour or more after injection.

Choice of solution

The choice of solution is largely a matter of personal preference. Most practitioners use a preparation of some Chinese herbal injection, such as Dang Gui (*Radix Angelicae Sinensis*), Chuan Xiong (*Rhizoma Ligustici Chuanxiong*), Huang Qi (*Radix Astragali Membranacei*), Dan Shen (*Radix Salviae Miltiorrhizae*) or Ren Shen (*Radix Ginseng*).

Among these herbal preparations, some herbal injections are particularly indicated in postoperative pain due to stagnation of Qi and Blood, such as Chuan Xiong and Dan Shen. Others are effective in postoperative pain due to deficiency of Qi and Blood, such as Huang Qi and Ren Shen.

However, there are some herbal injections that are indicated in both deficiency and stagnation of Qi and Blood, such as Dang Gui and Dan Shen.

In addition, vitamins B1, B12 and C are also often used. They are usually indicated in all types of postoperative pain.

Indications

Point injection is particularly indicated in both acute and chronic postoperative pain due to stagnation of Qi

and Blood or deficiency of Qi and Blood. It is also very effective for postoperative pain due to scar formation.

Point injection can also be performed at the auricular points.

Injection procedures

USUAL POINT INJECTION

The points are chosen in the standard manner, with three to five points usually being selected, delivering 0.1–0.2ml/point at a depth of 20–40mm depending on the thickness of the muscles. This technique is applied four to six times at intervals of 7–10 days.

INJECTION FOR SCAR PAIN

Injecting at the tender areas along scars (especially those that cause marked twisting or distortion of tissue on a major channel) is particularly indicated. Injection is given intradermally at a depth of 2–5mm, using a very fine and short (5–10mm) needle. The scar is injected at intervals of 4mm along its length. Injection is done straight into the centre of the scar, or from the periphery of the scar towards its centre, or only at the tender (sensitive) spots of the scar.

INJECTION AT THE AURICULAR POINTS

If point injection is applied at the auricular points, injection is performed subcutaneously, without penetrating the cartilage. Employ the same type of needle used for point injection for postoperative pain due to scar formation.

After the injection, small blebs are usually formed, which also give physical (pressure) stimulation for a short period after injection.

Cautions

- Before injecting the solution, the needle can be manipulated to elicit the needle reaction (Deqi).
- Standard precautions for skin cleanliness are undertaken.
- Sterile solutions are used.
- A disposable syringe and needles are used.

Additional techniques

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Postoperative pain refers to pain occurring soon after the operation or months or even years later. If the pain occurs just after the operation, especially pain around the wound and in the internal organs because of local bandaging, the wound itself, swelling or redness, it is then very difficult or even impossible to apply local acupuncture treatment. Lack of local treatment is incomplete treatment, which will bring about poor therapeutic results. The following techniques, so-called additional techniques, can be used to treat pain in these circumstances. These techniques can be applied individually or in combination with routine acupuncture treatment, mainly by using the distal points in the body.

Auricular acupuncture

What we call 'acupuncture' mostly refers to body acupuncture, which means that certain points from the body are used in order to offer treatment. However, besides this approach of acupuncture, there are many other useful and important techniques that can be used as adjunct to routine body acupuncture. Since the value of each method may be limited when used in isolation, it is suggested that the practitioner apply body acupuncture as the major treatment, while using some adjunct methods as additional treatment.

Systems of acupuncture originally began in China. Physiologically, the ear is a powerful nexus of energy through which all of the twelve main channels intersect, either directly or indirectly, with the potent Eight Extraordinary vessels. This accessible energy is encapsulated in hundreds of auricular acupuncture points that make possible the utilisation of the ear as an important method of treatment. Ear acupuncture is also called auricular acupuncture, which is the treatment of diseases by needling the points on the auricle. Auricular acupuncture is easy to learn and master, and when accurate point selection and needle technique are applied to the correct diagnosis, it yields dramatic, immediate and long-lasting results with a high rate of clinical efficacy.

Brief history

Although it was recorded in *The Yellow Emperor's Classic of Internal Medicine* compiled in 500 B.C. that the six Yang channels were connected to the auricle of the ear, and that the six Yin channels were indirectly connected to the ear by their corresponding Yang channels, ear acupuncture, as an independent branch of Traditional Chinese Medicine (TCM) treatment, was not developed

originally in China. Ancient Chinese writings regarding ear acupuncture and its points were scattered in numerous books, and there was no one book systematically describing theory and illustrating the points over the auricle of the ear before the 1950s. Treatment on the ear was also recorded in ancient Egypt, Greece and Rome between 500 B.C. and 100 A.D. For instance, some clinical uses of ear rings and other forms of ear stimulation for various problems were described, particularly in the treatment of sexual and menstrual disorders.

In 1957, Dr Paul Nogier, a physician from Lyon, France, observed the occurrence of scars on the ears of patients who were successfully treated for sciatic pain by a French lay practitioner, an immigrant Chinese. Dr Nogier saw that the Chinese practitioner punctured one specific point by using a burned metal stick. Dr Nogier thought this too cruel and started to stimulate the point with an injection needle. Gradually he developed a somatotopic map of the ear based on the inverted fetus concept. His work was first presented in France and then published by a German acupuncture society and finally translated into Chinese in 1958, which gained the interest of researchers in China. The Chinese continued to search the ancient literature concerning ear acupuncture and to find points on the ear that corresponded to areas on the body.

During the culture revolution from 1966 to 1976, Chairman Mao Zedong urged medical teams to explore TCM treasure houses and work more for the workers and farmers. In this way various simple acupuncture methods were developed, ear acupuncture and scalp acupuncture among them. During that period, the 'barefoot doctors' were taught the simple techniques of ear acupuncture to bring healthcare to the Chinese masses.

Currently, there are two main types of ear acupuncture: the Chinese and the French. Chinese ear acupuncture is formed based on TCM theory, thus point selection and application to treat diseases are guided by TCM principles; French ear acupuncture is formed based on modern medicine, such as anatomy, physiology and pathology.

ANATOMICAL STRUCTURE OF THE SURFACE OF THE AURICLE

The auricle is composed of a plate of elastic cartilage, a thin layer of fat and connective tissue supplied by numerous nerves. The main nerves are the great auricular and the lesser occipital derived from the second and third cervical spinal nerves, the auriculotemporal branch of the trigeminal nerve, the posterior auricular

branch of the facial nerve and the mixed branch of the vagus and the glossopharyngeal nerves.

The anatomical structure of the surface of the auricle relating to ear acupuncture includes the following:

1. Helix – the prominent rim of the auricle.
2. Helix crus – the interior end of the helix, a horizontal prominence.
3. Auricular tubercle – a small tubercle at the posterior upper aspect of the helix.
4. Helix cauda – the inferior end of the helix, at the junction of the helix and lobule.
5. Antihelix – a curved prominence opposite the helix. Its upper part branches out into the superior and the inferior antihelix crus. This part includes the corresponding sites of the trunk and lower limbs.
6. Triangular fossa – the depression between the two crura of the antihelix. The most important points include Ear Shenmen.
7. Scapha (or scaphoid fossa) – the narrow curved depression between the helix and the antihelix. This part includes the points such as fingers, wrist, elbow and corresponding sites of the upper limbs.
8. Tragus – a small, curved flap in front of the auricle. The external nose point is on the outer aspect of the tragus; the throat and internal nose points are on the inner aspect of the tragus.
9. Supratragic notch – the depression between the helix crus and the upper border of the tragus.
10. Antitragus – a small tubercle opposite to the tragus and inferior to the antihelix.
11. Intertragic notch – the depression between the tragus and the antitragus.
12. Notch between the antitragus and antihelix.
13. Lobule – the lower part of the auricle where there is no cartilage.
14. Cymba conchae and cavum conchae – the concha superior to the helix crus is called the cymba conchae and the concha inferior to the helix crus is called the cavum conchae. They are the corresponding areas for various internal organs.
15. Orifice of the external auditory meatus – the opening in the cavum conchae shielded by the tragus.

Location of the points

- Points on the lobule are related to the face and head
- Points on the scapha are related to the upper limbs
- Points on the antihelix and its two crura are related to the trunk and lower limbs

- Points in the cymba and cavum conchae are related to the internal organs.

Principle of point selection

The main principles of auricular point selection to deal with pain after the operation are:

- selection of points according to the diseased area, e.g. eye for eye pain, Stomach for epigastric pain, Large Intestine for abdominal pain after operation in the large intestine
- selection of points based on the sensitive sites or spots with morphological changes or discoloration
- selection of points according to the theories of modern medicine, e.g. the endocrine point is used to treat urogenital pain
- selection of points according to the theories of TCM, e.g. Liver for eye disorders, Kidney for gynaecological pain after the operation
- selection of points according to clinical experience, e.g. the ear apex for throat pain due to invasion of Toxic-Heat.

Ear points to sedate the pain

Ear acupuncture is one of several 'holographic' systems which theorise that the entire body can be represented in miniature within the body itself. Different auricular points can be used to sedate pain after operation: a selection of two or three is usually sufficient.

EAR SHENMEN

- *Location:* At the bifurcation of the superior antihelix crus and the inferior antihelix crus.
- *Indication:* This point has the ability to sedate the pain and calm the Shen, particularly indicated in various types of postoperative pain closely related with emotional disorders. It can also be used to treat restlessness of the Shen after the operation, such as insomnia, dream-disturbed sleep, palpitations and aggravation of the pain at night.
 - This point can also be used to treat postoperative pain due to accumulation of Damp-Heat or accumulation of Toxic-Heat in the body, manifested as redness, swelling, formation of pus, fever, constipation, thirst, yellow and greasy coating on the tongue, and a slippery and rapid pulse.

ADRENAL

- *Location:* At the lower tubercle on the border of the tragus.
- *Indication:* This point is often used to treat acute or severe postoperative pain due to stagnation of Qi and Blood, as well as postoperative pain due to accumulation of Damp-Heat.

HEART

- *Location:* At the centre of the cavum conchae.
- *Indication:* This point is widely applied in the treatment of postoperative pain due to various causes; however, the principal function of this point is to regulate the emotions and calm the Shen.

SYMPATHETIC NERVE

- *Location:* At the junction of the inferior antihelix crus and the medial border of the helix.
- *Indication:* This point has functions to regulate the Spleen and Stomach, promote digestion and defecation, and smooth the Qi and Blood circulation, indicated particularly in pain due to operation in the digestive system and circulatory system.

ENDOCRINE

- *Location:* In the cavum conchae, near the intertragic notch.
- *Indication:* This point promotes the Triple Burner (Energiser), strengthens the Kidney and Liver, and benefits the Water metabolism, indicated particularly in pain due to operation in the head, Kidney, Liver and urogenital organs.

SUBCORTEX

- *Location:* On the interior wall of the antitragus.
- *Indication:* This point improves sleep and calms the Shen, indicated in postoperative pain related with restlessness of the Shen, such as insomnia, dream-disturbed sleep, headache and aggravation of the pain at night.

When these points are used, it is important to remember two issues:

- Point selection should be carried out following the 'Principle of point selection' above.
- Points related with the operated tissues or organs should also be used. For instance, when there is severe postoperative pain in the right shoulder, the 'shoulder' point should be added to the above points.

EXAMINATION METHODS OF AURICULAR ACUPUNCTURE

- Detecting the tender spots, pressing with a probe or the handle of a filiform needle the disease-related corresponding area to ascertain the most sensitive point.
- Observing by naked eye, looking for any abnormality or discoloration of the auricle, such as scaling, blisters, papules, hard nodules, pigmentation or morphological changes, such as in blood vessels of the auricle.
- Detecting electrical changes with ear apparatus, observing changes in electrical resistance, capacity and potential at auricular points. The most commonly used method is to determine the conductance point of skin resistance by the instrument. Those auricular points with lower electrical resistance can be displayed on a screen, by an indicator or by sound, through the apparatus. This is used for clinical diagnosis.

Treatment methods

When auricular acupuncture is applied properly and accurately, it is possible to see a difference in the duration, intensity or frequency of the postoperative pain or other discomfort associated with the operation reasonably quickly.

NEEDLING TECHNIQUE

A filiform needle is used. The needle should be neither too thick nor too thin, usually a 0.5–1 cun needle. Between four and five ear points from one side, preferably the same side as the operation, are often selected. After insertion of the needle, there is slight needle sensation, which is less strong than in body acupuncture. Insertion should be deep enough, but should never penetrate the ear cartilage.

Needles are usually retained for 20–30 minutes; however, in acute and severe pain, needles can be retained for 1–2 hours or even longer. Intermittent manipulation to enhance stimulation is advisable.

After the needle is removed, press the puncture hole with a dry cotton ball to prevent bleeding and infection.

This treatment is given once every day if possible, or at least once every other day for acute cases, and once a week or once every 2 weeks for most cases of chronic postoperative pain.

Care should be taken to prevent fainting in those who are overtired, hungry and asthenic, or under mental tension. Mobilisation after needling for those who have pain due to spasm or motor impairment is recommended. The ear needle must be removed if the patient feels any discomfort.

PRESSING AND EMBEDDING TECHNIQUES

A fingernail or a dull probe, such as the tip of a ball-point pen, might be used to press a particular point for 7–15 seconds to sedate postoperative pain. However, don't press the point too hard, especially those points with extreme pain, because the patient may suffer considerable discomfort if too strong a force is applied. Stimulation is given two or three times a day.

Stimulation of ear points with small magnets, seeds or embedding needles is also frequently applied on particular points. These materials must be removed if the ear is uncomfortable or if any signs of local swelling or infection develop.

Besides application of the above methods, other ear techniques, such as laser therapy, injection, massage, moxibustion, ear-bleeding method, etc., are often used.

Scalp acupuncture

Scalp acupuncture is one of several specialised acupuncture techniques developed during the 1970s. It shows remarkable therapeutic results for neurological diseases as well as pain syndromes.

School differences

During the 1970s, scalp acupuncture was developed as a complete acupuncture system. Three major contributors to the development of this system must be mentioned: Jiao Shunfa, Fang Yunpeng and Tang Songyan each proposed different diagrams and groupings of

scalp acupuncture points. For example, Jiao divided the scalp points into motor and sensory areas, Fang into writing (speech) and reading (memory) centres, and Tang into upper, middle and lower burner areas. Several different methods of needling were also proposed. Jiao advocated rapid twirling with penetrating and transverse needling, Fang favoured the slight twirling method and oblique needling, and Tang recommended long-duration needle retention with superficial stimulation of the needles, using the lifting and thrusting method.

In addition to the above three major contributors, one more person needs to be mentioned – Zhu Mingqing. Derived from the standard scheme adopted in China and based on clinical experience, Zhu Mingqing developed his own school of scalp acupuncture in which eight therapeutic zones are used. His needle manipulation is characterised by forceful, small-amplitude lifting and thrusting, associated with massage of the affected body part, physical exercise and breathing exercises.

Therefore, it can be seen that scalp acupuncture is not really a single system, but a multiplicity of systems that is still in development despite over 30 years of clinical practice. Personally speaking, I often apply the techniques from Jiao Shunfa.

Areas concerned with pain control

Although the distance from the skin surface to the skull is very short, there are several tissue layers: the skin, hypodermis, galea aponeurotica and occipitofrontalis muscles, subaponeurotic space and pericranium.

ANTEROPOSTERIOR MEDIAN LINE

This median line is drawn from the midpoint between the eyebrows to the lower border of the external occipital tuberosity.

SUPRACILIARY-OCCIPITAL LINE

This line is drawn from the midpoint of the upper border of the eyebrow to the tip of the external occipital tuberosity.

MOTOR AREA

- *Location:* The upper end of the motor area lies 0.5cm behind the midpoint of the anteroposterior median line and the lower end lies at the intersection of the

supraciliary-occipital line and the anterior border of the temple.

- *Function:*
 - Upper one-fifth: to treat pain of the contralateral lower limb
 - Middle two-fifths: to treat pain of the contralateral upper limb
 - Lower two-fifths: to treat pain of the face, tongue and throat.

SENSORY AREA

- *Location:* Parallel to and 1.5cm behind the motor area.
- *Function:*
 - Upper one-fifth: to treat pain, numbness and abnormal sensation of the contralateral side in the back and leg, occipital headache, pain of the neck and nape
 - Middle two-fifths: to treat pain, numbness and abnormal sensation of the contralateral arm
 - Lower two-fifths: to treat pain, numbness and abnormal sensation of the contralateral side in the head and face.

MOTOR AND SENSORY AREAS OF THE FOOT

- *Location:* Draw two parallel lines 1 cm beside the anteroposterior median line, 3 cm in length, from a point 1 cm to the front of the upper end of the motor area to a point 1 cm to the back of the upper end of the sensory area.
- *Function:*
 - To treat pain and numbness of the contralateral side of the back and contralateral leg
 - To treat pain and spasm in the intestines after the operation by needling stimulation on both sides of the intestine area and this area
 - To treat chest pain after operation in the chest, including operation for the heart, lung, oesophagus, chest, etc., by needling stimulation on both sides of the thoracic cavity area and this area
 - To treat back pain due to operation in the vertebrae by needling stimulation on both sides of the upper one-fifth of the sensory area and this area.

OPTIC AREA

- *Location:* Draw two 4-cm parallel lines, 1 cm beside the anteroposterior median line, one on each side,

from the level of the external occipital tuberosity upward.

- *Function:* To treat pain in the eye, cortical impairment of vision and cataract.

STOMACH AREA

- *Location:* Draw two 2-cm parallel vertical lines directly above the centre of the pupils from the anterior hair border (or 6 cm from the level of the midpoint between the eyebrows).
- *Function:* To treat acute and chronic postoperative pain.

LIVER AND GALL BLADDER AREA

- *Location:* Extend the stomach area downward for 2 cm.
- *Function:* To treat upper abdominal pain after the operation in the liver and gall bladder.

THORACIC CAVITY AREA

- *Location:* Draw two 4-cm parallel lines between the middle line and the stomach area on both sides, 2 cm above and 2 cm below the anterior hair line.
- *Function:* To treat chest pain due to operation in the heart, lung, bronchi, oesophagus, etc.

REPRODUCTIVE AREA

- *Location:* Draw two 2-cm parallel vertical lines from the front corner upward.
- *Function:* To treat postoperative pain in the reproductive organs, such as the uterus, ovaries, fallopian tubes, testicles, prostate, etc.

INTESTINE AREA

- *Location:* Extend the reproductive area on both sides downward for 2 cm.
- *Function:* To treat pain in the lower abdomen after operation in the intestines.

Treatment features

Needle insertion, manipulation, retention and removal are approached with differing techniques. However, an expressed concern is to minimise pain for the

patient and to make the procedure practical for the practitioner.

INDICATION

Indications for scalp acupuncture include virtually all the usual indications for body acupuncture. More than 80 diseases are currently treated by this therapeutic method, which is particularly effective in treating neurological disorders and various acute and chronic pain syndromes, such as anxiety neurosis and other psychological and psychosomatic disorders, peri-arthritis of the shoulders, sciatica, lower back pain and Bi syndromes (arthritis).

NEEDLE INSERTION

The subaponeurotic space is a loose layer of connective tissue that is ideal for penetration during scalp needling: the needle slides in smoothly and usually causes no pain. If the angle of needling is too shallow, the needle will penetrate the skin and muscle layers and smooth insertion will be difficult.

Needle size is often mentioned in Chinese texts for scalp acupuncture, but 28 gauge with 40 mm length is preferable, as this is suitable for rapid twirling techniques. The insertion length is approximately 1 cun. The needle must be long enough so that it is not inserted up to the handle, but short enough that there will not be any bending during insertion and manipulation. The twirling method with large needles remains a common practice in China.

The angle of insertion is typically 15–25°. The patient should not feel pain, though there are some rarely used scalp points that typically produce pain.

The needle is inserted along the practitioner's nail pressing the skin. Press beside the treatment zones with the nail of the thumb and the second (index) finger of the left hand, hold the needle with the right hand, and keep the needle tip close against the nail. By avoiding the hair follicle, it is possible to minimise pain during insertion. The direction of needling is usually based on the mapping of the body within the zone being treated.

NEEDLE SENSATION

In all cases, it is considered important to obtain an appropriate needling sensation. Needling sensation depends upon the following issues: the depth, angle

and length of the needles, and the technique of needle insertion.

The needle is usually inserted in the subaponeurotic space. In this method, the desired needling sensation is strong.

MANIPULATION

Needle sensation should be accomplished by utilising needle manipulation at least two to three times in the course of a single session (for 1 minute each time).

Manipulation is usually rapid, with frequency of twirling in the range of 150–250/minute or electrical stimulation with continuous wave or tense and disperse wave.

The total duration of needle retention in most cases is 20–45 minutes. Some practitioners leave the needle in place for 24–48 hours. However, this should only be done by skilled practitioners.

The affected part of the body should be moved during needle stimulation. If the patient cannot make any movements on their own, then an assistant should move the body part. After needle stimulation, the patient is encouraged to continue the movements.

WITHDRAWING

Before withdrawing the needles, they should be re-manipulated while the patient performs breathing exercises. When it is time to remove the needles, press the skin around the point with the thumb and the second finger of the left hand, rotate the needle gently and lift it slowly to the subcutaneous level. From there, withdrawal should be rapid, and the punctured site should be pressed with a dry cotton ball to prevent bleeding and infection.

FREQUENCY

When scalp acupuncture is used in isolation to treat pain soon after operation, then, in most cases, treatment is given every day (at least 5 days per week) for 1–2 weeks, then every other day for another 1–2 weeks, followed by treatment once a week or once every 2–3 weeks. However, the frequency of treatment may be adjusted according to the severity of the condition and the rate of improvement.

CONTRAINDICATIONS

Contraindications to scalp acupuncture include very high blood pressure (220/120mmHg), severe heart

disease, infection on the head or postoperative scars in the acupuncture zone, people who are extremely nervous and infants whose fontanelles have not closed.

Wrist and ankle acupuncture

Wrist and ankle acupuncture refers to a simple needle technique applied to stimulate certain points around the wrist or ankle to treat postoperative pain.

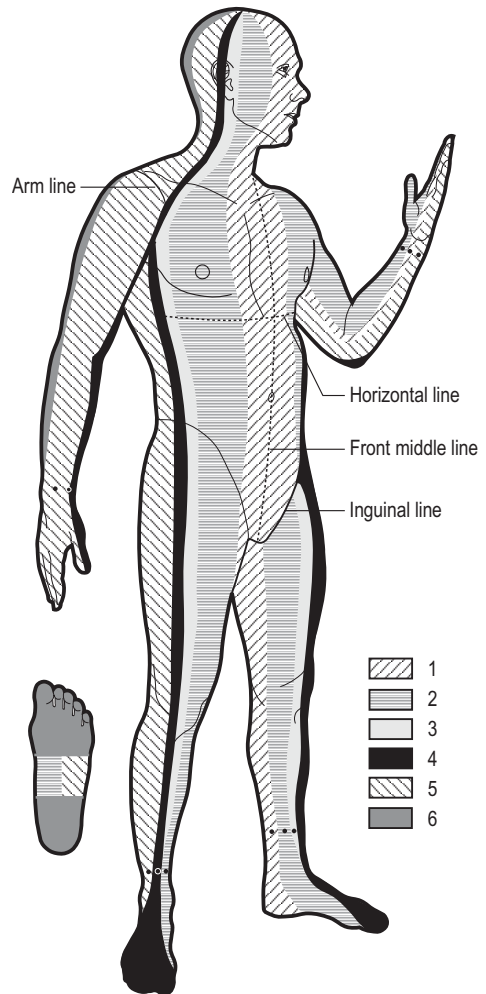


Figure 9.1 Lateral areas of wrist and ankle acupuncture (adapted with permission from Xi Yonghong 1985, Shanghai Science and Technology Publishing House)

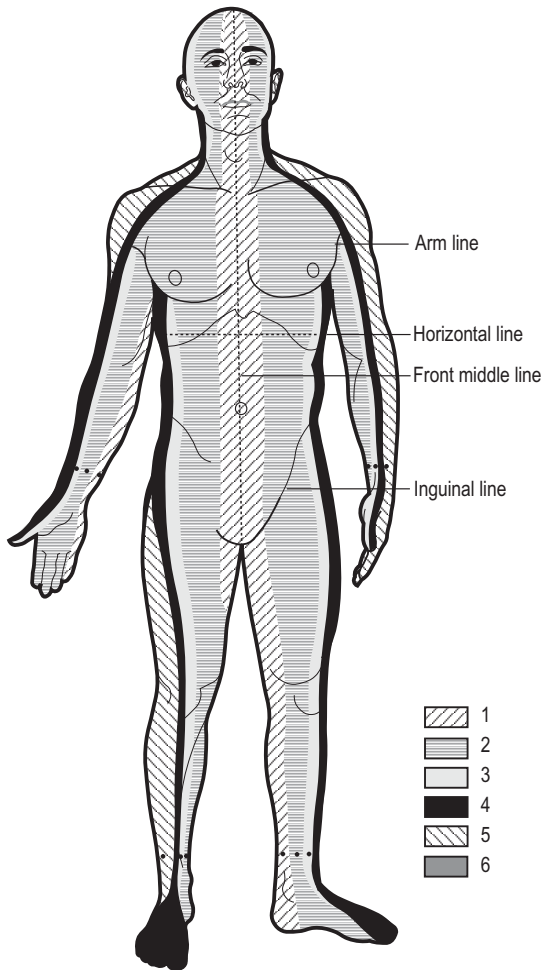


Figure 9.2 Front areas of wrist and ankle acupuncture (adapted with permission from Xi Yonghong 1985, Shanghai Science and Technology Publishing House)

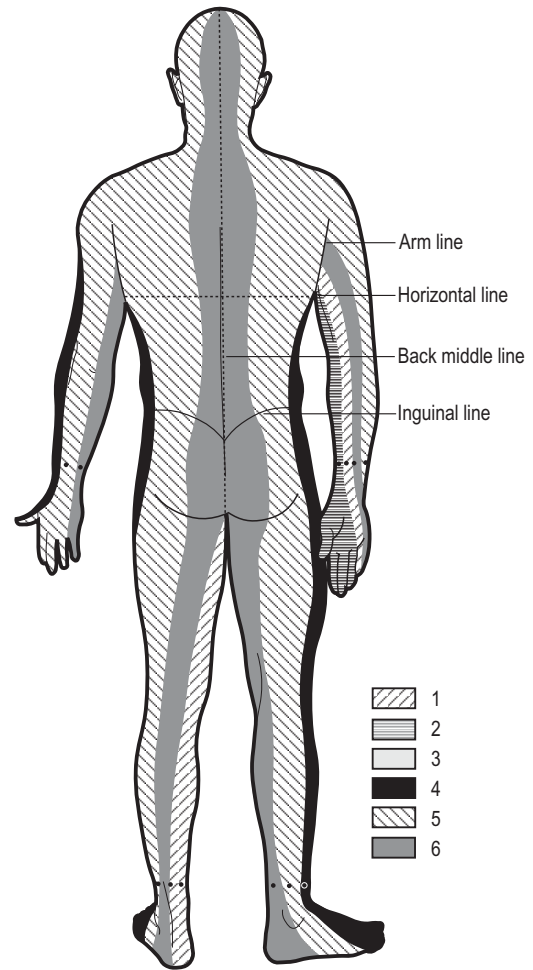


Figure 9.3 Back areas of wrist and ankle acupuncture (adapted with permission from Xi Yonghong 1985, Shanghai Science and Technology Publishing House)

Classification of the regions and their indications

The human body is subdivided into six regions, based on the front and back middle lines.

REGION 1

- *Location:* The local areas lateral to the front middle line, including forehead, eyes, nose, tongue, throat, bronchi, oesophagus, heart, abdomen, perineum.
- *Indication:* Painful forehead, redness and pain of the eyes, blocked nose, runny nose, throat pain and swelling, cough, asthma, epigastric pain, palpitations, painful menstruation, leucorrhoea, enuresis.

REGION 2

- *Location:* The lateral areas of the front of the body, next to region 1, including temple regions, cheek, mandible region, breast, lung, lateral aspects of the abdomen.
- *Indication:* Pain at the temple regions, toothache, asthma, chest pain, hypochondriac pain.

REGION 3

- *Location:* This area is very narrow, including the area of the head and chest anterior to the ear, and the abdomen anterior to the front vertical line of the axillary fossa.
- *Indication:* Pain in these areas.

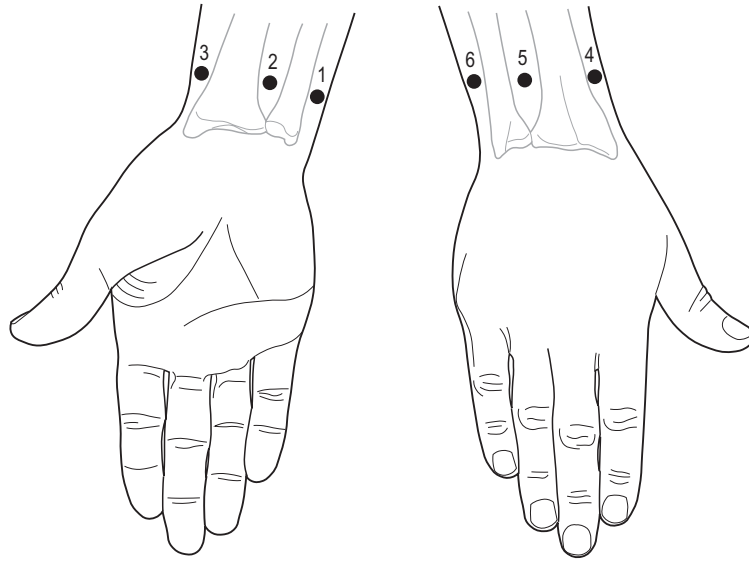


Figure 9.4 Insertion areas of wrist acupuncture (adapted with permission from Xi Yonghong 1985, Shanghai Science and Technology Publishing House)

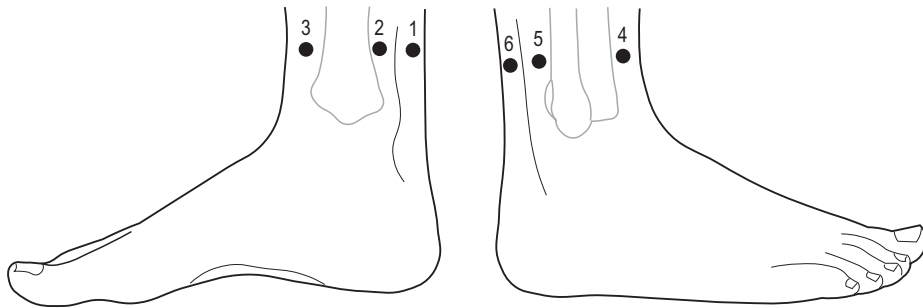


Figure 9.5 Insertion areas of ankle acupuncture (adapted with permission from Xi Yonghong 1985, Shanghai Science and Technology Publishing House)

REGION 4

- *Location:* Junction area of the front and back of the body, including vertex, ear and the area below the axillary region.
- *Indication:* Vertex headache, tinnitus and deafness, chest and abdominal pain around the middle line of the axillary line.

REGION 5

- *Location:* The lateral areas of the back of the body, corresponding to region 2, including lateral aspects

of the head and neck, scapular region, lateral aspects of the trunk and legs.

- *Indication:* Pain in the back of the neck, stiffness of the neck, painful scapular region, painful lower back at the lateral aspects.

REGION 6

- *Location:* The areas lateral to the middle line of the back, corresponding to region 1, including the occipital region, neck, vertebrae, lower back.
- *Indication:* Occipital headache, pain of the nape of the neck, pain along the cervical and the thoracic vertebrae.

FOUR LIMBS

The interior aspects of the arm and leg face to the front; the interior of the arm and leg are considered as the front trunk and the posterior aspects of the arm and leg are considered as the back of the body.

Taking the end point of the sternum as the middle point, the body is subdivided into an upper part and a lower part, thus the body has six upper regions and six lower regions.

Point locations and indications

The needles are inserted at the wrist or ankle; the regions at the wrist are called upper regions and the regions at the ankle are called lower regions.

WRIST REGIONS

There are six places for needle insertion. Each starts 2 cun above the wrist, just on the line of PC-6 and TE-5.

UPPER REGION 1

- *Location:* On the interior aspect of the arm, at the ulnar border of the fifth finger.
- *Indication:* Painful forehead, eye problems, nose problems, facial neuralgia, front toothache, throat pain and swelling, cough, asthma, stomach pain, palpitations, dizziness, night sweating, insomnia, depression, epilepsy.

UPPER REGION 2

- *Location:* On the interior aspect of the arm, between the tendon of the long palmar muscle and the radial flexor muscle of the wrist (m. palmaris longus and m. flexor carpi radialis).
- *Indication:* Pain at the mandible region, fullness of the chest, chest pain, asthma, return lactation.

UPPER REGION 3

- *Location:* Lateral aspect of the radial artery.
- *Indication:* Hypertension, chest pain.

UPPER REGION 4

- *Location:* On the radial bone of the wrist.
- *Indication:* Vertex pain, ear problems, mandible joint problems, chest pain, peri-arthritis of the shoulder joints.

UPPER REGION 5

- *Location:* Level with TE-5.
- *Indication:* Temple pain, shoulder pain, numbness of the upper limbs, limitation of movement of the shoulder, elbow pain, wrist pain, painful fingers.

UPPER REGION 6

- *Location:* At the ulnar aspect of the fifth finger.
- *Indication:* Pain at the back of the head, occipital pain, pain at the neck and cervical vertebrae region, upper back pain in the middle.

ANKLE REGIONS

The points are located around the ankle, level with GB-39 and SP-6.

LOWER REGION 1

- *Location:* At the interior aspect of the heel.
- *Indication:* Lower abdominal distension and pain, pain around the naval, dysmenorrhoea, leucorrhoea, enuresis, genital itching and pain, painful heel.

LOWER REGION 2

- *Location:* At the interior aspect of the ankle, next to the inner border of the tibia.
- *Indication:* Hypochondriac pain, lateral abdominal pain, diarrhoea.

LOWER REGION 3

- *Location:* At the interior aspect of the ankle, next to the outer border of the tibia.
- *Indication:* Painful knees.

LOWER REGION 4

- *Location:* At the junction of the tibia and fibula.
- *Indication:* Painful knee, lower limb weakness or paralysis, painful toes.

LOWER REGION 5

- *Location:* In the middle of the exterior aspect of the leg.
- *Indication:* Painful hip and ankle pain.

LOWER REGION 6

- *Location:* At the exterior aspect of the heel.
- *Indication:* Acute lumbar sprain, lumbar muscle strain, sciatica, painful hip, spasm of gastrocnemius muscle, painful toes.

Abdominal acupuncture (turtle technique)

Abdominal acupuncture is specifically indicated in postoperative pain in the four limbs and lower back. This technique was invented by Professor B.O. Zhiyun in 1992 in China. He discovered this theory by coincidence in 1972 when he applied CV-4 to treat a man suffering from severe lower back pain. The main advantages of abdominal acupuncture are comparatively less pain during needling, long duration of effects and easy learning. However, time is needed to practise to gain more experience. Like other branches of acupuncture treatment, abdominal acupuncture is still in the process of research and development.

The abdomen is a very important part of the human body. Many internal organs lie in the abdomen. Among the fourteen channels in TCM, six channels cross the abdomen with about 48 points in the abdominal area. These abdominal points have therapeutic effects not only in the local area, but also elsewhere in the body. For instance, CV-4 and CV-6 could be used to treat general tiredness and weakness in the body, as well as to treat lower back pain.

In the abdomen, there is an umbilical cord, through which the fetus gets nutrition from the mother. In the area near the umbilical cord, there are rich blood vessels and nerves, and the Conception Vessel, the governor for all the Yin channels in the body, passes through the umbilicus, providing all types of energy to the body.

Point locations and indications

The sternum, umbilicus and pubic symphysis are selected as the measurement signs to locate the points. It is 8 cun from CV-16 to CV-8, and 5 cun from CV-8 to the pubic symphysis.

XIA WAN SHANG (ABOVE CV-10)

- *Location:* 0.5 cun above point CV-10.
- *Indication:* Postoperative complaints in the neck, including pain, dizziness, swelling and limitation of neck movement and numbness of the upper limbs after the operation.

ST-24

- *Location:* 2 cun lateral to point CV-9.
- *Indication:* Postoperative complaints in the shoulder, including pain, dizziness, swelling and limitation of neck movement and numbness of the shoulder after the operation.

SHANG FENG SHI DIAN (UPPER WIND-DAMP POINT)

- *Location:* 0.5 cun superior and lateral to point ST-24.
- *Indication:* Postoperative complaints in the elbow, including pain, swelling, limitation of movement and numbness of the elbow.

SHANG FENG WAI DIAN (UPPER WIND-DAMP EXTERIOR POINT)

- *Location:* 1 cun lateral to point ST-24.
- *Indication:* Postoperative complaints in the wrist joint and palm, including pain, swelling, limitation of movement and numbness of the wrist, and pain in the palm.

SHANG FENG SHANG DIAN (SUPERIOR UPPER WIND-DAMP POINT)

- *Location:* 3 cun lateral to point CV-10.
- *Indication:* Postoperative complaints in the wrist and fingers, including pain, swelling, stiffness, limitation of movement and numbness of the fingers.

ST-26

- *Location:* 2 cun lateral to point CV-7.
- *Indication:* Postoperative complaints in the hip, including pain, swelling, limitation of movement and numbness of the hip.

XIA FENG SHI DIAN (LOWER WIND-DAMP POINT)

- *Location:* 2.5 cun lateral to point CV-6.
- *Indication:* Postoperative complaints in the knee, including pain, swelling, limitation of movement and numbness of the knee.

XIA FENG SHI NEI DIAN (LOWER WIND-DAMP INTERIOR POINT)

- *Location:* 1.5 cun lateral to point CV-6.
- *Indication:* Postoperative complaints in the knee, including pain, weakness and difficulty of movement of the medial side of the knee joint.

XIA FENG SHI XIA DIAN (BELOW WIND-DAMP INFERIOR POINT)

- *Location:* 3 cun lateral to point CV-5.
- *Indication:* Postoperative complaints at the leg, including pain, swelling, limitation of movement and numbness of the ankle and foot.

QI PANG (BESIDE QI)

- *Location:* 0.5 cun lateral to point CV-6.
- *Indication:* Postoperative complaints at the lower back and leg, including pain, swelling and weakness of the lower back and leg.

GUAN YUAN XIA (BELOW CV-4)

- *Location:* 0.3 cun below point CV-4.
- *Indication:* Postoperative complaints at the lumbosacral area and the leg, including pain, swelling, numbness and weakness.

SUMMARY

- The shape of Figure 9.6 is very similar to a turtle.
- Its neck extends from point KI-17.

- Its head is right at CV-12.
- Its tail starts from point Qi Pang, ending at point CV-4.
- Its upper limbs are from point ST-24 to point Shang Feng Shi Dian, ending at point Shang Feng Wai Dian.
- Its lower limbs are from point ST-26 to point Xia Feng Shi Dian, ending at point Xia Feng Xia Dian.
- When we treat disorders in the head, we can select points in the area of CV-12 and KI-19.
- When we treat neck problems, we can select points in the area of KI-17 and KI-18.
- Correspondingly, we treat disorders in the arms on the points in the area of ST-24, Shang Feng Shi Dian and Shang Feng Wai Dian.
- For problems of the lower limbs, we use points in the area of ST-26, Xia Feng Shi Dian and Xia Feng Xia Dian.
- For postoperative complaints in the lumbosacral region and the leg, we can use points in the area of CV-4 and Qi Pang.

Functions

Abdominal acupuncture is used to promote the Qi and Blood circulation, tonify the Qi and Blood, regulate the dynamic balance in the internal organs and relieve the pain.

Indications

Abdominal acupuncture is indicated in various types of Bi syndrome and chronic pain, especially body pain, mainly due to internal disorders, such as neck pain and stiffness, frozen shoulder, sciatica, arthritis, cervical spondylosis, lower back pain, and pain, soreness and numbness of the lower limbs.

Needle requirement and point selection

In practice, acupuncture needles 0.28mm in diameter and 40–60mm in length are often used. The depth of needle insertion is based on the clinical situation in each case. Generally speaking, for most patients, 50mm needles are used, for patients who are obese, 60mm needles and, for very thin patients, 40mm needles are applied. Usually the same length of needle is used to treat the individual patient at all levels.

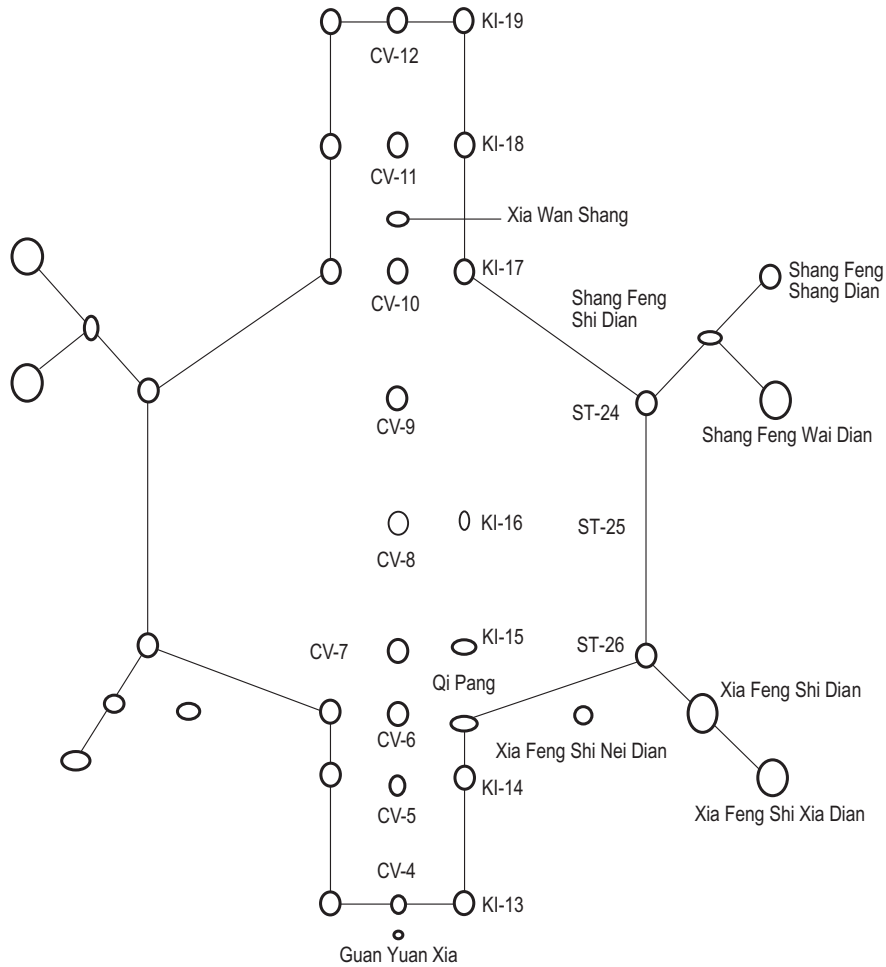


Figure 9.6 Location of abdominal acupuncture points (adapted with permission from Xi Yonghong 1985, Shanghai Science and Technology Publishing House)

Like the channels on the four limbs, most channels on the abdomen distribute along both sides, except the Conception Vessel. When selecting points on the abdomen for abdominal acupuncture, it is preferable to select points from the same side as the complaint. However, the points on the opposite side can also be applied as supplementary points to enhance the therapeutic results.

Needle manipulations

Unlike general acupuncture treatment, abdominal acupuncture does not need deep needle insertion. The depth of needle insertion for abdominal acupuncture is subdivided into three levels: Haven-shallow level,

Human-middle level and Earth-deep level. In practice, patients are mostly treated at Human level. Haven level is used to treat pain at the superficial layer of the body or caused by invasion of External pathogenic factors. Earth level is used to treat chronic pain, Bi syndrome and other disorders often associated with dysfunction of internal organs, etc.

When locating the points, try to avoid the hair and superficial veins on the abdomen. Gentle needle insertion is necessary for most patients. After needle insertion, manipulate the needle with slight rotation, and then wait for 3–5 minutes for the patient's reaction. After this period of time, gently lift and thrust the needles on the abdomen to induce some response. Gentle manipulation is used to tonify the points and strong manipulation is used to reduce the points. Manipulate

the needles at intervals of 10 minutes. Withdraw the needles after 30 minutes.

Contraindications

Acute abdominal pain without clear diagnosis, acute peritonitis, abdominal varicosity caused by hepatosplenomegaly, pregnancy, metastatic carcinoma in the abdomen and patients with extremely weak constitutions.

Corresponding acupuncture points

This refers to two methods of point selection:

- Selection of the points on the opposite side on the four limbs
- Selection of the points on the related places on the four limbs.

This technique of point selection is usually indicated in postoperative pain, especially very localised pain, on the four limbs. It is advisable to apply the reducing method.

Selection of the points on the opposite side on the four limbs

If the pain occurs on the four limbs during or after the operation, it is often impossible to apply acupuncture to control the pain on the same side of the limbs; however, it is possible to apply some points on the opposite side of the four limbs. For instance, if the pain occurs around LI-11 at the right side after operation for tennis elbow, it is inappropriate to puncture LI-10, LI-11 and LI-12 to deal with the postoperative pain; however,

Table 9.1 Corresponding points between upper limbs and lower limbs

Location	Upper limbs	Lower limbs
Shoulder to hip	HT-1 to KI-11	LI-15 to ST-30
	PC-2 to LR-12	TE-14 to GB-30
	LU-2 to SP-12	SI-10 to BL-36
Elbow to knee	HT-3 to KI-10	LI-11 to ST-35
	PC-3 to LR-8	TE-10 to GB-34
	LU-5 to SP-9	SI-8 to BL-40
Wrist to ankle	HT-7 to KI-3	LI-5 to ST-41
	PC-7 to LR-4	TE-4 to GB-40
	LU-9 to SP-5	SI-4 to BL-62

these points from the left arm could be used to sedate the pain.

Selection of the points on the related places on the four limbs

The human body can be divided symmetrically, i.e. shoulders, elbows, wrists and fingers of the upper limbs corresponding to the hips, knees, ankles and toes, respectively. Only the channels on the four limbs that bear the same name are considered as the corresponding channels; the points from the channels of the same name located in the corresponding places are called corresponding points. The Qi and Blood in these two channels are mutually influencing.

For example, if postoperative pain occurs around PC-7 and HT-7 due to operation for carpal tunnel syndrome, the corresponding points around the ankle, such as LR-4 and KI-3, can be used to control the pain because these points are from channels that bear the same name.

Table 9.1 shows a list of suggested corresponding points. It should be noted that all the introduced points can only be used as points to treat the pain symptomatically. They have to be applied in combination with other points to treat the root causes.

Point prescription and frequency of treatment

10

Point prescription

When selecting points to control postoperative pain, the point prescription should be formed as concisely as possible; for example, 6–10 points are selected to treat mild pain or persons of weak constitution. However, to treat severe postoperative pain, or pain with a complicated pathology, a wider prescription containing a greater number of points (e.g. 10–14 points, usually bilateral) can be used to produce a strong, intensive and effective stimulation. After a few initial treatments, points may be modified as the condition requires.

Among the points selected, the following should normally be included, in the order presented.

1. Puncture at the related Source point and Connecting point, or Source point and Sea point

Generally speaking, postoperative pain can be caused either by disorder of the channels or by disorder of the internal Zang-Fu organs, or a mixture of channels and internal Zang-Fu organs due to various causes. When there is only disorder of the channel with no deep involvement of the internal Zang-Fu organs, then the Source point and Connecting point are often selected with the reducing method so as to harmonise the collaterals, regulate the channels and promote the Qi and Blood circulation. When there is only disorder of the internal Zang-Fu organs, the Source point and Sea point are often selected, with the reinforcing method for Deficiency and the reducing method for Excess.

2. Puncture at the related Accumulation point with the reducing method

Traditionally speaking, this type of point is often used to treat acute pain due to various causes; however, the Accumulation point also has the ability to control postoperative pain, either acute or chronic. The reducing method should be applied on this point to sedate the pain and promote the Qi and Blood circulation.

Ah Shi points also play an important role during treatment at this time. Ah Shi points near the painful spots are more often applied for chronic postoperative pain than for acute pain because of local swelling, wound formation and oversensitivity of the skin to pain.

3. Puncture at the points to calm the Shen and benefit the Heart

In fact, it is possible that this procedure could be applied first, just before the above two procedures.

When postoperative pain occurs, the patient usually suffers from restlessness, emotional stress and insomnia, which are caused by restlessness of the Shen due to failure of the Heart to house the Shen.

The Shen denotes the totality of a person's life capacity at any given moment, both in health and disease. When the Shen is strong, the body, psyche and personality are in harmony, reflected by an alertness of emotional expression, conscious identification, presence of mind, good memory, bright eyes and a lustrous complexion.

The Heart governs the Blood and Blood Vessels of the entire body and propels the Blood through the body. This continuous flow of Blood through the Vessels nurtures both the body and the limbs, and serves as a vehicle for communication. The Blood communes with each and every part, pervading all regions of the whole body. The Blood propelled from the Heart enfolds the Shen in order to maintain awareness, serving as the material matrix of the psyche.

When the Heart fails to maintain its physiological functions, insufficiency of Blood supply to the four limbs and internal Zang-Fu organs, or stagnation of Blood in the Blood Vessels, may occur. This may lead to postoperative pain.

Furthermore, since the Heart is the governor of all the Zang-Fu organs, disturbance of the Heart may subsequently impair the functions of other organs, resulting in aggravation of pain.

4. Puncture at the points to eliminate the causative factors

If only the above points are selected without choosing points to eliminate the causative factors, the pain will only be relieved temporarily and superficially, which is not the core of acupuncture treatment. In order to relieve postoperative pain as completely as possible, the above points are used followed by selecting other points to eliminate the causative factors in order to dispel the External pathogenic factors, smooth the emotions, regulate the internal Zang-Fu organs, balance Yin and Yang, and restore the physiological functions of the body. The Five Shu points, Mother-Son points, Back Transporting points, Front Collecting points, Gathering points and Confluence points, as well as

Inducing points, are considered to be the points most likely to eliminate the causative factors.

Retaining and withdrawing of the needles

Retaining

'Retaining' means to hold the needles in the body after they are inserted to a given depth below the skin.

Pathological conditions determine needle retention and its duration. In general, the needles are retained for 15–20 minutes after the arrival of Qi to treat postoperative pain due to incomplete disappearance or new invasion of External pathogenic factors. However, for most postoperative pain, the needles are retained for an appropriately prolonged interval after the arrival of Qi:

- For pain immediately after the operation, most patients require retention of the needles for 30–45 minutes each time
- For pain months or years after the operation, most patients require retention of the needles for 20–30 minutes each time
- For patients with a dull needling sensation, retaining the needles serves as a method to wait for Qi to come, which could last for 1–2 hours.

Before the stage of retaining the needles, arrival of Qi is of prime importance. In order to keep maintaining the arrival of Qi, manipulation of the needles during the retention period may be applied at intervals, usually every 5–10 minutes, in order to enhance the therapeutic effects.

It must be borne in mind that when there is no arrival of Qi after insertion of the needles, or when no manipulation is applied during the treatment, even if an accurate diagnosis is established and a good prescription of points is formed, it will be impossible to achieve a good therapeutic result.

Withdrawing

On withdrawing the needle, press the skin around the point with the thumb and index finger of the pressing hand, rotate the needle gently with an even and steady force to prevent it sticking and lift it slowly to the subcutaneous level. Then withdraw it quickly and press the punctured point with a dry cotton ball to prevent bleeding and infection.

On withdrawing the needle, an extra technique can be used to assist the reinforcing or reducing effect. Shake the needle to enlarge the acupuncture hole and allow the pathogenic factors to escape, then withdraw the needle slowly and leave the hole open; this is the reducing method. Conversely, withdraw the needle quickly and press the hole with a dry cotton ball to prevent the Qi from escaping; this is the reinforcing method.

Withdrawing the needle forcefully is prohibited. If there is excessive bleeding, even during the reducing treatment, it is necessary to stop the bleeding at the point. When there is haematoma, cotton balls should be used to press it to stop bleeding into the muscle and diminish the swelling.

Frequency of treatment

Recommended frequencies of treatment and rest intervals are different for patients with pain immediately after the operation and those with pain afterward.

For pain immediately after the operation, most patients require treatment once a day, or more than one

treatment in a single day if this is possible. When the pain is stabilised, it can then be treated once every 3–4 days, or once a week.

For pain months or years after the operation, most patients require treatment once a week. When the pain is stabilised or greatly diminished, it is then treated once every 1–4 weeks.

Each acupuncture point has its own distinctive characteristics, yet those on the same channel or in the same locality have certain effects in common. It is not advisable to needle the same points too many times in the same treatment session as the efficacy of these points will diminish. Rather, other points with similar characteristics should be substituted, or a similar prescription made up of different points should be used instead.

When treating the patient for the first time, especially a nervous one, the practitioner should needle fewer points, increasing the number in later treatments when the patient is more accustomed to acupuncture.

After receiving acupuncture treatment for a period of weeks, treatment should be suspended temporarily, usually for 1–2 weeks, to rest the body.

11 *Modern research on pain control by acupuncture*

Understanding acupuncture points and the channel system in terms of modern science is important to facilitate the study and application of acupuncture in the treatment of post-operative pain.

Over the past 30 years both patients and professionals have been asking questions such as: How does acupuncture work in a modern and scientific sense? What are the mechanisms? Is there any scientific evidence that supports the effectiveness of acupuncture?

In order to reply to these questions, scientists and practitioners have been working very hard, both at home and abroad, and a number of scientific studies and clinical trials have been conducted since the 1970s. For example, some scientists have found that most acupuncture points and channel points are the high electric conductance points on the body surface, and vice versa. It is believed that acupuncture points are organising centres in morphogenesis. At the macroscopic level, they are singular points in the morphogen gradient, phase gradient and electromagnetic field; channels are separatrices. Conversely, other research has tended to substantiate the ancient theories of Traditional Chinese Medicine (TCM). Thanks to modern research, it is now accepted that human beings are complex bioelectric systems, thus validating the foundation of acupuncture practice over the past few thousand years.

Currently, there are a number of theories concerning acupuncture in modern science, as described below.

Theory A: most pain impulses are conducted along the same pathways as channel circulation

It is an objective fact that transmission of pain always follows certain pathways. These pathways are closely related with channel theory in TCM. Observation shows that when there is application of acupuncture in the treatment of pain, and when the needle sensation is conducted along a specific channel, the line with reduced sensitivity for pain can be found in the middle of the channel. This reduced sensitivity decreases gradually from the centre of the channel to the periphery, i.e. the centre of the channel is less sensitive to pain. Observation also shows that transmission of pain along the channels can be significantly diminished when certain methods are used to promote the circulation of the channel. Conversely, transmission of pain along the channels can be significantly increased when certain methods are used to block channel circulation.

Theory B: pain impulses are blocked from reaching the spinal cord or brain at various 'gates' to these areas

Research shows that both peripheral and central nerves are important in pain relief by acupuncture. In terms of the peripheral nerves, when acupuncture is applied for pain treatment, on the one hand it could cause conduction blockage of sensory fibres in the algetic nerves; on the other hand, it could inhibit the reaction of the dorsal horn cells of the spinal cord to noxious stimulation. Peripheral nerves receive and conduct the acupuncture message, with nerve fibres II, III and IV participating in the whole process of acupuncture treatment for pain relief. In terms of the central nerves, various levels of these nerves, including spinal cord, brain stem, thalamus, caudate nucleus and cortex, participate in the process of pain relief by acupuncture.

Spinal cord

Scientific research has found that acupuncture can cause postsynaptic inhibition in the posterior horn of the spinal cord. It has also found that the acupuncture message is conducted to the medulla oblongata by the anterior funiculus of the spinal cord, which activates the medial reticular structure. Afterwards, this acupuncture message flows downward via the posterior funiculus, causing postsynaptic inhibition due to depolarisation in the fine afferent nerve endings. Finally, it results in partial blockage of the afferent impulse from the fine fibres.

Brain stem and parafascicular nucleus

As to the function of the brain stem, it has been found that activity of hyperalgetic neurones in the reticular structure of the midbrain can be controlled by electric acupuncture. Animal experiments have shown that stimulation to the nuclei of the median raphe by electric acupuncture can increase the animals' pain threshold, thus improving the ability to resist pain. When the locus coeruleus is impaired, it may increase the capacity of pain relief by electric acupuncture; however, activation and stimulation of the locus coeruleus could decrease this capacity.

Research also shows that, after acupuncture is applied, impulses are released from the grey matter around the aqueduct of the midbrain, the giant nucleus in the medial reticular structure of the brain stem and a group of nuclei in the median raphe. These impulses travel upward to inhibit the electric discharge by the hyperalgetic cells from the parafascicular nucleus in the thalamus, and travel downward to control the activity of neurones in transmission of the pain message in the posterior horn of the spinal cord so as to relieve the pain. In fact, the parafascicular nucleus is one of the key positions for transmission of the pain message.

Caudate nucleus

Scientists have discovered that when stimulation is applied to activate the caudate nucleus, the pain threshold is increased, thus enhancing the effect of pain relief by electric acupuncture. On the other hand, inhibition of the caudate nucleus decreases the effect of pain relief by electric acupuncture.

Generally speaking, when the pain message enters the central nervous system (CNS), it could take some time to reach the cerebrum. The posterior horn of the spinal cord and the parafascicular nucleus are two key locations to receive and transmit pain messages. The caudate nucleus in the CNS, the grey matter around the aqueduct of the midbrain, the giant nucleus in the medial reticular structure of the brain stem and a group of nuclei in the median raphe are also important in reception and transmission of the pain message.

Theory C: acupuncture stimulates the body to produce narcotic-like substances called endorphins, which reduce pain

One proposed mechanism of acupuncture is that it increases the brain's release of natural pain-relieving molecules known as endorphins. These are very similar to opiates (e.g. morphine), which are potent anaesthetic agents. This work was performed and guided by Professor Dr Han Jisheng, a world-renowned professor in acupuncture research in the 1970s when China

launched its research programme for acupuncture-induced anaesthesia during the Cultural Revolution. His studies showed that electric stimulation of acupuncture needles released different levels of endorphin compounds into the CNS. This is the key mechanism most widely used to explain the effectiveness of acupuncture treatment in relieving pain.

This explanation, however, does not explain all the mechanisms of how acupuncture can help to alleviate pain, because acupuncture has other physiological effects besides pain relief. It often increases local blood circulation to areas of muscle spasm, and can decrease muscular contraction that often causes or contributes to painful conditions. Thus, the local actions of decreased tissue swelling (due to better blood circulation) and less muscle spasm may relieve pressure on nerves or interior organs, leading to relief of pain.

Theory D: there is a connection via the central nervous system that induces the production or secretion of other chemicals in the body such as neurotransmitters, hormones and lymphokines

Though most of these chemicals are used up fairly quickly, clinical experience indicates that acupuncture generally has cumulative effects. Thus, acupuncture must provide some training of the autonomic mechanisms in the body that control and regulate the physiological functions of the patients when pain occurs.

Theory E: psychological and cultural background are important factors

It is believed that many psychological modalities, including formal relaxation and distraction training, as well as clear explanations before giving acupuncture treatment, may directly ameliorate pain and increase a positive attitude to the acupuncture treatment. People who are very anxious about acupuncture treatment and feel very nervous during the treatment tend to have

considerable muscle tension in the body, which may directly diminish acupuncture's pain-relieving effects.

On the other hand, due to cultural differences, Chinese people accept acupuncture treatment for pain syndromes more readily than foreigners. During acupuncture treatment, Chinese patients also tend to cooperate better with the practitioners, resulting in less muscle tension, cramp and nervousness. All these clinical reactions are important factors in achieving good therapeutic results in pain control by acupuncture treatment.

Theory F: external suggestion (e.g. hypnosis) could be a factor

Although it is a common belief that acupuncture treatment for pain is a form of hypnosis, there is, as yet, no evidence for this belief. Studies have shown no correlation between a person's capacity to be hypnotised or belief in the treatment and the subsequent results. People who receive acupuncture and do not believe that it will help are just as likely as people with full faith in the treatment to respond. Successful application of acupuncture treatment for many animal diseases could be the best evidence that acupuncture treatment for pain is not a form of hypnosis.

Theory G: acupuncture can bring about biochemical changes in the body

Serotonin (5-HT) changes

Acupuncture treatments affect several of the body's neurotransmitters, resulting in changes in the blood serum levels of these neurotransmitters.

Scientists have found that the level of 5-HT, one of the strongest neurotransmitters to influence sensitivity to pain, has a corresponding relationship with the effect of pain relief during acupuncture treatment, i.e. the higher the level that it reaches, the less sensitivity to pain that occurs. Acupuncture, especially electric acupuncture, can increase the level of 5-HT – and thus the pain threshold – so as to achieve a greater ability to resist pain. For instance, high 5-HT levels induced by electric acupuncture can be found in those people who

undergo stomach operation with the help of anaesthesia induced by electric acupuncture.

Acetylcholine (ACh) changes

Studies have shown that, when the pain threshold is increased by acupuncture, a high level of ACh can be measured in the cerebral cortex, caudate nucleus and hypothalamus; however, when the pain threshold is decreased, a low level of ACh appears. Thus it is believed that the level of ACh could play an important role in pain relief.

Catecholamine (CA) changes

Some studies have shown that noradrenaline (NA) has the opposite effect in relieving pain. When the threshold is increased and pain relief is obtained, the level of NA is low in the cerebral cortex, hypothalamus, brain stem, spinal cord and striate body.

It is also interesting to note that dopamine (DA) is increased in the caudate nucleus when the pain threshold is strengthened by electric acupuncture. In addition, when the threshold is increased, the level of homovanillic acid (HVA), one of the major products of metabolism from DA, is high in the midbrain and interbrain.

Calcium changes

Calcium is a second messenger, intercellular messenger and morphogen in both excitable and non-excitable cells of almost all the physiological systems. It has been found that calcium mediates signal transduction in the channel system and in acupuncture. For instance, the calcium ion concentration in channels and acupuncture points in rabbits was significantly higher than that

in non-channel and non-acupuncture points. When calcium in the PC-3 acupuncture point is chelated, the curative effect of arrhythmia by puncturing PC-6 is blocked, suggesting that calcium is an important factor in acupuncture and is probably involved in the activities of the channels in pain control.

The channel system is a distinct signal transduction system. Although there are some findings of acupuncture effect on the nervous system and the circulatory system – particularly the endorphin effect of acupuncture analgesia and its blockage by naloxone, which clearly indicates that some effect of acupuncture is mediated through the nervous system – many channels do not correlate with major nerves or blood vessels. Despite overlapping and interacting with other systems, the channels are not simply part of the nervous or circulatory system. For instance, the distribution of the Governing Vessel on the scalp and the auricular acupuncture points has not been satisfactorily accounted for by any model based on the nervous system and/or circulatory system. The Governing Vessel is a major pathway of magnetic flux on the scalp, and also a separatrix, which divides the scalp into two domains of different flow directions. Morphologically, the Governing Vessel is also a separatrix that divides the body surface into two symmetrical parts. The acupuncture point GV-20 is a singular point – a major sink at the surface magnetic field. This pattern is consistent with the pattern of the channel system, which differs from the distribution of any major nerve, lymphatic or blood vessel on the scalp.

Summary

Acupuncture works with a person's internal pharmacy, unlike putting in chemicals from the outside. This approach has several advantages over pharmaceutical medicine.

Facial pain 12

Introduction

Postoperative facial pain refers to the occurrence of pain after operation at one side or on both sides of the face. The nature of facial pain includes a distending pain, sour pain, burning pain, stabbing pain, severe pain, slight pain, constant pain and intermittent pain.

There is usually facial pain prior to the operation with possible aggravation of or residual facial pain after the operation.

The following channels, divergences or sinews have connections with the face:

- The head is the confluence of Yang.
- All the Yang channels pass through the head, such as:
 - the branch of the Large Intestine channel, from the supraclavicular fossa, which runs upward to the neck and passes through the cheek.
 - the Stomach channel, which starts from the lateral side of the ala nasi (LI-20 Yingxiang). It ascends to the root of the nose, where it meets the Bladder channel (BL-1 Jingming). Running downward along the lateral side of the nose (ST-1 Chengqi), it enters the upper gum. Re-emerging, it curves around the lips and descends to meet the Conception Vessel at the mentolabial groove (CV-24 Chengjiang). It then runs posterolaterally across the lower portion of the cheek (ST-5 Daying). Winding along the angle of the mandible (ST-6 Jiache), it ascends in front of the ear and traverses GB-3 Shangguan. It then follows the anterior hairline and reaches the forehead. The facial branch of the Stomach channel, emerging in front of ST-5 Daying, runs downward to ST-9 Renying.
 - the branch of the Small Intestine channel, from the supraclavicular fossa, which ascends to the neck, and further to the cheek and the outer canthus, and finally enters the ear (SI-19 Tinggong). The branch from the cheek runs upward to the infraorbital region (SI-18 Quanliao) and further to the lateral side of the nose. It then reaches the inner canthus (BL-1 Jingming) to link with the Bladder channel.
 - a branch of the Triple Burner (Energiser), originating from the chest and running upward to the posterior border of the ear and to the corner of the anterior hairline, which turns downward to the cheek and terminates in the infraorbital region. The auricular branch, emerging in front of the ear, crosses the previous branch of the cheek and reaches the outer canthus (TE-23 Sizhukong) to link with the Gall Bladder channel.
 - the Bladder channel, which starts from the inner canthus (BL-1 Jingming) and ascends to the forehead.
 - the branch of the Gall Bladder channel, arising from the outer canthus, which runs downward to ST-5 Daying and meets the Triple Burner channel in the infraorbital region. It then passes through ST-6 Jiache.

- The branch of the Liver channel, which arises from the 'eye system', runs downward into the cheek and curves around the inner surface of the lips.
- The Conception Vessel curves around the lips, passes through the cheek and enters the infraorbital region (ST-1 Chengqi).
- The Governing Vessel, after entering the brain, further ascends to the vertex and winds along the forehead to the columella of the nose.
- The Yang Motility Vessel winds over to the shoulder and ascends along the neck to the corner of the mouth.
- The Yin Motility Vessel runs lateral to the Adam's apple in front of ST-9 Renying and then along the zygoma. From there, it travels upward to the face and reaches the inner canthus (BL-1 Jingming) to communicate with the Yang Motility Vessel.
- The channel divergence of the Stomach channel ascends through the Heart and alongside the oesophagus to reach the mouth. It then runs upward beside the nose and connects with the eye before finally joining the Stomach channel.
- The channel divergence of the Gall Bladder channel, proceeding upward and crossing the Heart and oesophagus, disperses in the face. It then connects with the eye and rejoins the Gall Bladder channel at the outer canthus.
- The channel divergence of the Liver channel, after passing through the pubic region, converges with the channel divergence of the Gall Bladder channel to disperse in the face.
- The channel divergence of the Heart channel, after connecting with the Heart, runs upward across the throat and emerges on the face.
- The Connecting Vessel of the Heart channel runs to the root of the tongue and connects with the eye.
- A branch of the Connecting Vessel of the Large Intestine channel runs along the arm to LI-15 Jianyu and crosses the jaw. Another branch originates at the jaw and enters the ear to join the Penetrating channel.
- A branch of the channel sinews of the Bladder channel emerges from the supraclavicular fossa and traverses the face to come out beside the nose.
- A branch of the channel sinews of the Gall Bladder channel descends from the temple across the cheek and then beside the bridge of the nose.
- Above the nose, the channel sinews of the Stomach channel join with the channel sinews of the Bladder channel to form a muscular net around the eye. A sub-branch separates at the jaw and knots in front of the ear.
- Emerging above the auricle, the straight branch of the Small Intestine channel descends across the face

and knots beneath the mandible, then continues upward to link the outer canthus. Another branch starts at the mandible, ascending around the teeth and in front of the ear.

- A branch of the channel sinews of the Triple Burner channel splits out at the angle of the mandible and connects with the root of the tongue. Another branch proceeds upward in front of the ear to the outer canthus, then crosses the temple and connects at the corner of the forehead.
- The straight branch of the channel sinews of the Large Intestine channel crosses over the head, connecting at the mandible on the opposite side of the face.

If there is operation at one side of the face, the related points at the opposite side can be selected. If there is operation on the whole face, then the points on the face can be omitted, and distal points on the relevant channels selected.

Postoperative facial pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as flaring-up of Liver-Fire, accumulation of Heat in the Yangming channels, accumulation of Wind-Phlegm in the channels, stagnation of Blood, deficiency of Qi and deficiency of Blood.

Treatment based on differentiation

Basic point selection based on channel differentiation

Many channels, channel divergences and Connecting Vessels are related with the face; most are Yang channels, their channel divergences and Connecting Vessels. Postoperative facial pain can be divided into the following elements: pain at the cheek, pain around the mouth, pain around the inner canthus and pain at the outer canthus.

If there is facial pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Stomach channel, add ST-34, ST-36, ST-40, ST-42 and PC-6
- For the Large Intestine channel, add LI-3, LI-4, LI-6, LI-7, LI-19 and LI-20

- For the Small Intestine channel, add SI-3, SI-4, SI-6, SI-7, SI-8, SI-17 and SI-18
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-17, TE-21 and TE-23
- For the Bladder channel, add BL-2, BL-3, BL-4, BL-5, BL-58, BL-62, BL-63 and BL-64
- For the Gall Bladder channel, add GB-2, GB-3, GB-4, GB-20, GB-37, GB-40, GB-41 and TE-5
- For the Conception Vessel, add CV-15, CV-17, CV-24, LU-7 and KI-6
- For the Governing Vessel, add GV-1, GV-14, GV-23, GV-24, SI-3 and BL-62.

Points related with other channels, such as Heart and Liver, should be used if these channels are involved.

Treatment differentiation

FLARING-UP OF LIVER-FIRE

SYMPTOMS AND SIGNS

Postoperative facial pain with a burning feeling, aggravation of the pain by emotional upset, nervousness and drinking alcohol, restlessness, irritability, fullness of the chest, insomnia, headache, a stiff neck, a bitter taste in the mouth, constipation, a red tongue with a yellow coating, and a rapid and forceful pulse that is particularly wiry at the Liver and Gall Bladder positions.

PRINCIPLE OF TREATMENT

Clear the Heat, reduce the Liver-Fire and sedate the facial pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-2 Xingjian, LR-3 Taichong, LR-8 Ququan, GV-20 Baihui, GB-20 Fengchi, GB-43 Xiashi, ST-44 Neiting, and some points on the face if they are able to be used, e.g. ST-3 Juliao, ST-6 Jiache and ST-7 Xiaguan.

Reducing method is applied on all these points except ST-3, ST-6 and ST-7, for which even method is used.

EXPLANATIONS

- LI-4 and LR-3, the so-called 'four gate points', have a strong effect on the suppression of Excessive-Fire and Wind, reduce the facial pain and suppress Liver-Fire.

- LR-2, the Spring point of the Liver channel, GB-43, the Spring point of the Gall Bladder channel and ST-44, the Spring point of the Stomach channel, together with GV-20 and GB-20, are applied to cool the face, reduce the Liver-Fire and clear the Heat, so as to treat the root cause.
- LR-8, the Water point of the Liver channel, is used here to nourish the Water so as to control the Liver-Fire. In addition, this point is also the Sea point of the Liver channel, and is good for treating Liver disorders generally. This point is also effective in relieving tinnitus and ear pain, since flaring-up of Liver-Fire often causes these two symptoms.
- ST-3, ST-6 and ST-7, all the local points, are used to promote the Qi and Blood circulation in the collaterals on the face and relieve facial pain.

MODIFICATIONS

1. If there is emotional upset or depression due to stagnation of Liver-Qi, add PC-6 and LR-14 to promote Liver-Qi circulation and relieve the depression.
2. If there is headache, add GV-19 and GV-21 to suppress the Liver-Fire and relieve the headache.
3. If there is restlessness with palpitations, and insomnia due to disturbance of the Shen by the Liver-Fire, add HT-3 and PC-8 to clear the Heat in the Heart and calm the Shen.
4. If there is a bitter taste in the mouth with vomiting due to uprising of Gall Bladder-Qi, add GB-34 to descend Gall Bladder-Qi and stop the vomiting.

ACCUMULATION OF EXCESSIVE-HEAT IN THE YANGMING CHANNELS

SYMPTOMS AND SIGNS

Facial pain after the operation with a hot feeling, aggravation of the facial pain by exposure to heat, occasional stabbing pain on the face, toothache, headache, thirst, constipation, a foul smell from the mouth, a red tongue with a yellow and dry coating, and a rapid and forceful pulse that is particularly wiry at the Stomach position.

PRINCIPLE OF TREATMENT

Clear the Heat, reduce the Fire, regulate the Yangming Fu organ and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu, SP-6 Sanyinjiao, and some points on the face if they are able to be used, e.g. ST-3 Juliao, ST-6 Jiache and ST-7 Xiaguan.

Reducing method is applied on all these points except ST-3, ST-6 and ST-7, for which even method is used.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point from the Large Intestine channel, respectively, are able to clear the Heat and reduce the Fire in the Large Intestine.
- ST-34, the Accumulation point, ST-40, the Connecting point and ST-43, the Stream point, are used to harmonise the collaterals of the Stomach, regulate the Qi circulation and relieve the facial pain.
- ST-42, the Source point of the Stomach channel, is used to descend the Stomach-Qi, clear the Heat in the Yangming Fu organ, promote the Qi and Blood circulation in the Stomach channel and relieve the facial pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation and relieve the facial pain.
- ST-3, ST-6 and ST-7 are used to harmonise the local region and relieve the facial pain.

MODIFICATIONS

1. If there is gum bleeding due to flaring-up of Stomach-Fire, add ST-45, the Son point of the Stomach channel, to clear the Heat and reduce the Fire in the Stomach so as to stop the bleeding.
2. If there is constipation due to accumulation of Heat in the Large Intestine, add ST-25, Alarm Mu point of the Large Intestine, and ST-37, the Lower Sea point of the Large Intestine, to promote the Qi circulation in the Large Intestine and relieve the constipation.
3. If there is thirst due to consumption of Body Fluids by Yangming Fire, add SP-6 to promote the secretion of Body Fluids.
4. If there is stomach pain due to accumulation of Heat in the Stomach, add CV-12, Alarm Mu point of the Stomach, to relieve the stomach pain.
5. If there is restlessness and insomnia, add HT-3 to calm the Shen and relieve the restlessness.

ACCUMULATION OF WIND-PHLEGM IN THE CHANNELS*SYMPTOMS AND SIGNS*

Intermittent occurrence of postoperative facial pain, spasm of the facial muscles (mostly on one side of the face), tic in the face, aggravation of the situation by emotions (especially by anger and stress, or by exposure to humidity), nervousness, occasional dizziness, numbness and swelling of the face, a thin or thick, white and greasy tongue coating, a wiry pulse at the Liver and Heart positions and a slippery pulse at the Spleen and Lung positions.

PRINCIPLE OF TREATMENT

Suppress the Wind, resolve the Phlegm and sedate the facial pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, GB-20 Fengchi, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu, SP-6 Sanyinjiao, SP-9 Yinlingquan, and some points on the face if they are able to be used, e.g. ST-3 Juliao, ST-6 Jiache and ST-7 Xiaguan.

Reducing method is applied on all these points except ST-3, ST-6 and ST-7, for which even method is used.

EXPLANATIONS

- LI-4 and LR-3, the four gate points, together with GB-20, are used to dispel and calm the Internal Wind in the body, promote the Qi and Blood circulation and sedate the facial pain.
- ST-34, the Accumulation point, ST-40, the Connecting point and ST-43, the Stream point, are used to harmonise the collaterals on the face, eliminate Damp-Phlegm, regulate the Qi circulation and relieve the facial pain.
- ST-42, the Source point of the Stomach channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to promote the Qi and Blood circulation, eliminate Damp-Phlegm in the body and relieve the facial pain.
- ST-3, ST-6 and ST-7 are used to harmonise the local region and relieve the facial pain.

MODIFICATIONS

1. If there is a tic at the corner of the mouth, add ST-4 and SI-18 to subdue the Wind and relieve the tic.
2. If there is a tic at the corner of the eye, add Extra Taiyang and TE-23 and GB-1 to subdue the Wind and relieve the tic at the corner of the eye.
3. If there is aversion to cold on the face due to a blockage of Yang-Qi in the channel by Phlegm, apply moxibustion on the face, and add ST-36 and ST-40 to promote Yang-Qi circulation and relieve the blockage.
4. If there is depression, nervousness, irritability and emotional instability due to stagnation of Liver-Qi, add GV-20 and LR-14 to promote circulation of the Liver-Qi, harmonise the emotions and calm the Liver.
5. If there is restlessness and insomnia, add HT-3 to calm the Shen and relieve the restlessness.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Stabbing pain on the face with fixed location after the operation, poor healing of the wound on the face, purplish skin colour on the face or around the wound, aggravation of the pain at night and after the operation, formation of a hard swelling on the face, a purplish tongue with a thin coating, and a wiry and erratic pulse, or a wiry and thin pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of the Qi and Blood, smooth the collateral and sedate the facial pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, PC-6 Neiguan, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu, SP-6 Sanyinjiao, SP-10 Xuehai, and some points on the face if they are able to be used, e.g. ST-3 Juliao, ST-6 Jiache and ST-7 Xiaguan.

Reducing method is applied on all these points except ST-3, ST-6 and ST-7, for which even method is used.

EXPLANATIONS

- The Qi circulation guides the Blood circulation. LI-4 and LR-3 are used to regulate the Qi circulation so as to promote the Blood circulation.

- PC-6, the Confluent point of the Yin Linking Vessel and the Connecting point of the Pericardium channel, is used to regulate the Qi circulation, smooth the emotions, calm the Shen and relieve the pain.
- ST-34, the Accumulation point, ST-40, the Connecting point and ST-43, the Stream point, are used to harmonise the collaterals of the Stomach, regulate the Qi circulation and relieve the facial pain.
- ST-42, the Source point of the Stomach channel, is used to promote the Qi and Blood circulation in the Yangming channel and relieve the facial pain.
- SP-6 and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the facial pain.
- ST-3, ST-6 and ST-7 are used to harmonise the local region and relieve the facial pain.

MODIFICATIONS

1. If there is pain around the mouth, add ST-4 to promote Blood circulation in the Stomach channel and relieve the pain around the mouth.
2. If there is pain around the malar region, add SI-4 and SI-18 to promote Blood circulation in the Small Intestine channel and relieve the pain.
3. If there is aggravation of pain at night due to severe stagnation of Blood, add HT-7 and BL-17 to regulate Blood circulation, eliminate Blood stasis and calm the Shen.
4. If there is occurrence of pain around the ear due to stagnation of Blood in the Shaoyang channel, add GB-2 and TE-21 to activate the Qi and Blood circulation in the Shaoyang channel and relieve the pain.

DEFICIENCY OF QI

SYMPTOMS AND SIGNS

Persistence of facial pain after the operation, pain with a heavy feeling, aggravation of pain by tiredness, retardation of wound healing, a pale complexion, facial oedema, poor appetite, loose stool, shortness of breath, aversion to cold, spontaneous sweating, low voice, cold hands and feet, a pale tongue with a thin, white and greasy coating, and a thready and weak pulse.

PRINCIPLE OF TREATMENT

Tonify the Qi, warm and harmonise the collaterals and relieve the facial pain.

ACUPUNCTURE TREATMENT

ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xianggu, SP-3 Taibai, SP-6 Sanyinjiao, CV-6 Qihai, and some points on the face if they are able to be used, e.g. ST-3 Juliao, ST-6 Jiache and ST-7 Xiaguan.

Reinforcing method is applied on ST-36, ST-42, SP-3 and SP-6, and even method on the remaining points. Moxibustion should be applied on ST-36, SP-3 and the local points on the face.

EXPLANATIONS

- ST-34, the Accumulation point, ST-40, the Connecting point and ST-43, the Stream point, are used to harmonise the collaterals of the Stomach, regulate the Qi circulation and relieve the facial pain.
- ST-36, the Sea point, ST-42, the Source point of the Stomach channel, SP-3, the Source point of the Spleen channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to tonify the Qi and reinforce the Stomach and Spleen so as to relieve the facial pain.
- CV-6 is used to reinforce the Yuan-Qi and improve Yang-Qi distribution.
- ST-3, ST-6 and ST-7 are used to harmonise the local region and relieve the facial pain.
- Moxibustion warms the collaterals, dispels the Cold and relieves the facial pain.

MODIFICATIONS

1. If there is chronic tiredness due to deficiency of general Qi, add CV-4 with moxibustion to tonify Yuan-Qi and relieve the tiredness.
2. If there is shortness of breath due to deficiency of Lung-Qi, add LU-9, the Source point, and PC-6, the Confluent point of the Yin Linking Vessel and the Connecting point of the Pericardium channel, to tonify the Lung-Qi and relieve the shortness of breath.
3. If there is poor appetite and loose stool due to weakness of the Stomach and Spleen, add CV-12, the Alarm Mu point of the Stomach, and SP-9, the Sea point of the Spleen channel, to activate the Spleen and Stomach, eliminate Damp-Phlegm and relieve the loose stool.
4. If there is numbness on the face due to deficiency of Qi, use Plum-Blossom needling to improve the numbness.

DEFICIENCY OF BLOOD*SYMPTOMS AND SIGNS*

Slight postoperative facial pain, dryness on the face, aggravation of the facial pain by tiredness, blurred vision, dizziness, hair loss, poor memory, slight headache, a pale complexion, slightly dry stool, a pale tongue with a thin white coating, and a thready and weak pulse at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Reinforce the Blood, nourish the face and sedate the pain.

ACUPUNCTURE TREATMENT

ST-36 Zusanli, SP-6 Sanyinjiao, LR-3 Taichong, LR-8 Ququan, GB-39 Xuanzhong, KI-3 Taixi, KI-10 Yingu, and some points on the face if they are able to be used, e.g. ST-3 Juliao, ST-6 Jiache and ST-7 Xiaguan.

Even method is applied on the facial points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- The Blood nourishes the body. If there is Blood deficiency due to various causes, the face will fail to be nourished, leading to facial pain of the Deficient type.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver and reinforce the Blood. ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to activate the Spleen and Stomach and reinforce Qi and Blood production so as to tonify the Blood in the body. GB-39, the Gathering point of the Marrow, is used to tonify the Blood and benefit the face.
- ST-3, ST-6 and ST-7 are used to harmonise the local region and relieve the facial pain.

MODIFICATIONS

1. If there is dizziness, an empty feeling in the head, blurred vision and black spots in front of the eyes resulting from Blood deficiency in the Liver, add GB-20 and GV-20 with the reinforcing method to lift up the Blood to nourish the Brain and relieve the emptiness in the head.

2. If there is general tiredness, scanty menstruation and a pale complexion due to Blood deficiency, add CV-4, CV-6 and KI-3 to tonify Kidney-Essence, reinforce the Blood and regulate the menstruation.
 3. If there is insomnia due to deficiency of Blood in the Heart, add HT-3 and HT-7 to tonify the Heart and calm the Shen.
 4. If there is hypochondriac pain due to weakness of the Liver with stagnation of Liver-Qi, add LR-14 and GB-24 to regulate the Liver and relieve the pain.
- *Scalp acupuncture*: select points at the lower two-fifths of the motor area and the lower two-fifths of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the face
 - *Wrist and ankle acupuncture*: select points at upper region 1, upper region 2 and region 4 for pain in the mandible area.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of facial pain, as follows:

- *Ear acupuncture*: select points on the face, upper mandible, lower mandible, the mouth, Ear Shenmen, the sympathetic nerves and the Stomach

13 *Eye pain*

Introduction

Postoperative eye pain refers to the occurrence of pain after operation in the eye, including the eyelid, orbit, canthus, eyeball or the complete eye. The pain may occur at one side or both sides of the eyes. The nature of eye pain includes a distending pain, sour pain, stabbing pain, severe pain, slight pain, constant pain and intermittent pain.

There is usually eye pain prior to the operation with possible aggravation of or residual eye pain after the operation.

The following organs, channels, divergences or sinews have connections with the eyes:

- The branch of the Small Intestine channel from the supraclavicular fossa ascends to the neck, and further to the cheek. Via the outer canthus, it enters the ear. The branch from the cheek runs upward to the infraorbital region (SI-18 Quanliao) and further to the lateral side of the nose. It then reaches the inner canthus (BL-1 Jingming) to link with the Bladder channel.
- The ascending portion of the Heart channel from the 'Heart system' runs alongside the oesophagus to connect with the 'eye system', i.e. the tissues connecting the eye with the Brain.
- The Bladder channel of the Foot-Taiying starts from the inner canthus (BL-1 Jingming).
- A branch of the Triple Burner (Energiser), originating from the chest and passing through the ear and the corner of the anterior hairline, turns downward to the cheek and terminates in the infraorbital region. The auricular branch, emerging in front of the ear, crosses the cheek and reaches the outer canthus (TE-23 Sizhukong) to link with the Gall Bladder channel.
- The Gall Bladder channel of the Foot-Shaoyang originates from the outer canthus (GB-1 Tongziliao). The retroauricular branch, arising from the retroauricular region, passes the preauricular region to the posterior aspect of the outer canthus. The branch arising from the outer canthus runs downward to ST-5 Daying and meets the Triple Burner channel in the infraorbital region.
- The Liver channel ascends along the posterior aspect of the throat to the nasopharynx and connects with the 'eye system'.
- The Conception Vessel curves around the lips, passes through the cheek and enters the infraorbital region (ST-1 Chengqi).
- The Yang Motility Vessel winds over to the shoulder and ascends along the neck to the corner of the mouth. It then enters the inner canthus (BL-1 Jingming) to communicate with the Yin Motility Vessel.
- The Yin Motility Vessel runs lateral to the Adam's apple in front of ST-9 Renying and then along the zygoma. From there, it reaches the inner canthus (BL-1 Jingming) and communicates with the Yang Motility Vessel.

- The channel divergence of the Stomach channel, after ascending through the Heart and alongside the oesophagus to reach the mouth, runs upward beside the nose and connects with the eye before finally joining the Stomach channel.
- The channel divergence of the Gall Bladder channel, proceeding upward and crossing the Heart and oesophagus, disperses in the face, connects with the eyes and rejoins the Gall Bladder channel at the outer canthus.
- The channel divergence of the Liver channel, after passing through the pubic region, converges with the channel divergence of the Gall Bladder channel to connect the eyes.
- The channel divergence of the Heart channel, running upward across the throat and emerging on the face, joins the Small Intestine channel at the inner canthus.
- The Connecting Vessel of the Heart channel runs to the root of the tongue and connects with the eye.
- A branch of the channel sinews of the Bladder channel spreads around the eye and knots below the nose.
- A sub-branch of the channel sinews of the Gall Bladder channel at the side of the cheek knots with the outer canthus.
- Above the nose, the channel sinews of the Stomach channel join with the channel sinews of the Bladder channel to form a muscular net around the eye.
- The channel sinews of the Small Intestine channel, after knotting beneath the mandible, continue upward to link the outer canthus. Another branch starts at the mandible, ascends around the teeth and in front of the ear, connects the outer canthus and knots at the angle of the forehead.
- A branch of the channel sinews of the Triple Burner channel proceeds upward in front of the ear to the outer canthus.

If there is operation at the side of the eye, the related points at the opposite side can be selected. If there is operation at both eyes, then the points very close to the wounds can be omitted, and distal points, particularly points from the Liver channel, Heart channel, Yang Motility Vessel and Yin Motility Vessel, can be selected.

Postoperative eye pain can be caused by a disturbance of one or more of the above channels, channel divergences and Connecting Vessels resulting from various causes, such as flaring-up of Liver-Fire, accumulation of Heat in the Yangming channels, accumulation of Wind-Phlegm in the channels, stagnation of Blood, deficiency of Qi and deficiency of Blood.

Treatment based on differentiation

Basic point selection based on channel differentiation

Many channels, channel divergences and Connecting Vessels are related with the eyes; however, the most important of these related channels are the Liver channel since the Liver opens into the eyes, the Heart channel since the Heart houses the Shen and vision is partially dominated by the Shen, and the Yang Motility Vessel and Yin Motility Vessel since they are responsible for opening and closing the eyes. Moreover, the local points, besides the points based on differentiation, are extremely important in treating post-operative eye pain.

Treatment differentiation

STAGNATION OF LIVER-QI

SYMPTOMS AND SIGNS

Eye pain with pressure and tension sensation after the operation, which starts or gets worse with stress or emotional disturbance, emotional instability, depression, pressure over the chest or hypochondriac region, headache, poor appetite, a thin and white tongue coating and a wiry pulse.

PRINCIPLE OF TREATMENT

Smooth the Liver, promote Liver-Qi circulation and relieve the eye pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-14 Qimen, PC-6 Neiguan, LI-4 Hegu, SP-6 Sanyinjiao, Extra Taiyang, ST-2 Sibai, ST-3 Juliao, GB-1 Tongziliao and BL-2 Zanzhu

Even method is applied on ST-2, ST-3, GB-1 and BL-2; reducing method is applied on the remaining points.

EXPLANATIONS

- The Liver opens into the eyes, and stagnation of Liver-Qi can often cause eye pain. Therefore, the

points from the Liver channel and points that have functions to promote the Qi circulation are primarily selected.

- LR-3, the Source point and the Stream point of the Liver channel, and LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver, regulate the Liver-Qi circulation, remove the Qi stagnation and relieve the eye pain.
- PC-6 is the Connecting of the Pericardium channel and the Confluent point of the Yin Linking Vessel. It is used to smooth the emotions, regulate the Qi circulation, calm the Shen and improve sleep.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to assist the above points to regulate the Qi and Blood circulation and relieve the eye pain.
- Extra Taiyang, BL-2, GB-1, ST-2 and ST-3, all the local points, are used to promote Qi and Blood circulation in the channels and collaterals of the eyes and relieve the eye pain.

MODIFICATIONS

1. If there is difficulty in opening the eyelid, add KI-6 and BL-64 to open the eyelid.
2. If there is difficulty in closing the eyelid, add BL-62 and ST-42 to promote closure of the eyelid.
3. If there is dizziness, add GB-8 to relieve the dizziness.
4. If there is depression, add HT-3 and BL-18 to regulate Qi circulation, calm the Shen and improve the emotional state.
5. If there is insomnia, add HT-3 and HT-7 to calm the Shen and improve sleep.
6. If there is hypochondriac pain, add LR-5, the Connecting point, and GB-24, the Alarm Mu point of the Gall Bladder, to promote the Liver-Qi circulation, harmonise the collateral and relieve the pain.
7. If there is poor appetite or overeating, add CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach-Qi and improve the appetite.
8. If there is loose stool when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-3 to promote the Liver-Qi circulation and strengthen the Spleen.
9. If there is irregular menstruation or dysmenorrhoea, add ST-28 and KI-10 to promote Qi and Blood circulation, regulate the menstruation and relieve the dysmenorrhoea.

FLARING-UP OF LIVER-FIRE

SYMPTOMS AND SIGNS

Sharp pain or distending pain in the eyes after the operation, red or swollen eyes, irritability, a bitter taste in the mouth, restlessness, insomnia, poor appetite, deep yellow urine, constipation, a red tongue, and a rapid and wiry pulse.

PRINCIPLE OF TREATMENT

Reduce the Liver-Fire, calm the Shen and relieve the eye pain.

ACUPUNCTURE TREATMENT

GV-20 Baihui, LI-4 Hegu, TE-6 Zhigou, SP-6 Sanyinjiao, LR-2 Xingjian, GB-1 Tongziliao, GB-43 Xiaxi, ST-1 Chengqi, ST-2 Sibai, BL-2 Zanzhu and Extra Taiyang.

Even method is applied on GB-1, ST-1, ST-2 and BL-2; the reducing method is applied on the remaining points.

EXPLANATIONS

- LR-2 and GB-43, the Spring points of the Liver channel and Gall Bladder channel, respectively, are used to clear the Heat in the Liver, reduce the Liver-Fire and relieve the eye pain.
- LI-4 and TE-6 are used to clear the Fire in the body and reduce the Liver-Fire.
- GV-20 is used to calm the Shen and suppress the Liver-Fire.
- SP-6, the crossing point of the three Yin channels of the foot, is used to reduce the Liver-Fire, regulate the Blood circulation in the Liver and relieve the eye pain.
- Extra Taiyang, GB-1, ST-1, ST-2 and BL-2 are used to clear the Heat in the local regions around the eyes, harmonise the collateral and improve the Qi and Blood circulation, so as to relieve the eye pain.

MODIFICATIONS

1. If there is difficulty in opening the eyelid, add KI-6 and BL-64 to open the eyelid.
2. If there is difficulty in closing the eyelid, add BL-62 and ST-42 to promote closure of the eyelid.

3. If there is of redness of the eyes, add LR-8, the Sea point and Water point of the Liver channel, to clear the Heat in the Liver, reduce the Liver-Fire and reduce the redness.
4. If there is severe eye pain at night, add LU-7 and KI-6 to promote the Qi and Blood circulation in the eyes and relieve the eye pain.
5. If there is neck pain with stiffness, add GB-21 and TE-5 to harmonise the collateral and relieve the neck pain.
6. If there is irritability, add Extra Sishencong to calm the Shen and relieve the irritability.
7. If there is insomnia, add HT-8 to clear the Heat in the Heart and improve sleep.
8. If there is poor appetite, add CV-12 to promote the Stomach-Qi and improve the appetite.
9. If there is a bitter taste in the mouth, add GB-40 to clear the Heat in the Liver and Gall Bladder and relieve the bitter taste in the mouth.
10. If there is loose stool when nervous and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-3 to promote the Liver-Qi circulation and strengthen the Spleen.
11. If there is constipation, add ST-25 to promote defecation and relieve the constipation.
12. If there is irregular menstruation, add SP-10 and ST-28 to promote the Qi and Blood circulation and regulate the menstruation.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Prolonged persistence or occurrence of stabbing eye pain during and after the operation, eye pain with fixed location, aggravation of the eye pain at night, dark and purplish menstruation with clots, insomnia, a purplish tongue or purplish spots on the tongue, and a thready or unsmooth pulse.

PRINCIPLE OF TREATMENT

Promote circulation of Blood, eliminate Blood stasis and relieve the eye pain.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, LI-4 Hegu, BL-17 Geshu, SP-6 Sanyinjiao, LR-3 Taichong, SI-3 Houxi, KI-6 Zhaohai, ST-2

Sibai, ST-3 Juliao, BL-2 Zanzhu, and some local Ah Shi points.

Even method is applied on ST-2, ST-3 and BL-2; reducing method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and Source point of the Liver channel, are used to promote the circulation of Qi so as to promote the Blood circulation and relieve the eye pain.
- SP-6, the crossing point of the three Yin channels of the foot, and BL-17, the Gathering point of the Blood, are used to promote the Blood circulation and relieve the eye pain.
- GB-20 is used to promote the Qi and Blood circulation in the head and relieve the eye pain.
- SI-3 and KI-6 are used to benefit the eyes and promote the Blood circulation in the eye.
- ST-2, ST-3 and BL-2, the local points, are used to harmonise the collateral in the eyes, improve the Qi and Blood circulation and eliminate Blood stasis so as to relieve the eye pain.
- Ah Shi points are used to promote the Qi and Blood circulation in the eye and relieve the eye pain.

MODIFICATIONS

1. If there is severe eye pain at night, add KI-9 to promote the Qi and Blood circulation in the eyes and relieve the eye pain.
2. If there is dryness in the eye, add LR-8 and KI-10 to promote the secretion of Body Fluid, nourish the eye and relieve the dryness of the eye.
3. If there is severe headache, add GB-14 and some local Ah Shi points on the head to promote the Qi and Blood circulation, eliminate Blood stasis and sedate the headache.
4. If there is dysmenorrhoea with clots, add ST-28 and SP-8 to promote the Blood circulation and relieve the dysmenorrhoea.
5. If there is insomnia, add HT-3 to regulate the Qi and Blood circulation, calm the Shen and improve sleep.
6. If there is great emotion, add PC-6, the Confluent point of the Yin Linking Vessel, to smooth the Liver and Heart, promote the Qi circulation and calm the Shen.

ACCUMULATION OF DAMP-PHLEGM*SYMPTOMS AND SIGNS*

Long history of eye pain after the operation, formation of white mucus from the eyes, numbness and oedema on the face, aggravation of eye pain by exposure to humidity, a heavy sensation over the body, fullness of the chest, poor appetite, a white and greasy tongue coating, and a slippery or wiry and slippery pulse.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, promote the Qi circulation and sedate the eye pain.

ACUPUNCTURE TREATMENT

ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, LR-3 Taichong, CV-12 Zhongwan, TE-4 Yangchi, LI-4 Hegu, LR-3 Taichong, GB-1 Tongziliao, ST-1 Chengqi, ST-2 Sibai, BL-2 Zanzhu and Extra Taiyang.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-40, the Connecting point of the Stomach channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen, eliminate Damp-Phlegm and sedate the eye pain.
- CV-12, the Gathering point of the Fu organs, is used to promote the Qi circulation in the Middle Burner and Fu organs, remove the Damp and resolve the Phlegm. It is also the Alarm Mu point of the Stomach, used to descend the Stomach-Qi and relieve nausea, particularly nausea or vomiting after the operation.
- TE-4, the Source point of the Triple Burner channel, is used to regulate the Triple Burner and promote the discharge of Damp-Phlegm.
- LI-4, the Source point of the Large Intestine channel, and LR-3, the Source point and the Stream point of the Liver channel, are used to promote the Qi circulation and relieve the eye pain.
- Extra Taiyang, GB-1, ST-1, ST-2 and BL-2 are used to harmonise the collaterals in the local region and improve the Qi and Blood circulation, so as to relieve the eye pain.

MODIFICATIONS

1. If there is headache with heaviness, add GB-20 to relieve the blockage of the Clear-yang and relieve the headache.
2. If there is severe eye pain or insomnia, add HT-3 to calm the Shen, relieve the eye pain and improve sleep.
3. If there is poor vision or distension in the eyes, add LR-8, the Sea point of the Liver, to smooth the Liver, promote the Qi circulation, benefit the eyes and relieve the distension in the eyes.
4. If there is fullness or oppression over the chest, add PC-6, the Connecting of the Pericardium channel and the Confluent point of the Yin Linking Vessel, to smooth the emotions, regulate the Qi circulation, calm the Shen and improve sleep.
5. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and improve the appetite.
6. If there is loose stool or diarrhoea, add ST-25, the Alarm Mu point of the Large Intestines, to eliminate Damp-Phlegm in the body and stop the diarrhoea.
7. If there is accumulation of Cold-Damp, add moxibustion on SP-9 and ST-40 to warm the body and eliminate Cold.
8. If there is accumulation of Damp-Heat, add LI-11 and GB-34 to clear the Heat and eliminate Damp-Heat.

DEFICIENCY OF QI*SYMPTOMS AND SIGNS*

Postoperative slight eye pain with intermittent aggravation, slight oedema of the eyelid, aggravation of eye pain by exertion and during the day, poor vision, tiredness, aversion to cold, cold hands and feet, shortness of breath, a pale complexion, spontaneous sweating, low voice, weakness of the limbs, poor appetite, loose stools, a pale tongue with a thin, white and slight greasy coating, and a thready and weak pulse, particularly at the Heart, Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify Qi, activate the Spleen and Stomach, benefit the eyes and relieve the eye pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, SP-3 Taibai, SP-6 Sanyinjiao, CV-6 Qihai, ST-2 Sibai, ST-3 Juliao, ST-36 Zusanli, BL-2 Zanzhu and GB-1 Tongziliao.

Even method is applied on ST-2, ST-3, BL-2 and GB-1; reinforcing method is applied on the remaining points.

EXPLANATIONS

- ST-36, the Sea point of the Stomach channel, SP-3, the Source point of the Spleen channel, and SP-6, the crossing point of the three Yin channels of the foot, together with CV-6, are used to activate the Spleen and Stomach and promote the production of Qi.
- LR-3 tonifies the Liver, benefits the eyes and relieves the eye pain.
- ST-2, ST-3, BL-2 and GB-1 are used to harmonise the collaterals in the local areas and relieve eye pain.

MODIFICATIONS

1. If there is pain at the eye orbit, add Extra Yuyao and GB-14 to harmonise the collateral and sedate the pain.
2. If there is eye pain at the external canthus, add Extra Taiyang and TE-23 to relieve the eye pain.
3. If there is eye pain at the inner canthus, add Extra Yintang and BL-1 to relieve the eye pain.
4. If there is headache, add GB-20 to harmonise the collateral and relieve the headache.
5. If there is general tiredness, aversion to cold and dizziness due to deficiency of Qi, add GV-20 and CV-4 with moxibustion to tonify the Qi, warm the body and dispel Cold.
6. If there is shortness of breath due to exertion, susceptibility to common cold and slight cough due to deficiency of Qi of the Lung and Kidney, add KI-3 and LU-9, two Source points, to tonify Qi and regulate respiration.
7. If there is poor appetite, nausea and loose stools due to weakness of the Spleen and Stomach, add SP-9, the Sea point, and CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach, activate the Spleen, resolve the Damp in the body and relieve the loose stool.

DEFICIENCY OF BLOOD

SYMPTOMS AND SIGNS

Postoperative eye pain with dryness, aggravation of eye pain by too much reading, tired eyes, blurred vision, black spots in front of the eyes, night blindness, slight headache, dizziness, a pale complexion, slight pain at the hypochondriac region, a pale tongue with a thin white coating, and a thready and weak pulse, particularly at the Heart, Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Reinforce the Blood, nourish the eye and sedate the eye pain.

ACUPUNCTURE TREATMENT

ST-36 Zusanli, SP-6 Sanyinjiao, LR-3 Taichong, LR-8 Ququan, GB-39 Xuanzhong, KI-3 Taixi, KI-10 Yingu, ST-1 Chengqi, ST-2 Sibai and BL-2 Zanzhu.

Even method is applied on ST-1, ST-2 and BL-2; reinforcing method is applied on the remaining points.

EXPLANATIONS

- The Liver opens into the eyes. If there is Blood deficiency in the Liver, the eyes will fail to be nourished, leading to eye pain of the Deficient type.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver and reinforce the Blood in the Liver so as to nourish the eyes.
- ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to activate the Spleen and Stomach and reinforce Qi and Blood production so as to tonify the Liver-Blood.
- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, are used to nourish the Kidney-Essence and benefit the Blood so as to tonify the eyes and relieve the eye pain.
- GB-39, the Gathering point of the Marrow, is used to tonify the Blood and benefit the eyes.
- ST-1, ST-2 and BL-2 are used to harmonise the collateral around the eyes and improve the Qi and Blood circulation so as to relieve the eye pain.

MODIFICATIONS

1. If there is difficulty in closing the eyelid, add BL-62 and ST-42 to promote closure of the eyelid.
2. If there is difficulty in opening the eyelid, add KI-6 and BL-64 to open the eyelid.
3. If there is dizziness, an empty feeling in the head, blurred vision and black spots in front of the eyes resulting from Blood deficiency in the Liver, add GB-20 and GV-20 with reinforcing method to lift up the Blood to nourish the Brain and relieve the emptiness in the head.
4. If there is general tiredness, scanty menstruation and a pale complexion due to Blood deficiency, add CV-4, CV-6 and KI-3 to tonify Kidney-Essence, reinforce the Blood and regulate the menstruation.
5. If there is insomnia due to deficiency of Blood in the Heart, add HT-3 and HT-7 to tonify the Heart and calm the Shen.
6. If there is hypochondriac pain due to weakness of the Liver with stagnation of Liver-Qi, add LR-14 and GB-24 to regulate the Liver and relieve the pain.

DEFICIENCY OF YIN OF THE LIVER AND KIDNEY*SYMPTOMS AND SIGNS*

Postoperative eye pain with dryness or a burning feeling, difficulty in reading and blurred vision, accompanied by thirst, a warm feeling in the body, night sweating, dry stools, insomnia, a red tongue with a thin and peeled coating, and a thready, weak and rapid pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Benefit the Kidney, reinforce the Liver-Yin and relieve the eye pain.

ACUPUNCTURE TREATMENT

ST-2 Sibai, ST-3 Juliao, BL-2 Zanzhu, SP-6 Sanyinjiao, LR-3 Taichong, LR-8 Ququan, KI-3 Taixi, KI-6 Zhaohai, KI-7 Fuli and KI-10 Yingu.

Even method is applied on ST-2, ST-3 and BL-2; reinforcing method is applied on the remaining points.

EXPLANATIONS

- The Liver opens into the eyes. The Liver stores the Blood and the Kidney stores the Kidney-Essence. Liver-Blood and Kidney-Essence are mutually nourishing. Deficiency of one of them will cause weakness in the other.
- If there is Yin deficiency of the Liver and Kidney, the eyes will fail to be nourished, leading to eye pain of the Deficient type.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver and reinforce the Liver-Yin so as to benefit the eyes and relieve the eye pain.
- KI-3, the Source point, KI-7, the Metal point, KI-6 and KI-10, the Sea point, are used to tonify the Kidney and nourish the basic Yin of the body. When the Yin of the Liver and Kidney is reinforced, the eyes are nourished and the eye pain will disappear spontaneously.
- SP-6, the crossing point of the three Yin channels of the foot, activates the Spleen and Stomach, and reinforces the Blood so that the Liver and Kidney are tonified.
- ST-2, ST-3 and BL-2 are used to harmonise the collateral in the eyes and improve the Qi and Blood circulation so as to relieve the eye pain.

MODIFICATIONS

1. If there is difficulty in closing the eyelid, add BL-62 and ST-42 to promote the closure of the eyelid.
2. If there is difficulty in opening the eyelid, add BL-64 to open the eyelid.
3. If there is headache, add GB-8 to harmonise the collateral and relieve the headache.
4. If there is distension in the eyes, nervousness and headache due to hyperactivity of Liver-Yang resulting from deficiency of Liver-Yin, add LR-2, the Spring point, and LI-4, the Source point, to suppress Liver-Yang and relieve the distension in the eyes.
5. If there is dizziness and an empty feeling in the head resulting from deficiency of the Liver and Kidney, add GB-20 and GV-20 with reinforcing method to lift up the Essence to nourish the Brain and relieve the emptiness in the head.
6. If there is general tiredness and scanty menstruation due to deficiency of Liver and Kidney, add CV-4 and CV-6 to tonify Kidney-Essence, reinforce the Blood and regulate the menstruation.

7. If there is insomnia and night sweating due to Yin deficiency of the Heart with hyperactivity of Deficient-Fire, add HT-3 and HT-6 to tonify the Heart, clear Deficient-Fire and improve sleep.
8. If there is lower back pain and weakness of the knees due to deficiency of the Kidney, add BL-58 and KI-4 to tonify the Kidney, regulate the collateral and relieve the lower back pain.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of eye pain, as follows:

- *Ear acupuncture*: select points at Eye1, Eye2, eye, Liver, endocrine, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the optic area
- *Wrist and ankle acupuncture*: select points at upper region 1.

14 *Ear pain*

Introduction

Postoperative ear pain refers to the occurrence of pain after operation in and on the ear, including the auricle, the external auditory canal and the drum membrane. Most of the time ear pain only occurs unilaterally.

The nature of ear pain after the operation includes burning pain, stabbing pain, severe pain, slight pain, constant pain and intermittent pain.

Usually there is ear pain prior to the operation with possible aggravation of or residual ear pain after the operation. When ear pain occurs prior to the operation, it is usually accompanied by swelling, redness, tinnitus, deafness, headache, dizziness, a pussy discharge from the ear, or even a mixture of pus and Blood discharged from the ear.

The following channels, divergences and sinews have connections with the ears:

- The branch of the Small Intestine channel from the supraclavicular fossa ascends to the neck, and further to the cheek and the outer canthus, and finally enters the ear (SI-19 Tinggong).
- A branch of the Bladder channel arises at the vertex GV-20 Baihui running to the temple.
- A branch of the Triple Burner (Energiser), originating from the chest, runs upward to the posterior border of the ear and to the corner of the anterior hairline. The auricular branch, emerging in front of the ear, reaches the outer canthus (TE-23 Sizhukong) to link with the Gall Bladder channel.
- The Gall Bladder channel, originating from the outer canthus (GB-1 Tongziliao), ascends to the corner of the forehead (GB-4 Hanyan), and then curves downward to the retroauricular region (GB-20 Fengchi). The retroauricular branch, arising from the retroauricular region, enters the ear. It then re-emerges and passes the preauricular region to the posterior aspect of the outer canthus.
- A branch of the channel divergence of the Pericardium channel ascends across the throat, emerges behind the ear and then converges with the Triple Burner channel.
- A branch of the Connecting Vessel of the Large Intestine channel originates at the jaw and enters the ear to join the Penetrating channel.
- A branch of the channel sinews of the Bladder channel enters the chest below the axilla, emerges from the supraclavicular fossa and then knots at GB-12 Wangu behind the ear.
- A branch of the channel sinews of the Gall Bladder channel extends from the axilla upward across the clavicle, emerging in front of the channel sinews of the Bladder channel, where it continues upward behind the ear to the temple.

- A sub-branch of the channel sinews of the Stomach channel separates at the jaw and knots in front of the ear.
- A branch of the channel sinews of the Small Intestine channel curves around the scapula and emerges in front of the Bladder channel on the neck, knotting behind the ear. A branch separates behind the auricle and enters the ear. Another branch starts at the mandible, ascends around the teeth and in front of the ear.
- A branch of the channel sinews of the Triple Burner channel proceeds upward in front of the ear to the outer canthus.

If there is operation on the right ear, the related points on the left can be selected – and vice versa.

Postoperative ear pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as invasion of Toxin, hyperactivity of Fire of Liver and Gall Bladder, and stagnation of Blood.

Treatment based on differentiation

INVASION OF TOXIN

SYMPTOMS AND SIGNS

Acute and severe swelling and pain of the ear after the operation, pain mostly at one side, itching, redness, a hot or even burning sensation, restlessness or fever, thirst, constipation, a red tongue with a thin yellow coating, and a wiry and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the ear pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, TE-2 Yemen, TE-4 Yangchi, TE-6 Zhigou, TE-17 Yifeng, SI-2 Qiangu, SI-4 Wangu, SI-17 Tianrong, GB-20 Fengchi, GB-40 Qiuxu, GB-43 Xiashi, and some local points around the ear, e.g. TE-21 Ermen, GB-7 Qubin and GB-8 Shuaigu.

Even method is applied on the local points; reducing method is applied on the remaining points.

EXPLANATIONS

- TE-2, SI-2 and GB-43, the Spring points, and LI-4, the Source point, together with LI-11 are used to clear the Heat, remove the Toxin, reduce the swelling and relieve the ear pain.
- SI-4 and TE-4, the Source points, together with TE-6 are used to clear the Heat and drain down the Toxin.
- TE-17, SI-17, GB-20 and GB-40 are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the ear pain.
- TE-21, GB-7 and GB-8 are used to regulate the Qi and Blood circulation, harmonise the collaterals in the local region around the ear and relieve the ear pain.

MODIFICATIONS

1. If there is obvious redness and swelling of the ear after the operation, add SP-6 to clear the Heat, remove the Toxin and reduce the swelling.
2. If there is fever due to invasion of Toxic-Heat, add GV-14 to clear the Heat and reduce the fever.
3. If there is headache, add GB-15 and GB-16 to sedate the headache.
4. If there is restlessness and insomnia, add HT-3 to clear the Heat and calm the Shen.

HYPERACTIVITY OF FIRE OF LIVER AND GALLBLADDER

SYMPTOMS AND SIGNS

Chronic painful ear with acute aggravation after the operation, or discharge of yellow liquid from the ear, tinnitus, hotness of the ear, irritability, nervousness, headache, a bitter taste in the mouth, a red tongue with a yellow and greasy coating, and a wiry and rapid pulse, particularly at the Liver and Gall Bladder positions.

PRINCIPLE OF TREATMENT

Clear the Heat in the Liver and Gall Bladder, reduce the Fire and sedate the ear pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-2 Xingjian, LR-5 Ligou, TE-4 Yangchi, TE-17 Yifeng, SI-17 Tianrong, GB-20 Fengchi, GB-34

Yanglingquan, GB-36 Waiqiu, GB-37 Guangming, GB-40 Qiuxu, GB-43 Xiashi, and some local points around the ear, e.g. TE-21 Ermen, GB-7 Qubin and GB-8 Shuaigu.

Even method is applied on the local points; reducing method is applied on the remaining points.

EXPLANATIONS

- LR-2 and GB-43, the Spring points, are used to clear the Heat and reduce the Fire in the Liver and Gall Bladder.
- GB-34, the Sea point, together with LI-4, TE-4 and GB-40, the Source points, are used to clear the Heat in the body, reduce the Fire and regulate the physiological functions of the Liver and Gall Bladder so as to relieve the ear pain.
- LR-5 and GB-36, together with GB-37, the Connecting point, are used to harmonise the collaterals and sedate the ear pain.
- TE-17, SI-17 and GB-20 are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the ear pain.
- TE-21, GB-7 and GB-8 are used to regulate the Qi and Blood circulation, harmonise the collaterals in the local region around the ear and relieve the ear pain.

MODIFICATIONS

1. If there is redness and swelling of the ear, add LR-8, the Water point of the Liver channel, to clear the Heat, suppress the Fire, remove the Toxin and reduce the swelling.
2. If there is discharge of yellow liquid from the ear due to accumulation of Damp-Heat in the Liver and Gall Bladder, add SP-9 and ST-40 to eliminate the Damp and clear the Heat.
3. If there is nervousness, irritability and headache due to hyperactivity of Liver-Yang, add GV-20 to calm the Liver and subdue the Liver-Yang.
4. If there is a bitter taste in the mouth due to disharmony of the Gall Bladder, add GB-24, the Alarm Mu point of the Gall Bladder to regulate the Gall Bladder, promote normal bile distribution and relieve the bitter taste in the mouth.
5. If there is hypochondriac pain due to stagnation of Qi and Blood in the Liver, add LR-14 to promote Qi and Blood circulation and relieve the pain.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Stabbing pain at the ears, aggravation of the pain at night or after the operation, headache, purplish colour at the ears, purplish tongue with a thin coating, and a wiry and erratic pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Circulate Qi and Blood, eliminate Blood stasis and relieve the ear pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, GB-36 Waiqiu, GB-37 Guangming, TE-5 Waiguan, SI-7 Zhizheng, PC-6 Neiguan, SP-6 Sanyinjiao, SP-10 Xuehai, and some local points around the ear, e.g. TE-21 Ermen, GB-7 Qubin and GB-8 Shuaigu.

Even method is applied on the local points; reducing method is applied on the remaining points.

EXPLANATIONS

- LI-4 and LR-3 are used to regulate the Qi circulation so as to lead Blood circulation.
- PC-6, the Confluent point of the Yin Linking Vessel and the Connecting point of the Pericardium channel, is used to regulate the Qi circulation, smooth the emotions, calm the Shen and relieve the ear pain.
- SP-6 and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the ear pain.
- GB-36, GB-37, TE-5 and SI-7 are used to promote the Qi and Blood circulation, harmonise the collaterals and sedate the ear pain.
- TE-21, GB-7 Qubin and GB-8 Shuaigu are used to regulate the Qi and Blood circulation, harmonise the collaterals in the local region around the ear and relieve the ear pain.

MODIFICATIONS

1. If there is severe ear pain due to stagnation of Blood, add BL-17 to strengthen the Blood circulation and relieve the pain.

2. If there is stagnation of Qi, add CV-17 to relieve the Qi circulation and promote the Blood circulation.
3. If there is headache due to stagnation of Blood, add GB-15 and GB-16 to harmonise the collateral in the head and eliminate Blood stasis so as to arrest the headache.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of ear pain, as follows:

- *Ear acupuncture*: select points at the internal ear, external ear, Ear Shenmen, Kidney, adrenals and the sympathetic nerves
- *Wrist and ankle acupuncture*: select points at upper region 4.

15 *Nasal pain*

Introduction

Postoperative nasal pain refers to the occurrence of pain after operation on or inside the nose.

The nature of nasal pain after the operation varies from burning pain, distending pain, stabbing pain, pain with dryness to pain with itching, etc.

Usually there is nasal pain prior to the operation, with possible aggravation of or residual pain after the operation. When nasal pain occurs prior to the operation, it is usually accompanied by headache, stuffiness of the nose, loss of smell, nasal discharge and cough.

Postoperative nasal pain can be caused by operation on the nose due to various causes, such as nasal carcinoma and traumatic nasal injury.

The following channels, divergences or sinews have connections with the nose:

- The branch of the Large Intestine channel curves around the upper lip and crosses the opposite channel at the philtrum. From there, the left channel goes to the right and the right goes to the left, to both sides of the nose (LI-20 Yingxiang), where the Large Intestine channel links with the Stomach channel.
- The Stomach channel of the Foot-Yangming starts from the lateral side of the ala nasi (LI-20 Yingxiang). It ascends to the root of the nose, where it meets the Bladder channel. The branch of the Small Intestine channel from the supraclavicular fossa ascends to the neck, and further to the cheek. The branch from the cheek runs upward to the infraorbital region (SI-18 Quanliao) and further to the lateral side of the nose. It then reaches the inner canthus (BL-1 Jingming) to link with the Bladder channel.
- The Liver channel ascends along the posterior aspect of the throat to the nasopharynx.
- The Governing Vessel runs posteriorly along the interior of the spinal column to GV-16 Fengfu at the nape and enters the Brain, ascends to the vertex and winds along the forehead to the columella of the nose.
- The channel divergence of the Stomach channel, after ascending through the Heart and alongside the oesophagus to reach the mouth, then runs upward beside the nose.
- Above the neck, the straight portion of the channel sinews of the Bladder channel knots with the occipital bone and crosses over the top of the head to knot at the bridge of the nose. Yet another branch emerges from the supraclavicular fossa and traverses the face to surface beside the nose.
- A branch of the channel sinews of the Gall Bladder channel descends from the temple across the cheek and then beside the bridge of the nose.
- The channel sinews of the Stomach channel, after knotting at ST-12 Quepen, extend to the neck and mouth, meeting at the side of the nose and knotting below the nose.

- The straight branch of the channel sinews of the Large Intestine channel continues from LI-15 Jianyu to the neck, where a branch separates and knots at the side of the nose.

If there is operation at the nose, the local points around the nose can be omitted, and distal points, particularly points from the Lung channel, Large Intestine channel, Stomach channel and Governing Vessel, can be selected.

Postoperative nasal pain can be caused by a disturbance of one or more of the above channels, channel divergences and Connecting Vessels resulting from various causes, such as invasion of Toxic-Heat, accumulation of Damp-Heat, accumulation of Excessive-Heat in the Lung and Stomach, hyperactivity of Fire of Liver and Gall Bladder, stagnation of Blood, and deficiency of Qi and Yin of Lung and Kidney.

Treatment based on differentiation

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Acute onset of nasal pain prior to or after the operation, accompanied by redness, heat and swelling of the nose, and yellow nasal discharge.

Usually there is fever, slight aversion to cold, headache, lack of thirst, cough with yellow expectoration, redness and pain of the throat, a red tongue (especially the tip) with a thin yellow coating, and a superficial and rapid pulse, particularly at the Lung and Heart positions.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the nasal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, LI-6 Pianli, LI-7 Wenliu, LU-5 Chize, LU-6 Kongzui, LU-7 Lieque, LU-10 Yuji, ST-3 Juliao, ST-40 Fenglong, ST-44 Neiting, SI-18 Quanliao and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, ST-44, the Spring point, and SP-6, the crossing point of the three Yin channels of the foot, are used to clear the Heat, remove the Toxin and reduce the swelling so as to sedate the nasal pain.
- ST-3 and SI-18 are used to clear the Heat and Toxin in the nasal region.
- LU-5, the Sea point of the Lung channel, and LU-7, the Connecting point of the Lung channel, together with LU-10, the Spring point of the Lung channel, are used to clear the Heat, disperse the Lung-Qi, relieve the cough and promote the opening of the nose.
- LI-6, LI-7, ST-40 and LU-6 are used to promote the Qi and Blood circulation, harmonise the collaterals in the nose and sedate the nasal pain.

MODIFICATIONS

1. If there is fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is headache, add Extra Taiyang and GB-20 to clear the Heat and relieve the headache.
3. If there is restlessness, add HT-3 and HT-7 to clear the Heat and calm the Shen.
4. If there is cough with yellow phlegm, add LU-1 and BL-13 to disperse the Lung-Qi and resolve the phlegm.
5. If there is constipation, add ST-37, the Lower Uniting-He point of the Large Intestine, to regulate the Large Intestine, promote defecation and relieve the constipation.
6. If there is thirst or dryness in the throat and nose, add LU-8 and KI-6 to promote the secretion of Body Fluids and relieve the dryness in the throat and nose.

ACCUMULATION OF DAMP-HEAT IN THE SPLEEN AND STOMACH

SYMPTOMS AND SIGNS

Chronic onset of nasal pain, residual nasal pain after the operation, redness of the mucus in the nose, slight redness and swelling of the nose, loss of smell, itching in the nose, yellow nasal discharge, fullness of the abdomen, poor appetite, loose stools, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Activate the Spleen and Stomach, eliminate Damp, clear the Heat and relieve the nasal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, LU-5 Chize, LU-7 Lieque, ST-3 Juliao, ST-36 Zusanli, ST-40 Fenglong, ST-44 Neiting, SI-18 Quanliao, SP-2 Dadu, SP-4 Gongsun, SP-6 Sanyinjiao and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point, LI-6, the Connecting point, and LI-7, the Accumulation point, are used to eliminate Damp-Heat in the nose, harmonise the collaterals and sedate the nasal pain.
- LU-5 and LU-7, the Sea point and the Connecting point of the Lung channel, respectively, are used to clear the Heat, disperse the Lung-Qi, promote the opening of the nose and relieve the nasal pain.
- ST-3 and SI-18 are used to clear the Heat and Toxin in the nasal region.
- ST-36 and SP-9, the Sea points of the Stomach channel and the Spleen channel, respectively, ST-40 and SP-4, the Connecting points of the Stomach channel and the Spleen channel, respectively, ST-44 and SP-2, the Spring points of the Stomach channel and the Spleen channel, respectively, together with SP-6, the crossing point of the three Yin channels of the foot, are used to activate the Spleen and Stomach, eliminate Damp, clear the Heat, and reduce the swelling so as to relieve the nasal pain.

MODIFICATIONS

1. If there is cough, along with discharge of yellow phlegm from the nose, add LU-1, the Alarm Mu point of the Lung, and LU-10, the Spring point, to clear the Heat, eliminate Phlegm and relieve the cough.
2. If there is redness and swelling of the nose, add LI-2, the Spring point, and LI-11, the Sea point, to clear the Heat and reduce the swelling.
3. If there is loss of smell, add BL-2 and GV-24 to open the nose and promote the physiological functions of the nose.
4. If there is fullness of the abdomen, poor appetite and loose stools, add SP-3, the Source point of the

Spleen channel, and ST-25, the Alarm Mu point of the Large Intestine, to activate the Spleen, improve the digestion and stop the diarrhoea.

ACCUMULATION OF EXCESSIVE-HEAT IN THE LUNG AND STOMACH*SYMPTOMS AND SIGNS*

Gradual onset of nasal pain with a burning sensation and swelling, epistaxis, tenderness in the nasal area and residual nasal pain after the operation, accompanied by chest pain, thirst, a burning sensation in the stomach, gum bleeding, a foul smell from the mouth, constipation, a red tongue with a yellow coating, and a rapid and wiry pulse.

PRINCIPLE OF TREATMENT

Clear the Heat in the Lung and Stomach, descend the Lung-Qi and Stomach-Qi, promote defecation and relieve the nasal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-1 Zhongfu, LU-5 Chize, LU-6 Kongzui, LU-7 Lieque, LU-10 Yuji, ST-3 Juliao, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, ST-44 Neiting, SI-18 Quanliao and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and ST-42 and ST-44, the Source point and the Spring point of the Stomach channel, respectively, are used to clear the Heat in the Yangming channels and Fu organs, cool the Blood, reduce the swelling and relieve the pain.
- ST-36, the Sea point, ST-34, the Accumulation point, and ST-40, the Connecting point, all from the Stomach channel, are used to promote the Qi and Blood circulation, harmonise the collaterals, regulate the physiological functions of the Stomach and relieve the nasal pain.
- LU-10, the Spring point of the Lung channel, is used to clear the Heat in the Lung, reduce the swelling and relieve the nasal pain.
- LU-1, the Alarm Mu point of the Lung, LU-6, the Accumulation point, and LU-5 and LU-7, the

Sea point and the Connecting point of the Lung channel, respectively, are used to promote the Qi and Blood circulation, harmonise the collaterals, regulate the physiological functions of the Lung and relieve the nasal pain.

- SP-6, the crossing point of the three Yin channels of the foot, is used to clear the Heat, remove the Toxin, promote the Blood circulation and reduce the swelling so as to relieve the nasal pain.
- ST-3 and SI-18 are used to clear the Heat, reduce the swelling and relieve the nasal region.

MODIFICATIONS

1. If there is fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is headache, add Extra Taiyang and GB-20 to clear the Heat and relieve the headache.
3. If there is restlessness, add HT-3 and HT-7 to clear the Heat and calm the Shen.
4. If there is cough with yellow phlegm, add BL-13, the Back Transporting point of the Lung, to disperse the Lung-Qi and resolve the phlegm.
5. If there is stomach pain, add CV-12, the Alarm Mu point of the Stomach, to clear the Heat in the Stomach and relieve the stomach pain.
6. If there is constipation, add ST-37, the Lower Uniting-He point of the Large Intestine, to regulate the Large Intestine, promote defecation and relieve the constipation.
7. If there is gum bleeding, add SP-10 to cool the Blood, clear the Heat in the body and stop the bleeding.
8. If there is thirst or dryness in the throat and nose, add LU-8 and KI-6 to promote the secretion of Body Fluids and relieve the dryness in the throat and nose.

HYPERACTIVITY OF FIRE OF LIVER AND GALL BLADDER

SYMPTOMS AND SIGNS

Postoperative nasal pain with a burning feeling, discharge of yellow and sticky phlegm from the nose with a foul smell, diminished smell, headache, distension of the head, nervousness, irritability, redness of the eyes, a bitter taste in the mouth, tinnitus, a red tongue with a yellow coating, and a rapid and wiry pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, reduce the Fire and relieve the nasal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, GB-20 Fengchi, GB-34 Yanglingquan, GB-36 Waiqiu, GB-37 Guangming, GB-40 Qiuxu, GB-43 Xiashi, LR-2 Xingjian, LR-5 Ligou, LR-8 Ququan, ST-3 Juliao and SI-18 Quanliao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and GB-20 are used to clear the Heat and reduce the Fire in the head and sedate the nasal pain.
- GB-43 and LR-2, the Spring points of the Gall Bladder channel and the Liver channel, respectively, are used to clear the Heat and reduce the Fire in the Liver and Gall Bladder.
- GB-34, GB-40 and LR-8 are used to regulate the Gall Bladder and Liver, reduce the Fire in these organs and relieve the nasal pain.
- GB-36, GB-37 and LR-5 are used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the nasal pain.
- ST-3 and SI-18 are used to clear the Heat, reduce the swelling and relieve the nasal region.

MODIFICATIONS

1. If there is stuffiness of the nose, add LU-7 and BL-2 to open the nose.
2. If there is redness and swelling of the nose, add LI-2 and LU-2, the Spring points, to clear the Heat and reduce the swelling.
3. If there is pus discharge from the ear, add GB-2 and GB-8 to eliminate the Toxin and stop the pus discharge from the ear.
4. If there is headache and nervousness, add GV-20 to calm the Liver and suppress the Liver-Fire.
5. If there is discharge of foul yellow phlegm from the nose and diminished smell, add LU-5 to clear the phlegm in the nose and promote the sense of smell.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Stabbing pain in the nose, aggravation of pain at night or after the operation, purplish colour on the nose, swelling of the nose, headache, insomnia, chest pain,

depression, a purplish tongue with a thin white coating, and a wiry pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, circulate the Qi and Blood, eliminate Blood stasis and relieve the nasal pain.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, LI-1 Shangyang, LI-4 Hegu, BL-17 Geshu, SP-6 Sanyinjiao, SP-10 Xuehai, LR-3 Taichong, ST-3 Juliao, ST-42 Chongyang, BL-2 Zanzhu, BL-58 Feiyang, BL-64 Jinggu and SI-18 Quanliao.

Even method is applied on ST-3, BL-2 and SI-18; reducing method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the circulation of Qi so as to promote the Blood circulation and relieve the nasal pain.
- SP-6, the crossing point of the three Yin channels of the foot, and BL-17, the Gathering point of the Blood, together with SP-10, are used to promote the Blood circulation and relieve the nasal pain.
- GB-20 is used to promote the Qi and Blood circulation in the head and relieve nasal pain.
- LI-1, ST-42, BL-58 and BL-64 are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals, eliminate Blood stasis and relieve the nasal pain.
- ST-3, BL-2 and SI-18, the local points, are used to harmonise the collateral in the nose and improve Qi and Blood circulation to relieve the nasal pain.

MODIFICATIONS

1. If there is headache, add GB-20 and Extra Taiyang to circulate the Qi and Blood in the head and relieve the headache.
2. If there is restlessness and insomnia, add HT-3 and BL-15 to calm the Shen and improve sleep.
3. If there is chest pain and depression due to stagnation of Liver-Qi, add LR-14, CV-17 and PC-6 to smooth the Liver, circulate the Liver-Qi and relieve the depression.

DEFICIENCY OF QI AND YIN OF THE LUNG AND KIDNEY

SYMPTOMS AND SIGNS

Chronic minor nasal pain, aggravation of nasal pain after the operation, loss of or diminished smell, susceptibility to the common cold, frequent white nasal discharge, cough, aversion to cold, shortness of breath due to exertion, lower back pain, poor memory, tiredness, hot palms and soles, thirst, a red tongue with a thin white coating, and a deep, thready and weak pulse.

PRINCIPLE OF TREATMENT

Tonify the Qi, nourish the Yin, benefit the nose and relieve the nasal obstruction.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, ST-40 Fenglong, LU-5 Chize, LU-6 Kongzui, LU-7 Lieque, LU-9 Taiyuan, SP-6 Sanyinjiao, KI-3 Taixi, KI-10 Yingu, ST-3 Juliao and SI-18 Quanliao.

Even method is applied on LI-4, LI-6, LI-7, LU-6, ST-3 and SI-18; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LI-6, LI-7 and ST-40 are used to promote the Qi and Blood circulation, harmonise the collaterals in the nose and sedate the nasal pain.
- LU-5 and LU-9, the Sea point and the Source point of the Lung channel, respectively, are used to tonify the Lung-Qi, nourish the Lung-Yin and regulate the physiological functions of the Lung so as to relieve the nasal pain.
- LU-6 and LU-7, the Accumulation point and the Connecting point of the Lung channel, respectively, are used to disperse the Lung-Qi, harmonise the collaterals, promote the opening of the nose and relieve the nasal pain.
- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, together with SP-6, the crossing point of the three Yin channels of the foot, are used to tonify the Kidney-Qi, nourish the Yin of the body and relieve the nasal pain.
- ST-3 and SI-18 are used to clear the Heat and Toxin in the nasal region.

MODIFICATIONS

1. In susceptibility to the common cold, add BL-13, the Back Transporting point, with reinforcing method to consolidate the skin and prevent an attack of common cold.
2. If there is loss of or diminished smell, add BL-2 and GV-24 to open the nose and improve the sense of smell.
3. If there is general tiredness, shortness of breath due to exertion and lower back pain, add CV-6 to reinforce the Yuan-Qi and improve Yang-Qi distribution.
4. If there is dryness of the nose, and hot palms and soles due to deficiency of Yin, add LU-8 and KI-7 to clear the Deficient-Heat and nourish the Yin of the Lung and Kidney so as to relieve the dryness of the nose.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of nasal pain, as follows:

- *Ear acupuncture*: select points at the internal nose, external nose, Lung, Ear Shenmen, the sympathetic nerves and the subcortex
- *Wrist and ankle acupuncture*: select points at upper region 1.

16 *Lip pain*

Introduction

Postoperative lip pain refers to the occurrence of pain after operation on either the upper or the lower lip, and either inside or outside the lip.

Usually there is lip pain prior to the operation, with possible aggravation or residual lip pain after the operation. When lip pain occurs prior to the operation, it is usually accompanied by redness, swelling, numbness and itching. There could also be toothache or tongue pain. Lip pain varies from burning pain, slight pain and severe pain to stabbing pain.

Postoperative lip pain can be caused by operation at the lip or tooth and gum in the vicinity.

The following channels, divergences or sinews have connections with the lip and the mouth area:

- The branch of the Large Intestine channel, after passing through the cheek and entering the gum of the lower teeth, curves around the upper lip and crosses the opposite channel at the philtrum.
- The branch of the Liver channel, which arises from the 'eye system', runs downward into the cheek and curves around the inner surface of the lips.
- The Conception Vessel ascends along the front midline to the throat. Ascending further, it curves around the lips.
- The superficial branch of the Penetrating Vessel, running along both sides of the abdomen, travels up to the throat and curves around the lips.
- The channel divergence of the Stomach channel ascends through the Heart and alongside the oesophagus to reach the mouth.
- The channel sinews of the Stomach channel, after knotting at ST-12 Quepen, extend to the neck and mouth.

If there is operation around the mouth, the local points around the mouth can be omitted, and distal points, particularly the points from the Large Intestine channel, Stomach channel and Conception Vessel, can be selected.

Postoperative lip pain can be caused by a disturbance of one or more of the above channels, channel divergences and Connecting Vessels resulting from various causes, such as invasion of Toxic-Heat, accumulation of Heat in the Stomach, stagnation of Blood and hyperactivity of Deficient-Fire.

Treatment based on differentiation

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Severe postoperative lip pain, or intermittent lip pain with acute aggravation, lip pain with a burning feeling, yellow blisters on the lips, redness and swelling of the lips, headache, thirst, restlessness, insomnia, a red tongue with a thin yellow coating, and a rapid and forceful pulse, particularly at the Lung and Stomach positions.

PRINCIPLE OF TREATMENT

Remove the Toxin, clear the Heat, reduce the swelling and relieve the lip pain.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-11 Quchi, TE-4 Yangchi, TE-6 Zhigou, ST-36 Zusanli, ST-40 Fenglong, ST-44 Neiting, SI-18 Quanliao, CV-24 Chengjiang, SP-2 Dadu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-2, ST-44 and SP-2, the Spring points, and LI-4, the Source point, together with LI-11 are used to clear the Heat, remove the Toxin, reduce the swelling and relieve the lip pain.
- TE-4, the Source point, together with TE-6, is used to clear the Heat and drain down the Toxin.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, are used to promote the Qi and Blood circulation, harmonise the collaterals in the Stomach, clear the Heat and Toxin, and reduce the swelling so as to relieve the lip pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to clear the Heat, reduce the swelling and promote the Blood circulation so as to relieve the lip pain.
- CV-24 and SI-18 are used to clear the Heat and Toxin on the lip region so as to relieve the lip pain.

MODIFICATIONS

1. If there are large blisters with yellow discharge, add SP-9 and ST-42 to remove the Toxin, eliminate Damp and clear the Heat.
2. If there is swelling of the lips, add GV-10 and SP-10 to reduce the swelling and diminish the lip pain.
3. If there is itching on the lip, add LR-3 to dispel the Wind and stop the itching.
4. If there is restlessness and insomnia, add HT-3 and HT-7 to calm the Shen and improve sleep.
5. If there is fever, add LI-11 and GV-14 to clear the Heat and reduce the fever.
6. If there is headache, add GB-20 to clear the Heat in the body and head and to relieve the headache.
7. If there is thirst, add KI-6 and LU-8 to promote secretion of Body Fluids and relieve the thirst.
8. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to regulate the Large Intestine and promote defecation.

ACCUMULATION OF HEAT IN THE SPLEEN AND STOMACH

SYMPTOMS AND SIGNS

Postoperative lip pain with redness and swelling, cracks on the lips, ulceration on the lips or tongue, thirst, a preference for cold drinks, toothache, a foul smell from the mouth, constipation, stomach and abdominal pain, sometimes gum bleeding, a red tongue with a dry yellow coating, and a rapid and forceful pulse in the Stomach position.

PRINCIPLE OF TREATMENT

Clear the Heat in the Spleen and Stomach, reduce the Fire and relieve the lip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu, ST-44 Neiting, SP-2 Dadu, SP-6 Sanyinjiao, SI-18 Quanliao and CV-24 Chengjiang.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point from the Large Intestine channel, respectively, are

able to clear the Heat and reduce the Fire in the Large Intestine.

- ST-34, the Accumulation point, ST-40, the Connecting point, and ST-43, the Stream point, all from the Stomach channel, are used to harmonise the collaterals of the Stomach, regulate the Qi circulation and relieve the lip pain.
- ST-42, the Source point of the Stomach channel, is used to descend the Stomach-Qi, clear the Heat in the Yangming Fu organ, promote the Qi and Blood circulation in the Stomach channel and relieve the lip pain.
- ST-44 and SP-2, the Spring points of the Stomach and the Spleen channel, respectively, are used to clear the Heat in the Stomach and Spleen, reduce the swelling and relieve the lip pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation and relieve the lip pain.
- CV-24 and SI-18 are used to clear the Heat and Toxin in the lip region so as to relieve the lip pain.

MODIFICATIONS

1. If there is ulceration on the tongue and lips, and a foul smell from the mouth, add PC-8 and HT-8 to clear the Heat, reduce the Fire and relieve the ulceration on the tongue and lips.
2. If there is gum bleeding, add SP-10 to clear the Heat, cool the Blood and stop the gum bleeding.
3. If there is stomach pain, add CV-12, the Alarm Mu point of the Stomach, to clear the Heat and harmonise the Stomach so as to relieve the stomach pain.
4. If there is thirst and dry lips and mouth, add SP-5, the Metal point, and KI-6 to promote the secretion of Body Fluids and relieve the thirst.
5. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to clear the Heat and promote defecation.
6. If there is abdominal pain, add SP-8, the Accumulation point of the Spleen channel, to harmonise the collaterals and relieve the abdominal pain.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Severe postoperative stabbing lip pain, swelling and numbness of the lips, purplish lips, a purplish tongue with a thin coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Circulate Qi and Blood, eliminate Blood stasis and relieve the lip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, PC-6 Neiguan, SP-6 San-yinjiao, SP-10 Xuehai, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangyu, SI-18 Quanliao and CV-24 Chengjiang.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LR-3 are used to regulate the Qi circulation so as to activate the Blood circulation.
- PC-6, the Confluent point of the Yin Linking Vessel and the Connecting point of the Pericardium channel, is used to regulate the Qi circulation, smooth the emotions, calm the Shen and relieve the lip pain.
- SP-6 and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the lip pain.
- ST-34, the Accumulation point, ST-40, the Connecting point, ST-42, the Source point, and ST-43, the Stream point, all from the Stomach channel, are used to harmonise the collaterals of the Stomach, regulate the Qi circulation and relieve the lip pain.
- CV-24 and SI-18 are used to clear the Heat and Toxin in the lip region so as to relieve the lip pain.

MODIFICATIONS

1. If there is obvious redness and swelling of the lips, add LI-2 to promote the Blood circulation, eliminate Blood stasis and reduce the swelling.
2. If there is nervousness and headache, add LR-2, the Spring point, to clear the Liver-Fire and smooth the Liver.
3. If there is pain and spasm of the facial muscles, add ST-5 and ST-6 to harmonise the collateral and arrest the pain and spasm.
4. If there is tic of the lips, add GB-20 to calm the Liver and control the Wind.
5. If there is a painful tongue, add HT-5, the Connecting point, and HT-6, the Accumulation point, to circulate the Blood, eliminate Blood stasis and relieve the painful tongue.

6. If there is a stabbing pain in the body in general due to stagnation of Blood, add SP-21 to promote circulation of the Blood and relieve the pain.

HYPERACTIVITY OF DEFICIENT-FIRE

SYMPTOMS AND SIGNS

Dry and painful lips, cracks on the lips, hot flushes, night sweating, thirst, restlessness, insomnia, dry stools or constipation, a red tongue with a scanty or peeled coating, and a deep, thready and rapid pulse, particularly at the Lung and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish the Yin, descend the Deficient-Fire and relieve the lip pain.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xianggu, SP-6 Sanyinjiao, KI-3 Taixi, KI-10 Yingu, SI-18 Quanliao and CV-24 Chengjiang.

Even method is applied on SI-18 and CV-24; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LI-2 and LI-4, the Spring point and the Source point of the Large Intestine channel, respectively, are used to clear the Deficient-Heat, promote the Qi and Blood circulation, harmonise the collaterals and sedate the lip pain.
- ST-34, the Accumulation point, ST-40, the Connecting point, ST-42, the Source point, and ST-43, the Stream point, all from the Stomach channel, are used to harmonise the collaterals of the Stomach, regulate the Qi circulation and relieve the lip pain.

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, together with SP-6, the crossing point of the three Yin channels of the foot, are used to nourish the Yin, promote the secretion of Body Fluids and relieve the lip pain.
- CV-24 and SI-18 are used to clear the Heat and Toxin in the lip region so as to relieve the lip pain.

MODIFICATIONS

1. If there is lower back pain and weakness of the knees due to deficiency of Kidney-Yin, add KI-4 and KI-5 to tonify the Kidney, harmonise the collateral and relieve the lower back pain.
2. If there is nocturia due to weakness of Kidney-Qi, add CV-4 and KI-6 to tonify the Kidney and relieve the nocturia.
3. If there is insomnia and dream-disturbed sleep due to disharmony between the Kidney and Heart, add HT-3 and HT-8 to calm the Heart, nourish the Heart-Yin and reduce the Deficient-Fire.
4. If there is thirst and a dry mouth, add LU-8, the Metal point, and Extra Jinjin and Extra Yuye to promote the secretion of Body Fluids and relieve the thirst.
5. If there is constipation due to deficiency of Body Fluids in the Large Intestine, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve constipation.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of lip pain, as follows:

- *Ear acupuncture*: select points at the mouth, Spleen, Heart, Ear Shenmen, the sympathetic nerves and the adrenals
- *Wrist and ankle acupuncture*: select points at upper region 1.

17 *Tooth pain*

Introduction

Toothache is a complaint commonly encountered in daily practice. Postoperative toothache refers to the occurrence of pain after operation at one or more teeth, either at the upper or lower dental alveoli.

Usually there is tooth pain prior to the operation, with possible aggravation or residual tooth pain after the operation.

Postoperative tooth pain can occur after cementoma, cracking of a crown, dentognathic deformity, dental fixation by ligature, dental prosthesis, dental cyst, odontoneuralgia, pulp necrosis, pulpectomy, tooth trauma, tooth transplantation, gingival pyorrhoea, gingivectomy, periodontal infection or abscess and gingival carcinoma.

In mild cases, as well as toothache, there would be increased sensitivity of the teeth to sour, cold and hot food. However, in severe toothache, there would be headache, a swollen cheek, gum bleeding, eating difficulties, fever or chills, or even insomnia and restlessness.

The following channels, divergences or sinews have connections with the teeth:

- The Stomach channel enters the upper teeth.
- The branch of the Large Intestine channel, from the supraclavicular fossa, runs upward to the neck, passes through the cheek, and enters the gum of the lower teeth.
- A branch of the Connecting Vessel of the Large Intestine channel runs along the arm to LI-15 Jianyu, crosses the jaw and extends to the teeth.

Postoperative tooth pain in Traditional Chinese Medicine is usually caused by invasion of Toxic-Heat, accumulation of Heat in the Stomach, hyperactivity of Deficient Kidney-Fire, deficiency of Kidney-Yang and bacterial infection.

Treatment based on differentiation

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Acute postoperative toothache with continuous aggravation, aggravation of toothache by eating hot food and alleviation of the pain by consuming cold foods and beverages, swelling of the gum with slight bleeding, fever, aversion to cold, throat pain, thirst, constipation, a red tongue

(especially the tip) with a thin yellow coating, and a superficial and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the toothache.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, ST-6 Jiache, ST-7 Xiaguan, ST-34 Liangqiu, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu, ST-44 Neiting and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-2 and ST-44, the Spring points of the Large Intestine channel and the Stomach channel, respectively, and LI-4 and ST-42, the Source points of the Large Intestine channel and the Stomach channel, respectively, are used to clear the Heat, remove the Toxin and relieve the toothache.
- LI-7 and ST-34, the Accumulation points of the Large Intestine channel and the Stomach channel, respectively, and LI-6 and ST-40, the Connecting points of the Large Intestine channel and the Stomach channel, respectively, are used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the toothache.
- ST-43, the Stream point, is used to harmonise the collaterals of the Stomach, benefit the teeth and relieve the toothache.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation and relieve the toothache.
- ST-6 and ST-7, the local points, are used to regulate the collaterals and relieve the toothache.

MODIFICATIONS

1. If there is gum bleeding, add SP-10 to clear the Heat, cool the Blood and stop the bleeding.
2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is a painful and swollen throat, add LU-10 to clear the Heat, remove the Toxin and relieve the pain in the throat.

5. If there is thirst, add KI-6 and LU-8 to promote the secretion of Body Fluids and relieve the thirst.
6. If there is cough and expectoration of yellow phlegm, add LU-7 and LU-5 to clear the Heat, disperse the Lung-Qi and relieve the cough.

ACCUMULATION OF HEAT IN THE STOMACH

SYMPTOMS AND SIGNS

Postoperative toothache, swelling and redness of the gums or gum bleeding, thirst, a dry mouth, a preference for cold drinks, a foul smell from the mouth, constipation, restlessness, a red tongue with a dry yellow coating, and a rapid and forceful pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, promote defecation, consolidate the teeth and relieve the toothache.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, ST-4 Dicang, ST-5 Daying, ST-6 Jiache, ST-7 Xiaguan, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu, ST-44 Neiting, SP-2 Dadu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-44 and SP-2, the Spring points of the Stomach channel and the Spleen channel, respectively, LI-11 and ST-36, the Sea points of the Large Intestine channel and the Stomach channel, respectively, and LI-4 and ST-42, the Source points of the Large Intestine channel and the Stomach channel, respectively, are used to clear the Heat in the Stomach channel and organ and relieve the toothache.
- ST-34 and ST-40, the Accumulation point and the Connecting point of the Stomach channel, respectively, are used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the toothache.
- ST-43, the Stream point, is used to harmonise the collaterals of the Stomach, benefit the teeth and relieve the toothache.

- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation and relieve the toothache.
- ST-4, ST-5, ST-6 and ST-7, the local points, are used to regulate the collaterals and relieve the toothache.

MODIFICATIONS

1. If there is bleeding of the gums, add SP-10 to clear the Heat, cool the Blood and stop the bleeding.
2. If there is a foul smell from the mouth and stomach pain, add CV-12, the Alarm Mu point of the Stomach, to clear the Heat, improve the digestion and harmonise the Stomach.
3. If there is nausea and vomiting, add PC-6, the Confluent point of the Yin Linking Vessel, and SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, to descend the Stomach-Qi and stop the vomiting.
4. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to clear the Heat, promote defecation and relieve the constipation.

HYPERACTIVITY OF DEFICIENT KIDNEY-FIRE

SYMPTOMS AND SIGNS

Chronic and intermittent toothache, aggravation of pain after the operation, toothache with a slight burning pain, loose teeth, slight redness of the gum, swelling of the gum, thirst, redness of the throat, night sweating, dry stool, lower back pain, weakness of the knees, restlessness, insomnia, a red tongue with a scanty coating, and a thready and rapid pulse, but weak at the Stomach and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish the Kidney-Yin, descend the Deficient-Fire and relieve the toothache.

ACUPUNCTURE TREATMENT

KI-2 Rangu, KI-3 Taixi, KI-6 Zhaohai, KI-7 Fuli, KI-10 Yingu, LI-4 Hegu, SP-6 Sanyinjiao, ST-4 Dicang, ST-5 Daying, ST-6 Jiache and ST-7 Xiaguan.

Reducing method is applied on KI-2 and LI-4; even method is used on ST-4, ST-5, ST-6 and ST-7; reinforcing method is used on the remaining points.

EXPLANATIONS

- KI-2, the Spring point, and LI-4, the Source point of the Large Intestine channel, are used to clear the Heat and reduce the Deficient-Fire so as to relieve the toothache.
- KI-6, and KI-7, the Metal point, are used to promote the secretion of Body Fluids and nourish the Yin of the Kidney so as to control the Deficient-Fire.
- KI-3, the Source point, and KI-10, the Sea point, are applied to tonify the Kidney and regulate the physiological functions of the Kidney so as to treat deficiency of the Kidney. KI-10 is also the Water point of the Kidney channel, being able to nourish the Yin directly and promote the secretion of Body Fluids in the Kidney.
- SP-6 nourishes general Yin and tonifies the Kidney.
- ST-4, ST-5, ST-6 and ST-7 are the local points, applied to circulate the Qi and Blood in the area and harmonise the collateral so as to relieve the toothache.

MODIFICATIONS

1. If there is lower back pain and weakness of the knees due to deficiency of the Kidney-Yin, add BL-23, the Back Transporting point of the Kidney, and BL-58, the Connecting point of the Bladder channel, to tonify the Kidney, harmonise the collateral and relieve the lower back pain.
2. If there is nocturia due to weakness of Kidney-Qi, add KI-6 to tonify the Kidney and stop the nocturia.
3. If there is general tiredness due to deficiency of Kidney-Essence, add CV-4 and CV-6 to tonify the Kidney and benefit the Kidney-Essence.
4. If there is insomnia and dream-disturbed sleep due to a disharmony between the Kidney and the Heart, add HT-3 and HT-8 to calm the Heart, nourish the Heart-Yin and reduce the Deficient-Fire so as to improve sleep.

DEFICIENCY OF KIDNEY-YANG

SYMPTOMS AND SIGNS

Chronic toothache with intermittent aggravation, alleviation of the pain by warmth, aggravation of or residual tooth pain after the operation, loose teeth, lack of redness and swelling of the gums, an aversion to cold, cold hands and feet, excess salivation, lower back pain, impotence, profuse clean urine, a pale

tongue with a thin, wet coating and tooth marks, and a deep, thready and slow pulse, particularly at the right Kidney position.

PRINCIPLE OF TREATMENT

Tonify the Yang, eliminate the Cold and relieve the toothache.

ACUPUNCTURE TREATMENT

KI-3 Taixi, KI-10 Yingu, SP-3 Taibai, ST-4 Dicang, ST-5 Daying, ST-6 Jiache, ST-7 Xiaguan, ST-36 Zusanli and CV-4 Guanyuan.

Even method is applied on ST-4, ST-5, ST-6 and ST-7; reinforcing method is used on the remaining points. Moxibustion should be applied.

EXPLANATIONS

- KI-3, the Source point, and KI-10, the Sea point, are applied to tonify the Kidney and regulate the physiological functions of the Kidney so as to treat deficiency of Kidney-Yang.
- SP-3, the Source point, and ST-36, the Sea point, are used to tonify the Spleen and Stomach to promote the production of Qi and Yang in the body.
- CV-4 reinforces the Yuan-Qi to tonify the Kidney, warms the Interior and eliminates Cold.
- ST-4, ST-5, ST-6 and ST-7 are the local points, applied to circulate the Qi and Blood in the local areas and harmonise the collaterals so as to relieve the toothache.
- When moxibustion is used, the effect in arresting pain and eliminating Interior Cold will be strengthened.

MODIFICATIONS

1. If there is lower back pain, weakness of the knees and nocturia due to deficiency of the Kidney-Yang, add BL-23, the Back Transporting point of the Kidney, and BL-58, the Connecting point of the Bladder channel, with moxibustion to reinforce Kidney-Yang, harmonise the collateral and relieve the lower back pain.
2. If there is general tiredness, dizziness and poor memory due to deficiency of Kidney-Yang, add CV-6 with moxibustion to tonify the Kidney-Yang and relieve tiredness.

3. If there is water retention with swollen legs and face due to failure of the Kidney-Yang to control water metabolism, add CV-7 and SP-9 to eliminate Excessive Water and relieve the oedema.

BACTERIAL INFECTION

SYMPTOMS AND SIGNS

Residual toothache after tooth extraction for caries, intermittent occurrence of toothache, aggravation of toothache by touch, chewing or contact with sour food, aggravation of pain after the operation, and a wiry pulse.

PRINCIPLE OF TREATMENT

Clear the Toxin and relieve the toothache.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, ST-4 Dicang, ST-5 Daying, ST-6 Jiache, ST-7 Xiaguan, ST-40 Fenglong, ST-42 Chongyang, ST-43 Xiangu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and ST-42, the Source points of the Large Intestine channel and the Stomach channel, respectively, are used to clear the Toxin and relieve the toothache.
- LI-6 and ST-40, the Connecting points of the Large Intestine channel and the Stomach channel, respectively, and LI-7, the Accumulation point of the Large Intestine channel, are used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the toothache.
- ST-43, the Stream point, is used to harmonise the collaterals of the Stomach, benefit the teeth and relieve the toothache.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation and relieve the toothache.
- ST-4, ST-5, ST-6 and ST-7, the local points, are used to regulate the collaterals and relieve the toothache.

MODIFICATIONS

1. If there is restlessness due to pain, add HT-3 and HT-7 to calm the Heart and tranquillise the Shen.
2. If there is a craving for sweet food, add ST-44 and SP-2, the Spring points, to clear the Heat and diminish the desire for sweet food.
3. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, and ST-37, the Lower Uniting-He point of the Large Intestine, to promote defecation and relieve the constipation.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of tooth pain, as follows:

- *Ear acupuncture:* select points at tooth1, tooth2, upper mandible, lower mandible, Kidney, adrenals, the sympathetic nerves and the Stomach
- *Wrist and ankle acupuncture:* select points at upper region 1 and upper region 2.

Tongue pain 18

Introduction

Postoperative tongue pain refers to the occurrence of pain after operation on the tongue, including burning pain, pricking pain and stabbing pain. Tongue pain may occur at different regions of the tongue, e.g. the tip, middle, edges or back, or even the whole area of the tongue. As well as tongue pain, some other symptoms, such as swelling, erosion, stiffness and ulceration, can be seen simultaneously, which may cause difficulty in swallowing, drinking or speaking. In some cases, postoperative tongue pain can also be caused by ulceration due to careless biting or chewing during eating after the operation.

Usually there is tongue pain prior to the operation, with possible aggravation of or residual tongue pain after the operation.

Postoperative tongue pain can be caused by operation on the tongue, frenulum linguae, etc.

The following channels, divergences or sinews have connections with the tongue:

- The Spleen channel, after passing through the diaphragm and running alongside the oesophagus, reaches the root of the tongue and spreads over its lower surface.
- The straight portion of the Kidney channel, emerging from the Kidney and entering the Lung, runs along the throat and terminates at the root of the tongue.
- The channel divergence of the Kidney channel, connecting with the Kidney and crossing the Girdling Vessel at about the level of the seventh thoracic vertebra, ascends to the root of the tongue and finally enters the tongue.
- The Connecting Vessel of the Heart channel runs to the root of the tongue.
- Two branches of the channel sinews of the Bladder channel join in the gluteal region and then ascend along the side of the spine to the nape of the neck, where a branch enters the root of the tongue.
- A branch of the channel sinews of the Triple Burner (Energiser) channel splits out at the angle of the mandible and connects with the root of the tongue.

Many channels, channel divergences, Connecting Vessels and channel sinews are related with the tongue; however, two channels are particularly important – the Large Intestine channel and the Stomach channel. Moreover, since the Heart opens into the tongue, so the points from the Heart channel are also very important.

Postoperative tongue pain can be caused by a disturbance of one or more of the above channels, channel divergences and Connecting Vessels resulting from various causes, such as accumulation of Excessive-Heat, stagnation of Blood, hyperactivity of Phlegm-Fire, hyperactivity of Deficient-Fire and accumulation of Damp-Phlegm in the collaterals.

Treatment based on differentiation

ACCUMULATION OF EXCESSIVE-HEAT IN THE HEART

SYMPTOMS AND SIGNS

Postoperative tongue pain or aggravation of tongue pain after the operation, particularly on the tip of the tongue, a burning, pricking sensation and red spots on the tongue, restlessness, insomnia, deep yellow urine, even painful urination, a red tongue with a yellow coating, and a rapid and wiry pulse, particularly at the Heart position.

PRINCIPLE OF TREATMENT

Clear the Heat in the Heart, reduce the Fire, harmonise the collaterals and relieve the tongue pain.

ACUPUNCTURE TREATMENT

HT-3 Shaohai, HT-5 Tongli, HT-6 Yinxi, HT-7 Shenmen, HT-8 Shaofu, PC-8 Laogong, SI-2 Qianggu, SI-4 Wangu, LI-4 Hegu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- HT-8 and PC-8, the Spring points, are able to clear the Heat, reduce the Fire and relieve the tongue pain.
- HT-3, the Sea point, and HT-7, the Source point, are able to regulate the function of the Heart and to treat the basic causes of the tongue pain due to Excessive-Heat in the Heart. In this way, the Shen is also calmed, which will relieve the insomnia and restlessness due to Heat in the Heart.
- HT-6, the Accumulation point, and HT-5, the Connecting point, are used here to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tongue pain.
- SI-2 and SI-4, the Spring point and the Source point of the Small Intestine channel, respectively, are applied here to promote urination and clear the Heat in the Heart.
- LI-4 and SP-6 are used to promote the Qi and Blood circulation, clear the Heat in the Heart and relieve the tongue pain.

MODIFICATIONS

1. If there is considerable ulceration on the tongue, add HT-9 to clear the Heat in the Heart and relieve the ulceration on the tongue.
2. If there is severe insomnia and restlessness, add GV-20 and Extra Sishencong to calm the Shen and improve sleep.
3. If there is painful urination due to shifting of Heart-Heat to the Small Intestine, add ST-39, the Lower Uniting-He point of the Small Intestine, and SI-8, the Sea point, to clear the Heat in the Small Intestine and promote urination.
4. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, and LI-11, the Sea point, to clear the Heat in the Large Intestine, promote defecation and relieve the constipation.

ACCUMULATION OF EXCESSIVE-HEAT IN THE STOMACH

SYMPTOMS AND SIGNS

Tongue pain, aggravation of tongue pain after the operation (especially over the whole body of the tongue or the middle of the tongue), redness and swelling of the tongue, thirst, a dry mouth, a preference for cold drinks, a foul smell in the mouth, constipation, swelling and redness or bleeding of the gums, frequent hunger, abdominal pain, restlessness, a red tongue with a dry yellow coating, and a rapid and forceful pulse.

PRINCIPLE OF TREATMENT

Clear the Heat in the Stomach, harmonise the collaterals, promote defecation and relieve the tongue pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, ST-4 Dicang, ST-5 Daying, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, ST-44 Neiting, SP-2 Dadu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-44 and SP-2, the Spring points of the Stomach channel and the Spleen channel, respectively, LI-11 and ST-36, the Sea points of the Large Intestine channel and the Stomach channel, respectively, and LI-4 and ST-42, the Source points of the

Large Intestine channel and the Stomach channel, respectively, are used to clear the Heat in the Stomach channel and organ and relieve the tongue pain.

- ST-34 and ST-40, the Accumulation point and the Connecting point of the Stomach channel, respectively, are used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tongue pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation and relieve the tongue pain.
- ST-4 and ST-5, the local points, are used to regulate the collaterals and relieve the tongue pain.

MODIFICATIONS

1. If there is pain in the cheek with difficult jaw movements, add ST-43, the Stream point, to harmonise the collaterals of the Stomach, benefit the joint and relieve the pain.
2. If there is restlessness and insomnia, add HT-3 and HT-8 to clear the Heat in the Heart, calm the Shen and improve sleep.
3. If there is stomach pain, add CV-12, the Alarm Mu point of the Stomach, and BL-21, the Back Transporting point of the Stomach, to clear the Heat in the Stomach and harmonise the Stomach so as to relieve the stomach pain.
4. If there is nausea and vomiting due to uprising of Stomach-Qi, add PC-6, the Confluent point of the Yin Linking Vessel, and SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, to descend Stomach-Qi and stop the vomiting.
5. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain on the whole body of the tongue, aggravation of tongue pain during the night, insomnia, restlessness, periodic numbness of the tongue, a purplish tongue with a thin coating, and a wiry and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Qi and Blood circulation, eliminate Blood stasis and relieve the tongue pain.

ACUPUNCTURE TREATMENT

HT-3 Shaohai, HT-5 Tongli, HT-6 Yinxi, HT-7 Shenmen, PC-4 Ximen, PC-6 Neiguan, LI-4 Hegu, LR-3 Taichong, LU-7 Lieque, KI-6 Zhaohai, SP-6 Sanyinjiao and SP-10 Xuehai.

Reducing method is applied on all these points.

EXPLANATIONS

- HT-3, the Sea point, and HT-7, the Source point, are able to promote the Qi and Blood circulation in the Heart channel, regulate the function of the Heart, calm the Shen, improve sleep and relieve the tongue pain.
- HT-6, the Accumulation point, and HT-5, the Connecting point, are used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tongue pain.
- LI-4, LR-3, PC-4, PC-6, SP-6 and SP-10 are used to promote the Qi and Blood circulation, eliminate Blood stasis and relieve the tongue pain.
- LU-7 and KI-6 are used to regulate the Conception Vessel, promote the Qi and Blood circulation and relieve the tongue pain.

MODIFICATIONS

1. If there are palpitations and pressure over the chest due to stagnation of Blood in the Heart channel, add CV-14, the Alarm Mu point of the Heart, to promote the Blood circulation, circulate Blood, eliminate Blood stasis and relieve the pain.
2. If there is pain and spasm of the facial muscles due to stagnation of Blood, add ST-5 and ST-6 to harmonise the collaterals and relieve the pain and spasm.
3. If there is a stabbing pain in the general body due to stagnation of Blood, add BL-17 and SP-21 to promote circulation of Blood and relieve the pain.

HYPERACTIVITY OF PHLEGM-FIRE

SYMPTOMS AND SIGNS

Postoperative tongue pain (especially over the whole body of the tongue), swelling of the tongue or formation of hardening on the tongue, tongue erosion, periodic numbness of the tongue, nausea, poor appetite, a red tongue with a greasy coating, and a slippery

and wiry pulse, particularly at the Heart and Spleen positions.

PRINCIPLE OF TREATMENT

Eliminate Phlegm, reduce the Fire, harmonise the collaterals and relieve the tongue pain.

ACUPUNCTURE TREATMENT

HT-3 Shaohai, HT-5 Tongli, HT-8 Shaofu, PC-6 Neiguan, LI-4 Hegu, ST-36 Zusanli, ST-40 Fenglong, ST-44 Neiting, SP-2 Dadu, SP-4 Gongsun, SP-6 Sanyinjiao and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- HT-3, the Sea point, is applied here to calm the Heart and regulate the function of the Heart so as to relieve the tongue pain.
- HT-5, the Connecting point, is able to circulate the collateral of the Heart and eliminate blockage in the collateral due to Phlegm-Fire.
- HT-8, the Spring point, is used to clear the Heat, reduce the Fire and relieve the tongue pain.
- LI-4 promotes defecation and clears the Heat in the body.
- ST-40, the Connecting point, ST-44, and SP-2, the Spring point, are applied to harmonise the collaterals, clear the Heat, reduce the Fire and eliminate Phlegm.
- SP-9 and ST-36, the Sea points of the Spleen and the Stomach channel, respectively, are used to activate the Spleen and Stomach and eliminate Phlegm in the body.
- PC-6 and SP-4, the Connecting points, are used to harmonise the Penetrating Vessel and descend the Phlegm and Fire.
- SP-6 is used to promote the Blood circulation, reduce the swelling and relieve the tongue pain.

MODIFICATIONS

1. If there is restlessness and insomnia, add PC-8 to calm the Shen and improve sleep.
2. If there is a bitter taste in the mouth, dizziness, nausea and a hypochondriac uncomfortable feeling due to disturbance of the Gall Bladder

by Phlegm-Fire, add GB-40 and GB-43 to clear Phlegm-Fire in the Gall Bladder.

3. If there is nausea, poor appetite and epigastric distension due to the accumulation of Phlegm in the Stomach, add CV-12, the Alarm Mu point of the Stomach, to activate the Stomach, descend the Stomach-Qi and relieve the nausea.
4. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.

HYPERACTIVITY OF DEFICIENT-FIRE OF THE HEART

SYMPTOMS AND SIGNS

Postoperative tongue pain, aggravation of the pain at night, thirst, a dry mouth, dry stool, hot palms and soles, restlessness, night sweating, palpitations, insomnia, a tongue with a red tip and a thin or peeled coating, and a deep, thready and rapid pulse, particularly at the Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish the Yin, reduce Deficient-Heat, harmonise the collaterals and relieve the tongue pain.

ACUPUNCTURE TREATMENT

HT-3 Shaohai, HT-5 Tongli, HT-6 Yinxi, HT-7 Shenmen, HT-8 Shaofu, PC-8 Laogong, KI-6 Zhaohai, KI-7 Fuli, KI-10 Yingu and SP-6 Sanyinjiao.

Even method is applied on HT-5, HT-6, HT-7, HT-8 and PC-8; reinforcing method is applied on the remaining points.

EXPLANATIONS

- HT-8 and PC-8, the Spring points, are able to clear the Heat, reduce the Deficient-Fire and relieve the tongue pain.
- HT-3, the Sea point, and HT-7, the Source point, are able to nourish the Yin of the Heart and regulate the function of the Heart to treat the basic causes of the tongue pain.
- HT-6, the Accumulation point, and HT-5, the Connecting point, are used here to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tongue pain.

- KI-6, KI-7, KI-10 and SP-6 are used to nourish the Yin of the body and reduce the Deficient-Fire.

MODIFICATIONS

1. If there are palpitations and insomnia, add Extra Anmian and Extra Sishencong to benefit the Heart and calm the Shen.
2. If there is severe night sweating due to hyperactivity of deficient Heart-Fire, add KI-2, the Spring point of the Kidney channel, to reduce the Deficient-Fire and relieve the night sweating.
3. If there is ulceration on the tongue and restlessness due to uprising of deficient Heart-Fire, add HT-9, the Well point, to clear the Heat, reduce the Deficient-Fire and relieve the ulceration on the tongue.

ACCUMULATION OF DAMP-PHLEGM IN THE COLLATERALS

SYMPTOMS AND SIGNS

Postoperative tongue pain with numbness and swelling, formation of hardening on the tongue, tongue ulceration with a white mucus discharge, tastelessness in the mouth, excess salivation, tiredness, poor appetite, abdominal pain with a cold feeling, loose stools, somnolence, a pale and swollen tongue with a white and greasy coating, and a slippery and weak pulse, particularly at the Heart and Spleen positions.

PRINCIPLE OF TREATMENT

Harmonise the collaterals, activate the Spleen, resolve Damp and relieve the tongue pain.

ACUPUNCTURE TREATMENT

ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, CV-12 Zhongwan, HT-3 Shaohai, HT-5 Tongli, HT-6 Yinxi, HT-7 Shenmen, LI-4 Hegu and LR-3 Taichong.

Reinforcing method is applied on all these points.

EXPLANATIONS

- ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels

of the foot, are used to activate the Spleen and Stomach and eliminate the accumulation of Damp in the body.

- CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, harmonises the Stomach and resolves Damp in the body.
- ST-40, the Connecting point of the Stomach channel, and SP-9, the Sea point of the Spleen channel, are used to eliminate Phlegm and harmonise the collaterals so as to relieve the tongue pain.
- HT-3, the Sea point, and HT-7, the Source point, are used to promote the Qi and Blood circulation in the Heart channel, calm the Shen, improve sleep and relieve the tongue pain.
- HT-6, the Accumulation point, and HT-5, the Connecting point, are used here to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tongue pain.
- Accumulation of Damp-Phlegm can easily cause stagnation of Qi, thus LI-4 and LR-3 are used to promote Qi circulation and relieve the tongue pain.

MODIFICATIONS

1. If there is nausea and vomiting, add PC-6, the Confluent point of the Yin Linking Vessel, to harmonise the Stomach and descend the Stomach-Qi.
2. If there is a poor appetite, add ST-42, the Source point of the Stomach channel, to activate the Stomach and improve the appetite.
3. If there are loose stools or diarrhoea, add SP-3, the Source point of the Spleen channel, to activate the Spleen and stop the diarrhoea.
4. If there is pain on chewing, add ST-43, the Stream point of the Stomach channel, to eliminate Damp-Phlegm, benefit the jaw and relieve pain caused by chewing.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of tongue pain, as follows:

- *Ear acupuncture*: select points at the mouth, Heart, Ear Shenmen, the sympathetic nerves, Stomach and subcortex
- *Scalp acupuncture*: select points at the lower two-fifths of the motor area
- *Wrist and ankle acupuncture*: select points at upper region 1.

19 *Throat pain*

Introduction

Postoperative throat pain refers to the occurrence of pain after operation in the throat, including the pharynx, larynx and epiglottal region, as well as parts of the trachea, etc. Postoperative throat pain includes burning pain, pricking pain, distending pain and stabbing pain.

Postoperative throat pain is often accompanied by dryness in the throat, dry cough, expectoration of phlegm, a feeling of blockage in the throat, hoarseness, difficulty in speaking, and fever. In severe cases, it may also cause breathlessness or an inability to swallow. When such severe symptoms appear, treatment based on a combination of Western medicine and Traditional Chinese Medicine (TCM) is the best solution.

The throat includes the pharynx and larynx. The former is a musculomembranous sac consisting of the nasopharynx and the oropharynx, through which the nasal cavity connects with the larynx and the oral cavity with the oesophagus. The larynx is the organ of voice and also forms one of the higher parts of the air passages. It is placed high up in the front of the neck, where it forms a considerable prominence on the surface.

Usually there is throat pain prior to the operation, with possible aggravation of pain after the operation.

Postoperative throat pain can be caused by operation at the pharynx, larynx, oesophagus, etc.

The following channels, divergences or sinews have connections with the throat:

- The Lung channel communicates with the throat.
- The facial branch of the Stomach channel, emerging in front of ST-5 Daying, runs downward to ST-9 Renying. From there, it travels along the throat and enters the supraclavicular fossa.
- The Heart channel runs up the throat.
- The straight portion of the Kidney channel emerges from the Kidney and, after entering the Lung, runs along the throat.
- The Liver channel, after reaching the costal and hypochondriac region, ascends along the posterior aspect of the throat to the nasopharynx.
- The Conception Vessel ascends along the front midline to the throat. Ascending further, it curves around the lips, passes through the cheek and enters the infraorbital region (ST-1 Chengqi).
- The superficial branch of the Penetrating Vessel, running along both sides of the abdomen, travels up to the throat.
- The channel divergence of the Heart channel, after connecting with the Heart, runs upward across the throat.

- A branch of the channel divergence of the Lung channel extends upward from the Lung and emerges at the clavicle before ascending across the throat.
- The channel divergence of the Pericardium channel originates at a point 3 cun below the axilla, enters the chest and communicates with the Triple Burner (Energiser). A branch ascends across the throat.
- A branch of the Connecting Vessel of the Stomach channel from the neck and head runs downward to connect with the throat.

Postoperative throat pain can be caused by invasion of Toxic-Heat, hyperactivity of Fire of Lung and Stomach, stagnation of Qi, accumulation of Damp-Phlegm in the throat, stagnation of Blood, deficiency of Yin of Lung, Heart and Kidney, and deficiency of Qi of Lung, Spleen and Kidney.

Treatment based on differentiation

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Postoperative throat pain with a burning feeling, high fever, obvious swelling and redness with formation of pus in the throat and difficulty in swallowing, accompanied by headache, heavy cough, sweating, severe thirst, constipation, restlessness, generalised body pain, a thick yellow tongue coating, and a superficial and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the pain.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-11 Quchi, LU-5 Chize, LU-10 Yuji, GV-14 Dazhui, CV-22 Tiantu and CV-23 Lianquan. Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point, LI-11, the Sea point, and GV-14, the meeting point of all the Yang channels, clear the Heat, remove the Toxin and reduce the fever.

- LI-2 and LU-10, the Spring points of the Large Intestine channel and the Lung channel, respectively, clear the Heat, remove the Toxin and reduce the swelling in the throat.
- LU-5, the Sea point of the Lung channel, clears the Heat in the Lung and descends the Lung-Qi. It is also the Water point, which serves to distinguish Fire and remove the Toxin so as to relieve the throat pain.
- CV-22 and CV-23 are used here to reduce the swelling, relieve the throat pain and eliminate the blockage in the throat.

MODIFICATIONS

1. If there is high fever, add ST-44, the Spring point, to clear the Heat and reduce the fever.
2. If there is severe throat pain, add LI-6 and LU-7, the Connecting points, to harmonise the collateral and relieve the throat pain.
3. If there is severe cough with expectoration of yellow and sticky phlegm, add CV-17, the Gathering point of the Qi in the body, and LU-1, the Alarm Mu point, to descend the Lung-Qi and stop the cough.
4. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, and ST-40, the Connecting point, to promote bowel movement, smooth defecation and relieve the constipation.
5. If there is formation of pus in the throat, add LU-11 and LI-1, the Well points, to clear the Heat and remove the Toxin.
6. If there is headache, add Extra Yintang and GV-16 to dispel Toxic-Heat and relieve the headache.

HYPERACTIVITY OF FIRE OF LUNG AND STOMACH

SYMPTOMS AND SIGNS

Postoperative throat pain that moves up and down, redness in the throat with a burning feeling, difficulty in swallowing, aggravation of throat pain by smoking and drinking alcohol, as well as eating sweet, fatty and highly flavoured food, cough, expectoration of yellow phlegm, thirst, constipation, a foul smell from the mouth, gum bleeding and swelling, occasional formation of pus in the throat, a red tongue with a dry yellow coating, and a rapid pulse, particularly at the Lung and Stomach positions.

PRINCIPLE OF TREATMENT

Clear the Heat, promote defecation, reduce the swelling and relieve the pain.

ACUPUNCTURE TREATMENT

LU-5 Chize, LU-6 Kongzui, LU-10 Yuji, BL-13 Feishu, ST-42 Chongyang, ST-44 Neiting, LI-4 Hegu and CV-23 Lianquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LU-5, the Water point and the Sea point, and LU-10, the Spring point of the Lung channel, clear the Heat, descend the Lung-Qi and reduce the Fire from the Lung.
- BL-13, the Back Transporting point of the Lung, clears Heat in the Lung and regulates the physiological function of the Lung so as to relieve the throat pain.
- ST-42, the Source point, and ST-44, the Spring point of the Stomach channel, clear the Heat from the Stomach and reduce the Fire.
- LI-4, the Source point of the Large Intestine channel, clears the Heat, reduces the Fire and promotes defecation so as to eliminate Excessive-Fire in the Yangming Fu organs.
- CV-23 clears the Heat in the throat, reduces the swelling and relieves the throat pain.

MODIFICATIONS

1. If there is difficulty in swallowing, add CV-22 to reduce the swelling and ease swallowing.
2. If there is cough with profuse expectoration of yellow phlegm, add ST-40, the Connecting point, and CV-17, the Gathering point of the Qi in the body, to resolve the Phlegm, descend the Lung-Qi and stop the cough.
3. If there is fever, add LI-11, the Sea point of the Large Intestine channel, and GV-14, the meeting point of all the Yang channels, to clear the Heat and reduce the fever.
4. If there is severe constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.
5. If there is severe thirst, add LU-8, the Metal point, and LI-2, the Spring point, to promote the secretion of Body Fluids and relieve the thirst.

STAGNATION OF QI*SYMPTOMS AND SIGNS*

Throat pain with spasm and a feeling of tension that moves up and down, plum-pit sensation in the throat, depression, stress, a feeling of oppression over the chest, headache, a bitter taste in the mouth, insomnia, poor appetite, a slightly purplish tongue with a thin coating, and a wiry pulse, particularly at the Liver position, and weak and slippery at the Spleen position.

PRINCIPLE OF TREATMENT

Smooth the Liver, circulate the Qi, harmonise the emotion, eliminate the Phlegm and relieve the pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, GB-20 Fengchi, GB-40 QiuXu, HT-7 Shenmen, PC-6 Neiguan, ST-40 Fenglong, CV-12 Zhongwan, CV-17 Tanzhong and CV-23 Lianquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3, the Source point of the Liver channel, is used to smooth the Liver, promote the Qi circulation, harmonise the emotions and relieve the pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, and CV-17, the Gathering point of the Qi in the body, together with GB-40 help LR-3 circulate the Liver-Qi and regulate the emotions. They also promote Qi circulation in the Heart and Spleen.
- GB-20 and HT-7 are used to calm the Shen and relieve the spasm and tension in the throat and in the body.
- CV-12, the Gathering point of the Fu organs, and ST-40 are used to promote the physiological functions of the Fu organs and eliminate the Phlegm in the body and throat.
- CV-23, the local point near the throat, is used here to relieve the throat pain.

MODIFICATIONS

1. If there is depression with fullness and pain in the chest due to stagnation of Liver-Qi, add LR-14, the

Alarm Mu point of the Liver, to smooth the Liver, circulate the Liver-Qi and relieve the depression.

2. If there is irritability, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall Bladder channel, respectively, to clear the Heat from the Liver and relieve the irritability.
3. If there is headache, add GV-20 to calm the Liver, suppress Liver-Yang and relieve the headache.
4. If there is poor appetite, abdominal fullness, flatulence and belching due to stagnation of Spleen-Qi, add LR-13, the Alarm Mu point of the Spleen, and BL-20, the Back Transporting point of the Spleen, to smooth the Spleen and relieve the stagnation of Liver-Qi.
5. If there is insomnia, dream-disturbed sleep and sighing due to stagnation of Heart-Qi, add HT-3 and Extra Sishencong to regulate the Heart and calm the Shen.
6. If there is a bitter taste in the mouth and constipation due to stagnation of Qi in the Shayang, add TE-6 to regulate the Shayang Fu organs and relieve stagnation of Liver-Qi.

ACCUMULATION OF DAMP-PHLEGM IN THE THROAT

SYMPTOMS AND SIGNS

Slight postoperative throat pain, lack of redness in the throat, slight swelling of the throat, an itching and prickly feeling in the throat, aggravation of throat pain after eating fatty and sweet food, loss of or diminished smell and taste, nasal discharge, cough, occasional expectoration of phlegm from the throat, fullness of the abdomen, poor appetite, loose stools, a thick and greasy coating on the tongue, and a slippery pulse.

PRINCIPLE OF TREATMENT

Activate the Spleen and Stomach, eliminate Damp, resolve Phlegm and relieve the throat pain.

ACUPUNCTURE TREATMENT

ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, LU-5 Chize, LU-7 Lieque, BL-2 Zanzhu, CV-12 Zhongwan and CV-23 Lianquan.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-40, the Connecting point on the Stomach channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are applied together to strongly activate the Spleen and Stomach, eliminate Damp and resolve Phlegm so as to treat the throat pain. This is the root treatment.
- CV-12, the Gathering point of the Fu organs, is used here to help the above points harmonise the Fu organs and resolve Damp-Phlegm in the body.
- LU-5, the Sea point, is used to eliminate Phlegm in the Lung and promote the physiological function of the Lung. LU-7, the Connecting point, is prescribed to disperse the Lung-Qi, harmonise the collateral in the throat and relieve the throat pain.
- CV-23 resolves the blockage in the throat and relieves the throat pain.

MODIFICATIONS

1. If there is discharge of yellow phlegm from the nose and cough due to accumulation of Phlegm-Heat in the Lung, add LU-10, the Spring point, and LI-4 to clear the Heat, eliminate the Phlegm and relieve the cough.
2. If there is loss of smell and taste, add SI-18, LI-20 and Extra Bitong, the local points, to open the nose and promote the physiological function of the nose.
3. If there is redness and swelling of the throat, add LI-2, the Spring point, and LU-11, the Well point, to clear the Heat and reduce the swelling.
4. If there is fullness of the abdomen, poor appetite and loose stool due to weakness of the Spleen and Stomach, add SP-3, the Source point, and SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, to activate the Spleen and improve the digestion.
5. If there is accumulation of Cold-Phlegm, manifested as a white and greasy coating on the tongue, a slippery and slow pulse, expectoration and nasal discharge of white phlegm, add BL-13, the Back Transporting point of the Lung, with moxibustion to warm the Lung and resolve Cold-Phlegm.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Prolonged persistence of throat pain with a stabbing feeling, aggravation of throat pain at night or residual

throat pain after the operation, swelling in the throat with a purplish colour, difficulty in speaking and swallowing, hoarseness, bleeding from the throat or expectoration of phlegm with blood spotting, cough and shortness of breath, dark complexion, emaciation, a purple tongue or purple spots on the tongue borders, and an erratic, deep, wiry or tight pulse.

PRINCIPLE OF TREATMENT

Circulate Blood, eliminate Blood stasis, harmonise the collateral and relieve the pain.

ACUPUNCTURE TREATMENT

CV-21 Xuanji, CV-22 Tiantu, LU-11 Shaoshang, LU-7 Lieque, BL-17 Geshu, SP-6 Sanyinjiao, LI-4 Hegu, PC-6 Neiguan and LR-3 Taichong.

Reducing method is applied on all these points.

EXPLANATIONS

- BL-17, the meeting point for Blood, and SP-6, the crossing point of the three Yin channels of the foot, together with LU-11, are used to promote the Blood circulation and eliminate Blood stasis in the body and throat.
- LI-4, the Source point, promotes the Qi and Blood circulation in the body and throat and relieves the throat pain.
- LU-7, the Connecting point, is used to induce treatment in the throat, disperse the Lung-Qi and harmonise the collaterals in the throat so as to relieve the throat pain.
- PC-6, the Connecting point and the Confluent point of the Yin Linking Vessel, is used to calm the Shen and relieve the pain. It also promotes the Qi circulation in the throat so as to promote the Blood circulation.
- CV-21 and CV-22, very important points here, are used to regulate Qi circulation in the channels and eliminate stagnation and blockage in the throat so as to relieve the throat pain.

MODIFICATIONS

1. If there is severe throat pain with aggravation of the pain at night, add ST-9 and ST-10 to promote the Blood circulation, eliminate Blood stasis and relieve the pain in the throat.

2. If there is difficulty in swallowing and drinking, together with vomiting, add SP-4, the Confluent point of the Penetrating Vessel, and KI-27 to descend Stomach-Qi and relieve the blockage in the throat.
3. If there is swelling in the throat due to stagnation of Blood, add ST-40, the Connecting point, to reduce the swelling and eliminate the blockage of the collateral in the throat.
4. If there is restlessness due to severe throat pain, add HT-3, the Sea point, to calm the Shen and improve sleep.
5. If there is expectoration of profuse phlegm, add SP-9, the Sea point of the Spleen channel, and CV-12, the Gathering point of the Fu organs, to activate the Spleen and Stomach and resolve the Phlegm.

DEFICIENCY OF YIN OF LUNG, HEART AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative throat pain with prolonged persistence, a dry throat, thirst (especially at night), lack of desire to drink and a burning feeling in the throat, accompanied by night sweating, hot palms and soles, dry stools, scanty urine, tiredness, dizziness, tinnitus, poor memory, weakness of the knees, lower back pain, hoarseness, dry cough, cough with scanty phlegm or phlegm with blood spotting, insomnia, restlessness, palpitations, a red tongue with a thin or peeled coating, and a rapid, thready and weak pulse, particularly at the Lung, Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish Yin and clear Deficient-Fire, moisten the throat and relieve the pain.

ACUPUNCTURE TREATMENT

LU-5 Chize, LU-7 Lieque, LU-8 Jingqu, KI-6 Zhaohai, KI-7 Fuli, SP-6 Sanyinjiao, HT-3 Shaohai and CV-23 Lianquan.

Reinforcing method is applied on all these points.

EXPLANATIONS

- KI-7 and LU-8, the Metal points, nourish the Yin and promote the secretion of Body Fluids so as to benefit and moisten the throat.

- SP-6, the crossing point of the three Yin channels of the foot, helps the above two points to tonify the Yin and relieve the dryness in the throat. This is the root treatment.
- LU-5, the Water point from the Lung channel, is used directly to promote the secretion of Body Fluids in the Lung system and moisten the throat.
- Application of LU-7 and KI-6 simultaneously, a special combination, is used to open the Conception Vessel, moisten the throat and relieve the throat pain.
- CV-23 benefits the throat and relieves the throat pain.
- HT-3, the Water point from the Heart channel, is used to nourish the Yin and calm the Shen.

MODIFICATIONS

1. If there is dizziness, poor memory, lower back pain and weakness of the knees, add KI-3, the Source point, and KI-10, the Sea point, to tonify Kidney-Essence and strengthen the back.
2. If there is night sweating, hot palms and soles and thirst due to deficiency of Yin, add HT-6, the Accumulation point, and KI-2, the Spring point, to nourish the Yin and clear Deficient-Heat.
3. If there is a dry cough, hoarseness or blood spots in the phlegm, add BL-13, the Back Transporting point of the Lung, and LU-6, the Accumulation point, to nourish Lung-Yin and stop the cough and bleeding.
4. If there is insomnia, restlessness and palpitations, add BL-15, the Back Transporting point of the Heart, and CV-14, the Alarm Mu point of the Heart, to nourish Heart-Yin and calm the Shen.
5. If there is nervousness, headache and irritability due to deficiency of Liver-Yin with hyperactivity of Deficient-Fire, add LR-3, the Source point of the Liver, and GB-20 to calm the Liver and reduce Deficient-Fire.

DEFICIENCY OF QI OF LUNG, SPLEEN AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative throat pain, slight pain in the throat, a cold feeling in the throat, hoarseness, low and weak voice, aggravation of throat pain by tiredness, and lack of swelling in the throat, accompanied by a pale complexion, spontaneous sweating, aversion to cold, cold hands and feet, disinclination to speak, tiredness,

susceptibility to the common cold, a slight cough with expectoration of white phlegm, poor appetite, loose stools, abdominal distension, nausea, weakness of the muscles, tiredness, lower back pain, weakness of the knees, nocturia, impotence, profuse clean urine, a pale and swollen tongue with a wet and watery coating and tooth marks, and a thready, deep and slow pulse, particularly at the Lung, Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Reinforce Qi, tonify Yang, dispel Cold and relieve the throat pain.

ACUPUNCTURE TREATMENT

CV-4 Guanyuan, CV-6 Qihai, ST-36 Zusanli, SP-3 Taibai, KI-3 Taixi, KI-10 Yingu and CV-23 Lianquan.

Reinforcing method is applied on all these points. Moxibustion should also be applied.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, are used to tonify the Kidney-Qi and warm the Kidney-Yang.
- ST-36 and SP-3, the Sea point of the Stomach channel and the Source point of the Spleen channel, respectively, are used to activate the Spleen and Stomach and tonify the Qi of the general body.
- CV-4 and CV-6 are used to reinforce the Qi and Yang of the body and dispel the Cold.
- CV-23 is used to relieve the blockage in the throat and sedate the pain.
- Moxibustion strongly warms the body, reinforces Yang and dispels the Cold.

MODIFICATIONS

1. If there is lower back pain with weakness of the knees, add SP-6, the crossing point of the three Yin channels of the foot, and BL-58, the Connecting point, to tonify the Kidney, strengthen the back and relieve the lower back pain.
2. If there is nocturia or impotence, add moxibustion at BL-23 to tonify Kidney-Yang and improve potency.
3. If there is general tiredness and coldness of the hands and feet due to deficiency of Kidney-Yang,

add GV-20, to tonify Yang and warm the interior. Moxibustion can be applied on the needle.

4. If there are loose stools or diarrhoea, poor appetite and nausea, add SP-4, the Confluent point of the Penetrating Vessel, and SP-9, the Sea point, to activate the Spleen and stop the diarrhoea.
5. If there is susceptibility to the common cold, a cough, expectoration of some white phlegm, low voice and spontaneous sweating, add LU-9, the Source point of the Lung channel, and BL-13, the Back Transporting point of the Lung, to tonify the Lung-Qi, strengthen the Lung and stop the cough.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of throat pain, as follows:

- *Ear acupuncture*: select points at the throat, mouth, Lung, Ear Shenmen, the sympathetic nerves and subcortex
- *Scalp acupuncture*: select points at the lower two-fifths of the motor area
- *Wrist and ankle acupuncture*: select points at upper region 1.

Painful 20 swallowing

Introduction

Painful postoperative swallowing refers to the occurrence of pain after operation to the throat, oesophagus or stomach. Problems include pain and difficulty in swallowing hard, soft or even liquid food, a feeling of blockage in the throat and nausea. In some cases, it may cause gradual onset of an inability to swallow any type of beverage, or vomiting immediately after eating. In severe cases, a combination of treatment by Western medicine and Traditional Chinese Medicine (TCM) should be applied simultaneously.

Physiologically, swallowing needs cooperation between the throat and oesophagus, as well as the opening of the stomach (cardia). The throat includes the pharynx and larynx. The former is a musculomembranous sac consisting of the nasopharynx and the oropharynx, through which the nasal cavity connects with the larynx and the oral cavity with the oesophagus. The larynx is the organ of voice and also forms one of the higher parts of the air passages. The oesophagus is the tube that conveys food and drink from the throat down to the stomach. It begins at the level of the sixth cervical vertebra and, lying close against the left side and front of the spinal column, passes downward through the neck and chest to pierce the diaphragm, and then opens into the stomach. Cardia refers to the upper opening of the stomach that lies immediately behind the heart. Disorder at any one of these three organs after the operation can lead to painful swallowing. There is usually painful swallowing prior to the operation, with possible aggravation after the operation.

TCM stresses the importance of the relationship between the throat, oesophagus and stomach and the interior Zang-Fu organs, especially the Lung, Spleen, Stomach and Liver. In addition, TCM holds that disorders of Qi, Blood, Body Fluids, Yin and Yang, and disorders of channels and collaterals, may cause dysfunction of the throat, oesophagus and Stomach, resulting in painful swallowing.

Painful swallowing in TCM can be discussed in the content of throat pain, epigastric pain and vomiting.

There is usually painful swallowing prior to the operation, with possible aggravation of or residual painful swallowing after the operation.

Postoperative painful swallowing can be caused by operation at the pharynx, larynx, oesophagus and stomach.

The following channels, divergences or sinews have connections with the chest and its interior organs:

- The Spleen channel passes through the diaphragm and runs alongside the oesophagus.
- The ascending portion of the Heart channel from the 'Heart system' runs alongside the oesophagus to connect with the 'eye system'.

- The Small Intestine channel, turning downward to the supraclavicular fossa, connects with the Heart. From there it descends along the oesophagus.
- The straight portion of the Kidney channel, emerging from the Kidney, enters the Lung, runs along the throat and terminates at the root of the tongue.
- The channel divergence of the Stomach channel, together with the channel divergence of the Spleen channel, after connecting with the Stomach and dispersing in the Spleen, ascends through the Heart and alongside the oesophagus to reach the mouth.
- The channel divergence of the Gall Bladder channel, after connecting with the Gall Bladder and spreading through the Liver, proceeds further upward and crosses the Heart and oesophagus.

As to the causative factors of painful swallowing after operation, they can be the result of invasion of Toxic-Heat, hyperactivity of Fire in the Lung and Stomach, stagnation of Qi, accumulation of Damp-Phlegm, stagnation of Blood and deficiency of Yin of the Lung, Stomach and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

The chief principles of treatment for painful swallowing after operation are to harmonise the throat, regulate the Qi circulation, descend the Stomach-Qi and benefit swallowing. Based on these principles, the following points are often applied together with the point prescriptions to treat the root cause of painful swallowing after operation: PC-6 Neiguan, SP-4 Gongsun, LU-7 Lieque, KI-6 Zhaohai, ST-40 Fenglong, ST-42 Chongyang and CV-12 Zhongwan.

Some local points near the throat are extremely important in relieving painful postoperative swallowing. Some of these points should be used if the wound near the throat is healed and insertion of the needles is possible. These local points include CV-22 Tiantu, CV-23 Lianquan, ST-9 Renying, ST-10 Shuitu, ST-12 Quepen, SI-16 Tianchuang, LI-17 Tianding and LI-18 Futu.

Treatment differentiation

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Painful swallowing in the throat, oesophagus and stomach resulting from improper intake of toxic drugs or drinking, painful throat with a burning feeling, swelling and redness in the throat, occasional ulcer formation in the throat, severe pain behind the chest as well as stomach pain, accompanied by fever, severe headache, restlessness, palpitations, sweating (sometimes profuse) or fainting, a red tongue, and a rapid and forceful pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling, relieve the pain and ease the swallowing.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-11 Quchi, LU-10 Yuji, ST-44 Neiting, PC-4 Ximen, HT-3 Shaohai, HT-8 Shaofu, SP-6 Sanyinjiao and SP-10 Xuehai.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to clear the Heat, remove the Toxin and reduce the fever. In addition, they promote defecation so as to eliminate the Toxin through defecation.
- LI-2, ST-44 and LU-10, the Spring points of the Large Intestine channel, Stomach channel and Lung channel, respectively, strongly clear the Heat, remove the Toxin, relieve the redness, reduce the swelling in the throat, oesophagus and stomach, and relieve the painful swallowing.
- PC-4 is used to harmonise the collaterals and relieve the painful swallowing.
- HT-3 and HT-8, the Sea point and the Spring and Stream points of the Heart channel, are used to clear the Heat, calm the Shen and relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used here to remove the Toxin, reduce the swelling, cool the Blood, promote the Blood circulation and relieve the painful swallowing.

MODIFICATIONS

1. If there is high fever, add GV-14, the meeting point of all the Yang channels, to clear the Heat and reduce the fever.
2. If there is severe throat pain and swelling in the throat, add LI-1 and LU-11, the Well points, to clear the Heat and relieve the throat pain.
3. If there is formation of pus in the throat, bleed at LU-11 and LI-1 to clear the Heat and remove the Toxin.
4. If there is constant bleeding in the throat, add SP-1 to stop the bleeding.
5. If there is nausea and vomiting, add CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
6. If there is constipation, add ST-25 and ST-40, the Alarm Mu point and the Connecting point of the Large Intestine channel, respectively, to promote bowel movement, smooth the defecation and relieve the constipation.

HYPERACTIVITY OF FIRE IN THE LUNG AND STOMACH

SYMPTOMS AND SIGNS

Gradual onset of painful swallowing that moves up and down, redness in the throat with a burning feeling, aggravation of painful swallowing by smoking and drinking alcohol, as well as eating sweet, fatty and highly flavoured food, and residual painful swallowing after the operation, accompanied by a cough, expectoration of yellow phlegm, thirst, constipation, a foul smell from the mouth, gum bleeding and swelling, occasional formation of pus in the throat and a red tongue with a dry yellow coating.

PRINCIPLE OF TREATMENT

Clear the Heat, promote defecation, reduce the swelling and relieve the painful swallowing.

ACUPUNCTURE TREATMENT

LU-1 Zhongfu, LU-5 Chize, LU-8 Jingqu, LU-10 Yuji, ST-40 Fenglong, ST-42 Chongyang, ST-44 Neiting, LI-4 Hegu, LI-11 Quchi, PC-4 Ximen, HT-8 Shaofu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LU-1, the Alarm Mu point of the Lung, LU-5, the Water point and Sea point of the Lung channel, and LU-10, the Spring point of the Lung channel, together with LU-8, the Metal point of the Lung channel, are used to clear the Heat in the Lung, descend the Lung-Qi, benefit the throat and restore the physiological functions of the Lung so as to relieve the painful swallowing.
- ST-40, ST-42 and ST-44, the Connecting point, the Source point and the Spring point of the Stomach channel, respectively, are used to clear the Heat in the Stomach, reduce the Fire, descend the Stomach-Qi and promote the physiological functions of the Stomach so as to relieve the painful swallowing.
- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to clear the Heat and reduce the Fire in the body, promote defecation and eliminate Excessive-Fire in the Yangming Fu organs.
- PC-4 is used to harmonise the collaterals and relieve the painful swallowing.
- HT-8, the Spring point and Stream point of the Heart channel, is used to clear the Heat, calm the Shen and relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to remove the Toxin, reduce the swelling, cool the Blood, promote the Blood circulation and relieve the painful swallowing.

MODIFICATIONS

1. If there is a cough with fullness of the chest, add CV-17, the Gathering point of the Qi in the body, to relax the chest, resolve the Phlegm, descend the Lung-Qi and relieve the cough.
2. If there is severe constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.
3. If there is severe thirst, add KI-7 and KI-10, the Metal point and the Water point of the Kidney channel, respectively, to promote secretion of the Body Fluids and relieve the thirst.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Gradual onset of painful and difficult swallowing, spasm and a feeling of tension in the throat, plum-pit sensation in the throat, aggravation of the painful

swallowing with emotional upset, residual painful swallowing after the operation, depression, stress, a feeling of oppression over the chest, headache, a bitter taste in the mouth, insomnia, poor appetite, a slightly purplish tongue with a thin coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Smooth the Liver, promote the Qi circulation, harmonise the emotion and relieve the painful swallowing.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-5 Ligou, LR-8 Ququan, LR-14 Qimen, GB-20 Fengchi, ST-40 Fenglong, PC-4 Ximen, HT-3 Shaohai, HT-7 Shenmen, CV-17 Tanzhong and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- The points from the Liver channel, such as LR-3, the Source point, LR-5, the Connecting point, LR-8, the Sea point, together with LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver, promote the Qi circulation, regulate the emotions, relieve the depression and eliminate the blockage in the throat and the painful swallowing.
- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, together with GB-20, are used to smooth the emotions, calm the Shen and relieve the painful swallowing.
- PC-4 and CV-17 are used to promote the Qi circulation in the body and smooth the emotions.
- ST-40, the Connecting point of the Stomach channel, is used to harmonise the collaterals in the throat, descend the Stomach-Qi and ease the swallowing.
- SP-6, the crossing point of the three Yin channels of the foot, is used to remove the Toxin, reduce the swelling, cool the Blood, promote the Blood circulation and relieve the painful swallowing.

MODIFICATIONS

1. If there is nausea or vomiting, add SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, to descend the Stomach-Qi, regulate the Penetrating Vessel and stop the vomiting.

2. If there is depression and headache, add GB-8 and GB-15 to smooth the emotions and improve the depression.
3. If there is irritability, add LR-2, the Spring point of the Liver channel, and GV-20 to clear the Heat in the Liver, suppress the Liver-Yang and relieve the irritability.
4. If there is poor appetite, abdominal fullness, flatulence and belching due to stagnation of Spleen-Qi, add LR-13, the Alarm Mu point of the Spleen, to activate the Spleen and improve the appetite.
5. If there is insomnia, dream-disturbed sleep and restlessness, add HT-8, the Spring point of the Heart channel, and Extra Sishencong to regulate the Heart, calm the Shen and improve sleep.
6. If there is a bitter taste in the mouth and tension at the neck, add GB-40, the Source point of the Gall Bladder channel, to regulate the Gall Bladder, promote normal circulation of the bile and relieve the bitter taste in the mouth.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Gradual onset of pain and difficulty in swallowing, lack of redness in the throat, slight swelling of the throat, a constant feeling of phlegm in the throat, aggravation of the pain after eating sweet or fatty foods, residual painful swallowing after the operation, a slight cough, expectoration of profuse phlegm, a fullness in the chest and abdomen, poor appetite, nausea, vomiting, loose stools, a thick, greasy coating on the tongue, and a slippery pulse.

PRINCIPLE OF TREATMENT

Descend the Stomach-Qi, activate the Spleen and Stomach, eliminate Damp-Phlegm and relieve the painful swallowing.

ACUPUNCTURE TREATMENT

CV-12 Zhongwan, PC-4 Ximen, LR-3 Taichong, ST-21 Liangmen, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, SP-4 Gongsun, SP-6 Sanyinjiao, SP-9 Yinlingquan and HT-3 Shaohai.

Reducing method is applied on all these points.

EXPLANATIONS

- CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, ST-21 and ST-40 are used to descend the Stomach-Qi, eliminate Damp-Phlegm in the body, improve the digestion, harmonise the Stomach and stop the vomiting.
- ST-36 and ST-42, the Sea point and the Source point of the Stomach channel, respectively, are used to activate the Spleen and Stomach, improve the digestion and tonify the Stomach-Qi.
- PC-4 and LR-3, the Source point of the Liver channel, are used to harmonise and promote the Qi circulation in the body and relieve the painful swallowing.
- SP-4 is used to harmonise and descend the Qi in the Middle Burner, eliminate Damp-Phlegm and relieve the nausea and vomiting.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and eliminate Damp-Phlegm. In addition, SP-6 is used here to promote the Blood circulation, eliminate Blood stasis after the operation and relieve the painful swallowing.
- HT-3, the Sea point of the Heart channel, is used to smooth the emotions, calm the Shen and relieve the painful swallowing.

MODIFICATIONS

1. If there is accumulation of Phlegm-Heat, manifested as a yellow and greasy coating on the tongue, a slippery and rapid pulse, expectoration and nasal discharge of yellow phlegm, add LU-10, the Spring point of the Lung, to clear the Heat and resolve the Phlegm.
2. If there is redness and swelling of the throat, add LI-2, the Spring point, and LU-11, the Well point, to clear the Heat and reduce the swelling.
3. If there is accumulation of Cold-Phlegm, manifested as a white and greasy coating on the tongue, a slippery and slow pulse, and expectoration and nasal discharge of white phlegm, add moxibustion on ST-36, ST-40 and SP-9 to eliminate Cold and resolve Phlegm.
4. If there is deficiency of Yang-Qi, add CV-4 and CV-6 with moxibustion to tonify the Yang-Qi and strengthen the body.
5. If there is fullness of the abdomen, poor appetite and loose stools due to weakness of the Spleen and Stomach, add SP-3, the Source point, to activate the Spleen and improve the digestion.

6. If there is prolific coughing, add LU-1 and LU-5, the Alarm Mu point of the Lung and the Sea point of the Lung channel, respectively, to descend the Lung-Qi, eliminate Phlegm in the Lung and relieve the cough.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Prolonged persistence of stabbing pain in the throat or chest, difficulty in swallowing, aggravation of chest pain at night, slight swelling in the throat with a purplish colour, hoarseness, possible expectoration of blood spots, shortness of breath, residual painful swallowing after the operation, dark complexion, emaciation, a purple tongue or purple spots on the tongue borders, and an erratic, deep, wiry or tight pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, harmonise the collaterals and relieve the painful swallowing.

ACUPUNCTURE TREATMENT

CV-21 Xuanji, LI-4 Hegu, SP-6 Sanyinjiao, SP-10 Xuehai, LU-7 Lieque, LU-9 Taiyuan, HT-3 Shaohai, HT-7 Shenmen, LR-3 Taichong, KI-6 Zhaohai and GB-20 Fengchi.

Reducing method is applied on all these points.

EXPLANATIONS

- CV-21, a very important point here, is used to regulate the Qi circulation and to eliminate Blood stasis and the blockage in the throat and chest so as to relieve the painful swallowing.
- LI-4, the Source point of the Large Intestine channel, and LR-3, the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the painful swallowing.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the painful swallowing.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate

Blood stasis, calm the Shen and relieve the painful swallowing.

- LU-7 and KI-6 are used to regulate the Conception Vessel, moisten the throat, benefit the Blood circulation and relieve the painful swallowing.
- HT-7, the Source point of the Heart channel, is used to regulate the Qi circulation, promote the Blood circulation, calm the Shen and improve sleep.
- GB-20 is used to calm the Shen and regulate the emotions.
- Ah Shi points are used to regulate the Qi and Blood circulation in the chest, harmonise the collaterals and remove Blood stasis so as to relieve the chest pain.

MODIFICATIONS

1. If there is difficulty in swallowing and drinking, together with vomiting, add SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, and KI-27 to descend the Stomach-Qi and relieve the blockage in the throat.
2. If there is swelling in the throat due to stagnation of Blood, add ST-40, the Connecting point of the Stomach channel, to reduce the swelling and eliminate the blockage in the collateral in the throat.
3. If there is restlessness due to severe pain, add GV-20 and Extra Sishencong to calm the Shen, improve sleep and relieve the restlessness.
4. If there is expectoration of profuse phlegm, add SP-9, the Sea point of the Spleen channel, and CV-12, the Gathering point of the Fu organs, to harmonise the Stomach, descend the Stomach-Qi and resolve the Phlegm.

DEFICIENCY OF YIN OF LUNG, STOMACH AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative painful swallowing, dryness and heat in the throat (especially at night), thirst with little desire to drink, night sweating, hot palms and soles, dry stools, scanty urine, a red tongue with a thin or peeled coating, and a rapid, thready and weak pulse.

- If there is predominance in deficiency of Lung-Yin, there will be hoarseness, a dry cough, slight chest pain or cough with scanty phlegm or even blood spots in the phlegm, and constipation.

- If there is predominance in deficiency of Stomach-Yin, there will be stomach pain with a burning feeling, poor appetite, thirst and dry stools.
- If there is predominance in deficiency of Kidney-Yin, there will be extreme tiredness, dizziness, tinnitus, poor memory, weakness of the knees and lower back, and lower back pain.

PRINCIPLE OF TREATMENT

Nourish the Yin, clear the Deficient-Heat, moisten the throat and relieve the painful swallowing.

ACUPUNCTURE TREATMENT

LU-5 Chize, LU-7 Lieque, LU-8 Jingqu, KI-6 Zhaohai, KI-7 Fuli, KI-10 Yingu, HT-3 Shaohai, SP-6 Sanyinjiao, ST-42 Chongyang, ST-36 Zusanli, ST-44 Neiting and CV-12 Zhongwan.

Reinforcing method is applied on all these points.

EXPLANATIONS

- LU-5 and LU-8, the Water point and the Metal point of the Lung channel, respectively, are used to promote the secretion of Body Fluids in the Lung system, nourish the Lung-Yin and moisten the throat.
- ST-36 and ST-42, the Sea point and the Source point of the Stomach channel, respectively, are used to nourish the Yin in the Stomach, benefit the Stomach and strengthen the digestion.
- ST-44, the Spring point of the Stomach channel, is used to clear Deficient-Heat in the Stomach.
- KI-7 and KI-10, the Metal point and the Water point of the Kidney channel, respectively, are used to nourish the Yin of the Kidney and general body and promote the secretion of Body Fluids so as to benefit and moisten the throat.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the production of Body Fluids and benefit the Yin in the body.
- LU-7 and KI-6, a special combination, are used to open the Conception Vessel, moisten the throat and relieve the painful swallowing.
- CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, is used to harmonise the Stomach, benefit the swallowing and relieve the painful swallowing.
- HT-3, the Sea point of the Heart, is used to calm the Shen, improve sleep and relieve the pain.

MODIFICATIONS

1. If there is a severe dry cough, hoarseness or blood spots in the phlegm, add BL-13, the Back Transporting point of the Lung, and LU-6, the Accumulation point, to nourish the Lung-Yin and stop the cough and bleeding.
2. If there is severe night sweating, hot palms and soles, and thirst, add HT-6, the Accumulation point, and KI-2, the Spring point, to nourish the Yin, clear the Deficient-Heat and relieve the night sweating.
3. If there is severe insomnia, restlessness and palpitations, add Extra Sishencong and Extra Anmian to calm the Shen and improve sleep.
4. If there is severe nervousness, headache and irritability, add LR-2, the Spring point of the Liver channel and GB-20 to calm the Liver and reduce the Liver-Fire.
5. If there is dizziness, poor memory, lower back pain and weakness of the knees, add KI-3, the Source point, and KI-6 to tonify Kidney-Essence, strengthen the lower back and relieve the lower back pain.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of painful swallowing, as follows:

- *Ear acupuncture*: select points at the oesophagus, mouth, Lung, Liver, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the Stomach area
- *Wrist and ankle acupuncture*: select points at upper region 1.

21 *Chest pain*

Introduction

Postoperative chest pain refers to the occurrence of pain or a compressing sensation in the chest after operation.

There is usually chest pain prior to the operation, with possible aggravation of or residual chest pain after the operation.

Postoperative chest pain can be caused by operation on the heart, lung or chest. It can also be caused by operation on the septum and oesophagus.

The following channels, divergences or sinews have connections with the chest and its interior organs:

- The Lung channel originates from the Middle Burner, running downward to connect with the Large Intestine. Winding back, it runs along the upper orifice of the stomach, passes through the diaphragm and enters the lung, its pertaining organ.
- The Large Intestine channel, after descending to the supraclavicular fossa, enters the chest to connect the Lung.
- The straight portion of the Stomach channel, arising from the supraclavicular fossa, runs downward and passes through the chest and the nipple.
- When the Spleen channel enters the abdomen, the spleen (its pertaining organ) connects with the stomach. It then ascends continuously and passes through the diaphragm and runs alongside the oesophagus. The branch from the stomach runs upward through the diaphragm and flows into the heart to link with the Heart channel.
- The Heart channel of the Hand-Shaoyin originates from the heart. As it emerges, it spreads over the 'Heart system', i.e. the tissues connecting the Heart with the other Zang-Fu organs. The ascending portion of the channel from the 'Heart system' runs alongside the oesophagus to connect with the 'eye system', i.e. the tissues connecting the eye with the Brain.
- The straight portion of the Heart channel from the 'Heart system' runs upward to the Lung.
- The Small Intestine channel, turning downward to the supraclavicular fossa, connects with the heart. From there it descends along the oesophagus.
- The straight portion of the Kidney channel, emerging from the kidney, ascends and passes through the liver and diaphragm. It then enters the lung. A branch springs from the lung, joins the heart and runs into the chest to link with the Pericardium channel.
- The Pericardium channel of the Hand-Jueyin originates from the chest. Emerging, it enters its pertaining organ, the pericardium. It then descends through the diaphragm to the

abdomen, connecting successively with the Upper, Middle and Lower Burners. A branch arising from the chest runs inside the chest.

- The Triple Burner (Energiser), after reaching the shoulder region, runs across and passes behind the Gall Bladder channel of the Foot-Shaoyang. Winding over to the supraclavicular fossa, it spreads in the chest to connect with the pericardium.
- The main Gall Bladder channel and the branch, arising from the outer canthus, meet in the supraclavicular fossa and descend into the chest. The straight portion of the channel runs downward from the supraclavicular fossa and passes in front of the axilla along the lateral aspect of the chest and through the free ends of the floating ribs.
- The Liver channel, after entering the liver and connecting with the gall bladder, ascends continuously to distribute in the costal and hypochondriac regions. The branch arising from the liver passes through the diaphragm, runs into the lung and links with the Lung channel.
- The Conception Vessel passes along the front middle line of the chest.
- The Yin Motility Vessel, after passing through the external genitalia and abdomen, runs upward along the breast and chest.
- The Yin Linking Vessel starts from the medial aspect of the leg (KI-9 Zhubin) and ascends along the medial aspect of the thigh to the abdomen to communicate with the Spleen channel. It then runs along the breast and chest.
- The channel divergence of the Bladder channel, after reaching the bladder and dispersing in the kidneys, follows the spine and disperses in the cardiac region.
- The channel divergence of the Stomach channel enters the abdomen and connects with the stomach and disperses in the spleen. It then ascends through the heart.
- The channel divergence of the Gall Bladder channel, after connecting with the gall bladder and spreading through the liver, proceeds further upward, crosses the heart and oesophagus and disperses in the face.
- The channel divergence of the Small Intestine channel originates at the shoulder joint, enters the axilla and crosses the heart.
- The channel divergence of the Heart channel originates in the axillary fossa and enters the chest to connect with the heart. It then runs upward across the throat and emerges on the face, joining the Small Intestine channel at the inner canthus.
- A branch from the channel divergence of the Large Intestine channel, separating at the top of the shoulder and entering the spine at the nape, runs downward to connect with the lung.
- The channel divergence of the Lung channel originates at the axilla and runs into the chest, there connecting with the lung. A branch extends upward from the lung and emerges at the clavicle.
- The channel divergence of the Triple Burner originates at the vertex, descends into the supraclavicular fossa, crosses the Triple Burner and finally disperses in the chest.
- The channel divergence of the Pericardium channel originates at a point 3 cun below the axilla, enters the chest and communicates with the Triple Burner.
- A branch of the Connecting Vessel of the Kidney channel follows the Kidney channel upward to a point below the pericardium and then pierces through the lumbar vertebrae.
- Approximately 1.5 cun above the wrist, the Connecting Vessel of the Heart channel again follows the Heart channel and enters the heart.
- The Connecting Vessel of the Pericardium channel runs along the Pericardium channel to the pericardium, and finally connects with the heart.
- The Connecting Vessel of the Triple Burner channel travels up the posterior aspect of the arm, over the shoulder and disperses in the chest, converging with the Pericardium channel.
- A branch of the Connecting Vessel of the Kidney channel follows the Kidney channel upward to a point below the pericardium.
- The major Connecting Vessel of the Spleen, after emerging at 3 cun below GB-22 Yuanye, spreads through the chest and hypochondriac region.
- A branch of the channel sinews of the Bladder channel enters the chest below the axilla.
- The channel sinews of the Stomach channel, after dispersing upward on the abdomen, ascends across the breast and chest.
- The channel sinews of the Spleen channel, after entering the abdominal cavity and knotting with the ribs, disperse through the chest.
- Emerging from ST-12 Quepen, the channel sinews of the Lung channel knot anteriorly to LI-15 Jianyu. Above, they knot with the clavicle, and below they knot in the chest, dispersing over the diaphragm and converging again at the lowest rib.
- The channel sinews of the Pericardium channel knot in the axilla. They then descend, dispersing at

the front and back of the ribs. A branch enters the chest and spreads over the chest, knotting in the thoracic diaphragm.

- The channel sinews of the Heart channel cross the muscle region of the Hand-Taiyin (Lung) in the breast region and knot in the chest.

If there are sutures, dressings, etc. on the chest after the operation, these local points can be omitted, and distal points on the relevant channels selected. However, when the sutures and dressings are removed, the local points can be applied together with the distal points.

Postoperative chest pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as invasion of External pathogenic factors, stagnation of Qi, stagnation of Blood, obstruction of the chest by Damp-Phlegm, deficiency of Qi and Yin, and deficiency of Qi and Yang.

Treatment based on differentiation

There are two ways to select acupuncture points to treat chest pain, and these two methods should be used in combination:

- Selection of points in accordance with the operated organs, e.g. when there is operation at the lung, points principally from the Lung channel should be used; when there is operation at the heart, points principally from the Liver and Heart channels should be selected.
- Selection of points in accordance with the place where the channel passes through, e.g. even when there is operation at the lung, but the pain appears mainly along the middle line of the chest, then points principally from the Conception Vessel should also be selected.

Basic point selection based on channel differentiation

Many important channels pass through or have connections with the chest; however, the following point prescription is suggested when dealing with postoperative chest pain.

If there is chest pain along one of the channels, then in order to regulate the channel, harmonise the collaterals,

promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Lung channel, add LU-1, LU-5, LU-6, LU-7, LU-9, CV-17 and PC-6
- For the Large Intestine channel, add LI-3, LI-4, LI-6, LI-7 and LI-11
- For the Stomach channel, add ST-34, ST-36, ST-40, ST-42 and PC-6
- For the Spleen channel, add SP-3, SP-4, SP-6, SP-8, SP-18, SP-19, CV-17 and PC-6
- For the Heart channel, add HT-1, HT-3, HT-5, HT-6, HT-7, CV-17 and PC-6
- For the Small Intestine channel, add SI-3, SI-4, SI-6, SI-7 and SI-8
- For the Kidney channel, add LU-7, KI-6, KI-8, KI-9, CV-15, CV-17 and PC-6
- For the Pericardium channel, add PC-3, PC-4, PC-6, PC-7 and CV-17
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-6 and TE-10
- For the Gall Bladder channel, i.e. at the lateral costal region, add GB-24, GB-36, GB-37, GB-40, GB-41 and TE-5
- For the Liver channel, add LR-3, LR-4, LR-5, LR-6 and LR-14
- For the Conception Vessel, add LU-7, KI-6, KI-8, KI-9, CV-15, CV-17 and PC-6
- For the Yin Motility Vessel, add KI-6, KI-8, KI-10, CV-17 and PC-6
- For the Yin Linking Vessel, add KI-9, SP-13, SP-16, LR-14 and CV-22.

Treatment differentiation

INVASION OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative chest pain with a cold or contracting feeling, aggravation of chest pain by exposure to cold, a preference for warmth, headache, heaviness of the body, a thin, white and greasy tongue coating, and a superficial and tense pulse, particularly at the Lung position.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the chest pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-20 Fengchi, GB-34 Yanglingquan, GV-16 Fengfu, KI-6 Zhaohai and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and sedate the chest pain.
- GV-16 and GB-20 are used to dispel the External pathogenic factors in the body and sedate the body pain.
- GB-34, the Sea point of the Gall Bladder channel and Gathering point of the tendons, is used to harmonise the collaterals, strengthen the tendons in the chest, relieve the spasm in the chest and sedate the chest pain.
- KI-6, in combination with LU-7, is used to relax the chest and relieve the chest pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Blood circulation and relieve the chest pain.

MODIFICATIONS

1. If there is wandering pain at the chest or in the body with sensitivity to Wind, add GB-31 and BL-58 to dispel the Wind and relieve the chest pain.
2. If there is a severe cold sensation in the body, apply moxibustion on LI-4 and TE-5 to warm the channels and dispel the Cold.
3. If there is fixed pain with a heavy feeling and sensitivity to humid weather, add TE-6 to activate the Spleen and eliminate Damp.
4. If there is headache, add Extra Yintang and GB-8 to relieve the headache.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative chest pain with fullness, pressure or a cramped feeling, aggravation of the pain by emotional disturbance or stress, a fullness in the hypochondriac

region, a tendency to sigh, restlessness, dream-disturbed sleep, irritability, a bitter taste in the mouth, poor appetite, loose stools, abdominal pain and distension, a white, dry and thin tongue coating, and a wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, calm the Shen, regulate the emotions, promote the circulation of Qi in the chest and relieve the chest pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-8 Ququan, LR-14 Qimen, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai, HT-7 Shenmen, CV-17 Tanzhong, LU-7 Lieque, KI-6 Zhaohai and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver, regulate the Qi circulation and remove Qi stagnation.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, together with CV-17, the Gathering point of the Qi in the body, are used to regulate the Qi circulation, relieve the Qi stagnation, calm the Shen and relieve the chest pain.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation and relieve the chest pain.
- LU-7 and KI-6 are used to regulate the Conception Vessel and chest, and relieve the chest pain. LU-7 is also the Connecting point of the Lung channel, which can open the chest and promote the Lung in dispersing Qi and descending Qi. When it is used together with CV-17, the Gathering point of the Qi in the body, they can relieve the stagnation of Qi in the chest.
- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, are used to regulate the Qi circulation, promote the Blood circulation, calm the Shen, improve sleep and relieve the chest pain.

MODIFICATIONS

1. If there is shortness of breath and a feeling of oppression over the chest, add SP-4, in combination with PC-6, to regulate the breath and descend the Qi so as to relieve the shortness of breath.
2. If there is chest pain with radiation to the arm, add HT-5, the Connecting point, to harmonise the collateral and relieve the pain.
3. If there is an extremely purplish tongue, add SP-10 to promote the Blood circulation and eliminate Blood stasis.
4. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
5. If there is irritability with restlessness, and redness of the face and eyes due to formation of Liver-Fire, add LR-2 and GB-43, the Spring points, to clear the Heat and reduce the Liver-Fire.
6. If there is a bitter taste in the mouth, add GB-40, the Source point of the Gall Bladder channel, to regulate the Gall Bladder, promote the normal distribution of bile and relieve the bitter taste in the mouth.
7. If there is poor appetite or overeating, add CV-12 to harmonise the Stomach-Qi and regulate the appetite.
8. If there is loose stool when nervous and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-3 to promote Liver-Qi circulation and strengthen the Spleen.
9. If there is abdominal pain and distension, add ST-25 and SP-8 to harmonise the collaterals, regulate the Qi circulation in the abdomen, promote defecation and relieve the abdominal pain and distension.
10. If there is irregular menstruation or dysmenorrhoea, add ST-28 and KI-10 to promote the Qi and Blood circulation, regulate the menstruation and relieve the dysmenorrhoea.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Postoperative chest pain of a stabbing nature, fixed location and a compressing feeling, aggravation of the chest pain at night or after the operation, palpitations, restlessness, chest pain with radiation to the left scapula and arm, accompanied by breathlessness and cold sweating in very severe cases, a purple tongue or purple spots on the sides of the tongue, and an erratic

and wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, eliminate Blood stasis, calm the Shen and relieve the chest pain.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, LI-4 Hegu, PC-6 Neiguan, SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, HT-7 Shenmen, LR-3 Taichong, LU-7 Lieque, KI-6 Zhaohai and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- PC-6, the Connecting point of the Pericardium channel, LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream and Source points of the Liver channel, are used to promote the Qi and Blood circulation and relieve the chest pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the chest pain.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate Blood stasis, calm the Shen and relieve the chest pain.
- LU-7 and KI-6 are used to regulate the Conception Vessel and chest, and relieve the chest pain.
- HT-7, the Source point of the Heart channel, together with HT-3, are used to regulate the Qi circulation, promote the Blood circulation, calm the Shen, improve sleep and relieve the chest pain.
- GB-20 is used to calm the Shen and regulate the emotions.
- Ah Shi points are used to regulate the Qi and Blood circulation in the chest, harmonise the collaterals and remove Blood stasis so as to relieve the chest pain.

MODIFICATIONS

1. If there is severe pain in the chest, add HT-6, the Accumulation point of the Heart, and HT-5, the Connecting point of the Heart, to promote the Qi

and Blood circulation, harmonise the collaterals and relieve the chest pain.

2. If there is chest pain with radiation to the upper arm, add PC-9 and HT-9, the Well points, to promote the Blood circulation, harmonise the collaterals and relieve the chest pain.
3. If there is chest pain with restlessness and palpitations, add PC-3 and HT-8 to calm the Shen, strengthen the Heart and relieve the restlessness and palpitations.
4. If there is insomnia or aggravation of the chest pain at night, add Extra Anmian to calm the Shen and improve sleep.
5. If there is irregular menstruation or dysmenorrhoea, add ST-28 and KI-10 to promote the Qi and Blood circulation and regulate menstruation.
6. If there is neck pain, add SI-14 to promote the Blood circulation and relieve the neck pain.

OBSTRUCTION OF THE CHEST BY DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative chest pain with a heavy sensation, a fullness in the chest, epigastric region and abdomen, obesity, a feeling of oppression over the chest, heaviness of the body, nausea, vomiting, poor appetite, tiredness, poor memory and concentration, dizziness, a purplish and pale tongue with a white, sticky, thick coating, and a slippery pulse, particularly at the Lung, Heart and Spleen positions.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, regulate the Qi circulation and relieve the chest pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-4 Ximen, PC-6 Neiguan, CV-14 Juque, CV-17 Tanzhong, ST-36 Zusanli, ST-40 Fenglong, HT-5 Tongli, HT-6 Yinxi, SP-4 Gongsun, SP-6 Sanyinjiao, SP-9 Yinlingquan and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, PC-6, the Confluent point of the Yin Linking Vessel,

and CV-17, the Gathering point of the Qi in the body, are used to promote the Qi circulation, relieve the Qi stagnation in the chest and relieve the chest pain.

- PC-4, the Accumulation point of the Pericardium channel, and CV-14, the Alarm Mu point of the Heart, and HT-5 and HT-6, the Accumulation point and the Connecting point of the Heart channel, respectively, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals, eliminate Damp-Phlegm in the chest and relieve the chest pain.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and Stomach, harmonise the Middle Burner, eliminate Damp-Phlegm, remove the blockage in the chest and relieve the chest pain.
- SP-4, used in combination with PC-6, is applied to harmonise the Middle Burner, descend the Stomach-Qi and the Qi in the Penetrating Vessel so as to relieve the nausea and fullness in the chest, epigastric region and abdomen.

MODIFICATIONS

1. If there is severe chest pain, add HT-9 and PC-9 to promote the Qi circulation, harmonise the collaterals and relieve the chest pain.
2. If there is severe pain in the chest with cold extremities, apply moxibustion on CV-6 and CV-4 to warm the Yang-Qi, dispel the Cold and promote movement of the Yang-Qi in the chest.
3. If there is a red tongue with a yellow and greasy coating, a rapid pulse, fever and a cough with expectoration of yellow phlegm, add LI-11, HT-8 and LU-10 to reduce the Fire and eliminate Damp-Heat.
4. If there is expectoration of phlegm, add CV-22 to descend the Qi and eliminate Damp-Phlegm in the chest.
5. If there is a cough or asthma with expectoration of profuse phlegm, add LU-1, the Alarm Mu point of the Lung, and LU-5, the Sea point of the Lung channel, to disperse the Lung-Qi, eliminate Damp-Phlegm in the Lung and relieve the cough and asthma.
6. If there is restlessness or insomnia due to chest pain, add GV-20 and Extra Anmian to calm the Shen, improve sleep and relieve the restlessness and insomnia.

7. If there is neck pain, add BL-10 and SI-14 to promote the Blood circulation and relieve the neck pain.
8. If there is poor appetite, add PC-6 to promote the Qi circulation, eliminate Phlegm and improve the appetite.
9. If there is severe nausea or vomiting, add CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
10. If there is severe diarrhoea, add LR-13, the Alarm Mu point of the Spleen, to eliminate Damp, regulate the Spleen and stop the diarrhoea.

DEFICIENCY OF QI AND YIN

SYMPTOMS AND SIGNS

Postoperative chest pain with pressure, shortness of breath, palpitations, night sweating, insomnia, tiredness, dry mouth and lips, thirst with little desire to drink, dizziness, a dry cough, a red tongue with a dry scanty coating and a few purple spots on the tongue, and a thready, erratic and irregular pulse, particularly at the Lung, Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Qi, nourish the Yin, clear the Deficient-Heat, regulate the Blood circulation and relieve the chest pain.

ACUPUNCTURE TREATMENT

PC-6 Neiguan, LU-7 Lieque, LU-9 Taiyuan, HT-3 Shaohai, HT-7 Shenmen, KI-3 Taixi, KI-6 Zhaohai, KI-9 Zhubin, LR-3 Taichong, CV-17 Tanzhong, ST-36 Zusanli and SP-6 Sanyinjiao.

Reinforcing method is applied on LU-9, ST-36 and KI-3; even method is applied on the remaining points.

EXPLANATIONS

- PC-6, The Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, KI-9, the Accumulation point of the Yin Linking Vessel, CV-17, the Gathering point of the Qi in the body, and LR-3, the Source point of the Liver channel, are used to promote the Qi circulation, harmonise the collaterals and relieve the chest pain.

- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals, regulate the physiological functions of the Heart, calm the Shen and relieve the chest pain.
- KI-3, the Source point of the Kidney channel, ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to tonify the Qi and Yin of the general body, promote the secretion of Body Fluids and relieve deficiency of Qi and Yin.
- LU-7 and KI-6 are used to regulate the Conception Vessel and chest, and relieve the chest pain.
- LU-9, the Source point of the Lung channel and Gathering point of the Blood Vessels, is used to tonify the Qi and Yin of the Lung, relax the Vessels, regulate the Blood circulation and relieve the chest pain.

MODIFICATIONS

1. If there is severe pain in the chest with palpitations, add HT-5 and HT-6, the Accumulation point and the Connecting point of the Heart channel, respectively, to promote the Qi circulation, harmonise the collaterals and relieve the chest pain.
2. If there is restlessness and a feeling of warmth in the body, add HT-8 and PC-8 to clear the Heat and reduce the Fire.
3. If there is dizziness and irritability due to hyperactivity of Liver-Yang, add GB-20 and LR-2 to calm the Liver and suppress the Liver-Yang.
4. If there is severe night sweating, add KI-2 to clear the Deficient-Heat and reduce the night sweating.
5. If there is insomnia, add Extra Anmian to calm the Shen and improve sleep.
6. If there is a dry cough, add LU-8, the Metal point of the Lung channel, to nourish the Lung-Yin and relieve the dry cough.
7. If there is dry stool or even constipation, add ST-25, the Alarm Mu point of the Large Intestine, to regulate the Large Intestine, promote defecation and relieve the constipation.
8. If there is extreme tiredness, add CV-6 to tonify the Qi and nourish the Yin so as to relieve the tiredness.

DEFICIENCY OF QI AND YANG

SYMPTOMS AND SIGNS

Postoperative chest pain with a cold feeling, aversion to cold, coldness of the body, hands and feet, shortness

of breath, palpitations, tiredness, purple lips and nails, oedema, a purplish or pale tongue with tooth marks, and a deep, weak and irregular pulse, particularly at the Lung, Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify Yang, warm the Interior, promote Blood circulation and relieve the chest pain.

ACUPUNCTURE TREATMENT

PC-6 Neiguan, LU-7 Lieque, LU-9 Taiyuan, HT-3 Shaohai, HT-7 Shenmen, KI-3 Taixi, KI-6 Zhaohai, KI-9 Zhubin, CV-17 Tanzhong, ST-36 Zusanli, CV-4 Guanyuan and CV-6 Qihai.

Reinforcing method is applied on LU-9, KI-3, ST-36, CV-4 and CV-6; even method is applied on the remaining points. Moxibustion is applied on CV-4, CV-6, ST-36 and KI-3.

EXPLANATIONS

- PC-6, The Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, KI-9, the Accumulation point of the Yin Linking Vessel, and CV-17, the Gathering point of the Qi in the body, are used to promote the Qi circulation, harmonise the collaterals and relieve the chest pain.
- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals, regulate the physiological functions of the Heart, calm the Shen and relieve the chest pain.
- KI-3, the Source point of the Kidney channel, ST-36, the Sea point of the Stomach channel, together with CV-4 and CV-6, are used to tonify the Qi and reinforce the Yang of the general body and relieve deficiency of Qi and Yang.
- Moxibustion is applied to warm the Qi and Yang and dispel the Cold in the body.

- LU-7 and KI-6 are used to regulate the Conception Vessel and chest, and relieve the chest pain.
- LU-9, the Source point of the Lung channel and the Gathering point of the Blood Vessels, is used to tonify the Qi of the Lung, relax the Vessels, regulate the Blood circulation and relieve the chest pain.

MODIFICATIONS

1. If there is severe pain in the chest with palpitations, add HT-5 and HT-6, the Accumulation point and the Connecting point of the Heart channel, respectively, to promote the Qi circulation, harmonise the collaterals and relieve the chest pain.
2. If there is dizziness and irritability, add SP-6, the crossing point of the three Yin channels of the foot, to activate the Spleen and Stomach and promote the Qi and Blood production so as to relieve the dizziness.
3. If there is insomnia, add Extra Anmian to calm the Shen and improve sleep.
4. If there is a heavy cough, add LU-5, the Sea point of the Lung channel, to tonify the Lung and relieve the cough.
5. If there is poor appetite and diarrhoea, add SP-3 and ST-42, the Source points of the Spleen and Stomach channel, respectively, to activate the Spleen and Stomach, regulate the Middle Burner, improve the appetite and stop the diarrhoea.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of chest pain, as follows:

- *Ear acupuncture*: select points at the chest, thoracic vertebrae, subcortex, Lung, Heart, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the motor and sensory areas of the foot and the thoracic area
- *Wrist and ankle acupuncture*: select points at upper regions 1–4 for chest pain at the lateral aspect.

22 *Breast pain*

Introduction

Postoperative breast pain refers to the occurrence of pain or a compressing sensation after operation at one or both breasts and the nipple, either in males or females, but mostly in females. Breast pain varies in nature and includes distending pain, stabbing pain, contracting pain, burning pain, slight pain, severe pain and bearing-down pain. However, distending pain and stabbing pain of the breast are the most frequently encountered. In some cases, breast pain may be referred to the chest or axillary region.

There is usually breast pain prior to the operation with possible aggravation of or residual breast pain after the operation.

Postoperative breast pain can be caused by operation for breast disease, such as breast carcinoma, mammary abscess, hypermastia, partial mastectomy, galactocoele, fibrosarcoma of the breast and mastochondroma.

The following channels, divergences or sinews have connections with the breast:

- The straight portion of the Stomach channel, arising from the supraclavicular fossa, runs downward and passes through the nipple.
- The Liver channel, after entering the Liver and connecting with the Gall Bladder, ascends continuously and distributes in the costal and hypochondriac regions.
- The Yin Motility Vessel, after passing through the external genitalia and abdomen, runs upward along the breast and chest.
- The Yin Linking Vessel starts from the medial aspect of the leg (KI-9 Zhubin) and ascends along the medial aspect of the thigh to the abdomen to communicate with the Spleen channel. It then runs along the breast and chest.
- The channel divergence of the Large Intestine channel, after originating from the Large Intestine channel on the hand, continues upward, crossing the arm and shoulder to reach the breast.
- The straight branch of the channel sinews of the Gall Bladder channel from the thigh ascends across the ribs, dispersing around anterior to the axilla, connecting first at the breast and then knotting at ST-12 Quepen.
- The channel sinews of the Stomach channel, after dispersing upward on the abdomen, ascend across the breast.
- The channel sinews of the Heart channel, after reaching the medial aspect of the elbow, continue upward and enter the axilla, crossing the muscle region of the lung in the breast region and knot in the chest.

- A branch of the channel sinews of the Pericardium channel enters the axilla and spreads over the chest to intersect at the breast.

Postoperative breast pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as stagnation of Qi, stagnation of Blood, accumulation of Damp-Phlegm and hyperactivity of Toxic-Fire.

Treatment based on differentiation

Basic point selection based on channel differentiation

Many important channels pass through or have connections with the breast; however, the following point prescription is suggested when dealing with postoperative chest pain.

If there is chest pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Stomach channel, add ST-34, ST-36, ST-40, ST-42 and PC-6
- For the Liver channel, add LR-3, LR-4, LR-5, LR-6 and LR-14
- For the Yin Motility Vessel, add KI-6, KI-8, KI-10, CV-17 and PC-6
- For the Yin Linking Vessel, add KI-9, SP-13, SP-16, LR-14 and CV-22.

Treatment differentiation

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative breast pain with a distended feeling, formation of new soft nodulations in the breast, aggravation of or residual pain after the operation, breast pain linked with emotional disturbance and stress, irritability, hypochondriac pain and distension, depression, a feeling of oppression over the chest, insomnia, normal tongue colour but with a white coating, and a wiry and tight pulse.

PRINCIPLE OF TREATMENT

Smooth the Liver, calm the Shen, regulate the emotions, promote the circulation of Qi in the chest and relieve the breast pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-8 Ququan, LR-14 Qimen, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai, CV-17 Tanzhong, LU-7 Lieque, KI-6 Zhaohai and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver, regulate the Qi circulation and remove Qi stagnation.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, together with CV-17, the Gathering point of the Qi in the body, are used to regulate the Qi circulation, relieve the Qi stagnation, calm the Shen and relieve the breast pain.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation and relieve the breast pain.
- LU-7 and KI-6 are used to regulate the Conception Vessel and relieve the breast pain. LU-7 is also the Connecting point of the Lung channel, which can open the chest and promote the Lung in dispersing Qi and descending Qi. When used together with CV-17, the Gathering point of the Qi in the body, they can relieve stagnation of Qi in the breast.
- HT-3, the Sea point of the Heart channel, is used to regulate the Qi circulation, promote the Blood circulation, calm the Shen, improve sleep and relieve the breast pain.

MODIFICATIONS

1. If there is severe breast pain or severe distension of the breast, add LR-6, the Accumulation point, to break up Qi stagnation of the Liver and relieve the pain.
2. If there is a stabbing pain in the breast, add SP-10 to promote the Blood circulation and relieve the pain.
3. If there is formation of nodulations in the breast, add ST-40, the Connecting point of the Stomach

channel, to promote the Qi circulation, soften the nodulations and relieve the pain.

4. If there is formation of red spots on the breast, add ST-44 and LR-2, the Spring points, to clear the Heat in the Blood, remove the Toxin and eliminate the red spots.
5. If there is irritability, add GV-20 to clear the Heat in the Liver, calm the Shen and relieve the irritability.
6. If there is headache, add GV-20 to suppress Liver-Yang and relieve the headache.
7. If there is a bitter taste in the mouth, add GB-40, the Source point, and GB-43, the Spring point, to clear the Heat in the Liver and Gall Bladder and relieve the bitter taste in the mouth.
8. If there is insomnia and restlessness, add HT-8, the Spring point, to clear the Heat in the Heart, calm the Shen and improve sleep.
9. If there is nausea and poor appetite, add CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach and improve the appetite.
10. If there is irregular menstruation or dysmenorrhoea, add KI-3 and CV-6 to regulate the menstruation and relieve the dysmenorrhoea.
11. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative breast pain, a long history of breast pain, breast pain with a fixed location, a stabbing pain in the breast, aggravation of breast pain at night or aggravation of breast pain after the operation, scar formation after the operation, dysmenorrhoea or discharge of purplish blood in the menses, restlessness, insomnia, a purplish tongue with a thin coating, ecchymoses on the tongue, and a wiry and erratic pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate stagnant Blood and relieve the breast pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, LU-9 Taiyuan, LI-4 Hegu, ST-40 Fenglong, CV-17 Tanzhong,

LR-3 Taichong, LR-5 Ligou, LR-6 Zhongdu and LR-14 Qimen.

Reducing method is applied on all these points.

EXPLANATIONS

- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the breast pain.
- LI-4 and LR-3, the Source points, are used to promote the Qi circulation so as to activate the Blood circulation and relieve the breast pain.
- CV-17, the Gathering point of the Qi in the body, is used to relax the chest and smooth the Qi circulation in the chest and breast, thereby relieving the breast pain.
- ST-40, the Connecting point of the Stomach channel, LR-14, the Alarm Mu point of the Liver, and LR-5 and LR-6, the Connecting point and the Accumulation point of the Liver channel, respectively, are used to smooth the Liver, promote the Liver-Qi circulation, harmonise the collaterals, relax the chest and relieve the breast pain.

MODIFICATIONS

1. If there is severe breast pain, add PC-4, the Accumulation point of the Pericardium channel, and KI-9, the Accumulation point of the Yin Linking Vessel, to harmonise the collaterals and relieve the breast pain.
2. If there is poor wound healing after operation on the breast, add some points around the wound to promote healing.
3. If there is depression, add LR-8, the Sea point, to regulate Liver-Qi and relieve the depression.
4. If there is a feeling of oppression over the chest, add CV-15, the Connecting point of the Conception Vessel, to open the chest and relieve the oppression over the chest.
5. If there is restlessness, palpitations and insomnia due to severe pain, add HT-7 to calm the Shen and improve sleep.
6. If there is night sweating and hot flushes due to deficiency of Liver-Yin, add HT-6, the Accumulation point, and KI-7, the Metal point, to nourish Liver-Yin and clear Deficient-Heat.
7. If there is lower abdominal pain, add SP-8, the Accumulation point, and LR-12 to promote the Qi and Blood circulation in the abdomen and relieve the abdominal pain.

8. If there is severe dysmenorrhoea, add CV-3 and ST-29 to promote the Qi and Blood circulation in the Lower Burner, eliminate Blood stasis and regulate the menstruation.
 9. If there is tiredness, add ST-36 and CV-4 to tonify Qi and relieve the tiredness.
 10. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.
- CV-12, the Gathering point of the Fu organs and the Alarm Mu point of the Stomach, is used to activate the Stomach and resolve Damp in the body.
 - Accumulation of Damp-Phlegm in the body and breast would block Qi circulation and cause stagnation of Qi. PC-6 and LR-14 are used to promote the Qi circulation and relieve the blockage in the breast caused by Damp-Phlegm.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative breast pain with fullness, distension and heaviness, a lack of improvement after the operation, formation of new soft nodulations in the breast, tiredness, nausea, formation of phlegm in the throat, coughing with expectoration of white phlegm, fullness in the stomach region, poor appetite, loose stools, obesity, somnolence, a white and greasy tongue coating, and a slippery pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Resolve Damp, eliminate Phlegm, circulate the collateral and relieve the breast pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-36 Zusanli, ST-40 Fenglong, CV-12 Zhongwan, LR-3 Taichong, LR-14 Qimen and PC-6 Neiguan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LR-3, the Source points, are used to promote the Qi and Blood circulation and relieve the breast pain.
 - SP-6 and ST-36, the crossing point of the three Yin channels of the foot and the Sea point of the Stomach channel, respectively, are used to activate the Spleen and Stomach and eliminate Damp-Phlegm.
 - SP-9, the Sea point, and ST-40, the Connecting point, are used to resolve Damp and eliminate Phlegm. ST-40 also harmonises the collateral in the breast and relieves the breast pain.
1. If there is severe pain in the breast, add PC-4 and ST-34, the Accumulation points of the Pericardium and the Stomach channel, respectively, to harmonise the collateral and relieve the breast pain.
 2. If there is distension of the breast, add PC-3, the Sea point, to promote the Qi circulation in the chest and relieve distension of the breast.
 3. If there is formation of nodulations in the breast, add Ah Shi points around the nodulations to eliminate Damp-Phlegm in the breast and soften the nodulations.
 4. If there is a stabbing pain in the breast, add SP-10 to promote the Blood circulation and relieve the breast pain.
 5. If there is a burning feeling in the breast, add PC-8 and LR-2, the Spring points, to clear the Heat in the breast and remove the Toxin.
 6. If there is depression, irritability and headache, add GB-20 and LR-8 to calm the Liver and relieve the headache.
 7. If there is a bitter taste in the mouth, add GB-40 and GB-43 to clear the Heat in the Liver and Gall Bladder and relieve the bitter taste in the mouth.
 8. If there is poor appetite and loose stools, add SP-3, the Source point, to activate the Spleen and Stomach, eliminate Damp and improve the appetite.
 9. If there is nausea, add SP-4, in combination with PC-6, to descend the Stomach-Qi and relieve the nausea.
 10. If there is insomnia and restlessness, add HT-8, the Spring point, to clear the Heat in the Heart, calm the Shen and improve sleep.
 11. If there is abdominal distension, add ST-30 to regulate the Qi circulation in the abdomen and relieve the distension in the abdomen.
 12. If there is profuse leucorrhoea, add CV-2 to eliminate Damp in the Lower Burner and relieve the leucorrhoea.

MODIFICATIONS

HYPERACTIVITY OF TOXIC-FIRE*SYMPTOMS AND SIGNS*

Postoperative breast pain, with redness, swelling and heat, occasional burning pain, residual breast pain after the operation, poor healing of the wound, formation of ulceration on the breast, aggravation of breast pain by touch, fever, a slight aversion to cold, thirst, constipation, restlessness, a red tongue with a dry yellow coating, and a rapid and slippery pulse, particularly at the Heart and Stomach positions.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the pain.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-11 Quchi, ST-40 Fenglong, ST-44 Neiting, LR-2 Xingjian, LR-3 Taichong, LR-14 Qimen, SP-6 Sanyinjiao and SP-10 Xuehai.

Reducing method is applied on all these points.

EXPLANATIONS

- Invasion of Toxic-Heat, generation of Toxin due to prolonged persistence of Qi stagnation or accumulation of Damp-Phlegm may cause hyperactivity of Toxic-Fire, leading to damage and burning of the collateral and muscle in the breast, thereby inducing postoperative breast pain.
- LI-2, the Spring point, LI-4, the Source point, and LI-11, the Sea point, are used to clear the Heat, remove the Toxin and promote defecation so as to reduce Toxic-Fire.
- LR-2 and ST-44, the Spring points, are used to cool the Heat, reduce fever and remove the Toxin.
- ST-40, the Connecting point of the Stomach channel, is used to harmonise the collateral and reduce the swelling.
- LR-3, LR-14, SP-6 and SP-10 are used to promote the Qi and Blood circulation, cool the Blood, remove the Toxin and relieve the breast pain.

MODIFICATIONS

1. If there is high fever, add GV-14, the meeting point of all the Yang channels, to clear the Heat and reduce the fever.
2. If there is formation of pus or ulceration in the breast, add ST-16, ST-18 and ST-42 to clear the Heat, eliminate the pus and reduce the swelling.
3. If there is restlessness and insomnia, add HT-3 and HT-7 to clear the Heat in the Heart and calm the Shen.
4. If there is distension and pain in the breast and chest, add PC-6, the Connecting point, and CV-17, the Gathering point of the Qi in the body, to promote Qi circulation in the chest and relieve the pain.
5. If there is a stabbing pain in the breast or bleeding from the breast, add PC-4 and ST-45 to clear the Heat in the Blood, remove the Toxin and relieve the breast pain.
6. If there is insomnia, add HT-8 to clear the Heat in the Heart and improve sleep.
7. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and improve the appetite.
8. If there is nausea, add SP-4 to descend the Stomach-Qi and relieve the nausea.
9. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, and ST-37, the Lower Uniting-He point of the Large Intestine, to promote defecation, remove the Toxin and relieve the constipation.
10. If there is a yellow and greasy tongue coating, add CV-12, the Gathering point of the Fu organs, and ST-44 and SP-2, the Spring points, to clear the Heat and eliminate Damp.
11. If there is diarrhoea, add SP-9, the Sea point of the Spleen channel, to eliminate Damp-Phlegm, activate the Spleen and stop the diarrhoea.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of breast pain, as follows:

- *Ear acupuncture*: select points at the chest, Liver, Lung, Heart, sympathetic nerves and adrenals
- *Wrist and ankle acupuncture*: select points at upper region 1 and upper region 2.

Axillary pain 23

Introduction

Postoperative axillary pain refers to the occurrence of pain after operation at one side or both sides of the axillary fossa.

There is usually axillary pain prior to the operation with possible aggravation of or residual axillary pain after the operation.

Postoperative axillary pain can be caused by axillary nerve injury during the operation, removal of the lymph glands due to carcinoma, preventative axillary lymph gland removal for breast cancer and lung cancer, and operation for heart and lung disorders.

The following channels, divergences or sinews have connections with the axilla:

- The straight portion of the Gall Bladder channel runs downward from the supraclavicular fossa and passes in front of the axilla along the lateral aspect of the chest.
- The Lung channel, after connecting with the throat, exits transversely (LU-1 Zhongfu) and then descends along the medial aspect of the upper arm (axillary).
- The straight portion of the Heart channel from the 'Heart system' runs upward to the Lung. It then turns downward and emerges from the axilla (HT-1 Jiquan).
- A branch of the Pericardium channel, arising from the chest and running inside the chest, emerges from the costal region at a point 3 cun below the anterior axillary fold (PC-1 Tianchi) and ascends to the axilla.
- The Yang Motility Vessel runs along the lateral side of the thigh and posterior side of the hypochondrium to the posterior axillary fold.
- The Yang Linking Vessel, ascending along the Gall Bladder channel, runs upward along the posterior aspect of the hypochondriac and costal regions and the posterior aspect of the axilla.
- The channel divergence of the Small Intestine channel originates at the shoulder joint and enters the axilla.
- The channel divergence of the Heart channel originates in the axillary fossa.
- The channel divergence of the Lung channel originates at the axilla.
- The channel divergence of the Pericardium channel originates at a point 3 cun below the axilla.
- Approximately 1.5 cun above the wrist, the Connecting Vessel of the Heart channel follows the Heart channel to pass through the axillary region.
- The Connecting Vessel of the Pericardium channel runs along the Pericardium channel to pass through the axilla.
- The major Connecting Vessel of the Spleen emerges below the axilla.

- A branch of the channel sinews of the Bladder channel extends from the lateral side of the posterior axillary fold to knot with LI-15 Jianyu.
- The straight branch of the channel sinews of the Gall Bladder channel from the thigh ascends across the ribs, dispersing around the anterior of the axilla, connecting first at the breast and then knotting at ST-12 Quepen. Another branch extends from the axilla upward across the clavicle.
- The channel sinews of the Small Intestine channel proceed along the forearm to knot at the medial condyle of the humerus in the elbow. They then continue up along the shoulder and knot below the axilla.
- The channel sinews of the Lung channel ascend along the medial aspect of the shoulder and enter the axilla.
- The channel sinews of the Pericardium channel knot initially at the medial aspect of the elbow, and afterwards below the axilla. Another branch enters the axilla.
- The channel sinews of the Heart channel, after reaching the medial aspect of the elbow, continue upward and enter the axilla.

If there are sutures, dressings, etc. at one side of the axilla after the operation, the local points at the same side can be omitted, and points at the opposite side on the relevant channels can be selected. However, when the sutures and dressings are removed, the local points can be applied together with the points on the opposite side.

Postoperative axillary pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as stagnation of Qi, stagnation of Blood, accumulation of Damp-Phlegm and hyperactivity of Toxic-Fire.

Treatment based on differentiation

There are two ways to select acupuncture points to treat axillary pain, and these two methods should be used in combination:

- Selection of points in accordance with the operated organs, e.g. when there is operation at the lung, points principally from the Lung channel should be used; when there is operation at the

heart, points principally from the Liver and Heart channels should be selected.

- Selection of points in accordance with the place where the channel passes through, e.g. even when there is operation at the lung, but the pain appears mainly along the gall bladder, then points principally from the Gall Bladder channel should also be selected.

Basic point selection based on channel differentiation

Many important channels pass through or have connections with the axilla; however, the following point prescription is suggested when dealing with post-operative axillary pain.

If there is axillary pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Gall Bladder channel, add GB-21, GB-22, GB-24, GB-36, GB-37, GB-40, GB-41 and TE-5
- For the Lung channel, add LU-1, LU-5, LU-6, LU-7, LU-9, CV-17 and PC-6
- For the Heart channel, add HT-1, HT-3, HT-5, HT-6, HT-7, CV-17 and PC-6
- For the Pericardium channel, add PC-1, PC-3, PC-4, PC-6, PC-7 and CV-17
- For the Yang Motility Vessel, add BL-59, BL-61, BL-62, GB-29, SI-10 and SI-3
- For the Yang Linking Vessel, add BL-63, GB-20, GB-35, GB-41, GV-16, TE-5 and SI-10.

Treatment differentiation

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative pain in the axillary fossa, worsened by abduction of the arm and emotional upset, distension and pain in the axillary fossa, formation of soft nodulations in the axillary fossa, aggravation of pain after the operation, irritability, hypochondriac pain and distension, depression, a feeling of oppression over the chest, insomnia, normal tongue colour but with a white coating, and a wiry and tight pulse, particularly at the Liver, Heart and Lung positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, calm the Shen, regulate the emotions, promote the circulation of Qi in the chest and relieve the axillary pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-8 Ququan, LR-14 Qimen, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai, CV-17 Tanzhong, GB-41 Zulinqi, TE-5 Waiguan, LU-7 Lieque and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver, regulate the Qi circulation and remove the Qi stagnation.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, together with CV-17, the Gathering point of the Qi in the body, are used to regulate the Qi circulation, relieve the Qi stagnation, calm the Shen and relieve the axillary pain.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, together with LU-7, the Connecting point of the Lung channel, are used to regulate the Qi and Blood circulation and relieve the axillary pain.
- GB-41 and TE-5 are used to harmonise the Shaoyang channels and collaterals and relieve the axillary pain.
- HT-3, the Sea point of the Heart channel, is used to regulate the Qi circulation, promote the Blood circulation, calm the Shen, improve sleep and relieve the axillary pain.

MODIFICATIONS

1. If there is a stabbing pain in the axillary fossa, add SP-10 to promote the Blood circulation and relieve the pain.
2. If there is formation of nodulations in the axillary fossa, add ST-40, the Connecting point of the Stomach channel, to promote the Qi circulation, soften the nodulations and relieve the pain.

3. If there is formation of red spots in the axillary fossa, add GB-43 and LR-2, the Spring points, to clear the Heat in the Blood, remove the Toxin and eliminate the red spots.
4. If there is irritability, add GV-20 to clear the Heat in the Liver, calm the Shen and relieve the irritability.
5. If there is headache, add GV-20 to suppress Liver-Yang and relieve the headache.
6. If there is insomnia and restlessness, add HT-8, the Spring point, to clear the Heat in the Heart, calm the Shen and improve sleep.
7. If there is nausea and poor appetite, add CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach and improve the appetite.
8. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative axillary pain with a fixed location, a stabbing pain, aggravation of pain at night, aggravation of pain after the operation, scar formation after the operation, purplish-coloured skin around the axillary fossa, restlessness, insomnia, a purplish tongue with a thin coating, ecchymoses on the tongue, and a wiry and erratic pulse, particularly at the Liver, Heart and Lung positions.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate stagnant Blood and relieve the axillary pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, LU-9 Taiyuan, LI-4 Hegu, ST-40 Fenglong, CV-17 Tanzhong, LR-3 Taichong, LR-5 Ligou, LR-6 Zhongdu and LR-14 Qimen.

Reducing method is applied on all these points.

EXPLANATIONS

- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the axillary pain.

- LI-4 and LR-3, the Source points of the Large Intestine channel and the Liver channel, respectively, are used to promote the Qi circulation so as to activate the Blood circulation and relieve the axillary pain.
- CV-17, the Gathering point of the Qi in the body, is used to smooth the Qi circulation in the body so as to relieve the axillary pain.
- ST-40, the Connecting point of the Stomach channel, LR-14, the Alarm Mu point of the Liver, and LR-5 and LR-6, the Connecting point and the Accumulation point of the Liver channel, respectively, are used to smooth the Liver, promote the Liver-Qi circulation, harmonise the collaterals and relieve the axillary pain.

MODIFICATIONS

1. If there is severe axillary pain, add PC-4, the Accumulation point of the Pericardium channel, and KI-9, the Accumulation point of the Yin Linking Vessel, to harmonise the collaterals and relieve the axillary pain.
2. If there is poor healing of a wound in the axillary fossa after a breast operation, add some points around the wound to promote healing.
3. If there is depression, add LR-8, the Sea point, to regulate Liver-Qi and relieve the depression.
4. If there is a feeling of oppression over the chest, add CV-16, the Connecting point of the Conception Vessel, to open the chest and relieve the oppression over the chest.
5. If there is restlessness, palpitations and insomnia due to severe pain, add HT-7 to calm the Shen and improve sleep.
6. If there is lower abdominal pain, add SP-8, the Accumulation point, and LR-12 to promote the Qi and Blood circulation in the abdomen and relieve the abdominal pain.
7. If there is tiredness, add ST-36 and CV-4 to tonify the Qi and relieve the tiredness.
8. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative axillary pain with heaviness, fullness and distension in the chest, lack of improvement after the operation, formation of new soft nodulations in the

axillary fossa, tiredness, nausea, formation of phlegm in the throat, coughing with expectoration of white phlegm, fullness in the stomach region, poor appetite, loose stools, obesity, somnolence, a white and greasy tongue coating, and a slippery pulse at the Spleen position and a wiry pulse at the Liver position.

PRINCIPLE OF TREATMENT

Resolve Damp, eliminate Phlegm, circulate the collateral and relieve the axillary pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-36 Zusanli, ST-40 Fenglong, CV-12 Zhongwan, LR-3 Taichong, LR-14 Qimen and PC-6 Neiguan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LR-3, the Source points, are used to promote the Qi and Blood circulation and relieve the axillary pain.
- SP-6, the crossing point of the three Yin channels of the foot, and ST-36, the Sea point of the Stomach channel, are used to activate the Spleen and Stomach and eliminate Damp-Phlegm.
- SP-9, the Sea point, and ST-40, the Connecting point, are used to resolve Damp and eliminate Phlegm. ST-40 also harmonises the collateral and relieves the axillary pain.
- CV-12, the Gathering point of the Fu organs and the Alarm Mu point of the Stomach, is used to activate the Stomach and resolve Damp in the body.
- Accumulation of Damp-Phlegm in the body and breast can block Qi circulation and cause stagnation of Qi. PC-6 and LR-14 are used to promote the Qi circulation and relieve the blockage in the axillary fossa caused by Damp-Phlegm.

MODIFICATIONS

1. If there is severe pain in the axilla, add PC-4, the Accumulation point of the Pericardium, to harmonise the collateral and relieve the axillary pain.
2. If there is distension of the breast, add PC-3, the Sea point, to promote the Qi circulation in the chest and relieve the distension of the breast.

3. If there is formation of nodulations in the axilla, add Ah Shi points around the nodulations to eliminate Damp-Phlegm in the axilla and soften the nodulations.
4. If there is a stabbing pain in the axilla, add SP-10 to promote the Blood circulation and relieve the axillary pain.
5. If there is a burning feeling in the axillary fossa, add GB-43 and LR-2, the Spring points, to clear the Heat in the breast and remove the Toxin.
6. If there is depression, irritability and headache, add GB-20 and LR-8 to calm the Liver and relieve the headache.
7. If there is a bitter taste in the mouth, add GB-40 and GB-43 to clear the Heat in the Liver and Gall Bladder and relieve the bitter taste in the mouth.
8. If there is poor appetite and loose stools, add SP-3, the Source point, to activate the Spleen and Stomach, eliminate Damp and improve the appetite.
9. If there is nausea, add SP-4, in combination with PC-6, to descend the Stomach-Qi and relieve the nausea.
10. If there is insomnia and restlessness, add HT-8, the Spring point, to clear the Heat in the Heart, calm the Shen and improve sleep.

HYPERACTIVITY OF TOXIC-FIRE

SYMPTOMS AND SIGNS

Postoperative axillary pain with redness, swelling and heat, a burning pain in the axillary fossa, poor wound healing, formation of ulceration in the axillary fossa, aggravation of the pain by touch, fever, a slight aversion to cold, thirst, constipation, restlessness, a red tongue with a dry yellow coating, and a rapid and slippery pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, ST-40 Fenglong, ST-44 Neiting, LR-2 Xingjian, LR-3 Taichong, LR-14 Qimen, GB-24 Riyue, GB-43 Xiashi, SP-6 Sanyinjiao and SP-10 Xuehai.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point, and LI-11, the Sea point, are used to clear the Heat, remove the Toxin and promote defecation so as to reduce Toxic-Fire.
- LR-2, GB-43 and ST-44, the Spring points, are used to cool the Heat, reduce the fever and remove the Toxin.
- ST-40, the Connecting point of the Stomach channel, is used to harmonise the collateral and reduce the swelling.
- LR-3, LR-14, GB-24, SP-6 and SP-10 are used to promote the Qi and Blood circulation, cool the Blood, remove the Toxin and relieve the axillary pain.

MODIFICATIONS

1. If there is a high fever, add GV-14, the meeting point of all the Yang channels, to clear the Heat and reduce the fever.
2. If there is formation of pus or ulceration in the axillary fossa, add ST-42 to clear the Heat, eliminate pus and reduce the swelling.
3. If there is restlessness and insomnia, add HT-3 and HT-7 to clear the Heat in the Heart and calm the Shen.
4. If there is distension and pain in the axilla and chest, add PC-6, the Connecting point, and CV-17, the Gathering point of the Qi in the body, to promote the Qi circulation and relieve the pain.
5. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and improve the appetite.
6. If there is nausea, add SP-4 to descend the Stomach-Qi and relieve the nausea.
7. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, and ST-37, the Lower Uniting-He point of the Large Intestine, to promote defecation, remove the Toxin and relieve the constipation.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of axillary pain, as follows:

- *Ear acupuncture:* select points at the shoulder, Heart, Ear Shenmen, the sympathetic nerves and subcortex
- *Wrist and ankle acupuncture:* select points at upper region 3 and upper region 4.

24 *Epigastric pain*

Introduction

Postoperative epigastric pain refers to the occurrence of pain after operation under the xiphoid process and between the costal arches.

There is usually epigastric pain prior to the operation with possible aggravation of or residual epigastric pain after the operation.

The epigastric region in Traditional Chinese Medicine (TCM) may include the following organs in Western medicine: oesophagus, duodenum, stomach, liver, gall bladder, pancreas and spleen.

Postoperative epigastric pain can be caused by operation at the stomach, oesophagus and diaphragm, as well as at the liver, gall bladder, pancreas and spleen.

The following channels, divergences or sinews have connections with the epigastric region and some interior organs.

Stomach

- The Lung channel originates from the Middle Burner and, after running downward to connect with the Large Intestine, it winds back and runs along the upper orifice of the Stomach.
- The facial branch of the Stomach channel, after passing the throat, supraclavicular fossa and diaphragm, enters the stomach (its pertaining organ) and connects with the Spleen.
- When the Spleen channel enters the abdomen, the spleen (its pertaining organ) connects with the Stomach.
- The Small Intestine channel, turning downward to the supraclavicular fossa, connects with the Heart. From there it descends along the oesophagus, passes through the diaphragm and reaches the stomach.
- The Conception Vessel passes along the front middle line in the epigastric region.
- The channel divergence of the Stomach channel, together with the channel divergence of the Spleen channel, enters the abdomen and connects with the Stomach.

Spleen

- The Spleen channel homes to the Spleen.
- The Stomach channel connects with the Spleen.

Liver

- The Liver channel homes to the Liver.
- The Gall Bladder channel connects with the Liver.
- The Gall Bladder channel divergence disperses over the Liver.

Gall Bladder

- The Gall Bladder channel homes to the Gall Bladder.
- The Liver channel connects with the Gall Bladder.

If there are sutures, dressings, etc. in the epigastric region after the operation, these local points can be omitted, and distal points on the relevant channels selected. However, when the sutures and dressings are removed, the local points can be applied together with the distal points.

Postoperative epigastric pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes; however, disorder in the Stomach due to differing factors is the main pathology. Postoperative epigastric pain can be caused by invasion of External pathogenic factors, stagnation of Qi in the Stomach, stagnation of Blood in the Stomach, hyperactivity of Stomach-Fire, accumulation of Damp-Phlegm in the Stomach, deficiency of Qi and Yin in the Stomach and deficiency of Qi and Yang in the Stomach.

Treatment based on differentiation

There are two ways to select acupuncture points to treat epigastric pain, and these two methods should be used in combination:

- Selection of points in accordance with the operated organs, e.g. when there is operation at the stomach, points principally from the Stomach channel and Spleen channel should be used; when there is operation at the gall bladder, points principally from the Liver and Gall Bladder channels should be selected.
- Selection of points in accordance with the place where the channel passes through, e.g. even when there is operation at the large intestine, but the pain appears mainly in the middle line of the epigastric region, then points principally from the Conception Vessel should also be selected.

Basic point selection based on channel differentiation

If there is epigastric pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Stomach channel, add ST-34, ST-36, ST-40, ST-42 and PC-6.
- For the Spleen channel, add SP-3, SP-4, SP-6, SP-8, SP-18, SP-19 and PC-6.
- For the Gall Bladder channel, add GB-24, GB-36, GB-37, GB-40, GB-41 and TE-5.
- For the Liver channel, add LR-3, LR-5, LR-6, LR-8 and LR-14.
- For the Conception Vessel, add LU-7, KI-6, KI-8, KI-9 and PC-6.

Treatment differentiation

INVASION OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative epigastric pain with a cold or contracting feeling, aggravation of the pain by exposure to cold, a preference for warmth, headache, a heaviness in the body, a thin, white and greasy tongue coating, and a superficial and tense pulse.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-20 Fengchi, GV-16 Fengfu, PC-6 Neiguan, ST-36 Zusanli, KI-6 Zhaohai and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the

Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and resolve the epigastric pain.

- GV-16 and GB-20 are used to dispel the External pathogenic factors in the body and relieve the body pain.
- PC-6 and ST-36 are used to harmonise the Stomach, descend the Stomach-Qi and relieve the epigastric pain.
- KI-6, in combination with LU-7, is used to harmonise the Conception Vessel and relieve the epigastric pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Blood circulation and relieve the epigastric pain.

MODIFICATIONS

1. If there is wandering pain in the body with sensitivity to Wind, add GB-31 and BL-58 to dispel the Wind and relieve the pain.
2. If there is a severe cold sensation in the body, apply moxibustion on LI-4 and TE-5 to warm the channels and dispel the Cold.
3. If there is nausea or vomiting, add SP-4 and ST-40 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
4. If there is poor appetite, add SP-3 to activate the Spleen and improve the appetite.
5. If there is headache, add Extra Yintang and GB-8 to relieve the headache.

STAGNATION OF QI IN THE STOMACH

SYMPTOMS AND SIGNS

Postoperative epigastric pain with fullness and swelling, belching, acid regurgitation, a feeling of pressure or cramp, aggravation of the epigastric pain by emotional disturbance or stress, poor appetite, loose stools, irregular bowel movements, a fullness in the hypochondriac region, a tendency to sigh, restlessness, dream-disturbed sleep, irritability, a bitter taste in the mouth, abdominal pain and distension, a white and thin tongue coating, and a wiry pulse, particularly at the Stomach and Liver positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, calm the Shen, regulate the emotions, promote the circulation of Qi in the chest and relieve the epigastric pain.

ACUPUNCTURE TREATMENT

ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, SP-6 Sanyinjiao, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai, LR-3 Taichong, LR-8 Ququan, LR-14 Qimen and CV-17 Tanzhong.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-36 and ST-42, the Sea point and the Source point of the Stomach channel, respectively, are used to regulate the physiological functions of the Stomach, promote the Qi circulation in the Stomach and relieve the epigastric pain.
- ST-34 and ST-40, the Accumulation point and the Connecting point of the Stomach channel, respectively, are used to promote the Qi circulation and harmonise the collaterals in the Stomach, strengthen the digestion, descend the Stomach-Qi and relieve the epigastric pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, together with CV-17, the Gathering point of the Qi in the body, are used to regulate the Qi circulation, relieve the Qi stagnation, calm the Shen and relieve the epigastric pain.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation, relieve the blockage in the Stomach channel and relieve the epigastric pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, calm the Shen, improve sleep and relieve the epigastric pain.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth the emotions, calm the Liver, regulate the Qi circulation and remove the Qi stagnation.

MODIFICATIONS

1. If there is severe nausea, use SP-4 in combination with PC-6 to regulate the Penetrating Vessel, descend the Stomach-Qi and relieve the nausea.

2. If there is poor appetite or overeating, add SP-3 to activate the Spleen, harmonise the Stomach-Qi and improve the appetite.
3. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
4. If there is irritability with restlessness, and redness of the face and eyes due to formation of Liver-Fire, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall Bladder channel, respectively, to clear the Heat, reduce the Liver-Fire, calm the Shen and relieve the irritability.
5. If there is a bitter taste in the mouth, add GB-40, the Source point of the Gall Bladder channel, to regulate the Gall Bladder, promote normal bile distribution and relieve the bitter taste in the mouth.
6. If there are loose stools when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13, the Alarm Mu point of the Spleen, and SP-3, the Source point of the Spleen channel, to regulate the Liver and Spleen, promote Liver-Qi circulation, strengthen the Spleen, stop the diarrhoea and relieve the abdominal pain and cramp.
7. If there is severe abdominal pain and distension, add ST-25 and SP-8, the Alarm Mu point of the Large Intestine and the Accumulation point of the Spleen channel, respectively, to harmonise the collaterals, regulate the Qi circulation in the abdomen, promote defecation and relieve the abdominal pain and distension.

STAGNATION OF BLOOD IN THE STOMACH

SYMPTOMS AND SIGNS

Postoperative stabbing epigastric pain of fixed location with a feeling of compression, aggravation of the epigastric pain at night or after the operation, restlessness, nausea, poor appetite, vomiting with blood or blood spots, black stool, occasional severe pain with breathlessness and cold sweating, a purple tongue or purple spots on the sides of the tongue, and an erratic and wiry pulse, particularly at the Stomach, Liver and Heart positions.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, eliminate Blood stasis, calm the Shen and relieve the epigastric pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, LR-3 Taichong, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang and KI-9 Zhubin.

Reducing method is applied on all these points.

EXPLANATIONS

- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, and LI-4 and LR-3, the Source points of the Large Intestine channel and the Liver channel, respectively, are used to promote the Qi and Blood circulation, descend the Stomach-Qi and relieve the epigastric pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the epigastric pain.
- ST-34, ST-36, ST-40 and ST-42, the Accumulation point, the Sea point, the Connecting point and the Source point of the Stomach channel, respectively, are used to promote the Qi and Blood circulation in the Stomach, harmonise the collaterals, descend the Stomach-Qi and relieve the epigastric pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, eliminate Blood stasis, calm the Shen and relieve the epigastric pain.
- KI-9 and PC-6, the Accumulation point and the Confluent point of the Yin Linking Vessel, respectively, are used to harmonise the Stomach, promote the Qi and Blood circulation, eliminate Blood stasis in the epigastric region and relieve the epigastric pain.

MODIFICATIONS

1. If there is severe distension in the epigastric region, add LR-14, the Alarm Mu point of the Liver, to smooth the Liver, promote the Qi circulation and relieve the distension in the epigastric region.
2. If there is severe nausea, use SP-4 in combination with PC-6 to descend the Stomach-Qi, harmonise the Stomach and relieve the nausea.
3. If there is vomiting with blood or blood spots, or there is black stool, add SP-1 to harmonise the collaterals of the Spleen and stop the bleeding.
4. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and Stomach and improve the appetite.

5. If there is epigastric pain with restlessness, add HT-8 to calm the Shen, strengthen the Heart and relieve the restlessness.
6. If there is insomnia or aggravation of the epigastric pain at night, add Extra Anmian to calm the Shen and improve sleep.

HYPERACTIVITY OF STOMACH-FIRE

SYMPTOMS AND SIGNS

Postoperative epigastric pain with a burning sensation, acid regurgitation, fullness in the stomach, nausea or vomiting, thirst, constipation, a red tongue with a dry yellow coating, and a wiry and rapid pulse, particularly at the Stomach and Liver positions.

PRINCIPLE OF TREATMENT

Clear the Heat, reduce the Fire in the Stomach, harmonise the Stomach and relieve the epigastric pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, ST-44 Neiting, SP-2 Dadu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-44 and SP-2, the Spring points of the Stomach channel and the Spleen channel, respectively, LI-11 and ST-36, the Sea points of the Large Intestine channel and the Stomach channel, respectively, and LI-4 and ST-42, the Source points of the Large Intestine channel and the Stomach channel, respectively, are used to clear the Heat, reduce the Fire in the Stomach, harmonise the physiological functions of the Stomach and relieve the epigastric pain.
- ST-34 and ST-40, the Accumulation point and the Connecting point of the Stomach channel, respectively, are used to harmonise the collaterals in the Stomach, promote the Qi and Blood circulation and relieve the epigastric pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation, eliminate Blood stasis and relieve the epigastric pain.

MODIFICATIONS

1. If there is a foul smell from the mouth and stomach pain, add HT-8 to clear the Heat, improve the digestion and harmonise the Stomach.
2. If there is nausea and vomiting, add PC-6, the Confluent point of the Yin Linking Vessel, and SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, to descend the Stomach-Qi, harmonise the Stomach and stop the vomiting.
3. If there is vomiting with blood, add SP-1 and SP-10 to clear the Heat, cool the Blood, harmonise the collaterals and stop the bleeding.
4. If there is thirst, add KI-6 and LU-8 to promote the secretion of Body Fluids and relieve the thirst.
5. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to clear the Heat, promote defecation and relieve the constipation.

ACCUMULATION OF DAMP-PHLEGM IN THE STOMACH

SYMPTOMS AND SIGNS

Postoperative epigastric pain with a heavy sensation, fullness in the epigastric region and abdomen, obesity, a feeling of oppression over the chest, a heaviness in the body, nausea, vomiting, poor appetite, tiredness, poor memory and concentration, dizziness, a purplish and pale tongue with a white, sticky and thick coating, and a slippery pulse, particularly at the Stomach and Spleen positions.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, regulate the Qi circulation in the Stomach and relieve the epigastric pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, CV-17 Tanzhong, ST-36 Zusanli, ST-40 Fenglong, SP-4 Gongsun, SP-6 Sanyinjiao and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, PC-6, the Connecting point of the

Pericardium channel and the Confluent point of the Yin Linking Vessel, and CV-17, the Gathering point of the Qi in the body, are used to promote the Qi circulation, relieve the Qi stagnation in the chest and alleviate the epigastric pain.

- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, SP-6, the crossing point of the three Yin channels of the Foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and Stomach, harmonise the Middle Burner, eliminate Damp-Phlegm, remove the blockage in the Stomach and relieve the epigastric pain.
- SP-4, used in combination with PC-6, is applied to harmonise the Middle Burner, descend the Stomach-Qi and the Qi in the Penetrating Vessel so as to relieve the nausea and fullness in the chest, epigastric region and abdomen.

MODIFICATIONS

1. If there is severe pain with cold extremities, apply moxibustion on CV-6 and CV-4 to warm the Yang-Qi, dispel the Cold and promote the movement of Yang-Qi in the Stomach.
2. If there is a red tongue with a yellow and greasy coating, rapid pulse, fever and a cough with expectoration of yellow phlegm, add ST-44 and SP-2 to reduce the Fire and eliminate Damp-Heat in the Stomach.
3. If there is severe nausea or vomiting, add CV-12, the Alarm Mu point of the Stomach, to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
4. If there is poor appetite, add SP-3 to activate the Spleen, eliminate Phlegm and improve the appetite.
5. If there is a cough or formation of phlegm in the throat with expectoration of phlegm, add LU-1, the Alarm Mu point of the Lung, and LU-5, the Sea point of the Lung channel, to disperse the Lung-Qi, eliminate Damp-Phlegm in the Lung and stop the cough.
6. If there is restlessness or insomnia due to epigastric pain, add GV-20 and Extra Anmian to calm the Shen, improve sleep and relieve the restlessness and insomnia.
7. If there is severe diarrhoea, add LR-13, the Alarm Mu point of the Spleen, to eliminate Damp, regulate the Spleen and stop the diarrhoea.

DEFICIENCY OF QI AND YIN IN THE STOMACH

SYMPTOMS AND SIGNS

Postoperative epigastric pain with heaviness and an occasional warm feeling in the stomach, poor appetite, shortness of breath, night sweating, insomnia, restlessness, tiredness, dry mouth and lips, thirst with little desire to drink, dry stools, a red tongue with a scanty and dry coating, a few purple spots on the tongue, and a thready, erratic and irregular pulse, particularly at the Stomach, Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Qi, nourish the Yin, clear the Deficient-Heat, regulate the Blood circulation and relieve the epigastric pain.

ACUPUNCTURE TREATMENT

PC-6 Neiguan, LU-7 Lieque, HT-7 Shenmen, KI-3 Taixi, KI-6 Zhaohai, KI-9 Zhubin, LR-3 Taichong, CV-17 Tanzhong, ST-36 Zusanli, ST-42 Chongyang, ST-44 Neiting and SP-6 Sanyinjiao.

Even method is applied on PC-6, LU-7, KI-6, ST-44, LR-3 and CV-17; reinforcing method is applied on the remaining points.

EXPLANATIONS

- ST-42 and ST-44, the Source point and the Spring point of the Stomach channel, respectively, are used to tonify the Stomach-Qi, nourish the Stomach-Yin, clear the Deficient-Heat in the Stomach and relieve the epigastric pain.
- KI-3, the Source point of the Kidney channel, ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to tonify the Qi and Yin of the body, promote secretion of the Body Fluids and relieve deficiency of Qi and Yin in the body.
- LU-7 and KI-6 are used to regulate the Conception Vessel and chest, and relieve the epigastric pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, KI-9, the Accumulation point of the Yin Linking Vessel, CV-17, the Gathering point of the Qi in the body, and LR-3, the Source point of the Liver

channel, are used to promote the Qi circulation, harmonise the collaterals and relieve the epigastric pain.

- HT-7, the Source point of the Heart channel, is used to calm the Shen, relieve the restlessness and alleviate the epigastric pain.

MODIFICATIONS

1. If there is severe restlessness and palpitations, add HT-8 and PC-8 to clear the Heat, reduce the Fire and relieve the palpitations.
2. If there is aggravation of the epigastric pain by nervousness and irritability, add LR-2 to calm the Liver, suppress the Liver-Fire and relieve the epigastric pain.
3. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and Stomach and improve the appetite.
4. If there is severe night sweating, add KI-2 to clear the Deficient-Heat and reduce the night sweating.
5. If there is severe thirst, add KI-10 to nourish the Yin, promote secretion of the Body Fluids and relieve the thirst.
6. If there are dry stools or even constipation, add ST-25, the Alarm Mu point of the Large Intestine, and ST-41 to nourish the Yin of the Stomach and Large Intestine, promote defecation and relieve the constipation.
7. If there is extreme tiredness, add CV-6 to tonify the Qi, nourish the Yin and relieve the tiredness.

DEFICIENCY OF QI AND YANG IN THE STOMACH

SYMPTOMS AND SIGNS

Postoperative epigastric pain with a cold and cramped feeling or a bearing-down sensation, aggravation of the pain by consuming cold food or beverages, alleviation of the pain by warmth, an aversion to cold, coldness of the body, hands and feet, shortness of breath, a pale complexion, lips and nails, tiredness, oedema, a purplish or pale tongue with tooth marks, and a deep, weak and irregular pulse.

PRINCIPLE OF TREATMENT

Tonify the Yang, warm the Interior, promote the Qi and Blood circulation and relieve the epigastric pain.

ACUPUNCTURE TREATMENT

PC-6 Neiguan, HT-7 Shenmen, KI-3 Taixi, KI-9 Zhubin, LR-3 Taichong, CV-17 Tanzhong, ST-34 Liangqiu, ST-36 Zusanli, ST-42 Chongyang, SP-3 Taibai, SP-6 Sanyinjiao, CV-4 Guanyuan and CV-6 Qihai.

Reducing method is applied on LR-3 and ST-34; even method is applied on PC-6, HT-7 and CV-17; reinforcing method is applied on the remaining points. Moxibustion is applied on CV-4, CV-6, ST-36 and KI-3.

EXPLANATIONS

- ST-42 and SP-3, the Source points of the Stomach channel and the Spleen channel, respectively, are used to tonify the Stomach-Qi, reinforce the Yang of the Stomach and eliminate Cold in the Stomach so as to relieve the epigastric pain.
- KI-3, the Source point of the Kidney channel, ST-36, the Sea point of the Stomach channel, together with CV-4 and CV-6, are used to tonify the Qi and reinforce the Yang of the body and relieve deficiency of Qi and Yang.
- Moxibustion is applied to warm the Qi and Yang and dispel the Cold in the body.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, KI-9, the Accumulation point of the Yin Linking Vessel, ST-34, the Accumulation point of the Stomach channel, and CV-17, the Gathering point of the Qi in the body, together with LR-3, are used to promote the Qi circulation, harmonise the collaterals and relieve the epigastric pain.
- HT-7, the Source point of the Heart channel, is used to calm the Shen and relieve the epigastric pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation and relieve the epigastric pain.

MODIFICATIONS

1. If there is poor appetite, add CV-12, the Alarm Mu point of the Stomach, to activate the Stomach, regulate the Qi circulation in the Stomach and improve the appetite.
2. If there is severe abdominal pain, add SP-8, the Accumulation point of the Spleen channel, to harmonise the collaterals and relieve the abdominal pain.
3. If there is extreme tiredness, add GV-20 to tonify the Qi and raise the Yang of the body.

4. If there are loose stools or diarrhoea, add ST-25, the Alarm Mu point of the Large Intestine, and ST-37, the Lower Uniting-He point of the Large Intestine, to regulate the Large Intestine and stop the diarrhoea.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of epigastric pain, as follows:

- *Ear acupuncture:* select points at the Stomach, Liver, Gall Bladder, Ear Shenmen, the sympathetic nerves, endocrine system and some sensitive points on the ear
- *Scalp acupuncture:* select points at the Stomach, Liver and Gall Bladder areas
- *Wrist and ankle acupuncture:* select points at upper region 1.

25 Hypochondriac pain

Introduction

Postoperative hypochondriac pain refers to the occurrence of pain after operation in the region from the level of the seventh rib to the area just below the costal arch. It can be either a subjective feeling or an objective symptom.

There is usually hypochondriac pain prior to the operation with possible aggravation of or residual hypochondriac pain after the operation.

The hypochondriac region in Traditional Chinese Medicine (TCM) may include the following organs in Western medicine: liver, gall bladder, pancreas and spleen.

Postoperative hypochondriac pain can be caused by operation at the liver, gall bladder, pancreas, spleen, etc.

The following channels, divergences or sinews have connections with the hypochondriac region:

- The main Gall Bladder channel and the branch, arising from the outer canthus, meet in the supraclavicular fossa. From there it descends further into the chest, passes through the diaphragm to connect with the Liver and enters the gall bladder (its pertaining organ). It then runs inside the hypochondriac region.
- The Liver channel, after entering the Liver and connecting with the Gall Bladder, ascends continuously and distributes in the costal and hypochondriac regions.
- The Spleen channel homes to the Spleen.
- The Stomach channel connects with the Spleen.
- The Girdling Vessel originates below the hypochondriac region.
- The Yang Motility Vessel runs along the lateral side of the thigh and posterior side of the hypochondrium.
- The Yang Linking Vessel, ascending along the Gall Bladder channel, passes through the hip region and runs further upward along the posterior aspect of the hypochondriac and costal regions.
- The major Connecting Vessel of the Spleen, after emerging 3 cun below GB-22 Yuanye, spreads through the chest and the hypochondriac region.

If there are sutures, dressings, etc. in the hypochondriac region after the operation, these local points can be omitted, and distal points on the relevant channels selected. However, when the sutures and dressings are removed, the local points can be applied together with the distal points.

Postoperative hypochondriac pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various

causes, such as stagnation of Liver-Qi, stagnation of Blood, accumulation of Damp-Heat in the Liver and Gall Bladder, and deficiency of Liver-Yin.

Treatment based on differentiation

There are two ways to select acupuncture points to treat hypochondriac pain, and these two methods should be used in combination:

- Selection of points in accordance with the operated organs, e.g. when there is operation at the liver, points principally from the Liver channel should be used; when there is operation at the gall bladder, points principally from the Gall Bladder channel should be selected.
- Selection of points in accordance with the place where the channel passes through, e.g. even when there is operation at the gall bladder, but the pain appears mainly along the Girdling Vessel, then points principally from the Girdling Vessel should also be selected.

Basic point selection based on channel differentiation

If there is hypochondriac pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Spleen channel, add SP-3, SP-4, SP-6, SP-8, SP-18, SP-19 and PC-6
- For the Gall Bladder channel, add GB-24, GB-36, GB-37, GB-40, GB-41 and TE-5
- For the Liver channel, add LR-3, LR-5, LR-6, LR-8 and LR-14.

Treatment differentiation

STAGNATION OF LIVER-QI

SYMPTOMS AND SIGNS

Postoperative hypochondriac pain with a distending feeling, aggravation of the pain by stress, fullness in the epigastric region and abdomen, poor appetite,

belching, a thin and white tongue coating, and a wiry pulse, particularly at the Liver position.

PRINCIPLE OF TREATMENT

Smooth the Liver, promote the Qi circulation and relieve the hypochondriac pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-5 Ligou, LR-8 Ququan, LR-14 Qimen, GB-36 Waiqiu, GB-37 Guangming, GB-34 Yanglingquan, GB-40 Qiuxu, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, GB-40 and GB-34, the Source point and the Sea point of the Gall Bladder channel, respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver and Gall Bladder, regulate the Qi circulation, relieve the Qi stagnation and alleviate the hypochondriac pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, and LR-5, the Connecting point of the Liver channel, together with GB-36 and GB-37, are used to promote the Qi circulation in the Liver, harmonise the collaterals and relieve the hypochondriac pain.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation and relieve the hypochondriac pain.
- HT-3, the Sea point of the Heart channel, is used to calm the Shen, improve sleep and relieve the hypochondriac pain.

MODIFICATIONS

1. If there is constipation and abdominal distension, add ST-25, the Alarm Mu point of the Large Intestine, to regulate the Qi circulation, harmonise the Stomach and Large Intestine and relieve the constipation and abdominal distension.

2. If there is severe nausea, add SP-4, in combination with PC-6, to regulate the Penetrating Vessel, descend the Stomach-Qi and relieve the nausea.
3. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
4. If there is irritability with restlessness, and redness of the face and eyes due to formation of Liver-Fire, add LR-2 and GB-43, the Spring points, to clear the Heat, reduce the Liver-Fire and calm the Shen.
5. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder, promote the normal distribution of bile and relieve the bitter taste in the mouth.
6. If there is poor appetite or overeating, add SP-3 to activate the Spleen, harmonise the Stomach-Qi and improve the appetite.
7. If there are loose stools when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13, the Alarm Mu point of the Spleen, and SP-9, the Sea point of the Large Intestine channel, to promote the Liver-Qi circulation, strengthen the Spleen, stop the diarrhoea and relieve the abdominal pain and cramp.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative hypochondriac pain of a sharp or stabbing nature and a fixed location, worse during the night, a possible new palpable mass found in that region, a purple tongue with a white coating, or purple spots on the sides of the tongue, and a deep, wiry or erratic pulse.

PRINCIPLE OF TREATMENT

Invigorate the Blood, eliminate the stagnant Blood, open the channels and collaterals, and relieve the pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, GB-34 Yanglingquan, LR-13 Zhangmen, LR-14 Qimen, BL-18 Ganshu, LR-3 Taichong, GB-40 Qiuxu, SP-6 Sanyinjiao, SP-10 Xuehai and BL-17 Geshu.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6, a River point and a Fire point, and GB-34, the Lower Uniting-He point, are used to treat hypochondriac pain due to various causes since they can regulate the Qi in the Shaoyang channels and relieve the hypochondriac pain.
- LR-13, the Gathering point of the Zang organs, is used to regulate the Qi and Blood and relieve the pain.
- LR-14 and BL-18, the Alarm Mu point and the Back Transporting point of the Liver, respectively, are used to regulate the function of the Liver and promote the Blood circulation. They are also the local points to treat hypochondriac pain.
- LR-3 and GB-40, the Source points that pass through the hypochondriac region, are used to regulate the Liver-Qi and eliminate Blood stagnation.
- SP-6, SP-10 and BL-17 are used to invigorate the Blood circulation and relieve the pain.

MODIFICATIONS

1. If there is hypochondriac pain due to disease of the Lung and pleura, add CV-17, LU-5 and LU-6 to regulate the Lung-Qi.
2. If there is pain due to angina pectoris, add the following points:
 - PC-6, the Confluent point, to promote the Blood circulation in the Heart and relieve the pain
 - HT-6, the Accumulation point, to treat acute pain
 - BL-14, the Back Transporting point of the Heart, to regulate the function of the Heart
 - CV-17, the Gathering point of the Qi in the body, to disperse the Qi in the chest to assist the Blood circulation
 - the Huatuojiaji points between T4 and T6 to regulate the Qi and Blood in the chest and Heart.
3. If there is pain due to disorder of the Stomach, add the following points:
 - CV-12, the Gathering point of the Fu organ, to harmonise the Qi movement
 - ST-36, the lower Sea point, to regulate the Stomach and strengthen the Spleen
 - BL-20 and BL-21, the Back Transporting points of the Spleen and the Stomach, respectively, to regulate the Spleen and Stomach.
4. If there is pain due to disease of the Liver and Gall Bladder, add BL-19, the Back Transporting point of the Gall Bladder, together with BL-18, to regulate the Liver and Gall Bladder.

5. If there is pain caused by trauma, add KI-6, together with GB-40, to regulate the Qi and Blood and relieve the pain.
6. If there is intercostal neuralgia, add Huatuoji points in the affected region to regulate the function of the nerves.
7. If there is pain caused by stagnation of Qi and Blood from overthinking and overworking, add ST-36 to strengthen the Spleen, and PC-6 to calm the Shen, reduce the tension and relieve the pain. Use reinforcing method on SP-6 to regulate and tonify the Blood.

ACCUMULATION OF DAMP-HEAT IN THE LIVER AND GALL BLADDER

SYMPTOMS AND SIGNS

Postoperative hypochondriac pain, a bitter taste in the mouth, poor appetite, nausea, vomiting, jaundice, scanty urine, a yellow and sticky tongue coating, and a wiry and slippery pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, transform the Damp, regulate the Liver-Qi and relieve the pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, GB-34 Yanglingquan, LR-3 Taichong, BL-19 Danshu, GB-24 Riyue, LR-14 Qimen, BL-18 Ganshu, LI-11 Quchi and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 and GB-34 are used to promote the Qi circulation in the Shaoyang channels, eliminate Damp, clear the Heat in the Shaoyang channels and relieve the hypochondriac pain.
- LR-3, the Source point of the Liver channel, is used to smooth the Liver, regulate the Liver-Qi circulation and eliminate Damp-Heat in the Liver and Gall Bladder.
- BL-19 and GB-24, the Back Transporting point and the Alarm Mu point of the Gall Bladder, respectively, are used to regulate the Qi in the Gall Bladder, eliminate Damp-Heat and relieve the hypochondriac pain.

- BL-18 and LR-14, the Back Transporting point and the Alarm Mu point of the Liver, respectively, are used to smooth the Liver, promote the Qi circulation and relieve the hypochondriac pain.
- LI-11 and SP-9, the Sea points of the Large Intestine channel, are used to clear the Heat and eliminate Damp from the Fu organs.

MODIFICATIONS

1. If the Heat is pronounced, add LR-2, the Spring point, to reduce the Fire.
2. If there is fever with chills, add LI-4 and GV-14 to clear the Heat and reduce the fever.
3. If there is nausea and vomiting due to obstruction of the Stomach-Qi by Damp-Heat, add CV-12, PC-6 and ST-40 to smooth the Stomach-Qi, remove the Damp-Heat and stop the vomiting.

DEFICIENCY OF LIVER-YIN

SYMPTOMS AND SIGNS

Postoperative hypochondriac pain, worse after physical exertion or in stressful situations, an occasional burning feeling in the hypochondriac region, irritability, headache, dizziness, night sweating, hot palms and soles, a dry mouth and throat, a red tongue with a peeled coating, and a wiry, thready and rapid pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish the Liver-Yin, smooth the Liver, clear the Deficient-Heat and relieve the pain.

ACUPUNCTURE TREATMENT

KI-3 Taixi, KI-10 Yingu, LR-3 Taichong, LR-8 Ququan, BL-23 Shenshu, BL-18 Ganshu, BL-15 Xinshu, SP-6 Sanyinjiao, PC-6 Neiguan, GB-34 Yanglingquan, TE-6 Zhigou and GB-40 Qiuxu.

Reinforcing method is applied on KI-3, KI-10, LR-8, BL-23, BL-18, BL-15, SP-6; even method or reducing method is applied on PC-6, GB-34, TE-6, LR-3 and GB-40.

EXPLANATIONS

- KI-3 and LR-3, the Source points, together with KI-10 and LR-8, the Sea points, are used to nourish

the Yin of the Liver and Kidney and clear the Deficient-Heat in the body.

- SP-6, the crossing point of the three Yin channels of the foot, is used to tonify the Blood, nourish the Yin and promote the Blood circulation in the body.
- BL-15, BL-18 and BL-23, the Back Transporting points of the Heart, Liver and Kidney, respectively, are used to tonify and harmonise the function of these three organs so as to treat the hypochondriac pain.
- PC-6 is used to promote the Qi circulation, calm the Shen and smooth the emotions.
- TE-6 and GB-34 are used to promote the Qi circulation in the Shaoyang channels and relieve the hypochondriac pain.
- GB-40, together with LR-3 and PC-6, is used to promote the Qi circulation and smooth the Liver.

MODIFICATIONS

1. If there is restlessness, insomnia and dream-disturbed sleep, add HT-7 to calm the Shen and relieve the restlessness and insomnia.
2. If there is night sweating, add SI-3 and HT-6 to nourish the Yin and relieve the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of hypochondriac pain, as follows:

- *Ear acupuncture*: select points at the Liver, Gall Bladder, chest, Ear Shenmen, the sympathetic nerves and the adrenals
- *Wrist and ankle acupuncture*: select points at lower region 2.

Abdominal pain 26

Introduction

Postoperative abdominal pain refers to the occurrence of pain after operation below the epigastrium and above the pubis.

There is usually abdominal pain prior to the operation with possible aggravation of or residual abdominal pain after the operation.

The abdominal region in Traditional Chinese Medicine (TCM) may include the following organs in Western medicine: large intestine, small intestine, bladder, uterus, ovary and its conduits, and kidney. Postoperative abdominal pain can be caused by operation at the large intestine, small intestine, bladder, kidney, uterus, ovary, urinary tracts, inguinal hernia, etc.

The following channels, divergences or sinews have connections with the abdomen:

- The Lung channel originates from the Middle Burner, running downward to connect with the Large Intestine.
- The Large Intestine channel, after entering the chest to connect with the Lung, passes through the diaphragm and then reaches the large intestine in the abdomen (its pertaining organ).
- The straight portion of the Stomach channel, arising from the supraclavicular fossa and passing through the nipple, descends by the umbilicus and enters ST-30 Qichong on the lateral side of the lower abdomen. The branch from the lower orifice of the stomach descends inside the abdomen and joins the previous portion of the channel at ST-30.
- The Spleen channel, passing through the anterior medial aspect of the knee and thigh, enters the abdomen, then the spleen (its pertaining organ) and connects with the Stomach.
- The Heart channel, originating from the Heart, passes through the diaphragm to connect with the Small Intestine.
- The Small Intestine channel, turning downward to the supraclavicular fossa, connects with the Heart. From there it descends along the oesophagus, passes through the diaphragm, reaches the stomach, and finally enters the small intestine (its pertaining organ).
- The straight portion of the Kidney channel emerges from the Kidney. It then ascends and passes through the Liver and diaphragm.
- The Triple Burner (Energisier) channel spreads in the chest to connect with the Pericardium. It then descends through the diaphragm down to the abdomen, and joins its pertaining organ, the Upper, Middle and Lower Burner (i.e. Triple Burner).
- The main Gall Bladder channel and the branch, arising from the outer canthus, meet in the supraclavicular fossa and descend into the chest. The straight portion of the channel passes through the diaphragm to connect with the Liver and enters the gall bladder (its pertaining

organ). It then runs inside the hypochondriac region and exits on the lateral side of the lower abdomen near the femoral artery at the inguinal region. From there it runs superficially along the margin of the pubic hair.

- The Liver channel curves around the external genitalia and ascends to the lower abdomen. It then runs upward and curves around the stomach to enter the liver (its pertaining organ) and connects with the Gall Bladder.
- The Governing Vessel arises from the lower abdomen and emerges at the perineum.
- The Conception Vessel starts from the inside of the lower abdomen and emerges from the perineum. It runs interiorly to the pubic region and ascends along the interior of the abdomen, passing through CV-4 Guanyuan and other points along the front middle line to the throat.
- The Penetrating Vessel starts from the inside of the lower abdomen and emerges at the perineum. The superficial branch runs along both sides of the abdomen.
- The Girdling Vessel originates below the hypochondriac region and runs obliquely downward through GB-26, GB-27 and GB-28 in the abdomen.
- The Yin Motility Vessel runs straight upward along the posterior border of the medial aspect of the thigh to the external genitalia and abdomen.
- The Yin Linking Vessel starts from the medial aspect of the leg (KI-9 Zhubin) and ascends along the medial aspect of the thigh to the abdomen to communicate with the Spleen channel. It then runs along the chest and communicates with the Conception Vessel at the neck (CV-22 Tiantu and CV-23 Lianquan).
- The channel divergence of the Bladder channel originates in the popliteal fossa and proceeds to a point 5 cun below the sacrum. Winding round to the anal region, it connects with the Bladder and disperses in the Kidney.
- The channel divergence of the Stomach channel, originating from the Stomach channel on the thigh, enters the abdomen and connects with the Stomach and disperses in the Spleen.
- After originating from the Spleen channel on the thigh, the channel divergence of the Spleen channel converges with the channel divergence of the Stomach channel and enters the abdomen.
- The channel divergence of the Gall Bladder channel originates on the thigh, crosses over the hip joint, enters the lower abdomen in the pelvic region and converges with the channel divergence of the Liver channel. It then crosses between the lower ribs,

connects with the Gall Bladder and spreads through the Liver.

- The channel divergence of the Liver channel originates on the instep and runs upward to the pubic region, where it converges with the Gall Bladder channel.
- The channel divergence of the Small Intestine channel, after crossing the Heart, runs downward to the abdomen to link up with the Small Intestine channel.
- A branch from the channel divergence of the Large Intestine channel, separating at the top of the shoulder and entering the spine at the nape of the neck, runs downward to connect with the Large Intestine.
- The channel divergence of the Lung channel runs into the chest and connects with the Lung. A branch extends upward from the Lung and emerges at the clavicle.
- The channel divergence of the Lung channel runs into the chest, connects with the Lung and then disperses in the Large Intestine. A branch extends upward from the Lung and emerges at the clavicle, from where it ascends across the throat and converges with the Large Intestine channel.
- The channel divergence of the Pericardium channel originates at a point 3 cun below the axilla, enters the chest and communicates with the Triple Burner.
- A branch of the Connecting Vessel of the Spleen channel runs upward to the abdomen and connects with the Stomach and the Intestines.
- The Connecting Vessel of the Conception Vessel from CV-15 Jiuwei spreads over the abdomen.
- The channel sinews of the Stomach channel ascend from the knee across the thigh and knot in the pelvic region, dispersing upward on the abdomen.
- The channel sinews of the Spleen channel, after knotting at the inguinal region, join with the external genitalia and extend to the abdomen, knotting with the umbilicus. From there, they enter the abdominal cavity, knot with the ribs and disperse through the chest.
- The channel sinews of the Heart channel cross the muscle region of the lung in the breast region and knot in the chest. They then descend across the thoracic diaphragm to connect with the umbilicus.

If there are sutures, dressings, etc. in the abdominal region after the operation, these local points can be omitted, and distal points on the relevant channels selected. However, when the sutures and dressings are removed, the local points can be applied together with the distal points.

Postoperative abdominal pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as invasion of External pathogenic factors, stagnation of Qi, accumulation of Damp-Heat, accumulation of Damp-Phlegm, stagnation of Blood and deficiency of Spleen-Qi.

Treatment based on differentiation

There are two ways to select acupuncture points to treat hypochondriac pain, and these two methods should be used in combination:

- Selection of points in accordance with the operated organs, e.g. when there is operation at the large intestine, points principally from the Large Intestine channel should be used; when there is operation at the bladder, points principally from the Bladder channel should be selected.
- Selection of points in accordance with the place where the channel passes through, e.g. even when there is operation at the large intestine, but the pain appears mainly in the middle line of the abdomen, then points principally from the Conception Vessel should also be selected.

Basic point selection based on channel differentiation

If there is abdominal pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Stomach channel, add ST-34, ST-36, ST-40, ST-42 and PC-6
- For the Spleen channel, add SP-3, SP-4, SP-6, SP-8, SP-18, SP-19 and PC-6
- For the Gall Bladder channel, add GB-24, GB-36, GB-37, GB-40, GB-41 and TE-5
- For the Liver channel, add LR-3, LR-5, LR-6, LR-8 and LR-14
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-7 and KI-9
- For the Large Intestine channel, add LI-4, LI-6, LI-7 and LI-10
- For the Small Intestine channel, add SI-4, SI-6 and LI-7

- For the Conception Vessel, add LU-7, KI-6, KI-8, KI-9 and PC-6
- For the Girdling Vessel, add LR-3, GB-26, GB-27, GB-41 and TE-5
- For the Triple Burner, add TE-4, TE-5, TE-6, BL-39 and LI-4.

Treatment differentiation

INVASION OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative abdominal pain with a cold or contracting feeling, aggravation of the pain by exposure to cold, a preference for warmth, aversion to cold, a runny nose, headache, a heaviness in the body, a thin, white and greasy tongue coating, and a superficial and tense pulse.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, PC-6 Neiguan, ST-36 Zusanli, ST-40 Fenglong, KI-6 Zhaohai, SP-6 Sanyinjiao, SP-8 Diji and LR-3 Taichong.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the abdominal pain.
- PC-6 and LR-3 are used to promote the Qi circulation and relieve the abdominal pain.
- ST-36, ST-40 and SP-8 are used to harmonise the Stomach, descend the Stomach-Qi and relieve the abdominal pain.

- KI-6, in combination with LU-7, is used to harmonise the Conception Vessel and relieve the abdominal pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Blood circulation and relieve the abdominal pain.

MODIFICATIONS

1. If there is wandering pain in the body with sensitivity to Wind, add GB-31 and BL-58 to dispel the Wind and relieve the pain.
2. If there is a severe cold sensation in the body, apply moxibustion on LI-4 and TE-5 to warm the channels and dispel the Cold.
3. If there is nausea or vomiting, add SP-4 and ST-40 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
4. If there is severe diarrhoea or poor appetite, add SP-3 to activate the Spleen, improve the appetite and stop the diarrhoea.
5. If there is headache, add Extra Yintang and GB-8 to relieve the headache.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative abdominal pain with distension and swelling, aggravation of the pain by stress or emotional upset, irritability, headache, pain at the hypochondriac region, loose stools or diarrhoea when nervous, poor appetite, a white tongue coating and a wiry pulse, particularly at the Liver position.

PRINCIPLE OF TREATMENT

Smooth the Liver, calm the Shen, promote the circulation of Qi and relieve the abdominal pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, PC-6 Neiguan, LI-4 Hegu, HT-3 Shao-hai, ST-36 Zusanli, ST-40 Fenglong, KI-9 Zhubin, SP-6 Sanyinjiao and SP-8 Diji.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LR-3, the Source points of the Liver channel and the Large Intestine channel,

respectively, and PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, are used to smooth the Liver, regulate the Qi circulation, relieve the Qi stagnation and alleviate the abdominal pain.

- SP-6, the crossing point of the three Yin channels of the foot, is used to regulate the Qi and Blood circulation and relieve the abdominal pain.
- KI-9, the Accumulation point of the Yin Linking Vessel, and SP-8, the Accumulation point of the Spleen channel, are used to promote the Qi circulation, harmonise the collaterals and relieve the abdominal pain.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, are used to promote the Qi circulation in the abdomen, harmonise the collaterals, descend the Stomach-Qi and relieve the abdominal pain.
- HT-3, the Sea point of the Heart channel, is used to calm the Shen, improve sleep and relieve the abdominal pain.

MODIFICATIONS

1. If there is severe nausea, add SP-4, in combination with PC-6, to regulate the Penetrating Vessel, descend the Stomach-Qi and relieve the nausea.
2. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
3. If there is irritability with restlessness, and redness of the face and eyes due to formation of Liver-Fire, add LR-2 and GB-43, the Spring points, to clear the Heat, reduce the Liver-Fire and calm the Shen.
4. If there is a bitter taste in the mouth, add GB-40, the Source point of the Gall Bladder channel, to regulate the Gall Bladder, promote the normal distribution of bile and relieve the bitter taste in the mouth.
5. If there is poor appetite or overeating, add SP-3 to activate the Spleen, harmonise the Stomach-Qi and improve the appetite.
6. If there are loose stools when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-3 to promote Liver-Qi circulation and strengthen the Spleen.

ACCUMULATION OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative abdominal pain or residual abdominal pain after the operation, distension and a burning

feeling in the abdomen, diarrhoea with a burning feeling in the anus, alleviation of abdominal pain after defecation, a thirst, occasional blood in the stool, a red tongue with a yellow and greasy coating, and a rapid and slippery pulse, particularly at the Spleen and Liver positions.

PRINCIPLE OF TREATMENT

Eliminate Damp, clear the Heat, reduce the fever, regulate the Qi circulation and relieve the abdominal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, LI-11 Quchi, PC-6 Neiguan, ST-36 Zusanli, ST-40 Fenglong, SP-4 Gongsun, SP-6 Sanyinjiao, SP-8 Diji and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and PC-6, the Confluent point of the Yin Linking Vessel, are used to promote the Qi circulation, relieve the Qi stagnation in the abdomen and alleviate the abdominal pain.
- LI-11 and ST-36, the Sea points of the Large Intestine channel and the Stomach channel, respectively, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and Stomach, harmonise the Middle Burner, eliminate Damp-Heat and relieve the abdominal pain.
- SP-4, in combination with PC-6, is applied to harmonise the Middle Burner and descend the Stomach-Qi and the Qi in the Penetrating Vessel so as to relieve the fullness in the abdomen.
- ST-40, the Connecting point of the Stomach channel, SP-8, LI-6 and LI-7 are used to promote the Qi and Blood circulation, harmonise the collaterals, eliminate Damp-Heat in the Large Intestine, stop the diarrhoea and relieve the abdominal pain.

MODIFICATIONS

1. If there is high fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is a burning feeling in the abdominal region, add ST-44 to reduce the Fire, eliminate

Damp-Heat in the Stomach and relieve the burning feeling in the Stomach.

3. If there is severe nausea or vomiting, add ST-42, the Source point of the Stomach channel, to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
4. If there is poor appetite, add SP-3 to activate the Spleen, eliminate the Phlegm and improve the appetite.
5. If there is restlessness or insomnia due to the pain, add GV-20 and Extra Anmian to calm the Shen, improve sleep and relieve the restlessness and insomnia.
6. If there is severe diarrhoea with a burning feeling, add SP-2, the Spring point of the Spleen channel, and LR-13, the Alarm Mu point of the Spleen, to eliminate Damp-Heat, regulate the Spleen and stop the diarrhoea.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative abdominal pain or residual abdominal pain after the operation, distension and a heavy feeling in the abdomen, loose stools or diarrhoea, obesity, a feeling of oppression over the chest, heaviness of the body, nausea, vomiting, poor appetite, tiredness, poor memory and concentration, a purplish and pale tongue with a white, greasy and thick coating, and a slippery pulse.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, regulate the Qi circulation and relieve the abdominal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, ST-36 Zusanli, ST-40 Fenglong, SP-4 Gongsun, SP-6 Sanyinjiao, SP-8 Diji and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and PC-6, the Confluent point of the Yin Linking Vessel, are used to promote the

Qi circulation, relieve the Qi stagnation in the abdomen and alleviate the abdominal pain.

- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and Stomach, harmonise the Middle Burner, eliminate Damp-Phlegm and relieve the abdominal pain.
- SP-4, used in combination with PC-6, and SP-8, the Accumulation point of the Spleen channel, are applied to harmonise the Middle Burner, descend the Stomach-Qi and the Qi in the Penetrating Vessel, regulate the collaterals and relieve the fullness and pain in the abdomen.

MODIFICATIONS

1. If there is severe pain with cold extremities, apply moxibustion on ST-36 and ST-40 to warm the Yang-Qi, dispel the Cold and promote the movement of Yang-Qi in the Stomach.
2. If there is severe nausea or vomiting, add ST-42 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
3. If there is poor appetite, add SP-3 to activate the Spleen, eliminate the Phlegm and improve the appetite.
4. If there is a cough with expectoration of profuse Phlegm, add LU-5, the Sea point of the Lung channel, to disperse the Lung-Qi, eliminate Damp-Phlegm in the Lung and relieve the cough.
5. If there is restlessness or insomnia due to the pain, add GV-20 and Extra Anmian to calm the Shen, improve sleep and relieve the restlessness and insomnia.
6. If there is severe diarrhoea, add ST-37, the Lower Uniting-He point of the Large Intestine, to eliminate Damp and stop the diarrhoea.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain in the abdomen with a fixed location, or residual abdominal pain after the operation, an abdominal mass in the abdomen before the operation, aggravation of pain at night, poor wound healing, a dark complexion, a purple tongue or purple spots on the sides of the tongue, and an erratic, deep, wiry or tight pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, eliminate Blood stasis, calm the Shen and relieve the abdominal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, SP-6 Sanyinjiao, SP-8 Diji, SP-10 Xuehai, HT-3 Shaohai, LR-3 Taichong, ST-34 Liangqiu, ST-36 Zusanli, ST-40 Fenglong and KI-9 Zhubin.

Reducing method is applied on all these points.

EXPLANATIONS

- PC-6, the Connecting point of the Pericardium channel, LI-4, the Source point of the Large Intestine channel, and LR-3, the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the abdominal pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the abdominal pain.
- ST-34, ST-36 and ST-40, the Accumulation point, the Sea point and the Connecting point of the Stomach channel, respectively, and SP-8, the Accumulation point of the Spleen channel, are used to promote the Qi and Blood circulation in the abdomen, harmonise the collaterals, descend the Stomach-Qi and relieve the abdominal pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, eliminate the Blood stasis, calm the Shen and relieve the abdominal pain.
- KI-9, the Accumulation point of the Yin Linking Vessel, together with PC-6, the Confluent point of the Yin Linking Vessel, is used to harmonise the abdomen, promote the Qi and Blood circulation and relieve the abdominal pain.

MODIFICATIONS

1. If there is poor appetite, add SP-3 to activate the Spleen and Stomach and improve the appetite.
2. If there is severe nausea, add SP-4 to descend the Stomach-Qi and relieve the nausea.
3. If there is vomiting with blood or black stool, add SP-1 to stop the bleeding.

4. If there is insomnia or aggravation of the abdominal pain at night, add Extra Anmian to calm the Shen and improve sleep.
5. If there is severe distension in the abdomen, add LR-8, the Sea point of the Liver channel, to smooth the Liver, promote the Qi circulation and relieve the distension in the abdomen.

DEFICIENCY OF SPLEEN-QI

SYMPTOMS AND SIGNS

Slight postoperative abdominal pain with a bearing-down sensation, or residual abdominal pain after the operation, tiredness, shortness of breath, cold hands and feet, an aversion to cold, poor appetite, loose stools or diarrhoea, a pale tongue with a white coating, and a weak pulse, particularly at the Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Qi, activate the Spleen and Stomach, harmonise the collaterals and relieve the abdominal pain.

ACUPUNCTURE TREATMENT

PC-6 Neiguan, KI-9 Zhubin, LR-3 Taichong, ST-36 Zusanli, ST-40 Fenglong, ST-42 Chongyang, SP-3 Taibai, SP-6 Sanyinjiao and CV-6 Qihai.

Even method is applied on the PC-6, LR-3 and KI-9; reinforcing method is applied on the remaining points.

EXPLANATIONS

- PC-6, The Connecting point of the Pericardium channel and the Confluent point of the Yin Linking

Vessel, KI-9, the Accumulation point of the Yin Linking Vessel, ST-40, the Connecting point of the Stomach channel, and LR-3, the Source point of the Liver channel, are used to promote the Qi circulation, harmonise the collaterals and relieve the abdominal pain.

- ST-36 and ST-42, the Sea point and the Source point of the Stomach channel, respectively, SP-6, the crossing point of the three Yin channels of the foot, and SP-3, the Source point of the Spleen channel, are used to tonify the Qi of the Stomach, regulate the Stomach and relieve the abdominal pain.
- CV-6 is used to tonify the Qi of the body.

MODIFICATIONS

1. If there is pain with a cold sensation, add moxibustion on ST-36 and SP-3 to warm the Yang-Qi and dispel the Cold.
2. If there is food stagnation, add ST-25 to regulate the Large Intestine and promote the digestion.
3. If there is aggravation of pain by stress, add LR-8 to smooth the Liver and regulate the Liver-Qi.
4. If there is diarrhoea, add SP-9 to transform Damp and stop the diarrhoea.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of abdominal pain, as follows:

- *Ear acupuncture*: select points at the abdomen, Liver, Large Intestine, Ear Shenmen, the sympathetic nerves and some related points on the ear
- *Scalp acupuncture*: select points at the intestinal area, and motor and sensory areas of the foot
- *Wrist and ankle acupuncture*: select points at lower region 1 for central abdominal pain and lower region 2 for lateral abdominal pain.

Pain in the 27 entire body

Introduction

Postoperative pain in the entire body refers to the occurrence of pain after operation all over the body, including joints and muscles, head and limbs, accompanied by restlessness, insomnia, sweating or lack of sweating, fatigue, poor appetite or even dysfunction of the limbs.

Postoperative pain in the entire body usually occurs after a major operation. There could also be some generalised body pain prior to the operation with aggravation after the operation.

This type of operation often needs complete or partial anaesthesia.

Postoperative pain in the entire body can be caused by disturbance of the internal Zang-Fu organs or disturbance of the channels and collaterals.

Many factors can cause postoperative pain in the entire body, including incomplete disappearance of External pathogenic factors, stagnation of Qi, stagnation of Blood, accumulation of Damp-Phlegm, deficiency of Qi and Blood, deficiency of Yin and deficiency of Yang, etc.

Treatment based on differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Chronic pain in the entire body (particularly pain over the whole back) with acute aggravation after the operation, headache, a stiff neck, joint pain, an aversion to cold, a slight fever with no sweating or a high fever with profuse sweating, a thin coating on the tongue, and a superficial and tense pulse, particularly at the Lung position.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, promote the Qi circulation and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, BL-40 Weizhong, BL-63 Jinmen, BL-64 Jinggu, GB-35 Yangjiao and LR-3 Taichong.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors and relieve the External symptoms.
- Since the Bladder channel is the longest channel in the body and the Taiyang channel is the channel that lies at the most superficial layer of the body, many points from the Bladder channel are applied. BL-40, the Sea point and the Command point for the back region, BL-63, the Accumulation point and BL-64, the Source point, are used to dispel the External pathogenic factors, relieve the External symptoms, promote the Qi and Blood circulation and relieve the pain.
- LR-3, the Source point of the Liver channel, and GB-35, the Accumulation point of the Yang Linking Vessel, in combination with LI-4, are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the entire body pain.

MODIFICATIONS

1. If there is a high fever with an aversion to cold, add GV-14 and LI-11 to clear the Heat and reduce the fever.
2. If there is heaviness of the body and a greasy tongue coating, add ST-40, the Connecting point, to eliminate Damp and harmonise the collaterals so as to relieve the entire body pain.
3. If there is a severe aversion to cold with cold hands and feet, a white tongue coating and a slow pulse, apply moxibustion on LI-4, TE-5 and BL-64 to warm the channels and dispel the Cold.
4. If there is a headache, add GB-20 to regulate the Qi circulation and relieve the headache.
5. If there is a stiff neck, add GB-21 and BL-10 to promote the Qi circulation and relieve the stiff neck.
6. If there is severe back pain, add BL-58, the Connecting point, to regulate the Qi circulation and relieve the back pain.
7. If there is joint pain, add some local Ah Shi points to regulate the Qi circulation and relieve the joint pain.

8. If there is a stabbing pain, add SP-6 to promote the Blood circulation and relieve the stabbing pain.

STAGNATION OF QI*SYMPTOMS AND SIGNS*

Chronic pain in the entire body with acute aggravation after the operation, distension in the chest and abdomen, unstable emotional state (e.g. angry, stressed), aggravation of the entire body pain by emotional upset, headache, irritability, insomnia, palpitations, poor appetite, a white tongue coating and a wiry pulse, particularly at the Lung and Liver positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, regulate the Qi circulation, remove the Qi stagnation and relieve the pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-14 Qimen, PC-6 Neiguan, GV-20 Baihui, LI-4 Hegu, BL-18 Ganshu, SP-6 Sanyinjiao and TE-5 Waiguan.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3, the Source point and the Stream point of the Liver channel, and LR-14, the Alarm Mu point of the Liver, are used to smooth the Liver, regulate the Liver-Qi circulation, remove the Qi stagnation and relieve the body pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to smooth the emotions, regulate the Qi circulation, calm the Shen and improve sleep.
- GV-20 is the patent point to calm the Shen and regulate the Qi circulation.
- LI-4, the Source point of the Large Intestine channel, is used to assist LR-3 and BL-18 to regulate the Qi circulation and relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to remove the Liver-Qi stagnation, relieve the Blood stagnation, calm the Shen and relieve the pain.
- TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang

Linking Vessel, is used to harmonise the collateral and relieve the pain.

MODIFICATIONS

1. If there is headache or irritability, add GB-20 and LR-2, the Spring point of the Liver channel, to calm the Liver, clear the Heat in the Liver and relieve the headache and irritability.
2. If there is hypochondriac pain or distension, add LR-5, the Connecting point of the Liver channel, to smooth the Liver, promote the Qi circulation and relieve the hypochondriac pain and distension.
3. If there is fullness in the chest, add CV-17, the Gathering point of the Qi in the body, to promote the Qi circulation, relax the chest and relieve the distension in the chest.
4. If there is a bitter taste in the mouth and restlessness due to disharmony of the Gall Bladder, add GB-40, the Source point of the Gall Bladder channel, to regulate the Gall Bladder and relieve the restlessness.
5. If there is poor appetite, add CV-12, the Alarm-Mu point, and SP-3, the Source point of the Spleen channel, to strengthen the Spleen and Stomach and improve the appetite.
6. If there is insomnia, add BL-15 and HT-7 to calm the Shen and improve sleep.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative pain in the entire body, a history of trauma or long duration of pain in the body with a fixed location, a stabbing sensation, aggravation of the pain at night, a purplish tongue with a white coating, and a deep and erratic pulse.

PRINCIPLE OF TREATMENT

Promote Blood circulation, remove Blood stasis and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, LR-14 Qimen, SP-6 Sanyinjiao, SP-10 Xuehai, BL-17 Geshu, GB-34 Yanglingquan and ST-36 Zusanli.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to promote the circulation of Qi and relieve the pain in the entire body.
- Since the Qi is the guide for Blood, improvement of the Qi circulation leads to better Blood circulation. LR-1, the opening point for the sinews of the Liver channel, LR-3, the Stream point and the Source point of the Liver channel, and LR-14, the Alarm Mu point of the Liver, are used to smooth the emotions, regulate the Liver and promote the Qi circulation.
- SP-6 and SP-10, together with BL-17, the Gathering point of the Blood, are used to promote the Blood circulation and remove Blood stasis.
- GB-34, the Gathering point of the tendons, and ST-36, the Sea point of the Stomach, are used to promote Blood circulation in the tendons and muscles and relieve the pain.

MODIFICATIONS

1. If there is great emotion, add PC-6, the Confluent point of the Yin Linking Vessel, to smooth the Liver and Heart, promote the Qi circulation and calm the Shen.
2. If there is aggravation of the pain at night, add LU-7 and KI-6 to promote Blood circulation and remove Blood stasis.
3. If there is severe pain at local places, add local Ah Shi points and the Accumulation points of the channels that are involved to promote local circulation of Blood and eliminate Blood stasis.
4. If there is a stabbing pain with stiffness at some joints and muscles, add TE-5, the Confluent point of the Yang Linking Vessel, and SP-1, the Opening point of the sinews, to activate the Qi and Blood circulation and relieve the pain.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative pain in the entire body, a history of chronic pain in the entire body or aggravation of the pain after the operation, a heaviness in the body, fullness of the chest and epigastric region, nausea, poor appetite, formation of white phlegm in the throat, insomnia or restlessness, a white and greasy tongue coating, and a slippery or wiry and slippery pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, promote the Qi circulation and relieve the pain.

ACUPUNCTURE TREATMENT

ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, LR-3 Taichong, PC-6 Neiguan, CV-12 Zhongwan, LI-4 Hegu, TE-4 Yangchi and TE-5 Waiguan.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-40, the Connecting point of the Stomach channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen, eliminate Damp-Phlegm and relieve the body pain. This is the causative treatment.
- CV-12, the Gathering point of the Fu organs, is used to promote the Qi circulation in the Middle Burner and Fu organs, remove the Damp and resolve the Phlegm. It is also the Alarm Mu point of the Stomach, used to descend the Stomach-Qi and relieve nausea, particularly nausea or vomiting after the operation.
- TE-4, the Source point of the Triple Burner channel, is used to regulate the Triple Burner and promote elimination of Damp-Phlegm.
- TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, is used to harmonise the collateral and relieve the pain.
- Since accumulation of Damp-Phlegm in the body could cause stagnation of Qi, leading to pain in the entire body, it is necessary to add some points to promote the Qi circulation. LI-4, the Source point of the Large Intestine channel, and LR-3, the Source point and the Stream point of the Liver channel, are used to promote the Qi circulation and relieve the body pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to smooth the emotions, regulate the Qi circulation, calm the Shen and improve sleep.

MODIFICATIONS

1. If there is headache with heaviness, add GB-20 to relieve the blockage of the Clear-Yang and relieve the headache.

2. If there is hypochondriac pain or distension, add LR-14, the Alarm Mu point of the Liver, to smooth the Liver, promote the Qi circulation and relieve the hypochondriac pain.
3. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and improve the appetite.
4. If there are loose stools or diarrhoea, add ST-25, the Alarm Mu point of the Large Intestine, to eliminate Damp-Phlegm in the body and stop the diarrhoea.
5. If there is accumulation of Cold-Damp, add moxibustion on SP-9 and ST-40 to warm the body and eliminate the Cold.
6. If there is accumulation of Damp-Heat, add LI-11 and GB-34 to clear the Heat and eliminate Damp-Heat.
7. If there is scanty urination, add BL-64 and KI-6 to promote urination and eliminate Damp in the body.
8. If there is severe insomnia, add HT-3 to calm the Shen and improve sleep.

DEFICIENCY OF QI AND BLOOD*SYMPTOMS AND SIGNS*

Entire body pain after the operation, weakness in the joints and muscles, fatigue, shortness of breath, dizziness, spontaneous sweating by exertion, an aversion to cold, poor appetite, a pale complexion, diarrhoea, a pale tongue with a white coating, and a weak and thready pulse.

PRINCIPLE OF TREATMENT

Tonify Qi and Blood and relieve the pain.

ACUPUNCTURE TREATMENT

GV-20 Baihui, SP-3 Taibai, SP-6 Sanyinjiao, CV-4 Guanyuan, CV-6 Qihai, ST-36 Zusanli, GB-34 Yanglingquan, ST-40 Fenglong, KI-3 Taixi and KI-10 Yingu.

Reinforcing method is applied on all these points. Moxibustion treatment is recommended.

EXPLANATIONS

- GV-20, the crossing point of the Governing Vessel and the Bladder channel, can raise the Yang-Qi and reinforce the internal Zang-Fu organs.

- CV-4, CV-6, KI-3 and KI-10 are used to tonify Source Qi and Kidney-Essence and promote the production of Blood. Generally speaking, the Back Transporting points should be avoided, because patients usually lie down in bed after the operation.
- SP-3, the Source point of the Spleen channel, SP-6, the crossing point of the three Yin channels of the foot, and ST-36, the Sea point of the Stomach channel, are used to activate the Spleen and Stomach and tonify the Qi and Blood.
- GB-34, the Gathering point of the tendons, and ST-40, the Connecting point of the Stomach channel, are used to promote Blood circulation in the tendons and muscles and relieve the pain.

MODIFICATIONS

1. If there is poor appetite, add CV-12 and SP-3 to regulate Spleen-Qi and improve the appetite.
2. If there is dizziness, add GB-20 and GB-39 to reinforce the Qi, tonify the Blood and relieve the dizziness.
3. If there is fatigue, add moxibustion on CV-8 to tonify the Spleen and warm the Yang of the body to relieve the fatigue.
4. If there is soreness of the muscles, add LI-4 and SP-1 to regulate the Qi circulation and relieve the pain.
5. If there is diarrhoea, add ST-25 and SP-9 to reinforce the Qi and stop the diarrhoea.

DEFICIENCY OF YIN

SYMPTOMS AND SIGNS

Entire body pain after the operation, a warm or hot sensation in the body or on the palms and soles, a low grade fever, night sweating, a dry mouth, thirst, poor appetite, restlessness, insomnia, lassitude, tinnitus, dry stools or constipation, a deep red tongue with little or no coating, and a thready and rapid pulse, particularly at the Liver, Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish the Yin, clear the Deficient-Heat, harmonise the collaterals and relieve the pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-8 Ququan, KI-2 Rangu, KI-3 Taixi, KI-6 Zhaohai, KI-7 Fuli, KI-10 Yingu, SP-6 Sanyinjiao, CV-6 Qihai, HT-3 Shaohai and HT-7 Shenmen.

Reinforcing method is applied on all these points.

EXPLANATIONS

- LR-3, the Stream point and the Source point of the Liver channel, and LR-8, the Sea point of the Liver channel, are used to nourish the Liver-Yin, smooth the Liver and relieve the pain.
- KI-3, the Stream point and the Source point, KI-7, the River point, and KI-10, the Sea point, together with KI-6, all from the Kidney channel, are used to nourish the Kidney-Yin and relieve the pain.
- CV-6 and SP-6, the crossing point of the Spleen, Kidney and Liver channels, are used to reinforce the Yin in the body.
- KI-2, the Spring point of the Kidney channel, is used to clear the Deficient-Heat due to deficiency of the Yin.
- HT-3 and HT-7 are used to nourish the Yin of the Heart, calm the Shen and stop the night sweating.

MODIFICATIONS

1. If there is severe lower back pain, add KI-4 and KI-5 to harmonise the collateral and relieve the back pain.
2. If there is dizziness and lassitude, add SP-3 and CV-4 to strengthen the body and relieve the dizziness.
3. If there is severe insomnia, add HT-8 and Extra Sishencong to calm the Shen and improve sleep.
4. If there is poor appetite, add CV-12 and SP-3 to activate the Spleen and Stomach, regulate the Qi in the Middle Burner and improve the appetite.
5. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, and ST-37, the Lower Uniting-He point of the Large Intestine, to regulate the Qi in the Large Intestine, promote defecation and relieve the constipation.

DEFICIENCY OF YANG

SYMPTOMS AND SIGNS

Pain in the entire body after the operation, a weak constitution or chronic disease, a cold sensation over the body,

lassitude, an aversion to cold, cold limbs, a pale complexion, frequent urination (especially at night), lumbago with soreness, a pale tongue with a white coating, and a deep and thready pulse, particularly at the Heart, Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Yang, warm the channels, dispel the Cold and relieve the pain.

ACUPUNCTURE TREATMENT

KI-3 Taixi, KI-10 Yingu, CV-4 Guanyuan, CV-6 Qihai, ST-36 Zusanli, SP-3 Taibai and GV-20 Baihui.

Reinforcing method is applied on all these points. Moxibustion is recommended.

EXPLANATIONS

- KI-3, the Stream point and the Source point of the Kidney channel, and KI-10, the Sea point of the Kidney channel, are used to tonify the Kidney-Yang, warm the channels and relieve the pain.
- CV-4 and CV-6 are used here to tonify the Yang in the body, warm the body and relieve the Cold from the Interior.
- ST-36, the Sea point of the Stomach channel, and SP-3, the Source point of the Spleen channel, are

used to tonify the Qi of the Spleen and Stomach and relieve the pain.

- GV-20 is used to raise the Yang-Qi of the body and improve the energy.
- Moxibustion treatment is effective in warming the Yang and promoting the circulation of Qi in order to relieve the pain in the entire body.

MODIFICATIONS

1. If there is pain in the body with a cold sensation, add moxibustion on CV-8 to warm the channels, dispel the Cold and relieve the pain.
2. If there is severe lower back pain, add KI-4 and KI-5 to harmonise the collateral and relieve the lower back pain.
3. If there is dizziness, add GB-20 and GB-39 to tonify Blood and relieve the dizziness.
4. If there is lassitude, add SP-3 to tonify the Qi and strengthen the body.
5. If there is poor appetite, add CV-12 to reinforce Stomach-Qi, regulate Spleen-Qi and improve the appetite.

Alternative technique

Ear acupuncture can also be used in the treatment of body pain. Select points at Ear Shenmen, the sympathetic nerves, subcortex, Liver and Heart, and some related points on the ear.

Introduction

Postoperative headache refers to the occurrence of pain after operation at one side or over the whole area of the head.

All six Yang channels pass through the head area. In addition, the Governing Vessel and the Liver channel also have their connection or distribution on the head. Kidney is the most important organ in that it produces Marrow and the Brain is the sea of Marrow. Spleen transforms the essence of food into Qi and Blood, which nourish the Brain. Lung disperses Qi to all the parts of the body, including the head. Heart dominates the Blood circulation and is in charge of mental activity. Moreover, Blood is the basic energetic source for the physiological activity of the Brain. Disorders in one of these internal organs or channels after the operation will influence the Qi and Blood circulation in the head, leading to headache.

There is usually headache prior to the operation with possible aggravation of or residual headache after the operation.

Postoperative headache can be caused by operation to the cranial bone or brain for cerebrovascular malformation, cerebrovascular accident, lobectomy, cerebroma, brain trauma, pituitary carcinoma, cranial injury, excision of intracranial tumour, multiple intracranial haematoma, etc. Postoperative headache can also be caused by operation elsewhere in the body.

The following channels, divergences or sinews have connections with the head:

- The Stomach channel, winding along the angle of the mandible (ST-6 Jiache), ascends in front of the ear and traverses GB-3 Shangguan. It then follows the anterior hairline and reaches the forehead.
- The ascending portion of the Heart channel from the 'Heart system' runs alongside the oesophagus to connect with the 'eye system', i.e. the tissues connecting the eye with the Brain.
- The Bladder channel starts from the inner canthus (BL-1 Jingming). Ascending to the forehead, it joins the Governing Vessel at the vertex (GV-20 Baihui), where a branch arises running to the temple. The straight portion of the channel at the vertex enters and communicates with the Brain.
- A branch of the Triple Burner (Energiser), originating from the chest and running upward to the neck, travels along the posterior border of the ear and further to the corner of the anterior hairline.
- The Gall Bladder channel, originating from the outer canthus (GB-1 Tongziliao), ascends to the corner of the forehead (GB-4 Hanyan) and then curves downward to the retroauricular region (GB-20 Fengchi). The retroauricular branch, arising from the retroauricular region,

emerges and passes the preauricular region to the posterior aspect of the outer canthus.

- The Liver channel ascends along the posterior aspect of the throat to the nasopharynx and connects with the 'eye system'. Running further upward, it emerges from the forehead and meets the Governing Vessel at the vertex.
- The Governing Vessel, emerging from the perineum, runs posteriorly along the interior of the spinal column to GV-16 Fengfu at the nape of the neck, where it enters the Brain. It then ascends to the vertex and winds along the forehead to the columella of the nose.
- The Yang Motility Vessel, after entering the inner canthus (BL-1 Jingming) to communicate with the Yin Motility Vessel, runs further upward along the Bladder channel to the forehead.
- The Yang Linking Vessel, ascending along the Gall Bladder channel, runs upward along the posterior aspect of the hypochondriac and costal regions and the posterior aspect of the axilla to the shoulder and to the forehead. It then turns backward to the back of the neck, where it communicates with the Governing Vessel (GV-16 Fengfu and GV-15 Yamen).
- The channel divergence of the Triple Burner channel originates at the vertex.
- The Connecting Vessel of the Governing Vessel runs upward along both sides of the spine to the nape of the neck, from where it spreads over the top of the head.
- Above the neck, the straight portion of the channel sinews of the Bladder channel knots with the occipital bone and crosses over the top of the head to knot at the nose bridge. Another branch enters the chest below the axilla, emerges from the supraclavicular fossa and then knots at GB-12 Wangu behind the ear.
- A branch of the channel sinews of the Gall Bladder channel extends from the axilla upward across the clavicle, from where it continues upward behind the ear to the temple. It then proceeds up to the vertex. A branch descends from the temple across the cheek and then beside the bridge of the nose. A sub-branch knots with the outer canthus.
- A branch of the Small Intestine channel, starting at the mandible, connects the outer canthus and knots at the angle of the forehead.
- A branch of the channel sinews of the Triple Burner channel proceeds upward in front of the ear to the outer canthus, then crosses the temple and connects at the corner of the forehead.
- The straight branch of the channel sinews of the Large Intestine channel crosses over the head.

If there is operation on one side of the head, the related points on the opposite side can be selected. If it is impossible to puncture points on the head due to bandaging or occlusive dressings after the operation, these points can be omitted and distal points on the relevant channels selected.

Although many channels, channel divergences, Connecting Vessels and channel sinews are related with the head, the following are particularly important: the Liver channel, the Stomach channel, the Gall Bladder channel, the Bladder channel and the Governing Vessel.

Postoperative headache can be caused by invasion of Toxic-Fire, stagnation of Qi, hyperactivity of Liver-Yang, stagnation of Blood, accumulation of Damp-Phlegm and deficiency of Kidney-Essence.

Treatment based on differentiation

In order to understand the key points for differentiation of headache, special attention should be paid to the following:

- The quality of the headache, such as dull pain, sharp pain, stabbing pain, pain with a distending feeling or a swollen, throbbing, bursting and pulsating sensation, pain with a heavy feeling or an empty feeling in the head.
- The location of the headache, such as the top, back or side(s) of the head, the forehead, behind the eyes or the whole head.
- Other factors that may alleviate or aggravate the headache, such as the weather, emotions, sexual activity, food, posture, menstruation, pressure and sleeping.

Basic point selection based on channel differentiation

If there is headache along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-10, BL-11, BL-58, BL-63, BL-64 and BL-65
- For pain at the centre of the vertex due to disturbance of the Liver channel, add LR-3, LR-5, LR-6 and LR-8

- For the Gall Bladder channel, add GB-8, GB-14, GB-15, GB-20, GB-21, GB-36, GB-37, GB-40, GB-41 and TE-5
- For the Triple Burner channel, add TE-3, TE-4, TE-6, TE-17, TE-20 and TE-22 and GB-41
- For pain at the forehead due to disturbance of the Stomach channel, add ST-8, ST-34, ST-40, and ST-42
- For the Governing Vessel, add Extra Yintang, SI-3, BL-62, GV-14, GV-23 and GV-24.

Treatment differentiation

INVASION OF TOXIC-FIRE

SYMPTOMS AND SIGNS

Severe postoperative headache with a sharp or distending sensation, redness of the face, a high fever, thirst, irritability or even coma, epileptic convulsion or delirium, constipation, deep yellow urine, a dark reddish-purple tongue with a dry yellow coating, and a rapid and forceful pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Remove the Toxin, reduce the Fire, cool the Blood and relieve the headache.

ACUPUNCTURE TREATMENT

GV-20 Baihui, GB-20 Fengchi, LI-4 Hegu, LI-11 Quchi, TE-4 Yangchi, SP-6 Sanyinjiao, SP-10 Xuehai and LR-2 Xingjian.

Reducing method is applied on all these points.

EXPLANATIONS

- GV-20 and GB-20 are used to clear the Heat in the head and relieve the headache.
- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, together with TE-4, the Source point of the Triple Burner channel, are used to remove the Toxin, reduce the Fire, clear the Heat and relieve the headache.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to clear the Heat in the Blood, remove the Toxin and relieve the headache.

- LR-2, the Spring point, is used to clear the Heat and suppress the Fire in the body and head so as to relieve the headache.

MODIFICATIONS

1. If there is restlessness, add HT-8 and PC-8 to clear the Heat in the Heart and calm the Shen.
2. If there is thirst, add KI-6 to clear the Fire, promote the secretion of Body Fluids and relieve the thirst.
3. If there are epileptic convulsions, add LR-3 and LR-8 to smooth the Liver, suppress the Liver-Wind and stop the convulsions.
4. If there is constipation, add ST-25 and SP-9 to clear the Heat, reduce the Fire, promote defecation and relieve the constipation.
5. If there is coma, add GV-26 and KI-1 to clear the Heat and awaken the patient.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative headache with pressure and a tense sensation, possible aggravation of or residual headache after the operation, aggravation of the headache by stress or emotional disturbance, depression, insomnia, poor appetite, a thin and white tongue coating, and a wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, promote the Qi circulation, calm the Shen and relieve the headache.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-8 Ququan, LR-14 Qimen, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai, HT-7 Shenmen, CV-17 Tanzhong and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-8, the Source point and the Sea point of the Liver channel respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth

the Liver, regulate the Qi circulation and remove the Qi stagnation.

- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, together with CV-17, the Gathering point of the Qi in the body, are used to regulate the Qi circulation, relieve the Qi stagnation, calm the Shen and alleviate the headache.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation and relieve the headache.
- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, are used to regulate the Qi circulation, promote the Blood circulation, calm the Shen, improve sleep and relieve the headache.

MODIFICATIONS

1. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
2. If there is irritability with restlessness, and redness of the face and eyes due to formation of Liver-Fire, add LR-2 and GB-43, the Spring points, to clear the Heat, reduce the Liver-Fire and calm the Shen.
3. If there is a bitter taste in the mouth, add GB-40, the Source point of the Gall Bladder channel, to regulate the Gall Bladder, promote the normal distribution of bile and relieve the bitter taste in the mouth.
4. If there is poor appetite or overeating, add CV-12 to harmonise the Stomach-Qi and improve the appetite.
5. If there are loose stools when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-3 to promote the Liver-Qi circulation and strengthen the Spleen.
6. If there is constipation, add ST-25 and SP-9 to clear the Heat, reduce the Fire, promote defecation and relieve the constipation.
7. If there is irregular menstruation or dysmenorrhoea, add ST-28 and KI-10 to promote the Qi and Blood circulation, regulate the menstruation and relieve the dysmenorrhoea.

HYPERACTIVITY OF LIVER-YANG

SYMPTOMS AND SIGNS

Severe and constant postoperative headache with a distending sensation, dizziness, shaking of the hands and

head, restlessness, irritability, insomnia, painful eyes, a red tongue with a thin yellow coating, and a wiry pulse, particularly at the Liver position.

PRINCIPLE OF TREATMENT

Calm the Liver, suppress the Liver-Yang and relieve the headache.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, GB-21 Jianjing, GB-43 Xiaxi, GV-20 Baihui, LI-4 Hegu, SP-6 Sanyinjiao, KI-2 Rangu, KI-10 Yingu, LR-2 Xingjian and LR-8 Ququan.

Reducing method is applied on all these points.

EXPLANATIONS

- GB-20, GB-21 and GV-20 are used to clear the Heat, reduce the Fire, suppress the Liver-Yang and relieve the headache.
- SP-6, the crossing point of the three Yin channels of the foot, and LI-4, the Source point of the Large Intestine channel, are used to promote the Qi and Blood circulation, clear the Heat in the body and head and relieve the headache.
- GB-43, KI-2 and LR-2, all the Spring points, together with LR-8, the Water point, are used to clear the Heat and suppress the Liver-Yang.

MODIFICATIONS

1. If there is restlessness, add HT-8 and PC-8 to clear the Heat in the Heart and calm the Shen.
2. If there is thirst, add LU-7 and KI-6 to clear the Fire, promote the secretion of Body Fluids and relieve the thirst.
3. If there is a bitter taste in mouth, add GB-40, the Source point of the Gall Bladder channel, to clear the Heat in the Gall Bladder and relieve the bitter taste in the mouth.
4. If there is neck pain with stiffness, add TE-5 and SI-14 to harmonise the collaterals and relieve the neck pain.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing headache with a fixed location, aggravation of the headache at night, possible

aggravation of the headache after the operation, aggravation of the headache before or during menstruation, dark and purplish menstruation with clots, a history of physical trauma and other cerebral disorders, insomnia, a purplish tongue or purplish spots on the sides of the tongue, and a thready or erratic pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Promote the circulation of Blood, eliminate Blood stasis and relieve the headache.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, LI-4 Hegu, PC-6 Neiguan, SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, LR-3 Taichong and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- GB-20 is used to promote the Qi and Blood circulation in the head and relieve the headache.
- PC-6, the Connecting point of the Pericardium channel, LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the headache.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, remove Blood stasis and relieve the headache.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate Blood stasis, calm the Shen and relieve the headache.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collateral and remove Blood stasis so as to relieve the headache.

MODIFICATIONS

1. If there is irregular menstruation or dysmenorrhoea, add ST-28 and KI-10 to promote the Qi and Blood circulation, regulate menstruation and relieve the dysmenorrhoea.
2. If there is insomnia, add HT-3 to regulate the Qi and Blood circulation and calm the Shen.

3. If there is neck pain, add BL-10 and SI-14 to promote the Blood circulation and relieve the neck pain.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative headache with a heavy sensation, dizziness, fullness of the chest and epigastric region, nausea, vomiting, poor appetite, expectoration of phlegm, a white and greasy tongue coating, and a slippery or wiry and slippery pulse, particularly at the Spleen and Heart positions.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, regulate the Qi circulation and relieve the headache.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, ST-8 Touwei, CV-12 Zhongwan, LI-4 Hegu, ST-36 Zusanli, ST-40 Fenglong, SP-3 Taibai, SP-6 Sanyinjiao, SP-9 Yinlingquan and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- GB-20 and ST-8 are used to promote the Qi circulation, eliminate Damp-Phlegm in the head and relieve the headache.
- LI-4, the Source point of the Large Intestine channel, and ST-40, the Connecting point of the Stomach channel, are used to promote the Qi circulation, eliminate Damp-Phlegm, harmonise the collaterals and relieve the headache.
- SP-3, the Source point, SP-6, the crossing point of the three Yin channels of the foot, SP-9, the Sea point of the Spleen channel, and CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, together with ST-36, the Sea point of the Stomach channel, are used to activate the Spleen and Stomach, eliminate Damp-Phlegm, and relieve the blockage in the head so as to alleviate the headache.
- Ah Shi points are used to promote the Qi circulation and relieve the headache.

MODIFICATIONS

1. If there is restlessness due to the pain, add HT-3 to regulate the Qi and Blood circulation and calm the Shen.
2. If there is neck pain, add BL-10 and SI-14 to promote the Blood circulation and relieve the neck pain.
3. If there is poor appetite, add PC-6 to promote the Qi circulation, eliminate Phlegm and improve the appetite.
4. If there is nausea or vomiting, add SP-4, the Confluent point for the Penetrating Vessel, to descend the Stomach-Qi and stop the vomiting.
5. If there is severe diarrhoea, add LR-13, the Alarm Mu point of the Spleen, to eliminate Damp, regulate the Spleen and stop the diarrhoea.

DEFICIENCY OF KIDNEY-ESSENCE

SYMPTOMS AND SIGNS

Postoperative headache, a hollow sensation in the head, dizziness, listlessness, lower back pain, weakness of the knees, tinnitus, poor hearing, insomnia, poor memory, hair loss, loose teeth, irregular menstruation or amenorrhoea, a thin coating on the tongue, and a thready and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Kidney, strengthen the Kidney-Essence, benefit the Brain and relieve the headache.

ACUPUNCTURE TREATMENT

KI-3 Taixi, KI-6 Zhaohai, KI-7 Fuliu, KI-10 Yingu, GB-39 Xuanzhong, LR-3 Taichong, LR-8 Ququan, ST-36 Zusanli, SP-6 Sanyinjiao and CV-6 Qihai.

Reducing method is applied on all these points.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, together with KI-6 and KI-7 are used to tonify the Liver and Kidney, and benefit the Essence and the Brain so as to relieve the headache.

- SP-6, the crossing point of the three Yin channels of the foot, and GB-39, the Gathering point of the Marrow, are used to tonify the Blood and benefit the Marrow so as to reinforce the Kidney-Essence and relieve the headache.
- ST-36, the Sea point of the Stomach channel, and CV-6 are used to tonify the Qi of the body and promote the production of Qi and Blood so as to strengthen the Kidney and relieve the headache.

MODIFICATIONS

1. If there is insomnia, add HT-3 and HT-7 to regulate the Qi and Blood circulation and calm the Shen.
2. If there is neck pain, add BL-10 and SI-14 to promote the Blood circulation and relieve the neck pain.
3. If there is dizziness, poor memory and poor concentration, add GB-20 to raise the Yang-Qi, ascend the Kidney-Essence to the head and relieve the dizziness.
4. If there is general tiredness, coldness of the hands and feet, and shortness of breath as a result of exertion due to deficiency of Kidney-Yang, add CV-4 with moxibustion to tonify the Yuan-Qi and warm the Interior.
5. If there is night sweating, hot palms and soles, thirst and a dry mouth and throat due to Deficiency of Kidney-Yin, add KI-2 and HT-6 to nourish the Yin, clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of headache, as follows:

- *Ear acupuncture:* select points at the forehead, temple, Taiyang, neck, Liver, Heart, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture:* select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the occipital region; select points at the lower two-fifths of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the head
- *Wrist and ankle acupuncture:* select points at upper region 1 for headache at the forehead, upper region 4 for headache at the vertex and upper regions 5 and 6 for headache at the temple area
- *Abdominal acupuncture:* select a sensitive point around CV-12 for postoperative headache and a sensitive point around KI-17 for postoperative headache extending into the neck.

Introduction

Postoperative neck pain refers to the occurrence of pain after operation either at one side or both sides of the neck. Postoperative neck pain includes stabbing pain, burning pain, contracting pain and pain with stiffness.

Neck pain is one of the common complaints encountered in daily practice. Due to stressful life in modern society, increasing numbers of people are developing tension, both physically and mentally. Delayed treatment or improper treatment of neck pain may induce further damage to the neck.

There is usually neck pain prior to the operation with possible aggravation of or residual pain after the operation.

Postoperative neck pain can be caused by operation at the neck for various reasons, such as herniation of cervical discs, fracture of the cervical spine, subluxation of the cervical vertebrae, cervical spondylosis, dislocation of the cervical vertebrae and torticollis.

The following channels, divergences or sinews have connections with the neck:

- The branch of the Large Intestine channel from the supraclavicular fossa runs upward to the neck.
- The branch of the Small Intestine channel from the supraclavicular fossa ascends to the neck, and further to the cheek.
- The straight portion of the Bladder channel at the vertex enters and communicates with the Brain. It then emerges and bifurcates to descend along the posterior aspect of the neck.
- A branch of the Triple Burner (Energiser) channel, originating from the chest and running upward, emerges from the supraclavicular fossa and ascends to the neck.
- The main Gall Bladder channel, originating from the outer canthus (GB-1 Tongziliao), curves downward to the retroauricular region (GB-20 Fengchi) and runs along the side of the neck in front of the Triple Burner channel to the shoulder. The branch arising from the outer canthus runs downward to ST-5 Daying and meets the Triple Burner channel in the infraorbital region. Then, passing through ST-6 Jiache, it descends to the neck and enters the supraclavicular fossa where it meets the main channel.
- The Governing Vessel, emerging from the perineum, runs posteriorly along the interior of the spinal column to GV-16 Fengfu at the nape of the neck, where it enters the Brain.
- The Yang Motility Vessel, after passing the posterior side of the hypochondriac region and the posterior axillary fold, winds over to the shoulder and ascends along the neck. After entering the inner canthus, it runs further upward to the forehead, meeting the Gall Bladder channel at GB-20 Fengchi.

- The Yin Motility Vessel runs upward along the chest to the supraclavicular fossa, travels further upward lateral to the Adam's apple in front of ST-9 Renying and then along the zygoma.
- The Yang Linking Vessel, passing through the posterior aspect of the hypochondriac and costal regions and the posterior aspect of the axilla to the shoulder and the forehead, turns backward to the back of the neck, where it communicates with the Governing Vessel (GV-16 Fengfu and GV-15 Yamen).
- The Yin Linking Vessel runs along the chest and communicates with the Conception Vessel at the neck (CV-22 Tiantu and CV-23 Lianquan).
- The channel divergence of the Bladder channel, after reaching the Bladder and dispersing in the Kidneys, follows the spine and disperses in the cardiac region. It finally emerges at the neck and converges with the Bladder channel.
- The channel divergence of the Kidney channel emerges at the nape of the neck to join the Bladder channel.
- The channel divergence of the Large Intestine channel crosses the shoulder. A branch separates at the top of the shoulder and enters the spine at the nape.
- A branch of the Connecting Vessel of the Stomach channel runs along the lateral aspect of the tibia upward to the top of the head and neck, converging with the other Yang channels there.
- The Connecting Vessel of the Governing Vessel runs upward along both sides of the spine to the nape.
- Two branches of the channel sinews of the Bladder channel join in the gluteal region and then ascend along the side of the spine to the nape.
- The channel sinews of the Stomach channel, after knotting at ST-12 Quepen, extend to the neck.
- A branch of the channel sinews of the Small Intestine channel curves around the scapula and emerges in front of the Bladder channel on the neck.
- The channel sinews of the Triple Burner channel, proceeding upward along the lateral aspect of the upper arm, cross the shoulder and the neck, then converge with the channel sinews of the Small Intestine channel.
- A branch of the channel sinews of the Gall Bladder channel extends from the axilla upward and across the clavicle to pass through the neck.
- The straight branch of the channel sinews of the Large Intestine channel continues from LI-15 Jianyu to the neck.
- A branch of the channel sinews of the Kidney channel proceeds upward along the side of the spine to the nape and knots with the occipital bone, converging with the channel sinews of the Bladder channel.

If there is operation on one side of the neck, the related points on the opposite side can be selected. If it is impossible to puncture the neck after the operation, these points can be omitted, and the distal points on the relevant channels selected.

Postoperative neck pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, stagnation of Qi of the Liver and Gall Bladder, hyperactivity of Liver-Yang, stagnation of Blood, accumulation of Damp-Phlegm and deficiency of Kidney-Essence.

Treatment based on differentiation

In order to understand the key points for differentiation of neck pain, special attention should be paid to the following:

- The quality of the neck pain, such as dull pain, sharp pain, stabbing pain, pain with a distending feeling or a swollen, throbbing, bursting and pulsating sensation, and pain with heavy feeling.
- The location of the neck pain, such as the middle of the neck, the side of the neck or the whole neck.
- Other factors that may alleviate or aggravate the neck pain, such as the weather, emotions, sexual activity, food, posture, menstruation, pressure and sleeping.

Basic point selection based on channel differentiation

Many channels, channel divergences, Connecting Vessels and channel sinews are related to the neck, and disorder of any one of them can cause neck pain.

Neck pain can be subdivided into front neck pain, lateral neck pain and back neck pain:

- front neck pain is often caused by disorder of the Stomach channel
- lateral neck pain is often caused by disorder of the Small Intestine channel, the Large Intestine channel, the Triple Burner channel and the Gall Bladder channel
- back neck pain is often caused by disorder of the Bladder channel and the Governing Vessel.

If there is neck pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood

circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-10, BL-11, BL-58, BL-63, BL-64 and BL-65
- For the Gall Bladder channel, add GB-14, GB-15, GB-20, GB-21, GB-36, GB-37, GB-40, GB-41 and TE-5
- For the Small Intestine channel, add SI-3, SI-4, SI-6, SI-7, SI-13 and SI-14
- For the Large Intestine channel, add LI-3, LI-4, LI-6, LI-7, LI-14 and LI-15
- For the Stomach channel, add ST-9, ST-11, ST-34, ST-40, ST-42 and ST-43
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-15 and TE-16
- For the Governing Vessel, add Extra Yintang, SI-3, BL-62, GV-14, GV-23 and GV-24.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative neck pain, soreness and heaviness of the neck with a contracting feeling, aggravation of neck pain in wet, humid, windy and cold weather, a cold feeling at the neck, a preference for warmth and massage, headache, heaviness of the body, a thin, white and greasy tongue coating, and a superficial and tense pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the neck pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-20 Fengchi, GB-34 Yanglingquan, GV-16 Fengfu, ST-40 Fenglong, SP-6 Sanyinjiao and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the

External pathogenic factors, relieve the External symptoms and alleviate the neck pain.

- GV-16 and GB-20 are used to dispel the External pathogenic factors in the body and relieve the neck pain.
- ST-40, the Connecting point of the Stomach channel, and GB-34, the Sea point of the Gall Bladder channel and Gathering point of the tendons, are used to harmonise the collaterals, strengthen the tendons in the body, relieve the spasm of the neck and alleviate the neck pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and Stomach, eliminate Damp in the body and relieve the neck pain.

MODIFICATIONS

1. If there is wandering pain at the neck with sensitivity to Wind, add GB-31 and BL-58 to dispel Wind and relieve the neck pain.
2. If there is a severe cold sensation in the body, apply moxibustion on LI-4 and TE-5 to warm the channels and dispel the Cold.
3. If there is fixed pain with a heavy feeling and sensitivity to humid weather, add TE-6 to activate the Spleen and eliminate Damp.
4. If there is headache, add Extra Yintang and GB-8 to relieve the headache.

STAGNATION OF QI OF THE LIVER AND GALL BLADDER

SYMPTOMS AND SIGNS

Postoperative neck pain, mainly at the side of the neck or in the occipital region, neck pain with spasm and tension at one side or both sides of the neck, neck pain referred to the temple regions, neck pain that moves up and down and is related to the emotional situation, depression, stress, a feeling of oppression over the chest, headache, a bitter taste in the mouth, insomnia, a slightly purplish tongue with a thin yellow coating or a dry yellow coating, and a wiry and tight pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, circulate the Qi, harmonise the Gall Bladder, calm the Shen and relieve the neck pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-5 Ligou, PC-6 Neiguan, GB-20 Fengchi, GB-21 Jianjing, GB-35 Yangjiao, GB-36 Waiqiu, GB-41 Zulinqi, and TE-5 Waiguan.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-5, the Source point and the Connecting point of the Liver channel, respectively, are used to smooth the Liver, circulate the Qi, harmonise the collaterals and relieve the neck pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, helps the above two points to circulate the Liver-Qi and regulate the emotions. It also calms the Shen and improves sleep.
- GB-20 and GB-21 are used to calm the Liver and harmonise the Gall Bladder channel. These two local points are important in treating neck pain due to stagnation of Qi.
- GB-35 and GB-36, the Accumulation points of the Yang Linking Vessel and the Gall Bladder channel, respectively, are used to promote the Qi circulation and relieve the neck pain.
- GB-41 and TE-5, a special point combination, is used to harmonise the Shaoyang channels and relieve the neck pain.

MODIFICATIONS

1. If there is neck pain referred to the back of the shoulder, add SI-4, the Source point, and SI-7, the Connecting point, and SI-14 to harmonise the collaterals and relieve the neck pain.
2. If there is headache, add GV-20 to calm the Liver and suppress the Liver-Yang so as to relieve the headache.
3. If there is insomnia, dream-disturbed sleep and restlessness due to hyperactivity of Heart-Fire, add HT-3, the Sea point of the Heart channel, and Extra Sishencong to calm the Shen and improve sleep.
4. If there is depression, fullness and pain in the chest due to stagnation of Liver-Qi, add LR-14, the Alarm Mu point of the Liver, and CV-17, the Gathering point of the Qi, to smooth the Liver, circulate the Liver-Qi and relieve the depression.
5. If there is irritability, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall Bladder channel, respectively, to clear the Heat in the Liver and relieve the irritability.

6. If there is a bitter taste in the mouth, poor appetite and constipation due to stagnation of Qi in the Gall Bladder, add GB-40, the Source point of the Gall Bladder channel, and TE-6 to regulate the Shaoyang channels and relieve the stagnation of Qi in the Gall Bladder.

HYPERACTIVITY OF LIVER-YANG*SYMPTOMS AND SIGNS*

Postoperative neck pain with spasm and rigidity at the neck, occasional burning feeling at the neck, aggravation of neck pain by nervousness and stress, headache, dizziness, nervousness, irritability, insomnia, a red tongue (particularly at the edges) with a yellow coating, a wiry and rapid pulse, particularly at the Liver and Heart positions, and a possible weak pulse at the Kidney position.

PRINCIPLE OF TREATMENT

Calm the Liver, suppress the Liver-Yang and relieve the neck pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-2 Xingjian, LR-3 Taichong, LR-8 Ququan, GV-20 Baihui, GB-20 Fengchi, GB-21 Jianjing, GB-41 Zulinqi, GB-43 Xiaxi, TE-5 Waiguan and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LR-3, the Source points of the Large Intestine channel and the Liver channel, respectively, are used to smooth the Liver, promote the circulation of the Qi and relieve the neck pain.
- GV-20 calms the Shen, suppresses the Liver-Yang and relieves the nervousness.
- LR-2, the Spring point and the Son point of the Liver channel, and LR-8, the Sea point and the Water point of the Liver channel, together with GB-43, the Spring point, are used to cool the Liver, clear the Heat and suppress the Liver-Yang, which is the root treatment in this case.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation and relieve the neck pain.

- GB-20 and GB-21 are used to clear the Heat in the Gall Bladder, relieve the spasm and tension in the Gall Bladder channel and alleviate the neck pain.
- GB-41 and TE-5, a special point combination, is used to harmonise the Shaoyang channels and relieve the neck pain.

MODIFICATIONS

1. If there is headache, add Extra Taiyang and GV-21 to calm the Liver and suppress the Liver-Yang so as to relieve the headache.
2. If there is night sweating, hot palms and soles, tiredness and a red tongue with a scanty coating due to deficiency of Yin of the Liver and Kidney, add HT-6 and KI-7 to nourish the Yin and clear Deficient-Heat.
3. If there is depression, fullness and a pain in the chest due to stagnation of Liver-Qi, add LR-14, the Alarm Mu point of the Liver, and CV-17, the Gathering point of the Qi, to smooth the Liver, circulate the Liver-Qi and relieve the depression.
4. If there is irritability, add HT-3, the Sea point of the Heart channel, and GB-40, the Source point of the Gall Bladder channel, to calm the Shen and clear the Heat in the Liver.
5. If there is insomnia and palpitations, add HT-7, the Source point of the Heart channel, and HT-8, the Spring point, to clear the Heat in the Heart and calm the Shen.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain at the neck, neck pain with a fixed location, aggravation of neck pain at night or pain after the operation, a history of physical trauma, difficulty in neck movement, dislike of pressure, a dark complexion in some patients, a purple tongue or purple spots on the sides of the tongue, and an erratic, deep, wiry or tight pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Promote the circulation of Blood, eliminate Blood stasis, harmonise the collaterals and relieve the neck pain.

ACUPUNCTURE TREATMENT

GV-13 Taodao, GV-14 Dazhui, LI-4 Hegu, SP-6 Sanyinjiao, SI-3 Houxi, TE-5 Waiguan, BL-58 Feiyang, BL-62 Shenmai, GB-20 Fengchi, GB-21 Jianjing, GB-35 Yangjiao and GB-41 Zulinqi.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and SP-6 are used to promote the circulation of Qi and Blood, eliminate Blood stasis, harmonise the collaterals and relieve the neck pain.
- GV-13, GV-14, GB-20 and GB-21 are used to regulate the circulation of Qi in the channels and collaterals, and eliminate stagnation of the Blood and blockage so as to relieve the neck pain.
- SI-3 and BL-62, a special point combination, opens the Governing Vessel and relieves the blockage in the neck.
- GB-41 and TE-5 are used to harmonise the Shaoyang channels and relieve the neck pain.
- GB-35, the Accumulation point of the Yang Linking Vessel, is applied here to promote the Qi and Blood circulation in the Yang Linking Vessel.
- BL-58, the Connecting point of the Bladder channel, is used to harmonise the collaterals, promote the Qi and Blood circulation in the channel and relieve the neck pain.

MODIFICATIONS

1. If there is severe neck pain with aggravation of pain at night, add BL-17 to promote the circulation of Blood, eliminate Blood stasis and relieve the neck pain.
2. If there is stiffness of the neck, add GB-34, the Gathering point of the tendons, to relax the tendons and relieve the stiffness of the neck.
3. If there is swelling of the neck due to stagnation of Blood, add SI-14 to promote the circulation of Blood and reduce the swelling.
4. If there is restlessness due to severe neck pain, add BL-15 and HT-3 to clear the Heat in the Heart and calm the Shen.
5. If there is neck pain at the sides of the neck, add GB-1 and TE-23 to open the collaterals of the Shaoyang channels and relieve the neck pain.

HYPERACTIVITY OF FIRE IN THE YANGMING FU ORGANS

SYMPTOMS AND SIGNS

Postoperative neck pain, mainly at the front of the neck, neck pain with distension and a burning feeling, constipation, thirst, occasional fever, redness and pain in the throat, a red tongue with a dry yellow coating, and a rapid and forceful pulse, particularly at the Lung, Stomach and Heart positions.

PRINCIPLE OF TREATMENT

Clear the Heat, reduce the Fire, regulate the Qi circulation in the Yangming Fu organs and relieve the neck pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-7 Wenliu, LI-11 Quchi, PC-6 Neiguan, ST-34 Liangqiu, ST-40 Fenglong, ST-44 Neiting, SP-2 Dadu and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to promote the Qi circulation in the Large Intestine, clear the Heat, reduce the fever and relieve the neck pain.
- ST-44 and SP-2, the Spring points of the Stomach channel and the Spleen channel, respectively, are used to clear the Heat, reduce the fever, relieve the redness and pain in the throat and at the neck, and suppress the Fire in the Yangming Fu organs.
- PC-6, the Confluent point of the Yin Linking Vessel, and ST-34 and ST-40, the Accumulation point and the Connecting point of the Stomach channel, respectively, together with LI-7, the Accumulation point of the Large Intestine channel, are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the neck pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation and relieve the neck pain.

MODIFICATIONS

1. If there is high fever, add GV-14 to clear the Heat and reduce the fever.

2. If there is vomiting, add ST-42, the Source point of the Stomach channel, to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
3. If there is stomach pain, add CV-12 to regulate the Stomach-Qi and relieve the stomach pain.
4. If there is restlessness or insomnia due to the pain, add GV-20 and Extra Anmian to calm the Shen, improve sleep and relieve the restlessness and insomnia.
5. If there is severe constipation, add ST-25, the Alarm Mu point of the Large Intestine, to promote defecation and relieve the constipation.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative neck pain with a heavy sensation and swelling, fullness of the chest and epigastric region, nausea, vomiting, poor appetite, a white and greasy tongue coating, and a slippery and wiry pulse, particularly at the Spleen and Liver positions.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, regulate the Qi circulation and relieve the neck pain.

ACUPUNCTURE TREATMENT

GB-20 Fengchi, GB-21 Jianjing, GB-35 Yangjiao, GB-36 Waiqiu, GB-40 Qiuxu, LI-4 Hegu, TE-4 Yangchi, TE-5 Waiguan, TE-6 Zhigou, ST-36 Zusanli, ST-40 Fenglong, SP-3 Taibai, SP-6 Sanyinjiao and SP-9 Yinlingquan.

Reducing method is applied on all these points.

EXPLANATIONS

- GB-20 and GB-21 are used to promote the Qi circulation, eliminate Damp-Phlegm in the neck and relieve the neck pain.
- LI-4, the Source point of the Large Intestine channel, and ST-40, the Connecting point of the Stomach channel, are used to promote the Qi circulation, eliminate Damp-Phlegm, harmonise the collaterals and relieve the neck pain.
- TE-4, the Source point of the Triple Burner channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, together with TE-6 are used to

promote the Qi circulation in the channel, regulate the Water discharge and eliminate Damp-Phlegm.

- SP-3, the Source point of the Spleen channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, together with ST-36, the Sea point of the Stomach channel, are used to activate the Spleen and Stomach, eliminate Damp-Phlegm, relieve the blockage in the neck and alleviate the neck pain.
- GB-40, the Source point of the Gall Bladder channel, and GB-35 and GB-36, the Accumulation points of the Yang Linking Vessel and the Gall Bladder channel, respectively, are used to promote the Qi circulation in the Gall Bladder channel, harmonise the collaterals and relieve the neck pain.

MODIFICATIONS

1. If there is restlessness due to severe neck pain, add HT-3 to regulate the Qi and Blood circulation, calm the Shen and relieve the restlessness.
2. If there is poor appetite, add PC-6 to promote the Qi circulation, eliminate Phlegm and improve the appetite.
3. If there is nausea or vomiting, add SP-4, the Connecting point and the Confluent point of the Penetrating Vessel, to descend the Stomach-Qi and stop the vomiting.
4. If there is severe diarrhoea, add LR-13, the Alarm Mu point of the Spleen, to eliminate Damp, regulate the Spleen and stop the diarrhoea.

DEFICIENCY OF KIDNEY-ESSENCE

SYMPTOMS AND SIGNS

Slight postoperative neck pain, aggravation of neck pain by exertion, a feeling of weakness in the neck, tiredness, dizziness, tinnitus, poor memory, weakness of the knees, lower back pain, a pale tongue with a thin white coating and a slow pulse, or a red tongue with a peeled coating and a rapid pulse.

PRINCIPLE OF TREATMENT

Tonify the Kidney, benefit the Essence, strengthen the Bones and relieve the neck pain.

ACUPUNCTURE TREATMENT

KI-3 Taixi, KI-10 Yingu, GB-39 Xuanzhong, LR-3 Taichong, LR-8 Ququan, GB-20 Fengchi, GB-21 Jianjing,

GB-41 Zulinqi, TE-5 Waiguan, ST-36 Zusanli, SP-6 Sanyinjiao and CV-6 Qihai.

Even method is applied on GB-20, GB-21, GB-41 and TE-5; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, and LR-3 and LR-8, the Source point and the Sea point of the Liver Channel, respectively, are used to tonify the Liver and Kidney, benefit the Essence and strengthen the Bones so as to relieve the neck pain.
- SP-6, the crossing point of the three Yin channels of the foot, and GB-39, the Gathering point of the Marrow, are used to tonify the Blood and benefit the Marrow so as to reinforce the Kidney-Essence and relieve the neck pain.
- ST-36, the Sea point of the Stomach channel, and CV-6 are used to tonify the Qi of the body and promote the production of Qi and Blood so as to strengthen Kidney and relieve the neck pain.
- GB-20, GB-21, GB-41 and TE-5 are used to promote the Qi circulation in the channel, harmonize the collaterals and relieve the neck pain.

MODIFICATIONS

1. If there is dizziness, poor memory and poor concentration, add GV-20 to raise the Yang-Qi and ascend the Kidney-Essence to the head so as to relieve the dizziness.
2. If there is lower back pain and weakness of the knees, add KI-3 and KI-5 to harmonise the collaterals of the Kidney and relieve the weakness of the lower back and knees.
3. If there is general tiredness, coldness of the hands and feet and shortness of breath after exertion due to deficiency of Kidney-Yang, add CV-4 and CV-6 with moxibustion to tonify the Yuan-Qi and warm the Interior.
4. If there is night sweating, hot palms and soles, thirst and a dry mouth and throat due to deficiency of Kidney-Yin, add KI-2, KI-6 and KI-7 to nourish the Kidney-Yin and clear the Deficient-Heat.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of neck pain, as follows:

- *Ear acupuncture*: select points at the neck, cervical vertebrae, Ear Shenmen, the sympathetic nerves, Gall Bladder and Heart
- *Scalp acupuncture*: select points from the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the neck and nape
- *Wrist and ankle acupuncture*: select points at upper region 6
- *Abdominal acupuncture*: select sensitive point(s) around Xia Wan Shang (above CV-10), CV-10, KI-17 and KI-18.

Shoulder pain 30

Introduction

Postoperative shoulder pain refers to the occurrence of pain after operation at one side or both sides of the shoulder, mainly attacking the shoulder joint or its attached tendons and muscles, as well as the shoulder blade, i.e. the scapular regions. The pain may be referred to the upper and rear of the thorax, the upper arm, the entire arm or even the chest.

There is usually shoulder pain prior to the operation with possible aggravation of or residual shoulder pain after the operation.

Postoperative shoulder pain can be caused by operation at the shoulder or on the ligaments around the shoulder joints.

The following channels, divergences or sinews have connections with the shoulder and scapula:

- The Large Intestine channel, from the lateral aspect of the elbow, ascends along the lateral anterior aspect of the upper arm to the highest point of the shoulder (LI-15 Jiangu).
- The Triple Burner (Energiser) channel passes through the olecranon and the lateral aspect of the upper arm, reaching the shoulder region.
- The Small Intestine channel runs along the posterior border of the lateral aspect of the upper arm to the shoulder joint. Circling around the scapular region, it meets GV-14 Dazhui on the superior aspect of the shoulder.
- The Lung channel, after connecting with the throat, exits transversely (LU-1 Zhongfu) and then descends along the medial aspect of the upper arm.
- The straight portion of the Heart channel from the 'Heart system' goes upward to the Lung. It then turns downward and emerges from the axilla (HT-1 Jiquan).
- A branch of the Pericardium channel, arising from the chest, runs inside the chest, emerges from the costal region at a point 3 cun below the anterior axillary fold (PC-1 Tianchi) and ascends to the axilla.
- The Yang Motility Vessel, after passing the posterior side of the hypochondriac region and the posterior axillary fold, winds over to the shoulder.
- The Yang Linking Vessel, ascending along the Gall Bladder channel, runs upward along the posterior aspect of the hypochondriac and costal regions and the posterior aspect of the axilla to the shoulder.
- The channel divergence of the Small Intestine channel originates at the shoulder joint and enters the axilla.
- The channel divergence of the Large Intestine channel originates on the hand and continues upward, crossing the elbow and shoulder. A branch separates at the top of the shoulder and

enters the spine at the nape. Another branch runs upward from the shoulder along the throat and emerges at the supraclavicular fossa, from where it rejoins the Large Intestine channel.

- A branch of the Connecting Vessel of the Large Intestine channel runs along the arm to LI-15 Jianyu.
- A branch of the Connecting Vessel of the Small Intestine channel runs upward, crosses the elbow and connects with LI-15 Jianyu.
- The Connecting Vessel of the Triple Burner channel travels up the posterior aspect of the arm and over the shoulder.
- The Connecting Vessel of the Governing Vessel, after spreading over the top of the head, reaches the scapular regions and connects with the Bladder channel.
- The channel sinews of the Small Intestine channel proceed up along the forearm to knot at the medial condyle of the humerus in the elbow. They then continue up along the shoulder and knot below the axilla. A branch runs behind the axilla and curves around the scapula.
- Another branch of the channel sinews of the Small Intestine channel extends from the lateral side of the posterior axillary fold to knot with LI-15 Jianyu.
- The channel sinews of the Triple Burner channel, after proceeding upward along the lateral aspect of the upper arm, cross the shoulder.
- The channel sinews of the Large Intestine channel, after knotting at the lateral aspect of the elbow, continue up the arm and knot at LI-15 Jianyu. A branch moves around the scapula and attaches to the spine.
- The channel sinews of the Lung channel ascend along the medial aspect of the shoulder and enter the axilla. Emerging from ST-12 Quepen, they knot anteriorly to LI-15 Jianyu.

If there is operation on one shoulder, it will be impossible to puncture on that shoulder. Points on the operated shoulder should therefore be omitted, and distal points on the relevant channels (together with the related points on the opposite side) selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative shoulder pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, stagnation

of Qi, stagnation of Blood and accumulation of Damp-Phlegm.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is shoulder pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Lung channel, add LU-1, LU-3, LU-6, LU-7, LU-9 and Extra Jianqian
- For the Heart channel, add HT-2, HT-5, HT-6 and HT-7
- For the Pericardium channel, add PC-2, PC-4, PC-6 and PC-7
- For the Small Intestine channel, add SI-3, SI-4, SI-6, SI-7, SI-10, TE-11 and SI-13
- For the Large Intestine channel, add LI-3, LI-4, LI-6, LI-7, LI-14 and LI-15
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-6, TE-14 and TE-15.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative shoulder pain, soreness and heaviness at the shoulder, shoulder pain with a contracting feeling, aggravation of shoulder pain in wet, humid, windy and cold weather, a cold feeling at the shoulder, a preference for warmth and massage, headache, heaviness of the body, a thin, white and greasy tongue coating, and a superficial and tense pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the shoulder pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-20 Fengchi, GB-34 Yanglingquan, GV-16 Fengfu, ST-40 Fenglong, SP-9 Yinlingquan and SP-6 Sanyinjiao.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the shoulder pain.
- GV-16 and GB-20 are used to dispel the External pathogenic factors in the body and relieve the shoulder pain.
- ST-40, the Connecting point of the Stomach channel, and GB-34, the Sea point of the Gall Bladder channel and Gathering point of the tendons, are used to harmonise the collaterals, strengthen the tendons in the body, relieve the spasm of the neck and alleviate the shoulder pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and Stomach, eliminate Damp in the body and relieve the shoulder pain.

MODIFICATIONS

1. If the shoulder pain is sensitive to weather changes, add ST-36 to strengthen the skin pores and tonify the Wei-Qi.
2. If there is a cold sensation at the shoulder, apply moxibustion on the shoulder and the points around the shoulder to warm the channels and dispel the Cold.
3. If there is shoulder pain with a burning feeling, add LI-2 and TE-2 to clear the Heat and relieve the burning feeling at the shoulder.
4. If there is stiffness and pain of the shoulder and neck, add GB-21 to promote circulation of the Qi and Blood and relieve the stiffness and pain.
5. If there is headache and heaviness of the head, add BL-10 and Extra Taiyang to dispel Wind-Cold-Damp, promote the Qi circulation and relieve the headache.

6. If there is fever, add LI-11 to clear the Heat and reduce the fever.
7. If there is generalised body pain, add BL-58 and BL-63 to harmonise the collaterals and relieve the body pain.
8. If there is restlessness and insomnia, add HT-3 and HT-7 to calm the Shen and improve sleep.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative sharp shoulder pain, occasional wandering shoulder pain, no clearly palpable painful spots, aggravation of shoulder pain by emotional disturbance, insomnia, headache, poor appetite, hypochondriac pain, a white tongue coating and a wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, regulate the Liver-Qi and relieve the shoulder pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-5 Waiguan, PC-6 Neiguan, SP-6 Sanyinjiao, HT-3 Shaohai, LR-3 Taichong and GB-20 Fengchi.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to promote the Qi circulation and relieve the shoulder pain.
- PC-6, the Connecting point of the Pericardium channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to regulate the Qi circulation, smooth the Liver and remove the Qi stagnation.
- TE-5, the Connecting point of the Triple Burner channel, is used to harmonise the collaterals and relieve the shoulder pain.
- Long-standing Qi stagnation may cause Blood stagnation. SP-6, the crossing point of the three Yin channels of the foot, is used to regulate the Blood and remove the Blood stagnation.
- HT-3 and GB-20 are used to calm the Liver and Shen, regulate the Qi circulation and relieve the shoulder pain.

MODIFICATIONS

1. If there is stiffness and pain of the shoulder and neck, add GB-21 and SI-14 to promote the circulation of Qi and Blood and relieve the neck stiffness and pain.
2. If there is headache, add Extra Taiyang and Extra Yintang to relieve the headache.
3. If there is hypochondriac pain, add LR-14 and GB-40 to regulate the Qi circulation and relieve the pain.
4. If there is diarrhoea, add LR-13, ST-25 and SP-9 to regulate the Qi circulation and stop the diarrhoea.
5. If there is lower abdominal pain, add ST-29 and SP-8 to regulate the Qi circulation and relieve the abdominal pain.
6. If there is irregular menstruation, add LR-12 and KI-3 to regulate the menstruation.
7. If there is insomnia, add HT-7 and Extra Sishencong to regulate the Heart and calm the Shen.
8. If there is irritability, add LR-2 and GV-20 to regulate the Qi circulation, clear the Liver-Heat and calm the Shen.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Postoperative shoulder pain, a long history of shoulder pain with a fixed location, a history of traumatic injury to the shoulder joint, swelling of the shoulder joint, stabbing pain, aggravation of the pain at night or after the operation, a purplish tongue with a thin coating, and a wiry pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, remove Blood stasis and relieve the shoulder pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, LI-4 Hegu, LR-3 Taichong and Ah Shi points. Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source

point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the shoulder pain.

- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, remove Blood stasis and relieve the shoulder pain.
- As the Heart is in charge of Blood Vessels, LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart, are used to promote the Blood circulation, eliminate Blood stasis and relieve the shoulder pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and remove Blood stasis so as to relieve the shoulder pain.

MODIFICATIONS

1. If there is stiffness of the shoulder joint, add GB-34, the Gathering point of the tendons, to promote the Qi circulation, harmonise the collaterals, strengthen the tendons and improve the joint movement.
2. If there is stiffness and pain of the neck, add GB-21 and SI-14 to promote the circulation of Qi and Blood and relieve the neck stiffness and pain.
3. If there is numbness and heaviness of the shoulder, add ST-40 and SP-9 to promote the Qi circulation, harmonise the collaterals and eliminate Damp.
4. If there is chest pain, add PC-6 and HT-5, the Connecting points, to regulate the Qi and Blood circulation in the chest and relieve the chest pain.

ACCUMULATION OF DAMP-PHLEGM*SYMPTOMS AND SIGNS*

Postoperative shoulder pain, shoulder pain with a long history, swelling and heaviness at the shoulder, limitation of shoulder movement, soreness or numbness of the muscle, lassitude, poor appetite, fullness of the abdomen, a white and sticky tongue coating, and a deep and slippery pulse, particularly at the Liver and Spleen positions.

PRINCIPLE OF TREATMENT

Promote Qi circulation, eliminate Damp-Phlegm and relieve the shoulder pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-5 Waiguan, TE-6 Zhigou, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-40 Fenglong and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation, eliminate Phlegm and relieve the shoulder pain.
- TE-4 and TE-5, the Source point and the Connecting point of the Triple Burner channel, respectively, together with TE-6, are used to promote the Qi circulation, harmonise the collaterals, eliminate Damp-Phlegm and relieve the shoulder pain. Moreover, TE-5 is also the Confluent point of the Yang Linking Vessel, used to harmonise the Yang Linking Vessel, eliminate Damp-Phlegm and relieve the shoulder pain.
- SP-6, the crossing point of the three Yin channels of the foot, SP-9, the Sea point of the Spleen channel, and ST-40, the Connecting point of the Stomach channel, are used to regulate the Qi circulation, eliminate Damp-Phlegm in the body and channels and relieve the shoulder pain.
- Ah Shi points are used to promote the Qi circulation and relieve the shoulder pain.

MODIFICATIONS

1. If there is swelling of the shoulder, add TE-6 and ST-39 to promote the Qi circulation, eliminate Phlegm and reduce the swelling.
2. If there is fullness of the Stomach or nausea, add CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, and SP-4, the Connecting point of the Spleen channel, to harmonise the Stomach, descend the Stomach-Qi,

promote the Qi circulation and relieve the fullness of the Stomach.

3. If there is stiffness and pain of the neck, add GB-21 and SI-14 to promote the circulation of Qi and Blood and relieve the neck stiffness and pain.
4. If there is chest pain, add PC-6 and HT-5, the Connecting points, to regulate the Qi and Blood circulation in the chest and relieve the chest pain.
5. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and improve the appetite.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of shoulder pain, as follows:

- *Ear acupuncture*: select points at the shoulder, shoulder joint, clavicle, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the middle two-fifths of the motor area to treat pain of the contralateral upper limb; select points at the middle two-fifths of the sensory area to treat pain, numbness and abnormal sensation of the contralateral shoulder
- *Wrist and ankle acupuncture*: select points at upper region 4 and upper region 5
- *Abdominal acupuncture*: select a sensitive point around ST-24.

Box 30.1 Corresponding acupuncture points: shoulder to hip

- HT-1 to KI-11
- PC-2 to LR-12
- LU-2 to SP-12
- LI-15 to ST-30
- TE-14 to GB-30
- SI-10 to BL-36

31 *Elbow pain*

Introduction

Postoperative elbow pain refers to the occurrence of pain after operation at one or both elbows. In general, there is elbow pain at one side only.

There is usually elbow pain prior to the operation with possible aggravation of or residual elbow pain after the operation.

Postoperative elbow pain can be caused by operation at the elbow for various reasons, such as tennis elbow, fracture of one of the bones at the elbow, cubital or interosseous bursa, rupture of the joint capsule of the elbow, dislocation of the elbow joint and rupture of the medial collateral ligament of the elbow.

The following channels, divergences or sinews have connections with the elbow:

- The Lung channel, after descending along the medial aspect of the upper arm, passes in front of the Heart channel of the Hand-Shaoyin and the Pericardium channel of the Hand-Jueyin, and reaches the cubital fossa.
- The Large Intestine channel, following the lateral anterior aspect of the forearm, reaches the lateral aspect of the elbow.
- The straight portion of the Heart channel from the 'Heart system' runs upward to the Lung. It then turns downward and emerges from the axilla (HT-1 Jiquan). From there it runs along the posterior border of the medial aspect of the upper arm behind the Lung channel and the Pericardium channel down to the cubital fossa.
- The Small Intestine channel, emerging from the styloid process of the ulna, ascends along the posterior aspect of the forearm, passing between the olecranon of the ulna and the medial epicondyle of the humerus.
- A branch of the Pericardium channel, arising from the chest, ascends to the axilla. Following the medial aspect of the upper arm, it runs downward between the Lung and the Heart channels to the cubital fossa.
- The Triple Burner (Energiser) channel, originating from the tip of the fourth finger (TE-1 Guanchong), runs upward to pass through the olecranon at the lateral aspect of the forearm between the radius and the ulna.
- The channel divergence of the Large Intestine channel originates on the hand and continues upward, crossing the elbow and shoulder.
- Approximately 1.5 cun above the wrist, the Connecting Vessel of the Heart channel follows the Heart channel to pass through the elbow.
- The Connecting Vessel of the Pericardium channel runs along the Pericardium channel to pass through the elbow.

- A branch of the Connecting Vessel of the Large Intestine channel passes through the elbow.
- A branch of the Connecting Vessel of the Small Intestine channel runs upward and crosses the elbow.
- The Connecting Vessel of the Triple Burner channel travels up the posterior aspect of the elbow.
- The channel sinews of the Small Intestine channel proceed up along the forearm to knot at the medial condyle of the humerus at the elbow.
- The channel sinews of the Triple Burner channel ascend along the forearm and knot at the olecranon of the elbow.
- The channel sinews of the Large Intestine channel run upward along the forearm and knot at the lateral aspect of the elbow.
- The channel sinews of the Lung channel, proceed up laterally to the pulse, run along the forearm and knot at the elbow.
- The channel sinews of the Pericardium channel knot at the medial aspect of the elbow.
- The channel sinews of the Heart channel originate from the medial side of the fifth finger, knot first at the pisiform bone of the hand, and then at the medial aspect of the elbow.

If there is operation on one elbow, it will be impossible to puncture on that elbow. Points on the operated elbow should therefore be omitted, and distal points on the relevant channels (together with the related points on the opposite side) selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative elbow pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, stagnation of Blood and disharmony of the collaterals.

Treatment based on differentiation

Basic point selection based on channel differentiation

Although many channels pass through the elbow, two channels are principally involved in postoperative elbow pain: the Large Intestine channel and the Heart channel. Tennis elbow, for example, often involves the Large Intestine channel, and golf elbow often involves

both the Large Intestine channel and the Heart channel. When a number of channels are impaired, a few points from these affected channels must be selected as well as a selection of basic points to treat the root cause.

If there is elbow pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Lung channel, add LU-5, LU-6, LU-7 and LU-9
- For the Heart channel, add HT-3, HT-5, HT-6 and HT-7
- For the Pericardium channel, add PC-3, PC-4, PC-6 and PC-7
- For the Small Intestine channel, add SI-3, SI-4, SI-6, SI-7 and SI-8
- For the Large Intestine channel, add LI-3, LI-4, LI-6, LI-7, LI-10, LI-11 and LI-12
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-6 and TE-10.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative elbow pain or residual elbow pain after the operation, a long history of elbow pain, aggravation of elbow pain in wet, humid, windy and cold weather, swelling at the elbow with soreness and heaviness, occasional elbow pain with a contracting or cold feeling, a preference for warmth and massage, headache, heaviness of the body, a thin, white and greasy tongue coating, and a superficial and tight pulse, particularly at the Lung, Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the elbow pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-20 Fengchi, BL-58 Feiyang, ST-40 Fenglong, LR-3 Taichong and SP-6 Sanyinjiao, as well as some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the elbow pain.
- BL-58, the Connecting point of the Bladder channel, and GB-20 are used to dispel the External pathogenic factors in the body, harmonise the collaterals and relieve the elbow pain.
- ST-40, the Connecting point of the Stomach channel, and LR-3, the Source point of the Liver channel, are used to promote the Qi circulation in the body and harmonise the collaterals so as to relieve the elbow pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation in the body and relieve the elbow pain.
- Ah Shi points are used to dispel External pathogenic factors, promote the Qi circulation in local areas and relieve the elbow pain.

MODIFICATIONS

1. If there is a cold sensation at the elbow, apply moxibustion on LI-4, LU-7 and TE-5 to warm the channels and dispel the Cold.
2. If there is constant pain at the elbow, add LI-1 and TE-1, the Well points, to harmonise and open the collateral so as to relieve the pain.
3. If there is elbow pain with a burning feeling, add LI-2 and TE-2 to clear the Heat and relieve the burning feeling at the elbow.
4. If there is stiffness at the elbow, add GB-34, the Gathering point of the tendons, to promote the circulation of Qi and Blood, relax the tendons and relieve the stiffness at the elbow.
5. If there is headache and heaviness of the head, add BL-10 and GV-17 to dispel Wind-Cold-Damp, promote the Qi circulation and relieve the headache.
6. If there is fever, add LI-11 to clear the Heat and reduce the fever.
7. If there is generalised body pain, add BL-63 to harmonise the collaterals and relieve the body pain.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Postoperative elbow pain or aggravation of elbow pain after the operation, a long history or traumatic history of elbow pain, stabbing pain at the elbow, aggravation of elbow pain at night, immobility or very limited movement at the elbow, dislike of pressure and massage, a purplish tongue and a wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Blood, eliminate Blood stasis and relieve the elbow pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, PC-6 Neiguan, GB-34 Yanglingquan, GB-35 Yangjiao, HT-3 Shaohai, LI-4 Hegu, LR-3 Taichong and Ah Shi points. Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with PC-6, the Confluent point of the Yin Linking Vessel, are used to promote the Qi and Blood circulation in the body and relieve the elbow pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, remove Blood stasis and relieve the elbow pain.
- As the Heart is in charge of Blood Vessels, LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate Blood stasis and relieve the elbow pain.
- GB-34, the Gathering point of the tendons in the body, and GB-35, the Accumulation point of the Yang Linking Vessel, are used to relax the tendons, harmonise the collaterals and relieve the elbow pain.
- In addition, PC-6 and HT-3 can smooth Blood circulation and calm the Shen so as to relieve the elbow pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and remove Blood stasis so as to relieve the elbow pain.

MODIFICATIONS

1. If there is constant pain at the elbow, add LI-1 and TE-1, the Well points, to open and harmonise the collaterals and relieve the pain.
2. If there is severe pain at night, add BL-17, the Gathering point of the Blood, and HT-7 to promote circulation of the Blood, calm the Shen and relieve the elbow pain.
3. If there is redness and swelling at the elbow, add LI-2 to clear the Heat and reduce the redness and swelling.
4. If there is headache and heaviness of the head, add Extra Taiyang and GB-8 to promote the Qi and Blood circulation and relieve the headache.

DISHARMONY OF THE COLLATERALS

SYMPTOMS AND SIGNS

Postoperative elbow pain, a long history of elbow pain or aggravation of elbow pain after the operation, numbness, swelling and tingling at the elbow, local muscle atrophy at the elbow, weakness of the elbow, a preference for warmth and massage, aggravation of elbow pain after exertion, a pale tongue with a thin and white coating, and a deep, thready and wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, harmonise the collaterals and relieve the elbow pain.

ACUPUNCTURE TREATMENT

LI-1 Shangyang, LI-4 Hegu, LR-3 Taichong, LU-7 Lieque, LU-9 Taiyuan, SP-6 Sanyinjiao, HT-3 Shaohai, HT-5 Tongli and Ah Shi points.

Even method is applied on LI-1 and LU-9; reducing method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the elbow pain.
- LU-9, the Gathering point of the Blood Vessels, HT-3, the Sea point of the Heart channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to promote the Blood circulation, eliminate Blood stasis in the collaterals and relieve the elbow pain.

- LI-1, HT-5 and LU-7 are used here to harmonise the collaterals, regulate the Qi and Blood circulation in the collaterals and relieve the elbow pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and remove Blood stasis so as to relieve the elbow pain.

MODIFICATIONS

1. If there is constant tingling and numbness at the elbow, add TE-1 and TE-5, the Well point and the Connecting point of the Triple Burner channel, respectively, to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tingling and numbness at the elbow.
2. If there is obvious local muscle atrophy, add SP-3, the Source point of the Spleen channel, to activate the Spleen and strengthen the muscles.
3. If there is severe pain at night, add BL-17, the Gathering point of the Blood, and HT-7 to promote the circulation of Blood, calm the Shen and relieve the elbow pain.
4. If there is redness and swelling at the elbow, add LI-2 to clear the Heat and reduce the swelling.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of elbow pain, as follows:

- *Ear acupuncture*: select points at the elbow, Heart, Ear Shenmen, subcortex and the sympathetic nerves
- *Scalp acupuncture*: select points at the middle two-fifths of the motor area to treat pain of the contralateral upper limb; select points at the middle two-fifths of the sensory area to treat pain, numbness and abnormal sensation of the contralateral elbow
- *Wrist and ankle acupuncture*: select points at upper region 5
- *Abdominal acupuncture*: use Shang Feng Shi Dian (Upper Wind-Damp point).

Box 31.1 Corresponding acupuncture points: elbow to knee

- HT-3 to KI-10
- PC-3 to LR-8
- LU-5 to SP-9
- LI-11 to ST-35
- TE-10 to GB-34
- SI-8 to BL-40

32 *Wrist pain*

Introduction

Postoperative wrist pain refers to the occurrence of pain after operation at one or both wrists, sometimes including the palms and the arms.

There is usually wrist pain prior to the operation with possible aggravation of or residual wrist pain after the operation.

Postoperative wrist pain can be caused by operation on the wrist or close to the wrist for various reasons, such as a fracture of one or more of the hand bones, rheumatoid arthritis, sclerodermia and a ligamentous cyst (e.g. a ganglion) on the hand or wrist.

The following channels, divergences or sinews have connections with the wrist:

- The Lung channel, after reaching the cubital fossa, runs continuously downward along the anterior border of the radial side in the medial aspect of the forearm and enters the wrist.
- The Large Intestine channel, after passing through the interspace between the first and second metacarpal bones (LI-4 Hegu), dips into the depression between the tendons of m. extensor pollicis longus and brevis (LI-5 Yangxi).
- The straight portion of the Heart channel from the 'Heart system', emerging from the axilla (HT-1 Jiquan) and running down to the cubital fossa, descends from the posterior border of the medial aspect of the forearm to the pisiform region proximal to the palm and enters the palm.
- The Small Intestine channel of the Hand-Taiyang starts from the ulnar side of the tip of the fifth finger (SI-1 Shaoze). Following the ulnar side of the dorsum of the hand, it reaches the wrist where it emerges from the styloid process of the ulna.
- A branch of the Pericardium channel, arising from the chest, ascends to the axilla and runs downward between the Lung and the Heart channels to the cubital fossa, then further downward to the forearm between the tendons of m. palmaris longus and m. flexor carpi radialis, passing through the wrist.
- The Triple Burner (Energiser) originates from the tip of the fourth finger (TE-1 Guanchong), running upward between the fourth and fifth metacarpal bones along the dorsal aspect of the wrist to the lateral aspect of the forearm.
- The channel divergence of the Large Intestine channel originates on the hand, continues upward and passes through the wrist.
- The Connecting Vessel of the Lung channel arises from LU-7 Lieque and runs to the Large Intestine channel.
- The channel sinews of the Small Intestine channel start from the tip of the fifth finger and knot at the dorsum of the wrist.

- The channel sinews of the Triple Burner channel start from the extremity of the fourth finger and knot at the dorsum of the wrist.
- The channel sinews of the Large Intestine channel start from the extremity of the second (index) finger and knot at the dorsum of the wrist.
- The channel sinews of the Lung channel knot at the lower thenar eminence and proceed laterally to the wrist.
- The channel sinews of the Pericardium channel arise from the palmar aspect of the third finger and follow the channel sinews of the Lung channel upward to pass through the wrist.
- The channel sinews of the Heart channel originate from the medial side of the fifth finger and knot at the pisiform bone of the hand.

If there is operation on one wrist, it will be impossible to puncture on that wrist. Points on the operated wrist should therefore be omitted, and distal points on the relevant channels (together with the related points on the opposite side) selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative wrist pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, accumulation of Damp-Phlegm in the channels, stagnation of Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

Many channels pass through the wrist, all of which can be involved in postoperative wrist pain.

If there is wrist pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Lung channel, add LU-1, LU-5, LU-6, LU-7 and LU-9
- For the Heart channel, add HT-3, HT-5, HT-6 and HT-7
- For the Pericardium channel, add PC-3, PC-4, PC-6 and PC-7

- For the Small Intestine channel, add SI-3, SI-4, TE-5, SI-6 and SI-7
- For the Large Intestine channel, add LI-3, LI-4, LI-5, LI-6 and LI-7
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-6 and TE-7.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative wrist pain, aggravation of or residual wrist pain after the operation, aggravation of wrist pain in wet, humid, windy and cold weather, a cold feeling at the wrist, a preference for warmth and massage, heaviness of the body, a thin, white and greasy tongue coating, and a superficial and tight pulse.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, harmonise the collaterals and relieve the wrist pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-20 Fengchi, BL-58 Feiyang, LR-3 Taichong, SP-6 Sanyinjiao, Extra Baxie and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the wrist pain.
- BL-58, the Connecting point of the Bladder channel, and GB-20 are used to dispel the External pathogenic factors in the body, harmonise the collaterals and relieve the wrist pain.
- LR-3, the Source point of the Liver channel, is used to promote the Qi circulation in the body and harmonise the collaterals so as to relieve the wrist pain.

- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation in the body and relieve the wrist pain.
- Extra Baxie and Ah Shi points are used to promote the Qi circulation in the local channels and collaterals and relieve the wrist pain.

MODIFICATIONS

1. If the wrist pain is sensitive to weather changes, add ST-36 and LU-9 to tonify the Wei-Qi of the body, strengthen the skin pores and prevent invasion of pathogenic factors.
2. If there is a cold sensation at the wrist, apply moxibustion on Extra Baxie, LI-4 and LU-7 to warm the channels and dispel the Cold.
3. If there is wrist pain with a burning feeling, add LI-2 and TE-2 to clear the Heat and relieve the burning feeling.
4. If there is stiffness at the wrist, add GB-34, the Gathering point of the tendons, to promote the circulation of Qi and Blood in the tendons, relax the tendons and relieve the stiffness at the wrist.
5. If there is headache, add Extra Taiyang to relieve the headache.
6. If there is generalised body pain, add BL-63 to harmonise the collaterals and relieve the body pain.
7. If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.

ACCUMULATION OF DAMP-PHLEGM IN THE CHANNELS

SYMPTOMS AND SIGNS

Postoperative wrist pain, aggravation of or residual wrist pain after the operation, obvious swelling and oedema at the wrist, limitation of wrist movement, a heavy sensation at the wrist and fingers, formation of soft nodulations around the wrist, poor appetite, loose stools, a pale tongue with a white and greasy coating, and a deep and slippery pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Promote Qi circulation, eliminate Damp, resolve Phlegm, reduce the swelling and relieve the wrist pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-5 Waiguan, TE-6 Zhigou, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-40 Fenglong, Extra Baxie and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation, eliminate Damp-Phlegm and relieve the wrist pain.
- TE-4 and TE-5, the Source point and the Connecting point of the Triple Burner channel, respectively, together with TE-6, are used to harmonise the collaterals, eliminate Damp, resolve the Phlegm, reduce the swelling and relieve the wrist pain. Moreover, TE-5 is also the Confluent point of the Yang Linking Vessel, used to harmonise the Yang Linking Vessel, eliminate Damp-Phlegm in the body and relieve the wrist pain.
- SP-6, the crossing point of the three Yin channels of the foot, SP-9, the Sea point of the Spleen channel, and ST-40, the Connecting point of the Stomach channel, are used to regulate the Qi circulation, eliminate Damp, resolve Phlegm in the body and collaterals and relieve the wrist pain.
- Extra Baxie and Ah Shi points are used to promote the Qi circulation, reduce the swelling and relieve the wrist pain.

MODIFICATIONS

1. If there is limitation of movement at the wrist, add GB-34 to regulate the Qi in the tendons, relax the tendons and promote movement of the wrist.
2. If there is sensitivity in the wrist to weather changes, add LU-9 and ST-36 to tonify the Wei-Qi and strengthen the skin pores.
3. If there is headache with heaviness, add BL-10 to eliminate Damp-Phlegm, promote the Qi circulation and relieve the headache.
4. If there is generalised body pain, add BL-63 to harmonise the collaterals and relieve the body pain.
5. If there is poor appetite, add CV-12 to regulate the Qi in the Spleen and Stomach, harmonise the Stomach and improve the appetite.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative wrist pain, aggravation of or residual wrist pain after the operation, a traumatic history or a long history of wrist strain, a stabbing pain at the wrist, aggravation of wrist pain at night, limitation of wrist movement, dislike of pressure and massage, a purplish tongue and a wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Blood, eliminate Blood stasis, harmonise the collaterals and relieve the wrist pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, LU-7 Lieque, LU-9 Taiyuan, HT-3 Shaohai, LI-1 Shangyang, LI-4 Hegu, LR-3 Taichong, Extra Baxie and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the wrist pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, remove Blood stasis and relieve the wrist pain.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart, are used to promote the Blood circulation, eliminate Blood stasis and relieve the wrist pain.
- LI-1 and LU-7 are used to harmonise the collaterals and relieve the wrist pain.
- Extra Baxie and Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the wrist pain.

MODIFICATIONS

1. If there is limitation of movement at the wrist, add HT-7 to regulate the Qi and remove the Qi stagnation.

2. If there is emotional upset, add PC-6 and GB-20 to calm the Liver and Shen, and smooth the emotions.
3. If there is insomnia, add BL-15, the Back Transporting point of the Heart, to calm the Shen and improve sleep.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Slight postoperative wrist pain, or residual wrist pain after the operation, spasm of the wrist, weakness of the wrist, arms and legs, tiredness, lower back pain, poor memory, hair loss, a thin coating on the tongue, and a weak and thready pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Liver and Kidney, nourish Kidney-Essence, strengthen the tendons and Bones and relieve the wrist pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, KI-3 Taixi, KI-10 Yingu, GB-34 Yanglingquan, LR-3 Taichong, LR-8 Ququan, SP-6 Sanyinjiao and Ah Shi points.

Even method is applied on LI-4, PC-6 and Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and LR-3, the Source points of the Kidney channel and the Liver channel, respectively, and KI-10 and LR-8, the Sea points of the Kidney channel and the Liver channel, respectively, are used to reinforce the Essence of the Liver and Kidney, and strengthen the tendons and Bones.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Spleen and Stomach and promote the production of Qi and Blood so as to tonify the Essence of the Liver and Kidney.
- GB-34 is used to strengthen the tendons, relax the tendons and relieve the wrist pain.
- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi and Blood circulation and relieve the wrist pain.

- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to promote the Qi circulation, calm the Shen and relieve the wrist pain.
- Even method applied to the Ah Shi points can clear obstructions from the local area and relieve the wrist pain.

MODIFICATIONS

1. If there is limitation of movement at the wrist, add HT-7 to regulate the Qi and remove the Qi stagnation.
2. If there is swelling and oedema at the wrist, add SP-9 and TE-4 to eliminate Damp, reduce the swelling and relieve the oedema.
3. If there is an aversion to cold or coldness of the wrist due to deficiency of Yang-Qi, add CV-6 and CV-4 with moxibustion to reinforce the Yang-Qi and relieve the Cold.
4. If there is poor appetite, add CV-12, the Alarm Mu point of the Stomach, and SP-3, the Source point of the Spleen channel, to tonify the Qi in the Middle Burner and improve the appetite.
5. If there are palpitations and insomnia, add HT-3 and HT-7 to calm the Shen, regulate the Blood circulation and relieve the pain.

- *Scalp acupuncture*: select points at the middle two-fifths of the motor area to treat pain of the contralateral upper limb; select points at the middle two-fifths of the sensory area to treat pain, numbness and abnormal sensation of the contralateral wrist
- *Wrist and ankle acupuncture*: select points at upper region 5
- *Abdominal acupuncture*: use Shang Feng Wai Dian (Upper Wind-Damp Exterior point).

Box 32.1 Corresponding acupuncture points: wrist to ankle

- HT-7 to KI-3
- PC-7 to LR-4
- LU-9 to SP-5
- LI-5 to ST-41
- TE-4 to GB-40
- SI-4 to BL-62

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of wrist pain, as follows:

- *Ear acupuncture*: select points at the wrist, Liver, Heart, Ear Shenmen and the sympathetic nerves

Hand pain 33

Introduction

Postoperative hand pain refers to the occurrence of pain after operation on one of the hands, or on both hands, including the palms and fingers.

There is usually hand pain prior to the operation with possible aggravation of or residual hand pain after the operation.

Postoperative hand pain can be caused by operation on the hand for various reasons, such as fracture of one or more of the hand bones, rheumatoid arthritis, atelocheiria, desmorrhaxis, sclerodesmia and a ligamentous cyst (e.g. a ganglion) on the hand.

The following channels, divergences or sinews have connections with the hand:

- The Lung channel, after reaching the wrist, passes the thenar eminence, running along its radial border and ending at the medial side of the tip of the thumb (LU-11 Shaoshang).
- The branch of the Lung channel proximal to the wrist emerges from LU-7 Lieque and runs directly to the radial side of the tip of the second (index) finger (LI-1 Shangyang), where it links with the Large Intestine channel of the Hand-Yangming.
- The Large Intestine channel starts from the tip of the second finger (LI-1 Shangyang) and runs upward along the radial side of the second finger, passing through the interspace between the first and second metacarpal bones (LI-4 Hegu).
- The straight portion of the Heart channel from the 'Heart system', running down to the cubital fossa and entering the palm, follows the medial aspect of the fifth finger to its tip (HT-9 Shaochong) and links with the Small Intestine channel of the Hand-Taiyang.
- The Small Intestine channel of the Hand-Taiyang starts from the ulnar side of the tip of the fifth finger (SI-1 Shaoze). Following the ulnar side of the dorsum of the hand, it reaches the wrist where it emerges from the styloid process of the ulna.
- A branch of the Pericardium channel, arising from the chest, ascends to the axilla and the forearm between the tendons of m. palmaris longus and m. flexor carpi radialis, ending in the palm. From there it passes along the third finger to its tip (PC-9 Zhongchong). Another branch arises from the palm at PC-8 Laogong, runs along the fourth finger to its tip (TE-1 Guanchong) and links with the Triple Burner (Energiser) channel of the Hand-Shaoyang.
- The Triple Burner of the Hand-Shaoyang originates from the tip of the fourth finger (TE-1 Guanchong) and runs upward between the fourth and fifth metacarpal bones along the dorsal aspect of the wrist.
- A branch of the Connecting Vessel of the Lung channel follows the Lung channel into the palm of the hand and spreads throughout the thenar eminence.
- The channel sinews of the Small Intestine channel start from the tip of the fifth finger and knot at the dorsum of the wrist.

- The channel sinews of the Triple Burner channel start from the extremity of the fourth finger and knot at the dorsum of the wrist.
- The channel sinews of the Large Intestine channel start from the extremity of the second finger and knot at the dorsum of the wrist.
- The channel sinews of the Lung channel arise from the tip of the thumb and knot at the lower thenar eminence.
- The channel sinews of the Pericardium channel arise from the palmar aspect of the third finger and follow the channel sinews of the Lung channel upward to pass through the wrist.
- The channel sinews of the Heart channel start from the medial side of the fifth finger and knot at the pisiform bone of the hand.

If there is operation on one of the hands, the points on the operated hand should be omitted and distal points on the relevant channels (together with the related points on the opposite side) selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative hand pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, invasion of Toxic-Heat, accumulation of Damp-Phlegm, stagnation of Blood, disharmony of the collaterals and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is hand pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Lung channel, add LU-1, LU-5, LU-6, LU-7 and LU-9
- For the Heart channel, add HT-3, HT-5, HT-6 and HT-7
- For the Pericardium channel, add PC-3, PC-4, PC-6 and PC-7
- For the Small Intestine channel, add SI-3, SI-4, TE-5, SI-6 and SI-7

- For the Large Intestine channel, add LI-3, LI-4, LI-5, LI-6 and LI-7
- For the Triple Burner channel, add TE-3, TE-4, TE-5, TE-6 and TE-7.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative hand pain, aggravation of or residual hand pain after the operation, hand pain with a cold and heavy sensation, pale skin on the hands, aggravation of hand pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a white and moist coating, and a floating and tight pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, harmonise the collaterals and relieve the hand pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, BL-58 Feiyang, LR-3 Taichong, SP-6 Sanyinjiao, Extra Baxie and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 Hegu, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the hand pain.
- BL-58, the Connecting point of the Bladder channel, is used to dispel the External pathogenic factors in the body, harmonise the collaterals and relieve the hand pain.
- LR-3, the Source point of the Liver channel, is used to promote the Qi circulation in the body and harmonise the collaterals so as to relieve the hand pain.

- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Qi and Blood circulation in the body and relieve the hand pain.
- Extra Baxie and some local Ah Shi points are used to promote the Qi circulation in the local channels, harmonise the collaterals and relieve the hand pain.

MODIFICATIONS

1. If there is finger pain, add Ah Shi points on the fingers to harmonise the collaterals and relieve the finger pain.
2. If there is redness and swelling of the hands due to formation of Heat, add LI-2 and TE-2 to clear the Heat, reduce the swelling and relieve the pain.
3. If there is headache and neck pain, add GB-20 and GB-21 to promote the circulation of Qi and Blood and relieve the headache and neck pain.
4. If there is generalised body pain, add BL-63 to harmonise the collaterals and relieve the body pain.
5. If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Postoperative hand pain, redness and swelling of the hand, itching and formation of ulcers on the hands, reddish skin with a hot feeling on the hands, aggravation of the hand pain by pressure, thirst, a preference for cold drinks, a bitter taste in the mouth, restlessness, fever, aversion to cold, constipation, scanty yellow urine, a red tongue with a dry yellow coating, and a rapid and forceful pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, reduce the Fire, eliminate Toxin and relieve the hand pain.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-11 Quchi, PC-8 Laogong, TE-2 Yemen, SP-2 Dadu, SP-6 Sanyinjiao, ST-40 Fenglong and ST-44 Neiting.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, ST-44, the Spring point, and SP-6, the crossing point of the three Yin channels of the foot, are used to clear the Heat, remove the Toxin and reduce the swelling so as to relieve the hand pain.
- LI-2, PC-8, TE-2 and SP-2, the Spring points, and ST-40, the Connecting point of the Stomach channel, are used to clear the Heat and Toxin in the hand, harmonise the collaterals, reduce the swelling and relieve the hand pain.

MODIFICATIONS

1. If there is tingling of the hand, add LI-1 and TE-1 to harmonise the collaterals, regulate the Qi and Blood circulation and relieve the tingling of the hand.
2. If there is finger pain, add Ah Shi points on the fingers to harmonise the collaterals and relieve the finger pain.
3. If there is ulcer formation, add BL-17 and SP-10 to clear the Fire and cool the Blood.
4. If there is fever, add GV-14 to clear the Heat and reduce the fever.
5. If there is headache, add GV-20 to relieve the headache.
6. If there is generalised body pain, add BL-58 and BL-63 to harmonise the collaterals and relieve the body pain.
7. If there is a bitter taste in the mouth, add GB-40 to eliminate the Heat in the Gall Bladder and relieve the bitter taste in the mouth.
8. If there is thirst, add LU-8 to clear the Fire, promote the secretion of Body Fluids and relieve the thirst.
9. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to clear the Fire, regulate the Large Intestine, promote defecation and relieve the constipation.

ACCUMULATION OF DAMP-PHLEGM

SYMPTOMS AND SIGNS

Postoperative hand pain, or residual hand pain after the operation, hand pain with a heavy sensation, swelling and oedema on the hand, a pale tongue with a white and greasy coating, and a wiry and slippery pulse, particularly at the Spleen position.

PRINCIPLE OF TREATMENT

Eliminate Damp, resolve Phlegm, promote Qi and Blood circulation, reduce the swelling and relieve the hand pain.

ACUPUNCTURE TREATMENT

LI-3 Sanjian, LI-4 Hegu, PC-6 Neiguan, TE-4 Yangchi, TE-5 Waiguan, TE-6 Zhigou, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-40 Fenglong, Extra Baxie and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and PC-6, the Confluent point of the Yin Linking Vessel, are used to regulate the Qi and Blood circulation, resolve Phlegm and relieve the hand pain.
- TE-4 and TE-5, the Source point and the Connecting point of the Triple Burner channel, respectively, together with TE-6, are used to promote the Qi circulation, harmonise the collaterals, eliminate Damp-Phlegm and relieve the hand pain. Moreover, TE-5 is also the Confluent point of the Yang Linking Vessel, used to harmonise the Yang Linking Vessel, eliminate Damp-Phlegm and relieve the hand pain.
- SP-6, the crossing point of the three Yin channels of the foot, SP-9, the Sea point of the Spleen channel, and ST-40, the Connecting point of the Stomach channel, are used to regulate the Qi circulation, eliminate Damp-Phlegm in the body and relieve the hand pain.
- Extra Baxie and Ah Shi points are used to promote the Qi circulation and relieve the hand pain.

MODIFICATIONS

1. If there is redness and swelling of the hands due to formation of Heat, add LI-1 and TE-1 to clear the Heat, reduce the swelling and relieve the pain.
2. If there is finger pain, add Ah Shi points on the fingers to harmonise the collaterals and relieve the finger pain.
3. If there is ulcer formation, add BL-17 and SP-10 to clear the Fire and cool the Blood.
4. If there is poor appetite, add ST-36 and CV-12 to regulate the Qi circulation in the Stomach and improve the appetite.

5. If there is diarrhoea, add ST-25 and SP-3 to eliminate Damp-Phlegm and stop the diarrhoea.
6. If there is restlessness, add HT-7 to regulate the Qi and calm the Shen.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Postoperative hand pain, a traumatic history or a long history of hand pain, stabbing hand pain with a fixed location, aggravation of hand pain at night, swelling of the joints and hands, alleviation of hand pain by movement, rigidity of the fingers, a purplish tongue with a thin coating, and a wiry and erratic pulse.

PRINCIPLE OF TREATMENT

Promote Qi and Blood circulation, eliminate Blood stasis, harmonise the collaterals and relieve the hand pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, TE-5 Waiguan, LU-9 Taiyuan, HT-3 Shaohai, LI-1 Shangyang, LI-4 Hegu, LR-3 Taichong, Extra Baxie and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the hand pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the hand pain.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate Blood stasis and relieve the hand pain.
- TE-5 and LI-1 are used to harmonise the collaterals, eliminate Blood stasis and relieve the hand pain.
- Extra Baxie and Ah Shi points are used to regulate the Qi and Blood circulation in the local region, harmonise the collaterals and eliminate Blood stasis so as to relieve the hand pain.

MODIFICATIONS

1. If there is finger pain, add Ah Shi points on the fingers to harmonise the collaterals and relieve the finger pain.
2. If there is redness and swelling of the hands due to formation of Heat, add LI-2 and TE-2 to clear the Heat, reduce the swelling and relieve the pain.
3. If there is generalised body pain, add BL-58 and BL-63 to harmonise the collaterals and relieve the body pain.
4. If there is aggravation of hand pain at night, add HT-7 to calm the Shen, regulate the Blood circulation, eliminate Blood stasis and improve sleep.
5. If there is headache, add Extra Taiyang and Extra Yintang to promote the Qi circulation and relieve the headache.

DISHARMONY OF THE COLLATERALS

SYMPTOMS AND SIGNS

Postoperative hand pain, a long duration of hand pain or aggravation of hand pain after the operation, numbness, swelling and tingling on the hand, local muscle atrophy, weakness of the hand, a preference for warmth and massage, aggravation of hand pain after exertion, a pale tongue with a thin and white coating, and a deep, thready and wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, harmonise the collaterals and relieve the hand pain.

ACUPUNCTURE TREATMENT

LI-1 Shangyang, LI-4 Hegu, LR-3 Taichong, LU-7 Lieque, TE-1 Guanchong, SP-6 Sanyinjiao, HT-3 Shaohai, HT-5 Tongli and Ah Shi points.

Even method is applied on LI-1 and LU-7; reducing method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to

promote the Qi and Blood circulation and relieve the hand pain.

- HT-3, the Sea point of the Heart channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to promote the Blood circulation, eliminate Blood stasis in the collaterals and relieve the hand pain.
- LI-1, TE-1, HT-5 and LU-7 are used here to harmonise the collaterals, regulate the Qi and Blood circulation in the collaterals and relieve the hand pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the hand pain.

MODIFICATIONS

1. If there is constant tingling and numbness on the hand, add TE-5, the Connecting point of the Triple Burner channel, to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tingling and numbness on the hand.
2. If there is obvious local muscle atrophy, add SP-3, the Source point of the Spleen channel, to activate the Spleen and strengthen the muscles.
3. If there is severe hand pain at night, add BL-17, the Gathering point of the Blood, and HT-7 to promote circulation of the Blood, calm the Shen and relieve the hand pain.
4. If there is redness and swelling at the elbow, add LI-2 to clear the Heat and reduce the swelling.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Slight postoperative hand pain, spasm and gradual deformity of the fingers, weakness of the fingers, wrists, arms and legs, tiredness, lower back pain, poor memory, hair loss, a thin coating on the tongue, and a deep, thready and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Liver and Kidney, nourish the Kidney-Essence, strengthen the tendons and Bones and relieve the hand pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, KI-3 Taixi, KI-10 Yingu, LR-3 Taichong, LR-8 Ququan, SP-6 Sanyinjiao, Extra Baxie and Ah Shi points.

Even method is applied on Extra Baxie and Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and LR-3, the Source points of the Kidney channel and the Liver channel, respectively, and KI-10 and LR-8, the Sea points of the Kidney channel and the Liver channel, respectively, are used to reinforce the Essence of the Liver and Kidney, and strengthen the tendons and Bones.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Spleen and Stomach and promote the production of Qi and Blood so as to tonify the Essence of the Liver and Kidney.
- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi and Blood circulation and relieve the hand pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to promote the Qi circulation, calm the Shen and relieve the hand pain.
- Extra Baxie and Ah Shi points are used to harmonise the collaterals, clear obstructions from the local area and relieve the hand pain.

MODIFICATIONS

1. If there is weakness of the hand, add GB-34, the Gathering point of the tendons, to strengthen the tendons and benefit the hand.
2. If there is coldness of the hand and body, add CV-4 and CV-6 with moxibustion to warm the hand and body and dispel the Cold.
3. If there is redness and swelling of the hands due to formation of Heat, add LI-2 and TE-2 to clear the Heat, reduce the swelling and relieve the pain.
4. If there is deformity of the fingers, add GB-39 and BL-11 to benefit the Bones and tonify the Marrow.
5. If there is finger pain, add Ah Shi points on the fingers to harmonise the collaterals and relieve the finger pain.
6. If there is headache, add GV-20 to benefit the Brain and relieve the headache.
7. If there is generalised body pain, add BL-58 and BL-63 to harmonise the collaterals and relieve the body pain.
8. If there is night sweating with hot palms and soles, add KI-2 and HT-6 to clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of hand pain, as follows:

- *Ear acupuncture*: select points on the fingers, Liver, Heart, Ear Shenmen, adrenals and the sympathetic nerves
- *Scalp acupuncture*: select points at the middle two-fifths of the motor area to treat pain of the contralateral upper limb; select points at the middle two-fifths of the sensory area to treat pain, numbness and abnormal sensation of the contralateral hand
- *Wrist and ankle acupuncture*: select points at upper region 5
- *Abdominal acupuncture*: use Shang Feng Shang Dian (Superior Upper Wind-Damp point).

Introduction

Postoperative hip pain refers to the occurrence of pain after operation at one side or both sides of the hip region; this may include the sacrum and coccyx, the inguinal regions or the upper parts of the thighs.

Postoperative hip pain is caused by operation around the hip for hip fracture, hip prosthesis, traumatic arthritis of the hip, dysplasia, dislocation or deformity of the hip joint, arthrodesis of the hip, focal clearance of hip joint tuberculosis, arthrokatadysis, arthrectomy of the hip, arthrotomy and drainage of the hip joint, fusion of the hip joint and pericoxitis.

There is usually hip pain prior to the operation with aggravation of or residual hip pain after the operation.

The following channels, divergences or sinews have connections with the hip:

- The Stomach channel, after reaching ST-30 Qichong on the lateral side of the lower abdomen, runs downward and traverses ST-31 Biguan at the hip.
- The branch of the Bladder channel from the posterior aspect of the neck runs vertically along the medial border of the scapula, and passes downward through the gluteal region (GB-30 Huantiao) along the lateral aspect of the thigh.
- The Gall Bladder channel emerges from the lateral side of the lower abdomen near the femoral artery at the inguinal region. From there it runs superficially along the margin of the pubic hair and passes transversely into the hip region (GB-30 Huantiao).
- The Liver channel runs upward to the medial side of the knee and along the medial aspect of the thigh to the pubic hair region.
- The Yang Motility Vessel passes through the posterior border of the fibula and the lateral side of the thigh to the hip.
- The Yang Linking Vessel, ascending along the Gall Bladder channel, passes through the hip region.
- The channel divergence of the Gall Bladder channel originates at the thigh and crosses over the hip joint.
- A branch of the Connecting Vessel of the Stomach channel runs along the lateral aspect of the tibia upward through the hip.
- The channel sinews of the Gall Bladder channel ascend along the lateral side of the tibia and continue upward along the thigh to pass through the hip.
- A sub-branch of the channel sinews of the Stomach channel connect with the fibula and join with the channel sinews of the Gall Bladder channel to pass through the hip.

If there is operation at one side of the hip region, the points on the operated side should be omitted and distal points on the relevant channels (together with the related points on the opposite side) selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative hip pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, downward flow of Damp-Heat, stagnation of Qi, stagnation of Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is hip pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-36, BL-40, BL-58, BL-63, BL-64 and BL-65
- For the Gall Bladder channel, add GB-29, GB-34, GB-36, GB-37, GB-40 and GB-41
- For the Stomach channel, add ST-30, ST-31, ST-34, ST-40, ST-42 and ST-43
- For the Liver channel, add LR-3, LR-5, LR-6, LR-11 and LR-12
- For the Yang Motility Vessel, add BL-59, BL-61, BL-62, GB-20, GB-29, GB-30, GB-41, SI-10, TE-5 and LI-15
- For the Yang Linking Vessel, add BL-63, GB-20, GB-29, GB-30, GB-35, GB-41, TE-5 and GV-16.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative hip pain, or residual hip pain after the operation, hip pain with a cold and heavy sensation, aggravation of hip pain in wet, humid, windy and cold

weather, a preference for warmth and massage, absence of thirst, clear urine, a pale tongue with a thin, white and greasy coating, and superficial and tight pulse, particularly at the Lung, Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the hip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, BL-12 Fengmen, GB-30 Huantiao, GB-31 Fengshi, GB-35 Yangjiao, SP-6 Sanyinjiao and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, together with BL-12, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the hip pain.
- GB-30 is the meeting point of the Gall Bladder channel and the Bladder channel. It has the ability to eliminate Damp and Wind, invigorate Qi circulation in the collaterals, and remove obstructions in the channels and collaterals so as to relieve the hip pain.
- GB-31 dispels external Wind and eliminates Damp in the lower limbs.
- GB-35, the Accumulation point of the Yang Linking Vessel, is used to harmonise the collaterals, promote Qi and Blood circulation and relieve the hip pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Blood circulation, eliminate Blood stasis and relieve the hip pain.
- Ah Shi points around the hip joint are suitable for regulating the circulation of Qi and Blood in the local area and relieving the hip pain.

MODIFICATIONS

1. If there is swelling at the hip joint, add SP-9, the Sea point of the Spleen channel, to remove the Damp and reduce the swelling.

2. If there is redness at the hip joint with swelling and a hot sensation, add GB-44 and ST-44, the Spring points of the Gall Bladder channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
3. If there is a cough, add BL-13 to disperse the Lung-Qi and relieve the cough.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative hip pain, hip pain with swelling and heaviness, redness and a burning sensation, pain worsened by touch, limited movement, occasional residual hip pain after the operation, irritability, restlessness, poor appetite, a bitter taste in the mouth, scanty yellow urine, occasional fever, a yellow and greasy tongue coating, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, regulate the channels, harmonise the collaterals and relieve the hip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-5 Waiguan, ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, BL-64 Jinggu, GB-34 Yanglingquan, GB-40 Qiuxu and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation in the body and relieve the hip pain.
- TE-4 and TE-5, the Source point and the Connecting point of the Triple Burner channel, respectively, are used to promote the Qi circulation, harmonise the collaterals, eliminate Damp-Heat and relieve the hip pain.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, together with GB-40, are used to eliminate Damp

and clear the Heat in the body and channels so as to relieve the hip pain.

- BL-64, the Source point of the Bladder channel, is used to promote urination, eliminate Damp and relieve the hip pain.
- Local Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and collaterals and relieve the hip pain.

MODIFICATIONS

1. If there is severe redness at the hip joint with swelling and a hot sensation, add GB-43 and ST-44, the Spring points of the Gall Bladder channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
2. If there is fever, add GV-14 and LI-11 clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is severe nausea and vomiting, add PC-6 to harmonise the Stomach and stop the vomiting.
5. If there is inguinal hernia associated with swelling, a distending pain of the scrotum or testes and scanty urine, add CV-2, LR-5 and ST-30 to clear the Heat, eliminate Damp, harmonise the collaterals and relieve the pain.
6. If there is scanty yellow urine, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative hip pain, sharp pain at the hip joints, swelling of the joints, limited movement of the hip joints and difficulty in walking, aggravation of hip pain by emotional disturbance, alleviation of hip pain by movement and relaxation, depression, headache, insomnia, a thin and white tongue coating, and a wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the emotions, promote the Qi circulation, regulate the circulation in the channels and collaterals and relieve the hip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, LR-5 Ligou, PC-6 Neiguan, GB-20 Fengchi, GB-21 Jianjing, GB-40 Qiuxu, SP-6 Sanyinjiao, HT-3 Shaohai and HT-7 Shenmen.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to promote the Qi circulation in the channels and collaterals and relieve the hip pain.
- LR-3 and LR-5, the Source point and the Connecting point of the Liver channel, respectively, and GB-40, the Source point of the Gall Bladder channel, are used to smooth the Liver, promote circulation of the Qi, harmonise the collaterals and relieve the hip pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, helps LI-4 and LR-3 circulate the Liver-Qi and regulate the emotions. It also improves sleep.
- GB-20 and GB-21 are used to calm the Liver, harmonise the Gall Bladder channel and smooth the emotions.
- SP-6 is used to promote the Blood circulation and to relieve the hip pain.
- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, are used to smooth the emotions, calm the Shen and improve sleep.

MODIFICATIONS

1. If there is insomnia, dream-disturbed sleep or restlessness, add Extra Anmian and Extra Sishencong to calm the Shen and improve sleep.
2. If there is depression, add LR-14, the Alarm Mu point of the Liver, to smooth the Liver and regulate the emotions.
3. If there is headache, add GV-20 to relieve the headache.
4. If there is fullness and pain in the chest, add CV-17, the Gathering point of the Qi, to smooth the Liver, circulate the Liver-Qi and relieve the fullness and pain in the chest.
5. If there is irritability, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall

Bladder channel, respectively, to clear the Heat in the Liver and relieve the irritability.

6. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder and relieve the bitter taste in the mouth.
7. If there is poor appetite and constipation, add CV-12 and ST-40 to harmonise the Stomach, promote defecation and relieve the constipation.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Postoperative hip pain, hip pain with a fixed location, a stabbing or pricking pain at the hip joints, swelling of the joints, a traumatic history, limited movement of the hip joints and difficulty in walking, aggravation of hip pain at rest and at night, or aggravation of or residual hip pain after the operation, alleviation of hip pain by movement, poor wound healing, hard nodulations under the skin around the joints, a purplish tongue with purplish spots, and an erratic or thready and deep pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, promote circulation in the channels and collaterals and relieve the hip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, GB-30 Huantiao and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with GB-30, are used to promote the Qi and Blood circulation and relieve the hip pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the hip pain.

- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate Blood stasis and relieve the hip pain.
- The local Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the hip pain.

MODIFICATION

1. If there is swelling at the hip joint, add SP-9, the Sea point of the Spleen channel, to remove the Damp and reduce the swelling.
2. If there is poor wound healing, add SP-3 to activate the Spleen, benefit the muscle and promote healing of the wound.
3. If there is fracture of one of the bones at the hip, add BL-11, the Gathering point of the Bones, and GB-39, the Gathering point of the Marrow, to promote the Blood circulation and speed up bone healing.
4. If there is redness at the hip joint with swelling and a hot sensation, add GB-44 and ST-44, the Spring points of the Gall Bladder channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
5. If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.
6. If there is emotional instability, add PC-6 to promote the Qi circulation and regulate the emotions.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Slight postoperative hip pain, difficulty in rotating the hip joint, weakness of the lower back and knees, rigidity in the morning, joint deformity, muscular atrophy, aggravation of hip pain by overstrain or standing too long, fatigue, lower back pain, a thin and white tongue coating, a deep and wiry pulse, and a weak pulse at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Strengthen the Kidney and Liver, harmonise the collaterals and relieve the hip pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, GB-29 Juliao, GB-30 Huan-tiao, KI-3 Taixi, KI-10 Yingu, LR-3 Taichong, LR-8 Ququan, SP-6 Sanyinjiao and some local Ah Shi points.

Even method is applied on the Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and LR-3, the Source points of the Kidney channel and the Liver channel, respectively, and KI-10 and LR-8, the Sea points of the Kidney channel and the Liver channel, respectively, are used to reinforce the Essence of the Liver and Kidney and strengthen the tendons and Bones.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Spleen and Stomach and promote the production of Qi and Blood so as to tonify the Essence of the Liver and Kidney.
- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi and Blood circulation and relieve the hip pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to promote the Qi circulation, calm the Shen and relieve the hip pain.
- GB-29 and GB-30 are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the hip pain.
- Even method applied to the Ah Shi points can clear obstructions from the local area and relieve the hip pain.

MODIFICATIONS

1. If there is swelling at the hip joint, add SP-9, the Sea point of the Spleen channel, to remove the Damp and reduce the swelling.
2. If there is lower back pain, add KI-4 and KI-5 to harmonise the collaterals and relieve the lower back pain.
3. If there is coldness of the hip and body, add CV-4 and CV-6 with moxibustion to warm the hip and body and dispel the Cold.
4. If there is night sweating with hot palms and soles, add KI-2 and HT-6 to clear the Deficient-Heat and relieve the night sweating.
5. If there is weakness of the hip, add GB-34, the Gathering point of the tendons, to strengthen the tendons and benefit the hip.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of hip pain, as follows:

- *Ear acupuncture*: select points at the hip, lumbar vertebrae, buttocks, sciatic nerves, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the hip; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the hip

- *Wrist and ankle acupuncture*: select points at lower region 5
- *Abdominal acupuncture*: select a sensitive point around ST-26.

Box 34.1 Corresponding acupuncture points: hip to shoulder

- KI-11 to HT-1
- LR-12 to PC-2
- SP-12 to LU-2
- ST-30 to LI-15
- GB-30 to TE-14
- BL-36 to SI-10

Inguinal pain 35

Introduction

Postoperative inguinal pain refers to the occurrence of pain after operation at one side or both sides of the inguinal region. In addition to pain, there may be other symptoms, such as local swelling, redness, poor wound healing, pain at the hip joint and limitation of hip joint movement.

Inguinal pain is caused by operation in the inguinal region for inguinal hernia, ligament rupture and en-bloc resection of inguinal lymph nodes, as well as prostatic hypertrophy, tumour of the prostate or scrotum, orchioncus, hip fracture, hip prosthesis, traumatic arthritis of the hip, dysplasia, dislocation or deformity of the hip joint, arthrodesis of the hip, focal clearance of hip joint tuberculosis, arthrokataadysis, arthrectomy of the hip, arthrotomy and drainage of the hip joint, fusion of the hip joint and pericoxitis.

There is usually inguinal pain prior to the operation with possible aggravation of or residual inguinal pain after the operation.

The following channels, divergences or sinews have connections with the inguinal region:

- The Stomach channel descends inside the abdomen, reaching ST-30 Qichong, and passes through the inguinal region.
- The Gall Bladder channel emerges from the lateral side of the lower abdomen near the femoral artery at the inguinal region.
- The Kidney channel, passing behind the medial malleolus, runs upward along the posteromedial aspect of the thigh and reaches the inguinal region.
- The Spleen channel passes through the anteromedial aspect of the thigh and the inguinal region before entering the abdomen.
- The Liver channel runs further upward to the medial side of the knee and along the medial aspect of the thigh to the inguinal and pubic hair regions.
- The Yin Motility Vessel runs directly upward along the posterior border of the medial aspect of the thigh to the external genitalia.
- The Yin Linking Vessel starts from the medial aspect of the leg (KI-9 Zhubin) and ascends along the medial aspect of the thigh (inguinal region) to the abdomen.
- The channel divergence of the Stomach channel originates from the Stomach channel on the thigh and passes through the inguinal region.
- The channel divergence of the Spleen channel originates from the Spleen channel on the thigh and passes through the inguinal region.
- The channel divergence of the Liver channel originates on the instep and runs upward to the pubic region.
- The Connecting Vessel of the Bladder channel connects with the Kidney channel and passes through the inguinal region.

- A branch of the Connecting Vessel of the Spleen channel runs upward to the inguinal region.
- A branch of the Connecting Vessel of the Kidney channel follows the Kidney channel upward to the inguinal region.
- A branch of the Connecting Vessel of the Liver channel passes through the inguinal region.
- The channel sinews of the Stomach channel, from the knee, ascend across the thigh and knot in the pelvic region.
- The channel sinews of the Spleen channel traverse the medial aspect of the thigh and knot at the inguinal region.
- The channel sinews of the Liver channel run upward along the medial side of the tibia and knot at the lower, medial aspect of the knee. They then run upward along the medial aspect of the thigh to the genital region, where they converge with other channel sinews.
- The channel sinews of the Kidney channel, joining with the channel sinews of the Spleen channel, ascend along the medial aspect of the genital region.

If there is operation at one side of the inguinal region, the points on the operated side should be omitted and distal points on the relevant channels (together with the related points on the opposite side) selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative inguinal pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as downward flow of Damp-Heat, stagnation of Liver-Qi and stagnation of Blood.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is inguinal pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Stomach channel, add ST-30, ST-31, ST-34, ST-40, ST-42 and ST-43
- For the Gall Bladder channel, add GB-29, GB-30, GB-36, GB-37, GB-40 and GB-41
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-8, KI-9 and KI-11
- For the Liver channel, add LR-3, LR-5, LR-6, LR-11 and LR-12
- For the Spleen channel, add SP-3, SP-4, SP-6, SP-9, SP-11 and SP-12
- For the Yin Motility Vessel, add KI-6, KI-8, KI-10, LR-3, LR-8 and SP-6
- For the Yin Linking Vessel, add KI-6, KI-9, SP-6, SP-12 and LU-7.

Treatment differentiation

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative inguinal pain, swelling, redness and pain at the inguinal region prior to or after the operation, heaviness of the legs and body, occasional burning sensation in the inguinal region and the leg, pain worsened by touch, limited movement of the hip, irritability, restlessness, poor appetite, a bitter taste in the mouth, scanty yellow urine, occasional fever, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse, particularly at the Liver and Spleen positions.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, regulate the channels, harmonise the collaterals and relieve the inguinal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-6 Zhigou, ST-36 Zusanli, SP-2 Dadu, SP-6 Sanyinjiao, SP-9 Yinlingquan, BL-64 Jinggu, GB-34 Yanglingquan and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation and relieve the inguinal pain.
- TE-4, the Source point of the Triple Burner (Energiser) channel, and TE-6, are used to promote the Qi circulation, harmonise the collaterals,

eliminate Damp-Heat in the body and relieve the inguinal pain.

- ST-36, the Sea point of the Stomach channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, together with SP-2, the Spring point of the Spleen channel, are used to eliminate Damp and clear the Heat in the body, smooth the channels and relieve the inguinal pain.
- BL-64, the Source point of the Bladder channel, is used to promote urination and eliminate Damp in the body.
- Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and collaterals, and relieve the inguinal pain.

MODIFICATIONS

1. If there is severe redness with swelling and a hot sensation in the inguinal region, add SP-2 and ST-44, the Spring points of the Spleen channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
2. If there is fever, add GV-14 and LI-11 clear the Heat and reduce the fever.
3. If there is swelling, a distending pain of the scrotum or testes and scanty urine, add CV-2, LR-5 and KI-6 to clear the Heat, eliminate Damp, harmonise the collaterals and relieve the pain.
4. If there is scanty yellow urine, add CV-3 and KI-2 to promote urination, clear the Heat and eliminate Damp in the body.

STAGNATION OF LIVER-QI

SYMPTOMS AND SIGNS

Postoperative sharp inguinal pain, aggravation of the inguinal pain by emotional disturbance, alleviation of the inguinal pain by movement and relaxation, formation of some soft swelling in the inguinal region, headache, insomnia, a thin and white tongue coating, and a wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the emotions, promote the Qi circulation, regulate the circulation in the channels and collaterals and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, LR-4 Zhongfeng, LR-5 Ligou, SP-6 Sanyinjiao, PC-6 Neiguan, GB-20 Fengchi, GB-40 Qiuxu, HT-3 Shaohai and HT-7 Shenmen.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Source point of the Liver channel, are used to smooth the emotions, promote the Qi circulation in the channels and collaterals and relieve the inguinal pain.
- LR-4, LR-5 and GB-40 are used to harmonise the collaterals in the Liver and relieve the inguinal pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, helps LI-4 and LR-3 circulate the Liver-Qi, regulate the emotions and relieve the inguinal pain. It also improves sleep.
- GB-20 is used to calm the Liver, harmonise the Gall Bladder channel and smooth the emotions.
- SP-6 is used to promote the Blood circulation and relieve the inguinal pain.
- HT-3, the Sea point of the Heart channel, is used to smooth the emotions, calm the Shen and improve sleep.

MODIFICATIONS

1. If there is insomnia, dream-disturbed sleep or restlessness, add Extra Anmian and Extra Sishencong to calm the Shen and improve sleep.
2. If there is depression, add LR-14, the Alarm Mu point of the Liver, to smooth the Liver and regulate the emotions.
3. If there is headache, add GV-20 to relieve the headache.
4. If there is fullness and pain in the chest, add CV-17, the Gathering point of the Qi, to smooth the Liver, circulate the Liver-Qi and relieve the fullness and pain in the chest.
5. If there is irritability, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall Bladder channel, respectively, to clear the Heat in the Liver and relieve the irritability.
6. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder and relieve the bitter taste in the mouth.

7. If there is poor appetite and constipation, add CV-12 and ST-40 to harmonise the Stomach, promote defecation and relieve the constipation.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative inguinal pain, pain with a fixed location, a stabbing or pricking pain in the inguinal region, formation of a hard swelling in the inguinal region, poor healing of the wound at the inguinal region with a purplish colour, limited movement of the hip joints and difficulty in walking, aggravation of the pain at rest and at night, or aggravation of the pain after the operation, alleviation of the pain by movement, a purplish tongue with purplish spots, and an erratic pulse or a thready and deep pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, promote the circulation in the channels and collaterals and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, LR-5 Ligou, SP-1 Yinbai, SP-4 Gongsun, SP-6 Sanyinjiao, SP-10 Xuehai, KI-6 Zhaohai, HT-3 Shaohai and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with LR-1 and LR-5, are used to promote the Qi and Blood circulation and relieve the inguinal pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10, together with SP-1, SP-4 and KI-6, are used to promote the Blood circulation, eliminate Blood stasis and relieve the inguinal pain.
- HT-3, the Sea point of the Heart channel, is used to calm the Shen, promote the Blood circulation, eliminate Blood stasis and relieve the pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the inguinal pain.

MODIFICATION

1. If there is poor wound healing, add SP-3 to activate the Spleen, benefit the muscle and promote healing of the wound.
2. If there is hip fracture, add BL-11, the Gathering point of the Bones, and GB-39, the Gathering point of the Marrow, to promote Blood circulation and speed up bone healing.
3. If there is redness with swelling and a hot sensation, add LR-2 and KI-2, the Spring points of the Liver channel and the Kidney channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
4. If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.
5. If there is emotional instability, add PC-6 to promote the Qi circulation and regulate the emotions.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of inguinal pain, as follows:

- *Ear acupuncture*: select points at the hip, Ear Shenmen, Heart and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the hip; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the hip
- *Wrist and ankle acupuncture*: select points at lower region 5
- *Abdominal acupuncture*: select a sensitive point around ST-26.

Box 35.1 Corresponding acupuncture points: hip to shoulder

- KI-11 to HT-1
- LR-12 to PC-2
- SP-12 to LU-2
- ST-30 to LI-15
- GB-30 to TE-14

Knee pain 36

Introduction

Postoperative knee pain refers to the occurrence of pain after operation at one side or both sides of the knee, or the muscles and tendons around the knee.

There is usually knee pain prior to the operation with possible aggravation of or residual knee pain after the operation.

The following channels, divergences or sinews have connections with the knee:

- The Stomach channel, after reaching ST-30 Qichong and traversing ST-31 Biguan and ST-32 Futu, reaches the knee.
- The Spleen channel ascends in front of the medial malleolus up to the medial aspect of the leg. It follows the posterior aspect of the tibia, crosses and runs in front of the Liver channel of the Foot-Taiyin, passing through the anteromedial aspect of the knee.
- The branch of the Bladder channel at the lumbar region descends through the gluteal region and terminates in the popliteal fossa. The branch from the posterior aspect of the neck runs straight down along the medial border of the scapula and passes through the gluteal region (GB-30 Huantiao) along the lateral aspect of the thigh. It meets the preceding branch descending from the lumbar region in the popliteal fossa.
- The Kidney channel, running behind the medial malleolus, ascends along the medial side of the leg to the medial side of the popliteal fossa.
- The Gall Bladder channel at the hip region (GB-30 Huantiao) descends along the lateral aspect of the thigh to the lateral side of the knee.
- The Liver channel, after passing the medial malleolus, ascends to an area 8 cun above the medial malleolus, where it runs across and behind the Spleen channel. It then runs further upward to the medial side of the knee.
- The Yang Motility Vessel passes the posterior border of the fibula to the knee.
- The Yin Motility Vessel runs straight upward along the posterior border of the medial aspect of the knee.
- The Yang Linking Vessel ascends along the Gall Bladder channel and passes through the knee.
- The Yin Linking Vessel starts from the medial aspect of the leg (KI-9 Zhubin).
- The channel divergence of the Bladder channel originates in the popliteal fossa.
- The channel divergence of the Stomach channel originates from the Stomach channel on the thigh.
- The channel divergence of the Spleen channel originates on the thigh.
- The channel divergence of the Gall Bladder channel originates on the thigh and crosses over the hip joint.

- A branch of the Connecting Vessel of the Stomach channel runs along the lateral aspect of the tibia upward to pass through the knee.
- The Connecting Vessel of the Bladder channel connects with the Kidney channel and passes through the knee.
- A branch of the Connecting Vessel of the Spleen channel runs upward to pass through the knee.
- A branch of the Connecting Vessel of the Kidney channel follows the Kidney channel upward to the knee.
- A branch of the Connecting Vessel of the Liver channel passes through the knee.
- The channel sinews of the Bladder channel start from the fifth toe and ascend to knot at the external malleolus and then at the knee. A lower branch separates below the external malleolus, extending to the heel, and runs upward to knot at the lateral aspect of the popliteal fossa. Another branch starts at the convergence of the medial and lateral heads of the gastrocnemius muscle and ascends to knot at the medial side of the popliteal fossa.
- The channel sinews of the Gall Bladder channel originate from the fourth toe and knot with the external malleolus. They then ascend along the lateral side of the tibia where they knot with the knee.
- The channel sinews of the Spleen channel start from the medial side of the first (big) toe and knot at the internal malleolus. They then continue upward and knot at the medial side of the knee.
- The channel sinews of the Liver channel run upward along the medial side of the tibia and knot at the lower, medial aspect of the knee.
- The channel sinews of the Kidney channel, converging with the channel sinews of the Bladder channel, knot at the lower, medial aspect of the knee.

If there is operation at one side of the knee, the points on the operated side should be omitted and distal points on the relevant channels (together with some local points on the opposite side of the knee) selected. If pain remains after the wound has healed, then local points at the same side can be combined with the other points.

Postoperative knee pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, downward flow of Damp-Heat, stagnation of Blood, deficiency of Qi and Blood, and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is knee pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-36, BL-40, BL-58, BL-63 and BL-64
- For the Gall Bladder channel, add GB-34, GB-35, GB-36, GB-37, GB-40 and GB-41
- For the Stomach channel, add ST-34, ST-35, ST-36, ST-40, ST-42 and ST-43
- For the Liver channel, add LR-3, LR-5, LR-6 and LR-8
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-9 and KI-10
- For the Spleen channel, add SP-3, SP-4, SP-8, SP-9 and SP-10.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative knee pain, or residual knee pain after the operation, knee pain with a cold and heavy sensation, aggravation of knee pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a white and moist coating, and a superficial and tight pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the knee pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-31 Fengshi, GB-35 Yangjiao, GB-34 Yanglingquan, SP-6 Sanyinjiao and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the knee pain.
- GB-31, dispels External Wind and eliminates the Damp in the lower limbs.
- GB-34, the Gathering point of the tendons, is used to eliminate External pathogenic factors, strengthen the tendons and relieve the knee pain.
- GB-35, the Accumulation point of the Yang Linking Vessel, is used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the knee pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Blood circulation, eliminate Blood stasis and relieve the knee pain.
- Ah Shi points around the knee are used to regulate the circulation of Qi and Blood in the local area, harmonise the collaterals and relieve the knee pain.

MODIFICATIONS

1. If there is swelling at the knee, add SP-9, the Sea point of the Spleen channel, to eliminate Damp and reduce the swelling.
2. If there is redness of the knee joint with swelling and a hot sensation, add GB-44 and ST-44, the Spring points of the Gall Bladder channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
3. If there is slight fever and chills, add moxibustion on LI-4 and TE-5 to disperse the Lung-Qi, eliminate Cold and relieve the External symptoms.
4. If there stiffness at the upper back, add BL-12 to dispel the External pathogenic factors and relieve the stiffness of the upper back.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative knee pain or residual knee pain after the operation, a swollen and painful knee joint with a burning sensation, redness and heaviness, pain worsened by touch, limited movement, irritability, restlessness, poor appetite, a bitter taste in the mouth, scanty yellow urine, slight fever, a red tongue with a

yellow and greasy coating, and a slippery and rapid pulse, particularly at the Liver and Spleen positions.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, harmonise the collaterals and relieve the knee pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, BL-64 Jinggu, GB-34 Yanglingquan, GB-43 Xiashi, ST-44 Neiting and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation in the body and relieve the knee pain.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, and SP-9 and GB-34, the Sea point of the Spleen channel and the Gall Bladder channel, respectively, are used to activate the Spleen and Stomach, eliminate Damp-Heat in the body and channels, and relieve the knee pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation and eliminate Blood stasis and blockage in the channels so as to relieve the knee pain.
- BL-64, the Source point of the Bladder channel, is used to promote urination, eliminate Damp-Heat and relieve the knee pain.
- ST-44 and GB-43, the Spring points of the Stomach channel and the Gall Bladder channel, respectively, are used to eliminate Damp-Heat and reduce the fever.
- Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and relieve the knee pain.

MODIFICATIONS

1. If there is redness and pain at the knee joint, add SP-10 to cool the Blood and relieve the redness and pain.
2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.

3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea and vomiting, add PC-6 to harmonise the Stomach and stop the vomiting.
5. If there is scanty yellow urine, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.
6. If there is diarrhoea, add SP-3 and ST-25 to activate the Spleen, eliminate Damp-Heat and stop the diarrhoea.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative knee pain, a stabbing pain at the knee with a fixed location, swelling at the knee, aggravation of knee pain at rest, at night or after the operation, poor wound healing, a purplish colour to the skin around the knee, alleviation of knee pain by movement, a traumatic history or a long history of knee pain, limited movement of the knee joint, a purplish tongue or purple spots on the tongue, and a deep and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, regulate the channels, harmonise the collaterals and relieve the knee pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, KI-6 Zhaohai, SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, GB-30 Huantiao, GB-37 Guangming and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with GB-30, are used to promote the Qi and Blood circulation and relieve the knee pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the knee pain.

- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart, together with KI-6, are used to promote the Blood circulation, eliminate Blood stasis and relieve the knee pain.
- GB-37, the Connecting point of the Gall Bladder channel, is used to promote the Qi and Blood circulation in the collaterals, harmonise the collaterals and relieve the knee pain.
- Some local Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the knee pain.

MODIFICATIONS

1. If there is fracture of one of the bones at the knee, add BL-11, the Gathering point of the Bones, and GB-39, the Gathering point of the Marrow, to promote the Blood circulation and speed up bone healing.
2. If there is swelling at the knee joint with formation of pus, add SP-9 to clear the Heat, remove the Toxin, reduce the swelling, eradicate the pus and promote the healing of the wound.
3. If there is restlessness at night due to severe pain, add HT-7 to calm the Shen and improve sleep.
4. If there is a hot sensation in the knee joint due to formation of Heat in the Blood resulting from prolonged Blood stagnation, add ST-44 and GB-44, the Spring points of the Stomach channel and the Gall Bladder channel, respectively, to clear the Heat in the Blood.

DEFICIENCY OF QI AND BLOOD

SYMPTOMS AND SIGNS

Postoperative knee pain with intermittent occurrence, numbness and weakness of the lower limbs, alleviation of knee pain by rest or massage, aggravation of knee pain by overwork, atrophy of the leg muscles, tiredness, a pale complexion, lower back pain, shortness of breath after exertion, poor appetite, a pale tongue with a thin and white coating, and a thready and weak pulse.

PRINCIPLE OF TREATMENT

Tonify the Qi and Blood, strengthen the knees and relieve the knee pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, LR-3 Taichong, KI-3 Taixi, ST-36 Zusanli, SP-6 Sanyinjiao and some local Ah Shi points.

Reducing method is applied on the Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LR-3 and KI-3, the Source points of the Liver channel and the Kidney channel, respectively, are used to tonify the Liver and Kidney, and strengthen the tendons and Bones. LR-3 can also promote the Qi and Blood circulation and relieve the knee pain.
- GB-39, the Gathering point of the Marrow, and GB-34, the Gathering point of the tendons, are used to reinforce the tendons and Bones.
- ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to strengthen the Spleen, Liver and Kidney, tonify the Blood and promote the production of Qi and Blood.
- Some local Ah Shi points are used to harmonise the collaterals, promote the Qi and Blood circulation in the channels and relieve the knee pain.

MODIFICATIONS

1. If there is an aversion to cold, or there are cold limbs due to deficiency of Yang, add moxibustion on CV-4 and CV-6 to reinforce the Yang-Qi and eliminate the Cold.
2. If there is swelling at the knees due to Water retention caused by deficiency of Spleen-Qi, add ST-40 and SP-9 to strengthen the Spleen, promote urination and reduce the swelling.
3. If there is weakness of the knees and lower back pain, add KI-10 to tonify the Kidney and strengthen the knees and lower back.
4. If there is dizziness, add GV-20 to activate the Yang-Qi, raise the Yang-Qi to the head and relieve the dizziness.
5. If there is poor appetite and loose stools, add SP-3, the Source point of the Spleen channel, to activate the Spleen, tonify the Qi, improve the appetite and remedy the loose stools.

DEFICIENCY OF THE LIVER AND KIDNEY*SYMPTOMS AND SIGNS*

Postoperative knee pain, a long history of knee pain, difficulty in rotating the knee, weakness of the lower back and knees, rigidity in the morning, joint deformity, muscular atrophy, aggravation of the knee pain by overstrain or standing too long, fatigue, lower back pain, an aversion to cold, a thin and white tongue coating, a deep and wiry pulse, and a weak pulse at the Liver and Kidney regions.

PRINCIPLE OF TREATMENT

Strengthen the Kidney and Liver, harmonise the collaterals and relieve the knee pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, ST-34 Liangqiu, KI-3 Taixi, KI-10 Yingu, SP-6 Sanyinjiao, LR-3 Taichong, LR-8 Ququan and some local Ah Shi points.

Even method is applied on the local Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, are used to reinforce the Kidney and strengthen the Bones and knees.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver, strengthen the tendons and benefit the knees.
- SP-6, the crossing point of the three Yin channels of the foot, is used to tonify the Spleen, Kidney and Liver, promote the Blood circulation and relieve the knee pain.
- GB-34, the Gathering point of the tendons, and GB-39, the Gathering point of the Marrow, are used to strengthen the tendons, tonify the Blood, benefit the Kidney-Essence and strengthen the knees.
- ST-34, the Accumulation point of the Stomach channel, and some local Ah Shi points are used to clear obstructions in the local channels and relieve the knee pain.

MODIFICATIONS

1. If there is swelling at the knee joint, add SP-9 to remove the Damp and reduce the swelling.
2. If there is a stabbing pain, or aggravation of knee pain at night, add LI-4 and SP-10 to promote the Blood circulation and eliminate Blood stasis.
3. If there is a severe aversion to cold and a cold sensation in the joint, moxibustion can be applied on the local points and ST-36 to warm the channel and dispel the Cold.
4. If there is a severe aversion to cold and cold limbs and body, add CV-4 and CV-6 with moxibustion to warm the Yang-Qi and dispel the Cold in the body.
5. If there are hot palms and soles, night sweating and a constant warm feeling due to deficiency of Yin, add KI-3, KI-7 and HT-6 to nourish the Yin of the body, clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of knee pain, as follows:

- *Ear acupuncture*: select points at the knee, sciatic nerve, Liver, Heart, adrenals, Ear Shenmen and the sympathetic nerves

- *Scalp acupuncture*: select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the knee; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the knee
- *Wrist and ankle acupuncture*: select points at lower region 3 and lower region 4
- *Abdominal acupuncture*: use Xia Feng Shi Dian (Lower Wind-Damp point) and Xia Feng Shi Nei Dian (Lower Wind-Damp Interior point).

Box 36.1 Corresponding acupuncture points: knee to elbow

- KI-10 to HT-3
- LR-8 to PC-3
- SP-9 to LU-5
- ST-35 to LI-11
- GB-34 to TE-10
- BL-40 to SI-8

Ankle pain 37

Introduction

Postoperative ankle pain refers to the occurrence of pain after operation at one side or both sides of the ankle, or the muscles and tendons around the ankles.

There is usually ankle pain prior to the operation with possible aggravation of or residual ankle pain after the operation.

The following channels, divergences or sinews have connections with the ankle:

- The Stomach channel runs downward along the anterior border of the lateral aspect of the tibia and passes through the middle point of the transverse crease of the ankle joint on the dorsum of the foot.
- The Spleen channel of the Foot-Taiyin, after starting from the tip of the first (big) toe (SP-1 Yinbai), runs along the medial aspect of the foot at the junction of the red and white skin, and ascends in front of the medial malleolus.
- The branch of the Bladder channel from the posterior aspect of the neck runs straight down, meeting the preceding branch descending from the lumbar region in the popliteal fossa. From there it descends to the leg and further to the posterior aspect of the external malleolus.
- The Kidney channel, emerging from the lower aspect of the tuberosity of the navicular bone, runs behind the medial malleolus.
- The Gall Bladder channel at the hip region (GB-30 Huantiao) descends along the lateral aspect of the thigh to the lateral side of the knee. Running further downward along the anterior aspect of the fibula to its lower end (GB-39 Xuanzhong), it reaches the anterior aspect of the external malleolus.
- The Liver channel runs upward from the dorsal hairy region of the first toe (LR-1 Dadun), along the dorsum of the foot, and passes through LR-4 Zhongfeng, 1 cun in front of the medial malleolus.
- The Yang Motility Vessel starts from the lateral side of the heel (BL-62 Shenmai and BL-61 Pushen) and runs upward along the external malleolus.
- The Yin Motility Vessel starts from the posterior aspect of the navicular bone (KI-6 Zhaohai) and ascends to the upper portion of the medial malleolus.
- The Yang Linking Vessel originates from the heel (BL-63 Jinmen) and emerges from the external malleolus.
- The Connecting Vessel of the Gall Bladder channel joins the Liver channel and then runs downward to pass through the ankle.

- The Connecting Vessel of the Kidney channel originates from KI-4 Dazhong on the posterior aspect of the internal malleolus.
- The channel sinews of the Bladder channel start from the fifth toe and ascend to knot at the external malleolus. A lower branch separates below the external malleolus, extending to the heel, and runs upward to knot at the lateral aspect of the popliteal fossa.
- The channel sinews of the Gall Bladder channel originate from the fourth toe and knot with the external malleolus.
- The channel sinews of the Stomach channel arise from the second, third and fourth toes, knot at the dorsum of the foot, and ascend to pass through the ankle.
- The channel sinews of the Spleen channel start from the medial side of the first toe and knot at the internal malleolus.
- The channel sinews of the Liver channel originate from the dorsum of the first toe and knot anterior to the internal malleolus.
- The channel sinews of the Kidney channel begin beneath the fifth toe. Together with the channel sinews of the Spleen channel, they run obliquely below the internal malleolus and knot at the heel.

If there is operation at one side of the ankle, the points on the operated side should be omitted and distal points on the relevant channels (together with some local points on the opposite side of the ankle) selected. If pain remains after the wound has healed, then local points at the same side can be combined with the other points.

Postoperative ankle pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, downward flow of Damp-Heat, stagnation of Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is ankle pain along one of the channels, then in order to regulate the channel, harmonise the collaterals,

promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-58, BL-59, BL-62, BL-63 and BL-64
- For the Gall Bladder channel, add GB-37, GB-40, GB-41 and GB-42
- For the Stomach channel, add ST-40, ST-41, ST-42 and ST-43
- For the Liver channel, add LR-3, LR-4, LR-5, LR-6 and LR-8
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-6 and KI-7
- For the Spleen channel, add SP-3, SP-4, SP-5 and SP-6.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative ankle pain or residual ankle pain after the operation, ankle pain with a cold and heavy sensation, aggravation of ankle pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a thin, white and greasy coating, and a superficial and tight pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the ankle pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-31 Fengshi, GB-34 Yanglingquan, SP-6 Sanyinjiao, SP-10 Xuehai and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel

the External pathogenic factors, relieve the External symptoms and alleviate the ankle pain.

- GB-31 dispels External Wind and eliminates the Damp in the lower limbs.
- GB-34, the Gathering point of the tendons, is used to eliminate the External pathogenic factors, strengthen the tendons and relieve the ankle pain.
- SP-10 activates the Blood circulation.
- SP-6, the crossing point of the three Yin channels of the foot, is used to regulate the Blood and Qi circulation and relieve the ankle pain.

MODIFICATIONS

1. If there is swelling of the ankle joint, add SP-9, the Sea point of the Spleen channel, to eliminate Damp and reduce the swelling.
2. If there is redness of the ankle joint with swelling and a hot sensation, add GB-44 and ST-44, the Spring points of the Gall Bladder channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
3. If there is slight fever and chills, add moxibustion on LI-4 and TE-5 to disperse the Lung-Qi, eliminate Cold and relieve the External symptoms.
4. If there is stiffness at the upper back, add BL-12 to dispel the External pathogenic factors and relieve the stiffness of the upper back.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative ankle pain, a swollen and painful ankle joint with a burning sensation and redness, pain worsened by touch, limited movement of the ankle joint, irritability, restlessness, poor appetite, a bitter taste in the mouth, scanty yellow urine, occasional fever, a yellow and greasy tongue coating, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp and relieve the pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, BL-64 Jinggu, GB-34 Yanglingquan, ST-40 Fenglong, ST-44 Neiting and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 and LI-4 are used to promote the Qi circulation in the channels, eliminate Damp and reduce the Heat.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Gall Bladder channel and the Spleen channel, respectively, together with ST-40 and ST-44, are used to eliminate Damp in the body and channels, clear the Heat, harmonise the collaterals and relieve the ankle pain.
- BL-64, the Source point of the Bladder channel, is used to promote urination, eliminate Damp and relieve the ankle pain.
- Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and relieve the ankle pain.

MODIFICATIONS

1. If there is swelling, redness and pain at the ankle joint, add SP-10 to cool the Blood, reduce the swelling and relieve the redness.
2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea or vomiting and diarrhoea, add CV-12 and ST-25 to regulate the Qi in the Middle Burner, harmonise the Spleen and Stomach and stop the vomiting and diarrhoea.
5. If there is scanty yellow urine, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.
6. If there is generalised body pain, add TE-5 to harmonise the collaterals of the body and relieve the body pain.
7. If there is heaviness of the body, add BL-64 to promote urination and eliminate Damp in the body.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative ankle pain, aggravation of or residual ankle pain after the operation, ankle pain with a fixed location, swelling at the ankle joint, a traumatic history,

limited movement of the ankle joint, aggravation of ankle pain at night or by pressure or movement, a light purple tongue and an erratic pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Promote the Qi and Blood circulation, eliminate Blood stasis, smooth the collaterals and relieve the ankle pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, SP-1 Yinbai, SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, GB-34 Yanglingquan and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the ankle pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the ankle pain.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, together with SP-1 and LR-1, are used to promote the Blood circulation, eliminate Blood stasis and relieve the ankle pain.
- GB-34, the Gathering point of the tendons, is used to smooth the tendons and relieve the ankle pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the ankle pain.

MODIFICATIONS

1. If there is restlessness and insomnia, add HT-7 and PC-6 to calm the Shen and improve sleep.
2. If there is swelling at the ankle, add Extra Bafeng to promote the Qi and Blood circulation and reduce the swelling.
3. If there is a purplish colour to the ankle, add GB-44 and BL-67, the Well points, to promote the Blood circulation and relieve the ankle pain.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative ankle pain of long duration, difficulty with ankle rotation, flexion and extension, weakness of the knees and ankles, rigidity in the morning, joint deformity, muscular atrophy, aggravation of ankle pain by overstrain or standing too long, fatigue, lower back pain, a thin and white tongue coating, a deep and wiry pulse, and a weak pulse at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Kidney and Liver, strengthen the tendons and Bones, smooth the channels and relieve the ankle pain.

ACUPUNCTURE TREATMENT

GB-39 Xuanzhong, GB-34 Yanglingquan, LR-3 Taichong, LR-8 Ququan, KI-3 Taixi, KI-10 Yingu, ST-36 Zusanli and SP-6 Sanyinjiao.

Even method is applied on GB-34, LR-3 and SP-6; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LR-3 and KI-3, the Source points of the Liver channel and the Kidney channel, respectively, and LR-8 and KI-10, the Sea point of the Liver channel and the Kidney channel, respectively, are used to tonify the Liver and Kidney and strengthen the tendons and Bones.
- SP-6, the crossing point of the three Yin channels of the foot, is used to strengthen the Spleen, Liver and Kidney and tonify the Blood.
- GB-39, the Gathering point of the Marrow, and GB-34, the Gathering point of the tendons, are used to reinforce the tendons and Bones.
- ST-36, the Sea point of the Stomach channel, is used to reinforce the Spleen and Stomach and promote the production of Blood.

MODIFICATIONS

1. If there is swelling of the ankle joint, add SP-9 to eliminate Damp and reduce the swelling.

2. If there is swelling (and perhaps deformity) of the ankle joint, add SP-10 to promote the Blood circulation and eliminate Blood stasis.
3. If there is severe aversion to cold and a cold sensation in the ankle joint, add moxibustion on the local points to warm the channel and dispel the Cold.
4. If there is restlessness and insomnia, add HT-7 and PC-6 to calm the Shen and improve sleep.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of ankle pain, as follows:

- *Ear acupuncture*: select points at the ankle, adrenals, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper

one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the ankle; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the ankle

- *Wrist and ankle acupuncture*: select points at lower region 5
- *Abdominal acupuncture*: use Xia Feng Shi Xia Dian (Below Wind-Damp Inferior point).

Box 37.1 Corresponding acupuncture points: ankle to wrist

- KI-3 to HT-7
- LR-4 to PC-7
- SP-5 to LU-9
- ST-41 to LI-5
- GB-40 to TE-4
- BL-62 to SI-4

38 *Heel pain*

Introduction

Postoperative heel pain refers to the occurrence of pain after operation on one side or both sides of the heel, often accompanied by a cold or hot sensation, numbness or swelling of the heel and difficulty in walking. It can appear either as an independent complaint or exist as one of the group symptoms of the Bi syndromes (arthritis).

There is usually heel pain prior to the operation with possible aggravation of or residual heel pain after the operation.

The following channels, divergences or sinews have connections with the heel:

- The Bladder channel descends to the leg and further to the posterior aspect of the external malleolus and the heel.
- The Kidney channel, emerging from the lower aspect of the tuberosity of the navicular bone and running behind the medial malleolus, enters the heel.
- The Yang Motility Vessel starts from the lateral side of the heel (BL-62 Shenmai and BL-61 Pushen).
- The Yang Linking Vessel originates from the heel (BL-63 Jinmen).
- The Connecting Vessel of the Kidney channel, originating from KI-4 Dazhong on the posterior aspect of the internal malleolus, crosses the heel and there joins the Bladder channel.
- A lower branch of the channel sinews of the Bladder channel separates below the external malleolus, extending to the heel.
- The channel sinews of the Kidney channel begin beneath the fifth toe. Together with the channel sinews of the Spleen channel, they run obliquely below the internal malleolus and knot at the heel.

If there is operation at one side of the heel, the points on the operated side should be omitted and distal points on the relevant channels (together with some local points on the opposite side of the heel) selected. If pain remains after the wound has healed, then local points at the same side can be combined with the other points.

Postoperative heel pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, invasion of Toxic-Heat, downward flow of Damp-Heat, stagnation of Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is heel pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-58, BL-59, BL-62, BL-63 and BL-64
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-6 and KI-7.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative heel pain, heel pain with a cold and heavy sensation, aggravation of heel pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a thin and white coating, and a superficial and tight pulse.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the heel pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-31 Fengshi, GB-34 Yanglingquan, SP-6 Sanyinjiao, SP-10 Xuehai, BL-60 Kunlun, BL-63 Jinmen, BL-64 Jinggu, SI-4 Wangu and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the

Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the heel pain.

- GB-31 dispels external Wind and eliminates the Damp in the lower limbs.
- GB-34, the Gathering point of the tendons, is used to eliminate External pathogenic factors, strengthen the tendons and relieve the heel pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to regulate the Blood and Qi circulation and relieve the heel pain.
- BL-60 and BL-63, the River point and the Accumulation point of the Bladder channel, respectively, together with BL-64 and SI-4, the Source points of the Bladder channel and the Small Intestine channel, respectively, plus some local Ah Shi points, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the heel pain.

MODIFICATIONS

1. If there is swelling of the heel, add SP-9, the Sea point of the Spleen channel, to eliminate Damp and reduce the swelling.
2. If there is redness of the heel with a hot sensation, add BL-66, the Spring point of the Bladder channel, to clear the Heat and relieve the redness.
3. If there is slight fever and chills, add moxibustion on LI-4 and TE-5 to disperse the Lung-Qi, eliminate the Cold and relieve the External symptoms.
4. If there is stiffness at the upper back, add BL-12 to dispel the External pathogenic factors and relieve the stiffness of the upper back.

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Postoperative heel pain, heel pain with a hot and burning sensation, redness and swelling on the heel, formation of ulcers or even pus on the heel, aggravation of heel pain after the operation, alleviation of heel pain by cold, fever, aversion to cold, thirst, restlessness, insomnia, yellow urine, constipation, a red tongue with a dry yellow coating, and a rapid and forceful pulse.

PRINCIPLE OF TREATMENT

Eliminate the Toxin, clear the Fire, promote the Blood circulation and relieve the heel pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, LI-11 Quchi, ST-44 Neiting, SP-6 Sanyinjiao, SP-10 Xuehai, BL-60 Kunlun, BL-63 Jinmen, BL-64 Jinggu, BL-66 Zutonggu, SI-4 Wangu and KI-2 Rangu.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 is used to promote the function of the Triple Burner and eliminate the Heat and Toxin in the body.
- ST-44, the Spring point of the Stomach channel, is used to clear the Heat and reduce the Fire, so as to eliminate the redness and swelling. ST-44 is also a Water point according to Five Element theory; as Water controls Fire, it is appropriate to use this point.
- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to relieve the Heat and circulate the channel so as to relieve the heel pain. In most cases of invasion of Toxic-Heat, there could be fever. When these two points are applied together, the capacity to reduce fever will be stronger.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to cool the Blood, eliminate the Toxin, reduce the swelling and relieve the heel pain.
- KI-2, the Spring point of the Kidney channel, is used to clear the Heat, reduce the fever and decrease the swelling on the heel.
- BL-60 and BL-63, the River point and the Accumulation point of the Bladder channel, respectively, BL-64 and SI-4, the Source points of the Bladder channel and the Small Intestine channel, respectively, and BL-66, the Spring point of the Bladder channel, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the heel pain.

MODIFICATIONS

1. If the feet are itchy, add LR-2 to eliminate Damp, clear the Heat and relieve the itching.
2. If there is stabbing pain at the heel, add KI-1 or BL-67 to relieve the heel pain.
3. If there is ulcer formation at the heel, add Extra Bafeng to eliminate the Toxin and promote the healing of the wound.

4. If there is fever, add GV-14 to clear the Heat and reduce the fever.
5. If there is nervousness, add GB-20 to clear the Heat in the Liver and calm the Shen.
6. If there is throat pain with swelling, add LU-10 to benefit the throat and reduce the swelling in the throat.
7. If there is a cough with expectoration of yellow phlegm, add LU-5 to eliminate Phlegm and relieve the cough.
8. If there is restlessness and insomnia, add HT-8 to clear the Heat in the Heart and improve sleep.
9. If there is constipation, add ST-25 to clear the Heat, promote defecation and relieve the constipation.

DOWNWARD FLOW OF DAMP-HEAT*SYMPTOMS AND SIGNS*

Postoperative heel pain, heel pain with a feverish and heavy sensation, redness and swelling at the heel, aggravation of heel pain by warmth, alleviation of heel pain by cold, a bitter taste in the mouth, poor appetite, fever, heaviness of the legs, painful urination, loose stools, abdominal pain and distension, deep yellow urine, a red tongue with a yellow and greasy coating at the back of the tongue, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Eliminate Damp, clear the Heat, harmonise the collaterals and relieve the heel pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, GB-34 Yanglingquan, ST-40 Fenglong, ST-44 Neiting, BL-60 Kunlun, BL-63 Jinmen, BL-64 Jinggu, BL-66 Zutonggu, SI-4 Wangu and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 and LI-4 are used to promote the Qi circulation in the channels, eliminate Damp and reduce the Heat.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points, together with ST-40 and ST-44, are used to eliminate Damp in the body and channels, clear the Heat, harmonise the collaterals and relieve the heel pain.

- BL-60 and BL-63, the River point and the Accumulation point of the Bladder channel, respectively, BL-64 and SI-4, the Source points of the Bladder channel and the Small Intestine channel, respectively, and BL-66, the Spring point of the Bladder channel, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the heel pain.

MODIFICATIONS

1. If there is obvious swelling, redness and pain at the heel, add SP-10 to cool the Blood, reduce the swelling and relieve the redness.
2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea or vomiting and diarrhoea, add CV-12 and ST-25 to regulate the Qi in the Middle Burner, harmonise the Spleen and Stomach and stop the vomiting and diarrhoea.
5. If there is scanty yellow urine, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.
6. If there is generalised body pain, add TE-5 to harmonise the collaterals of the body and relieve the body pain.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative heel pain, poor wound healing, a traumatic history or a long history of heel pain, aggravation of or residual heel pain after the operation, heel pain with swelling, a stabbing pain with a fixed location, aggravation of the heel pain at night, rigidity of the ankle, a purplish tongue with a thin coating, and a wiry and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Qi and Blood circulation, eliminate Blood stasis and relieve the heel pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, GB-34 Yanglingquan,

BL-60 Kunlun, BL-63 Jinmen, BL-64 Jinggu, BL-66 Zutonggu, SI-4 Wangu and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the heel pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the heel pain.
- LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart channel, are used to promote the Blood circulation, eliminate Blood stasis and relieve the heel pain.
- GB-34, the Gathering point of the tendons, is used to smooth the tendons and relieve the heel pain.
- BL-60 and BL-63, the River point and the Accumulation point of the Bladder channel, respectively, BL-64 and SI-4, the Source points of the Bladder channel and the Small Intestine channel, respectively, and BL-66, the Spring point of the Bladder channel, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the heel pain.

MODIFICATIONS

1. If there is swelling of the feet, add Extra Bafeng to promote the Qi and Blood circulation and reduce the swelling.
2. If there is poor healing of the wound at the heel, add BL-67, the Well point of the Bladder channel, to activate the Blood circulation and promote healing of the wound.
3. If there is weakness of the lower back and knees, add GB-39 and KI-3 to tonify the Kidney and benefit the Bones.
4. If there is depression, add LR-14 and CV-17 to smooth the Liver, promote the Qi circulation and relieve the depression.
5. If there is aversion to cold, or coldness of the foot, add ST-36 and KI-3 with moxibustion to warm the channels and dispel the Cold.
6. If there is restlessness and insomnia, add HT-7 and PC-6 to calm the Shen and improve sleep.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

A long duration of heel pain, residual heel pain after the operation, heel pain with difficulty in flexion and extension, aggravation of heel pain by overstrain or standing too long, alleviation of heel pain by rest, weakness of the knees and ankles, rigidity in the morning, joint deformity, muscular atrophy, fatigue, lower back pain, aversion to cold, a thin and white tongue coating, and a deep and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Liver and Kidney, strengthen the tendons and Bones, smooth the channels and relieve the heel pain.

ACUPUNCTURE TREATMENT

GB-39 Xuanzhong, GB-34 Yanglingquan, LR-3 Tai-chong, LR-8 Ququan, KI-3 Taixi, KI-10 Yingu, BL-63 Jinmen, ST-36 Zusanli and SP-6 Sanyinjiao.

Even method is applied on GB-34, LR-3 and SP-6; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LR-3 and KI-3, the Source points of the Liver channel and the Kidney channel, respectively, and LR-8 and KI-10, the Sea points of the Liver channel and the Kidney channel, respectively, are used to tonify the Liver and Kidney and strengthen the tendons and Bones.
- SP-6, the crossing point of the three Yin channels of the foot, strengthens the Spleen, Liver and Kidney and tonifies the Blood.
- GB-39, the Gathering point of the Marrow, and GB-34, the Gathering point of the tendons, are used to reinforce the tendons and Bones.
- BL-63, the Accumulation point of the Bladder channel, is used to harmonise the collaterals, promote the Qi and Blood circulation in the channels and relieve the heel pain.
- ST-36, the Sea point of the Stomach channel, is used to reinforce the Spleen and Stomach and promote the production of Blood.

MODIFICATIONS

1. If there is aversion of the heel to cold, add moxibustion on KI-3 and ST-36 to warm the channels, dispel the Cold and relieve the heel pain.
2. If there is weakness of the knees, legs and lower back, add KI-4 and KI-5 to harmonise the collaterals and strengthen the lower back.
3. If there is obvious general aversion to cold, add CV-4 to warm the Kidney-Yang and dispel the Cold.
4. If there is lower abdominal pain with a cold sensation, add ST-25 to dispel the Cold and relieve the abdominal pain.
5. If there is nocturia, add CV-6 to tonify the Kidney-Yang and relieve the nocturia.
6. If there is tiredness and shortness of breath due to deficiency of Qi, add GV-20 to tonify the Qi and relieve the tiredness.
7. If there is a deficiency of the Yin of the Liver and Kidney, add KI-6 and KI-7 to nourish the Yin, tonify the Kidney and clear the Deficient-Heat.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of heel pain, as follows:

- *Ear acupuncture*: select points around the ankle, toes, Kidney, Liver, Heart, adrenals, subcortex and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the heel; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the heel
- *Wrist and ankle acupuncture*: select points at lower region 1
- *Abdominal acupuncture*: use Xia Feng Shi Xia Dian (Below Wind-Damp Inferior point).

Foot pain 39

Introduction

Postoperative foot pain refers to the occurrence of pain after operation on one side or both sides of the foot, often accompanied by a cold or hot sensation, numbness, a stabbing pain or swelling of the foot.

There is usually foot pain prior to the operation with possible aggravation of or residual foot pain after the operation.

The following channels, divergences or sinews have connections with the foot:

- The Stomach channel runs downward along the anterior border of the lateral aspect of the tibia, passes through the dorsum of the foot and reaches the lateral side of the tip of the second toe (ST-45 Lidui). The tibial branch emerges from ST-36 Zusanli and enters the lateral side of the third toe. The branch from the dorsum of the foot arises from ST-42 Chongyang and terminates at the medial side of the tip of the first (big) toe (SP-1 Yinbai) where it links with the Spleen channel.
- The Spleen channel of the Foot-Taiyin starts from the tip of the first toe (SP-1 Yinbai) and runs along the medial aspect of the foot at the junction of the red and white skin.
- The Bladder channel descends to the posterior aspect of the external malleolus. Then, running along the tuberosity of the fifth metatarsal bone, it reaches the lateral side of the tip of the fifth toe (BL-67 Zhiyin) where it links with the Kidney channel.
- The Kidney channel of the Foot-Shaoyin starts from the inferior aspect of the fifth toe and runs obliquely towards the sole (KI-1 Yongquan). Emerging from the lower aspect of the tuberosity of the navicular bone and running behind the medial malleolus, it enters the heel.
- The Gall Bladder channel, after reaching the external malleolus, runs on the dorsum of the foot to the lateral side of the tip of the fourth toe (GB-44 Zuqiaoyin). The branch of the dorsum of the foot springs from GB-41 Zulinqi and runs between the first and second metatarsal bones to the distal portion of the first toe and terminates at its hairy region (LR-1 Dadun) where it links with the Liver channel of the Foot-Jueyin.
- The Liver channel of the Foot-Jueyin starts from the dorsal hairy region of the first toe (LR-1 Dadun) and runs upward along the dorsum of the foot, passing through LR-4 Zhongfeng, 1 cun in front of the medial malleolus.
- The Yang Motility Vessel starts from the lateral side of the heel (BL-62 Shenmai and BL-61 Pushen) and runs upward along the external malleolus.
- The Yin Motility Vessel starts from the posterior aspect of the navicular bone (KI-6 Zhaohai) and ascends to the upper portion of the medial malleolus.
- The channel divergence of the Liver channel originates on the instep.

- The Connecting Vessel of the Gall Bladder channel joins the Liver channel and runs downward to disperse over the dorsum of the foot.
- The channel sinews of the Bladder channel start from the fifth toe and ascend to knot at the external malleolus and then at the knee.
- The channel sinews of the Gall Bladder channel originate from the fourth toe and knot with the external malleolus.
- The channel sinews of the Stomach channel arise from the second, third and fourth toes, and knot at the dorsum of the foot.
- The channel sinews of the Spleen channel start from the medial side of the first toe and knot at the internal malleolus.
- The channel sinews of the Liver channel originate from the dorsum of the first toe and knot anterior to the internal malleolus.
- The channel sinews of the Kidney channel begin beneath the fifth toe. Together with the channel sinews of the Spleen channel, they run obliquely below the internal malleolus and knot at the heel.

If there is operation at one side of the foot, the points on the operated side should be omitted and distal points on the relevant channels (together with some local points on the opposite side of the foot) selected. If pain remains after the wound has healed, then local points at the same side can be combined with the other points.

Postoperative foot pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, invasion of Toxic-Heat, downward flow of Damp-Heat, stagnation of Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is foot pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-58, BL-59, BL-60, BL-62, BL-63 and BL-64
- For the Gall Bladder channel, add GB-37, GB-40, GB-41 and GB-42
- For the Stomach channel, add ST-40, ST-41, ST-42 and ST-43
- For the Liver channel, add LR-3, LR-4, LR-5, LR-6 and LR-8
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-6 and KI-7
- For the Spleen channel, add SP-3, SP-4, SP-5 and SP-6.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative foot pain, residual foot pain after the operation, foot pain with a cold and heavy sensation, aggravation of foot pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a thin and white coating, and a superficial and tight pulse.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the foot pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-31 Fengshi, GB-34 Yanglingquan, SP-6 Sanyinjiao, LR-3 Taichong and some local Ah Shi points

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the foot pain.
- GB-31 dispels external Wind and eliminates the Damp in the lower limbs.

- GB-34, the Gathering point of the tendons, is used to eliminate External pathogenic factors, strengthen the tendons and relieve the foot pain.
- LR-3, the Source point of the Liver channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Blood and Qi circulation and relieve the foot pain.
- Local Ah Shi points are used to harmonise the collaterals and relieve the foot pain.

MODIFICATIONS

1. If there is sharp pain with a cold sensation on the foot, add ST-45 to promote the Qi circulation and relieve the pain.
2. If there is a heavy sensation in the foot, add SP-9 to promote urination, eliminate Damp and relieve the heaviness in the foot.
3. If there is obvious aversion to cold in the foot, add ST-36 with moxibustion to promote the Qi circulation and dispel the Cold.
4. If there is headache, add GB-20 to dispel the Wind and Cold and relieve the headache.
5. If there is generalised body pain, add BL-58, the Connecting point of the Bladder channel, to relieve the External pathogenic factors and alleviate the body pain.
6. If there is poor appetite, add SP-3, the Source point of the Spleen channel, and CV-12, the Alarm Mu point of the Stomach, to activate the Spleen, regulate the Qi and improve the appetite.

INVASION OF TOXIC-HEAT

SYMPTOMS AND SIGNS

Acute occurrence of postoperative foot pain, with swelling, redness, heat and severe pain of the foot, difficulty with walking, fever, restlessness, insomnia, thirst, constipation, a red tongue with a dry yellow coating, and a rapid and forceful pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, remove the Toxin, reduce the swelling and relieve the foot pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, LI-11 Quchi, ST-44 Neiting, SP-6 Sanyinjiao, SP-10 Xuehai, BL-60 Kunlun, BL-63

Jinmen, BL-64 Jinggu, BL-66 Zutonggu, SI-4 Wangu and KI-2 Rangu.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 is used to promote the function of the Triple Burner and eliminate the Heat and Toxin in the body.
- ST-44, the Spring point of the Stomach channel, is used to clear the Heat and reduce the Fire, so as to eliminate the redness and swelling. ST-44 is also a Water point according to Five Element theory; as Water controls Fire, it is appropriate to use this point.
- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to clear the Heat, reduce the fever and promote the circulation in the channel so as to relieve the foot pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to cool the Blood, eliminate the Toxin, reduce the swelling and relieve the foot pain.
- KI-2, the Spring point of the Kidney channel, is used to clear the Heat, reduce the fever and decrease the swelling on the foot.
- BL-60 and BL-63, the River point and the Accumulation point of the Bladder channel, respectively, BL-64 and SI-4, the Source points of the Bladder channel and the Small Intestine channel, respectively, and BL-66, the Spring point of the Bladder channel, are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the heel pain.

MODIFICATIONS

1. If the foot is itchy, add LR-2 to clear the Damp-Heat and relieve the itching.
2. If there is stabbing pain on the foot, add KI-1 or BL-67 to relieve the foot pain.
3. If there is poor healing of the wound, or formation of new wounds at the foot, add Extra Bafeng to eliminate the Toxin and promote healing of the wounds.
4. If there is fever, add GV-14 to clear the Heat and reduce the fever.
5. If there is nervousness, add GB-20 to clear the Heat in the Liver and calm the Liver-Fire.
6. If there is throat pain with swelling, add LU-10 to benefit the throat and reduce the swelling in the throat.

7. If there is a cough with expectoration of yellow phlegm, add LU-5 to eliminate Phlegm and relieve the cough.
8. If there is restlessness and insomnia, add HT-8 to clear the Heat in the Heart and improve sleep.
9. If there is constipation, add ST-25 to clear the Heat, promote defecation and relieve the constipation.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative foot pain, foot pain with a feverish and heavy sensation, redness and swelling on the foot, aggravation of foot pain by warmth, alleviation of the foot pain by cold, a bitter taste in the mouth, poor appetite, fever, heaviness of the legs, painful urination, loose stools, abdominal pain and distension, deep yellow urine, a red tongue with a yellow and greasy coating at the back of the tongue, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Eliminate Damp, clear the Heat, harmonise the collaterals and relieve the foot pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, BL-64 Jinggu, GB-34 Yanglingquan, ST-40 Fenglong, ST-44 Neiting and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 and LI-4 are used to promote the Qi circulation in the channels, eliminate Damp and reduce the Heat.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, together with ST-40 and ST-44, are used to eliminate Damp in the body and channels, clear the Heat, harmonise the collaterals and relieve the foot pain.
- BL-64, the Source point of the Bladder channel, is used to promote urination, eliminate Damp and relieve the foot pain.
- Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and relieve the foot pain.

MODIFICATIONS

1. If there is swelling, redness and pain on the foot, add SP-10 to cool the Blood, reduce the swelling and relieve the redness.
2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea or vomiting and diarrhoea, add CV-12 and ST-25 to regulate the Qi in the Middle Burner, harmonise the Spleen and Stomach and stop the vomiting and diarrhoea.
5. If there is scanty yellow urine, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.
6. If there is generalised body pain, add TE-5 to harmonise the collaterals of the body and relieve the body pain.
7. If there is heaviness of the body, add BL-64 to promote urination and eliminate Damp in the body.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative foot pain, aggravation of or residual foot pain after the operation, a traumatic history or a long history of foot pain, foot pain with swelling, a stabbing pain with a fixed location, aggravation of the pain at night, occasional purplish colour of the skin on the foot, a purplish tongue with a thin coating, and a wiry and erratic pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Promote the Qi and Blood circulation, eliminate Blood stasis and relieve the foot pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, SP-1 Yinbai, SP-6 Sanyinjiao, SP-10 Xuehai, Extra Bafeng, HT-3 Shao-hai, GB-34 Yanglingquan and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source

point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the foot pain.

- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the foot pain.
- HT-3, the Sea point of the Heart channel, is used to calm the Shen, promote the Blood circulation, eliminate Blood stasis and relieve the foot pain.
- GB-34, the Gathering point of the tendons, is used to smooth the tendons and relieve the foot pain.
- LR-1, SP-1, Extra Bafeng and Ah Shi points are used to harmonise the collaterals, eliminate Blood stasis and relieve the foot pain.

MODIFICATIONS

1. If there is swelling of the foot, add SP-9 to promote the Qi and Blood circulation and reduce the swelling.
2. If there is a purplish colour to the foot, add BL-67, the Well point of the Bladder channel, to promote the Blood circulation and relieve the pain.
3. If there is fracture of one of the foot bones, add GB-39 and KI-3 to tonify the Kidney and benefit the Bones.
4. If there is aversion to cold, or coldness of the foot, add ST-36 and KI-3 with moxibustion to warm the channels and dispel the Cold.
5. If there is restlessness and insomnia, add HT-7 and PC-6 to calm the Shen and improve sleep.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative foot pain, difficulty with foot rotation, flexion and extension, aggravation of foot pain by overstrain or standing too long, alleviation of foot pain by rest, weakness of the knees and ankles, rigidity of the foot in the morning, joint deformity, muscular atrophy, fatigue, lower back pain, aversion to cold, a thin and white tongue coating, and a deep and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Liver and Kidney, strengthen the tendons and Bones, smooth the channels and relieve the foot pain.

ACUPUNCTURE TREATMENT

GB-39 Xuanzhong, GB-34 Yanglingquan, LR-3 Taichong, LR-8 Ququan, KI-3 Taixi, KI-10 Yingu, BL-63 Jinmen, ST-36 Zusanli and SP-6 Sanyinjiao.

Even method is applied on GB-34, LR-3 and SP-6; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LR-3 and KI-3, the Source points of the Liver channel and the Kidney channel, respectively, and LR-8 and KI-10, the Sea points of the Liver channel and the Kidney channel, respectively, are used to tonify the Liver and Kidney and strengthen the tendons and Bones.
- SP-6, the crossing point of the three Yin channels of the foot, strengthens the Spleen, Liver and Kidney and tonifies the Blood.
- GB-39, the Gathering point of the Marrow, and GB-34, the Gathering point of the tendons, are used to reinforce the tendons and Bones.
- BL-63, the Accumulation point of the Bladder channel, is used to harmonise the collaterals, promote the Qi and Blood circulation in the channels and relieve the foot pain.
- ST-36, the Sea point of the Stomach channel, is used to reinforce the Spleen and Stomach and promote the production of Blood.

MODIFICATIONS

1. If there is aversion of the foot to cold and cold limbs, add moxibustion on KI-3 and ST-36 to warm the channels, dispel the Cold and relieve the foot pain.
2. If there is weakness of the knees, legs and lower back, add KI-4 and KI-5 to harmonise the collaterals and strengthen the lower back.
3. If there is lower abdominal pain with a cold sensation, add ST-25 to warm the Interior, dispel the Cold and relieve the lower abdominal pain.
4. If there is nocturia, add CV-6 to tonify the Kidney-Yang and relieve the nocturia.
5. If there is tiredness and shortness of breath due to deficiency of Qi, add GV-20 to tonify the Qi and relieve the tiredness.
6. If there is a deficiency of the Yin of the Liver and Kidney, add KI-6 and KI-7 to nourish the Yin, tonify the Kidney and clear the Deficient-Heat.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of foot pain, as follows:

- *Ear acupuncture:* select points at the ankle, toes, Ear Shenmen, adrenals and the sympathetic nerves
- *Scalp acupuncture:* select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side of the foot; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the foot
- *Wrist and ankle acupuncture:* select points at lower region 4 and lower region 6
- *Abdominal acupuncture:* use Xia Feng Shi Xia Dian (Below Wind-Damp Inferior point).

Leg pain 40

Introduction

Postoperative leg pain refers to the occurrence of pain after operation at one side or both sides of the leg.

There is usually leg pain prior to the operation with possible aggravation of or residual leg pain after the operation.

The following channels, divergences or sinews have connections with the leg:

- The Stomach channel, after reaching ST-30 Qichong, runs downward, traverses ST-31 Biguan and further through ST-32 Futu, reaching the knee. From there, it continues downward along the anterior border of the lateral aspect of the tibia, passes through the dorsum of the foot and reaches the lateral side of the tip of the second toe (ST-45 Lidui).
- The Spleen channel of the Foot-Taiyin ascends in front of the medial malleolus up to the medial aspect of the leg. It follows the posterior aspect of the tibia, crosses and runs in front of the Liver channel. Passing through the anterior medial aspect of the knee and thigh, it enters the abdomen.
- The branch of the Bladder channel at the lumbar region descends through the gluteal region and terminates in the popliteal fossa. The branch from the posterior aspect of the neck runs directly downward along the medial border of the scapula, passing through the gluteal region (GB-30 Huantiao) downward along the lateral aspect of the thigh. It meets the preceding branch descending from the lumbar region in the popliteal fossa. From there it descends to the leg and further to the posterior aspect of the external malleolus.
- The Kidney channel, running behind the medial malleolus, ascends along the medial side of the leg to the medial side of the popliteal fossa and ascends along the posteromedial aspect of the thigh.
- The Gall Bladder channel at the hip region (GB-30 Huantiao) descends along the lateral aspect of the thigh to the lateral side of the knee. It then descends along the anterior aspect of the fibula to its lower end (GB-39 Xuanzhong), reaching the anterior aspect of the external malleolus.
- The Liver channel runs upward along the dorsum of the foot and ascends to an area 8 cun above the medial malleolus, from where it runs across and behind the Spleen channel. It then runs further upward to the medial side of the knee and along the medial aspect of the thigh to the pubic hair region.
- The Yang Motility Vessel starts from the lateral side of the heel (BL-62 Shenmai and BL-61 Pushen). It runs upward along the external malleolus and passes the posterior border of the fibula. It then runs onwards along the lateral side of the thigh.

- The Yin Motility Vessel ascends to the upper portion of the medial malleolus and runs directly upward along the posterior border of the medial aspect of the thigh to the external genitalia.
- The Yang Linking Vessel originates from the heel (BL-63 Jinmen) and emerges from the external malleolus. Ascending along the Gall Bladder channel, it passes through the hip region.
- The Yin Linking Vessel starts from the medial aspect of the leg (KI-9 Zhubin) and ascends along the medial aspect of the thigh to the abdomen.
- The channel divergence of the Bladder channel originates in the popliteal fossa.
- The channel divergence of the Stomach channel originates from the Stomach channel on the thigh.
- The channel divergence of the Spleen channel originates on the thigh.
- The channel divergence of the Gall Bladder channel originates on the thigh and crosses over the hip joint.
- A branch of the Connecting Vessel of the Stomach channel runs along the lateral aspect of the tibia upward to pass through the thigh.
- The channel sinews of the Bladder channel start from the fifth toe, ascending to knot at the external malleolus and then at the knee. A lower branch separates below the external malleolus, extending to the heel, and runs upward to knot at the lateral aspect of the popliteal fossa. Another branch starts at the convergence of the medial and lateral heads of the gastrocnemius muscle and ascends to knot at the medial side of the popliteal fossa. These two branches join in the gluteal region.
- The channel sinews of the Gall Bladder channel originate from the fourth toe and knot with the external malleolus. They then ascend along the lateral side of the tibia where they knot with the knee. A branch begins at the upper part of the fibula and continues upward along the thigh. One of its sub-branches runs anteriorly, knotting above ST-32 Futu.
- The channel sinews of the Stomach channel arise from the second, third and fourth toes, knot at the dorsum of the foot and ascend obliquely along the lateral aspect of the leg where they disperse at the tibia and then knot at the knee. A sub-branch connects with the fibula and joins with the Gall Bladder channel. From the knee, it ascends across the thigh and knots in the pelvic region.
- The channel sinews of the Spleen channel start from the medial side of the first toe and knot at the internal malleolus. Continuing upward and knotting at the medial side of the knee, they

traverse the medial aspect of the thigh and knot at the inguinal region.

- The channel sinews of the Liver channel originate from the dorsum of the first toe and knot anterior to the internal malleolus. They then run upward along the medial side of the tibia and knot at the lower, medial aspect of the knee. From there, they run upward along the medial aspect of the thigh to the genital region, where they converge with other channel sinews.
- The channel sinews of the Kidney channel, converging with the channel sinews of the Bladder channel, knot at the lower, medial aspect of the knee. They then join with the muscle region of the Foot-Taiyin (Spleen) and ascend along the medial aspect of the genital region.

If there is operation at one side of the leg, the points on the operated side should be omitted and distal points on the relevant channels (together with some local points on the opposite side of the leg) selected. If pain remains after the wound has healed, then local points at the same side can be combined with the other points.

It should, however, be borne in mind that leg pain is sometimes caused by problems at the lower back, such as postoperative lower back pain due to disc herniation, vertebrae fracture or degenerative spinal canal stenosis. In these cases, treatment of lower back problems is the definitive management for postoperative leg pain.

Postoperative leg pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, downward flow of Damp-Heat, stagnation of Blood, disharmony of the collaterals, deficiency of Qi and Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is leg pain along one of the channels, then in order to regulate the channel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-36, BL-40, BL-58, BL-63 and BL-64

- For the Gall Bladder channel, add GB-29, GB-30, GB-31, GB-34, GB-35, GB-36, GB-37, GB-41 and TE-5
- For the Stomach channel, add ST-34, ST-35, ST-36, ST-40, ST-42 and ST-43
- For the Liver channel, add LR-3, LR-5, LR-6, LR-8, LR-9 and LR-12
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-9 and KI-10
- For the Spleen channel, add SP-3, SP-4, SP-8, SP-9, SP-10 and SP-11.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative leg pain, residual leg pain after the operation, leg pain with a cold and heavy sensation, aggravation of leg pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a thin and white coating, and a superficial and tight pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the leg pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, GB-31 Fengshi, GB-35 Yangjiao, GB-34 Yanglingquan, SP-6 Sanyinjiao and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the leg pain.

- GB-31 dispels External Wind and eliminates the Damp in the lower limbs.
- GB-34, the Gathering point of the tendons, is used to eliminate the External pathogenic factors, strengthen the tendons and relieve the leg pain.
- GB-35, the Accumulation point of the Yang Linking Vessel, is used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the leg pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Blood circulation, eliminate Blood stasis and relieve the leg pain.
- Ah Shi points around the hip joint are suitable for regulating circulation of Qi and Blood in the local area to relieve the leg pain.

MODIFICATIONS

1. If there is swelling on the leg, add SP-9, the Sea point of the Spleen channel, to remove the Damp and reduce the swelling.
2. If there is redness of the leg with swelling and a hot sensation, add GB-44 and ST-44, the Spring points of the Gall Bladder channel and the Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
3. If there is severe aversion to cold on the leg, add moxibustion on LI-4 and TE-5 to disperse the Lung-Qi, eliminate the Cold and relieve the External symptoms.
4. If there stiffness at the upper back, add BL-12 to dispel the External pathogenic factors and relieve the stiffness of the upper back.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative leg pain, swelling on the leg, a burning sensation in the legs with redness and heaviness, pain worsened by touch, limited leg movement, irritability, restlessness, poor appetite, a bitter taste in the mouth, scanty yellow urine, slight fever, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, harmonise the collaterals and relieve the leg pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, BL-64 Jinggu, GB-34 Yanglingquan, GB-43 Xiashi, ST-44 Neiting and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation in the body and relieve the leg pain.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, are used to activate the Spleen and Stomach, eliminate Damp-Heat in the body and channels, and relieve the leg pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation and eliminate Blood stasis and blockage in the channels so as to relieve the leg pain.
- BL-64, the Source point of the Bladder channel, is used to promote urination, eliminate Damp-Heat and relieve the leg pain.
- ST-44 and GB-43, the Spring points of the Stomach channel and the Gall Bladder channel, respectively, are used to eliminate Damp-Heat and reduce the fever.
- Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and relieve the leg pain.

MODIFICATIONS

1. If there is redness and pain on the leg, add SP-10 to cool the Blood and relieve the redness and pain.
2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea and vomiting, add PC-6 to harmonise the Stomach and stop the vomiting.
5. If there is scanty yellow urine, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.

STAGNATION OF BLOOD*SYMPTOMS AND SIGNS*

Postoperative stabbing leg pain, leg pain with a fixed location, swelling on the leg, aggravation of leg pain at night, at rest or after the operation, poor wound healing, a purplish colour of the skin on the leg, alleviation of leg pain by movement, a traumatic history, limited leg movement, a purplish tongue or purple spots on the tongue, and a deep and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, regulate the channels, harmonise the collaterals and relieve the leg pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, SP-1 Yinbai, SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, GB-30 Huantiao, GB-37 Guangming and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with GB-30, are used to promote the Qi and Blood circulation and relieve the leg pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the leg pain.
- HT-3, the Sea point of the Heart channel, is used to calm the Shen, promote the Blood circulation and relieve the leg pain.
- GB-37, the Connecting point of the Gall Bladder channel, is used to promote the Qi and Blood circulation in the collaterals and harmonise the collaterals so as to relieve the leg pain.
- LR-1, SP-1 and some local Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the leg pain.

MODIFICATIONS

1. If there is fracture of one of the leg bones, add BL-11, the Gathering point of the Bones, and GB-39, the Gathering point of the Marrow, to promote the Blood circulation and speed up bone healing.
2. If there is swelling of the leg with formation of pus, add SP-9 to clear the Heat, remove the Toxin, reduce the swelling, eliminate the pus and promote healing.
3. If there is restlessness at night due to severe pain, add HT-7 to calm the Shen and improve sleep.
4. If there is a hot sensation in the leg joints due to formation of Heat in the Blood resulting from prolonged Blood stagnation, add ST-44 and GB-44, the Spring points of the Stomach channel and the Gall Bladder channel, respectively, to clear the Heat in the Blood.

DISHARMONY OF THE COLLATERALS

SYMPTOMS AND SIGNS

Postoperative leg pain, a long duration of leg pain or aggravation of leg pain after the operation, numbness, swelling and tingling on the leg, local muscle atrophy, weakness of the leg, a preference for warmth and massage, aggravation of leg pain after exertion, a pale tongue with a thin and white coating, and a deep, thready and wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, harmonise the collaterals and relieve the leg pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, LR-5 Ligou, LU-7 Lieque, SP-1 Yinbai, SP-4 Gongsun, SP-6 Sanyinjiao, HT-5 Tongli and some local Ah Shi points.

Even method is applied on LR-1 and SP-1; reducing method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the leg pain.

- LR-5 and SP-4, the Connecting points of the Liver channel and the Spleen channel, respectively, together with LU-7, the Connecting point of the Lung channel, are used to harmonise the collaterals in the leg and relieve the leg pain.
- HT-5, the Connecting point of the Heart channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to promote the Blood circulation, eliminate Blood stasis in the collaterals and relieve the leg pain.
- LR-1, SP-1 and some local Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the leg pain.

MODIFICATIONS

1. If there is a constant tingling and numbness on the leg, add BL-62 to harmonise the collaterals, promote the Qi and Blood circulation and relieve the tingling and numbness on the leg.
2. If there is obvious local muscle atrophy, add SP-3, the Source point of the Spleen channel, to activate the Spleen and strengthen the muscles.
3. If there is severe pain at night, add BL-17, the Gathering point of the Blood, and HT-7 to promote circulation of the Blood, calm the Shen and relieve the leg pain.
4. If there is redness and swelling at the elbow, add LI-2 to clear the Heat and reduce the swelling.

DEFICIENCY OF QI AND BLOOD

SYMPTOMS AND SIGNS

Postoperative leg pain, leg pain with a long history, leg pain with intermittent occurrence, numbness and weakness of the lower limbs, alleviation of leg pain by rest or massage, aggravation of leg pain by overwork, local muscular atrophy, tiredness, a pale complexion, lower back pain, shortness of breath after exertion, poor appetite, a pale tongue with a thin and white coating, and a thready and weak pulse, particularly at the Heart, Liver, Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Qi and Blood, strengthen the legs and relieve the leg pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, LR-3 Tai-chong, KI-3 Taixi, ST-36 Zusanli, SP-6 Sanyinjiao and some local Ah Shi points.

Reducing method is applied on the local Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LR-3 and KI-3, the Source points of the Liver channel and the Kidney channel, respectively, are used to tonify the Liver and Kidney, and strengthen the tendons and Bones. LR-3 also promotes the Qi and Blood circulation and relieves the leg pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to strengthen the Spleen, Liver and Kidney and tonify the Blood.
- GB-39, the Gathering point of the Marrow, and GB-34, the Gathering point of the tendons, are used to reinforce the tendons and Bones.
- ST-36, the Sea point of the Stomach channel, is used to reinforce the Spleen and Stomach and promote the production of Qi and Blood.
- Ah Shi points are used to harmonise the collaterals, promote the Qi and Blood circulation in the channels and relieve the leg pain.

MODIFICATIONS

1. If there is aversion to cold or cold limbs due to deficiency of Yang, add moxibustion on CV-4 and CV-6 to reinforce Yang-Qi and eliminate the Cold.
2. If there is swelling of the legs due to poor water metabolism caused by deficiency of Spleen-Qi, add ST-40 and SP-9 to strengthen the Spleen, promote urination and reduce the swelling.
3. If there is dizziness, add GV-20 to activate Yang-Qi, send Yang-Qi to the head and relieve the dizziness.
4. If there is poor appetite and loose stools, add SP-3, the Source point of the Spleen channel, to activate the Spleen, tonify the Qi, improve the appetite and remedy the loose stools.
5. If there is weakness of the legs and lower back pain, add KI-10 to tonify the Kidney and strengthen the legs and lower back.

DEFICIENCY OF THE LIVER AND KIDNEY*SYMPTOMS AND SIGNS*

Postoperative leg pain, a long history of leg pain, difficulty with leg movement, weakness of the lower back and legs, rigidity of the leg in the morning, joint deformity, local muscular atrophy, aggravation of leg pain by overstrain or standing too long, fatigue, lower back pain, aversion to cold, a thin and white tongue coating, and a deep and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Strengthen the Liver and Kidney, harmonise the collaterals and relieve the leg pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, ST-34 Liang-qi, KI-3 Taixi, KI-10 Yingu, SP-6 Sanyinjiao, LR-3 Tai-chong, LR-8 Ququan and some local Ah Shi points.

Reducing method is applied on the local Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, are used to reinforce the Kidney and strengthen the Bones and legs.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver, strengthen the tendons and benefit the legs.
- SP-6, the crossing point of the three Yin channels of the foot, is used to tonify the Spleen, Kidney and Liver, promote the Blood circulation and relieve the leg pain.
- GB-34, the Gathering point of the tendons, and GB-39, the Gathering point of the Marrow, are used to strengthen the tendons, tonify the Blood, benefit the Kidney-Essence and strengthen the legs.
- ST-34, the Accumulation point of the Stomach channel, and local Ah Shi points are used to clear the obstructions in the local channels and relieve the leg pain.

MODIFICATIONS

1. If there is swelling on the leg, add SP-9 to remove the Damp and reduce the swelling.
2. If there is stabbing pain or aggravation of the leg pain at night, add LI-4 and SP-10 to promote the Blood circulation and eliminate Blood stasis.
3. If there is severe aversion to cold and a cold sensation on the leg, add ST-36 with moxibustion on the local points to warm the channels and dispel the Cold.
4. If there is severe aversion to cold, cold limbs and body, add CV-4 and CV-6 with moxibustion to warm the Yang-Qi and dispel the Cold in the body.
5. If there are hot palms and soles, night sweating and a constant warm feeling due to deficiency of Yin, add KI-3, KI-7 and HT-6 to nourish the Yin of the body, clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of leg pain, as follows:

- *Ear acupuncture*: select points between the toe and hip, sciatic nerves, lumbar vertebrae, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the motor area to treat pain of the contralateral lower limb; select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side in the leg; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the leg
- *Wrist and ankle acupuncture*: select points at lower region 6
- *Abdominal acupuncture*: use Qi Pang (Besides Qi).

41 *Back pain*

Introduction

Postoperative back pain refers to occurrence of pain after operation on the back, including the upper, middle and lower back. Of these types of postoperative pain, postoperative lower back pain is the most common.

Back pain is extremely common in current society. Seventy-five percent of all people will experience back pain at some time in their lives. Back pain is the second leading cause of absenteeism from work, after the common cold. Postoperative back pain is frequently encountered in daily practice.

There is usually back pain prior to the operation with possible aggravation or residual back pain after the operation.

Clinical symptoms of postoperative back pain vary from site to site. For instance:

- *Postoperative upper back pain*: Upper back pain after the operation, stiffness at the upper back, difficulty in lying supine, pressure at the chest, palpitations, shortness of breath, breast pain, pain under the axilla and occasional difficulty in raising the arms.
- *Postoperative middle back pain*: Middle back pain after the operation, stiffness at the middle back, radiation of pain to the hypochondriac or stomach region, poor digestion and difficulty in lying supine.
- *Postoperative lower back pain*: Low back pain, lumbar tenderness and paravertebral spasm, difficulty in lifting heavy objects, lower back pain often radiating to the buttock or leg, paraesthesia or numbness in the leg, restriction of all back movement and restriction in straight leg raising.

In Western medicine, when an invasive or non-invasive operation is used to treat back pain, there is usually severe disorder or damage at the vertebrae. During operation, the following techniques are often applied to resolve back problems:

- An artificial cushioning device called the prosthetic disk nucleus (PDN) replaces only the inner gel-like core (nucleus pulposus) within the intervertebral space, rather than the entire disk
- Spinal fusion for abnormal vertebral position or movement, e.g. spinal stenosis or spondylolisthesis
- Laminectomy (removal of a vertebra) or laminotomy (part of a vertebra is shaved off) to decompress the nerve
- Percutaneous vertebroplasty, the injection of a cement-like bone substitute into damaged vertebrae under endoscopic and x-ray guidance

- Intradiscal electrothermal treatment (IDET) employing a probe that uses electricity to heat the injured disk tissue, specifically the annular ring nerve fibres
- Discectomy, the surgical removal of the diseased disk, e.g. herniation, to relieve pressure on the spine
- Artificial disk replacement (total disk replacement is an experimental procedure for severely damaged disks).

However, operation is not able to resolve all back problems and, in some cases, there is aggravation of the back pain after the operation. The complications of spinal surgery can include nerve and muscle damage, infection and formation of scar tissue or lesions that can cause persistent back pain or even the need for re-operation. After operation and the use of some invasive techniques, staying in bed for too long with a lack of or even incorrect movement can also cause post-operative back pain.

When postoperative back pain occurs, Western medicine uses the following methods to treat the pain:

- Oral medication, such as painkillers and muscle relaxant drugs
- Injections of different anaesthetic substances, including corticosteroids, hypertonic saline, local anaesthetics, botulinum, etc. The injection uses either an epidural or intramuscular route for pain relief by impairing the nerves that are causing the pain due to impingement. However, none of these substances cure the problem
- For severe episodes of back pain, particularly low back pain, narcotic pain medication may be prescribed, such as codeine, propoxyphene, hydrocodone and oxycodone. These narcotic medications can be highly effective in treating back pain for short periods of time (less than 2 weeks). Afterwards, the body rapidly builds up a natural tolerance to narcotic medications and they lose their effectiveness. In addition, their side effects, such as impairment of mental function and drowsiness, significant constipation, addiction, drug interaction with acetaminophen, etc. preclude their use in some patients.

In Traditional Chinese Medicine (TCM), the treatment approaches are different from those of modern medicine. It is held that postoperative back pain can be caused by a disturbance of one or more of the channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, as outlined below.

The following channels, divergences or sinews have connections with the back and its interior organs:

- The Bladder channel, after emerging and bifurcating to descend along the posterior aspect of the neck, runs downward alongside the medial aspect of the scapular region and parallel to the vertebral column. It then reaches the lumbar region, where it enters the body cavity via the paravertebral muscle to connect with the Kidney and join its pertaining organ, the bladder. The branch of the lumbar region descends through the gluteal region. The branch from the posterior aspect of the neck descends along the medial border of the scapula, passing through the gluteal region (GB-30 Huantiao).
- The Kidney channel ascends along the medial side of the leg to the medial side of the popliteal fossa and runs further upward along the posteromedial aspect of the thigh towards the vertebral column (GV-1 Changqiang).
- The Governing Vessel, emerging from the perineum, runs posteriorly along the interior of the spinal column to GV-16 Fengfu at the nape of the neck.
- The Penetrating Vessel runs inside the spinal column.
- The Girdling Vessel, originating below the hypochondriac region, runs transversely around the waist like a belt.
- The channel divergence of the Bladder channel originates in the popliteal fossa and proceeds to a point 5 cun below the sacrum.
- The channel divergence of the Kidney channel, intersecting the channel divergence of the Bladder channel on the thigh, runs upward to pass through the sacrum and the back, finally emerging at the nape of the neck to join the Bladder channel.
- A branch of the Connecting Vessel of the Kidney channel follows the Kidney channel upward to a point below the Pericardium and then pierces through the lumbar vertebrae.
- The Connecting Vessel of the Governing Vessel arises from GV-1 Changqiang in the perineum and runs upward along both sides of the spine to the nape of the neck. On reaching the scapular regions, it connects with the Bladder channel and pierces through the spine.
- A branch of the channel sinews of the Large Intestine channel moves around the scapula and attaches to the spine.
- The channel sinews of the Stomach channel ascend directly to knot at the hip joint and extend to the lower ribs to connect with the spine.

- An internal branch of the channel sinews of the Spleen channel in the abdominal cavity adheres to the spine.
- Two branches of the channel sinews of the Bladder channel join in the gluteal region and then ascend along the side of the spine to the nape of the neck.
- A branch of the channel sinews of the Kidney channel proceeds upward along the side of the spine to the nape of the neck and knots with the occipital bone.

After operation on the back, local points should be omitted and distal points on the relevant channels selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative back pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as incomplete disappearance of External pathogenic factors, stagnation of Blood, deficiency of Qi and Blood and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is back pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-32, BL-36, BL-40, BL-58, BL-63, BL-64 and BL-65
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-6, KI-8, KI-9 and KI-10
- For the Gall Bladder channel, add GB-30, GB-31, GB-34, GB-35, GB-36, GB-37, GB-40 and GB-41
- For the Stomach channel, add ST-34, ST-35, ST-36, ST-40, ST-42 and ST-43
- For the Liver channel, add LR-3, LR-5, LR-6, LR-8, LR-9 and LR-12
- For the Governing Vessel, add BL-40, BL-58, BL-59, BL-60, BL-62, BL-63, SI-3 and GV-14
- For the Penetrating Vessel, add PC-6, SP-4, KI-11, KI-12, KI-21, SI-3, BL-62 and SP-6
- For the Girdling Vessel, add GB-26, GB-27, GB-28, GB-41 and TE-5.

Treatment differentiation

INCOMPLETE DISAPPEARANCE OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative back pain or residual back pain after the operation, back pain with a cold and heavy sensation, aggravation of back pain in wet, humid, windy and cold weather, a preference for warmth and massage, headache, absence of thirst, clear urine, a pale tongue with a thin and white coating, and a superficial and tight pulse, particularly at the Lung and Spleen positions.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the back pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, BL-12 Fengmen, BL-58 Feiyang, BL-63 Jinmen, GB-30 Huantiao, GB-31 Fengshi, GB-35 Yangjiao, SP-6 Sanyinjiao, SP-10 Xuehai and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, together with BL-12, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the back pain.
- GB-30, the meeting point of the Gall Bladder channel and the Bladder channel, is used to dispel the Wind, eliminate Damp, invigorate the Qi circulation in the collaterals and clear the obstructions in the channels.
- GB-31 dispels External Wind and eliminates the Damp in the lower limbs.
- GB-35, the Accumulation point of the Yang Linking Vessel, is used to harmonise the collaterals, promote the Qi and Blood circulation and relieve the back pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to activate the Blood

circulation, eliminate Blood stasis and relieve the back pain.

- BL-58 and BL-63, the Connecting point and the Accumulation point of the Bladder channel, respectively, are used to dispel the Wind, eliminate Damp, relieve the External symptoms and alleviate the back pain.
- Ah Shi points are used to regulate the circulation of Qi and Blood in the local areas and relieve the back pain.

MODIFICATIONS

1. If there is swelling of the back with heaviness, add SP-9, the Sea point of the Spleen channel, to remove the Damp and reduce the swelling.
2. If there is slight fever and chills, add moxibustion on LI-4 and TE-5 to disperse the Lung-Qi, eliminate the Cold and relieve the External symptoms.
3. If there is back pain with a burning feeling or a hot sensation, add BL-66 and GB-43, the Spring points, to clear the Heat, reduce the swelling and relieve the burning feeling at the back.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain at the back, back pain with a fixed location, aggravation of back pain at night, at rest or after the operation, poor wound healing, alleviation of back pain by movement, a traumatic history, a purplish tongue with a thin and white coating or purplish spots on the tongue, and a deep and erratic pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, regulate the channels, harmonise the collaterals and relieve the back pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, GB-30 Huantiao, GB-34 Yanglingquan, BL-63 Jinmen, BL-64 Jinggu, BL-67 Zhiyin and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with GB-30, are used to promote the Qi and Blood circulation and relieve the back pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the back pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, eliminate Blood stasis and relieve the back pain.
- GB-34, the Gathering point of the tendons, is used to promote the Qi and Blood circulation in the tendons, relax the tendons and relieve the back pain.
- BL-63, BL-64 and BL-67 are used to regulate the Qi and Blood circulation, eliminate Blood stasis and relieve the back pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the back pain.

MODIFICATIONS

1. If there is fracture or herniation of vertebrae, add BL-11, the Gathering point of the Bones, and GB-39, the Gathering point of the Marrow, to promote the Blood circulation, benefit the Bones, strengthen the Marrow and speed up bone healing.
2. If there is swelling of the wound with redness, add LI-11 and SP-9 to clear the Heat, remove the Toxin, reduce the swelling and promote healing.
3. If there is restlessness at night due to severe pain, add HT-7 to calm the Shen and improve sleep.
4. If there is a warm or burning sensation at the back, add BL-66 and GB-43, the Spring points, to clear the Heat and relieve the burning sensation at the back.

DEFICIENCY OF QI AND BLOOD

SYMPTOMS AND SIGNS

Postoperative back pain with intermittent occurrence, back pain with numbness, weakness at the back and lower limbs, alleviation of back pain by rest or massage, aggravation of back pain by overwork, muscular atrophy on the back or legs, tiredness, a pale complexion, lower back pain, shortness of breath after exertion, poor appetite, a pale tongue with a thin and white

coating, and a thready and weak pulse, particularly at the Spleen, Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Qi and Blood, strengthen the back and relieve the back pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, LR-3 Taichong, LR-8 Ququan, KI-3 Taixi, ST-36 Zusanli, ST-42 Chongyang, SP-3 Taibai, SP-6 Sanyinjiao and Ah Shi points.

Reducing method is applied on the Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- LR-3 and KI-3, the Source points of the Liver channel and the Kidney channel, respectively, and LR-8, the Sea point of the Liver channel, are used to tonify the Essence of the Liver and Kidney, and strengthen the tendons and Bones.
- ST-36 and ST-42, the Sea point and the Source point of the Stomach channel, respectively, and SP-3 and SP-6, the Source point and the crossing point of the three Yin channels of the foot, respectively, are used to strengthen the Spleen and Stomach, tonify the Qi and Blood and relieve the back pain.
- GB-39, the Gathering point of the Marrow, and GB-34, the Gathering point of the tendons, are used to reinforce the tendons and Bones and relieve the back pain.
- Ah Shi points are used to harmonise the collaterals, promote the Qi and Blood circulation in the channels and relieve the back pain.

MODIFICATIONS

1. If there is aversion to cold or cold limbs due to deficiency of Yang, add moxibustion on CV-4 and CV-6 to reinforce Yang-Qi and eliminate the Cold.
2. If there is heaviness of the back with weakness of the back muscles, add ST-40 and SP-9 to strengthen the Spleen, promote urination and relieve the heaviness of the back muscles.
3. If there is dizziness, add GV-20 to activate Yang-Qi, raise the Yang-Qi to the head and relieve the dizziness.

4. If there is poor appetite and loose stools, add CV-12 to activate the Stomach, regulate the digestion, improve the appetite and remedy the loose stools.
5. If there is weakness of the knees and lower back pain, add KI-10 to tonify the Kidney and strengthen the knees and lower back.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative back pain, a long history of back weakness, rigidity at the lower back in the morning, muscular atrophy at the back, aggravation of back pain by overstrain or standing too long, fatigue, tinnitus, a thin and white tongue coating, and a deep and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Strengthen the Liver and Kidney, harmonise the collaterals and relieve the back pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, KI-3 Taixi, KI-10 Yingu, SP-6 Sanyinjiao, LR-3 Taichong, LR-8 Ququan, CV-4 Guanyuan, CV-6 Qihai and some local Ah Shi points.

Even method is applied on the local Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, are used to reinforce the Kidney and strengthen the Bones and the back.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver, strengthen the tendons and benefit the back.
- SP-6, the crossing point of the three Yin channels of the foot, is used to tonify the Spleen, Kidney and Liver and promote the Blood circulation.
- GB-34, the Gathering point of the tendons, and GB-39, the Gathering point of the Marrow, are used to strengthen the tendons, tonify the Blood, benefit the Kidney-Essence and strengthen the back.

- CV-4 and CV-6 are used to tonify the Qi and Blood, reinforce the Kidney-Essence and relieve the weakness of the muscles, tendons and Bones of the back.
- The local Ah Shi points are used to harmonise the collaterals and promote the Qi and Blood circulation.
- All the above points are used to relieve the back pain.

MODIFICATIONS

1. If there is a stabbing pain at the back, or aggravation of the back pain at night, add LI-4 and SP-10 to promote the Blood circulation, eliminate Blood stasis and relieve the back pain.
2. If there is severe aversion to cold and a cold sensation, add moxibustion on the local points and ST-36 to warm the channels and dispel the Cold.
3. If there are hot palms and soles, night sweating and a constant warm feeling due to deficiency of Yin, add KI-7 and HT-6 to nourish the Yin of the body, clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of back pain, as follows:

- *Ear acupuncture*: select points at the lumbar vertebrae, buttocks, sciatic nerves, adrenals, Ear Shenmen and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side in the back; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the back; to treat back pain due to operation on the vertebrae by needling stimulation, select points at both sides of the upper one-fifth of the sensory area and the motor and sensory areas of the foot
- *Wrist and ankle acupuncture*: select points at lower region 6
- *Abdominal acupuncture*: use Qi Pang (Besides Qi) and Guan Yuan Xia (Below CV-4).

42 *Coccyx pain*

Introduction

Postoperative coccyx pain refers to the occurrence of pain after operation at the coccyx or buttock.

There is usually coccyx pain prior to the operation with possible aggravation of or residual coccyx pain after the operation.

The following channels, divergences or sinews have connections with the coccyx and its interior organs:

- The Bladder channel reaches the lumbar region. The branch of the lumbar region descends through the gluteal region. The branch from the posterior aspect of the neck runs directly downward along the medial border of the scapula, passing through the gluteal region (GB-30 Huantiao).
- The Kidney channel runs further upward along the posteromedial aspect of the thigh towards the vertebral column (GV-1 Changqiang).
- The Governing Vessel arises from the lower abdomen and emerges from the perineum. It then runs posteriorly along the middle line to GV-16 Fengfu.
- The channel divergence of the Bladder channel originates in the popliteal fossa and proceeds to a point 5 cun below the sacrum. It then winds round to the anal region.
- The channel divergence of the Kidney channel, intersecting the channel divergence of the Bladder channel on the thigh, runs upward to pass through the sacrum and the back, finally emerging at the nape of the neck to join the Bladder channel.
- The Connecting Vessel of the Governing Vessel arises from GV-1 Changqiang in the perineum and runs upward to pass through the coccyx.
- A sub-branch of the channel sinews of the Gall Bladder channel, exiting from the thigh, runs posteriorly and knots with the sacrum.

After operation at the coccyx, local points should be omitted and distal points on the relevant channels selected. If pain remains after the wound has healed, then local points can be combined with the other points.

Postoperative coccyx pain can be caused by a disturbance of one or more of the above channels, channel divergences, Connecting Vessels and channel sinews resulting from various causes, such as stagnation of Blood, downward flow of Damp-Heat and deficiency of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

If there is coccyx pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Bladder channel, add BL-36, BL-40, BL-58, BL-63, BL-64 and BL-65
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-6, KI-8, KI-9 and KI-10
- For the Governing Vessel, add SI-3, BL-40, BL-58, BL-59, BL-60, BL-62, BL-63 and GV-14.

Treatment differentiation

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing coccyx pain, coccyx pain with a fixed location, aggravation of coccyx pain at night, at rest or after the operation, poor wound healing, difficulty in sitting, alleviation of coccyx pain by movement, a traumatic history at the coccyx, a purplish tongue or purplish spots on the tongue, and a deep and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, regulate the channels, harmonise the collaterals and relieve the coccyx pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, GB-30 Huantiao, GB-34 Yanglingquan, BL-40 Weizhong, BL-54 Zhibian, BL-57 Chengshan and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, together with GB-30, are used to promote the Qi and Blood circulation and relieve the coccyx pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the coccyx pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, eliminate Blood stasis and relieve the coccyx pain.
- GB-34, the Gathering point of the tendons, is used to promote the Qi and Blood circulation in the tendons, relax the tendons and relieve the coccyx pain.
- BL-40, BL-54 and BL-57 are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the coccyx pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the coccyx pain.

MODIFICATIONS

1. If there is fracture at the coccyx, add BL-11, the Gathering point of the Bones, and GB-39, the Gathering point of the Marrow, to promote the Blood circulation, benefit the Bones, strengthen the Marrow and speed up bone healing.
2. If there is coccyx pain and swelling of the wound with redness, add LI-11 and SP-9 to clear the Heat, remove the Toxin, reduce the swelling and promote healing.
3. If there is restlessness at night due to severe pain, add HT-7 to calm the Shen and improve sleep.
4. If there is a warm or burning sensation at the coccyx, add BL-66 and GB-43, the Spring points, to clear the Heat and relieve the burning sensation at the coccyx.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative coccyx pain, coccyx pain with a heavy and burning or hot sensation, lack of improvement of coccyx pain after the operation, restlessness, poor appetite, a bitter taste in the mouth, scanty yellow urine,

occasional fever, a yellow and greasy tongue coating, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, regulate the channels, harmonise the collaterals and relieve the coccyx pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-6 Zhigou, ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, GB-34 Yanglingquan, GB-40 Qiuxu, BL-40 Weizhong, BL-54 Zhibian, BL-57 Chengshan, BL-64 Jinggu and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation in the body and relieve the coccyx pain.
- TE-4, the Source point, and TE-6 are used to promote the Qi circulation, harmonise the collaterals, eliminate Damp-Heat and relieve the coccyx pain.
- ST-36 and ST-40, the Sea point and the Connecting point of the Stomach channel, respectively, SP-6, the crossing point of three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, together with GB-40, are used to eliminate Damp and clear the Heat in the body and channels so as to relieve the coccyx pain.
- BL-40, BL-54 and BL-57 are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the coccyx pain.
- BL-64, the Source point of the Bladder channel, is used to promote urination, eliminate Damp and relieve the coccyx pain.
- Ah Shi points are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and collaterals and relieve the coccyx pain.

MODIFICATIONS

1. If there is fever, add GV-14 and LI-11 clear the Heat and reduce the fever.
2. If there is headache, add GB-20 to relieve the headache.

3. If there is severe nausea and vomiting, add PC-6 to harmonise the Stomach and stop the vomiting.
4. If there is scanty, yellow and painful urination, add CV-3 to promote urination, clear the Heat and eliminate Damp in the body.

DEFICIENCY OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative coccyx pain, a long history of coccyx pain, weakness of the lower back and knees, rigidity of the lower back in the morning, aggravation of coccyx pain by overstrain or standing too long, fatigue, a thin and white tongue coating, and a deep, thin and weak pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Strengthen the Liver and Kidney, harmonise the collaterals and relieve the coccyx pain.

ACUPUNCTURE TREATMENT

GB-34 Yanglingquan, GB-39 Xuanzhong, KI-3 Taixi, KI-10 Yingu, SP-6 Sanyinjiao, LR-3 Taichong, LR-8 Ququan, CV-4 Guanyuan, CV-6 Qihai, BL-40 Weizhong, BL-54 Zhibian, BL-57 Chengshan and some local Ah Shi points.

Even method is applied on the local Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and KI-10, the Source point and the Sea point of the Kidney channel, respectively, are used to reinforce the Kidney and strengthen the Bones and the back.
- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to tonify the Liver, strengthen the tendons and benefit the back.
- SP-6, the crossing point of the three Yin channels of the foot, is used to tonify the Spleen, Kidney and Liver, promote the Blood circulation and relieve the coccyx pain.
- GB-34, the Gathering point of the tendons, and GB-39, the Gathering point of the Marrow, are used to strengthen the tendons, tonify the Blood, benefit the Kidney-Essence and strengthen the coccyx.

- CV-4 and CV-6 are used to tonify the Qi and Blood, reinforce the Kidney-Essence and relieve the weakness of the tendons and Bone of the coccyx.
- BL-40, BL-54 and BL-57 are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the coccyx pain.

MODIFICATIONS

1. If there is stabbing pain or aggravation of the coccyx pain at night, add LI-4 and SP-10 to promote the Blood circulation, eliminate Blood stasis and relieve the coccyx pain.
2. If there is severe aversion to cold and a cold sensation, add moxibustion on the local points and ST-36 to warm the channels and dispel the Cold.
3. If there are hot palms and soles, night sweating and a constant warm feeling due to deficiency of Yin, add KI-7 and HT-6 to nourish the Yin of the body, clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of coccyx pain, as follows:

- *Ear acupuncture*: select points at the lumbar vertebrae, buttocks, adrenals, Kidney, Liver and the sympathetic nerves
- *Scalp acupuncture*: select points at the upper one-fifth of the sensory area to treat pain, numbness and abnormal sensation of the contralateral side in the back; select points at the motor and sensory areas of the foot to treat pain and numbness of the contralateral side of the back
- *Wrist and ankle acupuncture*: select points at lower region 6
- *Abdominal acupuncture*: use Guan Yuan Xia (Below CV-4).

Gynaecological pain 43

Introduction

Postoperative gynaecological pain refers to the occurrence of severe pain arising in the lower abdomen, genitals or sacral region in association with operation on the uterus, ovaries and ovarian conduits. Moreover, this type of pain can be accompanied by painful urination or painful copulation, headache, insomnia, restlessness, weakness and depression. This type of pain may also have a close relationship with menstruation, i.e. the pain gets worse during, before or after menstruation. Postoperative gynaecological pain can greatly influence daily life, the emotions and work.

There is usually gynaecological pain prior to the operation with possible aggravation of or residual pain after the operation.

In modern medicine, postoperative gynaecological pain can often be caused by operation for various complaints, such as pelvic carcinoma, endometriosis, cyst or carcinoma in the uterus, ovary or ovarian conduits, fibromyoma, abdominohysterectomy, abortion, extrauterine pregnancy, intrauterine adhesions, excision of cervical polyp and congenital deformity of the uterus.

Many channels, divergences and sinews pass through the lower abdomen and genital region in relation with the gynaecological regions; however, the most important channels are the Liver channel, the Gall Bladder channel, the Kidney channel, the Heart channel, the Stomach channel, the Spleen channel, the Conception Vessel, the Governing Vessel, the Yin Motility Vessel and the Penetrating Vessel.

Generally speaking, postoperative gynaecological pain in Traditional Chinese Medicine (TCM) can be the result of various causes, such as invasion of External pathogenic factors, stagnation of Qi, stagnation of Blood, accumulation of Cold-Damp, downward flow of Damp-Heat, deficiency of Qi and Blood and deficiency of Yin of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

Acupuncture point prescription for postoperative gynaecological pain usually consists of three parts:

1. Point selection according to the location of the pain, i.e. if there is postoperative gynaecological pain in the abdomen along one of the channels or vessels, then in order

to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Stomach channel, add ST-34, ST-36, ST-40, ST-42 and PC-6
 - For the Spleen channel, add SP-3, SP-4, SP-6, SP-8, SP-18, SP-19 and PC-6
 - For the Gall Bladder channel, add GB-24, GB-36, GB-37, GB-40, GB-41 and TE-5
 - For the Liver channel, add LR-3, LR-5, LR-6, LR-8 and LR-14
 - For the Kidney channel, add KI-3, KI-4, KI-5, KI-7 and KI-9
 - For the Bladder channel, add BL-32, BL-36, BL-40, BL-58, BL-63, BL-64 and BL-65
 - For the Conception Vessel, add LU-7, KI-6, KI-8, KI-9 and PC-6.
2. Point selection according to the physiology in TCM. Since the Heart and Kidney are important in maintaining menstruation and pregnancy, some points from the Heart and Kidney channel should also be selected.
 3. Point selection in accordance with the aetiology and pathology in TCM.

Treatment differentiation

INVASION OF EXTERNAL PATHOGENIC FACTORS

SYMPTOMS AND SIGNS

Postoperative abdominal pain or genital pain with a cold or contracting feeling, aggravation of the pain by exposure to cold, a preference for warmth, low libido or lack of libido, aversion to cold, headache, heaviness of the body, a thin, white and greasy tongue coating, and a superficial and tense pulse.

PRINCIPLE OF TREATMENT

Dispel the External pathogenic factors, relieve the External symptoms, harmonise the collaterals and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LU-7 Lieque, TE-5 Waiguan, KI-6 Zhaohai, ST-30 Qichong, SP-6 Sanyinjiao, SP-8 Diji and LR-3 Taichong.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LU-7, the Connecting point of the Lung channel, and TE-5, the Connecting point of the Triple Burner (Energiser) channel and the Confluent point of the Yang Linking Vessel, are used to dispel the External pathogenic factors, relieve the External symptoms and alleviate the pain.
- ST-30, LR-3, SP-8 and SP-6 are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the abdominal pain.
- KI-6, in combination with LU-7, is used to harmonise the Conception Vessel and relieve the abdominal pain.

MODIFICATIONS

1. If there is a severe cold sensation in the body, apply moxibustion on LI-4 and TE-5 to warm the channels and dispel the Cold.
2. If there is wandering pain in the body with sensitivity to Wind, add GB-31 and BL-58 to dispel the Wind and relieve the pain.
3. If there is very low libido, add KI-3 and CV-4 with moxibustion to warm the Kidney, dispel the Cold and improve the libido.
4. If there is nausea or vomiting, add SP-4 and ST-40 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
5. If there is poor appetite or severe diarrhoea, add SP-3 to activate the Spleen, improve the appetite and stop the diarrhoea.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative sharp abdominal pain, abdominal distension (particularly at one or both sides of the abdomen), dislike of pressure, fullness and distension in the chest and hypochondriac region, sharp pain at the sacral region, headache, irritability, poor appetite, insomnia, painful menstruation, a thin and white tongue coating, and a wiry pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, regulate the emotions, promote the Qi circulation and relieve the pain.

ACUPUNCTURE TREATMENT

PC-6 Neiguan, HT-3 Shaohai, LI-4 Hegu, LR-3 Taichong, LR-5 Ligou, LR-12 Jimai, ST-28 Shuidao, ST-29 Guilai, ST-30 Qichong, SP-4 Gongsun, SP-6 Sanyinjiao and SP-8 Diji.

Reducing method is applied on all these points.

EXPLANATIONS

- PC-6, the Connecting point of the Pericardium channel, is used to smooth the emotions, promote the Qi circulation, calm the Shen and relieve the pain.
- LI-4 and LR-3, the four-gate points, are used to promote the Qi circulation and relieve the pain.
- LR-5, the Connecting point of the Liver channel, and LR-12, the local point, are used to smooth the Liver, harmonise the collaterals, promote the Qi circulation and relieve the pain.
- HT-3, the Sea point of the Heart channel, together with PC-6, are used to calm the Shen, smooth the emotions, improve sleep and relieve the pain.
- ST-30, the Meeting point of the Stomach channel and the Penetrating Vessel, and SP-4 and PC-6, a special combination, are used to regulate the Yin Linking Vessel and the Penetrating Vessel and relieve the pain.
- ST-28 and ST-29, the local points, SP-6, the crossing point of the three Yin channels of the foot, and SP-8, the Accumulation point of the Spleen channel, are used together to promote the Qi and Blood circulation, relieve the Qi stagnation and alleviate the pain.

MODIFICATIONS

1. If there is severe abdominal pain, add LR-6, the Accumulation point of the Liver channel, to harmonise the collaterals, promote the Qi and Blood circulation and relieve the pain.
2. If there is irregular menstruation, add CV-6 and KI-3 to regulate the menstruation.
3. If there are large dark clots in the menses, add SP-10 to promote the Blood circulation, eliminate Blood stasis and relieve the pain.
4. If there is hypochondriac pain, add LR-14, the Alarm Mu point, to harmonise the Liver and relieve the hypochondriac pain.
5. If there is depression, or fullness and oppression over the chest, add CV-17, the Gathering point of

the Qi, to promote the Qi circulation, smooth the emotions and relax the chest.

6. If there is nervousness and headache, add GB-20 to calm the Liver and relieve the headache.
7. If there is restlessness and insomnia due to severe pain, add HT-7 and Extra Anmian to calm the Shen, improve sleep and relieve the insomnia.
8. If there is poor appetite or nausea and vomiting, add CV-12 to regulate the Stomach-Qi, improve the appetite and stop the vomiting.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain at the lower abdomen, abdominal pain with a fixed location, aggravation of pain around the time of menstruation or at night, discharge of purplish clots in the menses, menorrhagia, alleviation of pain after discharge of blood clots, formation of hardenings or cysts in the ovaries, ovarian conduits or uterus, a purplish tongue or purplish spots on the tongue, and a wiry and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Qi and Blood circulation, eliminate Blood stasis and relieve the pain.

ACUPUNCTURE TREATMENT

ST-28 Shuidao, ST-29 Guilai, ST-30 Qichong, SP-6 Sanyinjiao, SP-8 Diji, SP-10 Xuehai, BL-17 Geshu, BL-18 Ganshu, HT-3 Shaohai, LI-4 Hegu, LR-3 Taichong and LR-5 Ligou.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-30, the Meeting point of the Stomach channel and the Penetrating Vessel, is used to regulate the Penetrating Vessel and relieve the pain.
- ST-28 and ST-29, the local points, SP-6, the crossing point of the three Yin channels of the foot, SP-10, SP-8, the Accumulation point of the Spleen channel, and BL-17, the Gathering point of the Blood, are used together to promote the Blood circulation, eliminate Blood stasis and relieve the pain.
- LI-4 and LR-3, the four-gate points, LR-5, the Connecting point of the Liver channel, and BL-18,

the Back Transporting point of the Liver, are used to smooth the Liver, harmonise the collaterals, promote the Qi circulation and relieve the pain.

- HT-3, the Sea point of the Heart channel, is used to calm the Shen, smooth the emotions, improve sleep and relieve the pain.

MODIFICATIONS

1. If there is irregular menstruation, add CV-4 and KI-3 to regulate the menstruation.
2. If there is obvious aggravation of the pain around the time of menstruation, add KI-4 and KI-5 to harmonise the collaterals around the uterus and relieve the pain.
3. If there is severe dysmenorrhoea, add LR-6, the Accumulation point of the Liver channel, to promote the Qi and Blood circulation, eliminate Blood stasis and relieve the pain.

ACCUMULATION OF COLD-DAMP

SYMPTOMS AND SIGNS

Postoperative pain in the lower abdomen, a constant cold and heavy sensation in the abdomen, aggravation of pain by pressure and cold, alleviation of pain by warmth, scanty and dark menses with blood clots, white leucorrhoea with no odour, lack of vaginal itching, aversion to cold, diarrhoea with loose stools, lower back pain with a cold or bearing-down sensation, cold limbs, a white and greasy tongue coating, and a deep, slow and slippery pulse.

PRINCIPLE OF TREATMENT

Warm the channels, eliminate the Cold and Damp, promote the Qi and Blood circulation and relieve the pain.

ACUPUNCTURE TREATMENT

ST-29 Guilai, ST-36 Zusanli, ST-40 Fenglong, SP-6 Sanyinjiao, SP-9 Yinlingquan, LR-5 Ligou, CV-4 Guanyuan and CV-6 Qihai.

Reinforcing method is applied on ST-36, CV-4 and CV-6; reducing method is applied on the remaining points. Moxibustion is also used on ST-29, ST-36, ST-40, SP-9, CV-4 and CV-6.

EXPLANATIONS

- ST-29, the local point at the abdomen, is used to eliminate Damp, promote the Qi and Blood circulation in the uterus and relieve the pain.
- ST-36, the Sea point of the Stomach channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to activate the Spleen and Stomach and reinforce the Yang-Qi.
- ST-40, the Connecting point of the Stomach channel, and SP-9, the Sea point of the Spleen channel, are used to activate the Spleen and dry the Damp.
- LR-5, the Connecting point of the Liver channel, is used to promote the Qi circulation, harmonise the collaterals, eliminate Damp in the Lower Burner and relieve the pain.
- CV-4 and CV-6 warm the uterus and dispel Cold in the body.
- Moxibustion is used to warm the channels and interior and dispel the Cold. It can also promote the Qi and Blood circulation and relieve the pain.

MODIFICATIONS

1. If there is a cold sensation at the lower abdomen, add moxa box at the abdomen instead of moxibustion on CV-4 and CV-6, to warm the interior and dispel the Cold.
2. If there is severe pain, add SP-8, the Accumulation point of the Spleen channel, to harmonise the collaterals and relieve the pain.
3. If there is dark menses with clots, add SP-10 and LR-3 to promote the Qi and Blood circulation and eliminate Blood stagnation.
4. If there is white leucorrhoea, add CV-2 to eliminate Damp and stop the leucorrhoea.
5. If there is diarrhoea with loose stools, add SP-3 to activate the Spleen, tonify Spleen-Qi and stop the diarrhoea.
6. If there is lower back pain, add GV-4 and BL-23 to warm the Kidney and relieve the pain.

DOWNWARD FLOW OF DAMP-HEAT

SYMPTOMS AND SIGNS

Postoperative abdominal pain, a hot or burning sensation in the lower abdomen, dark, red and sticky menses with some clots, heaviness in the lower abdomen and the limbs, dislike of pressure, slightly painful urination with deep yellow urine, slight fever or a feverish feeling, yellow leucorrhoea with a foul smell, genital

itching, lower back pain with a bearing-down sensation, a red tongue with a yellow and greasy coating, and a slippery, rapid and wiry pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, eliminate Blood stasis and relieve the pain.

ACUPUNCTURE TREATMENT

ST-28 Shuidao, ST-29 Guilai, CV-2 Qugu, KI-4 Dazhong, KI-5 Shuiquan, SP-2 Dadu, SP-6 Sanyinjiao, SP-8 Diji, SP-9 Yinlingquan, LR-5 Ligou and BL-32 Ciliao.

Reducing method is applied on all these points.

EXPLANATIONS

- ST-28 and ST-29, the local points, are used to promote the Qi and Blood circulation, eliminate Damp-Heat and relieve the pain.
- SP-2, CV-2, BL-32, SP-9, KI-4 and KI-5 are used to clear the Heat, eliminate Damp, promote urination and harmonise the collaterals in the abdomen.
- SP-8, the Accumulation point of the Spleen channel, and LR-5, the Connecting point of the Liver channel, are used to promote the Qi circulation and harmonise the collaterals in the abdomen so as to relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to eliminate Damp-Heat in the Lower Burner, promote the Qi and Blood circulation, harmonise the collaterals and relieve the pain.

MODIFICATIONS

1. If there is dark blood loss with large clots during menstruation, add SP-10 to promote the Blood circulation and eliminate Blood stasis.
2. If there is a hot sensation in the lower abdomen, add LR-2 and KI-2, the Spring points of the Liver channel and the Kidney channel, respectively, to clear the Heat in the Lower Burner and relieve the hot sensation in the lower abdomen.
3. If there is difficulty with urination, or there is painful urination with deep yellow urine or leucorrhoea, add KI-10, the Sea point of the Kidney channel, to clear the Heat, promote urination,

eliminate Damp and relieve the difficulty and pain on urination.

4. If there is genital itching, add LR-12 to eliminate Damp-Heat and stop the itching.
5. If there is irregular menstruation, add KI-10 and LR-8, the Sea points of the Kidney channel and the Liver channel, respectively, to regulate the menstruation and strengthen the Liver and Kidney.
6. If there is high fever, add LI-11 and GV-14 to clear the Heat and reduce the fever.
7. If there is severe lower back pain, add BL-40 and BL-58 to eliminate Damp-Heat, regulate the Qi circulation and relieve the pain.
8. If there is diarrhoea, add SP-3, the Source point of the Spleen channel, to activate the Spleen and stop the diarrhoea.

DEFICIENCY OF QI AND BLOOD

SYMPTOMS AND SIGNS

Slight postoperative abdominal pain, intermittent occurrence of pain in the lower abdomen, scanty, light red blood loss, profuse blood loss or lingering blood loss, alleviation of the pain by pressure, a bearing-down sensation in the lower abdomen, a sallow complexion, dizziness, tiredness, palpitations, dream-disturbed sleep, loss of appetite, constipation, a pale tongue, and a thin and weak pulse, particularly at the Spleen, Heart, Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Activate the Spleen, tonify the Qi and Blood and relieve the pain.

ACUPUNCTURE TREATMENT

ST-28 Shuidao, CV-4 Guanyuan, CV-6 Qihai, ST-36 Zusanli, SP-3 Taibai, SP-6 Sanyinjiao, SP-9 Yinlingquan and KI-3 Taixi.

Tonifying method is applied on all these points. Moxibustion should be used on CV-6, ST-36 and SP-3.

EXPLANATIONS

- ST-28, the local point, is used to regulate the menstruation and relieve the pain.

- CV-4, CV-6 and KI-3 are used to tonify the Kidney and Source-Qi so as to benefit the Kidney-Essence and reinforce the Blood.
- ST-36 and SP-9, the Sea points of the Stomach channel and the Spleen channel, respectively, and SP-3, the Source point of the Spleen channel, are used to activate the Spleen and Stomach and tonify the Qi and Blood.
- SP-6, the crossing point of the three Yin channels of the foot, is used to activate the Spleen and tonify the Qi and Blood.
- Moxibustion can warm the body and Yang-Qi and dispel the Cold.

MODIFICATIONS

1. If there is scanty menstruation, add KI-10 to reinforce the Qi and Blood and regulate the menstruation.
2. If there is profuse bleeding during menstruation, add SP-1 to regulate the bleeding.
3. If there is severe pain during menstruation, add SP-8, the Accumulation point of the Spleen channel, to harmonise the collaterals and relieve the pain.
4. If there are cold hands and feet and an aversion to cold, add CV-4 with moxibustion to warm the interior and dispel the Cold.
5. If there is poor appetite, add CV-12, the Alarm Mu point of the Stomach, and LR-13, the Alarm Mu point of the Spleen, to tonify the Spleen and Stomach and improve the appetite.
6. If there is diarrhoea, add ST-25, the Alarm Mu point of the Large Intestine, to activate the Spleen and stop the diarrhoea.
7. If there is oedema, add TE-6 and KI-6 to promote urination and relieve the oedema.

DEFICIENCY OF YIN OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Slight postoperative pain in the lower abdomen, scanty and sticky menses, hot palms and soles, hot flushes, night sweating, dizziness, irritability, insomnia, palpitations, constipation, a red tongue with a scanty or peeled coating, and a thin and rapid pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Yin of the Liver and Kidney, clear the Deficient-Heat and relieve the pain.

ACUPUNCTURE TREATMENT

KI-3 Taixi, KI-4 Dazhong, KI-5 Shuiquan, KI-6 Zhaohai, KI-7 Fuli, KI-10 Yingu, SP-6 Sanyinjiao and CV-6 Qihai.

Tonifying method is used on all these points.

EXPLANATIONS

- KI-3, the Source point and the Stream point of the Kidney channel, and CV-6 are used to tonify the Kidney, reinforce the Kidney-Qi and regulate the menstruation.
- KI-4 and KI-5, the Connecting point and the Accumulation point of the Kidney channel, respectively, are used to harmonise the collaterals and relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, KI-6 and KI-7 are used to nourish the Yin and clear the Deficient-Heat.
- KI-10, the Sea point and the Water point of the Kidney channel, is used to nourish the Yin of the Liver and Kidney, regulate the menstruation and clear the Deficient-Heat.

MODIFICATIONS

1. If there is scanty and sticky menses, add LR-8, the Sea point of the Liver channel, to tonify the Liver-Blood and regulate the menstruation.
2. If there is severe abdominal pain, add ST-28 and SP-8 to regulate the Qi and Blood and relieve the pain.
3. If there is nervousness, add GB-20 to calm the Liver and relieve the nervousness.
4. If there are hot flushes, add KI-2 to clear the Deficient-Heat and reduce the Fire.
5. If there is night sweating, add HT-6 to stop the night sweating.
6. If there is lower back pain, add BL-58 to harmonise the collaterals and relieve the lower back pain.
7. If there is weakness of the lower back and knees, add GB-34 and GB-39 to tonify the Qi and Blood and strengthen the back and knees.

8. If there is constipation, add ST-25 and ST-37 to nourish the Yin and regulate the Qi circulation in the Large Intestine to promote defecation and relieve the constipation.

- *Scalp acupuncture*: select points at the reproductive area
- *Wrist and ankle acupuncture*: select points at lower region 1 and lower region 2.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of gynaecological pain, as follows:

- *Ear acupuncture*: select points at the uterus, testicle (ovary), Liver, Kidney, abdomen, endocrine system, subcortex and the sympathetic nerves

44 *Genital pain*

Introduction

Postoperative genital pain refers to the occurrence of pain after operation on the penis, testicles, scrotum, perineum, female pudendum and vagina. Postoperative genital pain is often accompanied by painful or difficult urination, lower abdominal pain, lower back pain and pain during copulation and ejaculation.

There is usually genital pain prior to the operation with possible aggravation of or residual pain after the operation.

The following channels, divergences or sinews have connections with the genital region:

- The Liver channel runs upward to the medial side of the knee and along the medial aspect of the thigh to the pubic hair region, where it curves around the external genitalia and runs up to the lower abdomen.
- The Governing Vessel arises from the lower abdomen and emerges from the perineum.
- The Conception Vessel starts from the inside of the lower abdomen and emerges from the perineum. It then runs anteriorly to the pubic hair region and ascends along the interior of the abdomen.
- The Yin Motility Vessel runs directly upward along the posterior border of the medial aspect of the thigh to the external genitalia.
- The Penetrating Vessel starts from the inside of the lower abdomen and emerges at the perineum. The superficial branch runs along both sides of the abdomen.
- A branch of the Connecting Vessel of the Liver channel runs up the leg to the genitals.
- The channel sinews of the Stomach channel ascend across the thigh and knot in the pelvic region.
- The channel sinews of the Spleen channel, after knotting at the inguinal region, join with the external genitalia.
- The channel sinews of the Liver channel run upward along the medial aspect of the thigh to the genital region, where they converge with other channel sinews.
- The channel sinews of the Kidney channel, joining with the channel sinews of the Spleen channel, ascend along the medial aspect of the genital region.

Generally speaking, postoperative genital pain in Traditional Chinese Medicine (TCM) can be caused by factors such as invasion of Toxic-Heat in the Jueyin channel, downward flow of Damp-Heat, stagnation of Liver-Qi, stagnation of Blood and deficiency of Yin of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

Many channels, divergences or sinews pass through the genital region; however, the most important channels are the Liver channel, the Kidney channel and the Conception Vessel.

If there is genital pain along one of the channels or vessels, then in order to regulate that channel or vessel, harmonise the collaterals, promote the Qi and Blood circulation, and relieve the pain, the following points should be used:

- For the Liver channel, add LR-3, LR-5, LR-6, LR-8 and LR-14
- For the Kidney channel, add KI-3, KI-4, KI-5, KI-7 and KI-9
- For the Conception Vessel, add LU-7, KI-6, KI-8, KI-9 and PC-6.

Treatment differentiation

INVASION OF TOXIC-HEAT IN THE JUEYIN CHANNEL

SYMPTOMS AND SIGNS

Postoperative genital pain, sharp pain at the genital region with a hot sensation, redness, swelling and a burning feeling on the penis, testicle or on the pudendum, a burning sensation on urination, fever, thirst, constipation, yellow leucorrhoea, dark yellow urine, restlessness, a red tongue with a dry yellow coating, and a rapid and slippery pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Eliminate the Toxin, clear the Fire, promote the Blood circulation and relieve the genital pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, TE-6 Zhigou, ST-44 Neiting, SP-6 Sanyinjiao, SP-10 Xuehai, KI-2 Rangu, KI-4

Dazhong, KI-5 Shuiquan, LR-2 Xingjian, LR-5 Ligou and LR-12 Jimai.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to eliminate the Toxin, clear the Fire, relieve the Heat and promote the circulation in the channels and collaterals so as to relieve the genital pain.
- TE-6 and ST-44, the Spring point, are used to clear the Heat and reduce the Fire so as to relieve the redness and swelling.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to cool the Blood, eliminate the Toxin, reduce the swelling and relieve the genital pain.
- KI-2 and LR-2, the Spring points of the Kidney channel and the Liver channel, respectively, are used to clear the Heat, reduce the fever and relieve the genital pain.
- KI-4 and KI-5 are used to promote the Qi and Blood circulation, harmonise the collaterals and relieve the genital pain.
- LR-5, the Connecting point of the Liver channel, and LR-12 are used to promote the Qi and Blood circulation in the Liver channel, harmonise the collaterals and relieve the genital pain.

MODIFICATIONS

1. If there is genital itching, add LR-6, the Accumulation point of the Liver channel, to clear Damp-Heat and relieve the itching.
2. If there is a severe stabbing pain, add LR-1 to relieve the genital pain.
3. If there is poor wound healing, add SP-2 to eliminate the Toxin and promote healing of the wound.
4. If there is fever, add GV-14 to clear the Heat and reduce the fever.
5. If there is nervousness, add GB-20 to clear the Heat in the Liver and calm the Liver-Fire.
6. If there is restlessness and insomnia, add HT-8 to clear the Heat from the Heart and relieve the restlessness and insomnia.
7. If there is constipation, add ST-25, the Alarm Mu point of the Large Intestine, to clear the Heat, promote defecation and relieve the constipation.

DOWNWARD FLOW OF DAMP-HEAT*SYMPTOMS AND SIGNS*

Postoperative genital pain, redness and swelling at the genital region with a hot sensation, aggravation of the pain during urination, scanty yellow urine, yellow leucorrhoea with a foul smell, itching vulvae, itching and wet scrotum, urethral mucus, loose stools or constipation, lower abdominal pain, lower back pain, fever, a bitter taste in the mouth, a red tongue with a thick yellow coating and a wiry and rapid pulse.

PRINCIPLE OF TREATMENT

Eliminate Damp, clear the Heat, harmonise the collaterals and relieve the genital pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, GB-34 Yanglingquan, ST-40 Fenglong, ST-44 Neiting, LR-2 Xingjian, LR-5 Ligou, LR-12 Jimai, KI-4 Dazhong and KI-5 Shuiquan.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 and LI-4 are used to promote the Qi circulation in the channels, eliminate Damp and reduce the Heat.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, together with ST-40 and ST-44, are used to eliminate Damp in the body, clear the Heat, harmonise the collaterals and relieve the genital pain.
- LR-2 and LR-5, the Spring point and the Connecting point of the Liver channel, respectively, and LR-12, the local point, together with KI-4 and KI-5, are used to eliminate Damp, regulate the circulation of Qi and Blood in the channels and relieve the genital pain.

MODIFICATIONS

1. If there is swelling, redness and pain at the genital region, add SP-10 to cool the Blood, reduce the swelling and relieve the redness and pain.

2. If there is fever, add GV-14 and LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea or vomiting and diarrhoea, add CV-12 and ST-25 to regulate the Qi in the Middle Burner, harmonise the Spleen and Stomach and stop the vomiting and diarrhoea.
5. If there is scanty yellow urine, add BL-64 and BL-66 to promote urination, clear the Heat and eliminate Damp in the body.
6. If there is generalised body pain, add TE-5 to harmonise the collaterals of the body and relieve the body pain.
7. If there is heaviness of the body, add BL-58, the Connecting point of the Bladder channel, to harmonise the collaterals, promote urination and eliminate Damp in the body.

STAGNATION OF LIVER-QI*SYMPTOMS AND SIGNS*

Postoperative genital pain, abdominal pain with a distending sensation, aggravation of genital pain by emotional disturbance or stress, depression, hypochondriac pain, poor appetite, distension of the stomach, insomnia, irritability, lower abdominal pain, a thin and white tongue coating, and a wiry pulse, particularly at the Liver and Heart positions.

PRINCIPLE OF TREATMENT

Smooth the emotions, promote the Qi circulation, regulate the circulation in the channels and collaterals and relieve the genital pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, LR-5 Ligou, PC-6 Neiguan, GB-40 Qixu, ST-30 Qichong, SP-6 Sanyinjiao, HT-3 Shaohai and HT-7 Shenmen.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LR-3 and LR-5, the Source point and the Connecting point of the Liver channel, respectively,

and GB-40, the Source point of the Gall Bladder channel, are used to smooth the Liver, promote the circulation of the Qi, harmonise the collaterals and relieve the genital pain.

- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, together with ST-30, help LI-4 and LR-3 circulate the Liver-Qi and regulate the emotions. PC-6 also improves sleep.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation and relieve the genital pain.
- HT-3 and HT-7, the Sea point and the Source point of the Heart channel, respectively, are used to smooth the emotions, calm the Shen and improve sleep.

MODIFICATIONS

1. If there is insomnia, dream-disturbed sleep or restlessness, add Extra Anmian and Extra Sishencong to calm the Shen and improve sleep.
2. If there is depression, add LR-14, the Alarm Mu point of the Liver, to smooth the Liver and regulate the emotions.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is fullness and pain in the chest, add CV-17, the Gathering point of the Qi, to smooth the Liver, circulate the Liver-Qi and relieve the fullness and pain in the chest.
5. If there is irritability, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall Bladder channel, respectively, to clear the Heat in the Liver and relieve the irritability.
6. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder and relieve the bitter taste in the mouth.
7. If there is poor appetite and constipation, add CV-12 and ST-40 to harmonise the Stomach, promote defecation and relieve the constipation.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain at the genital region, or a long history of genital pain, radiation of genital pain to the lower abdomen or thigh, aggravation of genital pain at night, poor wound healing, a purplish tongue with a thin coating, and a wiry and erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, promote the circulation in the channels and collaterals, and relieve the genital pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-1 Dadun, LR-3 Taichong, LR-5 Ligou, SP-1 Yinbai, SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, ST-30 Qichong and some Ah Shi points around the genital region.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LR-3, the Stream point and the Source point of the Liver channel, together with ST-30, are used to promote the Qi and Blood circulation and relieve the genital pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the genital pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, eliminate Blood stasis and relieve the genital pain.
- SP-1, LR-1 and LR-5 are used to regulate the Qi and Blood circulation in the collaterals and relieve the genital pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the genital pain.

MODIFICATIONS

1. If there is swelling at the genital region, add SP-9, the Sea point of the Spleen channel, to reduce the swelling and relieve the genital pain.
2. If there is poor wound healing, add SP-3, the Source point of the Spleen channel, to activate the Spleen, benefit the muscle and promote healing of the wound.
3. If there is coexisting deficiency of Blood, add GB-39, the Gathering point of the Marrow, to tonify the Blood and promote production of the Blood.
4. If there is redness and swelling at the genital region with a hot sensation, add GB-44 and ST-44, the Spring points of the Gall Bladder channel and the

Stomach channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.

5. If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.
6. If there is emotional instability, add PC-6 to promote the Qi circulation and regulate the emotions.

DEFICIENCY OF YIN OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative genital pain, dryness and itching at the genital region, lower back pain with soreness, scanty and frequent urination, tidal fever, night sweating, a dry mouth, poor appetite, thirst, restlessness, insomnia, lassitude, hot palms and soles, dry stools or constipation, diminished menstruation, a red tongue with a scanty or peeled coating, and a thready and rapid pulse, particularly at the Liver and Kidney positions.

PRINCIPLE OF TREATMENT

Tonify the Yin of the Liver and Kidney, clear the Deficient-Heat, harmonise the collaterals and relieve the genital pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, LU-7 Lieque, KI-3 Taixi, KI-6 Zhaohai, KI-10 Yingu, LR-3 Taichong, LR-8 Ququan, SP-6 Sanyinjiao and Ah Shi points.

Reducing method is applied on LI-4; even method is applied on the Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and LR-3, the Source points of the Kidney channel and the Liver channel, respectively, and KI-10 and LR-8, the Sea points of the Kidney channel and the Liver channel, respectively, are used to reinforce the Liver and Kidney, nourish the Yin of the Liver and Kidney, and reduce the Deficient-Heat.

- LU-7 and KI-6 are used to regulate the Conception Vessel, promote the Qi and Blood circulation and relieve the genital pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to nourish the Yin of the Liver and Kidney, promote the Blood circulation and relieve the genital pain.
- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi and Blood circulation and relieve the genital pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to promote the Qi circulation, calm the Shen and relieve the genital pain.
- Even method applied to the Ah Shi points can clear obstructions from the local area and relieve the genital pain.

MODIFICATIONS

1. If there is swelling at the genital region, add SP-9, the Sea point of the Spleen channel, to reduce the swelling and relieve the genital pain.
2. If there is lower back pain, add KI-4 and KI-5 to harmonise the collaterals and relieve the lower back pain.
3. If there is tiredness, add CV-4 and CV-6 to tonify the Qi and Blood and relieve the tiredness.
4. If there is severe night sweating with hot palms and soles, add KI-2 and HT-6 to clear the Deficient-Heat and stop the night sweating.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of genital pain, as follows:

- *Ear acupuncture*: select points at the external genitals, testicle (ovary), Liver, Kidney, endocrine system, Ear Shenmen, subcortex and the sympathetic nerves
- *Scalp acupuncture*: select points at the reproductive area
- *Wrist and ankle acupuncture*: select points at lower region 1.

Urination pain 45

Introduction

Postoperative urination pain refers to the occurrence of various types of pain after operation on the bladder and related organs, such as stabbing pain, burning pain or colicky pain. This type of pain is often accompanied by painful or difficult urination, lower abdominal pain and lower back pain.

There is usually urination pain prior to the operation with possible aggravation of or residual pain after the operation.

Postoperative urination pain can occur after operation for various causes, such as severe carcinoma in the urinary tract and bladder, polyps in the bladder, urinary tract carcinoma, urinary tract lithiasis, a tuberculous urinary tract and prostatitis.

The following channels, divergences or sinews have connections with urination pain:

- The Liver channel runs upward to the medial side of the knee and along the medial aspect of the thigh to the pubic hair region, where it curves around the external genitalia and runs up to the lower abdomen.
- The Governing Vessel arises from the lower abdomen and emerges from the perineum.
- The Conception Vessel starts from the inside of the lower abdomen and emerges from the perineum. It then runs anteriorly to the pubic hair region and ascends along the interior of the abdomen.
- The Yin Motility Vessel runs directly upward along the posterior border of the medial aspect of the thigh to the external genitalia.
- The Penetrating Vessel starts from the inside of the lower abdomen and emerges at the perineum. The superficial branch runs along both sides of the abdomen.
- A branch of the Connecting Vessel of the Liver channel runs up the leg to the genitals.
- The channel sinews of the Stomach channel ascend across the thigh and knot in the pelvic region.
- The channel sinews of the Spleen channel, after knotting at the inguinal region, join with the external genitalia.
- The channel sinews of the Liver channel run upward along the medial aspect of the thigh to the genital region, where they converge with other channel sinews.
- The channel sinews of the Kidney channel, joining with the channel sinews of the Spleen channel, ascend along the medial aspect of the genital region.

Treatment for urination pain after the operation can be taken as the benchmark for the treatment of ejaculation pain and copulation pain after the operation.

Generally speaking, postoperative urination pain in Traditional Chinese Medicine (TCM) can be caused by factors such as downward flow of Damp-Heat in the Jueyin channel, stagnation of Qi, stagnation of Blood, deficiency of Spleen-Qi and deficiency of Yin of the Liver and Kidney.

Treatment based on differentiation

Basic point selection based on channel differentiation

Although different channels, collaterals and sinews are related with urination pain, two channels are principally involved: the Conception Vessel and the Liver channel. Points from these two channels should therefore be primarily selected. Moreover, since the Kidney opens into the genitalia and anus, and the Bladder is in charge of urination, some points from the Kidney channel and the Bladder channel should also be used in the combination.

Treatment differentiation

DOWNWARD FLOW OF DAMP-HEAT IN THE JUEYIN CHANNEL

SYMPTOMS AND SIGNS

Postoperative urination pain, urination pain with a burning feeling, redness and swelling at the external urethral orifice with an itchy feeling, aggravation of the pain by urination, difficult urination, dark yellow urine, slight fever, restlessness, loose stools or constipation, lower abdominal pain, low back pain, a bitter taste in the mouth, a red tongue with a yellow and greasy coating, and a wiry and slippery pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Damp, promote urination and relieve the pain.

ACUPUNCTURE TREATMENT

TE-6 Zhigou, LI-4 Hegu, SP-6 Sanyinjiao, SP-9 Yinlingquan, GB-34 Yanglingquan, ST-40 Fenglong, ST-44

Neiting, LR-2 Xingjian, LR-5 Ligou, BL-66 Zutonggu, LR-12 Jimai, KI-4 Dazhong and KI-5 Shuiquan.

Reducing method is applied on all these points.

EXPLANATIONS

- TE-6 and LI-4 are used to clear the Heat, eliminate Damp and promote the Qi circulation in the channels.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-9 and GB-34, the Sea points of the Spleen channel and the Gall Bladder channel, respectively, together with ST-40 and ST-44, are used to eliminate Damp in the body and channels, clear the Heat, harmonise the collaterals and relieve the urination pain.
- LR-2 and BL-66, the Spring points of the Liver channel and the Bladder channel, respectively, LR-5, the Connecting point of the Liver channel, and LR-12, the local point, together with KI-4 and KI-5, are used to clear the Heat, eliminate Damp, regulate the circulation of Qi and Blood in the channels and relieve the urination pain.

MODIFICATIONS

1. If there is severe redness and swelling at the external urethral orifice with pain, add SP-10 to cool the Blood, reduce the redness and swelling and relieve the pain.
2. If there is fever, add LI-11 to clear the Heat and reduce the fever.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is nausea or vomiting and diarrhoea, add CV-12 to regulate and descend the Stomach-Qi, harmonise the Stomach and stop the vomiting and diarrhoea.
5. If there is scanty, deep yellow urine, add BL-64, the Source point of the Bladder channel, to clear the Heat, eliminate Damp in the Bladder and body and promote urination.
6. If there is generalised body pain, add TE-5 to harmonise the collaterals of the body and relieve the body pain.
7. If there is heaviness of the body, add BL-58, the Connecting point of the Bladder channel, to harmonise the collaterals, promote urination and eliminate Damp in the body.
8. If there is lower back pain, add BL-23 and BL-58 to strengthen the back, harmonise the collaterals and relieve the lower back pain.

9. If there is pain at the perineum, add CV-1 to regulate the circulation of Qi, harmonise the collaterals and relieve the pain.
10. If there is tiredness, add CV-6 to tonify the Qi, strengthen the body and relieve the tiredness.

STAGNATION OF QI

SYMPTOMS AND SIGNS

Postoperative urination pain with a sharp feeling at the abdomen, scanty and frequent urination, dribbling urination, aggravation of urinary pain by emotional upset and irritability, distension at the lower abdomen, emotional instability, headache, depression, stress, fullness and pain in the chest, palpitations, insomnia, a thin and white tongue coating and a wiry pulse, particularly at the Heart and Liver positions.

PRINCIPLE OF TREATMENT

Smooth the Liver, regulate the Qi circulation and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, LR-3 Taichong, LR-5 Ligou, LR-12 Jimai, KI-3 Taixi, KI-4 Dazhong, KI-5 Shuiquan, SP-6 Sanyinjiao and HT-3 Shaohai.

Reinforcing method is applied on KI-3; even method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation and relieve the urination pain.
- LR-3, the Stream point and the Source point of the Liver channel, LR-5, the Connecting point of the Liver channel, and LR-12, the local point, are used to smooth the Liver, regulate the circulation of Liver-Qi and relieve the urination pain.
- KI-3, the Source point and the Stream point of the Kidney channel, respectively, and KI-4 and KI-5, the Connecting point and the Accumulation point of the Kidney channel, respectively, are used to

regulate the channel, harmonise the collaterals, promote urination and relieve the urination pain.

- HT-3, the Sea point of the Heart channel, is used to smooth the emotions, calm the Shen and relieve the insomnia.

MODIFICATIONS

1. If there is insomnia, dream-disturbed sleep or restlessness, add Extra Anmian and Extra Sishencong to calm the Shen and improve sleep.
2. If there is depression, add LR-14, the Alarm Mu point of the Liver, to smooth the Liver and regulate the emotions.
3. If there is headache, add GB-20 to relieve the headache.
4. If there is fullness and pain in the chest, add CV-17, the Gathering point of the Qi, to smooth the Liver, circulate the Liver-Qi and relieve the fullness and pain in the chest.
5. If there is irritability, add LR-2 and GB-43, the Spring points of the Liver channel and the Gall Bladder channel, respectively, to clear the Heat in the Liver and relieve the irritability.
6. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder and relieve the bitter taste in the mouth.
7. If there is poor appetite and constipation, add CV-12 to harmonise the Stomach, promote defecation and relieve the constipation.
8. If there is lower abdominal pain, add ST-28 and BL-25 to remove the Qi stagnation and relieve the abdominal pain.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Postoperative stabbing pain or pricking pain during urination, severe pain at the abdomen or lower back or pain at the external urethral orifice, a traumatic history, aggravation of urination pain by rest or after the operation, poor wound healing, a purplish tongue with purplish spots, and an erratic, thready, wiry and deep pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, promote the circulation in the channels and collaterals, and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, LR-5 Ligou, SP-6 Sanyinjiao, SP-10 Xuehai, LU-7 Lieque, HT-3 Shaohai, KI-3 Taixi, KI-4 Dazhong, KI-5 Shuiquan, KI-6 Zhaohai and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, LR-3, the Stream point and the Source point of the Liver channel, and LR-5, the Connecting point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the urination pain.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the urination pain.
- HT-3, the Sea point of the Heart channel, together with LU-7 and KI-6, is used to promote the Blood circulation, eliminate Blood stasis and relieve the urination pain.
- KI-3, the Source point and the Stream point of the Kidney channel, and KI-4 and KI-5, the Connecting point and the Accumulation point of the Kidney channel, respectively, are used to regulate the channel, harmonise the collaterals, promote urination and relieve the pain.
- HT-3, the Sea point of the Heart channel, is used to smooth the emotions, calm the Shen and relieve the insomnia.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the urination pain.

MODIFICATIONS

1. If there is swelling at the abdomen, the lower back or the external urethral orifice, add BL-17, the Gathering point of the Blood, to promote the Blood circulation, eliminate Blood stasis and reduce the swelling.
2. If there is poor wound healing, add SP-3, the Source point of the Spleen channel, to activate the Spleen, benefit the muscle and promote healing of the wound.
3. If there is painful urination with a burning sensation, add LR-2 and KI-2, the Spring points of the Liver channel and the Kidney channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.

4. If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.
5. If there is emotional instability, add PC-6 to promote the Qi circulation and regulate the emotions.

DEFICIENCY OF SPLEEN-QI*SYMPTOMS AND SIGNS*

Prolonged persistence of urination pain, aggravation of or residual urination pain after the operation, aggravation of urination pain after exertion or tiredness, thin and weak urination, clear and profuse urine, lower abdominal pain with a heavy and bearing-down sensation, a pale complexion, poor appetite, fatigue, palpitations, dizziness, diarrhoea with loose stools, a pale tongue with tooth marks, and a thin and weak pulse, particularly at the Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Activate the Spleen and Stomach, tonify the Spleen-Qi, strengthen the muscles and relieve the pain.

ACUPUNCTURE TREATMENT

SP-3 Taibai, SP-6 Sanyinjiao, SP-9 Yinlingquan, CV-4 Guanyuan, CV-6 Qihai, KI-3 Taixi, LR-5 Ligou, LR-12 Jimai, ST-28 Shuidao and ST-36 Zusanli.

Tonifying method is applied on all these points. Moxibustion should be used on CV-6, ST-36 and SP-3.

EXPLANATIONS

- SP-3, the Source point of the Spleen channel, and ST-36 and SP-9, the Sea points of the Stomach channel and the Spleen channel, respectively, are used to activate the Spleen and Stomach, tonify the Spleen-Qi and strengthen the muscles.
- CV-4, CV-6 and KI-3 are used to tonify the Kidney and Source-Qi of the body so as to benefit the Spleen-Qi.
- LR-5, the Connecting point of the Liver channel, SP-6, the crossing point of the three Yin channels of the foot, and LR-12 and ST-28, the local points, are used to promote the Qi circulation in the Lower Burner, regulate urination and relieve the pain.
- Moxibustion can warm the body and Yang-Qi, and relieve the pain.

MODIFICATIONS

1. If there is scanty or difficult urination, add KI-10, the Sea point of the Kidney channel, to tonify the Kidney, reinforce the Qi and promote urination.
2. If there is poor appetite, add ST-42, the Source point of the Stomach channel, to tonify the Stomach-Qi and improve the appetite.
3. If there is dizziness, add GV-20 to raise the Yang-Qi and relieve the dizziness.
4. If there is diarrhoea, add ST-25 to regulate the Large Intestine and stop the diarrhoea.
5. If there is Blood in the urine, add KI-3 and SP-10 to tonify the Qi and regulate the Blood circulation in order to stop the bleeding.
6. If there is oedema, add TE-6 and KI-6 to promote urination and relieve the oedema.

DEFICIENCY OF YIN OF THE LIVER AND KIDNEY

SYMPTOMS AND SIGNS

Postoperative urination pain, a long duration of slight urination pain, a slight burning sensation on urination, scanty urination, dark yellow urine, occasional blood in the urine, slight fever, irritability, palpitations, soreness of the lower back and knees, fatigue, a dry mouth, slight thirst, low fever, night sweating, dryness at the genital region, a red tongue with a thin and white or a peeled coating, and a thready, weak and rapid pulse, particularly at the Liver, Heart and Kidney positions.

PRINCIPLE OF TREATMENT

Nourish the Yin of the Liver and Kidney, clear the Deficient-Heat and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, LU-7 Lieque, KI-3 Taixi, KI-6 Zhaohai, KI-10 Yingu, LR-3 Taichong, LR-8 Ququan, SP-6 Sanyinjiao and Ah Shi points.

Even method is applied on the Ah Shi points; reinforcing method is applied on the remaining points.

EXPLANATIONS

- KI-3 and LR-3, the Source points of the Kidney channel and the Liver channel, respectively, and KI-10 and LR-8, the Sea points of the Kidney channel

and the Liver channel, respectively, are used to reinforce the Liver and Kidney, nourish the Yin of the Liver and Kidney, and reduce the Deficient-Heat.

- LU-7 and KI-6 are used to regulate the Conception Vessel, promote the Qi and Blood circulation and relieve the urination pain.
- SP-6, the crossing point of the three Yin channels of the foot, is used to promote the Blood circulation, eliminate Blood stasis and relieve the urination pain.
- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi and Blood circulation and relieve the urination pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, is used to promote the Qi circulation, calm the Shen and relieve the urination pain.
- Even method applied to the Ah Shi points can clear obstructions from the local area and relieve the urination pain.

MODIFICATIONS

1. If there is painful urination, add KI-4 and KI-5 to harmonise the collaterals and relieve the pain.
2. If there is scanty urination with pain, add SP-9 and KI-10, the Sea points of the Spleen channel and the Kidney channel, respectively, to promote urination, nourish Yin and relieve the pain.
3. If there is severe lower back pain, add BL-58, the Connecting point of the Bladder channel, to harmonise the collaterals and relieve the lower back pain.
4. If there is tiredness, add CV-4 and CV-6 to tonify the Qi and Blood and relieve the tiredness.
5. If there is severe night sweating with hot palms and soles, add KI-2 and HT-6 to clear the Deficient-Heat and stop the night sweating.
6. If there is irritability, add GV-20 and LR-2 to clear the Liver-Fire and calm the Shen.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of urination pain, as follows:

- *Ear acupuncture*: select points at the urethra, external genitalia, Bladder, Kidney, Sanjiao, endocrine system, subcortex and the sympathetic nerves
- *Scalp acupuncture*: select points at the reproductive area
- *Wrist and ankle acupuncture*: select points at lower region 1.

46 *Anal pain*

Introduction

Postoperative anal pain refers to the occurrence of pain in or around the anus or rectum after operation. This type of pain can be constant, intermittent or present only during defecation, sitting, lying or walking. Postoperative anal pain is often accompanied by local swelling in or around the anus with a hot feeling, bleeding, difficulty in defecation, lower abdominal pain or lower back pain.

There is usually anal pain prior to the operation with possible aggravation of or residual anal pain after the operation.

Postoperative anal pain can occur after operation for haemorrhoids, rectal carcinoma, anal fistula, anorectal stenosis, perianal abscess, anoplasty, laceration of the anal sphincter, external coloproctostomy, proctocolectomy, rectal abscess, rectal polyp and proctosigmoidectomy.

The following organs and channel divergences have connections with the anus:

- The Large Intestine channel homes to the Large Intestine
- The Kidney opens into the anus
- The Bladder channel divergence winds round to the anal region, connects with the Bladder and disperses in the Kidneys.

Generally speaking, postoperative anal pain in Traditional Chinese Medicine (TCM) can be caused by factors such as accumulation of Toxic-Heat in the Large Intestine, accumulation of Damp-Heat in the Large Intestine, stagnation of Qi in the Large Intestine, stagnation of Blood in the Large Intestine and deficiency of Qi and Blood.

Treatment based on differentiation

Basic point selection based on channel differentiation

As the anus is the exit of the Large Intestine, postoperative anal pain has the greatest relationship with disorders of the Large Intestine. Moreover, since the Kidney opens into the anus, and the Bladder channel divergence is related to the anus, some points from these two channels should also be selected when treating postoperative anal pain.

Treatment differentiation

ACCUMULATION OF TOXIC-HEAT IN THE LARGE INTESTINE

SYMPTOMS AND SIGNS

Postoperative anal pain, swelling and redness around the anus with a burning or pricking sensation, aggravation of anal pain during defecation, possible blood in the stools, fever, thirst, dark yellow urine, constipation or diarrhoea, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Eliminate the Toxin, clear the Heat, promote the Blood circulation and relieve the anal pain.

ACUPUNCTURE TREATMENT

LI-2 Erjian, LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, LI-10 Shousanli, LI-11 Quchi, ST-25 Tianshu, ST-37 Shangjuxu, ST-44 Neiting, SP-10 Xuehai, BL-58 Feiyang, BL-64 Jinggu and BL-66 Zutonggu.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, and LI-6 and LI-7, the Connecting point and the Accumulation point of the Large Intestine channel, respectively, are used to remove the Toxin, clear the Heat, promote the Qi circulation in the channels and collaterals, harmonise the collaterals and relieve the anal pain.
- LI-2 and ST-44, the Spring points of the Large Intestine channel and the Stomach channel, respectively, are used to clear the Heat, reduce the swelling, relieve the redness around the anus and alleviate the anal pain.
- ST-25, the Alarm Mu point of the Large Intestine, and ST-37, the Lower Uniting-He point of the Large Intestine, are used to clear the Heat and remove the Toxin in the Large Intestine, promote defecation, regulate the physiological functions of the Large Intestine and relieve the anal pain.
- BL-58, BL-64 and BL-66 are used to harmonise the collaterals around the anus and relieve the anal pain.

- SP-10 is used to cool the Blood, eliminate the Toxin, reduce the swelling and relieve the anal pain.

MODIFICATIONS

1. If there is high fever, add GV-14, the meeting point of all the Yang channels, to clear the Heat and reduce the fever.
2. If there is severe swelling in the anus, add BL-40, the Sea point of the Bladder channel, to promote the Qi and Blood circulation, harmonise the collaterals around the anus and reduce the swelling.
3. If there is Blood in the stools, add BL-67 to clear the Heat in the Large Intestine and stop the bleeding.
4. If there is anal itching, add LR-5 to relieve the itching in the anus.
5. If there is poor wound healing, add SP-2 to eliminate the Toxin and promote healing of the wound.
6. If there is nervousness, add GB-20 to clear the Heat in the Liver and calm the Liver-Fire.
7. If there is restlessness and insomnia, add HT-8 to clear the Heat in the Heart, relieve the restlessness and improve sleep.

ACCUMULATION OF DAMP-HEAT IN THE LARGE INTESTINE

SYMPTOMS AND SIGNS

Postoperative anal pain, anal pain with a biting feeling or a burning sensation, oozing from the anus, swelling and redness of the anus, aggravation of anal pain by defecation, loose stools or diarrhoea, anal itching, dark yellow urine, yellow leucorrhoea, a red tongue with a yellow and greasy coating, and slippery and rapid pulse.

PRINCIPLE OF TREATMENT

Eliminate Damp, clear the Heat, harmonise the collaterals and relieve the anal pain.

ACUPUNCTURE TREATMENT

TE-4 Yangchi, TE-6 Zhigou, LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, LI-11 Quchi, SP-6 Sanyinjiao, SP-9 Yinlingquan,

ST-25 Tianshu, ST-37 Shangjuxu, ST-40 Fenglong, ST-44 Neiting and BL-58 Feiyang.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, and LI-6 and LI-7, the Connecting point and the Accumulation point of the Large Intestine channel, respectively, are used to clear the Heat, eliminate Damp, promote the Qi circulation in the channels and collaterals, harmonise the collaterals and relieve the anal pain.
- TE-4, the Source point of the Triple Burner (Energiser) channel, and TE-6, are used to promote the physiological functions of the Triple Burner and eliminate Damp-Heat in the Large Intestine.
- ST-25, the Alarm Mu point of the Large Intestine, ST-37, the Lower Uniting-He point of the Large Intestine, and ST-40, the Connecting point of the Stomach channel, are used to clear the Heat and eliminate Damp in the Large Intestine, promote defecation, regulate the physiological functions of the Large Intestine and relieve the anal pain.
- ST-44, the Spring point of the Stomach channel, is used to clear the Heat and reduce the Fire in the Yangming Fu organs, and relieve the redness and swelling in the anus.
- SP-6, the crossing point of the three Yin channels, and SP-9, the Sea point of the Spleen channel, are used to cool the Blood, eliminate Damp-Heat, reduce the swelling and relieve the anal pain.
- BL-58 is used to harmonise the collaterals in the anus and relieve the anal pain.

MODIFICATIONS

1. If there is anal bleeding, add SP-10 and BL-67 to clear the Heat, cool the Blood and stop the bleeding.
2. If there is redness and swelling of the anus, add BL-57 and BL-66 to clear Damp-Heat in the Large Intestine and reduce the swelling.

STAGNATION OF QI IN THE LARGE INTESTINE

SYMPTOMS AND SIGNS

Postoperative anal pain, a long history of anal pain, a distending pain and swelling in the anus, aggravation

of anal pain by emotional upset and stress, pressure at the lower abdomen, painful defecation, restlessness, a thin and white tongue coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Smooth the Liver and the emotions, promote the Qi circulation and relieve the anal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, LR-3 Taichong, PC-6 Neiguan, ST-25 Tianshu, ST-37 Shangjuxu, ST-40 Fenglong, BL-58 Feiyang and BL-67 Zhiyin.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LI-6 and LI-7, the Connecting point and the Accumulation point of the Large Intestine channel, respectively, are used to promote the Qi circulation in the channels and collaterals, harmonise the collaterals and relieve the anal pain.
- LR-3, the Stream point and the Source point of the Liver channel, and PC-6 are used to smooth the Liver and emotions, promote the Qi circulation, calm the Shen and relieve the anal pain.
- ST-25, the Alarm Mu point of the Large Intestine, ST-37, the Lower Uniting-He point of the Large Intestine, and ST-40, the Connecting point of the Stomach channel, are used to regulate the physiological functions of the Large Intestine, promote defecation and relieve the anal pain.
- BL-58 and BL-67 are used to harmonise the collaterals around the anus and relieve the anal pain.

MODIFICATIONS

1. If there is muscle pain around the anus and gluteal region, add SP-3, the Source point of the Spleen channel, to activate the Spleen, benefit the muscle and relieve the muscle pain.
2. If there is redness and swelling in the anus with a hot sensation, add BL-66 and LI-2, the Spring points of the Bladder channel and the Large Intestine channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.

- If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.

STAGNATION OF BLOOD IN THE LARGE INTESTINE

SYMPTOMS AND SIGNS

Postoperative anal pain, a long history of anal pain with a fixed location, stabbing pain, aggravation of anal pain by pressure, defecation, sitting, lying and walking, swelling and poor wound healing, restlessness, a purplish tongue and a wiry or erratic pulse.

PRINCIPLE OF TREATMENT

Promote the Blood circulation, eliminate Blood stasis, promote the Qi circulation and relieve the anal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, LR-3 Taichong, SP-6 Sanyinjiao, SP-10 Xuehai, HT-3 Shaohai, ST-25 Tianshu, ST-37 Shangjuxu, ST-40 Fenglong, BL-58 Feiyang and BL-67 Zhiyin.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LI-6 and LI-7, the Connecting point and the Accumulation point of the Large Intestine channel, respectively, are used to promote the Qi circulation in the channels and collaterals, harmonise the collaterals and relieve the anal pain.
- LR-3, the Stream point and the Source point of the Liver channel, SP-6, the crossing point of the three Yin channels of the foot, and SP-10, together with LI-4, are used to promote the Qi and Blood circulation, eliminate Blood stasis and relieve the anal pain.
- HT-3, the Sea point of the Heart channel, is used to promote the Blood circulation, eliminate Blood stasis and relieve the anal pain.
- ST-25, the Alarm Mu point of the Large Intestine, ST-37, the Lower Uniting-He point of the Large Intestine, and ST-40, the Connecting point of the Stomach channel, are used to regulate the physiological functions of the Large Intestine, promote defecation and relieve the anal pain.

- BL-58 and BL-67 are used to harmonise the collaterals around the anus and relieve the anal pain.

MODIFICATIONS

- If there is poor wound healing, add SP-3, the Source point of the Spleen channel, to activate the Spleen, benefit the muscle and promote healing of the wound.
- If there is coexisting deficiency of Blood, add GB-39, the Gathering point of the Marrow, to tonify the Blood and promote production of the Blood.
- If there is redness and swelling in the anus with a hot sensation, add BL-66 and LI-2, the Spring points of the Bladder channel and the Large Intestine channel, respectively, to clear the Heat, reduce the swelling and relieve the redness.
- If there is restlessness and insomnia, add HT-7 to calm the Shen and improve sleep.

DEFICIENCY OF QI AND BLOOD

SYMPTOMS AND SIGNS

Prolonged persistence of slight pain in the anus, aggravation of or residual anal pain after the operation, a bearing-down sensation in the anus, anal prolapse, lassitude, a pale complexion, dizziness, poor appetite, palpitations, loose stools, a pale tongue with tooth marks, a white tongue coating, and a weak and deep pulse, particularly at the Spleen and Kidney positions.

PRINCIPLE OF TREATMENT

Activate the Spleen, tonify the Spleen-Qi and relieve the anal pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-6 Pianli, LI-7 Wenliu, KI-3 Taixi, SP-6 Sanyinjiao, ST-25 Tianshu, ST-36 Zusanli, ST-37 Shangjuxu, ST-40 Fenglong, ST-42 Chongyang and BL-58 Feiyang.

Reinforcing method is applied on KI-3, ST-36 and ST-42; even method is applied on the remaining points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LI-6 and LI-7, the Connecting point and the Accumulation point of the Large Intestine

channel, respectively, are used to promote the Qi and Blood circulation in the channels and collaterals, harmonise the collaterals and relieve the anal pain.

- ST-25, the Alarm Mu point of the Large Intestine, ST-37, the Lower Uniting-He point of the Large Intestine, and ST-40, the Connecting point of the Stomach channel, are used to regulate the physiological functions of the Large Intestine, promote defecation and relieve the anal pain.
- ST-36 and ST-42, the Sea point and the Source point of the Stomach channel, respectively, and SP-6 and KI-3 are used to tonify the Qi and Blood and strengthen the Large Intestine.
- BL-58 is used to harmonise the collaterals around the anus and relieve the anal pain.

MODIFICATIONS

1. If there is poor appetite, add CV-12, the Alarm Mu point of the Stomach, to reinforce the Stomach and improve the appetite.
2. If there is rectal prolapse, add CV-4 with moxibustion to tonify and raise the Yang-Qi and relieve the rectal prolapse.
3. If there is constipation, add LI-11 to promote defecation and relieve the constipation.

Alternative techniques

Other acupuncture techniques and points can be used in the treatment of anal pain, as follows:

- *Ear acupuncture*: select points at the external genitalia, the lower portion of the rectum, Kidney, endocrine system, Heart, subcortex and the sympathetic nerves
- *Wrist and ankle acupuncture*: select points at lower region 6.

General complications 47

Introduction

At present, surgery is usually recommended for patients who have physical problems that do not respond promptly to medical treatment, or who have physical injuries or damage, such as bone fracture, tendon rupture, excision of tumours or foreign objects, or repair of lacerations, torn ligaments or hernias.

Although there are a wide variety of reasons for surgery, all surgical operations have one result in common: an incision – a cut into the skin to gain access to the area in need of repair. Most incisions are surgically sutured with more than one layer of stitches, depending on the type of surgery and the depth of the wound. As with many operations that require multiple layers, there are often three types of suture involved in surgery:

1. An initial strong closure of deep tissues
2. A middle layer of sutures placed in order to bring the edges of the skin closer together (subcutaneous sutures)
3. Sutures placed on the exterior to help bring the edges of the skin together (skin sutures).
Skin sutures are the only layer visible in a normal healing incision.

After surgery is complete and the patient is free of disabilities, full recovery is not assured until the incision has healed. However, in some cases, although the incision may have healed, the clinical complaint remains or is even aggravated, and postoperative pain is one of the most common complaints in the clinic. On the other hand, postoperative pain is not always a negative sign, as it can serve as a warning signal, indicating that something is wrong with the surgery.

Even in the best of circumstances, surgery carries a certain percentage of operative mortality and various kinds of operative complications. Generally speaking, postoperative complications can be subdivided into two groups – general complications and specific complications – as outlined in Box 47.1.

Treatment differentiation

Body points are usually selected ipsilaterally or bilaterally with reducing method except in cases where tonifying method is used for postoperative complications due to deficiency. If it is possible, treatment is given once or twice daily for general complications occurring immediately or at an early stage after the operation. Treatment is given once daily up to once a week for general complications that occur at a later stage after the operation.

Box 47.1 Complications after surgery**General complications**

1. Immediately after the operation:
 - Incision pain
 - Postoperative haemorrhage
 - Reactionary haemorrhage
 - Basal atelectasis
 - Shock
 - Low urine output
2. At an early stage after the operation:
 - Anaesthesia complications
 - Acute confusion
 - Nausea and vomiting
 - Pyrexia
 - Secondary haemorrhage
 - Pneumonia
 - Wound or anastomosis dehiscence
 - Deep vein thrombosis (DVT)
 - Acute urinary retention
 - Urinary tract infection
 - Wound infection
 - Bowel obstruction
 - Paralytic ileus
3. At a later stage after the operation:
 - Anaesthesia complications
 - Bowel obstruction
 - Incisional hernia
 - Persistent sinus
 - Recurrence of malignancy
 - Adhesion

Specific complications

- Bowel anastomosis breakdown
- Fistula formation
- Re-closure of the artery after angioplasty
- Atrial fibrillation during bypass surgery
- Biliary infection after biliary surgery

These specific complications need emergency treatment in hospital.

It should be borne in mind that acupuncture treatment for general postoperative complications is a supplementary therapy, assisting Western medicine in dealing with these complications.

Incision pain

In Traditional Chinese Medicine (TCM), incision pain is held to be caused by impairment of the Qi and Blood

circulation, injury to the channels and collaterals, dysfunction of the internal Zang-Fu organs and disturbance to the Heart and Shen.

Treatment of immediate postoperative incision pain can be achieved effectively with proper use of acupuncture in conjunction with medication. The supplementary application of acupuncture postoperatively can decrease the need for opioid and other symptomatic control medication, facilitate early ambulation and intake of fluid and food, and accelerate hospital discharge.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups:

1. Points to regulate the Qi and Blood circulation, such as LI-4, SP-6, SP-10 and LR-3.
2. Points to regulate the Heart and calm the Shen, such as HT-3, HT-7 and PC-6.
3. The Accumulation point, the Connecting point and points from channels that pass through the operated areas – for instance, ST-34, ST-40 and ST-42 are used for operation on the face; LI-3, LI-6 and LI-7 are used to control incision pain due to operation for tennis elbow, etc.

Electric stimulation can also be applied. Continuous wave with high frequency is normally advised for 10–15 minutes.

MODIFICATIONS

1. For oral or facial procedures, add ST-34, ST-40, ST-42 and KI-6.
2. For chest wall procedures, add LU-7, KI-6, PC-6, ST-34 and ST-40.
3. For intrathoracic procedures, add CV-15, LU-7, KI-6, PC-6, LU-5, HT-3, HT-5 and HT-7.
4. For upper abdominal procedures, add PC-6, KI-6, ST-34, ST-36, SP-8 and KI-6.
5. For pelvic procedures, add ST-36, SP-10, KI-6, GB-26, GB-41 and LR-5.
6. For genital procedures, add LU-7, KI-4, KI-6, LR-1, LR-5 and LR-6.
7. For rectal procedures, add KI-4, KI-6, BL-40, BL-58 and BL-64.
8. For procedures on the upper extremities, add LI-3, TE-3, TE-5, GB-20 and GB-34.

9. For procedures on the lower extremities, add ST-40, ST-42, ST-43, SP-4, SP-8, GB-20 and GB-34.
10. For obstetric procedures, add KI-4, KI-5, KI-6, SP-4, SP-8 and LR-5.

AURICULAR POINTS

Lung, Shenmen, Heart, sympathetic nerves and corresponding points for the operated areas.

Haemorrhage

Postoperative haemorrhage remains one of the major complications of surgery, especially during cardiac operation because of big pipes, big holes and big vessels. If haemorrhage is severe, it can be life threatening. Haemorrhage is associated with markedly increased mortality and length of hospital stay. Unfortunately, there is no uniform system of classifying the intensity of postoperative haemorrhage. Some medical doctors consider all haemorrhage events to be serious complications, whereas others pay attention only to those events that require serious subsequent treatment, including surgical re-exploration.

Haemorrhage that occurs immediately after surgery is termed reactionary haemorrhage (<24 hours); haemorrhage that is delayed is termed secondary haemorrhage (>24 hours). The onset of reactionary haemorrhage usually occurs within 6–8 hours. The onset of secondary haemorrhage can be both abrupt and excessive, or even include episodes of recurrent haemorrhage. However, a follow-up period of 10 days appears to provide sufficient time to evaluate the incidence of postoperative haemorrhage. Haemorrhage events that occur beyond 10 days are rare. If delayed haemorrhage occurs with any regularity at all, an analysis of surgeon-specific practices and characteristics is indicated.

The event of postoperative haemorrhage is important, because patients who suffer from such complications have increased rates of additional medical problems and even death.

Furthermore, decreasing the rate of postoperative haemorrhage can have important implications for the healthcare system, since an estimated 20% of the nation's supply of blood is used to treat these patients.

Aetiology of this haemorrhage tendency is multifactorial and need not be restricted to surgical wounds. The interaction between the blood and foreign surfaces of the extracorporeal circuit induces platelet dysfunction and increased fibrinolytic activity, identified as the

most important factors in postoperative haemostatic derangement.

Within the circulatory system, three main factors control haemorrhage or clotting:

- Blood vessel constriction
- Platelet activation
- The activity of clotting factors that circulate in the blood.

Abnormalities in any of these areas can lead to potentially dangerous haemorrhage or clotting.

Postoperative haemorrhage has been commonly proposed to result from:

- a blood vessel not being sewn up tightly enough or clips and ties around blood vessels becoming loose
- pre-existing coagulation disorders
- platelet dysfunction or reduced platelets
- increased fibrinolysis
- tissues that cannot be entirely prevented from haemorrhage
- wound infection.

Postoperative haemorrhage results in:

- increased blood loss and blood transfusion requirements with the attendant risk
- prolonged hospital stay and increased medical cost
- increased tendency to thrombosis
- increased morbidity and mortality.

Prevention

- Ask the patient about any haemorrhage complications from previous procedures (e.g. dental extraction, teeth cleaning, invasive surgery). Ask if they have experienced spontaneous haemorrhage (e.g. epistaxis) or a large haematoma after relatively minor trauma. Does the patient bleed for a prolonged period after minor cuts and scratches?
- Ask about other conditions that may contribute to haemorrhage (e.g. alcoholism, liver disease, inherited coagulopathies) and the use of anticoagulants for potential haemorrhage (e.g. vitamin E, Ginkgo biloba, non-steroidal anti-inflammatory drugs).
- Pay attention to medications that can increase the tendency to postoperative haemorrhage.
- Advise the patient to avoid too much activity following surgery in order to prevent infection or postoperative haemorrhage (minimal activity is recommended to prevent wound dehiscence).

- Surgeons need to ensure adequate operative techniques to avoid wound dehiscence and some vascular damage.

With regard to postoperative haemorrhage, a few main aetiologies and pathologies exist in TCM, as follows:

- *Invasion of Toxic-Heat*, manifested as severe, deep red bleeding from the wound, high fever, thirst, headache, body pain, wound infection, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Stagnation of Blood*, manifested as dark red bleeding from the wound, fever, aggravation of fever during the night, generalised body pain, stabbing pain at the wound, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and deep, thready and erratic pulse.
- *Accumulation of Heat in the Blood*, manifested as fresh red bleeding from the wound, restlessness, insomnia, pinpoint red spots on the body, ecchymosis, epistaxis, gum bleeding, palpitations, a deep red tongue with a scanty coating, and rapid and deep pulse.
- *Deficiency of Qi*, manifested as light red bleeding from the wound, tiredness, a pale complexion, aversion to cold, cold hands and feet, poor appetite, loose stools, thin and white tongue coating, and a thready and weak pulse.

Acupuncture treatment for postoperative haemorrhage should be considered only as a supplementary therapy. Treatment is based on differentiation of four stages (Wei, Qi, Ying and Xue) and differentiation of the Zang-Fu organs.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-4, LI-11, TE-2, TE-5, GV-14 and ST-44 for postoperative haemorrhage due to invasion of Toxic-Heat
 - LI-4, LR-3, BL-40 and BL-17 for postoperative haemorrhage due to stagnation of Blood
 - TE-6, LI-11, ST-44, SP-2, LR-2 and KI-2 for postoperative haemorrhage due to accumulation of Heat in the Blood

- ST-36, SP-3, CV-4 and CV-6 for postoperative haemorrhage due to deficiency of Qi.
2. Points to regulate the Blood circulation and stop the bleeding, such as SP-1, SP-6 and SP-10.

MODIFICATIONS

1. If there is severe cold hands and feet, and aversion to cold due to excessive blood loss, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
2. If there is high fever or headache due to invasion of Toxic-Heat, add GB-20 and LU-10 to clear the Heat and remove the Toxin.
3. If there is severe thirst, add KI-10 and LU-8 to promote the secretion of Body Fluids and relieve the thirst.
4. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
5. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Shenmen, Heart, adrenals, Spleen, sympathetic nerves and corresponding points for the operated areas.

Pyrexia

Pyrexia refers to postoperative fever, ranging from mild to persistent fever, usually from the first postoperative day till 1 week after the operation. Other symptoms may arise during the fever period, such as headache, generalised body pain, etc.

In Western medicine, the possible causative factors can be described as follows.

Days 0–2

- Tissue damage and necrosis at the operation site
- Haematoma
- Blood transfusion
- Drug reaction.

Days 3–5

- Bronchopneumonia
- Sepsis

- Wound infection
- Drip site infection
- Phlebitis
- Abscess formation.

Days 5–7

- Deep vein thrombosis (DVT).

After the first week (less likely related to the specific operation)

- Wound infection
- Distant sites of sepsis
- DVT.

In TCM, postoperative fever is often caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as high fever, thirst, headache, generalised body pain, wound infection, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Deficiency of Qi*, manifested as mild fever, tiredness, a pale complexion, aversion to cold, cold hands and feet, poor appetite, loose stools, thin and white tongue coating, and a thready and weak pulse.
- *Accumulation of Heat in the Blood*, manifested as fever, restlessness, fresh red bleeding from the wound, pinpoint red spots on the body, ecchymosis, epistaxis, gum bleeding, palpitations, a deep red tongue with a scanty coating, and a rapid and deep pulse.
- *Stagnation of Blood*, manifested as mild fever, aggravation of fever during the night, generalised body pain, stabbing pain at the wound, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Deficiency of Yin*, manifested as mild fever, aggravation of fever in the afternoon and evening, heat in the body, palms and soles, night sweating, a dry throat and mouth, thirst, dry stools, a thin and peeled tongue coating, and a thready and rapid pulse.
- *Accumulation of Damp-Heat in the body*, manifested as mild fever, headache, generalised body pain with heaviness, lassitude, poor appetite, nausea, loose stools or diarrhoea, formation of pus in the wound, redness of the wound, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-11, GV-14, BL-17 and ST-44 for fever due to invasion of Toxic-Heat
 - ST-36, SP-1, SP-3, CV-4 and CV-6 for fever due to deficiency of Qi
 - TE-6, LI-11, ST-44, SP-2 and KI-2 for fever due to accumulation of Heat in the Blood
 - SP-1, BL-17, BL-40 and KI-6 for fever due to stagnation of Blood
 - SI-3, HT-6, KI-6, KI-7, HT-8 and PC-8 for fever due to deficiency of Yin
 - SP-3, SP-9, GB-34, TE-6, LI-11 and ST-40 for fever due to accumulation of Damp-Heat in the body.
2. Points to regulate the Qi and Blood circulation, such as LI-4, SP-6, SP-10 and LR-3.

MODIFICATIONS

1. If there is fever due to deficiency of Qi, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
2. If there is throat pain or cough due to invasion of External Wind-Heat, add LU-5, LU-7 and LU-10 to dispel Wind-Heat and relieve the throat pain and cough.
3. If there is severe fatigue after the operation, cold sweating, a pale complexion and shortness of breath, add moxibustion on ST-36 to tonify the Qi and Yang and relieve the tiredness.
4. If there is severe headache after the operation, add GB-20 and Extra Taiyang to relieve the headache.
5. If there is severe thirst, add KI-10 and LU-5 to promote the secretion of Body Fluids and relieve the thirst.
6. If there is nausea and vomiting, add CV-12 and ST-40 to descend the Stomach-Qi and stop the vomiting.
7. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
8. If there is constipation, add ST-25, ST-37 and LI-11 to promote defecation and relieve the constipation.

AURICULAR POINTS

Lung, Heart, Liver, Sanjiao and the endocrine system.

Basal atelectasis

This refers to the occurrence of some degree of pulmonary collapse. It is an extremely common postoperative complication that occurs after almost every abdominal or transthoracic procedure. Most often it concerns only one of the segments of the lower lung lobes lying adjacent to the diaphragm. The reason for this is that a mucus plug can form more easily in the lower bronchial tubes, particularly in older patients. The collapsed lung may become secondarily infected by inhaled organisms.

In basal atelectasis, retained mucus in the bronchial tree blocks the finer bronchi and alveolar air resorption, resulting in collapse of the supplied lung segments – usually the basal lobes.

Predisposing factors include:

- obesity
- smoking
- wound pain
- opiates and drowsiness
- pregnancy
- muscular weakness
- nasogastric tube
- abdominal distension.

Postoperative basal atelectasis can be the result of thoracic or abdominal incision pain that inhibits expectoration of the accumulated bronchial secretions and is the most important cause of mucus secretion. However, both preoperative and operative factors are also important in the occurrence of basal atelectasis, as outlined in Box 47.2.

Basal atelectasis often occurs within the first 48 hours postoperatively. The clinical symptoms and signs include the following:

- The patient is dyspnoeic with a rapid pulse and pyrexia.
- There may be cyanosis.
- Coughing is painful and, unless encouraged, the patient may fail to expectorate.
- The sputum is at first frothy and clear, but later may become purulent.
- The development of a painful, productive cough as a result of bronchial secretions rattling within the chest.
- Chest movements are diminished, particularly on the affected side.

Box 47.2 Preoperative and operative factors in basal atelectasis

Preoperative factors

- Pre-existing acute or chronic chest infection increases bronchial secretion and involves pathogenic bacteria
- Emphysema, ankylosing spondylitis and other conditions that make coughing difficult in the postoperative period predispose to mucus retention

Operative factors

- Irritant anaesthetic drugs that increase mucus secretion and depress the action of the bronchial cilia
- Atropine also increases mucus viscosity

- There is basal dullness and air entry is reduced.
- Chest radiology may reveal opacity of the involved segment and may show mediastinal shift to the affected side.

If postoperative atelectasis does occur, the treatment in Western medicine includes the following:

- Removal of impacted secretions by coughing through breathing exercises and passive postural drainage.
- If the condition is severe then a catheter can be passed into the bronchi and secretions aspirated directly via the nose or an endotracheal tube.
- If pyrexia is present for more than 48 hours, then there is a probable secondary chest infection and antibiotics should be prescribed.
- In hospital, more debilitated patients may require occasional nasotracheal suctioning with sterile flexible catheters.
- In severe recurring basal atelectasis, particularly when bronchiectasis is also present, a chest surgeon may have to remove the lung segment that contains the bronchiectasis and chronic atelectasis.

In fact, prevention of postoperative atelectasis is the best form of management. This includes:

- stopping smoking prior to the operation
- ensuring adequate analgesia, which may require an intercostal block in upper abdominal incisions, and avoiding excessive analgesia
- treating bronchitis (bronchodilators, antibiotics)
- deep breathing and coughing
- incentive spirometry.

In TCM, basal atelectasis can be caused by the following factors:

- *Stagnation of Qi in the Lung*, manifested as a severe painful cough, shortness of breath, headache, fullness in the chest, generalised body pain, unstable emotions, restlessness, a white tongue coating, and a wiry pulse.
- *Stagnation of Blood in the Lung*, manifested as a cough, stabbing chest pain, headache, generalised body pain, a purplish tongue with a white coating, and wiry and erratic pulse.
- *Accumulation of Phlegm-Heat in the Lung*, manifested as severe cough, expectoration of purulent phlegm, chest pain, high fever, thirst, headache, body pain, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-4, LR-3, LR-14, PC-6, GB-20 for basal atelectasis due to stagnation of Qi in the Lung
 - LI-4, SP-6, SP-10, PC-6 and BL-17 for basal atelectasis due to stagnation of Blood in the Lung
 - SP-3, SP-6, SP-9, ST-36, ST-40 and PC-6 for basal atelectasis due to accumulation of Phlegm-Heat in the Lung.
2. Points to disperse and descend the Lung-Qi and relieve the cough, such as LU-5, LU-7, CV-17 and BL-13.

MODIFICATIONS

1. If there is severe cough with difficulty in expectorating the phlegm, add CV-22 to descend the Lung-Qi and eliminate the phlegm.
2. If there is severe chest pain, add KI-6 and CV-17 to regulate the Qi in the chest and relieve the chest pain.
3. If there is fever, add GV-14 to clear the Heat and reduce the fever.
4. If there is constipation, add ST-25 and ST-37 to promote defecation and relieve the constipation.

5. If there is severe nausea or vomiting, add CV-12 and PC-6 to descend the Stomach-Qi and stop the vomiting.
6. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restless and palpitations and improve sleep.

AURICULAR POINTS

Lung, bronchi, Heart, Liver, adrenals and sympathetic nerves.

Pneumonia

Postoperative pneumonia is an inflammation of the lungs occurring after operation. It occurs in 9–40% of patients and has an associated mortality rate of over 30%. Overall, pneumonia is the third most common postoperative infection, after urinary tract infection and surgical site infection. It is dangerous because it is typically accompanied by a build-up of fluid that can plug the tiny sacs (alveoli) where oxygen is pulled from the air and transferred to the bloodstream. Without sufficient oxygen, the body will die. In critically ill patients, however, the respiratory tract is the most common site of nosocomial infection. Preoperative assessment of a patient's risk for postoperative pneumonia might encourage protective preoperative respiratory preparation.

Despite a host of sophisticated drugs and treatments, the death rate from pneumonia has been increasing over the last couple of decades. At the same time, drug resistance to strains of bacterial pneumonia has emerged as a serious problem.

Postoperative pneumonia is more likely among patients undergoing abdominal aortic aneurysm repair, thoracic, upper abdominal or neck surgery, neurosurgery or peripheral vascular surgery.

Both a cold or influenza (flu) and pneumonia cause breathing problems. However, although the breathing problems caused by a cold or flu are uncomfortable and debilitating, they recede fairly quickly and respond to treatment with a wide assortment of over-the-counter medications. Pneumonia, on the other hand, can persist and worsen, finally threatening the ability to breathe at all.

While there are many types of pneumonia, the categories usually discussed nowadays are 'community-acquired (outside the hospital acquired)' and 'hospital-acquired' (nosocomial) pneumonia. Hospital-acquired pneumonia is not only more severe than infections

acquired outside the hospital, but is also more resistant to drugs. As patients in hospital are already injured or sick, their resistance to infection is lower, a situation that further increases the risk of pneumonia.

Most, but not all, pneumonias are caused by infection – bacteria, viruses and fungi, or even chemical irritants. Fifty percent are caused by a virus. Although the symptoms are similar, viral pneumonia is usually a less severe illness than the bacterial variety. The most common cause of bacterial pneumonia is *Streptococcus pneumoniae*. Other common causes are Gram-negative rod bacteria, *Haemophilus influenzae* and mycoplasma. *Pneumocystis jiroveci* pneumonia (formerly known as *P. carinii* pneumonia), which often attacks people with AIDS, results from a fungus that we all carry in our bodies safely until our immune system is compromised.

Bacterial pneumonia

This is caused by various bacteria. *Streptococcus pneumoniae* is the most common bacterium that causes bacterial pneumonia.

Postoperative bacterial pneumonia usually occurs when the body is weakened in some way, such as illness, malnutrition, old age or impaired immunity, and the bacteria are able to work their way into the lungs. Bacterial pneumonia can affect all ages.

The symptoms of bacterial pneumonia include a cough that produces rust-coloured or greenish mucus, wheezing, chest pain, high fever, chills, shaking, chattering teeth, severe chest pain, heavy perspiration, thirst, a rapid pulse, rapid breathing, a bluish colour to the lips and nail beds, and a confused mental state or delirium.

Viral pneumonia

This is caused by various viruses. Early symptoms of viral pneumonia are the same as those of bacterial pneumonia, which may be followed by increasing breathlessness and a worsening of the cough. Viral pneumonias may make a person susceptible to bacterial pneumonia.

Mycoplasma and fungal pneumonia

These types of pneumonia have somewhat different symptoms and signs.

Mycoplasmas – the smallest free-living agents of disease in humankind, which have the characteristics of

both bacteria and viruses, but which are not classified as either – generally cause a mild, widespread pneumonia that affects all age groups. Fungi can also cause pneumonia.

The symptoms of mycoplasma pneumonia include a severe cough that may produce some mucus.

Chemical irritant-induced pneumonias

Other less common pneumonias may be caused by postoperative inhalation of food, liquid, gases or dust.

Possible factors that increase the risk of postoperative pneumonia include:

- cigarette smoking
- obesity
- high alcohol intake
- senility with congestive heart failure
- diabetes
- patients with asthma, chronic obstructive pulmonary disease, chronic bronchitis, emphysema, and lung cancer
- hospital patients on mechanical ventilators
- diminished mental capacity
- reduced immune function
- prolonged duration of surgery
- surgery in the chest or abdomen
- certain drugs (e.g. some anticancer drugs, methotrexate, etc.), usually induced by prolonged use of these drugs.

Clinical symptoms and signs, together with the following tests, confirm the diagnosis:

- Chest x-ray
- Blood tests
- Sputum culture
- Pulse oximetry.

In Western medicine, the treatment for postoperative bacterial pneumonia usually includes administration of antibiotics. Antibiotics may also speed recovery from mycoplasma pneumonia and some special cases. There is no definitive treatment for viral pneumonia or chemical irritant-induced pneumonia, which usually heals on its own.

Other treatment may include appropriate diet, oxygen therapy, pain medication and medication for cough.

In TCM, postoperative pneumonia may be caused by the following factors:

- *Invasion of External Wind-Heat*, manifested as a cough, chest pain, expectoration of profuse yellow

phlegm, fever, aversion to cold, generalised body pain, headache, lack of sweating or scanty sweating, throat pain, thirst, tongue with a red tip and a thin yellow coating, and a superficial and rapid pulse.

- *Accumulation of Excessive-Heat in the Lung*, manifested as a severe cough, chest pain, high fever, thirst, headache, body pain, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Accumulation of Phlegm-Heat in the Lung*, manifested as a severe cough, expectoration of yellow and sticky phlegm, high fever, headache, generalised body pain with heaviness, lassitude, poor appetite, nausea, loose stools or diarrhoea, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-4, TE-5, BL-13, LU-7 and GV-14 for postoperative pneumonia due to invasion of External Wind-Heat
 - LI-2, LI-4, LI-11, GV-14, SP-6, SP-10, BL-13, BL-17 and ST-44 for postoperative pneumonia due to accumulation of Excessive-Heat in the Lung
 - SP-3, SP-6, SP-9, LI-11 and ST-36 for accumulation of Damp-Heat in the Lung.
2. Points to disperse and descend the Lung-Qi and relieve the cough and chest pain, such as LU-1, LU-5, LU-10, CV-17 and Extra Dingchuan.
3. Points to eliminate phlegm in the Lung, such as ST-40, ST-42, TE-6 and LU-8.

MODIFICATIONS

1. If there is difficulty with breathing due to a large amount of phlegm in the throat, add CV-22 to descend the Lung-Qi and eliminate phlegm in the throat.
2. If there is considerable chest pain, add PC-6 to regulate the Qi circulation, relax the chest and relieve the chest pain.

3. If there is a cough with difficult-to-expectorate phlegm, add LU-6 to promote elimination of phlegm and stop the cough.
4. If there are blood spots in the phlegm, add LU-11 and SP-10 to cool the Blood and stop the bleeding.
5. If there is severe headache due to high fever, add GB-20 to clear the Heat in the head and relieve the headache.
6. If there is severe thirst, add KI-6 and LU-8 to promote the secretion of Body Fluids and relieve the thirst.
7. If there is nausea and vomiting due to severe cough, add CV-12 to descend the Stomach-Qi and stop the vomiting.
8. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
9. If there is constipation, add ST-25 to promote defecation and relieve the constipation.
10. If there is general tiredness after the operation, add CV-6 to tonify the Qi and relieve the tiredness.

AURICULAR POINTS

Lung, bronchi, Sanjiao, sympathetic nerves and the endocrine system.

Nausea and vomiting

Postoperative nausea and vomiting (PONV) continues to be a highly undesirable outcome of anaesthesia and surgery. It is a major cause of postoperative morbidity, increasing recovery time, delaying patient discharge and increasing hospital costs.

Nausea and vomiting should be considered two separate entities and assessed independently. Nausea is defined as a subjective unpleasant sensation in which the patient is aware of the urge to vomit but does not necessarily do so. Vomiting is defined as an objective physical motion characterised by contraction of the abdominal muscles, descent of the diaphragm and opening of the gastric cardia, resulting in expulsion of the stomach contents from the mouth.

Persistent vomiting may result in electrolyte abnormalities and dehydration. Persistent retching or vomiting following surgery can put tension on suture lines, cause haematomas beneath surgical flaps and place the patient at risk for pulmonary aspiration of vomit if airway reflexes are depressed from the lingering effects of anaesthetic and analgesic drugs.

Postoperative nausea and vomiting result from several factors – some related to anaesthesia, others to surgery, and some to the patients themselves (Box 47.3). As such, the anaesthetist should not be blamed.

In Western medicine, the treatment for PONV includes administration of anticholinergics, antihistamines, phenothiazines, butyrophenones, benzamides, 5-HT₃-receptor antagonists, dexamethasone, etc. However, because no currently available antiemetic is a gold standard good enough for use on its own, and successful control is often elusive, experts recommend multimodal approaches. For instance, non-pharmacologic and alternative interventions are usually included during therapy, and acupuncture is among these approaches.

In TCM, PONV is often held to be caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as severe nausea or vomiting, high fever, thirst, headache, body pain, wound infection, constipation, restlessness, a deep red tongue with a dry yellow coating, and a rapid and wiry pulse.
- *Stagnation of Qi*, manifested as nausea or vomiting, distension in the epigastric region and abdomen, belching, fullness in the stomach, aggravation of nausea and vomiting by emotional upset, generalised body pain, a slight purplish tongue, and a deep and wiry pulse.
- *Stagnation of Blood*, manifested as intermittent occurrence of nausea, vomiting with dark blood clots mixed with food, stabbing pain in the epigastric region, aggravation of nausea and vomiting during the evening, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Accumulation of Damp-Phlegm in the Spleen and Stomach*, manifested as nausea, vomiting with sticky phlegm, dizziness, heaviness in the epigastric region, generalised body pain with heaviness, lassitude, poor appetite, loose stools or diarrhoea, a white and greasy tongue coating, and a deep and slippery pulse.
- *Deficiency of Qi*, manifested as slight nausea or vomiting, aggravation of nausea and vomiting after eating, poor appetite, tiredness, a pale complexion, aversion to cold, cold hands and feet, loose stools, a pale tongue with tooth marks and thin and white coating, and a thready and weak pulse.
- *Deficiency of Yin*, manifested as slight nausea or vomiting, a warm or burning feeling in the epigastric region, thirst, dry mouth and lips, constipation, poor appetite, tiredness, night sweating, a red tongue with a thin or peeled coating, and a deep, thready and rapid pulse.

Box 47.3 Postoperative nausea and vomiting resulting from patient, surgical, anaesthetic and disease factors

Patient characteristics with a higher PONV risk

- Female sex
- Over 70 years of age
- History of motion sickness
- Obesity
- Prior episode(s) of postoperative nausea and vomiting
- Young
- Early postoperative eating and drinking
- Postoperative use of opioid analgesics

Surgeries with a higher PONV risk

- Craniotomy
- Ear, nose and throat surgery
- Major breast surgery
- Laparoscopy or laparotomy
- Intracranial, middle ear surgery
- Squint surgery (highest incidence of PONV in children)
- Gynaecological surgery, especially ovarian
- Urological surgery
- Head and neck surgery
- Prolonged surgery
- Painful surgery

Anaesthetics and drugs with a higher PONV risk

- Prolonged anaesthesia
- Spinal anaesthesia (blocks above T5), hypotension
- Intraoperative dehydration
- Opioid analgesics
- Volatile inhalational anaesthetics
- Sympathomimetics
- Inhalational agents (isoflurane++)
- Etomidate, ketamine, methohexital (compared with propofol and thiopental)
- Neostigmine (recent work suggests that this is not associated with PONV)
- Nitrous oxide (gastrointestinal tract distension/ expansion of middle ear cavities)
- Inexperienced bag and mask ventilation (gastric dilatation)

Diseases

- Intestinal obstruction
- Metabolic disorders, e.g. hypoglycaemia
- Hypoxia
- Uraemia

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

- Points to eliminate the causative factors, such as:
 - LI-2, LI-4, LI-11, SP-6, SP-10, BL-17 and ST-44 for nausea and vomiting due to invasion of Toxic-Heat
 - LR-3, LR-13, LR-14, LI-4, GB-20, GB-40 and HT-3 for nausea and vomiting due to stagnation of Qi
 - SP-1, SP-6, SP-10, BL-17, BL-40 and LI-4 for nausea and vomiting due to stagnation of Blood
 - SP-3, SP-6, SP-9, ST-36, ST-40, ST-42 and LR-13 for nausea and vomiting due to accumulation of Damp-Phlegm in the Spleen and Stomach
 - ST-36, ST-42, SP-3, SP-6, SP-9, CV-4 and CV-6 for nausea and vomiting due to deficiency of Qi
 - SI-3, HT-6, KI-6, KI-7, SP-6, ST-36, ST-42 and LI-4 nausea and vomiting due to deficiency of Yin.
- Points to harmonise the Stomach, descend the Stomach-Qi, and relieve the nausea and vomiting, such as SP-4, PC-6 and CV-12.

MODIFICATIONS

- If there is throat pain or a cough due to invasion of External Wind-Heat, add LU-5 and LU-10 to dispel Wind-Heat and relieve the throat pain.
- If there is severe headache, add GB-20 to relieve the headache.
- If there is high fever, add GV-14 to clear the Fire and reduce the fever.
- If there is expectoration of profuse phlegm, add CV-22 to eliminate phlegm and descend the Stomach-Qi.
- If there is great emotion, add HT-7 and Extra Sishencong to calm the Shen and smooth the emotions.
- If there is stabbing pain in the epigastric region, add ST-34 to harmonise the collaterals in the Stomach and relieve the pain.
- If there is extreme tiredness, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
- If there is severe night sweating and thirst, add KI-7 and LU-8 to clear the deficient Fire and relieve the night sweating and thirst.

- If there is obvious restlessness, palpitations and insomnia, add Extra Anmian to calm the Shen, relieve the restlessness and palpitations and improve sleep.
- If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Heart, Stomach, Spleen, Liver, Sanjiao and the endocrine system.

Deep vein thrombosis

A deep vein thrombosis (DVT) is a blood clot (thrombus) that develops in a deep vein, usually in the leg and thigh; less commonly, DVT may occur in the deep veins of the arm or pelvis. When a clot forms, it can either partially or totally block the blood flow in that vein. This thrombus may interfere with circulation of the area or break off and travel through the blood stream (embolise). The embolus thus created can lodge in the brain, lungs, heart or other areas, causing severe damage to that organ. Depending on the size of the clot, DVT can be a life-threatening condition. A DVT can damage the valves in the vein, so that instead of flowing upwards, the blood pools in the lower leg. This is called post-thrombotic syndrome, and can result in pain, swelling, discoloration and sores on the leg.

There are two types of vein in the legs: deep and superficial. The deep veins pass through the centre of the leg, surrounded by the muscles. It is here that DVT most often develops.

Certain preoperative factors predispose to DVT:

- Patients aged over 40
- Patients who are obese or smoke
- Patients who have already had a DVT
- Several inherited conditions that make the blood more likely to clot than usual
- Prolonged bed rest (immobility)
- Major injuries or paralysis
- Other circulation or heart problems.

In addition, surgery – particularly if it lasts more than 30 minutes or involves the leg joints or pelvic cancer and its treatments – can cause the blood to clot more easily.

When a DVT develops in the leg, it usually occurs on one side. Symptoms include:

- noticeable pain that is worse when standing or walking

- swelling of the leg
- warmth or a burning feeling on the leg
- redness of the leg.

When a pulmonary embolism occurs, the clinical symptoms are:

- shortness of breath
- chest pain that may be worsened by deep breaths
- coughing up phlegm, possibly flecked with blood.

If a DVT is suspected, a full medical history and physical examination is essential. Tests, such as the clotting properties of the blood, Doppler ultrasound examination of an extremity and plethysmography of the legs may be required.

In modern medicine, postoperative treatment for deep vein thrombosis includes medication and prevention.

Medication

The most common treatment is anticoagulant (blood thinning) drugs, such as heparin and warfarin, which dissolve existing clots, reduce the blood's tendency to clot, stop new blood clots from forming and old ones from growing. They should be taken for 3–6 months. Regular blood tests are needed to check the levels of the drug in the blood.

Prevention

- *Wearing compression stockings:* These can relieve the pain and swelling on the leg, and prevent post-thrombotic syndrome. Healthcare professionals recommend wearing graduated compression stockings (also called thromboembolic deterrent stockings, TBD) that are tighter at the foot than higher up the leg. These may need to be worn for several months or more.
- *Raising the feet up:* Most people with a DVT are advised to place a cushion under their feet while resting or sleeping, so that the feet are raised higher than the hips. This helps to reduce the pressure in the veins of the calves.
- *Preventing aggravation:* Exercise the legs regularly, control the body weight and avoid sitting or lying in bed for long periods of time without moving the legs. Women, particularly those over the age of 35, should consider the risks and benefits of taking the contraceptive pill.

Most DVTs disappear without difficulty; however, there is a risk of recurrence. Some patients may develop chronic pain and swelling in the leg, known as

post-phlebotic syndrome. Pulmonary embolism is uncommon when DVT is treated properly but can occur – this is life threatening.

In TCM, deep vein thrombosis after operation is often caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as noticeable pain on the leg that is worse when standing or walking, swelling of the leg, warmth or a burning feeling on the leg, redness of the leg, fever, thirst, headache, body pain, possible wound infection, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Accumulation of Heat in the Blood*, manifested as noticeable pain that is worse when standing or walking, swelling of the leg, warmth or a burning feeling on the leg, deep redness of the leg, fever, restlessness, fresh red bleeding from the wound, pinpoint red spots on the leg, ecchymosis, epistaxis, gum bleeding, palpitations, a deep red tongue with a scanty coating, and a rapid and deep pulse.
- *Stagnation of Blood*, manifested as a noticeable stabbing pain that is worse when sitting or resting, swelling of the leg, slight warmth or a burning feeling on the leg, redness or a purplish colour on the leg, aggravation of leg pain during the night, stabbing pain at the wound, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Deficiency of Yin*, manifested as slight pain on the leg with slight warmth or a burning feeling, heat in the body, palms and soles, night sweating, dry throat and mouth, thirst, dry stools, a thin and peeled tongue coating, and a thready and rapid pulse.
- *Accumulation of Damp-Heat in the body*, manifested as pain, warmth or a burning feeling on the leg with heaviness, redness of the leg, oedema on the leg, fever, generalised body pain with heaviness, lassitude, poor appetite, nausea, loose stools or diarrhoea, formation of pus in the wound, redness of the wound, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LU-10, TE-6, LI-2, LI-11, GV-14 and ST-44 for deep vein thrombosis due to invasion of Toxic-Heat

- TE-6, LI-11, ST-44, SP-2 and KI-2 for deep vein thrombosis due to accumulation of Heat in the Blood
 - SP-1, BL-17, BL-40 and KI-6 for deep vein thrombosis due to stagnation of Blood
 - SI-3, HT-6, KI-6, KI-7, KI-10, LR-8 and ST-42 for deep vein thrombosis due to deficiency of Yin
 - SP-3, SP-9, GB-34, TE-6, LR-5, ST-40 and ST-42 for deep vein thrombosis due to accumulation of Damp-Heat in the body.
2. Points to regulate the Qi and Blood circulation, such as LI-4, SP-6, SP-10 and LR-3.

MODIFICATIONS

1. If there is high fever, use bleeding method on LU-11 and LI-1 to clear the Heat and reduce the fever.
2. If there is severe headache, add GB-20 and Extra Taiyang to relieve the headache.
3. If there is severe thirst, add KI-10 and LU-5 to promote the secretion of Body Fluids and relieve the thirst.
4. If there is nausea and vomiting, add CV-12 and ST-40 to descend the Stomach-Qi and stop the vomiting.
5. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
6. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Heart, Liver, Sanjiao, sympathetic nerves and the endocrine system.

Urinary retention

Urinary retention, a partial or total inability to void, occurs after general surgery in 7–25% of patients. If postoperative urinary retention occurring immediately or soon after the operation is caused by the anaesthetic, it is usually treated by the insertion of a catheter to drain the bladder until the patient regains bladder control. In chronic cases, patients usually have learned to carry out intermittent self-catheterisation for symptom control. However, self-catheterisation is uncomfortable and inconvenient, carrying a risk of recurrent urinary

tract infection (UTI). On the other hand, prolonged duration of elevated urine volumes retained in the bladder can also cause recurrent UTIs, resulting in urinary frequency, urgency and incontinence, all of which place the patient at risk for secondary infection of the upper renal tracts.

Although the exact pathophysiology of chronic urinary retention is unclear, possible causative factors include:

- the total amount of fluid replacement during a 24-hour postoperative period
- the type of anaesthesia
- pain management medications
- the route and duration of drug administration
- advanced age
- the effects of periurethral and perivesical oedema
- inhibition of detrusor contractility
- failure of the external urethral sphincter to relax
- outlet obstruction due to bladder neck elevation
- partial sensory and motor paralysis of the urinary bladder leading to autonomic dysfunction, pelvic floor muscle dysfunction and detrusor sphincter dyssynergia.

Urinary retention is characterised by frequent, strong urges to urinate accompanied by an inability to actually pass very much urine. There may be dribbling or leakage during the day and while asleep, exertion of effort to push in order to start urination, and a swollen and distending feeling at the lower abdomen. Filling-phase testing usually demonstrates voided urine volumes of 175–750ml, with post-void residual urine volumes of 75–225ml (normal range >100ml).

In TCM, urinary retention may be caused by the following factors:

- *Stagnation of Qi*, manifested as difficulty in urinating with scanty urine, severe abdominal distension with distending pain, aggravation of abdominal distension and painful urination with emotional upset, cramp in the abdomen, emotional instability, headache, insomnia, poor appetite, a thin and white tongue coating, and a wiry and tight pulse.
- *Stagnation of Blood*, manifested as difficulty in urinating with scanty urine, abdominal distension with stabbing pain, aggravation of pain during the night, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Accumulation of Damp-Heat in the Lower Burner*, manifested as difficulty in urinating with scanty urine, dripping and urgent urination with a

burning feeling, fever, heaviness at the lower abdomen, headache, generalised body pain with heaviness, lassitude, poor appetite, nausea, loose stools or diarrhoea, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

- *Deficiency of Qi of the Kidney and Bladder*, manifested as difficulty in urinating with scanty urine, tiredness, weakness, spontaneous sweating, lower back pain, a pale tongue with a thin and white coating, and a deep, thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-4, PC-6, LR-3, LR-5, LR-12, LU-7 and ST-28 for urinary retention due to stagnation of Qi
 - LI-4, SP-10, BL-17, LR-6 and ST-28 for urinary retention due to stagnation of Blood
 - SP-3, SP-9, LR-5, ST-28, ST-30, TE-6 and LI-11 for urinary retention due to accumulation of Damp-Heat in the Lower Burner
 - ST-36, SP-3, CV-4 and CV-6 for urinary retention due to deficiency of Qi of the Kidney and Bladder.
2. Points to promote urination, such as KI-6, KI-10, CV-2, CV-3, BL-39 and BL-40.
3. Points to control the abdominal pain and distension, such as LU-7 and SP-6.

MODIFICATIONS

1. If there is severe fatigue after the operation, cold sweating, a pale complexion and shortness of breath, add moxibustion on CV-4 and CV-6 to tonify the Qi and Yang of the Kidney and Bladder and promote urination.
2. If there is severe lower abdominal distension and swelling, add BL-63 and BL-64 to promote the Qi circulation and relieve the distension and swelling at the lower abdomen.
3. If there is emotional instability, add Extra Sishencong to calm the Shen and smooth the emotions.
4. If there is severe stabbing pain at the lower abdomen, add SP-8 to promote the Blood circulation and relieve the pain.

5. If there is nausea and vomiting, add CV-12 and ST-40 to harmonise the Stomach and stop the vomiting.
6. If there is obvious restlessness, palpitations and insomnia, add HT-8 to calm the Shen, relieve the restlessness and palpitations and improve sleep.
7. If there is severe headache, add GB-20 to relieve the headache.
8. If there is considerable lower back pain, add KI-3 and KI-5 to tonify the Kidneys, strengthen the lower back and relieve the lower back pain.

AURICULAR POINTS

Shenmen, Lung, Heart, Liver, Kidney, Bladder, Sanjiao and the endocrine system.

Urinary tract infection

Postoperative urinary tract infection (UTI) refers to the invasion of the urinary tract by a non-resident infectious organism. UTI has been classified as acute or chronic, hospital-acquired (nosocomial) or community-acquired, uncomplicated or complicated, upper (pyelonephritis) or lower (cystitis, urethritis, prostatitis) and symptomatic or asymptomatic.

Physiologically, there is little opportunity for the occurrence of UTI. This is because:

- the ureters and bladder normally prevent urine from backing up toward the kidneys
- the flow of urine from the bladder helps eliminate bacteria from the body
- the immune defences prevent infection
- in men, the prostate gland produces secretions that slow bacterial growth.

Despite these safeguards, if UTI still occurs, the possible causative factors for the infection spreading to the urinary tract postoperatively are:

- Through an ascending route, such as:
 - from the fecal reservoir through the urethra into the bladder
 - from intermittent or indwelling catheters in situ for more than 2 weeks
 - haematogenously, secondary to *Staphylococcus aureus* bacteraemia.
- By direct extension from adjacent organs via the lymphatic system, such as:
 - retroperitoneal abscesses
 - severe bowel obstruction.
- As a result of prolonged bladder distension from mannitol diuresis intraoperatively.

Of the above factors, insertion of a catheter (intermittent or indwelling), as well as haematogenous infection – particularly in unconscious or critically ill patients (who often need a catheter that stays in place for a long time) or in diabetic patients – are the most common causes for postoperative UTI.

Bacteriuria implies the presence of bacteria in the urine, which may be symptomatic or asymptomatic. Pyuria signifies the presence of white blood cells in the urine, an inflammatory response to bacterial invasion. On the other hand, pyuria, in the absence of bacteriological evidence of growth, is not synonymous with infection and may just be a result of urethral irritation secondary to instrumentation. Complicated UTI indicates a urinary tract infection that occurs in a patient with a structural or functional abnormality of the genitourinary tract. These abnormalities predispose a person to UTI through interference with the drainage of urine or through the formation of a nidus in which bacteria can grow.

UTI may be asymptomatic. Generally speaking, however, clinical symptoms include:

- irritative voiding symptoms that consist of pain, frequency, dysuria, urgency and incontinence
- flank pain at the lower abdomen
- fever and chills
- a general lack of well-being
- occasional nausea and vomiting
- possible urinary retention in men.

However, the classic symptoms of dysuria, urgency and frequency seen with UTIs are often absent in the elderly despite the presence of urine coliforms. In these patients, pyuria may be used as a preliminary screening criterion. Women are particularly susceptible to postoperative UTI. One factor may be that a woman's urethra is short, allowing bacteria quick access to the bladder. In addition, a woman's urethral opening is near sources of bacteria from the anus and vagina.

To make a clear and accurate diagnosis, a midstream voided urine sample is collected after the genital area is washed to avoid contamination, and is then tested for bacteriuria, pyuria and haematuria. Bacteria are cultured and tested against different antibiotics to determine the drug that best destroys the bacteria. Radiologic studies are usually unnecessary for the routine evaluation of patients with UTI, except some complicated cases when UTI is associated with urinary calculi, ureteral strictures, ureteral reflux, urinary tract tumours and urinary tract diversions.

In Western medicine, UTI is treated with antibacterial drugs. The choice of drug and the duration of

treatment depend on several factors. The sensitivity test is especially helpful in selecting the most effective drugs. Pain relief medication is used for pain management.

For general postoperative management of UTI, the patient is advised to:

- drink plenty of water to clear the urinary tract of bacteria
- drink cranberry juice and take vitamin C supplements, which inhibit the growth of some bacteria by acidifying the urine
- avoid drinking coffee and alcohol, and eating some spicy foods.

With regard to the prevention of postoperative UTI, the following issues should be borne in mind:

- Catheterisation should be avoided as much as possible except in cases of urinary retention.
- Patients should be encouraged to void spontaneously as much as possible.
- Antibiotic prophylaxis should be indicated specifically when significant infection is discovered somewhere in the body preoperatively.

In TCM, postoperative urinary tract infection may be caused by the following factors:

- *Stagnation of Qi*, manifested as painful, difficult urination with scanty urine, severe abdominal distension with a distending pain, aggravation of abdominal distension and painful urination with emotional upset, cramp in the abdomen, emotional instability, headache, insomnia, poor appetite, a thin and white tongue coating, and a wiry and tight pulse.
- *Stagnation of Blood*, manifested as painful, difficult urination with scanty urine, abdominal distension with a stabbing pain, aggravation of pain during the night, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Accumulation of Damp-Heat in the Lower Burner*, manifested as painful, difficult urination with scanty urine, dripping and urgent urination with a burning feeling, fever, heaviness at the lower abdomen, headache, generalised body pain with heaviness, lassitude, poor appetite, nausea, loose stools or diarrhoea, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

- Points to eliminate the causative factors, such as:
 - LI-4, PC-6, LR-3, LR-5, LR-12, LU-7 and ST-28 for postoperative UTI due to stagnation of Qi
 - LI-4, SP-10, BL-17, LR-6 and ST-28 for postoperative UTI due to stagnation of Blood
 - SP-3, SP-9, LR-5, ST-28, ST-30, TE-6 and LI-11 for urinary retention due to accumulation of Damp-Heat in the Lower Burner.
- Points to promote urination, such as KI-6, KI-10, CV-2, CV-3, BL-39 and BL-40.
- Points to control the abdominal pain and distension, such as LU-7 and SP-6.

MODIFICATIONS

- If there is severe lower abdominal distension and swelling, add BL-63 and BL-64 to promote the Qi circulation and relieve the distension and swelling at the lower abdomen.
- If there is emotional instability, add Extra Sishencong to calm the Shen and smooth the emotions.
- If there is severe stabbing pain at the lower abdomen, add SP-8 to promote the Blood circulation and relieve the pain.
- If there is nausea and vomiting, add CV-12 to harmonise the Stomach and stop the vomiting.
- If there is obvious restlessness, palpitations and insomnia, add HT-8 to calm the Shen, relieve the restlessness and palpitations and improve sleep.
- If there is severe headache, add GB-20 to relieve the headache.
- If there is considerable lower back pain, add KI-3 and KI-5 to tonify the Kidneys, strengthen the lower back and relieve the lower back pain.

AURICULAR POINTS

Heart, Liver, Kidney, Bladder, Sanjiao, sympathetic nerves and the endocrine system.

Wound infection

Despite greater understanding of its pathophysiology, and improved methods of prevention and prophylaxis, infection remains the most common cause of postoperative morbidity and mortality. For some surgery, wound infection is a major postoperative problem. Generally speaking, the overall infection rate is around 7% and over 50% of infections usually present during the first week after operation. There is also possible wound infection after hospital discharge. A strong association between the individual surgeon and the development of wound infection could demonstrate the need for routine surgical audit.

In modern medicine, in addition to antibiotic prophylactic therapy being administered prior to skin incision to prevent wound infection, a few other treatment issues should be addressed postoperatively:

- Every surgeon should experience a high index of suspicion for a wound infection in patients who have just undergone surgery.
- If possible, the surgeon should strive to limit operative time.
- Once the diagnosis of postoperative infection has been confirmed, based on clinical and laboratory data, aggressive treatment is indicated, including debridement and culture-directed parenteral antibiotic therapy to eradicate the wound infection. There is little merit in waiting.
- Postoperatively, patients should be encouraged to ambulate and avoid lying on the incision site for extended periods to limit swelling and oedema.

In TCM, the following factors can cause wound infection:

- *Invasion of Toxic-Heat*, manifested as redness and swelling of the wound, formation of pus in the wound, fever, thirst, headache, body pain, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Accumulation of Heat in the Blood*, manifested as fresh red bleeding from the wound, pinpoint red spots on the body, ecchymosis, epistaxis, gum bleeding, palpitations, restlessness, a deep red tongue with a scanty coating, and a rapid and deep pulse.
- *Stagnation of Blood*, manifested as stabbing pain at the wound, aggravation of pain at night, a purplish skin colour around the wound with poor healing, generalised body pain, a purplish tongue, and a deep, thready and erratic pulse.
- *Accumulation of Damp-Heat in the body*, manifested as formation of pus in the wound, redness of the

wound, headache, generalised body pain with heaviness, lassitude, poor appetite, nausea, loose stools or diarrhoea, a red tongue with a yellow and greasy coating, and a slippery and rapid pulse.

- *Deficiency of Qi*, manifested as slight formation of pus in the wound, slight redness of the wound, tiredness, spontaneous sweating, poor appetite, loose stools or diarrhoea, a pale tongue with a thin and white coating, and a deep, thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-11, GV-14, TE-5, LU-10, BL-17 and ST-44 for wound infection due to invasion of Toxic-Heat.
 - TE-6, LI-11, ST-44, SP-2, KI-2 and KI-7 for wound infection due to accumulation of Heat in the Blood
 - SP-1, BL-17, BL-40, ST-40 and CV-17 for wound infection due to stagnation of Blood
 - SP-9, GB-34, TE-6, LI-11, BL-39, and ST-40 for wound infection due to accumulation of Damp-Heat in the body
 - SP-1, SP-3, ST-42, CV-4 and CV-6 for wound infection due to deficiency of Qi.
2. Points to regulate the Qi and Blood circulation and promote wound healing, such as LI-4, ST-36, SP-3, SP-6 and SP-10.

MODIFICATIONS

1. If there is severe fatigue after the operation, cold sweating, a pale complexion and shortness of breath, add moxibustion on CV-4 and CV-6 to tonify the Qi and Blood and promote healing of the wound.
2. If there is nausea and vomiting, add CV-12 and ST-40 to regulate the Stomach, descend the Stomach-Qi and stop the vomiting.
3. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
4. If there is high fever, add LI-1 to clear the Heat, remove the Toxin and reduce the fever.

5. If there is constipation, add ST-25 to promote defecation and relieve the constipation.
6. If there is diarrhoea, add ST-37 to stop the diarrhoea.
7. If there is formation of thick pus, add ST-40 to eliminate Damp and discharge the pus.

AURICULAR POINTS

Lung, Heart, Liver, Shenmen, sympathetic nerves and the endocrine system.

Bowel obstruction

Postoperative bowel obstruction involves a partial or complete blockage of the bowel and results in the failure of the intestinal contents to pass through. Obstruction may be due to causes within the bowel lumen, within the wall of the bowel or external to the bowel, such as compression and entrapment.

Bowel obstruction may be caused by ileus – in which the bowel functions incorrectly but there is no mechanical (anatomic) problem – or by mechanical causes. Paralytic ileus is discussed below.

Postoperative mechanical bowel obstruction occurs when movement of material through the intestines is physically blocked. The mechanical causes of obstruction are numerous and may include:

- adhesions or scar tissue
- impacted faeces
- intussusception
- volvulus
- foreign bodies, e.g. medical instruments forgotten during the operation that obstruct the intestines.

If the obstruction blocks the blood supply to the intestine, the tissue may die, causing infection and gangrene.

The following list of symptoms of bowel obstruction may not be fully accurate, and may not be the full list of symptoms of bowel obstruction. It should also be borne in mind that symptoms of bowel obstruction may vary on an individual basis for each patient.

- Abdominal swelling
- Constipation
- Diarrhoea
- Severe abdominal cramps
- Intermittent abdominal cramps
- Vomiting
- Foul breath odour
- Green vomit or faeces
- Passing of blood-stained mucus
- Passing of jelly-like mucus.

Bowel obstruction may be complicated by dehydration and electrolyte abnormalities due to vomiting, respiratory compromise from pressure on the diaphragm by a distended abdomen or aspiration of vomitus, and bowel ischaemia or perforation from prolonged distension or pressure from a foreign body.

Bowel obstruction may occur in the small intestine or the large intestine and their clinical symptoms are slightly different:

- When obstruction occurs in the small intestine, the pain tends to be colicky in nature, with spasms lasting a few minutes. The pain tends to be central and mid-abdominal. Vomiting occurs before constipation.
- When obstruction occurs in the large intestine, the pain is felt lower in the abdomen and the spasms last longer. Constipation occurs earlier and vomiting may be less prominent. Proximal obstruction of the large bowel may present as small bowel obstruction.

With a stethoscope it is possible to hear high-pitched bowel sounds at the onset of mechanical obstruction. If the obstruction has persisted for too long or the bowel has been significantly damaged, bowel sounds decrease, eventually becoming silent.

The main diagnostic tools are blood tests, x-rays of the abdomen, computed tomography (CT) scanning and ultrasound. Radiological signs of bowel obstruction include bowel distension and the presence of multiple (more than six) gas–fluid levels on supine and erect abdominal radiographs.

Contrast enema, small bowel series or CT scan can be used to define the level of obstruction, whether the obstruction is partial or complete, and to help define the cause of the obstruction. Colonoscopy (small bowel investigation with ingested camera) or laparoscopy are other diagnostic options.

In Western medicine, the objective of treatment is to decompress the intestine with suction, using a nasogastric (NG) tube inserted into the stomach or intestine. This will relieve abdominal distension and vomiting. Surgery to relieve the obstruction may be necessary if decompression by NG tube does not relieve the symptoms, or if tissue death is suspected. It is not always necessary to carry out surgery for adhesive obstructions, because these can often settle without surgery. However, if prolonged persistence of adhesive obstructions occurs, surgical intervention will be required.

In TCM, bowel obstruction may be caused by the following factors:

- *Stagnation of Qi*, manifested as severe abdominal distension with a distending pain, aggravation of

abdominal distension and pain with emotional upset, cramp in the abdomen, emotional instability, headache, insomnia, poor appetite, a thin and white tongue coating, and a wiry and tight pulse.

- *Invasion of Toxic-Heat*, manifested as abdominal pain and distension, high fever, thirst, headache, body pain, wound infection, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Accumulation of Excessive-Heat in the Intestine*, manifested as abdominal pain and distension with a burning feeling, dry stools or constipation, fever, thirst, restlessness, a red tongue with a dry yellow coating, and a slippery and rapid pulse.
- *Stagnation of Blood*, manifested as abdominal pain and distension, aggravation of pain during the night, stabbing pain in the abdomen, formation of a hard mass in the abdomen, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LR-3, LR-14, GB-20, GB-40 and CV-17 for bowel obstruction due to stagnation of Qi
 - LI-2, LI-11, GV-14, SP-6, SP-10, BL-17 and ST-44 for bowel obstruction due to invasion of Toxic-Heat
 - TE-4, TE-5, ST-41, ST-44, SP-2, LI-2 and LI-1 for bowel obstruction due to Excessive-Heat in the Intestine
 - SP-1, SP-6, SP-10, BL-17 and KI-6 for bowel obstruction due to stagnation of Blood.
2. Points to promote bowel movement and strengthen defecation, such as ST-25, ST-30, ST-37, ST-40, LI-11 and CV-12.
3. Points to control the abdominal pain and distension, such as LI-4, PC-6, LU-7 and SP-4.

MODIFICATIONS

1. If there is severe lower abdominal pain, add SP-8 and LR-6 to relieve the abdominal pain.

2. If there is severe vomiting, add CV-12 and ST-42 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
3. If there is severe constipation, add TE-6 to promote defecation and relieve the constipation.
4. If there is emotional instability, add GV-20 and Extra Sishencong to calm the Shen and smooth the emotions.

AURICULAR POINTS

Heart, Liver, Large Intestine, Small Intestine, Sanjiao, Shenmen and the sympathetic nerves.

Paralytic ileus

Paralytic ileus, a type of bowel obstruction, is also called pseudo-obstruction.

Paralytic ileus, as a complication of surgery, particularly intra-abdominal surgery, may include the following postoperative situations:

- Medication, especially narcotics
- Intraperitoneal infection
- Mesenteric ischaemia
- Injury to the abdominal blood supply
- Secondary kidney or thoracic disorders after the operation
- Metabolic disturbances, such as decreased potassium levels, etc.

Paralytic ileus is marked by abdominal distension, absent bowel sounds and relatively little pain (as compared to mechanical obstruction). Early paralytic ileus is marked by decreased or absent bowel sounds. Paralytic ileus may lead to complications causing jaundice and electrolyte imbalance. The tests that confirm paralytic ileus include barium enema and abdominal CT scan.

In TCM, paralytic ileus is often caused by the following factors:

- *Stagnation of Qi*, manifested as abdominal distension with a distending pain, aggravation of abdominal distension and pain with emotional upset, emotional instability, headache, insomnia, poor appetite, a thin and white tongue coating, and a wiry and tight pulse.
- *Invasion of Toxic-Heat*, manifested as high fever, thirst, headache, body pain, wound infection, constipation, restlessness, a deep red tongue with a dry yellow coating, and a flooding and rapid pulse.
- *Accumulation of Excessive-Heat in the Intestine*, manifested as abdominal pain and distension, dry

stools, fever, thirst, restlessness, a red tongue with a dry yellow coating, and a slippery and rapid pulse.

- *Deficiency of Qi*, manifested as slight abdominal pain and distension, aggravation of abdominal pain and distension by exertion, tiredness, a pale complexion, aversion to cold, cold hands and feet, poor appetite, a thin and white tongue coating, and a thready and weak pulse.
- *Deficiency of Yin*, manifested as slight abdominal pain and distension, mild fever, aggravation of abdominal pain and distension and fever in the afternoon and evening, heat in the body, palms and soles, night sweating, dry throat and mouth, thirst, dry stools, a thin and peeled tongue coating, and a thready and rapid pulse.
- *Stagnation of Blood*, manifested as abdominal pain and distension, aggravation of pain during the night, stabbing pain in the abdomen, poor wound healing, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LR-3, LR-14, GB-20, GB-40, PC-6 and CV-17 for paralytic ileus due to stagnation of Qi
 - LI-2, GV-14, SP-6, SP-10, BL-17 and ST-44 for paralytic ileus due to invasion of Toxic-Heat
 - TE-4, TE-6, ST-44, SP-2, SP-10 and KI-2 for paralytic ileus due to accumulation of Excessive-Heat in the Intestine
 - ST-36, SP-1, SP-3, SP-6, CV-4 and CV-6 for paralytic ileus due to deficiency of Qi
 - SI-3, HT-6, KI-6, KI-7, SP-6 and ST-42 for paralytic ileus due to deficiency of Yin
 - SP-1, SP-6, SP-10, BL-17 and LI-4 for paralytic ileus due to stagnation of Blood.
2. Points to promote bowel movement and strengthen defecation, such as ST-25, ST-30, ST-37, ST-40, LI-11 and CV-12.
3. Points to control the abdominal pain and distension, such as LI-4, PC-6, LU-7 and SP-4.

MODIFICATIONS

1. If there is severe fatigue, add GV-20 and ST-36 to tonify the Qi and relieve the tiredness.

2. If there is severe lower abdominal pain, add SP-8 and LR-6 to relieve the lower abdominal pain.
3. If there is slight nausea, add CV-12 to harmonise the Stomach, descend the Stomach-Qi and relieve the nausea.
4. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
5. If there is severe constipation, add ST-41 to promote defecation and relieve the constipation.

AURICULAR POINTS

Shenmen, Heart, Liver, Large Intestine, Sanjiao and the endocrine system.

Phantom pain

Generalisation

Phantom pain is a form of nerve pain appearing to arise from an area of the body that has been removed either surgically or traumatically. It is most commonly seen following amputation of the upper or lower limb, but may arise following surgery to remove breasts, teeth, testicles and even internal organs. Today, virtually all amputees experience phantom sensations or pain emanating from the residual limb. In some cases, patients with phantom pain have episodes severe enough to interfere with work, sleep and desired social activities, which occur frequently enough to require treatment. Moreover, this continuing feeling of phantom pain could last throughout the remainder of their lives. Non-painful phantom sensations rarely pose a clinical problem.

Phantom pain can occur any time, from just after an amputation to years later. Its occurrence is not related to age, sex, location or reason for the amputation (e.g. trauma, cancer, etc.). It is possible, however, that some patients with phantom pain could be influenced by different environmental variables, such as changes in humidity and temperature. As is true with all chronic pain syndromes, stress and fatigue can magnify the sensations but there is absolutely no evidence that any psychological factors cause phantom pain.

Phantom pain can range from patient to patient and vary in characteristics and intensity. For example, a mild form of phantom pain might be experienced as a sharp, intermittent stabbing pain and slight contraction of the muscles on the missing limb, causing the

residual limb to jerk in reaction to the pain. Another example of a more severe type of phantom pain might be the feeling that the missing limb is being crushed. Some patients also feel as if their amputated digits are held in a fixed clawed position. Usually phantom limb pain diminishes in frequency and intensity over time. However, phantom limb pain can become chronic and debilitating because of the frequency and severity of the pain.

In modern times, traumatic amputations originating from war, such as World Wars I and II, and the Vietnam and Israeli wars, and from landmine explosions all over the world are a tragic cause of phantom pain in otherwise healthy people. Other major reasons for amputation are severe traffic accidents, carcinoma, peripheral vascular disease and neoplasms.

Generally speaking, so many types of symptoms and signs arise after amputation that the phantom symptoms could also be called phantom complex. Phantom complex in fact includes three different phases: phantom sensation, phantom pain and stump pain. Phantom pain should be clearly distinguished from phantom sensation and stump pain. These three phases often coexist in each patient and may be difficult to separate.

PHANTOM SENSATION

Phantom sensation refers to any sensation (except pain) in the absent limb, including such uncomfortable sensations as burning, tingling and itching. Phantom sensation may also cause distress through a lack of understanding – for example, a patient may go to scratch the ankle of the leg that no longer exists. This is the conscious sensation that the amputated limb is still there. Phantom sensation is not just the feeling of having a limb when no limb is present; it is a term used for any sensation originating from a residual (stump) limb.

Most of the time these phantom sensations are painless and of sufficiently low intensity to be no more than a mild distraction. The sensations are usually similar to those that would be felt in an intact limb, including warmth, itching, sense of position and mild squeezing. Awareness of details of the limb's shape and perceived ability to move it tend to decrease over time in most cases.

PHANTOM PAIN

When the above phantom sensations become intense enough for the amputee to define them as painful, they are called phantom pain.

Phantom pain includes the following types of neuropathic pain experienced after operation:

- *Phantom limb pain*: Postoperative neuropathic pain of the removed limb
- *Phantom tooth pain*: Postoperative neuropathic pain of the oral cavity
- *Phantom breast pain*: Postoperative neuropathic pain of the removed breast
- *Phantom testicle pain*: Postoperative neuropathic pain of the removed testicle
- *Phantom viscus pain*: Postoperative neuropathic pain of the removed internal organs.

In most cases, phantom pain refers to phantom limb pain. Phantom pain is the painful sensation referred to the absent limb. It is also a conscious feeling of a painful limb after the limb has been amputated.

Phantom limb pain is the first medical description of post-amputation sensation, given by Ambroise Paré (1510–1590), a French military surgeon, who noticed that patients may complain of severe pain in the missing limb following the amputation.

STUMP PAIN (RESIDUAL LIMB) PAIN

This is discomfort at the operation site on the limb. Stump pain is similar to phantom pain, except that most of the pain is in the stump itself, primarily at the bone end.

Stump pain is perceived locally in the limb stump, which is usually made worse by the pressure of wearing a prosthesis. This type of pain is often due to the presence of a neuroma (benign cauliflower-shaped growth) that has sprouted at the cut end of a major nerve in the limb (femoral and sciatic nerves in the lower limb; median, ulnar and radial nerves in the upper limb). When nerves are cut surgically, the end nearest the spinal cord sprouts out, trying to re-establish connection with the other cut end. In the case of an amputation this can never happen, and the result is a neuroma. Neuromas can give rise to spontaneous pain due to random inappropriate electrical discharge, and also pressure pain when the neuroma is stimulated mechanically. In some cases the stump neuroma causing the phantom pain in the leg is also a type of referred pain.

Mechanism

Many scientists have studied amputees to determine the cause of this mysterious pain. In 1995, Sussman concluded that the trouble starts in a part of the brain

known as the sensory cortex. The sensory cortex carries a rough map of the body, called a homunculus or 'little man'. Each body part in the homunculus is wired to its corresponding portion of the real anatomy. When a body part is lost the corresponding part of the brain is not able to handle the loss and rewires its circuitry to make up for the signals it was no longer receiving from the missing part. The rewiring might occur in one of two ways:

- Nerve impulses in the sensory cortex may begin to course down previously untravelled pathways
- Neighbouring neurones in the cortex may actually invade the territory left fallow because sensations are no longer received from the missing limb.

Why does phantom pain occur? The exact reason is not known, but theories about the pain can be divided into three areas: the periphery, the spinal cord and the brain.

THE PERIPHERY

- Random ectopic nerve firing at the end of a cut/damaged peripheral nerve may lead to dorsal horn sensitisation.
- Increased neuroma sensitivity to mechanical stimuli (e.g. pressure, rubbing).
- Random ectopic firing of nerves in the dorsal root ganglion.
- Excessive activity in the sympathetic nervous system.

THE SPINAL CORD

- Dorsal horn nerve reorganisation secondary to injury to peripheral nerves may occur. Small C-fibre sensory nerves die away after they are cut at the periphery. Large A-beta sensory nerve fibres then unplug from their usual sockets in the dorsal horn 'telephone exchange' and plug into the C-fibres' original location. This may explain why previously relatively harmless sensations such as light touch can subsequently be perceived as painful.
- Persisting dorsal horn hyperexcitability (sensitisation) may occur secondary to it receiving a constant barrage of nerve impulses from the periphery. Having the dorsal horn in this state causes an exaggerated response to all painful impulses.
- Excitatory chemicals such as glutamic acid and aspartic acid may cause dorsal horn sensitisation through activation of N-methyl-D-aspartate

(NMDA) receptors. Other substances, such as substance P and calcitonin gene-related peptide, may also have a role to play.

- Activation of dormant silent ascending nerves in the spinal cord may occur when the dorsal horn has become sensitised. Once these silent ascending nerves have been activated they are very difficult (if not impossible) to switch off again. Intravenous lidocaine infusions have been said to help by inhibiting sodium channels present in the silent nerve membrane.

THE BRAIN

- Reorganisation of the nerve fibres in the cerebral cortex may occur following amputation. Cortical sensory mapping shows where sensations from different parts of the body are normally processed in the brain. The size of the area in the sensory cortex of the brain is proportional to the number of sensory nerves per square centimetre in the sensory area of the skin supplied by those nerves. The resultant cortical sensory map is often referred to as the homunculus.
- The area in the sensory cortex of the brain responsible for receiving messages from a normal limb may begin to receive message from other areas after the limb has been amputated (cortical remapping). This may explain why phantom pain sufferers feel an increase in their phantom arm pain by touching a part of their face on the same side of the body, as on the homunculus the face and hand are very close together.

Symptoms

Amputees usually suffer from phantom pain in various forms and intensity, lasting a few hours, a few days or even longer.

Sensations from an amputated limb can manifest themselves in many different ways. For example, some amputees are able to feel their arm resting on a table, their fingers able to feel the texture of the table. At other times they can feel the absent limb moving, possibly reaching for a glass. Some report that the limb is drastically deformed or foreshortened, or that it remains rigid. Sometimes, however, it is not merely a sensation that they feel, but actual pain. Frequent complaints include tingling, prickling and shooting pains. Although this is not always the case, some find themselves revisiting a pain they had prior to the amputation, such as an ingrown toenail. These types of pain

are not usually constant: some are recurring and others do not even arise until long after surgery.

The phantom sensations are intermittent and unpredictable. New amputees tend to have frequent and intense sensations several times every day, often continuously for a few hours at a time. As the years pass after an amputation, the sensations will generally become less frequent and less intense, and bouts of pain last for a shorter amount of time. It is possible that both the phantom sensations and the pain will gradually resolve with time; however, many amputees report that the phantom pain never completely disappears.

The phantom sensations and pain include:

- cramping phantom pain
- burning phantom pain
- stabbing phantom pain
- shocking/shooting phantom pain
- tingling phantom pain
- itching and twisting phantom pain
- prickling phantom pain
- pins-and-needles phantom pain
- cramping/squeezing phantom pain
- pressure phantom pain
- combined phantom pain.

Treatment

In some amputees, the phantom becomes the site of severe pain, which may be exceedingly difficult to treat. Before initiating treatment, it is important that the clinician carefully distinguishes phantom pain from stump pain. The latter can be caused by neuromas, by excessive compression, by infection or by a recurrence of the underlying disease.

There are a large number of different treatments that can help with phantom pain, but no single approach is universally successful. In fact, the best approach may be to mix multiple treatments.

Currently, the vast majority of studies concerning the treatment of phantom pain are based on small groups with no controls. A clear and rational treatment regime is difficult to establish as long as the underlying pathophysiology is not fully known. The development of animal models mimicking neuropathic pain, together with research in other neuropathic pain conditions, has contributed significantly to our understanding of phantom pain. It is now clear that nerve injury is followed by a series of changes in the peripheral and central nervous systems and that these changes may play a role in the induction and maintenance of chronic phantom pain. Although phantom pain may occur following amputation of body parts other than limbs, the present review

will focus on the clinical characteristics, mechanisms, treatment and possible preventative measures of phantom pain after limb amputation.

The treatment plan for stump pain and phantom limb pain depends upon many factors, such as the severity of the dysfunction and pain, the type and location of the pain, as well as the patient's age, ongoing medical conditions and ability to tolerate other medical therapies. Healthcare professionals should take all these factors into consideration when offering a treatment plan.

It is clear to see that phantom limb pain is difficult to treat. In general, the standard course of therapy will follow the chronic pain treatment continuum, and may involve medication, nerve blocks, implantable drug pumps or neuroablation techniques.

Treatments for phantom pain may involve the following therapies.

MEDICATION

When treating phantom pain with medication, these are usually prescribed in the form of nerve relaxers (carbamazepine), painkillers (paracetamol with codeine), several analgesics, tranquilisers, anticonvulsants, antidepressant medications and a beta-blocker. Some rather heavier medication may help with the pain (e.g. opioids such as morphine) but these carry a wide range of side effects.

Although medication is useful in the treatment of pain (especially chronic pain), many amputees prefer to try other avenues of relief first. It is important for the amputee to understand all the possible side effects of over-the-counter and prescription medicines, including the implications of long-term use.

- *Anti-inflammatory drugs:* Paracetamol, aspirin and ibuprofen are all examples of medication that can reduce mild swelling or soreness, and are useful for mild to moderate pain. They are non-addictive and may be effective for occasional bouts of phantom pain.
- *Antidepressants:* These include amitriptyline, nortriptyline, paroxetine, fluoxetine and sertraline. Developed to treat depression, many antidepressants have been found to be useful in the treatment of chronic pain conditions, including phantom limb pain. These drugs work centrally on the brain to either block or increase certain chemicals that help regulate normal brain function.
- *Anticonvulsants or antiseizure drugs:* These include carbamazepine and gabapentin. These drugs have also been found useful in the treatment of phantom limb pain. They act directly on the nerves both in

the residual limb and in the brain to alter neuro-transmission, thus calming nerves in the residual limb, which may have become overactive following amputation. These drugs are prescribed in small doses and are gradually increased to a level that promotes relief. It is important to decrease the dose gradually before ceasing to take the medication.

- *Narcotics:* These include codeine, meperidine, morphine, oxycodone and co-codamol. These drugs mimic the pain-killing chemicals released by the brain in response to pain. While they are very effective as temporary solutions for pain after surgery, and for cancer pain, they are highly addictive and in the majority of cases should not be used for a prolonged period. Amputees who have only an occasional severe attack of phantom pain may benefit from a limited course of this type of drug. When these drugs are taken on a regular basis, patients become addicted and desensitised to the drugs, requiring more and more of the drugs while achieving less effective pain relief.

SURGICAL INTERVENTIONS

In some patients, rehabilitation with active exercise and use of the stump and prosthesis can be the most beneficial treatment. Placement of spinal electrical stimulators has had mixed results, but if the pain has been refractory to all prior treatments then this should be considered.

PHYSICAL THERAPY

Massage, supplements and products that could increase the blood flow to the stump may reduce pain. Patients should try exercise, physical activity and staying well-hydrated to increase blood flow. One example of an appropriate exercise is to change position, tap on the stump, contract and hold the muscles in the stump, then release.

Applying cold to the residual limb may help alleviate some of the discomfort associated with phantom limb pain or muscle spasm. Refreshing coolness can be administered through cold compresses, ice packs or cool baths. Amputees may also wish to try a cooling cream or gel. One newer product available is Biofreeze, an analgesic cryotherapy gel made from the extract of a South American holly shrub. Biofreeze creates a cooling sensation within the skin that can last several hours. Another gel, Glenalgescic Blue, is a topical pain fighter for the prompt and temporary relief of muscular aches and pains, containing menthol, alcohol and camphor.

Applying soothing warmth has been reported to help deal with occasional bouts of phantom limb pain. Warm baths, a heating pack or wrapping the stump in warm, soft fabric to increase circulation are all examples of how heat can be used. There are also rubs and gels which generate heat, such as Tiger Balm. More advanced forms of heat therapy can be used under the guidance of a trained professional. Some amputees alternate between applying heat and cold.

The nerves in the stump of the amputated limb can be very sensitive, especially directly following the amputation. Not only does desensitisation reduce nerve sensitivity, it can also reduce pain and discomfort overall. Rubbing the stump with a piece of terry cloth, gently manipulating the stump manually, tapping the stump or using a vibrator can all help to desensitise the nerves, alleviating sensation and pain.

PSYCHOLOGICAL TREATMENTS

Some amputees may find individual or group therapy beneficial. Some have even tried hypnosis. Trained professionals can help amputees learn coping skills and can provide psychological and emotional support for dealing with pain.

ALTERNATIVE MEDICINE

Treatments include acupuncture, Reiki, hypnotherapy and biofeedback.

Advocates of biofeedback feel that phantom pain occurs because of anxiety, which may increase muscle tension and contribute to the pain cycle. 'Hyperactive muscles' cause irritation in the cut ends of the nerves in the residual limb. Electrodes attached to the residual limb detect when the muscle is tensed and trigger a flashing light or buzzer to provide feedback. Once the amputee has become aware of the muscle tension they learn to relax the muscle. When an appropriate decrease in muscle tension is reached, the feedback stops. The focus of this treatment is to teach the muscle(s) how to relax, thereby relieving the pain.

CHIROPRACTIC

Some amputees may find relief through chiropractic, which means 'treatment by hand'. Chiropractic does not involve drugs or surgery, but instead concentrates on the spine in relation to the total body. Doctors of chiropractic, or chiropractors, specialise in the understanding and treatment of the different parts of the

spine: bone (vertebrae), muscles and nerves. When a vertebral joint is not working properly it can create an imbalance, which disturbs the nervous system. This can lead to excess strain being placed on other joints, resulting in some form of pain. Through manual adjustment, or manipulation of the spine, chiropractic works to correct misalignments of the spine, thus alleviating pain.

CRANIOSACRAL THERAPY

This type of therapy, involving the study of bone and joint misalignment related to the head, has been practised by many different cultures for thousands of years. Therapeutic touch is applied to the head, and meditation and visualisation techniques may also be used in conjunction with craniosacral therapy. A therapist treating phantom pain may 'massage' the missing limb, as well as encourage visualisation of the lost limb in an effort to help amputees release any sense of grief, loss or anger towards the missing limb(s).

MAGNETIC THERAPY

Magnets have been used for thousands of years to treat many conditions, to which phantom limb pain is a recent addition. Magnetic therapy involves applying a magnetic field to the body to relieve pain and speed up the healing process. The application of electromagnetic fields has been shown to affect cell permeability and improve oxygen delivery to the cells, which can lead to better absorption of nutrients, improved circulation and clearance of waste products. Magnets may also reduce inflammation and pain, and promote healing. The magnets are usually incorporated into bracelets, belts or fabric straps, and are available in differing strengths and sizes.

DIETARY AND HERBAL SUPPLEMENTS

Some amputees have found certain dietary supplements or homeopathic food products help reduce phantom limb pain. Examples of dietary supplements that amputees have tried include potassium, calcium, magnesium and injections of vitamin B₁₂. Certain herbal products have also been found useful by some amputees, including juniper berries (interestingly called 'ghost-berry' by Native Americans). Antioxidants such as Pycnogenol (a pine bark extract sold in Canada as a food product) and grape seed extract are extremely concentrated bioflavonoids, which until

1936 were known as vitamin P. Antioxidants attack free radicals, which are unstable atoms inside our bodies that attack all body tissues, degrade collagen and reprogramme DNA. Free radicals are believed to be the underlying cause in many diseases. Antioxidants are found in high concentrations in grape seeds and pine bark, and in lesser amounts in grape skins, cranberries, lemon-tree bark and hazelnut tree leaves. Antioxidants are available in liquid and pill form.

SELF-TREATMENT

Drinking alcohol is kind of a self-treatment for recurrent phantom pain. However, drinking a little alcohol does not seem to make a difference – it needs a large amount. The latter could lead to alcoholism and all its resulting problems.

ELECTRICAL STIMULATION

A continuous electrical stimulation through electrodes surgically implanted into the thalamus has been found to provide relief of this type of pain in some patients.

Another theory behind phantom limb pain suggests that it occurs because the nerves in the residual limb lack the stimulus once provided by the missing limb. One electrical treatment, transcutaneous electrical nerve stimulation (TENS), uses low current at a low-frequency oscillation to stimulate the nerves and provide pain relief. The amputee feels a gentle tingling without increased muscle tension. Depending on the severity of the pain, the small battery-operated device can be used for 20 minutes to a few hours of stimulation, several times daily, and the amputee can be taught how and when to apply treatment. Because TENS can cause arrhythmia, it should not be used by people with advanced heart disease or who have a pacemaker.

Exercise

Exercise increases circulation and stimulates the production of endorphins (chemicals naturally produced in the brain that kill pain). Many amputees find that moderate and frequent exercise can help to reduce phantom pain. Flexing and relaxing the muscles on the residual limb also helps some amputees.

No single method or combination of methods has been found effective in the long term and for all amputees.

Prevention

Although complete cure is not always possible, perhaps even more important than treatment is prevention, which means that careful assessment and treatment can often bring about significant improvement.

There is some evidence that the chance of developing phantom pain can be reduced by the use of regional anaesthesia to provide thorough pain relief prior to surgery and for the first few postoperative days. It is believed that the following have been associated with an increased risk of developing phantom pain:

- Poorly controlled preamputation pain
- Persisting stump pain after operation
- Bilateral amputations (both legs)
- Lower limb more than upper limb amputations
- Chronic sciatica.

There is a weak suggestion that phantom pain may occur more commonly in those who have had chronic sciatica in the leg prior to amputation. In some patients, magnetic resonance imaging (MRI) scanning of the lumbar spine reveals a disk prolapse large enough to be causing lower lumbar nerve root irritation and referred pain to the leg. Treatment with epidural steroid injections can help in some of these patients. Lumbar disk surgery carries significantly higher risks in patients already suffering from widespread peripheral vascular disease, and is often not an option.

There is evidence to suggest that the severity of phantom pain is worsened by poor pain management before, during and after amputation. Better pain management can prevent dorsal horn sensitisation, and also prevent the opening up of silent pain pathways (peripheral and central) which, once activated, are very difficult to close down.

Phantom pain relief can be improved in the following three areas.

BEFORE AMPUTATION (EPIDURAL BLOCKADE)

When amputation surgery is performed, whether caused by trauma or disease, the amputee is often in pain before the surgery commences. It is thought that this pain imprints on the brain and creates a 'pain path' which then causes phantom limb pain after the limb is removed. By using an epidural, an injection of anaesthetic into the spine, usually for a period of 72 hours prior to surgery, the message of pain is blocked from reaching the brain and creating a 'pain path'. It

has been reported that people who receive epidural blockade prior to surgery experience less pain during the postoperative period, as well as a reduction in the frequency and severity of phantom limb pain. It is also thought that the epidural reduces pain by cutting off the pain messages associated with the surgery, which still register in the brain even though the patient is unconscious.

Peripheral vascular disease leading to gangrene is a common cause of amputation, and it is clear that many patients have prolonged pain in the limb for many months before the eventual decision to amputate. Ischaemic pain (lack of oxygen to the limb) may have somatic and nerve components, and therefore patients may need combinations of paracetamol, morphine, antidepressants and anticonvulsants. Ketamine (an NMDA antagonist) is being used increasingly by intravenous infusion in hospital to alleviate difficult-to-control ischaemic pain. The acute pain team can be consulted for further advice.

DURING AMPUTATION

Perioperative use of epidural infusions, local anaesthetic nerve blocks and patient-controlled analgesia (PCA, usually morphine) can help to reduce the severity of pain and the degree of dorsal horn sensitisation, but have not been shown to decrease the risk of developing phantom pain. The anaesthetic department can be consulted for further advice.

Good surgical technique is also important during amputation. Adequate trimming back of the major nerves to the limb is important to prevent a neuroma being exposed to excessive load bearing when wearing a prosthesis.

AFTER AMPUTATION (LOCAL ANAESTHETIC, E.G. LIDOCAINE, BUPIVACAINE, PROCAINE, TETRACAINE)

These medications act on nerve cells by making them incapable of transmitting pain messages for a short period of time. They may be given as a spinal, epidural or local injection or a wide variety of nerve blocks. These may be used to relieve trigger points and reduce stump pain.

Involvement of the acute pain team in hospital is important in the early stages after amputation. Pain control techniques need to be continued until pain

scores are down to mild levels. Some of the drugs used before amputation may need to be continued afterwards to control somatic and nerve pain symptoms. Early referral to the local chronic pain clinic is advised if pain continues to be difficult to manage afterwards.

A correctly fitting prosthesis may be important when a stump neuroma is considered to be the cause of the phantom pain.

Surgery may be indicated to refashion a stump where a neuroma is thought to be too close to the load-bearing area when wearing a prosthesis.

When phantom sensation, phantom pain or stump pain occur, one or more of the channels, divergences or sinews could be disturbed, leading to disorder of Qi and Blood circulation.

If there is phantom sensation, phantom pain or stump pain on one side of the body, the related points on the opposite side can be selected. The local points from the side of the stump pain can be selected to treat stump pain.

Generally speaking, phantom sensation, phantom pain or stump pain are often caused by stagnation of Qi in the channels and collaterals, stagnation of Blood in the channels and collaterals, accumulation of Heat in the channels and collaterals and accumulation of Damp-Phlegm in the channels and collaterals.

Treatment based on differentiation

BASIC POINT SELECTION BASED ON CHANNEL DIFFERENTIATION

In order to sedate the pain or uncomfortable sensations, the following points from related channels should be selected to treat the root causes. These points are essential in dealing with the causative factors.

- *Source points and Connecting points:* These points are used particularly to promote the Qi and Blood circulation in the channels, harmonise the collaterals and relieve the pain.
- *Accumulation points:* These points are used to promote the Qi circulation and relieve the pain.
- *Sea points:* These points are used to regulate the physiological functions of the channels and collaterals as well as the internal Zang-Fu organs.
- *Shen-regulating points:* These points are used to calm the Shen, improve sleep, regulate the emotions and relieve the pain.

TREATMENT DIFFERENTIATION

STAGNATION OF QI IN THE CHANNELS AND COLLATERALS

SYMPTOMS AND SIGNS

Sharp pain, occasional wandering pain, no clear palpable painful spots, possible aggravation of the pain by emotional disturbance and stress, insomnia, restlessness, headache, poor appetite, hypochondriac pain, a white tongue coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Smooth the Liver, regulate the Liver-Qi and relieve the pain.

ACUPUNCTURE TREATMENT

LR-3 Taichong, LR-5 Ligou, LR-8 Ququan, LR-14 Qimen, GB-20 Fengchi, GB-36 Waiqiu, GB-34 Yanglingquan, GB-40 Qiuxu, PC-6 Neiguan, LI-4 Hegu, HT-3 Shaohai, SP-6 Sanyinjiao and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, GB-40 and GB-34, the Source point and the Sea point of the Gall Bladder channel, respectively, and LR-14, the Alarm Mu point of the Liver, are used to smooth the emotions, regulate the Liver and Gall Bladder, promote the Qi circulation, relieve the Qi stagnation, and alleviate the pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, and LR-5, the Connecting point of the Liver channel, together with GB-36, are used to promote the Qi circulation, smooth the Liver, harmonise the collaterals and relieve the pain.
- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, together with GB-20, are used to regulate the Qi and Blood circulation and relieve the pain.

- HT-3, the Sea point of the Heart channel, together with PC-6, is used to calm the Shen, improve sleep and relieve the pain.
- Ah Shi points are used to harmonise the collaterals and relieve the pain.

MODIFICATIONS

1. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
2. If there is irritability with restlessness, and redness of the face and eyes due to formation of Liver-Fire, add LR-2 and GB-43, the Spring points, to clear the Heat, reduce the Liver-Fire and calm the Shen.
3. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder, promote the normal distribution of bile and relieve the bitter taste in the mouth.
4. If there is poor appetite or overeating, add SP-3 to activate the Spleen, harmonise Stomach-Qi and improve the appetite.
5. If there is severe nausea, add SP-4, in combination with PC-6, to regulate the Penetrating Vessel, descend the Stomach-Qi and relieve the nausea.
6. If there is constipation and abdominal distension, add ST-25, the Alarm Mu point of the Large Intestine channel, to regulate the Qi circulation, harmonise the Stomach and Large Intestine, promote defecation and relieve the constipation and abdominal distension.
7. If there are loose stools when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-9 to promote the Liver-Qi circulation, strengthen the Spleen and stop the diarrhoea.

STAGNATION OF BLOOD IN THE CHANNELS AND COLLATERALS

SYMPTOMS AND SIGNS

Longstanding stabbing pain with a fixed location, a history of traumatic injury, aggravation of the pain at night or after the operation, a purplish colour of the skin around the removed parts of the body, a purplish tongue with a thin coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, eliminate Blood stasis and relieve the pain.

ACUPUNCTURE TREATMENT

SP-6 Sanyinjiao, SP-10 Xuehai, LU-9 Taiyuan, HT-3 Shaohai, LI-4 Hegu, LR-3 Taichong and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis and relieve the pain.
- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the pain.
- As the Heart is in charge of the Blood Vessels, LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart, are used to promote the Blood circulation, eliminate Blood stasis, calm the Shen and relieve the pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the pain.

MODIFICATIONS

1. If there is stiffness of the joints, add GB-34 to promote the Qi circulation, harmonise the collaterals and improve joint movement.
2. If there is numbness and heaviness of the limbs, add ST-40 and SP-9 to promote the Qi circulation, harmonise the collaterals and eliminate Damp.
3. If there is severe restlessness due to phantom pain, add PC-6 and HT-5, the Connecting points, to regulate the Qi and Blood circulation, smooth the emotions, improve sleep and relieve the pain.

ACCUMULATION OF HEAT IN THE CHANNELS AND COLLATERALS*SYMPTOMS AND SIGNS*

Sharp phantom pain, phantom pain with a hot sensation, redness, swelling and a burning feeling on the removed parts of the body, thirst, restlessness, insomnia, constipation, dark yellow urine, a red tongue with a dry yellow coating, and a rapid and slippery pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Toxin, promote Blood circulation, reduce the swelling and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, TE-6 Zhigou, PC-6 Neiguan, HT-3 Shaohai, ST-44 Neiting, SP-6 Sanyinjiao, SP-10 Xuehai, KI-2 Rangu, LR-2 Xingjian and some Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to clear the Heat, eliminate Toxin, reduce the Fire, and promote the circulation in the channels and collaterals so as to relieve the pain.
- TE-6, and ST-44, the Spring points of the Triple Burner (Energiser) channel and the Stomach channel, respectively, are used to clear the Heat and reduce the Fire so as to eliminate the redness and swelling.
- SP-6, the crossing point of the three Yin channels of the foot, and SP-10 are used to cool the Blood, eliminate Toxin, reduce the swelling and relieve the pain.
- KI-2 and LR-2, the Spring points of the Kidney channel and the Liver channel, respectively, are used to clear the Heat and reduce the swelling.
- PC-6 and HT-3 are used to smooth the emotions, improve sleep, promote the Qi and Blood circulation, harmonise the collaterals and relieve the pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals, eliminate Blood stasis and clear the Heat so as to relieve the pain.

MODIFICATIONS

1. If there is itching at the missing parts of the body, add LR-5 to dispel the Wind and relieve the itching.
2. If there is severe stabbing pain, add the Well points to relieve the pain.
3. If there is poor wound healing, add SP-2 to eliminate Toxin and promote healing of the wound.

4. If there is fever, add GV-14 to clear the Heat and reduce the fever.
 5. If there is nervousness, add GB-20 to clear the Heat in the Liver and calm the Liver-Fire.
 6. If there is severe restlessness and insomnia, add HT-8 to clear the Heat from the Heart, relieve the restlessness and improve sleep.
 7. If there is constipation, add ST-25 to clear the Heat, promote defecation and relieve the constipation.
 8. If there is severe thirst, add KI-6 to promote the secretion of Body Fluids and relieve the thirst.
- SP-6, the crossing point of the three Yin channels of the foot, SP-9, the Sea point, and ST-40, the Connecting point, are used to regulate the Qi circulation, eliminate Damp-Phlegm in the body and channels and relieve the pain.
 - PC-6 and HT-3 are used to smooth the emotions, improve sleep, promote the Qi and Blood circulation, harmonise the collaterals and relieve the pain.
 - Ah Shi points are used to promote the Qi circulation and relieve the pain.

ACCUMULATION OF DAMP-PHLEGM IN THE CHANNELS AND COLLATERALS

SYMPTOMS AND SIGNS

Longstanding pain, pain with swelling and heaviness, limitation of body and joint movement, soreness or numbness of the muscles, lassitude, poor appetite, fullness of the abdomen, a white and sticky tongue coating, and a deep and slippery pulse.

PRINCIPLE OF TREATMENT

Promote Qi circulation, eliminate Damp-Phlegm and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-5 Waiguan, TE-6 Zhigou, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-40 Fenglong, PC-6 Neiguan, HT-3 Shaohai and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation, eliminate Damp-Phlegm and relieve the pain.
- TE-4 and TE-5, the Source point and the Connecting point of the Triple Burner channel, respectively, together with TE-6, are used to promote the Qi circulation, harmonise the collaterals, eliminate Damp-Phlegm and relieve the pain. TE-5 is also the Confluent point of the Yang Linking Vessel, used to harmonise the Yang Linking Vessel, eliminate Damp-Phlegm and relieve the pain.

MODIFICATIONS

1. If there is a swelling on the limbs or on the stump places, add TE-6 and ST-39 to promote the Qi circulation, eliminate Damp-Phlegm and relieve the swelling.
2. If there is fullness of the epigastric region or nausea, add CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, and SP-4, the Connecting point, to harmonise the Stomach, descend the Stomach-Qi, promote the Qi circulation and relieve the fullness of the Stomach.
3. If there is fullness of the chest or pressure over the chest with pain, add HT-5, the Connecting point of the Heart, to regulate the Qi and Blood circulation in the chest and relieve the chest pain.
4. If there is poor appetite, add SP-3, the Source point of the Spleen channel, to activate the Spleen and improve the appetite.

AURICULAR POINTS

Shenmen, Heart, adrenals, sympathetic nerves and corresponding points for the operated areas.

Scar pain

Generalisation

Scarring resulting from the biologic process of wound repair – mostly in muscles, tendons, ligaments, fascia and joints – is a natural part of the healing process over a period of time.

After operation, the wound undergoes three phases: acute inflammation, repair and remodelling. Due to acute local inflammation, there will be redness, swelling, heat and pain. After the inflammation recedes, repair begins. In order to mend the wound, scar starts

forming immediately, i.e. the body has to lay down new collagen fibres, a naturally occurring protein that is produced by the body. The damaged tissues heal with scar tissue formation rather than the formation of brand new tissue.

It is the human's natural and potential capacity after operation to form scars. The intention of scarring is to hold together the body parts that are supposed to be together, preventing them from sliding back and forth. On the other hand, pulling together the wrong areas is abnormal, resulting in overhealing and the formation of thick scars and adhesions in the body.

When scar forms, the sweat glands and hair follicles do not grow back within the scar tissue. The scar tissue can adhere to muscle fibres and connective tissues, causing limitation of flexibility and pain in a muscle or joint. Scar tissue can also adhere to nerve cells, leading to pain, such as carpal tunnel syndrome and chronic back pain. Generally speaking, scar tissue is weaker, less elastic, more prone to future re-injury and much more sensitive to pain than normal healthy tissue. Chronic pain is one of the main outcomes. Scar tissue can grow internally until it actually causes more nerve compression, thereby causing a yet more widespread, unbearable pattern of nerve pain. As time goes on, the pain is more difficult to control. These are but a few reasons that surgery should be considered only as a final option.

Scar forms

Scar forms may be described as follows.

FLAT AND PALE SCAR

Most skin scars are of the flat and pale variety, which leave a trace of the original injury that caused them.

SUNKEN RECESS SCAR

Alternatively, a scar can take the form of a sunken recess in the skin, which has a pitted appearance. These are caused when the underlying structures supporting the skin, such as fat or muscle, are lost. This type of scarring is common on the face after operation, often associated with acne or facial correction.

PROTRUSION SCAR

After operation, the body can sometimes overproduce collagen, which results in a scar raised above the

surrounding skin. This scar is known as either a hypertrophic scar or a keloid scar. Hypertrophic scar takes the form of a red raised lump on the skin, but does not grow beyond the boundaries of the original wound, and it often improves in appearance after a few years. Keloid scar, however, is a more serious form of scarring, because it can carry on growing indefinitely into a tumorous growth. It is caused when the body does not know when to stop producing collagen.

Both hypertrophic and keloid scars are more common on younger and dark-skinned people. They can occur on anyone, but some people have a genetic susceptibility to these types of scarring. They can be caused by surgery.

STRETCHED SCAR

Scars can also take the form of stretched skin. These are caused when the skin is stretched rapidly (e.g. during pregnancy or adolescent growth spurts) or when skin is put under tension during the healing process (usually near joints). This type of scar usually improves in appearance after a few years.

There is another scar with a thin and stretched form – adhesion. The terms ‘adhesion’ and ‘scar’ in this condition are often used interchangeably. It often occurs in the chest, abdomen and pelvic cavity, as well as some internal organs and tissues.

After operation, every wound (with the exception of very minor lesions) results in some degree of scarring. When scar tissue forms it produces a hardened or taut band within the muscle that can be felt with the fingertips; this is because the body cannot re-build the tissue exactly as it was, and the new scar tissue will have a different texture and quality from the surrounding normal tissue. Scar in the skin is less resistant to ultraviolet radiation and is usually of inferior functional quality. If a scar appears and remains, it may cause structural or functional deterioration at the place where scar forms; for example, the scar tissue can entrap nerves causing even more irritation and becoming a trigger point for continuing pain. Sometimes, it may even be life threatening; for instance, myocardial infarction could cause scar formation in the heart muscle, leading to loss of muscular power and possibly heart failure. Without proper treatment, scar pain and limitations of movement spread to other muscles.

Treatment

Efforts to treat postoperative pain with painkillers or anti-inflammatory drugs are not successful once scar

tissue has formed; this is because these drugs do not enter the scar tissue. Physical therapy and chiropractic adjustments may improve pain temporarily; however, as they fail to eliminate the scar tissue, the pain starts again when activity is resumed. Postoperative scar pain is sometimes so strong that it causes insomnia, restlessness and irritation.

Generally speaking, no scar can ever be completely removed. They will always leave a trace, but their appearance can be improved in a number of ways. The following treatments are currently available and generally accepted in the clinic.

SIMPLE TREATMENT

Using creams that contain vitamin E, taking vitamin E supplements or including plenty of vitamin E in the diet from sources such as wheatgerm, nuts, vegetable oils, eggs and green vegetables can help speed up the healing process and lessen the appearance of any scar.

Cocoa butter cream can be used to help heal scars and prevent the formation of keloid scars.

SURGERY

Any surgical scar removal will always leave a new scar that will take up to 2 years to mature. Surgery can never remove a scar but can be used to alter its alignment or shape to make it less noticeable.

Surgery can sometimes make the scar bigger, but improve its overall appearance. Surgery can sometimes be necessary to remove a scar on skin near a joint where it restricts movement.

In the case of hypertrophic or keloid scarring, surgery is not recommended, as there is a high risk of recurrence and possibly worse scarring following surgery.

Adhesions can be diagnosed and directly treated by surgery, because additional surgery may be useful for relief of pain. Although adhesions can be removed by surgery and the scar pain alleviated, surgery can also increase the possibility of new adhesions, leading to even more pain after surgical correction for the original adhesion.

LASER SURGERY AND RESURFACING

This is an experimental treatment, the safety or effectiveness of which has not yet been proven.

The redness of scars may be reduced by treatment with a vascular laser. It has been theorised that removing layers of skin with a carbon dioxide laser may help

flatten scars, although further research is necessary to confirm the efficacy of this treatment.

STEROID INJECTION

A long-term course of steroid injections into the scar under medical supervision may help flatten and soften the appearance of keloid or hypertrophic scars.

The steroid is injected into the scar itself and very little is absorbed into the blood stream. Side effects of this treatment are minor. This treatment is repeated at intervals of 4–6 weeks.

PRESSURE GARMENT

Pressure garments should only be used under medical supervision. They are most often used for burn scars that cover a large area. This treatment is only effective on recent scars.

Pressure garments are usually custom-made from elastic materials and fit tightly around the scarring. They work best when they are worn 24 hours a day for 6–12 months.

It is believed that they work by applying constant pressure to surface blood vessels and, after a long period of wear, scars flatten and become softer.

RADIOTHERAPY

Low-dose, superficial radiotherapy is used to prevent recurrence of severe keloid and hypertrophic scarring. It is usually effective, but is used only in extreme cases due to the risk of long-term side effects.

DERMABRASION

Dermabrasion involves the removal of the surface of the skin with specialist equipment and usually involves a general anaesthetic. It is useful when the scar is raised above the surrounding skin, but is less effective with sunken scars.

COLLAGEN INJECTION

Collagen injection can be used to raise sunken scars to the level of the surrounding skin. Its effects are, however, temporary and it needs to be repeated regularly. There is also a risk in some people of an allergic reaction.

OTHER TREATMENT

There are also a number of gel sheets available, usually made from silicon or polyurethane, which can help flatten and soften raised scars if worn regularly.

Prevention

It is believed that some surgical practices are helpful in decreasing the possibility of scarring or adhesions. These practices include:

- employing laparoscopy (belly-button surgery) that uses air to move tissue
- avoiding damage to the blood vessels as much as possible
- using fluid solutions, which contain various components, to keep tissues wet and decrease drying
- avoiding the use of sutures
- controlling crushing with instruments
- using antibiotics to avoid or limit postoperative infection.

During surgery, some specialised materials are often used to keep the tissue edges apart. For example, during operation for gynaecological disorders, permanent patches such as Gor-Tex® can be used when the two areas do not need to touch (e.g. the area between the ovary and the lateral sidewall). However, this material should not be used when two areas need to touch each other (e.g. the area between the fallopian tube and the ovary because that would prevent egg transport). In these situations, a material such as Interceed® can be used in a temporary fashion.

Treatment based on differentiation

BASIC POINT SELECTION BASED ON CHANNEL DIFFERENTIATIONS

The risks of surgery are numerous and serious, including risks from anaesthesia, scar tissue, infections and the possibility of additional internal damage. When scar appears after the operation, whether this is visible scar on the skin or non-visible scar in the body, it may cause damage or even blockage in the channel and collateral. A horizontal scar due to caesarean section, for example, cuts energetic circulation and distribution in

the Conception Vessel, as well as resulting in abdominal pain, tiredness, lower back pain and lack of libido.

Scarring usually causes the following pathological changes in TCM:

- Stagnation of Qi and Blood due to retardation or even blockage of Qi and Blood circulation
- Formation of Heat in the scar
- Disorder of intercommunication between the channels and collaterals, internal Zang-Fu organs and tissues.

These pathological changes can result in many clinical symptoms, such as:

- local pain or discomfort
- swelling
- burning
- itching
- pricking
- formation of a red or purplish scar.

When these complaints are severe, they can cause:

- restlessness
- insomnia
- depression
- general tiredness
- poor appetite
- emaciation.

Generally speaking, of all the different forms of scar, stretched scar causes most complaints.

In TCM, treatment is mainly focused on controlling the scar pain, diminishing the swelling and improving general health. The pain caused by scarring can appear at any time from a few minutes to several years after the initial operation. In order to decrease the pain or the uncomfortable sensations, size, redness and swelling caused by the scar tissue, the following points from related channels that pass through the scar tissue regions should be selected to treat the root causes.

- *Source points and Connecting points*: These points are used to promote the Qi and Blood circulation in the channels, harmonise the collaterals, decrease the swelling, diminish the redness and relieve the pain and uncomformable feeling at the scar tissue.
- *Accumulation points*: These points are used to promote the Qi circulation and relieve the pain and uncomformable feeling.
- *Shen-regulating points*: It was mentioned clearly in *Neijing*, 'all kinds of pain, itching and skin carbuncle are related with the Heart'. The Shen-regulating points are used to calm the Shen, improve sleep, regulate the emotions and relieve the pain.

- *Surrounding needle technique or fire needle technique:*
If there is limited scar formation on the skin, several needles are placed locally to form a surrounding needle technique to control the pain, redness, swelling and itching in the scar tissue; a fire needle technique can be used to control the swelling of scar above the skin.

TREATMENT DIFFERENTIATION

STAGNATION OF QI

SYMPTOMS AND SIGNS

Sharp pain or pain with a distending sensation at the scar tissue and soft palpable spots, possible aggravation of pain by immobilisation or by emotional disturbance and stress, alleviation of scar pain by movement, insomnia, restlessness, headache, poor appetite, a white tongue coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Smooth the Liver, regulate the Liver-Qi and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, PC-6 Neiguan, LR-3 Taichong, LR-8 Ququan, CV-17 Tanzhong, HT-3 Shaohai and SP-6 Sanyinjiao.
Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and SP-6, the crossing point of the three Yin channels of the foot, are used to regulate the Qi and Blood circulation and relieve the pain.
- PC-6, the Connecting point of the Pericardium channel and the Confluent point of the Yin Linking Vessel, CV-17, the Gathering point of the Qi in the body, and LR-3 and LR-8, the Source point and the Sea point of the Liver channel, respectively, are used to smooth the emotions, regulate the Liver, promote the Qi circulation, relieve the Qi stagnation, harmonise the collaterals and relieve the pain and uncomfortable feeling at the scar tissue and in the body.

- HT-3, the Sea point of the Heart channel, together with PC-6, are used to calm the Shen, improve sleep and relieve the pain.

MODIFICATIONS

1. If there is depression, add Extra Anmian to calm the Shen and improve the emotional state.
2. If there is irritability with restlessness, add LR-2 and HT-8, the Spring points, to clear the Heat, reduce the Liver-Fire and calm the Shen.
3. If there is headache, add GB-20 to regulate the Qi circulation in the head and relieve the headache.
4. If there is severe pain at the chest due to scar formation in the chest, add PC-4 and LU-7 to regulate the Qi circulation, harmonise the collaterals and relieve the chest pain.
5. If there is severe pain in the abdomen due to scar formation, add ST-28, ST-34 and SP-8 to promote the Qi circulation and relieve the abdominal pain.
6. If there is a bitter taste in the mouth, add GB-43 to regulate the Gall Bladder, promote the normal distribution of bile and relieve the bitter taste in the mouth.
7. If there is poor appetite or overeating, add SP-3 to activate the Spleen, harmonise Stomach-Qi and improve the appetite.
8. If there is severe nausea, add SP-4, in combination with PC-6, to regulate the Penetrating Vessel, descend the Stomach-Qi and relieve the nausea.
9. If there is constipation and abdominal distension, add ST-25, the Alarm Mu point of the Large Intestine channel, to regulate the Qi circulation, harmonise the Stomach and Large Intestine and relieve the constipation and abdominal distension.
10. If there are loose stools when nervous, and abdominal pain and cramp due to invasion of the Spleen by the Liver, add LR-13 and SP-9 to promote the Liver-Qi circulation, strengthen the Spleen and stop the diarrhoea.

STAGNATION OF BLOOD

SYMPTOMS AND SIGNS

Stabbing pain in the scar tissue, a purplish skin colour of the scar with hard palpable spots, possible aggravation of scar pain at night or with immobilisation, alleviation of scar pain by movement, insomnia, a purplish tongue with a thin coating, and a wiry pulse.

PRINCIPLE OF TREATMENT

Promote the circulation of Qi and Blood, eliminate Blood stasis, relieve the pain and soften the hard spots.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LR-3 Taichong, SP-6 Sanyinjiao, SP-10 Xuehai, BL-17 Geshu, LU-7 Lieque, LU-9 Taiyuan, KI-6 Zhaohai, HT-3 Shaohai and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, and LR-3, the Stream point and the Source point of the Liver channel, are used to promote the Qi and Blood circulation and relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, BL-17, the Gathering point of the Blood, and SP-10 are used to promote the Blood circulation, eliminate Blood stasis, decrease the swelling and relieve the pain.
- LU-7 and KI-6 are used in combination to smooth the Blood circulation in the chest and abdomen.
- As the Heart is in charge of Blood Vessels, LU-9, the Gathering point of the Blood Vessels, and HT-3, the Sea point of the Heart, are used to promote the Blood circulation, eliminate Blood stasis, calm the Shen and relieve the pain.
- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals and eliminate Blood stasis so as to relieve the pain.

MODIFICATIONS

1. If there is stiffness of the joints due to scar formation in the tendons, add GB-34, the Gathering point of the tendons, to promote Qi circulation, relax the tendons, harmonise the collaterals and improve joint movement.
2. If there is local swelling around the scar tissue with formation of pus and redness, add LI-11, the Sea point of the Large Intestine channel, ST-40 and SP-9, the Connecting point of the Stomach channel and the Sea point of the Spleen channel, respectively, to promote the Qi circulation, harmonise the collaterals, reduce the swelling and relieve the redness.
3. If there is severe restlessness, add PC-6 and HT-5, the Connecting points of the Pericardium channel

and the Heart channel, respectively, to regulate the Qi and Blood circulation, smooth the emotions, improve sleep and relieve the pain.

ACCUMULATION OF EXCESSIVE HEAT IN THE BODY*SYMPTOMS AND SIGNS*

Sharp scar pain or pain with a burning sensation, redness, swelling around the scar tissue, restlessness, insomnia, thirst, chest pain or abdominal pain, painful cough or difficulty in breathing, constipation, dark yellow urine, a red tongue with dry yellow coating, and a rapid and slippery pulse.

PRINCIPLE OF TREATMENT

Clear the Heat, eliminate Toxin, promote Blood circulation, reduce the swelling and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, LI-11 Quchi, TE-6 Zhigou, HT-3 Shaohai, ST-44 Neiting, SP-6 Sanyinjiao, KI-2 Rangu, LR-2 Xingjian and some local Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4 and LI-11, the Source point and the Sea point of the Large Intestine channel, respectively, are used to clear the Heat, eliminate Toxin, reduce the Fire, and promote the circulation in the channels and collaterals so as to reduce the swelling and relieve the pain.
- TE-6 and ST-44, the Spring points of the Triple Burner channel and the Stomach channel, respectively, are used to clear the Heat and eliminate Toxin so as to reduce the redness and swelling.
- SP-6, the crossing point of the three Yin channels of the foot, is used to cool the Blood, eliminate Toxin, reduce the swelling and relieve the pain.
- KI-2 and LR-2, the Spring points of the Kidney channel and Liver channel, respectively, are used to clear the Heat and reduce the swelling.
- HT-3 is used to smooth the emotions, improve sleep, promote the Qi and Blood circulation, harmonise the collaterals and relieve the pain.

- Ah Shi points are used to regulate the Qi and Blood circulation, harmonise the collaterals, eliminate Blood stasis and clear the Heat so as to relieve the pain.

MODIFICATIONS

1. If there is itching in the scar tissue, add LR-3 and LR-5 to dispel the Wind and relieve the itching.
2. If there is a painful cough with some difficulty in breathing, add LU-5 and LU-7 to regulate the Qi circulation in the Lung, disperse the Lung-Qi and relieve the painful cough.
3. If there is stabbing pain at the chest, add CV-15 and CV-17 to regulate the Qi and Blood circulation in the chest and relieve the chest pain.
4. If there is severe abdominal pain, add ST-28 and LR-12 to promote the Qi circulation in the abdomen and relieve the abdominal pain.
5. If there is severe stabbing pain at the scar, add the Well point from the channel that passes through the scar tissue region to relieve the pain.
6. If there is poor wound healing, add SP-2 and SP-3, the Spring point and the Source point of the Spleen channel, respectively, to eliminate Toxin, strengthen the muscles and promote the healing of the wound.
7. If there is fever, add GV-14 to clear the Heat and reduce the fever.
8. If there is nervousness, add GB-20 to clear the Heat in the Liver and calm the Liver-Fire.
9. If there is severe restlessness and insomnia, add HT-8 to clear Heat from the Heart, relieve the restlessness and improve sleep.
10. If there is constipation, add ST-25 to clear the Heat, promote defecation and relieve the constipation.
11. If there is severe thirst, add KI-6 to promote secretion of the Body Fluids and relieve the thirst.

DEFICIENCY OF QI AND BLOOD

SYMPTOMS AND SIGNS

Slight scar pain, pale scar tissue, poor wound healing, weakness in the joints and muscles, extreme tiredness, shortness of breath, dizziness, sweating due to exertion, aversion to cold, poor appetite, a pale complexion, loose stools or diarrhoea, a pale tongue with a white coating, and a weak and thready pulse.

PRINCIPLE OF TREATMENT

Tonify the Qi and Blood, promote healing of the wound and relieve the pain.

ACUPUNCTURE TREATMENT

GV-20 Baihui, SP-3 Taibai, SP-6 Sanyinjiao, CV-4 Guanyuan, CV-6 Qihai, ST-36 Zusanli, ST-40 Fenglong, GB-34 Yanglingquan, KI-3 Taixi and KI-10 Yingu.

Reinforcing method is applied on all these points. Moxibustion treatment is recommended.

EXPLANATIONS

- GV-20, the crossing point of the Governing Vessel and the Bladder channel, raises the Yang-Qi and reinforces the internal Zang-Fu organs.
- CV-4, CV-6, KI-3 and KI-10 are used to tonify Source Qi of the body and Kidney-Essence and promote the production of the Qi and Blood.
- SP-3, the Source point of the Spleen channel, SP-6, the crossing point of the three Yin channels of the foot, and ST-36, the Sea point of the Stomach channel, are used to activate the Spleen and Stomach and tonify the Qi and Blood.
- GB-34, the Gathering point of the tendons, and ST-40, the Connecting point of the Stomach channel, are used to promote the Blood circulation in the tendons and muscles and relieve the pain.

MODIFICATIONS

1. If there is pain at the chest, add LU-7, KI-6 and CV-17 to regulate the Qi and Blood circulation in the chest and relieve the chest pain.
2. If there is severe abdominal pain, add ST-28, SP-8 and LR-6 to promote the Qi circulation in the abdomen and relieve the abdominal pain.
3. If there is poor appetite, add CV-12 and SP-3 to regulate Spleen-Qi and improve the appetite.
4. If there is dizziness, add GB-20 to benefit the head and relieve the dizziness.
5. If there is severe tiredness, add moxibustion on CV-8 to tonify the Spleen and warm the Yang of the body so as to relieve the tiredness.
6. If there is soreness of the muscles, add LI-4 and SP-1 to regulate the Qi circulation and relieve the pain.
7. If there is diarrhoea, add ST-25 and SP-9 to reinforce the Qi and stop the diarrhoea.

ACCUMULATION OF DAMP-PHLEGM*SYMPTOMS AND SIGNS*

Longstanding scar pain, pain with local swelling and heaviness, discharge of pus from the scar tissue, limitation of body and joint movement, soreness or numbness of the muscles, lassitude, poor appetite, fullness in the chest and abdomen, a white and sticky tongue coating, and a deep and slippery pulse.

PRINCIPLE OF TREATMENT

Promote the Qi circulation, eliminate Damp-Phlegm and relieve the pain.

ACUPUNCTURE TREATMENT

LI-4 Hegu, TE-4 Yangchi, TE-5 Waiguan, TE-6 Zhigou, SP-6 Sanyinjiao, SP-9 Yinlingquan, ST-40 Fenglong, HT-3 Shaohai and Ah Shi points.

Reducing method is applied on all these points.

EXPLANATIONS

- LI-4, the Source point of the Large Intestine channel, is used to regulate the Qi circulation, eliminate Damp-Phlegm and relieve the pain.
- TE-4 and TE-5, the Source point and the Connecting point of the Triple Burner channel, respectively, together with TE-6, are used to promote the Qi circulation, harmonise the collaterals, eliminate Damp-Phlegm and relieve the pain. TE-5 is also the Confluent point of the Yang Linking Vessel, used to harmonise the Yang Linking Vessel, eliminate Damp-Phlegm and relieve the pain.
- SP-6, the crossing point of the three Yin channels of the foot, SP-9, the Sea point of the Spleen channel, and ST-40, the Connecting point of the Stomach channel, are used to regulate the Qi circulation, eliminate Damp-Phlegm in the body and channels and relieve the pain.
- HT-3 is used to smooth the emotions, improve sleep, promote the Qi and Blood circulation, harmonise the collaterals and relieve the pain.
- Ah Shi points are used to promote the Qi circulation and relieve the pain.

MODIFICATIONS

1. If there is a general heaviness in the body, add BL-39 and BL-64 to promote urination, eliminate Damp-Phlegm and relieve the heaviness.
2. If there is fullness of the chest with chest pain, add CV-17 and LU-7 to eliminate Damp-Phlegm in the chest, promote the Qi circulation and relieve the fullness in the chest and chest pain.
3. If there is severe epigastric pain with poor appetite and nausea, add CV-12, the Alarm Mu point of the Stomach and the Gathering point of the Fu organs, and SP-4, the Connecting point of the Spleen channel, to harmonise the Stomach, descend the Stomach-Qi, promote the Qi circulation, relieve the epigastric pain and improve the appetite.
4. If there is abdominal pain and distension, add ST-29, ST-30 and LR-12 to promote the Qi circulation, eliminate Damp-Phlegm in the Lower Burner and relieve the abdominal pain and distension.
5. If there is severe diarrhoea, add SP-3 and ST-25 to activate the Spleen, eliminate Damp-Phlegm in the Large Intestine and stop the diarrhoea.

AURICULAR POINTS

Lung, Heart, adrenals, Shenmen, sympathetic nerves and corresponding points for the operated areas.

Anaesthesia complications

Anaesthesia is drug-induced unconsciousness so that the patient does not perceive noxious stimulation. Besides causing unconsciousness, anaesthesia (particularly systematic anaesthesia) can also cause reversible oblivion and immobility, paralysis and attenuation of the stress response. All these separate effects are used to protect the patient from the trauma of surgery. In fact, modern anaesthesia techniques, combined with the skill and judgement of anaesthesiologists, have made anaesthesia safer than many of our normal daily activities.

Historically speaking, various methods of anaesthesia have been applied during the evolution of medicine. The era of modern general anaesthesia was started in 1945 by William Morton, with the administration of ether anaesthesia for a general operation at the Massachusetts General Hospital, USA. In the beginning, hepatotoxicity of chloroform was recognised; however, neurological complications of anaesthesia have not been a subject of special interest until recent years.

Part of the reason for this is that anaesthesia is closely related with surgery and some of the complications are difficult to attribute to anaesthetics alone. However, when there is an anaesthesia complication, it will be a common type of hospital malpractice, as the administration of anaesthesia can sometimes be more dangerous than the surgery itself. Fortunately, major complications, i.e. complications that result in brain damage, permanent disability or death, are exceptionally rare.

Management and prevention

No matter what the key cause for an anaesthesia complication, all the necessary equipment and medication to treat the complication successfully must be immediately available in the operating room. Such treatment may include insertion of a breathing tube, administration of intravenous fluid and a variety of drugs, the most important of which is adrenaline (epinephrine). Early and appropriate treatment is almost always successful. In order to prevent anaesthesia complications, anaesthesiologists and surgeons should be informed about all the patient's medical conditions and all medications (prescribed and over-the-counter) that the patient is taking. They should also be informed of any anaesthetic problems the patient or any blood relative has experienced, as some rare hereditary conditions are associated with a greater risk.

Forms of anaesthesia

Despite the risks of anaesthesia, most surgical procedures require that some type of anaesthesia be administered before surgery. Usually, the different forms of anaesthesia are chosen according to hospital policy.

LOCAL ANAESTHESIA

Local anaesthesia is the simplest form of anaesthesia. It is defined as the infiltration of local anaesthesia, usually lidocaine, directly into the tissues, causing numbness of the skin and surrounding tissue targeted for surgery, with or without outpatient oral medication for analgesia, sedation or to reduce anxiety. This definition of local anaesthesia allows for the use of medication approved for patient self-administration at home.

When used properly, local anaesthetics are safe and have few major side effects. However, in high doses, local anaesthetics can have toxic effects caused by

their being absorbed through the blood stream into the rest of the body, so-called systemic toxicity. This may significantly affect breathing, heart beat, blood pressure and other body functions.

REGIONAL ANAESTHESIA

For regional anaesthesia, an anaesthetic is injected close to a nerve, a bundle of nerves or the spinal cord. Regional anaesthesia includes epidural and spinal anaesthesia, and peripheral nerve block of the arm, leg, ankle, etc. This type of anaesthesia also carries the risk of systemic toxicity if the anaesthetic is absorbed through the blood stream into the body. Other general complications include heart or lung problems, such as hypotension, respiratory depression, and infection, swelling or haematoma at the injection site. When spinal anaesthesia is applied, as well as its advantages in obviating the need for deep general anaesthesia, it also confers profound muscle relaxation, is cheap and easy to perform. However, its complications can include paralysis, nerve damage, being awake during the operation, postoperative headache, infection, inadequate anaesthesia, backache and fear of needles. In rare cases, nerve damage can result in persistent numbness, weakness or pain.

Most patients who undergo regional anaesthesia also receive some sedation, which is an important issue. After receiving a regional anaesthetic, it is often very difficult for a patient to remain immobile. They are still capable of moving the upper part of the body, which may translate to movement where the surgeon is trying to work. It's quite uncomfortable for people to lie still for any length of time.

SYSTEMIC ANAESTHESIA

The most complex form of anaesthesia is systemic anaesthesia. Systemic anaesthesia, also called general anaesthesia, is defined as any anaesthetic technique, with or without local anaesthesia, including general anaesthesia by inhalation of a volatile gas, total intravenous (IV) general anaesthesia, and local anaesthesia plus IV analgesia-sedation, also known as monitored anaesthesia care (MAC).

Serious side effects of general anaesthesia are uncommon, especially in people who are otherwise healthy. However, because general anaesthesia affects the whole body, it is more likely to cause side effects than local or regional anaesthesia. Complications and risks of systemic anaesthesia include (but are not limited to) difficulties with lung, heart, liver or nerve functions.

Serious illness, additional surgery and even death may result from the complications of such anaesthesia. These problems can be due to reactions to the drugs used, problems arising from other medical conditions and problems due to the anaesthesia. Fortunately, a very small number of patients have problems with systemic anaesthesia and most side effects of systemic anaesthesia can be easily managed.

Although major side effects and complications from anaesthesia are uncommon, it is still necessary to bear in mind that all types of anaesthesia involve some risk and adverse reactions to anaesthesia. In addition, some specific factors can influence the situation of anaesthesia complications:

- Individual situations, including the physical status of the patient and the nature of the proposed operation, e.g. heart, circulation or nervous system problems
- The type of anaesthesia used
- The patient's response to anaesthesia.

Nevertheless, being wedded to the fact of our human imperfections, it is absolutely essential to try our best to avoid the serious complications of anaesthesia that are probably related to human error, such as:

- improper interpretation of monitoring device data
- failure to check equipment properly
- inadequate experience with equipment
- incorrect drug dose
- wrong drug given.

It is not difficult to observe from the above that complications of anaesthesia may be caused by different factors, and may occur from the anaesthesia alone, particularly anaesthesia with the administration of intravenous or inhaled anaesthetic agents. Complications of anaesthesia may occur in the immediate postoperative period or up to a few days or even weeks later.

Anaesthesia complications

The number of potential complications that have been known to occur during or after anaesthesia is vast, including allergy, anxiety and hyperventilation, prolonged unconsciousness, memory loss and difficulty with thinking, problems with swallowing/talking, nausea or vomiting, urinary retention, severe muscle and joint pain, headache, delirium, infection, swelling or haematoma at the injection site, lower back pain, lower limb weakness or paralysis, blood pressure fluctuations, and serious heart and breathing difficulties. In fact, it is important to aspire to discuss some of them fully.

Allergy

Allergy to anaesthesia can be subdivided into two groups: slight allergy and severe allergy.

- Slight allergy refers to those patients who, having received anaesthesia for surgery, then develop some adverse reaction, such as itching of the skin, an uneasy feeling, restlessness, headache, dizziness, poor memory, generalised body pain, nausea or vomiting. Slight allergy can occur immediately after anaesthesia or up to a few days or weeks after the anaesthesia.
- Severe allergy refers to the condition characterised by severe headache, a swollen face and mouth, and difficulty with speaking and breathing. Severe allergy usually occurs immediately after the anaesthesia, requiring emergency treatment in hospital.

Although severe allergic reactions during anaesthesia are fortunately rare, when they do occur they can sometimes be fatal.

The most severe form of allergic reaction is known as anaphylaxis. The patient who is awake during an anaphylactic reaction may experience difficulty with breathing, as air passages close up. Swelling of the face and mouth can occur, and a reddish skin rash is occasionally seen. The heart and blood vessels are severely affected, and this is the hallmark of the condition. The heart rate increases and blood pressure can drop to dangerously low levels.

Anaphylaxis under general anaesthesia presents in a similar way but there are three unique features:

1. The patient cannot tell us about light-headedness or breathlessness, which might be early warning symptoms.
2. Many drugs are administered during a typical general anaesthetic and it is usually unclear which of these drugs has caused the reaction.
3. During anaesthesia there are many other potential causes for the blood pressure to drop or the air passages to be closed off.

A diagnosis of anaphylaxis is therefore not always easy to establish.

Although severe allergic reactions may be a little more difficult to detect under anaesthesia, a patient having an anaphylactic reaction under anaesthesia is actually in a very good place to be treated.

It should be borne in mind that drugs are not the only cause of allergic reactions and a newly recognised cause of anaphylaxis is allergy to natural rubber – latex. Reactions to latex are a particular problem during anaesthesia as surgical gloves are usually made of this material.

Two final notes about allergy:

1. Many allergic reactions are not life threatening, resulting only in a transient skin rash or such symptoms as nausea or vomiting.
2. Many drug reactions are not true allergies, representing only an increased sensitivity to the common side effects of the medication.

In TCM, acupuncture treatment is often given to those who have a slight allergy to anaesthesia and can be considered as a type of supplementary treatment for severe allergy to anaesthesia. Generally speaking, postoperative allergy is often caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as a slight swelling of the face and mouth with itching, a skin rash with itching, palpitations, headache, restlessness, a fullness in the chest, slight difficulty with breathing, fever, sweating, a red tongue with a yellow coating, and a flooding and rapid pulse.
- *Formation of Liver-Wind*, manifested as severe headache, dizziness, shaking of the head and hands, unstable emotions, a slight swelling of the face and mouth with itching, a skin rash with itching, palpitations, restlessness, a pale tongue or a red tongue, and a thready and wiry pulse.
- *Stagnation of Blood*, manifested as a swelling of the face and mouth, a purplish skin rash, palpitations, slight difficulty with breathing, stabbing headache, generalised stabbing body pain, cold sweating or even semi-consciousness, a purplish tongue, and a deep, thready and erratic pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-4, LI-11, GV-14, SP-6, SP-10, BL-17 and ST-44 for postoperative allergy due to invasion of Toxic-Heat
 - LR-2, LR-3, LR-5, LR-14, GB-40, GB-41, GV-20 and SP-6 for postoperative allergy due to formation of Liver-Wind
 - SP-1, SP-6, BL-17, BL-40, LR-3 and LI-4 for postoperative allergy due to stagnation of Blood.

2. Points to restore the physiological functions of the Heart, Lung and Liver, and to calm the Shen, such as GB-20, HT-3, PC-6, LU-5, CV-17 and LR-8.

MODIFICATIONS

1. If there is fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is slight spasm in the throat with breathing difficulties, add LU-5 and CV-22 to relieve the spasm in the throat, descend the Lung-Qi and relieve the difficulty with breathing.
3. If there is obvious swelling of the face and mouth, add ST-40 and ST-42 to harmonise the collaterals and diminish the swollen face and mouth.
4. If there is severe headache, add Extra Taiyang to relieve the headache.
5. If there is severe dizziness, add GB-8 and TE-17 to calm the Liver-Wind and relieve the dizziness.
6. If there is severe thirst, add KI-10 and LU-5 to promote the secretion of Body Fluids and relieve the thirst.
7. If there is severe tiredness and a pale complexion, resulting in formation of Liver-Wind due to deficiency of Liver-Blood, add KI-3, GB-39, CV-6 and LR-8 to tonify the Blood and benefit the Liver.
8. If there is nausea and vomiting, add CV-12 and ST-40 to descend the Stomach-Qi and stop the vomiting.
9. If there is obvious restlessness, palpitations and insomnia, add Extra Sishencong to calm the Shen, relieve the restlessness and palpitations and improve sleep.
10. If there is constipation, add ST-25 and ST-37 to promote defecation and relieve the constipation.

AURICULAR POINTS

Lung, Heart, Liver, adrenals, Sanjiao and the endocrine system.

Anxiety and hyperventilation

Anxiety is the quality or state of mind wherein a person is anxious, worried, nervous, uneasy or apprehensive about some forthcoming event, such as surgery. Anxiety is common in our society and has many causes.

Hyperventilation – rapid or deep breathing – is usually associated with anxiety or panic. This over-breathing actually leaves the patient feeling breathless.

However, rapid breathing may be a symptom of an underlying disease, such as a heart or lung disorder, bleeding or an infection. When the above diseases are excluded, then hyperventilation is usually related to specific emotions of stress, unhappiness, fear of dying, depression or anger. Often, anxiety or panic and hyperventilation become a vicious cycle, i.e. anxiety or panic leads to rapid breathing, and breathing rapidly can make the patient feel panicked.

When there is anxiety or hyperventilation, the patient will often be aware of having many of the associated symptoms, including dizziness or light-headedness, shortness of breath, belching, bloating, a dry mouth, weakness, confusion, sleep disturbances, numbness and tingling in the arms or around the mouth, muscle spasms in the hands and feet, chest pain and palpitations.

It is unlikely that anxiety or hyperventilation would be due to any persisting effect of anaesthesia, as the drugs used in anaesthesia do not linger for long in the body, usually being almost undetectable within 24 hours. Postoperative anxiety and hyperventilation can also be biological, psychological and social. The psychological effects of both anaesthesia and surgery, like any stressful experience, can, on the other hand, have prolonged effects. This would be especially true if either the anaesthesia or the surgery itself did not go well.

AURICULAR POINTS

Shenmen, Heart, Liver, Kidney, subcortex and the endocrine system.

Headache

During spinal anaesthesia, medication is injected into the cerebrospinal fluid that surrounds the spinal cord. The most common complication of spinal anaesthesia is a headache caused by leaking of this fluid. With current techniques of administering spinal anaesthesia, this occurs more commonly in younger people. In Western medicine, a spinal headache is treated quickly with a blood patch to prevent further complications. A blood patch involves injecting a small amount of the person's own blood into the area where the leak is most likely occurring to seal the hole, increase pressure in the spinal canal and relieve the pull on the membranes surrounding the canal.

In TCM, headache after anaesthesia is often caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as severe headache, high fever, thirst, generalised body pain, infection of the wound or anaesthesia site, nausea or vomiting, constipation, restlessness, a deep red tongue with a dry yellow coating, and a rapid and wiry pulse.
- *Stagnation of Qi*, manifested as headache with a distending sensation, a fullness in the chest, aggravation of headache by emotional upset, generalised body pain, a slight purplish tongue, and a deep and wiry pulse.
- *Stagnation of Blood*, manifested as headache with a stabbing sensation, stabbing pain in the general body, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Deficiency of Qi*, manifested as headache, severe tiredness, poor appetite, a pale complexion, aversion to cold, cold hands and feet, a pale tongue with tooth marks and a thin and white coating, and a thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-4, LI-11, SP-6, SP-10, BL-17 and ST-44 for headache due to invasion of Toxic-Heat
 - LR-3, LR-13, LR-14, LI-4, GB-20, GB-40 and HT-3 for headache due to stagnation of Qi
 - SP-1, SP-6, SP-10, BL-17, BL-40 and LI-4 for headache due to stagnation of Blood
 - ST-36, ST-42, SP-3, SP-6, CV-4 and CV-6 for headache due to deficiency of Qi.
2. Points to sedate the headache, such as GB-8, GB-15, GB-20 and BL-10.

MODIFICATIONS

1. If there is high fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is severe dizziness, add GB-8 and TE-17 to calm the Liver-Wind and relieve the dizziness.

3. If there is excessive palpitation, add HT-7 and Extra Sishencong to calm the Shen and smooth the emotions.
4. If there is extreme tiredness, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
5. If there is severe nausea or vomiting, add CV-22 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
6. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Forehead, temple, Taiyang, neck, Liver, Heart, Shenmen and the sympathetic nerves.

Asthma

In almost all cases, local anaesthesia is safe for patients with asthma. The exception would be those patients allergic to the local anaesthetic agents themselves (extremely rare) or to some components added to the local anaesthetic solutions (also very rare but can occur). However, if asthma is the result of allergy to local anaesthetics, then this could be life-threatening. If the patient has had several medical procedures (even dental procedures) in the past with local anaesthesia, it is reasonable to assume that asthma is not caused by local anaesthesia. If this is the case, then some medication used in local anaesthesia may be administered with particular care.

In TCM, asthma due to anaesthesia may be caused by the following factors:

- *Stagnation of Qi in the Lung*, manifested as a severe cough, chest pain, asthma, headache, generalised body pain, restlessness, a white tongue coating, and a wiry pulse.
- *Stagnation of Blood in the Lung*, manifested as a cough, stabbing chest pain, asthma, headache, generalised body pain, a purplish tongue with a white coating, and a wiry and erratic pulse.
- *Accumulation of Damp-Phlegm in the Lung*, manifested as a severe cough, expectoration of profuse and sticky phlegm, a fullness in the chest, headache, generalised body pain with heaviness, poor appetite, nausea, a white and greasy tongue coating, and a slippery pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-4, LR-3, LR-14, PC-6, GB-20 for asthma due to stagnation of Qi in the Lung
 - LI-4, SP-6, SP-10, PC-6 and BL-17 for asthma due to stagnation of Blood in the Lung
 - SP-3, SP-6, SP-9, ST-36, ST-40 and PC-6 for asthma due to accumulation of Damp-Phlegm in the Lung.
2. Points to disperse and descend the Lung-Qi and relieve the asthma, such as LU-1, LU-5, LU-7, CV-17 and CV-22.

MODIFICATIONS

1. If there is difficulty in breathing with profuse phlegm in the throat, add CV-23 to descend the Lung-Qi and eliminate phlegm in the throat.
2. If there is considerable chest pain, add PC-4 to regulate the Qi circulation, relax the chest and relieve the chest pain.
3. If there is a cough with difficulty in expectorating the phlegm, add LU-6 to promote elimination of phlegm and stop the cough.
4. If there are blood spots in the phlegm, add LU-11 and SP-10 to cool the Blood and stop the bleeding.
5. If there is yellow phlegm due to accumulation of Phlegm-Heat in the Lung, add LU-10 and LI-11 to clear the Heat in the Lung.
6. If there is obvious restlessness, palpitations and insomnia, add HT-3 to calm the Shen, relieve the restlessness and palpitations and improve sleep.
7. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Lung, bronchi, Kidney, Sanjiao, adrenals, sympathetic nerves and the endocrine system.

Prolonged unconsciousness

Until a few years ago, it was common practice to deliberately keep patients unconscious at least until the day

after a major operation, such as open heart surgery. Today, it is usual to try to minimise this time, usually for a period of hours after the surgery, during which the patient is kept heavily sedated and on a ventilator. Sedation is used to gain the time needed for recovery and stabilisation of various body systems – lungs, heart, kidneys and brain – and for the elimination of anaesthetic drugs.

There is a very limited amount of evidence emerging which suggests that older patients may have more cognitive difficulties after general anaesthesia than younger patients. In addition, many of the problems attributed to the anaesthetic could in fact be due to the stress of the surgical procedure and recovery from it.

In TCM, prolonged unconsciousness after anaesthesia is often caused by the following factors:

- *Blockage of the Heart orifice by Damp-Phlegm*, manifested as deep sleep, difficulty in waking up or even unconsciousness, snoring with a wheezing sound in the throat, occasional cough, a white and greasy tongue coating, and a slippery pulse.
- *Stagnation of Qi and Blood in the Heart*, manifested as deep sleep, difficulty in waking up or even unconsciousness, a swollen epigastric region and abdomen, a purplish tongue, and a wiry and erratic pulse.
- *Deficiency of Heart-Qi*, manifested as deep sleep, difficulty in waking up or even unconsciousness, half-open eyes and mouth during sleep, weak respiration, cold sweating, cold hands and feet, a pale complexion, a pale tongue with tooth marks with a thin and white coating, and a thready, weak and slow pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - SP-3, SP-6, SP-9, ST-36, ST-40 and PC-6 for prolonged unconsciousness due to blockage of the Heart orifice by Damp-Phlegm
 - LR-3, SP-6, LI-4, GB-20, PC-6, HT-3 and HT-6 for prolonged unconsciousness due to stagnation of Qi and Blood in the Heart
 - ST-36, ST-42, SP-3, SP-6, CV-4 and CV-6 for prolonged unconsciousness due to deficiency of Heart-Qi.

2. Points to regulate the Shen and wake up the patient, such as GB-20, HT-7, HT-9, PC-8, KI-1 and GV-25.

MODIFICATIONS

1. If there is severe snoring with wheezing in the throat, add CV-22 and LU-5 to eliminate Damp-Phlegm, descend the Lung-Qi and relieve the snoring and wheezing in the throat.
2. If there is a severely swollen epigastric region, add CV-12 to descend the Stomach-Qi and relieve the swollen epigastric region.
3. If there is a severely swollen abdomen, add ST-28 and SP-4 to regulate the Qi circulation in the abdomen and relieve the swollen abdomen.
4. If there are extremely cold hands and feet, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
5. If there is constipation, add ST-25 to promote defecation, eliminate Toxin and relieve the constipation.

AURICULAR POINTS

Liver, Spleen, Heart, subcortex, sympathetic nerves, Sanjiao and the endocrine system.

Memory loss and difficulty with thinking

Postoperatively, some patients may suffer from temporary memory loss and difficulty with thinking, particularly after a major operation such as open heart surgery, in which the effects of the bypass machine on the blood and oxygen supply to the brain may themselves lead to psychological problems, including these symptoms. Recent evidence suggests that the dislodgement of small particles of plaque from the walls of the aorta into the blood vessels that supply the brain may be more of a culprit for these changes than the bypass machine itself, or, for that matter, the anaesthetic drugs.

In TCM, memory loss and difficulty with thinking after anaesthesia is often caused by the following factors:

- *Blockage of the Heart orifice by Damp-Phlegm*, manifested as temporary memory loss and difficulty with thinking, deep sleep or somnolence, snoring with a wheezing sound in the throat,

occasional cough, nausea, vomiting, poor appetite, a white and greasy tongue coating, and a slippery pulse.

- *Stagnation of Qi and Blood in the Heart*, manifested as temporary memory loss and difficulty with thinking, deep sleep, fullness and distension in the epigastric region and abdomen, headache, palpitations, restlessness, a purplish tongue, and a wiry and erratic pulse.
- *Deficiency of Heart-Qi*, manifested as temporary memory loss and difficulty with thinking, extreme tiredness, weak respiration, cold sweating, cold hands and feet, a pale complexion, a pale tongue with tooth marks and a thin and white coating, and a thready, weak and slow pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - SP-3, SP-6, SP-9, ST-36, ST-40 and PC-6 for memory loss and difficulty with thinking due to blockage of the Heart orifice by Damp-Phlegm
 - LR-3, SP-6, LI-4, GB-20, PC-6, HT-3 and HT-6 for memory loss and difficulty with thinking due to stagnation of Qi and Blood in the Heart
 - ST-36, ST-42, SP-3, SP-6, KI-3, CV-4 and CV-6 for memory loss and difficulty with thinking due to deficiency of Heart-Qi.
2. Points to regulate the Shen and benefit the memory and thinking, such as GB-20, HT-5, HT-7, CV-15, Extra Sishencong and GV-25.

MODIFICATIONS

1. If there is severe snoring with wheezing in the throat, add CV-22 and LU-5 to eliminate Damp-Phlegm, descend the Lung-Qi and relieve the snoring and wheezing in the throat.
2. If there is a severely swollen epigastric region, add CV-12 to descend the Stomach-Qi and relieve the swollen epigastric region.
3. If there is a severely swollen abdomen, add ST-28 and SP-4 to regulate the Qi circulation in the abdomen and relieve the swollen abdomen.

4. If there are extremely cold hands and feet, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
5. If there is a yellow and greasy tongue coating, add LI-11 and HT-8 to clear the Heat and eliminate Phlegm-Heat in the Heart.

AURICULAR POINTS

Liver, Spleen, Heart, subcortex, sympathetic nerves and the endocrine system.

Problems with swallowing or talking

Some patients may have problems with swallowing or talking after surgery, particularly after endotracheal intubation during surgery. Endotracheal intubation is the insertion of a plastic breathing tube into the windpipe, which can cause minor damage to the vocal cords in a surprisingly high number of patients. This can occur even when the intubation is performed by an expert and appears to go absolutely smoothly.

When the larynx is examined with special instruments after apparently routine intubation, bruising or swelling of the vocal cord structures is often seen. This minor damage causes hoarseness, which, fortunately, almost always improves over a few days.

Unfortunately, endotracheal intubation is necessary for most surgeries on the spine. More severe or permanent damage to the larynx from endotracheal intubation is quite rare. It is not clear whether damage to the larynx increases with the duration of the surgical procedure; however, in someone who has had several long procedures, the chances of injury are probably higher.

Symptoms other than hoarseness – problems with swallowing, food obstruction, muscle spasms and slurred speech – raise the possibility of a neurological problem or a throat disorder that might possibly be related to previous surgical procedures but may also have nothing at all to do with them.

In TCM, postoperative problems with swallowing or talking may be caused by the following factors:

- *Stagnation of Qi in the Lung and Stomach*, manifested as difficulty with swallowing or talking after surgery, a cough, throat pain, chest pain, a fullness in the chest, spasm in the throat, headache, generalised body pain, restlessness, a white tongue coating, and a wiry pulse.
- *Stagnation of Blood in the Lung and Stomach*, manifested as problems with swallowing or talking

after surgery, a cough, throat pain, stabbing chest pain, epigastric pain with a stabbing sensation, headache, a purplish tongue with a white coating, and a wiry and erratic pulse.

- *Accumulation of Damp-Phlegm in the Lung and Stomach*, manifested as difficulty with swallowing or talking after surgery, a cough, expectoration of profuse and sticky phlegm, a fullness in the chest, headache, generalised body pain with heaviness, poor appetite, nausea, a white and greasy tongue coating, and a slippery pulse.
- *Deficiency of Qi in the Lung and Stomach*, manifested as problems with swallowing or talking after surgery, a weak voice and cough, tiredness, poor appetite, nausea, a pale tongue with tooth marks and a white coating, and a deep, thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-4, LR-3, LR-14 and PC-6 for difficulty with swallowing or talking after surgery due to stagnation of Qi in the Lung and Stomach
 - LI-4, SP-6, SP-10, PC-6 and BL-17 for difficulty with swallowing or talking after surgery due to stagnation of Blood in the Lung and Stomach
 - SP-3, SP-6, SP-9, ST-36, ST-40 and PC-6 for difficulty with swallowing or talking after surgery due to accumulation of Damp-Phlegm in the Lung and Stomach
 - ST-36, ST-42, SP-3, SP-6, CV-4 and CV-6 for difficulty with swallowing or talking after surgery due to deficiency of Qi in the Lung and Stomach.
2. Points to disperse and descend the Lung-Qi, harmonise the Stomach and restore the function of swallowing and talking, such as LU-5, LU-7, ST-40, HT-3, CV-12 and CV-17.

MODIFICATIONS

1. If there is spasm in the throat, add CV-22 to descend the Lung-Qi and relieve the spasm in the throat.

2. If there is dryness in the throat, add LU-7 and KI-6 to moisten the throat and relieve the dryness.
3. If there is considerable throat pain, add PC-4 to regulate the Qi circulation and relieve the throat pain.
4. If there is a cough with difficulty in expectorating the phlegm, add LU-6 to promote elimination of phlegm and stop the cough.
5. If there are blood spots in the phlegm, add LU-11 to stop the bleeding.
6. If there is yellow phlegm due to accumulation of Phlegm-Heat in the Lung and Stomach, add LU-10 and ST-44 to clear the Heat in the Lung and Stomach.
7. If there is obvious restlessness, palpitations and insomnia, add HT-3 to calm the Shen, relieve the restlessness and palpitations and improve sleep.
8. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Lung, throat, oesophagus, Heart, Shenmen, sympathetic nerves and the endocrine system.

Severe muscle and joint pain

Severe muscle and joint discomfort after operation is known as 'postoperative myalgia'. This is a fairly common, but quite distressing condition. It usually appears on the first day or even a few days after surgery. It is often described as feeling similar to the pain one might suffer after unaccustomed physical exercise, and is usually located in the neck, shoulder, arm, upper abdominal muscles and lower limbs.

Although there are a few theories about the cause of postoperative myalgia, it is usually attributed to the anaesthesia or the use of a muscle-relaxant drug, but the exact way in which either of these modalities causes the muscle pain is not fully understood.

In TCM, postoperative severe muscle and joint pain is often caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as severe muscle and joint pain, high fever, thirst, generalised body pain, infection of the wound or anaesthesia site, nausea or vomiting, constipation, restlessness, a deep red tongue with a dry yellow coating, and a rapid and wiry pulse.
- *Stagnation of Qi*, manifested as severe muscle and joint pain, headache, a fullness in the chest, aggravation of muscle and joint pain by emotional

upset, generalised body pain, a slightly purplish tongue, and a deep and wiry pulse.

- *Stagnation of Blood*, manifested as severe muscle and joint pain with a stabbing sensation, headache, poor appetite, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Deficiency of Qi*, manifested as severe muscle and joint pain, severe tiredness, poor appetite, a pale complexion, aversion to cold, cold hands and feet, a pale tongue with tooth marks and a thin and white coating, and a thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-4, LI-11, ST-44, SP-6, SP-10, BL-17 and ST-44 for severe muscle and joint pain due to invasion of Toxic-Heat
 - LR-3, LR-13, LR-14, LI-4, PC-6, GB-20 and GB-40 for severe muscle and joint pain due to stagnation of Qi
 - SP-1, SP-6, SP-10, BL-17, BL-40 and LI-4 for severe muscle and joint pain due to stagnation of Blood
 - ST-36, ST-42, SP-3, SP-6, CV-4 and CV-6 for severe muscle and joint pain due to deficiency of Qi.
2. Points to calm the Shen and relieve the pain, such as HT-3, HT-7 and Extra Anmian.
3. Points to relieve the muscle and joint pain, such as TE-5, GB-34 and GB-41.

MODIFICATIONS

1. If there is high fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is considerable muscle pain at the back, add SI-3, BL-58 and BL-62 to harmonise the collaterals, regulate the Qi and Blood circulation and relieve the back pain.
3. If there is excessive palpitation due to severe pain, add HT-5 to calm the Shen and relieve the pain.
4. If there is depression, add CV-17 and GB-15 to smooth the emotions and relieve the depression.
5. If there is extreme tiredness, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.

6. If there is severe nausea or vomiting, add CV-22 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
7. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Liver, Spleen, Heart, Shenmen, sympathetic nerves and the endocrine system.

Arterial hypotension

During anaesthesia there is sympathetic blockade, which causes complete dilatation of the veins and venules, partial relaxation of the arteries and increased capillary blood flow. Venous return to the heart decreases, resulting in diminished cardiac output. The degree of hypotension depends on the level of the sympathetic block, the volume status of the patient and their position.

In TCM, arterial hypotension after anaesthesia is often caused by the following factors:

- *Stagnation of Qi in the Heart*, manifested as arterial hypotension, insomnia, headache, fullness and distension in the chest and abdomen, palpitations, restlessness, a purplish tongue, and a wiry and erratic pulse.
- *Accumulation of Damp-Phlegm*, manifested as arterial hypotension, somnolence, snoring, occasional cough, nausea, vomiting, poor appetite, a white and greasy tongue coating, and a slippery pulse.
- *Deficiency of Heart-Qi*, manifested as arterial hypotension, extreme tiredness, weak respiration, cold sweating, cold hands and feet, a pale complexion, a pale tongue with tooth marks and a thin and white coating, and a thready, weak and slow pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LR-3, SP-6, LI-4, GB-20, PC-6, HT-3 and HT-6 for arterial hypotension due to stagnation of Qi

- SP-3, SP-6, SP-9, ST-36, ST-40 and PC-6 for arterial hypotension due to accumulation of Damp-Phlegm
 - ST-36, ST-42, SP-3, SP-6, KI-3, CV-4 and CV-6 for arterial hypotension due to deficiency of Heart-Qi.
2. Points to regulate the Shen and benefit the Heart, such as HT-5, HT-7, CV-15 and Extra Sishencong.

MODIFICATIONS

1. If there is severe dizziness, add GB-20 to benefit the head and relieve the dizziness.
2. If there is severe cough, add CV-22 and LU-5 to eliminate Damp-Phlegm, descend the Lung-Qi and relieve the cough.
3. If there is severe nausea and vomiting, add CV-12 to descend the Stomach-Qi and stop the vomiting.
4. If there are extremely cold hands and feet, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.

AURICULAR POINTS

Heart, Shenmen, subcortex, Sanjiao, sympathetic nerves and the endocrine system.

Lower back pain

Lower back pain after anaesthesia is one of the commonest complaints after surgery. Clinical symptoms include low back pain, pain that radiates to the buttock or leg, paraesthesia or numbness in the leg, lumbar tenderness and paravertebral spasm, and difficulty with all back movements.

In Western medicine, anaesthesia is applied during spinal operation employing the following procedures: discectomy, laminectomy or laminotomy, spinal fusion, intradiscal electrothermal treatment (IDET), nerve blocks, percutaneous vertebroplasty, artificial disk replacement, an artificial cushioning device, etc. However, many patients still experience postoperative lower back pain, which may delay hospital discharge. Lower back pain after anaesthesia can be related to nerve and muscle damage, and to infection.

For information on the treatment of lower back pain in Western medicine, see Chapter 41.

In TCM, lower back pain after anaesthesia is often caused by the following factors:

- *Invasion of Toxic-Heat*, manifested as severe lower back pain, infection at the anaesthesia site, high

fever, generalised body pain, thirst, constipation, restlessness, a deep red tongue with a dry yellow coating, and a rapid and wiry pulse.

- *Stagnation of Qi*, manifested as lower back pain, headache, a fullness in the chest, general muscle and joint pain with aggravation of the pain by emotional upset, a slightly purplish tongue, and a deep and wiry pulse.
- *Stagnation of Blood*, manifested as severe lower back pain with a stabbing sensation, headache, poor appetite, a purplish skin colour around the wound, a purplish tongue, and a deep, thready and erratic pulse.
- *Deficiency of Qi*, manifested as mild lower back pain, severe tiredness, poor appetite, a pale complexion, aversion to cold, cold hands and feet, a pale tongue with tooth marks and a thin and white coating, and a thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into three groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LI-2, LI-4, LI-11, ST-44, SP-6, SP-10, BL-17 and ST-44 for lower back pain due to invasion of Toxic-Heat
 - LR-3, LR-13, LR-14, LI-4, PC-6, GB-20 and GB-40 for lower back pain due to stagnation of Qi
 - SP-1, SP-6, SP-10, BL-17, BL-40 and LI-4 for lower back pain due to stagnation of Blood
 - ST-36, ST-42, SP-3, SP-6, CV-4 and CV-6 for lower back due to deficiency of Qi.
2. Points to calm the Shen and relieve the pain, such as HT-3 and HT-7.
3. Points to relieve the lower back pain according to the channels involved, such as:
 - TE-5, GB-29, GB-30, GB-37 and GB-41 for lower back pain due to disorder in the Gall Bladder channel
 - GB-30, BL-36, BL-40, BL-58, BL-63 and BL-64 for lower back pain due to disorder in the Bladder channel
 - SI-3, BL-40, BL-62, GV-1, GV-14, GB-30 and some local point next to the painful spinal site for lower back pain due to disorder in the Governing Vessel.

MODIFICATIONS

1. If there is high fever, add GV-14 to clear the Heat and reduce the fever.
2. If there is excessive palpitation due to severe pain, add HT-5 to calm the Shen and smooth the pain.
3. If there is depression, add CV-17 and GB-15 to smooth the emotions and relieve the depression.
4. If there is extreme tiredness, add moxibustion on CV-4 and CV-6 to tonify the Qi and raise the Yang of the body.
5. If there is severe nausea or vomiting, add CV-22 to harmonise the Stomach, descend the Stomach-Qi and stop the vomiting.
6. If there is constipation, add ST-25 to promote defecation and relieve the constipation.

AURICULAR POINTS

Lumbar vertebrae, buttocks, sciatic nerves, Shenmen, sympathetic nerves and the endocrine system.

Lower limb weakness or paralysis

It is rare but possible that, after anaesthesia (particularly epidural anaesthesia), some patients may suffer from specific impairments at the lower limbs, such as paraesthesia and weakness, poor balance and incoordination, limitations in limb strength, some temperature changes (e.g. cold or warm) or even flaccid paralysis of the legs with reduced pinprick sensation. Lower limb weakness can cause difficulty with walking and stair climbing.

Lower limb weakness or paralysis usually occurs bilaterally, but may also be unilateral.

Occurrence of lower limb weakness or paralysis may be related to a spinal epidural haematoma or to nerve injury resulting from epidural anaesthesia or epidural catheterisation, as well as disorders of coagulation. It usually occurs a few hours after the operation, and lasts for a few days.

In TCM, lower limb weakness or paralysis after anaesthesia is often caused by the following factors:

- *Stagnation of Qi*, manifested as lower limb weakness or paralysis, lower back pain, headache, a fullness in the chest, general muscle pain with aggravation of the pain by emotional upset, a slightly purplish tongue, and a deep and wiry pulse.
- *Stagnation of Blood*, manifested as lower limb weakness or paralysis, severe lower back pain with a stabbing sensation, headache, poor appetite, a purplish skin colour around the wound, a

purplish tongue, and a deep, thready and erratic pulse.

- *Deficiency of Qi*, manifested as lower limb weakness or paralysis, mild lower back pain, severe tiredness, poor appetite, a pale complexion, aversion to cold, cold hands and feet, a pale tongue with tooth marks and a thin and white coating, and a thready and weak pulse.

BASIC POINT SELECTION AND COMBINATIONS

BODY POINTS

The body points can be subdivided into two groups, as follows:

1. Points to eliminate the causative factors, such as:
 - LR-3, LR-13, LR-14, LI-4, PC-6, GB-20 and GB-40 for lower limb weakness or paralysis due to stagnation of Qi
 - SP-1, SP-6, SP-10, BL-17 and LI-4 for lower limb weakness or paralysis due to stagnation of Blood
 - ST-36, ST-42, SP-3, SP-6, CV-4 and CV-6 for lower limb weakness or paralysis due to deficiency of Qi.
2. Points to strengthen the back and tendons and relieve the weakness at the lower limbs, such as SI-3, TE-5, ST-36, GB-30, GB-34, GB-41, LR-8, BL-40 and BL-62.

MODIFICATIONS

1. If there is a cold feeling at the lower limbs, add moxibustion on CV-4, CV-6 and ST-36 to warm the Yang and dispel the Cold.
2. If there is a burning feeling at the lower limbs, add BL-66 and GB-43 to clear the Heat and relieve the burning feeling.
3. If there is severe paraesthesia, add LR-1 and GB-44 to harmonise the collaterals and relieve the paraesthesia.
4. If there is swelling at the lower limbs, add SP-9 to reduce the swelling.
5. If there is severe restlessness and palpitations, add HT-3 to calm the Shen and smooth the emotions.
6. If there is depression, add CV-17 to smooth the emotions and relieve the depression.

AURICULAR POINTS

Lumbar vertebrae, sciatic nerves, sensitive points between the hip and toe, Liver, sympathetic nerves and adrenals.

Appendix

The twelve divergent channels

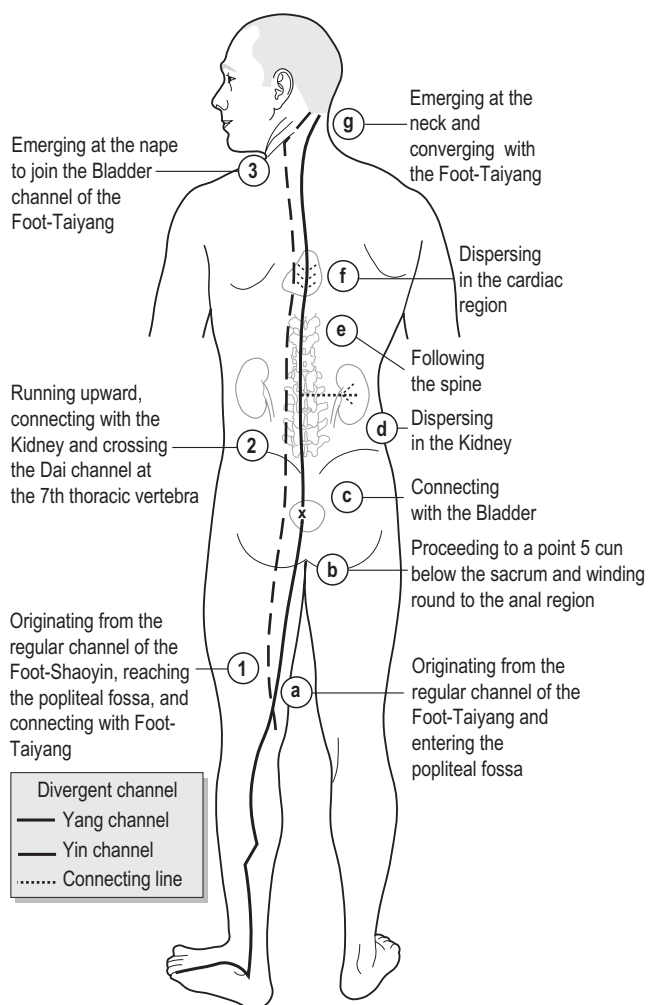


Fig. AI.a Divergent channels of the Foot-Taiyang and Foot-Shaoyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

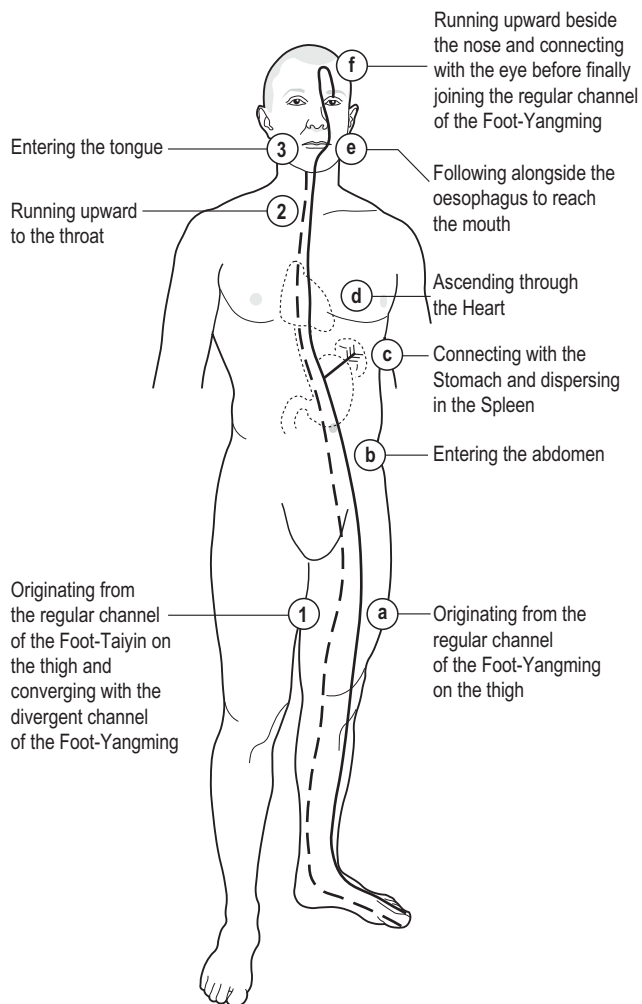


Fig. AI.b Divergent channels of the Foot-Yangming and Foot-Taiyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

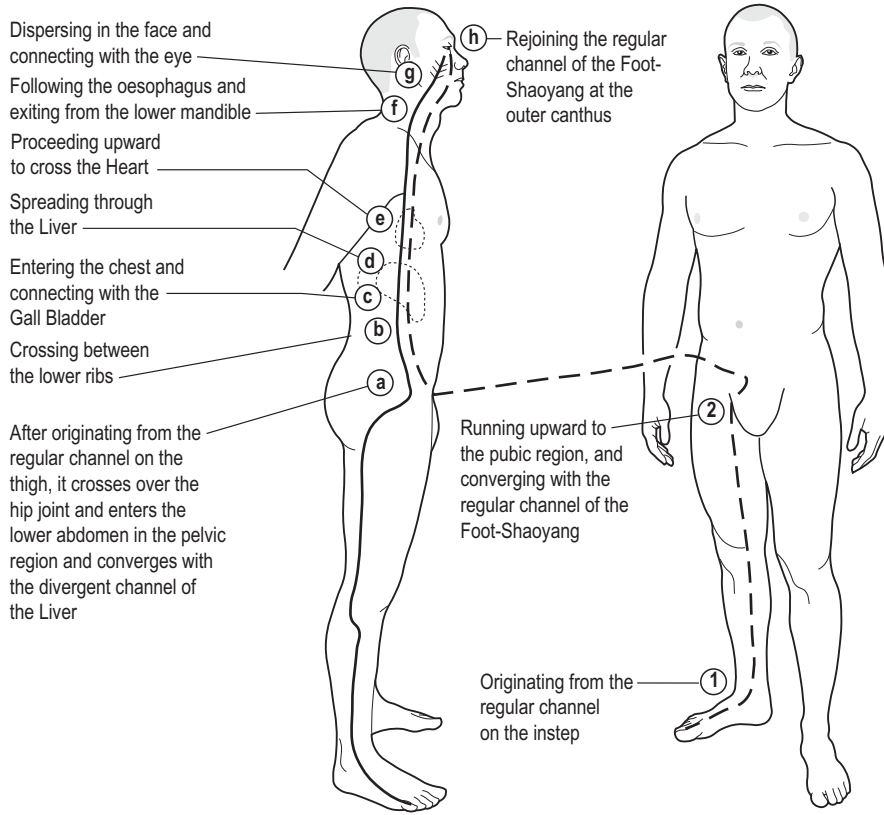


Fig. AI.c Divergent channels of the Foot-Shaoyang and Foot-Jueyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

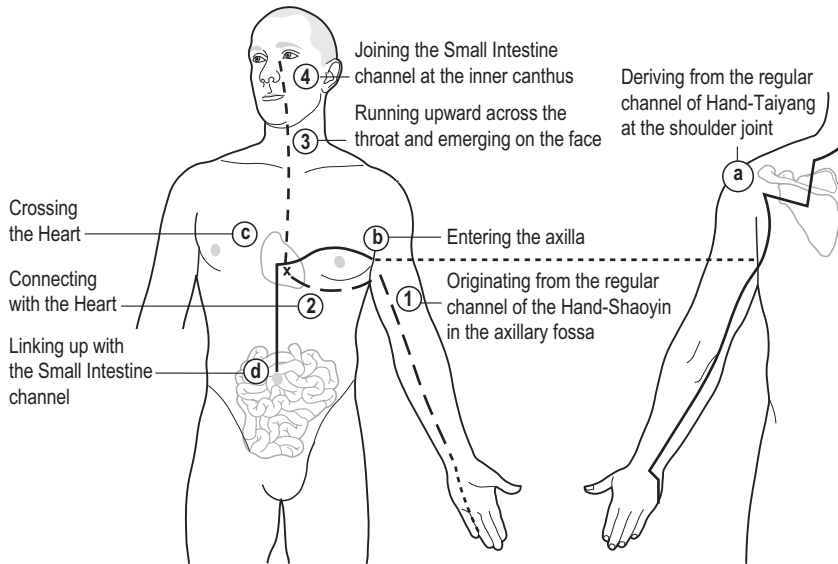


Fig. AI.d Divergent channels of the Hand-Taiyang and Hand-Shaoyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

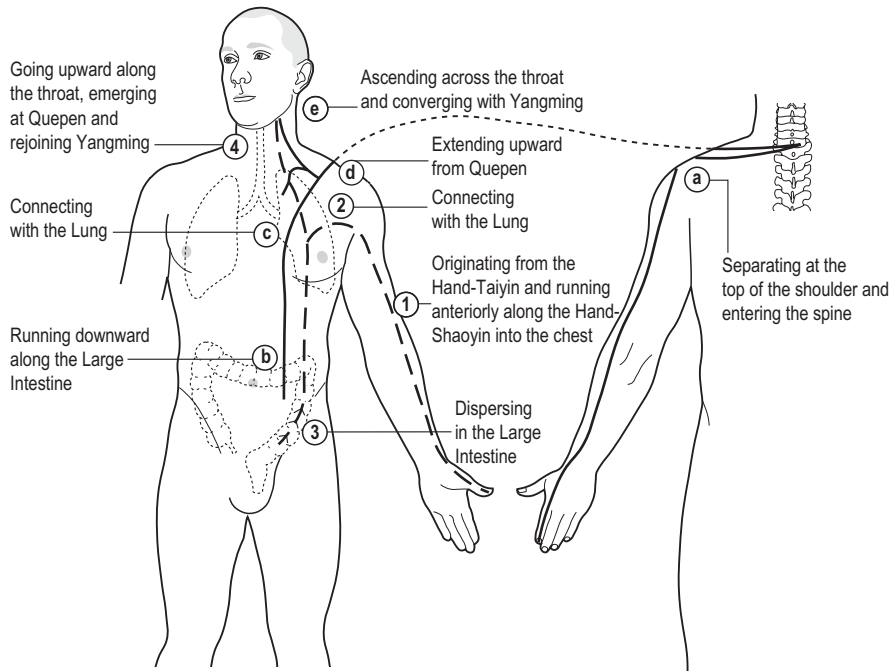


Fig. AI.e Divergent channels of the Hand-Yangming and Hand-Taiyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

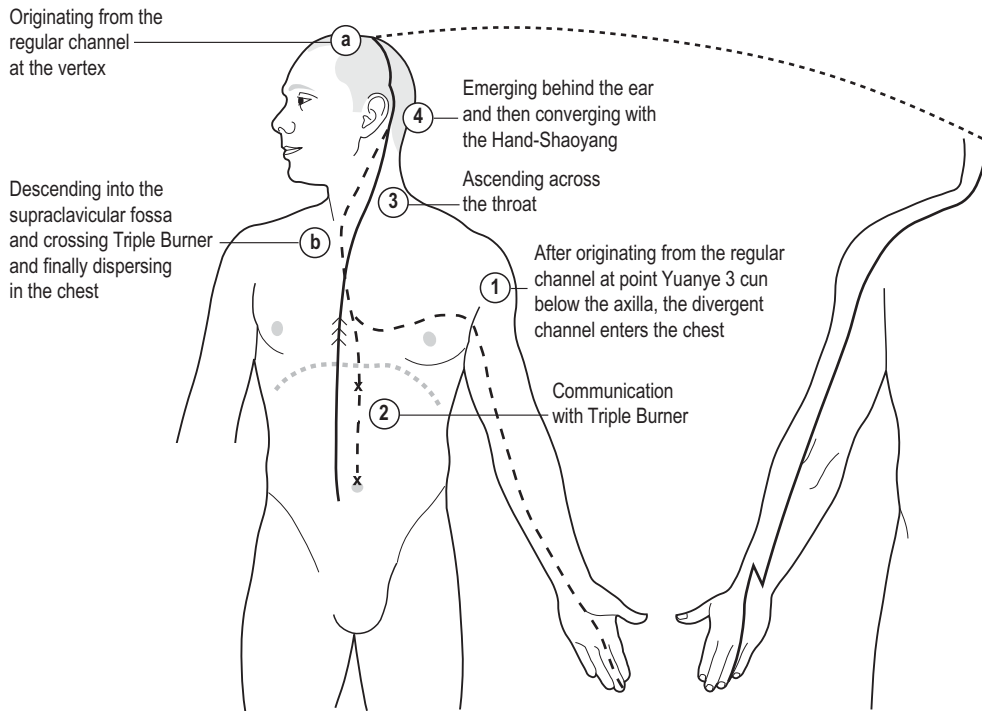


Fig. AI.f Divergent channels of the Hand-Shaoyang and Hand-Jueyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

Appendix

The fifteen collaterals

II

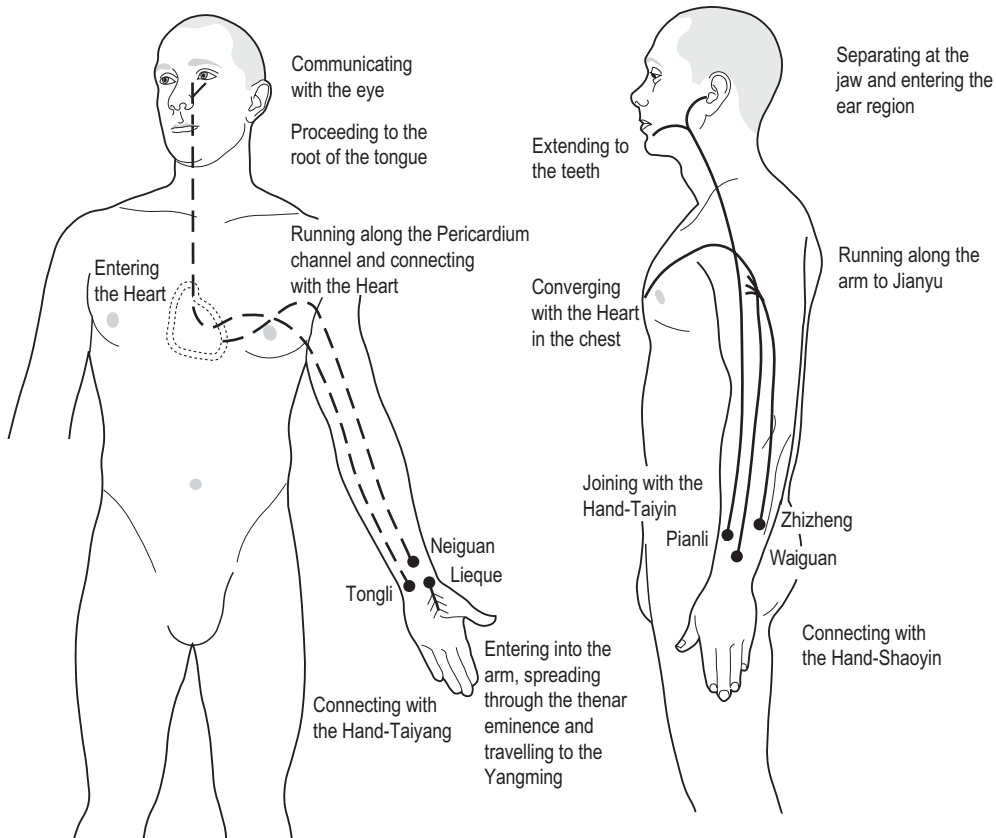


Fig. AII.a The three Yin collaterals of the hand and the three Yang collaterals of the hand (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

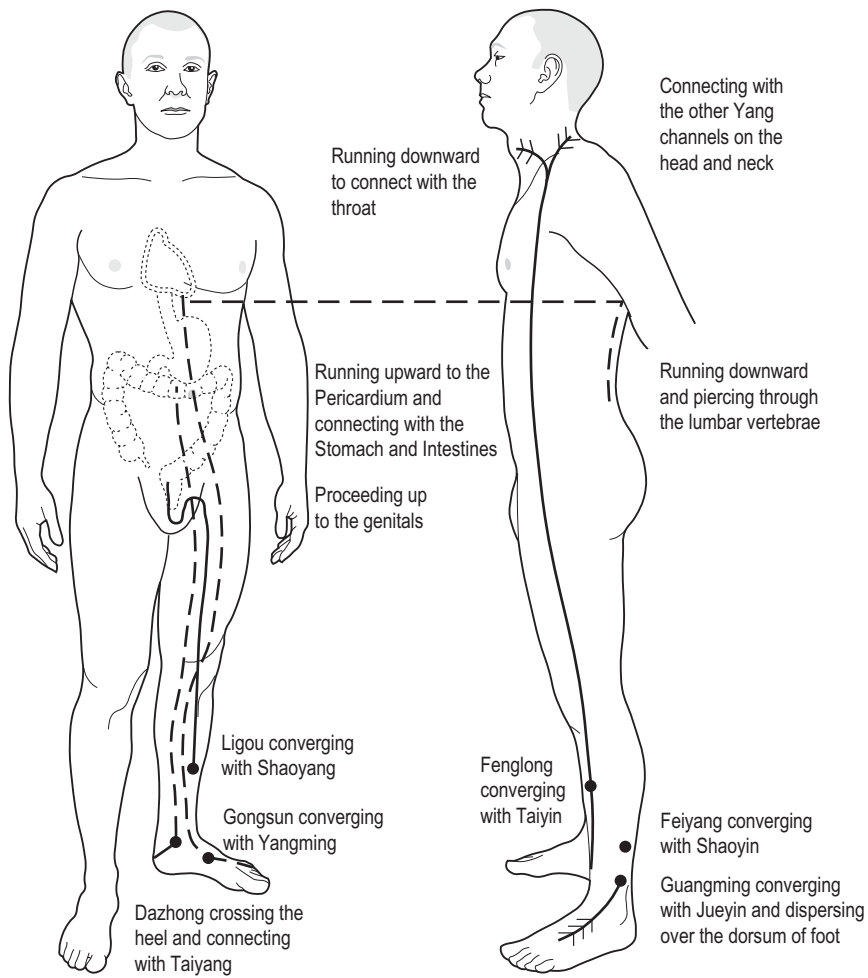


Fig. A11.b The three Yang collaterals of the foot and the three Yin collaterals of the foot (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

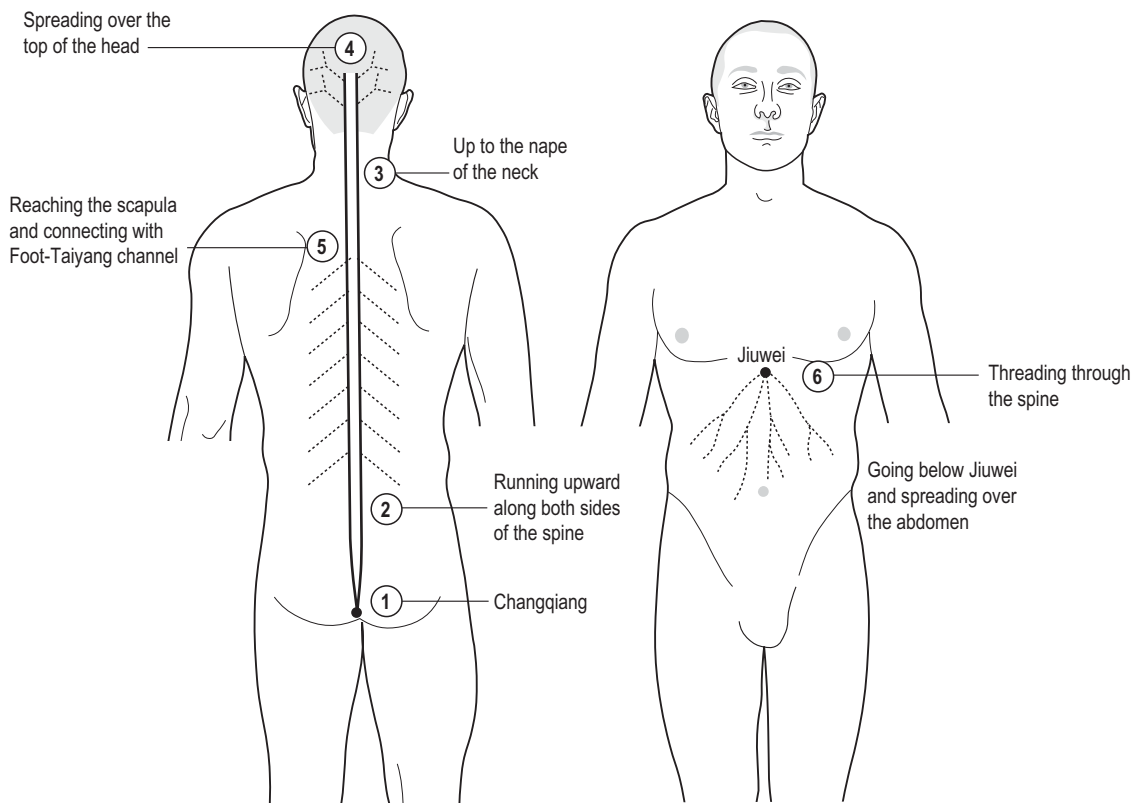


Fig. AII.c The collaterals of the Directing Vessel and Governing Vessel (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

Appendix III

The twelve muscle regions

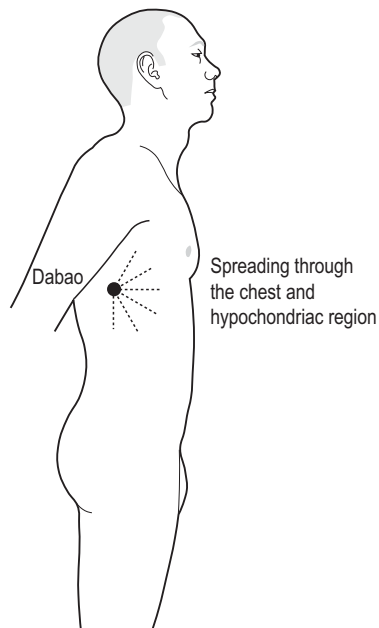


Fig. AIII.a The major collateral of the Spleen (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

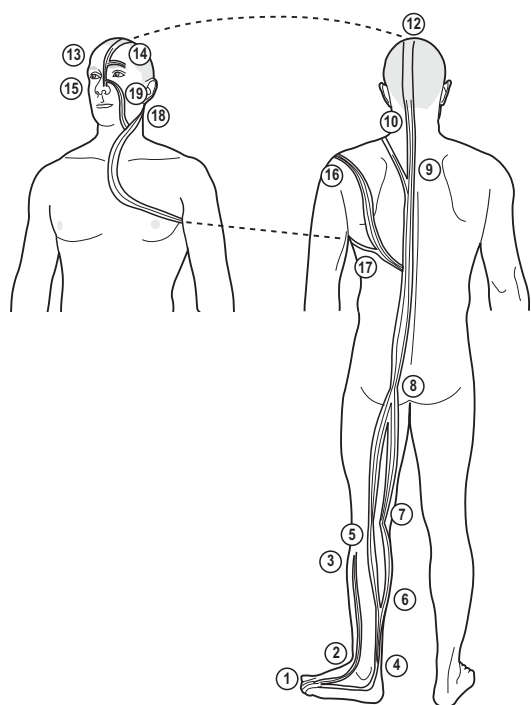


Fig. AIII.b Muscle region of the Foot-Taiyang (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

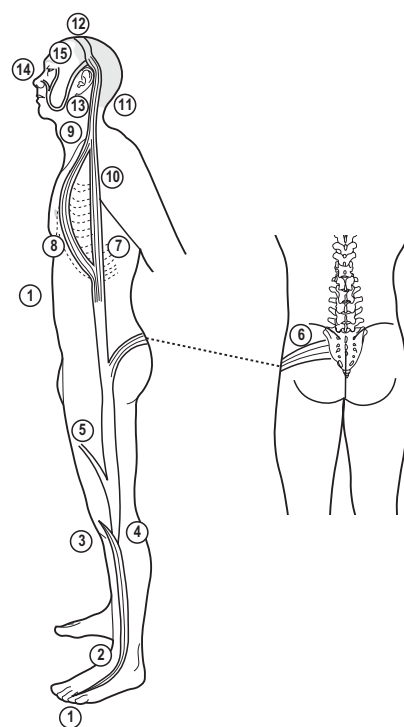


Fig. AIII.c Muscle region of the Foot-Shaoyang (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

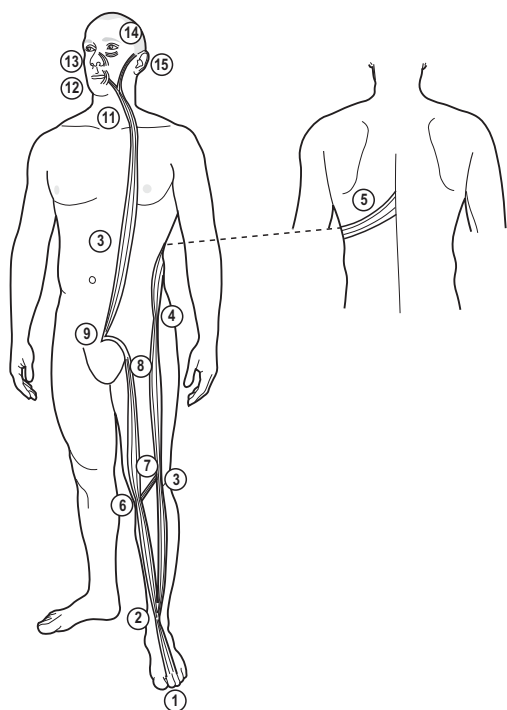


Fig. AIII.d Muscle region of the Foot-Yangming (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

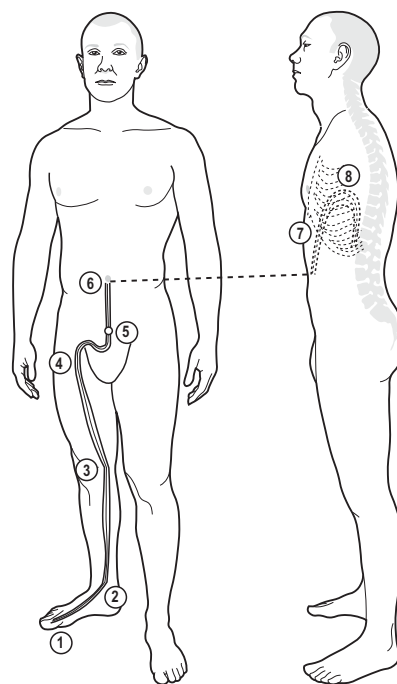


Fig. AIII.e Muscle region of the Foot-Taiyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

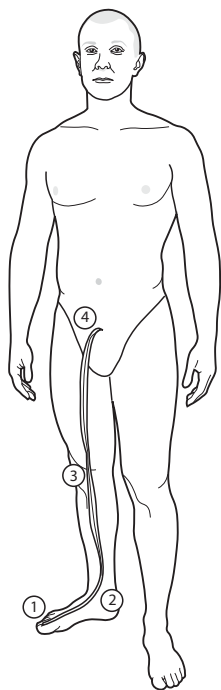


Fig. AIII.f Muscle region of the Foot-Jueyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

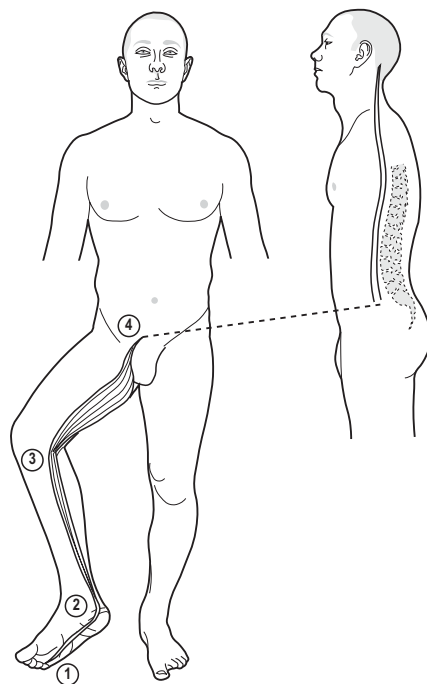


Fig. AIII.g Muscle region of the Foot-Shaoyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

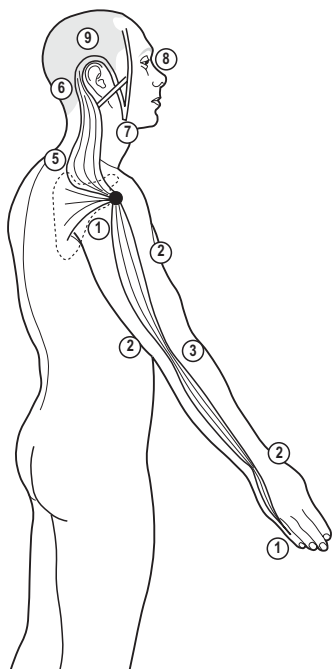


Fig. AIII.h Muscle region of the Hand-Taiyang (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

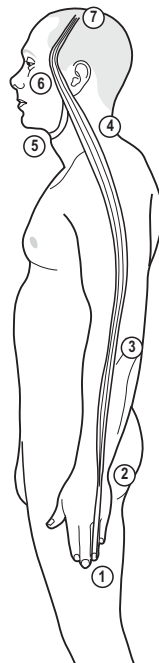


Fig. AIII.i Muscle region of the Hand-Shaoyang (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

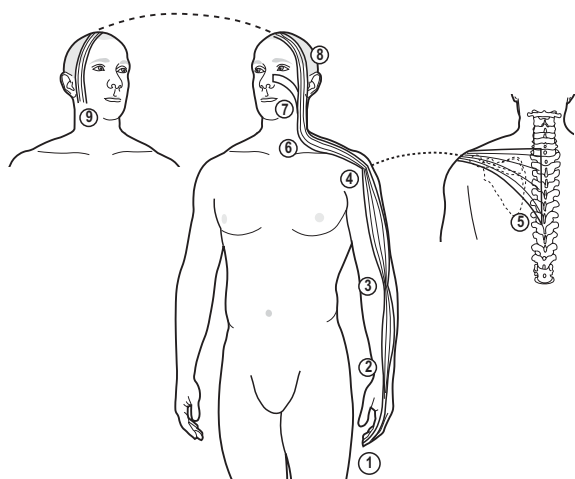


Fig. AIII.j Muscle region of the Hand-Yangming (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

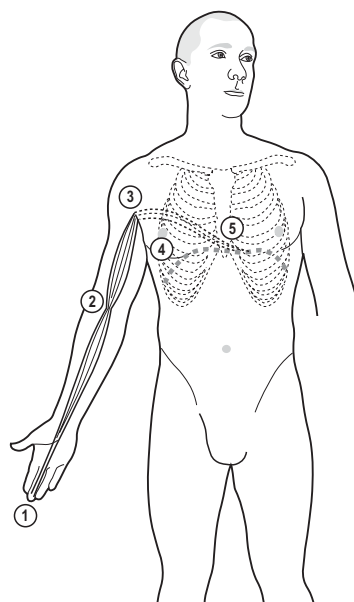


Fig. AIII.k Muscle region of the Hand-Jueyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

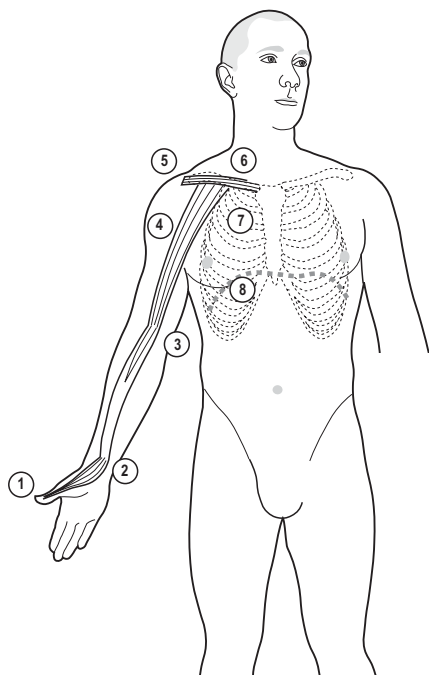


Fig. AIII.l Muscle region of the Hand-Taiyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

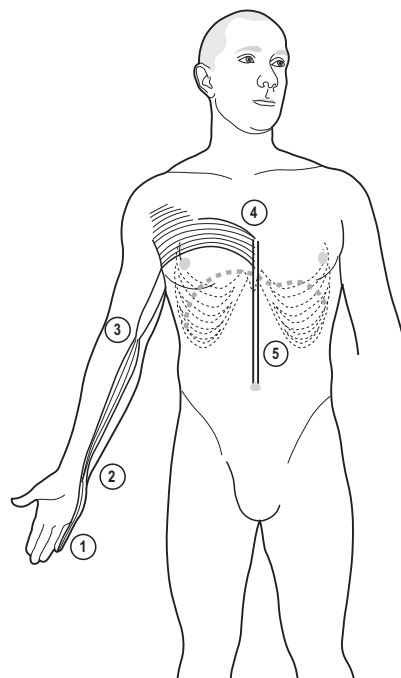


Fig. AIII.m Muscle region of the Hand-Shaoyin (adapted with permission from Liangyue et al 1987, Foreign Language Press, China)

Appendix IV

List of the main channels and acupuncture points

Lung channel of the hand

LU-1	Zhongfu
LU-2	Yunmen
LU-3	Tianfu
LU-4	Xiabai
LU-5	Chize
LU-6	Kongzui
LU-7	Lieque
LU-8	Jingqu
LU-9	Taiyuan
LU-10	Yuji
LU-11	Shaoshang

Large Intestine channel

LI-1	Shangyang
LI-2	Erjian
LI-3	Sanjian
LI-4	Hegu
LI-5	Yangxi
LI-6	Pianli
LI-7	Wenliu
LI-8	Xialian
LI-9	Shanglian
LI-10	Shousanli
LI-11	Quchi
LI-12	Zhouliao
LI-13	Shouwuli
LI-14	Binao
LI-15	Jianyu
LI-16	Jugu
LI-17	Tianding
LI-18	Futu

LI-19	Kouheliao
LI-20	Yingxiang

Stomach channel of the foot

ST-1	Chengqi
ST-2	Sibai
ST-3	Juliao
ST-4	Dicang
ST-5	Daying
ST-6	Jiache
ST-7	Xiaguan
ST-8	Touwei
ST-9	Renying
ST-10	Shuitu
ST-11	Qishe
ST-12	Quepen
ST-13	Qihu
ST-14	Kufang
ST-15	Wuyi
ST-16	Yingchuang
ST-17	Ruzhong
ST-18	Rugen
ST-19	Burong
ST-20	Chengman
ST-21	Liangmen
ST-22	Guanmen
ST-23	Taiyi
ST-24	Huaroumen
ST-25	Tianshu
ST-26	Wailing
ST-27	Daju
ST-28	Shuidao
ST-29	Guilai

ST-30	Qichong
ST-31	Biguan
ST-32	Futu
ST-33	Yinshi
ST-34	Liangqiu
ST-35	Dubi
ST-36	Zusanli
ST-37	Shangjuxu
ST-38	Tiaokou
ST-39	Xiajuxu
ST-40	Fenglong
ST-41	Jiexi
ST-42	Chongyang
ST-43	Xiangu
ST-44	Neiting
ST-45	Lidui

Spleen channel of the foot

SP-1	Yinbai
SP-2	Dadu
SP-3	Taibai
SP-4	Gongsun
SP-5	Shangqiu
SP-6	Sanyinjiao
SP-7	Lougu
SP-8	Diji
SP-9	Yinlingquan
SP-10	Xuehai
SP-11	Jimen
SP-12	Chongmen
SP-13	Fushe
SP-14	Fujie
SP-15	Daheng
SP-16	Fuai
SP-17	Shidou
SP-18	Tianxi
SP-19	Xiongxiang
SP-20	Zhourong
SP-21	Dabao

Heart channel of the hand

HT-1	Jiquan
HT-2	Qingling
HT-3	Shaohai
HT-4	Lingdao
HT-5	Tongli
HT-6	Yinxi
HT-7	Shenmen
HT-8	Shaofu
HT-9	Shaochong

Small Intestine channel of the hand

SI-1	Shaoze
SI-2	Qiangou
SI-3	Houxi
SI-4	Wangu
SI-5	Yanggu
SI-6	Yanglao
SI-7	Zhizheng
SI-8	Xiaohai
SI-9	Jianzhen
SI-10	Naoshu
SI-11	Tianzong
SI-12	Bingfeng
SI-13	Quyuan
SI-14	Jianwaishu
SI-15	Jianzhongshu
SI-16	Tianchuang
SI-17	Tianrong
SI-18	Quanliao
SI-19	Tinggong

Bladder channel of the foot

BL-1	Jingming
BL-2	Zanzhu
BL-3	Meichong
BL-4	Quchai
BL-5	Wuchu
BL-6	Chengguang
BL-7	Tongtian
BL-8	Luoque
BL-9	Yuzhen
BL-10	Tianzhu
BL-11	Dashu
BL-12	Fengmen
BL-13	Feishu
BL-14	Jueyinshu
BL-15	Xinshu
BL-16	Dushu
BL-17	Geshu
BL-18	Ganshu
BL-19	Danshu
BL-20	Pishu
BL-21	Weishu
BL-22	Sanjiaoshu
BL-23	Shenshu
BL-24	Qihai
BL-25	Dachangshu
BL-26	Guanyuanshu
BL-27	Xiaochangshu

BL-28	Pangguangshu
BL-29	Zhonglushu
BL-30	Baihuanshu
BL-31	Shangliao
BL-32	Ciliao
BL-33	Zhongliao
BL-34	Xialiao
BL-35	Huiyang
BL-36	Chengfu
BL-37	Yinmen
BL-38	Fuxi
BL-39	Weiyang
BL-40	Weizhong
BL-41	Fufen
BL-42	Pohu
BL-43	Gaohuang
BL-44	Shentang
BL-45	Yixi
BL-46	Geguan
BL-47	Hunmen
BL-48	Yanggang
BL-49	Yishe
BL-50	Weicang
BL-51	Huangmen
BL-52	Zhishi
BL-53	Baohuang
BL-54	Zhibian
BL-55	Heyang
BL-56	Chengjin
BL-57	Chengshan
BL-58	Feiyang
BL-59	Fuyang
BL-60	Kunlun
BL-61	Pushen (<i>Pucan</i>)
BL-62	Shenmai
BL-63	Jinmen
BL-64	Jinggu
BL-65	Shugu
BL-66	Zutonggu
BL-67	Zhiyin

Kidney channel of the foot

KI-1	Yongquan
KI-2	Rangu
KI-3	Taixi
KI-4	Dazhong
KI-5	Shuiquan
KI-6	Zhaohai
KI-7	Fulu
KI-8	Jiaoxin
KI-9	Zhubin

KI-10	Yingu
KI-11	Henggu
KI-12	Dahe
KI-13	Qixue
KI-14	Siman
KI-15	Zhongzhu
KI-16	Huangshu
KI-17	Shangqu
KI-18	Shiguan
KI-19	Yindu
KI-20	Futonggu
KI-21	Youmen
KI-22	Bulang
KI-23	Shenfeng
KI-24	Lingxu
KI-25	Shencang
KI-26	Yuzhong
KI-27	Shufu

Pericardium channel of the hand

PC-1	Tianchi
PC-2	Tianquan
PC-3	Quze
PC-4	Ximen
PC-5	Jianshi
PC-6	Neiguan
PC-7	Daling
PC-8	Laogong
PC-9	Zhongchong

Triple Burner (Energiser) channel of the hand

TE-1	Guanchong
TE-2	Yemen
TE-3	Zhongzhu
TE-4	Yangchi
TE-5	Waiguan
TE-6	Zhigou
TE-7	Huizong
TE-8	Sanyangluo
TE-9	Sidu
TE-10	Tianjing
TE-11	Qinglengyuan
TE-12	Xiaoluo
TE-13	Naohui
TE-14	Jianliao
TE-15	Tianliao
TE-16	Tianyou

TE-17	Yifeng
TE-18	Chimai (<i>Qimai</i>)
TE-19	Luxi
TE-20	Jiaosun
TE-21	Ermen
TE-22	Heliao
TE-23	Sizhukong

Gall Bladder channel of the foot

GB-1	Tongziliao
GB-2	Tinghui
GB-3	Shangguan
GB-4	Hanyan
GB-5	Xuanlu
GB-6	Xuanli
GB-7	Qubin
GB-8	Shuaigu
GB-9	Tianchong
GB-10	Fubai
GB-11	Qiaoyin
GB-12	Wangu
GB-13	Benshen
GB-14	Yangbai
GB-15	Toulinqi
GB-16	Muchuang
GB-17	Zhengying
GB-18	Chengling
GB-19	Naokong
GB-20	Fengchi
GB-21	Jianjing
GB-22	Yuanye
GB-23	Zhejin
GB-24	Riyue
GB-25	Jingmen
GB-26	Daimai
GB-27	Wushu
GB-28	Weidao
GB-29	Juliao
GB-30	Huantiao
GB-31	Fengshi
GB-32	Zhongdu
GB-33	Xiyangguan
GB-34	Yanglingquan
GB-35	Yangjiao
GB-36	Waiqi
GB-37	Guangming
GB-38	Yangfu
GB-39	Xuanzhong
GB-40	Qiuxu
GB-41	Zulinqi

GB-42	Diwuhui
GB-43	Xiayi
GB-44	Zuqiaoyin

Liver channel of the foot

LR-1	Dadun
LR-2	Xingjian
LR-3	Taichong
LR-4	Zhongfeng
LR-5	Ligou
LR-6	Zhongdu
LR-7	Xiguan
LR-8	Ququan
LR-9	Yinbao
LR-10	Zuwuli
LR-11	Yinlian
LR-12	Jimai
LR-13	Zhangmen
LR-14	Qimen

Governing Vessel

GV-1	Changqiang
GV-2	Yaoshu
GV-3	Yaoyangguan
GV-4	Mingmen
GV-5	Xuanshu
GV-6	Jizhong
GV-7	Zhongshu
GV-8	Jinsuo
GV-9	Zhiyang
GV-10	Lingtai
GV-11	Shendao
GV-12	Shenzhu
GV-13	Taodao
GV-14	Dazhui
GV-15	Yamen
GV-16	Fengfu
GV-17	Naohu
GV-18	Qiangjian
GV-19	Houding
GV-20	Baihui
GV-21	Qianding
GV-22	Xinhui
GV-23	Shangxing
GV-24	Shenting
GV-25	Suliao
GV-26	Renzhong (<i>Shuigou</i>)
GV-27	Duiduan
GV-28	Yinjiao

Directing (Conception) Vessel

CV-1 Huiyin
CV-2 Qugu
CV-3 Zhongji
CV-4 Guanyuan
CV-5 Shimen
CV-6 Qihai
CV-7 Yinjiao
CV-8 Shenque
CV-9 Shuifen
CV-10 Xiawan
CV-11 Jianli

CV-12 Zhongwan
CV-13 Shangwan
CV-14 Juque
CV-15 Jiuwei
CV-16 Zhongting
CV-17 Tanzhong
CV-18 Yutang
CV-19 Zigong
CV-20 Huagai
CV-21 Xuanji
CV-22 Tiantu
CV-23 Lianquan
CV-24 Chengjiang

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