

Safety in Acupuncture, Cups, Moxa, Gua Sha

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Introduction

In the course of your training, you have learned how to deal with safety issues related to the practice of acupuncture and other modalities. This course provides additional information that will not only help you to keep patients safe, but also help you to respond to any potentially dangerous situations in a confident way so they do not become emergencies. In this way, you can maintain a positive relationship with your patients and focus on helping them.

1. Cautions When Performing Acupuncture

A. Medical Procedure Needle Fear- Trypanophobia

Some patients may be afraid of needles and may experience anxiety upon entering the treatment room. Of these, some may exhibit a tremor after insertion of the needles. If the patient's facial complexion turns to a green tinge after needle insertion, this is a sign of a Liver Wind pattern. If the patient is left unattended, his/her complexion will then become pale, which signals that he/she is about to faint. This is due to Spleen Qi Collapse.

Diagnosis: Heart and Liver Qi Deficiency

Treatment Plan: Calm the Heart and Liver (immediately) and Strengthen Qi (long-term)

Acupuncture Treatment: When the patient is about to faint, remove the needles and give warm water or tea (you may add honey or sugar). Remove the patient from the treatment room to a well-ventilated area and proceed to maintain verbal contact to reassure him/her that everything is okay. If the patient has fainted, use your thumb to firmly stimulate DU-26. Or, insert a needle at DU-26 and stimulate until the patient revives. If the patient feels faint but does not experience syncope, apply acupressure to Sishencong.

Herbal formula: Bu Zhong Yi Qi Tang (with modifications)

Case Study

A 70 year-old female patient arrived at my clinic before lunch. This was her first time getting acupuncture. After I gently inserted a needle at DU-20, within one second, her face turned green, then pale, and then she fainted and fell off the chair. I supported her

head and thorax and placed her body in a supine position to ensure sufficient blood supply to the brain.

I began calling her name but she did not respond. I called her name more loudly but she still did not respond. Then I patted her face a few times, but still no response. I knew that I would have to revive her Shen as soon as possible to avoid further physiological complications. Therefore, I inserted a needle in DU-26 with strong stimulation several times. Suddenly, she began to move her hands and she tried to grasp my hand, which was stimulating the needle. Her eyes were half-opened and her pupils were dilated, a sign that her Shen was continued to be scattered. I held onto her forearm to restrain her arm. I kept strongly stimulating DU-26 until her pupils returned to normal size and she was able to speak coherently. This was a sign that her Shen and Kidney Jing had returned to their source. I removed the needle from DU-26 and returned her to an upright position. She was fine. I asked her what she had just experienced and she responded saying, "I don't know." In the subsequent month, the patient returned for ongoing treatments with no reoccurrences of syncope.

Diagnosis: Qi and Blood Deficiency and Heart Fire burning the Yin

Treatment Plan: DU-26 to awaken her Shen

Herbal Formula: Bu Zhong Yi Qi Tang (with modifications):

Huang Qi Radix Astragali Membranaceus 30g

Dang Shen Radix Codonopsis Pilosulae 15g

Huang Qi and Dang Shen both tonify Qi. Huang Qi's energy ascends, while the focus of Dang Shen is to strengthen the Middle Jiao Qi.

Dang Gui Radix Angelicae Sinensis 9g

Chuan Xiong Radix Ligustici Chuanxiong 9g

Dang Gui and Chuan Xiong both promote Blood circulation. Dang Gui warms and nourishes the Blood, while Chuan Xiong promotes Qi and Blood circulation.

Dan Shen Radix Salviae Miltiorrhizae 12g

Chi Shao Radix Paeoniae Rubrae 12g

Dan Shen and Chi Shao both promote blood circulation. Dan Shen calms the Heart and promotes Blood circulation in the small vessels, while Chi Shao cools Blood-Heat.

Chen Pi Pericarpium Citri Reticulatae 9g

Bai Zhu Rhizoma Atractylodis Macrocephalae 12g

Chen Pi and Bai Zhu are both warming and dry dampness in the Spleen and Stomach. Chen Pi regulates the Spleen and Stomach Qi while Bai Zhu is warm and dries Spleen dampness.

Chai Hu	Radix Bupleuri	3g
Sheng Ma	Rhizoma Cimicifugae	3g

Chai Hu and Sheng Ma both help raise Spleen Qi. While Chai Hu also regulates Liver Qi, the main action of Sheng Ma is to raise Spleen Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula.

The patient took one bag of the formula above for six days, resulting in improved strength and confidence.

B. Severe Emotional Excess During Treatment

This patient exhibits extreme emotions and fear, a manifestation of Internal Liver Wind Stirring. In this case, the practitioner must take the patient to an open area and talk to him to calm the Heart and Liver.

Diagnosis: Heart and Liver Yang Rising; Liver Qi Stagnation

Treatment Plan: Calm the Liver and Heart

Herbal Formula: Tian Ma Gou Teng Wan (with modifications)

Case Study

Note: names have been changed to protect anonymity.

A 20 year-old female, Sally, arrived at my clinic for her first acupuncture treatment with her girlfriend, Molly. I needled Sally first, needling extra point Yintang for stress and nervousness and then needled her friend. Her friend, Molly, began talking, saying that she had other areas of pain (her shoulder, her lower back, etc.) and was worried that this would take extra time. I was preparing raw herbs for them at the time and then suddenly heard a loud “ping” sound. I thought it came from outside of the clinic, but then realized that it was coming from my patient, Sally. I went to check on her and saw her legs flailing up and down. I thought to myself, “Acupuncture is so powerful!” realizing the need to respond immediately.

I removed the needle from Yintang and brought her to a seated position. I began talking to her and opened the window. Sally stopped shaking and complained only of a feeling of leg weakness. I guided her to the seat of her car. She was stable until her friend asked her if she was okay. At that point, her legs started shaking again. Later, I went outside to check on her and she had stabilized.

At a later point in time, she went to the library and her body started shaking again (while looking at a book about job interviewing). I then went to her house to treat her and my treatment focused on smoothing her Qi. I did this using my own Shen. In other words, I talked to her to reassure her that I would continue to help her until she recovered. I gave her Tian Ma Gou Teng Yin to take for two weeks and she had no reoccurrence of the above symptoms.

Later, I asked her what she felt during her first episode. She said she felt tension at Yintang where the needle was and then suddenly her legs started shaking.

Diagnosis: Liver Qi Stagnation with Internal Wind Stirring

Treatment Plan: Calm the Heart and Liver, Smooth Liver Qi (by removing her from the treatment room and talking to her to calm Heart and Liver)

Herbal Formula: Tian Ma Gou Teng Yin (with modifications)

Tian Ma Rhizoma Gastrodiae Elatae 12g

Gou Teng Ramulus cum Uncias Uncariae 12g

Tian Ma and Gou Teng both stop internal Liver Wind and cool heat. Tian Ma's focus is on extinguishing wind, while Gou Teng's focus is on releasing the surface.

Bai Shao Paeoniae Radix Alba 15g

Long Gu Os Draconis 30g

Mu Li Concha Ostrae 30g

Bai Shao, Long Gu, and Mu Li all settle the Liver Yang. Bai Shao harmonizes the Ying and Wei and nourishes Blood. Long Gu and Mu Li settle the Heart Yang. The action of Long Gu is more focused on settling the Heart and astringing the Kidneys while that of Mu Li is more focused on settling the Liver Yang and dissolving nodules.

Dan Shen Radix Salviae Miltiorrhizae 12g

Dan Shen promotes Blood circulation, and cools and calms the Heart.

Bo He Mentha Ahaplocalyx 6g

Bo He smoothes the Liver and clears heat.

Sheng Di Huang Radix Rehmanniae Galutinosae 30g

Sheng Di Huang cools and nourishes the Blood.

Mai Men Dong Tuber Ophiopogonis Japonici 12g

Mai Men Dong nourishes Yin and cools heat in the Heart, Stomach, and Lung.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes the ingredients of the formula.

The patient took above formula for three weeks. The tremors in her body and legs all ceased.

C. Patient Hasn't Eaten

Patients who come in for treatment before a mealtime will usually have lowered blood sugar levels. From a Chinese Medicine perspective, this is Blood and Qi deficiency, which greatly increases the chance that the patient will faint during treatment.

Diagnosis: Heart and Spleen Qi and Blood Deficiency

Treatment plan: Strengthen Spleen Qi, nourish the Blood, and calm the Heart by giving the patient a warm sweetened tea or giving him sugar in the form of candy. For fainting add: The practitioner should place the patient in a well-ventilated room, preferably one with a view of the outside. The practitioner should maintain verbal contact with the patient to ensure that the patient's Kidney Yang does not collapse.

Herbal formula: Shi Quan Da Bu Tang (with modifications)

Case Study:

A 20 year-old female patient arrived at the clinic during dinner time. As soon as she was needled at CV-6, she began shaking and her face turned green. I removed the needle from CV-6, asked her to sit up, gave her a warm drink, and began talking to her. Her pulse was empty. She began to calm down and the shaking stopped. I gave her a piece of candy and the shaking completely stopped, her facial complexion returned to normal color, and her pulse to a normal pulse.

Dang Shen Radix Codonopsis Pilosulae 15g

Huang Qi Radix Astragali Membranaceus 15g

Dang Shen and Huang Qi strengthen Qi. Dang Shen strengthens the Spleen and Middle Jiao Qi. Huang Qi causes the Qi to ascend and move from interior to exterior.

Shu Di Huang Radix Rehmanniae Glutinosae 30g

Huang Jing Rhizoma Polygonati 30g

Sang Shen Zi Fructus Mori Albae 12g

Gou Qi Zi Fructus Lycii 12g

All of the above herbs nourish the Blood. Shu Di Huang also nourishes Jing and fluids. Huang Jing also strengthens the Spleen Qi. Sang Shen Zi ability to nourish the Blood is milder and it also cools the Blood. Gou Qi Zi's emphasis is on nourishing the eyes.

Chai Hu Radix Bupleuri 3g
Chai Hu regulates the Liver Qi and raises the Qi.

Chen Pi Pericarpium Citri Reticulatae 9g
Bai Zhu Rhizoma Atractylodis Macrocephalae 12g
Chen Pi and Bai Zhu both warm and dry the Spleen and Stomach. Chen Pi regulates the Middle Jiao Qi. Bai Zhu's drying function is more long-term and it has a stronger ability to warm the Spleen and Stomach.

Fu Ling Sclerotium Poriae Cocos 30g
Fu Ling drains dampness from the Spleen and promotes water balance.

Gan Cao Radix Glycyrrhizae Uralensis 3g
Gan Cao harmonizes ingredients of the formula.

The patient took the above formula for four days and since that time has never again experienced shaking during acupuncture treatments.

D. Practitioner Inserts the Needle too Deeply

The practitioner should use extreme caution when needling the Back Shu points in the thoracic region to avoid pneumothorax.

Diagnosis: Collapsed Lung, Lung and Kidney Qi deficiency.

Treatment: Send the patient to emergency room so that air can be withdrawn from the pleural space.

Herbal treatment: Xue Fu Zhu Yu Tang (with modifications)

Case study:

A famous TCM doctor from China, Dr. Wu, wrote in the introduction of his book that he not only mentions his success, but also his failures, so that the next generation of practitioners can learn from his experience. Dr. Wu was needling a patient at UB-15. His patient did not feel any sensation of Qi movement, so Dr. Wu proceeded to stimulate the point by inserting the needle more deeply. The patient suddenly experienced a feeling of "lightning striking". About two hours later, he was experiencing shortness breath. He went to the hospital and was diagnosed with pneumothorax. After the air was withdrawn from the pleural space, Dr. Wu gave the patient Xue Fu Zhu Yu Tang (with modifications) and he fully recovered after several days.

Dang Gui	Radix Angelicae Sinensis	12g
Chi Shao	Radix Paeoniae Rubrae	12g
Chuan Xiong	Radix Ligustici Chuanxiong	9g
Yi Mu Cao	Herba Leonuri Heterophylli	15g

All the herbs above promote Blood circulation. Dang Gui nourishes the Blood and its action is more long-term. Chuan Xiong promotes the flow of Qi in the Blood and is able to dispel wind. Chi Shao cools the blood and Yi Mu Cao promotes urination to drain dampness.

San Qi	Radix Notoginseang	15g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	15g

San Qi and Yan Hu Suo stop pain. San Qi is also able to stop bleeding while Yan Hu Suo has a stronger analgesic effect than San Qi.

Bai Ji	Rhizoma Bletillae Striatae	15g
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Bai Ji promotes healing and stops bleeding.

Jie Geng	Radix Platycodi Grandiflori	9g
Chai Hu	Stellariae Dichotomae, Herba	3g

Jie Geng and Chai Hu regulate Qi. Jie Geng opens the Lung Qi and Chai Hu regulates and raises the Liver Qi.

Yi Yi Ren	Semen Coicis Lachryma-jobi	30g
Fu Ling	Sclerotium Poariae Cocos	30g

Yi Yi Ren and Fu Ling promote urination to drain dampness. Yi Yi Ren's action is milder and Fu Ling is able to balance the water and leach dampness from the Spleen.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes function of the formula's ingredients.

E. Excessive Bleeding

When performing acupuncture using an infrared lamp, patients taking a blood thinner or aspirin may exhibit excessive bleeding, which may continue even after it has been stopped with pressure.

Diagnosis: Excess Blood circulation or Spleen Qi deficiency.

Treatment: Apply cotton ball with gentle pressure

Herbal formula: Yun Nan Bai Yao

Case studies:

1. When I was teaching at Five Branches Institute in Santa Cruz, I treated an 80 year-old female. I removed the needle from DU-20 and saw that the bleeding had stopped. I did not double-check to make sure it had not started to bleed again. The patient went to the receptionist area and reported that she felt a wet feeling on her forehead and face. She touched her face and said, "Oh my God, it's bleeding!" I rushed to apply a cotton ball to DU-20 and cleaned the blood with alcohol. Afterwards, I found out that the patient was taking aspirin.

2. When I was teaching at the San Francisco College of Acupuncture in 1987, the clinic receptionist referred a 59 year-old male patient for cosmetic acupuncture. The tip of his tongue was red and the size of mung bean, indicating excess Heart fire. I needed to needle the extra point Taiyang in his temporal region, where I noticed he had plastic surgery (and therefore the layer of fat in this area thinner than normal). After the treatment, the patient was ecstatic, feeling that I had done a good job. He cried out, "Dr. Liao is the number one doctor at the school!" and surprised the receptionist with a kiss. During the next treatment, I needled Taiyang again and applied electric stimulation. I left the patient alone in the treatment room because I was teaching the interns. When it was time to remove the needles from the patient, I saw congealed blood the size of a mung bean at the point. Since I knew that this patient had an excess condition, I was careful to do a good job cleaning the area. I used a cotton ball to massage the congealed blood for several minutes. The congealed blood dissolved, but some of the dissolved blood spread to the skin of his upper eyelid. After the patient noticed, he became hysterical, yelling, "I came here to look more beautiful, but now I look like a panda. I am not going to pay for this!"

I sincerely hoped that he would find another practitioner to treat him on his next visit, but he came to see me again. Upon needling Taiyang, the point began to bleed. Once again, I removed the needle and applied a cotton ball with gentle pressure for 1-2 minutes until the bleeding stopped. The blood once again congealed to a mung bean size. This time, however, the congealed blood did not spread to his upper eyelid. In subsequent treatments, I avoided this point and other points which bleed easily and therefore the patient had no additional complaints.

For patients with severe bruises, Yan Nan Bai Yao (powder, pill, or plaster forms) can be used to stop bleeding and promote blood circulation. Use of Yun Nan Bai Yao is contraindicated when the patient is taking birth control pills or on a blood-thinning drug.

F. Patient is Allergic to Metal in Acupuncture Needle

Very rarely, patients may exhibit a skin allergy to certain metals contained in acupuncture needles (including stainless steel).

Diagnosis: Excess Heat in the Wei Level.

Treatment plan: Cool the Heat

Herbal formula: Xiao Feng San (with modifications)

Case study:

A 43 year-old female patient exhibited redness where she had been needled, ten minutes after needling. In 30 minutes, the redness turned into red bumps the size of a mung bean. The patient was in the pre-menstrual phase of her cycle. The tip of her tongue was red and the sides were red and slightly purple. Her pulse was wiry, rapid and slippery.

One hour after the needles were removed, the inflammation subsided. After using Xiao Feng San (with modifications) for 2 days, the reaction had completely cleared.

Shi Gao	Gypsum	30g
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Shi Gao sedates Stomach Yangming Qi level heat at the skin and muscle layers.

Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
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Mu Dan Pi	Cortex Moutan Radicis	12g
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Sheng Di Huang	Radix Rehmanniae Galutinosae	30g
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Zi Cao	Radix Arnebiae Seu Lithospermi	12g
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All the herbs above cool Blood heat. Zhi Mu sedates Qi and Blood level heat and moistens dryness. Mu Dan Pi promotes blood circulation. Sheng Di Huang nourishes the Blood, Jing and Fluids. Zi Cao eliminates skin rash.

Ku Shen	Radix Sophorae flavescens	15g
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Ku Shen eliminates damp heat in the skin and Middle Jiao damp heat.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula.

G. Electrical Stimulation of the Heart

Use electroacupuncture with caution. Paired leads should not cross the center of the patient's body to prevent disruption of the heart's electrical system.

Diagnosis: Excess Yang Qi

Treatment Plan: Sedate Excess Yang and Qi and promote Blood circulation

Herbal formula: Xue Fu Zhu Yu Tang and Gui Pi Tang (with modifications)

Case study:

A patient came to the clinic complaining of shoulder and chest pain. The acupuncturist inserted needles at extra point Jianqian (also known as Jianneiling) and CV-14 with electrical stimulation on the patient's left side. After approximately two minutes, the patient began to complain of pain and pressure in the heart region. The acupuncturist promptly removed the needles and opened the window and asked the patient to breathe slowly. He began talking to the patient to calm his mind and gave him Xue Fu Zhu Yu Tang and Gui Pi Wan (with modifications) for two days. The patient reported that the pain and pressure were completely resolved.

Suan Zao Ren Semen Zizyphi Spinosae 6g

Suan Zao Ren calms and nourishes the Heart and Liver.

Chuan Xiong	Radix Ligustici Chuanxiong	3g
Chi Shao	Radix Paeoniae Rubrae	12g
San Qi	Radix Notoginseang	15g
Yan Hu Suo	Corydalis Rhizoma	12g
Pu Huang	Pollen Typhae	12g

All the herbs above promote Blood circulation. Chuan Xiong works more at the surface level (meaning that it has a quick effective action) and promotes Qi flow in the Blood. Chi Shao cools the blood. San Qi and Yan Hu Suo stop pain. San Qi's focus is to stop bleeding and Yan Hu Suo is better at relieving pain. Pu Huang stops bleeding.

Bai Shao	Paeoniae Radix Alba	15g
Long Gu	Os Draconis	30g
Mu Li	Concha Ostrae	30g

All the herbs above calm the Liver Yang. Bai Shao nourishes the Blood and Yin and harmonizes the Ying and Wei. Long Gu and Mu Li are heavy minerals which settle the Liver Yang and Heart Yang. Long Gu's focus is settling the Heart and astringing the Yin while Mu Li's main function is settling the Liver and dissolving nodules.

Gan Cao Radix Glycyrrhizae Uralensis 3g

Gan Cao harmonizes the ingredients of the formula.

2. Cautions When Performing Cupping Techniques

A. Fire Cupping

If you use a flame for cupping treatment, be careful not to burn the patient's skin, hair or clothes.

Diagnosis: Excess fire at the Wei, Qi and Blood levels

Treatment plan: Sedate the excess heat by using cool water

Herbal formula: Xiao Feng San (with modifications)

Case study:

An intern at the school's clinic, while performing fire cupping, accidentally ignited the patient's nylon pants. The patient's pants caught on fire and the patient suffered a first degree burn. The intern should have immediately thrown a towel or water onto the burning clothing to extinguish the flame. After the fire is put out, the patient's skin should be rinsed with cool tap water, and then egg whites, honey, or skin lotion should be applied to the patient's skin. After two hours, use Ching Wan Hong cream or Wan Hua oil. Also, use Xiao Feng San (with modifications) or take Chuan Xin Lian pills for one week.

Internal Herbal Formula:

Shi Gao Gypsum 30g

Zhi Mu Rhizoma Anemarrhenae Asphodeloidis 12g

Shi Gao and Zhi Mu cool the Stomach and clear excess heat. Shi Gao sedates Qi level (muscle layer) heat. Zhi Mu's heat sedating function is milder, but it is able to moisten dryness.

Lu Gen Rhizoma Phragmitis Communis 30g

Bai Mao Gen Rhizoma Imperatae Cylindrica 30g

Lu Gen and Bai Mao Gen both reduce damp heat from the Lung and Lower Jiao, promote urination, and moisten dryness. Lu Gen, however, has a stronger moistening action. Bai Mao Gen is also able to stop bleeding.

Jin Yin Hua Flos Lonicerae Japonicae 30g

Lian Qiao Fructus Forsythiae Suspensae 12g

Jin Yin Hua and Liao Qiao both clear heat toxicity and release the surface. Jin Yin Hua tends to flow to the surface. Liao Qiao dissolves nodules.

Sheng Di Huang	Radix Rehmanniae Glutinosae	30g
Xuan Shen	Radix Scrophulariae Ningpoensis	12g
Mu Dan Pi	Cortex Moutan Radicis	12g
Zi Cao	Radix Arnebiae seu Lithospermi	12g

All the herbs above cool Blood heat. Sheng Di Huang nourishes the Yin, Blood and Jing. Xuan Shen clears heat toxicity and dissolves nodules. Mu Dan Pi promotes Blood circulation. Zi Cao clears skin rash due to heat.

Bai Shao	Radix Peoniae Lactiflorae	15g
Shi Jue Ming	Concha Haliotidis	30g

Bai Shao and Shi Jue Ming both settle the Liver Yang. Bai Shao also nourishes the Blood and Yin and harmonizes the Ying and Wei.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of formula.

B. Edema or Sensitive Skin

Use caution when performing cupping techniques on patients who have edema or sensitive skin.

Diagnosis: Spleen/Kidney Qi Deficiency with Excess Dampness

Treatment plan: Drain Dampness and promote Blood circulation

Herbal formula: Wu Ling San and Xue Fu Zhu Yu Tang (with modifications)

Case study:

An 80 year-old female with diabetes received cupping on UB11 and immediately developed a blister 3 cm in diameter. She was given Wu Ling San and Xue Fu Zhu Yu Tang (with modifications) and her blister completely resolved within three days. Without the use of these herbal formulas, it might take at least a week to heal.

Fu Ling	Sclerotium Poariae Cocos	30g
Zhu Ling	Sclerotium Polypori Unbellati	15g
Ze Xie	Alismatis Rhizoma	12g
Yu Mi Xu	Maydis Stigma	12g

All the herbs above promote urination to drain dampness. Fu Ling promotes the balances of water in the body. Zhu Ling has a stronger promote urination action than Fu

Ling and also clears heat. Ze Xie clears Kidney damp heat and Yu Mi Xu tends to flow to the surface.

Chi Shao	Radix Paeoniae Rubrae	12g
San Qi	Radix Notoginseang	15g
Mu Dan Pi	Cortex Moutan Radicis	12g

All the herbs above promote Blood circulation. Chi Shao and Mu Dan Pi cool the Blood. Chi Shao strongly promotes Blood circulation and Mu Dan Pi strongly cools the Blood. San Qi stops bleeding and pain.

Dang Shen	Radix Codonopsis Pilosulae	15g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	15g

Dang Shen and Bai Zhu strengthen Spleen Qi. Dang Shen's emphasis is strengthening the Middle Jiao Qi. Bai Zhu's emphasis is warming and drying the Spleen.

Chen Pi	Pericarpium Citri Reticulatae	9g
Ban Xia	Pinelliae Rhizoma Preparatum	9g

Chen Pi and Ban Xia are often used at the same time to regulate and dry the Middle Jiao. Chen Pi tends to regulate the Spleen and Stomach Qi. Ban Xia dries dampness and phlegm.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of formula.

3. Cautions When Using Moxa

A. Direct Moxa

Use caution when performing direct moxa on patients, as some patients may be insensitive to heat sensations. In addition, moxa may suddenly increase in temperature and burn the patient's skin.

Diagnosis: Excess Heat

Treatment plan: Eliminate Heat

Herbal formula: Xiao Feng San (with modifications)

Case Studies:

(1) A 34 year-old male patient presented with asthma, which he had since childhood. In his history, he noted that he used his asthma symptoms as a child to get attention from his parents. Direct moxa was performed on UB13 and the surrounding area. The practitioner told the patient that if he felt any burning sensation, he could call for help. However, he did not. In the subsequent days after treatment, it was obvious that the patient had been burned in the area of UB13 and a permanent scar formed. Despite this, his asthma symptoms improved by roughly 40%.

(2) After receiving direct moxa on her back, a 28 year-old female complained that the area still felt red and hot and worried that a scar would form. She was also concerned that the scar would affect her image at the beach during the summer months, as she preferred to wear bikinis. The practitioner told her to apply a bath towel soaked in cold tap water to the region that was burned for one hour each day. She was also given one bag of Xiao Feng San (with modifications), to be taken for three days. After two weeks, the redness on her back was gone.

Shi Gao	Gypsum	30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g

Shi Gao and Zhi Mu sedate Qi level heat. Shi Gao has a stronger heat-clearing function. Zhi Mu is better at nourishing Yin and fluids.

Huang Qin	Radix Scutellariae Baicalensis	15g
Ku Shen	Radix Sophorae flavescens	15g
Bai Xian Pi	Cortex Dictamni Dasycarpi Radicis	15g

All the herbs above clear damp-heat. Huang Qin clears Upper Jiao damp-heat. Ku Shen and Bai Xian Pi eliminate damp-heat from the skin. Ku Shen, however, tends to work at a

deeper layer (meaning that it lasts longer in the bloodstream and has more lasting effects) and Bai Xian Pi tends to have a faster effective action.

Zi Cao	Radix Arnebiae Seu Lithospermi	12g
Mu Dan Pi	Cortex Moutan Radicis	12g
Chi Shao	Radix Paeoniae Rubrae	9g
Sheng Di Huang	Radix Rehmanniae Glutinosae	30g
Xuan Shen	Radix Scrophulariae Ningpoensis	12g

All the herbs above cool Blood-Heat. Zi Cao clears heat from the skin. Mu Dan Pi and Chi Shao promote blood circulation. Mu Dan Pi, however, has a stronger Blood-cooling action and Chi Shao is better at promoting Blood circulation.

Nu Zhen Zi	Fructus Ligustri Lucidi	12g
Han Lian Cao	Herba Ecliptae Prostratae	12g
Mai Men Dong	Tuber Ophiopogonis Japonici	12g

All the herbs above lubricate the Yin. Nu Zhen Zi and Han Lian Cao nourish the Kidney Yin without damaging Spleen Qi. Nu Zhen Zi's Yin-nourishing action is stronger, while Han Lian Cao tends to act at the surface and also stops bleeding. Mai Men Dong clears heat from the Stomach and Lungs and calms the Heart.

Zhe Bei Mu	Bulbus Fritillariae Thunbergii	12g
Mu Li	Concha Ostreae	30g

Zhe Bei Mu and Mu Li both dissolve phlegm nodules. Zhe Bei Mu's emphasis is on clearing phlegm-heat. Mu Li also settles the Liver Yang.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula.

B. Moxa on Patients with Yin & Yang Deficiency with Empty (Deficiency) Heat

Moxa should be used with caution with patients who have concurrent Yin and Yang deficiency with heat signs and fatigue. In these cases, performing moxa may exacerbate the heat, bringing it to the surface.

Diagnosis: Yin and Yang deficiency with Empty Heat

Treatment plan: Nourish the Yin and strengthen the Yang

Herbal formula: Zhi Bai Di Huang Wan (with modifications)

Case study:

A 40 year-old male patient complained of fatigue, weakness in his legs, insomnia, and toothache. His tongue was red with teethmarks, the pulse was floating and full. Direct moxa was performed at ST36. The next day, he complained that his toothache worsened and his gums became redder. His tongue was also redder. The practitioner needled LI11 and LI4 to sedate the heat and KI6 and LU7 to harmonize the Yin and Yang. The patient was given Zhi Bai Di Huang Wan (with modifications) for one week. The toothache, insomnia, and weakness of back and legs all resolved and his energy level was much improved.

Sheng Di Huang	Radix Rehmanniae Galatinosae	30g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	12g
Di Gu Pi	Cortex Lycii Radicis	12g
Mu Dan Pi	Cortex Moutan Radicis	12g

All the herbs above cool the Blood heat. Sheng Di Huang's action is focused on nourishing the Blood, Jing and Yin. Zhi Mu, Di Gu Pi and Mu Dan Pi focus on clearing Blood heat. Zhi Mu also nourishes fluids and clears Qi level heat. Di Gu Pi and Mu Dan Pi resolve Steaming Bone Syndrome. Di Gu Pi tends to flow to the surface while Mu Dan Pi promotes Blood circulation.

Huang Bai	Cortex Phellodendri	9g
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Huang Bai eliminates Kidney Yin deficiency heat and damp-heat.

Qing Hao	Herba Artemisia Annuae	6g
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Qing Hao resolves heat from the interior level through the exterior level and clears heat.

Bai Shao	Paeoniae Radix Alba	12g
Gou Teng	Ramulus cum Uncias Uncariae	12g

Bai Shao and Gou Teng stabilize Liver Yang. Bai Shao stabilizes the Liver Yang and harmonizes the Ying and Wei and the Yin and Yang. Gou Teng extinguishes internal Liver wind.

Mu Li	Concha Ostrae	30g
Shi Jue Ming	Concha Haliotidis	30g

Mu Li and Shi Jue Ming settle the Liver Yang. Mu Li dissolves nodules and Shi Jue Ming nourishes the eyes.

Xi Yang Shen	Radix Panacis Quincquefolii	12g
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Xi Yang Shen clears heat and strengthens Qi.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of the formula.

4. Cautions When Using the Infrared Heat Lamp

When using an infrared heat lamp, pay attention to distance from the patient's skin, intensity of heat and time period to avoid causing burns.

Diagnosis: Excess Heat

Treatment plan: Cool the Heat; Eliminate Excess Heat

Herbal treatment

Case study:

In the clinic, an acupuncture student placed a heat lamp over a patient's back for 30 minutes. When she returned to the treatment room, the patient exhibited a burn (first to second-degree) on his back. The patient was given Xiao Feng San (with modifications) for two weeks and the burn healed completely.

Ku Shen Radix Sophorae flavescens 12g

Bai Xian Pi Cortex Dictamni Dasycarpi Radicis 12g

Ku Shen and Bai Xian Pi both eliminate damp heat in the skin. Ku Shen tends to go to a deeper layer and Bai Xian Pi tends to flow more to the surface.

Sheng Di Huang Radix Rehmanniae Galutinosae 30g

Xuan Shen Radix scrophulariae Ningpoensis 12g

Mai Men Dong Tuber Ophiopogonis Japonici 12g

All the herbs above cool Blood heat. Sheng Di Huang nourishes the Yin, Blood and Jing. Xuan Shen clears heat toxicity. Mai Men Dong lubricates the Yin of the Lungs, Heart, and Stomach and calms the Heart.

Huang Qin Radix Scutellariae Baicalensis 12g

Huang Lian Gelatinum Corii Asini 9g

Huang Bai Cortex Phellodendri 9g

Zhi Zi Fructus Gardeniae Jasminoidis 12g

All the herbs above eliminate damp heat. Huang Qin eliminates Upper Jiao damp heat. Huang Lian eliminates Lower Jiao damp heat and sedates Heart fire. Huang Bai eliminates Lower Jiao damp heat and sedates Kidney empty heat. Zhi Zi eliminates San Jiao damp heat, cools the Blood heat and promotes Blood circulation.

Shi Gao Gypsum 60g

Zhi Mu Rhizoma Anemarrhenae Asphodeloidis 12g

Shi Gao and Zhi Mu eliminate Yang Ming Qi level heat. Shi Gao's focus is in clearing heat on the Qi level and skin. Zhi Mu moistens dryness.

Mu Dan Pi	Cortex Moutan Radicis	12g
Chi Shao	Radix Paeoniae Rubrae	12g
Di Gu Pi	Radix Paeoniae Rubrae	12g
Zi Cao	Radix Arnebiae Seu Lithospermi	12g

All the herbs above clear Blood heat. Mu Dan Pi and Chi Shao promote blood circulation. Mu Dan Pi's emphasis is cooling the Blood. Chi Shao's emphasis is promoting Blood circulation. Di Gu Pi treats steaming bone syndrome. Zi Cao's action is focused on clearing heat in the skin.

Jie Geng	Radix Platycodi Grandiflori	9g
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Jie Geng opens the Lungs to regulate the skin pores.

Can Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes the ingredients of formula.

5. Cautions When Performing Gua Sha (Scraping)

When performing Gua Sha, use special caution if the patient has edema, sensitive skin or bruises easily.

Diagnosis: Qi, Water and Blood stagnation.

Treatment plan: Promote Qi, Blood and Fluid Flow.

Herbal formula: Wu Ling San and Xue Fu Zhu Yu Tang (with modifications)

Case study:

(1) A 79 year-old female patient walked into the clinic complaining of headache and neck pain. The practitioner performed Gua Sha on the area from GB20 to GB21 for five minutes. Several blisters 2-3 cm in diameter formed. Her tongue was red and dry and her pulse was small and rapid. Diagnosis was Yin deficiency with empty heat and dampness. After taking Wu Ling San, Qing Hao Bei Jia Tang and Xue Fu Zhu Yu Tang (with modifications) for 6 days, the blisters and headache were both resolved.

Zhu Ling	Sclerotium Polypori Unbellati	15g
Fu Ling	Sclerotium Poariae Cocos	15g
Ze Xie	Alismatis Rhizoma	12g

All the herbs above promote urination. Compared with Fu Ling, Zhu Ling has a stronger heat-clearing action. Fu Ling's action is focused on normalization of the body's water balance. Ze Xie's action is focused on sedating Kidney heat.

Qing Hao	Herba Artemisia Annuae	6g
Bie Jia	Carapax Amydae Sinensis	60g

Qing Hao and Bie Jia are a classic herb pair (duiyao). Qing Hao encourages heat from inside the body to come to the surface and Bie Jia then clears this empty heat.

Mu Dan Pi	Cortex Moutan Radicis	12g
Di Gu Pi	Cortex Lycii Radicias	12g
Zi Cao	Radix Arnebiae Seu Lithospermi	12g

Mu Dan Pi, Di Gu Pi, and Zi Cao all cool Blood heat. Mu Dan Pi promotes Blood circulation, Di Gu Pi eliminates steaming bone syndrome, and Zi Cao clears skin rash due to empty heat.

Dan Shen	Radix Salviae Miltiorrhizae	12g
Chi Shao	Radix Paeoniae Rubrae	9g

Dan Shen and Chi Shao promote Blood circulation and cool Blood heat. Dan Shen calms the Heart and its action is focused on promoting Blood circulation in the small vessels. Chi Shao's action focuses on encouraging Blood flow.

Chai Hu	Radix Bupleauri	3g
Ge Gen	Radix Puerariae	30g

Chai Hu and Ge Gen both raise the Qi. Chai Hu regulates Liver Qi flow laterally. Ge Gen relaxes the muscles and tendon.

Gao Ben	Rhizoma Et Radix Ligustici	6g
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Gao Ben dries dampness in the muscle layer.

Gan Cao	Radix Glycyrrhizae Uralensis	3g
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Gan Cao harmonizes ingredients of formula.

Case Study (2)

A 60 year-old female patient with diabetes complained of sneezing, runny nose, and swelling of the head. She was treated with Gua Sha for five minutes, resulting in swelling and severe bruising. Her tongue was swollen, slightly purple, with a thick white and yellow coat. Her pulses were slippery, floating and full. The diagnosis was wind damp-cold with underlying Qi, Blood, and damp-heat stagnation. After taking Wu Ling San, Xue Fu Zhu Yu Tang and Huo Xiang Zheng Qi San (with modifications) for two weeks, the wind-damp cold syndrome, as well as the bruising, resolved completely.

Fu Ling	Sclerotium Poariae Cocos	15g
Zhu Ling	Sclerotium Polypori Unbellati	30g

Fu Ling and Zhu Ling promote urination to drain dampness. Zhu Ling is a strong diuretic and Fu Ling normalizes water balance.

Bai Zhu	Rhizoma Atractylodis Macrocephalae	12g
Cang Zhu	Rhizoma Atractylodis	12g
Huo Xiang	Herba Agastaches Seu Pogostemi	12g

All the herbs above warm and dry dampness in the Middle Jiao. The main action of Bai Zhu and Cang Zhu is to dry dampness. Bai Zhu maintains this drying function more evenly and longer. Cang Zhu, however, has a stronger penetrating function, and acts more quickly in the short-term. Huo Xiang releases the surface to dry surface dampness.

Chen Pi	Pericarpium Citri Reticulatae	6g
Ban Xia	Pinelliae Rhizoma Preparatum	9g

Chen Pi and Ban Xia are a classic and common herb pair. Chen Pi regulates Qi and dries dampness. Ban Xia is stronger at drying dampness and phlegm and causes Stomach Qi to descend.

Huang Qin	Radix Scutellariae Baicalensis	15g
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Huang Lian Gelatinum Corii Asini 9g
 Huang Qin and Huang Lian both eliminate damp heat toxins. Huang Qin tends to clear damp heat in the Upper Jiao and at the surface. Huang Lian tends to clear damp heat in the Middle Jiao and sedates Heart fire.

Chi Shao Radix Paeoniae Rubrae 12g
Dan Shen Radix Salviae Miltiorrhizae 12g
 Chi Shao and Dan Shen both promote Blood circulation, with Dan Shen's action more focused on promoting Blood circulation in the small Blood vessels.

Jie Geng Radix Platycodi Grandiflori 12g
 Jie Geng opens the Lung Qi and guides the herbs to surface.

Chai Hu Radix Bupleauri 3g
 Chai Hu regulates Liver Qi, raises the Qi and regulates the Qi on the surface.

Gan Cao Radix Glycyrrhizae Uralensis 3g
 Gan Cao harmonizes the ingredients of formula.

Review Exercises for Personal Enrichment

Answers on the Next Page (This is not the course quiz)

1. When a person is about to faint...

- A remove the needles
- B apply acupressure to Du26
- C Both A and B

2. Seizures, spasms and convulsions are due to...

- A internal Liver Wind
- B Spleen Qi deficiency
- C Kidney Qi deficiency

3. A person is more likely to faint during acupuncture when...

- A They have not eaten prior to treatment.
- B They have Heart and Spleen Qi and Blood Deficiency.
- C Both A and B

4. Pneumothorax...

- A May be caused by needling too deeply, especially on the back Shu points.
- B Should be handled by sending the patient to the emergency room so that air can be withdrawn from the pleural space.
- C Both A and B

Answers to Review Exercises

1. When a person is about to faint...

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- B apply acupressure to Du26
- C Both A and B**

C

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C

4. Pneumothorax...

- A May be caused by needling too deeply, especially on the back Shu points.
- B Should be handled by sending the patient to the emergency room so that air can be withdrawn from the pleural space.
- C Both A and B**

C

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