

Chapter 3

Treatment of common diseases with acupuncture and moxibustion

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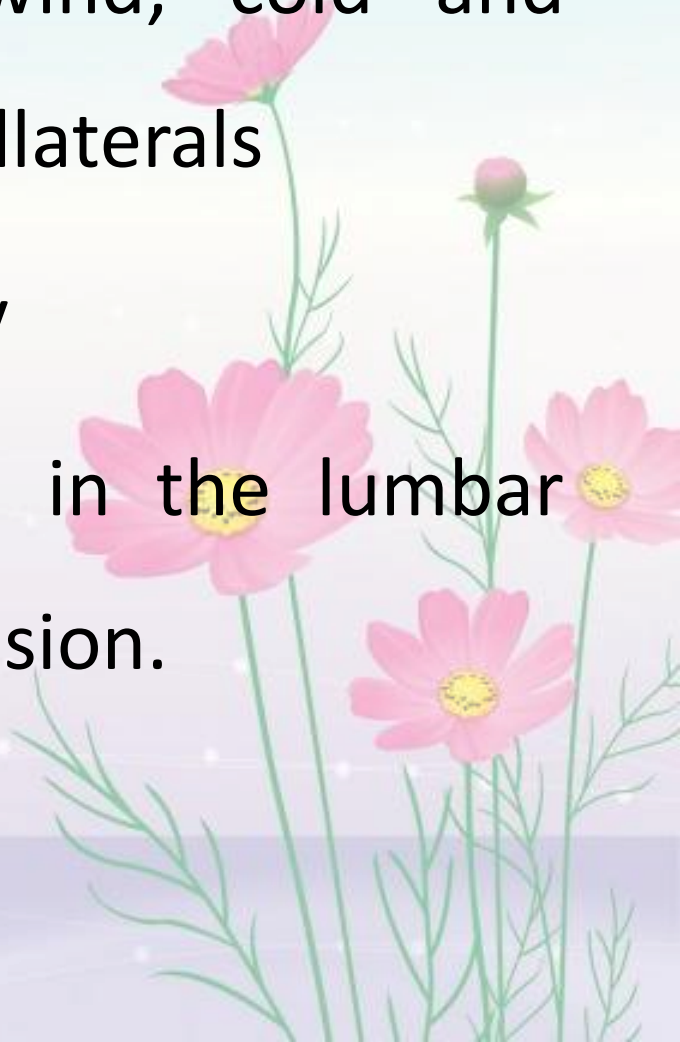
Low back pain

Pain - no nourishment/something stop

- People who heavy work/tired (kidney qi/ essence deficiency)
- Exterior problem (wind-cold, dampness)
- Excessive sex (kidney qi/ essence deficiency)
- Accident(stagnation of qi, blood)

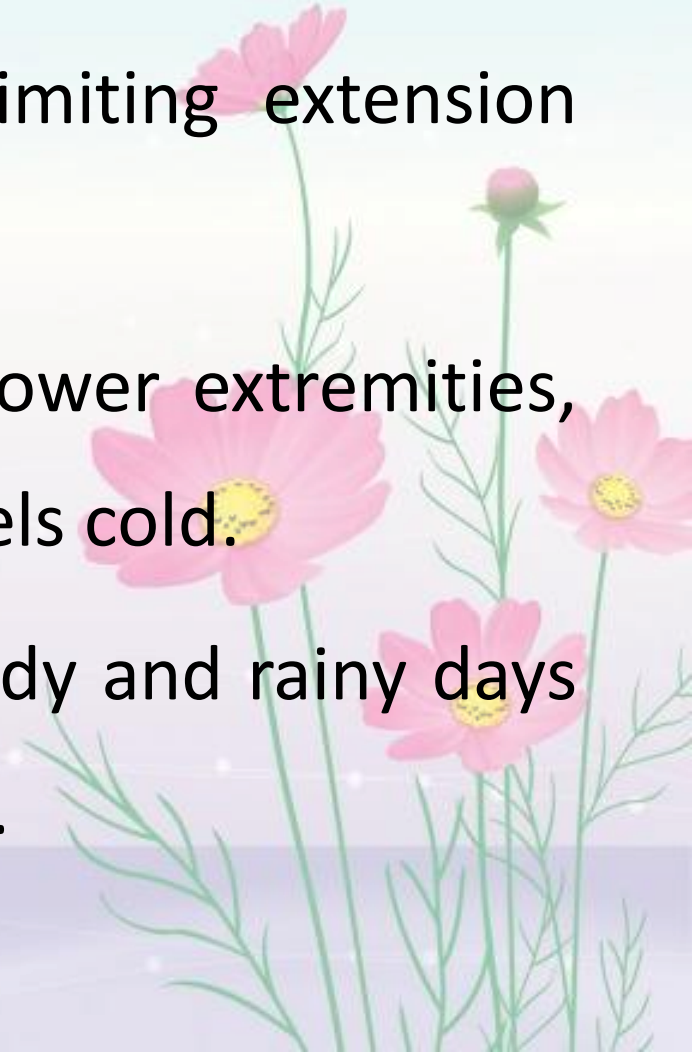
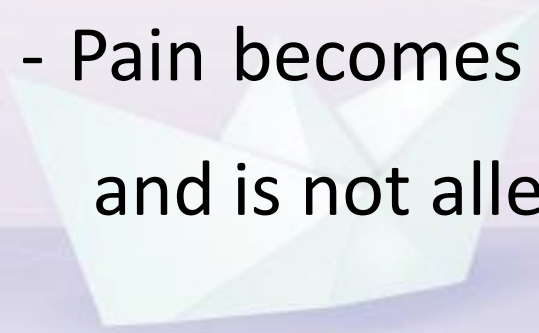
Causative factors:

- 1) Retention of pathogenic wind, cold and damp in the channels and collaterals
- 2) *xu* (deficiency) of *qi* of kidney
- 3) stagnation of *qi* and blood in the lumbar region due to sprain or contusion.



Cold-damp

- Heavy sensation and pain in the dorsolumbar region, stiffness of muscles, limiting extension and flexion of the back.
- The pain to the buttocks and lower extremities, and the affected area usually feels cold.
- Pain becomes intensified in cloudy and rainy days and is not alleviated by bed rest.



Wind-cold

- Tongue with white coating
- Relieved by weather change
- Cold limbs
- Aching pain
- Relieved by drinking warm water or by warming the local area
- Floating pulse



Dampness

- heavy pain
- Tongue (big, white coating covered by water)
- Heavy weight
- No want to move
- would like to eat rich food



Kidney qi/ essence deficiency

- Pain at the kidney areas
- Weakness of legs
- Like soft massage
- Weak and thin pulse
- Intermittent pain



***Xu* (insufficiency) of *qi* of kidney**

Onset is insidious, and pain is mild but protracted with lassitude and weakness of the lumbar region and knee. Symptoms are intensified after strain and stress and alleviated by bed rest



Trauma

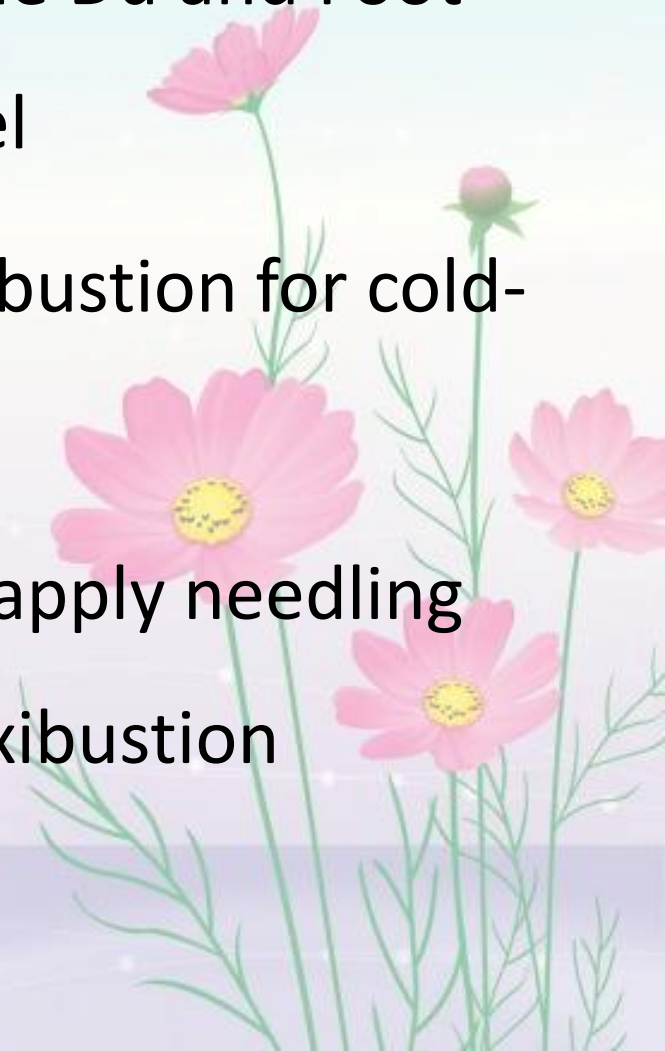
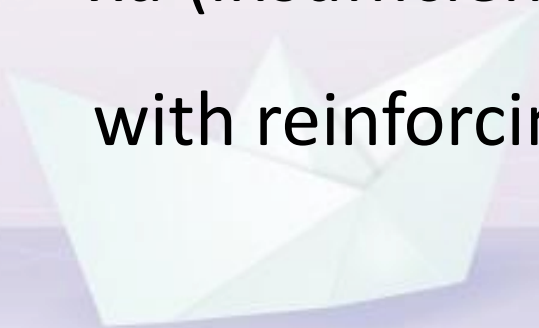
Rigidity and pain of the lower back.

The pain is fixed and aggravated on pressure and turning of the body.



Treatment

- Points are mainly selected from the Du and Foot-Taiyang (Urinary Bladder) channel
- apply both acupuncture and moxibustion for cold-damp type
- *xu* (insufficiency) of *qi* of kidney, apply needling with reinforcing method and moxibustion



traumatic low back pain, apply needling with reducing method or pricking to cause bleeding

Main points

Shenshu (U.B. 23), Yaoyangguan (Du 3), Feiyang (U.B. 58)

Secondary points

Xu (Insufficiency) of qi of kidney: Mingmen (Du 4), Zhishi (U.B. 52), Taixi (K. 3).

Sprain of the lumbar region: Renzhong (Du 26), Weizhong (U.B. 40).

If blood stops: BL-17



- below the spinous process of L2
- 1.5 *cun* lateral



UB-23 (Shenshu)



- Below the spinous process of L4



Du -3 (Yaoyangguan)



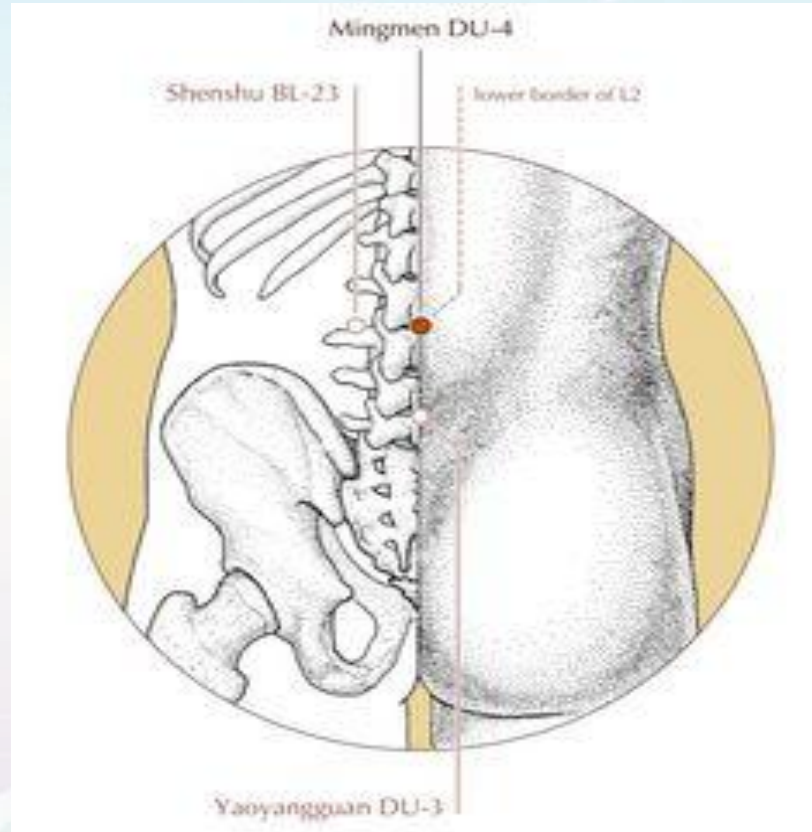
- 7cun directly above UB 60
- 1 cun inferior and lateral to UB 57



UB-58 (Feiyang)



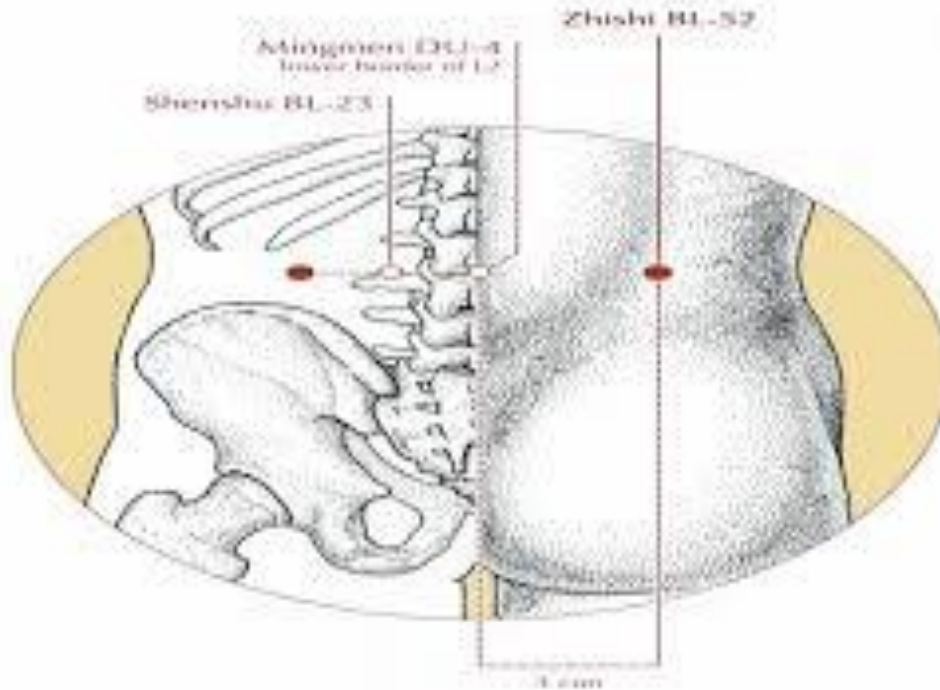
- Below the spinous process of L2



Mingmen (Du-4)



- 3 cun lateral to the lower border of 2nd sacral vertebra

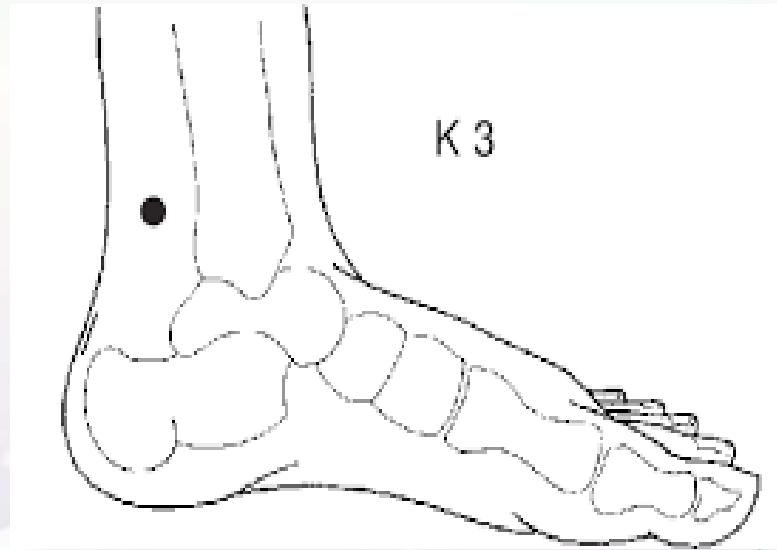


Zhishi (UB-52)



-between the medial malleolus and tendo calcaneus

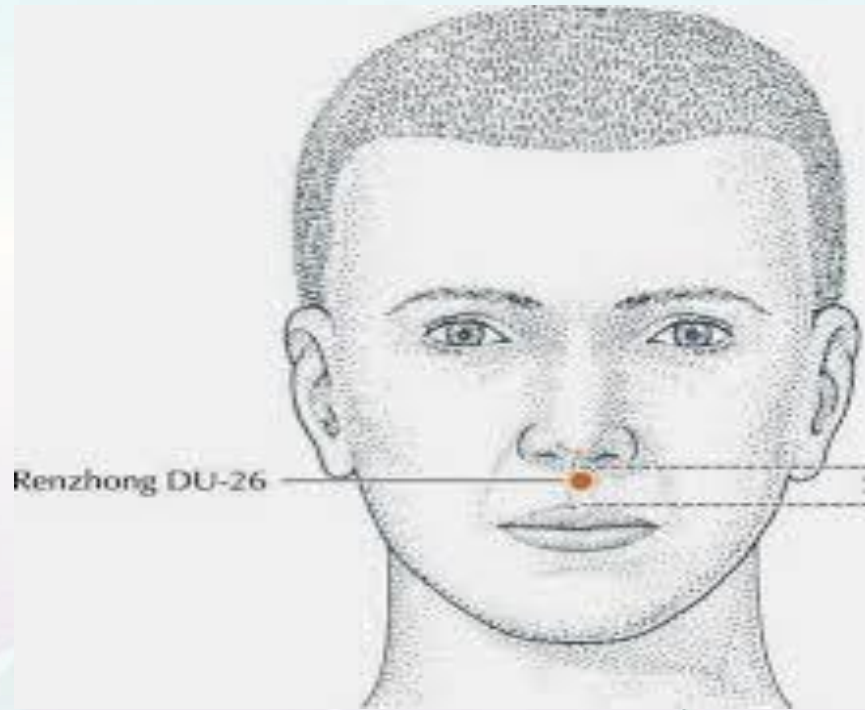
-level with tip of medial malleolus



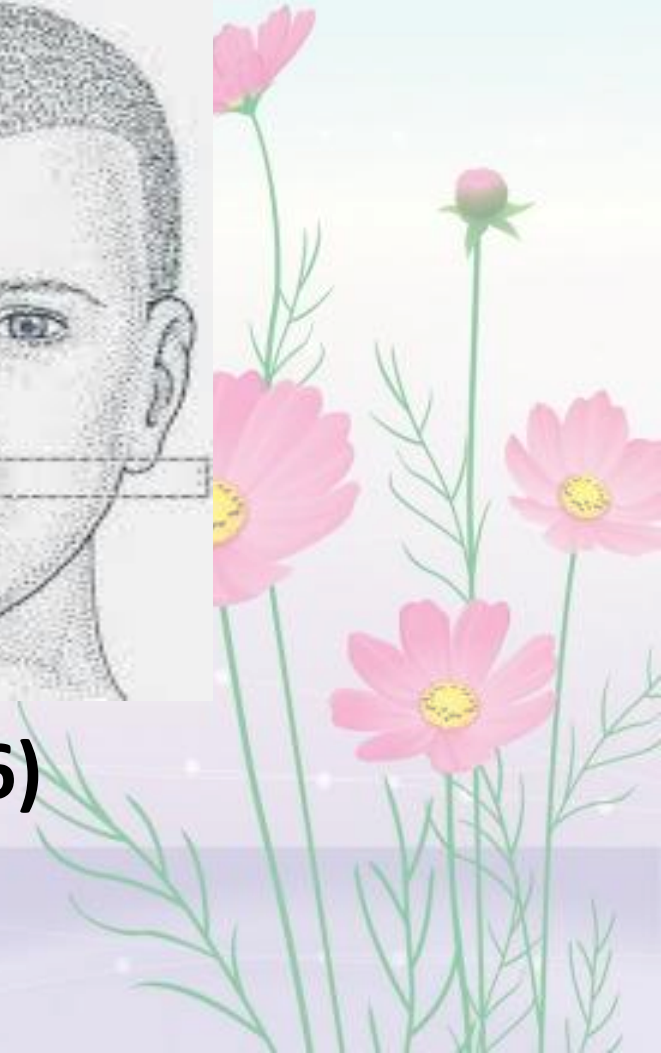
Taixi (K-3)



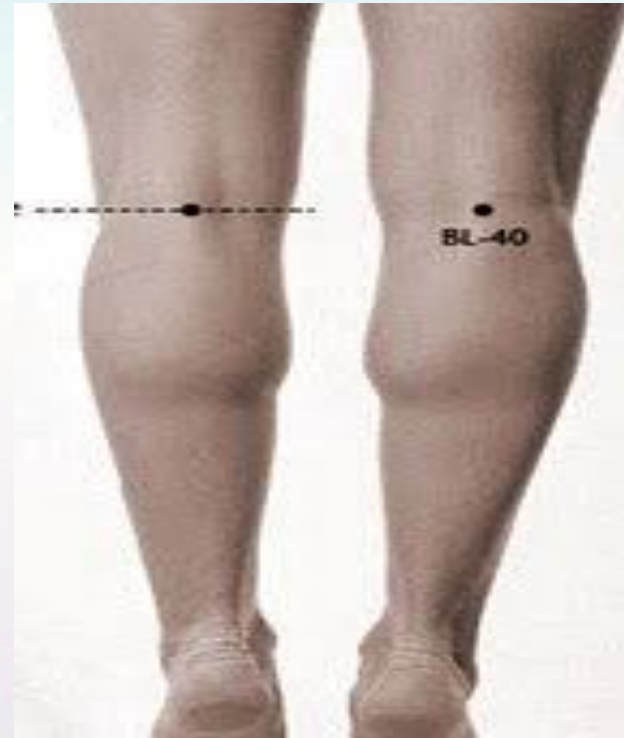
- below the nose
- A little above the midpoint of philtrum



Renzhong(Du-26)



- Between the tendon of m. biceps femoris and m. semitendinosus



Weizhong (UB-40)









