



MEDICAL ACUPUNCTURE REVIEW COURSE

SECTION B INDEPENDENT STUDY MATERIALS

Section B is comprised of 6 parts (B1– B6). This collection of independent study materials is to assist you with becoming familiar with an array of material that may not specifically be covered during the lectures. If you have questions or need clarification on any material here, you may bring forward that for discussion during the live discussion sessions.

You will be asked to prepare several diagrams or worksheets or complete different charts. These are pages you may wish to print out to work on – there is a separate file of “printable” pages that will be useful so you don’t have to print out this entire section.

Section B.1: Classical Shu Points

B.1.a. Point Review: Classical Shu Points of the Yin and Yang Channels

From your texts, notes, or wall-chart, construct a review chart on the attached diagram (Worksheet I on page 2) of the 30 yin and yang classical shu points. List the six Yin and six Yang points for each of the associated 5 elements. Fill in the point designation at the appropriate phase. You may want to use colored pencils or markers as follows to help review the relationships: color the meridian abbreviations with the color of the associated channel energy but color the number of the point with the elemental quality of that point. (Example: for LU11, the jingwell (ting) point, "LU" would be colored gray or silver and "11" would be colored green or blue- green.) Review the use of these points for repletion/drainage of channel energy.

NOTE: Recall these relationships

Phases = Color

Wood	Green
Fire	Red
Earth	Yellow
Metal	Gray/Silver
Water	Black

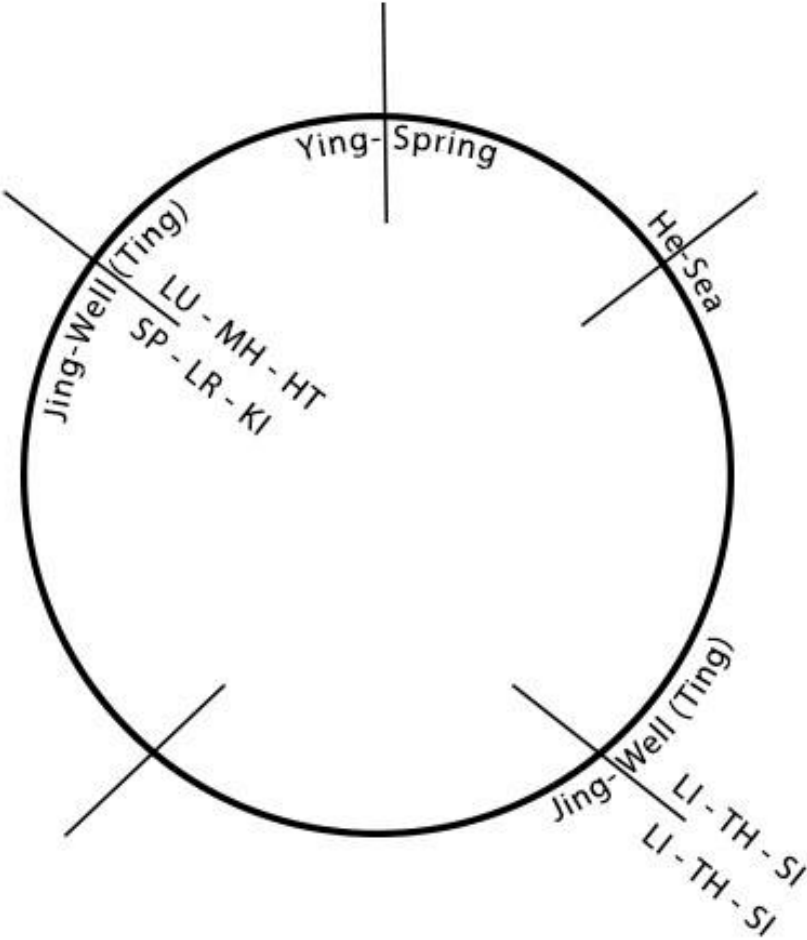
B.1.b. Point Review: Horary Points

On the diagram you completed as described above, circle the points where the alphabetic and numeric designations are the same color. These are the horary points. Review their use in the 4-needle technique.

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Section B.1: Worksheet I



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Section B.2 – Point Relationships

Materials: Blank tables and subcircuit diagrams (page 5), reference books and notes.

B.2.a. Point Review – Xi-Cleft Points

Identify the 12 Xi-Cleft points for the principal meridians and mark them on the appropriate rectangular subcircuit diagrams on page 5, labeling them with “X” or “Xi”.

Identify the Xi-Cleft points for each of the applicable curious meridians (Yin Qiao Mo, Yang Qiao Mo, Yin Wei Mo, and Yang Wei Mo) and fill in the appropriate column on the “Curious Meridians” table on page 5.

B.2.b. Point Review – Yuan-Source Points

Identify the 12 Yuan-Source points for the principal meridians and mark them on the appropriate rectangular subcircuit diagrams on page 5, labeling them with “Y” or “Yuan”.

B.2.c. Point Review – Luo-Connecting Points

Identify the 12 Luo-Connecting points for the principal meridians and mark them on the appropriate rectangular subcircuit diagrams on page 5, labeling them with “L” or “Luo”.

Certain conditions can be treated by the Luo-Yuan shunt for moving channel energy. On the subcircuit diagrams, draw an arrow from each Luo point to the associated Yuan point (Example: KI4 to BL64).

There are three special Luo Points: CV15, GV1, and SP21. Review how they are used in treatment.

B.2.d. Point Review – Hui-Influential Points

Identify the eight Hui-Influential points and their realms of influence. On the “Influential Points” table on page 5, fill in each point and its influence (Example: BL17 for Blood).

B.2.e. Point Review – Back-Shu Points

On the “Shu and Mu Points” table on page 5, fill in the Back-Shu points for each of the 12 organs and the spinal level of each point.

Review how the Back-Shu points are utilized.

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B.2.f. Point Review – The Mu-Alarm Points

On the “Shu and Mu Points” table on page 5, fill in the Front-Mu points for each of the 12 organs.

What does palpation of these points tell you?

B.2.g. Point Review – Lower He-Sea Points

Identify the six Lower He-Sea points of the Yang channels. On the “Lower He-Sea Points” table on page 5, list each point and its associated Fu (hollow) organ.

B.2.h. Point Review – Master and Coupled Points

On the “Curious Meridians” table on page 5, list the master and coupled point for each of the eight extraordinary (curious) meridians.

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Section B.3: 5 Phases

For this section, read the Charles Moss article entitled, "Five Elements and Medical Acupuncture." (included in the Articles section part of the independent study materials).

B.3.a. 5 Phase Theory: Sheng and Ke Cycles, Officials

On the unmarked 5 phase diagram circle (page 7 of this document), trace or copy the Figure one diagram from the Moss article. Show the direction of the Sheng and Ke cycles. Show the Yin and Yang (Zang-Fu) organs associated with each phase. Use the appropriate color for each phase. Next to each organ, write the correct color and the descriptive name of the "Official" associated with the organ energy (Table 2-Moss article). Outside of the circle write the Growth Phase associated with that point of the Sheng cycle (Table I-Moss article).

B.3.b. 5 Phase Theory: Systematic Correspondences

On the diagram of the 5 phases with concentric circles (page 8 of this document), fill in the correct corresponding item associated with the element for each category as follows:

A. (Inner Ring)	5 Sense organs
B.	5 Tissues
C.	5 Tastes
D.	5 Emotions
E.	5 Seasons
F. (Outer Ring)	5 Environmental Factors

B.3.c. 5 Phase Energetics

On the 5 phase diagram (on page 9 of this document), at the appropriate phase, write the trigrams associated with the Yin energy inside the circle and those associated with the Yang energy outside the circle.

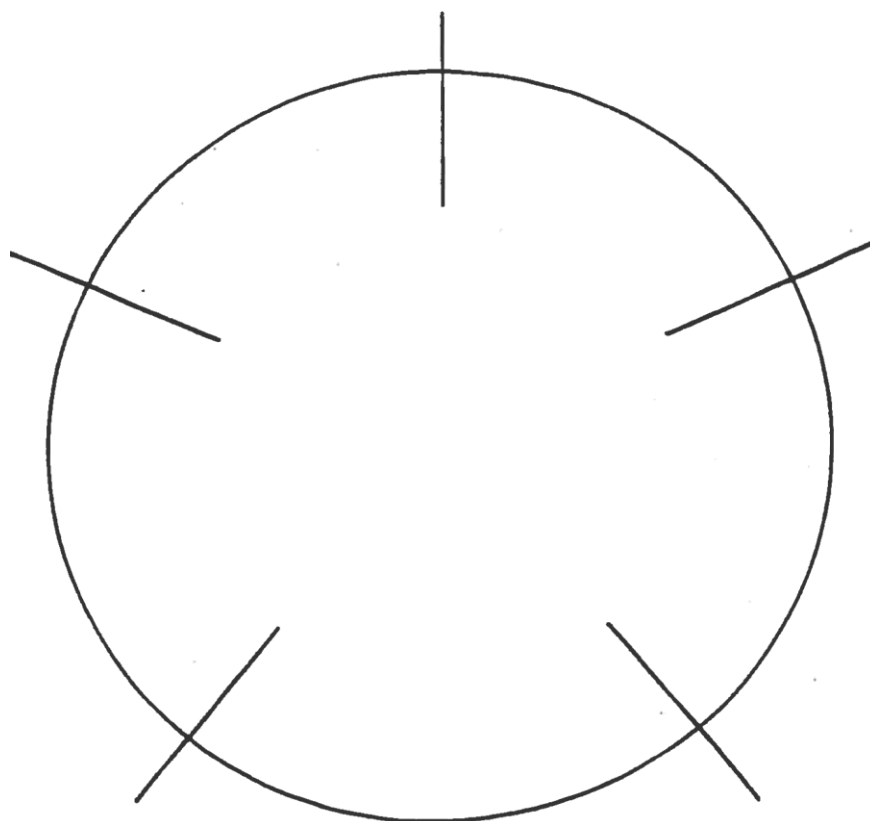
Circle the energetic operator for each phase.

Be familiar with how the 5 Phase System can be utilized in clinical situations.

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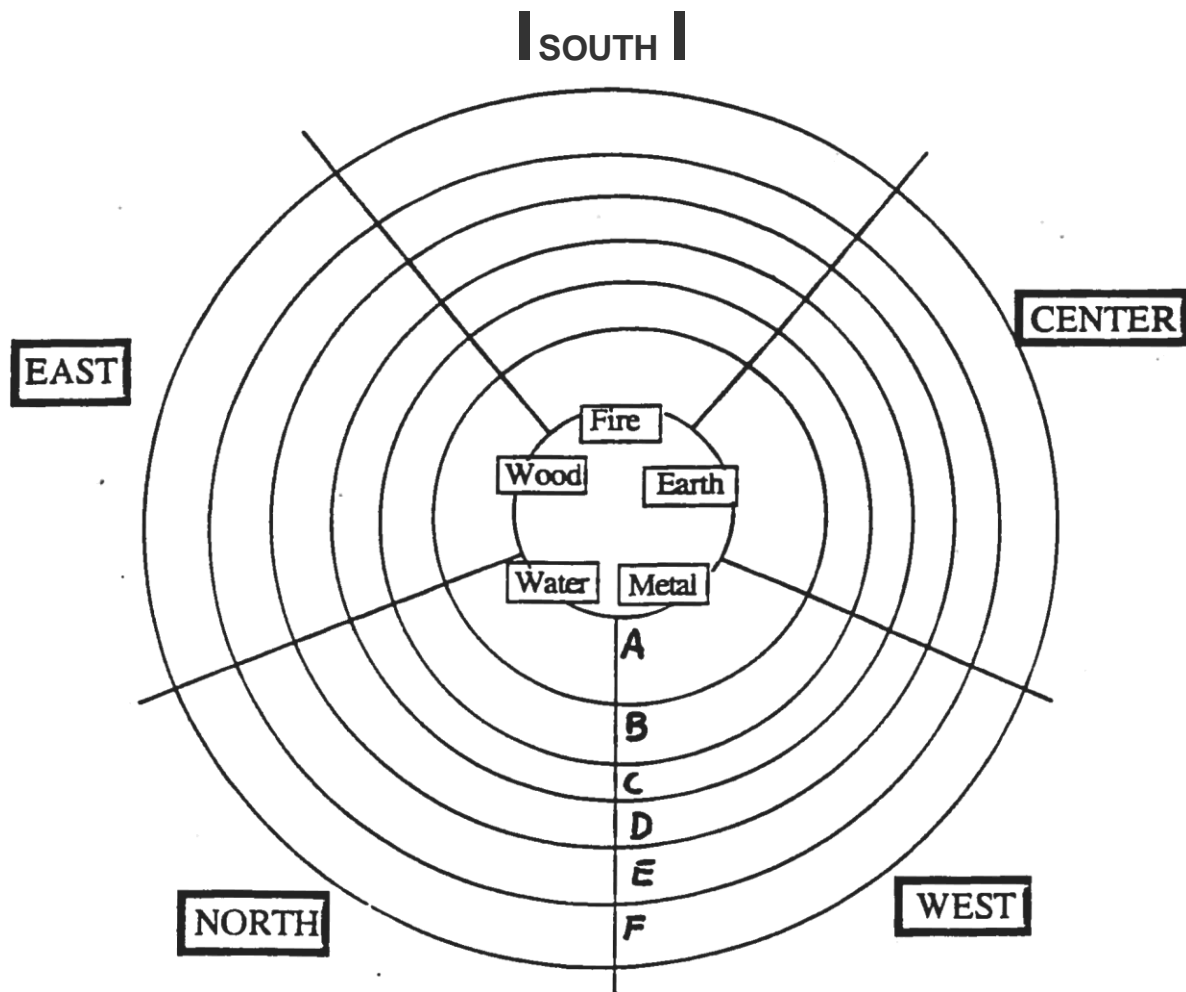
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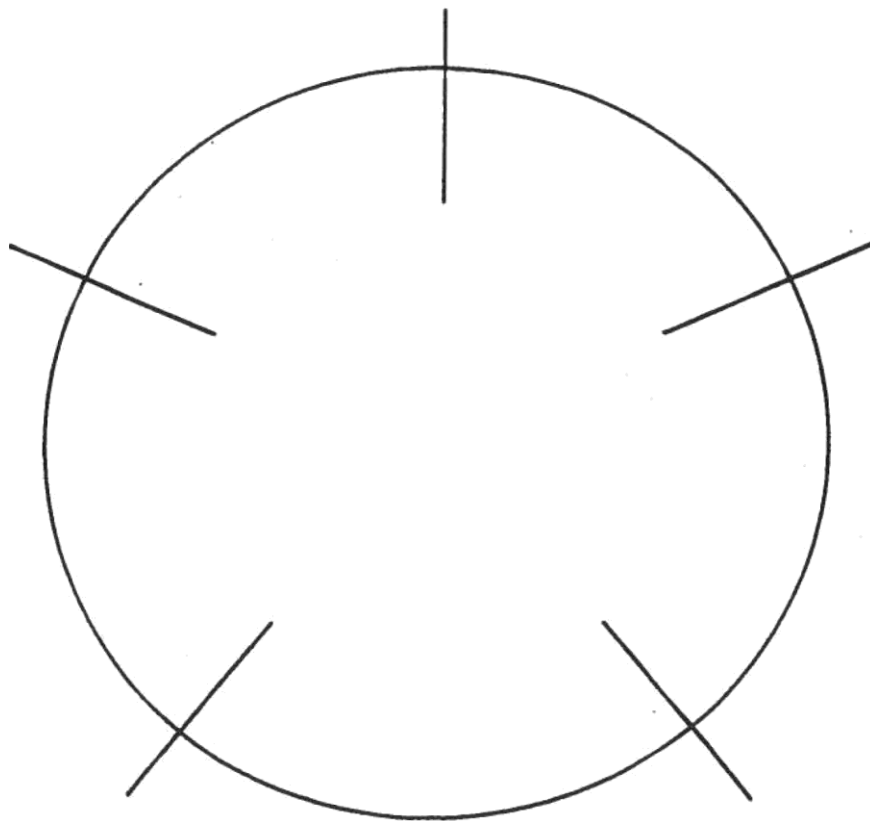
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Section B.4: Articles

Readings: Review these articles to familiarize yourself with the concepts. This is a broad range of topics/material – some covered in the course lectures and others not. NOTE: the *AAMA Review* articles are provided. You will need to access the *Medical Acupuncture* journal for the others – AAMA members have free access. Non-member class attendees, contact AAMA (info@medicalacupuncture.org)

Smith M. Creating a Substance Abuse Program Incorporating Acupuncture. *AAMA Review* 1990;2(1):29-30.

Outlines a historical and important introduction of acupuncture into the West.

Moss C. Five Elements and Medical Acupuncture. *AAMA Review* 1991;3(2):21-26.

This is a good introduction to Five Element acupuncture.

Eckman P. Physiological Basis of Microsystems. *AAMA Review* 1991;3(2):7-9.

This is a general rationale of microsystems and provides some additional information on a microsystem (KHA) that isn't covered in detail in the course.

Dorsher P. Neuroembryology of the acupuncture principal meridians Part 1. The extremities. *Medical Acupuncture* 2017;29(1):10-12.

Part 2. The trunk. *Medical Acupuncture* 2017;29(2):77-86.

Part 3. The head and neck. *Medical Acupuncture* 2018;30(2):80-86.

While a bit speculative, these articles are fascinating. Not critical for review for the Board exam.

McDaniels A., Pittman D. Is skin preparation necessary before needling? a review. *Medical Acupuncture* 2011;23(1):7-11.

This provides a solid rationale for clean needling and appropriate skin preparation.

McDaniels A., Pittman D., Cotter A. Recommendations for best needling practices. *Medical Acupuncture* 2012;24(2):67.

This paper codifies best needling practices.

Crawford P., Penzien D., Coeytaux P. Reduction in pain medication prescriptions and self-reported outcomes associated with acupuncture in a military patient population. *Medical Acupuncture* 2017;29(4):229-231.

This is an important early paper about the use of medical acupuncture in the military.

Longhurst J. Acupuncture's cardiovascular actions: a mechanistic perspective. *Medical Acupuncture* 2013;25(2):101-113.

Article is import for medical acupuncture's use in cardiology and makes a number of important points, many of which have relevance well beyond cardiology.

Pickett H. Case series: acupuncture and pelvic pain. *Medical Acupuncture* 2013;25(3):238-244.
Reports an important use of medical acupuncture gynecology.

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Section B.4: Articles continued

Helms J. et al. HMI auricular trauma protocol: an acupuncture approach for trauma spectrum syndrome. *Medical Acupuncture* 2011;23(4):209-213.

An innovative auricular protocol for trauma.

Gunn, C. Treating Myofascial Pain, *AAMA Review* 1991;3(3):4-6.

Useful introduction to myofascial pain.

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Section B.5: Zang Fu exercises

These optional Zang Fu exercises are meant for your study and review. The exercises may be discussed during the TCM lecture part of the course.

In each of the following case descriptions determine: a. the pattern discrimination (diagnosis using a Zang Fu or other TCM paradigm); b. the treatment principles; c. appropriate acupuncture points (at least five) to be used according to these treatment principles; and d. the rationale (point function and energetics) for each point selected.

1. A 31-year-old gardener comes in for an appointment stating she has been ill for 2 days with the following symptoms: sore throat with swollen feeling, runny nose with thick yellow drainage, and a full “phlegmy” cough. She has felt feverish with slight chills and is thirsty.

Tongue: red body, thin dry yellow coat

Pulse: rapid, superficial/floating

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

2. A 42-year-old accountant comes to your office as a new patient with a chief complaint of not feeling well for several months. He reports fatigue, lethargy, feeling cold much of the time, especially in the hands and feet. He has vague diffuse abdominal pain which is improved by lying prone on a heating pad. His stools are generally loose, and he has little appetite. He has also noted some swelling in his extremities. Overall, he says he feels lousy and is tired of it.

Tongue: pale, swollen, scalloped, quite moist

Pulse: slow, deep, weak

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

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Section B.5: Zang Fu exercises – continued

3. A 54-year-old small business manager complains of feeling wound up, angry, and frustrated. He was told by a friend that acupuncture could help relax him. He has been also feeling depressed and moody, and with increased stress at the job or in his marriage he has a lump like sensation in his throat that feels as if something is stuck there. He has been experiencing stuffiness and tenderness of his chest and hypochondrium and feels as if his stomach and intestines are churning a lot.

Tongue: normal

Pulse: wiry

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

4. A 29-year-old high school principal has a chief complaint of heartburn. She has had a very pronounced thirst and chews constantly on ice and drinks cold liquids. For reasons that to her are unclear her appetite has been much greater than usual. Her mouth is dry, and she has had bleeding and painful gums for over a week. Additionally, she has had constipation (dry stools every other day, usual bowel pattern was soft stools daily) and has a sensation of regurgitation with a sour taste in her mouth.

Tongue: red body, thick dry yellow coat

Pulse: rapid, full

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

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Section B.5: Zang Fu exercises – continued

5. A 35-year-old investment advisor shows up for her first appointment appearing anxious and uneasy. Her chief complaint is heart palpitations, described by her as periodic forceful and rapid heartbeats. She also has difficulty falling asleep and occasionally, if she awakens during the night, has a hard time falling back asleep. Her memory has been diminished in capacity recently, and she finds herself becoming frightened more easily. She also notices lightheadedness, sometimes more pronounced when standing up abruptly.

A recent evaluation by her internist, including CBC, chemistry panel, ECG, and Holter monitor, indicated no abnormalities.

Tongue: pale, thin

Pulse: thin

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

6. A 68-year-old retired merchant seaman comes to see you for treatment of aching and coldness in his lower back. He feels cold most of the time, is having more difficulty hearing the radio and other people's voices, and has sore knees. He is urinating several times a day - clear very light-colored urine, and is having loose stools, often around sunrise. You notice that his face is pale and bright.

Tongue: pale, swollen, very moist

Pulse: slow, deep, thready

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

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Section B.5: Zang Fu exercises – continued

7. A 41-year-old musician has been having headaches for several months, beginning sometime after the birth of her third child. She recalls having a lot of bleeding after delivery. The headaches are unilateral, pounding, and are preceded and occasionally accompanied by lightheadedness, tinnitus, and visual disturbances.

The patient has also noted considerable dryness of her hair, skin, and eyes. She has had some difficulty falling asleep and periodically her hands and feet "fall asleep" on her. She seems tense and irritable.

Tongue: orange on the sides, slight dirty white coat

Pulse: thin, somewhat wiry

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

8. A 38-year-old corporate attorney has worsening dyspnea diagnosed previously as asthma. He experiences fullness and stuffiness in his chest and under his ribs. He has a cough which produces yellow sputum which is occasionally blood streaked. There are associated headaches at the top of his head, lightheadedness, constipation, thirst, and a bitter taste in his mouth. His face is quite red.

Tongue: red, more red on the sides, swollen in the anterior third, yellow coat

Pulse: wiry, slippery

Diagnosis (pattern discrimination)

Treatment principle(s)

Appropriate acupuncture points and rationale

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Section B.6: Acupuncture point review sheet

The point sheet is a good (although possibly intimidating at first) way to learn and review the command and other important points on the primary and extra channels.

On the next 2 pages, you will have a completed chart that you can study and a blank chart. You can use the blank one as you learn/review the points on the primary and extra channels.