ACUPUNCTURE THERAPEUTIC POINTS
SUITED TO
DISEASES AND DISORDERS

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Introduction to Therapeutic Points

1) In the following illustrations therapeutic points specially allotted to each disease or symptom were integrated by the author in reference to various ancient and recent literatures.

Points being used by various therapists differ according to their choices. Main and secondary points are represented, so that even laymen can readily practice as authorities.

2) The points are indicated first by the Homma's system, then by the romanization of the Japanese name, and finally by the Ryödöaraku system e.g., GV 20 Hyaku-e (VM30).

3) All points shown for each disease are not meant to be therapeutic points for one session. The most important meridian points are underlined. In the initial treatment, one should try only those; adding or changing to other therapeutic points after evaluating the results.

4) Various stimulation techniques can be applied on meridian points such as acupuncture, moxibustion, electrical acupuncture, S.S.P., Finger pressure therapy (Shiatsu), miniature ball pressure patch, etc.

5) For many diseases we recommend the use of Reactive Electropermeable Point therapy (REPP) introduced by the Ryodoraku System. The REPP, many times coincide with meridian points. Their stimulation mostly gives satisfactory results. Direct current electro therapy applied to REPP is recommended, especially for painful disorders.

D.C. electrical acupuncture uses 12volts, 200mA and 7 seconds of stimulation according to the patients tolerance, one should vary the strength and duration of stimulation. The depth of needle penetration should also be adjusted in accordance with the patients individual susceptibility.

6) Special stimulation therapies can be extended without limit, but generally, diseases or disorders listed here are primary indications for acupuncture therapy.

7) The stimulation of these points can be used not only for treating specific disorders but also for health maintenance and preventive medical care.
General Basic Points (GBP)

FIGURE 1.

General Basic Points (GBP)

VM30 百会 GV20
Hyaku-e

cross point of median line and line connecting both ears. (auricles pinna).

L11
H411 曲池
Kyoku-chi
VM11 中軸
Chu-kan

outer margin of transverse line of elbow; medial aspect of radius head.

VM5 氣海
CV6
Ki-kai

on the midline and midpoint between xyphoid process and umbilicus.

: in the midline on the point of 1 1/2 of the 5 equal divisions between the umbilicus and the pubic symphysis and about one finger width below umbilicus.

tibia-patellar junction; one finger width lateral and below tibia head.

Fe9 足三里 S736
Ashi-san-ri

contraindicated in hyperacidity cases and under 20 years of age

flexing the knee, the place where the clinician’s finger stops when going up along the lateral side of tibia, or the place where the patient’s middle finger touches the skin when upper edge of patella is encircled by the thumb and index finger.

Back basic points (BBP)

2 finger widths from midline of each spinal process.
Head Neck Points (HNP)

Diseases involving the head, face, eyes, nose, ears, neck, and upper back can be treated stimulating the points below as standard therapy. Of course, one may restrict therapy to Hyaku-e, Kan-kotsu, Fu-fu, Ten-chu, Ken-sei, or stimulate only the most important, Hyaku-e, Ten-chu, and Ken-sei.

The needle can be inserted to the bone to obtain better effect. However, in summer and especially in young patients, cerebral ischemia may occur. Thus, stimulation should be mild in the initial treatment.

Stimulation should not be concentrated only in the upper part of the body, points in the lower part of the body, such as ST 36 San-ri on the leg, should also be stimulated.

FIGURE 2.
General Energizing Points

FIGURE 3.

one finger width above the ulna head, slightly flexing elbow joint.

between the middle and ring fingers, and the midpoint of the transverse line of the palm.

these spots are good points for nervous exhaustion.

midpoint between trapezius muscle and sternocleidomastoid muscle.

three fingers width above the superior margin of tibial malleolus and the point of medial margin of Achilles tendon.
Impotence

The symptoms of impotence can be alleviated by stimulation of the points illustrated on Figure 4. Stimulation to Kyoku kotsu and Dai-kaku radiates a needle echo sensation to the genital region. Prof. Nakatani suggests applying electrical acupuncture directly to the testicles.

FIGURE 4.
Neurosis

General Basic Points (GBP) are important points for therapy. In addition, the following points are also recommended: LI 10 hand-san-ri (H610); HC 6 Nai-kan (H64); CV 14 Ko-ketsu (VM 13); LV 14 Ki-mon (F118, F220, F524); GB 20 Fu-chi (F530); BL 13 Hai-yu (F452); BL 15 Shin-yu (F448); BL 17 Kaku-yu (F446); BL 21 I-yu (F438); BL 32 Ji-ryo (F423); GV 22 Shin-e (VM28); GV 11 Shin-dō (HM15); ST 36 Ashi San-ri (F69); GB 34 Yō-ryō-sen (F311); GB42 Chi-go-e (F53); LV 1 Tai-tōn (F21); KI 1 Yū-sen (F31); ST 41 Kai-kei (F65).

FIGURE 5.
Insomnia

Acupuncture is quite effective in the treatment of insomnia. Even using only the General Basic Points may be adequate.

FIGURE 6.
Poor Circulation in the Lower Extremities and Anemia

General regulation therapy is necessary for improving this condition. Therapeutic points for poor circulation in the lower extremities are illustrated in Figure 7. For Raynaud’s disease, the following points can also be stimulated: HC 4 Geki-mon (H26), TH5, Gai-kan (H55), TH 4 Yō-chi (H54), GB 38 Yō-hō (F57), SP 8 Chi-ki (F18), ST 41 Kai-kei (F65), GB 34 Yō-ryō-sen (F111), ST 40 Hō-ryu (F60), and Sei-ketsu (12 meridians terminal points; “well points”)

FIGURE 7.
Hypertension and Arteriosclerosis

No specific therapeutic points exist. General regulation therapy over long periods is recommended.

carotid artery at the level of protuberance of larynx

depression when arm is lifted horizontally.

rib end on the perpendicular line through mammary papilla.

frontal end of 12th rib.

depression on the line through mammary papilla. mid-point of scapular margin

depression when elbow is flexed.

junction between thumb and index finger, slightly toward side of index finger; junction of first and second metacarpal bones.

FIGURE 8.
Sequelae of Cerebral Apoplexy

Vascular Insufficiency of the Brain

For cerebral hyperemia, the stimulation of Head Neck Points (HNP) hand LI 10 San-ri (H610) or LI 11 kyoku-chi (H611) is quite effective. In addition to those, the stimulation of shoulder stiffness therapeutic points can prevent apoplexy. Therapy should be either weekly or 3 to 4 consecutive days per month. Following an episode of cerebral apoplexy wait at least three weeks before commencing therapy. One can wait as long as three months to start therapy.

Besides points illustrated, local treatment can assist the patient with rehabilitation exercises. For aphasia caused by apoplexy, stimulation to GV 15 A-mon (HM 21) is important. The specific point for disturbance of speech, is BL 15 Shin-yu (F48).

FIGURE 9.
**Headache and Light-Headedness**

Acupuncture therapy is very effective for vascular and tension headache syndromes. In the case of headache of organic origin, the related functional symptoms can also be relieved. For Muscular contraction and post-traumatic headaches, direct local electrical acupuncture (EAP) to the pressure sensitive points and spontaneous pain points is recommended. Also in cases of accompanying upper back stiffness, this treatment may also be beneficial. To avoid over-stimulation of the upper body, foot San-ri should also be stimulated.

FIGURE 10.
**Frontal Headache**

Therapeutic points should be selected on the meridians passing through the painful region. This is also the case for temporal and occipital headaches.

![Frontal Headache Diagram]

- **VM 28 類会** Shin-e
- **VM 27 賞足** Jō-sei
- **F638 靴白** Yō-haku
- **F637 吝足** Rin-kyū
- **F645 頭維** Zu-i
- **ST 8**
- **GB 20**
- **GB 15**
- **GV 22**
- **3 finger widths above hairline.**
- **about 1 finger width inside hairline.**
- **1 finger width above hairline.**
- **1 finger width above eyebrow.**
- **few mm. proximal to metatarsal joint**

**Temporal Headache**

- **F645 頭維** Zu-i
- **ST 8**
- **GB 4**
- **TH 22**
- **H630 和驄** Wa-ryō
- **H625 頭爾** Gan-en
- **one finger width inside hair line; superior margin of temporal muscle that can be felt during mastication.**
- **one finger width below F645 ST 8.**
- **on superior margin of zygomatic bone point of arterial pulse.**

![Temporal Headache Diagram]

- **F630 颈池** Fū-chi
- **F632 宓骨** Kan-kotsu
- **H64 合谷** Gō-koku
- **H63 后谿** Kō-kei
- **junction between thumb and index finger; slightly to side of index finger metacarpal bone**
- **few mm. proximal to the 5th metacarpal joint.**

**FIGURE 11.**
Occipital Headache

particularly for tonic spasm of neck

2 fingers width lateral to upper extremity of exterior occipital process.

depression directly below the occipital protuberance.

midpoint between trapezius muscle and sternocleidomastoid.

anterior margin of trapezius muscle.

between mastoid and ear lobe

anterior part of mastoid; end point of sternocleido-mastoid muscle.

a few mm proximal to 5th metatarsal joint.

2nd sacral foramen 1 finger width below and medial to posterior superior iliac spine.

FIGURE 12.
**Trigeminal Neuralgia**

For typical chronic trigeminal neuralgia, nerve block therapy is the most effective. However, acupuncture therapy can be used as supplement. Since many meridian points fall on foramen of nerves, one should select the appropriate points along the affected nerve branch. Many cases have neck and shoulder stiffness; therefore, its treatment may help in relieving the painful attack. Atypical facial pain falls in this category. Local treatment as well as general regulation therapy is necessary.

![Figure 13: Acupuncture Points for Trigeminal Neuralgia](image)

**FIGURE 13.**
Facial Paralysis

Based on the meridian points illustrated below and/or on the location of reactive electropermeable points (REPP), choose four to five points per treatment. In addition, care of neck and upperback stiffness should be performed daily. Electrical acupuncture is indicated in paralysis of all types, weak stimulation is recommended. Bell’s palsy in particular, responds faster applying electrical acupuncture therapy. In cases of facial spasm, the same points are applicable, but strong stimulation is recommended. Even for chronic spasm, one can also expect good results.

FIGURE 14.
Shoulder Pain

As shown in Figure 15, the majority of meridian points have a tend to occur in pressure sensitive areas. Regardless of meridian points, one can stimulate the reactive electropermeable points (REPP), found in areas of pressure pain, spontaneous pain, or passive or active movement pain. Deep insertion of the needle to these points is quite effective. Shoulder pain is a disorder that responds well to electrical acupuncture (EAP). When micro-circulation stasis is observed, micro-bleeding is indicated.
Toothache

Direct needling into the gum region of the affected tooth is the most effective. Stimulation to Head–Neck points (HNP) or stiff points in the neck and shoulders, sometimes can relieve toothache, if not too severe. Selection of the appropriate meridian points on the extremities should also be considered for treatment.

Upper Tooth Pain

![Diagram of upper tooth pain points]

Lower Tooth Pain

![Diagram of lower tooth pain points]
Shoulder Stiffness

Hyperactivity of the sympathetic nerves induce vascular contraction. Repeated contraction with poor circulation induces muscular, metabolic disorder. As a result these muscles maintain residual contraction; consequently, they become indurated or sore and stiff. Other than points illustrated in Figure 17, SI 13 Kyoku-en (H₄13), BL 12 Fū-mon (F₄54), BL 41 Fu-bun (F₄55), and BL 42 Haku-to (F₄33) often show stiffness. Irrespective of meridian points, reactive electroporameable points (REPP) found within the stiff local region can be treated with electrical acupuncture (EAP). During the up and down needle motion one may observe muscle relaxation in the local region. In chronic cases, general regulation therapy should be considered.

FIGURE 17.

In these cases, many patients complain of stiff neck at the same time; then, Ten-chu and Fu-chi are the stiffest points.
**Intercostal Neuralgia**

The painful spots should be located and local treatment applied. Needling should be superficial. Even the insertion of very fine needles may induce pneumothorax. The painful point sometimes shifts from spot to spot during therapy. When the most painful spot is relieved, the patient may notice another painful spot.

The following points are also frequently recommended for intercostal neuralgia: LV 14 Ki-mon (F₁₁₈, F₂₂₀, F₅₂₄); LV 13 Shō-mon (F₂₁₉, F₅₂₂); GB 22 En-eki (F₅₂₆); SP 21 Tai-ho (F₁₂₃); ST 24 Katsu-niku-mon (F₅₂₃); ST 27 Dai-ko (F₆₁₉); BL 14 Kentsu-in-yu (F₄₅₀) and BL 15 Shin-yu (F₄₄₈).
Articular Pain
(Joint Pain)

One can perform therapy directly to the painful spots. Points as shown below, and located near the affected joints are the most commonly used for articular pain.

HAND-WRIST JOINT PAIN

HIP JOINT PAIN

KNEE JOINT PAIN

FIGURE 19.
Articular Rheumatism

In rheumatoid arthritis, acupuncture is indicated for acute cases and moxibustion for chronic cases. Instead of moxibustion, moxa needle or in situ needle therapy is also effective. Steroids or antiinflammatory agents combined with stimulation therapy increase the effectiveness. Usually the therapeutic term is extended for long periods; therefore, one should inform the patient of moxibustion points to be used for home therapy. If the upper trunk is involved, microbleeding therapy on the shoulder and back is recommended. For the lower extremities, microbleeding therapy in the sacral region is advisable.

FIGURE 20.
Lumbago

In many cases, a trigger point can be found in lumbago. Reactive electropneumopermeable point (REPP) therapy can be applied where areas of pressure sensitive point or painful points occurring with motion, are found. For those regions, insert the needle deeply with an up and down motion for strong stimulation. Referred pain, myofascial lumbago, geriatric lumbago or postural lumbago all respond well to this therapy. In disc hernia lumbago, the lower-back stiffness and the circulation disorder can be improved by electrical acupuncture. The symptoms will improve with the relief of the reflex mechanism inflammation of deep regions.

FIGURE 21.
Sciatica

Pressure pain or spontaneous pain frequently appears at meridian points. Here again, mainly reactive electropermeable point therapy is recommended for painful spots. Even in organic pain, peripheral hyperesthesia or muscle spasm, relief of the painful point causes a change that affects the deep region. As treatment progresses, pressure point pain will lessen.

FIGURE 22.
Diseases of the Eye

Conjunctivitis, epiphora, visual changes due to aging, decrease in visual acuity, myopia, spasms of the eyelid, trichiasis, pain in the eye base, photophobia, glaucoma and cataracts all respond to acupuncture. Besides the therapeutic points illustrated below, Head Neck Points (HNP) should be added. For the most effective therapy, find the reactive electroporpermeable point above the zygomatic arch and near GB 3 Jo-Kan (F₄₂) and insert the needle deeply in a downward direction.

FIGURE 23.
Ear Diseases

For otalgia, tympanitis, tinnitus, tubal obstruction and partial deafness, treatment of the meridian points illustrated on Figure 24 is recommended. Acupuncture is also indicated for acquired deafness. Head-Neck Points (HNP) can also be used. As shown below, therapeutic points for ear diseases are located along the ear. The etiology of dizziness is quite complicated but one can try stimulation of GV20 Hyaku-e (F621, F665, HM26, VM30); GB12 Kan-kotsu (F332); GV23 Jō-sei (VM27); BL10 Ten-chū (F459); GV12 Shin-chū (HM17); BL13 Hai-yu (F452); BL18 Kan-yu (F444); BL17 Kaku-yu (F446); BL19 Tan-yu (F442); TH5 Gai-kan (H55); TH4 Yō-chi (H44); KI7 Fuku-ryū (F37); GB43 Kyō-kei (F52) and SI6 Yō-rō (H46).

FIGURE 24.
Nasal Disease

Empyema, obstruction of the nasolacrimal duct, nasal obstruction nasal hemorrhage, nasal catarrh, and hyperplastic rhinitis can be treated by stimulating the points shown in figure as well as with Head–Neck Point (HNP) therapy. Acupuncture is also indicated for paranasal sinusitis. Pressing on GB12 Kanka-kotsu (F532) can relieve sinus congestion.
Tonsilitis

The meridian points illustrated below are effective for sore throat or hoarseness. In the case of tonsilitis, insert the needle to the tonsil, directly through the oral cavity or externally from below the mandible region. Use Head-Neck Point (HNP) treatment combination, or treatment for neck or shoulder disorder. Kō-sai is wellknown as an effective point for the throat.

![Diagram of acupuncture points]

- Depression between mastoid process and ear lobe.
- Portion of parotid gland and anterior margin of sternocleidomastoid muscle.
- Midpoint between trapezius muscle & sternocleidomastoid.
- Just between line of mandibular bone and ear.
- The point on either side of protuberance of larynx; point of carotid artery pulse.
- Depression above superior margin of manubrium.
Diseases of the Oral Cavity

Diseases of the mouth and lips are related to the spleen and stomach meridians. The tongue is directly related to the heart meridian; therefore Shin–yu is especially important as a therapeutic point. Stimulation here may improve the tongue’s taste, sensitivity and motion. For inflammation of the oral cavity LI4 Gō–koku (H64) is an important point. As shown in Figure 27, in the case of aphthous stomatitis, after topical anesthesia, electrical acupuncture therapy can be applied.

FIGURE 27.
**Cough**

Ten-totsu is an effective point for cough therapy. The discomfort in the trachea can be relieved, and sputum can be expectorated easily. In case of abnormal sensation in the throat, try additional therapy at ST 10 Sui-totsu (F$37$) or ST 9 Jin-gei (F$38$).

**FIGURE 28.**

![Diagram of acupuncture points and their locations with annotations for depression above superior margin of manubrium, posterior edge of clavicle between 2nd and 3rd ribs, and at rib and on the perpendicular line through mammary papilla.]
Common Cold and Bronchitis

Points illustrated in Figure 29 can be selected for treatment. In an acute case, use mild stimulation. If the patient complains of headache, nasal obstruction or sore throat the related points can be stimulated.
Bronchial Asthma

Recommended therapeutic points differ in literature, but general regulation therapy is adequate. However, at the time of an attack the illustrated points are recommended. Asthma responds well to acupuncture. For difficulty in breathing, Dai-jo, Hai-yu, Toku-yu, Ki-mon, Ko-Ketsu (see below), LU5 Shaku-taku (H18), KI26 Waku-chü (F328), and LV4 Chü-bō (F44), are often used effectively.

For shortness of breath, stimulation of Hai-yu and CV20 Ka-gai (VM19) is effective. Ko-Ketsu is effective for a sensation of pressure in the epigastric region.

FIGURE 30.
Cardiac Disease

For cardiac hypertrophy, endocarditis, myocarditis, cardiac pain, fatigue of cardiac origin, angina pectoris and palpitations, the illustrated points are important. It is unnecessary to stimulate several points on the same meridian simultaneously. For cardiac neurosis cases, general neurosis therapeutic points are combined with those illustrated below.

FIGURE 31.
Esophageal Disease and Dysphagia

Remarkable results can be obtained with acupuncture for chronic esophagitis. Functional disorders such as dysphagia, stenotic sensation of the esophagus or esophagospasm can be relieved considerably. Spasm can be relieved by slapping the back; because this is the place where the points illustrated below are located.

FIGURE 32.
Hiccough

there are several therapies effective for hiccough. Among those, acupuncture is one of the most effective. At the onset of hiccough, slap the lower back or use finger pressure therapy on Ei-fu. If the symptom can not be relieved with meridian point therapy, organic disease should be considered.

FIGURE 33.
Anorexia

The points located on the upper abdomen and on the back at the level of the stomach are important. After locating the reactive electropereable points (REPP) from those illustrated below, and needling them, an intestinal murmur may soon be heard. In an active person with just a mild appetite disorder, miniature ball pressure patch therapy on the upper abdomen and the back will suffice.
**Induction and Sedation of Nausea**

In food poisoning, strong stimulation of CV15 kyu-bi (VM14) can induce vomiting. One can use tender spots and reactive electropermeable points on the back for controlling nausea. Sho-kyu is claimed to be the specificic point for the sedation of nausea.

*FIGURE 35.*
Gastric Diseases

For gastralgia, gastrospasm, gastritis, bloated stomach, and pyrosis, the points illustrated in figure 36 are stimulated.

Points on the back as illustrated below are important, but if found to be pressure sensitive, their stimulation will be more effective.

![Diagram of acupuncture points for Gastric Diseases](image-url)
Gastroptosis

Basically, this disease is a generalized disorder. Therefore, to improve the overall physical constitution, therapy should be performed diligently. The same meridian points stimulated for other gastric diseases are recommended. In addition, one can perform acupuncture on therapeutic points for other disorders of which the patient complains e.g., neurosis or shoulder stiffness.
Diseases of the Liver and Gall Bladder

Acupuncture gives good results in improving liver functions. Paroxysmal symptoms of cholelithiasis are also effectively treated by acupuncture and moxibustion. If the results are unsatisfactory an organic disorder should be suspected.

FIGURE 38.
**Intestinal Diseases and Appendicitis**

The points in Figure 39 are effective for treating acute enteritis. In appendicitis, reactive electropermeable points can clearly identify Mcburney's point. Therefore, even the location of the appendix can be clearly detected. Electrical acupuncture to reactive electropermeable points can achieve even analgesia and sedation of inflammation. This method is more effective for pain relief than analgesics or barbiturates. There is little chance of masking the symptoms with acupuncture.

**FIGURE 39.**
**Constipation**

Strong stimulation at reactive electropermeable points on the lower abdomen is recommended. One can also perform deep needling through the peritoneum. For a healthy person, finger pressure or simple needling on Shi-shitsu or Dai-chō-yu (Fig 40) creates good intestinal peristalsis and therefore evacuation. In chronic diarrhea, stimulation of the following points is recommended: BL20 Hi-yu (F440), CV12 Chū-kan (VM11), ST25 Ton-sū (F622), and ST34 Ryō-kyū (F912). For gas and distention, the same points can be stimulated, as well as, LV13 Shō-mon (F219, F522) or LV14 Ki-mon (F18, F220, F524).

![FIGURE 40.](image-url)


**Diseases of the Anus**

The meridian points of figure are effective for hemorrhoids and other diseases of the anus. Deep needle insertion into the anus from Cho-kyo can bring about a direct effect. Hyaku-e is a very important meridian point for all the diseases of the anus.

[FIGURE 41.]
Kidney Disease

For nephritis or nephrosis, acupuncture therapy has a good effect. In a painful attack of nephrolithiasis, pressure sensitive points always appear. The results of REPP therapy may be better than those obtained by using narcotics. This therapy can relieve spasms of the ureter and reflexive oliguria, as well as assist in the discharge or transfer of stones.

FIGURE 42.
Bladder Disease

For functional cases as well as chronic cystitis with resistant bacteria, acupuncture is quite effective. For micturition pain, use Kyoku-kotsu, Dai-kaku, Ji-ryō (see illustration below). For frequency of urination, use GV20 Hyaku-e (F22, F465, HM 26, VM 30), BL18 Kan-yu (F444), CV12 Chū-kan (VM 11), CV9 Sui-bun (VM 8), CV3 Chū-kyoku (F217), HT1 Kyoku-sen (H39), BL64 Kyo-kotsu (F44), Ji-ryō or Kō-kan (fig 43). Nocturia also responds good to this therapy; generally, stimulate points near the bladder such as: Chū-kyoku, Kyoku-kotsu, Jin-yu (fig 43), BL 31 Jō-ryō F424, Ji-ryō. Even by stimulation every other day only to Chū-kyoku will bring about a cure within a few stimulated. For treatments. Also for the treatment of dysuria, meridian points in the figure can be urethritis select some of the points below, for instance, stimulate Dai-kaku, Kyoku-kotsu, Dai-cho-yu, Ji-ryō, LV8 Kyoku-sen (F29), or K17 Fuku-ryū (F37).

![Image of acupuncture points and meridian pathways related to bladder function.](image-url)
Skin Diseases

The meridian points illustrated below are used for treatment of urticarial rash, eczema, furunculosis and many other skin diseases. For chronic cases, general regulation therapy is necessary. Ken-gü is well known as a particularly effective point. For treating localized lesions e.g., in furunculosis, light stimulation of the marginal region can relieve the inflammation. For eczema, also stimulate the marginal region. For baldness, lightly stimulate the local region.

below acromion, frontal depression when arm is raised horizontally.

FIGURE 44.
Gynecological Diseases

Acupuncture is well indicated for amenorrhea, menorrhalgia, salpingitis, leukorrhea, retroversion flexion, and endometritis.

Besides, the following points illustrated in Figure 45, there are several other points that may be stimulated, CV12 Chū-kan (VM11), ST28 Sui-do (F618), CV2 Kyoku-kotsu (F16), ST27 Dai-ko (F19), BL27 Sho-chō-yu (F28), Kan-gen-yu F32, BL10 Tenchū F59, GB21 Ken-sei H617, LU5 Shaku-taku H18, LU6 Kö-sai (H16), LI4 Go-koku (H64), LV9 In-pō (F210), LV8 Kyoku-sen (F29), KI9 Chiku-hin (F310), SI8 Shō-kai (H68), KI10 In-koku (F311), and KI7 Fukuryū (F37).

For the treatment of sterility, stimulate Jin-yu, Sho-chō-yu, (fig 45), BL31 Jō-ryō (F24), CV12 Chū-kan (VM11), CV6 Ki-kai (VM 5), ST36 San-ri (F69) and KI3 Tai-kei (F33). In some cases in situ needle therapy at Jin-yu or Sho-chō-yu is quite effective.

FIGURE 45.
**Hyperemesis Gravidarum**

When persistent vomiting during pregnancy can not be controlled by medication, supplemental acupuncture therapy often produces a remarkable effect. However, during pregnancy, one should not stimulate the lower abdomen or lumbar region except very mildly.

![Acupuncture Points Diagram](image)

**FIGURE 46.**
Galactostasis and Mastitis

Direct stimulation of the breasts can be effective. In mastitis, electrical acupuncture (EAP) to the indurated site of pain is quite effective.

FIGURE 47.
Diabetes Mellitus

Within a relatively short period after therapy, the blood sugar level tends to drop. Combining therapy with diet and drugs is effective. Because complications with neuralgia often exists, one can stimulate additional therapeutic points as required.

FIGURE 48.
Basedow's Disease

In the case of hyperplasia of the thyroid gland, one should stimulate the marginal region. Swelling will decrease within ten days, though total improvement is usually accomplished within two to three months. Other than the points illustrated in Figure 49, stimulate Back Basic Points (BBP), BL 12 Fū-mon (F₄54), BL 15 Shin-yu (F₄48), LI11 Kyoku-chi (H₄11), KI9 Chiku-hin (F₃10), ST 36 San-ri (F₉9), KI7 Fuku-ryū (F₃7), SP6 San-in-ko (F₁6) and KI3 Tai-kei (F₃3).

FIGURE 49.
Infant and Child Diseases

Infants and children have few specific points. Any sensitive area such as the abdomen, chest or lateral chest can accept mild stimulation. The nape of the neck, shoulder, back, hand, and foot tolerate average stimulation. The surface of the skin can be stimulated by pricking it about 50 to 100 times with an infant needle (single contact needle). When the patient becomes accustomed to stimulation, 200 to 500 needlings in each therapy session is appropriate. Five minutes per session suffices for the newborn to about five years old. GV12 Shin-chū (HM 17) and GV4 Mei-mon (HM 6) are General Basic Points for infants and children. These points are used widely for child health care. For childhood neurosis (night terror, insomnia, pavor nocturnus, etc.) this therapy is effective. Within three consecutive treatments, one can see the results. Three treatments per month is adequate.

Besides the above, the following disorders respond well inserting needles superficially or pressure patch minature balls. Also, listed below are the most important therapeutic points for each disorder. Debilitated constitution GB12 Shin-chū (HM 17), BL23 Jin-yu (F₄34), BL18 Kan-yu (F₄44), BL20 Hi-yu (F₄40), GV4 Mei-mon (HM6), nocturia GV1 Chō-kyō (HM 1), BL25 Dai-chō-yu (F₄32), BL32 Ji-tyō (F₄23), CV3 Chū-kyoku (F₄17); dyspepsia BL21 I-yu (F₄38), BL20 Hi-yu (F₄40), CV12 Chū-kan (VM11), CV6 Ki-kai (VM5); infant asthma BL11 Dai-jo (F₄56), BL12 Fū-mon (F₄54), CV22 Ten-totsu (VM21), LU1 Chū-fu (H₁12), LU5 Shaku-taku (H₁8); whooping cough BL13 Hai-yu (F₄52), LU1 Chū-fu (H₁12); chronic tonsilitis LI18 Fu-totsu (H₆22), ST9 Jin-gei (F₄38); constipation BL25 Dai-chō-yu (F₄32), ST25 Ten-sū (F₄22); nephrosis BL23 Jin-yu (F₄34), KI1 Yū-sen (F₃1). Fever, intial stage of bacteriogenic diseases or severe acute period of auto intoxication, are contraindications for treatment.

Example of the number of needle stimulations in various parts of the body.

FIGURE 50.