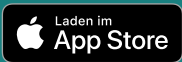


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PAIN RELIEF BASED ON PRINCIPLES OF TCM



Available on **AppStore** and **Google Play**



1. WHERE DOES IT HURT?

Consider where pain is located and how to treat it according to the axis principle.

Yang Ming: large intestine - stomach

Tai Yang: small intestine - bladder

Shao Yang: triple burner - gall bladder

2. WHEN DID IT START HURTING?

Near points refer to acupuncture points and Ah-Shi points that are located in the area of pain or discomfort. (Ah-Shi: acupuncture of pressure painful points).

Distant points refer to points that exert a remote influence on the area of pain, such as points located on an axis or points with a superordinate effect.

For acute pain: Think about starting with distant points.

Common distant points based on the axes:
Large intestine: 4, 11; Stomach: 36, 40, 44
Small intestine: 3, 6; Bladder: 60, 62
Triple burner: 3, 5; Gall bladder: 34, 39, 41

For chronic pain: Think about combining distant points and near points.

3. HOW DOES IT HURT?

PAIN QUALITY	POINT COMBINATION
Comes, goes, wanders <u>or</u> caused by wind	<u>Wind points:</u> Gb20/21, TB17, Bl10, Du14, Gb31
Burning, pulsating <u>or</u> caused by heat	<u>Heat points:</u> LI11, DU14, <u>bleeding all second points from distal</u>
Dull, oppressive <u>or</u> caused by moisture	<u>Humidity points:</u> SP9, SP6, ST40
Deep, drilling <u>or</u> caused by cold	Moxibustion

4. MASTER POINT OF MUSCLES AND TENDONS: GALL BLADDER 34

5. LIVER 3 RELAXES THE MUSCLES.

