

Treatment of Anxiety and Insomnia with Master Tung's Acupuncture and Auricular Acupuncture



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Tung Ching Chang 董景昌

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- Master Tung was born in 1916, in Ping Du city located in the Shandong province in Eastern China.
- Master Tung's acupuncture is a family tradition passed down from generation to generation.
- According to Master Tung, his family's tradition exceeds 740 extraordinary points, located on the hands, arms, feet, legs, ears, head and face.
- As a young boy, Master Tung assisted his father in treating his community.

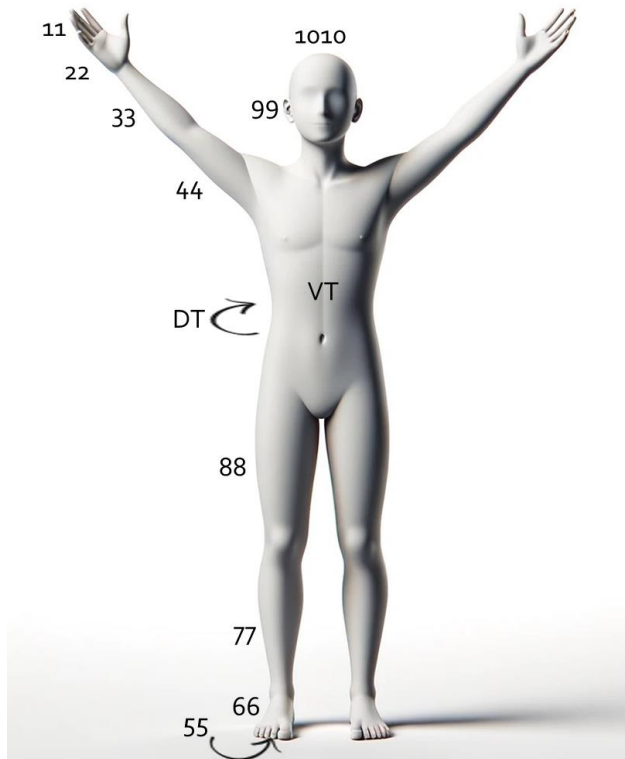


Master Tung's Channel System

- completely differs from the acupuncture of the 14 main channels.
- Master Tung's acupuncture has its own channel system.
- It is a system of 5 channels based on the 5 zang organs.
- The channels are not continuous but are scattered throughout all four limbs, Trunk, and head.

The 12 Zones

- Systematic Classic of Acupuncture and Moxibustion (Zhen Jiu Yi Jing) 256-260 AD
- Each area has a different nature

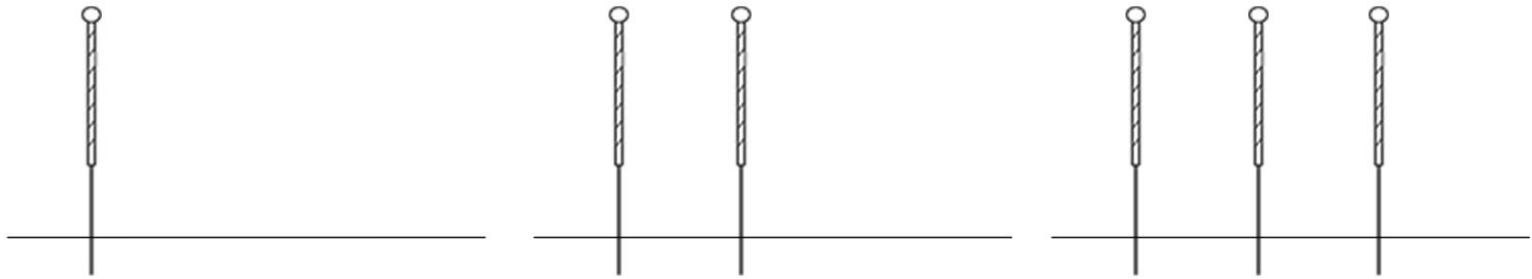


Zone	Area
11	Fingers
22	Palm and dorsal hand
33	Forearm
44	Upper arm
55	Plantar aspect of foot
66	Dorsal aspect of foot
77	Lower leg/Calf
88	Thigh
99	Ear
1010	Head
DT	Dorsal trunk
VT	Ventral trunk

Dao Ma Needling Technique

Dao Ma Zhen Fa 倒馬針法

- Special acupuncture technique of Master Tung.
- In this technique, 2-6 needles are inserted along the same line.
- Master Tung's points are organized in Dao Ma groups.
- Each group essentially forms a channel.
- The channels are distributed throughout the body.



Dao Ma Needling Technique

Dao Ma Zhen Fa 倒馬針法

“Those who know well how to use the needles..... from the exterior, they know the interior.” Su Wen 5

- Each Dao Ma group is associated with one of the five zang organs.
- The Dao Ma groups change in response to disease; they react to illness.
- Master Tung believed that the connective tissue loses its flexibility and vitality in chronic illness.
- Resulting in [痹证] Bi Zheng (rheumatism).
- Bi Zheng means obstruction.
- The changes in the tissue appear over a wide area, so Master Tung found that a single needle is not sufficient to open the blockage.

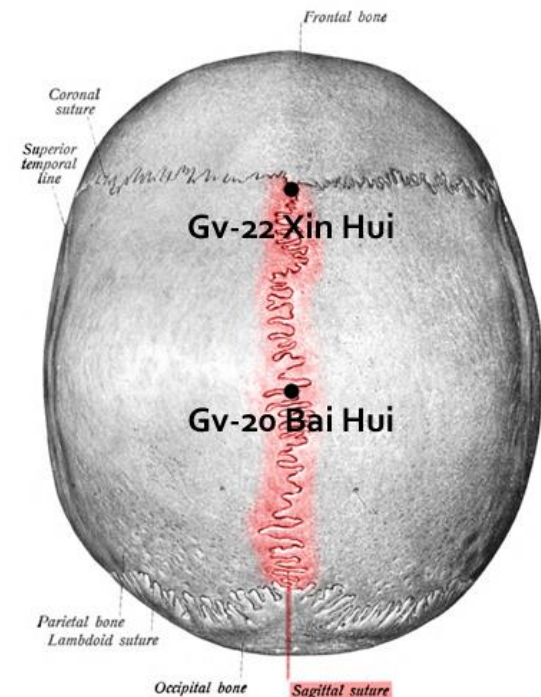
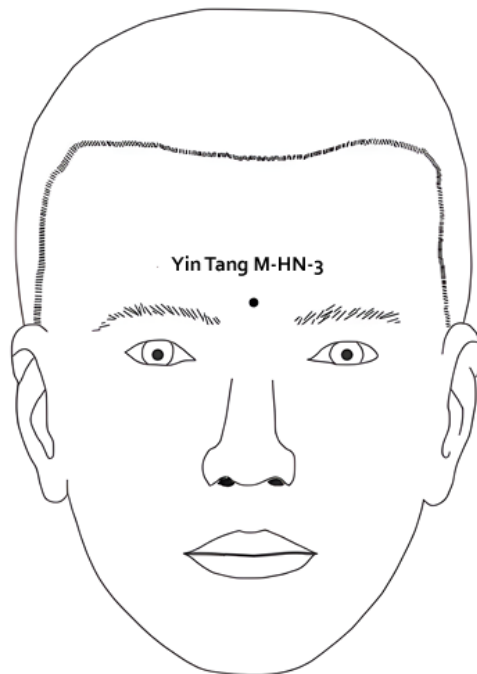
Anxiety



The Three-Calming Needles

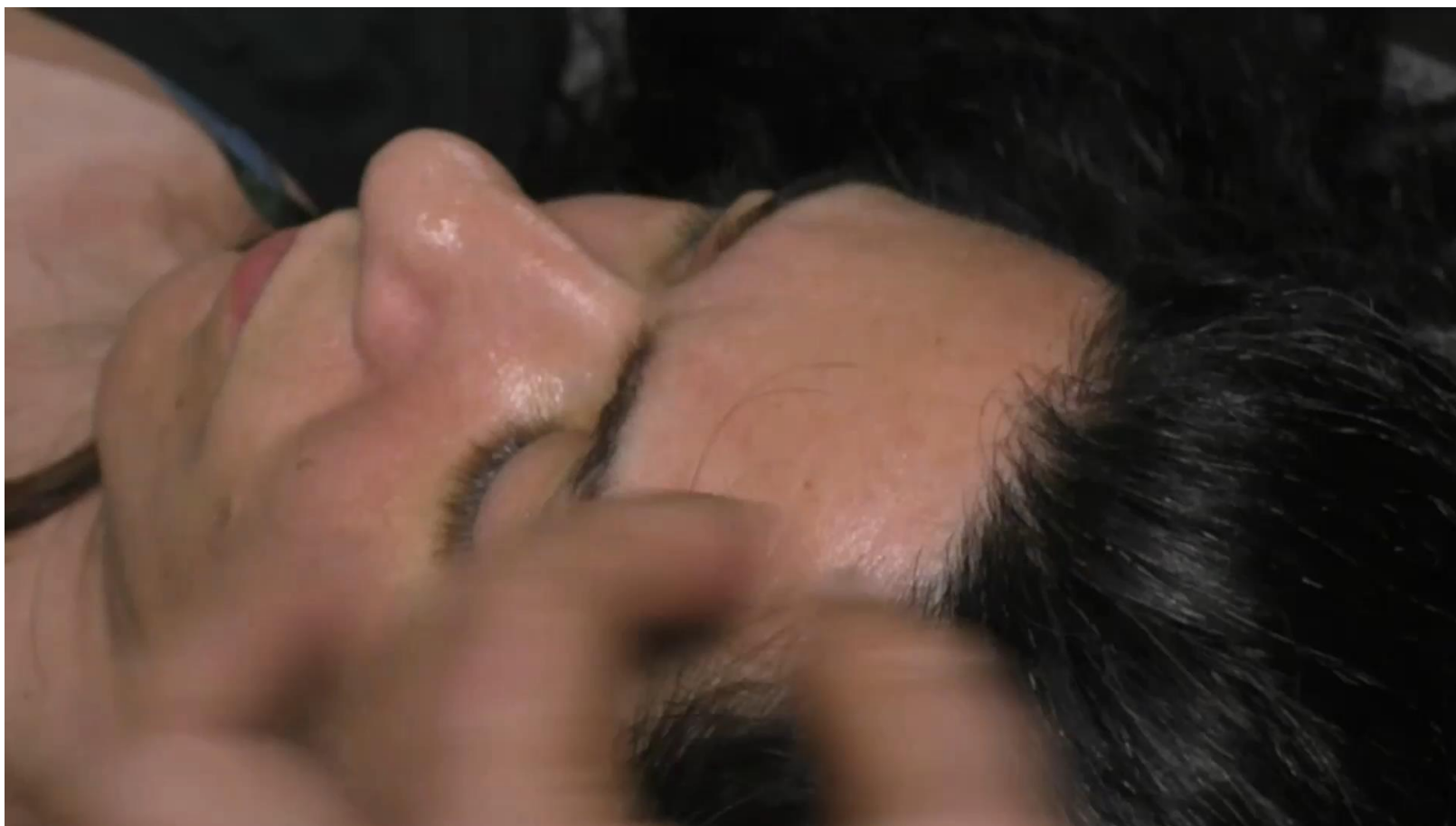
[三針鎮靜]

- Yin Tang M-HN-3.
- Gv-20 Bai Hui.
- Gv-22 Xin Hui - Fontanelle Meeting.



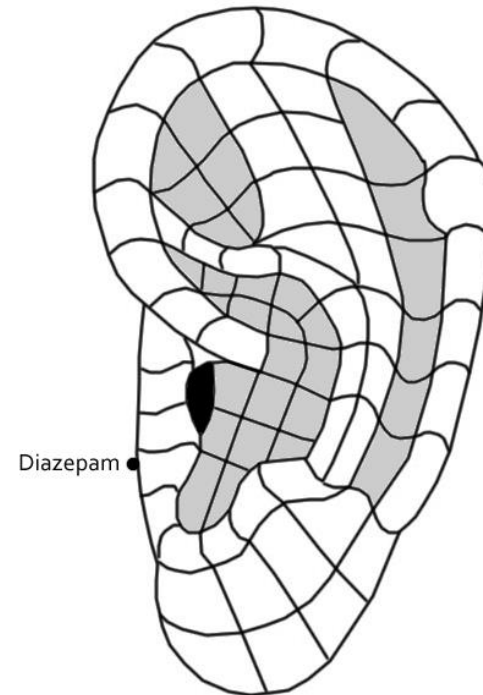
The Three-Calming Needles

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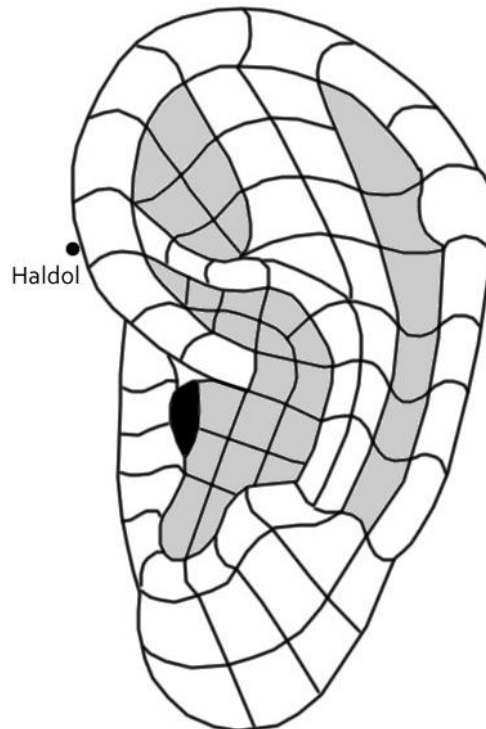
Diazepam

- In the groove, medial to the tragus protrusion, slightly inferior to the tip of the tragus.
- Pain therapy for myalgia, relaxation, and anxiety.



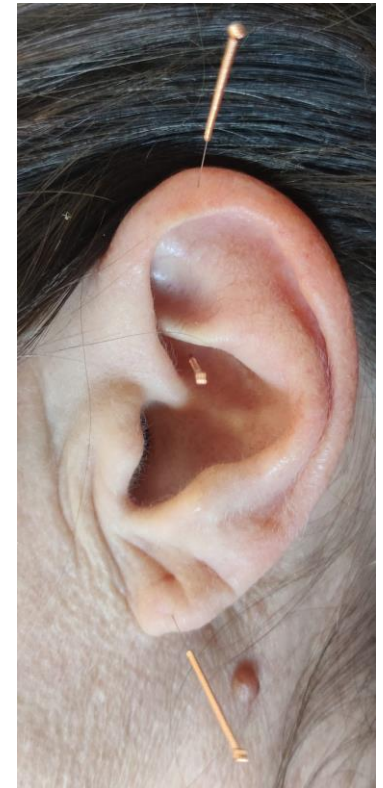
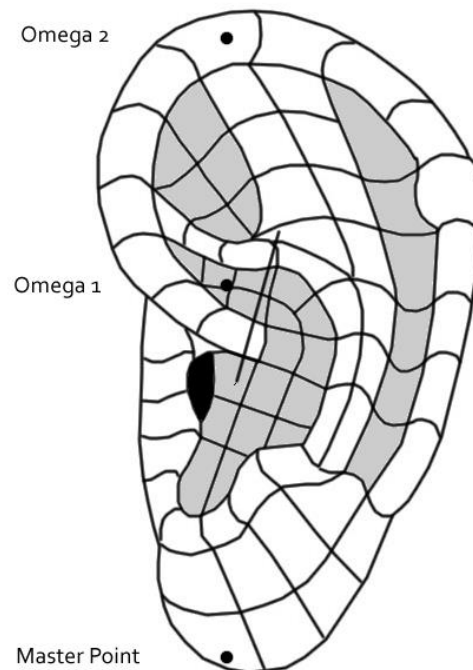
Haldol (Bourdiol)

- On the face, slightly medial to the helix, on the imaginary extension of the anti-helix.
- Depression, tension, restlessness



Omega Axis

- **Master Point:** on the inferior part of the lobe, on a vertical line inferior to the intersection between helix and antihelix.
- **Omega 1:** in the superior concha, approximately on the intersecting point of antihelix and helix
- **Omega 2:** on the helix, on a vertical line superior to Mater Point.
- releasing tension, depression, anxiety, addiction





11.13 Dan [膽穴] Gallbladder

Location

Two points. On the dorsal aspect of the middle finger, in the middle of the first segment.

Needling

perpendicular, 0.2–0.3 cun.

Indications

- Fear, Night crying in babies.
- Fullness of the stomach, neuralgia of the calf, dizziness, headache, jaundice, palpitations, irregular heart rate, tachycardia, bradycardia.



22.06 Zhong Bai [中白穴] Middle White

Location

Locate the point when the hand is in a fist.

On the dorsal aspect of the hand, between the fourth and fifth metacarpal bones, 0.5 cun proximal to the metaphalangeal joint.

Needling

when the hand is in a fist perpendicular, 0.3-0.5 cun.

Gui Men, [鬼門], the Spirit Gate

occasionally used in the clinic for patients who are easily frightened or startled, as if they have seen a ghost.

Indications

Diseases of the kidneys that cause lower back pain, lower back pain, upper back pain, dizziness, astigmatism, tiredness, Sciatica on the (kidney def), Lateral ankle pain, edema of the four extremities, nephritis acute or chronic, cystitis, tinnitus of cerebral origin, deafness, migraine.



Tong Xin / Ling

Location

Tong Xin is located in the anterior-middle line of the thigh (the center of the patella), 1 cun superior to the upper border of the patella.

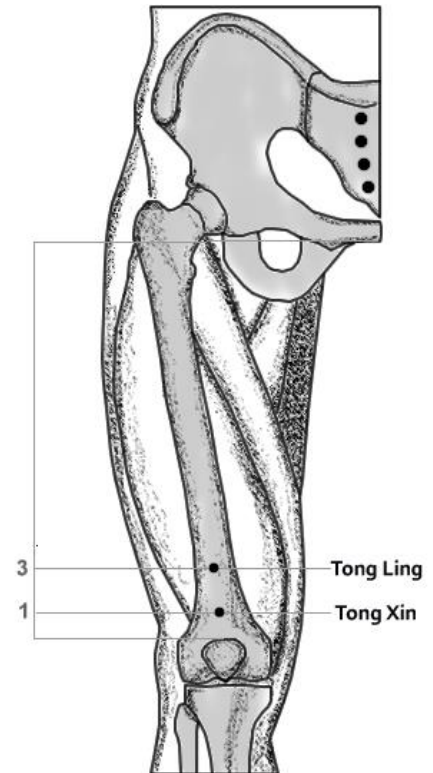
Tong Ling is located 2 cun proximal to Tong xin

Needling

perpendicular, 0.3–0.8 cun.

Indications

frontal headache (due to enlarged heart, dizziness, edema in the heart, restlessness, trembling in hands and feet, chest pain, atherosclerosis, paralysis in half of the body (hemiplegia).



88.01-03 Zu San Tong [足三通]

Leg Three Penetrating

Location

88.01 Tong Guan is located 2 cun proximal to Tong ling.
88.02 Tong Shan is located 2 cun proximal to 88.01 Tong guan.

88.03 Tong Tian is located is located 2 cun proximal to 88.02 Tong shan.

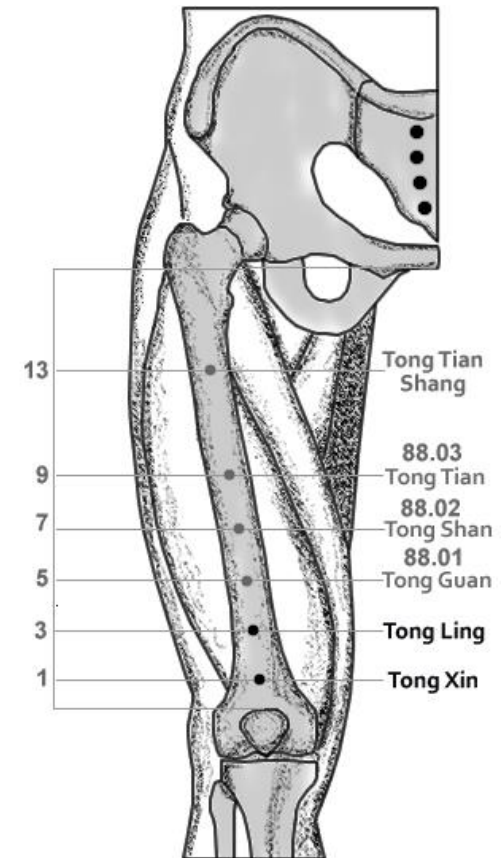
Needling

88.03 Tong guan perpendicular, 0.5–1 cun.

Indications

heart disease, heart failure, arrhythmias, palpitations, pericarditis, pain on both sides of the heart, and rheumatic heart diseases.

dizziness, blurred vision, stomach diseases, and pain in all four limbs.



77.19 Di Huang [地皇穴] Earth Emperor

Location

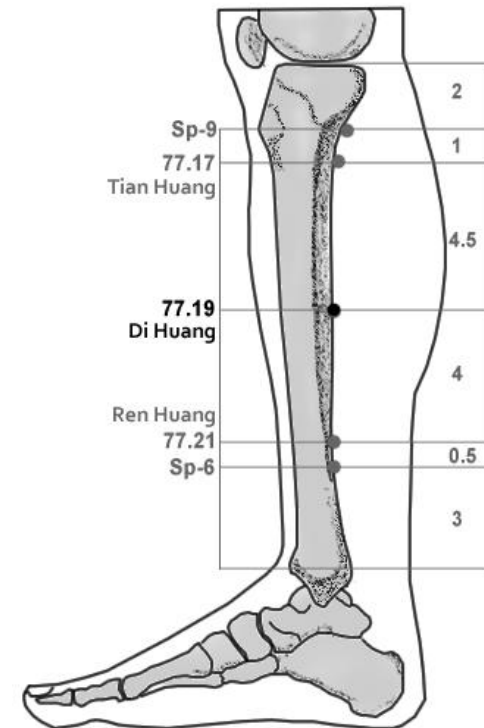
located 4 cun proximal to 77.21 Ren Huang.

Needling

Oblic (45 degrees), 1-1.8 cun.

Indications

Nephritis, limb edema, diabetes, gonorrhea, erectile dysfunction, premature ejaculation, nocturnal emission, spermatorrhea, proteinuria, hematuria, urinary system tumors, menstrual disorders, lower back due to kidney deficiency.

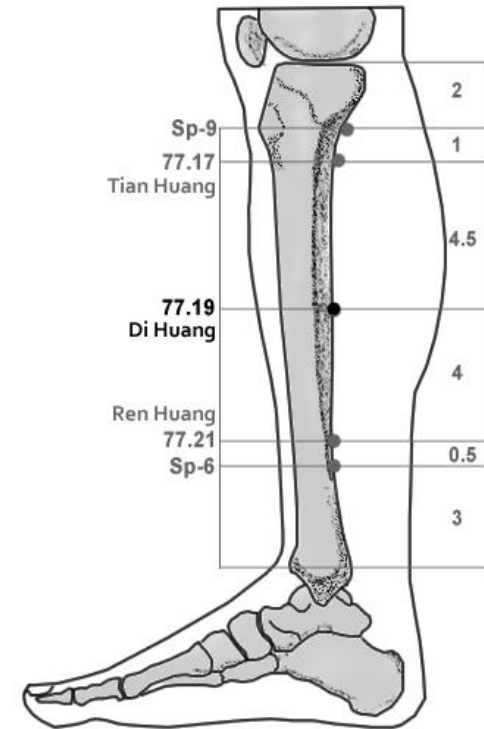


77.19 Di Huang [地皇穴] Earth Emperor

Lai Jing Xiong [賴金雄]

To treat hyperthyroidism, use Di Huang 77.19 and add a point above and below at a distance of 3 cun from 77.19.

This combination can also help calm negative emotions.

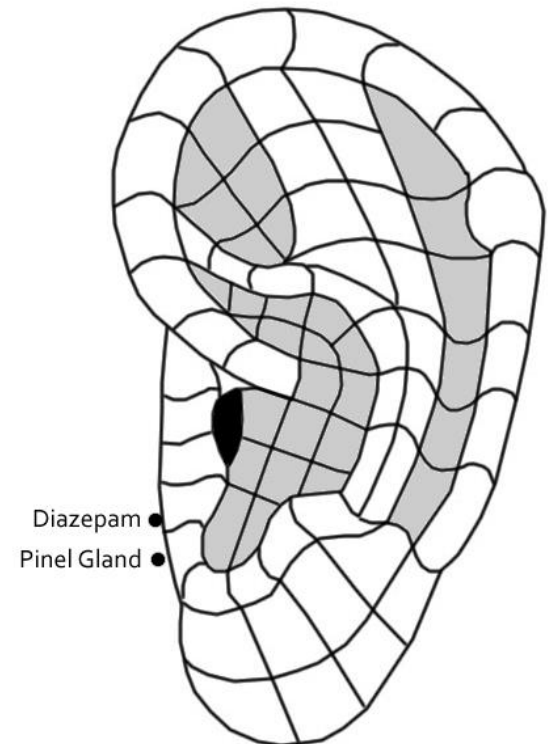


Insomnia



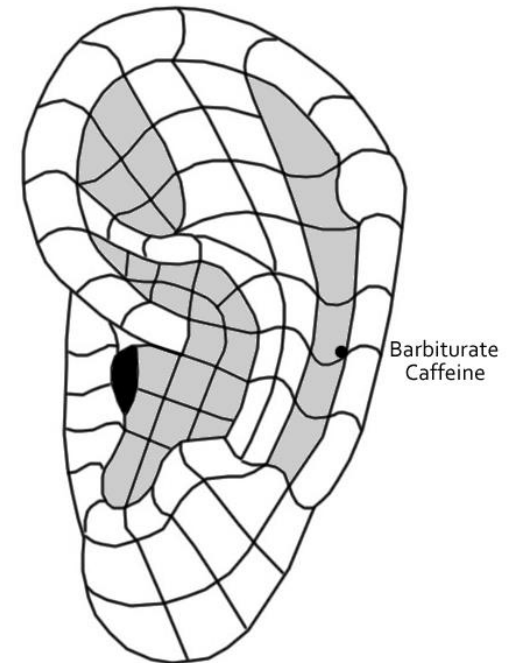
Pineal Gland

- In the tragus fold, towards the insertion of the ear, slightly superior to the level of the intertragic notch.
- Disturbed sleep.



Barbiturate / Caffeine

- Barbiturate located on the non-dominant ear.
- Caffeine located on the dominant ear.
- Level with C7, slightly medial to the Vegetative Groove
- Barbiturate: pain, anxiety.
- Caffeine: influences sleep rhythm.



Anmian N-HN-53 [安眠穴] Peaceful Sleep

Location

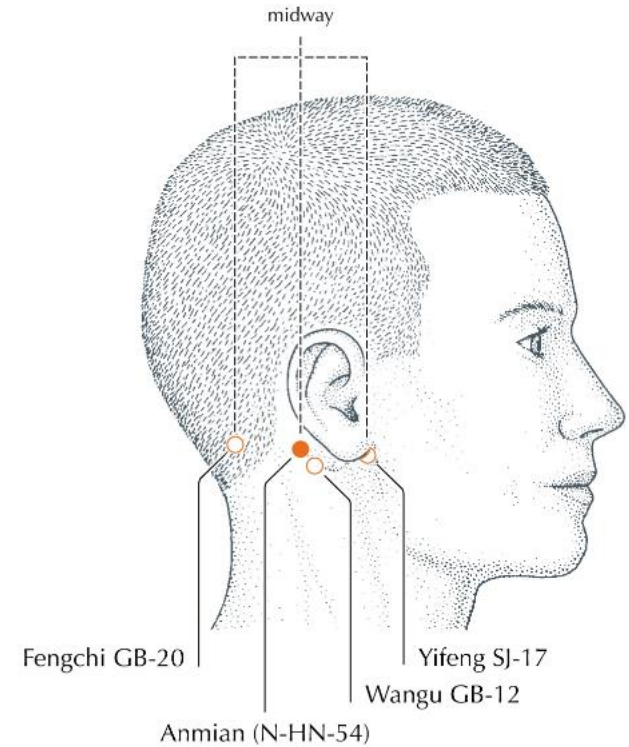
is located behind the ear, midway between Gb-20 Feng Qi and Tw-17 Yi Feng.

Needling

Perpendicular, 0.5-1.

Indications

Insomnia, agitation and restlessness, palpitations, epilepsy, dizziness, headache, tinnitus, hypertension.



77.18 Shen Guan [腎關穴] Kidney Gate

Location

is located 1.5 cun inferior to 77.17 Tian Huang.

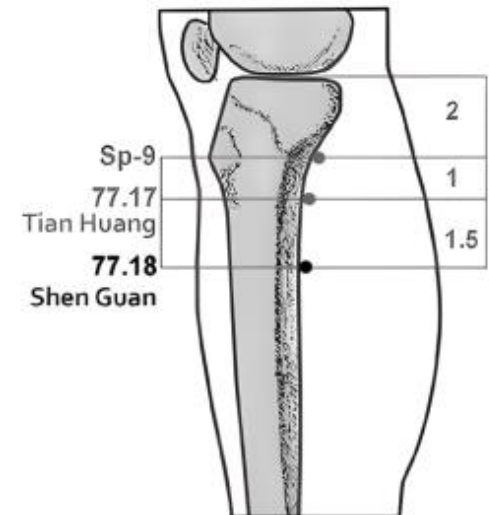
Needling

Perpendicular, 1–2.

Indications

Hyperacidity in the stomach, deviation of the eyeball, astigmatism (cylinder), anemia, epilepsy, neuropathy, pain above the eye, pain in the nasal bone area, and dizziness.

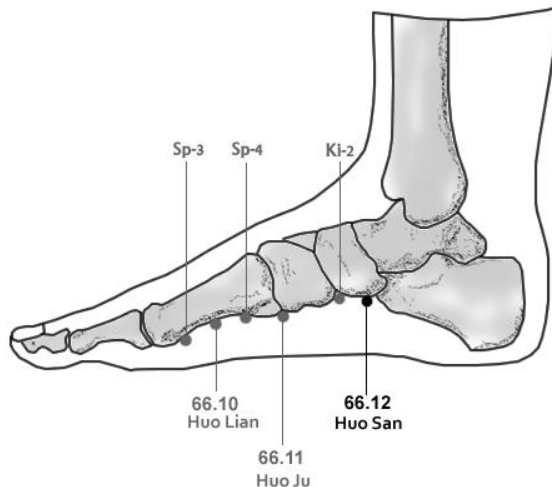
pain and stiffness in the chest and strengthen the heart



Zu San Huo [足三火] Leg Three Fires

Location

- 66.10 Huo Lian is located On the medial side of the first metatarsal bone, in a depression 2 cun posterior to the first metatarsophalangeal joint.
- 66.11 Huo Ju is located below the joint between the head of the first metatarsal bone and the medial cuneiforms, proximally to Sp-4 Gong Sun.
- 66.12 Huo San is located 1 cun posterior to 66.11 Huo ju. The point is located proximally to Kid-2 Ran Gu.



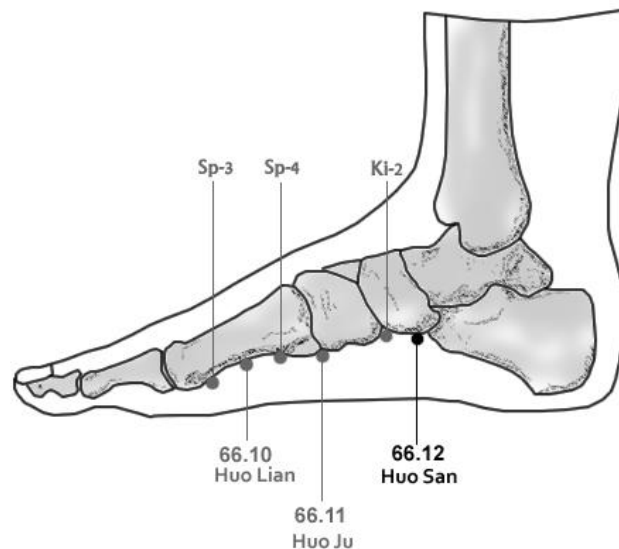
Zu San Huo [足三火] Leg Three Fires

Needling

Perpendicularly 0.5-0.8 cun.

Indications

palpitations, dizziness, hypertension, a sensation of pressure, and light-headedness in the head and brain, insomnia.



Wu Hua [五花穴] Five Flowers

Location

Five points

The middle point is located at the heel's center and parallel to the extra point Shi mian.

Two points are located 1 cun above and below the middle point.

Two points are located 1 cun on either side of the middle point.

Needling

Perpendicular, 0.2-0.3 cun.

It is recommended that the patient cough to alleviate pain during needle insertion.

Indications

Heel pain and swelling.

Cranial nerve neuralgia.

Insomnia (special effect).

