

ATCM CPD

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Dao qi acupuncture technique and its clinical application

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Practical science

- Acupuncture treatment is much more a practical science
- Promote and guide *qi* by techniques
- Achieve the therapeutic effects

Technique skill

- The effective of the treatment lie on the techniques ability of the practitioner.
- Emphasize practical skills
- Development training
- Accompanied with all practice life

Affect western acupuncture researches

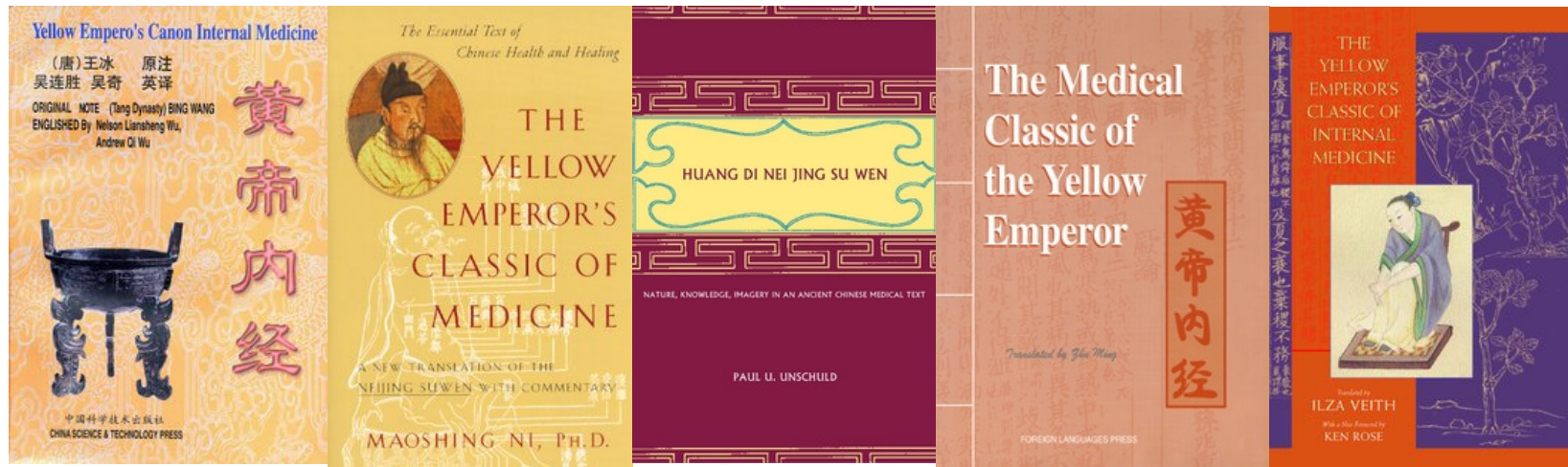
- Some of the researches which did not proved significant therapeutic clinical effective might be caused by less attention of the acupuncture techniques
- Examples: BAAC conferences; JAMA, knee pain,

Dao qi method

- The history of *dao qi* method
- Features of *dao qi* method
- Manipulation
- Indications
- *dao qi* cases

The history of *dao qi* method

- One of the majority needling techniques
- Original traceable from the Huangdi Neijing Lingshu (Spiritual Pivot) (灵枢)



The history of *dao qi* method

- Spiritual Pivot—1st Nine Needles and the Twelve Source Points:
*“The most important thing in acupuncture is to get the **de qi** sensation, when it appears, the curative effect will appear in the wake of it, and the curative effect is so reliable as the blue appearing when the clouds are blown away by the wind. This is the principle of acupuncture.”*
- Spiritual Pivot—34th The Five Disturbances: *“When one inserts and pulls out the needle slowly, it is called the **dao qi**”*

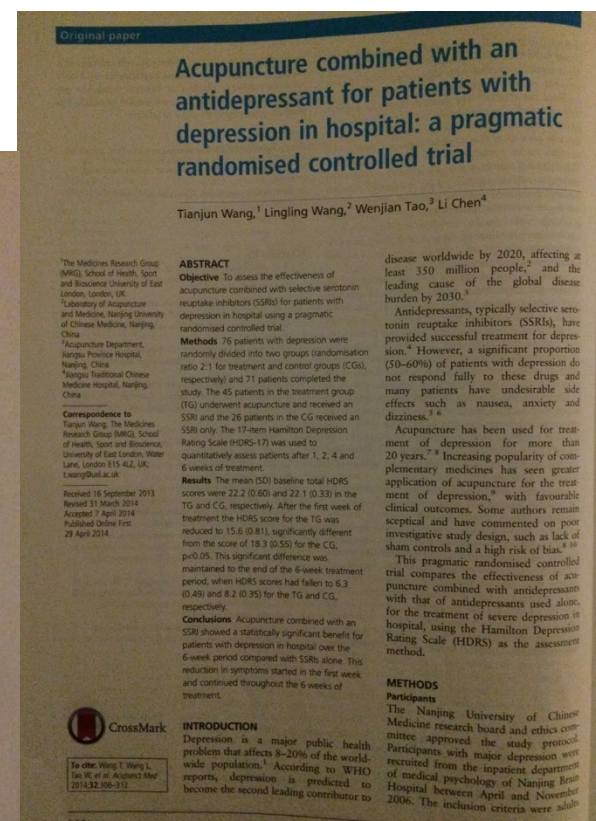
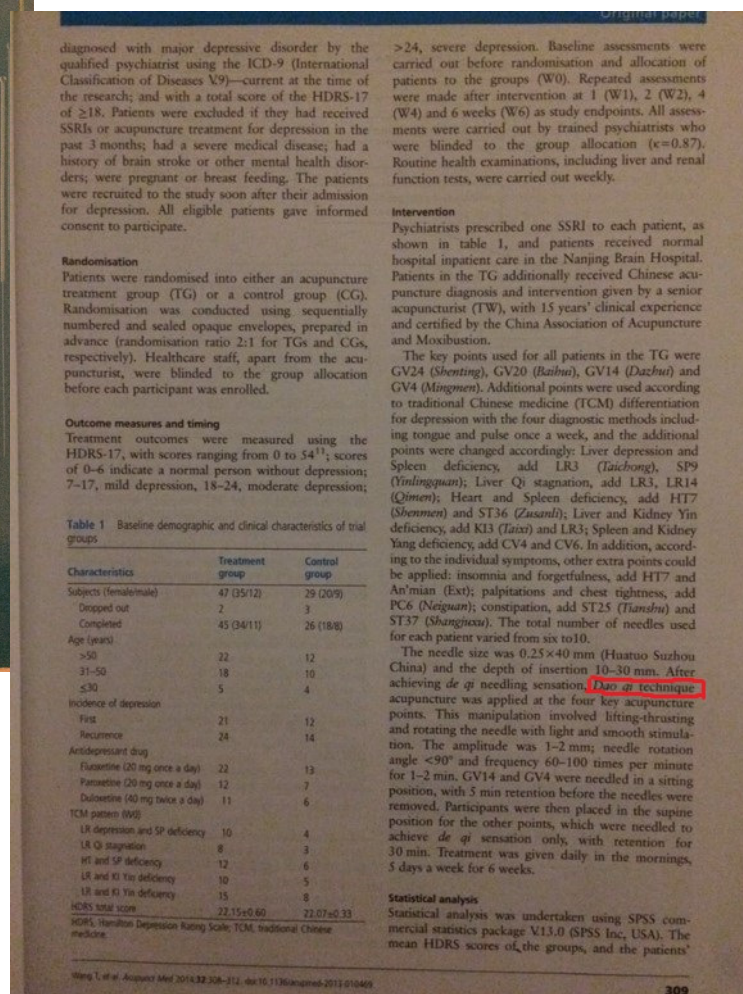
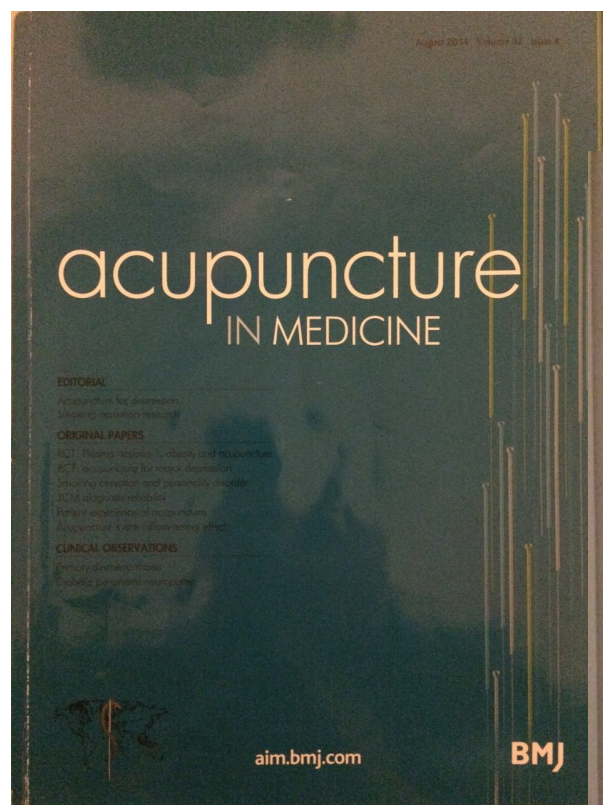
Features of *dao qi* method

- Applied after *de qi* sensation
 - *de qi* sensation
- Movement of the needle even and slow
- Encourage and guide channel *qi*

Dao qi Manipulation

- *Dao qi* is appropriate to apply **light and smooth stimulation** for a long time
- The manipulation is lifting-thrusting and rotating the needle at:
 - amplitude: 1-2mm
 - the angle: less than 90 degrees
 - frequency: 60-100 times /min

Argument of *dao qi* on my paper publishing

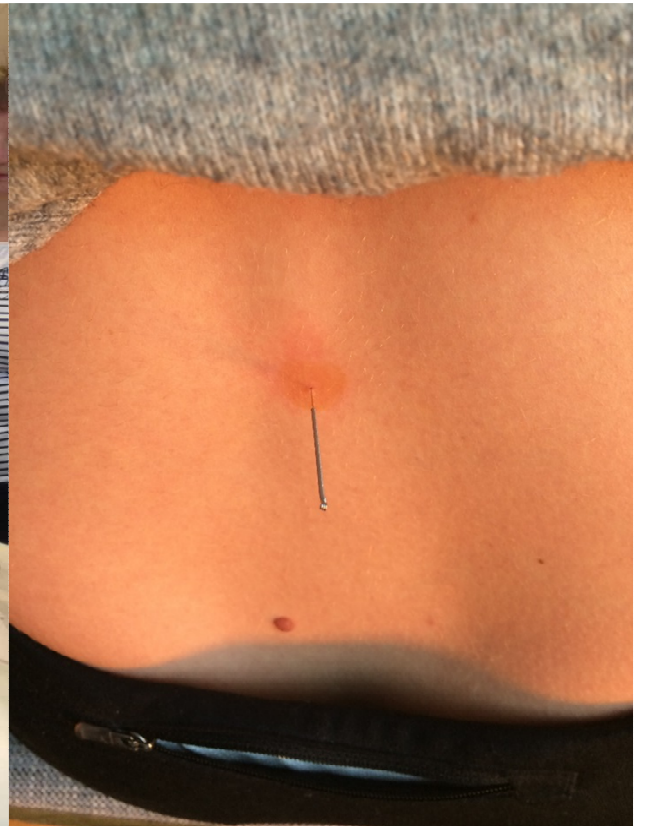


Indication

- *Guide chaotic qi to even and normal*
- *‘five upheaval’ (heart, lung, stomach and intestine, tibia arm, head)*
- Chronic cases
- Mental cases
- Sensitive cases
- Particularly: not good response to normal treatments

Sample points and cases

- LI 20 Yingxiang: Sinuses—one sessions completely clear
- Rn 4 Guanyuan: ED ;urine infection, etc
- BL 54 Zhibian: urinary incontinence;
- Sp6 Sanyinjiao: uterus stimulation
- Du 3 Yaoyangguan: Cold pain on legs
- Du 14 Dazhui: Depression
- GB 20 Fengchi: tinnitus
- Du 16 Fengfu: *Qi gong* Deviation
- Scalp acupuncture: Stroke, chest pain



Cautions of *dao qi* needling on Du 16 (1/2)

- Du 16 is located at the risk area of the upper neck close to the foramen magnum. Acupuncturist should pay more attention on it. *Dao qi* needling on Du 16 only apply to whom have sufficient anatomy knowledge and needling skills, combined with 3+years experiences and not suitable for new practitioner.
- Du 16 is the key point of Du Mai which enters the Brain, which is most suitable for difficult cases and/ or chronic conditions, particular for those not good response to other normal treatments.
- *Dao qi* on Du 16 is slightly strong technique which is not good for first visitor, weak conditioner, fear needle, etc.
- Du 16 should be careful to combined with other points with strong sensations, such as Du 14

Cautions of *dao qi* needling on Du 16 (2/2)

- The position for Du 16: suggest better in seating position, with crawl on the side of bed or the back of chair. The needle retention is around 5 minutes.
- The manipulation of Du 16: 25-40mm needle, with the direction toward to the tip of nose, perpendicular insertion, around 5mm get normal *de qi* sensation. Then carefully slowly deep to 15-30mm. While needling observe and ask the reaction of patient. If any uncomfortable sensation occur, such as headache, dizziness, electric sensation etc the needling should be stopped and take off.
- According to most researches and personal experiences, the safety and most effective depth of needling on Du 16 is 27-33mm.

Feedback from a current case

- *‘At the first session I was feeling particularly heavy, like there was a grey cloud hanging over my heart. As Dr Wang needled Du 16 I felt the energy rise almost immediately and I began to laugh. The heavy cloud lifted. I felt the energy rise upwards to the top of my head around Du20. It was quite an intense and also relieving experience. The second needle at Du14 had similar but less powerful effect.’*

Feedbacks from participants

- *Wonderful seminar day! Wonderful modern medical Chinese! Magic hands with Energy!*
- *When insert before 20mm just normal local de qi sensation, about 30mm the numbness and warm feeling rising to top of head and comfortable.*
- *Dao qi, dose of needling, timing, spaces are Ingenious combination*
- *I treated patient of alcohol addiction with dao qi and it was great.*
- *A 17-girl with stress and depression because of hard study more than one year. Normal acupuncture treatment was not so good. After add dao qi on Du 16, she was much relax in the school and could focus on study.*
- *I tried to treat a patient with higher prolactin with dao qi on Du 16, after a week it was much less now. Before dao qi it was very difficult to reduce it.*



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