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Abdominal acupuncture - instant painless way to kill pain caused by tissue injury

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Introduction: Abdominal acupuncture (AA), Bao's Fu Zhen is a kind of new therapy developed by Prof. Bao Zhi-Yun in China. AA uses the area between CV12 (ZhongWan) and CV3 (ZhongJi) on the vertical line and Sp15 (DaHeng) as the outer most points on the horizontal lines. To cure acute tissue injuries, two typical cases are illustrated.

Case 1 Fall Injury: Ms. Zeng. Zeng fell accidentally during work. Hematoma on left chin and felt pain on left neck, shoulder, arm. Pain increased when doing left shoulder movements. Treatment: CV12, KI19 left, CV10, KI17 bilateral, ST24 left, shoulder and neck corresponding point left, upper rheumatism point (AB1) left, upper lateral rheumatism point (AB2) left with 3 needles, all points are punctured in superficial, depth was about 0.1-0.2 cun. After 20 minutes of treatment, pain improved and swelling reduced.

Case 2 Finger injury: Ms. Chan. Left fingers were clipped by the closing taxi door. Four fingers on left hand were swollen, painful and not able to flex. Left hand was raised up with fingertips pointing upwards, used right index fingertip to massage the upper lateral rheumatism point (AB2, 1 cun laterally from ST 24) on the left upper abdomen gently for 2-3 minutes, pain and swollen dissipated about 50%. Another 10 minutes massaging the point, kept flexion fingers and then flexor fist. Not much pain retained in the injured fingers in the next day.

Conclusion: Abdominal acupuncture, unlike traditional acupuncture, DeQi sensation is not required, once getting the correct points with superficial puncture, the pain on distant injured tissue will cease. Therefore it is a super weapon to kick away pain without pain.



Fig 1 The picture of AA used in treating Zeng's injury.



Fig 2 Comparison of bruise on left hand before and after treatment. Bruise disappeared in following day after treatment.

Recent Publications

1. Bo ZY (2006) Abdominal Acupuncture Therapy Cure Diseases Without Pain (Chin). Beijing:China Science Popularization Press 25-26,27-29.
2. Wen M S (2009) Depth of needling in abdominal acupuncture. Journal of Practical Traditional Chinese Medicine (Chin) 25(6):418-419.
3. Wang L P and Zhang P (2010) Discussion on the thickness of needle tool in abdominal acupuncture. Acupuncture Research (Chin) 35(3):236-237.

Biography

Miu Ha Chan is a Registered Chinese Medicine Practitioner working in University Health Service of The Hong Kong Polytechnic University. Her specialty is in acupuncture and TCM gynecology. She is good at using acupuncture to treat acute and chronic pain caused by muscular skeletal injuries and neuralgia, children developmental retardation; using acupuncture combined with TCM medicine to treat menstruation disorder, infertility, menopausal syndrome, emotions disorder and so on. Abdominal acupuncture is one of her frequent use acupuncture technic to treat acute pain caused by tissue injuries.

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