A Unique Inherited Needling Method for Infertility - The 5x5 Method

Dr. Li Li-cheng

The "5x5 needling method" indicates the use of scalp, hand, foot, abdomen and back acupuncture, each type using 5 points or lines. In the clinic, the use of the "5x5 needling method" to treat infertility is a unique method that is very effective.

1. "5x5 Head Acupuncture"

Head acupuncture, also called scalp acupuncture or skull acupuncture, is one method of treating diseases by needling points located on the scalp or along specific regions located on the head. The author uses 5 specific lines on the scalp, which is one of the "5x5 needling methods" to treat infertility. He calls this the "head 5x5 needling method".

Early in the Neolithic period, people were already using stone needles to stimulate the scalp in order to treat head illnesses. Following the emergence of metal needles, the formation of channel and network vessel theory, and the simultaneous expansion of acupuncture methods, scalp acupuncture gradually developed; and the foundations were established for scalp acupuncture theory and doctrine. In the *nei jing* it says: "The head is the meeting place of all the yang, the hand and foot six yang channels go upwards to the head, where the hand and foot yang ming disperse over the forehead and face, the hand and foot shao yang disperse along the sides of the head, the hand tai yang channel travels through the head, neck and face and the foot tai yang travels to the crown of the head, the nape of the neck and head. And all six yin channels, except for the hand shao yin heart channel and the foot jue yin liver channel that go directly upwards into the head, reach the head [via] the divergent channels of the yin channels, which come together and enter into their internally-externally related yang channel." In addition, the governing vessel [du mai] "ascends to feng fu (BL-12); enters and homes to the thorax, ascends to the summit [of the head], follows the forehead and reaches the nose". The "control vessel [ren mai] {1} "arises from below zhong ji (CV-3) above the pubic hair region and follows the interior of the abdomen, ascends from guan yuan (CV-4) to the throat, ascends the cheeks and follows the face to enter the eye". The thoroughfare vessel [chong mai] "ascends from the head, descends to the feet, behind the back and along the front of the abdomen, interiorly from xi gu (ST-29) and exteriorly to the muscles and flesh, to the yin and yang, the interior and exterior; there is no place where it does not pass through." Both the yin qiao and yang qiao vessels encircle the head; the twelve divergent channels and the twelve muscle channels also disperse throughout the head. Therefore the *nei jing* says: "The qi and blood of the twelve channels and the three hundred sixty-five networks all pour upwards into the head and arrive at the hollow orifices". This indicates that the head is the place where the channels and network vessels collect. The head is densely covered by points and it is the place where the channel and network vessel qi and blood of the viscera and bowels converges.

The specific points and regions [used] to stimulate the head via needles are made up of five lines. Not only can these lines be used to treat head diseases but they can also be
used to treat the viscera and bowels of the entire body. The author uses these five head
lines to treat infertility. This demonstrates that scalp acupuncture possesses the capability
to regulate the cerebral cortex and promote circulation of the blood in the entire body; it
can disinhibit the qi and quicken the blood and it can regulate and disinhibit the
menstruation. Scalp acupuncture can regulate the cerebral cortical excitatory and
inhibitory functions in order to course the liver and quicken the blood, course depression
and quiet the spirit, and clear the brain and lift the spirit. Scalp acupuncture also
possesses the remarkable ability to alleviate pain; to develop and initiate the regulation of
the menses; to quicken the blood, transform stasis and stop pain; and to promote
ovulation. It regulates cortico-visceral functional imbalances; and regulates and
disinhibits the liver, spleen and kidneys as well as the thoroughfare [vessel], control
[vessel] and the uterus. Scalp acupuncture is extremely significant for the functioning of
the "thalamus-pituitary-ovary axis". It is also extremely important for "causing the onset
of the tian gui, the free flowing of the control vessel, the exuberant overflowing of the
supreme thoroughfare vessel, and therefore the ability to bear a child".

Specific points: (see diagram)

**Line #1: the control vessel line:** This line is located on the anterior aspect of the head by
drawing a straight line 1.5 cun anteriorly from shen ting (GV-24) on the governing vessel.

**Line #2: the supreme thoroughfare vessel line:** This line is located on the crown of the
head; from bai hui (GV-20) to qian ting (GV-21) on the governing vessel.

**Line #3: the governing vessel line:** This line is located on the posterior aspect of the
head, [by drawing a straight line] 1.5 cun along the governing vessel from qiang jian
(GV-18) to nao hu (GV-17).

**Line #4:** This line is located in the temporal area of the gallbladder channel by drawing
an oblique line along the head from the anterior shen cong (M-HN-1) (1 cun anterior to
bai hui (GV-20)) to xuan li (GB-6).

**Line #5: the four spirits line** (si shen cong): This area is located by drawing straight
lines between the anterior and posterior, right and left shen cong (M-HN-1) points
through bai hui (GV-20).

Needling:
a. Choosing points: to treat infertility, select and use all five lines
b. Preparation before needling: the patient lies down; disinfect the area in the
standardized manner
c. Needling method:
Inserting the needle: generally [Dr. Li] uses a 1-inch #28-30 gauge needle. Before
inserting, first expose the skin and separate the hair covering the area to avoid needling
into a hair bulb and causing pain.

Needle as follows:
1. Quick insertion: use the needle tube to insert the needle by pinching the tube between
the thumb and index finger of the left hand with the point of the needle aligned directly
over the acupoint [location]. With the right hand index finger or thumb pad against the
body of the needle, quickly apply pressure downwards to insert the needle strongly under
the skin or muscle layer, thus reducing insertion pain.
2. Quickly advancing the needle: after insertion, quickly advance the shaft of the needle about 0.5 cun to the subgaleal layer following the skin with the needle between the tips of the right hand thumb and index finger and the middle finger firmly against the needle body.

3. After inserting the needle to the subgaleal layer, use a lifting-thrusting, twirling, or [supplementing or draining] directional hand method to stimulate the channel qi, supplement vacuity, drain repletion and obtain effective needle stimulation.

Manipulation:
Line #1: When supplementing, insert the needle anteriorly from shen ting (GV-24) following the skin in the direction of the channel slowly and forcefully until reaching the subgaleal layer of the skin, approximately 0.5 cun. With the needle in place, use a quick yet suitably gentle twirling method for about 2 minutes, where the needle is rotated about 100 times per minute back and forth to the left and right. [In this way] it is relatively easy to obtain the needling sensation comparatively quickly, thereby causing the patient to have a qi reaction emerging at the site of the disease, for example sweating, heat [effusion] or spasming. Afterwards, retain the needle for 30 minutes. When draining, insert the needle from 0.5 cun beyond shen ting (GV-24) against the flow of the channel for about 0.8 cun following the skin and quickly [reaching] the subgaleal layer. With the needle in place, use a quick, strong and forceful twirling method, rotating the needle about 200 times per minute back and forth to the left and right, then retaining the needles for 30 minutes.

Removing the needles: in one movement bring the needle to just below the skin. To supplement after removing the needle, quickly close the needle hole; to drain after removing the needle, expand the needle hole.

This method can also be used for scalp lines 2, 3, 4 and 5. Treat once every other day or twice per week. Ten treatments are equivalent to one course of treatment. Rest for 3-5 days and then start the second course of treatment. This can also be done using electric acupuncture. In addition, you can use multiple-needle acupuncture methods such as the scalp relay needling method (this method and the body in-line needling are similar). It is [especially] suitable for line #4. Using three equidistant needle lengths, insert three needles successively following the skin, first at the starting point, then at the start of the second division and then at the start of the third division.

Scalp 'raising the needle' method: Use this on line #5. From the anterior, posterior, left and right shen cong (M-HN-1) insert 4 needles facing towards bai hui (GV-20); or from bai hui (GV-20), insert the four needles facing towards the four shen cong (M-HN-1) points.

The “character jing (井) " needling method: insert a needle from anterior shen cong (M-HN-1) towards left shen cong (M-HN-1); insert a needle from left shen cong (M-HN-1) to posterior shen cong (M-HN-1); insert a needle from posterior shen cong (M-HN-1) to right shen cong (M-HN-1); and insert a needle from right shen cong (M-HN-1) to anterior shen cong (M-HN-1). The overlapping of these four needles creates the shape of the character jing.
2. "5x5 hand acupuncture"

Hand acupuncture uses specific acupoints located on the hand to treat disease. This is a brief introduction to this method of treating infertility.

Point locations and their functions.

**Pituitary:** This point is situated in the center of the belly of the two thumbs and is the location of the depths of the “cerebral reflex area” (see diagram 2-1). It can regulate endocrine secretions and balance yin and yang. It treats infertility due to hypofunctioning of the ovaries or ovarian functional obstruction.

**Kidney:** This point is situated bilaterally in the center of the palm (diagram 2.2). It supplements the kidneys and replenishes the jing-essence; strengthens the yang, warms and unblocks the channels and vessels; awakens the spirit and opens the orifices; clears heat and disinhibits dampness; promotes urination and unblocks strangury; and effectively regulates infertility due to kidney yin and yang dual vacuity.

**Gonad (ovaries and testes):** [This point is situated] bilaterally at the midpoint of the crease at the base of the palm (it is the same point as da ling (PC-7)), between the navicular, lunate, and capitate bones (see diagram 2.3). It supplements the kidneys and boosts the essence; and regulates hormonal levels and promotes ovulation.

**Liver ('supreme thoroughfare' line):** This point is situated at the center of the second metacarpal bone on the radial side of the hand, located at the midpoint of the spleen-stomach and the lung-heart points (see diagram 2.4). It regulates the [supreme] thoroughfare vessel; courses the liver and disinhibits qi; regulates the endocrine [system] and promotes ovulation and menstruation.

**Lie que (LU-7):** This point is situated at the radial side of the forearm, 1.5 cun above the wrist crease on the styloid process of the radius. It effectively unblocks and regulates the channels and vessels and nourishes the fetus.

**Manipulation**

With the patient lying down, both hands resting naturally, and after disinfecting the area in the standardized manner, insert a 0.5 or 1 inch #28-30 gauge needle perpendicularly, 0.3 - 0.5 cun deep, to reach but not penetrate into the exterior of the periosteum (except the liver and lie que (LU-7) points). Use a lifting-thrusting and twirling hand technique [as above] and retain for 20-30 minutes. To needle the liver point, insert a 1.5 inch #26-32 gauge needle, 0.5 - 0.8 cun deep, along the upper edge of the radial aspect of the second metacarpal bone towards the center of the palm. If there is no needling sensation after inserting the needle, then change the angle of the needle slightly in a downward direction in order to get the strongest needling sensation possible, retain the needles for 30-40 minutes. Stimulate with an even lifting-thrusting and twirling technique every 5-10 minutes to maintain the needling sensation. Generally, after 3-10 minutes the patient should experience heat effusion, sweating, and a comfortable or relaxed sensation at the site of her disease; either the liver or the uterus. Generally, when a heat sensation appears, the curative effect is [more] significant.

When needling lie que (LU-7), the palm should be vertical with the fingers pointing upward and outwards. First, select the space between the two tendons at yang xi (LI-5).
There is a depression 1.5 cun above it in the center of the styloid process of the radius where the point is located. Needle against the channel, 0.5 - 1 cun deep. After obtaining the qi sensation, use a neutral supplementing-draining technique for 5 minutes, then stimulate once every 5 minutes and retain for 30-40 minutes. Generally, you can choose the points bilaterally or alternate between sides. Treat with particularly strong hand technique and needling sensation and treat every other day for ten sessions, which equals one course of treatment. Skip 3-5 days then start the second course of treatment.

3. "5x5 foot acupuncture"

Foot acupuncture is a method to stimulate specific points on the foot by acupuncture, moxa, massage, or applying medicinals in order to prevent and cure disease. Foot acupuncture has a long history in China. The *su wen: jue lun pian* states, "yang qi arises from the lateral aspect of the five toes; yin qi arises from the medial aspect of the five toes." The foot is the area from which the yin and yang of the channels and network vessels flow. The three foot yang channels go from the head to the feet and the three yin channels go from the feet to the abdomen (chest); the exteriorly-interiorly [related] foot channels all connect in the toes. The same-named three exteriorly and interiorly [related] hand yin and yang channels connect with [those of] the foot. Of the eight extraordinary vessels, the yang qiao, yin qiao, yin wei, yang wei and thoroughfare vessels all flow to the feet; the control vessel, governing vessel and belt vessel extend into, intersect and interconnect with the foot channels.

A human being's feet are like the roots of a tree. If a tree withers, [it means that] the roots are already exhausted; [the same with a person], a person grows old [because] the feet are already declining. From this analogy of the root and branch, we say that the foot and hand are similar; that they are the foundation and root of the channels and vessels; and that they are the place from which the vessel qi emerges. Because of this, stimulating certain points on the feet can regulate the corresponding viscera and bowels and treat all kinds of illnesses.

Stimulating the foot can also promote blood circulation, thereby improving the circulation of blood in the entire body and accelerating the restoration of the body’s physiology. *Tui na* and *an mo* massage of the feet can cause the excretion of harmful uric acid crystals through the urine, promote microcirculation and accelerate metabolism.

The brain-kidney-thoroughfare vessel-control-vessel-uterus axis carries out the kidneys' regulation of reproduction. This corresponds to modern medicine's reproductive regulation by the CNS hypothalamus-pituitary-ovary [axis]. Because of this, acupuncture stimulation of the foot's pituitary, kidney, gonad (ovaries and testes), *tai chong* (LR-3), (the great thoroughfare vessel), and *san yin jiao* (SP-6) (the point [to correct] the imbalance of the three yin) points, can effectively stimulate and regulate the functions of the liver, kidney and spleen. This in turn causes the descent of the *tian gui*, frees the control vessel, causes exuberance of the great thoroughfare vessel, [brings on] the onset of menses and therefore [the conception of] a child.

Point location and their functions:
**Pituitary**: This point is located in the center of the belly of the great toe on the plantar aspect of the foot (in the cerebral recess reflex area) (see diagram 3-1). This point can regulate the endocrine [hormones] and rebalance yin and yang.

**Kidney**: It is located on the plantar aspect of the foot at the midpoint of the proximal half of the second-third metatarsal bones in the antero-central depression located there. (See diagram 3-2). This point can supplement the kidneys and replenish essences; invigorate yang, warm the channels and unblock the vessels; arouse the spirit and open the orifices; clear heat and disinhibit dampness; disinhibit urine and free strangury; and regulate menstruation and assist conception.

**Gonad (ovaries and testes)**: This point is located at the center of the calcaneus; an alternate location is lateral to the calcaneus, posterior and inferior to the malleolus, in the right angle of the triangular region (see 3-3). For women, the right angle of the triangle is the sensitive area of the ovaries; and the hypotenuse of the triangle is the sensitive area for the appendix (fallopian tube area). It supplements the kidneys and boosts the essence, regulates the menses and assists conception.

**Tai chong (LR-3) (Liver and great thoroughfare vessel)**: This point is located on the dorsum of the foot between the first and second toes. It disinhibits qi and courses the liver; and regulates menstruation and assists conception.

**San yin jiao (SP-6) (the point for irregular menses)**: This point is located on the inner aspect of the shank of the leg, 3 cun above the tip of the medial malleolus and posterior to the tibia. It fortifies the spleen and dries dampness; warms and transforms the thoroughfare and control vessels; supplements blood and boosts qi; supplements the thoroughfare vessel and secures the control vessel; and regulates menstruation and assists conception.

**Manipulation technique:**
With the patient in either the supine or prone position and with both feet extended forwards, disinfect the area in the standard way, quickly insert a 1-1.5 inch, #28-32 gauge needle either perpendicularly, obliquely or transversely as needed using a lifting-thrusting and twirling technique. After obtaining qi, retain the needles for 30 minutes, usually every other day, or twice per week. Ten treatments equal one course of treatment. Rest for 3 days, and then repeat for a second course of treatment.

Specific treatments are as follows:
Needle the hypothalamus point perpendicularly, 0.3 - 0.5 cun deep, and advance the needle using a slight lifting-thrusting and twirling technique using the qi sensation as your gauge. Needle the kidney point 0.5 - 0.8 cun deep, perpendicularly with a quick insertion and manipulate it with lifting-thrusting and twirling for 1-3 minutes. Needle the gonad triangle with neutral stimulation by inserting three needles under the skin sequentially along the two sides of the right angle and along the hypotenuse to form a right-angle triangle, manipulating them using the needling sensation as your gauge. Needle *tai chong* (LR-3) using a rapid insertion with large amplitude lifting-thrusting and twirling technique to obtain the needed qi sensation. Needle *san yin jiao* (SP-6) upwards at a 45-degree angle, advancing quickly using lifting-thrusting and twirling technique. The area should have a strong numbness sensation extending upwards into the anterior
pudendum. Continue manipulating for 2 minutes; and then, stimulating once every 5 minutes to enhance the needling sensation, retain the needles for 30 minutes. After needling, use moxibustion until the skin is red, or the lesser abdomen feels warm. With foot acupuncture you can generally use bilateral needling; but you can also alternate the sides. It is especially important to emphasize the needling sensation, since the needling sensation and the effectiveness [of the treatment] are closely interconnected.

4. “5x5 abdominal acupuncture”
Abdominal acupuncture uses several specific points located on the abdomen to regulate menstruation, the viscera and the bowels to treat various kinds of illnesses. The channels and vessels of the channel-network vessel system pass through the abdomen and connect with the viscera and bowels in the abdominal cavity. For example, the hand tai yin [lung] channel "descends to net the large intestine and travels to the stomach. The hand yang ming large intestine channel nets the lungs, descends [through] the diaphragm to home with the large intestine. The foot yang ming stomach vessel arises at the stomach opening, follows the interior of the abdomen and descends to unite with qi jie (ST-30). The foot tai yang channel vessel [ascends along] the anterior medial thigh, then links into the center of the abdomen. The hand shao yin channel vessel descends [through] the diaphragm and enters the small intestine. The hand tai yang channel vessel descends [through] the diaphragm, reaches the stomach and homes to the small intestine. The foot tai yang channel vessel nets the kidneys, then directly homes to the residence of the bladder. The foot shao yin channel vessel homes to the kidneys, descends and nets the bladder. The hand jue yin channel vessel heart protector (pericardium) descends [through] the diaphragm and nets the small intestine. The hand shao yang channel vessel follows and homes to the triple burner. The foot shao yang gallbladder channel vessel nets the liver and homes to the gallbladder, follows the rib-side and comes out at qi jie (ST-30). The foot jue yin channel vessel follows the thigh, enters the pubic area and genitals, and ascends through the smaller abdomen hugging the stomach passage. The control vessel arises in the center and goes downward reaching the pubis and follows the interior of the abdomen. The thoroughfare vessel [enters] the lesser abdomen at qi jie (ST-30). The governing vessel arises at the center of the pubic bone, enters and nets the pudendal region. The belt vessel wraps the periphery of the body.” From this, we can see that abdominal acupuncture has many connections with the channels, vessels and the abdomen, and therefore can be used to treat infertility.

Point locations and functions:
Zhong ji - Central pole (CV-3): This point has an interior correspondence with the uterus, the essence chamber and the location of the body’s most inner pole and therefore it is called the 'central pole'. It boosts the kidneys and revives yang; regulates menstruation and stops vaginal discharge; and effectively controls and nourishes the uterus. It primarily treats uterine, essence chamber and bladder diseases.
Guan yuan - Pass head (CV-4):
This point is the intersection point of the yin and yang source qi. It effectively banks and supplements source qi; abducts the red and unblocks strangury; supplements the kidneys,
enriches yin and invigorates yang. It primarily treats female infertility, menstrual irregularities and frequent urination diseases.

**Qi xue - Qi point (KI-13):** This point is located 3 cun below the umbilicus on a line 0.5 cun lateral to the central line [of the body – the control vessel]. It boosts the thoroughfare vessel; and controls and regulates the two yin [openings (urethra and anus)]. It is important in the treatment of many uterus and thoroughfare related diseases such as menstrual irregularities, infertility due to [child] palace (uterine) cold, and running piglet qi diseases.

**Shui dao - Waterway (ST-28):** This point functions to unblock and regulate the waterways; causes fluids to percolate and pour into the bladder; regulates menstruation and stops pain; quiets the fetus and assists conception and disinhibits fluids and unblocks strangury.

**Zi gong - Infant’s palace (M-CA-18):** This point is located 4 cun below the umbilicus and 3 cun lateral to the central pole line (control vessel). It regulates menstruation and benefits the infant; rectifies qi and stops pain; and upbears yang and stems desertion. It is important for the treatment of menstrual irregularities, painful menstruation, infertility and prolapse of the uterus.

**Manipulation:**
First, allow the patient to empty the bladder, then choose a supine position and disinfect the area in the standard way. Using a 3-inch #28-30 gauge needle, use the one-either-side needling method [one of the twelve needling methods of the Spiritual Axis *ling shu*] to needle zhong ji (CV-3), guan yuan (CV-4), and qi xue (KI-13) with a lifting-thrusting twirling technique obliquely towards the perineum 1.5 - 2 cun. It is beneficial to get a numbing sensation to radiate towards the vagina. Twirl the needles once every ten minutes using neutral supplementation and drainage. Retain the needles for 40 minutes. For shui dao (ST-28) perpendicularly insert a 1.5 - 2 cun needle; it is beneficial if the needling sensation radiates to the smaller abdomen and pudendum. For zi gong (M-CA-18), perpendicularly insert a 1.5 - 2 cun needle using neutral supplementation and drainage to manipulate the needle every five minutes. Retain the needles for 40 minutes. [Do this] every other day or twice a week. One course of treatment equals 10 treatments. Rest for 3 days, and then repeat for another course of treatment.

**5. “5x5 back transport acupuncture”**

Back transport acupuncture is a method based upon [needling] specific back transport points to treat disease. The back transport points are where the qi of the five viscera and six bowels is transported and concentrated into points on the back along the bladder channel. The *su wen: qi fu lun pian* points out that "the foot tai yang vessel qi issues forth from seventy-eight points...five for the five viscera and six for the six bowels". Zhang Jingyue says: "The five viscera belong to the central abdomen; vessel qi comes forth from the foot tai yang channel and [where it does, the points] are thus called the transporting [points] of the five viscera." The back transporting points are the location where the five viscera and six bowel qi concentrate in the back. When the viscera and bowels are diseased, choosing the back transporting points as a clinical treatment is very
important. When treating infertility, choosing the uterus related back transporting points significantly improves the treatment.

Point locations and functions:

**Shen shu** - kidney transporting point (BL-23): This point resonates to the kidneys and acts as its transporting place; therefore it is called the kidney transporting point. It supplements the kidneys and boosts qi; and unblocks yang and disinhibits water. Choose this point for all diseases involving the kidneys such as vaginal discharge, menstrual irregularities and infertility.

**Bai huan shu** - white ring transporting point (BL-30): 'Ring' means to 'coil around'. A branch vessel of the foot tai yang vessel follows alongside the spine from the lumbus straight down to pass through the buttocks to this distal point; it then coils around and ascends to BL-31. Because this point corresponds to the essence chamber and uterus, it is the location where human essence qi is transported and concentrates. It is also called the 'five ring transporter; as it name implies, this point treats white vaginal discharge, menstrual irregularities, seminal emission, and infertility. It fortifies the spleen and disinhibits dampness; regulates menstruation and stops vaginal discharge; and supplements the kidneys and assists conception.

**Ci liao** - second bone-hole (BL-32): This point supplements the kidneys and strengthens the lumbus; regulates menstruation and assists conception; and clears and disinhibits the lower burner. It is one of the eight bone-holes, all of which treat lumbar pain. It also treats strangury-turbidity, vaginal discharge, menstrual diseases, endometriosis, appendicitis, infertility, sciatic pain, orchitis (testicular inflammation) and prostatitis.

**Hui yang** - meeting of yang (BL-35): This point boosts the kidneys and stems vaginal discharge; regulates menstruation and assists conception; and unblocks and regulates urination and defecation. This point alongside the coccyx is the intersecting point of the foot tai yang and governing vessel; is the meeting place of yin and yang qi; and corresponds to the controlling vessel's interior yin. It primarily treats vaginal discharge, uterine erosions, vaginitis and infertility.

**Zhi bian** - sequential limit (BL-54): This point regulates menstruation and cultivates the infant; clears and disinhibits the lower burner; and quickens the blood and unblocks the network vessels. It primarily treats lumbar pain and the five hemorrhoids, red urine and uterine-related diseases.

**Manipulation:**

First, allow the patient to empty the bladder, lie in a prone position and disinfect the area in the standard way. When needling *shen shu* (BL-23), select a 2-inch #28-30 gauge needle, insert perpendicularly and after obtaining qi, use a medium strength stimulation, lifting-thrusting and twirling the needle for 3-5 minutes, so that the sensation spreads around the area of the needle. You can also use a through-to-through needle from *shen shu* (BL-23) to *zhang men* (LV-13).

When needling *bai huan shu* (BL-30), insert a 4-inch needle 2-3 cun inwards at about 15 degrees; it is best to get the needling sensation to extend into the pudendum or get a tightening around the needle; electric acupuncture can also be done.
When needling \textit{ci liao} (BL-32), insert a 3-inch needle pointed slightly towards the pudendum; when the needle is about 1.5 - 2 cun deep, there should be a strong needling sensation passing through to the anterior pudendum when using a neutral supplementation and drainage technique.

When needling \textit{hui yang} (BL-35): insert a 4-cun needle obliquely 3-3.5 cun back up towards the sacrum; the needling sensation ought to radiate towards the smaller abdomen.

When needling \textit{zhi bian} (BL-54): insert a 4-inch needle about 3.5 cun deep and use neutral supplementation and drainage, lifting-thrusting and twirling for about 1 minute. The needling sensation should either go downwards or all the way down through the buttocks, thigh and popliteal fossa, lower leg, and heel to the toes. For all of these points, retain the needles for 30-40 minutes.

\{1\} Wiseman used to call this the Conception vessel but has restyled it the Control vessel – editor.
Kidney
fallopian tubes
reproductive glands (ovaries and fallopian tubes)

Pituitary

Scalp line #1
GV 24

Scalp line #2
GV 20

Scalp line #3
GV 17

Scalp line #4
GV 20
GB 6

anterior (sin) shen cong point

figure 2-1

figure 2-2

figure 2-3

figure 2-4

 Scalp line #1

Scalp line #2

Scalp line #3

Scalp line #4

figure 1-1

figure 1-2

figure 1-3

figure 1-4

figure 2-1

figure 2-2

figure 2-3

figure 2-4

figure 3-1

figure 3-2

figure 3-3

figure 3-4

Kidney
fallopian tubes
reproductive glands (ovaries and fallopian tubes)

a head
b neck-shoulders
c upper limb
d heart-lung
e liver-gallbladder
f spleen-stomach
g duodenum
h back abdomen
i kidney
j lower abdomen
k leg
l foot

figure 1-1

figure 1-2

figure 1-3

figure 1-4

figure 2-1

figure 2-2

figure 2-3

figure 2-4

figure 3-1

figure 3-2

figure 3-3

figure 3-4