

## UNIQUE POINT APPLICATIONS IN JAPANESE ACUPUNCTURE

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Development of acupuncture in Japan happened apart from that of China, and many original uses of acupuncture points were observed that are not well known outside of Japan. Below is a list of some of the more interesting and unique applications of acupuncture points, according to several Japanese sources. These include Shudo Denmai, taken from his book *Finding Effective Acupuncture Points* (translated by Stephen Brown, Eastland Press, Seattle, 2003) and Sawada Ken (based on Shiroda's *Basic Study of Acupuncture and Moxibustion Therapy*). I also include the point recommendations of Ishikawa Sotetsu who, as an influential practitioner of the Edo Shogunate period, recommended points for their local and symptomatic applications. I also rely on the information transmitted to me by my teacher, Dr. Ineon Moon. These point applications would be in addition to commonly known applications of the Chinese texts, which are not listed, and regular points that might be used for local pain or inflammation. In Part 2, to be published in the next issue, we will list the applications alphabetically (with point nomenclature), for easy reference.

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- **Sotetsu Ishikawa points (Edo Shogunate period)**
- (S) **Shudo Denmai recommendations**
- \* **For location, refer to Shudo Denmai, *Finding Effective Acupuncture Points*, translated by Stephen Brown, Eastland Press, Seattle, 2003**

*unmarked*      Other Japanese acupuncture sources, including Dr. Ineon Moon; and Sawada Ken school, based on Shiroda's *Basic Study of Acupuncture and Moxibustion Therapy*

**DM**              Direct moxa

**IDN**             Intra-dermal needle

**(r)**                right side

**(l)**                left side

## **1. POINTS ON THE HEAD**

- BI 7              • depression, eye problems, hysteria, insomnia, nasal problems
- BL 10            depression, eye problems, hysteria, insomnia, nasal problems
- DU 15            • aphasia after stroke, cerebral hemorrhage, tongue problems
- DU 16            • aphasia after stroke, cerebral hemorrhage, cold and flu, headache, sinus congestion (S), speech difficulty
- DU 20            • hemorrhoids, hypertension
- DU 20-22        dizziness, heavy head, headache, hypotension, insomnia, poor memory, nausea, sleepy after eating, smell, inability, vagus nerve, vomiting
- DU 22            • dizziness (S), headache (S), excessive tearing
- DU 23            • nasal congestion (DM) (S), mental disorder
- GB 5             headache (temporal) (S), migraine (S), Tooth pain (S), Trigeminal neuralgia (S)
- GB 6             headache (temporal) (S), migraine (S), tooth pain (S), trigeminal neuralgia (S)
- GB 12            headache (S), insomnia (S), tinnitus
- GB 19            • headache
- GB 20            • eye problems (Yanagiya GB 20\*) (S), eye problems, headache (S), sinusitis
- SI 17            temporal headache, dizziness (S), hiccoughs, throat problems (S), tinnitus (S), toothache
- SJ 20            eye problems, cataracts (DM) (S), tinnitus (S)

## 2. POINTS OF THE FACE

BL 7	headache, stiff neck
GB 2	jaw pain (S), TMJ, tinnitus (S)
GB 3	• tooth pain (S), eye problems, facial neuralgia (S), hypertension (bleed)
LI 20	nasal and sinus problems (S), upper toothache (bleed)
SI 18	nasal problems
SI 19	conjunctivitis, ear problems, TMJ
SJ 21	• TMJ, ear problems
ST 2	facial paralysis (S), sinus congestion
ST 6	• TMJ
ST 7	tinnitus, TMJ (S), toothache, trigeminal neuralgia
ST 8	headache, temporal, tearing, constant

## 3. POINTS ON THE NECK

BL 11	• influenza, asthma, cold and flu (DM), cough (DM), neck stiffness (DM), thyroid problems
GB 21	• labor induction (with SP 6) (IDN), neck-shoulder stiffness (S), headache (S), hypertension (S), toothache (DM) (S)
LI 15	• shoulder joint problems (S), skin problems (DM)
LI 17	• interscapular tension (S), neck-shoulder stiffness (S), shoulder-neck stiffness (S), thoracic outlet syndrome (S), throat obstruction (S)
REN 22	asthma, laryngitis, pharyngitis
SI 14	headache, trapezius pain
SI 15	• headache
SJ 15	• neck-shoulder stiffness (S), hypertension
ST 9	• sore throat (S), asthma (S), gallstone pain, hoarseness (S), hypertension, morning sickness, throat obstruction (S)
ST 12	neck-shoulder stiffness (S)

#### 4. POINTS ON THE CHEST

KI 23	costal neuralgia (S), heart disease (I) (S)
KI 26	thoracic outlet syndrome (S), throat disorder (S), thyroid disorder (S)
KI 27	thoracic outlet syndrome (S), throat disorder (S), thyroid disorder (S)
LU 1	asthma (S), cough (S), thoracic outlet syndrome (S)
REN 17	anxiety, breast disease (S), breast pain, depression, heart disease (S), insufficient lactation (S), lactation problems, psychosomatic disorders (S), upper back pain
ST 13	neck-shoulder stiffness
ST 19	gallstone pain, nausea-vomiting, stomach pain

#### 5. POINTS ON THE EPIGASTRIUM

GB 24	gallbladder disease (r) (S), stroke prediction (S)
KI 19	reinforce REN 12 and ST 21
LIV 13	• epigastric pain (S), ascites, pancreas-stomach disorders (I) (S), peritonitis
LIV 14	chest heaviness, gallstones, liver disease (r) (S)
REN 12	diabetes, fu organ problems (DM), gastrointestinal disorder (S), gastroptosis, hypoglycemia, insomnia (S), morning sickness (with SJ 4) (I), stomach pain
REN 14	asthma (S), asthma, cough (S), epigastric constriction (S), esophageal stenosis, gastrointestinal disorder (S), heart disease (S), heart problems, insomnia (S), lower back, inability to straighten, morning sickness (with REN 12), stomach problems (S)
ST 19	diaphragm spasm (S), epigastric pain (S), gallbladder stone or inflammation (r) (S), liver-gallbladder disease (r) (S), pancreas/stomach disorder (I) (S)
ST 20	diaphragm spasm (S), epigastric pain (S), liver-gallbladder disease (r) (S), pancreas/stomach disorder (I) (S)
ST 21	liver-gallbladder disease (r) (S), pancreas/stomach disorder (I) (S)

## 6. POINTS ON THE LOWER ABDOMEN

- GB 25      • kidney deficiency (w/ BL 23) (S), fatigue, gastrospasm, intestinal disorder, stiff neck, kidney stone pain
- GB 26      • lower back pain, leukorrhea
- GB 27      • appendicitis (r) ileocecal valve (r)
- KI 12      reinforce REN 3 (S), urethritis (S), urinary frequency (S), vaginal discharge (S)
- KI 16      lower back pain, (S), diabetes, diarrhea (S), kidney deficiency (S)
- REN 1      anal fissure, drowning, chronic hemorrhoid
- REN 2      urethritis (S), urinary frequency (S), vaginal discharge (S)
- REN 3      pain at BL 40 (S), pediatric enuresis (S), gynecological complaints, peritonitis, urethritis (S), urinary frequency (S), vaginal discharge (S)
- REN 4      abdominal distension (S), gynecological complaints (S), postpartum depression (S), small intestine inflammation, urinary frequency, urinary problems (S), uterine fibroid
- REN 6      abdominal pain (S), appendicitis (DM) (S), appendicitis (DM), food poisoning (DM), ileocecal pain (S)
- REN 7      abdominal distension (S), abdominal pain, lower back pain, (S), diarrhea (S), kidney infection
- REN 8      pediatric abdominal problems, gonorrhea, chronic miscarriage
- REN 9      ascites, diarrhea, chronic (S), diarrhea (DM), edema (S), fluid stagnation (S), kidney infection, urinary dysfunction
- REN 10     gastroptosis
- SP 15      constipation (I), diarrhea, dysmenorrhea
- ST 25      intestinal problems (S), kidney infection
- ST 27      coccygeal pain, diarrhea, endometriosis (DM), hernia (DM) (S), male and female infertility, intestinal problems (S), kidney infection, urogenital problems (S)
- ST 30      male and female infertility, kidney infection, uterine myoma

## 7. POINTS OF THE HAND

- HT 9      chest pain or heart attack (DM or bleed) (S), needle shock (DM) (S)

- LI 1           gout (bleed)
- LI 2           stye (DM) (S),            pediatric constipation
- LI 4           • face flushing (S), headache, hypertension, neck-shoulder tension (S),  
sinus inflammation, stroke, toothache
- LU 11        throat pain (bleed) (S)
- PC 8           • palpitation (S), chest tightness (S)
- SI 1           chest oppression (bleed) (S), chest pain (bleed), fainting, headache at BL  
7 (DM), sore throat (bleed)
- SI 3           arthritis, headache (S), headache, influenza (DM), intestinal bleeding,  
neck-shoulder pain (S), pneumonia
- SJ 1           headache (bleed), tinnitus (bleed)
- SJ 3           • dizziness (S), tinnitus (S)
- SJ 4           blood disorders, gynecological disorders, heart irregular, morning sickness  
(IDN)

## **8. POINTS OF THE WRIST**

- HT 7           constipation (DM) (S), mental disorders (DM)
- LU 9           cold and flu (S), cough (S), urinary problems (S)
- SI 6           skin bumps: acne, boil (DM), wrist pain
- SJ 5           • wrist pain (S)
- SJ 8           headache, strong pain

## **9. POINTS OF THE LOWER ARM**

- HT 3           • tinnitus (DM) (S), elbow problems (S), redevye, stiff neck
- HT 6           chest pain (S), palpitations (S)
- LI 6           abdominal pain (S), thumb numbness, toothache, wrist tendonitis (S)
- LU 5           • edema (S), brain feels heavy, throat pain (S), urinary problems (S)
- LU 6           hemorrhoid (S)
- LU 7           swollen cheek, gum infection, interscapular pain (S), throat sore (S),  
toothache
- LU 8           cough (S), fever (S), tonsillitis

- LI 10           • face flushing (S), abdomen cold, head hot, boils, carbuncles (DM), lymph adenitis, shoulder tension (S), skin problems (DM), stroke (DM)
- LI 11           • eye problems, face flushing (S), headache, head fullness (S), hypertension (DM) (S), infections (DM), skin problems (DM), upper limb regulation (S)
- PC 3           stubborn cough
- PC 4           stubborn cough, palpitations (S)
- PC 6           • palpitations (S), dizziness, epigastric disorder (S), headache

#### **10. POINTS ON THE UPPER ARM**

- LI 14           • inability to raise arm
- SI 10           shoulder pain
- SJ 12           •
- SJ 13           •

#### **11. POINTS ON THE UPPER BACK**

- BL 12           cold and flu (S), hives, neck stiffness, throat problems, tonsillitis
- BL 13           cough, health maintenance (DM), neck stiffness (S), respiratory problems, shoulder stiffness (S)
- BL 14           neck stiffness (S), shoulder stiffness (S),
- BL 15           esophageal constriction, heart disorders (S), mental disturbance, neck stiffness (S), red eye, rheumatoid arthritis, shoulder stiffness (S)
- BL 17           diaphragm problems (S), dysmenorrhea (S), esophageal constriction (S), liver or GB problems, mental disturbance, perimenopause (S), vomiting (S)
- BL 42           arm numbness (S), cervical lymphadenitis, respiratory problems, shoulder pain, neck stiffness (S)
- BL 43           fatigue (DM) (S), lowered immunity (DM), heart fatigue, upper back stiffness (S)
- BL 46           esophageal constriction, intrascapular pain
- DU 10           cough (S), nervous disorders (DM) (S)
- DU 11           chest pain, heart problems, insomnia, nervous disorders (DM) (S)

- DU 12 cough (S), fatigue (DM), laryngitis, lung disorders, nervous disorders, pediatric disorders
- DU 14 cold and flu (DM) (S), cough (DM) (S), laryngitis, meningitis, mental disorders, throat problems
- SI 9 shoulder joint problems (S)
- SI 11 • arm pain or numbness (S), chest pain, lactation low (DM), shoulder tension

## 12. POINTS ON THE MID BACK

- BL 18 depression (S), gallbladder problems, insomnia (liver), jaundice, liver problems (r) (S), stroke sequelae
- BL 19 gallstones
- BL 20 amnesia, duodenal ulcer, spleen imbalance (S), stomach disorders
- BL 48 gallstones
- BL 49 gallstones, gastrospasm
- BL 52 abdomen cold, gynecological problems, kidney deficiency, penis/testicle/scrotum, urethritis
- BL 53 hip problems
- DU 6 diabetes (DM) (S), gum disease, spleen-pancreas weakness
- DU 8 anxiety, facial paralysis, fatigue due to nervousness, insomnia
- DU 9 poor concentration, digestive disorders (S), esophageal constriction, esophageal obstruction (S), headache, kidney fire, sluggish liver, lung infection, nervous disorders (DM) (S)
- DU 10 asthma, spleen-pancreas weakness

## 13. POINTS ON THE LOWER BACK

- BL 22 adrenal fatigue, spontaneous back pain (S), blood circulation problems, diabetes, kidney inflammation (S)
- BL 23 adrenal fatigue, asthma, diabetes, eye bleeding, kidney imbalance (S), sexual organ dysfunction, vision weak
- BL 52 lower back pain, (S), kidney weakness, fatigue (S), kidney stones (S)



DU 4            adrenal weakness (DM), lower back pain, enuresis, gum disease, intestinal bleeding, kidney disorder, nausea, acute, vaginal discharge

#### **14. POINTS ON THE HIP AND SACRUM**

BL 25            lower back pain, (S), leg pain (S),

BL 27            bladder problems (S), gynecological disorders (S), hemorrhoids (S), intestinal inflammation, rheumatoid arthritis (DM)

BL 28            bladder infection

BL 30-34        bladder infection, breech presentation, endometriosis, hemorrhoids, menstrual cramps, uterus and ovary disorders

BL 53            libido low (S), prostate problems (S), urination frequent (S)

BL 54            hemorrhoid (S), urination frequent (S)

DU 1            epilepsy, hemorrhoids, manic disorder, anal fissure

DU 2            coccyx pain (S), constipation (DM) (S), enuresis, hemorrhoid (S)

DU 3            adrenal weakness (DM), enuresis, lower back pain, (S), prostate problems, sciatica (S)

GB 30            hip pain (S), sciatic pain (S)

Gluteal pt\*     hemorrhoid (S), sciatica (S)

Iliac pt\*        back pain (S), sacroiliac pain (S)

Ischial pt\*     sciatic pain (S)

Onodera pt\*    epigastric pain (S), hip pain (S)

#### **15. POINTS OF THE THIGH AND KNEE**

GB 31            • abdomen cold (DM), cold feet (DM)

LIV 8            bladder disorders, dizziness (S), endometriosis, headache (S), knee pain (S), nausea (S)

LIV 11          endometriosis, prostate disorder, testicle-scrotum disorders

SP 10            • menstrual irregularity (S), blood poisoning, endometriosis

SP 12            ascites (DM), inguinal hernia

ST 34            • knee pain (S), abdominal pain, acute, appendicitis, R (DM), diarrhea (DM), gastrointestinal spasm

## 16. POINTS OF THE LOWER LEG

- BL 57 • hemorrhoids, knee problems
- BL 58 bladder infection (S), headache, occiput (S), knee problems, sciatica
- BL 59 acute lower back pain (S), acute sciatica (S)
- GB 34 • gallbladder channel excess (S), lower back pain, bell's palsy, GI bleeding, menstrual problems due to excess
- GB 38 gallbladder channel excess (S), poison/drug detox
- KI 7 abdominal distension (S), fatigue (S), heel bone pain, low libido (S), tinnitus (S)
- KI 9 anal prolapse, chest pain (S), hemorrhoids, medication poison, motion sickness (IDN) (S), palpitations (S)
- KI 10 fluid imbalance (S), weak kidney
- LIV 5 gynecological disorders, inguinal hernia, leukorrhea, prostate problems, testicle-scrotum problems
- SP 6 • menstrual problems (S), bladder infection, fetal malpresentation (DM) (S), kidney infection, male infertility, venereal disease
- SP 8 diarrhea, acute (S), acute gastrointestinal pain (S), knee joint infection
- SP 9 • gastrointestinal disorder (S), abdominal pain, diarrhea (S), hot flashes (S), knee joint pain (S), menstrual disorders
- ST 36 • digestive problems (S), chronic illness (DM), depression (S), insomnia (S), knee edema (DM) (S), longevity (DM)
- ST 37 intestinal disorders, sinus congestion, knee edema (DM) (S)
- ST 40 stomach channel excess (S)

## 17. POINTS OF THE ANKLE

- GB 40 gallbladder channel excess (S), stiff neck
- LIV 4 asthma (S), cough (S), fever (S), gallstone, herpes simplex, hyperacidity
- SP 5 anal prolapse (DM) (S), asthma (S), cough (S), hernia, inguinal, herpes outbreak (DM)
- ST 41 • SCM tenderness (S), eyelid disorders, stye (DM)

## 18. POINTS OF THE FOOT

- BL 60 • back pain (S), bladder channel excess (S), diarrhea (DM), headache, occiput (S), pain at REN 3 (S)
- BL 64 mania
- BL 67 difficult delivery (DM), difficult labor (DM) (S), malpresentation of fetus (DM) (S)
- GB 41 gallbladder stones or inflammation (r) (S)
- GB 43 edema, sciatica
- KI 1 hypertension (DM) (S) (S), revive consciousness (DM) with DU 20, whole body edema (DM)
- KI 2 ear suppuration (DM) (S), hot feet (S), hypertension, throat pain, tinnitus (S)
- KI 3 poor body circulation, chronic cough, ear disorders, throat problems
- KI 5 Achilles tendon pain, heel bone pain
- KI 7 kidney deficiency (S)
- LIV 1 chest pain with anxiety, dizziness (S), epigastric pain (S), headache (DM) (S), nausea (S), eye stye (DM)
- LIV 2 gout, headache (S), nausea (S)
- LIV 3 • loss of appetite
- SP 1 geriatric insomnia (S), acute anxiety, acute gastrointestinal pain (S), mental disorder (S), pediatric night terror
- SP 3 abdominal pain (S), gastrointestinal pain (S), kidney stone attack (S), menstrual problems (S)
- SP 4 constipation (I) (S)

