

# **How to Use Jing-Well Points for Bloodletting**

## **Differentiation by Disorders**

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## Popular Jing-Well Point, for Bloodletting:

- LU11 Esophagus pain, throat pain (pain of Larynx), tonsillitis, cough, etc: ailments of the trachea
- PC9 Chest pain, cardiac pain, neck pain
- HT9 Palpitation, shortness of breath, tightness and pain in the chest
- SI1
- TW1 Asthma, hives, allergic reactions
- LI1 Revitalization of blood vessels in the whole body except those of heart and bones, common cold symptoms
- SP1 Ailments related to intestines and spleen
- LR1 Liver pain, enlargement of liver, nausea
- KD (Opposite side of the BL67, medial aspect of the 5th toe)  
Ailments related to the urinary system
- BL67 Urinary system, common cold
- GB44 Problems related to genitals (menstrual pain, bleeding in the uterus)
- ST45 Works to promote movement of stomach, for stomach sickness, problems with esophagus and mouth

**\*Points that can be effective when used alone: HT9, TW1, LI1, BL67, GB44**

**\*Other points are more commonly used in combinations**

# Points for bloodletting according to symptoms:

## 1. Head and Neck

### A. Headache (excluding those from tumor and inflammation)

- 1) Frontal HA: BL67 & GB44, or LI1 & ST45 all bilaterally
  - 2) Occipital HA: BL67 & GB44 bilaterally
  - 3) HA on the flanks:
    - a) LI, BL, & GB of the affected side
    - b) TW & BL of the affected side
    - c) BL & GB bilaterally
  - 4) Temporal HA:
    - a) TW bilateral
    - b) TW & GB bilateral
  - 5) Tired eyes:
    - a) LI & BL bilaterally
    - b) ST, BL, & GB bilaterally
- Common Cold:**
  - a) LI bilaterally
  - b) BL bilaterally
  - c) ST, BL, & GB all bilaterally
- Hypertension:** LI, GB, & BL all bilaterally
- Toothache:**
  - a) LI, SI, & ST of the affected side
  - b) Left Sp, St, & BL
- 6) **Migraine Headache:**
    - a) TW & GB bilaterally
    - b) LI, BL, & GB of the affected side
    - c) LI, SI, & TW of the affected side.
    - d) LI, SI, TW of the affected side
    - e) SI, GB, and GV20 on the affected side.

### B. Heavy feeling in the head

- 1) From Wind-Cold:
  - a) LI
  - b) BL
  - c) LI & BL (all bilaterally)
- 2) From hypertension: LI, BL, & GB (all bilaterally)
- 3) From hypotension:
  - a) TW
  - b) GB
  - c) TW & GB (all bilaterally)

### C. Numbness in the head

For numbness in the right sphere: a) Right LI, BL, & ST      b) GV20

### D. Neck Pain

- 1) Pain in the lateral aspect of the neck:
  - a) The affected side: LI, BL, & GB
  - b) Bilaterally: LI & ST
  - c) GV20
- 2) Pain around the posterior hairline: GV20
- 3) Pain in the anterior aspect of the neck: LI & ST bilaterally;
- 4) Pain in the posterior aspect of the neck:
  - a) BL & GB bilaterally
  - b) BL, GB bilaterally, & GV20

### E. Pain around the vertebra: GV20

### F. Pain in the lateral sides of the vertebra

- a) TW5
- b) GB
- c) TW & GB
- all bilaterally

### G. Whiplash

- a) BL & GB bilaterally
- b) BL, GB, LI, & TW bilaterally
- c) Add GV20 to b)

## 2. For Various Symptoms of Common Cold

(All points indicated below are used bilaterally except F and H)

### A. Fever, headache, chill, backache, joint pain

- a) LI    b) BL    c) LI & BL

### B. Discomfort of the throat, hoarse voice

- a) LU11, LI    b) LI, ST

### C. Coughing due to tracheitis

- a) LU, LI    b) LU, LI, & ST    c) LU, LI, & PC9

### D. Pain and inflammation of the sublingual gland

- (The salivary gland below the tongue)    LI, & ST

### E. Nasal symptoms

1) Runny nose and phlegm obstructing the nose due to Wind Cold

- a) LI    b) BL

2) Nasal problems due to allergic reactions

- a) TW    b) GB    c) TW & GB

### F. Esophagus pain

- a) LU and LI of the affected side    b) LI of the affected side    c) LI and ST of the affected side

### G. Throat pain (pain in the Larynx)

- a) LI & ST    b) LU, SI, & ST

### H. The lymph node gland below the lower jaw on the right side

- LI, SI, & ST all on the Right side

## 3. Problems with Esophagus and Tonsils Area

### A. Tonsillitis, pain in the tonsils

- a) LU, LI of the affected side  
b) LU, LI, & ST of the affected side  
c) LU, ST of the affected side

### B. Pain in the Larynx:

- a) Pain in the trachea, bronchial tube: LU, LI  
b) Pain in the esophagus: LI, ST

### C. Pain associated with swallowing, dysphagia: a) LI, ST    b) LI, ST, & KD

### D. Hoarse voice: a) LU, LI    b) LU, ST    c) LI, ST, & KD

### G. Coughing

1) From OPI invasion, Common Cold: a) LU, LI    b) LI, BL

2) From bronchial Asthma: a) TW    b) TW, GB    c) Area around GV14, TW, & GB

### E. Acute swelling of vocal cords: a) TW    b) TW, & GB

### F. Pain in the Adam's Apple: KD

3) From Cardiac insufficiency (heart failure):

- a) Left HT    b) HT    c) TW (if it is from' weakened cardiac muscle)

4) Bronchitis that resembles Asthma: TW, GB

5) Enlargement of the bronchus:

Area around GV14, Needle bilaterally for LU, LI

6) Cough with bloody sputum: LU, LI

## 4. Face and Cheek area

### A. Pain in the cheek: LI, ST of the affected side

### B. Acute tension of facial muscles associated with locked jaw: LI, SI, & ST of the affected side

### C. Trigeminal neuralgia: a) TW, GB    b) LI, BL, & ST

**D. Flushed face:** TW, GB

## 5. Flushed Face

### A. Rhinitis (stuffy nose, excessive phlegm)

- 1) From over-excitation of sympathetic nerves (due to common cold): a) LI b) LI, BL  
2) From allergic reactions: a) TW b) TW, GB

### B. Nose bleed

- 1) From over-excitation of sympathetic nerves or over-excitation: a) LI b) BL c) LI, BL  
2) From hypertension: a) LI, BL, GB b) LI, KI, BL

### C. Ozena

- a) TW, GB b) LI, BL, & ST c) a + b + GV20

## 6. For Ear Problems

### A. Tinnitus, bradyacusia (difficulty of hearing)

- 1) Due to hypertension: a) LI, BL, & GB b) LI, BL, & KD  
2) Due to hypotension: a) TW, GB  
3) Due to common cold: a) TW, GB  
b) LU, LI  
c) The affected side of LI, BL, & GB  
d) TW, GB  
e) HT

### B. Otorrhea (discharge from ear): TW, GB

- C. Painful ear:** a) the affected side of SI, TW, & GB b) a + GV20  
c) If caused by common cold, needle the affected side of LI, BL, & GB

## 7. For Eye Problems

### A. Painful eye

- 1) General pain: a) the affected side of LR, BL, & ST  
b) LR, BL, & GB  
2) From allergic reactions: a) TW b) TW, GB  
3) Due to asthenopia (fatigue of eye): a) LI, BL, & GB  
b) LR, BL, & c) TW, GB (if caused by tension)  
4) Pain in the back of the eyeballs: the affected side of BL

### B. Blurred vision: LR, BL, & GB

### C. Tired and dry eyes: TW, GB

### D. Excessive mucus discharge from the eye: the affected side of BL, GB

### E. Blepharitis (inflammation of eyelid): a) the affected side of LR, BL, & GB b) SP, LR c) ST, BL

### F. Herpes in the eye: TW, GB

### G. Epidemic conjunctivitis: LR, ST, & BL

### H. Pain due to glaucoma: LR, ST, & BL

### I. Pain of the eyeball: a) LI, LR b) LR, ST, & BL

### J. Asthenopia (fatigue of the eyes, eye strain): a) LI, BL, & GB b) TW, GB

## 8. Dizziness and Vertigo

### A. From hypertension: LI, BL, & GB

### B. From hypotension: TW, GB

### C. General: a) LR, GB b) LR, GB, & GV20



## 9. Problems with Labium (lips) and Oral Cavity

- A. Inflammation of labia (or labium):** a) the affected side of LI b) LI, ST  
**B. Inflammation of the corner of labium:** a) the affected side of LI, ST b) Right SP, ST, & BL  
**C. Herpes of labium:** the affected side of TW & GB  
**D. Swollen lips:** a) LI b) LI, ST  
**E. Pain in the back of the lower labia:** LI, BL, & ST  
**F. Dryness in the oral cavity (stickiness):** Left SP, ST, & BL  
**G. For stomatitis (inflammation of the oral mucosa), and gingivitis:** The affected side of LI, BL, & ST  
**H. Eruptions inside the mouth:** LI, ST  
**I. Stomatitis, wound on the tongue or the lips:** a) LI, ST b) BL, ST  
**J. Pain in the gum:** a) the affected side of SI, LI, & ST b) TW, GB  
**K. Abnormal secretion of saliva**  
1) Excessive viscosity in saliva: SP, ST, & BL  
2) Saliva too watery (serum-like): TW, GB  
3) Dry mouth: Right SP, ST, & BL  
**L. Swelling in the right side of the soft palate:** Right LI, SP, BL, & ST  
**M. Toothache (excluding the front teeth):** a) the affected side of LI, BL, & ST b) SP, ST, & BL  
**N. Toothache of the front teeth:** LI, ST, & GV20

## 10. Internal Disorders

### [1] Disease caused by the Disorder of Autonomic Nerves

- A. Autonomic ataxia**  
1) The sympathetic nerve disorder: a) LI b) LI, BL  
2) The parasympathetic nerve disorder: a) TW b) TW, GB  
**B. Psychosomatic disorder**  
1) Heart: HT  
2) Stomach ulcer: TW, GB  
3) Bladder related disorder: TW, GB  
4) Hypertension: LI, BL, & GB  
**C. Depression:** TW, GB

### [2] Allergic Disorder

- A. Hives:** a) TW, GB b) TW c) GB  
**B. Skin eruption due to reaction against drugs and/or cosmetics:** TW, GB  
**C. Allergic enteritis:** TW, GB

### [3] Diseases of the circulatory system

- A. The heart related disorders**  
1) Palpitation: a) HT b) HT, LI  
2) The decline in the cardiac muscles' ability to contract: TW, GB  
3) Palpitation associated with pain in the chest: HT  
4) Chest pain caused by the abnormality in the vein (including vena cava): TW, GB  
5) Shortness of breath: a) HT b) TW, GB  
6) Angina pectoris (or stenocardia-heart attack): HT  
7) Shock: TW, GB  
8) Arrhythmia (irregular pulse):

- a) Due to the sympathetic nerve disorder: HT
- b) Due to the parasympathetic nerve disorder: TW, GB
- c) Irregular pulse in general: HT

**B. Blood Pressure Abnormalities**

- 1) Hypertension due to constitutional tendency:
  - a) LI, BL, & GB
  - b) LI, left LR (left only LR), ST, & BL
  - c) Right LR (right only LR), ST, & BL
- 2) Hypotension due to constitutional tendency: TW, GB
- 3) Hypertension due to Kidney disorders: LI, KI, & BL
- 4) Hypertension due to Heart disorders: LI, FIT, & BL
- 5) Decrease in blood pressure during the acupuncture treatment due to over-dosage: GB, TW

**11. Diseases of the Digestive System**

**[1] Gastroenteritis**

**A. The esophagus pain:** Left SP, ST, & BL

**B. Swallowing pain:** Left SP, ST, & BL

**C. Stomach ailments:**

- 1) Due to the sympathetic nerve system disorder: SP, ST, & BL
- 2) Due to the parasympathetic nerve system disorder: TW, GB
- 3) Acute and chronic gastritis: SI, ST, & BL

**D. Gastropotosis (prolapsed of stomach) associated with gastric atony:**

- a) SP, ST, & BL
- b) Left SP, ST, & BL

**E. Food poisoning**

TW and GB, or you can promote vomiting and diarrhea by bloodletting on left SP, ST, & BL.

**F. Gastritis associated with asthenopia (fatigue of the eyes)**

- a) Left SP, ST, & BL
- b) LI

**G. Abnormal sensation in the upper abdomen:**

- 1) Stomach disorders: see the prescriptions above
- 2) Liver ailments: Right LR, ST, BL
- 3) Pain in the upper abdomen: TW, GB

**H. Diseases of the intestines:**

- 1) Acute appendicitis or the squeal following the appendicitis:
  - a) Right SP, ST, & BL
  - b) SP, LR, & ST
- 2) Distension of the stomach: Left SP, ST, & BL
- 3) Duodenal ulcer (ulcer of the duodenum): TW, GB
- 4) Cancer of the duodenum: SP, ST, & BL
- 5) Chronic diarrhea: TW, GB
- 6) A spasm of the stomach or the intestines: TW, GB

**I. Constipation:**

- 1) Due to the tension (stress): TW, GB
- 2) Due to the lack of intestinal movement:
  - a) Left SP, ST, & BL
  - b) SP, ST, & BL
  - c) LI, ST

**J. Hemorrhoids:** a) GV20 b) GV20, Left SP, ST, BL, and Right LR, ST, BL

**K. Nausea and vomiting**

- :1) Due to food poisoning:
  - a) Use TW & GB to stop the acute symptom
  - b) Use Left SP, ST, BL, & LR to promote more vomiting to quicken the healing.
- 2) Due to hangover
  - a) Left SP, ST, BL, & Right LR, ST, BL
  - b) Left ST & Right LR
- 3) Due to the ingestion of a cold medicine: Left SP, ST, & BL

- 4) Due to a liver disease: Left LR, ST, & BL
- 5) Due to hypotension and/or cerebral anemia: TW, GB
- 6) If associated with asthenopia (fatigued eyes): TW & GB, or Left SP, ST, & BL
- 7) Due to the sympathetic nerve disorder: Left SP, ST, & BL
- 8) TW, GB

## [2] Liver and Gallbladder Diseases

- A. Hepatitis:** a) Right LR, ST, & BL b) Right LR, ST, BL, and Left SP, ST, BL
- B. Cholelithiasis (Gallstones), and Cholecystitis:**
- a) Right LR, ST, BL and Left SP, ST, BL
  - b) Right LR, ST, BL, GB, and Left BL
  - c) TW, GB (for reducing pain)
- C. Jaundice:** a) Right LR, ST, BL and Left BL b) Right SP, LR, BL and Left BL

## [3] The Urinary System Diseases

- A. Acute and Chronic Cystitis:** KD, BL
- B. Psychosomatically initiated Bladder disorders:** TW, GB
- C. Prostatomegaly, Inability of urinate, incontinence, blood in urine, a wandering kidney, pyelitis, chronic involuntary erection of penis:** KD, GB
- D. Enuresis (nocturnal):** TW, GB
- E. Promotion of sexual desire (or stamina):** Left SP, ST, BL and Right LR, ST, BL

## 12. Pediatrics Bloodletting

- CAUTIONS:** \*Needle no more than two Jing-Well Points at a time.  
 \*LI on the both sides (for the sympathetic nerve disorder) and TW on the both sides (for the parasympathetic nerve disorder) are most widely used.  
 \*Puncture shallowly, and squeeze sufficient amount of blood. Stop after ten drops. Five to six drops would be enough.  
 Older children can tolerate 10 to 20 drops from a point.

- A. Common Cold symptoms:** LI
- B. Allergic symptoms:** TW
- C. Migraine HA:** The affected side of LI, BL, & GB
- D. Inflammation of the upper lip, and inflammation of the gum of the front teeth (due to common cold):** LI

- E. Toothache: a) the affected side of LI, SI, & ST b) Left SP, ST
- F. (Often epidemic) Parotitis (inflammation of the parotid gland--salivary glands right below the ears)  
a) LI b) LI, ST, & ST
- G. Chicken Pox: a) TW b) GB
- H. German Measles: a) TW b) GB
- I. Asthmatic bronchitis: TW
- J. Bronchial asthma: TW
- K. Spasm of the stomach and/or intestines, vomiting: TW
- L. Chronic diarrhea: TW
- M. Chronic constipation: a) TW (for the parasympathetic nerve related)  
b) SP, ST, & BL (for the sympathetic nerve related)
- N. Acme gastritis: Left SP, SI, & BL
- O. General pain of the flank (including subcostal area--may be Gallbladder related): TW
- P. Nosebleed due to common cold: LI
- Q. Chilblains. Frostbite, and enuresis: TW, GB

### 13. Gynecological Problems

- A. Menopausal and Post-menopausal Disorder: a) TW b) TW, GB
- B. Abnormal uterine bleeding: TW
- C. Miscarriage associated with premature contraction of the uterus: GB
- D. Abnormalities in menstruations: GB
- E. Change in the regularity of menstruation  
1) To delay: TW, GB  
2) To advance the date of: a) Right LR, ST, & BL b) SP, ST, & BL
- F. To promote labor: a) Right LR, ST, & BL b) SP, ST, & BL
- G. Prevention of miscarriage and/or premature delivery: TW, GB
- H. Leucorrhoea: TW, GB
- Promotion of Lactation: SP, LR, & ST

### 14. Disorder of the Skin: TW, GB

### 15. Others

- A. Hyperthyroidism: LI, ST, & BL
- B. Diabetes: a) SP, LR, LI, & BL b) SP, LR, KD, & BL c) LI, BL
- C. Fatigue – chronic or temporal: TW, GB