

Needling Technique Chishin (置鍼 Retaining Needle)



NEW ENGLAND SCHOOL OF ACUPUNCTURE
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T. KOEI KUWAHARA

Chishin (Retaining) Needles:



- *Gōshin #00 to #3 needles are typically used as retaining needles, but slightly thicker needles can be used if the condition warrants it.*

Purpose:



- Retaining needles are used for tonification and dispersion of nutritive ki (blood) during the local treatment as mainly use.
- Recently there are many people who use retaining needles during the root treatment, but in such cases, the practitioner needs to always pay close attention to the movements of the patient's ki.

Purpose: aversion to risk



- For those who cannot feel ki, they should determine any adjustments to the retention time by observing the pulse.
- If needles are retained for too long, ki will be lost rather than gathered. This can most easily happen on the hands or feet, and so it is not advisable to retain needles there.
- Sufficient Pre-massage inactivate defensive ki.

Tonification: -1



- For tonification, #0 to #2 *needles*
- *Points: Opened or revealed by pressing, or in other words, those points that are deficient in nutritive ki (blood).*
- *Soft metal needles for more weak people*

Tonification: -2



- *Insertion depth should be about 1mm so that the needle falls over to the side.*
- *Number of needles should be adjusted according to the pathological condition.*
- *Needles should be retained from ten to thirty minutes.*
- *Gentle tonification is used when there are acute symptoms, and more needles and longer retention times are used for chronic problems.*

Dispersion:



- If the patient is constitutionally a yang-type person or constitutionally tends to have blood stasis, needles are retained at indurations both on the abdomen and back.
- Various depths can be used, from 2mm to greater than 1cm.
- Thin *gōshin* needles are usually used, but thicker needles can also be used if needed.
- *The number of needles and the length of retention time are the same as for tonification, but should, of course, be adjusted according to the hardness and number of the indurations.*



- Stroking(pre-massage) and closing the point
- Inhaling & Exhaling
- Twisting the needle clockwise or counter clockwise
- Insertion and Removal Speed