

CAUTIONS & CONTRAINDICATIONS

Source: *A Manual of Acupuncture*

VESSELS

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
Axillary artery					1									
Brachial a/v									3					
Brachial artery					2									
Carotid a/v						17								
Carotid artery		17,18	9,10											
Cephalic vein	7													
Facial a/v			5											
Femoral artery				11,12										
Femoral vein				11,12								12		
Jugular vein		17,18												
Radial artery	8,9													
Subclavian a/v			12											
Ulnar artery					7									

NERVES

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
Brain														15,16
Femoral nerve				12										
Infraorbital n.			2											
Median nerve									7					
Spinal canal														3,4,5,6,7, 8,9,10,11,12, 13,14,15,16
Spinal cord											20			
Ulnar nerve					7	8								

NEEDLING & MOXA

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
Bleeding										19*				
Deep needling											3			
Mouth open when needling						19					2			
Movement when needling										5,6				
Moxa	3	19,20	1,2,8,9,10,17	7	3	18	1,2,3,5,6,7			21,23	1,22,33		9(pregnancy), 15,23	4,6,7,15,16, 17,25
Needling			17		2*					8			1*,8,17*, 9(water illness)	10,11,17,24
Perpendicular only										17				

*Asterisks indicate information from the classical texts.

ORGANS & TISSUES

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV	RN	DU
LV	Enlarged		20,21	15								13	14	
	Left lobe												14	
	Puncturing		Ⓜ19					22,Ⓜ21						
HT	Puncturing		Ⓛ19										14	
SP	Enlarged			15,16								13		
LU	Puncturing	22,23,24, 25,26,27		11,12,13,14, 15,16,18		1	13							
	Pneumo-throax	1,2	16		17,18,19, 20,21		12,14,15	11,12,13,14, 15,16,17,18, 19,20,21, 41,42,43,44, 45,46,47,48, 49,50	1	15	21,22,23,24	14		
KD	Puncturing						22,23, 51,52							
UB	Full UB		28,29,30					11,12,13					2,3,4	
Eyeball			2											
Peritoneal cavity		11,12,13, 14,15,16	20,21,22,23, 24,25,26,27, 28,29,30	13,14,15,16				14,15,16,17, 18,19,20, Ⓛ21			25,26		5,6,7,9, 10,11,12,13	
Spermatic cord			30											
Fibula											39			
Pregnancy		4	12	6			60				21		1,5,10	

EARTH CIRCUIT		2	Brachial artery (some classic, Contra for needle)
LU MERIDIAN		3	Moxa
1	Pneumothorax	7	Ulnar artery, ulnar nerve
2	Pneumothorax	SI MERIDIAN	
3	Moxa will counterflow Qi	8	Ulnar nerve
7	Cephalic vein	12	Pneumothorax
8	Radial artery	13	Puncturing LU
9	Radial artery	14	Pneumothorax
LI MERIDIAN		15	Pneumothorax
4	Pregnancy	17	Carotid vessels
16	Pneumothorax	18	Moxa
17	Carotid artery or jugular vein	19	Mouth open when needling
18	Carotid artery or jugular vein	UB MERIDIAN	
19	Moxa	1	Moxa
20	Moxa	2	Moxa
ST MERIDIAN		3	Moxa
1	Moxa	5	Moxa
2	Moxa, eyeball, Infraorbital nerve	6	Moxa
5	Facial artery and vein	7	Moxa
8	Moxa	11	Pneumothorax
9	Moxa, carotid artery	12	Pneumothorax
10	Moxa, carotid artery	13	Pneumothorax
11	Puncturing LU	14	Pneumothorax
12	Puncturing LU, pregnancy, subclavian vessels	15	Pneumothorax
13	Puncturing LU	16	Pneumothorax
14	Puncturing LU	17	Pneumothorax
15	Puncturing LU	18	Pneumothorax
16	Puncturing LU	19	Pneumothorax
17	Both needling and moxa (reference point)	20	Pneumothorax
18	Puncturing LU	21	Pneumothorax
19	HT on left, LV on right	22	Puncturing KD
20	Peritoneal cavity, enlarged LV	23	Puncturing KD
21	Peritoneal cavity, enlarged LV	41	Pneumothroax
22	Peritoneal cavity	42	Pneumothroax
23	Peritoneal cavity	43	Pneumothroax
24	Peritoneal cavity	44	Pneumothroax
25	Peritoneal cavity	45	Pneumothroax
26	Peritoneal cavity	46	Pneumothroax
27	Peritoneal cavity	47	Pneumothroax
28	Peritoneal cavity, full UB	48	Pneumothroax
29	Peritoneal cavity, full UB	49	Pneumothroax
30	Peritoneal cavity, full UB, spermatic cord	50	Pneumothroax
42	Dorsalis pedis artery	51	Puncturing KD
SP MERIDIAN		52	Puncturing KD
6	Pregnancy	60	Pregnancy
7	Moxa	KD MERIDIAN	
11	Femoral artery	11	Full UB
12	Femoral artery (medial), femoral nerve (lateral)	12	Full UB
13	Peritoneal cavity	13	Full UB
14	Peritoneal cavity	14	Peritoneal cavity
15	Peritoneal cavity, enlarged SP or LV	15	Peritoneal cavity
16	Peritoneal cavity, enlarged SP	16	Peritoneal cavity
17	Pneumothorax	17	Peritoneal cavity
18	Pneumothorax	18	Peritoneal cavity
19	Pneumothorax	19	Peritoneal cavity
20	Pneumothorax	20	Peritoneal cavity
21	Pneumothorax	21	LV on right, Peritoneum on Left
HEAVEN CIRCUIT		22	Puncturing LU or LV
HT MERIDIAN		23	Puncturing LU
1	Axillary artery, Puncturing LU	24	Puncturing LU
		25	Puncturing LU
		26	Puncturing LU
		27	Puncturing LU

HUMAN CIRCUIT		REN & DU	
PC MERIDIAN		CONCEPTION VESSEL	
1	Pneumothorax	1	Pregnancy, Needling (classic text)
3	Brachial artery and vein	2	Full UB
7	Median nerve	3	Full UB
SJ MERIDIAN		4	Full UB
5	Movement may result in bent needle	5	Pregnancy, Peritoneal cavity
6	Movement may result in bent needle	6	Peritoneal cavity
8	Contra to needling	7	Peritoneal cavity
15	Pneumothorax	8	Needling, (massage or indirect moxa)
17	May affect opening/closing mouth	9	Water illness (No needle), Pregnancy (no moxa), Peritoneal cavity
19	Bleeding (classic text)	10	Peritoneal cavity, pregnancy
21	Pus discharge from ear (no moxa)	11	Peritoneal cavity
23	Moxa	12	Peritoneal cavity
GB MERIDIAN		13	Peritoneal cavity
1	Moxa	14	Left lobe of LV, enlarged LV, Do not insert toward HT
2	Mouth open when needling	15	Moxa
3	Avoid deep needling	17	Needling (classic text)
20	Spinal cord	22	Needle with enough clinical experience
21	Pneumothorax, Pregnancy	23	Moxa
22	Pneumothorax, Moxa	GOVERNING VESSEL	
23	Pneumothorax	3	Spinal canal (1.25-1.75cun deep)
24	Pneumothorax	4	Spinal canal (1.25-1.75cun deep), Moxa (under 20 yr. old)
25	Peritoneal cavity	5	Spinal canal (1.25-1.75cun deep)
26	Peritoneal cavity	6	Spinal canal (1.25-1.75cun deep), Moxa
33	Moxa	7	Spinal canal (1.25-1.75cun deep), Moxa
39	Avoid hitting the fibula	8	Spinal canal (1.25-1.75cun deep)
LV MERIDIAN		9	Spinal canal (1.25-1.75cun deep)
12	Femoral vein	10	Spinal canal (1.25-1.75cun deep), Needling
13	Enlarged LV or SP	11	Spinal canal (1.25-1.75cun deep), Needling
14	Pneumothorax	12	Spinal canal (1.25-1.75cun deep)
		13	Spinal canal (1.25-1.75cun deep)
		14	Spinal canal (1.25-1.75cun deep)
		15	Spinal canal (1.25-1.75cun deep), Moxa, Brain
		16	Spinal canal (1.25-1.75cun deep), Moxa, Brain
		17	Needling and Moxa
		24	Needling
		25	Moxa

NEEDLING DIRECTIONS

