

10 Laws, commonly used in acupuncture treatment.

1. Local acupuncture points used in conjunction with major distal points.
e.g. Lumbar stiffness and ache.
BL-23, BL-24, BL-25 used with for example, BL-40, BL-60, or KID-3.
2. Use of a single important acupuncture point. One well known for a particular use.
e.g. HT-7, for some cases of insomnia.
3. Use of symmetrical acupuncture points, bilaterally.
e.g. GB-21, GB-34 on both sides of the body for shoulder tension, aches.
4. Acupuncture points used on each of the four limbs.
e.g. two points used bilaterally, ST-36, PC-6, to settle the gastro-intestinal system.
5. Use of a chain of acupuncture points on the same limb and meridian.
e.g. LI-4, LI-10, LI-11, LI-15, LI-16 to treat elbow, arm and shoulder problems.
6. Acupuncture points used at the same anatomical level.
e.g. KID-16, ST-25, SP-15, at the level of the navel for abdominal issues.
e.g. BL-40, ST-35 for knee trouble.
7. Encircling a region or site which has a particular problem. Or above and below a particular site.
e.g. Ah Shi points around a boil or skin lesion.
e.g. Above and below a scar.
8. Acupuncture points at opposite ends of a meridian.
e.g. DU-20, DU-2, DU-1, for hemorrhoids.
9. Using acupuncture points on meridians which have a paired Internal/External relationship. i.e. which belong to the same Element.
e.g. SP-4, ST-36, for absorption and gastro-intestinal issues - Earth Element
10. Choosing acupuncture points according to a well known formula. This is similar to law 2.
e.g. LU-9, BL-13, REN-21 for cough.