

# 针灸临证选穴要诀

Key to Acupoint Selection of Acupuncture and Moxibustion

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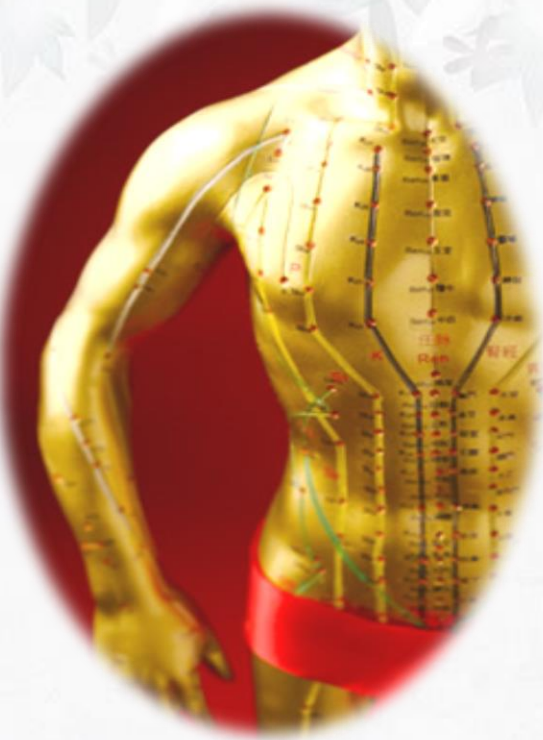


《席弘赋》有云：“凡欲行针须审穴”。

It is mentioned in the *Xi Hong Fu* that acupoint selection should be done before acupuncture.

腧穴是人体脏腑经络之气输注于体表的特殊部位，既是疾病的反应点，又是针灸治疗的刺激点。选穴是针灸处方的关键所在，是医者医术水平的集中体现，也是处方疗效的决定性因素，因此，穴位的选择与配合是否合理，直接关系到针灸的临床疗效。

The acupoints are special parts connecting the qi of viscera and meridians with body surface. They are not only the reaction points of the diseases, but also the stimulation points of acupuncture treatment. Acupoint selection is the key to acupuncture treatment. It reflects doctors' medical skills and determines the curative effect. Therefore, whether acupoint selection is reasonable or not is directly related to the clinical efficacy of acupuncture.



# 如何选穴？

How to select acupoints?

根据疾病的主要症状表现选取主穴

Select the main acupoints based on the main symptoms of the diseases.

根据疾病的证候特征选取配穴


Select matching acupoints based on the syndrome characteristics of the diseases.

根据患者病情的演变和其它伴随症状加减穴位

Add or subtract acupoints based on the changes of the patient's condition and other accompanying symptoms.

在选穴的整个过程中，根据古现代临床经验选取效验穴

Effective acupoints are selected based on the ancient and modern clinical experience.



## 选穴要诀 Key to acupoint selection

**主症选主穴，**

Main acupoints are selected for treating main symptoms.

**辨证选配穴，**

Matching acupoints are selected for syndrome differentiation.

**随症加减穴，**

Add or subtract acupoints as the symptoms change.

**善用效验穴。**

Be good at using effective acupoints.



## 主症选主穴

1. Main Acupoints Are Selected for Treating Main Symptoms

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## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

Meaning

含义

**主症选主穴**，即抓住疾病的主要症状和体征，针对性选取治疗这类主症的腧穴作为针灸处方中的主穴。

**Main acupoints are selected for treating main symptoms.** This means understanding the main symptoms and signs of the diseases and selecting some acupoints as main acupoints for treating such main symptoms.



## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

**主症**是指病证的主要症状与体征，反映了疾病的主要矛盾，与疾病的本质有着十分密切和直接的联系，能够表达病变的主要方面。抓主症的根本目的，就是**识别病证本质，进行针对性治疗，以求提高临床疗效。**

The main symptoms refer to the main symptoms and signs of the disease. They reflect the main contradiction of the disease, and have a very close and direct relationship with the nature of the disease. Besides, they can express the main aspects of pathological changes. The fundamental purpose of emphasizing the main symptoms is to identify the nature of the disease and carry out targeted treatment to improve clinical efficacy.

### 抓主症的意义

The Significance of Emphasizing the Main Symptoms





## 主症选主穴

Main Acupoints Are Selected for Treating Main Symptoms

主症是疾病基本病理变化的主要外在体现，每一种病证都有它特异性的主症，可以是一个症状，也可能由若干个症状组成，而这一个症状或几个症状就是**疾病的中心环节**。

The main symptoms are major external manifestation of the basic pathological changes of the disease. Each type of disease has its own specific main symptoms. It can be a symptom or a group of symptoms, which is the central link of the disease.

主症：胃痛

Main Symptom: Stomach Pain



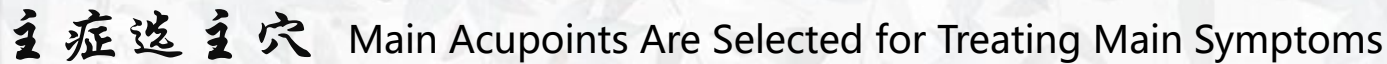
主症：入睡困难、早醒、醒后难以入睡

Main Symptom : Difficulty Falling Asleep; Early Awakening;

It is difficult to fall asleep after waking up.

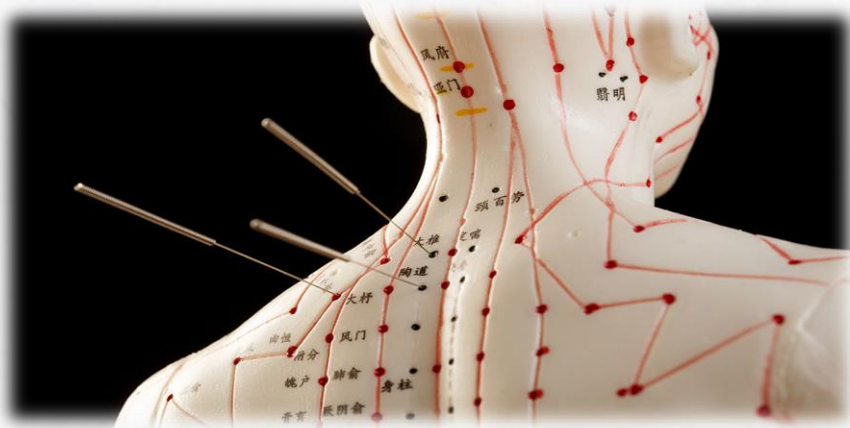






**主穴**是指针灸处方中起主要治疗作用的腧穴，与配穴共同构成针灸处方，主穴对于治疗疾病具有较强的靶向性，因此医者必须熟练掌握腧穴主治范围，以求迅速明确治疗主症的腧穴。

The main acupoints play a major role in acupuncture and moxibustion prescription. The prescription is composed of main acupoints and matching acupoints. The main acupoints are highly effective in treating the diseases. Therefore, medical practitioners must be proficient in the acupoint treatment in order to quickly identify the acupoints for treating the main symptoms.





## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

### 1. 古代典籍中的“主症选主穴” In Ancient books

《针灸资生经》卷四：“凡有喘与哮者，为按肺俞，无不酸痛，皆为缪刺肺俞，令灸而愈。”

It is mentioned in the fourth volume of *Experience on Acupuncture and Moxibustion Therapy* that those who suffer from **asthma** have pain while pressing on Fei Shu(UB-13). Asthma can be treated by practicing contralateral insertion and moxibustion on **Fei Shu(UB-13)**.





## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

《针灸大成》卷九：“大便泄泻不止，中脘、天枢、中极。”

It is written in the ninth volume of Great Compendium of Acupuncture and Moxibustion that diarrhea can be treated with acupuncture therapy in Zhong Wan (RN-12), Tian Shu(ST-25) and Zhong Ji(RN-3).

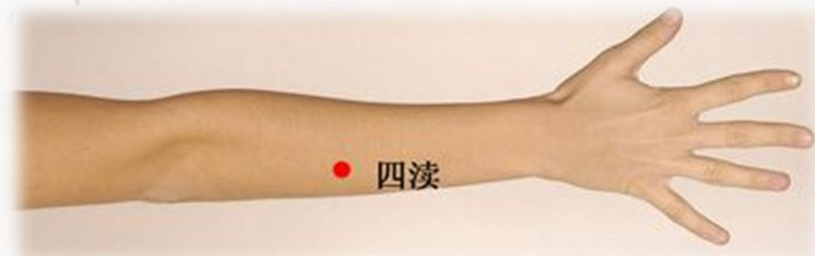
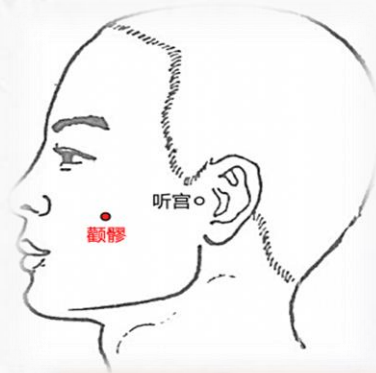
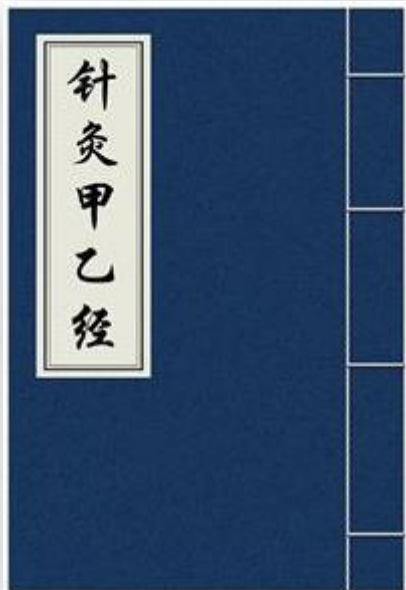




## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

《针灸甲乙经》：“**齿痛，颧髆及二间主之……齿痛，四渎主之。**”

It is mentioned in the A-B Classic of Acupuncture and Moxibustion that **Quan Liao**( SI-18 ), **Er Jian** ( LI-2) and **Si Du**(SJ-9) are main acupoints for **toothache**.

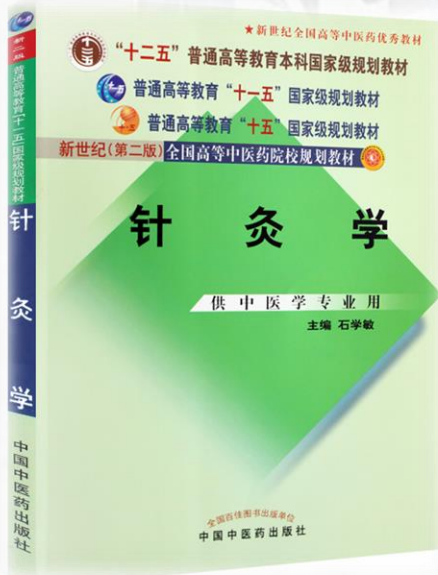






## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

### 2. 现代针灸学教材中的“主症选主穴” In modern Acupuncture and Moxibustion Textbooks



在现代针灸学教材中，对各病证的主穴也都有明确界定，如石学敏《针灸学》中治疗腰痛主穴选取阿是穴、大肠俞、委中，治疗便秘主穴选取大肠俞、天枢、归来、支沟、上巨虚等。

In the modern acupuncture and moxibustion textbooks, the main points for each disease are clearly defined. For instance, in *Science of Acupuncture and Moxibustion* whose chief editor is Shi Xuemin, the main acupoints for treating backache are Ashi points, Da Chang Shu (BL-25) and Wei Zhong (BL-40), and the main acupoints for treating constipation are Da Chang Shu (BL-25), Tian Shu (ST-25), Gui Lai (ST-29), Zhi Gou (SJ-6), Shang Ju Xu (ST-37) and so on.



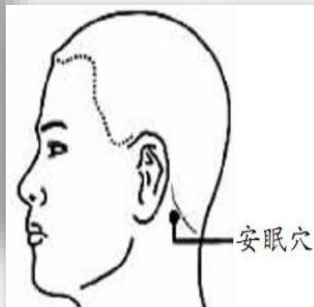


## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

### 3. 针灸临床中的“主症选主穴” In Acupuncture and Moxibustion Clinic

失眠患者往往以夜间入睡困难、睡时易醒或早醒、醒后难以入睡为主症，一般选取**百会、四神聪、神门、照海、申脉、安眠**为主穴以安神定志。【孔红兵，燕炼钢，汪瑛，等.针灸治疗失眠症52例临床观察[J].中医药临床杂志，2011，(12):1040-1041.】

Patients with **insomnia** often have some main symptoms, including difficulty falling asleep at night, waking up easily or early awakening during sleep, and difficulty falling asleep after waking up. Generally, we choose **Bai Hui(DU-20)**, **Si Shen Cong(EX-HN1)**, **Shen Men(HT-7)**, **Zhao Hai(KI-6)**, **Shen Mai(BL-62)**, and **An Mian (EX-13)** as the main acupoints for tranquilization.

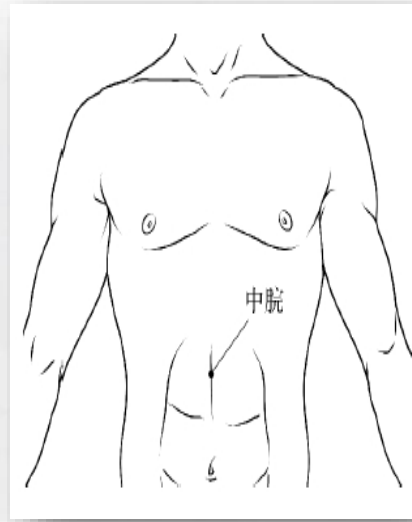
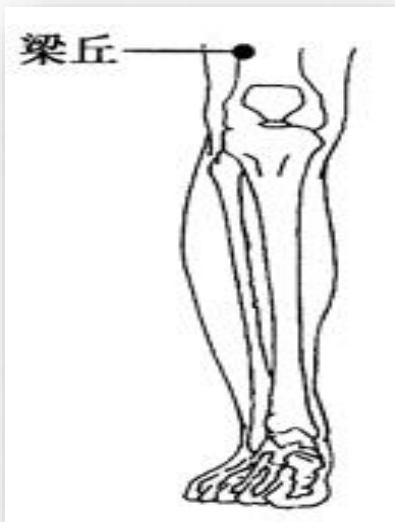




## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

胃痛患者选梁丘、足三里、中脘为主穴以和胃止痛。【王永翠. 针刺治疗胃痛急症30例临床观察[J]. 中西医结合心血管病电子杂志, 2014, (07):45.】

Choose **Liang Qiu(ST-34)**, **Zu San Li(ST-36)** and **Zhong Wan (RN-12)** as the main acupoints to relieve pain in the stomach for patients with **stomach pain**.





## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms

### 4. 名医名家“主症选主穴” Famous Doctors



国医大师 **贺普仁** 教授集多年临床实践，临床取穴有其独到经验和效果：

Professor **He Puren**, a master of Traditional Chinese Medicine, has his own style of acupoint selection with good effects, which is based on years of clinical experience.

头晕、头痛等头部病症——四神聪、合谷、太冲

Dizziness, headache—Si Shen Cong(EX-HN1), He Gu(LI4), Tai Chong(LV-3)

脑中风导致上肢瘫痪合并失语症患者——听宫、列缺

Upper limb paralysis and aphasia caused by stroke—Ting Gong(SI-19), Lie Que(LV-7)

原发性痫症——大椎、腰奇 Primary epilepsy—Da Zhui(DU-14), Yao Qi(EX-B9)

各种癫症——心俞、噫嘻 Various epilepsy—Xin Yu(BL-15), Yi Xi(BL-45)

各种癥瘕积聚症——曲池、照海 Various abdominal mass accumulation—Qu Chi(LI-11), Zhao Hai (KI-6)

腰腿痛症——环跳、中空 Pain in waist and lower extremities—Huan Tiao(GB-30), Zhong Kong

口腔溃疡、舌炎等口腔疾病——劳宫、照海 Oral ulcers, glossitis—Lao Gong(PC-8), Zhao Hai(KI-6)

高热——大椎、攒竹 Hyperpyrexia—Da Zhui(DU-14), Cuan Zhu(BL-2)



## 主症选主穴 Main Acupoints Are Selected for Treating Main Symptoms



闻名中外的针灸学大家 **程莘农** 教授，临床审症选穴，治疗每获良效。

Professor **Cheng Xinnong**, a famous acupuncturist at home and abroad, observes the symptoms, selects acupoints and gives treatment with good curative results.

(1) 头面部症状：窍闭不开取百会，迎风流泪、目闭不利取睛明，头目昏胀取攒竹，口苦取阳陵泉，口臭取大陵，小儿弄舌取手三里。

Head and face symptoms: Bai Hui( Du-20) for qiao obstruction; Jing Ming (BL-1) for epiphora induced by wind and difficulty in eye closure; Cuan Zhu(BL-2) for dizziness and dysopia ;Yang Ling Quan(GB-34) for bitter taste; Da Ling(PC-7) for halitosis; Shou San Li(LI-10) for frequent protrusion of tongue of infantile

(2) 四肢症状：上肢疼痛取合谷、外关，下肢疼痛取昆仑、悬钟，四肢拘挛取尺泽、曲泉、阳陵泉，上肢麻木取外关、后溪，下肢麻木取中渚、悬钟，手足震颤取手三里、足三里。

Symptoms of the extremities: He Gu(LI-4) and Wai Guan(SJ-5) for pain of arms; Kun Lun(BL-60) and Xuan Zhong(GB-39) for pain of legs; Chi Ze(LU-5), Qu Quan(LV-8) and Yang Ling Quan(GB-34) for spasm of extremities; Wai Guan(SJ-5) and Hou Xi(SI-3) for numbness of arms; Zhong Du(GB-32) and Xuan Zhong(GB-39) for numbness of legs; Shou San Li(LI-10) and Zu San Li(ST-36) for hand and foot tremor.

(3) 全身症状：皮肤瘙痒取曲池、血海，脾约便秘取大横，阳虚自汗取内关、足三里，阴虚盗汗取内关、复溜。 Systemic symptoms: Qu Chi(LI-11) and Xue Hai(SP-10) for skin itch; Da Heng(SP-15) for constipation; Nei Guan(PC-6) and Zu San Li(ST-36) for spontaneous perspiration due to yang insufficiency; Nei Guan(PC-6) and Fu Liu(KI-7) for night sweat due to yin deficiency.



## 辨证选配穴

2. Matching Acupoints Are Selected for Syndrome Differentiation

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## 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

Meaning

含义

**辨证选配穴**，即是在确定了主症之后，结合疾病的次要症状即兼症，分析疾病的证型，再根据证候类型及特点确定配穴，配穴用以增强主穴的治疗作用，或协助主穴治疗伴发症状。

**Matching acupoints are selected for syndrome differentiation.** This means after identifying the main symptoms, analyze the syndrome type of the disease by recognizing the secondary symptoms of the disease . Then determine the matching acupoints on the basis of the type and characteristics of the syndrome. Matching acupoints are used to enhance the curative effect of the main acupoints or treat accompanying symptoms .



## 辨证选配穴

## Matching Acupoints Are Selected for Syndrome Differentiation

辨证论治是中医基础理论的主要特色之一，是中医治疗疾病的灵魂，针灸选穴同样要遵循辨证的原则，其中尤以**经络、脏腑辨证**应用最广。

Syndrome differentiation and treatment is one of the main features of traditional Chinese medicine basic theory. It is the soul of treating diseases by traditional Chinese medicine. Acupoint selection should also follow the principles of syndrome differentiation. Among them, **meridian syndrome differentiation and zang and fu syndrome differentiation** are the most widely used.

分析病情  
Analysis Condition

病变属于何经、  
何脏腑  
Which channels and  
viscera does the  
lesion belong to?

辨别寒热虚实  
Identify cold, heat,  
deficiency and excess.

临床诊断  
Clinical Diagnosis

明确治法  
Identify Treatment  
Method



## 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

### 经络辨证

Meridian Syndrome  
Differentiation

经络辨证是针灸治疗疾病的颇具特色的辨证方法，尤其对头面、肢节、皮外科病等病位较明显、局限的疾患最为适宜。如：头痛

Meridian syndrome differentiation is a distinctive method of acupuncture treatment, especially for diseases with obvious and localized lesions such as head, limbs, joints and skin. For example: headache

### 脏腑辨证

Zang and Fu Syndrome  
Differentiation

脏腑辨证主要适合于以全身症状为主要表现的脏腑病和无明显局限病变部位的疑难病，在确定脏腑病位基础上辨别证候是关键。如：失眠

Zang and Fu syndrome differentiation is mainly suitable for visceral diseases with systemic symptoms as the main manifestation and some difficult diseases with no obvious localized lesions. It is the key to identify syndromes on the basis of the location of the visceral disease. For example: insomnia



# 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

## 1. 古代典籍中的“辨证选配穴” In ancient books

### 《针灸甲乙经·妇人杂病第十》

*A-B Classic of Acupuncture and Moxibustion • Women's Miscellaneous Diseases the Tenth*

“女子胞中痛，月水不以时休止，天枢主之……小腹胀满痛引阴中，月水至则腰脊痛，胞中瘕，子门有寒，引髀髀，水道主之。……妇人少腹坚痛，月水不通，带脉主之。”

Women have pain in uterus and period can not stop at the right time. For this condition, we do acupuncture on Tian Shu(ST-25). Women have abdominal distention and lower back pain during the period with lumps in uterus and cold vaginal. For this condition, we practice acupuncture on Shui Dao(ST-28). Women have severe pain on abdomen with absence of menses. We provide acupuncture therapy on the acupoints of Dai Channel.

### 《玉龙经》

*Yu Long Jing*

“眩晕呕吐者，针风府；头眩善呕烦满者取神庭、承光；头旋耳鸣取络却；头晕面赤不欲言，泻攒竹、三里、合谷、风池。”

Patients have dizziness and vomit. For this condition, we do acupuncture on Feng Fu(DU 16). Patients suffer from vertigo, vomit and irritability. For this condition, we provide acupuncture therapy on Shen Ting(Du-24) and Cheng Guang(BL-6). Luo Que(BL-8) is used for treating vertigo and tinnitus. For patients who don't want to talk with dizziness and blush, we choose Cuan Zhu(BL-2), Zu San Li(ST-36), He Gu(LI-4) and Feng Chi(GB-20) with reducing method.



## 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

### 2.现代针灸学教材中的“辨证选配穴” Modern textbooks of Acupuncture and Moxibustion

外邪犯胃加外关、公孙

Exopathogen Invading Stomach

Add Wai Guan(SJ-5) and Gong Sun(Sp-4)

痰饮内停加丰隆、阴陵泉

Retention of Phlegm and Fluid

Add Feng Long (ST-40) and Yin Ling Quan(SP-9)

杜元灏《针灸治疗学》中治疗呕吐，

主穴：中脘、胃俞、内关、足三里

Du Yuanhao's *Acupuncture and Moxibustion Therapy* : The main acupoints for treating vomiting are Zhong Wan(RN-12), Wei Shu(BL-21), Nei Guan(PC-6) and Zu San Li(ST-36)

饮食停滞加梁门、天枢

Diet Stagnation

Add Liang Men(ST-21) and Tian Shu(ST-25)

肝气犯胃加太冲、期门

Hyperactive Liver-Qi Attacking the Stomach

Add Tai Chong(LV-3) and Qi Men(LV-14)







## 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

### 3. 针灸临床中的“辨证选配穴” Acupuncture and Moxibustion Clinic



#### 哮喘 Asthma

主穴选取足三里、大椎、肺俞和脾俞，辨证加减：肺脾气虚加中脘、太渊；痰热壅肺，风哮、痰哮、瘀哮加鱼际、尺泽；脾肾阳虚加肾俞、太溪。

Main points: Zu San Li(ST-36), Da Zhui(DU-14), Fei Shu(BL-13), Pi Shu(BL-20)

Add or Subtract Acupoints Based on Syndrome Differentiation:

Qi deficiency of lung and spleen: add Zhong Wan (RN-12) and Tai Yuan(LU-9)

Accumulation of phlegm and heat in the lung, asthma due to stagnation of profuse of phlegm, wind asthma, stagnation asthma:add Yu Ji(LU-10), Chi Ze (LU-5)

Yang deficiency of spleen and kidney: add Shen Shu(BL-23), Tai Xi(KI-3)


【张天仁，陈以国. 针刺治疗咳嗽性哮喘随机平行对照研究[J]. 实用中医内科杂志，2015，(05):154-156.】



## 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

### 3. 针灸临床中的“辨证选配穴” Acupuncture and Moxibustion Clinic

#### 胃痛 Stomach Pain



主穴选取选取梁丘、足三里、中脘。配穴：受寒饮冷加灸神阙穴，肝郁气滞加期门、太冲，呕吐加内关，腹泻或便秘加天枢，脾胃虚寒加脾俞、胃俞、章门，胃阴不足加三阴交，疼痛剧烈经久不愈加公孙等。

Main acupoints: Liang Qiu(ST-34), Zu San Li(ST-36), Zhong Wan(RN-12)

Matching acupoints:

Stomach pain caused by cold drink: moxibustion on Shen Que(RN-8)

Stagnation of liver-qi: Qi Men(LV-14), Tai Chong(LV-3)  
Vomit: Nei Guan(PC-6)

Diarrhea/Constipation: Tian Shu(ST-25)

Deficiency-cold in spleen and stomach: Pi Shu(BL-20), Wei Shu(BL-21), Zhang Men(LV-13)

Deficiency of stomach yin: San Yin Jiao(SP-6)

Severe pain for a long time: Gong Sun(SP-4)

【王永翠. 针刺治疗胃痛急症30例临床观察[J]. 中西医结合心血管病电子杂志, 2014, (07):45.】



# 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

## 4. 名医名家“辨证选配穴” Famous Doctors

国家名老中医 **刘冠军** 教授认为：中风病病因复杂，变化迅速，治疗要辨证施治。

Professor **Liu Guanjun**, a famous state doctor of traditional Chinese medicine, believes stroke's etiology is complex and stroke patients' condition change quickly, so the treatment should be based on syndrome differentiation.

**病在脏腑** Lesions are at zang and fu

(1) **闭证**：急取人中、中冲、百会、太冲、涌泉，以“通关”；取合谷、劳宫、颊车、下关，以“开噤”；取天突、丰隆、中脘，以“豁痰”；**阳闭**：则取至阴、窍阴以泻两经壅盛之气，大敦平厥阴之风火，中冲清心凉血，委中降血，长强通督降脑中高热；**阴闭**：可取人中、百会以醒神，刺劳宫、涌泉清心开窍，使肾气上交于心，心肾相交，水火相济则升降有度，再刺长强、大椎降低脑压，使上壅之气血下降则阴闭可除。(2) **脱证**：治当以顾护真气为主，当急灸百会、关元、气海，再刺素髻、内关、人中。

**Excess Syndrome of stroke**: Shui Gou( DU-26 ), Zhong Chong(PC-9), Bai Hui(DU-20), Tai Chong(LV-3), Yong Quan(KI-1) to unblock (Tong Guan); He Gu(LI-4), Lao Gong(PC-8), Jia Che(ST-6), Xia Guan(ST-7) to open up (Kai Jin); Tian Tu(RN-22), Feng Long(ST-40), Zhong Wan (RN-12) to remove phlegm.

**Excessive-syndrome of coma accompanied by heat syndrome**: Zhi Yin(BL-67) and Qiao Yin to reduce the qi of the two corresponding channels; Da Dun(LV-1) to reduce wind-fire of Jueyin; Zhong Chong( PC-9 ) to remove heat from heart and cool blood; Wei Zhong(BL-40) to reduce blood; Chang Qiang(DU-1) to clear Du channel to reduce the heat in brain.

**Excessive-syndrome of coma accompanied with cold manifestations**: Shui Gou( DU-26 ) and Bai Hui(DU-20) to induce resuscitation; Lao Gong(PC-8) and Yong Quan(KI-1) to wake up the patient from unconsciousness by clearing away heart fire; Kidney qi integrates with heart with coordination between the heart and kidney; Chang Qiang(DU-1) and Da Zhui(DU-14) to reduce brain pressure, qi and blood.

**Prostration syndrome**: acupuncture on Bai Hui(DU-20), Guan Yuan(RN-4), Qi Hai(RN-6) first and then on Su Liao(DU-25), Nei Guan(PC-6) and Shui Gou( DU-26 ) to protect vitality qi.





# 辨证选配穴

## Matching Acupoints Are Selected for Syndrome Differentiation

### 4.名医名家“辨证选配穴” Famous Doctors



#### 病在经络 Lesions are at meridians

##### (1) 半身不遂 Hemiplegia

**上肢瘫**可选肩髃、曲池、外关、合谷；**下肢瘫**可选环跳、风市、阳陵泉、足三里、承山、昆仑。凡**肢体拘挛**者，可加尺泽、曲池(上肢挛)、委中(下肢挛)。日久，气血虚极，抵抗力降低，应加强壮穴，以便促进恢复，可选用脾俞、肾俞、大椎(上肢用)、腰阳关、命门(下肢用)以扶正治瘫。

**Upper extremities paralysis:** Jian Liao (SJ-14), Qu Chi (LI-11), Wai Guan (SJ-5), He Gu (LI-4)

**Lower extremities paralysis:** Huan Tiao (GB-30), Feng Shi (GB-31), Yang Ling Quan (GB-34), Zu San Li (ST-36), Cheng Shan (BL-57), Kun Lun (BL-60)

**Arm spasm:** Chi Ze (LU-5), Qu Chi (LI-11). **Leg spasm:** Wei Zhong (BL-40).

Over time, patients may have extreme qi and blood deficiency with weak physical resistance. We provide acupuncture therapy on the following acupoints to promote recovery. Arms: Pi Shu (BL-20), Shen Shu (BL-23), Da Zhui (DU-14). Legs: Yao Yang Guan (DU-3), Ming Men (DU-4)

(2) 失语：可选哑门或风府(开音)、通里(清心)、廉泉(活络)，三穴合用可以清心火，开机窍，利舌本。凡属实邪可加解溪，虚邪加太溪为宜。

**Aphasia:** Ya Men (DU-15) or Feng Fu (DU-16) to ease-up the voice; Tong Li (HT-5) to remove heat from heart; Lian Quan (RN-23) to activate collaterals. The three acupoints can be used together to clear the heart fire and open qiao, and it is good for the tongue. Pathogenic factor of excess type: Jie Xi (ST-41); Pathogenic factors taking advantage of lowered resistance: Tai Xi (KI-3)





## 辨证选配穴 Matching Acupoints Are Selected for Syndrome Differentiation

### 4. 名医名家“辨证选配穴” Famous Doctors



**承淡安治钱氏咳嗽一案** Cheng Danan's treatment for Qian's disease (cough)

钱氏病起于产后着寒，咳嗽经年不愈，咳痰稀白，咳甚于夜，终夜不得安枕。为针**肺俞、天突、足三里、中脘、丰隆、气海**。

Qian's disease is caused by postpartum cold. Cough is not healed for years. Phlegm is thin and white. Cough is more serious at night. The patient cannot sleep peacefully all night. **Fei Shu(BL-13), Tian Tu(RN-22), Zu San Li(ST-36), Zhong Wan(RN-12), Feng Long(ST-40), Qi Hai(RN-6)**

因病位在肺，故取主穴肺俞、天突；痰湿阻肺，配足三里、丰隆，化痰止咳；配气海以振奋元阳；配中脘以补脾肺之气。

The lesion is in lung, so the main acupoints are Fei Shu(BL-13) and Tian Tu(RN-22). Because of accumulation of phlegm-dampness in the lung, we choose Zu San Li(ST-36) and Feng Long(ST-40) as matching acupoints to prevent phlegm from forming and stop coughing. Select Qi Hai(RN-6) to nourish kidney-yang. Use Zhong Wan(RN-12) to nourish spleen and lung qi.





## 随症加减穴

3. Add or Subtract Acupoints as the Symptoms Change

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## 随症加减穴 Add or Subtract Acupoints as the Symptoms Change

Meaning

含义

**随症加减穴**，就是随着疾病的进一步发展或向愈，其症状会有所增加或减少，因此治疗时应该根据实际情况灵活的加减穴位，一方面配合主穴、配穴巩固治疗，并对证候群进行整体的调理，另一方面，还可以对兼症进行针对性治疗。

**Add or subtract acupoints as the symptoms change.** This means that with the further development of the disease or the recovery, the symptoms will increase or decrease. Therefore, acupoints should be flexibly added and subtracted according to the actual situation during the treatment. On the one hand, main acupoints and the matching acupoints should be used to consolidate the curative results as well as overallly regulate the syndrome groups. On the other hand, we can also carry out targeted treatment for accompanying symptoms.



## 随症加减穴 Add or Subtract Acupoints as the Symptoms Change

### 1. 古代典籍中的“随证加减穴” In ancient books

《针灸大成》：“腹内疼痛，内关、三里、中脘.....如不愈，复刺关元、水分、天枢。”

It is written in *Great Compendium of Acupuncture and Moxibustion Da Cheng* that Nei Guan(PC-6), Zu San Li(ST-36) and Zhong Wan(RN-12) are used for abdominal pain. If it is not working, add Guan Yuan(RN-4), Shui Fen(RN-9) and Tian Shu(ST-25).

《素问·刺腰痛》详细记述了腰痛具有不同兼症时的配穴方案：“腰痛上寒，不可顾，刺足阳明；上热，刺足太阴；中热而喘，刺足少阴。大便难，刺足少阴。少腹满，刺足厥阴。”

The matching acupoints for treating lower back pain's various accompanying symptoms are recorded in *Su Wen-Treating Backache with Acupuncture Therapy*.

Cold in upper parts of the body: acupoints of Foot Yang Ming Channel

Heat in upper parts of the body: acupoints of Foot Tai Yin Channel

Heat in middle parts of the body with dyspnea: acupoints of Foot Shao Yin Channel

Difficult defecation: acupoints of Foot Shao Yin Channel

Fullness of lower abdomen: acupoints of Foot Jue Yin Channel



## 随症加减穴 Add or Subtract Acupoints as the Symptoms Change

### 2. 针灸临床中的“随症加减穴” Acupuncture and Moxibustion Clinic

月经不调可加三阴交、中极、子宫、次髎等  
Irregular menstruation: San Yin Jiao(SP-6), Zhong Ji(RN-3), Zi Gong(EX-CA1), Ci Liao(BL-32)

伴有失眠可加安眠、百会、心俞、神门、三阴交等

Insomnia: An Mian (EX-13), Bai Hui(DU-20), Xin Shu(BL-15), Shen Men(HT-7), San Yin Jiao(SP-6)



伴有便秘可加大横、腹结、支沟等

Constipation: Da Heng(SP-15), Fu Jie(SP-14), Zhi Gou(SJ-6)



## 随症加减穴 Add or Subtract Acupoints as the Symptoms Change

### 2. 针灸临床中的“随症加减穴” Acupuncture and Moxibustion Clinic

气虚便秘的患者，以排便困难为主症，兼见面色淡白，因临厕经常努挣而伴有心悸症状。

Patients with Qi deficiency and constipation are mainly characterized by difficulty in defecation as the main symptom and pale complexion as the accompanying symptom. They also have palpitation due to difficulty in defecation.

#### 主穴

#### Main Acupoints

主穴多取天枢、大肠俞、  
上巨虚、支沟以通腑助便

Relax bowels: Tian Shu(ST-25), Da Chang Shu(BL-25), Shang Ju Xu(ST-37), Zhi Gou(SJ-6)

#### 配穴

#### Matching Acupoints

配穴取脾俞、气海健运脾气，  
加内关以调整心悸一症

Nourish spleen qi: Pi Shu(BL-20), Qi Hai(RN-6)  
Palpitation: Nei Guan(PC-6)

#### 加减穴

#### Add or Subtract Acupoints

当心悸症状随治疗逐渐减轻直致消失时，可不再针刺内关

When palpitation symptoms gradually decrease during the treatment, we do not need to perform acupuncture therapy in Nei Guan(PC-6).





## 随症加減穴 Add or Subtract Acupoints as the Symptoms Change

### 3. 名醫名家“隨症加減穴” Famous Doctors



一代名醫 **陸瘦燕** 病案舉隅 A case of famous doctor Lu Shouyan

李某，男，33歲 Mr. Li, Male, 33years old

**首診** 入寐艱難，已有半載，症狀忽作忽止，近月尤苦，頭暈耳鳴，口乾心煩，遺精腰酸，舌質紅而少苔，脈細數。此由腎水虧虛，心陽獨亢，為施壯水制火，交通心腎之法。處方：**心俞，腎俞，神門，三陰交**。手法：心俞米粒灸，三壯；腎俞、神門、三陰交提插補瀉，不留針。

The first diagnosis :difficult to fall asleep for half a year; the symptoms are intermittent, and especially severe in recent months; dizziness, tinnitus, dry mouth, irritability, spermatorrhea, backache, red tongue with little coating; pulse was thin and rapid. This was due to deficiency of kidney-yin and hyperactivity of heart-yang. The treatment was aimed to nourish kidney-yin and reduce heart-yang with good coordination between kidney and heart.

Prescription: **Xin Shu(BL-15), Shen Shu(BL-23),Shen Men(HT-7),San Yin Jiao(SP-6)**

Manipulation: Moxibustion on Xin Shu(BL-15) with rice grains, three moxa-cones; reinforcing and reducing by lifting and thrusting in Shen Shu(BL-23),Shen Men(HT-7) and San Yin Jiao(SP-6) without retaining the needle



## 随症加减穴 Add or Subtract Acupoints as the Symptoms Change

### 3. 名医名家“随症加减穴” Famous Doctors

**二诊** 夜寐稍安，然易惊醒，他症亦见改善，舌红脉细，仍予原治加减。处方：**厥阴俞**，肾俞，神门，三阴交，**内关**，**太溪**。

The second diagnosis: He slept better, but he was easy to wake up. Other symptoms were improved. His tongue was red with thin pulse. Added or subtracted acupoints as the symptoms change.

Prescription: **Jue Yin Shu(BL-14)**, Shen Shu(BL-23), Shen Men(HT-7), San Yin Jiao(SP-6), **Nei Guan(PC-6)**, **Tai Xi(KI-3)**

**三诊** 已能酣然入眠，面现华色，精神大振，头晕耳鸣已除，口干心烦亦失，术后未有遗精，但尚乏力、腰酸，舌红少苔，脉细，再以交通心肾之法治疗，佐以调补脾胃、益血养身，以图巩固。处方：**内关**，神门，三阴交，**脾俞**，**足三里**，**太溪**。

The third diagnosis: sleep sound, red facial colour, good vitality, no dizziness, no tinnitus, no dry mouth, no irritability, no spermatorrhea; he was weak with backache; red tongue red with little coating and thin pulse ; The treatment was aimed to balance the coordination between kidney and heart and nourish spleen, stomach and blood.

Prescription: Shen Men(HT-7), San Yin Jiao(SP-6), Nei Guan(PC-6), **Pi Shu(BL-20)**, **Zu San Li(ST-36)**, Tai Xi(KI-3)



## 随症加减穴 Add or Subtract Acupoints as the Symptoms Change

### 3. 名医名家“随症加减穴” Famous Doctors



**石学敏** 提出的“醒脑开窍法”治疗中风病，也涉及到“随症加减穴”，针对中风病治疗过程中出现的其他并发症，石老提出了一些随症加减的穴位，以辅助治疗。

Shi Xuemin's "Xing Nao Kai Qiao" therapy for treating stroke includes adding or subtracting acupoints as the symptoms change. In order to treat other complications of stroke, professor Shi put forward some acupoints.

**伴便秘：针外水道、外归来、丰隆**

Constipation: Wai Shui Dao(Extra), Wai Gui Lai(Extra), Feng Long(ST-40)

**伴呼衰：针刺双侧气舍**

Respiratory failure: bilateral Qi She(ST-11)

**伴尿失禁、尿潴留：针中极、曲骨、关元**

Urinary Incontinence and retention of urine: Zhong Ji(RN-3), Qu Gu(RN-2), Guan Yuan(RN-4)

**伴复视：针天柱、睛明、球后**

Diplopia: Tian Zhu(BL-10), Jing Ming(BL-1), Qiu Hou(EX-HN-7)



## 善用效驗穴

4. Be Good at Using Effective Acupoints

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## 善用效验穴 Be Good at Using Effective Acupoints

Meaning

含义

**善用效验穴**，是指在临证选穴时，针对某些特定病症，选取具有特殊治疗作用的腧穴，即效验穴。效验穴既可以作为主穴应用，也可以作为配穴应用，**它贯穿于整个选穴方案之中**，能够进一步提高临床疗效。

We need to be **good at using effective acupoints**. Acupoints with special therapeutic effects are selected for certain specific diseases. These acupoints are called effective acupoints. They can be used both as main acupoints and matching acupoints. **We use them during the entire acupoint selection program** and can further improve the clinical efficacy.



## 善用效验穴 Be Good at Using Effective Acupoints

效验穴最早雏形源于明代李梴《医学入门》中“治病要穴”一词，该书中针灸篇总结治病要穴一节，分部列举出临床对症经验要穴，各穴后均标注功能主治，对应疾病证候多与现在“经验效穴”相同。

The earliest form of the effective acupoints originated from the phrase “important acupoints for treatment” in Li Chan’s *Elementary Medicine* in the Ming Dynasty. In the acupuncture and moxibustion chapter of the book, Li Chan listed important acupoints with their major functions. The corresponding syndromes are mostly the same as the present “effective acupoints”.





# 善用效验穴 Be Good at Using Effective Acupoints

## 效验穴 Effective Acupoints

### 特定穴

Specific Acupoints

### 古代医家根据临床经验总结并 被沿用至今的效验穴

the effective acupoints that were summarized by ancient doctors based on their clinical experience and have been using to date

### 近现代医家根据临床经验总结 并被广泛应用的效验穴

the effective acupoints that were summarized by modern doctors based on their clinical experience and widely used



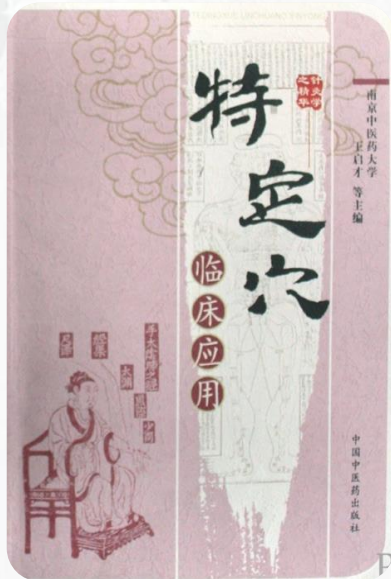


# 善用效验穴 Be Good at Using Effective Acupoints

## 1. 特定穴 Specific Acupoints

特定穴是指十四经中具有特定名称、特殊作用的腧穴，其不仅在数量上约占总穴数的57.3%，在针灸临床应用上也占有重要地位。**特定穴在临床主治方面具有相对特异性。**

The specific acupoints refer to the acupoints with specific names and special functions in the fourteen meridians. They not only account for 57.3% of the total acupoints, but also play an important role in acupuncture and moxibustion clinics. **Specific acupoints are relatively specific in clinical treatment.**







## 善用效验穴 Be Good at Using Effective Acupoints

《难经·六十八难》说：“井主心下满，荥主身热，输主体重节痛，经主喘咳寒热，合主逆气而泄。”

*Classic on Medical Problems·Sixty-eight Problems:* Jing acupoints (井jǐng) are used to treat fullness of the upper abdomen. Xing acupoints are selected to treat general fever. Shu acupoints are chosen to treat heaviness of body and arthralgia. Jing acupoints (经jīng) are used to treat asthma, cough, chills and fever. He acupoints are used to treat adverse rising qi and incontinence.



《灵枢·九针十二原》说：“五脏有疾也，当取之十二原。”

*Miraculous Pivot·Nine Needles and Twelve Yuan Acupoints:* Twelve yuan acupoints are used to treat diseases in five internal organs((heart, liver, spleen, lungs and kidneys).

《素问·咳论》说：“治府者治其合。”

*Su Wen·Ke Lun:* He acupoints are used to for treating the disease in fu organs.

郄穴多用于治疗本经循行部位及所属脏腑的急性病证。

Xi acupoints are used to treat the acute diseases of the meridians and viscera to which the xi acupoints belong.

背俞穴与募穴不但可以治疗与其相应的脏腑病证，也可以治疗与脏腑相关的五官九窍、皮肉筋骨等病证。

Bei Shu acupoints and Mu acupoints can not only treat their corresponding viscera's diseases, but also treat the diseases related to five sense organs, nine orifices, skin, flesh, muscles and bones.



## 善用效验穴 Be Good at Using Effective Acupoints

### 临床案例1：针刺井穴治疗偏头痛

#### Clinical Case 1: Treating Migraine with Jing Acupoints



方法：首先明确偏头痛的具体部位，确定相应的经脉，然后选取相应足经的“井穴”。医生右手持1寸毫针，将毫针针尖对准穴位，令患者咳嗽2-3声，同时右手将毫针快速刺入0.2-0.3寸，并快速捻转约10s。

Method: First, the specific part of the migraine and the corresponding meridians are identified. Then choose the corresponding Jing acupoints of foot channels. The doctor holds a 1 cun filiform needle with right hand and points the needle tip to the acupoints. Let the patient cough 2 to 3 times, and at the same time the doctor is inserting the needle for 0.2 to 0.3 cun quickly with fast twirling of the needle for about 10 seconds.

结果：共治疗 82 处偏头痛（位于同一经络上的偏头痛合称为1处），其中治疗后偏头痛立即消失者 49 处，显效者 11处，有效者 20 处，无效者 2 处，总有效率为 97.56 %。

Result: We treated eighty-two migraine parts ( migraine parts that are in the same meridian belong to one migraine part). Among them, forty-nine migraine parts were immediately cured. Eleven migraine parts were improved significantly. Twenty migraine parts were improved. Two migraine parts were invalid, and the total effective rate was 97.56%.

【王军, 赵吉平, 戴京璋. 针刺井穴治疗偏头痛即时疗效观察[J]. 北京中医药大学学报(中医临床版), 2010, (06):14-16. 】



## 善用效验穴 Be Good at Using Effective Acupoints

### 临床案例2：针刺治疗急性胃脘痛

#### Clinical Case 2: Treating Acute Epigastralgia with Acupuncture



选穴 Acupoint Selection:

主穴: 梁丘 (胃经之郄穴)

Main acupoint: Liang Qiu(ST-34)(Xi acupoint of stomach channel)

配穴: 足三里 (胃经之下合穴)

Matching acupoint: Zu San Li(ST-36)(lower He acupoint of stomach channel)

治疗结果: 共 32 例, 治愈 14 例, 显效 4 例, 好转 1 例, 全部有效。

Result: We had thirty-two cases. Fourteen cases were cured. Four cases were improved significantly. One case was improved. All cases were valid.

【侯捷. 针刺梁丘、足三里治疗急性胃脘痛32例[J]. 中国中医急症, 2009, (02):292-293. 】



## 善用效验穴 Be Good at Using Effective Acupoints

2. 古代医家根据临床经验总结并被沿用至今的效验穴 The effective acupoints that were summarized by ancient doctors based on their clinical experience and have been using to date

如《拦江赋》中无汗证选合谷、复溜，《随身备急方》记载艾灸至阴穴矫正胎位不正等。

For instance: In *Lan Jiang Fu*, He Gu(LI-4) and Fu Liu(KI-7) are selected to treat anhidrosis. In *Prescriptions for Emergencies (Sui Shen Bei Ji Fang)*, Zhi Yin(BL-67) is selected to treat malposition.





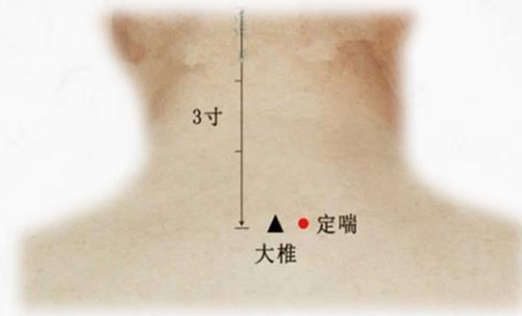
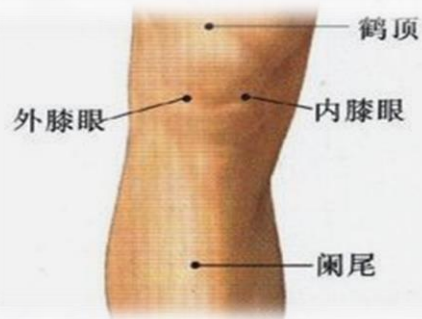


## 善用效验穴 Be Good at Using Effective Acupoints

### 3. 近现代医家根据临床经验总结并被广泛应用的效验穴 The effective acupoints that were summarized by modern doctors based on their clinical experience and widely used

一方面是某些腧穴于近现代被发现可用于治疗某些病症。另一方面是在近现代发现的并重新命名的具有特殊治疗作用的腧穴。如**阑尾穴**治疗阑尾炎，**定喘穴**治疗咳痰喘嗽。

On the one hand, some effective acupoints are found in modern times to treat certain diseases. On the other hand, other effective acupoint with special functions are found and renamed in modern times. For instance, **Lan Wei(Ex-LE7)** is chosen for treating appendicitis, and **Ding Chuan( EX-B1)** is selected to treat cough and asthma.

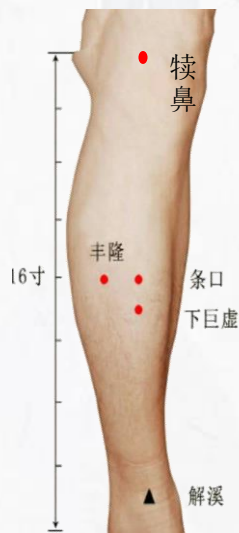




## 善用效验穴 Be Good at Using Effective Acupoints

### 临床案例1：条口透承山加电疗治疗肩周炎

Clinical Case 1: Penetrate **Tiao Kou** to **Cheng Shan** with electrotherapy to treat periarthritis of shoulder



方法:采用针刺患肩对侧的条口透承山，并加电疗。比较不同病因、分型、年龄、病程患者的疗效。

结果：100 例中，痊愈者 57 例，显效者 21 例，有效 15 例，无效者 7 例，总有效率为 93.0 % 。

Method: On the opposite side of affected shoulder, penetrated Tiao Kou (ST-38) to Cheng Shan (BL-57). After that, electrotherapy was added. Compared the efficacy of patients with different causes, classifications, ages and course of disease.

Result: Among one hundred patients, fifty-seven patients were cured and twenty-one patients had obvious improvement. Fifteen patients had improvement, and seven patients had no improvement. The total effective rate was 93.0%.

【彭月灵,冯德荣. 条口透承山加电疗治疗肩周炎100例的疗效分析[J]. 中国社区医师(医学专业半月刊),2009,(02):66-67. 】



## 善用效验穴 Be Good at Using Effective Acupoints

### 临床案例2：振阳针法治疗命门火衰型阳痿患者30例

Clinical Case 2: Treating 30 cases of impotence due to insufficiency of the kidney-yang with Zhen Yang acupuncture therapy

**振阳穴**定位：白环俞直下，会阳穴旁开1寸。

Location of **Zhen Yang**: Below Bai Huan Shu(BL-30)and one cun on the side of Hui Yang(BL-35)

操作方法：振阳穴选用3寸毫针，刺入2.5-3寸，进针后进行提插补法，使酸麻胀感（或伴有热感）向阴茎部传导，直达病所。辩证配穴肾俞、命门以得气为度，留针30min。治疗结果：总有效率为86.7%。

Method : Doctor used a 3 cun filiform needle, and punctured 2.5 to 3 cun in Zhen Yang with the manipulation of reinforcing and reducing by lifting and thrusting. Then the patient felt the sensation of aching, numbness, and distention (or accompanied by hotness sensation) to the penis. Shen Shu(BL-23) and Ming Men(Du-4) were matching acupoints. During the treatment, deqi was required.( Deqi means that the doctor feels needling sensation and the patient feels the sensation of aching, numbness, distention and so on during acupuncture treatment.) The needles were retained for 30minutes.Result: The total effective rate was 86.7%.



【段晓英,王富春,李铁. 振阳针法治疗命门火衰型阳痿临床观察[J]. 吉林中医药,2006,(11):58-59.】



## 善用效验穴 Be Good at Using Effective Acupoints

### 临床案例3：针刺落枕穴治疗落枕217例

Clinical Case 3: Treating 217 cases of stiff neck with acupuncture therapy in **Lao Zhen (EX-28)**

方法：患侧落枕穴常规消毒后，向掌心方向斜刺。得气后，采用强刺激快速捻转手法捻转速度在每分钟200次以上。同时，让患者轻轻转动颈项，幅度从小到大，活动3--4分钟。留针20分钟。每天治疗1次。

结果：治疗3次治愈者214例，占98.6%，4次以上治愈者3例，占1.4%基本治愈率为100%。

Method: After routine disinfection of Lao Zhen (EX-28) acupoint on affected side, doctor obliquely punctured to the palm in the acupoint. After deqi, doctor used a strong stimulation of rapid twirling the needle at a speed of more than 200 times per minute. At the same time, the patient gently turned his/her neck from small range to large range for 3 to 4 minutes. The needle was retained for 20 minutes. The patient was treated once a day. Result: After 3 times of the treatment, 214 cases were cured, accounting for 98.6%. After more than 4 times of the treatment, 3 more cases were cured, accounting for 1.4%. The basic cure rate was 100%.





# 软件开发

Software Development

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**针灸病例**

Acupuncture Cases

**选穴规律图谱**

Acupoint Selection Rule  
Pictures

**配伍规律图谱**

Matching Rule Pictures

**主要内容**  
Main Content

**评价系统**

Evaluation System

**针灸处方采集**

Acupuncture Prescription  
Collection

**名医经验采集**

Famous Doctors'  
Experience Collection



# 针灸病例 Acupuncture Cases

针医堂

王医生

病例详情

添加新病例 修改病例 附件上传 化验检测 中药处方 病例报告 病例验证 返回主页 确认病例 保存病例

患者症状信息 点击标题部分可编辑，该部分为患者的主诉、现病史、体格检查等信息

主症 失眠

兼症 不寐入睡

舌象 面黄

脉象 无

病史 发病时间 2017-11-20 15:47:28

用药史 用药史

治疗史 治疗史

诊治方案

在针灸病例中，新增一病例，将患者的主症、兼症及舌象、脉象等信息后，点击“诊治方案”

In acupuncture cases, click on the “diagnosis and treatment plan” button after the patient’s main symptoms, accompanying symptoms, tongue picture, pulse condition and other information were input.



# 针灸病例 Acupuncture Cases

- 诊断与治疗 点击标题部分可编辑，该部分为医生诊断、治疗方案、系统规则等信息

中医病名	失眠
西医病名	失眠
中医辨证	中医辨证
治法治则	治法治则
主穴 (推荐选穴)	经穴 经穴 效验穴 效验穴
配穴 (推荐选穴)	配穴
加减穴 (推荐选穴)	加减穴
拟定处方	拟定处方

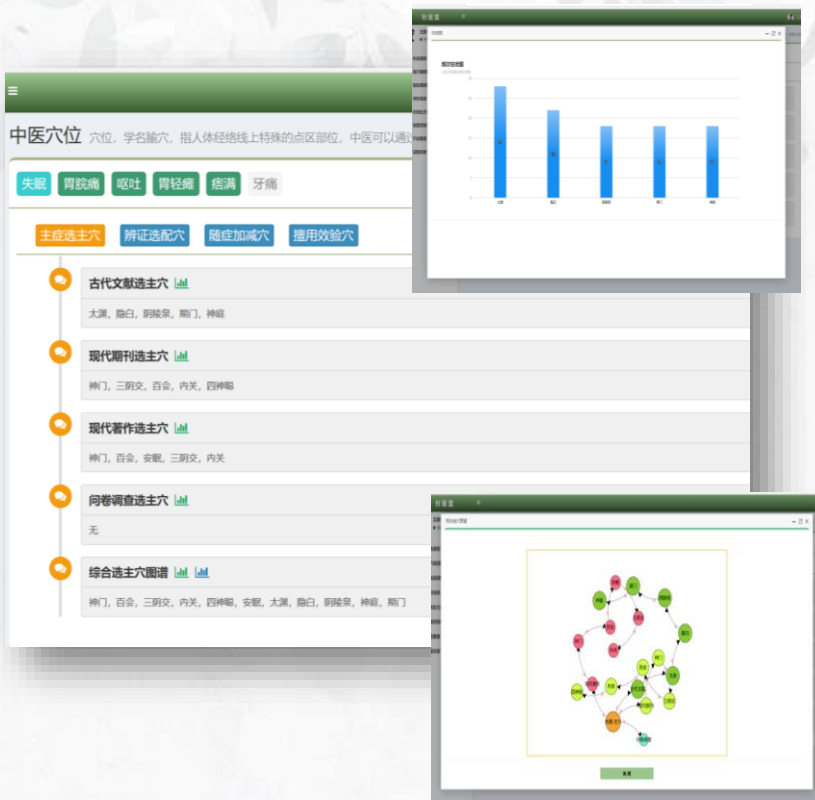
针对该病例自动生成：中医病名、西医病名、中医辨证、治法治则以及**推荐的主穴（经穴、效验穴）、配穴和加减穴**，医者在推荐的选穴中可以进行勾选，并结合个人经验，形成自己的处方。

The system generates the following information for this case automatically : disease name in TCM and Western medicine, TCM syndrome differentiation, treatment method, treatment rules, recommended main points (Jing acupoints, effective acupoints), matching acupoints, addition acupoints and subtraction acupoints. Doctor checks in the recommended acupoints on the basis of his/her personal experience to form his/her own prescription.



# 选穴规律图谱

## Acupoint Selection Rule Pictures



选择相应病症，系统会根据“**主症选主穴，辨证选配穴，随症加减穴，善用效验穴**”的临证选穴方法分别列出古代文献、现代期刊、现代著作、问卷调查中该病症的**高频选穴**，以及**综合选穴图谱**

After selecting the corresponding disease, the system will list high-frequency acupoints and comprehensive acupoint selection pictures in ancient documents, modern journals, modern works and questionnaires according to the rules of main acupoints are selected for treating main symptoms, matching acupoints are selected for syndrome differentiation, add or subtract acupoints as the symptoms change and be good at using effective acupoints.



# 配伍规律图谱 Matching Rule Pictures



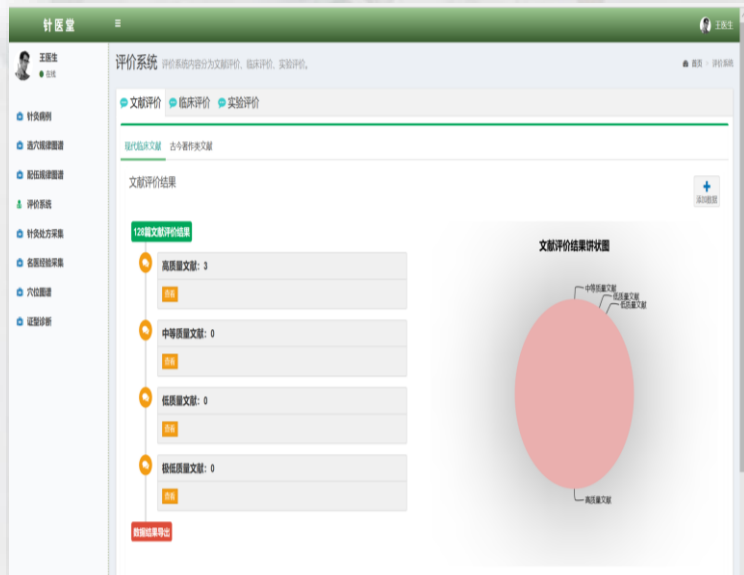
选择相应病症，系统会根据**按部配伍**、**按经配伍**、**特定穴配伍**等配伍方法分别显示配伍规律图谱

After selecting the corresponding disease, the system will display matching rule pictures on the basis of matching based on body parts, matching based on meridians and specific acupoint matching.





## 评价系统 Evaluation System



## 文献评价 Literature Evaluation

## 现代临床文献、古今著作类文献

## Modern Clinical Literature, Ancient and Modern Literature



## 临床评价 Clinical Evaluation

## 项目背景、方案设计、成果验收


## Project Background, Program Design, Result Check and Acceptance



## 实验评价 Experimental Evaluation

## 实验背景、实验方法、实验动物、实验结果

Experimental Background, Experimental Methods,  
Experimental Animals, Experimental Results



## 总结 Conclusion

“主症选主穴，辨证选配穴，随症加减穴，善用效验穴”这四句口诀不仅便于记忆，更能有效指导临床选穴，同时也体现了临床选穴时的一种思维模式：首抓主症，重视辨证，灵活加减，不忘经验。作为医者，当采取综合的辨证思维方法整体把握疾病，针对疾病的症状、体征、病因、病位、病机、病势等加以缜密的分析，同时结合古人及现代医学对疾病的认识，在以上理论指导下对病人进行全面的诊断，选取最适合的腧穴进行配伍，最大程度发挥穴位的治疗作用。

Main acupoints are selected for treating main symptoms. Matching acupoints are selected for syndrome differentiation. Add or subtract acupoints as the symptoms change. Be good at using effective acupoints. These four sentences are not only easy to remember, but also effectively guide the clinical acupoint selection. They also reflect a mode of thinking on clinical acupoint selection: putting the main symptoms first, emphasizing on syndrome differentiation, flexible addition and subtraction, and not forgetting the experience. Doctors need to adopt a comprehensive thinking of syndrome differentiation to understand diseases as a whole. Besides, careful analysis on the symptoms, signs, causes, lesion locations, pathogenesis and the development trend of the disease is required. At the same time, doctors need to learn the understanding of the diseases in ancient and modern medicine. Under the above theoretical guidance, doctors will provide comprehensive diagnoses to the patients with the most suitable acupoints to maximize the therapeutic effect of acupoints.

**谢谢**  
**Thank You**

