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Tung Points Application

Master Tung (Dong) acupuncture system has a very special place among countless schools and traditions in acupuncture society. Dating back to the Han Dynasty (206 BCE - 220 CE) it was one of the secret family medical traditions that was traditionally passed on from father to the eldest son up until the last descendant of the Tung family - Tung Ching Ch'ang (or Dong Jing Chang in Pinyin Romanization), born in 1916 in Shandong Province, Republic of China, made a decision to train students outside of the family to preserve and transmit the Tung acupuncture lineage to the future generations.

Tung's acupuncture is distinctly different from many other schools in its unique point locations, pairing of the particular points into groups and use of the Dao Ma needling techniques not found in TCM systems. Points are often arranged more by the anatomical zone concepts, with the most frequently used points located on the extremities and the head and majority of the trunk points used for bleeding rather than needle insertion.

Two of these points we commonly use for Gynecological and Reproductive conditions are **Huan Chao (11.06)** and **Fu Ke (11.24)**.

11.06 - Huan Chao (Return to Nest).

Located on the center of the ulnar side of the middle phalanx of the ring finger. The point is needled with perpendicular insertion, using 0.5 inch needle until the bone is touched. The corresponding reaction area belongs to the Liver and Kidney and the reproductive system in general. Anatomically, the point is situated on San Jiao channel, regulating San Jiao and Kidney through ShaoYang - ShaoYin connection. So often times, we use it to harmonize the Liver to disperse Lv Qi stagnation.

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Traditionally Huan Chao(11.06) is only needed on one side, frequently combined with Fu Ke (11.24) on the opposite hand for treatment of infertility, recurrent miscarriage, dysmenorrhea, ovarian cysts and many other gynecological problems.

11.24 Fu Ke (Gynecology point). This is a 2 point group evenly spaced on the dorsal proximal phalanx of the thumb on the Lung channel. This group is needed with perpendicular insertion starting with the dorsal surface of the thumb, advancing the needle along the ulnar edge of the phalangeal bone (so-called "shaving the bone" technique). This point group represents the Uterus and genital area and is used in all of the gynecological and reproductive issues.

This two point combination can be used for a broad range of female health issues. Using other points or point groups in addition usually helps to focus on more of a specific problem. Here's a couple examples:

For patterns of LV-SP disharmony and Damp-Heat in the LV/GB:

Fu Ke + Huan Chao + Mu Fu (66.02). 66.02- Mu Fu (**Wood Wife**) located on the dorsum of the foot, 0.3 cun lateral to the center of the middle phalange of the 2nd toe, proximal to ST45.

For patterns of Sp Qi Xu and HT Blood Xu (Gui Pi Tang presentation) and/or general Blood Deficiency in pregnancy:

Fu Ke + 88.01-Tong Guan (Penetrating Gate) Located 5 cun proximal to the upper margin of the patella on the anterior midline of the thigh, between ST and SP channels + **88.02 -Tong Shan (Penetrating Mountain)** located 2 cun proximal to Tong Guan + **88.03 -Tong Tian (Penetrating Heaven)** 2 cun proximal to Tong Shan. The last three points form a Dao Ma group known as "Zu San Tong" (Leg Three Penetrations) and should be done unilaterally only, choosing 2 out of any 3 points.

This group can be used to treat nausea and vomiting in pregnancy or habitual miscarriage.

For patterns of LV Qi Stagnation:

Huan Chao + Fu Ke + 22.04-Da Bai (Big White) located on the dorsum of the hand, on Large Intestine channel, overlapping LI3 + **22.05-Ling Gu (or Ling Ku)** located on the dorsum of the hand, on LI channel, at the junction of the 1st and 2nd metacarpal bones, proximal to LI-4.

Or **Huan Chao + Fu Ke + 77.05-Yi Zhong (First Weight)** located between GB and ST channels, 1 cun anterior to the fibula, level with GB39 + **77.06- Er Zhong (Second Weight)** located 2 cun proximal to Yi Zhong, 1 cun anterior

to the fibula +77.07-San Zhong (Third Weight) found 2 cun proximal to Er Zhong location. This group of points forms a Dao Ma known as "San Zhong San Zhen" (Three Weights Three Needles) and is commonly used to treat PMS Sx with breast distention, including fibrocystic breasts, menstrual headaches and migraines among other things.

Traditionally the needle manipulation is not applied, so no tonification or sedation techniques there, just going for the initial Da Qi sensation.

I utilize Master Tung's points and protocols on a daily basis in my practice and love the results for its relative ease of use, minimal amount of needles needed - usually around 6-7 needles per treatment, and very efficient protocols with fast, almost immediate results if geared towards a pain management.

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