

This is PDF contains a few excerpts from Andy Ellis' book *The Clinical Experience of Dr. Shi Neng-Yun*. It is a sampling of the experience and knowledge of a kind and gifted doctor of Chinese medicine.

Readers of classicformulas.com are entitled to a 10% discount; follow this [LINK](#) for more information and to read the interview with Andy.

Study 勤學

"In the study of medicine, technique follows ethics," Dr. Chen told me, "the doctor must treat each patient's disease as if he himself were the sufferer, and regard each patient's life as if it were his own."

One winter night an old woman came to Dr. Chen's door. "I have cold pain in my abdomen," she complained, "can you help me?" Dr. Chen invited the woman in and took her pulse. The woman was a picture of vacuity and her pulse was deep and faint. Dr. Chen quickly burned several large moxa cones on CV-4 and CV-6 and wrote a prescription of herbs. He prescribed Ren Shen, Fu Zi, Gan Jiang, and Gan Cao, and asked his wife to quickly cook them. After her treatment and herbs the woman felt better almost immediately. She tried to pay Dr. Chen but he would accept no payment, for he knew that the woman was poor.

For the next two days, Dr. Chen went to the woman's house each day and gave her herbs and acupuncture. On the third day, the woman's family came to Dr. Chen's house and reported that the woman was completely better. They were so thankful that they cried.

One summer, Dr. Chen had a patient with serious psychological problems. Several times a day she would convulse with fright, faint or begin laughing or crying or uttering nonsense. The rest of the time her behavior was normal. She had sought treatment for three years at various hospitals before she came to Dr. Chen. He treated her with herbs, acupuncture and qi gong. The type of qi gong he used requires the projection of the practitioner's qi outward to the patient. Dr. Chen would rise before sunrise to practice for several hours to build his qi so that he could treat that patient. After some time the patient was cured. Her

family was so grateful that they bought expensive gifts for Dr. Chen. He refused the gifts. I will always remember these lessons from my teacher's life.

I studied clinical subjects with Dr. Chen as well. For each case he had a clear picture. He employed the four examinations, applied eight parameter pattern differentiation and then devised a treatment principle. Dr. Chen always had a plan for the patient, and his results were often excellent. It was obvious that he had a firm grasp of theory and how to apply it to clinical practice. By watching him treat one case, one could learn to treat an entire class of disorders.

After the diagnosis and treatment principle are established it is important to watch the teacher and see how he applies treatment. Are long needles used? Is needling superficial or deep? Is moxa applied? Sometimes the teacher uses herbs and acupuncture, sometimes just acupuncture. These are the points the student must study carefully. So that you may record every detail of this information and study it, always carry a notebook.

"Independent study is most important in the study of Chinese medicine," Dr. Chen told me, "a teacher's guidance is secondary. You must study a wide range of texts." Following Dr. Chen's advice, I observed my teacher during the day and at night I studied seriously. I first studied the classics and worked my way through the centuries to modern literature. I began with *The Inner Canon*, proceeded to *The Classic of Difficult Issues*, then to *The Systemized Classic of Acupuncture and Moxabustion*, and up through the dynasties.

I memorized the acupuncture odes and songs. At that time, I was more than thirty years old and my mind was not as good at memorizing as it had been in the past. I devised a method for memorizing that worked for me. I would memorize three verses a day. The next day before reciting the new verses I would require myself to repeat all the verses I had learned up until then.



ear and likewise Du Tong (督通 literally, governing [vessel] freeing) is located at GV-20 in the inverted fetus. The names of the points reflect their locations.

In the third grouping Du Tong and Ren Tong are complemented by LU-7, which connects to the conception vessel, and SI-3, which connects to the governing vessel. Moxa on GV-4 and CV-4 is also consistent with the intent of this group to free the conception and governing vessels. In addition, CV-4 supplements kidney yin and GV-4 supplements kidney yang. Freeing the conception and governing vessels and supplementing the kidney allows kidney qi to easily rise to the ears.

Chest and Abdomen

Point Poems

The following were written in traditional Chinese ode format by Dr. Shi. They are translated with poetic license and with emphasis on clinical significance. The commentary is Dr. Shi's.

Point Poem I

胸中六經穴，分布廿二穴，諸書同記載，肋下定膻穴。
安全來取穴，肋中可定穴。

Six channels run through the chest

Distributing twenty-two points.

Many books record

That the points are located between the ribs.

To safely locate [these] points,

Spot them squarely on the ribs.

體瘦桶狀胸，得氣氣不隆。若向肋中取，氣隆且收功。

Thin bodies with chests like barrels,

Lack an abundant qi sensation.

If the ribs are [needled] squarely;

Qi is abundant and the result efficacious.

Commentary

Needling the points on the chest is dangerous; this makes both the practitioner and patient uncomfortable. My experience is that a spot on the same channel, straight above the assigned location of the point, directly on the rib, is also a point. The point has a diameter of about one millimeter and when needled will achieve as good a needle sensation as the location between the ribs. Needle superficially so as not to needle into the rib itself. This safe method of needling chest points is especially effective for the treatment of distention of lung tissue (pneumonecrosis) owing to chronic bronchitis, tuberculosis or asthma.

Point Poem II – The Chest Center Point

正中任脈線，膻穴布七穴，氣會膻中穴，灸宜針須淺。

In the center of the seven conception vessel points on the chest,

The meeting point of the qi; Chest Center (CV-17),

[Where] moxa is suitable and needling must be superficial.

Point Poem III – Experience of the Ancients

哮喘之癥最難當，夜間不睡氣遑遑，天突妙穴宜尋得，膻中著艾使安康。

Most difficult to treat are gasping and wheezing,

Sleepless nights with disturbed breathing,

Celestial Chimney (CV-22), is a secret point to seek,

Moxa on Chest Center (CV-17) brings health and peace.

Commentary

CV-17 is representative of the seven thoracic points of the conception vessel. Needling this point was contraindicated in ancient times because the needles were much thicker than those of today and caused quite a bit of pain during and after the treatment. Also, it is difficult to obtain a good stimulus at that point and the effect of needling is less than satisfactory. Now needles are much improved and the point



■ ***CASE 8 - Insomnia***

Patient: *Mr. Zhang*

Age: *32*

Occupation: *Government worker*

Date: *March 18, 1961*

Main Complaint

Insomnia for four months.

History

Four months ago, for no apparent reason, the patient suddenly began to have insomnia. After two months, because the condition was so intense and conventional therapy was unsuccessful, Mr. Zhang was admitted to the hospital. After a short time he was placed in the psychiatric ward and diagnosed as having primary insomnia. Two months in the hospital provided no relief. The patient was discharged and came to our clinic for treatment.

Examination

The patient's eyes and face were red and his lips were dry. He spoke slowly and seemed very disturbed. His tongue was red and had a dry, yellow fur. The patient's pulse was wiry and strong. Mr. Zhang reported having constipation and said that his urine was dark and odorous. He had little appetite.

Diagnosis

Liver and heart fire giving rise to insomnia.

Treatment

Yin Tang was bled. Squeeze blood from the point until the initial dark-purple color becomes red, usually seven to fourteen drops.

HT-7, PC-6, SP-6, and LI-3.

Technique

The points were first drained six sixes (36), then supplemented nine nines (81).

Herbs

Fu Shen (Poria fushen) 10 grams

Fu Ling (Poria) 10 grams



Post-stroke Symptoms 後遺症

Three of the most common outcomes of stroke; hemiplegia, impaired speech, and facial paralysis, are discussed below. The points suggested should be combined with points that treat the constitutional imbalances that gave rise to the stroke.

Hemiplegia 半身不遂

Alternate the following three treatments. Treat every other day.

- LI-15, LI-11 (Employ bi-directional needling on these two points.), LI-4, M-UE-22 (Ba Xie points), ST-30, ST-33, ST-36, and M-LE-8 (Ba Feng points).
- TB-14, TB-10, TB-5 >> PC-6, Zhong Ba Xie points, GB-30, GB-31, GB-34 (employ tri-directional needling on this point), GB-39 and Zhong Ba Feng points.
- SI-9, SI-7, SI-6, Hou Ba Xie points, BL-23, BL-28, BL-37, BL-40, BL-57 and Hou Ba Feng points.

Note

Tri-directional needling is discussed in the chapter on needle manipulation. A brief synopsis follows:

1. Insert the needle and obtain qi. Perform a supplementing or draining stimulus on the point according to the particular case.
 - 1a. Push the needle through to the point on the other side of the limb and obtain qi there. (Place a finger on the skin of the opposing surface so that you can feel the needle if it gets too close to the skin. It is not appropriate to penetrate the skin on the opposing surface.) Again manipulate the needle according to the principles of supplementation or draining. This is the first stage of the procedure - joining needle.
2. Withdraw the needle so that it is almost completely removed but remains with the tip just below the skin.
3. Insert the needle at a transverse angle in the direction of the flow of qi in the channel. Thrust, pull and twist the needle according to the principles of supplementation as you insert the needle.
4. Remove the needle to the position of step 2 above.
5. Insert the needle at a transverse angle in the direction opposite to the flow of qi in the channel. Thrust, pull and twist the needle according to the principles of draining as you insert the needle.
6. Retain the needle for ten minutes and then apply a draining stimulus once more as you remove the needle.

Note

If the point to be needled is not opposite another point, bi-directional needling is applied. Follow the above instructions but omit step 1a.



Whooping Cough 百日咳

During the initial stage of the disease (first 3-5 days) whooping cough is contagious. The disorder presents with symptoms that resemble a cold and diagnosis is based on the fact that whooping cough is "going around". Later the coughing comes in fits (10-50 per day) during which the face becomes reddened, the eyes injected and the veins distended. The paroxysms consist of a deep inspiration, followed by a series of short coughs which continue until the air is expired. These coughing fits can induce vomiting and, in extreme cases, epistaxis or other hemorrhage.

Initial Stage

Cup GV-12.

Paroxysmal Stage

Use a thick needle to stab M-UE-9 (Si Feng) and drain out a liquid that resembles egg yolk. Needle CV-12, BL-20 and ST-36; drain all points.

Tinnitus and Hearing Loss 耳聾耳鳴

Alternate the following treatments.

- Needle TB-17, GB-2, and TB-3; supplement or drain these points according to vacuity or repletion — if mixed use a neutral stimulus. Also, moxa CV-6 with 5 cones or for 15 minutes with a moxa pole.
- Needle SI-19, TB-18, and BL-60; needle stimulus should be determined by the presence of repletion or vacuity as mentioned above. Also, moxa BL-23, with 3 cones or apply a moxa pole for 10 minutes.
- Needle Ren Tong, Du Tong (See **Chapter 2, Points**, for location of these points), LU-7 and SI-3. Moxa CV-4 and GV-4, 3 cones each or warm each point with a moxa pole for 10 minutes.

Red Eyes (Conjunctivitis) 目赤

Bleed BL-2 and TB-23 (7-14 drops); needle LI-4, and TB-5; drain both points.

Needle BL-1, with a draining stimulus until tearing occurs. Drain both GB-1 and M-HN-9 (Tai Yang) and bleed the vessels on the back of the ear; one or two drops on the affected side only.

If the condition is enduring, use a sterilized sewing needle to pick out the white stringy substance that can be found just under the skin at BL-18. Pluck out 7-14 strands on a horizontal line at the point.

Translator's Note

This procedure is usually done by making a small, superficial, horizontal incision and plucking the white stringy matter from just below the skin. Though a common practice in China, it is beyond the scope of treatment of most Western practitioners.

Nasal Disorders 鼻病

Stuffed Nose (Nasal Congestion) 鼻塞

Needle GB-20 and LI-4; drain both points. Moxa GV-23 with 3 cones or a moxa pole for 10 minutes.

Epistaxis 鼻衄

Needle LV-3, drain.

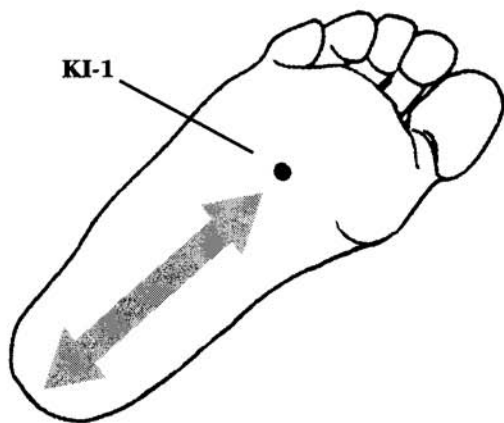
Crush garlic, apply it to KI-1 on both feet and cover with cloth tape. Leave on overnight.

Allergic Rhinitis 過敏鼻炎

Needle LI-20, LI-4, and M-HN-14 (Wai Ying Xiang) with a draining stimulus. Needle M-HN-3 (Yin Tang) downward; also use a draining stimulus. Use moxa on needle at LI-11

Quite the Spirit by Frequently Rubbing the Soles with the Palms

交掌安神行勿稀



Rubbing the Soles of the Feet

Left Sole

Start at KI-1 and in a single motion, rub down to the heel with the right palm. Rub back to KI-1, also in a single stroke. Equal pressure is applied to both strokes. Each back-and-forth motion should take about one to two seconds. Since there is little danger of irritating the skin on the soles of the feet, slightly more pressure can be applied here than at other places on the body.

Right Sole

Use the left palm to repeat the same procedure on the right sole.

Translator's Note

This method, also called **Palace of Toil rubbing Gushing Spring**, is discussed further in the Prevention section of this chapter.