

The Needle

Regular clinical insights from amanualofacupuncture.com

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Jing

Partner Content: New content in the *Jing Self-Care* app/website and special offer

Summary: The *Jing* app and website provide practitioners with an expertly curated library of Chinese medicine self-care resources, allowing you to easily assign individualized "at home" plans for your patients between treatments. New material this week - herbal tea recipes for specific conditions (in the 'Food' section). More new features and content coming soon.

Special offer for *The Needle* readers: Sign up below for a free trial using the code 'gingertea' for 25% off the first year of an annual subscription (usual price \$65 USD or local equivalent). Offer ends Sunday April 12th.

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Efficacy and Safety of Acupuncture for Normal-Tension Glaucoma (Complementary Therapies in Medicine)

Summary: This randomized controlled trial investigated the long-term effects of once-weekly acupuncture at [Jingming BL-1](#) and [Qiuhou M-HN-8](#)) over 24 weeks

on patients with normal-tension glaucoma. The true acupuncture group saw significant improvements in visual acuity, increased retinal nerve fiber layer thickness, reduced intraocular pressure, and a slower rate of visual field deterioration. No treatment-related adverse events were observed, suggesting acupuncture is a safe and potentially neuroprotective adjunctive therapy.

Traditional Context from *A Manual of Acupuncture*: Traditional theory strongly supports the local selection of points for treating sense organs. "Local points are much used in treating disorders of the zangfu, the extraordinary fu and the sense organs. Examples include: ... [Jingming BL-1](#) for diseases of the eyes."

Clinical Application: Acupuncturists can confidently incorporate local points like [Jingming BL-1](#) and [Qiuhou M-HN-8](#) into their protocols for patients with normal-tension glaucoma to help manage intraocular pressure and preserve visual function. Regular, long-term sessions may provide a valuable neuroprotective adjunct to standard ophthalmic care.

[Read the full piece](#)

Writing Acupuncture Case Reports (Journal of Chinese Medicine)

Summary: This article provides a comprehensive guide for acupuncturists on how to write effective clinical case reports that document patient outcomes and preserve traditional reasoning. It reviews existing biomedical reporting guidelines, identifies key omissions relevant to acupuncture, and recommends integrating both traditional and biomedical perspectives. By detailing patient selection and discussion strategies, the piece aims to help practitioners contribute enduring records to clinical education and professional integration.

Clinical Application: Practitioners can use these guidelines to structure their own case reports, ensuring they capture both the biomedical and traditional nuances of their treatments. Publishing well-documented cases can enhance the clinic's reputation and contribute valuable knowledge to the wider acupuncture community.

[Read the full piece](#)

Fatal Bilateral Pneumothoraces 2026 (The BMAS Blog)

Summary: This blog post discusses a recent case report detailing an accidental death caused by fatal bilateral pneumothoraces resulting from improper acupuncture practices. While the author emphasizes the need for better training and regulation to prevent such severe adverse events, it is important to note that such tragic outcomes remain exceptionally rare when treatments are administered by properly trained professionals.

Clinical Application: Ensure that all needling over the thorax and upper back utilizes oblique or transverse angles toward the spine or along the channel, maintaining a safe depth. Regularly reviewing regional anatomy and safe needling depths for high-risk points can protect both your patients and your practice.

[Read the full piece](#)

Acupuncture and Moxibustion for Postoperative Gastrointestinal Dysfunction (Complementary Therapies in Medicine)

Summary: This network meta-analysis evaluated 43 randomized controlled trials to compare the efficacy of various acupuncture and moxibustion interventions on postoperative gastrointestinal dysfunction in patients with gastrointestinal cancer. The findings indicate that electroacupuncture is the most effective for shortening the time to first flatus and defecation, while moxibustion top-performed in improving overall clinical efficacy rates. Thumbtack needling was superior in reducing nausea, vomiting, and diarrhea, demonstrating the targeted benefits of different modalities as adjunctive therapies.

Traditional Context from *A Manual of Acupuncture*: The use of acupuncture to support post-surgical recovery aligns with traditional approaches to digestive harmony. "[Zusanli ST-36](#) is the foremost point on the body for harmonising the Stomach and fortifying the Spleen and is indicated for every kind of Stomach or Spleen disease, including nausea, vomiting and diarrhoea."

Clinical Application: Clinicians working with post-surgical cancer patients should consider utilizing electroacupuncture to rapidly stimulate bowel motility. Additionally, incorporating moxibustion and thumbtack needles may significantly improve patient comfort by reducing post-operative nausea and diarrhea.

[Read the full piece](#)

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Which point am I?

I am a master of fluid and stillness, drawing my name from a radiant body of water. When a patient's eyes refuse to close at night, I am frequently called upon to restore the natural rhythm of waking and sleeping. I have a profound affinity for the throat, for example when emotional distress creates the sensation of an invisible obstruction that can be neither swallowed nor spat out. I am the a confluent point of an extraordinary vessel.

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Amelia House, Crescent Road, Worthing, England, BN11 1RL

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