

The Needle

Regular clinical insights from amanualofacupuncture.com

Please note, you need to be logged in to a Pro MoA account in your browser to read the commentary links. Not a Pro member yet? [Log in](#), click 'Upgrade to Pro', and use the offer code 'NEEDLE10' for 10% off the first year of an annual subscription.

In this issue

LU-5 deep dive | Acupuncture in AD | Insomnia pathogenesis | Acupuncture and moxa in Hashimoto's | Perimenopausal depressive disorder | Which point am I?



Partner Content: 20% off Peter Deadman's Online Qigong Classes

Peter is offering a 20% discount on five multi-video online qigong courses. The videos match the way he teaches in live classes, with full explanations and detailed instruction on both the choreography and the internal practice that is the difference between 'empty form' and the rich and equal cultivation of body skill, breath skill and mind skill.

[Use the offer code THENEEDLE now](#) (20% discount for the first 100 customers only)

A Comprehensive Understanding of [Chǐzé \(LU-5\)](#): Part 1 (Journal of Chinese Medicine)

Summary: This article provides the first of a multi-part deep dive into [Chǐzé LU-5](#), exploring the meaning of its name, origin, point categories, and examining the

diseases it treats based on classical literature. It specifically highlights the point's ability to clear heat, rectify Lung qi, and soothe sinew-muscles based on successive textual traditions.

Traditional Context from *A Manual of Acupuncture*: "Many classical sources particularly mention the ability of [Chǐzé LU-5](#) to relax contraction of the sinews, for example the *Song of the Jade Dragon* says "In contraction of the sinews with difficulty in opening and extending the hand, the use of [Chǐzé LU-5](#) should always be emphasised". [Chǐzé LU-5](#) is a powerful option for local musculoskeletal tension.

Clinical Application: Consider using [Chǐzé LU-5](#) for local contraction and pain, especially for cases like tennis elbow (it is classically indicated for 'the five types of elbow pain').

[Read the full piece](#)

Acupuncture Plus Donepezil in Alzheimer's Disease 2026 (The BMAS Blog)

Summary: A moderately large randomized controlled trial found that manual and electroacupuncture added to donepezil for mild Alzheimer's disease offered a statistically significant but borderline clinically relevant improvement in cognitive scores compared to a sham control at 14 weeks. Interestingly, the effect persisted longer during the follow-up period for patients categorized with a TCM Qi and blood deficiency pattern, and real acupuncture reduced donepezil-related side effects.

Clinical Application: While acupuncture might not dramatically reverse Alzheimer's cognitive decline, it could be a valuable adjunctive therapy to reduce medication side-effects and offer more sustained benefits for patients presenting with Qi and blood deficiency.

[Read the full piece](#)

Insomnia Pathogenesis and Multidimensional Mechanisms of Acupuncture (International Journal of General Medicine)

Summary: This narrative review highlights the multidimensional mechanisms through which acupuncture alleviates insomnia, moving beyond mere symptom relief. It details how acupuncture regulates key neurotransmitters like GABA and serotonin, restores autonomic nervous system balance, and suppresses HPA axis hyperactivity and neuroinflammation to counteract hyperarousal.

Traditional Context from *A Manual of Acupuncture*: "[The Yang Motility vessel](#) ascends to the inner canthus, and like the Yin Motility vessel is indicated for insomnia (excessive opening of the eyes)." This parallels the modern

understanding of hyperarousal and autonomic imbalance discussed in the review.

Clinical Application: When treating insomnia, you can explain to your patients that acupuncture isn't just promoting relaxation; it's objectively calming their nervous system by increasing inhibitory neurotransmitters and decreasing stress hormones.

[Read the full piece](#)

Effect of Acupuncture and Moxibustion Cake on Thyroid Function in Hashimoto Thyroiditis (Medicine)

Summary: This meta-analysis of 15 randomized clinical trials indicates that acupuncture and moxibustion may significantly reduce thyroid-related autoantibodies and TSH in patients with Hashimoto thyroiditis when compared to conventional thyroid medication alone. However, the authors caution that poor methodological quality and publication bias across the included studies limit the reliability of these findings for firm clinical recommendations.

Traditional Context from *A Manual of Acupuncture*: "[The majority of these points](#) are indicated for scrofula (nodules which are mostly found on the sides of the neck) or goitre, as well as for swelling, pain and stagnation in the throat region. Since stagnation of qi in the neck region is a major part of the pathogenesis of scrofula or goitre, once again these points demonstrate an ability to harmonise the flow of qi in this pivotal area between the head and body."

Clinical Application: For patients with Hashimoto's, integrating acupuncture and moxibustion may help modulate autoimmune biomarkers and ease symptoms, though managing patient expectations is key given the current state of clinical evidence.

[Read the full piece](#)

Treatment of Perimenopausal Depressive Disorder with Acupuncture Combined with TCM Decoction (Medicine)

Summary: A meta-analysis of nine randomized controlled trials found that combining acupuncture with Chinese herbal medicine significantly improved clinical outcomes for perimenopausal depressive disorder compared to herbal medicine or Western antidepressants alone. The integrative approach not only reduced depression and Kupperman scores but also safely increased estradiol levels, showcasing a multi-target endocrine and emotional benefit.

Clinical Application: Consider blending acupuncture with herbal decoctions for your perimenopausal patients to not only alleviate their depressive symptoms but to help restore hormonal balance with fewer side effects than conventional HRT or antidepressants.

[Read the full piece](#)

Partner content: *Jing Self-Care*. The *Jing Self-Care* platform has just been updated to include the option to give patient free access to a self-guided course in traditional self-care.

[Get a free 2 week trial now](#)

Which point am I?

I am a Yin channel Xi-cleft point, traditionally utilized to moderate acute conditions and pain. While my classic indications include treating loss of voice, nosebleeds, and acute pain in the chest, my most distinct clinical application is my profound ability to arrest night sweating. To achieve this, I am frequently paired with the Shu-stream point of my coupled Yang channel.

[Click to see the answer](#)



THE JOURNAL OF CHINESE MEDICINE PUBLICATIONS LTD

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

You've received it because you've subscribed to our newsletter. If you don't want to receive this newsletter any more, you can [click here](#) to update your profile or unsubscribe.