

The Needle

Regular clinical insights from amanualofacupuncture.com

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Favourable Attitudes Towards Acupuncture for Primary Dysmenorrhoea (Acupuncture in Medicine)

Summary: This piece discusses an original cross-sectional survey exploring how Australian women with primary dysmenorrhoea perceive acupuncture as a treatment option. The findings reveal that this demographic holds favourable attitudes and moderate, realistic expectations regarding acupuncture's ability to provide symptom relief and functional coping benefits.

Traditional Context from *A Manual of Acupuncture*: "[Diji SP-8](#) has an important action on resolving blood stasis in the uterus and lower abdomen and is indicated in the treatment of dysmenorrhoea (especially when acute), irregular menstruation and abdominal masses in women due to this pathology." As practitioners, it is always worth keeping the xi-cleft points in mind for acute, painful flare-ups during a patient's menstrual cycle.

Clinical Application: Since women experiencing painful periods are often highly open to acupuncture but hold pragmatic expectations about the outcomes, centre your initial consultations on managing their functional coping and providing realistic symptom relief rather than promising a complete 'cure'. Ensure you communicate the current evidence base clearly, as this demographic strongly values informed decision-making and safe integration with their conventional care.

[Read the full piece](#)

Clinical pearl from *A Manual of Acupuncture*

While [Lieque LU-7](#) is recognized for its ability to release the exterior and treat disorders of the head and neck, its utility in treating mental and emotional disharmony is sometimes overlooked.

"[Lieque LU-7](#) shares with the other luo-connecting points of the yin channels ([Gongsun SP-4](#), [Tongli HE-5](#), [Dazhong KID-4](#), [Ligou LIV-5](#) and [Neiguan P-6](#)) the special ability to treat psycho-emotional disorders, and is indicated for propensity to laughter, frequent yawning and stretching and especially for poor memory."

When treating patients who present with chronic forgetfulness, inappropriate laughter, or emotional volatility accompanied by frequent yawning, consider incorporating [Lieque LU-7](#) into your treatment, particularly when the patient also presents with underlying Lung disharmony or Conception vessel pathology.

Have your own pearl of wisdom and want it to be considered for a future issue? Just reply to this email, keeping it to no more than a few sentences. Remember to include your full name, location, link to your website if you have one, and number of years in practice.

Biohacking and Pattern-Based Marketing (Journal of Chinese Medicine)

Summary: This interview discusses strategic business and clinical models for expanding traditional Chinese medicine access by focusing on common, "grandma-level" complaints like dampness and digestive issues rather than rare, complex diseases. By utilizing pattern-based marketing for specific formulas and translating traditional concepts of *qi* into scientific analogues like gasotransmitters, practitioners can significantly narrow their clinical decision tree and improve patient compliance.

Clinical Application: Consider marketing your practice around a single, highly prevalent pattern—such as Spleen *qi* deficiency with dampness—to predictably attract cases you are thoroughly equipped to resolve. Once these patients are in the clinic, offering straightforward, scientifically grounded analogies for their pathology may foster the trust necessary to expand your reach within the local community.

[Read the full piece](#)

Mapping the Mind: Scalp Acupuncture Targets for Mental Disorders (Alpha Psychiatry)

Summary: This systematic review of an original large-scale meta-analysis identifies precise scalp acupuncture targets for nine major mental disorders, including depression, anxiety, and schizophrenia. By projecting functional brain imaging data onto standard acupoints and the scalp surface, the researchers provide accessible, evidence-based intervention sites that connect modern neuroscience with clinical practice.

Traditional Context from *A Manual of Acupuncture*: The study highlights the utility of midline points like [Shenting DU-24](#) for their tranquilizing effects on psychiatric conditions, reflecting the classical understanding of how these channels converge to influence consciousness. This anatomical crossover clarifies why targeting these frontal points can regulate the emotions and treat mental disorders.

Clinical Application: Integrating these localized target regions alongside traditional pattern-based body points could offer a synergistic approach to treating the mind without relying on rigid prescriptions.

[Read the full piece](#)

Which point am I?

I am the confluent point of the Yang Linking vessel, meaning I can influence all the yang channels of the body, including the Governing vessel. My Luo-connecting channel travels into the chest to meet the Pericardium channel. Because of my broad reach across the yang channels, I am uniquely indicated for temporal, frontal, occipital, and vertex headaches. The *Ode of the Obstructed River* specifically recommends me for injury by cold to the exterior accompanied by headache.

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