
Interpretation of Guidelines on Acupuncture and Moxibustion Intervention for COVID-19

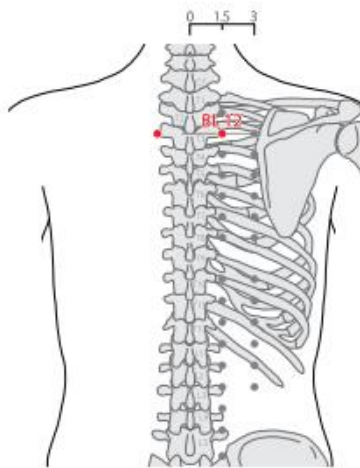
Center for international exchange of traditional Chinese medicine in clinical practice and research (CIE-TCM)

i. Acupuncture and moxibustion intervention during the phase of medical observation (suspected cases)

Objective: to stimulate the vital Qi and the functions of lung and spleen, and to dispel, separate and remove the pathogens of pestilence, to enhance the defense of viscera against the pathogens.

Main points: (1) Fengmen (BL12), Feishu (BL13), Pishu (BL20); (2) Hegu (LI4), Quchi (LI11), Chize (LU5), Yuji (LU10); (3) Qihai (CV6), Zusanli (ST36), Sanyinjiao (SP6); For each time, select 1-2 points in each group of acupoints.

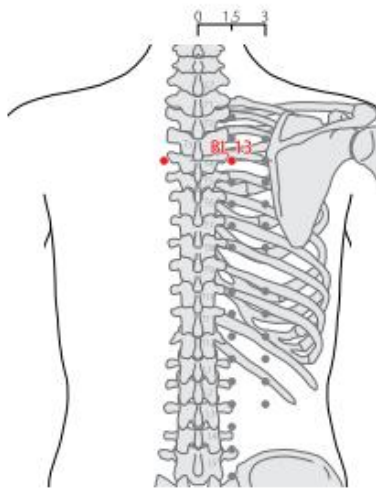
风门 Fengmen (BL12) In the upper back region, at the same level as the inferior border of the spinous process of the second thoracic vertebra (T2), 1.5 B-cun lateral to the posterior median line.



BL12

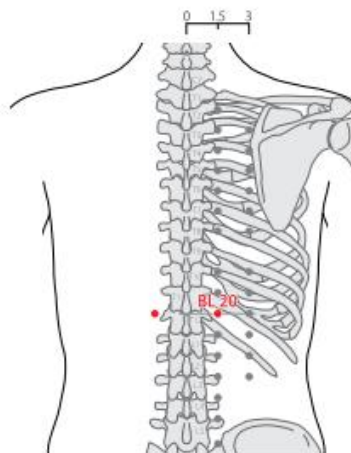
肺俞 Feishu (BL13) In the upper back region, at the same level as the inferior border of the spinous process of the third thoracic vertebra (T3), 1.5 B-cun lateral to

the posterior median line.



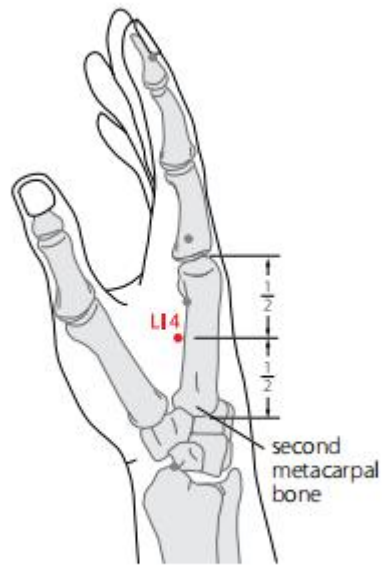
BL13

脾俞 Pishu (BL20) In the upper back region, at the same level as the inferior border of the spinous process of the 11th thoracic vertebra (T11), 1.5 B-cun lateral to the posterior median line.



BL20

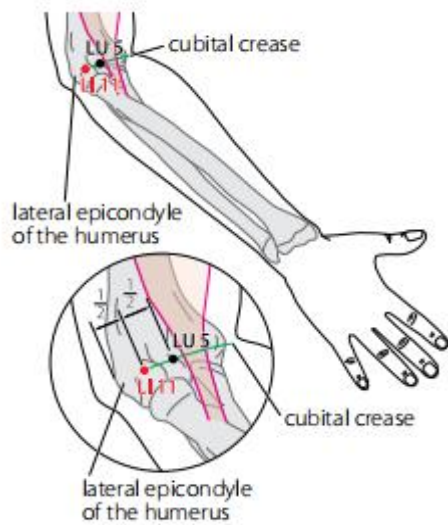
合谷 Hegu (LI4) On the dorsum of the hand, radial to the midpoint of the second metacarpal bone.



LI4

曲池 Quchi (LI11) On the lateral aspect of the elbow, at the midpoint of the line connecting LU5 with the lateral epicondyle of the humerus.

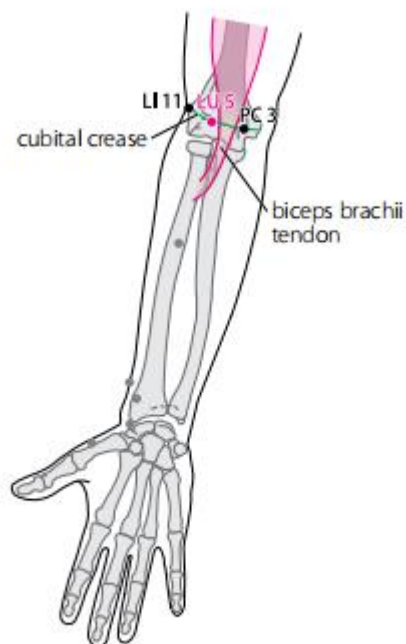
Note: When the elbow is fully flexed, LI11 is located in the depression on the lateral end of the cubital crease.



LI11

尺泽 **Chize (LU5)** On the anterior aspect of the elbow, at the cubital crease, in the depression lateral to the biceps brachii tendon.

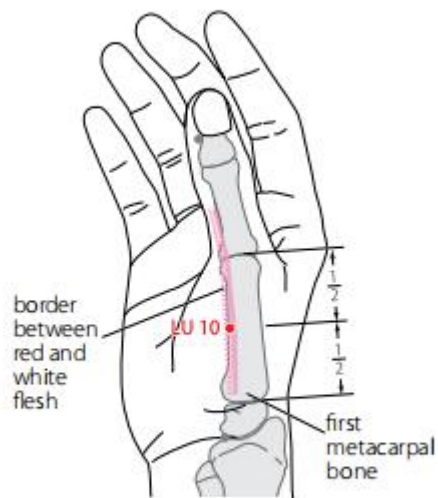
Note: With the elbow flexed, LU5 is located at the cubital crease, between LI11 and PC3, separated from PC3 by the biceps brachii tendon.



LU5

鱼际 **Yuji (LU10)** On the palm, radial to the midpoint of the first metacarpal

bone, at the border between the red and white flesh



LU10

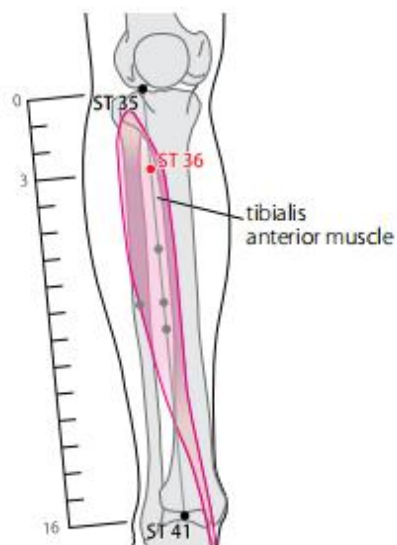
气海 **Qihai (CV4)** On the lower abdomen, 1.5 B-cun inferior to the centre of the umbilicus, on the anterior median line.



CV6

足三里 **Zusanli (ST36)** On the anterior aspect of the leg, on the line connecting ST35 with ST41, 3 B-cun inferior to ST35.

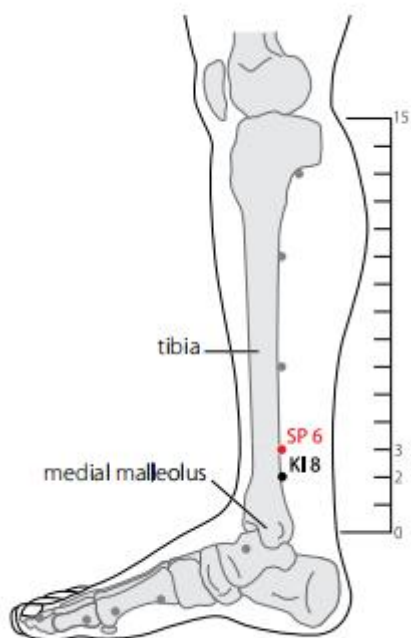
Note: ST36 is located on the tibialis anterior muscle.



ST36

三阴交 **Sanyinjiao (SP6)** On the tibial aspect of the leg, posterior to the medial border of the tibia, 3 B-cun superior to the prominence of the medial malleolus.

Note: 1 B-cun superior to KI8.



SP6

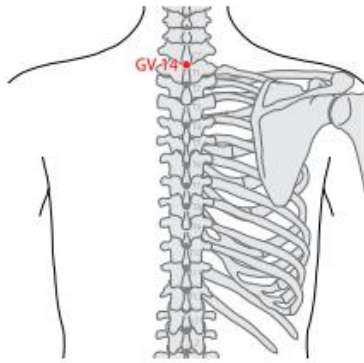
Matching points:

symptoms combined with fever, dry throat, dry cough, match with GV14, CV22

大椎 Dazhui (GV14) In the posterior region of the neck, in the depression inferior to the spinous process of the seventh cervical vertebra (C7), on the posterior median line.

Note 1: When the head is in a neutral position while the subject is seated, the most prominent site on the posterior aspect of the neck is the spinous process of the seventh cervical vertebra (C7). Forward flexion of the neck may facilitate palpation of the C7 spinous process.

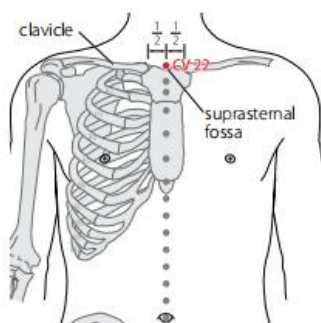
Note 2: Slight rotation of C7 can be palpated by rotating the head with the neck slightly flexed.



GV14

天突 Tiantu (CV22), In the anterior region of the neck, in the centre of the suprasternal fossa, on the anterior median line.

Note: CV22 is located in the depression midway between the medial ends of each clavicle.



CV22

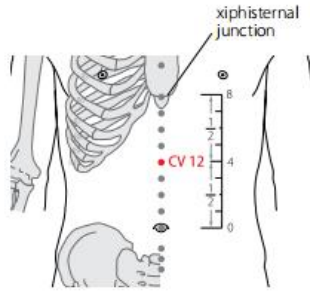
孔最 Kongzui (LU6); On the anterolateral aspect of the forearm, on the line connecting LU5 with LU9, 7 Bcun superior to the palmar wrist crease.

Note: LU6 is 5 B-cun inferior to LU5, 1 B-cun superior to the midpoint of the line connecting LU5 with LU9.

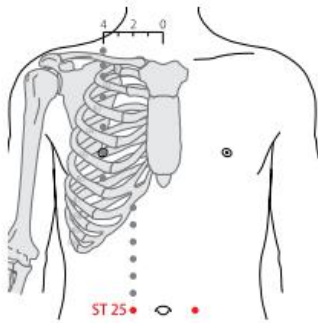


LU6

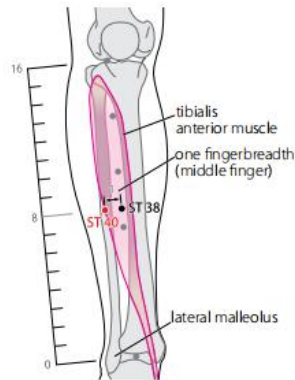
symptoms combined with nausea and vomiting, loose stool, tongue fat coating greasy, soft (soggy) pulse, match with **Zhongwan (CV12)**, **Tianshu (ST25)**, **Fenglong (ST40)**;



CV12



ST25



ST40

symptoms combined with fatigue, weak, and inappetence, match with Zhongwan (CV12), the 4 points around umbilicus (1 inch each side from umbilicus), Pishu (BL20); symptoms combined with clear runny nose, soreness on shoulder and back, tongue pale coating white, slow pulse, match with Tianzhu (BL10), Fengmen (BL12), Dazhui (GV14).

ii. Acupuncture and moxibustion intervention during the phase of clinical treatment (confirmed cases)

Objective: to stimulate the vital Qi of lung and spleen, to protect the viscera and reduce damage, to dispel the perverse of pathogens, and to “reinforce the earth to

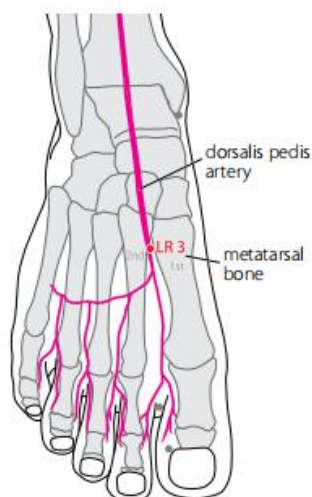
generate metal /gold”, to stop the tendency of the disease, lighten the mood, to enhance the confidence to overcome the disease.

Main acupoints :(1) Hegu (LI4), Taichong (LR3), Tiantu (CV22), Chize (LU5), Kongzui (LU6), Zusanli (ST36), Sanyinjiao (SP6); (2) Dazhu (BL11), Fengmen (BL12), Feishu (BL13), Xinshu (BL15), Geshu (BL17); (3) Zhongfu (LU1), Danzhong (CV17), Qihai (CV6), Guanyuan (CV4), Zhongwan (CV12); to treat light and general cases, for each time, select 2- 3 main points in group (1) and (2); to treat severe cases, select 2-3 main points in group (3).

(1) Hegu (LI4), Taichong (LR3), Tiantu (CV22), Chize (LU5), Kongzui (LU6), Zusanli (ST36), Sanyinjiao (SP6);

太冲 Taichong (LR3) On the dorsum of the foot, between the first and second metatarsal bones, in the depression distal to the junction of the bases of the two bones, over the dorsalis pedis artery.

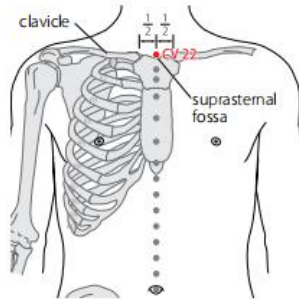
Note: LR3 can be felt in the depression when moving proximally from LR2 in the gap between the first and second metatarsal bones towards the base of two metatarsal bones



LR3

天突 Tiantu(CV22)In the anterior region of the neck, in the centre of the suprasternal fossa, on the anterior median line.

Note: CV22 is located in the depression midway between the medial ends of each clavicle



CV22

孔最 Kongzui(LU6) On the anterolateral aspect of the forearm, on the line connecting LU5 with LU9, 7 Bcun superior to the palmar wrist crease.

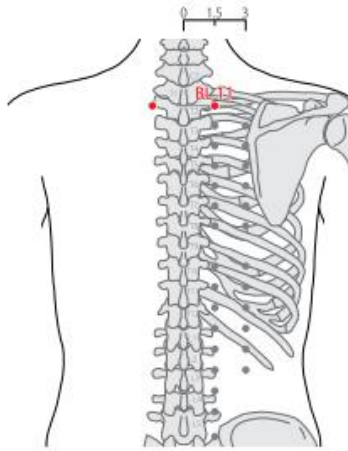
Note: LU6 is 5 B-cun inferior to LU5, 1 B-cun superior to the midpoint of the line connecting LU5 with LU9.



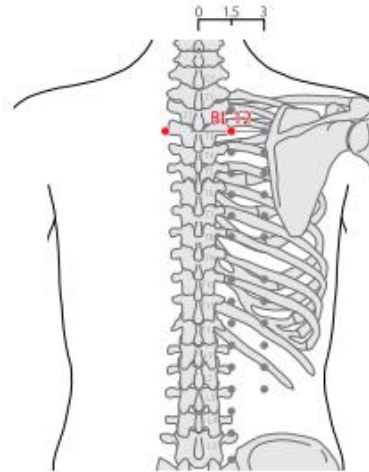
LU6

(2) Dazhu (BL11), Fengmen (BL12), Feishu (BL13), Xinshu (BL15), Geshu (BL17);

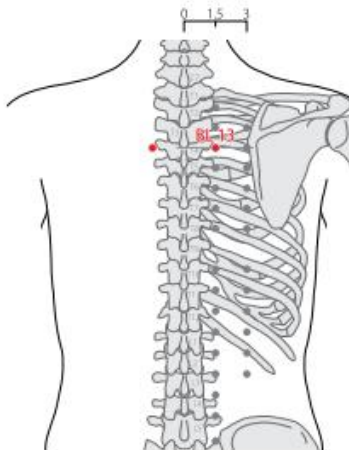
In the upper back region, at the same level as the inferior border of the spinous process of the vertebra , 1.5 B-cun lateral to the posterior median line.



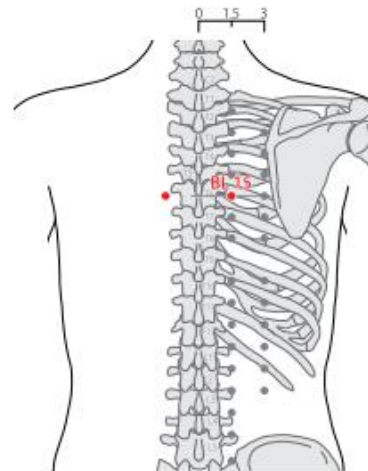
BL11



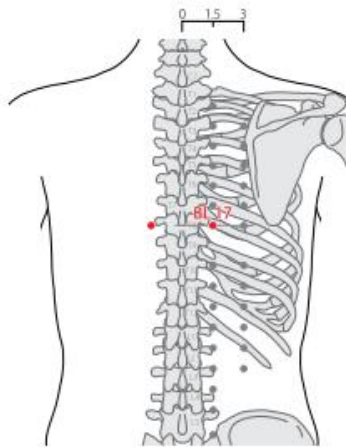
BL12



BL13



BL15



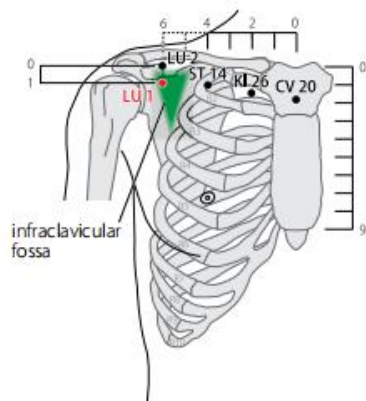
BL17

(3) Zhongfu (LU1), Danzhong (CV17), Qihai (CV6), Guanyuan (CV4), Zhongwan (CV12)

中府 Zhongfu(LU1) On the anterior thoracic region, at the same level as the first intercostal space, lateral to the infraclavicular fossa, 6 B-cun lateral to the anterior median line.

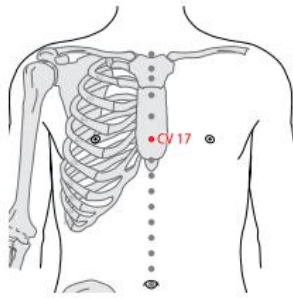
Note 1: After locating LU2, LU1 is located 1 B-cun inferior to LU2.

Note 2: ST14, KI26, CV20 and LU1 are located on the transverse line along the first intercostal space.



LU1

膻中 Danzhong(CV17) In the anterior thoracic region, at the same level as the fourth intercostal space, on the anterior median line



CV17

iii. Acupuncture and moxibustion intervention during convalescence

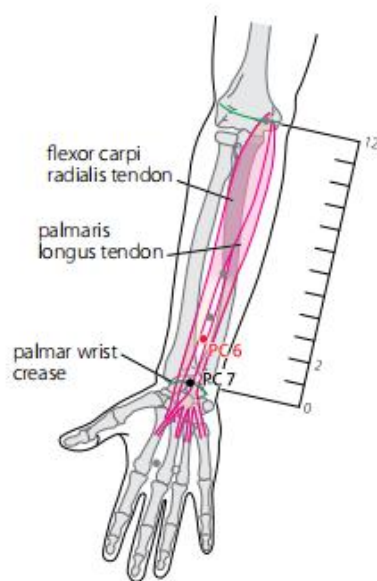
Objective: to remove residual virus, restore vitality, to repair functions of viscera such as lung and spleen.

Main points: Neiguan (PC6), Zusanli (ST36), Zhongwan (CV12), Tianshu (ST25), Qihai (CV6).

内关 Neiguan(PC6) On the anterior aspect of the forearm, between the tendons of the palmaris longus and the flexor carpiradialis, 2 B-cun proximal to the palmar wrist crease.

Note 1: With the fist clenched, the wrist supinated and the elbow slightly flexed, the two tendons become more prominent. PC6 is located 2 B-cun proximal to PC7. The posterial point corresponding to PC6 is TE5.

Note 2: If the palmaris longus tendon is not present, PC6 is medial to the flexor



PC6

carpiradialis tendon.

Zusanli (ST36), Zhongwan (CV12), Tianshu (ST25), Qihai (CV6)

Home acupuncture and moxibustion intervention

To help prevent and control the epidemic of COVID-19, while reducing going out, avoiding cross-infection, blocking the source of infection, and ensuring safety, patients who are under home quarantine and discharged from hospital can perform acupuncture-moxibustion intervention through online clinic, guidance, and science popularization and education, under the guidance of professionals.

Moxibustion therapy: self-moxibustion on Zusanli (ST36), Neiguan(PC6), Hegu (LI4), Qihai (CV6), Guanyuan (CV4), Sanyinjiao (SP6). Each moxibustion takes about 10 minutes.

Application therapy: apply moxibustion hot paste or warming moxibustion cream to apply on points such as Zusanli (ST36), Neiguan(PC6), Qihai (CV6), Guanyuan (CV4), Feishu (BL13), Fengmen (BL12), Pishu (BL20), Dazhui (GV14).

Meridian massage: use methods like kneading, pressing, rubbing, tapping, patting on the lung and heart meridian of upper limb, spleen and stomach meridian below the knee. 15-20 minutes for each operation. It is appropriate to have soreness at the operated part.

Ref:

1. WHO. Coronavirus disease 2019 (COVID-19) Situation Report -53.
2. Guidelines on Acupuncture and Moxibustion Intervention for COVID-19.
3. WHO Standard ACUPUNCTURE POINT LOCATIONS in the Western Pacific Region

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