

COLOR ATLAS
OF
ZHU'S SCALP ACUPUNCTURE



English Edition

朱氏頭皮針治療區彩色圖譜

Ming Qing Zhu
朱明清

Moyee Siu
蕭慕如

Preface

The origins of scalp acupuncture can be traced back many thousands of years. Various chapters of the <Miraculous Pivot> describe the head as a major area of convergence for regular channels, luo channels, extraordinary channels, muscle regions and cutaneous regions. Many acupoints fall on the scalp along these channels, and these are often used in body-acupuncture treatments.

The treatment lines (or areas) associated with various body regions and functions began to be explored on the scalp in the 1950's, as the new therapeutic modality of scalp acupuncture began to emerge as a special, stand-alone system. Having begun his research in 1969, Dr. Ming Qing Zhu has been one of the pioneers in this area.

Dr. Zhu was a major contributor to the committee that, in 1984, established the International Standard of Scalp Acupuncture. This standard combined the ideas of the most prominent styles of scalp acupuncture at the time, including the early Zhu's Scalp Acupuncture. Dr. Zhu has made significant enhancements since then.

Simplifying the conventional intricate methods of tonifying and reducing, Dr. Zhu devised special needling techniques that are ideally suited to the scalp and termed them "*Jin Qi Fa*" and "*Cou Qi Fa*". Dr. Zhu has continued to refine his system for over forty years, with ongoing explorations into new areas and indications.

This Color Atlas is a visual aid and reference for any clinician, presenting in a layered format this special micro-acupuncture system conceptually, anatomically and functionally. Readers can grasp its fundamentals at a glance, with each layer illustrating a single aspect of the system.

Simple as it seems, the mastering of Zhu's Scalp Acupuncture requires training and a great deal of practice. Correct locations, proper needling techniques, and the use of qi and "daoyin" are just a few of the essential elements necessary for obtaining good results.

Getting familiar with the locations of treatment zones is the first step in learning this system. This atlas will speed up your learning process...one we hope will ultimately bring the benefits of Zhu's Scalp Acupuncture to patients all over the world.

Characteristics of Zhu's Scalp Acupuncture

I. Sound theoretical basis

Zhu's Scalp Acupuncture is based on the theories of Chinese medicine, including the Yin-Yang Theory, Five-Elements Theory, Zang-Fu Theory, Qi and Blood Theory, and in particular, the Meridians Theory. Also incorporated are western medical theory relating to anatomy, physiology, modern pathology, histo-embryology, biochemistry, immunology and western diagnosis. It is important to point out that this system is not a projection of the cerebrocortical functional areas on the scalp.

II. Special procedures

In Zhu's Scalp Acupuncture, very short and fine filiform needles are used. The needles are inserted subcutaneously into the subaponeurotic layer of the scalp. There is absolutely no risk of penetrating the skull, and of course no damage to intracranial tissues. It is painless and a lot safer than conventional body acupuncture because the chance of accidents is very remote.

Needle manipulations are important. Special techniques are employed – “Chou Qi” for reduction and “Jin Qi” for tonification. During treatment, qi is directed by means of “Dao-yin” and “Tu-na”.

Zhu's Scalp Acupuncture does not require any unusual equipment besides the needles. It is not restricted in any way by time, location, environment, nor the patient's posture and age.

III. High efficacy

The functions of Zhu's Scalp Acupuncture, like conventional acupuncture, are to unblock channels, harmonize 'Ying-Wei' (i.e. the Nutritive Qi and the Defensive Qi respectively), balance Yin-Yang, strengthen 'Good Qi' and expel 'Bad Qi'. In western medical terms, these actions are equivalent to anti-inflammatory, analgesic, antibiotic, stop bleeding, promote blood circulation, regulate neurohumoral and endocrine balance, and increase immunity of the system.

All diseases begin with qi pathologies prior to any manifestation. Acupuncture cure diseases mainly by adjusting qi, and Zhu's Scalp Acupuncture specifically is adept in that. Using Zhu's Scalp Acupuncture the patient's symptoms are usually alleviated in a relatively short period of time. This makes it a treatment of choice for not only common ailments but also acute conditions and emergencies. The more acute and symptomatic, the better and notable the effects. Furthermore, besides resolving the major complaints, it often simultaneously bring relief to chronic problems.

Zhu's Scalp Acupuncture can be used with other modalities synergistically. When applied with medicine, it can enhance the actions of the medicine while reducing its adverse side effects, consequently allowing a lower or safer dosage to be administered.

Treatment Areas

Name	Location	Functions	Indications
<p style="text-align: center;"><HF></p> <p style="text-align: center;">Head and Face Area</p> <p style="text-align: center;">[plates A6,C3, C4]</p>	<p>This 1-cun square centers at Du24 and extends 0.5 cun to its left, right, anterior and posterior. It represents the head and face, with Du24 corresponding to the tip of the nose.</p>	<p>Calms spirit, clears mind, sedates and stops fear, benefits throat, opens orifices.</p>	<ul style="list-style-type: none"> ● Mental disorders such as disturbance of consciousness, depression, mania, epilepsy, mental retardation, memory loss, nervousness, insomnia, dizziness. ● Diseases of the head, face, sense organs, pharynx, larynx, mouth and tongue, such as headache, migraine, visual problems, nasal diseases, facial pain, facial palsy, sore throat, hoarse voice, aphasia.
<p style="text-align: center;"><UJ></p> <p style="text-align: center;">Upper Jiao Area</p> <p style="text-align: center;">[plates A6,C3]</p>	<p>This area extends 1.5 cun from Du23 towards Du22, and bounded on the sides by the Foot Taiyang Bladder Channels. It represents the upper burner, with Du22 corresponding to the center of the chest between the nipples (Ren17).</p>	<p>Awakens brain, clears mind, calms spirit, clears heart, decongests chest, regulates qi, expels wind, resolves exterior conditions, disperses lung qi, stops cough, unblocks channels, alleviates pain.</p>	<p>For diseases and symptoms of the heart, lungs, trachea, diaphragm and the brain, such as palpitation, irritability, insomnia, poor memory, flu, cough, asthma, chest pain, hiccup, dementia, epilepsy.</p>

Name	Location	Functions	Indications
<p><MJ> Middle Jiao Area [plates A7,C3]</p>	<p>This area extends from 1 cun anterior of Du21 to 0.5 cun posterior of Du21. It is bounded on the sides by the Foot Taiyang Bladder Channels. It represents the middle burner, with Du21 corresponding to the umbilicus.</p>	<p>Harmonizes stomach, descends rebellious qi, soothes liver, regulates qi, benefits gallbladder, clears intestines.</p>	<p>For diseases and symptoms of the liver, gallbladder, spleen, stomach, pancreas and intestines, such as stomach ache, hypochondriac pain, belching, vomiting, diarrhea, anger, agitation, constipation, jaundice, bitter taste, fatigue.</p>
<p><LJ> Lower Jiao Area [plates A6,C3]</p>	<p>This area, representing the lower burner, starts from Du21 and extends 1 cun posteriorly. Part of it overlaps with the Middle Jiao Area. It is bounded on the sides by the Foot Taiyang Bladder Channels.</p>	<p>Tonifies kidney and liver, regulates menstruation, promotes urination, ascends yang qi, astringes, unblocks channels, alleviates pain.</p>	<p>For disorders of the lower burner including the urinary system, reproductive system and endocrine system. Examples are lower abdominal pain, urinary problems, irregular menstruation, infertility, dysmenorrhea, leucorrhea, vertigo, low back pain, tinnitus, deafness, impotence.</p>
<p><VPF> Vertex, Perineum, Foot Area [plates A6, B4, C3]</p>	<p>This square, centering at Du20, extends 0.5 cun to its left, right, front and back. Du20 represents simultaneously the vertex of the head (Du20), the perineum (Du1) and center of the foot (K1).</p>	<p>Pacifies liver and sinks liver yang, raises yang qi and stops prolapse, unblocks channels, alleviates pain.</p>	<p>Vertex headache, dizziness or vertigo, coma, syncope, hypertension, hypotension, anal prolapse, hernia, prostate hypertrophy, pain in sacrum, coccyx or perineum, ankle pain, foot pain or numbness.</p>
<p><C> Cervical Area [plates A6, B4]</p>	<p>This area, representing the cervical column, starts from a point 0.5 cun posterior of Du20 and extends 0.7 cun towards Du19. It is 0.5 cun wide on either side of the Du Meridian.</p>	<p>Unblocks the Bladder channels and Du channel, alleviates pain.</p>	<p>Mainly used for neck problems such as neck pain, cervical spondylosis, torticollis, injury to the cervical vertebrae and surrounding tissues, peri-scapular burning pain, stiffness of the neck from hypertension or external cold.</p>

Name	Location	Functions	Indications
<p align="center"><T></p> <p align="center">Thoracic Area</p> <p align="center">[plates A6, B4]</p>	<p>This area extends 1.3 cun lengthwise, starting from 0.3 cun anterior of Du19. The point Du19 corresponds to the T-3 vertebra. It is bounded by the Foot Taiyang Bladder Channels.</p>	<p>Unblocks the Bladder channels and Du channel, alleviates pain.</p>	<p>For problems in the mid-back region and diseases of underlying organs. Examples are pain or stiffness of back muscles, thoracic spondylitis, referred pain on the back due to pathologies of the heart, lung, stomach, gallbladder, liver, or pancreas.</p>
<p align="center"><L></p> <p align="center">Lumbar Area</p> <p align="center">[plates A6, B4]</p>	<p>This area centers at Du18 that corresponds to the L-2 vertebra and extends 0.5 cun both anteriorly and posteriorly. It is bounded on each side by the Foot Taiyang Bladder Meridians.</p>	<p>Unblocks the Bladder channels and Du channel, alleviates pain, strengthens bones and tendons.</p>	<p>Mainly used for lumbar problems and diseases of underlying organs, such as acute or chronic lumbago, lumbar spondylitis, injuries causing lumbar pain or paralysis, acute or chronic nephritis, urinary tract infection.</p>
<p align="center"><S></p> <p align="center">Sacral Area</p> <p align="center">[plates A6, B4]</p>	<p>Immediately following the Lumbar Area, the Sacral Area is 1 cun in length and terminates at Du17, which corresponds to the coccyx.</p>	<p>Unblocks the Bladder channels and Du channel, alleviates pain, pacifies liver, brightens eyes, stops dizziness.</p>	<p>Mainly used for sacral pain due to injuries, wear and tear, disk protrusion. Also indicated for pathologies of the underlying cerebral tissues, such as vertigo, equilibrium disorders, visual disorders.</p>
<p align="center"><H></p> <p align="center">Hip Area</p> <p align="center">[plates A7, C4]</p>	<p>Two bilateral areas latero-anterior to Du20 at an angle of 45° to the Du channel and bounded by the Foot Taiyang Bladder Channels. The left area represents the right hip and vice versa.</p>	<p>Unblocks channels, alleviates pain.</p>	<p>For problems in the hip and buttock areas such as hip pain, sciatica, inflammation of the piriformis.</p>

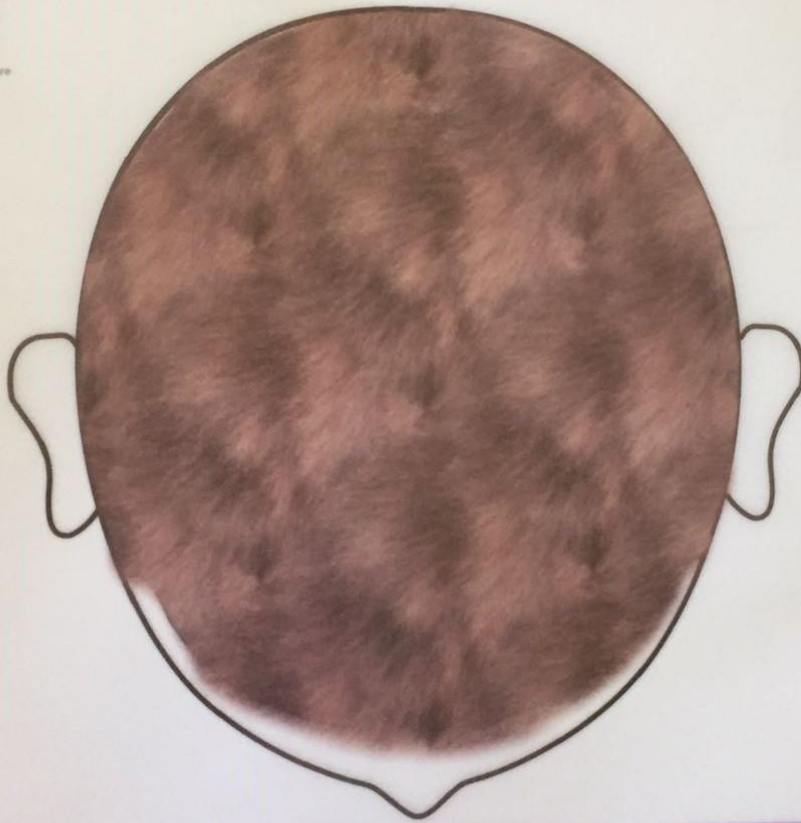
Name	Location	Functions	Indications
<p><Sh> Shoulder Area [plates A7, C4]</p>	<p>Two bilateral areas latero-posterior to Du20 at an angle of 45° to the Du channel and bounded by the Foot Taiyang Bladder Channels. The left area represents the right shoulder and vice versa.</p>	<p>Unblocks channels, alleviates pain.</p>	<p>For problems in the upper back near the shoulders and peri-scapular area, such as peri-arthritis of the shoulder joint, scapular pain.</p>
<p> Upper Limb Area [plate C4]</p>	<p>The upper limbs are represented by two rhomboids with the left rhomboid representing the right upper limb, and vice versa. The anterior border of the rhomboid is part of the line segment joining Du22 and ST8, starting 0.5 cun on the contralateral side of the Du meridian and extends approximately 1 cun in length laterally. The posterior border is parallel and 0.5 cun apart from the anterior border.</p>	<p>Unblocks channels, alleviates pain, strengthens tendons.</p>	<p>Motor and sensory disorders of the upper limbs such as weakness, flaccidity, rigidity, paralysis, numbness, pain, dyskinesia, dysaesthesia.</p>
<p><LL> Lower Limb Area [plate C4]</p>	<p>The lower limbs are represented by two rhomboids with the left rhomboid representing the right lower limb, and vice versa. The anterior border of the rhomboid is extrapolated from the line segment joining Du21 and UB6, starting 0.5 cun on the ipsilateral side of the Du meridian and extends approximately 1.5 cun in length laterally. The posterior border is parallel and 0.75 cun apart from the anterior border.</p>	<p>Unblocks channels, alleviates pain, strengthens tendons.</p>	<p>Motor and sensory disorders of the lower limbs such as weakness, flaccidity, rigidity, paralysis, numbness, pain, dyskinesia, dysaesthesia.</p>

Name	Location	Functions	Indications
<p align="center"><UA></p> <p align="center">Upper Abdomen Area</p> <p align="center">[plate C4]</p>	<p>A square centered at GB15 (Touling), extending 0.5 cun to its left, right, front and back. It lies on the Foot Shaoyang Gallbladder Channel, intersects with the Bladder Channel and Yangwei Channel. This area represents the upper abdomen in a transverse view, with GB15 corresponding to the pylorus of the stomach or Ren12 (Zhongwan).</p>	<p>Dredges liver qi, harmonizes stomach, benefits gallbladder, clears intestines, alleviates pain, brightens eyes.</p>	<p>Used for acute diseases of the middle burner, such as acute gastritis, acute cholecystitis, acute cholelithiasis, acute enteritis, acute appendicitis, acute pancreatitis, early stage of diabetes mellitus. This is also a local treatment area for eye problems and headache.</p>
<p align="center"><LA></p> <p align="center">Lower Abdomen Area</p> <p align="center">[plate C4]</p>	<p>A square centered at GB13 (Benshen), extending 0.5 cun to its left, right, front and back. This area lies on the Foot Shaoyang Gallbladder Channel, intersects with the Bladder Channel, Stomach Channel and Yangwei Channel. Part of this area overlaps with the Upper Abdomen Area.</p>	<p>Benefits kidney, promotes urination, regulates menstruation, astringes, alleviates pain, calms shen, tranquilizes.</p>	<p>Mainly for acute diseases of the lower burner such as acute nephritis, urinary tract infection, dysmenorrhea, dysfunctional uterine bleeding, urinary retention. Also indicated for visual problems, dizziness, headache, epilepsy, hypochondriac pain.</p>
<p align="center"><FT></p> <p align="center">Frontal-Temporal Area</p> <p align="center">[plates C4, D5]</p>	<p>A square centered at ST8 (Touwei), extending 0.5 cun to its left, right, front and back. It lies on the Foot Yangming Stomach Channel and Foot Shaoyang Gallbladder Channel.</p>	<p>Expels wind, purges fire, alleviates pain, brightens eyes.</p>	<p>Frontal and temporal headaches, trigeminal neuralgia, eye pain, excessive lacrimation, blurry vision, facial or eye tics, eye or mouth deviation.</p>
<p align="center"><AT></p> <p align="center">Auricle-Temporal Area</p> <p align="center">[plate D5]</p>	<p>A square centered at GB8 (Shuaigu), extending 0.5 cun to its left, right, front and back. It lies on the Foot Shaoyang Gallbladder Channel, intersects with Foot Taiyang Bladder Channel. This area represents the lateral side of the head, with GB8 corresponding to the ear.</p>	<p>Unblocks the Shaoyang Channel, opens ear orifice, stops dizziness.</p>	<p>Tinnitus, deafness, otitis, vertigo, migraine.</p>

Name	Location	Functions	Indications
<p data-bbox="347 398 395 421"><OT></p> <p data-bbox="264 443 472 465">Occipital-Temporal Area</p> <p data-bbox="316 488 421 510">[plates B4, D5]</p>	<p data-bbox="517 376 778 501">This 1-cun square represents the inferior-lateral aspect of the occiput. Its center is located by finding a depression near the midpoint of the line joining the tip of the occipital protuberance and the highest point on the mastoid process.</p>	<p data-bbox="799 376 1050 412">Expels wind, clears heat, unblocks channels, alleviates pain.</p>	<p data-bbox="1091 376 1362 470">Pain or stiffness of the neck, dizziness and headache due to hypertension or basilar arterial blockage. This is also a local treatment area for ear pain, deafness, tinnitus.</p>
<p data-bbox="347 562 395 584"><O></p> <p data-bbox="300 600 427 622">Occipital Area</p> <p data-bbox="325 645 402 667">[plate B4]</p>	<p data-bbox="517 562 778 622">This 1-cun square centers at the tip of the occipital protuberance, extending 0.5 cun to its left, right, front and back.</p>	<p data-bbox="799 562 1050 622">Expels wind, unblocks channels, arrests spasms, stops dizziness, opens orifice.</p>	<p data-bbox="1091 573 1353 633">Neck stiffness, aphasia, seizures, dizziness, vertigo, imbalance, visual disturbance.</p>



Color Atlas of Zhu's Scalp Acupuncture

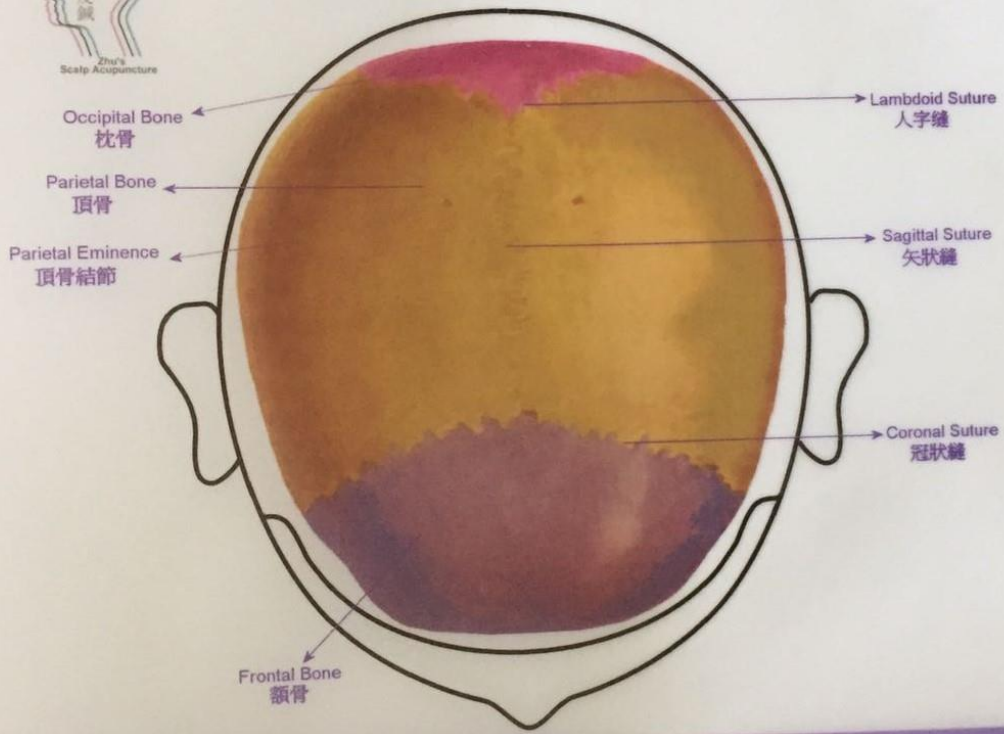


Top View: External
俯視圖：外觀

A1



Color Atlas of Zhu's Scalp Acupuncture

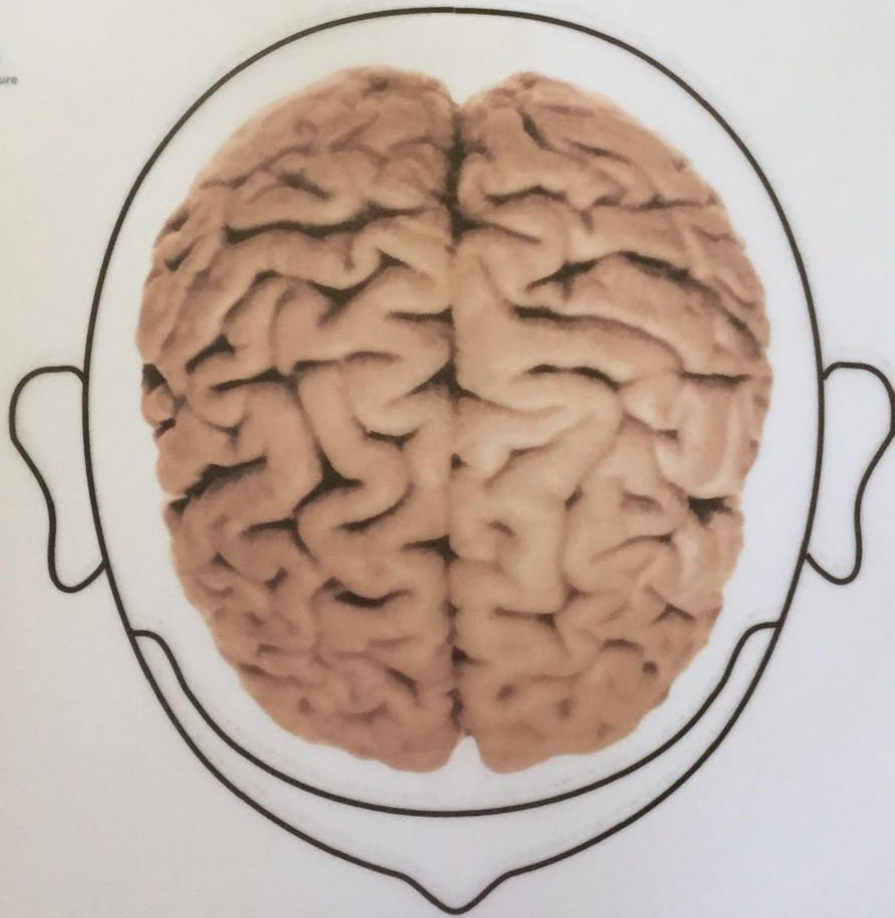


Top View: Skull
俯視圖：顱骨

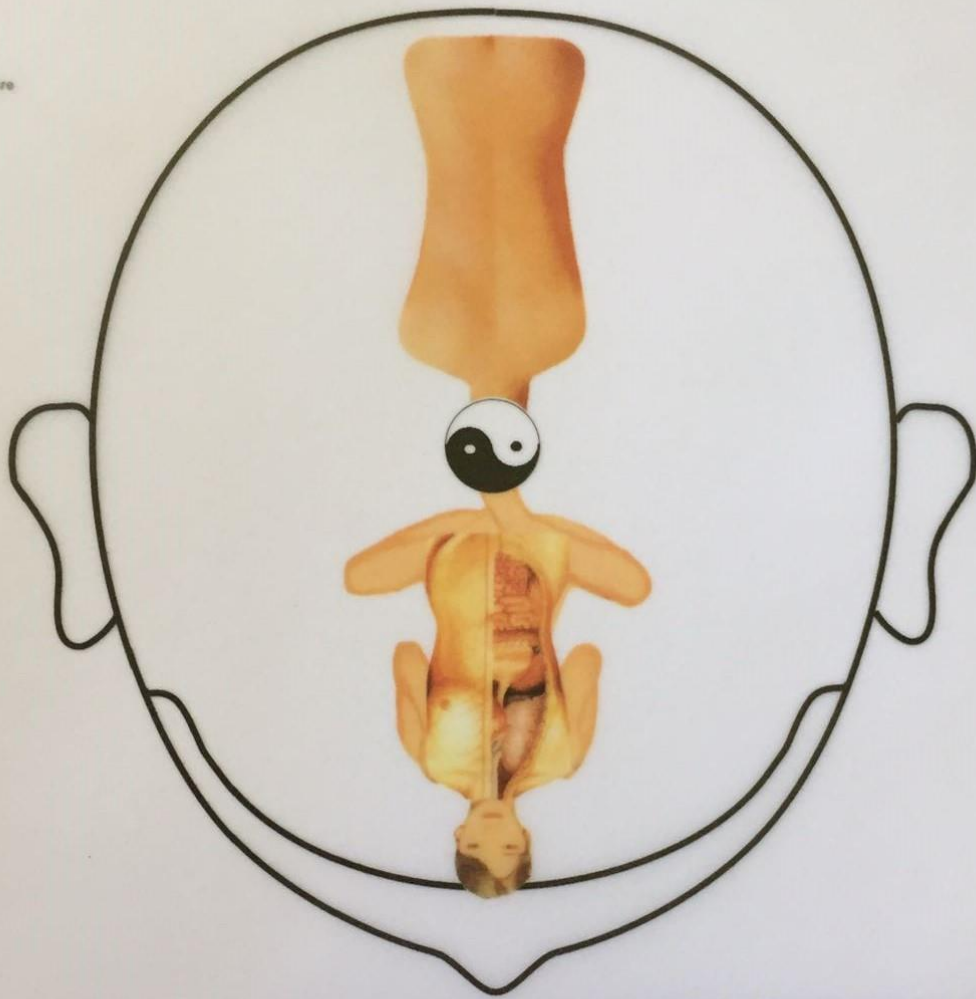
A2



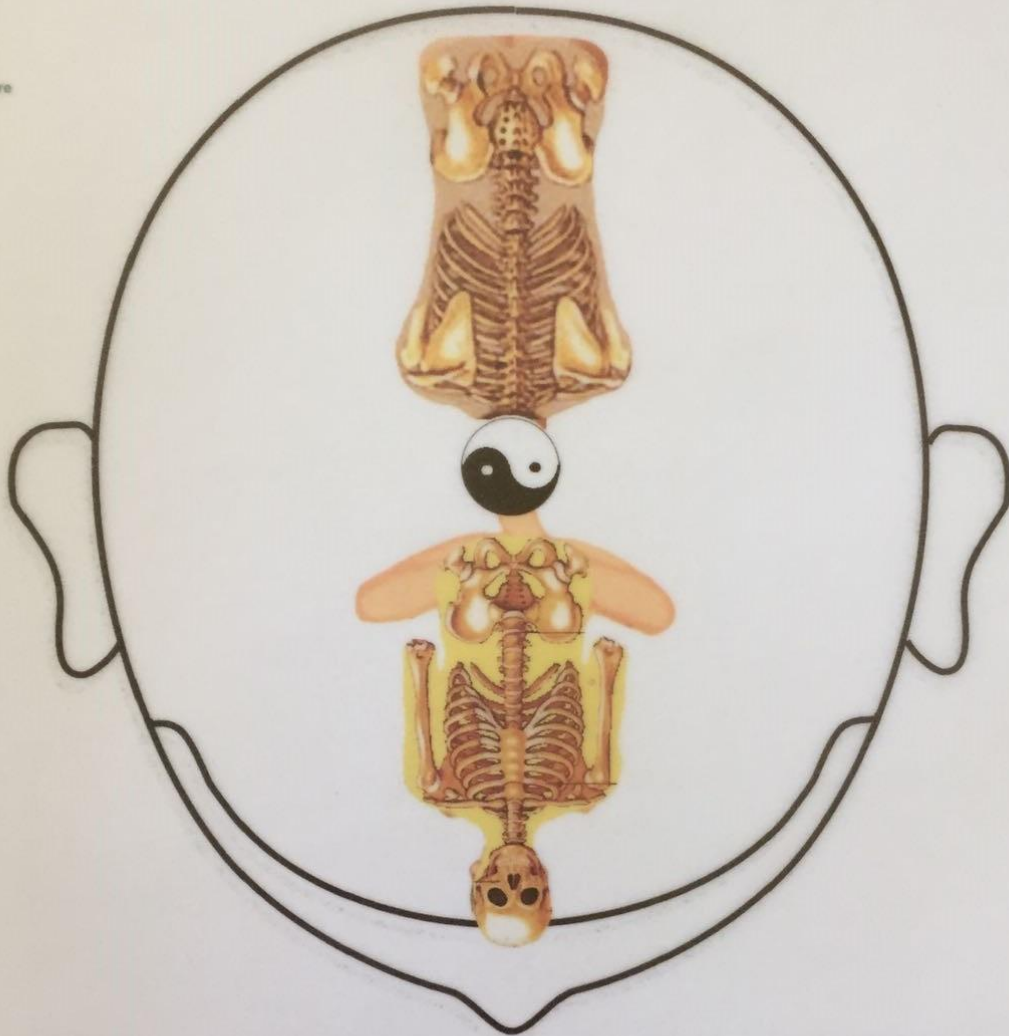
Color Atlas of Zhu's Scalp Acupuncture



Top View: Cerebrum
俯視圖：大腦



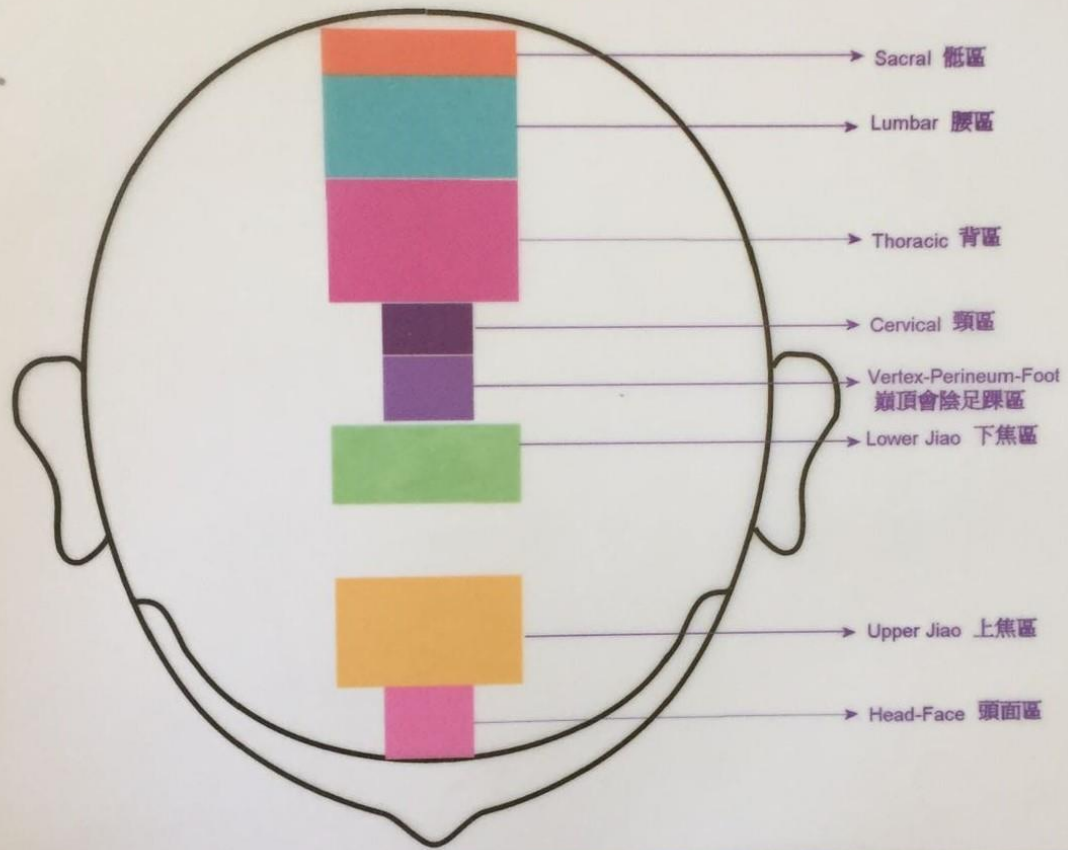
Top View: Halographic Images (1)
俯視圖：全息像(之一)



Top View: Halographic Images (2)

俯視圖：全息像(之二)

Color Atlas of Zhu's Scalp Acupuncture

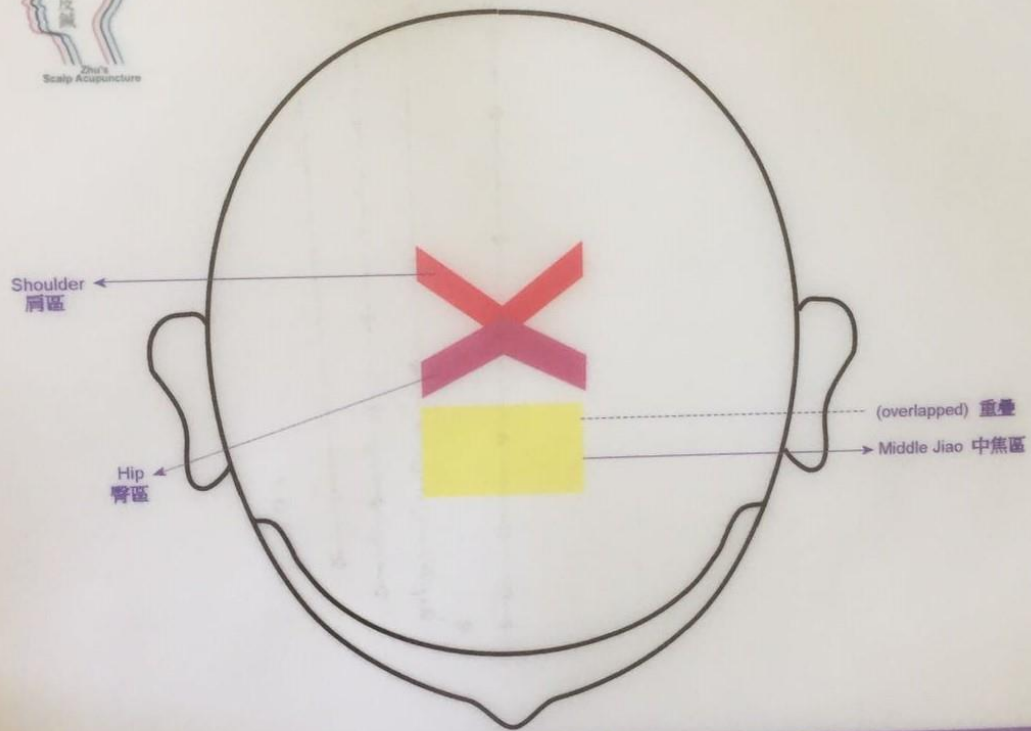


Top View: Treatment Zones (1)
俯視圖: 治療區 (之一)

A6



Color Atlas of Zhu's Scalp Acupuncture

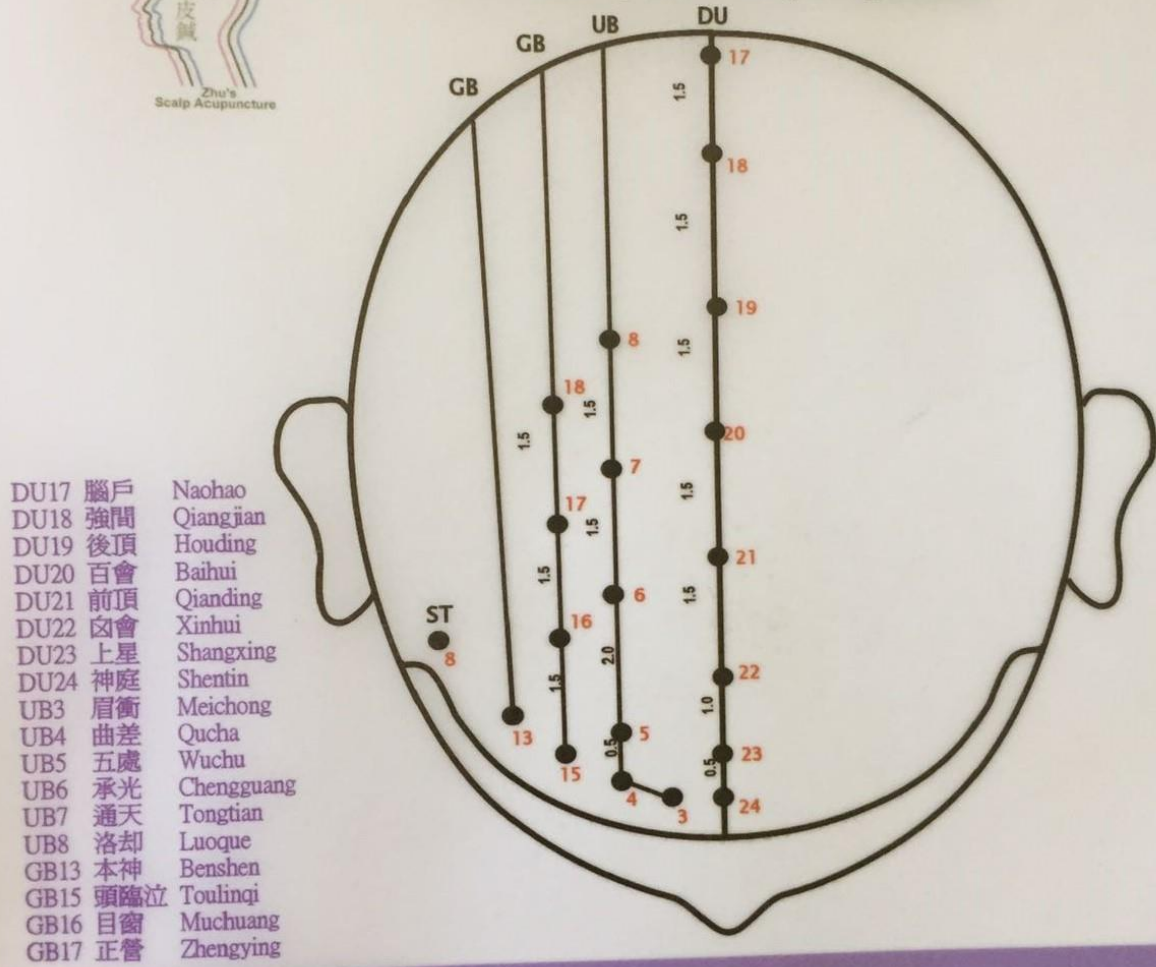


Top View: Treatment Zones (2)
俯視圖：治療區（之二）

A7



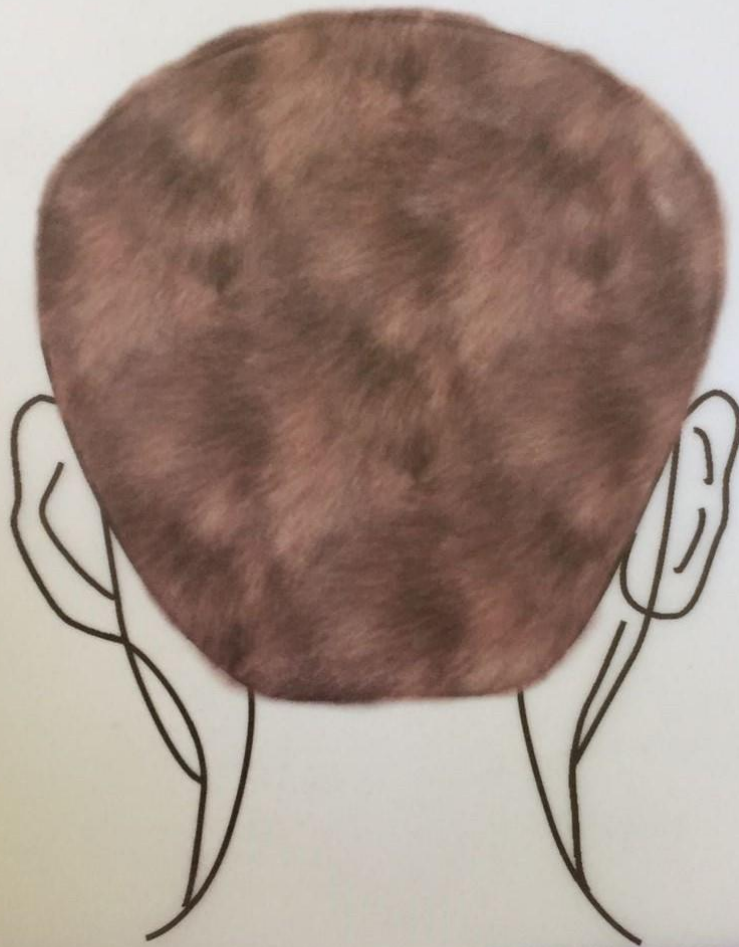
Color Atlas of Zhu's Scalp Acupuncture



Top View: Meridian Points
俯視圖：經絡穴位



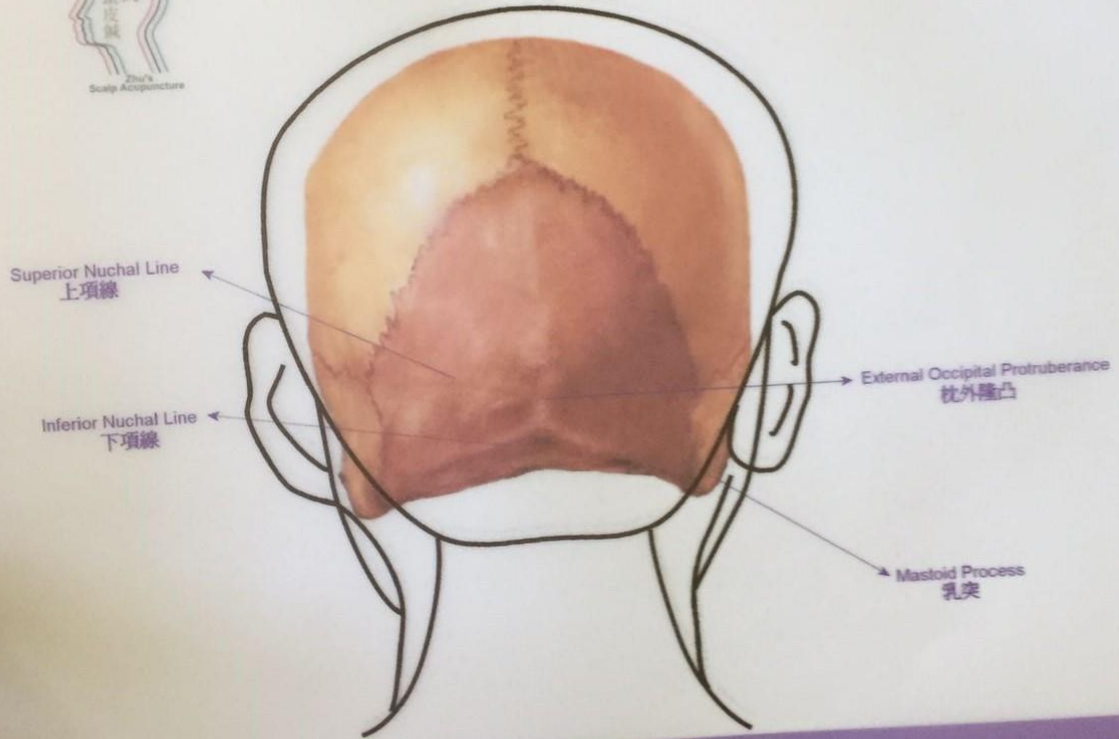
Color Atlas of Zhu's Scalp Acupuncture



Posterior View: External
背面圖：外觀

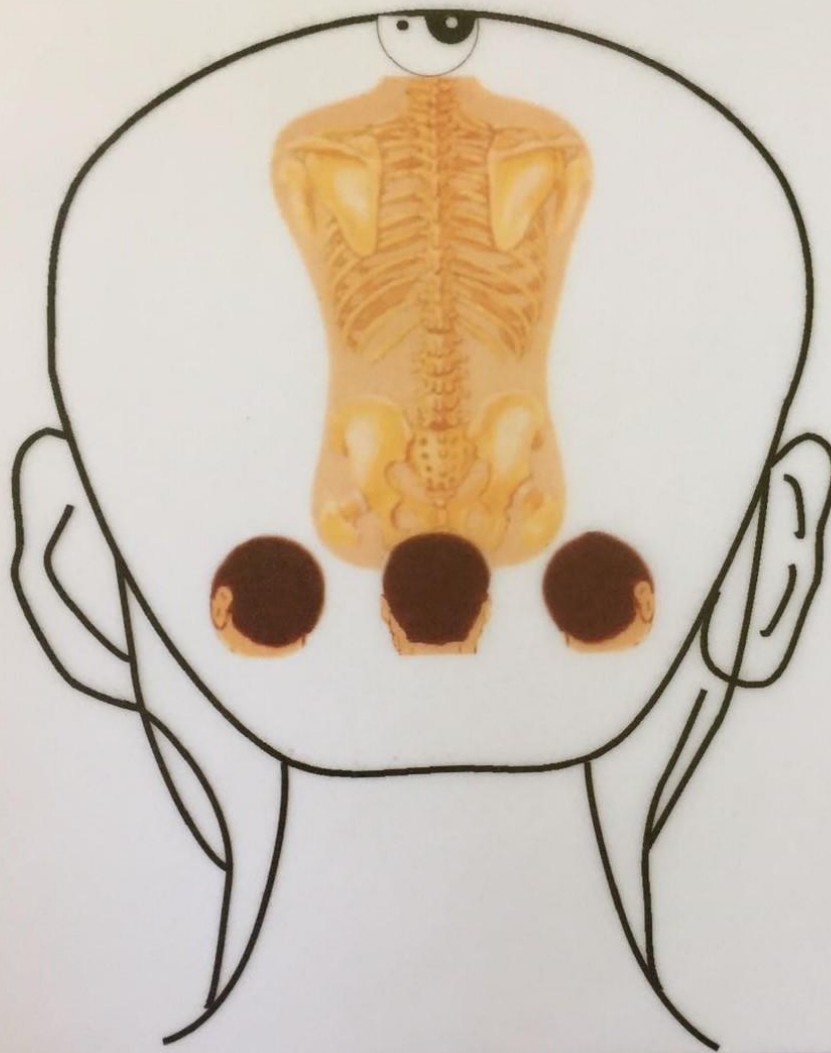


Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Skull
背面圖：顱骨

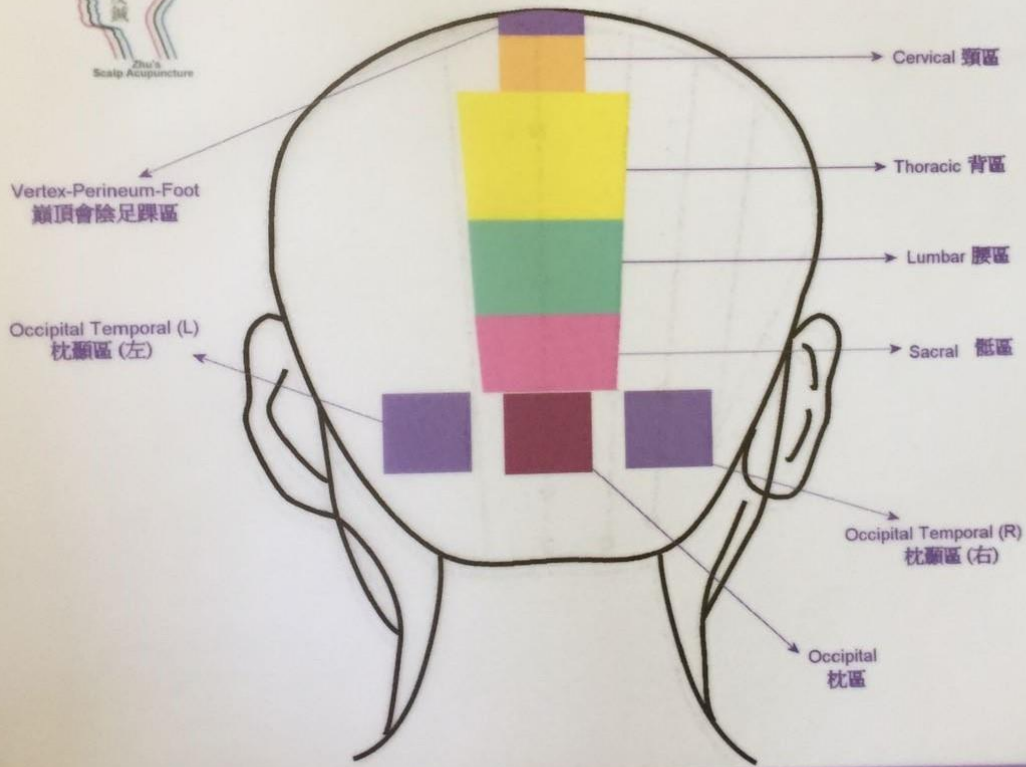
Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Holographic Images
背面圖：全息像



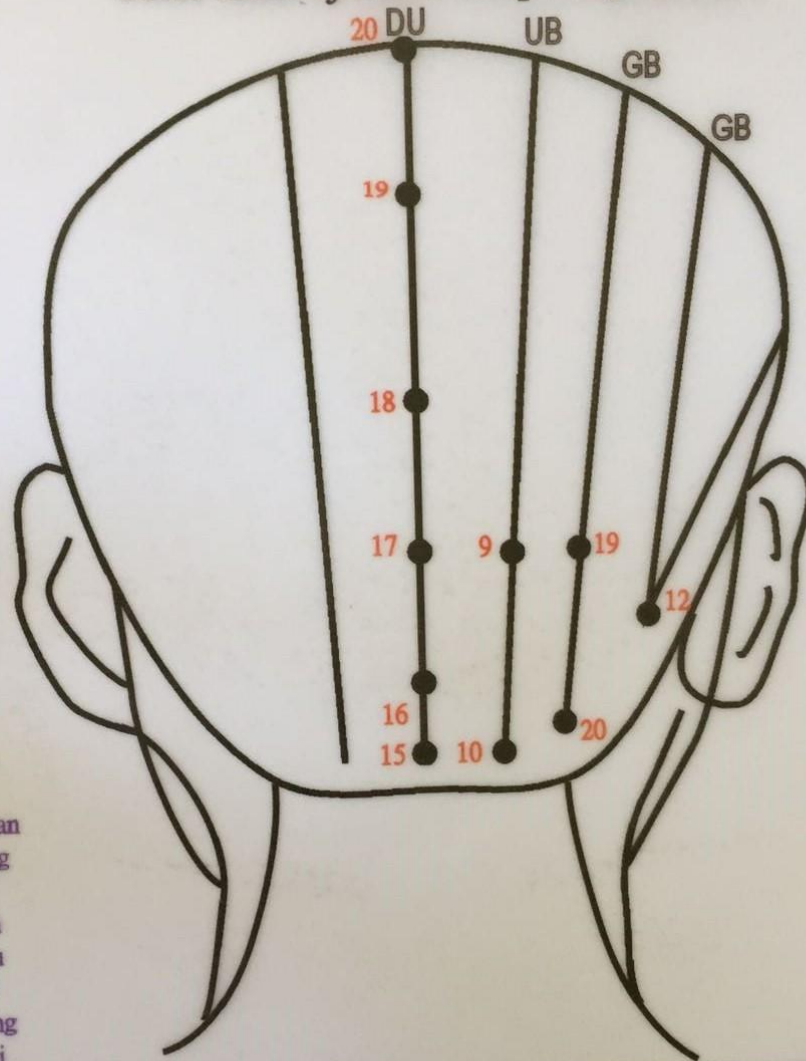
Color Atlas of Zhu's Scalp Acupuncture



Posterior View: Treatment Zones
背面圖：治療區



Color Atlas of Zhu's Scalp Acupuncture



- DU15 啞門 Yamen
- DU16 風府 Fengfu
- DU17 腦戶 Naohu
- DU18 強間 Qiangjian
- DU19 後頂 Houding
- DU20 百會 Baihui
- UB9 玉枕 Yuzhen
- UB10 天柱 Tianzhu
- GB12 完骨 Wangu
- GB19 腦空 Naokong
- GB20 風池 Fengchi

Posterior View: Meridian Points
背面圖：經絡穴位

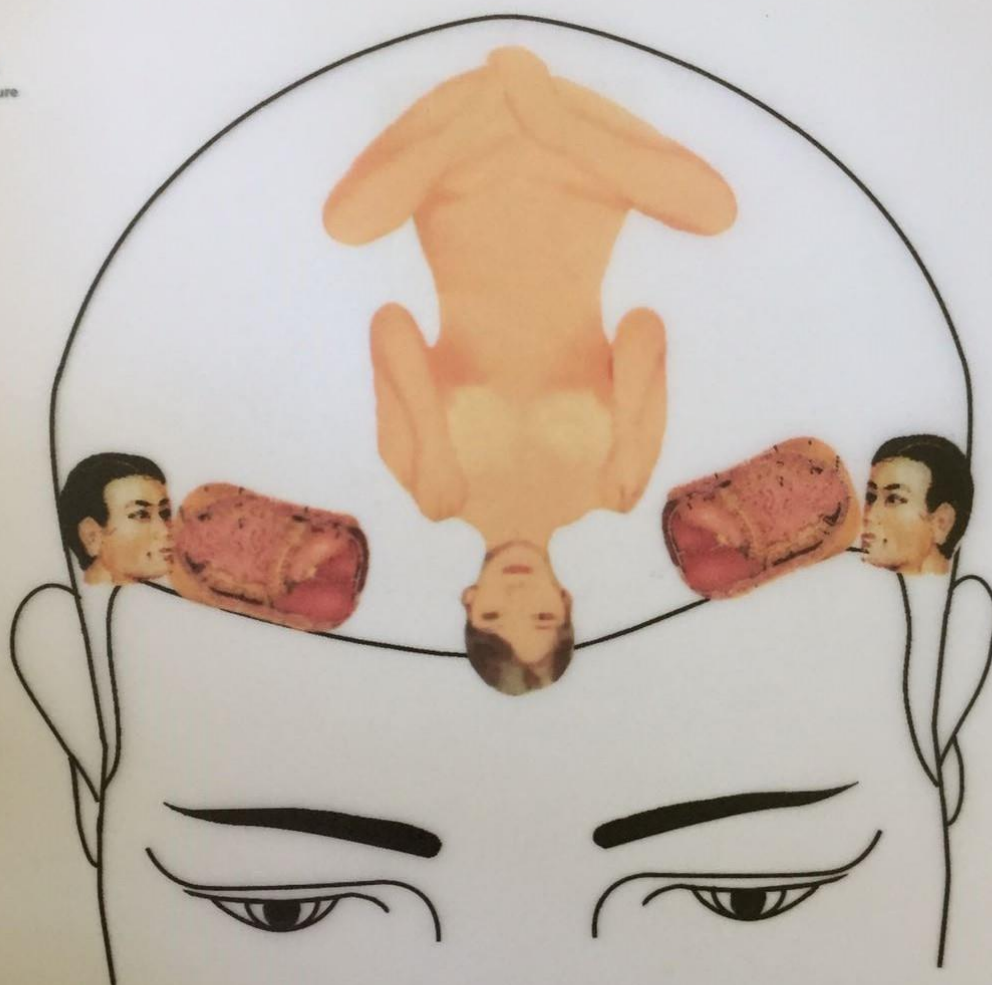
Color Atlas of Zhu's Scalp Acupuncture



Front View: External
正面圖：外觀



Color Atlas of Zhu's Scalp Acupuncture



Front View: Holographic Images

正面圖: 全息像

Color Atlas of Zhu's Scalp Acupuncture



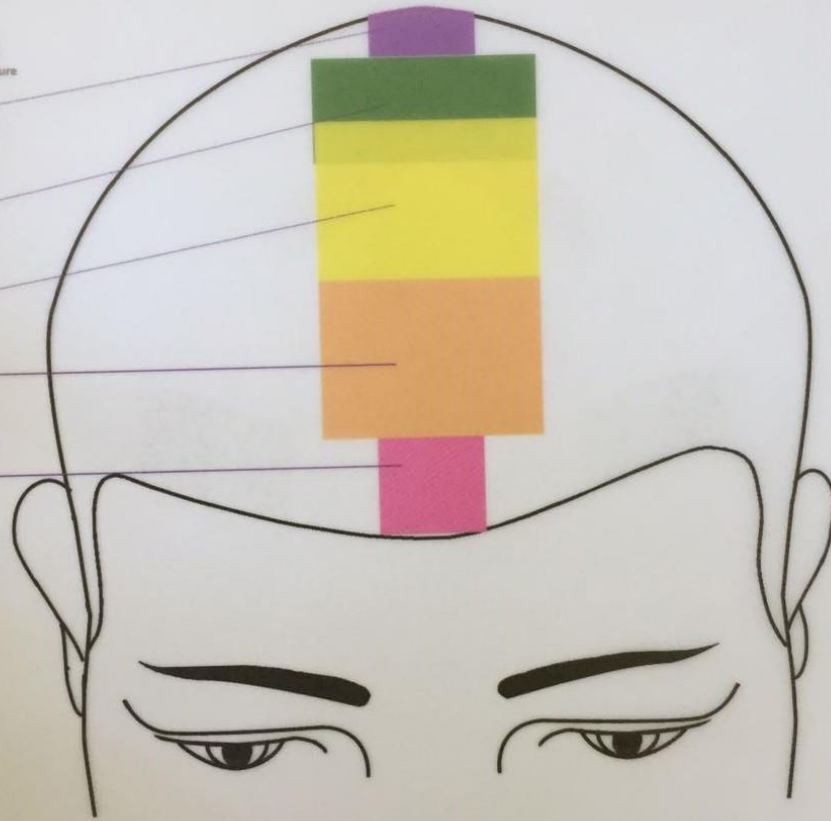
Vertex-Perineum-Foot
巔頂會陰足踝區

Lower Jiao
下焦區

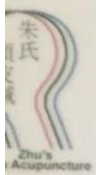
Middle Jiao
中焦區

Upper Jiao
上焦區

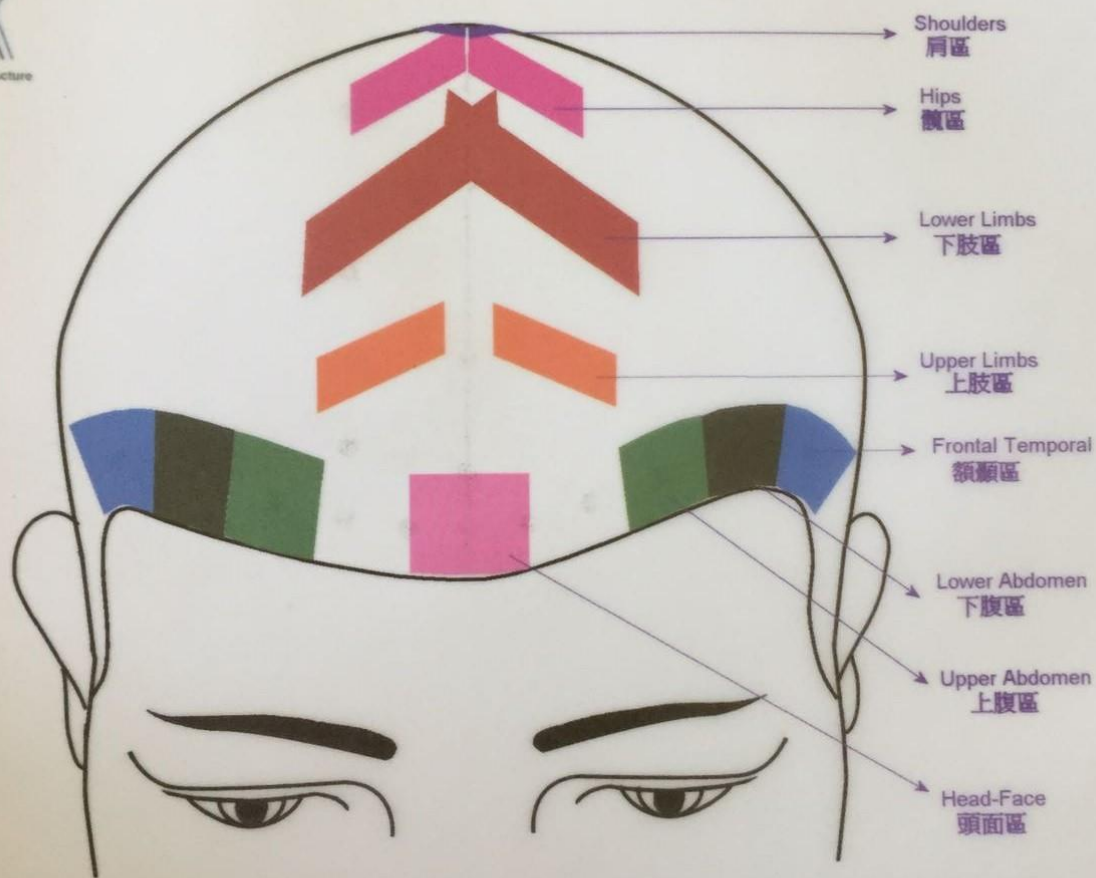
Head-Face
頭面區



Front View: Treatment Zones (1)
正面圖: 治療區(之一)



Color Atlas of Zhu's Scalp Acupuncture



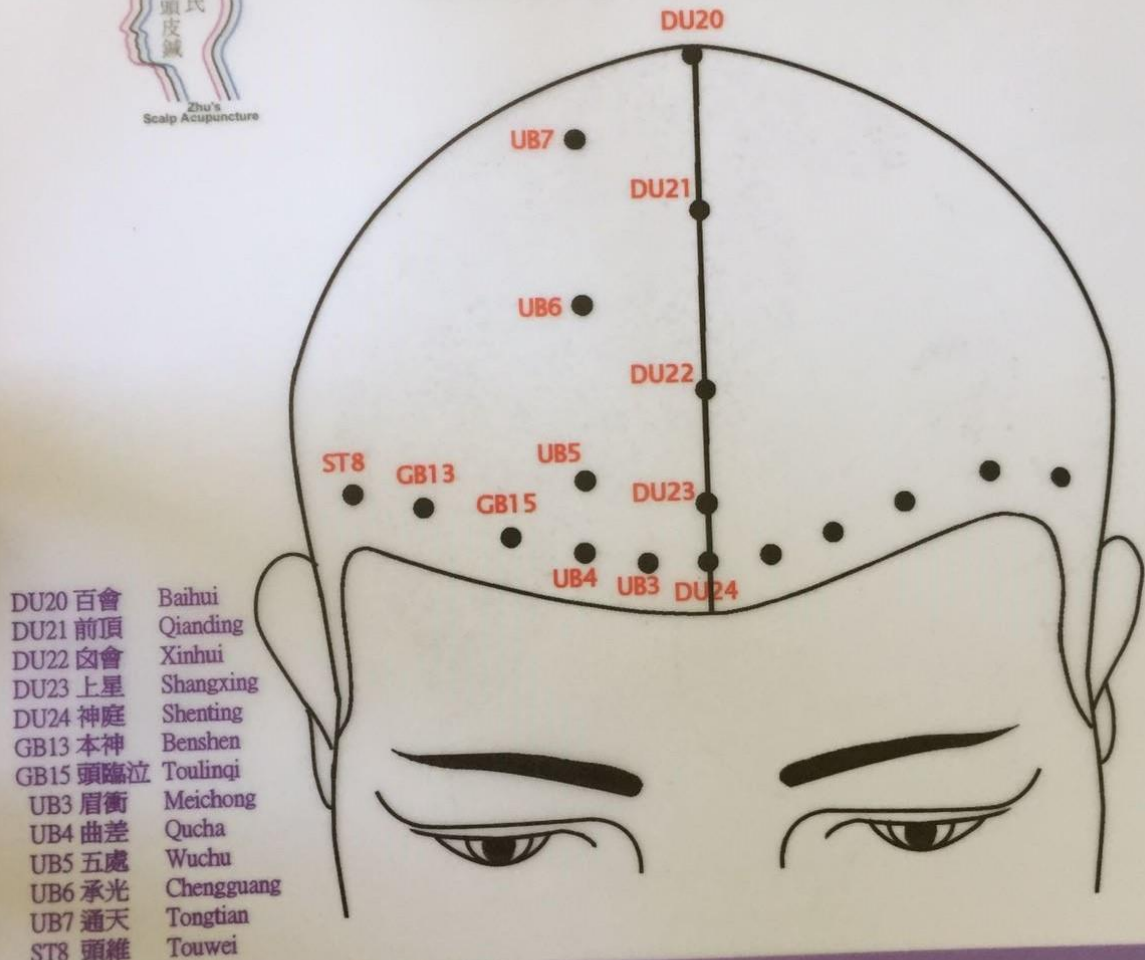
Front View: Treatment Zones (2)

正面圖: 治療區 (之二)

C4



Color Atlas of Zhu's Scalp Acupuncture



- | | | |
|------|-----|------------|
| DU20 | 百會 | Baihui |
| DU21 | 前頂 | Qianding |
| DU22 | 囟會 | Xinhui |
| DU23 | 上星 | Shangxing |
| DU24 | 神庭 | Shenting |
| GB13 | 本神 | Benshen |
| GB15 | 頭臨泣 | Toulinqi |
| UB3 | 眉衝 | Meichong |
| UB4 | 曲差 | Qucha |
| UB5 | 五處 | Wuchu |
| UB6 | 承光 | Chengguang |
| UB7 | 通天 | Tongtian |
| ST8 | 頭維 | Touwei |

Front View: Meridian Points
正面圖：經絡穴位

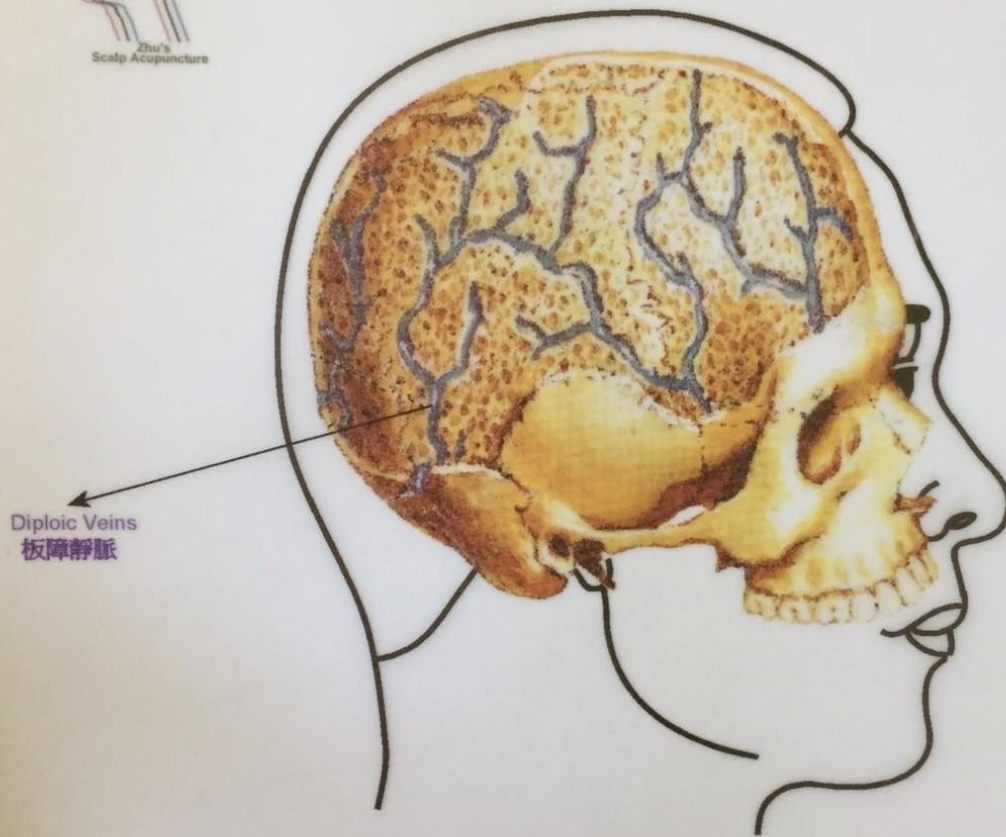
Color Atlas of Zhu's Scalp Acupuncture



Lateral View: External
側面圖：外觀



Color Atlas of Zhu's Scalp Acupuncture

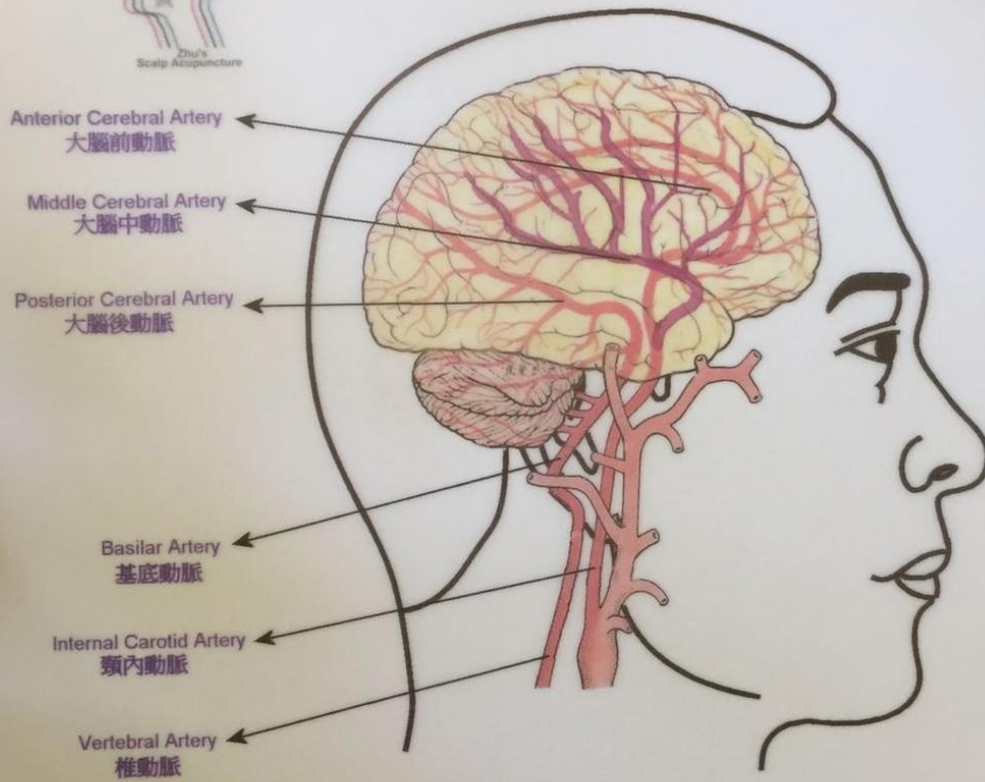


Diploic Veins
板障靜脈

Lateral View: Skull
側面圖：顱骨

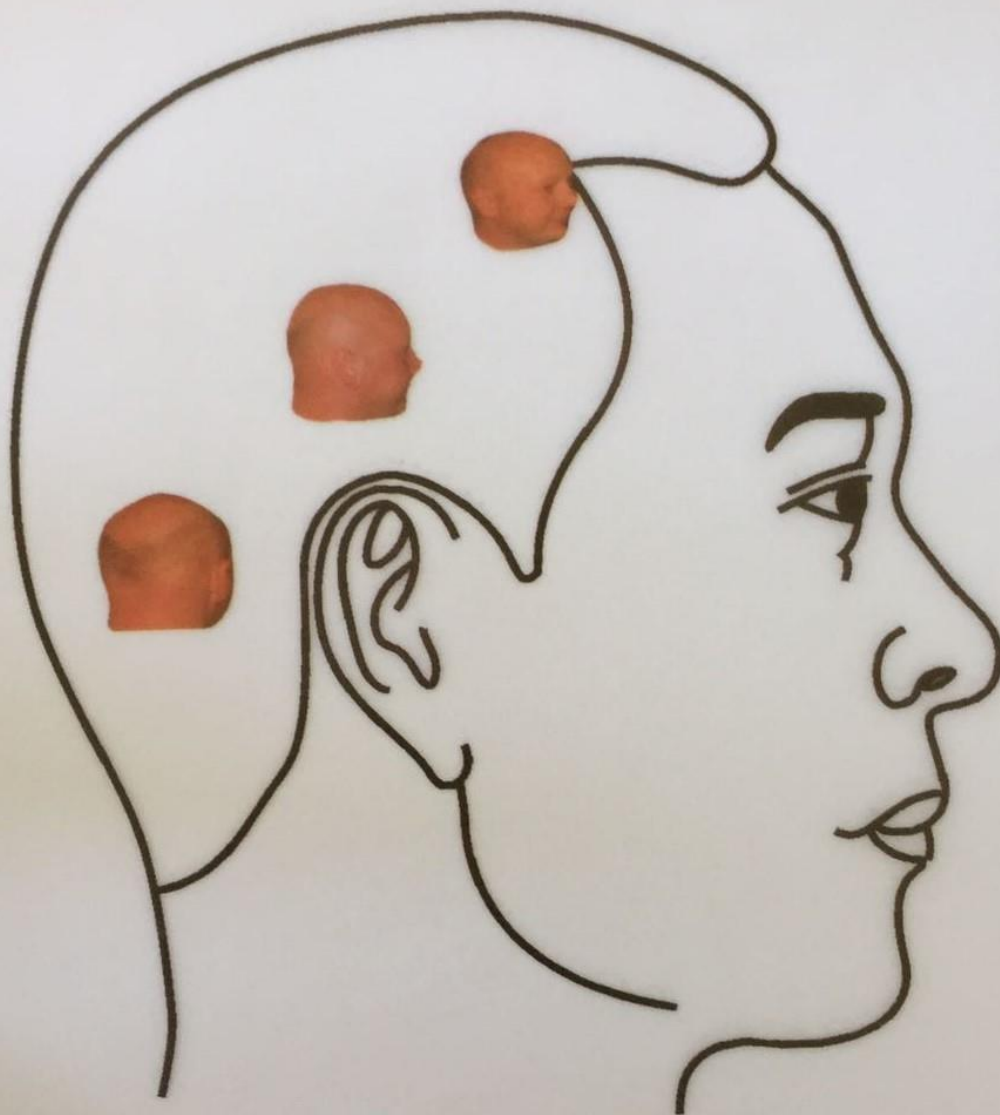


Color Atlas of Zhu's Scalp Acupuncture



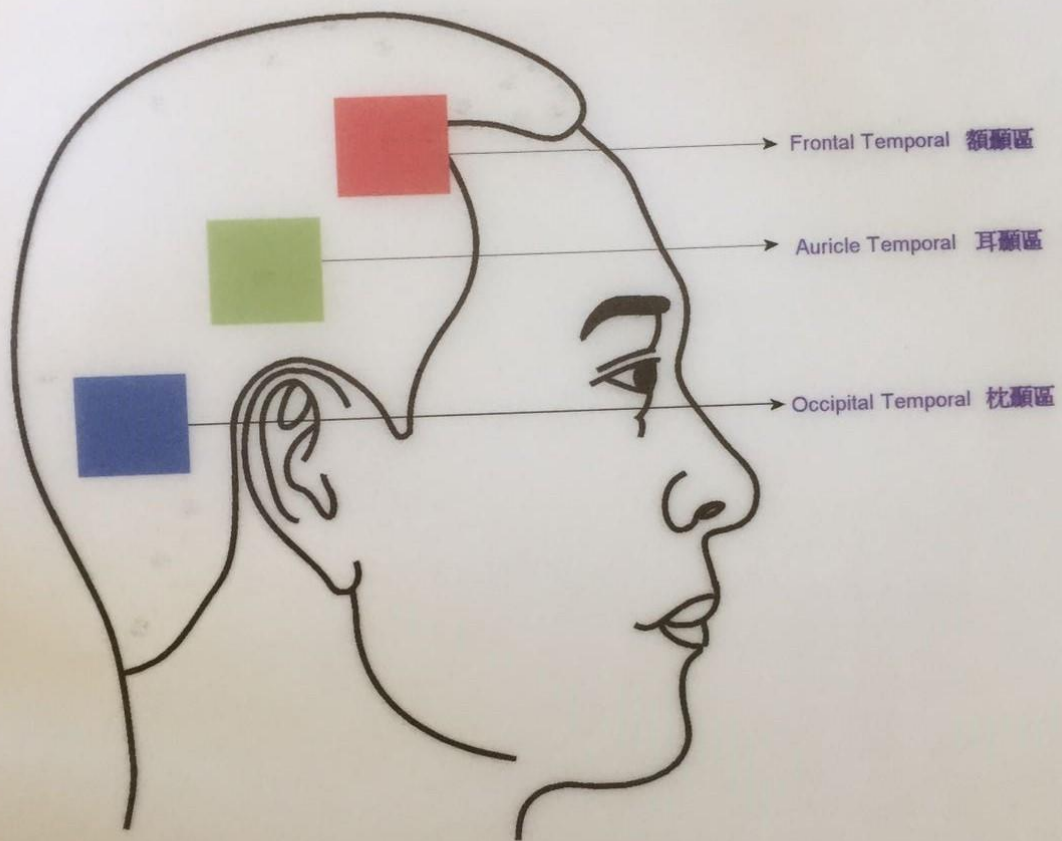
Lateral View: Cerebrum, Cerebellum and Main Arteries
側面圖：大腦，小腦與主要動脈

Color Atlas of Zhu's Scalp Acupuncture



Lateral View: Holographic Images
側面圖：全息像

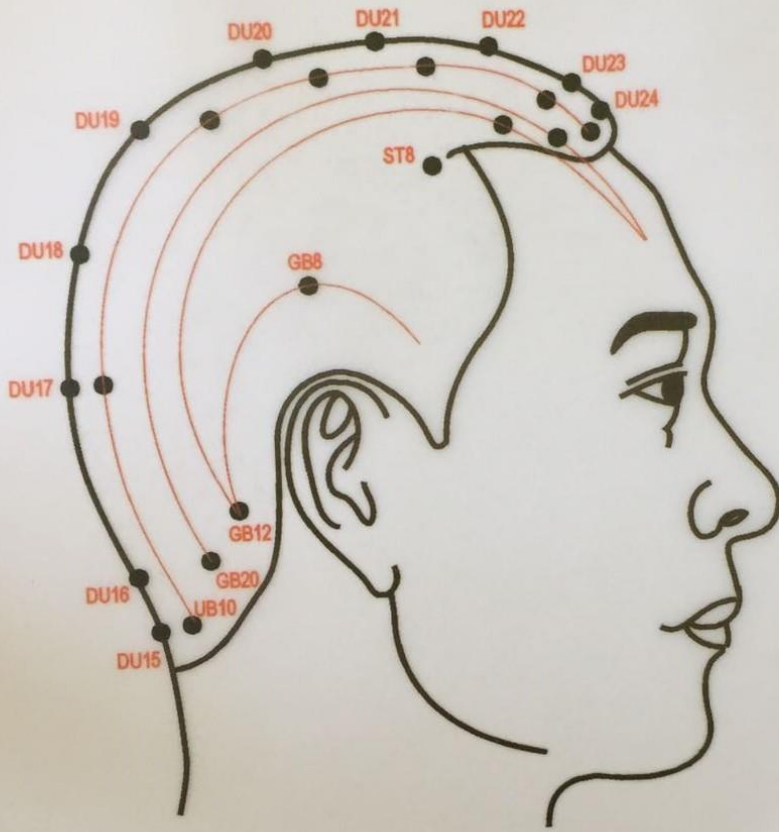
Color Atlas of Zhu's Scalp Acupuncture



Lateral View: Treatment Zones
側面圖：治療區

D5

Color Atlas of Zhu's Scalp Acupuncture



- DU15 啞門 Yamen
- DU16 風府 Fengfu
- DU17 腦戶 Nachu
- DU18 強間 Qiangjian
- ST8 頭維 Touwei
- GB8 率谷 Shuaigu
- GB12 完骨 Wangu
- GB20 風池 Fengchi
- UB10 天柱 Tianzhu

Lateral View: Meridian Points
側面圖：經絡穴圖

D6

Appendix: Table of Old and New Nomenclature

New	Old
Head and Face Area <HF>	Eding zone (front 1/4)
Upper Jiao Area <UJ>	Eding zone (front 2/4)
Middle Jiao Area <MJ>	Eding zone (front 3/4)
Lower Jiao Area <LJ>	Eding zone (back 1/4)
Vertex, Perineum, Foot Area <VPF>	Eding zone (back 1/4)
Cervical Area <C>	Dingzhen zone (upper 1/4)
Thoracic Area <T>	Dingzhen zone (upper 2/4)
Lumbar Area <L>	Dingzhen zone (lower 2/4)
Sacral Area <S>	Dingzhen zone (lower 1/4)
Hip Area <H>	Dingjie anterior zone (DingJie Qian)
Shoulder Area <Sh>	Dingjie posterior zone (DingJie Hou)
Lower Limb Area <LL>	Dingnie zone (upper 1/3)
Upper Limb Area 	Dingnie zone (middle 1/3)
Upper Abdomen Area <UA>	Epang zone I
Lower Abdomen Area <LA>	Epang zone II
Frontal-temporal Area <FT>	Nieqian zone
Auricle-temporal Area <AT>	Niehou zone
Occipital-temporal Area <OT>	-----
Occiput Area <O>	-----

Zhu's Scalp Acupuncture Certification Program

Every day we receive referral requests from patients all over the world as well as inquiries from acupuncturists regarding the use of Zhu's Scalp Acupuncture. In response to these demands, Professor Ming Qing Zhu and his associates Moyce Siu, L.Ac. and Yang Ming Chen, L.Ac. co-founded a non-profit organization: Zhu's Scalp Acupuncture Research and Education Foundation. We offer a post-graduate certification course in the specialized art and techniques of Zhu's Scalp Acupuncture.

For a program brochure, seminar schedule and application form, please visit our website www.scalpacupuncture.org.

or contact: ZSAREF

1754 Technology Drive, Suite 225

San Jose, CA 95110 U.S.A.

(Tel) 408-885-1288

(Fax) 408-885-0488