Warning:
The median nerve lies directly under this point and needling commonly induces an electric sensation. This is an acceptable manifestation of deqi but once elicited further manipulation is inappropriate and may damage the nerve. Always Consult a Qualified Chinese medical docotr and herbalist regarding an Traumatic injury to this point.
Point #  •  6

Meridian  •  Pericardium (Highest point of Activity: 9pm-11pm).

Name  •  Nei Guan

Element  •  Fire

Polarity  •  Yin

Translation  •  Inner pass

Point Classification  •  Luo-Connecting point.
•  Confluent point of the Yin Wei Mai, coupled with Gongsun Sp-4

Anatomy  •  Superficial Innervation: Border of lateral and medial cutaneous nerves of the forearm (C5 - C6 and C8 – T1)
•  Dermatome Segment: C6, T1 on ventral axial line
•  Deeper Structures: Median nerve from C5 – T1

Location  •  On the flexor aspect of the forearm, 2 cun proximal to Daling P-7, on the line connecting Daling P-7 with Quze P-3, between the tendons of palmaris longus and flexor carpii radialis.

Innervation  •  Medial and lateral Antebrachial cutaneous nerves and the palma cutaneous branc of the median nerve and at Deepest Anterior interosseous nerve

Irrigation  •  Median artery and vein and the anterior Interosseous artery and vein.

Needling Method  •  Perpendicular insertion 0.5 - 1 cun, or joined to Waiguan S.J.-5, or oblique proximal insertion 1 - 1.5 cun for diseases of the chest, or oblique distal insertion 1 - 1.5 cun for numbness of the fingers

Manual manipulation methods  •  press and hold. (30 seconds) repeat as necessary.
•  As above but with added pulsation technique or percussive finger tip tapping.
•  Clockwise for Xu conditions and counter clockwise for Shi conditions.
•  Massage along the path of the meridian from and to the point.

Point  •  Heart pain, sudden Heart pain, stuffiness of the chest with agitation of the

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indications

Heart, palpitations, pounding sensation of the Heart, disorder of the Heart rate and rhythm, pain of the lateral costal region and Heart in women, pain of the lateral costal region.

- Insomnia, the five types of epilepsy, mania, poor memory, apprehension, fear and fright, sadness, loss of memory following windstroke, inability to speak after windstroke, windstroke, hypertension.

- Nausea, vomiting, hiccup, deficiency and cold of the Spleen and Stomach with incessant vomiting, Spleen and Stomach qi deficiency with distension and fullness, disharmony of the spleen and Stomach, epigastric pain, stabbing epigastric pain, low-grade abdominal pain, food (ji) masses, blood (jia) masses, focal distension, borborygmus, diarrhoea, blood in the stools, prolapse of the rectum.

- Febrile disease, fever with absence of sweating, headache, stiffness and pain of the head and neck, jaundice, yellow eyes, red eyes, red face with hot skin, malaria, cracked and bleeding tongue, dizziness, post-partum dizziness, irregular menstruation, painful urinary dysfunction.

- Pain and contraction of the elbow and upper arm, swelling of the axilla, stiffness and pain of the head and neck.

Point Actions

- Unbinds the chest and regulates qi
- Regulates the heart and calms the spirit
- Harmonizes the stomach and alleviates nausea and vomiting.
- Clears heat.
- Opens the Yin Wei Mai

Point Damage

Intentional Trauma or accidental Trauma

- In Martial traditions This point is traumatized intentionally towards the center of the arm and down so as to pinch he nerve against the Ulna Bone.

- Palpitations and digestive disorders with dizziness are the first manifestations of damage.

- Traditionally Trauma is seen as causing Blood and Chi stagnation and potentially causing Yin and Tang imbalance of Heart and lung with possible permanent injury to energetic balance of organ systems.

- Martial traditions also Press and stretch the nerve toward the fingers and deep set in between the muscles or tendons overlaying the nerve to cause pain and weakening of the hand. As the intensity of the pain increase , The nervous system responses will start to weaken more of the body, all the way down to

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the legs. The more rapid the pressure the more intense the reaction will be, possibly causing the hand to lose all strength and spring open.

- Will facilitates a "withdrawal reflex" and is used to “Set up” Other points to potentiate their effects.

- When traumatized the arm will pull in at the elbow, back at the shoulder as the entire side of the body withdraws as well. The pain will dysfunction and or numb the arm as it weakens the entire body. Nausea again is a very likely result.

- Hand weakens but closes
- Electrical shock and numbing will occur in the fingers and arm
- Arm Weakens (Elbow and Shoulder drops)
- Physical Strength diminishes
- Knees weaken and buckle
- Causes severe pain and body withdrawal and nausea.
- Can cause unconsciousness with very strong traumatic action
- Causes severe pain and temporary loss of thought and motor control.
- Potential long term paralysis of the hand.

Treatments for Trauma

To point.

- Immediately seek the help of a qualified Chinese medical doctor.
- Traditionally, Finger Tiop pressure Manipulation of Nei guan on opposite arm in opposite direction to Trauma to treat energetic imbalance and nausea.
- Knuckle pressure into Th-6 Zhi Gou for sudden turmoil and nausea.
- Manipulation of BL-14 Du shu, BL-15 Xin shu, BL-16 Du shu, BL-17 Ge shu, To calm spirit, Remove stasis, re-order blood and calm the heart and otherwise relax the Trapeziums where the tension of trauma to the arm will automatically reside.

Traditional Herbal Treatments for Traumatic injury

- Traditional Shaolin Herbology lists two Herbal Treatments for Injury to Neiguan (preparation

First:
- Radix Angelicae Sinensis tails (Gui wei) (Dang Gui - 当归), 3g.
- Radix Dipsaci (Chuan) Xu Duan - 续断), 3g.
- Semen Pruni Persicae (Tao Ren - 桃仁), 3g.
- Fructus Citri Seu Ponciri (Zhi Ke (Qiao) - 枳壳), 4.5g.

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• Herba Artimisiae Anomalae (Liu Ji Nu), 3g,
• Flos Carthami Tinctorii (Hong Hua - 红花), 3g,
• Radix Glycyrrhizae (Sheng, Gan Cao - 甘草), 0.6g,
• Nodus Nelumbinis Nuciferae (Ou Jie), 9g,
• Rhizoma Drynariae (Gu Sui Bu - 骨碎補), 9g,
• Goat’s blood (Shan Yang Xue, take separately), 0.9g

Decoct with water and take. Each day 1 ji for 3 days.

Second:

Basic thirteen flavours

• Rhizoma Ligustici Wallichii (Chuan Xiong 川芎), 6g,
• Radix Angelicae Sinensis (Dang Gui 当归), 9g,
• Rhizoma Corydalis Yanhusuo (Yan Hu Suo 延胡索), 6g,
• Radix Saussureae Seu Vladimiriae (Mu Xiang 木香), 9g,
• Pericarpium Viridis Citri Reticulatae (Qing Pi 青皮), 6g,
• Radix Linderae Strychnifoliae (Wu Yao 乌药), 6g,
• Semen Pruni Persicae (Tao Ren 桃仁), 6g,
• Radix Polygalae Tenuifoliae (Yuan Zhi 元志), 6g,
• Rhizoma Sparganii (San Leng 三棱), 4.5g,
• Rhizoma Curcumae Zedoariae (E Zhu 莪 ), 6g,
• Rhizoma Drynariae (Gu Sui Bu 骨碎補), 6g,
• Radix Rubrus Paeoniae Lactiflorae (Chi Shao 赤芍), 6g,
• Lignum Sappanis (Su Mu 蘇木), 6g

plus

• Radix Et Rhizoma Notopterygii (Qiang Huo 豁),
• Ramulus Cinnamomi (Gui Zhi - 桂枝), 4.5g each,
• Radix Achyranthis Bidentatae (Niu Xi - 牛膝), 9g.

Decoct with water and take. Follow this with 0.9g of Qi Li San (7 Li Powder) taken with yellow wine (i.e., rice wine).