

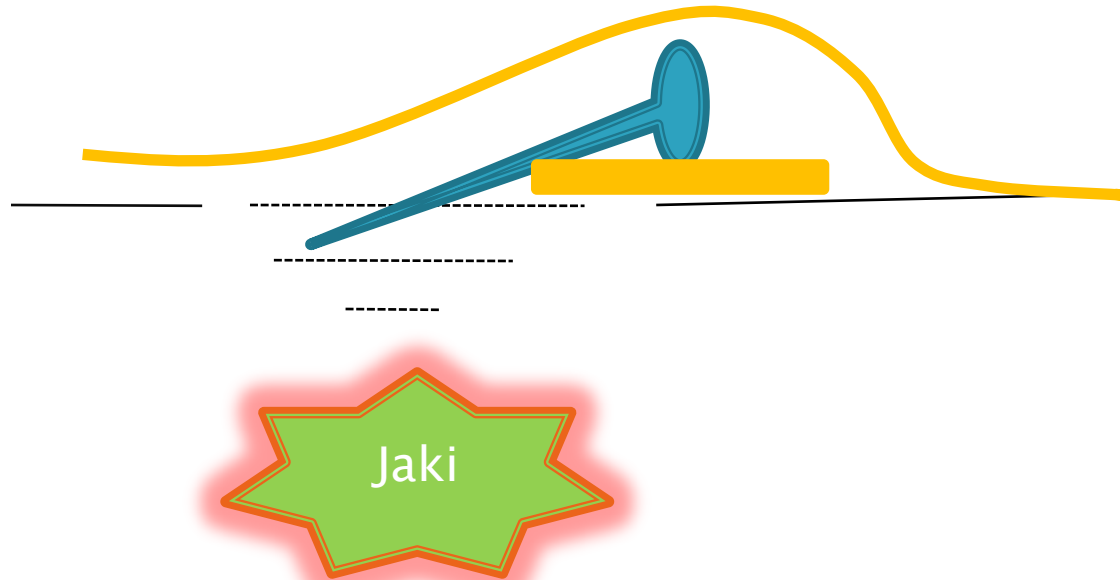
Hinaishin
(皮内鍼 Intradermal Needle)
(円皮鍼 Enpishin
/ 粒鍼 Ryushin)
Okyu w/tube

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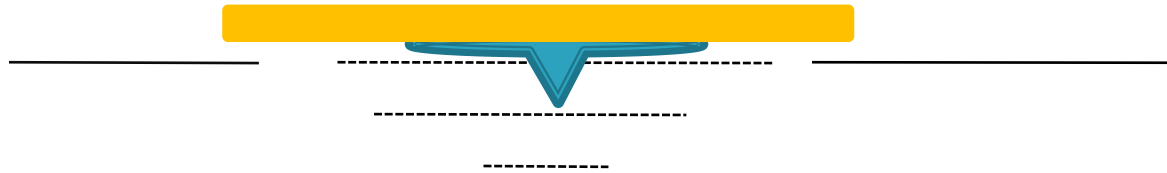
Hinaishin

皮内鍼 Intradermal Needle

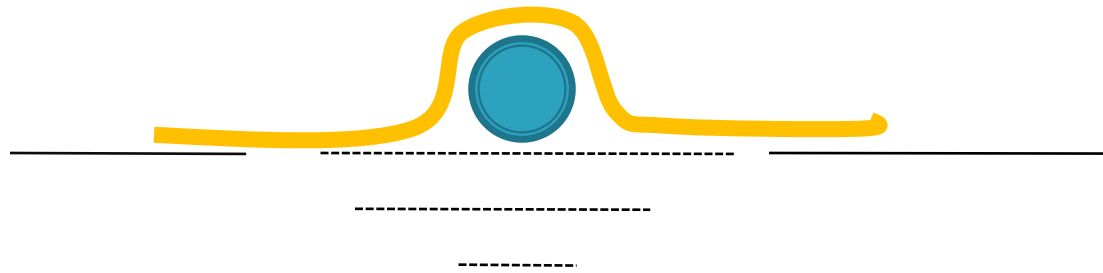
- ▶ They were invented by Kobei Akabane of Japan.
- ▶ The needles have a quick effect, are painless, and are easy to use.
- ▶ There are many ways of using them.



Enpishin 円皮鍼 Press tack

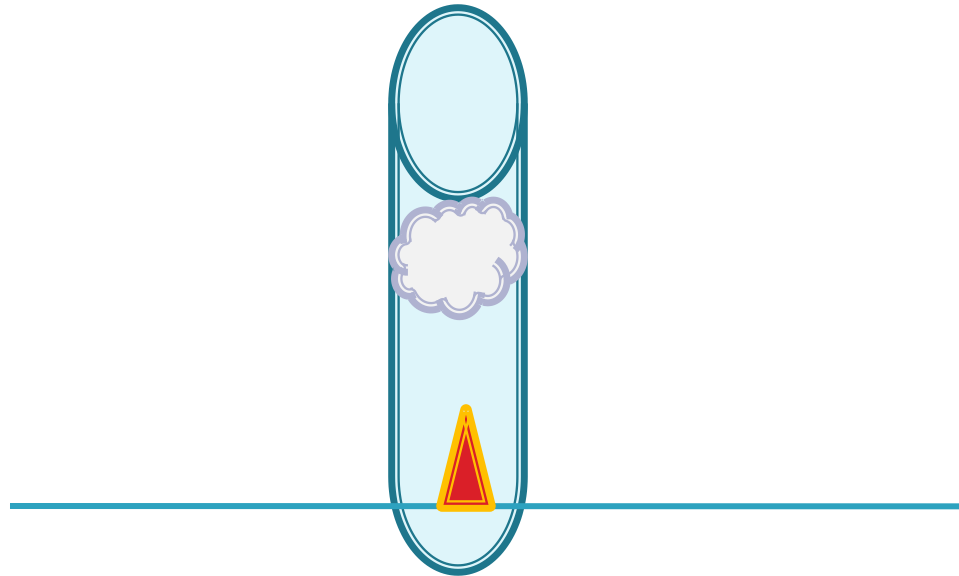


Ryushin 粒鍼 Press bolls



Okyu 灸 Moxibustion with tube

- ▶ Direct Moxibustion with bamboo tube
- ▶ It help you to control the heat.



Needles:

- ▶ There are various types of intradermal needles. [Picture](#)
- ▶ Including Press tack and Press bolts [Picture](#)
- ▶ There are two types of intradermals.
- ▶ Circular head---this is what we use. The other has a solid,
- ▶ Square head (the circular type does not have a solid head). The tip and head of the square-headed type produce a balanced stimulation.

Purpose:

- ▶ Intradermal needles are used to treat defensive ki and are effective for giving a light dispersion.
- ▶ Intradermal needles are generally used when there is chronic pain in the muscles, or at areas of severe soreness upon palpation on the trunk such as at the back transport points.
- ▶ For acute pain, you use a control points. Left/right, upper/lower, diagonal point.

Guidelines for Using Intradermals 1

- ▶ 1. Never leave in for more than one week. In the summer, they should stay in no more than four or five days. Instruct the patient in the safe removal of them if you are unable to do so yourself.
- ▶ 2. Use flat-headed tweezers for holding and manipulating the intradermals rather than pointed-headed tweezers or those with a rough surface on the inside of the tips of the tweezers.
- ▶ 3. When using intradermals on a hairy area, carefully inspect the tape and trim any hairs stuck to the tape. Pulled hair can feel like a sticking needle.

Guidelines for Using Intradermals2

- ▶ 4. Intradermals are basically for supplementation so close the hole after removal and massage. Gold intradermals are the most supplementing.
- ▶ 5. Generally use two to four needles, six maximum. Avoid using too many in a treatment. No more than one point on a channel.

Inserting the Intradermal

- ▶ 1. Prepare tape for all points. Find the point and mark it. Clean the point with alcohol. [Movie 1](#)
- ▶ 2. Open the package carefully. Hold the needle at the neck with the tweezers.
- ▶ 3. Stretch the skin, touch the point with the intradermals, and retract the skin. [Movie2](#) 3
- ▶ 4. Insert 1 mm (2–3 mm's all right). To check the depth of insertion, press the head of the needle lightly.
- ▶ 5. The depth is correct when the area of the skin lying over the inserted needle raises. If depth is incorrect redo.

Taping the Intradermal

- ▶ 1. Stretch the skin before applying the tape so that it can accommodate more movement.
- ▶ 2. Place the tape pillow under the raised head. Or pillow can be placed before needle insertion. If this is done, then use three pieces of tape.
- ▶ The pillow is used to prevent unnecessary stimulation of areas of the skin other than the point. Cover with the tape blanket.
- ▶ 3. After inserting and taping, be sure the needle isn't pinching. Slightly touch and press it but don't rub. This shouldn't cause pain. If it causes any discomfort, remove it and try again with a new intradermal.

[Movie-3](#)

Removing the Intradermal and Advice for patient

- ▶ 1. To remove, pull the top piece of tape off from the tip end to the handle end of the needle. Close the point with clean cotton and massage the point. [Movie-4](#)
- ▶ 2. Upon removing check the tape for the needle. Make sure it is not still in the body. The needle and tape can wash off.
- ▶ 3. Instruct the patient that if the needle is causing pain to remove it. If the patient has any questions about the needle,
 - ▶ instruct them to call you.

Areas of the Body

- ▶ Near a crease, insert along the line of the fold and use 3mm needles.
- ▶ When inserting needles in the interscapular region of the bladder channel, insert the needle point down following the flow of the bladder channel. Use 6mm needles.
- ▶ When inserting needles on points that are level with T7 and below, insert pointing to the spine (horizontal).
- ▶ When inserting on the neck, insert horizontally toward the spine and use 3mm needles.
- ▶ In ears, hands, or face use 3mm.
- ▶ On limbs near creases, needle along the crease line. When not near creases, needle with the channel flow. Usually 3mm's but 6mm's can be used in thick tissue, such as the middle of the thigh.

Conclusion

- ▶ There are different ways to use intradermals, depending on the desired effect of the treatment.
- ▶ Using no pillow tape produces different effects from using one.
- ▶ They don't have to be inserted. They can be placed directly on the skin, either with or against the flow of the channel, and covered with tape. All of the needle can be placed on the pillow tape, with or against the flow of the channel, and covered with a blanket tape.
- ▶ Insertion produces a longer lasting and slow effect, non-insertion has an quick effect that should remove after six hours or so.

Moxibustion with tube

- ▶ Okyu 灸

Moxibustion with tube [Movie 1](#) [Movie 2](#)

