

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

**Student Interactive
Workbook**

**SESSION 7: Acupressure for
Acute and Emergency
Situations**

LEARNING OUTCOMES:

By the end of this 3-hour Zoom lecture, participants will be able to:

- Identify key acupressure points for managing acute conditions such as hiccups, nausea/vomiting, loss of consciousness/fainting, headaches, sprained ankles, nosebleeds, toothaches, cramps, anxiety/panic, burns, muscle strains/cramps in legs, and dizziness/light-headedness.
- Explain the therapeutic rationale behind each acupressure point's use for specific conditions, drawing on traditional Chinese medicine principles.
- Demonstrate practical application techniques for stimulating acupressure points, including proper pressure, duration, and sequencing for immediate relief in emergency or acute scenarios.
- Adapt and customize acupressure routines incorporating reviewed points to address common acute situations, while recognizing safety considerations and when to seek professional medical help.
- Evaluate the effectiveness of acupressure as a complementary first-aid tool through self-practice and reflection on condition-specific protocols.

IMPORTANT CONTEXT :

Chinese medicine carries a long history of use, and started its use as the sole medicine so we have historical and canonical use of Chinese medicine used for things that now we use sole use of western medicine. This is not intended to replace western medicine or emergency medicine intervention nor replace first aid assistance. This may be used in scenarios where primary intervention of western medicine has already been sought or when the cause of the problem is known or when there is no other alternative available. Acupressure offers potential benefits as a complementary approach rooted in ancient traditions, drawing on thousands of years of empirical observation to promote balance, relieve symptoms, and support self-healing in acute situations. However, it is provided here solely for educational purposes in the interest of studying ancient medicine and should never substitute professional medical advice, diagnosis, or treatment—always seek qualified healthcare providers for any health concerns, especially emergencies, to ensure safety and efficacy.

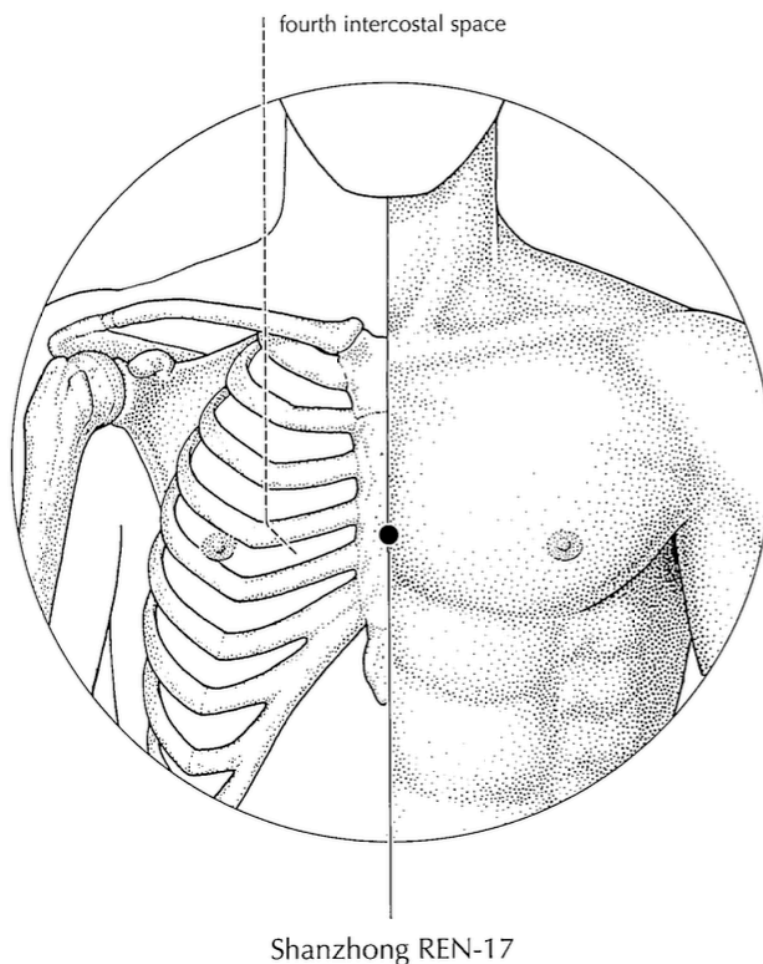
Hiccups

- Ren 17 Tanzhong (Chest Center)
- Pc 6 Neiguan (Inner Pass)
- St 34 Liangqiu (Beam Hill)
- BL 2 Zanzhu (Bamboo Gathering)

Ren 17 Tanzhong (Chest Center) helps with hiccups by calming the diaphragm and regulating the flow of qi in the chest area, which can directly address spasms caused by reversed stomach qi or emotional stress.

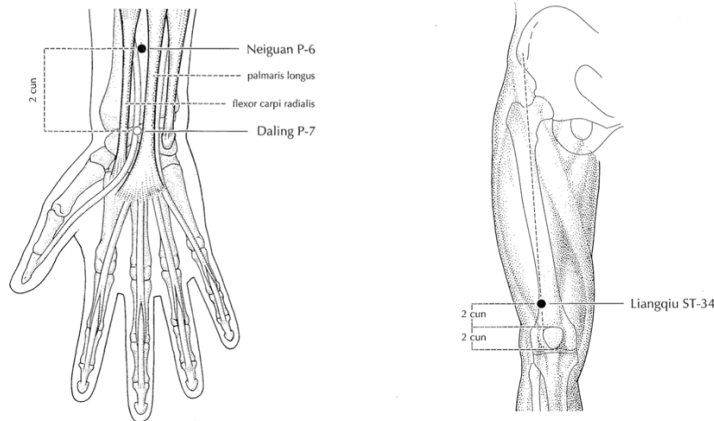
LOCATION

On the midline of the sternum, in a depression level with the junction of the fourth intercostal space and the sternum.



Picture source: (Deadman, Al-Khafaji, & Baker, 2007)

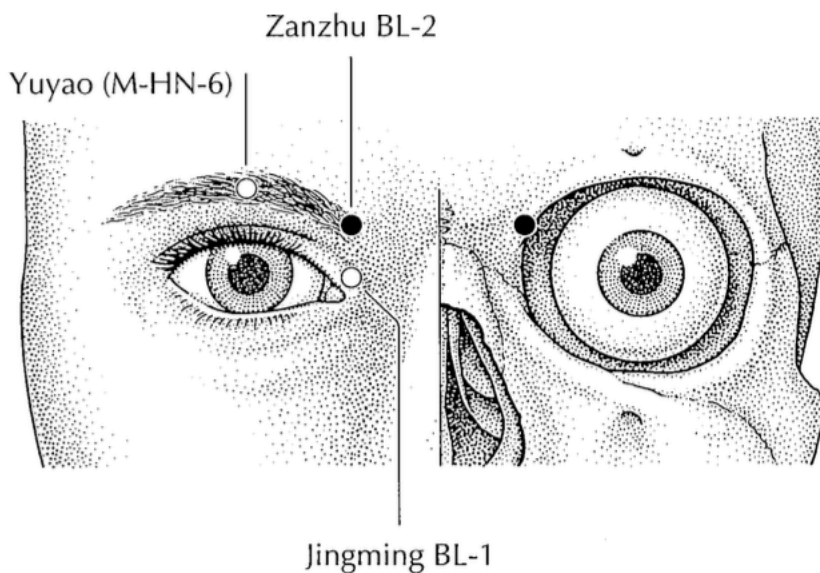
Pc 6 Neiguan (Inner Pass) is effective for hiccups as it harmonizes the stomach and pericardium channels, reducing nausea-like sensations and promoting downward movement of rebellious qi that often contributes to diaphragmatic irritation.



Picture source: **(Deadman et al., 2007)**

St 34 Liangqiu (Beam Hill) supports relief by strengthening the stomach meridian, alleviating upper abdominal stagnation that may trigger or prolong hiccup episodes. Xi-Cleft point (acute conditions)

BL 2 Zanzhu (Bamboo Gathering) aids in hiccups by clearing wind and heat from the head and upper body, which can indirectly soothe spasms in the diaphragm through its influence on the bladder channel's connection to the face and torso.



Picture source: **(Deadman et al., 2007)**

Nausea/Vomiting

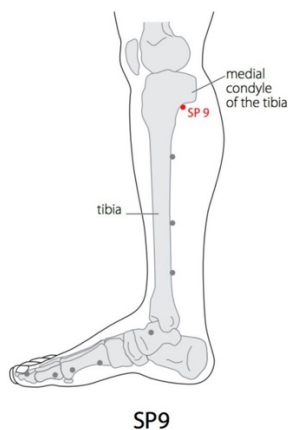
- Pc 6 Neiguan (Inner Pass) – see Hiccups for location diagram
- Sp 9 Yinlingquan (Yin Mound Spring)
- St 36 Zusanli (Leg Three Miles)

Pc 6 Neiguan (Inner Pass) is a primary point for nausea and vomiting because it calms the pericardium and stomach channels, helping to descend rebellious qi and alleviate symptoms from motion sickness, nausea or vomiting. Also can be used for pregnancy related morning sickness.

First point to try for any type of nausea.

Sea-sickness band application. Make your own nausea band.

Sp 9 Yinlingquan (Yin Mound Spring) assists by resolving dampness in the spleen and stomach, which in traditional Chinese medicine is often a root cause of nausea related to poor digestion or fluid accumulation. Suitable for nausea due to food poisoning/gastroenteritis /summer-heat disease.



St 36 Zusanli (Leg Three Miles) boosts overall stomach qi and energy, strengthening the digestive system to prevent vomiting triggered by weakness or imbalance in the middle jiao.

Suitable for nausea due to food poisoning/gastroenteritis /summer-heat disease.

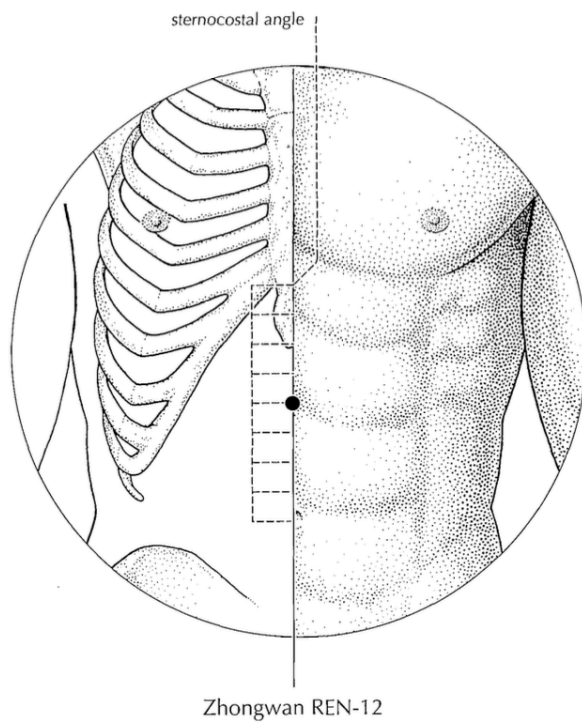


Picture source: (Deadman et al., 2007)

Ren 12 Zhongwan – Massage down the Ren Channel for nausea – descends Stomach Qi directly.

LOCATION

On the midline of the abdomen, 4 cun above the umbilicus and midway between the umbilicus and the sternocostal angle.

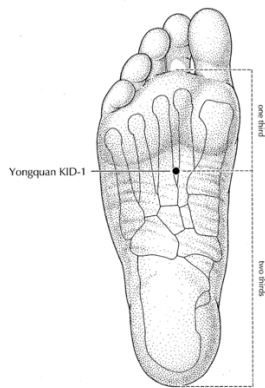


Picture source: (Deadman et al., 2007)

Loss of Consciousness/Fainting

- Kid 1 Yongquan (Gushing Spring)
- Du 20 Baihui (Hundred Meetings)
- Yintang (Hall of Impression)
- GV 26 Shuigou (Water Trough)
- Ren 1 Huiyin (Meeting of Yin)

Kid 1 Yongquan (Gushing Spring) helps revive consciousness by grounding kidney yin and drawing excess yang downward, stabilizing the body during fainting spells caused by deficiency or heat rising.



Picture source: (Deadman et al., 2007)

Du 20 Baihui (Hundred Meetings) promotes mental alertness by lifting clear yang qi to the head, countering the collapse of qi that leads to loss of consciousness.

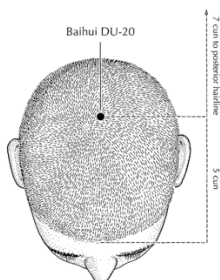
BAIHUI DU-20
Hundred Meetings

*Meeting point of the Governing vessel with the Bladder, Gall Bladder, Sanjiao and Liver channels
Point of the Sea of Marrow*

百會

LOCATION

At the vertex on the midline, in the depression 5 cun posterior to the anterior hairline and 7 cun superior to the posterior hairline. This point may also be measured as 8 cun posterior to the glabella and 6 cun superior to the external occipital protuberance.



Picture source: (Deadman et al., 2007)

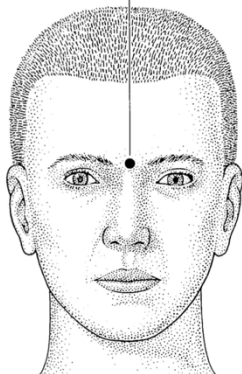
Yintang (Hall of Impression) calms the mind and spirit, reducing anxiety or shock that might precipitate fainting while harmonizing the forehead's energy flow.

YINTANG (M-HN-3)
Hall of Impression

印堂

LOCATION
At the glabella, at the midpoint between the medial extremities of the eyebrows.

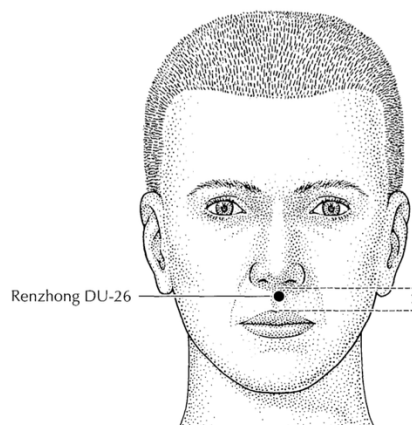
Yintang (M-HN-3)



Picture source: **(Deadman et al., 2007)**

Du 26 Shuigou (Water Trough) is a key revival point that stimulates the governing vessel, quickly restoring awareness by clearing obstructions and promoting qi circulation in acute emergencies.

LOCATION
Above the upper lip on the midline, at the junction of the upper third and lower two thirds of the philtrum.

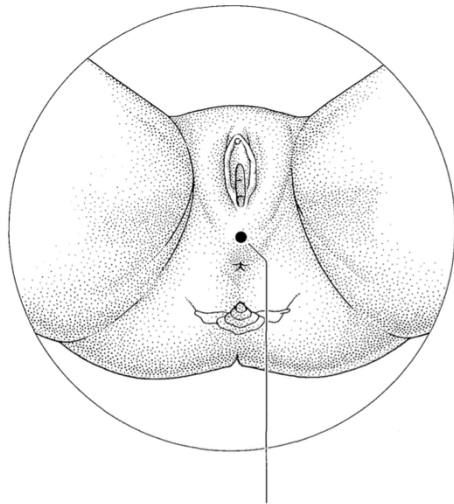


Picture source: **(Deadman et al., 2007)**

Ren 1 Huiyin (Meeting of Yin) aids in reviving from loss of consciousness by regulating the conception vessel and nourishing yin, resuscitating vital functions in emergencies like fainting or asphyxiation; apply firm upward pressure at the perineum (with caution due to sensitivity) for 30-60 seconds as a last-resort stimulation after other methods, while ensuring privacy and consent.

LOCATION

At the perineum, midway between the anus and the scrotum in men, and the anus and the posterior labial commissure in women.



Huiyin REN-1

Picture source: **(Deadman et al., 2007)**

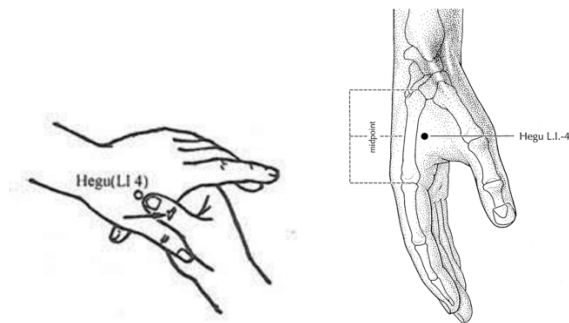
Discuss – consent issues around the use of these points and esp Ren 1 :

Headache

- LI 4 Hegu (Union Valley)
- GB 20 Fengchi (Wind Pool)
- Yintang (Hall of Impression)
- Liv 3 Taichong (Great Rushing)
- Taiyang (Supreme Yang)

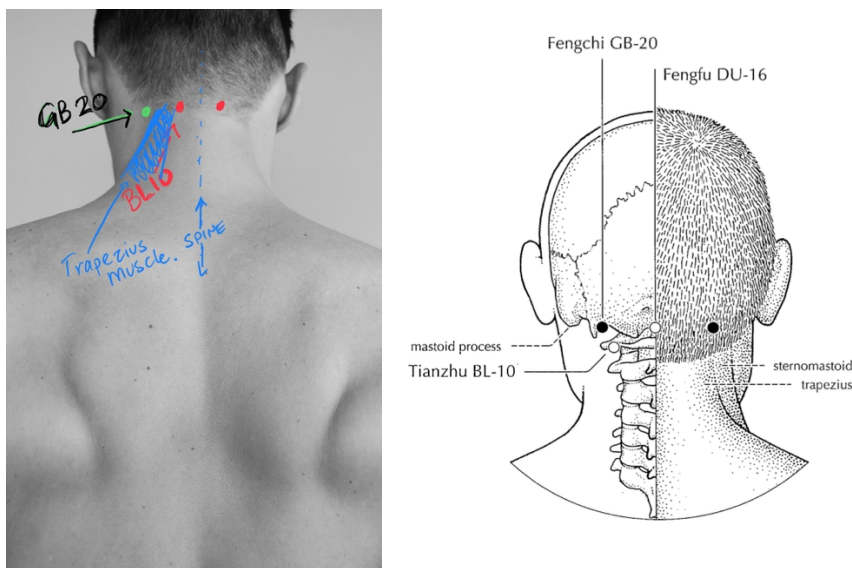
LI 4 Hegu (Union Valley) relieves headaches by expelling wind and clearing heat from the head and face, making it ideal for tension or sinus-related pain through its strong analgesic effects, its considered a go-to headache point.

Stomach channel and LI channel on the face – better for headache on the FACE / FOREHEAD



Picture source: **(Deadman et al., 2007)**

GB 20 Fengchi (Wind Pool) targets headaches by dispersing wind from the neck and occiput, alleviating muscle tension and improving blood flow to the brain for occipital or migraine-type discomfort.



Picture source: Marie Hopkinson, 2026 , **(Deadman et al., 2007)**

Yintang (Hall of Impression) (EXTRA POINT) soothes frontal headaches by calming the shen and reducing stress, as it acts as an extra point to balance yin and yang in the forehead area.

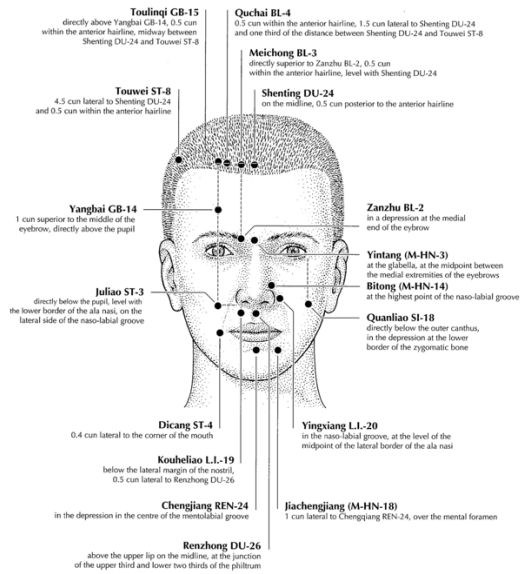
Liv 3 Taichong (Great Rushing) helps with headaches stemming from liver qi stagnation (the Chinese medicine mechanism behind stress). Used in combo with LI 4 or by itself – Liv 3 moves Liver (wood element) energy and descending rising yang that causes pounding or vertex pain. Also can be used for dull ache on the top of head (vertex) from blood deficiency. Liver channel balances the GB channel which covers the side of the head and temples area headache pain.



Picture source Marie Hopkinson 2026

Taiyang (Supreme Yang) (EXTRA POINT) eases temporal headaches by clearing local heat and wind, providing quick relief for eye strain or vascular tension through circular massage on the temples.

MAJOR POINTS OF THE FACE



Picture source: (Deadman et al., 2007)

Write the points and channels for headaches at these locations:

Forehead – _____

Temples – _____

Vertex (top of head) - _____

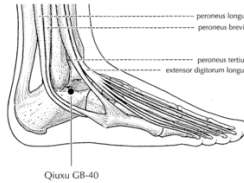
Occipital (back of head) – Bladder channel , relates to _____

Sprained Ankle

- GB 40 Qiuxu (Hill Ruins)
- Kid 3 Taixi (Supreme Stream)
- BL 60 Kunlun (Kunlun Mountains)

GB 40 Qiuxu (Hill Ruins) – local ankle point – lateral side

LOCATION
At the ankle joint, in the depression anterior and inferior to the lateral malleolus.



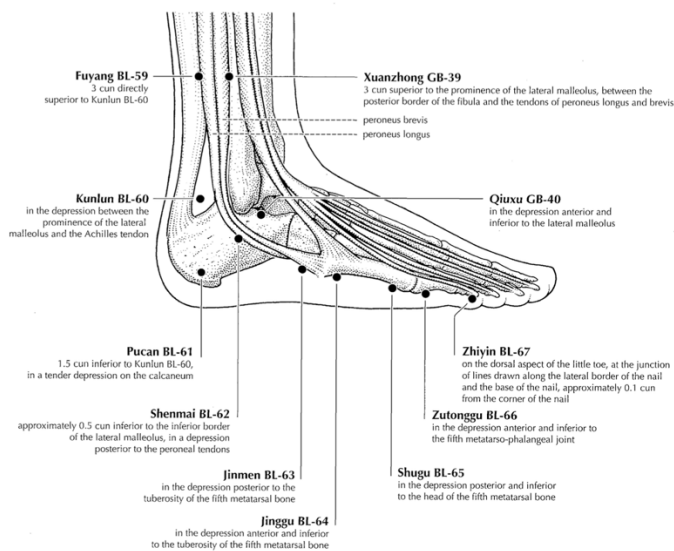
Picture source: **(Deadman et al., 2007)**

BL 60 Kunlun (Kunlun Mountains) – local point on the lateral side

Kid 3 Taixi (Supreme Stream) – local ankle point medial side

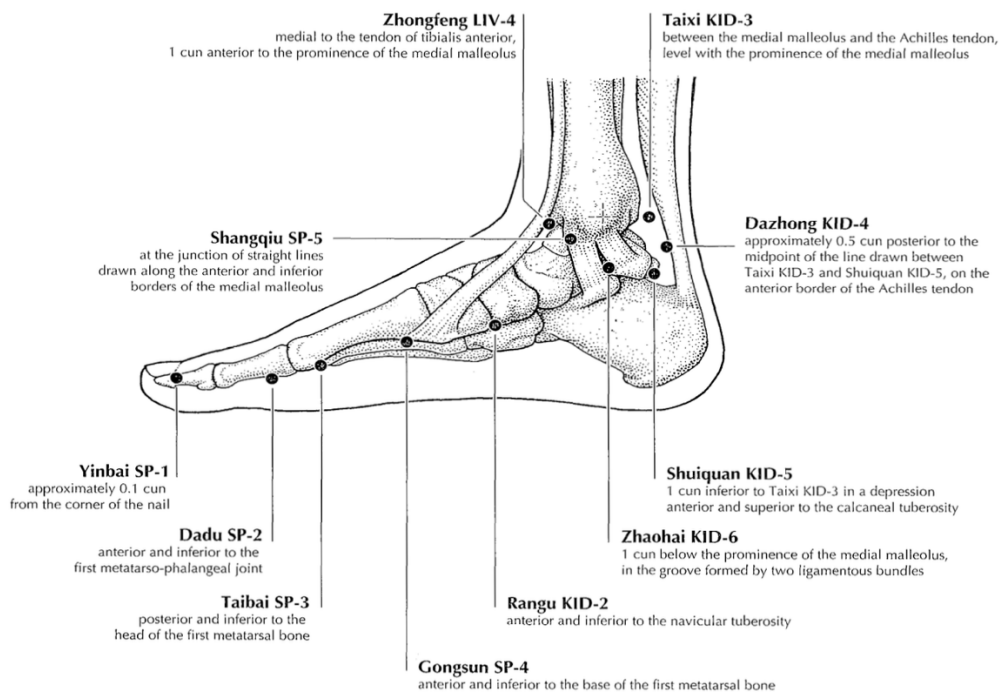
Also consider other points covered previously: GB 34, Sp 6, Sp 9

MAJOR POINTS OF THE LATERAL FOOT



Picture source: **(Deadman et al., 2007)**

MAJOR POINTS OF THE MEDIAL FOOT



Picture source: (Deadman et al., 2007)

Nosebleed

- LI 4 Hegu (Union Valley) – see headache for point location
- Yintang (Hall of Impression) – see headache for point location

LI 4 Hegu (Union Valley) helps stop nosebleeds by constricting blood vessels through its action on the large intestine channel, which influences the face and expels heat that causes bleeding.

Yintang (Hall of Impression) calms facial energy and clears heat from the upper orifices, aiding in nosebleed control by balancing yin and yang in the forehead and nasal area.

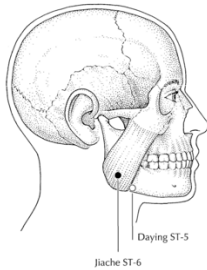
Consider – deficiency bleeding – tonify blood points /moxa on Sp 6, Liv 8, Sp 10, Ren 4, Ren 6 etc – not for acute situation.

Discuss: Deficiency vs Excess bleeding type

Toothache

- St 6 Jiache (Jawbone)
- LI 4 Hegu (Union Valley) – location see headache
- LI 11 Quchi (Pool at the Bend)

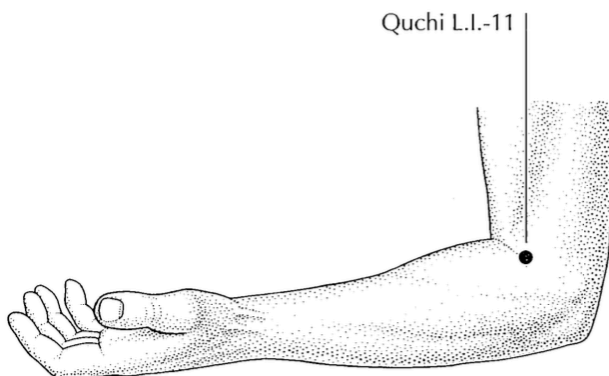
St 6 Jiache (Jawbone) relieves toothache by directly addressing local jaw and dental pain, dispersing wind and heat along the stomach channel that affects the gums and teeth.



Picture source: **(Deadman et al., 2007)**

LI 4 Hegu (Union Valley) provides general facial analgesia, expelling pathogenic factors like heat or wind that exacerbate tooth pain through its strong connection to the head.

LI 11 Quchi (Pool at the Bend) helps with toothache by clearing heat and toxins from the large intestine channel, reducing swelling and pain in the upper body, including the mouth and jaw.



Picture source: **(Deadman et al., 2007)**

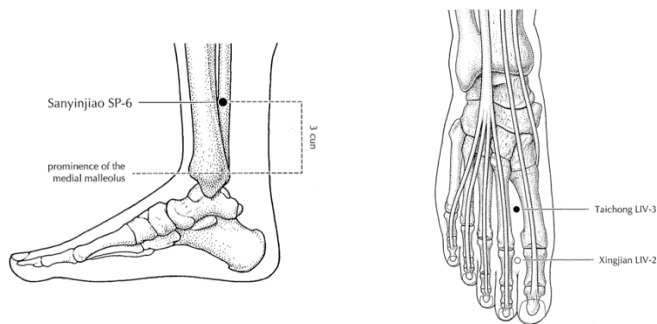
Cramps

Abdominal Cramping (pain):

- Sp 6 Sanyinjiao (Three Yin Intersection)
- Liv 3 Taichong (Great Rushing)

Sp 6 Sanyinjiao (Three Yin Intersection) eases cramps by nourishing the spleen, liver, and kidney channels, smoothing blood flow and relieving spasms especially in menstrual or digestive contexts.

Liv 3 Taichong (Great Rushing) alleviates cramps by regulating liver qi, descending stagnation that causes muscle contractions in the abdomen or limbs.

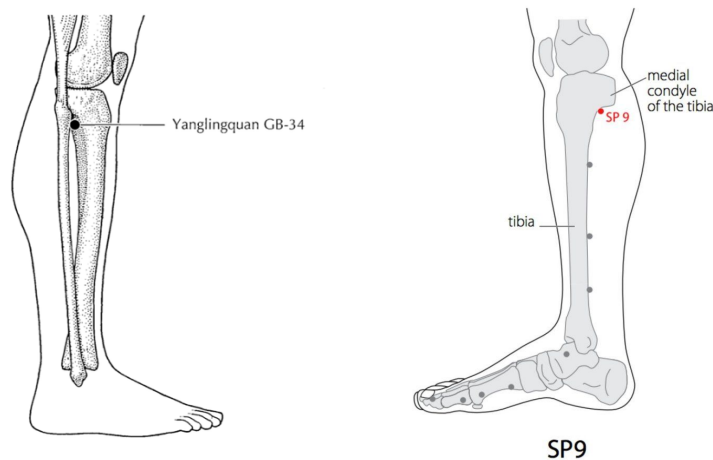


Pictures source: **(Deadman et al., 2007)**

Leg /Calf Cramps:

- Local points around knee – feet on GB, St, BL and Sp Channels, esp:
 - GB 34 Yanglingquan (Yang Mound Spring)
 - Sp 9 Yinlingquan (Yin Mound Spring)

LOCATION
Below the lateral aspect of the knee, in the tender depression approximately 1 cun anterior and inferior to the head of the fibula.

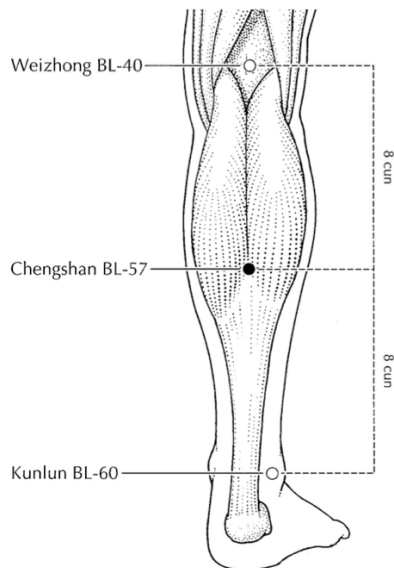


Picture source: **(Deadman et al., 2007)**

BL 57 Chengshan – local point on calf

LOCATION

On the lower leg, in the depression formed below the bellies of the gastrocnemius muscle when the muscle is flexed, approximately 8 cun distal to Weizhong BL-40, i.e. midway between Weizhong BL-40 and Kunlun BL-60.



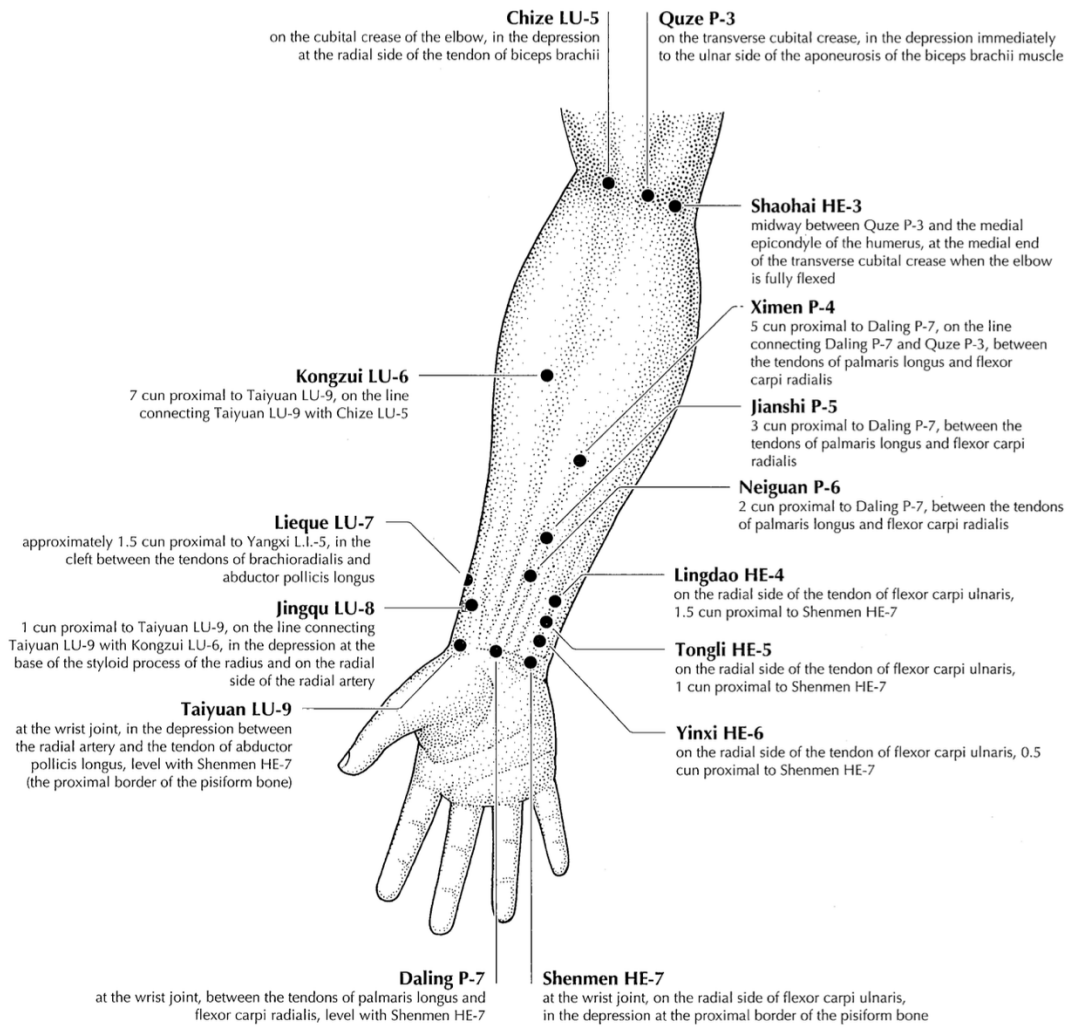
Picture source: **(Deadman et al., 2007)**

Anxiety/Panic – covered in Emotional Health week but also here for easy reference

- Ht 7 Shenmen (Spirit Gate)
- Pc 6 Neiguan (Inner Pass)
- Rub across crease of wrist covering: Ht 7, Pc 7 to Lu 9.
- Kid 3- Kid 4 (medial ankle area kneading and pressing)

Ht 7 Shenmen (Spirit Gate) calms anxiety by nourishing heart blood and stabilizing the shen, reducing palpitations and emotional unrest.

Pc 6 Neiguan (Inner Pass) relieves panic by opening the chest, helps Stomach Qi to descend (nausea related to anxiety)



Picture source: (Deadman et al., 2007)

Burns

1. Apply basic general first aid
2. Address the yang rushing out with acupressure – promote Heart and kidney communication.
 - LI 11 Quchi (Pool at the Bend) – see toothache for location
 - Pc 8 Laogong (Palace of Toil) – see chart in anxiety/panic
 - Ht 5 Tongli (Penetrating Inside) – see chart in anxiety/panic
 - Ht 6 Yinxi (Yin Cleft) – see chart in anxiety/panic
 - Ht 7 Shenmen (Spirit Gate) – see chart in anxiety/panic
 - Kid 3 Taixi (Supreme Stream)
 - Kid 4 Dazhong (Great Bell)
 - Yintang (Hall of Impression)
 - Taiyang (Supreme Yang)

LI 11 Quchi (Pool at the Bend) helps burns by clearing heat.

Points to aid heart and kidney communication:

Pc 8 Laogong (Palace of Toil) clears excess fire from the pericardium, directly addressing the heat sensation and pain in mild burns.

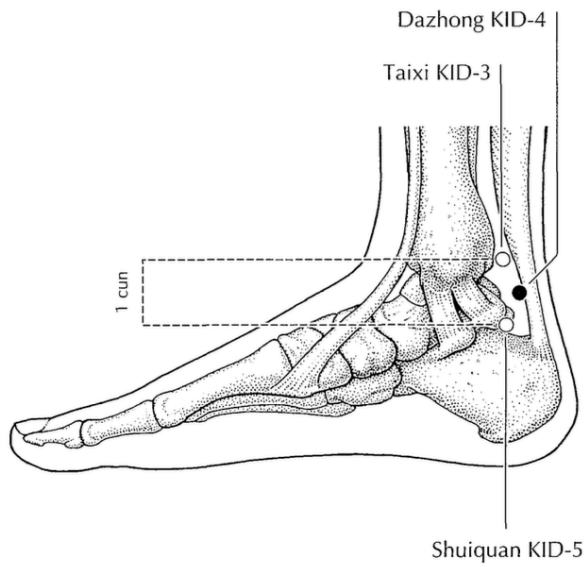
Ht 5 Tongli (Penetrating Inside) supports burn relief by regulating heart qi, ensuring smooth communication downward to balance internal heat.

Ht 6 Yinxi (Yin Cleft) nourishes yin to counteract the drying effects of burns, preventing further heat accumulation.

Ht 7 Shenmen (Spirit Gate) calms the mind post-burn, reducing shock while aiding heart fire regulation.

Kid 3 Taixi (Supreme Stream) grounds the injury by tonifying kidney yin, which helps moisten and cool affected areas.

Kid 4 Dazhong (Great Bell) strengthens kidney essence, supporting recovery from heat damage by anchoring yang.



Picture source: **(Deadman et al., 2007)**

For stress related to burns: (ie further calming effects :

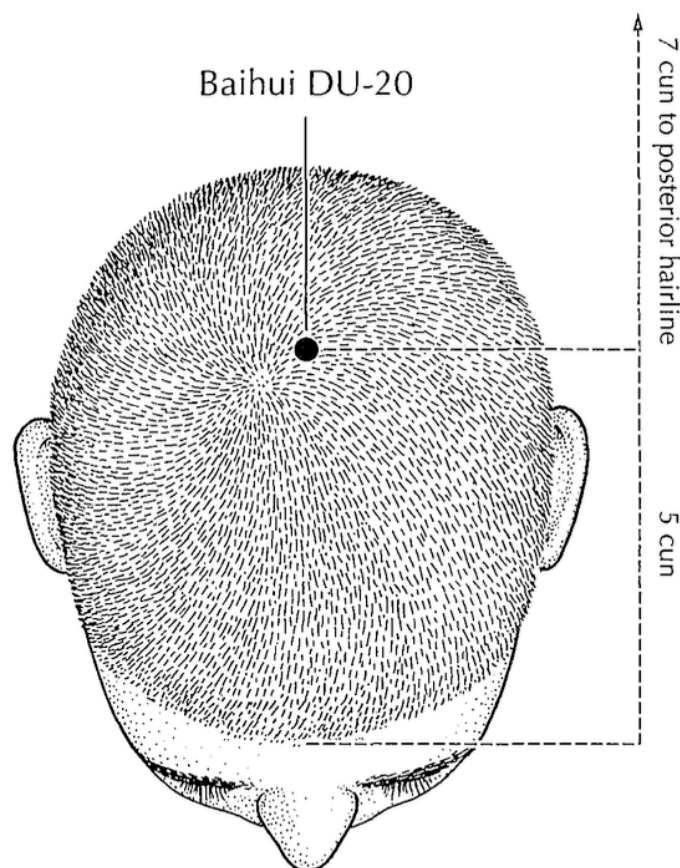
Yintang and Taiyang on face.

Dizziness/Light Headedness

- Du 20 Baihui (Hundred Meetings)

Du 20 Baihui (Hundred Meetings) alleviates dizziness by raising clear yang qi to the head in cases of deficiency and can descend upward rushing yang in cases where weak yang flaring causes dizziness.

This point has a self-regulating affect and you don't need to know the reason for the dizziness to use it.



Picture source: **(Deadman et al., 2007)**

REFERENCES:

Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.