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世界中医药学会联合会

World Federation of Chinese Medicine Societies

SCM **.20**

国际中医技术操作规范

调神益智针刺法治疗中风后轻度认知障碍

International Standardized Manipulations of Chinese Medicine
Tiaoshen Yizhi acupuncture therapy for mild cognitive impairment after
stroke
(征求意见稿)

世界中联国际组织标准

International Standard of WFCMS

20**-**-**发布实施

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前 言

请注意本文件的某些内容可能涉及专利。本文件的发布机构不承担识别专利的责任。

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引 言

本文件制定的目的在于规范调神益智针刺法的临床操作，指导相关医师正确使用本针法，以保障调神益智针刺法规范应用于针灸临床、教育、科研等，确保其安全性、有效性，以便更好地推动调神益智针刺法的国际推广与应用。

本文件是在《调神益智针法预防血管性认知障碍中医治未病技术规范（T/CACM 1085-2018）》的基础上，总结国医大师石学敏院士关于该针刺法的学术思想、临证经验及近年来临床研究证据，系统研制的有助于临床医生规范化使用该针刺法治疗中风后认知障碍疾病的技术操作规范。

本文件的编写和发布，对于规范调神益智针法的技术操作具有着重要的指导意义。

WFCCMS

国际中医技术操作规范

调神益智针刺法治疗中风后轻度认知障碍

1 范围

本文件规定了调神益智针刺法治疗中风后轻度认知障碍的术语和定义、治疗原则、应用范围、腧穴组方、操作步骤与要求、注意事项与禁忌等。

本文件适用于调神益智针刺法治疗中风后轻度认知障碍的临床技术操作。

2 规范性引用文件

下列文件的内容通过文中的规范性引用而构成本文件必不可少的条款。凡是注日期的引用文件，仅该日期对应的版本适用于本文件。凡是未标注日期的引用文件，其最新版本(包括所有的修改单)适用于本文件。

GB 2024-2016 针灸针

GB/T 12346-2021 经穴名称与定位

GB 15982-2012 医院卫生消毒标准

GB/T 21709.20-2009 针灸技术操作规范第 20 部分：毫针基本刺法

GB/T 21709.21-2013 针灸技术操作规范第 21 部分：毫针基本手法

GB/T 30232-2013 针灸学通用术语

GB/T 40997-2021 经外奇穴名称与定位

ZY/T 001.1-1994 中医病证诊断疗效标准

3 术语和定义

下列术语和定义适用于本文件。

3.1

调神益智针刺法

通过针刺内关、水沟、百会、四神聪为代表的组方腧穴，并施用特定手法，以开窍醒神，益精填髓，助脑得气血营养，使精神思维清灵，改善记忆思维功能。

3.2

中风后认知障碍

有明确中风病史，且中风后 3 个月内出现以下症状，其程度影响到日常正常生活能力（排除运动障碍影响）。症状可表现为注意力不集中，健忘，计算力、定向力、理解力、判断力减退；或行为幼稚、笨拙，不注意个人卫生；或情感幼稚，情绪易激惹；或表情呆板、反应迟钝，表情淡漠，自私多疑，哭笑无常。

[来源：ZY/T001.1-1994, 有修改]

4 施术前准备

4.1 针具选择

- a) 一次性毫针应符合 GB2024-2016 规定。
- b) 根据病情和操作部位选择不同型号的毫针。
- c) 选择针身光滑、无锈蚀和折痕，针柄牢固，针尖锐利、无倒钩的针具。

4.2 体位选择

选择患者感觉舒适、医者便于操作的体位，应符合 GB/T 21709.20-2009 规定。

4.3 腧穴定位

参见 GB/T 12346-2021 经穴名称与定位、GB/T 40997-2021 经外奇穴名称与定位。

4.4 消毒

针具器械消毒、接触物品消毒、医者手消毒、针刺部位消毒以及对治疗室、备品的要求，均应符合 GB 15982-2012 的规定。

4.5 环境要求

治疗环境宜安静，清洁卫生，光线充足，温度适宜。

5 穴位及操作

5.1 治疗原则

醒脑补脑，调神益智。

5.2 应用范围

中风后出现轻度认知功能障碍的患者。

5.3 腧穴组成

内关、水沟、百会、四神聪、四白、风池、完骨、天柱、神门、丰隆、三阴交、太冲。

5.4 操作步骤

医者面向患者，按内关、水沟、百会、四神聪、四白、风池、完骨、天柱、神门、丰隆、三阴交、太冲的顺序进行针刺，具体操作如下：

- a) 内关：取双侧，单手进针，直刺 0.5~1.0 寸，采用捻转提插结合泻法，双侧同时操作，施手法 1min，不留针。
- b) 水沟：单手进针，向鼻中隔方向斜刺 0.3~0.5 寸，采用雀啄泻法，以眼球湿润为度，留针 30min。
- c) 百会、四神聪：向后平刺 1.0~1.5 寸，采用小幅度、高频率捻转补法，施手法 1min，留针 30min。
- d) 四白：取双侧，针向眶下孔凹陷处斜下方进针 0.5 寸，采用小幅度、高频率捻转补法，不可提插，施手法 30s，留针 30 min。
- e) 风池：取双侧，单手进针，向对侧眼球方向直刺 1.0~1.5 寸，采用小幅度、高频率捻转补法，双侧同时操作，施手法 1 min，留针 30min。

f) 完骨、天柱：取双侧，单手进针，直刺 1.0~1.5 寸，采用小幅度、高频率捻转补法，双侧同时操作，每穴施手法 1min，留针 30 min。

注：小幅度、高频率捻转补法，指捻转幅度小于 90°、频率在 120~160 次/分的行针手法。

g) 神门：取双侧，直刺进针 0.2~0.5 寸，采用平补平泻法，施手法 1min，留针 30min。

h) 丰隆：取双侧，直刺进针 1.0~1.5 寸，采用捻转提插结合泻法，施手法 1min，留针 30min。

i) 三阴交：取双侧，单手进针，直刺 0.5~1.0 寸，采用小幅度、高频率捻转补法，双侧同时操作，施手法 1min，留针 30min。

j) 太冲：取双侧，直刺进针 0.5~1.0 寸，采用捻转提插结合泻法，施手法 1min，留针 30min。

6 注意事项

a) 饥饿、饱食、醉酒、大怒、大惊、过度疲劳、精神紧张者，不宜立即进行针刺；体质虚弱、气血亏损者，其针感不宜过重，应尽量采取卧位行针。

b) 有脑出血史者，用头皮针须谨慎。因头部长有毛发，如针刺须做到严密消毒，以防感染。

c) 施术过程中，术者手指需要触及针体时，应用消毒棉球作间隔物，术者手指不宜直接接触针体。

d) 对于易出血部位，出针后宜用干棉球按压一定时间，不宜擦揉。

e) 运用“调神益智”针刺法时不可忽视基础治疗，可配合药物及认知功能训练等。

7 禁忌

a) 皮肤有感染、溃疡、瘢痕或肿瘤的部位，禁用针刺。

b) 有凝血缺陷的患者，禁用针刺。

c) 脑出血活动期、恶性高血压的患者，禁用水沟穴。

d) 妊娠期中风患者，禁用合谷、三阴交等对胎孕反应敏感的腧穴。

e) 不能配合施术的患者，禁用针刺。

f) 病程过久或病情过重，如存在严重脑实质病变、重度痴呆或合并精神障碍等患者，不在本规范范畴。

附录 A
(资料性)
调神益智针刺法的理论内涵

“调神益智”针刺技术，是基于石学敏院士认为该病的基础为“本虚标实”之症，病位在脑，脑失所养，痰瘀阻窍，窍闭神匿，神机失用，发为痴呆，而提出的针刺方法并创立了以“醒脑补脑，调神益智”为主的治法，规范明确了手法量学标准。临床研究证明该法疗效明确，适用于中风后认知障碍患者，可有效改善患者的认知能力，提高日常生活能力。

“脑为元神之府”，元神对于记忆、情志、语言、肢体运动的控制作用是通过调气的调配来完成的，其物质基础在于血，故气血通畅是神发挥功能的重要因素。脑为元神之府，脑的健康与否直接影响到元神对机体调控能力的大小。正如《医易一理》言：“人身能知觉运动，及能记忆古今，应对万物者，无非脑之权也”。石学敏院士指出，中风后认知障碍的主要病机是为“脑髓空虚，神机失用”，病位在脑，究其发病根源在于中风病导致的脑窍郁闭，脑髓空虚。此时人身之“神”处于隐匿、蒙蔽状态，治时应先令神苏醒其次养之，若“神”未醒而先养，“神”依旧不能主宰生命活动，因此石学敏院士的“调神”思想在临床治疗中是为“醒神”“养神”二者的结合。

何谓调，汉代《说文》言，调者，和也，意为调节，调和，在“调神益智”针刺法中，“调神”是为治疗着重点，《素问·宝命全形论篇》有云：“凡刺之真，必先治神”，也强调“治神”是针灸诊疗中的关键。何为醒，醒者，醉解也，醒神，指因脑窍郁闭不通导致失去主宰之功的元神由昏复醒。何为养，养字意为保护修补，养神即为补益脑髓，滋养复醒之神令其精湛而强记不忘矣。上二者合用即为“调神”，一者助神复醒，二者滋养脑神，针对中风后认知障碍患者“脑髓空虚，神机失用”的主要病机，治以醒神养神，补益脑髓，导其阴阳，通其脑络，充盈气血，调畅气机，助神出入，以改善认知功能，延缓疾病进展。

“病变在脑，首取督脉”，因此主穴选取百会、四神聪、水沟。百会穴归属督脉，为督脉要穴，可治神志病；且位居巅顶，其深部即为脑之所在，与大脑关系密切，可调节大脑功能，具有调理督脉、醒脑开窍、填髓充脑、安神益智的功效。四神聪毗邻督脉及膀胱经，膀胱经络肾，督脉入属于脑，因此针刺四神聪可调节一身之阳气并引阳入阴，达到镇静安神、明目聪耳的功效；且四神聪位于三阳五会之所，其气通于元神之府，因此可调治元神之府产生的疾患。水沟为督脉穴，通于任脉，一阴一阳，犹如天地，故人中可以通调天地阴阳之经气，可醒脑开窍，调理阴阳。四白穴亦可明目聪耳，使神志安宁。风池、完骨、天柱三穴组合，以收补益脑髓、升清降浊之功。神门穴为心经原气输注的地方，可宁心安神、开郁散结。内关为心包经穴，又为八脉交会穴，通阴维脉，且内关通于三焦经，可起到调畅气机的作用。太冲、三阴交有滋补肝肾、生髓补脑之力。丰隆则可豁痰降浊、宁神开窍。诸穴合用，共奏调神益智之功效。

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Forword

Please note that certain contents of this document may involve patents. The publishing institution of this document does not assume the responsibility of identifying these patents.

Main drafting organization: The First Affiliated Hospital of Tianjin University of Traditional Chinese Medicine, National Clinical Research Center for Chinese Medicine Acupuncture and Moxibustion.

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The drafting procedure of this document complies with the SCM1.1-2021 *Standardization Work Guidelines Part 1: Setting Revision and Publication of Standards* issued by the World Federation of Chinese Medicine Societies.

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Introduction

The purpose of this document is to standardize the clinical operation of the Tiaoshen Yizhi Acupuncture Therapy and to guide the relevant practitioners in the correct use of this acupuncture therapy, in order to ensure that the Tiaoshen Yizhi Acupuncture Therapy is standardized for use in acupuncture and moxibustion clinical practice, education, and scientific research, and to ensure its safety and efficacy, so as to better help with the international promotion and application of the Tiaoshen Yizhi Acupuncture Therapy.

This document is the systematically developing technical practice guideline for the standardized use of Tiaoshen Yizhi Acupuncture Therapy by clinicians in treatment of cognitive disorders after strokes and the standardization of the acupuncture method, based on *Technical Practice Guidelines for Chinese Medicine Treatment of Undiagnosed Diseases in Preventing Vascular Cognitive Impairment by Tiaoshen Yizhi Acupuncture Therapy (T/CACM 1085-2018)*”, by summarizing the academic thoughts and clinical experiences of Shi Xuemin, the Great National Master of Chinese Medicine, on acupuncture method as well as the evidence of clinical research in recent years.

The preparation and release of this document is of great significance in guiding the standardization of the technical operation of the Tiaoshen Yizhi Acupuncture Therapy.

International Standardized Manipulations of Chinese Medicine

Tiaoshen Yizhi acupuncture therapy for mild cognitive impairment after stroke

1 Scope

This document specifies the terms and definitions, therapeutic principles, scope of application, acupoint formula, operation steps and requirements, precautions and contraindications for the treatment of mild cognitive impairment after stroke with Tiaoshen Yizhi Acupuncture Therapy.

This document is applicable to the clinical technical operation of Tiaoshen Yizhi Acupuncture Therapy for the treatment of mild cognitive impairment after stroke.

2 Normative references

The contents of the following documents constitute the essential provisions of this document through normative references in the text. When a reference file with a date is noted, only the version corresponding to that date applies to this file; for undated references, the latest version of which (including all changes) applies to this document.

GB 2024-2016 Acupuncture needles

GB/T 12346-2021 Names and localization of meridian acupoints

GB 15982-2012 Hospital hygiene sterilization standards

GB/T 21709.20-2009 Acupuncture and moxibustion technical specifications part 20: basic techniques of filiform needling

GB/T 21709.21-2013 Acupuncture and moxibustion technology operation specification part 21: basic techniques of filiform needling

GB/T 30232-2013 General terminology of acupuncture and moxibustion

GB/T 40997-2021 Names and localization of extra-meridian acupoints

ZY/T 001.1-1994 Diagnostic and therapeutic efficacy standards of Chinese medicine

3 Terms and definitions

The following terms and definitions are applied to this document.

3.1

Tiaoshen Yizhi Acupuncture Therapy

By needling the group acupoints represented by Neiguan (PC 6), Shuigou (DU 26), Baihui (DU 20) and Sishencong (EX-HN 1) and applying specific techniques to open the orifices and awaken the mind, to benefit the essence and fill the marrow, to help the brain to get qi and blood nourishment, to strengthen mental thinking and to improve the function of memory and thinking.

3.2

Post-stroke cognitive impairment

There is a clear history of stroke, and the following symptoms appear within 3 months after the stroke, the extent of which affects the ability to live a normal daily life (excluding the effects of motor disorder). Symptoms may include inattention, forgetfulness, impaired calculation, orientation, comprehension, and judgment; or childish and clumsy behavior, inattention to personal hygiene; or childish emotion, emotional irritability; or dull and unresponsive expression, apathetic expression, selfishness and suspiciousness, crying and laughing without apparent reason.

[Source: ZY/T001.1-1994, with modifications].

4 Pre-operative preparation

4.1 Needle selection

- a) The parameters disposable filiform needles should comply with the provisions in GB2024-2016.
- b) Selecting different models and types of filiform needles according to the disease condition and operation site.
- c) Choosing needles with smooth body, no rust and creases, with firm handle, sharp tip and without barb.

4.2 Body position selection

Choosing the body position that the patient feels comfortable and the medical practitioner is easy to operate, which should be in accordance with the provisions in GB/T 21709.20-2009.

4.3 Localization of acupoints

Referring to the meridian and acupoint names and positioning in GB/T 12346-2021 and names and positioning of extra-meridian acupoints in GB/T 40997-2021.

4.4 Disinfection

Disinfection of needle instruments, disinfection of contact articles, disinfection of doctor's hands, disinfection of needle's acupuncture site, and requirements for treatment rooms and spare items should be in accordance with the provisions in GB 15982-2012.

4.5 Environmental requirements

The treatment environment should be quiet, clean and hygienic, with sufficient light and suitable temperature.

5 Acupoints and manipulation

5.1 Therapeutic principle

Wakening up and tonifying the brain, Tiaoshen Yizhi (regulating the spirit/mind and benefiting the intelligence).

5.2 Scope of application

Patients presenting with mild cognitive dysfunction after a stroke.

5.3 Composition of Acupoints

Neiguan (PC 6), Shuigou (DU 26), Baihui (DU 20), Sishencong (EX-HN 1), Sibai (ST 2), Fengchi (GB 20), Wan'gu (GB 12), Tianzhu (BL 10), Shenmen (HT 7), Fenglong (ST 40), Sanyinjiao (SP 6), Taichong (LR 3).

5.4 Operation Steps

The practitioner faces the patient and performs needling in the order of Neiguan (PC 6), Shuigou (DU 26), Baihui (DU 20), Sishencong (EX-HN 1), Sibai (ST 2), Fengchi (GB 20), Wan'gu (GB 12), Tianzhu (BL 10), Shenmen (HT 7), Fenglong (ST 40), Sanyinjiao (SP 6), Taichong (LR 3) as follows:

a) Neiguan (PC 6): taking both sides, entering the needle with one hand, stabbing straight 0.5-1.0 cun, using lifting and inserting twirling technique combined with reducing method, operating bilaterally at the same time, applying the method for 1min, without leaving the needle inside of body.

b) Shuigou (DU 26): entering the needle with one hand, stabbing obliquely 0.3-0.5 cun toward the nasal septum, using the sparrow-pecking technique combined with reducing method to the extent that the eyeballs are moist, and leaving the needle in place for 30 min.

c) Baihui (DU 20) and Sishencong (EX-HN 1): backward flat stabbing 1.0-1.5 cun, using small amplitude and high frequency twirling technique combined with reinforcing method, applying the method for 1min, and leaving the needle in

place for 30 min.

d) Sibai (ST 2): taking both sides, needling to the depression of suborbital foramen diagonally downward into 0.5 cun, using a small amplitude, high-frequency twirling technique combined with reinforcing method, lifting and inserting technique being forbidden, applying the method for 30 s, and leaving the needle in place for 30 min.

e) Fengchi (GB 20): taking both sides and entering the needle with one hand, stabbing 1.0-1.5 cun straight toward the opposite side of the eyeball, using small amplitude and high frequency twirling technique combined with reinforcing method, operating bilaterally at the same time, applying the technique for 1 min, and leaving the needle in place for 30 min.

f) Wan'gu (GB 12), Tianzhu (BL 10): taking both sides and entering the needle with one hand, straight stabbing 1.0-1.5 cun, using small amplitude, high-frequency twirling technique combined with reinforcing method, with bilateral simultaneous operation on each acupoint applying the technique for 1 min, and leaving the needle in place for 30 min.

Note: Small-amplitude, high-frequency twirling and reinforcing method refers to the needle manipulation that the amplitude is less than 90° and the frequency is 120-160 times/minute.

g) Shenmen (HT 7): taking both sides, inserting the needle 0.2-0.5 cun straightly, using the mild reinforcing and mild reducing method, applying the method for 1 min, and leaving the needle in place for 30 min.

h) Fenglong (ST 40): taking both sides, inserting the needle 1.0-1.5 cun straightly, using lifting and inserting twirling technique combined with reducing method, applying the method for 1 min and leaving the needle in place for 30 min.

i) Sanyinjiao (SP 6): taking both sides, entering the needle with one hand, stabbing straight 0.5-1.0 cun, adopting small amplitude and high frequency twirling technique combined with reinforcing method, operating bilaterally at the same time, applying the technique for 1 min, and leaving the needle in place for 30 min.

j) Taichong (LR 3): taking both sides, inserting the needle 0.5-1.0 cun straightly, using lifting, inserting and twirling technique combined with reducing method, applying the technique for 1 min, and leaving the needle in place for 30 min.

6 Precautions

a) Patients who are hungry, just finished with meal, drunk, angry, frightened,

over-fatigued and nervous should not be needled immediately; people who are weak or with qi and blood deficiency syndrome should not be given too strong needling sensation, and they should take a lying position when needling is performed.

b) Great caution should be given when scalp acupuncture is carried out on patient with a history of cerebral hemorrhage, i.e. sterilization should be recarried out more strictly to prevent infection since there are hairs on his/her head.

c) During the needling procedure, when the operator's fingers need to touch the body of the needle, sterilized cotton balls should be used as a spacer and the operator's fingers should not directly touch the body of the needle.

d) For the area of skin prone to bleeding, it is better to use a dry cotton ball to press on the area for a certain period after the needle is removed and it is not advisable to rub the area.

e) When applying the “Tiaoshen Yizhi” Acupuncture Therapy, the basic treatment regime should not be neglected, and needling can be combined with medication and cognitive function training.

7 Contraindications

a) Needling is contraindicated in areas of skin with infection, ulcers, scarring or tumors.

b) Needling is contraindicated in patients with coagulation defects.

c) Patients with active cerebral hemorrhage and malignant hypertension are prohibited from needling on Shuigou (DU 26) acupoint.

d) For patients with stroke during pregnancy, acupuncture on acupoints that are sensitive to fetal-pregnant reaction, such as Hegu (LI 4) and Sanyinjiao (SP 6), are prohibited.

e) Patients who are unable to cooperate with the operation are prohibited from needling.

f) Patients with prolonged or severe diseases, such as the presence of severe parenchymal brain lesions, severe dementia or that combined with mental disorders, are not included in the scope of this specification.

Appendix A (Informative)

Theoretical connotation of Tiaoshen Yizhi Acupuncture Therapy

The acupuncture technique of “Tiaoshen Yizhi” is a needling treatment method created by Shi Xuemin, the Great National Master of Chinese Medicine, based on his belief that the syndrome is mainly “deficiency in root yet excess in symptoms”, namely, the disease of dementia is located in the brain due to malnourishment, with phlegm and blood stasis blocking the orifices, the orifices being closed and the spirit being depressed, and eventually the spirit dysfunction resulting in dementia. This established acupuncture method mainly focus on “wakening up and replenishing the brain to regulate spirit/mind and to benefit intelligence”. This proposed method of acupuncture standardizes and clarifies the quantitative criteria of the needling manipulation. Clinical studies have proved that this method has significant efficacy and can be applicable to patients with post-stroke cognitive impairment, by effectively improving the cognitive ability of patients and enhancing their daily life ability.

“The brain is the house of Yuanshen (spirit)”. Yuanshen plays the role controlling in memory, emotion, language and body movement through its regulating of qi and the material basis of it is blood. Therefore, the smooth flow of qi and blood is an important factor for the spirit to play its function. The brain is the house of the Yuanshen (spirit), and the health of the brain directly affects its ability to regulate the body. As what is said in *Yi Yi Yi Li* (《医易一理》) as follows: “human depends on his/her brain to perceive, to perform movement, to remember happenings in the past and present and to deal with all affairs.” Academician Shi Xuemin pointed out that the main mechanism of post-stroke cognitive impairment is “emptiness of the brain marrow induced the dysfunction of the spirit”. The location of the disease is in the brain and the root induced of its pathogenesis lies in the stroke disease caused brain orifices closing as well as the emptiness of the brain marrow. In this case, the “spirit” of the human is in a state of concealment and obnubilation. In clinical treatment, the priority is to awaken the spirit and then nourish it. If nourishment comes before the awakening of the “spirit”, the “spirit” is still not able to dominate human’s life activities. Therefore, the “Tiaoshen (regulating spirit)” thought proposed by Academician Shi Xuemin means the combination of “spirit awakening” and “spirit nourishing” in clinical treatment.

What is “Tiao (regulating)”, according to *Shuo Wen* (《说文》), which was compiled in the Han Dynasty, “Tiao” means “harmonizing”, meaning “regulating” to bring about “harmony”, specifically. In “Tiaoshen Yizhi (regulating spirit to

benefit intelligence)” Acupuncture Therapy, “Tiaoshen (regulating spirit)” is the key in treatment. In *Su Wen • Bao Ming Quan Xing Lun*, it is said that “all of the acupuncture must begin with treatment of the spiritual ailment”, which emphasizes that “regulating spirit” is the key in acupuncture treatment. What is Xing (awakening)? It means to de-drunken or to waken up, which refers to the reawakening of the spirit from fainting, which is due to the closed brain orifices induced depression leading to brain’s dysfunction in dominating life activities. What is “Yang (nourishing)”? It means to protect and to repair functions by nourishment, and nourishing the spirit means to replenish the brain marrow and nourish the reawakened spirit to develop strong power in memory. The combination of the above two is called “regulating spirit”, one purpose of which is to help spirit wake up again and the other is to nourish the brain spirit. For patients with pathology of post-stroke cognitive impairment problems of “emptiness of the brain marrow and dysfunction of spirit mechanism”, the treatment is carried out by wakening up and nourishing the spirit to replenish the brain marrow, to harmonize the yin and yang, to dredge the brain collateral, to enrich the qi and blood, to regulate the qi activity and to help spirit work normally. Eventually, the cognitive function can be improved, and the progression of the disease can be delayed.

“When the disease is in the brain the priority of treatment is to treat on Du meridian”, so the main acupoints selected are Baihui, Sishencong and Shuigou. Baihui acupoint, which belongs to the Du meridian, is the key acupoint on it and can be used to cure the disease in spirit; Besides, it is located in the top of the head, and the deep part of it is just where the brain is located. Therefore, Baihui acupoint is closely related to the brain performance and can be used to regulate the brain function, i.e., regulating the Du meridian, wakening the brain and opening the aperture, filling the marrow of the brain as well as easing the mind and benefiting the intelligence. Sishencong acupoint is adjacent to the Du meridian and the bladder meridian, which is connected to the kidney. The Du meridian enters and belongs to the brain. Therefore, acupuncture on Sishencong can regulate the yang qi of the whole body and lead the yang into the yin, so as to achieve the efficacy of calming and tranquilizing the mind as well as enhancing the power of eyes and ears; In addition, Sishencong is located in the meeting point of the three foot yang meridians with the Du meridian and the Foot Jueyin Liver meridian, and the qi on Sishencong communicates with the qi of Yuanshen, therefore, acupuncture on Sishencong acupoint can relieve the ailment produced from the Yuanshen. Shuigou acupoint is an acupoint on Du meridian and it is connected to the Ren meridian. The relationship between yin and yang is like that between heaven and earth, so acupuncture on Shuigou acupoint can adjust

the meridian qi to achieve yin and yang balance. Sibai acupoint can also be used to improve the functions of eyes and ears and to bring about peaceful mind. The combination of Fengchi, Wan'gu and Tianzhu acupoints used in acupuncture can tonify the brain and marrow, elevate the clear qi and lower the turbidity of the body. Shenmen acupoint is the place where the Yuan qi of the Heart meridian is infused, needling on which can tranquilize the heart and mind, and can relieve depression and dissipate lumps. Neiguan acupoint is the Yuan acupoint of the Pericardium meridian acupoint and the meeting point of the eight acupoints where the twelve meridians and the eight extra meridians are connected to each other, communicating with Yinwei meridian. Besides, Neiguan acupoint, being connected to the Sanjiao meridian, can regulate the qi of the whole body. Acupuncture on Taichong acupoint and Sanyinjiao acupoint can nourish the liver and kidney, generate marrow and tonify the brain. Acupuncture on Fenglong acupoint can be used to dispel phlegm and reduce turbidity, to tranquilize the spirit and open the orifices. Therefore, the combined use of these acupoints is effective in regulating spirit and benefiting intelligence.

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