

with the fingers, and do an action of making air in the mouth be sent to the ears several times during the manipulation of needles. The treatment is given once daily, with 10 treatments as a course.

**Comment:**

Zhenjiu is effective in relieving tinnitus, and has shown to be effective in treating deafness in some cases. According to our experience, self-pressing ears is a good way to treat obstinate tinnitus. In the manipulation, press bilateral ears towards each other with palms simultaneously for 10 seconds, and release the palms. Then repeat this course for 10-30 times. The treatment is given 2-3 times daily, for 30-60 days. Usually, tinnitus will be milder greatly. After an interval of 1-2 weeks, the next course can begin. The treatment can last until no tinnitus.

**Notes:**

## 88. Dysfunction of the Tempromandibular Joint

Dysfunction of the tempromandibular joint is a commonly seen oral disease, marked by pain in the tempromandibular joint when opening or closing the mouth, usually aggravated by chewing, or yawning. Articular dyskinesia may be present, with snapping or popping of the joint occurring when opening or closing the mouth. It occurs mainly in young people and adults, and its cause has not been clearly determined. According to TCM, dysfunction of the tempromandibular joint is classified into He Tong (mandible pain), Jia Tong (cheek pain) or Kou Jin Bu Kai (lockjaw).

### I. STANDARD TREATMENT

Dysfunction of the tempromandibular joint is generally divided into four types — attack by pathogenic wind-cold, adverse upward flow of liver qi, external injury of muscles and tendons and kidney deficiency. Points of the Yangming Meridians are frequently selected in its treatment.

#### 1. Attack by Pathogenic Wind-Cold

**Manifestations:** Pain in the tempromandibular joint which is aggravated by chewing, stiffness and snapping or popping of the joint, difficulty in opening the mouth, headache, general ache.

**Tongue:** Thin and white coating.

**Pulse:** Floating and wiry.

**Treatment Principle:** Expel wind and cold, relieve rigidity of muscles and activate collaterals.

#### Point Prescription & Manipulation:

*Primary points:*

EX-HN-25 Jiaozhong -

ST-6 Jiache - ^

SI-19 Tinggong - ^

ST-7 Xiaguan - ^

LI-4 Hegu -

*Explanation:*

To local points, Zhenjiu is only given to the diseased side.

- EX-HN-25 Jiaozhong, an experiential point to treat temporomandibular joint disorders, ST-6 Jiache, belonging to the Foot-Yangming Meridian, SI-19 Tinggong, the Crossing Point of the Hand-Taiyang and Hand-Shaoyang Meridians, and ST-7 Xiaguan, the Crossing Point of the Foot-Shaoyang and Foot-Yangming Meridians, all located at the diseased part, regulate and dredge the three facial yang meridians, activate the collaterals and relieve rigidity of the local muscles;
- LI-4 Hegu, the Primary-Source Point of the Hand-Yangming Meridian, activates the collaterals, relieves rigidity of the muscles, alleviates pain and dispels wind and cold.

*Secondary points according to conditions:*

- 1□ Headache—GB-20 Fengchi [-] or EX-HN-5 Taiyang [-].

**2. Adversely Upward Flowing of Liver qi**

**Manifestations:** Pain in the temporomandibular joint which is aggravated by chewing, stiffness and snapping or popping of the joint, difficulty in opening the mouth, dizziness, insomnia, irritability, tinnitus.

**Tongue:** Thin and white coating.

**Pulse:** Thready and wiry.

**Treatment Principle:** Soothe the liver and regulate circulation of qi, relieve rigidity of muscles and activate collaterals.

**Point Prescription & Manipulation:**

*Primary points:*

EX-HN-25 Jiaozhong /  
SI-19 Tinggong /  
ST-7 Xiaguan /  
ST-6 Jiache /

LR-3 Taichong -  
GB-34 Yanglingquan -  
LI-4 Hegu -

*Explanation:*

To local points, Zhenjiu is only given to the diseased side.

- EX-HN-25 Jiaozhong, an experiential point to treat temporomandibular joint disorders, ST-6 Jiache, belonging to the Foot-Yangming Meridian, SI-19 Tinggong, the Crossing Point of the Hand-Taiyang and Hand-Shaoyang Meridians, and ST-7 Xiaguan, the Crossing Point of the Foot-Shaoyang and Foot-Yangming Meridians, all located at the diseased part, regulate and dredge the three facial yang meridians, activate the collaterals and relieve rigidity of the local muscles;
- LR-3 Taichong and GB-34 Yanglingquan soothe the liver and regulate qi flow;
- LI-4 Hegu, the Primary-Source Point of the Hand-Yangming Meridian, activates the collaterals, relieves rigidity of the muscles and alleviates pain.

*Secondary points according to conditions:*

- 1□ Insomnia—EX-HN-16 Anmian [/];  
2□ Dizziness—GB-20 Fengchi [/].

**3. Impairment of the Muscle and Tendon by External Injury**

**Manifestations:** Pain in the temporomandibular joint that is aggravated by chewing, stiffness and snapping or popping of the joint, difficulty in opening the mouth, history of external injury to the cheek, or sprain of the temporomandibular joint by opening the mouth too wide.

**Tongue:** Purplish body.

**Pulse:** Wiry.

**Treatment Principle:** Dredge the meridian, circulate the collaterals and activate blood circulation.

**Point Prescription & Manipulation:**

*Primary points:*

- EX-HN-25 Jiaozhong - ^
- SI-19 Tinggong - ^
- ST-7 Xiaguan - ^
- ST-6 Jiache - ^
- SJ-5 Waiguan -
- LI-4 Hegu -
- Tender point or hard nodule point -

*Explanation:*

To local points, Zhenjiu is only given to the diseased side.

- EX-HN-25 Jiaozhong, an experiential point to treat temporomandibular joint disorders, ST-6 Jiache, belonging to the Foot-Yangming Meridian, SI-19 Tinggong, the Crossing Point of the Hand-Taiyang and Hand-Shaoyang Meridians, and ST-7 Xiaguan, the Crossing Point of the Foot-Shaoyang and Foot-Yangming Meridians, all located at the diseased part, regulate and dredge the three facial yang meridians, activate the collaterals and relieve rigidity of the local muscles;
- SJ-5 Waiguan, the Luo-Connecting Point and the Crossing Point of the Hand-Shaoyang and Yangwei Meridians, activates the collaterals and dredges the yang meridians of the body;
- LI-4 Hegu, the Primary-Source Point of the Hand-Yangming Meridian, activates the collaterals, relieves rigidity of the muscles and alleviates pain;
- Tender point or hard nodule point activates the collaterals and relieves pain.

*Secondary points according to conditions:*

- 1□ Semiluxation of the tempromandibular joint-- SI-18 Quanliao [-].

**4. Kidney Deficiency**

**Manifestations:** Pain in the tempromandibular joint which is aggravated by chewing, stiffness and snapping or popping of the joint, difficulty in opening the mouth, maldevelopment of joints,

loose teeth, fatigue, dizziness, insomnia, tinnitus.

**Tongue:** Thin and white coating.

**Pulse:** Thready and weak.

**Treatment Principle:** Reinforce kidney qi and strengthen tendons and bones.

**Point Prescription & Manipulation:**

*Primary points:*

- EX-HN-25 Jiaozhong + ^
- SI-19 Tinggong + ^
- ST-7 Xiaguan + ^
- ST-6 Jiache + ^
- BL-23 Shenshu +
- ST-36 Zusanli +

*Explanation:*

To local points, Zhenjiu is only given to the diseased side.

- EX-HN-25 Jiaozhong, an experiential point to treat temporomandibular joint disorders, ST-6 Jiache, belonging to the Foot-Yangming Meridian, SI-19 Tinggong, the Crossing Point of the Hand-Taiyang and Hand-Shaoyang Meridians, and ST-7 Xiaguan, the Crossing Point of the Foot-Shaoyang and Foot-Yangming Meridians, all located at the diseased part, regulate and dredge the three facial yang meridians, activate the collaterals and relieve rigidity of the local muscles;
- BL-23 Shenshu reinforces the kidney qi and strengthens the bones and tendons;
- ST-36 Zusanli reinforces the spleen and stomach to nourish the kidney.

*Secondary points according to conditions:*

- 1□ Dizziness GB-20 Fengchi [/];  
2□ Tinnitus SJ-17 Yifeng [+].

**II. EXPERIENTIAL TREATMENT**

**1. Puncturing A Group of Points**

**Indication:** Various types of temporomandibular joint syndrome.

**Point Prescription:**

*Primary points:*

SI-19 Tinggong  
ST-7 Xiaguan  
ST-6 Jiache

*Secondary points according to conditions:*

- 1□ Facial paralysis—LI-4 Hegu [-];
- 2□ Dislocation of the joints — GB-34 Yanglingquan [-];
- 3□ Long-term course—BL-23 Shenshu [+];
- 4□ Emotional depression—LR-3 Taichong [-].

**Manipulation:** Each treatment, the chief points and 1-3 assistant points are punctured. After regular sterilization, SI-19 Tinggong is punctured firstly. With the mouth opened, a 2 cun needle is inserted 1.5 cun (25-40 mm) to make the needling sensation radiating to the cheek. Then, ask the patient to close the mouth and insert a 1.5 cun needle into ST-7 Xiaguan 1-1.2 cun (25-35 mm), with the needle tip directing backwards a little to make the needling sensation radiate to the whole temporomandibular joint. Then, insert a 1.5-cun needle into ST-6 Jiache with its tip upwards a little, to make the needling sensation radiate to the whole cheek. Twisting, thrusting, and lifting manipulations are applied on all of these three points with middle-degree force, and the needles are retained for 20-30 minutes. If the patient has headache and general ache, LI-4 Hegu is punctured additionally with uniform reinforcing-reducing manipulation; LR-3 Taichong and GB-34 Yanglingquan are punctured with reducing manipulation for irritability, insomnia and tinnitus; and BL-23 Shenshu is punctured with reinforcing manipulation for deficiency syndrome. The treatment is given once a day or every other day, 5-7 treatments are needed in one treatment course. If there is no satisfactory effect after the first course, the second course begins after an interval of 3-5 days.

**2. Acupuncture and Moxibustion on A Group of Points**

**Indication:** Various types of temporomandibular joint syndrome.

**Point Prescription:**

*Primary points:*

SI-19 Tinggong  
GB-2 Tinghui  
ST-7 Xiaguan

*Secondary points according to conditions:*

- 1□ Poor appetite—ST-36 Zusanli [+];
- 2□ Facial numbness—BL-18 Ganshu [+];
- 3□ Long-term course—BL-23 Shenshu [+].

**Manipulation:** The three primary points are used alternatively. After regular sterilization, insert a 1.5 cun filiform needle into the point, rotate, lift and thrust the needle with middle-degrees stimulation to induce arrival of qi. Then, retain the needle, and put a segment of moxa stick 1.5-2.0 cm long on the handle of the needle for moxibustion. After burning out the moxa segment, remove the needle. The assistant points are punctured with reinforcing manipulation. The treatment is given once a day or every other day, with 10 treatments as a course. After an interval of 4-5 days, the second course can be given if the problem does not disappear.

**3. Puncturing A Group of Points**

**Indication:** Chronic temporomandibular joint syndrome.

**Point Prescription:**

ST-7 Xiaguan  
EX-HN-25 Jiaozhong (located at the midpoint of the line connecting ST-7 Xiaguan and ST-6 Jiache)  
ST-6 Jiache

**Manipulation:** Insert a 1.5-cun needle perpendicularly into ST-7 Xiaguan 1.0-1.5 cun (25-40 mm), and insert 1 cun needles into Jiaozhong EX-HN-25 and ST-6 Jiache 0.6-0.8 cun (13-20 mm). Rotate, lift and thrust the needles with middle-degrees stimulation, and retain the needles for 30-60 minutes with manipulation of the needles 1-2 times. After removing the needles, press the needle holes with fingers, apply massage along the lower