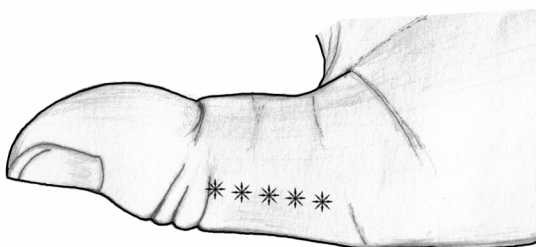


## Dysmenorrhea (LKC-1)

### 1. DMG 11-15 ‘Gynecology Three Needles’, Men<sup>2</sup> Jin<sup>1</sup>, and Ren<sup>2</sup> Huang<sup>2</sup> (LKC):

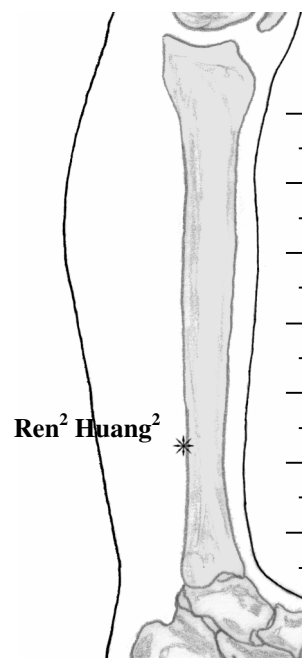
- **DMG 11-15 ‘Gynecology Three Needles’:** These five points are uniformly located on the Ulnar Digit Line of the dorsal surface on the 1<sup>st</sup> phalanx of the thumb. Divide the proximal phalanx of the thumb along said line, from the dorsal metacarpophalangeal skin crease to the dorsal interphalangeal skin crease, into thirds; then, further divide each resultant third in half. This procedure sections the dorsal surface of the proximal phalanx of the thumb into sixths – commencing from the dorsal metacarpophalangeal skin crease and proceeding distally, each sixth represents one of the five points. Needle (select three of the five points) 0.2 to 0.3 *cun*. {Uterus and Six Bowels Reaction Areas}
- **Men<sup>2</sup> Jin<sup>1</sup>:** This point is located between the 2<sup>nd</sup> and 3<sup>rd</sup> metatarsal bones, immediately distal to the dorsal venous arch on the dorsum of the foot; i.e., the point is in a depression immediately distal to the articulation of the bases of the 2<sup>nd</sup> and 3<sup>rd</sup> metatarsals. Needle 0.5 *cun*. {Duodenum, Stomach Branch, and Uterus Reaction Areas}
- **Ren<sup>2</sup> Huang<sup>2</sup>:** This point is located 3.5 *cun* proximal to the apex of (as viewed from posterior to anterior) the medial malleolus on the Foot Tai<sup>4</sup> Yin<sup>1</sup> Spleen Channel; i.e., Ren<sup>2</sup> Huang<sup>2</sup> is located 0.5 *cun* proximal to Sp-6<sup>WHO</sup>. Needle 0.6 to 1.5 *cun*. **CONTRAINDICATED IN PREGNANCY.** {Kidney Branch and Lung Branch Reaction Areas}



DMG 11-15 ‘Gynecology 3 Needles’



Men<sup>2</sup> Jin<sup>1</sup>



Ren<sup>2</sup> Huang<sup>2</sup>