



Treating Atopic Dermatitis with Master Tung's Acupuncture

Point Locations · Needling Techniques · Treatment Protocol

Diagnosis First, and the Dao Ma Concept

In Master Tung's lineage, comprehensive diagnosis is the absolute core of the system. Effective treatment of atopic dermatitis always begins by identifying and treating the root cause of the disease — not only the visible skin symptoms.

Dao Ma [倒馬]: points in Master Tung's system are rarely used in isolation. They are applied in groups of 2 to 9 points on the same line — Dao Ma groups — creating a strong, synergistic effect that addresses both the root and the symptoms. The two Dao Ma groups presented at the beginning of this handout can treat both the root — the Lungs (Si Ma) and the Spleen (Tu Chang) — and the branch.

CLINICAL PEARL

Points are rarely used alone. Applying them in Dao Ma groups creates a strong, synergistic effect that treats the root and the branch at the same time.

The Protocol at a Glance

Strategy	Points	Role in Atopic Dermatitis
Core Strategy 1	88.17–19 Si Ma (Four Horses)	Regulates Lung and skin; clears wind, itching, and inflammation (Ke cycle: Metal controls Wood)
Core Strategy 2	Tu Chang (Flourishing Earth)	Strengthens Spleen/Earth, regulates digestion and blood, clears skin toxins from the inside out
Bleeding Therapy	99.08 Er San (Three Ear)	Immediate systemic reset — clears heat and down-regulates acute itching
Bonus Point	11.26 Zhi Wu (Control Dirt)	Supports physical healing of the damaged skin barrier

88.17-19**Sì Mǎ [駟馬穴] — Four Horses**

Core Strategy 1 · The premier group for Lung and skin disorders

Location

On the lateral side of the femur, above the corner of the patella:

- **88.19 Sì Mǎ Xià [駟馬下]:** 7.5 cun proximal to the corner of the patella. The patella is 2 cun long — use it to measure 2 cun, multiply by three from the corner of the patella, and add 1.5 cun.
- **88.17 Sì Mǎ Zhōng [駟馬中]:** 9.5 cun above the corner of the patella, 2 cun proximal to 88.19.
- **88.18 Sì Mǎ Shàng [駟馬上]:** 11.5 cun above the corner of the patella, 2 cun proximal to 88.17.

Needling

Perpendicular, 0.8–2.5 cun. For skin disorders, needle **bilaterally**.

Reaction Area

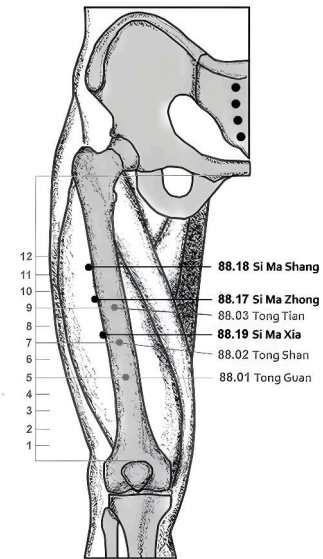
Primary: Lung. Subbranch: Liver.

Why It Works for Atopic Dermatitis

The thigh is the most powerful zone for regulating the Zang organs. Through the Five Phases Control (Ke) Cycle, Metal (Lung) regulates Wood (Liver), eliminating the wind, itching, and inflammation of atopic dermatitis. The Lungs govern Qi and Wei Qi; Sima's three areas of influence are the sensory organs, the chest, and the skin.

Key Indications (selection)

Atopic dermatitis, neurodermatitis, psoriasis, acne, itching and skin diseases (very effective); allergies, asthma, rhinitis, sinusitis; autoimmune diseases; lung diseases, cough, emphysema.



88.17-19 Si Ma — lateral thigh

TECHNIQUE — Tou Tian Liang [透天凉法] · Penetrating-Heaven Cooling

Insert to the deep level, obtain Qi, and perform a dispersing (lifting–thrusting) technique. After 10 minutes, obtain Qi again, lift the needle to the middle level, and disperse. After another 10 minutes, lift to the superficial level and disperse again; retain there until the end of treatment.

CLINICAL PEARL

To maximize Si Ma's effect on the skin, apply the bilateral Tou Tian Liang (Penetrating-Heaven Cooling) technique — finishing with the needle lifted to the superficial skin layer to clear deep heat.

Tǔ Chāng

Tǔ Chāng [土昌穴] — Flourishing Earth

Core Strategy 2 · Strengthening Earth, regulating the Blood

Location

Five points on a line on the medial thigh:

- **Tǔ Chāng Yī** [土昌一]: 2 cun medial to 88.10 Tong Wei — the same location as SP-10 Xue Hai.
- **Tǔ Chāng Èr** [土昌二]: 2 cun proximal to Tu Chang Yi.
- **Tǔ Chāng Sān** [土昌三]: 2 cun proximal to Tu Chang Er.
- **Tǔ Chāng Sì** [土昌四]: 2 cun proximal to Tu Chang San.
- **Tǔ Chāng Wǔ** [土昌五]: 2 cun proximal to Tu Chang Si.

Needling

Perpendicular, 1.5–2 cun. Needle 1–3 points (Dao Ma).

Reaction Area

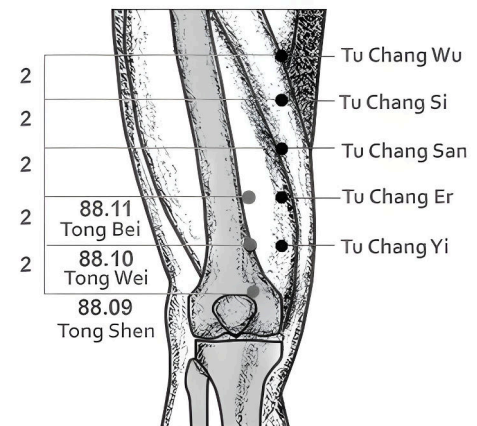
Primary: Spleen, Liver, Gallbladder.

Why It Works for Atopic Dermatitis

Tu Chang is the primary group for strengthening the Earth phase, particularly the Spleen. It balances digestion, addresses blood-level pathology, and uses internal connections to clear skin toxins. It is a key group for blood deficiency due to Spleen weakness, and treats blood cell disorders such as leukopenia. It can be combined with 88.12–14 Shang San Huang.

Key Indications (selection)

Skin diseases; blood deficiency (Spleen-related); leukopenia, leukocytosis; splenitis, splenomegaly; jaundice, liver cirrhosis, cholecystitis; hyperacidity; headache, dizziness.



Tu Chang — medial thigh, from SP-10 Xue Hai

CLINICAL PEARL

Atopic dermatitis cannot be fully resolved without treating the gut and the blood. Tu Chang strengthens the Earth phase to nourish the blood and clear the skin from the inside out.

99.08

Ėr Sān [耳三穴] — Three Ear

Bleeding Therapy · Fast-acting relief for heat and itching

Location

A group of three points — **only the uppermost point is used** for atopic dermatitis:

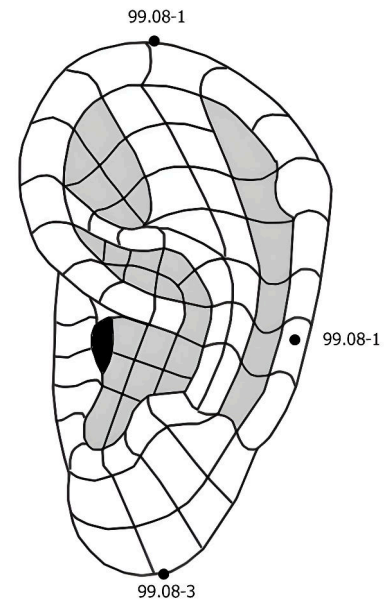
- **Ėr Sān Shàng** [耳三上]: at the apex of the ear, at the end of the fold when the ear is folded toward the tragus. Corresponds to Er Jian (M-HN-10) and the Allergy point in auricular acupuncture.
- **Ėr Sān Zhōng** [耳三中]: midpoint of the outer helix (pharyngitis, tonsillitis).
- **Ėr Sān Xià** [耳三下]: lowest part of the earlobe (pharyngitis, tonsillitis).

Reaction Area

Kidney and Lung.

Clinical Indication

Clears systemic heat, addresses skin inflammation, and provides immediate relief from intense itching (pruritus). Also: skin disorders, herpes zoster, hypertension, conjunctivitis, migraine, insomnia, excessive sweating.



99.08 Er San — use the uppermost point (99.08-1)

TECHNIQUE — Pricking (Bleeding) Method

Prick the uppermost point with a lancet needle and express exactly **40 drops of blood from each ear**. Use two cotton balls: one soaked in alcohol to absorb and clear each drop, and a second, dry cotton ball to apply pressure and stop the bleeding after 40 drops have been collected.

CLINICAL PEARL

Micro-bleeding the uppermost point of 99.08 Er San acts as an immediate systemic reset to down-regulate acute itching. Bleeding therapy is a primary, fast-acting pillar of Master Tung's system.

11.26

Zhì Wū [制污穴] — Control Dirt

Bonus Point · Supporting physical healing of the skin barrier

Location

Three points on the dorsal aspect of the thumb, in the middle of the proximal segment. To find the points, divide the segment into four equal parts.

Needling

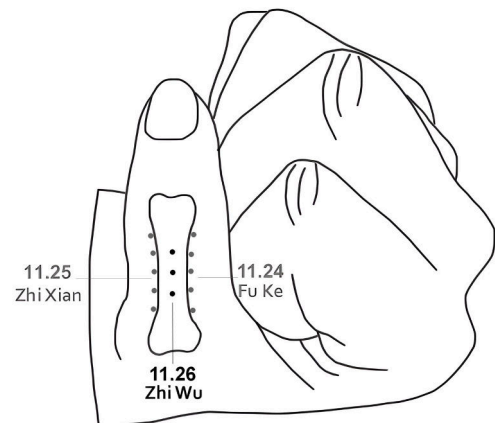
- **Bloodletting** — the classic method for wounds that secrete pus and lesions that do not heal.
- Alternatively, thread one needle from distal to proximal through the three points.

Reaction Area

Spleen (Hu Wen Zhi adds: Spleen and Kidneys — warming the Yang).

Clinical Indication

Helps the skin heal: furuncles, abscesses, wounds that do not heal, post-surgical wounds with pus, bedsores, necrosis, herpes zoster, mouth sores, and skin diseases. The name — Control [制] Dirt [污] — points to its ability to treat purulent, non-healing lesions.



11.26 Zhi Wu — dorsal thumb, proximal segment

CLINICAL PEARL

While 99.08 Er San resets acute itching, 11.26 Zhi Wu supports the physical healing of a damaged skin barrier — scratched, broken, or slow-healing lesions.

Treatment Protocol & Parameters

Clinical sequence	Always perform bleeding / pricking therapy first , followed by the insertion of regular needles or laser application.
Needle retention	In Master Tung's acupuncture, retain needles for a minimum of 40 minutes .
Course of treatment	Evaluate clinical outcomes only after a full course of 10 treatments — not before. Schedule the initial 6 treatments twice per week to build therapeutic momentum.
Pediatric patients	For infants and children, use laser acupuncture for a gentle, painless treatment.
Dietary factor	Address and modify the patient's nutrition — dietary habits play a key role in resolving dermatological conditions.

Learn More

Everything in this handout — and much more — is available in depth through the resources below.

The Tung's Points App

Detailed information on all of Master Tung's points — including high-quality video demonstrations of the exact location, needling, and bleeding techniques for every point in this handout. Includes a 14-day free trial.

<https://tungsacupuncture.org/master-tungs-points-app/>



Online Courses for Practitioners

Postgraduate online courses in Master Tung's acupuncture — for practitioners looking for deeper clinical training in diagnosis, point selection, and technique.

<https://tungsacupuncture.org/master-tungs-acupuncture-courses/>



Qiological Shoptalk

This handout accompanies an episode of Qiological Shoptalk — one clinically relevant theme each quarter, explored by six presenters in focused 25-minute conversations. New presentations on the 1st and 3rd Thursday of each month. Subscribe on Apple Podcasts, Spotify, or YouTube.

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Tip of the Needle · Master Tung's Acupuncture

This handout accompanies the Qiological Shoptalk episode on treating atopic dermatitis.