

WAA Zones and Indications

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| Upper 1 | Frontal headache, stye, conjunctivitis, impaired vision, nasal obstruction, rhinitis, trigeminal neuralgia, facial paralysis, frontal toothache, lacrimation, sore throat, tonsillitis, hoarseness, common cold, aphasia, stemalgia, anterior chest pain, cough, angina pectoris, nausea, vomiting, hiccup, anorexia, costal neuralgia. Disorders involving entire body or that cannot be located exactly: Hypertension, paresthesia, systemic pruritus, urticaria, chill, fever, night sweating, dyssomnia, anxiety, depression and other psychosomatic disorders, etc. |
| Upper 2 | Anterotemporal headache, posterior toothache, distending pain of breast, chest pain, asthma, and numbness of fingers, etc. |
| Upper 3 | Temporal-auricular headache (pain of anterior auricular region), pain of anterolateral aspect of the shoulder, pain of anterolateral chest wall, pain of the thumb, etc. |
| Upper 4 | Headache at vertex, otalgia, tinnitus, auditory hallucination, hearing loss, temporomandibular joint syndrome, pain at the anterior aspect of the shoulder, chest pain along the mid-axillary line, pain in the elbow and thumb, etc. |
| Upper 5 | Posterotemporal headache, dizziness and vertigo, stiff neck, pain in the scapula, motor disturbance of the upper limbs, sensory disturbance of the upper limbs, tremor, arthralgia of the wrist and fingers, etc. UB 10, GB 21 Ahshi |
| Upper 6 | Occipital headache, pain in the area of cervical and thoracic vertebrae, pain in the paravertebral region, pain at the posterior aspect of the shoulder, etc. |
| Lower 1 | Upper and lower abdominal pain, pain in the umbilical region, nocturnal enuresis, dysmenorrhea, excessive leucorrhea, proslatosis, pruritus genitalium, spasm of the medial aspect of muscle gastrocnemius, pain in the heel, etc. |
| Lower 2 | Pain in the hepatic region, pain at the lateral aspect of the abdomen, pain in the groin, pain at the medial aspect of the knee joint, pain at the medial aspect of the ankle joint, etc. |
| Lower 3 | Pain at the medial aspect of the patella, pain in the medial dorsal aspect of the foot. |
| Lower 4 | Muscular pain at the anterior aspect of the femoral region, neuritis of lateral cutaneous nerve of thigh, pain in the knee joint, motor or sensory disturbance of the lower limbs, pain at the dorsal region of the foot, etc. |
| Lower 5 | Lumbago, pain in the gluteal region, lateral aspect of the leg, lateral aspect of the ankle joint, etc. |
| Lower 6 | Lumbago, sciatica, coccyalgia, hemorrhoid, constipation, pain at the anterior aspect of the sole, etc. |

Ahshi Point Grading System:

| Intensity | Feeling | Patient Reaction |
|------------------|-------------------|---|
| - | None | None |
| + | Noted | None |
| ++ | Noted | Notes local pain, frowns, raises head, etc |
| +++ | Complains of pain | Contracts limbs on one side |
| ++++ | Exquisite pain | Contracts limbs on both sides, pained expression, etc |

Wrist - Ankle Acupuncture, Zhou Qinghui, Ling Changquan, Zhang Xinshu, Publishing House of Shanghai University of Traditional Chinese Medicine - 2002

