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**NATIONAL STANDARD OF THE  
PEOPLE'S REPUBLIC OF CHINA**

**GB/T 21709.16-2013**

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**Standardized manipulations of acupuncture and moxibustion -  
Part 16: Abdominal acupuncture**

针灸技术操作规范 第16部分：腹针

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### Foreword

GB/T 21709 "acupuncture practices" is divided into the following 22 sections.

- Part 1. moxibustion;
- Part 2. scalp;
- Part 3. Ear;
- Part 4. Needle;
- Part 5. Cupping;
- Part 6. Point Injection;
- Part 7. cutaneous needle;
- Part 8. intradermal needle;
- Part 9. acupoint application;
- Part 10. catgut embedding;
- Part 11. EA;
- Part 12. Fire needle;
- Part 13. Mount needle;

### 1 Scope

China's national standardised manipulation for abdominal acupuncture. It is Part 16 of GB/T 21709 and specifies the terms and definitions, the instruments, the operating procedure, the indications, the contraindications and the precautions for the technique. Abdominal acupuncture is another modern micro-system: the abdomen is treated as a map on which points are located by proportional measurement from fixed landmarks - the umbilicus above all - and needled at controlled depths, with the depth itself carrying meaning, since shallow, medium and deep insertion at the same location are held to address different levels. That makes two things critical, and they are what the standard is built around. The first is the

measurement. Because the points are located proportionally rather than anatomically, an error in establishing the reference distance displaces every point derived from it, and abdomens differ enormously in size and shape; the standard therefore fixes the landmarks, the proportional unit and how it is measured on a given patient. The second is the depth. The abdominal wall varies in thickness from a centimetre to several, and beneath it lie the peritoneum and the viscera; an insertion depth appropriate for one patient is a perforation in another. So the standard specifies the needle length and gauge, the posture in which the patient is placed, the insertion depths as they relate to the wall rather than as absolute figures, the manipulation and retention, and the contraindications - which include pregnancy, abdominal masses, recent surgery, hepatosplenomegaly and any condition in which the wall or its contents are abnormal. Issued on 31 December 2013 and in force since 1 December 2014.

This section GB/T 21709 specifies the abdominal acupuncture and related terms and definitions, requirements and procedures, precautions and contraindications. This section applies to abdominal acupuncture technical operations.

## 2 Normative references

The following documents for the application of this document is essential. For dated references, only the dated version suitable for use herein Member. For undated references, the latest edition (including any amendments) applies to this document.

GB 2024 Acupuncture needles

GB/T 12346 acupoint name and location

## 3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 Abdominal acupuncture abdominalacupuncture The method of acupuncture specific acupoints treatment of systemic disease in the abdomen.

3.2 Days section, section of people, to the Ministry tian-ren-dineedlingdepths Abdominal acupuncture needle will be divided into days at the depth of the abdominal wall, the people, to three levels, the day section refers to the abdomen stab dermis and subcutaneous; people section refers to stab Abdominal superficial fascia and fat layer, located between heaven and earth portion portion; to section refers to stab abdomen muscle.

3.3 Abdominal vertical line abdominalvaerticalline When the body supine, from the atrium to the song bone hole hole horizontal vertical lines.

3.4 Abdominal horizontal abdominalhorizontalline When the body lying by Shenque by horizontal bar, two Tianshu extending.

3.5 Location - points fixedpoint (s) Point of abdominal acupuncture points in the landmark action by some traditional acupuncture meridians and abdominal specific points dots, distributed regularly to Shenque as in Up and down the heart, and the location - points but also has a therapeutic effect. NOTE. Positioning hole point name, code, and site of acupoints schematic diagram in Appendix A.

3.6 The corresponding acupoints correspondingpoint (s) Between two adjacent points acupoints positioning hole, according to the lesion and different conditions, select the appropriate corresponding to acupoints. Also abdominal needle The main point of care.