

Acupuncturists Support Group

605 Mission Street, Suite 410
San Francisco, CA 94105

415-546-6444

Hara Diagnosis

This class is designed as an introduction to palpation techniques as a means for diagnosis and treatment. The title Hara Diagnosis is somewhat misleading, as the focus of the class will be diagnosis and treatment based on physical findings on the abdomen, chest, back, and neck. The material presented here is based on the work of Kiiko Matsumoto and Kyoshi Nagano, however, I am solely responsible for accuracy of the content, omissions, and misrepresentations. A true understanding of this work is only possible through practice; a deeper (and more accurate) look at this work can be found in Ms. Matsumoto's books (*Five Elements and Ten Stems*, *Extraordinary Vessels*, *Hara Diagnosis*, published by Paradigm - Kiiko is currently working on other books with a "practical" perspective).

Clients can be seen as "types" or "responding types" which means they display certain palpatory findings (usually pressure pain) and/or respond to certain "protocol" treatments designed to eliminate the pressure pain. It is possible for a certain body area to mean more than one thing, e.g., both the navel and Ren12 may reflect adrenal (Kidney) issues or the Spleen: the client's symptoms may, or may not, help distinguish the "type", however the "responding type" becomes clear when one tries to alleviate the pressure pain with either Kidney points or with Spleen points: the successful channel then determines the "responding type". Bear in mind that your diagnosis can be correct even though the points I list may not do the trick. It is thus possible to get the correct "type" but not be able to match it with a listed "responding type." In such a case figure out another point combination (be creative) that you believe resonates with the "type" (different people with the same diagnosis may require a different "access code" to get at them), this point combination now defines the client as "point X (Y, Z) responding type."

In treating any disorder, all abdominal findings must be taken into consideration. Like the pulse, we see the abdomen (and other areas of the body) as a template upon which life experiences are registered. A new-born, or a totally "healthy" person, should have a Buddha belly with no pressure pain anywhere. As we go through life, the various accumulations we carry with us will reflect on certain areas in our body. It is best to not treat the symptoms directly until the abdominal findings have been addressed (not necessarily fully resolved). Often that alone will alleviate the presenting symptoms. This technique is based on the idea that one must treat the earliest injury/trauma/problem first. Any problem that is still reflected in the body (as pressure pain etc.) is likely to be interfering with the client's ability to heal, and thus may have relevance to their current complaint. Once the person has sustained an injury (in the form of illness, trauma, psychological issue, etc.) and has not resolved it fully, that injury could be that person's major block to healing. Naturally, there may be many such old issues, all of which need to be cleared. Once the correct blockage(s) has been cleared, the body will find its own way into health. We consider this to be the equivalent of the TCM understanding of "treating the root".

In the healthy Hara one should be able to press to the depth of one knuckle (~0.5 inch) without eliciting pain. Pain upon this pressure or less (being able to "dig" in less than one knuckle deep) is considered "pressure pain".

I have tried to present the most common findings, and their treatment, first. These tend to be more "root" causes. However, the "root cause(s)" of any particular client can be absolutely anything. Knowledge, imagination, intuition, as well as persistence are absolutely essential in treating the "unusual" (which tends to be the "usual" in medicine).

May all beings be free of suffering,

Avi Magidoff (March 1998)

Adrenals:

Reflect just below Kid16 (4 o'clock, 8 o'clock)

Treat via:

Kid6 + Kid27

needle Kid6 towards achilles, Kid27 toward Ren line

Kid6 may be substituted in the following cases:

Kid7 – for slow pulse, bone pain, G.B.26 pain, ovary issues, post-menopause, when there is pressure pain on Kid2

Kid3 – for rapid pulse, or in cases of asthma

Kid9 – for total exhaustion, the elderly

This is originally a shock/fear treatment. When we suffer a shock, are deeply threatened without the possibility of escape (or perceived as such), we contract the body towards the navel (presumably as protection), thus the reflection on Kid16 (“Missing Organ Shu” – a very internal process). The treatment strategy is to “open up” (or “stretch”) the Kidney channel. Alternatively it can be seen as a Yin Qiao treatment (Yin Qiao is the channel that represents my ability to stand up, internally, to my life issues).

Kiiko says that Kid6 fortifies the adrenals and Kid27 adjusts the parathyroid.

Major operation, life threatening accidents, loss of pubic hair, psychological trauma, bone loss, etc., should all clue you to check the Adrenal reflex.

Adrenal exhaustion is also very common in our fast pace world and “type A” personalities. It can also be a result of other diseases, for example immune deficient person can end up exhausting their adrenals (they are always fighting off something), as well as people with autonomic nervous system (ANS) imbalance (they are all too often in sympathetic mode).

A tight and rapid pulse is often an indication of Adrenal type (tight here is somewhat similar to “thin and wiry” in TCM except that it vanishes on pressure).

Note that in Adrenal type the pulse can either slow down or become rapid.

TMJ, acne on the chin, cold feet, and Pancreatitis abdomen (a beam across Ren12 – often seen with nausea) are also indications of the same treatment

Tightness along the paraspinal muscles in L3-L5 level can also be an Adrenal indication.

Autonomic Nervous System (ANS) Disorders:

Reflects on:

Below U.B.10

especially blood pressure

Ren17

anxiety reflex

Inner Thigh (Liv12)

T2-T7

SCM

Treat via:

Under-3rd-Toe

releases opposite side neck

Liv12

needle upwards (after reducing pressure pain)

Rapid pulse – add Ren6 (+ Kyotoshin if cold abdomen)

Slow pulse – add DU2

Use a diode ring on the middle finger (Kawaii style)

Release the SCM via ~S.J.8 + G.B.40 (see SCM below)

For T2-T7 Hua Tuo use S.I.9, 10 and U.B.17, then needle the remaining points still painful.

U.B.17 (just above and lateral) is called Autonomic Nervous Shu Point (add 7 moxas)

Ren15 pressure pain (depression reflex) – treat SP3 + P.4

Kiiko calls this Sympathetic Dominance type. Besides anxiousness, nervousness, over-touchiness, etc., this type of person may have temperature imbalances (e.g. warm abdomen but cold extremities), sweating, blood pressure imbalances, imbalance between day and night (likes to sleep during day and active at night), thin, tight and rapid pulse (tight as in TCM wiry which vanishes on pressure).

Reflex Sympathetic Dystrophy (Sudeck's Atrophy) is an ANS disorder and should be treated accordingly.

Asthmatics who use neuro-epinephrine sprays can also become ANS types.

This type is highly correlated to Adrenal-Shock type.

Use the Ba Feng (8 points) and Under-the-toes (10 points) for depression and headaches, and to "oxygenate" the brain.

SCM and Cervical Tightness:

most people show right side tightness, some show left
Vagus nerve is constricted, creating ANS imbalance
Release for all G.I. issues, sweating issues, Shao Yang H.A.
Asthma, dizziness, ear problems, palpitations, emotional issues, menopause, HTN,
stroke, etc., may show this.

Treat via:

S.J.8 + G.B.40 on opposite side (for SCM)

G.B.26, Liv13 same side (for cervicals)
this releases C2-C6 Trapezius also - allowing better brain circulation

if pulse is rapid:

S.J.5/G.B.41 may be a better combination

if pulse is slow:

S.J.3 + G.B.40/41 may be a better combination

if SCM is still tight try Ren12, ST41 (same side)

in some cases S.J.5 + G.B.39 is the best combination.

Right SCM - check for Liver issues

Left SCM - check for Heart issues (or Spleen)

A person with one sided symptoms (or even findings) is likely to fall into this category.

In all neurological cases (Parkinson's, stroke, etc.) releasing the neck/SCM is the first and crucial step.

for heavy feet - release the neck

Scalenes:

use scalenes (ST11, 12 area) as reflex, and treat via:

SP3.2 this is the main point

LU7 --> LU8

navel Ren14 moxa the scalenes

Tight scalenes may be involved in generalized muscle pain and spasm.

This is basically a Spleen type, however because of the structural tightness involving the brachial plexus other issues may occur, involving the arms, chest, and trapezius area.

Blood Pressure Imbalance:

Reflects on:

Under U.B.10
S.I.9,10 area

Treat via:

Under-3rd-Toe
SP6, 9 + Pericardium

if P.8 is painful – use P.3 + P5
if P.8 is not painful – use P.8 (or P.4)

S.I.9,10, also Iliac Crest

to release major joints

Diode ring on middle finger (Kawaii style)

This includes hypertension, low blood pressure, and abnormal ratio between systolic and diastolic. It can often be correlated to an ANS disorder (as systolic and diastolic are a product of sympathetic and parasympathetic action).

Low blood pressure is a cause of disease: the kidneys, digestion absorption, and other systems all work on blood pressure as a mechanical motivating force. Headaches, dizziness, digestive problems, gynecological problems, and more can be a result of low blood pressure. Clients are often told they have “great blood pressure” when in fact it is low, and they are not told (or do not remember) the actual numbers. This is because Western medicine has nothing to offer low blood pressure clients unless they are so low that they are going into shock (not your regular run-of-the-mill client). Insist on getting the actual numbers, to eliminate low blood pressure as a cause of disease.

The systolic/diastolic difference should be around 40 mgH. If it is off by more than 10-15, this is an ANS disorder. (B.P. can fluctuate from high to low in those susceptible.)

Treating Blood Pressure is one of the first things to do because so many systems rely on it. Also, low blood pressure, and low circulation will affect the efficacy of your treatment (the Qi is too slow, thus the patient is slow to respond), thus “kick-starting” the circulation is of the essence. Often you will not be able to clear any findings until using the blood pressure treatment.

A flat pulse (a deficient pulse that has no up and down motion: it has no wave, no power) is an indication of bad circulation. Treat SP9, SP10 (moxa SP10 if cold knee). This is highly correlated to L.B.P.

A short (no Chi position at all) and weak pulse – use B.P. treatment (add SP12 – on thigh: 10°)

Up and down only pulse (no movement toward Cun position) – use Stomach Qi
this is not a blood pressure issue, but Stomach Qi strength not showing in the pulse

Structural Imbalances Affecting the Hara:

Any structural imbalance can affect the organs (as the nerves leaving the spinal cord could be affected), and thus should be treated. However some types of “structural imbalance” are very closely correlated to abdominal circulation and are thus mentioned in this section.

Both inguinal tension and tight inner thighs will cause circulation problems in the abdomen because the blood supply to the abdomen comes from the legs. Constriction in these two areas will cause a cold Hara and weakness in the organs.

(A tight piriformis and cold buttock will also affect the lower Hara to be cold.)

Viscero-Ptoisis, Inguinal tension:

Reflects on:

ST30 area (up to G.B.28)

Treat via:

ST13

main point

G.B.26

Immune

P.4

especially if many operations, lack of circulation

Inner Yin

G.B.31, ST32

Inguinal tension can be caused by weakness of the ligament allowing organs to sink, by removal of an organ (e.g., hysterectomy), or by multiple operations on the abdomen. Sugar type person is more susceptible to prolapse. Prolapse can cause frequent urination.

Viscero-ptosis type can easily develop neck, shoulder and back pain.

Inner Thigh Tension:

This is around Liv12 area, on the inner thigh, close to the groin (about 1 inch off the pubic bone). Feet may be turned inwards.

Treat via:

Liv4 (add SP9 or Kid7 if major tightness is on Spleen or Kidney channels)

U.B.32

When the inner thigh is less tight needle it upwards (toward the pubic bone)

Inner Thigh tightness can be involved in many gynecological conditions.

Dai Mai Tension:

Pressure pain or tension on G.B.26 (Dai Mai)

Treat via:

Kid7, LU5
then G.B.26

G.B.26 is a major axis point of the body as it is a meeting point of the abdominal obliques and affects the pectoralis. G.B.26 is considered to be in the Kidney domain (and thus is treated via Kid7 – the tonification point).

It is important to resolve G.B.26 tension and to needle it (+ Kyotoshin if cold) for any torque issue affecting any injury or musculo-skeletal problem (including neck, shoulder, lumbar, hip, thigh, and knee pain), as well as for lung and breast problems (through its connection to the pectoralis). It also treats eye problems.

Metal/Water Treatments:

Pressure pain (with 3kg pressure) on the Fire point of any meridian indicates a disorder in that meridian (“Phlegm” or “Fire”).

Treat the Metal and Water points of that meridian on the same side.

This is based on the principle of Water overcoming Fire. We add the Metal point as it is the mother of Water and thus reinforces Water in calming Fire.

This is an important treatment principle in treating not only channel pain, but also various inflammations, including Crohn’s, Shingles, auto-immune disorders, etc.

5-Phases Diagnosis:

Spleen:

SP9 responding type:

Navel
L4,L5
G.B.21 tightness
appendix scar
sinus allergies
bunions (treat via navel, SP9, Liv5)
full palm pressure above ASIS

SP3.2 responding type:

scalenes pressure pain
muscle spasm or weakness (any muscle, but especially midback)
Nagano ST22 (use also as treatment point)
add Stomach Qi to treatment

this type tends to have two types of pulses:

- pulse that moves up and down only (no surge) - use Stomach Qi
- pulse which disappears on pressure on right Guan (Spleen) - use SP3.2

large thighs can also indicate a Spleen type

Ren12, ST21 also reflect digestive issues (ST21 is ulcer reflex, right - duodenal, left - Stomach)

Liver:

Reflects on:

right Liv14 and right subcostal	(if severe Liver issue left may be sore also)
left ST25-27	Oketsu – portal vein congestion
right C3-C4	
right U.B.17, U.B.18 or Hua Tuo	

It is important to distinguish between Liver deficiency and Liver Excess. In Liver Excess there will be sharp pain on right Liv14 (or under the ribs), while in Liver Deficiency the pain will be dull, or very subtle, or there will be a thick feeling when pinching the right subcostal area. (Liver Deficiency can be the cause of stubborn muscle pain.)

Sharp Liver pain:

treat via - right Kid7, SP7, HT3, P.4 (Blood Supply)
this is for hepatitis, post-hepatitis, cirrhosis, high ALTs, etc.

Dull Liver pain:

treat via - right Liv1 (moxa)

in both cases – left U.B.35 (for right U.B.17, 18)
after releasing T7-T9 area with U.B.35, needle it

whatever is left on Liv14 - clear with ST27 (left - needle towards Ren6)
left ST27 can also clear right G.B.20

Fatty Liver:

treat via - right Liv14, left G.B.26, ST27, Ren6 (also for weight loss)

Kawaii style – diode ring on right thumb (red for Deficiency, blue for Excess)

U.B.43 pain - treat via Liv1 (moxa) - this is considered a Shen issue

ST25 can reflect Blood Stagnation (Liv4 indication), but also lymphatic and immune issues
(swollen glands, sinusitis - this more on right side), dropped feet, and bowel issues.

Other Liver indicative signs:

red spots on Middle Jiao level
callus under 2nd toe (1st is Spleen)
clammy/oily bottoms of feet
big abdomen (this is fat, Spleen is big thighs as it is flesh)

Heart:

Ren14 area
Ren17 area
Kidney line (sternum) on left
left ST18
left S.I.11 and left scapula gummy (inner border)

treatment:

Ren4 - for rapid or normal pulse (this is about one and a half knuckles deep)
U.B.27 - for slow pulse
S.I.9/10 (outwards)
S.I.11 or scapula gummy area - break it (but soften via remote points: 2nd toe, S.I.9,
Metal Water, especially HT3)

Always check Liver and Oketsu in cardiac patients.

Cardiac patients tend to fall into 3 categories:

short, weak pulse (no Chi position) - use SP6, SP9, P.8 (may add SP12)

this type tires easily and may have stiff shoulders

flooding left Cun pulse (at least relatively flooding) - use Ren4 or U.B.27

water accumulation - treat this first to alleviate pressure on heart - use SP3,7,11

for all categories, after the above use:

left T4, S.I.11 and gummy area around scapula - you may need to release via HT3 first

The gummyness on U.B.27 (or Ren4) can be used as prognosis – the gummier it is, the more difficult the condition.

Under-2nd-Toe (especially left) is an important point for cardiac type with rapid pulse

Kawaii style:

Diode rings on middle finger (pre-heart attack), and small finger (post heart attack)

Any cardiac issues need to be addressed

- family cardiac/stroke/HTN history can put a client in this category

Lung:

Kidney Line (sternum) - both sides

LU1, LU2 (asthma often does not show this)

may also show on Ren15

ST26-27 - right (but if severe immune issues, it may shift to left also)

on the back there may be gummy, thick congestive area level of T1-T7

(this is usually in more severe cases)

treat via:

LU8, LU5

inhalation - Kid3 exhalation - SP4 (also for phlegm)

for the back - use Metal/Water of Arm Yang (most likely S.J.1,2)

S.I.9/10

then needle gummy area

Kidney:

Weak or cold below navel (though tightness below navel on Ren line is also common)

Kid16

Lumbar tightness/pain, Quadratus Lumborum tightness/pain

Cold sacrum, buttock

treat via:

Kid7 (or Kid10)

Adrenal treatment - use navel as reflex (can add LU5 (Water on Metal)

Huakaya LU10 (Metal to nourish Water) for Quadratus Lumborum

Endocrine Disorders:

Pituitary Type:

This is primarily for hormonal problems (usually women)
always check this if person took birth control pills (even if in distant past)

Also check for any person with multiple hormonal problems (perhaps the problem is in the “master gland”, the “control tower”).

Often U.B.2 and above U.B.10 will be painful (Pituitary Mu and Shu points)
the quickest way to check this is to press both U.B.1’s together and see if abdomen changes.

signs can be any gynecological or other complaints

treat via - S.I.3, U.B.2, U.B.10 (slightly above)
S.I.13 – will release tight paraspinals
and affects the posterior pituitary (ADH – frequent urination)

Sugar Issues, Diabetes, Hypoglycemic:

Reflect on:

Sugar Lump (Kid16 on left)
Nagano ST22
T11, T12

ST25 on left can reflect hypoglycemia (as well as other Liver issues: Blood Stagnation)

treat via:

SP3.2
Nagano ST22
3 fingers above SP10 (left - to soften Lump)
Sugar Lump
T11, T12 - needle Hua Tuo, moxa Du – these are your main treatment points

Any sugar issue needs to be addressed – family diabetic history can put a client in this category. Sugar issues can cause sagging muscles and prolapse.

In diabetes treat:

SP3.2 or SP6, Adrenal, Immune
Sugar Points (T11, 12)

Thyroid:

Reflects on:

- ST9, L.I.18, lower portion of the SCM
- Stomach channel non-contiguous pressure pain (ST19 - ST30)
(fatigue or abnormal pulse - reflects on ST9/L.I.18)

Hypothyroid:

DU2, DU4, DU6 (Sugar), DU9 (T7), DU11 (T5) – this is major for hypothyroid
Ear – Eustachian, and behind thyroid (Kawaii style)

Although the major treatment is on the back, the following points on the front should be tested:

- Kid3 (major point)
- LU4, S.J.4
- Kid16

- U.B.43 (fat point - thus metabolism)
- C6-T1 - is Thyroid reflex (also adrenal reflex - buffalo hump)
- Magic Thyroid

Hyperthyroid:

Kid9 + ~S.J.8
if Kid2 is painful – use Kid7 + Kid10 instead of Kid9

Ear Eustachian and behind thyroid (Kawaii style)

Hashimoto's – Treat auto-immune, add thyroid treatment and Immune points

Check thyroid for any client with fatigue, depression, or muscle pain
If person was originally hyperthyroid (or mother was) – treat hyperthyroidism first.

The glands in the neck are considered to be in the domain of the Kidney channel.

ST9 is reflex of thyroid as well as for eating disorders (“primitive sense reflex”)
- treat the same way (Kid3, LU4)
if no change, try ST36 or Stomach Qi

Gynecological Symptoms:

Kid13 - uterus reflex: treat via Liver (or Spleen) channel

ST28 - ovarian reflex: treat via Kidney channel

Use Metal/Water of the chosen channel

always check L4-L5 (treat via sacro-iliac and SP9)

piriformis (treat via Huakaya G.B.31)

always check inner thigh and inguinal ligament as these can constrict circulation

These can lead to a cold abdomen and to Kidney deficiency

(if a person has knees that are colder than rest of leg, chances are there is inguinal tension as a cause)

Inguinal blockage:

hardness below navel - relates to inguinal blockage

big pulse around navel - relates to inguinal blockage

ST30 tightness compresses lymph nodes

also reflects Blood Stasis (Chong - use either Liv4 or look for Spleen signs and use SP4)

person may also have knee problems (no circulation to knee)

treat via G.B.26, Inner Yin

sacro-iliac and Liao points - treat inguinal/thigh tension (L1 - for the pain)

Liv4

(Manaka style - S.J.5 + G.B.41)

cysts:

pituitary treatment if hormonal

Liv8 (needle and moxa) - this is the main point

Liv4 to release inner thigh, then inner thigh (upwards)

ST30 - 45° down and out

(Kid16)

for breast - S.I.11 moxa

Bleeding problems:

check via ST28, Kid13

treat SP7 and DU4 for too much bleeding

menses getting lighter - use U.B.32

menses getting heavier - use U.B.66

vaginal discharge - Liv4, SP5, Kid3 close to malleolus

you can find which type by pressure on inner thigh

hot flushes:

slow pulse - use Adrenal treatment

rapid or normal - SP9 to release Japanese G.B.29 (can be assisted by G.B.34)

Japanese G.B.29 to release right subcostal and Ren15

Liv5 - for any inflammation in Lower Jiao (moxa 21 threads - you must moxa if dent)
endometriosis through bladder infections
Huakaya use SP6, G.B.39 "moxa transfer"

U.B.66 - for hormonal issues with vaginal or bladder infections

U.B.67 (Zhi Yin) - for vaginal problems (Ren1 - Hui Yin)

U.B.32 - hormone balancing point

Blood Supply (P.4) - for any blood problems and lack of circulation in abdomen
(add Liv5 - Jue Yin connection)

Prostatitis:

This is Kidney and Liver disorder according to Nagano

Use –

Kid6

Liv8

G.B.31

U.B.66

Outside U.B.35

U.B.33

prostatitis shrinking point

male sexual dysfunction point

(women – use U.B.32)

Kawaii style – use diode ring on small finger and small toe for gynecological disorders

Water Accumulation:

Any Water Toxin situation

Reflect on:

Ren9, ST28

These are Divide Water and Water Pathways

treat via:

SP3, 7, 11

then G.B.25, U.B.23 (needle down with flow)

(if client does not respond, try Kid10, Kid7 - especially if other Kidney signs)

Water Stagnation must be treated before other symptoms (treat twice a week if possible)

Ascites from Liver failure - use Kid1 (master point for Liv3 pain)

S.I.13 - for bladder problems (of hormonal origin,

i.e., they urinate at night even if they don't drink after 6pm)

Digestion:

Ulcers - ST21 (left - Stomach, right - duodenal)

treat via SCM release and SP4 (either side may do the trick)

constipation - use Inner Yin, and release left inner thigh

SP14 on the left is Sigmoid (constipation) reflex

it can also be a Spleen sign

diarrhea and gas - can be pancreas (enzyme) related - use T6-T7 (also Inner Yin)

check Spleen line on left

check Ren12 beam

Crohn's/colitis type - use P.6 + SP6 (for Crohn's add Immune points) - originally moxa

if inflammation - add adrenal

if stomach (not intestines) - use 6 Flowers

ST23 (Tai Yi) – reflects hepatic and splenic junctions of colon – treat via Ren19 (Zi Gong)

T7-T12 – reflect digestive issue (on paraspinals - Inner U.B.) – moxa (6 Flowers)

Ren12 - reflects real stomach: treat SP10 (moxa)

beam (swelling) across Ren12 level (weak pancreas) -

this often is found in nausea and vomiting - treat adrenal, can add SP5

Ren9 - reflects S.I. (or Water)

for digestive issues use S.I.1 or S.I.2 (S.I.1 for colitis or known S.I. problem)

Kawaii style for digestive problems – diode ring on index finger

Mineral Imbalances:

Ocean Treatment:

Kid6 (Zhao Hai – Shining Ocean)

HT3 (Shao Hai – Small Ocean)

S.I.8 (Xiao Hai – Small Ocean)

SP10 (Xue Hai – Blood Ocean)

Ren6 (Qi Hai – Qi Ocean)

for people who take huge doses of vitamins

for stone type patient – G.B. or Kidney stones repeatedly

for calcification (arteries and bones)

Autoimmune Disorders:

This includes rheumatoid arthritis, Hashimoto's, lupus, Crohn's, etc.

It is an inflammation and is considered to be Fire in the Small Intestine (Fire Yang)

Rapid pulse:

Ren4

do not use in Crohn's (can be area of inflammation)

U.B.67, S.I.1

Kid6 or Kid7, Kid9 or Kid10

LU5, or LU8, or LU9

Slow pulse:

U.B.27

U.B.13 or U.B.42

U.B.23 or U.B.52

Check under the mastoid bone – if pain, release with Liv13

Add Immune points and DU14

Kawaii style – diode rings on ring finger

Allergies

People with allergies (of any kind) tend to have very ropy navels

(original immunity comes through navel, and the umbilical cord is often cut while it is still pulsating, resulting in weak immunity and allergies)

The navel tightness needs to be broken down

To soften the navel:

SP9

Immune Points

U.B.49 (needle up to disperse) – if navel is extremely hard

nose – Metal/Water of L.I. or Stomach if infection

Eyes – T4

for both – Ren22 + Du20 with pachi-pachi (Kawaii style)

food allergies – between L2 Hua Tuo and U.B.23 – moxa

Scoliosis:

On the side to which back curves to above T7:

S.J.5, G.B.39

LU7

opposite side Kid7

Sacro-iliac treatment

Needle concave side

L4-L5-S1 Lumbar Pain:

use sacro-iliac treatment (needle the gummy ligaments between sacrum and ilium bones
– 45° towards and under sacrum, more than one needle)

if L4 involved – treat SP9

if one sided – this is sacral shift: use HT3, G.B.26, U.B.27, 28

tight lumbar paraspinal muscles – treat Adrenal

Pelvic/sacral shift will show on the inner thigh and inguinal ligament as well as G.B.26

Sacro-Iliac Tightness:

Release through triangle above U.B.40 (U.B.38 area)

Ito style – S.I.3 + U.B.62

Tail Bone Shift/Injury:

In fixing any spinal problem always check the tail bone and treat if necessary. This is based on the principle of taking care of the basement (foundation) first.

DU14 Hua Tuo

U.B.66

LU8

Spinal Shifts/Twists:

These will most likely reflect on T5 and/or T11,12
Release these areas by working sacro-iliac, tailbone, Four Corners, etc.
Then needle Hua Tuo of T5, T11,12

Overly Arched Back (Lordosis):

Four Corners –
S.I.11, 10, 9 area – needle up and out
Under Iliac-crest – needle down and out

This is to stretch the spine

Above the iliac crest treats outer U.B. line (inner border of scapula)
S.I.9,10 – treats muscle tightness between scapula.

Tight Piriformis:

Use Huakaya G.B.31 (add 7 grains of moxa)

Besides sciatica and leg imbalances this can cause back pain and Lower Jiao problems such as bladder and gynecological issues.

Cold Buttock, Cold Iliac-Crest:

It is important to treat as this can cause a cold Hara

Find the most ropy sots (Liao points or below the iliac-crest) – needle using a metal handle needle, and add Kyotoshin (warm needle).

A cold Dai Mai must be treated in the same manner

A cold navel should be warmed up (with salt moxa)
(also use SP9, SP10 and Stomach Qi – the navel gets its blood supply at the end of the blood route, coldness here indicates bad circulation – this type client usually has cold hands and feet also)

Back Diagnosis:

The following are often used both as reflex and as treatment points, unless otherwise specified use the Hua Tuo points, not Du points.

L3 hip joint
L2 physical kidney
L1 inguinal ligament tension
T11-T12 sugar/pancreas (can be Du or Hua Tuo)
T10 G.B. - right side only (also T2 and S.I.11 on the right)
T7-T9 Liver - right side only
T7 line Insomnia, Asthma, ANS Shu
T4,5,6 cardiac - left only (also left S.I.11)
T2-T9 psychosomatic (Du) - especially DU11 (T5 - Shen reflex)
T4 eyes, especially tears
T1-T3 face (treat kyphosis for circulation to face), also forgetfulness
T2 Thymus Shu (immunity)

use upper thoracics for any head or brain issues (also releases ANS)
treat sacral area for slow pulse type (also treats structural imbalances)

Iliac crest reflects immunity - treat Immune Points
Quadratus Lumborum reflects Kidney - treat Huakaya LU10
T9-T12 level muscle pain - relates to Spleen: treat SP3
T7-T9 level muscle pain - relates to Liver: treat U.B.35
U.B.17 - reflects Stagnant Blood (treat via U.B.35)
above T7 - relates to Lung and Heart - treat Metal/Water of Arm channels

paraspinal - left - Spleen, right - Liver

DU2 - reflects bladder and sometimes prostate: treat LU7 (treat Ren21 for Ren3)

Head Injury:

on the Bladder channel – use Ihikun: U.B.58, U.B.40 (lateral and above), U.B.60
– against the channel

on the Shao Yang portion – release SCM via ~S.J.8 + G.B.40

head injuries can create a predisposition to stroke, neurological conditions, and eye problems.

G.B. Problems:

pain is lateral to nipple line on the right, pain is on tapping
treat via - right side S.J.1,2, G.B.43,44
you will find pressure pain on T10, T2, S.I.11 (all on the right) - needle these

If sphincter is tight, right SCM will show: use S.J.8/G.B.40 on left

Bladder:

reflex are Ren2, Ren3, Kid11, DU2

Bladder Infection:

Liv5, Ren21, LU7

Frequent Urination:

this can be hormonal – treat pituitary (S.I.13)
or viscerop-tosis – treat St13, G.B.26

Heavy Medications:

Kid9 (Japanese – 3 fingers below Kid10) + Liv5
add these to the treatment, they are not usually a full treatment

Skin Problems:

Moxa Kid9 (Chinese, but Japanese also if pressure pain - 7 threads)
Liver treatment (Liv4, Liv14, U.B.17, U.B.18)

some people benefit greatly from moxa on L.I.15 (21 threads)

Hemorrhoids:

or other colon problems
LU6 (Japanese) on left
DU13 can be used for the pain

Breathing Problems:

use LU4 (Oxygen Supply)

Oxygen Supply on back - U.B.42 (in line with Lung Shu) - look for gummy areas

Blood Disorders:

Blood Supply (P.4 - Japanese)

add Liv4

Dizziness:

If ear infection history – use SP7, S.J.8 bilaterally

If Liver deficiency – use Liv1 (15 grain moxa)

If low blood pressure – SP6, SP9 + Pericardium, Under-3rd-Toe

also Kid9 (Japanese) + G.B.40

moxa leg points

Calcification:

Adrenal treatment first (Kid7 + Kid27)

Mineral (Ocean) treatment

you can then pachi-pachi the area

Fevers:

S.I.2 (especially if Ren9 or ST26 show)

L.I.2, Liv4

Ihikun

Cough:

S.I.1 – needle + moxa, let point bleed when taking out the needle (use alcohol)

If cough comes from Ren21 area – use Ren3

LU5 + moxa (7 grains)

Knee Diagnosis (Ito):

Inner Knee Eye - Yin Wei/Chong treat via SP4 (N), P.6 (S) (often opposite side)
Outer Knee Eye - Yang Wei/Dai treat via G.B.40^{1/2} (S), S.J.5 (or 8) (N)
Liv8/Kid10 area - Yin Qiao/Ren treat via Kid6 (N), LU7 (S)

in all cases Mr. Ito starts with S.I.3 (N)/U.B.62 (S) (bilaterally)
bear in mind that this is originally a magnet treatment

Kawaii Infinity Treatments:

If T3 (Lung Shu) line is sore use Qiao/Qiao
If T4-T6 (Heart and Pericardium Shu) line is sore, use Wei Wei
this treatment uses ion pumping cords with no needles (making it non-controversial)
Qiao/Qiao:

LU7 - left (red) to Kid6 - right (black)

U.B.62 - left (red) to S.I.3 - right (black)

Wei/Wei:

P.6 - left (red) to SP4 - right (black)

G.B.40-41 - left (red) to S.J.5 - right (black)

zap both red clips or just tap with your nail (note: wires go across centre line)

Hepatitis - use Wei/Wei with Liv3 instead of SP4

Manaka style: Liv3 - left (red) to L.I.4 - right (black)

These are good preliminary treatments that will clear some findings and facilitate needle treatments.

Choosing Supporting Points:

Spleen resonates with P.8

Liver resonates with (Japanese) P.4

Kidney resonates with LU5 or LU10 (Huakaya)

Relationships to Bear in Mind:

When searching for possible points (assuming the above tricks do not work) look for points which will correspond to the following:

- Phase (element) points: this can be on the meridian involved or others
- Channel classification: Tai Yang, Shao Yang, etc.,
paired with their element channel, creating a 4 channel possibility
- opposite clock channel (start with the Luo point as your first choice)

Pulse Diagnosis:

For slow pulse - the preferred treatment is on the back, especially sacral area
for rapid pulse - the main treatment is on the front

For the following pulse types, first treat the points assigned, and then other points:

short, weak (no Chi) - SP6, SP9, P.8 (can add SP12: on thigh, needle up10°)

up and down only (no movement toward Cun) - Stomach Qi
this pulse may show Ren12 p.p.

right Guan disappears on pressure - SP3.2

flooding left Cun - Ren4, U.B.27 (look for cardiac or fever issues)

flat pulse (no up and down, deficient) - SP9, SP10 (L.B.P. may have this)
if knee is cold moxa SP10
if malabsorption:
Ren9 is tight - salt moxa the navel
(this pulse has no wave: moves but no power)

Wiry pulse - G.B.39 (against flow) + SP9
this is an Excess pulse which might be described as TCM slippery/tight
it does not disappear on pressure

Tight pulse - Adrenal + Under-3rd-Toe
this pulse might be described as wiry in TCM, however it vanishes with pressure

with Ren12 pressure pain expect:
up and down pulse (Stomach Qi)
flat pulse (SP9,10)
disappears on pressure (SP3.2)

Cardiac patients:
with strong pulse (enlarged/congested type) - treat SP4
with weak pulse (ischemic type) - treat SP3

(I find that these pulses are best defined when the patient is lying down.)

Manaka's Mu Points:

Heart Kid23,25
PC P.1
Spleen SP21
Stomach ST21
Kidney Kid16
G.B. G.B.29 (ASIS)
S.J. ST25
S.I. ST26
L.I. ST27
U.B. Kid11

G.B.26 can reflect Spleen, Liv/Kid or Liv/Per

Manaka 8 Extraordinary Channel indicators:

Yin Wei: Subcostal, SP13-15
Chong: Kid16, ST30, ST11
Dai: Kid16, ST25, SP15
Yang Wei: G.B.29 (ASIS)
Ren: Ren line tension, LU1/2
Yin Qiao: weak lower Ren, flacid abdomen, Kid11, Kid16, G.B.29
Du: Du, especially DU4, DU20
Yang Qiao: G.B.29, S.I.9/10, occiput, U.B. channel,