



Abdominal Diagnosis

From: Kiiko Matsumoto's

Clinical Strategies

Volume 1: pp. 14-26

Abdominal (Hara) Diagnosis- Overview

- Palpation of abdomen (or Hara) is Ancient Diagnostic Method
- Origins of Japanese style have roots in Chinese Han Dynasty
- Correlation of abdominal reflexes and external presentation of illness

Advantages of Abdominal Diagnosis:

- Ease of use
- Easier to teach than pulse diagnosis
- Clear feedback from patient
- Patient can realize changes before and after treatment

Kiiko Matsumoto Style

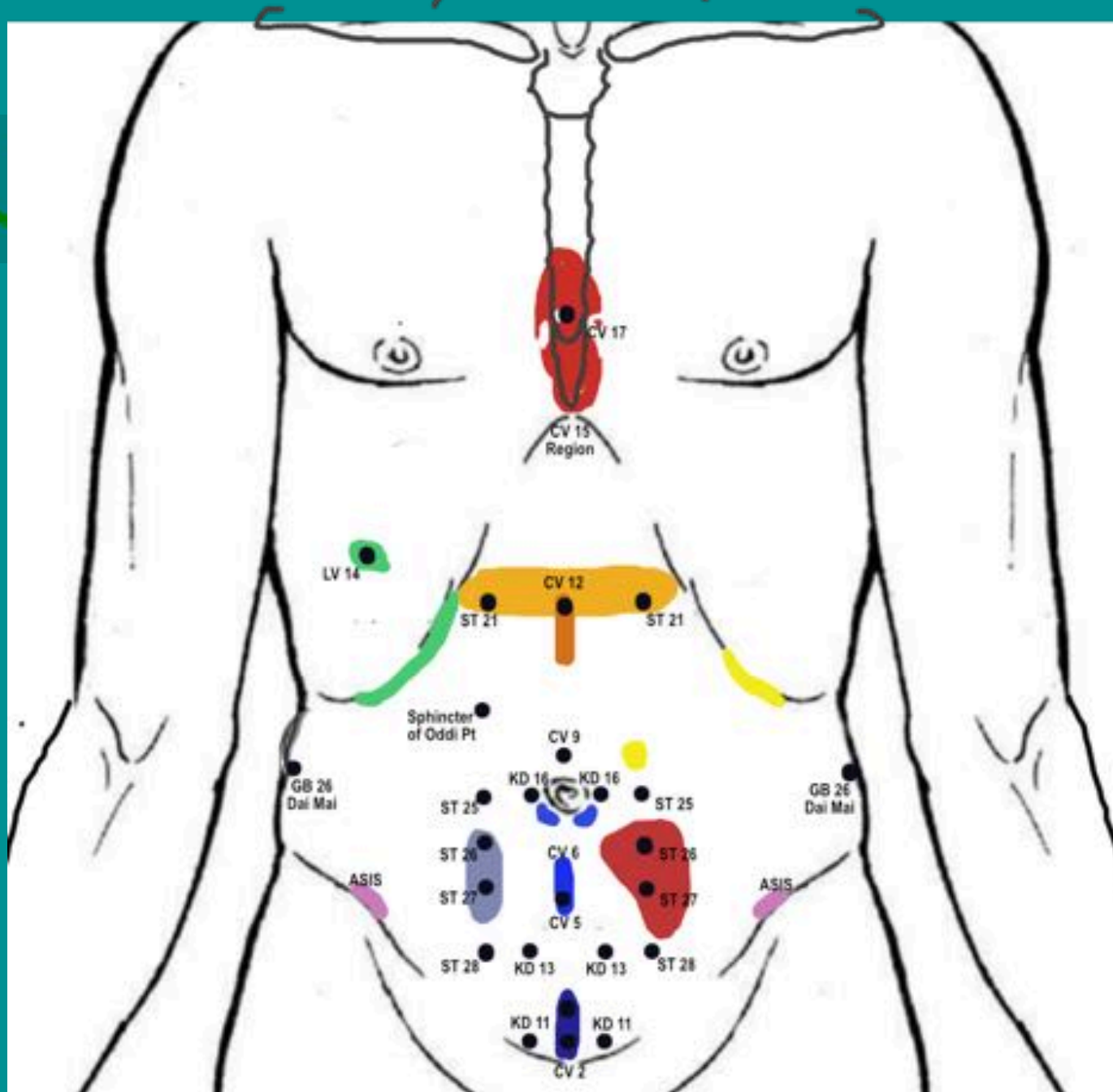
- System seeks guidance from readings of Chinese classic acupuncture texts
 - Nan Ching, Su Wen and Ling Shu among others
- System we present is primarily based on Master Nagano's work (Blind Practitioner) influenced by Kiiko's own clinical experience and her work with Dr. Manaka

Kiiko Matsumoto Style Treatment Principles

- Patient-not theory- guides treatment
- Abdominal palpation is centerpiece of diagnosis
- Internal changes in the health of the patient are reflected on the body surface

Reflex or Reflections Zones

- Palpatory findings on surface of body accurately reflect homeostatic balance of internal (Organ/Zangfu) and external (Musculoskeletal) functions of the organism



Major Abdominal Reflex Areas

General Treatment Principles

- Palpate (about one finger joint deep) to identify active reflection zones
 - NOT ALWAYS PAINFUL
- Use knowledge of system to formulate differential diagnosis.
- Try appropriate treatment points- Ling Shu emphasizes that one should find with one's finger the point that releases the reflex area of pressure pain
 - Usually not local
 - Point found reveals diagnosis
- Needle effective points and recheck

Additional Treatment Principles

- If points are not effective, consider:
 - may be correct point but need different depth or angle
 - may be incorrect diagnosis and need different points
 - other disturbance may be blocking treatment effect (eg. oketsu)

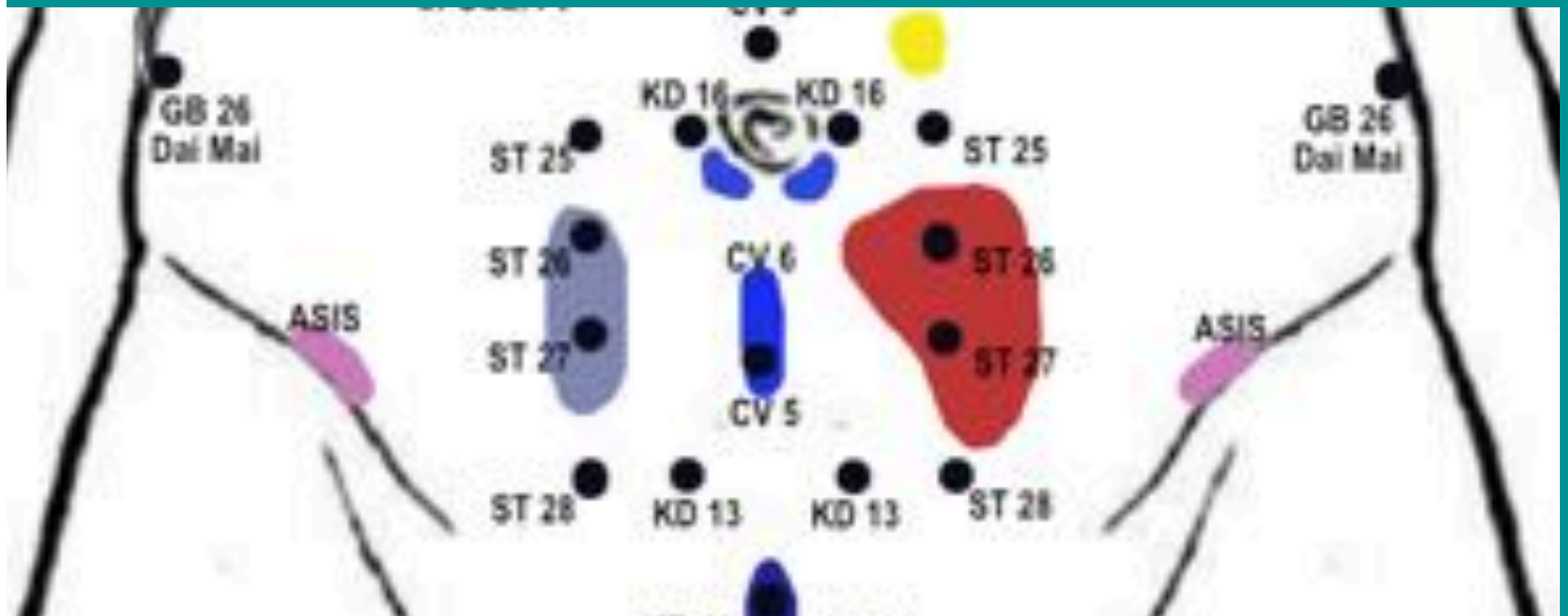
Major Abdominal Reflection Zones

- Reflection zone of the Lung
- Reflection zone of the Liver
- Reflection zone of the Spleen
- Reflection zone of the Kidney
- Gynecologic reflection zones
- Reflection zone of the Heart
- Pelvic Imbalance and Visceroptosis zones
- Abdominal presentation of Dai Mai disorders

Reflection Zone of the Lung *(Nan-Ching)*

- “...Consider feeling a (movement in the) vessels (that is associated with an illness in the) Lung. External evidence of such (an illness includes) a white face, a tendency to sneeze, grief without joy, and an inclination to cry. Internal evidence of such (an illness is the presence of) moving influences to the right of the navel which, if pressed, respond with firmness and pain...” (Medicine in China, Nan-Ching. Translated and annotated by Paul U. Unschuld, first edition, page 219: The 16th Difficult Issue)

Reflection Zone of the Lung (right St 26 and St 27)



Reflection Zone of Lung/ Immune Reflex

- Right St 26 to Right St 27
- Pressure pain here often indicative of weakened or imbalanced immune system
- Often associated with pressure pain at TW16
- Other causes of pressure pain here include:
 - Difficulty with deep inhalation
 - Problems associated with ileocecal valve or appendix (including post-surgical adhesions)
 - Tailbone injury (In Chinese classics, coccyx is Gate of Po, the Spirit housed by the Lung)

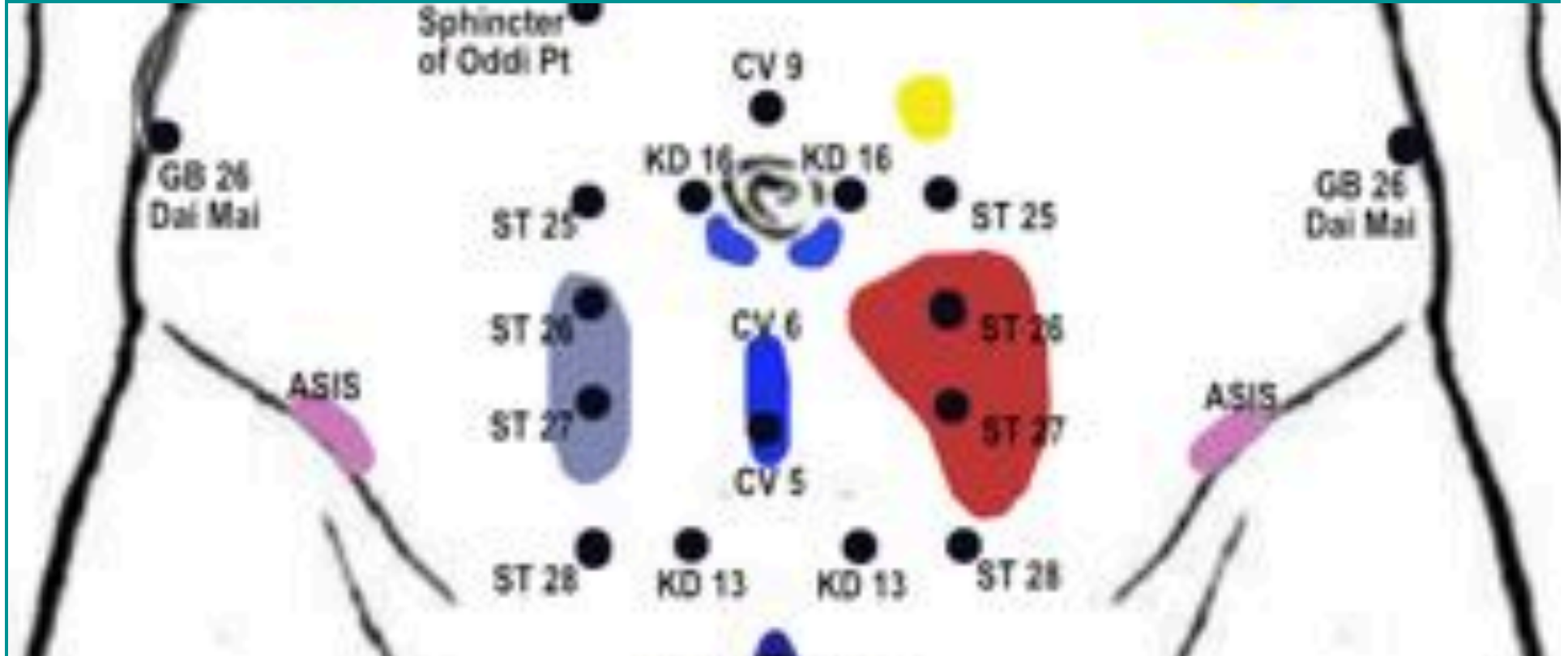
Treatment of Active Lung/ Immune Reflex

- Main treatment points are Master Nagano's immune points at LI 11 and TW 16
- Master Hukaya's Lu 4 (Oxegyn Supply Point) if pressure pain is due to shallow breathing or inhalation problems
- Sp 9 and Sp 5 if pressure pain is due to ileocecal valve spasm or adhesions from appendectomy
- Lu 8 (toward Lu 9) if due to tailbone injury

Reflection Zone of Liver (Nan-Ching)

- “Consider feeling a (movement in the) vessels (that is associated with an illness in the) Liver. External evidence of such (an illness includes) a tendency towards tidy appearance, a virid face, and an inclination to become angry. Internal evidence of such (an illness is the presence of) moving influences to the left of the navel which, if pressed, respond with firmness and pain...” (The Sixteenth Difficult Issue, sentences 10, 11, and 12. Medicine in China, Nan-Ching. Translated and Annotated by Paul U. Unschuld, first edition, page 219)

Reflection Zone of the Liver: Left Stomach 26-27 region



Reflection Zone of Liver

- Location to left of umbilicus- Left Kid 15, St 26, St 27.
- Two main meanings:
 - Stagnation of Blood in the Abdomen (called Oketsu)
 - Eye problems
 - Both related to Liver function

Oketsu

- Stagnation of Blood in the Abdomen
- Due eg to surgery, bruising, chronic medication or drug use, respiratory disorders, hormonal imbalance, infections, high fever
- Related to rectal vein congestion (may also be associated with pressure pain at Left BL35) with toxins absorbed with chronic constipation.

Liver Reflection Zone and Eye Problems

- According to Master Nagano, active oketsu area related to acute eye problems
- Includes acute decline in eyesight and acute eye pain

Treatment of Active Liver/ Oketsu Reflection

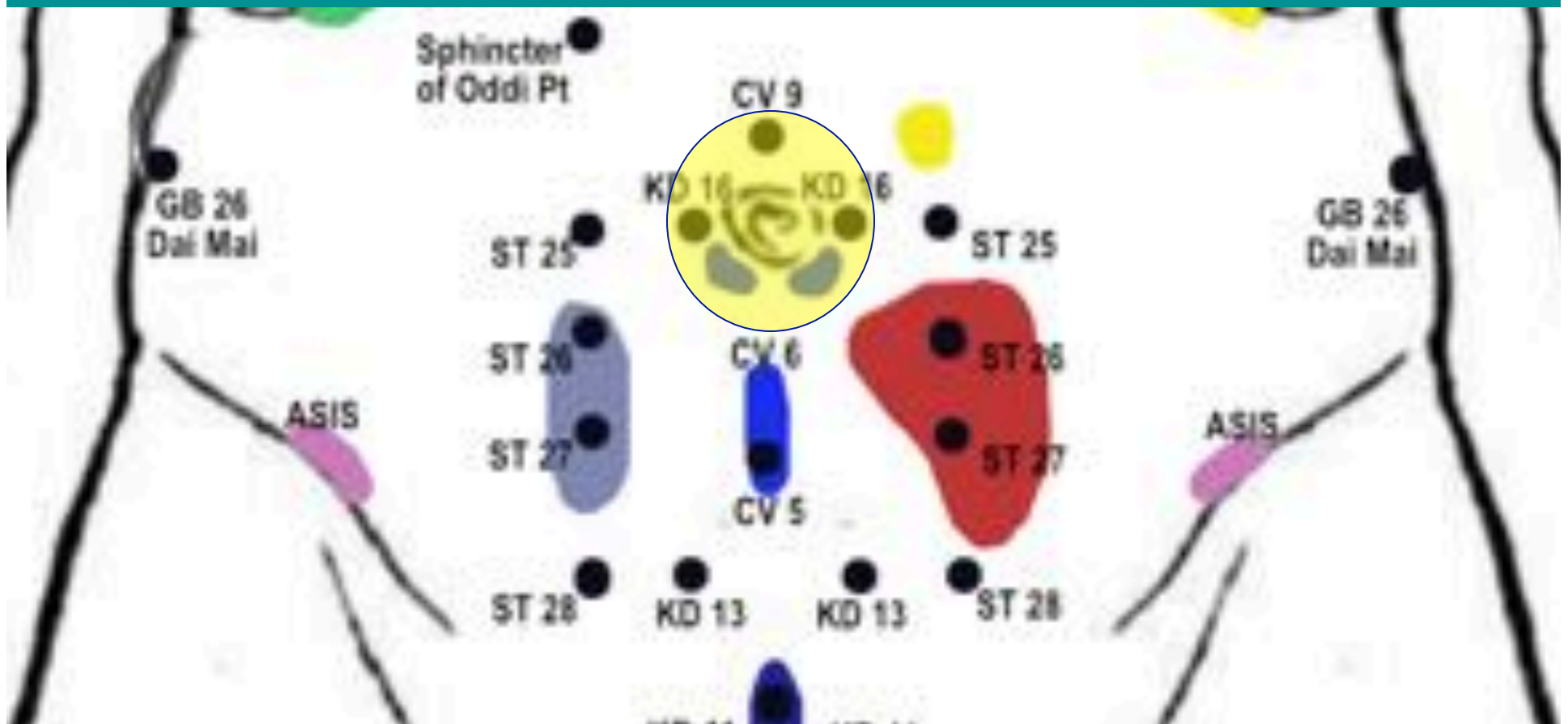
- Left Liv4 and Left Lu5 -if due to oketsu
- If findings secondary to constipation-
Ht 7, St 27, Sp15 (also releasing inner thigh with distal points and/or inner thigh massage)

Reflection Zone of the Spleen *(Nan-Ching)*

“...Consider feeling a (movement in the) vessels (that is associated with an illness in the) Spleen. External evidence of such (an illness includes) a yellow face, a tendency to belch, a tendency to ponder, and a fondness of tasty (food). Internal evidence of such (an illness is the presence of) moving influences right at the navel which, if pressed, respond with firmness and pain...”

(From Medicine in China, Nan-Ching, Translated and Annotated by Paul U. Unschuld, first edition, page 219, The 16th difficult issue)

Reflection Zone of the Spleen: Region around Umbilicus



Reflection Zone of the Spleen

- Includes navel and area around it (between right and left Kid16 and CV6 and CV9)
- Pressure pain here associated with wide variety of digestive disorders
- May also reflect allergies, especially sinus allergies, chronic rhinitis, and sneezing

Treatment of Active Spleen Reflection Zone

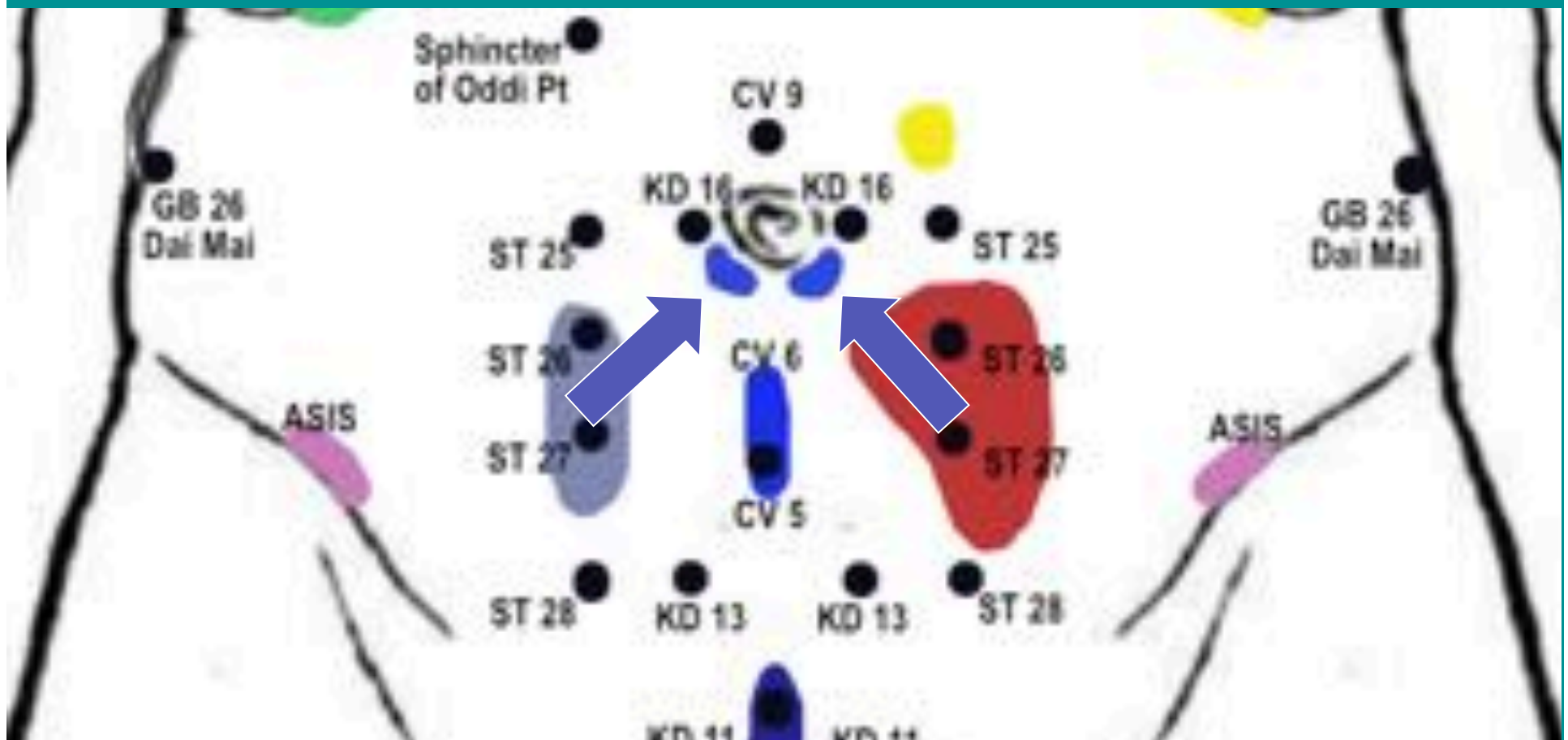
- If sore due to a spleen disharmony, Sp9 is most important point
- If related to allergies, points on Spleen and Kidney channels should be used (eg Sp5, Sp9, Kid6 and Kid27). Then can insert needles around the navel.

Reflection Zone of the Kidney (Nan-Ching)

“...Consider feeling a (movement in the) vessels (that is associated with an illness in the) Kidneys. External evidence of such (an illness is the presence of) moving influences below the navel which, if pressed, respond with firmness and pain...”

(From Medicine in China, Nan-Ching, Translated and Annotated by Paul U. Unschuld, first edition, page 219 (the 16th Difficult Issue)

Reflection Zone of the Kidney



Reflection Zone of the Kidney

- Located in lower abdomen, in area called Tan-Tien
- Check for weakness, lack of elasticity, and coldness- not necessarily pressure pain
- Associated with tight back (BL23 area), tight psoas muscle and groin area, tight ileotibial ligament, tight sacrotuberous ligament, blood sugar imbalance, and thyroid imbalance
- Also includes -Gynecologic reflex points
 - Adrenal gland imbalance reflection

Reflection of Adrenal Gland Imbalance

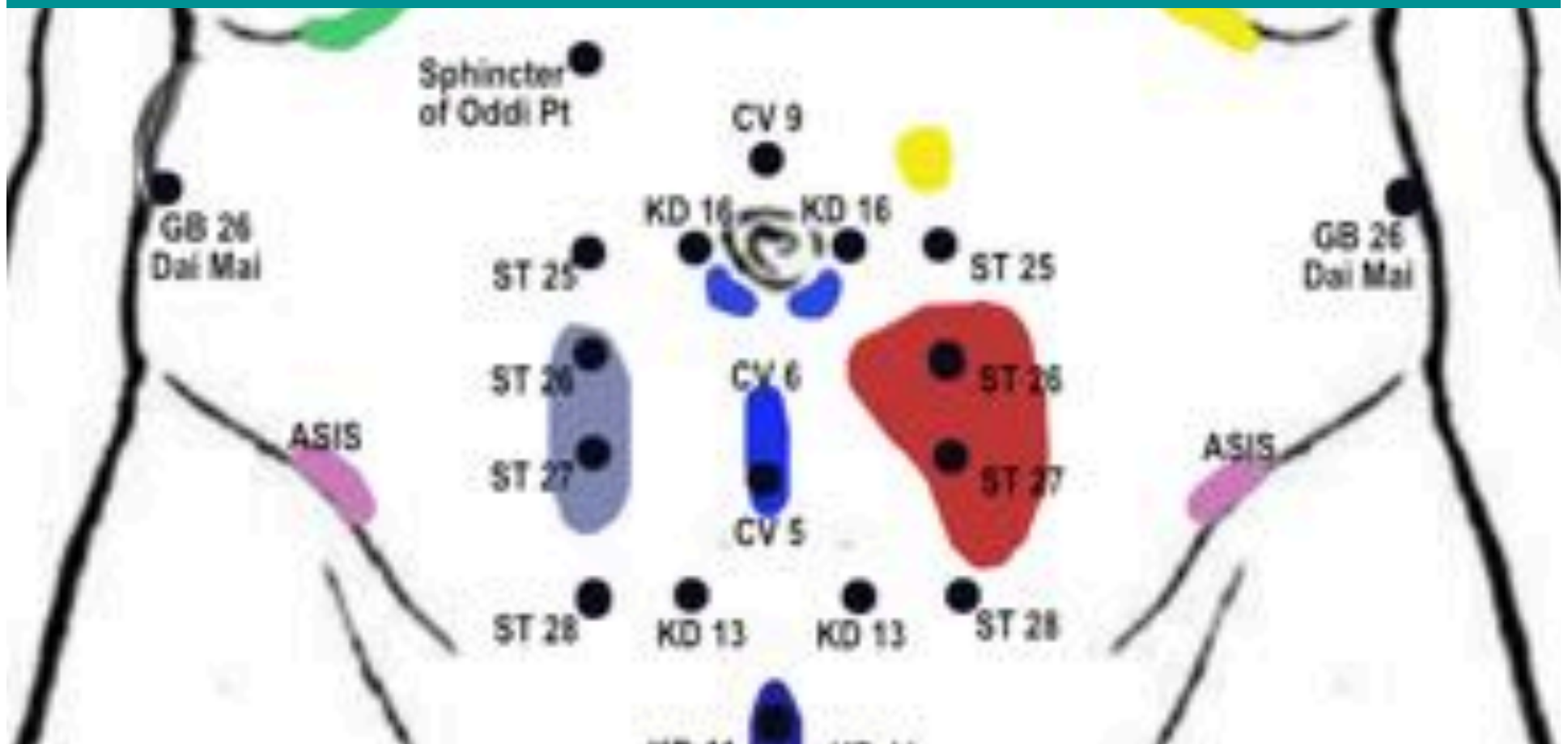
- Found below Kid16 and at the area between Kid16 and CV6 (5 and 7 o' clock on the "navel clock")
- Adrenal Exhaustion- due eg to shock, trauma, birth trauma, abuse, near death experience
- May also be due to treatment with corticosteroids

Treatment of Active Kidney Reflection Zone

- Treat pressure pain on Kid16 or area slightly below with Kid6, Lu5, and Kid27 (possibly Kid3, Kid7, Kid9)
- Dr. Manaka: Rim of umbilicus as reflection zone of kidney- treat with GB25 (Kidney Mu Point)

Gynecologic Reflection Zones

St 28 and Kid 13



Gynecologic Reflection Zones: *Ovaries*

- St 28: Reflex area for ovaries and fallopian tubes
 - Related eg to ovarian cysts, abdominal pain after oophorectomy (phantom ovary pain), endometriosis
 - May also be related to “Water Stagnation” - bloating, weight gain, swelling of fingers during menses

Gynecologic Reflection Zones: *Uterus*

- Kid 13: Reflex area for uterus
 - Associated with many uterine problems such as those with menstruation, endometriosis
 - May also be reflected at St 30

Treatment of Gynecologic Reflection Zones

- Pressure pain on St 28 due to ovarian problems:
 - Kid 7 and Kid 10 (especially if Kid 2 tender)
 - St 44 and St 45 may be helpful
- Pressure pain on St 28 due to water retention:
 - Sp 3, Sp7, and Sp11
 - Then GB 25 and BL 23 while patient lying on side
- Pressure pain on Kid 13 (uterus reflex)
 - Liv 5 or Liv4 and Liv8 (especially if Liv 2 is tender)

Reflection Zone of the Heart

Nan-Ching

“...Consider feeling a (movement in the) vessels (that is associated with an illness in the) Heart. External evidence of such (an illness includes) a red face, a dry mouth and a tendency to laugh. Internal evidence of such (an illness is the presence of) moving influences above the navel which, if pressed, respond with firmness and pain...”

(From Medicine in China, Nan-Ching. Translated and annotated by Paul U. Unschuld, first edition , page 219, The 16th Difficult Issue).

Reflection Zone of the Heart

- At meeting point of costal margins
- Palpate upward 45 degrees to diagnose heart or diaphragm problems
- Pressure pain under xiphoid can also reflect sleep or eye problems
- Treatment discussed later in course

Pelvic Imbalance and Visceroptosis Reflection Zones

- Pressure pain on inguinal ligament between ASIS and pubic bone
- Can be associated with symptoms in pelvis, abdomen, neck, shoulders, and lower limbs
- May be related to Dai Mai (see below)
- Can be related to weakened immune system

Treatment of Pelvic Imbalance and Visceroptosis

- Kid 9 to reduce pressure pain at ASIS
(can add TW 9)
- St 13 main point to reduce pressure
pain at inguinal ligament
- Kid 7 and GB 26 if due to Dai Mai
- Immune points LI10 and LI11 area if
due to weakened immune system

Dai Mai Disorders

- Pressure pain on GB25 and GB26 area
- Asymmetric appearance of abdomen with arms raised over head
- Associated with low back pain, shoulder pain, tight pectoral muscles, breathing problems, inner knee and thigh problems, trigger finger.

Treating Dai Mai Disorders

- Kid 7 is main point used for treatment of pressure pain at GB25 and GB26 area

