

Oketsu, Immune, Adrenal & Stomach Qi

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Basic Constitutional Treatment

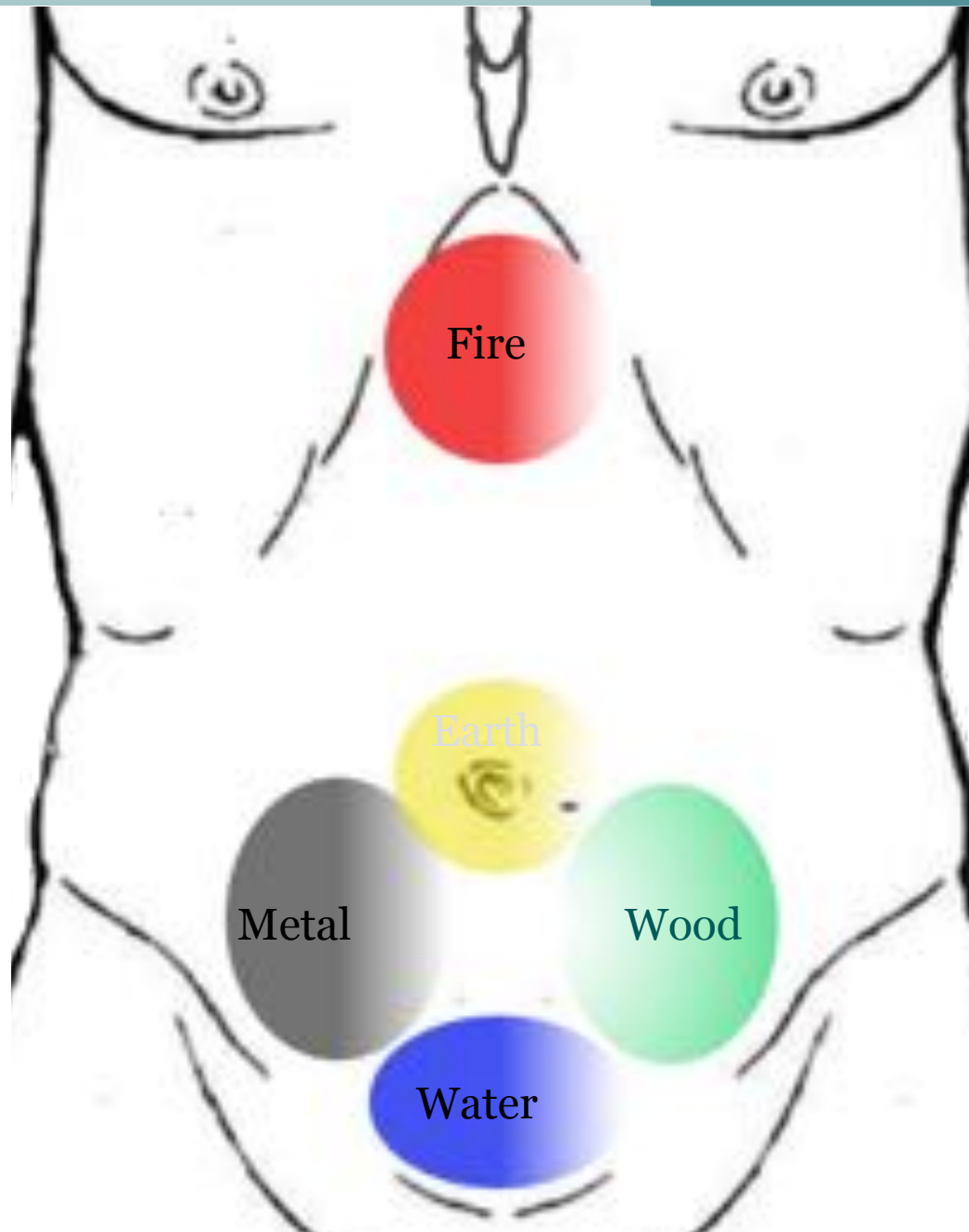
- Patient not Theory guides treatment
- Internal Changes in the Health of the Organism is reflected on the Body Surface
- Palpation of the Abdomen or Hara Provides Reliable Information About the Constitution
- Constitutional Treatment should also address and help to resolve the symptomatic complaint

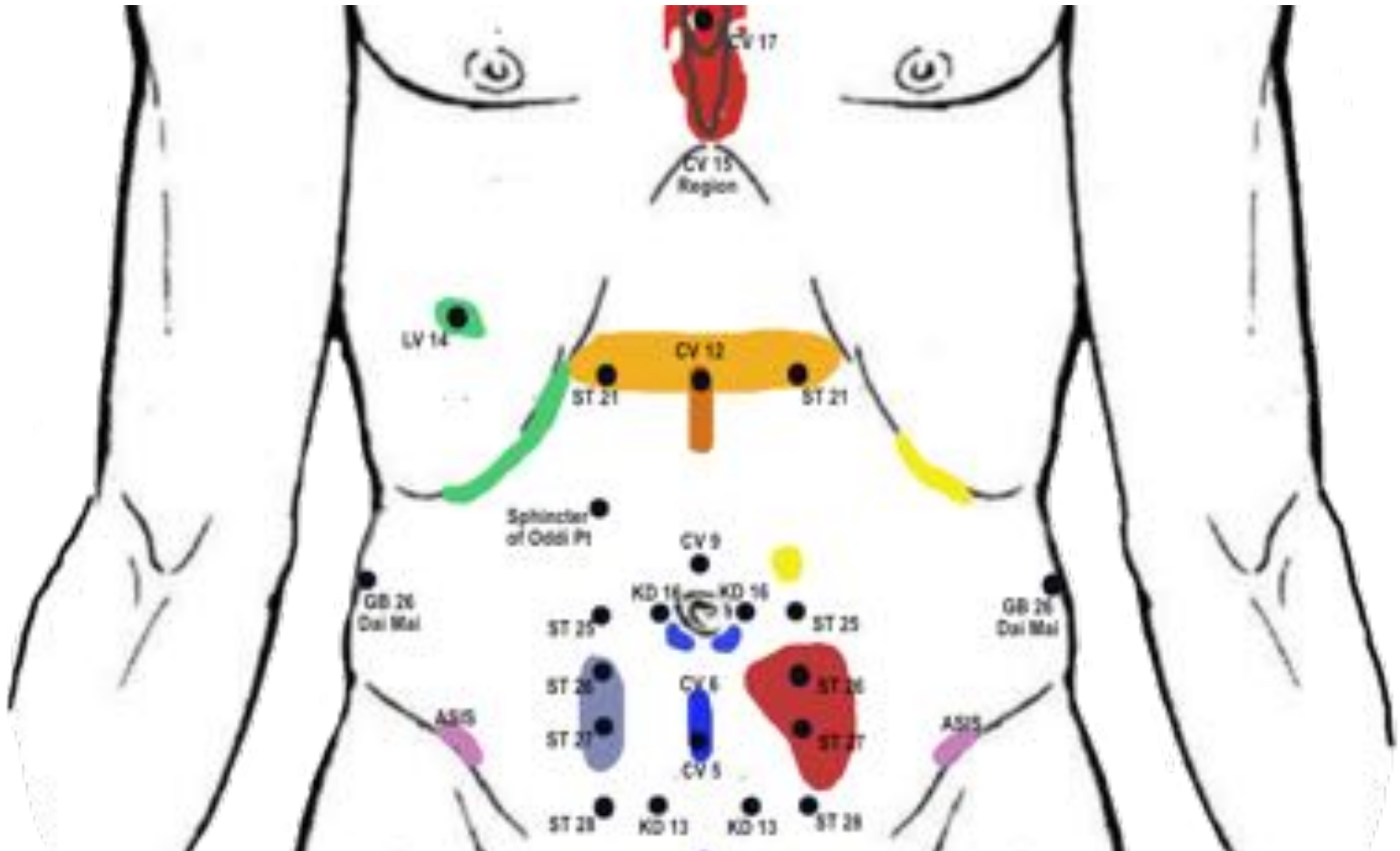
Root → Branch Treatment Principle

- To have a sustained effect on the symptomatic complaint of the patient, begin with the root or constitutional treatment
- 5 Main Constitutional Issues
 - Oketsu → Blood Stagnation
 - Immune Dysfunction → Lung, Internal/ External Wind
 - Adrenal → Kidney Deficiency
 - Stomach Qi Deficiency → Earth/Absorption
 - Shao Yang → Autonomic disturbance/Shen

Diagnosis Follows from Treatment

- Viscero (Organ) or Somatic (Musculoskeletal/fascial) Dysfunction reflects on surface as painful or tight and constricted region
- Ling Shu emphasizes that one should find with ones finger the point that releases this reflex area of pain
 - Usually not local
 - Point found reveals diagnosis:
 - Neck and Shoulder pain relieved by Spleen Tx versus Dai Mai tells us different information about the patients diagnosis



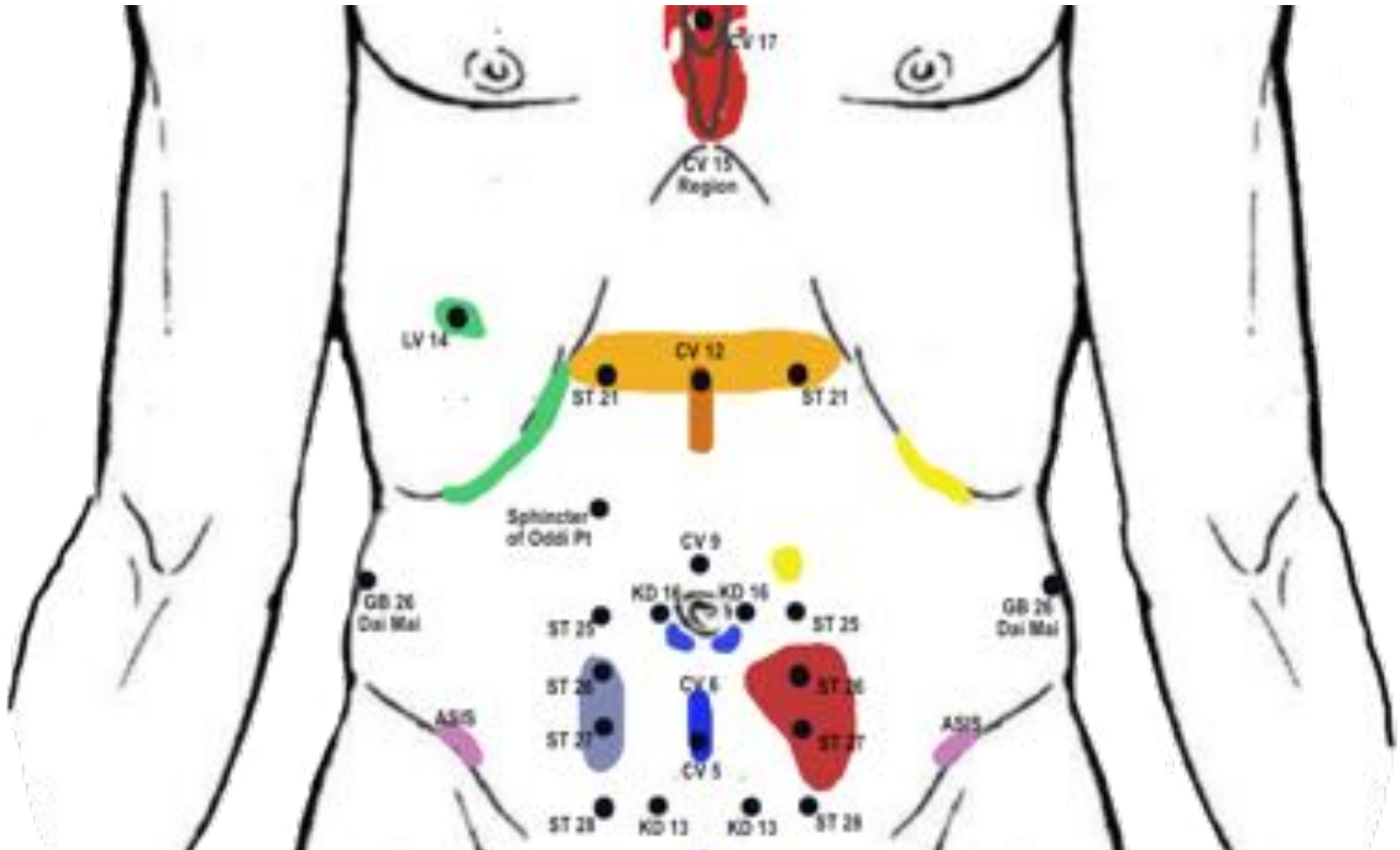


Oketsu

- Stagnation of blood in the abdomen, “dirty” blood, “bad Blood”
- Etiology:
 - Menstrual irregularities, Hormonal imbalance, GYN problems
 - Liver disease and digestive problems
 - Chronic constipation, rectal vein congestion
 - High fever, intensive heat
 - Multiple surgeries, blood transfusions, repeat bruising
 - Vascular compression of the inner thigh
 - Weak immune system, respiratory problems, chronic sinus or respiratory infections
 - Chronic pain
 - Prolonged use of medications
 - Genetic predisposition

Oketsu

- Nan Ching mentions that pressure pain and tightness to the left of the navel represents a liver disorder
- Any stagnation, especially blood stagnation is related to or affects the Liver
- Oketsu Reflection
 - Left Stomach 26-27 area



Oketsu

- Left St 26-27 area: tightness, tenderness, hardness
- Oketsu Kai: a stubborn lump is present in the region of left St 26-27
 - Worse prognosis
 - Local treatment often required
- Oketsu, when chronic, may also spread to other parts of the abdomen and affect the immune system and/or the liver

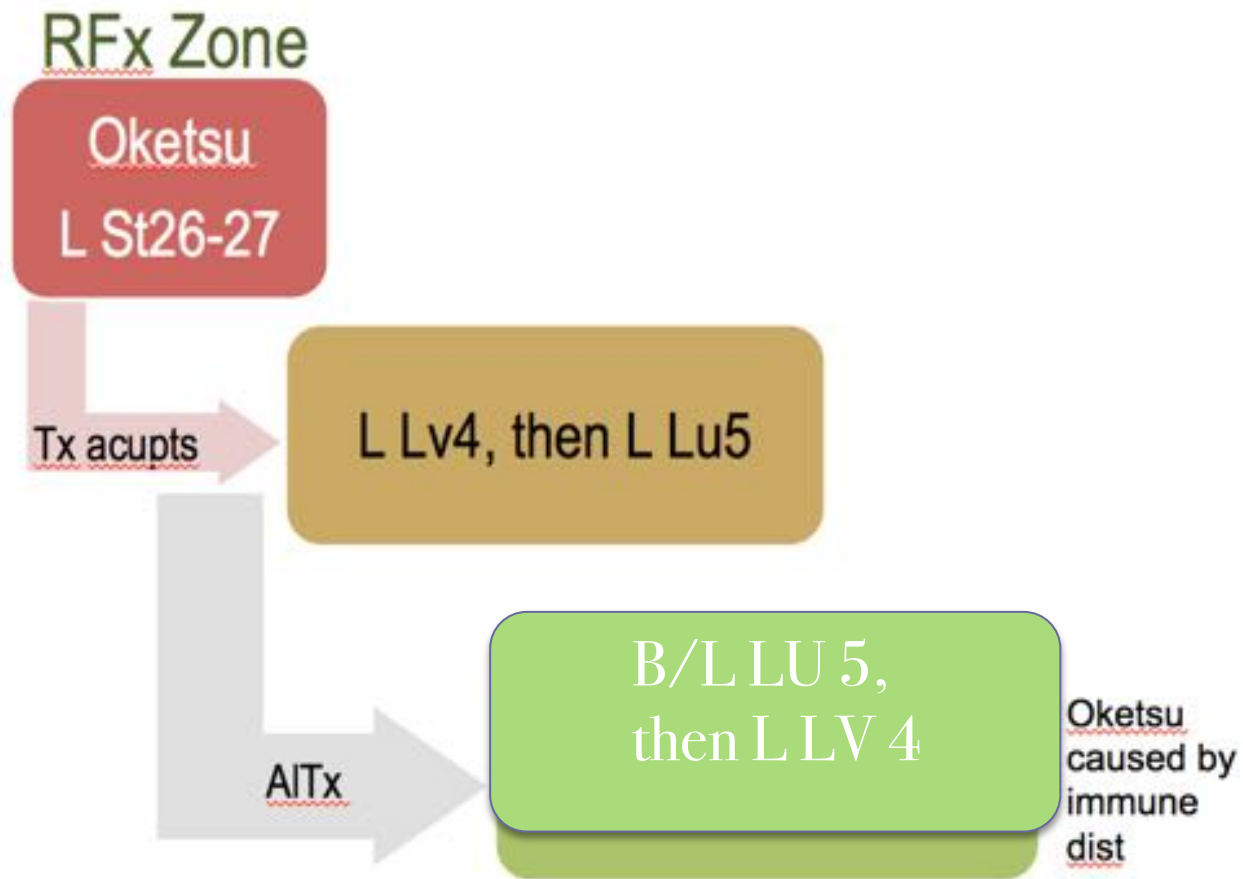
Oketsu: Dorsal aspect

- Pressure pain at the left Bl 35 region due to rectal vein congestion (chronic constipation causes toxins to be absorbed in blood)
- Right Bl 17-18 (region of Liver Shu) region if this stagnation/congestion led to portal vein congestion and affects the liver (and diaphragm)
- Pressure pain at the right occiput may also be due to Oketsu

5 Phases and Oketsu Treatment

- Control point of Liver (Wood element)
 - Lv 4 (Metal Point) on left
- Add Lu 5 on left to prevent the effect from being too strong (water point on metal meridian provides nourishment to Liver (wood))
 - In this way the dispersion of Blood Stagnation will not harm the Liver in case the Oketsu was caused by a Liver deficiency
 - Lu5 also works with Master Nagano's immune points to support a weak immune system, Oketsu as a toxin often negatively affects the immune system
 - Lu 5 may be more influential point on Oketsu if Immune/Respiratory is predominant cause
 - Use bilateral Lu 5 with Left Lv 4 in this case

Oketsu Algorithm



Palpatory Release of Oketsu with Lv4



Needle goes in same as the finger

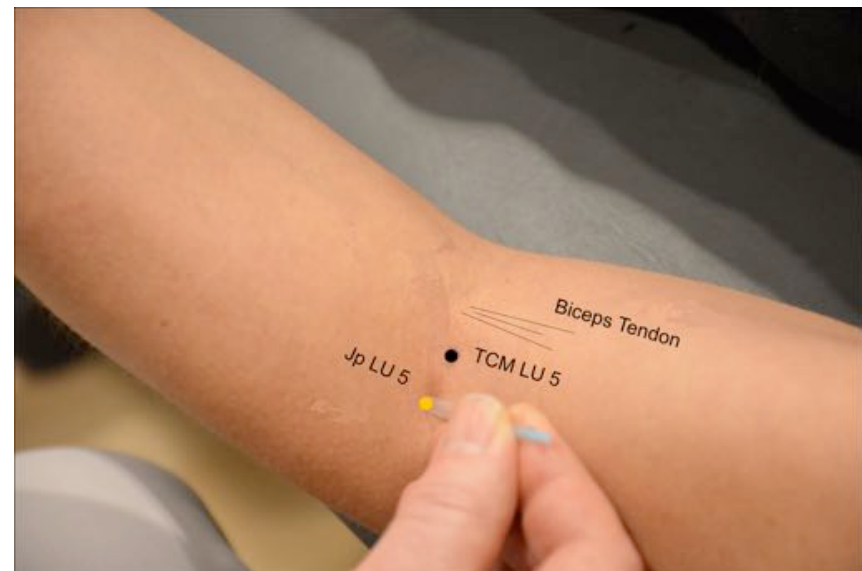


Left Lv 4 with Lu5

In fascial hole medial to tibialis anterior tendon



Japanese Lu5 lateral to TCM point



Oketsu Kai

- Stubborn lump present in the region of left St 26-27
- Local treatment only after distal
 - Angle needle from lateral to medial into the densest region of the tight lump
 - Could use 2 needles if needed
- Most effective when patient presents with rapid pulse

Immune System Imbalance

- Diagnosis by pressure pain at the right St 26 to St 27 region
- Also associated with pressure pain at TW16 and “East Wind” aka “Evil Wind” (1-1.5 cm inferior to TW 16 behind the SCM)
 - Changes more quickly than the pp at the abdomen
- Indicative of weakened or imbalanced Lung/immune system/defensive Qi
- May represent overactive immune system in autoimmune diseases
 - Treatment balances the immune response

Triple Warmer

- Immune is also considered reflection of Lung but the Triple Warmer's role in immune function should not be overlooked
- According to the Na-Ching, TW “protecting Shen against Evil”
 - Helps the body fight “Evil Wind”
- No Form meridian but may relate to fascia
 - Envelops and protects internal organs
 - Brings Source Qi to surface through connective tissue
 - Strengthens Wei Qi
 - Also relates to lymphatic system
- Evil Wind enters the body from the back of the neck



Immune Etiology

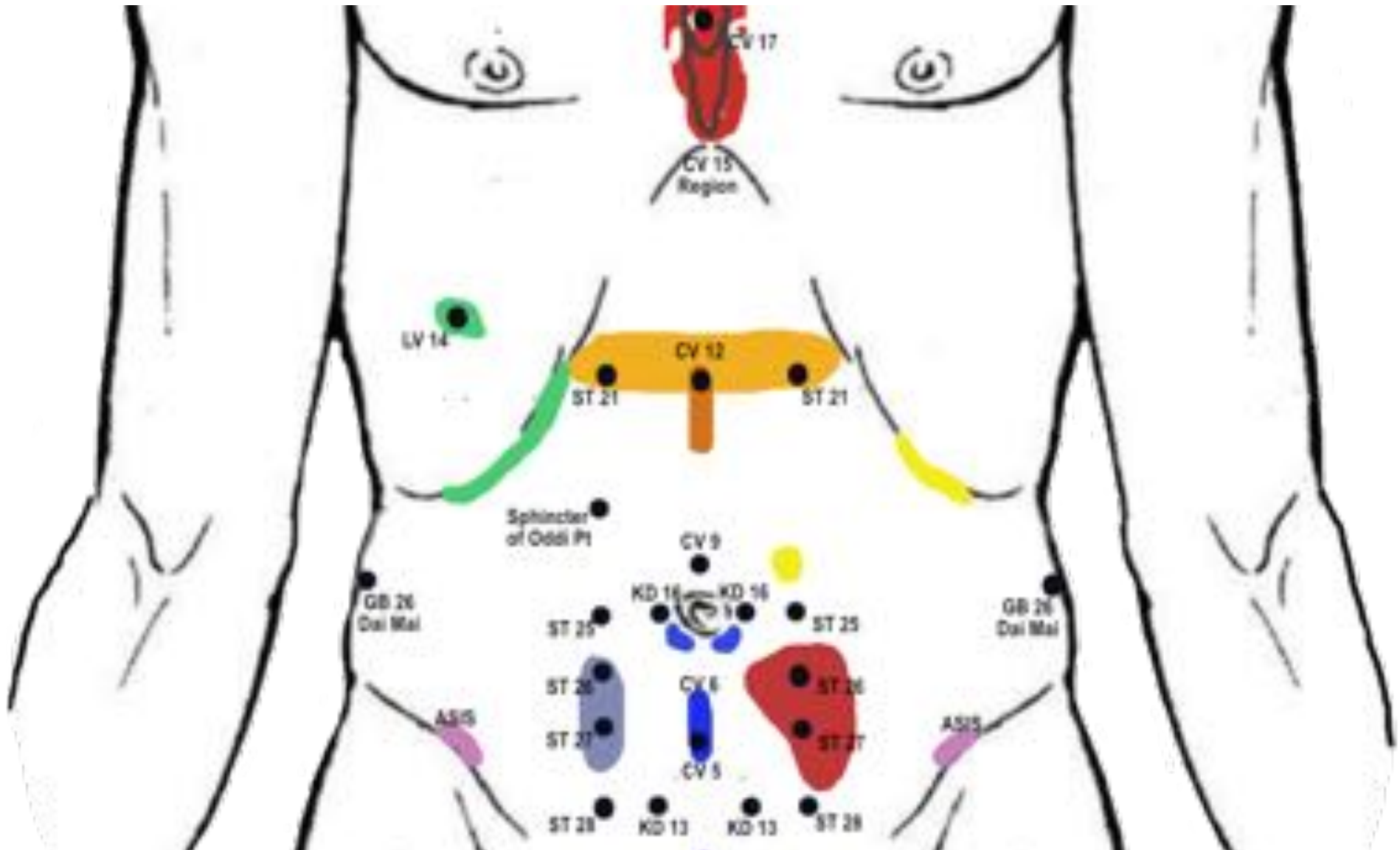
- Infection (especially staph or strep)
- Nasal deviation
- Chronic nasopharyngitis
- Any chronic disease
- Shock, trauma
- Drug/alcohol abuse
- Overuse of antibiotics
- Dietary habits (dairy, sugar)
- Depression, stress, anxiety
- Radiation, chemotherapy
- Autoimmune diseases
- Allergies

Pressure pain at Immune Reflex

- 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)

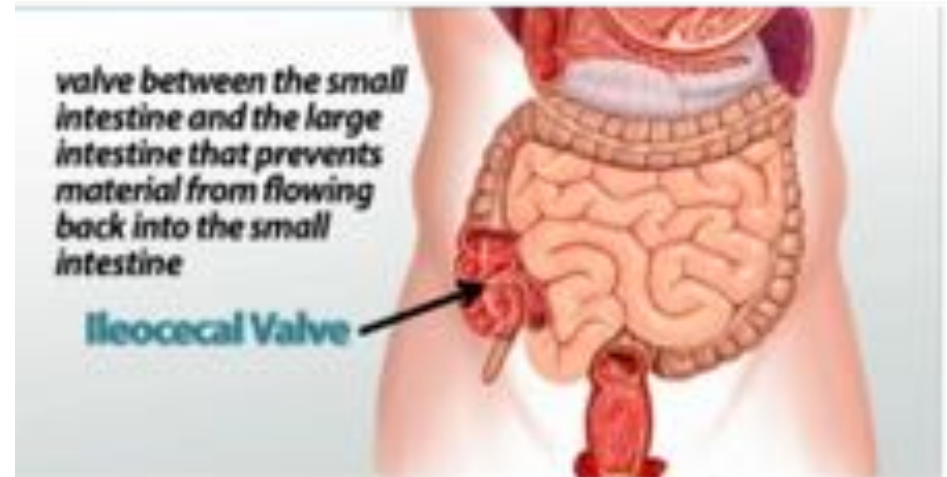
Immune - Right ST 26-27 region





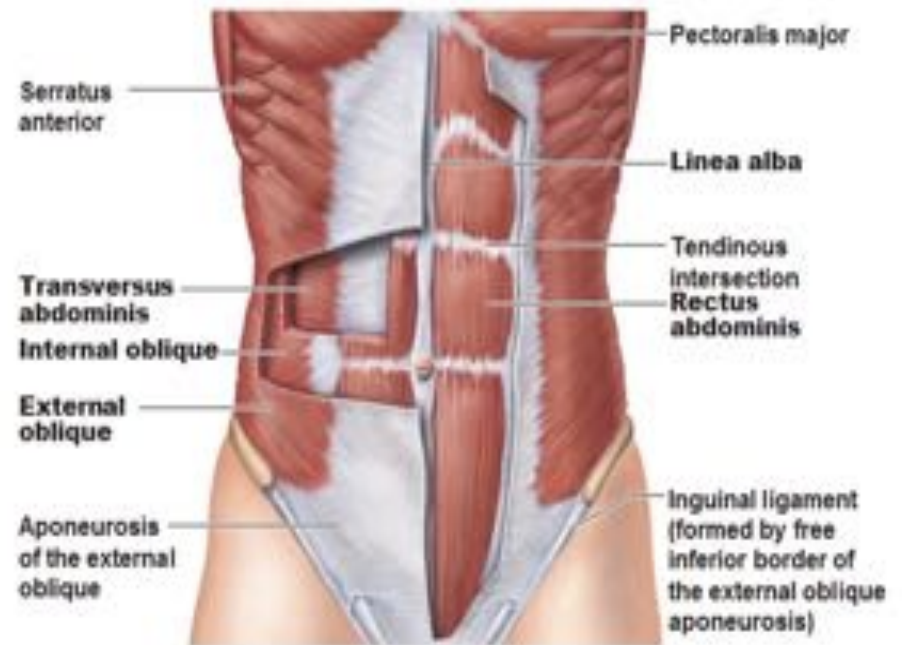
Ileocecal Valve

- Connects Small Intestine to Large Intestine
- Guarded by lymphatic tissue (appendix)
- Ileocecal Valve dysfunction results in bacterial back flow into small intestine



Weak Connective Tissue due to Immune System Imbalance

- Staph or Strep infection may invade and weaken connective tissue such as ligaments or tendons
- May create organ prolapse and or structural imbalance
- Dx: Pressure pain along linea alba or inguinal ligament

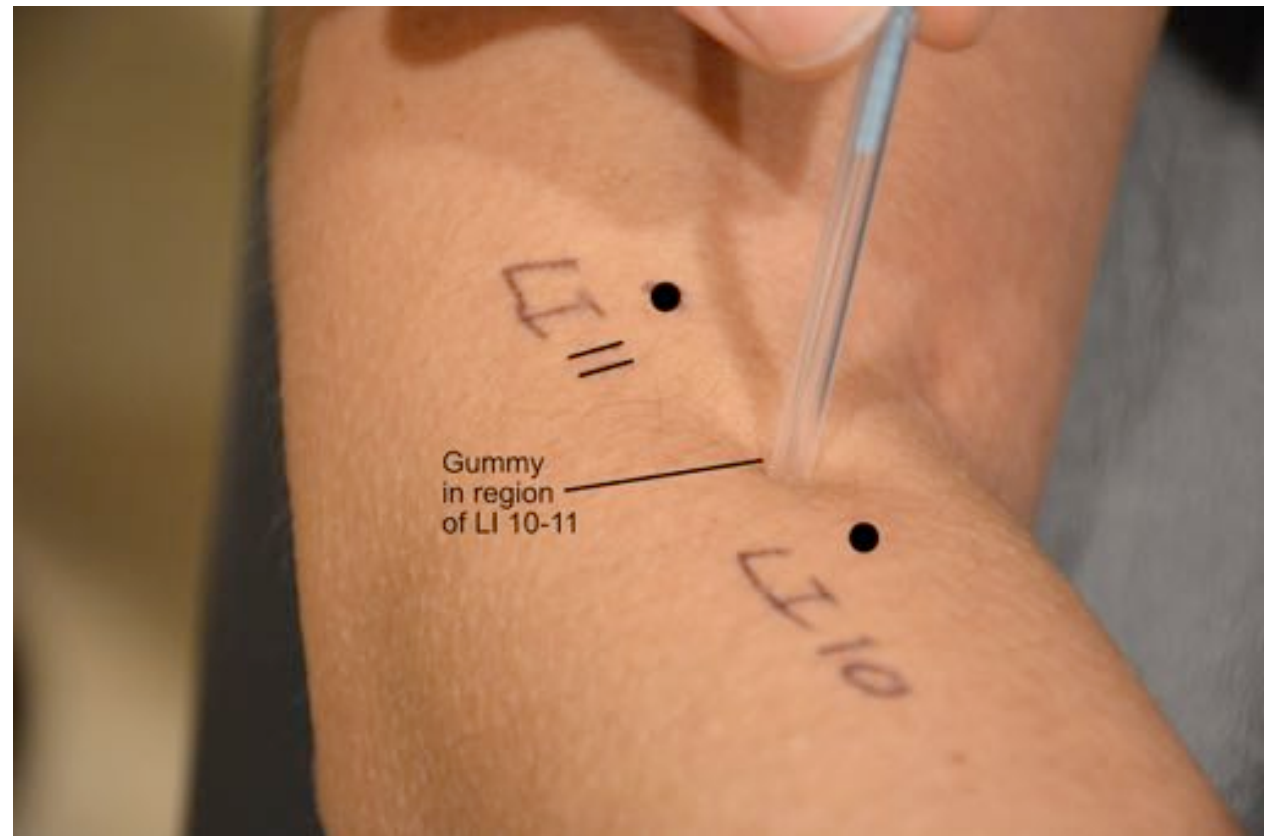


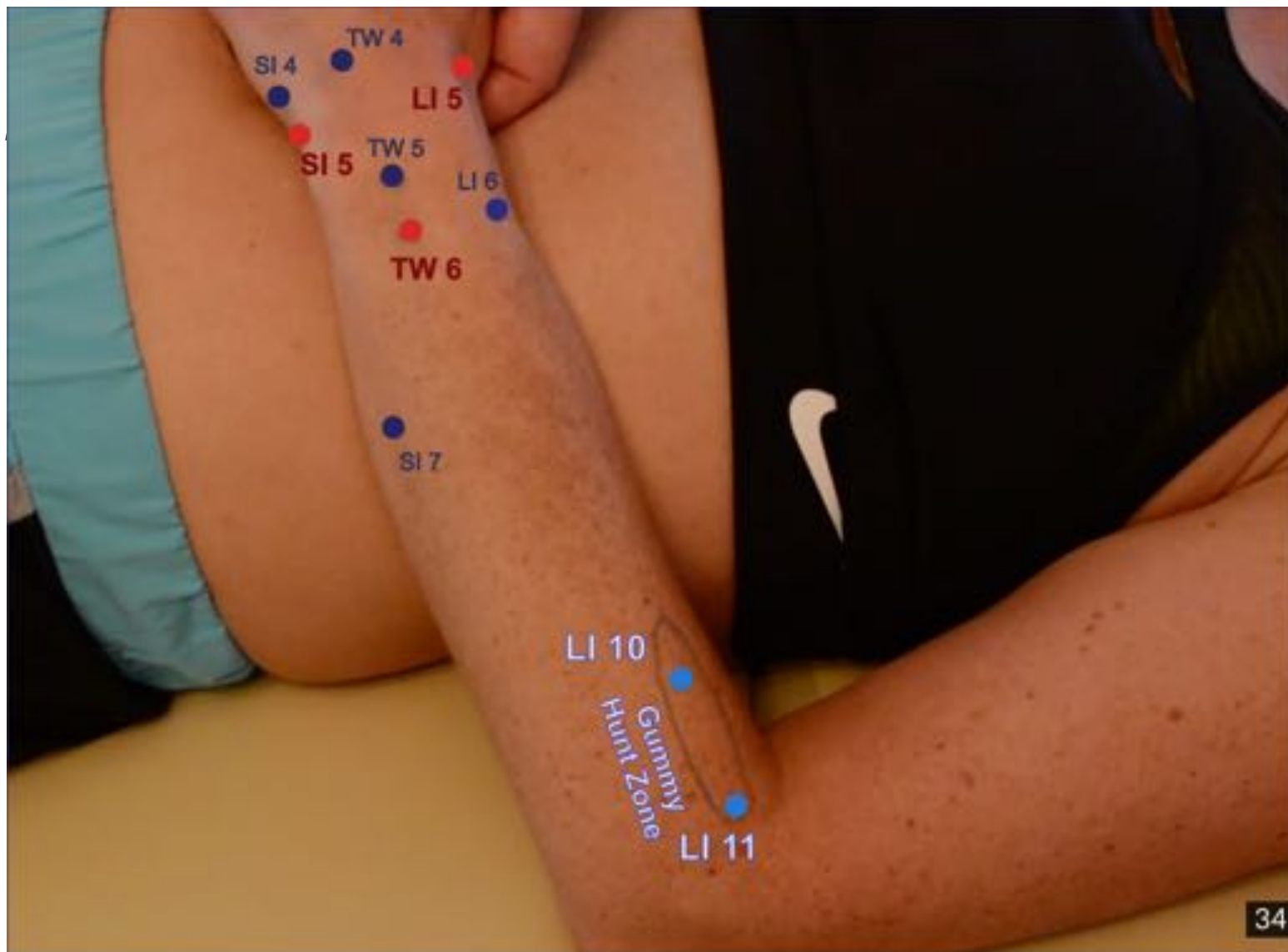
Immune Imbalance: Dorsal

- **Diagnosis:**
 - Backache horizontally at Bl25 (Iliac crest)
 - Quadratus lumborum muscle and fascia becomes tight and painful after febrile illness, presents with pressure pain at Bl 23, Bl 52 and GB 25
 - GV 14 is the meeting place of all the Yang meridians, may have pressure pain
 - Thymus Gland reflex: pressure pain or gummies at the GV 11-12 region or Huato Jiaji points of T3-5

Immune: Treatment Points

- Bilateral LI 10-11 region

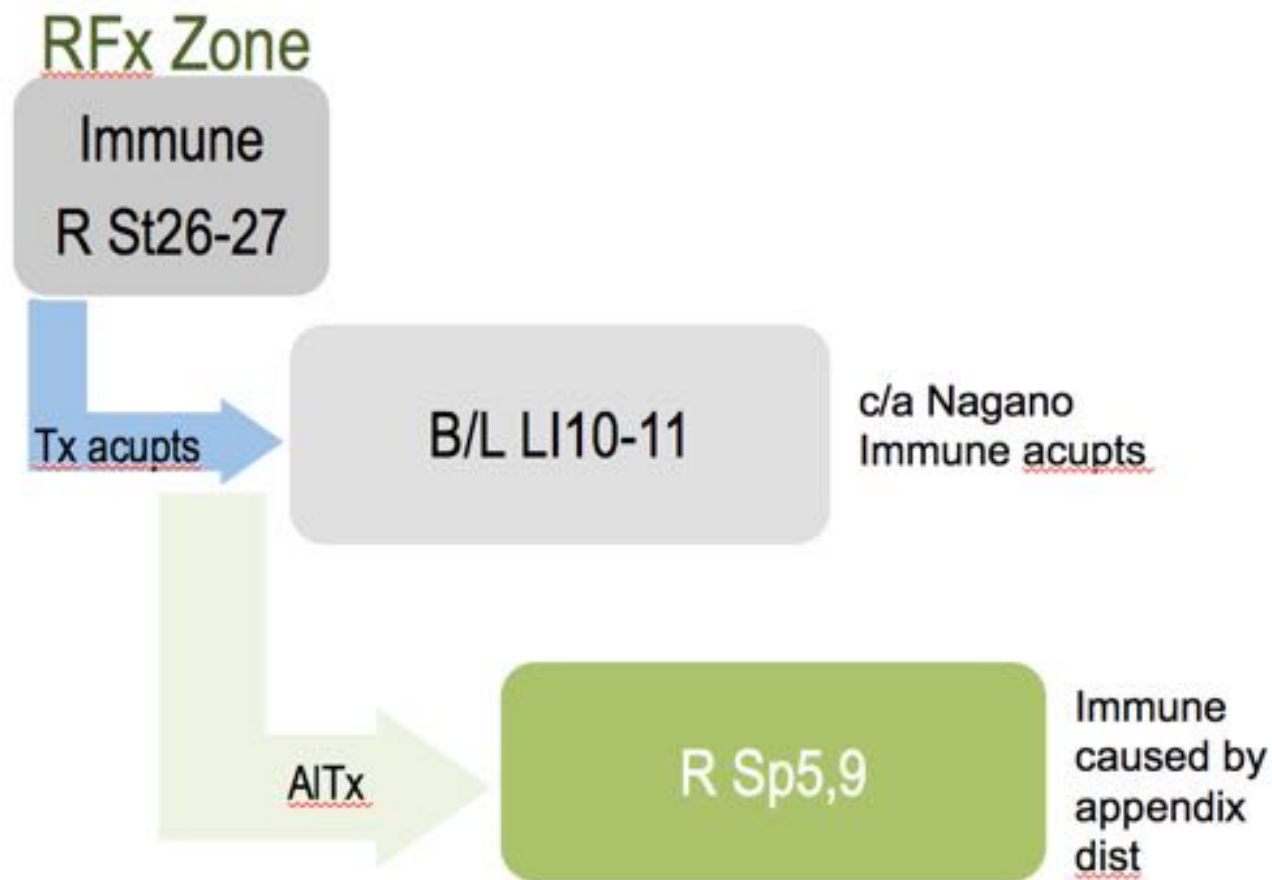




Treatment of Immune

- Master Hukaya's Lu 4 (Oxygen Supply Point) if pressure pain is due to shallow breathing or inhalation problems
- Add Sp 9 and Sp 5 if pressure pain is due to ileocecal valve spasm or adhesions from appendectomy
 - Metal/Water point of Spleen clears digestive system of inflammation
- TW16: if pp not completely relieved with LI 10-11
 - Shallow insertion with Japanese #1 needle, 10-15 degree angle from posterior to anterior heading needle under the SCM, prone or side lying
- GV 14: dorsal treatment, often tender to palpation
 - 15-45 degree upward angle
 - Also moxa point

Immune Algorithm



Additional Immune Treatments

- Thymus gland reflecton: If pp/gelosis at GV12, then treat directly with needle at 15-45 degree angle upwards and 8-15 thread size moxa stimulation
- Sinus treatments: pp at nasal bone, St2 and Bitong area, may cause sensitive Hara, treat St 44 and 45 (M/W) and GB40 w/moxa
 - If not effective, treat around the umbilicus at 45 degree angle with Japanese #1 needles
 - For homework, nasopharynx rinse twice daily with Master Nagano's recipe
- Adenoids: pressure pain around the mastoid bone, treat ipsilateral Liv13
 - If Liv13 too sensitive, first treat GB26 to reduce pp at Liv13
- Ear infection reflex: pressure pain at TW 17, add Sp7 and region of TW 9
 - If doesn't work, check all fire points and treat M/W

Adrenal Exhaustion

- Pressure pain on Kid16 or area slightly below
 - Treat 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)
 - Should always consider adding this dorsally after Step 1 of Adrenal Treatment

Kidney 16 - Adrenal Reflection

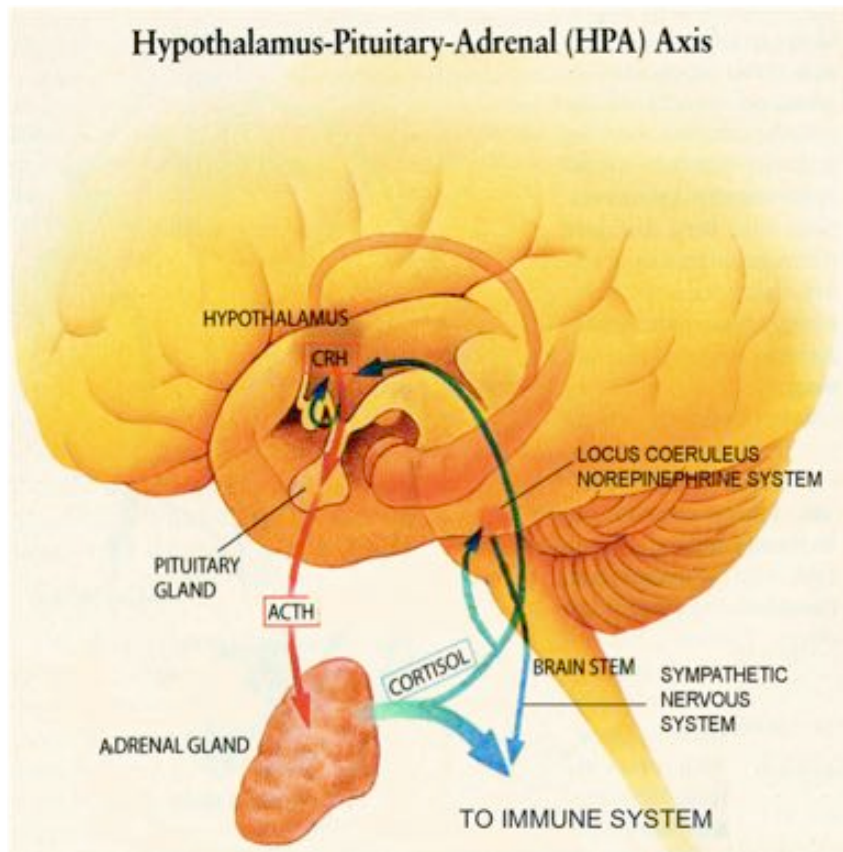
- Energetic Center of Body (below the umbilicus)
 - Underlying Source of the energy that supports the 5 yin and 6 yang organs
 - Moving fire between Kidneys (Ming Men) creates Source Qi
 - Nan Jing states that the 12 sources emanate from the moving Qi between the Kidneys



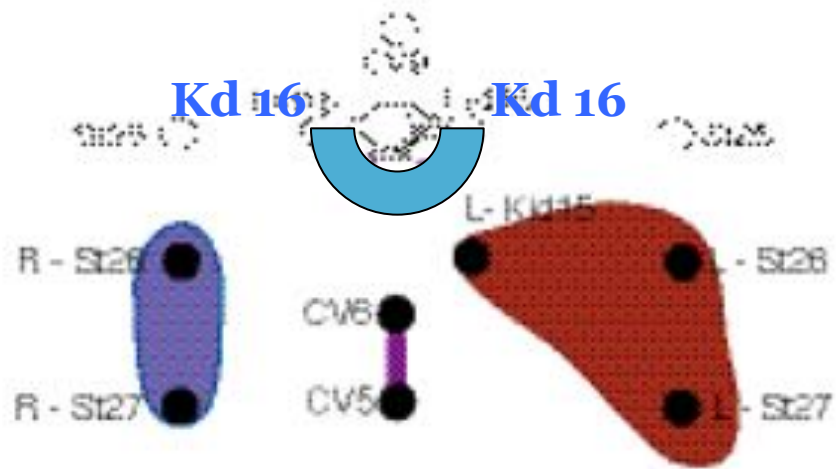
Kidney or Adrenal Depletion

- Excess stress
- Fright, shock, trauma
 - PTSD
- Multiple surgeries
- Many pregnancies/deliveries
- Certain medications, especially prednisone
- Lack of Nourishment to allow the creation of Post-natal Jing
 - Depletes Kidney of Pre-natal Jing

Adrenal Exhaustion



- Chronic and/or over-activation of stress responses systems
- Diminished capacity for stress response
- Deleterious effects on neurophysiological body systems
- Implicated in FMS, Chronic Fatigue, PTSD



Adrenal Reflex - Kd16



Angle finger towards root of umbilicus





Pulse Diagnosis

- Rapid, tight, thin pulse in all 3 positions
- Sinking and slow
- Marked weakness in the 3rd position

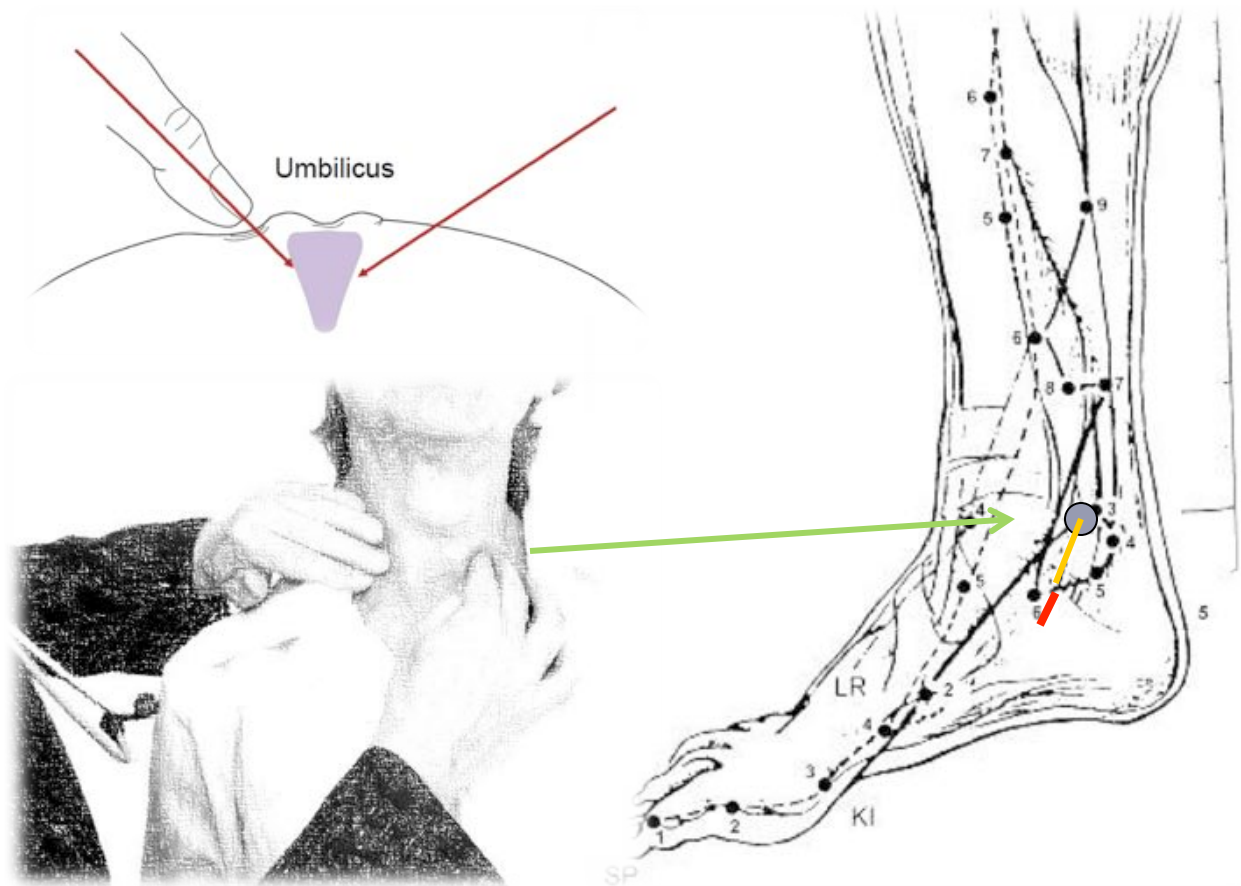
Treatment options



Adrenal Tx: Differential Dx

If Kid 16 tender and tender at St9

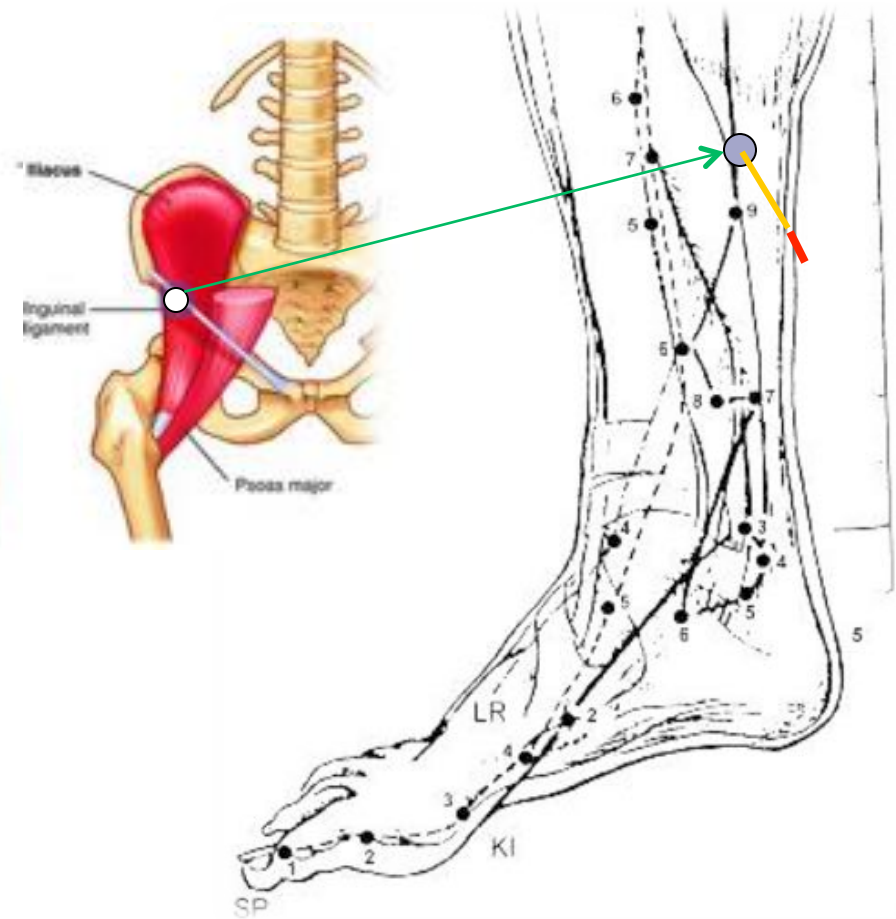
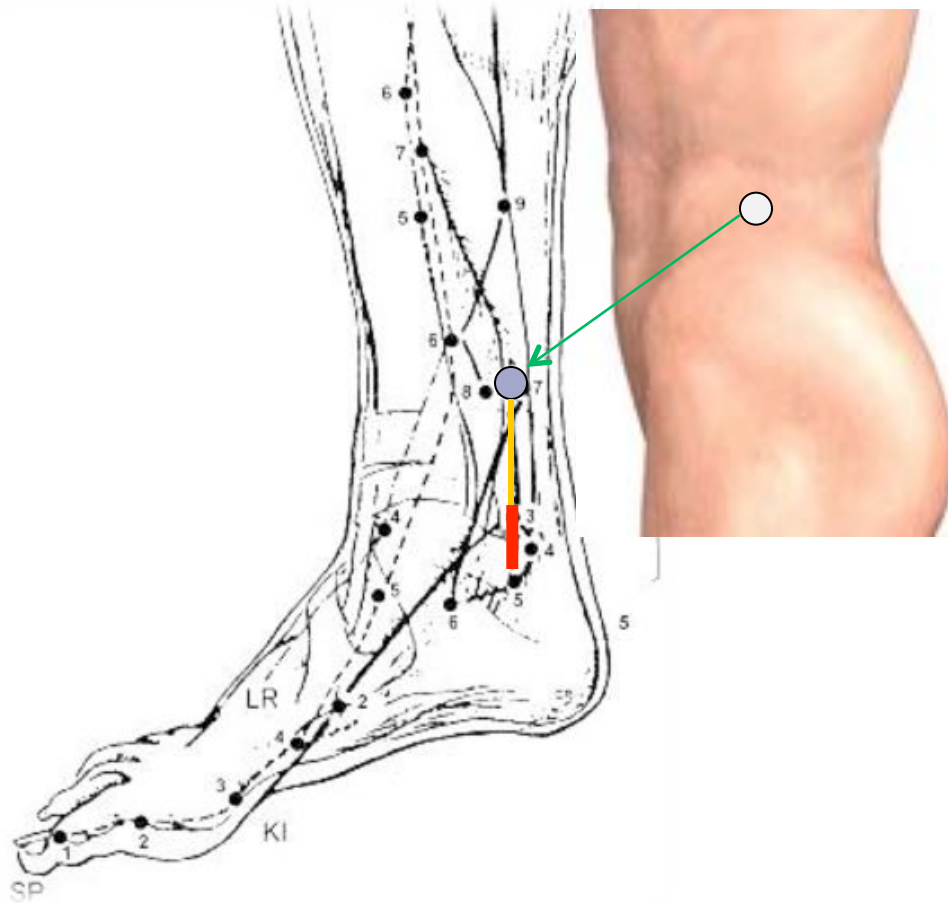
—————> Kid 3 will treat both



Adrenal Tx: Differential Dx

Kid 7 if tender at Dai Mai (Gb 26)

Kid 9 if tender at ASIS

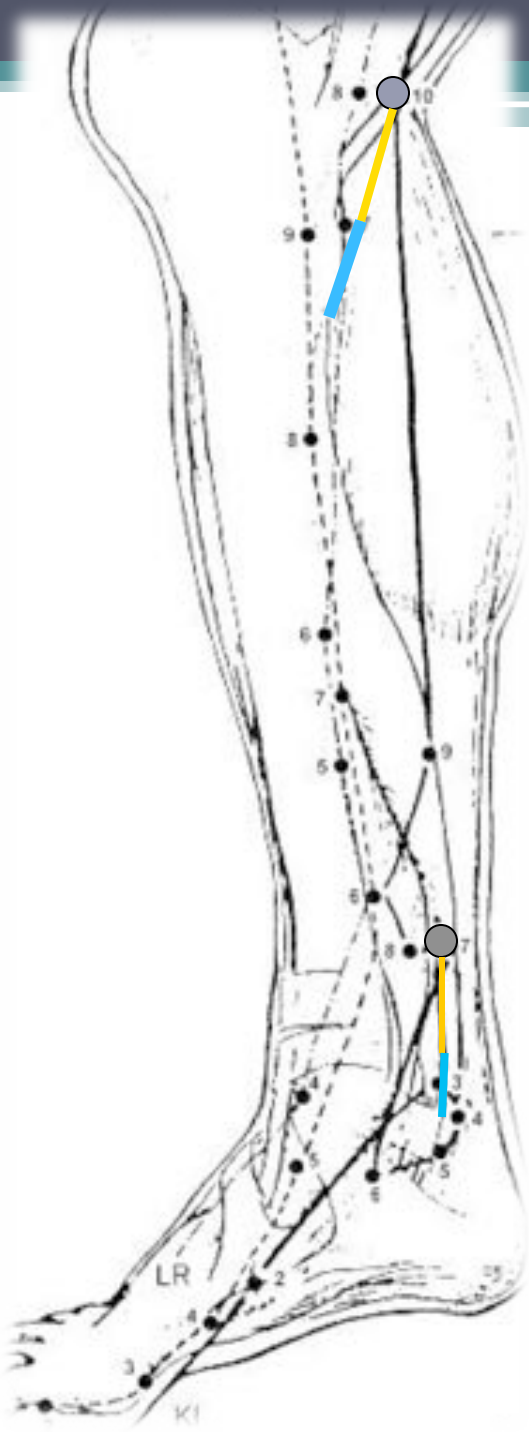


Kid 10 (water)

Kid 7 (metal)

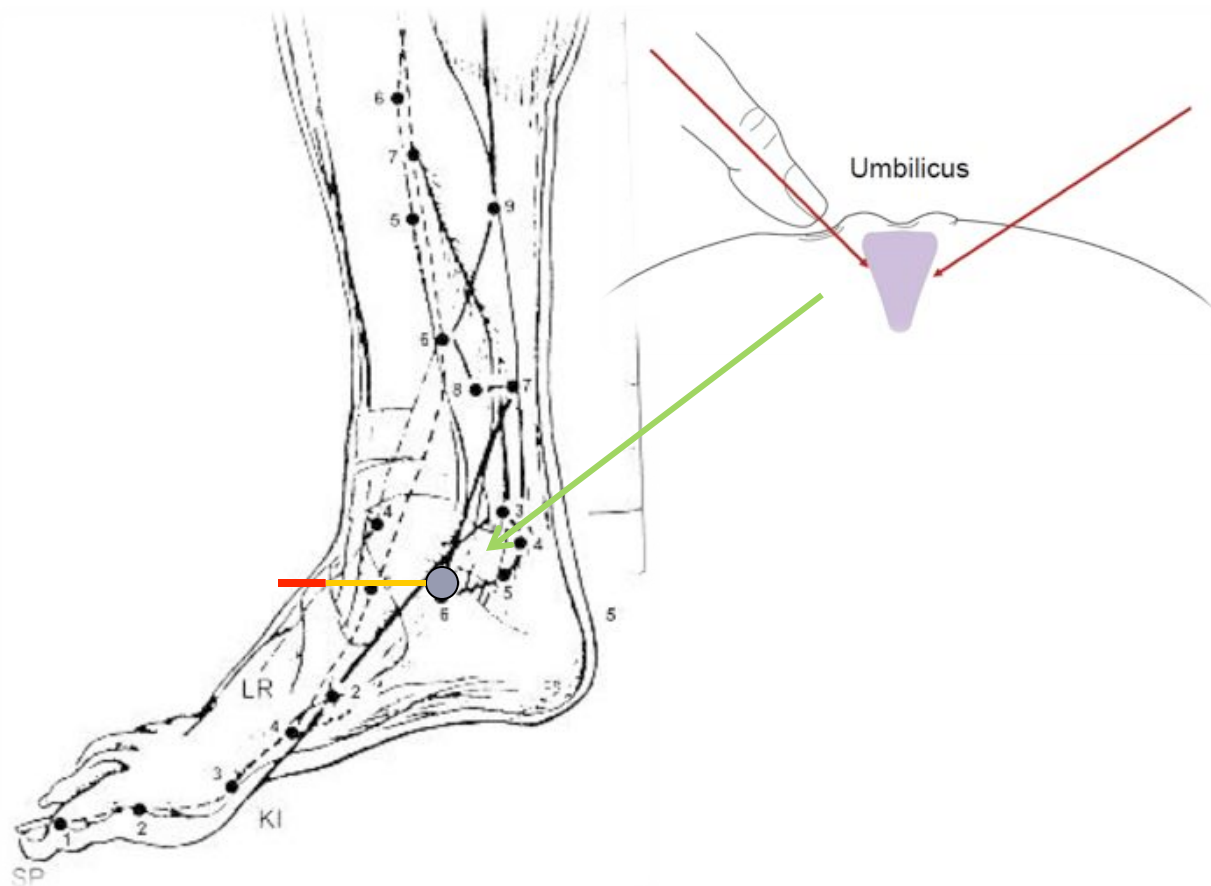
Kid 2 tender





Adrenal Tx: Differential Dx

If only find Kid 16 tenderness (all other reflexes negative)



Treat Kid 6

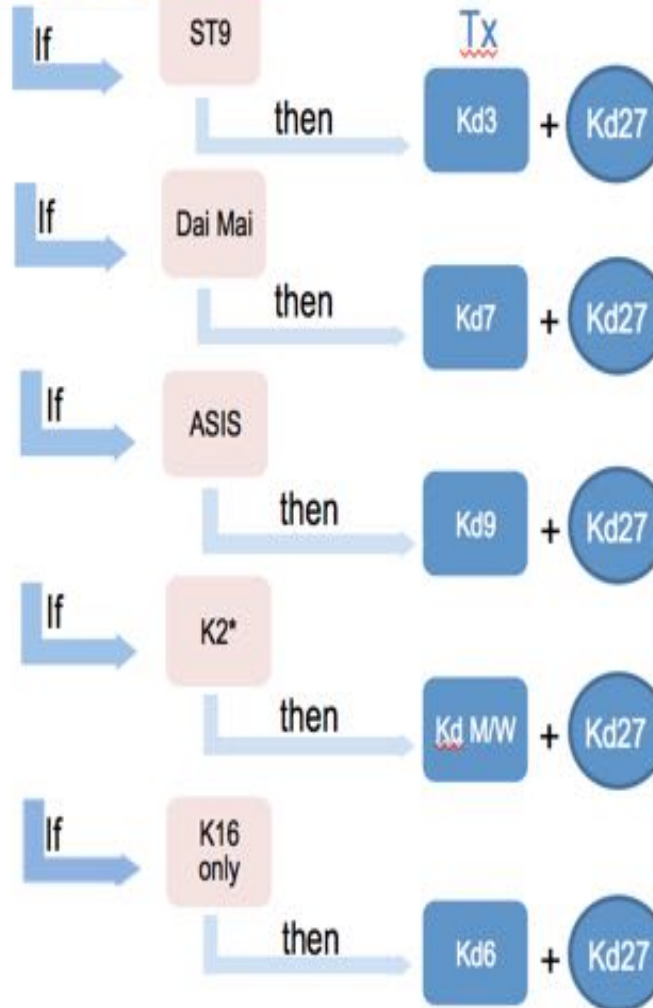
Adrenal Differential

- If Thyroid or ST 9 tender
 - Treat with KD 3, KD 27
- If Dai Mai (GB 26) tender
 - Treat with KD 7, KD 27
- If ASIS (GB 27) tender
 - Treat with KD 9
- If KD 2 (Fire point) tender
 - Treat with KD 10 (water), KD 7 (metal), KD 27
- If only KD 16 tender
 - Treat with KD 6, KD 27

Rfx Zone

Adrenal
B/L Kd16

Diff Dx



*If Kd2 positive, takes precedence



Additional Adrenal Treatment Thoughts

- If bone pain/problems (XRT, fracture, inflammation), use Kid7
- Respiratory issues with difficulty in inhalation, Kid3
- Elderly patients, especially those on a lot of medications or post-menopausal women, use Kid9 (either alone or with Kid6)

Adrenal Step 2

- If pressure pain at adrenal reflex is less than 60% improved with Step 1
- Use Sp9 bilaterally and/or GB25
 - Umbilicus also is a reflection zone of the spleen
 - Adrenal exhaustion is a kidney disorder which can weaken Spleen Qi
 - Clears dampness in the lower burner
 - Spleen 9, the water point, has an affinity for the Kidney
 - GB25 (Mu point of the kidney)

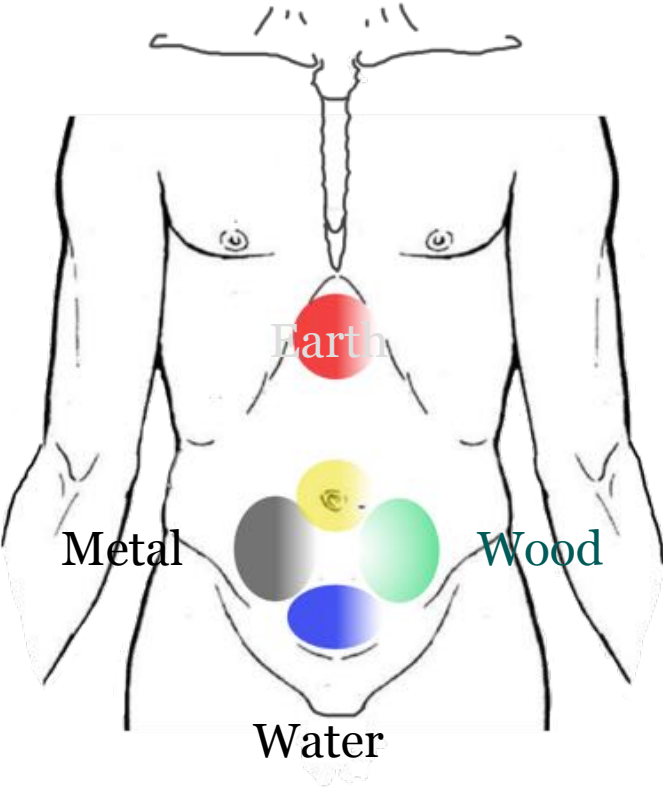
Adrenal Step 3

- Direct treatment of the umbilicus if the remaining pressure pain or hardness is still significant
- Usually patients with chronic renal insufficiency, long term use of steroid hormones or other medication with renal metabolism and/or birth trauma
- Needles inserted into the area of Kid 16
 - 45 degree angle towards tight spot, Japanese #2
- If sharp pain or extreme hardness, then moxa or apply Tiger Warmer first
- On the back use Huato Jiaji Points of GV4 (Ming Men)
 - 10 degree angle with the flow of the meridian

Stomach Qi Deficiency

- Should be included in the basic constitutional treatment (1st phase)
- If present, should be treated after Oketsu and Immune reflexes are cleared
- Stomach Qi nourishes all the organs
- Protects body from climatic changes
 - Five element theory places the Earth phase as the time between the seasons

Fire



Earth

Metal

Wood

Water

Diagnosis

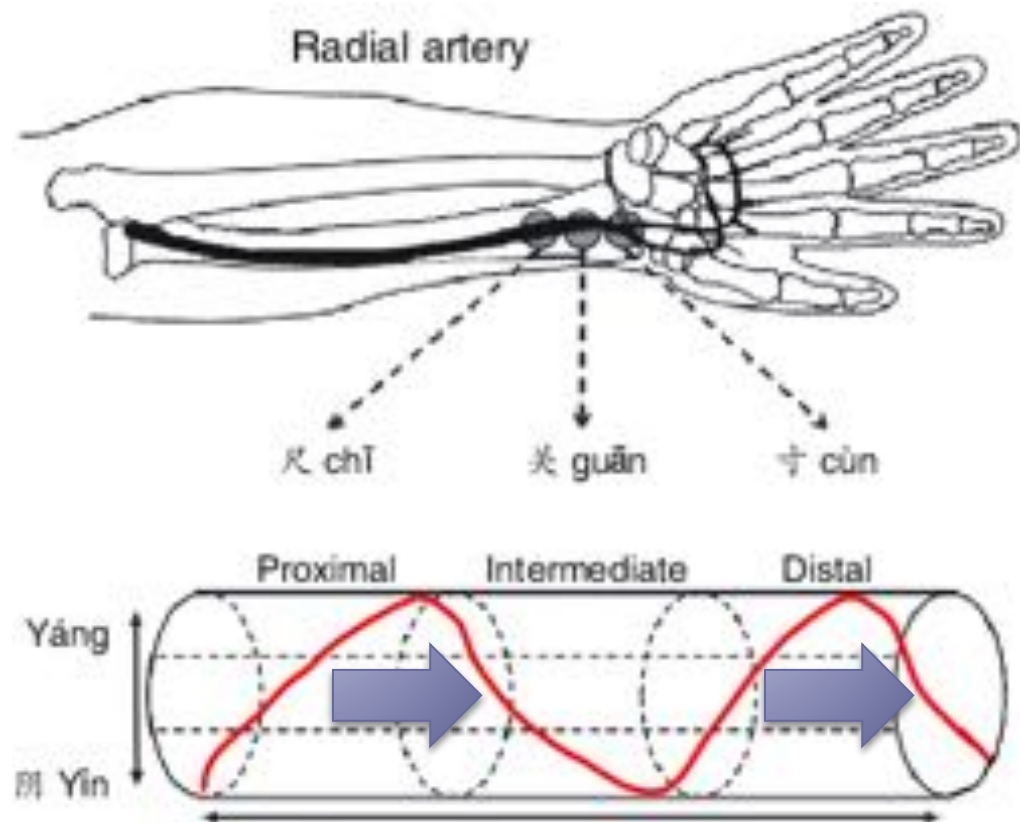
- Primarily pulse diagnosis
- Consider in patients who are affected by change of seasons, barometric pressure, and temperature changes, time zones
- Also those affected by the gravitational field of the earth
 - Moon phases
 - Air travel
 - Altitude changes
- Pregnancy related issues such as nausea, vomiting and poor appetite

Stomach Qi Deficiency Hara Diagnosis

- Pressure pain at CV 12 (Stomach Mu Point)
- Pressure pain at the Xiphoid process (heart reflex)
- Pressure pain on the inguinal ligament from the ASIS to the pubic bone (St 30)

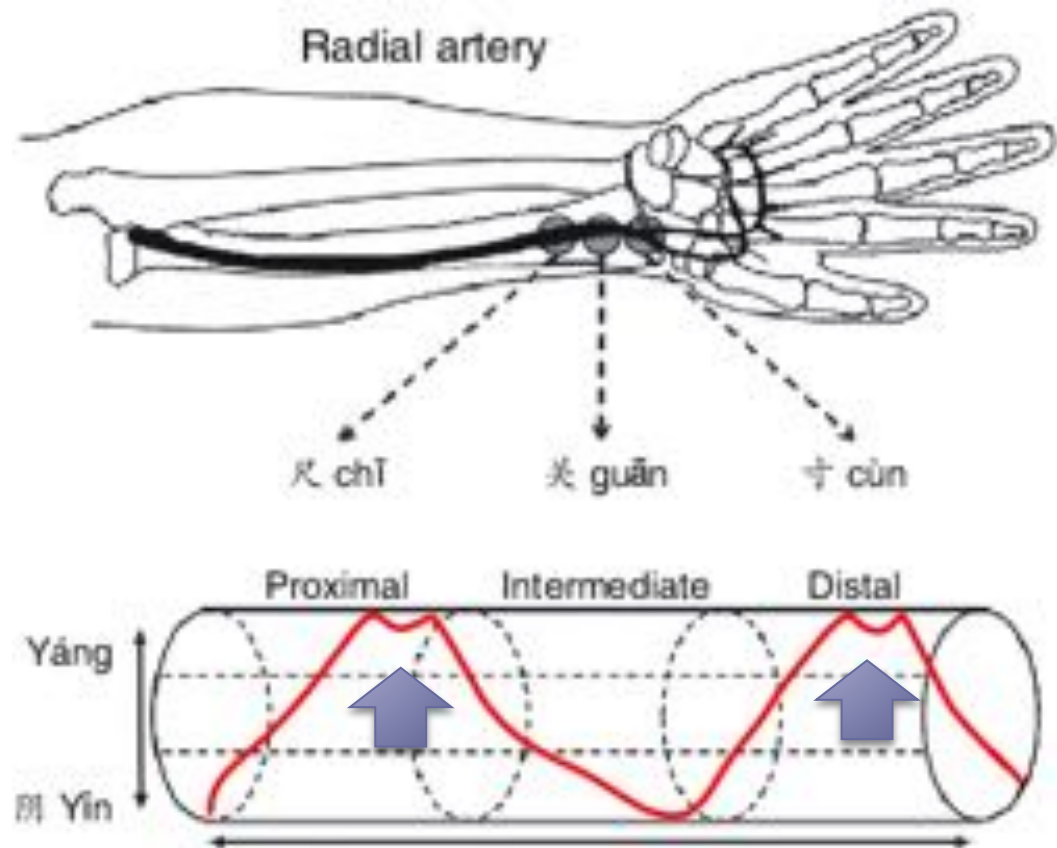
Good Stomach-Qi Pulse

- Neither weak nor strong
- Regular rather slow beat
- ‘Soft and gentle’
- Wave-like characteristic



Stomach-Qi deficiency Pulse

- Pecking up against finger rather than rolling under finger, bird-like
- ‘Rough and hard’ under finger
- Loses its wave-like feeling
- Can also be weak pecking but weak, lacking the normal full feeling under fingers



Stomach-Qi deficiency treatment

- Treatment of the Stomach Qi line beginning on the left side of the body
- Slide finger down the lateral side of the left tibia between ST 36 and St 41 to find bumps



Stomach-Qi deficiency treatment

- Needled at a 10 degree angle into the bump with the flow of the meridian
- Right side is treated after the left
- Can add CV 12 (Stomach Mu Point)
- If Pulse rapid and pecking, then also add CV 4 or CV 6 to slow pulse
 - Look for which point has is more *active* (tight fascial myogelosis when palpated)





Take Home Points

- St 26-27
- Bl 35
- Bl 17-18
- Liv 4
- Lu 5
- TW 16
- LI 10-11
- GV 14
- GV 12
- St 2
- Liv 13
- Kid 16
- Kid 6
- Kid 7
- Kid 3
- Kid 9
- Kid 27
- GB 25
- Sp 9
- GV 4
- CV 12
- St Qi line