

# *Weekend 1*

## *Hara Diagnosis: Oketsu, Immune & Adrenal*

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# *Hara Diagnosis: Palpation Based Treatment Principles*

- Synthesis of a number of styles of Modern Japanese Masters by Kiiko Matsumoto
  - Dr. Manaka, Masters Nagano and Kawai,
  - Systems seek guidance from readings of Chinese Classic Acupuncture Texts
  - Nan Jing, Su Wen and Ling Shu among others

## *Underlying Principles*

- 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

## *Treatment Principles Cont.*

- Hara Diagnosis and Treatment is a Constitutional or *Root* Treatment
  - Often can also resolve symptomatic complaint
- *Branch* or Symptomatic complaints are best treated with indirect methods which in turn provides diagnosis
  - Example: Shoulder pain with restricted motion on right side responds to treatment for Blood stagnation and Liver Excess



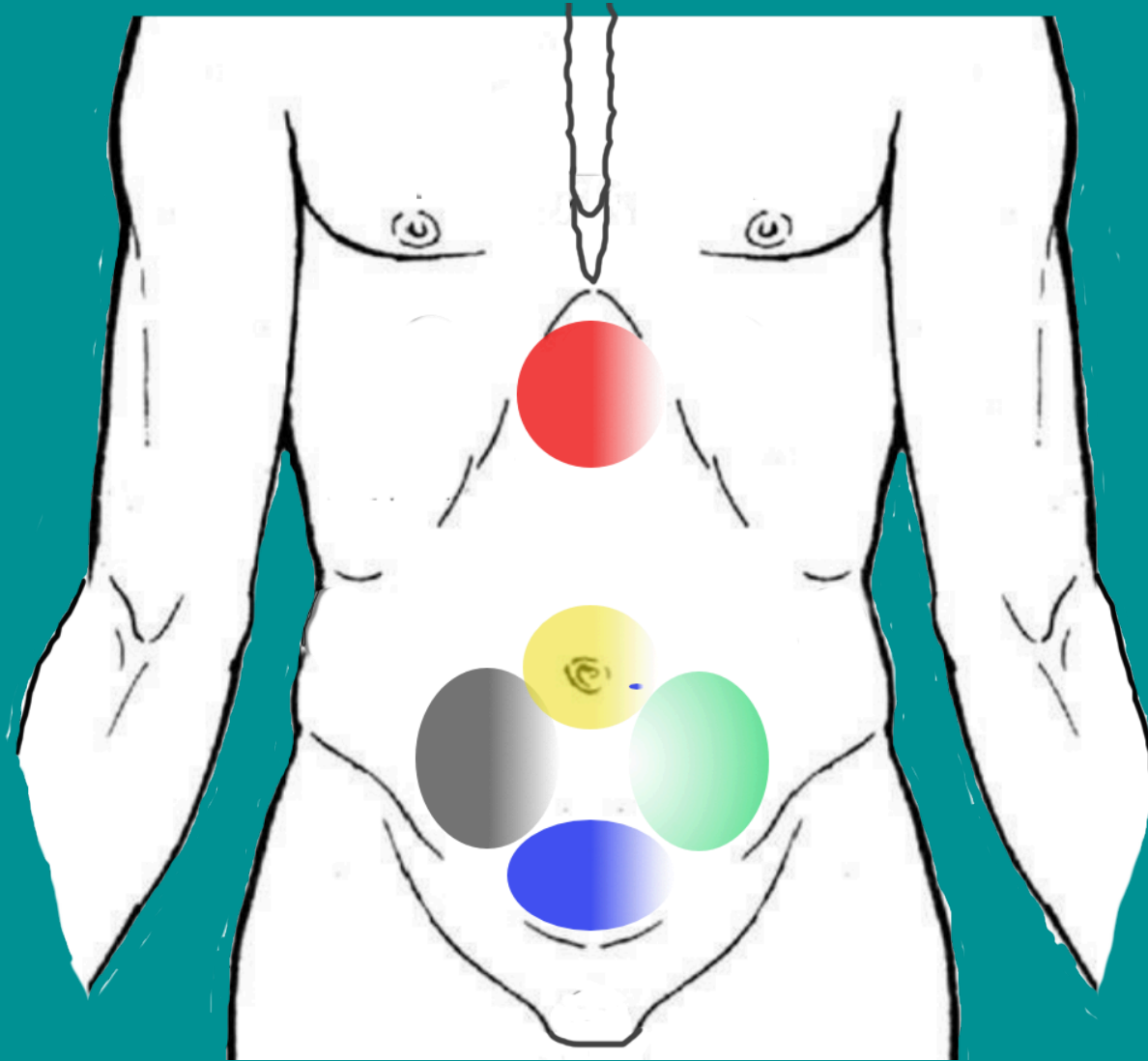
# *Body Centered Diagnosis*

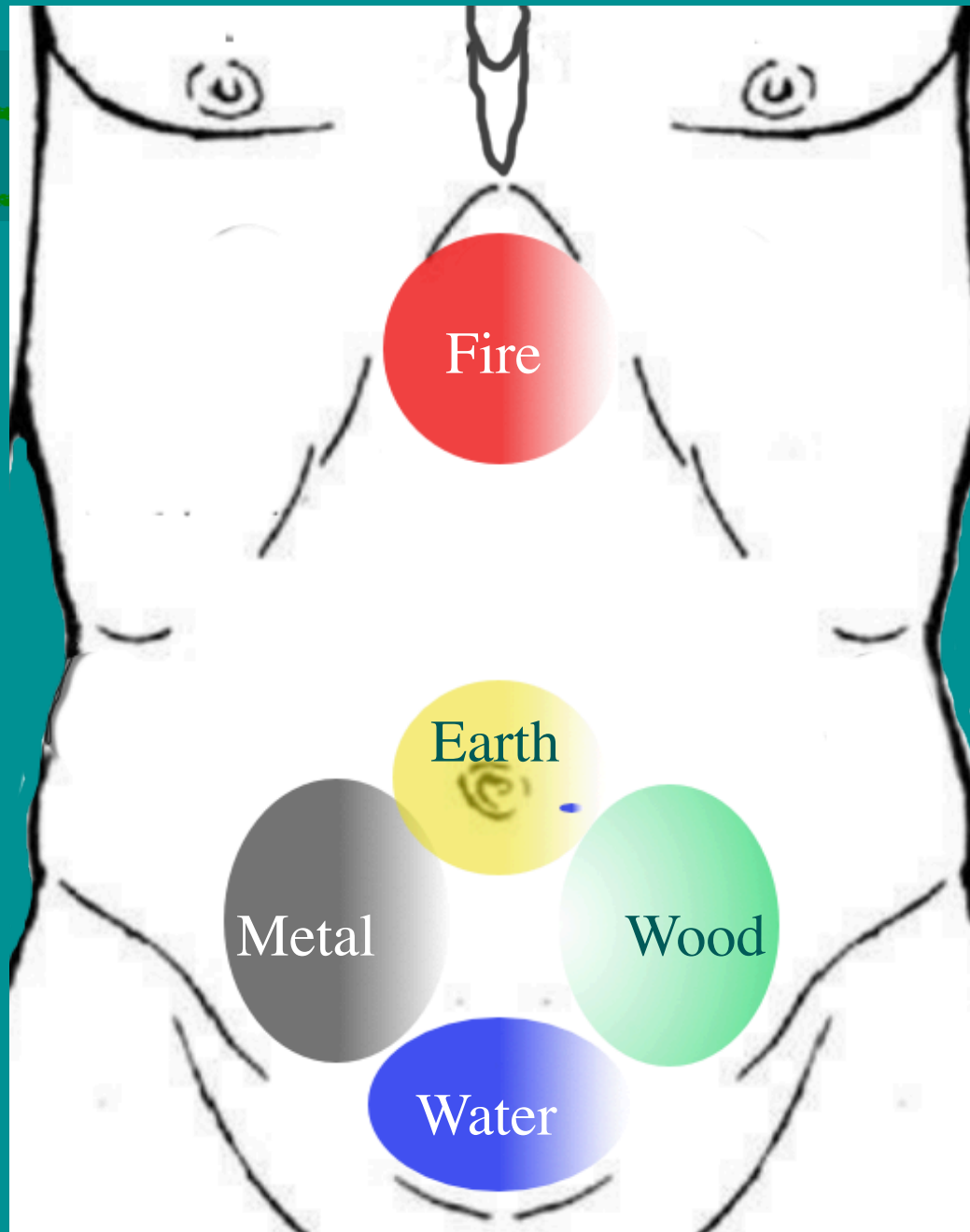
- Patient's body guides treatment not theory
  - Acupuncture Points chosen only if an objective reproducible change occurs on the table
    - Pulse
    - Palpatory findings in Reflection Zones
    - Structural Balance (Joint ROM, Leg length)
    - Muscle and Ligamentous Tension
    - Pain

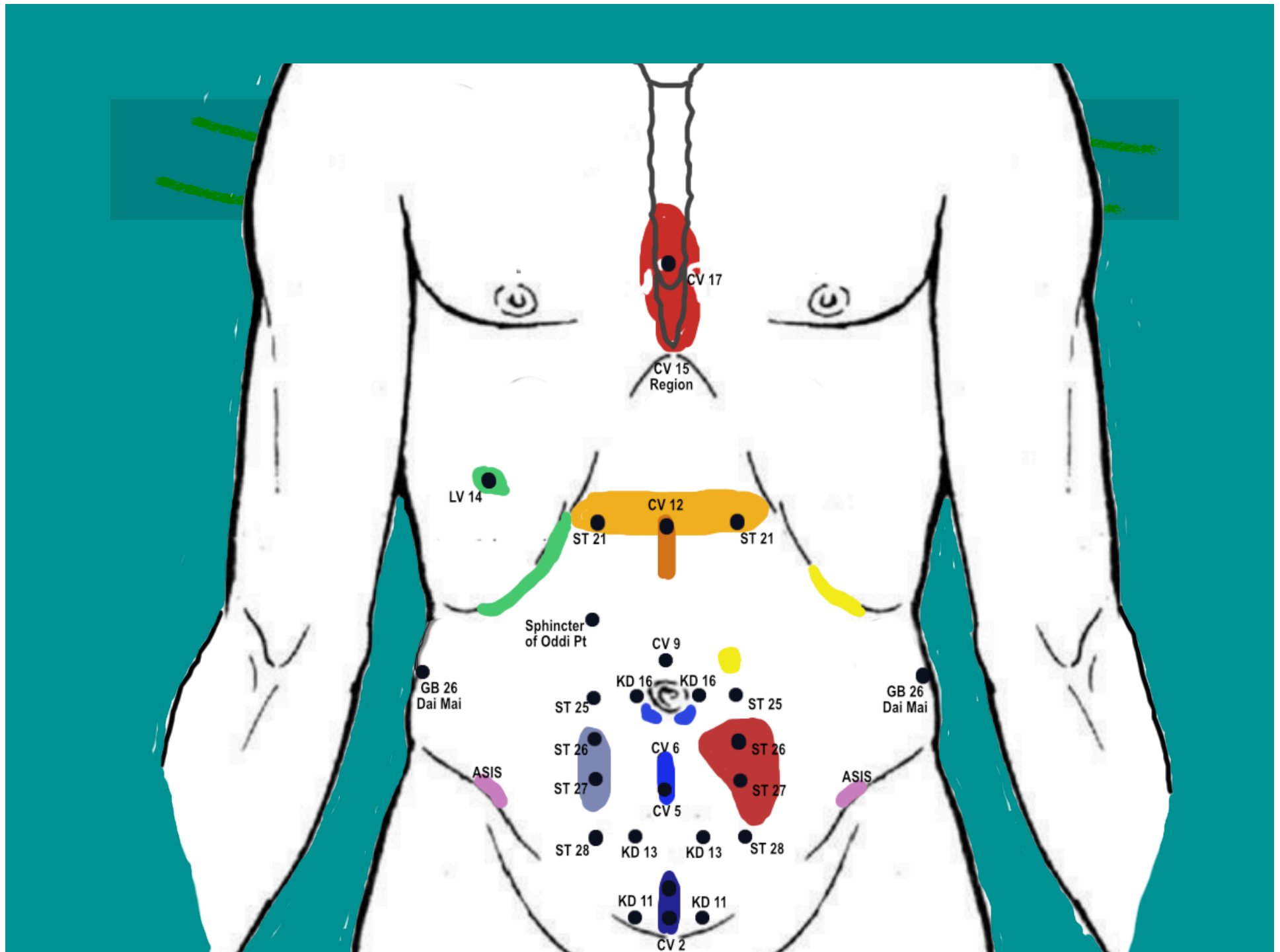
## *Root → Branch Treatment Principle*

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

# *Hara Diagnosis and 5 Phases*

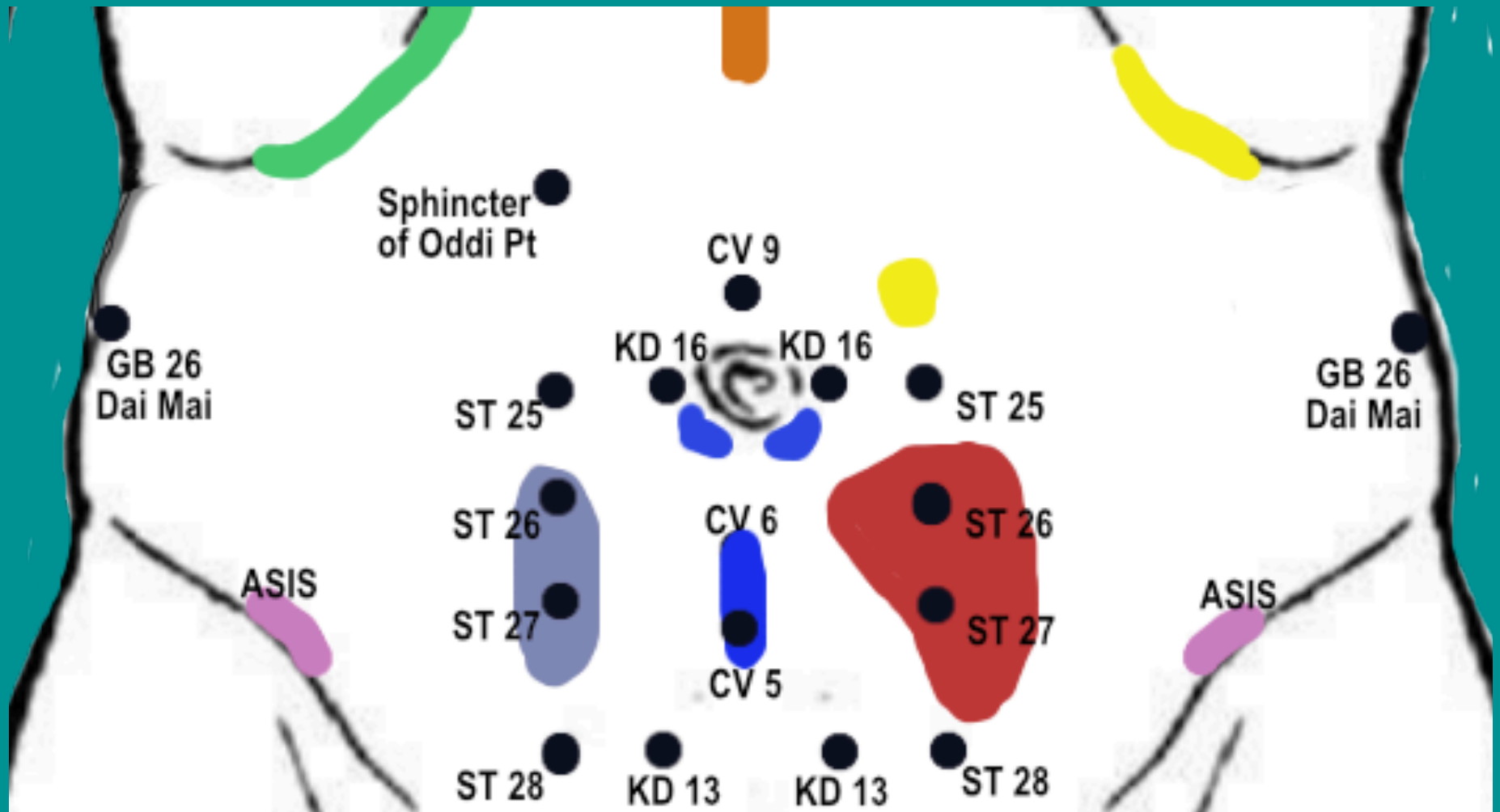






# *Oketsu and Immune*

- Oketsu Reflection
  - Left Stomach 26-27 area
    - Treatment: Left LV 4, LU 5
- Immune Reflection
  - Right Stomach 26-27 area
    - Treatment: Bilateral LI 10-11 area
      - » GUMMY HUNT



# *Oketsu – Left St 26-27 region*





# Oketsu

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

## *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))

# *Palpatory Release of Oketsu with LV 4*



*Needle goes in same as the  
finger*



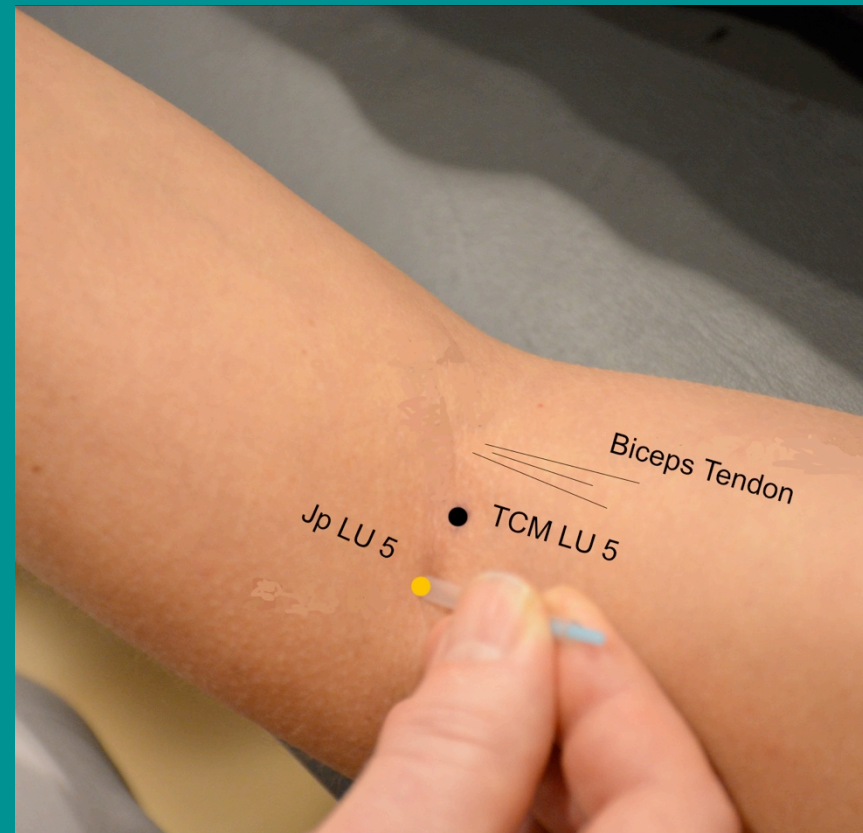


## *Left LV 4 with LU 5*

**In fascial hole medial to  
tibialis anterior tendon**



**Japanese Left Lu5 lateral to  
TCM point**



## *Immune = Lung*

- Right ST 26 to Right ST 27
- Pressure pain here often indicative of weakened or imbalanced Lung/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 )

*Immune – Right ST 26-27 region*

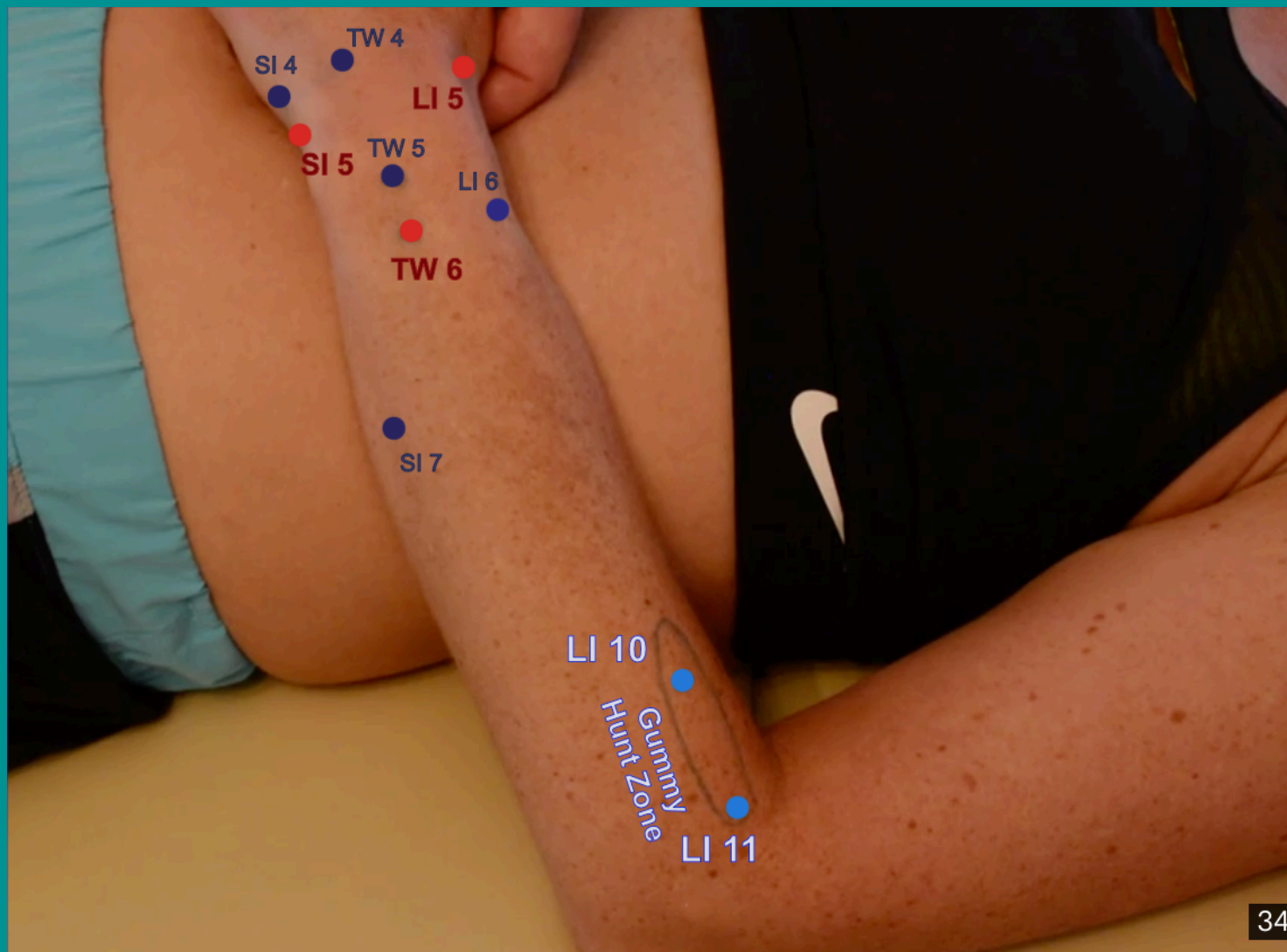


## *Treatment of Immune*

- Main treatment points are Master Nagano's immune points at LI 11 and TW 16
- 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
  - Kiiko also adds GB 37 against flow of meridian for “appendectomy” pain

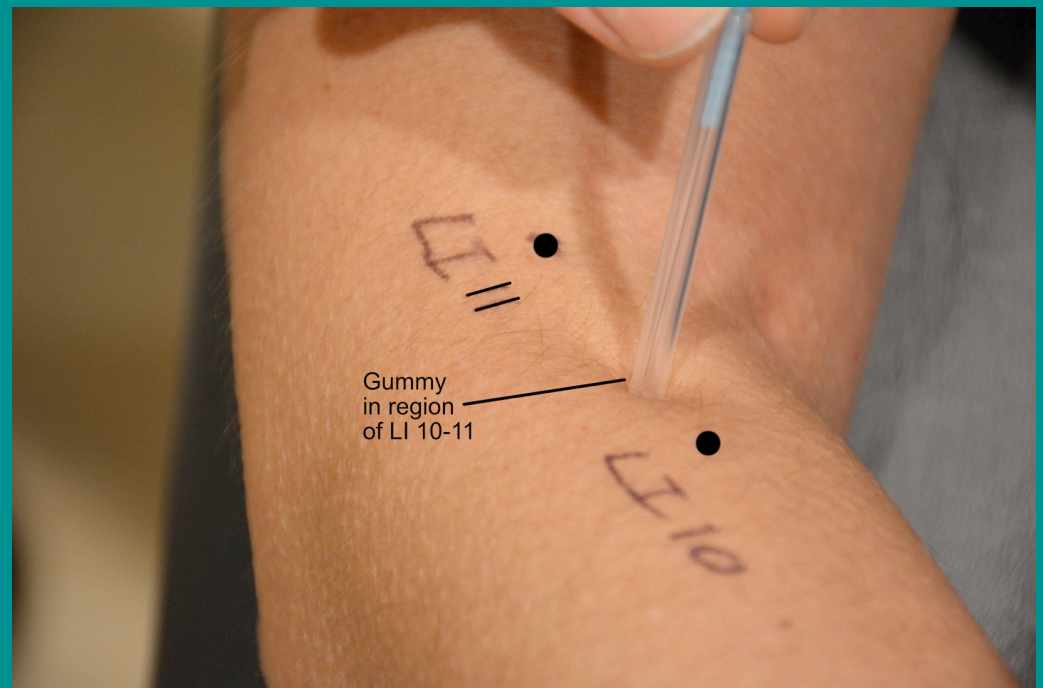


# *Bilateral LI 10 – 11 Gummy Hunt Zone*



# *Immune: Treatment Points*

- Bilateral LI 10-11 region



## *Adrenal Treatment*

- Pressure pain on KD 16 or area slightly below
  - Treat with Kid6, LU 5, and KD 27 (possibly KD 3, KD 7, KD 9)
- Dr. Manaka: Rim of umbilicus as reflection zone of kidney-
  - Treat with GB 25 (Kidney Mu Point)

## *Kidney 16 – Adrenal Reflection*

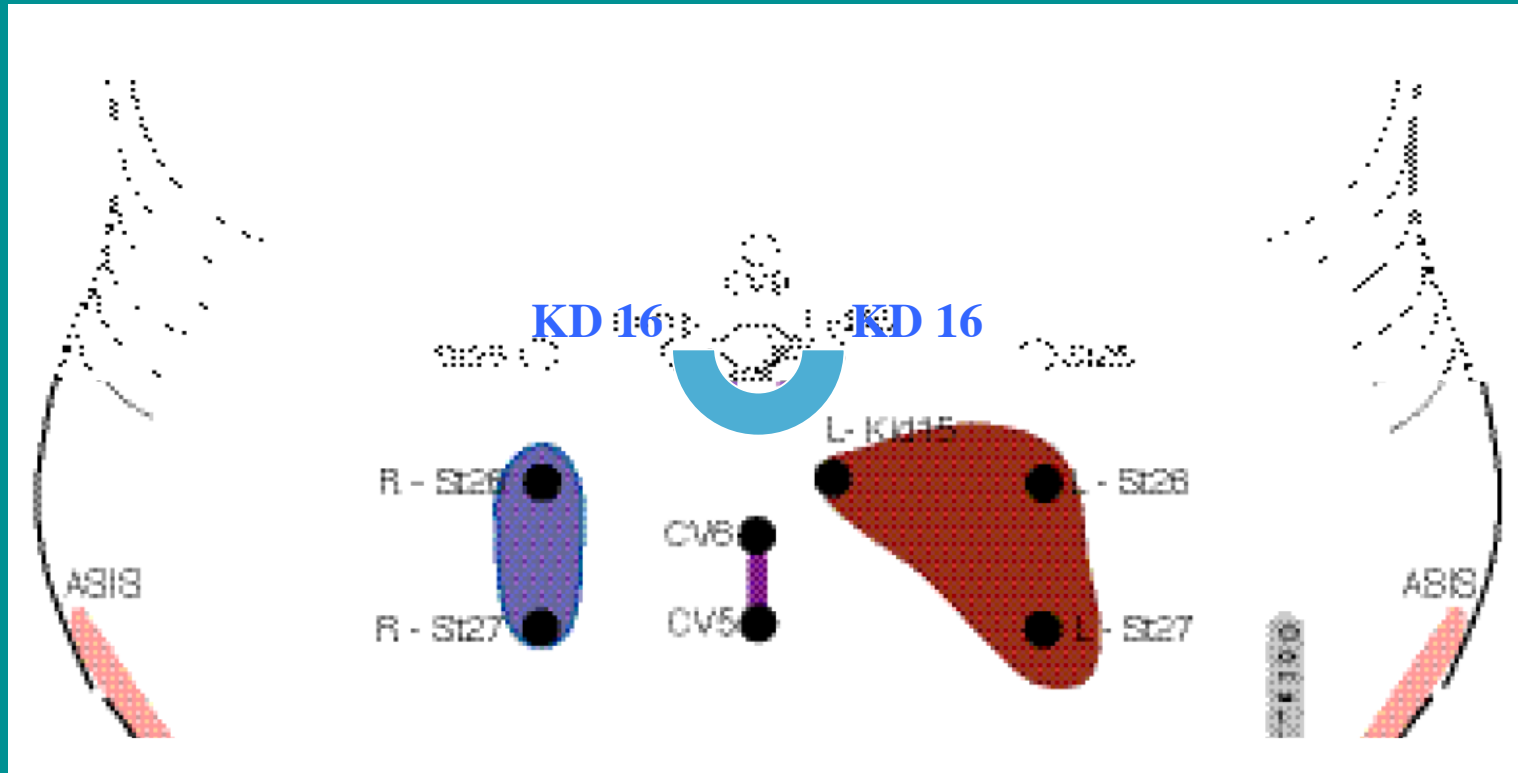
- Energetic Center of Body –Below Umbilicus
  - Underlying Source of 5 yin and 6 yang organs
  - Moving fire between Kidneys is Source Qi

# *Kidney 16 – Adrenal Reflection*

- Energetic Center of Body
  - Nan Jing states that the 12 sources emanate from the moving Qi between the Kidneys
  - Implies that the qi of the meridian system (365 points) is derived from the 5 yin organs which have 12 corresponding sources all of which are derived from the Kidney whose energetic center is the Hara

## *Kidney or Adrenal Depletion*

- Excess stress
- Fright or shock (Kidney injury)
- Lack of Nourishment to allow the creation of Post-natal Jing
  - Depletes Kidney of Pre-natal Jing

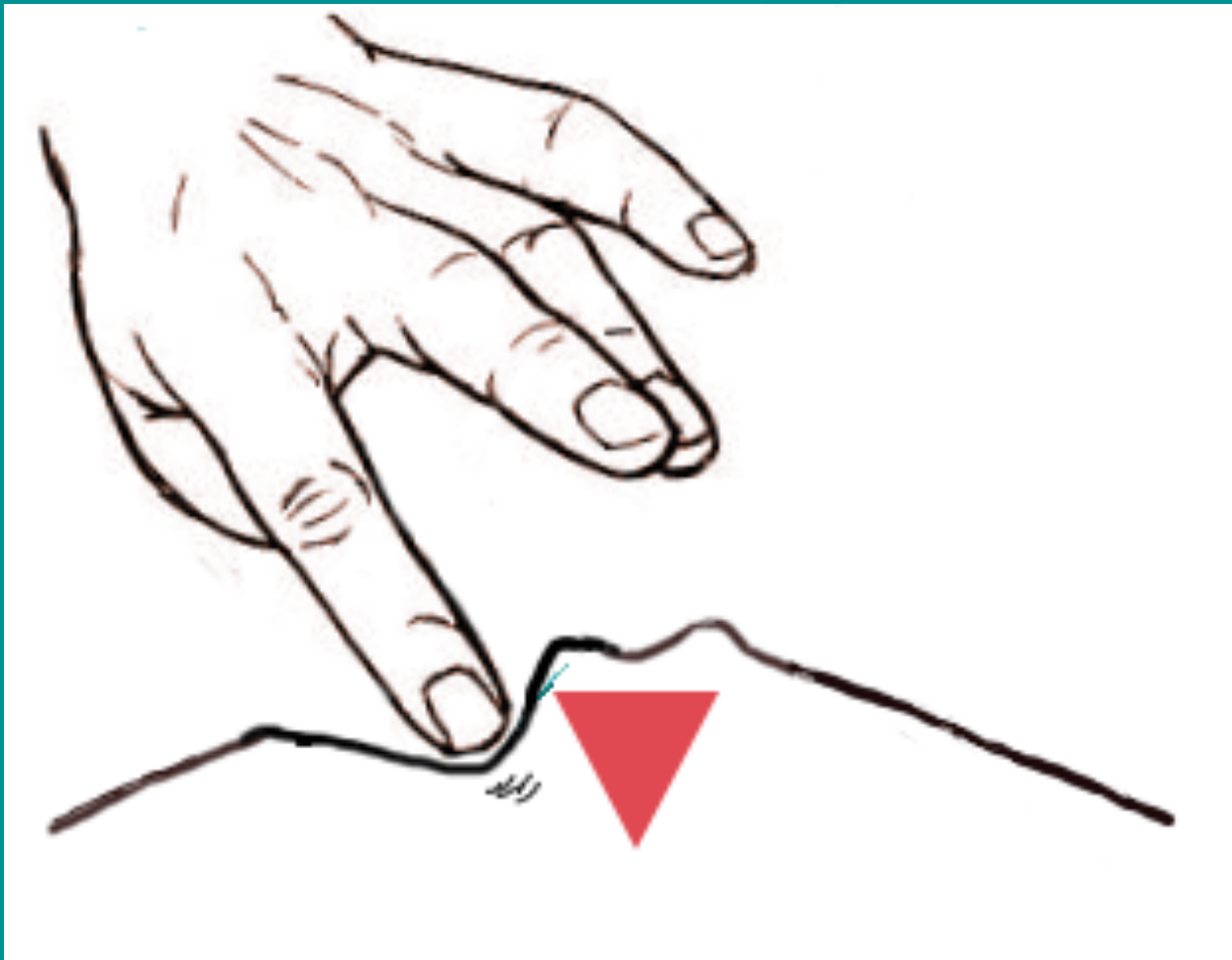


# *Adrenal Reflex – KD 16*

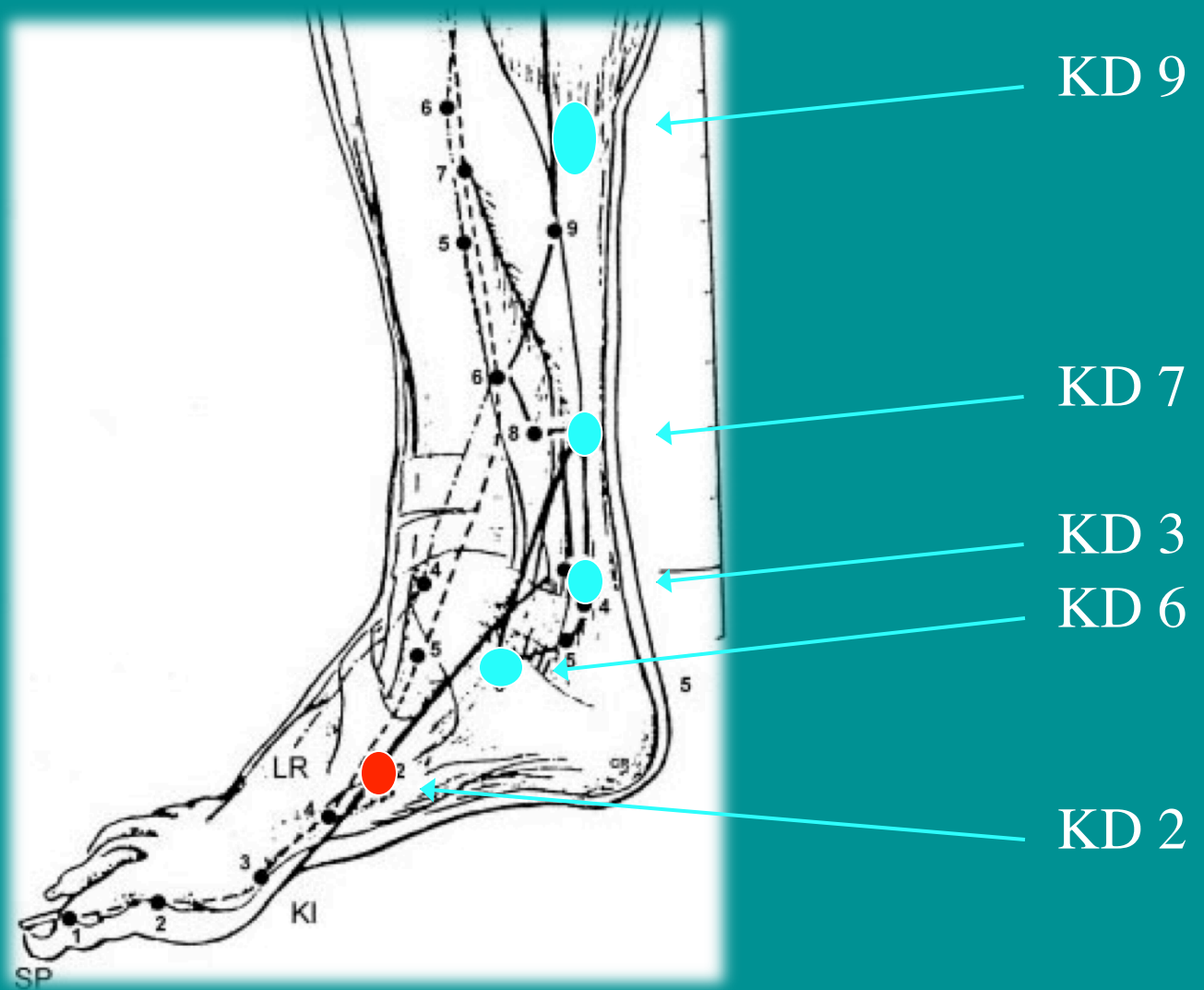




*Angle finger towards root of  
umbilicus*

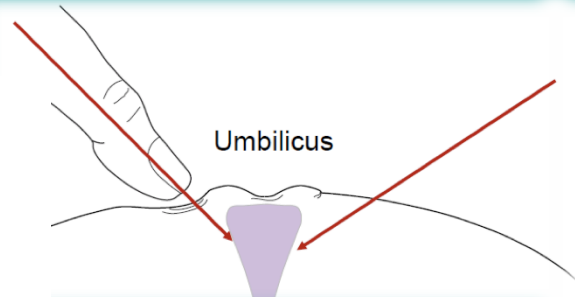
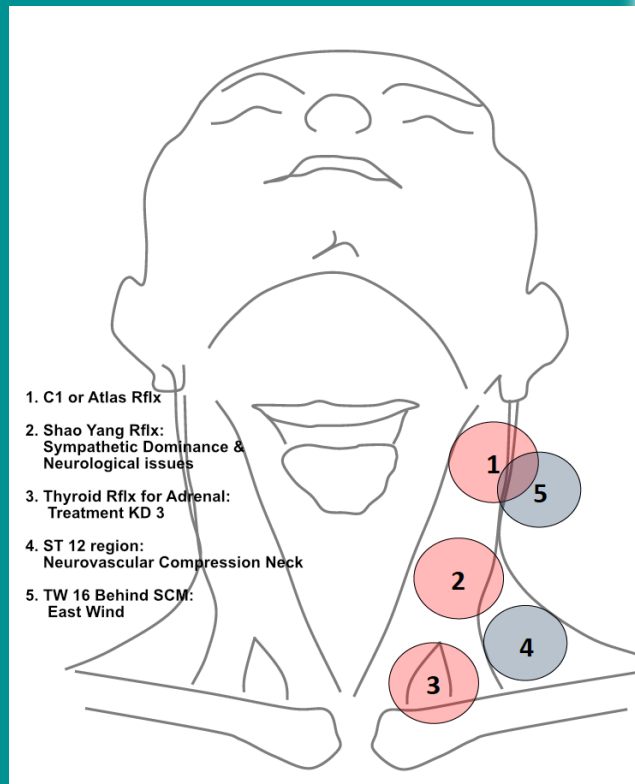


# *Treatment options*



# Adrenal Tx: Differential Dx

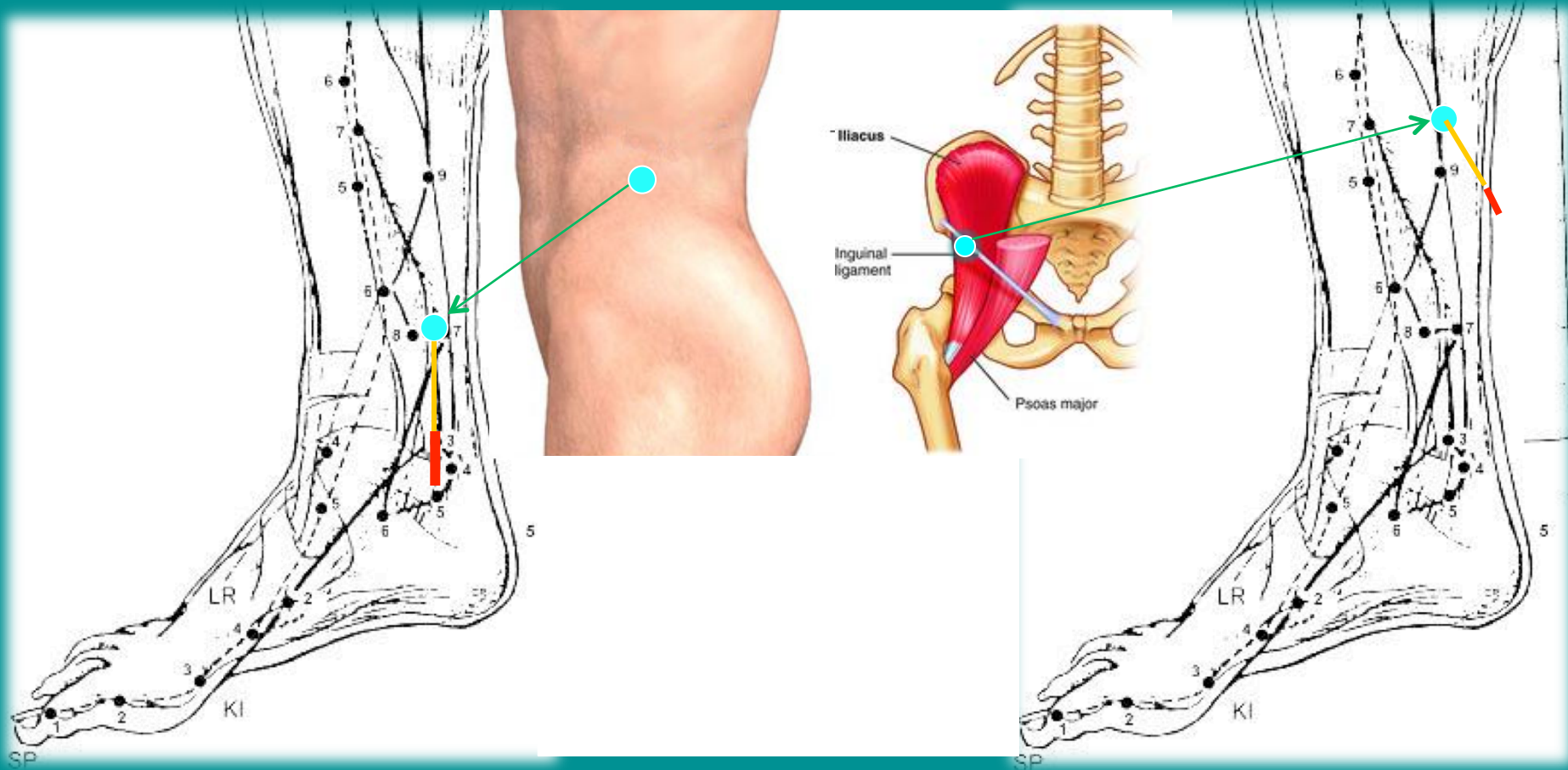
If KD 16 tender and tender at ST 9 —————> KD 3 will treat both  
or if tender at sternal insertion of SCM



# Adrenal Tx: Differential Dx

KD 7 if tender at Dai Mai (GB 26)

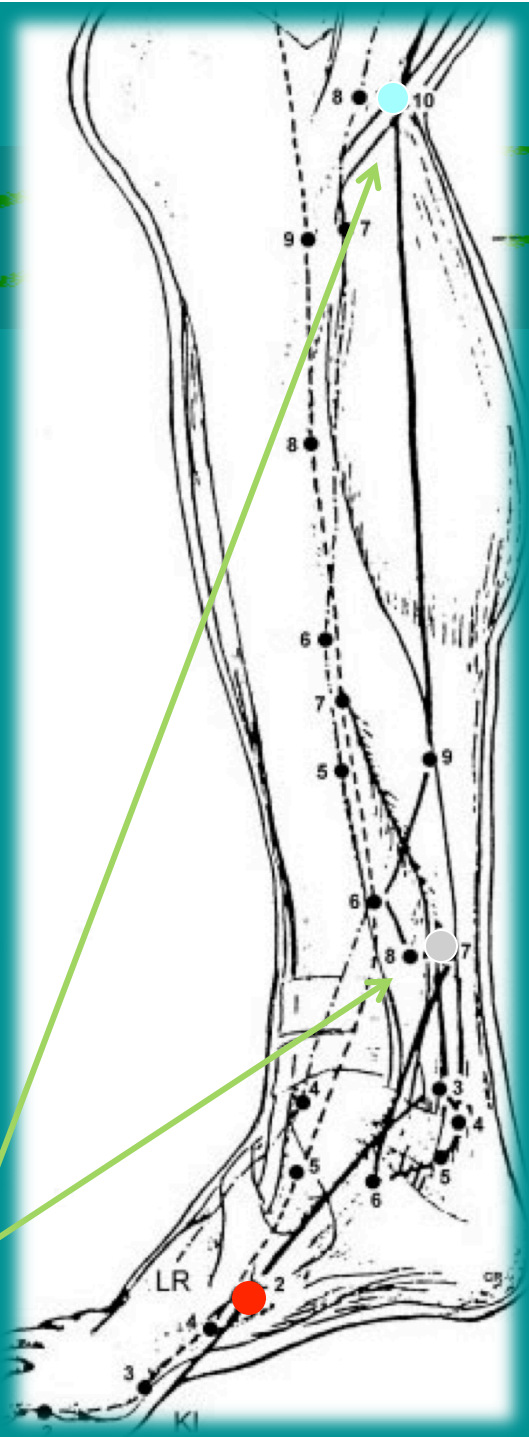
KD 9 if tender at ASIS

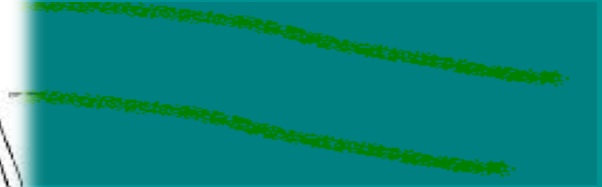
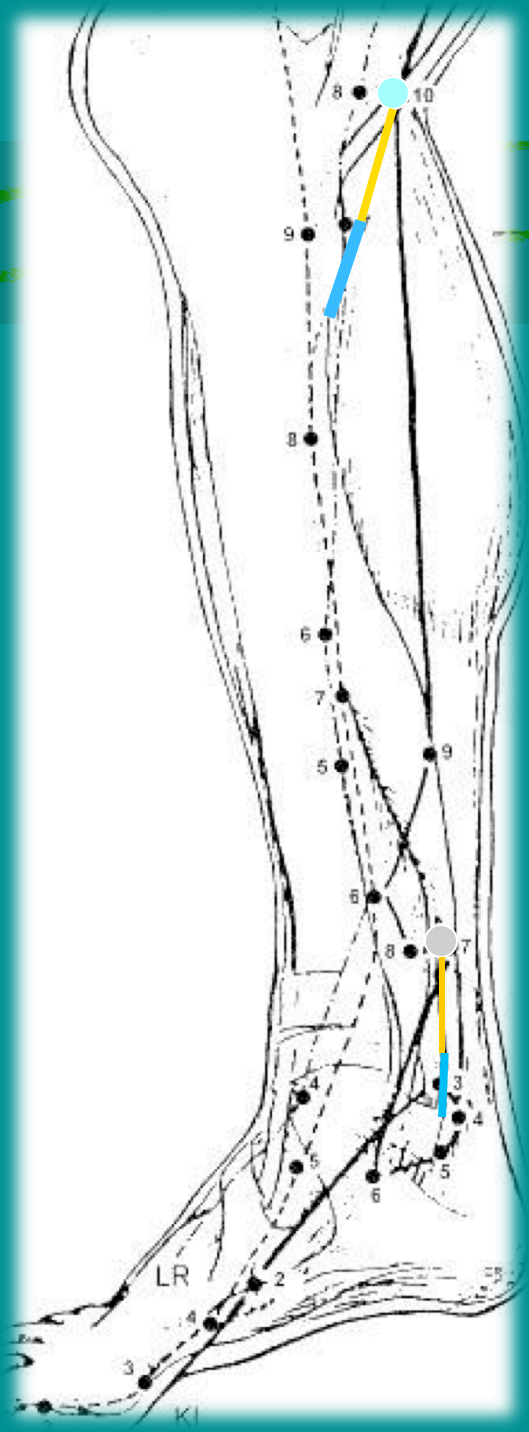


KD 10 (water)

KD 7 (metal)

KD 2 tender

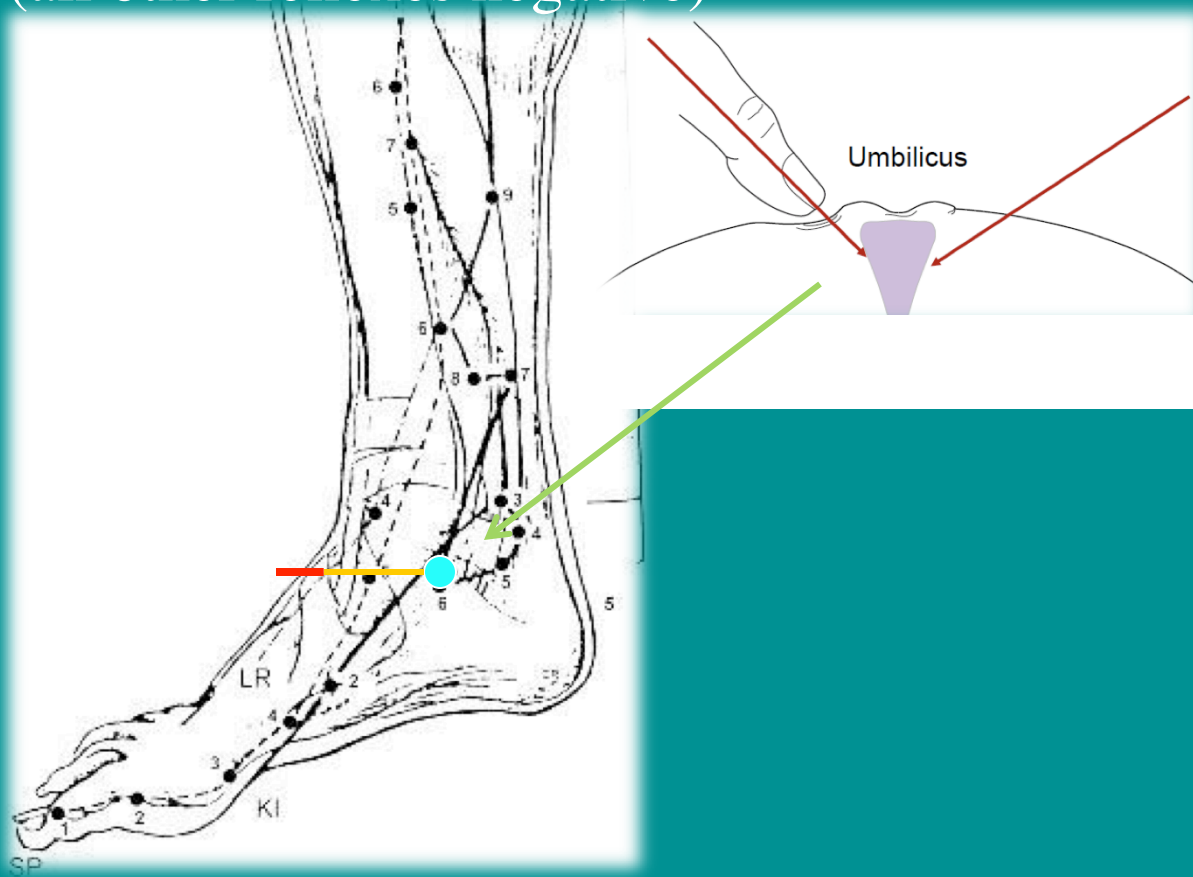






# Adrenal Tx: Differential Dx

If only find KD 16 tenderness → Treat KD 6  
(all other reflexes negative)



# *Adrenal Differential*

- If Thyroid or insertion of SCM into sternum tender “ST 9”
  - 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



# *Conclusions*

- Using Palpation of distal points to test if painful areas improve will enhance the effectiveness of your acupuncture technique and your ability to individualize treatment
- In many cases, just treating these constitutional findings will have a significant affect on the chief complaint of patient shortening treatment time
- Enhances you confidence and the patient's confidence in your skill