

Order of the Hari Treatment

Step 0

[A] Thoracoabdominal Region and Supplementary points

[B] Affected Area

[C] Harmony points, Supportive system (EV, Chigo, ----.)

Step 1

Root Treatment Primary pattern

Step 2

Root Treatment Secondary Pattern

Step 3

Root Treatment Yang Meridian

Step 4

[A] Back and Supplementary points

[B] Affected Area

[C] Harmony points

Step 5

[A] Finish needling

[B] Moxibustion

[C] Home treatment

Step 0 **Supplementary points, affected area and Harmony points**

[A] Treating the Thoracoabdominal Region and Supplementary (Alarm) points

1. Sometimes a light *sanshin* or scatter needling technique is used on the abdomen at towards the beginning of the examination. This is done when the pulse is difficult to read, and is more a part of the examination than the treatment.
2. Use a tonifying scatter needling technique on the thoracoabdominal region when there is an insufficiency of yang ki
3. If the circulation of ki and blood is judged to be poor due to water stagnation or blood stasis in the thoracoabdominal region, retained needles or a single needle technique can be used, aiming at indurations and areas of resistance or pain on pressure. The standard length of time to retain these needles is about 15 minutes.

[B] Treating the Affected Area

Treatment given on the affected area is performed while the patient is in a relaxed position. Retained needles are often used, but a single needle technique can be used afterward. When using retained needles on an affected area on the anterior aspect of the body, they are often inserted at the same time that the abdomen is being treated while the patient is in a supine position. In the case of severe symptoms, treatment can begin with the affected area in order to ease the patient's condition as soon as possible.

[C] Harmony points: See the handout of the Harmony points

Step 1 **Root Treatment: Primary Pattern**

Treatment should begin with the root treatment on the yin channels. Tonification should be used on the meridians to which essential ki is deficient.

The order to follow is given below.

A. Start by tonifying Essential Ki Deficiency that is the primary pattern of imbalance and the underlying cause of the illness. If both deficiency and excess are involved, start by tonifying the deficiency and then disperse the excess at the step 2. Sometimes tonification will be sufficient and it will not be necessary to use dispersion (Yin disease).

B. then tonifying the "Mother" Meridian and Point

"The mother" refers to the generating cycle of the five phases and the relationship between each pair of phases. Next, within each meridian there are points that are divided according to the five phases.

Step 2 Root Treatment: Secondary pattern

Treatment for Effects on the yin meridians from Essential Ki deficient (as primary pattern) it is showing as heat and cold. Tonification and/or dispersion should be used on the meridians to which cold and heat are spreading.

Step 3 Root Treatment: Yang Channel pattern

Tonification and/or dispersion should be used for effects on the yang meridians to which cold and heat are spreading.

Step 4 Supplementary points, affected area and Harmony points

[A] Treating the Back Points and Supplementary (Back Transport) Points

Areas of the back transport points reflect deficiency or excess according to the cold and heat symptomology of each pattern of imbalance. After verifying the deficiency and excess of the meridians and acupuncture points on the back, use retained needles or a single needle technique from the upper to the lower back. However, depending on the pattern of imbalance, there are times when only a single needle technique is used, just as with the thoracoabdominal region. The standard length of time to retain these needles is about 15 minutes.

[B] Treating the Affected Area

Treatment given on the affected area is performed while the patient is in a relaxed position. Retained needles are often used, but a single needle technique can be used afterward.

When using retained needles on an affected area. If they are being used on the posterior aspect of the body, they are often inserted at the same time that the back is being treated while the patient is in a prone position.

[C] Harmony points: See the handout of the Harmony points

Step 5 *Sanshin*, Moxibustion and other

[A] Finish Needling

1. A *Sanshin*, tonifying or dispersing scatter needling technique can be used over the whole back and dorsolateral of the lower limb after the retained needles have been removed. The purpose of this

is to tonify or disperse the external yang ki that flows through the greater yang channel. This will mend any mistakes that were made during the treatment.

[B] Moxibustion

1. Direct moxibustion and cone moxibustion can be applied at the same time as the abdomen or back is being treated or after.
2. Some acupuncture points will develop depressions or indurations due to a deficiency of nutritive ki (blood) and fixed pressure pain from blood stasis. Acute disorders that are accompanied by heat and that suppurate are also caused by nutritive ki (blood) deficiency. Moxibustion is appropriate in any of these cases to deliver result.

[C] Other

Intradermal needle, Press tug, Press boll

Give them homework and suggestions for improvement of living

General Rules for Treatment

1. As a general rule, the above-mentioned treatments begin and focus with the root treatment that is a treatment of the greatest importance, but that is not a rigid rule. The necessary steps must be taken according to the situation. That is, all parts and kinds of treatment have equal value. Moreover, while there is in actuality a temporal sequence to treatment, to the practitioner it feels as if everything is being done at the same time. That is why it is said that the root and local treatments are two faces of the same coin, a harmonious whole.
2. The order of local treatment is given while thinking about yin and yang. For instance, treatment starts on the lower limbs if the affected area is in the upper body, and begins in the upper body if the affected area is in the lower limbs. Treatment begins on the back if the affected area is in the abdomen and begins on the abdomen if the affected area is in the back.