

SHIRAKU 刺絡

JAPANESE SPECIALIZED BLOODLETTING THERAPY

Instructor: T. Koei Kuwahara Lic. Ac

HISTORY

60 % of the tx in Su Wen and Ling Shu talk about the use of Shiraku.

At that time, Shiraku was the central focus of an acu-tx.

Bloodletting must be used with caution because it can have side effects.

CLASSIFICATIONS OF BLOODLETTING THREE CATEGORIES

1. **Veins**
2. **Vascular spiders**
3. **Cutaneous areas of the skin**
 - which is used when you don't see vascular spiders. But you see the signs from blood stasis. There are two basic types:
 - **A:** Extremities - on the top of the head, nose, tongue, Jing points.
 - **B:** Areas of the skin

PURPOSE OF SHIRAKU

Classics say that "Ki governs blood and that blood is the mother of Ki".

- Blood provides the foundation for the creation of energy.

Shiraku is the first form of tx to be used.

- It acts as a good foundation for other forms of tx.

PURPOSE OF SHIRAKU (2)

To disperse evil Ki. Choose the meridian, which has the most stagnation of Ki.

Effective form of tx in the emergency.

Effects from tx with shiraku last for a long time, thus having the potential of reducing the frequency of txs.

CONTRAINDICATIONS - PRECAUTIONS

No absolute prohibitions to Shiraku. But in, is more cautious with the dosages and number of points used.

- 1. Cardiac problems
- 2. Hemophilia
- 3. Cerebral Embolism
- 4. Tuberculosis
- 5. Anemia
- 6. Extreme Weakness
- 7. Malignant Tumors

REACTIONS FROM BLOODLETTING

1. Cerebral Anemia, Light Headedness
2. Elevated Body Temperature
3. Fatigue
4. Exaggeration of Symptom
5. Hematoma

OVERDOSE

1. Lie the patient down and make them comfortable.
2. Give them something warm to drink.
3. Cone moxa on CV8 (navel) on a salt bed. or cone moxa or direct moxa on ST36, GV20, CV12.
4. Shiraku on the Jing points (TW).
5. Basic principle of recommended usage is to begin on the extremities and then move to other (more local) areas of the body.

EQUIPMENT/MATERIALS

1. Three-edged needle or lancet
2. Gloves and Facemask, Cotton Balls, Paper towel
3. 10% bleach solution, and in a spray bottle and bucket
4. Biohazard Containers
5. Spills - If blood gets on the table or floor put on gloves and a lab coat, Clean the area immediately with a bleach solution.

STERILIZATION - CHEMICALS

1. Bleach Solution:
 - Only one day use.
2. Gluteraldehyde or Sidex
 - One-week continuing use.

STERILIZATION

1. Must wear gloves so as not to harm your skin.
2. Sidex is very strong. After soaking wash thoroughly with water several times, and dry.
3. Only use Alcohol, is not recommended since it doesn't kill Hepatitis viral.
4. Gas sterilization is the best method but is prohibitively expensive.

CUPPING METHOD COMBINED WITH SHIRAKU

1. Lancet needles:

- Use disposable lancets for safety and convenience.

2. Gloves

- Wear latex gloves and a one-piece goggle and facemask while doing this procedure.

3. Biohazard Containers

- Use one container for contaminated lancets and other sharps.

4. Spills

- If blood gets on the table or floor. Clean the area immediately with a bleach solution.