



Hari style Hara Diagnosis

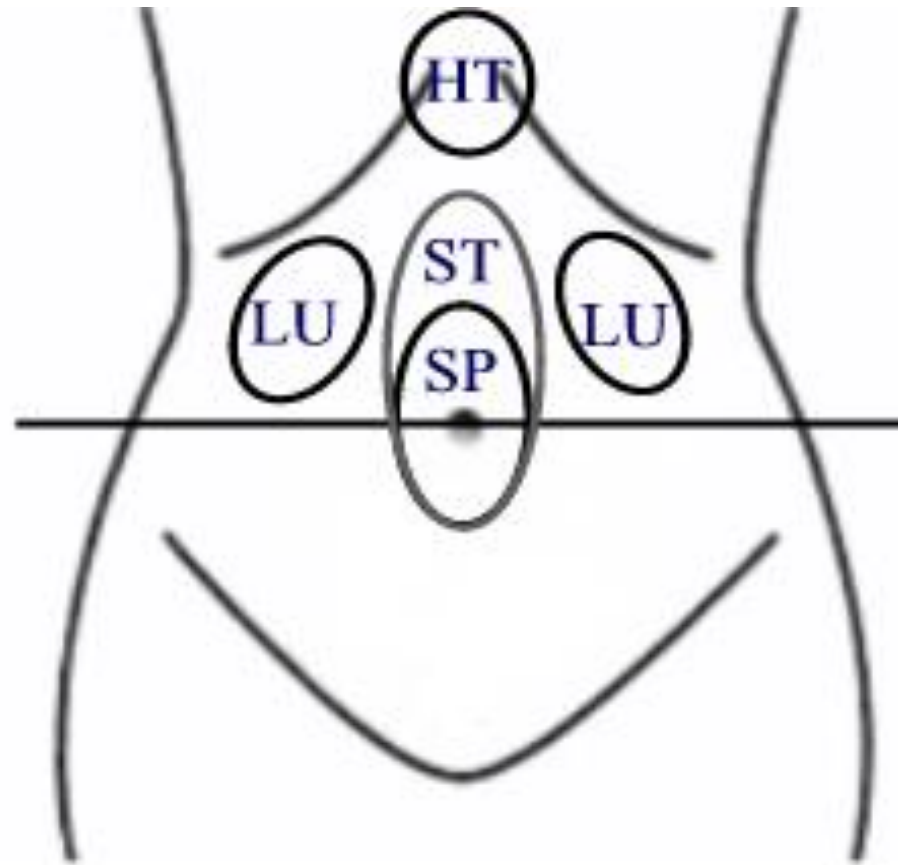
Japanese Meridian Therapy:
Abdominal diagnosis

President of The Hari Society
T. Koei Kuwahara LAc.

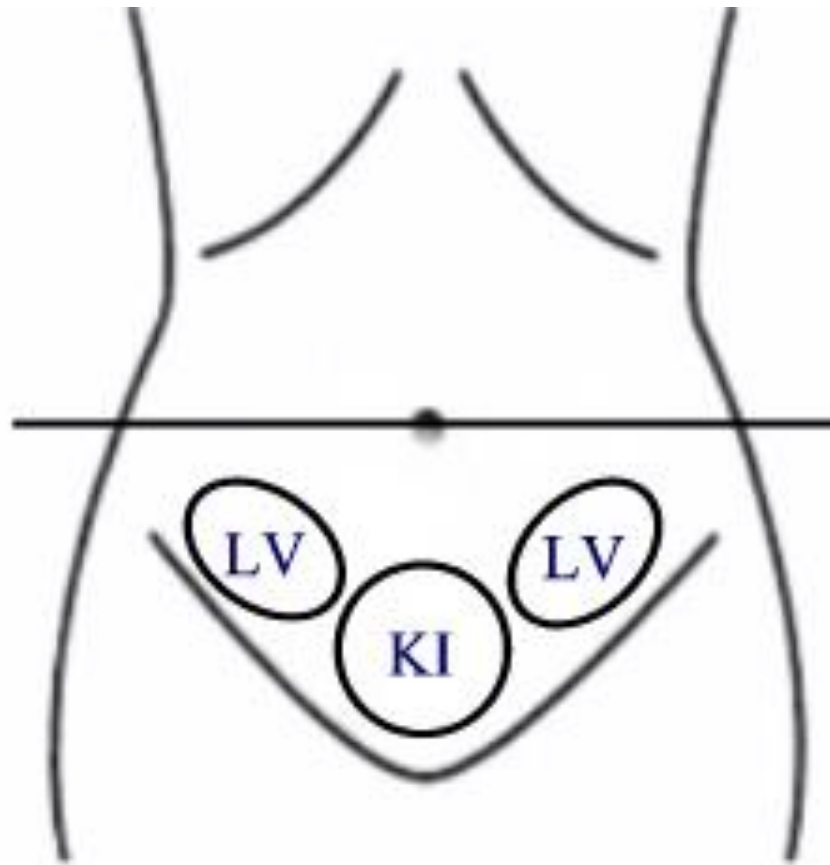


Four type (Hara) constitution

Ki DX on the upper (Taifuku) Hara

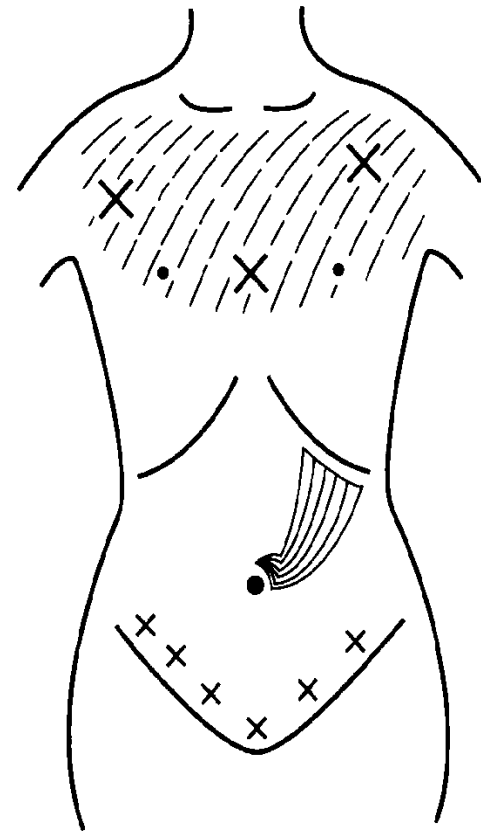


Ki DX on the lower (Shofuku) Hara



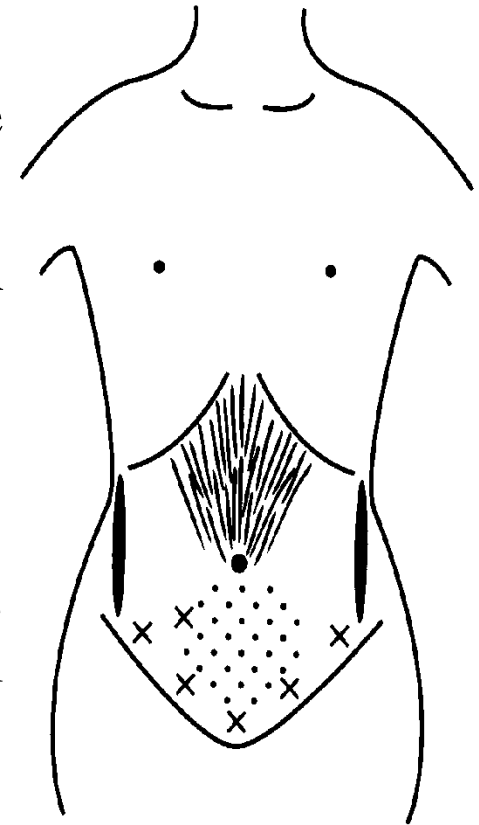
Liver Deficiency Heat

- ✿ Left subcostal tension, LR[*shaku*].
- ✿ Pulsations: side of the navel up to CV-9
- ✿ Irritability
- ✿ Deficient heat will rise up, causing LU-1 and CV-17 to exhibit pressure pain and feel hot to the touch.
and have a cold lower body.
- ✿ Resistance and pressure pain extending from the superior aspect of the pubic bone through the superior portion of the inguinal area.



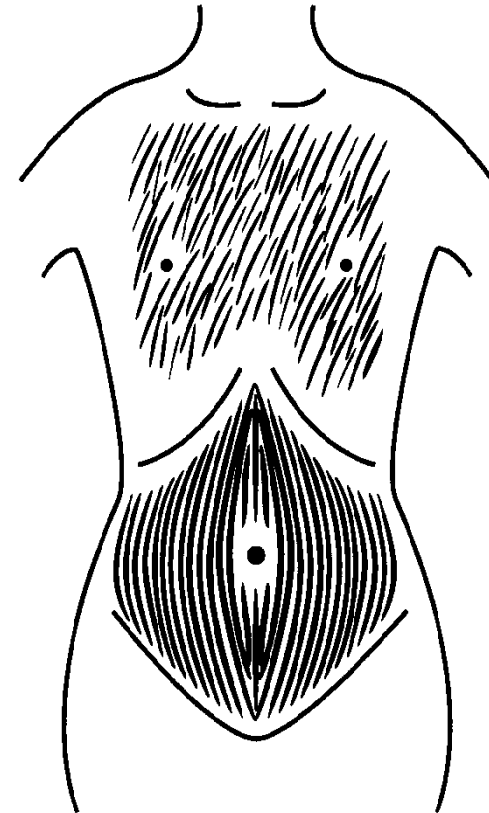
Liver Deficiency Cold

- ❖ Coldness in the chest
- ❖ Upper abdomen will be tense and feel stiff on the surface.
- ❖ There will be a little resistance and pressure pain around ST-25 on both sides of the navel.
- ❖ Resistance/pressure pain in the ileocecal area.
- ❖ Tension in both lateral extremes of the abdomen, pressure on the superior portion of the inguinal area to the superior aspect of the pubic bone.
- ❖ lower abdomen will be soft, weak, and cold.



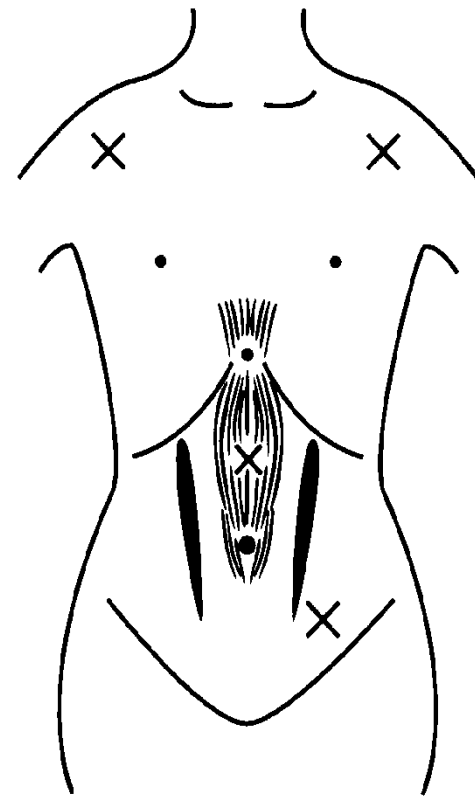
Spleen Deficiency ST Ex. Heat

- ✿ The entire chest will feel very hot.
- ✿ The whole abdomen will be distended that has the strong resistance.
The strongest resistance will be felt in the epigastric region around CV-14.
- ✿ The lower abdomen along the CV line will feel slightly less resistant in most cases due to a deficiency of Kidney fluids caused by heat in the Stomach and Intestines.



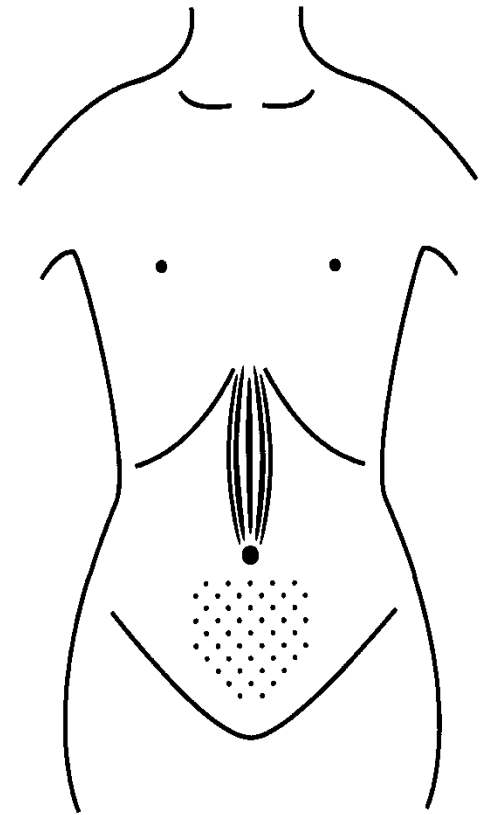
Spleen Deficiency ST Def. Heat

- ✦ Resistance and pressure pain in the epigastrium, centering on CV-12.
- ✦ Stomach channels on both sides will be tense from ST-19 to below ST-25.
- ✦ Area around the navel may reveal pressure pain upon light pressure
- ✦ Pulsations may be felt at CV-9 in some patients. If they extend up as far as CV-14 the condition will be difficult to cure.
- ✦ Pressure pain on the LU-1 points, and from ST-25 on the left to the area of the sigmoid colon.



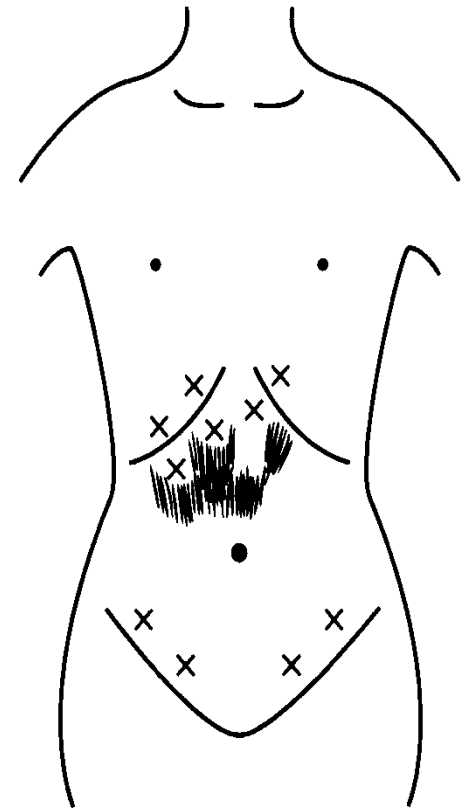
Spleen Deficiency Cold

- ✿ In a severe pattern the whole abdomen will be depressed and no resistance.
- ✿ Light a little resistance will be felt in the area centering on CV-12.
- ✿ If there happens to be phlegm retention at this time, then resistance and pressure pain will appear also at CV-14.



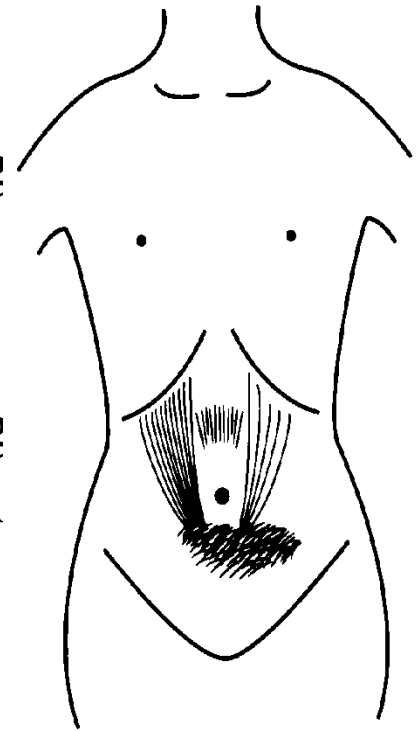
Spleen Deficiency LR Ex. Heat

- ✿ There will be edema (water retention) and pressure pain above and below the costal arch on both the left and right sides, but especially on the right.
- ✿ LR excess heat, Below the costal arch there will be resistance that may extend from LR-14 to the area around CV-14.
- ✿ If there is only resistance and no pressure pain, then the LR excess was caused by blood stasis and not by heat.
- ✿ Resistance and pressure pain in the epigastric region centering on CV-12.
- ✿ Inguinal region there will be pressure pain



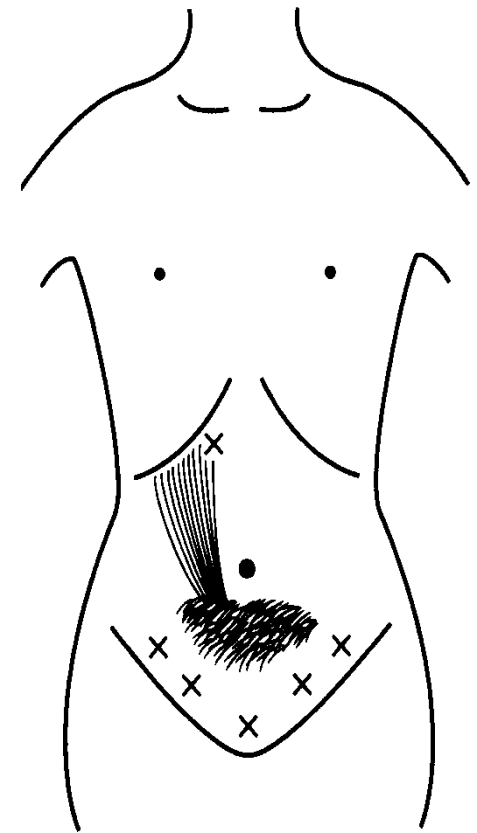
Spleen Deficiency LR Ex.

- ✦ Rod extending from ST-19 in the subcostal area down to ST-25 at a width of ST-19 to LR-14.
- ✦ No pressure pain, and the tension will be mainly on the right side. In the *Nan Jing* is referred to as Lung accumulation.
- ✦ Resistance, pain in the area centered on CV-12.
- ✦ Resistance, indurations, and pressure pain extending from below ST-25 on the left, going under the navel and over to below ST-25 on the right.
- ✦ New blood stasis will show signs mainly on the left while longstanding blood stasis will show signs extending from just below the navel to the area below ST-25 on the right.



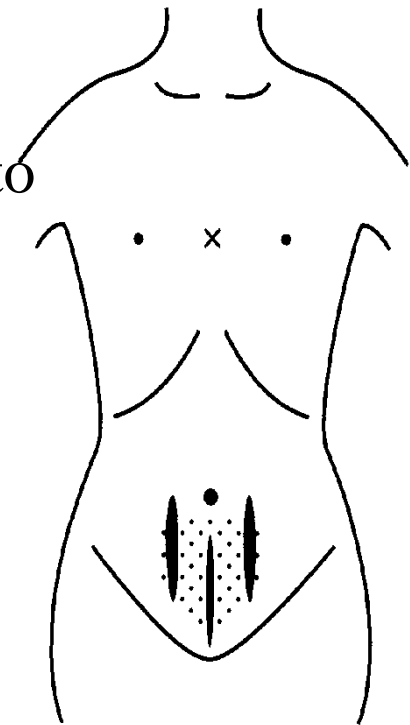
Lung Deficiency LR Excess

- ✦ Subcostal tension on the right side, which corresponds to Lung accumulation.
- ✦ ST-19 on the right side will reveal pressure pain and resistance, which is caused by overeating and stress.
- ✦ Lower abdominal blood stasis just below and to the sides of the navel.
- ✦ Resistance and pressure pain, the superior portion of the inguinal region and the area above the pubic bone and in the ileocecal area.



Kidney Deficiency Heat

- ✿ CV line will be deficient below the navel. and below the navel may feel like it has a pencil-sized core.
- ✿ ST channel will feel tight on both side, which is due to the spread of deficient-type heat from KD to ST channel .
- ✿ If CV-17 reveals pressure pain and the whole chest feels hot to the touch, special care needs to be taken since this is a precursor to heart disease.
- ✿ May be resistance in the epigastric region



Kidney Deficiency Cold

- ✿ Lower abdomen will be protruding yet will lack strength. The patient will be aware of intestinal movements.
- ✿ It may feel like their skin is directly attached to the internal organs, in which case the skin will of course be quite wrinkled.
- ✿ The whole abdomen will feel rather cold to the touch, which is caused by the lack of sufficient heat to create resistance.

