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HARI
HANDBOOK
OF TRADITIONAL JAPANESE
ACUPUNCTURE

SHIRAKU THERAPY

**(Japanese Specialized
Bloodletting)**

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BLOODLETTING METHODS

HISTORY

Bloodletting has been used as a form of treatment in China since ancient times. When you read the inner classic with special attention to Bloodletting, sixty percent of the treatments in the *Su Wen* and *Ling Shu* talk about the use of bloodletting. At that time, bloodletting was the central focus of an acupuncture treatment. Today its use is not that common! However, Oriental medical literature resumed its interest in bloodletting about 200-300 years ago.

Chinese philosophy believed it was not good to injure the skin. This led to the decline of the bloodletting method. Once it was an effective form of treatment, but it became misused and many people died. Bloodletting must be used with caution because it can have side effects. If we cause a worse condition for the patient, this embarrasses acupuncture in general delete this it is awkward. Insert An acupuncturist should take precautions to ensure that a patients' condition improve under his/her care.

The classics say that “Ki governs blood and that blood is the mother of Ki”. Blood provides the foundation for the creation of energy in the body. According to the Nan-Jing, “bloodletting is used to treat the basic problems of the body”. It states:

“Bloodletting is the first form of treatment to be used on the patient. It acts as a good foundation for other forms of treatment”.

CLASSIFICATIONS OF BLOODLETTING - THREE CATEGORIES

1. **Bloodletting of veins** - whereby a hypodermic needle is injected to remove 200-300cc of blood. At one time this was in popular use as was the use of leeches, but now it is not used very much by Western medicine. In some cases, people died from excessive blood loss.
2. **Bloodletting on vascular spiders** - takes much less blood than venesection, from 2-3 drops to 20cc on average.
3. **Bloodletting on 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:** Bloodletting the extremities - on the top of the head, nose, tongue, Jing points.
 - B:** Bloodletting on areas of the skin

PURPOSE OF BLOODLETTING

Venesection - reduces the blood pressure that helps in diseases such as high blood pressure, cerebral hemorrhage, and carbon monoxide poisoning. It is used as an emergency method of treatment. So next time you get a severe headache there is no need to go to the Red Cross. Try it. This bloodletting method gets the maximum effect by drawing the minimum amount of blood. This method is based on information drawn from the classic texts *Su Wen* and *Ling Shu*.

Acupuncture and moxibustion are primarily used to regulate Ki circulation, whereas bloodletting is used to regulate the circulation of blood. Accurate diagnosis of the circulation of blood in the body is essential in order to correctly use this method of bloodletting. When conditions are excess, bloodletting is indicated. But we must ask ourselves what is the condition of the blood? For example, we know that blood congestion results from Ki stagnation or from some physical problem, which contributes to blood stasis. (i.e. trauma, contusion...). Bloodletting methods vary depending on the conditions and causes of the blood problems. This is why a thorough Oriental medical diagnosis is very important to making the best use of bloodletting.

We can also use bloodletting for the treatment of local problems. For excess conditions – Disperse, for deficiency conditions -Tonify. The basic treatment principle is to tonify the deficient essential ki in the organs and balance the Yin/Yang and Five Phases. Bloodletting is a convenient method to treat the basic problems of the body as well as an effective form of treatment in an emergency situation.

It has a powerful effect on the extremities. It's effects last for a long time, thus having the potential of reducing the frequency of treatments. Tonification and dispersion without bloodletting takes longer. It becomes more efficient when combined with bloodletting.

Bloodletting is good for high blood pressure. It is also effective for low blood pressure, stroke, and pre-stroke. When signs of stroke appear, it is very effective. Approximately 60% of patients who are pre-stroke have high blood pressure.

Common disorders for using bloodletting include: flu, tonsillitis, infantile and adult asthma, gynecological disorders especially menopause, neuralgia, paralysis, lumbago, headache, stiff shoulder, gastric disorders, skin problems, hemorrhoids, drug toxicity, contusion, frost bite.

CONTRAINDICATIONS - PRECAUTIONS

There are no absolute prohibitions to bloodletting. But in cases of cardiac problems, anemia, hemophilia, is more cautious with the dosages and number of points used.

1. Cardiac problems - Be especially careful with cardiac conditions that have an organic origin i.e. myocardial infarction. In these patient's removing blood from the back of the shoulder, can be extremely dangerous. Treating cardiac neurosis is generally acceptable. Bloodletting on the extremities improves general blood circulation. This causes the blood flow to become very active which can burden the heart. We must judge how much bloodletting a person can take without causing adverse reactions.
2. Hemophilia
3. Cerebral Embolism - except for bloodletting the Jing points which can improve the overall condition.
4. Tuberculosis - Avoid bloodletting. Again, bloodletting the extremities can be helpful in relieving symptoms.

5. Anemia - Local anemia is also no problem, but with systemic anemia we must use caution. This condition may be the result of a LR deficiency or a SP deficiency + yang deficiency.
6. Extreme Weakness - If a patient's condition is rapidly weakening, think carefully about using bloodletting.
7. Malignant Tumors - In a cancer that is advancing quickly, if we consider the condition of the decrease in the blood supply, we may not use bloodletting. This may make the condition worse. They may eventually die because of a decrease in the quantity of blood.

REACTIONS FROM BLOODLETTING

CEREBRAL ANEMIA, LIGHT HEADEDNESS

The most common reactions from bloodletting are a light degree of cerebral anemia or light-headedness, which can also happen with acupuncture. Explain this to the patient so as not to scare them or put them in an unforeseeable situation. Although less common the patient may get chills or break out in a cold sweat. Use bloodletting judiciously in a patient who is neurotic or sensitive.

ELEVATED BODY TEMPERATURE

Bloodletting may elevate the body temperature slightly. This is considered a good reaction, if it doesn't last for a long period of time. A one degree Celsius change is typical of a good reaction. On a negative note, the patient may get cold hands and feet or immediately get chills, which can last for 5 or 10 minutes. When blood stagnation suddenly moves, one can feel cold sensations in various part of the body.

FATIGUE

The patient may feel a sense of fatigue. If they have cold hands and feet, wait for them to warm up before doing bloodletting so as not to have as severe a reaction. In other words, don't do bloodletting when they first come in, especially in the wintertime. Remember, bloodletting and acupuncture may cause temporary fatigue. This should not cause great concern, as it is part of the healing process, which permits relaxation to occur. In an ideal situation, a patient should rest for 24 hours after the treatment

EXAGGERATION OF SYMPTOM

In some cases, the pain may get worse after bloodletting. A stiff shoulder may get worse the next day. This seems to happen often with chronic problems. Let the patient know that this may happen and that it is a *temporary* condition. Be especially careful in the treatment of rheumatoid arthritis and reconsider bloodletting. Do not take too much blood.

HEMATOMA

A hematoma or blood congestion resulting from cupping can last for 5-7 days. This is a good tool for diagnosis.

1. The more congestion that exists, the greater the degree of blood stasis.
2. If a patient has a bruise for a long time, a high degree of bloodletting is indicated. We must use it repeatedly on this patient.
3. We can't leave marks on the face from cupping or bloodletting. But we can use the momentary or moving cupping method. However, this may also cause the appearance of varicose veins, so don't use strong cup suction or deep cuts. Always avoid the arteries and major veins with the lancet.

OVERDOSE

In case of overdose, or adverse reactions.

1. Lie the patient down and make them comfortable.
2. Give them something warm to drink.
3. Burn cone moxa on CV8 (navel) on a salt bed.
or burn cone moxa or direct moxa on ST36, GV20, CV14.
4. Bloodletting on the Jing points (TW).

A basic principle of recommended usage is to begin on the extremities and then move to other (more local) areas of the body. For example with a stiff shoulder, if you apply bloodletting directly to the shoulder it can cause problems.

1. Use the appropriate Jing points first
2. Next proceed to a more local treatment.

CUPPING METHODS AND USAGES

Cupping is a method, which is sometimes used with bloodletting; it is also used to treat blood stasis conditions. Cupping creates a temporary state of blood congestion that ultimately promotes the flow of blood and reduces stagnation. As mentioned above it can be useful as a diagnostic tool. With this in mind it is easy to see why it has value when used in combination with bloodletting. This warrants a brief introduction to cupping and its role as part of the bloodletting method.

STERILIZATION METHODS - CHEMICALS

1. Bleach Solution: store bought bleach (Sodium Hypochloride) is a 5.25% pure solution, which is too strong for our purposes. Make a diluted solution of 1 cup of bleach to 9 cups of water for the correct concentration. Let the cups soak for 1 hour and make sure that all blood is completely off of the cups.
2. Gluteraldehyde or Sidex both from Johnson & Johnson can be used as is. Soak cups for 10-30 minutes or as per directions.

These chemicals breakdown the blood proteins, so you must wear gloves so as not to harm your skin. Sidex is very strong. After soaking wash thoroughly with water several times, and dry.

Alcohol is not recommended since it doesn't kill Hepatitis. Don't soak the rubber part of the cup because it will eventually deteriorate. Gas sterilization is the best method but is prohibitively expensive.

CUPPING METHODS

Generally cupping doesn't involve contact with blood. There are several ways it can be used:

1. Apply cups and leave for a while.
2. Apply cups and move along the body by first using an ointment as a lubricant for the cups.
3. Cup momentarily, remove and move to another location.
4. Cupping with herbs inside
5. Cupping over needles.

6. Cupping over bloodletting.

CUPPING METHOD COMBINED WITH BLOODLETTING

1. Lancet needles: Use disposable lancets for safety and convenience. Those for diabetics are OK. Disposable 3 edged needles are the best, but are not disposable and tend to be expensive. Korean 3 edged disposable lancets are good to use.
2. Gloves - We must wear latex gloves and a one-piece goggle and facemask while doing this procedure. Use the mask only when blood may spray, i.e. while cupping over bloodletting,
3. Biohazard Containers - Use one container for contaminated lancets and other sharps. Use another container for bloody cotton, gloves, and other bloody non-sharps.
4. Spills - If blood gets on the table or floor put on gloves and a lab coat. Clean the area immediately with a bleach solution.

TYPES OF CUPPING METHODS

1. Glass Cups - Glass cupping sets are the best and most economical. Glass cups are more comfortable for the patient than plastic.
2. Bamboo, Bone, Plastic
3. Electric Cupping - Makes it easy to control suction pressure especially when hair on the body is involved. Hospitals use a simple pump to rid phlegm. This can be adapted for cups.
4. Fire Cups - the oldest method, can be dangerous to the patient

In general cupping is popular as a folk medicine and is a low risk, effective, easy to use technique becoming more popular in the United States.

EXAMPLES OF USING CUPS

OPI - AVERSION TO COLD

In Oriental medicine this is seen as a weak LU meridian, organ or insufficient Wei Ki, In addition, when the Taiyang meridians are weak, pathogens may attack the surface of the body. We must treat the root cause of the problem first. The treatment may be for LU or SP deficiency since the SP is the mother of LU. For an overall weak or deficient condition use CV & GV points. Tonify deficient areas like the Back Shu Points BL13 or BL20; or front Mu Points LU1 or LR13 if weak. LR13 is not often used. For an overall deficiency add CV12 or CV4.

TONIFICATION

For tonification manually pump at 40-50cm of pressure for 10 seconds. Any longer than that the technique becomes dispersive. Tonification can also be applied with a weak suction for 10 min.

To perform tonification technique use 3-5 cups on an area like the abdomen or back for 10 seconds. You can use more cups for tonification, but for a shorter period of time. When calculating the overall dosage remember that more is not better. An acupuncture treatment is not like housecleaning; less is better, but too

little may not be enough. For patients who are more excess, use more cups and leave them for a longer time. For example, in clearly deficient conditions we may use one cup on the abdomen and three cups on back.

DISPERSION

At the onset of evil Ki attacking the Taiyang meridians, or to treat the overall back in general (BL - SI meridians) place cups on GV14, GV12, and GV8 to move the Ki in the Yang meridians. Joint pain signifies an imbalance in the SI channel; disperse S111 using full suction for 10 minutes. If this is too much for the patient keep the cups on for a shorter period of time.

For relief of severe muscle tension, use cups over needles. Be selective of the points used, the CV and GV channels are usually good. Choose at least 1 point on the GV or BL line around GV12 to GV14, where stagnation tends to accumulate. About 50% of all patient are stagnate in the T1-T7 area. Always look for a change in blood stasis after using cupping and bloodletting.

Contraindications — no absolute criteria, use your own discretion.

BLOODLETTING JING -WELL POINTS

According to Western physiology, the greatest amount of the Cerebral cortex's function is used for the operation of the hands. This allows fingers to be flexible and move well. Smooth and constant usage of the hands stimulates brain activity. Games that involve finger dexterity are good for the elderly to stay young. It also affects the autonomic and sympathetic nervous systems.

In Oriental medicine it is believed that blood gathers from distant areas just like water in a well. Just as with well water, when we check the quality of the water, it tells us something about the quality of the soil around it.

The *Ling Shu* talks about the transmission of evil Ki. It says that evil Ki stays in the Luo vessels for a longer time than in other vessels. Bloodletting helps to get rid of evil Ki from there. Treating the extremities with bloodletting releases the stagnation in the Luo vessels. It also helps meridian and organ problems. For example, bloodletting LI1 smoothes out the stagnation in the entire LI meridian.

Jing-Well Points are located at the nail beds of the fingers and toes. It is an area of the vascular system where the artery and vein connect with each other. This area stagnates easily from any abnormality in the body. This makes it is an easy area to check for problems.

Since bloodletting the Jing-Well Points is often an emergency treatment it is helpful to use the symptoms in diagnosis and find the affected meridian. Bloodletting will smooth and disperse evil Ki. Choose the meridian, which has the most stagnation of Ki. For example, With an OPI who has a runny nose, sore throat, lumbago, etc. may affect the LI, SI, and BL meridians. Check each of the Jing-Well Points visually and by touch, if they are indicated, then bleed them.

STEPS OF TREATMENT

Equipment

1. Three-edged needle or lancet
2. Rubber gloves
3. Cotton Balls
4. Alcohol
5. 10% bleach solution in a spray bottle

DIAGNOSIS

1. Decide from the pulse and abdomen, whether the condition is an overall deficiency or excess.
2. Then isolate the meridians involved based on channel symptomology and confirm it by looking at the fingers and toes.
3. Check the Jing points for the degree of blood stasis. The tips of the fingers and nail beds may be darker red, swollen, puffy, darker color or look lack luster when compared to the back of the hand.
4. Color of the nail: the base of the nail will look ashen white, while the nail will be dark red or purplish in color.
5. A cold and/or numb feeling at the fingertips.
6. Stiff, hard to move joints.
7. Peeled cuticles or frostbitten fingers. People who bite their cuticles may show a condition reflective of their nervous habit rather than signs of pathology.

DOSAGES

1. On average draw 15-20 drops of blood from each point.
2. One drop is half the length of an azuki bean or 2mm long.
3. Internal problems take 15-20 drops.
4. Muscular-skeletal problems take 20-30 drops.
5. Children and sensitive patients use half of customary amount.
6. Stop squeezing once the color changes.
7. It can also be used for tonification i.e. in a Lu deficient pattern bleed LU11. Taking 2-3 drops can help tonify the organ.

COLOR AND VISCOSITY OF BLOOD

The healthy color of blood is bright red. The darker the color is the worse condition and prognosis. A dark color is expected when first coming out of the Jing point. It will change as it is bled. Stop squeezing once the color changes. The color change will begin to normalize throughout the course of treatment. In any one bloodletting treatment, a slight change in color and quality is enough.

The viscosity of the blood also reflects the severity of the condition. The more slowly blood flows, the more viscous it is, and the worse the condition and prognosis. Dark blood is usually more viscous. The TH meridian gets stagnant the most often and the most easily. This is a Jing point (ulnar side of the fourth finger) that is used quite often alone or in combination with other points.

TECHNIQUE

1. Wear one or two layers of gloves on each hand for bloodletting.
Wipe the point with alcohol. Have several alcohol soaked cotton balls on hand.
2. Place the middle finger of your left hand (right handers), under the finger you will bloodlet.
3. Place the index finger and thumb of that same hand on each side of their finger near the nail bed.
4. Use the middle finger of your right hand and/or the other fingers to stroke the meridian toward the fingertips to help get the circulation of blood going.
5. Take a lancet in the thumb and forefinger of your right hand and place it in line with your index finger.
6. Place it such that the largest smooth facet of the 3-edged needle is facing towards you.
7. Place the fingernail of your index finger on their finger near the Jing point.
8. Roll the index finger towards you to the point where the needle cuts the skin at the Jing point, then slightly lift off of the point
9. Where the lancet is placed in the fingers determines how deep the cut will be. By using the index finger as a lever, it also acts as a measuring gauge and insures better control.
The needle depth is to 0.5-1mm for sensitive patients or children, and 1-2mm for average patients.
10. Put the used lancet in the sharps biohazard container.
11. Use the middle finger of your right hand to draw the blood out of the Jing point by pressing from the distal phalangeal joint toward the Jing point, while the right thumb and forefinger hold a alcohol soaked cotton ball to wipe the blood.
12. The desired action is a gentle smooth stroke, squeeze, and wipe several times until the desired dosage is drawn. Then take a dry cotton ball and hold pressure on the point until it stops bleeding
13. It is recommended to use a fresh needle for each Jing point or area bloodlet.
14. Take one glove off and place it with any bloody cotton in the other hand and then remove the other glove inside out so that the contaminated contents are inside of the second glove.
15. Then stretch and tie a knot at the opening of the glove. Put the glove in the non-sharps biohazard container.

JING-WELL POINT INDICATIONS

HAND - JING POINTS

Thumb (LU 11) radial side or both sides

Tonsillitis, pharyngeal catarrh, mumps, bronchial asthma, teeth fever

Index Finger (LI 1) radial side

Neck Lymphadenitis, bronchial asthma, and lower jaw toothache

Middle Finger (PC 9) radial side

Palpitations, neurosis, paralysis of the median nerve, high fever

Middle Finger (PC 9) ulnar side (represents the Diaphragm)

Difficulty swallowing, hiccups, stiff shoulder

Fourth Finger (TH 1) ulnar side

Headache, brain congestion, eye congestion, dizziness, pharyngeal pain

Little Finger (HT 9) radial side

Loss of consciousness, shock, Heart disorders, dyspnea, neurosis

Little Finger (SI 1) ulnar side

Loss of consciousness, shock, Heart disorders, dyspnea, neurosis, rheumatism, pharyngeal pain, convulsions

FEET - JING POINTS

Big Toe (SP 1) medial side

Indigestion, acute gastroenteritis, infantile seizures,

Big Toe (LR 1) lateral side

Eye problems (severe pain), convulsions, frequent urination, genital organ problems

Second Toe (ST 45) mainly lateral

Upper jaw toothache, beriberi, gastroenteric disorders

Third Toe (ST related) mainly lateral

Heel bone pain, eye problems, lumbago, sciatica

Fourth Toe (GB 44) mainly lateral, sometimes medial

Headache, eye pain, ear pain, flank pain, dizziness

Pinky Toe (BL 67) lateral side Hemorrhoids, nasal obstruction, lumbago, headache, Intercostal neuralgia
(KI 1) medial side

IMPORTANT AREAS FOR BLOODLETTING - BODY REGIONS

Vertex of the Head - Feel for puffiness, use 2-3 cuts and squeeze. Where there are vascular spiders use the same method. It is good for neurosis, insomnia, hypertension, headache, stroke, anal prolapse, hemorrhoid, spinal irritation.

Occipital area - It can become a thickened muscle. A leathery skin indicates stagnation. Use 2-3 cuts, squeeze then apply a cup over the cuts. It's good for the same indications as vertex including stiff neck, and ear and nose problems.

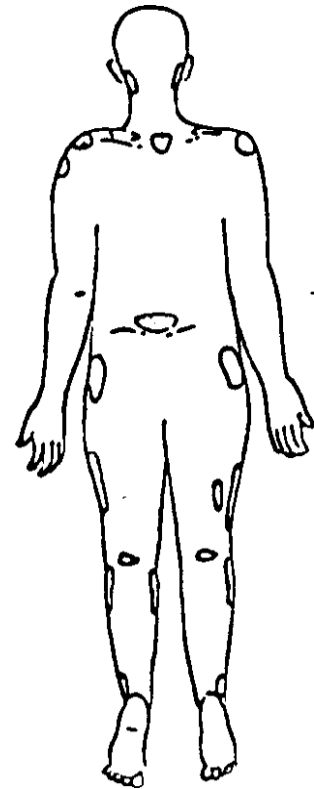
Mastoid Process - Often spiders accumulate here. Bleed the spiders and cup. Good for tinnitis, headache, cerebral congestion, neurosis, stroke, hypertension, Meniere's, eye problems, ear and nose problems, Bell's Palsy, trigeminal neuralgia

Forehead - Especially at Yintang. It may appear lack luster or have roughness. Use 2-3 cuts and cup over them. It's good for cerebral congestion, headache, nosebleed, and abnormal blood pressure.

Inferior Fossa of the Scapular Spine- Good for Mastitis, insufficient lactation, stiffness and pain in the shoulders, rheumatism of the upper extremities, facial furuncle.

Ear - We often use extremity areas like the ear. Check the patient's ear for softness. If it is hard or painful - apply treatment to those areas. For elderly people often the color is dark and hard without luster. The top half of the ear gets hard and discolored. Bleed the area with 2-3 cuts and squeeze. Indicated for high blood pressure, headache due to cerebral congestion and spiders behind the ear. We often use the back of the ear for high blood pressure, pre-stroke, tinnitis, and hearing difficulties.

Nose area - The circulation of blood is different here than in other vascular areas. Normally the veins are going out from the brain, but in the nose area the veins goes in toward brain. When the blood vessels of the brain get congested - the nose will bleed. Bloodletting the spiders of the nose will help. It's also good for



headache, heavy headedness, nose problems, hypertension, rosacea, as well as a good prevention for cerebral hemorrhage. For loss of consciousness bloodlet below the nostril.

Sublingual - Look underneath the tongue for spiders. Helps with articulation of speech (from stroke), shock, abnormal blood pressure, cardiac problems.

Zygoma area - Often there are spiders here. Don't cup cuts just squeeze to bleed. Good for general eye problems, facial paralysis, cerebral problems, nose problems in general. Note just below the eyes is easy to make a hematoma - squeeze lightly and afterwards put direct pressure with a cotton ball.

Jaw – Often there are spiders here too. Use cups in this area. Indicated for tooth problems, bleeding gums, facial paralysis, trigeminal neuralgia, combine it with bloodletting the tongue for speech problems.

Temporal area - Occasional spiders. Use with migraines.

Neck area - We seldom uses bloodletting at front side of neck. Often spiders occur around CV23 with respiratory problems. High blood pressure also causes spiders in this area. The back of the neck is a most important area because it holds the brain up.

Shoulder and Neck- A stiff shoulder and neck comes from a poor circulation of blood to the brain. As the blood goes up in the artery and down in the vein, its circulation is poor. This is true for hanging neck syndrome, which may cause nosebleeds. Bloodletting C6, C7, and T1 are common and are good for middle to upper warmer signs and symptoms. We should still use bloodletting in these areas, whether they have spiders or not.

The top of the shoulder often has spiders especially at LI15. For pain, stiff shoulder, and frozen shoulder (50-year-old shoulder) we should use light bloodletting without cupping. Just squeeze it to bleed. It often relates to a blood stasis condition. This is common with menopause in women. Be careful of the dosage and amount of blood taken.

Medial Elbow - Often spiders accumulate here. It can be good to treat asthma, pneumonia. It also draws blood from the local area. Find the spider, cut and cup it.

Lumbar - The lumbar is probably the most important area of all, because it supports the entire body. It can easily get fatigued and have muscle tension, as well as spiders there.

It is just as important as the C6, C7, and T1 area. The lumbar reflects lower warmer problems. Some stiff shoulders don't improve without bloodletting the lumbar region. The lumbar is controlled by the KD and can lead to headaches and stiff shoulders.

Popliteal Crease - is a commonly used area for bloodletting, good for high blood pressure, knee problems, tired or heavy lower extremities, gastric tension, lumbago, headaches, dizziness, or stiff shoulders.

GB34 area - may also contain spiders. Indications are for knee problems, lumbago, stiff shoulder, migraines, and GB meridian pathway problems.

Ankles - medial and lateral - very often have spiders. Bloodletting them a few times doesn't cause them to disappear, but is good for cold feet, counter flow Ki, lower warmer weakness, headache, stiff shoulder, and sprains.

BLOODLETTING VASCULAR SPIDERS

REASONS FOR APPEARANCE

The progression of disease can stop at any stage depending on the strength of immune system and how the symptoms manifest. Try to determine which stage the patient is in and how to treat them. We may decide to treat the organ, Mu, Shu, Luo, etc., or by bloodletting the skin. Remember the energetic levels:

Evil Qi - OPI



Evil Ki tends to remain at Luo vessel level. When evil Ki stagnates in the Luo vessels disease comes to the surface. Evil Ki in the Luo and grandchild Luo manifests as vascular spiders/veins. The visible part of the vein, which is darker, represents disease in the Luo mai. Basically, spiders represent disease in the grandchild Luo. A color change from bright red to darker red means the disease is a little deeper, and at a more advanced stage.

Spiders take on different shapes some are thin, some are thick. It tends to have wiggle worm shaped spiders. We can often find small spiders near varicose veins. We should bloodlet these smaller veins and spiders. This is especially good for pregnant women. Spiders are easy to find on smooth, tight skin. On skin that has wrinkles we should stretch the skin to locate them, i.e. elderly, obese patients.

A Western medical explanation of spiders is that they come from the stagnation of blood in the vessels in an artery, vein, or capillary. It is in the transition areas of each type of blood vessel that make it easy for stagnation to take place. (Where arteries turn into veins, veins into capillaries, etc.)

In adjoining areas blood vessel valves, usually open automatically and are all regulated by temperature and pressure. They consist of one-way valves, and when they don't function well they must be bypassed. A thicker bypass shows up as a spider. It represents the congestion of blood in an artery or vein because the valves aren't functioning properly.

Physical trauma also damages valves and makes the body feel cold. Stress causes muscle tightness and disturbs the smooth flow of blood. It lowers the blood function because it changes the shape of the blood cell. The blood cell becomes larger than the vein. It must change its shape to flow through the vein. Because it can't change its shape it begins to stick inside the vessel. The cause of this is unknown. It may come from the eating habits.

DOSAGES

As we squeeze, it changes its color and viscosity. The dark color changes gradually. The blood in the vein changes as well as the blood in the spider. But blood in the vein is much darker than blood in the spider. Once the change occurs we can stop squeezing. There is always a risk of drawing too much blood, so be cautious. The purpose is not to get lots of blood, but to stimulate blood circulation. Some people can give lots of blood, but for other people this creates negative reactions. We must use good judgment in treating based on the patient's needs and lifestyle. In pregnant women, the dosage is less than 1/2 the average person. Light cupping is good.

ORIENTAL MEDICAL DIAGNOSIS

In Oriental medicine -we call this condition blood stasis for which we have good treatment methods. Bloodletting leads to this kind of treatment. Treating spiders on the lumber-sacral region represents a good root treatment for blood stasis conditions. The LR organ relates to blood stasis. A LR pattern is also a good root treatment. Spiders will often appear in the subcostal area as well as in many other areas - which ones do we treat.

For patients with cirrhosis, draw less blood each time and treat them more often. LR blood stasis will eventually lead to a weakened Liver function. The blood spreads to areas of the skin and creates lots of spiders. If we draw lots of blood it will be hard on a weak Liver and may cause side effects.

A LR deficient patient can't sleep because the blood doesn't go back to the organ, but stays in the brain. Bloodletting on the head provides temporary relief. The root treatment is for deficient LR Blood. According to the *Shang Han Lun*, "in cases of LR deficiency + Yang deficiency be careful about losing too much blood especially in the Yin stages of disease".

BLOODLETTING CUTANEOUS AREAS OF THE SKIN

Skin bloodletting is used for excess with blood stasis conditions. If we see an excess condition on an area, we want to use a dispersion method. Very excess patients often have no spiders. Check the entire body's condition and the local area for excess or deficiency to find which areas and what methods to use to treatment.

It is acceptable to do a branch treatment, but we must understand the root cause and treat it. Combining a root treatment will give much less negative reactions than just using a branch treatment. For general use, burn cone moxa after bloodletting or needle moxa at the site of bloodletting.

After sprains and contusions, the affected area becomes excess. Apply the bloodletting method, but be very gentle.

A stiff shoulder may be caused by a superficial excess or superficial deficiency. Dispersion techniques with a deficient condition makes the patient feel worse. After the treatment re-check the tone of the muscle.

A stiff shoulder which is not very muscular but has excess can benefit from bloodletting the skin. Diagnosis the area to treat by touching and evaluating the skin and tissue.

Look for tight, thick, rough and raised areas and mark them. Apply 4-5 cuts in each area at a depth of 1-2mm, and then apply cups. Leave them on for 5-10 minutes.

Bloodletting at the hairline is good for high blood pressure which shows up in tight, hard raised muscle on the back of the neck. Bleeding 4-5 cuts in that area immediately lowers the blood pressure. In a high blood pressure conditions with soft muscles, don't use bloodletting. Bloodletting the extremities use the same principal as Jing point bloodletting, i.e. top of the head, tongue, and Jing points.

For the treatment of sports injuries and fractures: Begin with the Jing points, seek for spiders, and then immobilize area.

CLINICAL APPLICATIONS

KUDO TREATMENTS:

MAKES USE OF HERBS, BLOODLETTING, AND KYUTOSHIN.

1. Bloodlet the Jing points of 3-4 fingers, after which the condition usually gets better.
2. Look for spiders on the back at GV14, and the lumber-sacral area. Use bloodletting with cup on both areas. This is good for almost any condition.
3. Local areas get treated according to signs and symptoms. Often times this generates lots of blood.
4. Warming needle (Kyutoshin) according to Oriental medicine diagnosis and touch diagnosis. Look for cold, indurations, pressure pain or tight areas. Use 10-15 needles with moxa each treatment.
5. The patient will rest for 20-30 minutes, and then gets an herbal prescription. The pulse change is very dramatic with Kudo treatments. It is an aggressive form of medicine, using herbs for tonification internal treatment and acupuncture for external treatment.

MERIDIAN THERAPY DIAGNOSIS

Meridian therapy puts organ imbalances based on deficiency (Sho) at the center of therapy. This makes tonification the basis for acupuncture treatment. This is different from more traditional ideas of acupuncture, which is better at dispersion than tonification.

We make use of the four examinations to gather information and determine the diagnosis. Of the four, pulse diagnosis is the most important of all. The pulse determines if a LU, SP, KD, or LR pattern exist. We then use the control cycle to find the secondary pattern of disharmony,

TREATMENT STRATEGIES

1. Tonify the five phases according to Sho confirmation
Use signs and symptoms to determine the treatment methods and point selection.
Learn how to incorporate bloodletting with the presenting signs and symptoms.
2. Bloodletting - May be the root treatment used to move blood, and remove stagnation

3. If signs and symptoms remain. Pain is used supportive treatment strategies like:
 - Extra vessel treatments (EV)
 - Chinese clock treatments (Shigo)
 - SCM, supra clavicular fossa + inguinal area (Ketsubon-Kigai) Muscle Meridian treatment (fire needle). Specific points for specific indications.
 - Pain on the channel, needle above and below pain.
4. Check the Mu and Shu points for deficiency (depression, indurations) and excess (pressure-pain). When the signs and symptoms improve check the pulse and repeat the root treatment to rebalance the essential Ki in the organs. We may use intradermals or moxa at home to continue the treatment. Moxa: the eight master-couple points with direct moxa. Moxa: The Mu and Shu points as indicated.

SPECIFIC CONDITIONS

Chronic Fatigue - Bleeding Jing points is good for chronic and extreme fatigue, it helps patients recover their strength quickly.

Acute Conditions - Bloodletting is used as an emergency treatment for acute conditions such as tremors, high fever, abnormal blood pressure, dizziness, headache, heavy headedness, heavy heart, cough, asthma, and difficulty breathing.

Contusions - Before treating the local area, find and treat the Jing points of the affected meridians. This makes treatment easier and more effective.

Mental Disorders - Neurosis and schizophrenia requires a different treatment. For high stress conditions treat the GV area, especially GV20. Schizophrenia is very difficult to treat.

Carpal Tunnel and Tendinitis - Treat the neck area where the meridians pass. Look for tightness close to bone. Needle it and use a slight manipulation to release the area. Also bleed the Jing point of the affected meridian. Look for pressure-pain at the fingertips. If deficiencies are found on the back, use cupping and moxa for tonification.

Gastric problems - May be reflected in stiff shoulders. Find and bloodlet spiders at the hairline of the occiput, check and bleed the Jing points of the TH, ST, and BL channels.

Gallstones - Treat the shoulder area, and the Jing point of the GB. For pain from stones use EV treatments.

CASE HISTORIES

CASE I

A 52-year-old, female, assistant secretary contracted lumbago one week ago. Her symptoms are worse in the morning.

Signs/symptoms: Can't bend forward, stiff shoulder, cold hands and feet, heavy headedness, overweight, round face, dark complexion, high voice, quiet body, heavy but muscular body type.

Pulse: overall excess, slippery, KD floating1 weak GV3 area dark, with thick spiders

Diagnosis: KD deficient.

Treatment: tonify right KD7, and right LU5

Local treatment: Bloodlet and cupped spiders at GV3, drawing 20 cc of blood. The blood came spurting out.

Right BL23 was very tight, so we used needle moxa (Kyutoshin) -2 balls

All signs and symptoms improved. However, the next day she felt nausea, heavy headed, and the lumbar was worse. She stayed home from work and returned to the clinic the following day

Treatment #2:

The root treatment was the same, KD deficiency. Local treatment: Bloodletting on the lumbo-sacral region, taking a 10cc dose.

Bloodlet the 4th lumbar bilaterally taking 2-3 cc of blood.

Place 4-6 cups on the upper back for 20 minutes.

Perform Kyutoshin on BL23 + another pressure-pain point using 3 bails on each needle.

After the treatment 70-80 % of her signs and symptoms improved. Two days she returned and her condition remained improved. She felt lighter.

Treatment #3:

Used the same light dosage as the second treatment.

After the third treatment, her body felt firmer. She was still overweight but her muscles had more tone. In the first treatment, she had negative reactions. Even when we are very careful we can't always avoid such side effects. This is what we must explain to the patient.

CASE II

44-year-old, female: Dysmenorrhea - pain from blood stasis. Diagnosis: LR deficient with GB excess or Sp deficient with LR excess.

Treatment #1:

Acupuncture: tonify SP3, PC7 and disperse LR8, SP10. Needled a pressure-pain point near ST26 and tonified BL17, BL18, and BL20. The patient felt much better.

Treatment #2:

Same root treatment but added local points for lumbago, and headache. Then used bloodletting on the lumbar area instead of local needling.

The first treatment we used just acupuncture, the next time we combined it with bloodletting.

CASE III

9-year-old, boy: Asthma with lots of wheezing, difficult breathing. He was so miserable lying down, that he had to sleep with a pillow under his back. Sitting made him feel more comfortable.

Pulse: LU deficient pattern (LU, SP positions weak).

Treatment: Began with Jing point bloodletting as an emergency treatment on the LU and LI fingers, taking a light dosage of blood. His condition was slightly better.

The back showed spiders at GV14. Two big spiders were bloodlet and cupped. Blood spurted immediately. After 4-5 minutes, he fell sound asleep. The cups were removed 7-8 minutes later. After doing cone moxa (chinetsukyu) on the bloodlet areas, the patient could lie down and sleep comfortably.

Treatment course: twice a week for 1 month, gradually reducing treatments thereafter. The boy Completely recovered. Bloodletting can be very good for infantile asthma.

The root treatment was for a LU pattern, with direct moxa on the Yin Qiao Ren EV points - KD6, LU7.

STERILIZING & DISINFECTING

SOLUTION- DISINFECTANT/ STERILANT

NON- REUSABLE STERILIZING & DISINFECTING SOLUTION

BLEACH: store bought bleach (Sodium Hypochloride) is a 5.25% pure solution, which is too strong for our purposes. Make a diluted solution of 1 cup of bleach to 9 cups of water for the correct concentration.

REUSABLE STERILIZING & DISINFECTING SOLUTION

GLUTARALDEHYDE: WAVICIDE-01 or SIDEX can be used as is.

DIRECTIONS FOR USE

Wear goggles, lab coat or plastic apron and rubber gloves when working with chemicals. Make sure lids are secure on containers. Take containers to treatment room to directly place cups after use. After soaking, take container to sink to rinse instruments, along with empty container to carry instruments back to dry.

FOR DISINFECTING NON-INSERTIVE INSTRUMENTS (EG: CUPS)

Clean and wipe off equipment thoroughly before immersing in solution. Make sure that all blood is completely off the cups. Put your name, date and time of soaking on container.

Let the cups soak for 1 hour (Bleach Solution) 10-30 minutes or as per directions. (Glutaraldehyde)

Rinse equipment and set on drying tray, or dry with paper towels. Return equipment to proper place.

Do not discard solution. (Bleach: only one day use) (Glutaraldehyde: one week).

PROCEDURES FOLLOWING AN EXPOSURE INCIDENT

If you are exposed to blood or visibly bloody fluids by a needle-stick or cut OR splashed in an open cut or in the face, immediately do the following:

1. CALMLY wash the affected area (use antibacterial soap if available).
2. Have yourself force bleed, if possible.
3. If it is an eye splash incident, rinse your eyes at an eyewash station for 15 minutes.
4. If there is a source patient (a known person from whose body the needle or blood originated) explain the situation to her/him, and ask if they would agree to have some blood tests done. THIS IS THE SOURCE PATIENT'S CHOICE; so, do not insist. Have them fill out the consent form for source patients, which include a place for declination as well as consent. If the source patient agrees to be tested, it is best if they go to the facility that you contract with. If they prefer, they may go to their own health care provider.
5. Call the Occupational Health Department, and leave a message if you get a recording letting them know what happened.
6. The exposed person, you and source patient should get medical attention and have the appropriate blood tests done as soon as possible (within 24 hours).

PLEASE MAKE SURE THAT THE APPROPRIATE STEPS ARE TAKEN IN A TIMELY MANNER, AND TO BE CALM AND REASSURING TO THE PARTIES INVOLVED. ALTHOUGH THOROUGH IMMEDIATE MEDICAL ATTENTION AND FOLLOW-UP ARE REQUIRED, IT IS IMPORTANT TO REMEMBER THAT TRANSMISSION OF DISEASE THROUGH AN ACUPUNCTURE NEEDLE IS EXCEEDINGLY RARE.