



# Hari style Hara Diagnosis

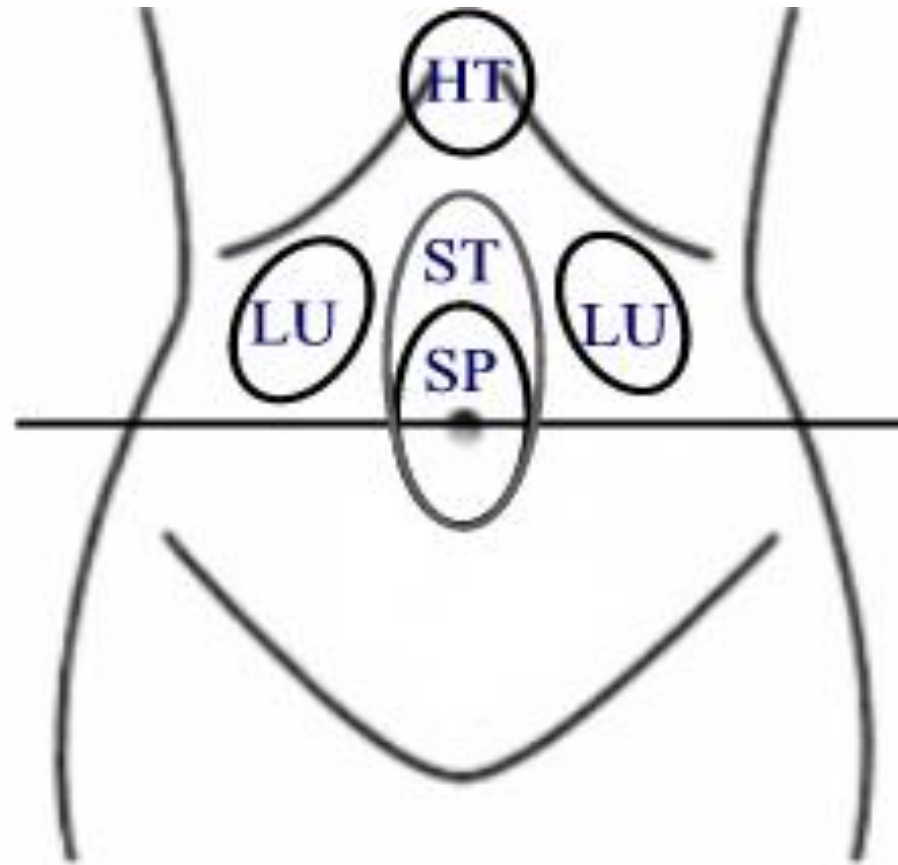
Japanese Meridian Therapy:  
Abdominal diagnosis

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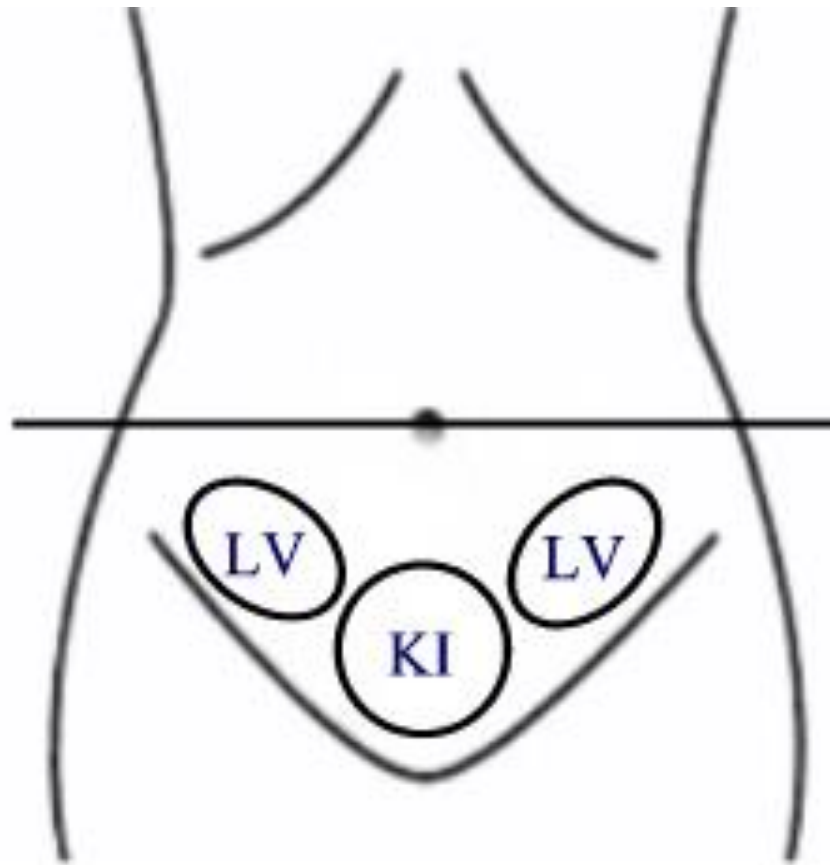


# Four type (Hara) constitution

# Ki DX on the upper (Taifuku) Hara

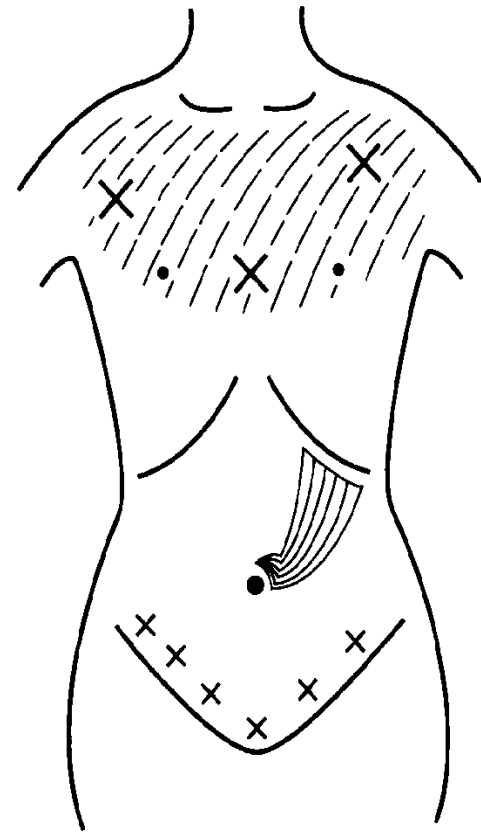


# Ki DX on the lower (Shofuku) Hara



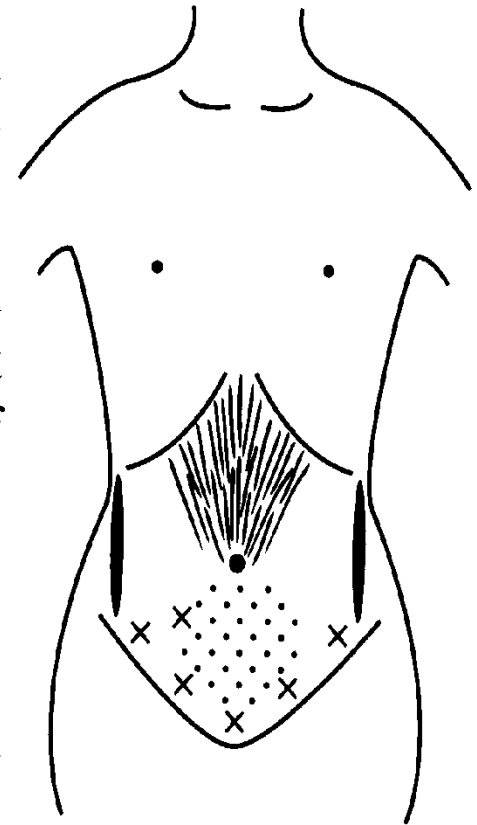
# Liver Deficiency Heat

- ✿ Left subcostal tension, Liver[*shaku*].
- ✿ Pulsations:side of the navel up to CV-9
- ✿ Irritable and will experience hot flashes in the upper body 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.
- ✿ Deficient heat will rise up, causing LU-1 and CV-17 to exhibit pressure pain and feel hot to the touch.



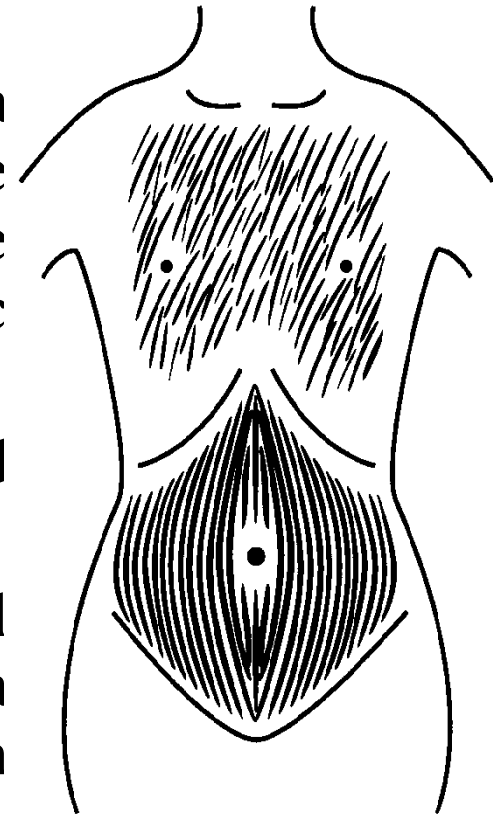
# Liver Deficiency Cold

- ❖ Coldness in the chest
- ❖ The whole of the upper abdomen will be tense and feel stiff on the surface, but will not show any resistance underneath.
- ❖ There will be a little resistance and pressure pain around ST-25 on both sides of the navel, but not enough to be a defining feature in this pattern of imbalance.
- ❖ 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.



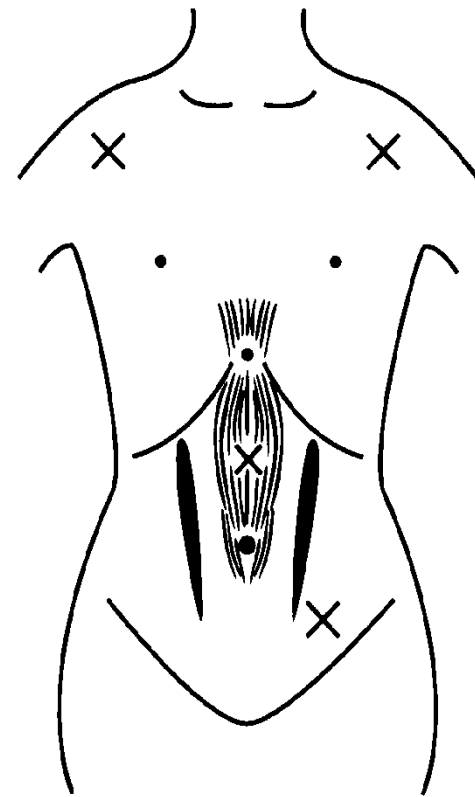
# Spleen Deficiency ST Ex. Heat

- ✦ The entire chest will feel very hot to the touch.
- ✦ The whole abdomen will be distended to such a degree that it will be difficult to press the abdomen in due to the strong resistance. The strongest resistance will be felt in the epigastric region around CV-14.
- ✦ The patient will feel fullness in the chest and abdomen.
- ✦ 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

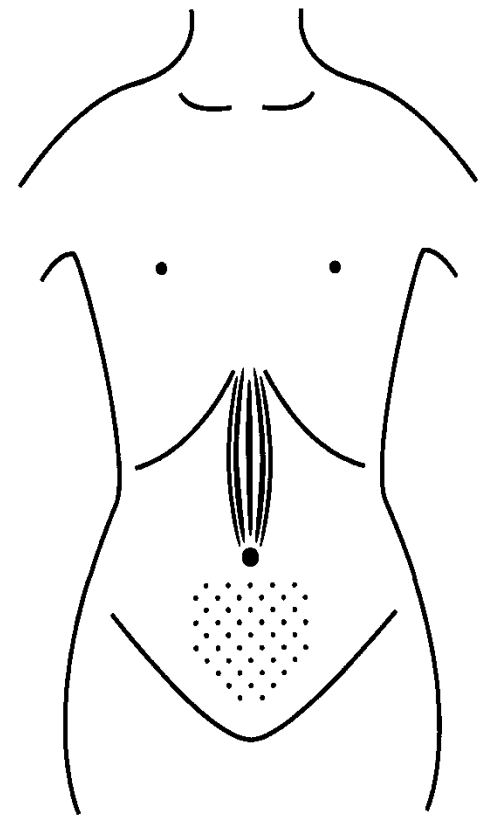
- ✦ Resistance and pressure pain in the epigastrium, centering on CV-12. A serious illness is indicated if the area of resistance extends out to CV-14.
- ✦ Stomach channels on both sides will be tense from ST-19 to below ST-25.
- ✦ the area around the navel may reveal pressure pain upon light pressure
- ✦ 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.





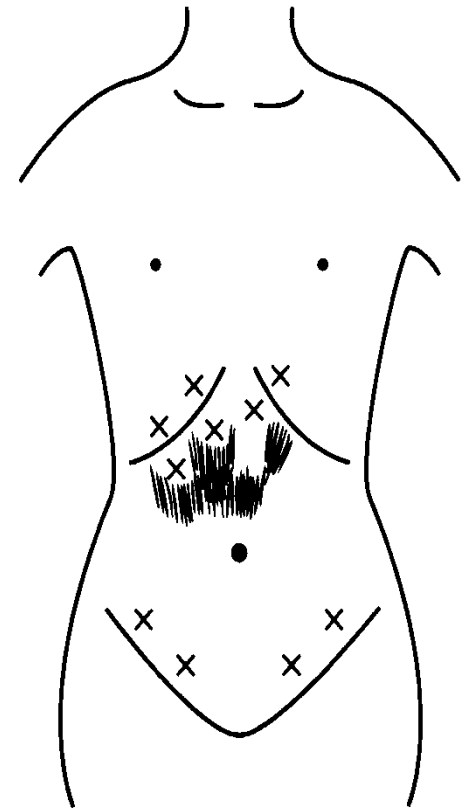
# Spleen Deficiency Cold

- ✿ In a severe cold pattern the whole abdomen will be depressed and will show absolutely no resistance. In extreme cases it is possible to feel the internal organs.
- ✿ When the cold pattern is relatively 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. However, the lower abdomen will be soft, weak, and cold.



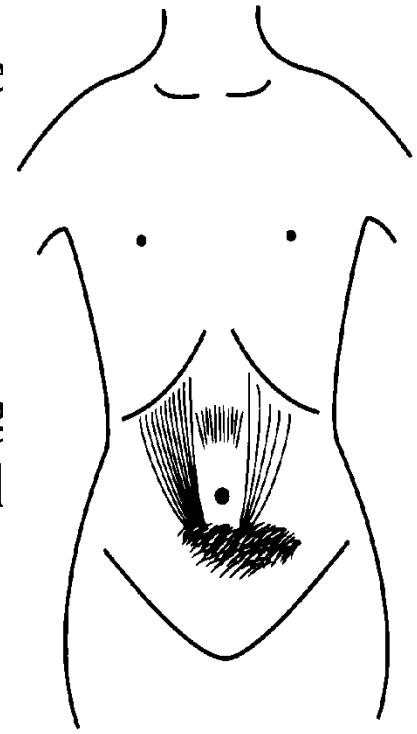
# Spleen Deficiency LR Ex. Heat

- ✦ 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. Below the costal arch there will be resistance that may extend from LR-14 to the area around CV-14. Such a condition is caused by Liver excess heat. If there is only resistance and no pressure pain, then the Liver 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



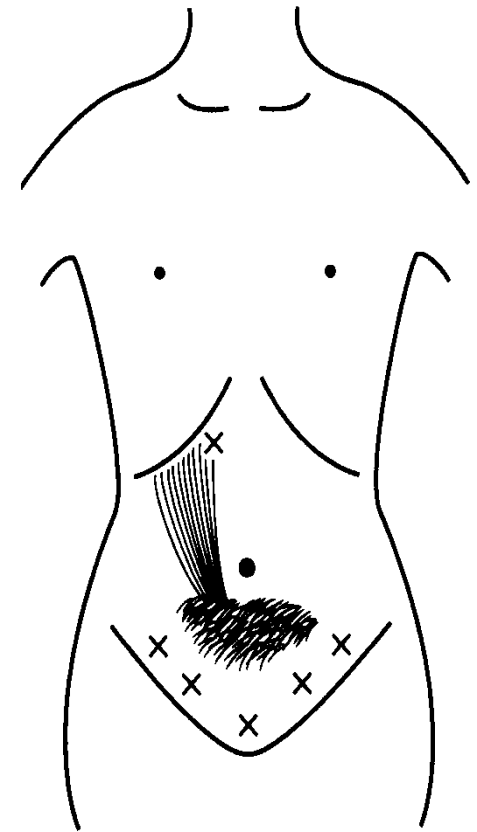
# Spleen Deficiency LR Ex.

- ✦ There is an area of tension like a 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.



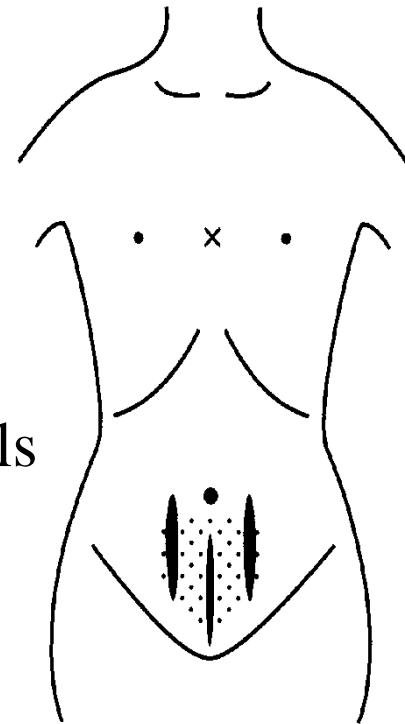
# Lung Deficiency LR Excess

- ✦ 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. In patients who enjoy raw fish or a diet rich in meat.
- ✦ Resistance and pressure pain, the superior portion of the inguinal region and the area above the pubic bone
- ✦ Lower abdominal blood stasis just below and to the sides of the navel.
- ✦ Resistance and pressure pain in the ileocecal area.



# Kidney Deficiency Heat

- ✦ CV line will be deficient below the navel due to the KD deficiency. ST channel will feel tight on both the left and right sides, which is due to the spread of deficient-type heat from KD to ST channel .
- ✦ CV line below the navel may feel like it has a pencil-sized core.
- ✦ When heat will increase in the chest. 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.
- ✦ Ki naturally rises to the upper warmer when there is KD deficiency, and so there may be resistance in the epigastric region



# Kidney Deficiency Cold

- ✦ The whole of the lower abdomen will be protruding yet will lack strength. The patient will be aware of intestinal movements.
- ✦ When palpating the abdomen of some patients who have very little flesh 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.

