

**The First Step to Determine the *Sho* (Pattern)
Fuku Ki Shin Shindan Jutsu (Abdominal Ki Diagnosis with Hari)
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Summary

Abdominal Ki Diagnose with Hari is an innovative technique that the author developed as one of diagnostic techniques to determine the Sho for the Root Treatment. First, a needle is placed on each of the Five Diagnostic Points of the abdomen. Then the pulse is checked. Finally, the *Myaku tei* (Calm pulse) is obtained. This technique plays a key role to determine the Sho.

1. Abdominal Ki Diagnose with Hari

Unique non-questioning abdominal Diagnosis using the Five Points.

The usefulness of this diagnostic technique has been proved with clinical results that I have had in my daily practices through applying the treatment methods came from my interpretation of Nan Jing, Chapter 69. This technique doesn't require questioning as in the Four Diagnostic methods: questioning, listening & smelling, palpating, and looking. Instead, in this technique, just the pulses of the Diagnostic Five Points on the abdomen are used.

Furthermore, this technique proofed the existence of such *Sho* (Patterns) as “*Shin Kyo Sho* (HT Deficiency Pattern)” and “*Shinpo Kyo Sho* (PC Deficiency Pattern),” which were said that did not exist in the traditionally meridian therapy. Introducing these new *Sho* (Patterns) increased the applicability of the Hari treatments into wider range of disorders and among anything else, the results have become significantly improved. *Yin Jitsu Sha Ho* (Yin Excess Dispersing Technique) requires careful applications because if the diagnose is not correct, it could drain the Ki. However, by applying the Abdominal Ki Diagnostic technique with Hari in advance, the practitioner can easily reach the accurate diagnosis on whether the pattern is *Ou Ki Jitsu* (Natural Ki Excess) or *Jaki Jitsu* (Ja Ki Excess/Evil Qi Excess), which is especially true in the KD and HT channels.

***Myaku Tei* (Calm & Complete quality of the Stomach Ki)**

To “Obtain *Myaku Tei*” means to “Obtain the Stomach Ki” in the pulse.

It means that by using the needle with the heart and soul, the wide/spread pulse becomes consolidated, tight pulse becomes soft, and “noisy” pulse becomes calm.

When the pulse becomes consolidated, soft and calm, the stomach Ki becomes full and complete. It is critical for a successful treatment.

“*Ryo Myaku*” Healthy pulse means that the Stomach Ki has fullness and vitality.

The pulse seen when the body's natural healing power is heightened is called “*Ryo Myaku*.” *The Ryo Myaku* is defined as being located slightly below the Middle depth of the Pulse, consolidated, lustrous, having a touch of the seasonal character (e.g. In spring, it is slightly wiry.), and rhythmical. Hari is a technique to maximize the life force and that's why this technique can resolve diseases and pathological symptoms.

Shigo Diagnosis

When pain occurs with movements and pain only on one side of the body, Shigo Diagnosis is effective to determine which side is *Kyo* (Deficient) and, or *Jitsu* (Excess) and which side should be treated. (*Kata Sashi Shin Po* 'Unilateral Needling Method')

EV Diagnosis

Used to determine Jitsu (excess) meridian. Use EV 8 points, identify which EV channels are involved, and which master and couple points should be used, and treat Jitsu meridian(s).

1. Shi Go Shin Po

There are some important respects to keep in mind. Severe diseases and chronic symptoms are often the results from that the Excess reached the maximum end and changed into Deficiency. In that case, if we treat the opposite pair following the Shigo Table as we usually do, the pain will be aggregated further, instead of being reduced. The pulse of the excess meridian will not become consolidate and smooth, and will rather float, and thus "the *Tei Myaku* (healthy pulse) cannot be obtained. This clearly shows that the excess pain becomes a deficient pain and if the corresponding point in the paired meridian in the opposite side is dispersed, the pain may be reduced but this does not treat the former meridian, since it is now deficient. In our group we use the Shigo treatment for determining the Sho of Hon Chi Ho (Treatment pattern) as well. We apply the principle of order of the tonification and tonify the diseased meridian, in addition to dispersing the excess pair on the opposite side. It is called Ipsi-lateral Shigo Shin Po.

2. The Shi Go Shin Po treatment Rules

1. Make sure to identify the meridian where the pain is present. It is also important to make the patient be aware of the pain such as the location, intensity and quality of the pain before you start the treatment.
2. Next, send Ki to the treating point and tonifying it, ask the patient to move the area which cause the pain and have them recognize the reduction of the pain on the spot.
3. Assume the pain is excess, find the deficient pressure pain around the Yuan Source, He-sea, and/or Luo point(s) in the paired meridian carefully with a prompt manner, and tonify those points with a gold needle. Please be careful not to make the patient uncomfortable by pushing the pain area too many times trying to find the points.
4. Do not think anything else, just focus on tonification and then check the pulse.
5. Make sure to continue checking the pulse until the *Tei Myaku* is obtained, and then have the patient move the area which cause the pain and feel the reduction of the pain. When conducting this technique, it is important "to have a strong intention to remove Ja from the diseased meridian." Intention can make it come true.
6. When you become proficient, you can feel the results with the finger point toward the area without touching it.
7. Sometimes, two or even three meridians should be treated.
8. This technique can be applied in a wide range of disorders, from a pain with movement, or other type of various pain such as constant pain and abdominal pain, to comfortableness including stiffness or/and numbness of the back and shoulders and swelling of the teeth. The results are all immediate.
9. If the skills of *Oshide* and *Sashide* are rough and sloppy, Ki can leak out and it doesn't produce satisfactory results.

10. It is essential to have accurate *Oshide* skills for tonification.

* *Oshide* should be completely touched the point so that it can correct Ki. Try never to leak the Ki. Practice until you get satisfactory results.

Diagnosis of Deficiency and Excess in the Clinical Practice

How to diagnose Deficiency and Excess?

Shigo Shin Po is one of the best diagnostic methods which can diagnose Deficiency and Excess of the diseased meridian clinically. By applying Shigo Shin Po on a Sho (Disease Pattern) such as pain, heaviness, swelling, stiffness, numbness and tension, we can reduce the problems and thus can identify Deficiency and Excess of the meridians from the reduction of these symptoms as well.

II. What is EV Shin Po (EV Treatment)?

EV is defined as a technique to treat Excess Ja overflowed from the main meridians into EVs. In other words, EV is a technique to disperse Excess pathologies. Thus, the diagnostic principle of this method is that the meridian that the master point belongs to is the most excess meridian.

1. Outline of EV Functions

Some think that EV meridians appear only in an emergency to protect our body. We think that EVs are always present. For many reasons, *Ja* invades from outside of the body or develops inside and creates a fight against the Upright Ki. At this time, the Ja Ki overflows from the main meridians and invades into EV meridians and then the EV meridians try to stabilize the ordinary meridians. In other words, because of the fight between Jaki and Seiki, Jitsu Ja (Excess Ja) in Ki and or blood circulate in the body and develops EV disorders. These disorders often manifest as pressure pain or induration on the *Hachi So Ketu* (the 8 EV Points) or around them. (See the Table on the last page.) Main symptoms seen in the EV disorders are Excess throbbing pain, swelling, numbness, hot and cold sensations. When the treatment is appropriate, it has surprisingly immediate effects.

We use unique “Gold” (North) and “Silver” (South) *Flat Needles* (3000 gauze magnets) for the EV Diagnosis. Likewise, the Shigo Diagnosis, the EV treatment plays an important role together with the Treatment Side Diagnosis in Hari Root treatment. It contributes to determination of the main Sho.

2. EV Eight Soketsu (8 Major Points) Group (Basics)

- | | |
|---|---|
| 1. Du: SI 3 (Go Kei) - SI Meridian | Yang Qiao: BL 62 (Shin Myaku - BL Meridian) |
| 2. Ren: LU 7 (Rekketsu) LU Meridian | Yin Qiao: KI 6 (Syo Kai) - KI Meridian |
| 3. Chong: SP 4 (Kou Son) - SP & KI Meridians) | Yin Wei: PC 6 (Nai Kan) - PC Meridian |
| 4. Dai: GB 41 (Rin Kyu) - GB Meridian | Yang Wei: SJ 5 (Gai Kan) - SJ Meridian |
| 5. Application | |

3. How Master & Couple Points in EVs work together with the Hari Root treatment (Primary Sho & Secondary Sho)

As a rule, the location of Ja (Disease Pattern) is divided into two groups, above and below the umbilicus. Select the master point of the EV closer to the location of the disease and find its couple point. (See the Table 2 on the last page.)

The master point is the most excess point on the most excess meridian. Considering the Shigo pair meridian (e.i. the meridian located to the opposite side of the Shigo Table.) (See the Table 1 on the last page) and consider which meridians run right, left, above and below the master point. Then *establish the Sho*.

4. Unilateral Needling Rules

Each meridian runs both sides of the body. However, when we apply the Root treatment following Nan Jing, Chapter 69, we treat only one side and tonify it. This is called *Unilateral Needling*, and the side that is chosen is called *the treatment side*. The clinical theories to support the efficacy of this technique is Shigo and EV treatment.

*** Making Sho in Conjunction with Shigo & EV Techniques together

Traditionally there are some general rules for the treatment order. The male should be treated on the left side of the body first. On the other hand, the female should be treated on the right side first. If one side of the body is diseased and the other is not, the diseased side should be treated first.

Clinically, however, judging from the manifestation of Kyo (Deficiency) and Jitsu (Excess), the human body can be divided into two parts as follows:

1. Left and right,
2. Upper and lower,
3. Anterior and posterior, or
4. Upper right and lower left.

This means if one part is Kyo (Deficient), the other part is Jitsu (Excess). For example, if the left side of the body is Kyo, most likely, the right side is Jitsu. If the upper right of the body is Jitsu, the lower left of the body is likely to be Kyo.

Keeping this rule in mind, in Shigo, we find Kyo meridians, and in EV we find Jitsu meridians.

Examples

5. LU Deficiency LR Deficiency Pattern [LU LR Controlling Cycle deficient Pattern]

Patient A complains that when he bends forward, he feels pain on the left low back and can't put on socks. The left low back is governed by the left Bladder Meridian. In Shigo table, the opposite pair of the left Bladder Meridian is the right LU Meridian. If tonifying the right Rekketsu (LU7) reduces the symptoms and removes the pain, it means that the right LU Meridian is Kyo and that left BL Meridian is Jitsu. (Right side Kyo <-> Left side Jitsu)

Here, where do the BL and LU meridians are categorized in the 8 EV Points Chart? If we look for the BL point in the 8 EV Point Table, we find the BL 62 (Shinmyaku) is the Master point of Yang Qiao Meridian. Its couple point is SI 3 (Gokei) in Du Meridian.

(Yang Qiao: Master - BL 62, Du: Couple - SI 3)

From the rule of EVs (EVs governs Jitsu conditions.), if BL meridian is Jitsu, the BL 62 is naturally Jitsu. Now look at the Shigo Table. The pair of BL is LU (Opposite side of BL is LU in the table) and LU should be Kyo. (In Shigo, if one side is Jitsu, then the other side is Kyo.)

Again, EVs treat Jitsu conditions. Keeping this rule in mind, next, look at the couple point. It is SI 3. It means BL 62 is most Jitsu, and the couple point, SI 3 (Du Meridian) is second most Jitsu. Now go back to the Shigo Table. What meridian is the pair of SI meridian? It is LR meridian. Remember, in Shigo, if one side is Jitsu, then the other side is Kyo. Since SI meridian is Jitsu, the pair meridian, LR should be kyo.

Thus, it is concluded that patient A's pattern is LU Kyo LR Kyo Sho.

Fuku Ki Shin Shindan Jutsu (Abdominal Ki Needle diagnoses)

This technique proved the existence of such *Sho* (Patterns) as “*Shin Kyo Sho* (HT Deficiency Pattern)” and “*Shinpo Kyo Sho* (PC Deficiency Pattern),” which were said that did not exist in the traditional meridian therapy. Introducing these new *Sho* increased the applicability of the Hari treatments into wider range of disorders and among anything else, the results have become significantly improved. *Yin Jitsu Sha Ho* (Yin Excess Dispersing Technique) requires careful applications because if the diagnose is not correct, it could drain the Ki. However, by applying the Abdominal Ki Needle Diagnostic technique prior, the practitioner can easily reach the accurate diagnosis on whether the pattern is *Ou Ki Jitsu* (Natural Ki Excess) or *Ja Jitsu* (Ja Ki Excess/Evil Qi Excess), which is especially true in the KI and HT channels.

Abdominal Diagnostic Six Points

Selection of the abdominal points is based on the description of the following classics: Rui kei, Nan Jing, and “Ju Shi Kei Hakki”

1. LU Ren 12 (Chu Kan/Zhong Wan): LU meridian originates from Ren 12 (Middle Burner) (*Ruikai*)
2. SP Ren 10 (Ge Kan/Xia Wan): Meeting Point of Ren with SP Meridian
3. HT Ren 14 (Ko Koketsu/ Ju Que): Front Mu Point of HT Meridian
4. PC Ren 17 (Dan Chu/Shan Zhong): Front Mu Point of PC Meridian
5. LR LR 14 (Ki Mon/Qi Men): Front Mu Point of LR Meridian
6. KD Ren 6 (Ki Kai/Qi Hai): lies in Ki Kai, Tan Den (Dan Tien).
(Kidney Pulsation in Tanden, Kikai "sea of Ki /CV6)

Key in Ho techniques

Most important skill in **Hari**: *Oshide*

How to make a perfect *Oshide* (Supporting Hand)? *Oshide* that does not leak Ki.

Stroke a finger (usually index or thumb) along the meridian and find the point. Place the needle gently on the point, press with the index finger and the thumb together and feel the needle. Gradually increase the pressure of *Oshide* and guide Ki to where the finger and thumb are toughed.

In Ho ho (Tonifying Method), a typical mistake is incomplete tonification. In other words, the practitioner means to tonify, but actually Ki is leaking during the operation of the method. Thus, the effect is decreased. If Ki leaks while tonifying, the practitioner is doing Hochu no Sha (Dispersing with Tonification) instead. This could lead to a wrong diagnosis. So, make sure to make a perfect *Oshide* so that there is no Ki leakage from the *Oshide*.

Shigo Table (Table 1)



Time (Inner circle, Outer circle)		
11pm - 1am	Rat	GB
1-3am:	Cow	LR
3-5am:	Tiger	LU
5-7am:	Rabbit	LI
7-9am:	Dragon	ST
9-11am:	Snake	SP
11am-1pm:	Horse	HT
1-3pm:	Sheep	SI
3-5pm:	Monkey	BL
5-7pm:	Rooster	KI
7-9pm:	Dog	PC
9-11pm:	Boor	SJ

Eight EV Points Table (Table 2)

Du: SI 3 (Go Kei)	Yang Qiao: BL 62 (Shin Myaku)
Ren: LU 7 (Rekketsu)	Yin Qiao: KI 6 (Syo Kai)
Chong: SP 4 (Kou Son) - SP & KI Meridians	Yin Wei: PC 6 (Nai Kan)
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