

## SHI-GO (Midday-Midnight) TREATMENTS

The Su Wen talks about Shi-go. We may predict the future if know this system. It is based on the theory of open points. Hari uses much simpler version of these ideas. There are seasonal influences on Ki. Yearly cycles - daily cycles, etc. Shi-go talks about Yin/Yang opposites - Spring/fall, midnight/noontime, etc.

Lung Meridian	3 am-5 am
Large Intestine	5 am-7 am
Stomach Meridian	7 am-9am
Spleen Meridian	9 a m-11 am
Heart Meridian	11 am-1 pm
Small Intestine Meridian	1pm-3 pm
Bladder Meridian	3 pm-5 pm
Kidney Meridian	5 pm-7 p.m.
Pericardium Meridian	7 p.m-9 pm
Triple Healer Meridian	9 p m-11 p m
Gall Bladder Meridian	11pm-1 am
Liver Meridian	1 am-3 am

The Shi-go Treatments used in Hari are very simple. Within a 24 hour period, the Ki of the 12 meridians fluctuates depending on the time of day. These represent normal physiological changes. If Evil Ki enters a specific meridian, Ki will not flow very well. When there should be an excess of Ki at a specific time, there may be instead a deficiency. As a result problems can occur.

For example, the Ki of the GB is active between 11 pm - 1 am. During this time people may wake up with Gall Stone pain, because the GB/LR Ki is most active. (2 am is a good time to get up and curse as it is the time of the LR). The LR has a strong relationship to blood, the spirit resides in the blood. 3 am - 5 am is the time of Metal (LU time); people with respiratory problems wake up during this time. This is the time when children with asthma are often taken to the hospital. 8 am - 10 am is the central time of the Stomach and the Spleen.

Midday, Fire (Heart/Small Intestine) is time when the Yang Ki is the strongest. People with cardiac problems often feel tired and sleepy. People with cardiac problems tend to go to clinics around 2 pm, or practitioners will tell patients to come in at this time.

This is a good time to treat because the Yang Kid is working most actively. It is a good time to send Yang Kid to the Stomach (In Meridian Therapy we use the PC meridian to treat Heart problems. The Stomach is opposite the Pericardium).

During the time of Kidney (5-7 pm) people with Kidney problems feel very tired and cannot do much; people on dialysis feel fatigued around 6 pm. The PC/TW is supportive fire; this is a time when problems with regulating heat in the body occur most often.

When deciding how to treat a patient using the Shi-go method it most helpful to analyze the symptoms by using Five Phase theory and to develop our meridian palpation skills.

## Shi-go Diagnosis- Key Points

1. Symptoms appear at a specific time consistently, i.e.
  - Costal pain 2 a.m. every day
  - Children bed wet 9 p.m. different from 5-6 a.m.
  - Asthma in a.m. Lu time 3-5am. Treat Bl meridian
  - Unclear mind 8-10 a.m. Treat PC meridian
  - GB stones may treat Ht meridian
2. Regardless of the time, specific symptoms occur repeatedly, and are located on a specific meridian(s).
  - I.e. migraine GB meridian. Treat Yang Wei EV or treat Ht
  - With the Shi-go method.

**Emergency cases** - bloodlet the jing points, give Shi-go or EV treatments and the patient will feel much better. Use Shi-go to treat acute symptoms first, before treating any other condition. Shi-go is used for severe symptoms so that when the needle technique is applied the patient will begin to breathe easier. Ideally, the practitioner should stay with the needle until the symptoms go away; usually stay with needle 5-6 minutes, although occasionally it can take 10-15 minutes.

When the effectiveness takes a long time, use an En Shin needle on the effected meridian. For Heart Problems use the Luo point of the Gall Bladder meridian and place the needle in the direction of the flow of the meridian.

Usually if we are "running" the needle along the whole meridian, use the area around the command points (or whatever area can be easily reached).

If a person has pain only on one side, needle the opposite side of the pain; if there is not one-sided pain, needle on the more painful side. For Heart pain, the heart is on the left side, so think about treating the right side, but since the Heart is an organ we need to check both sides and find which meridian is the most painful and treat the opposite meridian GB - use the GB Luo point.

For organ related problems compare both sides and treat the strongest reactive point. If we do not have a gold # 30 needle, we can use direct moxa - about 15 times. Teach the patient how to use moxa at home. If the patient does not like to use moxa, give them press spheres.

When deciding where to treat, think about the opposing paired organ on the Chinese clock - such as GB/Ht. If a person has GB problems, treat the opposite - Ht. If there are GB problems - in order to affect the GB, the Ki of the Heart should be weakened. By treating the opposite meridian we can control the problematic meridian and make the symptoms calm down. By tonifying the opposite meridian it is possible to get rid of Evil Ki in that meridian. If a person presents with Liver related problems, check the Small Intestine or Heart channel.

If a person has asthma, treat during Bladder or Kidney time, or treat the Bl or Kd meridians. If you have an assistant, treat BL-58 with gold, while the assistant rubs the Lu meridian in the direction of meridian flow. This improves the effect of the treatment. Remove the needle by closing the hole. Apply direct moxa (Okyu) 15x. We used to leave a gold Intradermal in the point but Okyu works just as well. Large size pressballs of gold and silver may be used. Mr. Kuwahara says gold pressballs give good results in chronic cases. Pressballs also work well with childhood asthma.

If a person feels ill every day at the Heart and Small Intestine time treat the Luo point of the GB, and give the person instructions on how to do Shiatsu on the GB Luo point during that specific time.

## Point Location and Selection

Find the pressure pain point on the opposite meridian. We often find the strongest pressure pain on the Luo point, but we may also find it at the Xi Cleft point. Once we find the pressure pain point apply tonification technique. To do tonification technique, it is recommended to use thicker needles. Strong tonification can be done by using a thicker needle such as a Japanese gold # 30 with touching needle technique. The tip of the needle touches the patient and is slightly pushed into the patient's skin. The purpose of the needle technique is not to cut the skin. The direction of the needle is with the flow of the meridian.

Once we find the pressure pain point, place the needle on the skin and press lightly; scrape the handle of the needle to help gather Ki. Using strong tonification is like doing a root treatment. It was recently found that using gold # 30 for a root treatment caused dizziness on sensitive patients. Use this technique on less sensitive patients. It can have an effect on all the other meridians besides the one being worked on. For a Five Phase treatment the thicker needle could be too strong; we would want to give a more subtle treatment. Shi-go is a very direct treatment, so using a thicker needle is all right.

When finding pressure pain, often the knot is deeper in the tissue; use the gold needle so it can reach this hard knot. Within 10 minutes the knot should disappear. If it does not work the Shi-go treatment was not indicated. We must then think about another method. If the pressure pain is not severe the treatment will not be as effective. So, if good pressure pain is found, the treatment is indicated; and if good results occur the treatment was successful.

Lower Stomach conditions can create many undefined complaints such as headache, stiff shoulder, irregular menses, back pain, rheumatism, constipation, diarrhea, low back pain, cold in the four limbs, lupus, etc. With this condition other organs are often prolapsed. There is a special point for prolapsed conditions. This point is called "Raising Stomach Point" and is off the edge of the tibia, lateral to St 40, a little above or below it. When the condition is chronic, we should check the abdomen to see if there is a Leg Jue Yin pattern and if the upper abdomen is tight. The Stomach is the place Yang Ki is created from Mingmen fire. When Mingmen fire is low, other activity decreases and this leads to pain and other problems.

Traditionally in the Hari Association Shi-go was used for acute, emergency or severe situations. Now the Hari Association is investigating to see if Shi-go is useful for chronic conditions and the reports look very positive.

## Treatment Key Points

1. For one sided problems/pain needle the opposite
2. For Organ problems or bilateral pain treat the most painful side.
3. Use the Chinese clock and treat the opposite meridian based on symptomology or time.
4. First check the Luo Pts. or Xi-Cleft Pts. for pressure pain, or use other command points based on the diagnosis.
5. Use #30 Gold needle, or Okyu, or pressballs as treatment methods.
6. Use Shi-go, Bloodletting on Jing pts., or EV treatments for Emergency, acute, or severe cases before doing a root tx.

## Cases

1. Patient woke Mr. Kuwahara in the middle of the night 6 months before death with pain of LR cancer. Whole body

discomfort. EV Yin Wei treatment. Severe pain couldn't breathe. Check HT-SI. HT distinct pressure pain. Left HT-5 gold #30 for 5-7 minutes. Severe pain diminished. Direct moxa 20-30x then regular root treatment. Patient much better.

2. Student fell from stairs, hit chest, became weak and scared. GB meridian pathway - opposite HT-5 showed reaction with gold needle. The patient treated herself and was cured. Shi-go treatment is good during a panic phase.
3. Asthma, 3 cases in one family, the oldest son was the worst and in the hospital at 2 a.m. An inhaler provided temporary relief. Bloodletting and Shi-go, helped control the attack, plus a root treatment. Homework, Okyu on BL-58. The younger child began to have asthma symptoms and we used a pressball on BL-58. With one treatment, the asthma was gone. The mother showed asthma and was Hospitalized for 1 month. We also used Okyu on BL-58. BL-58 will be very distinctive reaction, severe pressure pain, even in children.
4. Asthma, child (6-12 years of age) with an acute attack of asthma. For the treatment to be effective a Root Treatment is very important but we also need to add local and supportive treatment. Shi-go is good for asthma. When we check BI 58 (Luo point) we can often find a strong reaction. We would often needle bilaterally and/or use press spheres. To help asthma we need to treat the Stomach meridian. This idea comes from the Classics. If the Stomach organ becomes cold and can create deficient heat, so unless we treat this condition the asthma cannot get better, use: St 36, St 30, St 38; CV 12 with a regular needle or intradermal.

Usually children with asthma will have vascular spiders around GV 14 which should be bloodlet. If the child is strong use cupping with the bloodletting; if they are, not strong use the squeeze technique. If this treatment is not enough use an EV Treatment -Lu 7 and K d 6, or Kd 6 and Lu 7; sometimes Sp 4 and PC 6 will be effective. Usually when children reach high school age the symptoms of asthma disappear; if they do not begin to get better at this time their condition is worsening.