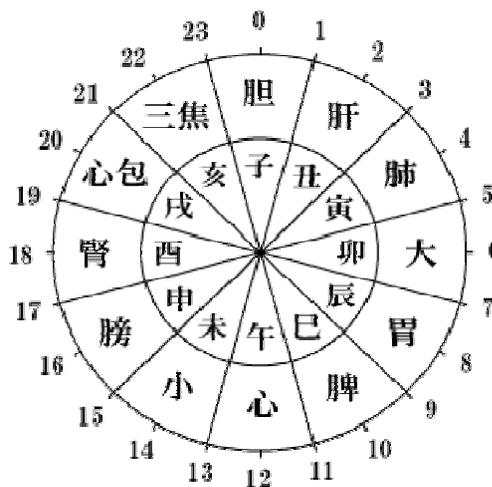
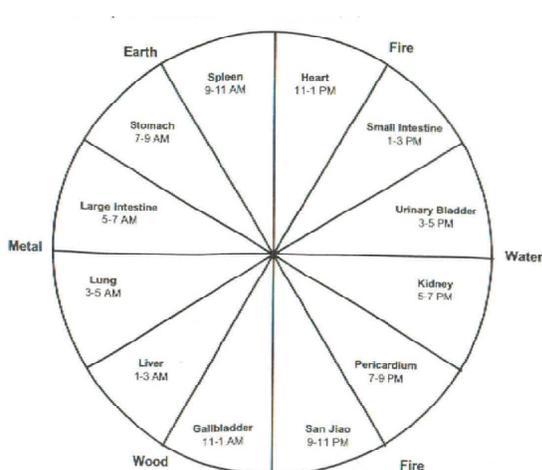


SHI-GO (Midday-Midnight) TREATMENTS

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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 practitioner uses simpler version of these ideas. There are seasonal influences on Ki, yearly cycles - daily cycles. Shigo talks about Yin/Yang - Spring/fall, midnight/midday as based on Horary Cycle.



11 pm - 1 am Gall Bladder
1 am - 3 am Liver
3 am - 5 am Lung
5 am - 7 am Large Intestine
7 am - 9 am Stomach
9 am - 11 am Spleen

Heart 11 am - 1 pm
Small Intestine 1 pm - 3 pm
Bladder 3 pm - 5 pm
Kidney 5 pm - 7 pm
Pericardium 7 pm - 9 pm
Triple Warmer 9 pm - 11 pm

The Shigo Treatments used in Hari are quite simple.

Within a 24-hour period, the Ki of the 12 meridians fluctuates depending on the time of day. These represent normal physiological changes.

- 1) If Evil Ki enters a specific meridian, Ki will not flow well.
- 2) When there should be an excess of Ki at a specific time, there may be instead a deficiency on opposite side. 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 right 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); 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 1-2 pm, or practitioners will tell patients to come in at

this time.

This is a valuable time to treat because the Yang Ki is working most actively. It is an appropriate time to send Yang Ki to the Stomach (Also, In Meridian Therapy we use the PC meridian to treat heat 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 flow of meridian, using Five Phase theory and to develop our meridian palpation skills.

Shigo Diagnosis- Key Points

1. Symptoms appear at a specific time consistently

- Costal pain 2 am. every day

- Children bed wet 9 pm. different from 5-6 am.

- Asthma in am. LU time 3-5am. Treat BL meridian

- Unclear mind 8-10 am. 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).

- Migraine GB meridian. Treat Yang Wei EV or treat HT

Acute cases: Bloodletting the Jing-well points, give Shi-go and EV treatments and the patient will feel much better.

Use bloodletting to treat acute symptoms first, before treating any other condition. Next, 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 1-3-5 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 gold needle in the direction of the flow of the meridian. Usually if we are use the area around the command points.

If a person has pain(symptom) only on one side, needle the opposite side point of the relaxing pressure pain; if there is not one-sided pain, needle on the treatment points it shows more relaxing pressure deficient type of pain.

For Heart pain, the heartbeat 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 more deficient type of pain and treat the opposite meridian GB - use the GB Luo point.

For organ related problems compare both sides and treat the reactive/comfortable pain point. We suggest you to use a gold # 10-30 needle, after needling, we can use sesame size of direct moxa - about 15 cones. Teach the patient how to use moxa at home. If the patient does not like to use moxa, give them gold 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 needle, 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 Intra-dermal on the point, but Okyu works just as well. Large size pressballs of gold and silver may be used. Mr. Kuwahara says gold pressballs give satisfactory 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/Acupressure on the GB Luo point during that specific time.

Point Location and Selection

Find the comfortable pressure/deficient type of (excess) pain point on the opposite meridian. We often find the points on the Luo point, but we may also find it at the Xi Cleft point. Once we find the point apply tonification technique. To do tonification technique, it is recommended to use thicker needles. Effective tonification for Shigo can be done by using a thicker needle such as a Gold Japanese # 10-30 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.

You may 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.

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 on paired meridian, so using a thicker needle is all right.

When finding comfortable pressure pain, often the tiny knot is deeper in the tissue; use the gold needle so it can reach this knot. Within 10 minutes the knot should disappear.

If it does not work well the Shi-go treatment, we should check the treatment point and oshide hands. If the pressure pain is not accurate the treatment will not be as effective. So, if good comfortable pressure pain is found, the treatment is indicated and if reliable results occur the treatment was successful.

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 Ming-men/PC fire. When Ming-men fire is Low, other activity decreases and this leads to pain and other problems.

Lower Stomach conditions can come with 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.

NOTE:

Traditionally in the Hari Society Shigo was used for acute, emergency, or severe situations.

- 1) Now the Hari Society is investigating to see if Shigo is useful for chronic conditions and the reports look**

positive.

- 2) Tx. Point use for Shigo is pressure pain. Now we say it is comfortable deficient type of pressure pain.
- 3) Also, it usually suggests using point that only on the opposite side with symptoms. But now we say when symptoms come from deficient type, we use same side point with symptom.

Treatment Key Points

1. In case of excess type symptoms, for one sided problems/pain needle the opposite
2. In case of deficient type symptoms, for one sided problems/pain needle some side
3. For Organ problems or bilateral pain treat the most comfortable painful side.
4. Use the Chinese clock and treat the opposite meridian based on symptomology or time.
5. First check the Luo Pts. or Xi-Cleft Pts. for pressure pain or use other command points based on the diagnosis.
6. Use #10-30 Gold needle, or Okyu, or Gold pressballs as treatment methods.
7. Use Shigo, 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. Severe pain couldn't breathe. EV Yin Wei treatment. 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 am. An inhaler provided temporary relief. Bloodletting and Shigo 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 pressballs 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 important, but we also need to add local and supportive treatment. Shigo is good for asthma. When we check BL 58 (Luo point) we can often find a good reaction. We would often needle one side 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 used bloodletting. If the child is strong use cupping with the bloodletting. If they are not strong use the light squeeze technique. If this treatment is not enough, using an EV Treatment - LU 7 and KD 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.