

Shonihari

Week 11 (9) 3/31

Brief information of other approaches (tools and techniques) that are specific to local treatment:
How to relate to the child. Methods to stop their crying.
Practice; whole shoni hari tx.

TIPS FOR SHONIHARI

How to relate to the child. Methods to stop their crying.

1. The moment of inhalation is when the child can hear your voice.
 2. Change the direction of Ki of the mind to make them feel happy.
 3. Crying is OK as long as they are finished crying by the end of the treatment.
- ① Put stuffed animals in the waiting room. These toys attract the children into the clinic.
 - ② Do not make eye contact with a child who cries when he or she enters the clinic.
 - ③ Imitate dog and cat noises to change the ki of their mind and distract their attention. Also mimic the sounds of a police car or fire engine.
 - ④ Never show the child the Sharp-side of needle.
 - ⑤ Try to have such a good technique as to make the child drool from comfort.
 - ⑥ The words “cry, pain, fear, and needle” are taboo and must not be said in front of the child.
 - ⑦ Give praise for the child. If you want to educate the guardian, begin by admiring their child.
 - ⑧ After the treatment, the child should not be crying. It is normal for children to cry but if they are not crying at the end of the treatment they will come back for more treatment.
 - ⑨ If the symptoms worsen, decrease the dosage to 1/10 of the original prescription.



Local Treatment

Non-insertive techniques such as tapping or scraping are used most of the time when treating children. Tap the needle on yourself during the treatment to recheck the strength of the treatment. This should be done mainly when performing dispersion but can also be useful when giving tonification as well. Needles designed for tonification are designed for softer stimulation than dispersion needles.

Needles used for dispersion:

1. **Taishi Hari needle.** The acupuncture 'needling', post-massage, and post-diagnosis can all be done with one hand.
2. **Jakusan.** In which the skin is tight and dry like a coarse towel, when you it dx. as blood stasis.
3. **Kakibari.** It is for used for scraping. Hold it with the index finger and thumb while scraping the surface of the skin as if cleaning a floor.
4. **Shumo-shin.** It is more suitable for stimulating areas with tight corners or places that are not easy to reach. It feels pleasant on the face and is fine for use on the abdomen.
5. **Sankaku-shin.** This needle is used for taping and dragging. This method is suited to areas where there is lots of hair.
6. **Herabari.** In the same manner as with the Sankaku-shin. The surface area of the needle that touches the skin is larger than the previous needle, and so it gives a milder stimulation.
7. **Goshin** This needle is sharper than the others and can be used when you must puncture the skin.
8. **Furiko-shin** If this needle is used quickly it can be painful. Use the ring and little fingers to control the force. This needle is often used on the occipital area in adults, especially if they have high blood pressure.
9. **Zanshin** Use the open-end side (and sometimes the tip) for scraping. You can also press the edge against the skin in a 'cutting' motion similar to that used with the herabari in order to disperse evil ki. When using the sharp end, place the tip on the point and vibrate the needle. This is used for dispersion in children and sometimes for adults.
10. **Enshin, En-Teishin.** This is a round needle in which one end is larger than the other end. It is used to massage the meridian line to disperse and smooth out the flow of the ki. If stiffness occurs due to stagnation use the Enshin to massage the area. The tapered, smaller rounded end of the needle for both dispersion and tonification.



Needles used for tonification:

Teishin

En-Teishin.

The tapered, smaller rounded end of the needle for both dispersion and tonification.

Other equipment for use with children:



magnet
direct or indirect moxa,
chinetsukyu (warming moxibustion)
cupping.

Intradermal needle
press-needle
Press balls

Have More to Say?

Again, it is smile and gentle face.