

Shonihari

Week 13 (11) 4/14

Common pathologies: Asthma, Foods allergies, Ear infections, indigestion, vomiting, colic and dyspepsia, diarrhea, constipation, Bedwetting, eczema, Weakened immune system, Weak constitution and "failure to thrive" syndrome.

TIPS FOR ASTHMA WITH SHONIHARI

Acupuncture is very effective.

But, treatment is not always easy, and many problems are encountered along the way.

The result of all of this is that treatment may take a short, a long time, many months in some cases. Even they are on the course of Ac-treatment. Moreover, the child will still be at risk of attacks. This will, of course, happen occasionally, with the result that the parents may become demoralized and stop coming. The child can also find it very hard to come off the drugs, and many reasons can be dreamed up to persuade parents to stop treatment.

However, if you can get through all of this and win the child's and the parents' cooperation – both of which are needed – then you are sure to help that child enormously. It takes patience and care. In our clinic, asthma is one of the most common diseases, and we feel it deserves full cover-age.

ETIOLOGY

1. Often we find a lung problem in their family medical history.
2. Frequent febrile diseases and infections with excessive use of drugs (antibiotics), therefore their Spleen was damaged and it leads to dampness is generated can be a major cause of asthma.
3. Phlegm-producing foods. It includes general fast foods and cow milk (that is given antibiotics which definitely pass into the milk).
4. Too much frequent breast-feeding and junk foods with additives to Kid can lead to deficient Spleen with Stomach.
5. In some children, these added chemicals give rise to allergic reactions.
6. Electronics with integrated circuit are wearing Kidney yang. Their toys also stop children using their Lung (lack of exercise) that is mother phases to Kd. Because of Kd Lu depletion, their ki function deteriorates.
7. Many children have a pronounced bad stoop with their play and work. Their difficult posture tightens the chest, with limitative effect on the Lung Ki.
8. Effect of parent actions for divorce is overpowering for children.
9. Effect of applying steroid cream to the eczema is to return the excess dampness. It turns inward to the Lungs. It leads the buildup of phlegm-dampness in the Lung.
10. Fetal Toxin, Its deteriorate flow of the Ming men fire.

Effected from external pathogen (wind-cold or cold beverage, food), the Lung Ki lose functional property, that is circulating ki and releasing. This causes the Lung ki to weak (internal yang deficiency) and the resulting accumulation of fluids transforms into phlegm and cold or heat phlegm-retention, which is manifested as asthma.

Heat sho: deficiency heat, phlegm-heat injure the Lungs

Cold sho: cold-phlegm transforming into heat.

Long standing Lung yang deficiency can progress to Kidney yang deficiency and meanings the Kidneys unable to receive the Tai Yang (Lang) ki.

Treatment Frequency

1. General or Kan-no-mushi

On average _____ every day for 4-5 days.

In light cases _____ every day for 2-3 days.

In serious cases _____ every day for 7-10 days.

Preventative _____ two tx. in a week in one a month

2. Judging the effectiveness of treatment

Questioning in detail. If the symptom worsens, the amount of stimulation should be decreased to 1/5 - 1/10 of the original dosage.

3. Timing of the end of treatment

You must end it, when the normal body is approached most.



Common pattern for Asthma:

1. LU df. LR ex.
2. LR df. LU Ex. (dry heat)
3. Sp df. LU Ex. (Golden Chamber pattern)
4. LU df. LR Ex. (Chap. 75 pattern)

Asthma attack:

To stop an asthma attack,

Needle KD-7, CV-12, CV-13, CV-14, and LU-1.

(Variation of the Chp. 75)

If there are vascular spiders in the scapular region, bleed it. As blood is squeezed out its color becomes bright red, to finish treatment with Use moxa (chinetsukyu) on the lanced area to stop the bleeding.

Weak constitution/lack of energy, use the basic Kan-no-mushi tx. along with GV-4 and GV-12. Also in the case of Liver shō, use the back shu points of the Liver (left on boys and right on girls) and Spleen (left on girls and right on boys). In the case of a Lung, Kidney, Spleen shō, use same protocol as Lung shō.

CAUTIONS: Acute Febrile Diseases: Such as influenza, measles, rubella, roseola infantum, scarlet fever, and tonsillitis, Child may develop pneumonia if appropriate action is not taken. However, if they do not go to a pediatrician yet, it is acceptable to first of all refer them to one.

Close attention must be paid when treating children who have a Cold Sho and lack of energy, and in the case of severe vomiting or diarrhea, it is possible for the child to become dehydrated and so should be referred to a medical specialist if deemed necessary.



TIPS FOR SHONIHARI

Lotus Root Tea:

Preparation: This tea is most effective when it is prepared from fresh lotus root. However, the root is not available all year round, and in that case we can use dried lotus roots or lotus powder.

-Preparation from the fresh root: Grate a 2-inch piece of lotus root. Squeeze out its juice through a cheesecloth. Add 2-3 drops of ginger juice, made from fresh ginger root, or add 1 gram of ginger powder. Then add a pinch of sea salt or a few drops of tamari soy sauce. Now add an equal amount of water, and boil this combination for a few minutes.

-Preparation from dried lotus root: Boil ½ ounce (about 10 grams) of dried lotus root in 1 cup of water for 12-15 minutes. Add 2-3 drops of ginger juice (or 1 gram of ginger powder) and a pinch of sea salt or some tamari soy sauce.

-Preparation from lotus powder: Use one teaspoon of lotus powder per person per serving. Add it to a small cup of water, together with a pinch of sea salt and 2-3 drops of ginger juice (or 1 gram of ginger powder). Heat this on a low flame, and turn off the heat when it begins to boil. Effects and Indication: Since times lotus root has been known to have an influence on the respiratory system: it helps to dissolve and eliminate excess mucus in this area. Therefore, it can be used in the following cases:

- Coughing, colds
 - Sinus problems: congestions, infections
 - Lung problems: bronchitis, asthma, whooping cough
- For a nursing baby who is affected by whooping cough or another type of cough, the mother should take the lotus root tree.

Asthma Attack

Asthma attacks can be dangerous and need to be watched very closely.

-We can try to relieve them by applying Ginger Compresses to the chest, in the front as well as in the back. Compresses may have needed to be repeated, sometimes for up to one or several hours before an attack fades away.

-A specific drink: crush 20 grams of peach kernels and 12 grams of apricot kernels in a *suribachi*. Add some grated ginger and a little rice malt, and boil this together with water for 5-10 minutes. Drink and eat everything.

-In case you don't have peach or apricot kernels: in the short term it may be found that the intake of something yin will have an effect, such as hot water with rice honey, or Kuzu with barley malt, or hot apple juice; some people notice relief after drinking strong coffee. This may relieve the attack, and safely be used at the time, but if this would be the only treatment in the long term, it will gradually worsen the condition of asthma itself, and lead to sooner and more serious new attacks. To treat the cause of asthma, one should try to become gradually more yang, by using a standard macrobiotic diet together with a moderate intake of gomashio or umeboshi plums.

Have More to Say?

Again, it is smile and gentle face.

General Advice for diets

No dairy foods, peanuts, ice-cold foods and drinks

Mustard Plaster:

This is a traditional remedy in the Orient, as well as in our Western regions. It can serve as a good replacement for a ginger compress.

Ingredients and Utensils:

- Mustard seeds or mustard flour or plain mustard
- White flour
- A *suribachi* or a mortar and pestle
- Paper towels or, mess preferable, wax paper
- Two cotton bath towels



Preparing a Mustard Plaster: Crush enough mustard seeds to obtain a handful of mustard powder; or use a similar amount of mustard flour or plain mustard. When treating children, you should add an equal amount of white flour. Now slowly add warm water, while stirring in one direction (this is important in this case!). You should obtain a thick cream which is neither too wet nor too dry.

Cut a paper towel or a piece of wax paper, twice the size of the area to be treated, and fold it in half. Spread mustard paste on one half of the paper. Fold the other half on top of it, then fold the edges of the paper to prevent the paste from leaking.

Applying a Mustard Plaster: Cover the area that is going to be treated with one cotton towel. Put the mustard plaster on top of that towel. Cover the plaster with the second towel, which has been warmed up. Do not put the plaster directly on the skin, unless the paper is very strong: if the mustard leaks through it can cause nasty blisters and burns.

When you apply this plaster on yourself, you won't notice anything in the beginning. But after a while you will start to feel the plaster becoming hotter and hotter. This is because mustard particles start to penetrate through the towel. Keep the plaster on until its heat starts to feel uncomfortable: this usually takes about 10-20 minutes. Then remove the plaster. You will see that the skin is now red and warm. Almost as it burned. To rinse, gently pat the skin with a towel dipped in warm water. Do not rub the skin: this would hurt, and it could even rupture.

Purpose of Mustard Plaster: Mustard stimulates the circulation of blood and liquids in the organs or tissues treated by it, and it dissolves stagnations.

Indications:

-This is very good such as bronchitis, mucus accumulation in the lungs, coughing, and asthma. In this case the plaster can be applied simultaneously or alternately on the chest and on the lung area on the back.



-For dissolving hardness in the shoulder or neck area: in this case the blood circulation is stagnated in these muscles.

-Rheumatic pains can be relieved very effectively.

-It is also very good to relieve menstrual cramps.

Frequency:

-For acute troubles: 3-4 times per day

-For chronic troubles: the same as for the ginger compress.

Apply this plaster preferably before going to bed.

Comments: This plaster can be used for small children, and is actually safer than a ginger compress for them. This plaster is much milder and much more comfortable, but it still has good effectiveness. The only warning to be stressed here is that you should avoid burning the skin. This will not happen if you apply the plaster as described. If by an inaccurate way of application burns should arise, treat them with olive oil.