

# Shonihari class note 1 (2-3)

Week 4 (2) 2/4 and Week 5 (3) 2/11

**Constitutional types and Five Phase dx. through the four examinations. Focus on basic pulse quality dx., six comparative pulse dx.**

**Practice pulse dx. and root treatment (tonification) with Teishin.**

## TIPS FOR SHONIHARI

Perform a pulse dx. in order to determine the SHO.

It is Difficult, Because of these reason

1. It should be done quickly.
2. Children dislike both hands to be held at the same time.
3. The area on the wrist that can be felt is very small, floating and fragile.
4. Children move around a lot. Difficult to find a moment as a still frame.

**Solution to speedy and quick dx.**

- A) You can keep to hold their hand while on their moment that is 1 second (1-2-3)
- B) No analysis during pulse take. Only download pulse pictures to head.
- C) Take one side each during local tx. or in the game.
- D) Let your dx. hand leave to child. (relax your hands)

**Characteristic kid's calm Pulse quality**

Floating, Fast, Soft, Short, Small (Minute).

## Order of Pulse Diagnosis

1. **Is it Yin or Yang type disease**  
Yang disease: It's from OPI(Jaki). Also it's influenced by Fetal toxin (as yin Ex.).
  - Yin disease; It's constitutional or It's influenced by parent EPI.
2. **Eight basic Pulse Quality Diagnosis**  
Floating, Sinking, Fast, Slow, Deficient, Excess, Slippery, Hesitant.
3. **Six comparative Pulse dx.**  
Catch the middle pulse then find excess

### Remark:

@ Yang disease

Acute: Excess on yang m. with yin deficiency in same phases.

Yang disease Chronic pattern w/ Fetal toxin:

LR excess w/ Blood stasis with LU def.

LU excess w/ SP def. with Allergy/Eczema

@ Yin disease

Yin Excess with Yin deficient on control cycle

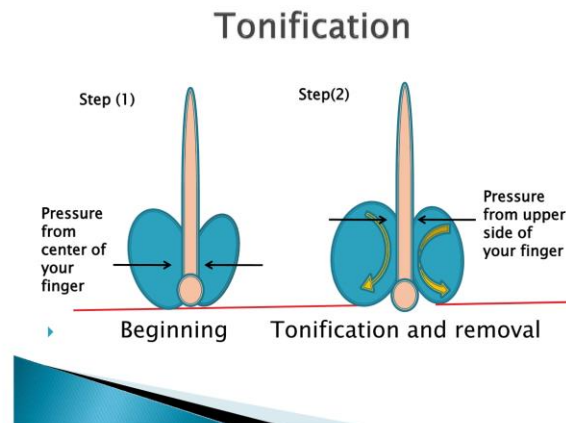
\*\*\* Treatment for children as well is necessitated by the pattern/SHO of imbalance.

## How to determine the Sho?

1. The most important aspect of the Shonihari (meridian therapy) is to determine the *Shō* according to the presentation of the yin meridians.
2. Example: If a child presents with diarrhea or vomiting of milk the *shō* should be determined as Spleen deficiency. At this point determination of the *shō* is not different from adults.
3. Most pathology in children is based on excess patterns of yang meridians on the surface. or except **Fetal toxin**.
4. Thus dispersion techniques applied on yang meridians usually suffice in the treatment of children.
5. Yin meridian with fetal toxin.

## How to use Teishin

Get the Picture



## Have More to Say?

**Not difficult to perform the pulse dx. and root treatment.**

**Finish the treatment so children feel good and want to come again! Next time Children brings their family to the clinic.**