

Shonihari

Week 7 (5) 2/25 Focus on pulse dx, and abdominal dx. Practice root treatment diagnosis with pulse and abdominal dx. and treatment (tonification and dispersion) with *Teishin*.

TIPS FOR SHONIHARI

Characteristic kid's Hara

Their abdomen is very small.
Also they cannot stay still, lie flat on one's back and very ticklish.

Order of Hara Diagnosis

Is it Yin or Yang disease

If it is yang diseases (excluding fatal toxin),
We skip the Hara Dx. very often.

Healthy abdomen

Barely touch the skin. Do not press hard. Skin that is soft and full of bounce is normal.

Good prognosis:

Round and protrudes slightly, looking like a plump Chinese steamed bun.

Be 'bounce' with resistance that is firm and strong

Poor prognosis:

Excess or lack of ki flow

Surface is strong but lacks bounciness
Also feels like a "dry towel".

Deficiency

Skin is loose and weak, you find a sense of 'loneliness' or "sluggishness" and/or lack of bounciness and in particular areas.

or extra tension needs to be checked with the pulse dx. and symptoms.

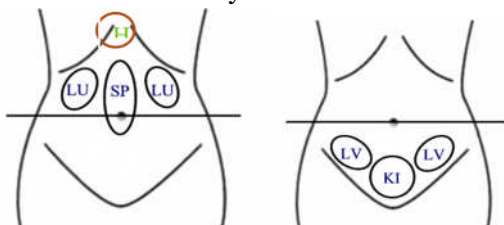
Basic Hara Dx. (five elements)

Divide the abdomen into upper and lower halves.

Weakness in

upper half: Lung or Spleen shō

lower half: Liver or Kidney shō



Hara Tapping Dx.

It shows the treatment area of expressing the condition in the time, and can also suggest dose of a stimulus.

Advanced Hara Dx. with Heat and Cold

KD df. Heat sho

KD df. Cold sho

LR df. Heat sho

LR df. Cold sho

SP df. ST. H.

SP df. ST. df. H.

SP df. Cold

Blood Stasis (including fatal toxin)

SP df. LR Ex. H.

SP df. LR Ex.

LU df, LR Ex

Have More to Say?

A warm feeling (**Smile**) is a most effective method in Shonihari.