

# Tonification and Dispersion by Inoue Keiri



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# Tonification and Dispersion Techniques-1



Type	Tonification	Dispersion	Comments
Yin & Yang	Used mainly for yin diseases, deficiency patterns, and on the yin channels.	Used mainly for yang diseases, excess patterns, and on the yang channels.	Yin diseases are often [seen] in deficiency patterns, and are treated on the yin channels. Yang diseases are often [seen] in excess patterns, and are treated on the yang channels. Yin excess and yang deficiency are not normal illnesses and so need a different treatment approach.

# Tonification and Dispersion Techniques-2



Type	Tonification	Dispersion	Comments
Deep and shallow insertion for males and females	Use deep insertion after strongly pressing [the point] for females since they are yin and their ki is internal. Use shallow insertion after lightly pressing [the point] for males since their ki is superficial.	Use shallow insertion on both men and women for yang deficiency and deep insertion on both men and women for yin excess.	It is a rule to start treatment on the left for men and on the right for women.

# Tonification and Dispersion Techniques-3



Type	Tonification	Dispersion	Comments
Inhaling & Exhaling	Insert needles during exhalations and remove needles during inhalations.	Insert needles during inhalations and remove needles during exhalations.	The reason [for this] is because the body becomes deficient during exhalations and excess during inhalations due to the incomings and outgoings of ki with the breath.

# Tonification and Dispersion Techniques-4



Type	Tonification	Dispersion	Comments
Size & Temperature of Needles	Use thin needles. Warm the tips of the needles.	Slightly thick needles can be used. Bloodletting needles can be used. Insert the needles without warming the tips.	Tonification is used to prevent decreases in ki. Dispersion is used to leak out pathogenic ki. Warming needles prevent decreases in ki.

# Tonification and Dispersion Techniques-5



Type	Tonification	Dispersion	Comments
Stroking and closing the point	Insert the needle after gathering ki [to the area] by stroking [with the fingers] over the acupoint (in the direction of the flow of the meridian). After removing the needle, quickly press the needle-hole to close it.	Insert the needle after sinking channel ki by stroking [with the fingers] over the acupoint (in the opposite direction of the flow of the meridian). After removing the needle, do not press the needle-hole to close it.	This is done to tonify and augment ki (channel ki) and avert its leakage, and to expel pathogenic ki and prevent its [re]entry.

# Tonification and Dispersion Techniques-6



Type	Tonification	Dispersion	Comments
Angle	Insert the needle in the direction of the flow of the meridian.	Insert the needle in the direction opposite to the flow of the meridian.	This is done to make channel ki flow, and to block the movement of pathogenic ki.

# Tonification and Dispersion Techniques-7



Type	Tonification	Dispersion	Comments
Removal Timing	Make the channel ki circulate. When it becomes full and is flowing well, that is the sign [to remove the needle.]	Remove pathogenic ki. Calm naturally excessive ki. Clear blood stagnation. Make channel ki flow. Take the disappearance of pathogenic ki as the sign [to remove the needle.]	[Recognizing the] movement of ki requires the most practice.



# Tonification and Dispersion Techniques-8



Type	Tonification	Dispersion	Comments
Insertion and Removal Speed	Slowly insert the needle so that it does not hurt, and slowly remove the needle.	Quickly insert the needle and quickly remove it.	Hasty insertion injures the blood, and rapid removal injures ki. 'Quickly' is a little different from hasty and rapid.

# Tonification and Dispersion Techniques-9



Type	Tonification	Dispersion	Comments
Flicking & Fingernail Pressing	In order to gather ki to the point to be needled, press it, or flick it with a fingernail, or press a fingernail into it. After inserting the needle, flick the handle in order to gather ki [to the area].	Use the same techniques as for tonification in order to separate healthy ki from pathogenic ki, to sink healthy ki, and to stop the flow of pathogenic ki. After inserting the needle, relax the supporting hand and flick the needle to make it vibrate.	Flicking can be done after stroking. Flicking the needle after insertion increases the effectiveness of the [tonification or dispersion] technique.

# Tonification and Dispersion Techniques-10



Type	Tonification	Dispersion	Comments
Twisting the needle clockwise or counter clockwise	[With the patient in the prostrate position] twist the needle clockwise when needling the left side of the body and counterclockwise when needling the right side of the body.	Do the opposite of tonification: twist the needle clockwise when needling the right side of the body and counterclockwise when needling the left side of the body.	Since the direction of the twisting depends on the left or right side of the body, when needling the abdomen the direction will be opposite that when needling the back.

# Tonification and Dispersion Techniques-11



Type	Tonification	Dispersion	Comments
Vibrating	After inserting the needle, gently vibrate [the needle with] the inserting hand in order to gather ki [to the area].	After inserting the needle, quiver [the needle with] the supporting hand in such a way as to cause the leakage of ki.	For tonification, perform the technique while needling, and [make sure to] preserve ki [at the point] when removing the needle. For dispersion, [vibration is used to cause] leakage of pathogenic ki while removing the needle, but is sometimes also used during needling.

# Tonification and Dispersion Techniques-12



Type	Tonification	Dispersion	Comments
Cold and Heat	[Tonification] is used against cold [with the purpose of] warming the insides. Sometimes the needles are retained.	Insert the needle many times in order to reduce the heat. Use the sanshin technique.	For a cold [condition, the technique] is like not wanting someone to leave. For a heat [condition, the technique] is like touching hot water with one's hand.

# Tonification and Dispersion Techniques-13



Type	Tonification	Dispersion	Comments
Shallow and Deep [Insertion]	[First] insert the needle shallowly and then later insert it deeper. For yin deficiency, [insert the needle] shallowly and send yang ki to the yin [level].	[First] insert the needle deeply and then later make it shallow. For yang excess, disperse pathogenic ki after tonifying the yin deficiency. [Therefore,] two methods [are performed on] one point.	Yang ki is present in many cases of yin deficiency. Yang excess is caused by yin deficiency. However, there are different ways to treat [this condition].

# Tonification and Dispersion Techniques-14



Type	Tonification	Dispersion	Comment
[Treatment] order for deficiency and excess of yin and yang	<p>For yin exuberance, if there is yang deficiency, first tonifying the yang and then dispersing the yin will harmonize [yin and yang].</p> <p>For yin deficiency, if there is yang abundance, first tonifying the yin and then dispersing pathogenic [ki] from the yang will harmonize [yin and yang].</p> <p>When giving treatment, first pay attention to the channel ki and then remove the pathogenic ki.</p>		These rules should be followed for [all] tonification and dispersion techniques.

# Tonification and Dispersion Techniques-15



Type	Tonification	Dispersion	Comments
Needling dosage	<p>There is no need to question [i.e. limit] the dosage if ki has not reached [i.e. has not been effective or is not detected by the practitioner] the intended purpose when needling.</p> <p>Do not needle again once ki has reached the intended purpose after needling.</p>		<p>Techniques should be used in accord with deficiency or excess, and in each case attention must be given to the dosage of needling.</p>