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Lecture on Self-taught and Self-treated Shiatsu Method

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Warning—Disclaimer

You are reminded that *shiatsu*, acupuncture, or moxibustion generally known as alternative medicine is not panacea for all illnesses. It works only when proper treatment is given at the proper TRIPSA and only when the patient makes his/her own efforts for recovery, beginning, for example, by sticking to the “Early to Bed Early to Rise” practice in line with the working hours of the various bodily organs.

Every effort has been made to make this material as complete and accurate as possible. However, there may be mistakes in content, typography and translation. This text should be used as a general guidance and not as the ultimate source of information. The purpose of this on-line Lecture is to merely inform you of another knowledge which you might not have encountered. Otherwise, the author, Shinshin Kenkodo, and the translator shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to be caused, directly or indirectly by the information contained herein. The ideas and suggestions contained in this Lecture are not intended as a substitute for consulting with a physician. Always consult your doctor and other professionals.

Chapter 00 Preface

"**Holo Shiatsu**" (*¹), The Bone (*Hone*)-Edge (*Kiwa*)-Finger-Pressure (*Shiatsu*), developed by **Shinshin Kenkodo** (Sound Mind & Body Clinic) was featured in the recent issue of the "**Yuhobika**" Health Magazine(*²). In this web page, we publish a refined **Guideline for the Self-Taught and Self-Treated Shiatsu Method** so that a greater number of people can self-treat and individually-cure a variety of pains, maladies and disorders. We have also added, in response to the snowballing requests, the method to treat the so-called "OA Maladies" caused by the PC operation. It is otherwise known as the IT (Information Technology) Syndrome.

(*¹) (The word "**Holo**", originating in Greek, implies "complete, entire, total", and **Shinshin Kenkodo**, expressed in Chinese characters, means: "Sound Mind & Body Clinic", or "SMBC"). *Shiatsu* in Chinese is pronounced as "**Zhiya**".

(*²) *Yuhobika* is published in Japanese only. See: <http://www.makino-g.jp/yuhobika/newm/indexn.html>

Among the numerous *tsubo*'s or the **TRIGGER** Points for *Shiatsu*/Acupuncture ("TRIPSA's") in a human body, in fact, many of those located at the bone-edge (*hone-kiwa*) are proven to have the *quick-to-respond* characteristics. The bone-edge means the spot or tendon that connects muscles to the bone. Stimulate this particular spot to get the deep, heavy, "zoon" response ("reverberation") that makes one feel real good. Any of the readers affected by one or more of the pains, maladies and disorders dealt with in this Lecture can personally experience the efficacy of the **Holo Shiatsu**, i.e., the "Complete Shiatsu".



The Bone-Edge
Holo Shiatsu

SMBC has practiced its own treatment method called the *sensitivity* medical treatment based on the principles of acupuncture, moxibustion, *Shiatsu*, and introspective method, going by the motto: "**Healing Pains of Mind & Body**".

The term '*sensitivity*' is generally used as the word to imply 'sense' or 'sensation'. What we mean here is "*ki* (qi) or life source energy" that enables such perception. The *sensitivity* interconnects 'mind' with 'body' and adjusts the relationship between them. The declining *sensitivity* distorts the balance between Mind & Body and tends to result in ailments and maladies.

Thus, to heal such ailments and maladies, it becomes necessary to revitalize the *sensitivity* that binds Mind & Body. **Holo Shiatsu** that we introduce to the readers here is a treatment focused on *sensitivity*, and is particularly effective to ailments and maladies accompanied by severe, acute pains.

Chapter 01 The Theory of **Holo Shiatsu** (*¹), Self-taught and Self treated

Acute pains and stiff shoulders are removed by **Holo Shiatsu** that stimulates the vital spots (tendons) of limbs. *Shiatsu* (Zhiya), that literally means 'application of finger pressure', normally stimulates a portion of 'muscles'. On the other hand, **Holo Shiatsu** deals with the 'tendon' itself. The name, *Hone-Kiwa-Shiatsu*, derives from the observation that the tendon is attached to the bone-edge. The tendon (*Jin*), otherwise known as *suji* in Japanese, keeps the muscle firmly locked into the bone, and assists the interactive movements between the bone and the tendon. Then, what happens if *Shiatsu* (finger pressure) is applied to the 'tendon'?

1. The pain is quickly removed and its effect continues

While *Shiatsu* on muscles has a relaxing effect on the patient, only a mild improvement of acute pains can be expected. On the other hand, the tendon nimbly reacts to stimulation. Therefore, the pains are promptly removed and its positive effect continues.

2. The direct contact to the aching spot can be dispensed with.

The pains are usually accompanied by inflammation of the tissues. In such cases, the direct stimulation on the inflamed tissues may not only exacerbate pains but may spread the inflammation. **Holo Shiatsu**, in principle, stimulates the spot, which is diagonally opposite to the aching spot. If, for example, the left leg pains, *Shiatsu* is given on the right arm. Thus, the acute pain accompanying inflammation can be treated without direct contact to the aching spot.

The reason for giving a *Shiatsu* stimulation to the diagonally opposite spot is based on the principle of reflexology. Human beings used to walk on all fours like other animals before the shift to walking in the erect posture on the two legs. Its trace is retained in the human body in the reflection of forward and hind limb motions. Namely, a forward step of the right leg is accompanied by a forward movement of the left hand.

Holo Shiatsu exploits the reflective characteristics of the four-limbs in treating ailments and maladies.

As exemplified in the case of the left leg vs. the right hand, a *Shiatsu* stimulation is given to the diagonally opposite spot. For example, if the left leg pains, the right elbow is stimulated.

Both knees and elbows correspond to the former forelegs and hind legs and substantially share the same construction. Thus, closely resembling parts of human body such as wrists and ankles, knees and elbows, shoulder joints and hip joints all serve as a yardstick to locate the cure point, diagonally opposed to the ailing point of the human body. This theory is known as the (analogous) “fractal theory”.

As mentioned in the foregoing, if the left knee hurts, *Shiatsu* is applied to the right elbow, which is located at the diagonally opposite point. A stimulus given to the right elbow causes the reflective action of the left knee. This reflection directs the ailing knee tissues toward recovery.

3. It takes only a few moments to complete *Holo Shiatsu*

The fact that it takes only a few moments to treat is the positive advantage of **Holo Shiatsu** compared to other treatments. Locate the part of the human body that is diagonally opposite to the ailing part by letting the bulb side of the finger to rub the bone-edges. If the finger locates the tendon that bounces back, apply pressure by the bulb of the finger in such a manner that the sense of “zoon” reverberation is felt. The reverberation signals the reflective action of the ailing part inside the body. Once the reverberation is felt, no further stimulation is required.

In addition to the tendons, stimulating the *tsubo*’s or the TRIPSA’s also enhances the curative effect. The meridian (or the energy passage under the oriental medicine) links to the five organs and the six bowels. Stimulating the TRIPSA’s normalizes operation of the nerves, organs and bowels. Stimulating several TRIPSA’s is effective when the chronic symptoms are observed.

4. Adjusting the life time-cycle to the rhythm of the internal organs

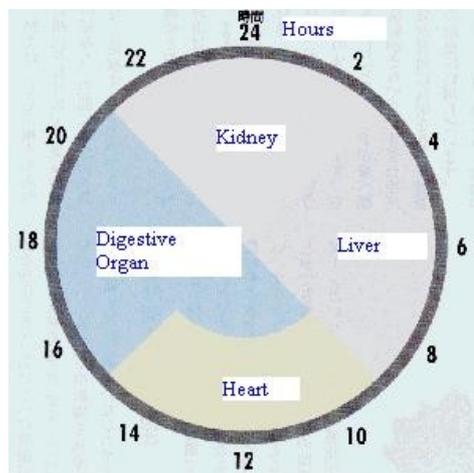
To enhance the effect of **Holo Shiatsu**, it is also important to regulate the lifestyle of the patient to enhance the self-healing capacity of the total body system. *The fundamentals for cure is to take a rest when the internal organs are at rest, and work when the internal organs are functioning.* To bring the conclusion first, it suffices to say: “*Observe the principle of early to rise and early to bed.*”

Reorganize the daily rhythm (routines) by taking account of the ‘active’ hours of the individual internal organs. Then, a surprising improvement in one’s health is bound to follow.

The kidney filters out the old wastes and purifies the blood. The filtering is most active during 21:00 to 03:00 hours. Body movements during these hours would disperse the blood circulation to other organs and hinder the blood concentration into the kidney, and negatively affect the purification process. Go to bed no later than 23:00 hours each day.

The liver not only processes, treats and stores nourishments and neutralizes poisons, it stores substantial amount of blood. The peak hours of the blood storage in the liver are from 03:00 to 09:00 hours. When the body wakes up, the blood stored in the liver gushes into the heart, and revitalizes the heart throbbing. To ensure that the blood flows properly into the heart, it is imperative that the body wakes up before 09:00 hours.

The active work hours of the heart are during 09:00 to 15:00 hours. It is best to concentrate mental and physical work during these hours. The air (oxygen) intake into the lungs becomes the most



active during 15:00 through 21:00 hours. It would be best to take exercises such as jogging during these hours.

The digestive organs are most active during 09:00 to 21:00 hours after which hours, the stomach and the small intestine become inactive. Thus, it is imperative to finish dinner before 21:00 hours.

On the other hand the intestine is the most active past 21:00 hours to midnight. Going to bed without late-night snack and getting up early would prevent constipation.

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Chapter 02 OA Maladies

OA Maladies, the maladies of the 21st century are spread world over



The dissemination of personal computers is the 21st century phenomenon widely spread world over. Without PC's, it is no longer possible for people to find jobs or to lead a day to day ordinary life.

While PC's have brought about much convenience to communication of information, the resulting maladies are also spread world over. This is known as the 21st Century Maladies.

In Japan, likewise, PC's are brought into elementary school classrooms. What is more important, however, is to prevent the PC maladies or symptoms due to the use of PC's, through provision of a

proper preventive guidance.

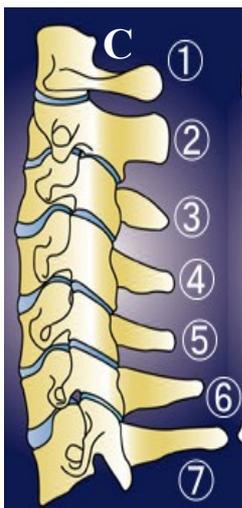
Persons, who are made fully aware of the potential serious illness resulting from the PC use, will have pains in their necks. From young to old, all on earth are susceptible of falling victims to the PC maladies. This alone deserves the total study by bringing into play all the worldwide wisdoms.

Symptoms of OA Maladies

OA Maladies are defined as 'symptoms of illness due to the PC usage'.

1) Abnormal cervical vertebrae

Persons sit on chairs when using PC's.



Different regions (curvatures) of the vertebral column

<http://www.sekitui.jp/KA/keitui/keitui.htm> http://en.wikipedia.org/wiki/Vertebral_column

If it is a desktop, the monitor screen height approximates the height of the eyes, while the keyboard is placed on the desk. If it is a laptop, both the screen and the keyboard are placed on the desk.

The posture of the user must be examined. When he/she looks at the keyboard, his/her eyes look downward causing the neck to incline downward (>) while the shoulders and the neck make the inverted (<) configuration. This changed posture severely burdens the cervical vertebrae around C4,5,6,7, particularly at its bent corner, which should usually remain straight. The nerve runs from the cervical vertebrae to both arms. The bent vertebrae



ST41 *Kaikei* (Jiexi)

narrow the gap between the vertebral discs, and squeeze and numb the nerve fibers.

Unless the neck is positioned correctly, stiff neck, if not numbness, results around the bone-edges of the dorsal apophyses. If the stiff neck syndrome develops into chronic conditions, it turns into a solid bar, and burdens the PC user. The user feels no pains by bending and stretching the neck. However, the sense of heaviness and languor on the neck assaults the user. This symptom can develop into headaches and stiff shoulders as well.

Keeping the bent neck posture for a prolonged time narrows the gap between the vertebral discs and forces the discs out of the normal alignment. The discs thus forced out squeeze the nerves. This symptom is called 'disc herniation'.

During the period of the disc herniation attack (namely, when the inflammation spreads in the affected areas), the PC user feels severe pains on the neck and the shoulders, as well as numbness of arms, even if he/she remains still. The PC user is disabled to bend the neck backward. The deformed neck causes the back to bend, burdens the hip, with the resulting lower back problem. If the lower back problem persists, the vertebrae at the lower back get deformed. This deformity causes the disc herniation, and cramps and numbness on arms, legs, etc., which symptoms require a long period for recovery, anywhere between 3 to 6 months.

Treatment:

<Acute pains are felt when in motion>

When it pains to bend, stretch, or turn the neck, give a roll, one point *Holo Shiatsu* to the ankle. This step will send by reflection the life source energy to the aching spot of the neck and alleviate pains, since the neck and the ankles are located at diagonally opposite points. If the thorny protrusions at the anterior neck bones aches, give one point *Shiatsu* or acupuncture on the tendon near the ST41 *Kaikei* (Jiexi), Divide Ravine, and if the sides of the neck ache, on the tendon near the GB39 *Kensho* (Xuanzhong), Suspended Bell, Bone-edge.



If inflammation is observed in any tendons around the neck, avoid attempting to directly treat the neck itself.

<Chronic stiff neck or stiff shoulders>

Apply *Holo Shiatsu* or acupuncture or direct relative acupuncture for the chronic stiffness (palsy) that is observed upon or at the bone-edges of the thorny protrusions of cervical vertebra.

To the stiff tendon of the sternocleidomastoid or scalenus muscles at the side neck, let the patient lie sideways, and give one point *Shiatsu* or acupuncture at the spasm (stiff point).

The needle sizes Nos.31~35 are frequently used to treat the palsy, spasm or stiff point at the neck. It may seem risky to give acupuncture at the neck. However, the neck is well covered by bones (like a bird's neck) and there is no danger.

However, it must be noted that acupuncture should be applied sparingly by carefully observing the neck stiffness. Overburdening the neck tendon by an excessive application of acupuncture could excite the radical pains, while letting the stiffness to resurface.

<When the arm is palsied>

When the arm is palsied, check from which cervical vertebra the palsy originates. Once the originating point is ascertained, pull the cervical vertebrae to stretch the gaps between the thorny protrusions. This treatment removes the stuck objects between the cervical vertebrae.

If inflammation is observed, let it suffice by giving a stretch. If the patient complains severe pains even by a slight neck movement, or if a palsy is observed, it is a sign that the patient is in the acute pain period. In such a case, let the patient keep lying still on the bed. Taking a day off from work and lying on the bed is the best remedy. If this is not possible for business-men-and-women, let them alleviate the pains by giving a self-massage at the aching points.

During the acute inflammation period at the cerebral vertebrae due to herniation, etc., in many cases, no

treatment whatsoever can relieve the pains. Lying still on the bed will remove the inflammation without fail. When the inflammation period is over, start giving the foregoing treatment at the cerebral vertebrae.

It is best to avoid surgery on the neck, even if it is to cure the symptom of herniation.

To remove numbness and palsy in the arm, no treatment can be effective, unless the patient takes the correct posture. If working on a laptop causes the numbness or palsy, use it sparingly, or use it only when it is absolutely necessary. In other words, try correcting the posture when working on the laptop, so that no palsy results.

Being palsied is a sign that the malady is aggravating. It is important to remember always that holding the physician solely responsible for recovery will never cure the maladies. It is incumbent upon the patient to make his/her own efforts which are indispensable for recovery from all diseases.

2) Abnormality from eyes and its treatment

Continuously gazing at the monitor screen for many hours wears out the eyes, since they are over-worked. In such an event, the eyes get bleared and bloodshot.



GB20 *Fuchi* (Fengchi)
<http://www6.ocn.ne.jp/~k-hksm-s/tubo-01/huuchi-.html>

The optic nerve located at the anterior of the eyes is worn out when the eyes are overworked. Then, the vicinity of GB20 *Fuchi* (Fengchi), Wind Pool, (at the top of their anterior neck bones) and the bone-edge of C23 of the thorny protrusions of cervical vertebra all get stiff. The patient so affected feels languor and heaviness at the anterior neck bones.

Conversely, the stiff anterior neck bones pressurize the optic nerve, and the patient feels weary in the eyes.



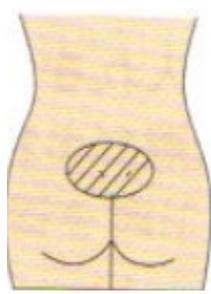
GV24 *Shintei* (Shenting)

<Treatment>

Give one point *Shiatsu* or acupuncture to the stiff (spasm) point felt upon anterior neck bone. Give also one point *Shiatsu*, acupuncture or *Qigong* to the stiff (spasm) point felt at the side of cervical vertebrae C23. If the reverberation feels good, it eases the eye tension.

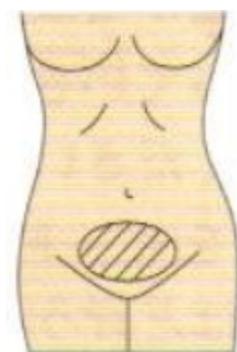
The TRIPSA's that work effectively to the eyes includes, among others, one point *Shiatsu* or acupuncture to GV24 *Shintei* (Shenting), *Spirit Court*, *Shiatsu* in the circumference of the eyes and moxibustion on the eyelids.

<Keep the correct posture>



Senkotsu (Xiangu)

Avoid sticking the neck out toward the monitor screen, or bending the neck downward to see the keyboard or the monitor screen (of laptop). Doing so bends the dorsal vertebra and creates a stooped back and shoulders which causes stiff and rounded muscles at the external edges (greater psoas muscle) of the lumbar vertebra. Heaviness and pains in the lumbar then begin to follow. In this posture, working on the PC relies solely upon the hands without support of the lumbar. The outcome is the mounting disorders, such as stiff shoulders, stiff areas between the shoulder blades and severe pains on the fingers from tendovaginitis.



Tanden (Dantian)

The correct posture is not to hump the BL27~34, BL53~54 *Senkotsu* (Xiangu) rump bones (os sacrum) but to erect it.

When the *Senkotsu* (Xiangu) rump bones area is erected upright, the pelvis is set in the correct position, and the whole strength is concentrated on the lumbar and *Tanden* (Dantian), the Hypogastric Region in the abdomen, becomes mentally ascertainable.

Sit in a chair after placing a doubly or quadruply folded bath towel underneath the buttocks. Then, unwittingly, one realizes that the *Senkotsu* rump bones get erected upright, just like the mat that is placed underneath the legs during the *Zen* (Chan) meditation exercise automatically erects the lumbar upright.

When the *Senkotsu* (Xiangu) rump bones get erected upright, the backbone (vertebral column) sitting on them also gets erected upright.

When working on the keyboard, try to let the *Tanden* (Dantian) direct the finger movements, and consciously connect them to the *Tanden*, which acts as the center of gravity in the human body.

It is said that a first class ballerina mentally connects her fingers to the *Tanden* (Dantian), in a movement of raising her fingers upward toward the ceiling.

Likewise, no stiff shoulders and no lumbar pains can result by working on the keyboard, if the *Tanden* is consciously connected to the fingers.

None the less important is erecting upright the cervical vertebrae, just as erecting the *Senkotsu* (Xiangu) rump is indispensable. Imagine that a person working on a PC is a marionette being operated by the hanging threads, and his/her cerebral vertebrae and the head vertebrae are hung up in the air. In this manner, the gaps between them are loosened.

Pull in the chin, and consciously let the neck stretch upward and the cerebral vertebrae stretch upright, also.

Maintain as long as possible the posture in which the cerebral vertebrae are stretched upright, when typing on the keyboard, or while watching the monitor screen. Practice touch typing to prevent the neck from bending downward. Avoid inclining the neck forward to read the monitor screen. This caution prevents the warped neck, that looks like a tortoise.

Keeping upright both the *Senkotsu* (Xiangu) and the cerebral vertebrae guarantees the upright posture when working on a PC with a keyboard and a monitor screen.

Remember to take a short rest after working on a PC for an hour or so.

The treatment will be of no avail and the malady returns, if the patient fails to maintain the correct posture while working on a PC. It is incumbent upon PC instructors to teach their students how to maintain the correct posture at all times while working on PC's.

All concerned in developing new PC's for next generation should give thought to the requirement that their user can work in the correct posture when typing and watching the monitor screen.

Chapter 03 Headaches

***Holo Shiatsu* at ankle immediately relieves pain and headaches**

The headache spot varies according to individual causes. Headaches occur at the back of the head if the face-down-posture is maintained for a prolonged time or if caused by flu. If the headache is caused by the malfunctioning liver, or the gastric function is not up to par, the pains are felt at the forehead. If headaches occur frequently, adjust the life time-cycle to the rhythm of the active time brackets of the various internal organs, as explained in Chapter 01.

Holo Shiatsu around GB39 *Kensho* (Xuanzhong), Suspended Bell, located at ankles is effective to cope with headaches. If ***Holo Shiatsu*** fails to bring about the desired effect, stimulate also the aching spot, as well as GV20 *Hyakue* (Baihui) at the top of the head.

GV20 *Hyakue* (Baihui), Hundred Convergences

The TRIPSA of GV20 *Hyakue* (Baihui), Hundred Convergences, is located at about the center top of the head, a cross point between the line formed by the highest point of both ears and the center vertical line of the body. Place a pestle at the head top, roll it upon the head by holding the ends by both hands.



GV20 *Hyakue* (Baihui)

GB39 *Kensho* (Xuanzhong), Suspended Bell

GB39 *Kensho* (Xuanzhong), Suspended Bell, is located at the point 3-finger-width (index finger to third finger) away from the highest point of ankle.

Sit on a chair, place the left bulb of the thumb upon the left leg *Kensho*, or the right bulb of the thumb upon the right leg *Kensho* to feel the tendon (*suji*) that runs vertically at the bone-edge. Give pressure to this tendon by the bulb of the thumb until it reverberates. Reverberation comes out if the bulb of the thumb is slid up and down along the tendon.

Normally both legs are treated. However, if it is a migraine-type-headache, treat the leg diagonally opposite to the aching side of the head. If the left head aches, treat the *Kensho* on the right leg.



GB39 *Kensho*
(Xuanzhong)

Chapter 04 Lumbar pain (Backache)

Give a thorough massage to the chest bone-edges to eradicate pains then and there and redoubled vitality is assured.

The lumbar bears a substantial burden to support the upper half of the body in addition to its involvement in the lower half movements.

When the blood circulation is interrupted by continuing an improper posture for prolonged hours or if it is aggravated by the lack of exercise, the muscular fatigue is exacerbated further and is followed by a chronic lumbar pain.

Especially prevalent among the people in working ages is the acute lower backache, a ruptured intervertebral disk, named “*Gikkuri-koshi*” in Japanese that suddenly assaults persons in mid-to-senior age brackets whose muscle elasticity is lost hand in hand along with advancement in years.

A sudden lifting of heavy objects or a slight twisted lumbar causes the torsional deformity of the tendon that connects the backbone (vertebral column) to the muscles that support it.

The victim of this painful malady can neither stand on his/her own legs, far less walk, nor even toss and turn in the bed.

Immediately after the attack, it is important to cool the ailing spot and keep staying in bed, because of the tissue inflammation that accompanies such acute pains. Neither massage nor *Shiatsu* should be given during the period the pain continues, lest the symptom gets aggravated. However, when the pain reaches the chronic status, give the *Shiatsu* massage to the aching points. Massage or *Shiatsu* can also be given to the aching lumbar, for those who complain languor or pains due to the routine work at desk.

Chronic pains originate in the deep tissue. To allow stimulus to reach the deep tissue, work directly on the aching spot. The direct stimulus is more effective to deal with the chronic pains than working on the diagonal TRIPSA's.

The TRIPSA's at the Chest for Lumbar Pains

The TRIPSA's are located between collarbones and rib bones. By using the finger opposite to the shoulder, trace the lower collarbone-edge from the shoulder tip toward the inner chest until the finger hits the raised bone shortly before reaching the chest center (or the breastbone). Place the bulb of the finger to the bone-edge of the raised bone, until reverberation is felt.



The TRIPSA's to treat Lumbar Pains are at located at the chest.



The TRIPSA's to treat Lumbar Pains are located at the chest.



The TRIPSA's to treat Lumbar Pains are located at the chest.

Reverberation becomes discernible if you give stimulus in the manner of raising the breastbone upward.

If you feel pains in the total lumbar, give *Shiatsu* at both left and right TRIPSA's. If only one side of the lumbar pains, give *Shiatsu* at the TRIPSA diagonally opposite to the aching spot. For example, if the pain is felt in the right lumbar, the TRIPSA is located at the bone-edge of the left collarbone. *Shiatsu* can be given for any number of times per day.

To locate the collarbone, slightly raise both shoulders after you take the correct posture. This action facilitates the collarbones to surface clearly for a ready recognition.

The bone-edges of the backbone (vertebral column)

This is effective to treat the chronic lumbar pains. Do not use this treatment to sudden acute pains such as *Gikkuri-koshi*. the acute lower backache. Give *Shiatsu* treatment as follows:



Stand against the wall, with the back facing the wall. Position a pestle at right angle to the wall, so that the smaller end touches the side of the backbone (vertebral column). Press the body against the wall, and give stimulus to the backbone side with the pestle.

Either treatment can be given for any number of times per day. Treatment can be most effective after you take a warm bath with a relaxed mind. Continue the treatment until it feels warm, good, and comfortable, and the



lumbar feels less heavy.

Chapter 05 Knee pains

Give a good massage to the elbow diagonally opposite to the aching knee

Knee joints (articulatio genus) are heavily engaged for walking, running, sitting and all other body movements. Thus, over the years, cartilage in the knee joints gets worn out, and this can be a cause for a variety of problems.



In effect, along with the aging, cases of degenerative knee joint are frequent, such as aching knees, puddles of water in the knee. Obesity burdens the knee joints. Weight reductions can reduce pains.

To remove knee pains, give *Shiatsu* to the elbow joint. Both knees and elbows share similar configurations and

constructions. Thus, treatment on the elbow appeases the knee pains by the principle of reflexology.

For example, if the right knee aches, give stimulus to the left elbow.

How to locate the TRIPSA's and how to give treatment

Give a good portion of *Shiatsu* evenly around the bone-edge of the elbow, as if it is the aching knee. Next, in order to give treatment to the respective diagonal points, give suitable stimulus to the bone-edges at the TRIPSA's, LI11 *Kyokuchi* (Quchi) and HT03 *Shokai* (Shaohai) surrounding the elbow.

Kyokuchi (Quchi), Bent Pool

Give stimulus to LI11 *Kyokuchi* (Quchi), Bent Pool, when the areas surrounding the patella ache. Slightly bend the elbow until cross-creases are formed at the inner elbow joint. *Kyokuchi* is located at the end of the thumb side. If the right



LI11 *Kyokuchi* (Quchi)



Shokai (Shaohai)

knee aches, give stimulus to *Kyokuchi* on the left elbow. Press the bulb of the thumb of the other hand at the bone-edge of *Kyokuchi* until reverberation is detected.

Shokai (Shaohai), Lesser Sea

Give stimulus to HT03 *Shokai* (Shaohai), Lesser Sea, if the reverse side of the knee aches. *Shokai* is located at the end of the little finger side of the cross-crease formed in the inner elbow when the elbow is slightly bent. Give stimulus to *Shokai* on the left elbow, if the right knee aches, and on the right elbow, if the left knee aches. Press the bulb of the thumb of the other hand at the bone-edge of *Shokai* until reverberation is detected.

Either treatment can be given for any number of times per day.

Chapter 06 Hangover

Give a good massage to the leg thumb base to enhance liver function and remove hangover

Alcohol flows through stomach to small intestine and gets decomposed at the liver. Intake of heavy drinks ruptures the liver capacity for alcoholic processing. If this happens, alcoholic contents being under the decomposition process remain in the blood undecomposed.

The highly toxic substance called acetaldehyde, remaining in the body system, causes displeasing symptoms such as headaches, nausea, and want of appetite. If this happens, it is important to take a plenty of water and evacuate the toxic old wastes as soon as possible.

Repeated heavy drinks can incite liver disease. It is important to keep away from alcoholic drinks at least twice a week to protect the liver. The bone-edge *Shiatsu* is effective to reduce the symptoms of hangover. For recovery from hangover, give stimulus to LV03 *Taisho* (Taichong), Supreme Surge, which enhances the liver function.



LV03 *Taisho*
(Taichong)

How to locate the TRIPSA's and how to give treatment

Taisho (Taichong), Supreme Surge

Scraping up the spot between the *leg-thumb-and-index-finger* with a *hand* finger, one reaches the cross point where the two bones meet on the mounded point on the instep (dorsum pedis). The location, a little short of the mounded point, is LV03 *Taisho* (Taichong) which is located on both insteps, left and right. To deal with hangover, give treatment on *Taisho* of the left leg, because the liver is located a little to the right of the body. However, to enhance the liver movement, it is advisable to treat *Taisho* on both legs on a routine basis.



The reverberation is best detected by sliding down with pressure using the bulb of the middle finger on the same side as the treated leg. The finger can be replaced by the plastic cap point of a ball-point pen in giving the stimulus. This treatment can be given for any number of times per day.

Chapter 07 Stiff shoulders

Give a good massage to the bone-edge of the ankles to remove stiff shoulders instantly

General work at desk or keeping unnatural posture for a prolonged time worsens the blood circulation around the shoulders, while lactic acid and other substance that induces weariness accumulate. The nerve suppressed by lactic acid causes pains, stiffness and the accompanying discomforts.



Kaikei (Jiexi)

The overworked shoulders can warp the cervical vertebrae that comprises of 7 discs of the spinal column, suppress the nerve around the cervical vertebrae and cause the neck pains.

The stiff shoulders, if left untreated, can be rapidly aggravated with a snowball effect. Particularly, those induced by the work posture tend to get into a chronic condition. To prevent stiff shoulders, it is always wise to take a 10-minute recess after an hour's work, and loosen muscles around neck, shoulders and back by calisthenics, etc..

To avoid being subjugated by stiff shoulders, make it a daily routine to practice the bone-edge *Shiatsu* and to dispel the accumulated stiffness each day. The effective TRIPSA's are at the bone-edges of ankles. To treat chronic stiff shoulders, however, give stimulus to the ailing spot.

How to locate the TRIPSA's and how to give treatment

Kaikei (Jiexi), Divide Ravine

ST41 *Kaikei* (Jiexi), Divide Ravine, is located at the front middle positions of the ankle joints, in other words, in the middle of the two parallel tendon lines that surface by bending the tiptoes backward on the cross-crease.



Give stimulus to the right *Kaikei*, if the left shoulder is stiff, and to the left *Kaikei*, if the right shoulder is stiff. A pestle or a short bar with a smooth surface having a diameter of 20~30mm ($\frac{3}{4}$ " to $1\frac{1}{4}$ "") will be helpful in giving good stimuli. Hold the bar at both ends, place it on the instep (dorsum pedis) and roll the bar up and down. Two to three

minutes of treatment each time on *Kaikei* will do.

Give direct stimuli on the ailing points

Chronic stiff shoulder requires direct treatment to the deep end of the tissues, since the stiffness has reached the deepest point. In this instance, get help from family members. The person giving the massage will place the finger where stiffness is detected. Look for the tendon (*suji*) that is hardened using the bulb of the finger. Suppress the tendon until the reverberation is detected. Using a pestle side instead of a finger is an effective alternative.

This *Shiatsu* stimulates the blood circulation at the stiff aching spot, discharges the old wastes and appeases the pain. Giving stimuli after a warm bath in a relaxed atmosphere is an effective timing.

Kensho (Xuanzhong), Suspended Bell

GB39 *Kensho* (Xuanzhong), Suspended Bell, is located straight upward by 3-finger-width (from index finger to third finger) away from the highest spot of the ankle. Sit on a chair, place the bulb of the thumb on the same side as the leg to detect the tendon that runs at the bone-edge. Suppress the tendon until the reverberation is detected. A slight scraping suppression of the tendon facilitates the reverberation to come out.

Give stimulus to the right *Kensho* if the left shoulder is stiff, and to the left, if the right shoulder is stiff. Treatment can be given for any number of times



GB39 *Kensho*
(Xuanzhong)



per day.

Chapter 08 Nausea

A good massage at the bone-edges of lower knee section eradicates nausea

The stomach is active during 09:00 hours to 21:00 hours at night. Over drinking and overeating outside this time frame can wear down in an instant the weary stomach whose digestive power is deteriorated.

A sudden, acute stomach inflammation is frequently caused by over drinking and overeating in late hours at night and by a mental stress.

The stomach inflammation can be detected by symptoms such as nausea, burp, stomachache, indigestion, bad breath, diarrhea, constipation and the like. If such symptoms continue, consult the doctor.

The bone-edge *Shiatsu* on the TRIPSA called ST36 *Ashi-no-sanri* (Zusanli) is effective to treat the displeasing stomach conditions. *Ashi-no-sanri*, regarded as the cure-all TRIPSA, is also effective to deal with the stomach symptoms. A treatment on the *Ashi-no-sanri* given by the true expert, it is said, can even restore the drooped stomach upward, back to the original position. This is a proof of how responsive the stomach can be at the touch of *Ashi-no-sanri*.

In addition, simultaneously treat another TRIPSA called BL50 which is effective for indigestion, and prompts the deteriorated digestion.

How to locate the TRIPSA's and how to give treatment

Ashi-no-sanri (Zusanli), Foot-Three-Li

ST36 *Ashi-no-sanri* (Zusanli), Foot Three Li, is located at the outside of the shin, on the line from the divot under the immediate outside of kneecap (“DIOK”) and the middle upper end of the external ankle, down from the DIOK by 3-finger-width (from index to third fingers). Suppress and scrape up and down this TRIPSA with the cap of a ballpoint pen or the like to detect the reverberation.

Stimulate both left and right *Sanri*'s. For the stomach ailment, however, begin with the left leg.



ST36
Ashi-no-sanri
(Zusanli)



BL50 *Iso*
(Weicang)

BL50 *Iso* (Weicang), Stomach Granary

The upper edge of the iliac bone (the bone that hits the hand when it is placed on the lumbar) corresponds to the 3rd lumbar vertebra. Tracing upward from the lumbar vertebra by two discs, one reaches the first lumbar vertebra and then the 12th dorsal vertebra above it. BL50 *Iso* (Weicang) is located at the height between the 12th dorsal vertebra and the first lumbar vertebra, away from the center of the vertebral column by 4-finger width (from index to little fingers) to both left and right. Give stimulus to *Iso* by the thumb of the same side, by applying your weight to the TRIPSA. Suppress individually one side and



then the other side.

Either treatment can be given for any number of times per day.

Chapter 09 Frozen shoulders

Shiatsu on the opposite hip joint (articulatio coxae) enables the arm to go up



If, all of a sudden, a severe pain assaults on the shoulder so that the victim is unable to lift his/her arm, more often than not, a case of frozen shoulder is suspected. Frozen shoulder is a malady caused by inflammation of bones comprising the shoulder joints, etc. Along with aging, the joints get the senile decay, lubrication becomes less abundant, and the detrition advances. Moving the joints with depleted lubrication and worn-out cartilage prompts inflammation. If you shy away from moving the shoulder(s) because of the severe pain, you will no longer be able to raise or turn the arm(s). To start rehabilitation, remove the pains first by giving the bone-edge *Shiatsu*. Without

touching the aching shoulder(s), appease the pain by stimulating the hip joint areas. If the arm is so painful that you are unable to give *Shiatsu* all alone by yourself, get help from family members.

How to locate the TRIPSA's and how to give treatment

The bone-edges of hip joints

The bones that prominently bulge out on both sides of the lumbar are iliac bones. Give stimulus to the lower part of this iliac bone until the reverberation is detected. If you treat all alone by yourself,

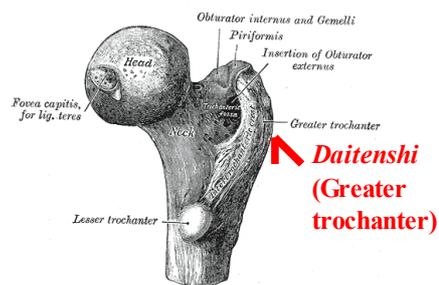


Daitenshi
(Dazhuanzi)

stand on the floor with the legs slightly open. Suppress the lower part of the iliac bone at the bone-edge with the bulb of the thumb until the reverberation is detected.

If the left shoulder aches, stimulate the right iliac bone, and if the right shoulder aches, the left

iliac bone.



http://en.wikipedia.org/wiki/Greater_trochanter

Daitenshi (Dazhuanzi), Greater Trochanter of Femur

Take an upright stance, place the hand underneath the iliac bone and lift the leg to detect the movement of the corner of the large bone which is *Daitenshi* (Dazhuanzi), Greater Trochanter. Imagine that this is the shoulder joint and give stimulus as follows:

Set a pestle at right angle against the wall, with the smaller end touching *Daitenshi*. Press the hip against the wall until reverberation is detected. If the left shoulder aches, stimulate the right *Daitenshi*, and if the right shoulder aches, the left.

Either stimulus can be given for any number of times per day.

Chapter 10 Difficulty in urination

Suppressing the 4 TRIPSA's at the backbone (vertebral column) magically facilitates urination

If the kidney's function drops, you feel weakening of power and maladjustment of physical conditions. Its negative effect spreads over all the rest of organs and bowels.



The functional deterioration of the kidney is suspected, if any of the following symptoms apply: frequent urination, the feeling that urination is not fully completed (the feeling of residual urine), and languor at the lumbar.

However, similar symptoms may be experienced with an enlarged prostate. If the same symptoms persist, consult the urologist.

How to locate the TRIPSA's and how to give treatment

To overcome the difficulty in urination, stimulate the bone-edge at the back of the navel on the backbone (vertebral column). Two TRIPSA's, namely, BL52 *Shishitsu* (Zhishi), Will (Spirit of Kidney) Chamber and BL23 *Jinyu* (Shenshu), Kidney Shu, are located in this area. *Shishitsu* and *Jinyu* serve as an especially efficacious remedy for the kidney problems. To revitalize the kidney's function, patiently keep stimulating these TRIPSA's. There will be significant improvements in the whole physical conditions.



Shishitsu (Zhishi)

Senile discomforts, such as enlarged prostate, cataract, weakening legs, itching skins, etc. can be revitalized by correcting the kidney's functionality.

BL52 *Shishitsu* (Zhishi), Will (Spirit of KI) Chamber

The 2nd lumbar vertebra is at the same height as the tip of the lowest rib of flank. BL52 *Shishitsu* is located on both sides, left and right, of the 2nd lumbar vertebra, 4-finger-width (from index to little fingers) away from the 2nd lumbar vertebra.

BL23 *Jinyu* (Shenshu), Kidney Shu

BL23 *Jinyu* is (Shenshu) situated at the points, both left and right, 2-finger-width (from index and mid fingers) away from the 2nd lumbar vertebra. To obtain the optimum result, take the following steps: Stand on your legs with the back facing the wall. Position a pestle at right angle to the wall, so that the smaller end touches the TRIPSA's. Press the body against the wall, and give stimulus to the bone-edge until the reverberation is detected. This is the way to stimulate the TRIPSA's without fail and without undue difficulties.



BL23 *Jinyu* (Shenshu)

Chapter 11 Kink in the neck

Massage the bone-edge of ankles to appease pains in the neck and regain motion



Kink in the neck is triggered by sleeping with an unnatural posture. However, the fundamental cause of the problem emanates from a chilly body.

If the body is chilled, the tendons around the neck get stiff. If an excessive power is applied to the neck, the tendons are stretched with the accompanying pains.

If the neck does not or would not move upon getting up in the morning, avoid stimulating the aching point, since inflammation of the tendons around the neck might have occurred.

To resolve the problem, give stimulus to the bone-edges around the ankles. If it is too painful to self-treat the ailment, get help from family members.

How to locate the TRIPSA's and how to give treatment

Please refer to **Chapter 07 Stiff shoulders** in which full explanation is given on the TRIPSA's for both ST41 *Kaikei* (Jiexi), Divide Ravine and GB39 *Kensho* (Xuanzhong), Suspended Bell.



Chapter 12 Influenza

Massage to the back of neck and the bone-edges of elbows stops coughing and soar throat

Flu is usually accompanied by various symptoms such as high fever, headaches, soar throat, and coughing. When in question, “Caught a cold?”, lose no time in taking remedial measures.



If soar throat or coughing is felt, lose no time in giving bone-edge Shiatsu. There are several TRIPSA's in the hands good for ailments involving respiratory organs. The TRIPSA, LU5 *Shakutaku* (Chize) is good for swollen tonsillitis and relieving pains in the throat.

To appease swollen tonsillitis and pains, give stimulus to LI10 *Te-no-sanri* (Shousanli) at the arm bone-edge. To quell cough, stimulate the bone-edge at the back of the neck. This treatment is good also for preventing pangs of asthma.



LU5 *Shakutaku* (Chize)

LU5 *Shakutaku* (Chize), Cubit Marsh

LU5 *Shakutaku* (Chize) is located upon the cross-crease of the elbow. Slightly bend the elbow and a solid tendon (*suji*) surfaces approximately in the middle on the palm side. On the thumb side of this tendon, the pulse is detected. Turn upward the palm side of the arm requiring treatment and suppress the bone-edge of *Shakutaku* by the bulb of the thumb of the other hand until the reverberation is detected. Stimulate both hands.



GV14 *Dait sui's* (Dazhui)

LI10 *Te-no-sanri* (Shousanli), Forearm Three Li

LI10 *Te-no-sanri* (Shousanli) is located around the joint. Firstly, slightly bend the elbow joint. *Te-no-sanri* is located at the point closer to the wrist by 3-finger-width (index, mid, third fingers) away from the elbow joint. Turn upward the palm side of the arm requiring treatment and suppress the bone-edge of *Te-no-sanri* by the bulb of the thumb of the other hand until the reverberation is detected. Stimulate both hands.



Te-no-sanri (Shousanli)

GV14 *Dait sui's* (Dazhui), Great Hammers

GV14 *Dait sui's* (Dazhui), Great Hammers, are located at the back of the neck on both sides of vertebra T-1. Slightly bend the head forward to locate the protruding bone in the middle of the back neck. This is the thorny protrusion of the 7th cervical vertebra. The divots on the both sides sandwiched between the 7th cervical vertebra and the 1st dorsal vertebra are *Dait sui's*. Use the bulb of the index finger to suppress the bone-edges of both *Dait sui's*.

Any of these *Shiatsu's* can be given for any number of times per day.

Chapter 13 Tired legs

The bone-edge *Shiatsu* on arms and areas below kneecap removes languor and fatigue.

Getting cramps in the leg suddenly while in deep sleep, tangled legs during walk, languid and heavy calves, pains ... these are symptoms caused by the worn out leg muscles and advancement of years. If the blood circulation is poor in the legs, it is a sign of the serious case, requiring a prolonged treatment.



Poor blood circulation induces fatigue elements, for example, lactic acid, etc. that remain unevacuated for an indefinite time in the leg muscles. Layer after layer of the accumulated fatigue substance irritates the leg muscles and is conducive to pains and languor in the legs.

The bone-edge *shiatsu* in the arms is effective to treat ailments relating to legs. In the case of chronic ailments, give stimulus to ST36 *Ashi-no-sanri* (Zusanli), Foot Three Li, also, in addition to treating the arms. *Ashi-no-sanri* is well known as an extremely efficacious TRIPSA to treat respiratory and digestive organs. It is in particular regarded as the cure-all remedy for leg ailments.



Gekimon (Ximen)

How to locate the TRIPSA's and how to give treatment

PC04 *Gekimon* (Ximen), Cleft-Xi Gate

PC04 *Gekimon* (Ximen), Cleft-Xi Gate, is located on the palm side from wrist to elbow of the arm, in other words, in the middle of the cross-creases formed at the wrist and the elbow. If the languor is on the left leg, stimulate the right *Gekimon*, if on the right leg, the left. On the *Gekimon* at palm side of the treating arm, suppress the bulb of the thumb. Give stimulus by pressing down and scraping *Gekimon* until the reverberation is detected.

ST36 *Ashi-no-sanri* (Zusanli), Leg Three Li

ST36 *Ashi-no-sanri* (Zusanli), Leg Three Li, is located at the outside of the shin, on the line from the divot under the immediate outside of kneecap (“DIOK”) and the middle upper end of the external ankle, down from the DIOK by 3-finger-width (from index to third finger), where deep “zoon” reverberation is detected with the finger pressure. Give stimulus to *Ashi-no-sanri* on the same side of the leg as the symptom is present. For example, if the left leg is languid, stimulate the left *Ashi-no-sanri*. Suppress and scrape up and down this TRIPSA with the cap of a ballpoint pen or the like until the reverberation is detected. Both *Gekimon* and *Ashi-no-sanri* can be treated for any number of times per day.



Chapter 14 Backbone pains

Give stimulus to the bone-edge of the backbone (vertebral column) to remove back pains

The symptoms of pains, heaviness, and languor of back are caused by various reasons. Overtaxing impossible postures for a long time can be a cause for transiently pains. If feeble appetites, stomachache, etc. are noted, disorder of visceral organs could be suspected as causes of pains.

The backaches can also be triggered by heart disease and gall stone (cholelithiasis) maladies. If pains persist, or the symptoms are aggravated, consult the medical specialist.

The bone-edge *Shiatsu* for the backbone (back column) can be effective not only for transiently pains but also for pains caused by digestive organs.

At the backbone are clustered a variety of TRIPSA's that regulate the respiratory and circulatory organs, such as lungs, heart, liver, stomach, kidney, etc, aside from the digestive channels of TRIPSA's, such as stomach, liver, kidney and large intestine. Stimulating bone-edges of the back column can revitalize all these organs and channels, and repress pains at the backbone.



The stimuli listed here can remove the disorder of the digestive organs due to overeating and over drinking. To accelerate recovery, it is important to adjust the life time-cycle to the rhythm of the active time brackets of the various internal organs, as explained in Chapter 01.

Stand against the wall, with the back facing the wall. Position a pestle or a ballpoint pen at right angle to the wall, so that the smaller end touches the side of the backbone (vertebral column). Press the body against the wall, and give stimulus to the aching spots at the backbone, one after another. This treatment can be given for any number of times per day.

Acknowledgments:

1. Point codes, Chinese ping-yin pronunciation, and English translation are based on “Acupoint Codes, Names, Translations & Locations - sorted by Point Code” from the Web Pages of Phil Rogers MRCVS at: <http://homepage.eircom.net/~progers/ptc.htm>
2. Illustration of cervical vertebrae, p.5/18, Jun-ichi MIZUNO, Doctor of Medicine, Department of Neurosurgery School of Medicine, Fujita Health University, Aichi Pref., Japan at: <http://www.sekitui.jp/KA/keitui/keitui.htm>
3. Illustration of cervical vertebrae, p.5/18, English Wikipedia at: http://en.wikipedia.org/wiki/Vertebral_column
4. Illustration of *Fuchi*, p.6/18, Kawade Chiryoin Clinic, Gifu Pref., Japan at: <http://www6.ocn.ne.jp/~k-hksm-s/tubo-01/huuchi-.html>
5. Illustration of Greater trochanter, p14/18, English Wikipedia at: http://en.wikipedia.org/wiki/Greater_trochanter