

Report from WFAS Tokyo/Tsukuba 2016

Overview of the "Toyo Hari Medical Association" (2)
Toyo Hari Medical Association

2. Third joint special lecture by the foreign branches. Lecture on "Geriatric diseases", by Michio Murakami, honorary president:



Growth and aging of people

Growth, development and aging is in oriental medicine governed by the kidney qi. According to the Yellow Emperor's Classic of Internal Medicine, in the section "Treatise on the Natural Truth in Ancient Times" in the volume Suwen the text says: "When a girl is seven years of age, the emanations of the kidneys become abundant, she begins to change her teeth and her hair grows longer. When she reaches her fourteenth year (2x7) her heavenly qi becomes abundant (gonadotropic hormones or sex hormone resembling substances), her conception vessel opens, the movement in the Taichong (LR3) pulse is strong (full thoroughfare pulse) and she begins to menstruate. At 49 (7x7) years the conception vessels becomes empty, the thoroughfare pulse withers, menstruation stops and she cannot have children any more."

To describe this in greater detail, the text states that at the age of 14 it is possible to become pregnant, at 21 the kidney qi becomes balanced, the wisdom teeth are growing and the body matures. At the age of 28 muscles and bones have fully developed, the hair

grown evenly long and the body has reached its most complete state. At the age of 35 the yang ming channels of the hand and foot are weakening, facial complexion worsens and hair begins to fall out. At 42 the three yang channels of the hand and foot above and below weaken, facial complexion is getting worse and hair begins to grizzle.

In boys the kidney qi thrives by the age of 8, teeth regrow and hair becomes longer. At the age of 16 the kidney qi becomes abundant and vitality is overflowing reaching upon heavenly qi. In other words, it becomes possible to father children. At 24 the kidney qi becomes balanced the muscles and bones become stronger, the wisdom teeth are growing and the body matures. At the age of 32 muscles and bones have become abundant and powerful. At 40 kidney qi begins to weaken, hair to fall out and teeth to wither. At the age of 48 the yang qi declines, facial complexion worsens and hair begins to grizzle. At the age of 56 the liver qi declines, muscles begin to loose power and the amount of seminal fluid decreases. At the age of 64 the hair and teeth fall out (translation from the classical Chinese in the "Treatise on the Natural Truth in Ancient Times")

In other words, women grow, develop and age in 7-year and men in 8-year cycles.

Oriental medicine understands human development thus as the rise and fall of kidney qi. If this kidney qi is for some reason compromised, it will lead to developmental anomalies and various diseases. The cause for geriatric diseases too is considered to be a weakening of the kidney qi.

* Prevention of dementia

It is common knowledge that dementia is classified into 1) Alzheimer's dementia and 2) vascular-type dementia. The first mentioned type has first been reported in 1906 by the German psychiatrist "Alzheimer" and is characterized by the deposition of plaques of a characteristic protein called "amyloid beta" on the surface of the brain and often associated with atrophy of the memory

controlling hippocampus. The second type is caused by sclerotic lesions, occlusion or damage to cerebral blood vessels. However, in oriental medicine consciousness and cerebral functioning as well as decline of the kidney qi need to be paid attention. Clinically, repeated stimulation of the kidney channel in order to arouse both kidney qi and kidney function can gradually promote the development of senility in patients and thus can lead to the development of dementia. Trying this on yourself will help to understand it even better. For example, when you continue daily treatment of your own kidney channel (in particular points near its end), your brain may gradually stop to work normally. In other words, memory declines and you may experience difficulties remembering various figures, telephone numbers, or momentarily forget what you wanted to fetch, when you went upstairs. Your ability to think tends to decline. This is considered to be due to the principle of water restraining fire, where the kidney water suppresses the function of the heart fire.

This being said, frequently the kidney channel needs to be treated. Those are precisely the occasions calling for the kind of sokoku regulation promoted by our association. In particular the heart channel (which controls consciousness and mental faculties) and the pericardium channel have to be regulated skillfully. Concretely, this requires treating HT7 or PC7.

Branch treatment for the prevention of dementia includes the selection of 2-3 points among GV15, BL10, GB20, GB12, GV20 etc. in order to improve the circulation of qi and blood towards the head, where another of our Association's special techniques, 'shinshasempo' should be applied. Or else stainless steel needles can also be retained at these points. Anyway, a treatment should be devised that improves qi and blood flow to the head. This kind of treatment should also be effective for the prevention of dementia in yourself.

The active rather than passive use of your mental faculties also helps to prevent the development of

dementia. For example, you should not just read characters and texts, but try to actually write whenever practicable. It is a good idea to deal with figures – such as memorizing telephone numbers, or various other figures (Moneylenders rarely become mentally slow) - and then try to constantly repeat those memorized figures.

* Treatment of the chest and cardiac diseases

Many patients suffer constantly from a feeling of anxiety, palpitation, shortness of breath or a feeling of constriction. From a meridian therapeutic point of view these conditions are often the spleen deficiency liver excess patterns or the kidney deficiency spleen excess pattern. An effective treatment of these conditions is considered to be surprisingly easy.

For the branch treatment 'shinshasempo' is applied on the left side of the interscapular region to improve the circulation of qi and blood within the thoracic cavity. Needling CV17 in the middle of the chest, or else attaching intradermal or press-tack needles there can also be done.

In case of acute onset of cardiac diseases bloodletting the left well point of the small intestine channel SI1 is effective and can be applied before the root treatment. It can almost immediately provide relief from the angina pectoris. Treat without hesitation and with self-confidence. Speaking of cardiac diseases, this treatment is effective angina pectoris, some forms of myocardial infarction, atrial fibrillation, right bundle branch block, left bundle branch block and a variety of arrhythmias. In case of dissection of the thoracic or abdominal aorta, the patient should immediately be referred to a specialist and the appropriate differential diagnosis is necessary. If bloodletting the jing-well points does not provide any relief, the presence of a dissection of the aorta is highly suspect.

* Cerebrovascular disorders and meridian therapy

Regarding these conditions I do not have enough cases I could confidently present here, but starting treatment immediately after an attack can be expected to be quite effective. With the passage of

time after the onset, it becomes increasingly more difficult to achieve the desired results. Presenting patterns are often spleen deficiency liver excess, kidney-spleen sokoku sho etc., so that for the branch treatment shinshasempo or else needle retention in the posterior neck region at GV15, BL10, GB20 etc. can be effective. Additionally, bloodletting of the jing-well points of the hand is highly effective in reducing any unnatural intracerebral pressure, so that one should look for the presence of blood stagnation at LI1 of the large intestine channel, TB1 of the triple burner channel and SI1 of the small intestine channel. And the effect of relief of blood stagnation from vascular spiders in the region of the posterior neck and behind the ears is better, the earlier it is performed.

* Locomotive syndrome in the elderly

The locomotive syndrome including conditions like osteoarthritis of the knee or spinal canal stenosis can cause therapists much distress, requiring some ingenious adjustments of this root treatment and any local treatment administered to the affected regions. For example, when the usual treatment for osteoarthritis of the knee is insufficient, slightly deeper needling into articular cavity or shinshasempo in the gluteal region of the affected side is often effective. In cases of long-standing low back pain and the like too some ingeniously adjusted treatment of the affected region often leads to a cure. Mistakes made during root treatment, however, may hinder the healing process and thus cannot be easily dismissed.

* As opposed to young people the clinical practice of geriatric diseases cannot neglect the combined study of both root and symptomatic treatments. That is because the number of diseases based on changes of the blood increases. Aging is associated with a decline in the functioning of qi and blood, so that it is desirable to take sufficient time for the treatment and not being overly concerned with the therapeutic effects.

Finally

The above articles of two representative senior teachers were used to introduce the Toyo Hari Medical Association, but I would like to add some supplemental information about the current state of our association.

Current president: Shuho Taniuchi

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Hiroshi Nakazawa

Members: domestic = 1,000 persons (37 branches)
foreign = over 300 persons (14 branches)

Main activities: regular lectures in the main office, basically the first Sunday of the month, except in January and August (location: Tokyo, Japan Education Center)

Branch meetings: basically every third Sunday in Japan

Every other year a meridian therapy academic conference and a course of technical lectures is held (location: Tokyo, Asakusa View Hotel)

For more information, please refer to the Japanese website <https://www.toyohari.net/>.

The central Toyohari branches in the United States of America, Europe, Australia-New Zealand are each running courses to train acupuncturists in Toyohari. The 14 regional branches across these four countries each have their own scheduled study meetings that include monthly meetings of members, special study events for members, regular workshops with teachers from Japan. Members are found in the US, UK, Holland, Germany, Switzerland, Spain, Portugal, Australia, New Zealand, Canada, France, Ireland, Belgium, Denmark, Sweden, Norway, Italy, Austria, Croatia, Hungary, Greece, Israel and Malaysia.

For more information please refer to <https://www.toyohari.org/> for the North American branches, <https://www.toyohari.eu/> for the European branches and <http://www.toyohari.org.au/> for the Australasian branches.