

Report from WFAS Tokyo/Tsukuba 2016

"Ryodoraku Treatment of Dysautonomia"

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Abstract

Ryodoraku measurement is characteristic as a check way of the autonomic nerve gathered by theory based on electric physiology using the sympathetic nerve reflective impedance of skin, and Ryodoraku treatment is treated using this measurement method. A remedy of dysautonomia (Autonomic imbalance) using a flow of Ryodoraku treatment is introduced.

1. Introduction

Discovery is contrived by Mr. Yoshio Nakatani who is a founder in 1950 (1950), and I introduce scientific EBM into the range of the needle moxibustion medicine and have made them develop. After that Japanese Society of Ryodoraku Medicine (JSRM) is established by the family who studies Ryodoraku, and it comes today. Ryodoraku observes reactive point of the sympathetic nerve and the function of skin including a dermatome, finds the form related to each organ, merges with a systematical theory system of Ryodoraku and studies a remedy. It's important to develop reactive point on the dermatome.

A balance is kept by a network of an autonomic nerve for our body. A parasympathetic nerve does a reaction of the sympathetic nerve in the direction where a body is prepared to the behavior, and operates on the way which makes a body rest reversely. When abnormality and a pathological change occur to a living body, activity of autonomic nerve also causes disorder. The homeostasis retention starts with an unidentified complaint, causes a change in physical condition and even causes a change in an emotion and memorization, and becomes fragile. The state that you can't get

back by your power, it is said to be the dysautonomia state, it will be. A measured value chart of Ryodoraku is also the so-called test value of the autonomic nerve. Everything the body of human being unidentified complaint is regarded as an incontinent a-like complaint of an autonomic nerve. An author regards "the conscious position", "spirit (mind)" and "autonomic nerve reflex" as red snapper as well as a vital sign newly. An acupuncture and Ryodoraku treatment are because the stable effect of the spirit makes a medical examination of a skin reflex of internal organs which are a very high thing and an autonomic nerve reflex good at acupuncture with Ryodoraku treatment. And a medical examination of a skin reflex of internal organs which are an autonomic nerve reflex is because I make good at acupuncture with Ryodoraku. I think it's the way of Ryodoraku study to get the sights on the axis which controls the whole vital sign and make them develop. About a dermatome and a Ryodoraku autonomic nerve adjustment method of treatment¹⁾ Chapter 23

It's excerpted from "Foundation of a dermatome and application." written by Tatsushi Ito, chairperson of JSRM, MD, PhD.

2. Styles of autonomic imbalance

It's classified into four kinds of style

(1) Essential: An unconfident person tends to lead to irregularity in an autonomic nerve, and the person who tends to feel dizzy on standing up by the weak wake-up and low blood pressure by the predisposition that a regulating function of an autonomic nerve tends to be disordered naturally also tends to complain to physical strength of the pain.

2) Neurosis: A psychological factor is a trigger and it leads to malfunction and complain of autonomic neurological function of many unidentified complaints. The person who is sensitive to irregularity of a body and worries himself has. The ambiguous but body-like symptom is strong, and a boundary with a neurosis shows.

3) Psychosomatic disease: This type is half for autonomic imbalance. The symptom is various because of a stressor of daily life. While standing feeling of feelings and the state of stress of the fatigue, it leads to irregularity in an autonomic nerve.

(4) A depressive: A stress accumulates chronically, and when it starts to indicate a reaction of the depressive state, a vegetative neurosis shows as the body symptom a headache, a stomachache, sleeplessness and in appetite. Depression feeling can be close in these symptoms, so treatment to depression is behind schedule. Preciseness, perfectionism and an attachment force often to become character-like in the depressive state, and I often feel depressed, the impatience attacked by anxiety and fear, in the grief which worries about a trivial thing, it draws in. As a result, it's depressed and there is no concentration it's easy to get angry about which, I don't have a mind to do, it will be in the state. I also complain of a decline of memory and the attentiveness.

3. Ryodoraku treatment

(1) Symptom grasp

At first, symptom grasp is performed by Ryodoraku method of treatment about autonomic imbalance.

1. Interview sheet: A present complaint is entered in an interview sheet and the time of the first medical examination. They are often a patient's case record and sharing.

2. Autonomic nerve Chart (Table 1).

I check how many are relevant out of the autonomic nerve patient's case record: 100 items (*100).

First 5 vital signs: The blood pressure, the pulse, the breathing rate, the body temperature and the pain are confirmed and it's entered in Autonomic nerve Chart.

The state of the patient's autonomic nerve is grasped as of it by entering an autonomic nerve patient's case record.

(The symptom of the autonomic nerve malfunction is so strong that there are a lot of checked items.)

3. Autonomic imbalance judgment: Clinical judging: When judging a strong vegetative neurosis document clinically simply, an autonomic imbalance check part (Figure 1) is used. How many items are relevant out of the following 13 items, (*13)

1. Ryodoraku chart ((1) normal (2) Ryodoraku is dispersive (3) HF reverse pattern)
2. Calvarial edema and feeling hot
3. Nystagmus.
4. A tongue trembles
5. Acupoint LI10 Pressure pain
6. Pain rise aside of the chest
7. Heartbeat and tachycardia.
8. The cold of a foot.
9. Perspiration
10. Sleeplessness
11. The willpower (I feel languid.)
12. The thoracic vertebra curved posture
13. The digestive organ symptom (Anorexia)

(2) Ryodoraku measurement

Next an electric current in a representative measuring point of 24 hands and feet (Figure 3) are measured using Neurometer (Figure 2) and it's entered in an exclusive Ryodoraku chart. Figure 4 is an example of the chart which made by PC measurement system using PC.

(3) Decipherment of Ryodoraku chart

A measurement electric current of each Ryodoraku makes the plot Ryodoraku chart, and the current value makes the sense as excitement and the restraint situation in each Ryodoraku left and right hand or foot.

<How to purchase a mean and a physiological range>

A line situate center in fig. 4 is a mean (Mean of 24 measurement current value), and this price shows the sensitivity of the autonomic nerve and the degree of vigor, and a normal value is 40-60 μ A. The inside area of these two lines (Green line in Fig.4) which located 7 mm away from the mean in the top and the bottom is defined as a Physiological Range. Measurement current values of each Ryodoraku plotted inside the mean side of physiological range is judged as normal. Something from which I deviate is different. It's judged as abnormal Ryodoraku. The current value excess over upper the Physiological Range line is called excitement; the current value which has not reached a line under the physiological Range **ea** is called restraint.

Table 1: Autonomic nerves clinical record

1. The body which feels tired (foot, hand, the waist summer)	36. Eyes are tired	71. Gaseous regurgitation sells well
2. Body is fatigable is changeable	37. Decreased visual acuity	72. Astomach swells
3. A body is changeable	38. Eyes are itchy	73. A lot of gas appears
4. Physical condition depends on weather, weather, the noise	39. Eyes dry	74. Lumbago
5. We feel stress	40. We have a buzzing in our ears	75. We have a pain in knee
6. It is easy to fall into a panic	41. An ear is hard to be heard	76. We have leg cramped
7. Is irritated	42. We have a pain in throat	77. We have a leg numb
8. It is easy to be angry	43. We have a bur in throat	78. A leg is swelled
9. Depressed	44. Thirsty	79. Corns grow well
10. We have lost mind	45. There is easy to be stomatitis	80. Skin is itchy
11. We rake night sweats	46. We repeat tonsillitis	81. A pain of the skin continues
12. Falling asleep is poor	47. We have a pain in tongue	82. Skin is vulnerable
13. Asleep is light	48. Taste is not understood	83. There is much alopecia
14. Morning lying down and getting up is poor	49. There is much sneezing	84. Urticaria grows well
15. We feel sleepiness in the daytime	50. Mucus sells well	85. There is easy to be eczema
16. It is easy to catch cold	51. Stuffy noses occur well	86. A nail is broken, come off
17. It is hard to recover from a cold	52. There is not a smell	87. There is athlete's foot
18. It is easy to get sick from a vehicle	53. We lack in snoring	88. Chronic coprostasis
19. We have poor circulation (hand, foot)	54. We grind our teeth	89. It is easy to have loose bowels
20. Hands and feet may become purple	55. A neck, a shoulder are stiff	90. Diarrhea and constipation come in turn, Irritable bowel syndrome
21. A body becomes hot and becomes cold	56. A back is stiff	91. Urinary frequency
22. It is easy to suffer from a chap	57. There is body odor, There is body odor under the side	92. There is sometimes urinary incontinence
23. It is easy to have chilblains	58. We have a hand numb	93. There is much nocturia
24. It is a heavy sweater (whole body, hand, the winter season)	59. A hand shakes	94. There is feeling of residual urine
25. Asweat does not flow	60. Blood pressure is high	95. Debility sexualis
26. Headache	61. Blood pressure is low	96. Impotence
27. Headache dull	62. We feel a pain in our chest	97. Menstrual irregularity
28. We may get puffed up	63. Have a palpitation	98. Menstrual pain is hard
29. Feel hot (face, hand, foot)	64. Is out of breath, is choking	99. We are troubled with infertility
30. A thought is not unified	65. Have no appetite	100. We are troubled with hemorrhoids
31. Feel dizzy	66. We have poor digestion	
32. When we stand up, we feel dizzy	67. Epigastric distress	
33. We have a pain in face	68. A digestion is poor	
34. A face may become awfully red	69. Heartburn	
35. Eyes become dim	70. Nausea	

After the first Ryodoraku measurement, the state of the patient is explained by using the reading method of Ryodoraku chart. And also treatment policy is made by the Ryodoraku chart. State of the patient changed by treatment at the after 2nd time, that could be explained.

(2) The shape of the whole of Ryodoraku chart (The state of the whole body and the state of the mental and the heart.)

When it's normal that an average of H system of the hand is higher than F system of the foot, but the case of an average of F course is higher than H course system, spirit unstableness is indicated. Some of Ryodoraku patterns and the mental condition (Figure 5) are made a reference.

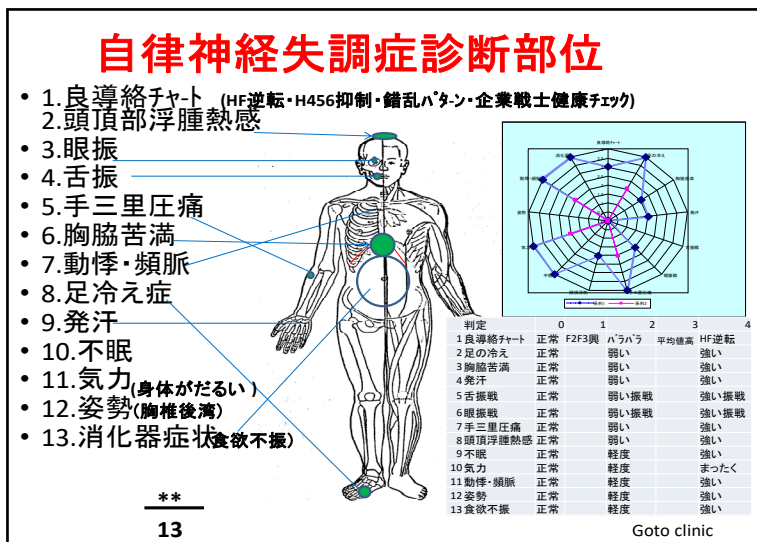
(Figure 1) An autonomic imbalance check part⁴⁾

Fig. 2 Neurometer

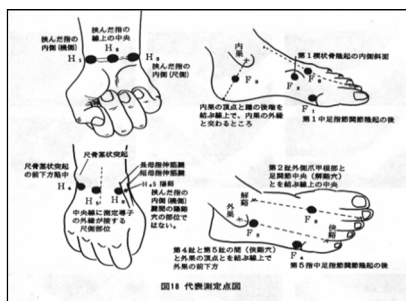


Fig. 3 Ryodoraku Representative Points

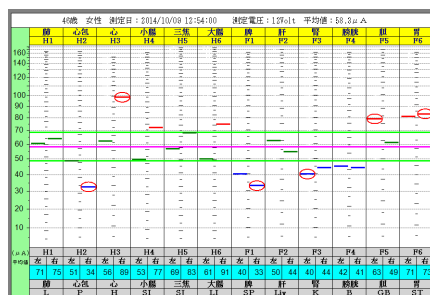
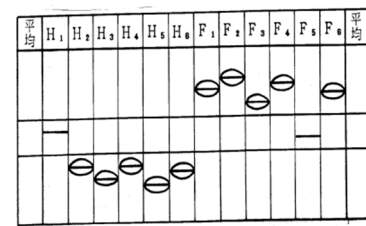
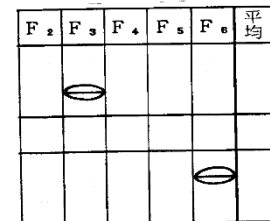


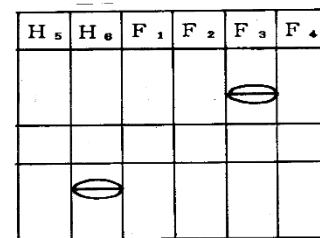
Fig. 4 PC-system Ryodoraku Chart



(1) Spirit unstableness type I



(2) Spirit unstableness type II



(3) Spirit unstableness type III

(3) The state of the patient is confirmed from the state of different abnormal Ryodoraku (the No questioning-diagnosis).

Patient's cause of the state: disease and complain, disease part and psychological condition are presumed and explained from a space of excitement (When there are a lot of electric currents.) and restraint (When there are few electric currents.) related to each Ryodoraku using Ryodo raku symptom syndrome chart table. A syndrome table totaled the symptom of 1000 examples of patient who went to a founder Nakatani's clinic statistically.

4) Ryodoraku adjustment

1) Ryodoraku adjustment: A needle stimulus of direct current electricity treat for 7 seconds or a gold grain and a silver grain are used for moxibustion is added to a restraint point in excited Ryodoraku and a excite point in suppressing Ryodoraku (Cf. Fig. 2 excited point and restraint point) a treatment point gets thing 3 or 4 away from the mean respectively. Using the exclusive acupuncture pipe called an ER acupuncture pipe (Fig. 6) in Ryodoraku,

the direct current electric acupuncture which pours a feeble direct-current electricity into a needle is often performed. This way is the stimulation method which Dr. Yoshio Nakatani chose from many experiments and is a safe stimulation method with a good record of performance in more than 70 years. Dispersal ER needle (Figure 7) is also used present. Because of Ryodoraku acupuncture does not feel ER needle-pipe body with a finger when we insert ER Ryodoraku needle, it is hygienic. Direct current electrical acupuncture needle is the characteristic of Ryodoraku treatment. We make the metal part neurometer' gasping electrical terminal to patient and makes searching electrical terminal on patient's dermatitis. And by which its ER needle in search electrical terminal have an electrical contact with a patient, and a feeble electric current is poured into acupuncture to patient's body. (7 seconds DC electrical stimulation on 100-150 μ A at acupuncture point is stuck.)

We treat skin of reactive site (An acupuncture point also reacts.) and even muscle layer with biting acupuncture mainly.

2) Basic adjustment: I-V type is chosen from a present complaint and a symptom (cf. Chart 1. Fundamental point adjustment point) (Fundamental treatment).



Fig. 6 ER acupuncture needle pipe

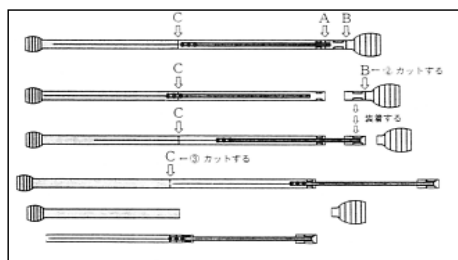


Fig. 7 Disposal ER acupuncture needle

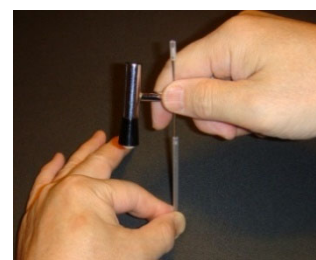


Fig. 8 DC electric acupuncture

2) Ryodoraku autonomic nerve adjustment method of treatment (basic course)

The quantity of stimulus->, locating the point (It's chosen from the inside of a basic adjustment point.) and biting acupuncture stimulus (the turning on electric current amount, welding time and hand skill (sparrow pecking method etc.))

The patient whose mean value of current is high and the quantity of stimulus are weak. The patient whose mean value of current is low and the quantity of stimulus are strong in whole way.

3) Partial treatment and reaction Ryodoraku point treatment (Branch treatment): The current value must be searched an expensive peak point extremely more than the neighborhood in Neurometer as treatment point retrieval method of a chief complaint part. This point is just the Reactive Electro Conductive Point and an absorbed, and it reacts to an acupuncture point and reactive site, etc. and is effective as a treatment point. More retaining needle, operation by low frequency electric needle stimulation, intradermal needle, a gold grain, moxibustion and a hand skill, far infrared radiator and Negative-ion electronic therapeutic equipment, etc. are used.

4) Scalp acupuncture A treatment point of a scalp acupuncture way is used for the neurologic symptoms including the dysautonomia and the treatment. We search for a treatment point in metal searching electrode (Figure 9) of Neurometer (Figure 10), and intermittent continuation low frequency electric needle stimulation 10-20 minutes including 30Hz such as MIX waves are effective for scalp acupuncture. (Figure 11).



Fig. 9 Searching electrode



Fig. 10 Searching effective point

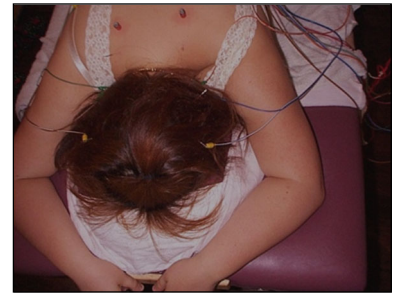


Fig. 11 Scalp acupuncture

Table 2 Tonification and Sedation Points

	H1LU	H2PC	H3HT	H4SI	H5TE	H6LI
Tonification	LU9	PC9	HT9	SI3	TE3	LI11
Sedation	LU5	PC7	HT7	SI8	TE10	LI2
	FIGB	F2LR	F3KI	F4BL	F5GB	F6ST
Tonification	GB2	LR9	KI7	BL67	GB43	ST41
Sedation	GB5	LR2	KI12	BL65	GB38	ST45

Table 3 Basic regulating points

- Group I: BL18, BL20, BL23: Liver, Stomach, Pancreas, Kidney and Adrenal are strengthened and it's used by the detoxication function and the purpose of improving the defense function. These acupoints have strong action to abnormal Ryodoraku which is adjusted, so it's used for the General Regulation Therapy (GRT) certainly.
- Group II: In the basic I type are added BL10, GB21, CV13, CV12, CV10 and ST21 (It's used for a weak person of the stomach and intestines, something to complain of stiffness of a cervical posterior and a shoulder.)
- Group III: In the basic II type are added GV20, CV16, BL32, ST36 and CV6.
The blood circulation which makes the head refreshed and makes feeling calm down, and is in the pelvic cavity is improved. And makes the function of stomach is improved.
- Group IV: In the basic III type are added CV14, BL15, SP14 and KI7.
I get stiffness in the back, adjust the function of the heart and improve the function of the gut.
- Group V: In the basic III type are added GB6, LU1, ST25, CV3 and ST11.
Combination of points would be effective to the whole body In case of the name of disease isn't certain; a treatment policy is a making trouble. It's effective.

IV. Case of autonomic nerve symptom

Autonomic imbalance

View and a symptom] 28 year old male

A medical history: He had developed shingles in the back before about 2 years of the first medical examination and cured it completely by about 2 months. He worked IT company and worked so busy, and a feeling obstacle would be hard. He went up to his office becomes hard, so he consulted by a health care room in a company and visited the department of psychosomatic medicine, and you prescribed medicine, but the symptom isn't improved after half year, and the like vegetative neurosis which is the pain of the skin in the time when medicine was stopped begins to go out. Work can't commute and do business, and is absent from work. After then he examined Chinese medicine bureau to prescribe Chinese medicine, but it wasn't efficient. And soon after then he check-up, the effect also judges Ryodoraku which found from a web came to our acupuncture clinic.

Symptom grasp and treatment policy

1. Interview sheet (symptom written by the patient): When being not working well about the depressive state, pulse feeling strong in (spiritlessness), the belch and the occiput temple medial malleolus .He didn't have a mind to do, the feeling by which a stuffy tooth is on edge and the belch which feels the pain in skin (When skin touches towel, he felt pain.), the result belch catches its breath unconsciously, and goes out.

2. Autonomic nerve Chart count (Table 1 referring) 23/100

3. Autonomic imbalance check part count (Figure 1 referring) 6/13.

The effect for "the (3) psychosomatic disease type" to be also considered by "the (2) neurosis type", which is autonomic imbalance; I chose Ryodoraku General Regulation Therapy (GRT) was performed.

Ryodoraku chart (Figure 12(1) and (2)) the numerical value disperses in the top and the bottom on the Ryodoraku chart at the time of the first

medical examination, and I read with the state of the mental condition unstableness. The numerical value of the second medical examination, F system is expensive and is the reverse of hand and foot, shows the spirit unstable pattern. It's expected that treatment time is needed.

Treatment passage

1. Once a week is treated. He received the Ryodoraku measurement each time and the whole body stimulation of Tonification and Sedation Points. And the Basic regulating points type V is performed by direct current electric acupuncture (stainless needle 0.2mm ϕ -40mm length which is loaded on a ER acupuncture pipe Figure 6).

2. Ryodoraku Reactive Electro Conductive Point (RECP) therapy treated in the part to which patients' complain of the second medical examination

3. Low frequency needle turning on treatment scalp acupuncture 3/20Hz was added, but he felt strong pain of the needle stimulation. It's canceled after a fact he claimed the effect isn't felt.

4. He claimed back pain at a supine position of more than several minutes, it changes a prone position the basic adjustment to I type .

5. After the fourth medical examination, treatment are performed Tonification and Sedation Points adjustment and the basic adjustment of I types. Reactive conducting point is treated at the pulse part on back of the head. And treated acupressure in the back and the sole are added.

6. After the tenth medical examination the patient himself insists that there is no improvement of the symptom (Ryodoraku chart (Figure 12(3)) referring), but when questioning before treatment, a relaxation sense (laugh) goes out.

7 .At the twenty fourth medical examinations, he was restored to work by (Ryodoraku chart (Figure 12(4)) referring). It's left, but the work is continued.

Autonomic nerve chart.....15/100

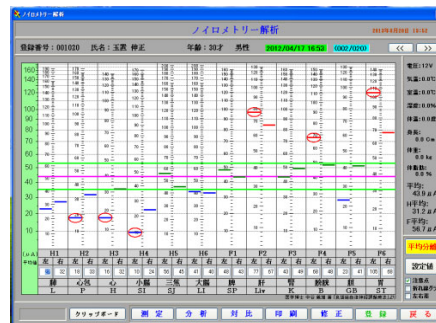
Autonomic imbalance check part:

It's improved in 4/13.

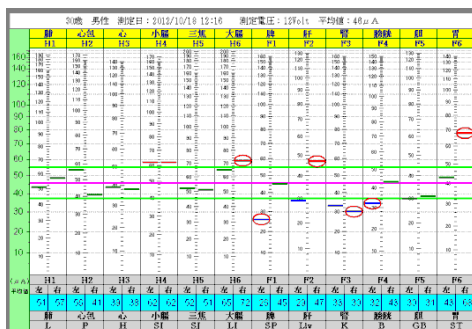
Ryodoraku Chart



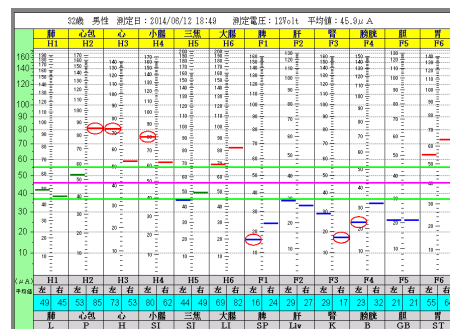
① 1st medical examination



② 2nd medical examination



③ 10th medical examination



④ 24th medical examination

Figure 12 Ryodoraku chart of a case 3) Ryodoraku treatment to autonomic imbalance

The acupuncture including General Ryodoraku treatment does not have a side effect, and there is resistance while we continue it. Furthermore, diathesis is improved, and a symptom and disease go to the healing, and there are many cases that become hard to have a disease. In this sense, the effect to a dysautonomia symptom is expected. The effect to the like dysautonomia (autonomic imbalance) is expected by this meaning.

Consideration

The therapeutic effect isn't felt by words of the patient by this treatment, but it's treatment. That a laugh can go out and do a long-distance cycling by bicycle as advanced. The self-controlled autonomic symptoms were improved and it could be restored to company duties. Ryodoraku treatment had the effect of this case.

Conclusion.

It is useful for symptom improvement to make the patients recognize autonomic nerves symptom by using the evaluation judgments such as Ryodoraku measurement using Neurometer, autonomic nerves check list, the dysautonomia judgment site check list. From Ryodoraku measurement, we read associated bowels, the lesion of the site or a feeling half-healthy state, function disorder including a more autonomic imbalance, and there is a thing. We perform General Ryodoraku treatment based on this. Furthermore, we add treatment such as low frequency acupuncture electricity therapy, the thermotherapy.

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