

## Medical History in Japan

*Origin of Japanese Acupuncture: Waichi Sugiyama and his Text – Sugiyama Shindenryu (3)*

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### 3. The techniques of Sugiyama Shindenryu

“There are over 100 guide tube acupuncture techniques described in “Sugiyama Shindenryu”. 18 of those are considered the foundation. The description of these techniques should make people understand how Waichi and his students performed their acupuncture. From these I will present some representational techniques below and describe some important reminder and purpose of each technique.

#### A. *Jakutaku Jutsu* “Sparrow Pecking Technique”

[Method]

The needle is inserted perpendicularly to the “appropriate” depth. This is variable depending on the practitioner’s sense, the sensitivity of the patient and the condition. At that depth, the needle is moved up and down in a small range with the image of “a sparrow pecking for food.” This is continued for 4-5 breaths of the patient. While pausing for 1-2 breaths the needle is floated up to a superficial level. It is then returned to the suitable depth and a gentle twisting is applied. This is continued until a mild, comfortable sensation is achieved. The needle is then removed and the point closed immediately.

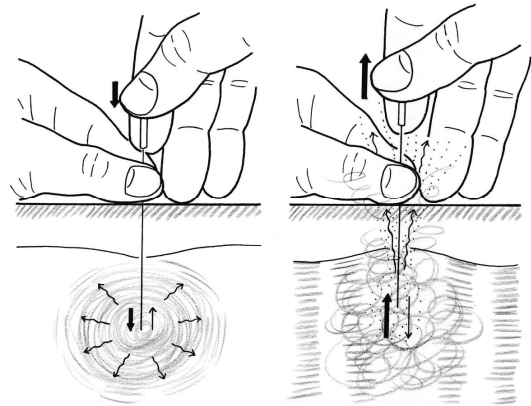
[Notes]

*Jakutaku Jutsu* is the basic technique for relaxing muscle tension and relieving pain. It can be either tonifying or sedating.

Depth of insertion varies depending on whether patient is heavy or thin and the underlying anatomy at the insertion site. Basically, in hot areas insertion is shallow, cold areas it is deep. And the greater the skill of the practitioner, the shallower the insertion needs to be. Thus, it is often referred

to as “appropriate depth of insertion”.

As for range of motion and rhythm of “pecking”, it is advisable that the movement is small and slow at first, and then gradually becoming larger and faster. Keeping the same rhythm is not effective so there should be random variations, pausing and resuming until there is a comfortable sensation that spreads out from the area.



[Figure: Tonification or sedation technique (Jakutaku Jutsu)]

#### B. *Zuishin Jutsu* “Following Needle Technique”

[Method]

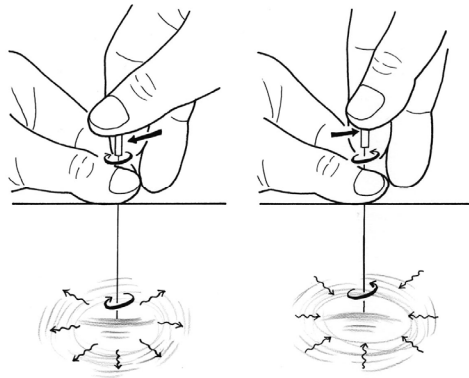
The practitioner pays attention to the patient’s breathing when inserting a needle. The needle is inserted on the patient’s exhalation and stopped on inhalation until it reaches an appropriate depth. After reaching appropriate depth there is a pause. Then gentle twisting is applied and continued for 70-80 breaths of the patient. This technique will gather Qi at the needle tip. This is continued until both patient and practitioner feel a harmonizing sensation to gather Qi inside of the patient’s body at the needle tip just as floating a big stone on water. Then the needle is brought to the surface on inhalation and stopping on exhalation. The needle is removed in the pause between inhale and exhale. Point is closed immediately after removal.

[Notes]

*Zuishin Jutsu* is a basic technique for tonification and generally used for deficiency of the abdominal region to activate the function of the internal organs.

Inserting the needle in conjunction with the

breathing, twirling the needle in conjunction with the breathing to gather Qi and then retracting the needle in conjunction with the breathing is the meaning of the name for this technique. The breathing of the practitioner is important to gather Qi beneath the needle. Imagine that the Qi spreads throughout the abdomen from the needle tip while the practitioner slowly exhales and with a gentle push onto the needle tip, slowly twirling the needle, will cause the Qi to gradually spread throughout the abdomen of the patient.



[Figure: Gathering Qi with the tip of the needle using the Following Needle technique (Zuishin Jutsu)]

### C. *Okurou Jutsu* “Three-step dispersion of indurations with the Leaking Roof technique”

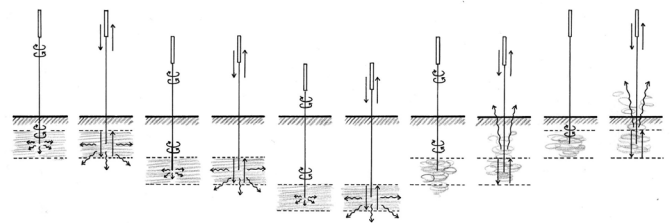
#### [Method]

First insert the needle in a straight line from a depth of 10 mm to 20 mm. Twirl the needle there over a period of 5-6 breathing cycles and once you have explored the Qi of the surface layer proceed and roughly retract and reinsert the needle over a duration of 5-6 breathing cycles like dripping rain. Next, advance the needle straight down deeper for a period of about 5 minutes from a depth of 10 mm to 20 mm. Apply here the same twirling of the needle and once you have obtained the Qi of the intermediate layer apply the same rough retraction and reinsertion of the needle. Again, insert the needle still further straight down by 10 mm to 20 mm, twirl the needle similarly and once you have obtained the Qi of the deep layer apply here too the same rough retraction and reinsertion of the needle.

Upon final retraction of the needle pull it out in a straight line by about 10 to 20 mm and again after applying the same needle twirling roughly retract and reinsert it, retract the needle for the next 10 to 20 mm and again after applying the same needle twirling roughly retract and reinsert it, then finally remove the needle completely and slowly close the needling mark.

#### [Notes]

The leaking roof technique is a representative reducing technique. It is used to achieve relaxation of muscle indurations in a stratified way from superficial to deep layers. It is applied in cases of excessive accumulation of the evil Qi in the epigastric region or for severely hardened muscles of the lumbar and gluteal regions. For a state of deficiency in the abdomen a tonification technique like the "three tone technique" is used, where the pressing hand applies pressure onto the needle tip and the needle is twirled for prolonged periods of time in the different depths of the upper, middle and lower level.



[Figure: Three-step dispersion of indurations with the Leaking Roof technique (Okurou Jutsu)]

### D. *Saishi Jutsu* “Finely tapping the needle handle Fine Finger technique”

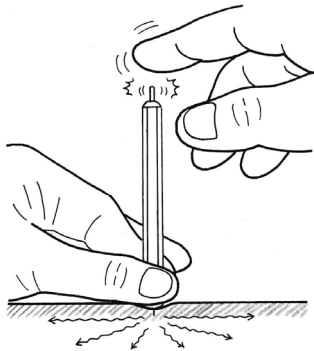
#### [Method]

Insert the needle into the tube, place it against the painful area and tap the needle handle protruding from the needle tube with the tip of your finger finely for 100-200 times. The higher the number of taps applied the better. After the tapping suddenly remove the needle, the tube and the pressing hand all together in one movement and put them on another painful spot and tap the needle

handle there in a similar fashion. Apply this movement to several spots and then complete the treatment.

[Note]

The fine finger technique serves to relief superficial muscle tension spreading over extensive areas and thus has the purpose of alleviating pain originating from superficial layers. For example, application of this fine finger technique at several sites when a persons is in the initial stages of catching cold, where there is marked stiffness and pain in an extensive area from the neck to the shoulder, relieves the skin tension and induces sweating, thus reducing pain and providing some relief. The essential point here is the use of the fingers for the fine tapping the needle handle.



[Figure: Finely tapping the needle handle Fine Finger technique (Saishi Jutsu)]

**E. Sanpou Jutsu** “Three Method technique using the needle insertion conversion”

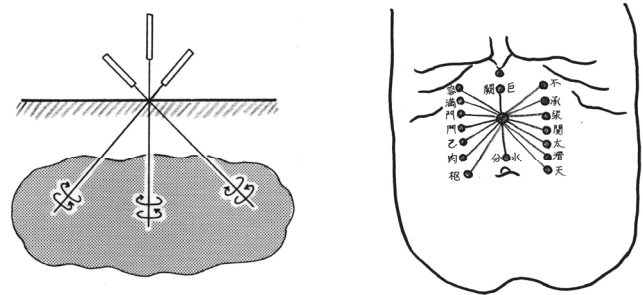
[Method]

Initially the needle is inserted perpendicularly to the appropriate depth. Then twisting technique is applied with the intention of dissolving stagnation due to cold. After sensing the stagnation is relieved, the needle is brought back to the surface. The needle direction is then changed to the left, reinserted to the appropriate depth and the technique is repeated. Then back to the surface and repeated to the right. After all stagnation is cleared from that point the needle can be removed.

[Notes]

The three method technique is used when cold evil has led to stagnation of Qi and Blood within a somewhat limited region on a slightly deeper level and has been causing pain. For example when chilling caused abdominal pain this technique is applied to Chukan (CV12, Zhongwan) or Tensei (ST25, Tianshu) or else on the deltoid muscle of the shoulder. According to the "Official Needling" compilation of the "Ling Shu", this method is an application of the "Equal needling".

There are many other techniques applying the needle insertion conversion like the "Four sides of heaven", the "Four sides of man" and the "Four sides of earth" techniques. Depending on the condition of the site at which these techniques are applied the direction of the insertion and the techniques employed after the insertion may differ.



[Figure: Three method technique, Four sides of heaven, man and earth technique]