

## Medical History in Japan

*Origin of Japanese Acupuncture: Waichi Sugiyama and his Text – Sugiyama Shindenryu (4)*

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### 3. The techniques of Sugiyama Shindenryu

**F. *Kikou Jutsu*** “Tapping on Needle Hilt for Vibration Technique”

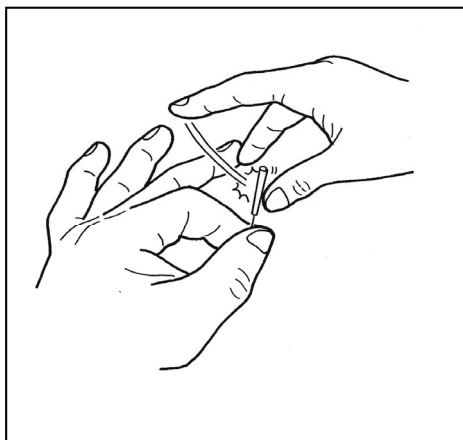
[Method]

The needle is inserted at a point in the painful area to the appropriate depth. Some twisting is first applied. It then involves the motion of attaching the middle finger of the inserting hand to side of the middle finger of the non-inserting hand, placing ventral of the thumb lightly at needle hilt, and tapping needle hilt with ventral of the forefinger to create a vibration. The technique is done with intention to circulate Qi.

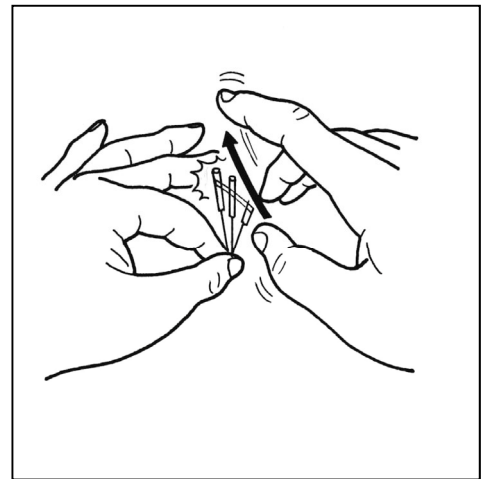
[Notes]

*Kikou Jutsu* is the basic technique for circulating Qi to relieve stagnation in the meridians due to deficiency of the internal organs. Also it can be used for pain due to cold and stagnation of fluids. In this case it should be followed by *Jakutaku Jutsu*.

There is another technique of circulating Qi, *Ryuzu Jutsu*, which is more difficult than *Kikou Jutsu*.



[Figure 10: Tapping on needle hilt for vibration technique (Kikou Jutsu)]



[Figure 11: (Ryuzu Jutsu)]

**G. *Enshin Jutsu*** “Scribing a Circle Needle with Non-inserting Hand Technique”

[Method]

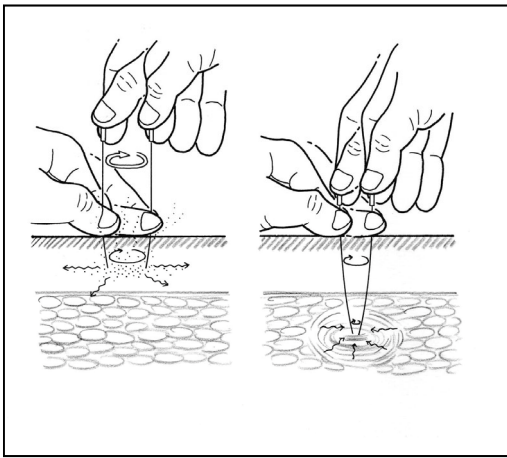
The name of this technique implies “scribing a circle needle technique”.

While inserting, the needle is rotated clockwise using both non-inserting hand that touches the patient's skin and inserting hand that pinches the needle hilt. After reaching the appropriate depth, enough circle is applied and then twisting is applied. When withdrawing the needle, the same rotation is used but performed counterclockwise.

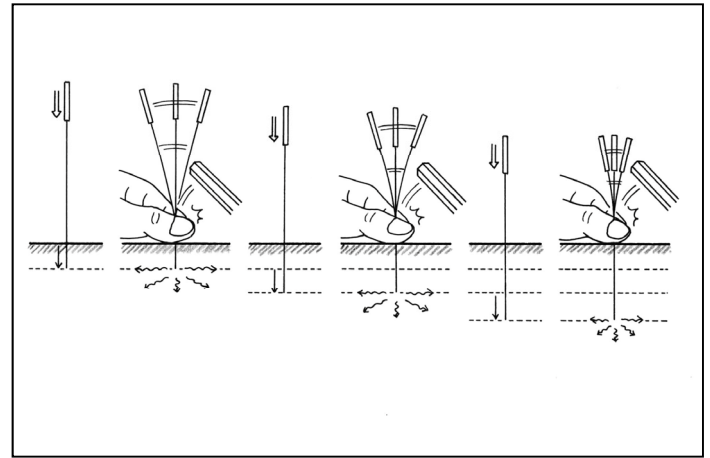
[Notes]

*Enshin Jutsu* is used for treatment of abdomen and gives effect of relieving superficial abdominal tension and invigorating the function of the organs. So it is said, “Sedating the exterior, tonifying the interior.”

It is difficult to insert the needle deeper while doing the rotating technique so this should be done in stages. After superficial insertion, rotate the needle, bring it back to perpendicular, insert it a bit more, then repeat until reaching the appropriate depth. At this point twisting is applied so as to gather Qi at the needle tip.



[Figure 12: Rotating needle technique (Enshin Jutsu)]



[Figure13: Daichou technique (Daichou Jutsu)]

### H. *Daichou Jutsu* “Tapping and Shaking with Guide Tube Technique”

#### [Method]

After inserting a needle straight down to 10mm depth, the guide tube is tapped with forefinger of the non-inserting hand holding the tube and the tip of the thumb. The needle is then inserted 10mm deeper and the technique is applied again. This is repeated until reaching the appropriate depth. The same technique is also used every 10mm while withdrawing the needle.

#### [Notes]

*Daichou Jutsu* is used for harmonizing the Qi in the superficial, middle and deep layers in the abdominal region.

This technique was developed from the Dashin acupuncture technique. For better results, use a heavier guide tube (more than 16g) to create a strong vibration in abdomen.

A similar technique, “*Akatsuki No Hari No Jutsu*”, involves using fingertip to tap the top of the guide tube which has been placed back over an inserted needle. This technique is used for area of pain and inflammation.

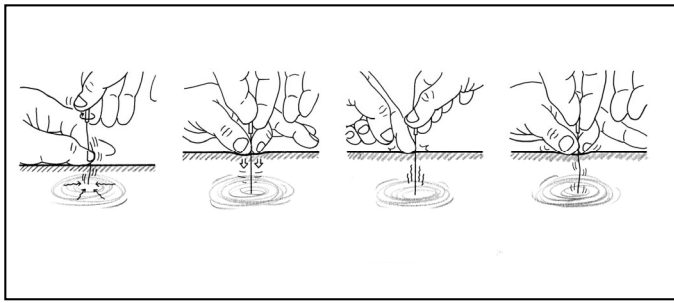
### I. *Netsukou Jutsu* “Picking and Twisting Needle with Non-inserting and Inserting Hands for Vibration Technique”

#### [Method]

This technique is to massage the area, prior to insertion, by pushing the acupoint with finger nail of non-inserting hand, and massaging, rubbing, tapping with fingers, prior to insertion. After which the needle is inserted to appropriate depth then stopping, moving and twisting motions are used to build up Qi and warmth around the needle. The technique should be applied gently and never in a harsh manner. Once the purpose is achieved the needle is removed quickly and the point closed.

#### [Notes]

*Netsukou Jutsu* is used for muscle tension in the deeper layers and warming cold. The paralyzed sensation is due to cold and deficiency causing stagnation of Qi and blood. Therefore, it is important to push and tap the acupoint prior to insertion. After insertion, the movement of both hands (non-inserting and inserting hands) needs to be synchronized in massaging, twisting to build up Qi around the needle.



[Figure 14: Circulate warmth technique  
(Netsukou Jutsu)]

#### J. Other manipulations using the guide tube

Otherwise, there is a method where the guide tube is put over the inserted needle and thrusting and lifting then performed with the tube. This is effective to relief muscle spasms and pain in very sensitive patients. The needle tip is kept at a shallower level than the painful muscle layer and the thrusting and lifting is performed with the needle tube, meaning that the tube is pressed down and pulled back alternately, shaking the painful muscle layer and thus relieving the muscle spasm. There is also a technique of tapping the area around the inserted needle. This is used, when the pain is felt over an extensive area. The area around the shallowly inserted needle is minutely tapped many times with the guide tube in order to scatter the pathogenic Qi and thus relief pain.

#### 4. The Sugiyama Shinden style technique and modern Japanese acupuncture and moxibustion

Japanese acupuncture and moxibustion characteristically uses thin needles and guiding tubes as well as thread-like or half-rice grain sized moxa cones to achieve maximum effects. Before the background of these tools various pathologic conditions can be dealt with in great detail without placing excessive stress on the patients, while at the same time the skillful application of the relevant techniques helps to obtain maximum effects.

A common denominator in the world of these techniques is the concept of perceiving Qi, detecting disturbances of Qi, application of daring but still thoughtful sedation and tonification - thereby the regulation of Qi. Japanese acupuncture and moxibustion techniques are based on Chinese classics and techniques imported during the Ming dynasty, but have uniquely developed during the Edo period. Waichi Sugiyama is a representative figure and the techniques described in the “Sugiyama Shinden Style” have now become the foundation of modern Japanese acupuncture and moxibustion.