

ACUPUNCTURE TECHNIQUES FOR ACUTE ABDOMINAL PAIN

Japan Tokyo

Seino Acupuncture and Orthopedics
Clinic

Asako Murata · Toshimune Namba
Masaki Yamada · Mitsunori Seino

【INTRODUCTION】

Acupuncture therapy can be effectively applied for the treatment of acute conditions, as shown in many cases of complete response observed at Seino Acupuncture and Orthopedics Clinic. Here, we discuss the immediate and complete therapeutic responses obtained by acupuncture for abdominal pain resulting from a direct physical blow to that region.

The karatedo athletes are having a match like this.







This is how a practitioner presses a needle.





This is how a practitioner does judo therapy.









【CONDITION, THERAPY, AND RESPONSE】

Doctors from our clinic have served as Kyokushinkaikan Karatedo tournament doctors for more than ten years. As a martial art accompanied by physical blows to the body, karatedo may in practice result in bone fractures, contusions, and strain. A skillfully delivered seiken (two-knuckle punch) to the solar plexus may result in immediate and severe abdominal pain, difficulty in breathing and moving, and sometimes in loss of consciousness. A specific acupuncture therapy can be administered for immediate recovery from these conditions.

For this purpose, a 0.20 × 40–mm silver needle is applied at acupuncture point 「GV8筋縮」. In many cases, the subject (the karatedo athlete) may be only faintly conscious or in severe pain, and may therefore be unable to assume the prone position. The prone position is the most desirable position for application of the technique, but a lateral recumbent position may also be used. The subject's skin is slowly pierced at 「GV8筋縮」while twirling the needle.

On penetration to approximately 3 cm, the subject's breathing stabilizes and consciousness is regained.

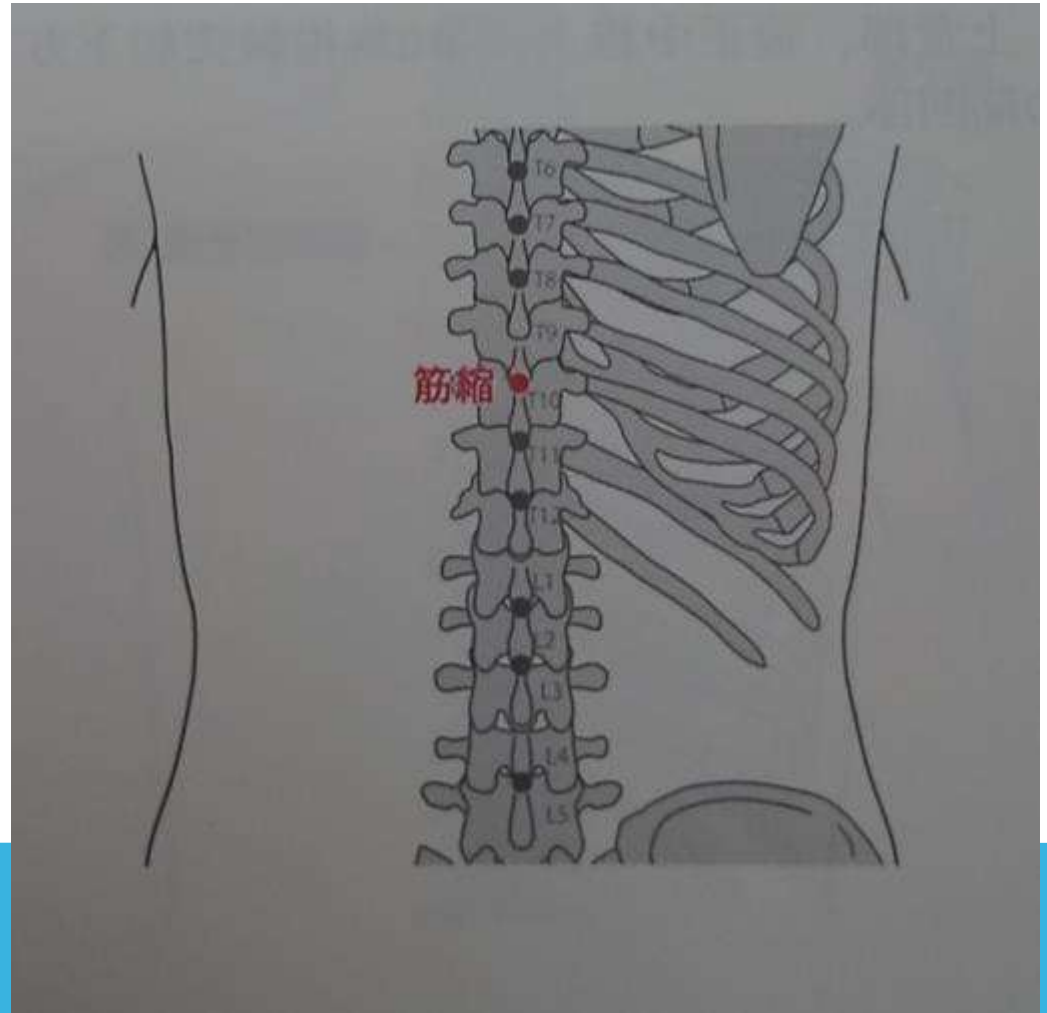
Needling (press needling) continues with the practitioner sensing the

Shinmyo 鍼妙 (curious needle feeling=

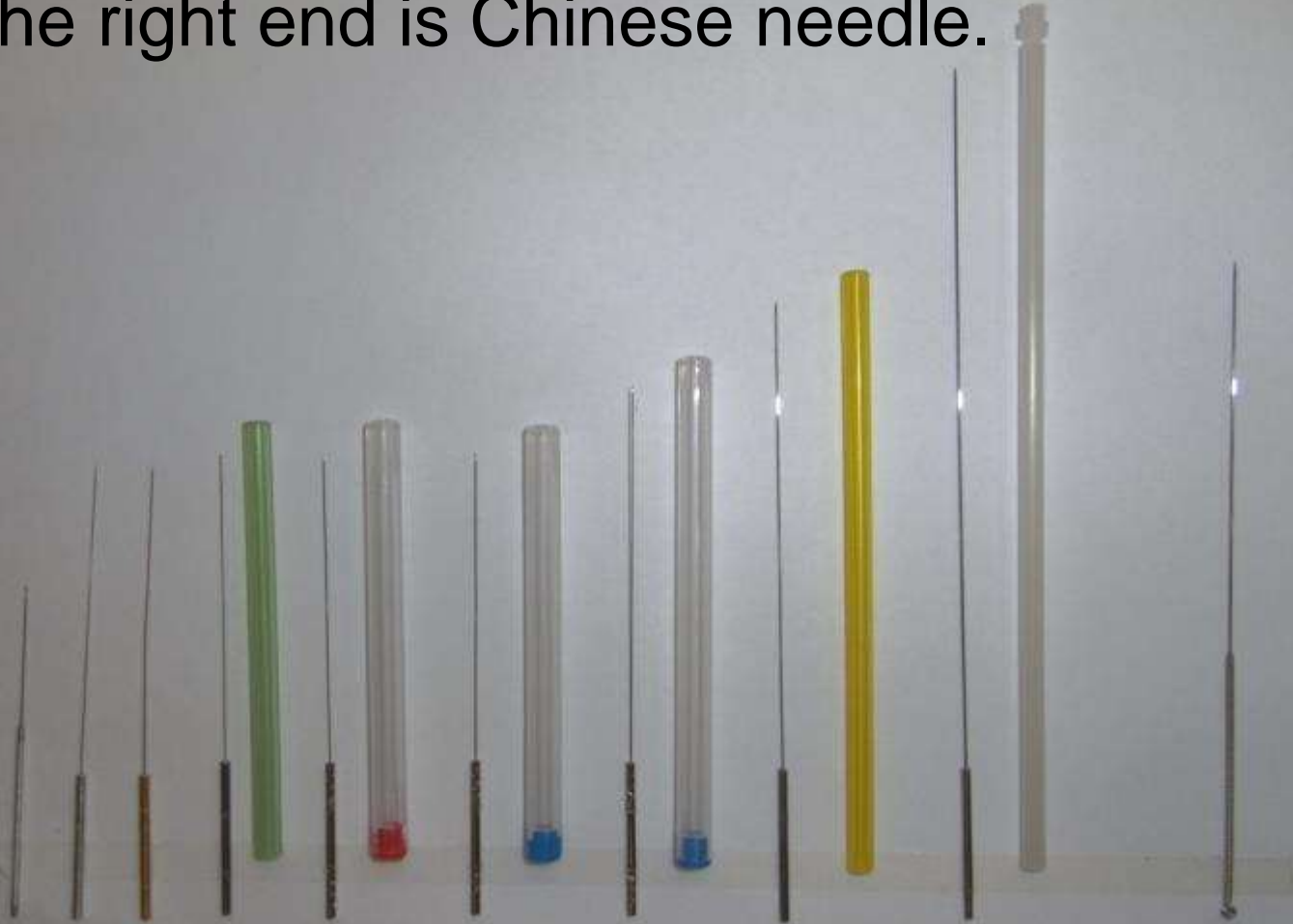
The sensation detected when the needles touch the body.), until the subject becomes free of pain and recovers to the condition prior to the blow. With this technique, similar results can be obtained for any subject.

This is the place
of **GV8**.

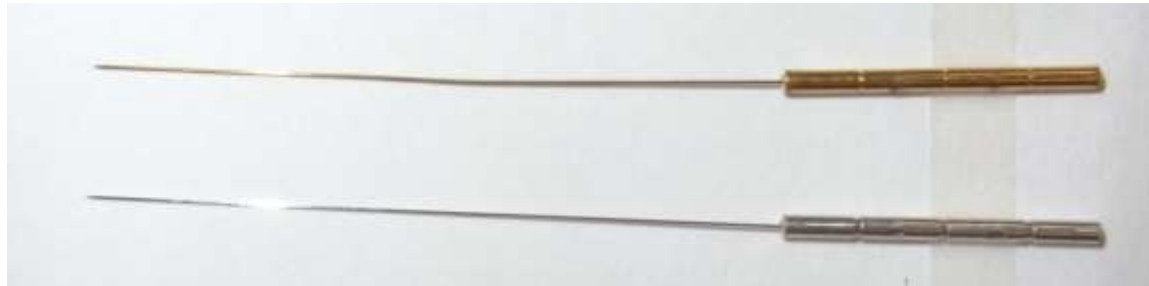
GV8 is a depress
area under the
ninth process of
thoracic vertebra.



These are Japanese needles we are using.
The right end is Chinese needle.



This is a 0.2 × 40mm silver and gold needles.



This is how and where a seiken is delivered.



This is the lateral recumbent position.



This is the prone position.





If a subject can take the prone position, we do like this.





If a subject can take the lateral recumbent position, we do like this.



【DISCUSSION】

Discovery of this therapeutic technique emerged by chance in a process of trial and error deriving from characteristic aspects of Japanese acupuncture. The origin of the term「GV8筋縮」refers to the phenomenon of muscle contraction. When I considered and selected this acupoint in light of its characteristics, I then discovered that its utilization could lead to the effects described above.

Shinmyo 鍼妙 refers to a particular sensation transmitted to the practitioner when the needle is in contact with the body. The Chinese medical term *obtaining qi* 得氣 corresponds to the Japanese term *needle sensation* 鍼響, but the Japanese *shinmyo* 鍼妙 concept is not found in Chinese acupuncture. In the practice of acupuncture in Japan, importance is attached to both *needle sensation* 鍼響 and *shinmyo* 鍼妙, but *shinmyo* 鍼妙 is regarded as the more important of the two in Japanese acupuncture practice. The *shinmyo* 鍼妙 sensation is deemed essential when providing treatment.

This and the many other acupuncture techniques and skills that have been conceived and developed in Japan may be attributed to a particular mode of sensation among Japanese acupuncture practitioners. “Needle manipulation” 運鍼 refers to the utilization of a broad range of acupuncture techniques and skills.

***Shinmyo*鍼妙**

The sensation detected when the needles touch the body, which is originally developed Japanese acupuncture practice.

Shinmyo is the sensation that only practitioner can feel.

The sensations of shinmyo can be felt during unshin needle manipulation are as follows:

- ①tight
- ②numb
- ③be bitten
- ④be tangled
- ⑤reaching a solid thing



Sashide 刺手 means a hand that a practitioner uses for piecing a needle.

Oshide 押手 means a hand that a practitioner uses for taking an upright needle.

The purpose of this *Oshide* is both holding a needle and making it easy to pierce.

We practitioners can feel *Shinmyo* and
needle sensation by *Sashide* and *Oshide*.

Needle sensation 鍼響

The patient's feeling of Soreness, numbness, distension or heaviness around the point or feeling like an electric shock while needling.

obtaining qi 得氣

Causing the acupuncture needle to elicit the patient's feeling of soreness, numbness, distension, heaviness, or even sensation like an electric shock around the point together with the practitioner's feeling of tenseness around the needle. *Needle manipulation* 運鍼

Manipulation the needle after insertion to produce the desired effect.

【 CONCLUSION 】

Acupuncture therapy can produce remarkable effects for the treatment of acute conditions. In the treatment of difficult or intractable diseases and conditions, the command and utilization of traditional Japanese methods and techniques of acupuncture, rather than resignation and reliance on a single therapeutic method, can, in many cases, result in the discovery of new and dramatically effective therapeutic methods.

In this light, we hope that the understanding of Japanese acupuncture will continue to deepen and that its salient features will spread and be used at many therapeutic sites and in many different countries throughout the world.



Thank you for your attention

