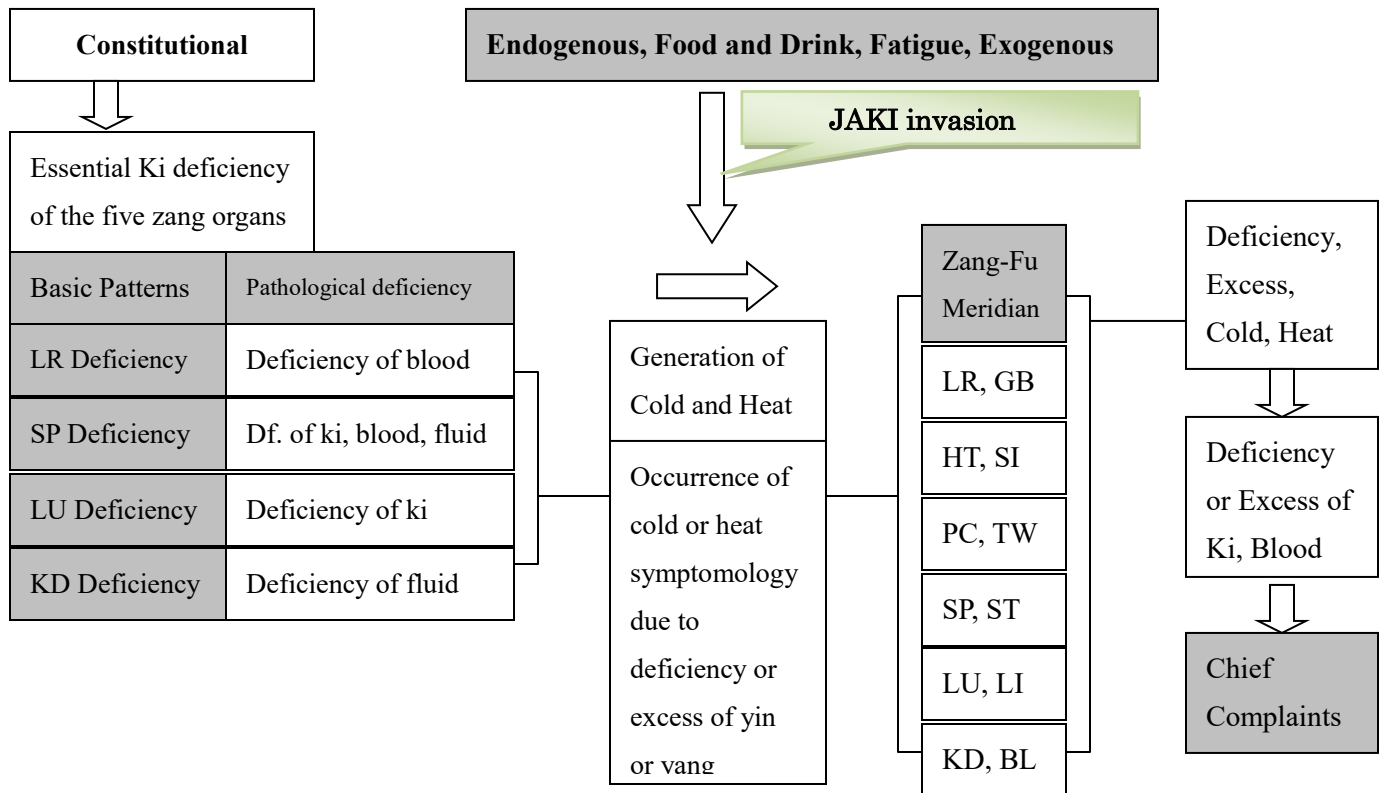
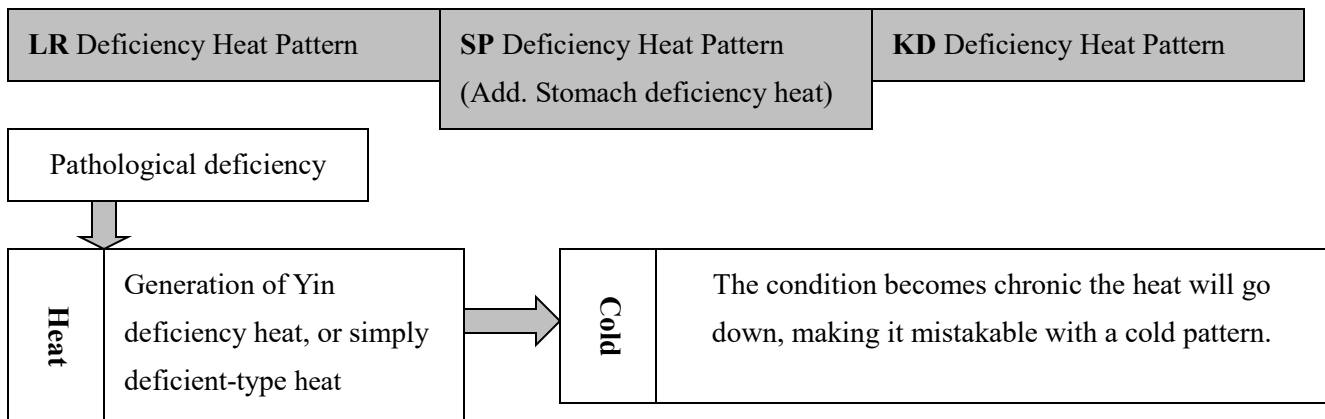


Hari Treatment Strategies: Meridian Therapy with Cold and Heat



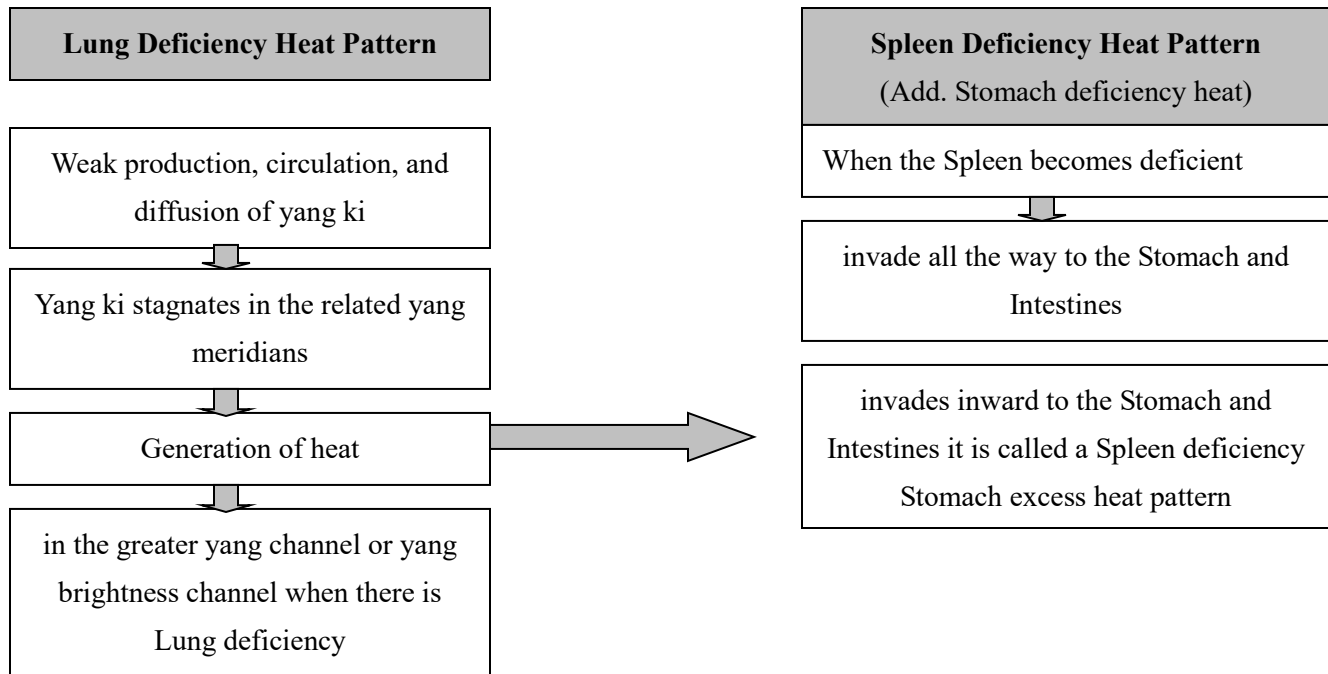
[1] The Difference in the Generation Mechanism of Cold and Heat

① LR Deficiency Heat Pattern, SP Deficiency Heat Pattern, and KD Deficiency Heat Pattern

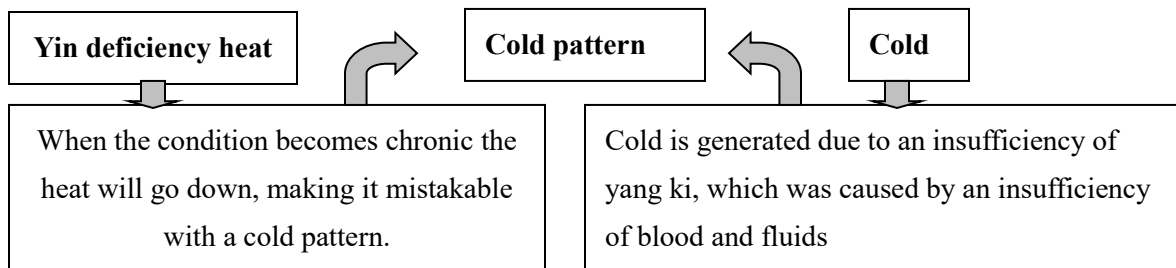


The differentiation of cold patterns and heat patterns is not all that difficult if you conduct the questioning examination of the disease process and symptomology by following the pathology, and tie this in with the diagnosis based on the pulse picture and abdominal pattern.

② SP Deficiency Heat Pattern and LU Deficiency Heat Pattern



③ Liver Deficiency Cold Pattern and Kidney Deficiency Cold Pattern

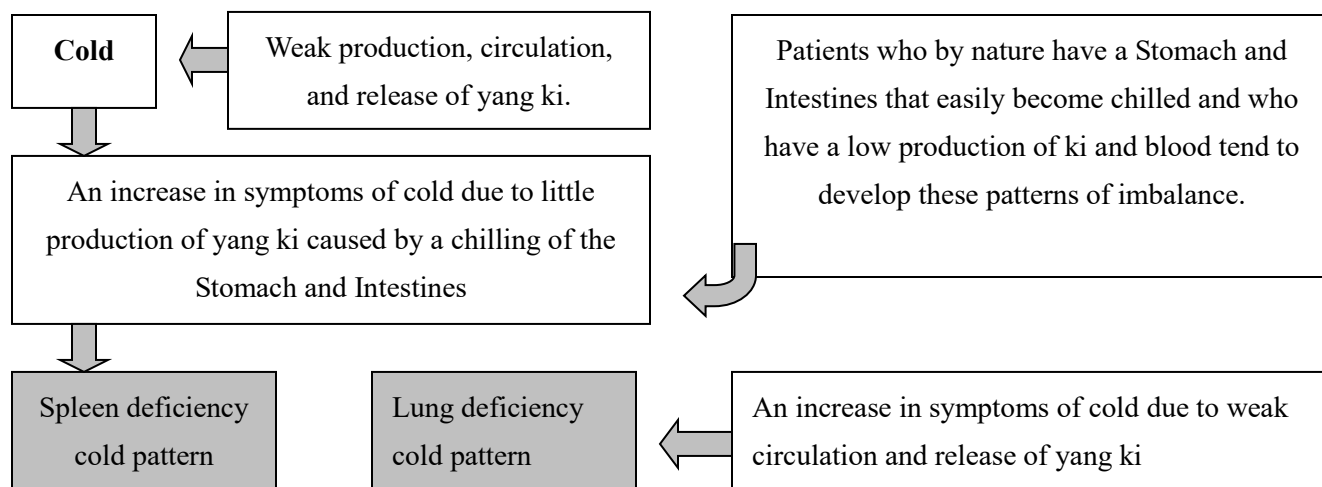


Contradictory findings from JueYin syndrome and another PC excess pattern

In a Liver deficiency cold pattern, there is heat in the chest, because of which it is common to develop a rapid pulse. Conversely, the area of the body that has heat could be the affected area. That can make it easy to mistake as a heat pattern, but it should be simple to differentiate between a cold and heat pattern if you take into account the disease process and symptomology, as well as the pulse picture and abdominal pattern

A Kidney deficiency cold pattern is easily recognizable because there are mainly symptoms of cold, but occasionally there could be a case of true cold false heat, and so care must be taken to not mistake this pattern for yin deficiency heat or yang excess heat.

④ Spleen Deficiency Cold Pattern and Lung Deficiency Cold Pattern



[2] SHO/Pattern and Four Great Pathological pattern

Yang Excess	Yang Deficient
Pathology: External excess heat Symptom: External (surface) Excess heat; fever, acute heat disease with chill <u>Pulse: Floating, Fast, Excess</u> Treatment: After tonifying yin, disperse yang by shallow depth. <u>SHO: Heat Sho (Yang excess heat Sho)</u>	Pathology: External deficiency cold Symptom: Cold on the exterior (surface), lower limbs, pain due to cold <u>Pulse: Sinking, Thin, Deficient</u> Treatment: After tonifying yin, tonify yang by shallow depth. <u>SHO: Cold sho</u> *This condition changes to Internal cold, because of the Yin nature of the cold.
Yin Excess	Yin Deficient
Pathology: Internal excess heat Symptom: Excess heat symptom inside of body. Heat invades and stagnates, causing blood stasis and internal organ symptoms. <u>Pulse: Sinking, Excess</u> Treatment: After tonifying yin, disperse by deep depth the yin meridian that has excess. <u>SHO: Heat Sho</u> (Yin excess heat Sho/Pattern)	Pathology: Internal deficiency heat Symptom: Deficiency heat symptom inside of body, stiffness of neck and shoulder, dizziness, headache, insomnia, head, neck and shoulder pain due to heat <u>Pulse: Floating, Big, Deficient</u> Treatment: After tonifying yin, when heat remains on the yang meridian, disperse it by shallow depth. <u>SHO: Heat Sho</u> (Deficient heat Sho/Pattern)

[3] Establishing Deficiency and Excess through point, pulse and symptoms on which the Local Treatment is performed.

This method is for judging whether tonification or dispersion would be the better treatment in the case of a systemic disorder, such as an acute febrile disease, in which it has been determined to which meridian(s) cold or heat is spreading. As a rule, dispersion is chosen if the pulse quality is excess, and tonification is chosen if the pulse quality is deficient. However, the decision is often made in connection with the symptomology. If the decision still cannot be made, make the determination based on the state of the palpated acupuncture point(s).

		Deficiency, Excess, Cold, and Heat of the Meridians and Acupuncture Points on which the Local Treatment is Performed
Deficiency	Cold	The meridians and acupuncture points are flaccid, depressed, or slightly tense. There is dulled perception. The body is frigid both inside and out. Pressing feels good. Applying heat feels good. The pulse is sinking and deficient.
	Heat	The meridians and acupuncture points have protuberances that become depressions when pressed. Pressing feels good. If pressing an induration feels good, it indicates deficiency. The perception is abnormal. The surface of the body feels hot to the touch. The pulse is floating and deficient.
Excess	Cold	The surface of the body is frigid, but there are internal indurations and resistance. Pressing causes an increase in pain. There is constant spontaneous pain and constipation. The pulse is sinking and excess.
	Heat	The surfaces of the body feel hot to the touch. Pressing causes an increase in pain. There is spontaneous pain and no sweating. There is little urination. The pulse is floating and excess.

[4] Standards for Dose of the Treatment

Classification	No. of Points	Treatment Length	Needle Depth	No. of Moxi. applications
Children	Few	Short	Shallow	Few
Male / Female	Many for females	Long for females	Deep for females	Many for females
Def. Cold Pat.	Few	Long	Shallow	Few
Def. Heat Pat.	Somewhat many	Somewhat long	Somewhat deep	Somewhat many
Exs. Cold Pat.	Many	Long	Deep	Many
Exs. Heat Pat.	Few	Short	Shallow, but dispersion	Few, but dispersion
LU Def. Pat.	Few	Short	Extremely shallow	Very few
SP Def. Pat.	Somewhat few	Somewhat short	Shallow	Somewhat few
LR Def. Pat.	Somewhat many	Somewhat long	Somewhat deep	Many
KI Def. Pat.	Many	Long	Deep	Very many
LR Exs. Pat.	Very many	Very long	Very deep	Very many