SHIRAKU
刺絡
Japanese Specialized Bloodletting Therapy

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History

- Inner classic with special attention to Bloodletting,
- 60% of the tx in Su Wen and Ling Shu talk about the use of bloodletting.
- At that time, bloodletting was the central focus of an acupuncture tx.
- Once it was an effective form of tx, but it became misused with the short of education and many people died.
- Bloodletting must be used with caution because it can have side effects.
1. Bloodletting of veins

2. Bloodletting on vascular spiders

3. Bloodletting on cutaneous areas of the skin which is used when you don't see vascular spiders. But you see the signs from blood stasis. There are two basic types:
   - A: Bloodletting the extremities - on the top of the head, nose, tongue, Jing points.
   - B: Bloodletting on areas of the skin
The classics say that "Ki governs blood and that blood is the mother of Ki".

Blood provides the foundation for the creation of energy.

Bloodletting is used to treat the basic problems of the body. The Nan-Jing said, It states: Bloodletting is the first form of tx to be used on the patient. It acts as a good foundation for other forms of tx.
Conditions are excess with stasis, bloodletting is indicated.

To disperse evil Ki. Choose the meridian, which has the most stagnation of Ki.

Effective form of tx in the emergency situation.

Powerful effect on the extremities.

Effects from tx with bloodletting last for a long time, thus having the potential of reducing the frequency of txs.
No absolute prohibitions to bloodletting. But in, is more cautious with the dosages and number of points used.

- 1. Cardiac problems
- 2. Hemophilia
- 3. Cerebral Embolism
- 4. Tuberculosis
- 5. Anemia
- 6. Extreme Weakness
- 7. Malignant Tumors
Reactions from Bloodletting

- Cerebral Anemia, Light Headedness
- Elevated Body Temperature
- Fatigue
- Exaggeration of Symptom
- Hematoma
Lie the patient down and make them comfortable.
Give them something warm to drink.
Burn cone moxa on CV8 (navel) on a salt bed. or burn cone moxa or direct moxa on ST36, GV20, CV14.
Bloodletting on the Jing points (TW).
A basic principle of recommended usage is to begin on the extremities and then move to other (more local) areas of the body.
Equipment/Materials

- Three edged needle or lancet
- Gloves and Facemask, Cotton Balls, Paper towel
- Alcohol
- 10% bleach solution in a spray bottle and bucket
- Biohazard Containers
- Spills - If blood gets on the table or floor put on gloves and a lab coat, Clean the area immediately with a bleach solution.
Sterilization - Chemicals

- Bleach Solution: Make a diluted solution of 1 cup of bleach to 9 cups of water for the correct concentration. Let the cups soak for 1 hour and make sure that all blood is completely off of the cups before you put the cup in the solution. Only one day use.

- Gluteraldehyde or Sidex can be used as is. Soak cups for 10-30 minutes or as per directions. One week continuing use.
Sterilization

- Must wear gloves so as not to harm your skin.
- Sidex is very strong. After soaking wash thoroughly with water several times, and dry.
- Alcohol is not recommended since it doesn’t kill Hepatitis.
- Gas sterilization is the best method but is prohibitively expensive.
Cupping Method combined with Bloodletting

1. Lancet needles:
   - Use disposable lancets for safety and convenience.

2. Gloves
   - Must wear latex gloves and a one-piece goggle and facemask while doing this procedure. Use the mask only when blood may spray, i.e. while cupping over bloodletting.

3. Biohazard Containers
   - Use one container for contaminated lancets and other sharps. Use another container for bloody cotton, gloves, and other bloody non-sharps.

4. Spills
   - If blood gets on the table or floor. Clean the area immediately with a bleach solution.
CUPPING METHODS and USAGES

- Used to treat blood stasis conditions.
- Cupping creates a temporary state of blood congestion that ultimately promotes the flow of blood and reduces stagnation.
- Useful as a diagnostic tool. With this in mind it is easy to see why it has value when used in combination with bloodletting.
- This warrants a brief introduction to cupping and its role as part of the bloodletting method.
CUPPING METHODS

- Dry cupping doesn't involve contact with blood.
- 1. Apply cups and leave for a while.
- 2. Apply cups and move along the body by first using an ointment as a lubricant for the cups.
- 3. Cup momentarily, remove and move to another location.
- 4. Cupping with herbs inside
- 5. Cupping over needles.
- 6. Cupping over bloodletting.
Types of cupping methods

- **Glass Cups**
  - Glass cupping sets are the best and most economical. Glass cups are more comfortable for the patient than plastic.
- **Bamboo, Bone, Plastic**
- **Electric Cupping**
  - Makes it easy to control suction pressure especially when hair on the body is involved. Hospitals use a simple pomp to rid phlegm. This can be adapted for cups.
- **Fire Cups**
  - the oldest method, can be dangerous to the patient
Examples of Using Cups

- OPI - Aversion to Cold
  - This is seen as a weak LU meridian, insufficient Wei Ki, In addition, when the Taiyang meridians are weak, pathogens may attack the surface of the body.

- Tonification
- Dispersion
Examples of Using Cups
Tonification

- Pump at 40-50cm of pressure for 10 seconds. Any longer than that the technique becomes dispersive. Tonification can also be applied with a weak suction for 5 min.

- Use 3-5 cups on an area like the abdomen or back for 10 seconds.
- You can use more cups for tonification, but for a shorter period of time.
- When calculating the overall dosage remember that more is not better. less is better, but too little may not be enough.

- For example, in clearly deficient conditions we may use one cup on the abdomen and three cups on back.
Examples of Using Cups Dispersion

- Evil Ki attacking the Taiyang meridians, or to treat the overall back in general (BL - SI meridians)
  - place cups on GV14, GV12, and GV8 to move the Ki in the Yang meridians.
  - Joint pain signifies an imbalance in the SI channel; disperse SI11 using full suction for 5 minutes. If this is too much for the patient keep the cups on for a shorter period of time.

- For relief of severe muscle tension, use cups over needles.

- Choose at least 1 point on the GV or BL line around GV12 to GV14, where stagnation tends to accumulate.
  - About 50% of all patient are stagnate in the T1-T7 area. Always look for a change in blood stasis after using cupping and bloodletting.
Jing -Well Points
Greatest amount of the Cerebral cortex's function is used for the operation of the hands.

Affects the autonomic and sympathetic nervous systems.

Blood gathers from distant areas just like water in a well. Just as with well water, when we check the quality of the water.
Points are located at the nail beds of the fingers and toes. It is an area of the vascular system where the artery and vein connect with each other.

This area stagnates easily from any abnormality in the body.

This makes it an easy area to check for problems.

Jing-Well Points is often used for an emergency treatment.
Diagnosis

- Decide from the pulse and abdomen,
  - whether the condition is an overall deficiency or excess.
- Isolate the meridians
  - involved based on channel symptomology and confirm it by looking and palpation at the fingers and toes.
- Check the Jing points for the degree of blood stasis.
  - darker red, swollen, puffy, darker color or look lack luster
- Color of the nail:
  - Ashen white, dark red or purplish.
  - Cold and/or numb feeling at the fingertips. Stiff, hard to move joints.
  - Peeled cuticles or frostbitten fingers.
Jing-Well Point Indications

- LU-11 radial or both sides:
  - Tonsillitis, pharyngeal catarrh, mumps, asthma, teeth fever
- LI-1 radial side:
  - neck lymphadenitis, bronchial asthma, and lower jaw toothache
- PC-9 radial side:
  - palpitations, neurosis, paralysis of the median nerve, high fever
- PC-9 ulnar side:
  - (represents the Diaphragm) Difficulty swallowing, hiccups, stiff shoulder
- TH-1 ulnar side:
  - Headache, brain congestion, eye congestion, dizziness, pharyngeal pain
- HT-9 radial side:
  - Loss of consciousness, shock, Heart disorders, dypsnea, neurosis
- SI-1 medial side:
  - Indigestion, acute gastroenteritis, infantile seizures
Jing-Well Point Indications

- SP 1 medial side
  - Indigestion, acute gastroenteritis, infantile seizures,
- LR 1 lateral side
  - Eye problems (severe pain), convulsions, frequent urination, genital organ problems
- ST 45 mainly lateral
  - Upper jaw toothache, beriberi, gastroenteric disorders
- Third Toe (ST related) mainly lateral
  - Heel bone pain, eye problems, lumbago, sciatica
- GB 44 mainly lateral, sometimes medial
  - Headache, eye pain, ear pain, flank pain, dizziness
- BL 67 lateral side
  - Hemorrhoids, nasal obstruction, lumbago, headache, Intercostal neuralgia
- (KI 1) medial side
Dosages

- Color and viscosity.
  - The dark color changes gradually. The blood in the vein changes as well as the blood in the spider.
  - Blood in the vein is much darker than blood in the spider.

- Once the change occurs we can stop squeezing.
  - There is always a risk of drawing too much blood, so be cautious.

- Purpose is not to get lots of blood, but to stimulate blood circulation.
  - We must use good judgment in treating based on the patient's needs and lifestyle.

- In pregnant women
  - the dosage is less than 1/2 the average person.
  - Light cupping is good.
On average
- Draw 15-20 drops of blood from each point.
- One drop is half the length of an Azuki bean or 2-3mm long.

Internal problems
- take 15-20 drops.

Muscular-skeletal problems
- take 20-30 drops.

Children and sensitive patients use help of customary amount.

Stop squeezing once the blood color changes.
- It can also be used for tonification i.e. in a Lu deficient pattern bleed LU11. Taking 2-3 drops with light needling can help tonify the organ.
Color and Viscosity of Blood

- Healthy color of blood is bright red. The darker the color is the worse condition and prognosis.
- Dark color is expected when first coming out of the Jing point.
- Viscosity of the blood also reflects the severity of the condition.
- Slowly blood flows, the more viscous it is, and the worse the condition and prognosis.
- Dark blood is usually more viscous.
1. Wear one or two layers of gloves.
   - Wipe the point with alcohol. Have several alcohol soaked cotton balls on hand and table.
2. Place the middle finger of your left hand (right handers), under the finger you will bloodlet.
3. Place the index finger and thumb of that same hand on each side of their finger near the nail bed. Video
4. Use the middle finger of your right hand and/or the other fingers to stroke the meridian toward the fingertips to help get the circulation of blood going.

[Links: **Bloodletting Jing 011**  
**Bloodletting Jing 014**]
5. Take a lancet in the thumb and forefinger of your right hand and place it in line with your index finger. Video
6. Place it such that the largest smooth facet of the 3-edged needle is facing towards you.
7. Place the fingernail of your index finger on their finger near the Jing point.

Video
Bloodletting Jing 012  5.
Bloodletting Jing 020  7.
8. Roll the index finger towards you to the point where the needle cuts the skin at the Jing point, then slightly lift off of the point

9. Where the lancet is placed in the fingers determines how deep the cut will be.
   - By using the index finger as a lever, it also acts as a measuring gauge and insures better control.

10. Put the used lancet in the sharps biohazard container.
11. Use the middle finger of your right hand to draw the blood out of the Jing point by pressing from the distal phalangeal joint toward the Jing point,
   - while the right thumb and forefinger hold a alcohol soaked cotton ball to wipe the blood.

12. The desired action is a gentle smooth stroke, squeeze, and wipe several times
   - Until the desired dosage is drawn.
   - Then take a dry cotton ball and hold pressure on the point until it stops bleeding

Bloodletting Jing 023
13. It is recommended
to use a fresh needle for each Jing point or area
bloodlet.

14. Take one glove off and place it with any
bloody cotton in the other hand
and then remove the other glove inside out so that the
contaminated contents are inside of the second glove.

15. Then stretch and tie a knot at the opening of
the glove.
Put the glove in the non-sharps biohazard container.
Classifications of Bloodletting

- Three Categories
  1. Bloodletting of veins
  2. Bloodletting on vascular spiders
  3. Bloodletting on cutaneous areas of the skin from blood stasis
    - which is used when you don't see vascular spiders or vein.
    - But you see the signs from blood stasis. There are two basic types:
      A: Bloodletting the extremities - on the top of the head, nose, tongue, Jing points.
      B: Bloodletting on areas of the skin
Bloodletting Vascular Spiders

- Reasons for Appearance
- Evil Qi – OPI
- Skin ➔ Son Raku (Grandchild) ➔ Raku (Luo) ➔ Kei (Meridians) ➔ Hara (Stomach and intestines) ➔ Zang (Organs) ➔
Heaven and Earth (Humans body)

- Outside
- Skin
- Grandchild C.V.
- Connecting V.
- Meridian
- (HARA)Fu-Organ
- Organ

Correct KI

Life Gate Yang Fire
Jaki Invasion

Exogenous, Food and Drink, Fatigue

Exogenous

Outside

Skin

Grandchild C.V.

Connecting V.

Meridian

(HARA) Fu-Organ

Organ

Metal

• skin

Fire

• nerve, flesh, muscle

Earth

• Vein, flesh, muscle

Wood

• sinew
• artery

Fire

• Bowel
• Autonomic N.

Water

• organ
• Bone

JAKI

Correct Ki / Life force
Sign from Blood stasis

- Discoloration
- Vascular Spiders
- Lumps, Tumours, Fibroids
- Fixed Pain
- Swelling
- Cold Limbs
- Choppy or Hesitant Pulse
- Spontaneous Bleeding / Easy Bruising
- Purple Tongue
- Irritability / Anxiety / Depression
- Possibly Insomnia
- Menstrual Abnormalities
- Abdomen feels tight and rough
- Patient feels pressure-elicited pain - especially at St 25, St 26, St 27, Around Navel, Inguinal area.
- Rebellious Ki - Ki rises to head and does not come down.
Spiders take on different shapes

- Some are thin, some are thick.
  - It tends to have wiggle worm shaped spiders.

- Spiders are easy to find on smooth, tight skin.
  - On skin that has wrinkles we should stretch the skin to locate them, i.e. elderly, obese patients.

- We can often find small spiders near varicose veins.
  - We should blood let these smaller veins and spiders. This is especially good for pregnant women.
Vascular Spiders

Bloodletting_Spider_004.mpg

Bloodletting_Spider_005.mpg

Bloodletting_Spider_006.mpg

Bloodletting_Spider_007.mpg
Spiders is that they come from the stagnation of blood in the vessels in an artery, vein, or capillary.

It is in the transition areas of each type of blood vessel that make it easy for stagnation to take place. (Where arteries turn into veins, veins into capillaries, etc.)
Functions of the Circulatory System

- **Food Water**
  - **Digestive System**
  - **Endocrine System**
  - **Body**

- **Undigested food**
  - **Circulatory System**
  - **Immune System**
  - **Respiratory System**

- **O₂**
  - **Respiratory System**
  - **Circulatory System**

- **CO₂**
  - **Respiratory System**
  - **Circulatory System**

- **Water Salts Wastes**
  - **Excretory System**
  - **Circulatory System**
  - **Body**
Capillaries

Capillary Microcirculation

Blood flow

Interstitial fluid

Hydrostatic pressure

Osmotic pressure

Capillary

Venous end

Simple arteriovenous anastomosis
(Anastomosis arteriovenosa simplex)

Arteriole

Venule

Capillary bed

Anastomosis arteriovenosa simplex
Arteriovenous anastomosis
Valve of vein

- Physical trauma also damages valves and makes the body feel cold.
- Stress causes muscle tightness and disturbs the smooth flow of blood.
  - In adjoining areas blood vessel valves usually open automatically and are all regulated by temperature and pressure.
  - They consist of one-way valves, and when they don't function well they must be bypassed.
  - A thicker bypass shows up as a spider.
  - It represents the congestion of blood in an artery or vein because the valves aren't functioning properly.
Blood Vessels

- **Artery**
  - Connective tissue
  - Smooth muscle tissue
  - Endothelium

- **Vein**
  - Connective tissue
  - Smooth muscle

- **Capillary**
  - Endothelium
  - Valve
  - Red blood cell
  - White blood cell
The blood cell is larger than the vein (capillaries).

Blood cell must change its shape to flow through the vein (capillaries).

Because of some reason it can't change its shape it begins to stick inside the vessel.

It may come from the eating habits.
Dosages

- There is always a risk of drawing too much blood, so be cautious.
- The purpose is not to get lots of blood, but to stimulate blood circulation.
- We must use good judgment in treating based on the patient's needs and lifestyle.
- In pregnant women the dosage is less than 1/2 the average person. Light cupping is good.
As we squeeze, it changes its color and viscosity. The dark color changes gradually. The blood in the vein changes as well as the blood in the spider. But blood in the vein is much darker than blood in the spider. Once the change occurs we can stop squeezing.
IMPORTANT AREAS FOR BLOODLETTING - Body Regions
IMPORTANT AREAS FOR BLOODLETTING

- **Vertex of the Head** -
  - Feel for puffiness, use 2-3 cuts and squeeze. Where there are vascular spiders use the same method. It is good for neurosis, insomnia, hypertension, headache, stroke, anal prolapse, hemorrhoid, spinal irritation.

- **Occipital area** -
  - It can become a thickened muscle. A leathery skin indicates stagnation. Use 2-3 cuts, squeeze then apply a cup over the cuts. It's good for the same indications as vertex including stiff neck, and ear and nose problems.

- **Mastoid Process** -
  - Often spiders accumulate here. Bleed the spiders and cup. Good for tinnitus, headache, cerebral congestion, neurosis, stroke, hypertension, Meniere's, eye problems, ear and nose problems, Bell's Palsey, trigeminal neuralgia
IMPORTANT AREAS FOR BLOODLETTING

- **Forehead** -
  - Especially at Yintang. It may appear lack luster or have roughness. Use 2-3 cuts and cup over them. It's good for cerebral congestion, headache, nosebleed, and abnormal blood pressure.

- **Inferior Fossa of the Scapular Spine** -
  - Good for Mastitis, insufficient lactation, stiffness and pain in the shoulders, rheumatism of the upper extremities, facial furuncle.

- **Ear** -
  - We often use extremity areas like the ear. Check the patient's ear for softness. If it is hard or painful - apply treatment to those areas. For elderly people often times the color is dark and hard without luster. The top half of the ear gets hard and discolored. Bleed the area with 2-3 cuts and squeeze. Indicated for high blood pressure, headache due to cerebral congestion and spiders behind the ear. We often use the back of the ear for high blood pressure, pre-stroke, tinnitus, and hearing difficulties.
Nose area -
- The circulation of blood is different here than in other vascular areas. Normally the veins are going out from the brain, but in the nose area the veins go into the brain. When the blood vessels of the brain get congested - the nose will bleed. Bloodletting the spiders of the nose will help. It's also good for headache, heavy headedness, nose problems, hypertension, rosacea, as well as a good prevention for cerebral hemorrhage. For loss of consciousness bloodlet below the nostril.

Sublingual -
- Look underneath the tongue for spiders. Helps with articulation of speech (from stroke), shock, abnormal blood pressure, cardiac problems.

Zygoma area -
- Often there are spiders here. Don’t cup cuts just squeeze to bleed. Good for general eye problems, facial paralysis, cerebral problems, nose problems in general. Note just below the eyes is easy to make a hematoma - squeeze lightly and afterwards put direct pressure with a cotton ball.

Jaw -
- Often there are spiders here too. Use cups in this area. Indicated for tooth problems, bleeding gums, facial paralysis, trigeminal neuralgia, combine it with bloodletting the tongue for speech problems.
TEMPORAL AREA -
- Occasional spiders. Use with migraines.

NECK AREA -
- We seldom use bloodletting at front side of neck. Often spiders occur around CV23 with respiratory problems. High blood pressure also causes spiders in this area. The back of the neck is a most important area because it holds the brain up.

SHOULDER AND NECK -
- A stiff shoulder and neck comes from a poor circulation of blood to the brain. As the blood goes up in the artery and down in the vein, its circulation is poor. This is true for hanging neck syndrome, which may cause nosebleeds. Bloodletting C6, C7, and T1 are common and are good for middle to upper warmer signs and symptoms. We should still use bloodletting in these areas, whether they have spiders or not. The top of the shoulder often has spiders especially at LI15. For pain, stiff shoulder, and frozen shoulder (50 year old shoulder) we should use light bloodletting without cupping. Just squeeze it to bleed. It often relates to a blood stasis condition. This is common with menopause in women. Be careful of the dosage and amount of blood taken.
Medial Elbow –
- Often spiders accumulate here. It can be good to treat asthma, pneumonia. It also draws blood from the local area. Find the spider, cut and cup it.

Lumbar –
- The lumbar is probably the most important area of all, because it supports the entire body. It can easily get fatigued and have muscle tension, as well as spiders there. It is just as important as the C6, C7, and T1 area. The lumbar reflects lower warmer problems. Some stiff shoulders don’t improve without bloodletting the lumbar region. The lumbar is controlled by the KD and can lead to headaches and stiff shoulders.

Popliteal Crease –
- is a commonly used area for bloodletting, good for high blood pressure, knee problems, tired or heavy lower extremities, gastric tension, lumbago, headaches, dizziness, or stiff shoulders.

GB34 area –
- may also contain spiders. Indications are for knee problems, lumbago, stiff shoulder, migraines, and GB meridian pathway problems.

Ankles –
- medial and lateral - very often have spiders. Bloodletting them a few times doesn’t cause them to disappear, but is good for cold feet, counter flow Ki, lower warmer weakness, headache, stiff shoulder, and sprains.
Diagnosis

Blood stasis

- Looking, Asking, Touching
- Meridians and Symptoms
- Find points for treatment
Skin bloodletting is used for excess with blood stasis conditions. If we see an excess condition on an area, we want to use a dispersion method. Very excess patients often have no spiders. Check the entire body's condition and the local area for excess or deficiency to find which areas and what methods to use to treatment.

It is acceptable to do a branch treatment, but we must understand the root cause and treat it. Combining a root treatment will give much less negative reactions than just using a branch treatment. For general use, burn cone moxa after bloodletting or needle moxa at the site of bloodletting.

After sprains and contusions the affected area becomes excess. Apply the bloodletting method, but be very gentle.

A stiff shoulder may be caused by a superficial excess or superficial deficiency. Dispersion techniques with a deficient condition makes the patient feel worse. After the treatment re-check the tone of the muscle.

A stiff shoulder which is not very muscular but has excess can benefit from bloodletting the skin. Diagnosis the area to treat by touching and evaluating the skin and tissue. Look for tight, thick, rough and raised areas and mark them. Apply 4-5 cuts in each area at a depth of 1-2mm, and then apply cups. Leave them on for 5-10 minutes.

Bloodletting at the hairline is good for high blood pressure which shows up in tight, hard raised muscle on the back of the neck. Bleeding 4-5 cuts in that area immediately lowers the blood pressure. In a high blood pressure conditions with soft muscles, don't use bloodletting. Bloodletting the extremities use the same principal as Jing point bloodletting, i.e. top of the head, tongue, and Jing points.

For the treatment of sports injuries and fractures: Begin with the Jing points, seek for spiders, and then immobilize area.