

# SHIRAKU

# 刺絡

## Japanese Specialized Bloodletting Micro--bleeding Therapy

Instructor: T. Koei Kuwahara Lic. Ac

# History

- ❖ Inner classic,
  - ❖ At that time, *Shiraku* was the central focus of an Acu-Moxa therapy.
- ❖ *Su Wen* and *Ling Shu* talks:
  - ❖ 60 % of the tx. in *Su Wen* and *Ling Shu* talk about the use of *Shiraku*.
  - ❖ Once it was an effective form of tx, but it became misused with the short of education and many people died

# Brief History of Shiraku in JP.

- Now Shiraku was coming back to here Japan, at the post WWII w/
- Maruyama, Masao, MD (1917--1976)
- Kudo, Kunimasa, MD (1918--1989)
  - Mr. K. studied shiraku w/ Dr. Kudo and Fukushima sensei.
- Shimada, Takashi, L. Ac. (1932--2000)

# Purpose of Shiraku (1)

- Classics say...
  - "*Ki* governs blood and that blood is the mother of *Ki*".
  - Blood / *Ketsu* provides the foundation for the creation of energy.
- *Shiraku* is the first form of tx. to be used.
  - It acts as a foundation for other forms of tx.

# Purpose of Shiraku (2)

- **Stagnation of the Blood:**
  - When Blood does not flow well due to deficiency of *Ki* or physical impediment, it causes stagnation of the Blood.
- *Jaki* effects:
  - Also, when *Jaki* effects to level of Blood, it turns into stubborn stasis, that is called *Oketsu*. Once, blood is stagnated, it loses original function.

# Purpose of Shiraku (3)

- **Shiraku is indicated,**
  - as Conditions are excess with blood stasis,
  - to disperse *Evil Ki*.
  - Choose the meridian, which has the most stagnation of *Ki and Blood*.
- **Emergency:**
  - Effective form of tx. in the emergency situation.
- **Effects from tx. last for a long time,**
  - with shiraku thus having the potential of reducing the frequency of tx.

# Purpose of Shiraku (4)

- *Oketsu*/ Blood Stasis (2 type of.)
  - 1. *Oketsu* in the local area of the body
  - 2. *Oketsu SHO*: the Pattern of imbalance of the whole body

# Classifications of Shiraku

## Three Categories

- 1. **Veins: Raku**
- 2. **Vascular spiders: Son Raku**
- 3. **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:** Extremities - on the top of the head, nose, tongue, Jing points.
    - **B:** Areas of the skin



# Contraindications - Precautions

- No absolute prohibitions to Shiraku.  
But in, is more cautious with the dosages  
and number of points used.



1. Cardiac problems
2. Hemophilia
3. Cerebral Embolism
4. Tuberculosis

1. Anemia
2. Extreme Weakness
3. Malignant Tumors

# Reactions from Shiraku

1. Cerebral anemia, Light headedness
2. Elevated body temperature
3. Fatigue
4. Exaggeration of symptom
5. Hematoma

# Recovery from Overdose

## Basic principle

- Recommended usage is to begin on the extremities and then move to other (more local) areas of the body.
- 1. **Lie** the patient down and make them comfortable.
- 2. **Give** them something warm to drink.
- 3. **Cone moxa** on CV8 (navel) on a salt bed or cone moxa. Direct moxa on ST36, GV20, CV12.
- 4. **Shiraku** on the Jing points (TW).

# Equipment / Materials

1. Gloves and Facemask, Cotton Balls, Paper towel
  2. Three edged needle or lancet
  3. Alcohol
  4. Biohazard Containers
  5. 10% bleach solution in a spray bottle and bucket
- 
1. for 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

## 1. **Must wear gloves**

- so as not to harm your skin.

## 1. **Ultrasonic washing and Gas sterilization**

- is the best method but is prohibitively expensive.

# Sterilization

## 1. Alcohol:

- Only use Alcohol is not recommended since it doesn't kill Hepatitis viral.

## 2. 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.

# Sterilization

## 1. Gluteraldehyde or Sidex

- can be used as is Soak cups for 10-30 minutes or as per directions.

Sidex is very strong. After soaking wash thoroughly with water several times, and dry. One week continuing use.

# Cupping Methods



# Cupping - Its usages

1. Used to treat blood stasis conditions.
  - This warrants is a brief introduction to cupping and its role as part of the Shiraku method.
2. Also, It creates a temporary state of blood congestion
  - that ultimately promotes the flow of blood and reduces stagnation.
3. Useful as a diagnostic tool.

# Types of 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.

# Types of cupping methods

## ➤ Wet cupping

6. Cupping over bloodletting.

# Types of Cup

## 1. Glass Cups

- Glass cupping sets are the best. Glass cups are more comfortable for the patient than plastic.

## 2. Bamboo, Bone, Plastic cup

## 3. Electric Cupping

- Makes it easy to control suction pressure especially when hair on the body is involved.

## 4. Fire Cupping

- One of the oldest method, can be dangerous to the patient.

# Tools for Cupping & Shiraku

## 1. Lancet needles

- Use disposable lancets for safety and convenience.

## 2. Gloves

- Wear latex gloves and a one-piece goggle and facemask while doing this procedure.

## 3. Biohazard Containers

- Use one container for contaminated sharps.

## 4. Bleach solution

- Spills: If blood gets on the table or floor. Clean the area immediately with a bleach solution.

# Examples of Using Cups

- **OPI - Aversion to Cold**
  - Pathogens may attack the surface of the body, this is seen as a weak LU meridian, insufficient Wei Ki. In addition, when the Tai-Yang meridians are weak.
- **Tonification**
- **Dispersion**

# Cups for Tonification

1. Less is better. More is not better, but too little may not be enough.
2. Patient feels only comfortable pressure,  
No pain.

# Cups for Tonification

1. Pump at 40-50cm of pressure for 10 seconds. Any longer than that the technique becomes dispersive.
2. Tonification can also be applied with a weak suction for 5 min.
3. Use 3-5 cups on an area like the abdomen or back for 10 seconds.
4. You can use more cups for tonification, but for a shorter period of time.
5. For example, in clearly deficient conditions we may use one cup on the abdomen and three cups on back.



# Cups for Dispersion

1. *Evil Ki* attacking the Tai-Yang meridians, or to treat the overall back in general (BL - SI meridians)
  - I. Place cups on GV14, GV12, and GV8 to move the Ki in the Yang meridians.
  - II. 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.
2. For relief of severe muscle tension, use cups over needles.
3. Choose at least 1 point on the GV or BL line around GV12 to GV14, where stagnation tends to accumulate.
4. About 50% of all patient are stagnate in the T1-T7 area. Always look for a change in blood stasis after using cupping and shiraku.

# *Mattan Shiraku*

Jing -Well Points

# Jing -Well Points

- I. Greatest amount of the Cerebral cortex's function is used for the operation of the hands.
- II. Affects the autonomic and sympathetic nervous systems.
- III. Blood gathers from distant areas just like water in a well. Just as with well water, when we check the quality of the water.

# Jing -Well Points (2)

- IV. 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.
- V. This area stagnates easily from any abnormality in the body.
  - This makes it is an easy area to check for problems.
- VI. Jing-Well Points is often used for an emergency treatment.

# Diagnosis

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

# 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

# Indications

- **W-1** ulnar side:
  - Headache, brain congestion, eye congestion, dizziness, pharyngeal pain
- **HT-9** radial side:
  - Loss of consciousness, shock, Heart disorders, dyspnea, neurosis
- **SI-1** medial side:
  - Indigestion, acute gastroenteritis, infantile seizures
- **SP 1** medial side
  - Indigestion, acute gastroenteritis, infantile seizures,
- **LR 1** lateral side
  - Eye problems (severe pain), convulsions, frequent urination, genital organ problems

# Indications

- **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)** Opposite side of the BL67, medial aspect of the 5th toe)
  - Ailments related to the urinary system



# Dosages

## 1. 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.

## 2. Once the change occurs we can stop squeezing.

- There is always a risk of drawing too much blood, so be cautious.

## 3. 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.

## 4. Pregnant women

- the dosage is less than 1/2 the average person.
- Light cupping is good.

# Dosages with Jing-well point

## 1. 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.

## 2. Internal problems

- take 15-20 drops.

## 3. Muscular-skeletal problems

- take 20-30 drops.

## 4. Children and sensitive patients use help of customary amount.

## 5. 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

1. Healthy color of blood is bright red.
  - i. The darker the color is the worse condition and prognosis.
  - ii. Dark color is expected when first coming out of the Jing point.
2. Viscosity of the blood also reflects the severity of the condition.
  - i. Slowly blood flows, the more viscous it is, and the worse the condition and prognosis.
  - ii. Dark blood is usually more viscous.

# Technique (1)

1. **Wear** one or two layers of gloves.
2. **Wipe** the point with alcohol. Have several alcohol soaked cotton balls on hand and table.
3. **Place** Middle finger of your left hand (right handers), under the finger you will bloodlet. 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.

➤ [Bloodletting Jing 011](#)  
[Bloodletting Jing 014](#)

# Technique (2)

5. **Take** a lancet in the thumb and forefinger of your right hand and place it in line with your index finger.
5. **Place** it such that the largest smooth facet of the three-edged needle is facing towards you.
6. **Place** the fingernail of your index finger on their finger near the Jing point.

[Bloodletting Jing 012](#) 5.

[Bloodletting Jing 020](#) 7.

# Technique (3)

9. **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.

[Bloodletting Jing 022](#)

# Technique (4)

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

[Bloodletting Jing 023](#)

# Technique (5)

## 13. 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.

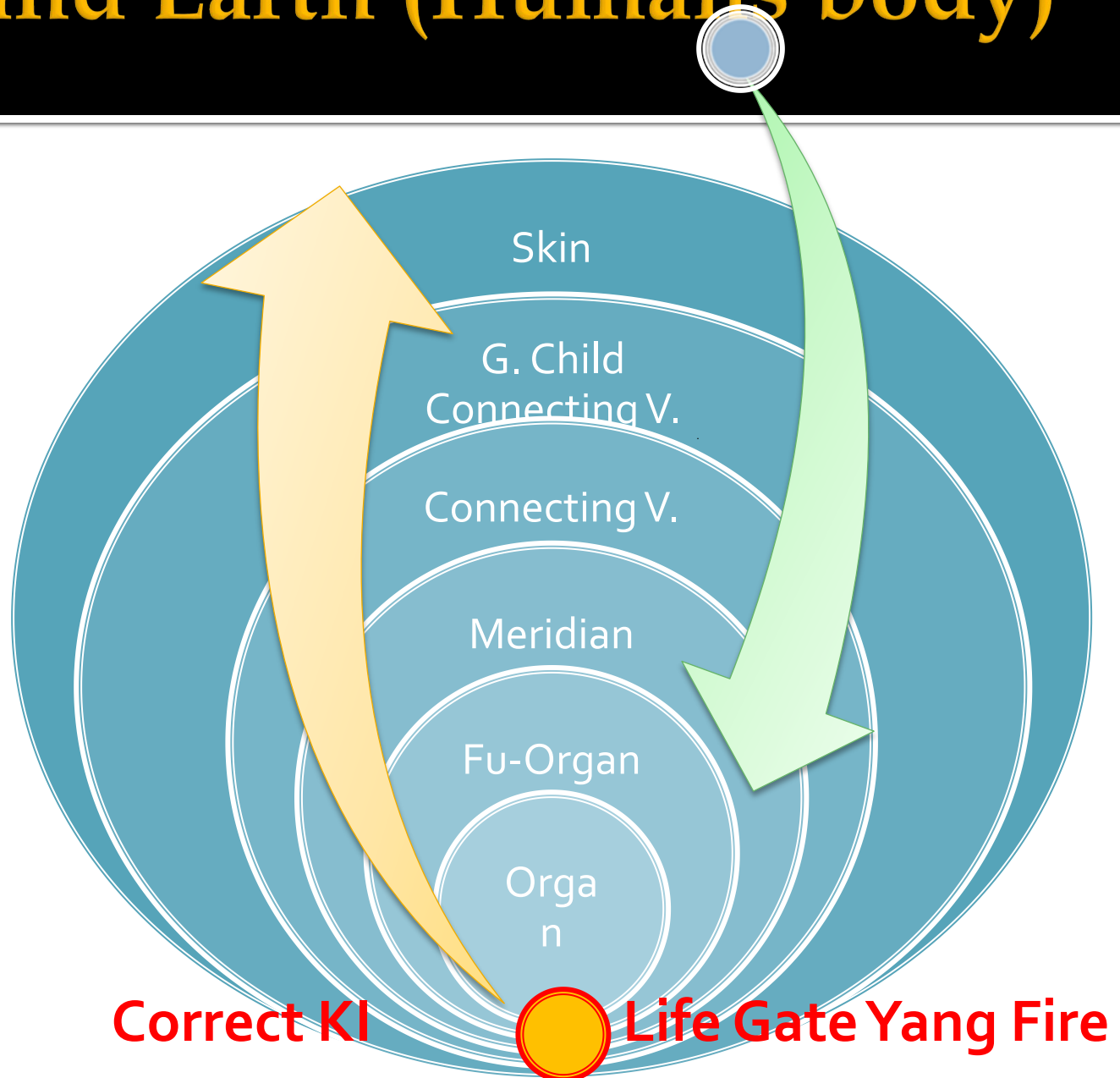
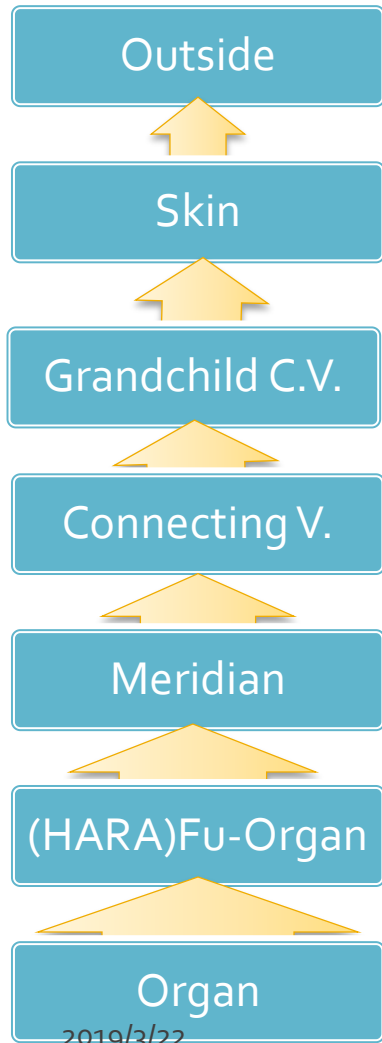
## 16. Put the glove in the non-sharps biohazard container.



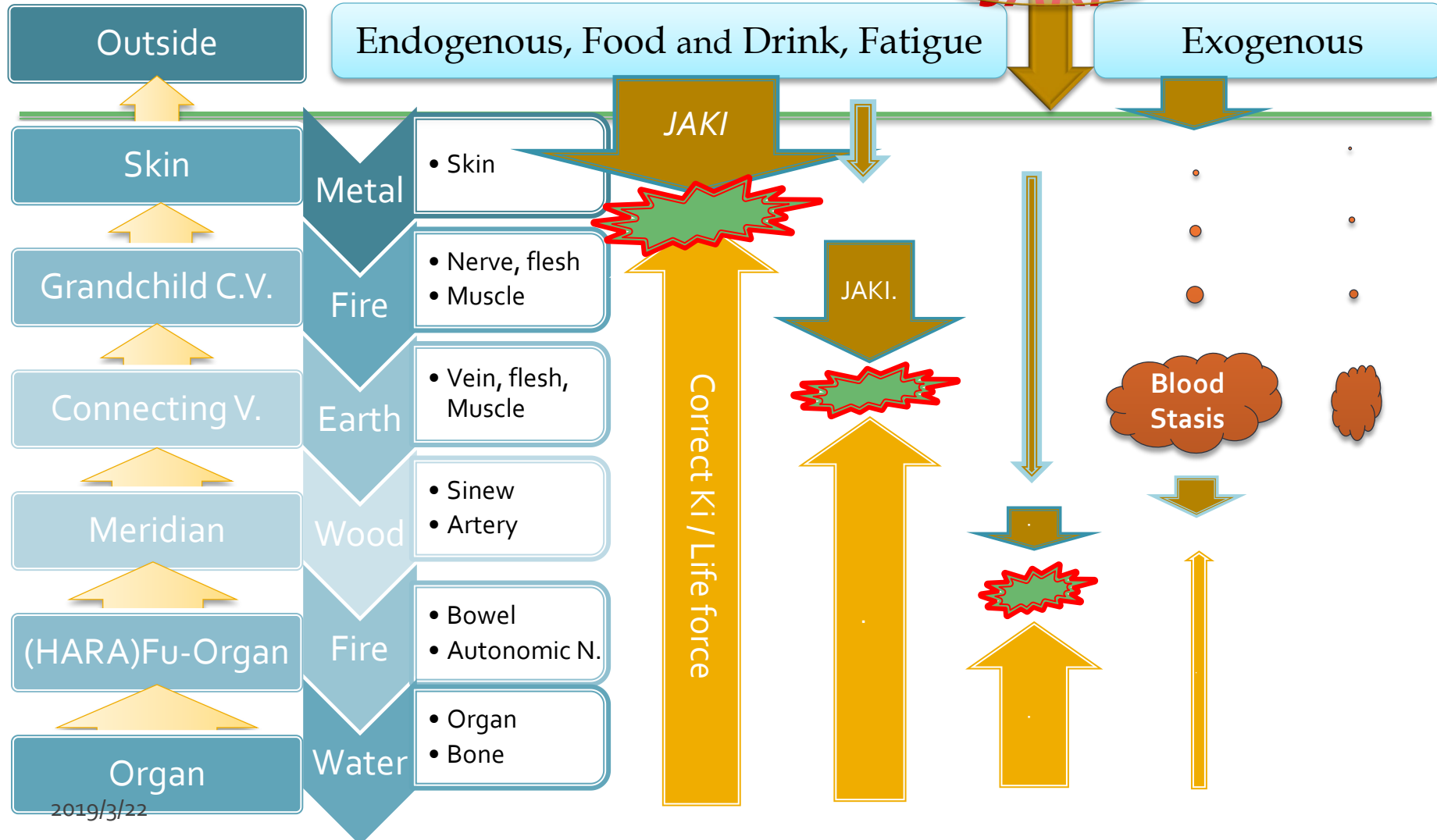
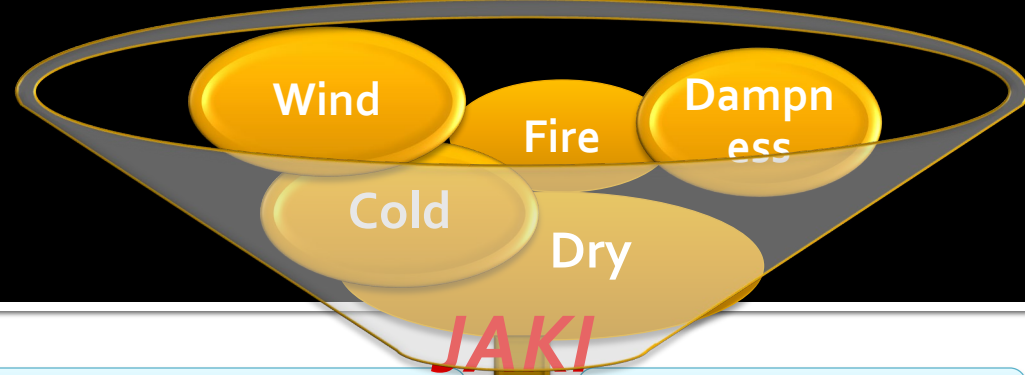
# Sairaku Shiraku w/ Vascular Spiders

- **Reasons for Appearance**
- **Evil Ki – OPI**
- Skin → Son Raku(Grandchild) → Raku(Luo)  
→ Kei (Meridians) → Hara(Stomach and  
intestines) → Zang(Organs) →

# Heaven and Earth (Humans body)



# Jaki Invasion



# Signs 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
- Skin feels thick, tight and rough
- Patient feels pressure-elicited pain - especially at St 25, St 26, St 27, Around Navel, Inguinal area.
- Reversal 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 and its Shiraku



Bloodletting\_Spider\_004.mpg



Bloodletting\_Spider\_005.mpg



Bloodletting\_Spider\_006.mpg



Bloodletting\_Spider\_007.mpg

# Anastomotic branch

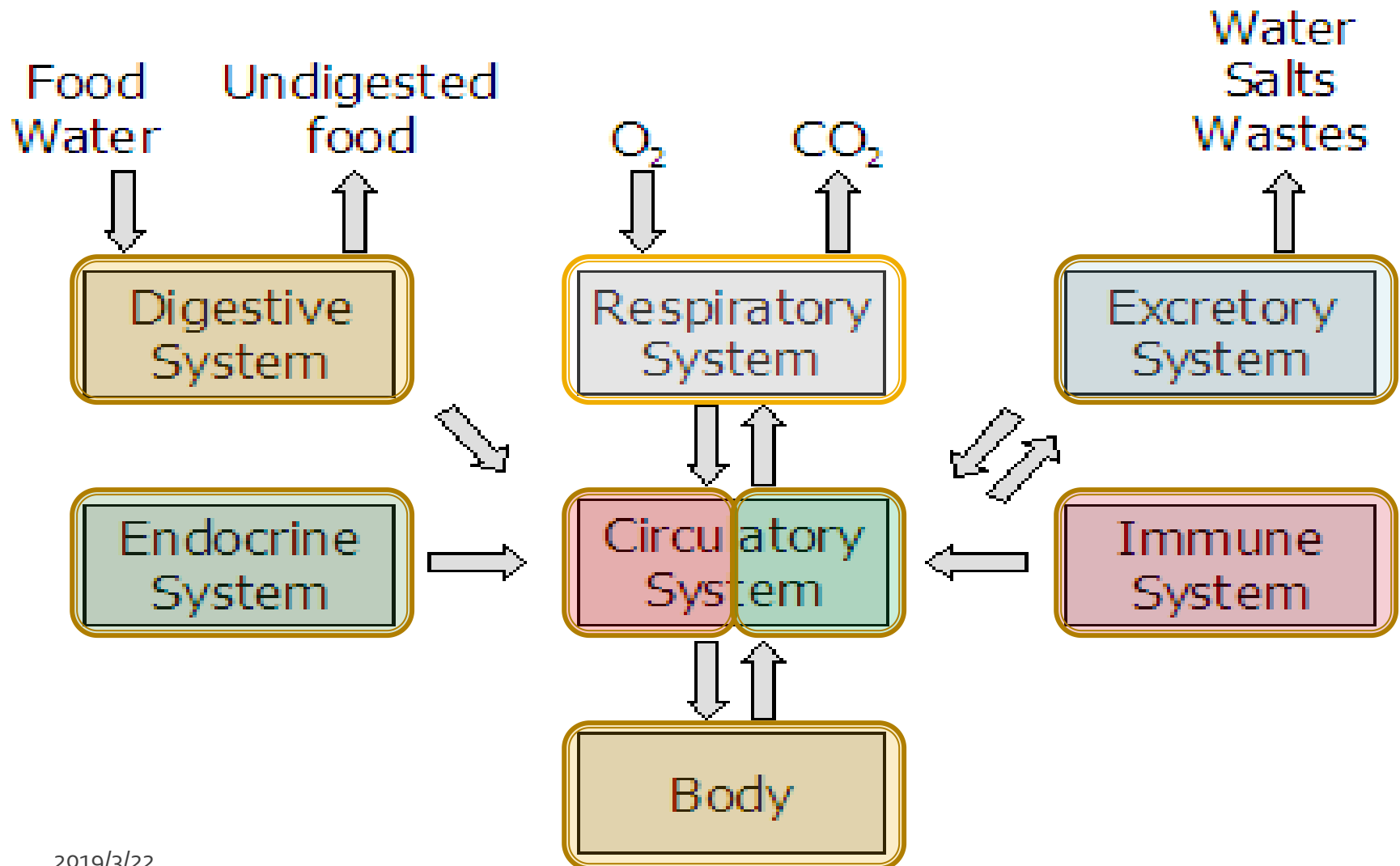
- **Spiders**

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

- **Transition areas**

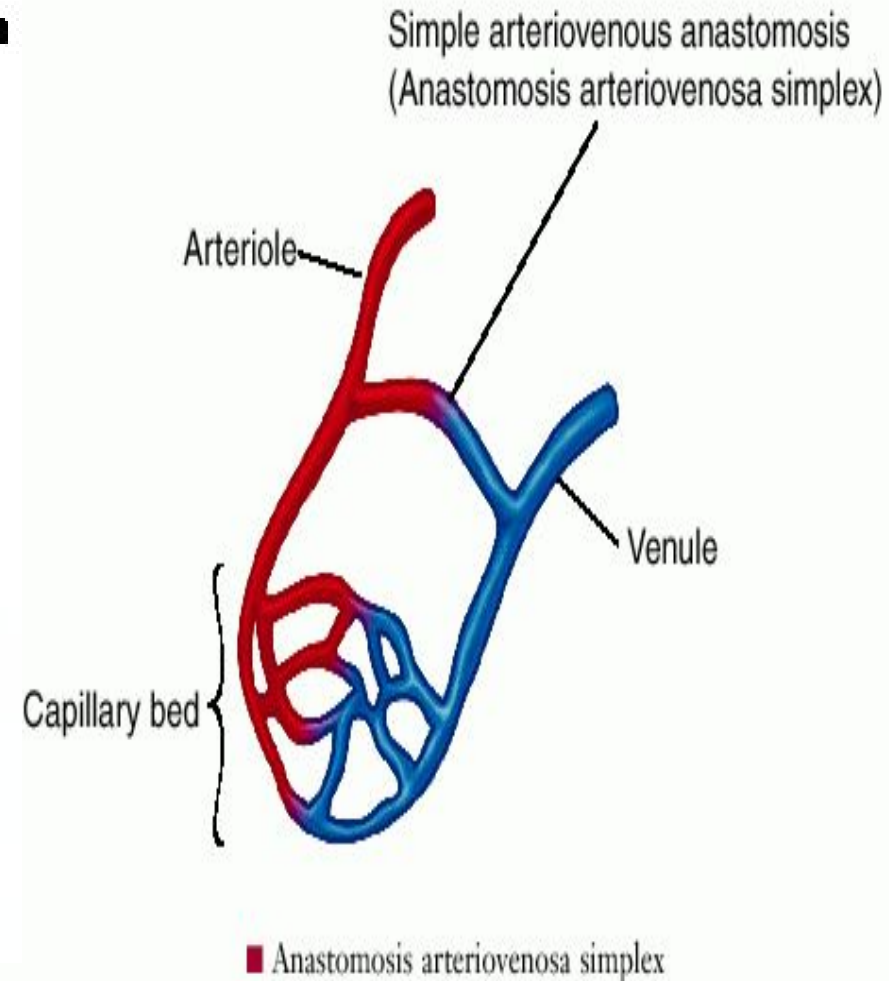
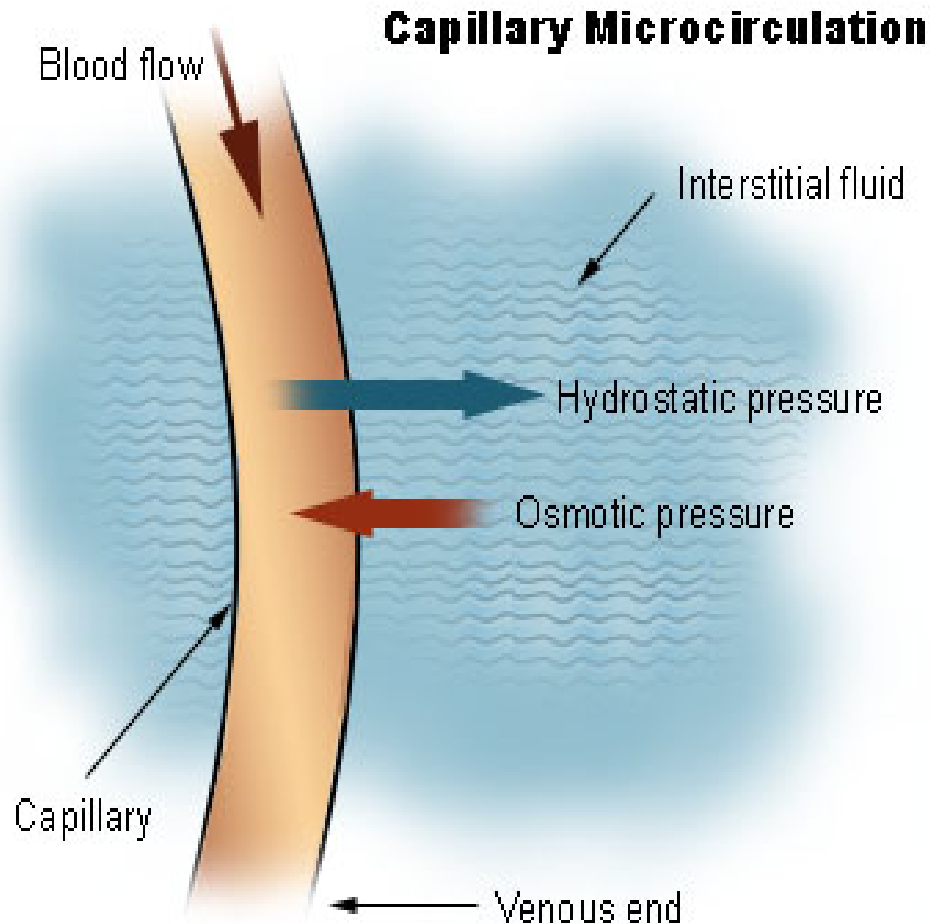
- of each type of blood vessel that make it easy for stagnation to take place. (Where arteries turn into veins, veins into capillaries, etc.)

# Functions of the Circulatory System

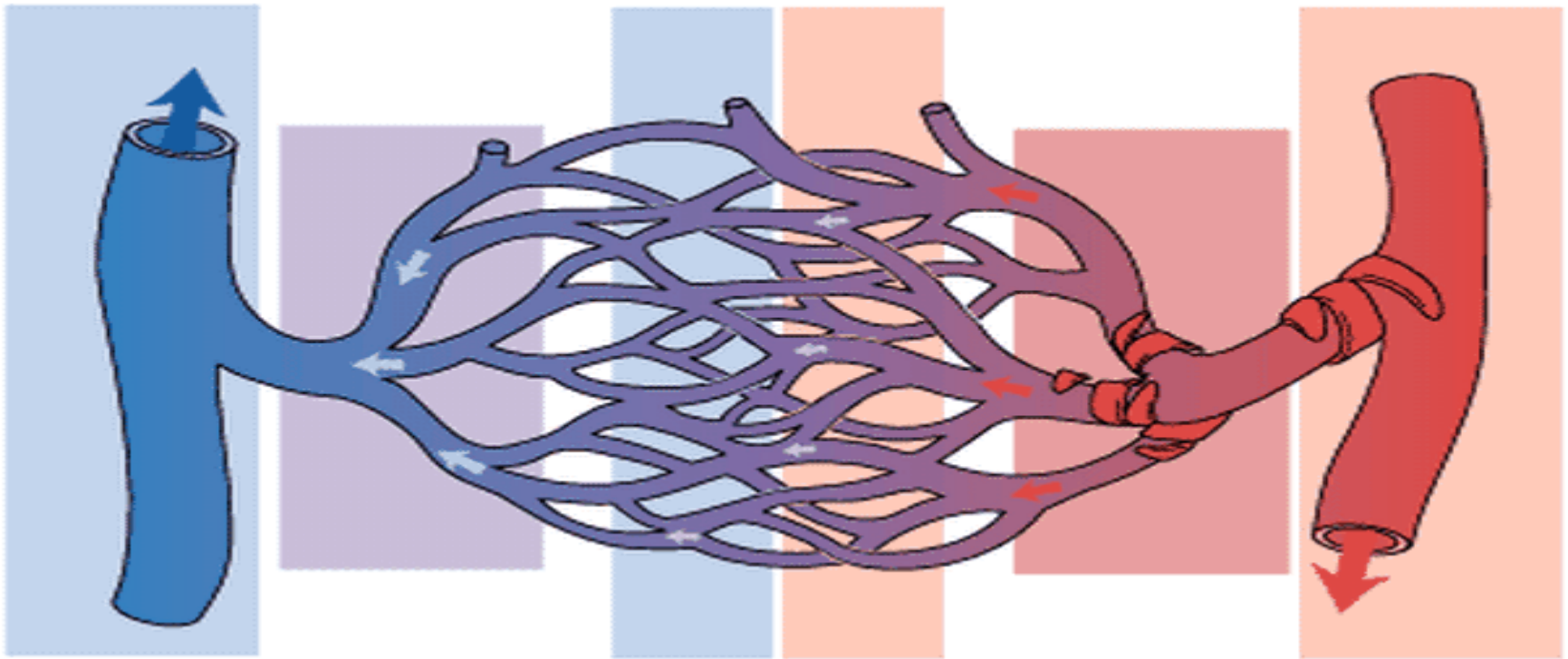




# Capillaries



# Arteriovenous anastomosis

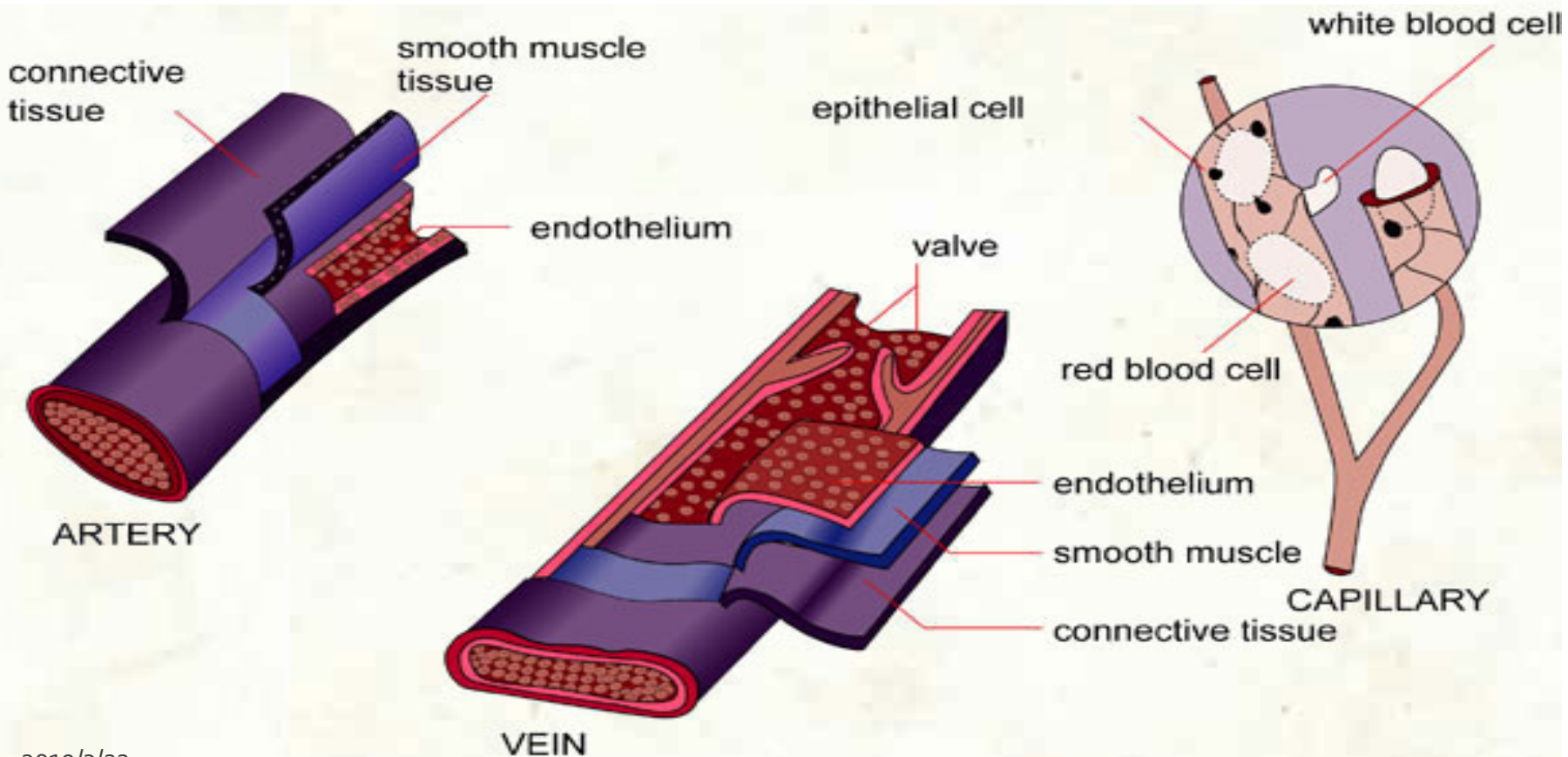


# Valve of vein

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

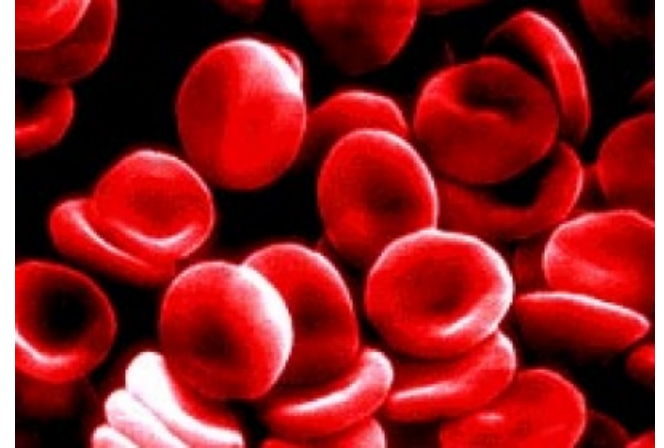
# Blood Vessels

Ninety percent of blood in the blood vessels belongs to microcirculation in these capillaries.



# The shape of the blood cell

- The blood cell is larger than the vein.
- 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

1. There is always a risk of drawing too much blood, so be cautious.
2. The purpose is not to get lots of blood, but to stimulate blood circulation.
3. We must use good judgment in treating based on the patient's needs and lifestyle.
4. In pregnant women the dosage is less than 1/2 the average person. Light cupping is good.

# Dosages-2

4. 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.
5. But blood in the vein is much darker than blood in the spider.
6. Once the change occurs we can stop squeezing.

# IMPORTANT AREAS FOR SHIRAKU

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## Body Regions



# IMPORTANT AREAS FOR SHIRAKU (1)

## ■ Vertex of the Head –

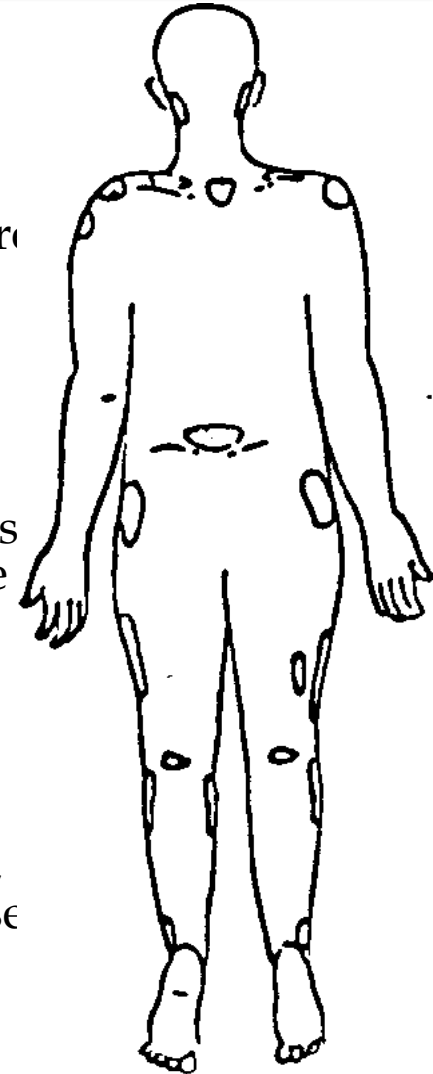
- Exit points at the parietal and occipital regions of skull: --- GV-20, GB20, GV18
- Feel for puffiness, use 2-3 cuts and squeeze. Where there are vascular spiders use the same method. It is good for neurosis, insomnia, hypertension, headache, stroke, anal prolapse, hemorrhoid, spinal irritation.

## ■ 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 Palsy, trigeminal neuralgia



# (2)

## ■ 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.

# (3)

## ■ **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 in toward 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 blood let 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 –**

- Bl2, GV25, GB28 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.

# (4)

## ■ **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 uses shiraku 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.

# (5)

## ■ 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.

## ■ Hanging neck syndrome:

- This is true for **hanging neck syndrome**, which may cause high blood pressure, nosebleeds and many of life stress.
- Bloodletting C6, C7, and T1 are common and are good for middle to upper warmer signs and symptoms.
- We should use shiraku in these areas, whether they have spiders or not. The top of the shoulder often has spiders especially at LI15.
- Area of the Exit at the parietal and occipital regions of skull:
  - Parietal emissary vein ----- GV-20
  - Mastoid emissary vein ----- GB-20
  - Occipital emissary vein ----- GV-18

# (6)

## ■ Frozen shoulder:

- For pain, stiff shoulder, from Frozen shoulder (50 year old shoulder) we should **use light shiraku without cupping**. Just squeeze it to bleed. It often relates to a blood stasis condition. This is common with menopause in women and/or LU Deficiency LR (Chap.75) Pattern. Be careful of the dosage and amount of blood taken.

# (7)

## ■ 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 shiraku, good for high blood pressure, knee problems, tired or heavy lower extremities, gastric tension, lumbago, headaches, dizziness, or stiff shoulders.

# (8)

## ■ 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. Shiraku 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.



# Practice-1

# Diagnosis

- Diagnosis
  - Sho/Pattern of Blood stasis
  - Meridians and Symptoms
    - Looking , Asking, Touching
  - Find points for shiraku treatment
    - Shiraku use as branch tx. or part of Root Tx.

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.

# Practice-2      Diagnosis and Tx.

- **Branch tx.:**
  - It is acceptable to do a branch tx., but we must understand the root cause and treat it.
- **Root tx.:**
  - Combining a root treatment will give much less negative reactions than just using a branch tx..
- **Cone and/or direct moxa:**
  - For general use, burn cone or direct-moxa after shiraku or needle moxa at the site of shiraku.

# *HIFU-SHIRAKU (1)*

## Cutaneous Areas of the Skin

- Skin bloodletting/ *Hifu-shiraku* 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**.

# *HIFU-SHIRAKU*

## *(2)*

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

# *HIFU-SHIRAKU*

## (3)

- **Stiff shoulder**
  - may be caused by a superficial excess or superficial deficiency. Dispersion techniques with a deficient condition makes the patient feel worse. Before and after the treatment re-check the tone of the muscle.
- **Stiff shoulder**
  - which is not very muscular but has excess can benefit from *Hifu-Shiraku*. Diagnosis the area to treat by touching and evaluating the skin and tissue.
- **Apply 4-5 cuts:**
  - 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.

# *HIFU-SHIRAKU*

## *(4)*

### ■ **Shiraku 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 shiraku.
- Area of the Exit at the parietal and occipital regions of skull:
  - Mastoid emissary vein ----- GB-20

### ■ **Sports injuries and fractures:**

- Begin with the Jing points, seek for spiders, and then immobilize area.

# Shiraku at the extremities

- Shiraku at the extremities use the same principal as Jing points and top of the head, tongue.