

Sanshin

Purpose: basic

The sanshin (touching and spreading) can be used for tonification of deficient defensive ki in a cold pattern, or for dispersion of excess defensive ki in a heat pattern during the local treatment.

The basic technique for sanshin is lighter and briefer because the desired effect is sought over a whole area.

However, use the sanshin technique if the condition is vague, mild and observed over a large area.

Purpose: "polishing"

The root treatment will take care of 70-80% of the treatment. The remainder of the treatment is carried out because the patient usually does not feel completely refreshed or complete at that point and wants something more.

Sanshin also makes the patient feel better after the specific local treatment has been applied, which might make the ki flow not smooth and therefore make the patient feel uncomfortable.

In other words, "polishing" may be done on the areas described above, such as the back. This makes the energy flow equally in all parts of the body.

Sanshin resembles pediatric techniques.

Purpose: Used more on areas instead of specific points

Normally, treatment concentrates on one point for the root treatment.

Branch treatment, however, may use one point or an area.

The focus of sanshin technique is an area rather than a single point. It is easier to find an area.

"alive" Points

Normally, you should select a point that is "alive" rather than the anatomical correct (textbook) point. You should use your left hand to detect evil ki (Jaki), excess and deficiency.

Continuously monitor the condition by feeling the skin of the patient. It is necessary to train the left hand to evaluate the skin as you go.

How to select an deficient area

You are looking for the same thing as you look for when selecting a point to needle.

Use your left hand to detect the appropriate area for treatment.

Move your hand over the skin as if you were moving it over a tissue paper.

Deficient areas of the skin will feel: Cold, empty, hollow, depressed, as if they have puffiness, without resilience.

In this case, the goal of sanshin is to get rid of the deficiency.

A deficient area feels cool, and can be imagined as a feeling of "loneliness." the hand is drawn in toward the area and down.

Note; Tonification Technique

Do all tonification first. This sometimes clears the excesses you detected.

First tonify areas of intense deficiency (like a concentrated point).

Then tonify the larger deficient area, doing a very quick tonification: use a silver needle; close your Oshide; touch the point; remove the needle; do this repeatedly and rapidly over the whole area.

Tonification: w/Tube

The tonification technique is used to treat cold in the external areas of the body without being particular or specific about acupuncture points.

When using an insertion tube, there are two methods to choose from: manipulation of the needle while it is still in the insertion tube, or quickly performing single-handed reinsertion of the needle into the tube while performing the sanshin technique.

Movie;

with in the tube

with tube on the body.

tube with single-handed

Tonification w/no Tube

If performing sanshin without an insertion tube, do it slowly, making sure to always employ the technique with a well-formed supporting hand.

In all cases, the tip of the needle should just touch the skin without causing the slightest pain.

The area on which the sanshin technique was performed should turn red, or it should become moist and feel warm to the patient.

Gently stroke the area before and after performing sanshin.

Movie; with no Tube

with no Tube on the body

quick Tonification with no Tube on the body with Teishin

Dispersion:

The technique is basically the same as for tonification except that dispersion is performed as if lightly bouncing the supporting hand or gently pinching. This can also be described as the stroking dispersion technique. For dispersion, is acceptable if the patient feels a little pain. The heat-ki should disappear after doing this technique.

How to select an deficient area

Excess areas of the skin will feel: Rough, hard, raised, tight, dull or heavy (rather than resilient), hot in an uncomfortable way

In this case, the goal of sanshin is to get rid of the excess.

An excess area is raised. When you come across evil ki, the hand feels as if something is poking it, or like worms are crawling beneath the hand. Healthy/natural ki has a warm and pleasant feeling. If there is evil ki it should be released.

Note; Dispersion Technique

Touch the points more with the needle.

Push the needle a little just before removing it.

If area is very rough, use a stainless steel needle.

After applying sanshin to the whole area, you may use an enshin or your hand to tonify the whole back, and leg channels.

If there is still some deficiency or excess, consider using moxa or another method.

In sanshin, your left hand - the diagnostic hand - is the most important.

Dispersion Movie

[Sanshin Dispersion no Tube](#)

[Sanshin Dispersion no Tube on the body](#)

[Sanshin Dispersion with Tube](#)

[Sanshin Dispersion with Tube on the body](#)

[Sanshin quick Dispersion no Tube](#)

[Sanshin quick Dispersion no Tube Teishin](#)

[Sanshin quick Dispersion on the body](#)

Note;

If there is still deficiency or excess after using the sanshin technique, moxa, intradermal or additional retain needles may be used to finish treatment.

If your sanshin technique is rough, the pulse will deteriorate. You need to be very careful when applying this technique.

Strategy for Approaching the Back

First, feel the overall back.

Palpate the Du Mai channel, searching for excess and deficient areas.

Palpate the Hua Tuo lines (Kyo Sai) bilaterally and simultaneously.

Then proceed to the inner and outer Bladder lines bilaterally and simultaneously.

The body tends to be like a seesaw. You often find that if one side of the body--for example the inner Bladder line—is excess, its corresponding area on the opposite side is deficient and vice versa. Sometimes the excess may not be clear, as in the deficient type excess- which is characterized by loose muscle underneath but with tightness or roughness on top (like branches on water).