

Basic Japanese Meridian Therapy (Keiraku Chiryō)

Tx (step 1): "healthier" side
or
♂ → ① + ♀ → ②

	Step 1 Tonify/toni. Pt. of 1° meridian + Horary Pt. of mother meridian.	Step 2 Tx 2° . Deficient → tonify Excess → disperse Tx opposite side of Step 1	Step 3 ① Tonify Defi. Luo or Source Pt. of Yang meridian. Same side of body as pulse. ☆ If all yang are Deficient. → Toni. ST36 or TW4 bilaterally Find Deficient Pt	② Disperse Excess Luo Pt. of Yang meridian. Same side of body as pulse or Sx side								
<p>LU Sho Sx: Ki prob., emotional prob., weak immune system, breathing prob., chest discomfort, respiratory prob. (cough, asthma + etc.), shoulder stiffness, tightness between scapulas, dry, rough skin, skin prob., thumb prob. (tendonitis), constipation, hemorrhoids, frequent urination, cystitis, white complexion. Dx area: ① Depression, soft, rough on ② costal (LR14) area + tight, pressure pain, and pulsing on ③ ST24-27 area. ④ LU1, GV12, LU9. ⑤ 1° → Deficiency on the LU + SP 2° → LR</p> <div style="display: flex; justify-content: center; align-items: center;"> <table style="border-collapse: collapse; margin-right: 10px;"> <tr><td style="padding: 0 5px;">L</td><td style="padding: 0 5px;">R</td></tr> <tr><td style="text-align: center;">○</td><td style="text-align: center;">⊖</td></tr> <tr><td style="text-align: center;">●</td><td style="text-align: center;">⊖</td></tr> <tr><td style="text-align: center;">○</td><td style="text-align: center;">○</td></tr> </table> </div>	L	R	○	⊖	●	⊖	○	○	LU9 + SP3	LR3	<p>Left</p> <p>S14 or 7 GB40 or 37 BL64 or 58</p>	<p>Left</p> <p>S17 GB37 BL58</p>
L	R											
○	⊖											
●	⊖											
○	○											
<p>SP Sho Sx: All kinds of digestive prob., constipation, diarrhea, diabetes, craving for sweets, breast prob. (pain and/or swelling), sores on lips + gums, fatigue, heavy limbs + body, emotional prob., neurosis, overthinking, swollen + red eyelids, bunion, flat feet, HDT prob., palpitation, irregular pulse, angina, HT attack, yellowish complexion, joint pain, ④ shoulder pain. Dx area: ① Soft, deficient, moist, possibly depressed to right touch on CV12 around navel area. ② Slight tension (not strong) on ④ costal area, SP3, 4, 13, 15. ③ 1° → Deficiency on the SP + HT 2° → KD or LR</p> <div style="display: flex; justify-content: center; align-items: center;"> <table style="border-collapse: collapse; margin-right: 10px;"> <tr><td style="padding: 0 5px;">L</td><td style="padding: 0 5px;">R</td></tr> <tr><td style="text-align: center;">⊖</td><td style="text-align: center;">○</td></tr> <tr><td style="text-align: center;">●</td><td style="text-align: center;">⊖</td></tr> <tr><td style="text-align: center;">●</td><td style="text-align: center;">○</td></tr> </table> </div>	L	R	⊖	○	●	⊖	●	○	SP3 + PC7	KD3 or LR3	<p>Right</p> <p>LU11, 4, or 6 ST36, 42, or 40 TW4 or 5</p>	<p>Right</p> <p>LU6 ST40 TW5</p>
L	R											
⊖	○											
●	⊖											
●	○											
<p>KD Sho Sx: Development prob., Ob/GYN prob., bones break easily, osteoporosis, dental prob., joint prob. (knee, ankle, + etc.), urinary prob., chronic constipation and/or diarrhea, lower body edema, RBC prob., memory prob., tinnitus, hearing prob., cold hand + feet, cold lower abdo., cold above + cold below (counterflow Ki), fearfulness, hair falls out easily, gray hair, lower back sore + cold deficient, tired after eating, dark complexion, esp. dark below eyes. Dx area: ① Soft, cool or deficient (light touch) on KD16, CV5, 7, 8, + lower abdo. area. KD 2, 3, CV7, KID16, puffiness around ② Slight tension on the ST line on lower abdo. area. ③ 1° → Deficiency on the KID + LU. 2° → SP</p> <div style="display: flex; justify-content: center; align-items: center;"> <table style="border-collapse: collapse; margin-right: 10px;"> <tr><td style="padding: 0 5px;">L</td><td style="padding: 0 5px;">R</td></tr> <tr><td style="text-align: center;">○</td><td style="text-align: center;">⊖</td></tr> <tr><td style="text-align: center;">○</td><td style="text-align: center;">●</td></tr> <tr><td style="text-align: center;">⊖</td><td style="text-align: center;">○</td></tr> </table> </div>	L	R	○	⊖	○	●	⊖	○	KD7 + LU8 or LU5	SP3	<p>Okyu Tx Okyu (sesame size) on Du Mai and Back-Shu Pt Pressure pain and/or deficient (corn caved) Pt</p>	# of Okyu
L	R											
○	⊖											
○	●											
⊖	○											
<p>LR Sho Sx: Blood stasis prob. (pigmentation, moles, vascular spiders, + etc.), hormonal + endocrine prob., bleeding disorders, skin disorders with raised bumps (acne, boils, etc.), tight muscles, swollen muscles, muscular imbalance, acute back pain (strain, sprain, slipped disc, + etc.), R shoulder prob. (stiffness + tightness), L leg prob., neuralgia (sciatica), hemias, joint deformities, emotional sensitivity, stress, emotional/mental prob., neurosis, irritability, anger, insomnia, vision prob. in general, nail prob. in general, aversion to wind, wind causes tight stiff sore muscles, sex organ prob., urinary prob. (cystitis), big toe prob., goat, subcostal/costal pain + discomfort, swollen ribs, sinus + nasal prob., H/A (esp. chronic, esp. crown + around eyelids, migraine) dizziness, frequent fainting, constipation, asthma. Dx area: ① Soft and deficient on the ④ + ⑤ ASIS. ② ④ LR9 SP10 area, tight, sore on the ④ (heat Pt) ⑤ (Excess Pt) subcostal area. ③ 1° → Deficiency on the LR + KD. 2° → LU or SP</p> <div style="display: flex; justify-content: center; align-items: center;"> <table style="border-collapse: collapse; margin-right: 10px;"> <tr><td style="padding: 0 5px;">L</td><td style="padding: 0 5px;">R</td></tr> <tr><td style="text-align: center;">○</td><td style="text-align: center;">●</td></tr> <tr><td style="text-align: center;">⊖</td><td style="text-align: center;">●</td></tr> <tr><td style="text-align: center;">⊖</td><td style="text-align: center;">○</td></tr> </table> </div>	L	R	○	●	⊖	●	⊖	○	LR8 + KD10	SP3 or LU9	<p>Pxw/soft and silky (smooth) skin Pxw/very sensitive to heat</p> <p>Pxw/average skin Deficient, sticky, and/or flaccid Pt</p> <p>Rough, tight and deficient (corn caved) with indurations Pt</p>	<p>x3</p> <p>x5</p> <p>x7</p>
L	R											
○	●											
⊖	●											
⊖	○											