



What is K-style acupuncture ?

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Meridians

Meridians

The meridians are considered the circulatory pathways through which Qi and blood flow within the body, and this flow is called **“ebb flow”** .

By circulating Qi and blood, the body maintains its homeostasis.

meridian vessel

These are the main pathways through which Qi and blood circulate in the body

collateral vessel

These are secondary channels that branch off from meridian meridians



meridians

Meridians

Meridians

The Twelve Primary Meridians

The Eight Extraordinary Meridians

Others

Fourteen Meridians

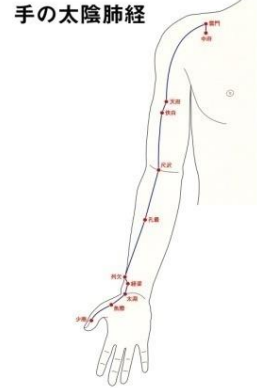
-WHO Standard Acupuncture Point Locations in the Western Pacific Region-

脈	十四経脈	英語表記	略号
The Twelve Primary Meridians	手の太陰肺経	Lung Meridian	LU
	手の陽明大腸経	Large Intestine Meridian	LI
	足の陽明胃経	Stomach Meridian	ST
	足の太陰脾経	Spleen Meridian	SP
	手の少陰心経	Heart Meridian	HT
	手の太陽小腸経	Small Intestine Meridian	SI
	足の太陽膀胱経	Bladder Meridian	BL
	足の少陰腎経	Kidney Meridian	KI
	手の厥陰心包経	Pericardium Meridian	PC
	手の少陽三焦経	Triple Energizer Meridian	TE
	足の少陽胆経	Gallbladder Meridian	GB
	足の厥陰肝経	Liver Meridian	LR
The Eight Extraordinary Meridians	督脈	Governor Vessel	GV
	任脈	Conception Vessel	CV

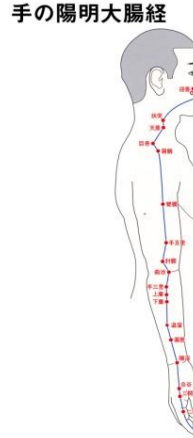
Fourteen Meridians

-WHO Standard Acupuncture Point Locations in the Western Pacific Region-

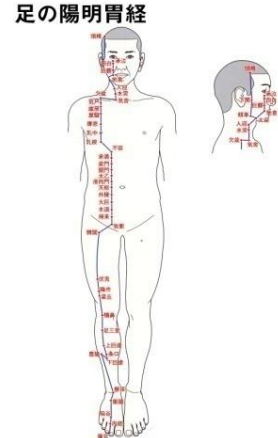
LUNG MERIDIAN
手太陰(陽)肺經(經, 經)



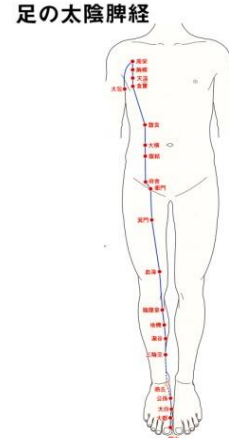
LARGE INTESTINE MERIDIAN
手陽(陽)明大腸(陽)經(經, 經)



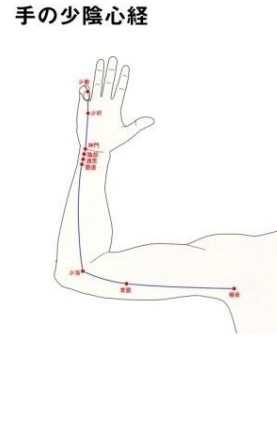
STOMACH MERIDIAN
足陽(陽)明胃經(經, 經)



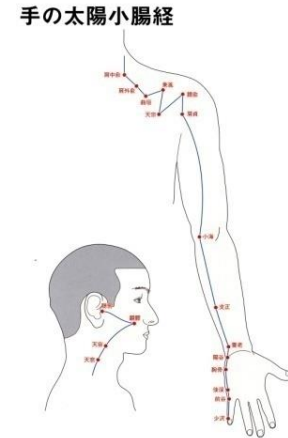
SPLEEN MERIDIAN
足太陰(明)脾經(經, 經)



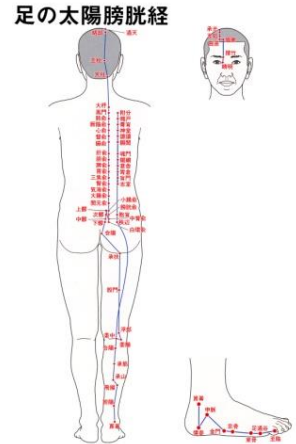
HEART MERIDIAN
手少陰(明)心經(經, 經)



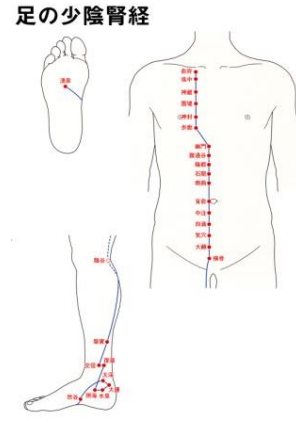
SMALL INTESTINE MERIDIAN
手太陽(明)小腸(陽)經(經, 經)



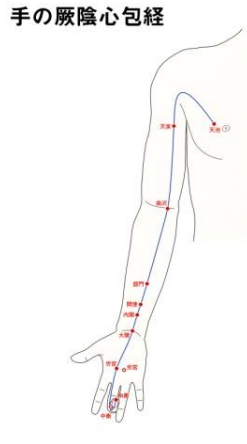
BLADDER MERIDIAN
足太陽(陽)膀胱經(經, 經)



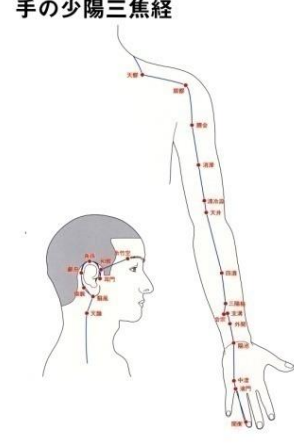
KIDNEY MERIDIAN
足少陰(明)腎(腎)經(經, 經)



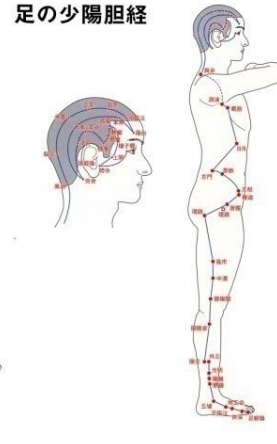
PERICARDIUM MERIDIAN
手厥陰(明)心包(包)經(經, 經)



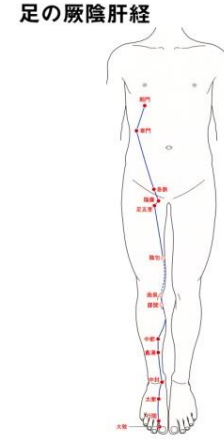
TRIPLE ENERGIZER MERIDIAN
手少陽(明)三焦經(經, 經)



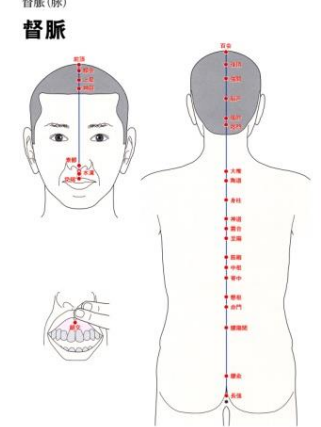
GALLBLADDER MERIDIAN
足少陽(陽)膽(胆)經(經, 經)



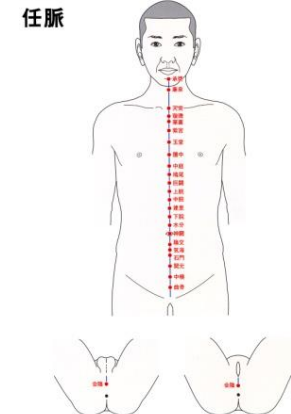
LIVER MERIDIAN
足厥陰(明)肝(肝)經(經, 經)



GOVERNOR VESSEL
督脈(脈)



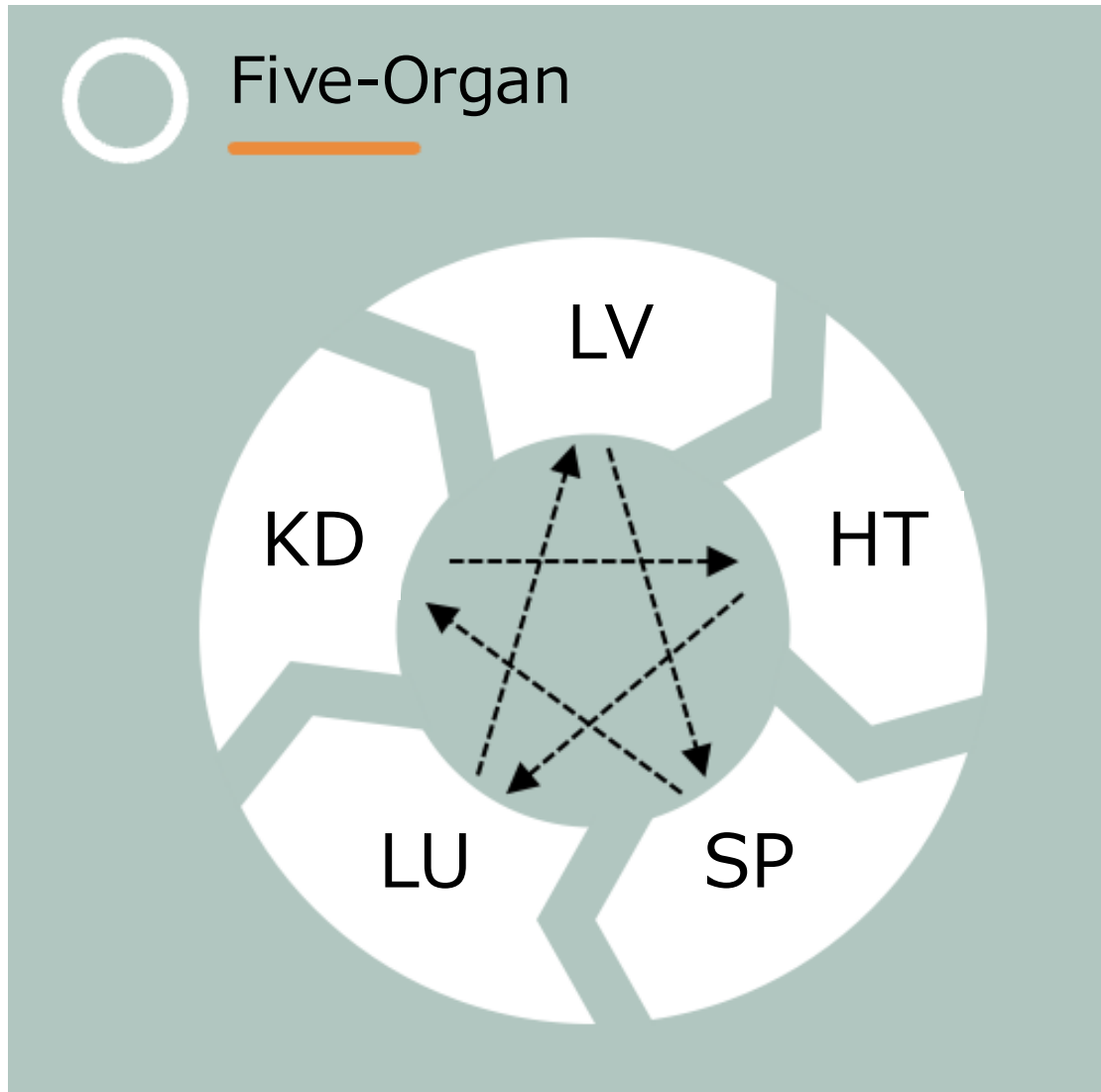
CONCEPTION VESSEL
任脈(脈)



The Twelve Primary Meridians

The Eight Extraordinary Meridians

Meridian Therapy



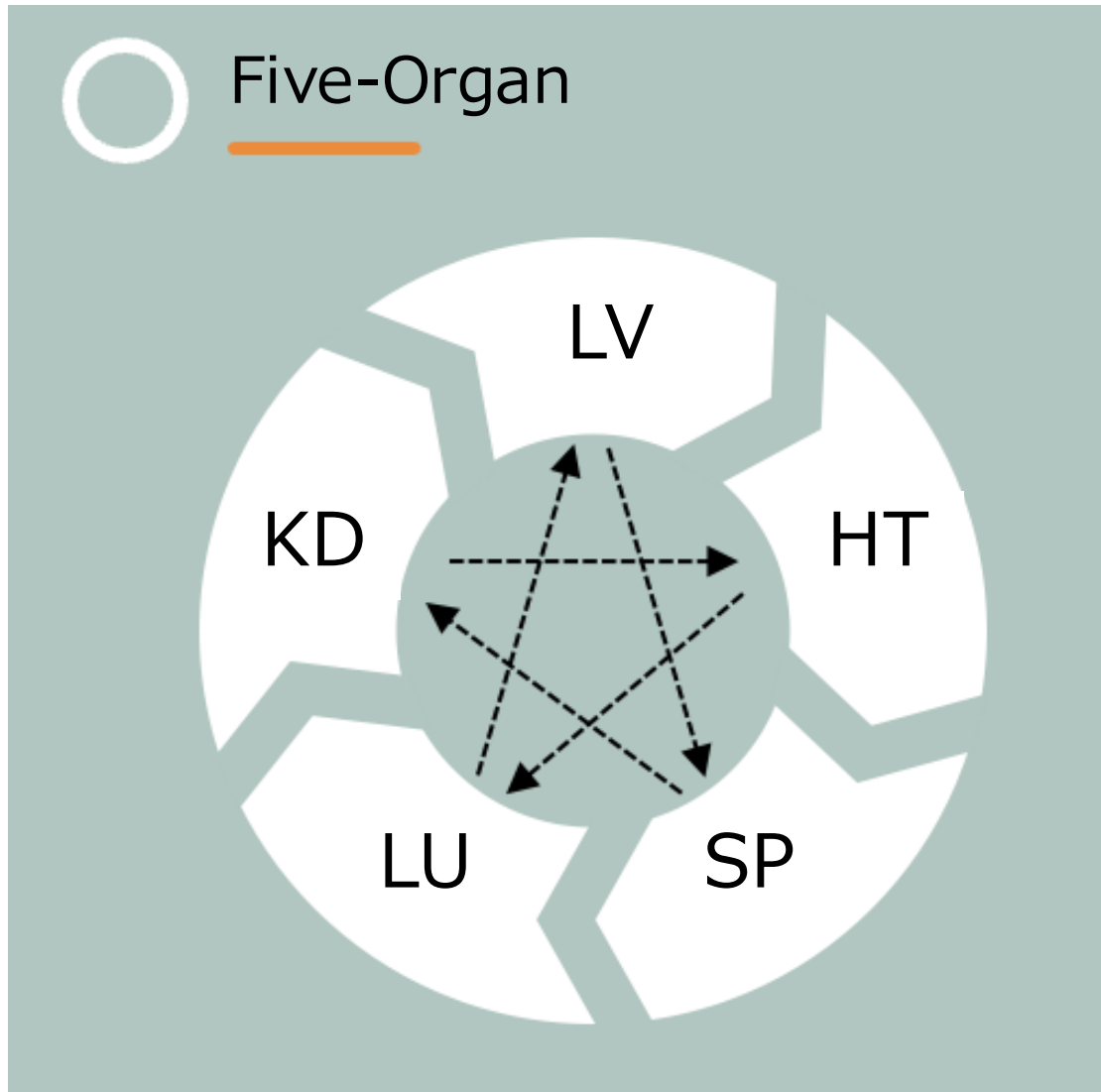
『難經』

” When there is deficiency, tonify its mother. When there is excess, reduce its child. ”

- Root Treatment
Regulation of Meridian Fluctuations
- Branch Treatment
Adjustment of Qi and Blood

In Root Treatment, Yu points or Mu points are used.

Meridian Therapy



liver deficiency

曲泉 LR8

Mother is
Water

kidney deficiency

復溜 KI7

Mother is Metal

spleen deficiency

太白 SP3

Mother is earth

lung deficiency

太淵 LU9

heart deficiency

神門 HT7

pericardium
deficiency

大陵 PC7

LV, KI, LU

- Mother point of its own meridian

SP, HT, PC

- Source point of its own meridian

Five Element Points

	肝虚	腎虚	脾虚	肺虚	心虚	心包虚
well point where the meridian /channel Qi starts to bubble	大敦 LR1	湧泉 KI1	隱白 SP1	少商 LU11	少衝 HT9	中衝 PC9
brook point where the meridian /channel Qi starts to spout	行間 LR2	然谷 KI2	大都 SP2	魚際 LU10	少府 HT8	勞宮 PC8
stream point where the meridian /channel Qi starts to flourish	太衝 LR3	太溪 KI3	太白 SP3	太淵 LU9	神門 HT7	大陵 PC7
river point located on the lower limbs and forearms	中封 LR4	復溜 KI7	商丘 SP5	經渠 LU8	靈道 HT4	間使 PC5
sea point where the meridian /channel Qi goes deep into the body just as a river flows into the sea	曲泉 LR8	陰谷 KI10	陰陵泉 SP9	尺沢 LU5	少海 HT3	曲沢 PC3

acupuncture needle for K-style

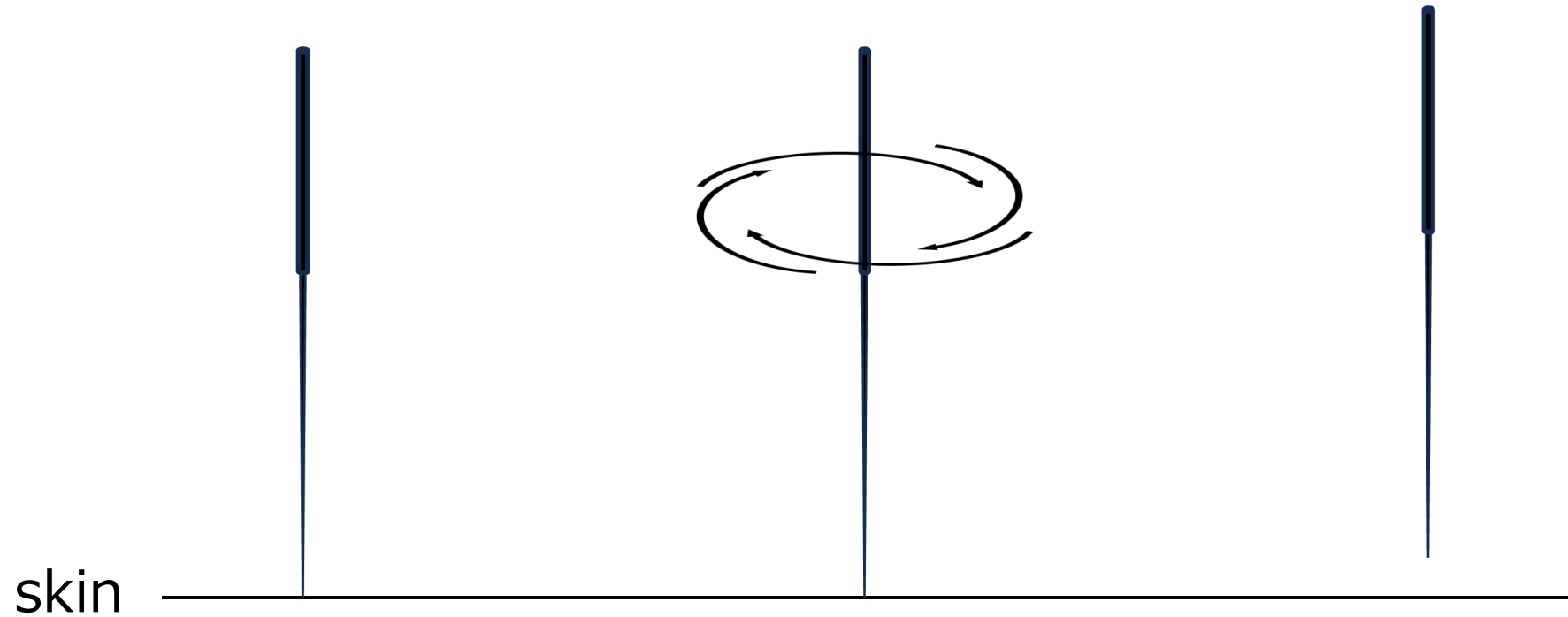


Contact Needle Technique for K-style

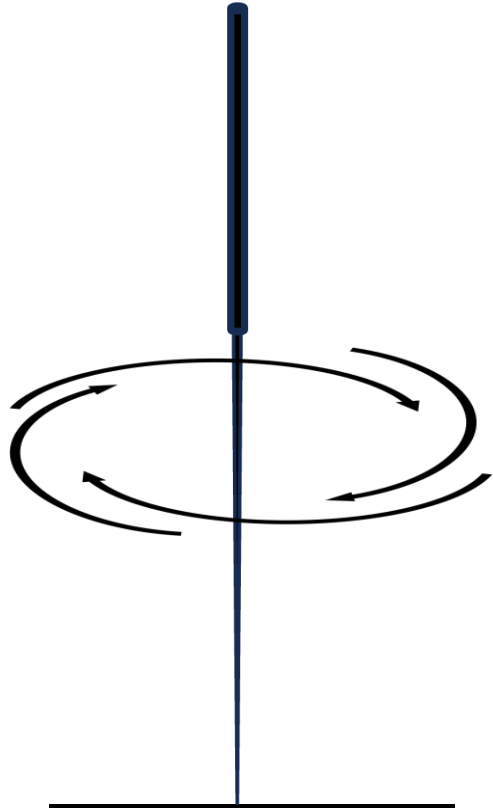
① Standing the Needle

② Treatment

③ Remove



Contact Needle Technique for K-style



- In Keiho Theory, the flow of Qi and its depth are emphasized.
- For example, with surface needle technique applied to superficial areas.
- Abdominal acupuncture focuses on the connection with the organs and aims to improve the rising, descending, entering, and exiting of Qi in the diaphragm and below the heart.
- We treat with a clear awareness of the nature and location of pathogenic factors.

Root Treatment

本治法

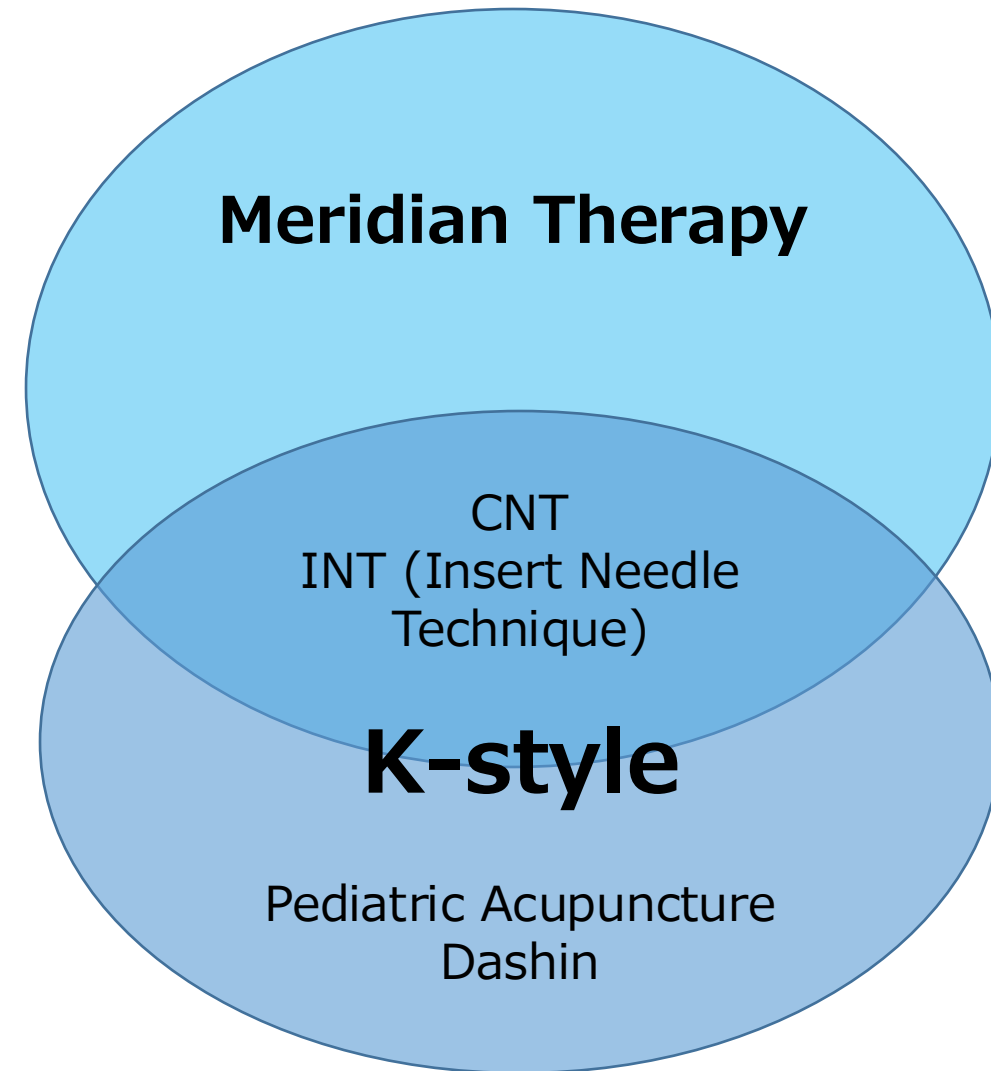
Technique for harmonizing the Qi of the meridians
and the Qi of the organs.

Meridian Therapy and K-style technique

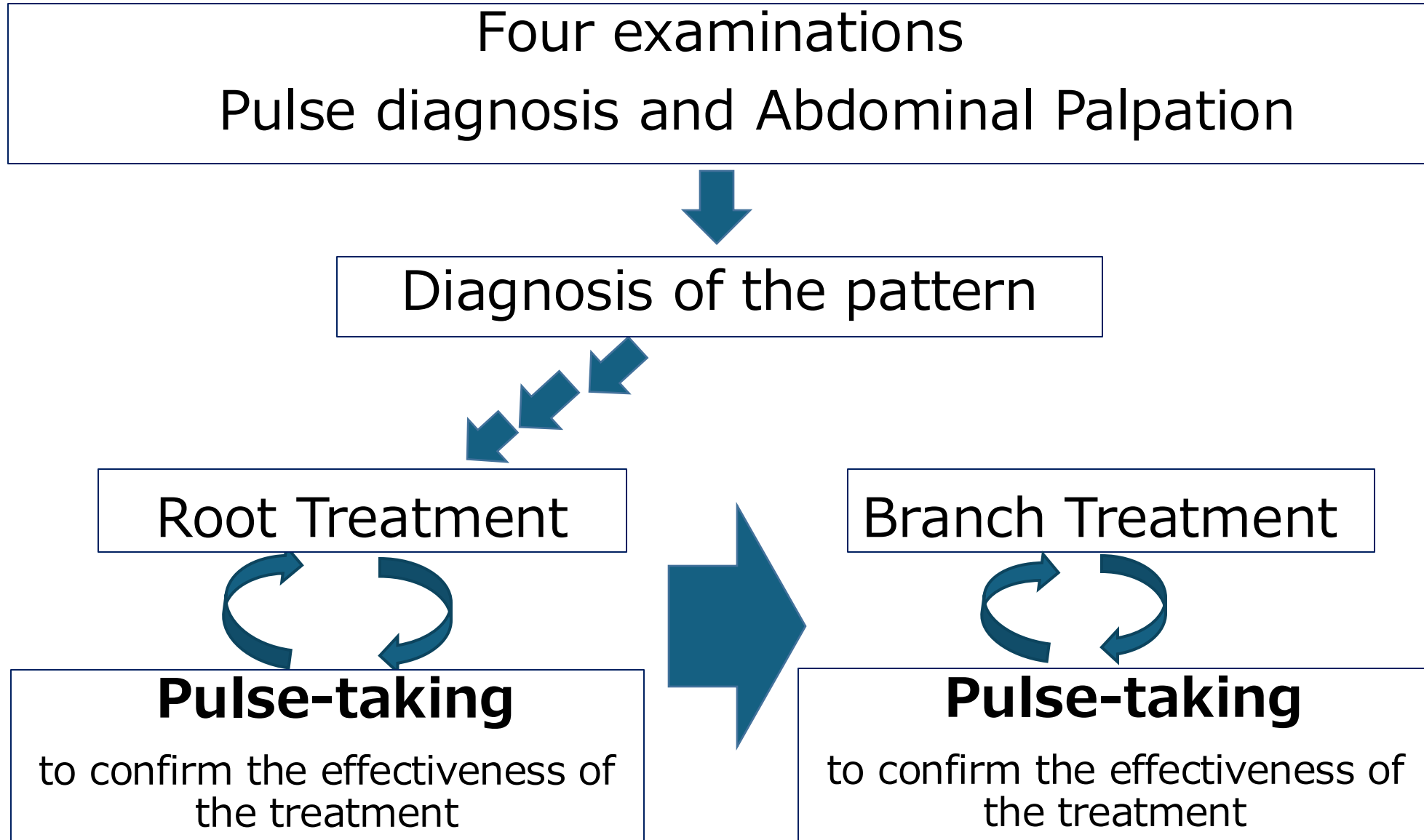
Meridian therapy is

- a classic-based acupuncture method
- every disease is understood as a deficiency or excess state of meridians and collaterals

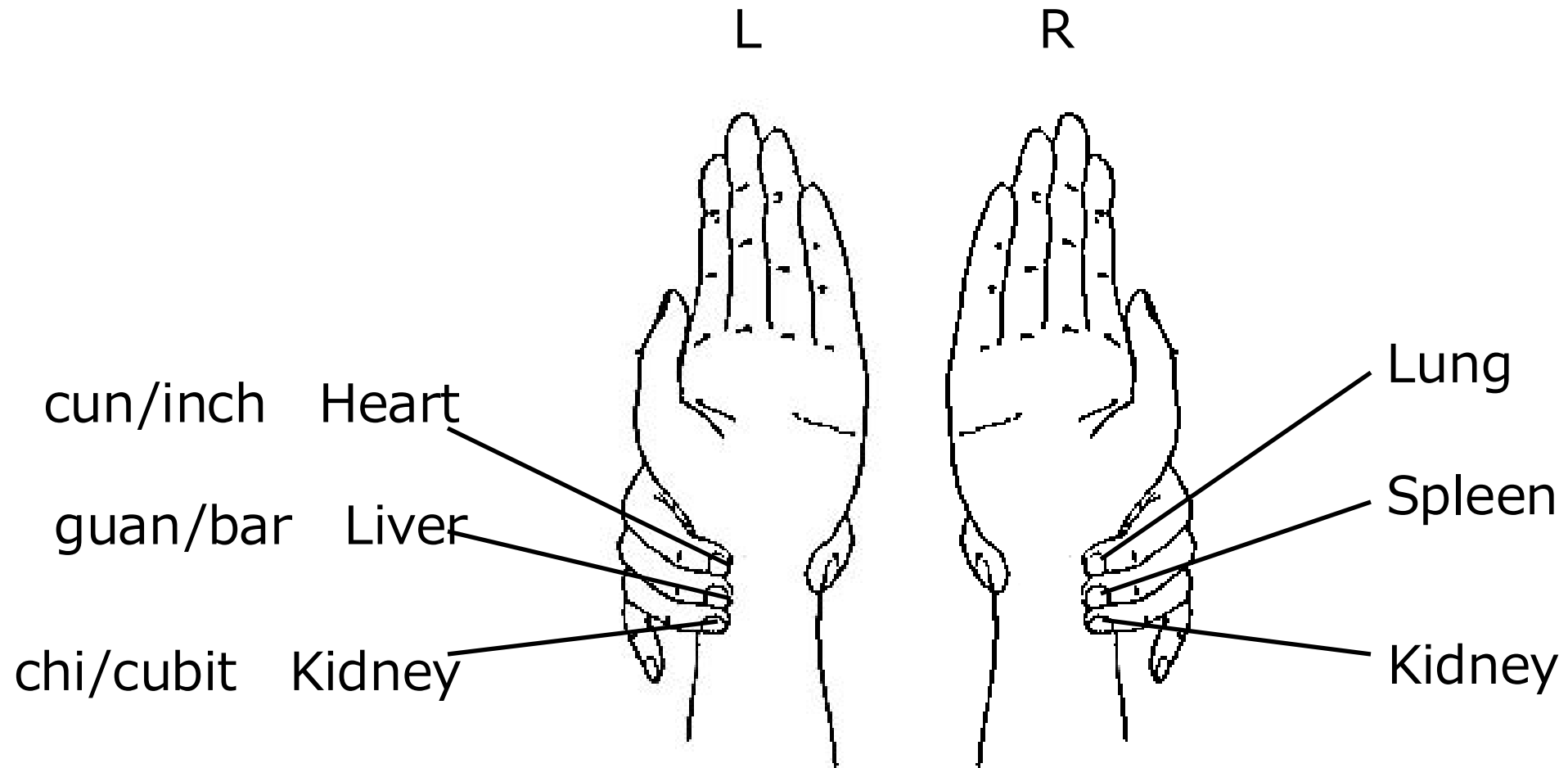
K-style technique is based on the theory of Meridian Therapy



Process of the therapy



Pulse Diagnosis



Contact Needle Therapy (CNT)

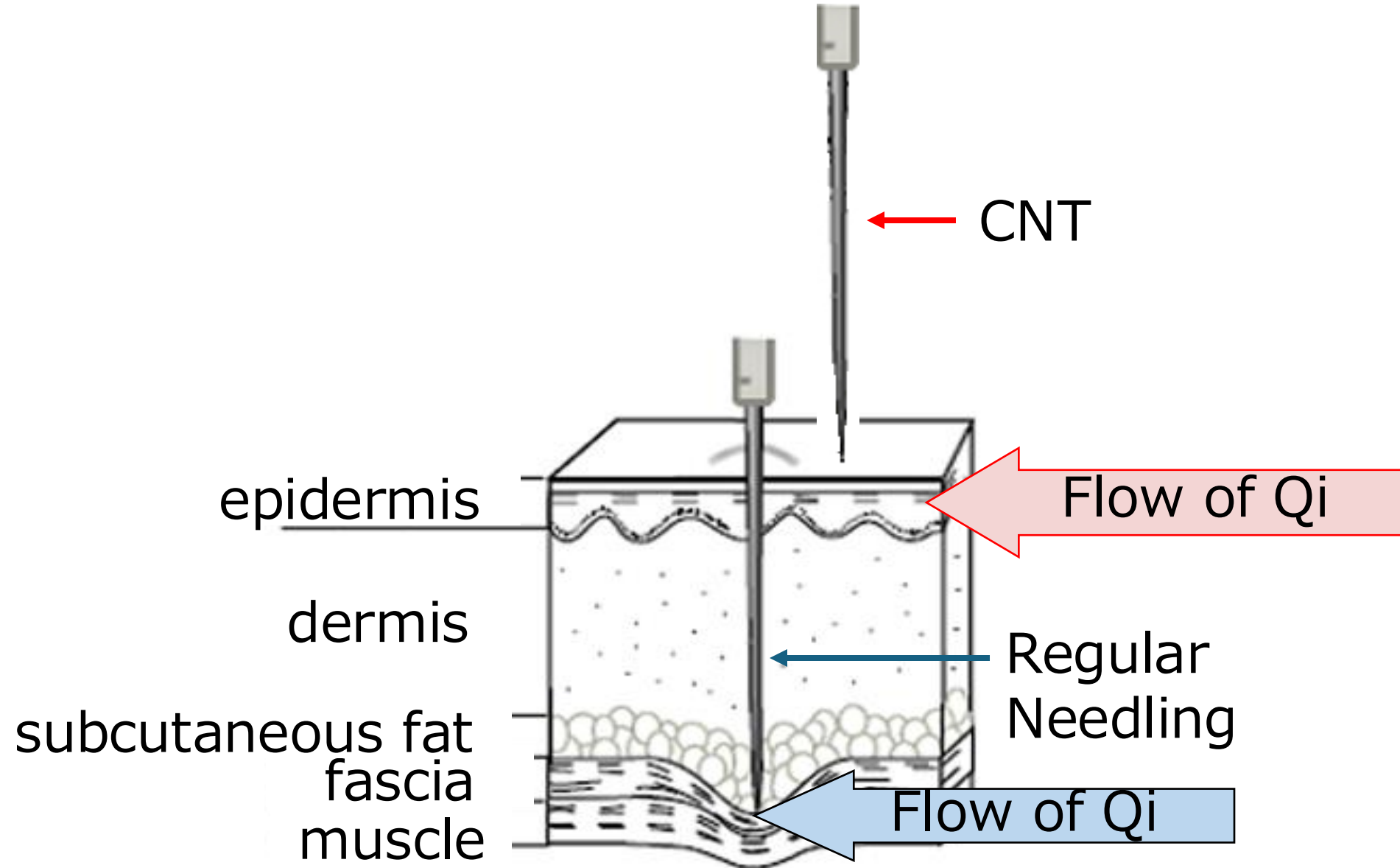
- Needle

Disposable “Cho-Hei-Shin”

(gold or silver needle, 0.18 mm × 30 mm, long handle)

- No insertion, set needle on the acupuncture point only
- Effective stimulus to unblock the meridian to regulate the flow of Qi.
- Safe, painless and less risk of infection.

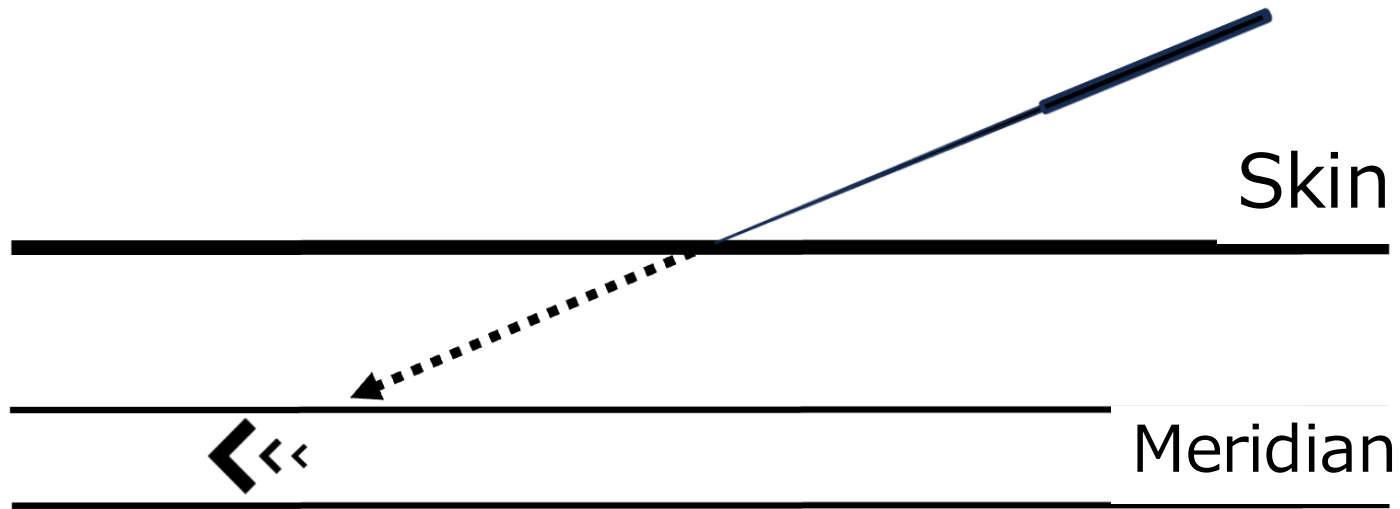
Different Concepts of the Flow of Qi



Nine Types of CNT

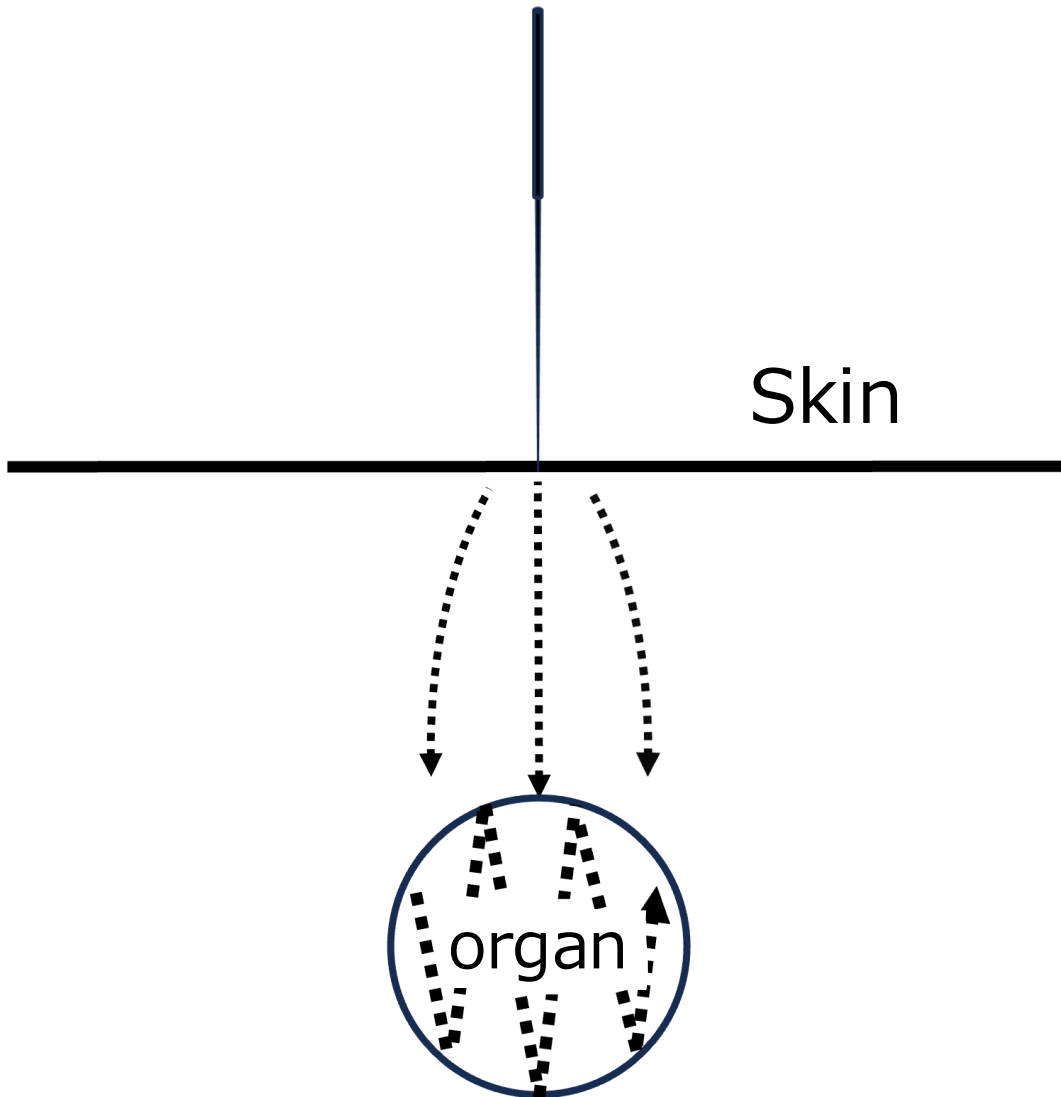
Supplementation 補法	經氣鍼 臟腑鍼 肌鍼 皮鍼 推動鍼 引き鍼	Transmeridian Qi Tonifying Technique Organ Balancing Technique Zheng Qi Tonifying Technique Yang Qi Tonifying Technique Propelling Qi Technique Qi Transfer Technique
Draining 瀉法	散邪鍼	Pathogen Draining Technique
連続鍼 Consecutive Needling	散鍼 調整鍼	Qi Splashing Technique Qi Balancing Technique

經氣鍼 - Transmeridian Qi Tonifying Technique-



- Tonify meridian Qi
- Root treatment

臟腑鍼 - Organs Balancing Technique -



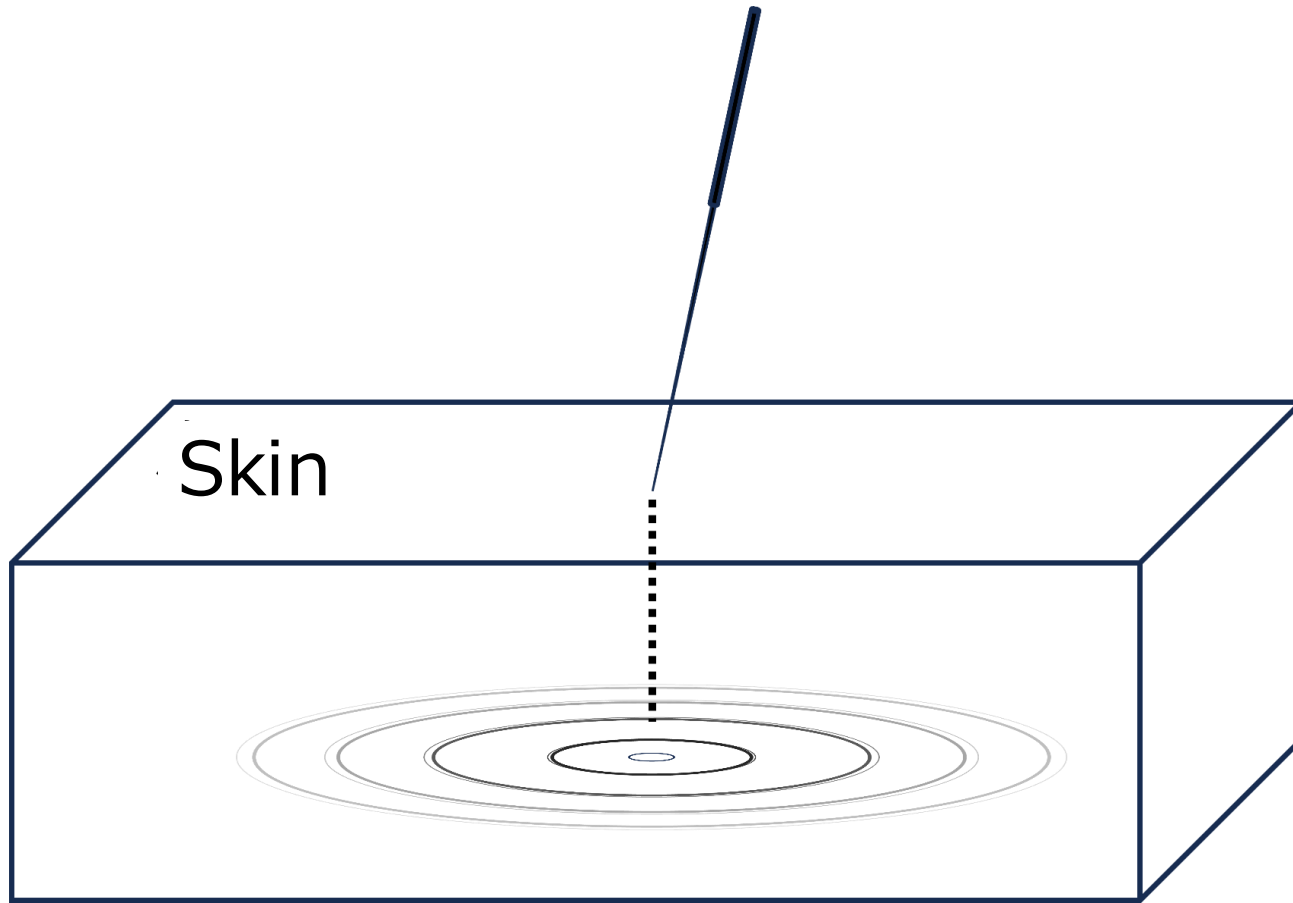
- Harmonize Qi of viscera and bowels
- Treats disease of organs
- Root treatment

Branch Treatment

標治法

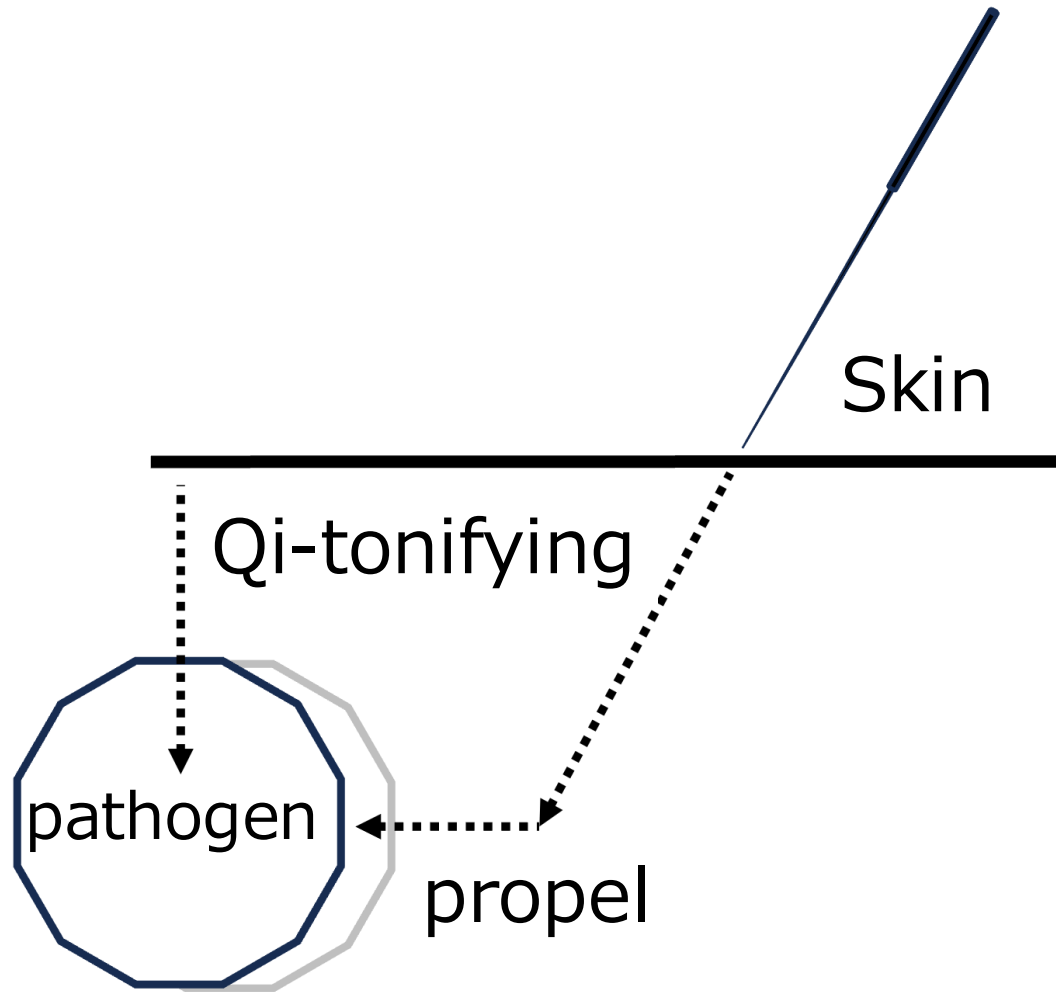
Technique for harmonizing the Qi of the meridians
and the Qi of the organs.

肌鍼 - Zheng Qi Tonifying Technique -



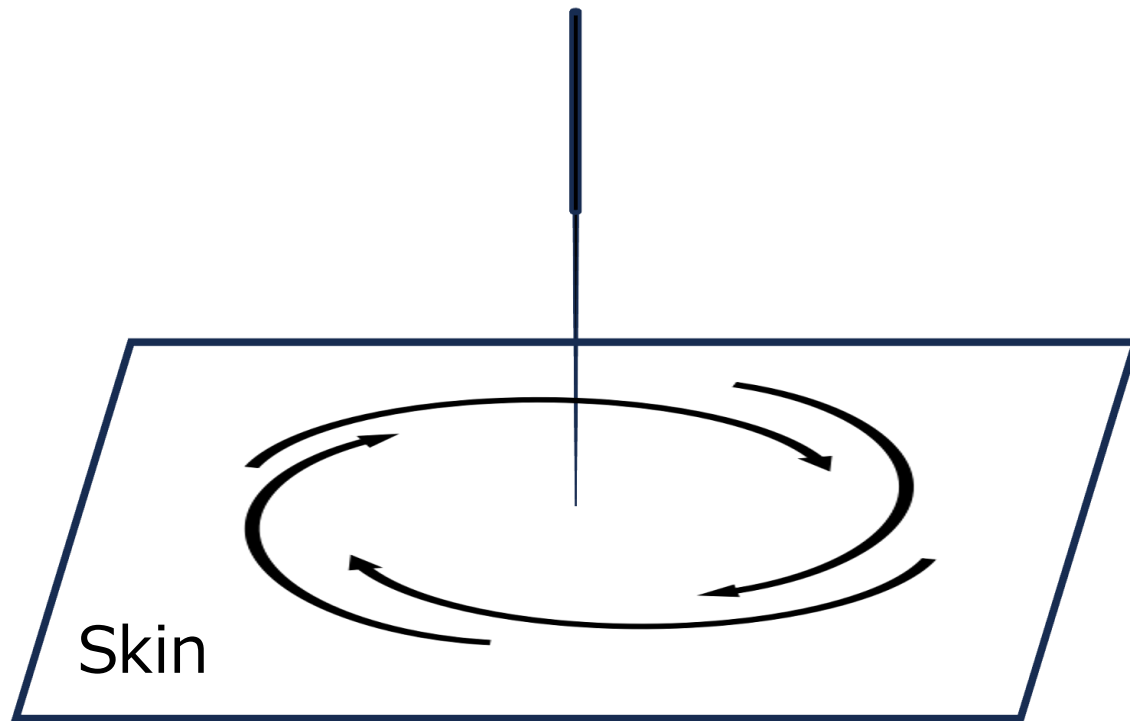
- Tonify Zheng Qi
- Branch treatment

推動鍼 - Propelling Qi Technique -



- Tonify Yin Qi
- Used for stiffness caused by Yin Qi deficiency
- Branch Treatment

引き鍼 - Qi Transfer Technique -



- Tonify Yang Qi
- Branch treatment

Conculusion

- K-Style is based on meridian therapy.
- K-Style emphasizes the flow of Qi.
- K-Style uses Contact Needle Technique.

Case Report

Chemotherapy-Induced Peripheral Neuropathy

Hindawi Publishing Corporation
Evidence-Based Complementary and Alternative Medicine
Volume 2013, Article ID 928129, 5 pages
<http://dx.doi.org/10.1155/2013/928129>



Research Article

Efficacy of Contact Needle Therapy for Chemotherapy-Induced Peripheral Neuropathy

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Cancer chemotherapy induced peripheral neuropathy (CIPN) often results in discontinuation of treatment with potentially useful anticancer drugs and may deteriorate the patient's quality of life. This study investigated the effect of contact needle therapy (CNT) on CIPN caused by responsible chemotherapeutic agents as taxanes and oxaliplatin. Six patients with CIPN were treated with CNT. The severity of CIPN was evaluated using the Common Terminology Criteria for Adverse Events (CTCAE) version 4 and FACT/GOG-Ntx before and after CNT. After the treatment, all of the patients showed some improvement. Four patients showed apparent improvement in breakthrough pain. One of the cases had difficulty in walking because of CIPN in lower extremities, but after 2 times of CNT, he could walk without pain and could continue the chemotherapy. Although its putative mechanisms remain elusive, CNT has strong potential as an adjunctive therapy in CIPN. Well-designed clinical trials with adequate sample size and power are necessary to confirm the findings of this study.

CNT shown to be effective for cancer patients with CIPN

- Reduce break through pain (83% of patients)
- Reduce neuropathy scores (66% of patients)

66y.o Male with CIPN

〔HPI〕

A 66-year-old man presented with occult blood from the rectum and visited a hospital in May 200X-3. He was referred to a University Hospital and was diagnosed with rectal cancer(RaT2N1M0, stage IIIa). He was initially treated by operation without adjuvant chemotherapy because of the earthquake. Three years after the operation, metastasis was found in S8 and caudal lobe of the liver. He was treated by chemotherapy recurrent liver metastases. After 3 courses of chemotherapy, he developed grade 1 CIPN and grade2 pigmentation of extremities in CTCAE. After 5 courses of SOX+Bev regimen, chemotherapy regimen was changed to FOLFIRI +Bev (folinic acid, fluorouracil, irinotecan, bevacizumab) because of the severe CIPN. Although he stopped oxaliplatin for 12 months, symptoms of CIPN were not improved and were even exacerbated with FOLFIRI+Bev. He decided to stop all chemotherapy, in July 200X, which led to the growth of liver metastasis. Chemotherapy with FOLFIRI+Bev was restarted in November, but symptoms of CIPN were the same.

Root Therapy for Kidney Defficiency

- Transmeridian Qi Tonifying Technique
to 復溜(KI17)
- Organ Balancing Technique to 腎兪(BL23)

Branch Treatment

- Propelling Qi Techniqueto to Well Points
- Yang Qi Tonifying Technique to the back

At the first visit

Treated as Kidney deficiency

5 weeks later

FACT/GOG-Ntx improved to 2 from 13

Score of the breakthrough pain improved to 1 from 3

After the treatment, there was only a slight numbness and tingling sensation left.