

Intended Learning Outcomes (ILO'S)

- 1. Define both Acupressure and Shiatsu.**
- 2. Compare between Western and Eastern medicine.**
- 3. Enumerate basic principles of acupressure**
- 4. Define meridian and chakra**
- 5. Mention Shiatsu indications.**
- 6. Explain mechanism of actions of both Acupressure and Shiatsu.**

Ancient Art to Modern medicine

- **Western:**

- Relieve muscle spasms
- Change Immune System
- Enhance mental clarity/Calm mind
- Release hormones and neurotransmitters
 - Decrease pain, swelling, etc.
- Increase blood flow to area

- **Eastern**

- Works with meridians to restore balance of organs
- Remove energy blockages
- Tonify deficient Qi
- Sedate and Disperse Stagnation or Excesses

Acupressure

Acupressure is a natural science, philosophy and a rational method of therapy based on an inbuilt mechanism provided in the human body by the Nature.

Acupressure refers to a therapy wherein pressure is applied at specified locations of therapeutic value in the human body (acu points) to heal diseases.

Basic Principle of Acupressure

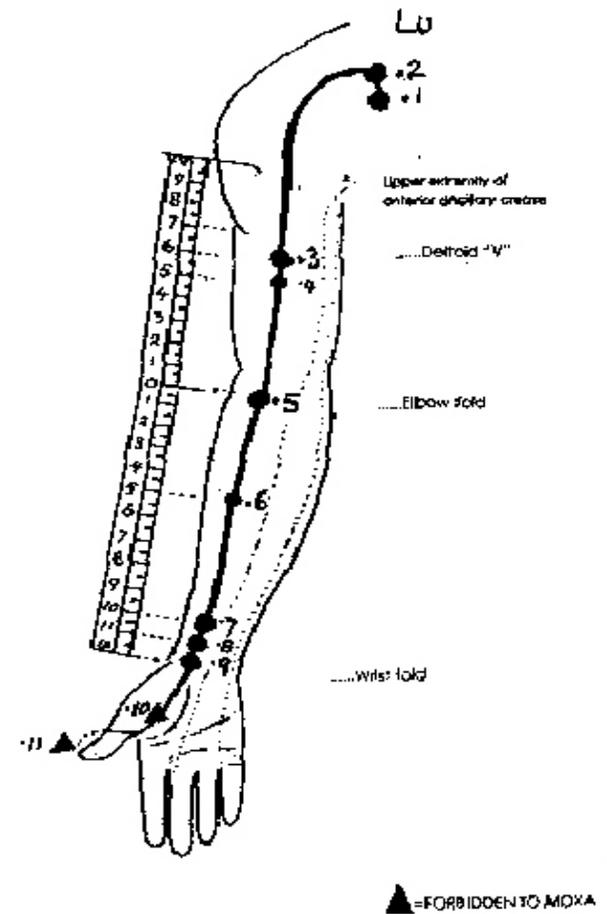
Acupressure seeks to cure diseases by restoring the imbalance of energy flow in the human body.

As per the basic principle of the therapy, energy is constantly flowing in the human body along defined pathways known as meridians.

A disease occurs if this energy flow becomes excess or deficient, gets impeded or counter-flows due to various external or internal factors

Basic Principle of Acupressure

- A number of points **known as acu points** are located along these meridians and control the flow of energy on these pathways, just the way electrical switches/regulators control the flow of current in a circuit.
- Stimulation of these acu points with pressure using specific techniques corrects the energy imbalance along a meridian and the disease gets cured.

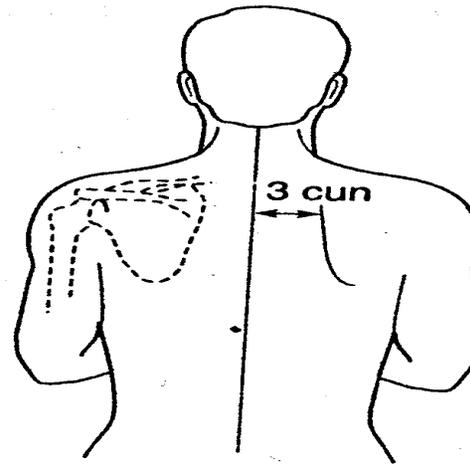
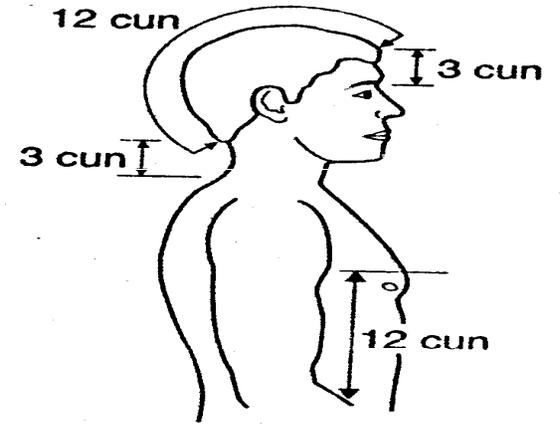
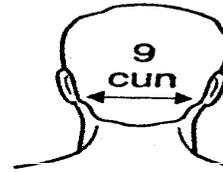
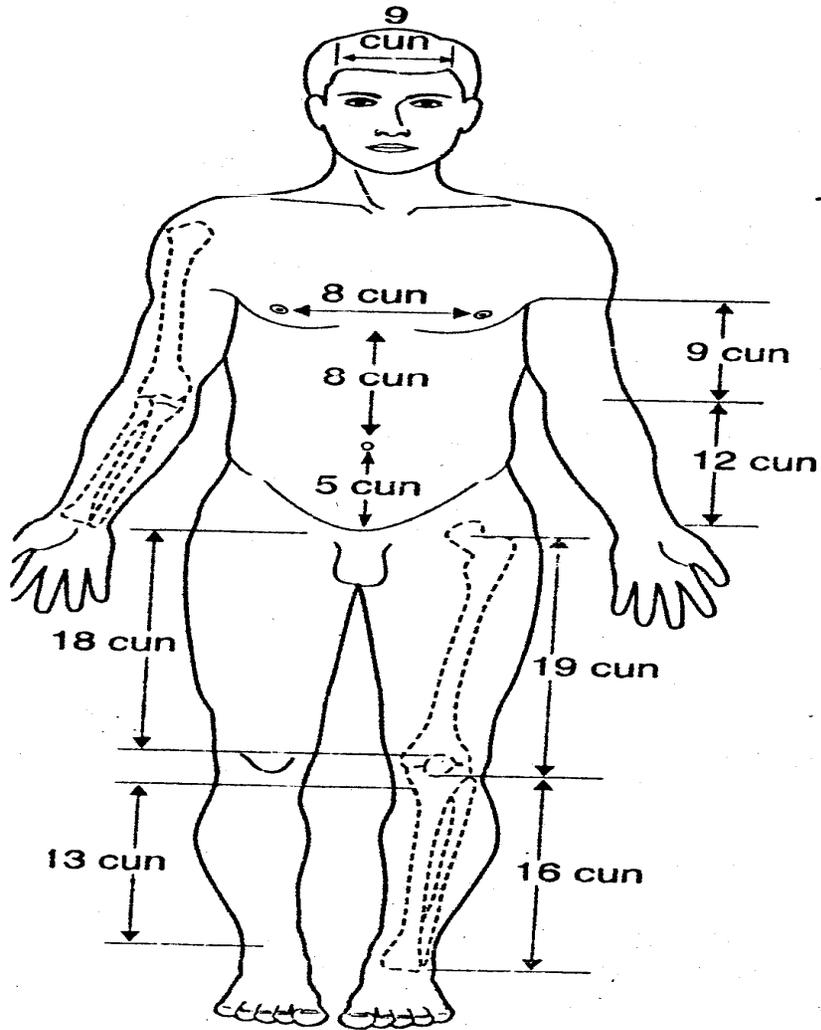
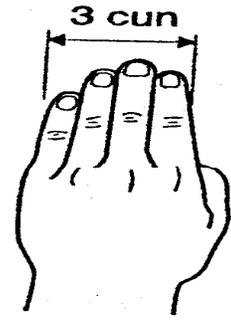
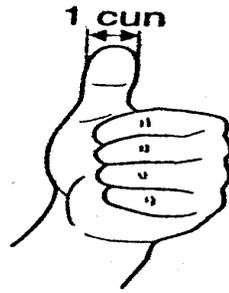
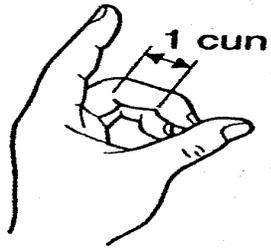


Basic Principle of Acupressure

Traditional Chinese medicine(TCM)

Measurement:

1 cun was the width of their thumb at its widest part,



TCM

- The **Chinese** believed that within the meridians flows an invisible life force energy **called Chi**.
- It is the manipulation of **Chi** at the acupoints by stimulation or touch that creates a balance of energy where there was previously an imbalance.
- **2- Yin and Yang:** These two words represent the two bi-polars of Chi. and are opposite and yet complementary to each other.
- ***The restoration of balance=health.***

The Advantages of using acupressure

- relieving pain
- balancing the body
- maintaining good health.
- the healing touch of acupressure reduces tension, increases circulation, and enables the body to relax deeply.
- by relieving stress, acupressure strengthens resistance to disease and promotes wellness.

Channels or Meridians—The invisible pathways of Qi

Chinese use the term “Jing Luo” (筋絡) which means: channels, conduit, meridian, etc.

These are the invisible channels through which Qi circulates throughout the body.

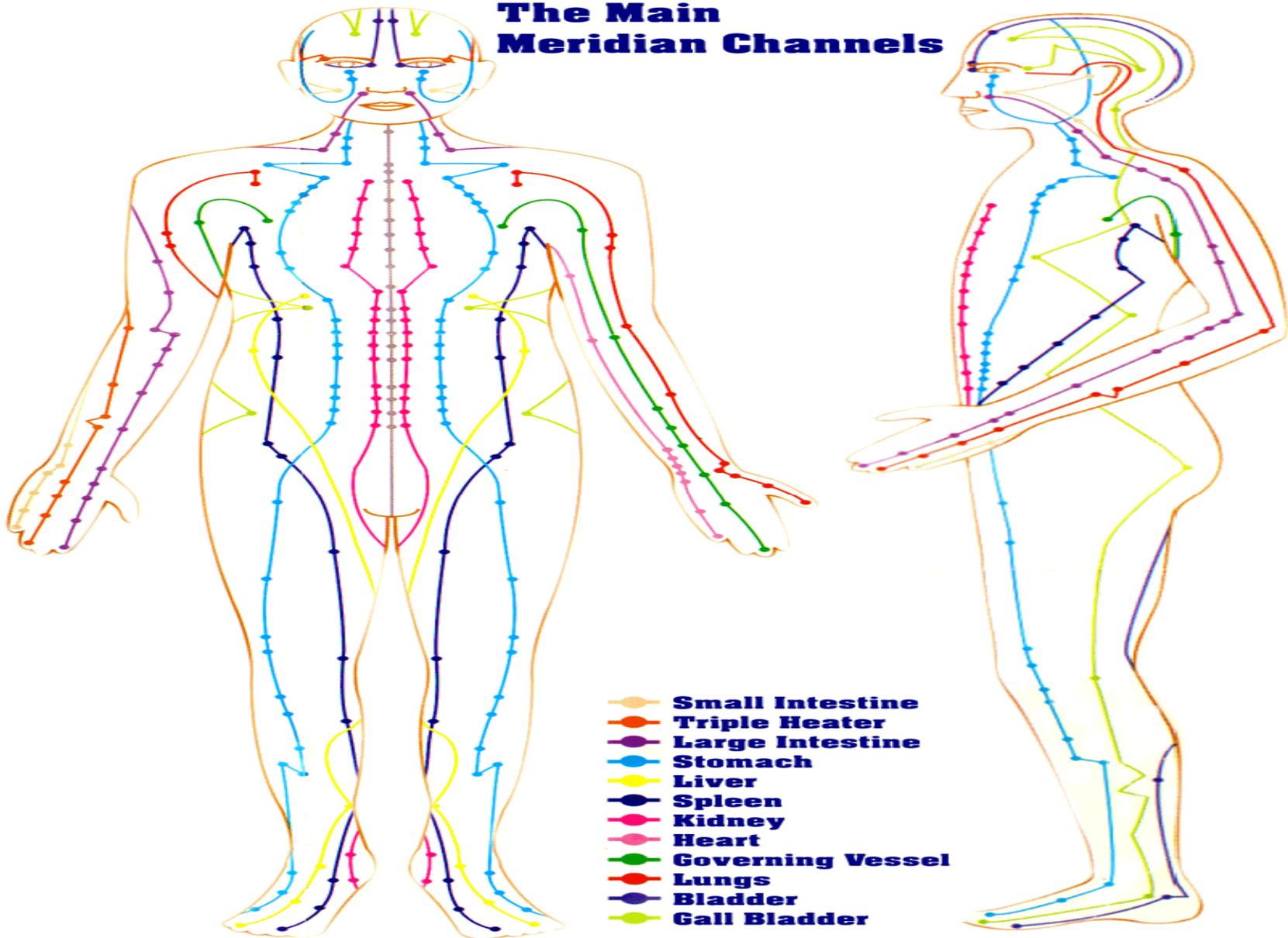
The acupuncture points (or holes as the Chinese term “xue” (穴位) is more aptly translated means) are the locations where the Qi of the Channels rises close to the surface of the body.

Meridians Cont.'

There are **12 main meridians**:

- **6 Yin are:** Heart, Lung, Spleen, Liver, Kidney, and Pericardium.
- **6 Yang:** Small intestine, Large intestine, Stomach, Gall Bladder, Urinary Bladder, Triple Burnner.
- And numerous minor ones, which form **a network of energy channels**.
- Each meridian is related to, and named after, an organ or function.

The Main Meridian Channels



Meridians Cont.'

- **The meridians** are pathways that connect the acupressure points to each others as well as to the internal organs.
- **The meridians** are channels that circulate electrical energy through out the body.
- They connect the organs with all sensory, physiological and emotional aspects of the body.

Meridians Cont.'

- Because stimulation of one point can send a healing message to other parts of the body,
- each acupressure point can benefit a variety of complaints and symptoms.
- Therefore, you will find a particular acupressure point used for a variety of problems.

How to Find The Points

- Often found in depressions between muscle bundles and bones; Find the Dip!
- under major muscle groups or follow the bone structure, residing in the joints or in the hollows of bone.
- In order to find an acupressure point with your hands, concentrate on feeling for a muscular cord or a hollow in the bone structure.

How to Press The Points

- Often the point is indicated by some degree of **soreness** upon pressure.
- If there is extreme (or increasing) sensitivity or pain, gradually decrease the pressure until a balance is achieved between pain and pleasure.
- You should find that the initial pain you feel from the finger pressure is simultaneously relieving the arthritic pain.
- When you hold the point long enough, the pain will diminish, indicating that the acupressure is working.

How to Press The Points

- After repeated sessions with different depths of pressure, you will begin to feel a pulse at the arthritic pain sites; this is a good sign
- it means increased circulation.
- Try to pay attention to the type of pulse you feel.
- If it's very light and faint, hold the point even longer until you feel the pulse grow fuller and deeper.
- If the pulse is throbbing, continue to hold the point until you feel the pulse become more regular.

How to Use Acupressure to Relieve Pain

- Try to find a comfortable sitting or position,
- hold the painful joints and nearby acupressure points for at least three minutes,
- breathing deeply into your abdomen;
- the breathing helps the points release and enables healing energy to circulate into your arthritic joints and throughout your whole body.

For a variety of problems

An example for a point that is used for a variety of problems:

- The highly effective acupressure point in the webbing between our thumb and index finger,
- for instance is not only beneficial for relieving arthritis pain in **hands**, but also benefits the **colon** and relieves problems in the **facial area** and the **head** including headache, toothache, sinus problems.

Diagnostic Points

- **Alarm** – May indicate organ involvement or energy imbalance
- **Association points** – transport Qi to organ

Diagnostic Points

- Excess

- Protruding
- Warm
- Painful/Sensitive
- Tender to light pressure
- Hard/Dense

- Deficiency

- Depressed
- Cool/Cold
- Vacant/Empty
- Tender to deep pressure
- Soft/Spongy

Local Diagnostic Point Treatment

- Sedate excessive points:

- Apply light pressure until feel resistance
- Hold Pressure until feel resistance dissipate
- Then exert more pressure until feel resistance
- Repeat

- Tonify deficient points:

- Apply pressure in short, pulsating thumb movement
- Continue until point warms
- Less time

Yang	Yin
Small intestine	Heart
Bladder	Kidney
Large intestine	Lung
Gall bladder	Liver
Stomach	Spleen
Three heater	Pericardium
Governor	Conception

Shiatsu Therapy

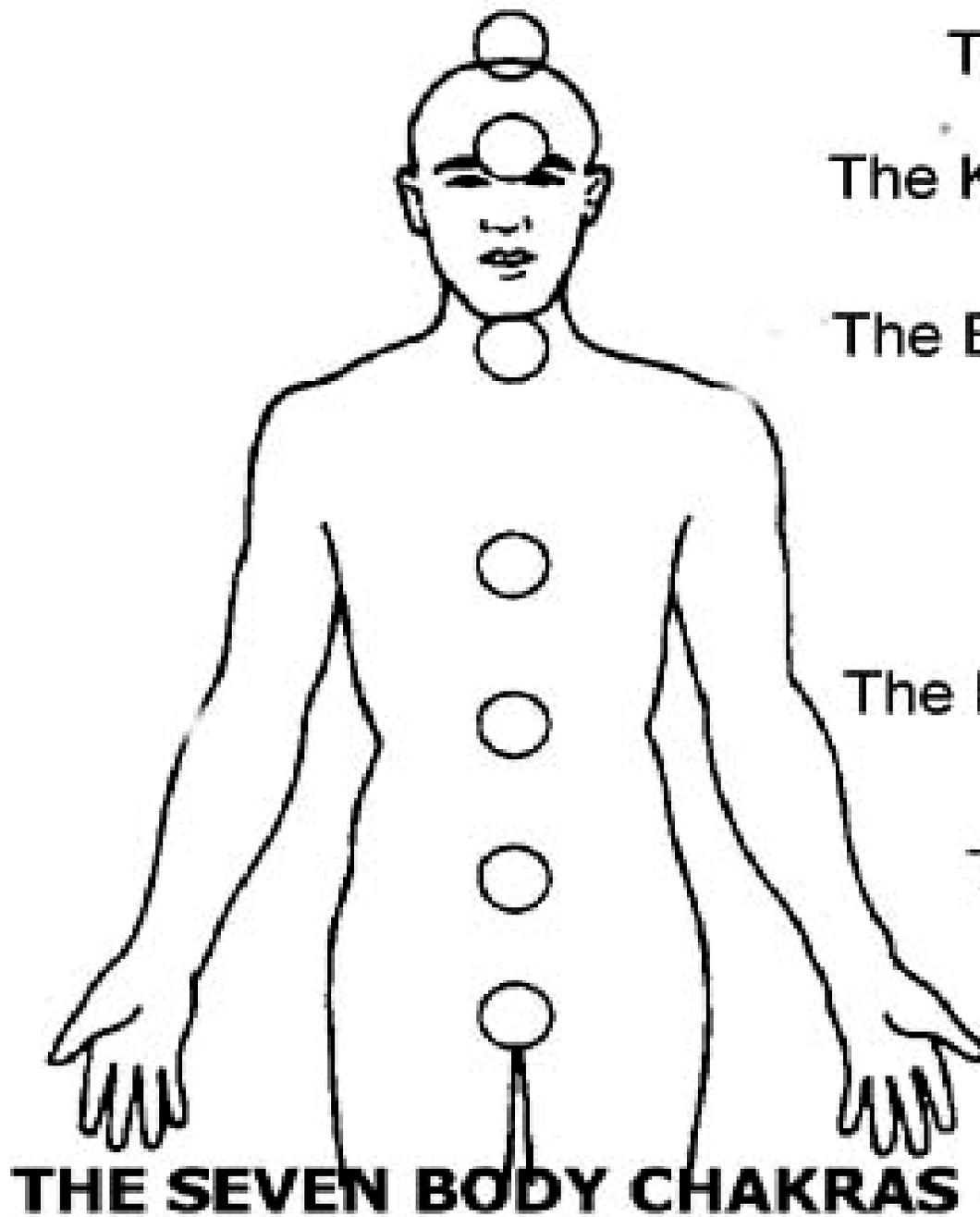
- **Shiatsu** is a Japanese word made up of two written characters *meaning* finger (**shi**) and pressure (**atsu**). The application of pressure is the underlying principle of shiatsu.
- *The actual treatment approach and philosophy is usage of the meridians (energy channels) and tsubo (pressure points).*
- Unlike most other forms of bodywork, in shiatsu **the receiver remains clothed for the treatment and no oil is used for the massage.**

How Shiatsu works?

Shiatsu works on the flow of **energy or qi** that circulates through our bodies in specific energy channels or meridians.

ABBREVIATION

B	Bladder
Lu	Lung
CV	Conception Vessel (channel)
Lv	Liver
P	Pericardium
GB	Gallbladder
Si	Small Intestine
GV	Governing Vessel (channel)
Sp	Spleen
H	Heart
St	Stomach
K	Kidney
TW	Triple warmer
LI	Large intestine



The Crown Chakra

The Knowledge Chakra

The Expressive Chakra

The Heart Chakra

The Personality Chakra

The Sexual Chakra

The Root Chakra

THE SEVEN BODY CHAKRAS

INDICATIONS

- insomnia,
- Headaches,
- Anxiety,
- Back pain,
- Constipation.
- Skin irritations
- Shiatsu improves health generally by relieving stress, calming the nervous system.
- Stimulating the circulatory and immune systems.
- Stress-related tension digestive upsets.

INDICATIONS

- Stimulation of the hormone system.
- Reproductive systems.
- Apart from bringing relief to symptoms, shiatsu gradually corrects long term postural and behavioral imbalances leading to improved body/mind awareness and a general sense of well-being and peace of mind