

OSTEOPATHY AND ACUPUNCTURE

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Energetic Medicine developed in China over a span of thousands of years and can be traced back further than written language. The Masters of this energetic healing observed nature and understood that everything is made up of the same energetic substance and called it Qi (pronounced Chee). Qi vibrates in constant motion in all things in the universe. This energetic Qi lives in and sustains the human body. The original practitioners of this energy medicine used body positions and movements of their hands to move their Qi and the Qi of their patients. They realized that living according to the nature that surrounded them kept the Qi in their bodies flowing. When they disobeyed the laws of nature, their Qi was blocked causing them pain and disease. The practitioners were paid for keeping people's Qi flowing which produced vibrant health and vitality. If a person developed an illness, the practitioner wasn't paid. 1.

This form of medicine preceded the use of needles which according to ancient writings began in China about 3,000 years ago. Needles were made of long sharpened stones and bones. It was around this time that meridians were developed into a theory of Qi flowing in the body representing major organs and functions. These are the 12 main meridians or channels known today. 2.

Acupuncture went mainstream in the USA in the 1970s when Henry Kissinger and President Nixon traveled to China for an historical visit with Mao Zedong and members of their group experienced acupuncture for the first time. Soon acupuncture schools opened in America and shortly after licensed acupuncturists started practicing. 3.

There are some similarities between Acupuncture and Osteopathy that are worth noting. Osteopathy philosophy says that the body is an indivisible whole, the movement of fluids is essential to health and the body is endowed with a high degree of perfection, which gives it the abilities of self regulation, self defense and self healing. 4.

Traditional Chinese Medical philosophy says that the body can't be divided into parts, the movement of Blood and Qi is essential to health and vitality and when one lives according to natural laws the body can function properly, defend itself from adverse external and internal forces and can heal itself. 5.

ACUPUNCTURE ORGAN DIAGNOSIS + VISCERAL OSTEOPATHY

Traditional Chinese Medicine is mostly about assessing, diagnosing and treating organ dysfunctions. There are many assessment and diagnosing methods that are used to verify and assure that accurate treatment protocols are utilized for optimal outcomes. It was originally thought that the Eastern organs were more like energy fields in the body. It has been found recently, through years of clinical observations that the Eastern organs are the same as Western organs. 6.

The methods discussed in this section are - Tongue Diagnosis, Body Energy Clock and the Hua Tuo Jia Ji points discussed in greater detail in the Spinal Lesion section.

TONGUE DIAGNOSIS

The ancient Chinese character (word) for tongue was shaped like a bell. Ancient Chinese used only one character which expressed many different meanings.

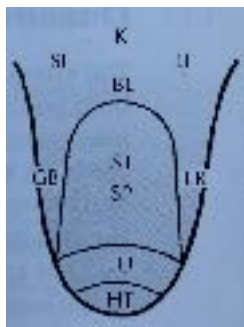
The words “to communicate with”, “to talk”, “to speak words” also meant “a bell with a clapper”. This comes from the ancient tradition when the Elders of a tribe wanted to communicate something important to the people, they rang a bell. The people knew this signal to mean to gather and listen to the Elders at the center of the community. This suggests that the tongue was seen as a very important part of the body and central to determining the health of the organs - which can be seen as the tribe of the body. 7.

The primary function of the tongue is to communicate. To bring out to the world language via thoughts and emotions, from the inside to the outside. The language of the tongue can also interpret the condition of the inner organs of a person to the outside and observed by the practitioner. The power of expression is through the tongue. 8.

Eventually Tongue Diagnosis became one of the most important aspects of Traditional Chinese Medicine. By observing the patient and using the senses of sound, sight and smell, the practitioner could reach a more integrated description of the general health of the whole person. 9.

In modern times, it’s a quick assessment and under natural lighting in the office, offers an accurate snapshot of the present condition of the body, mind and spirit of an individual. The condition of the internal organs and pathogenic processes are reflected in the tongue. The overall appearance, especially the shape and color of the tongue gives a picture of a person’s underlying constitution, harmony of spirit and vitality. The tongue signs are aspects of an energetic whole of a person.

Illustration of the organ areas on the tongue. 10.



A normal tongue is pink with a scant white coating and is moist. It is neither too small or too large for the oral cavity. The thicker the coating with a light or dark color, indicates a very sick person. 11.

Swollen sides of the tongue indicates Liver/Gall Bladder (GB, LR in the illustration) stagnation which means sluggish Blood and Qi (Life Force) and a sub-optimally functioning Liver and Gall Bladder. 12.

Red tip of the tongue shows an overactive Heart (HT) which means too much Blood and Qi. Red dots on the tip indicates insomnia which can be due to an overactive Heart. 13.

A deep crack running through the middle of the tongue indicates damaged Stomach (ST) Qi. This may mean a deficiency of digestive enzymes, indigestion, ulcer and a low functioning Digestive System. 14.

A scooped out section behind the tip of the tongue is a Lung (LU) deficiency. The Lungs bring in Qi to the body which provides basic energy for the vital functioning of the organs and systems. Lung deficiency has global effects in the body, Mind and Spirit of the person. 15.

Kidney (KI) problems show up in the root of the tongue as white or yellow patches. The Kidney Essence nourishes the Blood which provides the engine for all body functions. The Kidneys also nourish the hair and balding is a sign of Kidney deficiency. 16.

Traditional Chinese Medicine organs and Western organs were originally believed to be different entities for many years. After lots of Acupuncture clinical research and findings, it was realized that the East and West were talking about the same organs. 17.

BODY ENERGY CLOCK

Each organ has a 2 hour period when its' Qi and Blood are strongest, and 12 hours later, its' Qi and Blood are weakest. This idea is very ancient. It started with the Biorhythmic Method school dating back to at least the Tang Dynasty (618-906 AD), which was considered the Golden Age of Chinese arts and culture. 18.

In practice, it can give useful diagnostic information about the condition of an organ. Patients who report they have a hard time sleeping between 1-3a when the Liver is cleansing the body and its' Qi is supposed to be strongest may also find it hard to stay awake after lunch between 1-3p, when the Liver Qi is weakest. This illustrates evidence of Liver Deficiency, weak Qi and Blood, which means it's stressed and not functioning optimally.

According to the Body Clock, the best time to eat dinner is before 7p, when Stomach Qi and Blood is highest. 7-9a is Stomach Time and is good to eat the biggest meal of the day to optimize digestion and absorption.

The following chart shows the organs and the strongest and weakest Qi and Blood time in 24 hours. 19.

MAXIMUM QI + BLOOD

Organs are doing their job

Lung > 3 - 5a
 Large Intestine > 5 - 7a
 Stomach > 7 - 9a
 Spleen > 9 - 11a
 Heart > 11 - 1p
 Small Intestine > 1 - 3p
 Bladder > 3 - 5p
 Kidney > 5 - 7p
 Pericardium > 7 - 9p
 Triple Warmer > 9 - 11p
 Gall Bladder > 11 - 1p
 Liver > 1 - 3p

MINIMUM QI + BLOOD

Organ repair + rejuvenation

3 - 5p
 5 - 7p
 7 - 9p
 9 - 11p
 11 - 1a
 1 - 3a
 3 - 5a
 5 - 7a
 7 - 9a
 9 - 11a
 11 - 1a
 1 - 3a

The Hua Tuo Jia Ji Points are found along the spine and relate to organs and will be presented in more detail in the Spine Lesion section.

TONGUE DIAGNOSIS, BODY ENERGY CLOCK AND OSTEOPATHY

Tongue Diagnosis and the Body Energy Clock can be used if a patient has no obvious signs and symptoms of organ dysfunction, but is functioning sub-clinically. If a vertebral level is found to be facilitated and not moving properly, the related organ can be checked and verified through Tongue Diagnosis and the 24 Hour Body Energy Clock. If these assessments match, then the spinal level can be addressed and the appropriate Visceral Osteopathy technique for the organ can be accurately applied.

These methods can be used for Wellness Care where a patient has no signs or symptoms. People are always producing, gaining and losing energy (Qi). When in good health, these energetic processes take place with harmony and balance. When in low vitality, the energetic balance and harmony are disrupted. Balance and harmony can be restored to the correct organ with a little more time to look at the tongue and ask a few questions relating to the Body Energy Clock.

ACUPUNCTURE AND CRANIAL OSTEOPATHY

There are four meridians that traverse the cranium. The Gall Bladder channel has the most points on the cranium - 40, followed by the Bladder channel - 20, then the Triple Warmer - 14 and the Du channel - 8 for a total of 82 points on the skull. 20.

Blocks in an Acupuncture Channel anywhere on the body can hinder the function of the surrounding tissues around a dysfunctional Acupuncture point - fascia, blood vessels, muscles, nerves and lymph channels and nodes and can go deeper through connecting channels into the visceral organs. 21.

This can be explained by the idea that Qi, which is in all cells, atoms, molecules, subatomic particles, organs, glands and systems, may be a form of electricity. Nerve cells generate electrical signals that transmit information throughout the body and to the brain. An Electrocardiogram measures electrical activity in the heart. An Electroencephalogram measure electrical impulses in the brain. So it is reasonable to think that electricity, in some form, is in all parts of the body.

It is theorized that fascia is a conduit of electrical energy, or Qi, as it travels through the body, due to collagen and that Acupuncture Channels follow the fascial planes. It is said that “When the West talks about fascial planes, the East talks about Acupuncture Channels.” 22.

Clinical evidence according to Engaging Vitality, which is an Acupuncture method that uses Osteopathic listening techniques to find dysfunctional areas to needle, has found that disruptions to the Cranial Rhythmic Impulse (CRI) in the cranium (it can be disrupted anywhere in the body) are frequently caused by blocked channels affecting Acupuncture points on the skull and other areas of the body. One might wonder if the CRI problem came first and caused a disruption in the channel flow related to a particular cranial bone, which could then be normalized with a Cranial Osteopathic hold. Or vice versa. It has been found clinically to go both ways. 23.

OSTEOPATHIC LISTENING TECHNIQUES > CHANNEL LISTENING AND CRANIAL OSTEOPATHY

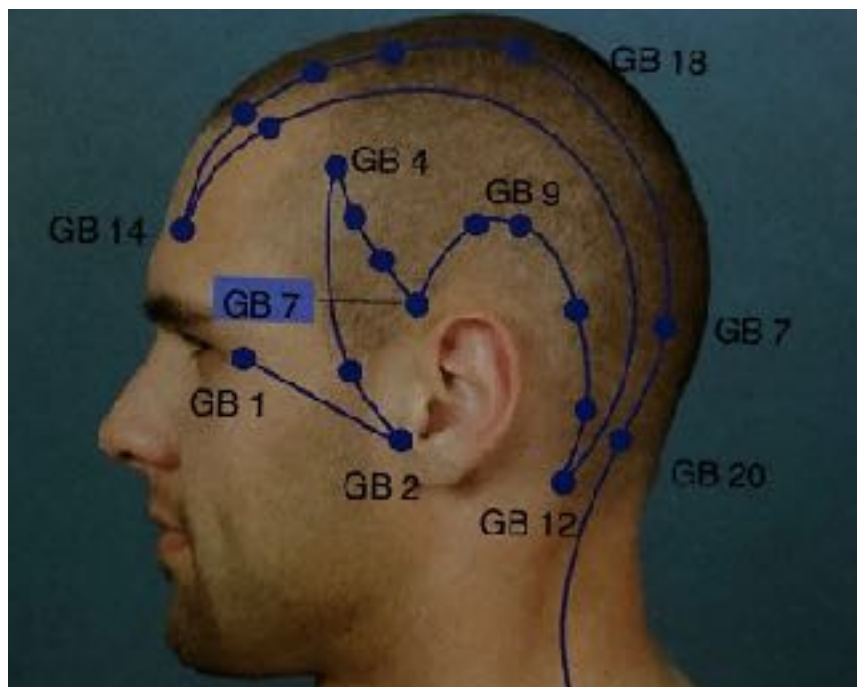
Listening is unique to Osteopathy. It was mainly developed by William Sutherland, Rollin Becker and Jean-Pierre Barral over the years to access deeper levels of information. There are different kinds of listening, but Functional Listening is the most relevant to Channel Listening. 24

Channel Listening is done by placing the finger pads of the index, middle and ring fingers directly over the channel. This isn't about perceiving Qi flow. It's about feeling the entirety of the

channel as if it were a fluorescent light tube. It should feel the same through the whole channel. The beginning and the end should feel connected. It's very important to not touch other structures that would muddy the perception and to visualize the course of the channel. It should feel like one continuous channel. If there is a dysfunction or block along the course of the channel, it will feel dense, sluggish and sometimes sticky. 25.

An example would be, if the movement of the Temporal Bone on the left side was stuck in external or internal rotation, the Gall Bladder meridian might be involved. So Channel Listening at the beginning of the channel between GB 1 (at the outer corner of the eye) and GB 2 might reveal a dense, sluggish and sticky feel between GB 6-10 which courses around the ear in the temporal area. If these findings are present, it would be necessary to listen to each of the points for the one that is the “loudest” - the most dense, sluggish and sticky. At this point, a needle can be used, either TCM or Teishin (Japanese non-piercing), or a fingertip as in Acupressure, holding it on the point and moving it around (the distal area of the tool) , listening for the direction that releases the block. Then listen to the whole channel again to see if it lights up from the beginning to the end. Also check the CRI of the temporals bilateral to see if they have synchronized. If not, an Osteopathic temporal synchronization is needed and was most likely causing the blocked Gall Bladder meridian. If the temporal dysfunction is found repeatedly after several cranial sessions, then the Gall Bladder meridian may be the cause and other points in the area should be investigated. 26

If there are similar cranial bone findings for several sessions after doing Cranial Osteopathy, it could be the bones aren't “holding” due to a block in the Acupuncture channel running through the involved cranial bone. A simple check, especially if the practitioner is skilled in Osteopathic Listening or can learn how to do it, will help the cranial bone to “hold” the manipulation. 27.



ACUPUNCTURE SPINAL CHANNELS AND THE OSTEOPATHIC LESION

There are seven channels that either run through the spine or are close to it. There is one Du Mai channel running up the spinal midline, two Hua Tuo Jia Ji point channels that run to the side of the spinous process bilaterally and four Bladder meridians that run farther out in the paraspinal muscles bilaterally. 28.

The Du Mai is one of the Extraordinary Vessels and is used in clinical practice to nourish the Essence and affect the patient's energy at a deep constitutional level. Also it is used to fortify the brain and spinal cord. 2.

The two bilateral Bladder channels flow all along the spine from the occiput to the sacrum and beyond and have an important influence in spinal lesions/somatic dysfunctions.

The Bladder channel closest to the spine (1.5 finger widths lateral to the lower border of the spinous process) contains the 12 Shu Points. They are used to assess (tenderness with pressure) and treat organs directly especially chronic diseases that are caused by Qi stagnation. The Qi goes directly to the associated organ, not through the intermediary of its channel. So stimulation of these points should be only around 10 minutes. These can be used in Visceral Osteopathy and the connections with the associated vertebral levels, which can be facilitated (viscerosomatic/somatovisceral reflexes) with organ dysfunction. The Bladder points, vertebral level and the associated organs are: 30.

- Bladder 13 > Thoracic 3 - Lung
- Bladder 14 > Thoracic 4 - Pericardium
- Bladder 15 > Thoracic 5 - Heart
- Bladder 18 > Thoracic 9 - Liver
- Bladder 19 > Thoracic 10 - Gall Bladder
- Bladder 20 > Thoracic 11 - Spleen
- Bladder 21 > Thoracic 12 - Stomach
- Bladder 22 > Lumbar 1 - Triple Warmer
- Bladder 23 > Lumbar 2 - Kidney
- Bladder 25 > Lumbar 4 - Large Intestine
- Bladder 27 > Sacral 1 - Small Intestine
- Bladder 28 > Sacral 2 - Bladder

The outer Bladder channels are related to the emotional states associated with the nearby organ point. These can also affect the spinal alignment and functioning of the Nervous System which affects the whole body and are usually included in the treatment plan.

There are a few more points on the Bladder meridian that are associated with other body structures. Bladder 17 > Thoracic 7 = Diaphragm, Bladder 26 > Lumbar 5 = Low Back and Uterus, Bladder 29 > Sacral 3 = Sacrum, Bladder 30 > Sacral 4 = Anus. 31.

HUA TUO JIA JI POINTS

Some of the most dynamic acupuncture points are known as the Hua Tuo Jia Ji points, which can effectively treat every condition of the human body, not necessarily completely heal but can positively affect the outcome of treatments. These points can be harmonized not only with an Acupuncture needle but also with a reflex hammer, a Wartenberg Pinwheel, tuning forks, lasers, Teishin (non piercing needle) or firm pressure with fingers or thumbs. These points are located half a thumbs width from the spinous processes, from Thoracic 1 to Lumbar 5. Over the years more points have been added to include all the cervicals and the sacrum. These are known as the Jia Ji points. 32.

The 17 points from Thoracic 1 to Lumbar 5 were discovered by Hua Tuo during the Wei Dynasty > 386-534 CE. It is reported that he developed a healing system similar to Chiropractic but 2,000 years before the appearance of Chiropractic and Osteopathy. 33.

The Hua Tuo Jia Ji points and their associated vertebral level, organs and areas of the body are: 34.

Thoracic 1 - 3 > Lung and upper extremity
Thoracic 4 - 7 > Heart
Thoracic 8 - 10 > Liver/Gall Bladder
Thoracic 11 - 12 > Stomach/Spleen
Lumbar 1 - 2 > Kidney
Lumbar 3 - 5 > Bladder, Large Intestine, Small Intestine and Lower
Extremity

All of the above points can have a direct affect on spinal alignment and therefore nerve, blood and lymph flow to all organs, glands and systems that they innervate and to the general structure and function of the body. Any meridian involvement will reflex directly to the spine, and any spinal involvement will reflex directly to the meridian. If any spinal patterns persist or return regularly, these points may be involved and can easily be stimulated with a finger or thumb. 35.

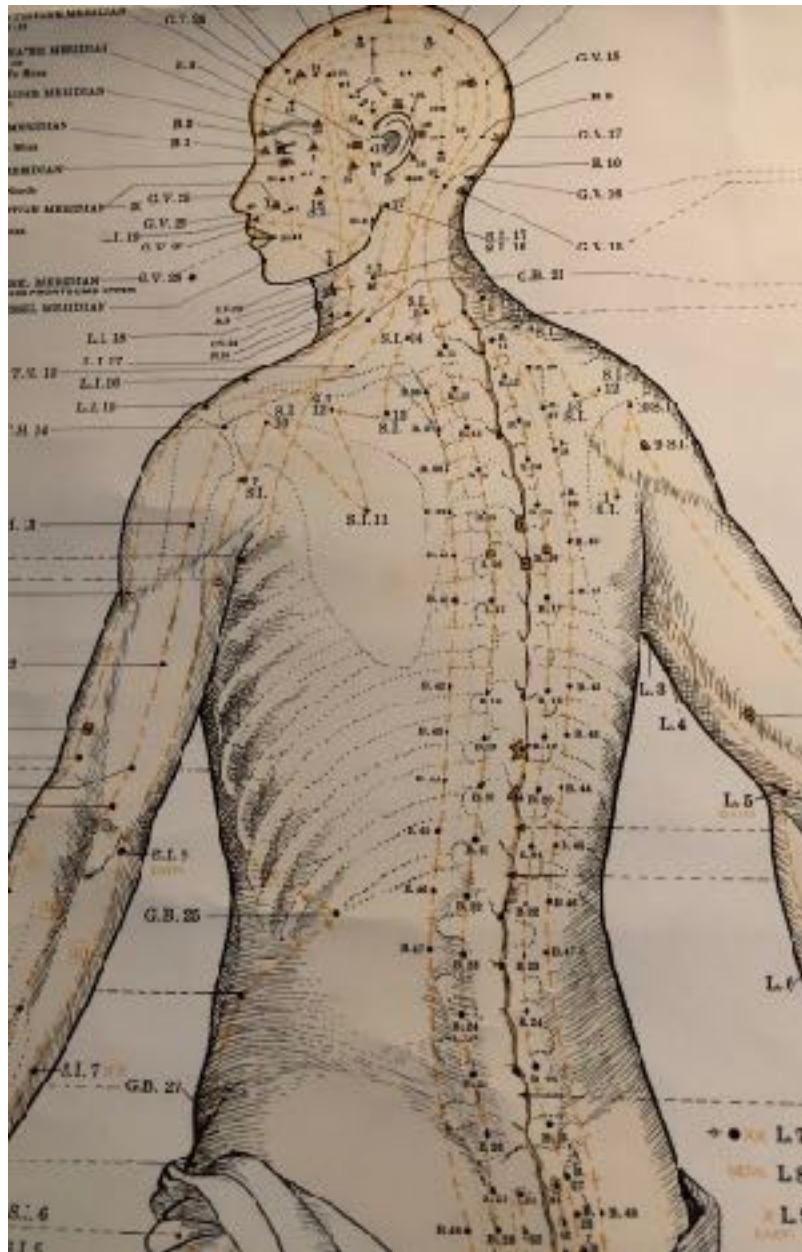


Chart of Acupuncture points along the spine and cranium. 36.

In summary, there are many similarities between Osteopathic and Acupuncture philosophies. Both recognize that the body functions as a whole; there is an inner wisdom that when freed of dysfunctions will increase health and vitality; and they share the concept of tensegrity which says that any dysfunction in one place in the body will affect the whole being.

Tongue Diagnosis, the Body Clock, Shu Points and Hua Tuo Jia Ji points all can enhance a Visceral Osteopathy session by offering additional evidence that organ dysfunction might be presenting at the time of the appointment. It can also confirm and verify any Osteopathic assessment findings, so the practitioner can advance with confidence using the appropriate procedures. The organs can then articulate with each other with ease and vitality and contribute to the health and well being of the whole person.

The Gall Bladder, Bladder, Triple Warmer and Du channels that circulate through the surface of the head, influence the nerve, blood lymph and fascial flow and function in the area. The position and movement of the cranial bones influences the flow of nutrients to the brain and hormones to the body. If there's a problem, blood flow can be affected, especially venous drainage which can become stagnant and toxic to the brain, influencing the intelligence, health and wellbeing of the client. Decreased flow and blockages in these meridians and movement of the cranial bones can also influence the brain stem and Cranial Nerve function. All of the above can possibly lead to more serious conditions or diseases. Recurring cranial misalignments could be due to a stagnant meridian which is affecting the local physiology too. And also a cranial misalignment can influence the meridian flow in the channels related to the bone.

The 7 channels that run through and nearby the boney spine can influence spinal alignment and Nervous System function. These can also affect the related organs, glands and body systems as well as the brain and spinal cord. As in the cranium, dysfunctions in the spine can influence the flow of Qi in the related meridians and blocks to the flow of Qi in the meridians can influence the structure of the spine and function of the brain and spinal cord. Stimulating any of these meridians will stabilize spinal function and/or re-synching to the cranial rhythm, which will increase the function of the brain and body and wellbeing of the client.

These Acupuncture methods can be easily integrated into an Osteopathic assessment protocol, and also used after treatment to further verify successful changes in structure and function.

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