

A BULLETIN OF CLINICAL
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A Compendium of Clinical Methods

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On the Mysteries of Pain



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With best wishes

Dr. Holmes Keikobad
Editor in Chief

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*"Whatever you seek, you may one day find, and therein is the rub"
Faramoush the Forgotten*

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On the Mysteries of Pain

Dr. Holmes Keikobad

Scope of this discussion: it is more a collation of elemental attributes and a summary of usages than an exhaustive and complete learning of the topic. The ideal approach would be to use this as such, a basis for further reading, research and application.

4 of 10 cases one sees involve pain. In Western Medicine the actual sensation is treated, in Traditional work, the energetics which precipitate it.

Energetics here is synonymous with Qi flow. If that is in harmony, there is no pain; if in disharmony, there can be pain.

Which is to say in any case of pain one must check the Qi. Is there free flow? Is there a 'stuck' Qi? Is it Deficient? In Excess?

The question at some stage must arise, are we treating the pain, the affected tissue or the Qi?

In case suppose, of a torn ligament in the knee, are we healing the pain, the ligament, or regulating Qi?

One can't heal the ligament without regulating Qi, and if we are regulating Qi, the pain will disappear.

Can there be an injured ligament and no pain? Not likely. Can there be pain and no injured ligament? Yes. Can there be no pain, no injured ligament, and a Deranged Qi? Yes.

If one saw a patient with torn ligament a year or two earlier and checked on the pulses one could find a faulty Lung pulse and a slight Wiriness in the LV pulse.

If one would set right this Metal Overacting on Wood situation then, there would be no damaged ligament in knee two years later, for the knee would not be vulnerable. By regulating Qi one can forestall pain.

The more one talks in this fashion, the more one leans to tending the Qi. Can one make sure the Qi is in Harmony and create a situation of a pain free world?

Yes. On pages which follow we continue this discussion as an excerpt from an on site workshop.

Q. [Students] What is Qi.

A. [Teacher] No one really knows.

Q. Is it substantial?

A. Yes.

Q. Does it move all the time?

A. Yes.

Q. Because?

A. Because whatever is manifest moves all the time.

Q. But the mountain does not move.

A. It does, there was once no mountain there.

Q. So Qi moves.

A. Yes.

Q. In the channels in the body.

A. Yes.

Q. In which direction?

A. Forwards.

Q. What is the starting point?

A. LU 9.

Q. Ending point?

A. Same.

Q. Should it not be at the beginning of a channel, say ST 1?

A. It would, but the larger circuitry is taken to be from and to LU 9.

Q. How many ways can one think of Qi circuits?

A. One is from and to LU 9. Other is time based and begins at LV 1 at 01:00 AM.

Q. Can you go through that?

A. Sure:

AM - Qi moves through each channel every 2 hours starting with LV at 01:00 though LU LI ST SP HT where the AM circuit ends at 01:00 PM

PM - every 2 hours starting with SI at 01:00 though UB K P SL GB where the PM circuit ends at 01:00 AM, dovetailing into the previous circuit.

Q. Does Qi vary in quality?

A. Qi does not but the tissue it flows through does.

Q. [surprised] What?

A. Take Qi at ST 36, Sea point, where it flows from outside to inside body.

Q. OK.

A. If there is Heat in ST, Qi here will seem Heated. If Cold, Stagnated, Fiery, the effect will seemingly transmit to Qi and we will say Qi in ST is Cold, Stagnated, Fiery.

Q. The illness is in the tissues, but we seem to transfer the effect to the Qi?

A. Yes.

Q. Qi is then the great interface between the healer and the patient, making all things apparent, but in itself remaining ... What is the word?

A. Unaffected, aloof, pristine, unalloyed, singular.

Q. [laconically] Partial to English, are we?

A. With the passion of a second language.

Q. Which authors do you favor?

A. Won't tell, such things are not shared lightly.

Q. Wow, excuse us for existing.

A. You are.

Q. Where to now?

A. The Wayward Qi.

[class looks askance at each other, getting the drift]

Q. Meaning we wandered off?

A. Uh huh.

Q. What Qi wanders off, and is Wayward?

A. LV Qi when there is lack of LV Blood.

Q. As in anemia?

A. No, LV Blood lack is a specific Wood based condition stemming from LV Yin Deficiency. When that happens Wind is Unanchored and Waywardness arrives upon Qi.

Q. Which is clinically ... ?

A. Migraines, Sciatica, TMJ, Acid Reflux etc.

Q. Other variations to the Qi?

A. Damp which settles to the Lower Warmer and lower parts of lower limbs, Dryness due to LU problems; Fiery Qi born of a HT in Excess; Cold Qi due to a K Deficiency.

Q. In none of these is the Qi actually any of the variations.

A. No.

Q. Yet we seem to treat it.

A. Yes.

Q. While in effect treating the channels?

A. Yes and Organs from which these emerge.

Q. Explain a little?

A. In regulating the house we treat the inhabitants.

Q. House is Qi, pathogens the inhabitants?

A. Yes.

Q. Where does pain come in?

A. When there is an Excess and there is a kind of space occupying lesion. When there is a Deficiency, and a pathogen moves in to the Emptiness.

Q. Can you give examples?

A.

- Sciatica - an Excess condition - a great deal of GB Qi in channels - a fiery element accompanies - much Wind like movement.
- Cold in bones - a Deficiency condition - a Deficiency to begin with at K - an Emptiness - Cold moves in - pain.

Q. How to address pain of various etiologies?

A. With acupuncture needles:

- If from Excess - reduce or sedate; bleed
- If from Deficiency - reinforce
- If from Stagnation - reduce or sedate/de stagnate
- If from heat or Fire - reduce or sedate
- If from Cold - heat with moxa
- If from Dryness - tone Earth
- If from Wood - de stagnate and shore up LV Yin
- If from Injury - reduce or sedate; bleed

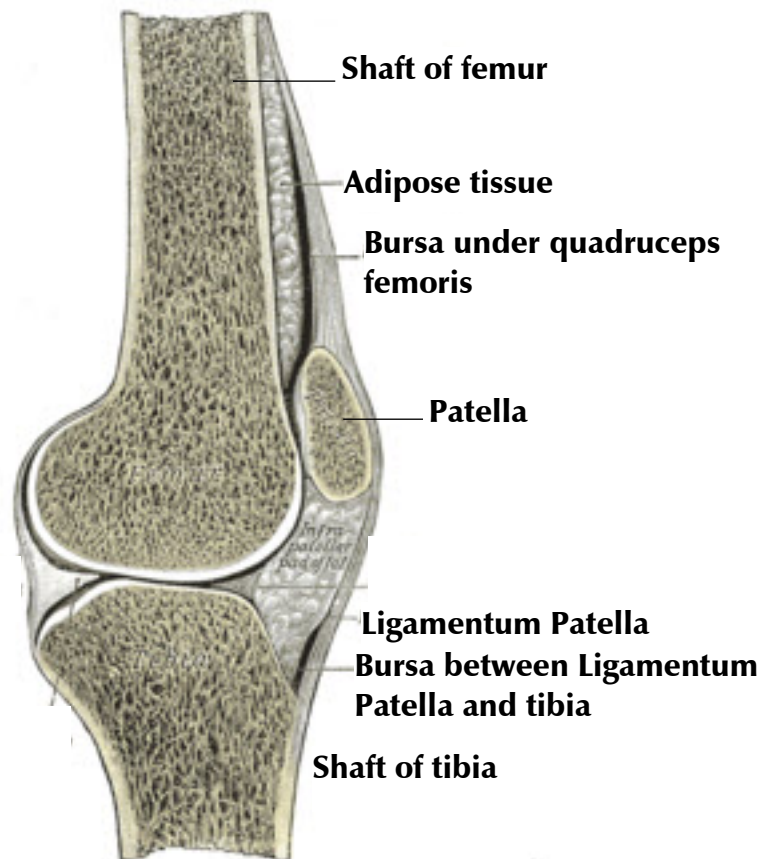
Q. Can you work with a clinical condition involving pain?

A. Lets take one which is common but can be missed: bursitis

Bursa - literal translation, a purse, a closed space; plural bursae

- Found around most major joints of the body
- When inflamed, can cause bursitis
- Is a small fluid-filled sac lined by synovial membrane with an inner capillary layer of slimy fluid similar in consistency to that of a raw egg white
- Provides cushion between bones and tendons and/or muscles around a joint
- Helps to reduce friction between the bones and allows free movement

Figure: bursae in knee joint



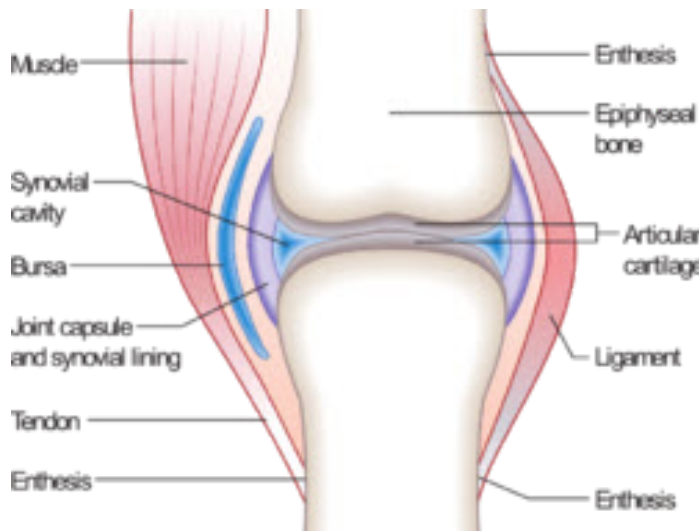
- In total there are about a dozen plus bursae in the knee; the 2 in this image are an example
- In Traditional terms a bursitis will be on Wood as that rules tendons and ligaments
- Treatment would revolve around toning LU Metal points and reducing, sedating, LV Wood points

Q. [laconically; this workshop has its share of the theatrical] That was an exercise in faith; why tone LU Metal points and sedate LV Wood?

A. In 5 element work you find the Victim and then figure out the Aggressor. Here LV Wood is victimized; the only natural predator can be LU Metal. When that is settled one tones LU Metal so it stops aggressing, and reduces LV Wood as usually there is an Excess there.

Q. A little more about the bursa, can you?

A. I can, here is a fine diagram:



Note the location of the bursa, it usually fits into adjacent ligaments or tendons.

Now see the synovial cavity, the synovial lining and joint capsule.

Look also at the tendon and the ligament.

A bursa aids joint movement and has to be free of abrasive surfaces and infection or any tissue change.

Q. What kind of symptoms will a bursitis give?

A. A fairly acute pain, an Excess locally, some restriction on joint and limb movement, fever, a fast pulse, localized swelling, redness and heat.

Q. What kind of pain in general would you consider the most difficult to heal?

A. The one where Phlegm is involved.

Q. Wow. Why is that?

A. Because if deranged it can end up anywhere; and also that it leaves a disproportionately small footprint.

Q. What causes it?

A. Deranged Qi from SP - LU - K + a TW diathesis, and that's a start.

Q. [somewhat ruefully] Working with is outside the scope of what we are doing?

A. Alas, yes.

[exeunt]

HEALING WITH FOOD

BY CAROL ANDRADE PHD LAC



Look in your fridge and see what 5 element tastes you find: sour, salty, sweet, spicy & bitter.

Spring!

Time to clean out all the cupboards in your kitchen and fridge and begin a new cycle of cooking!

Ah you may say, premature... but no, if there are crocuses peeking up from the snow then the earth is sending a message that the seeds are beginning to awaken and with that our own energy in

our bodies must begin to rise. Cook for the rising energy.

In Eastern medicine the taste of the season spring is sour, the direction is up, the sound is thunder, the emotions to address are anger and benevolence, and in cooking we see the influx of fresh greens.

If lemons, limes, vinegar and sour tastes are not your “cup of tea” an easy way to include them for balance is to add those tastes as an infusion to your cooking oil. Squeeze a teaspoon of fresh lemon, lime



or pour out a teaspoon of vinegar and make your own fragrant oil for cooking.

Greens like fresh asparagus come on the market.

Choose the absolutely freshest greens you can find and lightly saute in this fragrant infused olive oil.

When I was in China, I saw some of the most beautiful greens I have ever seen in my life. Strong stalks of beet greens bursting with aliveness and vigor.

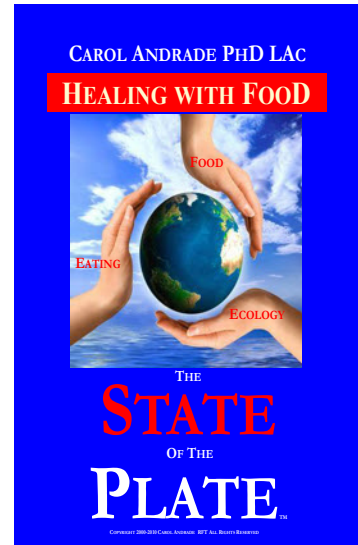
Spring is not a time for docile greens lying like rags on your plate, but exuberant strong stuff that has a woody slightly sour flavor. Check out your fresh farmers markets and support your locale farming co-operative.

Benevolence is the emotion experienced by the Liver and Gallbladder when they are toned up and clear using greens and sour tastes.

Anger is the emotion when the Liver and Gallbladder are stagnant and not allowed their uplifting and rising position in the body.

LV and GB are also the organs for planning and decision making. When you use 5 element cooking for balance you are helping to heal those very important functions as well.

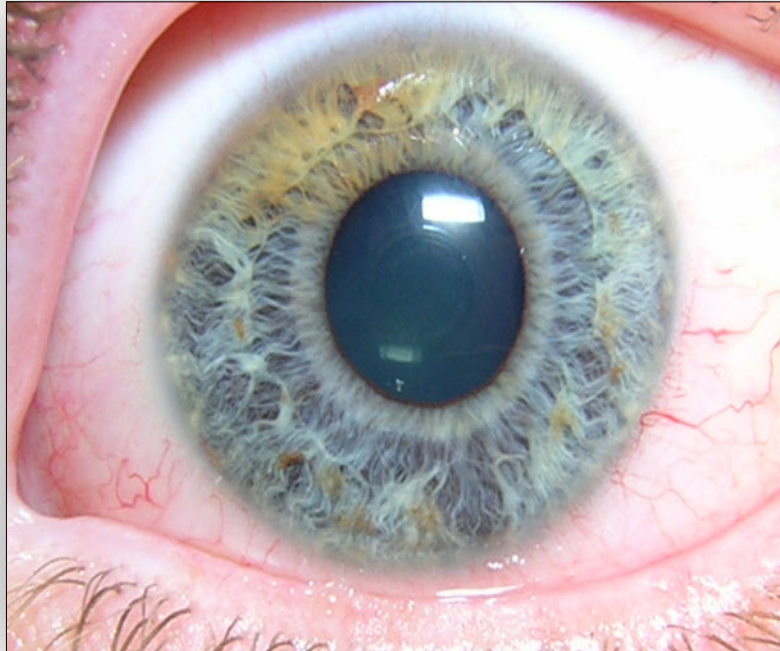
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QUIZ - Applied anatomy in acupuncture practice ©

Some statements follow. Check only the ones you agree with and check out Score:



- Iris belongs to Liver Wood because it changes all the time
- Sclera belongs to Lung Metal because it is colored white
- Pupil belongs to Kidney Water because it is dark
- Capillaries belong to Heart Fire because these are red
- Whole orb of eye belongs to Earth because it is round
- Upper eyelid belongs to Liver Wood because GB 14 is situated above it
- Lower eyelid belongs to Stomach Earth because the channel begins there
- No capillaries should be visible on sclera; that is the normal state
- If capillaries are visible on sclera this shows Heart is invading Lung

Answers:

All above are correct. Count how many you checked and see score below.

Score:

- All 9 correct - Superb
- 6 to 9 correct - Great, (persevere)
- 3 to 5 - Need to read up
- 0 to 2 - seriously so

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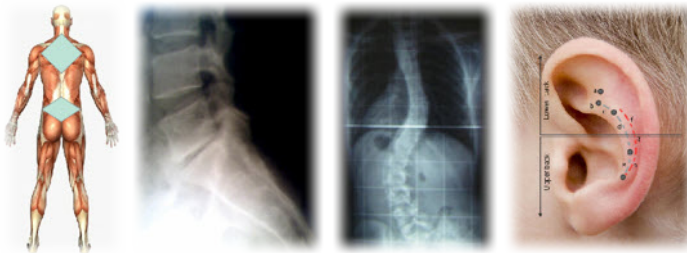
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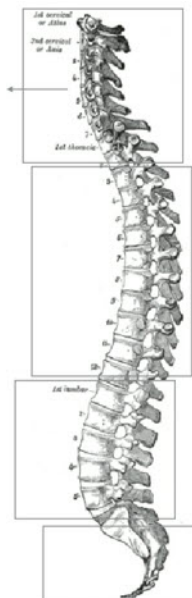
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- Qi Transfer System
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- Includes treatment
- Discussion on neck and shoulder pain & sprain of back



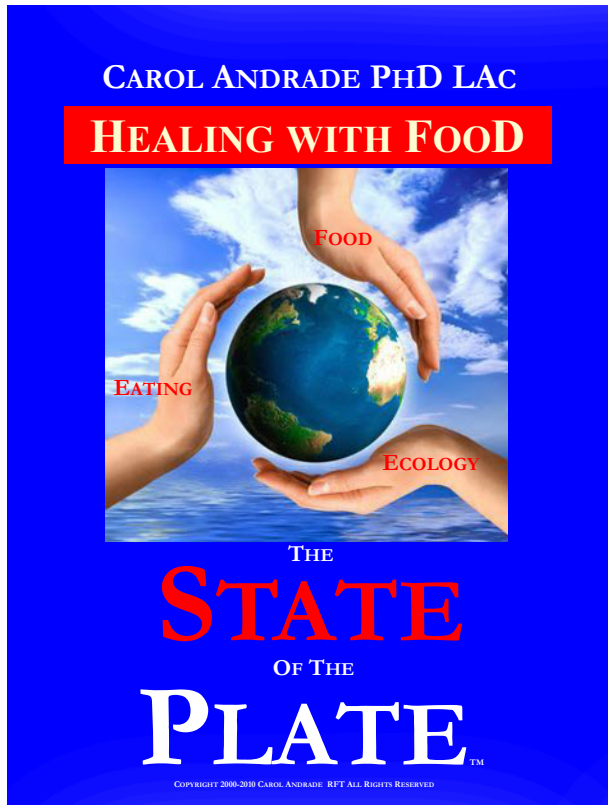
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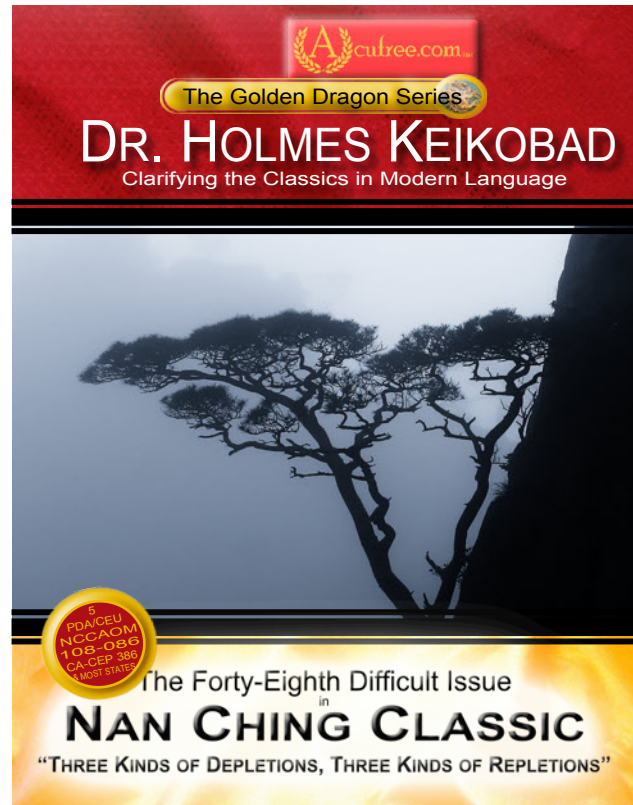
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