

SHIATSU AND LOW ENERGY

RESEARCH:

Research Project on the Perceived Effectiveness of Shiatsu Treatment. Clifford Andrews BSc, MRSS.

The first 9 conditions which include: General Health/wellbeing, ankle problems, headaches, joint problems, sciatica, back problems, emotional problems, shoulder problems, stress. Over 50% of the clients perceived the treatment as being +2 or Very Effective. In the second observable category which includes: Digestive problems, neck problems, menstrual problems, the perceived effectiveness was divided equally between the +1 (Effective) and +2 (Very Effective) scores but in each case over 80% of the sample found some benefit (+1 and +2 scores combined). A third group which includes depression, bowel problems/IBS, low energy, knee problems, showed a greater variety in the distribution of the scores. In depression slightly more +1 scores than +2 were recorded, although all of the sample indicated some benefit (+1 and +2 scores combined). Bowel problems and IBS proved difficult to treat giving the widest spread of scores amongst all the categories. Of the sample 40% indicated 0 or no change and 30% giving +1 and 30% giving +2. Low energy also proved to be a difficult category to completely resolve with 24% scoring +2 but a larger 55% feeling some benefit and scoring +1. Knee problems also appeared difficult to completely resolve, despite all of the sample reporting some benefit, only 17% scored +2 with 83% scoring +1.

Conclusions: A large majority of clients that responded to the Questionnaire perceived Shiatsu as being very effective. Two patterns emerged from the analysis of the responses; The most common conditions treated by Shiatsu in the sample shown, and also the relative perceived effectiveness of treatment of different conditions described. These show very promising results with some conditions which western medicine sometimes has difficulties in treating.

Shiatsu is perceived by the majority of clients in the sample as a complimentary approach to health management which is very effective for a wide range of common health problems.

CASE STUDY 1

A, 29, has worked in a London Art Gallery for 4 years, in an educational role. She has been with partner for 6 years and has just had her first baby, who has a hole in the heart and is about to have major surgery. She is active, in good health, conscientious with a positive outlook on life, possibly a little too much 'in the head'. She is a fairly taut person who easily becomes stressed out.

A had tonsils and appendix out in childhood. At 10 she fell and cracked her elbow, suffering severely from shock. She had glandular fever at 21. She is allergic to penicillin. She is tall, slim looking, with fair hair, lively eyes and mind, and a sallow complexion with a yellow/green tinge. Her voice is clipped. Energy tends to be up in her head, neck and shoulders, there is some stiffness down her spine and a certain rigidity down the sides of her body. The Kid and S.I. diagnostic areas on her arms and legs don't seem very connected.

A came because she was feeling tired and lacking in energy after her son's birth, tense and anxious in face of his impending surgery. She was also a little stiff around the shoulders (S.I. channel)

A smoked until her pregnancy, and was anaemic during it. She regularly has colds with nasal congestion. Her eyes easily become sore and bloodshot, and she suffers from Migraines across her forehead, starting with blurred vision and often connected to her periods. These were irregular before childbirth (sometimes 6 months apart, heavy, clotted and painful). Now they are more regular, though she feels bloated before them. She tends also to feel bloated after eating, her stools tend to be loose-ish, and she urinates frequently. She dislikes cold, which makes her feel sluggish and has bad circulation in hands and feet. Her skin is dry and sensitive, she suffers from dizziness on getting up quickly and has some trouble with her memory. She sleeps well and needs lots of sleep. She has problems with her hearing amongst other loud sounds. Her tongue is short, a little wet and swollen, with a dirty yellow coating in the mid/back, becoming whiter towards the front. There is a large open crack down the middle. The body is reddish at the edges and tip, paler with a purplish tinge more centrally.

The Water Element is very low, (drained by the birth and anxieties), and there are clear signs of Yang deficiency and perhaps some slight Yin deficiency also. Water is not nourishing Wood, where there is stagnation of Liver Chi interfering in the functions of both the middle and lower Burner: Stomach and Spleen in the middle Burner where there are signs of Damp and Yang deficiency (cold) also; S.I. and L.I. in the lower Burner. Wood is invading Earth, which in turn has left Metal needy, the Wei Chi weakened. There are also signs that Liver Chi stagnation has combined with slight Blood deficiency to produce some stagnation of Blood.

A seemed in good health and was cheerful, though this covered considerable anxiety. She needed lots of warming and tonification of Water and the S.I. especially, also the middle Burner. Energy needed to be brought down from head and shoulders, strengthened her Hara, freed up along her flanks, and encouraged to circulate more freely in arms and legs. Work on her extremities – wrists, hands, ankles and feet was particularly releasing for her and formed part of every treatment.

TREATMENT

08.09.06 S.I. kyo Gb jitsu

Kid and Spl Yu points are very kyo. Sacral rub felt very good to her and much tonifying of the low back and sacral area. Kid in her legs also drank up tonification. S.I. in her shoulders is tight but responsive, and kyo in her arms, but responds well here too. Gb is jitsu along her shoulders, scapula and occiput, and I freed it also along her rib cage and hypochondrium. There was great release as I worked the side of her head and occiput.

22.09.05 B1 kyo T.H. jitsu

A is lacking in energy and very fearful about the impending surgery. I tonify inner and outer B1 channels. The outer is particularly responsive. I do lots of staying there, especially around the low back and sacrum. I loosen between the ribs, and the side of the torso along the T.H. channel. H in her arm is responsive and she enjoys head and face shiatsu, calming the Shen, and especially work on T.H. around her ears. She becomes much calmer.

13.10.05 B1 kyo Gb jitsu

A is tired through lack of sleep, caring for a wakeful child after his surgery. Her Yu points generally are kyo except Liv and Gb. B1 is jitsu in her legs, and welcomes stretches and movement. She responds to dispersal of Gb under her scapulae, in the rib cage and deep into the torso. I tonify Kid around the sacrum and in the legs. Kid 1. Is very needy and she enjoys pressure here. She feels good after the treatment.

29.10.05 Kid kyo L.1. jitsu

A is less anxious, but her ears are blocked. Kid on the back and buttocks is kyo. I tonify this and disperse B1 jitsu in her legs – B1 60 is very kyo. Disperse L.1. jitsu on legs, also L.1. in the whole arm and neck is very reactive and there is a reaction down into the rib cage. I disperse into the front of the shoulder. She finds B1 work on the head very refreshing. Her ears have released by the end of the treatment.

14.11.05 Liv jitsu Spl kyo

I disperse Liv jitsu, especially in the lower leg. Liv 8 and Liv 3 are responsive and they feel strong to her. Spl in her legs is kyo. It is also very needy in her upper torso (Spl 21) and Hara where I do deep ampucu work. Work on Liv in her arm and torso feels very strong for her. Disperse around the scapulae.

02.12.05 S.I. kyo Gb jits

Points around the top of the scapulae are responsive, and feel good. S.1. on the cheek is very strong and S.1. tight in the neck and kyo in the upper arm. I tonify S.1. in the low back and the pressure is very welcome. She also enjoys dispersal of Gb jitsu in the head, neck and shoulders, and things move as I work Gb along her side, between her ribs and into the lower abdomen and the front of her pelvis. Gb is responsive also around her ankles and feet.

A responded well to treatments, seeming to increase in energy and resilience and to 'loosen up' a little, coping well with her son's difficulties. She intended to resume yoga and other forms of exercise, perhaps taking up Qigong, and was conscious of the need to maintain a good diet. She found the Makkaho Meridian stretches, which I taught her alongside the treatments, very beneficial.

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