

## SHIATSU AND ANXIETY

### CASE STUDY 1

Mr Y is a 67 year old semi retired farmer. He is a very strong and active man due to the nature of his country living but he does admit to being quite a worrier and sometimes finds it hard to stop over thinking about scenarios in life. He can also get quite angry and explosive at the slightest thing and finds this hard to control. He suffered from jaundice in his twenties and has been hospitalised twice since then due to liver trouble - he was found to have had a slightly enlarged liver. He has been advised by his GP in the past that he has diverticulitis which can affect the quality of his stools at times. In past he has had haemorrhoids too. He is on no medication from his GP (although he did take Zantac for a week but he thought it made him feel worse) he has not smoked for 14 years and he only drinks alcohol very occasionally. Lately he has been suffering from a bloated & tight sensation under his rib cage area, accompanied by a belching and reflux feeling and he has visited his GP several times to try and find a solution to discomfort. After 4 consultations the GP has sent him for a scan.

Mr Y's appetite is good although the bloaty feeling he gets makes him feel full up quite quickly. He especially likes sweet food, and admits to having more of a sweet than savoury tooth. He eats a lot of greasy fried foods and not much fresh fruit and vegetables.

During the course of my shiatsu treatments I have found the gentleman to be a hypochondriac who needed a lot of reassurances as every time I saw him he thought he had some different ailment-which meant he just worried more!

### TABLE OF HARA DIAGNOSIS

	1	2	3	4	5	6
KYO	Lung	Bl	LI	LI	Lung	St
JITSU	Bl	Liver	Liver	St	St	Bl

### TREATMENTS GIVEN AN OVERVIEW

1      KYO-LUNG      JITSU-BLADDER

26-04-04

First time shiatsu. Nervous, while to to relax. Stomach meridian tight – difficult to connect with. Lung meridian arms tender. Gentle palming / holding to reduce client's anxiety over new experience. After session client belched.

2      KYO-BLADDER      JITSU-LIVER

08-05-04

Found previous session relaxing.

Slight diarrhoea afterwards. Still bloaty feeling / belching lots, worried about health. Liver meridian very active, Liv 3 (great thoroughfare) extremely 'buzzy'; reaction from client to this point. Kid 1 at end for calming effect after busy WOOD touch (heavier and faster) work. Fear and worry could be creating irritability.

3 KYO-LARGE INTESTINE JITSU-LIVER

22-05-04

Slight tight sides of torso. Blood results back alright. Appetite, no problems, still belching more than normal. Shiatsu helping him sleep better, relax and reduce anxiousness.

4 KYO-LARGE INTESTINE JITSU-STOMACH

27-05-04

Strong kyo/jitsu interaction, jump from stomach jitsu when connected. Still belching. Still worrying!! GP sending for scan. Stomach 40 + 42 good reaction. St 42 – St source point. Excellent point for bloated stomach and calming mind. Advised to use this point himself. Stomach meridian in the thigh like cardboard. Worked it alot.

5 KYO-LUNG JITSU-STOMACH

31-05-04

Stools looser after last time. Still has tight feeling. Now he wonders if worry itself is the cause of his feeling. Discussed how he breathes from his diaphragm. Advised slower deeper breaths and if anxious to slow down thoughts by concentrating on his breathing. Stomach meridian still hard to work. Hara massage and St 25 for bloating and anxiety.

6 KYO-STOMACH JITSU-BLADDER

16-06-04

No scan yet but feeling a bit better, still thinks could have every illness. Now thinks feelings more down to worry and the way farming and paperwork is. Sleeping alright, stools normal at present. Stomach meridian much less tight and easier to get into. Large belch just after treatment.

ZEN SHIATSU DIAGNOSIS

The Large Intestine – Stomach kyo/jitsu interaction is what jumps out at me during this course of treatments. The inability to let go of thoughts that there is something seriously wrong with him which leads to the Stomach associations of over thinking and being anxious.

The L1 function of elimination manifests itself in his ability to 'let go' and has shown itself in the past as diarrhoea and Diverticulitis (IBS symptoms). L1 could manifest as a problem with digestion, distended stomach and diarrhoea.

Also piles in the past-lower hara, L1 thing 9spleen involvement too).

The liver jitsu is relevant to the clients irritability and this could have manifested from the fear and anxiety from kyo bladder. The anger and outbursts which have occurred are pent up feelings which have been held in and then released this energetic interaction was evident at the 3<sup>rd</sup> treatment with the kyo-jitsu interaction between L1

and Liver. The Client's history of physiological liver complaints in his past also reflect the liver jitsu which did occur (i.e. jaundice and liver investigations). There is a bit of frustration verging on depression with this client's anxiousness and I feel that it is his digestive system.

Shiatsu was definitely moving the energy around the digestive system as belching after treatment often occurred.

### TCM DIAGNOSIS

I believe this client has patterns of stagnant liver qi. He has the distension, pain, intestinal problems and frustration. He suffers no problems with vision or his sleep patterns.

There are also many wood element characteristics-

an anger sometimes difficult to control: facial diagnosis reveals bushy eyebrows and a vertical line between them. Client also suffered from liver ailments in the past, also the reaction and feeling of shifting stuff when I worked the liver in the 2<sup>nd</sup> + 3<sup>rd</sup> sessions. Stagnant liver qi could well have caused problems for the digestive system which has ultimately resulted in weakened stomach qi causing rebellious qi-reversal of the usual direction of movement (i.e. bloating and belching).

The Liver invading stomach is leading to disharmony of the stomach causing belching and distension. There has also been spleen qi deficiency in the past as he has had loose stools and haemorrhoids.

Problems which are common to the Large Intestines such as diarrhoea, frequently find their root in other organs particularly the Liver and Spleen. The LI can be invaded by external pathogenic factors and I believe this client could well have damp-heat in the large intestines from eating too much greasy foods. It has built up and manifested itself as abdominal pain and occasional loose stools.

On examination of the client's tongue which is red with a shallow wide crack in midline but not to the tip, this would indicate heat and also stomach yin deficiency.

### LIFESTYLE RECOMMENDATIONS

The client's sweet tooth would indicate that he has learned to feed his deficiencies to soothe himself but he has to be made aware of the negative effect of empty sweet sugar.

Advice to eat foods to strengthen earth, not to be taken in by empty sweet sugar, to try honey or malt extract. Due to heat in the body increased fluids and fruit and veg intake and whole foods and decrease in sugar and fried, greasy food intake. Breathing exercises advised to try and stop him over thinking. Liver qi gong exercise shown and told him how good it is for stagnant liver qi, don't know if he will do it but may do it if I do it with him.

### CONCLUSION

Although Shiatsu has helped this client to relax more, I believe he needs reassurance via a scan to lay his fears at rest regarding his health. Once he knows how that goes he will manage to reduce his erratic thoughts and anxiousness which in turn could then reduce his discomfort and hopefully lead to a more balanced stomach meridian. Contact with this client will continue as it will be interesting to see what a scan shows up and how he reacts to it.

The client told his GP he was receiving Shiatsu and the GP said he had heard of it and that it was fine to be getting it.

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