

“Manual of Diagnosis”

by Shizuto Masunaga (1925 - 1981)

Upon publication of three separate editions of the familiar Masunaga Meridian Chart, it seems that Masunaga wrote some texts to accompany them. These have been circulating for some years as a small sheaf of photocopied notes, titled “Manual of Diagnosis”, initially translated into Italian and then into English. In this thirtieth year since the publication of ‘Zen Shiatsu’ we’re delighted to be able to present some short edited extracts from these early words of the Master himself!

Extract 1 from 1970:

Many of the Meridian maps discovered up to now have been drawn as perfect lines connecting the Points treated in Acupuncture and Moxibustion in numeric order.... Consequently, rather than “Meridian lines”, they should be called “lines of Meridian Points”. I do not think that this truly describes the reality of the Meridians....

There is a saying in the Toeki Traditional Chinese Medicine School: “the Hara is the origin of life, thus all illnesses arise here, therefore to diagnose all illnesses one must examine the Hara.” This basic concept of Hara diagnosis, a Japanese peculiarity, has not had much influence on the Schools of Meridians...

Two or three systems of Hara diagnosis have gained prominence, but important criteria are needed to establish their validity...: firstly, the practicality of distinguishing between Meridians; secondly, their therapeutic efficacy and thirdly, the possibility of teaching the system.

This map was drawn up on the basis of many years of research by the author and on proof...of its therapeutic efficacy...in practising thousands of treatments, after opening the IOKAI SHIATSU KENKYUSHO.

I do not think this map is perfect, but it has proved valid in treatment and is indispensable for Shiatsu, so I have decided to trustingly publish it.

Of course it will be corrected and made more precise after further future research.

...Meridian widths are variable and sometimes their pathways change and are varied, however, on the map I have drawn them with simple lines for ease of reading....

...Hara examination is the particular key to Meridian diagnosis....

In the ancient classical texts much importance is given to Touch diagnosis... including its use in Acupuncture...it is no longer possible to learn from today’s Anma the true Oriental technique of Touch diagnosis, as it has been mixed with Western Massage...

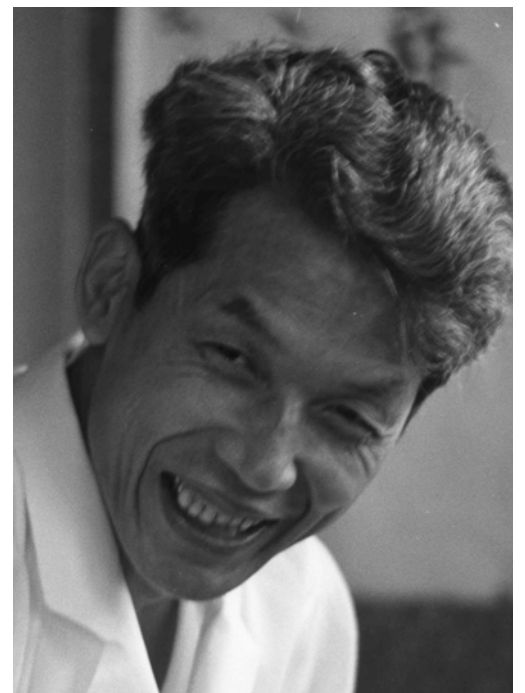
...Up to now, techniques to establish Kyo and Jitsu in Meridians used rubbing the body surface along the Meridian pathways...From my research I have found out that diagnosis with Meridians is no other than a Touch diagnosis like Pulse...diagnosis...i.e. the ideogram Setsu in Setsushin does not mean to rub, but it means to divide, to precisely cut inside with a knife held still. This original meaning of the ideogram has remained in Pulse diagnosis. However for other forms of Setsushin ...rubbing has become the diagnostic technique....

For correct Back, Hara and Meridian diagnosis, use fingers as in Pulse diagnosis.... For a detailed explanation... you can consult other of this author’s writings.

On doing this exam it is better not to have Kyo-Jitsu in organs of the same Element, as this means poor results in the alteration of Kyo-Jitsu in the whole body...

Kyo is normally the cause of illness and has invisible symptoms, while Jitsu shows superficial symptoms and those described by the patients, so use this guide bearing that in mind.

(1970)



Extract 2 from 1974:

FINDING THE 12 MERIDIANS IN THE WHOLE BODY

Four years ago I published a Meridian map that is not contemplated in the ancient Chinese writings. After further research I can now present this revised and corrected edition....

The ancient texts normally describe six Meridians in the hands and six in the feet and almost all the Acupuncture and Moxibustion Points are on these 12 Meridians and on the Conception and Governing Vessels. Thus it was not necessary to find others....There are also schools that consider Shiatsu simply to be pressure at a point and they practice a technique for this. However, on carrying out a manual technique following (true) traditional Meridian theory, one must proceed by....applying tonification - sedation following the Meridians and discovering relevant Tsubos.

The really important thing though, is that it is not simply pressing the specific place, but pressure is applied while actually feeling for the part that reacts.

This is a type of Shiatsu that is both diagnosis and treatment. This is a Shiatsu that conforms to the ancient Touch diagnosis method.

If at the same time one practises the two-handed, Yin-Yang technique, according to the IOKAI style, one can feel the Meridian flow between the two

hands and share the perception with the patient.

In this way, the existence of the 12 Meridians in the hands, feet and neck was clinically proven, one by one. In illness, the Meridians show an anomalous resonance. In Shiatsu, unlike Acupuncture, this resonance can be seen in the patient as a whole. In Acupuncture and Moxibustion, the so called "normal" pulse...shows a state of health.

In Shiatsu however, any healthy person, simply by living, will show some alteration, and this is what is called Kyo-Jitsu. In the ancient writings it is said that it is not necessary to use Acupuncture and Moxibustion on Points where a change has already occurred through Shiatsu.

With ...Shiatsu these small changes can be felt as changes in Kyo-Jitsu, even if the pulse beat seems normal, and this gives us Meridian Touch diagnosis on the body surface....I tested the validity of the map over time and the new Meridians were confirmed right up to the extremities, so I decided to publish it here.... In the sedation methods that we call Acupuncture and Moxibustion it was not necessary to know the 12 Meridians in the whole body since the established Points were enough.

Practical Shiatsu techniques using these 12 Meridians have given visible, clinical results until now unimaginable.

I hope that others will try and test them. (1974)

/// In Shiatsu however, any healthy person, simply by living, will show some alteration, and this is what is called Kyo-Jitsu.///

Extract 3 from 1977:

PUBLICATION OF FULL MAP

Seven years have passed since the first edition of my map. Since then it has been revised and re-worked as the result of collaboration with many researchers. In this new publication I have integrated the pathways that connect the six traditional Meridians in the hand to the lower part of the body. I have also added the transverse sections of the legs, hands and neck and the map of the sole of the foot.

It is a useful map for research. The author takes some pride, along with responsibility, that its publication has been an incentive to further Meridian research. Many articles have been

written and further research still continues, on the reality of Meridians.

For this reason I do not think that there is yet total clarity on the Meridians.

As for the map, it can only be a limited representation. For its practical use and understanding of particularities I feel that a separate written explanation is necessary.

This edition of the map for diagnosis and treatment, designed by the author, completes his work on it.

The author has no intention of further revision.

Others can do this. (1977)