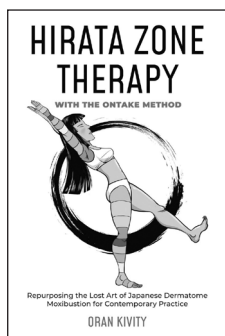


Reviews



Hirata Zone Therapy with the Ontake Method

Oran Kivity
Sayoshi Books, softback (eBook available), 244 pages, £24.99

I began my studies of Japanese acupuncture and moxibustion in Japan. After moving back to the US I set up my acupuncture practice, and later began teaching. I soon realised that there were not many quality books in English about Japanese acupuncture, and even fewer that deal with the topic of Japanese moxibustion. Books written in English about Japanese acupuncture and moxibustion always create a stir of excitement because they are such a rarity. Even more captivating is when such a book comes out with exciting new ideas and methods. This is exactly what Oran Kivity has done in his new book.

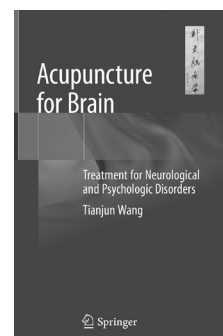
Ontake (I learned it as takegyu) is a small piece of dried bamboo stuffed with moxa. In treatment, you could describe it as a hot moxa roller. This magnificent little tool is taught in some acupuncture schools in Japan, including my *alma mater* Toyo Shin Kyu Senmon Gakko. It is used in treatments by moxibustion therapists throughout Japan. So while the device itself is not new, Oran Kivity has used his years of knowledge and

experience and combined this simple moxa technique with Hirata Zone Therapy. Hirata zones are areas of influence mapped onto the surface of the body, similar to the Western concept of dermatomes. I learned Hirata Zone Therapy as 'mirroring', while the author uses the term 'holographic microcosms'. *Hirata Zone Therapy with the Ontake Method* integrates classical meridian pathways and holographic microcosms to produce measurable clinical results.

I applaud the inclusion of real-world patient treatments in this book, which help the reader to understand how much the treatment style can encompass, as well as its effectiveness. The suggested treatment protocols make sense from a traditional Japanese acupuncture perspective. A great allure of Oran's proposed treatment methodology is its ease of implementation, even for a beginner practitioner. Ontake is easy enough even for patients to use at home. Giving patients a tool for effective home treatments between their office visits is empowering and produces better clinical results.

I hope this book will have a powerful role in spreading the art of moxibustion and traditional Japanese medical approaches throughout our profession. I have found it to be a fantastic resource for using one of my favourite moxibustion tools, ontake. *Hirata Zone Therapy with the Ontake Method* is a much needed and splendid addition to catalogue of English language books on Japanese acupuncture techniques.

Maya Suzuki



Acupuncture for Brain – Treatment for Neurological and Psychological Disorders

Tianjun Wang
Springer, hardback (eBook available), 274 pages, £89.99

For those who take clinical internments in TCM hospitals in China one big surprise is the sheer number of patients receiving acupuncture for neurological conditions. In 1983 I went to the airport to collect a colleague returning from study in a TCM hospital in Beijing.

'How did it go Henrique?'

'Great! I'm really good at facial paralysis now - I've been treating thirty cases a day for three months!'

People in China know that acupuncture is a prime choice for help with neurological conditions – above Chinese herbs and biomedicine. Strokes are a mainstay of acu-moxa departments in China. Right now, relatively few patients with neurological problems in the West know this and so, when they do seek help from acupuncture, it is often at that *mission impossible* stage - the ten-years-after stroke patient or the Parkinson's sufferer who after five years of medication is desperately seeking help for their poorly-controlled symptoms. Hopefully, with gradually

increasing awareness, acupuncture will no longer be the last resort, and people will be more likely to seek help at a time when results are quicker and easier to achieve. I believe that the time is ripe for a greater public appreciation of acupuncture in neurology and things will go even better if professional acupuncturists have the knowledge and skills to meet the challenge.

A Nanjing TCM University graduate and respected lecturer in the UK, Professor Tianjun Wang has risen to prominence as a result of his neurology specialism and his workshops on scalp acupuncture. This textbook gives us access to the current standard PRC hospital approach to the treatment of neurological conditions. This style of practice is used in hospital settings on millions annually and therefore benefits from an appreciable body of evidential support. In the text, alongside the technicalities of acupuncture as applied to neurology, Professor Wang adds in some historical context and his own experience of neurological practice in China and the West. He also provides a precis of the relevant research studies. The first two chapters outline the historical discussions of the brain (脑 *nao*) in the Han dynasty literature and in the later historical tradition. Wang details the ways that, from the Ming dynasty to modern times, this understanding has been updated to provide a better match between modern science and TCM. The issue of the meaning of Heart shen (神) in the tradition is examined and there is a detailed summary of the Du Mai (Governing Vessel) focusing on its importance in central nervous system (CNS) disorders. A list of classical and modern references is provided at the end of each chapter. There is also a chapter that summarises the acu-neurology research in which the focus is mainly on the physiological mechanisms (endogenous opioids, neuropeptides etc.). Here we come

across one or two of the slight language glitches that perhaps suggest slightly rushed editorial work by the publishers, although these are few and far between and do not interfere with comprehension.

Tianjun Wang has become known in Europe for his advocacy of scalp acupuncture which, since Professor Jiao Shude's introduction of this method in the 1970s, has become a cornerstone of neurology therapeutics in the modern clinic. Needless to say Professor Wang covers this method well. Because of its importance in neurology acupuncture, the subject of 'guiding qi' (*dao qi*) is covered in some detail, giving descriptions of the ideal sensations and detailed indications for each of the commonly-used Du Mai and Ren Mai (Conception Vessel) points. Part Two consists of essays on common neurological conditions, including Parkinson's, the dementias, multiple sclerosis, traumatic brain injury, autism, cerebral palsy, epilepsy, headache, depression, anxiety, bipolar disorder, PTSD, stress, insomnia and substance abuse. What we get here is a clear and concise overview that describes each condition from the biomedical and TCM viewpoints and outlines Professor Wang's suggested treatment. For most of the conditions there is also a summary of current research evidence and a comparison of the biomedical and acupuncture approaches.

Returning to my opening theme, it seems to me that neurology acupuncture is under-appreciated in the West. In Shanghai's Yue Yang Hospital in 1990 the most common illnesses I saw treated were stroke and other neurological illnesses. The acupuncture specialists there were aghast when they heard that this treatment was not given as standard in UK hospitals. They considered that unethical. The skill at scalp acupuncture I witnessed was impressive – they could slip a long

needle painlessly under the scalp and then rotate it very rapidly to induce sensations locally and down the affected limbs. Back home my own scalp acupuncture technique became rusty with under-use. The best accompaniment to Professor Wang's book would be to gain practical expertise with someone experienced in scalp needling.

Today in the West we are seeing an increasing appreciation of specialisms in TCM practice, both from practitioners and the public. Emerging specialisms include fertility-gynae, psychiatric disorders, sports and orthopaedic acupuncture, dermatology, ophthalmology, and so on. Patients are getting more savvy in recognising the value of consulting those with specialist expertise. Generalist acupuncturists are also more aware of their limits and are becoming more likely to refer on. After all, if a patient presents with early retinitis pigmentosa and is on a path to blindness, and there is a specialist ophthalmology acupuncturist in the region, what are the ethics of having a go yourself? Neurology has, to date, been an under-appreciated specialism but I sense that this is about to change and, as the saying goes, by the time you see the bandwagon you have already missed it.

On my shelves I have a handful of TCM neurology textbooks and there are discussions of many of the conditions covered in this text scattered in other books, but Professor Wang gives us what I believe to be the most complete and current state-of-the-art summary in one text.

Charles Buck



*Some titles are available
at a reduced price from
the JCM bookshop*