



Nigel Dawes will be teaching abdominal diagnosis as used by the very pragmatic Kohoha school of Kampo, the School of Classical Formulas in Japan, dating back over 300 years. This school has different abdominal palpation methods for acupuncture and for herbal medicine. The method taught in this seminar is the abdominal diagnosis used to determine the correct herbal formula from the *Shang Han Lun*. Nigel has been practising and teaching for 25 years. He lived and studied in Japan for five years in the early 1980s, and has studied in China as well. He has written three books, two on shiatsu and the third a translation of a Japanese text: *Kampo: A Clinical Guide to Theory and Practice*. Originally from the UK, he now lives and works in New York City, and teaches very popular Fukushin workshops throughout the USA, Europe – and now Australia!

Abdominal Palpation and Presentations in the Sho Kan Ron (Discussion of Cold Damage)

The abdomen represents the body's anatomical centre, housing the vital organs as well as forming its myofascial and structural core. In Asian systems of medicine it is also the source of vital energy, acting as a crucible for the mutual transmutation of acquired and pre-natal essence. It also represents a metaphysical cauldron in which the vital organs play a pivotal role, each acting as repository and catalyst for specific manifestations at the psychic and emotional level.

Throughout the history and development of traditional Asian medical systems the abdomen has thus occupied a pivotal role in both diagnostic and treatment paradigms. In more recent times however, its significance in the clinic has dwindled and many practitioners, especially in modern China, rarely use it in practice. This has not been the case in Japan where, from the Edo Period in particular, acupuncturists as well as Kampo and Shiatsu practitioners have each developed highly sophisticated methods of using the abdomen in assessment and practice.

One such traditional method is that employed by modern herbalists (mostly MDs) in Japan who use a detailed and highly specific form of abdominal palpation to obtain information which strongly influences the selection of herbal prescription.

This workshop will present one of these methods of abdominal palpation currently practised within the kampo tradition as developed by Otsuka Yoshinori during the last century. Each abdominal conformation will be presented and discussed from the perspective of practical herbal prescribing. A strong practical component will ensure that the participants leave the workshop with a firm grasp of the basics of how to obtain and interpret these abdominal findings.

Overview of topics

- Background and history of Fukushin in Japan
- The relevance of Fukushin in modern practice
- Otsuka's 13 abdominal conformations
- Explanation of morbid state
- Interpretation of findings
- Example formula prescriptions
- Demonstration of abdominal palpation technique
- Pairwork practice
- Case study example with interpretation

Presentation

This will essentially be a hands-on practical workshop with the aim of introducing participants to the basics of abdominal palpation in the Kampo tradition. It will primarily be of interest to practising herbalists but also to anyone with experience and background in Oriental medicine, including Shiatsu.

Saturday morning will be devoted to a detailed slide presentation forming the basis for that afternoon's practice session in which participants will both observe demonstrations of the palpatory exam and have a chance to practise it with corrections.

Sunday morning will review and deepen the practical component and the afternoon session will be devoted to case study analysis using volunteers from the group (or patients where practical).

**For more background on the course, visit:
www.thelantern.com.au**

