

CASE STUDY

Effect of Acutonics® for Sleep Disturbance and Pain of the Knee and Hypochondriac Region

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ABSTRACT: This case study describes the use of Acutonics treatment for complaint of insomnia affecting an 80 year-old woman, as well as flank pain, poor appetite and right sided knee pain. It illustrates step by step methodology of Acutonics tuning fork application and illustrates creative use of a Tibetan bowl for treating internal cold obstruction of the digestive system. After one treatment the client reported decreased pain in flank and knee and improved sleep pattern.

KEY WORDS: Insomnia, poor appetite, sleep disturbances, hypochondriac pain, tonify and move qi.

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Narrative:

The client is an 80-year-old woman who complains of waking several times during the night, pain in the hypochondriac area, cold stomach, and right-sided knee pain. The client is active yet frail. She reports to have a poor appetite and usually force feeds. She experiences erratic, sharp pains just below her rib cage. This pain travels from one side to the other. She has a tendency toward constipation yet her bowel movements are regular with the help of stool softener. Western medicine has been unable to diagnose or resolve this condition.

Tongue: Pale pink, sticky white coat.

Pulse: Faint, with no root, in first position, right middle position slippery, left middle tight, and deep and deficient in third position

Diagnosis:

Deficient Qi and Blood, stagnation of Qi and Blood with painful damp obstruction

Treatment/Rationale:

To resolve dampness, clear obstruction, warm the center, tonify and move Qi, nourish and move blood.

Methodology:

Nourish blood and yin, tonify blood, and support sleep:

Yin Wei Mai (Yin Linking Vessel, P 6, Inner Gate, SP 4, Grandparent's Grandchild)

Hypochondriac Pain, and Lateral Leg Pain:

Yang Wei Mai (Yang Linking Vessel, SJ 5, Outer Gate, GB 41, Near to Tears)

Supportive Points:

Tonify: KID 3, Great Ravine; SP 6, Three Yin Intersection; REN 4, Origin Pass; REN 6, Sea of Qi and REN 17, Chest Center

Sedate: REN 9, Water Divide; SP 9, Yin Mound Spring

Treatment Technique:

Step One: I began by allowing the client to listen to the Ohm Octave, then sweeping the aura from the head to the feet and applying the Ohm Octave on KID 1, Gushing Spring.

Step Two: I opened the Yin Wei Mai by placing the Low New Moon on the right hand, P 6, Inner Gate, and the Low Ohm on the left SP 4, Grandparent's Grandchild. I stimulated these points simultaneously three times each. I repeated this procedure with the Ohm/Venus minor 6th, and the Full Moon 6th.

Step Three: I opened the Yang Wei Mai by placing the Low Zodiac on the right hand, SJ 5, Outer Gate, and the Low Ohm on the left GB 41, Near to Tears. I stimulated these points simultaneously three times each. I repeated this procedure with Ohm/Chiron 2nd, Ohm/Mercury microtone, Ohm/Mars minor 2nd, and Ohm/Jupiter 4th. In each of these succeeding applications, the points were stimulated twice only.

Step Four: Tonify, KID 3, Great Ravine; SP 6, Three Yin Intersection; REN 4, Origin Pass; REN 6, Sea of Qi and REN 17, Chest Center with the Low Earth Day 5th and Solar 7th. Sedate: REN 9, Water Divide; SP 9, Yin Mound Spring, to sedate, disperse and resolve fluids and phlegm using the Low Zodiac 3rd followed by the Solar 7th.

The tuning fork portion of the treatment was closed with Ohm Octave on KID 1.

Step Five: A Tibetan bowl with warm water in it was placed on a towel over the stomach. The bowl was resonated while using the high frequencies of the Solar 7th and the Ohm/Jupiter 4th in a figure eight pattern over the body

Results/Conclusions:

Immediately following the treatment the client reported less pain in both her abdominal area and her knee. She had a sense of deep relaxation and calm.

Note: This client reported having only awakened once during the night and feeling more rested. She was interested in getting more treatments.