

tion time should be shorter. Cupping treatment is usually given once every other day in the same cupping location in the case of an acute ailment. For chronic ailments, 7-10 cuppings are taken as one course of treatment, and 3-5 days for rest as the interval between the courses, or wait till the marks of cupping disappeared.

5. CONTRAINDICATIONS

- (1) Acute, contagious and serious heart diseases, and heart failure.
- (2) Highly allergic skin, infectious skin diseases, skin tumors, skin ulcers.
- (3) Thrombocytopenic purpura, leukemia, hemophilia and other hemorrhagic diseases.
- (4) Artery pulsation and varicose vein areas.
- (5) Schizophrenia, convulsions, nervousness, and uncooperative patients.
- (6) Acute traumatic fracture, moderate to severe edema.
- (7) Scrofula, hernia, and active pulmonary tuberculosis.
- (8) Sense organs, including eyes, ears, mouth, and nose.

X. GUASHA

Under the guidance of the TCM theory of meridians and acupoints, Guasha is a kind of physical therapy given by stimulation of the body surface with different materials and shapes of scraping tools, and different mediums, to treat and prevent diseases.

I. TOOLS

The tools of Guasha are mostly made of bian-stone, buffalo horn, and jade, and the mediums are oils or creams for smoothing and moistening the skin.

(1) Guasha plates

1) Plates made of different materials

A. Buffalo horn: Plates made of natural buffalo horn have the functions of clearing heat, detoxification, dissolving blood stasis and relieving swelling.

B. Bian-stone: Plates made of Bian-stone function to relieve convulsions, calm the mind and dispel cold.

C. Pottery and porcelain: Plates made of pottery and porcelain by burning in a kiln are high-temperature-resistant and anti-static.

D. Jade: Plates made of jade clear heat and moisten the skin with a beautifying effect.

2). Plates in different shapes

A. Oval: Oval or round plates with smooth edges are appropriate for scraping at both sides of the spine, abdomen and muscle areas of extremities.

B. Square: One side thinner and convex and arc-shaped, the other side thick and concave and straight, suitable for scraping the trunk and four limbs.

C. Gap-edged: Suitable for enlarging the contact area with less pain for scraping the fingers, toes and spine.

D. Triangle: The pointed part facilitates acupoint pressing, and is used for scraping in the intercostal space and extremities.

E. Comb-shaped: Protects the hair, and is thus suitable for scraping the head.

(3) Guasha mediums

1) Oil

Refined from Chinese herbal medicines and medical oil, functions to clear heat and detoxify, activate blood circulation to remove blood stasis, dispel pathogenic factors from the superficial parts of the body, relieve pain, and

smooth and protect the skin. Suitable for treating large areas on adults and dry-skin patients.

2) Milky fluid

Emulsion made from natural plants, good at improving blood circulation, promoting metabolism, and moistening and smoothing the skin.

2. INDICATIONS

Guasha functions to activate blood to remove stasis, detoxify, promote metabolism, reinforce anti-pathogenic qi, regulate the immune functions, adjust the joint structures and tendon functions, and treat injured soft tissues. It is especially effective for diseases caused by exopathogens, painful diseases, joint-degenerative diseases, and nervous, muscular and vascular diseases.

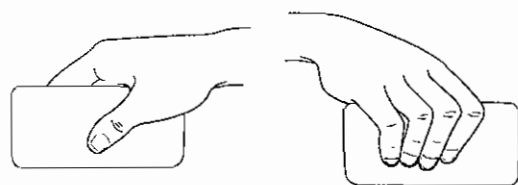


Fig. 193 Holding the plate

3. MANIPULATIONS

(1) Holding methods

It depends on the shape and size of the selected plate. Generally, it is held by one hand. The plate is placed in the palm, with the thumb fixing it on one side, the index and middle fingers or the four fingers fixing on the other side (Fig. 193). When scraping, hold the plate to make an angle between the plate and the skin of about 45°, and use the force of the fingers and wrist.

(2) Scraping order

The general principle of scraping order is head and face first and extremities later; back

and lower back first and chest and abdomen later; and upper limbs first and lower limbs later. Treatment for the whole body: The order is head, neck, shoulders, back and lower back, upper limbs, chest and abdomen, and lower limbs. Treatment for a local area, the neck for example, the order is: head, neck, shoulders and upper limbs. For the shoulders, the order is head, neck, upper-anterior-posterior aspects of the shoulders, and upper limbs. For the back and lower back, the order is the middle of the back and lower back, both sides of the spine, and lower limbs.

(3) Scraping directions

The principle of scraping direction is from up to down and from inside to outside, in a single stroke if possible. In the head region, scrape as if combing, from front to back (Fig. 194). In the facial region, scrape from the middle part to the lateral side, and from the mandible to its latero-superior part (Fig. 195). In the middle

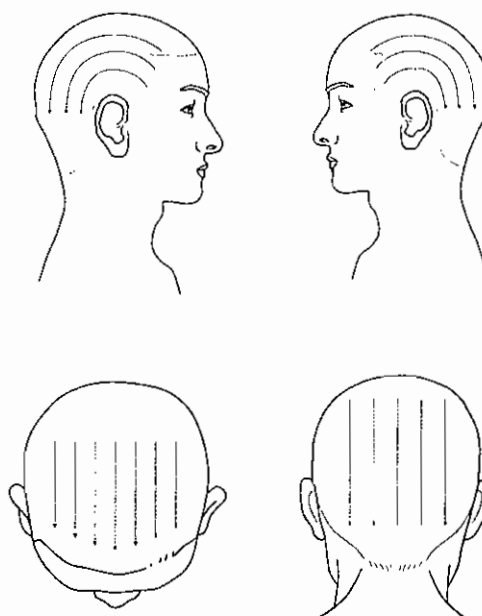


Fig. 194

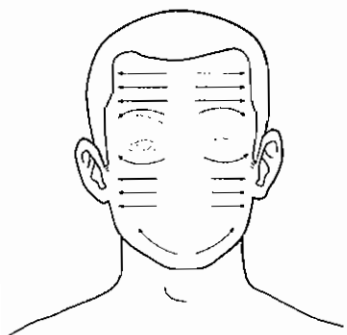


Fig. 195 Face

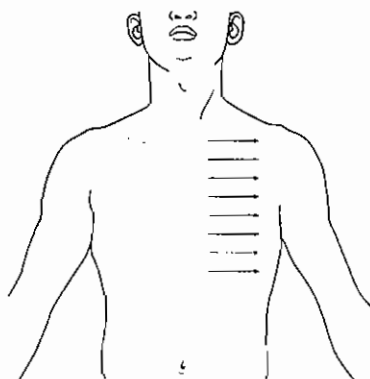


Fig. 196 Chest

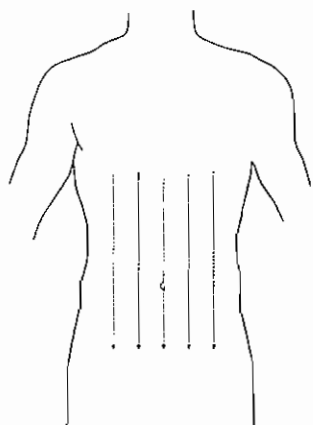


Fig. 197 Abdomen

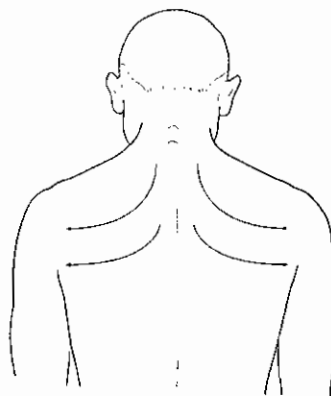


Fig. 198 Shoulders and back

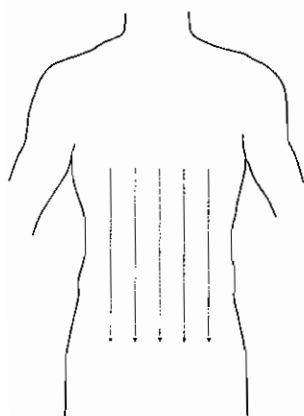


Fig. 199 Back

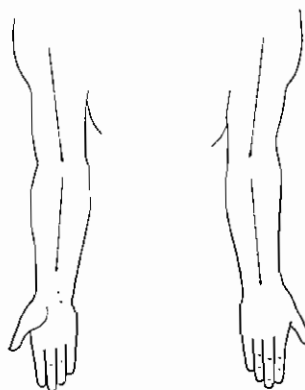


Fig. 200 Upper limbs

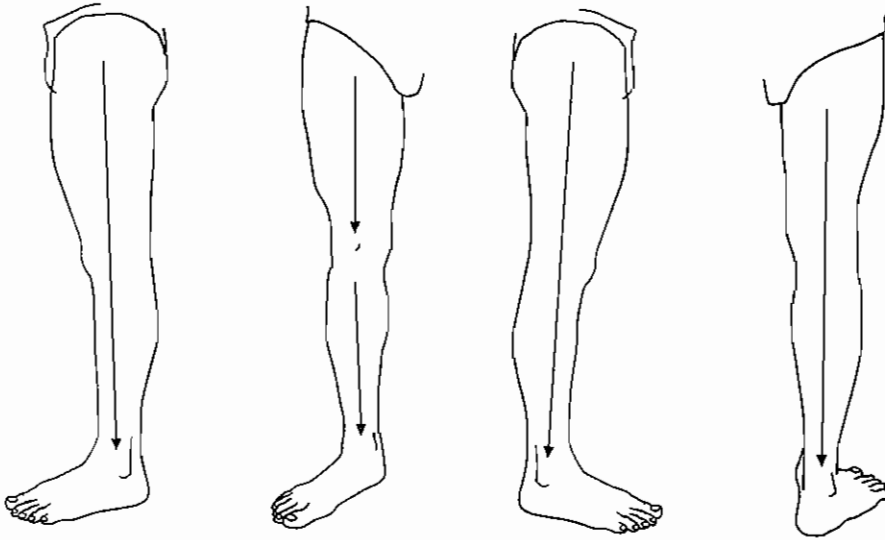


Fig. 201 Lower limbs

region of the chest, scrape from up to down, and in the intercostal space from inside to outside (Fig. 196). In the back and lower back, and abdomen, scratch from up to down and from inside to outside step by step (Figs. 197, 198, 199). For the limbs, scratching is toward the extremities (Figs. 200, 201).

(4) Reinforcing and reducing

Reinforcing: The pressing force is lighter, the speed is slower, and the scraping duration is relatively longer for patients with a weak constitution and prolonged disease or those overly sensitive to pain.

Reducing: The pressing force is strong, the speed is fast, and the scraping duration is relatively shorter, suitable for patients with a strong constitution, an excess syndrome in the early stage of a disease, or joint pain.

Even: The pressing force is properly not very strong, and the speed is not very fast, depending on the individual condition of the patient. This is adopted for treating patients with complicated deficiency and excess syn-

dromes, especially for those in sub-health or with chronic disease in the rehabilitation stage.

(5) Scraping duration

1) Each treated area is scratched 20-30 times in one treatment, and 3-5 treated areas are selected for each patient. For local treatment, the scraping duration is generally 10-20 minutes, and for whole-body treatment, 20-30 minutes.

2) The interval between each Guasha treatment is usually 3-6 days, or until the scraping marks disappear and the skin is not painful when pressed by hand. If Guasha is needed for more treatment or the scratch marks are still clear, the original location should be avoided, and other related parts can be selected.

3) The course of treatment for an acute disease should last until a cure is effected, while for a chronic disease 7-10 treatment sessions constitute one course.

(6) Scraping severity

This depends on how strong the scraping force is in treatment and how clear the scrap-

ing marks appear on the skin.

1) The scraping force should be even, from mild to as strong as the patient can bear.

2) Stop scraping if the skin becomes reddish and purplish, or millet-like or papular spots or rope-like patches appear, with a hot sensation or slight pain in the local area.

(7) Scraping techniques

The different scraping forces, speeds, directions, and contacting parts of edges and pointed parts of a scraping plate are used for different diseases and different treatment areas.

1) Force

A. Mild scraping: The pressing of the plate is mild, and the patient feels no pain or discomfort. After treatment, the skin only becomes slightly reddish, without dark spots. This is used for the treatment of the aged, sensitive areas, and deficiency-syndromic patients.

B. Heavy scraping: The pressing of the plate is as strong as the patient can bear it. This is used for the treatment of the back and lower back, both sides of the spine, muscular areas of the lower limbs, young patients with a strong constitution, and excess- and heat-syndrome patients.

2) Speed

A. Fast scratching: The frequency is more than 30 times per minute, for patients with a strong constitution, applied on the back and limbs for acute and exogenous diseases.

B. Slow scraping: The frequency is less than 30 times per minute, for patients with a weak constitution, mostly applied on the face, chest, abdomen, and medial aspect of the lower limbs for chronic diseases for which internal medicine is applicable.

3) Direction

A. Straight lines: used for relatively flat and

smooth parts of the body, such as the back, chest, arms and legs.

B. Arc lines: Along the muscles and around the joints, used in the intercostal region of the chest and upper back, and in the surrounding areas of the shoulder and knee joints.

4) Contacting part of the plate

A. Rubbing: The plate is rubbed directly on the skin or on top of the clothes in a regular movement of rotation or back and forth in straight lines for producing a heat sensation. It is applicable for patients with numbness, cold, or a dull pain in the medial part of the scapular region, lower back or abdomen, and also for relaxation before Guasha scraping treatment.

B. Combing: Use a Guasha scraping plate or comb to scratch from the anterior hairline and the temporal region to the posterior hairline regularly and gently in a single direction, with an angle of about 45° between the plate or comb and scalp, as if combing the hair. This method is suitable for treating headaches, dizziness, fatigue, insomnia and mental tension.

C. Acupoint pressing: The pointed part of a Guasha scraping plate is used to press directly on the acupoint with the pressure gradually increased to the maximum endurable degree of the patient. Keep pressing for several seconds, and then leave the acupoint quickly, then repeat 5-10 times. This is suitable for muscular regions or when Guasha is not able to penetrate to a deep level, or where it is not convenient to do Guasha directly, such as Huantiao (GB 30), Weizhong (BL 40), Dubi (ST 35), Renzhong (GV 26), and between the spinous processes.

D. Pressing-kneading: Use the pointed part of a Guasha scraping plate to press the acupoint, and then knead back and forth, without breaking contact with the skin, 50-100 times

per minute. This is often applied at Taiyang (EX-HN5), Quchi (LI 11), Zusanli (ST 36), Neiguan (PC 6), Taichong (LR 3), Yongquan (KI 1) and Sanyinjiao (SP 6).

E. Horn scraping: Use a horn-shaped plate or the pointed part of a plate to contact the skin at a 45° angle to the body surface to scrape from up to down or from inside to outside. The movement should be flexible and not too strong to avoid damaging the skin. This method is often used at the joint areas of the four limbs, both sides of the spine, around the bony processes, and at shoulder acupoints such as Fengchi (GB 20), Neiguan (PC 6), Hegu (LI 4) and Zhongfu (LU 1).

F. Edge scraping: Do Guasha scraping with the edge of the longer side of the plate contacting the skin at a 45° angle to the body surface. This method is often adopted for the treatment of big areas, such as the abdomen, back and lower limbs.

4. PRECAUTIONS

1) Pay attention to the room temperature during the treatment. In winter avoid invasion of wind cold, and in summer never expose the patient directly to an electric fan or air-conditioner. The treated areas should always be kept suitably warm.

2) It is advisable for the patient not to eat cold or raw food immediately after Guasha scraping, and not to bathe within 30 minutes after treatment with the scraping marks still on the skin.

3) For the elderly with a weak constitution, children, and those over-sensitive to pain, never apply strong Guasha scraping.

4) The lateral side, thin or thick, of the plate can be used for Guasha scraping in the muscular areas, including the back, buttocks,

chest, abdomen and limbs. The pointed part of the plate should be used for the less-muscular areas and the places with ups-and-downs, such as around joints, at extremities, and on the head and face.

5) Guasha scraping from down to up for patients who have varicose veins or swelling of the lower limbs.

5. CONTRAINDICATIONS

1) Severe cardio-cerebral vascular diseases, liver and kidney functional insufficiency, whole-body dropsy, and extreme weakness or emaciation.

2) Diseases with a bleeding tendency, such as severe anemia, thrombocytopenic purpura, leukemia, hemophilia, etc.

3) Acute osteomyelitis, tuberculous arthritis, infectious skin diseases, burns, skin cancers, skin ulcers, and traumatic fracture.

4) Schizophrenia, convulsions, and severe neurosis.

5) Drunken, hungry, replete, thirsty or very tired patients.

6) The abdominal and lumbosacral regions of pregnant women.

7) The regions of the eyes, lips, tongue, meatus acusticus, nostrils, nipples, navel, external genitalia, anus and large blood vessels.

APPENDIX: THE NINE CLASSICAL NEEDLES AND THE NEEDLING METHODS LISTED IN *THE INTERNAL CLASSIC*

1. THE NINE CLASSICAL NEEDLES

The nine classical needles are those of different forms used in ancient times. In the first chapter of *Miraculous Pivot* it is stated that "Each