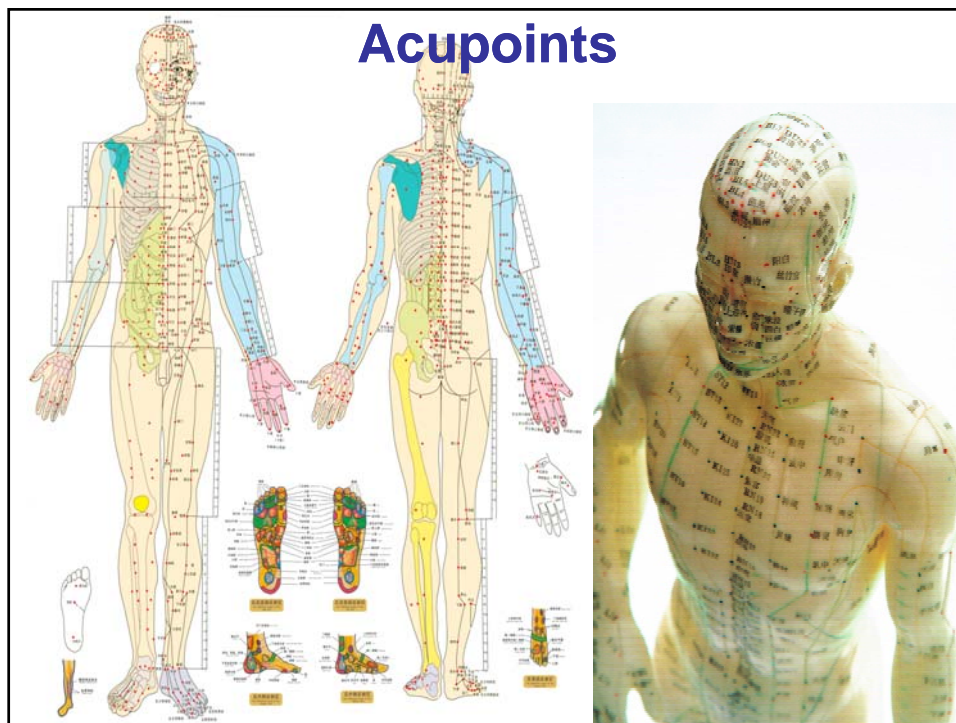
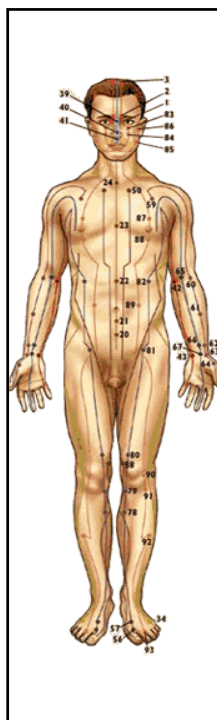


Acupoints, Guasha & Cupping

Topics

- Acupoints
- Vital Acupoints and Groups
- Guasha
- DIY Facial Guasha
- Cupping
- Hand-on Practices





Bladder (BL)	Large Intestine (LI)	Liver (LV)	Lung (LU)	Pericardium (PC)	Small Intestine (SI)	Spleen (SP)	Stomach (ST)	Triple Burner (TB)
1 BL1	51 LI4	65 LV2	69 LU1	67 PC3	75 SP3	77 SP8	83 ST2	93 TB4
2 BL2	52 LI10	66 LV3	70 LU5	68 PC4	76 SP4	78 SP9	84 ST3	94 TB5
3 BL7	53 LI11	67 LV4	71 LU6	69 PC6	77 SP6	79 SP10	85 ST6	95 TB6
4 BL10	54 LI15	68 LV8	72 LU7	70 PC7	78 SP7	80 SP12	86 ST7	96 TB9
5 BL13	55 LI20		73 LU9		79 SP8	81 SP16	87 ST8	97 TB15
6 BL23			74 LU10		80 SP9	82 SP18	88 ST18	98 TB21
7 BL25					81 SP10		89 ST25	
8 BL27					82 SP12		90 ST36	
9 BL28					83 SP14		91 ST40	
10 BL29					84 SP16		92 ST44	
11 BL30								
12 BL31								
13 BL32								
14 BL33								
15 BL34								
16 BL40								
17 BL47								
18 BL58								
19 BL60								
20 CV4								
21 CV6								
22 CV12								
23 CV17								
24 CV22								
25 GB2								
26 GB8								
27 GB14								
28 GB20								
29 GB21								
30 GB30								
31 GB34								
32 GB39								
33 GB40								
34 GB41								
35 GV4								
36 GV14								
37 GV16								
38 GV20								
39 GV24.5								
40 GV26								
41 GV28								
42 HE3								
43 HE7								
44 KI1								
45 KI2								
46 KI3								
47 KI5								
48 KI6								
49 KI7								
50 KI27								

There are over 300+ established acupuncture points. (many are double points i.e. found on both left and right sides of body). Acupuncture points are small areas of the body where there exists a vortex of energy which when **stimulated by needles, moxa, guasha, cupping or massage** have been found to affect the balance and flow of energy in the body. Each point possesses its own functions – the physiology of the point. Acupuncture points derive their functions from their location, from the channel they belong to, from any special grouping they are part of and from the clinical observations by generations of practitioners over thousands of years.

Acupoints Locator

Acupuncture.Com - Acupuncture Points Locations - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://www.acupuncture.com/education/points/index.htm

Acupuncture.Com - Acupunctur...

ACUPUNCTURE.COM

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Large Intestine Meridian

Stomach Meridian

Heart Meridian

Small Intestine Meridian

Urinary Bladder Meridian

Kidney Meridian

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Featured Products

Herbology Photo CD

A beautifully photographed collection of 360 traditional Chinese herbs

The Story of two Kingdoms

A metaphorical tale of the conflict between the kingdoms of light and darkness

Chinese Herbs

symptoms including nasal congestion, sneezing, wheezing, hoarseness, and watery eyes.

TCM Books

Crane Style Chi Kung

Developed by Dr. Dave, Crane Style

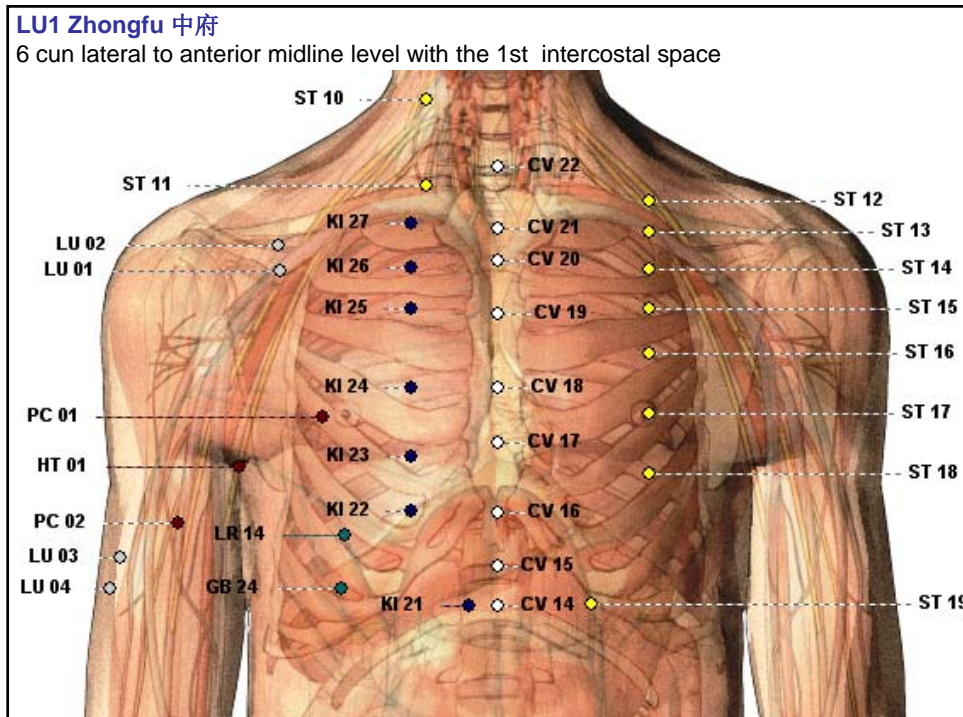
www.acupuncture.com/education/points

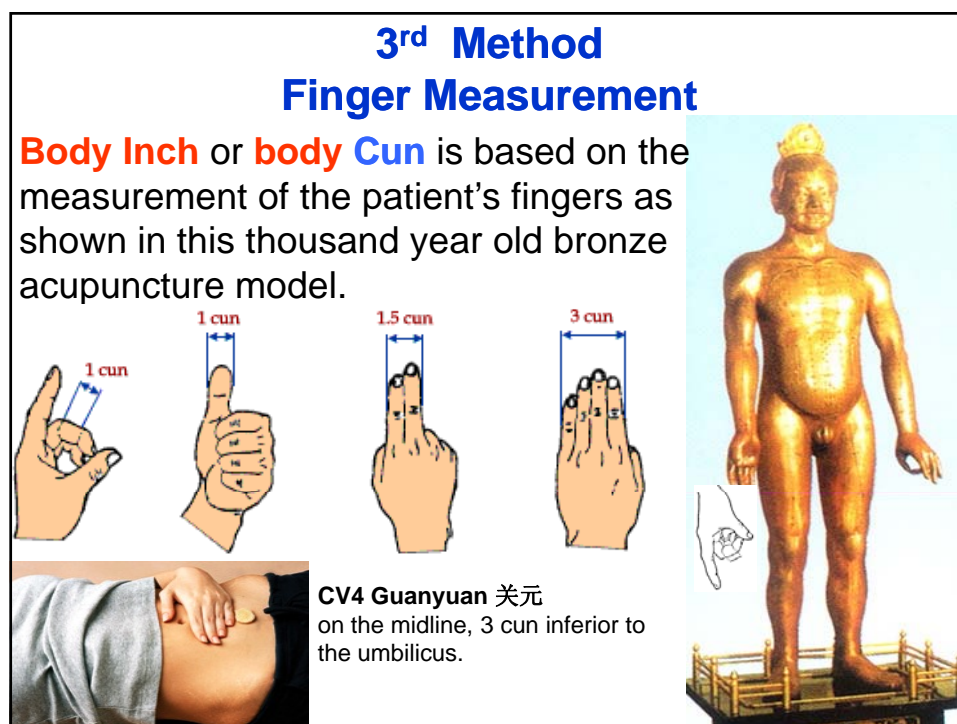
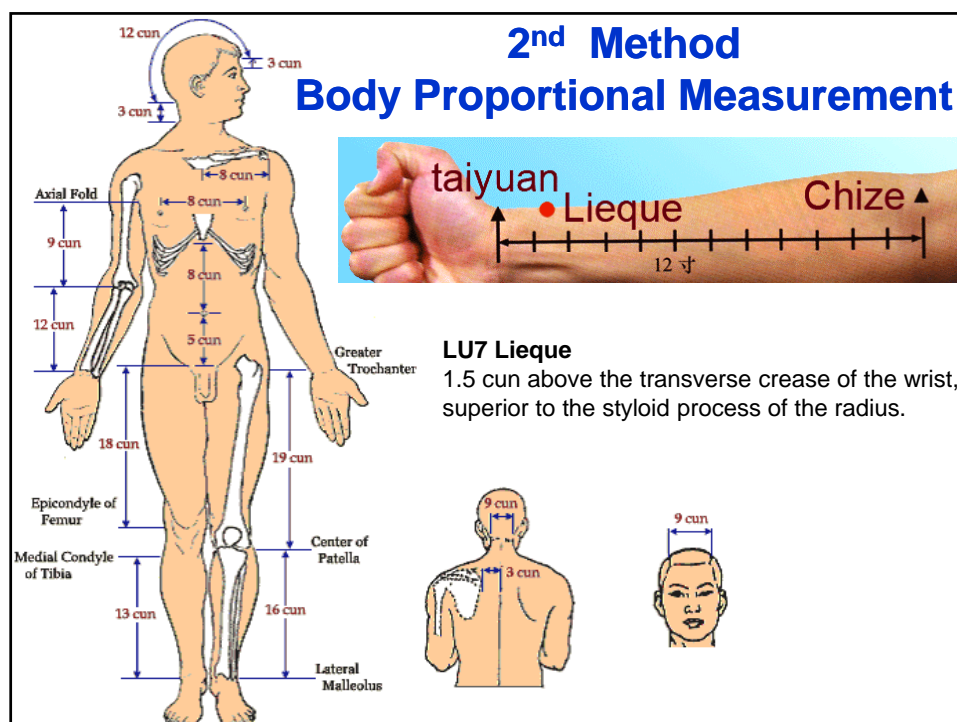
The Description of Meridians / Acupoint Locations

1st Method

The Language of Anatomy

- Special terminology is used to prevent misunderstanding
- Exact terms are used for:
 - Position
 - Direction
 - Regions
 - Structures





4th Method

Simple Convenient Location

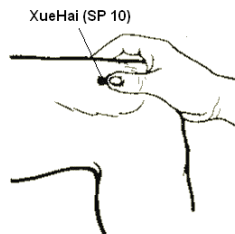
LU 7 LieQue 列缺

1.5 cun above the transverse crease of the wrist, superior to the styloid process of the radius.



SP 10 XueHai 血海

With the knee in flexion, 2 cun superior to the superior border of the patella, on the bulge of the medial portion of the quadriceps femoris muscle.



Vital Acupoints and Groups

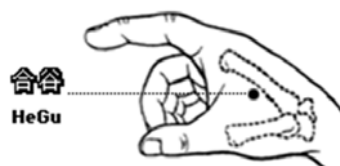
The “**4 Gateways (四关)**” Acupoints - 2 x **HeGu** & 2 x **TaiChong**
Simulating the above 4 acupoints is named as
“**OPEN THE 4 GATEWAYS**”(开四关)

The **Pain Killer** – **HeGu (LI 4)**

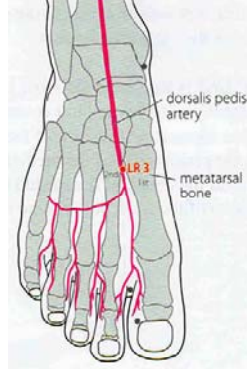
HeGu 合谷 (LI 4) : On the dorsum of the hand, on the radial side of the middle of the second metacarpal bone.

Separate the thumb and the index finger, place in coincident position the transverse crease of the inter-phalange joint of the thumb of the other hand, on the margin of the web between the thumb and index finger, then the point is where the tip of the thumb locates.

On left and right hands = 2 x hand gateways



The **Internal Wind Suppressor** – **TaiChong (LR 3)**



On left and right feet = 2 x foot gateways

TaiChong 太冲 (LR 3) : On the dorsum of the foot, in the depression proximal to the first metatarsal space.

Suitable for: **“Yang” (+ve) type of emergencies**

E.g. Stroke, Epilepsy, Brain Concussion, Hypertension, Headache with reddish face complexion, clamped muscles and bursting feelings.

Technique: Open the 4 gateways i.e. press and release in turn the 4 gateways in pulse form.

The **“Gateway to Internal Organs”** Acupoint - **NeiGuan (PC 6)** :



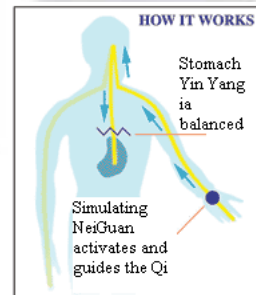
NeiGuan 内关 (PC 6): On the palmar aspect of the forearm, 2 cun superior to the transverse crease of the wrist, between the 2 tendons.

Suitable for:

Internal organ (especially heart and stomach) emergencies.

E.g. Heart attack, stomach pain, nausea and vomiting.

Stomach Problem



Mild nausea may be relieved by applying acupressure on the inside of your wrist

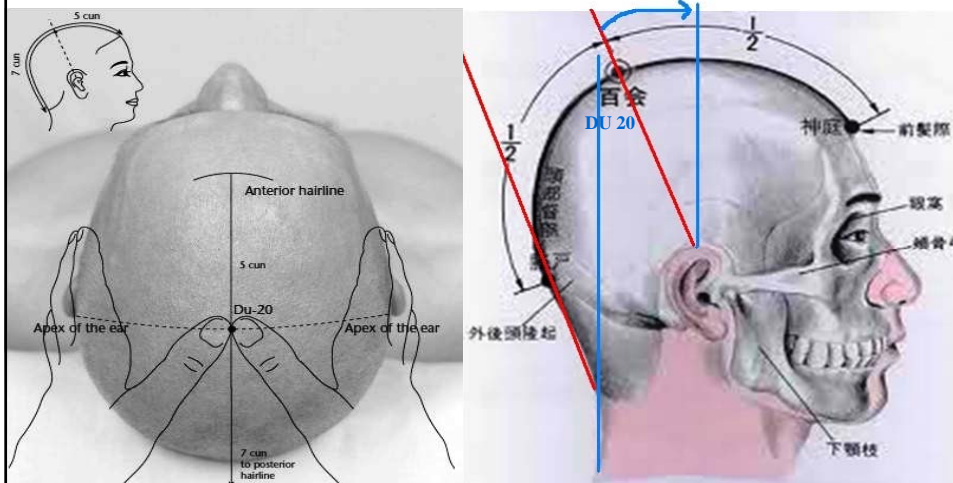
Technique: Press and release in pulse form.

Heart Problem



The “**5 Centres**” Acupoints 五心穴– (able to restore Qi to body centre) 1 x **BaiHui**, 2 x **YongQuan**, 2 x **LaoGong**

BaiHui 百会(DU 20): 5 cun directly above the midpoint of the anterior hairline. Tilt head forward, folding the auricle forward, locate the point on the midpoint of the line connecting the apexes of the two auricles.



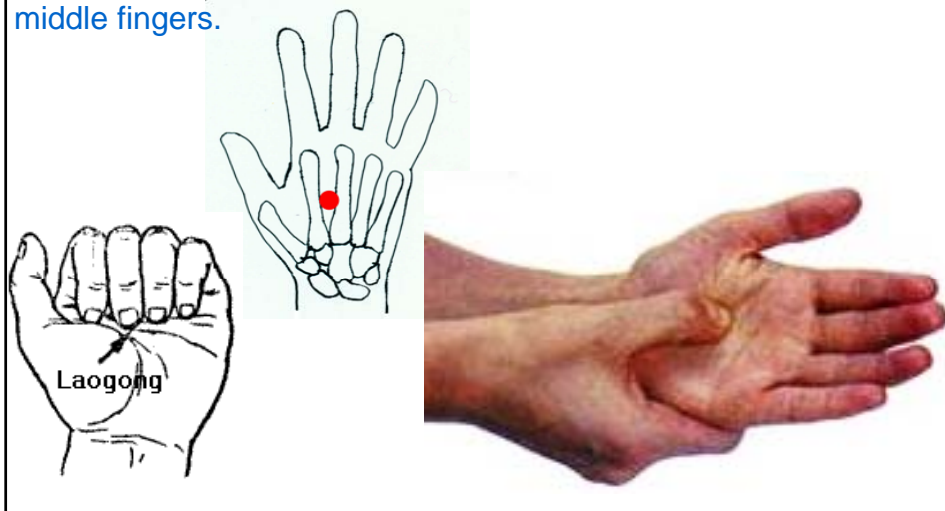
Centres of the sole = 2 x **YongQuan** (KI 1)

YongQuan涌泉(KI 1): At the junction of the anterior one-third and posterior two-third of the sole, between the 2nd and 3rd metatarsal bone. The length of the toes is not included. With the 5 toes in plantar flexion, the point is in the depression on the sole.



Centres of the palm = 2 x **LaoGong (PC 8)**

LaoGong 劳宫 (PC 8): On the palm, between the 2nd and 3rd metacarpal bones, inclined to the third metacarpal bone. When the fist is clenched, the point is just below the tip of the middle fingers.



Suitable for: **“Yin” (-ve) type of emergencies.**

E.g. Heat/cold exhaustion, shock emergencies.

Unconsciousness with pale complexion, purple-coloured lip with cold hands and feet.

Technique: Apply heat or rub palms until warm and massage the above points.



ST Forum

[Home](#) > [ST Forum](#) > Online Story

Dec 25, 2009

Why it's good to have a TCM unit in hospitals

WHILE waiting to see a physician at the Traditional Chinese Medicine (TCM) Centre at Kwong Wai Shiu Hospital, I saw a wheelchair-bound, elderly patient suddenly collapse and lose consciousness in his chair.

Amid the frenzy and anxiety of the nurses and patients at the centre, a TCM practitioner, Professor Guo, walked out from her consultation room and attended to the patient. After examining him, **she inserted a needle in the region of the central depression under the nose**. Within minutes, the patient regained consciousness and started talking.

I was told that the elderly patient was a stroke patient and had he not been revived in time, he would have died or had his brain damaged severely. It is my hope that further restructuring of public hospitals could take into account incorporating a TCM unit managed by the hospital itself.

Raymond Lo

The “**Adrenalin**” – **RenZhong** or **ShuiGou** and **BiGe**

RenZhong人中 or **ShuiGou**水沟 (DU 26): At the junction of the upper one-third and the lower two thirds of the philtrum (the longitudinal groove between the nose and the upper lip).

BiGe鼻膈: The point at the junction of the nose and upper end of the philtrum.

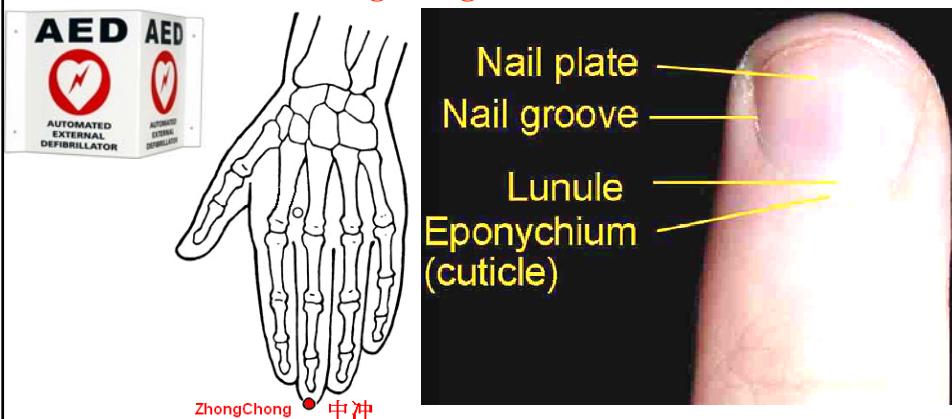


Suitable for: Unconsciousness, heart stoppage emergencies.
E.g. Unconsciousness due to unknown reason, heart attack.



Technique: Use edge of thumb nail to press **RenZhong** and thrust upwards to pinch **BiGe**.

The “Defibrillator” – ZhongChong



ZhongChong中冲(PC 1): In the centre of the tip of the middle finger.

Suitable for: Heart stoppage resuscitation, stroke with red face.

Technique:

Heart stoppage case: Use thumb nail and index finger to form a “pliers”; place edge of your thumb nail at casualty’s **LEFT** middle finger nail plate (roughly at top 1/3 of nail plate), then press firm and hard.

A sharp pain in the form of shock wave will be transmitted to the heart with defibrillating effect.

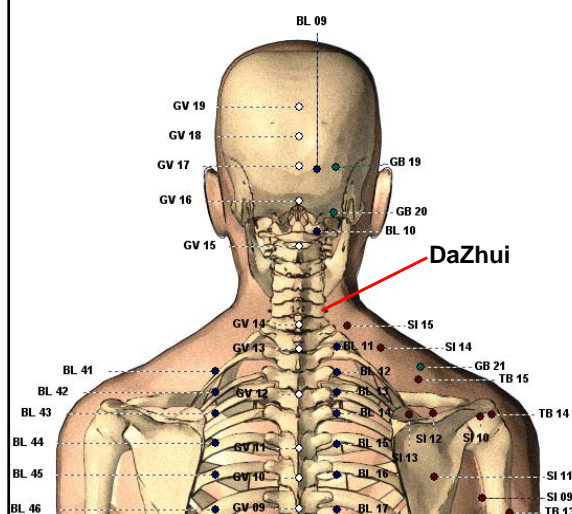
Stroke case: Do not move casualty, induce bleeding at all ten finger tips (十宣**Shixuan** (EX-UE 11)放血急救法).



Shixuan
十宣
(EX-UE 11)
On the tips of the ten fingers, 0.1 cun distal to the nails. Both hands altogether have ten points.

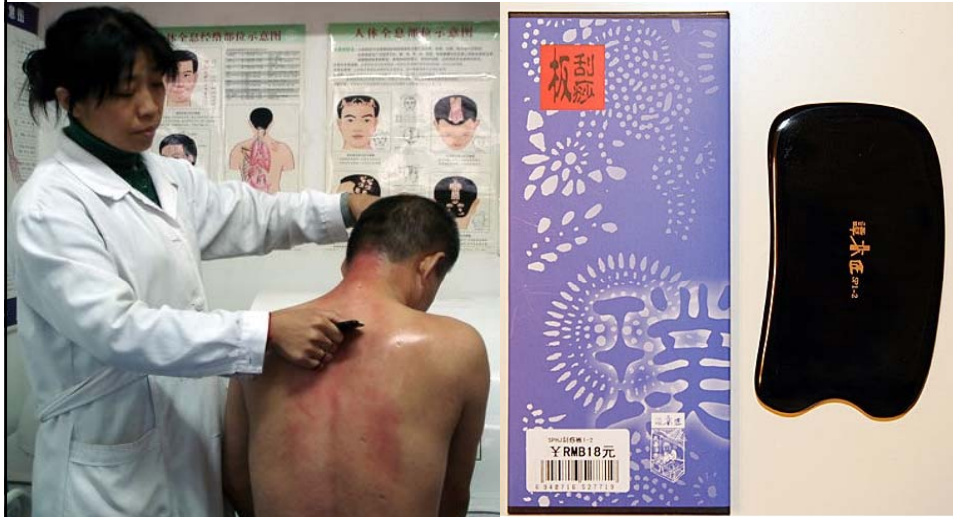


The Heat Dissipater – **DaZhui**
DaZhui大椎(DU 14): In the depression below the spinous process of the 7th cervical vertebra.



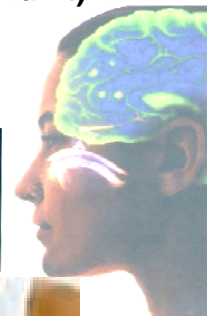
Suitable for: Fever, heat stroke.

Technique: Apply some lubricating lotion (if not readily available, use cold water instead) around the **DaZhui** area; scrape the area with a special buffalo horn plate or a porcelain spoon in a one directional downward / outward motion (i.e. QuaSha).



Those with fainting symptoms (feel like going to faint):

1. Inhale medicated oil. Most effective by inhaling through one nostril while blocking the other.
2. Massage the **TaiYang** points with medicated oil.



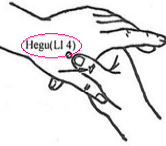
TaiYang太陽(EX-HN5): In the depression 1 cun posterior to the mid point between the lateral end of the eyebrow and the outer canthus.

FIVE distal acupoints **NOT** to be pressed during pregnancy (other than those acupoints around the womb)

LARGE INTESTINE 4

Chinese Name: Hegu (English translation: Joining Valley)

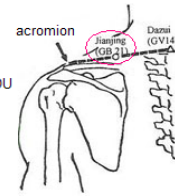
Location: On the dorsum of the hand, between the 1st and 2nd metacarpal bones, in the middle of the 2nd metacarpal bone on the radial side.



GALL BLADDER 21

Chinese Name: Jianjing (English translation: Shoulder Well)

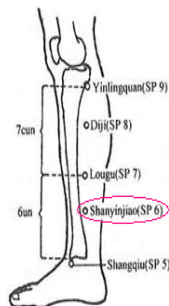
Location: On the shoulder, directly above the nipple, at the midpoint of the line connecting DU 14 and the acromion.



SPLEEN 6

Chinese Name: Sanyinjiao (English translation: Three Yin Intersection)

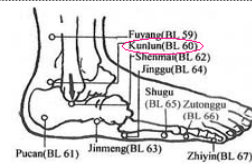
Location: On the medial aspect of the lower leg, 3 cun above the medial malleolus, on the posterior border of the medial aspect of the tibia.



URINARY BLADDER 60

Chinese Name: Kunlun (English translation: Kunlun Mountains)

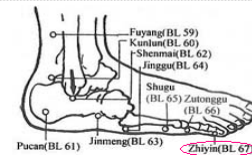
Location: On the foot, behind the external malleolus, in the depression between the tip of the external malleolus and tendo calcaneus.



URINARY BLADDER 67

Chinese Name: Zhiyin (English translation: Reaching Yin)

Location: On the lateral side of the end of the small toe, .1 cun from the corner of the nail.



Guasha – Fundamentals and Techniques



What is Guasha and how it works?

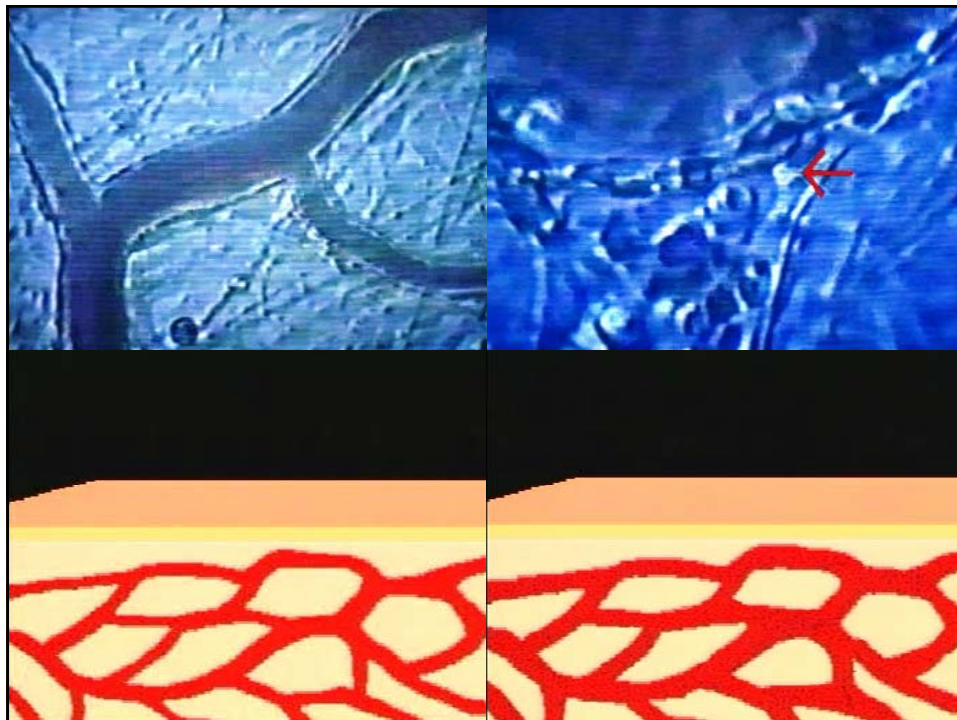
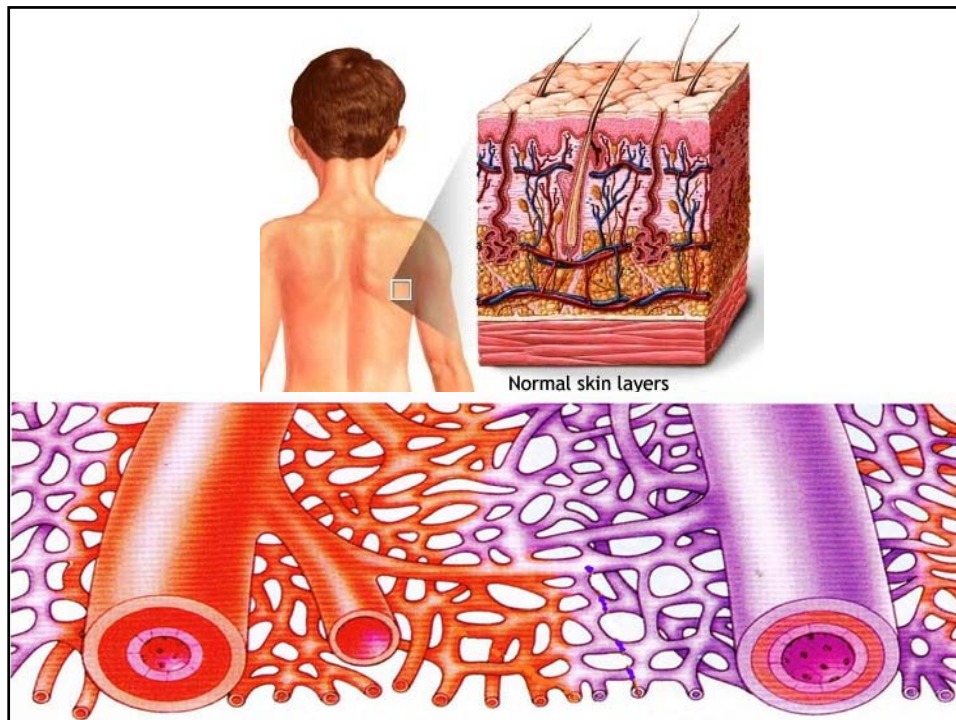
Guasha (刮痧 means **Scrape刮** and **Red Patches痧**) is a healing technique that involves palpation and cutaneous stimulation where the skin is pressured, in strokes, by a round-edged instrument; that results in the appearance of small red petechiae called 'sha', that will fade in 2 to 3 days.

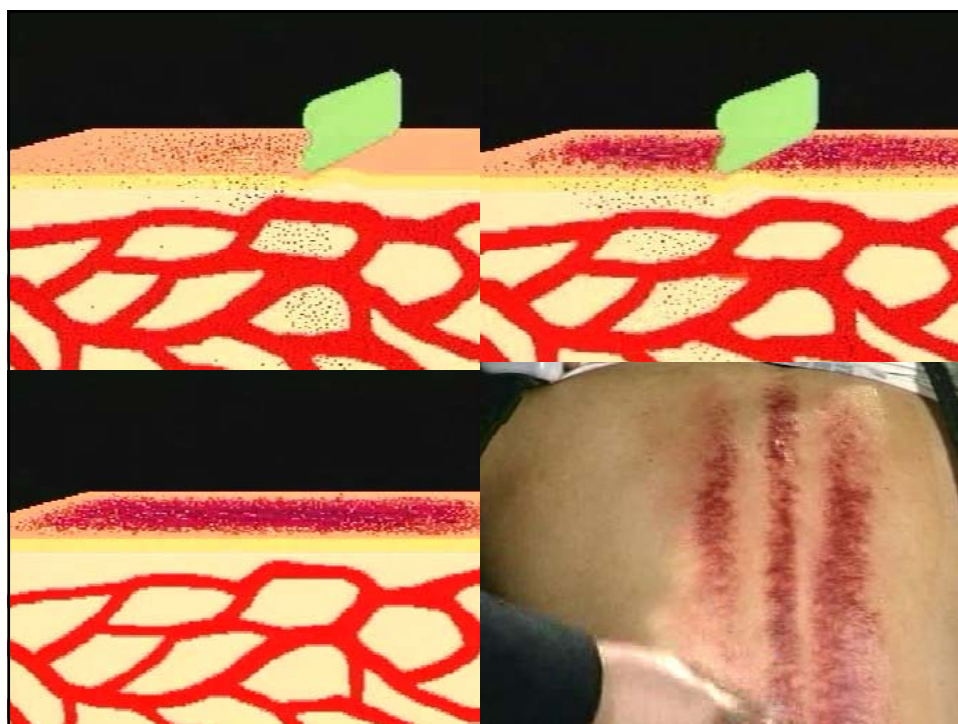
Raising Sha removes blood stagnation considered pathogenic, promoting normal circulation and metabolic processes. The patient experiences immediate relief from pain, stiffness, fever, chill, cough, nausea, and so on. Guasha is valuable in the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many other acute or chronic disorders.



Guasha Principle (Western View)







第一部分
全息经络刮痧
的治病原理

Guasha Tools

Ancient coin, porcelain spoon, comb made by animal horn and special made Guasha board. They must have smooth edges.



Modern guasha boards come in all sort of shapes, sizes and material (most of them from water buffalo horn).

A good Guasha board should be:

1. Of the right size, not too big thus easy to keep and not too small as it would be difficult to handle.
2. With broad edge on one side and sharp edge on the other.
3. With 2 horn-shaped corners for pressing acupoints.

There is also a 3-in-1 tool which can be used for Acupressure, Guasha and Tuina.



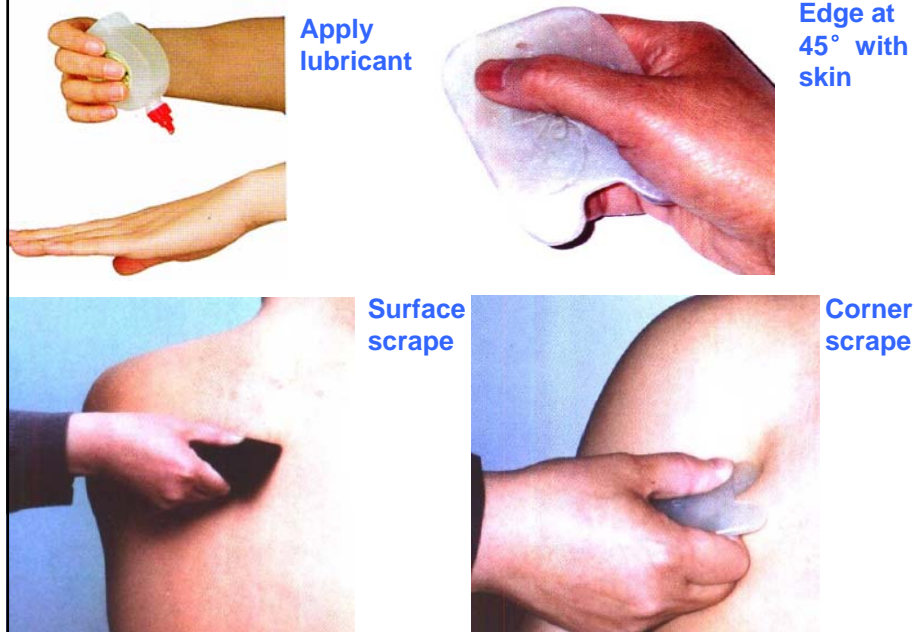
Guasha Lubricant

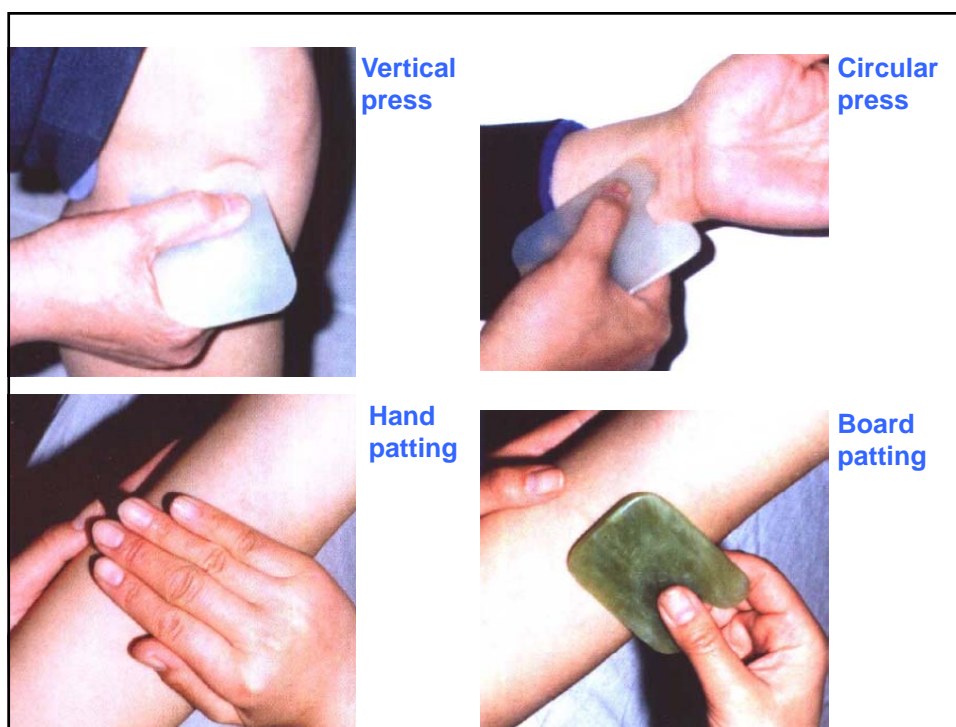
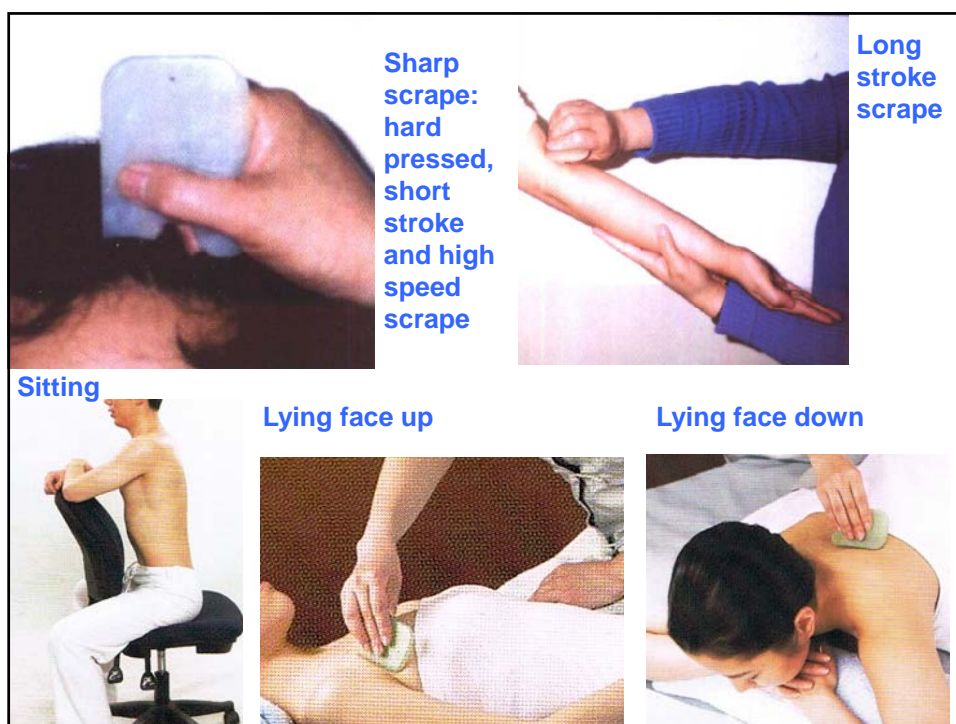
The area to be Guashaed is usually lubricated. There are purpose made Guasha oils available. But any lubricating fluid, as long as not harmful to the skin, would do. Traditionally peanut oil was used. Below are some suitable samples.

For sensitive skin, apply a bit and try on a tiny area first before going on a full scale Guasha



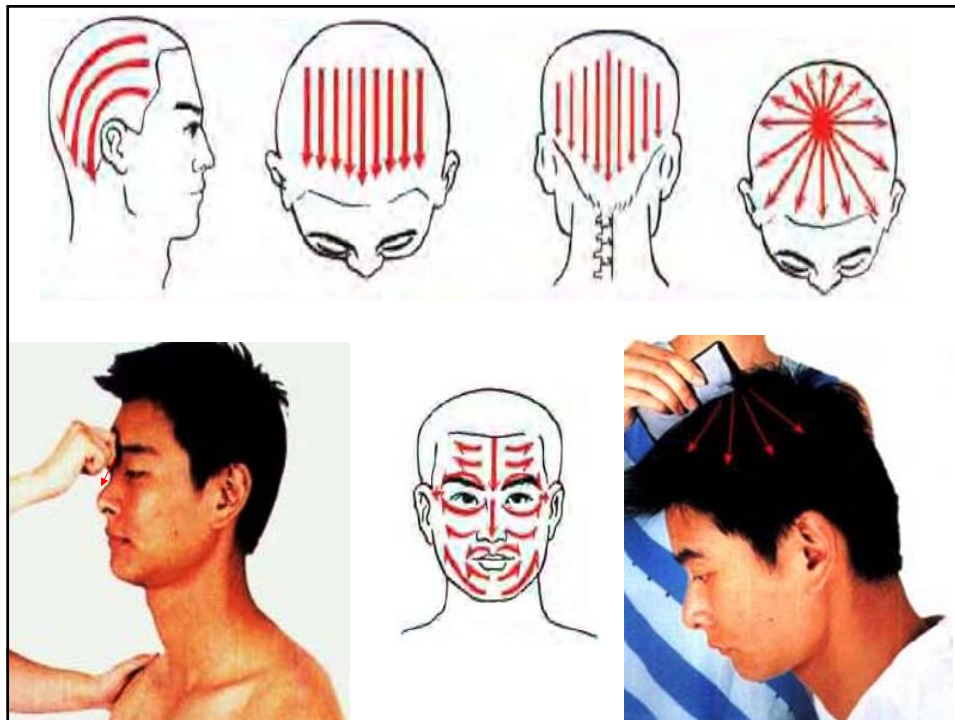
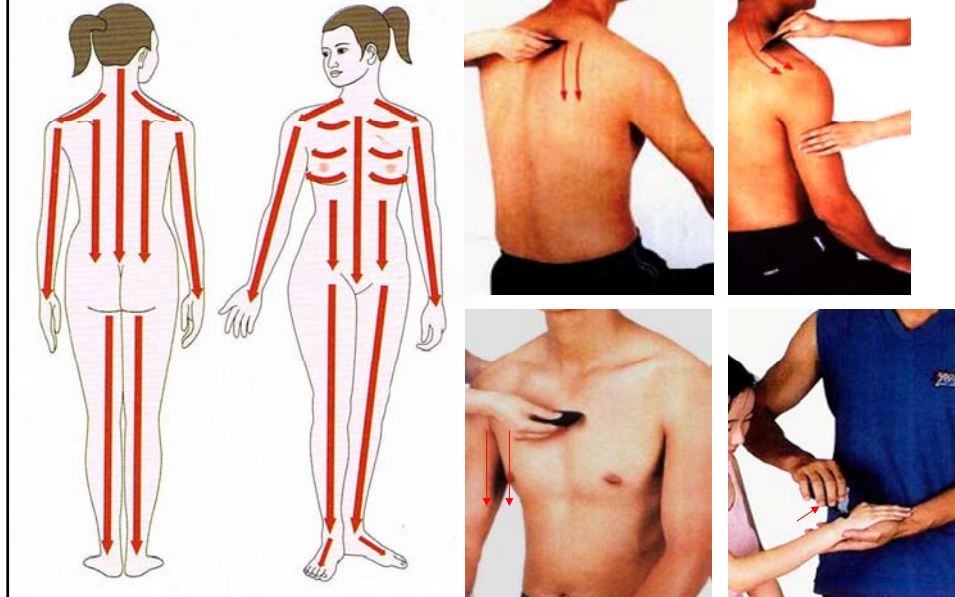
Guasha Procedures & Body Positions



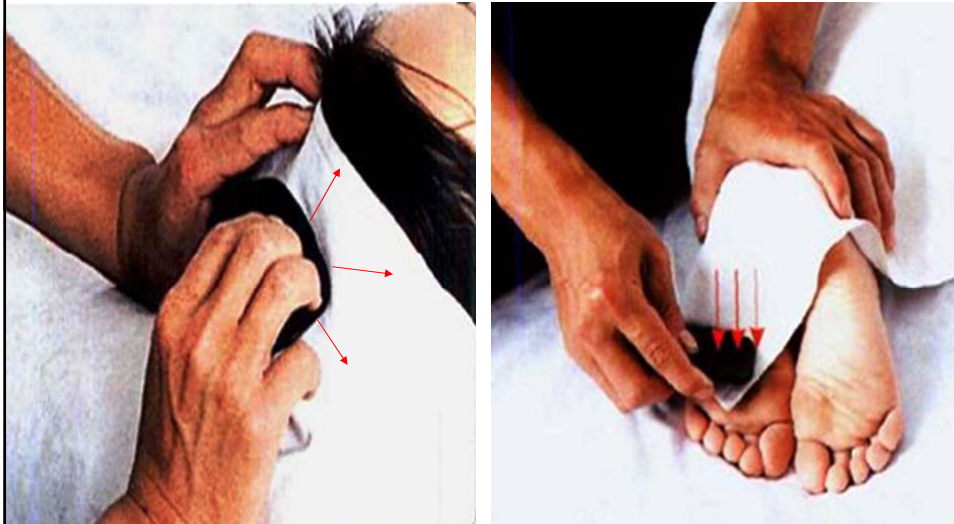


Scrap Direction

Always go downward or outward. Never to and fro.



For the purpose of maintaining your health, Guasha can be done even when you are perfectly well. In this case, you can do it on the relevant acupoints or meridians with your skin covered by a towel or clothing.



Appearances of “Sha”

Different degrees of channel blockage can be diagnosed by the appearances of “sha” after Guasha.



Light

Medium

Severe

Severe with lumps

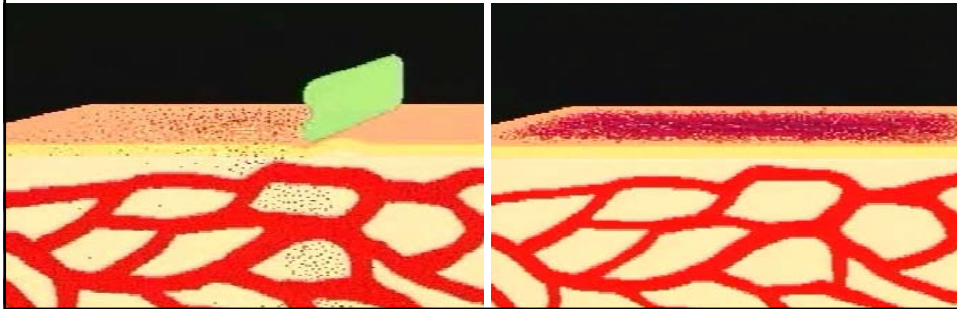
Bright Red → Acute / Due to internal or external HEAT evils.

Dull Red / Purple → Chronic / Due to internal or external COLD evils / Blood clot .

Lump → “Qi” or Blood stagnation.

Guasha Methods

1. Traditional Method 传统刮痧法
2. Acupoint / Meridian Method 穴位 / 经络刮痧法
3. Holographic Method 全息刮痧法
4. Tendon Manipulation (Tuina) Method 推筋刮痧法
5. Shock Wave Method 冲击拍痧法
6. Run Cupping Method 走罐刮痧法

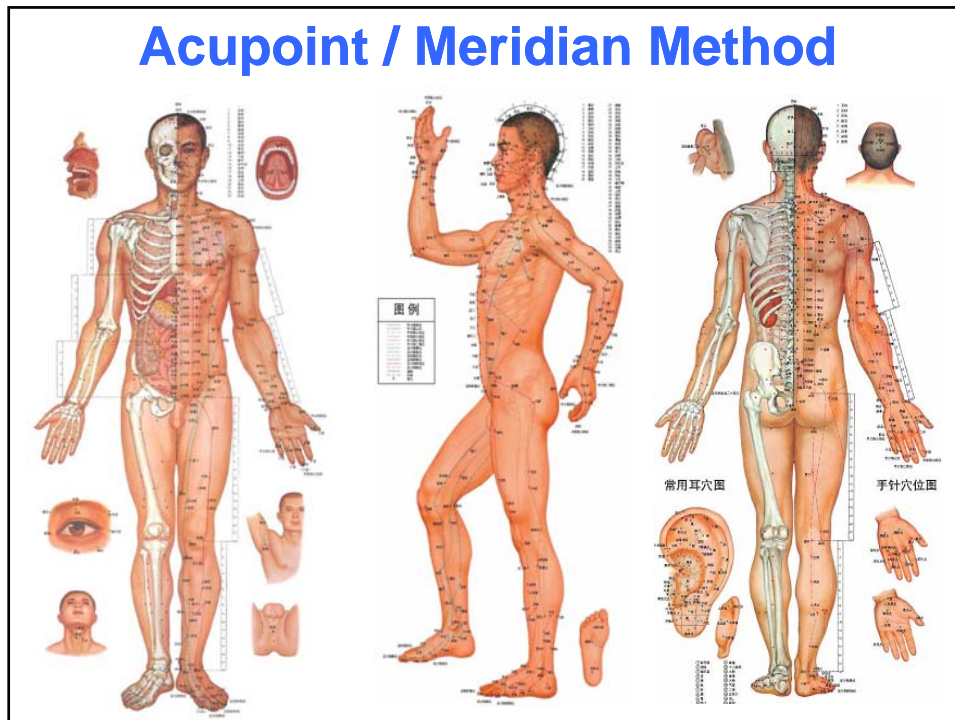


Traditional Method

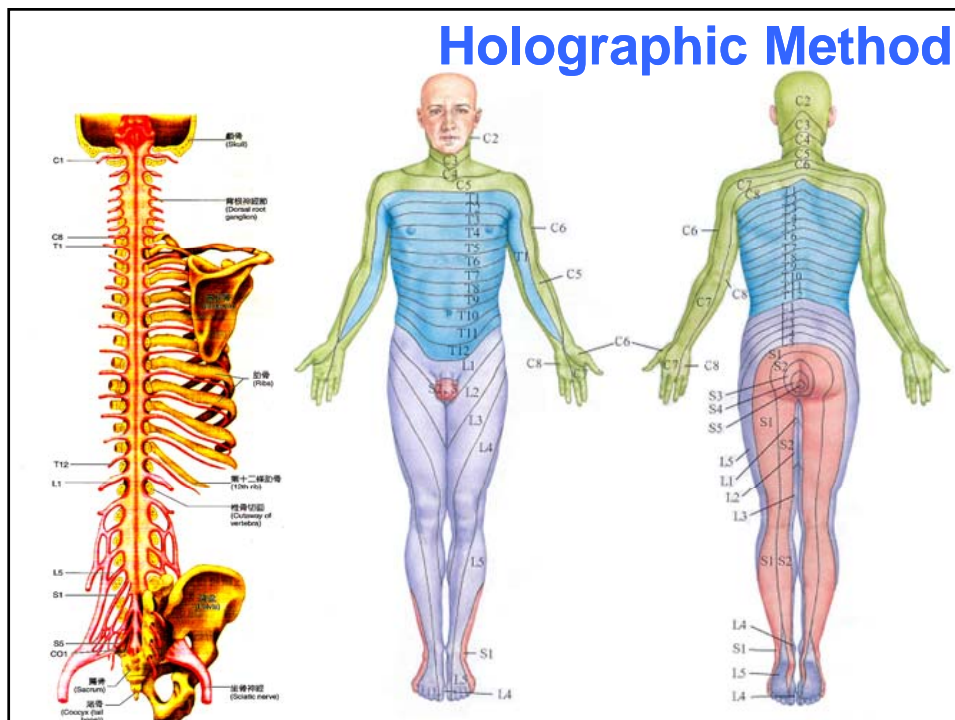
- Where pain, where scrap.
- Where feel uneven, where scrap.
- Mainly for soft tissue problems.
- “Secret recipes” to deal with internal sicknesses.



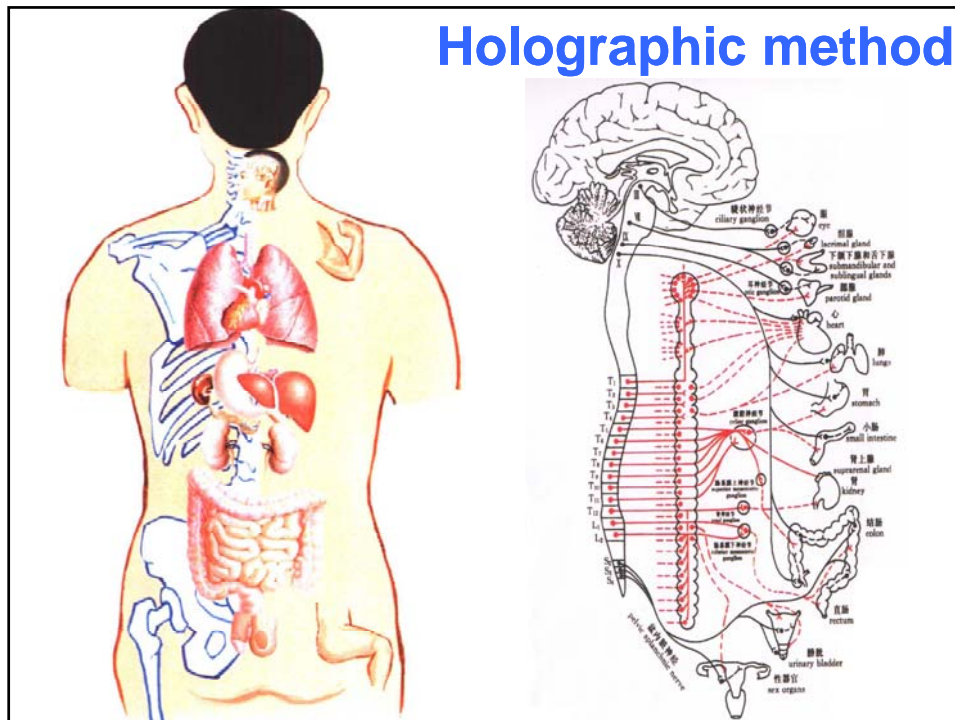
Acupoint / Meridian Method



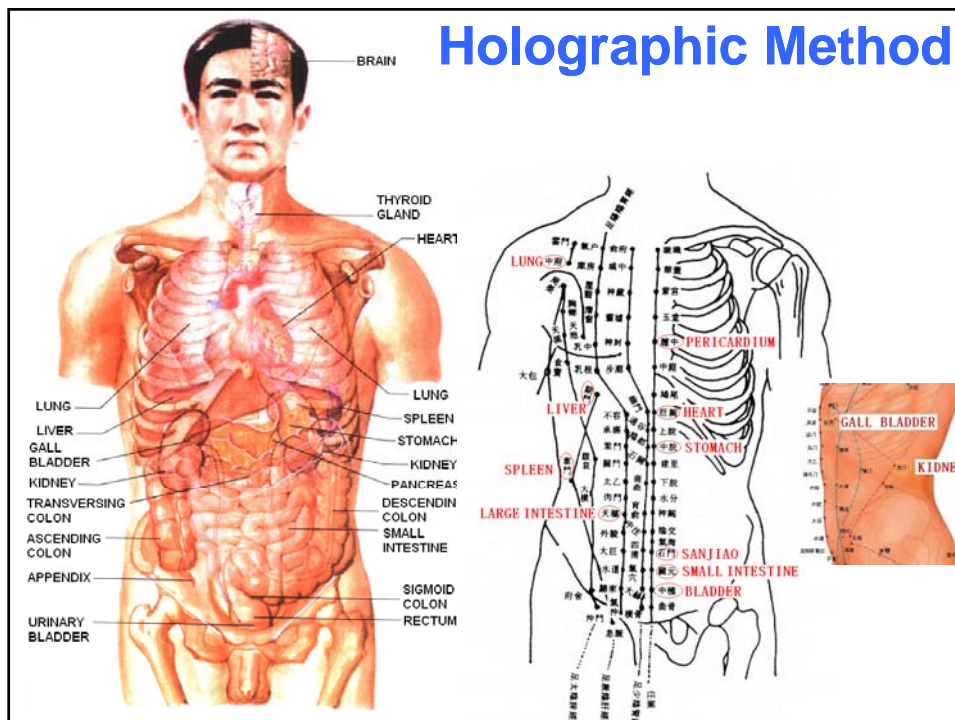
Holographic Method



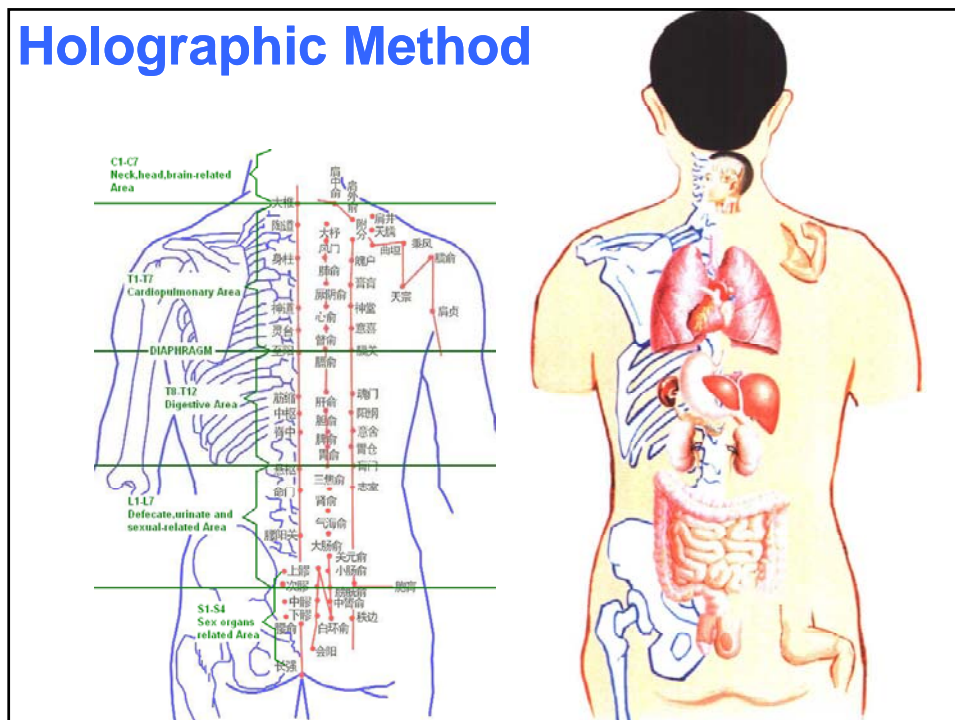
Holographic method



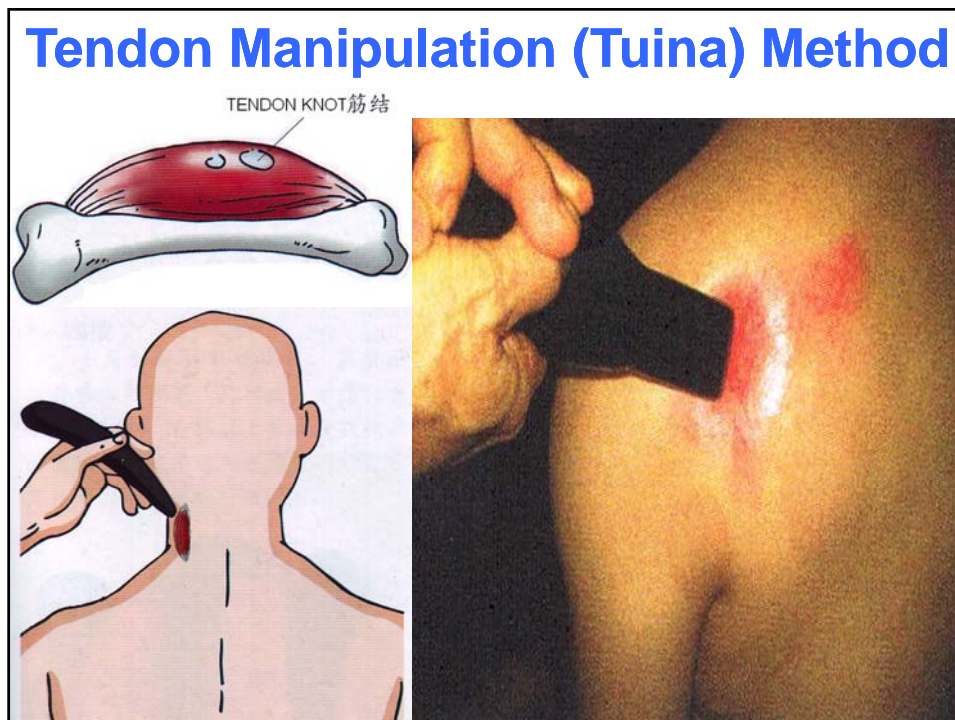
Holographic Method



Holographic Method



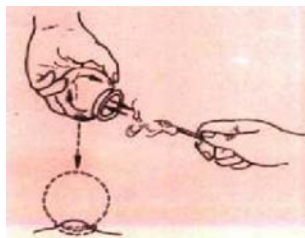
Tendon Manipulation (Tuina) Method



Shock Wave Method

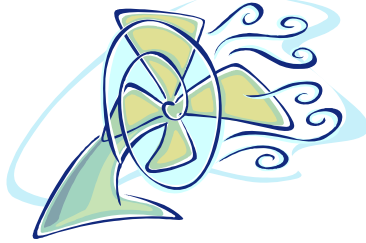


Run Cupping Method



Points for Attention

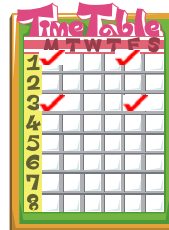
1. Avoid wind and keep warm during Guasha.



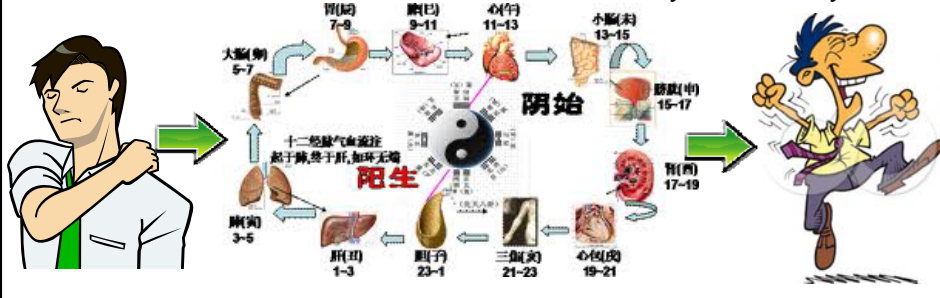
2. After Guasha, wait for at least two hours before taking a **cold** bath.



3. Have a 3 to 4 days interval between Guasha sessions.



4. Due to the surfacing of sickness elements to the skin surface, one may feel some degree of aching after Guasha. This is a form of **detoxification reaction** which will fade away after a day or two.



5. On normally exposed body surfaces, especially on the face, one must take caution when performing Guasha so to avoid the appearance of unsightly red patches on the skin.



6. Do not perform heavy pressure and high speed Guasha on unwell skins such as those with inflammation, skin diseases and on lower limbs of diabetes patients.



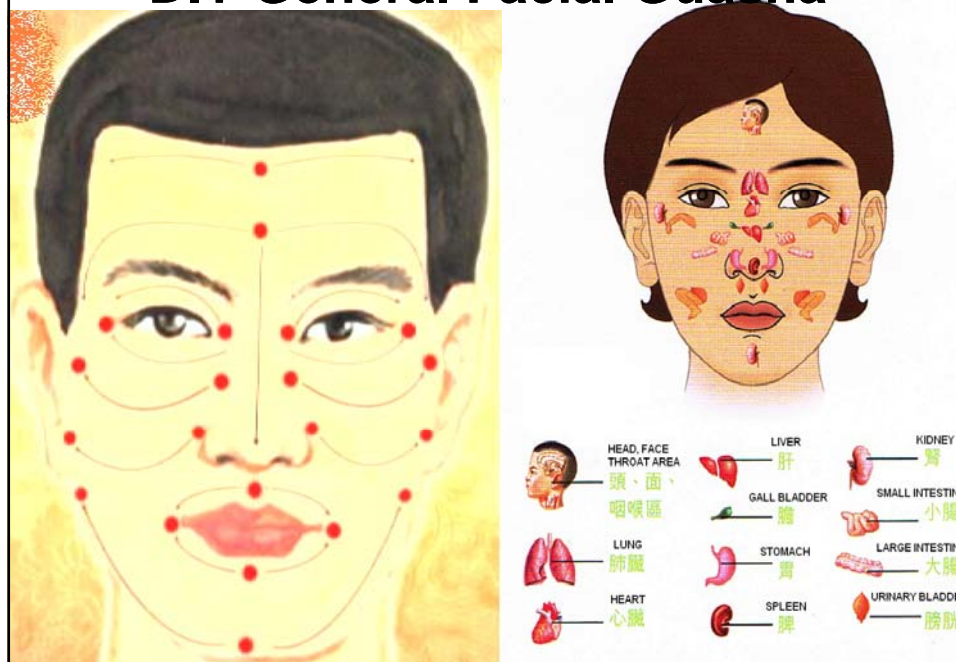
7. Drink warm water after Guasha to replenish fluid loss and promote metabolism.

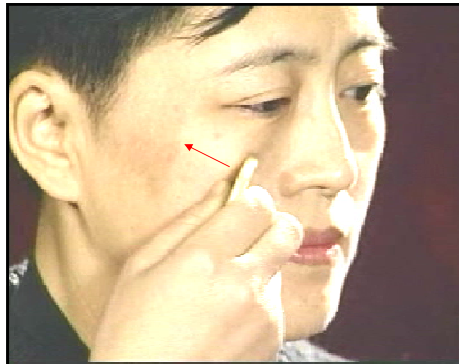


8. Guasha dizziness may occur. In such case, stop the therapy immediately. Lay patient down to rest awhile. Administrate TCM revival procedures by Tuina or Acupressue if necessary.



DIY General Facial Guasha

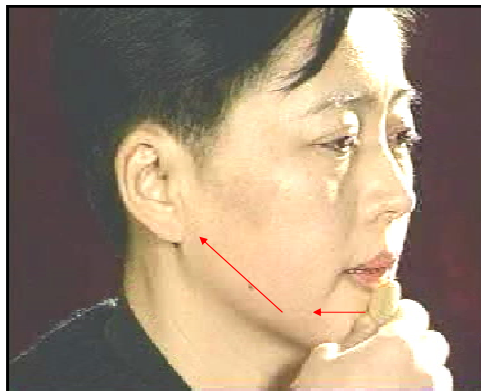




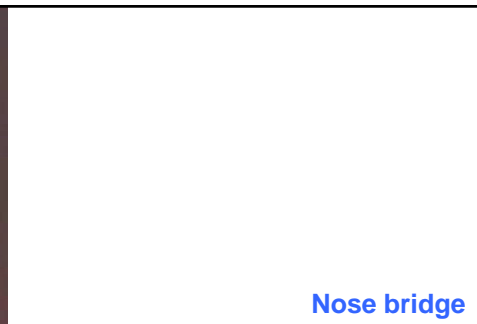
Cheekbone



Upper lip



Lower lip & jaw



Nose bridge



CUPPING 拔罐



Cupping

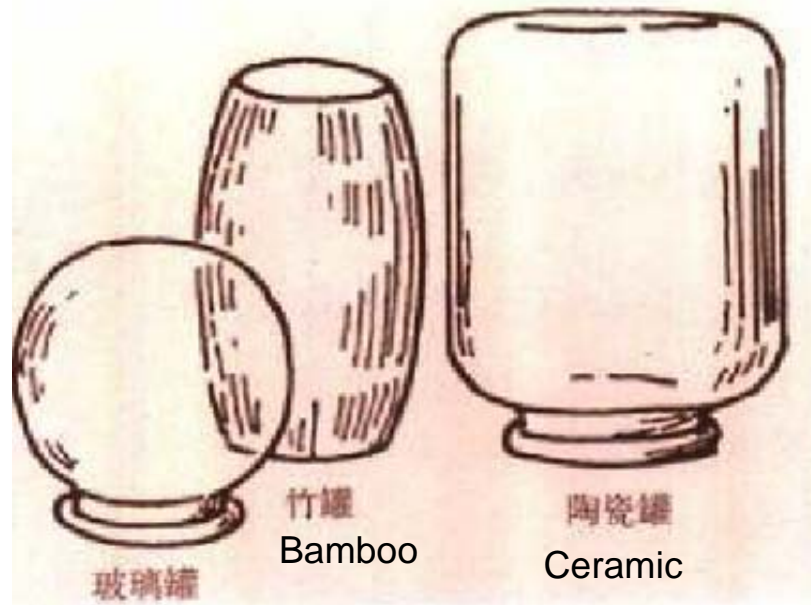
Conception

Cupping is also known as horning in the ancient times. It is performed by burning or pumping air to enable the cup to be attracted over the diseased region or the acupoint to treat certain disease.

Cupping can produce local congestion or mild blood stasis to invigorate the circulation of blood and qi and to dredge the meridians, thus stopping pain, eliminating swelling and stagnation, expelling cold and wind, and clearing away heat and toxic materials. It is widely used to treat internal, surgical, gynecological, infantile, cutaneous diseases and diseases of the five orifices.

Cupping is characterized by painlessness, safety and wide application.

In recent years, cupping is used in combination with electricity, magnetism, light and drugs, further increasing its range of application and efficacy.



玻璃罐

Glass

竹罐

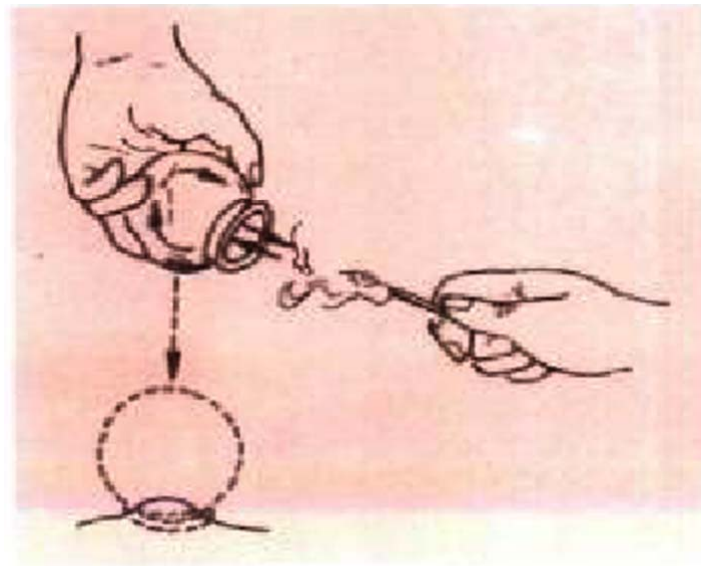
Bamboo

陶瓷罐

Ceramic

常用火罐图

Traditional Cupping Tools

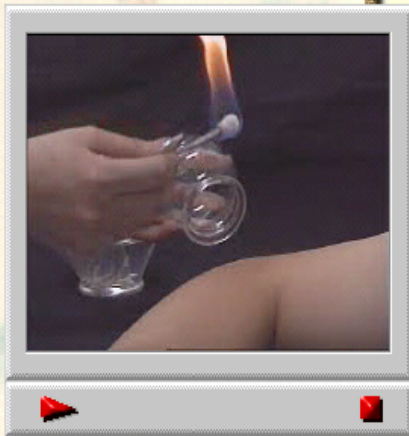


闪火法

Swirling Fire Method

Cupping

Performing methods



Swirling the fire

Performance: The cotton ball soaked in alcohol or the folded paper is held by a tweezers and lit up. The burning cotton ball or paper is swirled inside the cup for 1-2 times and withdrawn quickly. Immediately the cup is pressed on the selected region.

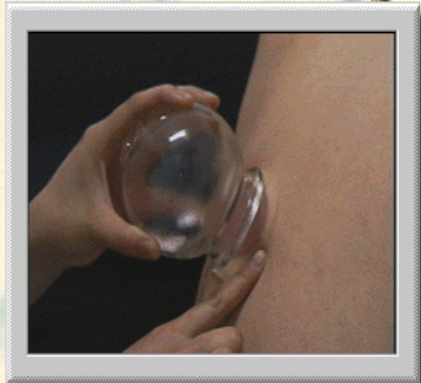
Explanation: This method is safe and is not restricted by any position.

Cautions: Cares should be taken not to heat the mouth of the cup when the fire is swirling inside the cup.



Cupping

Performing methods



Removal of the cup

Also known as taking off the up.

Performance: One hand holds the cup and the other hand presses the skin around the cup mouth. Or lift up the piston valve to let the air slowly get into the cup.

Explanation: It is forbidden to take off the cup roughly lest the skin may be damaged. If the removal of the cup is too quick, the rapid reduction of negative pressure will result in pain.

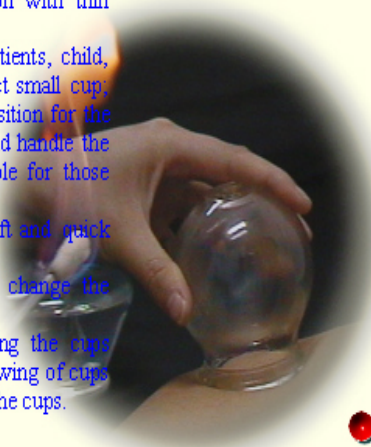


Cupping

Cautions

Manipulative requirements

1. Generally, the areas where the muscle and subcutaneous tissues are abundant, free from hairs are selected. It will cause blister applying too strong attraction on the region with thin muscle or retaining the cups too long.
2. For the initial receiver, weak, nervous, old patients, child, and patients easy to have unexpected reaction, select small cup, apply attractions as little as possible; select lying position for the patients and take care of them so as to discover and handle the accidents in time. Cupping methods is not advisable for those who are not cooperative.
3. Applying cups should have stable, exact, soft and quick skills.
4. The patients should be informed that don't change the posture lest the cups drop.
5. If there are many cups, the distance among the cups shouldn't be too close lest the pain caused by the drawing of cups or the dropping of cups caused by the crush among the cups.

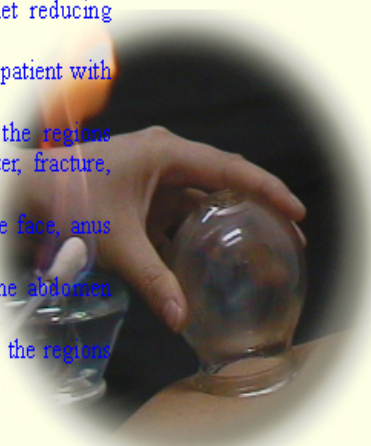


Cupping

Cautions

Contraindication

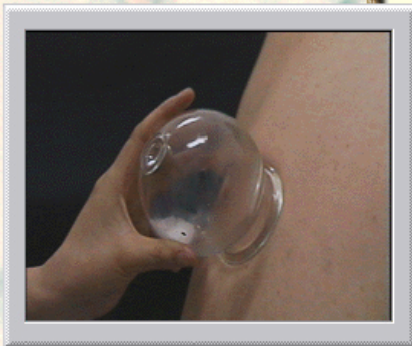
1. It is not advisable to apply cupping to the patient with bleeding disease, such as haemophilia, platelet reducing purpura and leukaemia.
2. It is not advisable to apply cupping to the patient with severe edema.
3. It is not advisable to apply cupping on the regions where the skin is allergic, broken, or has fester, fracture, crooked vein, cancer, or has lost the elasticity.
4. It is not advisable to apply cupping on the face, anus and heart-beating area.
5. It is not advisable to apply cupping on the abdomen and lumbosacral region of the pregnant women.
6. It is not advisable to apply cupping on the the regions with large vessels, surface artery and scar.



Beware of Skin Burn!

Cupping

Performing methods



Cotton-sealing method

Performance: Cotton of 2cm in length soaked in 75%-95% alcohol is sealed on the wall inside the cup. When the cotton is lit up, the cup is immediately pressed on the selected region.

Explanation: This way of cupping is applicable to the side position. Cares should be taken not to soak the cotton with too much alcohol lest the skin may be burned.





VACUUM CUPPING BASICS 拔罐基本法



1. PULL UP VALVE



2. INSERT PUMP



3. PLACE ON ACUPOINT

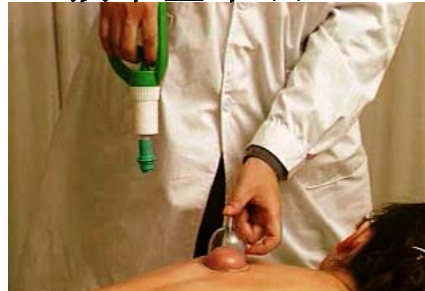


4. PUMP TILL SKIN RAISED

CUPPING BASICS 拔罐基本法



5. HOLD CUP PULL OUT PUMP



6. PRESS TO LOCK VALVE



7. TO REMOVE PULL UP VALVE



8. LIFT CUP AWAY

FLASH CUPPING 闪罐



1.
HOLD CUP AND PUMP
TILL SKIN IS RAISED



2.
HOLD CUP, WITH PUMP
SLIGHTLY TILTED AND WITH
A SNAP MOTION
LIFT UP BOTH VERTICALLY.
A POP SOUND CONFIRMS
SUCCESS

STAY CUPPING 留罐



1.
HOLD CUP AND PUMP
TILL SKIN IS RAISED

2.
JUST LEAVE CUP FOR A FEW
MINUTES OR MANIPULATE THE
STAYING CUP E.G. TWIST /
TURN / SHAKE / PULL TO
PROVIDE STRONGER
SIMULATION TO THE ACUPOINT

RUN CUPPING 走罐



1.
APPLY LUBRICANT ON
TREATMENT
SURFACE

2.
SPREAD IT EVENLY

RUN CUPPING 走罐



3.
HOLD CUP AND PUMP
TILL SKIN IS RAISED



4.
REMOVE PUMP, HOLD CUP
AND SLIDE IT UP AND
DOWN OR LEFT AND RIGHT
ALONG THE TREATMENT
AREA

