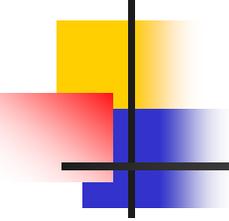


Cupping Method

Instructor: Yuxia Qiu



Introduction:

- Cup / jar
- Negative pressure (+ heat)
- Local congestion

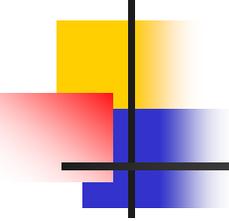
Originally used animal horn - old method was called "Horn method" - and was used to remove infection and pus.

Later abt 1000bc = bamboo cups.

Used in Europe also in much the same way.

Cup/heat generates negative pressure. Air feels warm in the local area this way.

Air method generates the pressure without the heat. The important thing is the neg pressure.

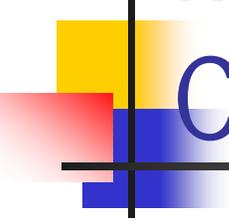


Types of cups / jars

- Glass cup
- Air pump cup Usually plastic.
- Bamboo cup
- Porcelain cup

Actions of cupping and applications

- Moving Qi and blood, stopping pain
- Expelling wind and cold
- Dissipating swelling and clump, clearing heat and removing toxin (with bleeding)
- Regulating Qi and blood, stimulating points
- low back pain, stiff neck, shoulder pain, stomachache, abdominal pain, dysmenorrhea, sprain, etc
- Bi syndrome due to wind-cold-dampness (arthritis), common cold, cough, asthma
- Sore/carbuncle, swelling, acne
- Sunstroke,
- Poisonous snake bite
- Other diseases of various systems



Manipulations: Cup-placing method

- Fire-twinkling method

Fire twinkling most common method. Fire throwing method and cotton attaching method very similar. On side of body or when pt sitting upright put fire inside cup then place cup on point. Fire actually stays in side the cup, air burns out, cup sucks to the body. Much stronger than the fire twinkling. With cotton attaching, attach cotton into cup, light, place cup on pt. Both fire throwing and cotton attaching are very hot. thus not so common!

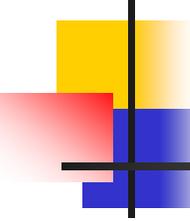
- Fire-throwing method

- Mainly on lateral side of the body

- Cotton-attaching method

- Mainly on lateral side of the body

- Air pumping method



Manipulations: Cup-manipulating method

- Single cupping

- On acupoints or ashi points
- For disorders involve smaller area

If pt has pain in a certain point, use single cupping, leave it on for a little. Can be repeated. W/H invasion, i.e., single cup Du-14 to expel.

- Multiple cupping

- For disorders involve bigger area

For whole channel, for large areas, to regulate several organ functions.

Glass and plastic cups - can see the skin color change easily. If you leave a cup in place too long can cause blistering. boo. When skin is red/purple time to remove, but then again, sometimes doesn't change color much - never leave on more than 20 min regardless.

Flashing cupping=cup on point, immediately release, repeat. Approp for older ppl, very tight places where the cup won't stay on, numbness of skin and deficiency - fire warms the area.

NOTE: cup gets HOT! You feel it on the round part, but it's even hotter on rim. Beware of burning patient. If it gets too hot, change cups.

Sliding cupping = on back or thigh. Similar to massage/gua sha. Used more for pain, shoulder tightness/pain, back pain, sciatica pain, wind/cold invasion w/cold and/or cough in upper back area.

■ Retaining cupping

- 5-15 minutes until skin is reddish-purple.
- Less time for big cup with strong suction 

■ Flashing cupping

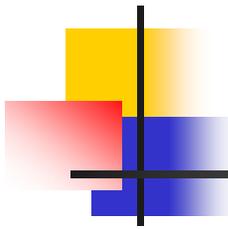
- For areas that skin is loose with difficulty of suction
- For Local skin numbness and deficiency, hypofunction

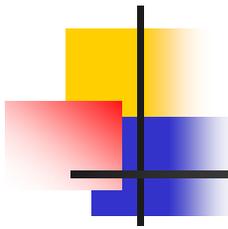
■ Sliding cupping / moving cupping

- For bigger area, muscular area, such as upper back, low back, thigh, etc

First, needle the point, then cup goes over the needle so it is in the center. Choose a cup that is much taller than the needle, do not press the needle - mostly for w/c/d bi arthritis, pain deep inside muscle or close to bone. Needle deeper. Dangerous on the chest/upper back - changes the needle depth. Let's not!

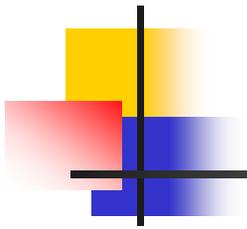
Bleed first, cup next.

- 
-
- Needling & cupping
 - Mainly for Wind Cold Damp Bi
 - Not in chest and upper back area
 - Bloodletting & cupping
 - For disorders due to Qi and blood stagnation, heat retention, etc
 - No bloodletting & cupping on big blood vessel in case causing too much bleeding



Removing the cup

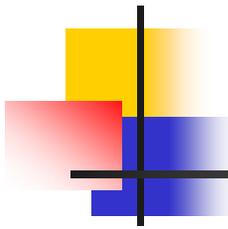
- Press one side of the skin with finger to release the vacuum slowly
 - Avoid pulling up forcefully
 - Avoid twist it off
 - Avoid sudden decrease of the pressure



After-effect

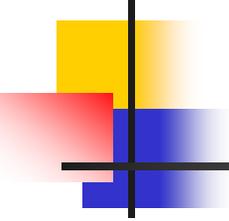
- After cupping, there are red/purple spots or bruise at the local area. Generally, it will disappear several days later.
- Blisters may occur on patients who are hypersensitive, or when the cups were retained too long time.
 - Small blisters will be absorbed naturally in several days.
 - Severe blisters: drain the liquid with a sterile needle, cover with sterile gauze to prevent infection.

This is what you DON'T want!



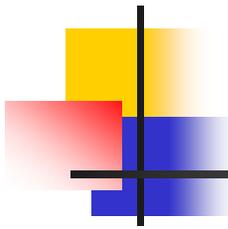
Cleaning the cup

- Cupping devices can be autoclaved or  sterilized in a chemical disinfectant bath
- If there was bleeding,
 - gloves should be used,
 - cups should be isolated,
 - double sterilization procedure



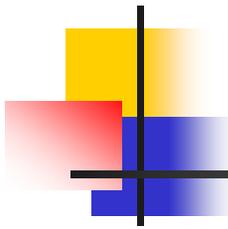
Precautions

- Used on areas where the muscle is abundant and elastic, not on hairy & bony areas 
- Cups of different sizes are used according to the cupping location
- For first treatment, weak patients, nervous patients, the elderly, children, etc,
 - select small cups, less cups
 - Lying position
 - Observe closely
- **Do not burn the patient ! Do not heat the rim.** 
- Do not retain the cup for too long time in summer, or on areas with thinner muscle
- The patient should select a comfortable position, and not to change position during manipulation to prevent the cups from dropping.



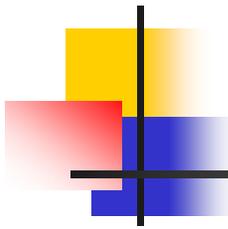
Contraindications

- Patient **susceptible** to spontaneous **bleeding**, such as  suffering from hemophilia, purpura haemorrhagica, leukemia, etc
- Severe edema
- Hypersensitivity of skin, lack of elasticity of skin, skin wound, skin sores/ulcer, fracture area, varicose vein area, tumor area, hernia area.
- Patients with high fever and convulsion, patients who can not cooperate.
- On heart beat area, five sense organs and anus area
- Abdomen, lumbosacral area of pregnant woman



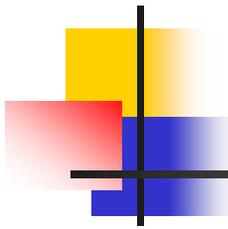
Appendix: Commonly used points in cupping therapy

- Disease prevention:
 - DU14, DU12, DU4, BL13, BL15, BL18, BL20, BL23
- Disorders of the muscular-skeletal system:
 - Upper limb: LI15, SI9, SI14, SI15, Ashi points
 - Lower limb: BL23, BL31-34, BL54, GB30, BL37, ST31, Ashi points
 - Low back pain: DU4, DU3, BL23, BL37, BL40, Ashi points



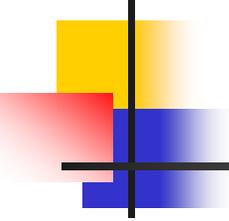
continued:

- Disorders of the respiratory system:
 - DU14, BL12, BL13, BL20, LU1, Ren17 
- Disorders of the stomach:
 - BL17, BL18, BL20, BL21, Ren12, Ren13
- Disorders of the intestine: 
 - BL20, BL22, BL25, ST25, Ren4
- Disorders of the circulatory system:
 - BL14, BL15, BL16, BL18, BL20, DU11, DU10, Ren14



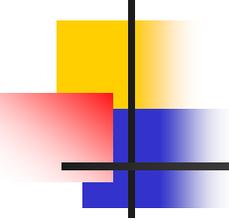
continued:

- Disorders of the liver and gallbladder:
 - BL18, BL19, BL20, Ren12, DU9, LIV14
- Disorders of the urinary and reproductive systems:
 - BL17, BL20, BL23, BL25, BL31-34, BL30, Ren4, Ren3
- Disorders of cerebral-vascular system:
 - BL14, BL15, BL17, BL20, DU11



continued:

- Soft tissue injury:
 - Ashi points bleeding + cupping; GB34, SP10
- Acne:
 - Du14 bleeding +cupping
- Sunstroke:
 - Bleeding + cupping; Du14, BL40, Shi xuan



continued

- Obesity: 
 - Ren14, Ren12, ST25, Ren4, Ren5, SP11, ST31, ST36, SP9, ST40, SP6
- Facial paralysis:
 - ST7, ST4, ST6, Taiyang, GB20, Yintang, LI4
- Hypertension:
 - BL15, BL18, BL23, LI11, LI4, BL40, SP6, ST36, KD1