



Gua Sha Therapy

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What is Sha

- Sha spot
- Sha Syndrome:
 - Cause:
 - invasion of wind, cold, damp, heat, summer-heat
 - Invasion of epidemic pathogen

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blockage of the channels
 - Manifestations:
 - Distension feeling: headache, distension feeling of the head, chest tightness, abdominal distension and pain, aching all over, distension and pain of limbs, etc
 - Sha spots



What is Gua Sha

- Round-edged instrument
- Rubbing / Scraping
- Raising Sha spots
- Removes blood stagnation, open channels,
Removes toxins,
Clear heat,
regulate internal organ's functions.



Tools

Gua

Sha

Oil

Gua

Sha

Plate



Manipulation

- Scraping method
 - Direct
 - Indirect
- Drawing method
- Blood letting method



Areas commonly used

- Head
 - Yintang, Taiyang, GB20, etc
- Neck
 - Side of neck
 - GB20 to GB21
- Back
 - Du channel, Jiaji points, BL channel
 - Above and below spine of scapula
 - Intercostal space
- Chest
 - Sternum, intercostal space
- Four limbs
 - Cubital fossa, popliteal fossa
- Channels and Points



Indications

- Diseases of external origin:
 - Common cold, cough, asthma, stomach flu,
 - Sunstroke, etc
- Pain:
 - back pain, shoulder pain, neck pain, sciatica, etc
 - stomachache, abdominal pain, headache, etc
- Others: acute gastroenteritis, dysentery, etc
- Health preservation (lighter stimulation without oil)



The significance of different Sha

- Bright red spot:
 - Exterior syndrome
 - Short history
 - Mild case
 - Good prognosis
- Dark red/purple patch:
 - Interior syndrome
 - Long history
 - Severe
 - Poor prognosis
- No Sha spots:
 - No Sha syndrome



Precautions

- Appropriate, comfortable position
- Clean guasha plate
- Apply guasha oil
- Angle: oblique; avoid cutting the skin
- Strength: even
- Direction: one-way stroke, finish one area before move to the other
- Stimulation intensity:
 - Until sha spots appear completely
 - Lighter stimulation for health preservation, for first treatment, for aged, weak patients.
- After treatment: rest, drink warm water, no cold shower
- Frequency of treatment: every 3-7 days



Contraindications

- Patient susceptible to Spontaneous bleeding, such as suffering from hemophilia, purpura haemorrhagica, leukemia, etc
- Local area on skin wounds, rash, sore, scar, mass, and infectious skin diseases.
- Bony area
- Abdomen and low back area of pregnant women