Gua Sha Therapy

Instructor: Yuxia Qiu
What is Sha

- Sha spot
- Sha Syndrome:
  - Cause:
    - invasion of wind, cold, damp, heat, summer-heat
    - Invasion of epidemic pathogen
    - 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.
<table>
<thead>
<tr>
<th>Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gua</td>
</tr>
<tr>
<td>Sha</td>
</tr>
<tr>
<td>Oil</td>
</tr>
<tr>
<td>Gua</td>
</tr>
<tr>
<td>Sha</td>
</tr>
<tr>
<td>Plate</td>
</tr>
</tbody>
</table>
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