

Class 7 - Gua Sha

Definition:

Skin scraping to induce rashes (form of sedation)

Use:

- 1) Clear heat (in particular for severe heat)
Back shu points or Jia Ji points (opens chest)
Good to also bleed shi xuan - finger tips, if severe heat
- 2) Promote Qi and blood circulation in meridians
- 3) Promote skin rejuvenation
- 4) Promote weight loss
Clockwise strokes on abdomen
(St 25 oblique downward with electricity also)
- 5) Regulate and balance internal organ functions
Mild on jia ji points and back shu points

Method:

Oil or water to moisten the skin
Hard but not sharp stone or spoon
Inform patient of bruise that will form where done (hickee)

Stone is pulled on skin either in line with meridians or circular movements depending on intensity of sedation desired.

Avoid scraping: boils, eczema, cuts, wounds, ulcers and blisters

Principles:

Against meridians or clock wise strokes results in stronger sedation
Less sedation when following meridians or counter clockwise strokes

