

Class 8 - Cupping

Definition:

Ba Guan - Cupping. Use of glass or bamboo cups to cause sedation via a vacuum

Use:

- 1) Release exterior wind: UB 11, UB 12, UB 13
- 2) Clear heat: Du 14, LI 11
- 3) Remove blood stagnation: bleeding + cupping
- 4) Neutralize toxins
- 5) Reduce the tension of muscles: UB 57
- 6) To reduce allergic reactions and regulation blood: bai chang wa + Ren 8

Method:

Bamboo (herbal) cup or Glass cup
Alcohol (91%)
Forceps
Cotton balls

Inform patient of possible bruises

1) Cupping in general

Place forceps with cotton in to 91% and light. Quickly place in to cup and remove. Slide cup to location

2) Moving Cupping

After placing cup slightly lift and then slide cup in 2-3 circles around du and UB meridians

3) Bleeding Cupping (see notes on bleeding)

4) Cupping with needle

Place small amount of cotton soaked in alcohol on needle, light alcohol

and place cup over lit needle

Principals:

Cup is left for up to 2-3 minutes longer can cause blistering

Quick cupping reduces chance of bruising and releases muscles

Too much hair prevents proper cupping

Do not cup children

Be careful with pregnant patients