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Technical benchmark of acupuncture and moxibustion—Guasha

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Foreword

This document is developed in accordance with the technical procedures and rules established by the Standardization Working Committee of the World Federation of Acupuncture-Moxibustion Societies.

This document is endorsed and published by the World Federation of Acupuncture-Moxibustion Societies.

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Introduction

Guasha is a traditional treatment based on the meridian-acupoint theory of traditional Chinese medicine (TCM). The specific Guasha instrument, which have different shapes and materials, are adopted to perform scraping manipulation on the skin, so as to prevent or treat diseases.It is one of the representative clinical techniques of acupuncture and moxibustion in TCM.

Guasha has been used for more than two thousand years and has demonstrated medical benefits. In recent years Guasha has demonstrated, according to many clinical research studies, to be effective in treating many conditions and diseases. It is now widely accepted in many countries and regions, including China, United States of America, Europe, Australia, Japan, Korea, and many other southeast Asian countries.

The purpose of this document is to promote the safety manipulation of Guasha, so as to promote the safety and efficacy of Guasha as well as and encourage the clinical application of Guasha.

Technical benchmark of acupuncture and moxibustion—Guasha

1 Scope

This document specifies the manipulation techniques, as well as the cautions and contraindications for Guasha.

This document is applicable to Guasha with the blunt-edged instrument.

This document is not applicable to electro-devices and other forms of Guasha.

2 Normative references

The content of following documents constitutes an essential provision of this document by means of normative references in the text. For dated references, only the edition corresponding to that date applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

GB/T 21709.22, *Standardized manipulation of acupuncture and moxibustion—Part 22: Scraping therapy*

GB/T 30232, *General nomenclature of science of acupuncture and moxibustion*

ISO 20308, *Traditional Chinese medicine—Gua Sha instrument*

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

3.1
Guasha

Scraping on the skin surface with a blunt-edged instrument without causing abrasion or injury to the skin.

3.2
Guasha instrument

Instrument made of a hard material with different sizes and shapes for single or repeated use for Guasha.

3.3
Guasha medium

Prior to Guasha, the Guasha medium, is applied to the Guasha instrument to lubricate the skin, improve treatment efficacy and avoid skin scratches.

NOTE Such as Guasha oil, Guasha cream or essential oil.

3.4
sha-eruption

Following Guasha, there will be transient petechiae or ecchymosis associated with extravasation of blood from surface blood capillaries, which may be accompanied by localized warmth or mild pain.

4 Operation steps and rules

4.1 Preoperative preparation

4.1.1 Requirements of Guasha instrument and medium

The Guasha instrument and medium should be selected according to the specific diseases to be treated and the application area for Guasha. The Guasha instrument should be safe to use and apply and be consistent with the requirements of ISO 20308. The frequently-used Guasha instrument and mediums are listed and shown in Annex A.

4.1.2 Requirements of treatment area of Guasha

The appropriate treatment area for Guasha should be selected, with consideration given to the meridians or on area of the lesion. The commonly-used treatment areas for Guasha includes the head, neck, shoulder, back, waist, and upper and lower extremities, etc. The treatment area of Guasha should be properly exposed for convenient and safe manipulation of Guasha.

4.1.3 Requirements of patient position for Guasha

An appropriate patient position for the application of Guasha should be selected according to the specific disease, treatment area and the patient's health condition. The position adopted for Guasha should be comfortable for the patient and convenient for the operator to safely apply the appropriate Guasha techniques. The commonly used patient positions for Guasha treatment are described in Annex B.

4.1.4 Requirements of treatment environment for Guasha

The treatment environment for Guasha should be quiet, clean, warm and comfortable.

4.1.5 Disinfection requirements

4.1.5.1 Guasha instrument

Guasha instrument should be properly disinfected before and after its use. It is recommended that individual to have their own or private instrument. Different disinfection methods should be used for the Guasha instrument:

a) the buffalo horn Guasha bar should be sterilized by cleaning with 1 : 1 000 bromogeramine or 75% medical ethanol or 0.5% iodophor;

b) the plate made of stone, pottery and porcelain, and jade should be sterilized in the way said in a), in addition, sterilized by high temperature, high pressure, or boiling.

4.1.5.2 Treatment area of Guasha

The treatment area of Guasha should be cleaned and sanitized by one of the following ways:

a) warm wet towels;

b) disposable wipes;

c) 75% ethanol cotton pads;

d) saline cotton pads.

4.1.5.3 Guasha operator

Prior to commencing the treatment, the Guasha operator should wash their hands with soap water or hand sanitizer, or clean with 75% ethanol cotton pads.

4.2 Operation methods

4.2.1 General principles

The safety manipulation of Guasha shall conform to the relevant provisions of GB/T 21709.22.

4.2.2 Basic methods of Guasha

4.2.2.1 The methods to hold Guasha instrument

The method to grip the Guasha instrument should be selected according to the shape and size of the Guasha instrument.Generally, it is recommended to grasp the Guasha instrument using a single-hand.

Generally, it is recommended that the operators place the Guasha instrument in the palm of hand, and stabilize it by the thumb on one side and index and middle finger (or four fingers other than thumb) on the other side (Figure 1).The angle between the Guasha instrument and the skin should be approximately 45 degrees. The movement of the Guasha instrument should be in one directional.

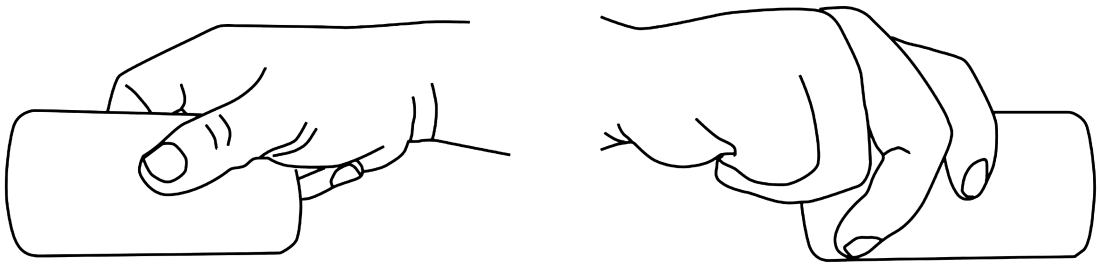


Figure 1—The general method to hold Guasha instrument

4.2.2.2 Guasha medium

The operator should put the appropriate Guasha medium on the disinfected body area, and smear the medium evenly with the Guasha instrument.

4.2.2.3 Application sequence of Guasha

4.2.2.3.1 The general principle for the Guasha application sequence is to proceed from the head and face to the extremities, from back and waist to the chest and abdomen, and from upper limbs to lower limbs.

4.2.2.3.2 The application sequence for whole-body Guasha proceeds from the head, neck, shoulder, back-waist, upper limbs, chest-abdomen, and then to the lower limbs.

4.2.2.3.3 The application sequence for Guasha to the upper body is the head, neck, shoulders, and then upper limbs.

4.2.2.3.4 The application sequence for Guasha to the shoulder is head, neck, top of the shoulder, anterior shoulder, posterior shoulder, and then upper limbs.

4.2.2.3.5 The application sequence for Guasha to the back-waist is middle of the back-waist, both sides of the spine, and then lower limbs.

4.2.2.4 Direction of Guasha

4.2.2.4.1 The general direction of Guasha is to scrape from the top to the bottom, from the inside to the outside, and in one direction as long as possible (Figure 2).

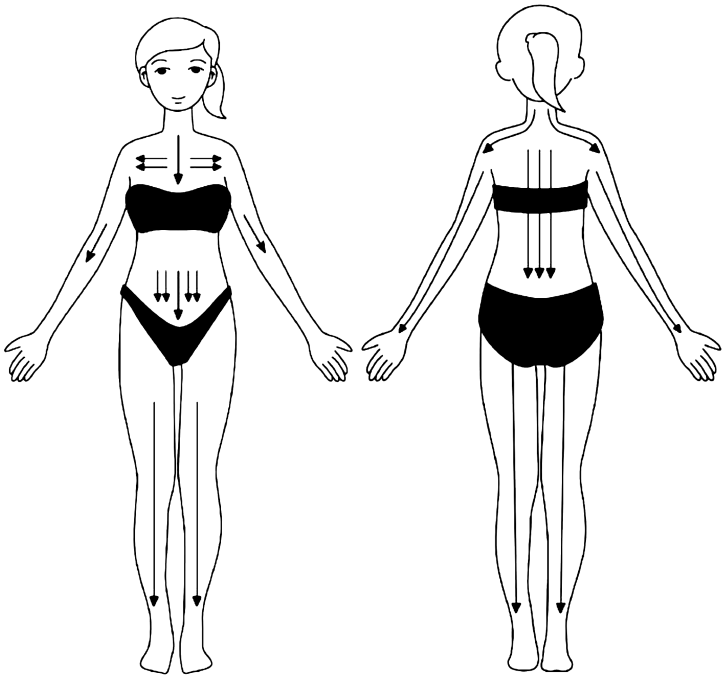


Figure 2—The general direction of Guasha

4.2.2.4.2 The general direction of Guasha on the head is to scrape from the front to back, or from the center to the surrounding area (Figure 3).

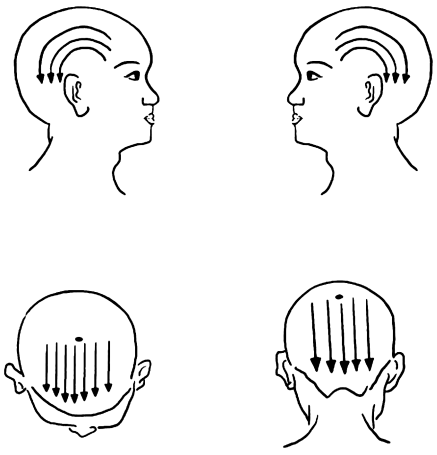


Figure 3—The direction of Guasha on the head

4.2.2.4.3 The general direction of Guasha on the face is to scrape from the middle to the two sides, and from the jaw towards the outer upper area (Figure 4).

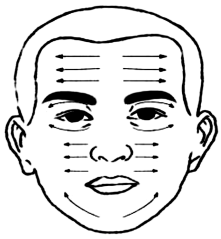


Figure 4—The direction of Guasha on the face

4.2.2.4.4 The general direction of Guasha for the neck, shoulder, waist and back is to scrape from the top to the bottom.The general direction of Guasha for the top of shoulder is to scrape from the inside to the outside; that of Guasha on the anterior shoulder, lateral shoulder and posterior shoulder is to scrape from top to bottom (Figure 5).

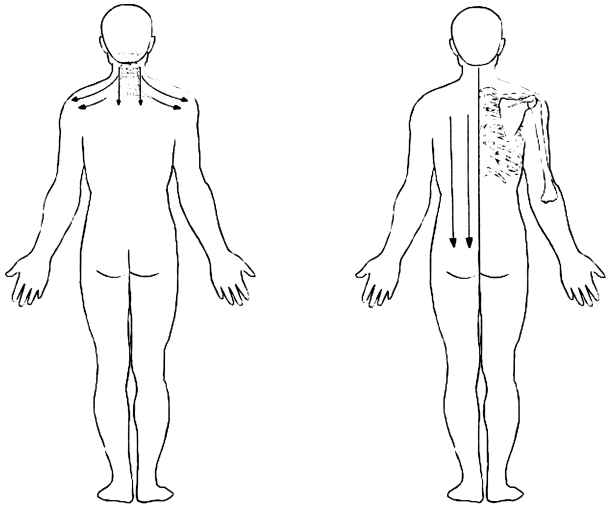


Figure 5—The direction of Guasha on the back

4.2.2.4.5 The general direction of Guasha on the chest is to scrape from top to bottom. The general direction of Guasha on the intercostal space is to scrape from the inside to the outside. The general direction of Guasha on the abdomen is to scrape from top to bottom, gradually from the inside to the outside (Figure 6).

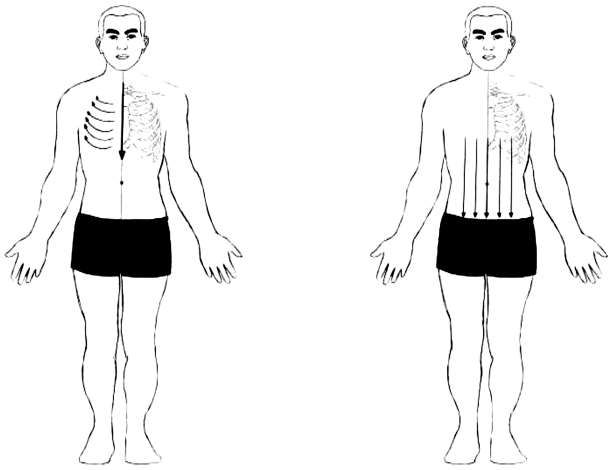


Figure 6—The direction of Guasha on the chest and abdomen

4.2.2.4.6 The general direction of Guasha on the extremities is to scrape towards the distal aspect of the limb.（Figure 7）.

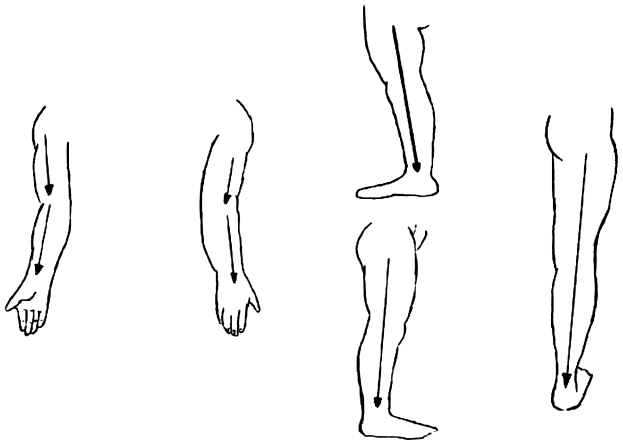


Figure 7—The direction of Guasha on the upper and lower extremities

4.2.2.5 Reinforcing-reducing technique of Guasha

4.2.2.5.1 The reinforcing method of Guasha should use less pressure，slower speed and longer treatment time. This method is recommended for those who have a deficiency health condition and for those who are sensitive to pain.

4.2.2.5.2 The reducing method of Guasha should use more pressure，faster speed and shorter treatment time. This method is recommended for those who have a strong health constitution，those who are at an early stage of disease，or those who have pain in the knee.

4.2.2.5.3 The neutral reinforcing and reducing method should use moderate pressure and speed；and

the treatment time should be selected based on patient health condition. This method is recommended for patients with a sub-level of health or for health preservation.

4.2.2.6 Time duration of Guasha

4.2.2.6.1 Each treatment time: It is recommended that the operators scrape each treated area of Guasha for 20 to 30 times. It is recommended that 3 to 5 areas are selected for each patient, and each area is treated for 10 to 20 minutes. The time of for whole-body Guasha should be 20 to 30 minutes.

4.2.2.6.2 Guasha interval: It is recommended that there is an interval of 3 to 6 days between two treatments of Guasha, or another Guasha should be administered if the Sha appearance disappears with no pain on the skin. If the Sha appearance still persists on the skin, it is not recommended to perform another Guasha to the original treatment site.

4.2.2.6.3 Course of treatment: For acute diseases, Guasha should be applied until the disease is resolved. For chronic disease, it is recommended to apply Guasha 7 to 10 times as one course of treatment.

4.2.2.7 Degree of Guasha

The degree of Guasha includes the scraping strength and eruption severity.

4.2.2.7.1 Scraping strength: Scraping force should be even. From light to heavy, gently scrape 6 to 10 times first, then apply stronger force gradually, especially when passing through the acupoint site, the force is made properly heavier and heavier to the patient's tolerance, scrape 6 to 10 times, and then the force is made milder again, gently scrape 6 to 10 times. Each treated area should be scraped for about 20 to 30 times, making the patient relaxed in the treated areas, and have a comfortable feeling.

4.2.2.7.2 Eruption severity: The Guasha efficacy is regarded as optimal if there is skin flushing, a purple color change to the skin, or there appear pimple-like or papule-like spots, or flake-like or cord-like plaques, accompanied by a localized warm sensation or mild pain. For those who are not prone to the appearance of Sha symptoms, it is not necessary to increase pressure or treatment time.

4.2.3 The techniques of Guasha

4.2.3.1 The techniques of Guasha by strength

4.2.3.1.1 The mild scraping method: The pressure applied to the Guasha instrument should be mild, and the patient should experience little or no pain or discomfort. After Guasha, the skin should only appear slightly red, without dark spots. This technique is recommended for treating the elderly, for those who are in poor health, and for those who have a deficiency syndrome.

4.2.3.1.2 The heavy scraping method: The pressure applied to the Guasha instrument should be heavy to the extent that the patient can tolerate it. This method is recommended for Guasha on the back and lower back, both sides of the spine, muscular areas of the lower extremities, as well as for young patients, and for those who have excess syndrome and/or heat syndrome.

4.2.3.2 The techniques of Guasha by speed

4.2.3.2.1 The fast scraping method: The frequency of this technique is more than 30 strokes per minute. This method is recommended for Guasha on the back, upper and lower extremities, and for those who have acute diseases or cold.

4.2.3.2.2 The slow scraping method: The frequency of this technique is less than 30 strokes per minute. This method is recommended for Guasha on the head, face, chest, abdomen, and the medial aspect of the lower extremities, and for those who have chronic disease.

4.2.3.3 The techniques of Guasha by direction

4.2.3.3.1 The straight-line scraping method: This method is recommended for Guasha to relatively flat and smooth aspects of the body, such as the back, chest, upper and lower limbs.

4.2.3.3.2 The arc-line scraping method: The direction of this method is arc-shaped, mostly along the muscles and the joints. This method is recommended for Guasha on the intercostal space, and shoulders and knees.

4.2.3.3.3 The reverse scraping method: The operator should scrape the skin in a reverse direction to the conventional Guasha, generally starting from the distal region to the proximal region. This method is recommended for varicose veins and edema of the lower limbs.

4.2.3.3.4 The rotating Guasha technique: During Guasha, the Guasha instrument should be rotated clockwise and anticlockwise, with moderate pressure and speed. This method is recommended for Guasha on the abdominal umbilicus, female breast and the patella of knee joint.

4.2.3.4 The techniques of Guasha by contacting area of Guasha instrument

4.2.3.4.1 The pushing-scraping method: The Guasha instrument is directly pressed on the skin, and then moved in a regular direction to produce warmth. This method is recommended for patients with numbness, cold, or dull pain in the medial aspect of the scapular region, lower back or abdomen. It is also recommended for relaxing the patients prior to administering a full Guasha treatment.

4.2.3.4.2 The comb scraping method: The Guasha instrument is moved in a one direction from the anterior hairline or Taiyang (EX-HN5) site to the posterior hairline; the angle between the Guasha instrument and skin should be approximately 45 degree, and the pressure should be gentle, as if combing the hair. This method is recommended for treating headache, dizziness, fatigue, insomnia and

mental tension.

4.2.3.4.3 The acupoint-pressing method: The Guasha instrument is directly pressed on the acupoint, and the pressure is gradually increased to the maximum tolerance of the patient, and then removed from the acupoint quickly after pressing for several seconds. This method is recommended for Guasha to muscular regions, and when areas where Guasha cannot be applied directly, such as Huantiao (GB30), Weizhong (BL40), Dubi (ST35), Renzhong (GV26), and between the spinous processes.

4.2.3.4.4 The pressing-kneading method: The corner of the Guasha instrument is directly pressed on the skin with an angle of 45 degrees. This method is recommended for Guasha to the joints of upper and lower limbs, both sides of the spine, around bony processes, and at shoulder acupoints such as Fengchi (GB20), Neiguan (PC6), Hegu (LI4) and Zhongfu (LU1).

4.2.3.4.5 The scraping method with the edge-corner of Guasha bar: The corner of Guasha instrument is directly pressed on the skin with an angle of 45 degree. This method is recommended for Guasha at the joints of upper and lower extremities, both sides of the spine, around the bony processes, and at shoulder acupoints such as Fengchi (GB20), Neiguan (PC6), Hegu (LI4) and Zhongfu (LU1).

4.2.3.4.6 The scraping method with the long-edge of Guasha bar: The edge of Guasha instrument is directly pressed on the skin at an angle of approximately 45 degree. This method is recommended for Guasha to relatively flat parts of the body, such as the abdomen, back and lower limbs.

4.2.3.5 The special techniques of Guasha

4.2.3.5.1 The plucking method: The corner of Guasha instrument is directly pressed on the skin and rotated, and then quickly plucked like plucking the string of musical instrument. This method is recommended for pain at bone joint or ligament.

4.2.3.5.2 The tapping method: The operator holds the body of Guasha instrument to regularly beat the skin surface. This technique is recommended for Guasha on the waist and back, forearm, popliteal fossa and lower limbs.

4.2.3.5.3 The pinching method: The operator pulls up the skin and muscle, and quickly slide the Guasha instrument out and release it, and the efficacy is optimal if the skin appears purple-red, or petechial appear. This method is recommended for the Yintang (EX-HN3), Tiantu (CV22) and Jiaji points (EX-B2).

4.2.3.5.4 The picking sha method: After scraping, the three-edged needle or disposable hypodermal needle is used for bloodletting. This is recommended for blood stasis caused by superficial venous dilatation in the popliteal fossa and temple region, as well as for the conditions of heatstroke, acute lumbar sprain and varicose veins of the lower limbs.

4.2.4 The methods of Guasha on frequently-used body area

The methods of Guasha on frequently-used body areas are described in Annex C.

4.3 Postoperative treatment

4.3.1 Normal managements post Guasha treatment

4.3.1.1 Following Guasha, the Guasha mediums should be cleaned up with paper towels, towels or sterilized cotton pads.

4.3.1.2 The sensations including soreness, numbness, distention, and heaviness are all normal reactions.

4.3.1.3 The color changes such as flushing, purplish red, or the morphological changes such as miliary, papuloid spots, or patch-like, rope-like spots appeared on the skin, accompanied with local warmth or mild pain of skin are all normal reactions of scraping treatment.

4.3.1.4 After Guasha treatment, it is recommended for patients to drink warm water and rest for 15 to 20 minutes.

4.3.2 Abnormal condition management post Guasha treatment

Phenomena including dizziness, palpitation, sweating, pale complexion, nausea and vomiting, even loss of consciousness, are abnormal condition and it should be stopped at once in the case of the appearance of such symptoms. It is recommended at Bai hui (GV20), Renzhong (GV26), Neiguan (PC6), Zusanli (ST36) and Yongquan (KD1) to relieve the discomfort.

4.4 The indications of Guasha

4.4.1 Internal medicine diseases

Headache, dizziness, insomnia, fever, stomachache, abdominal pain, constipation, diarrhea, heatstroke, arthralgia, flaccidity, facial paralysis, asthma, sequelae of stroke, hypochondriac pain, hiccup, fatigue, obesity, etc.

4.4.2 Surgical diseases

Stiff neck, neck pain, shoulder pain, back pain, lower back pain, leg pain, knee joint pain, heel pain, varicose vein, etc.

4.4.3 Gynecological disease

Dysmenorrhea, irregular menstruation, leucorrhea, amenorrhea, etc.

4.4.4 Dermatological diseases

Chloasma, acne, urticaria, etc.

4.4.5 ENT (ear,nose,and throat) diseases

Tinnitus, deafness, etc.

5 Safety

5.1 Contraindications

5.1.1 Guasha should not be applied to treat edema due to serious cardiovascular and cerebrovascular diseases, liver and renal dysfunction, etc.

5.1.2 Guasha should not be applied to treat those who have bleeding tendency due to severe anemia, thrombocytopenic purpura, leukemia, hemophilia, etc.

5.1.3 Guasha should not be applied to treat infectious diseases, including but not limited to acute osteomyelitis, tuberculous arthritis, infectious skin disease, etc.

5.1.4 Guasha should not be applied to treat acute bruise, sprain or skin ulceration.

5.1.5 Guasha should not be applied to patients who are unable to cooperative with Guasha, including but not limited to intoxicated patients and those who may experience schizophrenia, seizures, etc.

5.1.6 Guasha should not be applied to several special body areas, including but not limited to the eyes, lips, tongue, ears, nostrils, nipples, navel, external genitalia, anus as well as the abdominal and lumbosacral regions of pregnant women.

5.2 Cautions

5.2.1 Consent to perform Guasha should be obtained from the patient prior to commencing treatment. In addition, the patient should be informed of the mechanism of Guasha, expected sensations experienced during the Guasha and possible post-treatment effects.

5.2.2 The ambient temperature of the treatment area should be warm, especially in winter. In summer, fans and air conditioning should not be directed at the treatment area of the Guasha.

5.2.3 It is recommended to not take food immediately after the Guasha treatment. It is also recommended to not take a shower within 30 minutes after the Guasha treatment.

5.2.4 It is recommended to apply mild scraping method for the weak, the old, the children and those who are sensitive to pain.

5.2.5 It is recommended to use the horizontal surface of Guasha instrument to treat the body parts which is more muscular (eg, back, buttocks, chest, abdomen, arms and legs). For the body parts which have few muscles (such as joints, upper extremity, lower upper extremity), it is recommended to use the corner of Guasha instrument.

5.2.6 It is recommended to scrape from the bottom to top to treat varicose veins of the lower limbs.

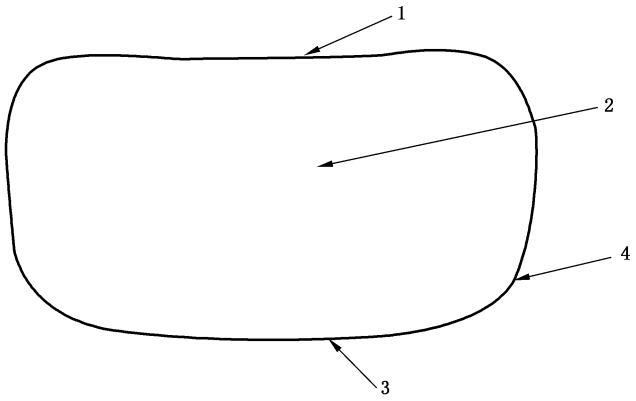
Annex A
（informative）
Guasha instrument and medium

A.1 The commonly-used Guasha instrument

A.1.1 Shape and appearance

A.1.1.1 Rectangle-shaped Guasha instrument

The general configuration of rectangle-shaped Guasha instrument and the term for each part is shown in Figure A.1.

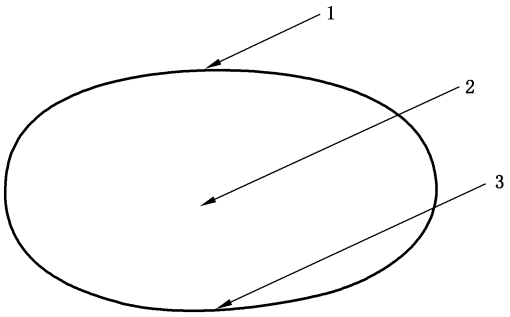


Key
1 handle for operator
2 body of Guasha instrument
3 edge of scraping on skin
4 angle of scraping on skin

Figure A.1—Example of rectangle-shaped Guasha instrument

A.1.1.2 Oval-shaped Guasha instrument

The general configuration of oval-shaped Guasha instrument and the term for each part is shown in Figure A.2.



Key

1 handle for operator

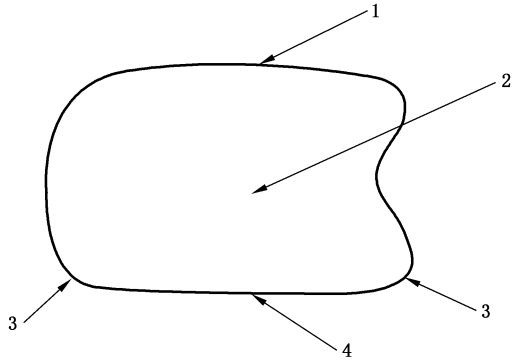
2 body of Guasha instrument

3 edge of scraping on skin

Figure A.2—Example of oval-shaped Guasha instrument

A.1.1.3 Notch-shaped Guasha instrument

The general configuration of notch-shaped Guasha instrument and the term for each part is shown in Figure A.3.



Key

1 handle for operator

2 body of Guasha instrument

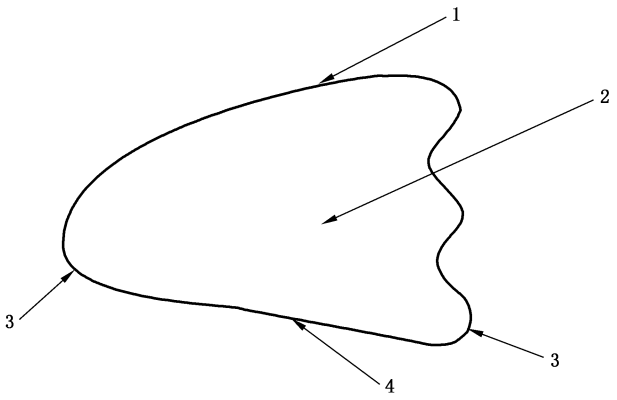
3 angle of scraping on skin

4 edge of scraping on skin

Figure A.3—Example of notch-shaped Guasha instrument

A.1.1.4 Triangle-shaped Guasha instrument

The general configuration of triangle-shaped Guasha instrument and the term for each part is shown in Figure A.4.



Key

1 handle for operator

2 body of Guasha instrument

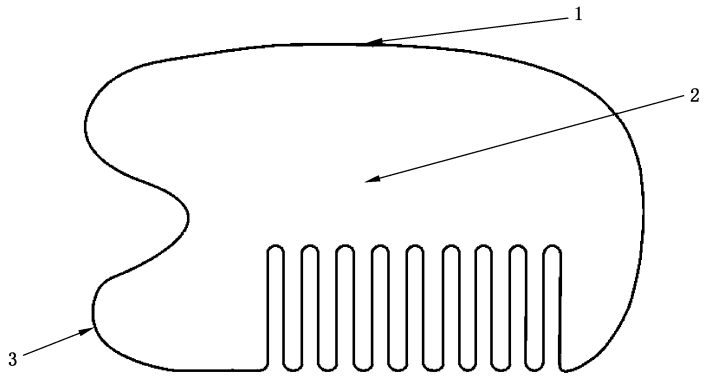
3 side of scraping on skin

4 angle of scraping on skin

Figure A.4—Example of triangle-shaped Guasha instrument

A.1.1.5 Comb-shaped Guasha instrument

The general configuration of comb-shaped Guasha instrument and the term for each part is shown in Figure A.5.



Key

1 handle for operator

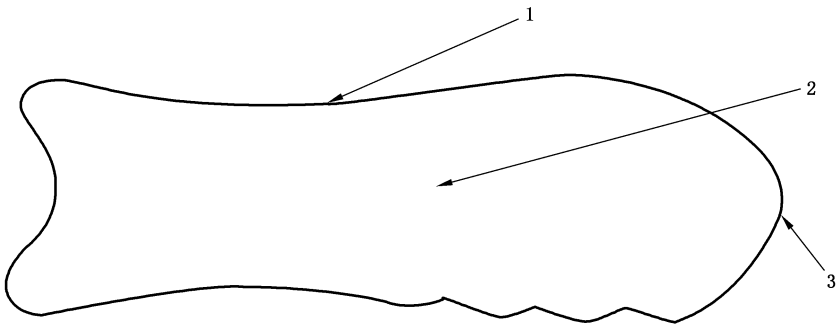
2 body of Guasha instrument

3 angle of scraping on skin

Figure A.5—Example of comb-shaped Guasha instrument

A.1.1.6 Fish-shaped Guasha instrument

The general configuration of fish-shaped Guasha instrument and the term for each part is shown in Figure A.6.



Key

1 handle for operator

2 body of Guasha instrument

3 side of scraping on skin

4 angle of scraping on skin

Figure A.6—Example of fish-shaped Guasha instrument

A.1.2 Material

A.1.2.1 Buffalo-horn Guasha instrument, with the function of clearing heat, detoxification, removing blood stasis, eliminating swelling.

A.1.2.2 Bian-stone Guasha instrument, with the function of calming and ameliorating fevers.

A.1.2.3 Jade Guasha instrument, with the function of clearing heat, moistening skin and for cosmetic purposes.

A.1.2.4 Other materials Guasha instrument, such as Ceramic Guasha instrument, etc.

A.2 Material

A.2.1 Oil for scraping

Refined oil of herbal medicines and medical oil, with the function of clearing heat and toxic materials, promoting blood circulation and removing blood stasis, relieving pain, as well as lubricating and nourishing skin, etc. It is recommended for adults, or for scraping on larger body area or dry skin.

A.2.2 Cream for scraping

Natural plant synthetic emulsion, with the function of improving blood circulation, promoting metabolism, lubricating and nourishing skin. It is recommended for children, or for scraping on the face, or for moving cupping therapy.

Annex B
(informative)
The frequently-used patient position for Guasha

B.1 Sitting position

The patient should sit on the chair sideways, with one hand on the back of chair, or the patient should sit on the chair backwards, with legs spread apart and hands placed on the back of chair, or the patient should sit on the chair, with the hands against the table or bed, to expose the head, neck, shoulders, upper limbs and back. The sitting position is recommended for Guasha to the head, face, neck, shoulders, back and upper limbs. The sitting position is recommended for the treatment of headache, common cold, neck pain, back pain, etc.

B.2 Leaning back in the chair

The patient should sit on the chair, with patients back leaning on the back of the chair, to expose the neck and chest.

This patient position is recommended for Guasha on the face, throat, chest, shoulders and upper limbs.

This patient position is recommended for treating throat discomfort, chronic bronchitis, bronchitis, shoulder pain, etc., or for whole-body Guasha and Guasha for cosmetic purposes.

B.3 Standing position

Patients should stand by the bed, table or chair, with two hands against the edge of bed, table or chair, to expose the back and lower limbs. This patient position is recommended for Guasha to the back, waist, hip and lower limbs. This patient position is recommended for treating back pain, lower back pain, leg pain and lower limb discomfort.

B.4 Supine position

Patients should lie on the bed in a supine position to expose the face, chest, abdomen and medial part of upper limbs. This patient position is recommended for Guasha to the face, chest, abdomen and medial part of upper limbs. This patient position is particularly recommended for Guasha for the elderly, women and for whole-body Guasha. This patient position is recommended for treating diar-

rhoea, abdominal pain, obesity as well as whole-body Guasha, Guasha for cosmetic purposes and for those with heart and lung discomfort.

B.5 Prone position

Patients should lie on the bed in a prone position to expose the head, neck, back, buttocks and the posterior part of lower limbs. This patient position is recommended for Guasha to the back of the head, neck, shoulders, back and waist, buttocks and the medial, lateral and posterior parts of lower limbs. This patient position is recommended for treating neck pain, shoulder pain, back pain, lower back pain, fatigue, leg pain, insomnia as well as the whole-body Guasha, Guasha on the back combined with cupping therapy.

B.6 Lateral position

Patients should lie on the bed sideways, exposing the lateral, anterior and posterior parts of body. This patient position is recommended for Guasha to the shoulders, hips and lateral parts of lower limbs. This patient position is recommended for treating shoulder pain, hip pain, osteoarthritis in the lower limbs.

Annex C
(informative)
The methods of Guasha on frequently-used body area

C.1 Head

C.1.1 Scraping on both sides of the head

The patient is in sitting position. The operator puts his hand on the right side of the patient's head to keep the head relatively stable, and uses the other hand to hold the Guasha instrument to scrape the left side of the head, starting from Taiyang (EX-HN5), along the Gallbladder Meridian, towards Fengchi (GB20). The mild technique of Guasha should be used initially, and then the pressure is gradually increased to the patients and then gradually reduced. It is recommended to apply Guasha for 10 to 20 times on each side, aiming to relax the patient's head and to obtain a comfortable feeling.

C.1.2 Scraping forward from the vertex

The patient is in sitting position. The operator holds the patient's head to keep the head relatively stable, and uses the other hand to hold the Guasha instrument to scrape from Baihui (GV20) to the forehead for 10 to 20 times, and then scrape the top of the head.

C.1.3 Scraping backward from the vertex

The patient is in sitting position. The operator holds the patient's head to keep the head relatively stable, and uses the other hand to hold the Guasha instrument to scrape from Baihui (GV20) to Fengfu (GV16) for 10 to 20 times, and then scrape the occipital part towards Fengchi (GB20).

C.2 Neck

C.2.1 Scraping on middle part of neck

The patient is in sitting position, the operator holds the patient's head to keep the head relatively stable, and uses the other hand to hold the Guasha instrument to scrape from Fengfu (GV16) downwards Dazhui (GV14) and Taodao (GV13), with 10 to 20 times on each side. For those who are thin and weak with the spinous process of vertebral body obviously protruding, it is recommended to use the corner of Guasha instrument to press and knead each intervertebral space for 3 to 5 times, from top to bottom, to produce local soreness and swelling as optimal.

C.2.2 Scraping on both sides of cervical vertebrae

For this treatment, it is recommended to apply heavy and straight-line technique of Guasha from

Tianzhu（BL10）to Fengmen（BL12），with 20 to 30 times on each side.

It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Fengmen（BL12）.

C.2.3 Scraping on lateral neck

For this treatment，it is recommended to apply mild，arc-line or straight-line technique of Guasha from Fengchi（GB20），Wangu（GB12）to Jianjing（GB21），and to the end of shoulder，with 20 to 30 times on each side.

It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Jianjing（GB21）.

C.3 Shoulder

C.3.1 Scraping on upper part of shoulder

For this treatment，it is recommended to apply Guasha from Fengchi（GB20）to Jianjing（GB21）and Jianyu（LI15），with 20 to 30 times on each side. It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Fengchi（GB20）and Jianjing（GB21）.

C.3.2 Scraping on medial scapula

For this treatment，it is recommended to apply Guasha from Tianzhu（BL10）to Dashu（BL11）and Geshu（BL17），with 20 to 30 times on each side. It is recommended to apply the heavy technique and straight-line technique of Guasha.

C.3.3 Scraping on posterior shoulder

For this treatment，it is recommended to apply Guasha from medial to the lateral by using mild straight-line technique，then on the posterior edge of the scapular，with 20 to 30 times on each side.

C.3.4 Scraping on anterior shoulder

For this treatment，it is recommended to apply arc-line technique of Guasha on the anterior axillary line，from top to bottom，with 20 to 30 times on each side.

C.3.5 Scraping on lateral shoulder

The operator should hold the wrist of the patient's forearm to make the upper limb abduct to 45 degree and scrape the median and bilateral edges of the deltoid muscle on the lateral side of shoulder

joint with heavy and straight-line technique of Guasha for 10 to 20 times on each side.

C.4 Back and waist

C.4.1 Scraping on middle part of back waist

For this treatment, it is recommended to apply Guasha on the middle of back and waist (Governor Vessel), from top to bottom. For this treatment, it is recommended to apply mild technique of Guasha for 10 to 20 times. For those who are thin and weak with the spinous process of vertebral body obviously protruding, it is recommended to use the corner of Guasha instrument to press and knead each intervertebral space for 3 to 5 times, from top to bottom, with local soreness and swelling as optimal.

C.4.2 Scraping on both sides of spine of back waist

For this treatment, it is recommended to apply Guasha on the area between the 1st line and 2nd line of Bladder Meridian, from top to bottom. For this treatment, it is recommended to apply heavy and straight-line technique of Guasha for 10 to 20 times on each side.

C.5 Chest

C.5.1 Scraping on middle part of chest

For this treatment, it is recommended to apply Guasha from Tiantu (CV22) downwards to the xiphoid area. For this treatment, it is recommended to apply mild technique of Guasha for 10 to 20 times.

C.5.2 Scraping on both sides of chest

For this treatment, it is recommended to apply mild technique or corner-scraping technique, from inside to outside. For this treatment, it is recommended to apply Guasha to each intercostal rib space for 10 to 20 times, from top to bottom and to avoid nipples.

C.6 Abdomen

C.6.1 Scraping on middle part of abdomen

For this treatment, it is recommended to apply Guasha from Shangwan (CV13) downwards to Zhongwan (CV12) and Xiawan (CV10), and from Qihai (CV6) downwards to Guanyuan (CV4) and Zhongji (CV3). The patient is in supine position, and Guasha is applied from top to bottom, avoiding the navel. It is recommended to apply heavy technique or edge-scraping technique of Guasha for

20 to 30 times.

C.6.2 Scraping on both sides of abdomen

For this treatment, it is recommended to apply Guasha from the costal rib edge downwards to the lower abdomen, and from the Kidney Meridian, Stomach Meridian to the Spleen Meridian. It is recommended to apply the edge-scraping technique of Guasha for 20 to 30 times on each area.

C.7 Upper limbs

C.7.1 Scraping on lateral side of upper limbs

For this treatment, it is recommended to apply Guasha from the Large Intestine Meridian, and Sanjiao Meridian to the Small Intestine Meridian, from top to bottom. It is recommended to scrape each area for 10 to 20 times. It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Hegu (LI4) and Waiguan (SJ5).

C.7.2 Medial upper limbs

For this treatment, it is recommended to apply Guasha from the Lung Meridian, Pericardial Meridian and Heart Meridian, from top to bottom. It is recommended to scrape each area for 20 to 30 times. It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Neiguan (PC6) and Shenmen (HT7).

C.8 Lower limbs

C.8.1 Scraping on lateral and posterior sides of lower limbs

For this treatment, Guasha is applied respectively, with the knee joint as the boundary. The Guasha is applied on the Stomach Meridian, Gallbladder Meridian and Bladder Meridian, from top to bottom. It is recommended to scrape each area for 10 to 20 times. It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Huantiao (GB30) and Chengshan (BL57), and the beating-like technique and bloodletting technique at Weizhong (BL40).

C.8.2 Scraping on lateral and posterior sides of lower limbs

For this treatment, Guasha is applied respectively, with the knee joint as the boundary. The Guasha is applied on the Spleen Meridian, Liver Meridian and Kidney Meridian, from top to bottom. It is recommended to scrape each area for 10 to 20 times. It is recommended to apply the acupoint-pressing technique and pressing-kneading technique of Guasha at Sanyinjiao (SP6) and Xuehai (SP10).

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前　言

本文件依据世界针灸学会联合会标准工作委员会制定的技术流程和规则研制。

本文件由世界针灸学会联合会(World Federation of Acupuncture-Moxibustion Societies，WFAS)归口并发布。

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引　言

刮痧是用特制的器具，依据中医经络腧穴理论，在体表进行相应的手法刮拭，以防治疾病的方法，是中医针灸医学代表性的临床技术之一。

刮痧疗法在中国已有两千多年的应用历史，并且有显著的医疗价值。近年来，根据多项临床研究项目，刮痧已被证明对400多种疾病的治疗有效。现在，已被包括中国、美国、欧洲、澳大利亚、日本、韩国和其他东南亚国家在内的许多国家及地区广泛使用。

本文件旨在规范刮痧的操作，以提高刮痧的安全性和有效性，推动刮痧的临床应用和推广。

针灸技术操作规范
刮痧

1 范围

本文件规定了刮痧的操作方法、注意事项和禁忌。

本文件适用于使用特制工具所进行的刮痧。

本文件不适用于电子设备和其他形式的刮痧。

2 规范性引用文件

下列文件中的内容通过文中的规范性引用而构成本文件必不可少的条款。其中，注日期的引用文件，仅该日期对应的版本适用于本文件；不注日期的引用文件，其最新版本（包括所有的修改单）适用于本文件。

GB/T 21709.22 针灸技术操作规范 第22部分：刮痧

GB/T 30232 针灸学通用术语

ISO 20308 中医 刮痧器具

3 术语和定义

下列术语和定义适用于本文件。

3.1

刮痧 Guasha

用特制的刮痧器具，依据中医经络腧穴理论，在体表进行相应的手法刮拭，以防治疾病的方法。

3.2

刮痧器具 Guasha instrument

由牛角、砭石、陶瓷、玉石等质地坚硬的材质制成的板状器具，是刮痧的主要工具。

3.3

刮痧介质 Guasha medium

刮痧时涂抹在刮拭部位的润滑护肤增效制剂。

注：如刮痧油、刮痧乳、精油等。

3.4

出痧 sha-eruption

刮痧后皮肤出现潮红、紫红色等颜色变化，或出现粟粒状、丘疹样斑点，或片状、条索状斑块等形态变化，并伴有局部热感或轻微疼痛。

4 操作步骤与要求

4.1 操作前准备

4.1.1 器具和介质

应根据病症和刮痧部位的不同，选择相应的刮痧板和刮痧介质。刮痧板材质应对人体无毒副作用，

应符合 ISO 20308 的要求。常用刮痧板和刮痧介质的种类见附录 A。

4.1.2 部位

刮痧时应选取适当的刮痧部位，以经脉循行和病变部位为主。常刮部位有头、颈、肩、背、腰及四肢等。施术部位应尽量暴露，便于操作。

4.1.3 体位

应根据病症特点、刮痧部位和患者体质等方面，选择治疗体位。选择的治疗体位应保证患者舒适持久、术者便于操作。常用的刮痧体位见附录 B。

4.1.4 环境

刮痧室内应保持整洁卫生，温度适中，以患者感觉舒适为宜。

4.1.5 消毒

4.1.5.1 刮痧板

刮痧板使用后应及时消毒。推荐每一位患者使用单独的刮痧器具。不同材质的刮痧板应使用不同的消毒方法，其中：

a) 水牛角刮痧板宜用 1∶1 000 的新洁尔灭或 75%医用乙醇或 0.5%的碘伏进行擦拭消毒；
b) 砭石、陶瓷、玉石刮痧板除可按 a)进行擦拭消毒外，还可采用高温、高压或煮沸的方式进行消毒。

4.1.5.2 部位

刮痧部位应选用以下一种方式进行清洁或消毒：

a) 热毛巾；
b) 一次性纸巾；
c) 75%乙醇棉球；
d) 生理盐水棉球。

4.1.5.3 术者

术者双手应使用肥皂水或洗手消毒液清洗干净，或用 75%乙醇棉球擦拭清洁。

4.2 操作方法

4.2.1 总则

刮痧的施术方法应符合 GB/T 21709.22 的相关要求。

4.2.2 刮痧基本方法

4.2.2.1 握持刮痧板方法

根据所选刮痧板的形状和大小，使用便于操作的握板方法。一般为单手握板。将刮痧板放置掌心，由拇指、食指和中指夹住刮痧板，无名指和小指紧贴刮痧板边角，从刮痧板的两侧和底部三个角度固定刮痧板(图 1)。刮痧时利用指力和腕力调整刮痧板角度，使刮痧板与皮肤之间呈 45°左右的夹角。一般刮痧做单方向移动。

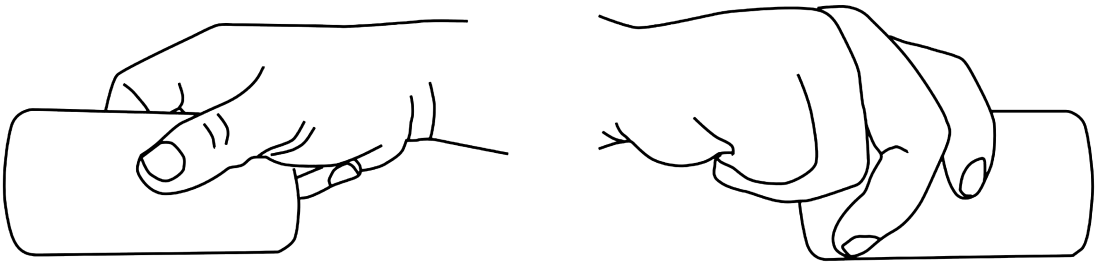


图 1　握持刮痧板方法

4.2.2.2　涂抹刮痧介质

取适量刮痧介质，置于消毒后的拟刮拭部位，用刮痧板涂抹均匀。

4.2.2.3　刮痧的次序

4.2.2.3.1　选择刮痧部位顺序的总原则为先头面后手足，先背腰后胸腹，先上肢后下肢，逐步按顺序刮痧。

4.2.2.3.2　全身刮痧者，顺序为：头、颈、肩、背腰、上肢、胸腹及下肢。

4.2.2.3.3　颈部刮痧顺序为头、颈、肩、上肢。

4.2.2.3.4　肩部刮痧顺序为头、颈、肩上、肩前、肩后、上肢。

4.2.2.3.5　背腰部刮痧顺序为背腰部正中、脊柱两侧、双下肢。

4.2.2.4　刮痧的方向

4.2.2.4.1　总原则为由上向下、由内向外，单方向刮拭，尽可能拉长距离（图 2）。

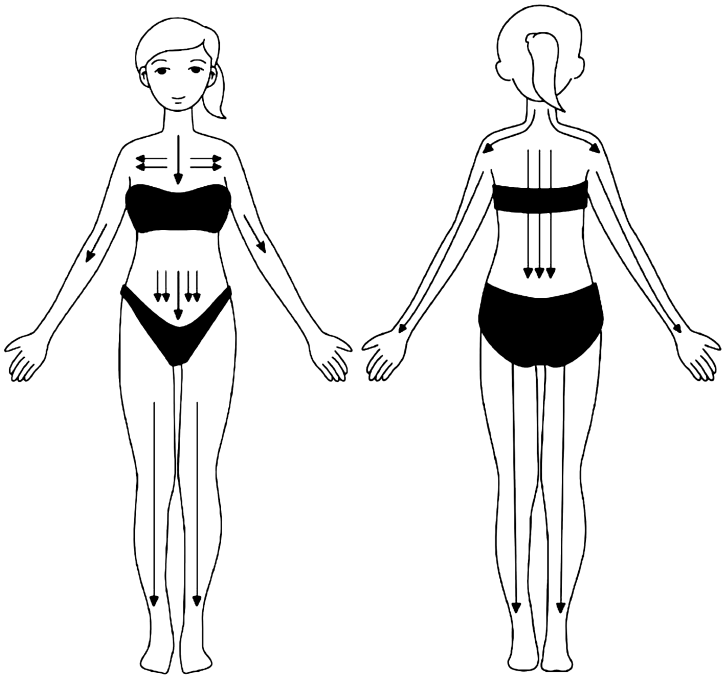


图 2　刮痧部位顺序的总原则

4.2.2.4.2　头部一般采用梳头法，由前向后，或采用散射法，由头顶中心向四周刮拭（图 3）。

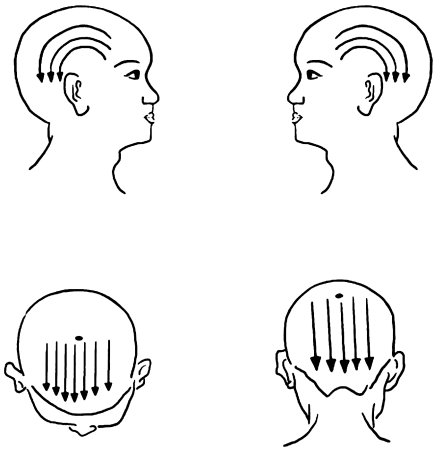


图 3　头部刮痧顺序

4.2.2.4.3　面部一般由正中向两侧，下颌向外上刮拭(图 4)。

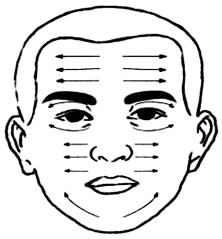


图 4　面部刮痧顺序

4.2.2.4.4　颈肩部正中和两侧由上往下，肩上由内向外，肩前、肩外、肩后由上向下刮拭；背腰部正中和两侧由上向下刮拭(图 5)。

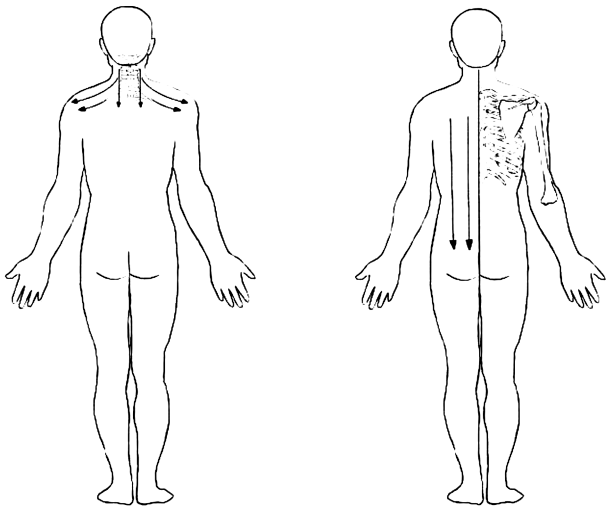


图 5　背部刮痧顺序

4.2.2.4.5　胸部正中应由上向下刮拭，肋间则应由内向外刮拭；腹部应由上向下，逐步由内向外扩展刮拭(图 6)。

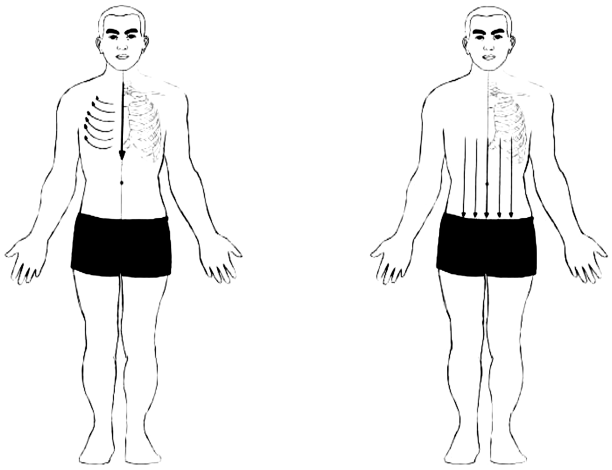


图 6　胸部、腹部刮痧顺序

4.2.2.4.6　四肢宜向末梢方向刮拭(图 7)。

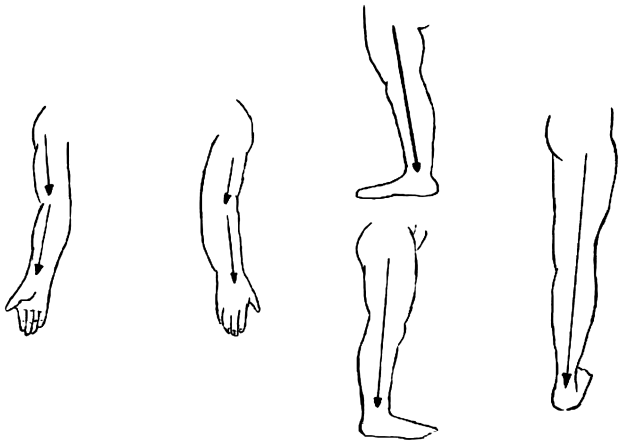


图 7　四肢刮痧顺序

4.2.2.5　刮痧的补泻方法

4.2.2.5.1　刮痧补法:刮痧时,刮痧板按压的力度小,刮拭速度慢,刮拭时间相对较长。宜用于体弱多病、久病虚弱的虚证患者以及对疼痛敏感者等。

4.2.2.5.2　刮痧泻法:刮痧时,刮痧板按压的力度大,刮拭速度快,刮拭时间相对较短。宜用于身体强壮、疾病初期的实证患者以及骨关节疼痛患者。

4.2.2.5.3　刮痧平补平泻法:介于刮痧补法和刮痧泻法之间。刮痧时,刮痧板按压的力度和移动速度适中,时间因人而异。宜用于虚实夹杂体质的患者,尤其适宜于亚健康人群或健康人群的保健刮痧。

4.2.2.6　刮痧时间

4.2.2.6.1　每次治疗时间:每个部位一般刮拭 20 次～30 次,通常一名患者选 3 个～5 个部位;局部刮痧的时间一般为 10 min～20 min,全身刮痧的时间宜为 20 min～30 min。

4.2.2.6.2　刮痧间隔:两次刮痧之间宜间隔 3 d～ 6 d,或以皮肤上痧退、手压皮肤无痛感为宜,若刮痧部位的痧斑未退,不宜在原部位进行刮拭。

4.2.2.6.3　疗程:急性病以痊愈为止,一般慢性病以 7 次～10 次为一疗程。

4.2.2.7 刮痧程度

4.2.2.7.1 力量强度：刮痧时用力应均匀，由轻到重。先轻刮 6 次～10 次，然后力量逐渐加重，尤其是经过穴位部位，以患者能够耐受为度，刮拭 6 次～10 次后，再逐渐减力，轻刮 6 次～10 次。每个部位刮拭约 20 次～30 次，使患者局部放松，有舒适的感觉为宜。

4.2.2.7.2 出痧程度：一般刮至皮肤出现潮红、紫红色等颜色变化，或出现粟粒状、丘疹样斑点，或片状、条索状斑块等形态变化，并伴有局部热感或轻微疼痛。对一些不易出痧或出痧较少的患者，不可强求出痧。

4.2.3 刮痧手法

4.2.3.1 按轻重分类

4.2.3.1.1 轻刮法：刮痧时刮痧板接触皮肤下压刮拭的力量小，被刮者无疼痛及其他不适感觉。轻刮后皮肤仅出现微红，无瘀斑。此法宜用于老年体弱者以及辨证属于虚证的患者。

4.2.3.1.2 重刮法：刮痧时刮痧板接触皮肤下压刮拭的力量较大，以患者能承受为度。此法宜用于腰背部脊柱双侧、下肢软组织较丰富处、青壮年体质较强者以及辨证属于实证、热证的患者。

4.2.3.2 按速度分类

4.2.3.2.1 快刮法：刮拭的频率在 30 次/min 以上。此法宜用于体质强壮者，主要用于刮拭背部、四肢以及辨证属于急性、外感病症的患者。

4.2.3.2.2 慢刮法：刮拭的频率在 30 次/min 以内。此法宜用于体质虚弱者，主要用于刮拭头面部、胸部、腹部、下肢内侧等部位以及辨证属于慢性、体虚内伤病症的患者。

4.2.3.3 按刮拭方向分类

4.2.3.3.1 直线刮法：又称直板刮法。用刮痧板在人体体表进行有一定长度的直线刮拭。此法宜用于身体比较平坦的部位，如背部、胸腹部、四肢部位。

4.2.3.3.2 弧线刮法：刮拭方向呈弧线形，刮拭后体表出现弧线形的痧痕，操作时刮痧方向多循肌肉走行或骨骼结构特点而定。此法宜用于胸背部肋间隙、肩关节和膝关节周围等部位。

4.2.3.3.3 逆刮法：指与常规的刮拭方向相反，从远心端开始向近心端方向刮拭。此法宜用于下肢静脉曲张、下肢浮肿患者或按常规方向刮痧效果不理想的部位。

4.2.3.3.4 旋转法：刮痧时做有规律的顺、逆时针方向旋转刮拭，力量适中，不快不慢，有节奏感。此法宜用于腹部肚脐周围、女性乳房周围和膝关节髌骨周围。

4.2.3.4 按刮痧板接触体表部位分类

4.2.3.4.1 摩擦法：将刮痧板与皮肤直接紧贴，或隔衣布进行有规律的旋转移动，或直线式往返移动，使皮肤产生热感。此法宜用于麻木、发凉或绵绵隐痛的部位，如肩胛内侧、腰部和腹部；也可用于刮痧前，使患者放松。

4.2.3.4.2 梳刮法：使用刮痧板或刮痧梳从前额发际处及双侧太阳穴处向后发际处做有规律的单方向刮拭，刮痧板或刮痧梳与头皮呈 45°，动作宜轻柔和缓，如梳头状，故名梳刮法。此法宜用于头痛、头晕、疲劳、失眠和精神紧张等病症。

4.2.3.4.3 点压法：又称点穴手法。用刮痧板的边角直接点压穴位，力量逐渐加重，以患者能承受为度，保持数秒后快速抬起，重复操作 5 次～10 次。此法宜用于肌肉丰满处的穴位，或刮痧力量不能深达，或不宜直接刮拭的骨骼关节凹陷部位，如环跳、委中、犊鼻、水沟和背部脊柱棘突之间等。

4.2.3.4.4 按揉法：刮痧板在体表经络穴位处作点压按揉，点下后做往返来回或顺逆旋转。操作时刮痧

板应紧贴皮肤而不移动，每分钟按揉 50 次～100 次。此法宜用于太阳、曲池、足三里、内关、太冲、涌泉、三阴交等穴位。

4.2.3.4.5 角刮法：使用角形刮痧板或使刮痧板的棱角接触皮肤，与体表呈 45°，自上而下或由里向外刮拭。手法要灵活，不宜生硬，避免用力过猛而损伤皮肤。此法宜用于四肢关节、脊柱双侧经筋部位、骨突周围、肩部穴位，如风池、内关、合谷、中府等。

4.2.3.4.6 边刮法：将刮痧板的长条棱边与体表接触呈 45°进行刮拭。此法宜用于对大面积部位的刮拭，如腹部、背部和下肢等。

4.2.3.5 刮痧特殊手法

4.2.3.5.1 弹拨法：用刮痧板的边角在人体肌腱、经筋附着处或特定的穴位处，利用腕力进行有规律的点压、按揉，并迅速向外弹拨，状如弹拨琴弦，故名弹拨法。操作时手法轻柔，力量适中，速度较快，每个部位宜弹拨 3 次～5 次。此法宜用于治疗骨关节、韧带等处的疼痛。

4.2.3.5.2 拍打法：又称击打法、叩击法。握住刮痧板一端，利用腕力或肘部关节的活动，使刮痧板另一端平面在体表上进行有规律的击打，速度均匀，力度和缓。此法宜用于腰背部、前臂、腘窝及其以下部位。

4.2.3.5.3 揪痧法：又称扯痧法、挤痧法。五指屈曲，用食指、中指的第二指节或食指、大拇指夹持施术部位，把皮肤与肌肉揪起，或撕扯特定部位，迅速用力向外滑动再松开，一揪一放，直到皮肤出现紫红色或瘀点。此法宜用于头面部的印堂、颈部天突和背部夹脊穴等部位。

4.2.3.5.4 挑痧法：又称放痧法。刮痧后，皮肤上出现明显凸起的瘀斑、痧疱或青紫肿块，用酒精棉球消毒后，用三棱针或一次性采血针头，紧贴皮肤平刺，放出瘀血少许，使瘀血、邪毒得泻。术后用碘伏消毒，并用胶布或创可贴加压固定。此法宜用于腘窝、太阳穴等处的浅表静脉扩张之瘀血，也可用于中暑、急性腰扭伤、下肢静脉曲张等病症。

4.2.4 常用部位的刮痧方法

人体头部、颈部、肩部、背腰部、胸部、腹部和四肢部位的刮痧方法见附录 C。

4.3 操作后处理

4.3.1 一般原则

4.3.1.1 刮痧后应使用干净的纸巾、毛巾或消毒棉球将刮拭部位的刮痧介质擦拭干净。

4.3.1.2 刮痧过程中产生的酸、麻、胀、痛、沉重等感觉，均属正常反应。

4.3.1.3 刮痧后皮肤出现潮红、紫红色等颜色变化，或出现粟粒状、丘疹样斑点，或片状、条索状斑块等形态变化，并伴有局部热感或轻微疼痛，都是刮痧的正常反应，数天后即可自行消失，一般不需进行特殊处理。

4.3.1.4 刮痧结束后，最好饮一杯温开水，休息 15 min～20 min 即可。

4.3.2 刮痧后异常情况的处理

若出现头晕、目眩、心慌、出冷汗、面色苍白、恶心欲吐，甚至神昏仆倒等晕刮现象，应立即停止刮痧。或用刮痧板点按患者百会穴、人中、内关、足三里、涌泉穴。

4.4 适应症

4.4.1 内科

头痛、头晕、失眠、发热、胃痛、腹痛、便秘、腹泻、中暑、痹证、痿证、面瘫、哮喘、中风后遗症、胁痛、呃

逆、疲劳、肥胖等。

4.4.2 外科

落枕、颈痛、肩痛、背痛、腰痛、腿痛、膝关节痛、足跟痛、静脉曲张等。

4.4.3 妇科

痛经、月经不调、带下病、闭经等。

4.4.4 皮肤科

黄褐斑、痤疮、荨麻疹等。

4.4.5 五官科

耳鸣、耳聋等。

5 安全性要求

5.1 禁忌

5.1.1 严重心脑血管疾病、肝肾功能不全等疾病出现浮肿者。

5.1.2 有出血倾向的疾病，如严重贫血、血小板减少性紫癜、白血病、血友病等。

5.1.3 感染性疾病，如急性骨髓炎、结核性关节炎、传染性皮肤病、皮肤疖肿包块等。

5.1.4 急性扭挫伤、皮肤出现肿胀破溃者。

5.1.5 刮痧不配合者，如醉酒、精神分裂症、抽搐等。

5.1.6 特殊部位，如眼睛、口唇、舌体、耳孔、鼻孔、乳头、肚脐、前后二阴以及大血管显现处等部位，孕妇的腹部、腰骶部。

5.2 注意事项

5.2.1 开始治疗前，应获得患者同意进行刮痧。此外，应告知患者刮痧的机理、在刮痧过程中预期的感觉以及可能的治疗后效果。

5.2.2 刮痧治疗时应注意室内保暖，尤其是在冬季应避免感受风寒；夏季刮痧时，应避免风扇、空调直接吹刮拭部位。

5.2.3 刮痧后不宜即刻食用生冷食物，出痧后 30 min 以内不宜洗澡。

5.2.4 年迈体弱、儿童、对疼痛较敏感的患者宜用轻刮法刮拭。

5.2.5 凡肌肉丰满处（如背部、臀部、胸部、腹部、四肢）宜用刮痧板的横面（薄面、厚面均可）刮拭。对一些关节处、四肢末端、头面部等肌肉较少、凹凸较多的部位宜用刮痧板的棱角刮拭。

5.2.6 下肢静脉曲张或下肢肿胀者，宜采用逆刮法，由下向上刮拭。

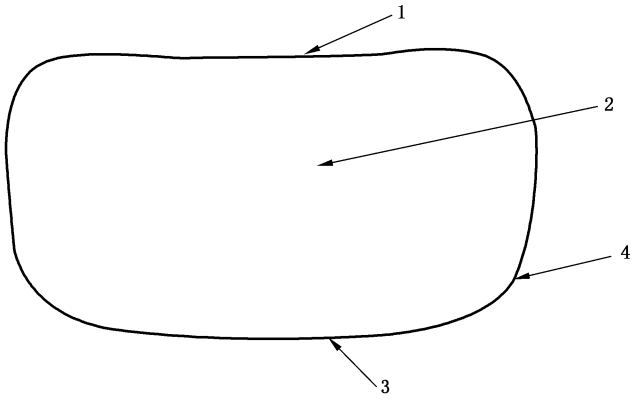
附 录 A
（资料性）
常用刮痧板和刮痧介质的种类

A.1 常用刮痧板的种类

A.1.1 按形状分类

A.1.1.1 方形刮痧板

一侧薄而外凸为弧形，对侧厚而内凹为直线形，呈方形，宜用于人体躯干、四肢部位刮痧（图 A.1）。

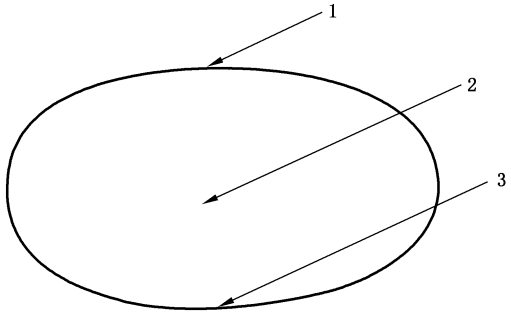


标引序号说明：
1——刮痧板持握处；
2——刮痧板主体；
3——刮痧板的边缘；
4——刮痧板的角。

图 A.1 方形刮痧板

A.1.1.2 椭圆形刮痧板

呈椭圆形或月圆形，边缘光滑，宜用于人体脊柱双侧、腹部和四肢肌肉较丰满部位刮痧（图 A.2）。

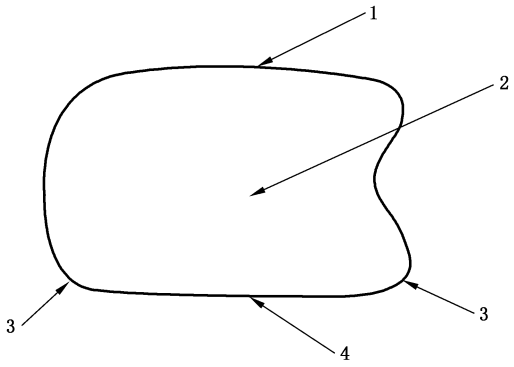


标引序号说明：
1——刮痧板持握处；
2——刮痧板主体；
3——刮痧板的边缘。

图 A.2 椭圆形刮痧板

A.1.1.3 缺口形刮痧板

边缘设置有缺口，以扩大接触面积，减轻疼痛，宜用于手指、足趾、脊柱部位刮痧(图 A.3)。



标引序号说明：

1——刮痧板持握处；

2——刮痧板主体；

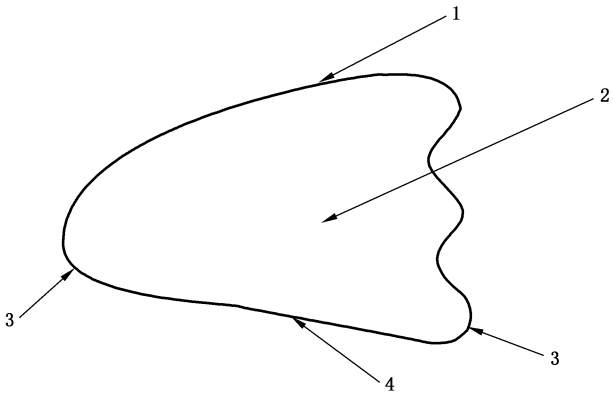
3——刮痧板的角；

4——刮痧板的边缘。

图 A.3 缺口形刮痧板

A.1.1.4 三角形刮痧板

呈三角形，棱角处便于点穴，宜用于胸背部肋间隙、四肢末端部位刮痧(图 A.4)。



标引序号说明：

1——刮痧板持握处；

2——刮痧板主体；

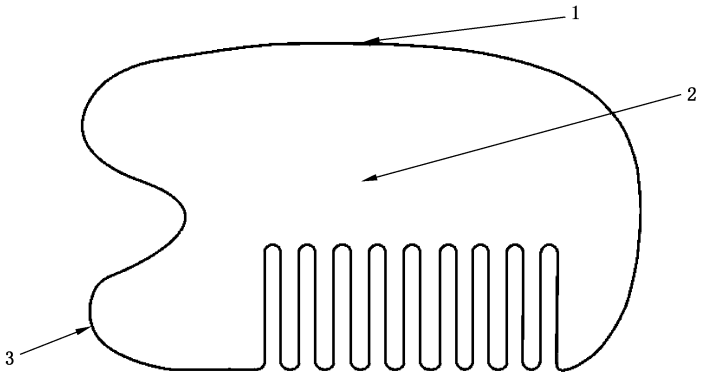
3——刮痧板的角；

4——刮痧板的边缘。

图 A.4 三角形刮痧板

A.1.1.5 梳形刮痧板

呈梳子状，可以保护头发，宜用于头部刮痧(图 A.5)。



标引序号说明：

1——刮痧板持握处；

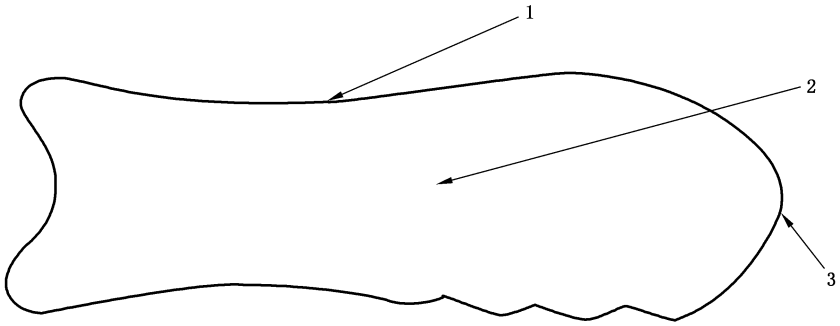
2——刮痧板主体；

3——刮痧板的角。

图 A.5　梳形刮痧板

A.1.1.6　鱼形刮痧板

见图 A.6。



标引序号说明：

1——刮痧板持握处；

2——刮痧板主体；

3——刮痧板的角。

图 A.6　鱼形刮痧板

A.1.2　按材质分类

A.1.2.1　水牛角刮痧板：用天然水牛角加工制成，具有清热、解毒、化瘀、消肿的作用。

A.1.2.2　砭石刮痧板：用特殊的砭石加工制成，具有镇惊、安神、祛寒的作用。

A.1.2.3　陶瓷刮痧板：用陶瓷材料烧制而成，具有耐高温、防静电的作用。

A.1.2.4　玉石刮痧板：用玉石材料加工而成，具有清热、润肤、美容的作用。

A.2　常用刮痧介质的种类

A.2.1　刮痧油

中草药与医用油精炼而成的油剂或者植物精油，具有清热解毒、活血化瘀、解肌发表、缓解疼痛、帮

助透痧以及润滑护肤增效等作用。宜用于成人刮痧，或刮痧面积大者，或皮肤干燥者。

A.2.2 刮痧乳

天然植物合成的乳剂，具有改善血液循环、促进新陈代谢、润滑护肤增效的作用。宜用于儿童刮痧，或面部刮痧，或拔罐进行走罐时。

附 录 B
（资料性）
常用的刮痧体位

B.1 坐位

患者侧身坐于椅上，一只手扶于椅背上；或双腿分开，面向椅背坐于椅上，双手扶于椅背上；或坐于方凳、圆凳上，双手扶于桌边或床边，暴露头、颈、肩、上肢和背部。宜用于头面部、颈项部、肩部、背部和上肢部位的刮痧。头痛、感冒、颈痛、肩痛等病症刮痧治疗时多选择此种体位。

B.2 仰靠坐位

患者坐于椅上，背部靠于椅背，暴露颈项前部及胸前部位。宜用于面部、颈前、胸部、肩部和上肢部位的刮痧。咽部不适、慢性支气管炎、气管炎、肩痛等病症刮痧、全身刮痧以及面部美容时多选择此种体位。

B.3 扶持站位

患者前倾稍弯腰站于床、桌或椅前，双手扶床边、桌边或椅背，使背部、下肢部暴露。宜用于背部、腰部、臀部和下肢部位的刮痧。背痛、腰痛、腿痛及下肢不适等病症刮痧治疗时多选择此种体位。

B.4 仰卧位

患者面朝上仰卧于床上，暴露面、胸、腹及上肢内侧。宜用于面部、胸部、腹部和上肢内侧部位的刮痧，尤其适用于老年人、妇女和全身刮痧者。腹泻、腹痛、肥胖等病症刮痧、全身刮痧、面部美容以及心肺不适患者的胸部刮痧时多选择此种体位。

B.5 俯卧位

患者面部朝下，俯卧于床上，暴露头、颈、背、臀及下肢后侧。宜用于头后部、颈部、肩上、背腰、臀部和下肢内、外、后侧的刮痧。颈痛、肩痛、背痛、腰痛、疲劳、腿痛、失眠等病症刮痧、全身刮痧以及背部刮痧配合拔罐、走罐时多选择此种体位。

B.6 侧卧位

患者侧身卧于床上，暴露侧半身及身体前后侧。宜用于肩部、臀部和下肢外侧的刮痧。肩周疼痛、髋部疼痛以及下肢一侧骨关节疼痛刮痧治疗时多选择此种体位。

附 录 C
（资料性）
常用部位的刮痧方法

C.1 头部

C.1.1 头部两侧刮痧

从头前侧太阳穴附近向风池穴方向刮拭(胆经)。选用坐位,术者一手扶持患者头部右侧,保持头部相对稳定;另一手握持刮痧板刮拭头部左侧,从太阳穴附近开始,绕耳上,向头侧后部乳突和风池穴方向刮拭,先轻刮,然后力量逐渐加重,以患者能够耐受为度,最后再逐渐减力轻刮。每一侧刮拭 10 次～20 次为宜,以使患者头部放松,有舒适的感觉为宜。

C.1.2 头顶部向前刮痧

从头顶部的百会穴向前额方向刮拭(督脉及两侧膀胱经)。选用坐位,术者一手呈八字扶持患者前额,保持头部相对稳定;另一手握刮痧板,首先刮拭头顶部正中,从百会穴向前额方向刮拭,刮拭 10 次～20 次为宜,然后刮拭头顶部双侧,刮拭的力量和次数同正中部位刮拭。

C.1.3 头顶部向后刮痧

从头顶部的百会穴向头后部至颈项方向刮拭(督脉及两侧膀胱经)。选用坐位,术者一手扶持患者头顶前部,保持头部相对稳定;另一手握持刮痧板,首先刮拭头后部正中,从百会穴向头后部至颈项过风府穴方向刮拭,刮拭 10 次～20 次为宜,然后刮拭头后部双侧,从头顶部向头后部至颈项过风池穴方向刮拭,刮拭力量和次数同头后部正中部位刮拭。

C.2 颈部

C.2.1 颈部正中刮痧

从颈上的风府穴向大椎穴、陶道穴方向刮拭(督脉)。宜选用坐位,患者低头向前倾,术者一手扶持患者头顶部,保持头部相对稳定;另一手握持刮痧板从风府穴向下刮至大椎穴下的陶道穴,轻刮 10 次～20 次为宜,身体消瘦、颈椎棘突明显突出者,宜用刮痧板的边角,由上向下依次点压按揉每一个椎间隙 3 次～5 次,以局部有酸胀感为宜。

C.2.2 颈部脊柱两侧刮痧

颈部脊柱两侧分别从天柱穴向下刮至风门穴(膀胱经)。宜用直线刮法、重刮法刮拭,每一部位刮拭 20 次～30 次为宜。风门穴可采用点压法、按揉法。

C.2.3 颈部外侧刮痧

颈部左右两侧分别从风池穴、完骨穴刮至肩井穴(胆经),从肩上过肩井穴并延长至肩头。颈部外侧宜采用轻刮法、直线刮法和弧线刮法刮拭,每一部位刮拭 20 次～30 次为宜。肩井穴可采用点压法、按揉法。

C.3 肩部

C.3.1 肩上部刮痧

从后发际两侧凹陷处的风池穴向肩井穴、肩髃穴方向刮拭，每侧刮拭 20 次～30 次为宜。风池穴、肩井穴可采用点压法、按揉法。

C.3.2 肩胛内侧刮痧

从后发际天柱穴向大杼穴、膈俞穴方向刮拭(膀胱经)。每侧从颈上一直刮至肩胛内侧膈俞穴以下，宜用直线刮法、重刮法刮拭，每侧刮拭 20 次～30 次为宜。

C.3.3 肩后部刮痧

先用直线轻刮法由内向外刮拭肩胛冈上下，然后用弧线刮法刮拭肩关节后缘的腋后线，每一部位刮拭 20 次～30 次为宜。

C.3.4 肩前部刮痧

采用弧线刮法刮拭腋前线，每侧从上向下刮拭 20 次～30 次为宜。

C.3.5 肩外侧刮痧

术者一手握住患者前臂手腕处，使上肢外展 45°，刮拭肩关节外侧的三角肌正中及两侧缘，用重刮法、直线刮法刮拭，每侧刮拭 10 次～20 次为宜。

C.4 背腰部

C.4.1 背腰部正中刮痧

从上向下刮拭背腰部正中(督脉)。采用轻刮法，刮拭 10 次～20 次为宜。身体消瘦、椎体棘突明显突出者，宜用刮痧板的边角，由上向下依次点压按揉每一个椎间隙 3 次～5 次，以局部有酸胀感为宜。

C.4.2 背腰部脊柱两侧刮痧

从上向下刮拭背腰部膀胱经第一、第二侧线之间的区域。从上向下采用直线重刮法刮拭，每侧刮拭 20 次～30 次为宜。

C.5 胸部

C.5.1 胸部正中刮痧

从天突穴向下刮至剑突处(任脉)。采用轻刮法，刮拭 10 次～20 次为宜。

C.5.2 胸部两侧刮痧

用刮痧板薄面边缘，采用轻刮法、角刮法由内向外刮拭，每一肋间隙刮拭 10 次～20 次为宜，从上向下依次刮至乳根，乳头部位跳过。

C.6 腹部

C.6.1 腹部正中刮痧

分别从上脘穴向下刮至中脘穴、下脘穴，从气海穴向下刮至关元穴、中极穴(任脉)。选用仰卧位，从

上向下刮拭，中间绕开肚脐。用边刮法、重刮法刮拭 20 次～30 次为宜。

C.6.2 腹部两侧刮痧

从肋缘向下刮至小腹部，由内向外依次刮拭肾经、胃经和脾经循行区域，每个部位用边刮法刮拭 20 次～30 次为宜。

C.7 上肢

C.7.1 上肢外侧刮痧

由上向下依次刮拭大肠经、三焦经和小肠经循行区域。每一部位刮拭 10 次～20 次为宜。合谷穴、外关穴可采用点压法、按揉法。

C.7.2 上肢内侧刮痧

由上向下依次刮拭肺经、心包经和心经循行区域。每一部位刮拭 20 次～30 次为宜。内关穴、神门穴可采用点压法、按揉法。

C.8 下肢

C.8.1 下肢外、后侧刮痧

以膝关节为界分上下两段分别刮拭，由上向下依次刮拭胃经、胆经和膀胱经循行区域。每一部位刮拭 10 次～20 次为宜。环跳穴、承山穴可采用点压法、按揉法、弹拨法，委中穴可采用拍打法、挑痧法。

C.8.2 下肢内侧刮痧

以膝关节为界分上下两段分别刮拭，由上向下依次刮拭脾经、肝经和肾经循行区域。每一部位刮拭 10 次～20 次为宜。三阴交、血海穴可采用点压法、按揉法。

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