

Cupping 拔罐

What is Medical Cupping and how long has it been around?

- Medical cupping is a therapy using glass cups and a flame to create a vacuum or suction on the skin.
- Cupping has developed over time with early written records going back to 28 AD. It started with the use of animal horns, then bamboo cups and finally to glass cups.

Types of Cups

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Bamboo cup



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Glass cup



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Pottery jar



Piston air-sucking cup





ay
Cupping
during an
acupuncture
treatment

Techniques

Cupping techniques...

- Stationary cup: The cup is vacuumed to a specific acupressure point or muscle knots and left on for 5-10 minutes.
- Moving cup: The cup is vacuumed to certain acupressure points or muscle knots and is then moved up and down a meridian or across a muscle fiber, all while still attached to the skin.
- Flash cup: The cup is vacuumed to certain point or knots and is then quickly removed and replaced several times on the same area in order to relieve muscle tension and release body toxins.

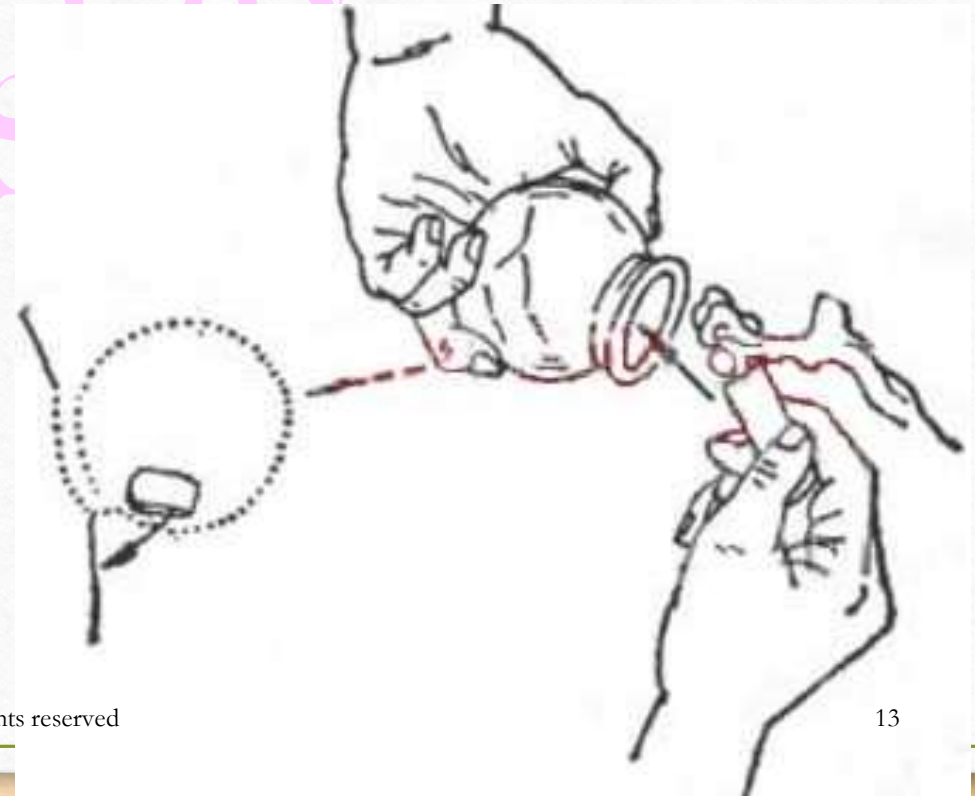
Flash-flame cupping

- Ignite a 95% alcohol-soaked cotton ball held with tweezers, put the flame into the cup and circle the flame inside it to 2 to 3 times. Remove the flame and place the cup onto the skin very quickly.
- This is a safe and commonly used method.



Flame-casting cupping

- Put an ignite 95% alcohol-soaked cotton ball into the cup, and then place the cup on to the skin.
- This method is suitable for transverse cupping.



Retaining cupping

Attach the cup to the skin and retain it for 10 to 15 minutes, and remove it. This is used for many disorders. In clinical practice, a single-cup or multi-cup retaining can be used.



Flashing cupping

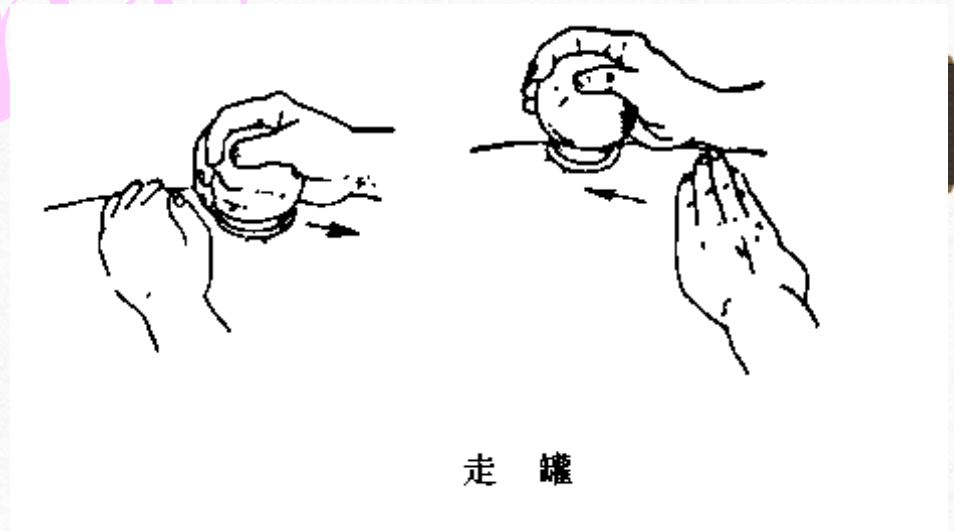
Attach and remove the cup quickly and repeatedly until the treated area becomes reddish, congested or extravagated.

This is used on patients who cannot accept retaining cupping such as infants, young women, or for treatments done on the face.



Sliding cupping

Spread some vaseline or paraffin oil to the treated area, attach the cup to the skin, move it up and down or left and right on the selected area, and finally remove the cup when the skin becomes reddish, congested or even extravasated. This method is suitable for places with thick muscles in large areas, such as waist, back and thighs.



Function

- ◎ It's a way of 'clearing the drain'. Massage can release and move toxins but if there is significant build up massage is not enough.
- ◎ Traditional Chinese Medicine states it will warm the meridians, dispels stagnation and it increases as well as promotes the flow of Qi and blood.

Leaving a mark

- Yes, most of the time cupping will leave a mark or bruised appearance.
- The greater the build up of toxins, metabolic waste, or blood stagnation, the greater the chance is of marks being left and the darker the coloring may be.
- The length of time the discoloration lasts depends on your body-how quickly it can cleanse itself and how much it has to cleanse.

Needle-retaining cupping

This method is a combination of acupuncture and cupping. Attach a cup to the area around one or more of the retained needles and keep the needles inside the cup. Remove the cup and needles after 5 to 10 minutes, or when the localized skin becomes reddish, congested or extravasated.



Athlete sporting
cupping marks.



TYPES OF CUPPING

WET/DRY



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Plastic Cups

- This is a type of easy cup where you can squeeze the air out and move dynamically.
- With the pressure of the squeeze you can change the pressure of the cup
- If it falls off it can be reapplied easily.







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Fire Cups



Precautions

- Keep the cupped area covered, warm, and free from any drafts following your treatment. Cupping opens the surface of the body, therefore temperature extremes (especially cold or wind) can trigger the muscles to go into spasm or tighten up. You need to be sure to keep the area protected and avoid activities such as hot tubs or cold showers. Warm baths are acceptable if you can avoid leaning back into the tub where the area may be put up against cold ceramic.

Caution

- Drink plenty of water! Since toxins have been released back into your system, be sure to drink plenty of fluids to help your body flush them out.
- Over-the-counter pain relief medication such as Tylenol or Advil in small doses are generally acceptable to manage any lasting discomfort.
- Avoid alcohol or other toxic substances for at least 48 hours following the session. Your liver is working hard to process what has been reintroduced into the system; don't make it work any harder than it has to.

Medicinal Cupping

- Herbal soak and boil the medicine into the bamboo cups and let the cups soak up the medicinal effects.
- Through the cups to transmit the medicinal effect into the meridian.







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Diagnosis Through Cups

Diagnosis Skin

- If the surface is pale, we have deficiency in the underlying channels/structures.
- If the surface is dark red or darker, we usually have blood stagnation patterns.
- Ideally, the whole surface gets equally bright red fast, then disappears to the normal skin color in matter of minutes.
- Dots: Mark of any color covered with dark dots indicates dry patterns and/or mild qi stagnation.

Diagnosis Skin

- Discolorations: Mark that is only partially coloured or has segments of different colors, indicates Spleen deficiency or Phlegm invasion. These markings are very similar and connected to cellulitis
- The puffyness of marks: Some marks return to their normal state as soon as we remove the cuppings, while others retain their shape indicates severe/chronic Phlegm and low blood circulation on the surface of the body, especially if the marking remained pale.

Diagnosis Skin these are general indications

- 拔罐後，罐印呈發散紫點狀，且顏色深淺不一，表示氣滯血瘀症；
- 拔罐後，罐印鮮紅而豔，表示陽虛，氣血兩虛或陰虛；
- 拔罐後，罐印紫黑而暗，表示供血不足，經絡運行不暢，有淤血現象；
- 拔罐後，罐印發紫並伴有斑塊，一般表示寒凝血瘀症；
- 拔罐後，罐印紅而暗，表示血脂高，且有熱邪；
- 拔罐後，罐印灰白，觸之不溫，多為虛寒；
- 拔罐後，罐印表面有皮紋和微癢，表示有風邪和濕邪；
- 拔罐後，罐體內壁有水珠，表示該部位有濕氣；
- 拔罐後，罐印出現水泡，說明體內濕氣重；

- After cupping, showed diverging purple dots and color not uniformed shades, indicates blood stasis disease;
- After cupping, red and bright, represents yang deficiency, blood and qi deficiency or yin deficiency;
- After cupping, purple black and dark, showing insufficient blood supply meridian running sluggish, there is congestion of blood;
- After cupping, accompanied by the issuance of purple patches, generally expressed Cold Retention and Blood stagnation disease;
- After cupping, red and dark, showing high blood lipids, and evil heat;
- After cupping, gray, not warm to touch, mostly deficiency;
- After cupping, skin is striated and slightly itchy, it expressed pathogenic wind and dampness;
- After cupping, cup wall has water drops, indicating that the site has moisture;
- After cupping, blisters, indicating the dampness in body;

Skin Reaction after Cupping



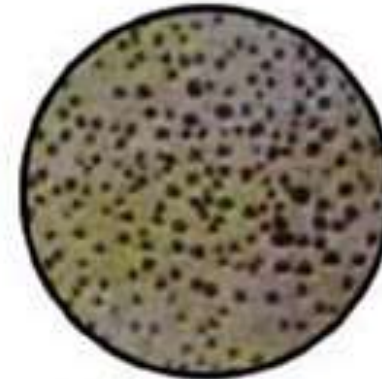
Healthy Blood
Circulation



Moderate
Stagnation



Severe
Stagnation



Congestion
and Toxins



Purpura



Blisters



Black
Patches

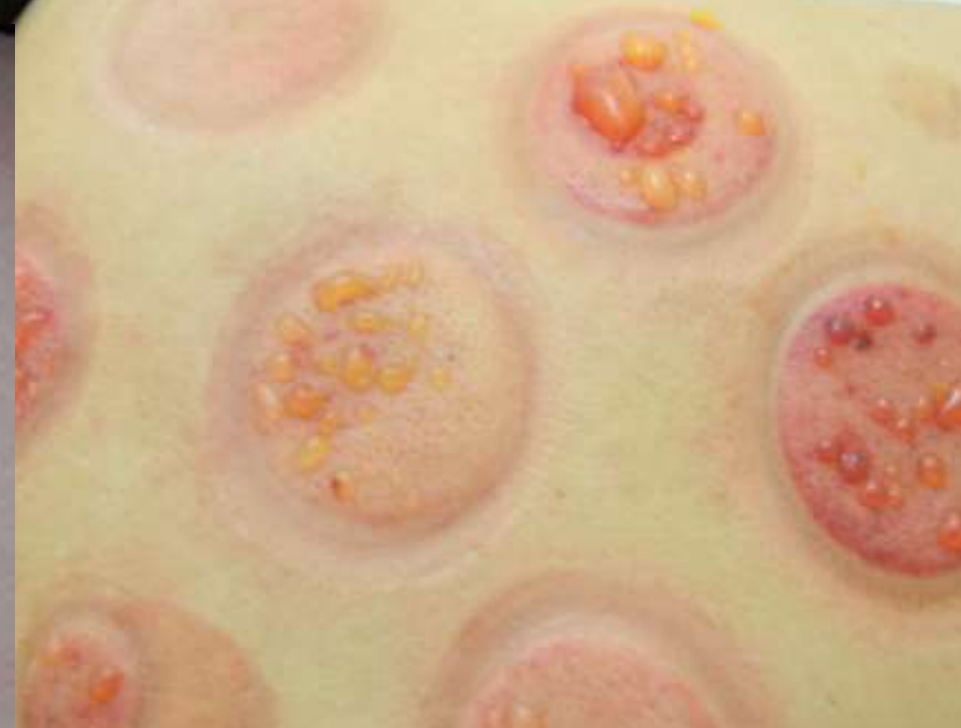


Blood and
Qi Deficiency



R. P





燃天玄罐辨证第1-2步：

从头部位置开始从上到下，依次拔紧。



鼎天玄罐辨证第8-2步：

依次拔紧。



MASSAGE CUPPING

- With the use of a handheld vacuum pump, plastic cups, and attachment this unique brand of bodywork uses suction to lift tissue.
- The moving of the cups not only keeps the cups dynamic but also mimics our massage strokes.



MASSAGE CUPPING

- Dredging of Nerve, Lymphatic, and Circulatory pathways
- Intent is on the restoration of Homeostasis.

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