

Gua Sha

刮痧

What is Gua Sha

- Gua means to scrape, rub or friction.
- Sha means a reddish, elevated, millet-like skin rash.
- Gua Sha tools are primarily made out of buffalo horns or jade. At times and depending on where you are, soup spoons or coins may be used.

What is Sha

- **Sha Syndrome:**
- **Cause:**
- **invasion of wind, cold, damp, heat, summer-heat**
- **Invasion of epidemic pathogen**
 - **blockage of the channels**

Sha Syndrome

- **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.

Tools

- **Gua Sha Oil**
- **Gua Sha Plate**



Red agate gua sha tool



Green agate gua sha tool



buffalo horn



reserved

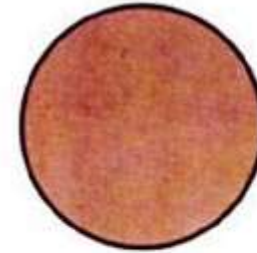
Plate Materials

- The smoothness allows the object to press into the flesh and fascia without breaking the surface skin. Moreover, it is easier to use a simple lid because it can be easily discarded. Baby food jar lids are not recommended because they do not have a true lip and are too blunt. While some practitioners like the notion of a jade or water buffalo instrument, they are also blunt and **the blunter an instrument is the more discomfort to the patient.**

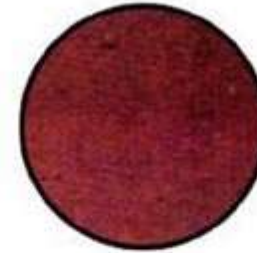
Technique

- The area in question for Gua Sha is lubricated with oil. The skin is then rubbed with a round-edged instrument in downward strokes.
- An area is stroked until the **petechiae** that surface are completely raised.
- If there is **no Blood stasis** the petechiae will not form and the skin will only turn pink.

Colour



Healthy Blood
Circulation



Moderate
Stagnation



Severe
Stagnation

- In Gua Sha, the Sha rash colour is an indication of how healthy our bodies and blood truly are.
- Very **light colored** Sha can indicate blood deficiency
- If the Sha is **fresh red**, it is of recent injury, or heat.
- If the Sha is **purple** or black, the blood stasis is long-standing.
- If **brown**, the blood may be dry.
- **Dark red** Sha can indicate heat.

How fast will the Petechiae fade?

- The Sha petechiae should fade in 2-4 days. If it is slower to fade, indicating poor Blood circulation, the practitioner must ascertain whether it is a blood deficiency, Qi or Yang, a deeper stagnation or organ deficiency.





Effect

- The greatest benefit of Gua Sha has to be the **removal of stagnant**, or diseased, blood. When Gua Sha is performed, our circulation is improved and our metabolic processes are normalized.
- Immediate relief is seen in patients suffering from pain, flu, fever, chills, nausea, coughing, bronchitis, asthma, and stiffness.
- Gua Sha also works wonders on digestive problems, respiratory complications, balancing the flow of Qi, and many other acute and chronic disorders.

When is Gua Sha used?

- Gua Sha is used whenever a patient has pain associated with an acute or chronic disorder, or when there is an aching, tenderness and/or a knotty feeling in the muscles.
- Palpation reveals Sha when normal finger pressure on a patient's skin causes blanching that is slow to fade. In addition to resolving muscular skeletal pain, Gua Sha is used to treat and prevent the common cold, flu, bronchitis, asthma, as well as any chronic disorder involving pain, congestion of qi and Blood.

Where is Gua Sha applied?

- Sha is raised primarily at the Yang (positive) surface of the body: the back, neck, shoulders, buttocks, and limbs.
- On occasion, Gua Sha is applied at the chest and abdomen.



Areas commonly used

Head

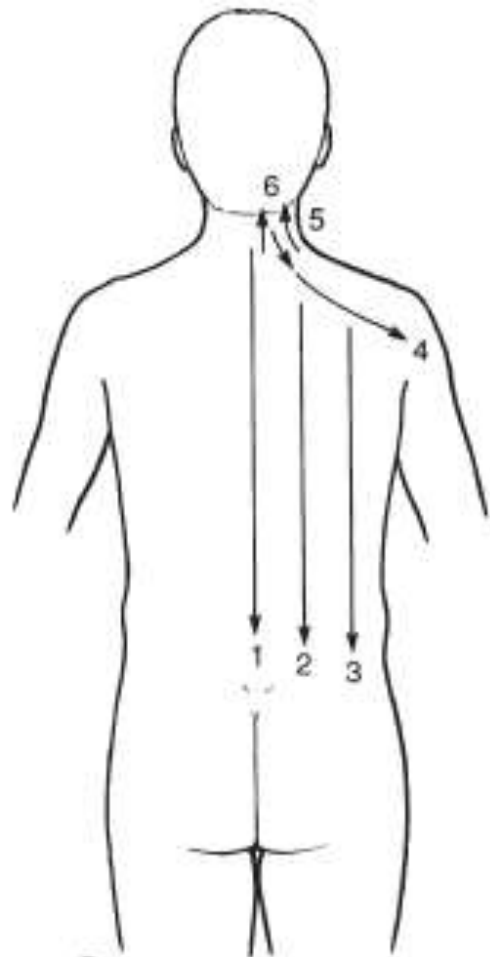
- Yintang, Taiyang, GB20, etc

Neck

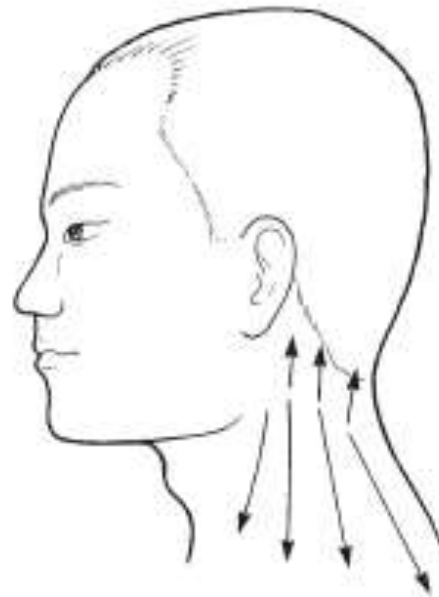
- Side of neck
- GB20 to GB21

Back

- Du channel, Jiaji points, BL channel
- Above and below spine of scapula
- Intercostal space



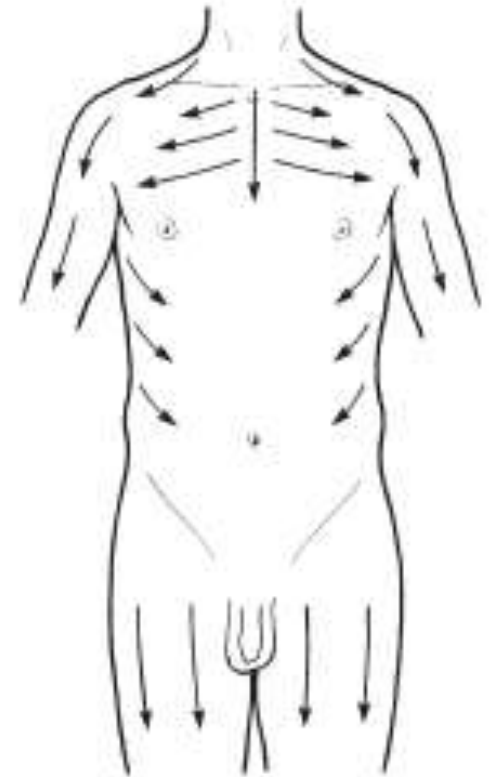
(A) Stroke sequence



(B) Stroke at neck



(C) Dorsal body strokes



(D) Ventral body strokes

Other areas

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

Indications

- Others: acute gastroenteritis, dysentery, etc
- Health preservation (lighter stimulation without oil)

Precautions

- **Appropriate, comfortable position**
- **Clean guasha plate**
- **Apply guasha oil and heat pad to prepare treatment area**
- **Angle: oblique; avoid cutting the skin**
- **Strength: even**
- **Direction: one-way stroke, finish one area before move to the other**

Precautions

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

Contraindication

- 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