



Gua Sha (Scraping)

“Gua Sha, also known as Gua Sha therapy, is a traditional treatment based on the meridian-acupoint theory of traditional Chinese medicine (TCM) ... [Gua Sha] is widely accepted in many countries including China, United States of America, Europe, Australia, Japan, Korea and other Southeast Asian countries.” (International Standards Organisation, 2017).

Gua Sha refers to the method of using a Gua Sha board, smooth porcelain spoon, or special Gua Sha tools to scrape the skin (Gua) to make the local skin change colour into red and/or purple, with possible black spots or even purple-black blisters (Sha) (Liu, Mondot, & Niu, 2012). This sign may indicate blood stasis and toxins (water retention, phlegm, dampness, etc.) from deep inside the body rising to the skin, and promotes blood circulation.

Figure 1: Gua Sha on neck



Adapted from Moyer, J. (2012, September 24). Gua sha: Scraping of back is said to relieve pain and ease other medical problems. *Washington Post*. Retrieved from https://www.washingtonpost.com/national/health-science/gua-sha-scraping-of-back-is-said-to-relieve-pain-and-ease-other-medical-problems/2012/09/24/2515229c-cf9a-11e1-8e56-dffb1bd20_story.html

Gua Sha VS Physical Abuse

Figure 2: Gua Sha on back



The Sha mark is regular and follows the meridian flow and may take 3-7 days to fade (or in some cases, longer). If it is slower to fade, this may indicate poor blood circulation.

Adapted from Edward Ernst. (2018, June 22). Re: Gua sha, a reasonable therapy? (Blog post). Retrieved from <https://edzardermst.com/2018/06/gua-sha-a-reasonable-therapy/>

Figure 3: Child with multiple bruise mark from a belt



Adapted from “Figure 7 Child with multiple bruises from a belt. Image courtesy of Nancy Harper, MD Masonic Children’s Hospital, Minneapolis, MN and Sonja Eddleman, RN, Driscoll Children’s Hospital, Corpus Christi, TX.” In: A. W. Kiragu, S. J. Dunlop, N. Mwarumba, S. Gidado, A. Adesina, M. Mwachiro, . . . T. M. Slusher. (2018). Pediatric trauma care in low resource settings: Challenges, opportunities, and solutions. *Frontiers in Pediatrics*, 6, 155. doi:10.3389/fped.2018.00155

Application

Gua Sha may be used if a person has pain, whether associated with an acute or a chronic disorder. In addition to use with musculoskeletal pain, Gua Sha is used with the common cold, flu, bronchitis, asthma, as well as with any chronic disorder involving pain and/or congestion of Qi and Blood.

Precaution

Gua Sha is a safe technique when applied correctly and can be applied to most age groups; however, be aware of the following precautions:

- Gua Sha should not be used on new-borns or body regions with delicate skin (such as eyelids, breast, etc.).
- Due to the bruising effects of the treatment, Gua Sha is not recommended for use on people under the age of 16 years in New Zealand. This eliminates the risk of comparison with the effects of physical abuse on minors. (Ministry of Justice, 2017, p. 21)
- Avoid Gua Sha on skin with ulcers, injuries or inflammation.
- Avoid Gua Sha in diseases with a tendency to bleed.
- Avoid Gua Sha on bone fracture regions. Apply Gua Sha two months after surgeries on remaining scars.
- Avoid Gua Sha on people with tumours or malignant tumours without a clear diagnosis.
- Avoid Gua Sha on the lower abdomen of women during menstruation. Gua Sha should never be used on the lower abdomen of pregnant women.
- Avoid Gua Sha, if the resulting bruise colour of the Sha would not be acceptable to the person receiving the Gua Sha.
- Attention should be paid to avoid catching a cold when the weather changes during Gua Sha and after it.
- After Gua Sha, take a rest and drink some warm water or water with a little salt. Avoid to contact water within 5 hours of any Gua Sha.

References

- International Organisation for Standards. (2017). *Traditional Chinese medicine — gua sha instruments* (ISO 20308:2017). Retrieved from <https://www.iso.org/obp/ui/#iso:std:iso:20308:ed-1:v1:en>
- Liu, Z., Mondot, M., & Niu, X. (2012). *Health cultivation in Chinese medicine*. Beijing, China: People’s Medical Publishing House.
- Ministry of Justice, New Zealand. (2017). *Family violence risk assessment and management framework. A common approach to screening, assessing and managing risk*. Wellington, New Zealand: Author. Retrieved from <https://www.justice.govt.nz/assets/Documents/Publications/family-violence-ramf.pdf>



刮痧

刮痧，又称刮痧疗法，是以中医经络理论为基础的传统疗法。这种疗法经过几千年的实践并流传至今，并被中国、美国、欧洲、澳大利亚、日本、韩国及东南亚等国家广泛接受。(International Standards Organisation, 2017)

刮痧是指用刮痧板、光滑的瓷勺或特殊的刮痧工具刮擦皮肤(刮)，使局部皮肤颜色变成红色或紫色，可出现黑斑甚至紫黑色水泡(痧)(Liu, Mondot, & Niu, 2012)。这一迹象可表明血瘀和毒素(水潴留和痰湿等)从体内深处被引到皮肤表面，并促进血液循环。

图1: 颈部刮痧



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痧印 VS 家暴

图2: 背部痧印



痧印往往沿经络分部，通常可在3-7天内消退（有时需要更多的天数）。如果痧印褪色较慢，说明有可能血液循环不良。

Adapted from Edward Ernst. (2018, June 22). Re: Gua sha, a reasonable therapy? (Blog post). Retrieved from <https://edzardernst.com/2018/06/gua-sha-a-reasonable-therapy/>

图3: 家暴伤痕



Adapted from "Figure 7 Child with multiple bruises from a belt. Image courtesy of Nancy Harper, MD Masonic Children's Hospital, Minneapolis, MN and Sonja Eddleman, RN, Driscoll Children's Hospital, Corpus Christi, TX." In: A. W. Kiragu, S. J. Dunlop, N. Mwarumba, S. Gidado, A. Adesina, M. Mwachiro, ... T. M. Slusher. (2018). Pediatric trauma care in low resource settings: Challenges, opportunities, and solutions. *Frontiers in Pediatrics*, 6, 155. doi:10.3389/fped.2018.00155

应用

刮痧除了可用于急、慢性疾病及肌肉骨骼相关的疼痛，还可以用于普通感冒、流感、支气管炎、哮喘，和涉及气血不通的慢性疾病。

注意事项

刮痧是一种相对安全的自然疗法，适用于大多数不同年龄层次的人。刮痧前请注意以下事项:

- 新生儿及皮肤脆弱的身体部位(如眼睑、乳房)不宜使用刮痧。
- 由于治疗的擦伤作用，所以在新西兰不建议对16岁以下患者使用刮痧，这可以消除对未成年人身体虐待的风险。(Ministry of Justice, 2017, p. 21)
- 避免对溃疡、损伤、炎症疾病皮肤进行刮痧。
- 避免对患有出血倾向的疾病的人进行刮痧。
- 骨折部位避免刮砂。手术两个月后才可以在手术疤痕上进行刮痧。
- 对于没有明确诊断的肿瘤或恶性肿瘤患者，应避免使用刮痧。
- 月经期间避免在女性下腹刮砂。孕妇下腹禁止使用刮痧。
- 对于无法接受刮痧所产生的瘀伤颜色的客户，避免进行刮痧治疗。(例如，容易出现乌青颜色的患者)
- 天气变化时，在进行刮痧和刮痧后要注意避风寒。
- 刮痧后，休息并喝一些温水或加少许盐的水。刮痧后5小时内刮痧部位不宜碰水。

References

- International Organisation for Standards. (2017). *Traditional Chinese medicine – gua sha instruments* (ISO 20308:2017). Retrieved from <https://www.iso.org/obp/ui/#iso:std:iso:20308:ed-1:v1:en>
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