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, phlem, dampness, etc.) from deep inside the body rising to the skin, and promotes blood circulation.

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


The flyer is produced by New Zealand College of Chinese Medicine
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沙。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。
- 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。

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。