

中英对照

孟所长健康丛书

看图拔罐

孟氏拔罐疗法

——国家中医药管理局科技推广项目
中国针灸学会重点普及推广项目——

● 孟宪忠◎著 ●

 北京科学技术出版社

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作者介绍

孟宪忠，山东济南人，现任中国针灸学会理事、国家中医药管理局科技推广项目——孟氏中药拔罐疗法首席专家、拔罐疗法国家标准化起草委员会委员、山东针灸学会常务理事、山东孟氏拔罐研究所所长、脂欣康胶囊等多种健康产品的主要研制人，科学健康理念的倡导者。多年来一直从事健康事业的研究、普及、推广工作，特别在拔罐疗法的挖掘、继承、发展、应用方面成绩卓越，临床经验丰富。他将拔罐疗法与中医药养生保健和科学的健康理念即心理疗法充分结合，形成了独具特色的“孟氏整体疗法”，深受患者的欢迎。



孟宪忠在全国多家广播电台、电视台常年主持健康类节目，特别在山东四个省级广播电台连续11年每天主持节目两个小时以上，接待患者超过20万人次，他对健康事业的热情和执著，深受老百姓的认可和尊重。

孟宪忠所长曾多次到葡萄牙、加拿大、美国、德国、法国、希腊、西班牙、马来西亚、韩国等多个国家进行学术交流和讲学。

主要著作有：《孟氏中药拔罐疗法》《心脑血管病防治手册与脂欣康胶囊研究》《科学的健康理念》《免疫力与健康》，正在出版的著作有《中华拔罐大全》《古今中外名医谈健康》《中药渗透疗法》等。同时在国内外专业刊物上发表论文十多篇，并获省、市级科技成果奖两项。

Brief Introduction About the Author

Director Meng Xianzhong, who was born in Jinan, Shandong, is the trustee of China Association of Acupuncture & Moxibustion, Chief-expert of Meng's Chinese Herbal Cupping Therapy, Member of State Cupping Therapy Standardization Draft Comity, Standing trustee of Shandong Association of Acupuncture & Moxibustion, Director of Shandong Dr. Meng's Cupping Therapy Research Institute. At the same time, he is the main manufacturer of Zhixinkang Capsule and other health-care products, advocator of scientific health notion. He has been engaged in the research, popularization and promotion of health enterprise, especially in the research of Cupping Therapy. He has been gained outstanding achievements in the aspects of excavation, inheritance, development and application of traditional cupping therapy, and has great clinical experience. He combined the cupping therapy with health protection of Traditional Chinese Medicine, scientific health notion, and psychotherapy, formed the unique Dr. Meng's Integrated Therapy, and is warmly welcomed by a lot of patients. Director Meng has been taken charge the health programs at several broadcasting stations and TV stations all over the country, especially at four provincial broadcasting stations for 11 years continuously, more than two hours everyday, and has received more than 200,000 patients totally. He has been recognized and respected by the common people for his passion and perseverance to health career.

Director Meng also had academic communication and lectures in Canada, American, Germany, France, Greece, Spain, Korea and other countries.

Main Works:

Dr. Meng's Chinese Herbal Cupping Therapy, Prevention and Treatment Handbook of Cardiovascular and Cerebrovascular Diseases & Research of Capsule Zhixinkang, Scientific Health Principles, Immunity and Health; A Complete Work of Chinese Cupping Therapy, Famous Doctors Talking About Health in Ancient and Modern Times All Over the World, and the Treatment of Chinese Herbal Infiltration are in press. At the same time, more than ten papers had been published in professional publications both in China and overseas, two items of science and technology awards from province and city had been obtained.



孟宪忠所长(左)和世界针灸学会联合会终身名誉主席王雪苔(右)及马来西亚针灸学会会长

Director Meng Xianzhong, Professor Wang Xuetai, Life Honour Chairman of World Acupuncture and Moxibustion Society, and Director of Malaysia Acupuncture and Moxibustion Society



孟宪忠所长(右)和世界针灸学会联合会主席邓良月

Director Meng Xianzhong and Professor Deng Liangyue, Chairman of World Acupuncture and Moxibustion Society



孟宪忠所长(右)和中国中医科学院针灸研究所所长朱兵
Director Meng Xianzhong and Professor Zhu Bing, Director of Acupuncture and Moxibustion Branch of China Traditional Chinese Medicine Institute



孟宪忠所长(右)与中国针灸学会李维衡会长
Director Meng Xianzhong and Professor Li Weiheng, Chairman of China Association of Acupuncture & Moxibustion



2005年8月，中国针灸学会会长李维衡（右六）一行七人参观孟氏拔罐生产基地

证 书

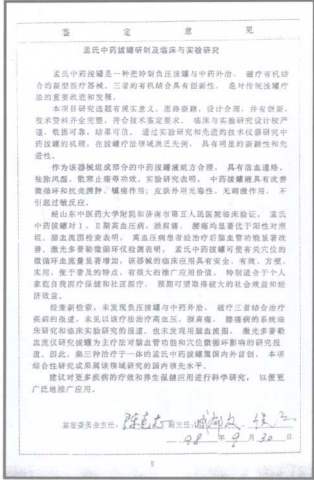
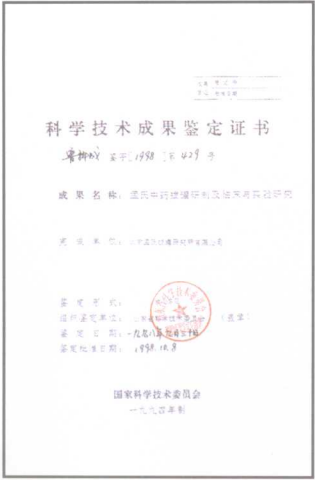
“孟氏拔罐疗法”为中国针灸学会重点普及推广项目
 MengShi Cupping Therapy is the important extending item of
 China Association of Acupuncture and Moxibustion

中国针灸学会

China Association of Acupuncture and Moxibustion

二零零四年十二月

December 2004



国家科学技术委员会颁发的科学技术成果鉴定证书
Authenticated certificate of the achievements in scientific research



“孟氏中药拔罐疗法”列入中国中医药科技开发交流中心科技推广项目，
孟宪忠被聘为专家组首席专家
Meng's Chinese Herbal Cupping Therapy is promoted to be project of State
Administrative Bureau of Traditional Chinese Medicine,Meng Xianzhong is the
Chief-expert of this project

序

拔罐疗法是中华优秀传统文化的重要组成部分，历史悠久，以其简便易行、适应证广、安全有效、使用方便等特点，深受广大群众欢迎。

孟宪忠所长热心中医药事业，勤奋好学，尤对传统拔罐情有独钟，多年从事拔罐疗法研究，搜集古今拔罐器具，创立了山东孟氏拔罐研究所，与有关单位合作，积极开展拔罐疗法研究，推广拔罐疗法成果。他的科研成果曾荣获济南市科学技术进步三等奖，是中国针灸学会、国家中医药管理局普及推广项目。他在实践中善于将专业学术概念表述为群众容易理解和接受的语言，根据针灸学“以痛为腧”的原理，倡导“哪疼拔哪”；倡导用“后背排罐”的方法治疗疑难杂症；倡导“八大保健要穴”保健强身；倡导对慢性疾病拔罐要持之以恒，“坚持、坚持、再坚持”。他还提出了“孟氏整体疗法”新理念，即将孟氏中药拔罐疗法和其他疗法有机结合，为患者解除痛苦，被患者称为“健康使者”。

孟宪忠所长的研究成果及实践经验都是极为实用和具有学术价值的。他锲而不舍地努力，为我国传统拔罐疗法在现代条件下更加发扬光大作出了突出贡献。

孟宪忠所长继《孟氏中药拔罐疗法》《心血管病防治手册与脂欣康胶囊研究》《科学的健康理念》《免疫力与健康》等多部著作出版之后，又编著了这本新颖的《看图拔罐——孟氏拔罐疗法》，该书以图为主，适当备注，具有鲜明清晰的视觉效果，便于按图索骥；对应简明的中英文解说，即使没有医学基础知识的人，也能一看就懂，一学就会。我认为，《看图拔罐——孟氏拔罐疗法》确实是一部能使拔罐疗法的操作简单化、大众化的优秀科普著作，愿向广大中外读者推荐。相信该书的出版对拔罐疗法的推广普及将起到积极的促进作用，惠泽于万千民众。

特此为序。

中国针灸学会会长 李维衡

2006年7月29日

Foreword

Cupping Therapy is an important component of Traditional Chinese Medicine with a long history. It has been accepted by the general population, for it is simple applied, takes effect on different illnesses, safely operated, has good curative effects.

Director Meng Xianzhong, who loves Traditional Chinese Medicine, is diligent and especially interested in Cupping Therapy. He has been engaged in the research of Cupping Therapy for many years. Director Meng had collected a lot of cupping apparatus in modern and ancient times; furthermore, he set up Shandong Meng's Cupping Therapy Research Institute, and spent many years to develop the cupping therapy research, and promoted cupping therapy achievements cooperated with other associations. His achievements in scientific researches were granted the third prize of Science and Technology Progress Award in Jinan, and became the popularized and promoted project supported by China Association of Acupuncture & Moxibustion and State Administrative Bureau of Traditional Chinese Medicine. In his practice, he is an expert on translating the professional terminology of TCM into the acceptable language that is easily understood by the masses. According to the principle of Acupuncture and Moxibustion "Painful points are the Acupoints", he advocated the following ideas: Cupping therapy can be applied on the painful places; The difficult and complicated cases of illness can be treated by Row Cupping Therapy on the Back; He also developed the idea of given health and strength to human body with Eight Health Care Acupoints; Cupping therapy can be applied persistently for chronic diseases—"Persevere, Persevere, and Persevere again". He also had the new notion of "Meng's Integral Therapy" that combined the Meng's Chi-

nese Herbal Cupping Therapy with other therapy in order to relieve patients' suffering; therefore, his patients call him the "Health guardian".

The research achievement and practice experience of Director Meng Xianzhong have practical and academic value. With his perseverant effort, he also made great contribution to the development and promotion of the Traditional Chinese Cupping Therapy in modern times.

Having published a series of books, such as "Meng's Chinese Herb Cupping Therapy", "Prevention and Treatment Handbook of Cardiovascular Disease & Research of Zhixinkang Capsule", "Scientific Health Principles", and "Immunity and Health", he also compiled this "original Diagrams of Meng's Cupping Therapy". This book is mainly composed of a lot of photographs, the proper remarks, and translation into concise English. It is vivid, distinct, guided by the photographs and easy to understand, even for a layman. I think this book is an outstanding book indeed that makes the manipulation of cupping therapy simple and popular. I believe that it will promote the spreading of the cupping therapy and be beneficial to millions of people after the publication of this book. Therefore, I wrote down this preface and recommend it with pleasure to readers inside and outside China.

Li Weiheng

Chairman of China Association of Acupuncture & Moxibustion

July 29, 2006

作者的话

拔罐疗法是以罐为工具，利用燃烧、抽吸或挤压等方法排除罐内空气，形成负压，使罐吸附于体表穴位或患处，产生刺激和局部与全身效应，从而防病治病、强壮身体的一种中医特有的治疗方法。由于拔罐疗法具有适应证广泛、疗效确切、见效较快、安全性较好、简便易行、经济实用等优点，长期以来在民间广泛流传和使用，广泛地应用于内、外、妇、儿、骨伤、皮肤、五官等科病症的治疗、康复以及防病养生保健等方面。

从20世纪80年代末开始，我们成功地研发推广“孟氏中药拔罐”新疗法。这种特制孟氏拔罐与孟氏拔罐擦剂中药外治及磁疗三者有机结合的新疗法，深受广大群众欢迎。孟氏拔罐器由圆柱形罐体、活塞、密封圈、旋转手轮等部分构成，通过旋转手轮而调节负压的大小。在负压吸拔治疗的同时，活塞上磁片磁场可发挥磁疗的镇痛、消炎、改善血液循环等作用。孟氏拔罐擦剂是用藏红花、血竭、冰片、元胡、川芎、当归等20余味中药，经现代科学加工工艺提取有效成分制成，有活血化瘀、疏通经络、祛风除湿、运行气血、散寒止痛的功效。研究表明，拔罐擦剂有显著的抗炎消肿、镇痛、改善微循环、抑菌等作用；安全无毒性，无刺激作用和过敏反应。在拔罐负压吸拔和磁场作用下，毛细血管扩张，血管壁通透性增强，新陈代谢旺盛，有利于增强中药有效成分的吸收和对穴位、经络的作用。在拔罐之前和起罐之后，在拔罐处或附近穴位、经络的皮肤上涂以拔罐擦剂，使拔罐与中药外治相得益彰。

“孟氏中药拔罐研制及临床与实验研究”于1998年9月通过由山东省医药管理局和济南市科委主持的科技成果鉴定，并荣获济南市科学技术进步奖；2004年12月“孟氏中药拔罐疗法”被中国针灸学会确定为重点推广普及项目；2006年8月该疗法又被国家中医药管理局确定为科技推广项目。本人荣幸受聘担任该推广项目首席专家。

为了更好地推广普及拔罐疗法，我们根据十多年的大量实践经验，编写了这本形式独特的《看图拔罐——孟氏拔罐疗法》。本书打破传统的内、外、妇、儿、骨伤、皮肤、五官等科分类的方法，将疾病分为以下四类：①单独使用孟氏拔罐疗法可治疗的疾病；②孟氏拔罐疗法为主，其他疗法配合可治疗的疾病；③其他疗法为主，孟氏拔罐疗法辅助可缓解的疾病；④孟氏拔罐疗法养生保健。这样分类更便于读者参照使用。本书以真人、真实拔罐拍照，以图为主，适当备注，拔罐部位、操

看图拔罐

作方法一目了然，并有中英文对照，力图使之成为广大群众一看就懂、一学就会的大众化、简单化的拔罐疗法科普著作，使之更好地为人民群众的健康服务，为拔罐疗法走向世界创造条件。

实施中药拔罐疗法时，按照传统针灸取穴原则确定拔罐部位，更简单的是在病痛处局部取穴拔罐，“以痛为腧”，即**哪疼拔哪**，哪里有病痛就在那里取穴，这样广大群众就可以做到**“会拧水管就会拔罐”**。

对于慢性病和疑难杂症，笔者倡导用后背排罐的方法治疗。排罐法即多罐并用，沿着某一条经络或某一肌束的解剖位置顺序排列拔罐。人的后背是督脉与足太阳膀胱经循行之处，与五脏六腑联系密切，许多重要的大穴均聚集于此，特别是脊椎两侧膀胱经上的背俞穴为内脏气血所输注，拔吸背俞穴对五脏六腑之精气有直接的调节作用。现代医学认为脊柱不仅是人体的支柱，其内的脊髓还是人体大脑与四肢末端及内脏联系的桥梁，人体各部位的神经几乎都是从脊椎两侧发出的。在后背采用排罐的形式拔罐，可以疏导督脉和足太阳膀胱经经气，同时兼顾调理十二正经、奇经八脉的经气，调节周身气血运行，祛毒除邪，畅通气血，调节和改善五脏六腑整体功能。因而，后背排罐可以治疗许多疑难杂症，也有助于健身养生。

用中药拔罐疗法治疗慢性病和疑难杂症，一定要坚持、坚持、再坚持。因为健康是个生命过程，健康在于积累。

本书编写得到许多中医界老前辈和著名中医针灸专家的关怀、指教，特此致谢：世界针灸学会联合会终身名誉主席王雪苔教授，中国针灸学会李维衡会长、刘清国教授，北京中医药大学东直门医院针灸科主任赵吉平教授，中国人民解放军总医院针灸科主任、全军针灸专业委员会主任委员石现教授，山东中医药大学针灸推拿学院院长、中国针灸学会针灸临床分会副主任委员高树中教授，张文高教授，王秀英教授，刘一凡教授，及本书编辑齐立洁女士等。

由于本人水平有限，书中难免有漏误和不足之处，恳请专家和读者指正。

愿孟氏中药拔罐疗法、孟氏健康事业为更多朋友解除痛苦，带来健康和幸福！

中国针灸学会理事

国家中医药管理局科技推广项目——孟氏中药拔罐疗法首席专家

拔罐疗法国家标准化起草委员会委员 孟宪忠

山东孟氏拔罐研究所所长

2006年秋于北京

Preface

Cupping Therapy is a very unique therapeutic method of Traditional Chinese Medicine in which a jar or a cup is attached to the skin of acupoint or affected area to cause partial congestion and blood stasis, through the negative pressure to discharge the air inside the cup created by introducing heat in a form of an ignited material, or pumping, extruding method, causing stimulation both to partial areas and to the whole body, which has the function of preventing and curing disease, strengthening body constitution. Cupping Therapy has been accepted by the general population for a long period of time, for its wide range of effects on different illnesses, good curative effect, safely operated, simple application, inexpensive, practical, and other characteristics, which is widely applied in the treatment, rehabilitation, prevention and health care of the disease of Internal Medicine, Surgery, Gynecology, Pediatrics, Osteology, Traumatology, Dermatology, Otorhinolaryngology, Stomatology, and Ophthalmology.

Since the 1980s, we have developed and promoted the new therapy: “Meng’s Chinese Herbal Cupping Therapy”. The general population welcomes this therapy, which is a new type of unique therapy, combined with Meng’s Cupping Therapy Liniment Chinese Herbal external treatment and magnetic therapy. Meng’s Cup is divided into several parts: cylinder-like body, piston, sealed circle, rotating hand-wheel, etc. The negative pressure can be regulated by the rotating hand-wheel. In the meantime, the therapy could be done by drawing the cup through the negative pressure, and it also has an effect of analgesia, diminish inflammation, improves the blood circulation, etc. Meng’s Cupping Therapy Liniment is made up of Indian Safflower(Zanghonghua), Dracoalban(Xuejie), Borneol(Bingpian), Yanhusuo, Rhizome of Chuanxiong, Root of Chinese Angelica(Danggui), total twenty-one Chinese Herbs, extracted the active principle by modern scientific process technology, which has the efficacy of promoting blood circulation, removing blood stasis, dredging the meridian and collateral, expelling wind, damp, cold pathogens, promoting circulation of Qi and blood, relieving pain. Research indicates that this Liniment has remarkable function of anti-inflammation, detumescence, analgesia, improving the

microcirculation, bacteriostatic effect, none-toxic, irrigative action, and sensitization. Under the action of the negative pressure and magnetic field by drawing the cup, it can lead to dilated capillary vessel, increase vascular permeability, improve metabolism, and it also can be beneficial to enhance the absorption of Chinese herbal active principle. Before and after applying the cupping therapy, apply cupping liniment on the affected area or around the acupoint, we can obtain double effect both from the cupping therapy and Chinese herbal external medication therapy.

The Achievements in scientific research “Development of Meng’s Chinese Herbal Cup and Clinical and Experimental Research” has been authenticated by Shandong Provincial Administrative Bureau of TCM and Jinan Science & Technology Committee in September 1998, and had been awarded the prize of Science and Technology Progress Award; Meng’s Chinese Herbal Cupping Therapy was confirmed the popularized and promoted project supported by China Association of Acupuncture & Moxibustion in December, 2004; this was also confirmed by State Administrative Bureau of Traditional Chinese Medicine in August, 2006. I was also honored to be engaged as the chief-expert of the project.

In order to promote the popularization of cupping therapy, we compiled this unique book on the grounds of more than ten years of practical experience. In this book, we broke through the traditional classification, i.e. According to the disease attribution: Disease of Internal Medicine, Surgery, Gynecology, Pediatrics, Dermatology, Disease of Eyes, Ears, Nose and Throat. We divided the contents into four parts as below: ① Disease and Syndrome Treated Only by Meng’s Cupping Therapy; ② Disease and Syndrome can be Treated Mainly by Meng’s Cupping Therapy Cooperated With Other Therapy; ③ Disease and Syndrome Treated Mainly by Other Therapy, Assisted by Meng’s Cupping Therapy Which Can Alleviate the Disease; ④ Life-Cultivation and Health Care by Meng’s Cupping Therapy. This book is mainly composed of a lot of photographs of cupping therapy on models, proper remarks, and translation into concise English. The locations of cupping therapy and operations are clear at a

glance. We have tried to make the book become a popular science work which is concise, practical, easy to understand and apply. I am sure that the publication of this book will make great efforts to serve to the health of general population and further promote the development of cupping therapy abroad.

When applying the Chinese Herbal Cupping Therapy, we should make sure that the cupping position according to the traditional acupuncture principle for selecting acupoints, but more simple principle is that applying cupping therapy on the affected area. That's the principle of Acupuncture and Moxibustion "Painful points are the Acupoints", i.e. The following ideas: Cupping therapy can be applied where the painful places are, so the clients can locate the cupping position and apply the therapy easily just like turning on and off a water tap (Only by twisting the hand-wheel to adjust the negative pressure).

As for the difficult and complicated cases of illness can be treated by Row Cupping Therapy on the Back. Row Cupping Therapy means that lots of cups can be applied along a certain meridian or one certain muscle bundles anatomical position sequentially. In TCM theory, the back of human body is the place where Governor Vessel(DU)Meridian and Bladder Meridian of Foot Taiyang are, and are associated with Five Zang Organs and Six Fu Organs closely. Many important acupoints are all located in this area, especially the Back-shu acupoints, which are located on the Bladder Meridian of Foot Taiyang bilateral to the vertebral column, where Qi and Blood from the viscera effuses and infuses in the body surface. Cupping at the Back-Shu can regulate essence of the five Zang organs and six Fu organs directly. In Western Medicine, vertebral column is not only a backbone of the human body, but also in which spinal cord is the bridge to connect brain with extremities and internal organs, almost every part of the body is innervated with nerves originating from the bilateral part to the vertebral column. Row Cupping Therapy on the Back can transport Meridian Qi of the Governor Vessel(DU)Meridian and Bladder Meridian of Foot Taiyang, and transport Meridian Qi of twelve meridians and eight extraordinary vessels at the same time, regulate the circulation of Qi and the blood of the whole body, eliminate pathogenic factor and toxin, improves the function of internal organs. Therefore,