

沈国权 严隽陶 编著
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推拿

手法图谱



推拿手法图谱

ATLAS OF TUINA MANIPULATIONS

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前 言

PREFACE

推拿是人类最早掌握的医疗方法之一,经过几千年的曲折发展之后,这一古老的疗法又被人类重新认识,焕发出新的青春活力。人们深信,作为一种无痛、无毒副作用、非损伤性、不介入人体的自然疗法,推拿必将在下一世纪人类的卫生保健事业中发挥更大的作用。

Tuina is one of the oldest therapies that human being has controlled. After tortuous development of thousands years, this old therapeutics freshes a new vigour again and is reknown by mankind. It is deeply believed that, as a natural therapeutics of no pain, no side effect, no injurious and no intervation in body, Tuina will play a more important role in man's health cause in next century.

推拿手法是推拿治疗的基本手段。由于推拿手法本身是一种富于技巧的人体运动形式,很难以文字精确地加以描述,学习手法者也难以仅凭文字描述正确地理解和掌握手法的操作方式。南辕北辙,以非为是者,大有人在。

Manipulation is the essential procedure of Tuina therapy. Since the manipulation is skillful and dexterous movement of body, it is very defficult to be described accurately in words. And for the learners, it is also defficult to understand and master the operative manners of manipulations by means of writing. There are a lot of persons who try to go south by driving the chariot northerly and take wrong as right in studing the Tuina.

作者从多年实际工作经验中体会到,形象教学在推拿手法教学中远比理论教学更为重要。一幅最简单的图片所包含的信息量远远超过一篇几百字的文章。故决定编撰推拿手法图谱,以飨读者。

The authors get the idea that diagrams are better than word descriptions in teaching Tuina manipulations from the practical work for long time. A piece of simplest diagram contains more information than an article of hundreds words does. So we decided to compile this book to satisfy the readers.

本书收录了中外推拿手法近二百种,是迄今为止同类书籍中收集最完整的。其中矫正性手法在本书中尤占重要地位,算是本书的特色吧。本书的编写以图为主,配以文字说明。对于一些操作较为复杂而临床较为常用的手法,予以动态图描绘,以利读者理解掌握。为了不但让中国读者了解国内推拿手法,也让国外同行了解中国推拿手法,本书采用中英文对照排版。对于初学推拿者来说,本书文字浅显,绘图精细,在阅读上不致有什么困难。对于推

拿专业人员来说，本书的手法分类体系和对手法演变分析及最新介绍的国外推拿手法也将给他们带来裨益。

Approximately two hundred Tuina manipulations originated from both China and foreign countries are compiled in this book. Maybe it is the most completed book in all the same kind of books so far. More over, the reduction manipulations occupy an especially outstanding position in this book and thus makes it distinguished from other books. We take the diagrams as main form and the word illustrations as supporting role in our complement work. Some manipulations that are operated difficultly relatively and used frequently are drawn in series of diagrams so that the readers will be easy to understand them. In order that, not only let Chinese readers understand foreign manipulations, but the foreign readers understand manipulations of China as well, this book adapts the comparing typesetting of Chinese and English. For the learners of Tuina, the writing of the book is plain and simple and the drawn is meticulous, so they will have no difficulty in reading. For the specialized persons, the classification system of manipulations, the evaluational analysis of manipulations and the late introduction of foreign manipulations in this book will also bring them a lot of benefit.

作者

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The Authors

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内 容 提 要

本书共 19 章。包括老年疾病手法的基本类型,手法治疗老年疾病的神经生理学与生物化学基础,手法随证须知,经络与腧穴;老年骨科,老年软组织损伤与疾病,老年内科疾病,老年妇科疾病病因病理,临床表现、治疗,重点突出手法的临床总结。全书广泛收集了国内外有关老年疾病手法治疗的新方法、新理论、新成果。理论联系实际,紧密结合临床应用,涉及面广,实用性强。适合于从事老年医学,骨科、推拿科、内科及其他相关学科的专业人员参考。亦可作为医学院校教学、科研及学生自学参考之用。

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概 论

Introduction

手法是推拿治病的基本手段,也是人类最早掌握的医疗方法之一。相传,我国上古神农时代,名医仇贷季就掌握了按摩技术治疗疾病。世界各国古代文明也是如此。例如,16世纪欧洲探险家在游记中提到,波利尼西亚群岛的原始土著居民虽然还不知道药物治疗方法,却利用一种独特的外治法来减轻病痛,当土人患病时,就俯卧在地上,叫小孩不断地在其背上来回踩踏。通过这一方法,往往能使患者很快感到病情好转。土人以为,小孩不断地踩踏背部将驱使鬼魂逃离病人躯体。但科学的解释是,小孩身体的重力,作用于背部督脉与两侧膀胱经,能激发经络系统的调整作用,治疗疾病。

The manipulations are the main therapeutic procedure of Tuina, which is also one of the earliest therapies in human history. According to ancient works of China, as early as the Shennong era (3000 B.C.), the famous physician Jiu Daiji held this technique to cure diseases. So did other ancient civilizations on the world. For example, it was written in European explorers' travel notes of the 16th century that the primitive tribes lived in polynesia Islands utilized a unique external therapy to relieve sufferings though they didn't know other treatments. If a native was ill, the patient lay prostrately on the ground and a child stepped to and fro. on his back. In this way, the illness was often relieved or even removed. They believed that the child could drive the evil out of the body. But the medical explanation is that the force of the child's steps acted on the Du and the Bladder channels on the back. The latters then adjusted all the functions to remove pathological changes, or to recorved from diseases.

所谓手法,是指为了医疗和保健目的,操作者用手或身体其他部位刺激人体体表或活动肢体的规范化技巧动作。由于刺激方式、强度、时间的不同,形成了许多动作不同的基本手法,如按法、拿法、推法;把二个以上的基本法结合起来操作,就成为复合手法,如按揉法、推摩法、捏揉法;把一连串动作组合起来操作,并冠以特定的名称,就称为复式操作法,如打马过天河、黄蜂入洞、赤凤摇头。

Manipulations are defined as those standardized skilled actions with which the operators stimulate the surface of body or move the limbs and the trunks of the patiens with their hands or other parts of the bodies for medical or healthy goal. Owing to the differences of stimulant patterns, intensities and times, there are a lot of different elementary manipulations such as pressing, grasping and pushing.

Combined with two or more elementary manipulations, they become compound manipulations such as pressing-kneading, Dhyana-pushing and circular-rubbing, pinching-kneading. Composed a serial actions in turn and given specific terms, they are called as complex manipulative programs, as "Riding horse across heaven river", "Wasp entering cavity" and "Red phoenix rotateing head".

推拿手法是一种技能,是一种高级的肢体运动形态,不能与日常生活中的肢体随意动作相提并论。推拿手法虽然来源于人类的日常生活动作,如推、拿、按、压、揉、捏等,但手法的直接作用对象是人体活组织,手法治疗的中介是经络系统,手法的作用部位又常存在各种病理改变,故手法必须符合特定的技术要求,遵循严格的动作规范,达到高度的操作技能,使手法既对经络系统形成最大的激发作用,又不致对人体局部组织产生伤害,取得最好的治疗效果。中医推拿历来重视推拿手法在治疗中的作用,《医宗金鉴·正骨心法要旨》云:“伤有轻重,而手法各有所宜,其痊可之迟速及遗留残疾与否,皆关乎手法之所施得宜。”推拿治病主要靠手法技能的运用,而不是靠力气,更不是靠粗暴蛮力。临床上常见到有些病人经非专业医师“推拿治疗”后不仅原有病痛没有消除,反而造成皮肤破损、皮下瘀斑,甚至引起严重医疗事故的发生。不讲究操作技能的动作决不是手法。

Tuina manipulations are high-skilled techniques or expertly movements of the body. They should not be regarded as the casual action of everyday's life. Although the manipulations were originated from these kinds of actions such as pushing, grasping, pressing, kneading and pinching, since their direct acting object are the living tissues of the body, their therapeutic intermediary are the channel system and there usually are varied pathological changes in the acting regions, the manipulative techniques must be specially required and should follow strict actional rules to reach high skill. Thus the manipulations will just promote the adjusting functions of the channel system without harming the local tissues of the body so as to produce the best curative results. Tuina of Traditional Chinese Medicine has been putting special emphasis on the role of manipulations in treatment. It was pointed out in the chapt. "The Important-ideals of Bone Setting Ingenuity" of the classic book "Golden Mirror of Medical Profession" that, "There are different manipulations and mild or serious trauma. Therefore, quick or slow, complete or part recovery of trauma depend on whether the manipulations are suitable or not." The curative results of Tuina are relied on the manipulative skill instead of their force, even violence. It is often seen in clinical experiences that some patients' sufferings are not relieved after "Tuina treatment" offered by nonprofessional persons. Insteadly, their skins were injured, subcutaneous tissues were petechiasised. Even more seriously, medical accidents were happened. Therefore, the actions without special techniques are definitely not Tuina manipulations.

一、手法的分类

Classification of the Manipulations

中医推拿素以历史悠久,流派众多,手法丰富,技巧性强,适应症广,疗效显著而著称于世。据目前统计,我国有文字记载的推拿手法已有二百余种,而流传于民间未定形的手法可能更多。手法虽然繁多,但可以根据外力作用方式分为二门,即《内经》所言的“按”与“跷”。根据唐代医学家王冰的注释,按为“抑按皮肉”、跷为“捷举手足”。前者的手法力直接作用于施术局部,而后者外力间接作用于远隔部位的关节、肌肉、筋膜。每一门又可根据手法动作特点而分为若干类,每一类又包括若干种基本手法,每一个基本手法还可根据其接触部位、动作变化而分为若干种变法。若从手法的主要作用途径分类,则可分为刺激性手法(国外称为反射手法)、矫正性手法和松动性手法,各类手法的相互关系如图1。

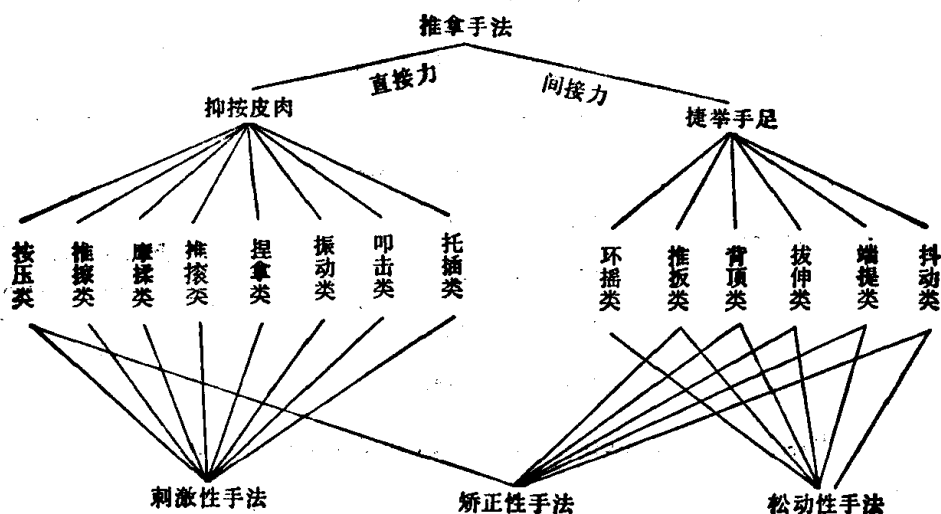


图1 推拿手法谱系

Tuina of Traditional Chinese Medicine is famous for its long history, numerous schools, plentiful manipulations, high skills, broad indicational range and outstanding curative effects. According to present statistics, there are more than 2 hundred Tuina manipulations described in books in China. And there are still more manipulations prevailed in folk. Although the manipulations are numerous, they can be classed to 2 phylums on the basis of the acting partterns of external force. These are the "Pressing" and the "Rectifying" written in the book "Internal Canon". The "Pressing" means to restrain, to press skin and muscle while the "Rectifying" means to lift limbs quickly, in the light of the famous physician Wang Bing who lived in Tang Dynasty. The force of the former acts directly on the local tissues where the manipulations are operated on. But the force of the latter acts on the distant joints, muscvles, tendons and so on. Each phylum can be classified into a few categories too, according to their motion features. And each category contains several elementary manipulations. Even more, on the basis of their touch parts and motion changes, each elementary manipulation is divided

into some varieties. If the manipulations are classified according to their main effect processes, they can be divided into stimulating manipulations (or so called reflexional manipulations abroad), rectifying maipulations and mobilizing manipulations. The relation among the various manipulations is showed below.

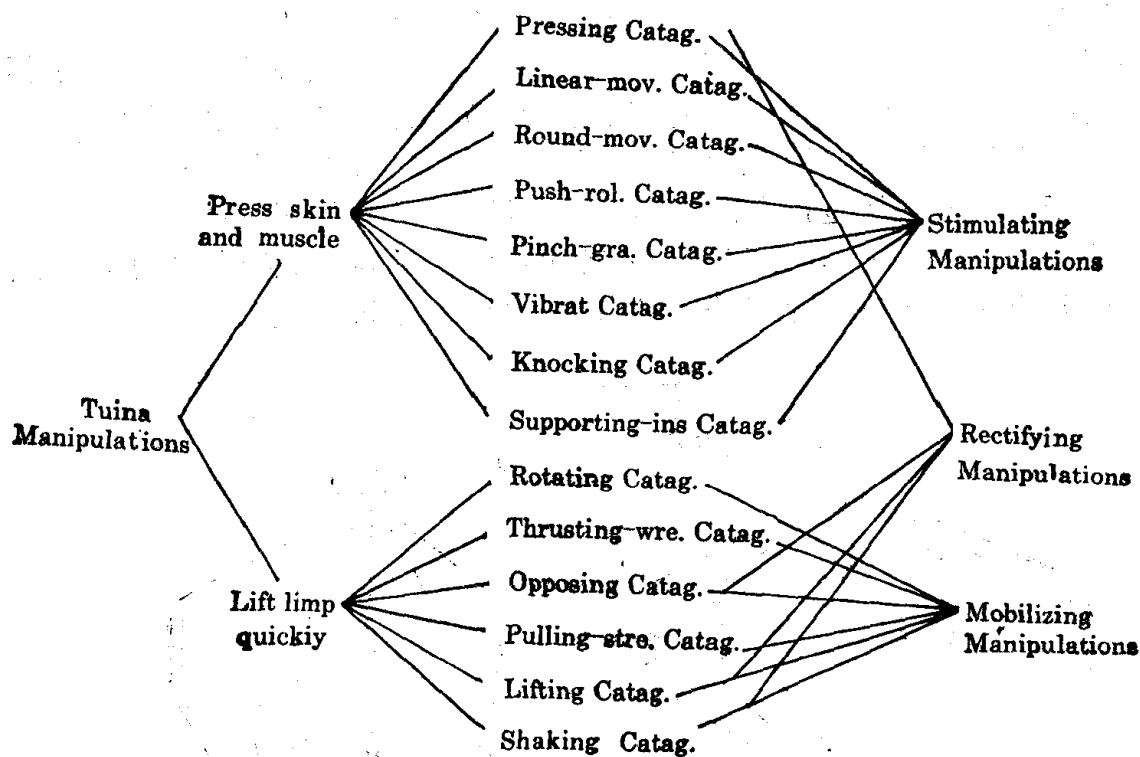


Fig. 1 The Pedigree of Tuina Manipulations

二、推拿手法的作用途径

Effecting Processes of the Manipulations

推拿手法的本质是一种外力,手法外力既可直接引起关节位置的改变,肌肉、筋膜等软组织的形变、撕裂而纠正人体病理状态,治愈疾病。但更重要的是,手法外力作为一种刺激因素,激活了经络系统的调整功能,使机体趋于康复。

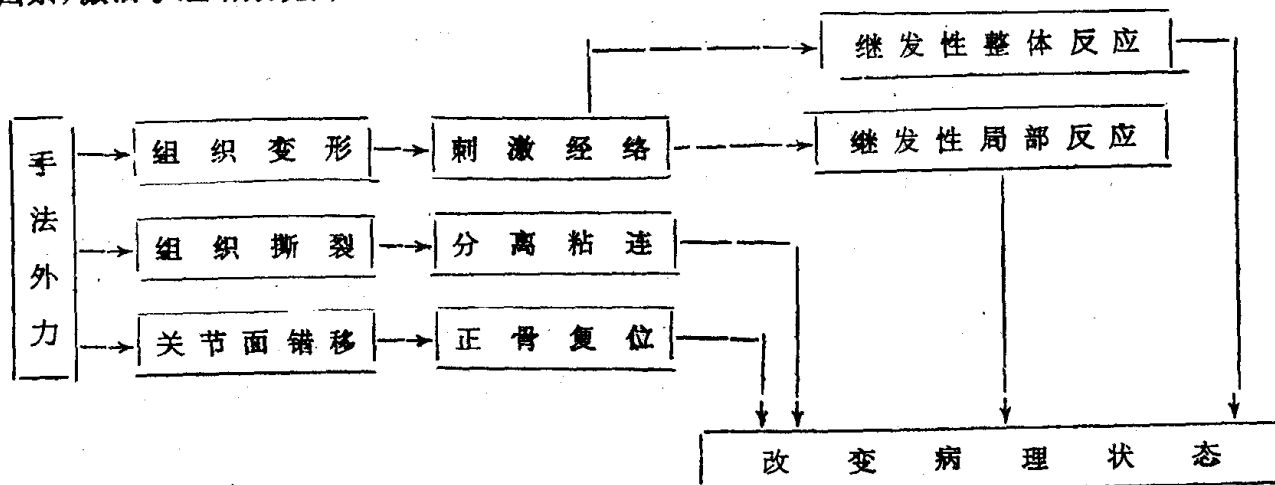


图2 推拿手法主要作用途径

The essence of Tuina manipulations is external force. The force of the manipulations can either directly correct the subluxations or disalignments of the joints, cause the soft tissues to deform, or separate the adhesion so as to redress the pathological statues and cure disease. More important is that, the force of the manipulations, as a stimulative factor, excites the adjusting function of the channel system to make the body tend to rehabilitate.

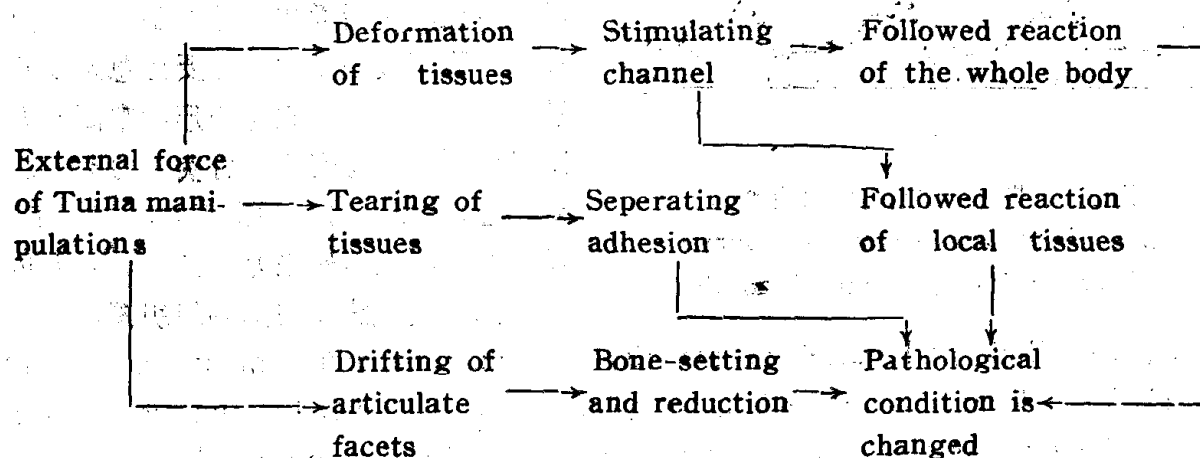


Fig. 2 Main effecting processes of Manipulation

三、推拿手法的技术要求

Technical requirements of Tuina manipulations

1. 刺激性手法的技术要求 抑按皮肉门手法中,大多数为刺激性手法,刺激性手法并不是以本身直接的力改变人体的病理状态而发挥治疗效应,而是手法作用于经络系统,再通过经络系统的中介,激发人体固有的调整与自愈机能,才能防病治病。故刺激性手法必须符合持久、有力、均匀、柔和、深透等技术要求。

1. Technical Requirements of Stimulating Manipulations Most manipulations of the "Pressing skin and muscle" Phylum belong to the stimulating manipulations. The stimulating manipulations don't directly relay on their force to remove illness and make recovery. But they act on the channal system and then through its medium promote the intrinsic adjusting and self-curing functions of the body to prevent or to heal desease. So the stimulating manipulations must tally with enduring, forceful, regular, gentle and penetrable requirements.

所谓持久,是指手法能严格按照特定操作规范持续运用一段时间而不走样,使手法的刺激量积累到临界点,足以推动经络系统的调整作用,改变病理状态。例如,小儿推拿的推三关和退六腑手法对某些病情严重的患儿必须连续操作半小时以上才能发挥显著的解表发汗或退热作用。所谓有力,就是指手法应具有恰当的力量。在一定的范围内,手法力的大小与对经络系统的刺激强度成正比,但超过这个限度,反而造成组织损伤,或成为一种超限抑制信号。手法力的大小也并不是固定不变的,而必须根据施术部位,病理特点,患者体质等具