

# *Chinese Family Acupoint Massage*

Wang Chuangui



FOREIGN LANGUAGES PRESS BEIJING



# **Chinese Family Acupoint Massage**

Wang Chuangui

**FOREIGN LANGUAGES PRESS BEIJING**

First Edition 1992  
Second Printing 1994  
Third Printing 1995

*English text edited by Wang Jianguang*  
*Translated by Xie Zhufan*  
*Illustrated by Li Shiji*  
*Jacket design by Tang Yu*  
*Layout by Dai Jinghua*

ISBN 0-8351-2569-6

ISBN 7-119-01439-0

Copyright 1992 by Foreign Languages Press, Beijing, China

Published by Foreign Languages Press

24 Baiwanzhuang Road, Beijing 100037, China

Printed by Beijing Foreign Languages Printing House

19 Chegongzhuang Xilu, Beijing 100044, China

Distributed by China International Book Trading Corporation

35 Chegongzhuang Xilu, Beijing 100044, China

P.O. Box 399, Beijing, China

*Printed in the People's Republic of China*

# Contents

<b>Chapter One</b>	
<b>Introduction</b>	1
I. What is acupoint massage?	1
II. Origin and development of acupoint massage	1
III. Theory and action of acupoint massage	2
IV. Main divisions of the body surface	3
V. Directions for acupoint massage	5
Requirements	5
Medium substances	5
Contraindications	5
<b>Chapter Two</b>	
<b>Meridians, Collaterals and Acupoints</b>	6
I. Meridians and collaterals	6
II. Acupoints	6
III. Paths of the superficial portions of the Fourteen Meridians and the acupoints commonly used	7
IV. Location of acupoints	15
<b>Chapter Three</b>	
<b>Manipulation</b>	19
I. Pressing	19
II. Stroking	21
III. Kneading	21
IV. Pushing	22
V. Grasping	23
VI. Pinching	23
VII. Rubbing	26
VIII. Kneading-Pinching	26
XI. Point-Pressing	27
X. Tapping	27
<b>Chapter Four</b>	
<b>Treatment of Common Diseases</b>	29
I. Internal diseases	29
Common cold	29
Headaches	33
Bronchial asthma	37
Hypertension	41
Angina pectoris	47
Gastroparesis	51
Diabetes mellitus	56

Hiccups	60
Gastrointestinal neurosis	63
Constipation	68
Hemiplegia	72
Leukopenia	76
Neurasthenia	80
Insomnia	85
Hysteria	89
Biliary colic	91
Facial paralysis	95
Raynaud's disease	99
Prostatitis	104
Retention of urine	107
Impotence	111
Seminal emission	117
Premature ejaculation	119
II. Gynecological diseases	122
Chronic pelvic inflammation	122
Menstrual disorders	126
Dysmenorrhea	130
Menopausal syndrome	134
Amenorrhea	139
Excessive leukorrhea	143
III. Pediatric diseases	147
Bronchitis in children	147
Infantile indigestion	150
Enuresis in children	153
Sequelae of infantile paralysis	156
Infantile malnutrition	159
Night crying of babies	162
Vomiting in children	165
Myopia in teen-agers	167
VI. Orthopedic diseases	171
Stiff necks	171
Cervical spondylosis	175
Periarthritis of the shoulder	180
External humeral epicondylitis	183
Thecal cyst on the dorsum of the wrist	187
Stenosing tenovaginitis at the styloid process of the radius	189
Acute lumbar sprain	193
Prolapse of the lumbar intervertebral disc	196
Systemma	201
Sprain of the ankle	205
Pain in the heel	209
V. Others	212
Toothaches	212
Dysfunction of temporomandibular joint	215
Tinnitus with impaired hearing	218
Acupoint massage for preventing diseases and guaranteeing longevity	222
Acupoint massage for preserving hearing and vision	228

# ***Chapter One***

## **Introduction**

### **I. What is acupoint massage?**

Acupoint massage is one of the ancient and unique therapeutic methods of traditional Chinese medicine. It is based upon the traditional theories of *qi*, blood, visceral organs, meridians and collaterals, and is characterized by applying special pressing and rubbing on certain meridians, acupoints, muscles and skin areas with different parts of the palms and fingers and with various degrees of force. It includes pushing and stroking the meridians, digital and palmar pressing on the acupoints, kneading and grasping the muscles, and rubbing the skin, by which the flow of *qi* and blood in the meridians and collaterals will be promoted, the function of visceral organs regulated, and the nourishment of muscles improved. Therefore, it can be used for treating and preventing diseases. It is called "acupoint massage" because the massage is chiefly applied to acupoints and meridians.

### **II. Origin and development of acupoint massage**

Acupoint massage is an important component of traditional Chinese medicine. It was founded and developed by the Chinese over their many centuries of struggle against disease.

More than two thousand years ago acupoint massage was already being applied in medical practice. As stated in the *Canon of Medicine*, the oldest medical classic extant in China written in the Warring States Period (475-221 B.C.), "Overstrain and fright may cause obstruction of meridians and collaterals manifested by paralysis. The treatment is massage and medicated liquor." It is therefore certain that massage was an art of healing used in combination with medicated liquor and decoctions.

In the Sui and Tang dynasties (A.D. 581-907), along with the development of medical theory and practice, new achievements were obtained in the field of massage therapy. As recorded in the *New History of the Tang Dynasty*, "In the Imperial Bureau of Medicine there is one massage doctor and four massage masters in charge of *Daoyin* therapy (physical and breathing exercise combined with self-massage) and bone-setting." According to the *Six Codes of the Tang Dynasty*, "Massage is used for treating the diseases caused by wind, cold, summer heat, damp, hunger, overeating, overstrain and excessive leisure."

In the Song, Kin and Yuan dynasties (A.D. 908-1368) massage therapy was more widely used. As stated in the *General Collection for Holy Relief*, "Pressing and rubbing may be applied either separately or in combination; all these practices are called massage. Pressing alone without rubbing, rubbing alone without pressing, pressing together with rubbing,

pressing and rubbing in combination with herbal medication — each has its own indications.”

In the Ming and Qing dynasties (A.D. 1368-1911) there was further development of massage therapy. Massage was one of the thirteen specialities into which medicine was divided. Particularly rich experience was gained in the treatment of pediatric diseases, and a unique system of massage for children was formulated. More than twenty monographs on massage were written in this period.

Since the founding of the People's Republic of China in 1949, massage therapy has had rapid progress. Massage departments, massage clinics, massage hospitals, massage schools, massage faculties in colleges of traditional Chinese medicine, as well as massage research institutions have been set up. Various monographs and clinical reports on massage have been published. Nowadays, a number of countries have sent personnel to China to study acupoint massage. This ancient art of healing is becoming one of the necessary methods for preventing and treating diseases for all of mankind.

### **III. Theory and action of acupoint massage**

Acupoint massage is a kind of external treatment based on the theories of *qi*, blood, visceral organs, meridians and collaterals.

Meridians and collaterals are distributed throughout the body. They connect with the visceral organs (the heart, liver, spleen, lung, kidney, stomach, large intestine, small intestine, urinary bladder, gall bladder, and triple energizer) internally and extend to the body surface skin — muscles, bones, limbs and orifices (eyes, ears, nostrils, mouth, urethra, vagina and anus), making all parts of the human body a coordinated integrity. Nutrient substances such as *qi*, blood and fluid are transported to various parts of the body chiefly through the meridians and collaterals to maintain normal body functioning.

Meridians and collaterals are not only the conduits in which the *qi* and blood flow, they are also important approaches for reflection of pathological changes and transmission of therapeutic effect. By the way of meridians and collaterals, disorders or pathological changes of internal organs may be reflected at the body surface, while diseases of the superficial tissues may influence the visceral organs.

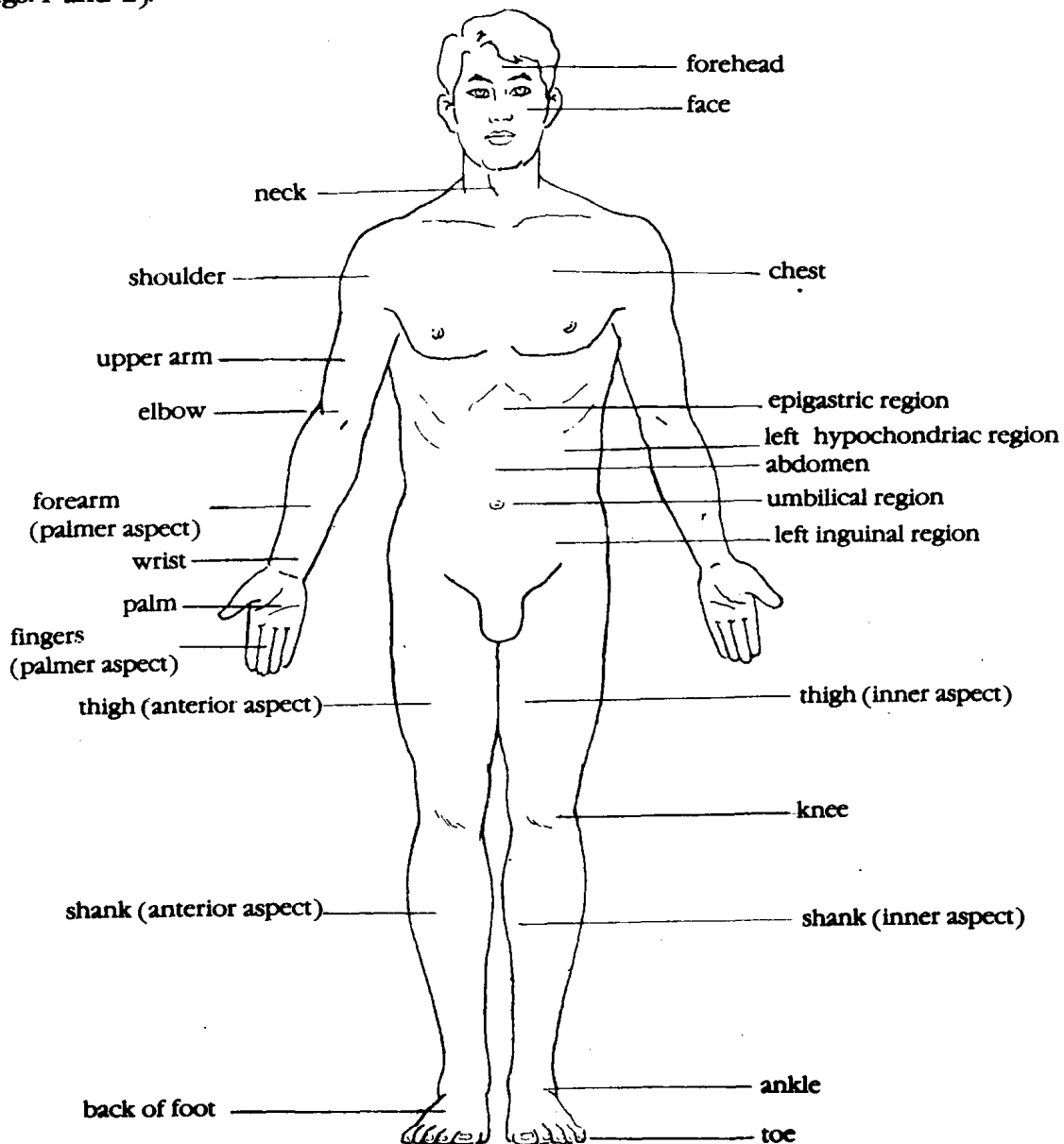
Therefore, disorders of the meridians and collaterals, either due to impact of emotional factors (excessive joy, anger, melancholy, anxiety, sorrow, fear and fright) or due to attack of exogenous pathogenic factors (wind, cold, summer heat, damp, dryness and fire), will lead to impaired flow of *qi* and blood, and hence disease.

Based on the above-mentioned theory, acupoint massage is performed on the principle of integrating mobilization with immobilization, treating the disease in accordance with an overall analysis of the patient's condition and reinforcing what is in deficiency and reducing what is in excess by applying special manipulation and various force directly on the acupoints and meridians. So it has the action of promoting the flow of *qi* and blood in the meridians and collaterals, improving the mobility of joints, invigorating the function of the spleen and stomach, recuperating the kidney-*yang*, causing sedation, smoothing the flow of the liver-*qi*, warming the meridians and collaterals, dispelling wind and cold, removing blood stasis and swelling, softening and resolving hard masses.

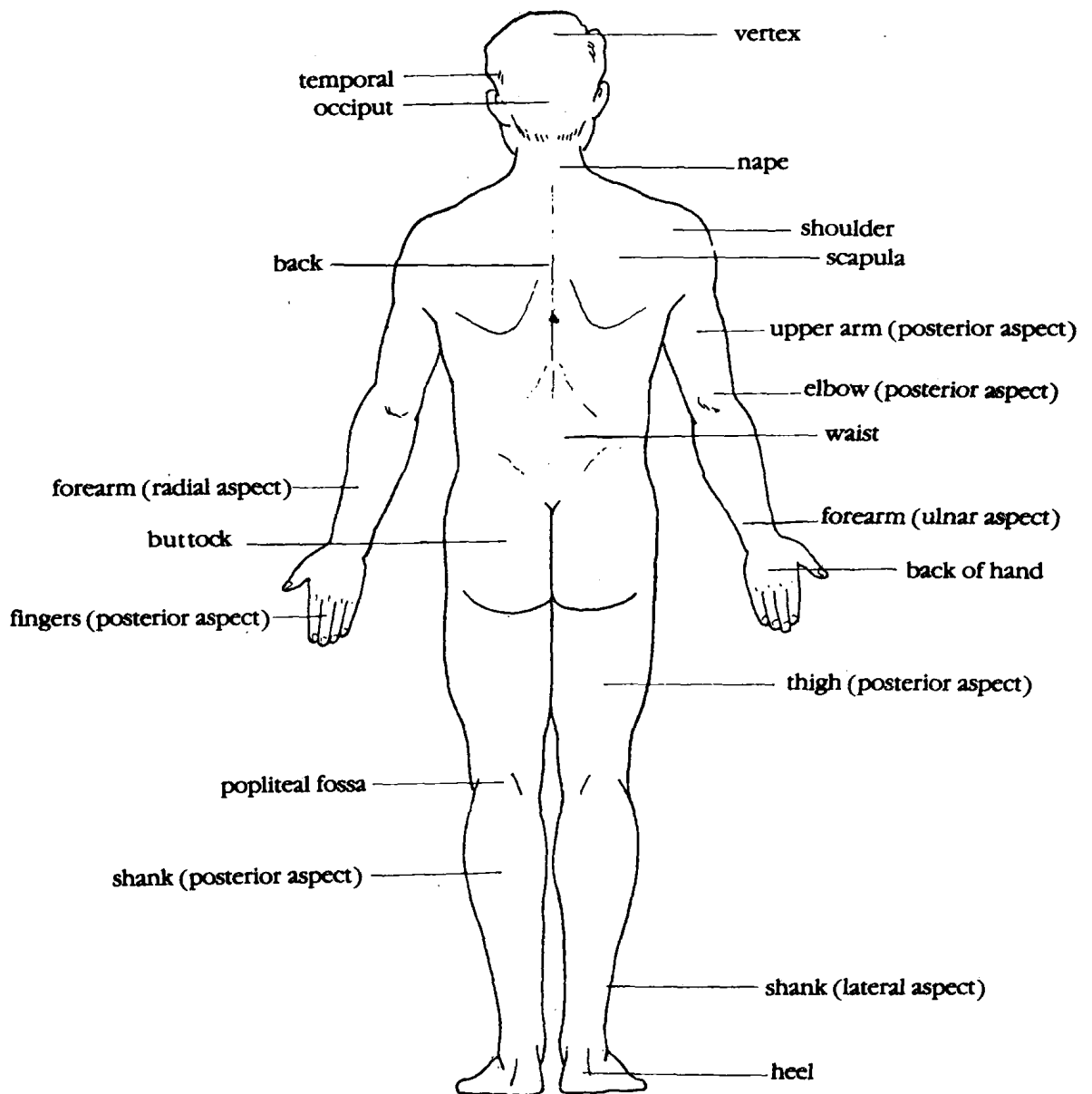
## VI. Main divisions of the body surface

If the patients themselves or their family members perform acupoint massage, they should be familiar with the names of the main divisions of the body surface so that they can find out the correct location during manipulation.

The human body can be divided into the following parts: head, neck, trunk and limbs (figs. 1 and 2).



**Fig. 1 Names of the Main Divisions of the Body Surface (Anterior Aspect)**



**Fig. 2 Names of the Main Divisions of the Body Surface (Posterior Aspect)**

The head can be further divided into face, forehead, vertex (top of head), temples, and occiput (back of head).

The neck can be further divided into nape and neck.

The trunk consists of chest, back, waist and abdomen. The abdomen can be further

divided into the following regions: epigastric, left and right hypochondriac, umbilical, pubic, and left and right inguinal regions.

The limbs can be further divided into shoulder, upper arm, elbow, forearm, wrist, back of hand, palm and fingers; and the buttock, hip, thigh, knee, shank, ankle and foot.

## **V. Directions for acupoint massage**

Acupoint massage is not only effective for treating various diseases, but also useful for disease prevention, health maintenance and macrobiosis. At the same time, it is safe and simple, causes no inconvenience or pain, and can be applied to either sex at any age. For this reason it is easily acceptable.

### **1. Requirements**

Since the acupoint massage can be performed by the patients or their family members, most of whom have little medical knowledge, a definite diagnosis should be made before starting the massage so as not to bungle the chance of receiving other necessary treatment.

When the massage is performed by a family member, that person should take it seriously and do it carefully, focusing his or her attention on the manipulation and constantly observing the patient's response and the change of the local conditions. While pressing an acupoint or performing other manipulations, the force should be mild at first, then increasingly heavy, and finally mild again. However, even "heavy force" should be moderate and no rushed actions should be taken in order to avoid injury to the skin and muscles.

When performing the acupoint massage, both the patient and the family member who manipulates should find the best position. The patient should feel comfortable no matter what position is taken — lying supine, prone or on the side, or sitting upright or leaning forward — and the massaged limb should be relaxed. The manipulator's position should be conducive for exerting force and performing the manipulation.

The duration of acupoint massage depends upon the patient's condition. Generally, each treatment takes 15-30 minutes, once daily or every other day. One course consists of 7-10 times of treatment. One, two, or even more courses may be necessary.

### **2. Medium substances**

When performing the manipulation a sheet may be laid on the skin or some medicinal liquid, oil, liquor or powder may be applied locally. All these substances are called massage media. The medium substances commonly used are sheets, talcum powder, liquid paraffin, analgesic liquid, wintergreen oil and Houlou Liquor (liquor which activates collateral flow). The purpose of using massage media is to moisten and protect the skin in order to avoid abrasion.

### **3. Contraindications**

Contraindications include malignant tumors, pyemia (pus in the blood), acute infectious diseases, hemorrhagic diseases, open injuries, fractures, scalds, burns, tuberculosis, erysipelas (infection of the skin tissue), myelitis (inflammation of the bone marrow or spinal column), purulent arthritis, severe heart diseases, extreme fatigue or drunkenness. In addition, massage at the acupoints at the abdomen and waist should be avoided during pregnancy or menstruation.

# **Chapter Two**

## **Meridians, Collaterals and Acupoints**

The theory of meridians and collaterals established two thousand years ago was the summarization of the experience gained by the Chinese people in their struggle against diseases and constitutes one of the important components of the basic theories of traditional Chinese medicine. It has been playing a guiding role in the clinical practice, as Yu Jiayan (A.D. 1585-1664) said: "A doctor always makes mistakes if he has no knowledge of meridians and collaterals."

### **I. Meridians and collaterals**

The meridians are the main conduits while the collaterals are the branches of the meridians. The meridian system chiefly consists of twelve regular meridians, and Governor and Conception vessels. Thoroughfare, Belt, *Yin-Heel*, *Yang-Heel*, *Yin-Linking* and *Yang-Linking* vessels intersect the twelve regular meridians to enhance their connection and regulate the flow of *qi* and blood. The muscles along the twelve regular meridians in the limbs are affiliated with the meridians, forming a system for accumulation and dissemination of *qi* in the muscles and joints to maintain the normal movements of the human body. The twelve skin areas, including the surface skin and the sub-surface minute collaterals, are closely related to the twelve regular meridians. The skin areas are where the functional activities are reflected and the *qi* is distributed to exert defensive effect.

Therefore, the meridians and collaterals form a crisscross network distributed throughout the body, making the body an organic whole. They are the conduits through which *qi* and blood circulate, various parts of the body (including visceral organs, limbs, bones, sensory organs, body orifices, skin and muscles) are connected and the functional activities are regulated. That is why the theory of meridians and collaterals plays a guiding role in acupoint massage. A good knowledge of the meridians, collaterals and acupoints is necessary for understanding the auto-regulatory function of the human body and for the correct use of acupoint massage.

### **II. Acupoints**

Acupoints are the sites where the *qi* and blood of the visceral organs and meridians reach the body surface. They are the points of the body surface that reflect the condition of the internal organs, and so the massage should be applied to them. Stimulation of these points by massage can promote and regulate the flow of *qi* and blood in the meridians and collaterals, remove the pathogenic factors and reinforce the body's resistance, reinforce

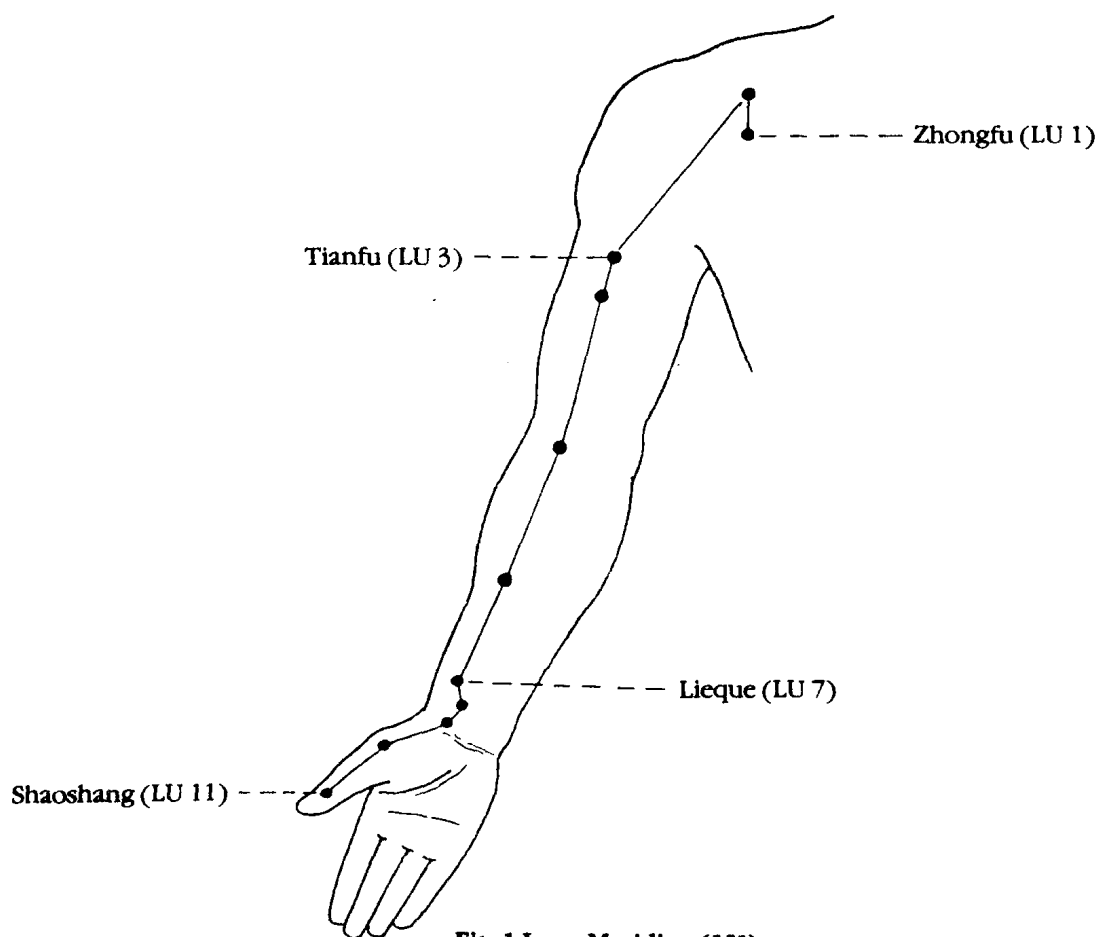
what is deficient and reduce what is in excess, so as to prevent and cure diseases.

The acupoints along the twelve regular meridians and Conception and Governor vessels are called "classical points of the Fourteen Meridians." Each of them has a definite name and location. Those that have not been listed in the system of the fourteen meridians are called "extra points." Each extra point also has a definite name and location. However, there are acupoints with no fixed location or name, which are selected by eliciting tenderness. They are called "Oh yes points."

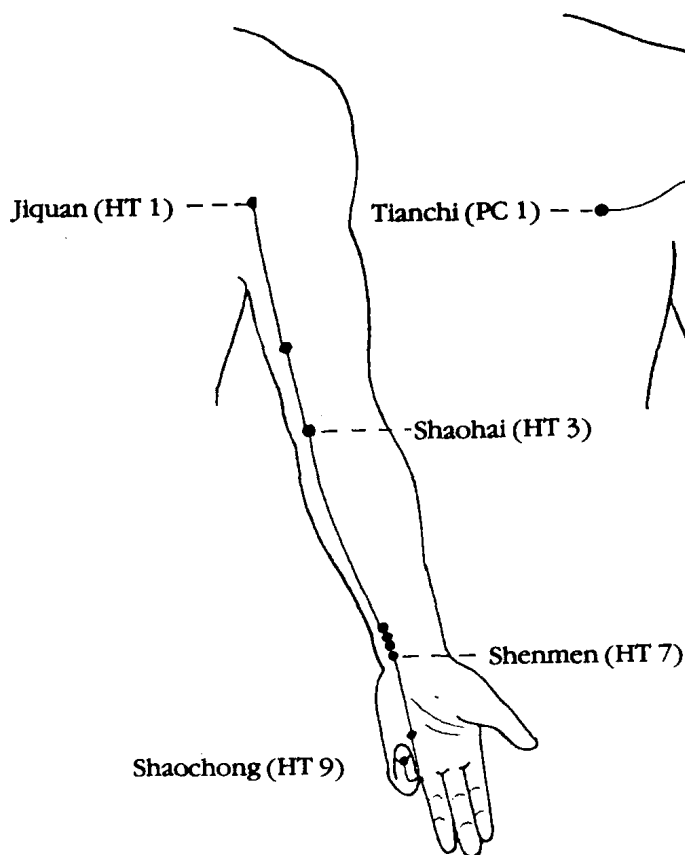
### **III. Paths of the superficial portions of the Fourteen Meridians and the acupoints commonly used**

#### **1. Lung Meridian (LU)**

The Lung Meridian originates at point Zhongfu (LU 1), runs along the middle of the radial aspect of the arm from the chest to the hand, and terminates at Shaoshang (LU 11). The points commonly used are shown in Fig. 1.



**Fig. 1 Lung Meridian (LU)**



**Fig. 2 Heart Meridian (HT)**

## 2. Heart Meridian (HT)

The Heart Meridian originates at Jiquan (HT 1) in the centre of the armpit, runs along the posterior border of the medial aspect of the arm from the chest to the hand, and terminates at Shaochong (HT 9) on the radial aspect of the little finger. The acupoints commonly used are shown in Fig. 2.

## 3. Pericardium Meridian (PC)

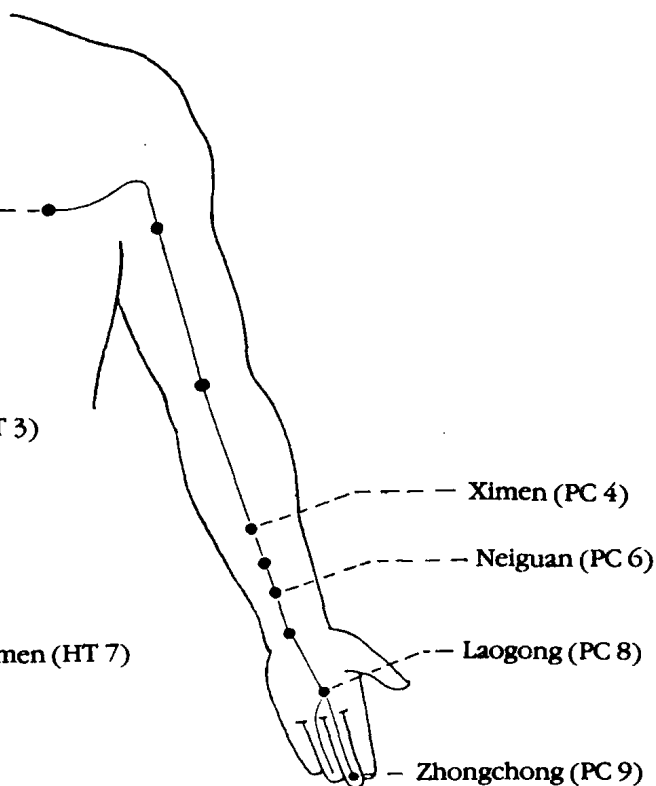
The Pericardium Meridian originates at Tianchi (PC 1) which is situated to the side of the nipple, runs along the middle of the ventral surface of the arm from the chest to the hand, and terminates at Zhongchong (PC 9) at the radial aspect of the tip of the middle finger. The acupoints commonly used are shown in Fig. 3.

## 4. Large Intestine Meridian (LI)

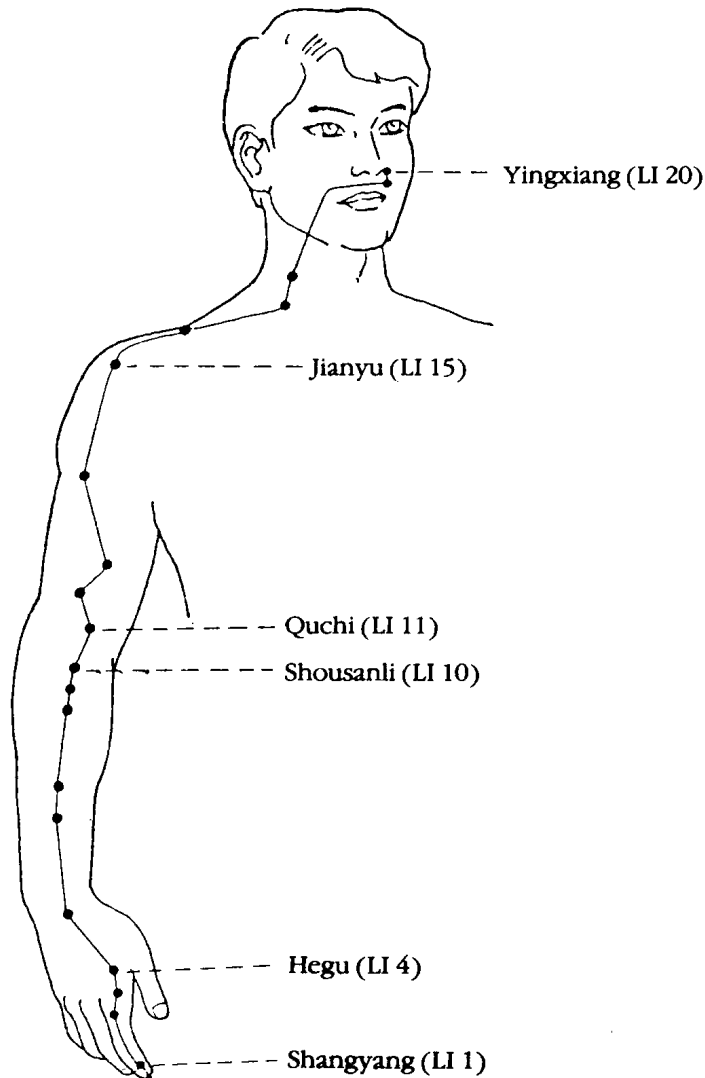
The Large Intestine Meridian originates at Shangyang (LI 1) at the tip of the forefinger, ascends along the anterior border of the lateral aspect of the arm, travels to the shoulder and neck, and terminates at Yingxiang (LI 20), to the side of the nostrils. The acupoints commonly used are shown in Fig. 4.

## 5. Small Intestine Meridian (SI)

The Small Intestine Meridian originates at Shaoze (SI 1) at the root of nail of the little finger, ascends from the hand to the head along the ulnar aspect of the lateral surface of



**Fig. 3 Pericardium Meridian (PC)**



**Fig. 4 Large Intestine Meridian (LI)**

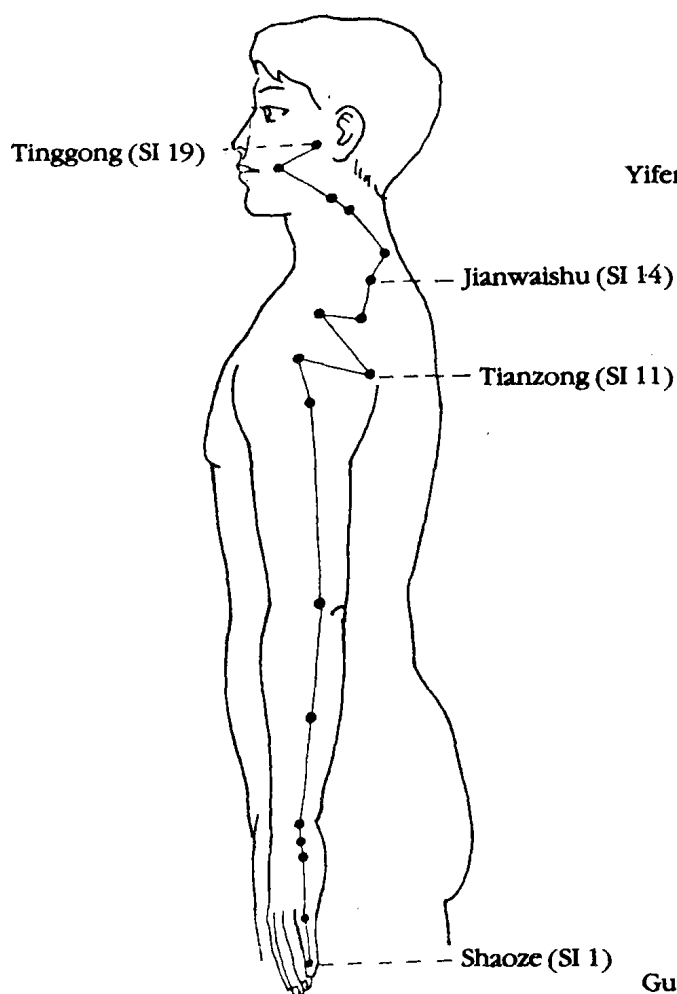
the arm to the neck, and terminates at Tinggong (SI 19) in front of the ear. The acupoints commonly used are shown in Fig. 5.

#### 6. Triple Energizer Meridian (TE)

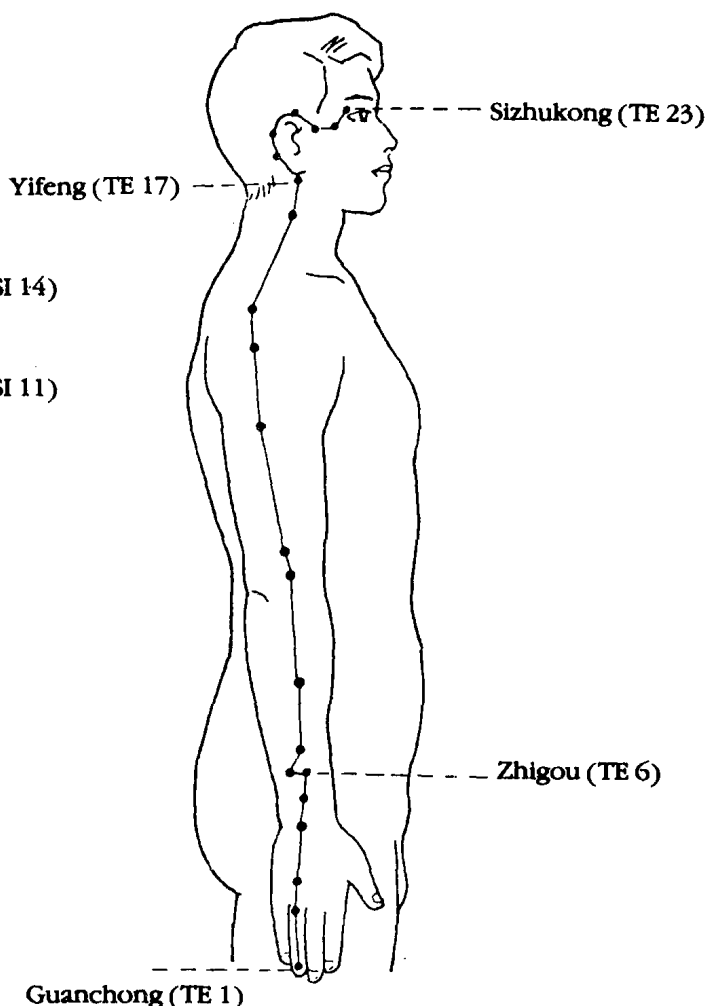
The Triple Energizer Meridian originates at Guanchong (TE 1) on the ulnar aspect of the end of the ring finger, ascends from the hand to the head along the medial aspect of the lateral surface of the arm, the lateral aspect of the neck, behind the ear and across the temporal regions, and terminates at Sizhukong (TE 23) at the lateral end of the eyebrow. The acupoints commonly used are shown in Fig. 6.

#### 7. Spleen Meridian (SP)

The Spleen Meridian originates at Yinbai (SP 1) on the inner aspect of the big toe, travels



**Fig. 5 Small Intestine Meridian (SI)**



**Fig. 6 Triple Energizer Meridian (TE)**

from the foot along the antero-medial aspect of the leg, across the abdomen to the chest, and terminates at Dabao (SP 21). The acupoints commonly used are shown in Fig. 7.

#### 8. Kidney Meridian (KI)

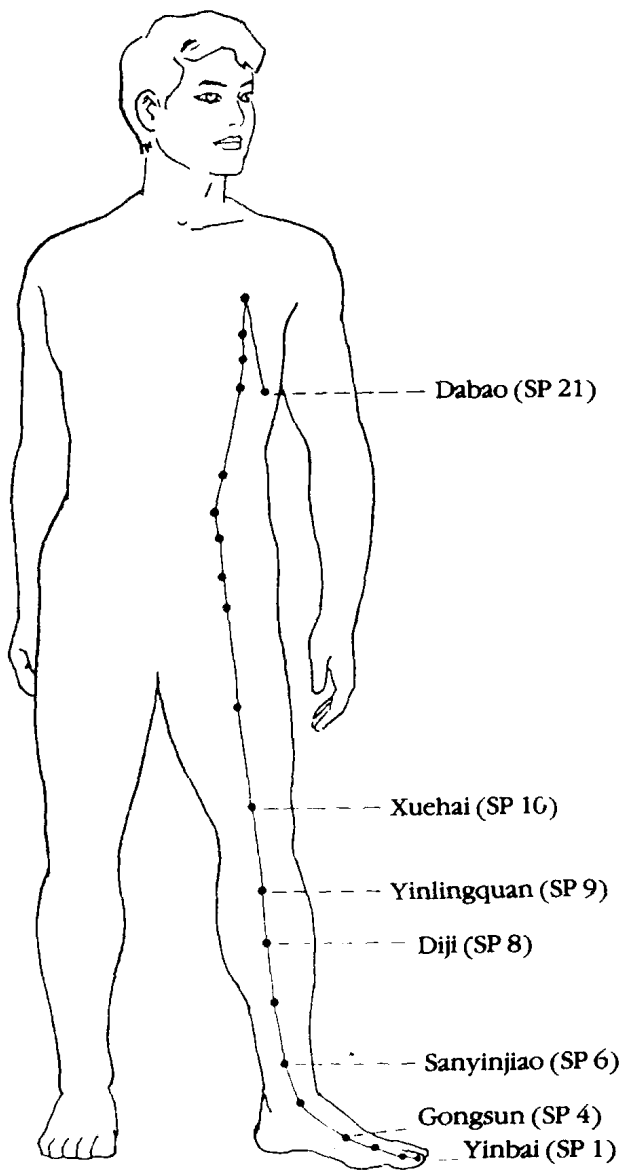
The Kidney Meridian originates at Yongquan (KI 1) in the centre of the sole, ascends from the foot to the chest along the medial aspect of the leg and abdomen, and terminates at Shufu (KI 27). The acupoints commonly used are shown in Fig. 8.

#### 9. Liver Meridian (LR)

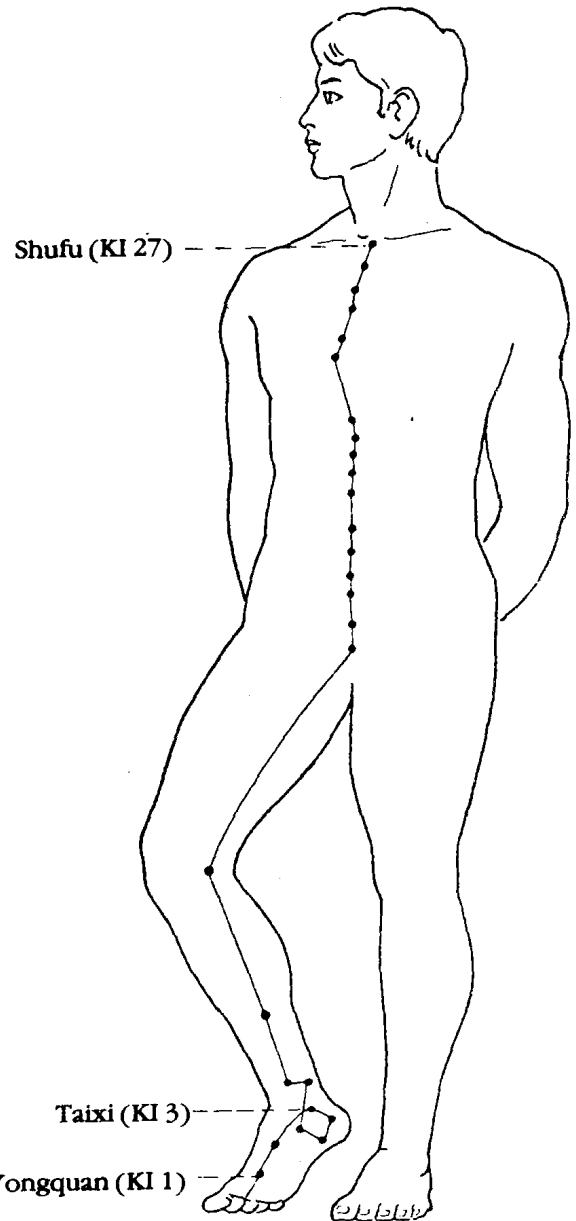
The Liver Meridian originates at Dadun (LR 1) on the lateral aspect of the tip of the big toe, ascends from the foot to the chest along the medial aspect of the leg and abdomen, and terminates at Qimen (LR 14). The acupoints commonly used are shown in Fig. 9.

#### 10. Stomach Meridian (ST)

The Stomach Meridian originates at Chengqi (ST 1). One of its two branches courses



**Fig. 7 Spleen Meridian (SP)**

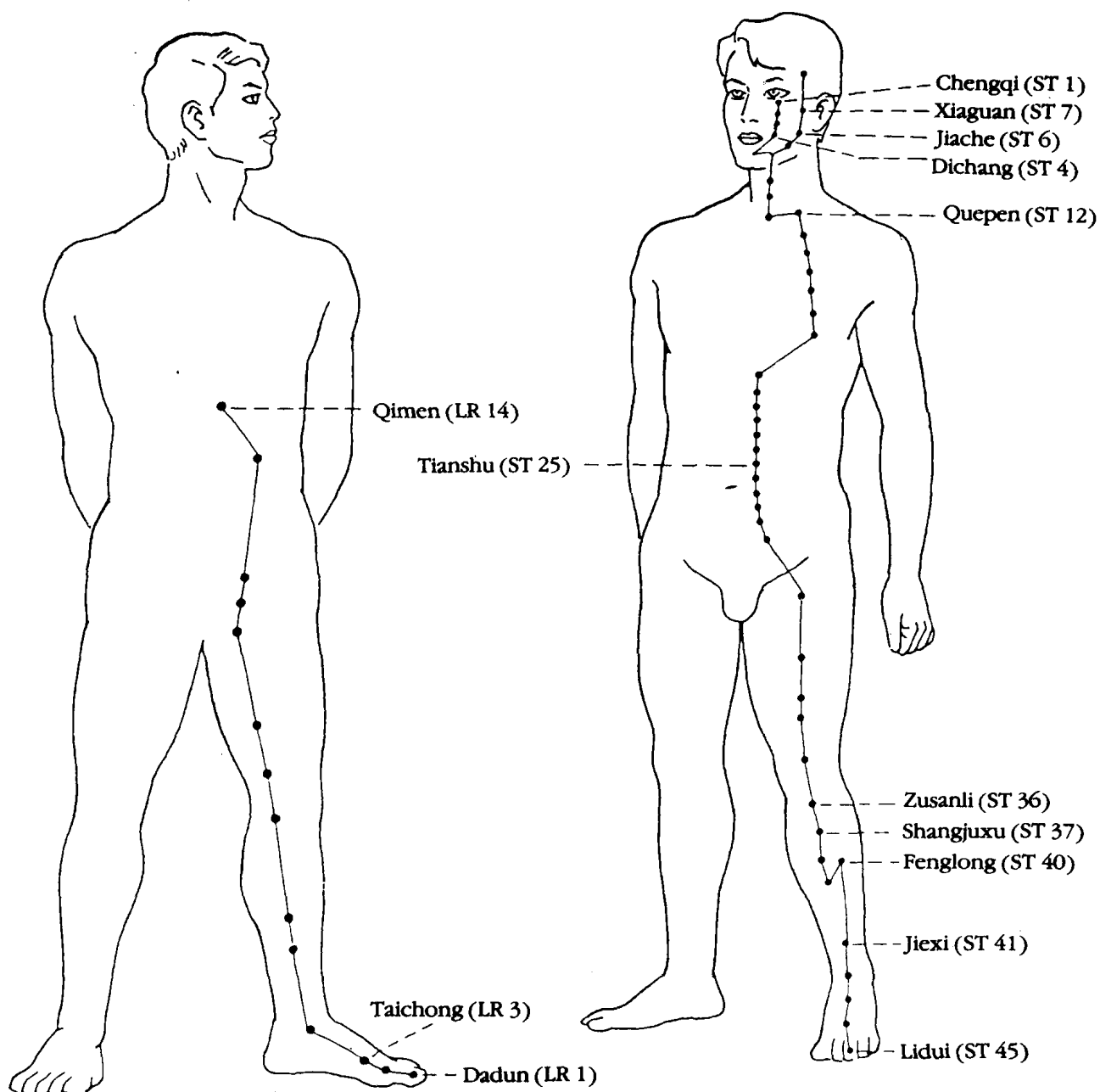


**Fig. 8 Kidney Meridian (KI)**

around the cheek; the other branch descends from the head to the foot along the anterio-lateral aspect of the neck, chest and abdomen, and the anterior aspect of the leg to the back of foot, and terminates at Lidui (ST 45). The acupoints commonly used are shown in Fig. 10.

#### 11. Bladder Meridian (BL)

The Bladder Meridian originates at Jingming (BL 1) at the inner corner of the eye,



**Fig. 9 Liver Meridian (LR)**

**Fig. 10 Stomach Meridian (ST)**

ascends the forehead to the vertex, and then travels downward from the head to the foot along the neck, sides of the spine and posterior aspect of the leg, and terminates at Zhiyin (BL 67) on the outer aspect of the small toe. The acupoints commonly used are shown in Fig. 11.