



This book is compiled by experienced traditional medicine specialists. It discusses the origins, development, characteristics, and indications of hand therapy as well as common methods of hand massage, hand acupuncture, hand bath, and hand *qigong* used to treat various medical, surgical, gynecological, pediatric and ENT diseases. It is concise, practical, written with ease and grace, and includes 50 illustrations. This book is meant to satisfy the needs of medical workers and average readers alike to understand, learn, and practice this unique hand therapy, created and developed over many years in China.

ISBN 978-7-119-05996-1



9 787119 059969 >

First Edition 1997
Second Edition 2009

ISBN 978-7-119-05996-9

© Foreign Languages Press, Beijing, China, 2009

Published by Foreign Languages Press

24 Baiwanzhuang Road, Beijing 100037, China

<http://www.flp.com.cn>

Printed in the People's Republic of China

FOREWORD

As an important component of traditional Chinese medicine, the therapies applied to the hand—hand therapy—are a group of unique therapeutic methods developed by medical specialists and common people in China through their medical practice, productive activity, and daily lives for hundreds of years.

According to the meridian theory of traditional Chinese medicine, the hand is closely connected through meridians with the skin, blood vessels, muscles, ligaments, bones, and internal organs of the body. Pathological disease in patients is reflected on their hands; and the stimulating and therapeutic effects of massage, acupuncture, herbal bath, and *qigong* can be transmitted through meridians to adjust and stimulate potential energy, immunity, resistance to disease, and physical well-being to maintain health and prolong life.

Hand therapy can be easily practiced and widely applied to treat many diseases, often with good therapeutic results, and without toxic side effects. These therapies have found favor among vast numbers of patients over the years. To help foreign readers understand, learn, and practice this unique hand therapy, the compilers reviewed a large amount of ancient and modern medical literature in China, and have collected the useful experience of specialists in this field to systematically present the sum of this beneficial knowledge.

CONTENTS

Chapter 1

INTRODUCTION	1
I. Origin and Development of Hand Therapy	2
II. Hand Therapy Indications, Characteristics, and Precautions	4

Chapter 2

COMMON ACUPOINTS FOR HAND THERAPY	7
--	---

Chapter 3

COMMON HAND THERAPY METHODS	33
I. Hand Therapy Massage.....	34
II. Hand Therapy Acupuncture	44
III. Hand Therapy Using Hand Bath.....	63
IV. Hand Therapy Using Hand <i>Qigong</i>	66
V. Hand Therapy Using Miscellaneous Methods.....	67

Chapter 4

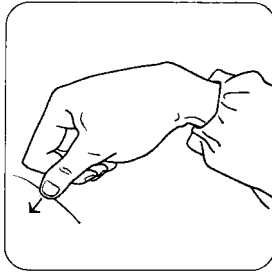
TREATMENT OF COMMON DISEASES	75
I. Medical Diseases	76

Insomnia	111
Diabetes mellitus	112
Vertigo	113
Cerebral apoplexy	115
Muscular atrophy	117
Epilepsy	118
Psychosis	120
Dementia	121
Shock	122
Bi-syndrome	123
Numbness	125
Tetany	126
Headache	127
Febrile diseases.....	129
Malaria	130
Heat stroke	130
II. Dermatological and Surgical Conditions.....	131
Stiff neck	131
Furuncle	132
Tuberculosis of cervical lymph nodes	133
Acute mastitis.....	134

Retardation of development	155
General weakness	156
Scleroderma in newborns	156
V. Diseases of the Eye, Ear, Nose, and Oral Cavity	156
Tinnitus and deafness	156
Nasal obstruction	158
Atrophic rhinitis	158
Toothache	159
Acute laryngitis	160
Sore throat	161
Deviation of mouth	161
Myopia	162
Pseudomembranous conjunctivitis	163
Scleritis	164
Paralytic strabismus	164
Glaucoma	165
Optic nerve atrophy	166
Drooping upper eyelid	167

Chapter 1

INTRODUCTION



Hand therapy for the treatment of general diseases of the body is a group of very convenient therapeutic methods applying different types of stimulation at various specific parts of the hand to promote circulation of *qi* and blood through meridians. This therapy can improve life quality, maintain health, and prevent and cure many diseases. The specific parts of hand are classified as the regular, extra, and special acupoints of the hand, homographic reflective points, and a group of points beside the second metacarpal bone. Stimulating methods include massage, acupuncture, herbal bath, and *qigong* applied at hand. Although these methods vary, they are all applied to the hand, and are, therefore, all included under the general name of hand therapy.

I. Origin and Development of Hand Therapy

Hand therapy is a component of traditional Chinese medicine. According to the history of medicine, the origin of hand therapy was much earlier than that of medicinal therapy. In primitive times, human beings lived in caves in the open country and they would automatically rub their hands to promote blood circulation to prevent frostbite during the cold winter season; and rub or press painful areas to relieve their sufferings, resolve swelling and correct functional imbalances. Because pressure applied at Hegu (LI 4) acupoint of the hand could relieve toothache, people gradually found that stimulation applied at certain specific parts of the hand by pressing, rubbing, twisting and kneading, or by some tool, could produce certain therapeutic effects. This was none other than the primitive form of hand therapy.

In the ancient classic medical book the *Yellow Emperor's Internal Classic*, which was published during the Spring and Autumn and

- 3) Functional diseases: Irregular menstruation, dysmenorrhea, functional disturbance of vegetative nervous system, intestinal paralysis, and stomach spasms.
- 4) Neurological diseases: Neurasthenia, spasm of facial muscles, facial palsy, and neurotic deafness.
- 5) Inflammatory diseases: Tonsillitis, pharyngitis, stomatitis, rhinitis, bronchitis, periarthrititis of shoulder, cholecystitis, nephritis, and arthritis.
- 6) Acute diseases: High fever with convulsions, acute angina pectoris, acute attack of epilepsy, acute laryngopharyngitis, acute conjunctivitis, and acute gastritis.

2. Characteristics:

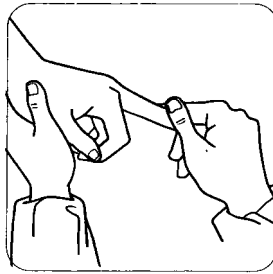
- 1) Holistic principles in the treatment of disease are followed. This includes treating internal diseases with external therapy and treating general diseases with local therapy.
- 2) Hand therapy is a simple treatment with numerous indications, including common internal diseases, surgical problems, and gynaecological, pediatric, and ENT disorders.
- 3) This treatment is cheap, convenient and safe.
- 4) It can be used to treat diseases as well as improve the health of normal people.
- 5) It can be done by the patients themselves for early diagnosis and treatment.
- 6) It can produce good therapeutic results without harmful side effect.
- 7) The techniques of hand therapy can be widely popularized for broad application.

3. Precautions:

- 1) Care must be taken in treating pregnant women at early and later stages of pregnancy.

Chapter 2

COMMON ACUPOINTS FOR HAND THERAPY



Indications: Cough, asthma, sore throat, hemiplegia, deviation of mouth and eye, migraine, stiff neck, toothache, and hotness in palm.
Acupuncture: Oblique insertion of needle toward elbow for 0.7 cm; and moxibustion is permissible.

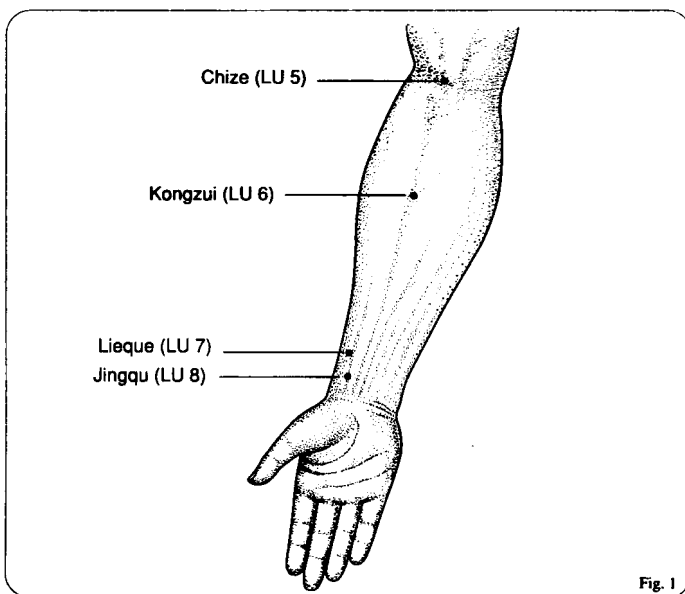
4. Jingqu (LU 8, on hand Taiyin lung meridian)

Location: With palm supine, it is 3.3 cm proximal to carpal crease and in a depression between radial styloid process and radial artery (Fig. 1).

Function: To control cough and asthma and adjust breath.

Indications: Cough, asthma, sore throat, pain and distension in chest, and hotness in palm.

Acupuncture: Vertical insertion of needle for 1 cm; and moxibustion is permissible.



5. Taiyuan* (LU 9, on hand Taiyin lung meridian)

Location: With palm supine, it is on carpal crease and in a depression on the radial side of radial artery (Fig. 2).

Function: To control cough, resolve phlegm, improve body resistance, and expel pathogens.

Indications: Cough, asthma, hemoptysis, pain and distension of chest, sore throat, vomiting, abdominal distension, irregular pulse, and hand and wrist pain.

Acupuncture: Vertical insertion of needle for 1 cm; and moxibustion is permissible.

6. Yuji* (LU 10, on hand Taiyin lung meridian)

Location: With palm supine, it is proximal to the first metacarpophalangeal joint, at the midpoint of metacarpal bone and on the dorsopalmar boundary (Fig. 2).

Function: To clear heat in lungs, relieve stagnation in throat, and clear heat in blood.

Indications: Cough, hemoptysis, sore throat, elbow spasm, and hotness in palm.

Acupuncture: Vertical insertion of needle for 1.6-3.3 cm; and moxibustion is permissible.

7. Shaoshang* (LU 11, on hand Taiyin lung meridian).

Location: On the radial side of thumb and 0.3 cm from corner of nail (Fig. 2).

Function: To clear-heat, open sense organ orifices, restore yang, revive critical patients, relieve stagnation in throat, and control convulsion.

Indications: Cough, asthma, sore throat, madness, epilepsy, stroke with coma, febrile diseases, and convulsion in children.

Acupuncture: Horizontal insertion of needle toward wrist for 0.6

cm or bleeding therapy with three-edged needle; and moxibustion is permissible.

8. Shangyang* (LI 1, hand Yangming large intestine meridian)

Location: On the radial side of index finger and 0.3 cm from the corner of nail (Fig. 3).

Function: To clear heat, resolve swelling, open sense organ orifices, and refresh the mind.

Indications: Sore throat, swelling of jaw, toothache, deafness, tinnitus, cough, asthma, stroke with coma, and shoulder pain.

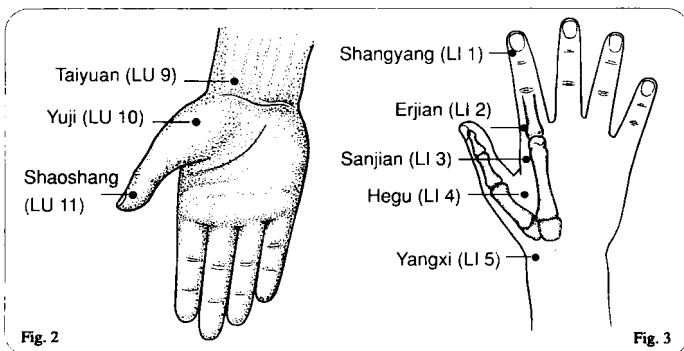
Acupuncture: Upward oblique insertion of needle for 0.6 cm or bleeding therapy with three-edged needle; and moxibustion is permissible.

9. Erjian* (LI 2, on hand Yangming large intestine meridian)

Location: With hand slightly clenched, it is on the radial side of second metacarpophalangeal joint and distal to it, and on the dorsopalmar boundary of hand (Fig. 3).

Function: To clear heat and resolve swelling.

Indications: Sore throat, swelling of jaw, nasal bleeding, toothache, eye pain, deviation of mouth and eye, body heat, and shoulder pain.



Acupuncture: Vertical insertion of needle for 1.6 cm; and moxibustion is permissible.

15. Xialian (LI 8, on hand Yangming large intestine meridian)

Location: On the connecting line between Yangxi (LI 5) and Quchi (LI 11) acupoints and 1.3 cm from Quchi (Fig. 4).

Function: To adjust *qi* and promote transportation in organs.

Indications: Headache, dizziness, abdominal pain, acute mastitis, and pain in elbow and arm.

Acupuncture: Vertical insertion of needle for 1.6 cm; and moxibustion is permissible.

16. Shanglian (LI 9, on hand Yangming large intestine meridian)

Location: On the connecting line between Yangxi (LI 5) and Quchi (LI 11) acupoints and 10 cm from Quchi (Fig. 4).

Function: To adjust *qi* and promote transportation in organs.

Indications: Headache, pain in shoulder and arm, abdominal pain, diarrhea, and hemiplegia.

Acupuncture: Vertical insertion of needle for 1.6-3.3 cm; and moxibustion is permissible.

17. Shousanli (LI 10, on hand Yangming large intestine meridian)

Location: On the connecting line between Yangxi (LI 5) and Quchi (LI 11) acupoints and 6.7 cm from Quchi (Fig. 4).

Function: To clear heat, improve vision, adjust *qi*, and promote transportation in organs.

Indications: Abdominal distension, diarrhea, eye diseases, toothache, hemiplegia, and hand, arm, and elbow pain.

Acupuncture: Vertical insertion of needle for 1.6-3.3 cm; and moxibustion is permissible.

18. Quchi (LI 11, on hand Yangming large intestine meridian)

Location: With elbow flexed, it is in a depression on the radial end of cubital crease (Fig. 4).

Function: To expel wind pathogen, control itching, clear heat, and resolve swelling.

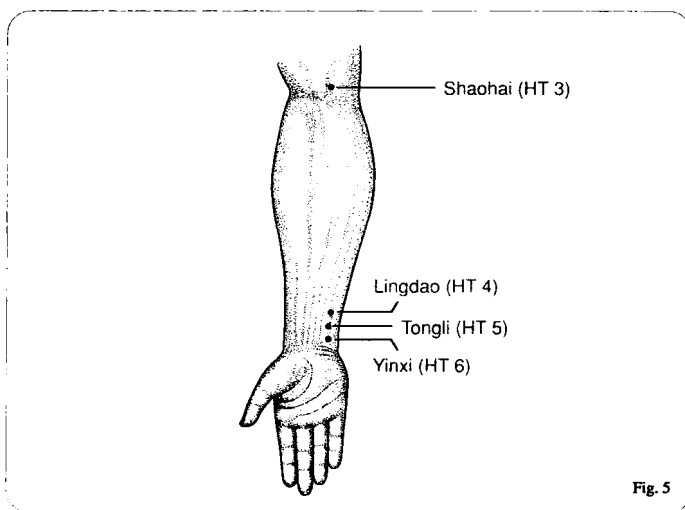
Indications: Febrile diseases, sore throat, toothache, eye pain, skin rashes, skin sores, scabies, diseases of stomach and intestine, epilepsy, madness, disturbance of menstruation, paralysis of upper limb, and shoulder and arm pain.

Acupuncture: Vertical insertion of needle for 3.3-5 cm; and moxibustion is permissible.

19. Shaohai (HT 3, on hand Shaoyin heart meridian)

Location: With elbow flexed, it is in a depression on the ulnar end of cubital crease (Fig. 5).

Function: To tranquilize the mind.



Acupuncture: Vertical insertion of needle for 1 cm; and moxibustion is permissible.

23. Shenmen* (HT 7, on hand Shaoyin heart meridian)

Location: On the carpal crease and on the radial border of ulnar flexor muscle of wrist (Fig. 6).

Function: To improve the body's resistance, expel pathogens, and tranquilize the mind.

Indications: Heart pain and palpitations, insomnia, poor memory, unreasonable crying and laughing, epilepsy, madness, headache, vertigo, and hotness in palm.

Acupuncture: Vertical insertion of needle for 1 cm; and moxibustion is permissible.

24. Shaofu* (HT 8, on hand Shaoyin heart meridian)

Location: It is proximal to the fourth and fifth metacarpophalangeal joints; with the hand supine and fingers flexed, it is in the depression between the tips of ring and little fingers (Fig. 6).

Function: To clear heat of the heart and tranquilize the mind.

Indications: Heart pain and palpitations, unreasonable crying and laughing, incontinence of urine, pain in external genitalia, and prolapse of uterus.

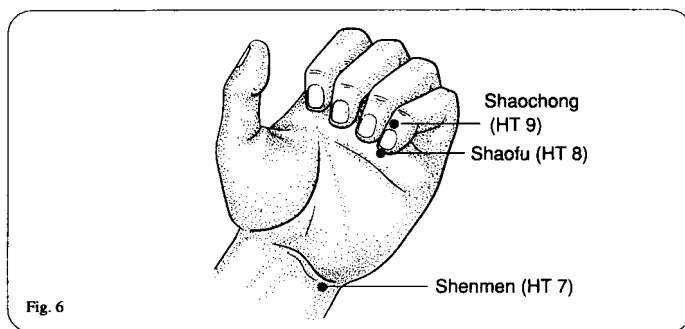


Fig. 6

Acupuncture: Vertical insertion of needle for 1 cm; and moxibustion is permissible.

25. Shaochong* (HT 9, hand Shaoyin heart meridian)

Location: On the radial side of little finger and 0.3 cm from the corner of nail (Fig. 6).

Function: To clear heat, control convulsions, and tranquilize and refresh the mind.

Indications: Heart pain and palpitations, pain in chest and flanks, coma, epilepsy, madness, febrile diseases, and pain in medial and posterior side of arm.

Acupuncture: Oblique insertion of needle for 0.3 cm or bleeding therapy with three-edged needle; and moxibustion is permissible.

26. Shaoze* (SI 1, on hand Taiyang small intestine meridian)

Location: On the ulnar side of little finger and 0.3 cm from the corner of nail (Fig. 7).

Function: To increase body fluid, promote discharge of milk, clear heat, and facilitate discharge through orifices.

