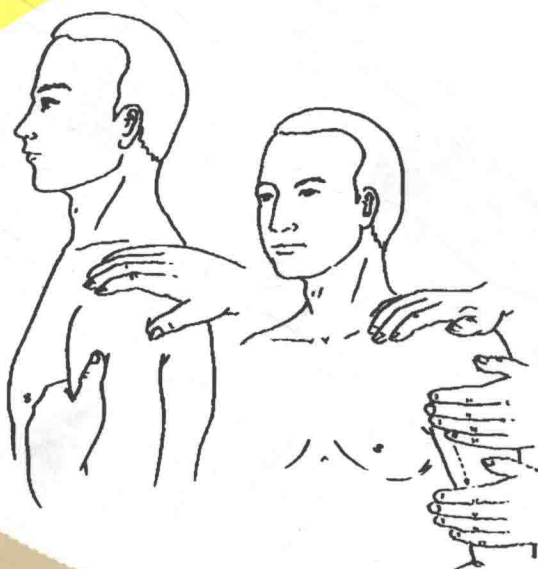
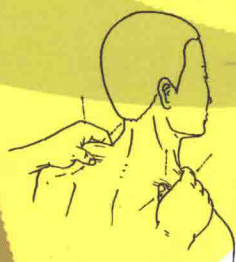


Written by Pan Chang

# PRACTICAL CHINESE MASSAGE THERAPY WITH ILLUSTRATIONS



NEW WORLD PRESS

# Practical Chinese Massage Therapy with Illustrations

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## Preface

Chinese massage originated from the cuneiform stone remedy in the Neolithic Age. It was called *Anmo* (or *Anqiao*, or *Daoyin*) before the Ming Dynasty (1368-1644) because of its simple techniques and nonsystematic theory. After the Ming Dynasty, with the development of traditional Chinese medicine (TCM), Chinese massage was finally formed. In order to popularize, develop and make best use of traditional Chinese medicine for human health, it is of great significance to publish this book in English.

The book is terse and concise. The massage techniques adopted in the treatment are demonstrated with simple diagrams instead of words, so readers can learn it with ease. The diagrams of massage techniques are separately used for each indication and independently laid out for other indications; thus, readers can get twice the result with half the effort.

We discuss the principles, symptoms and effects of treatment in simple and clear language to help readers grasp Chinese massage in a short time. The book is characteristic of a combination of TCM theory and clinical practice of massage techniques. It is written to be easy to learn. In this case, it is not only good for readers to quickly understand the manipulation of massage, treatment principles and the indications, but also helpful for readers to put what they have learned into practice.

Attention should be paid to the following precautions while reading the book:

1. Accuracy of the points. In the book, the location of each point is precisely elaborated and indicated. If readers are still not clear about the anatomic positions of the points, they should first consult the sketch figures of points and proportional measurements at the beginning of the book or other professional books concerning acupoints, so as to achieve a satisfactory treatment effect. Generally speaking, if the book says "Place a finger on one particular point," this will require the massager to accurately massage on that point; if the book says "Place four fingers (or one palm or sole) on (or push to) some point," this will require the massager's fingers (or palm or sole) to be placed at (or pushed to) the same height of this point or the region of the point.

2. Measurement of the points. The *cun* mentioned in the book refers to the

unit adopted by proportional measurement and finger measurement. Details can be seen in the figures of Bone-Length Measurement and Commonly Used Points in the appendix. Besides, in order to provide more convenience in reading the book, the location of the same point is explained differently in the diagrams of different massage techniques. For example, in one manipulation diagram, which shows the massage of *Shenque* (CV 8) and *Guanyuan* (CV 4) points, it is written that the location of *Shenque* (CV 8) is at the center of the umbilicus and the location of *Guanyuan* (CV 4) is 3 *cun* directly below *Shenque* (CV 8). But in another manipulation diagram showing massage of *Qugu* (CV 2) and *Guanyuan* (CV 4) points, it is said that the location of *Qugu* (CV 2) is at the middle point of the upper margin of the pubic bone and the location of *Guanyuan* (CV 4) now is 2 *cun* above *Qugu* (CV 2). In this way, readers will get a clear idea about each method just by taking a glance at the corresponding diagram of points.

3. Duration and frequency of massage. The quintessence of traditional Chinese medicine is the conception of the organism as a whole as well as diagnosis and treatment based on an overall analysis of symptoms and signs, the cause, nature and location of the symptom and the patient's physical condition. Different patients have different physical conditions, pathological statuses and prognoses, so the same massage manipulation on different patients requires alternation in duration and frequency. One should appropriately prolong or reduce the manipulating time to get a satisfactory treatment effect.

4. Degrees of strength and dexterity of massage. Only with proper massage strength can the satisfactory treatment effect be achieved. So, the intensity of strength exerted in the treatment is not proportional to the treatment effect. Sometimes it is quite the opposite. Moreover, dexterity is even more important. To master the skill of massage, one needs not only to study hard and practice more, but also to learn *qigong* to increase one's internal power, so that one can be dexterous, not clumsy in the massage treatment. On the other hand, if a reader wants to be a qualified massage therapist, he or she should not only learn the theory of traditional Chinese medicine, but also know some theory of Western medicine, such as pathology, physiology and anatomy. Thus, he or she will know which pattern of a disease can be treated by massage. If the same disease shows different clinical symptoms, it may not be treated by massage. He or she also will know what the massage effects are and whether the massage regions and point locations are correct or not and so on.

I would like to thank my teachers Prof. Luo Jinghong and Prof. Luo Zhongda, who warmly supported and encouraged me to write this book, and I also would like to express my gratitude to all my family members, who have shown deep concern for me and offered hearty assistance in my research of traditional Chinese medicine

for a long time.

I welcome colleagues, at home and abroad, to comment on the text. The comments will be beneficial for future revisions of this book so that it will better serve as a book for popularizing traditional Chinese medicine and meeting the demands of popularization and development of traditional Chinese medicine.

Pan Chang  
November, 2011

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# **Part One**

## **Chinese Massage for Illnesses**



# **Chronic Gastritis**

## **Clinical Manifestations**

This includes a group of indigestion symptoms, for example, discomfort in the upper abdomen, belching with acid regurgitation, nausea and vomiting, poor appetite, and so forth. Some patients may have chronic upper abdominal pain of differing degrees of severity located diffusely on the left side of the upper abdomen, involving a wide area rather than local and fixed pain.

Differentiation of syndromes:

A. Retention of food type: Distention and stuffiness in the gastric region, in severe cases gastric pain, acid regurgitation and vomiting, the pain being alleviated after vomiting, pale tongue with thick and sticky coating, rolling pulse.

B. Accumulation of heat in the stomach type: Distention and fullness in the gastric region, distending pain radiating to the hypochondriac regions, belching and constipation, red tongue with a yellow coating, wiry and rapid pulse.

C. Stomach *Yang* deficiency type: Dull pain in the gastric region with clear and thin fluid regurgitation, preference for warmth, poor appetite, cold extremities, loose stool, pale tongue with thin coating, soft and weak pulse.

D. Cold retention in the stomach type: Sudden onset of violent pain in the gastric region, dislike of cold and preference for warmth, absence of thirst or preference for hot drinks, pale tongue with a white and sticky coating, tense pulse.

## **Treatment Principle**

Regulating *qi* and invigorating the spleen, removing the stagnation and relieving pain.

## **Massage Techniques**

- A. Rubbing and pressing techniques on the upper abdomen.
- B. Pushing technique on the upper abdomen.
- C. Circular kneading technique in the periumbilical region.
- D. Conducting *qi* technique.
- E. Small relieving *qi* stagnation technique.

F. Stationary circular pressing technique on *Zusanli* (ST 36).

G. Fist circular pressing technique on the back.

**Addition or Subtraction Techniques**

A. Retention of food type:

Addition: Chest stretching technique.

Subtraction: Circular kneading technique in the periumbilical region.

B. Accumulation of heat in the stomach type:

Addition: 1. Rubbing and pressing techniques on the hypochondrium. 2. Digital pressing technique on the chest and abdomen. 3. Kneading and pressing techniques around the knee joint.

Subtraction: 1. Rubbing and pressing techniques on the upper abdomen.  
2. Circular kneading technique in the periumbilical region.

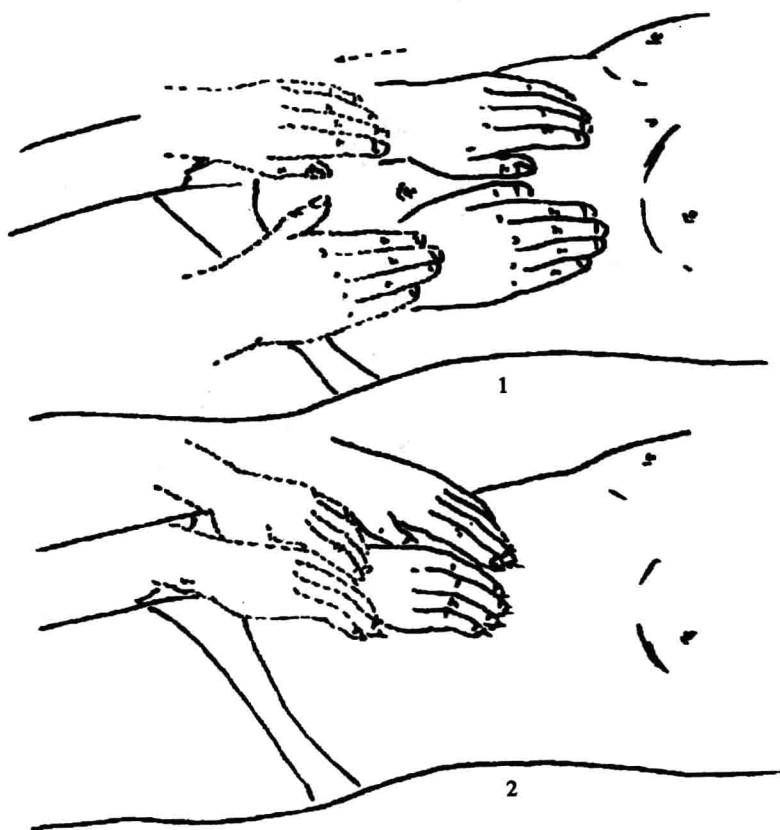
C. Stomach *Yang* deficiency type:

Addition: Squeezing and pushing techniques on the back.

D. Cold retention in the stomach type:

Addition: 1. Pressing technique along the midline of the abdomen. 2. Transverse rubbing technique across the umbilicus.

Subtraction: Rubbing and pressing techniques on the upper abdomen.



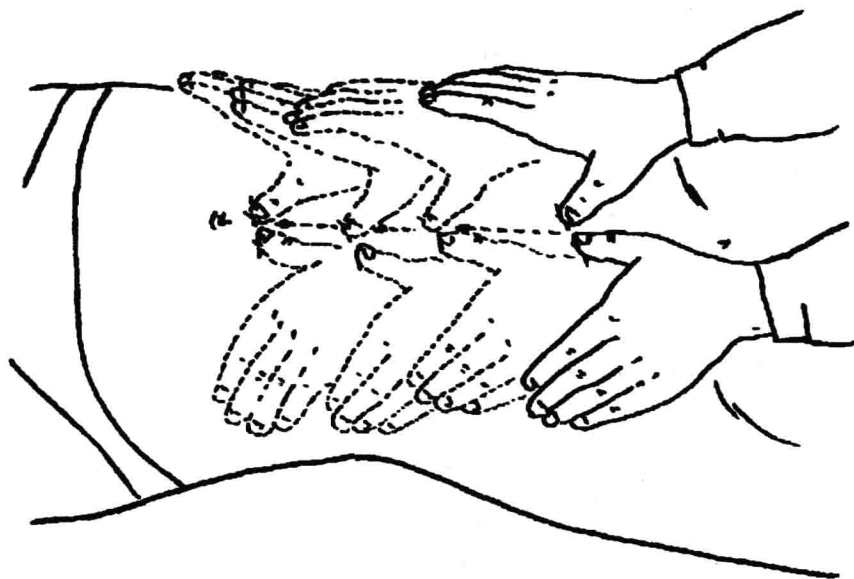
## Rubbing and pressing techniques on the upper abdomen

### Manipulation

Place the four finger pulps of both hands on *Burong* (ST 19) and then rub downward to *Tianshu* (ST 25). Repeat the massage for 1-2 minutes, then press *Burong* (ST 19) and *Tianshu* (ST 25) for 1-2 minutes.

### Points

1. *Burong* (ST 19): 6 *cun* above the umbilicus and 2 *cun* lateral to the midline.
2. *Tianshu* (ST 25): 2 *cun* lateral to the center of the umbilicus.



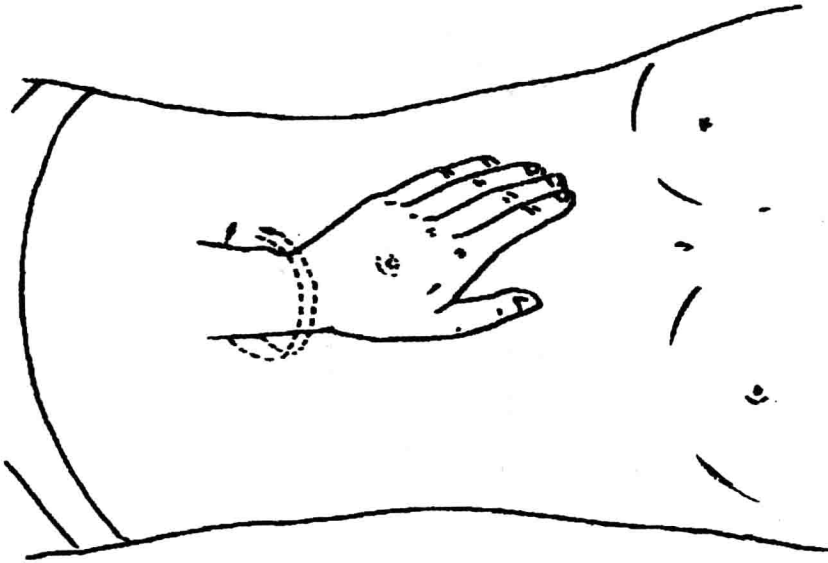
### Pushing technique on the upper abdomen

#### Manipulation

Place both thumbs on *Jiuwei* (CV 15) and let the other fingers fan out on both sides of the ribs. Conduct pushing and kneading techniques straight downward past *Zhongwan* (CV 12), *Xiawan* (CV 10) and stop at *Shuifen* (CV 9). Repeat the manipulation for 3-5 minutes.

#### Points

1. *Jiuwei* (CV 15): Below the xiphoid process, 7 *cun* above the center of the umbilicus.
2. *Zhongwan* (CV 12): On the midline of the abdomen, 4 *cun* above the center of the umbilicus.
3. *Xiawan* (CV 10): On the midline of the abdomen, 2 *cun* above the center of the umbilicus.
4. *Shuifen* (CV 9): On the midline of the abdomen, 1 *cun* above the center of the umbilicus.



### Circular kneading technique in the periumbilical region

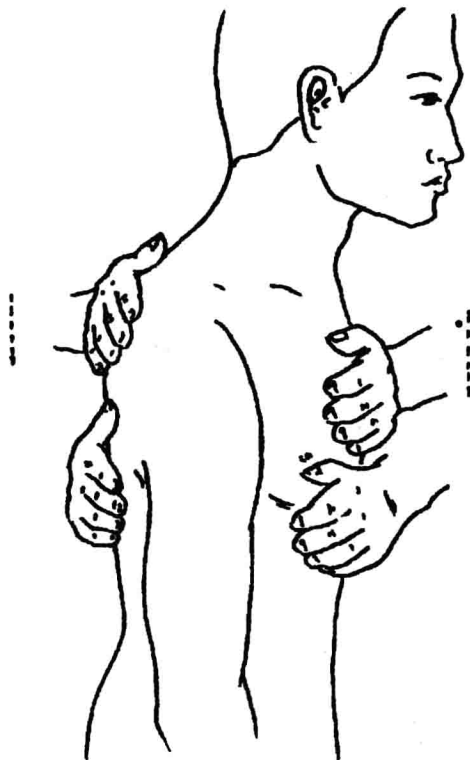
#### **Manipulation**

Lay the center of a palm on *Shenque* (CV 8) and knead the point clockwise and counterclockwise in each direction. The massage should last 2-3 minutes.

#### **Points**

*Shenque* (CV 8): In the center of the umbilicus.





## Conducting *qi* technique

### Manipulation

Place one palm on *Xuanji* (CV 21) on the middle of the chest and the other palm on *Dazhui* (GV 14) on the back. Massage downward in a rubbing technique following the anterior and posterior midlines and stop at *Zhongting* (CV 16) and *Zhiyang* (GV 9). Repeat the manipulation 1-3 minutes.

### Points

1. *Xuanji* (CV 21): On the anterior midline, at the midpoint of the sternal angle, at the level with the first intercostal space.
2. *Dazhui* (GV 14): Below the spinous process of the seventh cervical vertebra.
3. *Zhongting* (CV 16): On the midline of the sternum, at the level with the fifth intercostal space.
4. *Zhiyang* (GV 9): Below the spinous process of the seventh thoracic vertebra.