

翻 译/汪芳俊
执 行/曲建鹏
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搞
定

手
到
病
除

范炳华
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SIX STEPS
TO
RELIEVE
SYMPTOMS

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前言

推拿（按摩）是中医学的重要组成部分，有文字记载已有 2000 多年的历史，具有医疗、保健、养生的作用，是中华民族灿烂的文化瑰宝。

本书精选于 1999 年由浙江科学技术出版社出版的《中老年常见病症自我推拿保健疗法》一书，该著作曾获“浙江省科学技术进步奖三等奖”。本书节选了该书中高血压、失眠、眩晕、头痛等 14 个易操作、易理解、易掌握的代表性病症，以期读者朋友们能够通过自我推拿来达到医疗、养生、保健的目的。

感谢我的编写团队为此书的出版所付出的辛勤劳动，感谢浙江科学技术出版社的敬业与专业。

谨以此书献给在美丽的西子湖畔举办的 G20 峰会。

浙江中医药大学 范炳华

2016 年 7 月于杭州

Preface

Tui Na (An Mo) is an essential component of Traditional Chinese Medicine with a history of more than 2,000 years. It is a treasure in the splendid Chinese culture serving people's health and medical care.

This booklet has been carefully selected from the *Self-massage Therapy for Common Senile Disease* published by Zhejiang Science and Technology Publishing House. This work was awarded the 3rd Prize of Zhejiang Science and Technology Progress Award. 14 simple manipulations in Tui Na for the common diseases such as hypertension, insomnia, vertigo and headache were selected from the book, helping readers to understand and learn self-massage in the purpose of treatment and health care.

Here I would like to express my gratitude to my editing group for the hard work they did for the publishing of this book, as well as the professional dedication of Zhejiang Science and Technology Publishing House.

I would like to dedicate this book to the G20 Summit, to be held in Hangzhou, beside the beautiful West Lake.

Fan Binghua
Zhejiang Chinese Medical University
Hangzhou
July 2016



高血压	Hypertension	/ 2
失眠	Insomnia	/ 10
眩晕	Vertigo	/ 18
头痛	Headache	/ 26
慢性结肠炎	Chronic Colitis	/ 34
习惯性便秘	Constipation	/ 40
视疲劳	Eye Fatigue	/ 48
牙痛	Toothache	/ 56
颈椎病	Neck Pain	/ 62
腰肌劳损	Lumbar Strain	/ 70
肩关节周围炎	Shoulder Pain (Frozen Shoulder)	/ 78
增生性膝关节炎	Knee Osteoarthritis	/ 86
跟痛症	Heel Pain Syndrome	/ 94
慢性鼻炎	Chronic Rhinitis	/ 102



高血压	Hypertension	/ 2
失眠	Insomnia	/ 10
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慢性鼻炎	Chronic Rhinitis	/ 102

高血压 Hypertension



1

按揉印堂穴

Press and knead Yin Tang point



2

按揉太阳穴

Press and knead Tai Yang point



3

按揉风池穴

Press and knead Feng Chi point

4

抹降压沟

Wipe Jiang Ya Gou



5

抹桥弓

Wipe Qiao Gong



6

擦涌泉穴

Rub Yong Quan point





按揉印堂穴^①

取穴：两眉头连线的中点

方法

用中指螺纹面按揉 100 次。

要领

手法用力宜轻柔，带动皮下组织按揉。



Press and knead Yin Tang point

Location

At the midpoint of the line joining the medial ends of the two eyebrows.

Manipulation

Press and knead the point with middle finger, 100 times.

Key

Press and knead the point together with the soft tissue underneath with gentle force.



按揉太阳穴²

取穴：眉梢与目外眦之间
向后约 1 寸凹陷处

方法

用双手食指螺纹面同时按揉 100 次。

要领

操作时精神要放松，意念集中于太阳穴，
手法用力宜轻柔，带动皮下组织按揉。



Press and knead Tai Yang point

Location

1 cun posterior to the eyebrow and outer canthus.

Manipulation

Press and knead the points with both index fingers, 100 times.

Key

While manipulating focus your mind on the point, press and knead the point gently together with the soft tissue underneath.



按揉风池穴³

取穴：十指自然张开抱头，拇指往上推，在脖子与发际的交界线各有一凹处（风府穴与颞骨乳突之间的凹陷处）

方法

用双手拇指螺纹面同时按揉 100 次。

要领

拇指螺纹面按于风池穴紧贴枕骨上缘按揉，
使局部有酸胀麻感。



Press and knead Feng Chi point

Location

Hold the back of head with ten fingers upwards, your thumb will find a depression between the upper ends of the sternocleidomastoid and trapezius muscles.

Manipulation

Press and knead the points with both thumbs, 100 times.

Key

You will feel sore while pressing and kneading the point.



抹降压沟⁴

取穴：耳郭的内上方斜向外下方走行

方法

用拇指螺纹面沿降压沟自内上向外下推抹，左右各 100 次。

要领

用拇指螺纹面自耳郭背面隆起的上端
向耳垂方向单方向抹动。



Wipe Jiang Ya Gou

Location

In the depression on the back of the auricle, rub downwards.

Manipulation

Wipe downwards with thumb, 100 times each side.

Key

Wipe in a single direction up to down only.



抹桥弓⁵

取穴：耳后翳风穴（耳垂后耳根部）
至缺盆穴（锁骨上窝中央）连线

方法

用食指、中指、无名指和小指的螺纹面自上而下抹桥弓，
左右各 20 次。

要领

自耳后向前下至缺盆穴单方向抹动，左手推右侧，
右手推左侧。手法用力宜轻柔，频率宜稍快。



Wipe Qiao Gong

Location

Connecting the line between earlobe and supraclavicular fossa.

Manipulation

Manipulate with index, middle, ring and little fingers,
20 times each side.

Key

Wipe in a single direction from earlobe to supraclavicular fossa, with left
hand for right side, right hand for left side; gently and frequently.



擦涌泉穴⁶

取穴：足底前 1/3 人字缝的凹陷处

方法

用小鱼际（手掌小指侧肌肉丰满处）擦涌泉穴，左手擦右侧，右手擦左侧，左右各 100 次，早晚各 1 次。

要领

小鱼际部着力来回摩擦，手法用力宜轻柔，频率稍快，摩擦的距离宜稍长，足底有明显温热感。



Rub Yong Quan point

Location

In the depression 1/3rd down and 2/3rd up the middle line of the sole of the foot when the foot is flexed.

Manipulation

Rub Yong Quan point with hypothenar 100 times each side, twice a day, in the morning and evening.

Key

Rub gently and frequently with hypothenar back and forth, until it feels warm.

失眠 Insomnia



1 擦涌泉穴
Rub Yong Quan point



2 按揉印堂穴
Press and knead Yin Tang point



3 按揉太阳穴
Press and knead Tai Yang point

4

按揉内关穴

Press and knead Nei Guan point



5

按揉神门穴

Press and knead Shen Men point



6

按揉三阴交穴

Press and knead San Yin Jiao point

