

Cyclical flowing and distribution of the twelve meridians

Hand-sanyin originates from chest and emerges from hand; hand-sanyang originates from hand and emerges from head; foot-sanyang originates from head and emerges from foot; foot-sanyin originates from and enters viscera.



Reinforcing: Reinforce the weak people

When doing reinforcing, scraping should be soft, slow, short, and runs towards meridian.

Reducing: reduce the strong people

When doing reducing, scraping should be heavy, fast, long, and runs against meridian.

Moderate reinforcing and reducing method lie between reinforcing and reducing. In clinical treatment, it is applicable to viscera disease, weak and strong inclusion or confusion, qi and blood disorder so that regulars yin and yang.

Generally, moderate reinforcing and reducing is commonly used in Guasha prevention with no sha or light sha.

Sha: There are many red sporadic and granuliform spot or large lamellar red, which we called it "Sha". The symptom of disease is according to the degree of Sha. , Those who have light disease will appear red or lamellar sha, while the serious will appear violet red or lump sha, it is even has blood bladder. There are no sha appear if people are health.

The location and the degree of sha are consistent with the part of body and the degree of pathogenetic condition. A great many people feel thermy and heat, cleanlily, and the abnormal feeling decrease and disappear, while joint range of motion increase.

Methods: scrape once every other day or two days for general disease after the Sha disappears. One treatment includes five times. Before next treatment, you should have a rest for four to six days. Most sufferers will be healed after scraped five to ten times.

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