



# **Principle and Choices of TCM Treatment Modalities**

Your practitioner, your medical condition, and your preferences will help determine what method is used.

# Common TCM Treatment Modalities



- Chinese Medicine
- Acupuncture
- Electro-acupuncture
- Infrared Heat Lamp Therapy
- Moxibustion
- Cupping
- Tui Na
- Scraping (Gua Sha)

# Principle of Prescription Formulation



# Chinese Herbs & Acupuncture Modality



- Illnesses (Ailments) that Commonly Manage By Either Or Combination Of Chinese Medicine And Acupuncture:
- Flu Symptoms
- Organ Symptoms
  - Lung,
  - Heart and Brain
  - Spleen & Stomach (Digestion)
  - Liver and Gallbladder
  - Kidney and Bladder
- Qi, Blood and Body Fluid Symptoms
- Body and Limbs Symptoms
- Skin Diseases

# Therapeutic Principle of Chinese Medicinal Herbs



- Relieving of exterior syndrome
- Clearing of Heat
- Eliminating of Constipation
- Removing of dampness
- Warming of body
- Regulating of Qi and Blood
- Enhancing of digestion system
- Resolving of Phlegm
- Improving of mental health
- Calming of hyperactive Liver
- Restoration – Reinforcing Yang/nourishing the blood and yin
- For external application (skin)



# Acupuncture Modality



# What is Acupuncture

**“Acupuncture”** means the stimulation of a certain point or points on or near the surface of the human body through any technique of point stimulation (with or without the insertion of needles), including through the use of electrical, magnetic, light and sound energy, cupping and moxibustion, to normalize physiological functions or to treat ailments or conditions of the human body.

Source Ref.:

- a. Ethical Code And Ethical Guidelines For TCM Practitioners
- b. World Health Organization

# Therapeutic Principle of Acupuncture



- Influencing the flow of qi usually thru Meridians at acupuncture points (acupoints)
- Harmonizes the balance of whole body Yin/Yang; Qi/Blood; Zang/Fu (Organ)
- Reinforcing healthy qi and expelling pathogenic factors
- Eliminating or preventing of various diseases.

# Therapeutic Principle of Acupuncture

- Restoring and maintaining the normal function of Meridians.
- Regulating the function of Immunity System.
- Calming of Mind and Spirit.
- Acupuncture has capacity to harmonize and enhance our capacity for enjoyment, fulfillment and happiness.

# How Does Acupuncture Work?

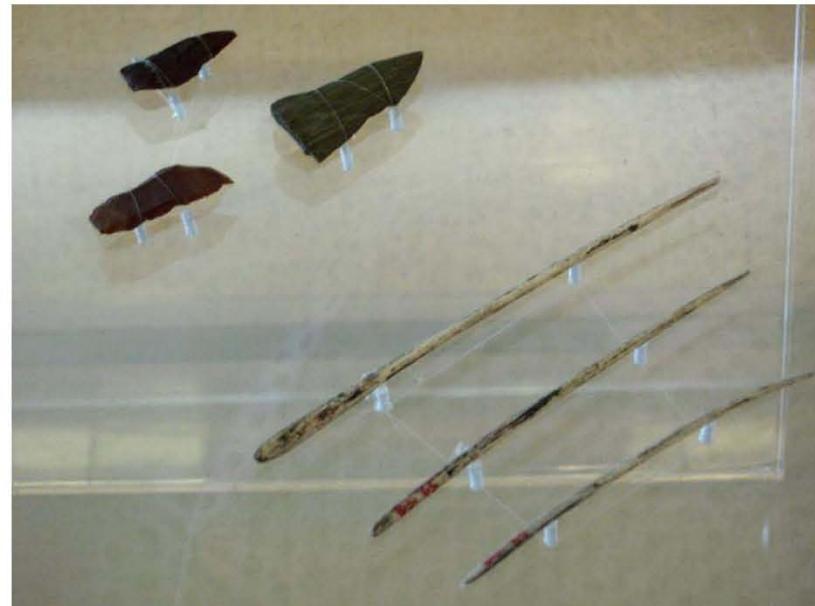
- Stimulating the various meridians and points in the body which are pathways for “Qi” to flow.
- Stimulate the meridians and points to prevent and treat disease in order to regulate and unblock the person’s energy channels.
- Stimulate the nervous system to release endorphins or other naturally occurring chemicals and hormones that regulate mood, health and ease pain.
- Stimulate in order to Energy Channels unblocked or an effect on a particular parts of the body or symptom to treat various health problems.



# Acupuncture With The Insertion of Needles



# Stone Age Bone Needles



- Original Needles: made of stone (砭石, Bian shi)
- Ancient Needles:(鍼, zhen) (nine needles) made of metal.

# Modern Needles

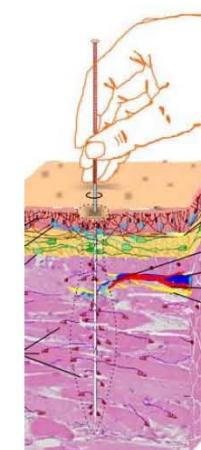
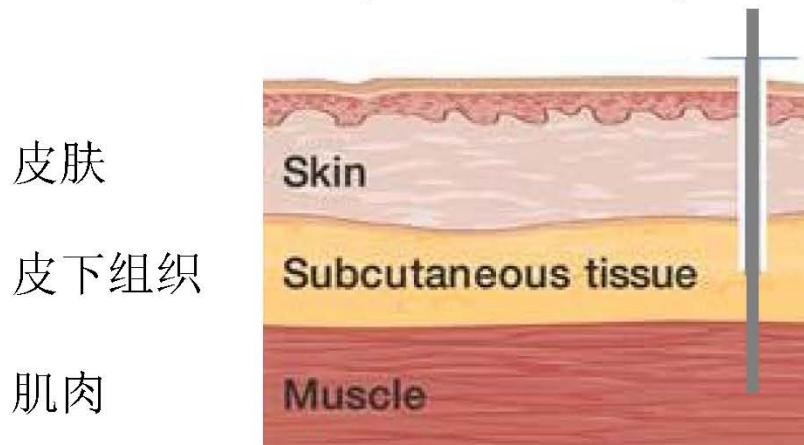


- Needles are sterilized stainless steel, single use, solid, disposable, and of various gauges and sizes.
- Today, all acupuncturists are certified with Clean Needle Technique

# Acupuncture With Insertion Of Needles



- Chinese characters for needle acupuncture (simplified Chinese: 针灸)
- Insertion of needles into superficial structures of the body (skin, subcutaneous tissue and muscles) – usually at acupuncture points (acupoints) – with or without subsequent manipulation



# Electro-acupuncture



# What is Electro-acupuncture



- Electro-acupuncture is a form of acupuncture where a small electric current is passed between pairs of acupuncture needles.
- Useful for conditions in which there is an accumulation of qi, such as in chronic pain syndromes, or in cases where the qi is difficult to stimulate.
- Help increase the potential healing effects of standard acupuncture.

# Side effects of Electro-acupuncture



- Mild nausea
- Dizziness, feeling faint, or fainting
- Pain or light bleeding when the needle is inserted
- Redness or bruising at the needle site
- Infection at the needle site, though this is rare when single-use sterile needles are used.
- If the voltage is too strong, the sensation could become unpleasant.

# **Extra Caution for Electro-acupuncture**



- Electro-acupuncture is not recommended for:
- Pregnant women
- Patient with heart disease
- Patient with a pacemaker
- Patient have epilepsy
- Patient experience seizures



# Infrared Heat Lamp Therapy

# What is Infrared Heat Lamp Therapy?



- It is an electric device with single Infrared heat lamps that can transmit invisible infrared rays (light waves by 400% within a few minutes, wave length is felt as gentle heat) deep into the body, all the way to muscles, nerves, and bones to improve blood circulation.
- This supercharged blood flow brings pain-relieving and healing components and speeds up recovery from any injury in your tissues or skin

# **Caution for Infrared Heat Lamp Therapy**



- **Infrared Heat Lamp Therapy** is not for everyone.
- It should not be used on anyone diagnosed with too much heat as it is used specifically for patients suffering from cold or stagnant constitutions.

# **Side Effect of Infrared Heat Lamp Therapy**



- If Distance is to close to the body:
- Skin Burned
- Blister



# **Acupuncture Without The Insertion of Needles**

## **Moxibustion**

# What is Moxibustion?

- Moxibustion is a Traditional Chinese Medicine Technique that involves the burning of dried mugwort leaf, a small, spongy herb applied to the patient's body at acupuncture points to warm the Meridian and expel cold, which leads to regulate the flow of blood and energy (qi) to promote healing and maintain general health.



# Caution for Moxibustion



- Moxibustion is not for everyone,
- It should not be used on anyone diagnosed with too much heat as it is used specifically for patients suffering from cold or stagnant constitutions.
- Burning moxa will produce a great deal of smoke and an unpleasant smell/pungent odor. Patients with respiratory problems may request their practitioner use smokeless moxa sticks as an alternative.



# Acupuncture Without The Insertion Of Needles

## Cupping





# What is Cupping?

- Cupping is a type of alternative therapy that originated in China. It involves placing cups on the skin to create suction. The suction may facilitate healing with blood flow.
- Cupping can either be dry or wet. Wet cupping involves puncturing the skin before starting the suction, which removes some of the person's blood during the procedure.
- Cupping typically leaves round bruises on a person's skin, where their blood vessels burst after exposure to the procedure's suction effects.

# What conditions can cupping treat?

- Cupping has been used to treat a wide variety of conditions. It may be particularly effective at easing conditions that create muscle aches and pains.
- Since the cups can also be applied to major acupressure points, the practice is possibly effective at treating digestive issues, and other conditions commonly treated with acupressure.

# Therapeutic Principle of Cupping



- Increases blood circulation to the area where the cups are placed.
- Relieve muscle tension, which to improve overall blood flow and promote cell repair.
- Help form new connective tissues and create new blood vessels in the tissue.
- Help with the body's resistance to pathogens as well as its ability to increase blood flow and reduce pain.



# Extra Caution for Cupping

- Cupping therapy isn't recommended for everyone.
- Areas where the skin is broken (skin ulcer, wound), irritated, or inflamed, a sunburn, or over arteries, veins, lymph nodes, eyes, experienced recent trauma or any fractures.
- **Children** Especially children under 4 years old
- **Pregnant woman** Avoid cupping the abdomen and lower back
- **Lady** who are currently menstruating
- **Elderly adults** Skin becomes more fragile as aging
- People with certain health conditions (such as cancer, organ failure, hemophilia, edema, bleeding disorders, and some types of heart disease)
- People taking blood-thinning medication



# Therapeutic Principle of Tui Na



# What is Tui Na (Acupressure)

- Tui Na, literally translated as push-grasp. It is a form of Chinese Manipulative Therapy that uses rhythmic compression along energy channels of the body.
- It is a general term for pressing, rubbing and manipulating of skin, muscles, tendons and ligaments to stimulate acupoints and meridians.
- With acupressure, Qi that is blocked or stagnant can be released and allowed to flow freely once again.



# Development Background

- Tui Na was developed by Chinese people in ancient times.
- Instinct reactions to press the injury area of the body to allay swelling and ease pain when they accidentally injured themselves during physical work.
- After years of experience accumulation, people summarized some primitive and effective ways to perform Tui Na.

# Therapeutic Principle of Tui Na

- Tui Na Therapy apply according to the basic principle of TCM theory (Zangfu (organ system), Meridian, 8-Principles) with the combination of human anatomy study.
- Tui Na is performed by using hand or certain tools to press or rub the Acupoints or the discomfort area of the body.
- Most of the points can be stimulated yourself, not necessarily need helps from Physician.

# Therapeutic Principle of Tui Na



- Removing of blockages along the meridians of the body.
- Stimulating the flow of energy (“qi”) and blood to alleviate discomfort & Promoting healing from within.
- Similarly with acupuncture, Tui Na directly affects the flow of energy by holding and pressing the body at acupressure points.



# Regulating Yin and Yang

- Nei Jing 内经
- The Twelve Meridians control human life, yet they are the place where diseases can live, If disease starts in the Meridians, the physician can use the Meridians to treat the root cause of disease.

# Scraping (Gua Sha)





# What is scraping (Gua Sha)?

- Scraping is a form of Traditional Chinese Medicine therapy where a patient's skin is repeatedly scrape in a downward motion using a massage tool to stimulate microcirculation of soft tissue, which increases blood flow for better health, addressing issues like chronic pain.
- Rubbing the skin's surface is thought to help break up this energy, reduce inflammation, and promote healing.

# **Therapeutic Principle of Scraping**



- To remove blocked energy and tension in the muscles and joints and relieve aches or stiffness.
- To move pooled or stagnated blood to relieve pain and illness.



- It is often used to treat muscle pain and tension.
- It is suited for most patients aged between 18 -65.
- Patients are recommended to drink plenty of warm water after treatment.

# How Does Scraping Therapy Work?



- Scraping is generally performed on a patient's back, buttocks, neck, arms, and legs.
- A gentle version of it is even used on the face as a facial technique.
- Practitioner may apply mild pressure, and gradually increase intensity to determine how much force patient can handle.

# Extra Caution for Scraping



- Scraping is not recommended for:
- Patient had any surgery in the last six weeks.
- People who are taking blood thinners.
- People have clotting disorders.

# Side Effects of Scraping



- Red or purple bruises will appear in the affected area and usually fades off within 2-4 days.
- Tiny blood vessels known as capillaries near the surface of the skin can burst. This can result in skin bruising and minor bleeding.
- If any bleeding occurs, there's also the risk of transferring blood borne illnesses

## **Disclaimer**



*The information contained on this slide is intended for **educational purposes only** and is not a substitute for advice, diagnosis or treatment by a licensed physician. It is not meant to cover all possible precautions, drug interactions, circumstances or adverse effects. You should seek prompt medical care for any health issues and consult your Doctor/Physician before using alternative medicine or making a change to your regimen.*

**Thank You for your attention**