

THE APPLICATION OF SLIDING CUPPING THERAPY FOR 250 PATIENTS WITH COMMON COLD

by Zhang Hong

Common cold, i.e. acute upper respiratory tract infection, is a common viral infectious disease. Up to the present time, there has been no specific treatment for this disease. The author has adopted dorsomedial cupping therapy to treat patients suffering from common cold with satisfactory results.

Clinical data

250 patients, 113 male, 137 female, were included in this study. The youngest was 3 years old and the oldest 68, with a mean age of 36.2 years. Clinical manifestations consisted of nasal obstruction, rhinitis, sneezing, aversion to cold, fever, headache, sore throat, hoarseness, general aching, pain in the limbs, back and loins, thin and white tongue coating, floating and rapid pulse.

Therapeutic method

The patient was asked to sit back-to-front on a chair, with their head resting on the back of the chair and their back fully exposed. Oil or cream was applied to the patient's back as lubrication, then a suitably-sized cup with a smooth mouth was applied to the patient's back by means of flash-fire cupping (using an alcohol-soaked swab).

The cup was slid up and down repeatedly along the Du and Bladder channels from the level of Dazhui DU-14 to Shangliao BL-31, until signs of red blood stasis appeared on the back. The cup was then positioned over Dazhui DU-14 for 6 minutes, and finally removed. The treatment was given every other day.

Results

103 cases received one treatment, 109 cases received two treatments, and 38 cases received three treatments. 249 cases were completely cured with marked relief of symptoms and no complications. No improvement occurred in one case.

Case example

Xu, female, 38 years old, teacher. She suffered an attack of wind-cold, giving rise to symptoms such as stuffy and

runny nose, headache, aversion to cold, fever, raised body temperature (38.6°C), and aching pain in the whole body. Two days later, she came to our hospital for treatment. Immediately after being treated with dorsomedial sliding cupping therapy she felt relaxed, various symptoms were relieved, and her body temperature fell to normal that evening. Next morning all the symptoms had disappeared and she was fully recovered.

Discussion

Common cold is caused by pathogens invading the body surface. The Bladder channel belongs to taiyang, which dominates the surface of the entire body, whilst the channel qi of the five zang and six fu are all transmitted to the back-shu points of the Bladder channel. Feishu BL-13 and Fengmen BL-12 are located on the Bladder channel. The lung governs qi, controls respiration and dominates the skin and hair. Feishu BL-13 is the site where the Lung qi is transported, while Fengmen BL-12 is the gateway through which exogenous pathogenic factors invade. For this reason, sliding cupping therapy along the Bladder channel can dispel the channel qi of the five zang and six fu, ventilate the Lung, remove obstruction from the channel and induce sweating to dispel wind.

The Du channel functions to unite all the yang channels and is therefore known as the 'sea of the yang channels'. Dazhui DU-14 is located at the top of the back and is the converging point of all the yang channels, so cupping on the dorsomedial portion of the back will stimulate the Bladder and Du channels and can help to remove pathogens from the body. The author believes that this method is effective and safe. The exact therapeutic mechanism of this method has not been clear so far, and further research work should be done in the future.

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