

Cupping & Traditional Chinese Medicine

Cupping therapy is an ancient Chinese technique used to treat many illness of the body. Originally called "horn method", hollowed animal horns were suctioned onto the skin to dispel pus and infection. With continued development in medicinal practice, other cupping materials were introduced such as bamboo jars. This very simple method could be utilized for a broad range of conditions and yielded excellent therapeutic effects. With modern cupping therapy, glass cups are suctioned onto the skin using an ignited cotton ball soaked in cotton to create a vacuum. Newer, improved plastic cups have suction devices built into them, making them safer and easier to handle.



FUNCTION OF CUPPING THERAPY

Placing suctioned cups on the skin draws up underlying tissues and creates a local congestion. Meridians are opened, cold and damp are dispelled, the tissue is warmed and the flow of qi and blood through the channels is promoted. The cupping technique also causes a small inflammatory affect that activates the chemical mediators of inflammation.

Local toxins are released, ischemia is decreased, the lymph system is stimulated and the area is cleared of blockages. Cups suctioned onto the skin and moved across the surface also create a massaging effect that is felt deep into the underlying tissues. It is an excellent method to break down scar tissue, smooth stretch marks and clear broken capillaries. Cupping the upper back during a cold or flu draws the pathogen to the surface to be released, thereby shortening the length of a cold. Local areas of edema can also be regulated with cupping therapy.

CUPPING THERAPY TREATMENT

There are several methods used in cupping therapy, depending on the condition being treated. Stationary cupping involves suctioning several cups on affected areas, which are maintained for 10 to 20 minutes. "Running cupping" slides the cup over certain areas and is used most effectively for sore and spasmed muscles. This technique takes only several minutes and is easily incorporated into an acupuncture or massage therapy treatment. Local congestion and swelling from sprains and strains are released using a form of bleeding and cupping. The injured area is pricked with a needle, whereupon a cup is suctioned to draw out the heat in the blood, the toxins and fluids. After the cupping treatment there is usually a bruise at the local area. The discoloration can run from deep redness of the skin, (usually dissipates in a few hours) to actual purplish bruising which fades within 3 to 4 days. The procedure is generally painless, although sometimes an intense pulling sensation can be felt. The pressure is regulated for maximized comfort.

SOME COMMON CONDITIONS TREATED

Abdominal Pain, anemia, back pain, common cold and influenza, skin complaints, varicose veins, sprains, strains, edema, cellulite, arthritis, inflammation, scars and stretch marks, boils/carbuncles, spasms/sore muscles, joint pain, acne, hives, cough/asthma. Abdominal Pain, anemia, back pain, common cold and influenza, skin complaints, varicose veins, sprains, strains, edema, cellulite, arthritis, inflammation, scars and stretch marks, boils/carbuncles, spasms/sore muscles, joint pain, acne, hives, cough/asthma.

Chinese medicinal cupping has gained popularity in the last decade, and is used frequently by many alternative health practitioners. Not only is it safe and effective, this ancient and simple method yields quick results with many health conditions.