

GUASHA



Gua Sha is a healing technique that means to rub or produce friction. Sha is the term used to describe congestion of blood at the surface of the body. Gua Sha is applied in repeated even strokes; the Sha is seen as small red petechiae. In minutes the petechiae fade into echymotic patches. The sha disappears totally in two to four days.

Gua Sha can be used for any acute or chronic pain, discomfort, or fatigue. It is also used to treat upper respiratory problems like the common cold or bronchitis or digestive problems.

Benefits of Gua Sha

- ✓ moves stuck blood
- ✓ Promotes normal circulation to the muscles, tissues, and organs
- ✓ Relief of stiffness and pain
- ✓ Increased mobility/movement
- ✓ Resolves fever.

WHAT DOES A GUASHA TREATMENT INVOLVE?

Typically Gua Sha is applied to the yang surfaces of the body such as the back, neck, shoulders, buttocks and limbs. On occasion it may be applied to the chest, abdomen or scalp.

The body areas to be treated with Gua Sha are lubricated with an Vicks vapo-rub or Biotone cream, then the skin is “rubbed” with a round edge instrument in downward strokes. The rubbing with a rounded instrument is not painful, the client feels pressure under the area being treated.

Gua Sha is a completely safe technique that can be very effective in pain relief. After a treatment the client is advised not to engage in heavy or strenuous activities but to rest for 12 hours to allow the body to regain balance.

References:

Arya Nielson, *Gua Sha A Traditional Technique for Modern Practice*, Churchill Livingstone 1995
Acupressure Therapy Institute, 2007 Class Notes