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Green-Island Elastic Cupping Jar User's Manual

Cupping therapy is a traditional therapeutic method with a history of over two thousand and three hundred years in China. There was a well-known saying: "Once cupping is done, illness is half cured." However, in general, the former cupping tools were made of horns, bamboos, pottery, glass and plastic materials. Owing to the hardness of these materials, there are less parts of the body that can be applied. Besides, with the firing method, fire and burns happen frequently.

Based on the traditional cupping therapy, Green Island International TCM Group Ltd. uses new materials and modern technologies and presents a new kind of cupping tool—The Elastic Cupping Jar.

The Elastic Cupping Jar would not scald the skin because it is not necessary to light a fire. It is easy to operate, safe to use and effective. Not only it can be used by hospitals and clinics but also it can be used for health-keeping at home and when travelling as well. It will be an excellent replacement for the traditional firing cupping jar.

1. The Character of Green-Island Elastic Cupping Jar

The traditional cupping therapy is applied by lighting fire in the jar or pumping out air to produce negative pressure in the jar, and then putting the jar on the body surface at certain place or acupuncture point. When the jar is fixed on the place, it takes the action of promoting blood and qi circulation, eliminating swelling, stopping pain, abating fever, expelling dampness and wind evil, dispatching cold evil and draining pus.

As a renewal product of traditional medical jar, the Green-Island Elastic Cupping Jar is made of silicone rubber with special additives. When pressed, the rubber jar changes its shape which leads to a negative pressure in the jar. When pressure is released, the deformed jar will regain its normal shape. In comparison with the traditional jar, it has advantages as follows:

- 1) No fire and scald will happen because of no fire is involved in the manipulation. That makes it safe. The

- patient will not bear any fear towards the cupping therapy.
- 2) It is easy to learn and master. Anyone can use it by oneself.
 - 3) Its suction force is strong and can be adjusted easily. The suction force changes gently and will not cause skin damage.
 - 4) The shape of the jar mouth can be changed, so the jar can be applied on body in a wider range, even the place is uneven. For example, elbow, knee, dorsum of hand and spine portion are the entire suitable place for cupping with Green-Island Elastic Cupping Jar.
 - 5) No limitation on body posture. Cupping can be performed while the patient is lying down, sitting, standing, or even walking.
 - 6) The manipulation is simple and the cooperation with other therapies is easier, especially for twinkling cupping, running cupping and medicated cupping.
 - 7) It is durable and easy to carry.
 - 8) It's a necessity tool for unique "Moving Cupping Therapeutic Method". The moving jar technique by pushing or pulling after the jar is sucked on the skin, enlarges the receiving area of cupping and will achieve more rapid effect than the scrapping therapeutic method.

Indication: common cold with fever, abdominal pain and distention, diarrhea and dysentery, hypertension, insomnia, stomach-ache and vomiting, cough and asthma, headache, stiff neck, periarthritis of shoulder, costal chondritis, cervical spondylopathy, piriformis syndrome, rheumatic arthritis, rheumatoid arthritis, fibrositis of neck-shoulder, external humeral epicondylitis, dysmenorrhea, sciatica, furuncle, carbuncle and phlegmon (cellulitis), eczema, urticaria, mosquito-bite, insect-bite and snake-bite, soft tissue injury and so on.

2. Manipulation

The jars are different in size. One should choose a suitable one on the basis of the disease and cupping position. When cupping on a large part with flat muscle, the large jar is selected, and vice versa. But cupping on joints, we often use a large jar to get better effect. If one wants to stress the action on certain points, a small jar is the best choice in general.

1) Method of Putting on a Jar

There are 3 methods of putting on a jar.

A. Finger Pressing of One Hand

It is for small jars. When putting a jar on, one holds the jar with the index finger, middle finger and ring finger around the margin of the jar mouth, puts the jar on the location of cupping, then presses jar top with thumb and lifts the margin of jar mouth a little with the other three fingers to sneeze air out, then puts the jar on the skin and releases the three fingers and the thumb. Now the jar is sucked on the skin. (Shown in picture 1)



Picture 1

B. Finger Pressing with Double Hands

It is suitable for the manipulation of large and middle size jars. The method is to hold the jar with two thumbs on jar top and the other fingers of two hands around jar mouth, then put the jar on the skin, press the top of jar by thumbs and lift the mouth margin by two index fingers slightly, so the air in the jar is pushed out, then release the fingers and the jar is sucked on the skin. (Shown in



Picture 2

picture 2)

C. Palm Pressing

It is for both middle and large size jars. When cupping, put a palm on the jar top and fingers around the margin of the jar mouth, press the jar with palm heavily and lift the margin slightly with other fingers, then release the hand. (Shown in picture 3)



Picture 3

2) Jar-Removal Method

- A. Put a palm or a thumb on the top of the jar and other fingers around the margin of the jar mouth; press the top in a moderate way. At the same time, put the thumb of another hand on the skin near jar mouth, press and stretch into the jar, so air can enter the jar. When air enters the jar, it drops automatically.
- B. Hold the jar with one hand and push it to one side, on the other side, press the skin near the mouth with another hand. So a little gap is made and air can enter by way of the gap. The jar drops naturally.



Jar Removal Method

Attention: Not to draw the jar violently in fear of skin damage.

3. Therapeutic Method

1) Retaining Cupping

Retaining cupping is to keep the jar on the skin for a certain time after the jar is sucked on the skin. It is the commonest method of cupping. The retaining time is usually 20-30 minutes. The retaining time can be prolonged when the disease is severe, especially in deep parts of the body, or characterized by pain; and time can be shorter if the illness is mild, in superficial part, or characterized by numbness. When cupping

in the body part with large muscles, i.e., back and thigh, the time should be longer; while cupping on the part of head and chest, the time should be shorter.

2) Prompt Cupping

It is characterized by repeatedly sucking the jar on and removing it immediately. The procedure is repeated many times until the local skin becomes flushed. This method is often applied to rheumatism and peripheral neuritis which are characterized by numbness or dull sensation of the local part. Because cupping trace disappears quickly and no changes of the skin shape and color remain, it is suitable to do cupping on the face and head.

3) Moving Cupping

Moving cupping is a method of first sucking the cup on the skin and then moving the cups to enlarge the treating area of body. Firstly, according to the size of the treating area, choose a suitable cup. Then put some massage oil on the area. Secondly, put the cup to suck on the area. Adjusting the sucking force until it is easy to move. Thirdly, grip the top of the cup, lift up slightly, holding it and moving slowly, until the Rash-like spots appears.

In application, for different body parts one should use different moving methods. In general, vertical direct moving or horizontal direction is suitable for the back; horizontal moving along the ribs is suitable for the flank; circular moving is suitable for shoulder and abdomen; back and forth moving is suitable for acupuncture points. If you want to stimulate the same region more intensely, just lift up or press down when moving.



Moving Cupping

4. Cleaning and Disinfection of the Cups

This kind of silicone material is safer and more hygienic and has good resistance to acids, alkalis, high & low temperatures. It is easy to clean and has anti-aging property.

It can be cleaned by detergent and disinfectant. It can also be disinfected by dipping into alcohol or boiling water when necessary.

5. Contraindication

- 1) The cupping therapy should not be applied on patients suffering from hemorrhagic diseases, such as allergic purpura, thrombocytopenic purpura, leukemia, hemophilia, or positive reactions on the test of fragility of vessels. In those cases, cupping may lead to bleeding.
- 2) The therapy is not suitable for dermatosis, destruction of skin, or allergic dermatitis.
- 3) The cupping should not be applied on the portion where hernia(including umbilical hernia, abdominal hernia and inguinal hernia), or varicose veins have happened, or are now existing.
- 4) The lower abdomen, lumbosacral portion, and some points [Sanyinjiao(SP6), Hegu(LI4), Kunlun(UB60)] are prohibited for cupping on a pregnant body in fear of abortion.
- 5) The patients suffering from severe diseases, i.e. cardiac failure, renal failure, ascites due to hepato-cirrhosis, severe edema, are not suitable for cupping.
- 6) The following portions are not suitable for cupping: eye, ear, nose, mouth, nipple, testicle, private parts, and some portion with superficial artery.

6. Attention

No matter what method being used, the local skin and soft tissues are sucked above the level of jar mouth because of the negative pressure in the jar. On cupping, the patient may have a feeling of distention, traction, heat, tension, or cold at the cupping portion. After removal of the jar, the local skin will change its color into red or purple. They are normal reactions and will disappear quickly. No management is required.

Although cupping therapy is a non-invasion, keep-fit, and treatment method, it may cause local or whole body adverse reaction due to incorrect manipulation. So special attention should be given to the following points:

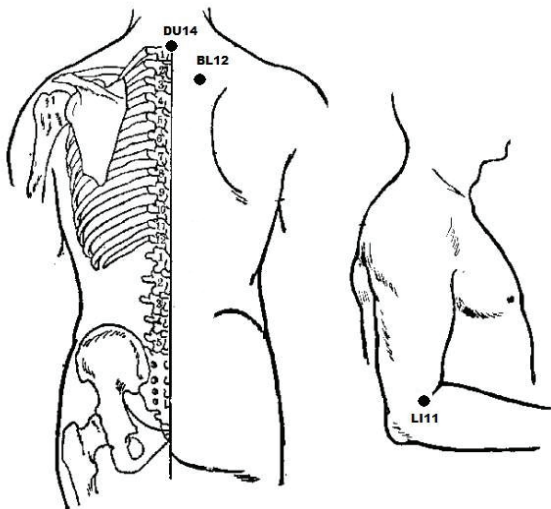
- 1) Keep off cold in the procedure of cupping. The room should be warm and not be aired during treatment time.
- 2) If the patient feels very tense and painful on cupping, you can hold the jar with one hand and press the skin near jar edge to make a very slight gap between jar and skin, so that a little air can enter the jar to reduce the negative pressure. You can also remove the jar immediately, and adjust the manipulation, then do cupping again.
- 3) Tell the patient that the flush and itch of the local skin may disappear after several hours or a couple of days without management, but should not scratch it.
- 4) If some blisters occur after cupping, stab the blister with a sterilized needle and squeeze it to let the inner liquid out, then apply a little alcoholic disinfectant on it for preventing infection. Keep the local portion dry and clean.
- 5) If the patient feels dizzy, nauseated, blurred vision and palpitation, and then symptoms of pale complexion, cold sweating, cold limbs, drop of blood pressure and faint pulse appear, it is a condition of cupping syncope. At that time, let the patient lie down in a head lower and feet high posture; let the patient drunk a cup of warm sugar/honey water, and rest for a while. Then the patient will recover. If the condition is severe, press patient's nasolabial groove or finger tips with the thumb nail, or press acupuncture points of Hegu (LI4), Neiguan(PC6) and Zusanli(ST36). If the patient could not recover after the above treatment, the patient should be sent to the hospital.

The cause of cupping syncope is mainly due to weak condition, hunger, fatigue and nervous state of the patient. Before cupping, the operator should explain the therapy to eliminate the dread reaction of the patient. While the jar is retained on the body, the operator should also observe the patient carefully. In doing so, the cupping syncope can be avoided.

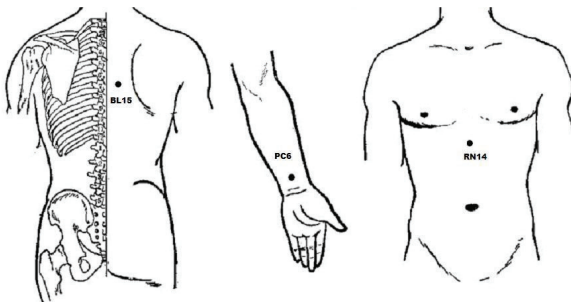
7. Treatment of Common Disease and Relative

Acupuncture points

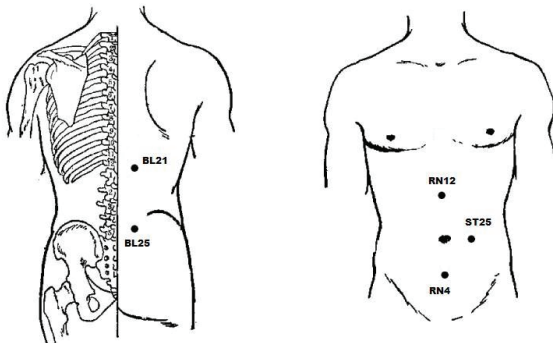
- 1) Common cold, influenza, have a fever: DAZHUI(DU14), FENGMEN(BL12), QUCHI(LI11)



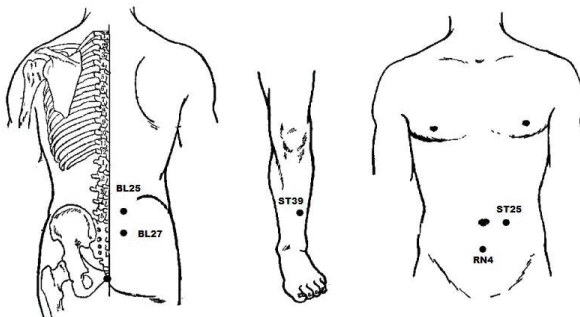
- 2) Coronary heart disease, angina pectoris, arrhythmia:
XINSHU(BL15), NEIGUAN(PC6), JUQUE(RN14)



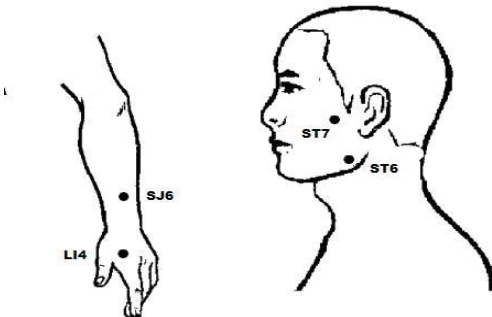
- 3) Abdominal pain and distention: ZHONGWAN(RN12), TIANSHU(ST25),
GUANYUAN(RN4), WEISHU(BL21), DACHANGSHU(BL25)



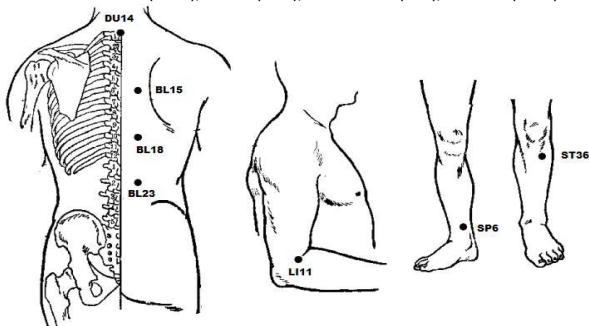
- 4) Diarrhea and dysentery: DACHANGSHU(BL25), XIAOCHANGSHU (BL27), GUANYUAN(RN4), TIANSHU(ST25), XIAJUXU(ST39)



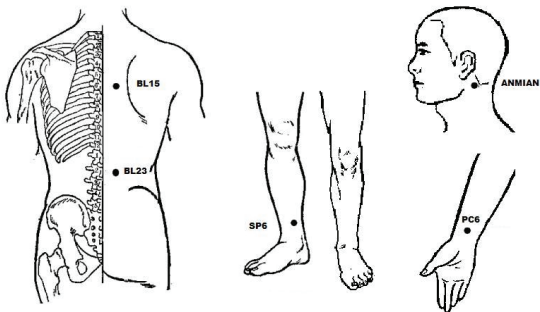
- 5) Toothache: JIACHE(ST6), XIAGUAN(ST7), ZHIGOU(SJ6), HEGU(LI4)



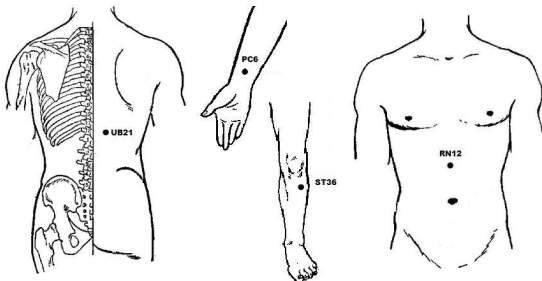
- 6) Hypertension: DAZHUI(DU14), XINSHU(BL15), GANSHU(BL18), SHENSHU(BL23), QUCHI(LI11), SANYINJIAO(SP6), ZUSANLI(ST36)



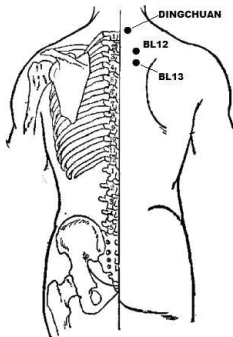
- 7) Insomnia and forgetfulness: ANMIAN(ANMIAN), SANYINJIAO(SP6), XINSHU(BL15), SHENSHU(BL23), NEIGUAN(PC6)



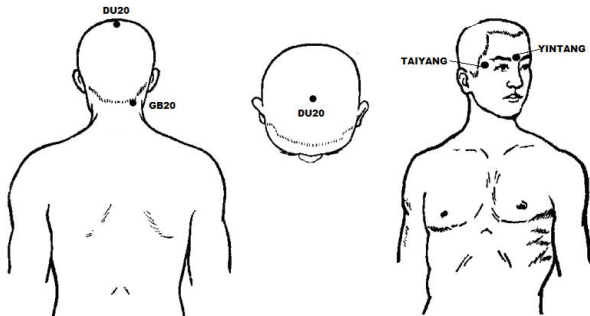
- 8) Stomach-ache, vomiting: NEIGUAN(PC6), ZUSANLI(ST36), ZHONGWAN(RN12), WEISHU(BL21)



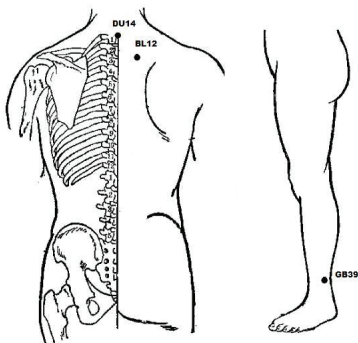
- 9) Cough, asthma: DINGCHUAN(DINGCHUAN), FEISHU(BL13), FENGMEN(BL12)



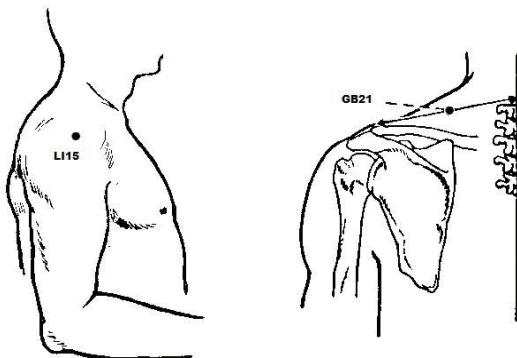
- 10) Headache: TAIYANG(TAIYANG), YINTANG(YINYANG),
BAIHUI(DU20), FENGCHI(GB20)



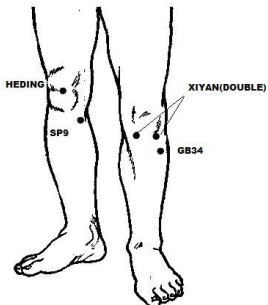
- 11) Stiff neck: DAZHUI(DU14), FENGMEN(BL12), XUANZHONG(GB39)
and tenderness points.



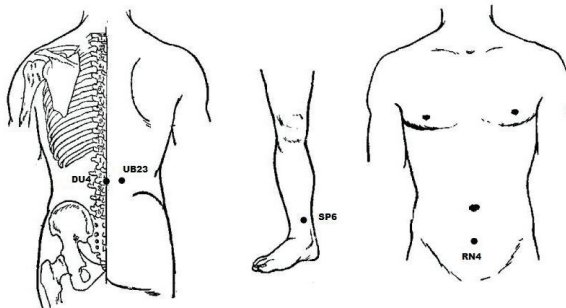
- 12) Periarthritis of shoulder: JIANYU(LI15), JIANJING(GB21) and tenderness points.



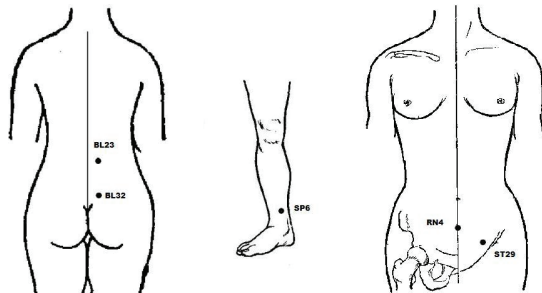
- 13) Knee joint pain: XIYAN(XIYAN)(double), HEDING(HEDING), YANGLINGQUAN(GB34), YINLINGQUAN(SP9)



- 14) Enuresis, spermatorrhea: MINGMEN(DU4), SHENSHU(BL23), GUANYUAN(RN4), SANYINJIAO(SP6)

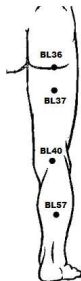
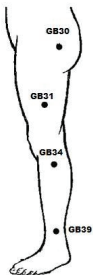
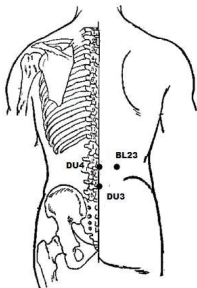


- 15) Dysmenorrhea: GUANYUAN(RN4), GUILAI(ST29), SANYINJIAO(SP6), SHENSHU(BL23), CILIAO(BL32)



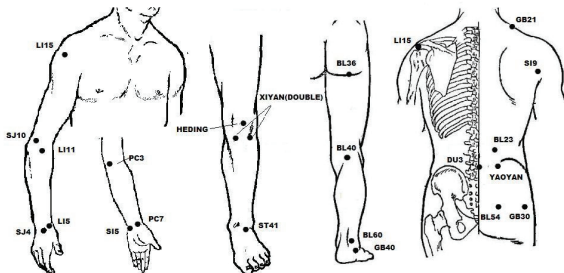
16) Sciatica: MINGMEN(DU4), YAOYANGGUAN(DU3), SHENYU(BL23).

- A. If the pain spread along the lateral thigh, then add :
HUANTIAO(GB30), FENGSHI(GB31),
YANGLINGQUAN(GB34), XUANZHONG(GB39).
- B. If the pain spread along the hind leg, then add :
CHENGFU(BL36), YINMEN(BL37), WEIZHONG(BL40),
CHENGSHAN(BL57)

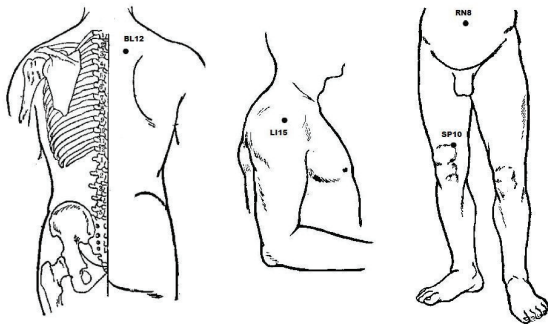


- 17) Furuncle, carbuncle and cellulitis: Drain the pus on affected parts
- 18) Eczema, insect bite, snake bite: Drain the venom on affected parts
- 19) Acute or chronic soft tissue injury: Based on the partial parts which are injured, such as
- Shoulder: JIANYU(LI15), JIANJING(GB21), JIANZHEN(SI9)
- Elbow: QUCHI(LI11), QUZE(PC3), TIANJING(SJ10)
- Wrist: DALING(PC7), YANGCHI(SJ4), YANGXI(LI5), YANGGU(SI5)
- Waist: SHENSHU(BL23), YAOYANGGUAN(DU3), YAOYAN(YAOYAN), WEIZHONG(BL40)
- Hip: HUANTIAO(GB30), ZHIBIAN(BL54), CHENGFU(BL36)
- Knee: XIYAN(XIYAN)(DOUBLE), HEDING(HEDING)

Ankle: JIEXI(ST41), KUNLUN(BL60), QIUXU(GB40)



- 20) Urticaria: SHENQUE(RN8), XUEHAI(SP10), FENG MEN(BL12), JIANYU(LI15)



21) Health care: QIHAI(RN6), ZUSANLI(ST36)

