



Cupping therapy: A simple natural therapy

Xi Chen

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To cure diseases with cupping therapy is a therapeutic approach based on the theory of yin and yang and five elements in TCM, and the theory of organs and viscera and channels and collaterals. By pressing the margins of cup and suction by negative pressure, scraping and ironing the skin, pulling and pressing the superficial muscles and stimulating the channels and collaterals, acupoints, the transmission of sensations along channels, from here to there, from the superficial

to the deep, to achieve the goal of free passage in the channels and collaterals, regulation of vital energy and blood, and balance of yin and yang, thereby eliminating diseases and strengthening body.

??Many clinical studies have demonstrated that cupping therapy has bi-directional regulating actions. For example it may elevate blood pressure or lower the blood pressure; lower the too high white blood cell count or increase too low white blood cell count; lower the rhythm of the heart when tachycardia is concerned or speed up the rhythm of the heart when bradycardia is concerned, and so on. Yet, the bi-directional regulation is consistent with improvement of diseases.??

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