

**COURSE 3: Prevention  
Medicine, Self Treatment &  
Early Intervention with  
Chinese Medicine**

**STUDENT INTERACTIVE  
WORKBOOK**

**SESSION 12: Herbal medicine  
& Food medicine sports  
/external injury treatments**

# LEARNING OUTCOMES:

At the end of this lesson students will be able to:

1. Understand the physiology of traumatology from a Chinese medicine perspective - ie explain Qi Stagnation, Blood Stasis, Channels & Collaterals vs Organs (Zang Fu), and the three levels of Qi/Fluid/Blood
2. Understand the treatment styles and protocols used in Qi stagnation and blood stasis
3. Learn how to apply suction cupping, Gua Sha and dermal hammering (7-Star Hammer) in the self-treatment of injuries and TCM traumatology
4. Review foods used in traumatology (blood-moving foods and dampness-reducing foods such as Yi Yi Ren / Coix congee)
5. Review the major substances used in CM external use treatment of injuries and traumatology self-treatment (including common ingredients, liniments, plasters and poultices)

Overview the TCM pathology behind injuries:

CHANNELS AND COLLATERALS VS ORGANS (ZANG FU)

INJURIES HAPPEN FROM THE OUTSIDE - \_\_\_\_\_ AND CAN AFFECT THE INSIDE

CLASSIFIED IN CAUSE OF ILLNESS AS 'MISCELLANEOUS – TRAUMA' – WHICH IS MOSTLY UN-PREVENTABLE ILLNESS, IE IT JUST 'HAPPENS' AND THEN WE HAVE TO DEAL WITH IT.

The way CM sees prevention in this cause of illness is to keep our body as healthy as possible from other causes (diet, lifestyle, sleep, stress/emotional causes etc so that we are less encumbered when facing recovery.

Qi Stagnation

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Blood Stasis

Qi / Fluid / Blood as 3 levels

External Use Only implies a product /herb / substance should not be used in which ways?

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Common Individual ingredients in external use medicine /traumatology:  
Make your own notes from the lecture here:

Menthol

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Camphor

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Wintergreen

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Linseed

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Castor Oil

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Alcohol

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Dragons blood

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Huang Lian

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Mushrooms potential usec in traumatology:

*Hericium erinaceus* (Lion's Mane / Hóu Tóu Gū)

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*Ganoderma lucidum* (Reishi / Líng Zhī)

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*Cordyceps sinensis / militaris* (Dōng Chóng Xià Cǎo)

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*Trametes/Coriolus versicolor* (Turkey Tail / Yún Zhī)

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Herbal Plasters – Easy to get over the counter .

Salon Pas (Japanese) Example

Moxa- Like Plasters

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Recipes to make your own:

\*Noted that some of these ingredients may be hard to source.

### **Other liniment recipes**

These liniment recipes are strictly for external application.

1. Take Resina Myrrhae (*Mo Yao*), 3g/1tsp, Resina Olibani (*Ru Xiang*), 3g/1tsp, Lacca Sinica Exsiccata (*Shan Qi*), 3g/1tsp, Flos Carthami Tinctorii (*Hong Hua*), 3g/1tsp, Borneol (*Bing Pian*), 0.8g/¼tsp, Radix Aucklandiae Lappae (*Mu Xiang*), 1g/¼tsp, Camphor (*Zhang Nao*),\* 6g/1tsp, Sanguis Draconis (*Xue Jie*),

\* Camphor may be more readily available from a Western rather than Chinese herbal supplier.

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9g/2tsp, and soak in one litre of rubbing alcohol for two weeks. Remove the dregs and bottle for use. Apply topically to the affected area for the treatment of blood stasis due to traumatic injury as well as for pain due to wind, cold, damp *bi*.

2. Take 30g/2tbsp each of Flos Carthami Tinctorii (*Hong Hua*), Radix Aconiti (*Chuan Wu*), Radix Aconiti (*Cao Wu*)\*\*, Extremitas Radicis Angelicae Sinensis (*Dang Gui Wei*), Semen Pruni Persicae (*Tao Ren*), Radix Glycyrrhizae (*Gan Cao*), uncooked Rhizoma Zingiberis (*Sheng Jiang*), Herba Ephedrae (*Ma Huang*)\*\*\*, Semen Strychnotis (*Ma Qian Zi*), Ramulus Cinnamomi Cassiae (*Gui Zhi*), Radix Aucklandiae Lappae (*Mu Xiang*) and Resina Myrrhae (*Mo Yao*) and put in a large-lidded jar or bottle. Add 1l/1¾pt of rubbing alcohol and allow to soak for two weeks. Shake often. Then remove the dregs and bottle for use. Apply topically to the affected area. *Do not use internally!* This liniment is better for wind, cold, damp *bi* and not as good for traumatic injuries as the previous formula.

Source: (Flaws & Frank, 1997)

Herbal Liniments

Common ones include:

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- Zheng gu shui
  - Wood lock
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Enhancing Acupressure/ channel treatments:  
Practical tutorial on potential uses in class.

- Cupping – suction self/cupping devices

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- Gua Sha

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- 7 Star Hammering

Notes from Class Practical

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Handout attached – excerpt on 7 star hammering for self-treatment from (Flaws & Frank, 1997):

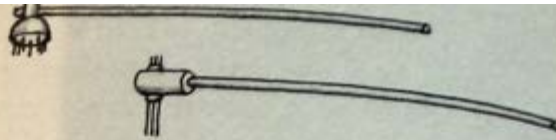
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...ages are all types of repletion. This means that they are something extra which should not be there. The principle for treating such 'repletions' in Chinese medicine is to drain them. The south side of a magnet is the draining side, while the north side is the supplementing side. If you first try the south side down on any *a shi* points and this makes the pain worse, try flipping the magnet over and put the north side down.

If the pain is vacuous or depleted in nature, meaning that it is worse after inactivity, at the end of the day, or when fatigued, the lack of free flow may not be due to anything blocking the channels and network vessels. Rather, it may be due to a simple lack of qi and blood to nourish and ensure the proper function of the sinews and vessels. In this instance, put the north side of the magnet down. In such 'vacuity' conditions, it is usually more difficult to find actual tender spots.

### SEVEN STAR HAMMER

A seven star hammer is a small hammer or mallet with seven small needles embedded in its head. Nowadays in China, it is often called a skin or dermal needle and is also available in a single-use disposable version. It is one of the ways a person can stimulate various acupuncture points without actually inserting a needle into the body. Seven star hammers can be used either for people who are afraid of regular acupuncture, for children, or for those who wish to treat their condition at home. When the points to be stimulated are on the front of the body, this technique can be done by oneself. When they are located on the back of the body, this technique can be done by a family member or friend. This is a very easy technique which does not require any special training or expertise.



When treating joint pain with a seven star hammer, first wipe the affected area with rubbing alcohol or hydrogen peroxide to disinfect the skin. Then lightly tap all around the affected joint. If the condition is due to wind, cold and/or dampness, use medium strength and do not tap so hard as to cause any bleeding. The skin should simply become red in colour all around the affected joint or area. This redness is due to increased blood flow in this area. Since the qi is what moves the blood, seven star hammering like this stimulates the flow of both qi and blood.

If the condition is associated with blood stasis, damp heat or heat *bi*, then I do recommend tapping hard enough to cause not only redness of the skin but also a little light bleeding. Such bleeding helps drain static blood and/or pathogenic heat at the same time as it increases the flow of qi and blood locally. To avoid any possibility of infection, be sure to disinfect the area carefully after treatment, especially if you have caused any bleeding.

If there is lack of flow due to insufficiency of the qi and blood, then only tap very softly. This will help stimulate the qi and blood to move to and hence supplement and nourish the affected area. The basic rule of thumb with seven star hammering is that light tapping is supplementing, while heavy tapping is draining. The heavier the tapping the more draining this technique is.

Seven star hammering can be done on any individual joint in the body. It may also be done on top of and on either side of the spine. If there is neck joint pain, then one can tap all along the spine in the neck and the strap muscles to either side. Likewise,

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if there is low back pain, one can tap on top of the spine and on the long muscles to either side all up and down the affected area. This can be done either once or twice per day. Since this is not a very strong method of stimulation, like self-massage, it needs to be done consistently every day for a number of days in a row in order to see marked results.

After each treatment, the hammer should be soaked in rubbing alcohol or hydrogen peroxide in order to disinfect it between uses. Since these hammers are very inexpensive, I recommend that each person has their own and does not share them with others. Since you may cause a little bleeding doing this technique, you do not want to risk any cross-infection between persons sharing a single hammer. Slightly more expensive versions of these hammers are available made out of surgical steel. These can be boiled or cooked in a pressure cooker for 30 minutes to help sterilise them. Plastic versions can only be soaked in a disinfectant solution. Single-use disposable type 'hammers' are thrown away after each treatment.

### THREAD MOXIBUSTION

Thread moxibustion refers to burning extremely tiny cones or 'threads' of aged Oriental mugwort (*Folium Artemisiae Argyii*, *Ai Ye*) directly on top of certain acupuncture points. When done correctly, this is a very simple and effective way of strongly stimulating the flow of qi and blood and adding yang qi to the body without causing a burn or scar.

To do thread moxa you will need to buy the finest grade of Japanese moxa wool — it is called Japanese pure moxa — and a very thin incense or akabane sticks to light it with. Pinch off a very small amount of the moxa and roll it between your first finger and thumb to produce a thick 'thread'. Pinch a small amount of the thread to have something the size of a sesame seed. This will probably

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Marie's Inflammation reducing poultice:

Hong Hua

Linseed – powdered/ground

Frankincense Ground Can sub for Myrrh / dragons blood )

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Notes on foods :

Blood moving foods

Ou Jie -

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Dampness treating foods – reduce swelling

EG Yi Yi Ren

*Yi Mi Zhou* (Coix Congee)

This porridge only consists of a single ingredient, Semen Coicis Lachryma-jobi (*Yi Yi Ren*). Take 50g/2oz of Coix or Job's tears barley and cook with a suitable amount of water to make a thin gruel. As long as one is not overly sensitive to sugar, one may add just a little brown sugar to taste. This congee fortifies the spleen and eliminates dampness and can also be used to treat damp *bi*. Although Coix does not clear heat, it can be used to treat damp heat *bi* as a support to other treatment which will help clear the heat.

{Flaws, 1997 #86}

References:

Flaws, B., & Frank, D. (1997). *Curing Arthritis Naturally with Chinese Medicine*: Foulsham.