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Cupping

Cupping Methods and Usages

- In general cupping is popular as a folk medicine and is a low risk, effective, easy to use. It is also used to treat blood stasis conditions. Cupping creates a temporary state of blood congestion that ultimately promotes the flow of blood and reduces stagnation. It can be useful as a diagnostic tool. With this in mind it is easy to see why it has value when used in combination with bloodletting. This warrants a brief introduction to cupping and its role as part of the bloodletting method.

Cupping Methods

- There are several ways it can be used:
 1. Apply cups and leave for a while. [cupping](#) [retain treatment\(1\)](#) [treatment\(2\)](#) [after cupping](#)
 2. Apply cups and move along the body by first using an ointment as a lubricant for the cups. [Tools](#) [moving cup](#)
 3. Cup momentarily, remove and move to another location. [momentarily cupping](#)
 4. Cupping with herbs inside
 5. Cupping over needles. [cupping with needle](#)
 6. Cupping over bloodletting. [cupping with bloodlet](#)

Cupping Method combined with Bloodletting

- 1. Lancet needles: Use disposable lancets for safety and convenience. Three edged needles are the best, but are not disposable and tend to be expensive. Korean 3 edged disposable lancets are good to use.
- 2. Gloves - We must wear latex gloves and a one-piece goggle and facemask while doing this procedure.
- 3. Biohazard Containers - Use one container for contaminated lancets and other sharps. Use another container for bloody cotton, gloves, and other bloody non-sharps.
- 4. Spills - If blood gets on the table or floor put on gloves and a lab coat. Clean the area immediately with a bleach solution.

Types of cupping methods

- 1. Glass Cups - Glass cupping sets are the best. Glass cups are more comfortable for the patient than plastic.
- 2. Bamboo, Bone, Plastic
 - A. Electric Cupping - Makes it easy to control suction pressure especially when hair on the body is involved. Hospitals use a simple pump to rid phlegm. This can be adapted for cups.
 - B. Fire Cups - the oldest method, can be dangerous to the patient

Tonification

- For tonification manually pump at 40-50cm/hg of pressure for 10 seconds. Any longer than that the technique becomes dispersive. Tonification can also be applied with a weak suction for 10 min.
- To perform tonification technique use 3-5 cups on an area like the abdomen or back for 10 seconds. You can use more cups for tonification, but for a shorter period of time. For example, in clearly deficient conditions we may use one cup on the abdomen and three cups on back.

Dispersion

- using full suction for 10 minutes. If this is too much for the patient keep the cups on for a shorter period of time.
- For relief of severe muscle tension or indurations, use cups over needles.

Contraindications

- **no absolute criteria, use your own discretion.**