

4 Internal Medicine Indications: Psychovegetative Disorders, Headaches

Colds and Flus, Disorders of the Upper Respiratory Tracts

Leading Symptom: Sensation of Cold

Accompanied by shivering, headache, drowsiness, lack of thirst, no sweating.

Leading Symptom: Sensation of Heat

Accompanied by sweating, sore throat, headache, dry mouth.

For Sensation of Cold

An 按 Pressing

- BL-12
- LU-7

For Sensation of Heat

An 按 Pressing

- GV-14
- LI-4, on both sides (see Chapter 1, **Fig. 1.11**, p. 12)
- GB-20, on both sides

Chronic Bronchitis, Bronchial Asthma

Symptoms of Vacuity

Forceless cough, pale facial complexion, tendency to sweat even when resting, subjective cold sensation and sensitivity to cold, soft stools, dry mouth and throat, dark red tongue with no fur, moist hands and feet, deep and stringlike pulse.

Symptoms of Repletion

Forceful cough, loud breathing, impatient behavior, loud voice, distended abdomen, solid stools, combination of dry mouth and bitter taste, tongue with white fur, yellowish bronchial phlegm, stringlike and slippery pulse.

General Treatment

Tui 推 Pushing

- With the balls of both hands
- In prone position
- Stand at the head of the table and treat the bladder channel from C6 down to the sacrum, on both sides simultaneously.
- Apply three pushes in each expiratory phase.

→ See **Fig. 1.3** in Chapter 1

Tui 推 Pushing

- With thumbs placed on top of each other
- On the bladder channel one after the other (right/left) also caudally
- Here, it is sufficient to treat the area between the lower cervical spine and the middle thoracic spine, three times on each side.

→ **Fig. 4.1**

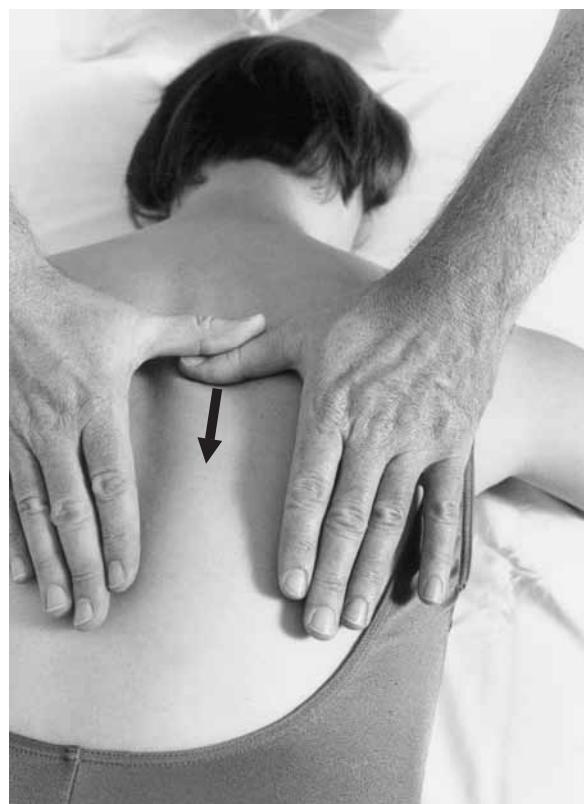


Fig. 4.1

Heng Ca 橫擦 Transverse Scrubbing

- With the flat palm of the hand
- In supine position
- On the chest in the area between the second and fourth rib rapidly 100–200 times

→ **Fig. 4.2**



Fig. 4.2

Heng Ca 橫擦 Transverse Scrubbing

- With the flat palm of the hand
- In prone position
- On the upper back in the area between the seventh cervical and the third thoracic vertebra rapidly 100–200 times

→ **Fig. 4.3**

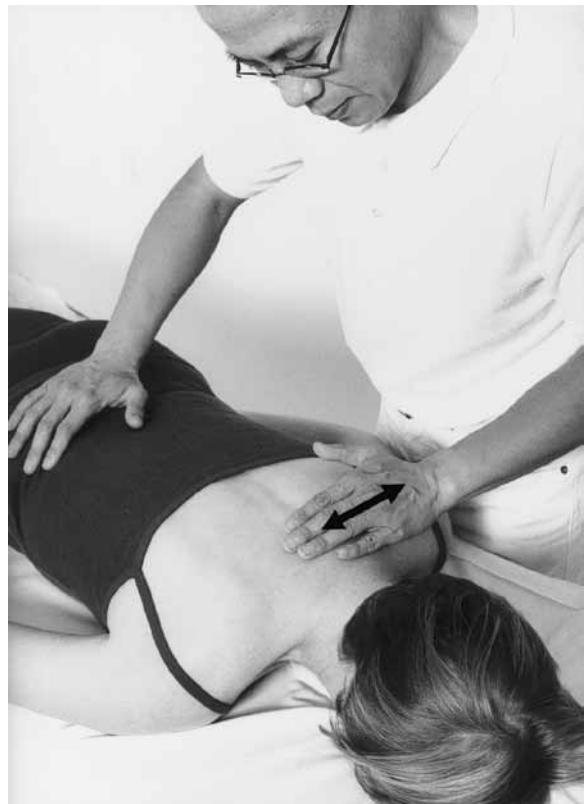


Fig. 4.3