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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 21709.22-2013

**Standardized manipulations of acupuncture and moxibustion -
Part 22: Scraping therapy**

针灸技术操作规范 第22部分：刮痧

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Foreword

GB/T 21709 "acupuncture practices" is divided into the following sections.

- Part 1. moxibustion;
- Part 2. scalp;
- Part 3. Ear;
- Part 4. Needle;
- Part 5. Cupping;
- Part 6. Point Injection;
- Part 7. cutaneous needle;
- Part 8. intradermal needle;
- Part 9. acupoint application;
- Part 10. catgut embedding;
- Part 11. EA;
- Part 12. Fire needle;
- Part 13. Mount needle;

1 Scope

China's national standardised manipulation for scraping therapy, gua sha. It is Part 22 of GB/T 21709 and specifies the terms and definitions, the instruments, the operating procedure, the indications, the contraindications and the precautions for the technique. Scraping therapy uses a smooth-edged tool - horn, jade, stone or a modern equivalent - drawn repeatedly over lubricated skin in one direction along a defined route until characteristic petechial marks appear. Those marks, the sha, are the endpoint of the

treatment and they are the reason a standard is necessary: they are subcutaneous capillary bleeding produced deliberately, and the technique therefore sits at the boundary between a therapy and an injury. Applied with the wrong pressure, the wrong tool edge, the wrong lubrication or for too long, it produces bruising, skin breaks and pain rather than the intended effect, and on the wrong patient it produces harm. So the standard fixes the instrument and the condition of its edge, the lubricating medium, the posture and the exposure, the routes and their direction and sequence, the pressure and speed, the number of strokes and the criterion for stopping - which is the appearance of the marks and not a count - and the interval that must elapse before the same area is treated again, since the previous marks must have resolved. The contraindications and precautions are extensive and cover coagulation disorders and anticoagulant therapy, broken or inflamed skin, varicose veins, pregnancy, recent injury and the sites where the technique must not be applied at all. Issued on 31 December 2013 and in force since 1 December 2014.

This section GB/T 21709 specifies the terms and definitions scraping, practices, procedures and requirements, precautions and contraindications. This section applies to scraping technical operations.

2 Normative references

The following documents for the application of this document is essential. For dated references, only the dated version suitable for use herein Member. For undated references, the latest edition (including all repair orders) applies to this document.

GB/T 16886-2005 Biological evaluation of medical devices

GB/T 21709.4 acupuncture practices - Part 4. Needle

GB/T 21709.5 acupuncture practices - Part 5. Cupping

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 Scrapping scrapingtherapy With a special instrument, according to traditional Chinese medicine theory of meridians and acupoints in the body surface corresponding way wiper to combat illness.

3.2 Scrapping plate utensilfor scraping A plate-like instrument from the horn, Stone, ceramics, jade and other hard texture of the material made of, is the main tool scraping.

3.3 Scrapping media mediumfor scraping Scraping skin when applied in lubricating synergistic formulation wiper parts, such as scraping oil scraping milk and so on.

3.4 A fever eruption Skin flushing, purple and other colors change after scraping, or appear miliary, pimple-like spots, or flake, cords and other forms plaque Changes, and

accompanied by local thermal sensation or mild pain.

4.1 Preoperative preparation facilities

4.1.1 appliance Depending on site conditions and scraping, and select the appropriate scraping plates scraping media. Scrapping plate material to deal with human non-toxic side effects, should be In line with GB/T 16886-2005 requirements. Common types of scraping plates scraping media and in Appendix A.