

ICS 11.020
CCS C 05



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

GB/T 21709.5-2008

**Standardized manipulations of acupuncture and moxibustion -
Part 5: Cupping therapy**

针灸技术操作规范 第5部分：拔罐

Issued on: April 23, 2008

Implemented on: July 1, 2008

**Issued by: General Administration of Quality Supervision, Inspection and
Quarantine;
Standardization Administration of the PRC**

Table of Contents

- 1 Scope
- 2 Normative references
- 3 Terms and Definitions
- 4 Procedure and Requirements
- 4.1 Preoperative preparation facilities

Foreword

GB/T 21709 "acupuncture practices" is divided into 21 parts.

- 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 cupping therapy. It is Part 5 of GB/T 21709 and specifies the terms and definitions, the procedures and requirements, the precautions and the contraindications for cupping. Cupping applies suction to the skin through a cup, drawing the tissue up into it and producing local congestion and the characteristic circular marks. The suction is created either by heat - a flame introduced briefly into the cup to consume the air, the cup then applied before it cools - or mechanically with a pump. The

distinction matters because the two carry different risks and the standard treats them separately. Fire cupping burns patients: the flame, the alcohol used to carry it, and the hot rim of the cup are all sources of injury, and burns from cupping are the commonest complication reported. So the standard fixes the amount and handling of the alcohol, how the flame is introduced and removed, and how the rim is checked before contact. The other variables are the ones that determine whether the treatment is a therapy or an injury: the strength of the suction, the duration for which the cup is left, and the number of applications - because the marks are subcutaneous bleeding, and left too long or drawn too hard the result is a blister rather than a bruise. The standard also covers the variants - retained cupping, moving cupping over lubricated skin, flash cupping, and cupping combined with needling or with bleeding - the sites where it may be applied, and the contraindications, which include coagulation disorders, broken or inflamed skin, pregnancy and the bony and sensitive regions where a cup must not be placed. Issued on 23 April 2008 and in force since 1 July 2008.

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

2 Normative references

The following documents contain provisions which, through

GB/T 21709 in this part of reference in terms of this section. For dated reference documents Member, all subsequent amendments (not including errata content) or revisions do not apply to this section, however, encouraged to reach under this section Parties to research agreement to use the latest versions of these documents. For undated reference documents, the latest versions apply to this section.

GB/T 21709.4 acupuncture practices - Part 4. Needle

GB/T 21709.7 acupuncture practices - Part 7. skin needle

3 Terms and Definitions

The following terms and definitions apply GB/T 21709 in this section.

3.1 Cupping is a tank as a tool by combustion, suction, steam and other methods to create a negative pressure inside the tank, so that a certain portion of the tank or adsorbed on the surface of acupoints Bits to produce good stimulation, to adjust the body functions, disease prevention purposes foreign rule.

3.2 Cupping refers to cupping instrument air tank by burning method.

3.3 Thermal expansion tank is the use of air principle for cupping appliance by steam, boiled and other methods.

3.4 Tank with a suction device and a special apparatus constructed and used by suction cupping method.

3.5 Acupuncture and Cupping refers to the treatment of acupuncture and cupping cooperating.

4.1 Preoperative preparation facilities

4.1.1 cans with Depending on the selectable condition, operating the different parts of a tank, the tank should be complete without fragmentation, Guankou inside and outside should be smooth without rough, inner tank Walls should be wiped clean. Common types of cans see Appendix A.

4.1.2 site Appropriate treatment should be selected according to the site conditions. In muscle rich place appropriate, common shoulder, back, waist, buttocks, abdomen and proximal extremities.