



Gua sha

Gua sha is a healing technique of Traditional Chinese Medicine. Gua sha is defined as instrument-assisted unidirectional press-stroking of a lubricated area of the body surface to intentionally create transitory therapeutic petechiae called 'sha' representing extravasation of blood in the subcutis.

Raising sha removes blood stagnation considered pathogenic in Traditional Chinese Medicine. Modern research shows the transitory therapeutic petechiae produce an anti inflammatory and immune protective effect that persists for days following a single Gua sha treatment accounting for the immediate relief that patients feel from pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting etc, and why Gua sha is effective in acute and chronic internal organ disorders including liver inflammation in hepatitis.