

Various Indications

Diarrhea

Symptoms of Vacuity

Mucous stool, pale stool color, not very intense smell, intestinal sounds, abdominal pain, pale facial complexion, no desire for drinks, long-lasting or frequently recurrent diarrhea, often for 2 months, lack of appetite, undigested food particles in the stool.

Symptoms of Repletion

Close link between abdominal pain and diarrhea, explosive diarrhea, intense yellow coloration of stool, stinking stool, dry mouth, desire for drinks, intense yellow urine, bad breath, agitation and crying before the diarrhea, calming down after the diarrhea.

For Symptoms of Vacuity

Xuan Tui (Bu Pi Jing) 旋推 (补脾经) Rotating Pushing (Supplementing the Spleen Channel)

- On the gripping surface of the thumb
- Approximately 100–500 times

→ Fig. 7.6

Tui (San Guan) 推 (三关) Pushing (the Three Bars)

- With the radial edge of the thumb across the radial side of the thumb proximally. Hereby grasp the distal phalanx of the thumb with two fingers while the active hand pushes with rapid repetitions.
 - Approximately 100–500 times
- Fig. 7.7

Tui (Tian He Shui) 推 (天和水) Pushing (Water from Heaven's River)

- With two fingers
- On the volar side of the forearm from the wrist to just below the elbow, that is, ascending proximally
- Approximately 100–300 pushes

→ Fig. 7.8

Tui (Da Chang) 推 (大肠) Pushing (the Large Intestine Channel)

- With the radial edge of the thumb across the gripping surface of the index finger proximally, up to the adduction crease of the thumb
- Approximately 100–300 times

→ Fig. 7.9



Fig. 7.6



Fig. 7.7



Fig. 7.8



Fig. 7.9