

預防新型肺炎的穴位保健按摩

Acupoint massage for prevention of novel coronavirus infection

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穴位按摩是中醫學重要的保健方法，能使人體固本培元，提高自身的抗病能力。適當操作以下介紹的三個保健穴位，有助於預防感冒及新型肺炎。

Acupoint massage is an important health promotion method of Traditional Chinese Medicine. It could improve the anti-pathogenic ability of the human body. Massage of the following three acupoints helps strengthen the function of immune system, thus helps to prevent flu and novel coronavirus infection.

迎香穴 Yingxiang LI20

按揉迎香穴：可通利鼻竅，有助預防感冒、鼻疾或減輕鼻塞、流涕等症。

Massage Yingxiang LI20 could alleviate nasal obstruction and reduce running nose to prevent flu and nasal illness.



穴位定位：鼻翼外緣中點，旁開0.5寸，鼻唇溝中。
Location of acupoints: 0.5 *cun* lateral to the sides of the nose wings.

操作方法 Manipulation Method

雙手中指或食指圍繞穴位作輕度按揉，每次1分鐘左右。
Use middle or index fingers to massage the points lightly for one minute.



風池穴 Fengchi GB20

按揉風池穴：可祛風利竅，清利頭目，有助於預防傷風感冒或減輕頭痛、鼻塞等症。

Massage Fengchi GB20 could clear blockage of organ functions, prevent common cold, alleviate headache and nasal blockage.

穴位定位：在項部，位於枕骨兩邊斜下的凹陷中。

Location of acupoints: In the depressions obliquely downward the occipital bone.



操作方法 Manipulation

Method

雙手拇指按於風池穴，其他手指伸開放置頭部，用中等力度旋轉按揉，每次約2分鐘。

Use thumbs to massage the acupoints moderately for 2 minutes while resting other fingers on the sides of the head.



足三里穴 Zusanli ST36

按揉足三里穴：有助增強免疫功能，預防及治療胃腸病如胃痛、嘔吐、腹瀉、便秘等。

Massage Zusanli ST36 could strengthen function of the immune system and prevent and treat gastrointestinal illnesses such as gastric pain, vomiting, diarrhoea and constipation.



穴位定位：膝蓋外側凹陷下3寸（或四個手指寬度）的脛骨外一橫指處

Location of acupoint: 1 finger's width to the outer side of the shin bone 3 cun down the depression at the outer side of the knee.

操作方法 Manipulation Method

雙手拇指或中指用較大力度按揉雙側足三里穴約2分鐘。

Use thumbs or middle fingers to massage the acupoints with added strength for 2 minutes.



健康要訣 Health tips

預防新冠有途徑，按摩穴位是工夫



做做做、呵呵呵，疫病遠離多

Wish to confront novel coronavirus infection?



Acupoint massage helps
Practice, practice, practice