

Using Tuina for treating fever in children

Anat Regev

Dipl. CM (I.A.TCM)

dip.ac.ch@gmail.com

+972-50-724-0140

Special thank to Mr. Ran Razy

Fever in children

- Children get sick...
- After fever illnesses we usually notice a developmental 'leap' as well as cognitive and emotional changes

Western medicine

- Fever is common in children, and is not necessarily an indication of acute disease requiring treatment, unless accompanied by substantial changes in appearance/behavior, or by other symptoms such as difficulties in breathing or loss of consciousness
- The fever's level (temperature) does not indicate the severity of the disease.
- Fever is a natural defense mechanism of the body, and a tool for it to fight infection
- The immune system functions better and faster with fever. The fever will drop when the infection is overcome
- A child with fever should be encouraged to rest
- If he refuses to eat, it is important to keep him hydrated

Going to see the doctor

- Babies under 2 months old, with a fever of over 37.8C should be taken to the doctor immediately.
- In all other cases, you should go to see the doctor if the fever persists for over 3 consequent days, or if it is accompanied by symptoms like vomiting, diarrhea, breathing difficulties, coughing (for several days) and other symptoms not like in a common cold.
- In addition, if the child shows great unrest, irritability and looks and behaves *very* sick (shakes, twitches or makes other odd movements)

What's so bad about Paracetamol?

- Fever caused by a virus or a bacteria will be accompanied by other symptoms like mild coughing, congested nose, tearing eyes...
- Fever reducing drugs are usually given to alleviate the discomfort caused by these symptoms, but they might get in the way of the body's natural defense system, and its effort to heal itself.
- The fever will not rise indefinitely (in most case will not rise over 40.6C), and is not a threat for the body, nor will it cause any irreversible damage at these temperatures.
- Taking drugs that would alleviate the discomfort, would also deny the child of the rest he needs for healing.
- Reducing the fever will *not* make the recovery of the disease faster...
- Consider giving such drugs if the child is exhausted of the fever, or at night if it interferes with his sleep (or the parents' 😊)

When to return a child to kindergarten?

- Children should remain at home for at least 24 hours without fever
- Sending them back before they are back at their strength might expose them to recurring or additional illnesses

Chinese medicine

- Tai Yang is affected by external pathogenic factor, along with weakness of Wei Qi and Zheng Qi
- Treating children for fever can alleviate the discomfort caused by the fever, and release the external pathogen
- The treatment strengthens the immune system, Wei Qi and Lung Qi
- The treatment strengthens the child's Zheng Qi for a faster recovery
- It would also allow fully expelling the pathogen. A pathogen remaining in the body might weaken the respiratory system, and cause complications later (asthma, mucus, recurring respiratory system infections)
- After the disease, and the acute phase, the root of the problem, like the weakness which allowed the pathogen to enter, and the remaining symptoms should be treated

Treating children with Tuina

- A short and simple treatment which is given 2-3 times a day, preferably starting with the initial symptoms
- The parents should be taught the course of treatment, so they may repeat it at home
- Parents who feel they have a therapeutic tool, which can help their children, will feel less frustrated while their children are sick. Such frustration often leads to unnecessary medical intervention...
- Treating children with Tuina serves as a good starting point. It allows building trust between us, the child and his parents

Advantages of pediatric Tuina

- **A message is being given:**
children learn that they can heal and feel better without any need for something external - drugs, herbs, needling...
Their own inner force is enough to recover
- **Simple technique:**
easy to learn and apply, easy to teach the parents. Parents who know treatment tools will feel less frustration during child diseases
- **Using Tuina is a good starting** point for treatment. Start to connect to the child's Qi, feel him, diagnose, let him feel us, reduce the child's fear of treatment
- My own experience...

General pediatric Tuina guidelines

- You: Be relaxed, calm, present in the moment of the treatment. Relax the hand, keep your elbow lower than your wrist
- Rhythmic movements, consistent and determined, send a message to the body
- Tuina influence the Qi. Bare in mind we enter the child's personal space
- Keep eye contact
- Explain: "We are going to do that" to reassure the child
- Pay attention to the reactions of the child. Notice if enjoys or is disturbed by the treatment.
- Most of the time the child will show us when it is enough for one technique
- You can apply when the child sitting on the parents.
- Older children can be asked to pay attention so they can teach the parent later on back home

General pediatric Tuina guidelines

- Boys- use hand technique on the left, girls use on the right
- One treatment is 10-12 different movements, each being done for 1-2 minutes
- Order: hand – forehead – abdomen – legs – back
- Continuous treatment, changeable, depended on the child's cooperation.
- One treatment per week for chronic case, followed by every day treatment of the parents at home. In acute cases, give 2-3 treatments per day.
- The treatment is being done over the clothes, can be done while the child sits in the parent's lap or during breast feeding or sleeping
- Don't treat over bruised or infected skin

Main techniques

Fa

- Tui Fa – Pushing
- Rou Fa – Kneading
- Fen Tui – Pushing apart
- Nie Fa – Pinching
- Kou Fa – Tapping with the fingertip
- Qia Fa – Squeezing with the nail
- Bu- supplement, Qing - disperse

Main techniques

Tui Fa

Pushing

- Rubbing along a line, sliding over the skin
- Along lines, meridians
- Steady rhythm, uniform pressure, same direction
- Movement is more forceful than just brushing over the skin, but still gentle
- ‘Bu’ = Supplement and reinforce from the periphery toward center of the body
- ‘Qing’ = clear and drain from the center to the periphery

Main techniques

Fen Tui

Pushing apart

- Variant of tui fa
- From the center to the exterior
- Along lines opening from one point
- Used with both thumbs

Main techniques

Rou Fa

Kneading

- Produces internal wave
- At individual point with the tip of a finger or with full hand when used on the abdomen
- Deep but light and rhythmic
- Steady contact with the body, without sliding over or rubbing the skin
- Move subcutaneous tissues

Main techniques

Nie Fa

Pinching

- On the back or fingers
- Press firmly on finger joints
- When use on the back roll the skin between thumb and fingers

Main techniques

Kou Fa

Tapping with the fingertip

- On individual point
- Steady brisk
- Flexible movement, keeping your finger and wrist loose

Main techniques

Qia Fa

Squeezing with the nail

- On points
- Strong stimulation with the nail of the thumb

Pattern diagnosis-
Invasion of External Pathogens

Wind Cold

- Nasal obstruction, clear/watery
- Shivers, low fever, little sweat
- Sensitivity to cold, pale complexion
- Tendency to diarrhea and abdominal pain

Wind Heat

- Nasal obstruction, yellow/thick
- High fever/ thirst/ profuse sweating
- Painful and red throat
- Tendency to constipation

Treatment protocols by patterns

Expelling external pathogens

- Tui: [Tian men](#)
- Fen Tui: [Kan Gong](#)
- Yun: Tai Yang
- Rou: Er Hou Gao Gu

Wind-cold:

- Rou: Wai Lao Gong
- Rou: Yi Wo Feng
- Rou: Er Shan Men
- Tui: San Guan

For fever:

- guasha

If cold attacks the middle jiao and intestine (diarrhea)

- Bu: Qi Jie GU
- Rou: Gui Wei

- Other protocols may be involved:
Eliminating heat
(constipation, Agitation, Fever)
Supplementing Lung Qi,
Spleen Qi, Kidney and Jing
Transforming Phlegm

Treatment protocols by patterns

Eliminating heat

- Tui: Tian He shui
- Qing: [Xin Jing](#), [Fei Jing](#), [Gan Jing](#)
- Kou: [Xiao Tian Xin](#)
- Rou: Nei Lao Gong (Pc8)

If heat entered deep to Fu organs:

- Tui: Liu Fu

For fever:

- Qing : Wu jing
- Tui: [Shui Di Lao Yue](#)
- guasha

If heat attacks the intestines:

- Qing: [Da Chang Jing](#), Xiao Chang Jing
- Qing: Qi Jie gu
- Rou: Gui Wei

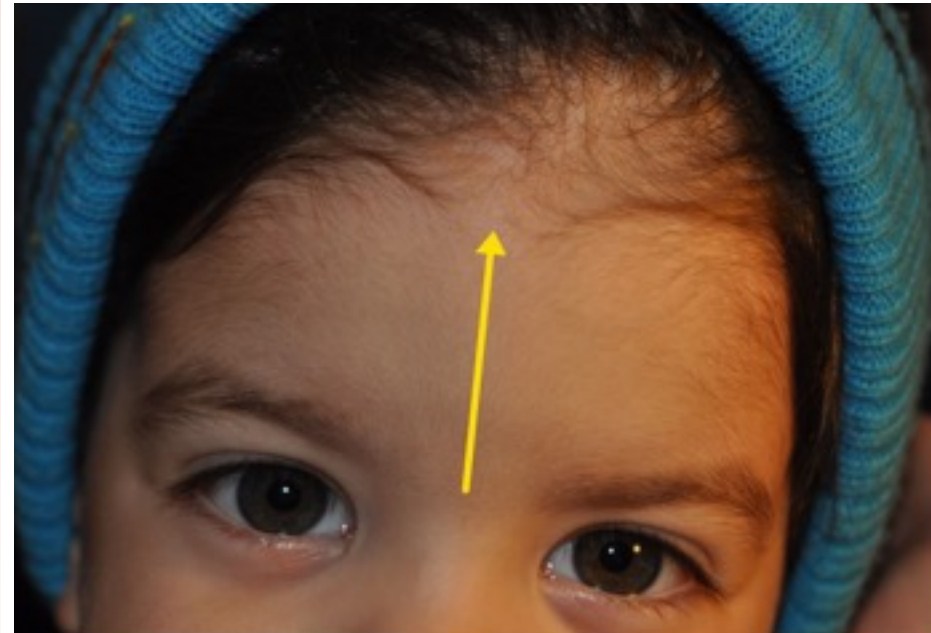
- Other protocols may be involved:
 - expelling external pathogens
 - calming and clearing the shen
 - freeing food accumulation

Locations

Head

Tian men – heaven gate

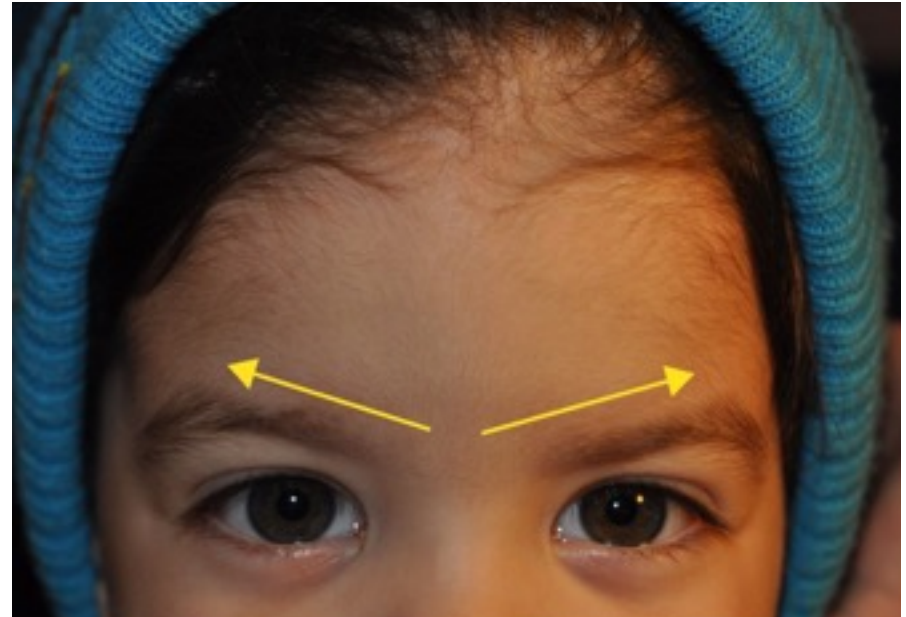
- On the forehead between the eyebrows, starting from yin tang
- Tui toward the anterior hairline along the midline
- Calms the shen, transforms phlegm, opens the orifices, quiets wind
- Heat, phlegm, wind, agitation of the shen:
disturbed sleep,
restlessness, fever,
headache, convulsions



Locations
Head

Kan gong – water palace

- On the forehead one cun above the line of the eyebrows
- Fen tui from yin tang
- Releases the exterior, transforms phlegm, clear heat in the upper part of the body

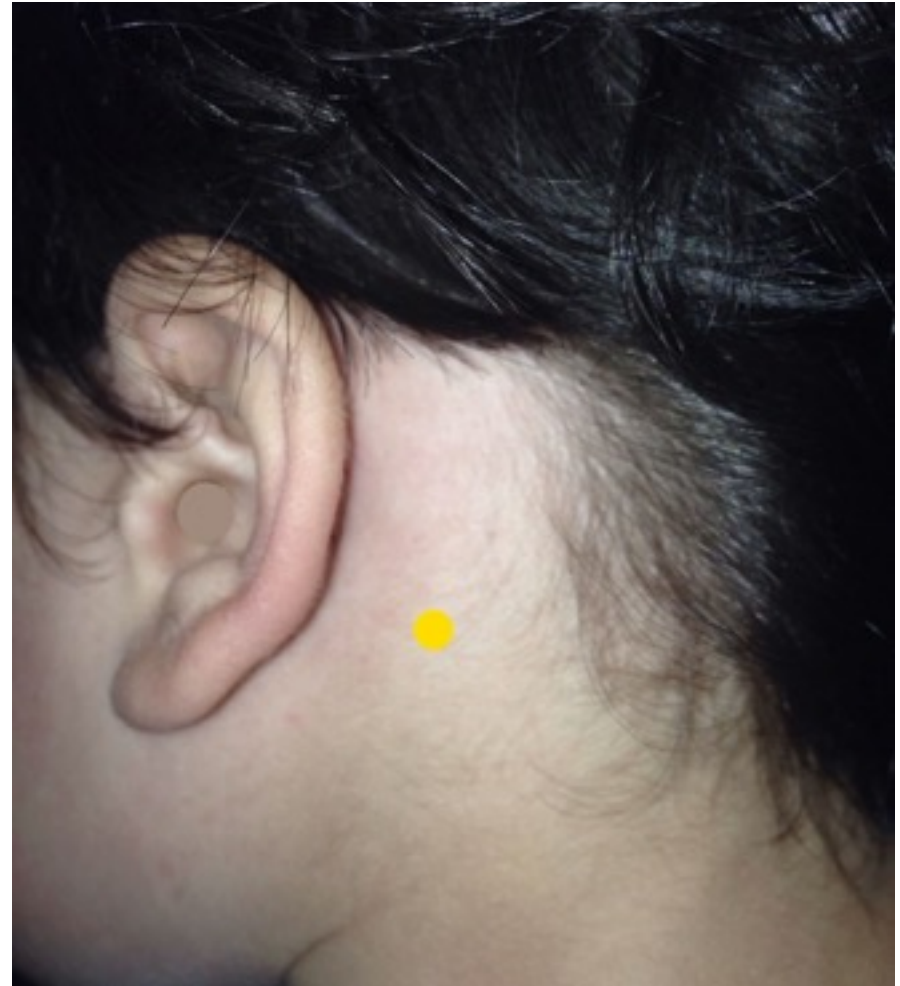


Locations

Head

Er hou gao gu- big bone behind the ear

- Behind the earlobe at the apex of the mastoid process
- Rou
- Releases the exterior, benefits the ears and eliminates wind and heat
- Invasion of external pathogens:
fever, earache, agitation



Locations

Hand

Wai lao gong – outer palace of toil

- At the center of the dorsum of the hand
- Rou
- Warms yang in the abdomen and eliminates cold
- Cold, dampness and deficiency:
diarrhea, vomiting and weakness



Locations

Hand

Yi wo feng – wind nest

- On the dorsal aspect of the wrist, at the center of the crease
- Rou
- Warms and move Qi in the abdomen and eliminates cold
- Cold:
abdominal pain, vomiting,
colds, nasal congestion



Locations
Hand

Er shan men – Two panels gate

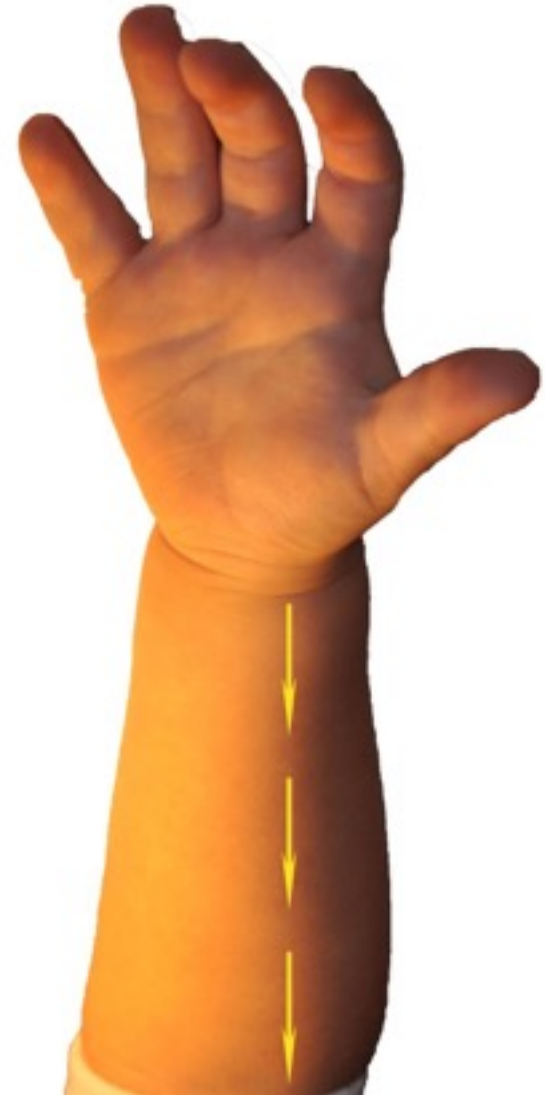
- On the dorsum of the hand, two points, between 2nd-3rd and between 3rd-4th metacarpophalangeal joints
- Rou, Nie
- Release the exterior and promotes sweating, supplements Wei Qi
- Invasion of external pathogens: fever, cough and cold with absence of sweating



Locations
Forearm

San guan – 3 passes

- A line on the radial border of the anterior aspect of the forearm
- Tui- from wrist to elbow
- Supplements qi and yang and eliminates cold
- Cold, dampness and def.: weakness, diarrhea, abdominal pain, colds, cough, disturbed sleep



Locations
Forearm

Tian he shui – heavenly river water

- The central line on the anterior aspect of the forearm
- Tui - from the wrist to elbow
- Eliminates heat by cooling water
- Heat:
restlessness, disturbed sleep, fever, eczema



Locations
Forearm

Liu fu – 6 fu organs

- A line on the ulnar border of the anterior aspect of the forearm
- Tui – from elbow to wrist
- Eliminates heat that has reached the interior and the Fu organs
- Excess fire and heat: high fever, sore throat, earache, dysentery, constipation, rashes and agitation



Locations

Hand

Wu jing- 5 channels

- On the palm, 5 lines, along the center of each finger
- Tui from the base of the palm to the tip of each finger (moistened with water)
- Eliminates wind and heat, harmonizes the 5 Zang Fu organs and transform food accumulation
- Invasion of external pathogens and food accumulation: fever, chest oppression, abdominal distention



Locations

Hand

Xiao tian xin – small heavenly heart

- On the base of the palm between the Thenar eminence and hypothenar eminence
- Kou, Nie, Rou
- Clear heat and calm the shen
- Heat:
agitation, restlessness,
disturbed sleep, fever,
eczema



Locations

Hand

Shui di lao yue – fishing for the moon in the water

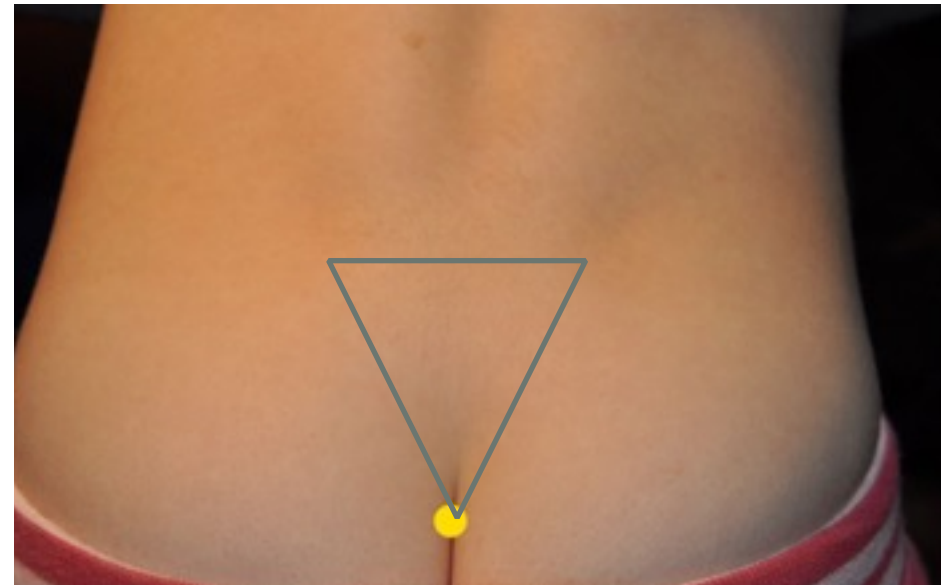
- On the palm, in an arc from the base of the little finger along the Hypothenar eminence to end at Pc-8.
- Tui
- Clear heat, bringing water to put out fire
- Heat, excess or deficient: acute fever or chronic low-grade fever



Locations
Back

Gui wei – tortoise tail

- At the tip of the coccyx
- Rou at the angle of 45 toward the umbilicus
- Regulates the intestines
- Changes of qi function in the intestine:
diarrhea, constipation,
irregular bowel movement



Locations
Back

Qi jie gu – seven bones

- Midline of the back from L4 to the coccyx
- Tui
- Upward- Regulates the intestine while supplementing qi
downward- Regulates the intestine while clearing heat
- Deficiency or heat: diarrhea, dysentery, constipation and irregular bowel movements

