



Self-Care Exercises – Patting Ba Xu

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According to traditional Chinese medicine, people get sick due to insufficient righteousness (a weak ability to resist disease) and accumulation of evil qi (disease factors). The traditional Chinese medical treatment method has been passed down for thousands of years, using natural medicinal materials, acupuncture, massage, a medicated diet, health and complementary therapies to treat different diseases. Taoism has also handed down a set of secrets to boost health - the Ba Xu (eight deficiency areas) Patting Method.

What is Ba Xu? There is a record of eight deficiencies in the ancient medical classic "Huangdi Neijing" (the Inner Classic of the Yellow Emperor): If there is evil in the lungs and heart, the qi will stay in the elbows; if there is evil in the liver, the qi will stay in the armpits; if there is evil in the spleen, the qi will stay in the thighs; if there is evil in the kidney, the qi will stay in the popliteals (back of the knees). Ba Xu refers to the eight parts of the body: the elbows, armpits, thighs, and the popliteals. All these eight deficiencies are the chambers of organs where the Qi (vital energy) passes and blood circulates. If evil Qi (disease factors) stays, the muscles and joints, they "will be damaged," and they will not be able to flex or stretch, and will suffer from contractures.

The "**Ba Xu Patting Method**" drives away "evil Qi," and helps qi and blood run smoothly.

1. Pat the elbow fossa: It can disperse heart and lung stasis and restore healthy energy. Helps the health of heart and lung organs.

How to tap the elbow socket: Straighten your left arm, use your right hand to find the middle of the elbow crease of your left arm, and use the four fingers of your right hand together to gently tap the center of the elbow socket. Conversely, the same goes for tapping the elbow socket of your right hand with your left hand. Intensity can range from light to heavy as tolerated.



2. Pat the armpits: treat liver disease and heart disease

Patting the armpits can relieve the symptoms of stagnation of lung energy, chest tightness, pain in the heart and hypochondrium, numbness of the arms, cold arms, and restriction in movement. This also soothes symptoms of liver and heart discomfort caused by anger. It can calm people down and make them less anxious. In addition, it can relieve some symptoms of menopause in women

and also induce the blood to flow upward and clear the mind quickly.

Daily tapping of the armpits may also prevent and alleviate symptoms of heart disease.

3. Pat the thighs

Tapping the thighs (the groin area where the inner thighs meet the lower abdomen), not only speeds up the flow of qi and blood, but may also relieve some discomfort caused by gynecological conditions. It can also strengthen the spleen and stomach, relieve menstrual cramps, boost fertility, and warm cold feet.

This method involves standing and gently tapping the groin with both hands, gradually increasing pressure until the groin is slightly warm.



4. Pat the popliteals:

If the kidney's evil energy stays in the popliteals, slapping the popliteals (behind the knees) may relieve low back pain and sciatica. It can also nourish kidney energy.

Paida Ba Xu method:

Using the palms of your hands to pat, can open up the energy meridians. In addition, the palms are covered with acupuncture points, and tapping with the palms can also activate the six acupuncture meridians on the hands, namely the heart, lungs, pericardium, large and small intestines, and the triple burner meridians, and then activate the six meridians on the feet to form a systemic circulation. From the perspective of holographic theory, your hands, like your feet, have acupuncture points that connect all organs and tissues of the body. Patting with hands is a systemic treatment for the whole body.



It is best to pat gradually, especially for the elderly or weak/frail people. The initial intensity should be light, and the duration of tapping should be gradually increased. As long as you pat gently for a while, the effect will gradually be felt. Ideally tapping for two to three minutes of each part is a good duration of this exercise.

©Sept2024, Chunchieh Bruce Sun, CAC, MSOM, Dipl OM offers acupuncture and Chinese medicine services at The Ommani Center. He is available for appointments on Mondays and every other Thursday. Call our office at (262) 695-5311 to schedule an appointment. Bruce is always open to speaking with people in advance to discuss any care concerns.