

ACUPRESSURE FOR HIVES RELIEF

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An Individual

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ABSTRACT

This text discusses the application of acupuncture and acupressure in treating urticaria, commonly known as hives. Urticaria can be classified into acute and chronic forms, with symptoms ranging from temporary itchy welts to prolonged skin reactions related to underlying health issues. The principles of traditional Chinese medicine guide these therapies, which focus on stimulating specific points on the body to promote healing and relieve symptoms. Key acupressure points, such as LI11 and Sp10, are highlighted for their potential efficacy in alleviating discomfort. While some patients experience immediate relief, others may require ongoing treatment to achieve significant results. The text also emphasizes the importance of consulting qualified practitioners to ensure safe and effective treatment. Further research is encouraged to standardize protocols and confirm the benefits of these therapeutic methods for individuals suffering from urticaria.

Keywords: Urticaria, Acupuncture, Acupressure, Traditional Chinese Medicine, Itchy Welts, Acute, Chronic, Healing Points.

Acupressure for Hives Relief

The regimen described in the text applies to urticaria, known as hives. Urticaria is a skin condition characterized by itchy welts or hives that can be acute or chronic. The acupuncture and acupressure methods mentioned specifically aim to treat acute and chronic forms of this condition, helping to alleviate symptoms and improve skin and immune function.

Acupressure, a promising alternative to acupuncture, can bring relief to those suffering from urticaria. Both practices, deeply rooted in traditional Chinese medicine, focus on stimulating specific points on the body to promote healing and relieve symptoms.

You might want to explore using acupressure tools such as a pen to apply gentle pressure to the acupressure points. The key to acupressure is to apply firm but gentle pressure to stimulate the points without causing pain or injury.

If you're interested in this approach, focus on locating the specific acupressure points and apply consistent, gentle pressure—about 30 seconds, each—to experience if it provides relief. Always be mindful of your body's response and avoid applying pressure to painful or uncomfortable areas.

Explanation and Caution

Urticaria can manifest in two main forms: acute and chronic. Acute urticaria is characterized by sudden onset of itchy welts or hives that can appear and disappear within hours or days. On the other hand, chronic urticaria presents as recurring welts that last for more than six weeks and may come and go for months or years. Chronic cases may also be related to underlying issues like autoimmune disorders or chronic infections.

It's important to understand that the time it takes to see results from acupuncture or acupressure is unique to each individual. Some may experience immediate relief after just one

session, while others may require several treatments over weeks to notice significant improvement (Weekly for acupuncture, daily for acupressure).

It's important to be aware of potential side effects or contraindications of acupuncture and acupressure. These can include temporary soreness at the needle insertion site, bruising, or increased symptoms shortly after treatment. People with certain medical conditions, such as bleeding disorders or those taking blood thinners, should consult their healthcare provider before undergoing acupuncture. Pregnant individuals should also inform their practitioner, as certain points should be avoided.

Acu-techniques and urticaria

Acupuncture has been used for a long time in Asia to treat urticaria, which is a skin condition that causes itchy welts or hives. It is especially effective for acute urticaria, with common acupuncture points being also effective for chronic forms in practice over a long period of time.

With the number of professional and skilled acupuncture agents, acupressure is a viable, albeit less certain, alternative. In this document, the words can be assumed to be interchangeable.

****LI11 (Quchi)****, ****Sp10 (Xuehai)****, ****Sp6 (Sanyinjiao)****, and ****S36 (Zusanli)****.

For chronic urticaria, which is harder to treat, different acupuncture methods have been developed (Table 1; Appendix A)

One effective approach combines standard acupuncture with auricular acupuncture, which targets specific points on the ear related to skin and immune function. Another method includes acupuncture point injection with thiamine hydrochloride (vitamin B1), which is thought to help reduce inflammation and speed healing.

While these approaches show promise, more systematic studies are needed to confirm their effectiveness and standardize treatment protocols. Acupuncture may be an alternative or complementary option for people who do not respond well to regular medications.

Table 1

Location of Recommended Points. Illustrations Appear in Appendix A

Name	Location
LI11 (Quchi)	Located at the outer part of the elbow, in the depression when the arm is bent.
Sp10 (Xuehai)	Found on the inner thigh, about two finger widths above the kneecap.
Shenmen	Located on the top front part of the ear, just below the ear's rim.
Skin Point	Found near the ear's helix, above the helix's and trunk's intersection.
Immune Point	Located near the middle of the ear, just below the Shenmen point.

Summary

Acupressure is a helpful method for relieving hives, also known as urticaria, which are itchy welts on the skin that can be either acute (sudden and short-term) or chronic (ongoing for more than six weeks). Both acupressure and acupuncture are practices from traditional Chinese medicine that involve stimulating specific points on the body to promote healing.

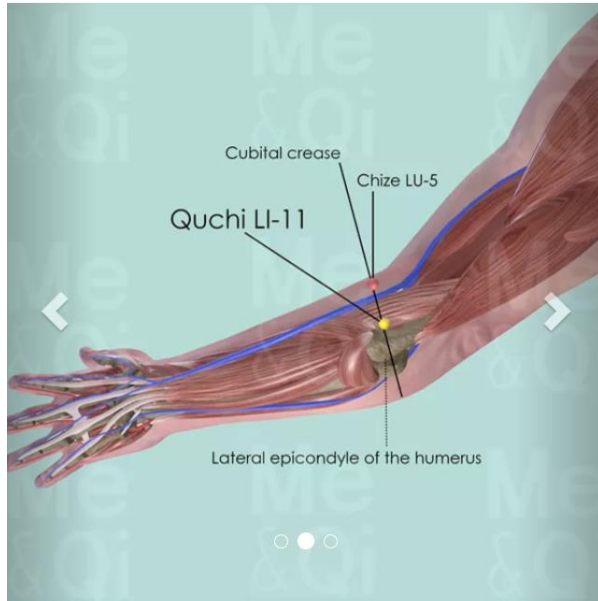
For those interested in acupressure, gentle pressure on key points can provide relief. It's important to apply firm but gentle pressure for several minutes and pay attention to how your body reacts, avoiding any painful areas.

Acute urticaria appears quickly and can fade within hours or days, while chronic urticaria lasts much longer and may be linked to underlying health issues. The time it takes to feel better varies for each person; some may find relief after just one treatment, while others may need multiple sessions over weeks. Acupressure has been used historically to treat hives, especially acute cases.

Key acupressure points include LI11 (located at the elbow) and Sp10 (above the knee), among others. In chronic cases, combining standard acupressure with techniques targeting the ear, or applying vitamin B1 to certain points, has shown promise, but more research is needed. Before trying these treatments, it's crucial to consult a healthcare provider, especially for individuals with certain medical conditions or those who are pregnant, to ensure safety and effectiveness.

Appendices

Appendix A



Quchi LI-11

Chinese: 曲池

Pinyin: Qū Chí

Location

When the elbow is flexed, Quchi LI-11 is in the depression at the lateral end of the cubital crease, midway between **Chize LU-5** and the lateral epicondyle of the humerus.

How to locate

With the elbow **completely** flexed with thumb on top, locate the lateral end of the elbow crease. Then with the elbow flexed at approximately 90°, palpate for a pressure-sensitive depression in this area on the extensor carpi radialis longus muscle. Quchi LI-11 is located close to the border of the proximal aspect of the ulna.



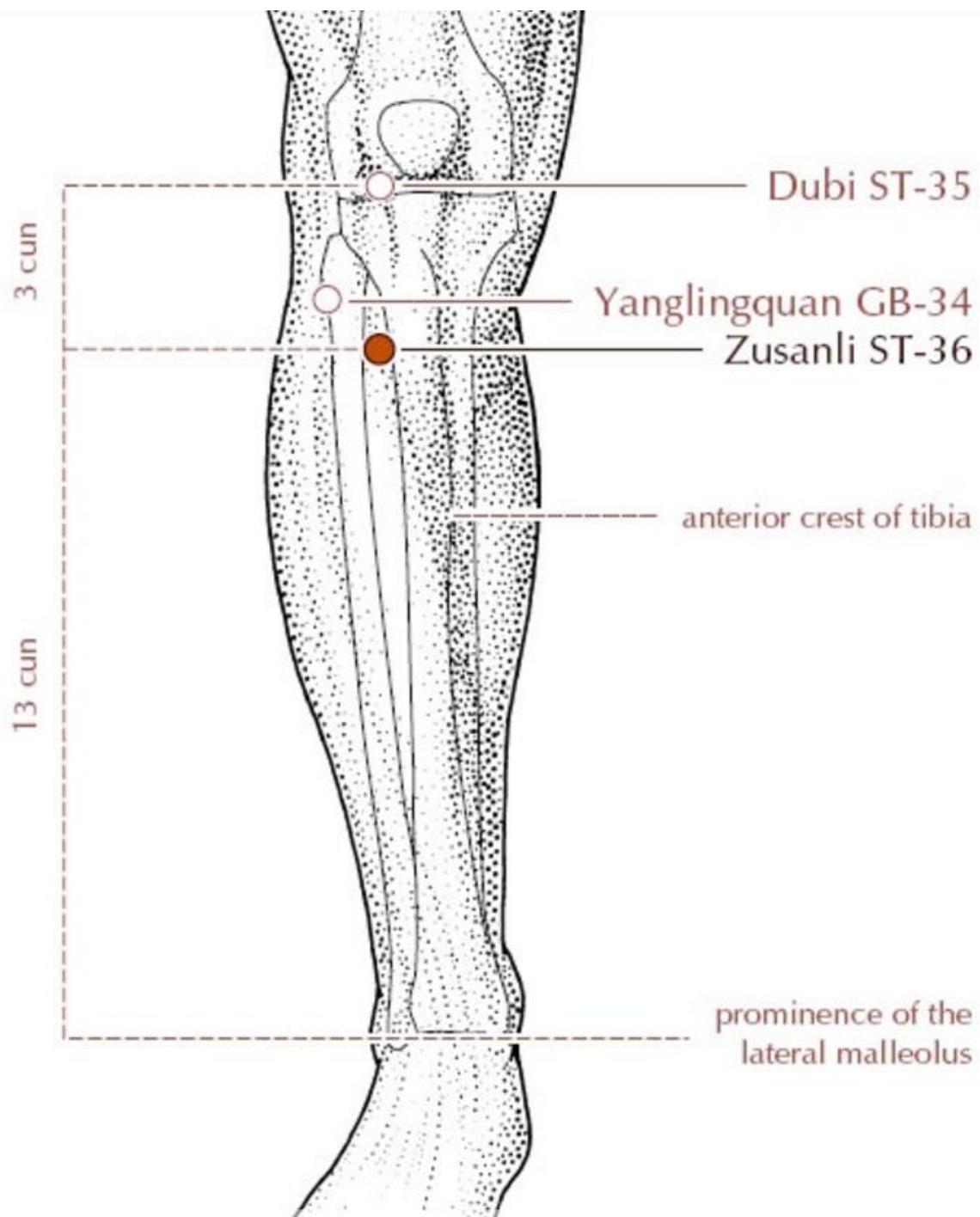
SP10 血海 Xuehai

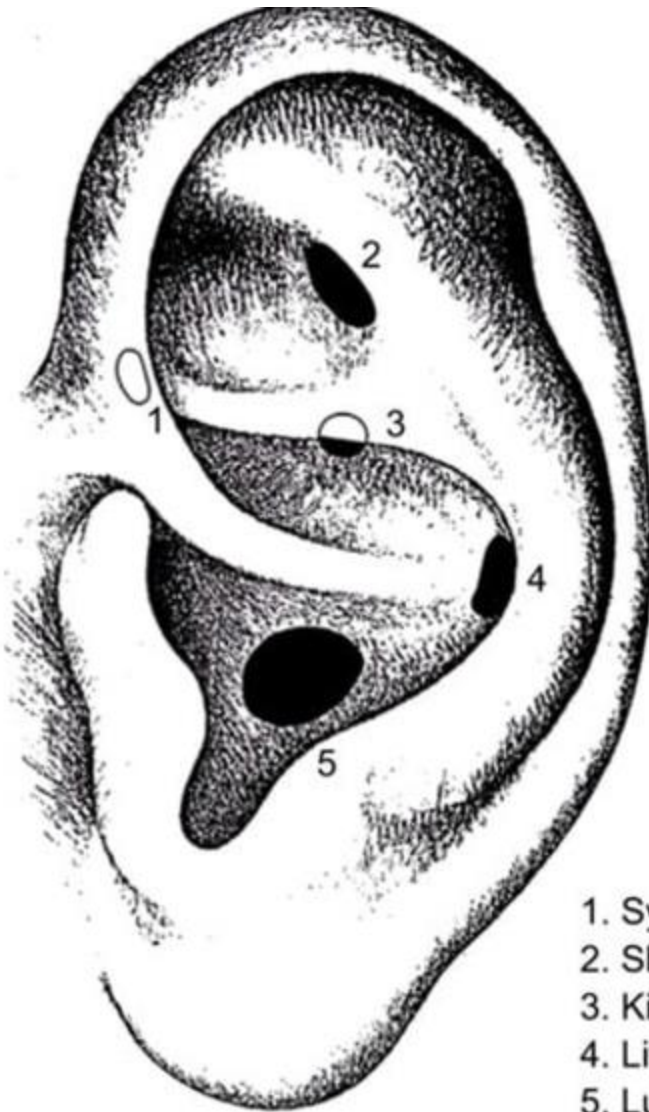
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SANYINJIAO SP-6

This acupressure point is located using four finger widths above the tip of the medial malleolus (the shin bone on the inside of the ankle).







1. Sympathetic
2. Shen Men
3. Kidney
4. Liver
5. Lung

Copy paste this youtube video in your Browser

https://youtu.be/BLshJQy-Q_8?si=nQhHQKbFuLyy6VRf

Learn the technique for pressure Then focus on stomach, intestines, and spleen –

NOTE the video is NOT mirror image. She starts with the right side and moves in a circle clockwise