

کاربرد طب فشاری در بارداری و زایمان

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طب فشاری عبارت از یک درمان ملایم و سالم که می تواند سبب حفظ نظم و هارمونی جسم، ذهن و روان فرد شود.

بیش از 600 نقطه طب فشاری در بدن وجود دارد که 12 نقطه کاربرد بیشتری دارد

نقاط طب فشاری شامل : شانه ها، پائین پشت ، لگن ،
قوزک پا، ناخن کوچک انگشتان پا، کف پا ،
ساکرال

این نقاط دانسیته افزایش یافته‌ای از رسپتورهای
عصبی دارد و هدایت الکتریکی بالایی دارد
به تئوری کنترل دروازه ای و افزایش اندورفین ها
نسبت داده می شود

فشار با بند انتهایی انگشت شست و سایر انگشتان
فشار ، گرما یا سرما در نقاط طب سوزنی

استفاده از نقاط اختصاصی طب فشاری می تواند به ایجاد ریلاکسیشن، کاهش کمر درد و همچنین تحریک زایمانی و کاهش درد کمک کند و سبب بهبود بسیاری از ناراحتی های دوران بارداری و زایمان شود.

. Acupressure:

to get relief from **backache** ، **joint pain**, **heartburn**
Acupressure is also a safe and effective way to relieve **morning sickness** and nausea,
so there is no need to suffer from this discomfort
which you cannot medicate during pregnancy.



Studies show that acupressure is more effective in reducing back pain than standard physical therapies (*British Medical Journal*, March 2006).




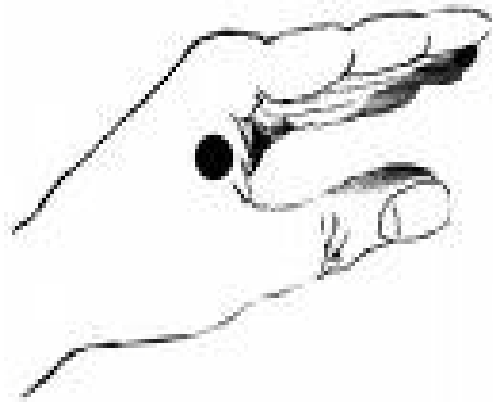
در طب چینی نقاط مریدین به کانالهایی اطلاق یا انرژی می شود که (chi (energy را به سراسر بدن منتقل می کند.

این کانال ها سیستمی متفاوت از گردش خون یا لُنف می باشد.

حدود 600 نقطه در بدن وجود دارد که وظیفه ایجاد تعادل انرژی در بدن را به عهده دارند.


- ▶ نقاطی هستند که اعمال فشار بر آنها ممنوع است.
- ▶ نقاطی وجود دارد که سبب تحریک لیبر و درد زایمان می شود.
- ▶ بهمین دلیل در زمان بارداری این نقاط نباید تحت فشار شدید قرار گیرد .

- ▶ These points are a selection of acupuncture points, different points will suit different people, and there are different points for the changing stages of labour.
 - ▶ Apart from the section labeled “When labour does not go as planned” there are no right times for using certain points.
 - ▶ The right points to be using are those that feel to be effective. It is important to try them all to find the points that best suit.
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These points appear to be of greater benefit if commenced at the onset of labour, rather than waiting until there is strong pain. From the feedback, it appears using them early is important.

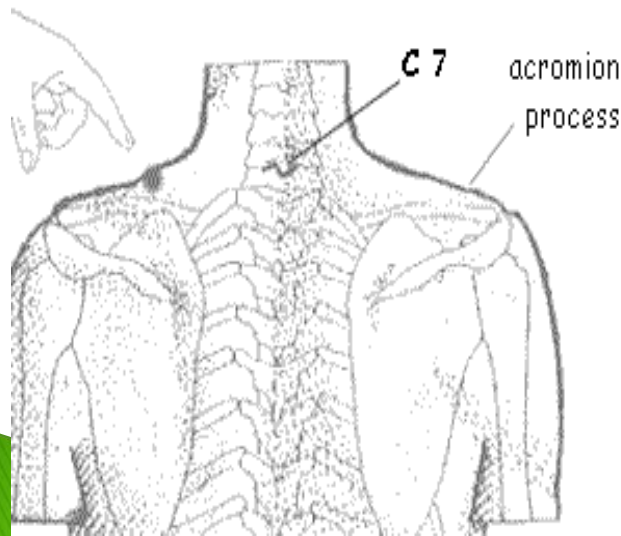
As women report not only a reduction in the level of their pain but also a sense of well being, (that they are coping well, feel calm and relaxed), that disappears when their support people discontinue the acupressure. You can use any of these points at any time during labour.



GB 21

Point Location

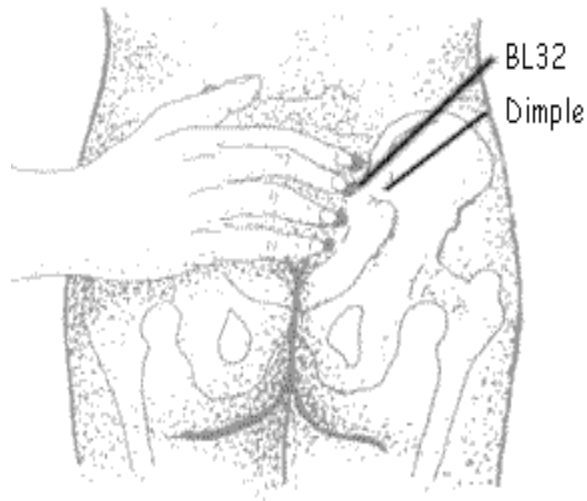
When you draw an imaginary curved line between the bony prominence of the neck (C7), and the top of the shoulder joint (the Acromion Process) the point lies midway along this curved line, at the highest point of the shoulder muscle. It will feel tender with a numbing, buzzing or warming sensation (this sensation varies with individuals). The sensation is stronger on this point than any other points along this line. You can find this point on yourself by bringing your hand diagonally across your chest and palpating with your index finger along this “imaginary line”.



This point has a descending action to aid the first and second stages of labour, and can stimulate uterine contractions. This is an excellent point to use when breastfeeding, it relaxes the shoulder and promotes milk supply.

The pressure can be applied at the beginning of each contraction or continual gentle pressure can be applied that is intensified during contractions.

It is forbidden to use during pregnancy



BI 32

در ابتدای هر کنتراکشن تا انتها

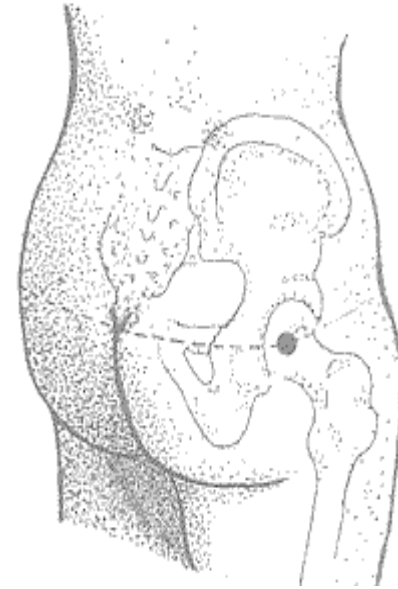
Point location

This point lies midway between the dimples above the buttocks and the spine. (Note - BL 32 is not the dimple!). If you cannot see the dimples clearly, it is approximately one of the woman's index finger lengths above the top of the buttock crease, one thumb width either side of the spine. When you place your finger on BL 32 you can feel the small depression of the Sacral Foramen where the point lies. As labour begins you can start here and as the labour progresses move down the spine (approximately one thumb width at a time, moving slightly closer to the spine until as you arrive at the top of the buttock crease, your knuckles will be touching). The timing of this movement downwards will depend on the woman who will usually instinctually tell the support person to move lower as the baby moves during the labour.

Buttock Point

Point Location

This point is in a direct horizontal line from the top of the buttock crease. If you press along this line there will be a tender point approximately two thirds of the distance between the buttock crease and the hip bone



Acupressure Technique

When you place your hands on the woman's hips you can push your thumbs into this point, helping the woman to move in rotating movements during contractions.

This point can also be used during transition, especially when combined with massage strokes, beginning at BL 32 and radiating out to this point

Labour Preparation

Two to three days prior to the due date, BL 32 and this buttock point can be used along with some sacral massage, utilizing strong downwards strokes to and around the buttocks. The aim of this is to help free up the pelvic energy to encourage an optimal labour.

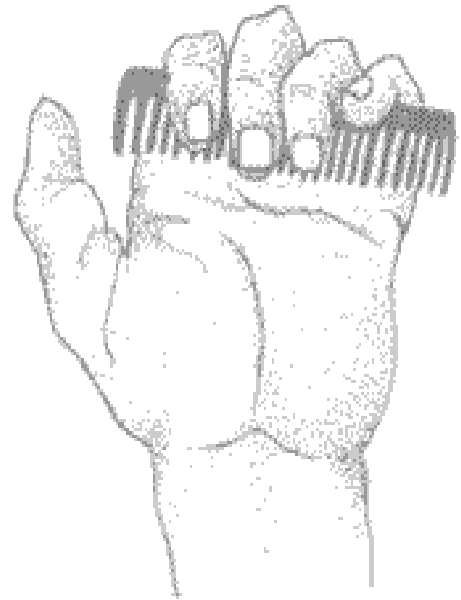
Hand Points Location

These points lie along the creases of the hands where the fingers join the palm. These are said to help release endorphins (the body's natural painkillers) into the body.

Acupressure Technique

Hold a small comb so that the teeth are touching the points. You can then grip the comb during contractions, applying the pressure that you feel is useful.

Some women find these points very helpful, to others they are merely a distraction



K1 Point Location

This point lies in the depression found on the top one third of the sole of the foot, when the foot is in planter flexion (pulling the toes towards the sole of the foot).

Acupressure Technique

Place strong pressure in this depression pushing inwards and upwards towards the big toe.

This point has a useful relaxing effect and can be used at any time during labour. It has been noted as being especially effective during the second stage of labour. (It is easily accessed if the woman is positioned on her knees.)

Also useful during labour where there are feelings of panic (for example, going into a labour with an unpleasant previous birth experience.)

A useful point to use to help the perineum relax during second stage.

There is a tendency for the support people to stand back during the second stage. Please try these points, they can be very useful.



Co 4

Point Location

This point is found between the first and second metacarpal bones (thumb and first finger) at the distal end of the crease on both hands.



Acupressure Technique

Simply apply pressure with the thumb as shown in the diagram.

This has the effect of intensifying contractions, useful if contractions are of irregular intensity. This point can be used during the second stage of labour. It aids the body's efforts to move the baby down through the birth canal. It may be especially useful if the woman is tired and not pushing effectively.

This point is forbidden to use during pregnancy

When labour does not go as planned

Un-established Labour or failure to progress.



Acupressure Technique

Direct pressure is applied with the index finger or thumb.

using this point on one leg at a time for approximately one minute (count slowly to 60 !) then using it on the opposite leg 20 - 30 minutes later

K1 Point Location

This point lies in the **depression** found on **the top one third** of the sole of the foot

Acupressure Technique

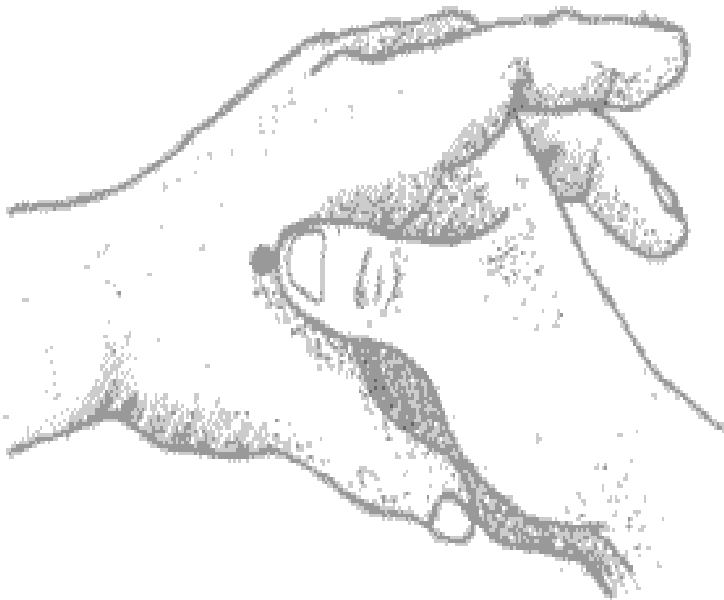
This point has a useful **relaxing effect** and can be used at **any time during labour**. It has been noted as being **especially effective during the second stage** of labour. A useful point to use to help the **perineum relax during second stage**.



Co 4

This point is found **between the first and second** metacarpal bones (thumb and first finger) at the **distal end** of the crease on both hands.

This has the effect of **intensifying contractions**, This point can be used during the **second stage of labour**. It aids the body's efforts to **move the baby down** through the birth canal. It may be especially useful **if the woman is tired and not pushing effectively**.



Sp 6

This is an important point to help the **cervix dilate**, and can be used **when the cervix is not effectively dilating during labour**.



Sp 6

This is an important point to help the cervix dilate, and can be used when the cervix is not effectively dilating during labour.

This point will be very tender and after using it some women will feel their cervix stretching and contractions strengthening.



Acupressure Technique

Direct pressure is applied with the index finger or thumb.

I recommend using this point on one leg at a time for approximately one minute (count slowly to 60 !) then using it on the opposite leg 20 - 30 minutes later.

This point will be very tender and after using it some women will feel their

cervix stretching and contractions strengthening.

I would not recommend using this point once labour is established. From my own experience, labour is not about how many hours a birth takes, but how you feel during the birth.

This point is forbidden to use during pregnancy.



Cervical Lip

This is when, although the woman wants to push, the cervix has not dilated enough. She will be told not to push by her Midwife or Doctor. If this becomes a problem during labour, apply strong pressure with your knuckles to Bl 32.

Waters Breaking

If your waters have broken and labour is not progressing, you can use Bl 32 and Sp 6 to help establish labour.

Inducing Labour

It is probably obvious that there are points included in this pamphlet that could be used to aid the induction of labour. I do not want to cover the specifics of these. If an induction is necessary I recommend an individual assessment by a qualified practitioner. If this is not possible I would be happy to discuss some points with your Midwife or Doctor.

Nausea and Vomiting (P6)

Point Location

This point is three of the woman's finger widths above the transverse crease of the inner wrist. It lies directly between the two tendons felt here. (The tendons of palmaris longus and flexor carpi radialis.)





Inner Gate (Pericardium 6)

This point can be effective for relieving nausea and anxiety.

Hold for 30 seconds or so initially, to see how it feels for you. For some people, the feeling of relief is immediate. For others, it can take a while; try 5 minutes. Release gently if you feel any acute pain women experiencing nausea during pregnancy.

Location: On the inner forearm, about three fingers' width from the wrist crease.

To hold: Gently cradle your wrist on the palm of the other hand, and lightly press the point with your thumb. You can experiment with the pressure, but a light pressure is usually effective.



Acupressure helps :

avoid medical labor induction and brings on your labor naturally.

Acupressure points for inducing labor help the **cervix dilate, speed up slow early labor**, help baby to descend, and **stimulate labor contractions.**

Furthermore, Maternity Acupressure relieves other issues that delay labor.

What is wonderful, is that this method **does NOT over stimulate the body** or distress the baby, because it just **helps body work better,**

Acupressure Technique

This can be used for mild feelings of nausea through to vomiting. Place pressure on the point and hold until effective, usually within five minutes. You can use pressure on both wrists or only one, whatever is more practical at the time. It is possible to buy a wrist band to apply pressure to this point. They are available through chemists and are called “Sea Bands.”

Alternately you can make your own. Form a wrist band with Elastic, and sew onto it a rounded button. Take care that when in place there is firm, but not uncomfortable pressure exerted on the point.

It would be useful to have one of these bands with you during labour, just in case you need to wear it. When wearing it continue to apply pressure when it feels necessary.