



香港大學中醫全科學士(全日制)校友會

The University of Hong Kong Bachelor of Chinese Medicine (Full-time) Alumni Association

Dear HKU Centenary Marathon Team members,

To support the athletes representing HKU in joining the Standard Chartered Marathon, HKUBCMAA would like to give the following advices to our runners' physical well being with referring to Traditional Chinese Medicine theory:

Daily Practice and Preparation

In the theory of Traditional Chinese Medicine, it is believed that striking for a balance of “Yin-Yang”* (陰陽) in human body can definitely enhance the physical condition in terms of intensity and persistency during exercise. In order to achieve an ultimate physical well-being, it is recommended to practice the followings in daily life:

- ◆ Develop a regular living habit - The best time of sleeping should be earlier than 11pm, in which the body can recover both physically and mentally.
- ◆ Train with reasonable and progressive expectation - A radical practice schedule would easily lead to injuries
- ◆ Recipes of Chinese Medicine for the athletes:

1. Soup of Ficus-hirta (Make two servings)

Ingredients: 30g Ficus-hirta / Hairy-Mountain-Fig (五指毛桃)
30g Millettia Speciosa(牛大力)/ Moghania philippinensis(Merr.et Rolfe)Li (千斤拔)
30g Ramulus Mori / Mulberry Twig (桑枝)
2 granules Fructus Jujubae(蜜棗)
500g Pork Shank (豬展肉)

Cooking method: Bring water (approx. 1.5L) to boil, add all ingredients.

Boil in high heat for 15 minutes and continue with medium heat for 1.5 hours.

Add in salt to taste.

Function: To tonify Qi** and moisten the lung. To relax sinews and activate collaterals. It is used for the athletes who feel tired and fatigue after exercise. Ramulus Mori can help to reduce the upper limbs fatigue whereas Millettia Speciosa and Ficus-hirta relieve the low back pain.

2. Soup of Tonifying Qi and Yin (Make two servings)

Ingredients: 30g Radix Codonopsis / Root of Pilose Asiabell (黨參)
20g Radix Ophiopogonis / Tuber of Dwarf Lilyturf (麥冬)
6g Fructus Schisandrae Chinensis / Fruit of Chinese Magnolcavine(五味子)
2 granules Fructus Jujubae(蜜棗),
500g Pork Shank(豬展肉)

Cooking method: Bring water (approx. 1.5L) to boil, add all ingredients.

Boil in high heat for 20 minutes and continue with medium heat for 1.5 hours.

Add salt to taste.



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Function: Radix Codonopsis can boost Qi whereas Radix Ophiopogonis can enrich Yin. Fructus Schisandrae Chinensis is astringent. It helps to replenish Qi and Yin as well as quench the runners' thirst by engendering fluid. Thus, it can prevent over sweating which would further damage the Yin inside body.

3. Sweetened Soup of Herba Taxilli with eggs and lotus seed

Ingredients: 15g Herba Taxilli / Twig and Leaf of Chinese Taxillus(桑寄生)
2 Hard boiled Eggs (雞蛋)
20g Semen Nelumbinis / Lotus seeds (蓮子)

Cooking method: Remove the shell of the boiled eggs.

Rinse the remaining ingredients.

Wrap the Herba Taxilli in a cloth bag.

Bring water (approx. 1.5L) to boil, add all ingredients

Boil in high heat for 10 minutes and continue with medium heat for 1 hour.

Add some rock sugar to taste.

Function: Herba Taxilli can tonify the liver, kidney and strengthen the sinew and bone. Lotus seeds can fortify the spleen and kidney. Thus, the abovementioned sweetened soup can strengthen the sinew and Bone as well as tonify the Qi and replenish the Blood.

4. Radix Panacis Quinquefolii Soup with Herba Dendrobii and Rhizoma Dioscoreae

Ingredients: 15g Radix Panacis Quinquefolii / American Ginseng (西洋參)
15g Herba Dendrobii / Dendrobium Herb (石斛)
30g Rhizoma Dioscoreae / Rhizome of Common Yam (淮山)
30g Radix Glehniae / Root of Coastal Glehnia (北沙參)
30g Rhizoma Polygonati Odorati (玉竹)
2 granules Fructus Jujubae (蜜棗)
500g Lean Pork

Cooking method: Bring water (approx. 2L) to boil. Add all ingredients

Cook over high heat for 15 minutes. Reduce to medium-low heat and cook for 2 hours.

Seasoned the soup with salt.

Serve.

Function: Radix Panacis Quinquefolii can tonify Qi and nourish Yin fluid. Herba Dendrobii, Radix Glehniae and Rhizoma Polygonati Odorati help to remove the effulgent fire by engender fluid. These ingredients also invigorate the stomach and nourish the lung yin fluid. Rhizoma Dioscoreae can tonify and replenish lung, spleen and kidney. In other words, the soup helps replenishing Qi and fortifying the spleen. It can also reduce thirst and moisten the lung.

5. Peanut with Purple Haricot and Chicken Feet Soup

Ingredients: 60g Fresh Peanuts / Groundnut / Arachis hypogaea (花生)



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- 60g Purple Haricot / Lablab purpureus (Linn.) Sweet / Vigna unguiculata subsp. Unguiculata (眉豆)
- 15g Black Fungus / Auricularia auricula-judae (黑木耳)
- A papaya / Fructus Chaenomeles / Fruti of Common Flowering quince (木瓜)
- A piece of tangerine peel / Pericarpium Citri Reticulatae (陳皮)
- 1/2kg Pork shank (豬展肉)
- 10 pieces of chicken feet (雞腳)

Cooking method: Peel and seed the papaya. Cut into pieces and set aside.

Scrub chicken feet with salt, rinse and poach. Poach Pork shank and set aside.

Soaked the dried tangerine peel until soft and scraped off the pith.

Wash and soak the peanuts, purple haricot and black fungus separately for half an hour.

Bring water (approx. 2L) to boil.

Put all ingredients except the papaya in pot

Boil in high heat for 15 minutes and continue with medium heat for 1.5 hours.

Add in the papaya, leave it to boil in medium heat for further 30 minutes.

Seasoned the soup with salt.

Serve.

Function: Purple Haricot and fresh peanuts can fortify the spleen, resolve dampness and alleviate edema. Black fungus helps to promote blood circulation. Tangerine peel can regulate Qi movement whereas Papaya can resolve the dampness and relax sinews. The soup helps to remove the dampness and free the collateral vessels. It also strengthens the sinew and bone.

6. Feet soaking with Chinese Herbs (For External Use ONLY)

- Chinese Herbs:
- 15g Radix Saposhnikoviae / Root of Divaricate Saposhnikovia (防風)
 - 15g Herba Schizonepetae / Herb of Fineleaf Schizonepeta (荊芥)
 - 15g Radix Angelicae Pubescentis / Root of Doubleteeth Pubescent Angelica (獨活)
 - 30g Radix Dipsaci / Root of Himalayan Teasel (續斷)
 - 10g Pericarpium Citri Reticulatae Viride (青皮)
 - 30g Radix Achyranthis Bidentatae / Root of Twotooth Achyranthes (牛膝)
 - 30g Cortex Acanthopanacis / Root-bark of Slenderstyle Acanthopanax (五加皮)
 - 15g Flos Carthami (川紅花)
 - 15g Fructus Aurantii / Bitter Orange (枳殼)
 - 30g Herba Lycopodii (伸筋草)
 - 30g Herba Mercurialis Leiocarpae / Garden Balsam Stem (透骨草)
 - 30g Ramus Lonicerae Japonicae / Caulis Lonicerae Japonicae / Caulis Lonicerae (忍冬藤)
 - 20g Radix Clematidis / Root of Chinese Clematis (威靈仙)

Steps: Bring water (approx. 5L) to soak the ingredients for 30 minutes.

Boil all the ingredients in a big pot of water with a high-medium heat for 30 minutes.

The abovementioned herbs can be reboiled for use.



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Soaking Method: Pour the decoction into the tub. Remove the dregs and allow to cool to the hottest temperature (approx. 40°C-43°C) you can bear without burning yourself. Soak the affected area for 15-30 minutes. Then be sure to dry and cover the affected area afterwards so that it does not become chilled.

Function: The soaking decoction helps relaxing the sinews and activating collaterals.

Caution: If you develop an allergic reaction or skin irritation, stop using the soaking decoction immediately.

On the day of marathon

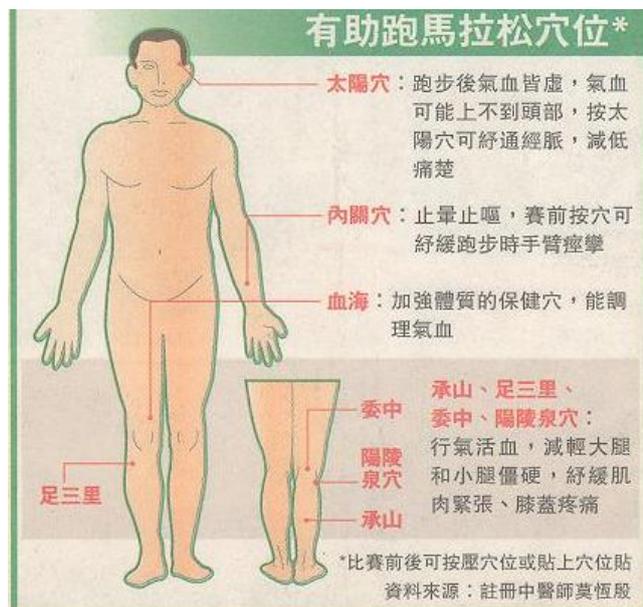
(A) Before the race

1. Have enough sleep. Have light breakfast 2 hours before starting. (Don't eat too much!)
2. Dress warm and get ready with stretching & warm-up exercises.
3. Relax! Take a deep breath, make yourself psychologically and emotionally well prepared for the race.
4. Softly and correctly apply Acu-point stimulation/ Acupressure [including **Tai Yang**¹, GB20(**Feng Chi**)², GB22(**Jian Jing**)³, Per 6(**Nei Guan**)⁴, SP10 (**Xue Hai**)⁵, ST36(**Zu San Li**)⁶, BL40(**Wei Zhong**)⁷, GB34 (**Yang Ling Quan**)⁸, BL57(**Cheng Shan**)⁹]

Function/Indication : Unblock the meridian and free the collateral vessels. Regulate the Qi movement.

(B) During the race

1. Pay attention to the breathing rhythm, keep it steady and consistent.
2. Do your best but do not push yourself far beyond your limits.
3. Be aware of the following symptoms as warning signals:
 - Dizziness / vertigo
 - Headache
 - Nausea / vomit
 - Abdominal pain / stomachache
 - Chill and shivering
 - Muscle spasm
 - Joint pain / injuries



Source : Ming Pao (Feb2009)

Runners should take measures such as stretching or acupressure to prevent the injury intensified. Nevertheless, be realistic to your timing and ability.



After Marathon for overall well-being

The principles of handling exercise-induced fatigue in regard of Chinese Medicine are shown as follows,

Symptoms: Excessive fatigue, breathe disorders.

Cause: Disharmony of Qi and Blood, and derangement of Qi movement pattern.

Principles of treatment: Soothe /Harmonize Qi and Blood. Relax sinews and activate collaterals. Regulate the Qi movement.

Treatment:

1. Acupuncture: Analgesia produced by the insertion of acupuncture needles at certain points in the body.
2. Massage: Therapeutic manipulation for sinew injury mainly includes rubbing, pushing and grasping, assisting with kneading, pinching, scrubbing and rolling manipulation.
3. Chinese Medicine: Treatment depends on the personal constitutional syndrome type. Based on the theory of yin-yang, Qi and blood, patterns of exercise-induced fatigue are classified as follows,
 - (a) Qi deficiency: with the manifestations of pale complexion, shortness of breath, lassitude and low and weak voice.
 - (b) Blood deficiency: with the manifestations of sallow complexion, numbness of the extremities, recurrent muscle spasm and thirsty.
 - (c) Dual deficiency of Qi and Blood: simultaneous presence of Qi deficiency and Blood deficiency.
 - (d) Qi stagnation: with pathological change characterized by impeded circulation of Qi that leads to stagnation of Qi movement and functional disorder of organs, manifested as distention or pain in the affected part , loss of appetite.
 - (e) Blood stasis: swelling and subcutaneous purpura in local areas, excess pain in pressing.

Runners should keep in mind: traditional medicine is only safe and effective when it suits a person's condition. Please consult a Registered Chinese Medicine Practitioner (CMP).

Additional treatment plan:

1. The Pulse Generator: a treatment of Micro electrical stimulation in conjunction with Acupuncture needles in human body.
2. Cupping method: a therapeutic method involving the application of suction by placing a vacuumized (usually done by fire) cup or jar onto the affected or any part of the body surface.

Function:

- a. Activate blood circulation, and resolve stasis, free the flow of the Meridian and Collateral.



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- b. Regulate the Qi and Blood, and balance Yin-Yang.
3. Ear acupuncture therapy: one of the microsystem acupuncture therapies, in which points located on the auricle are needed for therapeutic purpose.
Ear points can also be stimulated with small metal pellets, radish seeds, or tiny magnets, thus getting the benefits of stimulating the points without having to insert actual needles.
Ear Point selection: *Heart, Lung, Trachea, Knee, Ankle, Shen Men(Spirit Gate), Adrenals*.
Pressing the corresponding ear points can enhance your exercise ability. Since it is difficult to fix the position of above-mentioned ear points, please seek a consultation with a registered CMP.

Please do not hesitate to contact us through email hkubcmaa@hku.hk for further enquires. We wish you all the best and look forward to seeing you at the finishing point!

Best regards,

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Footnote: Location of acupuncture points are shown as follows,

- * **Yin-Yang:** the general descriptive terms for the two opposite, complementary and inter-related cosmic forces found in all matter in nature. The ceaseless motion of both Yin and Yang gives rise to all changes seen in the world.
 - ** **Qi:** the basic element that constitutes the cosmos and, through its movements, changes and transformations, produces everything in the world, including the human body and life activities. In the field of medicine, qi refers both to the refined nutritive substance that flows within the human body as well as to its functional activities.
1. **EX-HN5 (Tai Yang, Greater Yang)**
Location: In the depression 1 cun posterior to the mid point between the lateral end of the eyebrow & outer canthus.
Function/Indication: After running, the athletes may have simultaneous presence of Qi deficiency and Blood deficiency. Pressing the Tai Yang helps to clear heat and suppresses Yang, frees the channels and quickens the network vessels. Treat temporal headache, one-sided headache, head distention.
 2. **GB20 (Feng Chi, Wind Pool)**
Location: Below the occiput between the SCM and trapezius.
Function/Indication: Resolves the exterior & dispels wind, suppresses Yang & extinguishes wind, downbears counterflow and frees the flow of channels, brightens the eyes & opens the orifices. Treats stiff neck, headache and dizziness.
 3. **GB21 (Jian Jing, Shoulder Well)**
Location: Midpoint between C7 and the acromion process at the highest point of the belly of the trapezius.
Function/Indication: Downbears counterflow & suppresses yang, promotes lactation & hastens delivery, frees the flow of the channels & quickens the network vessels. Treats shoulder & upper back pain, stiff neck and motor impairment of upper arm.
 4. **PC6 (Nei Guan, Inner Pass)**
Location: Between the tendons 2 cun above the transverse crease of the wrist.
Function/Indication: Rectifies the heart Qi & broadens the chest, harmonizes the stomach & quiets the spirit. Treats cardiac pain, heart palpitations, chest pain, nausea, vomiting, gastric pain, epilepsy and local pain.
 5. **SP10 (Xue Hai, Sea of Blood)**
Location: When the knee is flexed, 2 cun above the medial superior border of the patella.
Function/Indication: Quickens the blood and transforms stasis, clears heat and cools the blood, frees the flow of channels and disinhibits the joint. Relieves the muscle (vastus medialis) spasm and pain.



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6. ST36 (**Zu San Li**, Leg three Li)

Location: 3 cun below Du Bi, 1 finger breadth from the anterior high point of tibia.

(Remarks: Location of ST35 Du Bi: With the knee flexed, located in the depression below the patella, lateral to patellar ligament.)

Function/Indication: Fortifies the spleen and harmonizes the stomach, disinhibits the Qi mechanism and upbears the clear. Treats blockage of meridian Qi with muscle contraction, gastric pain, vomiting, abdominal distention, diarrhea & dysentery, constipation, enteritis, and all gastrointestinal problems in general.

7. BL40 (**Wei Zhong**, Bend Middle)

Location: At the midpoint of the popliteal fossa.

Function/Indication: Frees the flow of the channels and quickens the network vessels. Treats lumbar pain, motor impairment of the hip joint, sciatica, paralysis of the lower extremities, knee joint and surrounding soft tissue pathologies, sunstroke.

8. GB34 (**Yang Ling Quan**, Young Mound Spring)

Location: In the depression anterior and inferior to the head of fibula.

Function/Indication: To relax sinews and activate collaterals. It rectifies the liver and gallbladder, clears heat & eliminates dampness, frees the channels and quickens the network vessels. Treats paralysis of the lower extremities, lumbar pain, thigh pain and dizziness.

9. BL57 (**Cheng Shan**, Mountain Support)

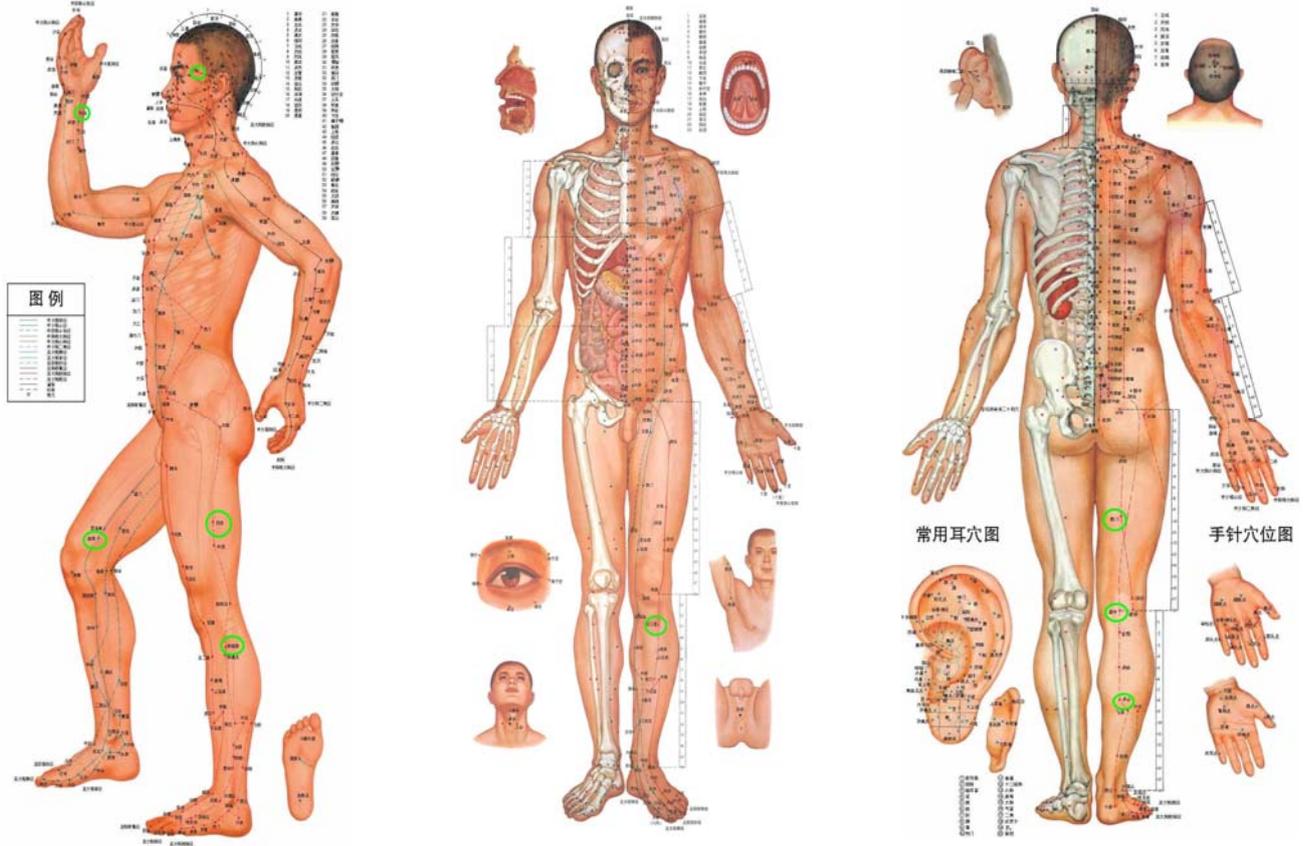
Location: At the apex of the bifurcation of the gastrocnemius, 1/2way between Wei Zhong and the heel or 8 cun below Wei Zhong.

Function/Indication: Frees the flow of the channels and quickens the network vessels. Treats sciatica, spasm of the gastrocnemius, heel pain and paralysis of the lower extremities.



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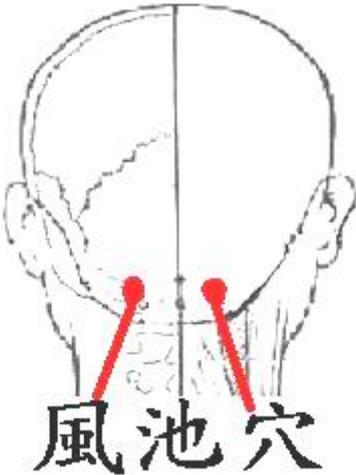
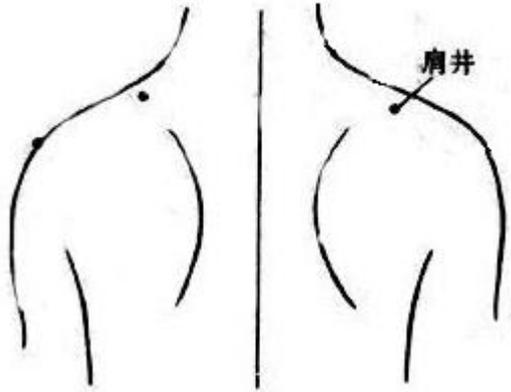


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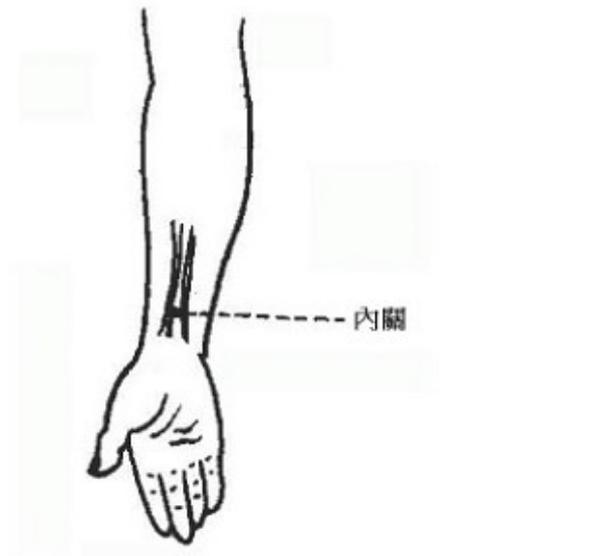
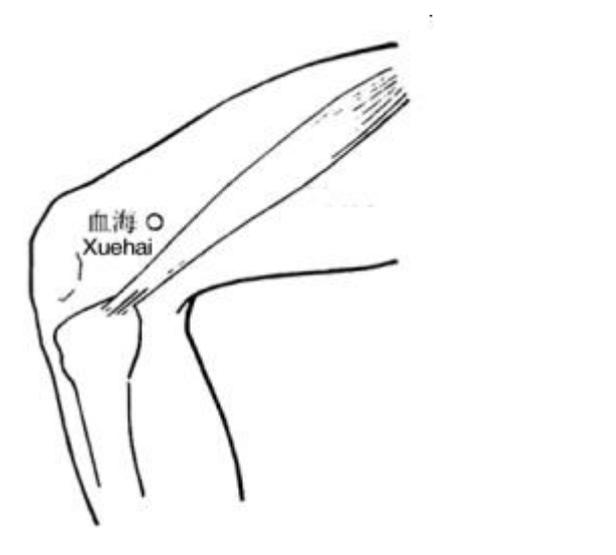
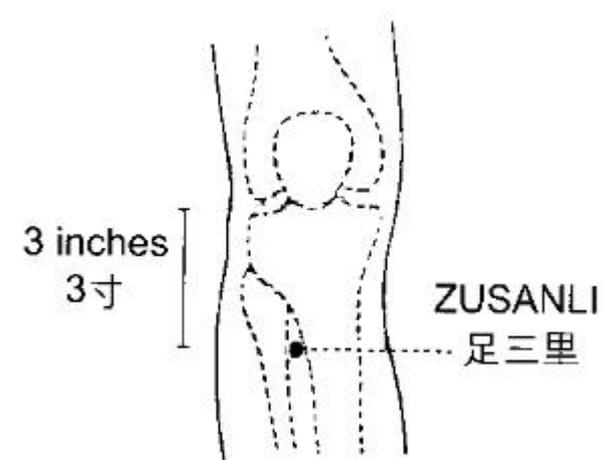
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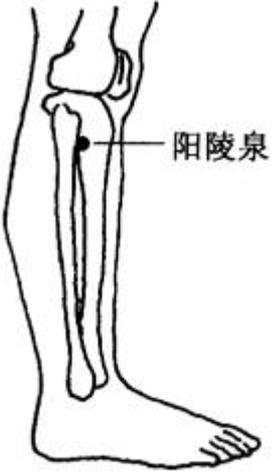
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