

陈汉平教授之 ”上” 养生法 – 揉耳朵

常按摩自己的耳朵，不仅能增强耳朵的听力和平衡作用，而且能起到养生保健作用。操作方法如下：

Ear massage for health care by Prof. Chen Han-Ping
(Shanghai Research Institute of Chinese Medicine)

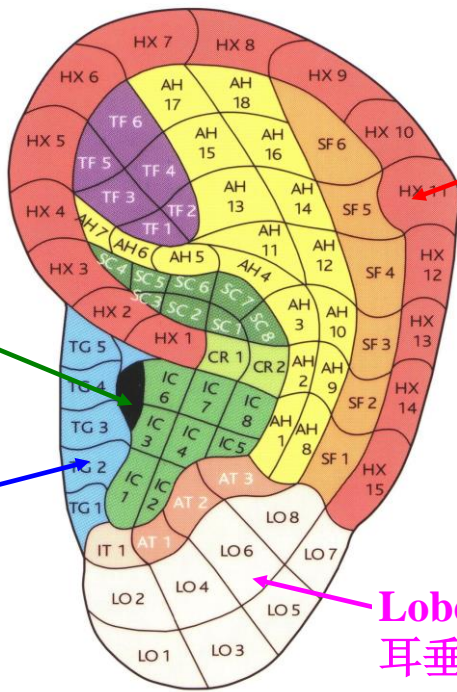
Massage your ears often will not only enhance the hearing and balancing functions, but it also plays a role in health care. Method of massaging is as follows:

Opening of External Acoustic Meatus
耳孔

Tragus
耳屏

Helix
耳轮

Lobe
耳垂



First step: Massaging the helix

Warm your palms by rubbing them for a while. Gently press your palm over the helix. Rotate your palms either in a circular or in up-down and forward-backward direction until the helix feels warm.

Second step: Pulling the lobe

Use your thumb and index finger to pinch the lobes, then pull them in an up-down and forward-backward direction.

Third step: Drilling at the Opening of External Acoustic Meatus

Place the tip of your last finger at the opening and then rotate your finger clockwise and anti-clockwise in the form of drilling operation.

Fourth step: Pressing the Tragus

Place your index finger on the tragus of each ear. By pressing and releasing the tragus, the variation of air-pressure on the ear drum creates a massaging effect.

Fifth step: Bending the ear

Place four fingers together behind each ear. Use the fingers to bend the ear forward till the helix touches the opening of external acoustic meatus and then release it. Repeat the motion several times.

第一步：揉耳廓。

将两手掌搓热，用两手掌的掌心对准耳廓轻轻揉搓，先上下揉，再前后揉，最好转圈揉，直到局部发红发热为止。

第二步：拉耳垂。

两手拇指、食指捏住两耳垂，先向上下牵拉，后向前后牵拉。

第三步：钻耳孔。

两手的小手指分别插入两耳外耳道，前后旋转，像钻头钻东西一样连续钻。

第四步：按耳屏。

两手食指按压往耳孔前面的耳屏，一按一松，使外界的气体对鼓膜产生按摩作用。

第五步：推耳背。

两手四指并拢托住耳朵后背，轻轻向前推，使耳廓盖住耳孔，然后松开，如此反复推耳背。