

自我按摩穴位

Acupoints for self-massaging

天枢 (Tian Shu)

位于肚脐左右各旁开约3手指处
Located approx. 3 fingers width left & right of belly button

操作：拇指环形按揉约3分钟

Method: Massage in circular motion with thumb for about 3 mins

气海 (Qi Hai)

位于肚脐下约2手指处

Located approx. 2 fingers width below belly button

操作：拇指环形按揉约3分钟

Method: Massage in circular motion with thumb for about 3 mins

腹部按摩 (Abdominal massage)

操作：双手重叠，掌心环形（顺时针）下压式在肚脐周围揉腹约5-15分钟

Method: With both hands overlapping, massage clockwise around the belly button for about 5-15 mins

腹部按摩
Abdominal massage

4 fingers width 4手指

支沟
Zhi Gou

支沟 (Zhi Gou)

位于腕背横纹上约4手指，尺骨与桡骨之间

Located approx. 4 fingers width above the back of the wrist

操作：拇指环形按揉约3分钟

Method: Massage in circular motion with thumb for about 3 mins

每日按摩3次
Massage 3 times/day



Source: Leonard, J. (2024, January 24). What are the different types of poop? <https://www.medicalnewstoday.com/articles/320938>

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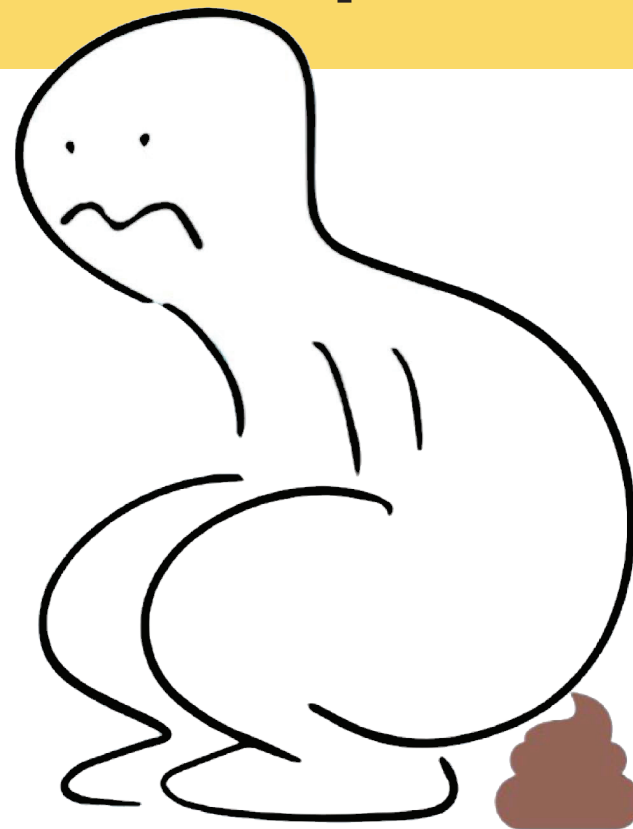
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便秘 Constipation



便秘 Constipation

指**排便次数减少** (1周排便少于3次)或**排便困难**
Refers to a **decrease in frequency** (less than 3 times a week) or **difficulty in passing stools**

排便困难指:

Difficulty of passing stools refers to:

- 大便干结, 排出艰难
Dry & hard stools that are difficult to pass
- 虽有便意/大便质软, 但排便不畅
Having the urge/soft stools but difficulty in passing them out

常见致因 Common causes

- 饮食不当
Imbalanced diet
- 缺乏膳食纤维
Insufficient fibre intake
- 过食辛辣肥甘厚味
Overeating spicy, oily & rich foods
- 液体摄入量不足/饮酒过多
Inadequate water intake or excessive alcohol consumption
- 缺乏运动 → 肠道蠕动减慢
Lack of exercise → Reduced intestinal motility
- 老龄化 Aging
Long-term negligence of the urge to defecate
- 长期忽视排便欲望
Changes in habits & lifestyle e.g. Travelling
- 长期滥用泻药
Long-term abuse of laxatives

预防与调护 Prevention and Management

每日摄取足够的膳食纤维:

Sufficient intake of dietary fibre daily:

1

- 2 份水果 (可任意搭配)
2 servings of fruits of your choice



- 2 粒苹果/橙子/梨/芒果
2 apples/oranges/pears/mangoes
- 2 片木瓜/西瓜/黄梨
2 wedges of papaya/watermelon/pineapple
- 20 粒葡萄/龙眼
20 grapes/longan
- 2 条香蕉
2 medium banana



2

- 2 份蔬菜
2 servings of vegetables

- ½ 盘煮熟的蔬菜
½ plate of cooked vegetables
- 100g 生的无叶蔬菜
100g raw non-leafy vegetables



3

- 适量的全谷物
Include whole grains

- ½ 碗糙米
½ bowl of brown rice
- ½ 碗糙米粉/全麦意大利面
½ bowl of brown rice noodles/ whole-wheat spaghetti
- 2 片全麦面包
2 slices of wholemeal bread
- ⅔ 碗 (50g) 未煮熟的燕麦
⅔ bowl (50g) of uncooked oats



Source: High fibre for a fit and fabulous you. (n.d.). <https://www.healthhub.sg/live-healthy/more-fibre-for-a-fit-and-fabulous-you>

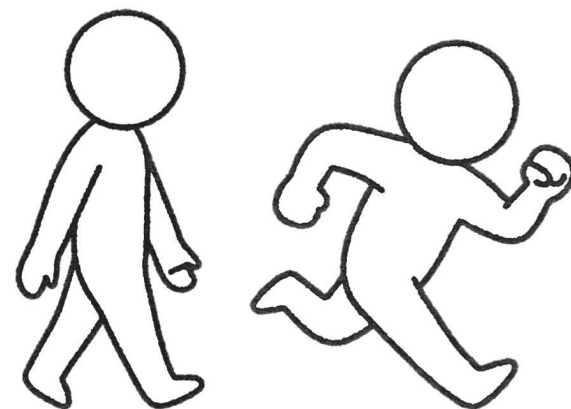
每日饮用6-8杯水: Drink 6-8 cups of water/day:

- 有助于软化大便
Helps soften stools
- 选择温水促进肠胃蠕动
Drinking warm water further promotes bowel movement



适当和规律的运动: Exercise regularly:

- 增强腹部肌肉, 刺激肠道收缩, 促进大便排出
Strengthen abdominal muscles to stimulate intestinal contractions for bowel movement
- 可步行、跑步、骑脚踏车、做瑜伽等
Engage in activities like walking, running, cycling, and yoga etc



*若便秘问题仍持续, 请寻求专业资助

*If constipation persists, please seek professional help