刺血疗法
Blood-letting therapy

用针刺人体一定穴位，运用挤压或拔罐等方法使针眼出血，从而达到治疗目的的外治法。主要用于火毒、热毒炽盛之阳证、热证，如各种痧症、外感发热、跌打损伤瘀积、昏厥、中暑、疮积、急性咽炎、目赤肿痛、腰腿痛等。

Blood-letting therapy a kind of external treatment that treat diseases by pricking certain acupoints of the human body with needles and making points bleed by squeezing or cupping. Mainly used in syndromes such as fire poison, pathogenous heat yang syndrome and heat syndrome, and symptoms such as rashes, fever caused by exogenous pathogens, injuries and bruises, syncope, sunstroke, infantile malnutrition, acute pharyngitis, swelling pain and redness of eyes, lumbago, leg pain and so on.
敷贴疗法
Point application therapy

在经络理论的指导下，在穴位上贴敷药水，通过药物的热力、药力渗透到皮肤的治疗疾病的外治法，治疗头痛、呕吐、自汗盗汗、脱肛、眩晕、面瘫、风湿痹病、疮痈癣疹、扭挫伤、口腔糜烂、烫伤等疾病疗效显著。

It is a kind of external treatment guided by meridian theory that apply plaster medicine to the points so that therapeutic effect can be achieved by the permeating function of medicine and heat. It can effectively treat diseases such as headache, vomiting, diarrhea, spontaneous sweating, rectal prolapse, dizziness, facial paralysis, rheumatism, rubella, strains and bruises, oral erosion, scald and so on.
刮痧疗法
Skin scraping therapy (Guasha)

使用一些器具或药物，在患者体表进行刮治的一种方法。常用于痧症、中暑、外感、谷道疾病、内伤疾病等。

Skin scraping therapy (Guasha) is a method that utilizes some medical instruments or medicine to scap the patient's skin so as to treat diseases such as rashes, sunstroke, exogenous diseases, digestive diseases, internal injuries and so on.
火攻疗法
Fire attack therapy

选取特定瑶药加工炮制形成药枝，点燃药枝熄灭明火后，用两层牛皮纸包裹，熨灸患者一定部位以治病的方法，主要用于类风湿关节炎，症见关节对称性肿痛、屈伸不利，遇寒加剧者。

Use a medical stick that is made of certain processed Yao medicine, ignite the medicine stick and wrap it with two layers of kraft paper after open flame is extinguished, and warm certain parts of the patient so that therapeutic effect can be achieved. Mainly used in rheumatoid arthritis, symptoms such as symmetrical pain of the joints, flexing and stretching disablility which is worsen when cold.
火针疗法
Fire needle therapy

After burning the needle tip, quickly prick the needle into specific acupoints on the body surface. It has a good effect in treating pains of neck, shoulder, back and leg, stomach pain and other diseases.
经筋推拿疗法
Tendon message therapy

在发掘整理古代中医经筋学说的基础上，结合壮族民间经验而总结出来的一种以“查灶诊病”和以“消灶治病”的疗法，对治疗筋病、颈肩腰腿痛症有独到之处。

Based on the ancient Chinese medicine theory and combined with the folk experience of the Zhuang people, the tendon massage therapy sums up a treating method of "diagnosing diseases by checking lesions" and "treating diseases by eliminating lesions". It has an unique effect in treating diseases such as pain of neck, shoulder, back and leg.
小针刀疗法
Small needle-knife therapy

在治疗部位刺入深部到病变处进行切割、剥离等不同程度的刺激，以达到止痛祛病的目的。适应证主要是软组织损伤性病变和骨关节病变。

It is a therapy that utilize small needle-knife to prick deeply into diseased regions to exert various degree of stimulations such as incising, stripping and so on. Mainly used to treat soft tissue injuries and osteoarthropathy.
熏蒸疗法
Fumigating Therapy

熏蒸疗法是利用药物煮沸后产生的蒸汽来熏蒸肌肤，以达到治疗疾病目的的一种治疗方法。适应病症：类风湿关节炎、骨关节炎、强直性脊柱炎、银屑病关节炎、硬皮病等风湿病，腰腿痛、跌打损伤、痧症、肥胖、疲劳综合症等。

Fumigating therapy is a treatment to fumigate skin with vapor produced by boiling Chinese herbs, so as to treat rheumatic diseases, such as rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, psoriasis arthritis, scleroderma, as well as waist and leg pain, traumatic injury, rash, obesity, fatigue syndrome and so on.
药物竹罐疗法
Therapy of medicated Bamboo Jar

用煮沸的壮药水加热特制的竹罐，趁热吸拔于治疗部位上，以治疗疾病的一种方法。适用范围广泛，尤其对各种风湿痹痛、各种原因引起的腰腿痛、肩背酸痛、肢体麻木、半身不遂、跌打损伤、陈旧性损伤等，有独特疗效。

It is a therapy that utilizes special bamboo jars heated by boiled Zhuang herbs liquid on the affected areas of the body, with the effect of treating various diseases, especially for all kinds of rheumatic arthralgia, pain of waist, leg, back and shoulder, numbness of extremities, hemiplegia, traumatic injury, old injury and so on.
药线点灸疗法
Sting Therapy of Burning Medicated Thread

采用壮药泡制成的药线，点燃后直接灼灸人体体表一定穴位或部位，以治疗和预防疾病的方法。适用于临床多种疾病，如畏寒、发热、肿块、疼痛、痿痹、麻木、瘙痒者，效果较好。

It is a therapy through burning medicated thread made of Zhuang herbs and then directly stinging on the acupoints or the specific areas of the body, which is effectively applied to the treatment of multiple symptomss, such as aversion to cold, fever, lump, pain, muscular flaccidity, numbness and itching.
药浴疗法

Therapy of Medicated Bath

壮医药浴疗法是用壮药水煎过滤药液洗浴全身或局部借助药力和热力以治疗疾病的一种外治法。适应症：类风湿性关节炎、痛风、骨关节炎、强直性脊椎炎、纤维肌痛综合征、硬皮病等风湿病，中风偏瘫、肥胖等。

Therapy of medicated bath is an external therapy by the means of bathing the whole body or the specific part of the body with Zhuang herbs filtrate, so as to achieve the purpose of treating diseases through the effect and heat of herbs. It has a significant effect on treating rheumatic diseases like rheumatoid arthritis, gout, osteoarthritis, ankylosing spondylitis, fibromyalgia syndrome, scleroderma, as well as apoplectic hemiplegia, obesity, etc.
针挑疗法
Needle-Pricking Therapy

通过挑刺体表一定穴位或部位，从而达到治疗目的的一种方法。适用于多种病症，尤其是痧症、痹症、四肢关节僵直或疼痛、腰痛、跌打损伤、肌肤麻木不仁等。

It is a therapy through pricking the acupoints or the specific areas of the body to treat various diseases, especially rash, arthralgia, stiffness or pain of four extremities and joints, lumbago, traumatic injury, numbness of skin and so on.
壮医目诊
Eye Inspection of Zhuang Medicine

借助放大镜来观察眼睛的色泽、形态、脉络、斑点等细微的变化以诊断全身疾病，并辨别疾病的病因、病位、病情和推测愈后的一种独特的诊断方法。

It is a characteristic diagnostic method that utilizes magnifier to observe the color, shape, veins, spots and other subtle changes of the eyes, so as to diagnose systematic diseases and identify the cause, location, condition, as well as speculate the prognosis of the diseases.