

Course: Acupuncture Techniques II  
Class #: 1

Date: Jan 7, 2008

### Quizzes

- 1 – Class 4
- 2 – Class 8
- Final – Class 12

Can only miss 1 class w/o grade penalty

Class 1: moxa. Theory, rolls, stick, cone  
Class 2: other methods of moxa and warm needle  
Class 3: cupping

For each technique there are different methods of use. Some only used currently, some not so much even though traditional.

Class 4: QUIZ 1 (30%) and acu techniques review, point practice.  
Class 5: 3 edged needle, bleeding. Can also use lancet.  
Class 6: cutaneous needle therapy: plum blossom (5) and Seven star (7)  
Class 7: Gua Sha  
Class 8: QUIZ 2 (30%) and acu techniques review again.  
Class 9: Electro-acu  
Class 10: Same + theory and machine operation, point choice.  
Class 11: Practice, technique review. Bleeding on head, chest, ab.  
Class 12: FINAL EXAM (40%), written and practical.

### Shopping List notes:

Burn cream keeps moxa cone in place. Can buy premade moxa cones, smokeless are best. Some have sticky on them to keep them in place.

70% alcohol works for fire on cottonball, but 91% burns better.

## Moxa

Very early recorded technique, probably from northern areas – cold temps and cold animal products like dairy. Generates digestive difficulties, cold limbs, etc. Probably the origin of moxa.

What is Moxa?

Mugwort or *Artemisia vulgaris*

- Warms the meridians and expels cold
- Moves Qi and Blood, opens the meridians

Burn for the heat at points needed for the specific case you are treating.

Other flammables can be used.

Other herbs can be combined with moxa such as ginger or garlic slices. Musk and moxa wool rolled together penetrates and guides.

You can also use non-flammable moxa. Garlic for instance can be put on the skin – will irritate, even blister. Stimulates the immune system functions.

Most common, however, is moxa and heat. You can also ingest mugwort. Works the same inside and out.

## **Moxa Materials**

### Moxa Cone

Wool of moxa rolled, squeezed into shapes then burned on a point.

- Small: wheat kernel sized
- Medium: bean sized (what kind of bean!?)
- Large: ~ ½ size of an olive

### Moxa Stick

Wool rolled into a stick, premade. There are pure and herbal mixes. Can find the wool wrapped in mulberry paper. Herbals add in musk and other herbs.

### Other materials

Rush – Ding xin cao – used internally too.

Bai Jie Ze, Mu Zhu Yu, Garlic, etc.

## **Functions and indications**

Warms meridians, expels wind, cold and damp.

- W/c external invasion – Du 14 for example
- Internal cold symptoms – live in a cold area, feel cold in the spine, etc.  
Use Du 4, Ren 4, for example.
- Yang deficiencies like Sp yang xu – frequent cold, diarrhea, want to eat warm foods/drinks. Use Sp points to warm and tonify
- Bi Syndromes due to w/d/c  
Arthritis which is worse in cold, damp. Warm local points with moxa.

### Regulate Qi and Blood

Examples: pain/numbness on skin, Qi sinking (lifts Qi – use Du 20), Liver Yang rising syndrome (directs Qi downward – use K 1)

Can also use rice sized grains to stimulate points.

Moxa is very penetrating. You can control the strength of the heat. Often the effect is more of a function of the the point than anything else. This is why some acu schools use moxa for any case, not just heat related.

### Revive Yang for resuscitation

Yang collapse syndrome.

### Prevent diseases, maintain health

Refers mostly to scarring moxa. Some ppl still do this – get moxa prior to traveling to different climate to boost their immunity. Can also do moxa regularly. Stomach 36 scarring moxa after the age of 60 - scarring moxa with blister to stimulate body to boost immune system. Like a booster vaccine.

Don't do this to young people! Young ppl have higher yang and can create too much heat this way.

Dissipate nodules, remove toxic heat

Early stage of a sore, carbuncle, boil B4 pus formation (with garlic), scofula. Sores, carbuncles, boils that won't heal for a long time: use indirect moxa. Put garlic slice on sore/boil then burn a cone on it. Like a local antibiotic.

For sores that don't heal = immune weakness. Tonify the yang – fu zi.

## **Methods in Brief**

Moxa Stick – 10 to 20 minutes just like w/ needle retention.

- Hold stick over a point til skin is pink and warm
- Over a larger area, move in a circular motion. Can also move up and down the channel. Can circle painful joints du to Bi cold.
- Sparrow pecking up and down over a point to warm/cool/wrm/cool...

Moxa Cones

- Direct and indirect methods as described previously.
- Direct scarring moxa – asthma, CFS, chronic gastroenteritis, etc.
- Direct non-scarring moxa – chronic cold deficiencies, skin warts, etc. affected area is smaller than with sticks.