

Moxibustion

Mugwort/Artemesia Vulgaris is the herb most commonly used for moxa. What are the properties of this herb?

1. Warm the meridians and expel cold
2. Move qi and blood
3. Open the meridians

When you form a cone from moxa wool there are 3 sizes. What are these 3 sizes?

1. Small – the size of a wheat kernel
2. Medium – bean sized
3. Large – ½ the size of an olive.

Name 5 basic functions and indication for moxa application.

1. Warm meridians and expel wind, cold, and damp
 - a. Wind/Cold Exterior syndrome
 - b. Interior Cold syndrome
 - c. Yang Deficiency
 - d. Bi Syndrome – the W/D/C kind
2. Regulate Qi and Blood
 - a. Pain
 - b. Skin numbness
 - c. Qi Sinking Syndrome
 - d. Liver Yang Rising
3. Revive the Yang for resuscitation
 - a. Yang Collapse Syndrome
4. Dissipate nodules and remove toxic heat
 - a. Early stage of sore, carbuncle or boil before the pus forms
 - b. Sores, carbuncles or boils that just won't heal after a long time
5. As a preventative to keep healthy
Mostly, scarring moxa on various points, applied yearly.

What are the 4 applications and their functions for moxa sticks?

1. Mild Warming Moxa
 - a. Application: Hold the stick over a point until the skin is pink and warm
 - b. Functions:
 - i. Warm the meridian to expel w/d/c for Bi syndrome (the w/d/c kind)
 - ii. All indications of moxa above, but especially chronic deficient cold diseases.
2. Circling Moxa

- a. Application: Move over a larger area in a circular motion or up and down a channel.
 - b. Function: Warm meridian, circle painful joints due to WDC Bi Syndrome.
3. Sparrow Pecking: move stick rapidly up and down over a single point to alternately warm and cool.
4. Pressing Moxa
- a. Application: unsure???
 - b. Function:
 - i. Warm the yang and expel cold
 - ii. Move Qi and Blood
 - iii. Open the meridian and stop pain.

What is “direct” moxa?

Can be scarring or non-scarring. Moxa cone is placed directly on the skin (with a thin layer of something to make it stick in place) and lit.

What is “indirect” moxa?

This is moxa cone technique with a layer of something between the cone and the skin. Common substances used are a slice of ginger, a slice of garlic, a layer of salt, or a Fu Zi cake.

Why would you use ginger as the intermediary in moxa?

Used for exterior syndromes and deficient cold: common cold, cough, wind/damp Bi, vomiting, abdominal pain, diarrhea.

- 1. Expel cold
- 2. Release the exterior
- 3. Warm the interior
- 4. Stops vomiting.

Describe the uses of garlic in indirect moxa.

Removes toxins and kills worms. Also good for early stages of carbuncles, sores, boils, insect bites, psoriasis, tuberculosis, scrofula.

Where do you use salt in indirect moxa and why?

You use it at Ren 8, the umbilicus. Two primary uses:

- 1. Warm the interior
Ab pain, pain around the umbilicus, hernia pain, prolonged dysentery, chronic diarrhea, urinary retention.
- 2. Revive the yang for resuscitation
Yang collapse with profuse sweating, cold extremities, hidden pulse.

What about Fu Zi (monkshood) cake?

This warms the Kidney Yang for yang deficiency problems such as impotence, premature ejaculation, or yin type sores.

What is the Warm Needle technique? Why would you use it?

Using a pre-made moxa needle cone or a hand rolled cone on the handle of an inserted acupuncture needle, then lighting it to warm the needle and transfer the heat into the body.

You use this for problems that need both acupuncture and moxa, such as cold damp Bi. Cold Damp Bi symptoms are joint pain, numbness and cold sensations, paralysis, muscle weakness and atrophy.

Mainly used on the local areas.

Describe the sensation the patient gets with Moxa.

A warming sensation or slight burning pain. Can be of the local skin, or can be deep inside and/or along the channels.

What areas of application do you do first then later with moxa?

1. Yang first, yin last
Example: back then abdomen
2. Upper first, lower later.
Example: heat → body → 4 limbs
3. Small cones first, big cones later. Fewer first, more later.

How many minutes do you use a moxa stick on an area as a rule of thumb?

10-15 minutes or until the skin turns pink or reddish.

How many moxa cones do you use on a point as a general rule?

3 – 7 or until the skin turns pink or reddish.

For big moxa cones and/or more cones...

Who would you use them on?

Strong people, young men

What areas would be suitable for big/more cones?

Low back, lower ab, thick skin, areas of big muscles.

What kinds of diseases would big/more cones be suitable for?

Yang collapse and a severe cold syndrome with a long history.

For small cones and/or less units

Who would this be suitable for?

Women, children, elderly, weak patients

In what areas would you use it this way?

Head, chest, 4 limbs, thin skin, thin muscles.

What kinds of diseases?

W/C/D Bi, upper excess with lower deficiency

What are the precautions you should think about when doing moxa?

1. Explain sensation and possible blister/scars. Have patient sign a consent form.
2. Pick a suitable position for the patient
3. Use cautiously in cases of Yang hyperactivity/yin deficiency, excess heat
4. Stay close to monitor patient's reaction, adjust heat intensity, etc.
5. More attention is required if pt is in coma, has lack of innervation, diabetic, etc.

Where is moxa forbidden for pregnant patients?

Never on abdomen or on lumbosacral areas!

Where should direct/scarring moxa never be used?

Face, private parts, vicinity of large blood vessels, joints.

How do you treat a burn that results from moxa?

Use a burn cream to stick the moxa cone on and this is a good preventative. You can also apply burn cream (the chinese stuff is fabulous) as necessary. Infection is the primary concern.

Small burns: can heal by themselves. Use burn cream

Large blisters: punc with sterile needle, drain, apply sterile gauze

Moderate or severe burns: ER or physician

What are the precautions to give a patient after scarring moxa?

No heavy work, keep local skin clean to avoid infection.

How can you tell high quality Moxa from low quality?

High quality is aged, bluish yellow, very fine, pure (no other stuff mixed in), very soft, and dry. This burns smoother and it's easier to form cones out of it.

Low quality stuff is new, blackish brown, has fibers and other stuff mixed in, it's hard and thick and wetter, doesn't cone or burn as well.

Cupping

What is cupping?

An ancient technique using a cup/jar/horn or something like this, using negative pressure + heat, then placing the cup/etc. over a point. Generally applied to areas of local congestion/stagnation/infection.

What are some general applications for cupping?

1. Move Qi and Blood
2. Expel wind and cold
3. Dissipate swelling/lumps, clear heat, remove toxins (with bleeding)
4. Regulates Qi/blood stimulate points.

What are some body type pains you could use cupping for?

Low back pain, stiff neck, shoulder pain, stomach ache, ab pain, dysmenorrhea, sprains
Use on local areas, jiajis, back shus, sacrum.

What kind of Bi syndrome could you use cupping for?

W/D/C type arthritis

Local points or along a whole channel

What kind of respiratory illnesses are suitable for cupping?

Cough, cold, asthma

Back of the neck, upper back. Could do specific back shu's or could cover upper back in cups, flash cupping. Sometimes LU 1 and LU 2 if there's enough muscle tissue there.

How do you cup for sores, carbuncles, boils, snakebite etc?

Prick open the sore, apply cup until color of blood changes to normal

How could you use cupping to treat acne?

Not on the local areas, but on Jaiji points. Palpate the points and feel for texture changes in the point. These are reactive points. Cup here.

Where do you cup to treat sunstroke?

Pericardium 3, BL 40, Du14

What is the fire twinkling method of cupping?

Using a cottonball soaked in 91% alcohol held with forceps, inserted into a cup inverted at about 45 degrees to burn the air out and then quickly placing the cup on the point.

What is fire throwing?

You use this on a cup attached to the side of the body (like when the pt is sitting upright). You leave the fire cotton bit inside the cup and attach it to the side of the body. The fuel burns the oxygen out and goes out. Very strong suction. Very hot. Not often used.

What is the cotton attaching method?

Similar to fire throwing. On the lateral side of the body too. Soaked cotton is stuck to the inside of the cup, lit, placed on the side of the body. Hot, strong, not often used.

What is the air pumping type of cupping?

Used with plastic suction type cups. Use an air pump which sucks the air out of the cup. No heat.

When do you use a single cup?

On single acupoints, ashi points, or on disorders in small areas. Du 14 cup might be a good example.

When would multiple cups be appropriate?

Disorders involving bigger areas, whole channels, to regulate the function of several organs, etc.

How long do you retain cups once applied?

Depends. For static cupping or sliding cupping, keep it up 5 – 15 minutes or until skin turns reddish or purplish. (more purple = stagnation). You use less time for big cups and strong suction to avoid the possibility of blistering.

What is flash cupping?

Applying a cup and then immediately removing it. You use this where skin is loose and you can't get good suction. You also use flash cupping for local skin numbness, deficiency, for older people, and for hypo type functioning.

What is sliding cupping and when would you choose this method?

With sliding cupping you use more oil to lubricate the skin where you are going to move the cups. Similar to Guasha. You move the cup back and forth over a large area, over larger muscles, upper/lower back, thighs, etc. Used for pain, muscle tightness, sciatica pain, to expel wind/cold, cough, etc.

How and why do you apply needling cupping?

Needle first, then place a cup that is taller than the needle and apply. Mainly used for WDC Bi syndrome with pain deep inside the muscle or in the bone. This is dangerous any place where there is danger of pneumothorax anyhow.

How do you do blood letting with cupping, why, and when not to?

You bleed first with 3 edged, lancet or plum blossom, then cup over the top of it to suck the blood out. This is good for disorders of Qi and blood stagnation, heat retention. You never do it on big blood vessels as it causes too much bleeding.

What is the proper way to remove cups?

Gently. You use the tip of a finger to release the suction. Never pull them off forcefully, twist them off, or decrease pressure suddenly.

Describe a good after effect for cupping. Describe a bad effect (what you don't want).

Purple/red spots or bruising that disappears after several days. The more stagnation there is the deeper the color the bruises will be. May last up to 10 days on some people. You have to let your patient know beforehand!!!

What you don't want: blistering. That means either your patient is hypersensitive or you left them on too long. Small blisters will self-resolve after a couple of days. Larger ones should be drained and dressed with sterile gauze to prevent infection.

How do you sterilize glass or porcelain cups?

You can autoclave them or use a chemical disinfectant with double sterilization, especially if there was bleeding.

What if there is bleeding when you cup?

First, use gloves and CNT! Remove the cup slowly to avoid blood spray and hold a papertowel under the cup where gravity dictates the blood will flow when you remove it. Often the blood will congeal, so it is unlikely it will be liquid. Isolate the cups and use double sterilization.

What about bony patients?

No sliding cupping—too painful. You might be able to cup Du 14. You really want to cup where there is adequate muscle and the skin is elastic.

What about very hairy patients or areas where they happen to have a lot of hair?

No. Sometimes you can use enough oil to make this comfortable, but oil + alcohol + fire + hair? Bad combo.

What precautions should you take with patients who have never had cupping, weak patients, nervous patients, old people, kids...

Use small cups, less cups, have them lie down, and observe them carefully!

List some basic precautions for cupping.

Check the temperature of the rim and the cup so you don't burn your patient!

Don't burn 'em!!!

Short retention during summer or in areas of thinner muscle.

Get 'em comfy first so they don't move around and dislodge a cup.

List 6 contraindications for cupping

1. Not for easy bleeders, leukemia, hemorrhagic purpura, hemophiliacs, blood thinners(?)
2. Contraindicated for severe edema – water will flow to the cupped area
3. No to hypersensitive or non-elastic skin, places with skin wounds, ulcers, tumor areas, hernias, fractures, varicose veins.
4. High fevers, convulsions, non-cooperative or flailing patients
5. Heart beat areas, 5 sense organs, anus
6. Preggers: abdomen or lumbo-sacral area

Read over the application areas for cupping.

Three Edged Needle/Bleeding Technique

What are the 3 main types of manipulations for bleeding technique?

1. Spot pricking
Over a single point (like jing wells)
2. Scattered/clumpy pricking
Prick several times around a diseased area.
For sore, sprain, Bi, rash, tinea, etc. Often used with bleeding/cupping.
3. Blood vessel pricking
Prick a superficial vein in cubital fossa like P3 or LU 5, popliteal fossa (BL 40/39), tai yang area, etc.

What are the functions of bleeding technique?

1. Clear heat, remove toxins
2. Remove blood stagnation
3. Reduce swelling
4. Open channels, stop pain
5. Resuscitate

What are the 5 indications for bleeding?

1. Excesses
2. Heat
3. Blood stagnation
4. Pain
5. Acute disorders

Name 3 precautions for bleeding.

1. Put the patient in a comfortable position (though for BL 40, standing is best)
2. Apply strict CNT principles.
 - a. Disposable 3 edged needle or lancet
 - b. Wear gloves
 - c. Since you rub the area to get the blood up, clean the points with alcohol afterwards
 - d. Dispose of used needle, cotton balls, etc in appropriate biohazard containers.
 - e. Wash hands before and after.
3. Avoid arteries! Veins only.

For whom is bleeding therapy contraindicated?

Weak, aged, anemic, preppers, spontaneous bleeders (hemophiliacs, hemorrhagic purpura, blood thinner patients, etc.)

Cutaneous Needle Therapy

What is cutaneous needle therapy?

Cutaneous needling is light puncture with a plum blossom or seven star needle hammer. It can be light enough to just redden the skin or hard enough to bring up a little blood. Can be used in a single point or along a channel. Stimulates cutaneous regions of meridians.

For what do you inspect the device before you start?

Examine the needle head to ensure all needles are level, nothing is hooked, broken, no one needle/s is/are sticking out further than the rest. Best to use disposable equipment unless you have access to sterilization equipment.

What is the posture? Where does the force come from?

You hold the hammer at the far end with one fingertip on top of the handle/stem of the hammer. The movement come from the wrist which should be loose and relaxed, but still under control. Grip should be light.

Describe the tapping method.

Use wrist force with a bounding/bouncing tap. You hold the hammer so it is perpendicular to the skin and the whole head hits at once so that no side hits first and penetrates too deeply. Frequency is 70-90/min.

Describe mild stimulation for cutaneous needle therapy, who you use it for, and where.

In mild stimulation you tap just hard enough to turn the skin pink. There should be no pain. This is suitable for weak people, preppers, aged people and kids. It is suitable on the face, head and areas of thin muscle coverage.

Describe moderate stimulation for cutaneous needle therapy and where it is used.

Skin turns to red and there is slight pain, but no bleeding. This is suitable for most cases except on face/head/thin muscle.

Describe strong stimulation for cutaneous needle therapy, who you use it for, and where.

Strong stim involves slight bleeding and pain. It is suitable for those with a strong constitution. You can use it on muscular areas such as shoulder, back, lower back, butt, four limbs where there is good muscle coverage.

Where can you apply this type of technique?

On the back on bladder lines, du channel, jiaji points where the points are reactive. You can tap along the channels below elbow and knee. You can tap single points based on pattern diff. You can also tap local areas for joint disorders, skin disorders (numbness, rash, tinea, psoriasis, alopecia), and in local area for disorders of eyes, nose, face, head, etc.

Review this slide!

disease	Area to be tapped	Intensity
Skin numbness	Local area	Moderate - strong
Psoriasis	Local area	Moderate – strong
Alopecia	Local area;back shu points	Moderate
Acute lumbar sprain	Jiaji; ashi points + cupping	Strong
Frozen shoulder	Jiaji; Local area + cupping	Moderate-strong
Asthma	Jiaji, Lu channel, chest	Moderate
Insomnia	Head, neck, jiaji, Yintang, Taiyang, DU20	Mild – moderate
Stomachache	Back shu points, Upper abdomen, ST channel	Moderate
Abdominal pain	Back shu points, Abdomen, ST channel	Moderate
Impotence, dysmenorrhea	Lower abdomen, Low back, sacrum, Foot 3 yin channels	Moderate

What precautions must you use for cutaneous needle therapy?

Use CNT procedures! CNT says one device per person...but use common sense beyond this — don't go from fungusy foot to the head with the same device!

Use sterile disposables or have access to sterilizing equipment.

For what is cutaneous needle therapy contraindicated?

Skin wounds, ulcers, scars.

Gua Sha Therapy

What is Gua Sha? What is it used for?

Gua Sha is applying oil to the skin then using an instrument with a rounded edge held 45° to the skin to rub or scrape the skin. The goal is to raise little “sha spots” similar to the bruising you get in cupping, but likely to be less concentrated.

GuaSha is appropriate for removing blood stagnation, opening channels, removing toxins, clearing heat and regulating the function of internal organs.

What tools do you use for guasha?

A guasha plate (or spoon or other tool) and guasha oil.

What is the difference between direct and indirect gua sha?

Direct gua sha uses oil and direct skin contact. Indirect is no oil and through a silk cloth.

List 4 common indications for Gua Sha.

1. External diseases:
Common cold, cough, asthma, stomach flu, sunstroke, etc.
2. Pain:
Back/shoulder/neck/sciatica pain. Stomach ache, headache, abdominal pain.
3. Gastric problems:
Acute gastroenteritis, dysentery, etc.
4. Health preservation:
Use lighter stimulation without oil.

List 6 areas where Gua Sha is commonly used.

1. Head (yintang, taiyang, GB 20)
2. Neck (side, GB 20 to 21)
3. Back (du channel, bladder channel lines, jia ji, above/below scap spine, IC's)
4. Chest (sternum, IC's)
5. Four limbs (esp fossas)
6. Channels and points

What are the significances of bright red spots after gua sha?

Indicates exterior syndrome, short history, mild illness, good prognosis.

What are the significances of dark red or purple patches?

Can indicate interior syndrome, long history, severe problem or poor prognosis

What if there are no sha spots?

No sha syndrome present.

What are the precautions to consider for Gua Sha therapy?

Put the patient in a comfortable position, use a clean gua sha instrument, and apply oil before beginning. The angle should be oblique to avoid cutting the skin. Strength should be even from beginning to end and only apply one direction (mostly down and out). Finish one area before moving to another.

How long should you gua sha and what about the intensity?

Gua sha until the spots appear completely. Use lighter stimulation for health preservation, first treatment, aged and weak patients.

How often can a patient get guasha?

Every 3-7 days

What should the patient do for self-care after guasha?

Rest, drink warm water, no cold showers.

When/where is gua sha contraindicated (4)?

1. Never for easy bleeders/hemophiliacs, purpura hemorrhagica, leukemia, etc.
2. Not where the skin is compromised by wound, rash, sore, scar, mass, infection.
3. Not on bony areas
4. Preggers: not on low back, ab.

ElectroAcupuncture**What 3 basic stimulations do you need to know for Electroacupuncture?**

1. Waveform
2. Frequency (of stimulation pulse)
3. Intensity (how strong the stim is)

What are the 3 very basic steps in e-acupuncture?

1. Inspect the stim machine
2. Insert the needles and get Qi sensation, hook up the leads
3. Adjust the stim

What kind of needles do you need to use for e-acu?

Metal handles, thicker needles

What do you do prior to changing/adjusting wave form or frequency?

Turn intensity to off, make adjustments, slowly increase intensity.

What is the appropriate level of intensity for a patient?

Above the sensory threshold and below the pain threshold.

How long do you retain stimulation with this modality?

15-20 minutes.

Which do you connect to the primary point – the negative or positive lead?

The negative lead goes to the primary, the positive to the 2ndary.

How far apart do you place the 2 needles on a circuit?

☺ Not too far, not too close. Too close and you can get cross connect. Too far and you lose sensation. Minimum distance, as a rule of thumb is about 6 cun apart.

What is the frequency, function and/or indication for a Dense Continuous wave?

Frequency:

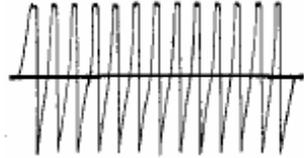
50 – 100 pulses per second.

Function:

Inhibits sensory and motor nerves

Indication:

Relieve pain, tranquilizes the mind, relieves spasms of muscles and blood vessels.



What is the frequency, function, and/or indication for a Disperse (Sparse) Continuous wave?

Frequency:

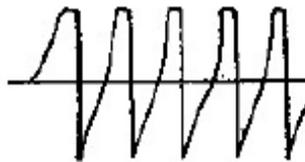
2-5 pulses per second

Function:

Induces muscle contraction and enhances tension of muscles and ligaments

Indication:

Indicated for paralysis, muscle/ligament/joint injury



What is the frequency, function, and indication for a Dense-Disperse/Sparse wave form?

Frequency:

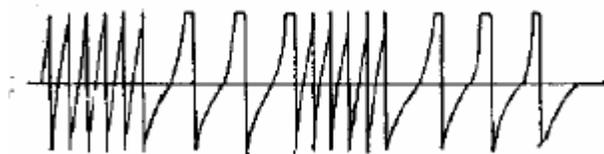
Disperse (slow freq) and dense (fast freq) waves alternate, each lasting about 1.5seconds to prevent the body from adapting to a single pattern.

Function:

Pain relief, improved metabolism, improved blood circulation, improved tissue nourishment, elimination of inflammation.

Indicated for:

Pain, trauma, sprain, arthritis, sciatica, facial paralysis, weakness of muscles.



What is the frequency, function, and indication for a Discontinuous or Intermittent Wave?

Frequency:

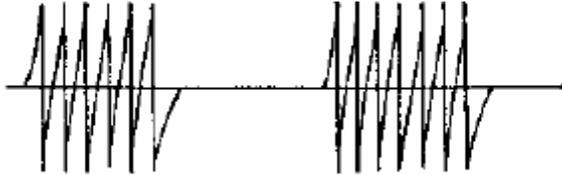
This wave appears on and off rhythmically in 1.5second intervals.

Function:

Stimulates muscles

Indication:

Paralysis



What are the precautions for e-acu?

1. Turn intensity up gradually to avoid strong muscle contraction (needle bend/break/etc)
2. Never to the level of pain
3. Mild when near spine or brainstem
4. Never cross the body's midline with a single circuit
5. Never for pacemaker/electronic implants patients
6. Caution for preggers, heart disease, seizure patients, aged, weak

What are the advantages of electroacupuncture in disease treatment?

1. Better for nerve disorders
2. Stimulation control
 - a. More measurable than manual stimulation
 - b. Can stimulate multiple points at a time.
 - c. Can stimulate longer

How many pairs of points can you e-stim at a time? Bilaterally or unilaterally?

1 – 3. Make sure pt can tolerate well before increasing pairs. Usually unilaterally to avoid crossing midline.

Four principles to use in selecting points for stimulus.

1. According to nerve distribution – this is the most important factor.
2. According to channel distribution
3. According to Zangfu organ relationship
4. Choose local points.

Nerve and point distribution

Part of body	Nerve	Points
Head	Facial	ST 17, Qian zheng Bells palsy, facial paralysis
	Trigeminal	GB 14, BL 2, ST 2, ST 7, Jia cheng jiang
Upper Limb		Jia Ji points
	Ulnar nerve	HT 2, SI 8
	Radial nerve	LI 13, LI 11
	Median nerve	PC 3, PC 4, PC 6
Lower Limb		Jia Ji points
	Sciatic nerve	GB 30, BL 37
	Tibial nerve	BL 40
	Common peroneal nerve	GB 34, ling hou
Back		Jia ji points, select corresponding section for muscle or internal organ disorders
Lower back/sacrum	Lumbar nerves	BL 24, 25
	Sacral nerves	BL 31-34