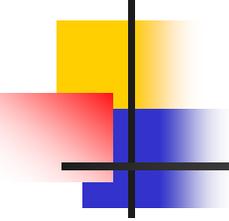


Moxibustion

Instructor: Yuxia Qiu



What is moxibustion?

- Moxa /Mugwort /Artemisia Vulgaris
 - warm meridians and expel cold
 - move Qi and blood, open meridians
- Heat
- Points and meridians

- Some other flammable materials are used
- Herbs maybe combined
- Non-flammable herbs application

Materials for moxibustion

- Moxa-wool

- ❖ Moxa cone

- Small: wheat kernel size
- Medium: bean size
- Big: ½ olive size



- Other materials

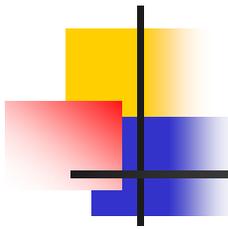
- Rush, etc
- Crude herb such as bai jie zi, wu zhu yu, garlic, etc

- ❖ Moxa stick

- ❖ Pure moxa stick
- ❖ Herbal moxa stick

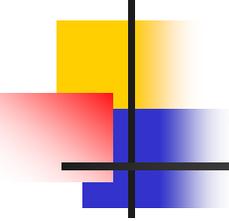
Functions and indications of moxibustion

- Warm meridians and expel wind cold damp
 - For wind cold exterior syndrome
 - For interior cold syndrome
 - For yang deficiency
 - For Bi syndrome due to wind cold damp
- Regulate qi and blood
 - For pain, skin numbness, Qi sinking syndrome, Liver Yang rising syndrome, etc
- Revive the yang for resuscitation
 - For yang collapse syndrome
- Prevent diseases and keep healthy
- Dissipate nodules, remove toxic heat
 - For early stage of sore/carbuncle/boil before the pus formation; scrofula; sores/carbuncle/boil couldn't heal for a long time



Classification of Moxibustion

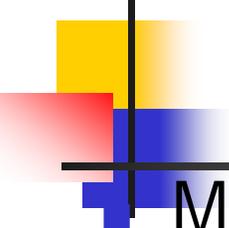
- Moxibustion with moxa sticks
 - Mild-warming moxibustion
 - Function and indications:
 - To warm the meridians
expel wind, cold and dampness
for wind cold damp Bi
 - For all kinds of indications of moxibustion therapy,
especially chronic diseases of deficient cold type
 - Circling moxibustion



continued

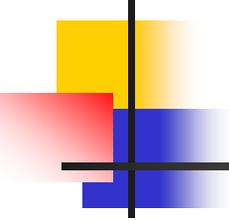
- Sparrow-pecking moxibustion

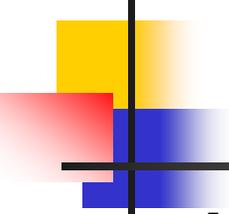
- Pressing moxibustion (herbal moxa stick)
 - Material:
 - The Great Monad Herbal Moxa Stick (Tai Yi Shen Zhen);
 - Thunder-fire moxa stick (Lei Huo Shen Zhen), etc
 - Function:
 - warm yang and expel cold, move Qi and blood, open the meridian and stop pain
 - Indication:
 - Cold syndrome, blood stagnation syndrome, pain, etc



Moxibustion with moxa cones

- Direct moxibustion
 - Scarring moxibustion
 - For asthma, chronic gastroenteritis, long term general weakness, etc
 - Preventing diseases and keep healthy
 - *Non-scarring* moxibustion
 - For all kinds of indications of moxibustion therapy, especially chronic diseases of cold deficient syndromes, skin warts, etc
- Indirect moxibustion
 - Moxibustion with *ginger*
 - Expel cold, release exterior, warm the interior, stop vomiting. For exterior syndrome and deficient cold syndrome, such as common cold, cough, wind damp Bi, vomiting, abdominal pain, diarrhea, etc.

- 
-
- Moxibustion with *garlic*
 - Remove toxin, kill worms.
For early stage of sore/carbuncle/boil, insect bite, psoriasis, tuberculosis, scrofula, etc
 - Moxibustion with *salt on Ren8*
 - Warm interior
For abdominal pain, pain around umbilicus, pain cause by hernia, prolonged dysentery, chronic diarrhea, urinary retention, etc.
 - Revive the yang for resuscitation.
For yang collapse: profuse sweating, cold extremities, and hidden pulse
 - Moxibustion with *monkshood (Fu Zi) cake*
 - Warm kidney Yang
For yang deficiency, such as impotence, premature ejaculation, yin type sore.

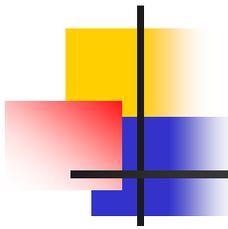


- Moxibustion with warming needle

- Warm and open meridians, move Qi and blood
 - Disorders need both acupuncture and moxibustion
 - cold damp Bi: joint pain, numbness and cold sensation; paralysis, muscle weakness and atrophy, etc
mainly used on local areas

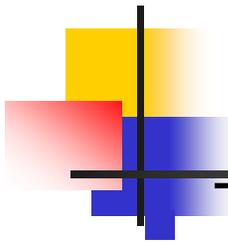
- Others

- Moxa box
 - Commonly used on lower abdomen, lower back, etc
- Rush-burning moxibustion (deng xin cao)
 - For mumps, etc
- Crude herb moxibustion



Application of moxibustion

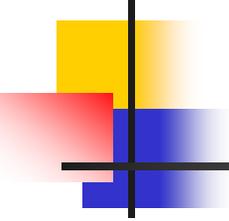
- The moxibustion sensation
 - Warm sensation, Slight burning pain
 - of local skin, or deep inside, or along channels
- The process for moxibustion generally
 - Yang first, yin later;
back → abdomen
 - upper part first, lower part later;
head → body → four limbs
 - Small cone first, big cone later
 - Fewer cones first, more cones later



The volume for moxibustion

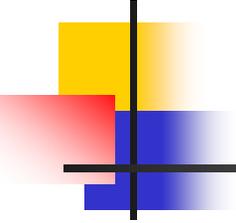
- 10-15 minutes for moxa stick on each point or until the skin turns pink / reddish
- 3-7 moxa cones for each point or until the skin turns pink / reddish

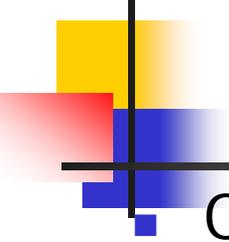
	Big cone, more units	Small cone, less units
constitution	Young men, strong,	Women, children, elder, weak
area	Low back, lower abdomen, thick skin and big muscle area	Head, chest, four limbs, thin skin and thin muscle area
disease	Yang collapse, severe cold syndrome with a long history	Wind cold damp Bi, upper excess with lower deficiency



Precautions

- Explanation of the expected sensation and possible blister/scar formation before the treatment
- If using direct moxa, ask the patient to sign an informed, written consent.
- Suitable position during treatment

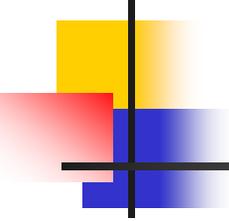
- 
-
- Moxibustion should be used cautiously in cases of Yang hyperactivity with yin deficiency; excess heat syndrome
 - Direct / scarring moxibustion should not be applied to the face, the private parts, the vicinity of large blood vessels and joints.
 - Moxibustion is forbidden on the abdominal region and lumbosacral region of pregnant women.



- Observe patients' reaction during moxibustion to adjust the intensity of heat in time to avoid causing burns;

For patients with coma, numbness of the skin / extremities, diabetes patients who have neuropathy, or who have conditions where sensitivity of local nerves may be diminished such as in neural injury, or pathology resulting in paralysis, etc, more attention is required.

- When using indirect moxa protect the patient's skin from any falling moxa or ashes

- 
-
- Management of burn:
 - Small blisters can heal by themselves.
 - Large blisters should be punctured with a sterile needle and drained, then dressed with sterile gauze.
 - Burn ointment be applied when necessary.
 - Infection is the primary concern.
 - For moderate or severe burns, refer to emergency room or a physician.

 - After scarring moxibustion, the patient should not do heavy physical work, and must keep the local skin clean to avoid infection

Appendix 1: Quality of moxa wool

High quality	Low quality
Old	New
Bluish yellow color	Black brown color
Fine as wool	Has fiber
Pure	Impure
Soft	Hard thick
Dry	Wet
Burns smoother, easier to form cones	The contrary

- Note: store the moxa in a cool, dry, dark place