CMAC211

Session 1

Introduction to Moxibustion

Chinese Medicine

Department
Pre Readings

- Both are handouts on the LMS
CMAC211 – Subject Rationale

“Acupuncture Therapeutics 1 introduces the clinical skills required to practice Chinese medicine. Infection control, hygiene, safety and management of adverse effects are highlighted and practically applied in combination with developing practical skills in needle insertion and manipulation, cupping techniques and application of moxibustion.

This subject builds on Point Location (CMAC121) and therefore further develops the professional skills and judgments required of a Chinese medicine practitioner.”
Learning Outcomes

- Describe and apply hygiene, asepsis practices, infection control and management of sharps and biohazards in line with the CMBA guidelines as they relate to each Chinese medicine therapeutic technique.

- Demonstrate safe needling insertion and manipulation technique on a range of body shapes and sizes, showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.

- Demonstrate safe moxibustion and cupping practice on a range of body shapes and sizes, showing due respect for privacy, cultural and other differences in line with CMBA Code of Conduct.
Learning Outcomes

- Describe and apply precautions and contraindications in acupuncture practice, risk management strategies, and recognition and management of accidents (including emergency response) and adverse reactions.

- Understand the application rationale for auxiliary techniques of cupping and moxibustion as well as their cautions and contraindications.

Image: Alan Levine, 2015
Don’t Forget This – Refer to Handout

Mannix, 2015
Assessments – Yes it can be this obvious

Find $x$. 

Here it is.
Continuous Skill Development

**SUBJECT:** CMAC211 – Acupuncture Therapeutics 1

**TYPE:** Continuous Skill Development

<table>
<thead>
<tr>
<th>DUE DATE:</th>
<th>WORD LIMIT:</th>
<th>TOTAL MARKS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weeks 1-13</td>
<td>N/A</td>
<td></td>
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**WEIGHT:** Pass/Fail

**TASK:**

In the practical component of each session of all classes, you are required to demonstrate safety when applying moxibustion, cupping and acupuncture techniques each week through the semester. It will be your responsibility to see that lecturer marks you competent and safe for all of the tasks. **If you are sick, you still need to demonstrate proficiency in the task missed.** You need to meet the requirements of the [Attendance Policy](#) and attend 80% of the classes with active participation in these classes both as the practitioner and patient.

You will:

- Practice the ‘hands on’ components of each lecture in a pair or small group during the tutorial time. You will need to rotate being a practitioner and patient in each class that you attend.
- Practice each of the relevant assessment skills covered in the class.
- Practice the treatment techniques discussed in the class focussing on correct point location and manipulation methods.
- Practice each assessment method and treatment technique professionally and safely with attention to patient management.

You need to get your lecturer’s signature on each skill to pass this criteria.
## Assessments

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcome Assessed</th>
<th>Session Content Delivered</th>
<th>Session Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practical Examination 1 (30 minutes)</td>
<td>1-4</td>
<td>1-7</td>
<td>8</td>
<td>30%</td>
</tr>
<tr>
<td>Practical Examination 2 (30 minutes)</td>
<td>1-4</td>
<td>1-13</td>
<td>Practical Examination Period</td>
<td>35%</td>
</tr>
<tr>
<td>Final Theory Exam (1.5 hours)</td>
<td>1,4,5</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>35%</td>
</tr>
</tbody>
</table>

The overall pass rate for this subject is 50%. Additionally students must pass the final practical exam with a mark not less that 50%.
Moxibustion

- Moxibustion is usually combined with acupuncture to enhance the effects of both.
- Narrow definition of moxibustion is the medical application of burning mugwort floss on or over an acupoint or affected site.
- The broader definition is an external heat therapy on or over an acu-moxa point of the affected site. Mugwort, Mulberry twigs, peach twigs, rush pith, and even incense may be burned.

Wilcox, 2010, p1
Images: Wonderlane, 2009, Yarin Asanth, 2015,
Folium artemisiae argyi (Ai Ye)

- Processed moxa, left to right. Course moxa for indirect moxibustion.
- Superior quality for direct moxibustion
History of use

- Probably dating back to when humans began to use fire 1.7 million years ago. People felt better sitting around a fire. The warmth will increase blood flow.
- They then started to use fire as medicine, twigs and branches they could find.
- At some point through trial and error, they discovered that mugwort burns easily and possess some medical properties.

Wilcox, 2008, p15
Image: Wikimedia Commons
Pre-Han, & Han Times

- Two of the Mawandui scrolls are the earliest recorded medical literature on moxibustion. These are around 168BCE.
- The Yellow Emperors Inner Cannon (400BCE – 260BCE) has passages about the origins of moxibustion in the north of China.
- The Shang Han Lun (Treatise on cold damage) by Zhang Zongjing. Zhang's views “Acupuncture can be used for yang patterns, and moxibustion is appropriate for yin patterns.”

Wilcox, 2008, p18
Image Wikimedia Commons
Tan Dynasty – Sun Si Miao

- Sun Simiao wrote comprehensively and often included moxibustion in his prescriptions
- Sun usually advised large amounts of moxa (100+ cones)
- He also recommended moxibustion as a preventative medicine
- Also included insulating mediums such as garlic, salt and Aconite (Fu Zi) and warm needle
- Also a big proponent of direct scarring moxa on ST36

Wilcox, 2008, p20, 38
Image: Institute for Traditional Medicine
Song Dynasty and beyond

- Moxibustion on Gao Huang Shu (BL43) written for treatment of consumption (TB the original Yin Xu) by Zhuang Chuo
- Other doctors continued the generous dosage approach with 300-500 cones becoming routine on points such as CV4, CV6, CV12 and ST36
- Treatment of many more diseases is included in these periods with moxibustion. Other mediums such as garlic were introduced for toxic skin conditions
- Contraindications were also developed during this time
- The importance of moxa sores is also elaborated upon

Wilcox, 2008, p22, 26
Moxa Sores

Li, 2007, pp 47-8
Modern Times

- Manufacturing methods have developed to allow, electrical moxibustion, liquid moxibustion, moxa balms smokeless moxibustion, self-heating moxa pads, stick on cones

- While this has expanded the scope of moxibustion, there seems to be concurrent reduction in the view of how, why and when each modality should be used

Wilcox, 2008, p22, 26
Images Wikimedia Commons
Moxa Rationale

Moxa Functions

- Warms Cold
- Dries Dampness
- Moves the Qi & Blood
- Strengthens Yang and Qi
- Heat catalyst
- Bitter acrid flavour

Wilcox, 2010, p5
# Moxa Functions in Depth

<table>
<thead>
<tr>
<th>Warms whatever is cold</th>
<th>Transforms and eliminates dampness</th>
<th>Warms the channels and frees the network vessels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moves Qi quickens the blood and stops pain</td>
<td>Disperses stasis and resolves six depressions</td>
<td>Supplements the centre and boosts the post-heaven qi</td>
</tr>
<tr>
<td>Supplements the Qi and nourishes the blood</td>
<td>Warms the Yang and supplements Qi and Yang Xu</td>
<td>Returns Yang from collapse (fainting)</td>
</tr>
<tr>
<td>Lifts yang and sinking qi (prolapse)</td>
<td>Prevents disease and strengthens the body</td>
<td>Regulates Chong and Ren vessels</td>
</tr>
<tr>
<td>Repositions the foetus</td>
<td>Nourishes yin</td>
<td>Descends counterflow qi</td>
</tr>
<tr>
<td>Calms the liver extinguishes wind</td>
<td>Expels evils from the body</td>
<td>Clears heat and resolves toxins</td>
</tr>
</tbody>
</table>

Wilcox, 2010, pp 5-8
Is it just the heat?

- Point selection and application method are important when applying any of the previous functions.
- From a Western point of view, the healing mechanisms are not well researched.
- Some researchers have shown that the heat is different to other substances or heat lamps.
- Some have shown that the damage caused by direct moxa initiates a healing response.

Wilcox, 2010, p8
Images Wikimedia Commons
Mechanism

- The healing reaction is stimulated by an immune response, neurotransmitters or other as yet undetermined mechanism.
- Shen et al. 2006, measured the infrared radiation showing traditional moxa was 43 300mV, smokeless moxa was 555mV, and a cigarette was 31mV.
- Other extracts have been isolated from mugwort have been shown to be more effective in killing human tumour cells than killing normal human cells.
Clinical Usage

- Moxibustion was common in folk medicine among families and used for many conditions.
- Treatments have been developed for virtually every pattern and every symptom.
- However, not all conditions are equally responsive to moxibustion.
- Conditions involving cold and damp respond well.
- Joint conditions as moxibustion is analgesic (moves qi and blood).

Wilcox, 2010, p9
## Clinical Usage

<table>
<thead>
<tr>
<th>Deficient patterns</th>
<th>Moxa on ST36, CV4, CV6, CV12, Back Shu points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nourish Yin</td>
<td>BL43, CV4, KI3</td>
</tr>
<tr>
<td>Emergency situations</td>
<td>Dan Tian, ST36,</td>
</tr>
<tr>
<td>Nourishing life (disease prevention)</td>
<td>Dan Tian, ST36, GB39, KI3, Back Shu Points,</td>
</tr>
<tr>
<td>Counterflow of qi</td>
<td>Dependant on where it’s manifesting can be Lung, Stomach, Liver Yang or Liver wind, but points in the lower abdomen or feet can be used</td>
</tr>
<tr>
<td>Heat conditions</td>
<td>Externally contracted wind heat GV14 and UB13</td>
</tr>
<tr>
<td>Skin conditions, abscesses, boils, herpes zoster, itching, eczema, etc</td>
<td>Over the condition, can be used with garlic for toxic heat, moxa removes heat toxins and also moves the qi and attracts blood flow thus reduces itch</td>
</tr>
</tbody>
</table>

Wilcox 2010 pp153-180 also covers 40+ points specific use with moxibustion
Breech Presentation
The Protocol

- The treatment procedure involves the application of moxa to BL67 for twenty minutes once a day for ten days.
- Continue for the ten days even if the baby turns and presents correctly (confirmed by midwife or doctor).
- Ideally, intervention is most efficient at week 34 due to size restrictions, although some babies will turn on their own at 36 weeks.
- Teach the women how to do it and give her enough moxa to last the ten days.

Betts, 2006, p130-3
Image: Betts 2006, p130
Mechanics of Technique

- Cone moxibustion
- Rice grain moxibustion
- Indirect medium (salt, ginger, garlic)
- Stick moxibustion
- Warm needle moxibustion
- Moxa box therapy

Image: Wilcox 2010, front cover
Cone Moxibustion

- See Wilcox, 2010, p62, 72 See handouts
- Can be handmade or pre-made
- Can be done with insulating mediums salt, ginger, etc
- See the grades of moxa here
- See the cone moxa demonstration here.
- In the video, you see how to use moxa for tonifying and reducing
Salt moxa

- Regular moxa cones are used, although you could make them larger than other areas.
- A tissue is placed over the navel and salt put on the tissue.
- Moxa cones are placed directly on the salt.
- See the demonstration here.
Different Sizes of Moxa Cones

Thread size
Sesame seed
Rice Grain
Adzuki Bean
Borlotti Bean

Young, 2012, p121
Rice Grain Moxibustion

- See Wilcox, 2010, p63, 67-8, 71, See handouts
- Needs Shiunko, (purple cloud ointment), or another insulating medium
- See the rice grain prep here
- See the rice grain moxa demonstration here

Image: Uni Hong, 2015
Videos: EdTech at Endeavour, 2016
Stick Moxibustion

- See Wilcox 2010; p96-106 See Handouts
- Smokeless stick, pure moxa sticks, other medicines can be added into the sticks
  - See stick moxibustion
  - See smokeless moxibustion
  - See the other methods of moxibustion here

Image: Millwoods Acupuncture Centre, 2015
Warm Needle Moxibustion

- See Wilcox, 2010, p114-122
- Can use premade, or hand made on the needle can use traditional or smokeless moxa
- Use the moxa guards
- See the warm needle moxibustion here
- Smokeless and smokey moxa is used
- Technique covered later in the semester

Images: Mannix 2015
Moxa Box Therapy

- See Wilcox, 2010, p127
- Used over a large area such as abdomen or lower back
- Cover area before applying the moxa box
- Clinically we tend to use a heat lamp more
Cautions & Contraindications

- Within Chinese medical literature, there is no consensus on contraindicated points.
- Common sense, useless on the face and head
- Start with small “dosages.”
- Avoided near sense organs, mucous membranes, genitals, nipples and large blood vessels.
- No moxa of BL23 and GV4 in high blood pressure.
OH&S

- Moxibustion safety general considerations are:
  - Burns and infection
  - Inhalation of smoke
  - Side effects of an unbalanced or improper treatment
  - Preventing fire
  - Legal liability
  - See handouts for details

Wilcox, 2010, p46
Image, Emilio Küffer, 2014
Use an Air Purifier

Image, Mannix, 2016
Ventilation

Image, Spring Dew, 2005
The Common Sense Approach

- When lighting the moxa, light it away from the patient, if using cone moxa use an incense stick, matches are too hot
- Moxa floss ignites easily; smokeless moxa will need a blue flame to light it
- Moxa ash – have an ash container for this, it can burn and is unsightly – ash moxa sticks regularly
- Extinguishing moxa have a Moxa extinguisher before you commence moxa
- Have a kidney dish with water

Wilcox, 2010, p24-5
Image, Sleestak, 2010
The Common Sense Approach

- When extinguishing moxa sticks place them in the extinguisher and leave them, don’t press them like a cigar.
- Use a slotted spoon when using the warm needle technique and place into water dish.
- Don’t tap the smokeless moxa sticks as they can break easily. Usually, the whole burning part falls.
- Pay attention the patient when using moxibustion and never leave them while doing this.
Practical

- Practice with many of the moxa techniques including rolling your moxa cones
- We will have time through the semester to cover those that you didn’t get to today
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