

What Can Moxibustion Therapy Do for Health in TCM (November 2006)

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Acupuncture is an important treatment modality of Traditional Chinese Medicine (TCM), and is the most widely recognized in the U.S. Some people mistakenly believe that TCM and Acupuncture are synonymous, however acupuncture is only one - although very important - treatment modality. Other TCM treatment modalities are nutritional food therapy/counseling, herbal therapy, exercise such as Tai Chi and holistic lifestyle counseling and Moxibustion.

Moxibustion is an important part of acupuncture therapy. In Chinese, it is called **Zhen-Jiu**. **Zhen** means needle and **Jiu** means Moxibustion, therefore Zhen-Jiu means “needle Moxibustion,” or Acu-Moxa therapy.



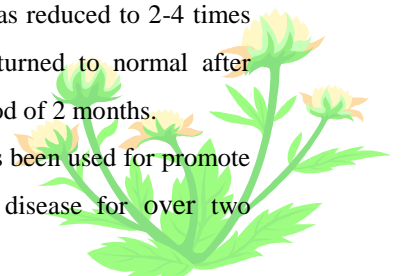
There are numerous kinds of Moxibustion therapy, and different combinations of herbs, which can be used with these various methods. The most common method of Moxibustion uses a “warming” and aromatic herb named Artemisine Argyi Folium, which is rolled into paper, applied to the ends of acupuncture

needles, and burned. In another method, herbs are applied directly to acupuncture points with warm compression, in order to open Chi energy pathways, known as Meridians. Both methods strengthen the body’s energy and its circulation to treat certain diseases, strengthen the body’s immune systems, balance the function of various organs, prevent disease, and to promote overall vitality and well being.

In some difficult cases, Moxibustion therapy can produce desired health improvements when acupuncture and herbology have proved insufficient.

Many years ago, I had a female patient who suffered for many years with Hepatitis C., liver damage and digestive disorders. She had diarrhea 10-15 times per day with non digested food particles, had a pale yellow complexion, was mal- nourished, had low muscle mass, was chronically fatigued and was anemic. Her digestion system was too sensitive to take any herbal formula and did not respond well to previous acupuncture treatments. After only a single very ancient traditional Moxibustion treatment, her diarrhea was reduced to 2-4 times per day. Her condition turned to normal after consist treatment for period of 2 months.

Moxibustion therapy has been used for promote well being and prevent disease for over two



thousand three hundred years. One very ancient text speaks of the power of Moxibustion to prevent disease by stating: “. *Frequently Moxibustion therapy on point Ren-4, 6, 12. Du-4 and St-36 during the time that when one is not ill can ensure one’s health for over a hundred years.*” Many well-known Chinese doctors throughout history had been very long-lived,

Especially in the Tang dynasty (1700-2000 years ago) Dr. Sun, si-miao lived to be 130 years old because, as he believed, he frequently used Moxibustion therapy on himself, in a manner designed to prevent disease, strengthen immunity and promote well being.



Recent scientific research has shown that Moxibustion produces measurable health improvements.

It is able to:

1. Strengthen the body’s immunity activity. In laboratory experiments in rabbits has been shown to increase the activity of macrophage cells (that related to our body immunity) by a factor of 4 times. On patients with chronic asthma, Moxibustion has been shown to raise the rate of T cell proliferation to normal levels.
2. Effective treat allergies and autoimmune disorders. Although the exact mechanism is not completely understood, in laboratory research Moxibustion therapy reduced the death rate in mice with immune disorder from 90% to 10%. It has also shown to reduce the number of mast cells and its vasoactive and inflammatory mediators. (That related to autoimmune disorders and allergies)
3. Help the body to fight cancer cells by increasing cell immunity that is the main immunity in our body to fight cancer cells. After chemotherapy, most cancer patients experience fatigue and nausea. Moxibustion can restore body energy and rapidly soothe the stomach. Over a longer period, it can restore immunity, increase blood account to prevent anemia, and reduce or prevent hair loss during chemotherapy.
4. Help to control bacteria infections and other micro organisms by increasing body immunity.
5. Balance blood pressure. When a person is in shock with lower blood pressure, Moxibustion therapy on certain acu-points can increase blood pressure. It can also lower blood pressure from high to normal. It relaxes blood vessels; regulate blood flow to benefit circulation to the heart and the brain and other vital organs.
6. Regulate the hematological system. Research in Japan indicated that white blood cells count increased 2-3 times than normal 1-4 hours after Moxibustion therapy. It also increased Red blood cells count and hemoglobin count 1 week after Moxibustion therapy. Helps control pain.
7. For woman health: help woman with premenstrual tension syndrome (PMS). Infertility, mal position of fetus. It also helps woman with chronic condition and peril menopausal and menopausal problems.
8. Most commonly use now in Asia countries, especial in Japan since 1937 for disease prevention and promotion of well-being.

