

Mechanisms, Contraindication and Therapeutic Effect of Moxibustion

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Abstract

Moxibustion has many advantages, and the method is simple and safe. Through the ages, there are countless people who use moxibustion for treatment, but some people can not moxibustion, and some situations also need to be treated carefully.

Keywords: moxibustion, contraindication, yang-qi

1. The Principle of Moxibustion

Dou CAI, a famous doctor of the Song Dynasty, said in his book *Bian Que Xin Shu*: “A lady’s true nature is the master of her body. If she is strong, she will be strong; if she is weak, she will be sick; if she is absent, she will die.” True yuán is vitality, Yang Qi, therefore, vitality is the foundation of life, is the foundation of health, longevity, the foundation of the Ford. Middle-aged and elderly people, if adhere to moxibustion at Guanyuan point in summer, not only can regulate frequent and urgent urination and prostate problems, but also can strengthen the body and prolong life. Moxibustion will sensing through the meridian, is the circulation of qi, smooth the meridians, but this process will dissipate Qi. It is inevitable to have qi deficiency after a long time of activating meridian. Moxibustion will warm the human body, treat cold, warm meridian and dredging collaterals, but many people moxibustion a certain part for a long time, but this part will become more afraid of cold, which is an unavoidable problem for all hyperthermia. The main role of moxibustion is Qi and blood, the effect is very good, can fill, but the vast majority of people, even many practitioners do not understand the flow order of Qi and blood in the body, so there will be problems.

For example, many people with cool buttocks and cool waists and sore waist and leg pain are recommended to moxibustion waist Yangguan and Ciliao points. Some people can moxibustion at one point for one to two hours, or even take a box to cover the buttocks. This is enjoyable. Will involve a problem at this time, this is the waist and buttock get warmer and warmer, the blood inside alive, alive, where the qi, also stay put not into the blood, it must flow to the downstream, the so-called sense of moxibustion, the power of the blood with moxibustion walking the meridian, it is this feeling, so the blood left here, What if the upstream Qi and blood can’t come down? This is not empty, Qi and blood in addition to idling consumption, this is also more and more empty. This is a very common problem, such as spleen and stomach deficiency cold with blood stasis, will sink to the two buttocks cold, only the buttocks hot, spleen and stomach or no Qi and blood can come down, plus the existence of blood stasis in meridians, the more moxibustion more afraid of cold, the more moxibustion more deficiency.

We want to know, what is the purpose of moxibustion, treatment requirements, wormwood is a tool, moxibustion but also the collocation of ideas and operating techniques. For example, the home does not need to be decorated every day to take an electric hammer ho ho, the whole building may become a dangerous building, the ancients often said that some medicine often take light body not old, such as cassia branch, windproof what, no one has nothing to take this tea to drink. Therefore, the “Great Doctor Jingcheng” mentioned that medical students should avoid becoming “spiritual giant thieves”, which has this meaning.

Qigong inside also has a thing, “she said, called the car idling river, said that the gas flow if not demonstrated

from encouraging full and overflowing, just as the mind guide gas flow, gas will be less and less, so is the wrong way, so it should be choose acupuncture point acupuncture point, to go in quantitative moxibustion, too long or too big, may only be invigorate the circulation of the qi, tonic will not reach the effect of moxibustion itself.

2. The Choice of Moxibustion Time

Why is summer a good time to do moxibustion! Here's why! It is said that into the summer is the "dog days", "dog days" must do one thing is to smoke moxibustion, but how many people do not know that summer is a good time to do moxibustion? Why is moxibustion done in summer?

(1) Summer is the most prosperous time of our human body Yang, and Ai fire of pure Yang together, double Yang on the human lesions, can effectively remove cold and dampness, open up the meridians.

(2) Moxa wormwood itself is warm, has the effect of promoting blood circulation and removing blood stasis, can be the health of the cold evil in the body to drive away the body, so that the human body Yang Qi is full, and then with the help of specific acupoints, with moxibustion to nourish the mind.

The human body has a lot of cold in the body all the year round. In summer, moxibustion can be used to adjust cold heat to a large extent to reduce the frequency of cold in winter, and it can have a good conditioning effect for the diseases caused by cold.

Therefore, in Huangdi Neijing, there is also a saying that winter diseases should be treated in summer. Yang should be raised in spring and summer, while Yin should be raised in autumn and winter. For those who need to take care of their bodies, we must grasp this opportunity in summer to regulate the cold of the body!

3. The Therapeutic Effect of Moxibustion

3.1 Wind Dispelling Table, Warm Cold Evil

Moxibustion therapy has the effect of warming and dispersing cold evil because of its warm and heat stimulating properties, and its cold includes cold evil caused by external feeling and cold caused by middle coke deficiency. According to traditional Chinese medicine, the cold pathogen can be caused by feeling cold outside or eating cold, and most of the symptoms are cold aversion, limb cold, cold pain, warm, curled up and so on. Due to chronic internal injury and loss of human Yang qi, middle coke deficiency and cold are manifested as cold and curled limbs, non-thirsty mouth, clear phlegm and saliva, clear urine and loose stools, etc. Moxibustion can eliminate cold evil, restore Yang Qi, make cold evil dispersed, limb cold gradually warm. According to the view of modern medicine, moxibustion warm features of patients with local capillary expansion, the body tissues, blood flow speed, accelerating metabolism, make the area of ischemia, hypoxia, lack of nutrition improvement and play to the role of the temperature cold evil, so it can be based on the function of regulate these cold table and coke cold symptom such as vomiting, diarrhea, diarrhea.

3.2 Warm Channels and Collaterals, Blood Circulation by Bi

Chinese medicine believes that the human body Qi, blood and body fluid are the basic substances for human survival and run around the body. The channel of its operation is the body's whole body meridians. If the meridians are blocked or blocked, there will be joint pain in the limbs, or weakness of movement, or disorders of viscera Qi and diseases. The poor passage of meridians is often manifested as limb movement disorder, joint pain, headache, lumbago, abdominal pain, dysmenorrhea or stroke paralysis, mouth and eye oblique vortex and other symptoms due to cold evil people in the meridians or qi machine or damaged meridians. Moxibustion acts on the acupoints and plays the role of warming the meridians. According to modern medicine, moxibustion accelerate local tissue metabolism, make the inflammation caused by sore revs, eduction body outside, at the same time, adjust nerve excitability, to suppress too excited nerve, and hypofunction of nerve is excited, so as to achieve the pain, regulate nerve palsy, limb paralysis and other purposes, so the moxibustion has a warm pain, invigorate the circulation of the role of the certification.

3.3 Back to Yang Solid off, Rising Yang Ju Depression

Yin and Yang are the essence of being human. Yang decline is Yin sheng, Yin sheng is cold, for jue, even to take off. Human body is often due to a long disease body deficiency, or qi and blood burst off and Weiyang is not solid, cou rationale loose, easy to catch cold; Moreover, qi depression, organ droop or Yang failure, Yin and Yang separation, pale face, cold limbs, sweating profuse, blood pressure drop and so on.

The use of moxibustion to play its warm and hot, can warm up and help the collapsed Yang Qi, improve the function of collapse. From the perspective of modern medicine, moxibustion can adjust human stress, improve tolerance, adjust the function of various glands, and maintain the physiological function of the body. Therefore, the use of moxibustion can regulate the spleen and kidney Yang deficiency caused by chronic diarrhea, dysentery, spermatozoa, impotence, collapse and qi depression caused by organ ptosis and leakage.

3.4 Remove Blood Stasis and Knot, Draw Poison and Drain Heat

As for blood stasis and knot, according to traditional Chinese medicine, blood stasis and knot are usually caused by cold condensation or weak qi and blood operation and blocked phlegm and dampness, or manifested as the ulcer, lump or blood stasis. Moxibustion can make Qi machine tunable, camp and smooth, so siltation self-dispersion. Therefore, it is often used in clinical diseases of qi and blood stagnation, such as breast carbinoma, scrofula enhancement, gall tumor and so on. According to western medical research, moxibustion can increase neutrophils, enhance phagocytic capacity and reduce inflammation exudation. Therefore, moxibustion can dissipate cold condensation, swelling and ulcer disease, or make pus become rapid ulcers, or remove saprophytic muscles when qi is insufficient and mouth is closed slowly, so as to achieve the effect of removing blood stasis and knot, promoting blood circulation and relieving pain.

3.5 Disease Prevention and Health Care to Prolong Life

“Bian Que Heart Book” said: “people in the absence of disease, often moxibustion Guan Yuan, Qi sea, Mingmen, Zhongwan, although not a long life, can also protect more than a hundred years of life. This shows that moxibustion can play the role of disease prevention and health care, that is to say, disease-free moxibustion can stimulate the healthy qi of the human body, enhance the ability of disease resistance, make people energetic and longevity. Western medical research suggests that moxibustion at Zusanli and Baihui points can reduce blood condensation, reduce blood lipides and cholesterol, so disease-free self-moxibustion can enhance disease resistance, make people energetic, and prolong life.

3.6 Cosmetic Effect

In recent years, moxibustion technology has been increasingly used in beauty. Local moxibustion has developed from local moxibustion mainly to regulate alopecia areata, facial paralysis, hemifacial spasm, acne, freckles and other diseases to the overall beauty moxibustion of obesity, hairdressing, skin moisturizing and appearance, which occupies a place in many beauty moxibustion and gradually attracts people’s attention. Its main mechanism is through the warm stimulation and pharmacological effect of moxibustion, so that the moxibustion department is obviously congested, strengthen nutrition, exuberant metabolism, and can inhibit bacteria, kill bacteria, so that the tissue restores youth. The history of moxibustion - Bao Gu in the Jin Dynasty thought: “Moxibustion method not only cured the disease, but also gained beauty.”

4. The Adverse Reaction After Moxibustion

Moxibustion is like a fire. When it approaches your body, a steady stream of positive energy will be input into your body. You may feel very comfortable or uncomfortable.

4.1 Sick Again

Some people may have had a certain disease before, the treatment is good, may not have made for many years, generally will think that they have been well.

The actual root of the disease may not be removed, so, moxibustion for a period of time, a full of healthy qi, the old problems will be made before, we also called “Gou disease”, to put it bluntly, moxibustion is helping the body to go to the root of the disease.

Coping methods: pay attention to rest, strengthen nutrition, continue moxibustion.

4.2 Serious Disease After Moxibustion

Most likely, the time of moxibustion before, the amount of moxibustion is not enough, or the body is too weak.

Because if the person is too empty, the healthy qi is weak, and the evil qi is moxibustion. In this case, the corresponding viscera and organs are unable to fight against the disease, but present the appearance of aggravation of the disease.

Coping methods: may continue to acupuncture, through HuoWen hot stimulate the meridians, adjust the human person, after the sun be the spirit promoted, the lesions vital qi, enhance the ability to fight their disease evil, this time his condition began to improve, moxibustion are followed (when pathogens into the body surface, can be in local scrapping or specialist thorn bloodletting let evil discharged in time).

4.3 Disease After Moxibustion

Most of them belong to the discharge reaction of moxibustion. The body itself has a certain disease evil, but the body does not show it. After moxibustion, positive Qi is sufficient, and has the ability to fight against disease and evil, so it will appear in the form of disease.

Coping methods: professional acupoint matching for diseases, coping with moxibustion, can successfully pass all kinds of discharge reactions.

4.4 Urinary Micturition

Increased urination after moxibustion is an important way for body toxins and diseases to be discharged from the

body.

According to traditional Chinese medicine, “the kidney is the main water, and the bladder is opened and closed.” The bladder is the reservoir, while the kidney is the gate. If the kidney Yang is insufficient, the water and liquid metabolism will fail, and the gate will be opened when there is a little water.

After moxibustion training kidney-yang, the function will follow the recovery, the excess cold and dampness in the body out of the body, at this time, the battle between good and evil, renal function will be temporarily affected, and there may be symptoms of frequent urination.

Coping methods: in the original acupoints + Shenshu and other strong kidney points, adhere to a period of time, the ability of the kidney to open and close completely recovered, the symptoms of frequent urination will be reduced. Women suffering from gynecological diseases, moxibustion for a few days will appear the symptoms of frequent urination, strengthen moxibustion at Guanyuan, Shenque and other acupoints, improve vitality, and can eat more yam, Pearl’s tears such as spleen and dampness food.

4.5 Fever After Moxibustion

In traditional Chinese medicine, fever is an important manifestation of the struggle between healthy and evil spirits in the body. Children for the young Yang body, positive gas reaction is intense, so often prone to a high fever.

Fever after moxibustion should be treated differently according to different circumstances:

Congenital Yang is more adequate crowd: after the rise of human Yang, cold evil is driven to the foot sun bladder meridian, showing that the temperature rises. Generally in the bladder meridian, Du vein scraping or cupping, if you choose cupping on the inner bladder meridian fixed for 10 to 15 minutes, scraping generally to the degree of scraping, with *Artemisia argyi* boiling foot effect will be better.

People with excessive Yin and evil: in the case of too high temperature and insufficient positive qi, the fever will last more than one day, and the duration of the fever will be relatively long. Moxibustion can be continued, while assisting the body.

Children, children: Give children more warm water can be. If the temperature reaches 38.5°C or above, it must cooperate with the method of rubbing or sucking a sha to release heat to the baby, generally choose Dazhui, Feishu, Shenzhu point.

Note: In the process of conditioning, while controlling the body temperature, try not to use the drugs of clearing heat and detoxification to burn, in order to prevent blocking the way of removing evil qi, high fever should be treated immediately.

4.6 Feeling of Heat

Moxibustion penetration is very strong, has the characteristics of diheating, heat conduction and heat transfer, will be transmitted with the sense of meridians, has the function of channelling, when there is a sense of channelling, the body will also appear all kinds of symptoms, people with smooth meridians, moxibustion several times this feeling will slowly appear.

The sense of channing of moxibustion is also manifested in the “finding disease”. When the heat of moxibustion penetrates into the corresponding lesions, Yang qi is sufficient, the body will naturally adjust. For example, with moxibustion at Zhongwan point, the stomach will feel uncomfortable in the liver area, but the specific disease can not be detected. In fact, this is the function of moxibustion.

Solution: This is a good phenomenon, normal moxibustion can be.

4.7 Sweating After Moxibustion

Moxibustion sweating is the best way to keep in good health. Modern people live in air-conditioned rooms and do not sweat when they should sweat, which leads to cold occlusion in the body, Yang qi damage and disease cluster.

And the chemical substances THAT MODERN PEOPLE eat are more, all kinds of food additives, antibiotics, drug residues can damage human body’s Yang qi invisibly, and can promote toxin elimination through sweating.

Coping methods: sweating after moxibustion is a normal reaction, such as feeling good, then this kind of sweating has many benefits to the human body, can continue moxibustion; If there is weakness on the second day, it indicates that the amount of moxibustion is too large and should be appropriately reduced.

4.8 Abnormal Menstruation and Leakage After Moxibustion

Ai fire in the process of conditioning, will consume part of the human body fluid, if the human body absorption function is weak or insufficient water supplement, Qi and blood will be relatively weak, abnormal menstruation.

Coping methods for abnormal menstruation: appropriately weaken moxibustion strength, properly replenish warm water before and after moxibustion, properly eat some yama and other food to nourish the spleen and stomach, increase the transformation of qi and blood, and the symptoms will be gradually relieved.

Treatment method of leakage: ovarian cyst belongs to cold evil stagnation in meridians, Qi machine is not free, cold coagulation evil after moxibustion, it may be manifested in the form of rupture and bleeding. Maintain scientific nutrition and reasonable sleep, at the same time can do some aerobic exercise. Moxibustion combined with exercise can promote the operation of qi and blood, and is more conducive to the discharge of blood stasis garbage in the body, and the recovery of function.

4.9 Red Spots, Rash and Itching After Moxibustion

Moxibustion complementing the sun be the spirit in human body, the body after the vital qi is sufficient, the instigation of qi activity, and dampness in the body invaded by melt, just like finish cleaning the room need to throw away rubbish, the rubbish toxins and meridian excreted into the skin, the expression for the red dot, rash, itching, more important performance belongs to the row of wind cold dampness and other pathogens.

How to cope:

Under the premise of excluding allergies, for people who do not itch after the rash, adhere to moxibustion, promote Yang Qi, and the rash will gradually disappear. If the itch is very uncomfortable, one way is to immediately moxibustion, to have returned to the surface of the cold, moisture and atmosphere as soon as possible, in addition, you can directly apply mugash on the affected area to stop itching.

4.10 Erythema After Moxibustion

Some people's skin will become red, white and patternlike after moxibustion. In fact, this kind of spots has an important relationship with the constitution, and is mostly the manifestation of heavy cold and dampness in the body.

Solution: the time of moxibustion on the skin often exposed should not be too long, but in order to health, if the moisture is heavy, we have to recuperate the body, adhere to moxibustion at each point for 10 to 15 minutes every day, stick to it, generally not freckled, but also can play a very good conditioning effect.

4.11 Depression, Mania, Irritability

After a period of moxibustion, the body Yu qi discharged from the body, it will be shown in an emotional way, such as easy to get angry, see what all feel uncomfortable, sometimes feel sad, even grievance want to cry.

Coping methods: This kind of situation, often seen in angry, usually stressed people, the solution is to vent out, can cry. In addition, you can strengthen the function of the lung, moxibustion Dazhui, Quchi point, scraping the lung meridian, focusing on Yunmen, Zhongfu, Quchi point.

If you feel depressed and uncomfortable, immediately point according to the Taichong point, with scraping the liver and gallbladder meridian, from the chest, flank from top to bottom. In short, it is necessary to vent the emotions, must not be stuffy in the heart, to prevent gas in the heart.

4.12 Lethargy and Fatigue After Moxibustion

Somnolence after moxibustion is a typical phenomenon of floating Yang regression. It is the natural reaction of the body to adjust itself, and it is also the process of positive qi and evil qi fighting each other. Sleep and rest can exactly help the human body improve immunity, enhance the resistance ability of the body, and the body can recover faster.

How to deal with: very simple, follow the feeling to go, want to sleep, let nature take its course, do not have to force themselves.

5. The Contraindication of Moxibustion

Moxibustion is indeed taboo. Although it is treated with mugwort burning through heat, it is a very simple operation. However, because it is the use of simmering temperature divergence, simmering temperature string of raw mugwort leaves, so it is suitable for the patients of this deficiency cold syndrome, applied to them or have the symptoms of the disease. After moxibustion, we should pay attention to one is cold and moisture-proof, pore opening is very easy to feel the Yin evil, one is appropriate guidance, that is, some suitable sports, let the energy of moxibustion into the diffusion, and one is to pay attention to the energy, light and good digestion of some food. Stop in the middle, don't overtreat.

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