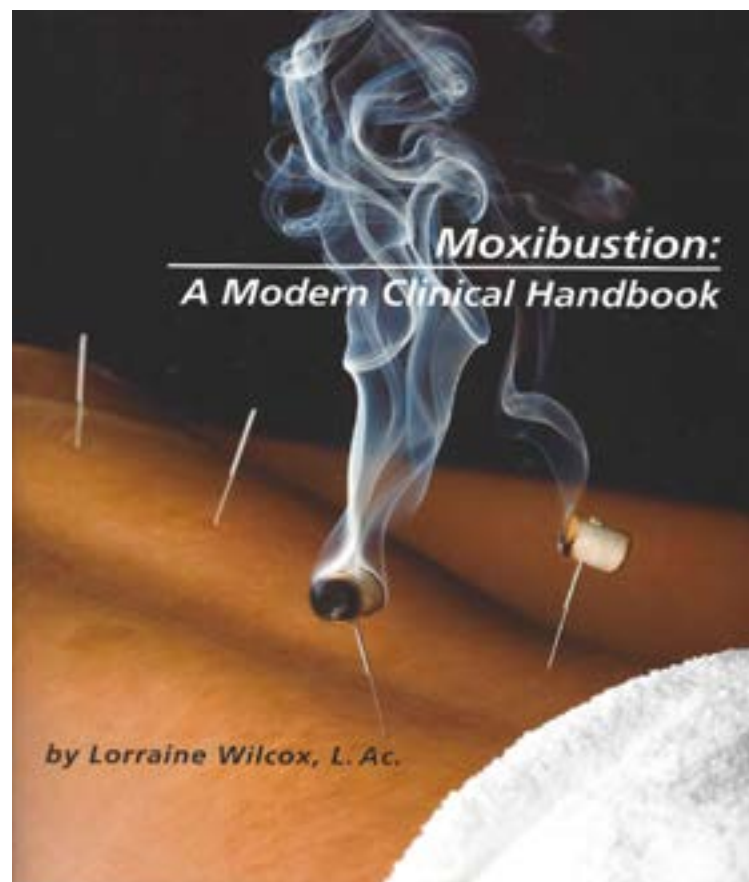




Wilcox, L.
**Moxibustion:
A Modern Clinical Handbook**



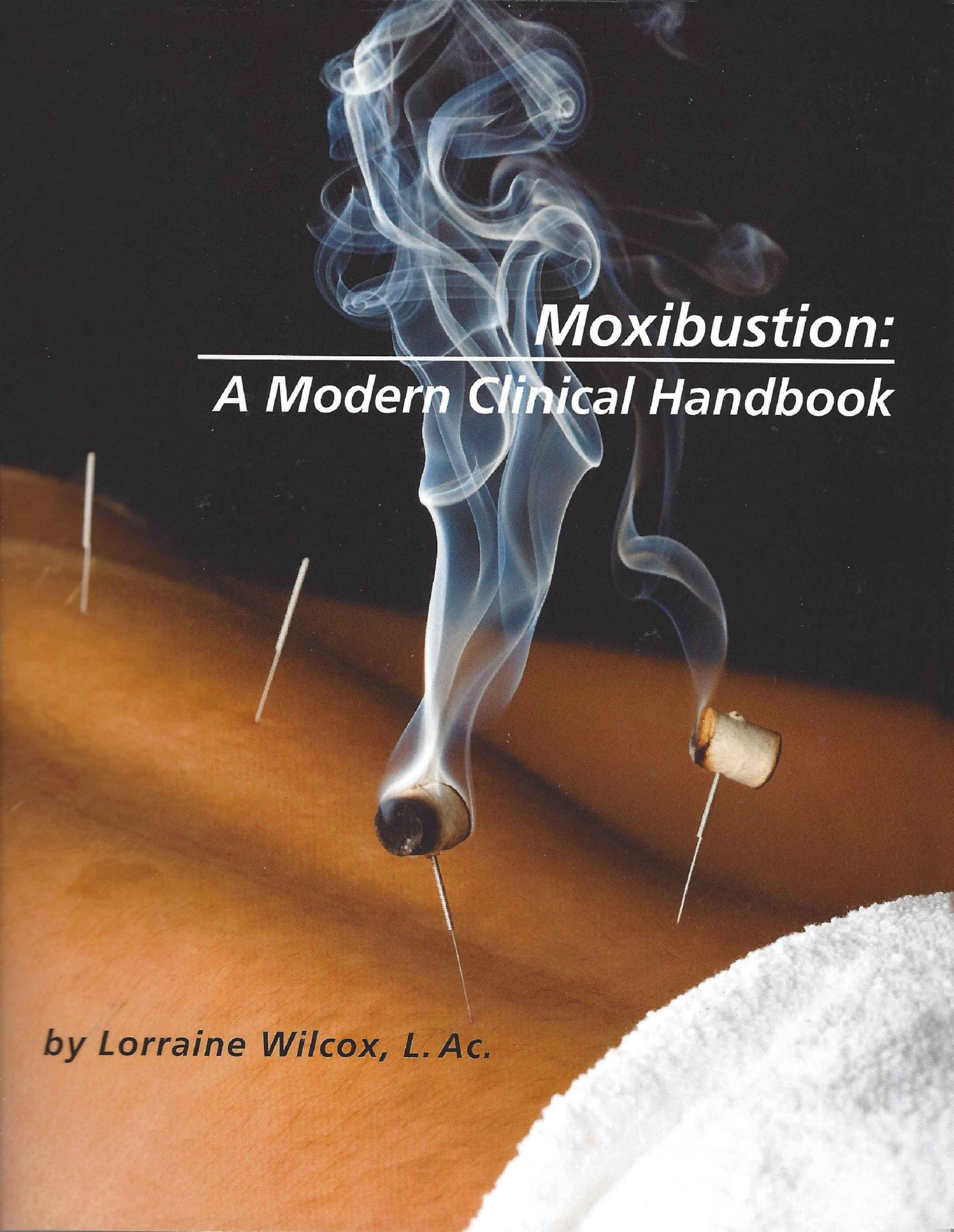
zum Bestellen [hier](#) klicken

by naturmed Fachbuchvertrieb

Aidenbachstr. 78, 81379 München

Tel.: + 49 89 7499-156, Fax: + 49 89 7499-157

Email: info@naturmed.de, Web: <http://www.naturmed.de>

A photograph showing two moxibustion cones being used on a wooden surface. One cone is lit and smoking, with a needle inserted into the wood nearby. Another cone is also lit and smoking, with a needle inserted into the wood nearby. A white towel is visible in the bottom right corner.

Moxibustion:

A Modern Clinical Handbook

by Lorraine Wilcox, L. Ac.

TABLE OF CONTENTS

Preface	vii
Chapter 1 Introduction & Background	1
Chapter 2 Mugwort	15
Chapter 3 Clinical Overview	23
Chapter 4 Moxibustion Techniques	55
Chapter 5 Commonly Used & Prohibited Moxibustion Points	153
Chapter 6 Preventing Disease & Nourishing Life	183
Chapter 7 The Treatment of Disease	201
Appendix 1	361
Appendix 2	373
Appendix 3	381
References	395
Index	401

INTRODUCTION & BACKGROUND

WHAT IS MOXIBUSTION?

The Chinese term for moxibustion is 灸法 (*jiu fa*). Moxibustion is frequently used with acupuncture. Together they are called 針灸 (*zhen jiu*), which literally means acupuncture-moxibustion. While these two modalities cannot be totally separated in clinical practice, much more information is available on acupuncture. This book focuses on moxibustion.

灸法	<i>jiu fa</i>	moxibustion
針灸	<i>zhen jiu</i>	acupuncture-moxibustion

There is a broad and a narrow definition of moxibustion. The narrow definition declares that moxibustion is the medical application of *burning mugwort floss* on or over an acu-moxa point or an affected site. This covers the majority of the practice of moxibustion.

The broader definition describes moxibustion as an *external heat therapy* applied on or over an acu-moxa point or an affected site. Mugwort or other combustible materials may be used. Mulberry twigs (Sang Zhi, Ramulus Mori), peach twigs (Tao Zhi, Ramulus Persicae), Deng Xin Cao (Medulla Junci), and even incense may be burned as moxibustion.

In fact, fire may not even be involved, since some moxibustion employs a chemi-

cally induced heat to warm the points. This is achieved through the external application of a warm-natured medicinal such as garlic. This technique is called *heavenly moxibustion* or *medicinal application moxibustion* depending on the intensity of the treatment.

Moxibustion		
Burning mugwort	Burning other medicinals	The use of other medicinals without fire.

Because the English word *moxibustion* is linguistically linked to the Japanese word for mugwort (*mugusa*), some prefer the term *cauterization*. Unlike moxibustion, this term does not imply the material used in treatment. But most moxibustion does involve burning mugwort floss. Mugwort is the common name for *Folium Artemisiae Argyi*, known in Chinese as 艾葉 (Ai Ye). The leaves of this common plant are first dried and aged. Then they are ground and sifted repeatedly until only soft, fine fibers remain. These fibers are called mugwort floss and are used in many forms, such as cones or sticks.

Many, if not most, passages of this book assume the use of burning mugwort floss. However, other materials and techniques with and without fire are also covered. There are a number of external heat therapies related to moxibustion, including:

Ironing	This refers to placing medicinals over a region of the body and then using a hot iron to press them. You can also use a heating pad or a hot water bottle. The medicinals may be inside a cloth bag or placed directly on the skin. While mugwort is common, many other medicinals are also employed in ironing.
Fuming	This is the burning of mugwort or other medicinals in a container. The affected part is held in the rising smoke.
Steaming	Medicinals, often mugwort floss or leaves, are boiled in a liquid. The affected region is held in the steam.
Washes, soaks, or baths	All of these methods begin with a decoction. A <i>wash</i> means that the decoction is applied to the affected region with a cloth or the liquid is poured over the site. The affected part can be immersed in a <i>soak</i> for a period of time. The whole body is immersed in a <i>bath</i> . Often the liquid is used for steaming until it is cool enough to be applied as a wash, soak, or bath.

Roasting	Medicinals are applied to a site which is then heated near a fire. Today we are more likely to use a heat lamp.
----------	---

In all methods of external heat therapy, care must be taken to avoid accidental burns or scalds.

Moxibustion may be used alone or in conjunction with acupuncture, bleeding, cupping, therapeutic massage, or internally administered medicinals. Each modality has its strong points. Their use together gives the doctor flexibility in fighting disease. Sun Si-miao (Tang dynasty) said, "When medicinal decoctions attack the interior and acupuncture-moxibustion attacks the exterior, disease has nowhere to escape."

Advantages & disadvantages of moxibustion

Moxibustion has many advantages which are discussed throughout the book. The following are a few examples of these:

1. There are a great variety of application methods and moxibustion has many different functions. This allows for flexible and effective clinical use.
2. The practical experience of generations of doctors shows that it effectively treats many diseases. Modern research trials confirm this.
3. In some cases, moxibustion is more effective than acupuncture or internally administered Chinese medicinal formulas. For example, moxibustion can be used when the patient is too weak for acupuncture or when medicinal formulas cannot be digested.
In acute conditions, moxibustion provides quicker results than internally administered formulas. There are also some conditions that respond better to moxibustion than to acupuncture or medicinals, although ultimately, a skilled doctor should be proficient in all these modalities.
4. Moxibustion is a fully developed system of treatment. It has its own theoretical foundation, its own scope of practice, methods for supplementation and draining, contraindications, and a long record of clinical experience.
5. Moxibustion is also cost-effective and fairly convenient to perform if it is not considered too time-consuming.

Moxibustion:

A Modern Clinical Handbook

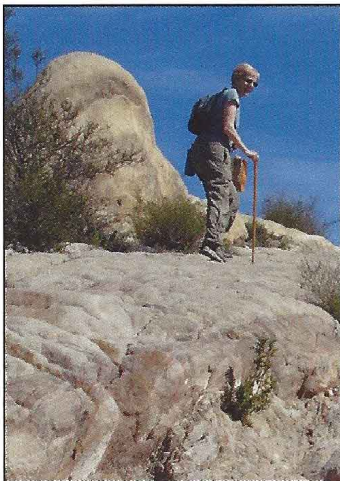
Lorraine Wilcox, L. Ac.

This book is written and designed to be a practical clinical handbook of moxibustion to be used by modern practitioners and students of Eastern Asian medicine in everyday clinical settings. It contains techniques and treatments as old as the Huang Di Nei Jing (Yellow Emperor's Inner Classic) and as contemporary as modern clinical trials. It has information on techniques that every practitioner will find useful.

Included are sections on:

- *Moxibustion's specific functions and uses*
- *How to grow and process mugwort into moxibustion floss*
- *Moxibustion techniques of all kinds, using mugwort as well as other medicinal substances*
- *Recipes for making moxa ointments*
- *Using needle moxa methods, moxa boxes, liquid moxa, moxa plasters and pastes*
- *The use of specific acupoints in moxa therapy*
- *Preventive therapy with moxibustion*
- *Moxa prescriptions for specific conditions our patients present*

To prepare for the writing of this book, the author personally experimented with most of the techniques described in this book so that she could write clear step-by-step directions. In addition to very understandable directions, over 100 photo illustrations covering every aspect of preparation and patient care using moxa are provided where necessary. The practical, useable nature of this book will help many practitioners increase the effectiveness of their moxibustion treatments.



Lorraine Wilcox has been a licensed acupuncturist in California since 1989. She received her Ph.D. in Classical Chinese Medicine from American University of Complementary Medicine and has taught herself to read Chinese. Wilcox is also an assistant to Master Larry Sang of the American Feng Shui Institute and teaches in some of the acupuncture schools in the Los Angeles area.

Blue Poppy Press

ISBN 1-891845-49-7
ISBN 978-1-891845-49-9



www.bluepoppy.com