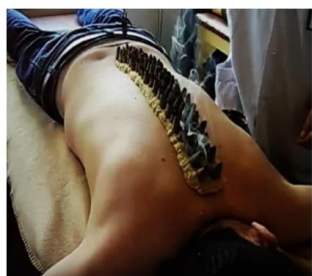


Case Report of Effect of Spreading Moxibustion in Acupuncture and Oriental Medicine

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Moxibustion is a well-known traditional Chinese method in Asian countries that uses the heat generated by burning herbal preparations containing mugwort-artemisia vulgaris(Aiye) to stimulate acupoints. Moxibustion has anti-inflammatory or immunomodulatory effects against chronic inflammatory conditions in humans¹. Different moxibustion methods can improve local blood circulation, eliminate nerve root inflammation and edema², loosen adhesions, improve protrusion and nerve root relations or the promotion of nerve injury repair. Moreover, the heat of moxa treatment improves microcirculation in the lumbar vertebra³. “Spreading moxibustion” also called “long-snake moxibustion,” is often used on the Du Meridian. It has the characteristics of being a larger moxibustion area, which using bigger moxa cones for more powerful fire and stronger warmth, and is more effective than normal moxibustion⁴. It has the functions of warming up the toning yang of the Du Meridian, strengthening the Yuan (source) qi, regulating yin and yang and promoting the flow of qi and blood. This method is suitable for all the symptoms of Du meridian and some chronic, deficient or cold conditions.

For example, bi-painful syndromes (including rheumatoid arthritis⁵), lumbago (including hyperplasia of lumbar, thoracic and cervical vertebrae; lumbar muscle strain, lumbar disc herniation¹ etc.), asthma(including chronic trachitis, bronchial asthma, pulmonary emphysema⁶, etc.), chronic gastrointestinal conditions(including crohn’s disease⁷, etc.)



Procedure: Ask patient to lie down in a prone posture, then give a routine sterilization on the spinal column, peel and pound some garlic and spread it on the spinal column from acupoint Dazhui (DU 14) to Yaoshu (DU 2) about two inches in breadth and 0.5 inch in thickness. Afterward, apply moxa on the mashed garlic as the shape of the snake, and cones of moxa, as big as acorns, on the upper end, lower end and middle point, and let it burn naturally. After burning out, another moxa cone should be reapplied (usually two to three moxa cones are applied). When moxibustion is finished, take away the smashed garlic slightly with a damp and warm towel. There will be blisters after moxibustion, so required precautions should be taken against infection. When blisters formed, pierce the blisters to release fluid with a sterilized needle, dry the local area with absorbent cotton, apply topical solution such as “Gentian Violet” on the local area to prevent infection (once every other day), and then cover a layer of gauze and fix it with plaster until scar forms.

Case report

Subjective: A 38 years old male Caucasian suffer from asthma, presenting with cough. When he was 20 years old, and part of a training camp in the military, he caught a cold and did not heal completely. Also, for a number of years he has been suffering from chronic lumbago and cervicgia. Recently these conditions are more aggravated due to job related stress, chronic fixed stabbing pain in the lumbar area from neck to low back which worse with cold and damp weather.

Objective: Pulse: Deep and tight on both side, Tongue: Thin white moist coating, pale body.

Sleep: Poor due to constant pain, Digestion: Poor, Bowl movement: Normal, Urination: Normal, HENT: Tension headache, Thermo feeling: Prefer warm drink, No trauma and deformity were noticed on physical examination. Noticed tenderness over upper trapezius to lower erector spinae regions. Also noticed patient is carrying inhaler.

Differentiation: Wind cold damp pain obstructing the Lung channels and collaterals upon chronic Kidney yang deficiency.

Principle of treatment: Dispel cold, unblock and warm the channels and collaterals, invigorate the blood, remove stagnation, tonify Kidney Liver, and Lung, tonify Qi and Blood, calm the mind, alleviate pain.

Treatment procedure: Due to time limitations of the patient, one cone of spreading moxibustion was given. Patient received modified Du huo Ji Sheng Tang for one-month dosage, which dispels Wind-Cold-Damp, tonifies Lung, Kidney, Liver, Tonifies Qi and Blood, Alleviates pain, and calms the mind.

Ingredients: Sang ji sheng, Ge gen, Shu di huang, Dang shen, Dang gui, Fuling, Du huo, Huai niu xi, Du Zhong, Bai shao, Chai hu, Yuan zhi, Fang Feng, Qin Jiao, Rou gui, Chuan xiong, Gan cao,

Explanation: “Spreading moxibustion” is suitable under the circumstances, which cannot be treated by acupuncture. According to the formation and development of TCM, there are two ideological ideas that fully penetrate the whole process. The first is the homeostasis idea that focuses on the integrity of human body and emphasizes the close relationship between human

body and its social and natural environment (integrity between human and cosmos). The human body, a complicated system, could be identified as different closely related systems that form a network (integrity). Therefore, the principle of treating different diseases with the same method⁸, those conditions can also be treated with moxibustion, so as to warm up yang and dispel cold, to promote gi circulation and activate blood, to strengthen the Yuan(source) qi and the constitution. The acupoints selected in spreading moxibustion are of DU Meridian, which is “the sea of all the yang meridians,” and regulates and control the qi of all the yang meridians. Huatuojiagi points bilateral to the spinal column, are related to the five Zang and six fu organs, whose Back-shu points are also bilateral to the spinal column. Therefore, the spinal column and its nearby region can regulate the mechanical functions of whole body. The therapeutic ingredient in garlic is allicin, which is produced when raw garlic is crushed. Allicin encourages white blood cells to reproduce which boosts body’s defense system⁹. As to guide the meridian, qi flow through DU Meridian, the method can regulate the function of zang-fu organs and strengthen the body resistance.

Conclusion: Along with modified herbal decoction, patient called one month later and stated that his asthmatic attack was relieved significantly along with neck and back pain.

Remark: Patient was well educated how to handle the blisters.

Referance:

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