

## Home Moxibustion

---

The word Moxibustion, or moxa, is derived from the Japanese word mokusa, meaning “burning herb.” Moxa is prepared from mugwort (*Artemisia vulgaris*), which is a common perennial herb. The aromatic leaves are dried and repeatedly sifted until they are fluffy.

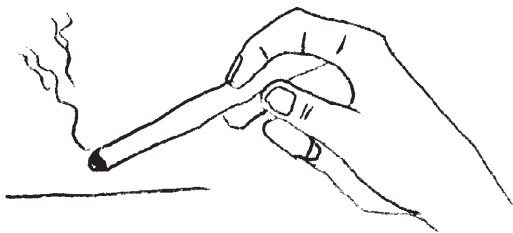
The heat from moxibustion is very penetrating and can be used for a variety of therapeutic effects. When applied to acupuncture points, the body absorbs the heat restoring the body’s qi.

There are two techniques suitable as a home remedy:

### Indirect Moxa

In indirect moxa, a moxa stick is lit and held about 1-2 cm above the skin over the desired area -- an acupuncture point or other recommended area. Indirect moxa can be used on acupuncture points to achieve a systemic effect or it can be directly at the site of a problem - for example, for a swollen, stiff area such as an arthritic joint.

After lighting the moxa stick, hold the glowing end over the area to be treated, maintaining as much heat as possible without discomfort. After 5 or 10 minutes (or the specified period of time) carefully extinguish the moxa in a bowl of salt or sand. Never try to put out a moxa stick by crushing it in an ash tray, since it will continue smoldering and be a fire hazard. Do not extinguish in water, as this will prevent further use of the stick.



### Direct Moxa

In direct moxibustion, a small amount of herb is rolled into a cone and burned directly on the skin. When moxa is applied directly to the skin, use some ointment on the point to avoid a burn and to help the cone stick. At the clinic we use chest rub, but vaseline or lip balm is also okay.

Don't try and make a conical cone like in the picture, instead tightly roll a round ball between your thumb and index finger, about the size of a pea. Squeeze the pea to elongate it like a rugby ball and the flatten one end. Make sure you pack the moxa punk tightly, so it doesn't burn too quickly. Place the flattened end on the paste on the skin.

Use a piece of Japanese incense to light the cone, have a dish with water at hand and when the cone gets hot remove it and drop it into the water. Repeat 3 or 5 times per site as directed by Paula. If you wet your finger and thumb before you pick the cone up its less intensely hot. When you do this a lot you develop thicker skin!!!



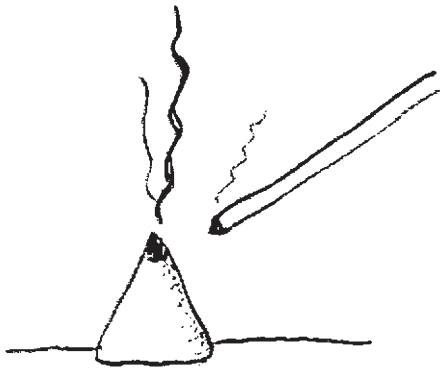
## Home Moxibustion

---

### Caution

Use in well ventilated area.

Keep away from flammable items!



Systemic points used to enhance the overall blood and qi are ST 36, LI 11 and GB 40.

LI 11 is located at the end of the elbow crease on the outer side of the elbow.



## Home Moxibustion

---

ST 36 is located by placing the heel of your hand on the upper edge of your knee cap and finding a hollow one finger width lateral to the shin bone, roughly at the level of the tip of your middle finger.



GB 40 is located in the hollow anterior and inferior to the outside ankle bone.

