

# MOXIBUSTION “MOXA”



Moxibustion is a traditional Chinese treatment used in conjunction with acupuncture or acupressure.

The name moxibustion derives from the Japanese “Moe Kusa” meaning “burning herb”

This therapy applies heat by burning moxa (a dried herb, usually mugwort) *directly* on the skin or *indirectly* just above the skin over acupuncture points.

It is a clinically effective therapy for disease prevention (common cold) and treatment for acute and chronic pain (frozen shoulder, back pain, muscle stiffness, tendonitis, arthritis and carpal tunnel syndrome), to treat menstrual pain/discomfort and to turn breech babies.



Moxibustion Treatment: is when the moxa is formed into a small cone-shape which is placed on top of an acupuncture point and burned on the skin. It burns for about 3-5 seconds and it feels warm. Sometimes moxa may be packed onto a slice of ginger or garlic, or on salt.

References: Chinese Acupuncture and Moxibustion, Foreign Language Press. 1999 Beijing