## ***Making Moxa from California Mugwort by Amy Hazard***

## ***From an online education course at*** [*www.grasshoppereducation.com*](http://www.grasshoppereducation.com)

## ***Moxa Treatment Protocols***

## Moxibustion is first is applied to the Yang portions of the body (back, head) with a lower dose of cones and the Yin aspects of the body (abdominal area, four extremities) with a higher dose of moxa cones second (Cheng 345). Dosage is usually 3, 5, or 7 moxa cones or 15 minutes of stick moxibustion (Cheng 346). For proper dosage odd numbers of cones such as 3, 5, 7, 9, or 11 are chosen.

## **For chronic digestive disorders:** burn 3 to 9 cones on needles or ginger at Ren 12, Ren 6 & ST 36

## **For acute pain from injury:** perform needle moxibustion at local area. Also for pain relief Artemisia douglasiana moxa can be placed in a moxa burner and rubbed over the affected sinew channels or used as a compress by wrapping a large amount (a handful) in cloth and placing a hydrocollator or moist hot towel over the affected area.

## **For dysmenorhea from excess cold:** use needle or ginger moxibustion on Ren 3, B 32, SP 10, LI4, SP8, and LV 3.

## **For dysmenorhea from deficiency:** use moxa on Ren 4, B 20, B 23, ST 36, and SP6.

## **Moxa Protocols from Deadman's A Manual of Acupuncture:**1.  **Toothache:** moxa LI 3 for upper jaw or LI 10 for lower jaw (Deadman et al. 102).2.  **Foot ache:** moxa LI 3 for upper jaw or LI 10 for lower jaw (Deadman et al. 102).3.  **Gynecological and Urogenital symptoms:** Amenorrhea, irregular menstruation, uterine masses, infertility, genital pain and retraction, impotence, seminal emission, leukorrhea, and nocturnal urination: moxa ST 29 to warm deficiency and scatter excess cold (Deadman et al. 102).4.  **Staying healthy and preventing illness:** moxa ST 36 (Deadman, et al. 160).5.  **Chronic hemorrhage** causing uterine bleeding, blood in the urine or stools moxa SP 1.  In this case the patient should be instructed on self use and should apply moxa daily (Deadman, et al. 182).6.  **Hemiplegia and loss of speech:** 50 cones at SI 16 (Deadman, et al. 245).7.  **Wind-Cold and frequent colds:** use moxa on BL 12 (Deadman, et al. 266).8.  **Chronic lung deficiency, asthma, and cough that is worse in winter:** intense moxibustion is performed in the summertime on BL 13 (Deadman, et al. 268).9.  **Blood disorders:** moxa BL 17 (Deadman, et al. 274).10. **Difficult urination or defecation:** moxa all eight Liao For difficult urination or defecation (Deadman, et al. 294).11.  **Hundred syndromes of deficiency-taxation:** moxa BL 43, Huanmen, BL 17 and BL 19 (Deadman, et al. 304).12.  **To hasten delivery**:moxa BL 67 and ST 36 (Deadman, et al. 326).13.  **To reposition the fetus:** Moxa BL 67.  Stick moxibustion should be performed for 15 to 20 minutes, or by using 5 to 10 cones twice a day on the 34th week (Deadman, et al. 326).14.  **For infertility:** moxa LV 11 for infertility (Deadman, et al. 487).15**.  For the elderly, for a long life:** moxa Ren 4 (Deadman, et al. 502).16.  **To rescue Yang in collapse with a slow minute pulse:** moxa Ren 6 (Ren 6 activates and moves the pre-heaven Qi whereas ST 36 tonifies post-heaven Qi) (Deadman, et al. 505).17.  In cases of **Yang collapse** indicated by windstroke, shock, and also diarrhea, breast fed infants with diarrhea, and prolapse moxa Ren 8 (Deadman, et al. 508).18.  For edema in abdominal area due to Spleen or Kidney deficiency, moxa Ren 9 (Deadman, et al. 508).19. **Nosebleed:** moxa Ren 14 and 15 (Deadman, et al. 547).20.  **Prolapse of rectum, vagina, and uterus**: moxa Du 20 (Deadman, et al. 553).21.  **For scrofula:** moxa Zhoujian (elbow tip) on the opposite of the affected side (Deadman, et al. 581).