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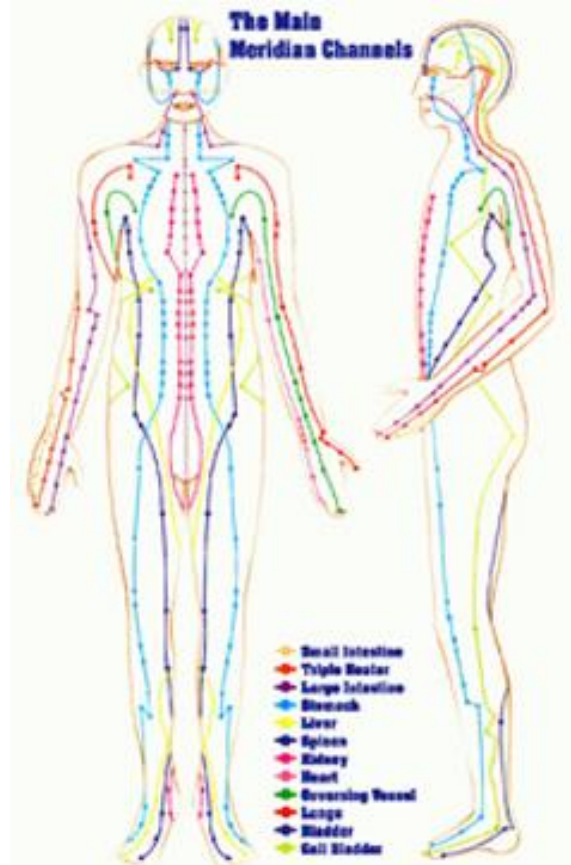
# Intro to Moxa : Mugwort Medicine

ngải cứu : ai ye : moxa : mugwort

San Arte Circulo De Remedios Herbal Gathering  
Presented by Nam-Thư, LMT, TCM doctoral student

*The following is for educational purposes only and not meant to diagnose or replace medical treatment.  
You are welcome to share this information with other BIPOC.*

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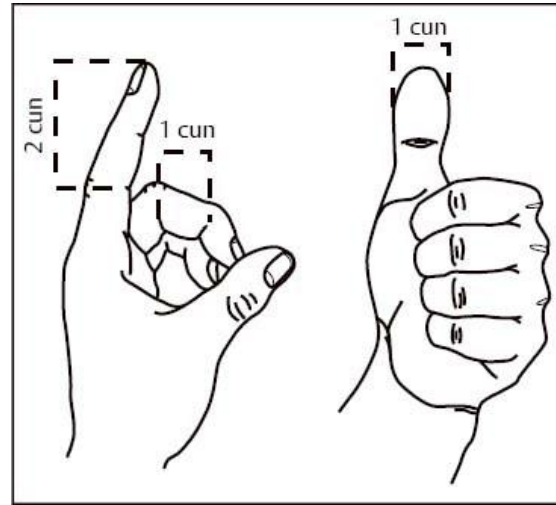
## Main Meridians:

1. Lung
2. Large Intestine
3. Stomach
4. Spleen
5. Heart
6. Small Intestine
7. Urinary Bladder
8. Kidney
9. Pericardium
10. San Jiao/Triple Burner
11. Gallbladder
12. Liver

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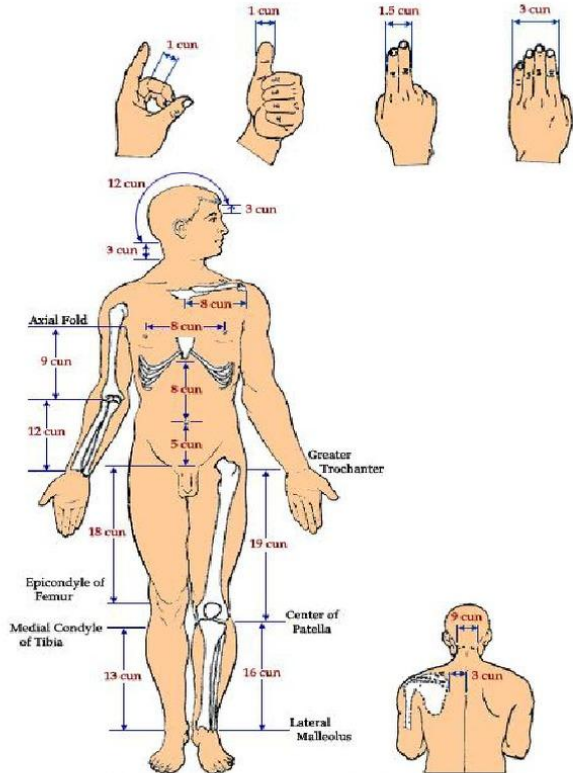
# How to locate acupoints

Acupuncture points are measured in “**cun**” which is relative to each unique body. The width of your thumb is 1 cun, which only applies to measuring on *your* body.



## Cun Measurements of the Body

The system of using the cun is a genius way for acupuncture to measure and locate acupoints on anyone's body. Since everyone's body is of a different size and shape, using a person's inborn measurement system makes finding the points a snap. The process starts with the measurement of one cun. This is done two ways: (a) using the width of the distal inter-phalangeal joint of the thumb (first finger) or (b) using the distance between the distal and proximal inter-phalangeal joints of the 3rd (middle) finger. All other specific measurements are outlined in the diagrams below. When in doubt in measuring, the thumb (1 cun) or the four finger method (3 cun) can always be used in a pinch.



## Cun Measurements of the Body

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Category **Ai Ye | *Artemisia argyi* folium | Mugwort**

- **Herbs That Regulate Blood:** Herbs that stop bleeding (hemostatic)

Properties

- **Taste:** bitter, acrid, (aromatic)
- **Temperature:** warm
- **Entering Meridians:** Spleen, Liver, Kidney
- **Dosage:** 3-10 g, tincture 1-4 ml, topical



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# Ai Ye | *Artemisia argyi* folium | Mugwort

<u>Actions</u>	<u>Indications</u>
<b>Warms the channels, warms the womb, stops bleeding and calms the fetus</b>	Excess and/or prolonged menstrual bleeding due to Deficiency Cold  Restless fetus, lower abdominal pain and vaginal bleeding (threatened miscarriage)  Infertility due to Cold womb
<b>Disperses Cold and alleviates pain</b>	Cold abdominal pain Cold menstrual pain
<b>Eliminates Dampness and stops itching</b>	Decocted and applied externally as a wash for skin problems marked by Dampness and itching
<b>Resolves Phlegm and stops cough and asthma</b>	As an extracted oil for wheezing, and coughing with profuse sputum





Mugwort

# What is Moxibustion?

TCM therapy of burning dried **Ai Ye/Mugwort/Artemisia argyi folium** on (direct) or near (indirect) particular acupoints or meridians of the body.

Moxa “wool”

**Functions:**

1. Warm meridians and expel cold
2. Promote Qi flow and blood circulation
3. Strengthen Yang from collapse
4. Prevent diseases and maintain health





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## **Moxibustion Safety (at all times):**

- Pay careful attention not to burn the skin.

## **Moxibustion Caution (be careful):**

- Menstruation, asthma, neuropathy, smokeless moxa sticks, elderly

## **Moxibustion Contraindications (strictly no):**

- Fever due to Excess: high fever, heat stroke
  - Fever due to Yin Deficiency: afternoon or night fever, 5-center heat (palms, soles, chest), dry mouth/throat
  - Avoid face, head, eyes, and areas in the vicinity of large blood vessels.
  - Pregnant women: abdominal, lumbo-sacral region
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Indirect Moxibustion

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## Moxibustion Guidelines:

1. While performing moxibustion, close doors and windows or cover slightly for additional benefit of indoor air disinfection.
  2. Prepare supplies: smudge shell, scissors, mug with a little water.
  3. Light moxa stick, waft carefully in the air to ignite evenly.
  4. If performing moxibustion on someone else, place assisting hand in V-formation to sense heat and ensure you don't burn the skin.
  5. To prevent ashes from falling and burning skin, tap moxa stick often on smudge shell or over the mug with water.
  6. To extinguish moxa, cut tip of moxa stick into mug with water, or cut tip of moxa stick into smudge bowl to cleanse space.
  7. Drinking warm water after moxibustion can relieve dry mouth and nose.
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## Indirect Moxibustion methods:

- Mild-warm moxibustion: apply an ignited moxa stick over acupoint to bring a mild warmth to the local area for 5-10 minutes until the local area is pink/red.
- “Sparrow-pecking”: the ignited moxa stick is placed over the acupoint , paying attention not to burn the skin.
- Direction:
  - Clockwise for tonifying/strengthening
  - Counterclockwise for reducing



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## “4 Gates”: LI-4 & LV-3

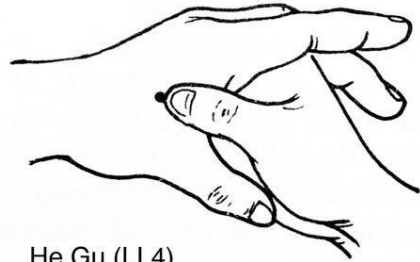
LI-4 “Hegu/Joining Valley”: squeeze thumb against base of index finger, acupoint is at the highest bulge of muscle. *\*contraindicated in pregnancy*

*Actions: harmonize immune system, adaptogenic point, alleviate pain, descends Qi, headache, toothache, general inflammation*

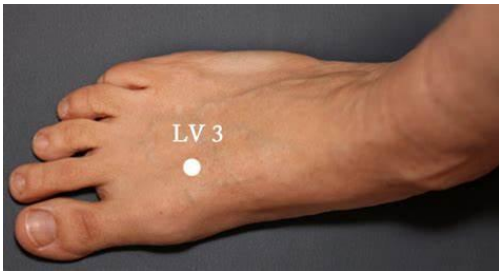
LV-3 “Taichong/Great Rushing”: run finger between big toe and 2nd toe towards ankle, acupoint is in the depression before the corner where bones meet

*Actions: moving stuck emotions, depression, anger, irritability, frustration, PMS, menstrual issues, headaches*

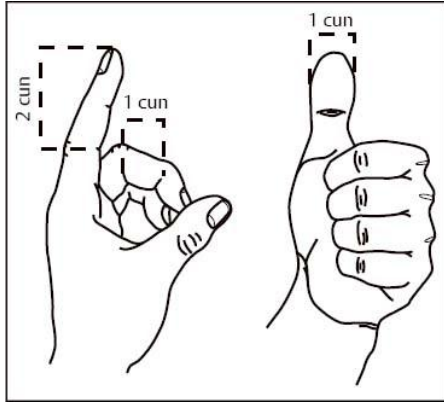
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He Gu (LI 4)



LV 3



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## Neiguan (PC-6) “Inner Pass”

**Location:** 2 cun above transverse crease of wrist, between tendons m. palmaris longus & m. palmaris radialis

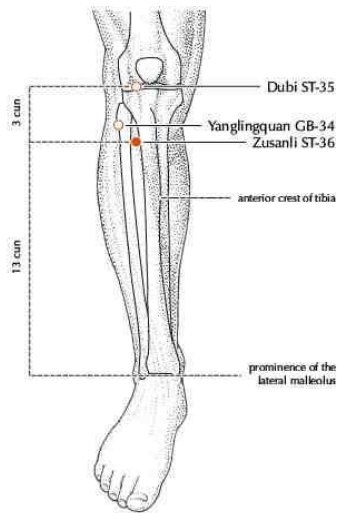
**Location note:** *Clench fist to feel for 2 tendons on wrist, Bend hand back to find wrist crease. Acupoint is 2 cun from here, in between the 2 tendons.*



**Actions:** opens the chest, regulates Qi & Heart Blood, calms the Spirit, harmonizes the Stomach, alleviates nausea & vomiting, clears Heat

**Indications:** nausea, vomiting, shock, chest pain, seizures, hysteria, abdominal pain, asthma, irritability, insomnia

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## Zu San Li (ST-36) “Leg Three Miles”

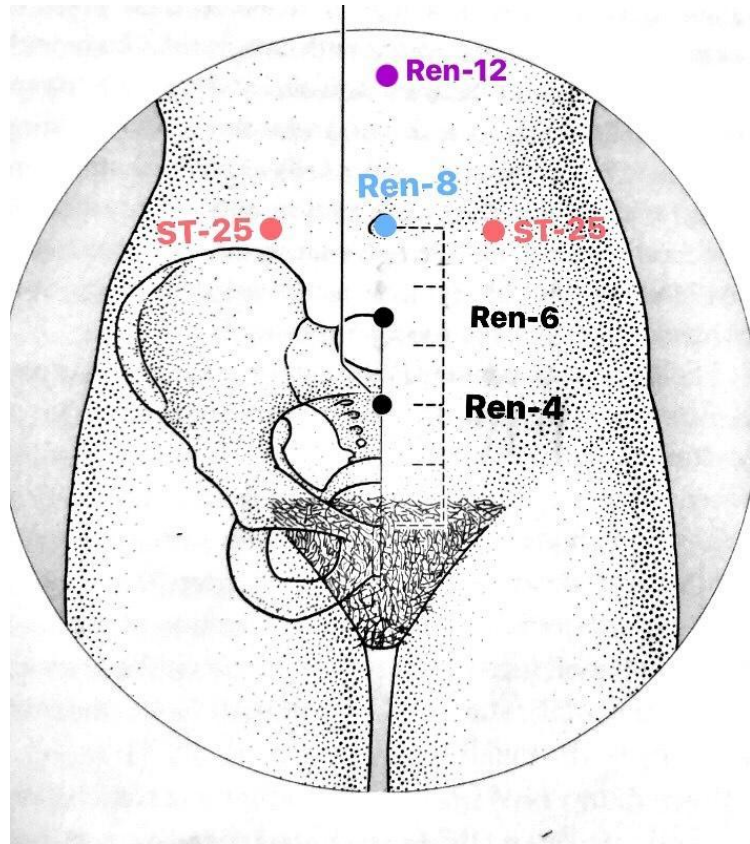
**Location:** below knee, 3 cun inferior to ST-35, 1 fingerbreadth lateral to anterior crest of tibia.

***Location note:** seated position, knee bent, find lower border of knee cap. Place 3 cun hand below lower border of knee cap. Find anterior crest of tibia bone. Place thumb at edge of tibia, acupoint is 1 cun lateral.*

**Actions:** tonifies Qi, nourishes Blood & Yin, harmonizes Spleen & Stomach (digestion), revives Yang, calms Spirit

**Indications:** preservation of health, boost & harmonize immunity, GI problems, general weakness, adaptogenic point

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Add ST-36



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## Shenque (CV/Ren-8) “Spirit Gateway”

**Location:** center of umbilicus

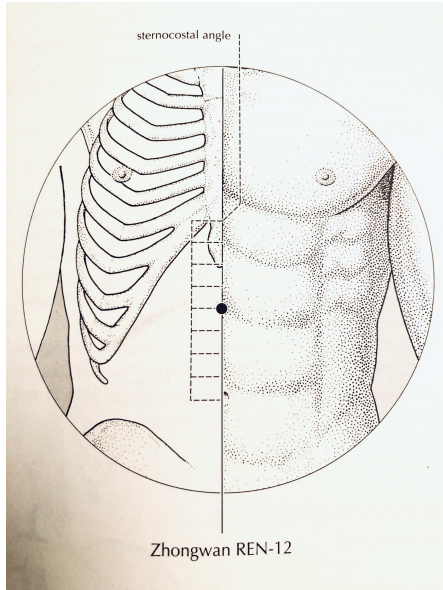
**Location note:** center of belly button

**Actions:** warms the Yang, rescues collapse, warms & harmonizes intestines

**Indications:** loss of consciousness from windstroke, nonstop diarrhea, diarrhea in the elderly or in weak people, abdominal distention & urine retention in postpartum women, muscle spasms

*\*contraindicated for acupuncture*

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## Zhong Wan (CV/Ren-12) “Middle Cavity”

**Location:** on the midline of abdomen, 4 cun above umbilicus; midway between umbilicus and sternocostal angle.


**Location note:** *halfway between sternocostal angle & belly button*

**Actions:** tonifies Spleen + Stomach (digestion), descends rebellious Qi, regulates Qi, alleviates pain, resolves Damp

**Indications:** stomachache, GI disorders, vomiting, nausea, acid regurgitation, indigestion, abdominal distention, injury by worry, anxiety, overthinking, diarrhea, food stagnation, shortness of breath, cough

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ST 25  
(2 cun lateral to naval)

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## Tianshu (ST-25) “Heaven’s Pivot”

**Location:** 2 cun lateral to the center of umbilicus

*Location note:* From the nipple, draw a line straight down level with the belly button, that is 4 cun to the belly button. The acupoint is half of this distance.

**Actions:** regulates intestines, regulates Qi, eliminates food stagnation

**Indications:** diarrhea, GI disorders, constipation, nonstop diarrhea, low back pain, abdominal pain, irregular moon cycle, edema, pain in uterus

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## Qihai (CV/Ren-6) “Sea of Qi”

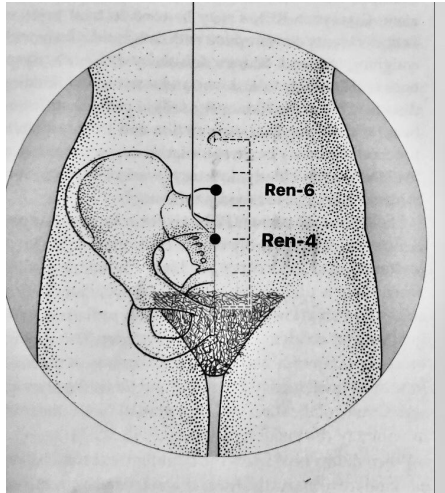
**Location:** on the midline of the lower abdomen, 1.5 cun inferior to umbilicus & 3.5 cun superior to pubic symphysis

**Location note:** feel for top of pubic bone. From her to belly button is 5 cun. Divide this distance into 5 segments, acupoint is 1.5 cun below umbilicus.

**Actions:** tonifies Qi & Yang, regulates Qi, rescues Yang collapse, regulates Qi & harmonizes Blood

**Indications:** abdominal pain, asthma, all kinds of chronic Qi deficiency, exhaustion, weak muscles, loss of consciousness, irregular moon cycle, prolapse- uterus, rectum

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## Guanyuan (CV/Ren-4) “Gate of Origin”

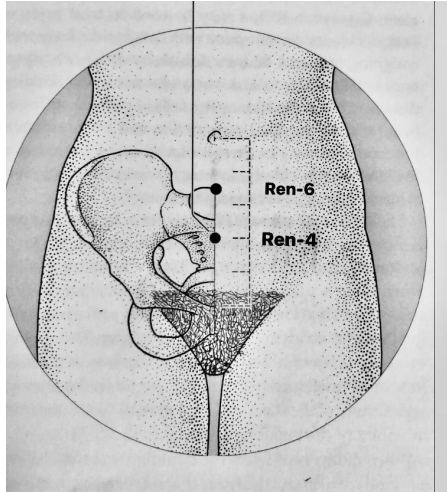
**Location:** on midline of lower abdomen, 3 cun inferior to umbilicus, or 2 cun superior to pubic symphysis

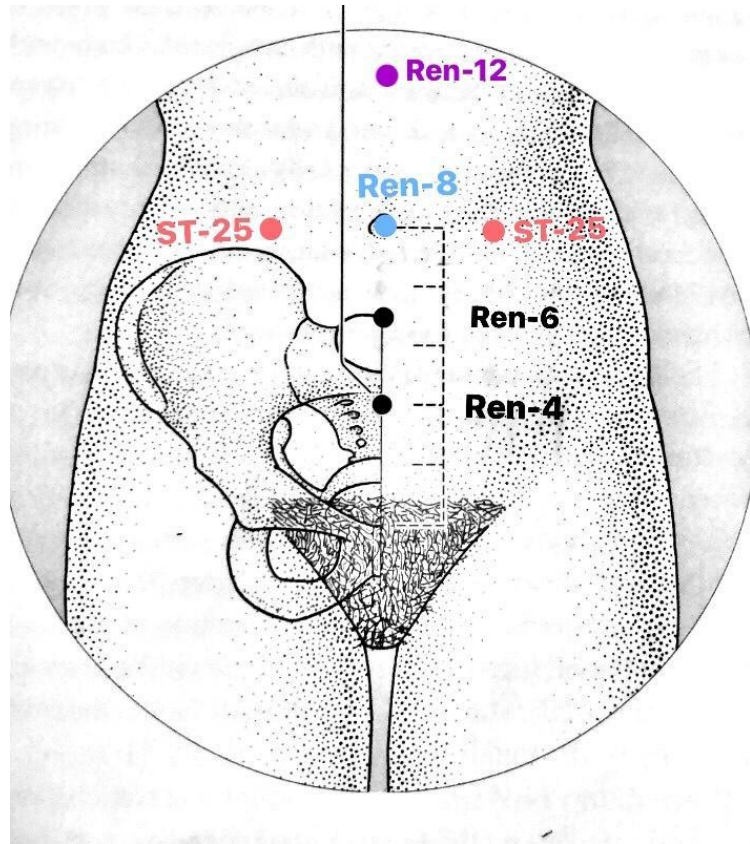
**Location note:** feel for top of pubic bone. From there to belly button is 5 cun. Divide this distance into 5 segments, acupoint is 2 cun above top of pubic bone.

**Actions:** nourish Kidneys, Yin & Blood, strengthen Yang, regulate uterus, calm Mind, benefits Bladder

**Indications:** infertility, weakness & pain in lower back & legs, inability to urinate, constipation, diarrhea

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Add ST-36

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# Cảm ơn/Thank you!

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