

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

**Student Interactive
Workbook**

**SESSION 6: Moxibustion for
Self-Treatment**

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Learning Outcomes:

1. Understand the different types of moxibustion, their various applications, and when and how they might be used in a self-treatment setting.
2. Safely use a moxa stick.
3. Safely use a moxa box.

What is Moxa? (10 minutes):

Moxa or moxibustion involves burning the herb mugwort (*Artemisia vulgaris*) used in traditional Chinese medicine (TCM) to warm and stimulate acupuncture points or channels.

Types of Moxibustion and Applications for Self-Treatment (40 minutes)

Direct Moxibustion vs Indirect Moxibustion

Moxa Stick:

Moxa Box:

“strap-on moxa box” and small moxa stick :

General Safety training for moxa stick and moxa box:

- **Smoke alarms**
- **Potential Smoke hazards**
- **Putting the stick out properly**
- **Storage of the moxa stick in between uses**
- **Never touching the lighted stick**

Tool for safe moxa use that are NECESSARY:

- **Sand bucket or extinguisher**
- **Tweezers or metal spoon (desert spoon or bigger)**
- **Ceramic or metal container**
- **Lighter or matches**

Tools for safe moxa use that are handy to have:

- **Foreceps**
- **Knife**
- **Large glass jar (to extinguish)**
- **Dish with water**

See separate handout /download on moxa stick safety.

- **Self-Treatment Protocols (30 minutes):** Walk through specific examples:
 - **ST 36 (Zusanli) for Immune Boosting/Seasonal Change:** Locate point (below knee, outer leg). Use moxa stick (circling 10-15 minutes) or box. Rationale: Tonifies spleen/stomach Qi, ideal for autumn-winter (prevent colds) and winter-spring (build vitality). Demo on volunteer, then student practice.
 - **Ren 4 (Guanyuan) and Ren 6 (Qihai):** Lower abdomen points for warming Yang and boosting energy. Use indirect method or moxa box (15-20 minutes). Safety note: Gentle heat; great for self-treatment in privacy.
 - **Back Treatment with Strap-On Moxa Box:** Focus on midline or BL points (e.g., BL 23). Strap on, light moxa, relax for 20 minutes. Applications: Back pain relief, overall warming during seasonal shifts. Interactive: Students rotate through stations for supervised practice on models or themselves.
 - **Breech baby turning – BL 67**

