

Clinical Application of Heat Sensitive Moxibustion Combined with Local Tuina Operation to Treat Pain

Zu Yang^{1,a}, Xu Lei^{2,b}, Zheng Jie^{3,c,*}

¹Shaanxi University of Chinese Medicine, Xiayang 712046, Shaanxi, China

²The Third People's Hospital of Huizhou, Huizhou 516005, Guangdong, China

³College of Acupuncture Moxibustion and Tuina, Shaanxi University of Chinese Medicine, Xiayang 712046, Shaanxi, China

^a870043695@qq.com, ^bXuleiacu@163.com, ^c13892980566@163.com

*corresponding author

Keywords: Heat sensitive moxibustion therapy is a new type of moxibustion therapy that uses moxa heat to distinguish sensitivity for moxibustion. Tuina therapy has also been practiced for thousands of years and it shows the unique strengths in treating pain. Although there is no lack of records in the literature about the experience of heat-sensitive moxibustion combined with tuina for the treatment of pain, it is not difficult to find that heat sensitive moxibustion and massage are performed separately. This article organically combines the two excellent treatment methods of heat sensitive moxibustion and massage to make it a complete operation process. It proposes a new method of interspersed with tuina operation to treat topical pain while applying moxibustion. For your reference.

Abstract: Heat Sensitive Moxibustion, Topical Tuina, Acupoint Selection, The Sensation Of Moxibustion, Pain

1. Introduction

As a simple, effective and non-invasive Chinese medical treatment, moxibustion has been an integral part of Chinese medical theory for thousands of years. In addition, heat sensitive moxibustion not only inherits the warming, tonic, radiating and medicinal effects of ordinary moxibustion therapy, but also pushed forward the new, creatively proposed a whole set of new theories such as "acupoint sensitization", "identification of sensitization and moxibustion", "moxibustion is effective when the qi arrives" and "elimination of sensitization and moxibustion quantity", which enriched the connotation of moxibustion therapy [0,0]. In particular, the theory of heat sensitive moxibustion emphasizes the sensitized state of acupoints, indicating that any therapeutic operation is predicated on the heat sensitization of acupoints, and that only when moxibustion is applied on heat sensitive acupoints can the desired therapeutic effect be attained;

that is, the acupoints are transformed from a "resting state" to a "sensitized state" in order to get the "qi" effect of moxibustion [0,0]. Tuina is one of the common clinical treatments for pain, with its effects of tonifying Qi, invigorating blood, relaxing the muscles, and tonifying the tendons. Several studies have also shown that Tuina manipulation can treat chronic pain by disrupting the central labile state established by chronic pain, activating inhibitory interneurons and reducing the excitability of pain-conducting cells [0,0]. Therefore, the combination of heat sensitive moxibustion and Tuina treatment for pain also has a solid theoretical and practical basis. The author searched numerous literature materials and found that although the combination of heat sensitive moxibustion and Tuina is a hot topic in clinical research, many studies have not organically combined heat sensitive moxibustion and Tuina treatment, and generally operate the heat sensitive moxibustion treatment with Tuina treatment branches [0-0]. In the clinical operation, the author found that interspersed with the pain point local massage operation can strengthen the heat sensitive moxibustion sense, and obtain a good clinical treatment effect, now from the following aspects to discuss.

2. Preparation for Heat Sensitive Acupoint Exploration

2.1. Materials and Preparation of the Ward

The first thing that should be noted is the choice of moxa material for the implementation of heat sensitive moxibustion. The moxa should be of good quality, with a fine cotton wool, no leaf stalks and no slagging. The moxa smoke is white after burning, the smoke continues to form lines, the fire is gentle and long-lasting, and the ashes are regular in shape and curled into a ball. Do not choose poor quality moxa. Low quality moxa is often adulterated with leaf stalks, which results in black moxa smoke, disorganised smoke, irregularly shaped ashes and a tendency to fall off 0. Not only does it fail to achieve the required therapeutic effect, it also carries a high risk of scalding the patient due to its tendency to fall off. Secondly, the choice of the ward is also important. The Suwen - Baojin Quanshuang Lun ("Treasure Life Complete Form") says, "Anyone who punctures the real must first treat the spirit", which emphasizes the importance of both the doctor and the patient guarding the spirit and responding to the spirit, and only when both the doctor and the patient are fully focused on acupuncture treatment can good results be obtained [0,0]. A quiet, warm, well-ventilated, private and well-smoked ward is the prerequisite foundation for both the doctor and the patient to guard and treat their spirit. A quiet consultation room is conducive to a detailed understanding of the patient's condition, as well as easing the patient's stress, protecting the patient's privacy and promoting mutual trust between the doctor and patient. In addition, the moxa smoke produced by moxibustion has a variety of chemicals that are harmful to humans and causes excessive concentrations of pollutants such as PM2.5, PM10 and CO in short-term enclosed consultation rooms, whereas under ventilated conditions the concentrations of these pollutants are below national levels 0. A study by Yu et al. 0 also showed that patients exposed to prolonged exposure to moxa smoke suffered from eye and respiratory system irritation. Therefore, it is important to choose a well-ventilated and smoke cleared consultation room to protect the health of both the patient and the doctor.

2.2. Heat Sensitive Moxibustion Probing Sites

2.2.1. Acupoints Taken From Clinical Experience

Heat sensitive moxibustion probes can be based on clinical experience, usually using commonly used clinical acupuncture prescriptions. For example, Jianyu, Jianzhen, Jianliao, Jianqian, Shousanli,

Gaohuangshu and other acupoints commonly used in the Heat sensitive moxibustion treatment of frozen shoulder, and generally achieve good results. If no heat-sensitive acupoints are found, other methods of acupuncture can be used.

2.2.2. Pain Point as an Acupuncture Point

The probing site for heat sensitive moxibustion can also be based on the principle of following the touching and pressing the pressure pain point to take the point. Studies have shown that the overlap between heat sensitive acupoints and pain pressure points is 34.75% [0]. The author holds the view that heat sensitive moxibustion "using pain point as acupuncture point" is not only applicable to the conventional "if it does not pass, it hurts", but also "if it does not glow, it hurts", which is a feature of different pathological mechanisms and the same treatment method. On the one hand, it can be applied to pain caused by blockage of the meridians, stagnation of Qi and blood, and treats pain by warming and activating the blood; on the other hand, it can also be applied to pain caused by loss of nourishment of the meridians and blood, and treats pain by warming and tonifying. It is important to note that the theory of "pain point as acupuncture point" is only indicative of the body's state of reaction, not the overall cause of the disease [0]. Although we can use the state of response to infer the overall cause of the disease, we should not blindly assume that the "pain point as acupoint" method of acupuncture will necessarily produce acupuncture or moxibustion effects. For superficial pains, including those caused by the skin, superficial muscles, fascia and periosteum, we can often obtain a certain degree of efficacy by following the principle of "pain point as acupoint"; however, deeper pains, including those caused by deeper muscles, fascia, joint capsule and periosteum, as well as involved pains, sometimes show localized pains. If we follow the theory of "pain point as acupoint", we will fall into the misconception of treating the head when it hurts and treating the foot when it hurts [0]. Therefore, in clinical acupuncture, we should not simply assume that the point of pain is the location of the disease and stick to the point of pain.

2.2.3. Taking Points with Positive Response Materials (Points)

Positive response materials (points) can be manifested in the following three categories: (1) local changes in skin colour, such as the appearance of white spots (lines), red spots (lines), petechiae, etc.; (2) local changes in skin morphology, such as the appearance of skin bulges or sunken, papules, desquamation, etc.; (3) local nodules, strips and other response materials appearing under the skin. This method of acupuncture is actually based on the principles of form-sensitive and pressure-sensitive acupuncture point selection, whereby heat sensitive treatment is administered on form-sensitive and pressure sensitive acupoints. Studies have shown that heat sensitive treatment on pressure sensitive acupoints can also be effective [0]. Therefore, this method can be used as a complement to the two methods of acupuncture mentioned above in order to complete the probing operation of heat sensitive moxibustion.

2.3. Heat Sensitive Moxibustion Probing Techniques and Moxibustion Sensation Differentiation

The four types of probing techniques used in heat sensitive moxibustion are rotary moxibustion, round meridian moxibustion, bird pecking moxibustion and gentle moxibustion. The specific steps are: (1) placing the burning moxa stick on the acupoint where heat sensitization is likely to occur and performing a uniform and consistent circular operation at a distance of about 3 cm for about 2 minutes to warm up the local meridian qi; (2) continuing the uniform, back-and-forth roasting operation along the course of the meridian at a distance of about 3 cm for about 3 minutes to spread

the local meridian qi to the surrounding area; (3) The moxa is then moved to this area in a uniform up-and-down oscillating roasting operation, allowing the moxa heat to penetrate deeper to enhance the sensory transmission of the meridian qi for about 2 minutes; (4) Finally, the moxa is placed here in a static roasting position at a distance of about 3 cm for about 3 minutes, with the skin being warm and comfortable without burning locally.

The purpose of applying the heat sensitive moxibustion probing technique is to stimulate the meridian qi and promote the acquisition of qi. For this purpose, the author believes that the supporting hand is also very important. The significance of the pawing hand in the practice of heat sensitive moxibustion is to stimulate, sense and control the transmission of meridian qi. "Nanjing Seventy-Eight Difficulties" says: "When entering the needle, be sure to press the location of the acupuncture point with your left hand, and promote qi movement through bullets, claws and other methods, so that the needle held by the right hand can be smoothly pierced." It elaborates that when piercing the acupoint, the hand should be pressed and gently flicked around the pierced acupoint to promote the acquisition of Qi. Although this is a description of how to use the acupuncture hand, it can also be applied to moxibustion. When probing, pressure, flicking and touching around the acupoint are used to enhance sensory transmission and promote the acquisition of qi.

The moxibustion sensations of heat-sensitive moxibustion include the following six types of sensations: (1) heat transmission, in which the patient feels the heat flowing from the surface of the skin to the inside; (2) heat expansion, in which the patient feels the heat flowing from the moxibustion site to the surrounding area in a sheet-like diffusion; (3) heat transfer, in which the patient feels the heat flowing from the moxibustion site in a certain direction; (4) local non-(slight) heat distant heat, which means that the patient does not feel (slight) heat at the site of application, but is warm away from the site of moxibustion; (5) surface non-(slight) heat deep heat, which means that the patient does not feel (slight) heat at the surface of the site of moxibustion, but feels warm in the deep part of the site of moxibustion; (6) non-heat sensation (soreness, numbness, heaviness, swelling, etc.), which means that the patient feels soreness, numbness, heaviness, swelling, coolness, itchiness and other non-heat sensations at the site of moxibustion and/or away from the site of moxibustion. The criteria for discriminating heat-sensitive moxibustion sensation are: if the patient feels one or more of the above six sensations at the moxibustion site, it means that the acupoint is heat-sensitized; Sensitivity means that the acupoints are not thermally sensitized. At this time, the operation of the exploration technique should be performed again, or other parts that may have heat-sensitive moxibustion sensation should be searched for exploration.

3. Combination of Heat-Sensitive Moxibustion and Local Massage

3.1. Specific Operation of Heat-Sensitive Moxibustion Combined with Massage Techniques

Wait for the patient to experience diathermy, heat expansion, heat transfer, local non-heat and distant heat, surface non-heat and deep heat, and non-thermal sensation (acidity, numbness, heaviness, swelling, etc.). That is, the acupoints are thermally sensitized. At this time, the patient feels that the heat is mild, long-lasting, comfortable, and has no burning sensation. Gentle moxibustion is performed here, and the distance is as comfortable as the patient feels, which can be adjusted at any time. During the moxibustion process, it is necessary to ask the patient how he feels in time, and let the patient describe the feeling of heat conduction in the body; do not use instructive words, such as whether you feel the heat is penetrating deeply, so as not to affect the patient's judgment and thus affect treatment effect.

While performing heat-sensitive moxibustion, the patient can feel the pain of the tender point and whether the degree of soreness has changed by pressing the pain point repeatedly; Whether the tissue is adhered and the tightness of the local muscles, observe the color of the local skin, whether

there is swelling or depression, spots, rashes, etc. to judge the patient's condition. If there is a positive reaction point, it will be interspersed with local massage techniques for treatment. The operation of the technique is combined with the single technique and the compound technique. The single technique uses techniques such as kneading, pressing, rolling, holding, vibrating, pressing, pointing, pinching, twisting, etc.; Firstly, while performing heat-sensitive moxibustion, use gentle techniques such as pressing, kneading, and rubbing to relax the local muscles of the affected area. The conduction and penetration of heat strengthen the degree of deqi in acupoints. Studies have shown that massage can accelerate blood flow, reduce blood viscosity and increase local skin temperature [0,0]. Professor Wen Qinghan also believes that massage "deqi" means the relaxation of muscles, the loosening of tissues and the acceleration of local blood circulation 0. Based on the above common points, we can think that massage can not only promote the conduction and diffusion of moxibustion heat, but also strengthen the "deqi" of moxibustion. Continue to perform mild moxibustion for 10 minutes after the manual operation. Secondly, ask the patient whether the temperature of the moxibustion site is comfortable. The doctor also feels the skin temperature of the moxibustion site with the back of the hand. For the soft tissues around the pain points and positive reactants, such as nodules and cords, etc., continue to perform gentle moxibustion after the massage technique is completed. Finally, ask the patient whether the moxibustion site still feels warm. When the moxibustion site does not feel warm, it means that the heat sensitization of the acupuncture point has disappeared, and the amount of moxibustion for desensitization is saturated, and the moxibustion ends; Osteopathic manipulation ends the treatment.

3.2. Moxibustion Time and Moxibustion Volume

The moxibustion time of heat-sensitive moxibustion is different from the fixed moxibustion time of ordinary hanging moxibustion, but varies from person to person, disease and acupoint, and is not limited to a fixed time. The overall moxibustion time starts from the time when the patient feels the heat-sensitive moxibustion sensation, and ends when the patient feels the heat-sensitive moxibustion sensation disappears.

The amount of moxibustion is determined by the size of the moxibustion fire, the number of moxibustion, the moxibustion distance, and the time of moxibustion. When the size of the moxibustion fire, the number of moxibustion and the moxibustion distance are fixed, the amount of moxibustion is based on the length of moxibustion time [0,0]. According to the characteristics of the combined effects of the above variables, the biggest difference between heat-sensitive moxibustion and ordinary suspended moxibustion lies in the individualized moxibustion time. 40-50 minutes 0. Therefore, the moxibustion amount of heat-sensitive moxibustion is more sufficient than that of ordinary suspended moxibustion, and it is easier to saturate the moxibustion amount of acupoints.

4. Care after Moxibustion

After moxibustion, you should pay attention to keeping the moxibustion site warm and avoid directly exposing the moxibustion site. At the same time, it is not advisable to take a bath within 2 hours after moxibustion to prevent the invasion of wind and cold. In terms of diet, you should eat light and warm products, and do not eat cold or cold products, so as not to affect the moxibustion effect 0.

5. Examples of Medical Cases

Zhang, male, 45 years old, had a first visit on October 15, 2020. He reported that he had redness, swelling and pain in his right elbow due to exhaustion after the operation and limited mobility six months ago, so he came to our department for treatment. Immediately see: poor spirit, swelling and pain in the right elbow, limited range of motion of the joint, palpation of swelling and stiffness of the elbow muscles, obvious pain and tenderness in the lateral epicondyle of the right humerus, and lower temperature of the upper skin of the right elbow joint. Physical examination: Mills test (+), unable to complete actions such as twisting towels and turning door handles. Red tongue, yellow and greasy fur, stringy pulse. Diagnosis of traditional Chinese medicine: elbow fatigue (damp-heat syndrome), diagnosis of western medicine: lateral epicondylitis of humerus. Diagnosis and treatment process: The patient at the first visit reported that he felt wind and cold last night, so he palpated the Chize area on the right side of the patient, and saw local muscle swelling and pain. He probed the heat-sensitive acupoints there, and found heat-sensitive moxibustion sensation at Chize acupoint. The tendency of heat flow to spread around and gradually penetrate inward. It is convenient to apply moxibustion on this area, and perform massage, kneading, pointing, rubbing and other techniques to relax the local muscles and fascia of the affected area for about 2-3 minutes; after 20 minutes, the patient reported that the heat flow spread to the surrounding and penetrated into the deep part and the Quchi direction, check the crimson patch on the outlet line of Quchi acupoint on the right side, and then add a strong moxa stick to the place for mild moxibustion. After 20 minutes, the patient reported that the heat infiltrated the Quchi acupoint and felt comfortable, so he continued to perform mild moxibustion at these two points, and combined with massage, plucking, and hand holding to loosen the muscle adhesions and positive reactants in the affected area. About 2 minutes; after 40 minutes, the patient felt that the heat disappeared, so he stopped moxibustion, and cooperated with massage, kneading, pinching and other manipulations for about 5 minutes. As shown in Figure 1-5. After that, moxibustion was performed 10 times according to the above method, and the patient's pain basically disappeared, and the treatment was over.



Figure 1: The state at the end of the first moxibustion (Chize)



Figure 2: The state at the end of the first moxibustion (Quchi)



Figure 3: IH state after the first moxibustion (Chize)



Figure 4: The state at the end of the first moxibustion(Whole moxibustion area)



Figure 5: IH state after the first moxibustion(Whole moxibustion area)

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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