

Chinetsukyu

(知熱灸 Cone moxibustion)

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History and Terminology

- Keiri Inoue started this method. Inoue was one of the founders of Keiraku Chiryō or Japanese Meridian therapy.
- Chinetsukyu is an indirect moxa method in which you burn the top 2/3rd's of the cone. The bottom 1/3rd corresponds to a heat-transfer medium such as garlic or ginger.
- Onkyu or "warming moxa" is another name for Chinetsukyu. Chi=know. Netsu=heat. Kyu=moxa tx.

Function

- Chinetsukyu works on the Ki level; it moves Ki, especially Yang (wei) Ki. Direct moxa works more on the blood level.
- Chinetsukyu is used to induce the release of yang ki and fluids from areas that are excess.

Function-2

- Chinetsukyu is a dispersion technique. In addition to other signs, the effect of Chinetsukyu can be judged from the fact that it causes sweating and reduces heat. Based on such results, Chinetsukyu is appropriate for use on areas that feel warm, have indurations, are tense, or that have edema.

Quality of Moxa

- In general, use semi-pure moxa.
- High quality moxa will burn too quickly, leaving the goal unattained. Use pure if you want to lower the temperature (very expensive).

Size of the Cone

- Height should be 1.5cm and the diameter should be 1cm. The size was smaller in earlier days.
- A more comfortable warmth is felt from a larger and softer size while a sharper and less comfortable heat is felt from a smaller and harder size.

Making a Cone

- Roll some moxa between your fingers into a 1cm ball.
- Form the cone shape by squeezing the ball between the thumb, forefinger and middle fingers while pressing down on a hard surface and making short clockwise turning movements (less than a 1/4 turn).

Making a Cone-2

- Make the cones the same size, density, and shape. An uneven shape burns unevenly. A hard cone burns too slowly. A cone that is too soft may disintegrate on removal.

Making
cone

Soft
/hard
cone

Placing and Lighting the Cone

- Prepare beforehand a cup with water or a wet cotton ball. If the point is not on flat skin, place the cone in the cup or touch it to the wet cotton ball in order to moisten the bottom surface, so it will stick to the skin. Do not use too much water.



Placing
with
water

Removing the Cone

- Remove the cone when about 2/3rds of it is burned (even though the patient says he does not feel much warmth),
- When the smoke starts circulating to the bottom surface of the cone,

Lighting
/removi
ng

Smoke
circulat
e

Removing the Cone-2

- When the patient feels a slight sensation of warmth (but don't wait until the patient says "hot"). Follow whichever condition comes first.
- Remove by grabbing the unburned bottom with the thumb, fore-and middle fingers or by using tweezers. Place the burnt cones in a container of water.

Uses of Chinetsukyu-Types of Patients

- Infants -Young children
- Severely weak or very vacuous patient
- Very sensitive patients: sensitive emotionally and sensitive to needles
- People who've suffered yang collapse
- Yang vacuity
- If you have needled too much, apply Chinetsu Kyu on the points that have been needled or on GV14, ST 36, or CV 8, in order to raise the yang.

Uses of Chinetsu Kyu -Areas of the Body

- Eye: area between eye and eyebrow (1x), Taiyang (1x)
- Nose: Yintang (1 to 3x), LI 20 (1x) (Be careful for the patient not to inhale smoke.)
- GV14:
 - a) for deficient Ki patient with tonification tech.(1- 3x)
 - b) +GV12 for children to maintain their health (1 -3x)
 - c) for fever with dispersion technique (1 to 20x)
- BI 10, GB 20: headache, stiff shoulder, tired eyes (1x)
- For excessive dose by needling, residual feeling from needling, to get rid of reaction by mistaken treatment, it is used with tonification technique.

- Lower back: Shu points & adjacent points (4-8 points, lx)
- Abdomen: for diarrhea - 4 points around the navel (closer to it). Helps clarify a pulse when deciding a Five Phase pattern is difficult.
- Navel: for diarrhea - Make cone the size of the big toe so that it doesn't drop into the navel (many times). Sometimes put salt on the navel (CV 8), and do Chinetsu Kyu on it.
- At the site of bloodletting
- At the painful site accordingly. For pain accompanying heat and swelling, it is used with dispersion technique.
- At the post surgical site and the site of herpes. In these cases they are used around the site.
- For rash, itchiness, insect bite with dispersion technique.

Kakubutsukyū

(隔物灸 Indirect Moxibustion)

- Use coarse moxa. Burn a suitably sized cone on top of salt or ginger or garlic that is placed on the treatment point.
- Purpose: Indirect moxibustion is used to treat coldness or pain.

Technique:

- Indirect moxibustion is used to tonify yang ki through the addition of heat. However, it must not be allowed to get so warm that it causes sweating, as this will result in the undesired effect of further chilling.