

灸頭鍼

Moxa-on-the-Head (base) Needle

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Kyūtōshin

Brief Description

- The biggest effect comes from the needle, but the heat from the burning moxa increases the effect of needling.
- It supplements Ki and blood in the channels and body and treats stagnant cold in the channels.
- *Kyūtōshin* is used to relieve pain due to longstanding frigidity.

Function and Effects:

- *Kyūtōshin* has a warming effect and is basically used for tonification. But, it is also effective when used for indurations, and therefore came to be used for both tonification and dispersion.
- *Kyūtōshin* is used at areas of deficient nutritive ki (blood), at areas of chronic pain such as on the lower back, buttocks, thighs, around the shoulder joints, and at areas in the abdomen that show resistance or pressure pain due to blood stasis.

Function and Effects:(2)

- It's effect is somewhat similar to the fire needle. The fire needle is a thicker and longer needle with a wooden handle. The tip is heated by a flame from an alcohol soaked cotton ball and is used to prick points.
- Fire needle is a non-insertive method that is taught as part of the Hari symptomatic treatments.

Function and Effects:(3)

- *Kyūtōshin* is surprisingly suitable for use on many people. However, this is different from saying that the illness of all those people will be cured.
- *Kyūtōshin* feels good and so there is a risk that practitioners will get into the habit of randomly giving *kyūtōshin* just for the comfort of the patient. However, it should be used with a clear purpose in mind based on a sound determination of the pattern of imbalance.

Kyutoshin Needle Considerations

- Don't use a needle with a handle that is glued to the shaft or a plastic handle.
- Use a roughened (wound) handle so the moxa can stick to it.
- The length is 1.3-2 cun, occasionally 3 cun. Gauges used are #2-5. The needle material should be stainless steel.

Moxa Considerations

- Use semi-pure moxa. Avoid poor quality which has stems or rubbish which may fall out and burn the patient.
- Avoid darker moxa that is coarser and burns hotter. Semi-pure moxa is softer and burns more mildly.

Other Tools

- 1. Lighter and/or incense stick
- 2. A cut spoon or scooper to lift off the burnt moxa (optional).
- 3. Tweezers to remove the heated needle
- 4. Shield to prevent ash from falling onto patient or to shield the skin if the heat is too hot.
- 5. Receptacle for moxa ash (moxa cup filled with water).

Kyutoshin Procedure (1) Moxa ball

1. Before inserting the needle or needles,
 1. Roll the moxa into however many 1-2 cm diameter balls are required; for a mild condition, use 1 ball, for a cold condition, up to 3 balls on the one point.
 2. A good round shape holds together better and prevents pieces from falling on the patient's skin.

Wrapped

balls

Kyutoshin Procedure (2) Point location

1. To locate the points for Kyutoshin look
 1. for stiffness or tightness under the skin.
 2. At the same time the surface of these points should indicate blood deficiency.



Kyutoshin Procedure (3) needle insertion

1. Insert the needle to the center of the stiffness, deep enough so the needle will remain upright when the moxa ball is on the handle.
 1. On the upper body, above BL17, and on thin people use a 1 or 1.3 cun needle, so as to avoid puncturing the lungs or other internal organs.
 2. On other parts of the body, use a 1.6 cun needle on average sized people, 2 cun on heavier people, and over 2 cun on obese people.



Kyutoshin Procedure (4) moxa on the needle

1. Split the moxa ball in half with your fingers and squeeze it together on the handle, making sure to cover the top of the needle with the moxa.
1. Mr. K pokes a hole in his moxa balls and slides them onto the handle. Vibrate the needle to check if the moxa is on securely.

half

hole

Tissue p.

Kyutoshin Procedure (5) ignite

1. Light the bottom, right, and left sides of the moxa ball.
 - Don't place the lighter flame too close to the shaft of the needle, because the heat may bend the needle.

Kyutoshin Procedure (6) control heat

- Use your fingers to check the temperature of the patient's skin. If it is too hot, place the shield under the needle, but it is better to avoid needing to do so. Most of the heat travels through the air from the burning moxa to the skin.

Stand shield
paper

Shield
paper

Kyutoshin Procedure (7) removal

1. Lift off the burnt moxa ash with a cut spoon, scooper or with your fingers.
2. Remove the needle with tweezers, close the hole, and massage well.

Ash removal

scooper

Indications

- Pain due to blood stasis
- Stiff joints, especially the shoulder
- Contusion, whip-lash injury
- Cold within patient
- Cold feet and hands
- Numbness and paralysis of the limbs
- Diarrhea
- Bloating

Contraindications

- High fever
- Fast-floating pulse
- In cases of counter-flow Ki, don't use moxa on the upper part of body where there is counter-flow Ki, but do use it on the lower half of the body.
- When it is not appropriate to retain a needle for long while in the patient. Remember that the main effect comes from the needle.

Precautions

- Swiftly remove any fallen ash; better to prevent its falling by being attentive.
- Caution the patient not to move.
- Use round moxa balls, an irregular shape is more likely to fall apart.
- Keep asking the patient how they feel and watch the skin for redness, a sign of too much heat.
- Don't push down on the needle when affixing the moxa ball because this will be painful to the patient.

Kyukonshin

- A thread of moxa is placed on the area needle inserted and lit. The biggest effect comes from the needle, but the heat from the burning moxa increases the effect of needling. It supplements Ki movement in the channels and body and treats pain in the channels.
- *Kyūkonshin* is used to relieve many type of pain.

kyukonshin