

Thinking of moxibustion in the plague prevention and control process

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Abstract: As an important part of traditional Chinese medicine, moxibustion plays an important role in the process of disease treatment of traditional medicine. In the plague prone to outbreak and infection today, moxibustion used in the plague prevention and control process is more important, make the prevention and control of the plague more favorable, combined with ancient and modern, moxibustion in the plague prevention and control and treatment process play a unique role is thoughtprovoking, worthy of our in-depth thinking.

1. Introduction

The pivot piece "Canon have cloud:" not for needle, appropriate of moxibustion." Moxibustion, the ancient name of moxibustion, refers to the use of wormwood leaves and other flammable materials or drugs, lit on the acupoints or the affected area for burning or fumigation and ironing, by its warm stimulation and drug effect, in order to achieve the purpose of disease prevention and treatment of a external treatment [1]. Moxibustion can be divided into moxibustion and non-moxibustion two categories. And moxibustion is the main content of moxibustion with mugwort as moxibustion material. Moxibustion has the functions of warming meridians and dispersing cold, promoting blood circulation and regulating qi, returning to Yang and removing solid, raising Yang and lifting depression, eliminating blood stasis and dispersing constipation, removing poison and reducing heat, preventing disease and health care, and prolonging life. Plague is the equivalent of infectious disease in modern medicine. In our country's medicine, moxibustion plays an important role in the prevention and treatment of plague. On the one hand, the smoke of moxa leaves can play a role in sterilization of the surrounding air. On the other hand, moxibustion also has the effect of enhancing immunity on the body.

2. Relevant empirical research

2.1 Artemisia argyi leaves fumigation air disinfection

Jin Dynasty GeHong written "elbow backup urgent" recorded "broken plague disease to do not phase dye, close to moxibustion patient bed four corners, each a strong, better also. About using moxibustion to prevent plague infection to contact with others, the later physicians use examples

abound, the peaceful holy benevolence formulae, the phuket etc were recorded. Throughout the history of China, there are few large-scale spread of serious epidemics, which can prove the disinfection effect of moxibustion on the surrounding air in the plague. In modern times, in the process of western medicine was introduced into and widely used, there is still a moxibustion for infectious disease prevention and control of study. Zhao Fanrong article [2] will moxa smoke ward to prevent respiratory tract infection in children to observe, found that not only control the infection status effect is good, and compared with other room disinfection method is easier to accept children and economical, avoid children in the process of application of other types of room disinfection appear accidental infections. Tang Yaqin [3] et al. took the fumigation of *Artemisia argyi* leaves as a way of disinfection in wards to conduct a one-year observation study on bacteria in the air of rooms, and also reached a supporting conclusion, indicating that the method of using *Artemisia argyi* leaves fumigation for air disinfection is indeed feasible and effective.

2.2 Moxibustion can enhance the body's immunity

King of Chinese medicine Sun Simiao wrote "prepare urgent thousand gold prescription" cloud: "where into the Wu Shu to you, the body often must be 32 moxibustion, do not make the sores temporary recovery, then Zhang paludo malaria gas can not people also, so Wu Shu moxibustion." The effect of moxibustion on preventing the attack of malaria and strengthening the vital qi of human body was emphasized. Is the so-called "positive qi stored in. Evil can not dry ", moxibustion to enhance the human body, natural can resist the invasion of the disease. Modern medicine for moxibustion to improve the immune function of the body is also very concerned about, immunoglobulin refers to animal proteins with antibody activity, mainly including IgG, IgA, IgM, IgD, IgE 5 categories. Ren Chaoxue [4] et al. discussed the influence of moxibustion Zusanli acupoint on the immune function of 400m track and field athletes. In each period, the IgG and IgA in the moxibustion group were all greater than those in the control group, indicating that moxibustion Zusanli can inhibit the decrease of immune function caused by exercise training. In order to investigate the adjustment effect of moxibustion on macrophage phagocytosis in immunocompromised mice, Zhu WenLian et al. [5] divided 130 mice into normal control group, normal moxibustion group, immunocompromised model group and immunocompromised moxibustion group, and counted their phagocytosis by smear microscopy and flow cytometry. The results showed that moxibustion at Dazhui point had little effect on macrophage phagocytosis in normal mice, but significantly enhanced the macrophage phagocytosis in immunocompromised mice, thus it was concluded that moxibustion had a regulating effect. Jiang Jinfeng [6], summarizes the moxibustion of moxibustion studies have shown that the universality of anti-inflammatory, specificity, integrity, and adjust the two-way sex of inflammatory reaction, and basic understanding of inflammatory reaction, especially chronic inflammatory reaction is the key to the effect of moxibustion WenTong pathologic basis, anti-inflammatory effects that are the basic principle of the main mechanism of moxibustion WenTong effect. Rong Xianbing et al. [7] investigated the effects of moxibustion Zusanli and Guanyuan acupoints on the immune function of training mice. 30 male mice were divided into the quiet control group (n = 10), the exercise training group (n = 10) and the exercise + moxibustion group (n = 10), and the latter two groups received 6-week increasing load training. Mice in the exercise + moxibustion group were moxibustion Zusanli and Guanyuan acupoints 1h after each training, and the last training was exhaustive swimming training with 8% weight bearing. Blood T lymphocyte subsets, natural killer cells (NK), natural killer T(NKT) cells and the activities of antioxidant enzymes in spleen and thymus of mice in each group were measured. The results indicated that moxibustion at Zusanli and Guanyuan points could improve the decrease of immune function caused by training and improve the immune function of the body.

3. Discussion

As an important part of traditional Chinese medicine, moxibustion has been spread up to now. Its unique curative effect is worth our careful study and exploration. The Compendium of Materia Medica [7] said: "Ai Cao is slightly bitter when raw, and slightly bitter when ripe. It is warm when raw and hot when ripe, and pure Yang also. You can take the sun true fire, you can return to the vertical Yuanyang absolutely. Take the three Yin, and chase all the cold and dampness, turn the spirit of solemn killing into fusion ". During the period of SARS in 2002-2003, the situation of epidemic prevention and control was grim and all places were in a state of emergency. However, SARS still had a high fatality rate. However, in Guangzhou, where the epidemic first broke out, among the 58 patients admitted to the First Affiliated Hospital of Guangzhou University of Chinese Medicine, none of the patients died of SARS and all of them were eventually cured. At the same time, there was no cross-infection in hospitals during the outbreak. In addition to the use of traditional Chinese medicine in treatment, a big reason for the absence of infection is that the First Affiliated Hospital of Guangzhou University of Chinese Medicine insisted on adding mugwort smoke to disinfect the air daily. At the beginning of the COVID-19 outbreak, Zhengzhou Hospital of Traditional Chinese Medicine in Henan Province also used traditional medicine to disinfect the outpatient hall with mugwort leaf smoke. Meanwhile, modern studies have shown [8] that the fumigation of *Artemisia argyi* leaves can inhibit a variety of pathogenic bacteria, fungi and viruses, and *Artemisia argyi* leaves do have the effect of killing or inhibiting bacteria and viruses. The air disinfection can meet the hygienic standards, and it is non-toxic to human body, with little irritation, and economical and practical.

However, in practical application, the implementation of moxibustion application still has certain limitations.

First of all, mugwort leaves produce a lot of smoke during the burning process, along with its unique smell. In the clinical application of moxibustion, many patients have received feedback, although the efficacy of moxibustion has been affirmed, but because of its rich taste, many people are difficult to adhere to. In the consulting room, many patients are often treated at the same time, and the smell and smoke are more concentrated, and the patient's acceptance will be reduced accordingly. Secondly, moxibustion in the eyes of many people is not considered to be a treatment method, but moxibustion is summed up as a means of "health care and health preservation". As everyone knows, the indications of moxibustion treatment are also very wide. Moxibustion has the effect of warming the meridian and dispersing cold, promoting blood circulation and Qi, restoring Yang, lifting Yang, eliminating stasis and dispersing jie, pulling out poison and reducing heat, preventing disease and health care, prolonging life, so that many diseases can be applied for treatment. For example, diarrhea, rectocele, pain and so on, and even thermal pain can be guided down through moxibustion Yongquan point, so as to relieve pain.

Moxibustion as a safe, effective, economical and practical treatment, not only can be used in the treatment of diseases in daily, can also play a unique effect in the plague, it not only can the air disinfection, reduce the spread of yuan in the air, also can enhance our vital qi, improve their resistance, make stronger disease-resistant ability in the environment.

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