

The Application of Moxibustion in the Concept of "Preventive Treatment"

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Abstract: Moxibustion has played a role in preventive health care since ancient times. Moxibustion "preventive disease" first appeared in the "Huangdi Neijing", which is one of the important theories of traditional Chinese medicine in health care. With the development of society and the advancement of science and technology, people pay more attention to their health, and moxibustion has been paid more and more attention to by its simple, convenient, and effective operation characteristics. Many research results have proved that moxibustion plays a very important role in the field of "preventive treatment".

To cure the disease before the disease occurs, that is, to adjust your physical condition before the disease occurs, solve the potential pathogenic factors that may appear, and stifle the disease in the cradle, to keep the body in a relatively healthy state. The idea of "preventing disease" in traditional Chinese medicine originated from the ancient Chinese book "The Yellow Emperor's Classic of Internal Medicine", and skilled doctors treat moxibustion before the disease has manifested, rather than waiting for the disease to appear before treating it. In Chinese medicine, the idea of "prevention of illness by superior physicians" is mainly about prevention before illness and prevention of change after an illness. In the process of medical development, three ideological connotations have gradually formed. The first is to prevent diseases before they happen, that is, to emphasize the need to prevent the occurrence of diseases; the second is to prevent further transmission after illness, and advocate early detection, early diagnosis, and then early treatment, and timely treatment. Control the development and evolution of the disease; the last is the prognosis, preventing the recurrence of the disease. Chinese medicine regards the idea of treating pre-disease as the basis and goal of medical theory.

Moxibustion, known as moxibustion in ancient China, ignites flammable moxa leaves or medicines and other materials and performs cauterization and moxibustion on the acupoints to be moxibustion. With the help of its warmth and medicinal effects, it is an external therapy to prevent and treat diseases method. Moxibustion is an important part of ancient Chinese medicine. There is an old saying that Chinese medicine is not ideal, and when acupuncture is not ideal, moxibustion can be used. Moxibustion has the functions of warming the meridians and dredging collaterals, returning the yang to save the inverse, raising the yang to lift the depression, reducing swelling and dispelling knots, etc. Moxibustion without disease is also known as "reverse moxibustion". The

preventive healthcare function of traditional Chinese medicine has been paid more and more attention to in people's daily life. In terms of treating the population of the disease, the diseased population is shifted to the non-sickened population, to achieve the role of disease prevention.

1. An Overview of the Idea of Moxibustion for "Preventive Treatment"

The earliest Chinese ancient book of traditional Chinese medicine with the idea of "preventive disease treatment" is "The Yellow Emperor's Classic of Internal Medicine". The core concept of disease prevention and treatment focuses on health preservation, including the three elements of conforming to the laws of nature, adjusting the mental state, and ensuring the harmony of yin and yang. The traditional Chinese view holds that the three months of spring are the time to bring forth the old and bring forth new ones. When everything recovers, people should get up early and go to bed early, and pay attention to early morning exercise... This is the method suitable for health in spring. On the contrary, it will damage the liver, and it will become cold in the summer. In the summer of March, it is the time when everything is full. The weather and the atmosphere of the earth echo each other, and various plants grow and breed gradually. You should lie down at night and get up early, and don't hate summer. This is the way to maintain your health in summer. If you don't follow the rules, it is easy to damage the heart and develop into malaria, reduce the autumn air obtained in autumn, and the disease will be more serious when winter comes. Plants are plentiful and plump in March. The autumn is high and the air is fresh and the earth is abundant. It is necessary to learn the routine of birds that go to bed early and get up early to calm the mind. Follow the autumn health rules. Violation of the law can easily damage the lungs, diarrhea will occur in winter, and there will be less qi for winter. In the winter months of March, everything is closed, dripping water turns into ice, and the earth is cracked. People should act when the sun covers the earth, and not disturb the yang energy. This is the key to maintaining health in winter. Violation of the law will damage the kidney qi, and it is easy to produce atrophy in the spring, and the qi of spring hair growth will be affected. In short, conforming to the laws of the four seasons is one of the important ways to maintain health and prevent diseases. To regulate the mental and emotional state is to maintain a calm mind, without desires or desires, with a calm mind and a calm mood. It is said in the ancient Chinese medicine book "Su Wen" that the five viscera of a person correspond to the five qi in the body, including the five emotions of anger, joy, thought, sorrow, fear, anger, and anger. It can damage the liver, happy qi can damage the heart, thinking qi can damage the spleen, sad qi can damage the lung, and fear qi can damage the kidney. Therefore, maintaining a calm and indifferent mood can keep the spirit inward and make the true qi obedient. In "Su Wen: Qi Tongtian Lun", it is said that the key to the balance of yin and yang lies in the abundance of yang qi and the calmness of yin qi. Therefore, maintaining the balance of yin and yang is of great benefit to human health.

Both disease prevention means that the disease has already occurred, it must be treated in time, and the development direction of the disease must be predicted. For example, in ancient Chinese medical books, it is said that to cure a disease, one should see liver disease and know that liver disease will be transmitted to the spleen. Therefore, one should first strengthen one's temper, and not make the liver produce evil energy. Therefore, it is said to treat the disease before it occurs.

2. The Application of Moxibustion in "Preventive Treatment"

2.1 Mechanism of Moxibustion in Treating Pre-Disease

According to the literature review, it is found that the mechanism of moxibustion in modern medicine to treat disease includes two aspects, namely, regulation of immune function and

anti-aging function [1]. Improving immune function can improve the body's ability to resist disease. Studies have shown that moxibustion increases the number of T lymphocytes, increases the synthesis of interleukin, and enhances the immune regulation function [2]. The decline of immune function affects the aging process to a certain extent, so improving the immunity of the body can slow down the aging process. Studies have shown that the substances contained in *Artemisia argyi* have strong antioxidant activity and can resist free radicals [3]; flavonoids in *Artemisia argyi* can inhibit platelets, reduce blood viscosity, and reduce peripheral vascular resistance [4], is of great significance for delaying aging. Moxibustion can also prevent other diseases.

2.2 Methods of Moxibustion

Moxibustion also has its special application methods. Compared with acupuncture, moxibustion is simple and independent in selecting acupoints. In clinical practice, moxa sticks or moxibustion can be used directly. The types of moxibustion are very rich. The materials are divided into two categories: moxibustion and non-moxibustion. The common methods of moxibustion include moxa stick moxibustion, moxa stick moxibustion, warm acupuncture moxibustion, and warm moxibustion device moxibustion. Non-moxibustion types commonly used include lamp moxibustion, wick moxibustion, herbal cake moxibustion, pill moxibustion, etc., as well as some irritating drug moxibustion, all of which have the functions of warming meridians and dredging collaterals, raising yang and lifting depression, reducing swelling and dispersing knots, returning yang to relieve depression, and benefiting The functions of qi nourishing blood, nourishing yang and solid detoxification, etc. to treat diseases and prevent health preservation.

2.3 Clinical Application of Moxibustion

2.3.1 Anti-aging Applications

Experimental studies have shown that moxibustion plays an obvious role in the anti-aging mechanism. Pan Yahui [5] and other studies have found that moxibustion can enhance the activities of SOD and CAT, reduce serum malondialdehyde (MDA) content, and enhance SOD and other antioxidant enzymes. This kind of activity can remove free radicals in the body in time, thereby delaying aging. Contemporary scientific research has found that the most obvious feature of aging is the decline of the immune system. When an adult reaches the age of 30, the body's thymus function declines, and immunity also declines. The probability of the body's disease is greatly increased. Moxibustion can improve the body's immunity and effectively delay aging. Li Lihong [6] studies have confirmed that moxibustion on Du meridian points can significantly delay the degeneration of immune organs in mice, adjust the disordered state of T cell subsets and the functions of cytokines and receptors, enhance collective immunity, and delay aging. . Studies by Zhong Lan et al. have confirmed that electric heating herbal patch moxibustion can significantly increase the content of trace elements zinc, calcium and manganese in serum, so that the content of trace elements can be transformed towards the direction of anti-aging, suggesting that moxibustion may be an action pathway for anti-aging [7]. Liang Xin et al. found that moxibustion can increase the serum melatonin content of aging rats, promote the expression of HSP70, increase the number of pineal cells, and slow down the aging speed of pineal cells [8]. Cardiovascular and cerebrovascular diseases caused by lipid metabolism disorders also belong to human aging diseases. Studies have shown that moxibustion can reduce the content of total cholesterol (TC), triacylglycerol (TG), and low-density lipoprotein cholesterol (LDL-C) in serum. , increase the content of high-density lipoprotein cholesterol (HDL-C), reduce lipid peroxidation damage, and regulate lipid metabolism to prevent metabolic disorders [9-11].

2.3.2 Application of Summer Treatment for Winter Diseases

The theory of treating diseases in winter in summer in Chinese traditional medical culture originated from the theories about treating diseases and health care in the four seasons in "Simple Questions: Theory of Four Qi Regulations" and "Simple Questions: Theory of Six-Jie Zangxiang". The ideological core of summer treatment for winter diseases is that diseases that are easy to breed in winter and serious diseases can be treated and prevented in advance when the yang qi is abundant in summer, to strengthen self-immunity and reduce the impact of diseases in winter. Xu Housing believes that moxibustion can prevent and exacerbate diseases in cold seasons such as cough, asthma, chronic diarrhea, cold and stiff joints, fear of cold, physical weakness, and frostbite in the cold season. treatment can significantly improve clinical efficacy [12]. Zhang Jing et al[13] found that, during the dog days, moxibustion at Dingchuan, Feishu, Shenshu, and Zusanli on both sides can effectively reduce the frequency and severity of asthma attacks in winter.

2.3.3 Application of Moxibustion in COVID-19

The important role of moxibustion in the prevention and treatment of new coronary pneumonia has been confirmed, and the effect of moxibustion in reducing fever, regulating immune function, and resisting virus functions is obvious. The strong epidemic and contagiousness of COVID-19 and clinical symptoms such as fever, fatigue, dry cough, diarrhea, dyspnea, and severe cases can rapidly develop into shock or even death, which belongs to the "plague" of traditional Chinese medicine. category. (1) Moxibustion stimulates acupoints through the meridian system to play the role of strengthening the body and eliminating pathogens, and reconciling yin and yang, which can regulate the body's immunity, resist epidemic toxins, and play the role of "prevention before disease, disease prevention, and recovery after recovery". To achieve the purpose of epidemic prevention and treatment; (2) Moxa smoke generated by burning moxa sticks can disinfect the air and kill germs to prevent infection and play a role in epidemic prevention. "Qianjin Yaofang": "Ordinary people in Wu and Shu, often need moxibustion in three or two places on the body, so that the sores are not temporarily shriveled, and the miasma warm malaria poisonous gas will not be able to reach people." "Qianjin Yifang" records that "all kinds of fever, when the temperature is diseased, moxibustion on the Dazhui Baizhuang, acupuncture into three points to relieve it, and horizontal three cun moxibustion", which reflects Sun Simiao's thought of using acupuncture and moxibustion to treat epidemics. Following the concept of "preventive treatment", Chen Xia and others used barrier moxibustion on Zusanli, Guanyuan, Zhongwan, and other acupoints to enhance immunity for front-line personnel who had close contact with patients with COVID-19, and for patients who were recovering from COVID-19. After being discharged from the hospital, there may still be pulmonary inflammatory reactions and uncomfortable symptoms such as shortness of breath, fatigue, and anorexia. Moxibustion at Dazhui, Feishu, and other acupoints with partitioned moxibustion can further consolidate the treatment, improve the prognostic symptoms, and prevent the recurrence of the disease, that is, "Recovery from illness" [14-19].

2.3.4 Clinical Application in other Diseases

Moxibustion is widely used in clinical practice. It can be used for meridian diseases on the body surface, as well as diseases of internal organs; it can also be used for the prevention and treatment of chronic diseases, and it also has certain curative effects on acute and severe diseases; It can also be used in real fever diseases. Moxibustion plays an important and positive role in the treatment and adjuvant treatment of many clinical diseases, especially for various diseases caused by deficiency-cold diseases, lung congestion and cold phlegm, cold limbs, weakness of the five internal organs, and loss of Yuanyang positive effects. In recent years, it has also been used in

adjuvant therapy for chronic hepatitis, malignant tumors, AIDS, etc., which has a certain therapeutic effect on improving symptoms and reducing the toxic and side effects of radiotherapy and chemotherapy.

2.4 Common Acupoints and Operation Methods of Moxibustion in Treating Pre-Disease

No disease and moxibustion use some acupoints with strong effect. According to the literature review, the commonly used acupoints for moxibustion treatment without disease are Zusanli, Qihai, Guanyuan, Baihui, Shenque, Shenxu, Dazhui, Shenzhu, and Ashi. Zusanli (Foot Yangming Weihe acupoint and Xiahe acupoint), has the functions of transporting and transforming the spleen and stomach, generating stomach qi, and nourishing the spleen. There is an old saying that to be healthy and safe, Zusanli must always be kept moist. Therefore, Zusanli plays a very important role in people's physical health. It can replenish qi and replenish yang, and delay the aging of eyes. According to "Acupuncture and Moxibustion Lingfa", acupuncture and moxibustion at Zusanli can prevent and protect people who have no disease. In clinical practice, mild moxibustion is often used at Zusanli point. The ignited moxa sticks are used for moxibustion at a distance of 3 cm. Local warmth and warmth are appropriate. Each moxibustion should not exceed 15 minutes, and moxibustion will be performed every other day, with 10 times as a course of treatment. Scar moxibustion: After applying garlic juice to the moxibustion site, immediately stick the moxa cone on it, ignite it for moxibustion, until the moxa cone is completely burned and self-extinguishing, then remove and replace it with a new one, and moxibustion until the skin bubbles, usually about 1 Weekly suppuration, strict prevention of infection, moxibustion sores healed in about 45 days, leaving permanent scars. Qihai and Guanyuan belong to the Renmai acupoints. Qihai is the innate sea and is an important acupoint for preventive health care. Ginger-partitioned moxibustion: Take fresh ginger slices, perforate them and place them in the Qihai point, ignite the moxa cone for moxibustion. The single treatment dose is 3 to 10 strong, and moxibustion can be done every day or every other day. Each course of treatment should not exceed 15 times. Aconite-separated moxibustion: Cut aconite into thin slices, pierce small holes, soak in water, place in Qihai point, and apply moxibustion with a moxa cone the size of little finger, preferably with mild and warm stimulation, 3 to 5 times a single time, moxibustion every other day, every time. The course of treatment should not exceed 10 times. "As Jing Tu Yi," said: There is no special way to maintain health, just not happy and sad, so that the sea of qi is often kept warm. Moxibustion at Guanyuan and Qihai acupoints can maintain health. Baihui is the acupoint of the Du meridian, which is connected to the brain, and is where the three yang meridians of the hand, the three yang meridians of the foot, and the yang qi of the Du meridian converge. Moxibustion at Baihui acupoint can raise the yang and fix it and has a two-way benign regulating effect. Shenque is the acupoint of Renmai, which has the functions of nourishing yang, strengthening blood, nourishing qi and nourishing blood, delaying aging, and cultivating vitality. Ginger-partitioned moxibustion is often used in clinical practice at Shenque point: cut fresh ginger into thin slices, pierce them and place them at Shenque point, ignite the moxa cone, and apply ginger slices separately for moxibustion. Single moxibustion for 3 to 5 days, moxibustion every other day, no more than 10 times per course of treatment. Second-rate. Salt-separated moxibustion can also be used: take an appropriate amount of clean salt, evenly fill the navel socket, place a moxa cone on it and ignite moxibustion. "Lei Jing Tu Yi," says: "If moxibustion reaches three to five hundred strong, it will not only heal the disease but also prolong life." Zhao Caijiao et al. It can significantly improve the common symptoms of aging and can delay the aging process by improving microcirculation and scavenging free radicals [20]. The kidney acupuncture point belongs to the bladder meridian of Foot Taiyang, which is the place where the essence and qi in the kidney are transported and infused. Chen Hanping and others have

studied the role of kidney acupoints in delaying aging and found that stimulating Shenshu can nourish the kidney and replenish essence, echoing the theory of aging due to deficiency of kidney qi, so it is an important way to delay aging [21]. Dazhui is the acupoint of the Du meridian, which is the convergence of the three yang meridians of the hand and the Du meridian. In clinical practice, Dazhui is commonly used for mild moxibustion, and the Tongzu Sanli point is operated. "Acupuncture and Moxibustion Juying," says: "Three strong points on the big vertebrae can protect the small two from disaster." The body column belongs to the Du meridian acupoint, which implies the meaning of the pillar of the body. It is an important acupoint for prevention and health care for children. [22], the specific operation is to take an appropriate amount of moxa velvet roll as a moxa roll about the thickness of a finger, and use gentle moxibustion for 5 to 10 minutes, moxibustion every other day, and no more than 10 times a month. "Meridian Points Huijie," says: "Body pillar, pre-moxibustion will not cause various diseases." Moxibustion at Ashi point can disperse knots and eliminate blood stasis.

3. Discussion

As the country vigorously develops the cause of traditional Chinese medicine, the theory and methods of traditional Chinese medicine are accepted by more people, and traditional Chinese medicine therapy has been affirmed in clinical efficacy, and with the rapid development of society, people's living standards have improved, so they pay more attention to themselves. Traditional Chinese medicine's "preventive treatment" ideological theory has attracted widespread attention. Moxibustion has many advantages such as good curative effect, safety, no side effects, and convenient operation. It will be trusted by more and more people, especially in early 2020. In the global new crown epidemic, traditional Chinese medicine has become an important force in the fight against the epidemic. The characteristic treatment methods of traditional Chinese medicine are simple and effective, providing more protection for the front-line medical staff fighting the epidemic.

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