

Moxibustion



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Moxibustion is a form of fire heat treatment that stimulates specific acupuncture points of the body. The term is derived from the Japanese “mogusa” meaning herb (mugwort) and the Latin “bustion” meaning burning. “Moxa” can be applied directly to the skin or indirectly and may come in the form of small cone applied to the skin, in a roll that is waved across the skin or in a box or pen that is used over the skin. In moxibustion, the leaves of the Chinese herb mugwort (*Artemisiae Vulgaris*) are dried and then burned using one of several methods. This picture is an example of indirect moxa.