Experience of Senior TCM Doctor

Wu Ji Health Promotion Moxibustion by Mr. Kim Nam-soo

LEE Yin-he (李真和), KIM Shan-rong (金善荣)¹, KIM Yong-shan (金永善)¹, JIANG Cheng-wan (姜承藩)², KIM Nam-soo (金南洙)¹, LIU Hui-rong (刘慧荣)¹
¹ TMSARANG Institute of Legitimate Acupuncture and Moxibustion, Seoul, Korea
² The Alternative Medical Research Institute, Seoul Medical University, Seoul, Korea
³ Shanghai Institute of Acupuncture and Meridians, Shanghai 200030, P. R. China

Abstract
Mu-guk-bo-yang-tm (tm means moxibustion), which Nam-soo Kim has developed from extensive clinical findings through acupuncture and moxibustion applications for over 80 years. Mu-guk-bo-yang-tm including Zusanli (ST 36), Quchi (LI 11), Zhongwan (CV 12), Feishu (BL 13), Gaohuang (BL 43), Baihui (GV 20), Qihai (CV 6), Guanyuan (CV 4) [Zhongji (CV 3) and Shuidao (ST 28) replace Qihai (CV 6) and Guanyuan (CV 4) for women]. Do moxibustion 3-5 cones on every point with half the size of a rice of moxa every day.

Keywords: Moxibustion; Direct Moxibustion; Moxa-cone Moxibustion; Health Promotion Moxibustion

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Kim Nam-soo (1915- ), a distinguished acupuncturist in Korea, started to learn acupuncture from his father at the age of 11. Having engaged in acupuncture prevention and treatment for over 80 years, Mr. Kim is still working 8 hours a day, 3 times a week in treating patients. The secret of his longevity lies in the Wu Ji health-preservation moxibustion. He performed the above moxibustion once every day for himself. He always says that the Wu Ji health-preservation moxibustion is all his secret formula. The moxibustion method is now introduced as follows.

1 Meaning of the Wu Ji Health-preservation Moxibustion

The Wu Ji here refers to infinity and eternity. It is actually an earlier state than Tai Ji that contains production and operation of the universe. It is also an original, extensive thinking concept. This moxibustion method acts to protect and nurture the whole body just like Wu Ji.

Health is defined as abundance of essential qi and yin-yang balance. This moxibustion method aims to coordinate five-Zang and six-Fu organs and maintain overall health on the basis of yin-yang and five-element theories. Since the Jing-essence is the root of body and the Shen-spirit is the root of soul, this moxibustion method targets at both to prevent the potential disorders. Specifically the Wu Ji health-preservation moxibustion applies direct moxibustion on 8 meridian points (12 points for men and 13 points for women).

The 12 points for men: Zusanli (ST 36), Quchi (LI 11), Zhongwan (CV 12), Feishu (BL 13), Gaohuang (BL 43), Baihui (GV 20), Qihai (CV 6), and Guanyuan (CV 4).

The 13 points for women: Zusanli (ST 36), Quchi (LI 11), Zhongwan (CV 12), Feishu (BL 13), Gaohuang (BL 43), Baihui (GV 20), Zhongji (CV 4), and Shuidao (ST 28).

The direct moxa-cone half a grain of rice in size is applied 3-5 Zhuang(cones) at each point every day, without leaving any scars.
2 Analysis on Selected Points

Baihui (GV 20) is located at the vertex and connects with the brain. Yang Shang-shan once remarked that, "The nutrients from water and food permeate into interosseous space and transform into marrow. Since the brain gets most marrow, it is called as sea of marrow. The bones and marrows are governed by the kidney. Kidney-qi ascends to the point Baihui (GV 20) and spreads to the point Fengfu (GV 16)". Apparently Baihui (GV 20) closely relates to the brain and is a key point for functional regulation of the brain. Based on the TCM meridian theory, vertex is the gathering place of all yang meridians, particularly Baihui (GV 20). Although this point has the property of yang, it contains yin as well and therefore connects with all yin and yang meridians. That’s why it can be used to regulate yin-yang balance.

Gaohuang (BL 43) is located at the back and mainly indicated for deficiency, overstrain and chronic diseases. The age-old saying goes like, "Gaohuang (BL 43) and Bailao (Ex-HN15) works well on overstrain". Moxibustion on Gaohuang (BL 43) especially works well on weak condition due to chronic diseases, because it can support yang, facilitate the body resistance, nourish yin, and regulate qi and blood. Gaohuang (BL 43) is now extensively used for deficiency and overstrain.

Feishu (BL 13) is the Back-Shu point of the lung. Tong Ren Shu Xue Zhen Jiu Tu Jing states that "Feishu (BL 13) is indicated for bone-steaming consumption and cough". Zhen Jiu Zi Sheng Jing states that, "Those with asthma may have pricking tenderness at Feishu (BL 13)". Zhen Jiu Da Cheng states that, "Feishu (BL 13) is indicated for bloody cough". Modern study suggested that it works well on respiratory tract diseases, because stimulating this point can regulate breathing and inhibit the formation of coronary atherosclerosis.

Zusanli (ST 36) is the He-Sea point of the Stomach Meridian. It acts to regulate the spleen and stomach, reinforce spleen-qi, dredge meridians, remove wind, resolve dampness, supplement anti-pathogenic qi, and dissipate pathogenic factors. The age-old saying goes like, "Frequent wetness in Zusanli (ST 36) ensures good health condition". The frequent wetness here results from direct moxibustion with blisters. Modern study indicated that needling Zusanli (ST 36) has the following functions: 1) helps make a forceful and regular gastrointestinal motility, improve the activity of varieties of digestive enzyme, increase one’s appetite and promote digestion; 2) speeds up the recovery of brain cell function and improves the working capacity of cerebral cortex cells; 3) improves cardiac function, regulates cardiac rhythm, and increases RBC, WBC, hematin, and blood sugar; 4) Regulate the function of pituitary gland-adrenal cortex system in dual ways and improve the defending ability of the body against diseases.

Zhongwan (CV 12) is a key point of Conception Vessel, the front-Mu point of the stomach, and an influential point of Fu-organ. It is also a crossing point of Small Intestine Meridian, Triple Energizer Meridian, Stomach Meridian and Conception Vessel. This point is mainly indicated for digestive system problems such as abdominal distension, diarrhea, abdominal pain, borborygmus, acid reflux, vomiting, constipation, jaundice, stomach problem, and poor appetite. It also works well on problems, including blurred vision, tinnitus, acnes, chronic fatigue, and neuroasthenia.

Quchi (LI 11) is the He-Sea point of Large Intestine Meridian. It is mainly indicated for senile plaque, rough skin, and pain in hand or elbow joints, eye problems, and teeth problems, paralysis of the upper limbs, hypertension, and anemia.

Qihai (CV 6) is the Yuan-Primary point of Huang (an epigastric region above the diaphragm). It is mainly indicated for abdominal pain around the umbilicus, edema, tympanites, gastric or abdominal fullness and distension, indigestion, constipation, dysentery, urine retention, enuresis, nocturnal emission, impotence, hernia, qi deficiency of Zang-organs, emaciation, and weakness in the four limbs.

Guanyuan (CV 4) is the Front-Mu point of the small intestine meridian and a crossing point of three foot-yin meridians, Stomach Meridian and Conception Vessel. It is mainly indicated for urogenital diseases such as enuresis, bloody urine, frequent urination, urine retention, urethralgia, dysmenorrhea, amenorrhea, nocturnal emission, and impotence. In addition, it also works well on problems including neuroasthenia, insomnia, cold