

STRING METHOD MOXIBUSTION

Rediscovering Effective Moxa
Points with *Jōsetsu-hō*

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String Method Moxibustion. Rediscovering Effective Moxa Points with Jôsetsu-hô

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To Antonio A. Cunha.
Thanks for opening the door.

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Illustrations and photos by
Hideo Shinma

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Foreword

I was really excited to hear that Felip Caudet was working on a book about *jōsetsu-hō*: finding the location of moxibustion points by folding string or straw. I had come across a number of points like this when I was researching my own books on moxibustion and these methods fascinated me; I wanted to look into it further but time passed and I never did.

Now Felip Caudet and Hideo Shinma have done an extraordinary job researching folded string and straw methods. The book covers over ninety techniques or points and opens up the door to a whole new (or really, an ancient) set of points that were used by our medical ancestors. To me, this is as thrilling as opening up a chest of lost treasure. *String Method Moxibustion* has clear illustrations, drawn by Hideo Shinma, which make the point location procedure easy to understand. This makes it a very practical handbook for learning and using the folded string method.

The very first occurrence of a folded string method in any book that still exists today is in *Su Wen* (chapter 24). There, the back *shu* points are located by first using a long stalk of grass to measure the distance between the nipples. After some adjustments and a few folds, the stalk of grass is turned into an equilateral triangle. When the upper angle is placed on a specific vertebra, the various *shu* points are found at the two lower angles. The grass triangle is moved down the spine to find the other *shu* points. Alternately, *Ling Shu* (chapter 51) describes the back *shu* points as being lateral to specific vertebra, the same way most modern people locate them.

After *Nei Jing*, many famous Chinese doctors and books described the use of string or grass or straw to locate moxibustion points. Such points include the Four Flowers, Moxibustion Triangle (below the umbilicus), and Ride the Bamboo Horse Points. In addition, there are alternative ways to locate certain regular channel points. For example, in *Qian Jin Fang* by Sun Simiao, *Shen Shu* (BL 23) is found with the patient standing. A pole is used to measure from the floor to the patient's umbilicus. Then this pole is placed behind the patient. *Shen Shu* (UB 23) is found at the same height as the patient's umbilicus.

The folded string method seems to be used solely for moxibustion, not acupuncture and may originally have been a folk technique.

While my research has focused on China, *String Method Moxibustion* demonstrates that the same methods also flourished in Japan. Now this book will enable modern practitioners in the West to learn this ancient technique thoroughly and ensure that it will not be lost. It is time for me to have a few moxa parties so that my practitioner friends and I can learn how to incorporate folded string techniques into our practice. It is one more way we can experience the deep roots of our tradition while we bring healing to our patients.

Lorraine Wilcox

Author of *Moxibustion: The Power of Mugwort Fire* and
Moxibustion: A Modern Clinical Handbook

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Introduction

This book is for those who are passionate and curious about moxibustion (*okyu* in Japanese). Especially for those who love its classical uses. Despite its great age, this forgotten knowledge is still useful. Having verified it, it seemed to me that it was important to share it.

After teaching Japanese moxibustion techniques for a few years, one day I was in an airport, returning from France. I had a revelation that every time I taught a couple of techniques, I could see a sense of wonder on the faces of my students. Those techniques seemed incredible, almost magical! After a bit of measuring and application of the string, a point would appear without fail. When I got home, I started looking for more information in my books of traditional oriental medicine, and I found that *Meyka kyūsen Syakugi* of *Isaburo Fukaya* had many references to the subject. At that time, some of those references, which I had skimmed over many other times, began to become clear in my mind. It was as if all that information was crying out to be rediscovered and spread to the world. For such an exciting and special job, I thought I needed a little help from someone special too, and who was more suitable than the man who knew the Fukaya texts best? Hideo Shinma, the son of Isaburo Fukaya.

I had a great friendship with him and we shared a mutual respect. After my call, Shinma Sensei was very excited, and he said: "Of course, I'm going to help you, Felip Okyuya-san" (Mister Moxa). He generously began to draw and take pictures for the book. The little help I had requested began to grow and, finally, it became clear

that this book should belong to us both. I offered him co-authorship, to which, to my satisfaction and pride, he agreed.

The basic aim of this book is to compile different point location techniques for moxibustion points, considered special for their actions. These techniques deploy one of the most singular and spectacular methods in the whole history of point location: the use of string. This method is known as *jōsetsu-hō* (じょうせつほう) in Japanese (*jō* = string = じょう, *setsu* = folded = せつ, *hō* = ほ = method).

How to use this book

The first pages are dedicated to the presentation of the method and the contextualization of the information about the different techniques (sources, characters and history). This is followed by a description of different conditions where point location and treatment are combined for maximum effect. The palpation and the characteristics of the points will be the aspects to take into account when locating points. After the discussion of these details, the reader will find the largest compilation in modern times of the techniques of point location using the folded string method. The source of these techniques is mostly from the classic *Meikakyūsen* medical text and two other works, *Zoku Meikakyūsen* and *Meikakyūsen Sanpen*. The techniques are presented in an index card format. Each one introduces the specific characteristics of each point location technique, with a description of each step, the action or therapeutic actions of the point or points together with an illustration.

Something that may surprise you is the fact that some of the descriptions contain little specific data, such as "no known dosage" or "points without exact location". This is a reflection of the antiquity of the original texts, where there is a tendency to control knowledge or maintain status by some of those who developed some of the techniques (sometimes these were transmitted as true secrets). This should not discourage the reader but should allow them to savour the meaning and historical value of the reference texts, written at the beginning of the 19th century in the Western calendar. Another question to bear in mind about dosage is that some of the techniques recommend applying 'as many cones as the patient's age'. This quotation refers to the total number of cones throughout the course of treatment. For example, if someone is 80 years old, it doesn't mean that this person should receive 80 cones in each session, it could mean that over eight sessions he should receive ten cones per session.

The reader may observe that some treatments seem to repeat themselves in their applications, although not in the techniques or in the points. The marked incidence of some specific diseases such as tuberculosis, asthma or childhood seizures, now rare or less common, is a mark of the time when all the techniques and the most common pathologies were collated.

One final observation: this book presents many points – perhaps not all of them but those most commonly used.

Hi everybody!! In this promotional chapter I have selected for you some of the multiple techniques to find the perfect point for moxibustion. Enjoy, discovering this amazing technique!!!!

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Abdominal Pain III

These five points can be used on all kinds of abdominal pathologies. In particular, they are used to treat abdominal pain coming from the stomach, intestines, uterus, bladder, gall bladder or urethral tract.

It is important to apply the right number of points. This can easily reach 30 cones per point. In all cases, however, the dosage should be adapted to the patient's condition, using fewer cones if they are weak and more cones if they are robust.

Occasionally, abdominal pain and diarrhea may occur during treatment, although both symptoms are considered benign.

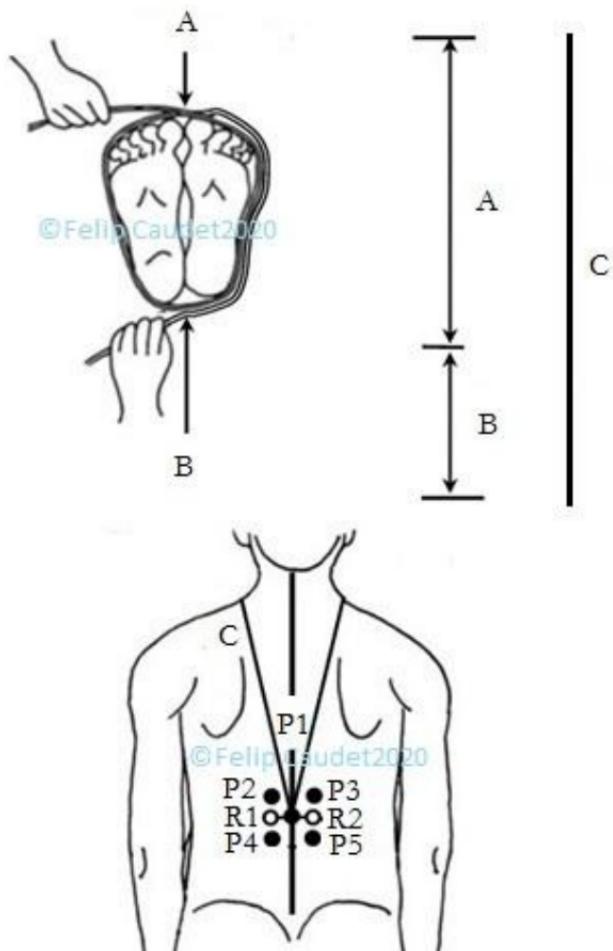
Applications

Non-recurring, acute abdominal pain.

Method

1. Put the patient's feet together and wrap the string around the perimeter of both feet: (A).
2. Wrap the string an extra half-turn around the perimeter of the feet (B). This gives you a perimeter and a half: (C).
3. Loop the string around the neck, at the superior margin of the laryngeal prominence, with the ends of measurement (C) meeting inferiorly on the posterior midline. P1 is located on the midline.

4. To locate the remaining four points, measure one cun laterally on either side of P1 to get R1 and R2. From these two reference points, locate P2 and P3 1 cun superior, and P4 and P5 1 cun inferior.



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Dental Problems II

This point corresponds with the location of Sawada's LI-6 *en-reki*, located closer to the triple burner channel. This was a very popular point for dental treatment.

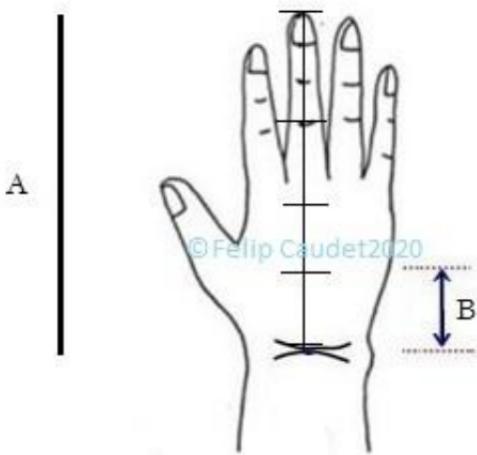
To achieve the desired effect, apply approximately fifteen cones. Stop when the patient starts to feel heat at the point.

Applications

Dental pain.

Method

1. Measure the distance from the wrist joint to the tip of the middle finger of the hand on the dorsum of the hand: (A).
2. Divide measurement (A) into quarters: (B).
3. Place one end of measurement (B) on the wrist joint.
4. P1 is at the proximal end of (B).



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Female Infertility II Chujô-ryu-kyu

This famous traditional technique is known as *Chujô-ryu-kyu* (Tatewaki Nakajo's 'Chujo' moxibustion method). It consists of two points.

Fukaya made several interesting observations about this technique. One was about the examination of the nasolabial groove. He said that the nasolabial groove in women with infertility tends to curve to one side or the other. When it is curved, it reflects that the uterus is not situated correctly or that there is ovarian obstruction. In these cases, both CV-12 *chû-kan* and CV-4 *kan-gen* become reactive and painful on pressure. His solution was to apply 7 – 10 cones on these points. After this, the groove should return to its normal position and the patient can get pregnant.

The recommended dosage is 30 cones per point daily, for 1 month or until the uterus becomes warmed.

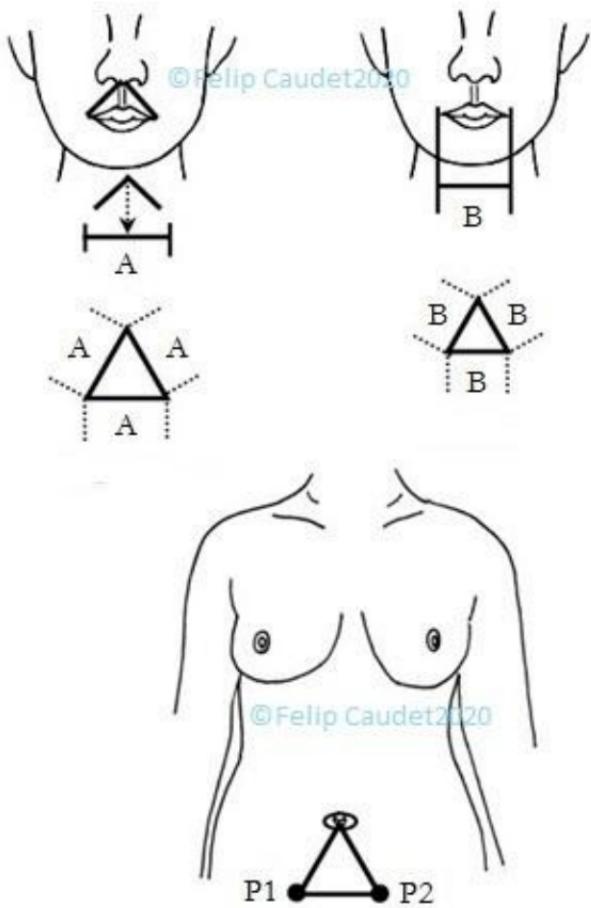
Applications

Infertility.

Method

1. There are two variations to get the first measurement depending on the patient. If she is tall, measure from one end of the lips to the root of the nose and then to the other end of the lips: (A). If she is not tall, measure the width of the lips only: (B)
2. Make an equilateral triangle using (A) or (B).

3. Place the upper angle of the triangle on the navel. P1 and P2 are at the lower angles.



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Thank you for your interest in the String Method Moxibustion. If you'd like to know when the book is published and other news about moxibustionjaponesa.com, click the link below.



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