

# Introduction to Japanese Acupuncture and Moxibustion Treatment Tools

Japan Tokyo


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# Introduction


 In Japan, acupuncture and moxibustion treatments have been performed since around 410 AD, a period of over 1600 years. The acupuncture and moxibustion treatments carried out in Japan are very different from those used in China.



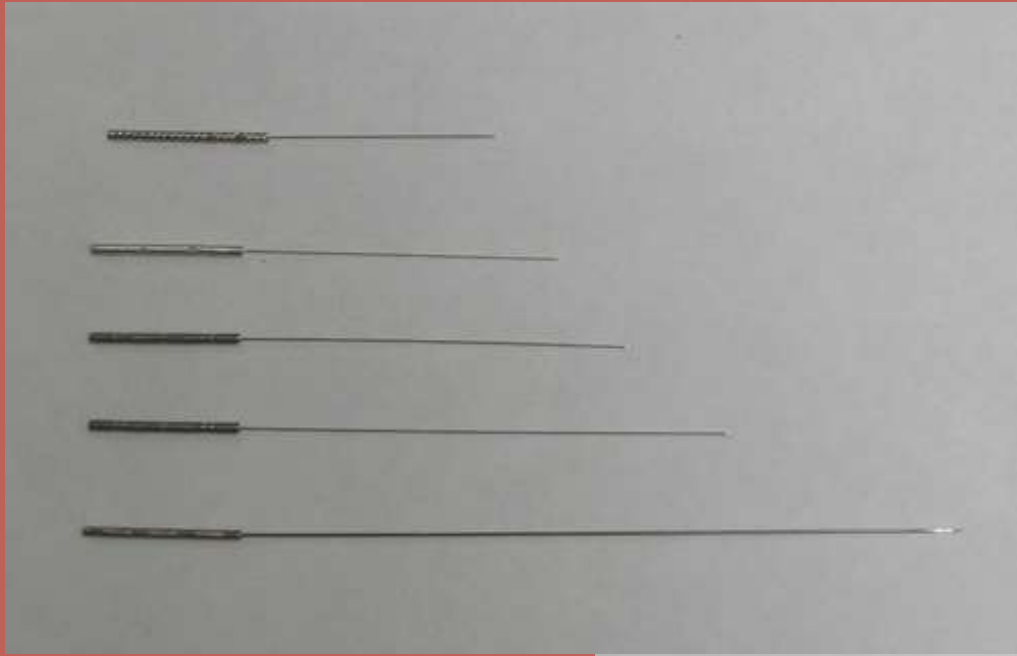
I will describe some of the tools  
used in Japanese acupuncture  
and moxibustion treatments.




# Main text

 The main feature of the needles used in Japanese acupuncture is their fine diameter. Moreover, a tool called a “guide tube” has been devised to alleviate pain during needle puncture.







A small, square, multi-colored decorative graphic element located at the start of the text line.

Tools developed for the treatment of children and physically weak patients are also contributing to advances in treatment methods.





 In addition, the moxa used in moxibustion treatment is manufactured by a uniquely Japanese technique. This enables the development of techniques that can be used to treat a wide variety of diseases.

# The Process of Making Moxa





Moxa has several grades. The premium moxa can be produced from magwort leaves, but we can get only three percent out of the total weight.



We put mugwort leaves in a drying room, and let them dry on eighty to ninety degrees' heat for four to five hours.



We take out the dried mugwort leaves and mill them by a machine.

This machine is called nagadoshi which takes the dust off mugwort leaves.

We manually put mugwort leaves in.





We put them in a millstone to press and crush them more.



If we go over this millstone process three times, we can get premium moxa. If we go over twice, we can get standard moxa.

Once again, we put them in nagadoshi to take the dust off.





This machine is called toumi.




We rotate toumi which is made of bamboo to take the smaller dust off.

Finally, we check whether there are any impurities by human eyes.



# Discussion

 Japanese acupuncture and moxibustion treatment techniques have been passed down through the ages within families known as Lineage of doctors that have provided acupuncture and moxibustion treatment.






Tanbano Yasuyori, who edited the oldest medical book in existence, was an acupuncture doctor.






A small, square decorative icon with a green and yellow pattern, resembling a stylized leaf or a traditional Japanese motif.

Together with their various associated treatment tools, Japanese acupuncture and moxibustion techniques have been inherited as a healing art.



# Conclusion

 The acupuncture and moxibustion treatment tools used in Japan today underpin the high-quality treatment techniques provided in this country.





# Premium moxa



- This is premium moxa which is removed as many impurities as possible.
- The quality of moxa in japan is divided into 12 levels.
- The better quality moxa has, the wider we can adjust the burning temperature.

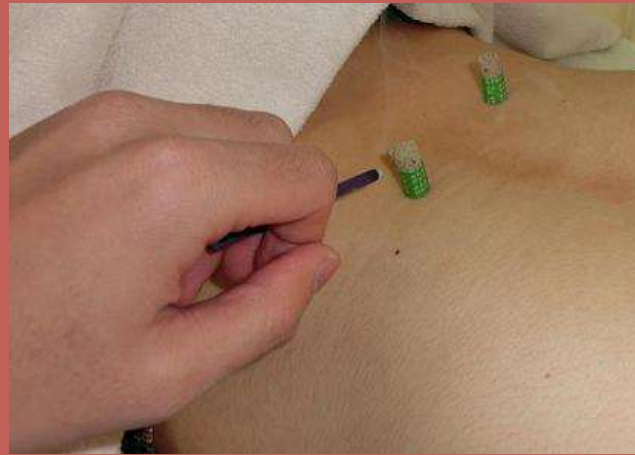




We put the fire out by pinching with fingers.  
We can adjust the temperature.



# Standard moxa




- This is standard moxa which has many impurities.
- The moxa with high concentration of impurities gets high burning temperature, so we can use them for warming up wider area or burning verruca off.










It should be remembered that these various treatment techniques owe their existence to the development of such tools.



The scientific skills of Japan, a country that prides itself on its commitment to design and manufacture, provide a strong foundation for the clinical settings where acupuncture and moxibustion treatment is performed.

