

Clinical Observation of Umbilical and Abdominal Moxibustion in the Treatment of Convalescent Diseases of Exogenous Diseases

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Abstract: *Umbilical moxibustion is a kind of moxibustion method with Shenque, Gaohuang and Zusanli as the main points based on the theory of acquired eight trigraphy and umbilical density. Moxibustion is an important part of external treatment of traditional Chinese medicine. By virtue of its warming effect, it can help Yang qi and harmonise Yin and Yang. Smooth the whole body qi, regulate the spleen and stomach, transport three jiao; Gubenpeiyuan, warm and cold dispelling evil, solid protection of muscle surface, resist external evil cure no disease. The umbilical and abdominal moxibustion method can play an active role in speeding up the recovery of disease and restoring the body function for the various symptoms of epidemic patients in the convalescence period.*

Keywords: Shenque point, Gaohuang Point, Zusanli point, Convalescence of exogenous diseases, Moxibustion.

1. Characteristics of Diagnosis and Treatment of Exogenous Diseases

1.1 Etiology and Pathogenesis

The "external feeling" in the Dictionary of Traditional Chinese Medicine refers to: "feeling the six sex, pestilential gas and other external evil. The pathogenic agents either invade the skin or skin of the human body first, or inhale from the mouth and nose, all from the outside, and at the beginning, many have cold and fever or upper respiratory tract symptoms, so it is called." It can be seen that exogenous diseases are mostly manifested as respiratory tract infection symptoms at first. In the history of traditional Chinese medicine, "stroke", "typhoid fever" and "febrile disease" have all been used as representatives of external diseases, and the change of these names is closely related to the change of climate in Chinese history [2]. "Within one year, the solar terms are not good, cold and summer, or there is a storm and rain, fog dew does not disperse, then people are more disease, disease is not long less, the rate is similar, such as ghosts and severe gas, so the cloud epidemic disease." From the etiological point of view, external disease for the disease, "the source of diseases" said: "between the four hours, suddenly there is not a section of the gas hurt, called the day. It looks like typhoid fever in general, but also has a headache and fever." At the age of discord, immediate and harmonious relationship disorder, such as "not to arrive, not to arrive, to go too far, to do not go", etc., both epidemic, seasonal, epidemic, also known as "epidemic". Wu You Ke said in "On the Plague": "The plague of my husband is a disease, not wind, not cold, not heat, not wet, but a different feeling between heaven and earth." It is called "miscellaneous gas", "the gas of heaven and earth", that is, epidemic poison.

Traditional Chinese medicine believes that the causes of exogenous diseases are different in season, region and individual, their nature is different, such as wind, cold, wet, warm, heat, dryness, summer, wind evil to dry, cold evil to Yang, heat evil to Yin, dryness evil fire, therefore, the treatment principle of exogenous diseases will change with

the nature of the disease. In the cold and dry northern areas, cold and dampness are the main causes of exogenous diseases, and dampness is not obvious day by day.

2.2 Pathogenesis Transformation

The pathogenesis of exogenous diseases varies with different regions, climates and individuals. According to the law of external disease attacking lung, blocking lung and injuring lung, it can be divided into early stage, middle stage and convalescent stage for differentiation. When the virus is newly infected, it often occurs immediately. The virus spreads from the outside to the inside and enters through the mouth and nose. "The warm evil is affected from above, and the lung is attacked first." The virus attacks the lung and stagnates in the lung, resulting in abnormal lung distribution, mainly characterized by fever, cough, fatigue and other symptoms. If the disease is not treated or progresses, in the middle stage, the epidemic virus will be intense, blocking lung qi, fever, cough, shortness of breath, chest tightness and other symptoms; In the course of disease development, the disease consumes qi and damages Yin, and in the recovery period, the lung and spleen are deficient, Qi and Yin are insufficient, and cough, fatigue, and poor appetite appear. "Vegetarian Question · Heat on" said: "Disease heat less cure, meat is complex, more food is sent, which is forbidden." Acute fever recovery period, improper adjustment, will cause repeated illness or some clinical symptoms persist, such as fever again, symptoms repeatedly aggravated, or cough, fatigue, palpitation, smell loss, brain fog, memory loss and so on. At this time, in the recovery period of the disease, it is particularly important to adjust the treatment plan and restore the quality of life of the patients.

Pay attention to the three reasons, related to clinical practice, especially in the recovery period, traditional Chinese medicine combined with acupuncture therapy to improve lung function, promote the absorption of lung inflammation, prevent pulmonary fibrosis, improve the cough after infection and fatigue and other aspects have a significant effect. In rehabilitation treatment, we must first determine the location

and nature of the disease. The lesion site is in the lung and spleen, and the nature of the lesion is divided into two ends, if the dampness-toxic residual evil is not clear, it will not only depleting qi, damaging Yang, but also stagnation qi and leaving blood stasis. If there are two deficiency of Qi and Yin, Qi deficiency and Yang depletion will result in Yin injury. Therefore, it is necessary to use fuzhengdispelling evil as a therapeutic principle throughout.

2. Umbilical and Abdominal Moxibustion Method and Its Principle of Point Selection

Umbilical abdomen moxibustion method is a method of taking Gaohuang, taking Shenque in the middle, taking Zusanli under, and three points with moxibustion. Shenque point, located in the center of the umbilicus, is the point of Ren pulse, also known as "umbilicus", "Qi she", "ring valley", "Wei Hui" and so on. "Huiyuan acupuncture and moxibustion Science" said: "God que, God house which is also, the upper part of the heaven, the middle part of the people, the lower part of the ground." Shenque point lies between the middle jiao, mediates the qi of the whole body, is the hub of qi movement, inherits the innate essence yuan and the formation, is the acquired qi house, is the place of Taoist concentration and qi practice, and is an important point to adjust the body function[3]. "Medical king Jin Jian, acupuncture moxibustion heart method Key": "God que disease old deficiency diarrhea, produce distension difficult child prolapse." Shenque can treat a variety of deficiency cold diseases, clinical more with ginger moxibustion, salt moxibustion, or medicine moxibustion, so that the point, moxibustion, medicine to give full play to the characteristics.

Gaohuang Point, located under the spinous process of the fourth thoracic vertebra, open three inches next to the middle line of the back, in the "lungs above the heart below", that is, the position of the pericardium, "ointment, fat, human fat", "Huang, heart under also", is the place where the ointment and fat of the five grain jin are stored, closely related to the function of the pericardium, heart and lung, moxibustion can enrich the pericardium, tonifying qi and blood, helping the heart fire, warming the lung and tonifying qi [4]. "Qianjin Yaofang" said, "Gaohuang Shu, no cure, the Lord emaciated deficiency loss, dream loss of essence, on the qi cough, crazy confusion error." Zhuang Chuo put forward the point of view of "moxibustion without disease and no cure", emphasizing that the point selection posture of the point must make the two shoulder blades fully separated, "muscles and bones empty, according to the patient feel traction chest rib, finger pain, that is, the true point also", and the number of moxibustion should be more [5]. Gaohuang Point belongs to the Foot Sun bladder Meridian, located on the back of the human body, and is the Yang position. If the patient's qi is not smooth, moxibustion will appear after the qi obstructed in the chest. At this time, choose the Shenque point on the Yin position of Yin pulse, which can induce qi to return to Yuan, and then moxibustion foot three Li of stomach meridian, induce Qi down, and change the acquired day to the congenital [4].

Zusanli belongs to the stomach channel of foot Yangming, and the indications are extremely extensive. Belongs to the soil sutra, is also the soil hole. Soil is the foundation of all things, can be healthy spleen and stomach, biochemical qi and

blood, Rong nourishing limbs and bones [6]. The above is the day, the next is the ground, the people, the god que moxibustion method to take this three points, the day, the ground, the three parts of the human body in tune with the law of development of the human body and nature.

In the eight trigrams of the day after tomorrow, the Kun trigrams are two, the Gen trigrams are eight, and the Zhong Gong is five, and it is said that two and eight must be crossed [7]. "The kun is the belly", "Gen its back, do not get its body"[7], the back is Yang, the belly is Yin, and the back is also the back. Martial arts Qi sinks in Dantian, force originates in the back; The fist theory says, "The essence exists in the interior, the qi moves in the body, the divine ability in the back, and the gong becomes constant." Gen elephant turtle shape, "Jade pipe according to God Bureau" under the "turtle shape" said: "Husband turtle shaped head pointed protruding, nose and eyebrow thick, ... A thick back and fat body are good for health and longevity. "Tai Chi "magic through the back", qi movement access to the back, tai chi is dominated by the waist, but the movement in the spine. Back Yang full, the body light spirit." Heluo Jingyun" said: "Kun, Gen relative, and for the earth...Heaven and earth, fire and water, and body root each other to create all things.[7] "Kun belongs to soil, "plain question · Yin and Yang should be like big theory" said: "The central wet, wet soil, soil sweet, sweet spleen." Spleen and stomach dryness and dampness, coordination of rise and fall, stomach and spleen, each other for use, spleen and stomach in clinical practice, the treatment of multiple spleen and stomach. The belly of the human body in gossip, the middle point of the two, five and eight intersecting lines of Kun gen is the navel, and the selection of the points of the Shen Que moxibustion method is based on this principle, taking the soil point foot three Li on the soil classics, corresponding to the Kun gua, the back takes the GaoHuang, corresponding to the Gen gua, and then take the Shenque point in the umbilical cord, Master soil begets gold, that is, the spleen soil helps transport lung gold, the spleen can benefit Qi, deforming qi and blood, and transferring the fine to promote the function of lung main Qi, so that the lung Xuansu is normal. It is suitable for respiratory, digestive, immune and other diseases in the recovery period of exogenous diseases.

3. Characteristics of Umbilical Abdomen Moxibustion Method

3.1 Support Yang Qi and harmonize Yin and Yang

Reconciling yin-yang is to adjust yin-yang cold heat deficiency and excess, and the balance of yin-yang is to maintain healthy qi. Umbilical and abdominal moxibustion has a good effect on regulating the balance of Yin and Yang, restoring the state of "Yin pingyang secret" and shortening the course of disease. "Plain Question said: "If the Yang is with the sun, the loss of its life and not clear, so the day should be bright. "It is the reason why Yang therefore on the Wei outside also [8]", "Yang Qi, warm qi also." It is the energy of warming, promoting, exciting, rising and diverging in the qi of a body, which plays a very important role in maintaining the stable play of the function of the viscera of the human body and correcting the pathological bias. If the Yang is insufficient, the warming function is reduced, and the heat production is insufficient, it can be seen that the deficiency

cold disease, so the Yang can warm cold and dissipate the evil, warm the meridians, raise the Yang to lift the trap, return the Yang to save the reverse, and fuzhengdispelling the evil.

Moxibustion can help Yang Qi with external warming power, and Shenque point in the middle jiao, can warm spleen Yang, thus stimulating qi. Moxibustion Gaohuang point can help the heart fire, in order to promote the grain is delicate to produce ying blood, "blood Qi, human god", so as to warm Yang Shenfu. "Acupuncture and Moxibustion Dacheng" said that it can cure "Yang qi deficiency, wind solidification cold." The Huangdi Neijing says: "Yin and Yang are both abundant, and if they are insufficient, they are both cold and hot, and both are adjusted in three Li." "Plain Question" cloud: "Yang, essence is nourishing the spirit, soft is nourishing tendons [8]", so Yang can make the spirit full, tendons soft. Patients with external diseases sometimes appear fatigue, body pain, insomnia and other symptoms, all because of pathogenic dissipates Yang qi, transport, promote weakness, so that tendons are displaced, the spirit is not smooth. There are even more symptoms of fear, anxiety, unrestfulness for the lack of Yang Qi, heart displacement, at this time in Shenque point using ginger moxibustion or isolated fuzi cake moxibustion method can be back to Yang rescue, big complement Yang, stimulate the whole body Qi, combined with the effect of warming, regulating the block of Qi and blood, warm meridian Tongluo analgesia.

3.2 Adjust Qi Machine and Run Sanjiao

The Dunhuang navel theory holds that the innate qi is hidden in the navel, and the acquired qi gathers and disperses and distributes in the navel. Shenque point belongs to Ren pulse, known as Tongbai pulse, and is closely related to the spleen and stomach, "Lingshu": "Stomach foot Yangming pulse,...Lower Jia navel, into the qi street [9]", "foot Taiyin tendons...Knot in the umbilicus, follow the abdomen, knot in the ribs, scattered in the chest; The disease is caused by pain in the upper and lower hypochondrium [9]. "Spleen and stomach is an important hub to regulate the rise and fall of Qi, the spleen rises and stomach falls, Yin and Yang phase sense, and the Shenque is located in the center, presiding over the rise and fall of qi and blood, and is the pivot for the rise and fall of Qi. The governor meridian "runs through the center", the Chong channel "Jia navel upward", the Dai channel "starts from the season threat, back to the body one week", the tendon of the heart meridian "The lower part is attached to the navel", the Shenque point through the meridian system internal viscera, external limb segments, can stimulate the whole body meridian Qi, the treatment of systemic diseases.

"The lung is the root of qi", moxibustion Gaohuang point can promote the fine degenerating of grain and generating ying Qi, and the Qingqi inhaled by the lung can generate Zong Qi, accumulate in the chest to penetrate the heart pulse, carry Qi and blood, and promote the function of lung Xuanfei descending, spreading and toning [4]." Acupuncture Yulong Song" said: "Suddenly asthma attack heart association, three miles of diarrhea need heart." The lung meridian originated in the middle jiao, connected with the stomach, so that the lung meridian is connected with the stomach meridian, and the two meridian Qi intersect, so Zusanli can naturally treat the diseases of the lung system.

In the recovery period, patients with external diseases have chest tightness, asthma, lethlessness, diarrhea, frequent urination, pain in urine and other symptoms, all due to the abnormal rise and fall of the middle jiao qi machine. The qi movement of the body is not running well, affecting the simultaneous onset of the upper and lower jiao, and the gasification disorder. At this time, the Shenque and Zusanli moxibustion can harmonized the upper, middle and lower jiao, make the whole body Qi machine run smoothly, and help the spleen and stomach transport water valley and water liquid function recovery. Qi and blood can be biochemical.

3.3 Consolidate the Foundation and Develop the Yuan, Regulate the Viscera

Vitality is derived from the innate essence, dependent on the nurture, is the driving force of human life activities, "acupuncture point solution" said: "The acupoint in the umbilical, umbilical knot for the congenital, and the acquired qi house, between the vitality is still there[10]", the vitality gathered under the umbilical, through stimulating the umbilical, can directly stimulate the vitality, "difficult Jing · 66 difficult" cloud: "The qi between the kidneys under the umbilicus is also the life of people and the fundamental of the twelve classics, so it is called the original[11]".Qi can promote and regulate the physiological functions of the viscera, the growth and development of the human body and reproductive functions.

The Dunhuang theory of umbilical density is a theoretical theory that discusses the importance of umbilical position to human life. Secret, a secret, a mystery; Two fingers solid, solid. The function of umbilicus can be brought into full play by means of drawing the umbilicus in the middle, qi sinking the dandyfield, or tapping the belly of the umbilicus. According to the meridian effect, skin effect and color wave effect, the Dunhuang 272-abdominal belt developed by teacher Zhang Hongqiang maintains the lower abdomen, wears it for a long time. It has various effects such as restoring Yang and nourishing Yin, promoting essence and nourishing qi, activating channels and collaterals, promoting Qing and reducing turbidity, expelling phlegm and relieving asthma, and dispelling wind and cold [12].

In patients recovering from exogenous diseases, due to taking large doses of cold drugs in the early stage, the body's vitality is damaged, the ability to resist evil is decreased, the disease is lingering, and the disease is long. At this time, the umbilical moxibustion method can strengthen the basic and nourish the yuan, in order to support the Yang and regulate the function of the spleen and stomach, the spleen Yang is sufficient to warm and easy to kill, for the stomach to do its body fluid, the stomach by its fluid is down and good to receive, to help the elaboration of water and grain into Qi and blood, then the vitality can be filled, so as to play a role in promoting the growth and development of the human body, regulating the physiological functions of the organs and organs such as the viscera and merchannels.

3.4 Warm Cold Dispelling Evil, Coordinating Yingwei

"Su Question · Comment on fever" said: "evil together, its qi will be deficient", the defense function of qi determines the

occurrence, development and outcome of disease. Shenque acupoint with heavy moxibustion, combined with moxibustion warming effect, can warm cold dispelling evil, regulate qi, transpiration and gasification, warm channel clearing, can resolve the tangible evil, but also can adjust the invisible evil. Gaohuang Point belongs to the Foot Sun bladder Channel, which is located on the back of the human body and is the main body surface. It likes warm and cold, and moxibustion can warm Yang and strengthen the surface and help hydrate the qi. Modern research shows that moxibustion mainly acts on the human immune system and can improve the patient's own resistance [2]. It can be seen that umbilical moxibustion method can nourish Yingwei, strengthen muscle surface, resist external evil, so as to achieve the effect of treating no disease and preventing disease.

4. Test the Case

Wang moumou, female, 69 years old, came to see a doctor on February 10, 2024 with "palpitation and shortness of breath after epidemic disease for more than 10 days". Her symptoms were palpitation, shortness of breath in the chest, pain and discomfort in the left anterior heart area, accompanied by pain in both knees, aggravated on rainy days; Facial appearance, Na dull, poor sleep, normal stool, urination unfavorable. Blue tongue, thin white fur. Pulse diagnosis: left pulse is heavy and astringent, right pulse is thin and weak. TCM diagnosis: palpitation (heart Yang deficiency syndrome), Western diagnosis: coronary heart disease. Treatment: warming heart Yang, calming down palpitation. Treatment: First take the bilateral Gaohuang point moxibustion four or five, then take the Shenque point salt and ginger moxibustion four or five, at the same time the bilateral Zusanli moxibustion four or five, bilateral Dubi, blood sea, Liangqiu, Yinling spring, Diji, Neiguan with warm acupuncture for 15 minutes, ask the patient to carefully observe the feeling of umbilical moxibustion, after the moxibustion patients complain that there is warm under the umbilical and the sense of perineum conduction. After treatment, the symptoms of palpitation were relieved and the pain of knee joint was significantly reduced. After to warm Yang and spleen, blood circulation and collaterals of Chinese medicine prescription 5.

According to: The patient has palpitation and palpitation for more than 10 days in the recovery period of external disease, accompanied by chest tightness, shortness of breath, insomnia, and lethargy, which is the syndrome of heart-yang deficiency. "Pulse bi unceasingly, complex feeling in evil, inside the heart", the heart of Qi and blood deficiency, and feel cold dampness evil, Yang deficiency, heart Yang deficiency development into vein stasis, chest tingling; In addition, after the new coronavirus infection, the vitality has not recovered, the qi and blood operation is not normal, the spleen and stomach function is abnormal, the appetite is decreased, the bladder has no right to gasify, the urine is unfavorable, damaged meridian tendon and the knee joint pain, the treatment of moxibustion and acupuncture can synergize the effect. Shenque moxibustion method can warm up spleen and kidney Yang, strengthen and protect Yuan Yang, so that the heart Yang vibration, knee tendons soft; Inner Guan for pericardium meridian of the collaterals, can replace the heart by evil, broad chest, calm the heart; Shenque can treat systemic diseases through the meridians, the knee meridians

are blocked, Qi and blood block, with the Dubi, Yin Ling spring, blood sea, Liang Qiu warm acupuncture, warm local meridians, so that Qi and blood can pass.

5. Summaries

Exogenous diseases break out quickly and spread widely. The disease course is longer in frail and older patients with different symptoms, but the root cause can be traced back to the cold and dampness of exogenous epidemic virus and Yang is weak, Qi is not smooth, its pathogenesis is similar, and severe cases affect the daily life of patients. Umbilical and abdominal moxibustion treatment of this disease is reasonable and has evidence to follow. Regulating qi machine, running three jiao; Gubenpeiyuan, conditioning viscera; Warm cold dispelling evil, coordinating Yingwei; It has obvious curative effect, simple operation and no side effects, and provides a new idea and method for the treatment of exogenous diseases in the convalescence period of traditional Chinese medicine, which is worthy of clinical promotion and application.

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