Acupuncture, Moxibustion, Acupressure, and Qi

**Origin of Acupuncture and Moxibustion**

Acupuncture started in 10,000-4,000 BC in East Coast of China where the inhabitants lived on fishery. They invented a flat stone called 'Bian Shi', by scraping on the ground to flattened the stone, and used it to push aching parts of body or to open abscesses. 2nd instruments were found to be bones from animal, bamboo, and clay. Then in 21 B.C., copper needle was invented and then developed to metal needle in 770-221 B.C.

Earliest moxibustion method originated in Northern part of China between 100,000-3,000 BC. They subsisted on animal husbandry and on milk, causing them to suffer easily from abdominal pain and distention by cold, suitable to be treated by heat. Until 3,000 B.C., moxibustion was simply warming a branch of tree and putting it on the skin. However, discovery of mugwort leaf called ‘Ai Ye’, which burns slower and penetrates deeper than any other material, gave birth to new form of moxibustion. This form is still used today.

**Acupuncture and Meridians**

Meridians are pathways for the circulation of qi and blood, and also the loci of response to diseases. They relate to all the vital organs, form network, link tissues, and organs into an organic. Jing meridians are the main trunks that runs vertically and connects to internal organs. Luo meridians are branches of Jing that runs transverse and is more superficial. We have acupuncture points on 14 meridians, totaling 365 acupuncture points on human body.

Acupuncture points are the specific sites where the qi of the organs and meridians are transported to the body surface. Each point has different functions on pertaining meridian’s organ, effect on local area, and exterior-interior relationship organ. A filiform needle is inserted to stimulate the pathway and thus stimulating the pertaining organ and activating our own body’s balancing system. Any blocked meridian will cause discomfort or pain in local area and thus damaging the pertaining organ.

**Moxibustion**

Moxibustion is a form of healing where ‘Ai Ye’ is burned directly on or above the acupuncture points for stimulation. Due to warming property of the herb itself, it can expel cold and dampness from body, help smooth flow of chi, strengthen immune system, promote hormone secretion, remove stagnation, and loosen tight muscle. Although moxibustion has proven to be very effective, the heat can be unbearable if it contacts the skin directly and may cause discoloration of the skin or blistering.
**Acupressure**

Acupressure is an alternative technique, which stimulates the acupuncture points by pressing down with fingers or palm of the hand. The acupressure presses down blood vessel or nerve path to apply a temporary blocking. When the pressure is released, it causes an abrupt opening with a high pressure of flow. This will be able to flush out clumped body substances and toxins, which was blocking the pathway.

**Qi**

‘Energy, Vital Force, Life Force’ and many other words tried to capture the true meaning of qi but none approximates the essence of qi exactly. Ancient Chinese thought qi is the fundamental substance constituting universe and all phenomena were produced by changes and movement of qi. When qi is condensed it can give rise to matter and when it is dispersed, it gives rise to energy. “Qi is root of human body; the stem and leaves would dry up without root, if movement of qi ceases, vital activities of human body will also cease”.

**Migun Technology**

Now with better understanding of Eastern Medicine, you can utilize your knowledge as we go over Migun technology. Migun gives moxibustion affect by heat (far-infrared) therapy and thus improving circulation of chi and blood. Our specially designed helium light-bulb delivers high intensity heat in short period of time. Moreover, with high conductivity property of jade massage head, our far-infrared penetrates four times deeper than traditional moxibustion.

Migun internal jade runs along spinal cord with width of 3 cun (cun is an ancient method of measuring our body). It passes exactly on top of meridian that lie 1.5 cun away from the spine, containing acupuncture points of vital organs bilaterally. Heat applied by the jade will stimulate the acupuncture points and meridian as a needle or moxa would. Migun also gives acupressure affect by stopping and pressing certain areas and massage affect by pushing the jade along the back. Pushing against your own body weight and with the vibration felt deep into your spinal cord is no match for any other competing brand that has a method of rollers that roll along the back.