

Effect of Traditional Moxibustion in Assisting the Rehabilitation of Stroke Patients

Shiming Tang ^{1*}, Wenjuan Mao ², Xinyu Zhou ³, Zhongshun Chen ⁴, and Qi Chen ⁵

¹ Hangzhou Normal University, 311121, Zhejiang, China.

² Hangzhou Linping Fifth People's Hospital, 311100, Zhejiang, China.

³ Hangzhou Dishui Public Welfare Service Centre, 310000, Zhejiang, China.

⁴ Hangzhou Dishui Public Welfare Service Centre, 310000, Zhejiang, China.

⁵ Hangzhou Normal University, 311121, Zhejiang, China.

***Corresponding Author:** Shiming Tang, Professor, Hangzhou Normal University, 311121, Zhejiang, China.

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Abstract

China has the largest number of stroke patients worldwide, and traditional Chinese medicine technology has been widely applied in the field of stroke rehabilitation. Moxibustion therapy involves burning wormwood and applying it to specific acupoints or meridians to achieve the effect of regulating the human body. This therapy has the effects of warming and unblocking meridians, promoting blood circulation and resolving stasis, supplementing qi and nourishing blood. It can relieve physical fatigue, alleviate pain, and play a certain auxiliary therapeutic role in assisting the rehabilitation of stroke patients. Moxibustion achieves the goal of treating diseases and enhancing the body's immunity and resistance by improving the circulation of qi and blood, regulating the functions of the organs. Moxibustion and other intangible cultural heritage such as traditional Chinese medicine moxibustion will effectively empower stroke patients and many modern people to restore physical and mental balance and improve their quality of life in a natural, gentle, and effective way of healing.

Keywords: moxibustion; rehabilitation of stroke; clinical effects

1. Background:

China has the largest number of stroke patients worldwide, and traditional Chinese medicine technology has been widely applied in the field of stroke rehabilitation.

Stroke is a common and serious disease caused by cerebrovascular diseases, which is the main cause of death and disability in Chinese adults. Data shows that China has the highest number of stroke patients in the world, posing a serious threat to people's physical health. During rehabilitation, most patients are accompanied by various functional impairments, such as movement and excretion disorders, which can have an impact on their quality of life.

Moxibustion therapy originated in ancient times and has become a precious cultural heritage of the Chinese nation after thousands of years of inheritance. In recent years, traditional Chinese medicine technology has been widely applied in the field of stroke rehabilitation, among which moxibustion therapy has been proven to have good clinical effects and can help improve patients' physical condition and negative emotions. This article will explore and analyze the relevant research on moxibustion therapy for stroke patients, in order to provide reference for the rehabilitation practice of stroke patients.

2. Concept: Moxibustion therapy is an external method of promoting disease recovery and physical health by placing ignited moxa wool on specific acupoints.

Moxibustion therapy originated from the fire usage customs of the grassland ethnic groups in northern China and has been widely used and passed down to this day. According to the Huangdi Neijing, the climate in the north is cold, and people are happy to live in the Gaoling area. However, this can also easily lead to the occurrence of visceral cold and fullness of diseases. Therefore, in the northern region, moxibustion therapy is widely adopted.

Moxibustion therapy is an external method of promoting disease recovery and physical health by placing lit moxa wool on specific acupoints. It includes two methods: direct moxibustion and indirect moxibustion. Direct moxibustion refers to the direct contact of ignited moxa wool with the skin, which can be divided into purulent moxibustion and non-purulent moxibustion. The difference between purulent moxibustion and non-purulent moxibustion lies in the specific method and purpose used. Indirect moxibustion involves placing appropriate Chinese medicinal herbs between moxa velvet and the skin, and selecting appropriate Chinese medicinal herbs

based on symptoms. This method can achieve the effect of promoting physical health through the heat of moxibustion and the medicinal properties of traditional Chinese medicine.

At present, moxibustion therapy has achieved good application effects in various diseases. For example, it has good clinical effects in bronchial asthma, COVID-19, breast cancer, gastric cancer, cerebrovascular diseases, etc. Moxibustion therapy, as a traditional Chinese medicine therapy, has unique advantages and characteristics. It can not only achieve the goal of treating diseases by improving the circulation of qi and blood, regulating the functions of the organs, but also enhance the body's immunity and resistance. At the same time, moxibustion therapy has the characteristics of simple operation, safety, and no side effects, and is deeply loved by patients.

Of course, the amount of moxibustion is one of the key links in controlling the therapeutic effect of moxibustion therapy. The determination of moxibustion volume is influenced by various factors, such as age, disease differences, etc. Therefore, when applying moxibustion, it is necessary to pay attention to individual differences and ensure the appropriate amount of moxibustion. Further scientific research and rigorous exploration are still needed in the clinical application of moxibustion therapy.

3.Effect: Not only can it improve the circulation of qi and blood, regulate the function of the organs, and achieve the goal of treating diseases, but it can also enhance the body's immunity and resistance.

Moxibustion is a traditional Chinese medicine therapy that has the effect of warming meridians and unblocking collaterals. It can improve the state of ischemia and hypoxia in the body, alleviate muscle spasms, increase muscle strength, and thus enhance the flexibility of the patient's limbs. A study has found that patients with upper limb muscle spasms after stroke who receive moxibustion treatment 5 times a week for 8 consecutive weeks have improved upper limb motor function, muscle tone, and daily living activities.

In addition, about 20% of stroke patients have foot drop problems during the rehabilitation period, and the effectiveness of Western medicine treatment is limited. However, moxibustion therapy has shown good results in the rehabilitation process of foot drop after stroke. A study found that among 60 patients with foot drop in the recovery period of ischemic stroke, the effective rate of the experimental group receiving acupuncture and moxibustion combined with moxibustion intervention was 93.3%, which was higher than the control group receiving only acupuncture and moxibustion intervention (83.3%). This is consistent with other research results.

Clinical treatment has shown that by placing mugwort on specific parts of the body surface for burning, it can warm and unblock qi and blood, replenish qi and eliminate pathogens, and thus alleviate urinary incontinence symptoms. Compared with female stroke patients who only underwent pelvic floor muscle training, the combined use of moxibustion therapy has a higher treatment effectiveness rate, reaching 90.32%. This treatment is simple to operate, has significant effects, and research data shows that the differences are statistically significant.

Traditional Chinese medicine moxibustion is another common treatment that regulates physical health by stimulating specific acupoints. For the treatment of urinary incontinence, moxibustion can be focused on acupoints such as Shenque, Qihai, Guanyuan, and Zhongji. The stimulation of these acupoints can promote the body's self-healing ability and have a certain therapeutic effect on improving urinary incontinence symptoms. However, as an adjuvant therapy for urinary incontinence treatment, medical personnel should do a good job in health education and remind patients to receive treatment on time while respecting their autonomy, in order to achieve better treatment outcomes.

The study also found that traditional Chinese medicine technology has a certain help in alleviating constipation symptoms in stroke patients. For example, Hua Jingyi et al. conducted moxibustion treatment on 44 elderly patients with ischemic stroke constipation and found that the patient's constipation symptom score and stool trait score were significantly improved, indicating that moxibustion therapy is effective in treating

constipation. In addition, studies have found that moxibustion can improve brain intestinal axis dysfunction and reduce the incidence of constipation after stroke.

For stroke patients, constipation is a common and troublesome symptom. Intestinal dysfunction and limited mobility both increase the risk of constipation. Therefore, traditional Chinese medicine technology, such as moxibustion, can be used as an auxiliary treatment method to help alleviate constipation problems in stroke patients. In short, traditional Chinese medicine technology has a certain effect in alleviating constipation symptoms in stroke patients, and can be used as an auxiliary treatment method to help patients improve defecation problems.

According to clinical reports, the proportion of sleep disorders occurring after stroke is as high as 50%, which has a negative impact on the neurological rehabilitation of patients. However, research shows that acupuncture and moxibustion combined with moxibustion has a positive effect on improving the sleep quality of stroke patients. Research has conducted moxibustion treatment on stroke patients and conducted a meta-analysis of the relevant data. The research results show that moxibustion intervention can significantly improve the sleep quality score of patients with sleep disorders after stroke, and this method has good safety, convenience, and acceptability. This indicates that moxibustion therapy can be an effective option to improve sleep problems after stroke.

Stroke patients may also experience functional impairments during their recovery period, which has a significant impact on their daily lives and also brings psychological pressure to patients, increasing the risk of negative emotions such as anxiety and depression. According to multiple research results, the incidence of anxiety and depression after stroke is as high as 50%, and stroke patients need psychological intervention work. A study on post-stroke hemiplegia patients showed that after using psychological interventions such as moxibustion combined with acupoint application and emotional care, the anxiety and depression scores of patients were significantly lower than those of the conventional psychological care group. This difference is statistically significant.

Moxibustion can improve the patient's physical activity ability, thereby effectively reducing their depression and anxiety. At the same time, moxibustion, as a new intervention method, helps stroke patients reduce psychological stress and improve their mental health status. The clinical manifestations of moxibustion in stroke patients have demonstrated its significant value in helping stroke patients recover their physical and mental health.

4. Outlook: Traditional Chinese medicine moxibustion and other intangible cultural heritage will effectively help stroke patients restore physical and mental balance and improve their quality of life in a natural, gentle, and effective way of healing.

In modern life, people are facing various pressures and health problems, and physical and mental exhaustion has become a norm. Moxibustion therapy is a natural, gentle, and effective way of healing that can help people restore physical and mental balance and improve their quality of life.

In recent years, traditional cultural moxibustion therapy has gradually become a unique way of physical and mental healing, alleviating the dysfunction and negative emotions of stroke patients during the recovery period, and improving the quality of life of patients, their caregivers, and even their families, communities, and society. Traditional Chinese medicine has become a new force in the field of stroke. Moxibustion therapy combined with western medicine, rehabilitation training or acupuncture and moxibustion has made remarkable achievements.

Traditional moxibustion therapy also needs to keep up with the times and be innovative. In the context of the new era, traditional Chinese medicine can combine modern technology to develop and apply more convenient and efficient moxibustion products, making them more in line with the needs of modern people. At the same time, this intangible cultural heritage can also be combined with other healing methods, such as music therapy, massage

therapy, etc., to integrate moxibustion therapy with other healing methods, forming a more comprehensive and effective healing method.

Traditional culture is the bone marrow of a nation and a spiritual bloodline. In the context of the new era, traditional Chinese medicine should preserve and inherit the essence of traditional culture, while also daring to innovate and develop. Through creative transformation and innovative development, traditional cultural moxibustion therapy will surely radiate vitality and vitality, bringing people a better life qualification.

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