

Application Progress of Cotton Patch Moxibustion in Dermatology

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Abstract: Cotton moxibustion is a traditional therapy originated from Chinese folk. It uses absorbent cotton as the heat source. Traditional Chinese medicine believes that it has the functions of antipyretic and penetrating pathogens, dispelling the lungs and relieving the surface, promoting blood circulation and removing blood stasis, dispelling stasis and dredging collaterals, and dampness convergence. It has good clinical efficacy in refractory skin diseases such as viral skin diseases, chronic inflammatory skin diseases, and neuroparesthesia skin diseases. This article summarizes the application of cotton-tipped moxibustion in dermatology, and provides some theoretical basis for the development and application of cotton-tipped moxibustion.

Keywords: Cotton Moxibustion, Skin Disease, Clinical Application

Cotton patch moxibustion belongs to direct moxibustion, which is a kind of extension therapy of moxibustion. It uses ignited cotton pieces as heat source to stimulate skin lesions through thermal action to achieve the purpose of treating diseases [1]. In recent years, it has been widely used in dermatology, and has achieved satisfactory clinical efficacy in refractory skin diseases such as viral, chronic inflammatory, and neuro sensitivity. It is simple to operate, convenient to obtain, and inexpensive. as follows.

1. Operating Specifications

1.1 Cotton Sheet Treatment

Choose an appropriate amount of dry medical absorbent cotton according to the size of the skin lesions, and loosen the absorbent cotton to make the cotton fibers evenly distributed. The size and shape of the cotton pad should match the moxibustion area.

1.2 Moxibustion Process

Choose an appropriate body position according to the location of the skin lesion, and ensure that the flame is vertical to the skin when the cotton pad is ignited. Apply the cotton pad directly to the surface of the skin lesion, press it lightly to make it adhere well, lift the edge of the cotton pad to facilitate ignition, and moxibustion 3-5 times per day according to the severity of the skin lesion, Once a day or every other day [2].

1.3 Contraindications and Indications

1.3.1 Contraindications

(1) Those who cannot cooperate with infants, intoxication, emotional instability, etc.; (2) Women during menstruation, pregnant women; (3) Extreme fatigue, profuse sweating, fasting and satiation; (4) Moxibustion areas with rich body hair The skin should be prepared first, and moxibustion should not be used on the mucous membranes; (5) patients with Yin deficiency and fire-prosperous constitution; (6) patients with sun-like syndrome should not be moxibustion, because it is easy to force sweat and damage the yin and damage the yang.

1.3.2 Indications

Psoriasis, herpes zoster and post-herpetic neuralgia, lichen simplex chronicus, prurigo nodularis, cutaneous amyloidosis and other viral, chronic inflammatory, and neuroparesthesia skin diseases. It can be used alone or in combination with other acupuncture methods [3].

2 Clinical Role

2.1 Relieving Fever and Removing Pathogenic Factors

Chinese medicine believes that the lungs govern the qi of the whole body, and the Wei qi governs the opening and closing of the stomach. If the lungs and guards have sufficient qi, and the stomach is opened and closed in an orderly manner, the body will not be easily invaded by external pathogens. If the qi can't lose the cloth, the stagnation will turn into heat, and the evil heat will suffocate. The local warming effect of cotton-tipped moxibustion can stimulate the pores to open and the hair orifices are unobstructed, which can evacuate the external pathogens, open the back of the body, and give the pathogens a way out. Or the evil qi of wind and heat in the lungs and guards, and it is dissolved with sweat to play a role in reducing fever, which is in line with the theory of "opening the gate of hell" in traditional Chinese medicine [4].

Modern medicine has also confirmed that the effect of warming can accelerate blood circulation, eliminate granulation edema, enhance the fluidity and permeability of cell membranes, facilitate the in-depth absorption of drugs, and promote the production of IL-2, interferon C and TNF- α by Natural Killer cells, the levels of C3, and C4 are also significantly increased, and can restore and promote the activity of lymphocytes, improve the thymus index, and have the effect of immune enhancement and adjustment, which is also in line with the scientific content of "heat syndrome can be moxibustion" [5].

2.2 Activating Blood and Removing Blood Stasis, Dispelling Arthralgia and Dredging Collaterals

Cotton patch moxibustion can dilate capillaries, promote local blood and lymph circulation, enhance local skin tissue metabolism and regeneration, reduce vascular peripheral resistance, reduce blood viscosity and hematocrit, and its thermal stimulation can activate blood vessels, improve blood rheology, correct ischemic hypoxia and endocrine disorders caused by blood stasis, can increase superoxide dismutase activity, reduce the content of malondialdehyde, and improve the disorder of oxygen free radical metabolism during blood stasis. It is in line with the functions of traditional Chinese medicine to activate blood and remove blood stasis, and to disperse arthralgia and dredging collaterals. Studies have shown that moxibustion can significantly improve Qi deficiency and blood stasis, as well as blood deficiency and blood stasis [6-7].

Chinese medicine believes that the disease of the collaterals is particularly related to the skin. The theory of collateral disease believes that "the collaterals govern blood", and the smooth flow of collaterals is the basis for the normal operation of qi and blood. However, the collaterals are small and the blood flow is slow, so all collaterals are very susceptible to pathogens, and they are all over the body, with internal collaterals, internal organs, and external limbs. The knot is blocked, blocked and blocked in the floating network and the sun network. Therefore, in the treatment of skin diseases, the method of dredging the collaterals should be used to make the evil qi have a way out, and the normal function of the collaterals can be guaranteed by restoring the smoothness of the collaterals. During the treatment of cotton-tipped moxibustion, the effect of high temperature through the benign adjustment effect of the meridians and acupoints, makes the stomach open, the blood and qi are warm, and the blood stasis is dispersed with the temperature, the blood is unblocked, the qi and blood are smooth, and the pathogenic factors are expressed. Evil is solved from the skin [8].

2.2 Reducing Dampness and Sores

Moxibustion is warm in nature and fire in elevating. Moxibustion with cotton pads directly applies moxibustion to the lesions. Its warming effect directly acts on the skin lesions, increases the elevating effect, causes local contraction, reduces water exudation, promotes wound convergence, and accelerates Herpes scabs and skin lesions repair, also reduce skin lesions infection caused by scratching.

Modern research believes that fire moxibustion has a benign regulatory effect on local

microcirculation and inflammatory factors. Its warming properties stimulate epidermal cells and nerves, not only improve the phagocytic ability of white blood cells, but also inhibit the production and release of inflammatory transmitters such as TNF and IL-1. Promoting the dissipation and absorption of inflammatory products can reduce and prevent delayed allergic reactions in the body, and achieve the purpose of eliminating edema and dry wounds [9].

2.3 Analgesic and Itching

The etiology and pathogenesis of pruritus are mostly related to wind pathogens. The wind is vented, and it is easy to cause the disorder of qi and blood to flow. The long-term stay of wind evil can cause blockage of the collaterals, and the skin will suffer from disease due to lack of nourishment. In addition, wind evil can be mixed with other evil qi, creating conditions for six evils to cause disease [10]. The thermal effect of cotton-tipped moxibustion can run local qi and blood, disperse wind-cold and dampness in the body, and can also help upright qi, warm yang qi, increase yang qi, and overcome cold and dampness, playing a two-way regulating effect [11].

Both pain and itch are the body's self-protection, and some of the receptors that transmit pain and itch are overlapping each other in the dorsal root ganglia. Primary sensory neurons of the same type as the primary sensory neurons that sense pain and itch can sense different stimuli such as pain and itch at the same time. An interneuron expressing Bhlhb5 (ie Beta3a, helix-loop-helix 5 antibody) in the superficial dorsal horn of the spinal cord can inhibit the itching produced by substances such as histamine, and weaken the scratching response. The inhibitory effect is also reduced. In addition, some neuroactive substances involved in the transmission and regulation of pain information are also involved in the transmission and regulation of itch information, which coincides with the Chinese medicine belief that "itch is less painful, and pain is more itchy". The fiery stimulation of cotton-padded moxibustion not only has an effect similar to capsaicin, but also suspends the signal conduction of sensory nerves to the central nervous system, causing desensitization of skin nerves, affecting itching mediators, and achieving the purpose of relieving itching, analgesia and promoting skin lesion recovery [12].

3 Dermatological Clinical Applications

3.1 Psoriasis

At present, the western medical treatment plan for psoriasis is mainly based on local symptomatic treatment, with a certain recurrence rate and large adverse reactions. Chinese medicine believes that blood fever is the key factor in the onset of the disease, and the dialectics are "blood fever", "blood stasis" and "blood deficiency". The cotton moxibustion method can not only activate the blood circulation, publicize the qi and blood, but also warm and disperse the cold and evil, and promote the operation of qi and blood. Miao Qixiang first used a skin needle to partially puncture, and then carried out cotton moxibustion treatment, and the results were effective in 32 patients [13].

3.2 Herpes zoster and Sequelae Neuralgia

Herpes zoster is an acute viral infectious skin disease, often accompanied by severe sequelae neuralgia, with a longer course. Thermal moxibustion can cause coagulating necrosis of the virus without damage to normal tissues. Yu Chang et al. used simple cotton moxibustion to treat shingles, and patients did not have sequelae of neuralgia after half a year [14].

3.3 Neurodermatitis

The etiology of neurodermatitis involves mechanisms such as mental anxiety, cerebral cortex excitation, and inhibitory dysfunction [15], and Western medicine treats it as topical corticosteroids and oral antihistamines, but it is easy to recur after discontinuation [16]. Yang Yunkuan, Wang Zhan, and Diao Canyang combined with plum blossom needle percussion on the basis of cotton moxibustion, and the results showed that this method had significant advantages over simple external hormones in reducing the area of skin lesions and alleviating itching symptoms, and the recurrence rate was lower [17].

3.4 Skin Amyloidosis

Western medical treatment of amyloid skin is mainly based on glucocorticoid combination preparations, but it is easy to repeat after discontinuation [18]. The treatment of amyloidosis of the skin is related to its role in regulating both cellular and humoral immune function [19]. Zhang Jian et al. used skin acupuncture combined with cotton moxibustion to treat skin amyloidosis, and compared with topical halomethasone cream, cotton moxibustion can significantly improve the degree of skin lesion hypertrophy and itching symptoms of skin amyloidosis [20].

4 Precautions and Adverse Reactions

4.1 Precautions

(1) The thickness of the cotton sheet should be uniform and leave no holes to prevent uneven temperature of the cotton sheet during moxibustion. (2) When applying moxibustion, the environment should be quiet and windless, and the operation should be gentle to avoid burns or accidents caused by the movement of the cotton pad. (3) Ensure that the flame is vertically upward when applying moxibustion, so as not to burn the surrounding skin tissue and accessory organs. (4) When the cotton tablet is not served, a little oily medium can be applied to the moxibustion area to increase the adhesion of the cotton sheet. (5) Medical degreasing cotton should be used, and other alternative cotton products that can be burned should not be used.

5. Summary and Outlook

The cotton moxibustion method has clinically confirmed that its effect is remarkable, the operation is simple, the treatment cost is low, and the adverse reactions are few, which is worth further clinical promotion. Cotton moxibustion has the effects of antipyretic and dispelling pathogens, dispelling the lungs and relieving external appearance, promoting blood circulation and removing blood stasis, dispelling arthralgia and dredging collaterals, reducing dampness and curbing sores, relieving pain and itching. It can improve psoriasis, neurodermatitis, hypertrophic lesions of amyloidosis of the skin, relieve the pain of herpes zoster, promote herpetic scabs and reduce the occurrence of sequelae neuralgia, and reduce the itching of skin lesions.

Under the correct preparation and operation, there are few adverse reactions, and the safety is high, but its visual impact is stronger, which is easy to cause patients to panic and refuse treatment, so it is necessary to fully inform patients before treatment and clarify their contraindications and indications. Whether cotton moxibustion can alleviate the symptoms of eczema exudation, blisters, and itching, whether it can alleviate the pain symptoms of herpes simplex, whether it is effective for the infiltration or hypertrophic dry cracking of chronic eczema, and whether it can alleviate the symptoms of keratosis-type ringworm of hands and feet. These have yet to be further validated clinically.

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