

A Study of Moxibustion in Treating Knee Osteoarthritis

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ABSTRACT

Osteoarthritis is a wear and tear condition of the natural cushioning between joints and cartilage. Moxibustion is a medical treasure of the Chinese nation in which its herb properties are able to penetrate to the meridians through the acupoints, in order to dredge meridians and collaterals as well to strengthen the Healthy-Qi and expel pathogenic factors. The purpose of this study is to investigate the efficacy of the functions of warm-dredging and warm-tonifying of moxibustion in treating KOA. Clinical research literatures on this disease were collected and reorganized to study the mechanism and effectiveness of moxibustion in treating KOA. Minor clinical observation was carried out on five patients. Each patient received circling moxibustion with a moxa stick in which each acupoint was moxibusted for five minutes. The treatment was given once a day, total ten times of treatment. The evaluation of patient's knee joint pain before treatment and each time after treatment was recorded according to the visual analogue scale and the observation of signs and symptoms. These data support the view that moxibustion is effective in reducing the knee joint pain and stiffness, as well in improving the squat and knee bending condition among the KOA patients.

Key words: Knee osteoarthritis, moxibustion, study