MOXA & GUA SHA
Artemisie Argyi Folium
Artemisia Vulgaris

Common wormwood, felon herb, wild wormwood, naughty man, chrysanthemum weed, old uncle Henry, cingulum Sancti Johannis, common artemisia, sailor’s tobacco, Chinese moxa, old man and St. John’s plant (NB: It should not be confused with St. John’s wort), armoise vulgaire (French), Ai Ye (Chinese), Beifuss (German), artemisia vulgar (Spanish), gråbynde (Danish).
PROPERTIES AND QUALITIES

- Category: Regulate Blood, Stop Bleeding
- Meridians Entered: Spleen, Liver, Kidney
- Taste: Bitter, Pungent
- Temperature: Warm
- Typical Dosage: 3-9gm daily
- Contraindications: Heat from yin deficiency
MOXA FOR HEALING TISSUES

- Reduce Duration of Trauma
- Move Qi and Blood
- Decrease Pain
- Reduce Swelling and Inflammation
- Provide Lasting Change for Patient
**GUA SHA**

GUA = TO SCRAPE OR RUB  
SHA = RELEASE OF BLOOD STAGNATION IN AFFECTED MUSCLES.

GUA SHA HELPS TO MOVE QI & BLOOD STAGNATION.

IT GENERALLY APPEARS AS A REDDISH SKIN RASH (PETECHIAE) OR BRUISING (ECCHYMOSIS).
Tools of the Trade

buffalo horn
WHAT DOES SHA INDICATE

- Sha is Light = Deficiency
- Brown = Dryness/Dehydration
- Bright Red Sha = Excess or Acute Injury
- Black/Purple = Blood Stagnation/Chronic Pain
PROGRESSION OF GUA SHA’S “BRUISING”

- 0 hrs 28 Aug 12
- 24 hrs 29 Aug 12
- 48 hrs 30 Aug 12
- 72 hrs 1 Sep 12
PRECAUTIONS

- Acute Injuries
- Sunburn
- Blood Deficiency/Weakness
- History of Physical Traumas
- Rash/Shingles
- Coumadin/Blood Thinners
Moxa and Gua Sha
FOR MORE INFORMATION

- Red Root Acupuncture and Herbs
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  Albuquerque, NM 87104
  505-242-2032
  www.redrootacupuncture.com

- Native Acupuncture Project (NAP)
  www.nativeacupuncture.com