

# IBARAKI style BOX-MOXIBUSTION

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**Objectives:** Efficacy of *Okyu*(moxibustion) is widely known but the impression of being hot or simply having the fear of burning themselves, the global public may be preventing from trying them at home. One of diverse Japanese *okyu* technique using "*Hako-Kyu*(box moxa)" enables everyone to have easy access and safety, ensuring further health care for all ages.

*Hako-Kyu*(box moxa)

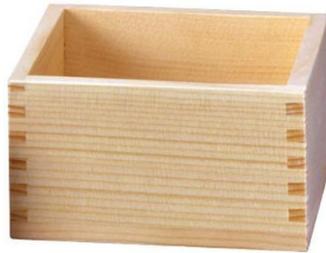


Size

X=55 cm    Y=12 cm    Z=10 cm

**Introduction:** Japan has rich history and variety to treat patients with safety using moxa. Presenter's mother have revised the old technique of "*Masu-Kyu*(Wooden measurement cup moxa) which has been used for centuries. Her idea was realized by her husband, presenter's father and called them *Hako-kyu*. The moxa rolls inside the box also had an upgrade as they were rolled using washi paper, the time of moxa burning inside is slower, thus providing extra heat for patients. *Hako-kyu* is perfect tool to warm lower back and lower abdomen, most effective to treat cold deriving from poor blood circulation and gynecologic illnesses.

\**Masu* ➡

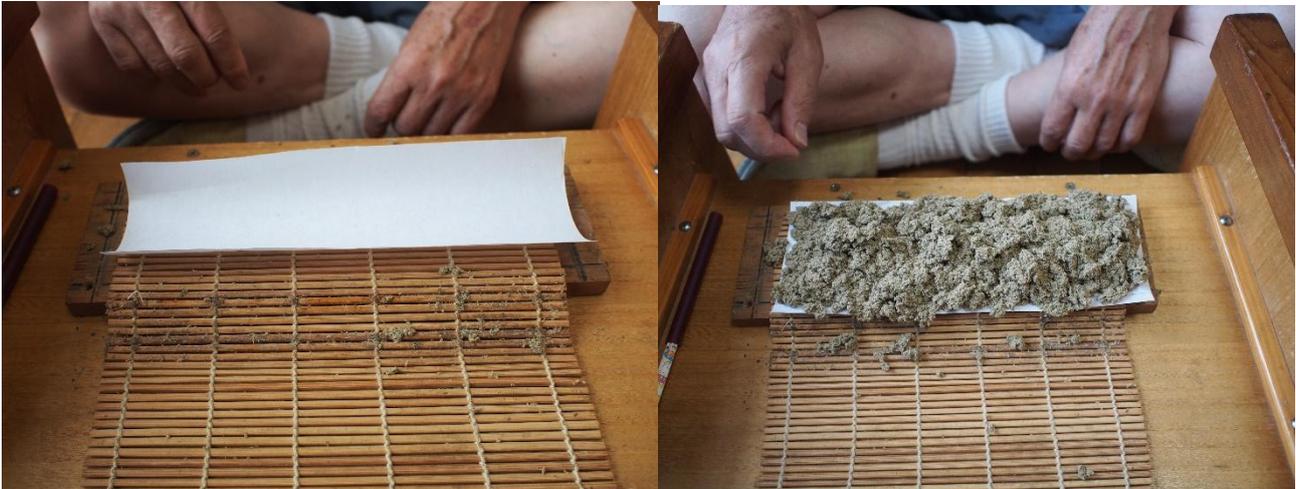


## Making moxa sticks for *Hako-kyu*

1. Measure raw moxa about 50 grams each.



2.3. Roll lightly with washi paper and balance the moxa inside evenly.



2

paper size 25cm × 9cm



3

4.5. The process is exactly the same as making sushi rolls.



6.7. Glue is used to stick the washi paper to hold moxa.



8. Fold both end of the paper to make the roll even.



## Placing moxa rolls to the box

1. Cut the roll accordingly for each patient.



2. Light the rolls.



3. Place the rolls in the box and put the lid on.



## Case report

### Case 1 Pre-menstrual Symptoms (Low back pain from cramps)

Female in her early 40's

Suffered to go to work due to cramps. Coldness felt even during summer especially her toes. 30 minutes treatment started one week prior to menses using *Hako-kyu* around her abdomen and sacral region. Continued monthly treatment for 6 months, altogether 6 times, showed significant result.



### Case 2 Diarrhea

Female 9 years old

Everytime she suffered from diarrhea, treated with Hako-kyu on her abdomen and low back area. Recovered fast from stomach pain as the cause of diarrhea was coldness. Only treated when she experienced diarrhea.



### Case 3 Hemorrhoids

Female, in her 50's

Office worker suffering from hemorrhoids. Unable to sit still during work hours. Prefers spicy food.

Treatment is focused to improve blood circulation around annus, Continued 30 minutes session every 3 days for 3 weeks, altogether 7 times. Placed *Hako-kyu* over the annus.



**Conclusion:** *Hako-kyu* has tremendous effect of warming the body, thus improving blood circulation, and provide relaxation as the muscle tension is relieved during the treatment. *Hako-kyu* also boost basic immune system so this method is ideal to realize "Preventive Medicine" globally. The current design of the box is an unique collaboration of a couple in Ibaraki and the tool is passed down to their daughter, the presenter.