

灸疗用于防止普通感冒的临床应用

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摘要

目的: 探讨灸术被用于预防和治疗普通感冒的疗效。**方法:** 我们选用了2个家庭做了50天的比较。A家庭没有成员患有疾病, 也没用灸术治疗。B家庭接受灸术治疗一周多于3次。在B家庭里, 2名男性(67 & 45)患有肺癌, 2名老人患有高血压和糖尿病, 一名中年男性在接受腹膜透析以及1名老人有支气管囊肿和老年性白内障。我们监控他们在这50天里在经过气温骤变和沙尘暴后的身体状况, 比较2组成员观察他们患上感冒或出现类似感冒症状的频率以及他们选用了哪种治疗方法。**结果:** 与A组相比, B组成员相对健康, 表现出对感冒较快的康复能力。虽然B组成员患有特别的疾病, 灸术的持续治疗使得他们的免疫能力提高。**讨论:** 免疫系统功能欠缺是患上感冒的主要原因。而灸术毫无疑问地能有效提高免疫系统能力。研究结果表明灸术能在最小的花费上产生最大的效益。而且灸术也是提高人体健康的重要方法。

关键词 普通感冒, 灸术, 预防与治疗

Prevention and Treatment of Common Cold by Moxibustion

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Abstract Objective: To explore how effectively moxibustion can be used to prevent and treat the common cold. **Method:** Comparison was made for 50 days between A family group (control group) without moxibustion treatment and without diagnosed disease, and B family group (test group/with moxibustion) who undergo moxibustion treatment more than 3 times a week. In B family group, Two men (67 & 45) have lung cancer, a woman (84) and a man in his 70's both of whom have high blood pressure and diabetes, a man in his 40's who receives peritoneal dialysis, and a woman (72) who has bronchocele and senile cataract. We monitored how the health conditions of the test groups have changed for 50 days after the weather suddenly got cold, or after there was yellow dust in the air, and made comparison between the test group and the control group as to how often they caught a cold or cold-like symptoms and what treatment they used. **Result:** When compared with Group A, Group B members are relatively safe or show quicker recovery from the cold. Although Group B members have specific, diagnosed diseases, the continued treatment with Moxibustion increased their immunity. **Conclusion:** the weakened immune system is the main cause of the common cold. And there is no doubt that Moxibustion can effectively enhance the self-immune system. The result of this study demonstrates that Moxibustion can produce the greatest benefit at the minimal cost. Besides, Moxibustion could be a good method to improve people's health.

Key words: the common cold, Moxibustion, Prevention and Treatment

I. Introduction

The common cold is the most frequent infectious disease in humans with even the healthiest adult contracting once or twice. However, most people don't take it seriously because its symptoms are not life-threatening, and resolve spontaneously in a relatively short period of time with little, if any, side effect. However, no one is immune to common cold. It recurs often in people whose defense mechanism is very weak. Further, kids and old people too often suffer from unexpected complications of the common cold. As an old saying goes, a cold is the root of all disease. If a cold remains untreated, complications may occur and repeated infection can provide the base for life-threatening disease. Since the common symptoms of cold including stuffy nose or nasal block or body-ache, are very annoying, people are often tempted to take antibiotics. Antibiotics may have a short-term effect against viral infections, but cannot be a permanent solution to the disease.

Oriental Medicine takes a holistic approach, but Western Medicine focuses on treatment specific to diseases or abnormalities and their symptoms. The greatest strength of Western Medicine lies in its trauma care and therapies for acute problems, while Oriental Medicine excels in the areas of acupuncture and Moxibustion to treat the root cause of the imbalance or symptoms and to help natural restoration of balance to the whole person. For example, Western doctors attribute chronic or recurring sinusitis to chronic inflammation of the sinuses infected by bacteria or viruses, and conduct nasal surgery to remove pathological obstructions. However, Oriental practitioners observe the patient's overall physical constitution and monitor changes in the physiology to identify the cause of sinusitis. Therefore, the treatment options may include restoration of the overall natural physiology back to normal conditions to help the disease heal more naturally, instead of focusing on the artificial treatment only for the affected area.

The purpose of this study is to determine how effectively Moxibustion can be used to prevent and treat the common cold, as an Oriental approach to let the human physiology treat the disease naturally, instead of seeing it from the perspective of the Western Medicine.

II. Discussion

1. Definition and Cause of Common Cold in Oriental Medicine

1) Definition

In Oriental Medicine, the common cold is often referred to as Sanghan (傷寒), literally meaning “impaired by cold” or Sangpung (傷風症), literally meaning “impaired by wind.” The common cold is also known as “gobbul(고뿔)” or “Poonghangammo(風寒感冒).”

2) Causes

Internal causes: Health conditions of a person (Physical constitution and conditions)

External causes

- Wind (cause of disease: bacteria, viruses): Group infection → contagious cold
- Cold (cause of disease: temperature difference) Individual infection → common cold

(1) Wind (風)

① Concept of Wind

The Wind consists of external wind (外風) and internal wind (內風). External wind means a wind blowing outside or a flow of air, and internal wind means a change in the nervous system inside the human body.

② Definition of Wind

The Wind in the context of the common cold is a flow of air containing bacteria and viruses, which cause a highly-contagious common cold among the people they are transmitted to. Therefore, the Wind means the flow of air or external wind outside of the human body, rather than internal air, inside the human body like central wind (中風) or joint-running wind (歷節風).

③ Entry point of the Wind

The common cold caused by the Wind is a viral infectious disease transmitted through the air. So the respiratory system is usually the entry point for the viruses.

④ Symptoms of the Wind

Symptoms may vary widely depending on the patients' physical conditions, but tend to appear suddenly, accompanied by a sensation of chilliness, fever, headaches, and backaches, and may develop into respiratory symptoms like sore throat, phlegm, runny nose, and nasal congestion.

(2) Cold (寒)

① Concept of the Cold

The cause of the Cold is outside evil (外邪), which is Wind (風) and Cold (寒). In general terms, the Cold means a difference in the temperatures. It means the impact of the low temperature on the human body that needs to maintain a relatively constant temperature. In other words, the Cold (寒) in the common cold means that the temperature surrounding the human body is lower or colder than the body temperature.

② Definition of the Cold

The Cold means a temperature lower than the body temperature. The reason the difference between these two temperatures is called “Cold” is that the common cold caused by the Cold is more prevalent in winter when the temperature is generally low, or during the change of seasons when the temperature varies widely.

③ Entry Points of the Cold

The major entry point of the Cold is skin and/or respiratory system that are exposed to the cold weather, as well as the digestive organ as it can be caused by cold food.

④ Symptoms of Cold

When the cold air gets into the human body through the respiratory system, the human body reacts to maintain the body temperature against the cold air, and such reaction shows up as symptoms of the common cold. The symptoms appear most frequently in nose, throat, and bronchus, in the form of runny nose, stuffy nose or nasal block, throat pain, hoarseness, cough, and phlegm

2. Definition and Cause of Common Cold in Western Medicine

1) Definition

The common cold is a viral infectious disease of the upper respiratory system (nose, throat, larynx, bronchus, and lung), caused primarily by catarrhal inflammation (relatively light and easy to heal). The common cold is the most frequent infectious disease in humans and is generally regarded as a light disease caused by a variety of factors. Common symptoms include sneezing, runny nose, sore throat, hoarseness, cough, nose, fever, headache, and fatigue. Collectively, colds, influenza, and other upper respiratory tract infections with similar symptoms are included in the diagnosis of common cold. The medical name of the common cold is acute viral rhinopharyngitis or acute nasopharyngitis. It is a highly contagious disease primarily caused by upper respiratory tract infections in the nose and throat.

2) Cause

The common cold is a viral infection of the upper respiratory tract. However such viral infection does not always cause all the people to contract a cold. The cause may vary widely from the viral infection, to weakened self-defense mechanism against such viruses, to sudden change of the body temperature, and to loss of physical strength.

In total, over 100 serologically different viral types cause colds, the most commonly implicated viruses of which include rhinoviruses, adenoviruses, and human parainfluenza viruses. Of these, the head cold caused by rhinoviruses is most common. The common cold gets transmitted through the air (by coughs or sneezes as aerosols containing viruses) and through nasal secretions. Those virus-containing secretions may easily infect others with close contact with hand or mouth. We will discuss this in more details:

(1) Infectious Agent

❑ Virus: There are more than 120 viral types that cause cold, including rhinovirus, adenovirus, coxsackievirus, echovirus, influenza virus, parainfluenza, and respiratory syncytial virus, of which rhinovirus represents more than 1/2 of the infections in human body. Respiratory syncytial virus is a major pathogenic agent that causes respiratory infection with infants. Approximately 5-10% of cold is caused by one or more types, but it is not uncommon for two or more viral types to work simultaneously to cause infection.

❑ Problems: The common cold virus is transmitted from people to people without infectious agent like food, water, animals, and the best prevention for the common cold is staying away from the people who are infected. However, it could be often too late to stay away because the viruses can be transmitted too fast through breathing tiny particles that the infected person emits when he or she coughs or sneezes.

(2) Non-infectious Factors

① Environmental Factors

- (a) Weather: Viruses may be transmitted through breathing tiny particles that the infected person emits when he or she coughs or sneezes, in cold and dry weather (Viruses survive well in the cold weather as well as in dry places), because people tend to stay indoors with the doors and windows closed, which may weaken the respiratory function more or less.
- (b) Season: A few weeks after opening of the fall semester, middle of winter, and springtime
- (c) Change of temperatures and exposure to cold weather: Human body is more vulnerable to viral infection during the change of seasons before it adapts to new weather.

② Cold Carriers

- (a) Age: Most common in children aged between 1 and 5 years. Infants below 6 months of age have a certain level of defense mechanism, though.
- (b) Under-nutrition, fatigue, mental distress, and other diseases can make people more susceptible to the common cold.
- (c) A low body temperature and wet feet may make the mucous lining of the respiratory tract more sluggish, taking longer to sweep any inhaled virus particles away.

3. Symptoms of Common Cold

Symptoms are generally similar, but may differ widely, depending on the point of entry, cause of infection, age and defense mechanism of the infected person.

When viruses enter the nose (head cold), the nasal mucosa get swollen and produce excessive secretions like sneeze or water-like secretions to wash away the infective viruses. In 2 or 3 days, the secretions get more viscous like pus, causing stuffy nose or nasal block. It may also cause fatigue, body ache and headache and occasionally fever up to 37°C. If the throat is infected, symptoms include slight pain and fever, occasionally accompanied by runny nose, and throat pain with red spots on the back of the palate and white pus.

Those suffering from colds often report a sensation of chilliness accompanied by fever, joint ache, muscle ache all over the body, but not cough. These symptoms are generally caused by bacteria, particularly streptococcus, and may be often diagnosed as tonsillitis instead of common cold. The throat infection may be also followed by rhinitis or pharyngitis (inflammation of the throat). As the vocal organ is infected, your voice may sound hoarse. You also may have no voice at all or maybe just little squeaks come out. Children often find it hard to breathe, but generally do not produce any other significant or identifiable symptoms without little, if any, fever.

Sometimes this may be accompanied by fever, headache, fatigue, cough, throat pain, and conjunctivitis (pink eye). If bronchus or lungs are infected, symptoms are cough and phlegm, often accompanied by difficulty in breathing, chest pain, or fever. Symptoms may be more severe in infants and young children who generally have less active immune systems than adults. Children tend to have higher fever and show stronger responses. In addition to the respiratory symptoms, they may experience disorder in the digestive system such as diarrhea, stomachache, and vomiting.

4. Mugeugboyangteum

(1) Definition of Moxibustion

① What is Moxibustion?

Moxibustion is a traditional medicine therapy using moxa, or mugwort herb and is widely recognized as an effective modulation therapy because practitioners burn it on the patient's skin to create special protein and chemical reaction from the dissolved cells, which will then be circulated to vital organs of our body to improve the functioning and treat the diseases.

1. The thermal stimulation from Moxibustion creates effective reaction to the nervous system.

2. The special protein created by burning on the skin is absorbed into the blood and carried to cells throughout the body. It helps the patient recover more quickly as it stimulates a smoother flow of blood and reacts more strongly to the ailing part of the body.
3. Moxibustion stimulates the autonomic nervous system and hormone secretions to improve the body balance.

② Efficacy of Moxibustion

It promotes blood circulation and vitalizes cells.

The cells in your body get sluggish when you get tired or sick. Moxibustion will create protein which will be circulated throughout your body through blood streams, and stimulate, give strength to or revive the weakened cells

It induces a smoother flow of blood

Moxibustion will simulate blood circulation. More blood will flow to the point on which Moxibustion is applied and the blood flow will help the disease heal. On the other hand, if a certain point is filled with too much blood (extravasated blood), applying Moxibustion on the other part of the body will induce the blood to escape and flow to the other part. It will also help increase the strength of your heart muscle contractions so more blood is pumped out to energize the body. It will also help expand the capillary vessels to support a smoother blood circulation.

It improves the properties of blood

- It will increase the red blood cells. (Red blood cell count: 5million per 1 mm³ for an average adult male, and 4.5 million for an adult female). The increased number of red blood cells will help deliver more oxygen (O₂) to the body tissues via the blood flow through the circulation system, and energize the body and increase the defense mechanism.
- It will increase the white blood cells, which are cells of the immune system involved in defending the body against infectious disease. The count will start increasing in 15 minutes after Moxibustion treatment and almost double in 2 hours.
- It will help stop bleeding more quickly as the blood coagulates fast.
- It will help increase immunity substances and immunity power.
- It will help prevent acidification of your blood. The blood will remain neutral or alkalescent

It will help regulate the hormone secretions appropriately.

A hormone is an important chemical released by a gland in one part of the body that sends out messages that affect cells in others of the organism. If properly controlled, the hormone secretions will help increase your immunity power against diseases.

It helps regulate the nervous system appropriately.

The muscles located at the outermost skin of the body have a lot of spots that are particularly sensitive to nervous reactions. Moxibustion is applied at such specific points which would react to the stimulation and appropriate regulate the functioning of bowels, circulatory system, and endocrine system.

It relieves muscle fatigue.

Fatigue is the result of numerous physiological changes including depletion of muscle glycogen and lactic acid build-up. Test results proved that Moxibustion can effectively absorb lactic acid.

It modulates bowel function effectively.

Moxibustion can modulate the bowel function to generate strength for quick recovery.

Painkilling

Moxibustion will stimulate a smoother blood circulation by relieving the muscle tension and blood vessel as well as removing the fatigue- or pain-generating substances.

Modulation (Function to alter the body conditions)

Moxibustion is also beneficial for increase/decrease of body weight, changes of emotions, insomnia, alteration of physical constitution, irregular menstruation, bowel movement, paralysis treatment, callus, bumps and corns

③ Materials of Moxibustion and Selection of Good Materials

Mugwort

Mugwort (also known as Chrysanthemum Weed) is a herbaceous perennial plant growing approximately 1 m. It is a very common plant growing in fields and mountains throughout Korea. The leaves have dense gray white hairs on the underside, and have a distinctive, pleasant fragrance, and contain a variety of nutrients. Mugwort is largely classified into common mugwort and medicinal mugwort. Common mugwort grows naturally in the fields, and medicinal mugwort generally grow in the mountains with larger leaves and more hairs. Mugwort is also known as Mandshurian clematis. One year old mugwort is generally used for medicinal purpose, but mugwort of 3 years old or more is preferred for Moxibustion.

Ingredients of Mugwort for Moxibustion

Moisture 9-11%, Protein, Nitrogen, Organic Substance 11%, Fiber 67%, Fat 4,5%, Inorganic nutrients (ash content) 4-6%, Cineole, Terpene, Alcohol 0.2%

Most Preferred Mugwort for Moxibustion

1. Aged and seasoned. Must feel smooth and soft.
2. Lemon yellow, Thin fiber, Not clotty or lumpy
3. It must easy to burn, not too hot, and stays lit.
4. It must produce and transfer an even heating to skin,
5. Easy to dry and seasoned for a long time.

(2) Acupuncture Points for Mugeugboyangtteum

Mugeugboyangtteum is Moxibustion therapy to apply Moxibustion about half the size of a grain of rice on the same point 3-5 times a day on 12 points (13 for women) out of a total of 8 acupuncture points, and is a most common therapy anyone can benefit, whether sick or not.

Mugeugboyangtteum is the core Moxibustion technique of Goo Dang, developed based on the principle of equilibrium between Qi blood and negative positive five phases. Mugeugboyangtteum has been developed after 20 years of clinical tests on all the Moxibustion techniques recorded in the ancient medical books, and has proved its efficacy with a countless number of patients for about 70 years. Mugeugboyangtteum is simply a therapy for all the people and for all the diseases. It not only treats but also prevents diseases. Therefore Mugeugboyangtteum is necessary whether you have a disease or not.

The best way to keep your body healthy is to eat well and digest well. According to Moxibustion medicine, such functions are regulated by the organs called spleen-stomach. Among the acupuncture points under Mugeugboyangtteum are (1) Jungwan(中脘), (2) Gokji(曲池), (3) Joksamli(足三里) that support the spleen-stomach, (4) Gihae(氣海) and (5) Gwanwon(關元) in the lower stomach to strengthen kidney function, which is the source of life and reproduction, (6) Pyeyu(肺俞) to strengthen respiratory function, (7) Gohwang(膏肓) to strengthen the heart function and cure the disease deep inside the body, (8) Baekhoe(百會) to strengthen the body and mind as the heart controls the mind. (9)Junggeuk(中極) and (10) Sudo(水道) are included for women because of their distinctive physiology. Sudo(水道) is used to help menstruation, a liquid or water, and Junggeuk(中極) is used as the acupuncture point to bladder to promote urination and strengthen womb function.

In addition, Mugeugboyangtteum fully reflects the principle of negative positive five phases. The trunk is negative, arms are positive, legs are negative. If stomach is negative, back is positive. If left is positive, right is negative. Based on this principle, Mugeugboyangtteum aligns the acupuncture points in contrast – upper and lower, front and back, left and right – in order to achieve the equilibrium between negative and positive. Mugeugboyangtteum uses Gihae(氣海) and Gwanwon(關元) at the lower part of stomach located in negative area to store the concentrated Qi, and uses Gohwang(膏肓) and Pyeyu(肺俞) at the upper part of back to vitalize the heart and lung function to spread Qi and blood throughout the body.

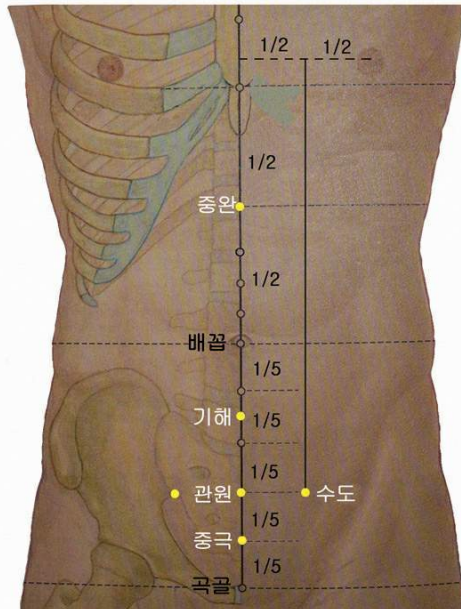
Gokji(曲池) and Joksamli(足三里), located at the right and left part respectively, are a combination of regulating negative and positive on both left/right and upper/lower sides

According to the five phases theory, the trunk (earth) accommodating five viscera and the six entrails (of gall bladder, stomach, small and large intestines, the paunch, the bladder and the bowels) is controlled by Jungwan(中脘), and the arms (wood and fire) is controlled by Gokji(曲池), legs (metal and water) are controlled by Joksamli(足三里), and the head where all the positive Qi flow to, is controlled by Baekhoe(百會) in order to keep the balance of internal organs. Additionally, Gwanwon(關元) and Gihae(氣海) are used to support negative at the lower part of stomach where Qi is highly concentrated, and Pyeyu(肺俞) and Gohwang(膏肓) around the lung where boils can develop on the back, are used to support positive, thereby keeping the balance and flow between positive and negative, and Qi and blood.

Since the common cold is a disease closely related to the immunity system, the best way to cure and prevent it is to keep the balance of the entire body, and therefore it is important to use Mugeugboyangtteum at the right acupuncture point.

The acupuncture points are selected in the following manner:

[무극보양뜸 앞]



Jungwan(中腕)

When you grope your way up from stomach to chest, there is a pit where the rib bones of both side meet. It is called gigol (Qi bone). You put an imaginary dot on it. The middle point between Qi bone and the navel is Jungwan(中腕), which is the acupuncture point used primarily for poor digestion, loss of appetite, and stomachache.

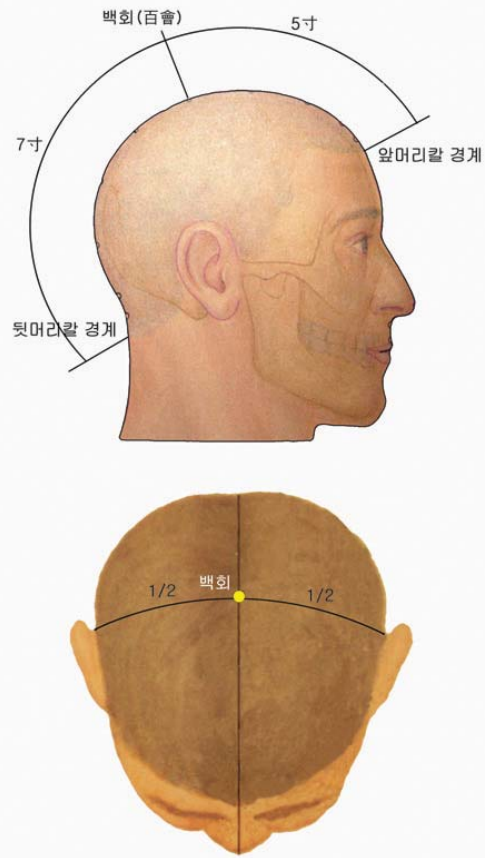
Gihae(氣海), Gwanwon(關元)

Divide the area between the center of navel and pubic bones into 5 equal parts. Gihae(氣海) is located at 1.5/5 part below the navel, and Gwanwon(關元) is located at 3/5 part. Gihae(氣海) is used to treat reproductive organs and kidney disease, and reinforce stamina while Gwanwon(關元) is used to treat impotence and lack of stamina.

Junggeuk(中極), Sudo(水道)

Divide the area between the center of navel and pubic bones into 5 equal parts. Junggeuk(中極) is located at 4/5 part below the navel, and Sudo(水道) is located 2 chons (寸) away both sides from Gwanwon(關元), which is located at 3/5 part. (The distance from the navel down to nipple is 4 chons. So one half of it is 2 chons.) Junggeuk(中極) is used to treat the reproductive organs and bladder disorders for women, and Sudo(水道) is used to treat urinary disorders, irregular menstruation, and edemas.

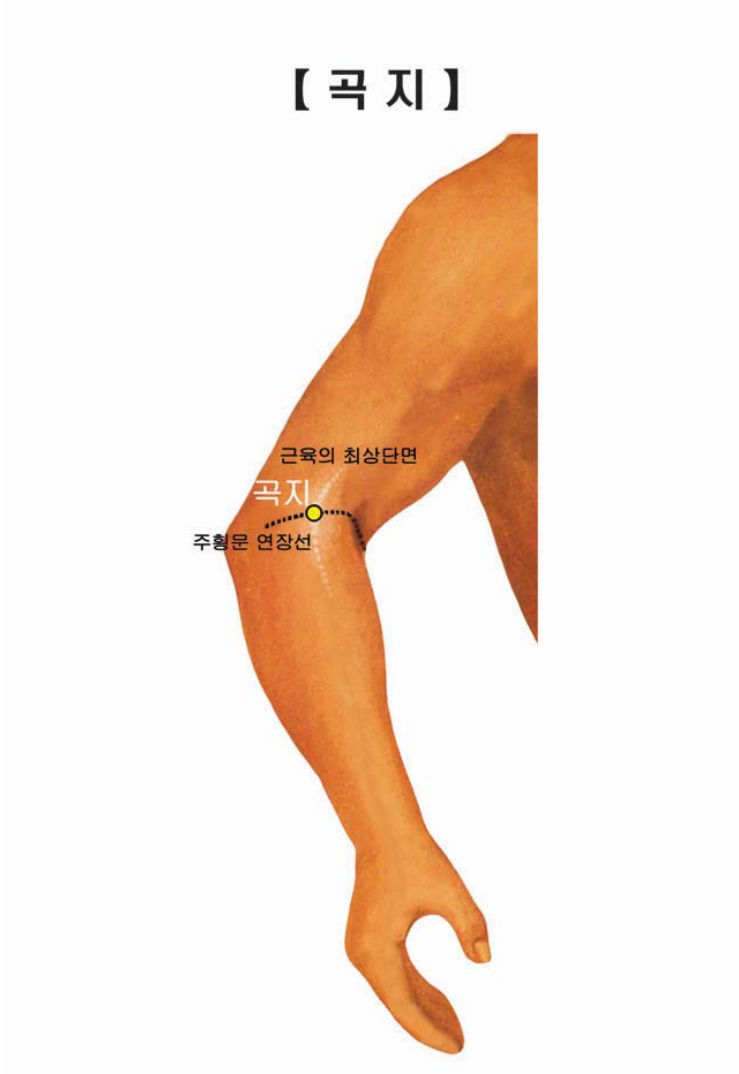
【 백회 】



Baekhoe(百會)

Draw an imaginary line from both ear holes up to the top of the head and draw a central line of the body in earth position. The point where the two lines cross is Baekhoe(百會), which is used to prevent Alzheimer's disease, stroke, headache, amnesia, and hemorrhoids.

【 곡 지 】



Gokji(曲池)

Inside the elbow is horizontal line called “Juhoengmun.” Stretch the arm with the back of the hand facing upward, and draw a horizontal line in the middle of the arm muscle, and the point where it is crossed with Juhoengmun is Gokji(曲池), which is used primarily to prevent or treat adult diseases, hemiplegia, skin disease, and brachial neuralgia

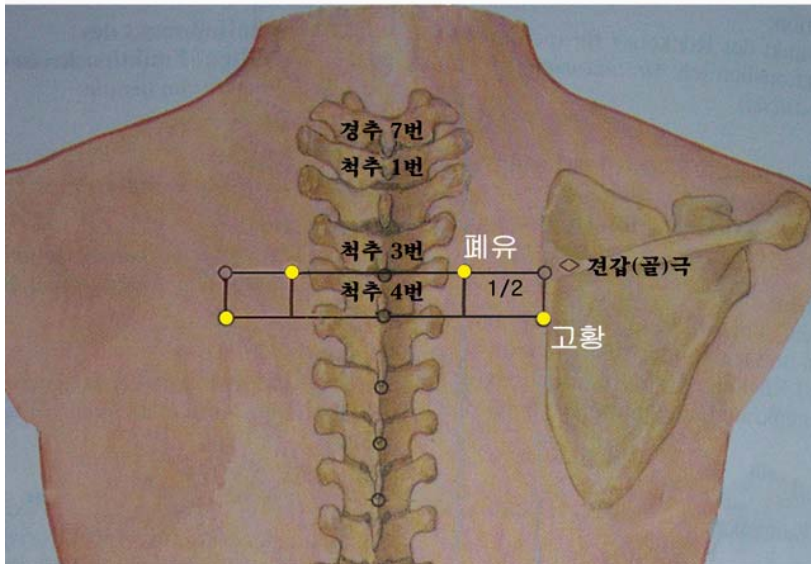
【족삼리】



Joksamli(足三里)

On both sides right below kneecap (also known as “patella” a thick, circular-triangular bone) is a pit called “Seulan (xiyan)”. Inside of the knee is interior xiyan, and outside is exterior xiyan, and Joksamli(足三里) is located 3 chons below exterior xiyan. Also know as Jangsuhyeol (longevity acupuncture point), Joksamli(足三里) is used to treat body fatigue, poor digestion, high blood pressure and hemiplegia.

【 폐유, 고향 】



Gohwang(膏肓), Pyeyu(肺俞)

Lie on your face with both arms stretched upward and hands open, and let the index fingertips of both hands touch each other, and then take a posture that your fist may go through the fingers that come in contact with the head. Then the brachium and spina scapulae will be aligned straight. Then follow the ridge of spina scapulae down from outside to inside and the pit at the end of spina scapulae is Gohwang(膏肓).

If you incline your head forward a little bit, you can touch a bone slightly protruded behind your neck, which is C-7 cervical vertebral. Go further down along the the thoracic vertebrae with your fingers, and put an imaginary dot on the pit between T-3 and T-4 as Sinju. Pyeyu(肺俞) is located in the mid-point between Sinju and the edge of the shoulder blade.

Another way is to touch Gohwang(膏肓) and go up one notch on the thoracic vertebrae and the mid-point can be used as the acupuncture point of Pyeyu(肺俞).

As an acupuncture point for lungs, Pyeyu(肺俞) is beneficial for all respiratory diseases like tuberculosis, pneumonia, asthma, cough. Gohwang(膏肓) is used to treat nervous prostration, lung diseases, and chronic diseases, and is closely related to prevention and treatment of common cold.

5. Research Method

(1) Subject of Research and Period

Comparison was made for 50 days between (1) family group (control group) without Moxibustion treatment and without diagnosed disease, and (2) the persons (test group/with Moxibustion) who undergo Moxibustion treatment more than 3 times a week. Mugeugboyangteum was primarily used to keep the balance of the entire body, and additional Moxibustion was used to address the specific symptoms.

① Members of Family Group A (Without Moxibustion treatment)

A woman (age: 69), her 1st son (43), and his son (15), 2nd son (41) and his wife (35) and their daughter (10) and son (5), and her daughter (39)

② Members of Family Group B (With diagnosed disease and Moxibustion treatment)

Two men (67 & 45) who have lung cancer, a man (53) and a woman (50), both of whom have nasopharyngitis, a woman (84) and a man in his 70's both of whom have high blood pressure and diabetes, a man in his 40's who receives peritoneal dialysis, and a woman (72) who has bronchocele and senile cataract.

③ Research Method

We monitored how the health conditions of the test groups have changed for 50 days after the weather suddenly got cold, or after there was yellow dust or pollen in the air, and made comparison between the test group and the control group as to how often they caught a cold or cold-like symptoms and what treatment they used. (See the table below)

(Table 1 - 1 □ Female □ Male)

Family Group A

Test Subject (Age)	Occupation	Frequency	Symptoms	Treatment	Remarks
Woman (69)	Farmer	2	Body/Muscle ache	Pharmacist prescription/ Ailed for at least 3 days or generally for one week	Chronic fatigue and severe shoulder & back aches
1 st Son (43)	Dairy farmer	1	Muscle ache	Hospital injection prescription/ Ailed for 5 days but got back to work before full recovery	Chronic back ache and shoulder muscle ache
2 nd Son (41)	Farmer	2	Cough	Untreated / Ignored without any medical treatment	Severe cough every time he catches a cold
2 nd Son's Wife (35)	Farmer	2	Joint ache	Pharmacist & Hospital injection prescription/ Usually got well in 1-2 days.	Pain in the lower stomach due to inadequate postnatal care.
Daughter	Unemployed	2	Chill/fever, runny nose	Pharmacist prescription/ fever lasted 5 days, runny nose lasted 2 days.	Headache and mental distress after divorce
1 st Son's son (15)	Student	3	Headache/ runny nose	Aspirin / Repeated head cold	No doctor's prescription although he usually has symptoms of nasopharyngitis.
2 nd Son's daughter (10)	Student	1	Head cold	No prescription/Just ate bean sprouts soup	Healthiest of all the family members

2nd Son's son (5)	Kindergarten Student	5	Runny nose/fever/pharyngitis	suppository, syrup/ Severely ailed for 20 days including hospitalization	Hospitalized for 5 days due to tonsillitis
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(Table 1 - 2 □ Female □ Male)
Test Group (Group B)

Test Subject (Age)	Occupation	Frequency	Symptoms	Treatment	Remarks
Man (67) with lung cancer	Unemployed	2	Cough, fever	Mugeugboyangtteum +Taegye.Cheondol, Daechu/Hospitalized for 5 days as she was breathing hard	Under doctor's medication
Man (45) with lung cancer	Bank employee	0		Mugeugboyangtteum + Moxibustion point/ Nothing for common cold	Under anti-cancer treatment
Man (53) with nasopharyngitis.	Civil service employee	1	Runny nose	Mugeugboyangtteum + Sangseong,Pyeyu,Pungmundajang/Less often than last year. Cured in 2 days	Repeated runny nose during yellow dust season
Woman (50) with nasopharyngitis	Housewife	1	Head cold	Mugeugboyangtteum +Sangseong,Pyeyu,Pungmundajang /Ailed 3 days due to pollen after full recovery.	She is allergic to pollen and has a runny nose every year.
woman (84) with high blood pressure and diabetes	Self-employed	1	Cough, fever	Mugeugboyangtteum +Cheondol,TaegyeDaechu/ Fever soon went away but cough lasted one week.	She has suffered from asthma since childhood.
Man (70's) with high blood pressure and diabetes	Unemployed	0		Mugeugboyangtteum + acupuncture points for high blood pressure and diabetes	Under doctor's medication
Man (40's) with peritoneal dialysis	Employee	3	Head cold	Mugeugboyangtteum +Sangseong,Pyeyu,Pungmundajang	Always feels physically tired.
woman (72) with bronchocele and senile cataract	Unemployed	0		Mugeugboyangtteum + acupuncture points for bronchocele and senile cataract/ Light symptoms of cold soon went away after Moxibustion treatment	Receives medical check-up every 3 months

6. Analysis

- Family Group A resides in a house exposed to heavy wind. Since it is a large family, even only one family member catches a cold, children with less active immune systems are very likely to get infected with the viruses. The adult family members are engaged in hard, physical labor in the farm. They just ignore fatigue and continue working without any medical treatment. As a result the fatigue has been accumulated to develop a chronic fatigue syndrome. After the research, the family members were trained how and where to apply Moxibustion, and let them try it for themselves (The 35-year-old daughter and 10-year old girl did a good job).

- ❑ In the case of Group B, the 67-year-old man with lung cancer and 40-year-old man with peritoneal dialysis caught a cold, when a sudden spring frost comes. The cold was treated with multi- Moxibustion. People with nasopharyngitis who caught a head cold, when the yellow dust comes, were also treated with multi- Moxibustion. They generally did not catch a cold, but even if they did, they recovered in a relatively short time as a result of Moxibustion treatment. The 40-year-old man with peritoneal dialysis was more susceptible to cold due to lethargy and weakened immunity power, but he said he could recover sooner than before (when he was not treated with Moxibustion). The 84-year-old woman with high blood pressure and diabetes caught a cold as she recently overworked herself to relocate the burial site. She has suffered from asthma since childhood, and cough lasted for 10 days but she recovered more quickly than before (when she was not treated with Moxibustion).
- ❑ When compared with Group A, Group B members are relatively safe or show quicker recovery from the cold. Although Group B members have specific, diagnosed diseases, the continued treatment with Moxibustion increased their immunity power, and they expressed an intent that they will continue to undergo Moxibustion treatment.

III. Conclusion

The common cold is caused primarily by the weakened immune system as a result of surrounding environment, stress, and fatigue. Therefore, it is important to take a rest and eat well.

It is also important to increase the self-immune system and there is no doubt that Moxibustion would be the key to improvement of the self-immune system.

The majority of Group A people as well as Group B currently undergo Moxibustion treatment. They say they feel better after being treated with Moxibustion at the end of hard, physical labor of the day. The 5-year-old child said it is scary but he can put up with it because he no longer has a runny nose after Moxibustion treatment. The result of this study demonstrates that Moxibustion can produce the greatest benefit at the minimal cost. Another benefit of Moxibustion is a greater joy, happiness, and bonding among family members, strongly suggesting that it could be a key contributor to the qualitative improvement of people's health as a whole.

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