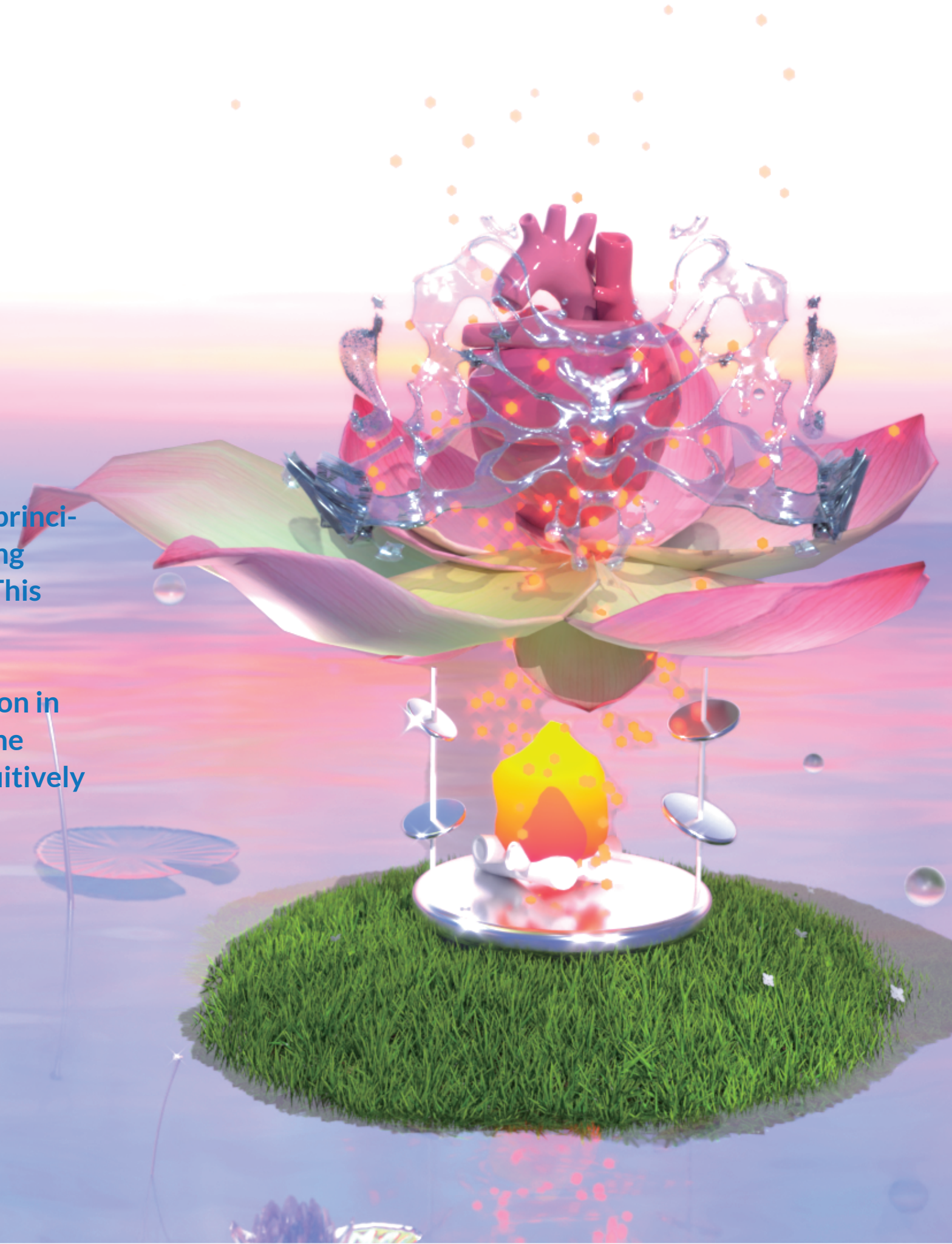


Asian Medicine

Moxibustion Therapy

This project starts with museum collections, inspiring an exploration of the unique healing principles of the moxibustion therapy in Asian traditional medicine. Moxibustion works by burning herbs with different medicinal properties, allowing their effects to spread through the air. This process helps balance the body's energy flow and restore vitality.

I used 3D modeling and animation to visually present the therapeutic process of moxibustion in dispelling coldness from the heart. The animation illustrates the flow of medicinal smoke, the transformation of herbal properties, and the balance of life energy, allowing viewers to intuitively understand this ancient healing method.



COLLECTION

Wooden figure showing moxibustion, signed Miwa with Kakihan, Japan, late 1700



A wooden figure of a man giving himself moxibustion treatment - burning herbs on or near the skin. The black spot on his leg represents the smoldering herb. The figure is signed Miwa with Kakihan.

Wooden netsuke, depicting a man with a moxa on his leg, from the Nagoya school, signed Tametaka, Japanese, 1771-1800

Netsuke are toggle-like ornaments. They hang objects such as medicine boxes or tobacco pouches from the sash of a kimono. A kimono is a traditional form of Japanese dress. This netsuke is signed 'Tametaka'. It shows an old man undergoing a traditional treatment called moxibustion on his leg. This involves burning dried moxa, a plant known as *Artemisia vulgaris*, which is then held close to the skin. Traditional Chinese Medicine believes moxibustion stimulates the flow of the life force known as qi (chi) around the body. Qi is considered essential for well-being and health.

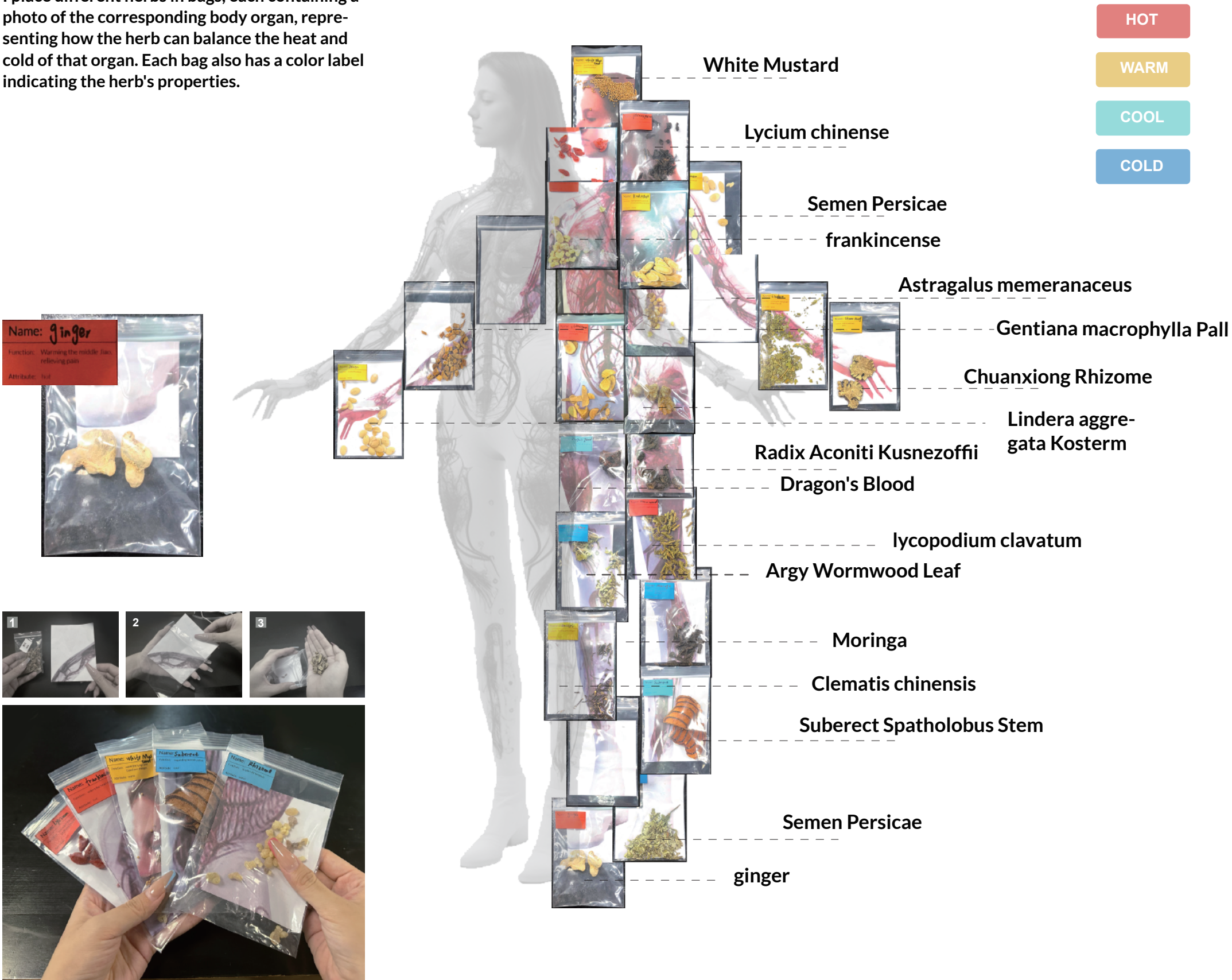


BACKGROUND

The core of traditional Chinese medicine is to balance the body's Yin and Yang, where Yin represents cold and Yang represents heat. Only when cold and heat are balanced can the body stay healthy. Methods like acupuncture, herbal medicine, and moxibustion are used to adjust this balance. Through design, I aim to help people better understand the principles of TCM, so they can also appreciate the cultural and historical significance of artifacts.

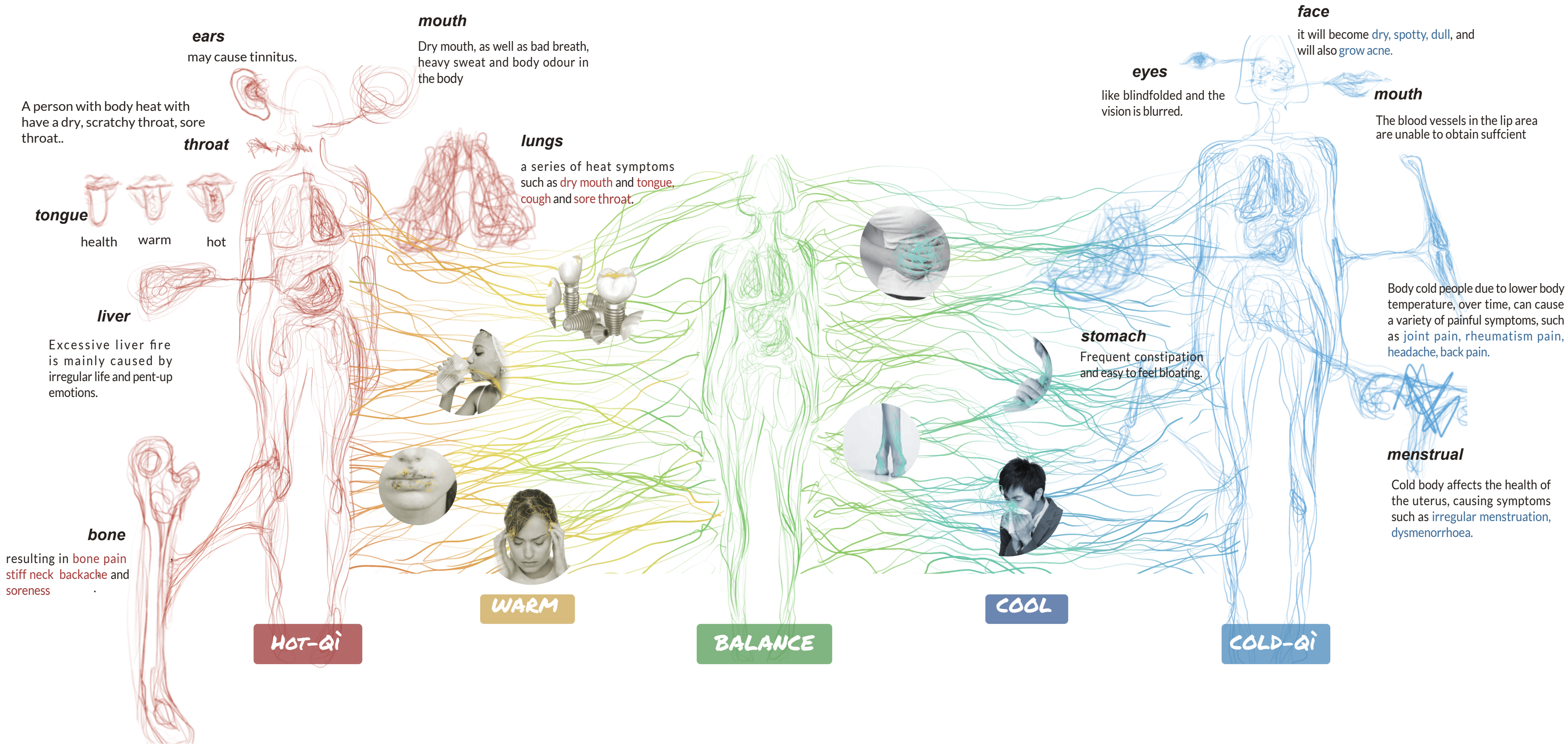
Chinese Medicine Effects and Corresponding Organs

I place different herbs in bags, each containing a photo of the corresponding body organ, representing how the herb can balance the heat and cold of that organ. Each bag also has a color label indicating the herb's properties.



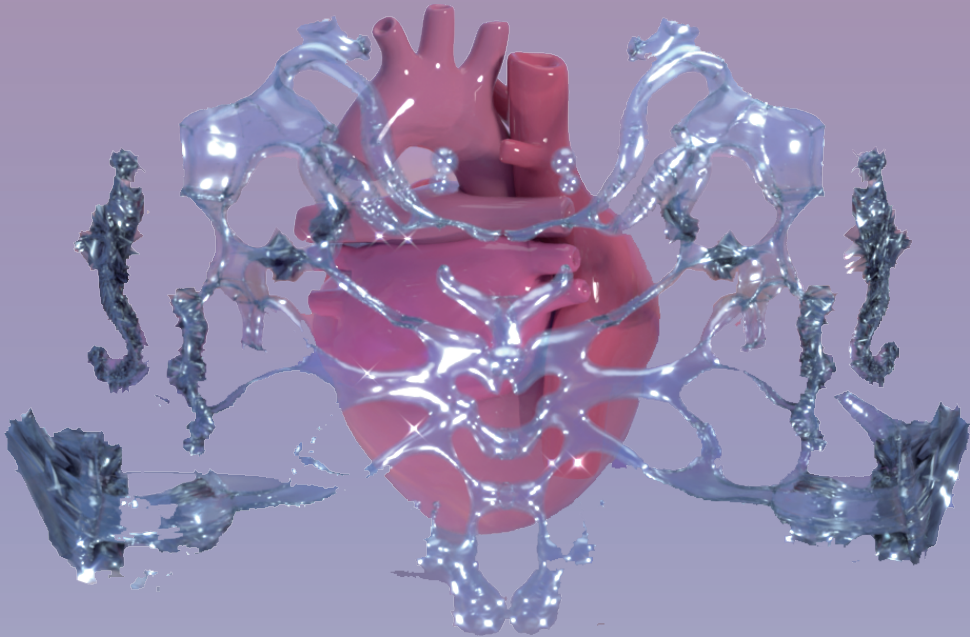
How to tell if someone is healthy

The four qi can essentially be divided into two attributes, heat and cold, and only when the two are in balance will people's bodies be healthy



ELEMENTAL

The herbs pictured in the frames are all known to dispel coldness



Surrounding the heart is “cold-qi”, which is dissipated by burning hot herbs close to the skin to regulate the balance of hot and cold.



The lotus has an important role in Asian medicine, and many of its parts can be used in medicine, such as leaves, petals, root, seeds, and lotus seedpods.

Burning the herbs releases “hot-qi”

The green grass symbolizes the balance of hot and cold and good health

