

Moxibustion for Breech Presentation

Moxibustion is a technique of the Traditional Chinese Medicine (TCM) and is long been known as a treatment used to assist the turning of breech babies. By burning a fragrant herb (Moxa) over one of the acupuncture points, it can relax the muscles in the uterus allowing the baby to turn.

In TCM, Moxa is renowned for “warming” the Qi (Vital Energy) and blood and relieving “Qi stagnation”, and can be used to treat conditions such as muscular sprains/pain, oedema, clearing cold, dysmenorrhoea, and as a complement to the acupuncture needles.

The moxibustion is carried out by taking a moxa stick and lighting the end, this herb then smoulders and the heat radiates into the point. It is important to highlight that nowadays there is the option of a smokeless moxa stick for those that are allergic to smoke.

The acupuncture point which, when warmed by the moxa, is a point for “malpresentation of the foetus” and has been used for centuries as a standard treatment in China, has in some studies shown a success rate of 85-90 per cent. The acupuncture point is called “Zhiyin” or “Urinary Bladder 67” (UB67) and is located on the outer corner of the little toenail.

This is done over the point on each side for twenty minutes, once or twice a day for one week or until the baby moves to the head down position.

Moxibustion is a completely safe and very gentle way of attempting to turn babies. The best results are often gained before weeks 36/37 as after this stage there is little room for the baby to move.

The acupuncturist will usually do the moxibustion and teach where the points are, then give a moxa stick to the patient to continue the process at home between sessions.

For further information contact Marilia Blackburn on 01260 289783.