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世界中医药学会联合会
World Federation of Chinese Medicine Societies

SCM **-20**

壮医药线点灸疗法技术规范

Standardized manipulations of medicated thread moxibustion therapy in
Zhuang medicine

(征求意见稿, CD)

世界中联国际组织标准
International Standard of WFCMS

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前 言

本文件是在充分借鉴和吸收广西地方标准《壮医药线点灸治疗护理技术操作规范》与中国民族医药学会团体标准《壮医药线点灸技术操作规范》核心技术内容与实践经验的基础上，针对国际应用场景与标准化要求进行的提升与完善。本次起草工作将以上述两项现有标准为重要技术基础，重点对其中的操作流程、注意事项和不良反应及处理进行国际适用性优化与表述标准化修订，确保新标准既保留该疗法的核心特色与操作精髓，又能符合国际标准的结构与规范。

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引 言

壮医药线点灸疗法作为壮医的瑰宝，以其“简、便、验”的特点在壮族地区广为流传。该技术通过药、穴、热的多重协同作用，起到调气机、通龙路火路、祛痧毒、消肿痛的疗效，常用于治疗头痛、带状疱疹、关节痹痛、湿疹等多种常见病、多发病，在广西壮族自治区乃至中国医疗机构中广泛使用，并于 2011 年被列入中国第三批国家级非物质文化遗产名录。同时，经过培训和推广在英国及东盟国家等多个国家和地区中得到认可。然而，壮医药线点灸疗法在操作细节（如持线手法、施灸手法等）上仍缺乏统一规范。这种不统一性影响了技术疗效的稳定性、安全性和可重复性，对其进一步的临床评价、科学研究和国际交流构成了障碍。因此，将这核心技术进行科学总结与规范，制定普适性的技术操作标准，是其实效有效保护、传承和走向世界的迫切需求。

本文件的制定旨在通过制定国际标准，实现两个主要目的：一是确立壮医药线点灸疗法的国际通用技术规范，明确操作流程和安全指标，确保技术应用的一致性和可靠性；二是搭建国际学术交流与技术合作的基础平台，推动壮医药标准化和国际化进程。

本文件的制定具有多重意义。在临床实践层面，将提升技术应用的安全水平和疗效稳定性，惠及更广泛的患者群体；在国际交流层面，将为传统医学国际标准体系建设提供实践案例，促进中国民族医药与世界医学体系的融合；在文化遗产层面，有助于保护和推广作为中国国家级非物质文化遗产的壮医药线点灸疗法，展现中国传统医药文化的独特价值；在产业发展层面，将为相关产品和服务国际贸易提供技术支撑，推动中医药壮医药产业高质量发展。

本文件旨在通过规范壮医药线点灸这一传统技术，让其能够以科学、安全、规范的姿态走向世界，让各国患者都能享受到统一、高质量的壮族医药服务。

本文件的技术内容不能替代宣传教育、预防措施等。

壮医药线点灸疗法技术规范

1 范围

本文件规定了壮医药线点灸疗法的术语和定义、壮医药线点灸技术的适应症与禁忌证、常用器具、基本要求、注意事项、不良反应及处理、治疗时间及疗程。

本文件适用于壮医药线点灸疗法的临床技术操作。

2 规范性引用文件

下列文件中的内容通过文中的规范性引用而构成本文件必不可少的条款。其中，注日期的引用文件，仅该日期对应的版本适用于本文件；不注日期的引用文件，其最新版本（包括所有的修改单）适用于本文件。

DB45/T 2789-2023 壮医药线点灸治疗护理技术规范

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3 术语和定义

下列术语和定义适用于本文件。

3.1

壮医药线点灸疗法

将特制壮医药线点燃后以珠火直接灼灸于人体体表穴位或特定部位，以预防和治疗疾病的一种壮医外治法。

3.2

珠火

点燃线端后形成的圆珠状火星（图 1）。

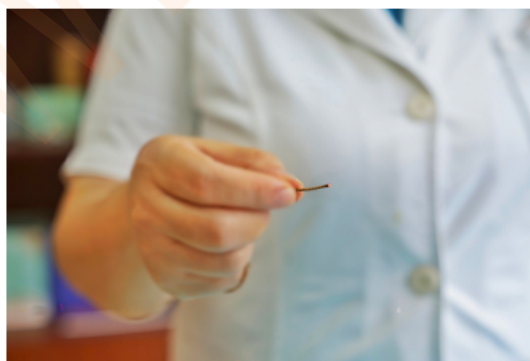


图 1 珠火

3.3

一壮

药线燃成珠火后，对准穴位或特定部位灼灸，点按一次至火头熄灭的整个过程。

4 适应症与禁忌症

4.1 适应证

适用于带状疱疹、带状疱疹后遗神经痛、湿疹、荨麻疹、银屑病、白癜风、皮炎等皮肤病；呼吸道感染、支气管炎、慢性胃炎、失眠、头痛、中风及其后遗症、轻度认知障碍、特发性面神经麻痹等内科疾病；肩周炎、颈椎病、类风湿关节炎、痛风性关节炎、膝骨关节炎、腰椎间盘突出症等骨关节疾病；乳腺增生、子宫肌瘤、痛经、慢性宫颈炎、外阴苔藓、外阴白斑、盆腔炎等妇科疾病；小儿遗尿、小儿疳积、百日咳、脊髓灰质炎后遗症等儿科疾病；结膜炎、口腔溃疡、鼻炎、耳鸣等五官科疾病；淋巴结炎、痔疮等外科疾病。

4.2 禁忌证

以下人群或患者禁用或慎用线点灸：

- 眼球部位禁用；
- 妊娠慎用；
- 对药物过敏者慎用；
- 黑痣慎用；
- 情绪紧张或过度饥饿时慎用；
- 严重疤痕体质者慎用。

5 常用器具

酒精灯、壮医药线、打火机、剪刀、镊子。

6 基本要求

6.1 环境

操作室环境整洁、光线充足，必要时用屏风或者围帘遮挡。

6.2 部位及体位选择

根据病症选取相应治疗部位。

体位选择以患者舒适、施灸者便于操作为原则。

6.3 操作流程

6.3.1 施灸部位皮肤处理

清洁施灸部位皮肤。

6.3.2 取线

用镊子从药液中取出药线，用剪刀截取需要的长度（见图2）。



图 2 取线

6.3.3 整线

把药线拉直、搓紧（见图 3）。

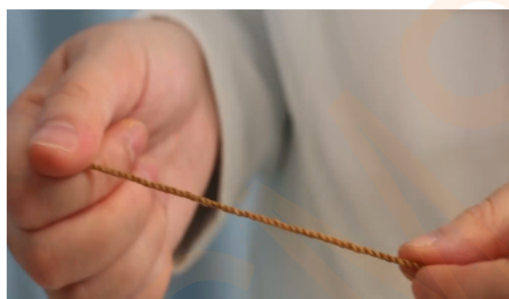


图 3 整线

6.3.4 持线

单手持线，拇指、食指夹持药线一端，露出线段 1 cm-2 cm，如图 4 所示。

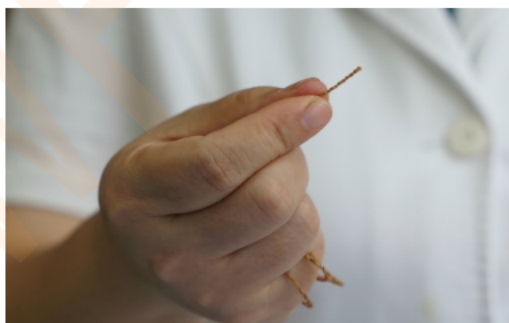


图 4 持线

6.3.5 燃线

点燃线端，抖灭火苗，形成珠火，如图 5 所示。



图5 燃线

6.3.6 施灸

用持线手的小指、中指和无名指扣压药线，拇指往前伸，使食指指尖与拇指指腹相对，形成珠火的线端对应拇指指腹。将珠火对准穴位或治疗部位，顺应手腕和拇指的屈曲动作，拇指指腹迅速将珠火点按于穴位或治疗部位上，点按一次，即一壮（图6）。



图6 施灸

6.3.7 施灸后处理

点灸后可出现小水泡，直径在1 cm以内，一般无需处理，待其自然吸收，嘱患者避免抓挠。如患者局部皮肤大水疱应先用碘伏消毒，再用无菌针头挑破并挤出疱液，涂抹烧伤膏，覆盖无菌纱布保护创面。

点灸过程中患者出现面色苍白、心慌气短、出冷汗等不适症状，应立即停止操作，并及时送医。

如有出现丘疹、瘙痒或局部肿胀等过敏现象，应立即停止操作，遵医嘱内服或外用抗过敏药物，注意观察用药效果；情况严重者及时送医。

7 治疗时间及疗程

每穴1-3壮，每天1-3次，疗程视病情而定（见附录A）。

8 注意事项

- 8.1 药线点灸操作应避开供氧环境及易燃易爆环境。
- 8.2 避免空腹治疗。
- 8.3 点灸后皮肤多有红晕灼热感，无需处理，可自行消失。
- 8.4 点灸靠近眼睛的穴位时，应嘱患者闭目，避免火花飘入眼内引起灼伤。

- 8.5 点灸对疼痛不耐受的患者时，珠火接触治疗部位或穴位时间宜短。
- 8.6 点灸后局部皮肤有痒感及出现轻微灼伤痕迹为正常现象，应嘱咐患者避免抓挠。
- 8.7 保留点灸后留在皮肤上的药线炭灰，待其自然脱落。
- 8.8 注意剪掉使用过的药线施灸线端。

附录 A
(资料性)
常见病种治疗疗程

常见病种的治疗疗程见表 A.1。

表 A.1 线点灸常见病种的治疗疗程

常见病种	疗程
类风湿关节炎	7 次为 1 个疗程，共 2 个疗程
荨麻疹	急性病程者 3 次为 1 个疗程，共治疗 2 个疗程；慢性病程者 3 次为 1 个疗程，共治疗 2-4 个疗程
带状疱疹后遗神经痛	7 次为 1 个疗程，共 3 个疗程
偏头痛	10 次为 1 个疗程，共 2 个疗程
白癜风	7 次为 1 个疗程，共 3 个疗程

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Foreword

This document is an enhancement and refinement developed based on the core technical content and practical experience fully drawn from the Guangxi local standard "Standardized manipulations of medicated thread moxibustion therapy and nursing care" and the China Ethnic Medicine Association group standard "Standardized manipulations of medicated thread moxibustion therapy," tailored for international application scenarios and standardization requirements. This drafting work takes the aforementioned two existing standards as an important technical foundation, focusing on optimization for international applicability and standardization of wording of the operational procedures, precautions, and adverse reactions and their management. This conforms to the structure and specifications of international standards.

Please note that certain contents of this document may involve patents. The issuing organization of this document does not assume responsibility for identifying patents.

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Introduction

The medicated thread moxibustion therapy of Zhuang medicine, as a treasure of Zhuang medicine, for its advantages of "simplicity, convenience and effectiveness". Through the synergistic effects of medicine, acupoints, and heat, this technique regulates Qi movement, unblocks the Long and Huo channels, dispels Sha toxins, and reduces swelling and pain. It is commonly used to treat various common and frequently occurring diseases such as headaches, herpes zoster, joint pain, and eczema. It is widely used in medical institutions within Guangxi Zhuang Autonomous Region and throughout China, and included in China's Third Batch of National Intangible Cultural Heritage List. Furthermore, after training and promotion, it has gained recognition in multiple countries and regions, including the United Kingdom and ASEAN countries. However, the medicated thread moxibustion therapy still lacks unified specifications regarding operational details (such as thread-holding techniques and moxibustion application methods). This lack of uniformity affects the stability of therapeutic efficacy, safety, and reproducibility, posing obstacles to further clinical evaluation, scientific research, and international exchange. Therefore, scientifically summarizing and standardizing this core technology, and formulating a universally applicable technical operation standard, is an urgent need for its effective protection, inheritance, and globalization.

The formulation of this document aims to achieve two main purposes through the establishment of an international standard: first, to establish internationally applicable technical specifications for the medicated thread moxibustion therapy, clarifying operational procedures and safety indicators to ensure consistency and reliability in technical application; second, to build a foundational platform for international academic exchange and technical cooperation, promoting the standardization and internationalization process of Zhuang medicine.

This document is of great significance in multiple aspects. At the clinical practice level, it will enhance the safety and efficacy stability of the technical application, benefiting a wider patient population. At the international exchange level, it will provide a practical case for the construction of an international standard system for traditional medicine, promoting the integration of Chinese ethnic medicine with the global medical system. At the cultural heritage level, it helps protect and promote the medicated thread moxibustion therapy as a Chinese national intangible cultural heritage, showcasing the unique value of traditional Chinese medicine and culture. At the industrial development level, it will provide technical support for the international trade of related products and services, promoting the high-quality development of the Zhuang medicine and Chinese medicine industry.

This document aims to standardize this traditional technique of medicated thread moxibustion, allowing it to reach the world in a scientific, safe, and standardized manner, enabling patients from all countries to receive unified, high-quality Zhuang medical services.

The technical content of this document cannot replace education, publicity, preventive

measures, etc.

WFCMS

Standardized manipulations of medicated thread moxibustion therapy in Zhuang medicine

1 Scope

This document specifies the terms and definitions, indications and contraindications, commonly used instruments, basic requirements, precautions, adverse reactions and management, treatment time and course for the medicated thread moxibustion therapy in Zhuang medicine.

This document is applicable to the clinical technical operation of the medicated thread moxibustion therapy in Zhuang medicine.

2 Normative References

The contents of the following documents constitute indispensable provisions of this document through normative reference. For dated references, only the edition cited applies. For undated references, the latest edition (including any amendments) applies.

DB45/T 2789-2023 Standardized manipulations of medicated thread moxibustion therapy and nursing care

T/CMAMU1-2023 Standardized manipulations of medicated thread moxibustion therapy

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1

medicated thread moxibustion therapy in Zhuang medicine

Zhuang-medicine external therapy: light a specially-prepared medicated thread, and apply moxibustion directly to acupoints or specific body-surface regions using its bead-like flame for disease prevention and treatment.

3.2

bead-like flame

zhu huo

The round, bead-like spark formed after lighting the end of the thread (Figure 1)

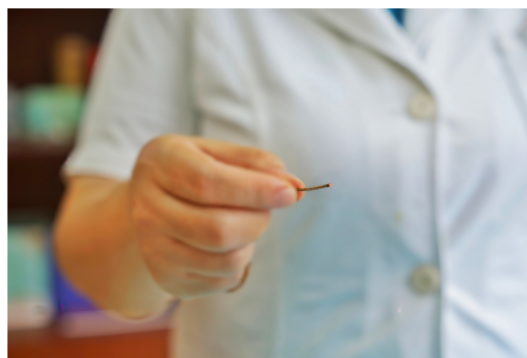


Figure 1 Bead-like flame

3.3

zhuang

entire process from when the medicated thread forms a bead-like flame after being lit, to applying it to the acupoint or specific area for moxibustion until the flame extinguishes.

4 Indications and contraindications

4.1 Indications

Applicable for skin diseases such as herpes zoster, postherpetic neuralgia, eczema, urticaria, psoriasis, vitiligo, dermatitis; internal medicine conditions such as respiratory tract infections, bronchitis, chronic gastritis, insomnia, headache, stroke and its sequelae, mild cognitive impairment, idiopathic facial palsy; bone and joint diseases such as scapulohumeral periarthritis, cervical spondylosis, rheumatoid arthritis, gouty arthritis, knee osteoarthritis, lumbar disc herniation; gynecological diseases such as breast hyperplasia, uterine fibroids, dysmenorrhea, chronic cervicitis, vulvar lichen, vulvar leukoplakia, pelvic inflammatory disease; pediatric conditions such as infantile enuresis, infantile malnutrition, pertussis, poliomyelitis sequelae; ear, nose, and throat (ENT) and ophthalmic conditions such as conjunctivitis, oral ulcers, rhinitis, tinnitus; surgical conditions such as lymphadenitis, hemorrhoids.

4.2 Contraindications

- a) Use with caution during pregnancy.
- b) Use with caution for those allergic to the medication.
- c) Use with caution on black nevi.
- d) Use with caution when emotionally tense or excessively hungry.
- e) Use with caution for individuals with severe scar diathesis.
- f) Prohibited on the eyeball area.

5 Common tools

Alcohol lamp, Zhuang medicated thread, lighter, scissors, tweezers.

6 Basic requirements

6.1 Environment

The operation room environment should be clean, with adequate lighting. Screens or curtains may be used for privacy if necessary.

6.2 Site and body position selection

- a) Select the appropriate treatment site according to the condition.
- b) The choice of body position should prioritize patient comfort and ease of operation for the practitioner.

6.3 Operational Procedure

6.3.1 Skin Preparation at the Moxibustion Site

Clean the skin at the moxibustion site.

6.3.2 Thread retrieval

Use tweezers to remove the medicated thread from the medicinal liquid, and use scissors to cut the required length (see Figure 2).



Figure 2 Thread Retrieval

6.3.3 Thread straightening

Straighten and twist the thread tightly (see Figure 3).

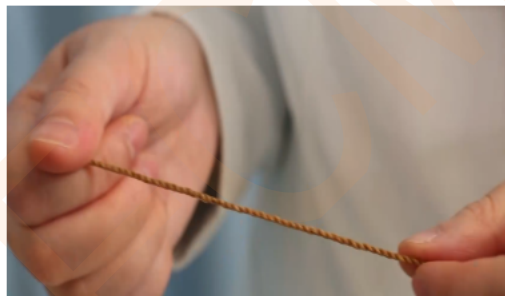


Figure 3 Thread Straightening

6.3.4 Thread holding

Hold the thread with one hand, grasping one end with the thumb and index finger, exposing 1 cm to 2 cm of the thread, as shown in Figure 4.



Figure 4 Thread Holding

6.3.5 Thread lighting

Light the end of the thread, shake off the flame to form a bead-like flame (Zhu Huo), as shown in Figure 5.



Figure 5 Thread Lighting

6.3.6 moxibustion application

Use the middle, ring, and little fingers of the thread-holding hand to secure the medicated thread. Extend your thumb forward so that the tip of your index finger faces the thumb pad, with the bead-flame-tipped end oriented toward the thumb pad. Aim the bead-like flame at the acupoint or target site. Using flexion of the wrist and thumb, quickly press the bead-like flame against the acupoint or treatment site with the thumb pad. Each pressing action counts as one Zhuang.



Figure 6 Moxibustion Application

6.3.7 Post-moxibustion management

Small blisters (diameter within 1 cm) may appear after moxibustion. Generally, no treatment is needed; allow them to absorb naturally and instruct the patient to avoid scratching. If large blisters occur, disinfect the area with povidone-iodine, then puncture the blister with a sterile needle, express the fluid, apply burn ointment, and cover with sterile gauze to protect the wound.

a) If the patient experiences discomfort symptoms such as pallor, palpitations, shortness of breath, or cold sweats during the procedure, stop the operation immediately and seek medical attention promptly.

b) If allergic reactions such as papules, itching, or local swelling occur, stop the procedure immediately, administer oral or topical antihistamines as prescribed, monitor the effects, and seek medical attention promptly for severe cases.

7 Treatment Time and Course

Apply 1-3 Zhuang per acupoint, 1-3 times per day. The course of treatment depends on the condition.

8 Precautions

8.1 The operation should avoid oxygen-rich environments and flammable/explosive environments.

8.2 Avoid treatment on an empty stomach.

8.3 Redness and a warm sensation on the skin are common after moxibustion; no treatment is needed as they will resolve spontaneously.

8.4 When applying moxibustion to acupoints near the eyes, instruct the patient to close their eyes to prevent sparks from entering the eye and causing burns.

8.5 For patients with low pain tolerance, the contact time of the bead-like flame with the treatment site or acupoint should be brief.

8.6 Local itching and slight burn marks are normal after moxibustion; instruct the patient to avoid scratching.

8.7 Allow the residual carbon ash from the medicated thread on the skin to fall off naturally.

8.8 Remember to cut off the used moxibustion end of the thread.

Annex A
(Informative)
Treatment course for common diseases

Common Diseases	Treatment Course
Rheumatoid Arthritis	7 sessions as 1 course, total of 2 courses
Urticaria	Acute cases: 3 sessions as 1 course, total of 2 courses; Chronic cases: 3 sessions as 1 course, total of 2-4 courses
Postherpetic Neuralgia	7 sessions as 1 course, total of 3 courses
Migraine	10 sessions as 1 course, total of 2 courses
Vitiligo	7 sessions as 1 course, total of 3 courses

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