

Wormwood Therapy for Brain and Neurological Disorders: A Recognize Study

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Abstract

This article explores the functions of mugwort in traditional Chinese medicine and its use in curing brain and neurological diseases. Research has shown that brain and neurological diseases can seriously affect the physical and mental health of patients, while modern Western medicine still suffers from drawbacks such as high drug costs, large side effects, and unstable treatment effects. This article highlights the pharmacological effects of mugwort, analyzes its association with brain and neurological diseases, and empirically demonstrates its therapeutic effect, emphasizing new constructive choices for the medical treatment and rehabilitation of brain and neurological diseases.

Keywords: wormwood; brain and neurological diseases; tcm therapy; rehabilitation optimization

1. Introduction

Brain and neurological diseases are currently one of the key health issues worldwide and often leading to impaired motor, cognitive, and psychological functions in patients. According to statistics from the World Health Organization, approximately 100 million people worldwide suffer from Parkinson's disease and approximately 50 million suffer from epilepsy, with stroke being one of the main causes of disability and death.

This type of disease brings enormous physical and mental pressure to patients and families. For example, Parkinson's disease is a chronic progressive neurodegenerative disease, which can lead to muscle rigidity, tremor, dyskinesia and balance problems. These symptoms may lead to limited mobility for patients, affecting their daily life and quality of life. Epilepsy is a chronic Nervous system disease, which can lead to recurrent Seizure. These seizures may cause symptoms such as unconsciousness, limb twitching, abnormal thinking and sensation. The unpredictability and potential danger of Seizure may have a negative impact on the life and social activities of patients. Stroke is a sudden Cerebrovascular disease, usually caused by Vascular occlusion or rupture. Stroke may lead

to damage to brain tissue, hypoxia, and death, and in severe cases may even lead to paralysis, language and cognitive impairment, and even death. In addition to direct physical symptoms, brain and Nervous system disease also have a negative impact on the mental health of patients. Patients may experience psychological problems such as anxiety, depression, cognitive decline, and may further weaken their quality of life and social skills.

2. Background

So far, Western medicine is the most important medical system for the treatment of brain and Nervous system disease diseases. It provides effective methods for the treatment and rehabilitation of related diseases, and has made significant scientific and medical progress. However, there are also some disadvantages, including excessive dependence on drugs: Western medicine tends to treat diseases through drugs, ignoring the possibility of some non-drug treatments. This has led to the phenomenon of excessive drug use, and sometimes even the problem of over

prescribing drugs. Over dependence on drugs may lead to unnecessary side effects and the development of Drug tolerance. Symptom treatment rather than root cause treatment: Western medicine often focuses on symptom treatment and neglects the root cause of the disease. This may lead to a temporary treatment effect and fail to truly address the patient's health issues. Lack of comprehensive and personalized treatment: Western medicine often focuses on diseases and neglects the overall health of individuals. The treatment methods of Western medicine are often too standardized, neglecting the individual differences and needs of patients. This may result in the individual treatment needs of patients not being met. Neglecting prevention and promoting health: Western medicine often focuses on the treatment of diseases, while neglecting disease prevention and health promotion. This may lead to measures being taken after the onset of the disease, while neglecting the importance of early intervention and prevention of the disease. Insufficient doctor-patient communication: Western medicine often faces time constraints and resource pressures, resulting in insufficient doctor-patient communication. This may lead to insufficient understanding, dissatisfaction, and inconvenience for patients regarding the treatment plan.

In traditional Chinese medicine, mugwort leaves, also known as mugwort, fragrant mugwort, and mugwort, have a bitter and pungent taste, a warm nature, and enter the spleen, liver, and kidney meridians. They have the effects of warming the meridians, stopping blood, dispersing cold and pain, and removing impurities with fragrance. If the human body is trapped by cold and dampness, blood coagulates when it encounters cold, just like water can freeze into ice in cold conditions. Cold blood can also easily coagulate and form blood stasis, leading to increased blood pressure, clotting, and lukewarm hands and feet. At this time, it is suitable to use mugwort leaves. In ancient Chinese medicine books, it is said that mugwort leaf is "good at removing dampness and cold during warming, promoting the circulation of qi in the blood, and promoting stagnation in the qi. It is most suitable for those with blood and cold stagnation. Moxibustion is a health preserving method that has quietly become popular in modern families in recent years to prevent dizziness and promote neurological recovery. For example, the mugwort heat generated by moxibustion materials stimulates acupoints or specific parts on the body surface, and regulates the physiological functions of the human body by stimulating the activity of meridians, thereby achieving the goal of treating and preventing diseases.

3. Pharmacology

In ancient times, during the winter breeze season, people living in caves could only use flint wood to make fires. Some people who were trembling and dizzy all over their bodies were able to relieve symptoms or even cure them when warming up. People began to consciously smoke and roast the affected area with wooden strips and grass stems, and through continuous experimentation, they found that mugwort had the best effect. So, the history of traditional Chinese medicine moxibustion treatment began. Aicao is mainly distributed in eastern Asia, such as the Korean Peninsula, Japan, and Mongolia. It is distributed in Northeast, North China, East China, South China, Southwest China, as well as Shaanxi and Gansu provinces in China. Modern pharmacology has found that the volatile oil content of *Artemisia argyi* leaves is high, with 1.8- cineole (accounting for more than 50%), while others include α - Thujone, Sesquiterpene enols and their esters. Dried leaves contain 10.13% minerals, 2.59% fat, 25.85% protein, as well as vitamins A, B1, B2, C, etc. Moxibustion uses mugwort leaves, and generally the older the better, so there is a saying that "after seven years of illness, seek three years of mugwort" (Mencius). Mugwort has a bitter, pungent, and warm taste, which enters the spleen, liver, and kidneys.

According to the Compendium of Materia Medica, wormwood leaves are used as medicine. They are warm in nature, bitter in taste, non-toxic, pure in yang, unblock the twelve meridians, have the effects of restoring yang, regulating qi and blood, expelling dampness and cold, stopping bleeding

and pacifying the fetus, and are also often used in acupuncture and moxibustion. Therefore, it is also known as "medical herb", and the popular "herbal bath" in Taiwan mostly uses wormwood. Regarding the performance of mugwort leaves, the "Materia Medica" records: "mugwort leaves can moxibustion various diseases." The "Materia Medica from New" states: "mugwort leaves are bitter, warm, ripe, and pure yang in nature. They can return to the yang that has been eliminated, pass through the twelve meridians, go through the three yin meridians, regulate qi and blood, expel cold and dampness, warm the uterus... By using mugwort leaves to moxibustion fire, they can penetrate various meridians and eliminate various diseases." This indicates that using mugwort leaves as a moxibustion material has the effects of clearing meridians and activating collaterals, dispelling yin colds, reducing swelling and nodules, and restoring yang to save adverse reactions.

4. Treatment

Artemisia argyi healing is mainly based on the homology of medicine and food, such as steamed salmon with *Artemisia argyi* leaves. Edible materials include salmon, mugwort leaves, ginger slices, garlic cloves, salt and pepper, edible oil, and scallions. The steps include laying a layer of mugwort leaves on the bottom of the steamer, placing the salmon on top of the mugwort leaves, heating the steamer until the water boils, and then steaming for approximately 10-15 minutes. *Artemisia argyi* is rich in essential oil and other Active ingredient, which can refresh the mind. Salmon is rich in omega-3 fatty acids, which are beneficial for brain health. This dish can combine the medicinal value of mugwort leaves with the nutritional components of salmon to provide the brain with the necessary nutrients. Traditional treatment methods also include mugwort fumigation, which can be dried and placed in a pillow, or the smoke can be inhaled into the nasal cavity after burning mugwort. The aroma of mugwort leaves helps to relax the nervous system, alleviate anxiety and stress, and improve sleep quality. Ai Ye Paojiao: Add an appropriate amount of Ai Ye to hot water and soak the feet for 15-20 minutes. The medicinal properties of mugwort can directly penetrate into the body through the acupoints of the feet, playing a calming and tranquilizing role, while also promoting blood circulation and relieving fatigue. Drinking mugwort boiled water: Boil an appropriate amount of mugwort in boiling water to drink mugwort boiled water. *Artemisia argyi* has the functions of clearing heat, detoxifying, diuresis, and relieving gonorrhea. It can help clear toxins in the body, regulate balance in the body, and improve sleep quality and mental state.

Pharmacological research in modern medicine shows that the *Artemisia argyi* is a broad-spectrum anti-bacterial and antiviral drug. It has inhibitory and killing effects on many viruses and bacteria, and has a variety of pharmacological effects, including sedation, anti-inflammatory, antioxidant and anti-neurodegenerative diseases. Research shows that wormwood contains rich active ingredients, which can enhance the vitality of nerve cells, promote the regeneration and repair of neurons, and thus have a certain effect on brain and neurological diseases. wormwood leaf is rich in volatile oil, Flavonoid and a variety of amino acids. It has been endowed with anti-inflammatory, antioxidant, and antibacterial therapeutic functions of mugwort, including moxibustion therapy. Moxibustion therapy involves placing burning mugwort at specific acupoints for fumigation and burning to regulate brain and neural function through warm stimulation. This therapy is commonly used to treat diseases such as Parkinson's disease, epilepsy, and headaches. Application of Ointment: Aicao Ointment is a process of processing Aicao into an ointment and applying it to the affected area for local treatment. This method is commonly used to treat symptoms such as limb paralysis and facial paralysis after stroke. Ai Zhi Therapy: Ai Zhi Therapy involves burning wormwood at the affected area, stimulating local meridians and acupoints through heat conduction to achieve the effect of treating brain and neurological diseases. This treatment is often used to treat Neuralgia, neurological headache and other diseases.

5. Discussion

The ancients referred to the sun as the sun of the sky, and the mugwort as the sun of the earth. The mugwort fire is a pure yang fire that can pass through the three yin and twelve meridians. In the "Book of Bianque Heart", there are descriptions such as "the method of protecting life, burning wormwood first, salvia second, and aconite third", "when people are free from illness, they can long moxibustion on the Guanyuan, Qihai, Mingmen, and Zhongwan. Although they cannot live long, they can gain a hundred years of longevity.

Many research institutions and scholars at home and abroad have conducted in-depth research on the application of mugwort in the treatment of brain and neurological diseases. These studies indicate that mugwort has significant neuroprotective effects, which can improve patients' neurological function and quality of life, including the impact of mugwort on cognitive function. Research has shown that mugwort has the potential to improve memory and cognitive function. Some of these active ingredients can improve brain function by regulating neurotransmitters, antioxidant, and anti-inflammatory effects. Wormwood has been widely studied for the treatment of neurodegenerative diseases, such as Alzheimer's disease and Parkinson's disease. Research has found that the active ingredients in mugwort can inhibit neuroinflammatory responses, eliminate harmful proteins, and promote nerve cell regeneration. Wormwood is widely used in the treatment of Neuralgia and headache. It has analgesic and anti-inflammatory effects, and can relieve Neuralgia and headache symptoms.

Some clinical studies have shown that mugwort can play a positive role in the treatment of certain mental illnesses. For example, a study targeting patients with depression found that mugwort can significantly reduce depressive symptoms and improve their psychological state. In addition, some studies have found that mugwort also has certain therapeutic effects on mental disorders such as anxiety, insomnia, and bipolar disorder.

6. Cases

Taking epileptic patients as an example, through the application of moxibustion therapy and moxa ointment, the number of Seizure of patients was significantly reduced, and the quality of life was significantly improved. This case further validates the efficacy of mugwort in the treatment of brain and neurological diseases. In epilepsy treatment, mugwort may play a role by regulating neurotransmitters, inhibiting inflammatory reactions, and improving brain function. Clinical studies have shown that mugwort can play a positive role in the treatment of certain epilepsy. For example, some studies have found that wormwood can reduce the frequency and severity of Seizure and improve the quality of life of patients. In addition, some studies have found that mugwort has a certain improvement effect on the recurrence rate after epilepsy surgery and the side effects of anti-epileptic drugs.

Taking Alzheimer's disease and Parkinson's disease as examples, Alzheimer's disease is a progressive degenerative disease that lacks effective treatment methods. Studies have shown that certain components in mugwort may have a positive impact on the recovery of Alzheimer's disease. Considering that Parkinson's disease is a Degenerative disease of the nervous system, which leads to dyskinesia and other symptoms, studies have shown that wormwood may have a positive protective effect on Parkinson's disease,

As for the common headaches and brain heat in the folk, according to traditional theory, mugwort is believed to have the characteristics of pungent warmth, promoting qi and blood circulation, and can alleviate symptoms of headaches and brain discomfort. A common traditional treatment of mugwort is moxibustion. Moxibustion involves burning wormwood and applying it to specific acupoints for warm stimulation to promote blood circulation and eliminate pain. This method is believed to alleviate the discomfort of headaches and brain heat. In addition to moxibustion, mugwort can also be used for soaking feet or taking baths.

Soak mugwort in hot water, thus soak it with your feet or whole body. It is said to be absorbed through the skin and have a soothing effect on headaches and brain heat.

7. Summary

The above research results and cases indicate that mugwort has a significant role in the treatment of brain and neurological diseases. mugwort also has potential therapeutic effects on brain and neurological diseases. Moxibustion therapy, the preparation and application of mugwort ointment, and moxibustion therapy have shown good results in the treatment of brain and neurological diseases. However, more clinical and mechanistic studies still need to be conducted to verify its efficacy and safety, in order to more comprehensively verify the efficacy and safety of mugwort.

To sum up, wormwood, as a traditional Chinese medicine therapy, shows potential efficacy in curing brain and neurological diseases. Moxibustion therapy, the preparation and application of mugwort ointment, and moxibustion therapy can be used as auxiliary treatment methods in clinical practice of brain and neurological diseases. However, further research is still needed to verify the specific mechanism and efficacy of mugwort in the treatment of brain and neurological diseases.

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