



## MMA Vol. 17 If Your Knee Is Swollen

When you have water accumulation in your knee, what do you do?

You may try icing the swollen area, taking medication or going to the hospital and having the water removed with large needle insertion.

I introduced 2 plasters for joint problems in the last two volumes, which are Taro Plaster and Tofu Plaster. This time I will introduce the last plaster for joint problems. That is Buckwheat Plaster.

Buckwheat Plaster is effective to use when you have water in your joints such as swollen knees, ankles, etc. Buckwheat flour is usually used to make noodles called Soba noodles in Japan, but buckwheat flour can be used as plaster because it is very good at absorbing water.

So the Buckwheat Plaster is not only used for joint problems but also used for accumulation of fluid in the case of cancer.

1. Mix 1 cup of Buckwheat and a teaspoon of salt.
2. Knead 1., adding hot water.
3. Roll out it on a gauze to the thickness of the ear lobe.
4. Apply it on the diseased area.
5. Change it when it becomes soft absorbing water.

In the case that there is heat in the area, use Tofu Plaster introduced in the last volume first to remove the heat. (Do not use ice!) Once heat decreased, apply Buckwheat Plaster. There is an important point you need to pay attention to. That is **preparing Buckwheat Plaster as hard as possible** because if you add too much hot water to knead, the Buckwheat Plaster can't absorb water.

These 3 plasters I introduced are very effective as a topical treatment, but **local joint problems like pain, swelling are often caused by problems in the other part of the body**. For example, knee/ankle problems are often related to low back problems, and shoulder/elbow problems are often related to upper back problems. So it is recommended to use them together with acupuncture treatment which regulates the whole body for faster improvement.