

The objective was to evaluate the efficacy and safety of moxibustion on Zhiyin BL-67 to correct breech presentation.

130 women with a breech presentation and having their first baby (primigravidas) at 33 weeks gestation received moxibustion to Zhiyin BL-67 while 130 women, also with a breech presentation and who were also primigravidas, received no intervention.

The moxibustion was administered for seven days. Women were then assessed and a further seven days of moxibustion treatment given if the baby's position had not changed.

Outcomes were measured in terms of foetal movements, as counted by the mother for one hour each day for one week, and the number of cephalic presentations both at 35 weeks gestation and at delivery.

At 35 weeks gestation 75.4% in the intervention group had changed to cephalic (47.7% in the control). In terms of foetal movement the moxibustion group experienced a greater number of movements (a mean of 48.45 compared to the control group with a mean of 35.35).

### **Conclusion**

That in primigravidas at 33 weeks gestation with breech presentation, moxibustion treatment for one to two weeks at Zhiyin BL-67 increased foetal activity during the treatment period and cephalic presentation at 35 weeks and at delivery.

***Cardini et al. in 1998[4] had the following randomised controlled trial published in the Journal of American Association (JAMA).***