

# Case report - Acupuncture for facial nerve palsy



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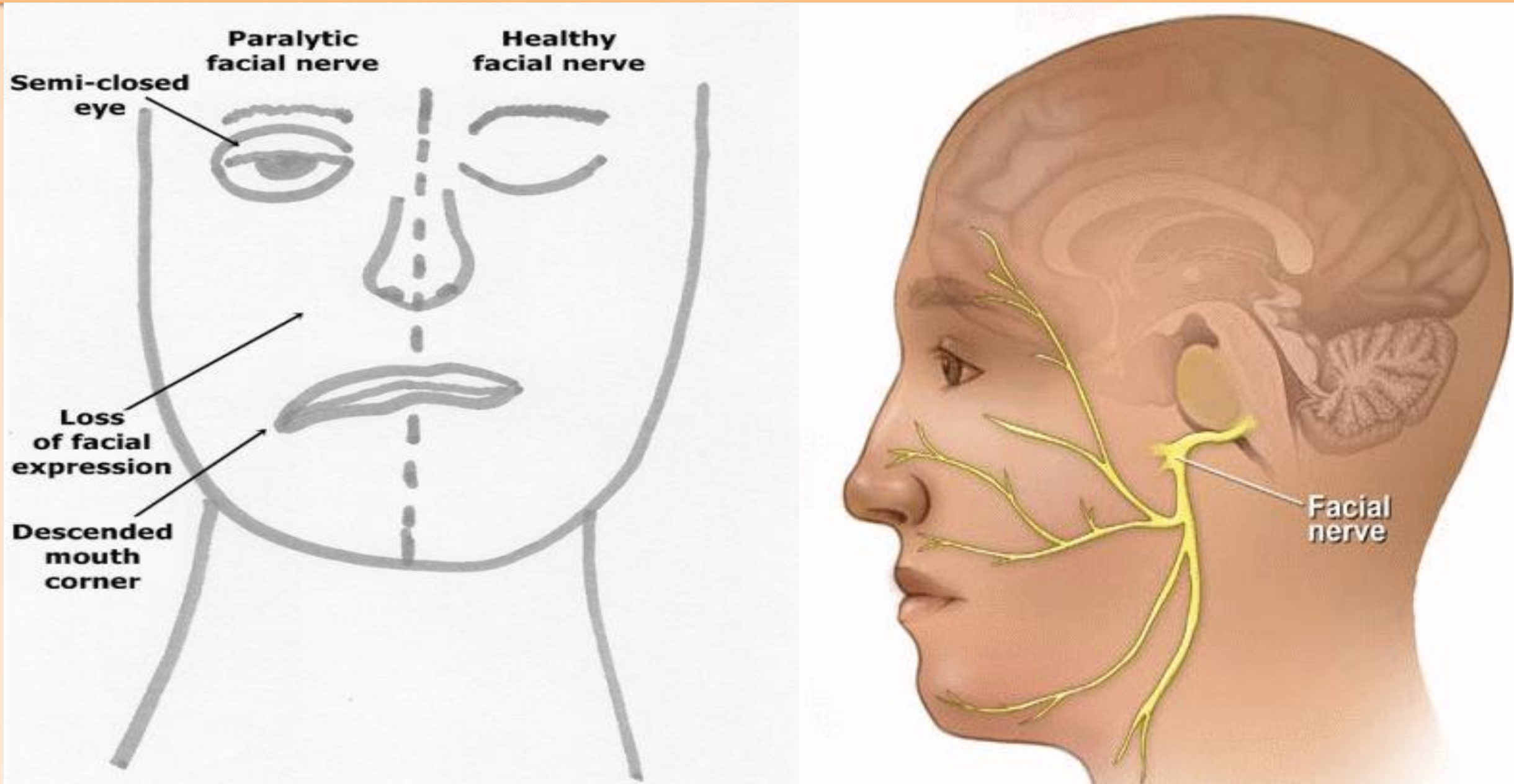
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## OBJECTIVE

Facial nerve palsy (Bell's palsy) is neurological disorder and affects only one side of the face. The condition can affect anyone, but is the most common in pregnant women, diabetic, young adults and the elderly.

### The facial nerve damage results with:

- ✓Facial muscles weakness
- ✓Paralysis
- ✓Having an impact on person's taste on the affected side
- ✓Saliva or tearing
- ✓Ability to cry
- ✓Dryness of the mouth



## TRADITIONAL CHINESE MEDICINE THEORY

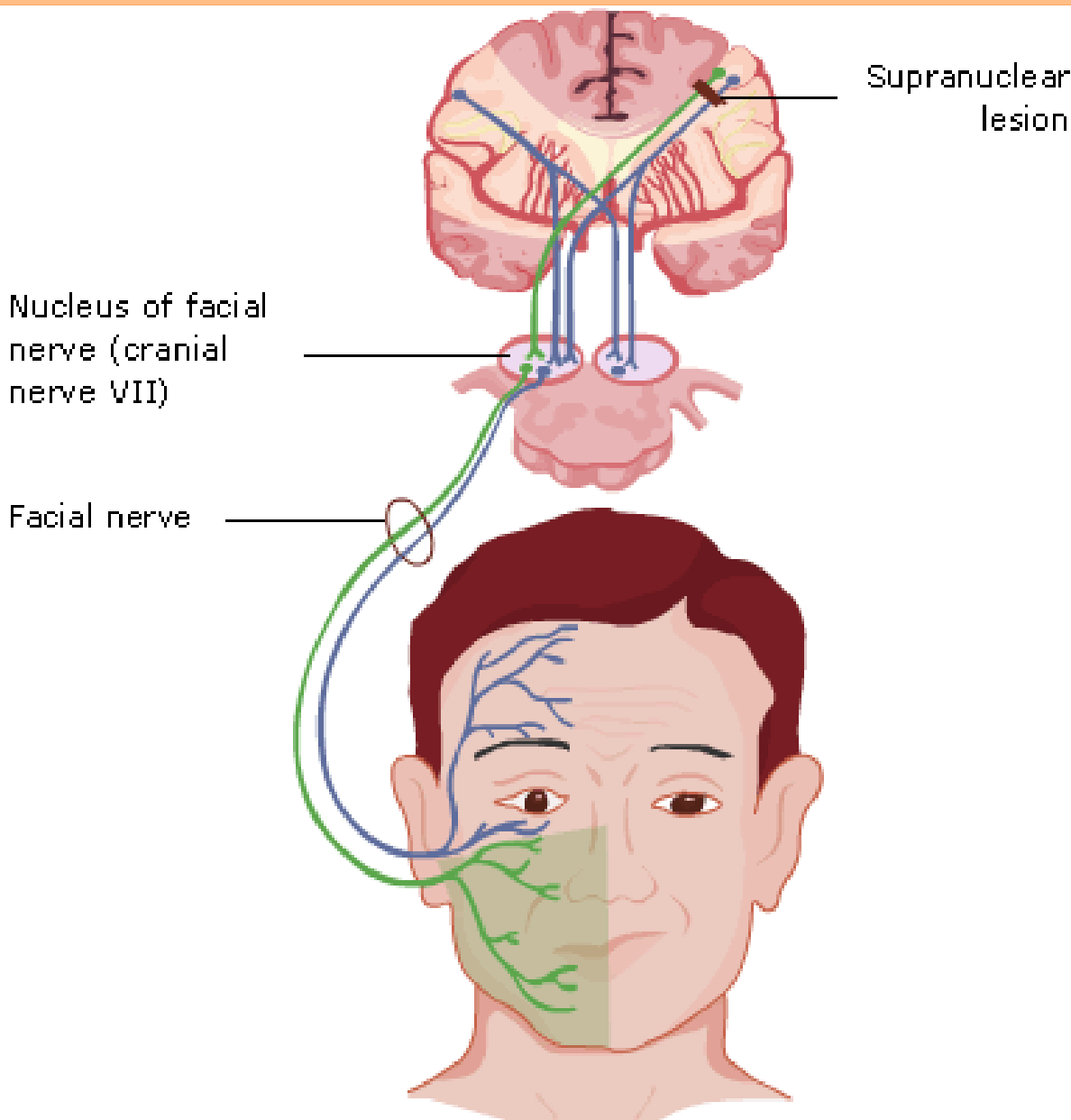
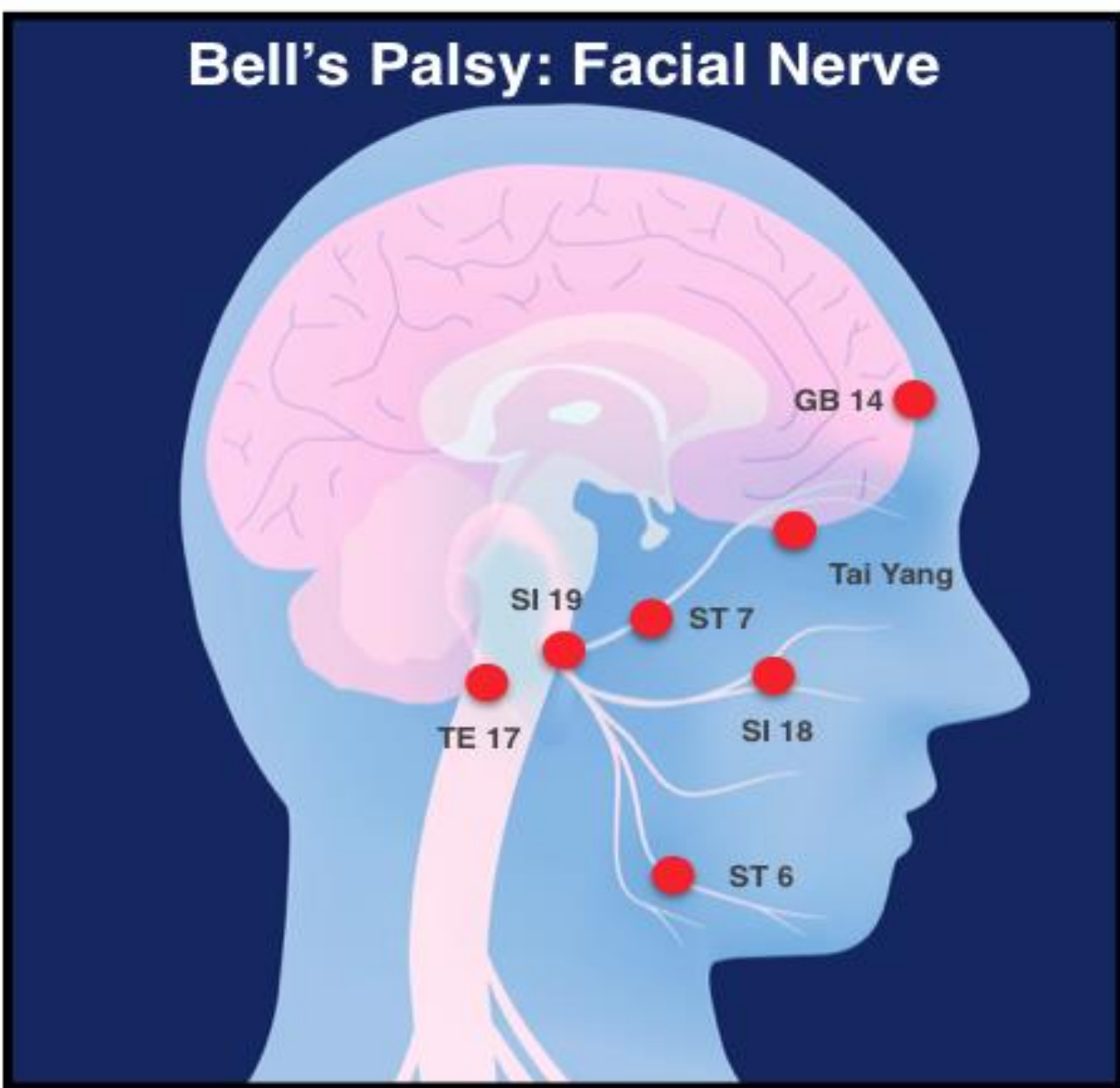
From the perspective of Traditional Chinese Medicine (TCM), facial nerve palsy is caused by Wind as an pathological external factor in the facial channels.

The facial channels are full with normal healthy bodily substance, but if the channels are not full, there is some deficiency of Qi, Blood or Yin and the wind enters into the channels.

Bell's palsy happens when the immune system is reduced or body's defence is weak and the normal flow of Qi and blood is disrupted in the face area.

## PURPOSE

Main purpose of the acupuncture treatment is to expel the wind cold from the meridians, restore nerve and muscle function and improve the circulation of Qi and Blood to nourish the muscles.



## CASE REPORT

- 38 year old woman with facial nerve palsy on the right side of the face, having difficulties with closing her eye, slurred speech, dropping corner of the mouth and twitching of the face.
- The disorder of the facial nerve appeared after the patient gave birth. After five days of finishing her therapy with medications she started with acupuncture treatment.
- 15 treatments were done. The first two treatments were made in one week, the remaining treatments once weekly.
- There was slow, gradual, but steady improvement which resulted with positive outcome and improvement of the condition completely.

- Acupuncture points that were treated were located on the meridians of: Stomach, Bladder, Liver, Large Intestine and Heart.
- The treatments were done indoor, on a room temperature with duration of 30 minutes of each side (face, neck and head).
- Acupuncture treatments were done in a clinic for TCM and acupuncture in Skopje, by a doctor specialist in acupuncture.



The acupuncture points on the Heart meridian were treated to calm the spirit, because after giving birth the patient was very disturbed and under lot of stress.

The acupuncture points located on the meridian of Liver were treated to unblock the spirit from anxiety.

The Bladder, Large Intestine and Stomach meridians were treated to improve the Blood and Qi circulation and to dispel the Cold as an external factor.



## CONCLUSION

Acupuncture as part of TCM is an effective method and gives positive results in the treatment of facial nerve palsy. Although sometimes the treatment is slow and takes more time, through consistent work the positive results are inevitable.