

# Neurology

## CASE REPORT - ACUPUNCTURE FOR FACIAL NERVE PALSY

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**Introduction:** Facial nerve is the 7th cranial nerve of 12. The palsy of this nerve is often idiopathic and known as Bells' Palsy, but not always this term is synonymous with idiopathic facial nerve palsy. There are two facial nerves one of each side of the face. Injury to the facial nerve can cause a social, psychological and physical defect. From the perspective of Traditional Chinese Medicine (TCM), facial nerve palsy is caused by wind in the facial channels. The Chinese name is Zhong Feng which means Wind Attack. According to TCM 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.

**Aim:** The aim of the study is to show the positive and satisfactory results of the treatment with acupuncture in a case with facial nerve palsy after giving birth.

**Materials and methods:** Acupuncture treatments were done in a clinic for TCM and acupuncture in Skopje, by a doctor specialist in acupuncture. During the treatments were used fine, sterile acupuncture needles size 0.25 x 25mm produced by Wujiujiang City Medical & Health Material Co., LTD. Acupuncture points that were treated were located on the meridians of: Stomach, Bladder, Liver, Large Intestine and Heart. The treatment were done indoor, on a room temperature with duration of 30 minutes of each side (face, neck and head).

**Results:** To get positive results the patient needed 15 treatments, one treatment every week. 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.

**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 and inevitable.

**Keywords:** acupuncture, treatment, palsy

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