

**Jihe Zhu<sup>1</sup>, Blagica Arsovska<sup>1, 2</sup>, Kristina Kozovska<sup>1</sup>, Danche Vasileva<sup>1</sup>, Martin Karovski<sup>1</sup>**  
**1Faculty of Medical Sciences, University Goce Delcev – Shtip, Republic of Macedonia**  
**2Institute of Biology, Faculty of Natural Sciences and Mathematics – Skopje, Republic of Macedonia**

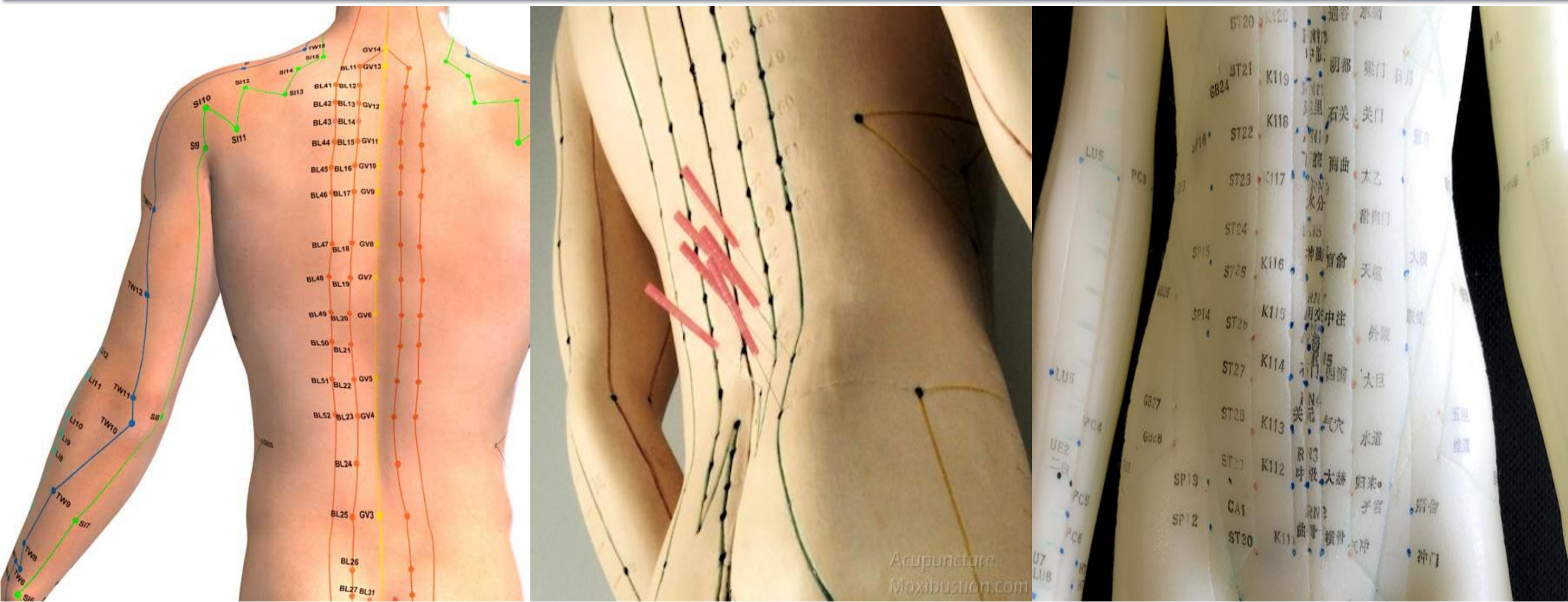
## INTRODUCTION

- ❖ Pain is most common symptom in conditions of the musculoskeletal system, but also can accompany other conditions like hormonal imbalance, autoimmune, neurological diseases etc.
- ❖ The Traditional Chinese Medicine (TCM) recommends more intensive treatment for pain with acupuncture and herbal medicine, so the blocked Qi can be released and the normal body function can be stimulated.
- ❖ The acupuncture points stimulation technique includes insertion of a fine, sterile needles into the skin where point is located.
- ❖ Acupuncture successfully treats musculoskeletal problems in a way that helps the pain to be relieved, the flow of the energy in the damaged part to be balanced and the whole well being harmonized.



## MATERIAL AND METHODS

- ❖ For this research was done a survey on patients with questionnaire of 13 questions.
- ❖ In the survey participated 41 patients, 6 male and 35 female, of different age groups, with different conditions and with main symptom of pain.
- ❖ All patients have done acupuncture treatment in a clinic for TCM and acupuncture in the past year with certain number of treatments.
- ❖ Treatments were done either with hot or cold needles, on different acupuncture points depending on the syndrome, health condition and localization of the pain.
- ❖ For the pain level was used categorical numerical rating scale 1-10 (1- no pain, 10-severe pain).
- ❖ Obtained answers were analyzed and summarized in detail and the results are pretty satisfying.



## RESULTS

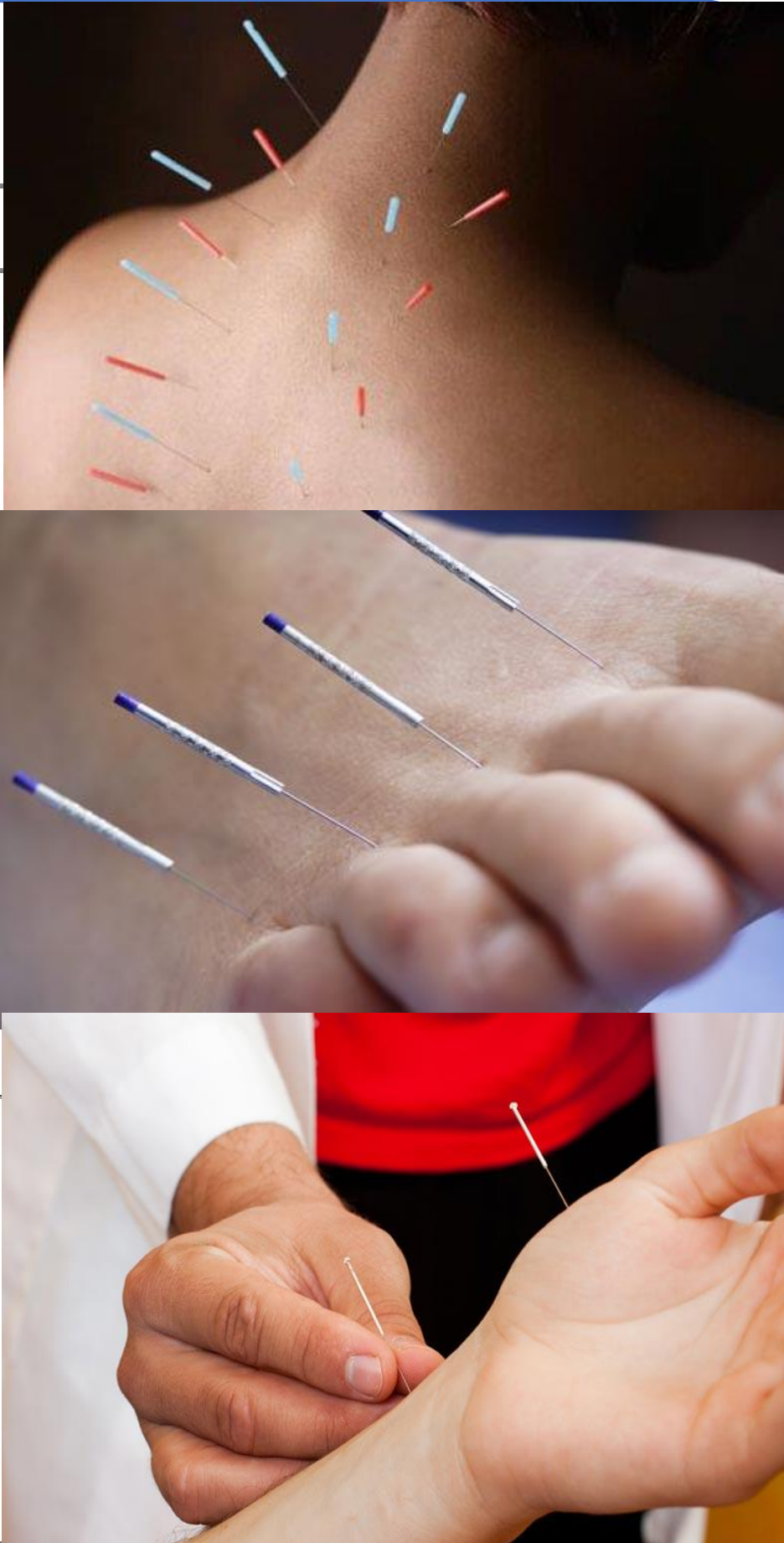
- ❖ From total 41 patients, 6 were male (14.63%) and 35 female (85.37%).
- ❖ According to the age, there were 7 age groups, of which the most common was from 30 to 40 years of age (16 patients - 39.02%).
- ❖ According to the health condition/disease most common was musculoskeletal pain – 22 patients. Other conditions that were causing pain are neurological diseases, respiratory, digestive, autoimmune and hormonal imbalance.
- ❖ 18 of the patients said that nothing was worsening the pain and 23 patients said that the pain was worsened by certain movements, tiredness, activity, hard work, incorrect posture, change in the weather, stress, cold and etc.
- ❖ In 8 patients nothing was helping with the pain and in 29 patients the pain was relieved with acupuncture, rest, warm compresses, vitamin C, massage, cupping, exercises, pain tablets and etc.

Table 1: Age groups

Age group	Response Percent	Number of patients
< 20	0.00%	0
20-30	31.71%	13
30-40	39.02%	16
40-50	14.63%	6
50-60	7.32%	3
60-70	4.88%	2
> 70	2.44%	1

Table 2: Number of therapies done

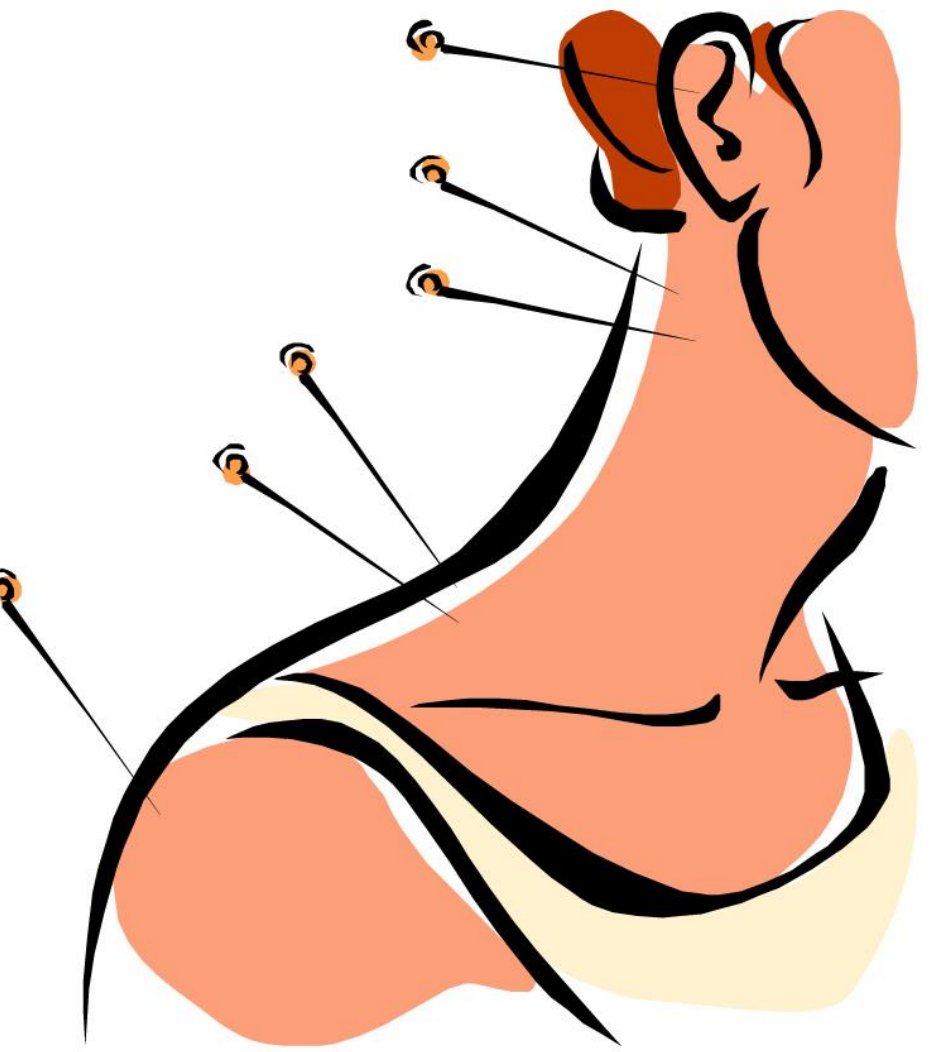
Number of therapies	Response percent	Number of patients
1-5	22.50%	9
5-10	27.50%	11
10-15	10.00%	4
15-20	10.00%	4
20-30	7.50%	3
>30	22.50%	9



- ❖ According to the description of the pain, most of the patients described the pain as dull (36.69%), tensile (34.15%), constant, sharp, pulsating, tense, tingling, prickling and etc.
- ❖ During the acupuncture treatment 25 patients haven't been taking any other medicamentous therapies and 14 patients were taking other therapies, mostly pain tablets and tablets for diabetes and hypertension.
- ❖ According to the number of therapies, there were 6 offered answers. and mostly of the patients have made 5 to 10 therapies.
- ❖ Before the therapies most of the patients had severe pain with grade 10 (12 patients) and after the therapies most of the patients had minimum pain with grade 2 (11 patients) and 10 patients had no pain - grade 1.
- ❖ After the acupuncture treatment in 17 patients the pain and other symptoms were completely gone, in 22 patients the symptoms were partially gone and in 2 patients there was no improvement.
- ❖ In 26 patients, the overall health condition was improved totally, in 13 patients the condition is partially better and 2 patients didn't have any improvement.

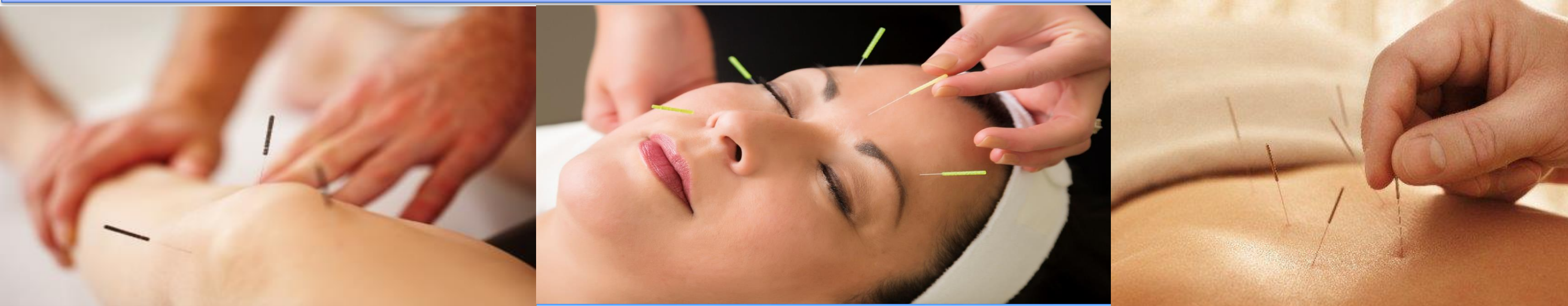
Table 3: Pain scale rating (1-no pain, 10-severe pain)

Pain degree	Before treatment	After treatment
1	1 (2.50%)	10 (26.32%)
2	/	11 (28.95%)
3	3 (7.50%)	5 (13.16%)
4	2 (5.00%)	5 (13.16%)
5	3 (7.50%)	4 (10.53%)
6	4 (10.00)	1 (2.63%)
7	1 (2.50)	1 (2.63%)
8	8 (20.00)	/
9	6 (15.00)	1 (2.63%)
10	12 (30.00)	/



## DISCUSSION

- ❖ Although more female patients responded to our survey, we can't say precisely that women suffer and have pain symptom more often than men.
- ❖ Pain as a symptom can be experienced by anyone, it comes in many forms, with different intensity and pain threshold is individual and variable.
- ❖ Stimulation of acupuncture points re-establish the free flow of Qi and restores body balance.



## CONCLUSION

Acupuncture as part of the 5000 year old TCM is a successful, non-invasive treatment for acute and chronic pain, musculoskeletal pain as well as pain in conditions like hormonal imbalance, neurological diseases, respiratory and digestive and gives excellent and long lasting results.