

University "Goce Delchev" Stip, Macedonia

Faculty of Medical Sciences



**FIRST INTERNATIONAL SYMPOSIUM FOR
TRADITIONAL CHINESE MEDICINE**

**"THE BODY IS YOUR TEMPLE - KEEP IT PURE AND
CLEAN FOR THE SOUL TO RESIDE IN"**



Зборник на трудови

Book of abstracts

06th December, 2017, Stip

"The body is your temple – keep it pure and clean for the soul to reside in"

Органзатор

Факултет за Медицински науки, Универзитет „Гоце Делчев“ - Штип

Уредник

Проф. Д-р Јихе Зху

Издавач

Друштво за Традиционална Кинеска Медицина „Тонг Да Танг“ – Скопје, Р.
Македонија

Печати

Книжарница Со&Ни 2

Тираж

85 примероци

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Invited lectures

Development of Traditional Chinese Medicine and acupuncture in Macedonia

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Abstract

In a period of 10 years, Macedonia became from an undeveloped country for Traditional Chinese Medicine (TCM) to a leader in the development of TCM in the Balkans. The establishment of the law on TCM follows the legislation of the world health organization (WHO) in the field of work, education and scientific research activity. More than 12 000 patients around the world have proven that TCM is functioning very well, even with serious diseases like cancer, autoimmune diseases, IVF and etc. The international student exchange is an active collaboration between P.R. China and the R. Macedonia. Also the co-operation of Eastern and Western medicine is at a highest level in which patient health is in the first place. TCM is important dynamic for development of relationship between P.R. China and R. Macedonia.

Keywords: Traditional Chinese Medicine, Development, Macedonia, China

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Poster presentations

Acupuncture treatment in facial nerve palsy

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Abstract

Introduction - Facial nerve is the 7th cranial nerve. From the perspective of Traditional Chinese Medicine (TCM), facial nerve palsy is caused by wind in the facial channels. According to TCM the facial channels are full with normal healthy bodily substance. If the channels are not full, there is some deficiency of Blood, Qi or Yin and the wind may get into the channels. Facial nerve palsy can be successfully treated with acupuncture.

Material and methods – In the research are included 62 patients, 34 male and 28 female, all diagnoses with facial nerve palsy. All patients were treated with acupuncture, on the same acupuncture points located on the meridians of Liver, Dumai, Large Intestine and Stomach and Ashi (trigger) points. Patient data was collected from the archive of treated patients in the last 10 years in a clinic for TCM and acupuncture in Skopje. In the treatment were used fine sterile disposable needles. Treatments were made indoor, with duration of 35-40 minutes. **Results** – According to the analyzed results, there were more male (34) than female (28) patients. Patients were on age from 11 to 81, with the most common age group from 40 to 50 years old. Most of the patients made from 5 to 10 treatments to achieve the results. After the treatments, the pain and all the accompanying symptoms were gone and all patients were successfully treated. **Discussion** – With individual number of treatments, it was succeeded to help the patients to heal naturally, regain their normal function of the facial muscles, restore the nerve function and improve the Qi and Blood circulation in the facial area. **Conclusion** – Acupuncture as part of the 5000 years old TCM gives very positive and satisfying results in the treatment of facial nerve palsy.

Key words – Acupuncture, Traditional Chinese Medicine, Treatment, Facial, Palsy

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Statistical analysis of the effectiveness of acupuncture treatment

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Abstract

Introduction - Acupuncture is probably the most important component procedure in the Traditional Chinese Medicine (TCM), which is used in variety of diseases, for treatment and prevention, by puncturing with fine sterile needle on certain points located on the meridians on the body where the energy flows. The aim of the treatment is to balance the energy, to regulate the flow of the energy and Blood, to harmonize the whole well-being, help the body heal naturally, remove the pain and all the symptoms, restore the balance of the body, boost the immune system and etc. **Material and methods** - In this research are included 55 patients, 7 male and 48 female, from 20 to 70 years of age. All of them had acupuncture treatment in a clinic for TCM and acupuncture. Patients answered on 12 questions about their experience with the acupuncture treatment. Each answer has been analyzed and has contributed to get clear view on the effectiveness of acupuncture treatment. **Results** - 42.31% or 22 patients reported that the symptoms totally disappeared, 51.92% - 27 patients said that the pain is almost gone and only 5.77% - 3 patients didn't have any improvement so far. Most common age group is from 30 to 40 years old. Of all the symptoms present, the most common is the pain. **Discussion** - The aim of this research is to show that acupuncture treatment as part of the TCM, can help in correction of many disharmonies and imbalances in the flow of the Qi energy in the body. **Conclusion** – Acupuncture as part of the TCM is very often used in variety of conditions and is pretty effective treatment, which gives positive results and helps the body naturally to heal on its own.

Keywords - acupuncture, treatment, traditional Chinese medicine, diseases, pain

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Acupuncture treatment for temporomandibular joint pain

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Abstract

Introduction - Temporomandibular joint (TMJ) syndrome may be caused by: external injury, external contraction of wind evils, internal damage by the seven affects, habitual bodily vacuity and worms. The aim of acupuncture is to remove wind and scatter cold, wash away phlegm and free the flow of the network vessels. **Material and methods** – In this research are included 9 patients, 5 female and 4 male, on age from 25 to 66, all treated with acupuncture for temporomandibular pain. Treatments were made in a clinic for TCM and acupuncture in Skopje, by a doctor specialist in acupuncture. Patients were treated with normal (cold) fire needle acupuncture on the acupuncture point St7 and Ashi points i.e. trigger points found on palpation on the most painful place around the TMJ. **Results** – Most common age group was from 30 to 40 years old. Most of the treated patients needed 2 treatments to achieve the results. In most of the patients the condition occurred after tooth extraction. After the treatments, the pain and the other accompanying symptoms that patients complained about before were gone and the normal function of the joint was restored. **Discussion** - Acupuncture possesses pain-reducing and anti-inflammatory effects. It helps to flush toxins, boost immunity, has ability to elevate the pain threshold, release neurotransmitters in local regions, and modulate pathways in the central nervous system thus yielding analgesic effect. **Conclusion** - Acupuncture as part of Traditional Chinese Medicine is used to promote and uphold good oral health and it can give quick and effective pain relief for many dental conditions.

Keywords - treatment, temporomandibular joint, pain, traditional Chinese medicine, acupuncture

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Shoulder Bursitis Treatment with Acupuncture

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Abstract

Introduction - Bursitis is inflammation of a bursa and it can be caused by various factors such as: trauma (repetitive movements), infection, deposition of microcrystals. Acupuncture as part of the Traditional Chinese Medicine (TCM), is very often used in the treatment of bursitis. **Material and methods** - In the research are included 30 patients, 18 male and 12 female, on age from 18 to 71, treated with acupuncture for shoulder bursitis. Acupuncture treatments were made in a clinic for TCM and acupuncture, on room temperature, with normal and fire needles. In all patients were used certain trigger points – Ashi, located on the most painful places in the area of the shoulder. **Results** - Of the treated patients 18 were male and 12 female. However, according to the studies women suffer from shoulder bursitis more often than men. According to which shoulder is affected, most of the patients had pain in the right shoulder – 17 patients, 11 patients in the left shoulder and 2 patients in both shoulders. According to the age, the most common age group was from 50 to 60 years. According to the number of therapies, most of the patients have made only one therapy - 12 patients. **Discussion** - The acupuncture treatment is used to reduce the inflammation, remove the Qi and blood stasis, relieve rigidity of muscles and stop the pain. Fire needle improves the Qi energy and microcirculation in the body faster, regulates the function of the Zang Fu organs and removes the pain. **Conclusion** - Acupuncture as a treatment for shoulder bursitis can effectively relieve the pain, ease the stiffness and improve the physical function of the shoulder. The treatment with fire needle gives better and faster results.

Key words - acupuncture, treatment, traditional Chinese medicine, shoulder, bursitis

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Acupuncture treatment for pain

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Abstract

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. **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. **Results** - In 63.41% or 26 patients, the overall health condition was improved totally, in 31.71% or 13 patients the condition is partially better and only 4.88% or 2 patients did not have any improvement. **Discussion** - 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. Traditional acupuncturists believe that the illness and pain occur when the body's qi or vital energy, cannot flow freely. 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.

Keywords - Pain, Treatment, Traditional Chinese medicine, Acupuncture

Acupuncture Treatment in Migraine

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Abstract

Introduction - Migraines are one of the most common types of headaches that occur periodically. There are two type of migraine: classical (with aura) and common migraines (without aura). Migraine occurs in women two to three times more often than in men.

Material and methods - In the research are included 30 patients, 12 male and 18 female, on age from 29 to 79, treated for migraine in a period of one year. All patients had acupuncture treatment in a clinic for Traditional Chinese Medicine (TCM) and acupuncture in Skopje, Macedonia, by a doctor specialist in acupuncture. Acupuncture points that were treated are: Baihui-DU20, Sishencong-EX-HN1, Yangbai-GB14, Yintang-EX-HN3, Taiyang-EX-HN5, Hegu-LI4, Zhongwan-RN12, Zusanli-ST36, Sanyinjiao-SP6, Taichong-LR3, Fengchi-GB20, Dazhui-DU14, Pishu-BL20, Weishu-BL21, Ganshu-BL18. **Results** - After the acupuncture treatment the effect was achieved in all patients with certain number of treatments and all the symptoms that they complained about before were gone afterwards. There were more female than male patients, with average age of 49. In most of the patients effect was achieved with 5 to 10 treatments. **Discussion** - Acupuncture treatment as part of the 5000 year old TCM can successfully relieve the migraine symptoms, decrease the pain, reduce inflammation and improve the blood and Qi circulation through the body and meridians. **Conclusion** - Acupuncture as a treatment for migraine gives positive results and can successfully improve the health and well-being of the patients.

Keywords - acupuncture; traditional Chinese medicine; treatment, migraine

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Tennis elbow treatment with acupuncture

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Abstract

Introduction – Tennis elbow or lateral epicondylitis is a painful condition in the area of the elbow due to damage of the extensor muscles and tendons of the hand and fingers. Causes are various but most common are repetitive movements and overuse of the arm.

Material and methods – In this research are included 6 patients. 5 male and 1 female, all with syndrome of tennis elbow, on age from 43 to 70. All patients were treated with fire needle acupuncture on Ashi points (trigger points) that were found on palpation on the most painful places in the area of the elbow. **Results** – After certain number of treatments with fire needle acupuncture the patients were relieved from the pain and they were able to move the joint in all directions with no limitation. Three patients needed only 1 treatment, one patient 2 treatments, one patient 3 treatments and one patient 6 treatments. **Discussion** – When using fire needle acupuncture, needles are inserted into trigger points located in the area where the pain is strongest, in this case in the area of the elbow. In the Traditional Chinese Medicine the tendons are connected to the Liver, so the main purpose of the treatment is to nourish and relieve the stagnated blood and Qi energy in the Liver meridians and remove all the obstacles. **Conclusion** – With a very few acupuncture treatments it was succeeded to get very fast and positive results, to improve the condition significantly and reduce the pain and symptoms completely.

Keywords - Acupuncture, Traditional Chinese Medicine, Treatment, Tennis Elbow

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Acupuncture treatment for hamstring muscle group injury

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Abstract

Introduction - Most of the athletes of all ages and sports and some active individuals, happen to have hamstring strain as most common injury in the group of active individuals. The main purpose of doing this work is to show the positive results and effects of acupuncture. **Material and methods** - In the research are included 8 professional athletes in different sports, male and female, on age from 17 to 55, all with symptoms of biceps femoris pain. All patients were treated with acupuncture, indoor, on room temperature, with duration of treatments of 25-30 minutes. **Results** - All of the patients needed only one treatment, except for one female handball player, who needed 16 treatments to achieve positive results. Most of them had pain in the right leg (5 patients right and 3 left leg). Of the treated athletes 6 were male and 2 female. The most common age group was from 30 to 40 years. **Discussion** - If a person has an injury, around the injured area the flow of energy becomes disrupted, causing pain and stagnation. The hamstring strain is at the level of muscles and tendons, with stagnation of the Qi and blood in channels and collaterals. **Conclusion** - Acupuncture as a treatment for sport injuries, specifically hamstrings injuries, is an effective method for acute and chronic pain and gives excellent results for a very short time.

Keywords – acupuncture, traditional Chinese medicine, hamstring. Injury

Case report - Acupuncture treatment for psoriasis

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Abstract

Introduction - Psoriasis is a chronic autoimmune skin disorder. Psoriasis manifests as itchy and sore plaques on the skin, mostly located on the knees, elbows, scalp, palms or soles. In Traditional Chinese Medicine (TCM) psoriasis is considered as a Blood heat disorder. **Material and methods** - The treated patient is a 43 years old woman with psoriasis manifested on the both feet (soles). The psoriasis was present more than 20 years, but the last year patient's soles were in the worst condition. The patient was treated with acupuncture treatment, in a clinic for TCM and acupuncture. Treatments were done once weekly, indoor, with duration of 35-40 minutes. **Results** - In the beginning of the treatment there was no particularly significant progress in the condition. The improvement was slow, gradual and steady, which resulted with positive outcome and great results. The positive outcome was achieved after 13 treatments. **Discussion** - The aim of the treatment was to correct the Yin defect, therefore were treated points located on the meridians of Spleen, Liver, Kidney, Ren Mai and Ashi (trigger) points on the soles. **Conclusion** - Acupuncture as part of the TCM is very helpful treatment in treating psoriasis as it can reduce the inflammation, itching and pain and improve the overall health of the patient.

Keywords – psoriasis, treatment, acupuncture, traditional Chinese medicine