

**ACUPUNCTURE TREATMENT IN ASTHMA****Jihe Zhu<sup>\*1</sup>, Blagica Arsovska<sup>1,2</sup> and Kristina Kozovska<sup>1,3</sup>**<sup>1</sup>Faculty of Medical Sciences, University Goce Delchev, Shtip, Republic of Macedonia.<sup>2</sup>Institute of Biology, Faculty of Natural Sciences and Mathematics, Skopje, Republic of Macedonia.<sup>3</sup>Medicine Faculty, St. Cyril and Methodius University of Skopje, Republic of Macedonia.**\*Corresponding Author: Jihe Zhu**

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**ABSTRACT**

Asthma is a chronic obstructive airway inflammation that causes breathing problems. It is characterized by an unusually strong immune response and chronic inflammation of the tracheobronchial stem. Typical symptoms are: cough, shortness of breath, wheezing and chest tightness and often these symptoms are triggered by external factors as allergens, exercise, exposure to irritants, viral respiratory infections or change in the weather. The Traditional Chinese Medicine (TCM) for asthma involves treatments with acupuncture, herbal medicine and tai chi. The aim of the acupuncture treatment is to achieve a good control of the symptoms. In the research are included 19 patients, 15 female and 4 male, on age from 10 to 73. All patients were diagnosed with asthma. All patients were treated with acupuncture treatment on the same acupuncture points. Acupuncture points used in the treatment are: ST25 (TianShu), RN11 (JianLi), RN4 (QuanYuan), LI4 (HeGu), SP6 (SanYinJiao), ST36 (ZuSanLi), Ex-HN-1 (SiShenCong), GV20 (BaiHui), Ex-HN-3 (YinTang), Ex-HN-5 (TaiYang), Ex-HN-8 (ShangYingXiang), CV22 (TianTu) and LR3 (TaiChong). Most common age group is from 40 to 50. All treated patients responded well to the treatments. In all patients was achieved positive effect with certain number of treatments. Most of the patients - 13 have done 1 to 5 treatments. The acupuncture treatment in asthma gives positive results and helps in the improvement of the symptoms, the lung function, the breathing and decreases the inflammation in airways and medication dosages.

**KEYWORDS:** Traditional Chinese medicine, acupuncture, asthma, pulmology.**INTRODUCTION**

Asthma is a chronic obstructive airway inflammation that causes breathing problems. It is characterized by an unusually strong immune response and chronic inflammation of the tracheobronchial stem. Asthma is also called obstructive lung disease because it causes obstruction or resistance while exhaling the air.

Typical symptoms are: cough, shortness of breath, wheezing, dyspnea, chest tightness and often these symptoms are triggered by external factors as allergens (pollen, dust, animals fur), exercise, exposure to irritants (strong odors, tobacco smoke), viral respiratory infections or change in the weather. Internal factor that may trigger asthma is stress. Asthma is the most common chronic disease in children age. Asthma can be classified as allergic and non-allergic, which is more severe and rare.<sup>[1] [2] [3]</sup>

The Traditional Chinese Medicine (TCM) for asthma involves treatments with acupuncture, herbal medicine and tai chi. Based on the TCM theory of the Five Elements, (the mother-daughter relationship of the organs), weakness of the energy in the Kidney can affect

the energy of the Lung. Therefore, asthma is considered as a deficiency of the Kidney and Lung Qi. If asthma is allergic, then the imbalance should be looked in the Liver Qi. If the Kidney and Lung energy is deficient, the external pathogenic factor - Wind can penetrate the surface and get into the body through the Wind points on the shoulders and neck and cause fever, sinusitis, cold, chills and migrating aches. If the condition goes further, the Wind can penetrate deeper and infiltrate the Lungs and cause coughing, wheezing, difficult breathing, panic and fear which are symptoms associated with asthma. With TCM treatment can be treated many different conditions with various symptoms at the same time, but the point is always to find the root of the problem, which can be invisible to the naked eye.<sup>[3]</sup>

The aim of the acupuncture treatment is to achieve a good control of the symptoms. Acupuncture treatment can balance and regulate the obstructive Qi energy, reduce the airway resistance in asthma patients, relieve the asthma-related symptoms like cough, sore throat or nasal congestion and other.<sup>[1] [2]</sup> The treatment improves the overall quality of life, boosts the immune system,

eases the symptoms and provides better control of the disease.<sup>[3][4]</sup>

### MATERIAL AND METHODS

In the research are included 19 patients, 15 female and 4 male, on age from 10 to 73. All patients were diagnosed with asthma. All patients were treated with acupuncture treatment on the same acupuncture points. Acupuncture points used in the treatment are: ST25 (TianShu), RN11 (JianLi), RN4 (QuanYuan), LI4 (HeGu), SP6 (SanYinJiao), ST36 (ZuSanLi), Ex-HN-1(SiShenCong), GV20 (BaiHui), Ex-HN-3 (YinTang), Ex-HN-5 (TaiYang), Ex-HN-8 (ShangYingXiang), CV22 (TianTu) and LR3 (TaiChong).

Treatments were done in a clinic for Traditional Chinese Medicine and acupuncture by a doctor specialist in acupuncture. Treatments were done indoor on a room temperature, with duration of 30-45 minutes.

In the research are included patients treated only in the clinic. The patient's data was obtained from the clinic's archives for treated patients from 2006 to 2017. In the research are included patients who have finished the treatments, patients who were additionally taking sprays and tablets for asthma prescribed by doctor, children, pregnant women, older patients than 60.

From the research were excluded patients who dropped out of treatment.

### RESULTS AND DISCUSSION

All treated patients responded well to the treatments. In all patients was achieved positive effect with certain number of treatments. Most of the patients - 13 patients have done 1 to 5 treatments. In table 1 are shown the results from the number of treatments made.

**Table 1: Number of treatments made.**

Number of treatments	Number of patients
1-5	13
6-10	4
>10	2

Treated patients are on age from 10 to 73. Patients were divided into 6 age groups. Most common age group is from 40 to 50. The results are shown on table 2.

**Table 2: Age groups.**

Age groups	Number of patients
<20	1
20-30	4
30-40	3
40-50	5
50-60	2
>60	4

13 of the patients were taking prescribed nasal sprays, inhalers and tablets like Flixonase, Ventolin, Flixotide,

Singular, Urbazon and other tablets for high blood pressure. Two of the patients were taking Insulin. One of the patients was in her 16<sup>th</sup> week of pregnancy. One 10 year old child was involved in the treatment. In 5 patients was present allergic asthma.

Most of the patients had the condition for more than 5 years.

Symptoms that were most present in the patients were: difficulty breathing, asphyxiation, tiredness, insomnia, nervousness, decreased lung capacity, sinusitis, rhinitis, dizziness, chest whistling and other.

Acupuncture points used in the treatment were chosen with aim to help the patients with their symptoms, to improve the breathing, the clear the lungs and breathing pathways, to increase the energy and help with the overall well-being.

Another research done for asthma, suggests other acupuncture points located on the back, chest and torso, that may be useful in the treatment - BL13 (LungShu), CV17 (DanZhong), LU1 (ZhongFu) and KI27 (Shufu).

Acupuncture treatment can be especially effective in cases with allergic asthma. In a study done for patients with allergic asthma, who have made 15 acupuncture treatments in a period of three months were seen greater improvements in health-related and disease-specific quality of life. In another study done as well for patients with allergic asthma who have received 12 acupuncture treatments over 4 weeks, was reported a great improvement in the general well-being in the patients and the blood tests of the patients showed reductions in the inflammatory cytokines (after 4 weeks). These results are important because asthma is a chronic condition that causes inflammation of the airways. Acupuncture treatment can help lower the inflammation in patients with asthma by lowering the levels of the pro-inflammatory proteins.<sup>[4][5]</sup>

### CONCLUSION

The acupuncture treatment in asthma gives positive results and helps in the improvement of the symptoms, the lung function, the breathing and decreases the inflammation in airways and medication dosages.

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