

Acupuncture treatment in facial nerve palsy

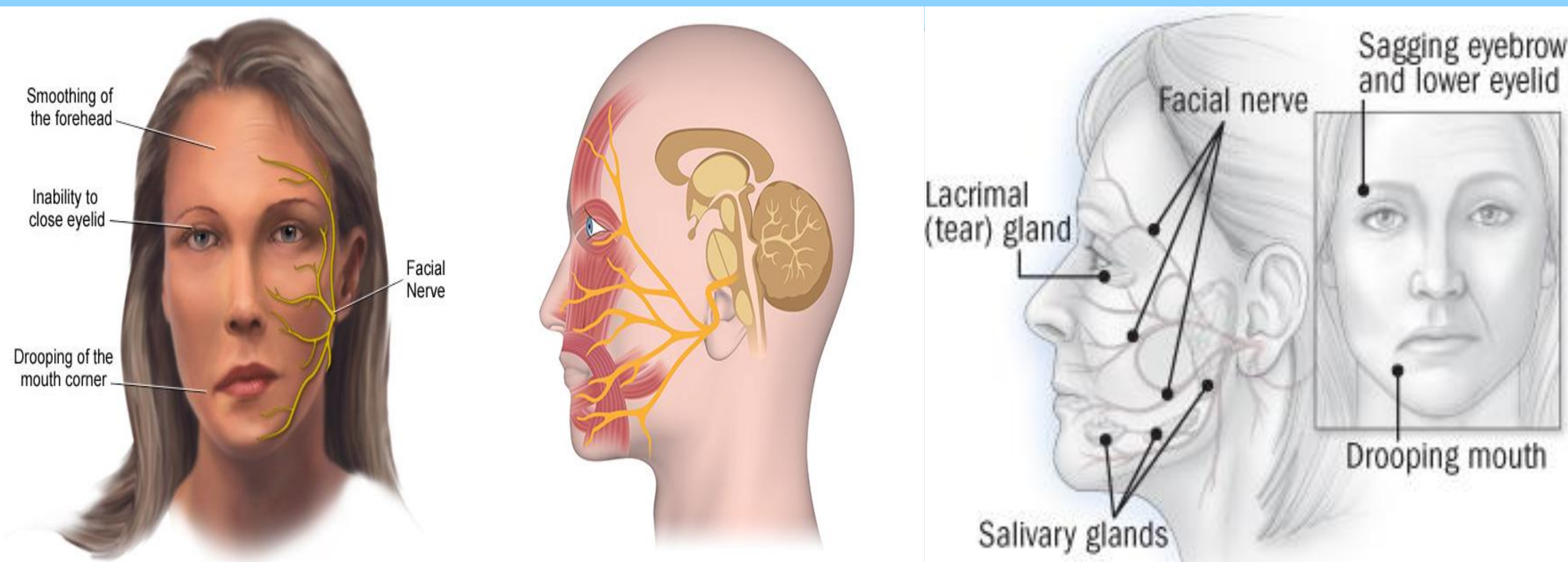
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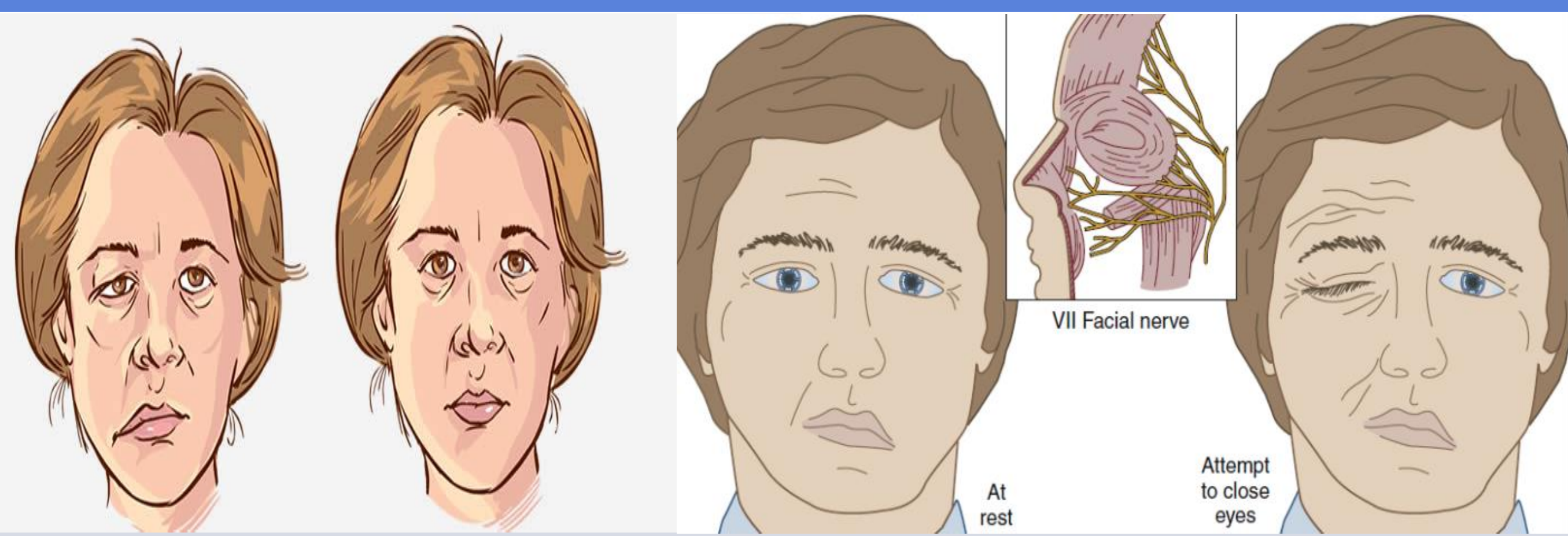


INTRODUCTION

- ❖ Facial nerve is the 7th cranial nerve.
- ❖ 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. 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.



Wind as main pattern tends to enter the body and attack the sinews and vessels in the area of the face. In this case the cold wind primarily stays in the facial Yang-Ming channel, because these channels are most abundant in the Qi and Blood. 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.



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.
- ❖ Despite the acupuncture treatments, some patients were taking tablets prescribed by their doctors.
- ❖ Patient data was collected from the archive of treated patients in the last 10 years in a clinic for TCM and acupuncture in Skopje.
- ❖ All patients were treated by a doctor specialist in acupuncture.
- ❖ 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.

Gender classification

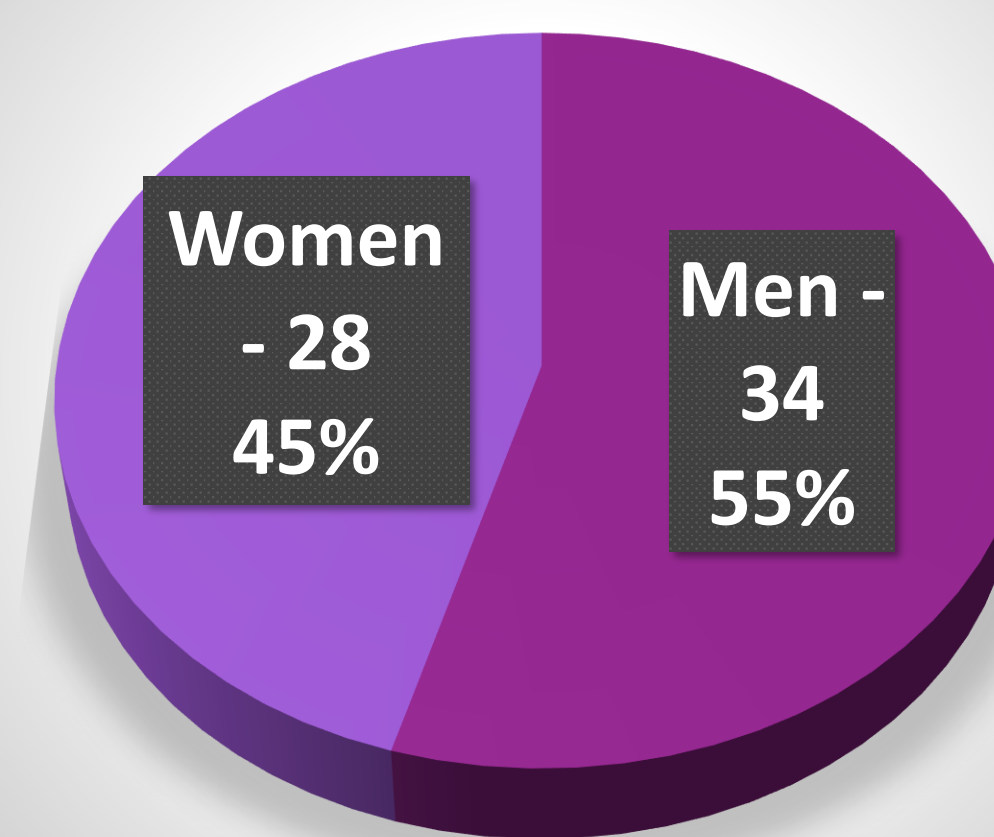


Table 1. Age groups

Age Group	Patients
<30	6
30-40	15
40-50	16
50-60	10
60-70	9
>70	6

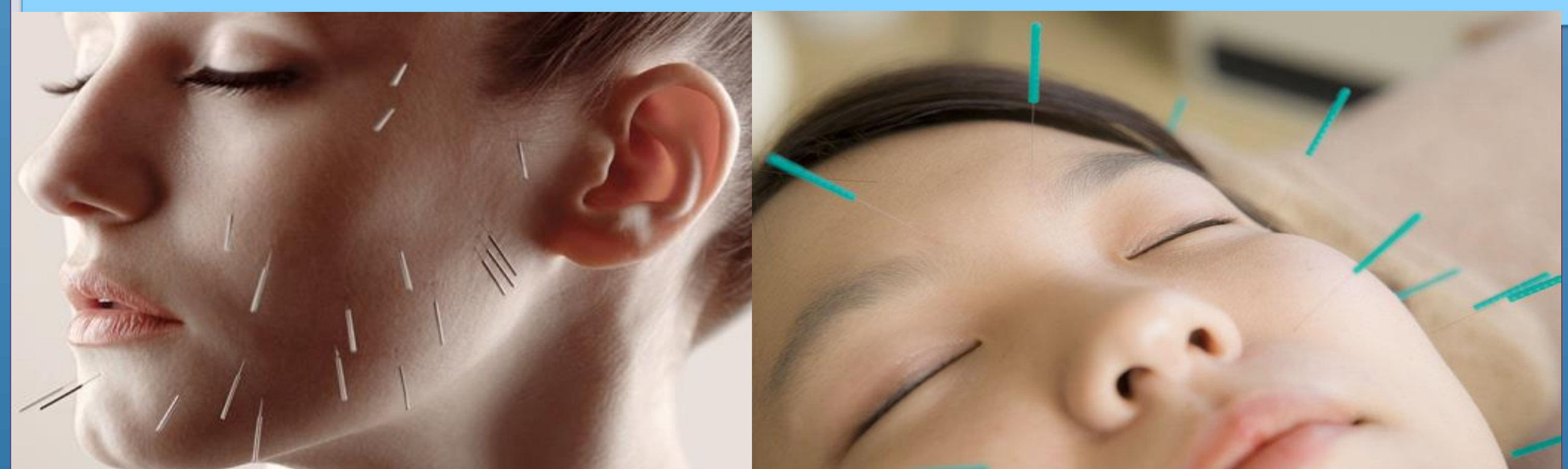


Table 2. Number of treatment

Treatments	Patients
<5	20
5-10	29
11-15	4
16-20	5
>21	4

DISCUSSION

- ❖ The nature of the disease was different in all patients: trauma, after pregnancy, accident, wind and cold weather and etc.
- ❖ The time of the occurrence was different too, in some patients the disease existed for more than 10 years, in some for one week, one month or one year.
- ❖ 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.
- ❖ All the acupuncture points in the treatment are chosen to re-establish the smooth flow and invigorate the energy.



CONCLUSION

Acupuncture as part of the 5000 years old TCM gives very positive and satisfying results in the treatment of facial nerve palsy. With individual number of treatments, the patients healed naturally, regaining the normal function of the facial muscles, restoring the nerve function and improving the Qi and Blood circulation in the facial area.