

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"**

Qi energy and medicine



气功与医学

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

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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

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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

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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Choice of active points in treatment with Traditional Chinese Medicine

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Abstract

Purpose: To make a review of the basic principles for combination of the active points.

Material and methods:

1. **Choice of active points in and around the affected zone which include:**
 - A) Local points which are located on the place of the pain.
 - B) Nearest points which are located around the painful zone.
2. **Choice of the distal points** – This active points are located further of the painful zone.
3. **Choice of symptomatic points** – This choice is related with correspondent of the active points according to their function.
4. **Choice of the specific points** – This choice is connected with specific classification of the active points according to their specific functions.

The specter of used active points is very wide when is used directly. Specially is important ménage of the pain which is a signal of a pathological disease. The treatment of the painful syndromes can be realized with treatment of the nearest appropriate meridians, as well as extremities or their starting points. According to classical acupuncture and moxitherapy there are four main active points which should be obligatory including the recipe according to the symptoms. There are: Lieque LU 7, Hegu LI 4, Zusanli ST 36, Wlezhong BL 40.

Conclusion: Based on theoretical examination and analysis we can say that treating of the pain syndromes is a complicated process. It's necessary to determine the basic diagnosis whose symptom is the pain. In every specific case it is influenced with specific combination of the points – basic recipe of active points and some additional, which are determined according to the individual characteristics.

Keywords: selection, active points, therapeutic influence.

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Therapeutical influence of the active points

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Abstract

Purpose: To make a review of the active points.

Active points which belong of a certain meridian are used mostly for treatment of healing of the diseases on the meridians as well as zang or fu organ they belong to. Those which match the inner and external connecting meridians are often treated for diseases of the one or the other meridian or organ as well as both at the same time. The treatment of the active points at the deferment zone is efficient for focal diseases for example diseases of the joints, injuries etc.

Indications for treatment of the active points according to their localization are: On the head, on the face, cervical part, diseases of the brain, eyes, ears, nose, mouth, teeth and throat. On the thorax, upper back zone (Th1-7) - diseases of the lungs and heart. On the upper part of the abdomen and lower back zone (Th8 – L1) - diseases of the liver, gallbladder, spleen and stomach. At the lower part of the abdomen and the lumbosacral zone (L2-L4) – diseases of the kidneys, intestines, bladder and genital organs.

Conclusion: Based on the theoretical examination and analyze we can conclude that the knowledge of the active points in the theoretical system of the traditional Chinese medicine is a main factor for an accurate therapeutical action and effective apply in practice for treatment of many diseases.

Keywords: Therapeutic action, Active points, Indications

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Specific points that have influence of the energy Chi, Zang-fu organs and the tissues

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Abstract

Purpose: To make a review of the eight specific points of the action of the energy chi, the zang-fu organs and the tissues.

Bahui穴 points (八会穴, bahuixue) or the eight influence points converge with the appropriate tissues or the zang-fu organs and influence the present pathological changes. They are mostly located on the thorax.

All of the meridian points have general and specific characteristics. The general characteristics mainly condition the flexibility in their selection, while the specific characteristics give an opportunity for making more reduced and more effective recipe for the specific disease. The diseases of zang-fu organs which can't be treated with medications are successfully treated according to this princip. For their treatment are used mostly mu-points on the anterior thorax, shu-points on the posterior thorax, jian-points, luo-points, x-points and si-points.

In the treatment of the diseases and according to the symptoms specific combinations of specific points can be used.

Conclusion: Based on theoretical examinations and analysis it can be said that the knowledge of the theoretical system of traditional Chinese medicine for this points is basic factor for precise and effective apply in practice of treating many diseases.

Keywords: Specific points, Chi, Zang-fu organs, Meridians