## THE CLINICAL APPLICATION OF ‘XING-NAO-KAI-QIAO’ ACUPUNCTURE METHOD IN THE TREATMENT OF APOPLEXY

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# I. INTRODUCTION

# Apoplexy is mainly characterised by sudden syncope, loss of consciousness, hemiplegia and deviation of the eyes and mouth. In a mild case, only hemiplegia together with contortion of the facial muscles can be seen, without occurrence of syncope.

# Clinically, manifestations of apoplexy belong to acute cerebrovascular disease in western medicine, including ischemic and hemorrhagic cerebrovascular diseases. So in Traditional Chinese Medicine (TCM), the basic pathogenesis of the disease is disorder of Qi and Blood involving the Brain and deficiency of Liver Yin and Kidney Yin. We call it as ‘Qiao-Bi-Shen-Ni’. Professor Xuemin Shi (Academician) discovered that waking up the patient from unconsciousness plus tonifying Liver and Kidneys and activating Blood to remove obstruction from the meridians or collaterals. We call this as ‘Xing-Nao-Kai-Qiao’ (XNKQ, regaining consciousness and opening the orifices).

# It has been formed a scientific, systematic and standard method in prescription, direction, angle and depth of the needles, special manipulation. It is proved to be high useful and special effect by the clinical experience and experimental research. It is suitable for every stage of apoplexy.

## II. A TYPICAL CASE AND ITS TREATMENT

# 2.1 Diagnosis

# The patient: Male, 59 years of age, businessman.

# Main complaint: He had had hemiplegia for two months.

# Medical history: Two months ago, he had onset hemiplegia, distortion of his face, stiff tongue, numbness in the left side of his body, and dizziness without occurrence of syncope. He was sent to hospital. After his brain CT scanning and MRI, the diagnosis was ‘Cerebral Thrombosis’. He was treated by western medicine. He was expelled from hospital when the disease was stable. The symptoms hadn’t been improved since then.

# Chief Manifestations: Hemiplegia, distortion of the mouth and tongue, numbness in the left side of his body, irritability, insomnia, dizziness, tinnitus, feverish sensation over the palms and soles.

# Previous medical history: He had diabetes for two years, coronary heart disease for ten years, and hadn’t hypertension.

# Family history: not recognized

# Physical examination: Full consciousness, deviation of the eye and mouth, lack of ability for the left side of his body. The power of the left arm’s and the left leg’s muscle were both second degree. Dull pale tongue with thin and white coating, deep and thready pulse.

# Diagnosis: Apoplexy (Apoplexy Involving the Meridians)

# 2.2 Syndrome differentiation and treatment

# Therapeutic methods: ‘Xing-Nao-Kai-Qiao’, to nourish the Liver and Kidneys, to activate Blood to remove obstruction from the collaterals.

# Prescription:

# Main points: Neiguan(p6), Renzhong(Du26), Sanyinjiao(SP6)

# Secondary points: Jiquan(HI), Chize(L5), Weizhong(B40)

# Adding points: Fengchi(G20), Yifeng(SJ17) and Wangu(G12) were added for difficult swallowing or slurred speech.

# Acupuncture methods:

# Main point: Firstly, both Neiguan are punctured perpendicularly 0.5-1 *cun*, reducing by combining twirling and rotating the needles with lifting and thrusting the needles for 1 minute. Then puncture Renzhong obliquely upward 0.5 *cun* with a strong method of a bird striking with the beak for a while till the patient’s eyes are filled with tears. And then, the needle is inserted in Sanyinjiao obliquely downwards to form an angle of 45 degrees with the skin surface, deep in 1-1.5 *cun* against the posterior border of the medial aspect of the libia, reinforcing by lifting and thrusting the needle until the patient’s leg twitches 3 times.

# Secondary points: Jiquan is punctured perpendicularly 1-1.5 *cun,* reducing by lifting and thrusting the needle till the patient’s arm twitches 3 times. Keeping away from the axillary artery. Chize, the acupuncture method is the same as Jiquan. Weizhong, puncture perpendicularly 1 *cun* when the patient lie on his/her back with raising the leg straight. Reducing by lifting and thrusting the needle until the patient’s leg twitches 3 times.

# Adding points: Fengchi, Yifeng, Wangu: puncture obliquely 2-2.5 *cun* towards the larynx with the tip of the needle slightly downwards. Reinforcing by twirling and rotating the needle at a small range and a high rate for 1 minute.

# 2.3 Result of the treatment

# Different depths and different methods of manipulation were used for different points.

# The treatment was given once a day for the first month. He was getting better. Then, every other day for the second month, and twice a week for the third month.

# After 3 months of treatment, the patient has gone back to his normal daily life with clear speech and good limb’s function. He has recovered.

## III. CONCLUSIONS

# 1. The treatment for apoplexy is different from before due to the different view in aetiology and pathogenesis. In western medicine, apoplexy belongs to acute cerebrovascular disease. The main symptoms are consciousness problem and hemiplegia. In Chinese medicine, it is ‘Qiao-Bi-Shen-Ni’ (QBSN, the orifices are closing and Shen is hiding). Shen is our mind or spirit. It may also be translated as our ‘higher consciousness’. It is one of the ‘Three Treasures’. In fact, all activities are directed by Shen. In health, these activities are performed pleasantly and rhythmically, but in sickness we see changes in all the human functions and activities, and there is a lack of mental clarity, and actions become disturbed. So our therapeutic principle is waking up Shen for regaining consciousness and opening the orifices.

# 2. The acupoints are chosen different from before. Main points along Yin-channels are assisted by Yang-channels’ points. Waking up the patient from unconsciousness is assisted by resolving blood stasis and activating blood to remove obstruction from the collaterals.

# 3. There has been a great developing on acupuncture methods. Such as certain needles’ direction, angle, depth and special manipulation are applied. Good effects have been achieved.

# 4. It is confirmed that XNKQ method can be sedative, anti-convulsion, recover consciousness, improve the cerebral circulation, decrease the blood viscosity, change the pathological metabolism of lipids and benignly regulate the intracranial blood flow [1]. This is a great developing of TCM based on combining TCM with modern scientific technology.

## REFERENCES

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# [2]. Zhang Enqin (Editor-in-chief), A practical English-Chinese library of Traditional Chinese Medicine, Publishing House of ShangHai University of Traditional Chinese Medicine, 1996