

Treatment of Lumbar Intervertebral disc Herniation with Electroacupuncture on Jiaji Points (Ex-B 2) plus TDP: A Report of 68 Cases

FAN Chun-jiang (范春疆)

Acupuncture Department, the Railway Central Hospital in Haebn, Heilongjiang, China, 150001

摘要: 取病变部位夹脊穴, 进行电针, 治疗 68 例腰椎间盘突出症患者, 治疗 3 个疗程后痊愈 35 例, 好转 28 例, 无效 5 例, 总有效率 92.6%。

关键词: 电针; 穴, 夹脊; 电磁波谱治疗仪; 椎间盘移位

Abstract: Sixty-eight lumbar intervertebral disc herniation (LDH) cases were treated with electroacupuncture on Jiaji points of the affected area with the following result after three courses of treatment: and 35 cases got recovery, 28 cases got better result, 5 cases had no effect, and the total effective rate was 92.6%.

Key Words: Electroacupuncture; Point, Jiaji (Ex-B 2); Electromagnetic Spectrum Therapeutic Device; Intervertebral disk Displacement

The author has treated 68 lumbar intervertebral disc herniation (LDH) cases with electroacupuncture on Jiaji (Ex-B 2) points plus TDP in the last few years, and now the report is as follows.

Clinical Material

The detailed information about the 68 cases: male cases: 42; female cases: 26; the youngest: 31 years old; the oldest: 75 years old; the shortest disease course: 1 day; the longest disease duration: 10 years; most common herniation occurred in L₄₋₅ and L₅-S₁ with such major symptoms as low back pain plus sciatica of the affected side, the pain started from buttocks, radiated along the posterior and lateral aspect of the thigh and passed through popliteal fossa and lateral aspect of the lower leg and reached dorsum of the foot and toes. All the cases had been diagnosed by CT scanning.

Therapeutic Methods

1. Points

Major points: Corresponding Jiaji points (Ex-B 2) of the affected area.

Adjunct points: Huantiao (GB 30), Zhibian (BL 54), Fengshi (GB 31), Weizhong (BL 40), Yanglingquan (GB

34), Xuanzhong (GB 39), Chengshan (BL 57), Kunlun (BL 60) and Ashi points.

2. Operation

The filiform needles of 0.45 mm in diameter and 40-60 mm in length were inserted promptly after the routine sterilization of the points, and G-6805 electric stimulator was connected on the arrival of the needling sensation for 20-30 min. In addition, TDP was used in the local area to facilitate the function of warming and regulating meridians.

The treatment was given once a day and one course contains ten times, with 5-7 day interval between the courses of treatment.

Therapeutic Effect Observation

1. Criteria of the therapeutic effect

Recovery: Clinical symptoms completely disappeared, the positive signs turned into negative, more than 70° of the straight-leg raising and returned to normal work.

Better effect: Most symptoms disappeared, the positive signs remained and could manage general work.

No effect: The symptoms and signs had no obvious improvement after treatment or no clear effect could be confirmed because of discontinuation of the treatment.