

Case of Lumbar Disc Herniation Treated by Electric Acupuncture

Xiaojuan Fan¹, Bin Wang²

¹Shaanxi University of Traditional Chinese Medicine, Xianyang 712000, Shaanxi, China

²Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, Xianyang 712000, Shaanxi, China

Abstract: *The patient developed lumbar pain and discomfort 2 years ago due to housework. The symptoms were improved after massage treatment at a local clinic, and then the above symptoms recurred. The patient came to the Department of Acupuncture and Massage Rehabilitation of the First Affiliated Hospital of Shaanxi University of Chinese Medicine because of "repeated back pain for 2 years, accompanied by left lower limb pain aggravated for 2 days", and was diagnosed as lumbar disc herniation. The treatment plan was mainly electric acupuncture, supplemented by traditional Chinese medicine hot compress powder. After 2 weeks of treatment, the patient's lumbar symptoms basically recovered, and were significantly better than before treatment.*

Keywords: Electric acupuncture; Lumbar disc herniation; Hot compress powder.

1. Introduction

The patient is a 49-year-old female patient who was presented to the doctor on September 21, 2024. Chief complaint: Recurrent back pain for 2 years, aggravation with left lower limb throbbing pain for 1 day. History of present disease: The patient developed back pain and discomfort 2 years ago, which was slightly relieved after massage treatment at a local clinic. Since then, the above symptoms have recurred. 1 day ago, the patient experienced significant lower back pain after overwork, with significant restriction of lumbar spine movement, accompanied by discomfort of left lower limb anesthesia, pain numbness radiating to the lateral leg. After self-administration of "ibuprofen" (the specific dosage is unknown), the symptoms did not improve significantly. For diagnosis and treatment, the patient and accompanying family members came to our outpatient department for treatment. Lumbar MRI examination showed bulging of L3-L4 intervertebral disc, protrusion of L4-L5 and L5-S1 intervertebral disc, and bone hyperplasia of lumbar spine. The diagnosis was lumbar disc herniation. Admission symptoms: lumbar pain was obvious, lumbar movement was obviously limited, bending, turning difficulty, accompanied by left lower limb anesthesia discomfort, pain numbness radiating to the lateral leg. Have a good diet, night rest in general, urine and bowel normal, tongue light moss white, pulse string.

2. Physical Examination

the appearance and physiological curvature of the lumbar spine became straight, and there was tenderness (+) in the L2-S1 spinous process and paracanth process. Percussion pain (+). Bilateral femoral nerve pull test results are positive (+), left knee flexion test results are positive (+), and right knee flexion test results are weak positive (soil). The 4-word test on the left side was positive (+), and the 4-word test on the right side was (s). The muscle tone of the whole body was normal, the muscle strength of the limbs was grade v, and the tendon reflex of both knees and Achilles tendon were normal. The left straight leg elevation test was 50", the right straight leg elevation test was 80", the other enhancement tests were positive (+), and no abnormalities were found in other limb joints.

Western medicine diagnosis: lumbar disc herniation; TCM diagnosis: lumbago (Qi stagnation and blood stasis syndrome). Treatment: Promoting blood circulation to relieve pain.

3. Treatment

electric acupuncture treatment: The operation methods are as follows: (1) Patients take prone position, local standard disinfection, and choose 2mm electric acupuncture. (2) Points selection: the main points include Shenshu, DaChang Shu, Weizhong and A Shi points, Shenshu and DaChang Shu are located in the second and fourth lumbar spine spinous process open 1.5 inches, including Fengshi, Zhongzhu, Yanglingquan points. (3) Press the needle in the affected area and hold it for about 10 seconds to ensure that the needle body is fixed. Tap gently and gently on the tape with the release paper for about 10 times until the patient feels no pain. (4) Take the electroacupuncture bag, paste it on the affected area and gently press it to fix it (note that the electroacupuncture tape should be attached to the white area of the blue adhesive sheet). (5) Turn on the electroacupuncture treasure, long press the power button and adjust it to the appropriate gear. At the same time, guide the patient to carry out targeted rehabilitation exercises, focusing on single-leg standing, balanced standing and decomposes walking, etc., to improve limb function. Each exercise should be controlled for about 30 minutes. (6) When finished, remove the electroacupuncture treasure and put it back in the blue plastic film for the next use. (7) Instruct the patient to beat the needle site every 2 hours for 2-3 minutes, and remove the needle after 24 hours. (Note: If the patient has symptoms such as local allergy or faintness during the treatment, the needle should be removed immediately, and the treatment should be continued after the patient has a rest). Course of treatment: 1 time/day, 7 days for 1 course. Chinese medicine treatment: Chinese medicine to "dredge the meridians, promoting blood and pain" as the principle of treatment, with "hot compress powder", the specific prescriptions are as follows: safflower 8g raw mugwort 10g Wujia 10g Duhuo 12g paraphane 12g red peony 15g Gentiana 12g white aconite 8g white alum 8g yellow Dan 6g prickly pepper 10g bone grass 12g stretching grass 30g mulberry branch 30g. Usage: Wrap the Chinese medicine with a net bag, put it into the steamer, add half a kilogram of

vinegar, steam for about 30 minutes, put the hot compress on the waist. Decocting with water, 1 dose a day, hot compress in the morning and evening.

One week later (September 28, 2024), the patient's symptoms of lower back pain were relieved, with limited movement of the lumbar spine and numbness in the left lower limb. In the second course of treatment, the patient continued with electric acupuncture therapy, assisted hot compress, and rehabilitation exercise. After the second course of treatment, the patient's condition improved significantly. After 1 month of follow-up, the patient's condition was stable.

4. Theoretical Discussion

Lumbar disc herniation refers to the compression or stimulation of nerve roots and cauda equina by nucleus pulposus herniation. It is a syndrome characterized by low back pain accompanied by radiation pain of one or both lower limbs due to lumbar disc degeneration and annulus fibrosus rupture. According to *Lingshu · Jingjin* records, the treatment of Jingji disease should "take pain as transfusion", through stimulating the pain points can achieve the effect of unblocking meridians and promoting blood circulation. Its clinical manifestations belong to the category of "lumbago" of traditional Chinese medicine, mostly caused by blocked meridians, the treatment should be through the stimulation of impassable acupoints, supplemented by warm channels and collaterals of Chinese medicine, in order to harmonise Yin and Yang. The outer thigh belongs to the distribution area of gallbladder channel and stomach channel, so choose Huantiao point, Zhongzhu point, Fengshi point for acupuncture; The outer leg belongs to the gallbladder channel, choose Yanglingquan point. In terms of Chinese medicine, safflower, red peony can promote blood stasis and relieve pain, Sichuan pepper, mugwort can dissipate cold and relieve pain, five plus PI, Duhuo, Parafeng, Gentiana, Radix aconitum, Radix aconitum, Radix transverticum, Radix extensiae, radix aconitum, Radix aconitum, Radix aconitum, Radix alum, Radix Huangdan and other drugs can remove dampness, relieve tendons, activate collaterals and relieve pain.

5. Summary of Clinical Experience

Electric acupuncture therapy is a treatment method that combines electrical stimulation and acupuncture technology. Also known as electric needle acupuncture therapy. Electroacupuncture is combined with electrical stimulation on the basis of traditional needle stroke for treatment, and needle removal is to Pierce the needle body into the skin and fix it, keeping the needle for a long time. Clinical practice shows that electric acupuncture is effective in the treatment of neck, shoulder, waist and leg pain. In the treatment, the main point of the waist commonly used acupuncture points, looking for the most sensitive pain points for acupuncture, the distal point according to the meridians and collaterals differentiation of points to match. In addition, hot compresses should be used to relax muscles and relieve pain. In the meantime, patients are advised to carry out proper rehabilitation exercises, keep warm and avoid sitting or standing for long periods of time in case the condition worsens.

References

- [1] Zheng Shengjun. Effect of electric press-press on motor function rehabilitation of stroke patients with hemiplegia [J]. Chinese Modern Distance Education of Traditional Chinese Medicine, 2021, 19(20): 131-133.

Author Profile

Xiaojuan Fan (1998-), female, born in Henan Province, China, is a postgraduate student of Shaanxi University of Chinese Medicine. E-mail: 1261114695@qq.com, Telephone number: 15836880976.

Bin Wang (1984-), male, born in Shaanxi Province, China, associate chief physician, master tutor, main research interests: acupuncture, massage and rehabilitation of cervical and lumbar spine diseases and nervous system diseases. E-mail: 290472030@qq.com, Telephone number: 13220003769.