

Clinical Observation on the Therapeutic Effect of Six Qi Opening and Closing Acupuncture on Insomnia

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Abstract: ***Objective:** To study the clinical efficacy of the six qi opening and closing acupuncture method on insomnia. **Method:** From January to December 2020, 70 insomnia patients from the outpatient department of the Prevention and Treatment Center of Baoji Traditional Chinese Medicine Hospital were selected as the research subjects. According to the computer random grouping method, they were divided into a control group and an experimental group with 35 cases each. The control group was treated with alprazolam, while the experimental group was treated with six qi opening and closing acupuncture. The course of treatment for both groups was 4 weeks. Observe the scores, clinical efficacy, and incidence of adverse reactions of the Pittsburgh Sleep Quality Index (PSQI) in two groups of patients. **Result:** After treatment, the scores of various indicators in the PSQI of the experimental group patients were lower than those of the control group patients, and the incidence of adverse reactions in the treatment was higher than that of the control group patients. **Conclusion:** The Six Qi Opening and Closing Acupuncture Method has good clinical efficacy in treating insomnia, can significantly improve patients' insomnia, has high safety, and is worthy of clinical promotion.*

Keywords: Insomnia, Opening and closing six qi acupuncture method, Observation of therapeutic effects.

1. Introduction

Insomnia, also known as sleep disorders, refers to the onset and maintenance of sleep disorders. Its main clinical symptoms include difficulty falling asleep, sleep maintenance disorders, low sleep quality, and a decrease in total sleep time, accompanied by daytime dysfunction. In recent years, with the improvement of living standards, the incidence of insomnia has gradually increased. Long term insomnia is often closely related to emotional and environmental factors, and may be accompanied by psychological changes such as depression and anxiety, as well as changes in advanced brain functions such as decreased cognitive function. Insomnia may also be one of the clinical symptoms of other somatic diseases or nervous system disease [2]. Insomnia is divided into chronic insomnia and acute insomnia within a 3-month period. Acute insomnia is often caused by the primary disease, while chronic insomnia is mostly influenced by multiple factors and is difficult to treat due to its persistence. Modern medicine mainly uses drugs such as melatonin, a benzodiazepine receptor agonist, for treatment. Insomnia belongs to the category of insomnia in traditional Chinese medicine. It is also called "not to lie down", "not to sleep" and so on in the ancient books of traditional Chinese medicine. The differentiation of symptoms and signs of insomnia by physicians in past dynasties mostly starts from phlegm, depression, fire and other aspects. Chinese medicine, acupuncture and moxibustion, massage and massage are also commonly used [3]. Six qi opening and closing acupuncture is one kind of acupuncture and moxibustion treatment. This paper takes 70 patients with insomnia as the research subject, and observes the effect of six qi opening and closing acupuncture treatment on insomnia. Now the results are reported as follows.

2. Data and Methods

2.1 Inclusive Criteria

Pittsburgh Sleep Score greater than 7; The patient has informed consent and signed the consent form.

2.2 Exclusion Criteria

Accompanied by severe organic diseases such as acute stroke and advanced malignant tumors; Acute and severe patients with unstable vital signs; Lack of consciousness or cognitive impairment; Those who have severe dizziness or cannot receive acupuncture and moxibustion treatment; Patients unwilling to receive acupuncture and moxibustion treatment.

2.3 Exclusion or Exclusion Criteria

Those who voluntarily withdraw during the treatment process; Those who have obvious needle sickness or other serious adverse reactions during the treatment process; Those who cannot complete the treatment plan within the specified time due to special circumstances; Those who do not cooperate with the treatment plan during the treatment process and use other drugs or treatment plans without authorization.

2.4 General Information

According to the above standards, the group was divided into a control group and an experimental group using computer random number method. There were 35 cases in the control group, including 12 males (34.29%) and 23 females (65.7%); Age 22-38 years old; There were 35 cases in the experimental group, including 10 males (28.57%) and 25 females (71.42%); Age 22-65 years old; There was no statistically significant difference in baseline data between the two groups of patients.

Control group: using alprazolam (manufacturer: Shandong Pingyuan Pharmaceutical Factory; approval number: Guoyao Zhunzi H37021444; specification: 40mg) × 20 tablets) for

treatment, oral administration, 1-2 tablets per dose, QD, shared medication for 4 weeks.

Experimental group: Traditional Chinese medicine acupuncture therapy was used for treatment, and the specific procedures are as follows. (Table 1 and Figure 1)

Table 1: Specific steps of Chinese medicine acupuncture and moxibustion therapy

Specific positioning	Create a circle with the opening and closing of the three yin and three yang points as the center. (Please refer to the following figure for details)
Physician patient position	Seating surface south
Acupuncture and tonifying and reducing techniques	Flat needling, flat tonifying, and flat reducing
Location How much does it take to obtain scriptures	Using the Six Meridians Differentiation Method to Position the Head Based on the Six Meridians 2-3 parts

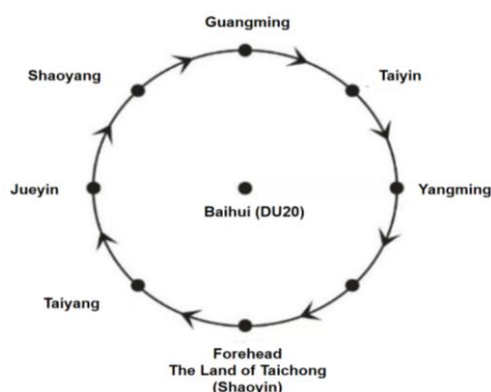


Figure 1: The treatment sequence of meridians

2.6 Observation Indicators and Efficacy

2.6.1 Traditional Chinese Medicine Symptom Efficacy

According to the patient's main complaint, complete the Traditional Chinese Medicine Symptom Efficacy Scale. Cure: Sleep for more than 6 hours per day, all accompanying symptoms disappear, work and life are normal, and there is no recurrence after six months of follow-up. Significant effect: Sleep for more than 5 hours per day, accompanied by

symptom disappearance, with recurrence during follow-up for six months. After treatment, it can still be cured. Effective: Significant improvement in sleep and accompanying symptoms. Invalid: There is no change in symptoms before and after treatment.

2.6.2 PSQI score

Record all scores and total scores according to the score of falling asleep time, sleep quality, sleep time, sleep efficiency, sleep disorder, hypnotic drugs and daytime function in patients' PSQI.

2.7 Statistical Methods

SPSS19.0 statistical software was used for statistical analysis of the research data, and the measurement data were in line with normal distribution. t-test was used for inter group comparison, and paired t-test was used for intra group comparison; The counting data was analyzed using chi square test and $P < 0.05$ level of significance.

3. Result

3.1 Comparison of PSQI Rating between Two Groups of Patients

After comparing the PSQI scores of patients in the two groups after treatment, the scores of falling asleep time, sleep quality, sleep time, sleep efficiency, sleep disorder, hypnotic drugs and daytime function in the PSQI of patients in the test group were lower than those of patients in the control group, and the difference was statistically significant ($P < 0.05$). See Table 2 for details.

3.2 Comparison of Clinical Efficacy between Two Groups of Patients

The total effective rate of treatment in the experimental group was higher than that in the control group, and the difference was statistically significant ($P < 0.05$). Please refer to Table 3 for details.

Table 2: Comparison of PSQI scores between two groups of patients after treatment

Group	Falling asleep Time Score	Sleep Quality Score	Sleep Time Score	Sleep Efficiency Score	Daytime Function Score
Control group	2.01 ± 0.52	2.0 ± 0.6	2.22 ± 0.60	1.98 ± 0.67	1.99 ± 0.55
Experimental group	0.95 ± 0.55	1.02 ± 0.61	0.97 ± 0.58	0.99 ± 0.67	1.05 ± 0.62

Table 3: Comparison of clinical efficacy between two groups of patients

Group	Number of cases	Healing	Significant effect	Effective	Ineffective
Control group	35	15 (43%)	9 (26%)	5 (14%)	5 (14%)
Experimental group	35	26 (74%)	8 (23%)	0 (0%)	0 (0%)

4. Discussion

With the acceleration of life rhythm and the increase of life pressure in recent years, traditional Chinese medicine treatment has its own characteristics and advantages compared to modern medical drug treatment. Insomnia belongs to the category of insomnia in traditional Chinese medicine, and is often referred to as "not sleeping" or "not sleeping" in ancient Chinese medicine books. Throughout history, doctors have divided the pathogenesis of insomnia into deficiency and excess, and it is always caused by the

syndrome of phlegm, heat, blood stasis and other solid pathogens disturbing the mind or insufficient heart qi, heart blood, etc.

The theoretical basis of the Six Qi Acupuncture Technique of Opening and Closing is derived from the "Su Wen · Yin Yang Lihe Lun" which states: The sage stands to the south, formerly known as Guangming and later as Taichong; the land of Taichong is called Shaoyin; above Shaoyin, it is called the sun... below Guangming, it is called Taiyin; before Taiyin, it is called Yangming... the surface of Jueyin is called Shaoyang.

Therefore, in the separation and fusion of the three yang, the sun is open, Yangming is closed, and Shaoyang is the pivot... In the separation and fusion of the three yin, Taiyin is open, Jueyin is closed, and Shaoyin is the pivot. The opening and closing pivot is a straightforward and vivid explanation of the abstract function of the three yin and three yang gasification by ancient people under the guidance of elephant thinking. Yin and Yang are each divided into three, merging into six. The three Yin and Yang states the six states of separation and separation in nature. The “opening and closing pivot” serves as the gateway for the transformation of the three Yin and Yang, such as the entrance and exit. Based on the theory of the Yellow Emperor’s Internal Classic - Yin Yang Separation and Separation Theory, Professor Gu Zhishan created the Gu family’s Tai Chi Opening and Closing Pivot Phase Diagram, integrating the spatial thought of the “Eight Trigrams” in the Tai Chi Eight Trigrams Diagram and the six laws of the “Luoshu”, and coordinating the acupuncture principles in the Internal Classic. Gu Lao’s “Three Yin and Three Yang Opening and Closing Pivot Phase Diagram” explains to us the interactive relationship between Yin and Yang, the ascending and descending movements, and the connection with the Six Meridians through the “Opening and Closing Pivot”. The ascending and descending movements of the three yin and three yang are specific manifestations of the six meridians. Individuals with cosmic order and harmony in the human body maintain their dynamic balance in a rhythmic manner. Once this balance is disrupted by internal and external factors, it can trigger or cause various diseases. The Six Qi Acupuncture Therapy is a phenomenon of meridian sensation transmission in the movement of the Three Yin and Three Yang Tai Chi Circle, which aims to restore the imbalance of yin and yang through the pathological process formed by the dynamic balance of yin and yang.

Insomnia, from the perspective of yin and yang movement, is usually referred to as “yang does not enter yin”. In the “Suwen. Reverse Regulation Theory”, there is a saying that “stomach disharmony leads to restlessness”. Many doctors have interpreted it from the perspective of spleen and stomach phlegm dampness. In the original text of the Yellow Emperor’s Internal Classic, it has long been explained: “Those who cannot lie down and rest with sound are the inverse of Yangming... Yangming is the stomach pulse, the stomach is the sea of the six organs, and its qi also descends. Yangming cannot lie down because it cannot follow its path. Therefore, the essence lies in closing and lowering the Yang Ming. Therefore, in the selection of the Six Qi Acupuncture Method, the “double closure” combination of Jueyin and Yangming is usually used, and the Taiyin, Shaoyin, and other parts are selected according to the patient’s constitution or other accompanying symptoms for acupuncture, in order to achieve the function of dredging meridians, regulating viscera, and balancing yin and yang.

5. Summary

This study shows that the traditional Chinese medicine symptoms and various scores of the experimental group after treatment are lower than those of the control group, and the cure rate is also higher than that of the control group. The Six Qi Opening and Closing Acupuncture Method has certain advantages over traditional modern medical medication in the

treatment of insomnia. At the same time, compared with the traditional acupuncture and moxibustion technology, the six qi acupuncture therapy has many advantages, such as less acupoint selection, less pain, quick effect, good curative effect, simple operation, no side effects, and so on. The clinical effect is immediate and has been widely used in clinical practice.

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