

# Analysis on the Selection Rules of Acupoints for Acupuncture Treatment of Breast Hyperplasia

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**Abstract:** ***Objective:** To summarize the acupoints selected by acupuncture in the treatment of breast hyperplasia by reading the literature, and to clarify the rules of acupuncture in the treatment of breast hyperplasia. **Methods:** The literature was searched and screened with the keywords "acupuncture" and "breast hyperplasia" in CNKI, and 32 acupuncture methods for the treatment of breast hyperplasia were selected and summarized. **Results:** The most frequently used acupoints were Danzhong, Sanyinjiao, Taichong, Zusanli, Ganshu, Wuyi and Rugen. The meridians that are more used are the Zuyang Ming Stomach Meridian, the Zuyang Bladder Meridian, the Zu Yin Liver Meridian, and the Ren Meridian; The treatment uses more chest acupoints. **Conclusion:** Acupuncture has a clear curative effect in the treatment of breast hyperplasia, and the acupoint selection rule is mainly based on the acupuncture points of the stomach meridian of Zuyangming, supplemented by the acupoint of the foot sun bladder meridian and the yin and liver meridians of the foot and the yin and liver meridians of the foot and the pulse. The application of local acupoint selection treatment, supplemented by the acupoints of the lower limbs.*

**Keywords:** Breast hyperplasia; Acupuncture treatment; Acupoint selection rules.

## 1. Introduction

Breast hyperplasia is a common and frequently occurring disease in women, characterized by breast pain, breast nodules, or a combination of both. Its incidence rate ranks first in breast diseases, which is caused by endocrine disorder and hormone level imbalance. The basic pathological change is the hyperplasia of breast parenchyma, which shows abnormalities in structure, quantity, and tissue morphology. Essentially, it is a disorder of normal breast structure caused by physiological hyperplasia and incomplete involution [1]. When the concentration of androgens and progesterone increases at the beginning of menstruation, it is manifested as breast structural enlargement; After the end of menstruation, the concentrations of estrogen, progesterone, and antidiuretic hormone in the body generally decrease, and the breast tissue becomes softer and smaller. If there are problems such as endocrine disorders and abnormal hormone regulation during the process of proliferation and recovery, the restoration of mammary lobules is poor, and the original state of proliferation is maintained, it will cause structural disorder of mammary tissue, resulting in persistent nodules and pain [2]. This disease belongs to the category of "lump in breast" and "breast nucleus" in traditional Chinese medicine, mainly related to emotional factors. The pathogenesis is mostly liver depression and qi stagnation, blood stasis and phlegm coagulation, and imbalance of Chong and Ren. The differentiation of diseases according to pathological changes of the viscera and their interrelations of Zang and Fu mainly belongs to the liver meridian, spleen meridian, and stomach meridian [3].

## 2. Traditional Chinese Medicine's Understanding of Breast Hyperplasia

In traditional Chinese medicine theory, the etiology of

proliferative lesions is believed to be obstruction caused by local obstruction, resulting in nodules. However, the causes of obstruction are often due to solid causes and weak promotion from deficiency causes. The most critical cause of breast hyperplasia is liver depression and qi stagnation. The main physiological function of the liver, as stated in the Neijing, is to clear and regulate the body's qi flow, helping to circulate qi and blood throughout the body. At the same time, it affects the digestive and emotional functions of the spleen and stomach through its expressive function. When the liver loses its circulation, the body's metabolic capacity weakens, the circulation of qi and blood is blocked, and emotions are not smooth. Research has found that the anxiety level of most patients with breast hyperplasia is higher than that of normal individuals [4]. And emotional fluctuations can affect the patient's condition, so it can be considered that there is an extremely close relationship between liver dysfunction and the occurrence and development of breast hyperplasia [5].

Phlegm blood stasis is an important cause of breast hyperplasia, resulting in substantial stasis, which leads to poor circulation of meridians and pathological changes. Phlegm, with a thick texture, is a pathological product formed by abnormal water metabolism in the body. Once phlegm is formed in the body, it can evolve into various pathogenic factors. Blood stasis refers to the pathological product formed by the obstruction of blood circulation and the coagulation of blood. Its formation is mainly influenced by multiple factors such as qi deficiency, qi stagnation, and cold coagulation [6]. Traditional Chinese Medicine believes that the human body is a whole, and the internal organs are interconnected and influence each other, which also leads to the development and changes of pathogenic factors. The spleen, lungs, liver, and kidneys jointly participate in the generation, metabolism, and operation of qi, blood, and body fluids in the body. Once the organs lose control, have poor circulation, or have poor transpiration and warmth, or have disrupted the flow of qi,

blood, and body fluids, the circulation of qi, blood, and body fluids in the body becomes disrupted or stagnates in a certain area, resulting in pathological products such as edema, swelling, lumps, and nodules. Or it may be due to the influence of organ disease mechanisms, which combine with pathological factors such as cold and heat to produce new causes and mechanisms that continue to harm health [7-10].

The Chong and Ren meridians originate from the uterus, attached to the liver and kidney, and connect to the twelve meridians through qi. They are generally used for the differentiation of gynecological diseases [11]. The Chong and Ren meridians are closely related to the liver and kidneys, with the Chong meridian being the "sea of blood" and the "sea of twelve meridians", and the Ren meridian being the "sea of yin meridians". The two jointly regulate the physiological functions of yin and yang qi and blood, and the liver stores blood and the kidneys store essence. The physiological effects of mutual regulation, nourishment, and enrichment between the two complement each other. Therefore, when diagnosing and treating breast hyperplasia, doctors also need to pay attention to the harmony of the Chong and Ren meridians, which is closely related to the health of liver and kidney physiological functions.

### 3. Summary of Acupoint Selection Rules for Acupuncture Treatment of Breast Hyperplasia

This article screened a total of 32 articles on acupuncture treatment methods for breast hyperplasia, including 17 articles on ordinary acupuncture, 12 articles on special acupuncture, and 3 articles on combination of acupuncture and medication. A total of 53 acupoints were selected, with a total frequency of 274 uses.

#### 3.1 Data and Methods

1) Literature search: conducted by searching the China National Knowledge Infrastructure database with keywords such as "acupuncture", "breast hyperplasia", "selection plan", and "treatment experience". Finally, 32 articles that met the requirements of this article were selected.

2) The inclusion criteria: first clarify the diagnosis of breast hyperplasia or explain its etiology and pathogenesis; The second treatment method is literature related to acupuncture; The literature mainly focuses on the clinical efficacy observation of breast hyperplasia, supplemented by a summary of controlled experiments; Clear literature on diagnosis and treatment basis and acupoint selection prescription.

3) Exclusion criteria: literature without clear efficacy and prescription; Literature not aimed at treating diseases; Published over 20 years of treatment experience literature.

4) Data processing methods: The name, location and meridian tropism of acupoints are all based on acupuncture and moxibustion and Moxibustion (the national standard textbook of the "14th Five Year Plan"). The author summarized, arranged, and calculated the data of the included literature to obtain relevant patterns and correlations.

### 3.2 Results

#### 1) Application frequency and frequency statistics of acupoints

Summarize and organize the 53 acupoints used for treating breast hyperplasia in the included literature, summarize the frequency of use of each acupoint, calculate its frequency of use, and sort them in descending order.

**Table 1:** Frequency and Frequency of Acupoints Selected for Inclusion in Literature

Acupoint name	Number of occurrences	Frequency of occurrence
Danzhong	25	9.12%
San YinJiao	22	8.03%
TaiChong	20	7.30%
Zusanli	19	6.93%
Ganshu	17	6.20%
Rugen	16	5.84
Wuyi	14	5.11%
Qimen	12	4.40%
Hegu	11	4.01%
Jianjing	11	4.01%
Taixi	10	3.65%
Shenshu	8	2.92%
Pishu	8	2.92%
Fenglong	7	2.55%
Tianzong	6	2.19%
Guanyuan	5	1.82%
Xuehai	5	1.82%
Ashixue	4	1.46
Geshu	3	1.09%
Yanglingquan	3	1.09%
Zhangmen	3	1.09%
Neiguan	3	1.09%
Zhongwan	3	1.09%
Zulinqi	2	0.73%
Xiaxi	2	0.73%
Shaoze	2	0.73%
Xingjian	2	0.73%
Riyue	2	0.73%
Zhongfu	2	0.73%
Tianshu	2	0.73%
Qihai	2	0.73%
Waiguan	2	0.73%
Xiawan	1	0.36%
Yunmen	1	0.36%
Ciliao	1	0.36%
Jiaji	1	0.36%
Shenting	1	0.36%
Benshen	1	0.36%
Xuanlu	1	0.36%
Xuanli	1	0.36%
Zhengying	1	0.36%
Chengling	1	0.36%
Renying	1	0.36%
Quchi	1	0.36%
Zigong	1	0.36%
Qihu	1	0.36%
Feishu	1	0.36%
Jueyinshu	1	0.36%
Danshu	1	0.36%
Huiyin	1	0.36%
Huaroumen	1	0.36%
Yuji	1	0.36%
Daimai	1	0.36%
Total:53	274	100%

The shown in the table above, this article counted a total of 53 acupoints used for treating breast hyperplasia, with a total of 274 uses. The statistical results show that the top ten acupoints with the highest frequency of use are Danzhong, Sanyinjiao, Taichong, Zusanli, Ganshu, Rugen, Wuyi, Qimen, Hegu, and Jianjing.

2) The number and frequency of acupoints' meridian and its use

**Table 2:** Frequency and Usage of Selected Meridians in the Included Literature

Meridian name	Selected acupoints	Number of uses	Usage frequency
The Stomach Meridian of Foot-Yangming	Zusanli, Rugen, Wuyi, Fenglong, Tianshu, Sliding Meat Gate, Renying, Qihu	61	22.26%
The urinary bladder Meridian of Foot-Taiyang	Ganshu, Shen shu, Pishu, Geshu, Jue Yinshu, Feishu, Danshu, Ciliao	40	14.61%
The Liver Meridian of Foot-Jueyin	Taichong, Qimen, Zhangmen, Xingjian, Danzhong, Guanyuan, Zhongwan, Qihai, Xiawan, Huiyin	37	13.50%
Ren Meridian		37	13.50%
The Spleen Meridian of Foot-Taiyin	Sanyinjiao, Xuehai	27	9.86%
The gallbladder meridian of Foot-shaoyang	Jianjing, Yanglingquan, Riyue, Xiaxi, Zuilinqi, Xuanlu, Xuanli, Benshen, Zhengying, Chengling, Daimai	26	9.50%
The Large Intestine Meridian of Hand-yangming	Hegu, Quhi	12	4.38%
The Kidney Meridian of Foot-Shaoyin	Taixi	10	3.65%
The Small Intestine Meridian of Hand-Taiyang	Tianzong, Shaoze	8	2.92%
Extraordinary acupoints outside the Meridians	Ashixue, Zigong, Jiaji	6	2.19%
The Pericardium Meridians of Hand-Jueyin	Neiguan	3	1.05%
The Sanjiao Meridians of Hand-Shaoyang	Waiguan	2	0.72%
Du Meridians	Shenting	1	0.37%
Total 53 274			100%

According to Table 2, the top five meridians commonly used in the treatment of breast hyperplasia are the Foot Yangming Stomach Meridian, Foot Taiyang Bladder Meridian, Foot Jueyin Liver Meridian, Ren Meridian, and Foot Taiyin Spleen Meridian. The frequency of use of these five meridians is 202 times, accounting for 73.36% of the total frequency.

3) Statistics of the location of acupoints

**Table3:** Distribution of acupoints and frequency of use for acupuncture treatment of breast hyperplasia

Distribution	Total of acupoints	Usage frequency
head and neck	7	7
shoulder and back	10	57
breast	8	63
abdomen	11	33
lumbosacral region	2	2
arms	6	20
legs	10	92
Total 53		274

According to Table 3, the acupoints with higher frequency of use are the chest, shoulder, back, and lower limbs, with a total frequency of 212 uses and a total frequency of 77.37%.

## 4. Analysis of Acupoint Selection Rules for Acupuncture Treatment of Breast Hyperplasia

### 4.1 Local Acupoint Selection

The therapeutic effects of acupoints can be divided into three types: proximal treatment, distal treatment, and bidirectional benign regulation. However, the local treatment of diseases with acupuncture lesions applies the proximal treatment effect of acupoints, that is, the location of the acupoint and the main treatment [12]. Danzhong is located in the middle of the breasts, with the lungs inside, known as Qi Hui. Moreover, Danzhong [13] is also a place where Zongqi gathers, and Zongqi promotes the circulation of ying, wei, qi, xue. Therefore, Danzhong is also known as the Sea of Qi, which governs the Qi mechanism of the entire body. Therefore, it is believed that acupuncture Danzhong can unblock local and systemic qi, promote the smooth flow of qi and blood in meridians, and unblock stasis in the collaterals of breast. Rugen, Wuyi, and Qihu all belong to the The Stomach Meridian of Foot-Yangming, which has plentiful qi and blood. When selecting the above three acupoints for treatment, the needle tip is often pointed towards the disease site during the operation, aiming to directly reach the disease site, sort out the qi and blood at the lesion site, and relieve pain. Secondly, it is commonly used to treat the lumps and painful areas of the lesion, using pain as the acupoint and selecting the Ashi acupoint for treatment, in order to unblock the qi and blood at the nodule and dissipate it. Zhongfu and Yunmen are less commonly used and belong to the Hand Taiyin Lung Meridian. The lungs are the foundation of qi, so acupoints on the lung meridian are often used to treat diseases of qi dysfunction [14].

### 4.2 Select Acupoints Along the Meridian

Traditional Chinese Medicine believes that breast hyperplasia is often related to the liver, spleen, and kidneys, and the main dialectical approach is based on the deficiency of the root and the differentiation of the target [15]. The stomach meridian runs through both breasts, so it is closely related to the physiology and pathology of the breasts. The meridian is rich in qi and blood. If there is blood stasis and obstruction in the breast, the blood and qi will condense and form nodules. If there is obstruction, it will cause pain. Therefore, in clinical treatment, a large number of acupoints on the stomach meridian are selected, such as Zusanli, Wuyi, and Rugen, to promote qi circulation and unblock the breast vessels. The liver meridian runs through the rib area and is closely related to the breast. And the liver regulates the circulation of qi and the storage of blood. If the qi is not smooth, people will experience emotional depression, lack of qi and blood flow, and block the meridians, leading to the formation of nodules in the areas where the meridians pass through. Therefore, it is common to use liver meridian acupoints such as Taichong and Qimen to adjust meridian qi and balance yin and yang. The Spleen Meridian and Kidney Meridian are closely related to human reproductive development, and are the innate and acquired basis of human beings. They regulate the innate essence and the essence of water and grain. However, due to improper regulation, people often suffer from deficiency syndrome, causing qi, blood, essence, and spirit to be weak,

and limiting the physiological functions of other organs. Therefore, the treatment of diseases requires supplementing the body's qi, blood, yin and yang to invigorate the body. The acupoints with high frequency of use of the Foot Sun Bladder Meridian are Gan Shu, Pi Shu, and Shen Shu. On the one hand, they facilitate the communication of yin and yang between the front and back, and on the other hand, the Back Shu acupoint, which is the organ closest to the disease, is selected to balance yin and yang by tonifying deficiency and purging excess. The Ren meridian is the sea of Yin meridians, which is responsible for reproduction and strengthening the foundation of deficiency. The Ren meridian runs longitudinally along the anterior midline, passing through the center of the two breasts, and can regulate the Sanjiao Qi machine, improve the circulation of qi and blood, and disperse breast nodules. At the same time, both Guan Yuan and Qi Hai acupoints are located in the lower abdomen, which can strengthen the foundation and cultivate the element, support the righteous qi to control evil.

### 4.3 Adjust According to the Symptoms

The traditional Chinese medicine diagnosis and treatment process emphasizes differentiation and treatment. When it comes to breast hyperplasia, the treatment plan varies depending on the etiology and pathogenesis. In the process of summarizing the above 32 acupuncture prescriptions, it can be found that the main syndrome types of breast hyperplasia are divided into liver stagnation and qi stagnation type, blood stasis and phlegm coagulation type, and Chong Ren imbalance type. Patients with liver depression and qi stagnation [16] often experience emotional distress, irritability, breast swelling and pain, and the size of the lump changes with emotional fluctuations. When treating diseases, the methods of soothing the liver, regulating qi, activating collaterals, and dispersing knots should be adopted. When needling, select acupoints such as Taichong, Qimen, Riyue, etc. to soothe the liver and regulate qi, and regulate the qi mechanism. Patients with blood stasis phlegm coagulation type [17] present with breast pain, well-defined and tough lumps, often in the form of strips, nodules, or circular nuclei, and tongue bruising or purplish dark spots. The treatment plan requires promoting blood circulation and removing blood stasis, as well as relieving phlegm. When needling, select acupoints such as Xuehai, Fenglong, Zhongwan, and Gesu to promote blood circulation, remove blood stasis, expel phlegm, and regulate qi. Patients with Chong Ren disorder [18] often present with deficiency syndrome, continuous and dull breast lumps, or visible cold and cold limbs, soreness and pain in the waist and knees, or restlessness and heat in the five hearts, low menstrual flow or pale color. For this type of patient, it is necessary to regulate Chong Ren, harmonize the liver and kidneys, and use acupuncture to select Guan Yuan, Qi Hai, and Zhong Wan to supplement deficiency and strengthen the foundation, and to strengthen the body and drive away evil.

### 5. Summary

In summary, acupuncture has a clear therapeutic effect on breast hyperplasia, and the treatment plan is flexible. The main acupoint selection pattern is based on the Foot Yangming Meridian, followed by the Foot Taiyang Bladder Meridian, Foot Jueyin Liver Meridian, and Ren Meridian; Secondly, acupuncture treatment for breast hyperplasia often

involves selecting local acupoints, with chest acupoints as the main focus and lower limb acupoints as a supplement.

Due to the immaturity of my abilities and skills, my search methods are limited, my literature collection is incomplete, and I have not conducted in-depth research. Additionally, there are still blind spots in the diagnosis and treatment process of this disease, and the rules I have compiled are subject to chance. Therefore, in future discussions and analyses, I should strengthen my personal abilities, conduct in-depth thinking, collect reliable data samples, and conduct in-depth research on the treatment mechanism of acupuncture for this disease to reduce errors.

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