

The Mechanism of Acupuncture and Moxibustion in Treating Primary Dysmenorrhea was Discussed from the Point of Meridians and Acupoints

Xiuying Ma¹, Xinchun Xiao^{2,*}

¹Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

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

*Correspondence Author

Abstract: *The theoretical basis of acupuncture and moxibustion in the treatment of primary dysmenorrhea (PD) is discussed from the perspective of meridians and acupoints. It is pointed out that acupuncture and moxibustion in the treatment of PD is mainly based on the syndrome differentiation of zangfu and meridians, guided by the theory of meridians, and plays a role in balancing Yin and Yang, regulating zangfu and dredging meridians through acupuncture and acupoints. It can improve local blood supply and circulation in the lower abdomen, pelvic cavity and lumbosacral region, and relieve or eliminate pain. In addition, clinical research literature reports that acupuncture and moxibustion or acupuncture combined with other therapies are effective, safe and operable in the treatment of PD, which has certain advantages compared with surgery and drug therapy.*

Keywords: Primary dysmenorrhea, Meridians, Acupoint, Acupuncture and moxibustion.

1. Introduction

Primary dysmenorrhea is a gynecological disease that occurs in the menstrual period or before and after menstruation with small abdominal pain as the main symptom. Compared with secondary dysmenorrhea, the incidence of PD is as high as more than 90% [1], and the occurrence time is six months to one year after menstruation, and the incidence gradually decreases at about 30 years old. Patients are often accompanied by lumbosacral distension, pain, dizziness, nausea, vomiting, diarrhea and other symptoms, and even cold sweating and syncope [2], which seriously affect patients' daily work and study. Western medicine mainly uses non-steroidal anti-inflammatory drugs, oral contraceptives, calcium antagonists and other drugs, which are easy to cause a variety of adverse reactions [3].

2. PD Acupuncture Treatment

Abdominal pain in the motherland medicine dysmenorrhea is known as the "woman", "moon water to abdominal pain", "line by abdominal pain, etc. [4]. In the Acupuncture and Moxibustion A B Jing, it is recorded that "the pain in the uterus of a woman, the moon water does not rest when it is not, and the heavenly 枢 is the master". "The woman in the Yin pain, the lower abdomen, sharp pain Yin ling spring Lord" is; The pre-emergency daughter s "records" little abdominal distension, pain in the Yin, the water to the lumbar spinal pain, any breakdown in the cell, door cold, urine impassability, channel into two and a half inch, moxibustion five strong "; Acupuncture and Moxibustion Dacheng recorded that "Sanyinjiao, main abdominal cold... Sanyinjiao is the point where the liver, spleen and kidney three Yin meridians meet, and all three of them pass through the lower abdomen, so they can be treated for PD. Li hui jing [5] and other three vaginal intercourse with acupuncture and moxibustion treatment of PD, the control of oral ibuprofen treatment, the results showed that the curative effect of treatment group compared with control group. This indicates that stimulation of abdominal

acupoints can regulate the function of zangfu organs and promote the movement of qi and blood, thereby relieving pain symptoms. Jin Jinlan [6] et al selected Guanyuan (CV 4), Zusanli (ST 36), Sanyinjiao (SP 6) and Zusanli (ST 36) as the acupuncture group for the treatment of PD, and selected acupoints according to the syndrome differentiation according to the related symptoms, while the control group took Fenbude orally. The results showed that the total effective rate of the acupuncture group was 94.23%, and that of the control group was 73.30%. Compared with the control group, the efficacy of the acupuncture group was significantly more remarkable. Wang Baoxiang [7] three vaginal intercourse, guan yuan, such as lr 3, foot three mile, the acupuncture point for group 1, acupoints plus moxibustion at the same time in the extreme, liao, guan yuan, group 2 was a single aperture time liao as a group, two groups of alternate acupuncture treatment of dysmenorrhea, the results showed that 1 group total effective rate was 98.15%.

3. PD's Relationship with Meridians

3.1 Meridian Basis of Acupuncture in the Treatment of PD

In clinical guidelines basis, Ye Tianshi think estrangement "" pain for collaterals, meridian is the main channel of qi and blood running, have direct is a complex relationship with viscera, collaterals to moisten the loss or follow not chang can cause pain, so it can be used to explain the pathological changes of and guide diagnosis and acupuncture treatment.

3.1.1 PD relationship with the rush of du meridian, overseers, blunt three pulse with derived from cellular palace, out of the perineum, link the whole body each viscera and meridians, as "although things close, a" yue: "blunt, ren and du veins, varies with the line, a source, and three disambiguation is complex with pulse". The Neijing says, "The conception vessel is a disease, and a woman has conglomeration." This indicates that according to the course of meridians, if the conception

vessel is involved, the woman's abdomen will form dysentery, resulting in obstruction of the circulation of qi and blood in the area, resulting in pain. Li Shizhen wrote in the Examination on Eight Extraordinary Meridians: "The governor vessel is the sea of Yang vessels, which starts from the lower kidney and reaches the lower abdomen... Don't du meridian collaterals, since the long walk strong ren meridian, by less rectus and penetration umbilical central." Yang qi is the general department of the governor vessel, and PD is mostly caused by cold coagulation and blood stasis. Therefore, acupuncture and moxibustion on the governor vessel can warm the kidney and warm the palace, dissipate cold and relieve pain [8]. Wang Bing wrote in Gu Kong Lun of Plain Questions, "In the present Jia B and the ancient Meridian Flow Notes, the conception vessel running along the back is called the governor vessel. The conception vessel running from the lower abdomen to the upper is called the conception vessel, also called the governor vessel. The conception vessel is Yin and runs along the anterior median line, while the governor vessel is Yang and runs along the posterior median line. The qi and blood of the twelve meridians are coordinated together to treat PD. And as "JingYue encyclopedia" yue: "the blood of zang-fu organs, all belong to the vein and the impact is the blood of the five internal organs", nest yuan fang also pointed out in the "theory of various pathogenic syndrome" "water to abdominal pain, the woman month by internal lesion caused by overexertion flesh, so that the virtual body, air cooling of gas, the guest in the cell, damage of blunt the qualified vein... On its massive hemorrhage, by air, the water will, under the blood gas in air cooling, air cooling and blood gas phase, the pain is ", so blunt as close of connection of arteries and veins.

3.1.2 PD's relationship with fa jue Yin liver meridian Ye Tianshi "clinical guidelines basis" yue: "strange through eight veins is briefly, most second liver, for women to justify liver innate... Secondary spleen and stomach." Liver belongs to wood, article xi of the evil depression, pathogenic factor and the main Tibetan blood, hide the blood is the material basis for the pathogenesis, the pathogenesis is the embodiment of storing blood, liver, blood contains enough, can moisten the diseases, diseases with mastery, so as to ensure the normal operation of etiological and function; Blood is hidden in the liver, and it is transmitted to the periphery through the function of dispersion, or the formation of menstruation. All of the above need the liver to play the role of dispersion. The mutual coordination and mutual root interoperability, mutual restrict, mutual to maintain the normal function of the liver. Wan Quan, a physician of the Ming Dynasty, wrote in his book Wan shi Gynecology, "The nature of women is stubborn and impatient, angry and jealous, so as to hurt the liver qi. Liver for the sea of blood, Chong Ren of the system, Chong Ren of the lost, blood gas also ". The pathogenesis of liver function is normal, the person who access, lifting and orderly, via meridian, qi and blood and adjustable, the blood line is fluent, channel unobstructed. Conversely, liver pathogenesis is functioning properly, one is the pathogenesis is not as good as, jet resistance discharge and ease; The second is that the rise is too excessive, thus forming the pathological changes of the inverse of liver qi, which eventually leads to the disorder of qi, qi stagnation and blood stasis, and obstruction of the veins. One of them causes PD, and the other is that the liver blood cannot be transferred to the uterus, and the uterus

cannot maintain the normal menstrual volume and cycle. Wang Guojian [9] treated primary dysmenorrhea with acupuncture at acupoints of the foot jueyin meridian alone, and compared with traditional acupoint selection based on syndrome differentiation. The operation time was as follows: 3 courses of treatment, 1 course of treatment was 10 days. Results Dysmenorrhea was significantly improved in the treatment group, the total effective rate was 90.0% (54/60).

3.1.3 The relationship between PD and the kidney meridian of foot shaoyin "Plain questions · six sections of viscera" contains: "The kidney, the main sting, the sealing of this, the essence of the place also". The Huangdi Neijing (Yellow Emperor's Internal Classic) believes that the kidney is "the place where essence is stored, and the main bone and marrow are born". In ancient medicine, the kidney is also called the "innate source". It can be known that the kidney is the main storage of essence, which stores the essence of innate water and grain and the essence of acquired nature, and the essence and blood feed each other, so as to ensure the material basis for menstruation and promote the growth and development of women and the maturity of reproductive function. "Element asked, ancient naive theory:" the essence of kidney is the main water, the insides and hidden, so the five zang-organs, but can drain, now five zang-organs are failure, bones and muscles solutions for abortion, menstruation do, so the hair grey white, body weight, the line is not straight, without a child." It is obvious that the kidney is closely related to the woman's multifetal delivery. Wang Qi [10] et al. think that the fundamental pathogenesis of primary dysmenorrhea is the deficiency of spleen and kidney Yang, and various factors lead to the deficiency of kidney Yang, the loss of warmth and warmth, the loss of circulation and uterus, the endogenous deficiency and cold, the stagnation of blood vessels, and the occurrence of dysmenorrhea. The spleen is the root of acquired nature, and the kidney Yang is deficient, the spleen and Yang are not warm, and the deficiency of spleen and Yang leads to the stagnation of water and dampness, and the storage of uterus and uterus and the circulation and uterus, resulting in deficiency and cold. The knot inside blood stasis, blood operation impeded, the lower abdomen pain, cold much. In terms of the meridian shape, it is just as in the Miraculous Pivot: Five Sounds and Five Tastes: "The thoroughfare vessel and conception vessel both originate from the bao". Another example is "Su Wen · Qi bing Lun" cloud: "The body collateral, the kidney." In Qi bing Lun (on Qinbing of Plain Questions), it is recorded that the crucial element on the conception vessel intersects with the kidney meridian of foot shaoyin and is accompanied by the descending branch of the thoroughfare vessel. It can be satisfied that the Shaoyin kidney meridian and the Chongren and ren meridians are connected by qi. The Jiayi Jing of Acupuncture and Moxibustion contains: "There is evil blood in the zang of the woman's son against the full pain, and the stone is connected to the Lord." That stone clearance hole can be reduced inverse pain, treatment of kidney and blood stasis caused by PD.

3.1.4 The relationship between PD and the spleen meridian Qi and blood, as the basic material of menstruation, comes from the transformation and production of innate kidney essence on the one hand, and depends on the transportation and production of water and grain by the acquired spleen and stomach on the other hand. If the spleen transportation and

chemical function is lost, the water and grain essence can not be produced, and the generation of qi and blood is insufficient, there is no innate sufficiency [11]. Just as Yue Fujia's Miaoyi Zhai Medical Zhengyin Seed Chapter of the Ming Dynasty wrote, "Those who suffer from pain after water passage are also deficient in qi and blood." Look from the meridian contorts, spleen by the upward through the lower abdomen, and ren and second pulse respectively to "in" and "three vaginal intercourse", spleen by through any second pulse impact and establish bullishness of contact cell palace, PD is closely related to the spleen through so, "the insides of the blood, because general temper" ("Shen Zhu golden chamber volume, 16). The temper can control the blood of the whole body, so that it runs normally and does not spill out of the blood. The function of spleen blood system is done by gas ejection function. The transport and chemical function of the spleen is strong, so qi and blood are full and qi can suck blood. Gas containing function is also strong, the blood will not escape bleeding occur outside of arteries and veins. On the other hand, the spleen operation function decline, the insufficient source of qi and blood deficiency, qi deficiency, the general has no right to blood from vein, which can lead to bleeding. It can be seen that the so-called "spleen controls blood, so blood is popular with temperament", which just proves the theory of endometriosis implantation in western medicine. Just as Lang Jinghe proposed that ectopic implantation and growth occur after the eutopic endometrial fragment enters the pelvic cavity and abdominal cavity with the retrograde flow of menstrual blood [12], which causes pain in the pelvic cavity and lumbosacral region. Tian Liying [13] often selects Sanyinjiao, an acupoint on the spleen meridian, for the treatment of primary dysmenorrhea. Since Sanyinjiao is the junction of the liver, spleen and kidney three meridians, proper acupuncture can strengthen the liver, spleen and kidney, make the essential blood full, the thoroughgoing and Ren meridians are self-regulated, and the uterus is able to hide and reduce pain, so as to regulate the meridians, clear the collaterals and relieve pain.

3.1.5 The relationship between PD and the stomach meridian of Foot-yangming and the Chong vessel intersect at the Qi Street and the conception vessel intersect at the Cheng pulp. Therefore, the uterus and stomach meridian are related to each other based on this, so the treatment of dysmenorrhea can be started with the acupoints of the stomach meridian. For example, it is recorded in the book *Bei ji Qian jin Yao Fang* (Essential Prescriptions for Emergency of a Thousand Gold): "pain in the uterus, evil blood, rest when the moon water is not flowing, abdominal distension, bowel movement, qi rising to the chest, and piercing Tianshu". At the same time, the stomach is the main receptor, the spleen is the main transport, the spleen is the main clear, and the stomach is the main turbidity. Inside the stomach and spleen, the stomach is the precondition of spleen qi and blood transport. The stomach is mainly to accept and corrupt the food, and then the nutrients through the meridian "rise and clear" by the spleen absorption into qi and blood, if the spleen absorption and transformation is not good, not only lead to "qi and blood deficiency", the inability to promote the stomach energy, the stomach will also have a loss of appetite, it is difficult to continue to "turn-back and embrace the new", eventually resulting in the cell vessel malnutrition, not rong is painful. Therefore, it is necessary to pay attention to the function of spleen and stomach in the

treatment of PD. When spleen and stomach are strong, the limbs and bones can be nourished, and only when the body is strong and healthy, the pathogens can be insidious and powerful [14]. Hao Cangcang think [15], such as research on haemorrhological nature and blood stasis type of PD, the needle selecting foot three mile, or valley, closed in with every ginger moxibustion therapy after analgesic effect is remarkable.

3.1.6 PD with sufficient sun the bladder bladder upward to the du meridian rendezvous with the head, back and back thigh downward through the human body, contact the classics. It is mainly caused by qi stagnation and cold coagulation, and the deficiency syndrome is often deficient, which is common in kidney deficiency and qi and blood deficiency. Moreover, the bladder meridian is the place of Yang qi, the Yang in Yang, and the meridian is generated by Yang. Therefore, the acupoints of the bladder meridian can be selected to invigorate Yang qi in the human body, and the therapeutic principle of "treating Yang with Yin disease" is followed [16] to resist external pathogens and treat PD. Secondly, the branches of the bladder meridian divide from the waist, pinch the spine down, pass through the buttocks, and enter the popliteal fossa, so it can treat the diseases of the waist and legs. Uterine fibroids, dysmenorrhea, pelvic inflammatory disease and other diseases can cause lumbosacral and buttock pain.

3.2 Acupuncture treatment of PD meridians acupoints is specific parts of the human body meridian qi lingers, is also the reaction point and the operation on acupuncture the location of a disease are stimulated. Based on the principles of acupuncture and moxibustion acupuncture point chosen can be summarized as local find, tired day find find and differentiation.

3.2.1 Local acupoint selection is one of the methods of acupoint selection based on the diseased area. The characteristic of acupoint selection is "taking tender point as tender point". "Thousand Jin Yifang" for the first time, referred to as "empty" waist, belongs to the outside singular point, sag, located under the fifth lumbar spine near the palace, according to the acupoint near cure effect, local treatment can be achieved on the pain, 17 vertebral den du meridian, bladder, feet shaoyin kidney sufficient sun approved by three the lead, 17, acupuncture vertebral can drive the qi and blood of the adjustment of three channels and collaterals, only strengthen the pain. "Therefore, those who are good at using needles should guide Yang from Yin and Yin from Yang to Yin." In addition, the abdomen is Yin and the back is Yang. Selecting the 17 Zhui for the treatment of dysmenorrhea is in accordance with the principle of "inducing Yin from Yang". Hong Junsheng [17] used the 17 Zhui acupoints as the main point and the control group with oral western medicine (Fenbide) for the treatment of PD.

3.2.2 tired day find "meridians, and by the attending", guan yuan, qi hai ren meridian ", li shizhen "strange through eight veins exam" records: "bitter round navel lower abdomen, the horizontal seam, Yin cut in pain, guan yuan rule." And guan yuan as the raise of the small intestine, the heart and small intestine are close yuan can regulate small intestine qi activity, and thus affect the heart sutra blood running, all the pain, ulcers, all belong to the heart, heart sutra angry blood helps to

relieve PD. Chen Pengdian etc. [18] study, close yuan of acupuncture point can reduce many chemicals such as prostaglandin F2 alpha (PGF2 alpha), prostaglandin E2, opioid receptors, 6 - ketone - alpha prostaglandin F1 are closely related and close yuan of acupuncture point acupuncture analgesia effect.

3.2.3 There are two basic pathogenesis of PD based on syndrome differentiation and acupoint selection. The first is "pain due to lack of general principles", and the second is "pain due to lack of glory", namely positive syndrome and deficiency syndrome. In the empirical cases, blood stasis was mainly caused by qi stagnation and cold coagulation. Virtual license for qi deficiency, blood deficiency, kidney deficiency. For example, qi stagnation and blood stasis with Taichong and blood sea; Cold coagulation and blood stasis with Guanyuan, Guihui; Blood weak distribution sea, a sea; Kidney deficiency with Shenshu and Taixi; Abdominal distension match day pivot, foot three mile; Pain with branch lander, gb 34; Chest tightness with CV 17, closed in [13]. It can be added or subtracted according to the patient's accompanying systemic symptoms, such as Zhongwan and Neiguan for vomiting; Diarrhea increased Changshu and Tianshu; Insomnia plus Shen pulse, according to the sea.

4. Conclusion

PD afflicts many women and is painful. Acupuncture, a treasure of Chinese civilization, can penetrate into the root of diseases, harmonize qi and blood, and dredge meridians. Acupuncture treatment of dysmenorrhea, in-depth exploration of the body's acupoints, awaken the internal strength. Body acupuncture, auricular acupuncture, moxibustion, a variety of treatment methods such as spring rain moistening, moistening women's physical and mental health, acupuncture, as a traditional Chinese medicine therapy, has dredging meridians, regulating qi and blood, significantly improving clinical symptoms, high safety, so it has a significant effect in the treatment of dysmenorrhea.

References

- [1] Zhao Shuli, Xue Li, Li Yonghui, et al. Click on the link upper cave treatment of dysmenorrhea of qi stagnancy and blood stasis syndrome clinical observation [J]. Chinese folk therapy, 2022, 30 (11): 44-46.
- [2] zhang bing, fu-chun wang. Research progress on the treatment of dysmenorrhea with moxibustion [J]. National physician BBS, 2022, 5 (4): 74-78.
- [3] Liang J, Han M Y, Luo Z, et al. Network meta-analysis of 8 kinds of acupuncture and moxibustion therapy for primary dysmenorrhea. World Science and Technology -Traditional Chinese Medicine Modernization, 2021,23(12):4593-4605.
- [4] Liang Rubi. The understanding of traditional Chinese medicine and treatment of primary dysmenorrhea research progress [J]. The Chinese and foreign women's health study, 2018, 26 (6): 10-11.
- [5] LI Huijing, LI Lijuan, ZHANG Tiejun, et al. Abdominal acupuncture for guiding qi to the source and moxibustion at Sanyinjiao for primary dysmenorrhea [J]. Jilin province traditional Chinese medicine, 2018, 38 (9): 1095-1097.
- [6] Jin Jinlan. Treatment of primary dysmenorrhea with acupuncture and moxibustion [J]. Liaoning Journal of Traditional Chinese Medicine, 2009,36 (10): 1783-1784.
- [7] Wang Baoxiang. Acupuncture and moxibustion treatment of dysmenorrhea, 54 cases of clinical observation [J]. Chinese medical emergency, 2013, 22 (3): 451.
- [8] QiuHongHong. Based on the theory of Yin and Yang to discuss ren du meridian acupuncture therapy for the treatment of dysmenorrhea [J]. Jiangxi province traditional Chinese medicine, 2023, 54 (10): 64-66.
- [9] Kingdom building. Treatment of 60 cases of primary dysmenorrhea with Jueyin meridian alone [J]. Jilin Traditional Chinese Medicine, 2010,30 (8):709-710.
- [10] feng-ying li, britain-based authority, zhou qiao. Dysmenorrhea moxibustion I type type cold dampness grinds to 30 cases of primary dysmenorrhea, curative effect observation [J]. Journal of hunan Chinese medicine journal, 2016, 32 (10): 101-102. The DOI: 10.16808/j.carol carroll nki issn1003-7705.2016.10.045.
- [11] cold plum, Lin class wins, LuKeNa. Invigorating kidney, activating blood and eliminating phlegm method for polycystic ovary syndrome Influencing the quality of survival in patients with [J]. Journal of yunnan journal of traditional Chinese medicine, 2013, (12): 26-28.
- [12] Wang Shu, iwabe t. Research progress on the characteristics of eutopic endometrium in patients with endometriosis [J]. Chin J Obstetrics and Gynecology, 2012,47 (11): 868.
- [13] Li Ying Tian Liying. Tian Liying using acupuncture and Chinese medicine treatment of uterine adenomyosis dysmenorrhea experience [J]. Journal of traditional Chinese medicine clinical journal, 2019, 31 (01): 66-69. The DOI: 10.16448 / j.carol carroll JTCM. 2019.0021.
- [14] xu Ming, Wang Ziyuan. Women's economy, regulate the menstrual function pay attention to spleen and stomach academic thought study [J]. Guangming Traditional Chinese Medicine, 2015,30 (10): 2054-2055.
- [15] Hao Cangcang, belinda. Clinical observation on acupuncture treatment of primary dysmenorrhea haemorrhological nature blood stasis syndrome [J]. Journal of Chinese medicine, 2018, 4 (3): 659-662.
- [16] ZHANG Zhangzhong. On the physiological function and clinical significance of bladder (meridian) [J]. Traditional Chinese Medicine Chinese Journal of Science and Technology, 2011, 10 (2): 29-31.
- [17] Hong Junsheng. Clinical study on the treatment of primary dysmenorrhea by acupuncture at the main point of seventeen Zhui [D]. Guangzhou: Guangzhou University of Traditional Chinese Medicine, 2012.
- [18] Chen Pengdian zhuo-xin Yang, NingYan, etc. Recent research progress on the mechanism of acupuncture and moxibustion in the intervention of primary dysmenorrhea [J]. China Medicine Guide, 2018,15 (30): 32-35.