

Clinical Application Experience of Kaihe Liuqi Acupuncture Method for Treating Neck, Shoulder and Back Pain Diseases

Yuan Yuan, Li Zhao, Yaolong Sun, Kaijun Wang*

Baoji Hospital of Traditional Chinese Medicine, Baoji 721000, Shaanxi, China

*Correspondence Author

Abstract: *The Kaihe Liuqi Acupuncture Method is based on the classical theory of traditional Chinese medicine, guided by the theory of the three yin and three yang pivots, and is used to treat neck, shoulder, back and leg pain. It has many advantages in the treatment of neck, shoulder, waist and leg pain, such as less needles, less pain, faster results, better efficacy, simpler operation, no toxic side effects, etc. In this paper, after introducing the origin and simple operation method of the six qi acupuncture methods, we analyzed 2100 cases of neck, shoulder, waist and leg diseases in the treatment clinic of Baoji Traditional Chinese Medicine Hospital, and the clinical efficiency rate was 96.20% and the cure rate was 76.10% after implementing the six qi acupuncture methods.*

Keywords: Five movements and six climates; Kaihe Liuqi acupuncture method; Neck, Shoulder, Back and leg pain.

1. Introduction

The symptoms of cervical spondylosis, peri-arthritis of shoulder, lumbar disc herniation, sciatica, acute lumbar sprain, and knee osteoarthritis often have a significant impact on the patient's quality of life. These symptoms are commonly associated with neck pain, shoulder pain, waist pain, leg pain. The Kaihe Liuqi Acupuncture Method is based on the theory of five movements and six climates in traditional Chinese medicine [1]. According to the pathogenesis of three Yin and three Yang, acupuncture is performed at the corresponding parts. There will be a meridian sensation transmission phenomenon of three Yin and three Yang Taiji circle movement in the way of opening, closing and shu movement. Acupuncture can stimulate the material energy of the body itself, so as to promote the benign transformation of the body state, fully display the natural rhythm of five movements and six climates, and perfectly reflect the holism of traditional Chinese medicine, which is the unity of nature and man.

2. Introduction of Stitch

2.1 The Stitch Origin

The Kaihe Liuqi Acupuncture Method is also called The dragon sand Kaihe Liuqi Acupuncture Method, referred to as "six stitches. Kai-jun wang by baoji in shaanxi TCM hospital chief physician to grind. It refers to a treatment method based on the classical theory of traditional Chinese medicine and guided by the theory of opening and closing shu of three Yin and three Yang, which is divided into six meridians according to the opening and closing shu of three Yin and three Yang, and acupuncture is applied to the corresponding six meridians everywhere on the whole body according to the symptoms obtained. The theory is closely related to the therapy and luck, fully using luck thinking day, bian, disease syndrome, highly generalizes the main and secondary like state, acupuncture in the corresponding six-channel 2-3 after treatment. It has the characteristics of simple operation, rapid onset of effect, strong repeatability, and wide clinical application (internal medicine, surgery, women and children). In addition, it makes

the learning and application of the theory of five movements and six climates more intuitive, and can exercise the ability of TCM thinking of doctors, and reflect the natural science attribute of the luck theory.

The state administration of traditional Chinese medicine representative inheritance people sand dragon medical schools - professor Gu Zhi mountain fully inherited the dragon sand medicine essence, of huangdi neijing have their own original ideas, and innovative development. According to the theory of five movements and six climates in Huangdi Neijing (Yellow Emperor's Inner Classic), Professor Gu Zhishan creatively drew the "Gu's Taiji phase diagram of Three Yin and three Yang" according to the mathematical principles of Luoshu (Luoshu) and the Eight trigrams of the acquired Day, which clearly showed the movement rhythms of the rise and fall of three Yin, three Yang and six qi in the human body. Furthermore, according to Yin-Yang Lihe Lun (on Yin and Yang Lihe), he drew "Gu's diagram of Three Yin and three Yang opening and closing shu". Guggenheim theory is "The Kaihe Liuqi Acupuncture Method" powerful theory support.

2.2 A Brief Operation

2.2.1 Specific positioning

Summarized four aspects of the theoretical basis, we can draw on human centered on any point there is a three Yin and three Yang 'changes in the round, are each other's table head-tail of Yin and Yang, Yin and Yang are two sides of the relative 180 degrees, in three Yin and three Yang close pivot, driven by circumfluence. Because each meridian represents a certain operating area (or a certain operating period), acupuncture should be based on the rise and fall of the image state obtained by the doctor, and the specific acupuncture. Doctors take as little Yang, for instance, is just a jue Yin state, can be in jue Yin and Yang border less acupuncture, if less judgment for Yang excessiveness, is pivotal, near guang Ming a needle. As shown in Figure 1.

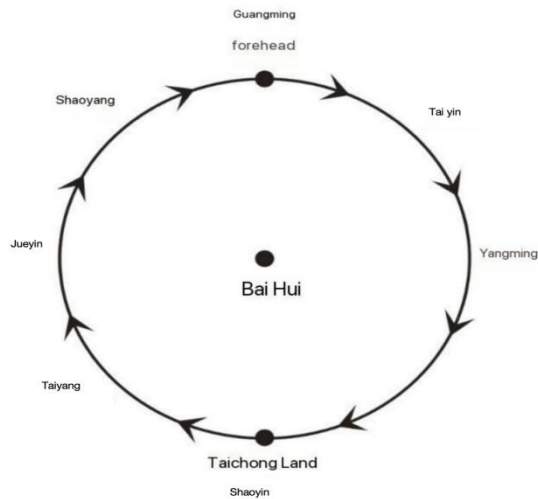


Figure 1: in the head will hole at the center of three Yin and three Yang open closed change of taiji pattern

2.2.2 Position of doctors and patients

- 1) The doctor always faced the acupuncture area of the patient's body;
- 2) The patient face south and stand is the most ideal state;
- 3) No matter where to patients, (in the head, for example, see Figure 2) is broad forehead always bright, always to the land of the Ir 3 in the middle of the top of the occipital. The operation area, as long as the healer for patients to doctors see as the main body is always left up right. The graph below, the healer forehead and one each for patients after the pillow, just react in the same area of the human body the opposite position, two sides of Yin and Yang. Generally follow the abdomen to Yin, back to shenyang.



Figure 2: Head toward the sample

2.2.3 healer acupuncture technique

For patients with acupuncture area, left thumb press at the hole bottom, the rest four fingers in patients with head straight, always clockwise flat cross thorn, along the prickle, show about 15 ° or along to Pierce the skin with a smaller Angle. Not deliberately filling purging gimmick, should comply with the days, after the winter solstice to drop before the summer solstice, winter solstice fall to rise before after the summer solstice.

2.2.4 Choice of needle

Disposable sterile packaging filiform needle is generally used in clinical practice. The thickness of 28-30 gauge (0.32-0.38 mm) and the length of 1-3 inch (25-75 mm) are most commonly used.

2.2.5 Acupuncture was used when the six meridians were to be solved

The characteristics of Yin and Yang can be large or small, so the six meridians are also holographic, which can be a certain time of the day or a certain time of the year. Generally, according to the corresponding meridians obtained when trying to solve the six meridians, a large number of clinical studies have shown that the area on the head of the head can be regarded as a clock, and the corresponding time of acupuncture can also be regarded as the 24 solar terms. In this way, we can find any moment of every day and any day of every year on the head. Effect is more obvious.

2.2.6 How many Scriptures to learn

Generally, according to the major and minor image states obtained by the doctor, 2-3 meridians can be needed. For the doctor who takes the image accurately, the major image state can be selected, and the meridian opposite to its two sides can be taken at the same time.

2.2.7 Curative effect evaluation

The therapy in 5 to 10 minutes after acupuncture will have obvious effect, quickly will immediately have obvious effect, moreover, the needle work at the same time. If the effect is not obvious or some effect, can think like whether accurate or scriptures are clear, this is the key to master the knowledge of this stitch needs.

2.2.8 Period of treatment

General or acupuncture to go once a day, and each retaining needle 30 to 45 minutes, 7 to 10 days for a course of treatment. Treatment between 3 to 5 days to rest.

2.3 The Kaihe Liuqi Acupuncture Method Characteristic and The Innovation Points

1) "Guggenheim three Yin and three Yang open close pivot chart" The Yin and Yang two gas through a clutch of open, closed, pivot movement resulting in a pattern of three Yin and three Yang (The expression of The main gas) is The Kaihe Liuqi Acupuncture Method in The whole body of The positioning of The standard.

2) The three Yin and three Yang modes (the expression of polity) produced by the respective movements of Yin and Yang (the left rotation of Yang, the right rotation of Yin and Yang, the opposite direction of Yin and Yang, and the sympathetic action of Yin and Yang) are the main basis for the image taking of The Kaihe Liuqi Acupuncture Method. One Yang is the little Yang, two Yang is the Yang and three Yang is the sun. One Yin is jue Yin, Two Yin is the shaoyin, Three Yin is lunar.

3) Welcome order reverse expression pattern of three Yin and

three Yang is The Kaihe Liuqi Acupuncture Method treatment system, a comprehensive diagnosis of The main basis of sick elephants to this point and The huangdi neijing, treatise on febrile disease, The theory of three for a party. Sun Yangming Shaoyang Taiyin Shaoyin Jueyin.

4) The temporal and spatial expression of Yin and Yang movement (can be large or small) and the holistic concept of TCM (unity of human body and nature; The Kaihe Liuqi Acupuncture Method is the main basis for taking the six meridians everywhere in the body.

5) In The flow order of the twelve meridians, the foot Yin meridian that connects with the Yin meridian of the hand in the chest and abdomen must be separately connected with the hand Yang meridian on the surface and inside the hand Yin meridian, which is an important theoretical basis for the historical application of the concepts of double opening, double shu and double closing muscle in the clinical diagnosis and treatment of Acupuncture and moxibustion in The Kaihe Liuqi Acupuncture Method. Is having six gas described in the "table of a head-tail of Yin and Yang, Yin and Yang are two sides of the relative 180 degrees, hit in the three Yin and three Yang pivot, driven by circumfluence" main basis.

6) Soil pivot is The theory of four elephants The Kaihe Liuqi Acupuncture Method led by The needle in The creative theoretical foundation, how to use and more accurate use go here.

7) It is also one of The characteristics of The Kaihe Liuqi Acupuncture Method that the acupuncture mode of 24 hours and 24 solar terms makes full use of the theory of six meridian-related diseases.

8) According to the theory of "Qi in the specimen", Jueyin and Yangming only have the characteristics of Zhongqi Shaoyang and Taiyin. We are not difficult to understand "the wind from the cremation, dry and wet". Jueyin and Yangming come to The same arc from the Yin and Yang fish eyes of the Taiji diagram with the other four qi, thus our "The Kaihe Liuqi Acupuncture Method diagram" is completed. (Figure 3 below)



Figure 3: "The Kaihe Liuqi Acupuncture Method"

9) Viscera and channels as its movement rhythm is the human body's five movements and six climates, the movement rhythm with the natural world five movements and six climates of the corresponding operation, so as to realize the

"nature and humanity". Leading its occurrence, development and change is nature's three basic motions: open, close, pivot.

3. Clinical Data

3.1 General Information

Selected from July 2018 to March 2020 in baoji city hospital of traditional Chinese medicine cure not ill outpatient neck, waist patients 2100 cases, 1058 cases of male, female 1042 cases; The age ranged from 29 to 70 years. Among them, 571 cases of cervical spondylosis, around the shoulder joint inflammation 286 cases, 793 cases of lumbar disc prolapse, 213 cases with degenerative arthritis, 793 cases of acute lumbar sprain.

3.2 Operation of Kaihe Six-qi Acupuncture

Specific positioning	Centered on hundred will point to a three Yin and three Yang open closed change pattern of tai chi.
Doctor and patient position	The surgeon faces the patient and follows the principle of abdomen as Yin and back as Yang
The doctor's acupuncture manipulation	For patients with acupuncture area, always clockwise flat cross thorn, along the prickle, show about 15° or along to Pierce the skin with a smaller Angle, still follow the suitable filling, the principle of reverse purging
The central point method of acupuncture	Through the center point to the part of the pathogenesis is pointing to, also can quote by the needle
According to the images when acupuncture treatment for solution	According to Shanghan Lun (Treatise on Febrile Diseases), the interpretation of the six meridians is an important basis for judging the pathogenesis
How many Scriptures to learn	Generally, according to the major and minor image states obtained by the doctor, 2 to 3 sites were needed. Other considerations for any common acupuncture.

3.3 Acupuncture Parameter

Needle retention	Needle retention time	Period of treatment
Cervical spondylosis	40 minutes	10 times 1 times a day
Around the shoulder joint inflammation	40 minutes	10 times once daily
Lumbar disc herniation	40 minutes	10 times once daily
Degenerative arthritis	40 minutes	10 times once daily
Acute lumbar sprain	30 minutes	1 to 3 times daily

3.4 Treatment Effect

Clinical cure (clinical symptoms disappeared and function returned to normal) accounted for 76.1% (1598 cases), marked efficacy (clinical symptoms basically disappeared and pain significantly relieved, function roughly returned to normal) accounted for 96.2% (2020 cases); Progress: clinical symptoms improve pain relief, function progress) 496 cases (23.6%); Six cases were ineffective (pain in clinical symptoms and no change in function).

3.5 Typical Case

1) Patients with x liu, female, 64 years old, born in May 1956, a few months ago appear on the left shoulder week LianJi upper limb pain, limited raised and outreach activities, tongue reddish, moss thin white, pulse string. Diagnosis: the peri-arthritis of shoulder; After once scalp acupuncture treatment (one acupuncture at Shaoyin and Toutaiyang and two acupuncture at Yangming), the pain in the left shoulder was relieved immediately after application of the acupuncture, and the upper limb could be raised easily. The symptoms were significantly relieved after 40 minutes of retaining the acupuncture.

2) Patient Zheng xx, female, 55 years old, born on March 20, 1965, was diagnosed with lumbar disc herniation in the past. In a waist pain is not comfortable, numb acid trapped, position change or add, especially sit very pain, pale red tongue, white greasy moss, right of arteries and veins. The six-qi acupuncture method: Yangming through Shaoyin, Jueyin through Shaoyang; After the first course of acupuncture and moxibustion, the sitting pain was immediately relieved, and the symptoms were significantly relieved after another course of treatment.

3) Patient Luo xx, male, 74 years old, born in August 1945, was diagnosed with osteoarthritis of the right knee. He complained of swelling and pain of the right knee joint, limited activity, aggravated walking pain, limp into the office, dark tongue, thin white moss, and tight pulse. The pain was relieved immediately after applying the acupuncture, and the knee joint felt relaxed. The swelling was reduced after 5 times of treatment.

4) Liu x 4 patients, male, 39 years old, one army brigade commander, in December 2019, the chief complaint in JunTi training will be the waist sprains carelessly, did not see activity limited X-ray unusual check L3-4 tenderness muscular tension and to the right light radiation in clinical diagnosis of acute lumbar sprain; The acupoints selected by the six-qi acupuncture method were Jueyin and Yangming. The one-time treatment waist activities freely function back to normal.

5) Patient Wang x, male, 43 years old, diagnosed with cervical spondylosis, had sudden neck pain and discomfort in April 2020, and withdrew to the left upper limb

Pain, the compound when the neck, even when walking the stork neck pain, therapeutic principle of six gas stitch, find out: little Yang, lunar, less Yin, needle immediately feeling neck pain disappear, consciously neck light touch, activities freely, recovered after a course of treatment.

Discussion: "Su Wen Yin Yang Lihe Lun" cloud: "The sage in the south, the former said Guangming, the latter said Taichong; The land of Taichong is called Shaoyin. Little Yin, called the sun... Guangming, called Taiyin; Before the lunar, yue Yang Ming... Jue Yin table, called little Yang. Therefore, the three Yang of the clutch also, the sun for open, Yangming for he, Shaoyang for Shu..... The convergence of the three Yin is also, Taiyin is open, Jueyin is he, Shaoyin is Shu." [2] The opening and Fushu (open and Fushu), under the guidance of image-thinking, is a straightforward and visual explanation of the abstract application of three Yin and three Yang qi,

which is also the most basic three movement states of all living organisms in nature. Each between Yin and Yang, and six of the expression of three Yin and three Yang is the nature of Yin and Yang clutch state of six, "open close pivot" for the three Yin and three Yang transformation of the portal, such as in and out of the door. "Three for a theory, a condition also yue:" day six qi, a person with three Yin and three Yang and top service ". According to the theory of Huangdi Neijing: Yin and Yang Lihe Lun, Professor Gu Zhishan created Gu's Taiji opening and closing shu phase diagram (FIG. 4), which integrated the spatial thought of "eight trigrams" in the Taiji Bagua diagram and the six laws of "Luoshu", and integrated the acupuncture principles in Neijing [3]. Through "opening and Fushu", we expounds the interaction of Yin and Yang, ascending and descending exit and entry, and the connection with the six meridians. And functions of three Yin and three Yang is the embodiment of images. Human body has the cosmic order and the harmonic characteristics of the individual is the rhythmical way to keep the dynamic balance of the body, once the internal cause for ruining the exogenous no inside and outside this balance will induce or cause various diseases [4]. Having six gas needle therapy is the use of three Yin and three Yang tai chi through the meridians of the circular motion sense the phenomenon, the disorder of dynamic balance of Yin and Yang of the formation of the pathological process to restore a balance of Yin and Yang [5]. Having six gas needle therapy completely follow neijing, typhoid fever, "method, successive acupuncture experience (including spirit turtle eight method and after the founding of a variety of stitch) by a large number of clinical validation, reveals the pivot through don't described in six law to build the Yin and Yang by the meridian essence and viscera, zang fu phase table, don't hurt, twelve lingers essence. The stitch is based on huangdi neijing five movements and six climates theory, inheritance, keep innovation, of simple royal, it has a small needle, less pain, quick effect, good curative effect, simple operation, non-toxic side effects, and many other advantages, the clinical curative effect of immediate, has been widely used in clinical. In particular, it has shown obvious advantages in the treatment of common clinical symptoms such as neck, shoulder, waist and leg pain [6].

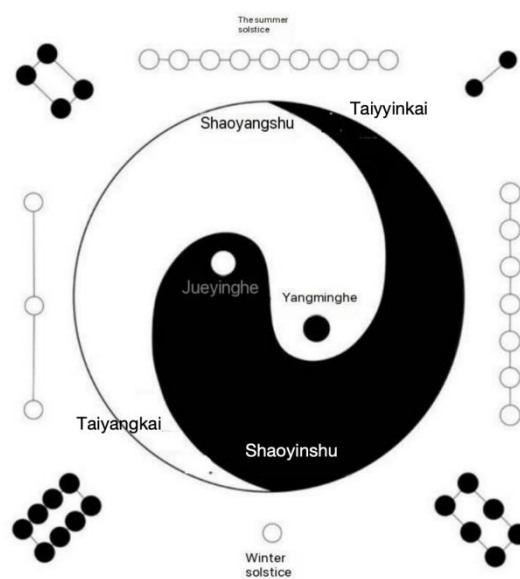


Figure 4: Phase diagram of Gu's three Yin and three Yang Taiji

Fund Project

Scientific Research Project of Shaanxi Provincial Administration of Traditional Chinese Medicine; Project number: 2021 - ZZ - LC031.

References

- [1] Gao Yanhua, Han Jinfeng. An example of Professor Han Jin-feng's application of The Kaihe Liuqi Acupuncture Method [J]. Combine traditional Chinese and western medicine research, 2020, 12(5): 358-360.
- [2] Wang lei, Ming Zijian. The enlightenment of Professor Gu Zhishan's "Three Yin and three Yang Taiji Phase Diagram" [J]. Journal of Traditional Chinese Medicine, 2017, 32(6): 971-974.
- [3] Han Weizhe, Han Fuxiang, Yang Weibo, et al. Shandong Journal of Traditional Chinese Medicine, 2019, 38(08): 787-790+798.
- [4] WANG B. Summary of Professor Wu Zhongchao's experience in treating Bi with fire needling and clinical research on fire needling for knee osteoarthritis [D]. China Chinese medicine academy of sciences, 2016 (in Chinese).
- [5] Wang Wenyuan, Yang Yutang, Liu Shimin. Analysis of the effect of balance acupuncture therapy on 2560 cases of training injury [J]. Journal of Neck and Low Back Pain, 1994(03): 137-138+196.
- [6] Zhang Yimeng, wen-yuan wang, wen-zhu ma. Clinical research progress of balance acupuncture in the treatment of neck, shoulder, waist and leg pain [J]. Clinical Journal of Acupuncture and Moxibustion, 2010, 26(08): 67-70.