

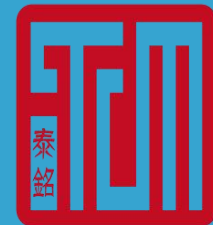
"Huo Xue San Feng" Acupuncture for Essential Hypertension (EH) of Liver-Yang



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American clinical adult blood pressure grading system



Hypertension category	SBP		DBP
normal	<120 mm Hg	and	<80 mm Hg
High blood pressure values	120-129 mm Hg	and	<80 mm Hg
hypertension			
Stage 1 hypertension	130-139 mm Hg	or	80-89 mm Hg
Stage 2 hypertension	≥140 mm Hg	or	≥90 mm Hg

Note: If the subject's systolic blood pressure (SBP) and diastolic blood pressure (DBP) are at different levels, the high grade will be used as the standard.



Objective:



Observation on the treatment of the EH of liver yang by huoxue sanfeng acupuncture.

- **Huoxue sanfeng acupuncture means:** activating blood circulation to dispel wind, regulating the function of the liver and spleen.
- **Why is called:** Dysfunction of Qi Hai = The main pathogenesis of hypertension = Huoxue sanfeng



Theory of Qi Sea



▶ The blood moves through the vessels, spread all over the body, continuous circulation, establish one's own system, qi, blood and pulse constitute the most basic material structure and foundation.



Background

- **Due to the fast pace of modern life, hypertension happening to younger and younger people, leading to the prevalence of high blood pressure (HBP) is gradually increased.**
- **By statistics, there were 290 million adults with HBP before 2014.**
- **The control rate of HBP was low, such as 2.04 million people died from hypertension in 2010.**



Western Medicine

- **The main feature of EH is increased systemic arterial pressure.**
- **There may be functional or organic changes in the whole body.**
- **It is the most common cardiovascular diseases and a major risk factor for stroke.**
- **Drug depressurization is good, but the overall control rate is not high.**





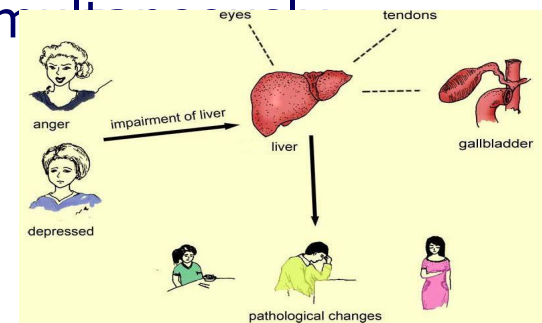
Chinese Medicine

- **The prevalence of hypertension also showed a trend of gradual increase.**
- **Syndrome of hyperactivity of **LIVER** Yang is the most common type of hypertension.**

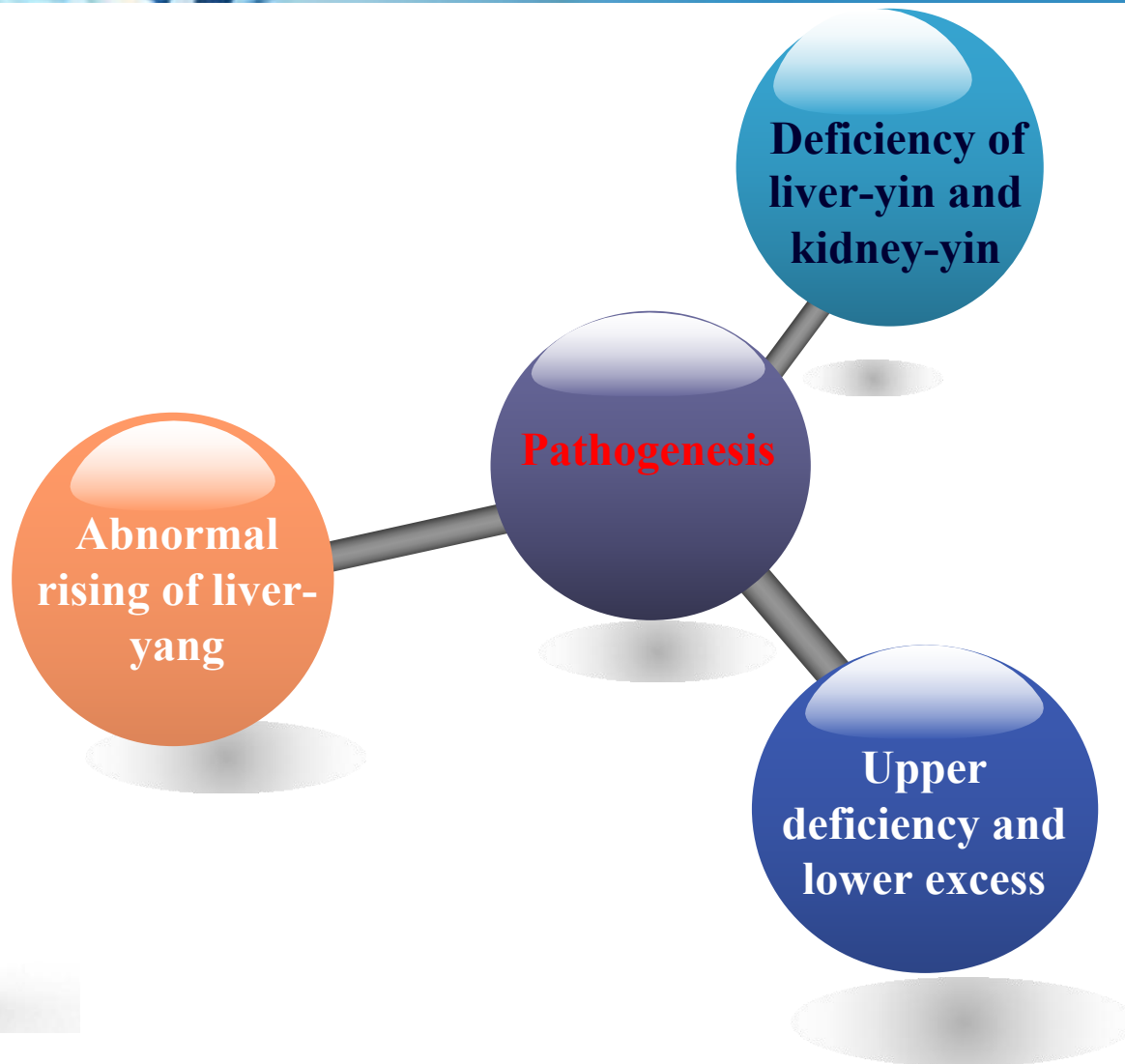


Traditional Chinese Medicine-**LIVER**

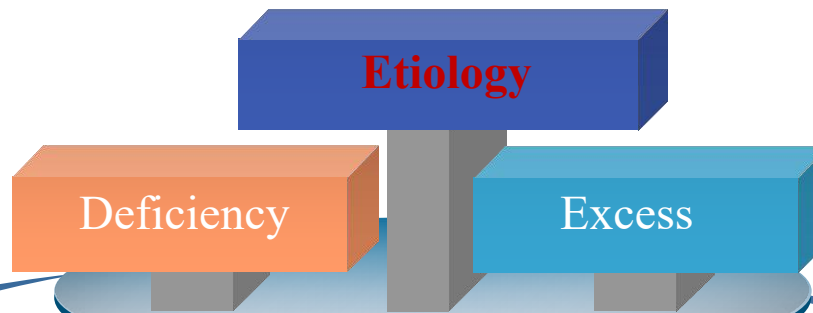
- By TCM, the liver is not the organ in anatomy, but an abstract concept and a dynamic function system based on the anatomical liver.
- It is connected to the eyes, tendons and bones, and internal organs via meridians, with unique physiological functions and pathological manifestations, and simply interacts with other Zang-Fu organs.



Pathogenesis of Hypertension by TCM



Etiology of Hypertension by TCM



**Related to deficiency
of yin and yang, qi and
blood**

**Related to wind, fire,
phlegm and blood stasis**

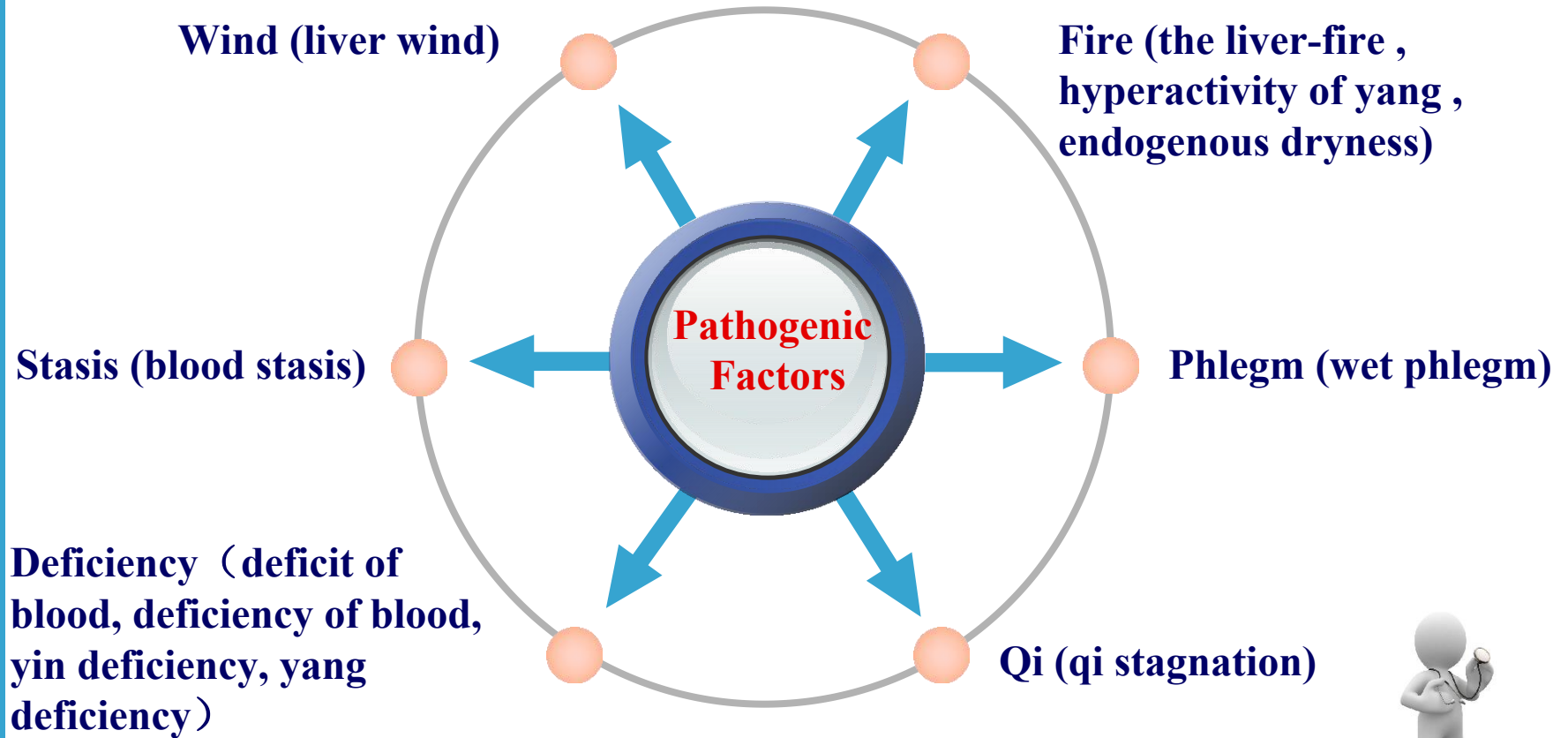
Early Stage : Enrichment in symptom.

Middle Stage: Intermingled deficiency and excess

Later Stage : Deficiency of yin and yang

The syndrome of hyperactivity of liver yang often appears in the early stage of hypertension, mainly presenting dizziness.

Pathogenic Factors of Hypertension by TCM



TCM Treatment of Hypertension

**Excess in the upper and
deficiency in the lower**

**Abnormal rising of
liver-yang**

**Deficiency of liver-yin
and kidney-yin**

**Excessive qi
causing fire**

**Nothing
but vertigo**

**No sputum
no eyes dizzy**

**Regulating the qi
flowing in the channels**

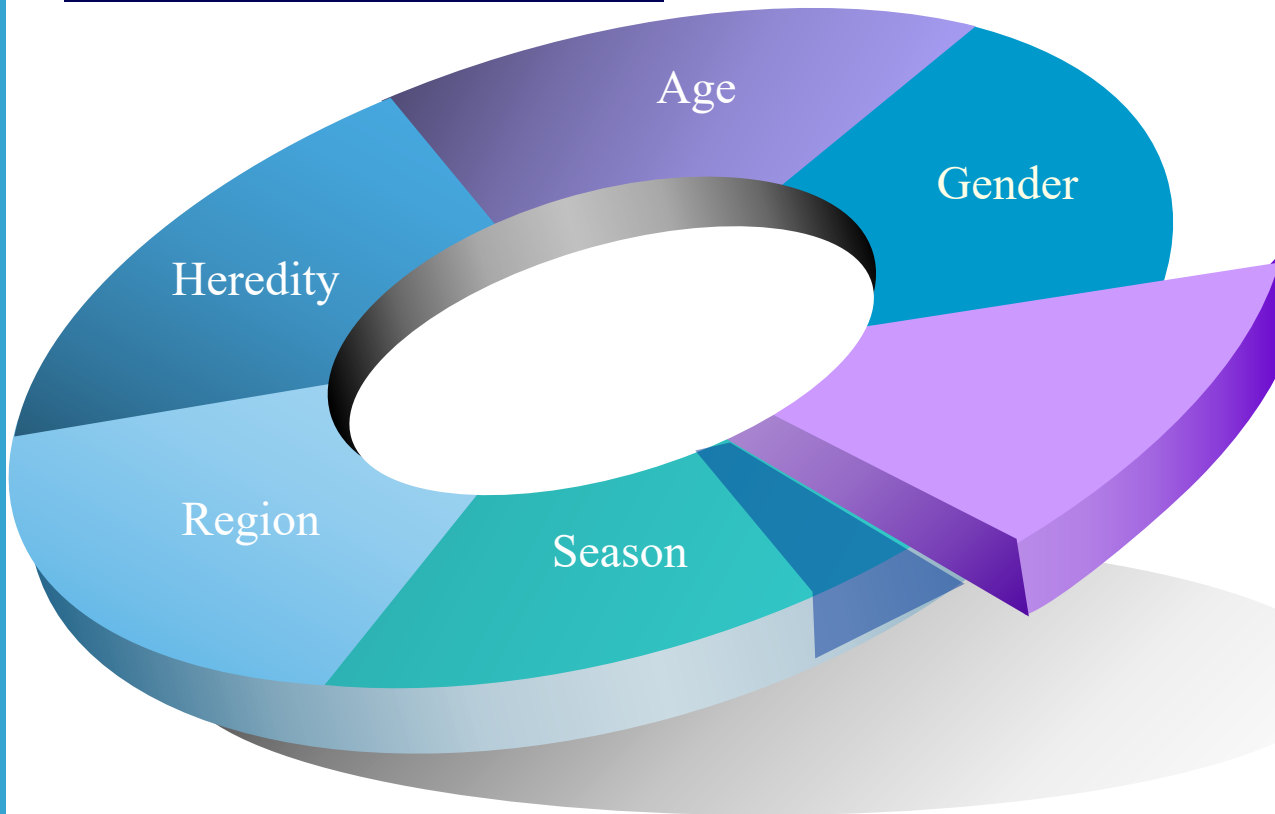
**Activating blood and
dispel wind**

**Soothing liver and
strengthening spleen**

Focus on Shen by Dr. Shixue Min 石学敏院士强调“重治神”的思想理论，崇尚治神，以神统针，以针驭神，总结认为，神之所在，脑为元神之府，心藏神。神之所主，人体一切生命活动过程。神之所病，百病之始，皆本于神。神之所治，凡针之法，必先调神，极大地丰富了中医学“神”的理论学说。

Risk Factors for Hypertension

Non-Interference Factors:



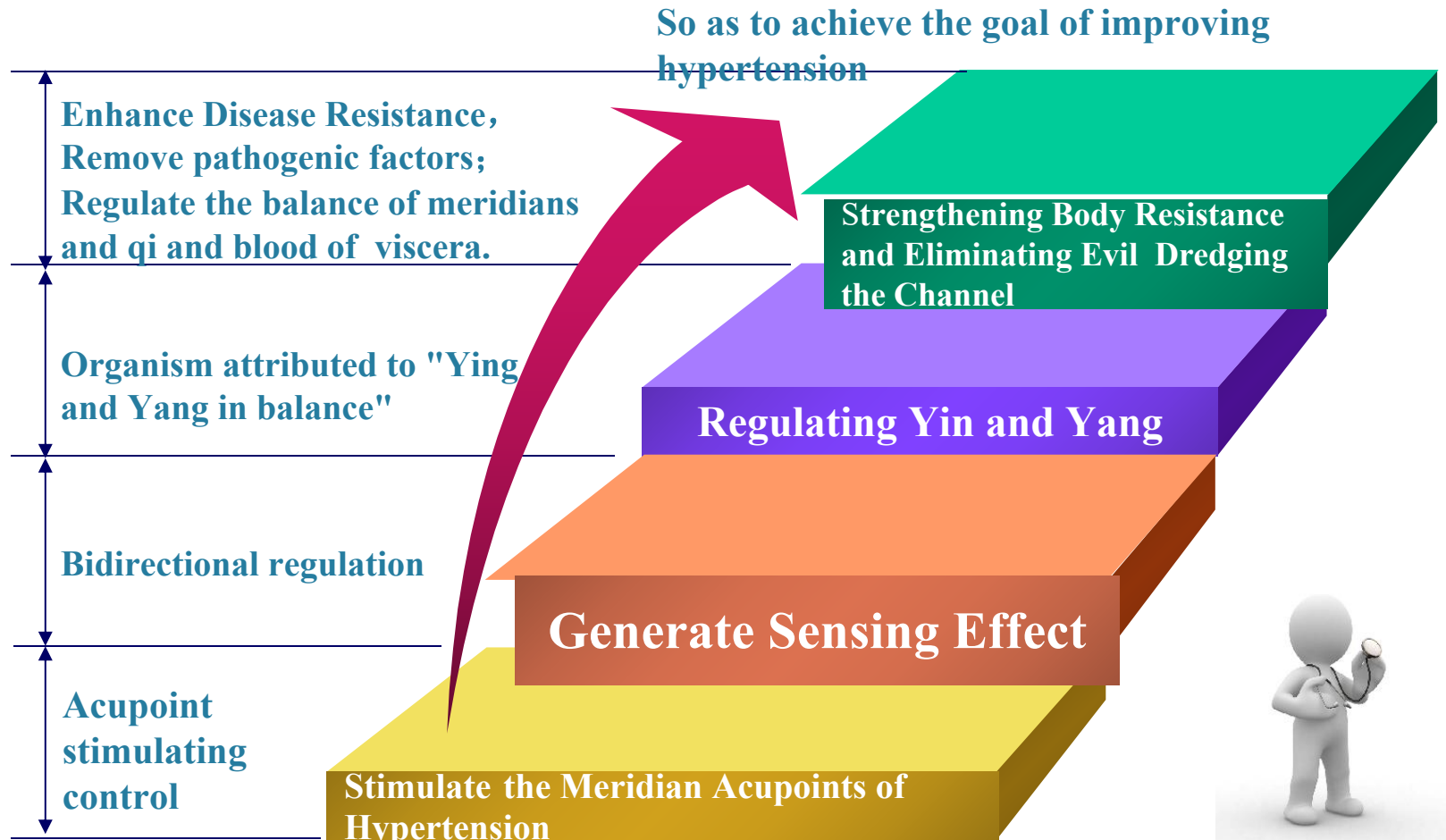
Intervention Factors:

- ✓ Hyperlipidemia
- ✓ Smoking
- ✓ Alcohol
- ✓ Diabetes
- ✓ Hyperlipidemia
- ✓ Obesity
- ✓ Anxiety Disorders
- ✓ Birth Control Pills
- ✓ Depression

[6]. Hajjar I, Kotchen JM, Kotchen TA. Hypertension: trends in prevalence, incidence and control [J]. Annu Rev Public Health, 2006, 27:465-490.

[8]. Riyami A A A , Afifi M M . Hypertension in Oman: distribution and correlates[J]. Journal of the Egyptian Public Health Association, 2002, 77(3-4):383.

Mechanism and function of hyperactivity syndrome of Liver Yang



Acupuncture in the treatment of hypertension is achieved by adjusting the balance of the body so that the body's dysfunctions and metabolic disturbance can be restored to normal.

Basic Therapy

Clinical observation case
was based on disease:

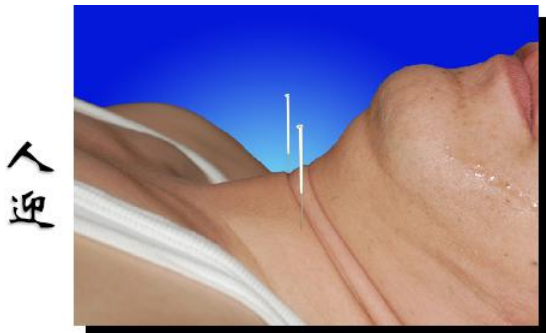
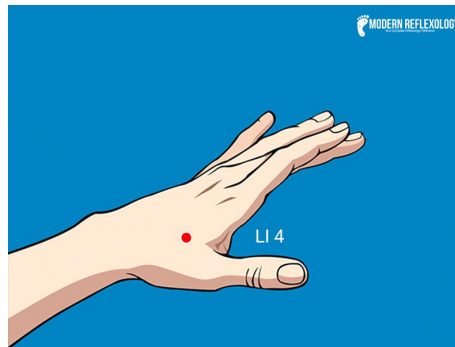
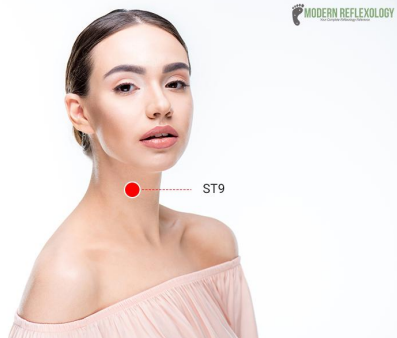
- Lifestyle Intervention
- Increase in Activity
- Reduce Risk Factors for Hypertension



Give priority to aerobic exercise, anaerobic exercise as a supplement. Increase in activity, moderate intensity, 4 to 7 times a week for 30 to 60 minutes.

Acupuncture Therapy

Acupuncture is a complementary medical practice that entails stimulating certain points on the body, most often with a needle penetrating the skin, to alleviate pain or to help treat various health conditions. HXSF acupuncture ,including ST9, LI4, LR3,LI11,ST36





Needles and Treatment Time

Acupuncture Apparatus

- ◆ Huatuo brand stainless steel filiform needle
- ◆ Specification: $\varnothing 0.25 \times 40\text{mm}$, 1.5 cun, 0.25 mm(32#)

Curative Time

- ◆ Treatment lasted 8 weeks
- ◆ The first 4 weeks were continuous treatment, twice a week
- ◆ The last 4 weeks were consolidation therapy period, once a week

The mechanism of Acupuncture in Treating the Syndrome of Hyperactivity of Liver Yang

HuoXueSanFeng Acupuncture

Basic Treatment

**Excellent
Effect**



Acupoint of HuoXueSanFeng

HuoXueSanFeng Acupuncture

Main point

- 人迎 (ST9)



Secondary point

- 合谷 (LI4)
- 太冲 (LR3)
- 曲池 (LI11)
- 足三里 (ST36)

Regulate qi hai
activate blood circulation
and dispel wind
soothing liver and
strengthening spleen

The "Qi Hai" theory

Case Study

Basic Information

- **Name:** Ms. Wang
- **Gender:** Female
- **Age:** 59 years old
- **First visit date:** March 25, 2011
- **The solar term and the incidence:** Spring equinox
- **Chief complaint:** Fullness in head, dizziness for 2 days



Case Study

Medical History

- 2 days ago, the patient presented fullness in head and dizziness without obvious inducement.
- can not see clearly
- Neck stiffness
- No nausea and vomiting
- Immediate blood pressure is 165/98 mmHg
- The patient has a history of hypertension for more than 10 years.
- Oral nifedipine sustained release tablets 1 tablet per day.
- Blood pressure was maintained at around 130/90 mmHg.



Case Study

Medical History

- After that, nifedipine controlled release tablets were self-administered 2 tablets per day, the relief of the above symptoms was not obvious.
- **See a doctor today, fullness in head, dizziness, light-headed, two zygomatic flush, Blood pressure is 170/110 mmHg, no edema observed in lower extremities, normal eating, normal sleeping, bowel movements and urine are normal.**
- light red tongue, the tip of the tongue is red, thin white tongue and slightly greasy, wiry and light slippery pulse.



Case Study

Diagnosis

- **Diagnosis of western medicine:** high blood pressure
- **Diagnosis of TCM:** dizziness, syndrome types of TCM: hyperactivity of liver-yang
- **Principle of treatment :** calm the liver and suppress yang.
- **The way to locate acupoints:** Main Point: DU20, Liv3 (right) ,LI4 (left) ,LU11 (double) , (patient is afraid of needle, so didn't use ST9) .Secondary Point: SP6 (double) ,ST36 (doub



Case Study

Therapeutic process 1



- Using 0.25mmX40mm standard needle
- oblique insertion Du20
- vertical insertion LI4 (left) ,LU11 (double) , Liv3 (right)
follow the reducing method for 1 minute if there is a feeling of local sore and swollen
- vertical insertion SP6 (double)
- toward St37 direction and oblique insertion ST36
(double) ,mild reinforcing-reducing method,keeping needle for 30 mins.

Case Study

Therapeutic process 2

- Before acupuncture, the HBP is 170/102mmHg
- after 10 minutes of acupuncture, the HBP is 155/92mmHg
- the patient falls asleep for 20 minutes while the needle is retained
- the fullness in head and dizziness were significantly relieved after acupuncture
- Because the patient is afraid of needles, acupuncture treatment was not performed after one acupuncture session.



Case Study

Treatment

- **Western medicine:** Nifedipine controlled release tablet once daily ,check blood pressure three times a day,keep a close observation on blood pressure changes
- **The treatment results:** The patient was followed up several days later,the fullness in head and dizziness disappeared in the afternoon after acupuncture,two zygomatic flush gradually improve,blood pressure stabilizes to its original level in the following days,nifedipine controlled release tablets were still taken once a day.



Case Study

Summary 1

- ❖ This is dizziness in the Chinese medicine category, syndrome belongs to hyperactivity of liver Yang.
- ❖ **The patient was 59 years old, older women, body fat, hypertension has a history of more than 10 years, Liver and kidney deficiency and phlegm-dampness, during the spring season, Jueying the wind, wood, movement, then headache and dizziness appeared, light-headedly and so on.**
- ❖ Main point is Du20, clear head and eye, stop dizziness; Lu11、 Liv3 and LI4、 lowering blood pressure; St36 reduce dampness and resolving turbid, oblique insertion make qi downward; Sp6 reinforcing liver and kidney.



Case Study

Summary 2

- ❖ Long-term cooperation with Western medicine and TCM, can slow down the blood pressure and maintain the stable blood pressure, On this basis further reduce the dose of oral medicine, reduce side effects.
- ❖ The patient was treated once by acupuncture, the blood pressure was controlled smoothly, and then the original oral dose maintained the blood pressure, no significant fluctuation was observed.





Conclusion

HuoXueSanFeng Acupuncture can reduce the high blood pressure and change the symptoms, especially effect on SBP (systolic blood pressure) .

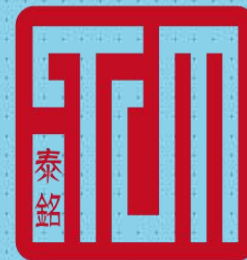


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Thank You !



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