



Case Study: Depended on Xin Nao Kai Qiao Theory Acupuncture Treatment of Stroke in Clinical Observation

Tai-Ming Acupuncture Clinic

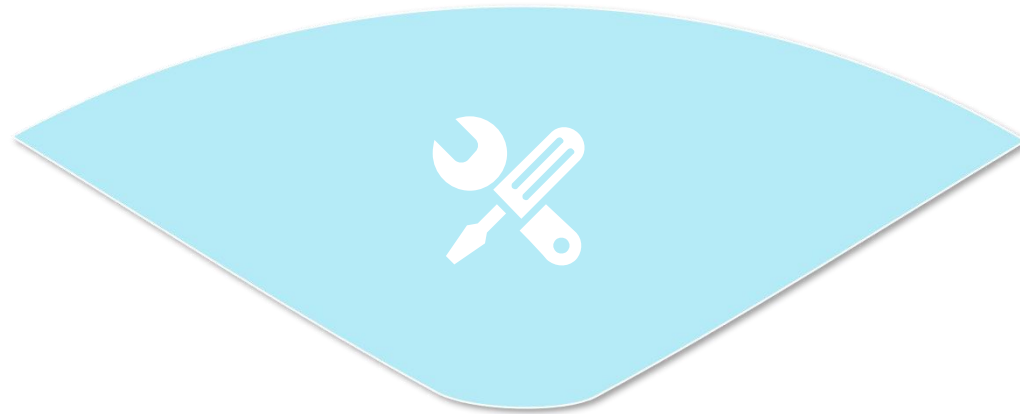
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Case Report of the Stroke

The aim of this report will discuss how to use Xin Nao Kai Qiao acupuncture method to treat a stroke patient and its curative effect.



STROKE

Introduction

- ✓ Background

Management and Outcome

- ✓ Treatment

Case Presentation

- ✓ Diagnostic

Discussion

- ✓ Summary

Introduction

Background



Background of Stroke

- Stroke is the third leading cause of death in Western society and is also a main cause of adult disability and dependency.
- In China, there are 1.5 to 2 million new strokes per year and stroke has become the first leading cause of death and disability.

Definition of Stroke

- caused by long-term internal disorder, overstrain improper diet and emotional disorders
- usually induced by sudden change of weather, overstrain, emotional upsets and trauma.
- is mainly characterized by sudden syncope, loss of consciousness, hemiplegia, and deviation of the eyes and mouth.

Pathogenesis of Stroke

- In general, the pathogenesis includes deficiency, fire, wind, phlegm, qi and blood.
- Although the brain is the involved organ, the disease is closely related to the heart, kidneys, liver and spleen.

Xin Nao kai Qiao (XNKQ) Acupuncture Method

- is raised by Shi Xue-min academician in 1972.
- aimed at the basic pathogenesis, such as blood stasis, liver wind, phlegm which lead to orifices closed , consciousness lost and Qi-disorder.
- How to reduce the damage of neurovascular unit, promote reconstruction of nerve tissue and brain circulation is important for neurological recovery.
- The treatment of stroke is focus on the regeneration of blood vessels and nerves.
- Acupuncture are effective treatment in China and important factors of "stroke unit".
- “XNKQ acupuncture” get great clinical effect, and has achieved remarkable listed by the state science and technology major promotion projects.

A Case of Stroke Patient

- Patient, male, 49 years old.
- He came for his first visit on September ,2017.
- Chief complaints: The right side of the limb can not activities for 14 days.
- After 3 months of treatment by XNKA acupuncture, the patient's right hand can be flexion and extension, each finger can move, walk smoothly, language, calculation ability return to normal, blood pressure is stable, improve discharge.
- After 1 year follow-up, the patient recovered well.

| Case Presentation

Diagnose



Diagnose of Stroke

Patient Information

- ✓ Patient, male, 47 year old, worker. He came for his first visit at 16:04 on November 22, 2015.
- ✓ Chief complaints: The right side of the body is numbness for 2 days.



Diagnose of Stroke

✓ **Past history:**

- no hypertension history;
- no diabetes history ;
- no coronary heart disease history;
- no cerebrovascular disease history ;
- no cerebrovascular disease history



✓ **Other medical history:**

- no infectious diseases history , such as hepatitis and tuberculosis and contact history;
- right leg trauma fracture 5 years ago;
- no surgery history;
- no blood transfusion history ;
- unknown vaccination history .

Diagnose of Stroke

✓ **Personal history:**

- born in Tianjin, lived in Tianjin,
- no local and epidemic contact history;
- Smoking history, about 30 years with an average of 20/ day;
- drinking about 30 years, 50ml/day.
- He was irritable, like to eat rich and sweet food,
- married and wife in good health, have a child in good health.

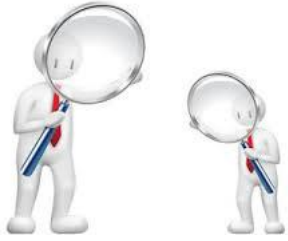
✓ **Allergy history :**

- unknown drug and food allergy history .

✓ **Family history:**

- no special.





Diagnose of Stroke



Western medical examination:

T: 36.3° C P:88/ min R:18/ min BP:195/91 mm Hg

Clear mind, normal development, medium nutrition, lack of cooperation in physical examination, no yellow skin sclera throughout the body, no swelling in superficial lymph nodes, no abnormal head, no hyperemia in pharynx, no swelling in tonsils, trachea In the middle, the thyroid gland is not large, the neck is soft without resistance; heart boundary is not big, heart sound is normal, heart rate is 88 beats / min, abdomen is flat, soft, no tenderness, no rebound pain; bowel sound is normal, spine and limbs are not deformed, double lower limbs are not swollen.



Diagnose of Stroke



Physical examination of TCM:

clear mind, normal complexion, sustained right body numbness and weakness, feeling weakened, right nasolabial shallow, no smell bad breath, no gall, no tumor, normal urination, normal stool. light, yellowish greasy tongue, slope pulse.

Other examination:

Brain CT : left basal ganglia, left thalamic ischemic focus

ECG : sinus rhythm, approximately normal.

Diagnose of Stroke

Analysis

✓ **TCM Diagnosis:**

➤ stroke involving the meridians

✓ **Syndrome type diagnosis:**

➤ hyperactivity of Liver Yang.



Diagnose of Stroke

Analysis

✓ **Western Medicine Diagnosis:**

- cerebral Infarction ;
- level 3-hypertension (extremely high risk) ;
- neck pain

Diagnose of Stroke

Analysis

Therapeutic Methods:

to calm the liver, purge the fire and remove obstructions from the collaterals.



Diagnose of Stroke

Essentials for Diagnosis

- chief manifestations are trance even coma or mental confusion, hemiplegia, distortion of the mouth and tongue, stiff tongue and dysphasia, numbness in one side of the body.
- abrupt onset;
- the disease is often caused by some precipitating factors and such aural symptoms as dizziness, headache, numbness of limbs and weakness are commonly seen;
- it is mostly seen in people aged 40 and order;
- cerebrospinal fluid examination, brain CT scanning and MRI are helpful in making a diagnosis.



Management and Outcome

Treatment



Management

Treatment of Stroke by TCM

- The principle should be eliminating pathogenic factors and the common methods are calming the liver to suppress pathogenic wind,
- clearing away heat and phlegm,
- dissipating phlegm to remove obstructions from the fu organs,
- promoting blood circulation to activate meridians and waking up the patient from consciousness.



Prevention of Stroke

Medical treatment plan

✓ **During the hospital, include:**

- first-degree care,
- acupuncture department nursing routine,
- low salt and low fat diet,
- bed rest in the acute period,
- ultraviolet rays for hospital bed (1 times/ day),
- improve the admission examination, blood routine examination, etc.
- Xin Nao Kai Qiao acupuncture treatment (1/ day), stay acupuncture 30 minutes.
- Chinese medicine and Western medicine

Management-Treatment of Stroke by TCM

XNKQ Acupuncture Method

- used to modulate the function of yin-yang and zang-fu-organs,
- regulate the qi and blood of the Heart meridian, unlock the closure of heart-orifice, disperse qi of heart-spirit.
- Ren zhong point (DU26) could regulate the yang of DU meridian, promote the spirit of the brain.
- They together contribute to the effect of unlocking the closure , promoting resuscitation and recuperating life.

Management-Treatment of Stroke by TCM

XNKQ Acupuncture Method

✓ 1. Point Prescription

Mainpoints:

- Neiguan(PC 6,the Pericardium Meridian of Hand-Juejin)
- Renzhong(DU 26,the DU Meridian)
- Sanjinjiao(SP 6,the Spleen Meridian of Foot-Taiyin)

Management-Treatment of Stroke by TCM

XNKQ Acupuncture Method

✓ **Supplementary points:**

- Jiquan(HT 1,the Heart Meridian of Hand-shaoyin)
- Weizhong(BL 40,the Bladder Meridian of Foot- Taiyang)
- Chize(LU 5, the Lung Meridian of Hand-Taiyin)

Management-Treatment of Stroke by TCM

XNKQ Acupuncture Method

✓ Point Modification:

- for difficulty of swallowing, Fengchi(GB 20), Yifeng(SJ 17) and Wangu(GB 12) are added.
- for failing to extend fingers with stiffness, Hegu (LI 4) is added.
- for slurred speech, Shanglianquan(EX-HN) is added, and Jinjin(EX-HN 12) and Yuye(EX-HN13) are used with blood-letting method.
- for strephenopodia, penetrating method from Qiuxu(GB 40) to Zhaohai(KI 6) is used.

Management-Treatment of Stroke by TCM

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Management-Treatment of Stroke by TCM

XNKQ Acupuncture Method

✓ **Manipulation:**

- Neiguan (PC 6), first puncture bilateral Neiguan(PC 6) perpendicularly for 0.5-1 cun, using combinative reducing method of lifting-thrusting and twirling-rotating the needle for 1 minute;
- Renzhong(DU 26), Secondly puncture Renzhong(DU 26) obliquely upwards to the nasal septum for 0.3-0.5 cun with heavy bird-pecking method until the patient's eyeballs are moistened or tears flow down.
- Jiquan(HT 1), Select Jiquan(HT 1) point at 1 cun below the original location along the heart meridian to keep away from the armpit hair, puncture perpendicularly for 1-1.5 cun with reducing method of lifting and thrusting the needle to make the affected upper limb have tic for three times.

Management-Treatment of Stroke by TCM

XNKQ Acupuncture Method

✓ **Manipulation:**

- Chize(LU 5), Perpendicularly puncture Chize(LU 5) for 1 cun depth while the forearm bends to form an angle of 120 degrees with reducing manipulation of lifting and thrusting the needle until the affected arm and fingers have tic for three times.
- Weizhong(BL 40), Select Weizhong(BL 40) point with the supine position and the lower limb lifted, puncture perpendicularly for 0.5-1 cun, with reducing method of lifting and thrusting to make the lower limb have tic for 3 times.

Management-Treatment of Stroke by TCM

hyperactivity of Liver Yang

✓ Prescription:

➤ Modified Tianma Gouteng

Yin, composed of Tianma

10g, Gouteng 10g, Shijueming 30g,

Chuanniuxi 30g, Huangqin 10g,

Zhizi 10g and Xiakucao 10g.

✓ Principle of TCM in herbal medicine:

➤ it nourishes the liver and kidney, dredge meridians, invigorate qi and promote blood circulation .

Management-Treatment of Stroke by Western Medicine

hyperactivity of Liver Yang

✓ **Principle of treatment of western medicine include:**

- anti-platelet,
- lipid-lowering,
- improve brain metabolism,
- improve brain circulation,
- nutrition nerve.
- 0.9% sodium chloride injection (250ml)(bag)250ml ivdip Qd.

Outcome-Treatment of Stroke

- He was admitted to hospital at 2015-11-22 16:03 due to "numbness of the right half for 2 days".
- After treating in 14 days, he felt very well and was discharged from hospital.
- He has a clear mind, good health, clear and fluent language, improved right body numbness, feeling less weakness.
- After treating by XNKQ acupuncture method, stroke patient has a good curative effect.

Prevention of Stroke

- ✓ needs to avoid the wind cold
- ✓ control the emotion
- ✓ regulate the diet
- ✓ care to live
- ✓ this disease has the possibility of recurrence
- ✓ pay attention to check with the diagnosis
- ✓ Regular checking of liver and kidney function
- ✓ routine blood test

Discussion

Summary



Discussion of Stroke

✓XNKQ method is a traditional Chinese medicine clinical model of brain science, its prescription is rigorous, style is unique, combining disease and syndrome, the treatment of stroke disease curative effect remarkable.

Discussion of Stroke

- ✓ Many diseases are ever changing, complex, etiology is hard to find, or dialectical is difficult to determine, or can not be cured for a long time, but its root cause lies in the consciousness of brain which hosts variable, so apply XNKQ acupuncture method to modulate the function of consciousness, clear the brain, induce resuscitation, so that blood reconcile, the body back to normal.

Discussion of Stroke

- ✓ the basic pathogenesis of the disease is disorder of qi and blood involving the brain.
- ✓ Clinically, manifestations of stroke are similar to those of acute cerebrovascular disease in western medicine, including ischemic and hemorrhagic cerebrovascular.

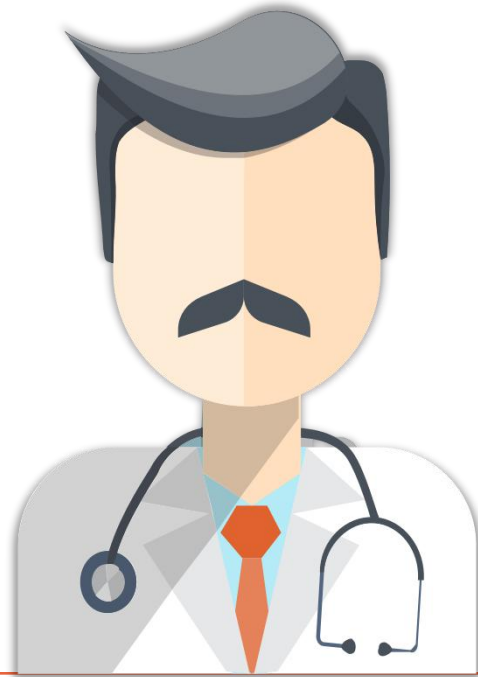
Discussion of Stroke

- In terms of the nature, it is mainly a case of principal deficiency and secondary excess, upper excess and lower deficiency.
- Deficiency of liver yin and kidney yin and deficiency of qi and blood are the principal;
- while fire and wind stirring up each other, accumulation of phlegm dampness, obstruction of blood stasis and disorders of qi and blood are the secondary.

Conclusion

- ✓ In this case, combined TCM and Western medicine to treat the patient in stroke , Xin Nao Kai Qlao acupuncture method will enhance the curative effect.





谢谢欣赏

THANK YOU FOR LISTENING

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