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Investigation of Massage and Moxibustion Treatment Efficacy for 270 Cases of Waist and Haunch Pain

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ABSTRACT

Through massage therapy combined with moxibustion treatment, 270 cases of waist and haunch pain sufferer can feel good effect. The reason and the methods are summarized in this investigation.

Keywords: Massage therapy, moxibustion treatment, waist and haunch pain, Chinese traditional medicine.

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INTRODUCTION

Pain in waist and haunch is a common disease. Clinical features primarily leg and waist pain. The disease belongs to “arthralgia” of traditional Chinese medicine, and is known as sciatica or degenerative disc disease. Modern medicine can be divided into primary and secondary categories. The primary waist and haunch pain derives from the body with wind cold or infection, often caused by cold. The secondary waist and haunch pain, is caused by adjacent tissue lesions of sciatic nerve, such as disc herniation, spinal arthritis, sacroiliac joint, performs injury, pelvic twisting, mainly due to compression.

It is considered that this certificate generation is related with climate, living and human physique. As weakness, lack of righteousness, the wind cold dampness swoops in. Evil resistance in the blood vessels between the meridians, meridians unreasonable cause blood runs sluggish, and therefore it will produce arthralgia, situation more severe pain, tingling radioactivity which was common in primary acute waist and haunch pain. “gas” stagnation, liver and kidney deficiency, tendons dystrophy and negative blood loss, limb pain refused to press, unable to flex, severe difficulty in walking, limp, falling sick, limb muscle atrophy, joint activities detrimental, are common in secondary to chronic waist and haunch pain.

EXPERIMENTAL

Through massage therapy combined with moxibustion treatment, 270 cases of waist and haunch pain sicker feel good effect, which are summarized as follows:

Clinical data

The groups of 270 cases have youngest 16 years, maximum 76 years old, male 189 cases and female 81 cases. Duration of 4-15 years in 27 cases, 1-3 years in 90 patients, less than 1 year were 153 cases. 108 cases are secondary, 162 cases are primary.

The diagnosis basis

- Part of pain: the distribution of the site along the sciatic nerve was launched pain, soreness, numbness.
- Straight leg raising test
- Knees, Achilles emission weakening or disappearance of thumb weakened dorsiflexion
- Waist and haunch pain radiate to the buttocks and lower extremities, coughing, sneezing pain increased.
- Lower back injury, chronic fatigue, or by alpine history.
- CT examination showed the location and extent of disc herniation



Efficacy evaluation:

- Cure: waist and haunch pain disappeared, straight leg raising 70 ° or more, to restore the original work.
- Improved: back pain relief, functional improvement lumbar.
- Healed: symptoms and signs of improvement

Therapy:

Acupoints: Ashi, ring jump, rank edge, Venezuela, Cheng Shan, colon acupoints, air impact

Techniques: rub, press, roll, point, push, dial, tendon

Procedure

Prone: rub to relax muscles while looking for the most painful tendon junction point lumps. TCM believes that the sick have pain, there is a little pain. This is a disease where the pain points, you must focus on doing the treatments. Some patients because of pain caused by spinal joint errors should be corrected before then.

Supine: Shake the Ministry of lower limbs and pain part, increase its range of motion, and point pressure air blast hole, prompt lower limb blood flow to increase limb muscle atrophy nutrition improvement.

Moxibustion treatment: Massage combined with moxibustion, mainly in Ashi, lumbosacral, so deep penetration rapidly heats the affected area, enhance the efficacy.

The Statistical Effect

Cured 189 cases; improved 72 cases; healed 9 cases

The Typical Case

Liu XX, male, 30 years old, a University of Finance and teachers. At December 13, 2006, the right leg and right lumbosacral have repeatedly pained for three years. Etiology is sudden sprain in the lumbar region while moving something. 2009 she was diagnosed lumbar disc herniation by the hospital CT. Through taking medicine and physiotherapy symptoms improved slightly. Because of lumbar and right lower extremity pain and leg dorsal numbness she came for massage and moxibustion treatment. The back was hard and the waist was limited to rotate around. While straight leg raising test (+), right lower limb muscle was atrophying. L4-5 paravertebral anesthesia has obvious tenderness and the right lower extremity felt radioactive pain. After the above treatment for 15 times, the lumbosacral pain disappeared, the numbness on calf feet back disappeared, lumbar was able to move normally, could walk freely and muscle atrophy gradually restored. No recurrence after one year.



CONCLUSION

Massage combined with moxibustion treatment is a simple method to treat waist and haunch pain with no side effect. It is easy to promote the services to patients. When acute patients are massaged for first time, skilled techniques and accurate selection of points are necessary. The strength must be gentle so as not to damage the surrounding soft tissue what aggravate the suffering of patients. Combined treatment shall be taken in order to improve the efficacy for patients with poor recover efficacy and long duration. The patients with lumbar sprain and nerve damage should rest more at acute phase and don't have too much waist activities. Patients with muscle atrophy should do some rehabilitation exercises after pain relief to recover functional group.

Traditional Chinese medicine classified the therapeutic effect of moxibustion could be improved through veins propagated sensation. That is "lead veins". Patients can feel a stream of hot air migrating in a channel while receiving moxibustion. It refers to the patient's subjective feeling. The channel in which the hot sense conducting is a meridian. These "gas" transmission and heat flow will make the local part or the whole limb get rich in nutrition so as to dredge the meridians. Namely by Chinese medicine it means "General does not hurt".

The massage therapy is done by a doctor with skilled technique on the affected area or some points. It will clear the meridians, circulate qi and blood, reconcile business health, balance yin and yang, flow blood, joint sliding profits accelerate metabolism and relieve muscle fascia adhesion. The theory of "the hot air to the press produces the hot sense until the pains just disappear" is published in "Questions for pain".

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