

Treatment of Hiccup by Finger-pressing Yifeng (TE 17): A Report of 148 Cases

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Abstract: The author treated 148 cases of hiccup by finger-pressing Yifeng (TE 17). After one treatment, 97 cases were cured; 34 cases were cured after 2-3 treatments, 6 cases were cured after over 4 treatments; and 11 cases obtained no effect. The total effective rate was 92.6%.

Key Words: Hiccup; Acupressure; Acupuncture-moxibustion; Point TE 17 (Yifeng)

Hiccup (spasm of diaphragm) is caused by involuntary, continuous or intermittent spasmodic contraction of diaphragm due to many factors stimulating medullary center of lung muscle. In clinic, it mainly manifested in subjective reversed flow of qi in chest and diaphragm, flowing up to throat, involuntary frequent and short sound. The pathogenesis is the inordinate functional activities of qi in middle jiao and adverse rising of the stomach-qi disturbing the diaphragm. The author treated 148 cases of this disease by finger-pressing Yifeng (TE 17). Now it was summed up as follows.

Clinical Data

The 148 cases were outpatients and inpatients. Among them, 99 cases were male and 49 cases were female; their ages ranged from 18 to 76 years old. The shortest duration of disease was 12 hours while the longest was 1 month, and most of them were between 3 to 8 days. Forty-eight cases suffered from hiccup due to hepatic-biliary disease and gastrointestinal disease, 45 cases got it after surgical operation, 27 cases got it after apoplexy, and 28 cases got it after other diseases.

Therapeutic Methods

Acupoint: Yifeng (TE 17)

Method: The patient was asked to take a sitting or lying position. The doctor pressed bilateral Yifeng (TE 17) of the patient with two thumbs. The finger strength increased from slight to strong until the patient could tolerate and felt aching pain. Every pressing lasted 3-5 minutes. At the same time, the patient was asked to take a deep breath. After the deep

breath, to hold breath for nearly 15 seconds, and then exhale slowly, this was repeated for 3-5 times. If hiccup didn't stop, the manipulation can be performed again after a short interval. Every day, the treatment was given for 1-3 times. If the hiccup didn't stop after continuous three days treatment, other therapy should be used.

Therapeutic Effects

1. Criteria of therapeutic effects

Cured: The hiccup stopped and no recurrence occurred.

No effect: The hiccup didn't improve after the treatment, or it relapsed within 24 hours.

2. Therapeutic results

Of 148 cases, 97 cases were cured after one treatment, accounting for 65.5%; 34 cases were cured after 2-3 treatments, accounting for 23.0%; 6 cases were cured after over 4 treatments, accounting for 4.1%; 11 cases obtained no effect, accounting for 7.4%. The total effective rate was 92.6%.

3. Case report

A male patient of 54 years old, farmer, was in consultation on June 12, 1994. He suffered from frequent hiccup for 5 days after operation. It influenced taking food, talking, sleep, accompanied by bitter taste and dizziness. He ever took sedative-antispasmodic of western medicine and no effect was obtained. The diagnosis of TCM was hiccup and the diagnosis of western medicine was spasm of diaphragm. Above therapy was given for one time combined with the deep breath and holding breath. After one treatment, the hiccup stopped. For consolidating the therapeutic effect, his family was asked to perform the above therapy again 4 hours later. A three-months follow-up showed no recurrence.

Discussion

Hiccup is mainly manifested in subjective reversed flow of qi in chest and diaphragm, upflowing to

throat, an involuntary frequent and short sound. The pathogenesis is the inordinate functional activities of qi in middle-jiao and adverse rising of the stomach-qi disturbing the diaphragm. The author treated 148 cases of this disease by finger-pressing Yifeng (TE 17). Yifeng (TE 17) is the acupoint of Triple Energizer Meridian. The branch of Triple Energizer Meridian goes down from the supraclavicular fossa to connect with pericardium. It descends down to join the upper-jiao, middle-jiao and lower-jiao. Yifeng (TE 17) has the function of removing pathogenic heat to expel evil, restoring consciousness, regulating the functional activity of qi in the upper-jiao, middle-jiao and lower-jiao. Finger-pressing Yifeng (TE 17) just is used for the pathogenesis of the inordinate functional activities of qi in upper-jiao and middle-jiao. At the same time, Yifeng (TE 17) is the crossing point of Gallbladder Meridian and Triple Energizer Meridian. The branch of Gallbladder Meridian goes down from the supra-

clavicular fossa to pass diaphragm, enters the liver and connects with the gallbladder. So, by meridian and collateral, pressing Yifeng (TE 17) indirectly regulates the functional activities of qi in Gallbladder Meridian and reaches the purpose of soothing the chest oppression and regulating the diaphragm, and lowering the adverse flow of qi to relieve hiccup. Modern medicine holds that since Great Auricular Nerve distributes around the Yifeng (TE 17), especially the distribution of Vagus Nerve is abundant. Finger-pressing this acupoint can stimulate cerebral cortex, suppress Vagus Nerve by reflex and remit the spasm of diaphragm to stop hiccup.

This therapy is simple in manipulation, quick in therapeutic effect, economical and practical, and easily accepted by patient.

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针灸预防“非典”

Acupmoxi Prevention of Severe Acute Respiratory Syndrome

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“非典型性肺炎”正严重威胁着人类的生命和健康,至今国内外对本病尚无特效的治疗方法。而我国传统特色疗法之一的针灸,在“非典”的预防中可能会发挥良好的作用。长期大量的临床和实验研究已经证实,针灸可以动员机体潜在力量,增加生理防御能力,尤其是在改善免疫功能方面,无论是对特异性的,还是非特异性的,无论是体液免疫,还是细胞免疫,针灸均有提高作用,故可有力地抵抗病毒的侵犯。

在众多针灸方法中,就提高机体免疫能力而言,以化脓灸效果最为突出,其次为熏灸、隔物灸、天灸等,再其次为针刺与拔罐。一般化脓灸每6星期治疗1次,天灸每5天治疗1次,其他方法可每天或隔天治疗1次。取穴以足三里、关元为佳,也可选用大椎、膻中及相关背腧穴等。

针灸预防“非典”的优点是无副作用(除糖尿病人外);针灸又具有良好的双向调节作用,便于临床应用,这一点比用药物为强;针灸治疗价格低廉,操作简单,易于普及推广,各医院的针灸科均可采用,普通百姓家中也可自行操作。

总之,在抗击“非典”的斗争中,针灸疗法是值得大力提倡和推广的。

Severe acute respiratory syndrome (SARS) is seriously threatening human life and health, but so far there is no specific treatment for it at home and abroad. Acupuncture-moxibustion, one of our country's traditional and characteristic therapies, may play a good role in SARS prevention. A long time and large number of clinical and experimental studies have showed that acupuncture-moxibustion can exploit bodily potential, improve physical defense ability and especially ameliorate immunologic functions, whether specific or nonspecific and humoral or cellular. So it can powerfully resist viral invasion.

Among many acupmoxi therapies, as for the improvement of bodily immunity, festering moxibustion is best in efficacy, direct moxibustion, fumigating moxibustion, indirect moxibustion and crude herb moxibustion are next, and acupuncture and cupping are in the third place. Festering moxibustion is usually administered once every 6 weeks, crude herb moxibustion once every 5 weeks and the other methods once every or every other day. Points Zusanli(ST 36) and Guanyuan(CV 4) are the best choices. Dazhui(GV 14), Shanzhong(CV 17) and related Back-Shu points can also be selected.

In SARS prevention, the advantages of acupuncture-moxibustion are no side effect (except in diabetics); a good and bidirectional regulating effect and convenient for clinical application, which is superior to medication; cheap in treatment, simple to perform, easy to popularize, and able to be used at the acupmoxi departments of all hospitals or performed by general persons themselves at their homes. In short, acupmoxi therapy is worthy to be advocated and popularized in fighting SARS.