Treatment of 85 Cases with Chronic Rhinitis by Acupuncture

AN Hua (安华)

Qinhuangdao Port Hospital, Hebei 066000, P. R. China

【关键词】 针灸疗法; 艾条灸; 鼻炎

【Key Words】 Acupuncture-moxibustion Therapy; Moxa Stick Moxibustion; Rhinitis

【CLC Number】 R246.8

【Document Code】 B

Patients with chronic rhinitis may not respond well to medications. The author treated 85 cases using acupuncture. The result is reported as follows.

1 General Data

Of 85 cases, there were 61 males and 24 females, and 79 cases had been treated with medications.

2 Treatment Method

Major points: Fengchi (GB 20), Hegu (LI 4) and Zusanli (ST 36).

Modifications: Added Fengmen (BL 12) and Feishu (BL 13) for wind-cold; applied bloodletting to Yintang (Ex-HN 3) for wind-heat; applied moxibustion to Dazhui (GV 14) for deficiency-cold.

Method: Puncture perpendicularly using filiform needles of 0.35 mm in diameter and 40-50 mm in length, followed by reducing manipulation (reinforcing manipulation for the pattern of deficiency-cold). For moxibustion, apply bird-pecking moxibustion until a hot sensation occurs. For bloodletting, prick using a three-edged needle to allow a couple of blood drops spontaneously or to squeeze drops of blood.

The treatment was conducted once a day, 15 times as a course of treatment.

3 Treatment Result

3.1 Therapeutic effect criteria

Recovery: Absence of clinical manifestations with normal findings by rhinoscopy.

Marked effect: Substantial improvement of stuffy or runny nose with significant alleviation of nasal congestion by rhinoscopy.

Failure: No improvement in clinical manifestations or rhinoscopy findings.

3.2 Treatment result

After two courses of treatment, 61 cases obtained recovery, 21 cases obtained a marked effect and 3 cases had no effect. The total effective rate was 96.5%.

3.3 Case study

A 51-year-old male patient had had stuffy and runny nose for 6 years. Other symptoms included olfaction disorder, yellow or occasionally blood-stripped nasal discharges, dry nose, dry stools and scanty, dark-yellow urine. The tongue was slightly red with a thin, yellow coating. The pulse was slippery and rapid. The patient was, therefore, diagnosed with chronic simple rhinitis due to wind-heat affecting the lung. Fengchi (GB 20), Hegu (LI 4) and Zusanli (ST 36) were punctured with reducing manipulation (20 min), coupled with bloodletting on Yintang (Ex-HN 3). The treatment was conducted once a day, 17 times in total. After that, the patient showed a complete recovery with normal rhinoscopy findings. The two-year follow-up didn't show any relapses.

4 Remark

Traditional Chinese medicine holds that chronic rhinitis is due to wind-cold or wind-heat obstructing lung-qi. Fengchi (GB 20) can dispel wind. Hegu (LI 4) acts to tonify lung-qi and dissipate cold. As the Earth point, Zusanli (ST 36) acts to tonify the lung by strengthening the spleen, and it can also strengthen the immune system. For wind-heat, bloodletting acts to clear heat. For deficiency-cold, moxibustion acts to warm yang and strengthen the bodily resistance.

Translator: HAN Chou-ping (韩丑萍)

Received Date: June 10, 2010

Author: AN Hua, physician