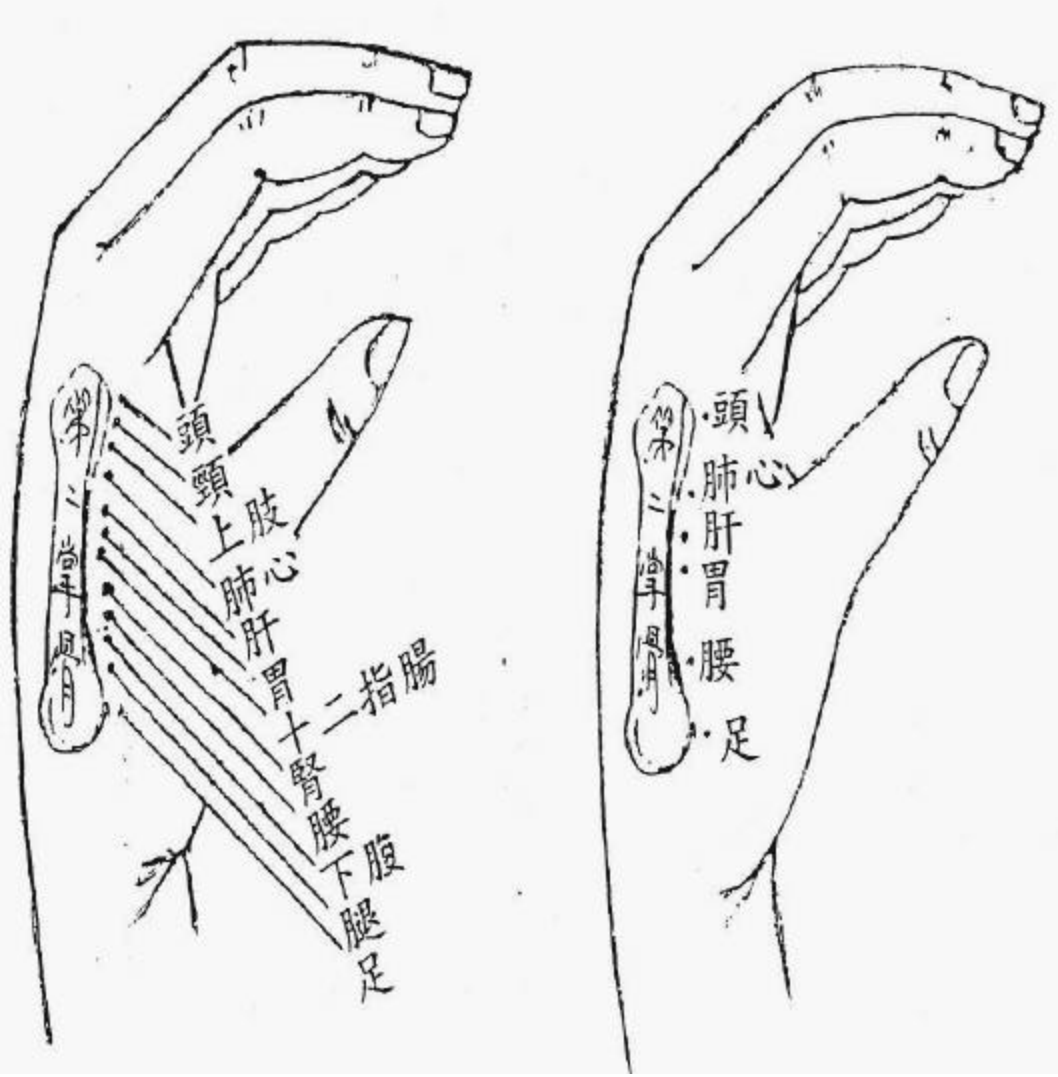
Clinical application of Auriculotherapy and holographic therapy in postoperative pain and soft tissue injury

針灸耳穴壓丸配合生物全息療法治療各式疼痛和急性軟組織損傷

Holographic therapy and auriculotherapy



Aim 目的

The purpose of this report concerned with the activities of the acupuncture clinic at Taipei Armed Forces General Hospital during the post several years is to objectively assess the role of acupuncture in the treatment of postoperative pain and soft tissue injury.

2006第一屆美國國際整合醫學大會

- 時間：2006年12月2　3日
- 地點：美國加州舊金山灣區
  史丹佛大學
- 主講人：黃正一　MD,Ph.D
  臺北國軍松山總醫院復健科

- 1997年 Nov. 3-5　在美國 馬里蘭州 伯賽斯達市 美國國立衛生研究院(NIH)總部所在地舉辦了關於針灸的聽證會
- 與會者將近千人 其目的是對針刺療法的科學性和可行性進行廣泛聽証
- 會議結束時發表了一個聲明
- 對針刺治療噁心嘔吐和各種痛症等有效性和安全性一一肯定
- 美國新聞媒體對此會議進行了廣泛報導

Acupuncture Works

An NIH panel endorses the ancient Chinese needle treatment—at least for some conditions

By DICK THOMPSON

FOR AN ANCIENT CHINESE CUSTOM that turns patients into human pincushions, acupuncture is surprisingly popular these days. America's growing interest in alternative medicine and the quasi endorsement of the Food and Drug Administration (which last year took acupuncture's extra-fine needles off its list of "experimental" medical devices) have helped create a sharp spike in demand for the prickly procedure. About a million Americans spend $500 million a year on acupuncture for complaints ranging from gallstones to migraines to low-back pain; today even dogs and horses are trotting off to see their acupuncturists.

But does it work? Most Western-trained physicians remain skeptical. Explanations that acupuncture restores the balance of yin and yang by tinkering at critical points along life-force meridians sound to scientists suspiciously like quackery. Advocates counter that their claims are supported by hundreds of research studies—as well as a successful track record that extends back 2,500 years.

To sort through the controversy and assess the quality of that research, the National Institutes of Health last week assembled a panel of experts in a scientific court known officially as a consensus conference. After three days of analyzing studies and interrogating practitioners, the panel was unexpectedly upbeat. "It's time to take acupuncture seriously," said its chairman, David Ramsay, president of the University of Maryland. "There are a number of situations where it really does work."

The panel found acupuncture effective in treating painful disorders of the muscle and skeletal systems, such as fibromyalgia and tennis elbow—even more effective, in some cases, than conventional therapies. It was judged to be a "reasonable option" for the relief of postoperative pain and low-back pain. And it won qualified endorsement as a supplement to standard remedies for drug addiction, carpal-tunnel syndrome, osteoarthritis and asthma.

Acupuncture's one great advantage over Western medicine is that it does no harm; unlike drugs and surgery, acupuncture has virtually no side effects. For acupuncturists who have been saying this for years, it was recognition long overdue.

CLEARLY EFFECTIVE	MAY BE EFFECTIVE	UNCERTAIN
Postoperative pain from dental surgery	Migraines	Stroke rehabilitation
Nausea and vomiting from chemotherapy and anesthesia	Arthritis	Asthma
	Menstrual cramps	Carpal-tunnel syndrome
	Low-back pain	Immune-system enhancement
	Tennis elbow	

"[The panel's report] is a great step toward breaking down the barriers," said Larenz Ng, a pioneer of acupuncture research and now a professor of neurology at George Washington School of Medicine.

One big barrier remains: acupuncture springs from a system of faith that scientists find almost incomprehensible. The treatment rests on the Taoist belief that two life forces, yin and yang, combine to produce a vital life energy, called *ch'i* (or *qi*), that flows through the body along pathways known as meridians, which were charted thousands of years ago. People get sick when these life forces are knocked out of balance, and the job of the acupuncturists is to nudge *ch'i* back into equilibrium. They do this by pushing needles through the skin, sometimes several inches into the body, at specific points along the meridians, and then twisting or twirling them or pulsing them with a low electric current.

What puzzles scientists is that these points and meridians don't correspond to any biological system in the body. How, then, can sticking a needle into the ear, for example, affect a distant organ like the gallbladder? One possible explanation, for which the panel found "considerable evidence," is that acupuncture works at least in part by releasing opioids, natural morphine-like substances, into the central nervous system.

However it happens, scientists know that acupuncture produces measurable changes in the brain. Some of the most compelling evidence presented last week was a series of brain scans taken by Dr. Abass Alavi, chief of nuclear medicine at the University of Pennsylvania Hospital in Philadelphia. Alavi's images showed dramatic changes in regions of the central nervous system that coordinate the perception of pain. "Acupuncture definitely changed the landscape of pain we see in the brain," Alavi told the panel.

Not everyone was persuaded. Dr. Wallace Sampson, a member of the National Council Against Health Fraud, complained that the panel had not invited the naysayers. And although the studies presented were mostly conducted in Western countries using accepted scientific methods, several critics pointed out that the best-designed experiments showed the poorest results.

The future of acupuncture in the U.S., however, will probably not rest on the quality of these experiments. If it's cheaper and less painful than going to the hospital, and if it gets results, Americans will use it. A Boston University researcher told the panel that the saving from just faster stroke rehabilitation and effective carpal-tunnel-syndrome treatment could cut the nation's annual medical bill by $11 billion. Such a saving is sure to catch the eye of HMOs and private health insurers. As Daniel Cherkin, a senior scientific investigator for a large HMO in Seattle, puts it, "Why something works is not of interest to those individuals and organizations providing care." What matters these days is that it works for less. ■

1997 Nov.17 Time 指出

NIH panel endorses the ancient Chinese needle treatment

Clearly effective in

- Postoperative pain from dental surgery.
- Nausea and vomiting from chemotherapy and anesthesia

根據臨床經驗 Clinic Application

Clearly effective or may be effective

- 對手術後的止痛 對化療或麻醉後發生的噁心嘔吐針刺肯定有效
- 對多種痛症包括偏頭痛,關節痛,月經痛,網球肘的療效也是確切的

Uncertainty in Clinic

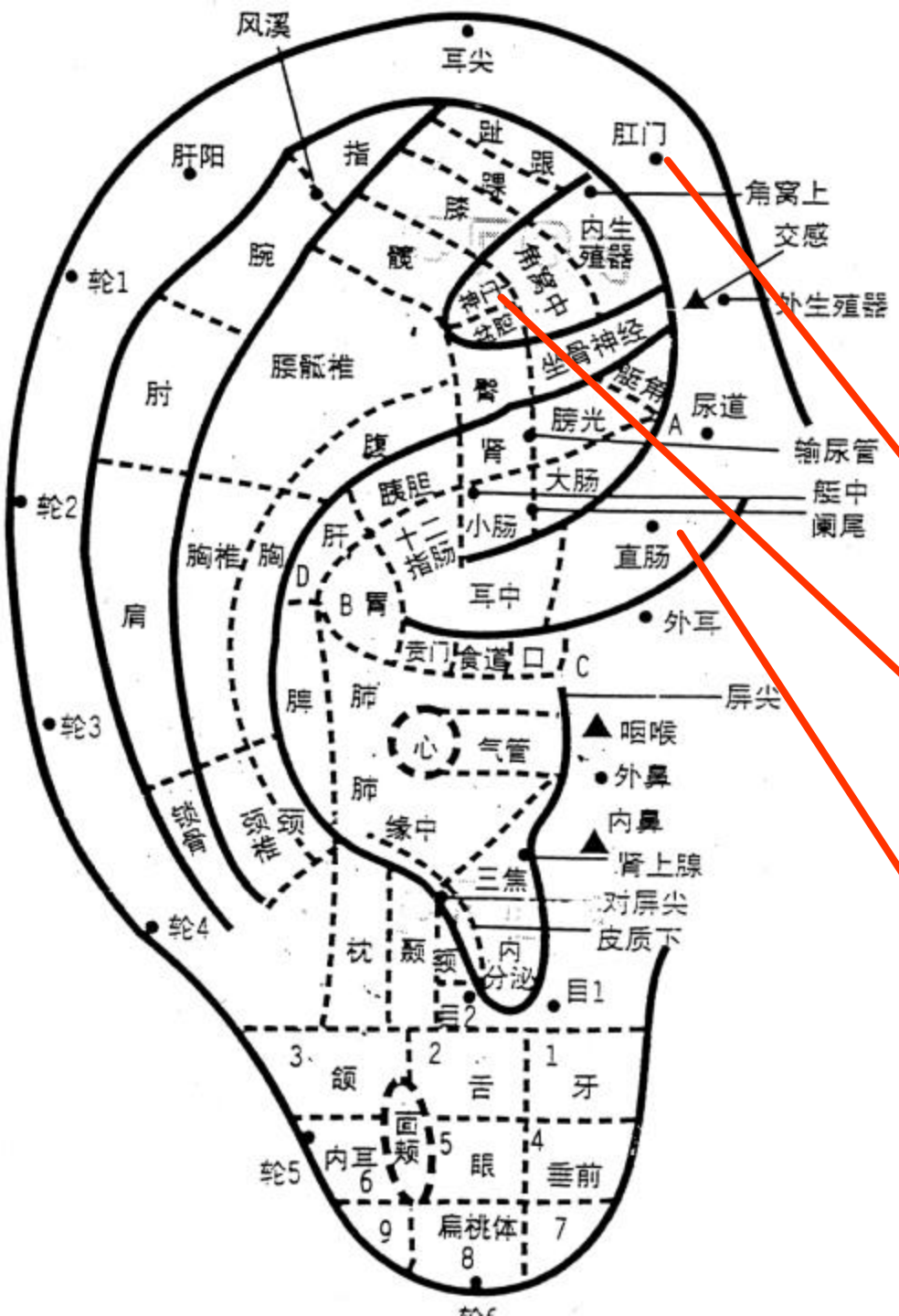
Stroke Rehabilitation, Asthma, Immune-System Enhancement, Quit Smoking or Diet.

對中風後復健，哮喘，增進免疫力，戒煙,減肥等雖然療效不一定也都值得應用

治療方法 Methods(Technique)

Auricular acupoint therapy: put (王不留行) flower seeds in 3M adhesive paper (0.8x0.8 cm) precisely in the loci of shenmen, rectum and anus points

耳穴壓丸：以針灸理療器之探測電極在耳朵的 直腸,肛門和神門穴附近探測敏感點作一標記,把貼有中藥王不留行籽的3M紙膠.8x0.8cm)對準穴位貼壓固定



肛腸手術

Hemorrhoidectomy

- **止痛點**
  Analgesia points
- **肛門 Anus**
- **神門 Shenmen**
- **直腸 Rectum**

Therapeutic Methods

Ask patient or family members to press those three acupoints with thumb and index finger 1-2 mins to achieve the pain or numbness in the ear but reduce all the pain and tenderness to the most in the rectum site. When the pain still feel heavy or unbearable then ask for more holographic therapy.

壓丸操作：囑咐患者或由家屬以雙手食指和大姆指端按壓,以可產生痠重或麻木疼痛感,一般按壓1-2分鐘直到患部疼痛減輕或消失，如果疼痛仍在,則配合生物全息療法

Holographic Therapy

Holographic therapy was originally conducted by professor Chang, Tn-Chin, Shan-Tung University, China in 1980 he focused the acupuncture points in the second palm bone sensitive area to put the 1.5’ No. 30 needle into the sensitive or the pathology reflex area, to get qi then do more stimulation every 10 mins more than 3 time to get rid of all the pain and tenderness then withdraw the needle.

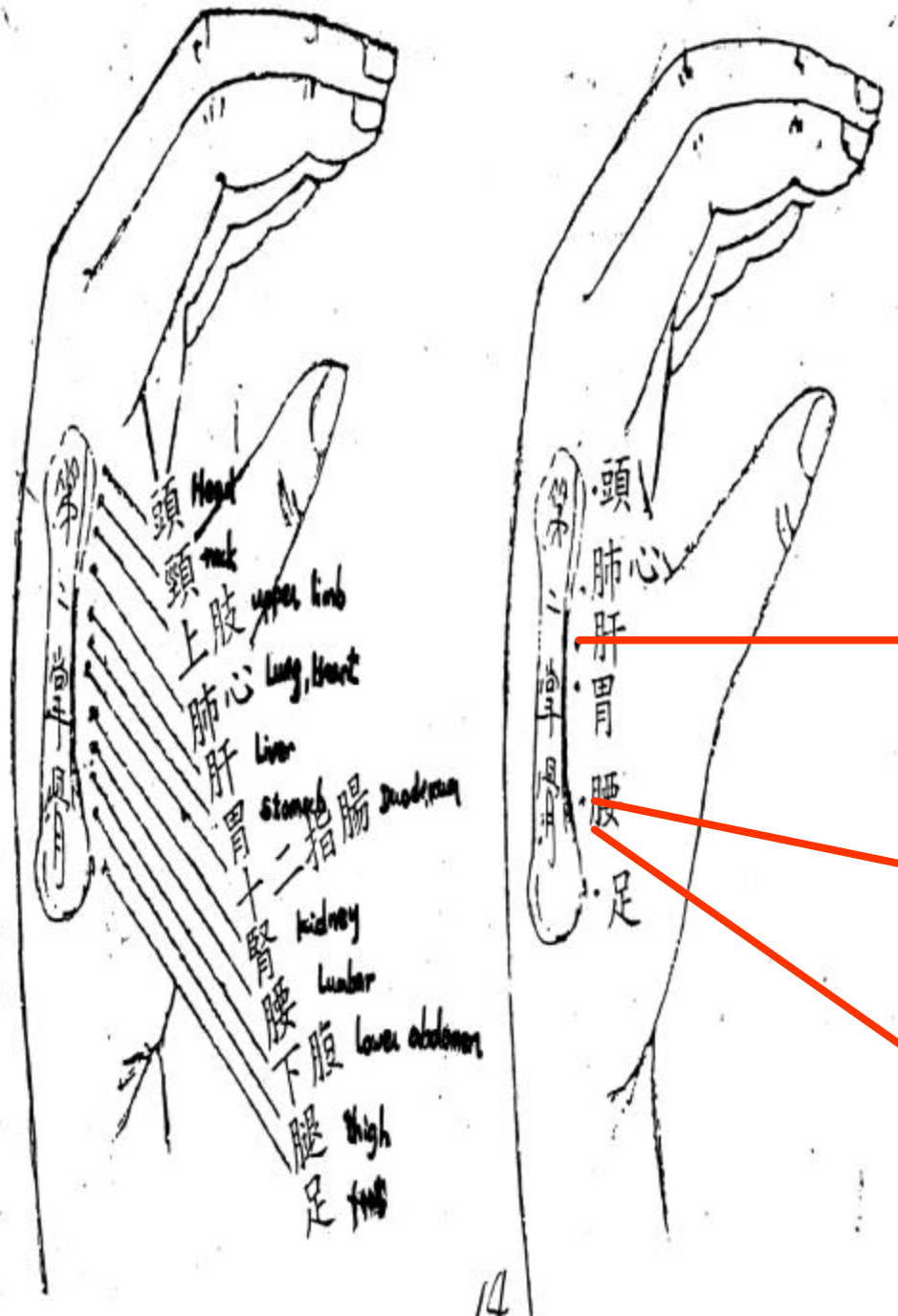
生物全息療法 ;1980 年 山東大學 張穎清教授提出的第二掌骨全息理論;在該器官相對應位點之所謂敏感點或病理反應點用30號1.5寸不鏽鋼毫針快速進針，得氣後斷續捻轉30秒後留針10分鐘,重複操作三次之後起針

全息療法

HOLOGRAPHIC THERAPY

反應區

THE SENSITIVE AREA



肝 Liver

腰 Lumber

下腹 Lower abdomen

療效觀察 Criteria of Effective

- Patients were asked to rate their level of pain before and after two hours treatment.
- Ducher pain index (DPI) were used to measure pain intensity and pain unpleasantness.
- 1.Cured:both pain and local tenderness disappeared completely, all the function back to normal.
- 2.Remarkably effective: DPI reduced more than 50% after the treatment.
- 3.Effective:DPI reduced 20-50% after the treatment.
- 4.Ineffective:DPI reduced less than 20% after the treatment.

討論 Discussion

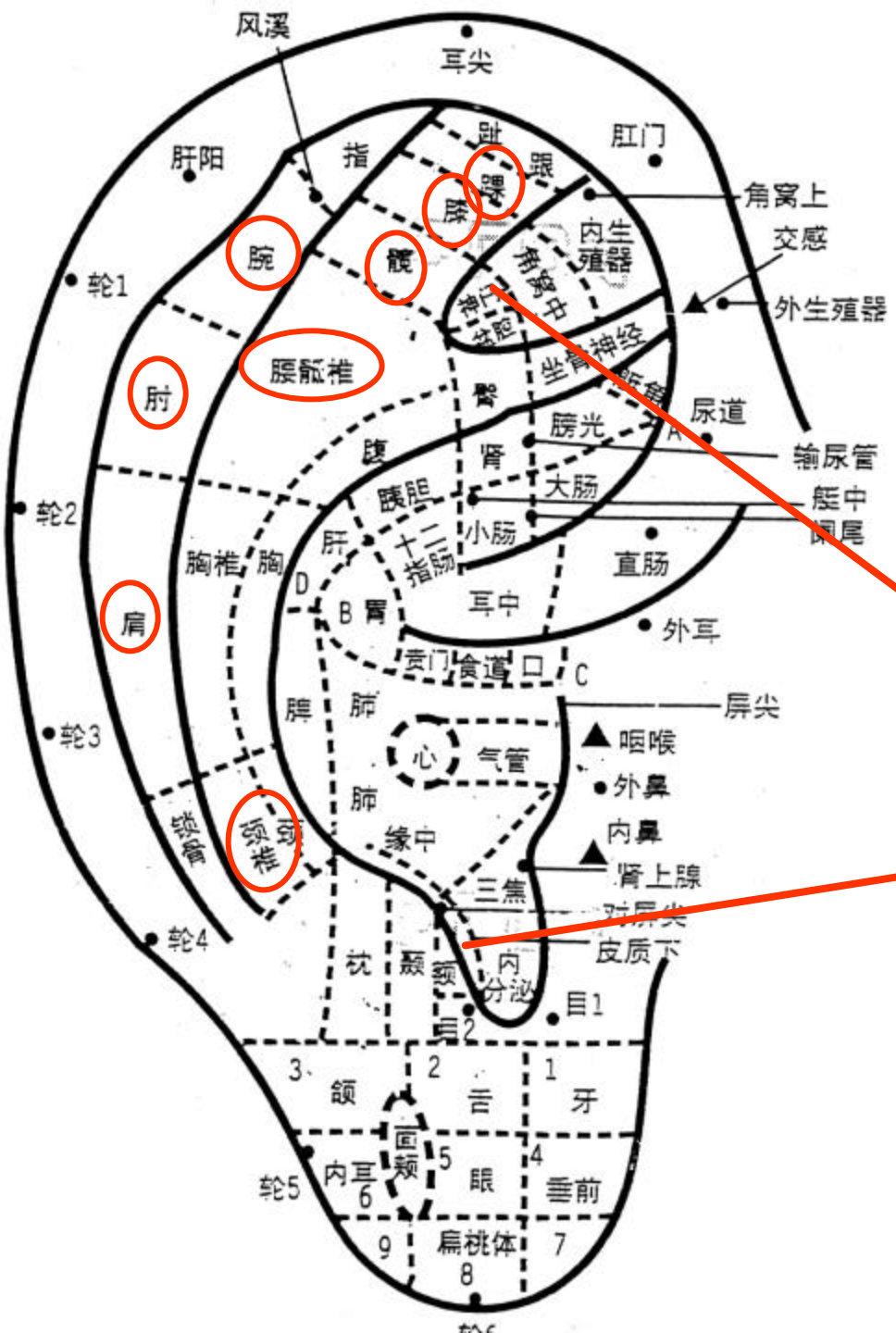
肛腸手術在開刀前之不適,開刀後所造成的疼痛是病患終身難忘的苦痛,借由開刀前耳穴 神門,直腸,肛門穴的刺激,經由刺激相應組織器官的投射區,耳穴壓丸可大大地改善機體內環境,增強免疫,使病患在手術前痛苦明顯減少,在手術後的疼痛也會因按壓刺激耳穴,調達氣機,疏通經絡而有效地緩解傷口的疼痛.如有必要就配合1980年山東大學張穎清教授提出的第二掌骨全息理論,在該器官相對應位點之所謂敏感點或病理反應點針刺更可將耳穴的後續效應發揮與補強.

Discussion

- Hemorrhoidectomy patients felt very uncomfortable and distress before and after the operation, especial the postoperative pain is tender and unbearable.
- With the application of auriculotherapy in the ear acupoints, shenmen, rectum and anus, flower seeds stimulation got great help to reduce pain and tenderness.
- This analgesic effect can be enhanced by professor Chang In-Chin’s the second palm bone holographic therapy.

軟組織損傷

Soft Tissue Injury



敏感點

sensitive Area

神門 Shenmen

皮質下Subcortex

討論

- 疼痛的處理是醫師每日面臨的問題,簡便而有效的耳穴壓丸配合全息療法解決了大部分人們的迫切需求
- 人體每個獨立部位或器官,通過針刺的信息,經神經,體液和微循環的調節,使得以針刺部位相對應的組織器官得到修護,調整 而達到治療目的
- 針刺止痛療法對 功能性痛症效果較好,對器質性病變效果比較差
- 耳穴壓丸的止痛效果可加成全息療法的止痛療效

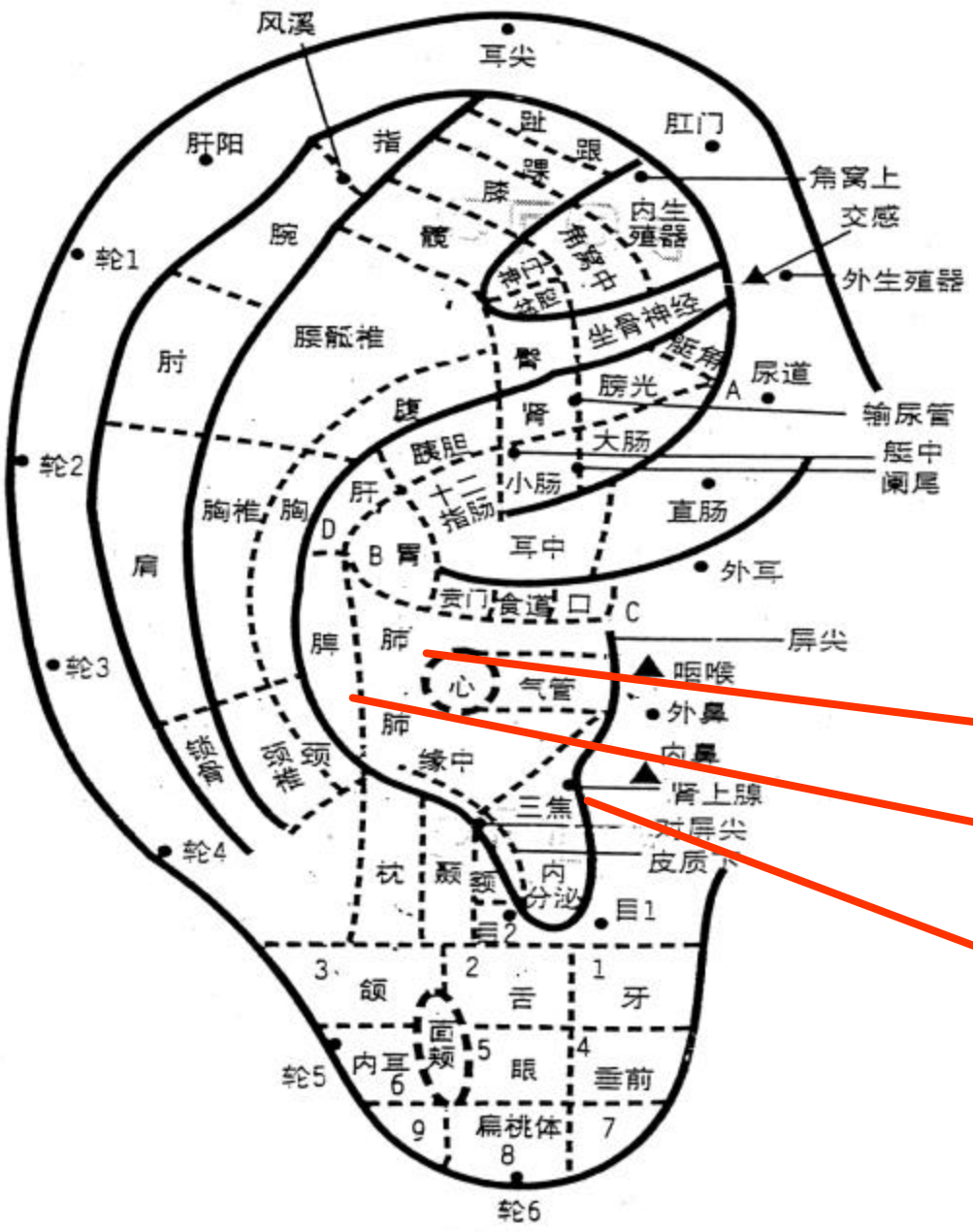
摘要　Abstract

- 觀察耳穴壓丸配合生物全息療法針刺對急性軟組織損傷和手術後之止疼的臨床療效
- 100例直腸外科手術病患利用耳穴壓丸理論取穴神門,直腸,肛門穴．204例 急性軟組織損傷（包括腰,頸部,腕關節和膝關節扭傷等）取穴 神門,皮質下，外加對應穴位如 腰？椎,頸椎,腰和膝穴,必要時配合第二掌骨側之十二穴區陽性反應部位針刺
- 結果：臨床觀察治療手術後疼痛或急性軟組織損傷,療效滿意

哮喘 Asthma

刺激區

STIMULATING AREA



國際標準耳部穴位圖

肺 Lung

脾 Spleen

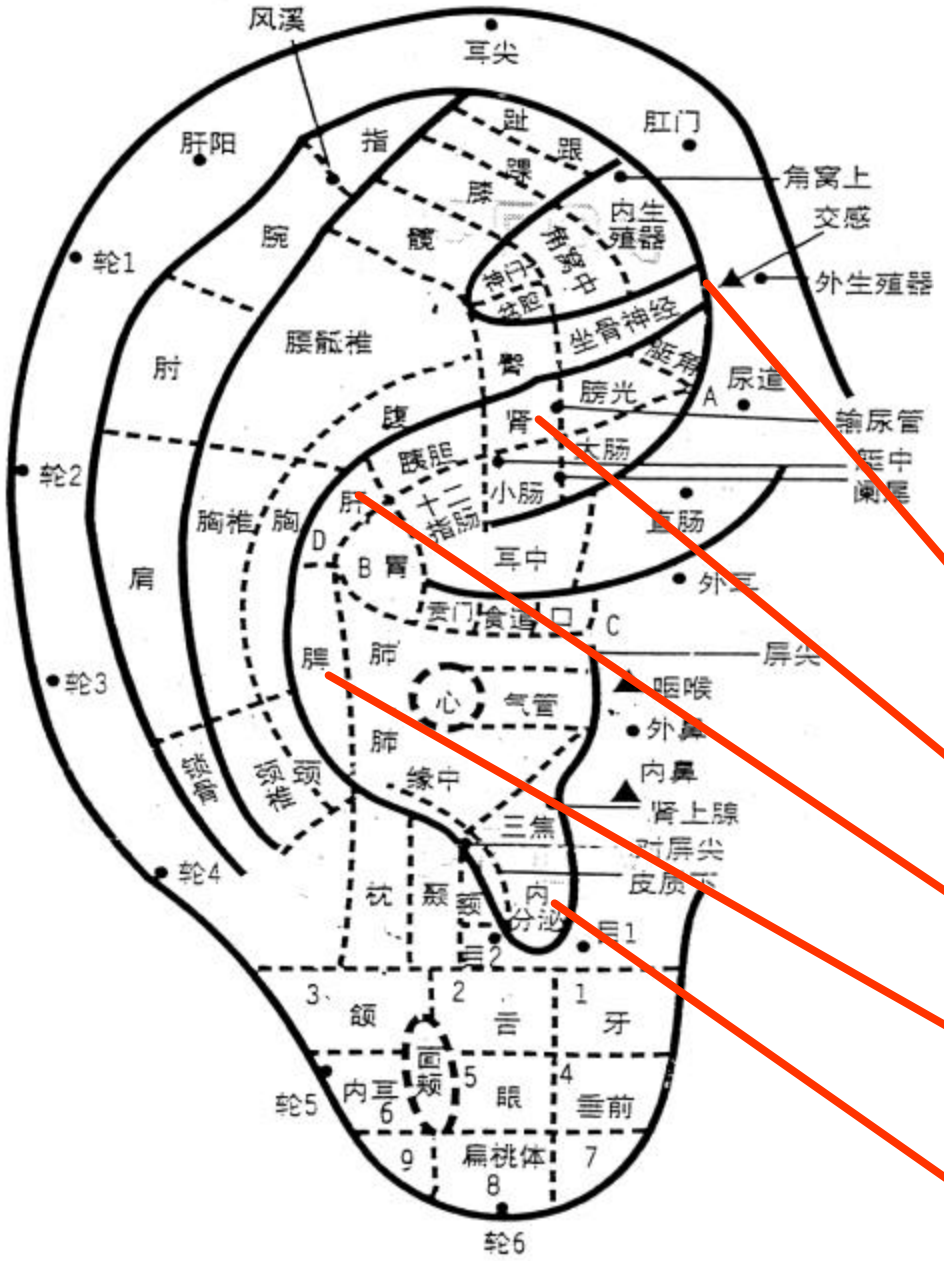
腎上腺 Adrenal gland

痛經

Menstrual cramps

刺激區

STIMULATING AREA



國際標準耳部穴位圖

交感 Sympathesis

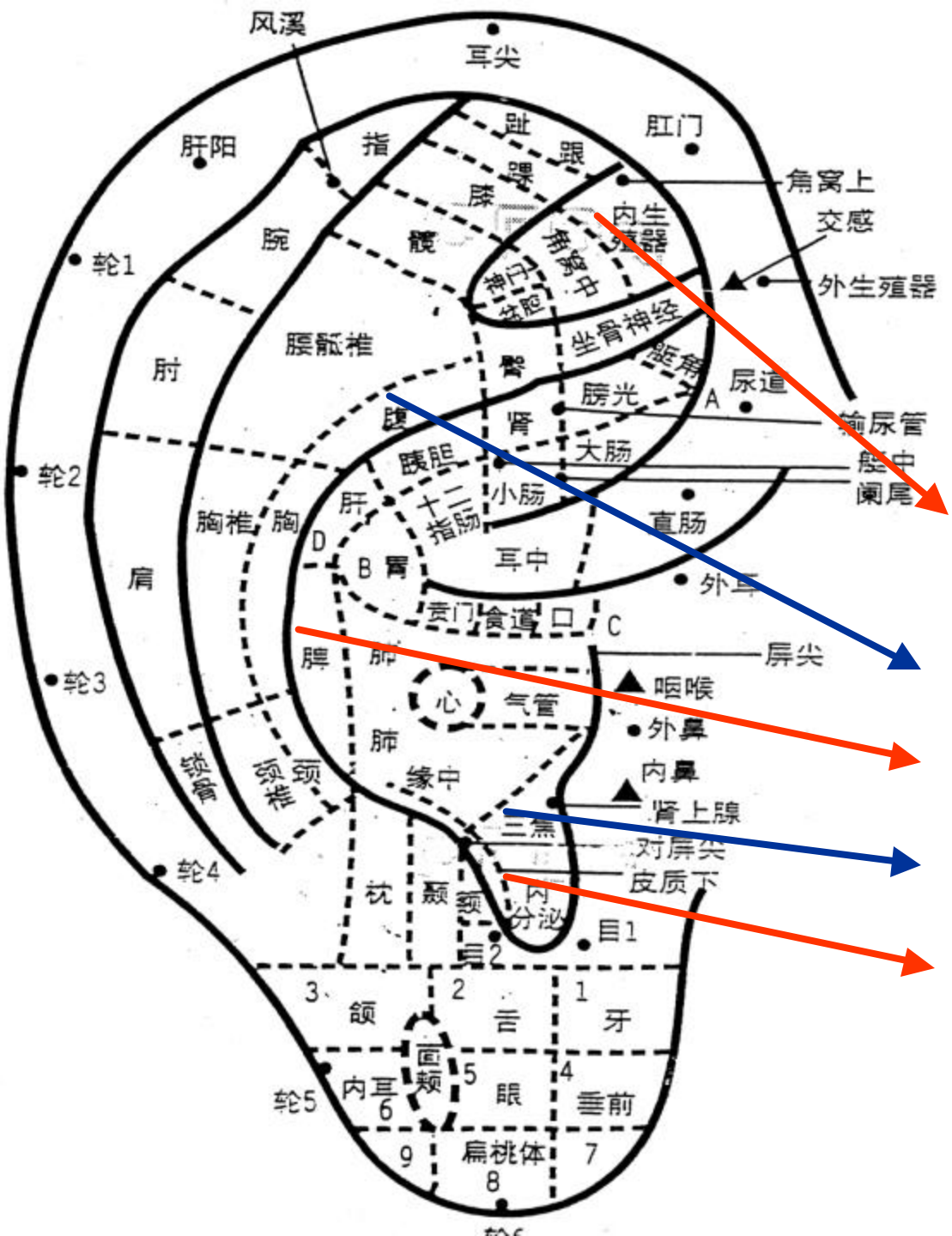
腎 kidney

肝 Lliver

脾 Spleen

內分泌 Endocrine

減肥 Diet



刺激區

STIMULATING AREA

內生殖器
internal genitals

腹 abdomen

脾 spleen

三焦 triple energy

內分泌 endocrine

常見病症與美容耳穴配方效果一覽表

病名	取穴	療效	病名	取穴	療效
高血壓	神門、交感、心、肝、腎	療效好	耳鳴耳聾	腎、腎上腺、耳中	效果明顯
關節炎	耳尖、神門、內分泌、皮質下	療效好	牙痛	牙、神門、上額	效果好
肩周炎	肩、神門、脾、胃	效果明顯	頭痛	神門、腦幹、枕	效果好
咳嗽哮喘	肺、腎上腺、脾	效果明顯	近視	眼、目1、目2	效果好
腰腿痛	腰椎、坐骨、神門、腎	效果明顯	痤瘡	肺、內分泌、面頰、神門	可根治
痛經	交感、內分泌、腎、肝、脾	療效好	黃褐斑	內生殖器、內分泌、三焦、肺、面頰	效果好
月經不調	內分泌、腎、脾	療效好	減肥	內分泌、內生殖器、脾、三焦、腹	效果好
乳汁不足	內分泌、三焦、肝、胃	療效好	減皺紋	內分泌、肺、心、腎、面頰	有效
妊娠嘔吐	神門、交感、脾、肝	療效好	雀斑	內生殖器、內分泌、面頰、腎、肺、肝	可減淡
便秘	大腸、脾	療效好	斑禿	腎、肝、腦、皮質下	有效

注：上述病症現最簡單的治療方法，是用耳夾夾壓或用磁珠貼壓，也可用毫針刺法、埋針和其他耳穴療法。

眼針 Eye Acupuncture

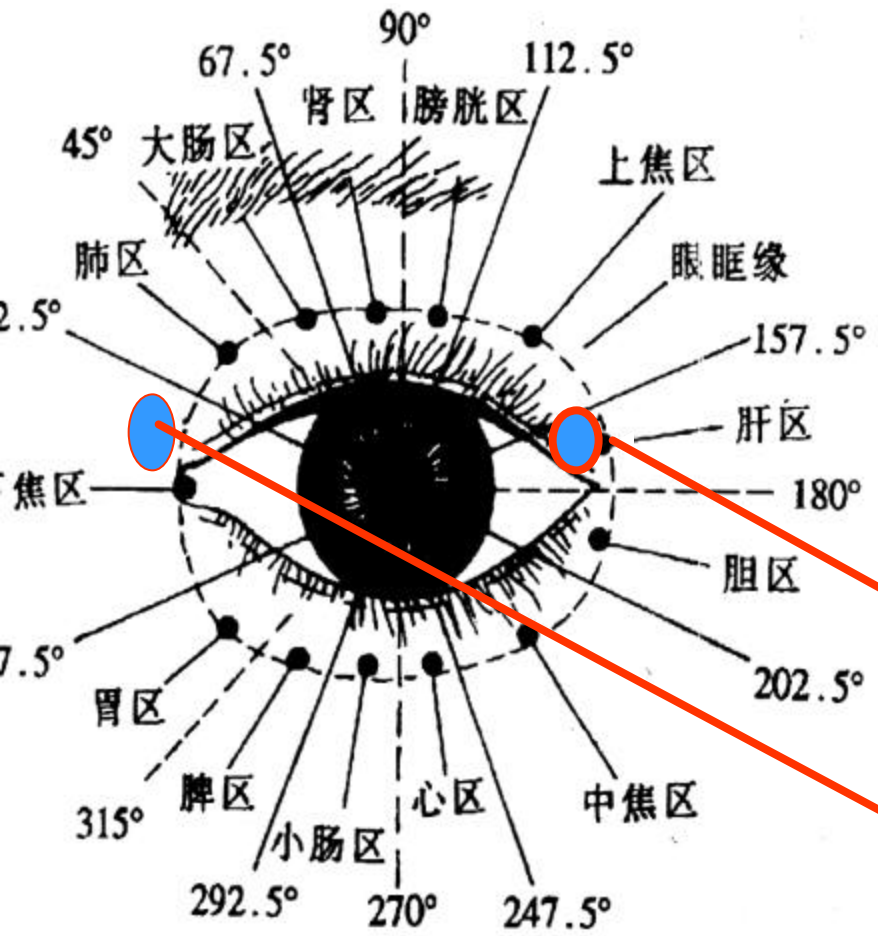


图 11　眼区穴位图（左眼）

的穴位都在眼眶缘内或距眶内缘 2mm 以内的
取穴时，以瞳孔为中心，将眼周分为 360°，
，外眦为 180°，这样每个眼区穴都有一定的

刺激區
STIMULATING AREA

肝區　liver

下焦區　lower energy

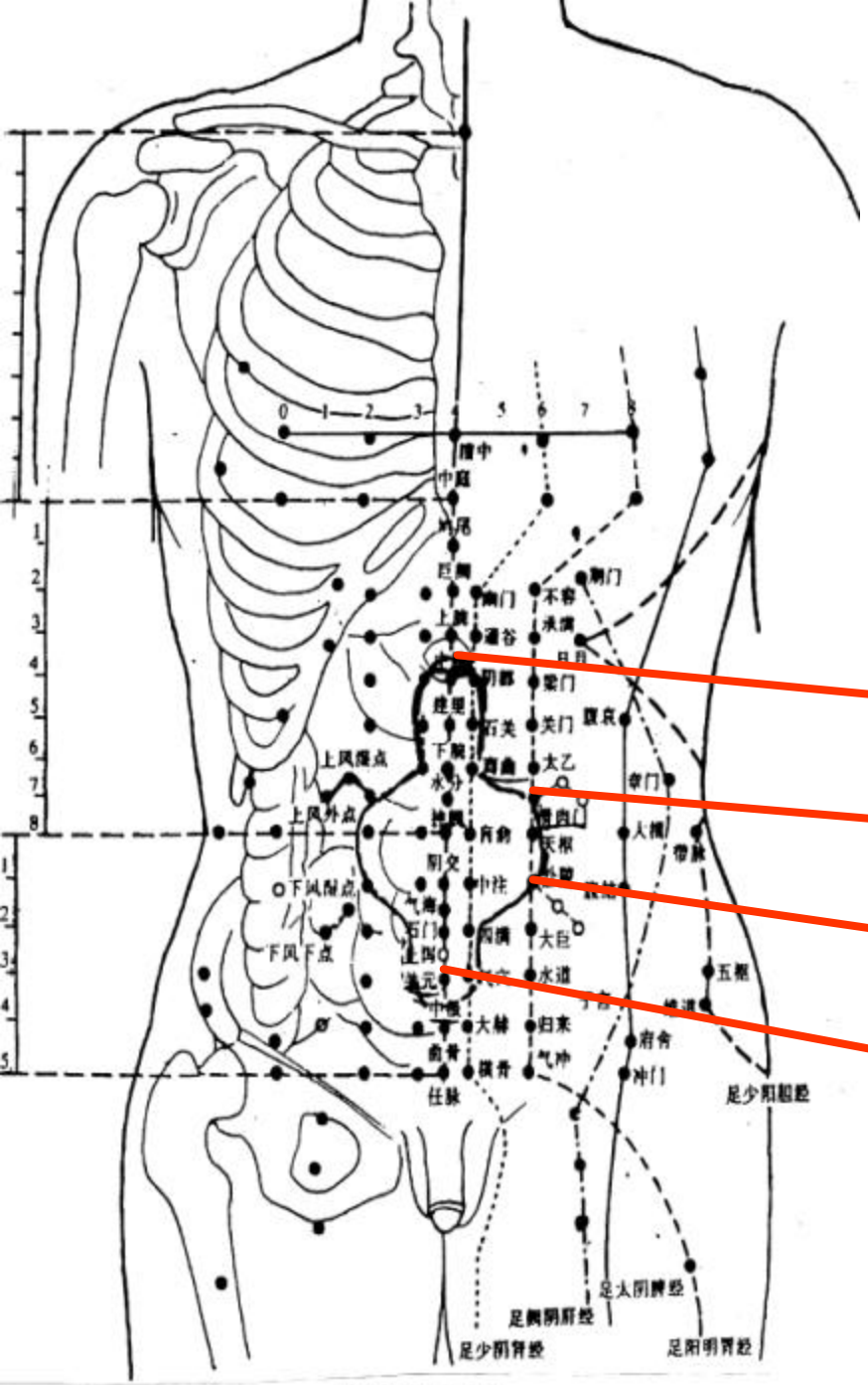
Very good for sharp pain
like postoperative pain

中風復健

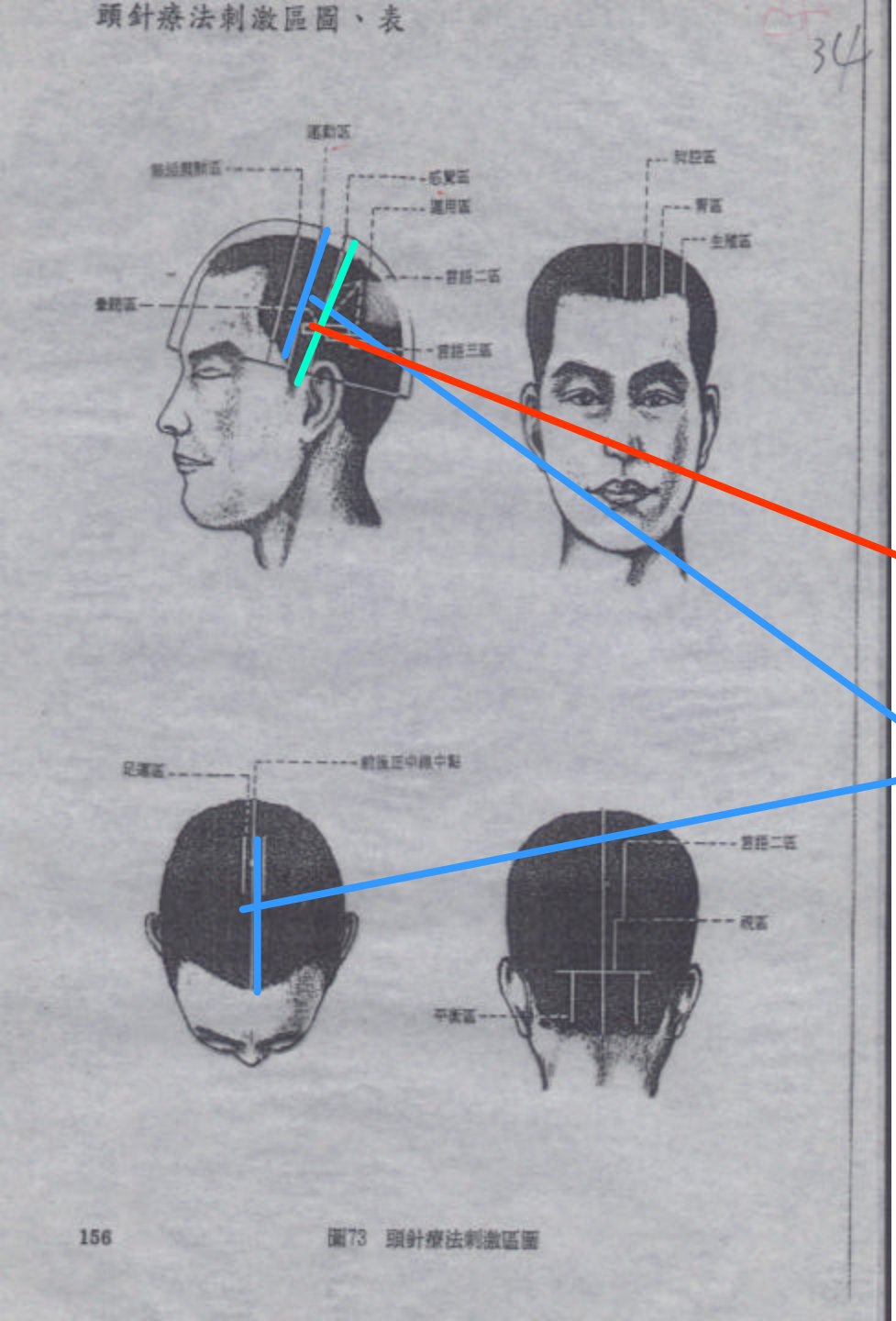
Stroke Rehabilitation

刺激區

STIMULATING AREA



- 中脘 Ren12
- 滑肉門 St.24
- 外陵 St.26
- 關元 Ren4



頭皮針
Scalps needle

刺激區
STIMULATING AREA

Soft tissue injury
(sensor area)

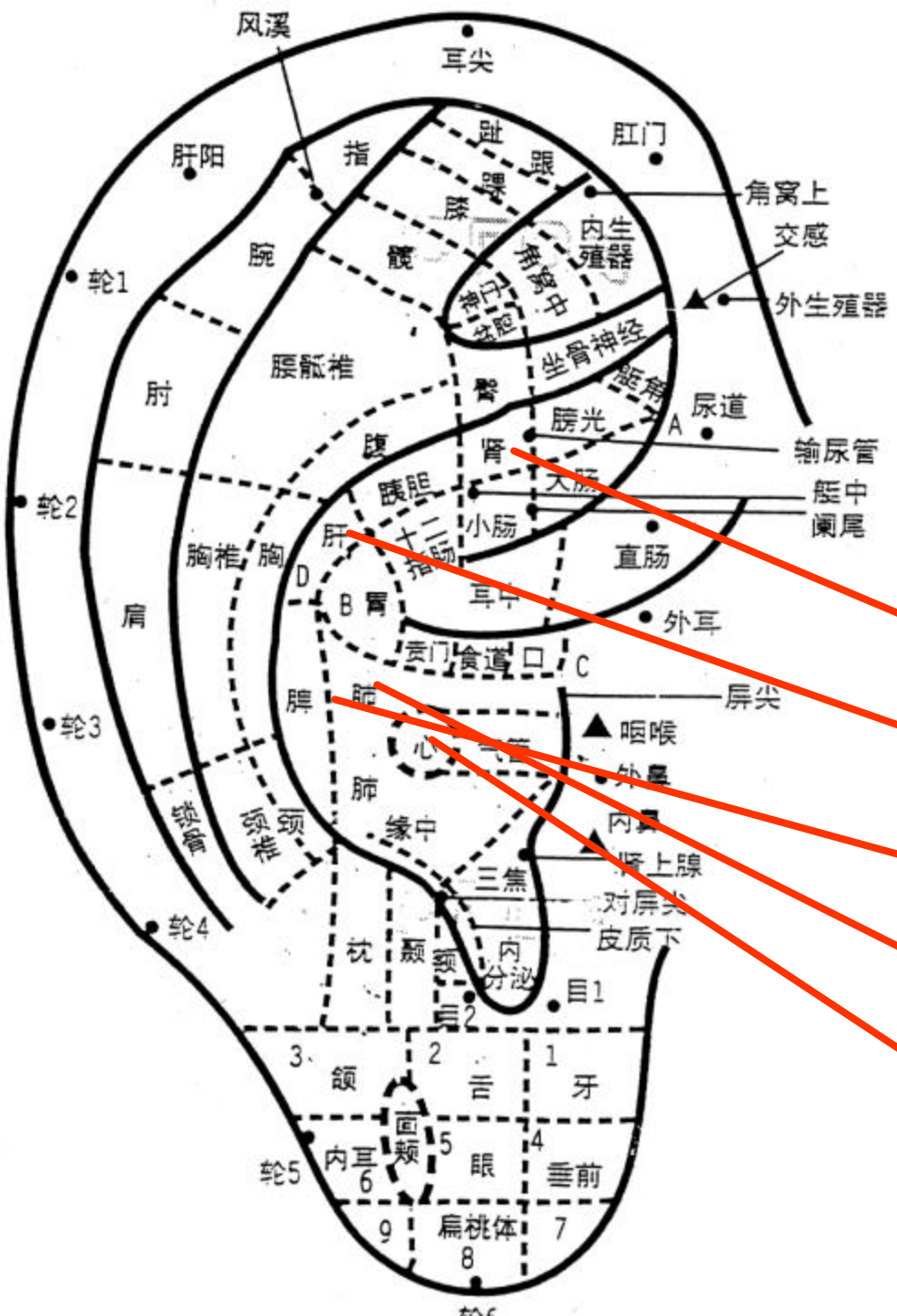
Stroke rehabilitation
(motor area)

保健長壽

Healthy, Longevity

刺激區

STIMULATING AREA



腎 Kidney

肝 Liver

脾 Spleen

肺 Lung

心 Heart

Thanks for your attention!