

The Effect of Traditional Chinese Medicine Fumigating and Washing Combined with Acupuncture in the Treatment of Neck, Shoulder, Waist and Leg Pain

Bin Yang

Henan Province Hospital of Tcm, Zhengzhou, Henan 450002, China

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Abstract: objective: to explore the clinical effects of fumigation and washing with traditional Chinese medicine combined with acupuncture and moxibustion in the treatment of neck, shoulder, waist and leg pain. Methods: eighty patients with neck, shoulder, waist, and leg pain in orthopedics were selected as research objects, and they were divided into two groups according to the wishes of patients and their families, with 40 patients in each group. One group was used as a control group and treated with traditional Chinese medicine fumigation and washing; the other group was used as a research group and treated with traditional Chinese medicine fumigation and washing and acupuncture physiotherapy. Finally, the treatment effects of the two groups of patients were compared. Results after research, it was found that the effective rate of the study group was significantly higher than that of the control group, and fewer people had adverse reactions, and the decline in the cascs and vas scores of the study group was significantly better than that of the control group. Results: the effective rate of clinical treatment in the observation group (85.00%) was significantly higher than that in the control group (70.00%) ($p < 0.05$). After treatment, the scores of cascs and vas in the two groups were significantly higher than those before treatment ($p < 0.05$), and there was no significant difference between the two groups before treatment. After treatment, the scores of cascs and vas in the observation group were significantly higher than those in the control group ($p < 0.05$), and the scores of vas were significantly lower than those in the control group ($p < 0.05$). Conclusion: the clinical effect of traditional Chinese medicine fumigating and washing combined with acupuncture and physical therapy in the treatment of neck, shoulder, waist and leg pain is accurate, and it has a higher analgesic effect, which is obviously superior to the single treatment of traditional Chinese medicine, and it is worth clinical application.

1. Introduction

In recent years, as people's lifestyles have changed, work pressure has increased, and the popularity of electronic products has kept people in the same posture for a long time, more and more patients suffer from neck, shoulder, waist, and leg pain. The disease is mainly caused by chronic strain or aseptic inflammation caused by pain, swelling, and limited function in the affected area [1]. Common types of diseases are lumbar muscle strain, cervical spondylosis, tenosynovitis, and osteogenesis. Due to the hidden onset of neck, shoulder, waist, and leg pain, and atypical symptoms, people are often ignored. The best treatment time will be missed [2]. Neck, shoulder, waist and leg pain are swelling and pain in the affected area caused by aseptic inflammation and chronic strain, and they are a type of disease with limited function [3]. The common diseases include periartthritis of the shoulder, cervical spondylosis, tenosynovitis, lumbar muscle strain, bone hyperplasia, and lumbar disc herniation. Because the pain is mild or severe at the time of onset, the clinical symptoms are not obvious, and are not recognized by the majority of patients, so most patients miss the best opportunity for treatment [4]. Neck, shoulder, lumbago and leg pain mainly include pain, swelling and functional limitation caused by chronic strain or aseptic inflammation, which mostly occur in patients with scapulohumeral periartthritis, cervical spondylosis, lumbar disc herniation and hyperosteogeny. As the symptoms are mild and severe when they occur, the symptoms are not obvious and typical, so the patients do not pay much attention, which makes many patients miss the best treatment opportunity [5]. From the clinical treatment practice, western

medicine treatment is only maintained on the superficial surface of pain relief, conventional Chinese medicine treatment alone is slow in effect, and the prognosis effect is not ideal [6]. In order to explore the clinical efficacy value of traditional Chinese medicine fumigation and washing combined with acupuncture and physiotherapy in the treatment of neck, shoulder, lumbago and leg pain, 80 patients with neck, shoulder, lumbago and leg pain were selected as the object, and the combined treatment of traditional Chinese medicine was proposed to be added on the basis of the separate treatment of the original traditional Chinese medicine, hoping to highlight the original treatment effect. The details are as follows.

2. Data and Methods

2.1 Data

80 surgical patients with neck, shoulder, waist and leg pain were selected as the research object. However, before conducting the study, the relevant medical staff should start the relevant information of the patient's family for the test and sign a consent form with the patient's family if they wish. In addition, the physical condition of the research object should be understood in detail when selecting the research object, and patients suffering from diseases affecting the test results should be excluded, while most of the excluded patients suffer from diseases that are very easy to relapse, such as hypertension [7]. Then the selected subjects were divided into groups, 40 patients in each group, and the main basis for grouping was the wishes of patients and their families. In the group, there were 40 patients in the control group, 22 male patients and 20 female patients, aged between 33 and 65 years, with an average age of (40.24 ± 1.36) years, a course of 0.4-4.3 years and an average course of about 2.4 years; in the other group, there were 40 patients in the control group, 23 male patients and 22 female patients, aged 34-7 years and an average age of (42.43 ± 1.44) years old, the course of disease was 0.6-4.7 years, the average course of disease was about 2.3 years. There was no significant difference between the two groups in the basic data [8].

2.2 Method

Patients in the control group were treated with acupuncture. Patients in the study group were treated with exercise techniques and Chinese medicine fumigation and washing on the basis of the control group. Patients in the study group of Chinese medicine fumigation and washing therapy take a pair of specific medicines, add a casserole and add 3/4 pots of water. After being boiled in the high heat, it can be appropriately placed for 10 minutes, and the medicine and the medicine are poured into the washbasin. When the temperature is moderate, use a towel Dip the juice into the affected area for hot compress, rinse, fumigation. Depending on the patient's condition, it can be performed 1 to 2 times a day, each time about 20 to 30 minutes, with 10 days as a course of treatment. Formula: 10g of *Eucommia ulmoides*, 10g of peony, 10g of solitary living, 10g of angelica, 10g of mulberry, 10g of licorice, 15g of *Achyranthes bidentata*, 25g of Chuanqiang, 10g of Asarum, 10g of windproof, 10g of Qinqin. Precautions for fumigation and washing of traditional Chinese medicine [1]: ① Instruct patients to avoid the temperature of fumigation and washing liquid being too low. When soaking, it is better to warm; ② pay attention to avoiding wind during fumigation and washing. In particular, the sensory function of the epidermis in diabetic and elderly patients is poor, and the resistance to mild burns is poor. 43°C will cause skin damage, and there will be obvious pain at 47°C . Instruct patients to refrain from eating cold food and not taking cold baths during treatment. If skin reactions occur after fumigation, they should be stopped in time. Topical calamine lotion can be used for local allergic patients. Acupuncture and moxibustion physical therapy specific steps of acupuncture and moxibustion physical therapy: ① cervical traction: the patient takes the sitting or lying position, takes the cervical traction device and places it on the neck of the patient for cervical traction, each lasting for about 30 minutes, twice a day, a total of 8 times for a course of treatment, the traction strength is appropriate for the comfort of the patient; ② lumbar traction: it can be used for piriformis syndrome, lumbar stenosis, hyperosteo-geny, and disc herniation And so on. The patient takes the supine position in the traction bed, each time

lasting for about 25 minutes, the weight increases gradually from 30 kg, the maximum weight of each traction does not exceed 2 / 3 of the patient's weight, after the end, the patient is asked to rest for about 10 minutes; ③ acupuncture and moxibustion: if there is wind, cold, dampness or kidney deficiency, the vital door can be acupuncture and moxibustion, so as to strengthen the kidney and help Yang, dredge the lower limbs, collaterals and Qi and blood; if the waist disc is protruding, the acupuncture and moxibustion can support Acupuncture points such as Weizhong, Shenshu, Huantiao, JieXi, Yanglingquan, etc.; if cervical spondylosis occurs, acupuncture points such as Yangxi, Hegu, Quchi, Fengchi, Jianjing and wupan can be used [9].

2.3 Observation Index

The therapeutic effects and NRS (pain numerical scoring method) scores of the two groups were compared. 0 was painless, 1-3 was mild pain that did not affect sleep, 4-6 was moderate pain that slightly affected sleep, 7-9 was severe pain that could make patients unable to sleep or wake up in sleep, 10 was severe pain, and the higher the NRS score, the better the symptoms, signs and functional status of patients. The clinical efficacy was divided into 3 grades: excellent, good and ineffective, with 1 month as the reference time limit. Excellent: The patient's clinical pain symptoms disappeared, and there were no prognostic adverse reactions and complications. Good: The patient's clinical pain symptoms were significantly relieved, and the prognosis of the prognosis was accelerated. Ineffective: The results of follow-up treatment investigation showed that the pain worsened or remained unchanged. The total effective rate is effective plus significant efficiency.

2.4 Statistical Methods

Count data and measurement data of this observation were included in SPSS20.0 software for data processing. Counting data was expressed as a percentage (%), using the X² test, measurement data was expressed as ($x \pm s$), using the t test, and $P < 0.05$ indicated that the difference was statistically significant.

3. Result

3.1 Comparison of Treatment Effects between Two Groups of Patients

The total effective rate was 92.5% in the study group and 72.5% in the control group. The difference was statistically significant ($\chi^2 = 5.541, P = 0.019 < 0.05$). See Table 1.

Table 1 Comparison of Therapeutic Effects between Two Groups of Patients (Cases,%)

Group	Number of cases	significant effect	Effective	Invalid	Total effective rate
Research Group	40	20(50.00)	15(35.00)	5(15.00)	35(85.00)
Control group	40	14(35.00)	14(35.00)	12(30.00)	28(70.00)

3.2 Comparison of Joint Function Scores between the Two Groups Before and after Treatment

After treatment, the joint function score of the patients in the study group was (92.1 ± 2.4) points, and the control group was (70.1 ± 2.6) points. The difference in the joint function scores between the two groups after treatment was statistically significant ($P < 0.05$). See Table 2 for details.

Table 2 Comparison of Joint Function Scores between Two Groups of Patients Before and after Treatment ($X \pm s$, Minute)

Group	Number of cases Before treatment	After treatment	
Research group	40	37.1 ± 3.3	91.5 ± 2.6
Control group	40	41.5 ± 2.6	69.4 ± 2.9
t value	-	0.1245	47.584
P	-	0.9451	<0.05

3.3 Discussion

Aseptic inflammation and chronic strain are the main causes of neck, shoulder, waist, and leg

pain. After the occurrence of neck, shoulder, waist, and leg pain, patients have mild pain and swelling, and severely have limited motor function. The early symptoms of the patient are not obvious, and a few can relieve the symptoms on their own. At this time, they can not pay enough attention. The later symptoms become typical and severe. The best time for the patient has been missed, and the symptoms can only be relieved by various methods. In this article, the traditional Chinese medicine fumigation and washing therapy used in the control group and the traditional Chinese medicine fumigation and washing plus acupuncture + exercise combined therapy can effectively treat neck, shoulder, waist and leg pain. Traditional Chinese medicine fumigation and washing can maximize the efficacy of its main ingredients by heating medicinal materials. Towels impregnated with medicinal juice can be applied to the affected area to remove wind and dampness, and make the blood vessels of the joints more accessible. The results of this study showed that the effective rate of clinical treatment in the observation group (85.00%) was significantly higher than that in the control group (70.00%), the difference was statistically significant ($P < 0.05$). After treatment, the scores of cascs and vas in the two groups were significantly higher than those before treatment (P The clinical effect of acupuncture therapy on neck, shoulder, waist and leg pain is better than that of acupuncture therapy alone.

4. Conclusion

In recent years, with the development of our society and the improvement of our economic level, people's working pressure is increasing. The prevalence rate of neck, shoulder, lumbago and leg pain is increasing year by year, and it is gradually developing towards younger age. Because people work at desk for a long time, the cervical vertebra load is too large, which induces cervical spondylosis and causes serious adverse effects on life and work. The observation results suggest that the treatment efficiency of the observation group is significantly higher than that of the control group, suggesting that the combination of traditional Chinese medicine fumigation and washing and acupuncture therapy is more effective than the traditional Chinese medicine fumigation and washing combined therapy. At the same time, different acupuncture methods can be used according to the lesion, which fully reflects the concept of dialectical treatment of traditional Chinese medicine and helps improve the prognosis. This experiment is mainly to investigate and analyze the therapeutic effects of fumigation and washing with traditional Chinese medicine combined with acupuncture and physiotherapy on neck, shoulder, waist and leg pain. After investigating selected research subjects, it was found that the treatment effect of patients treated with comprehensive treatment was significantly better than that of patients treated with acupuncture physiotherapy. This also shows that the comprehensive treatment of neck, shoulder, waist and leg pain has a high medical value, which is worth popularizing and using widely. To sum up, the clinical effect of traditional Chinese medicine fumigating and washing combined with acupuncture and physical therapy in the treatment of neck, shoulder, waist and leg pain is accurate, with high analgesic effect, which is obviously superior to the single treatment of traditional Chinese medicine, and is worth clinical application.

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