

Clinical Report (Acupuncture)

Kidney Deficiency Low Back Pain

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Introduction: Low back pain is the most frequent complaint among Japanese people according to the Basic survey of national life¹⁾. The prevalence of low back pain was 38% in 2016, which means one in three Japanese had low back pain²⁾. Among them, nonspecific low back pain accounted for 80% to 90%³⁾. Sixty% of patients who visited clinic of acupuncture and moxibustion complain low back pain the most frequently.⁴⁾

This paper describes a patient with “non-specific low back pain” treated from the TCM.

Case: 29-year-old male, blasting technician

Chief complaint: Low back pain

Present illness: He had discomfort in his waist three years ago, and coped with it by acupuncture and massage. He felt strong low back pain when he changed his position. and He felt tinnitus one year ago. He visited an orthopedic surgery of the General Hospital. However, he remained undiagnosed even after he had a detailed examination. (Figure 1)

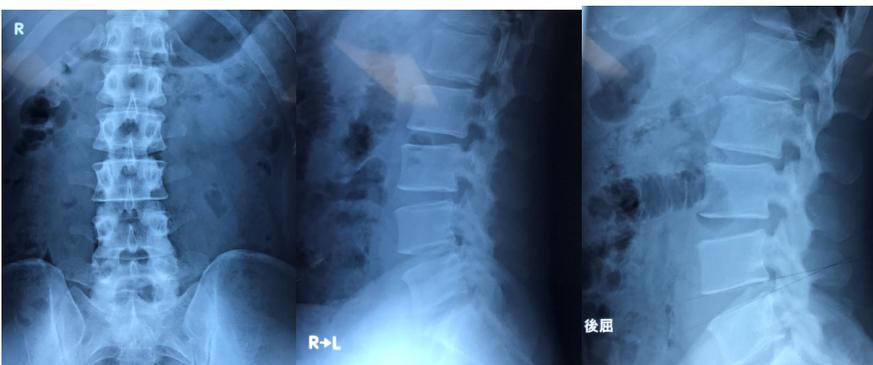


Figure 1

His pain was deteriorated in sitting position two months ago. That pain didn't let him work. He finally came to my office.

Systemic symptoms: Tinnitus. The urinary frequency was 10 times a day and once a night.

Past history: He was diagnosed with tinnitus in Otolaryngology.

Present status: Height: 175cm; Weight 77kg BMI 25.1; Low back pain Vas 67mm, SLR negative, ATR normal. There is a reaction to KI3 太溪 and BL26 闕元 Pulse: string-like, Tongue: dark pale tongue, tongue fur: Few.

TCM diagnosis: Kidney deficiency

Therapeutic principle: Tonifying the Kidney
Adjust Acupuncture Point: BL23 腎俞 · BL18 肝俞 · KI3 太溪 · RN4 闕元 · ST36 足三里 · SP6 三陰交 (Figure 2)

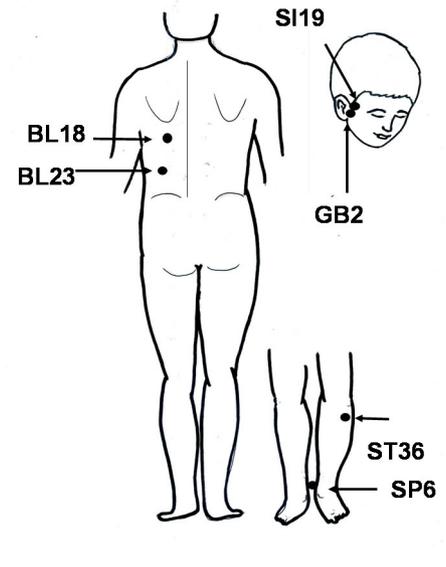


Figure 2

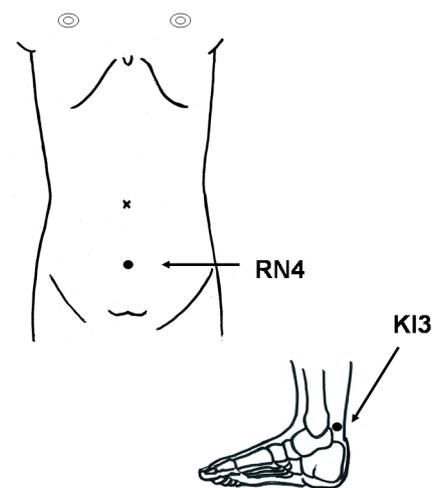


Figure 2

Explanation: BL23 腎俞・BL18 肝俞・KI3 太溪・ST36 足三里・SP6 三陰交 were subjected to the Tonification with twirling. RN4 關元 were subjected to the purgation with lifting and thrusting. BL23 腎俞 and KI3 太溪 were contemplated to the tonifying the Kidney. I also added RN 4 關元 and performed both the yin and yang of the kidney. Also added BL18 肝俞 for Homogeny of Liver and kidney. And tried to strengthen yin of the kidney. St36 足三里 and SP6 三陰交 combined to boost qi and blood production.

The needle used: Seirin-made sterilized acupuncture needle, length 1cun6fen, No. 1

Treatment progress: Treatments were administered once a week.

Course: (Figure 4)

First session: KI3 太溪 made a slow stimulus in Tonification with twirling. Rn4 關元 also warmed up Electronic moxibustion device. Immediately after the treatment, expression of the low back pain on the VAS was 55mm.

Treated with the same acupuncture Points, expression of the low back pain on the VAS was 53mm immediately after the second session.

Third session:

Expression of the low back pain on the VAS was 65mm. After the treatment, he told that the treatment eased dull pain of his low back. Actually, expression of the low back pain on the VAS was 50mm. However, the symptom relapsed on the next day of the third session. The same treatment with acupuncture Points was given.

Forth session:

Expression of the low back pain on the VAS before the forth session was 63mm. After the treatment, expression of the low back pain on the VAS was 50mm. The effect had lasted for three days. The effect had lasted for three days. The patient complained of a dull pain in his low back three days after the forth session. Expression of the low back pain on the VAS was 54mm at that time.

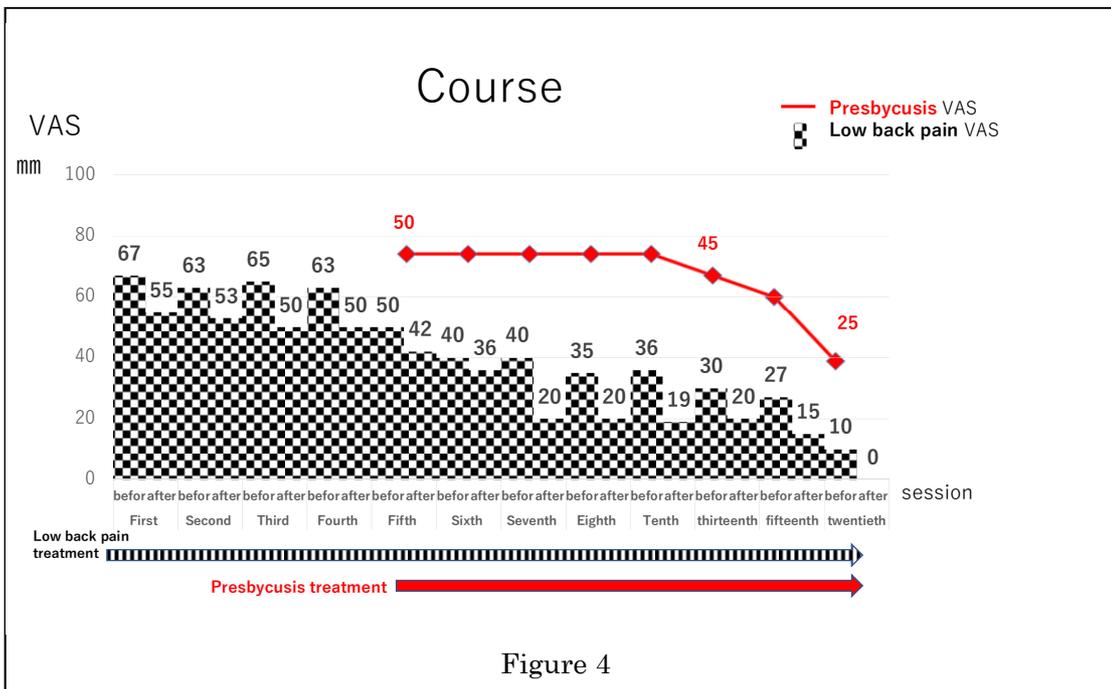


Figure 4

Fifth session:

Expression of the low back pain on the VAS before the fifth session was 50mm. After the treatment, expression of the low back pain on the VAS was 42mm. He told me that he had symptoms of tinnitus and presbycusis for one month. I asked him detailed questions about his symptoms again. He had

Second session:

Expression of the low back pain on the VAS was 63mm on the following day of the first session.

suffered from tinnitus and presbycusis for three years. However, he did not visit a clinic because he thought it would be due to his work environment where great noises always pealed out. It was two

years ago that he finally visited a hospital. He had a detailed examination, however, the cause of these symptoms were still unknown. He had visited the hospital for six months, however, his symptoms were not improved. His symptoms of tinnitus had deteriorated for one month. The patient was referred to Otolaryngology. He had a detailed examination again, however, the cause of these symptoms were still unknown. (Figure3)

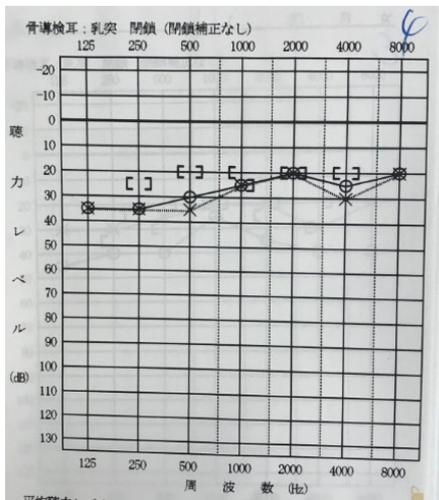


Figure 3

He aspired to be given acupuncture and moxibustion. Expression of the tinnitus and presbycusis on the VAS was 50mm. Tinnitus and presbycusis were considered kidney essence insufficiency pattern/syndrome. The treatment was added to the SI19 聴宮 and GB2 聴会. Adjust Acupuncture Point was BL23 腎俞・BL18 肝俞・KI3 太溪・RN4 関元・ST36 足三里・SP6 三陰交・SI19 聴宮・GB2 聴会.

Sixth session:

There was no abnormality in the examination of the hearing loss. Expression of the tinnitus and presbycusis on the VAS was 50mm. Expression of the low back pain on the VAS before the fifth session was 40mm. After the treatment, expression of the low back pain on the VAS was 36mm.

Seventh session:

Expression of the low back pain on the VAS before the fifth session was 40mm. After the treatment,

expression of the low back pain on the VAS was 20mm. His symptoms were improved tendency.

Eighth session:

The dull pain in the low back became strong last week. Expression of the low back pain on the VAS before the fifth session was 35mm. After the treatment, expression of the low back pain on the VAS was 20mm. Expression of the tinnitus and presbycusis on the VAS was 50mm. The induration of KI3 decreased by 40%. The same treatment with Acupuncture Points was given.

Tenth session:

Expression of the low back pain on the VAS before the fifth session was 36mm. After the treatment, expression of the low back pain on the VAS was 19mm. Expression of the tinnitus and presbycusis on the VAS was 50mm. The same treatment with Acupuncture Points was given.

Thirteenth session:

Expression of the low back pain on the VAS before the fifth session was 35mm. After the treatment, expression of the low back pain on the VAS was 20mm. Expression of the tinnitus and presbycusis on the VAS was 45mm. The same treatment with Acupuncture Points was given.

Fifteenth session:

Expression of the low back pain on the VAS before the fifth session was 27mm. After the treatment, expression of the low back pain on the VAS was 15mm. Expression of the tinnitus and presbycusis on the VAS was 40mm. The same treatment with Acupuncture Points was given.

Twentieth session:

Expression of the low back pain on the VAS before the fifth session was 10mm. After the treatment, expression of the low back pain on the VAS was 0mm. Expression of the tinnitus and presbycusis on the VAS was 25mm.

Because of the work transfer therefore treatment was ended.

Discussion:

It is said that nonspecific low back pain repeats the deterioration and improvement over a long period of time once it emerges. Nonspecific low back pain is strongly involved in psychosocial elements. It has been reported that those patients may have symptom of depression.⁵⁾ In this case, we planned an Oriental Medicine(TCM) treatment because the patient has few psychological and organic observations.

According to 『Suwen』 Chapter 17, there is the relationship between the waist and the kidney. lumbar area is the residence of the kidney. If it can not be turning, the kidney energy has been exhausted.⁶⁾

Hearing loss and tinnitus are described in 『Lingshu』 Chapter 37 in which the relationship between the kidney and the ear.⁷⁾ As for the function of the ear, it is described that the enhancement of renal care is involved in the auditory function of the ear in 『Lingshu』 Chapter 17.⁸⁾ These symptoms may be attributed to his work environment in which he had been continuing to hear the large sound. Frequent urination and nocturia are lack of harmony of "opening and closing" of bladder due to a decrease of activities of kidney-Qi. "opening" is to excrete extra water and waste products. "closing" means keeping the water in the body constant and recycling. Due to abnormality of activities of kidney-Qi, the symptoms such as edema, urinary incontinence, frequent urination appear.

As we did the treatment to him, the difference between the VAS before the treatment and after became bigger. This result may suggest that it is important for patients with low back pain the treatment like this case to get treatments several times.

*This case report is a result of slight modification to what was published in "The Journal of Kampo Medicine" (Japanese edition)" Vol.59 No 10

Reference

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