

## Clinical Report 1 (Japan)

### *Acupuncture and Moxibustion Treatment as Health Management*

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#### 1. Introduction

Acupuncture and moxibustion treatment is in Japan not only used to treat diseases, but also as a form of health management and to prevent diseases. In particular in the modern social environment expectations are placed rather on health management than on the treatment of diseases. Health means, plainly spoken, sleeping well, eating well and having regular, comfortable bowel movements. Through acupuncture and moxibustion treatment these three essential elements of health can be maintained, which means the treatment has significance as health management<sup>1)</sup>.

Here I will report a case observed over a prolonged time, in which developing disorder of the daily life led to insomnia and chronic fatigue.

#### 2. Case

Age: 51 years, male, acupuncturist, first visit on Nov.11, 2007

Height: 173 cm, weight: 68 kg, standard body type according to BMI (22.7)

Chief complaint: chronic low back pain, health management (maintenance)

History: onset of chronic low back pain from his twenties, occasional occurrence of shoulder stiffness.

From the age of 40 gradually increasing work load, lecturing from forenoon until late at night and irregular working hours led to a gradual delay in bedtime to 2 or 3 o'clock in the morning, while the patient still woke up in the morning around 7 o'clock, leaving him with only 4 to 5 hours of sleep. This chronic lack of sleep resulted consequently in a frequent occurrence of drowsiness during meetings in the daytime.

Formerly he used to jog as a means of health management and visited a gym 2-3 times a week, but since he started to hold two positions in 2008 as a lecturer at a vocational school and an acupuncture university, his schedule became highly irregular.

Further, because of explanatory meetings at both the vocational school and the acupuncture university as well as entrance examinations often held on Saturdays or Sundays and his attendance at conferences and research meetings, he had even on holidays almost no time to rest any longer. Since the patient did not find for this reason any free time, he suffered a lack of exercise, working out only once every two weeks. Body weight gradually increased and had reached 68 kg.

There was chronic low back pain (in particular on the left side) with a markedly increased muscle tonus in the low back region (left > right), in the vicinity of left Shishitsu (BL52) a ping-pong ball sized myogelosis was observed, which produced upon pressure a mixture of pain and comfort.

X-ray images of the lumbar vertebra revealed a mild degree of scoliosis. The patient complained of occasionally developing flatulence causing distention and diarrhea. Times of diarrhea were associated with distinct pain tenderness of the left BL52.

General condition: The patient had a good appetite and sometimes developed abdominal distention and vomiting after eating too much. Tended to sleep only a short time, thus suffered from a lack of sleep and had only one bowel movement every one to three days. Annual health check did not show any anomalies.

Past history: 35 years ago surgery for deviation of the nasal septum and left maxillary sinusitis; 3 years ago 20-day hospitalization because of atypical pneumonia.

General findings: blood pressure 118/88 mmHg, pulse 84 bpm, reflexes of biceps brachii, triceps brachii, brachioradial muscle, patellar and Achilles tendon reflexes were normal. ROM of the low back and other examinations for low back pain, like the Lasègue test, were also normal. Percussion of the abdomen showed a generalized tympanicity, a markedly increased muscle tonus in the low back region (left > right), in the vicinity of left Shishitsu (BL52) a ping-pong ball sized myogelosis and tenderness at Chukan (CV12), Tensu (ST25), Daiko (ST27) and left Shishitsu (BL52).

Treatment plan:

Due to the high work load the patient suffered

from a chronic lack of sleep. Irregular meal times contributed to frequent excessive eating and drinking, resulting in distention of the gastric region and nausea; gastrointestinal functions were not good either, resulting in occasional occurrence of diarrhea, so that the disruption of the daily life rhythm was considered to be the basis for his condition.

Symptoms like low back pain etc. were also considered to have developed from stress. The low back pain was considered to be caused by an accumulation of muscle fatigue, therefore generally suggesting the presence of degenerative lumbago. In this context acupuncture and moxibustion treatment targeted both the individual symptoms and attempted to achieve a generalized conditioning.

#### Needling method:

Disposable No.18, 40 mm Seirin needles were used to needle the entire body, but with special emphasis on tender and indurated spots.

2) Needled points: Tenchu (BL10), Fuchi (GB20), Kankotsu (GB12), Kensei (GB21), Kengaiyu (SI14), Koko (BL43), Kakuyu (BL17), Kanyu (BL18), Hiyu (BL20), Shishitsu (BL52), Daichoyu (BL25), Chukan (CV12), Tensu (ST25), Te Sanri (LI10), Soku Sanri (ST36), Taiyo (EX-HN5). Each point was needled in a manner, so that a mild de qi sensation was obtained through thrusting and lifting manipulation. Treatment duration was about 20 minutes.

#### Results:

The patient received acupuncture treatments twice a week and during the treatment shifted into a comfortable breathing pattern of a sleeping person, feeling refreshed after the treatment. In general, although he sometimes developed some degree of low back pain or shoulder stiffness, early acupuncture treatment usually brought a quick relief about. He is still working on a very tight schedule and gets only 5 hours of sleep, but after one year of acupuncture treatment his condition has much improved and the treatment interval accordingly reduced to once a week. From April 2008, although the amount of sleep did not vary, he

reported a better sleep as well as good appetite and bowel movements. This gives the impression, that an adequate health management has been achieved.

### 3. Discussion

The patient described in this case report suffered from a lack of sleep due to an irregular life style and three years ago from pneumonia. Based on these experiences he was worried about his health and felt that excessive confidence in his own health has led to this misfortune. Yet, he continued his hard work and the resulting lack of rest consequently led to a state of chronic fatigue. However, on this occasion the prolonged acupuncture treatment improved his sleep condition, normalized his bowel movements and thus could be considered to have succeeded as a form of health management (maintenance).

Hirohisa and Sakae Yoneyama<sup>3)</sup> postulated that one clinical characteristic of acupuncture treatment is, that it not only treats diseases, but also contributes to health management, in other words health maintenance (reconditioning treatment). The author believes, that this is precisely the essence of acupuncture treatment. Yet, the therapist should convince and motivate the patient prior to the acupuncture and moxibustion therapy to adopt a regular life style. That is, an appropriate patient education is considered to be essential.

### 4. Conclusion

A clinical characteristic of acupuncture treatment is that it not only treats diseases but also contributes to a health management, in other words, health maintenance (reconditioning treatment). A sufficient patient education is essential to achieve this goal.

### 5. References

- 1) Yoneyama H: My acupuncture treatment concept; Ido no Nippon, Tokyo, 1985
- 2) Ozaki T: Watching my honored teacher's back; Ido no Nippon, 2005; 738. 188-193
- 3) Yoneyama S: Essentials of the treatment of stiff shoulders, —acupuncture treatment of shoulder stiffness— CLINICIAN, 44-461, 36-44, 1997

## Introduction to the Morinomiya University of Medical Sciences

The Morinomiya University of Medical Sciences is located in the Cosmosquare District close to the ocean in Osaka and has opened in April 2009. The old school, Morinomiya College of Medical Arts and Sciences, originated from the vocational Osaka Professional School of Acupuncture that opened in 1973 and is therefore even in Japan considered an acupuncture school with a long history. This school maintains not only its pedagogic department, but is also known to be a publisher and for its Museum of Traditional Medicine.

The Morinomiya University of Medical Sciences is a small university with a Department of Acupuncture and a Department of Physical Therapy. The instructions take into account on the one hand considerations pertaining to holistic care within the framework of traditional medicine, inheritance of traditional techniques and lifestyles as well as

western medical analytic explanation of pathologic conditions, search for scientific evidence and the introduction of advanced technologies. In this way the institution turns out practitioners offering medical services that integrate both forms of medicine and is therefore also called "integrative medicine".

Considering that the school has been established through funding by practicing acupuncturists, it emphasizes in its educational efforts the development of clinical skills. For that reason numerous practicing acupuncturists of good reputation are working as part-time instructors alongside with the academic staff and hold classes dealing with clinical practice. Regarding research the school has an abundant collection of material pertaining to medical history in its museum, library and publishing department, so that the school is expected to facilitate in the future not only developments in the medical field, but also promote research in the humanities.

