

Application characteristics of xingnaokaiqiao acupuncture in cerebral apoplexy complications

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Abstract: Stroke is easy to cause many complications, such as sleep reversal, shoulder hand syndrome, urinary incontinence, aphasia, dysphagia and so on. Because the above complications are not effective in drug treatment, some researchers use non drug therapy to treat the disease in order to seek better curative effect. Acupuncture plays an important role in the non drug treatment of the above complications, and xingnaokaiqiao acupuncture, as a characteristic acupuncture therapy, is widely used in stroke and its complications, and points are allocated according to different complications. This paper analyzes the clinical application of xingnaokaiqiao acupuncture in the treatment of the above complications, so as to provide ideas and methods for clinical treatment. Search relevant literature in CNKI database, screen clinical trial articles, exclude systematic evaluation papers, and analyze the results. Conclusion: xingnaokaiqiao acupuncture has a significant therapeutic effect on many complications, such as sleep reversal, shoulder hand syndrome, urinary incontinence, aphasia, swallowing disorder and so on.

1. Introduction

Cerebral apoplexy is easy to cause a variety of complications, such as wrong sleep, shoulder hand syndrome, urinary incontinence, aphasia, dysphagia and so on. The above complications have poor curative effect in drug treatment. Some researchers use non drug therapy to treat the disease in order to seek better curative effect. Acupuncture plays an important role in the non drug treatment of the above complications, while xingnaokaiqiao acupuncture, as a characteristic acupuncture therapy, is widely used in stroke and its complications, and points are allocated according to different complications, And the curative effect is remarkable. It is summarized and analyzed as follows:

2. Xingnaokaiqiao acupuncture for the treatment of sleep reversal after stroke

Sleep reversal after stroke is common in the acute stage and early recovery after stroke. The general

clinical manifestation is the reversal of sleep wake rhythm. Patients are often sleepy during the day, sometimes sleepy during the day, wake up at night, or stay awake all night^[1]. Long term sleep reversal will reduce the functional activity of the patient's central nervous system, which is not conducive to the functional recovery of related damaged nerves. At present, medical research believes that sleep reversal is mainly related to the imbalance of sleep initiation center and related neurotransmitters and hormones such as serotonin, melatonin, adrenocorticotrophic hormone and cortisol after stroke^[1]. Yang Kun^[2] taking xingnaokaiqiao points such as Nei Guan, San Yinjiao, Ji Quan and Chi Ze combined with ear acupuncture to treat sleep errors after stroke, the results show that this method can better improve the patients' daytime sleepiness and even drowsiness. Liu Jing^[3] used xingnaokaiqiao acupuncture combined with Xiang Ba acupuncture to treat sleep errors after stroke, and compared it with estazolam tablets. The results showed that xingnaokaiqiao acupuncture combined with Xiang Ba acupuncture had better curative effect than western medicine. Yang Jinsuo and other researchers^[4-6] used xingnaokaiqiao acupuncture combined with Linggui eight methods to treat daytime sleepiness after stroke. They took acupoints Shui Gou, Nei Guan, San Yinjiao, Feng Chi and Shang Xing. The results show that this method can improve the quality of patients' nighttime sleep as well as drugs. At the same time, it has a better effect on improving daytime sleepiness and has a better long-term effect. The above research results show that xingnaokaiqiao acupuncture has a better effect on sleep reversal after stroke, and this method is mostly used in combination with other non drug treatments to reduce the side effects of drug treatment, and has a better effect on improving daytime sleepiness, with significant long-term effect. This may be related to the fact that xingnaokaiqiao acupuncture can regulate mind, open orifices, guide Qi, dredge meridians and collaterals, and adjust Yin and Yang of the body.

3. Xingnaokaiqiao acupuncture in the treatment of shoulder hand syndrome after stroke

The main clinical symptoms of shoulder hand syndrome after stroke are pain, swelling and movement disorder of shoulder and ipsilateral wrist. Modern medicine believes that the occurrence of shoulder hand syndrome is mainly related to reflex sympathetic dystrophy and neuroinflammatory reaction after stroke^[7]. Traditional Chinese medicine believes that the pathogenesis of the disease is the deficiency of liver and kidney and the obstruction of meridians after stroke, and the treatment principle is to nourish the liver and kidney and dredge the meridians. Clinically, Xingnao Kaiqiao points and Local acupoints points are commonly used to treat the disease. Li Chong^[8] treated shoulder hand syndrome with simple acupuncture method of refreshing brain and opening orifices. The results showed that this method was more effective than traditional acupuncture method. Lu Mingxiang^[9] selected xingnaokaiqiao points such as Ren Zhong, Nei Guan, Ji Quan and Chi Ze combined with rehabilitation training to treat shoulder hand syndrome. The results show that this method can better alleviate pain, improve limb swelling and exercise ability. Wan fuming^[10] et al. treated shoulder hand syndrome with xingnaokaiqiao acupuncture combined with modified Huangqi Guizhi Wuwu decoction. The results showed that this method could reduce the production of endogenous pain causing substances such as bradykinin (BK), improve neuroinflammatory response and relieve pain; And regulate the levels of calcitonin gene-related peptide (CGRP) and substance P (SP), improve blood flow and accelerate the recovery of upper limb motor function. Li Weiqin^[11] used xingnaokaiqiao acupuncture combined with multi joint peripheral needling of upper limb to treat shoulder hand syndrome. Compared with conventional acupuncture, the changes of Fugl Meyer score and VAS score of subjects in the two groups before and after treatment were observed. The results showed that this method could reduce shoulder hand joint pain and improve shoulder hand edema. The above results show that xingnaokaiqiao acupuncture is effective in the treatment of shoulder hand syndrome, and this method can alleviate the pain of affected limbs, reduce edema and improve the

motor function of upper limbs.

4. Xingnaokaiqiao acupuncture for the treatment of urinary incontinence after stroke

Incidence of urinary incontinence after stroke is about 32%~79%, mainly caused by nerve conduction pathway or urination center after stroke, clinical manifestations are urinary retention, frequent urination, and urinary incontinence. Chronic urinary incontinence can easily lead to urinary tract infections, hydronephrosis, bedsore and other complications, which seriously affect the quality of life of patients^[12]. Traditional Chinese medicine believes that urinary incontinence after stroke is caused by abnormal control and bladder appointment. Therefore, on the basis of xingnaokaiqiao acupuncture, Qihai, Shuidao, Guanyuan and other points are allocated to nourish the liver and kidney, cultivate the foundation and consolidate the original. Gaole^[13] used xingnaokaiqiao acupuncture combined with Awn Needle to treat urinary incontinence after stroke. The results showed that this method had significant curative effect. It was considered that it could stimulate sympathetic and parasympathetic nerves, promote detrusor contraction and improve the condition of urinary incontinence. Xiong Jiawei and other researchers^[14-16] used xingnaokaiqiao acupuncture combined with abdominal three needles to treat patients with post-stroke urinary incontinence. They took Neiguan, Shuigou, Sanyinjiao, Qihai, Shuidao and other points and compared them with conventional acupuncture to compare the changes of residual urine volume and ICIQ-SF score of the two groups before and after treatment. The results showed that this method could more effectively improve the above two scores of patients than conventional acupuncture, It shows that this method has better curative effect and can effectively improve the degree of urinary loss. Yang Quanyu^[17] et al. used simple acupuncture to awaken the brain and open the orifices to treat patients with urinary incontinence after stroke, and compared with amitriptyline, the results showed that this method had no obvious toxic and side effects and better curative effect than western medicine. This may be related to the activation of upper and lower micturition centers by acupuncture. Li Huanan^[18] used xingnaokaiqiao acupuncture combined with thermal moxibustion to treat urinary incontinence after stroke. The results showed that this method could effectively improve the symptoms of urinary incontinence after stroke. The above research results show that xingnaokaiqiao acupuncture has a good effect on the treatment of urinary incontinence after stroke, can promote the contraction of detrusor muscle and improve the degree of urinary incontinence, and this method has no side effects, which is worthy of clinical promotion.

5. Xingnao Kaiqiao acupuncture for aphasia after stroke

Post stroke aphasia refers to the language disorder caused by the damage of language area in cerebral cortex after stroke. Patients often have motor aphasia (they can understand other people's meaning, but they have no speech ability), sensory aphasia (they have speech ability, but they can't understand other people's meaning, and often don't answer questions), and mixed aphasia (language barriers in both cases)^[19]. The disease can easily lead to loneliness, depression and other bad emotions, aggravate the patient's condition and prolong the rehabilitation cycle. Traditional Chinese medicine emphasizes that the treatment principle of the disease is to regulate mind, open orifices and guide Qi. Sun Jia^[20] used xingnaokaiqiao acupuncture combined with Zhenfang baiwanzi to treat aphasia after stroke. The results showed that the aphasia symptoms of the subjects after stroke were significantly improved after this method. The levels of serum inflammatory factors: CRP, LDL-C and Hcy after treatment were lower than those before treatment, indicating that aphasia after stroke may be related to the increase of inflammatory factors affecting the brain neurotransmission system, and this method can reduce the inflammatory factors and promote the recovery of language ability. Xi Na^[21] used xingnaokaiqiao acupuncture combined with language rehabilitation training to treat sports aphasia

after stroke. The results showed that this method had better curative effect and could effectively improve the subjects' language ability of sports aphasia. It was considered that this may be related to the fact that xingnaokaiqiao acupuncture can improve the state of cerebral ischemia, hypoxia and hemorheology; Brain and metabolism related enhancement. However, Zhaojun^[22] used xingnaokaiqiao acupuncture combined with rTMS to treat post-stroke aphasia. Compared with rTMS alone, the scores of Chinese aphasia Checklist (ABC) and Boston Diagnostic Aphasia Examination were observed before and after treatment. The results showed that this method could better improve the oral ability of patients. The above results show that xingnaokaiqiao acupuncture has a good effect on aphasia after stroke and can effectively improve the language ability of patients.

6. Xingnaokaiqiao acupuncture for the treatment of dysphagia after stroke

The incidence of dysphagia after stroke is about 45%. Patients can have problems such as pulmonary infection and malnutrition, which seriously slows down the progress of rehabilitation^[23]. At present, the acupuncture method of waking the brain and opening the orifices is often combined with Chinese herbal medicine or other non drug therapies to treat the disease, so as to regulate qi and regulate the orifices. Song bin^[24] used xingnaokaiqiao acupuncture combined with Buyang Huanwu Decoction to treat swallowing disorder after stroke. The changes of European Stroke score and swallowing related indexes before and after treatment were observed. The results showed that this method can effectively improve the neurological function and swallowing disorder of the subjects, which may be related to strengthening the local blood supply of the brain and enhancing the antioxidant capacity of the body, Reduce the level of inflammatory factors. Gong Zehui^[25] took xingnaokaiqiao point and combined breathing training such as Fengchi, Wanggu and Yifeng to treat patients with dysphagia after stroke, which can improve the subjects' swallowing ability, reduce the incidence of pulmonary infection and improve the prognosis. Wang Ying^[26] used xingnaokaiqiao acupuncture combined with neuromuscular electrical stimulation to treat patients with dysphagia after craniocerebral injury (including stroke), and compared the changes of swallowing function and serum protein level of the subjects before and after treatment. The results showed that this method could improve the serum protein level of the subjects and promote the recovery of swallowing function. It is believed that this method may be related to the promotion of angiogenesis and nerve nutrition at the damaged site by increasing the levels of beneficial proteins such as vascular permeability factor (VPF) and brain-derived neurotrophic factor (BDNF). At the same time, this method can reduce the levels of harmful proteins such as hypoxia inducible factor-1 (HIF-1) and NSE, improve the state of oxygen supply and promote recovery. Lian Zhenbiao^[27] used xingnaokaiqiao acupuncture combined with Huoxue Decoction to treat patients with post-stroke aphasia complicated with dysphagia. The results showed that this method could significantly improve their language ability and swallowing ability. The above research shows that xingnaokaiqiao acupuncture has a good effect on the treatment of dysphagia after stroke, and can reduce the possibility of pulmonary infection.

7. Summary

Xingnao Kaiqiao acupuncture method founded by Academician Shi Xuemin is a characteristic acupuncture therapy with the basic pathogenesis of closing the orifices, concealing the mind and not guiding Qi, and the therapeutic principle of Xingnao Kaiqiao, nourishing the liver and kidney and dredging the meridians. Based on the differentiation of symptoms and signs, the objective differentiation of symptoms and signs should be unified. In the treatment of post-stroke complications such as sleep reversal, shoulder hand syndrome, urinary incontinence, aphasia and dysphagia, it can be flexibly added and subtracted, and combined with other treatment methods, which has achieved good results in clinical practice.

Acknowledgements

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