

# *Exploring the Idea of Shaoyang Meridian Point Selection for Acupuncture Treatment of Liver-Biliary Fire Reversal Type of Tinnitus*

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**Abstract:** Tinnitus is gradually becoming younger with the accelerated pace of modern life, with diverse causative factors. In a study of 1082 tinnitus patients with mate analysis of 15 control groups, the results showed that acupuncture was significantly superior to other treatments. [1] The advantages of acupuncture in the treatment of tinnitus are so obvious that we have to discuss where acupuncture should be used in the treatment of tinnitus. This article discusses the idea of selecting acupuncture points for Shaoyang meridian in clinical acupuncture treatment of tinnitus of the liver and gallbladder fire rebellion type, in order to provide reliable clinical treatment ideas.

## 1. Awareness of Tinnitus by the Sages

Tinnitus, known as "chat chirp" in ancient times, was first mentioned in the "Inner Path", so here are just a few passages to give a glimpse of the sages' arguments. The Su Wen discusses tinnitus: "The so-called tinnitus. Yang Qi everything Sheng up and leap. Therefore, tinnitus is also tinnitus". It is easy to understand that the word "yang qi" refers to Yang heat steaming upwards. The word "leap" is a precise and strict word, meaning that the rising Yang exceeds a standard and jumps out. The Spiritual Pivot: "If the marrow is insufficient, the brain turns to tinnitus." When the marrow is insufficient, the brain is empty, like a bell or a drum, and when external evil strikes it, it thunders. This kind of tinnitus is usually also called brain tinnitus, which is mostly due to the occurrence of tinnitus in both ears at the same time, and the frequency and tone are the same. In addition, the sages have also explored the cause of the disease in depth: "The Spiritual Pivot - Mouth Question": "What is the gas that causes the tinnitus in one's ear? Qibo said, "The ear is the gathering of the clan chakra." If the Qi of the Zong pulse is deficient, the head and eyes cannot be glorified, and the ears are tinnitus because the strength of the Zong Qi depends on the transformation of the water and grain essence in the stomach, and if the stomach Qi is insufficient, the pulse is exhausted. From this point of view, the ancient medical practitioners already had a deep understanding of the occurrence

of tinnitus and its dialectical evidence. Their dialectical ideas are still relevant to clinical practice today and have expanded our thinking on legislation and prescriptions.

The clinical manifestations of liver and gallbladder fire are: dizziness and tinnitus, redness of the face and eyes, bitterness of the mouth and dryness of the throat, which are aggravated by emotional anger and greasy food. The analysis of the pathogenesis is: anger hurts the liver, the fire of the liver and gallbladder follows the meridian upward to offend the ears, then tinnitus, heat in the upper jiao is red in the face, bile fire upward is bitter in the mouth, heat in the liver meridian disturbs upward is red in the eyes. [2] The meridians of the human body are a complete system, and the ear orifice is a gathering of the zongqi. There are various causes of tinnitus, including deficiency and actual evidence, as well as deficiency and actual evidence, and actual evidence is common in clinical practice. In the *Jing Yue Quan Shu*, the deficiencies and realities of tinnitus are discussed in detail. It can be seen that the dialectic of the actual evidence mostly revolves around the size of the tinnitus sound and the strength or weakness of the fire of Shaoyang. Mr. Cheng Tan-an recognized the etiology of tinnitus in this way: "The fire of the liver and gallbladder, holding phlegm fire and reversing it upward as well." [3] It is also consistent with the view that the upward rebellion of the fire of the liver and gallbladder is an important cause of tinnitus. The main cause of tinnitus is water deficiency and fire, and heat vaporizing upward, as discussed in the *Suwen Xuanji Original Disease Style*. Water deficiency refers to the deficiency of kidney water, and fire is the fire of the liver and gallbladder. The "Miscellaneous Works of Famous Physicians" also points out that tinnitus is caused by the presence of phlegm and fire in the upper part of the body and by irritation and anger. The "Six Elements of Zhengji Dazhi" says that the development of wood depression, and even tinnitus and vertigo, all suggest the important position of liver and gallbladder fire rebellion in the dialectic of tinnitus. The "Introduction to Medicine - Volume 5" emphasizes that tinnitus is "before deafness" and treatment should be divided into wind-heat, phlegm and fire with dampness, kidney deficiency, qi deficiency, blood deficiency and yin deficiency. There are many causes of tinnitus. Combining these points, we conclude that the fire of the liver and gallbladder is one of the main causes of tinnitus, and the main meridian associated with it is the Shaoyang meridian.

## 2. The Connection between Tinnitus and Shaoyang Meridian

The meridians involved in the treatment of tinnitus are widely distributed, with Shaoyang meridian being the most prominent. The branch of Hand Shaoyang enters the ear and travels to the front of the ear, while the branch of Foot Shaoyang enters the ear from behind the ear and exits the front of the ear, both surrounding the ear and penetrating deep into the ear. In recent years, some scholars have studied the frequency of selected meridians for the treatment of tinnitus: each meridian has associated acupuncture points. [4] The frequency of acupuncture points used for the Shaoyang Gallbladder meridian and the Shaoyang Sanjiao meridian was significantly higher.

## 3. Analysis of Shaoyang Meridian Points

The selection of meridian points for the treatment of tinnitus is divided into the following points: (1) The high-frequency application of meridian points for the treatment of tinnitus in Acupuncture and Moxibustion Dacheng are: Hearing Society, Cataract, Hearing Palace, Foot Sanli, Carpal Tunnel, Ear Gate, Hegu, Shang Yang, Kidney Yu, Zhong Chong, Carpal Tunnel, Houxi, and Zhongzhu[5]. The two points that appear more frequently are Hearing Society and Cataract. They are used in various ear diseases because they are located in the front of the ear, with the mouth open and the artery in the hand. Wang Guorui, Dou's heir and author of the "Jade Dragon Classic", focuses on clinical points and has outstanding curative effects[6]. The cataract belongs to the Hand Shaoyang Sanjiao meridian point, and throughout the literature from 1996 to the present, it is

mostly used for facial palsy, eruption, and ear disorders, because of the effectiveness of this point in opening up the closure of qi depression. (2) In "Acupuncture and Moxibustion Dacheng", it is shown that Ear Gate is used to treat the sound of tinnitus like cicada; Ear Gate, as its name implies, is the gateway to the ear, i.e., it has the ability to open the orifice of the ear. In the "Acupuncture and Moxibustion Acupuncture Guide for Bronze People", the main treatment for head wind and tinnitus is the concoction of the pulse. This point is located on the muscle behind the ear and can be treated with blood stabbing in addition to flat stabbing. In addition, this point is used to treat epilepsy and emotional disorders, and is also effective in treating tinnitus caused by wrathful fire. (3) Shaoyang meridian is the hub of the 12 meridians, and by regulating the meridian qi of Shaoyang meridian, it can indirectly regulate the meridian qi of the other meridians. (6) In addition, the treatment of tinnitus in Acupuncture and Moxibustion Dacheng also highlights the role of well points, such as Guanchong, which is used to drain liver qi, clear bile fire, and extinguish wind. [7].

Other clinically used points: for example, Zhongzhu and Manxi. Zhongzhu is the Yu point of the Shaoyang Sanjiao meridian, which is a wood point, and is useful for treating deafness, tinnitus, and head and facial disorders, and this point is in the hand, so it is easy to obtain. [8] With the rapid development of society today, people's life is too fast-paced. The direct effect on the body is depression, internalized dampness and heat, resulting in phlegm and fire, and fire in the liver and gallbladder.

When it comes to clinical treatment of tinnitus, in addition to acupuncture, one should also pay attention to the selection of prescriptions. Although the treatment of tinnitus is not mentioned in the evidence and treatment of Shaoyang meridian in the Treatise on Typhoid, several recent typhoid scholars have considered that most of the diseases of the head passages are Shaoyang diseases, which can be confirmed by their medical cases and lectures. In the clinical acupuncture treatment of tinnitus with fire of liver and gall bladder, we can use both acupuncture and medicine, and use the sutra formula Xiao Chai Hu plus Shifu Tang, Da Chai Hu Tang combined with Da Huang Huang Lian Diarrhea Heart Tang plus reduction or with the time formula Gentian Diarrhea Liver Tang, etc., which can often get twice the result with half the effort.

In addition to the above-mentioned cases, there are also some elderly patients who have been ill for a long time, whose disease starts slowly and is not taken seriously, and gradually develops into incurable tinnitus or even deafness. According to the Su Wen, "Be careful to check the intervals and regulate them with your intention. The intervening is parallel, the very is alone." In addition to the Shaoyang meridian, the treatment of this part of the disease should also consider the method of tonifying the liver and kidney. The kidneys are connected to the ears, so ear diseases are associated with the kidneys, and chronic chronic diseases of the elderly are often blamed on deficiency of the liver and kidneys. At the same time, liver wood and kidney water have a mother-son relationship, so the meridian points of Shaoyang and Shaoyin meridians also play a very important role in tinnitus.

#### **4. Experiences of Famous Acupuncturists in the Treatment of Tinnitus**

Professor Zheng Kui-shan uses the main points of the formula for treating tinnitus, which are the Hearing Palace and Zhongzhu. The Hearing Palace is the meeting of the Hand Sun, Hand Shaoyang, and Foot Shaoyang, and the technique is the family method of pecking rice with a golden chicken to make the needle sensation conduct in the ear and make the periosteum feel bulging outward. It is often used in conjunction with the hearing, rate valley, cataract, and manxi to perform diarrhea when the liver and gallbladder fires are reversed. [9] 3.5.2 Professor Cheng Tan-an uses 3-4 points of needling in the Liquid Gate point, 3 points of needling in the Ear Gate, 3 points of needling in the Foot Linwu, 3 points of needling in the Yangxi, 4 points of needling in the He Gu, 4 points of needling in the Daling, and 1 minute of twisting in the above points; 3 points of needling in the

Taixi, 2 points of needling in the Jinmen, and 2 minutes of twisting in the above points. The operation of Fengchi is to stab obliquely into the external ear canal for 1-1.5 inches and apply continuous twisting and diarrhea for 1 minute. Add Tai Chong and Zhongzhu to the evidence of liver and gallbladder fire rebellion. Tai Chong is stabbed 1 inch directly and twisted diarrhea is applied for 1 minute, Zhongzhu 0.5 twisted diarrhea for 1 minute. [10] It is easy to see that the three acupuncturists choose acupuncture points for tinnitus around the Shaoyang meridian, and their treatment methods are different.

## 5. Case example

Li, male, 45 years old, was first seen on March 18, 2021, complaining of bilateral tinnitus for more than 3 months, and the tinnitus in his ears had increased in the last week. The tinnitus was slightly relieved by oral gentian diarrhea pills, but the tinnitus still affected his life from time to time. Physical examination: the patient's face and ear chakra were red, pressure pain behind the ear was obvious, body shape was thin, tongue was red with thin yellow coating, and pulse was string. Therefore, the diagnosis is: tinnitus (liver and gallbladder fire rebellion evidence). Treatment: Local acupuncture points: Ear Gate, Hearing Society, Cataract and Conjugate; distal acupuncture points: Zhongzhu, Manxi and Taichong (twisting and diarrhea method), which can directly break the fire of liver and gallbladder; Taxi (twisting and tonic method) should be used on the foot Shao Yin Kidney meridian, which is the eight meeting points, and is quite useful to not only supplement the deficiency of water, but also induce the deficiency of fire. After 3 times of treatment with this prescription, the patient's tinnitus condition improved significantly, with only 1-2 tinnitus sounds in a day, and the duration was significantly shorter than before the acupuncture, and the effect was not more prescription, and the patient was completely cured after 7 consecutive treatments. The patient was completely cured after 7 consecutive treatments. After a follow-up visit by telephone in January, the condition did not recur.

## 6. Summary

Tinnitus and deafness have a high prevalence and complex etiology. The cause of tinnitus and deafness is mostly fire in the liver and gallbladder, so the treatment is better with acupuncture. Tinnitus brings obvious obstacles to patients' daily life and work, seriously affects the quality of life, and is easy to be prolonged. If we can understand this disease correctly and comprehensively, so that it can be detected, diagnosed and treated early, and at the same time, make patients get better regulation in daily diet, mood, and living, we can certainly improve the cure rate of this disease, so that the quality of life of patients can be improved.

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