Acupuncture and Massage Techniques Combined to Treat Alcohol Withdrawal Syndrome

Bingchen Li *

MSc Drug Discovery, School of Pharmacy, University of Nottingham, Nottingham NG7 2PG, UK
* Corresponding author Email: jkluiop1314@yahoo.co.jp

Abstract: During the process of alcohol withdrawal, patients may experience withdrawal symptoms such as anxiety, depression, nausea, vomiting, anorexia, headache, chills, sweating, palpitation, poor sleep, tremors, hallucinations and other withdrawal symptoms. Beneficial effects of acupuncture include reducing the need for alcohol, relieving withdrawal symptoms, and increasing energy and relaxation. In this way, the purpose of quitting drinking can be achieved by regulating the balance of yin and yang in the body and the partial prosperity and partial decline of the internal organs. Acupuncture can reduce a patient's need for alcohol, relieve withdrawal symptoms, reduce anxiety, hostility, stress, insomnia and depression, as well as increase energy and relaxation. After patients quit drinking through acupuncture treatment, alcohol withdrawal symptoms are significantly reduced to a tolerable level or even disappear completely. At the same time, massaging Guanchong point can promote the metabolism of water and alcohol in the body, which has a very good sobering effect.

Keywords: Acupuncture Techniques; Alcohol Withdrawal; Massage; Combined Therapy.

1. Introduction

In August 2018, the world's top medical journal "The Lancet" published an article stating that drinking directly caused the death of 2.8 million people around the world. The safest drinking amount is 0, that is, not drinking is best for health. Increased alcohol consumption will lead to a continued increase in the risk of hypertension and stroke. Long-term drinking can cause inflammation of the digestive tract, irritation, ulcers and even cancer.

Alcohol dependence can cause a series of physical, psychological and social problems. Alcohol dependence refers to dependence on alcohol caused by long-term drinking. Patients will have symptoms such as fixed drinking patterns, characteristic drinking-seeking behaviors, increased tolerance to alcohol, strong desire to drink, and repeated attempts to quit drinking. [5]

Alcohol withdrawal generally refers to alcohol withdrawal syndrome, which refers to the mental, psychological, physiological disorders or physical dysfunction that occur when alcohol dependants suddenly stop or reduce their drinking. Symptoms of alcohol withdrawal syndrome mainly include tremor, delirium or hallucinations, gastrointestinal symptoms, etc.

1. Tremor: Patients usually have obvious tremor in their hands. They may experience hand tremors when dressing, brushing teeth, eating or performing fine movements. They may also experience hand tremors and tremors at rest. In severe cases, they may manifest as whole-body tremors;
2. Delirium or hallucinations: These are relatively serious symptoms of withdrawal, mainly characterized by confusion, agitation, visual hallucinations, auditory hallucinations, and hallucinations;
3. Gastrointestinal symptoms: main symptoms include loss of appetite, nausea, vomiting, etc.;
4. Other symptoms: Mainly include fatigue, upset, insomnia, fever, sleep disorders, elevated blood pressure, rapid heartbeat, etc. Alcohol withdrawal convulsions may also occur, which is also a relatively serious withdrawal symptom.

Table 1. Alcohol withdrawal symptoms

<table>
<thead>
<tr>
<th>Item</th>
<th>Symptoms</th>
<th>Time since last drink</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>General alcohol withdrawal syndrome</td>
<td>Insomnia, tremor, mild anxiety, headache, palpitations, sweating, gastrointestinal discomfort, loss of appetite, etc.</td>
<td>6-12 hours</td>
<td>Reach peak within 12-24 hours</td>
</tr>
<tr>
<td>Alcoholic hallucination</td>
<td>Patients experience auditory hallucinations, visual hallucinations, tactile hallucinations and other hallucinations</td>
<td>12-24 hours</td>
<td>It usually subsides within 48 hours, but may last for several days.</td>
</tr>
<tr>
<td>Alcohol withdrawal convulsions</td>
<td>Tonic-convulsive convulsions</td>
<td>12-48 hours</td>
<td>Symptoms can appear very early, even 2 hours after the last drink, while blood levels are still high.</td>
</tr>
<tr>
<td>Delirium tremens</td>
<td>Disorientation, visual hallucinations, tachycardia, elevated blood pressure, low fever, sweating, etc.</td>
<td>48-72 hours</td>
<td>Symptoms peak within 4-5 days, and the patient's mortality rate is high.</td>
</tr>
</tbody>
</table>

Patients must adopt an active treatment plan to alleviate their dependence on alcohol and gradually implement alcohol withdrawal.
2. Acupuncture Treatment Plan

2.1. Physiological

Generally, long-term alcoholics will have a physiological alcohol withdrawal reaction after they stop drinking, and the symptoms will gradually worsen. The physiological reaction will gradually disappear after 1-2 weeks. However, patients will still experience symptoms such as fatigue and drowsiness, and it will take some time to recover.

2.2. Mental Reaction

Patients with alcohol dependence will experience typical alcohol withdrawal reactions 6-24 hours after the last drink. As the patient's abstinence from alcohol increases, the symptoms will continue to worsen, reaching their peak by 30 days. During this period, patients may experience symptoms such as tremor, delirium, confusion, epilepsy, delirium, hallucinations, etc., which are often accompanied by simple physiological withdrawal reactions, and the situation can gradually improve thereafter.

2.3. Acupuncture Treatment

Acupuncture can reduce a patient's need for alcohol, relieve withdrawal symptoms, reduce anxiety, hostility, stress, insomnia and depression, as well as increase energy and relaxation. After patients quit drinking through acupuncture treatment, their alcohol withdrawal symptoms are significantly reduced to a tolerable level, or even disappear completely. Acupuncture can relieve withdrawal symptoms, reduce anxiety, hostility, stress, insomnia and depression, in addition to increasing energy and relaxing the body and mind.

2.4. Methods

Acupuncture for alcohol withdrawal uses a combination of auricular acupuncture and body acupuncture. The auricular acupoints are selected on Shenmen, endocrine, subcortical, sympathetic, mouth, stomach, throat, and liver.[1]

The patient's first treatment was with acupuncture at Zuanzhu (BL2), Sibai (ST2), Yingxiang (LI20), Zhongfu (LU1), Quchi (LI11), Shousanli (LI10), Xiyangguan (GB33), Sanyinjiao (Leave the needle in SP6), Taichong (LR3), Yifeng (TE17), Fengchi (GB20) and other points for 20 to 25 minutes, and perform one needle operation in the middle; after removing the needle, bury the needle at the sensitive point of the tragus.[4]

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fingertip, 0.1 inch away from the corner of the nail. Baihui point is located at the intersection of the midline of the head and the line connecting the tips of the two ears. The Fengchi point is placed with the palms of both hands against the ears, the ten fingers are naturally spread out to hold the head, and the thumbs are pushed up. There is a depression at the junction of the neck and the hairline. Zusani is located on the front and outside of the calf, three inches below the calf's nose and one finger across from the front edge of the tibia.

Head massage can promote blood circulation in the brain and has the functions of refreshing the brain and improving eyesight, stopping dizziness and hair growth, calming the mind, enhancing memory and preventing brain aging. And prevent and treat hypertension and other diseases.

Method:
1) Rouyintang and Shenting. Use your index finger or middle finger to massage the Yintang point in the middle of the eyebrows, and then rub the Shenting point 0.5 inches above the middle of the hairline for 1 minute each time.
2) Push the forehead. First, use your fingers to push upward from Yintang to Shenting point, then center on the midline of the forehead, and push upward from Yintang to the front hairline in order on both sides, for 1 minute each.
3) Massage the sun. After the forehead is pushed separately, the fingers stop at the temples, and massage both sides for 1 minute each.
4) Rub the side of the head. After massaging the sun, use the food, middle, and ring fingers to massage the temporal parts of both sides, upward first, then around behind the ears, and massage the mastoid processes for 1 minute.
5) Rub Baihui. Use your fingers to rub the Baihui point in the middle of the head (the continuous intersection between the front midline and the two ear tips behind the folded ears) for 1 minute.
6) Mob the head. Use three fingers to rub along the midline of the head from the front hairline to the back hairline for 1 minute.
7) Rub the occipital bone. Use three fingers to rub the lower edge of the occipital bone for 1 minute.
8) Sparse the Five Classics (comb hair). Separate the five fingers appropriately, comb along five lines along the bladder meridian and Shaoyang meridian from the front hairline to the back hairline for 1 minute.
9) Rub the wind pool. Use the thumbs or index and middle fingers of both hands to massage the Fengchi points on both sides for 1 minute.
10) Kowtow. Use the ten fingertips of both hands to tap the entire head vertically downward for 1 minute.

At the same time, massaging the patient's Guanchong point can promote the metabolism of water and alcohol in the body, which has a very good sobering effect.[6]

Massage technique: Use fingernails or thumb pads to press Guanchong point firmly for 5-10 seconds each time, then relax for 2 seconds and repeat the operation. Acupuncture points on each side were operated 5 times. The massage intensity should be even and it is appropriate to feel slight soreness. Neiguan point is also called Xingjiu point. It is on the inside of the arm, two finger widths downward from the middle of the wrist crease, that is, between the two tendons.

4. Conclusion

Acupuncture and massage techniques for withdrawal have many effects, such as relieving patient's desire for alcohol-addictive substances, promoting detoxification, relieving anxiety and nervousness, balancing the body's Qi movement, promoting the movement of Qi movement, supporting the immune system, and improving systemic symptoms. Improve your sense of well-being. At the same time, it improves sensory functions (such as vision, smell, taste, touch, intuition, etc.), promotes concentration and other psychological functions, relieves inflammation, eliminates or reduces pain and discomfort, etc.

In addition, acupuncture and massage techniques have special effects on adjusting patients' mental and emotional states, including relieving sudden anxiety, stopping or reducing long-term use of phenothiazines, controlling sudden schizophrenia symptoms, and eliminating long-term depression and stress reactions, and other symptoms.

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References


