

Study on the Effect of Acupuncture, Massage, and Functional Exercise in the Treatment of Patients with Lumbar Disc Herniation

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Abstract: Lumbar intervertebral disc herniation is a common orthopedic disease, mainly manifested by low back pain, weakness, paralysis of lower extremity sarcomere, or abnormal distribution of dermatomes. Surgery is required in 10%-18% of patients. For lumbar disc herniation, the common ones include posterior small incision discectomy, percutaneous endoscopic lumbar discectomy, posterior microendoscopic discectomy, and foraminal endoscopic nucleus pulposus removal, Intervertebral fusion, etc. However, it is often accompanied by residual symptoms such as lumbar mobility disorder, lumbar swelling and pain, abdominal distension, constipation, lower limb strength, and hyperalgesia in the nerve root innervation area of the lower limb. Acupuncture has the characteristics of simple treatment, effective effect, and high acceptance. It can relieve postoperative pain and improve various physiological and biochemical functions by regulating qi, blood, yin, and yang. With the continuous development and change of acupuncture techniques, traditional acupuncture treatments and various innovative acupuncture treatments have achieved good clinical effects in rehabilitation.

Keywords: Acupuncture; Massage; Functional Exercise; Lumbar Disc Herniation.

1. Introduction

Chinese medical researchers have a history of acupuncture and moxibustion for thousands of years. During the treatment of lumbar disc herniation, acupuncture and moxibustion therapy by medical researchers can also promote the effective release of pain-relieving substances in the patient's nerve center, thereby reducing the patient's pain and achieving a good therapeutic effect [1].

Lumbar intervertebral disc herniation is relatively common in a clinic, and the incidence rate is increasing year by year. Most of the patients are middle-aged, and they begin to show younger symptoms, which are related to the patient's poor daily sitting posture and other reasons. The patient complains of obvious waist and leg pain [2]. Daily life, study, and work are significantly affected, thereby reducing the quality of life of patients. Traction therapy is generally used for patients with lumbar disc herniation to improve the patient's pain, thereby reducing the physical and mental burden of the patient. In clinical work, medical researchers found that acupuncture and moxibustion therapy had a significant effect on improving pain in patients with lumbar disc herniation [3]. Lumbar intervertebral disc herniation is a kind of disease that is extremely harmful to human health and has a high disability rate. It belongs to the orthopedic chronic progressive disease. In middle-aged people and people, joint pain, swelling, dysfunction, etc., appear. There is no specific treatment for disc herniation. Based on this, this article takes patients with lumbar disc herniation in our hospital as an example and summarizes the value of acupuncture and moxibustion for medical researchers [4].

2. Causes of Lumbar Disc Herniation

The degenerative changes of the lumbar intervertebral disc are the basic factors. The degeneration of the nucleus

pulposus is mainly manifested by the reduction of water content and can cause small-scale pathological changes such as vertebral instability and loosening due to water loss; the degeneration of the annulus fibrosus is mainly manifested as toughness. The degree of degeneration is reduced; the long-term repeated external force causes slight damage and aggravates the degree of degeneration; the intervertebral disc gradually lacks blood circulation after adulthood, and the repair ability is poor [5]. On the basis of the above factors, a certain predisposing factor that can cause the pressure on the intervertebral disc to suddenly increase, that is, the nucleus pulposus with poor elasticity can pass through the annulus fibrosus, which has become less tough, resulting in herniation of the nucleus pulposus; Familial hereditary incidence of lumbar disc herniation has been reported. Congenital anomalies of the lumbosacral region, including lumbar sacralization, sacral lumbarization, hemivertebra deformity, facet joint deformity, and articular process asymmetry. The above factors can change the stress on the lower lumbar spine, resulting in increased intradiscal pressure and being prone to degeneration and injury. Predisposing factors, on the basis of intervertebral disc degeneration, a certain factor that can induce a sudden increase in intervertebral space pressure can cause nucleus pulposus herniation. Common predisposing factors include increased abdominal pressure, improper waist posture, sudden weight-bearing, pregnancy, cold, and dampness. see Fig. 1.

In terms of pathogenesis, modern medical research has shown that 60% to 70% of the blood supply in the spinal canal comes from the arteries that enter the spinal canal along with the nerve root. Activity increases vasodilation, which increases blood flow. When the intervertebral disc is herniated, mechanical compression and stimulation will cause ischemia and hypoxia in the nerve tissue, and the peripheral small blood vessels will be blocked and blocked. Blood stasis, as

mentioned by medical researchers, refers not only to the blood that is separated from the meridians in the body but also to the blood that is blocked in the blood vessels and viscera. In lumbar intervertebral disc herniation, the physical evil of phlegm and drinking hinders the qi movement, the blood flow is not smooth, and the blood stasis is formed after a long time. At this time, the blood stasis, which is a pathological product, is a new pathogenic factor, which causes the lumbar meridian block, and then changes into various diseases.



Fig 1. The etiological structure of lumbar disc herniation

Lumbar intervertebral disc herniation is a common disease, and its pathogenesis is as follows: all parts of the lumbar intervertebral disc have a certain degree of degenerative changes. Under the influence of external force, the annulus fibrosus of the intervertebral disc ruptures, and the nucleus pulposus tissue protrudes behind it, compresses the spinal nerve and causes pain. In the treatment of lumbar disc herniation, it can be divided into surgical treatment and non-surgical treatment, most of which are non-surgical treatments in clinical practice. The principle of non-surgical treatment is to change the position of the intervertebral disc tissue and the compressed nerve to relieve the degree of nerve compression, eliminate neuroinflammation, and then relieve related symptoms. Conventional treatment methods are mainly radiation therapy and traction therapy, among which traction therapy is to increase the width of the intervertebral space and reduce the intravertebral pressure. Through research, it is found that although conventional treatment can also have a certain therapeutic effect, its therapeutic effect is difficult to meet expectations, and its complication rate is high, so acupuncture treatment has begun to receive widespread attention. Medical researchers believe that lumbar intervertebral disc herniation is mainly caused by poor circulation of qi and blood in the waist meridian and stagnation of qi and blood caused by wind, cold, dampness, and evil entering the body. Therefore, the treatment should be based on expelling wind and dampness, promoting blood circulation and removing blood stasis, nourishing qi and nourishing blood, and dredging the meridians. Acupuncture is a treatment method by traditional Chinese medicine researchers. By performing acupuncture treatment on the corresponding acupuncture points of the disease.

3. Acupuncture Treatment Methods for Medical Researchers of Lumbar Spondylosis

Medical researchers have found that acupuncture has a good analgesic effect and can relieve pain in patients by stimulating the central and peripheral nerves to produce endorphins. At the same time, acupuncture also has the effect of promoting blood circulation and removing blood stasis, which can improve local blood circulation, so as to achieve an analgesic effect. In addition, acupuncture and moxibustion have good effects and no obvious side effects. However, it should be noted that in the process of acupuncture and moxibustion in the treatment of lumbar spondylosis, if the patient's condition is more serious, electro-acupuncture or combined with cupping and moxibustion can be used to increase the therapeutic effect.

Traditional Chinese medicine acupuncture is often used to treat lumbar disc herniation. Lumbar intervertebral disc herniation is a kind of pain disease. The treatment is mainly based on the principles of promoting blood circulation and removing blood stasis, dredging collaterals, relieving pain, and at the same time, relieving the symptoms of peripheral nerve root compression in the waist. From the perspective of medical researchers' syndrome differentiation, the pain caused by lumbar intervertebral disc herniation needs to be determined whether it is low back pain caused by cold and dampness or pain caused by deficiency of liver and kidney or stagnation of qi and blood. Acupoints, of course, the main acupoints, are still on the waist, that is, the bladder meridian on both sides of the waist, including the points on the waist on the Du meridian, such as Shenshu, bladder, large intestine, and Sanjiao. However, in the process of treatment, acupoints should still be selected based on syndrome differentiation. If there is obvious low back pain, it can be matched with both sides of the waist and eyes; if there is a pain in the hip, it can be matched with Huanjing; if the calf is numb, it can be matched with Weiyang, Taixi, etc.; When acupuncture at Zhibian, Huantiao, Wei and other acupoints, it must be lifted, inserted and twisted greatly to make the acupuncture feel transmitted to the lower limbs.

If the patient with lumbar spondylosis has severe cold and dampness in the body, thunder fire moxibustion or fire therapy can be used. Those with numbness and pain in the lower extremities can be given appropriate lumbar traction and medicinal mud moxibustion. On the basis of finding that there are blood stasis reaction points in the waist, bloodletting treatment can be taken to cooperate; if the patient has low back pain due to liver and kidney deficiency, on the basis of routine acupoint selection, it can be treated with oral nourishing liver and kidney drugs. For low back pain caused by intervertebral disc herniation, pain radiating to the lower limbs, in the treatment process, in addition to selecting acupoints in the waist, it is also necessary to select the location of the pain radiating from the lower limbs, according to the relevant theory to determine which meridian is, and then select the corresponding acupoints for adjuvant therapy. see Fig. 2.

It can promote blood circulation, eliminate nerve root inflammation and edema, and improve the mechanical compression of the lumbar spine, so as to achieve the effect of promoting blood circulation and removing blood stasis, and dredging the meridians. Therefore, in recent years, related studies have used acupuncture combined with rehabilitation

physiotherapy for patients with lumbar disc herniation and achieved good results. In the process of rehabilitation physiotherapy, traction therapy on patients can effectively reduce the pressure of the intervertebral disc, increase the width of the intervertebral space, and relieve pain symptoms; Relieves pain and muscle spasms in patients. The combined application of the two treatment methods can effectively improve the clinical treatment effect and significantly improve the patient's lumbar pain symptoms. The results of this analysis also show that compared with the data of the control group after acupuncture alone, the patients in the observation group who received acupuncture plus rehabilitation physiotherapy had a higher total effective rate, and their lumbar pain was improved.

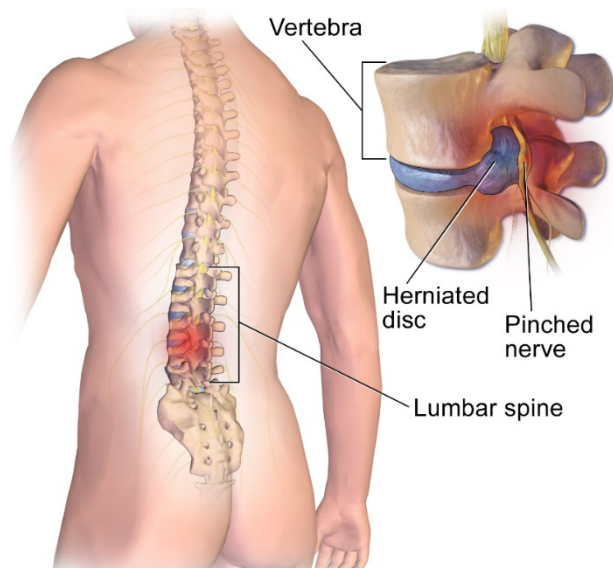


Fig 2. Acupuncture for the treatment of lumbar disc herniation

4. Acupuncture for the Treatment of Lumbar Disc Herniation

The principle of action of lumbar intervertebral disc herniation belongs to the category of low back pain studied by medical researchers. The acupuncture treatment plan determined by medical researchers based on the theory of meridian syndrome differentiation can clear the three meridians and qi and achieve the purpose of promoting qi, promoting blood circulation, and relieving pain. Most patients with lumbar intervertebral disc herniation have a history of sprains, and sprains can damage the meridians and cause them meridians to be blocked. As medical writings say, if the liver and kidneys are deficient, the pathogens of wind, cold, and dampness will take advantage of the deficiency and block the meridians, resulting in the obstruction of the meridians and the disorder of the meridians. If it doesn't work, it hurts. Patients with lumbar disc may have stasis of meridians and collaterals, poor qi and blood locally, and symptoms of visceral disorders and yin and yang disorders as a whole. Acupuncture at the corresponding acupoints can relieve meridian qi and blood, regulate the yin and yang of viscera, and relieve lumbar disc herniation. Symptoms such as low back pain and other symptoms can be significantly relieved.

Acupuncture has the effect of promoting blood circulation and relieving pain, which can significantly reduce the content of pain-causing substances and can also stimulate the body to produce endogenous morphine-like substances to participate

in analgesia. Early intervention of acupuncture and moxibustion can dredge the meridians, harmonize qi and blood, mobilize the positive factors of the body, and give full play to the effects of clearing the meridians, relieving pain, promoting blood circulation, and removing blood stasis, so as to achieve the effect of general principles without pain. Acupuncture and moxibustion can directly act on the supraspinous ligament and interspinous ligament, enhance the repair ability of the ligament, protect the spine from excessive flexion and restore the spine, and restore the mechanical balance of the spine. And it can adjust and restore the balance of yin and yang inside and outside the spine, reduce the pressure in the intervertebral space, adjust the tension of the muscle ligaments, relieve the spasm of the sacrospinal muscle, and help the reversion of the intervertebral disc, so as to achieve the purpose of curing the root cause. Acupuncture treatment can improve the microcirculation around the disc herniation, increase the blood flow, promote the supply of nerve root nutrition, eliminate the edema in the interstitial space, and shrink the nucleus pulposus of the lesions, make the protruding nucleus pulposus return, and relieve the dural sac. And nerve root compression so that the congestion, edema, and inflammation caused by long-term compression gradually improve and heal.

Since acupuncture plays an irreplaceable and important role in the conservative treatment of lumbar disc herniation, it is necessary to establish unified and standardized diagnostic criteria, case inclusion criteria, exclusion criteria, and efficacy judgment criteria, and summarize the best-recognized treatment methods or methods. Combined, maximize the advantages and potential of acupuncture in the treatment of lumbar disc herniation so as to improve the effective rate and cure rate of acupuncture in the treatment of lumbar intervertebral disc herniation.

5. Conclusion

Medical researchers believe that internal deficiency, trauma, and wind-cold-dampness pathogens are the causes of this disease. Acupuncture has the functions of dispelling wind, dispelling cold and removing dampness, promoting blood circulation and removing blood stasis, reducing swelling and relieving pain, clearing meridians and activating collaterals, eliminating blood stasis and dispersing knots. Acupuncture can eliminate local inflammation, improve the microcirculation of compressed nerves and relieve pain in other treatments. It can promote the recovery of the disease, shorten the course of the disease, consolidate the curative effect, and reduce the recurrence rate of the disease. Lumbar intervertebral disc herniation is relatively common, and the patient has obvious symptoms of low back pain. The degenerative changes of the lumbar intervertebral disc are the basis of the disease. Among medical researchers, lumbar disc herniation belongs to the category of "lumbago and leg pain and arthralgia." It is caused by factors such as fatigue, wind-cold-dampness, trauma, etc. To clear the meridians and activate the collaterals, perform acupuncture and moxibustion physiotherapy on the basis of taking the key points of the waist and leg pain. Chen Surong's study pointed out that medical researchers applied acupuncture therapy to patients with lumbar disc herniation, which can improve the therapeutic effect. Through treatment observation, it is believed that acupuncture therapy has the advantages of less trauma, simple and easy method, and obvious curative effect, and is one of the effective methods for the treatment of lumbar

disc herniation. Lumbar disc herniation is a common clinical disease and frequently-occurring disease. Acupuncture and massage therapy is their main treatment method. For patients with lumbar disc herniation, surgery is relatively risky, so most patients use non-surgical treatment methods. The effect of acupuncture and massage in the treatment of lumbar disc herniation is satisfactory.

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