

Clinical Observation on Acupuncture Treatment of Parkinson's Syndrome

ZOU Yong(邹 勇)

Acupuncture Department of Chinese Medicine Hospital, Taizhou City, Jiangsu 225300, P. R. China

摘要 目的:探索长期用左旋多巴(L-Dopa)类药物的帕金森病(PD)患者,经针刺治疗后能否提高疗效,降低左旋多巴剂量和减少并发症。**方法:**选择30例PD患者,多数存在疗效减退或药物并发症,针刺水沟、百会等穴,减少美多巴用量,6个月后对患者病情和并发症评价。**结果:**治疗6个月后,功能程度好转,美多巴用量减少,总有效率66.7%。**结论:**PD患者经针刺治疗后,左旋多巴类药物疗效提高,降低药物剂量和减少并发症等。

关键词 针刺疗法; 帕金森病; 左旋多巴

Abstract Objective: To explore if the therapeutic effect can be enhanced, the dose of levodopa-like medications can be decreased and the complications can be reduced by acupuncture treatment in the patients with Parkinson's disease (PD) who took levodopa-like medications for a long time. **Methods:** thirty cases of the patients, most of whom were noticed with the decreased therapeutic effect and drug-induced complications, were treated by puncturing Shuigou (GV 26) and Baihui (GV 20), by reduction of Madopa dose, and the patients' conditions and complications were evaluated six months later. **Results:** After treatments for six months, the physiological functions were improved and the dose of Madopa was reduced and the total effective rate was 66.7%. **Conclusion:** After acupuncture treatments in PD patients, the therapeutic effects of levodopa were enhanced, with its dose and complications reduced.

Key Words Acupuncture Theray; Parkinson's Disease; L-Dopa

CLC number: R246.6

Document code: A

Parkinson's disease(PD) is a commonly encountered and slowly progressive degenerative disease of the nervous system in the middle-aged and old people, characterized pathologically by degeneration of dopamine neuron in the black substance dense area, leading to obvious decrease of dopamine. Therefore, the remarkable therapeutic effect was achieved by using Levodopa which is converted into dopamine inside the body as an alternative therapy. But, within 2-5 years of administration of Levodopa preparations, the side effects such as decreased therapeutic effect, involuntary movements and "switch" phenomenon or mental symptoms would appear in many patients, so that the patients could not tolerate it and no other effective medications are available. In the recent years, in the treatment of PD by acupuncture plus medications, we have noticed that acupuncture can really improve the patient's symptoms.

Clinical Materials

All 30 cases of PD came from outpatient department of neurological internal medicine, including 18 males and 12 females, with the age ranging from 47 to 81 years old and with the duration ranging from 1 to 16 years. Based on Hoehn-Yahr Grades, 6 cases in Grade II, 9 cases in Grade III, 12 cases in Grade IV and 3 cases in Grade V.

Before acupuncture, in daily dose of Medopa (200/50), there were 5 cases with 500 mg, 2 cases with 625 mg, 18 cases with 750 mg, 3 cases with 1.0 g, and 2 cases with 1.25 g, and in terms of side effects, dose end phenomenon appeared in 10 cases, and "switch" phenomenon appeared in 8 cases, and stiffness appeared in 3 cases, and massive motions appeared in 2 cases and depression appeared in 1 case.

Therapeutic Methods

Acupoints: Dance and tremor zone in scalp acupuncture, Baihui (GV 20), Dazhui (GV 14), Fengchi (GB 20), Yifeng (TE 17) and Shuigou (GV 26), with

Author: ZOU Yong (1964-), male, deputy chief physician.

Zusanli (ST 36) added for insufficiency of qi and blood, with Sanyinjiao (SP 6) and Taixi (KI 3) added for yin deficiency in the liver and kidney, and with Taichong (LR 3) and Fenglong (ST 40) added for phlegm heat and wind symptoms.

Operation: 50 mm long filiform needle was inserted into dance and tremor zone in a 30° angle with the head skin and the needle was twisted quickly in a frequency of 180 times per minute and was removed 3 min later. Baihui (GV 20) was punctured with even needling technique. Dazhui (GV 14) was needled slowly forward and upward along the lower intravertebral space of Dazhui (GV 14) by the filiform needle 0.35 mm in diameter and 40 mm in length, till the patient has an electric shock or heavy sensation. Shuigou (GV 26) was punctured with a pecking method by strong stimulation for 1 min, till the patient started to have lacrimation. Bilateral Fengchi (GB 20) was punctured toward the opposite eye for one cun by the even needling technique.

The original dose of Medopa was maintained in all patients in the first two weeks, and 250 mg/d was reduced every week from the third week, and further only one tablet of Medopa (in 3-4 times) was administrated every day. The above acupuncture treatment was given once every second day and 10 days made one course of the treatments. After rest for 7 days, the next course of the treatments continued. Clinical observation was given for 6 months.

Therapeutic Effects

1. Criteria of therapeutic effects

The revised Webster counting method was adopted as evaluation criteria of symptoms and signs. The criteria stipulated by Guidance Principles of New Medicines in Clinical Research by National Health Ministry were referred to as the criteria for evaluation of the therapeutic effects.

Remarkable effect: After treatments, Webster score was reduced by over 61%.

Effect: After treatments, Webster score was reduced by between 31% - 61%.

Failure: After treatments, Webster score was reduced by less than 30% (including 30%).

2. Results of Webster score

In 30 cases, the results showed remarkable effect in 4 cases, effect in 16 cases, failure in 10 cases and the total effective rate in 66.7%.

3. Improvement of other symptoms

After acupuncture treatments, dose end phenomenon was improved in 8 cases and did not change in 2 cases,

and "switch" phenomenon was improved in 3 cases, and stiffness was improved in 1 cases and massive motions were improved in 2 cases. Constipation was relieved in all cases.

Table 1. Relationship between therapeutic effect and Hoehn Yanr Gradation (Cases)

Grades	N	Remarkable effect	Effect	Failure	Total effective rate (%)
GradeII	6	2	4	0	100
GradeIII	9	1	6	2	63.0
GradeIV	12	1	5	6	50.0
GradeV	3	0	1	2	33.3

Discussion

PD belongs to the scope of "Tremor" in traditional Chinese medicine and is closely related to the liver, kidney, spleen and brain. The liver stores blood and dominates the tendons. The spleen is a postnatal foundation and a source for production of qi and blood and is related to the muscles. The kidney stores essence and dominates bone and produces marrow. The brain is a sea of marrow. Deficiency in the spleen, liver and kidney and insufficiency in the sea of marrow will lead to disability of water in supporting wood. Once tendons and muscles and bones cannot be nourished, internal wind will stir up to cause tremor in hand and foot and stiffness in the muscles. Therefore, it is necessary to deal with both the symptoms and causative reason in the treatments, and to strengthen the spleen and nourish blood, and reinforce the liver and kidney, and produce yin and nourish blood, and also to extinguish wind, relieve tremor, strengthen the brain and calm the mind. Acupuncture at dance and tremor zone and at Shuigou (GV 26), Baihui (GV 20) and Dazhui (GV 14) can strengthen the brain and calm the mind. Fengchi (GB 20) and Yifeng (TE 17) have the effect to extinguish fire and stop spasm. Zusanli (ST 36), Sanyinjiao (SP 6) and Fenglong (ST 40) can benefit the kidney, strengthen the spleen, nourish blood, harmonize the middle energizer and dissolve phlegm. After head acupuncture, the patients can often have a relaxed and clear sensation. In the clinical practice, we found that accurate pattern identification and correct selection of acupoints could be helpful to the enhancement of therapeutic effect, and acupuncture had no any side effect, and could also prolong the effective use years of dopamine and reduce side effect of medications.

Translator: HUANG Guo-qi (黄国琪)

Received date: February 1, 2006