

Research Progress of Acupuncture in Treating Tension Headache

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Abstract

According to use for tension headaches is given priority to with acupuncture in recent years the use of the characteristics of traditional Chinese medicine therapy, analysis related to clinical use of acupuncture in the treatment of tension headache literature, from the use of insertion method, acupuncture treatment combined with other treatments and special acupuncture in several aspects, such as, to analyze the clinical effect of acupuncture and moxibustion treatment of the disease and the research direction. To provide theoretical reference for acupuncture treatment of tension headache

Keywords

Tension Headache; Acupuncture Treatment; The Literature.

1. Introduction

Tension headache is also called tension headache. In previous literature, it is also called myoconstrictive headache, which is bilateral occipital or whole head constrictive or compression headache [1]. Most people with this kind of disease have a series of attacks, most people do not appear dizzy, nausea. Of course, there are also a part of the patients when the onset of headache pulsatile. The most prominent onset symptoms are about 20 years old, the most common onset is in 40~49 years old, emotional disorders or psychological factors can aggravate the headache symptoms. In Traditional Chinese medicine, headache is mainly classified as "general pain" and "unpleasant pain" [2]Headache caused by these two reasons can be divided into external headache and internal headache. The symptoms of the former are mainly due to the invasion of external evil into the collateral brain, resulting in obstruction of qingQIAO. Internal injury headache is mainly because the brain can not get the liver, spleen and kidney, as well as water and grain care. Relevant literature also shows that acupuncture has great advantages in the treatment of tension headache, with quick effect, simple operation and a variety of techniques. This paper analyzes the literature data in the last decade and introduces it as follows.

2. Needle Acupuncture Therapy

2.1. Routine Acupuncture

The most common treatment for tension headache is regular acupuncture, which improves local blood circulation, unclogs meridians and relaxes muscles. Proximal acupoints can be used, including Baihui acupoint, bilateral Fengchi Acupoint, Temple and Ah Shi Acupoint. Bao Zeyan [3] et al. used acupuncture at Baihui, Yangyang, Waiguan, Fengchi and Shigu to dialectically add Zusanli point and Fenglong point for patients with phlegm turbidity and disturbance. The hyperactivity of liver Yang syndrome plus Taixi, Taichong; A total of 40 cases of tension headache were treated with siltation and collateral-loosening syndrome plus Blood sea, and the total effective rate was 95%. Guo Dongli [4] selected the missing points of both upper limbs by acupuncture to treat TTH patients, and the operation method was as follows: Routine local disinfection of the row of missing acupoints, oblique puncture 0.3-0.5 inch upward, acid, hemp,

swelling and other feelings, focus on the use of flat reinforcing and flat reducing technique, each time for about 10s, each time 10 minutes to repeat the needle, the results showed that a total of 30 patients, the total effective rate of 90.0%. You Yang [5] In the diagnosis and treatment of tension headache, the effect of acupuncture alone was compared with that of conventional drugs. There were 30 patients in each group. Baihui point, Sishencong point, Fengchi point, Yintang point, Hegu point and other conventional acupuncture points were used in the group of conventional acupuncture. In the group of acupuncture plus drugs, patients were given oral ibuprofen and other painkillers. The improvement rate of the group of acupuncture was 51.34% and the total effective rate was 93.33%. The improvement rate of drug group was 47.93% and the total effective rate was 73.33%. Miao Qian [6] et al. chose the bilateral Jiaji points, Xingjian points and Shaofu points in the neck for the treatment of tension headache, focusing on the treatment of zimu reinforcing and reducing acupuncture, continuous acupuncture for two weeks, a total of four weeks of acupuncture. Among the 30 patients treated, 9 patients had obvious relief of symptoms, and 15 patients had obvious effect, with a total effective rate of 86.67%.

2.2. The First Eight Needle Acupuncture Method

By using the first eight needle acupuncture treatment of tension headache, selects the best will cave, glabella point, wind on either side of the pool and foot Lin chi, and rate of acupuncture point to improve the tension headache symptoms valley, Xu Yanlin [7] the pain score standard elements, headache symptom diagnosis scale such as standard to evaluate "the first eight needle" accurate clinical therapeutic effect of TTH; "The first eight needles" was used in the treatment group, and ordinary acupuncture was used in the control group. The comparison of pain score and brain Doppler ultrasound between the two groups showed that the treatment effect of the treatment group was better than the control group, proving that "the first eight needles" can effectively improve the symptoms of tension headache.

2.3. Qinglong Swinging Tail Needling Method

Qinglong wagging tail acupuncture is also surprisingly effective in treating patients with tension headache. Chen Mingliang [8] treated 30 patients with tension headache with acupuncture. Baihui, Shenting, Touwei, Fengchi and Hegu were needled by Qinglong swinging tail needling. The total effective rate of acupuncture is 80%, which can effectively improve the headache degree.

2.4. Cap-shaped Subaponeurotic Acupuncture

Xuan Yabo [9] used oblique stabbing techniques to Pierce Baihui Point, Shenting Point, and two Tou Wei points to the cap apontosis, and then selected two temples, Fengchi point and Taizhong point. A total of 26 patients were treated. After treatment, the severity of headache was significantly improved, the sense of pressure was significantly reduced, and the duration of headache was also reduced. The total effective rate reached 92.3%.

2.5. Yan Zhao Gao's Method of Regulating and Regulating Collaterals

Xing Xiao[10] treated 36 patients with tension headache by using this method of regulating and regulating collaterals. They quickly needled Baihui point and Dazhui point with a millipet-needle, and quickly withdrew the needle after qi, and selected yan Zhao gao's experience points, first at distant points and then near points. After treatment, pain was completely eliminated in 10 patients.

3. Acupuncture Combined with Other Therapies

3.1. Acupuncture Combined with Puncture and Bloodletting Therapy

Zhang Lei [11] performed puncture and bloodletting therapy on 80 patients with tension headache. Yintang, Zanzhu, Yangyang, Er and liao, Guoxia, Naokong and Naohu were selected and treated with three-rib needle point puncture. The next step was squeezing and bleeding, with several drops of bleeding. Results The cure rate was 58.75%, effective rate was 38.75%, no effect was 2.5%, total effective rate was 97.5%. Cui Fangfang [12] chose acupuncture as Sishenzhu, Temple point and Yintang point for the treatment of this disease, and treated 30 patients with tension headache, 2 patients with headache symptoms disappeared, and 24 patients with obvious effects, accounting for 80%. Treatment was effective in 3 patients and ineffective in 1 patient, with a total effective rate of 96.7%. Zou Ting [13] treated the patients in the first reference group with routine acupuncture, and the other group with oral Traditional Chinese medicine. Patients in the observation group were treated with dialectical eartip bloodletting therapy, and the total effective rate of the observation group was 86.66%, much higher than the two groups of control group. Wang Yan [14] choose save bamboo on both sides, the sun, ear and liao meridians to conventional acupuncture, such as the end of the needle again three arrises collaterals acupuncture bloodletting, once a day, four weeks treatment, 49 patients in the treatment of headache symptoms improved significantly after treatment, some patients with recurrence, attack number of times the previous decreased, the degree of pain reduction.

3.2. Cupping Therapy

Electroacupuncture therapy also has a very obvious therapeutic effect on TTH, which can significantly improve patients' sense of head pressure at onset. Jiang Yuebo [15] divided the patients into the treatment group and the control group. The former had 46 patients and the waveform was dense wave, while the latter had 38 patients and the waveform was continuous wave. The two groups were consistent in the selection of acupoints, including Wangu, Yintang, Ashi, Sishencong, Tianzhu, Yintang, Sun, Shigu, Shangxing, Neiguan, Fengchi, Hegu, Baihui and Taichong. The final treatment group cured 32 patients, with an effective rate of 97.8%; The effective rate of control group was 84.2%. After comparing the two groups, the therapeutic effect of dense wave group was better than continuous wave group. Su Shengbo [16] et al. chose electroacupuncture therapy for TTH and selected acupoints including Fengchi, Baihui, Yintang and Temple. Thirty patients were selected as the group of electroacupuncture and auricular acupoints, and the auricular acupoints of neck, occipital, frontal, heart, liver, shenmen, endocrine and subcortical acupoints were selected for the treatment of tension headache. 5 times a week for 4 weeks, the total effective rate was 86.67%, compared with 83.33% in the electroacupuncture group. It was concluded that the use of electroacupuncture in combination with auricular acupoints for tension headache resulted in significant pain relief. CAI Xianbing [17] et al. applied electroacupuncture treatment and massage for 45 patients with tension headache, with a total effective rate of 88%, and the headache degree of patients was significantly improved.

3.3. Acupuncture Combined with Point Moxibustion Therapy of Zhuang Medicine Line

Guo Yawen [18] et al. used acupuncture combined with point-and-line moxibustion with Zhuang medicine to treat 21 patients with tension headache. Baihui, Sishencong, bilateral Headwei, bilateral fengchi, bilateral Shigu, Ashi point, bilateral Hegu, Taichong, Shenmen and Zulinqi were selected for acupuncture. According to "Zhuang Medicine line moxibustion therapy" on the operation steps, first acupuncture and moxibustion and then medicine line moxibustion.

The results showed that 6 patients were cured, 12 had significant effect, 3 had curative effect, and the diagnosis and treatment rate was 100%.

3.4. Acupuncture and Traditional Chinese Medicine Therapy

Both acupuncture and Traditional Chinese medicine are natural medicine based on channels and collaterals. Combining acupuncture and traditional Chinese medicine can produce unexpected results. Shi Yahui [19] randomly divided 90 patients into two groups, with 45 patients in the first group as the observation group. Acupuncture therapy combined with Chinese medicine Tianma uncaria decoction was adopted for treatment. After routine disinfection, fengchi point was needled with the needle tip 0.5 inch toward the nose tip. The horizontal acupuncture at Baihui point was 0.5 inch, and the other points were operated normally. The treatment was given once a day for 15 days. Additionally take gastrodia uncaria decoction, take 1 dose every day. Two weeks for a course of treatment. A second group of the same 45 patients received 1 tablet of amkakam three times a day, and the results of the first group were much better than those of the second group. Wang Meng [20] et al. randomly divided 5000 patients with tension headache who visited our hospital in a year into control group and study group. Control group was given compound acetaminophen tablet orally, 1 tablet/time, 3 times/day; The patients in the study group were treated with traditional Chinese medicine combined with acupuncture. The patients were given Xiaoyao Pill and acupuncture at Sanyinjiao, Ashi point, Sun, Baihui, Shigu and Fengchi at the same time. After treatment, 1481 patients (59.24%) recovered in the study group. 756 cases had curative effect, 52 cases had no effect, the total effective rate was 97.92%. In the control group, 1054 cases (42.16%) were cured. 621 patients showed response and 398 patients showed no response, a total of 84.08% of patients showed response. Xiong 'an 'an [21] et al. used scalp acupuncture and Qianghuo Shengshi Decoction to relieve headache for patients, with obvious analgesic effect and a total cure rate of 83.1%. Zeng Guoguang [22] et al. used Wet feeling headache powder combined with acupuncture for rehabilitation treatment of 60 patients, and 34 cases had significant effect, with a total effective rate of 86.7%.

4. Conclusion

According to the above data, acupuncture and moxibustion plays a great role in the treatment of tension headache, and the clinical efficacy of acupuncture and moxibustion is significantly increased in the treatment process. In recent years, more treatments have used acupuncture combined with other therapies to treat tension headaches more effectively than conventional acupuncture. With the development of modern society, people's work pressure and life pressure are gradually increasing, and headache is often caused by trivial things in life, which has a huge impact on daily life. Acupuncture treatment of tension headache not only has unexpected curative effect, but also is simple, time-consuming, with fewer side effects and various methods. But on the basis of all kinds of literature, acupuncture treatment of the disease research still have deficiencies, currently in the process of treatment of the disease through the exact data and pathologic examination to reflect the difference of before and after treatment, basic depend on patients before and after the treatment of pain degree of self expression and feeling, there are individual differences, no unified medical effect evaluation standard, There is also a lack of systematic and extensive understanding of the whole study, which leads to a lack of convincing of the therapeutic effect. In the future research, we should pay attention to the above problems, increase the research on the pathogenesis and reaction effect, and provide a strong basis for the treatment of tension headache in the future.

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