Clinical Observation on Comprehensive Treatment of 80 Cases of Chronic Type III Prostatitis by Elongated Needle, Microwave and Moritatherapy

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Abstract: After 160 cases of chronic type III prostatitis were divided into the treatment group (n = 80) and control group (n = 80), in the treatment group, first Zhibian (BL 54) was punctured toward Shuidao (ST 28) and then Qihai (CV 6), Guanyuan (CV 4), Shuidao (ST 28) Baihui (GV 20), Fengchi (GB 20), Sishencong (Ex-HN 1), Sanyinjiao (SP 6) and Taichong (LR 3) were punctured, and at the same time, digital computerized microwave apparatus was inserted into the anus for microwave treatment. Afterward, moritatherapy was applied for psychological consultation for the patients. In the control group, compound sinomin and Phenoxybenzamine Hydrochloride Tablets were used orally. The results showed that the therapeutic effects were respectively 92.5% and 68.8%, with statistic significance (P < 0.01).

Key Words: Prostatitis; Acupuncture Therapy; Psychotherapy

Clinical Materials

1. Diagnostic criteria

Chronic prostatitis belongs to the scope of “Stranguria”, “Turbid Semen” and “Seminal Emission” in traditional Chinese medicine (TCM) and is often seen in young and middle-aged male adults and is higher in clinical incidence. Chronic type III prostatitis is also termed chronic pelvic pain syndrome (CPPS) and the history of the patients is above three months. Clinically, it is characterized by pelvic pain or discomfort, accompanied by discomfort in urination or sexual intercourse in different degree [1]. We have treated 80 cases of the patients with chronic type III prostatitis by comprehensively elongated needle plus moxibustion, microwave and moritatherapy and have obtained satisfactory results. Now, the report is given in the following.

2. General materials

Divided into the treatment group and control group randomly by visit order, there were 80 cases in the treatment group, with the age ranging 20-43 years old and the duration ranging from 3 months to 13 years, and there were 80 cases in the control group, with the age ranging 19-45 years old and the duration ranging from 3.5 months to 12 years. In 160 cases, WBC was ≥10 piece/Hp and lecithin corpuscles obviously decreased or disappeared in microscopic examination of prostatic fluid.

Therapeutic Methods

1. Treatment groups

By comprehensive treatment of elongated needle, microwave and moritatherapy.

a. Elongated needle

After the patient took a prone position, bilateral Zhibian (BL 54), after routine disinfection, was punctured perpendicularly by elongated needle in 0.38 mm diameter, with the needle tip toward Shuidao (ST 28) in the abdominal region on the same side, and the needle was taken out after arrival of the needling sensation. Then, the patient was asked to have a supine position, and Qihai (CV 6), Guanyuan (CV 4) and Shuidao (ST 28) were punctured by the twisting method for tonification. After arrival of the needling sensation, a piece of pure moxa stick in half inch was applied on the needle handle for moxibustion, two times each acupoint. At the same time, Baihui (GV 20), Fengchi (GB 20), Sishencong (Ex-HN 1), Sanyinjiao (SP 6) and Taichong (LR 3) were punctured perpendicularly by even needling technique, with the needled retained for 20 min. The treatment was given once every day and 20 times made one course of the treatments.

b. Microwave

Model HJ 4 digital computerized microwave treatment apparatus (2540 MHz in frequency, 150 W in power, radiator in 12 mm diameter and in 20 cm cylinder with tip in hemisphere shape) was used for treatments. In the treatment, the anterior tip of the radiator was covered with a rubber cap and smeared with lubricant and then was inserted into the anus for 8-10 cm, with dose in 9W. The treatment was given once every day and 10 min each time, and 15 times made one course of the treatments, with a 5-day interval between the courses of the treatments.

c. Moritatherapy

In reference to international assessment of life quality in prostatitis\(^2\), the influence of the patient's symptoms on the life quality was scored (Table 1). The results were all between 5-7 scores. The treatment was adopted by the therapeutic principle of "following to the nature and doing what can be done", by dialogues or simple homework, without talking about the symptoms, the patients were encouraged to see the reality and accept the existing fact of this disease and to take their responsibility in life. This treatment was given twice a week, 40 min each time. Four times made one course of the treatments, with one-week interval between the courses of the treatments.

<table>
<thead>
<tr>
<th>Patient's self-feeling</th>
<th>Very sad</th>
<th>Not happy</th>
<th>Most unsatisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Value</td>
<td>7</td>
<td>6</td>
<td>5</td>
</tr>
</tbody>
</table>

2. Control group

Treated by medication, oral administration of compound sinomin (2 tablets each time, twice daily) and Phenoxybenzamine Hydrochloride Tablets (10 mg each time, twice daily), 20 days made up a course of treatments.

Therapeutic Effects

1. Criteria of therapeutic effects

Cured: Clinical symptoms disappeared, and spiritual status was good, and the life quality score was 1-2 points, and no large amount or whole vision field of white blood cell and lecithin corpuscles was found in microscopic examination of prostatic fluid.

Improved: Clinical symptoms were relieved and the spiritual status was somewhat improved, and the life quality score was 3-4 points, and white blood cell was obviously decreased and lecithin corpuscles were in medium amount or unevenly distributed.

Failed: There was no obvious improvement in clinical symptoms and spiritual status and the life