Clinical Observations on 30 Cases of Chronic Simple Pharyngitis Treated by Acupuncture plus Cupping Method

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Abstract

Objective: In order to investigate the clinical efficacy of acupuncture plus cupping method for treating chronic pharyngitis.

Methods: Sixty patients with chronic simple pharyngitis were randomly divided into two groups. Thirty cases in the treatment group were treated by acupuncture plus cupping method and 30 cases in the control group by routine anti-inflammatory and antiviral therapy. The clinical effects were observed in the two groups.

Results: The total effective rate was 93.3% in the treatment group and 80.0% in the control group. The therapeutic effect was significantly better in the treatment group than in the control group ($P < 0.05$).

Conclusion: Acupuncture plus cupping method has a good effect for chronic simple pharyngitis.

Key Words: Acupuncture Therapy; Cupping; Pharyngitis

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Clinical Materials

1. Diagnostic criteria

The criteria of diagnosis and evaluation of therapeutic effect were all designed by referring to Criteria of Diagnosis and Cure and Improvement for Clinical Diseases [10], by the patients with chronic pharyngitis upon typical clinical manifestations, such as tickling sensation, burning pain and foreign body sensation in the throat, irritating cough, no sputum or scanty tenacious sputum, accompanied sometimes by hoarse voice, with duration over one month, and dark red congestion in the mucous membrane or proliferation of lymph follicle scattered in the posterior wall of the pharynx, or local secretion in the examination of the throat, with the patients with pulmonary, pleural or bronchial diseases excluded after chest X-ray examination or chest photography.

2. General materials

Totally 60 cases of the patients, with the age ranging from 18-60 years old, including 45 males and 15 females, with the duration ranging from 6 months to 20 years, were randomly divided into the treatment group and control group, 30 cases in each group.
3. Pattern identification

Insufficiency of lung yin: Dry and sore throat, hoarse voice, dry cough, scanty sputum, thirst, night perspiration, brown urine, or constipation, a red tongue with scanty fluid, and a thready and rapid pulse.

Fire hyperactivity of kidney deficiency: Dry and sore throat, insomnia, dreamful sleep, dizziness, tinnitus, aching pain in the lower back and knee, tidal feverish sensation, night perspiration, warm sensation in the five body parts, or red tongue with scanty fluid, and a thready and rapid pulse.

Accumulation of phlegm and blood stasis: Repeated seizure of acute pharyngitis or tonsillitis, in lingering condition, with congestion in the throat, in dark red color, with fixed painful spots, often attached with scanty secretion, a red tongue tip, and a thready and wiry pulse.

Therapeutic Methods

1. Treatment group

Acupoints: Main acupoints were Lianquan (CV 23), Fulianquan (Extra), Lieque (LU 7) and Zhaohai (KI 6). Kongzui (LU 6) and Zusanli (ST 36) were added for insufficiency of lung yin, Taichong (LR 3) and Taixi (KI 3) were added for fire hyperactivity of kidney deficiency. Zusanli (ST 36), Fenglong (ST 40) and Dannang (Extra) were added for accumulation of phlegm and blood stasis. The cupping method was applied on the Governor Vessel, and the first and second lateral lines of the bladder meridian on the back.

Operation: After the patient took a supine position, 50 mm filiform needles were inserted and manipulated by the even needing technique, and Lianquan (CV 23), Fulianquan (Extra) were linked with G6805 acupuncture apparatus. The treatment was given once every day and the needles were retained for 30 min each time. After the needles were taken out, the cupping method was applied for 10 min. Ten treatments made one course of the treatments.

2. Control group

Administration of medications: Amoxycillin 0.5 g, three times a day, Anti-Viral Tablets 0.2 g, three times a day, Isatis Tablets, 3 tablets each time, four times a day, continuously for 2 weeks.

Administration of local drug: Watermelon Frost Lozenges, 2 tablets each time, four times a day, continuously for 2 weeks.

Therapeutic Effects

1. Criteria of therapeutic effects

The main symptoms of chronic pharyngitis are various uncomfortable sensations in the throat: foreign body sensation, tickling sensation, burning sensation, dry sensation and slight painful sensation, scanty and tenacious secretion, irritating cough, and congestion in the throat and proliferation of lymph follicle and its secretion in the posterior wall of the pharynx in the examinations. Based upon the above symptoms and signs, the following criteria were set up for comparison before and after the treatments.

Clinical cure: Various uncomfortable sensations and signs of the throat disappeared and no reoccurrence happened, after the treatments were stopped for 2 weeks.

Remarkable effect: The symptoms and signs disappeared ≥2/3.

Effect: The symptoms and signs disappeared ≥1/3, or all symptoms were relieved.

Failure: No obvious improvement in comparison of the condition before the treatment, no change in the examinations.

2. Therapeutic results

Please see Table 1 for statistics in the two groups, after the two courses of the treatments.

Table 1. Comparison of therapeutic results in two groups (Cases)

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>Cure</th>
<th>Remarkable Improvement</th>
<th>Failure</th>
<th>Total effective effect rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment</td>
<td>30</td>
<td>10</td>
<td>11</td>
<td>7</td>
<td>2</td>
</tr>
<tr>
<td>Control</td>
<td>30</td>
<td>6</td>
<td>8</td>
<td>10</td>
<td>6</td>
</tr>
</tbody>
</table>

By statistic management, there is a significant difference (P < 0.05) in the total effective rate in the two groups, indicating that therapeutic effect is better in the treatment group than in the control group.

3. Case Example

The patient, male, 64 years old, first visit on Sept. 10, 2003, dry and tickling sensation in the throat and irritating cough for 2 months.

The patient had chronic pharyngitis for 16 years, used to take antibiotics orally, such as medemycin, Chinese herbal medicines, dexamethasone and gentamicin for spraying the throat, but the therapeutic effect was not good. The examinations showed congestion in the throat, in dark red color, attached with scanty tenacious fluid, dry cough, hoarse voice, a slight red tongue with scanty fluid, and a thready and slightly wiry pulse. The diagnosis was chronic pharyngitis and the treatment was designed to nourish yin, clear away fire, dissipate blood stasis and remove phlegm. After treated by the above method for two courses, congestion in the posterior wall of pharynx disappeared. After another