Regulatory Function of Herbal Drug-Partitioned Moxibustion for Sub-Health Status

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Abstract

Objective: To observe the efficacy of herbal drug-partitioned moxibustion for sub-health status and its influence on humoral immunity, cellular immunity and blood rheology.

Methods: By health evaluation in traditional Chinese medicine, the subjects were selected and applied with herbal drug-partitioned moxibustion on the acupoints selected upon pattern identification, in accordance with different causative reason, symptoms, clinical manifestations, to observe the changes in various physiochemical indexes and clinical symptoms before and after the treatments. Results: After herbal drug-partitioned moxibustion, the clinical symptoms were obviously improved, and obvious change took place in the activity of NK cells and in platelet aggregation, with statistic significance \((P<0.05)\) in comparison of those before moxibustion. Simultaneously, the contents of C3 and C4 decreased in humoral immunity after the treatment, and IgG content increased, with statistic significance \((P<0.05)\) in comparison of those before the treatment. Conclusion: Herbal drug-partitioned moxibustion can regulate the functions of qi and blood in those with sub-health, by balancing yin and yang in the body and invigorating the spirit and reinforcing qi, so as to relieve sub-health status, indicating its regulatory function on humoral immunity, cellular immunity and blood rheology of the human body.

Key Words Indirect Moxibustion, Fatigue Syndrome, Chronic, Acupoint Therapy

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With constant of social competition, the psychological stress and spiritual stress rise up continuously, plus improper life habit, leading to some new sub-health issues and directly influencing the life quality of the people. By traditional Chinese medicine (TCM) evaluation of health, we have selected 86 individuals with sub-health from the community as the subjects in this study, managed with herbal drug-partitioned moxibustion to improve the clinical symptoms of the sub-health status for preventing and resisting diseases.

Clinical Materials

1. Subjects for observation

The 86 cases with sub-health status age ranges from 35-55 years, at the average age of 46±13.2, including 37 males and 49 females. In accordance with the health evaluation and the results of
physiochemical tests, the subjects were divided into 52 cases in the sick potential group (A) and 34 cases into the sick tendency group (B).

Sick potential group in a status of potential sickness without pathological phenomena. In this moment, there are no obvious pathological manifestations in the functions of the human body, but some information of potential sickness exist.

Sick tendency group in a status of previous sickness without pathological phenomena, and it is already certain disease, but still in the status of the early premonitory symptoms or signs.

2. Indexes for observation

TCM health evaluation and questions-and-answers form were adopted.

Changes of main clinical symptoms, Immunological indexes, humoral immunity and activity of NK cells

Indexes of blood rheology, and changes of platelet aggregation were observed, including ADR1 (Adrenaline I aggregation), ADP1 (Adenosine diphosphate I aggregation), and ADP2 (Adenosine diphosphate II aggregation).

Therapeutic Methods

1. Basic acupoints

Dazhui (GV 14), Shenshu (BL 23) (bilateral), Pishu (BL 20) (bilateral), Zhongwan (CV 12), Guanyuan (CV 4), Zusanli (ST 36) (bilateral), Baihui (GV 20), Mingmen (GV 4).

2. Preparation of herbal cake

For qi deficiency and yang deficiency, herbal formula is composed of Flos Caryophylli (肉桂), Cortex Cinnamomi (肉桂), Radix Astragali (黄芪), Radix Ledebouriellae (防风), Radix Angelicae Sinensis (当归), Rhizoma Curculiginis (仙茅). For blood deficiency and yin deficiency, herbal formula is composed of Radix Astragali (黄芪), Radix Angelicae Sinensis (当归), Fructus Psoraleae (补骨脂), Radix Rehmanniae crude (生地黄), Fructus Linguistri Lucidi (女贞子), Semen Cuscutae (菟丝子), Fructus Corni (山萸肉). The above herbal ingredients were ground into powder. Before moxibustion, the herbal powder was mixed with 80% alcohol into paste and made into round herbal cake in 30 mm diameter and 5 mm thickness.

3. Operation

In accordance with different causative factors, symptoms and clinical manifestation, the acupoints were selected by pattern identification for herbal drug-partitioned moxibustion. One herbal cake was put on each acupoint. Moxa cone was made of pure moxa wool in 15 mm diameter and 15 mm height, about 1.1g. Three moxa cones were applied on each acupoint. The treatment was given once every second day, and 24 sessions made one course of the treatment. On average, totally 324 moxa cones were applied for each person. Before and after the treatment, various indexes were collected for final statistic analysis.

4. Statistic Analysis

The collected materials were processed by SPSS10.0 software, and P<0.05 was used as criteria for judging the statistic difference. The counting unit was expressed by average value ± standard difference, and t test was adopted for the counting materials.

Analysis of Results

1. Changes of main symptoms before and after herbal drug-partitioned moxibustion (Table 1)

The results showed that after moxibustion, the clinical symptoms were improved to certain extent in the subjects. For instance, appetite was obviously increased, and the sleeping time was lengthened and peaceful, with less dreams. At the same time, the subjects were energetic, nimble in action and stable in emotion and memory was somewhat elevated. During the observation period, none of the subjects was sick with cold. The findings indicate that herbal drug-partitioned moxibustion has the effects to regulate the functions of the organs and tissues and promote the normalization and balance of various organs and tissues of the human body.

2. Changes of NK cell activity and humoral immunity before and after herbal drug-partitioned moxibustion (Table 2)

NK cells are a group of pluripotent all plasmatic cells differentiated from marrow cells, the nuclear regulatory cells of the acquired cellular immunity and have the effect to regulate the immune functions of the human body. In 86 cases of the individuals of this article, the activity of NK cells was lower than the normal value before moxibustion, and was obviously elevated after moxibustion (P<0.05), proving that herbal drug-partitioned moxibustion has the effects to warm the kidney, strengthen the bone and produce marrow, and can promote the