

Treatment of chronic bronchitis and asthma by Acupuncture

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Treatment of chronic bronchitis and asthma by Acupuncture and point injection: A clinical observation of 250 cases at Yongchun country TCM Hospital, China

From 1983 to 1993, 250 cases of chronic bronchitis and bronchial asthma were treated by means of electric needling and point injection, and the therapeutic results showed a cure in 68 cases, improvement in 174, and no effect in 8, with a total effective rate of 96%.

Chronic bronchitis and bronchial asthma, two ailments commonly seen in clinics throughout China, are considered to be caused by infections, allergic reaction, and related physical or chemical factors. The clinical manifestations include cough, shortness of breath, and repeated attacks. At present, there is still no way to affect a radical cure for the disease. From 1983 to 1993, at Yongchun country TCM Hospital, 250 cases of chronic bronchitis and asthma were

treated by integrating the electric needling and point injection. The clinical observation showed that this integrated method was rather satisfactory.

General data

All 250 cases were patients from the outpatient department, out of whom 172 cases were males and 78 females. There were 17 cases who were below 15 years of age, 173 cases between 16 to 60, 53 cases between 61 to 80, and 7 cases over 81. The disease courses of the patients varied from one year to more than 10 years. 170 cases were believed to be caused by infections; 25 cases by allergic reaction. Asthma was found in most of the patients who were under 15 years old and few of them were with any complications. Chronic bronchitis was found in most of the patients over 60 years and all of them were complicated by pulmonary emphysema or pulmonary heart disease of various degrees.

Therapeutic method

Electro Acupuncture: - was given on some specific acupuncture point.

Point injection: - In each treatment, 4 to 5 points are selected. Having filled the syringe with a mixture of the Chinese drugs, it will be swiftly inserted into the points.

Results of the treatment

Criteria of the therapeutic effect

Excellent: The symptoms basically disappear without any abnormal findings in the physicochemical tests and there is no relapse within half a year after one therapeutic course; even if there is a mild attack due to the weather change or other factors, symptoms can be controlled by taking a small amount of medicine.

Improved: such symptoms as cough and shortness of breath become milder or the attacks become less frequent. The symptoms can be controlled by taking a small amount of medicine.

Failed: No improvement in the condition of the disease is noticed after one therapeutic course, or the patient withdraws from the treatment in less than one therapeutic course.

Analysis of the therapeutic effect

Of the total 250 cases, 68 cases were cured, 174 cases showed improvement, and 8 cases failed. The total effective rate was 96%.

Typical Case

A male patient 70 years old worker (retired), who had a 40 years history of chronic cough with sputum. In the winter or spring of each year, he would be attacked by cough with dyspnea. Each onset would last for 2 to 3 months. Diagnosed as pulmonary emphysema, he would need to be hospitalized due to increasingly frequent attacks in the most recent ten years. In the examination, the patient was found with a typical sign of emphysema, such as a grey and dull face, shortness of breath, a slight cyanosis in the lips and a barrel chest. He was also diagnosed as having a respiratory harshness in both lungs and a low heart sound.

The disease of the patient was greatly improved after only one therapeutic course by electric needling and point injection, and the drug intake was lessened to the maintenance dose. A follow-up period of 2 years found that his disease was stable.

Discussion

Chronic bronchitis and bronchial asthma are very common in clinics and these diseases often endanger the health of many people. Until now, there has never been a cure. Reports on the treatment of the disease with electric needling and point injection are also very rare. At Yongchun County TCM Hospital, Acupuncturists found that the integration of electric needling and point injection can not only treat the disease effectively, but also can ensure a very good therapeutic effect.

Acupuncture treatment is free from any side effect and is therefore very positively received by the patients. It is definite that this is a very good therapeutic method and worth popularizing.

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