Curative Effect of Electro-acupuncture and Tuina on Prostatic Hypertrophy

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Abstract: Objective To observe the curative effect of electro-acupuncture plus Tuina on prostatic hypertrophy.
Method Fifty-six cases of prostatic hypertrophy were treated according to the principle of taking the kidney as the main aspect. Points Guanyuan (CV 4), Qugu (CV 2), Shenshu (BL 23), Ciliao (BL32) and Sanyinjiao (SP 6) were selected and electro-acupuncture were used together with Tuina. Those who took the tablet Finasteride orally were treated as the control group. Result The total effective rate was 94.6% in treating group, while that was 86.7% in the control group, P >0.05. Conclusion It is suggested that electro-acupuncture plus Tuina has a certain effect on prostatic hypertrophy. Compared with western medicine, it is lower in price and has no side effect.

Key Words: Electroacupuncture; Massage; Tuina; Benign Prostatic Hypertrophy

Benign prostatic hypertrophy is commonly seen in males over 50 years old. The prostate proliferates in different degrees in males over 40 years old, and it becomes more severe with the increasing of the age. We treated this disease by electro-acupuncture together with Tuina and carried out the observation and analysis of changes in clinical symptom, life quality, curative course and curative effect. Now it's reported as follows.

Clinical Materials

1. Diagnose criteria
Symptoms were urinary hesitancy, urinary frequency, fine urinary stream, frequent nocturia and dripping after urination. Digital examination in rectum showed prostatic hypertrophy and it was confirmed by B-ultrasonic examination.

2. Exclusion criteria
Diseases such as acute inflammation, tumor, tuberculosis, calculus, cyst, urethral stricture and renal insufficiency were not included.

3. General materials
Fifty-six cases in treatment group, among them there were 8 aged from 55 to 64 and 22 aged from 75 to 84. The youngest was 55 years old and the oldest was 84. Average age was 72.2. The shortest disease duration was 3 months and the longest one was 22 years. There were 30 cases in the control group.

The differentiation of symptoms and signs included downward flow of damp-heat, blood stasis in the urethra, stagnation of liver qi, stagnation of qi due to the lung-heat, deficiency of spleen qi, hyperactivity of fire due to yin deficiency and insufficiency of the kidney-yang.

In the treatment group, there were 8 cases of deficiency of spleen qi, 12 of hyperactivity of fire due yin deficiency and 36 of insufficiency of the kidney-yang.

Treatment Method

1. Treatment group
- Electro-acupuncture
Acupoints: Guanyuan (CV 4), Qugu (CV 2) and Sanyinjiao (SP 6) in the first group; Shenshu (BL 23), Ciliao (BL 32) and Sanyinjiao (SP 6) in the second group.

Method: Even reinforcing-reducing method and lifting, thrusting and twisting method were used with filiform needles, 15 mm in length and 0.3 mm in diameter. The needling sensation radiated to the perineum region. Then the needles were connected to a G860-II acupuncture instrument. And the needles were retained for 20 minutes. Point Qugu (CV 2) should be punctured after urination and needed by a triple puncture technique, and Ciliao (BL 32) should be punctured with 30 mm-long filiform needles, better in there was a referred sensation.

- Tuina
Dhyana-thumb-pushing: It refers to using the whorled surface of the thumb to push the region under the umbilicus, with the wrist joint relaxing, shoulder relaxing, the elbow dropping, wrist hanging and the elbow joint a bit lower than the wrist. The elbow joint act as a fulcrum, and the forearm swings actively to make the wrist swing with the thumb's flexion and extension. When the wrist swings, the ulnaris should be lower than the radialis, so that the "power" could continuously act on the area from under the...
umbilicus to the upper pubic symphysis. The manipulation should be quick and nimble and each time lasted for 3 minutes, 80 times per minute.

Kneading manipulation with palm: It refers to putting the edge or the bottom of the palm between the umbilicus and the pubic symphysis, relaxing the wrist, with the elbow being the fulcrum, and swinging the forearm actively to make the wrist swing softly, 8 times per minute, 3 times each time.

Flat-pushing manipulation: It refers to putting the bottom of the palm from point Shenshu (BL 23) to the lumbosacral part and pushing and scrubbing rectilinearly. When this manipulation is performed, the manipulator's wrist joint should be straight, the forearm and the hand approximately at the same plane, with fingers extending naturally. The whole palm should be placed on the patient's lumbosacral part, the shoulder being the fulcrum, and the forearm make the palm to move upward and downward or to and fro. The pressure of the palm should not be too strong, but the range of pushing should be wide. When this manipulation is performed, the strength should be steady and even, and the action should be continuous. The breath should be natural and not held. This manipulation should be performed 80 times per minute, 3 minutes per time.

Fomentation

Put Radix Clematidis (紫灵仙), Radix Salviae Miltiorrhizae (丹参), Semen Persicae (桃仁), Rhizoma Anemarhenae (知母) and Cortex Phellodendri(黄柏) in yellow wine and boil them with a towel. Then keep the hot towel on the lower abdomen and lumbosacral part for 10 to 15 minutes.

The above treatment was given once every other day and 10 treatments consisted of a course.

2. Control group

Tablet Finasteride (Proscar, Merck Sharp & Dohme), 5 mg per tablet, was taken orally, 5mg per day.

Curative Effect

1. Criteria of curative effect


Markedly effective: Urination was smooth, and the clinical symptoms and signs disappeared.

Improved: The symptoms and signs improved.

Ineffective: There were no changes in symptoms.

The evaluation of the symptoms was performed with the International Prostatic Symptoms Scores (IPSS), evaluating the main symptoms, such as feeling of incomplete emptying, urination frequency, interruption of urination, urgency of urination, fine urinary stream, hard urination and nocturia. Each symptom was divided into 6 degrees from 0 to 5 marks, depending on IPSS, with mild from score 0 to 7, medium from score 8 to 19 and severe from score 20 to 35. The Quality of Life was divided into 7 degrees from 0 to 6 marks, ranging from very good life to very painful life. The questionnaire was given before and after the treatment, and collected for statistical analysis after the patient filled it in.

2. Curative effect

The effect in the two groups after treatment was shown in table 1, the changes in IPSS and QOL in treatment group after the treatment were shown in table 2.

Table 1. The comparison of curative effect between the two groups

<table>
<thead>
<tr>
<th>Groups</th>
<th>Markedly Effective</th>
<th>Improved</th>
<th>Ineffective</th>
<th>Effective rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment (n = 56)</td>
<td>29</td>
<td>24</td>
<td>3</td>
<td>94.6</td>
</tr>
<tr>
<td>Control (n = 30)</td>
<td>11</td>
<td>15</td>
<td>4</td>
<td>86.7</td>
</tr>
</tbody>
</table>

Ridit analysis showed u = 1.39, P > 0.05, and there was no statistical difference in curative effect between the two groups. It showed that electro-acupuncture together with Tuina had a similar curative effect to the western medicine on prostatic hypertrophy.

The data before and after the treatment were evaluated by a t-test.

3. Case report

A male patient of 79 years old came to the clinic on December 2nd, 2001, and his main complaint was that his urination was difficult and he had frequent urina-