

# OBSERVATION ON CURATIVE EFFECT OF AURICULAR ACUPUNCTURE COMBINED WITH GIANT THORN IN TREATING HEMIFACIAL SPASM

Zhang Miao, Cao Yang, BaoDaPeng, Wu Dan

Second Affiliated Hospital of Heilongjiang University of Traditional Chinese Medicine

**Abstract:** Observation on the curative effect of acupuncture combined with auricular acupoint pressing on hemifacial spasm. **Method:** 56 patients with hemifacial spasm were randomly divided into treatment group and control group, 28 cases in each group. The patients in the treatment group were treated with acupuncture and auricular acupoint pressing. The control group was treated with conventional acupuncture and the clinical efficacy. **Result:** The total effective rate was 89.3% in the treatment group and 67.9% in the control group, the difference was statistically significant ( $P < 0.05$ ). **In conclusion:** Acupuncture with auricular pressure is an effective method for the treatment of hemifacial spasm.

**Key words:** Acupuncture therapy; stern; auricular acupressure.

Hemifacial spasm (HFS), also known as facial muscle convulsions, is a manifestation of half of the face involuntary convulsions of the disease, due to fatigue, mental stress and self-movement and so aggravated. At this stage of treatment because of poor efficacy, easy to relapse or surgical risk and other factors can not achieve a good treatment effect. At present, the author of acupuncture with auricular acupressure treatment of HFS patients with 28 cases, and compared with 28 cases of acupuncture alone, are reported below.

**1. Normal information:** 56 cases of HFS patients were outpatients in our hospital, all by CT or MRI to exclude brain lesions. Patients were randomly divided into treatment group and control group ( $n = 28$ ) according to the order of the random number table. Treatment group, 13 males and 15 females; the youngest 25 years old, the largest 66 years old.

**Diagnostic criteria:** ① middle age after the onset, more common in women; ② twitching from the beginning of the orbicularis oculi muscle, can spread to the cheek muscle, orbicularis oculi muscle, and even the broad plastric muscle; ③ tired tired after the fall, fall asleep, not self-control, The nervous system without positive signs.

**2. Treatment method:** Therapy group: acupuncture Baihui points、 Temple of God、 Hakuto、 Contralateral motion area、 Feeling the next point、 Opposite the temple、 Yingxiang points. After routine disinfection, use 0.30 mm × 40 mm needle for acupuncture, into the needle 0.8 inch, Needle 40 min, 1 day, 12 days for a course of treatment, a total of 3 courses of treatment.

**Ear treatment:** Eye, cheek, mouth, liver, god door, cortical, endocrine, Press 5 times a day, Every 3 d replacement ear pressure, 12 d for a course of treatment, a total of 3 courses of treatment.

**Control group:** Using acupuncture alone, acupoints, operation and treatment with the treatment group acupuncture treatment.

**3. Treatment effect:** Observe indicators: HFS grade grading was performed in both groups before and after treatment. HFS is divided into grades 0 to 4. 0 level for the non-spasm; 1 for the external stimulus caused by blinking; 2 for the mild, eyelid slightly fibrillation, no dysfunction; 3 moderate, spasm obvious, with mild dysfunction; 4 for severe, severe Spasms and dysfunctions that affect work and life.

Table 1 Comparison of two groups of patients with clinical efficacy (n)

Group	Cure	Effective	Invalid	Total	Efficiency /%
Treatment group	28	10	15	3	89.3
Control group	28	5	14	9	67.9

**4. Discuss** Facial spasm is a traditional Chinese medicine "Qiangqian" "spasm" and other areas, and liver and spleen and kidney are closely related. Baihui points Duke, alias "Sanyang five will", meaning 100 pulse in this rendezvous. 100 pulse of the will, all disease-based, so Baihui point of treatment for many, one of the commonly used points for the author. Ear acupuncture therapy can treat a variety of diseases, and achieved a certain effect. In clinical, HFS patients often can not find an effective treatment. I use this method of treatment to obtain a better effect, and simple operation, the patient pain is small. Acupuncture to twist, 80% of patients with spontaneous spasms have different degrees of relief, facial relaxation, immediate effect is obvious, so that patients with increased confidence. In order to strengthen the efficacy of acupuncture combined with auricular acupressure, can reduce the frequency of spasm, reduce the rate of spasm. Auricular selection of tuning mind, Shugan Xifeng antispasmodic acupoints, played a total of sedative, soothe the nerves, antispasmodic power.

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Tel: 13796671276 Address: No.105, Ashhe Street, Nangang District, Harbin City, Heilongjiang Province Postal code: 150001 E-mail: [13796671276@163.com](mailto:13796671276@163.com)