

The meaning of a hundred families. As a result, there are more acupuncture points and more variety of methods. In the treatment of allergic rhinitis at the beginning of the disease for the head, chest and limbs acupuncture point, the overall concept of traditional Chinese medicine, cure the disease, not only the proximal find, distal find, also joined the dialectical find out, not just confined to stop sneezing nose, and kidney and strengthening the same

It is used for invigorating and invigorating blood. To achieve better results. In the treatment of the patient, the child allergic rhinitis, often can be confused with the cold. Cold and allergic rhinitis have a stuffy nose, runny nose, sneezing symptoms, but in general will be accompanied by a cold sore throat, fever, a cold flow of black nose, later will become thick mucus, slowly healing; Allergic rhinitis are often sneezing after an itchy nose

symptoms such as fever, sore throat, if contact allergy source, is significantly worse, a long illness, easily again and again. In treatment, identify the two diseases, because

There is a fundamental difference between the mechanism of causes and the treatment principle. At the same time, the cold is an important factor to induce allergic rhinitis, have allergic rhinitis children with a history of exogenous, the cold and allergic rhinitis at the massage of these two kinds of disease treatment, acupuncture points are to choose, in order to obtain good effect. The clinical effect of treating pediatric allergic rhinitis is good, the results are quick, no side effects, children and parents are easy to accept and deserve to be promoted.

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**HEAD HOLE CIRCUMFERENCE TREATMENT OF PATIENTS WITH CEREBRAL HEMORRHAGE AFTER SKULL ENUCLEATION CLINICAL OBSERVATION**

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At present in the cerebral hemorrhage is one of the reasons for the high morbidity and high morbidity. Caused by cerebral hemorrhage and open skull flap surgery in patients with nerve dysfunction, need as soon as possible, as soon as possible to help its maximum restore nerve function, in order to reduce and lower due to cerebral hemorrhage and cerebral hemorrhage postoperative morbidity and mortality rate, improve the quality of life of patients.

This study selected patients with cerebral hemorrhage and after open skull flap decompression of 60 people, all patients after western medicine comprehensive treatment of 15. The control group 30 cases, observation group of 30 cases. Compared two groups of general information, there was no significant difference ( $P > 0.05$ ) in two groups of comparable. Control head acupuncture point using the scalp needle hole name standardized international plan find top line, body acupuncture using the acupuncture therapy based choose acupuncture point: stroke patients choose closed in hemiplegic limbs, springs, ruler, bilateral, three vaginal intercourse, three mile. Acupuncture twice each day, 30 minutes, a course of treatment for 15 days, two courses of acupuncture. Observation group head hole using head hole circumference, cerebral hemorrhage surgery skull removed along the edges of wai, tip towards lesion center, around 5 acupuncture needle, body acupuncture and the control group. During acupuncture twice each day, 30 minutes, turning twice, 10 minutes at a time, a period of treatment is 15 days, two courses of acupuncture. This study by surrounding it with sting skull removed parts to observe the curative effect of cerebral hemorrhage postoperative convalescence patients, degree of neurologic deficits and daily life ability. Results: head acupuncture point around thorn method after a month of therapy in patients with total effective rate was higher than normal body acupuncture acupuncture group, nerve function defect was significantly lower than normal body acupuncture acupuncture group ( $P < 0.05$ ) and ADL scores after treatment significantly higher than the ordinary body acupuncture needle group of ADL scores after treatment ( $P < 0.05$ ).

This topic first adopted by the hole around thorn in neijing is the development of the young thorn, is applied in the study of traditional medicine in the modern, embodies the nearly cure effect the treatment principles of traditional Chinese medicine. Head circumference can make up for the skull removed, no direct needle lesion in the head of the deficiency of conventional acupuncture of projection area, so this clinical observation suggests confining thorn cerebral hemorrhage skull removal of lesion, pathological changes of direct effect, can improve cerebral metabolism, improve the quality of life, the degree of disability, patients with reduced can be further applied in the clinical.

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**30 CASES ON MOXIBUSTION TREATMENT FOR KNEE OSTEOARTHRITIS**

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Abstract: Objective: To observe the clinical efficacy of treatment on osteoarthritis of the knee with moxibustion.

Methods: To treat 30 cases of knee osteoarthritis with moxibustion of local selection points.

Results: The total effective rate was 86%.

Conclusion: Moxibustion for osteoarthritis of the knee has significant effects without obvious untoward effect.

Keywords: Moxibustion; Knee osteoarthritis; Clinical cases.

Osteoarthritis of the knee, a common clinical disease, is a chronic degenerative osteoarthritis usually featured by the articular cartilage degeneration, hyperosteogeny, inflammation and hyperemia in articular cavity. This paper reported the treatment results of 30 cases of out-patients with knee osteoarthritis in 2015-2017.

## 1 Materials and Methods

### 1.1 General Information

30 patients were enrolled in this research project, including 11 female and 19 male, aged between 30 and 73, with course of disease between 1 month to 2 years.

### 1.2 Exclusion criteria

- ① Knee tuberculosis or septic arthritis;
- ② Female patients who are pregnant or in lactation;
- ③ Patients with medical history over 10 years and obvious joints deformity;
- ④ Knee meniscus;
- ⑤ Patients combined serious diseases related with heart, brain, liver, kidney and mental disorders;
- ⑥ Patients who did not follow the treatment procedure.

1.3 Diagnostic criteria Western medicine, according to diagnostic criteria of the American institute of rheumatism in 1986: ① Knee pain most of the time for 1 months; ② Joint motion with sounds; ③ Joint stiffness in the morning  $\leq 30$  min; ④ Aged  $\geq 35$  years; ⑤ Knee swelling with snapping; ⑥ Knee swelling without snapping.

Appeared in ①-④ or ②-③, ⑤ or ②, ⑥, patients can be diagnosed with osteoarthritis of the knee.

TCM diagnostic criterion: Referenced to the "guiding principle of clinical research in new Chinese traditional medicine" of Health department of China:

- ① Mild pain of joints in the early stage, inconvenient flexion and extension. Condition can be improved after slight activity, and exacerbated by climate change. The symptom come and go and lingering.
- ② Slowly onset and commonly seen in the elderly;
- ③ Slightly swelling of the knee can be seen with a clicking and grinding sound by knee motion;
- ④ X-ray examination shows osteoporosis, joint space narrowing, subchondral bone sclerosis, lip-like changes on the joint margins, and osteophyte formation.

### 1.4 Treatment

1.4.1 Acupoints: Four points around the patella—depressions on both sides of patellar ligament and quadriceps. This method of operation we call hanging-pecking moxibustion. The moxibustion points around, the heat was applied with output current strength in tolerance of patients [1]. Patients received treatment for 30 minutes once a day for six days in a week. Two weeks were a treatment session. The statistics was collected after two sessions.

## 2 Clinical observation

### 2.1 Therapeutic effect criterion

Recovery: No pain, no joint swelling, no stiffness, normal joints movement; Markedly: Little pain, joint swelling and stiffness has significantly reduced. The symptoms relapse by overexertion.

Effective: Pain relief, mitigation of swelling and stiffness. The symptoms relapse by overexertion. Invalid: The symptom and physical sign have no improvement.

2.2 Treatment Results: In 30 cases there were 11 recovery, 9 markedly, 6 effective, and 4 invalid. The total effective rate was 86%.

3 Discussion In Chinese medicine, moxibustion has the effects of activating collaterals to promote the circulation and removing the stasis to relieve the pain. Meanwhile, it can reduce muscle spasms around the knee, improve the range of motion of the knee and decrease the stiffness [2]. Experiments have showed that moxibustion can significantly reduce the content of NO and MDA in the blood of knee osteoarthritis rabbits, increase the content of SOD, improve the metabolism of free radicals, and postpone and inhibit the degenerative changes of cartilage [3]. The study from clinical cases have indicated that moxibustion for knee osteoarthritis has significant effect, and it is valuable for widely application in clinical practice.

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## THE BIOLOGICAL BASIS OF THE KIDNEYS GOVERNING THE BONE

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Kidneys are important organ for the human body. In traditional Chinese medicine (TCM), there are many unique theories, "the kidney governing the bone" is vital one. Application of this theory on clinical treatment of bone diseases has been for over thousands of years, and the effectiveness of kidneys reinforcing prescription have also been confirmed by clinical practices. But, up to now, the mechanism of "the kidney governing the bone" remains unclear. In recent years, study on TCM theory has been focused by scholars and variety of hypothesis about the mechanism of the kidney dominating the bone have been advanced. The main viewpoints may be summarized as (1) by affecting vitamin D absorption, (2) by regulating the trace elements such as calcium and phosphorus metabolism, (3) by regulating the secretion and metabolism of the growth hormone, (4) by affecting OPG-RANKL-RANKL signaling pathway, (5) by regulating the neuroendocrine-immune network [1]. It seems to be that the kidneys through a variety of ways to regulate the process of bone growth and metabolism. But all these viewpoints need direct systemic experimental evidence to support a reasonable modern physiological explanation.

Recently, many studies indicated that sex hormones play indispensable roles on the skeletal size and shape during growth, and contribute to the homeostasis of skeleton [2]. On the other hand, major function of kidneys in TCM are believed to be function of the hypothalamic-pituitary-gonadal axis (HPG axis) [2]. As all know, the HPG axis carries out its function through the sex hormones. This article aims to explore the modern science mechanism of TCM theory "kidneys govern the bone". Here, we propose a new explanation for the theory that the "kidneys" in TCM govern the bone by regulating the function of sex hormones and its receptors.

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## THE EFFECT OF ADAPTOGENS ON THE LIPID PEROXIDATION OF THE LIVER IN THE CONDITIONS OF HEAT EXPOSURE

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**Summary.** Heat exposure stimulates the generation of reactive oxygen species, inducing peroxidation of lipids, resulting in the development of hypoxia. In experimental conditions the possibility to correct free radical lipid oxidation of rats' organism membranes was studied with the oral introduction of the phytoadaptogens that contains the complex of natural antioxidants. The application of the phytoadaptogens in the conditions of long heat exposure of the organism of animals under experiment leads to the stabilization of the processes of peroxidation against the increase of antioxidant system activity.

**Key words:** phytoadaptogens, extract *Eleutherococcus*, extract *Radiola*, extract *Liquorice*, heat exposure, lipid peroxidation.

Modern environmental conditions dramatically increased the level of radical processes in the body. Heat exposure stimulates the generation of reactive oxygen species, inducing peroxidation of lipids, resulting in the development of hypoxia. The oxidative stress is the pathogenic moment in the development of many diseases: inflammatory, broncho-pulmonary, cardio-vascular and other diseases. In this connection the search for the new ways of the correction of oxidation during heat exposure is actual because the increase of adaptive possibilities of a man with the help of pharmacological means becomes the important moment in prophylaxis of diseases and pathologic conditions [2, 5].

**Materials and methods.** In experimental conditions the possibility to correct free radical lipid oxidation of rats' organism membranes was studied with the oral introduction of the phytoadaptogens. The animals were divided into 5 groups and each of them had 30 rats: intact animals (1) which were held in standard conditions of vivarium; the control group (2) in which rats were exposed to heat during forty-five minutes daily; the experimental groups (3, 4, 5) in which before the effects of heat animals had a daily oral intake of the extract *Eleutherococcus*, of the extract *Radiola*, of the extract *Liquorice* in a dose of 1 ml/kg. The intensity of peroxidation processes was assessed by examining the contents of hydroperoxides lipids, diene