

## The Traditional Chinese Medicine (TCM) Constitution of the Slight and Moderate Primary Hypertension among the 1232 Patients in Lianyungang District

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**Objective:** Through the large sample epidemic investigation of the Traditional Chinese Medicine (TCM) constitution among the slight and moderate primary hypertension in Donghai county of Lianyungang district and the analysis of the distribution of the types of the TCM constitution, the study provided the basic information for the research on the relationship of the syndrome manifestation and the TCM constitution.

**Method:** The study used the standard TCM constitution scale of professor Wang Qi to apply the cross-sectional study and find out the character of the TCM constitution among the primary hypertension patients and the constitution difference between different genders.

**Results:** Among the 1323 primary hypertension patients, the gentle ones only had 2 patients and the biased ones has taken up to 99.8% which included 342 Yang deficiency, 240 Qi deficiency, 191 Qi stagnation, 91 phlegmatic hygrovis obstruction, 89 Yin deficiency, 51 blood stagnation, 11 unique constitution and 5 moist heat. We found that the biased TCM constitution is more common among the primary hypertension patients and there is some difference about the distribution of the TCM constitution between male and female.

**Conclusion:** The distribution of the TCM constitution of the slight and moderate primary hypertension patients in Lianyungang district mainly manifested as Yang deficiency, Qi deficiency and Qi stagnation, and commonly with the combination of different constitutions.

**Keywords:** primary hypertension, Traditional Chinese Medicine constitution, epidemic investigation

## A Single Application of Traditional Cupping and Its Effects on Chronic Neck Pain and Mechanical Thresholds – a Randomised Controlled Pilot Study

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**Objective:** Traditional or wet cupping has been used since ancient times in the treatment of pain conditions. Although clinical evidence supports its potential in pain management there is yet no RCT on traditional cupping for treating chronic non specific neck pain. In the present study we tested whether a single application of traditional cupping would influence pain and sensory perception.

**Methods:** 50 patients with non specific chronic neck pain (mean age 56.0±9.5years) were randomised into treatment group (TG) or waiting list control group (WL). Patients kept a pain diary 7 days prior until 4 days after cupping treatment. On day 0 pain related to movement (visual analogue scale, VAS), quality of life (SF36) and neck disability (NDI) were measured. Testing on that day also included determination of mechanical detection threshold (MDT), vibration detection threshold (VDT) and pressure pain threshold (PPT) at two pain related and two control areas. TG then received the cupping treatment and 4 days after cupping all measures were repeated.

**Results:** Analysis of pain diaries revealed significant less pain in the TG compared to WL on the 2nd day after cupping treatment. TG reported significant less pain related to movement and higher physical quality of life than WL. No effect was found for NDI, MDT or VDT, whereas PPT significantly differed between the groups at pain related areas, but not at the control areas.

**Conclusion:** A single application of traditional cupping is effective in the treatment of chronic neck pain. Not only did neck pain but also pressure pain sensitivity decrease after cupping indicating possible influences of cupping on pain

processing.

## “My Body Shrinks” – the Influence of Traditional Cupping on the Body Image in Patients with Chronic non Specific Neck Pain

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**Background:** The body image as a representation of perceived body dimensions is modulated by somatosensory and proprioceptive input. Pain conditions like phantom pain, chronic regional pain syndrome, and most likely also functional chronic back pain can severely distort the body image and thereby affect everyday life. In the present study we used body image drawings and interviews before and after traditional cupping therapy to investigate, whether patients with chronic neck pain suffer from a distorted body perception and whether cupping therapy has an effect on these distortions.

**Methods:** A subsample of 6 patients with chronic non specific neck pain was drawn from a larger trial on traditional cupping; three of them were treated with a single cupping treatment. On day 0 they were asked to complete the life-size drawing of their upper body by filling the perceived outline of the neck region. The task was repeated four days after the cupping treatment and followed by a semi standardised interview to retrieve more information on the drawings and the body image. Interviews were evaluated by an interdisciplinary interpretation group using the content analysis approach according to Mayring.

**Results:** With regard to the drawings the body image of neck pain patients seemed distorted; some body parts were left blank and others were at variance with actual neck anatomy. Interviews repeatedly pointed out the dominance of pain, which patients further described as heaviness or a burden. Not only is pain perceived as something that does not belong to them, we also found evidence that patients were to some extent disconnected from their body and their emotions. Patients had different ways of dealing with the pain, i.e. “enduring”, “distraction” or taking up relieving postures. Interestingly it also seems possible to re-interpret the pain on cognitive levels. If those strategies fail, medical treatment is sought to get “fixed”. Those strategies seem to serve one purpose only: the preservation of efficiency. While patients of the control group reported no changes in body perception the treated patients reported less pain, tension and heaviness after cupping. Shrinking outlines and rounder edges in the drawings were the equivalent of these changes. Pain areas were described more punctuate and distinct, which might reflect better discrimination. Pain areas also seemed to be more integrated in the body image.

**Discussion:** The results of this study reveal possible body image distortions in patients with chronic non specific neck pain. Drawings as well as interviews might be helpful to evaluate the nature of this distortion. Furthermore cupping treatments may alter the body image, however further research is needed to validate these methods.

## Homeopathic Therapy in Paediatric Respiratory Complains from 1998 to 2009: Long-term Outcomes in Asthma and Allergic Rhinoconjunctivitis

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**Objective:** To study the socio-demographic features of the paediatric population homeopathically treated for respiratory complains, the observed diseases, the most commonly used remedies, the follow-up and the long-term results in asthma and allergic rhinoconjunctivitis.

**Materials and Methods:** An observational longitudinal study was conducted on 2592 patients consecutively visited at the Homeopathic Clinic situated at the Campo di Marte Provincial Hospital – ASL 2 Lucca from its establishment in September 1998 until December 2010, and 651 patients (25.1%) are below or equal to the age of 14; 410 (63%) were aged 0-6 years; and 241 (37%) were aged 7-14 years. A total of 48% of children performed at least one follow-up visit. The homeopathic prescription strategy is to administer a single remedy and involves the initial use of the remedy in