

Treatment of Intractable Hiccup with Abdominal Acupuncture

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Abdominal acupuncture is an emergent Chinese acupuncture treatment method growing in popularity in the last 50 years. The method is based on the congenital meridian pathways from fetal development. The method is not time consuming and painless.

A recent notable patient's case displays the benefits of abdominal acupuncture. The 72-year-old female patient suffered from chronic hiccups for more than six years. The patient sought treatment from doctors practicing traditional Chinese medicine as well as Western medicine. However, treatments suggested by these doctors were unable to achieve noticeable results. After coming to the UK, the patient's symptoms were aggravated due to a change of environment. Morpholine and Shugan Jianwei Wan (a traditional Chinese medicine) caused no change in the symptoms. Over time, symptoms began to worsen.

Initial symptoms on visiting the acupuncture practitioner were constant hiccups - once or twice per sentence while speaking, abdominal distension, bitter mouth and poor sleep. The patient's tongue was dark-purple in colour with red edges and had a yellow and greasy coating. Bowel movements were irregular. Pulse condition: left CunKou sunken, both Chi sunken, right Guan slippery. Diagnosis: Heat related by damp retention in middle-jiao. Disorder of Qi movement.

The initial standard acupuncture treatment given to the patient consisted of acupuncture in Ganshu, Geshu spleen Shu, Weishu, Zhongwan, Tianshu, Neiguan, Zusanli, Yanglingquan. This was followed by a second treatment involving the acupoints in the head, chest and abdomen areas. However, after the treatment the symptoms were still prevalent and therefore abdominal acupuncture treatment was suggested. The treatment included acupuncture in the Zhongwan, Xiawan, Qihai, Guanyuan, both HuaRouMen, both Wai Ling, both Tianshu, both Daheng, right upper rheumatic point and right lower rheumatic point. During the needling, hiccups subsided.

After needling, symptoms were significantly reduced, hiccups were becoming calm and only slight hiccuping

whilst talking. After three consecutive treatments, symptoms were absent, suggesting that abdominal acupuncture can be considered as an effective treatment of intractable hiccups.

Abdominal acupuncture is a new acupuncture treatment method that has appeared in the last 50 years. It is based on the congenital meridian system that exists in the fetus during development, and it is painless and quick-acting. In the prescription, Zhong Wan, Xia Wan and Qi Hai, those 3 acupuncture points can adjust the middle energizer, adjusting the channel function. Guanyuan strengthens the kidneys which master the innate Qi energy, activating other viscera functions.

Taking both Hua Rou Men and Wai ling at the same time, can regulate the Qi and blood, balancing the meridian and Qi. Acupuncture on Da Heng can invigorate the spleen and remove the dampness.

The most important part of abdominal acupuncture is the depth of the needle inserting.

Deeply puncturing at the upper and lower rheumatic points. Deeply puncturing at the upper one can adjust the middle energizer and liver releasing function. Deeply puncturing at the lower right, one can optimize the upper energizer. The diaphragm is just between the upper and middle energizer.

The prescription has optimized both Qi and blood as a whole cycle. At the meantime, it focuses on target acupuncture points for precise treatment. Therefore, the serious constant hiccups can be relieved.

I have shared and implemented this method with my friends, who also got good results.

Osteoarthritis problems can also be treated by abdominal acupuncture very quickly, and even show immediate effect.

Because of its painless and quick-acting characteristics, it is welcomed and popular by the majority of patients.

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