

Acupuncture Treatment for Low Back Pain in China

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Low Back Pain falls into category of arthromyodynia in Traditional Chinese Medicine, which is currently a common disease in Department of Acupuncture. To indicate disease of symptom which mainly happens in either one or both sides pain of waist. According to the theory of Traditional Chinese Medicine, the mechanisms of low back pain can be generalized as stagnation and deficiency both contribute to the pathogenesis of pain. Acupuncture had been used to treatment low back pain before long time, it has so many advantages such as high effective, no side effects, technique simple and no expensive, etc.

Low back pain is very common symptom, which caused by many diseases. Currently, low back pain were cured by acupuncture mainly include lumbar intervertebral disc herniation, lumbar intervertebral disc bulge, lumbar hyperosteoegeny, lumbosacral area soft tissue injury, lumbar muscle strain, lumbosacral area fasciitis, the transverse process of third lumbar vertebra syndrome and lumbar spinal stenosis. The pathogenesis has close relationship with hyperblastosis, degeneration, arrangement disorder, break and sterile inflammation caused by the above diseases.

Technique of treatment low back pain by acupuncture which include mainly acupuncture, electroacupuncture, awn needle, acupuncture with warmed needle, fire needle, hydro-acupuncture, moxibustion, with other methods and acupuncture, traction, massage, acupotomy, ventouse, traditional Chinese drug, etc.

Location of acupoints low back pain by acupuncture which include mainly local acupoints, Ashi acupoints, distant acupoints along meridians and collaterals and specific acupoints, such as lumbar jiaji acupoint, Yaoyangguan (DU3), Shenshu (BL23), Ashi acupoint, Huantiao (GB30), Chengfu (BL36), Weizhong (BL40), Yanglingquan (GB34), Chengshan (BL57), Zusanli (ST36), Taichong (LR3), Zanzhu (BL2), Renzhong (GV26), Houxi (SI3), etc.

Manipulation of low back pain by acupuncture which include mainly placing deeply needling and heavy stimulation.

In clinics, treatment of low back pain by acupuncture is focused on the meridian which the affected differentiation pain location. So the affecting meridian should confirmed by syndrome differentiation of meridians which can underlie the choice of acupoints and formula to enhance the pertinence of acupuncture.

Acupuncture has obvious effect of relieve pain, it showed that acupuncture treatment is obviously superior to any other single method or drug. Meanwhile, no considerable side effects were found in the clinical application.