

中医针灸调控血糖及周围神经炎的应用心得体会

Treating Diabetes & Neuropathy with Acupuncture in the United States

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第一部分 Part I

糖尿病特点及治疗方针

Characteristics and Treatment of Diabetes

糖尿病病因 Factors Which Affect Blood Glucose Levels

糖尿病治疗方案 Treatments

糖尿病病因复杂 Factors Which Affect Blood Glucose Levels



There are many factors that may affect blood glucose levels such as improper diet, irregular bowel movements (constipation or diarrhea or both), insufficient exercise or over exercise, pain, inflammation, infection, insomnia, stress, anxiety and even the side effects of drugs (such as the use of steroids or anti-allergic agents) can all cause changes in blood glucose.

糖尿病治疗方针 Treatments



糖尿病与病人生活习惯息息相关，合理控制血糖、预防并发症是临床中的重要一环。在治疗糖尿病时，医师不应仅局限于中医的辩证施治，而要找根本原因，结合患者情况做出最好的治疗方案。

Treatment

Blood glucose management, prevention complication in diabetes treatment are closely associated with a patient's lifestyle. Clinically, practitioners should not merely rely on the pharmaceutical therapy methods to address blood glucose and other related syndromes. Rather, they should focus on resolving the root cause of patients' complaints in order to create the most appropriate treatment plan based on individual cases. Treating Diabetes with Traditional Chinese Medicines principles provides additional approaches and tools in blood glucose management.



第二部分 Part II

糖尿病临床心得

Clinical Experience

※调控饮食

Diet Control

※适当运动

Proper Exercise

※控制炎症与感染

Prevent Inflammations and/or Infections

※安心宁神

Managing Stress and Calming Mind

※合理运用营养食品

Taking diet supplement

※针灸调理

Treating Diabetes with Acupuncture

糖尿病临床心得 Clinical Experience

Dietary Control 调控饮食

01

适当饮食 Moderate Diet

Patients should put limitations on diet. Avoid high-oil, high-calorie and high-sugar foods, do not over-eat, and do not deliberately restrain (excessive weight loss).

02

均衡饮食 Balanced Diet

Patients should maintain nutritional balance by incorporating different healthy foods in their diet to ensure a variety of nutritional intake. Try to eat Low-Glycemic Index Foods, such as whole grains instead of white rice.

03

规律饮食 Regularly Timed Diet

The order and timing of meals will also affect the changes in blood glucose. Patients should try their best to ensure that their daily three meals are regular, and pay attention to the order in which different foods are eaten. It is recommended to eat vegetables first, then protein and fat, leaving the starches until end, which helps to alleviate the increase in blood sugar.

04

足够饮水量 Water Intake

Patients should ensure that they drink enough water every day. Generally, they need to drink at least 2 liters of water every day.

05

合理选用健康食品 Healthy Food

A good example of healthy foods are Chia Seeds. Eating Chia seeds for breakfast on an empty stomach can produce a layer of protective mucosa in the stomach to prevent blood sugar from rising. Also, if patient likes to drink milk, whole milk will be better than skimmed milk.

Dietary Control: Moderate Diet, Balanced Diet, Regularly Timed Diet, Water Intake, Plan to Add Healthy Foods into Diet

糖尿病临床心得 Clinical Experience



适当运动 Proper Exercise

It is imperative that the diabetic patient follow a protocol of proper exercise so that they can manage and maintain healthy blood glucose levels. Clinically, treating soreness is the key to help patients return to a normal blood glucose level. Practitioners can use Cheng Shan or A Shi during acupuncture to treat muscle soreness in order to stabilize blood glucose level.

控制炎症与感染

Prevent Inflammations
and/or Infections

很多糖尿病患者都伴有免疫力低下症状。发烧、疼痛、局部炎症感染等都会引起血糖增高。当炎症感染发展成慢性时会加剧血糖增高的现象，长期高血糖也会加重病人的炎症及感染，形成恶性循环。由此可见，消炎抗感染的处理在临床控制血糖中至关重要。一旦炎症感染得到控制，血糖也能得到有效的调控。

Most diabetic patients exhibit low immune function, which means they have a higher susceptibility to infections. Infection, pain, fever and inflammation can lead to an increase in blood glucose level. Further, when infection becomes chronic, it leads to even higher blood glucose level. On the contrary, high blood glucose may also worsen infections, producing a vicious cycle.

Therefore, it is important to treat infection and inflammations during clinical application. When the infection is under control, the blood glucose level will naturally decline as a result.

糖尿病临床心得 Clinical Experience

不安失眠、焦虑心烦也会引起血糖升高。有失眠症的糖尿病患者一定要先治疗失眠。有焦虑症的患者也要做合理治疗。一般来说，糖尿病病人来问诊时，医师需要做比较多的心理辅导，让病人知道焦虑及压力对治疗的负面影响。

Unstable emotions, insomnia, anxiety and stress can cause diabetic disorder and unstable blood glucose level. Psychological therapy can benefit neuro-endocrine function and stabilize insulin secretion and blood glucose. Thus, it is important to help patients manage stress, anxiety and calm the mind.



过于乐观开朗的病人

但也要警告偶尔的贪吃会引起血糖不稳，让他们知道糖尿病并发症的后果，必须认真对待。稳定情绪、安心宁神，积极治疗在糖尿病的临床治疗中非常重要。

For patients with insomnia, insomnia needs to be treated as a priority to calm their mind. Practitioners need to educate patients on the consequences of stress and other diabetic complications and encourage them to be proactive in managing diabetes.

糖尿病临床心得 Clinical Experience

合理运用营养食品

肉桂粉
Cinnamon
Powder

黄连粉
Huang Lian
Powder (Rhizoma
Coptidis)

吗咖粉
Macca
Powder

苦瓜粉
Bitter Melon
Powder

The following foods have all shown to be effective in managing blood glucose level. Patients can have 1-3 g of cinnamon powder on a daily basis, or use it alternatively with maca powder. Typically, do not consume over 3g of cinnamon powder or maca powder at a time. Patients can add such supplements in their cereal or yogurt for breakfast. If heat is observed on tongue by the practitioner, Huang Lian powder or bitter melon powder can be used instead.

糖尿病临床心得 Clinical Experience



足三里、阳陵泉、阴陵泉、三阴交、太冲、太溪、合谷、曲池、内关、外关、百会

以上穴位是能够有效控制血糖的一个基本固定穴位组合。根据患者情况，如有肌肉酸痛的就取一些阿是穴、承山穴；如有肥胖的加丰隆；如失眠加翳风、神门；如有食欲亢进的加率谷。

In clinical applications, the following acupuncture points are commonly used to manage diabetes: Zu San Li (ST 36), Yang Ling Quan (GB 34), Yin Ling Quan (SP 9), San Yin Jiao (SP 6), Tai Chong (LV 3), Tai Xi (KD 3), He Gu (LI 4), Qu Chi (LI 11), Nei Guan (PC 6), Wai Guan (SJ 5), Bai Hui (Du 20). These acupuncture points constitute a basic combination that can be used to effectively control blood glucose level.

Based on patients' complaints, practitioner can add other acupuncture points during treatment; for instance, use A Shi and Cheng Shan (UB 57) when there is pain; use Feng Long (ST 40) if the patient is obese; use Yi Feng (SJ 17) and Shen Men (HT 7) if the patient has insomnia, use Shuai Gu (GB 8) if the patient has increased hunger and appetite. Other common acupuncture points that are used in managing diabetes include the Back Shu points; Yi Shu (Weiguanxiashu 1.5 cun from 8th thoracic vertebra specific for diabetes), Pi Shu (SP back shu UB 20), Ge Shu (Diaphragm back shu UB 17), and Shen Shu (KD back shu UB 23).

糖尿病临床心得 Clinical Experience



- 其他常用穴位还有：胰俞，脾俞，隔俞，肾俞。

Other common acupuncture points include the Back Shu points : Yi Shu (Weiguanxiashu 1.5 cun from 8th thoracic vertebra specific for diabetes), Pi Shu (SP back shu UB 20), Ge Shu (Diaphragm back shu UB 17), and Shen Shu (KD back shu UB 23).

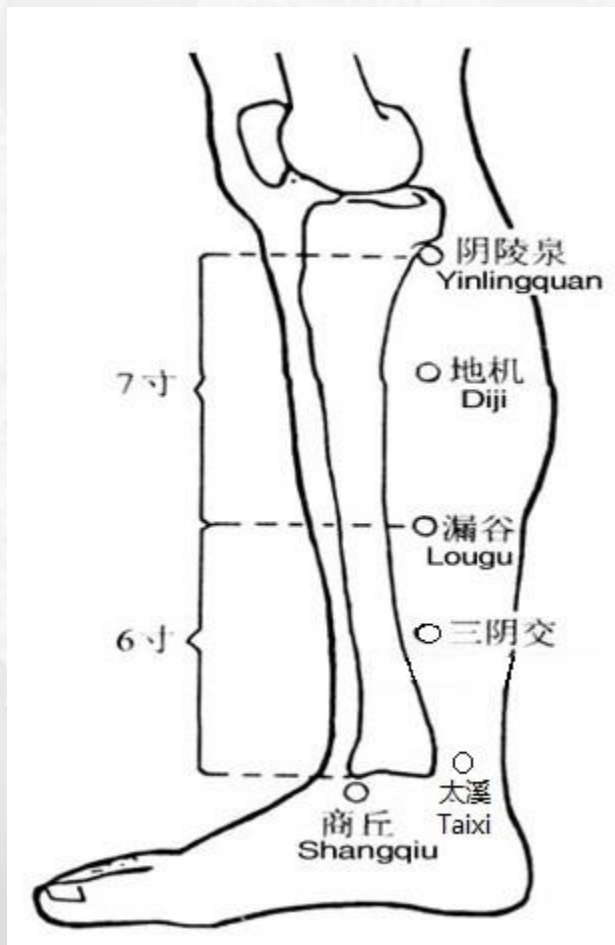
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- 降糖穴
- Jiang Tang Point

糖尿病临床心得 Clinical Experience

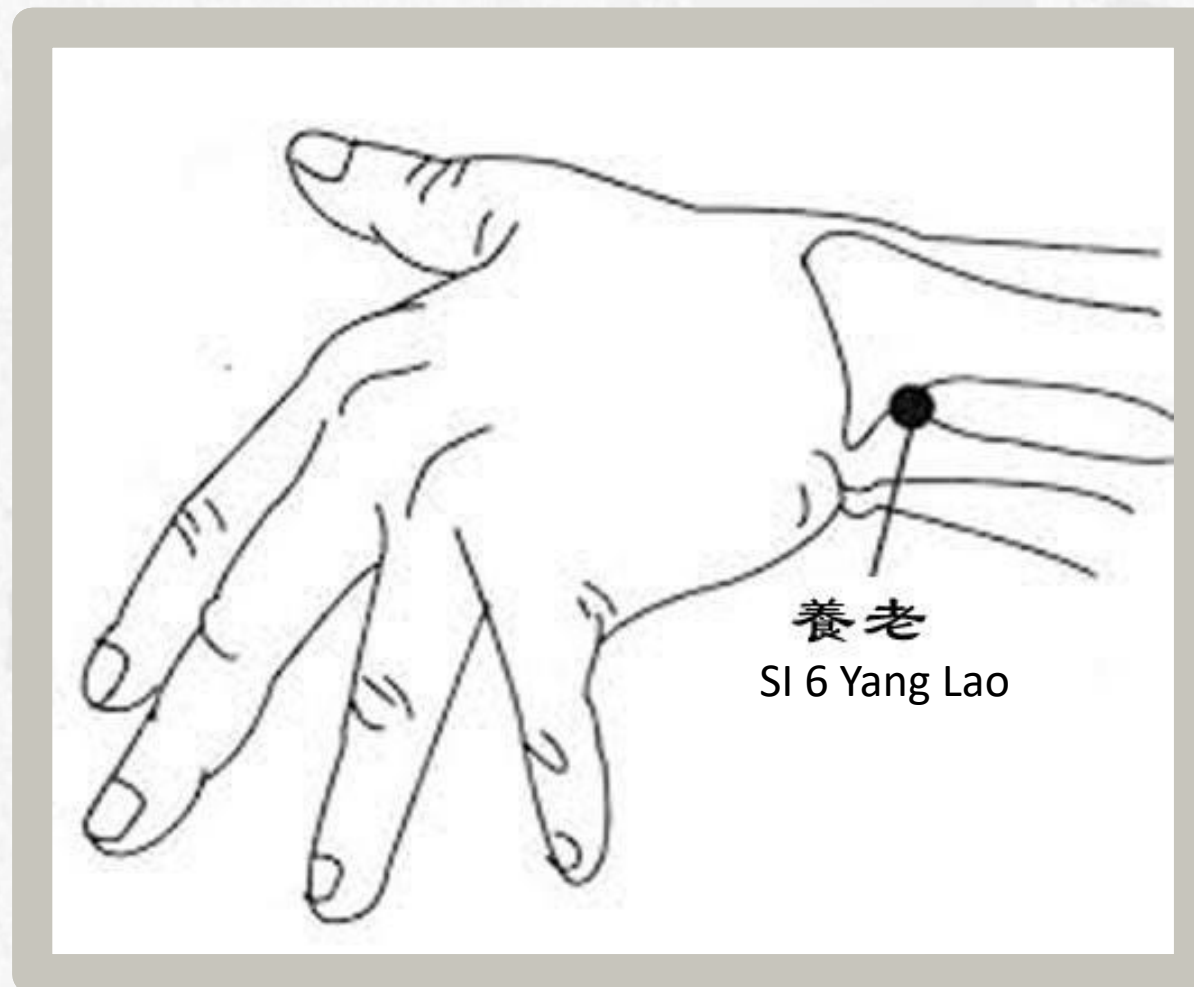
针灸调理



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针灸调理

- 养老穴
- Yang Lao Point



糖尿病临床心得 Clinical Experience



补胃俞、天枢、气海、阴陵泉以健脾祛湿。

Tonify Wei Shu (UB 21), Tian Shu (ST 25), Qi Hai (Ren 6), Yin Ling Quan (SP 9) to fortify the Spleen and to drain dampness.

泻中脘、胃俞、大横、腹结、内庭、丰隆以去胃火

Sedate Zhong Wan (Ren 12), Wei Shu (UB 21), Da Heng (SP 15), Fu Jie (Sp 14), Nei Ting (ST 44), Feng Long (ST 40) to clear stomach fire.

Tonify Fei Shu (Lung Back Shu), Shao Shang (LU 11), Jin Jin (EX Left side frenulum under the tongue), Yu Ye (EX Right side frenulum under the tongue), Cheng Jiang (Ren 24), Yi She (UB 49), Yang Chi (SJ 4) to clear heat and preserve fluids.

补肺俞、少商、金津、玉液、承浆、意舍、阳池以清热生津



Tonify Guan Yuan (Ren 4), Tai Xi (KD 3), Zhao Hai (KD 6), Fu Liu (KD 7), Tai Chong (LV 3) to enrich Yin and to boost the kidney.

补关元、太溪、照海、复溜、太冲以滋阴补肾

糖尿病临床心得 Clinical Experience



- 耳针：胰、内分泌、肺、胃、膀胱、三焦、渴点、饥点。

Auricular acupuncture points: pancreas, endocrine, lung, stomach, bladder, san jiao, thirst, and/or hunger.

- **Diabetic Neuropathy**

Diabetic neuropathy is a serious and common complication that can occur with type 1 and type 2 diabetes.

It's a type of nerve damage caused by the long-term high blood sugar levels. The condition usually develops slowly, sometimes over the course of several decades.

It most often damages the nerves in your feet and legs.

Can be prevented or slow its progress with tight blood sugar control and a healthy lifestyle.

• Diabetic Neuropathy

Symptoms:

- sensitivity to touch
- loss of sense of touch
- difficulty with coordination when walking
- numbness or pain in your hands or feet
- burning sensation in feet, especially at night
- muscle weakness or wasting
- bloating or fullness
- nausea, indigestion, or vomiting
- diarrhea or constipation
- dizziness when you stand up
- excessive or decreased sweating
- bladder problems, such as incomplete bladder emptying
- vaginal dryness
- erectile dysfunction
- inability to sense low blood glucose
- vision trouble, such as double vision
- increased heart rate

• Diabetic Neuropathy

Symptoms:

- Depending on the affected nerves
- Peripheral neuropathy
- Autonomic neuropathy
- Radiculoplexus neuropathy (diabetic amyotrophy)
- Mononeuropathy

• Diabetic Neuropathy

Cause: Damage to nerves and blood vessels

- Inflammation in the nerves
- Genetic factors
- Smoking and alcohol abuse

• Diabetic Neuropathy

Risk factors:

- Poor blood sugar control
- Diabetes history
- Kidney disease
- Being overweight
- Smoking

• **Diabetic Neuropathy**

Complications:

- Loss of a toe, foot or leg
- Joint damage
- Urinary tract infections and urinary incontinence
- Hypoglycemia unawareness
- Sharp drops in blood pressure
- Digestive problems
- Sexual dysfunction
- Increased or decreased sweating



----- 糖尿病临床心得 Clinical Experience -----

• **Diabetic Neuropathy**

Prevention:

- Blood sugar control
- Foot care

• Diabetic Neuropathy

Treatment:

- Numbness: fire needed to stimulate the tip of toe
- Acupuncture
- Traditional acupuncture treatment
- Fang's Scalp acupuncture treatment: biparietal suture, coronal suture, focus on the digestion system and the four limbs

糖尿病临床心得 Clinical Experience

- 针刺要求：每个穴位要有得气感，要重刺激，穴位要刺到骨膜或病人能承受的最深的位置，然后通上电针以得到最好疗效。

It is important to obtain needling sensation and reinforce stimulation during acupuncture treatment. If possible, insert the needle all the way into the periosteum (fibrous tissue which encases bone) or adjust accordingly based on patients' tolerance. After inserting, the practitioner may then choose to connect the needles to the electro-acupuncture unit to enhance stimulation to help improve the results as needed.

糖尿病临床心得 Clinical Experience

病例分析 Case study

01

病例1 Case 1

飞行员 空腹血糖 560

Pilot

Fasting blood sugar 560

02

病例2 Case 2

家庭主妇 空腹血糖1100

Housewife

Fasting blood sugar 1100

Finally, balancing insulin functions is also important in managing diabetes. Clinically, different applications have been used to increase the sensitivity of insulin secretion in order to stabilize blood glucose level.

Acupuncture treatment decreases the level of T3/T4, also leads to lower blood Thyroxine, which lessens the influence on blood glucose metabolism and helps to manage glucose level.

Acupuncture can reduce the blood viscosity, Plasma specific viscosity, and other blood rheology indicators, to reduce the development of chronic complications of diabetes, improve microcirculation, and prevent thrombosis.

Acupuncture can regulate the central nervous system, thereby affecting the secretion of insulin, thyroxine, adrenaline and other secretion, helps to correct the disorder of glucose metabolism.

在治疗上用经常使用不同的方法,使胰岛素分泌更加敏感,达到调控血糖的效果。

胰岛

针刺可以调节中枢神经系统,进而影响胰岛素,甲状腺素,肾上腺素等的分泌,利于纠正糖代谢紊乱。

血液流变异常指标

神经中枢

针刺可降低全血比粘度,血浆比粘度,等血液流变异常指标,减少糖尿病慢性并发症,改善微循环障碍,防止血栓形成。

T3

T4

针刺后T3 T4含量下降,血中甲状腺素含量下降,减少对糖代谢的影响,有利于降低血糖

非常感谢

Thank You Very Much!

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