

The Treatment of Primary Hypertension Using Plum Blossom Needle Therapy

Abstract

The purpose of this study was to evaluate the efficacy of seven star plum blossom needle therapy on a patient with primary hypertension. Although conventional treatment of primary hypertension with medications is frequently successful, many of these drugs produce harmful side effects, so there is a demand for efficient and safe alternative methods of regulating blood pressure. The patient in this case was a 35-year-old Caucasian male who had suffered from chronic hypertension since the age of 30, with a 40-year history of smoking and a 30-year history of heavy alcohol consumption. The patient also suffered from chronic obstructive pulmonary disease (COPD) and reported palpitations and shortness of breath on exertion. A seven star plum blossom needle hammer was used to stimulate various acupuncture points twice a week for six weeks. The patient's blood pressure was evaluated before and after treatment during the six-week treatment period and during a subsequent 19-day monitoring period. This resulted in a reduction in both systolic and diastolic blood pressure over the six-week period, which was sustained during the 19-day follow up. The authors conclude that seven star plum blossom needle hammer therapy effectively lowered the patient's blood pressure to pre-hypertensive values, and that the efficacy and safety of this treatment method should be further evaluated in a larger controlled clinical trial.

By: Frank Yurasek
and Brett Martin

Keywords:
Plum blossom
needle,
hypertension,
traditional East-
Asian medicine,
Chinese medicine,
acupuncture,
cardiovascular
disease

Introduction

According to the Center of Disease Control, 33 per cent of adults over the age of 20 suffer from hypertension in the United States.¹ There are two types of hypertension: primary or essential hypertension accounts for 95 per cent of cases and is idiopathic; secondary hypertension is associated with preexisting conditions such as renal disease, endocrine disorders, cardiovascular disease (CVD) and neurologic disorders.² According to *Robbins and Cotran: Pathologic Basis of Disease*, hypertension is considered to be a chronic elevation of blood pressure for a duration of at least six months.³ Many hypertensive individuals can be asymptomatic for years. Since primary hypertension is asymptomatic and often easily manageable with treatment, it is considered benign hypertension. However, hypertension is a contributing factor to CVD, cerebrovascular accident (CVA), aortic dissection and renal failure,² and is therefore often referred to as the "silent killer". Roughly 95 per cent of the cases of primary hypertension are considered benign while the remaining five per cent of cases manifest as malignant hypertension, which involves a rapidly rising blood pressure over 200/120 mmHg.² If these individuals remain untreated, death usually ensues within one to two years.² See Table 1 for the diagnostic criteria for hypertension.

Diagnosis	Systolic	Diastolic
Normal	120 mmHg or less	80 mmHg or less
Prehypertension	120-139 mmHg	80-89 mmHg
Hypertension Stage 1	140-159 mmHg	90-99 mmHg
Hypertension Stage 2	160 mmHg or greater	100 mmHg or greater

Table 1: Diagnostic criteria for hypertension

Aetiology

There are many predisposing factors to hypertension, including chronic stress, smoking, poor diet, sedentary lifestyle, renal, thyroid, cardiovascular and adrenal disease, ethnicity and psychogenic factors.² Genetic contribution to the development of hypertension is rare and is attributed to a defect in a single gene that alters the amount of sodium reabsorbed by the kidneys, causing an increase in water retention and thus blood volume and pressure.² Environmental factors such as smoking, poor diet and lifestyle can adversely affect vascular smooth muscle, leading to vasoconstriction. Vasoconstriction increases peripheral resistance, which elevates blood pressure. Chronically elevated blood pressure can lead to damage to the vascular walls and the development of atherosclerosis. Damage to the arterial walls can attract LDL cholesterol, which adheres to the site of

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Zhong Meiquan



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Plum Blossom Needle Therapy, 1986 *Chinese Plum Blossom Needle Therapy* Meiquan Zhong, Kai Zhang, 2007 Zhong Mei quans newly revised third edition of Chinese Plum Blossom Needle Therapy is the only comprehensive English language book available on the subject of plum blossom needling Part one includes discussion of the origin development and various types of plum blossom needles as well as information on proper needling technique and medical examination Part two provides detailed treatment protocols of 70 diseases and includes a case study for each disease discussed **"Plum**

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Post-herpetic Neuralgia Meaghan Coyle, Haiying Liang, 2018-09-11 Evidence based Clinical Chinese Medicine provides a whole evidence analysis of the Chinese medicine management of herpes zoster and post herpetic neuralgia Evidence from the classical Chinese medicine literature contemporary clinical literature the outcomes of clinical trials and experimental studies are reviewed analysed and synthesised The data from all these sources are condensed to provide evidence based statements which will inform clinical practice and guide future research This book has been designed to be an easy reference at the point of care During a patient consultation Chinese medicine practitioners can refer to this book for guidance on which Chinese herbal medicine formulas specific herbs or acupuncture points can best treat their patient and be confident there is evidence which supports its use Currently Chinese medicine practitioners who develop a special interest in a particular health condition such as herpes zoster and its common sequelae post herpetic neuralgia have to consult a variety of sources to further their knowledge Typically they use the contemporary clinical literature to understand the theory aetiology pathogenesis and obtain expert opinions on the Chinese medicine management of herpes zoster and post herpetic neuralgia They search the electronic literature to identify systematic reviews of clinical trials if any exist to obtain assessments of the current state of the clinical evidence for particular interventions If they have the skills and resources they may search the classical Chinese medicine literature for an historical perspective on treatments that have stood the test of time This book provides all of this information for practitioners in one handy easy to use reference This allows practitioners to focus on their job of providing high quality health care with the knowledge it is based on the best available evidence **Evidence-based**

Clinical Chinese Medicine - Volume 16: Atopic Dermatitis Meaghan Coyle, Junfeng Liu, 2019-10-08 The authors start the book with overviews of the understanding and management of atopic dermatitis in conventional and Chinese medicine They then review how atopic dermatitis was treated with herbal medicine and other Chinese medicine therapies in past eras and

highlight the treatments that continue to be used in contemporary clinical practice The authors use evidence based medicine principles and scientific techniques to review the current state of evidence from clinical studies of Chinese herbal medicine acupuncture and combinations of these therapies Attention is given to studies evaluating these therapies used as an adjunct to conventional treatments The authors summarise the results of analyses of clinical outcomes and discuss their implications for clinical practice of Chinese medicine and for future research This book will inform clinicians and students of Chinese and integrative medicine of the current state of evidence from contemporary and traditional sources Clinicians can refer to the herbal formulas and acupuncture treatments described in this book to make evidence based decisions in patient care The following features mark the importance of this book in the field **Acupuncture & Moxibustion - A Clinical Desk**

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Essentials of Contemporary Chinese Acupuncturists' Clinical Experiences Ch'en, Yu-pang,Teng, Liang-yüeh,1989

Acupuncture in the Treatment of Children Julian Scott,1991 Intended for those who are already practicing acupuncture and have some familiarity with the theory and practice of traditional Chinese medicine **WHO International Standard**

Terminologies on Traditional Medicine in the Western Pacific Region ,2007 This book has been prepared in an effort to address the pressing need for a common language i e international standard terminology and technical terms to be used in traditional medicine The number of commonly used terms in traditional medicine is estimated to be more than 4000 most of which are included in this book which is designed for use by students and clinical practitioners and researchers in the Western Pacific Region This terminology will also be useful to assist Member States in the region in developing evidence based clinical practice guidelines on traditional medicine **Current Acupuncture Therapy** Jane F. Lee,C. S.

Cheung,1978 **Bridging Hippocrates and Huang Ti, Volume 1** P. Marandola,S. Musitelli,Wei Li Chen,2003-09-22

Western Medicine as seen today has a strong scientific basis in its development The pathogenesis of most diseases and their symptomatology and physical signs are well studied and understood The management of patients is based on firm understanding of these disease processes In contrast Traditional Chinese Medicine came about through the experience of many generations of practitioners over thousands of years Undoubtedly many of these treatments have proved to be effective in their own way however firm scientific basis is still lacking While most Western Medicine advocates control of disease by eradication of pathogens and surgical removal of diseased organs as in the case of cancer Traditional Chinese Medicine seeks to improve resistance against disease There is probably a great wealth of therapeutic value in Traditional Chinese Medicine which has not been discovered or explored fully By combining the knowledge of both Western and Traditional Chinese Medicine one might be able to improve the results of efficacy of treatments and the survival of patients The integration of Medicine from East and West will take time to evolve and will need interested physicians from different parts of the world to

work closely together to realize such a possibility This book is an attempt to bridge the medical world of two great and ancient civilizations in their approach to the treatment of disease It is informative with a detailed account of the history of medical development It is highly recommended for those medical practitioners from both East and West who are interested to explore alternative medicine and research new areas of the medical frontier *The Massage Therapy of Traditional Chinese Medicine* Xizhen Cao,1985

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