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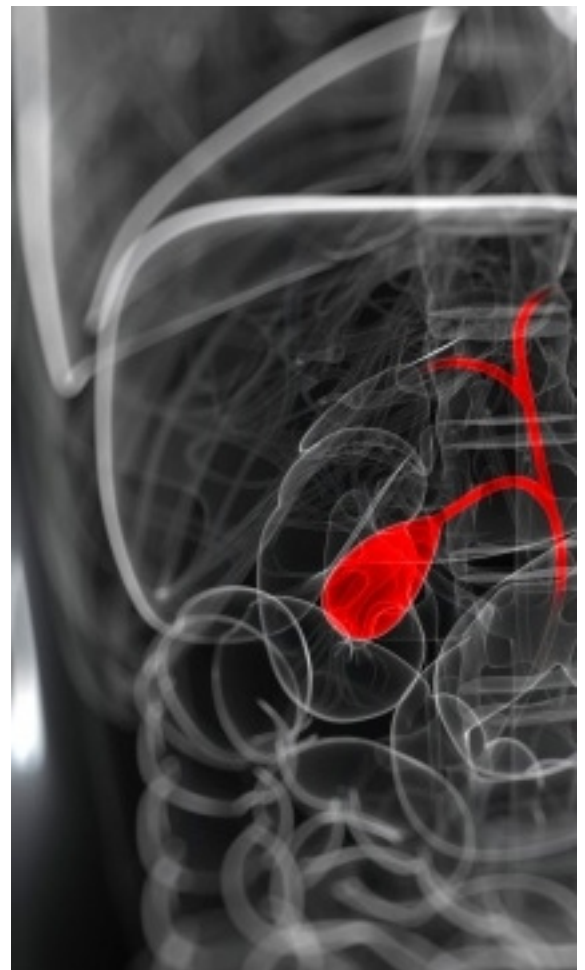
28/01/2013 - Effects of Acupuncture on Jianjing (GB21) on gallbladder volume and symptoms of cholecystitis patients.

OBJECTIVE:

To observe the effect of acupuncture of Jianjing (GB 21) and non-acupoint on gallbladder volume and clinical symptoms of chronic cholecystitis patients.

METHODS:

Sixty cases of chronic cholecystitis patients were equally randomized into Jianjing (GB 21) group and non-acupoint group. A filiform needle was inserted into Jianjing (GB 21) or non-acupoint (2 cun lateral to the mid-point between the spinous processes of the 6th and 7th cervical vertebrae) on the right side, manipulated for a while till "Deqi", and retained for 30 min.



SJ5

SJ5 (Sanjiao 5) / TH5 (Triple Heater 5) Acupuncture Point Information

Chinese Name: Waiguan

English Name: Outer Gate

Location: On the dorsal surface of the forearm, 2 cun above the transverse wrist crease, between the radius and the ulna.

Nature: Luo-Connecting point of the Sanjiao channel, Confluent (Master/Key) point of Yangweimai.

Functions: Relieves exterior and Hot conditions, dispels Wind or Wind-Heat (External or Internal), facilitates circulation of stagnant Qi in the channels, invigorates the Luomai, relaxes the tendons.

Primary Indications: Headache, tinnitus, deafness, pain in fingers, elbow and arm pain and motor impairment, hand tremor.

Secondary Indications: Febrile diseases.

Tertiary Indications: Common cold, pain in cheek, mumps, pain in sides/ribs, hemiplegia, constipation.

Other Indications: Swollen throat, adenitis (scrofula), enuresis, stiff neck, paralysis, inflammation of eyes, wind hyperlacrimation, cataract, leukoma, placenta does not descend.

References: This information is from the book Acupuncture Point Dynamics and has been used with permission from the author John McDonald.

METHODS (continued):

A color Doppler ultrasound scanner was used to detect the volume of the gallbladder before and 15 min after acupuncture stimulation and 30 min after withdrawal of the acupuncture needle. Changes of the patients symptoms of shoulder-back pain, stomachache, distension and nausea were evaluated according to the patients' complaints.

RESULTS:

After acupuncture intervention, the remission rates of shoulder-back pain and stomachache in non-acupoint and GB 21 groups were 56.67% and 90.00% respectively, while the effective rates of the patients' gastric distention and nausea in non-acupoint and GB 21 groups were 16.67% and 23.33%, respectively. The therapeutic effect of Jianjing (GB 21) was apparently superior to that of non-acupoint in pain relief ($P < 0.05$). Fifteen min following acupuncture stimulation and 30 min after withdrawal of the acupuncture needle, the gallbladder volume in cholecystitis patients with deflated gallbladder was increased

apparently in GB 21 group ($P < 0.01$), and that in patients with expanded gallbladder was decreased significantly ($P < 0.01$). No significant differences were found among pre-, during and post-treatment in the non-acupoint group in the effects of acupuncture on regulation of the deflated and expanded gallbladder volume ($P > 0.05$).

CONCLUSION:

Acupuncture stimulation of Jianjing (GB 21) can effectively relieve shoulder-back pain and stomachache, and regulate the volume of the deflated and expanded gallbladder in cholecystitis patients. The effect of acupuncture of non-acupoint is relatively poorer in relieving the cholecystitis patients' symptoms and regulating the gallbladder volume.

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Journal: Zhen Ci Yan Jiu. 2012 Oct;37(5):398-402 / Pubmed ID: 23342781

Upcoming Events - 2013

February 1 - Sydney

Australasian Toyohari Meridian Therapy Course - Weekend 4

This is a multi-day event ending on the 03/02

Contact: Helio Supply

February 6 - Perth

Master Class in Traditional East-West Cupping Bruce Bentley

This is a multi-day event ending on the 08/02

Contact: Bruce Bentley on 03 95761787

February 9 - Perth

Modern Cupping Therapy presented by Bruce Bentley

This is a multi-day event ending on the 10/02

Contact: Bruce Bentley on 03 95761787

February 9 - Brisbane

Reproduction and Fertility Masterclass by Peter Kingston

This is a multi-day event ending on the 10/02

Contact: China Books on 02 9280 1885

February 16 - Melbourne

Master Class in Traditional East-West Cupping Bruce Bentley

This is a multi-day event ending on the 18/02

Contact: Bruce Bentley on 03 9576 1787

February 19 - Melbourne

Modern Cupping Therapy by Bruce Bentley

This is a multi-day event ending on the 20/02

Contact: Bruce Bentley on 03 9576 178