

Study on the Rule of Acupoint Selection in Acupuncture and Moxibustion Treatment of Stomachache

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Abstract: A systematic collection of relevant literature on acupuncture and moxibustion treatment of stomach pain, and a summary of the rule of acupoints selection for acupuncture treatment of stomach pain. In conclusion, Zusanli, Zhongwan, Neiguan, and Liang Qiu are selected as the main acupoints. At the same time, according to the different syndrome types, dyspepsia hurt a stomach syndrome is compatible with Burong, Chengman, Tianshu and Shangjuxu acupoints. Cold evil invading the stomach syndrome is compatible with Shenque and Qihai acupoints. Liver-Qi attacking stomach syndrome is compatible with Danzhong, Zhangmen, and Qimen acupoints; for blood stasis to stop the stomach, it is compatible with Xuehai, Geshu, and Pishu acupoints. Adopting this rule of acupoints selection has a significant effect on acupuncture treatment of stomach pain, and it also provides a reference for other doctors to treat stomach pain.

Keywords: Acupuncture; Stomach pain; Point selection

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1. Introduction

Stomach pain, or epigastric pain, is the main symptom of the pain in the upper abdominal gastric cavity near the heart socket. It was first recorded in the “Inner Diameter of the Yellow Emperor.” During the Jin and Yuan Dynasties, Li Dongyuan first established “Stomachache” in the “Lantai Secret Store.” According to a long-term study of modern medical scholars, it has been found that stomach pain is often caused by acute and chronic gastritis, which is a common clinical disease. Its main pathogenesis is stagnation of Qi, blood stasis, cold evil, damp-heat, food accumulation, obstruction of gastric Qi, dysfunction causes pain or loss of stomach nourishment, and poor prosperity causes pain. The main clinical manifestations are gastric pain and gastric fullness, nausea, severe or even vomiting. At present, most people will reduce their spleen and stomach function due to busy work, irregular life and diet, which can easily lead to the onset of stomach pain, and the recurrence rate of the disease is high, which greatly affects people’s normal life and work. At present, pure Western medical treatment is still lacking specific therapy^[1]. Acupuncture and moxibustion have a very good effect in the treatment of stomach pain, and there is almost no adverse reaction. The application of acupuncture in clinical Chinese medicine is gradually being valued by physicians^[2]. This article summarizes the acupoint selection rules in the literature of acupuncture and moxibustion treatment of stomach pain as follows.

2. Rules of acupoints’ selection

In general, acupuncture and moxibustion are used to treat stomach pain with the main acupoints and

dialectical acupoints. Fengyi Guan ^[3] and others believe that, matching acupoints is the essence of acupuncture and moxibustion treatment of stomach pain, and it is also the decisive factor of prescription curative effect. To treat stomach pain, the main acupuncture acupoints must be combined with the syndrome differentiation points to maximize the effect of acupuncture and moxibustion and achieve a better therapeutic effect. The key to clinical treatment of stomach pain is the word “dredge.” According to the specific symptoms of the patient, the word “dredge” is used for syndrome differentiation and treatment. Yifang Hu ^[4] and others summarized Zheng Meifeng’s experience in treating stomach pain with acupuncture and moxibustion, and treated them from six syndrome types. Cold evil invading the stomach syndrome: choose Zhongwan, Zusanli, Shenque, and LiangQiu. Dyspepsia hurt a stomach syndrome: choose Zhongwan, Liangmen, Zusanli, and Fenglong. Liver Qi invading the stomach syndrome, choose Qimen, Taichong, Neiguan, Gongsun, Shenque, Zhongwan, Zusanli. Qi-stagnation and blood stasis syndrome: choose Pishu, Weishu, Geshu, Zusanli, Sanyinjiao. Deficiency cold of the spleen and stomach syndrome: use Zhongwan, Shenque, Qihai, Zusanli, Sanyinjiao, and Yongquan. Insufficiency of stomach yin syndrome: use Zhongwan, Shangwan, Taixi, Sanyinjiao, and Yongquan.

Lili Dong ^[5] and others summarized the clinical research literature on the treatment of stomach pain in the past ten years and found that Zusanli, Zhongwan, Neiguan, and Gongsun were selected as the main acupoints for the treatment of stomach pain. Liver-Qi invading the stomach syndrome with Taichong, Yanglingquan, Ganshu, and Qimen. The stomach cold evil syndrome with Pishu and Weishu. Diet-damage stomach syndrome with Jianli, Liangmen, and Neiting. Damp-heat resistance syndrome with Quchi, Yinlingquan. Blood stagnation stop stomach syndrome with Xuehai, Geshu, Sanyinjiao. Stomach-yin deficiency syndrome with Weishu, Shenshu, Taixi, Sanyinjiao. Deficiency cold of the spleen and stomach syndrome with Guanyuan and Shenque.

Ke Li ^[6] and others classified stomach pain into three syndrome types: the stomach cold evil syndrome, liver-Qi invading the stomach, and diet hurting the stomach. Zusanli, LiangQiu, and Neiguan are selected as the main acupoints, the stomach syndrome of the stomach cold evil is compatible with Zhongwan and Shenque; the stomach syndrome of liver-Qi invading is compatible with Taichong and Hegu; the stomach injury syndrome of diet is matched with Burong, Chengman, and Gongsun.

Lu Fang ^[7] and others divided stomach pain into three types of syndrome: eating stagnation, cold evil invading the stomach and liver-Qi invading the stomach, combined with the typical medical records of the three syndromes, taking Zhongwan, Zusanli, and Neiguan as main acupoints, Eating stagnation syndrome is compatible with acupoints such as Tianshu, Shangjuxu and Xiajuxu; those with cold evil invading stomach are compatible with Baihui and Shenque, etc; With liver-Qi invading stomach syndrome, Danzhong and Zhangmen are compatible.

3. Analysis

Summarizing the four people’s experience in treating stomach pain, combined with common clinical syndromes, the stomach pain is divided into four syndrome types, food accumulation injuring the stomach, cold evil invading the stomach, liver-Qi invading the stomach, and blood stasis stopping the stomach. The treatment of the four syndrome types focuses on dredging. Stomach injury caused by food accumulation is mainly caused by the patient's unregulated diet, addiction to food accumulation of gastrointestinal and stomach, such as fat, sweet and thick taste, which blocks gastric Qi, and pain is caused by obstruction. Choose Zhongwan, Burong, Chengman to eliminate food and guide stagnation, and Tianshu, Zusanli, and Shangjuxu to regulate gastrointestinal Qi. Cold evil invading the stomach is mainly caused by the stagnation of cold evil after the patient has been exposed to cold or cold diet, and the spleen and stomach collaterals are blocked and painful. Zhongwan, Shenque, Qihai, Zusanli are used to relieve cold and relieve pain. Liver-Qi invading the stomach is mainly the patients are worried and angry, liver stagnation, Qi lifting loss

of division, not general pain, choose Zhongwan, Neiguan, Danzhong, Zhangmen, Qimen, Taichong to regulate Qi and relieve pain. Blood stasis stopping the stomach are mainly caused by poor mood, stagnation of liver-Qi, stagnation of Qi and blood stasis, which affect the Zhongjiao Qi and cause stomach pain. Choose Xuehai, Geshu, Pishu, Weishu to remove blood stasis and relieve pain.

4. Conclusion

Combining the above research and the analysis of the role of acupoints, acupuncture treatment of stomach pain uses “Tong” method as the main treatment principle, and the corresponding compatibility is carried out according to different syndrome types. Among them, the acupoints are selected as the main acupoints Zusanli, Zhongwan, Neiguan, and LiangQiu, and compatible with acupoints such as Burong, Chengman, Tianshu and Shangjuxu for food accumulation injure. Cold evil invading the stomach is compatible with Shenque and Qihai acupoints; liver-Qi invading the stomach is compatible with Danzhong, Zhangmen, and Qimen acupoints; blood stasis stopping the stomach is compatible with Xuehai, Geshu, Pishu and other acupoints.

Disclosure statement

The author declares no conflict of interest.

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