

A Case of Auricular Acupressure Combined with Traditional Chinese Medicine for the Treatment of Chronic Prostatitis

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Abstract

The etiology of chronic prostatitis is complex, the onset is slow, the delay is difficult to heal, and it is easy to recur. Western medicine is mainly based on drug relief, the efficacy is not good, Chinese medicine treatment of such diseases has a long history, the efficacy is accurate, the means are rich, now reported a case as follows.

Keywords: chronic prostatitis, auricular acupressure, traditional Chinese medicine

1. Introduction

Chronic prostatitis is a common complex disease in andrology, the etiology mechanism is not clear, the incidence is high, a recent epidemiological survey shows that more than 30% of adult men in China have been diagnosed with CP (Liang Chaochao, 2016). It is mostly manifested as pain and discomfort in the lower abdomen and lumbosacral region, lower urinary tract symptoms, psychiatric symptoms, etc., which tend to occur in young adults, and there is no such disease name in the ancient books of Chinese medicine, and according to its main symptoms, it can be classified as "fine turbidity", "white turbidity", "fine turbidity"; there are many methods of CP

treatment in traditional Chinese medicine, and the efficacy is certain, and traditional Chinese medicine and ear pressure are commonly used treatment methods in traditional Chinese medicine. CP disease is located in the prostate, and the prostate gland because of its special anatomical structure makes it difficult for simple drugs to play a role, studies have shown that ear acupuncture pressure in the treatment of insomnia, pain, depression and other symptoms have obvious efficacy, these and CP accompanying symptoms are perfectly matched, based on this, the treatment of CP often combines traditional Chinese medicine with auricular acupuncture pressure, and a case is shared below.

2. Case Inspection

The patient, Zhang Mou, male, 28 years old, was first diagnosed on May 6, 2020. Complaints: repeated urinary frequency, urgency, accompanied by lower abdominal pain for more than 4 months, aggravated for 1 week.

The patient was hit in the lower abdomen when playing on the basketball court 4 months ago, at that time there was no obvious abnormality in removing the stuffiness and pain, no special treatment was done, the next day there was an increase in the number of urinations, more than ten times a day, no obvious improvement after rest, and then self-taken moxifloxacin sustained-release tablets and prostatotai capsules, the symptoms were repeated, prolonged, the symptoms worsened a week ago, accompanied by dull pain in the lower abdomen, in order to seek further treatment of Chinese medicine, came to our outpatient clinic. The patient has not seen fever, blood in urine and other symptoms since the onset of the disease, and the symptoms are frequent urination, urgency, accompanied by dull pain in the lower abdomen and perineum, aggravated when sitting for a long time and lying flat at night, poor sleep, pale purple tongue, white and greasy, and smooth pulses.

The patient was in good health, denied chronic diseases such as hypertension and diabetes, had no history of sexual life, had frequent urination, urgency and other symptoms after frequent masturbation 2 years ago, and then went to the hospital, diagnosed as acute prostatitis, improved after symptomatic treatment with anti-infective drugs and proprietary Chinese medicines, denied history of drug and food allergies, auxiliary examination: 2020.05.06 Prostate ultrasound in our hospital: prostate enlargement (33×38×44), uneven gland echo; no obvious abnormalities in urine routine; Prostatitis routinely shows: leukocytes +++, lecithin bodies +. Specialist examination: no mass on digital prostate, shallow central sulcus, tenderness+. The four diagnoses are combined references, the patient's Chinese medicine is diagnosed as sperm (blood stasis and dampness obstruction), Western medicine diagnoses chronic prostatitis, and the treatment is to activate blood and remove stasis, remove dampness and drenching. Fang with Xiaoyao scattered prostate decoction cut: Chai Hu 10g White Peony 10g

Salvia 15g Peach 15g Poria 10g Citrus aurantium 10g Citrus Shell 10g Licorice 6g Psyllium 10g (fried) talc 20g Whole scorpion 3g Earth dragon 3g, 7 doses. Auricular acupuncture takes the prostate, urethra, bladder, heart, sacred gate, lung, instruct the patient to press once before going to bed after meals, each acupuncture point each time vertical downward pressure for 30s, the strength to make the ear hot is appropriate, every other day to change, the left and right ears alternately compress, the ear acupoint pressure as dry as possible, do not press when wet. On May 13, 2020, the second diagnosis complained of frequent urination and urinary urgency significantly improved, still sometimes there was dull pain in the lower abdomen, the tongue pulse was roughly the same as before, and 15g of wood incense was added to the front, a total of 7 doses, and the ear points were the same as before. On May 20, 2020, the third diagnosis complained that urinary tract symptoms and dull pain in the lower abdomen basically disappeared, no abnormalities were seen in the routine of prostatitis, good night sleep, conscious physical decline after exercise, slightly sore waist, light tongue, thin white moss, smooth pulse, changes in symptoms, readjust the prescription, go to psyllium, talc, add Codonopsis 12g, Baishu 15g, a total of 7 doses, add kidney area to the ear point, advise the patient to reduce strenuous exercise in recent days, pay attention to rest, follow up after one year, the patient has not relapsed, and return to normal life and rest.

Note: The patient in this case was induced by the trauma of the fall, which did not heal, and the stasis was dissolved for a long time, the seminal chamber was blocked, the qi and blood were blocked, and the bladder vaporization was lost, and the root of it was stasis; Qi is the handsomeness of blood, dissolving stasis before qi, so Fang chooses to loosen and disperse prostate soup plus or minus. The combination of citrus solid and citrus shell in square can break the gas and remove the firmness; Peach kernels and salvia revitalize blood stasis; Chai Hu and White Peony reach liver qi, relieve liver depression; Talc, plantain, poria water drenching, strengthen the spleen and calm the nerves; the whole scorpion and the earth dragon disperse evil spirits, detoxify and disperse knots; Licorice reconciles various medicines, this prescription is to vaporize stasis

first, and then apply the method of water and water, which is basically consistent with the patient's disease mechanism. Chronic prostatitis urinary tract symptoms are easy to remove, and the lower abdomen dull pain and discomfort is difficult to eliminate, auricular points for various causes of pain and discomfort can have different degrees of improvement (Hou Nana, 2017; Jiang Xiao, Wei Wei, Wu Yaqi, Liu Xueqin, Zhang Ying & Liu Xiaohui, 2022), according to the main symptoms of chronic prostatitis patients, combined with the specific function of auricular points, the author selects prostate, urethra, bladder, heart, Shenmen, lung 6 acupuncture points for compression, of which the prostate, urethra, bladder, lungs are mainly used to relieve lower urinary tract symptoms and lower abdominal dull pain discomfort, through the stimulation of sympathetic and parasympathetic nerves, regulate the urethral sphincter and bladder detrusor, thereby reducing the symptoms of abnormal urination (Wu Suzhi, Zeng Jie & Liao Jing, 2022), the heart and the gate of God are commonly used acupuncture points to calm and calm the gods, chronic prostatitis is often delayed and difficult to heal, long-term pain has also brought great tests to the mental health of patients, so chronic prostatitis patients are often accompanied by different degrees of mental symptoms such as insomnia, fatigue, etc.; the combination of Shenmen and Xin not only has a good analgesic effect, but also has a strong calming and calming effect. The symptoms of dull pain in the lower abdomen of the patients in the second diagnosis are still there, the strength of the network is still weak, add wood incense and centipede to relieve pain, the three diagnoses have no symptoms, and the auxiliary examination has not seen abnormalities, in response to the patient's feedback and the characteristics of repeated attacks of chronic prostatitis, on the basis of the original formula, and then add the method of strengthening the spleen and invigorating qi to continue to consolidate the treatment for a course of treatment, and the patient did not relapse in the later follow-up.

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