

Table 1 The rates of single TCM symptoms were back to normal after treatment

Group	Cases	Cough	Throat itching	Rapid breathing	Expectoration
Treatment	30	53.33(16/30)	37.04(10/27)	78.26(18/23)	70.83(17/24)
Control	31	22.58(7/31)	19.23(5/26)	52.38(11/21)	53.85(14/26)

3.3 Safety analysis

General physical examination showed that the blood routine, stool routine, urine routine, liver and kidney were all normal in these two groups.

4.Discussion

CVA is a special type of asthma. Children with CVA who was not controlled well would become CA. Children with CVA should be treated earlier which could reduce the burden of family and improved the quality of patients' life.

The treatment principle of CVA was the same with asthma [5] which was taking ICS or Montelukast Sodium tablet. Both of these had a quick effect ,but a rapid recurrence after stopped taking or dose reduction. The TCM treatment principle was to keep the balance of Yin and Yang. TCM could reduce the symptoms gradually, shorten the timing, reduce the number of disease recurrence and drug dependence, the prognosis is also good.

In this study, the results showed that Suhuang Zhike capsule had a good effect on treating children CVA, which was convenient for children to take and compliance was good, could be applied as a clinical medicine.

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Clinical observation on 60 cases of fasciitis of back muscles with the electroacupuncture by the point-through-point of back method

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[Abstract] **Objective:** To observe therapeutic effect of fasciitis of back muscles with the electroacupuncture by the point-through-point of back method in the treatment. **Methods:** 60 cases of fasciitis of back muscles were randomly divided into two groups. The treatment group were treated with the electroacupuncture by the point-through-point of back method and the control group were treated with simple acupuncture. After treatment of 30 days, the therapeutic effect was assessed with visual analogue scales(VAS). **Results** The total effective rate was 96.7% in the treatment group and 76.7% in the control group. The treatment group in improvement pain was better than the control group and with scores significantly decreased ($P<0.01$). **Conclusion** the

electroacupuncture by the point-through-point of back method have obvious effect on fasciitis of back muscles and it is a better therapy for this disease.

[Key words] The electroacupuncture by the point-through-point of back method
Fasciitis of back muscles

Fasciitis of back muscles is a kind of pathological change of aseptic inflammation in the connective tissues of musculature and muscles on the back which caused by a variety of reasons^[1]. Clinical presentations are extensive dull pain, distensible ache, heavy feeling, ankylosis of the muscle, etc. The pains relate with changes of the weather and are characterized by double shoulder blades. The therapy now has adopted Anti-inflammatory and analgesic agents, small needle - knife therapy to cut the conglutination of fiber tissue, or focal blocking therapy on the painful point. However, these treatments all have difficulties on operation and side-effects. The author uses the electro-acupuncture by the point-through-point of back method on 72 cases of fasciitis of back muscles, which operated simply and got satisfied effect. The records are as follows.

1. Clinical data

1.1 General data 60 patients were all from clinic and the 4th internal sickrooms in the 2nd allied hospital of Heilongjiang University of TCM. The treatment group and control group were divided by the order of presenting randomly. The treatment group (30 cases) was with 17 male patients and 13 female patients. The maximum age was 58 and minimum 24. The longest course of disease was 4 years and the shortest 4 months. The control group (36 cases) was with 15 male patients and 15 female patients. The maximum age was 60 and minimum 25. The longest course of disease was 5 years and the shortest 3 months. All the cases were examined by anti-“o”, rheumatoid factor, C-relative protein, erythrocyte sedimentation rate (ESR) and with no abnormal findings. X-ray: No organic disease with the chest and rachis. What's more, there were no remarkable differences between the two groups ($P>0.05$) and were comparable. Check chart 1

Chart1 Comparison of basic situation between the two groups ($\bar{x} \pm S$)

Group	Cases	Sex		Age (age)	Course of disease (Month)
		male	female		
Treatment group	30	17	13	39.3±6.4	28.3±6.5
Control group	30	15	15	41.2±5.8	27.6±6.1

1.2 Diagnostic criteria According to the diagnostic criteria of myofascial pain dysfunction syndrome (MPD) established by Simon in 1990 and diagnostic criteria of fasciitis of back muscles from the diagnostic criterias of syndrome by TCM, established by State Administration of TCM of the PRC in 1994^[2]. (1) The patients had the medical history of wrong treatment after trauma, strain or had external affections of wind-and-cold. (2) It occurs mostly in the aged, and usually between double shoulder blades, and is particularly common in the persons of manual labor. (3) Painful on the back, ponderosity and ankylosis. The pains relate with changes of the weather, symptoms can be exaggerated after rainy days or being tired. (4) There are painful points or extensive pains on the back, ankylosis of the muscle on the back, striation changes can be felt along the direction of sacrospinous muscle. Activities of the waist and back are normal, No positive sign is available from the X-ray examination.

2 Methods

2.1 The treatment group Make the patient take prone position, do routine sterilization on the back. Acupuncture on the skin by the point-through-point way. Using the 0.38×40mm needles, puncture from the top down into Dumai and the 1st and 2nd side line of the Urinary bladder channel of foot-taiyang (1st and 2nd side line were chosen alternately one day after another). Idiographic operation: the Posterior midline channel: take the acu-points of Dazhui-through-Taodao and Xuanshu-through-Mingmen; the Urinary bladder channel of foot-taiyang: take Xinshu-through-

Dushu and Pishu-through-Weishu on the 1st side line, and Fufen-through-Pohu and Hunmen-through-Yanggang on the 2nd side line. Twirl the needle slightly until arrival of the Qi, connect the electrical equipment to the needles, use the soft-and-tense waves, intensity depends on the limit of the patient's endurance. Retain the needles for 30 minutes every time, once a day and 14 days as a course of treatment. 2 days rest between two courses, and the whole therapy being 2 courses. Analyze the therapeutic effect after 30 days.

2.2 The control group Take the points of Dazhu, Fengmen, Feishu, Xinshu, Geshu, Fufu, Gaohuang, Shentang, Geguan, Tianzong, Jianwaishu, Jianzhongshu, Bingfeng and do regularly acupuncture. Retain the needles for 30 minutes every time, once a day, 14 days as a course of treatment. 2 days rest between two courses, and the whole therapy being 2 courses. Analyze the therapeutic effect after 30 days.

3 Observation of efficacy

3.1 Effective criteria According to instructing principle of Chinese new drug clinical research issued by Ministry of Health in 1997. Recovery: local pain disappeared, no tenderness, full motion of the body; Obvious effect: local pain mainly disappeared, body motion is mostly normal, patient can do regular work; Effect: local pain is eased, mild tenderness, improvement on body motion, light work can be done; No effect: No improvement compared with pretreatment.

3.2 The index of observation The therapeutic effect was assessed with visual analogue scales (VAS).

3.3Treatment results

Comparison of therapeutic efficacy between the two groups is available in Chart 2

Chart 2 Comparison of Therapeutic efficacy between the two groups

Group rate (%)	Cases	Recovery	Obvious effect	Effect	No effect	Effective
Treatment group	30	3	12	14	1	96.7
Control group	30	1	9	13	7	76.7

Comparison of score of pain before and after treatment is available in Chart 3.

Chart 3 Comparison of score of pain before and after treatment

Group	Cases	former	after	t	P
Treatment group	30	74.63±17.12	20.15±6.34*	11.33	<0.01
Control group	30	75.16±16.91	38.37±9.64	7.64	<0.01

Notes : Intergroup comparison P<0.01

4 Discussion

The factor of fasciitis of back muscles is a kind of common and recurrent disease, which caused by inducing affection by pathogenic wind-cold-and-damp, trauma or chronic strain, and makes the musculature of back muscle edema, effusion, interference in microcirculation and degenerative changes of fiber. The disease belongs to category of "Back pain", "harm of back muscle", "Arthralgia (BI) syndromes" in the theory of TCM. In TCM, the problem arises in part from unsuitable work, which harms the musculature and causes undernourishment. Lying on floor to get coldness can induce affection, which causes obstruction of channels. Obstruction of circulation will cause the muscle contracture and finally be ankylosis. Dumai and the 1st and 2nd side line of the Urinary bladder channel of foot-taiyang goes through the back of a person, so locally choosing points can remove obstruction in channels and collaterals to erase the pain. What's more Dumai is the ocean of Yang Channels, and mainly controls the pains on neck and back. On the other hand, the Urinary bladder channel of foot-taiyang is the longest one of the 12 channels, Taiyang is the hugest Yang, which goes through the back of the body, the musculature of Foot-Taiyang is the head of them all, so the Urinary bladder channel of foot-taiyang mainly controls the diseases of musculature.

The author used the method of acupuncturing point-through-point of back. This method has the advantages of less point choosing, less pain and more sensations. Acupuncturing several points with only one needle enlarges the stimulating amount, and makes it easier to extend the transmit of the sensations, speedup the circulation of the Qi of channels and sends the Qi to where the disease stays. The Qi will relax the muscles and activate the collaterals, ease conglutination and diminish inflammation to remove the pain. In addition, the soft-and-tense waves in electro-acupuncture can reduce the stress function of the nerves and that will cause a more significant effect on inducing analgesia and antispasm.

The therapeutic effect of this method is satisfied, however, because the disease is caused by chronic strain, the rate to recurrence is very high. Scientific health protection and proper nursing is the key to ensure the therapeutic effect. Keep warming up, keep a good working posture and avoid from keeping the same posture for a long time are also advised.

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Clinical empirical summary of Professor CONG Hui-fang's diagnosis and treatment of dysmenorrhea from heart

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Abstracts: In the course of the clinical treatment of dysmenorrhea, mentor, Professor Cong Hufang found on the basis of diagnosis and treatment, from the "heart" to the theory of governance, and achieved good results, this paper mainly tutor from the heart of governance dysmenorrhea clinical experience summary.

Keywords: From the heart of governance dysmenorrheal clinical experience

Dysmenorrhea is a medical condition of pain during menstruation that interferes with daily activities, Still, dysmenorrhea is often defined simply as menstrual pain, or at least menstrual pain that is excessive. Dysmenorrhea can feature different kinds of pain, including sharp, throbbing, dull, nauseating, burning, or shooting pain. Dysmenorrhea can be divided into primary and secondary with more than 90% of dysmenorrhea without organic lesion, and secondary dysmenorrhea meaning organic lesion in pelvic cavity. Chinese medicine thinks that uterus and Chong-Ren meridian, and the mechanism being stagnation leading to pain. "Jingyuequanshu" of Ming Dynasty says that deficiency and excess make dysmenorrhea different. Excess often due to the stagnation of cold, blood, qi or heat; while deficiency often due to blood or qi insufficiency. The main treatment is to regular qi and blood of Chongg-ren meridian basing on the theory of syndrome differentiation and treatment.

Instructor Cong Huifang professor through years of clinical observations occurrence of this disease and heart are closely related, so the clinical treatment of dysmenorrhea, in dialectical theory of governance based on the attention from the heart of governance, and thus achieved good results, the following will explore from Treating heart dysmenorrhea what theoretical basis.

1 A relationship between the heart and dysmenorrhea.

1.1 Zhu itching sores, all belong to the heart