stroke patients with dysphagia blood circulation, blood rheology, Rheoencephalogram and skull base arterial blood flow, thereby increasing cerebral blood flow, improve the lesions of brain tissue oxygen supply, promoting lesionsestablishment of collateral circulation, and promote functional recovery of the central nervous system, to restore cerebral cortex regulation on the cortex, brainstem beam reconstruction swallowing function, thereby contributing to the recovery of the disease. acupuncture Combined with Rehabilitation Technique treatment of post-stroke swallowing disorder clinical efficacy, and safety of patients with side effects, easy to accept, a new method of treatment is to alleviate the suffering of patients.

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Primary discussion forYi Jin Jing to enhance the spinal stability

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Abstracts: Spinal correlation disease seriously affects the patients,The important cause is the imbalance of spinal stability;At present,the clinical treatment of spinal correlation disease most focus on adjusting the disorder spine joint, but how to maintain the spinal stability little researched; Yi jin jing can make human body's bones and different size of joints present the all-round and multi-angle activities as much as possible,Improve spinal ligament between joints and the surrounding muscle's strength,improve the metabolic state,accordingly to enhance spinal stability,prevent Spinal correlation development of disease,reach the purpose of preventing disease;To stabilize the treatment effect and prevent the recurrent provides new ideas after adjusted the disorder spine joint.

Keyword:Yi jin jing; Spinal stability; Spinal correlation disease; theory probing

Spinal correlation disease[1] was developed nearly 50 years of an interdisciplinary of Chinese and western medicine, Spinal correlation disease refers to the cervical, thoracic and lumbar spinal bones, joints, intervertebral disc and vertebral weeks soft tissue damage and degenerative changes, Under the certain condition cause spinal joint disorders. Intervertebral disc herniation.Ligament calcification and bone hyperplasia. Directly or indirectly produce a stimulus or oppression to the nerve root. Vertebral artery.Vertebral vein.The spinal cord or the sympathetic nervous.Then leading toclinical syndrome. Now clinically for the treatment of spinal correlation disease is mainly manual reset, research direction is focused on how to approach remove abnormal anatomy, the recent curative effect is satisfactory, after reset symptoms would reduce or disappear immediately, but after a period of time the small joints of the spine disorders often repeated, its root cause lies in the spine unstability and inappropriate treatment care method[2]. So how to strengthen the stability of the spine, prevent spinal correlation disease prevention and health care is necessary. Health QiGong Yi Jin Jing is the ancient Chinese tradition,through previous research has found that it has a good effect to Jin's function.And the reasearch of how to apply traditional method strengthen the spinal stability was very few. This article based on the Yi Jin Jing effects on "Jin" function,analyzedit enhanced spinal stability's mechanism.

1、The introduction of Yi Jin Jing and the importance of "Jin" to the human body

1.1.The introduction of Yi Jin Jing

Yi Jin Jing has been passed down from ancient China one of the traditional direct health achievement method[3],"Yi"has the meaning of changesimple."Jin" is the channels and collaterals of human, theextension of the bone, Between the bones and muscles, including musclesligamentblood vessels and nerves and other tissue, itcontact eachother in the whole body,Is the foundation of the people's sport ability."Jing"Refers to the classic,inancient China "Jing"used to recorder the special skills and things[4].Yi Jin Jing total contains 12 styles, the whole styles has a good effect on the whole body's joint and soft tissue, and most styles has a good effect on the spinal joint and soft tissue such as "zhang tuo tian men""jiu gui ba ma dao""zhai xing huan dou".

1.2. The importance of change "jin" to human body

Which a person's shoulder can take,hands can grab,foot can walk and move flexible its all due to a good "jin", the condition of morbid, thin, paralyzed and slack is not a health condition because of the "jin" become flabby, spasmodic, cachexia and weak, so through the way of change "jin" to change the condition of morbid, thin, paralyzed and slack. And improve flexibility, coordination and the extension of the human body's movement system, and make the meridians run unobstructed, reconcile internal organs, regulating bodily functions, therefore "Yi Jin Jing" is a specific methods to do physical exercise and achieve the effect of promote the circulation of qi and blood, enhance physical strength, improve all kinds of physiological function of tissues and organs of the human body.

2. The relationship between spinal correlation disease and spinal stability

The causes[5] of spinal correlation disease can be divided into internal factorsexternal factorsemotional factors. Internal factors refers to the patients lack of natural endowment, TCM believes that the liver support "jin", kidney support bone, if the patients born with insufficient of hepatorenal, then "jin" can not control the bone, and the joint can not move smooth; External factors refers to the patients suffer from traumastrainagainst the wind and rain, bring trouble to bone and "jin"; emotional factors refers to the patients can not adjust the mood, liver lost the normal function of support "jin", and then the "jin" can not control the bone. The emergence of the above link will lead to spine lost its stability, which in turn cause spinal correlation disease. So it appears that no matter internal factorsexternal factorsemotional factors, spinal lost its stability is the key pathogenesis of spinal correlation disease, and enhance the stability of spinal will be the key to prevention and treatment of spinal correlation disease.

3、The foundation structure of maintaining spine stability

In 1982, French researcher Cortel and Dubousset[6] proposed the theory of spinal three dimensional space. In 1983, proposed the theory of three column, he divide the spinal into three part, and emphasized the importance of ligament to maintain the stability of spinal, Denis's[7] theory of three column modification by McAfee and Ferguson, and now was widely accepted. The three column theory[8] named the 2/3 part of spine parastyle, include anterior longitudinal ligament, pre-2/3 centrum, pre-2/3 intervertebral disc. The 1/3 part of spinal named central column, include after 1/3 vertebral bodyinervertebral disc, longitudinal ligament, vertebral arch. And the posterior column, include vertebral plate, upper and lower joints, spinous process, interspinous ligaments, supraspinous ligament.Biomechanical experiments suggest that it has two part to maintain the stability of the normal human spine. One is endogenous stability, Including vertebral disc, vertebral arch, ligaments and other connected structure, and all of this for static balance. The other is exogenous stability, Mainly for the muscles on both sides of the spine to adjust and control, It is the original movement of the spine for dynamic balance. If the link above suffer destruction then it willcause or induce spinal loss of normal structure and balance function, thenResulting in spinal instability, so the structure surround centrum is the structure foundation to maintain the stability of the spine.

4、The mechanism of Yi Jin Jing maintain the stability of spinal

4.1 The microstructure influence of Yi Jin Jing on the joint and surrounding tissue[9]

When practice Yi Jin Jing it has a significant changes in skeletal muscle under the action of tensile stress. One side, the skeletal muscle has a ultrastructure changes on energy supply and the protein synthesis system. The mitochondria which provide energy change to hypertrophy and own many cristae, and capacity increases accordingly, the section from the end of muscle fiber and the area under the sarcolemma, actin and myosin synthesis is very active, in the new generation of muscle fibers, the generated of myofilament and sarcomere is actively; the other side, the smooth muscle cells of middle vessel wall is growth actively, its direction of growth is changed by usually circular into vertical structure, the similar change slso occurs to fascia tendon muscle membrane the outer membrane of never trunk and genuine leather, the collagen fibers and the fibroblasts cytoplasm and organelles include rough endoplasmic reticulum and mitochondria usually grow in the direction of the tensile stress vector. At the same time, the number of the fibroblast increasing, the contact area between cells multiply increasing. These studies have shown that Yi Jin Jing can improve the condition of spinal joints between musclesligamentsfascia and so on. So Yi Jin Jing have the function of improving stability of spinal multi-dimensional.

4.2 The influence of Yi Jin Jing on the joint and surrounding tissue

Every action of Yi Jin Jing are required to have a full outreachflexionadduction and rotation movement, so that the body's bones and joints presents the all-round and multi-angle activities as much as possible. Its purpose is to reach outreach "jin" through outreach "bone", pull the each part of human muscle and fascia, and other tissue around joint such as tendon and ligament and joint capsule, promotion the blood circulation of soft tissue, improve nutrition metabolic process of soft tissue,improve the flexibility of the soft tissues such as muscle, ligament, muscle cavity, and improve the activity function of the bonesjoints and muscles[10]. Clinical studies have shown that it have a good effect on practitioner of flexibilitybalancemuscle strength.

4.3 The influence of Yi Jin Jing and specific forms on spinal stability

It has a very important relationship between spinal stability and small musclesligamentsfascia. The spine exercise mainly concentrated in the back and neck big muscles, on the one hand, the practitioner can't hold the same training intensity on both sides absolutely, led to the bigger muscle tension gap between two sides of the spine, and then the stability of spinal decreased, caused to side bendvertebral dislocationstrain of erector spinae. On the other hand, although the stability is good under the before and after flexion and extension state, because of ignoring the exercise of small muscles and ligaments between joints, the stability is decreased under the left and right lateral bending motion and rotation motion state, so often caused spinal correlation disease because of inappropriate exercise. In a word, the current exercise method should turn to big and small muscle combined training method from big muscle training only, to improve the multi-angle stability of the spine, then effectively prevention and treat spinal correlation disease. And Yi Jin Jing is a kind of static exercise, its emphasis on the whole body relax, unity of body and soul, use the smallest energy consumption to achieve the most efficient work on human, on the other hand, it requires each muscleligament between joints coordinate and collaborate in the human body's movement. Then the big and small musclesligament between joints gain the same intensity practice, and avoid the secondary instability, enhanced the stability of the spine.

Through clinical observation of small sample, one of Yi Jin Jing style"zhang tuo tian men" [11] request body relax, Under the condition of the increase of the cervical vertebra physiological bending, let the cervical spine surround tissue of big and small joints static contraction practice, and it has strong pertinence to enhance the cervical spine stability; one of Yi Jin Jing style"jiu gui ba ma dao" request body relax, Under the condition of without changing thoracic spine curve, let the thoracic spine surround tissue of big and small joints static contraction practice, it has strong pertinence to improvethoracic spine surround tissue's chronic strain condition and strengthen the stability of thoracic spine joints; the style of Yi Jin Jing style "zhai xing huan dou" request body relax, Under the condition of without changing lumbar spine curve, let the lumbar spine surroundtissue of big and small joints static contraction practice, it has strong pertinence to improve

lumbar spine surround tissue's chronic strain condition and strengthen the stability of lumbar spine joints.

From what has been discussed above, the particular style of Yi Jin Jing have the function of adjusting the spine joints and enhancing its stability, persistent practice can strengthen the spine stability, then prevent and treat the spinal correlation disease which caused by spinal unstable joints, it deserve to have a further research in terms of clinical and mechanism, and then provide objective basis and new direction for clinical spinal correlation disease's prevention and treatment.

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Clinicai observation of yu's cluster needle at scalp acupuncture points for balance disorder of post-stroke

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Abstract. Objective: This test adopts Yushi clustery acupuncture treatment to treat post-stroke balance disorder. Observe the clinical effect of this method in order to provide a theoretical basis for clinical application and development.Methods:This test choose patients who meet the criterion of brain hemorrhage or infarction with balance disorder. Divide patients into the observation group and the control group according to the single-blind-random method. Two groups were both treated with body acupuncture and rehabilitation for same time as conventional therapy.