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## Research progress of wrist-ankle needle in treatment of dysmenorrhea

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**Abstract:** this article refer to the CNKI database, search for wrist-ankle needle treatment of dysmenorrhea to do induction and collation of these articles, summarize the research progress of wrist-ankle needle in treatment of dysmenorrhea.

**Keywords:** wrist-ankle needle; dysmenorrhea; review

### 1 The introduction of Wrist-ankle needle

Wrist-ankle acupuncture is a specific treatment method with subcutaneous stimulation at the hypoderm of the wrist and ankle parts to treat the diseases. Both sides of the body is divided into 6 vertical zones, 6 corresponding points in every set of wrist-ankle parts. There is no need to require the Qi, the feeling of sourness, dumbness, swollen, pain. This therapy is combined the characteristics of convenience, blocking effect, wide used for many kinds of diseases together. Especially for the treatment for pains. Wrist-ankle is wide used for many diseases and its immediate effect is strong, and compared with other therapies we find that Wrist-ankle is more simple, retaining needle time is longer, safer and more reliable, with no side effects.

Wrist-ankle needle has its own unique principle when choose the acupuncture point : 1. when the upper body part is wrong, it will choose the down part; when the down body part is wrong, it will choose the upper part. And they are divided by septum transversum. 2. when the left body part is wrong, it will choose the right part; when the right body part is wrong, it will choose the left part. And they are divided by the median line of the human body. 3. When the area is not certain, select the upper point.

Acupuncture method of wrist-ankle needle is unique too, which pays more attention to the depth of acupuncture, direction and how to adjust needle. The suitable depth of wrist-ankle needle should be along the needle body piercing subdermal level, visible on the skin like a fish floating swim forward and the shape of fish can not be seen. And There is no need to require the Qi, the feeling of sourness, dumbness, swollen, pain. when the patients get the feeling, needle should be retreated to subcutaneous tissues, and needle into again.

### 2 Mechanism of wrist-ankle needle in treatment of dysmenorrhea

2.1 From the TCM.

According to the meridian and collateral theory of TCM, the distribution of waist-ankle needle keep in accordance with the distribution of twelve cutaneous regions. The whole body skin department all belongs to twelve cutaneous regions, the internal organs also keep close relation with viscera and bowels and the meridians and collaterals. Wrist-ankle needle is considered to acupuncture in cutaneous regions, which belongs to choose the points from the far-end, thus can set up connections with all parts of the body, transport qi and blood, transmit messages, and regulate physical activities of organs and tissues. For example Dr. Yan further found that the distribution of wrist-ankle needle are very similar with twelve cutaneous regions, the surface area of twelve cutaneous regions are divided by the twelve meridians and collaterals, and reflect function of twelve meridians and collaterals in the body parts, they are also where meridians and collateral qi spread to.

## 2.2 From the western medicine.

From the western point of view, Dr. Fu<sup>[1]</sup> holds that wrist-ankle needle may increase the pain they can hold, and keep close relationship with the nervous system, and from the characteristics that wrist-ankle needle can stop the pain immediately, we can find its efficacy has not primarily due to the regulation of body fluids, but nervous regulation, and tend to lower the central. Others<sup>[2]</sup> believe the treatments, subcutaneous stimulation at the hypoderm of the wrist and ankle parts, not only may be associated with lower central nervous regulation, may also be associated with spinal cord segmental distribution, but according to that this methods can stop the pain immediately, easy to relapse after the needle, and retaining needle can improve and prolong the effect, we cannot be ruled out with that humoral factors produce analgesic substances and anti-inflammatory properties during the treatment. Hu Xia<sup>[3]</sup> think wrist-ankle acupuncture can activate endogenous pain modulation system, and cause the release of beta-endorphin in vivo and SP material. And from modern medicine, dysmenorrhea have increased the content of prostaglandin PGF in blood, which cause uterine smooth muscle contraction too strongly and even painful spasm on shrinkage. Wrist-ankle needle treatment of dysmenorrhea may be through how the meridians and collaterals are spread and neurotransmitter action remove uterine smooth muscle spasm, and adjust the secretion of mediation PGF, so as to reach the goal of analgesia.

## 3 Wrist ankle needle treatment of dysmenorrhea clinical research

Wrist-ankle needle in treatment of dysmenorrhea effect is positive, Zheng<sup>[4]</sup> 100 cases of double under needle area 1 and 2's total efficient is 96%. Cui<sup>[5]</sup> 208 cases of deficiency syndrome dysmenorrhea treatment's total effective rate is 94%.

## 4 Summary and prospects

Under the constantly practice and research of many physicians, Wrist-ankle needle therapy is available for nearly 60 years and have made a great progress. The current study work improves in level and application scope expands unceasingly, almost involving the disease to clinical departments. Wrist-ankle needle has simple operation, quick curative effect, economic security, and easy to promotion and other characteristics and advantages. Particularly in terms of pain diseases, wrist ankle needle become a kind of very useful treatments with immediate effect. Wrist manic needle broke the traditional mode to analgesia by "de qi". It views the challenge for "in acute disease models, simply retaining needle pain does not improve worshipping" and "electric acupuncture analgesia by electrical factors, and the acupuncture and no action". If Wrist-ankle needle can be studied from wrist mania in the future on acupuncture needle suppress pain, it could be regarded as a good research direction.

At present the main is to address the mechanism of wrist-ankle needle, current research is more assumption, the mechanism of experimental research and animal experiment are also absent. This needs us continue to study the mechanism for wrist ankle needle from each aspect, it even has a good clinical curative effect also cannot be promoted.

Through years of research, we can see the wrist-ankle needle have a great development of the vast space in clinical practice, we should be hopeful for that.

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## Studies on Diarylheptanoids from Qinglongyi

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**[Abstract] Objective:** To study the natural anticancer products from Qinglongyi. **Methods:**

The compounds were isolated by chromatography with silica gel columns and AB-8 resin etc., and were identified by NMR analysis. **Results:** They are galleon(I), JuglaninA(II), pterocarane(III), 3',4''-epoxy-1-(4'-hydroxyphenyl)-7-(3'-methoxyphenyl)-heptane-2-hydroxy-3-one(IV), 4''-epoxy-1-(4'-hydroxyphenyl)-7-(3''-methoxyphenyl)-heptane-3-hydroxy(V). **Conclusion:** Compound I, III, IV, V were isolated from this plant for the first time.

**[Key words]** Qinglongyi; chemical constituents; diarylheptanoids

### Introduction

Juglans Mandshurica maxim is one of the most important medical plants, of which the pericarps, leaf and bark all can be medically used. We called the immature pericarps Qinglongyi. It was recorded in the book named 《Kaibao herbs》 which indicated the properties and functions of this material. Qinglongyi was used as a folk medicine in many aspects, such as in clearing away heat, detoxicating and treating dysentery etc. Modern medical research found its most prominent is the pharmacological effects of the anti-tumor efficacy which is the hotspot in development. This article makes a systematic separation for Qinglongyi anti-tumor activity site, total separation five diarylheptanoids, they were galleon(I), walnut glycosides A(II), Maplesalicin(III), 3',4''-epoxy-1-(4'-hydroxyphenyl)-7-(3''-methoxyphenyl)-heptane-2-hydroxy-3-one(IV), 4''-epoxy-1-(4'-hydroxyphenyl)-7-(3''-methoxyphenyl)-heptane-3-hydroxy(V), among compound I, III, IV, V first isolated from the plant.

### Materials and methods

#### 1. Materials

Bruker-400 superconducting NMR spectrometer; MS-2010 spectrometer and Finnigan LCQ LC-MS Hyphenated instrument; Shimadzu corporation FTIR-8400S infrared spectrometer; column chromatography silica gel (200~300) produced from Qingdao marine chemical; AB-8 resin produced by Nankai university chemical factory; other reagents were AR. In 2007 Qinglongyi medicines purchased in Heilongjiang province medicine company and identified by Wang zhenyue teacher who come from Heilongjiang university of Chinese medicine identification department.

#### 2. Methods

2.1 Extraction Samsh five kilogram dried Qinglongyi herbs, 95% ethanol reflux extraction three times, depressurize inspissation get ethanol extract (376g). After extract for right amount water