



**Figure 3.** Four weeks after EA treatment.

## **The clinical application review of fire needle in Acne, Herpes Zoster and Wart**

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**Abstracts:** Fire needle therapy has its unique advantages, such as short course, simple and easy treatment. It has been more and more applied in clinical up to now. Especially for treating Acne, Herpes Zoster and Wart, it can dispel cold, remove dampness, dissipate stasis, unblock collateral, clear heat, remove toxin, expel pus and relieve pain by stimulating yang. Therefore, the author reviews the three dermatoses treated by fire needle recently. In order to explore its further scope and objects, promote its rapid development and provide more reliable theoretical bases.

**Keywords:** Fire needle, Acne, Herpes Zoster, Wart, Review

### **1 Introduction**

Fire needle is a kind of moxibustion in the ancient. It was called big needle, burnt needle, white needle and warm needle. It is made by burnt-red metal. Doctors with fire needle quickly insert the acupoints or lesions to treat disease. It has been widely used in clinical, especially in Dermatology, with short course and quick effect.

### **2 Pathogenic Mechanisms**

At present, the study on the mechanism of fire needle is very few. Zhang Xiaoxia<sup>[1]</sup> thinks there is an overlap of the pain stimulation effect, exciting lesions and regulating leukocyte. Fire needle can not only enhance local blood supply<sup>[2]</sup>, but also promote leukocyte exudation and improve phagocytic function. Therefore, fire needle can soften hardness, relieve pain and promote the absorption of inflammation<sup>[3]</sup>.

### **3 Case report**

#### **3.1 Acne**

An 24-year-old female patient was hospitalized due to the face, chest and back acne for three years. The pressure of work and study may make the symptoms worse. Pain affects normal life so that the patient had been treated for several dermatologists with poor efficacy.

The patient presented with face and forehead red papules and pustules. After ulcerating, some formed scabs or scars. Red tongue, yellow coating and wiry pulse. It belongs to Yang-ming syndrome<sup>[4]</sup>.

Diagnosis: Intractable Acne

Treatment: Fire needle pricks with Dazhui acupoint cupping-therapy and bloodletting.

Method: Disinfecting with alcohol, then using two red-burnt needles to prick pimples, pustules and scabs. Pricking one time of pimple and scab, two to three times pustule for removing the white contents in pus cavity. Using triangle-edged needle cupping-therapy and bloodletting to insert lesions, then 5 minutes later removed cupping and wiped lesion with a dry cotton. Per week once. Three times is a treatment course. After one time's treatment, all of lesions shallowed and scabed. Pimples and pustules on face, chest and back disappeared after two courses treatment. Skin became smooth and delicate.

Analysis: Acne comes from the heat of lung and stomach which stases in the skin. Modern medicine thinks acne is a common slow inflammatory skin disease which involves the sebaceous glands and hair follicles. The incidence and prevalence of youth is high. Face, chest and back is the main parts. According to the basic theory of TCM, fire needle can expel stasis, dissipate nodulation, soften hardness and drain pus. Cooperating Dazhui acupoint cupping and bloodletting so as to purge heat, active blood, resolve stasis and improve blood circulation.

### 3.2 Herpes Zoster

An 65-year-old male patient was hospitalized on December 15, 1995 due to clusters of miliary papules and blisters on the left chest, back for 6 days. The patient presented with local skin pain, a sense of oppression in the chest, vexation, poor appetite and constipation. Pale tongue, white coating and wiry pulse<sup>[5]</sup>.

Diagnosis: Herpes Zoster.

Treatment: Fire needle with cupping-therapy and Acupuncture.

Method: First fire needle pricked chest herpes group and the obvious painful lesions. Then we extruded discharging pus with a dry cotton. Cupping for 10 minutes and then removed them. After this, cleansing skin and alcohol disinfects. At last surrounding needling Fengchi, Sanyinjiao, yanglingquan, dazhui, zhigou and taichong points. The fundamental manipulation techniques are lifting-thrusting methods and twirling methods. Needle retained for 30 minutes. After 3 times' treatment, symptoms improved obviously. When the patient was treated 6 times, he was less painful than before and the herpes disappeared totally.

Analysis: Herpes Zoster is one of the common diseases in Dermatology. Modern medicine thinks Herpes Zoster is caused by herpes varicella zoster virus (VZV). Pathogenesis comes from emotional factors and poor dietary habits. Liver and spleen dysfunction contributes to damp-heat evil stay on the skin. Fire needle can reinforce the healthy and eliminate the pathogenic, discharge heat and dry dampness. This case report shows that fire needle cooperate with other methods, such as cupping or acupuncture treat Herpes Zoster gets obvious and quick efficacy.

### 3.3 Wart

An 20-year-old female patient was hospitalized due to the forehead and right face wart for 4 years. Most were oval and slightly higher than skin. Pale-red tongue, yellow coating, floating and rapid pulse<sup>[6]</sup>.

Diagnosis: Wart

Treatment: Fire needle

Method: After cleansing skin and alcohol disinfects, using fire needle prick every wart quickly and lightly. Then extruding discharging white contents. Taking a bath is forbidden within 3 days. Skin becomes smooth, delicate without any scar left after 4 times' treatments.

Analysis: Wart usually appears on the bilateral face and back of the hands. The miliary flat papules are formed round, oval or polygon. Smooth surface. Sometimes patients may feel slightly

itchy. Wart are scattered or clustered on the skin. According to the basic theory of TCM, it is caused by liver depression, spleen deficiency and damp-heat evil. Fire needle could expel evil in order to repair worn tissue and grow properly.

#### 4、 Discussion

With the development of TCM, more and more fire needle are applied in treating above dermatoses. For treating acne, it can purge heat, expel evil, soften hardness and promote skin metabolism and blood supply at the same time. For treating Herpes Zoster, by stimulating local lesion, it can reinforce yang of human body. So as to unblock meridian, harmonize collaterals and remove heat evil. For treating wart, it treats both the incidental and fundamental aspects, reinforce the healthy and eliminate the pathogenic. While inserting fire needle, fire needle can destroy the base of wart and make the wart atrophy, fall off.

In short, Fire needle therapy with its simple, cheap and convenient characteristics increasingly used in clinical. Therefore, the author believes that with the further exploration of fire needle's mechanism and application spectrum, it must be more standardized, effective and widely applied.

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### Mechanism research progress of Sanyinjiao(SP-6) for gynecological diseases

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**Abstract:** Sanyinjiao(SP6) is commonly used acupuncture points treatment of gynecological diseases, widely to be shipped on the needle side compatibility aspects, and the results are obvious. But its efficacy mechanism to play yet entirely clear, in this regard discuss research hotspot in recent years. The author studied the literature over the past decade, which briefly summarized as