

Work summary

Modernization of Acupuncture on scientific Research and experiences of acupuncture clinic



By Prof. Nguyen Tai Thu

**Vice president, The World Federation of
Acupuncture-Moxibustion Societies (W.F.A.S.)
President, Vietnam National Association of
Acupuncture**

I/ The two ways in acupuncture research in Vietnam (1995 – 2005)

A/ Experimentations on animals

1. Experimentalized on animals
include rabbits, dogs, cows, pigs

2. The aims and objectives of
experimentation are to display the
quantitative and qualitative
measurement of the research,
including chemical, biological,
physical ones.



VETERINARY ACUPUNCTURE



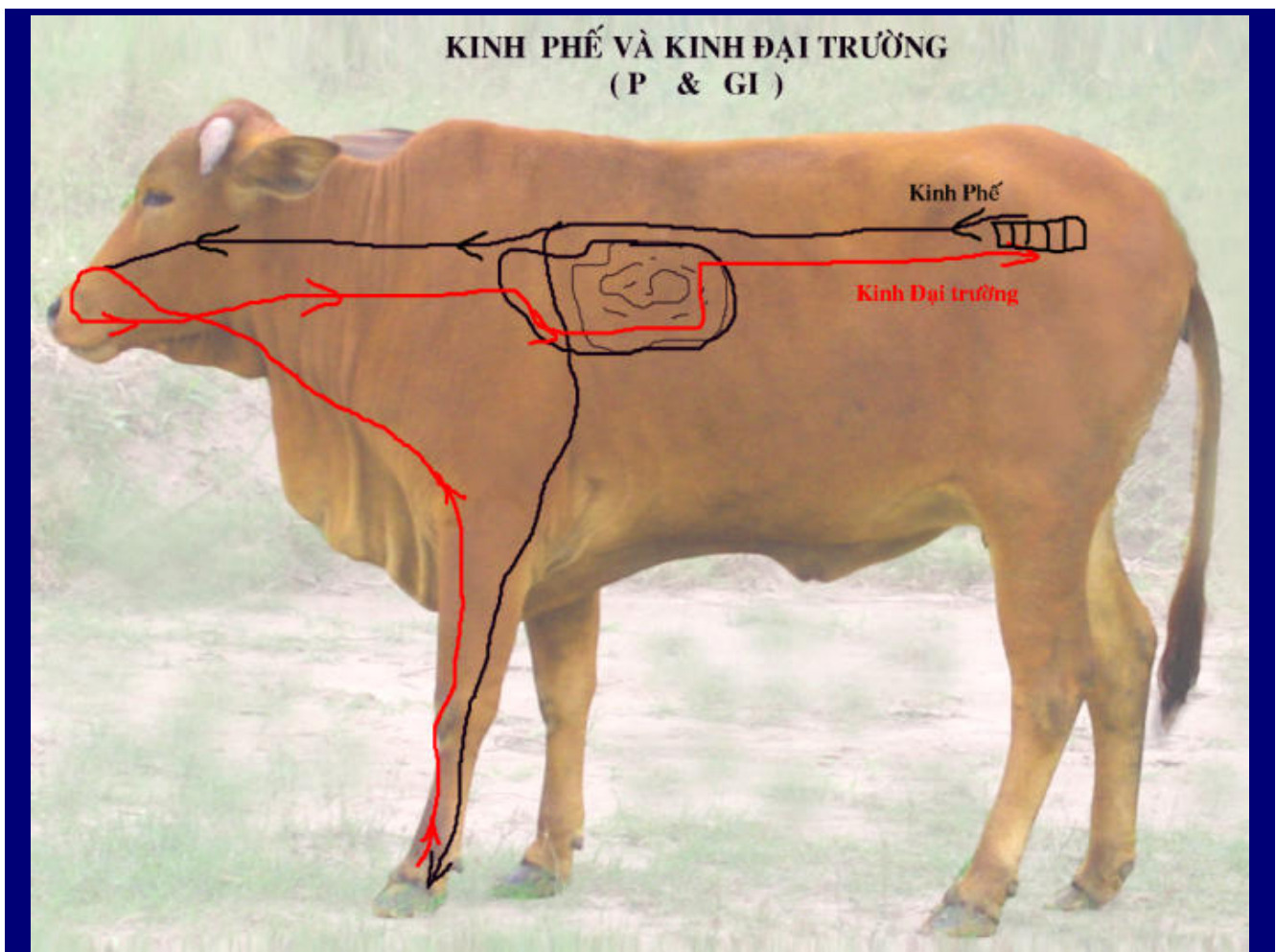
3. Scientific research on animal acu-points, the needle implantation techniques and parameters of stimulation. We have used long and big needles.

Boa Acupuncture in Vietnam

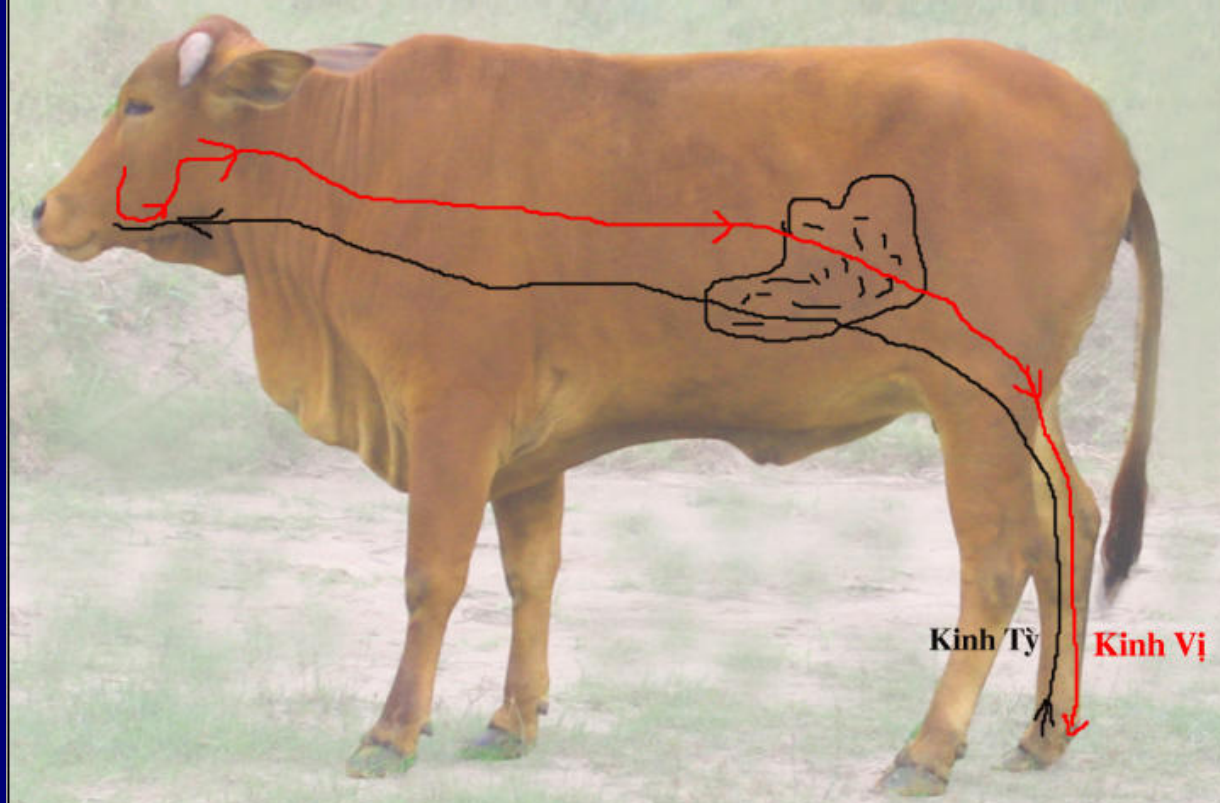
Long: 10-60-70 cm
Diameter: 0,5 – 1 mm

4. Scientific researches on animal's pain syndromes such as sciatic and abdominal pains.

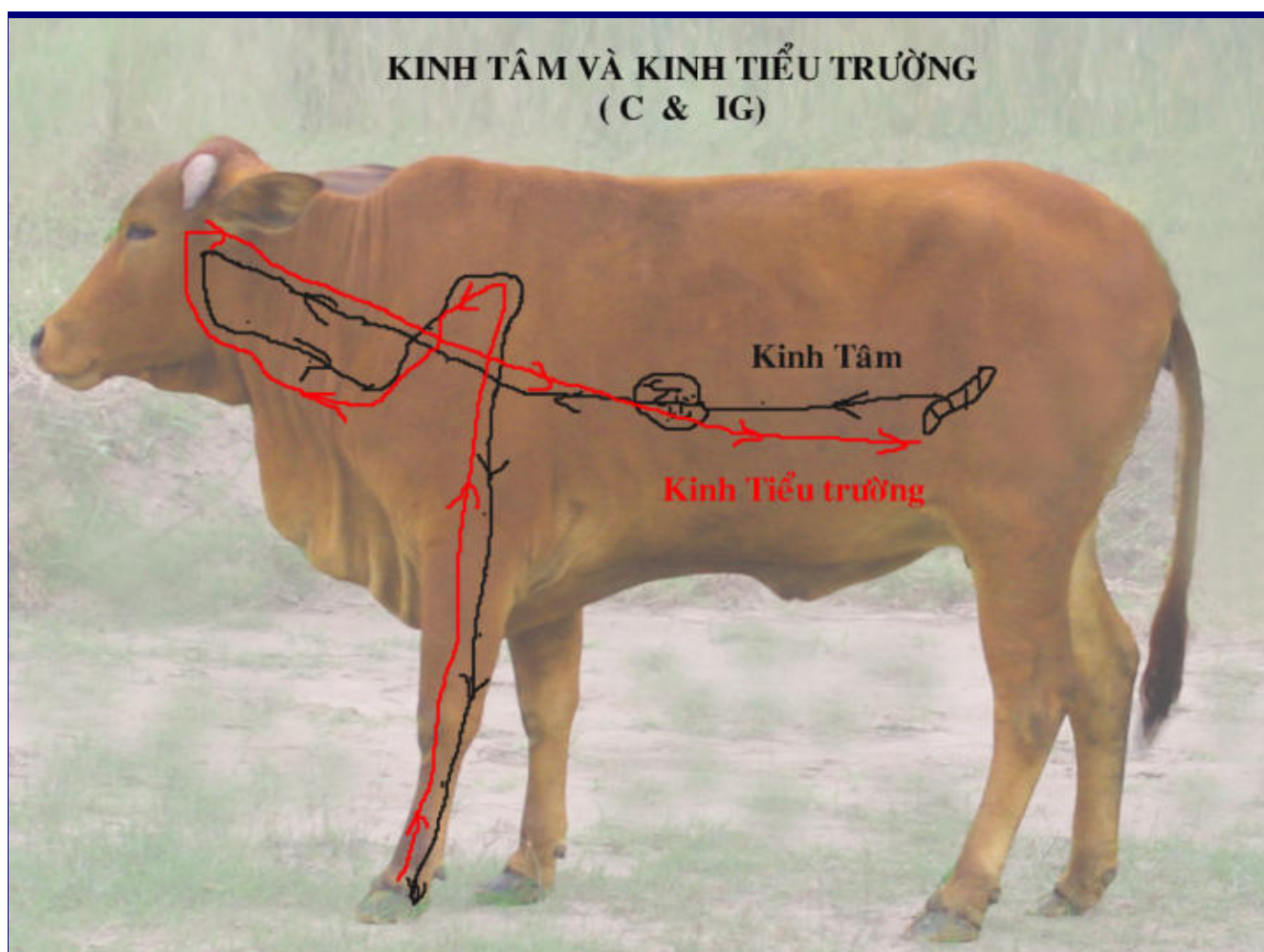
5. Animal acupunctural analgesia surgeries include gastrectomies, cholecystectomies, etc.



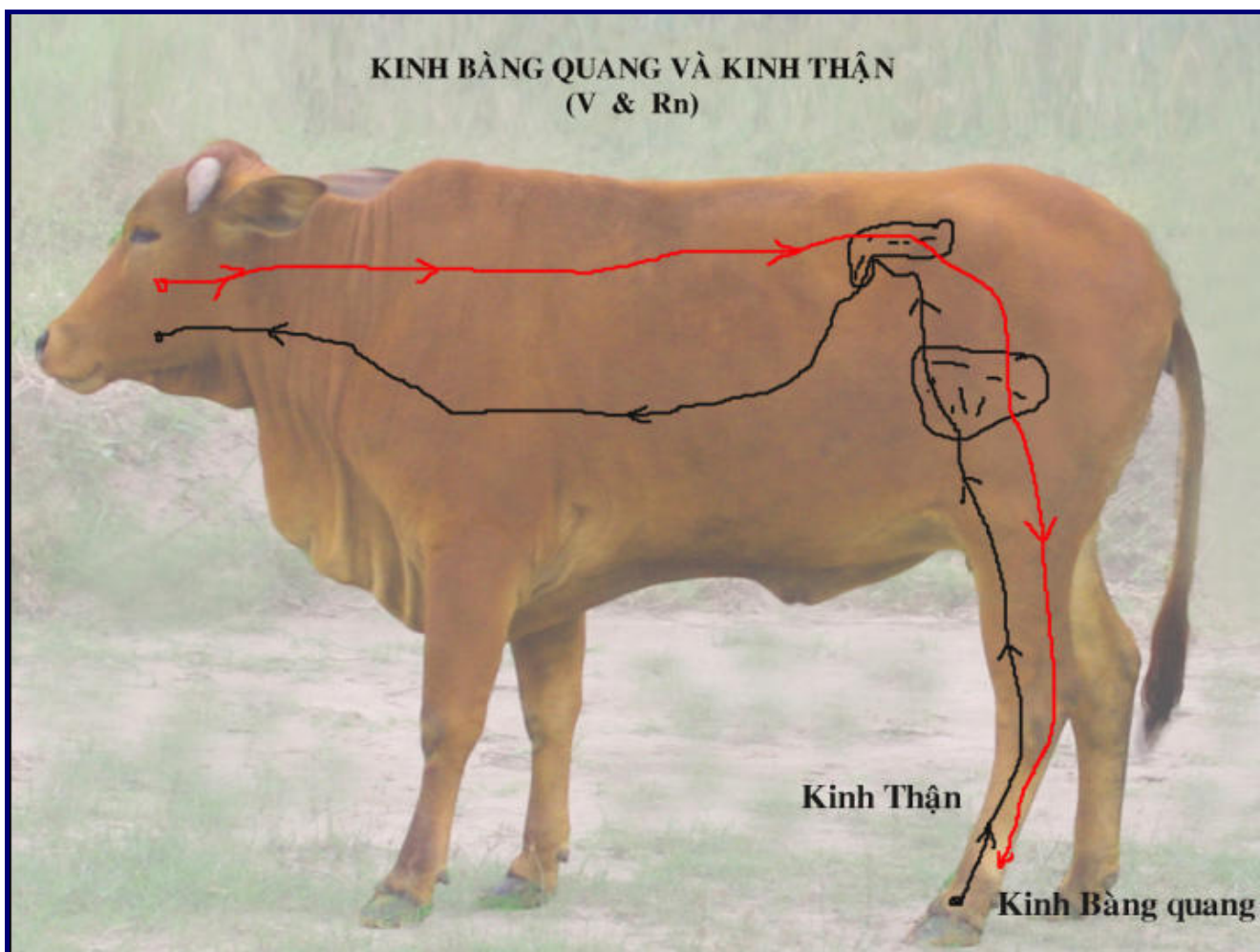
KINH VỊ VÀ KINH TỖ (E & Rp)



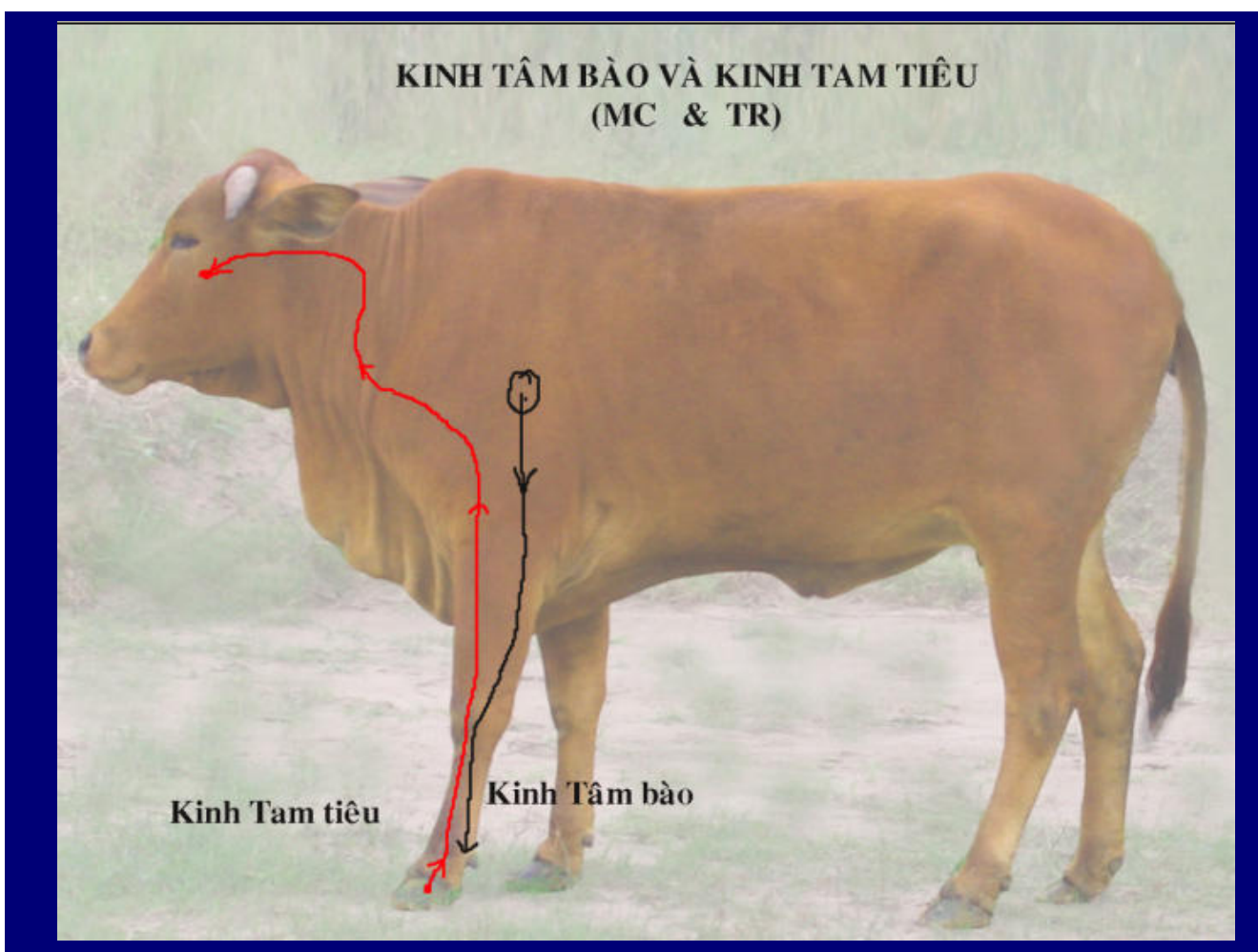
KINH TÂM VÀ KINH TIỂU TRƯỜNG (C & IG)



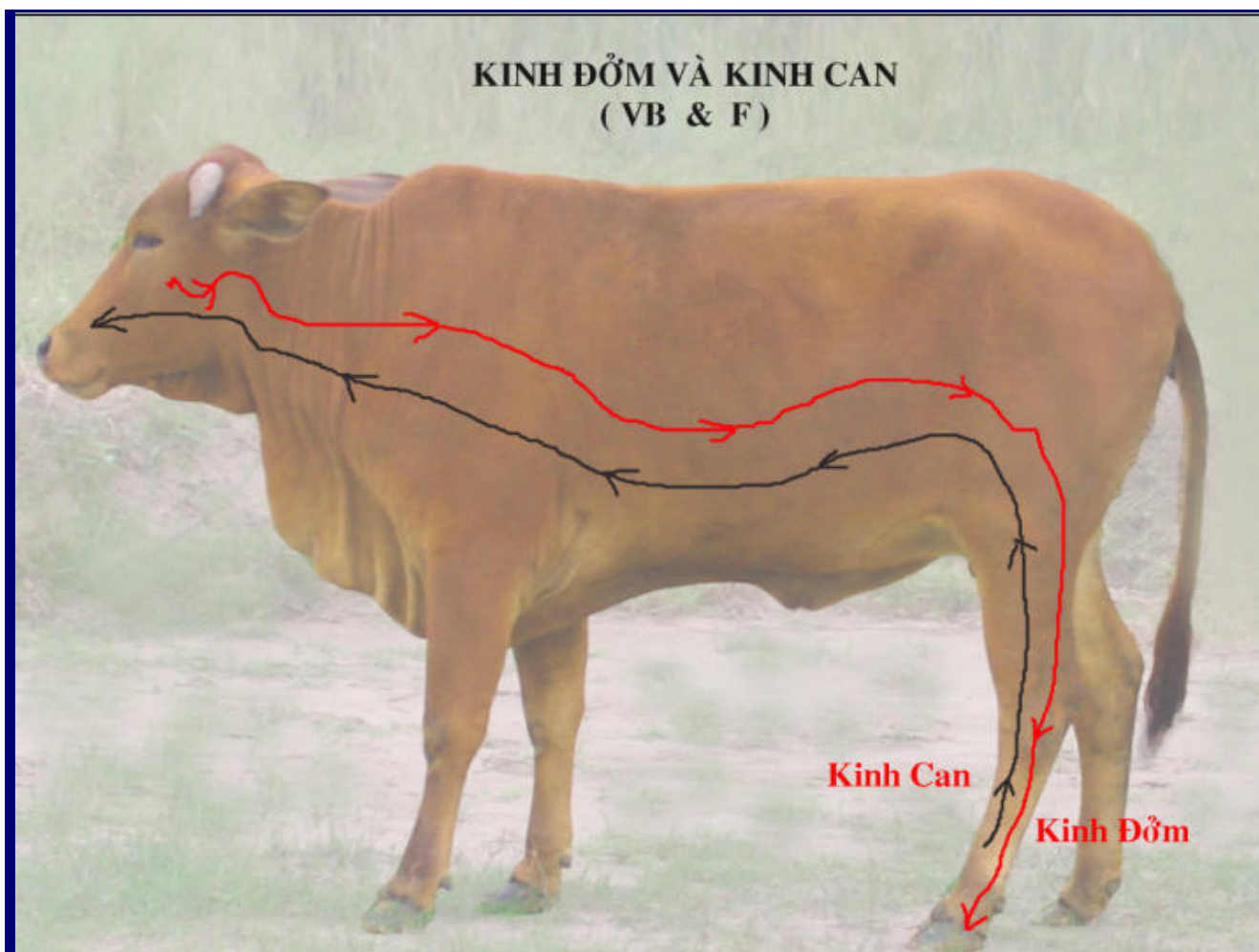
KINH BÀNG QUANG VÀ KINH THẬN
(V & Rn)



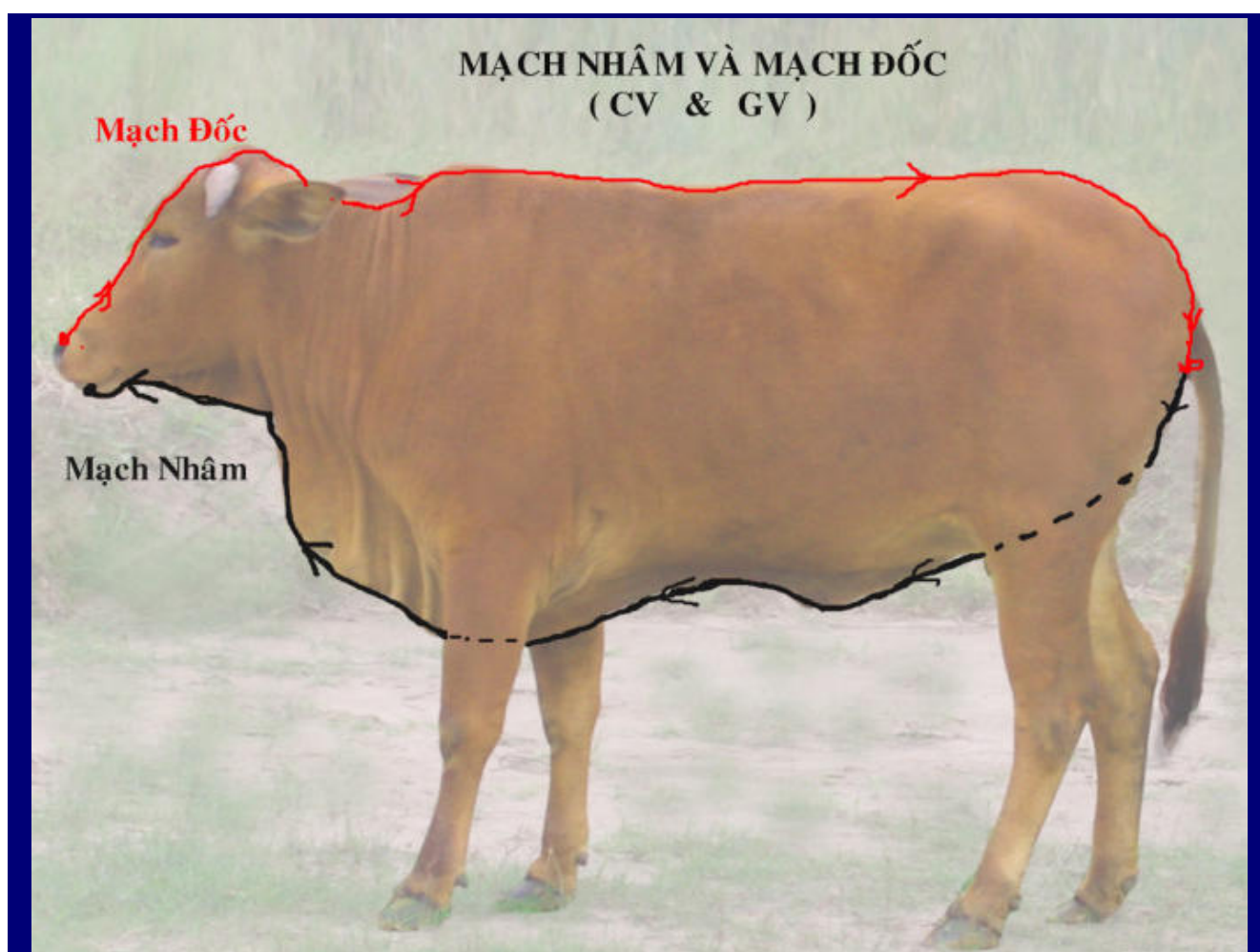
KINH TÂM BÀO VÀ KINH TÂM TIÊU
(MC & TR)



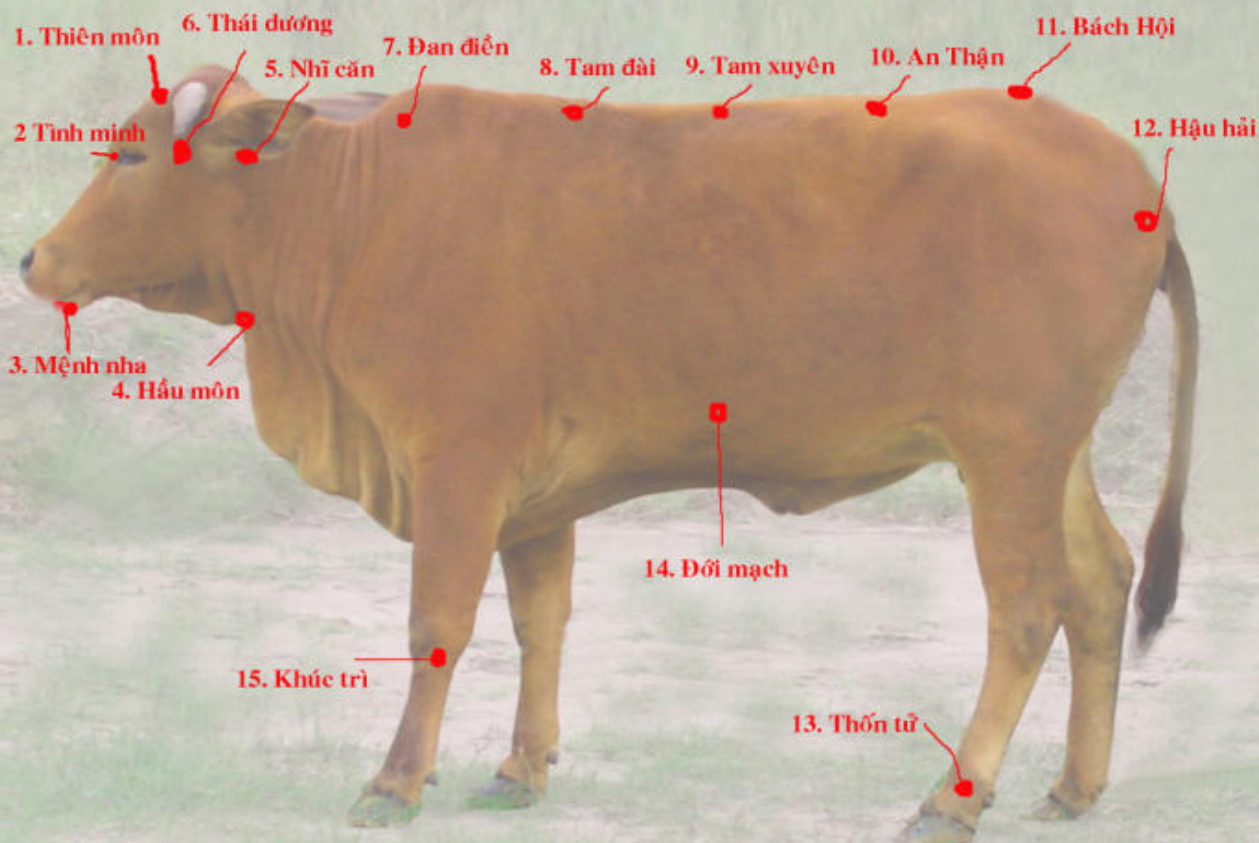
**KINH ĐỔM VÀ KINH CÁN
(VB & F)**



**MẠCH NHÂM VÀ MẠCH ĐỐC
(CV & GV)**



TỔNG HỢP MỘT SỐ HUYỆT THƯỜNG DÙNG CHỮA BỆNH CHO TRÂU, BÒ
NGỰA, CHÓ, LỢN...

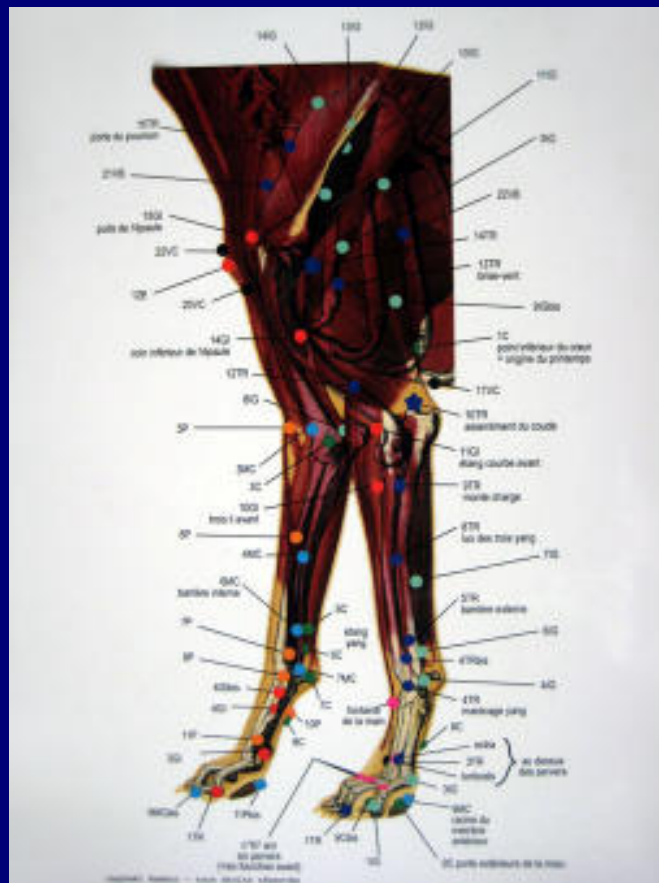


KINH HUYỆT CHÂM CỨU THÚ Y (CHÓ, BÒ, NGỰA)

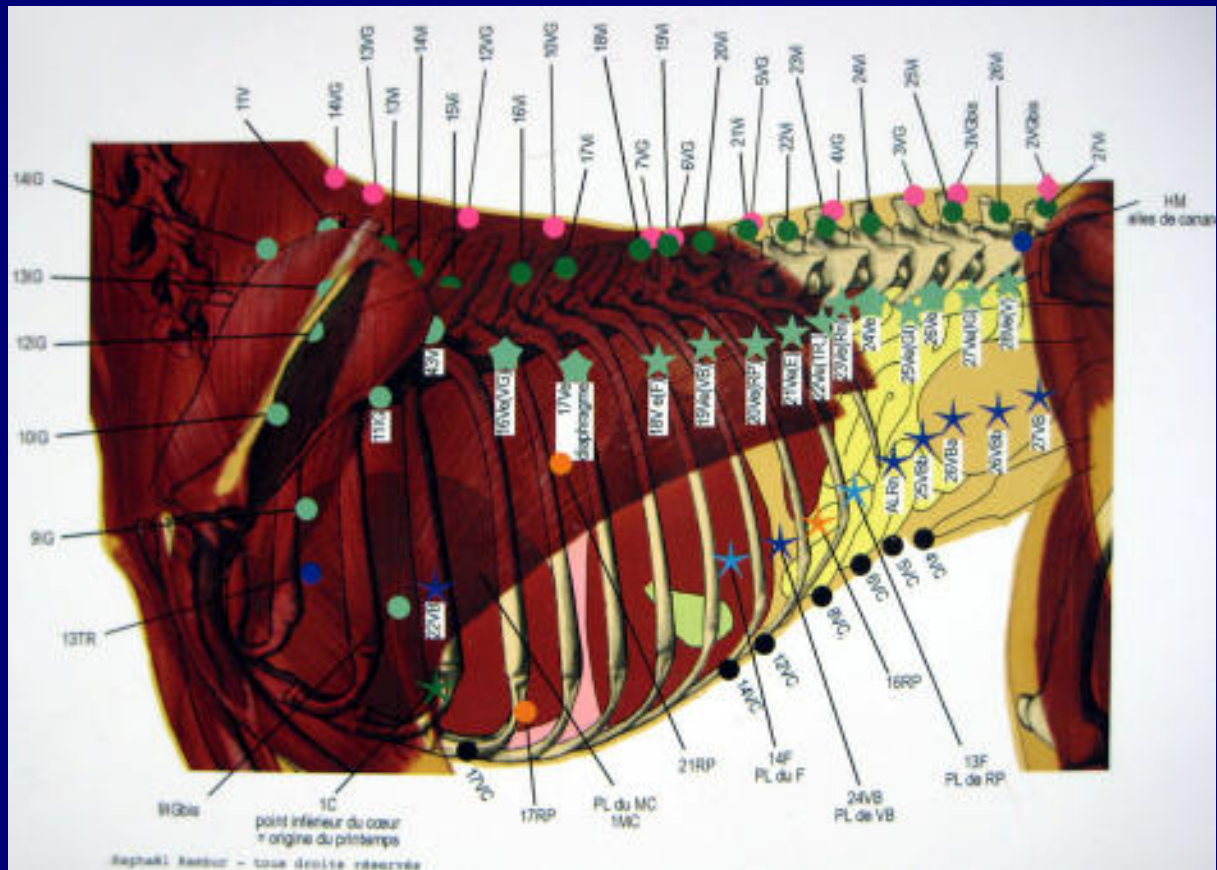
Đầu, Cổ, Ngực



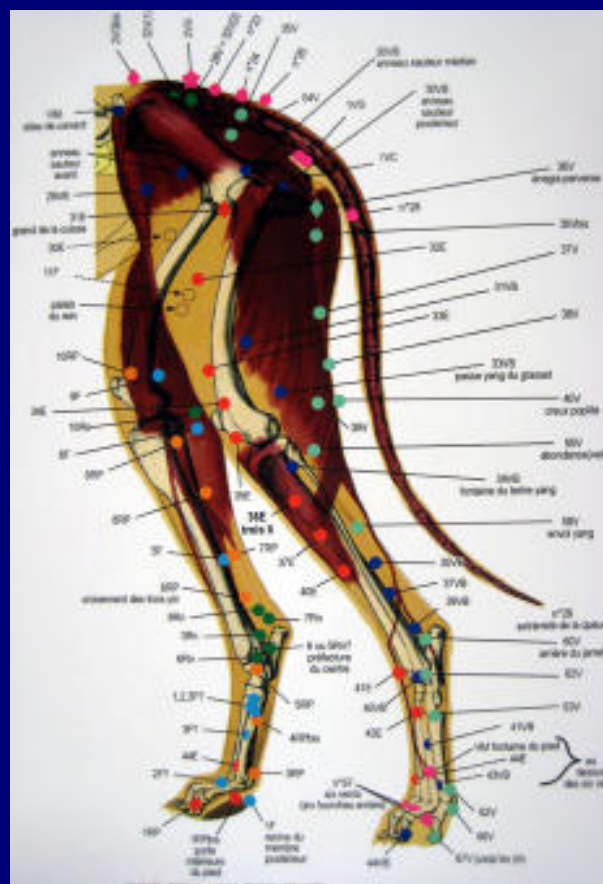
Hai Chi Trước



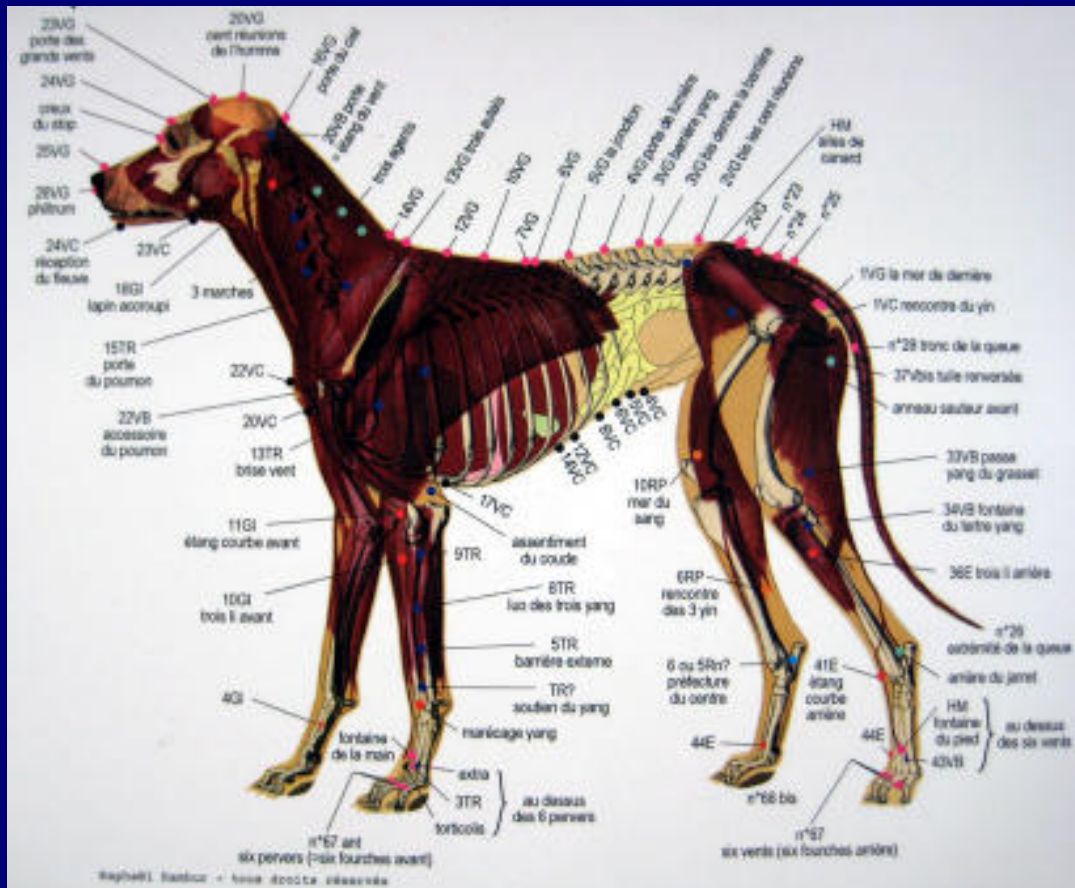
Lung, Bụng



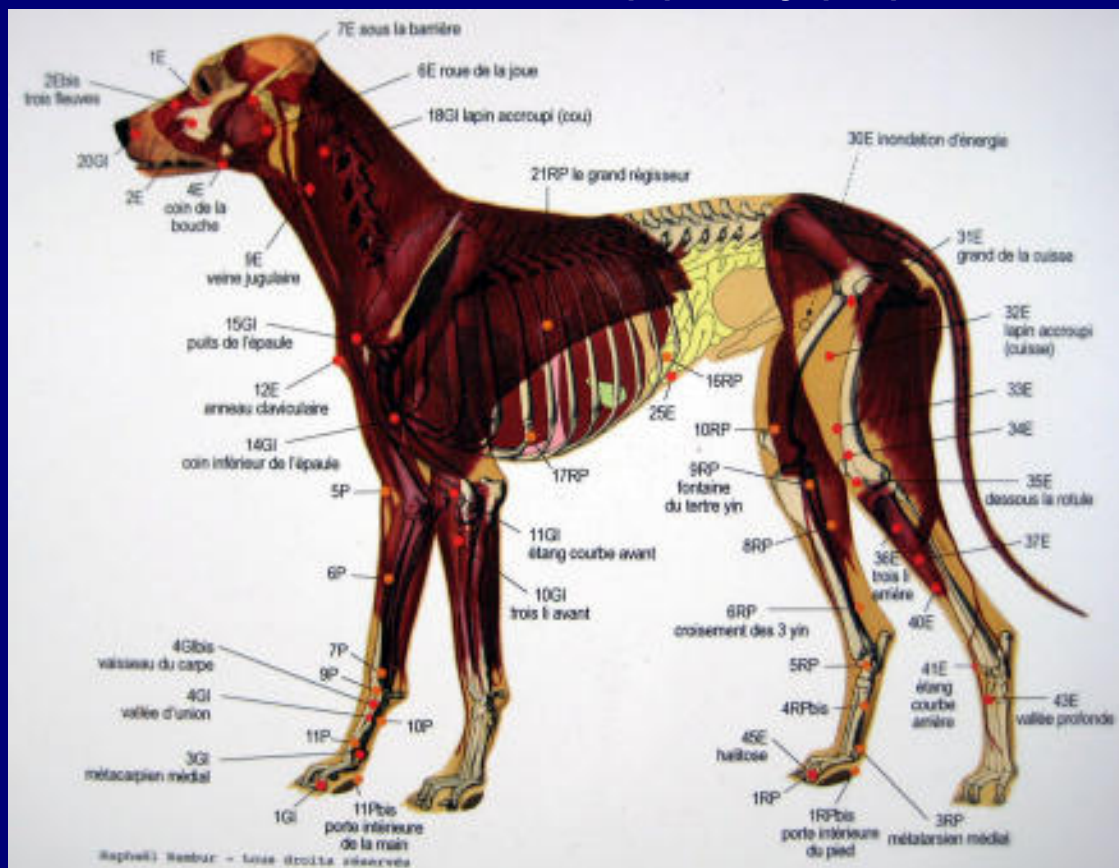
Hai Chi Sau



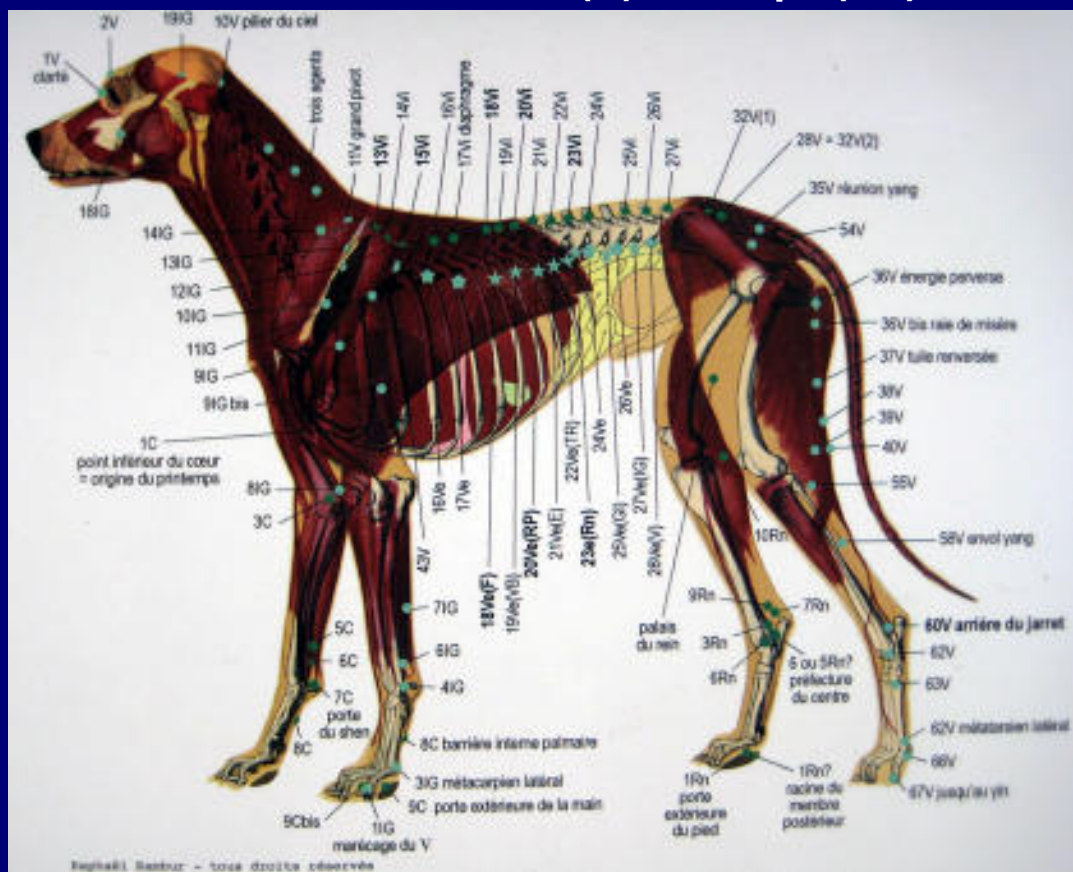
Hai mạch Nhâm (VC) và Đốc (VG)



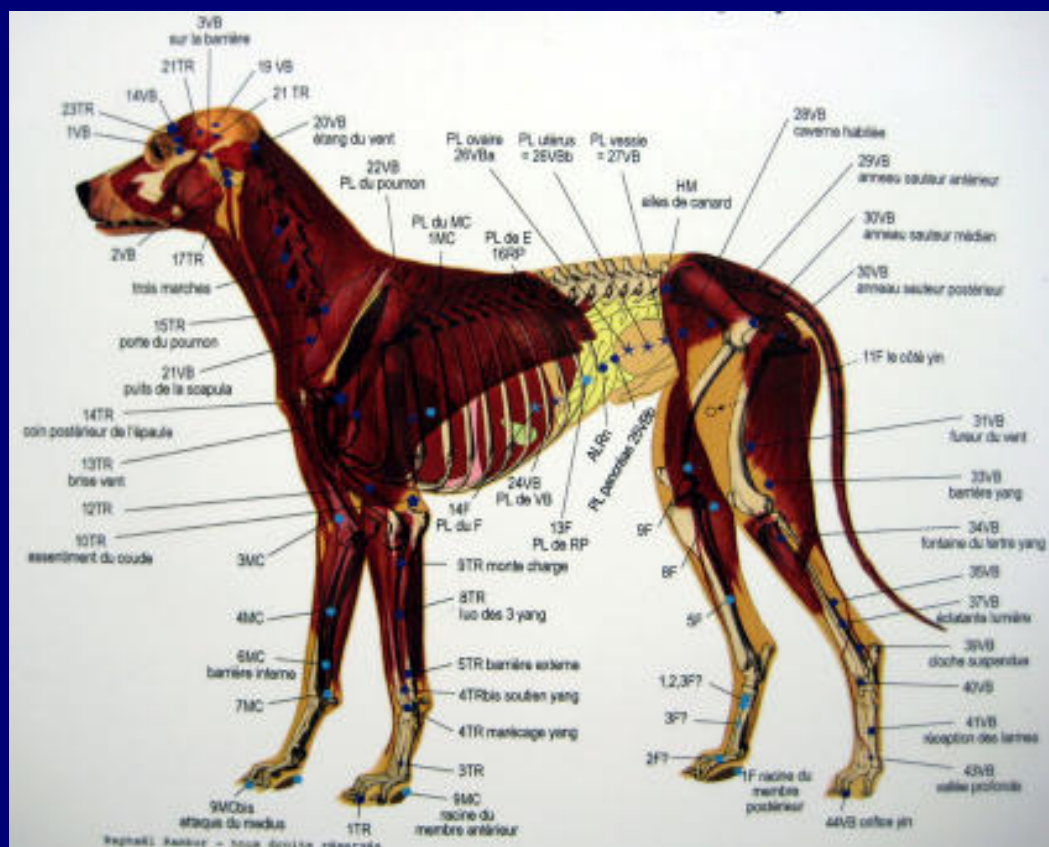
Kinh Dương Minh: Đại Trường (GI) và Vị (E) Kinh Thái Âm: Phế (P) và Tỳ (RP)



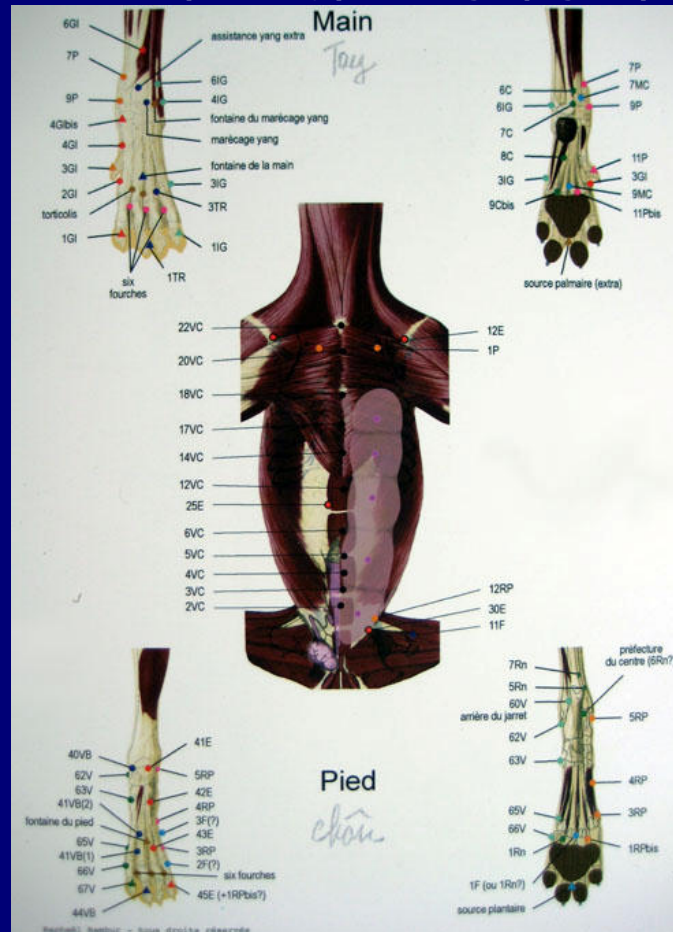
Kinh Thái Dương: Tiểu Trường (IG) và Bàng Quang (V) Kinh Thiếu Âm: Tâm (C) và Thận (Rn)



Kinh Thiếu Dương: Tam Tiêu (TR) và Đờm (VB) Kinh Quyết Âm: Tâm Bào (MC) và Can (F)



Một số Huyệt ở Chi Trước - Một số Huyệt ở Vùng Bụng - Một số Huyệt ở Chi Sau



Modernization of Acupuncture with scientific research on treatment of drug addiction.

Dr. Prof. Nguyen Tai Thu

President of Vietnam Association of Acupuncture.

I. Generality

Since 1982, Vietnam National Institute and Hospital of Acupuncture (VNIA) has carried out research and applied successfully acupuncture treatment in giving up drug - addiction : based on both clinical and paraclinical together with results from electroencephalograph (E.E.G), measurement of morphine in patient's urine and changes of β - Endorphin

II. Symptoms of drug addiction

2.1. Following Symptoms defined by American standard Association (DS M III).

"Drug appetite fit" shows out at least 3 of 13 following Symptoms.

N ^o	Symptoms	N ^o	Symptoms
1	Yawning Ngáp	8	Diarrhoea Øa chầy
2	Running of eyes, nose Chảy n-íc m ³ / ₄ t, mũi	9	Fast pulse beating M'ch nhanh
3	Sweating, itdring, read spots on the skin Toát mồ hôi, nài da gụ	10	Paresthesia Đb cộm
4	Crave for drug Thèm chÊt ma túy	11	Mydriasis Gi-n ®ảng tõ
5	Pains of joins Sầu mái c- khớp, cơ cõng c-	12	Increase of body temperature T'ng th©n nhiÖt
6	Insomnia MÊt ngñ	13	Loss of body weight
7	Nausea/ vomit N«n, buồn n«n		Sót c©n

2.2. Following symptoms defined by Oriental medicine

That is five indications for drug- addiction, that is five clinic forms of drug- addiction: Liver- Gall bladder (Liv- G), Heart- Pericadium- Small Intestine- Triple Warmer (H- P- SI- TE), Spleen- Stomach (SH- S), Lung- Large Intestine (L- LI), Kidney- Urinary Bladder (K- B).

2.3. Theory and treatment methods of acupuncture for five clinic forms of drug- addiction

2.3.1. Syndrome of Liver- Gall ballder (Liv- G)

***Symptoms:** crave for drug, irritability, anxiety, headache, insomnia, red tongue, thick yellowish tongue-coat, yellowish urine, thirsty.

* **Pulses:** Superficial, tense, rapid.

* **Treatment methods:** Disperse heat, diminish the intensity of Fire, balance liver, stomach and intestine, tonify spleen, restore the connection in "Viscera- Organs".

* **Meridians and Points:**

Dispersion: Hanh gian (Liv- 2), Phong tri (GB - 20), Suat coc (GB- 8), Bach hoi (GV- 20), Khuc tri (LI -11), Thuong tinh (GV- 23), Dong tu lieu (GB- 1), Thai duong <Tai Yang>.

-Tonification: Tuc tam ly (ST- 36), Thai khe (K- 3).

2.3.2. Syndrome of Spleen and Stomach (Sp- S):

***Synmptoms:** crave for drug, increase of saliva, abdominal pain, diarrhoea (sometime there's blood in faeces), nausea or sometime vomit of blood, bitter in mouth, weakness, yawning, tearing, tongue covered with thin white coat.

***Pulses:** Superficial or deep, raspy rugged

***Treatment methods:** Strengthen spleen, balance stomach, balance liver, disperse heat, tonify kidneys...

***Meridians and Points**

-**Dispersion:** Noi quan (PC- 6), Than mon (H- 7), Thien khu (S- 25), Hop coc (LI- 4), Luong mon (ST- 34), Trung quan (CV- 12), Giai khe (ST- 41).

-**Tonification:** Khi hai (CV- 6), Quan nguyen (CV- 4), Than du (B- 23), Thai khe (K- 3).

2.3.3. Syndrome of Heart- Small intestine Pericardium- Triple warmer (H- P- SI- TE)

***Symptoms:** crave for drug, abdominal pain, chest uneasy, nervous, high pulse, mild cold, difficult sleep, red tongue, thick tongue- coat...

***Pulses:** superficial, great, rapid

***Treatment methods:** Restore and balance patient's spirit, disperse heat, tonify kidneys.

***Meridians and Points**

-**Dispersion:** Noi quan (PC- 6), Than mon (H- 7), Hop coc (LI- 4), Khuc tri (LI- 11), Thien khu (S- 25).

-**Tonification:** Quan nguyen (CV- 4), Khi hai (CV- 6), Thai khe (K- 3), Than du (B- 23).

2.3.4. Syndrome of Kidneys-Urinary bladder (K- B)

***Symptoms:** crave for drug, backache, pain in bone and joints, (feeling as if insects crawling in their back bone), spermatorrhoea (male), menses disorder or no- menses (female), thin white tongue- coat.

***Pulses:** deep, raspy rugged

***Treatment methods:** tonify kidneys, disperse heat, and restore the connection in "Viscera- Organs".

***Meridians and Points**

-Dispersion: Giap tich (paravertebra L2- L3), Uy trung (B-40), Thu lieu (B- 32), Con lon (B-60), Khuc tri (GI - 11), Huyen chung (GB- 39).

-Tonification: Thai khe (K- 3) → Tam am giao (SP- 6), Trung do (Liv- 6) → Am coc (K- 10).

2.3.5. Syndrome of Lung- Large Intestine (L- LI)

***Symptoms:** crave for drug, dyspnoea, neck- blockage feeling, abdomen pain, red tongue with cracked thick yellow coat.

***Pulses:** Superficial, full, hurried and raspy rugged.

***Treatment methods:** Disperse heat, restore the connection in "Viscera- Organs".

***Meridians and Points**

-Dispersion: Hop coc (LI- 4), Khuc tri (LI - 11), Khi xa (S- 11), Thien dot (CV- 22), Trung quan (CV- 12), Dan trung (CV- 17), Thien khu (S- 25), Quyen lieu (SI- 18) → Nghinh huong (LI -20).

-Tonification: Liet khuyet (L- 7), Xich trach (L- 3), Tuc tam ly (S- 36).

III. Electro - acupuncture on treatment of drug - addiction

-Selecting and using suitable needles to puncture rightly into points given in above formulas and dialectics for treatment. It is very important to puncture accurately to get full of "energy" (also called Qi). Then it is stimulated by electric- stimulator. The flow of Qi is adjusted in order to correct the balance of viscera and organs, eradicate diseases. This adjustment is based on principle of "tonification when it is deficiency and dispersion when it is excesses".



Electro-Acupuncture on treatment of drug-Addiction

+ **Tonification:**

-Intensity: 5- 10 μ A

-Frequency: 2- 5 Hz

+ **Dispersion:**

-Intensity: 10- 20 μ A

-Frequency: 5 - 10 Hz

IV. Evaluation of acupuncture treatment for drug-addiction

4.1. Clinical Evaluation

-Usually after 4 days of acupuncture treatment (some patients only 3 days) symptoms of drug - addiction disappeared.

-Patients started eating more with good appetite. They are healthier and their weight increase 1- 2 kg on average. They do not crave for opium, and sleep well.

4.2. Paraclinical Evaluation

4.2.1. Opiate in patient's urine is examined by device ADX- ABBOT

Opiate in patient's urine is examined by device
ADX- ABBOT

No	Name	Age	First time (first day)	Second time (after 3 days)	Third time (after 7 days)
1	Tran Viet Hung	23	16.620 ng/ml	negative	negative
2	Nguyen Huu Thao	27	11.000 ng/ml	2.400 ng/ml	negative
3	Luu Tuan Anh	19	17.000 ng/ml	negative	negative
4	Ha Son Quynh	24	7.080 ng/ml	negative	negative
5	Nguyen Vi Dai	28	7.000 ng/ml	negative	negative
6	Nguyen Hai Minh	29	5.820 ng/ml	negative	negative



ADX- ABBOT

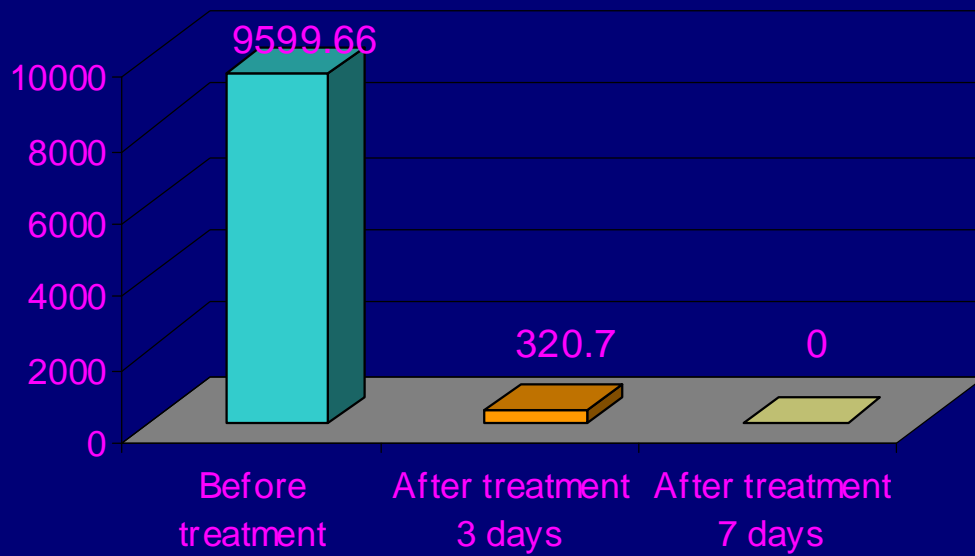
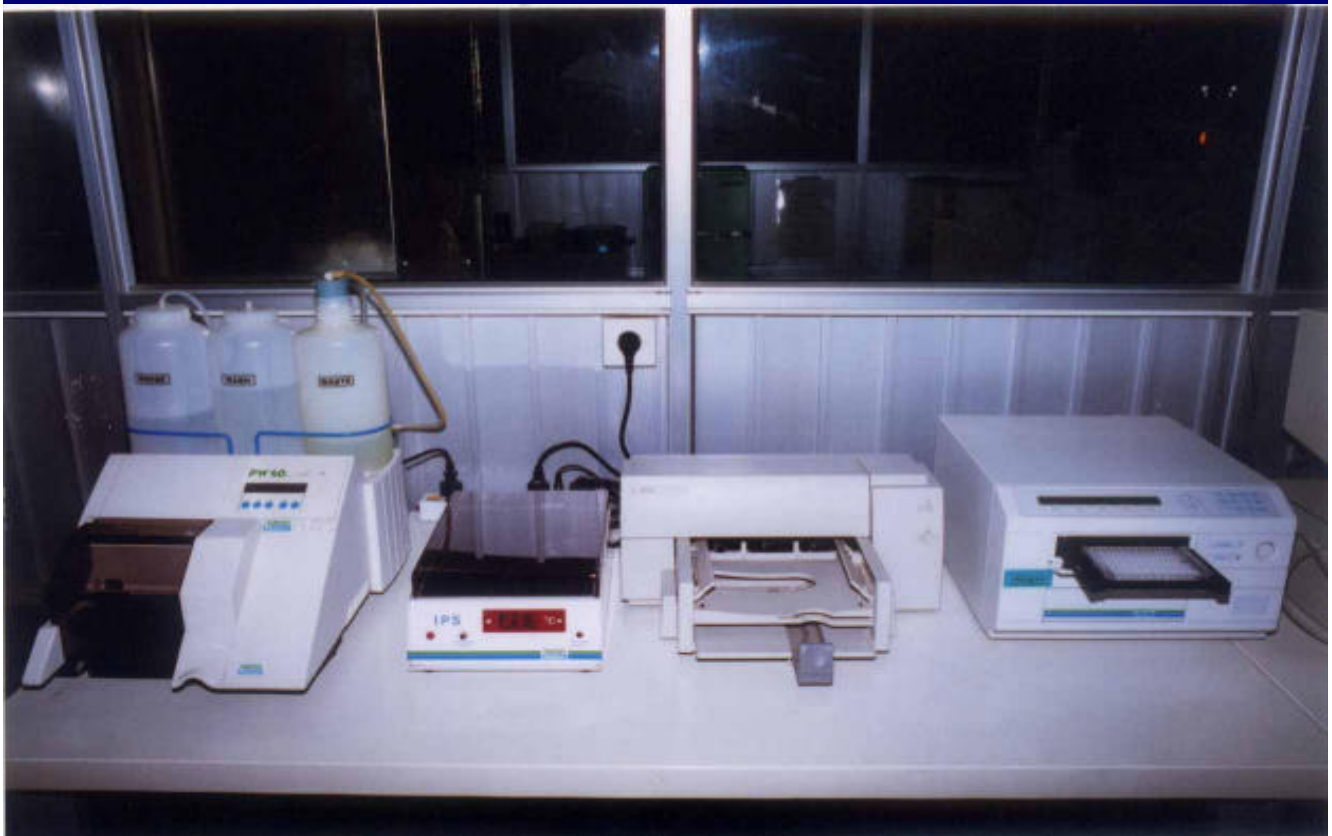


Diagram 1: Opiate in patient's urine is examined by device ADX- ABBOT

4.2.2. β - Endorphin in patient's blood is examined by Appareil PR- 2100- Pasteur Sanofi



4.2.3. Evaluation on changes of β - Endorphin

Time \ B-endorphin	Before Treatment (2) $\bar{X} \pm SD$	After Treatment (3) $\bar{X} \pm SD$	Normal People (1) $\bar{X} \pm SD$
B-endorphin Pg/ng	38.01 \pm 14.34	51.71 \pm 35.14	52.69 \pm 14.85
P	$P_{3-1} < 0.01$	$P_{3-1} < 0.01$	$P_{2-1} < 0.01$

After treatment, the amount of β - Endorphin produced in blood increased and reached the normal level of $52,696 \pm 14,852$.

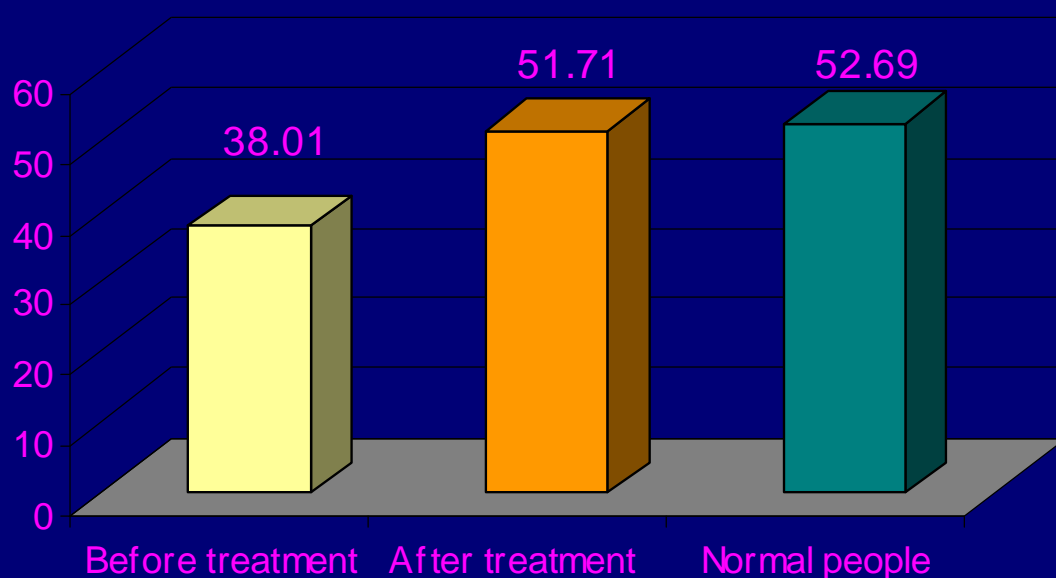


Diagram 2: Evaluation on changes of β -endorphin

4.3. Liver Functions

In most cases, after a treatment course, most liver functions were improved. Enzymes concentration SGOT, SGPT returned to normal. However, patients should continue to restore and improve their liver functions and their health. It's possible 3 times a week to enable the last result for long time and to prevent patient from returning to drug- taking.

4.3.1/ Enzym concentration SGOT, SGPT before and after treatment

Time Enzym (U/l)	Before treatment (1) $\bar{X} \pm SD$	After treatment (2) $\bar{X} \pm SD$
SGOT	73.27 \pm 114.72	74.02 \pm 99.61
P	$P_{2-1} > 0.05$	
SGPT	82.69 \pm 133.47	84.66 \pm 322.11
P	$P_{2-1} > 0.05$	

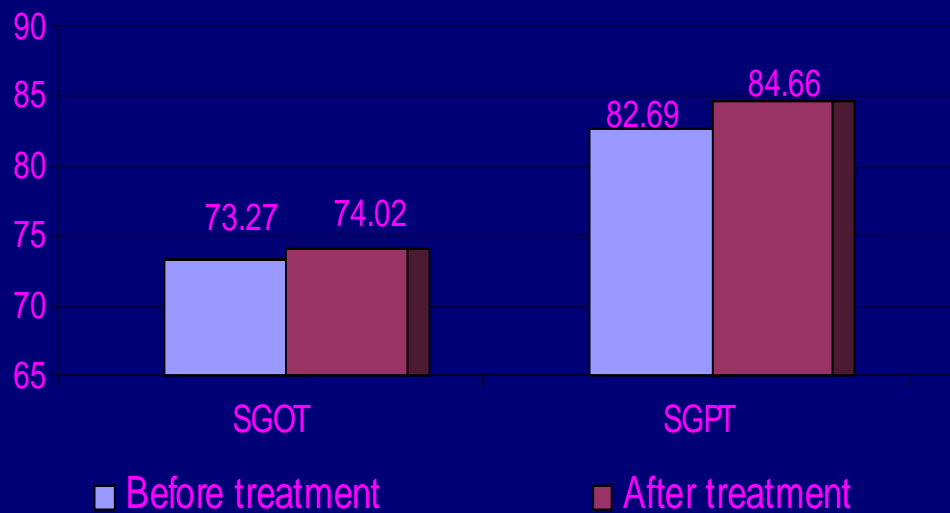


Diagram 3: Emzym concentration SGOT, SGPT before and after treatment

4.3.2/ EEG Evaluation

	Addict group	Average people group	P
Alpha wave	51,55%	60,34%	< 0,05
Delta wave	23,88%	8,10%	< 0,05
Gamma wave	81,25%	10%	< 0,05

Comparison of waves before and after treatment

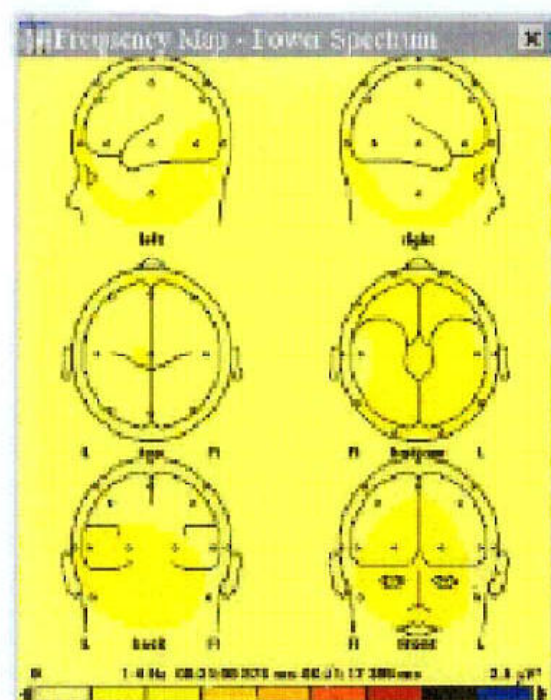
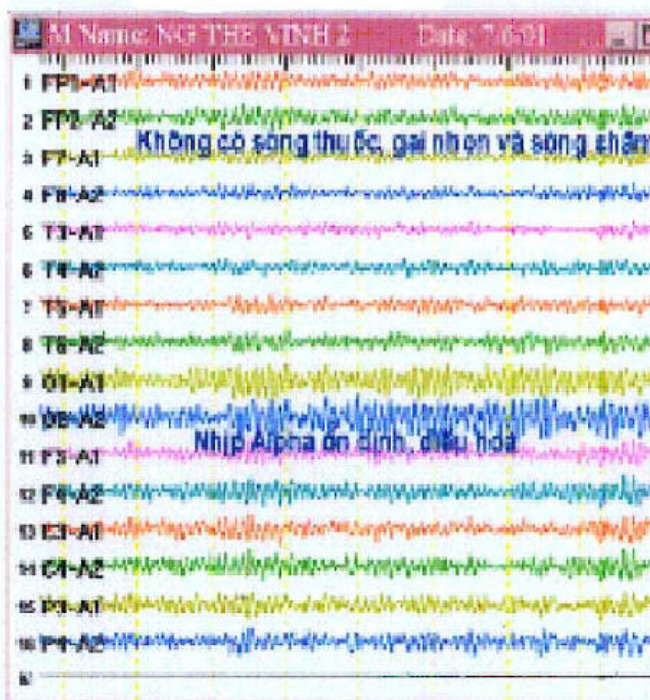
	Before treatment	After treatment	P
Alpha wave	51,55%	54,66%	< 0,05
Delta wave	23,88%	9,5%	< 0,05
Gamma wave	81,25%	10%	< 0,05



Nerofax 2110F – Nihon Kohden- JaPan

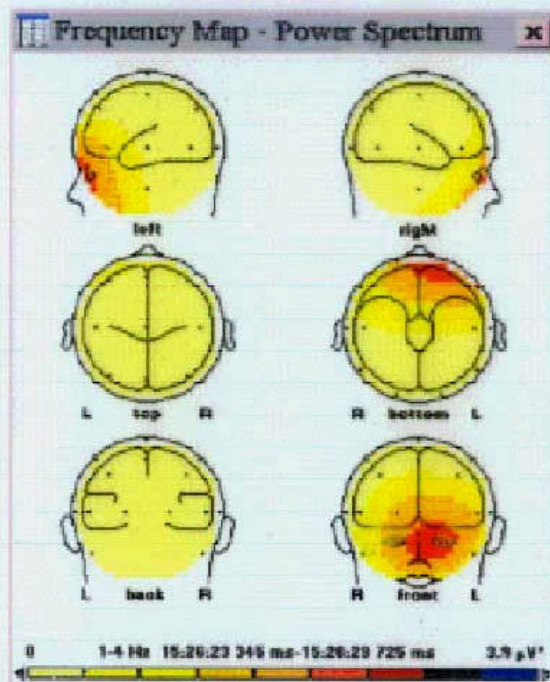
Ally's Technical Department
District Hospital & Institute of Occupational

Electroencephalogram of normal people

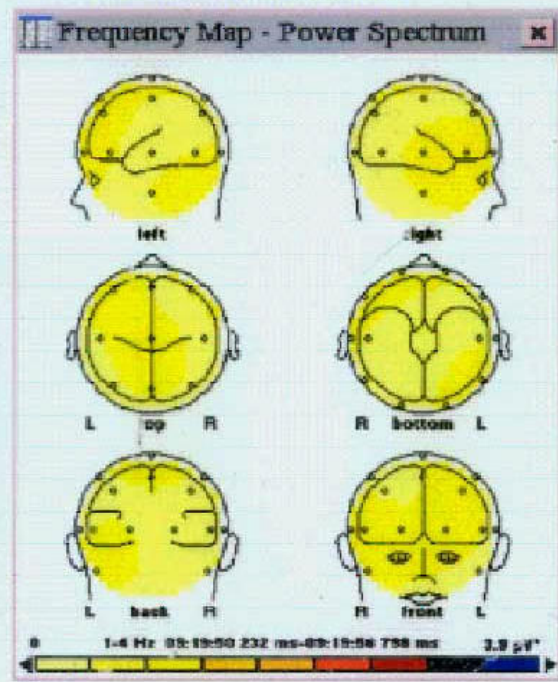


PHAM LE VIET-Age: 21- Drug-Addiction
treatment:21/1-28/1/2003

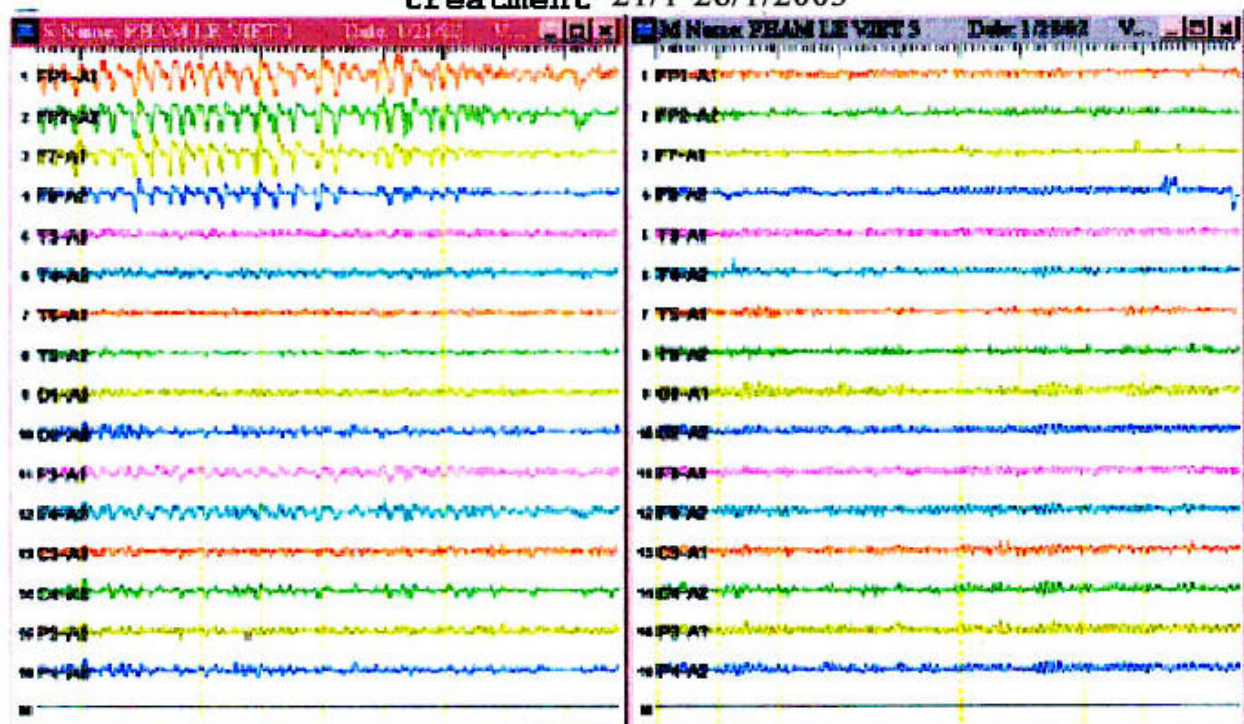
Before treatment



After treatment



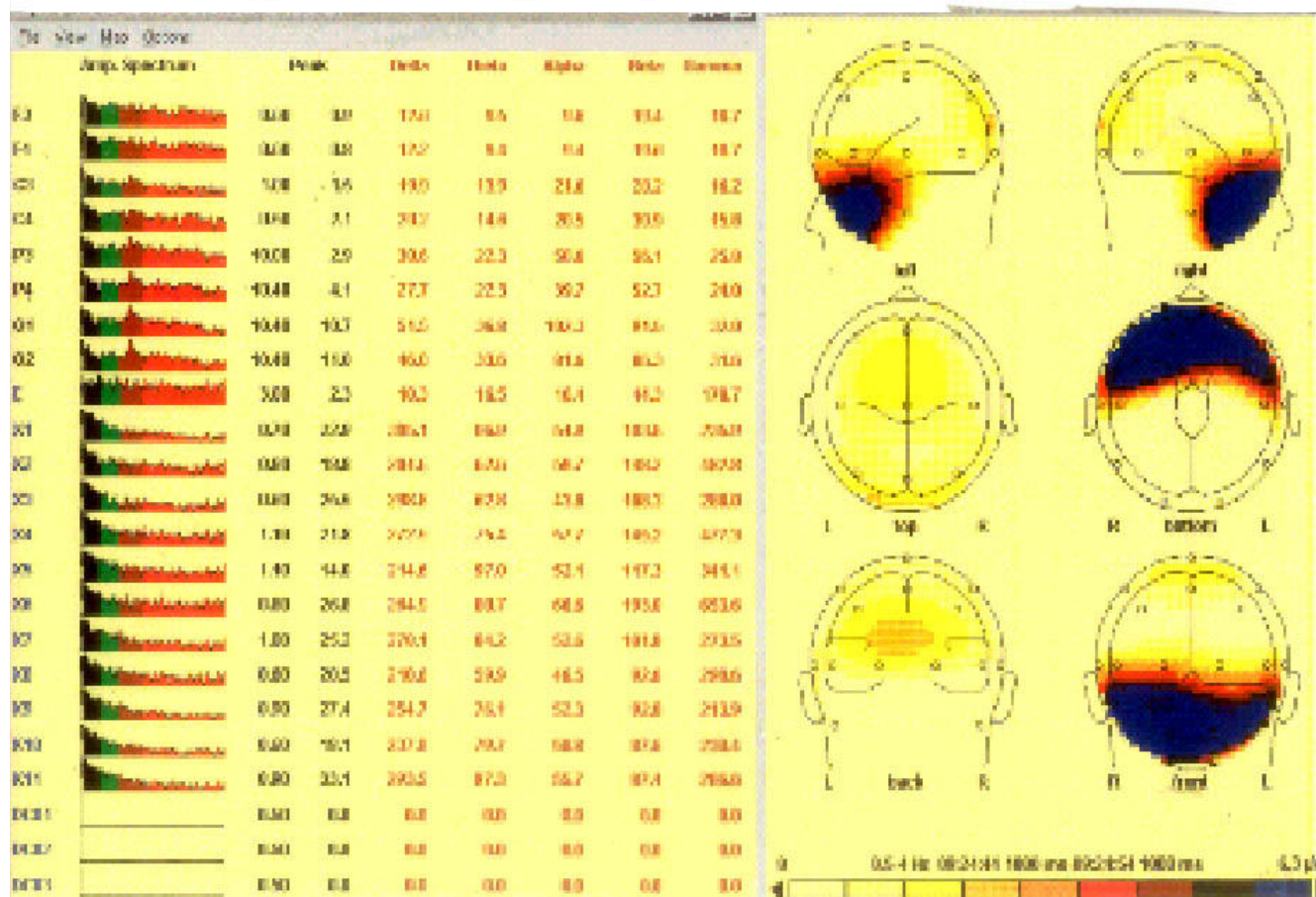
PHAM LE VIET-Age: 21 Drug-addiction
treatment 21/1-28/1/2003



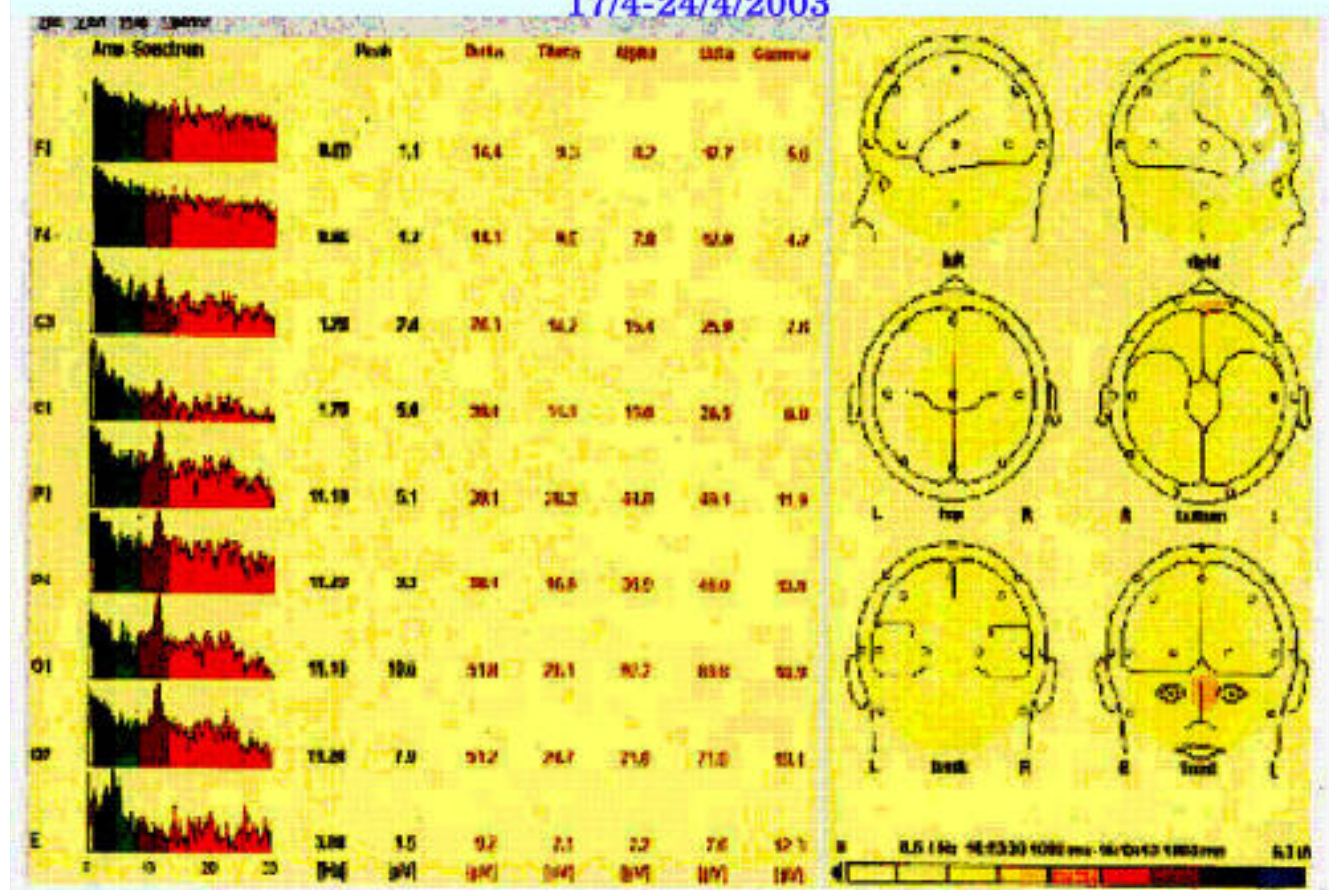
Before treatment

After treatment

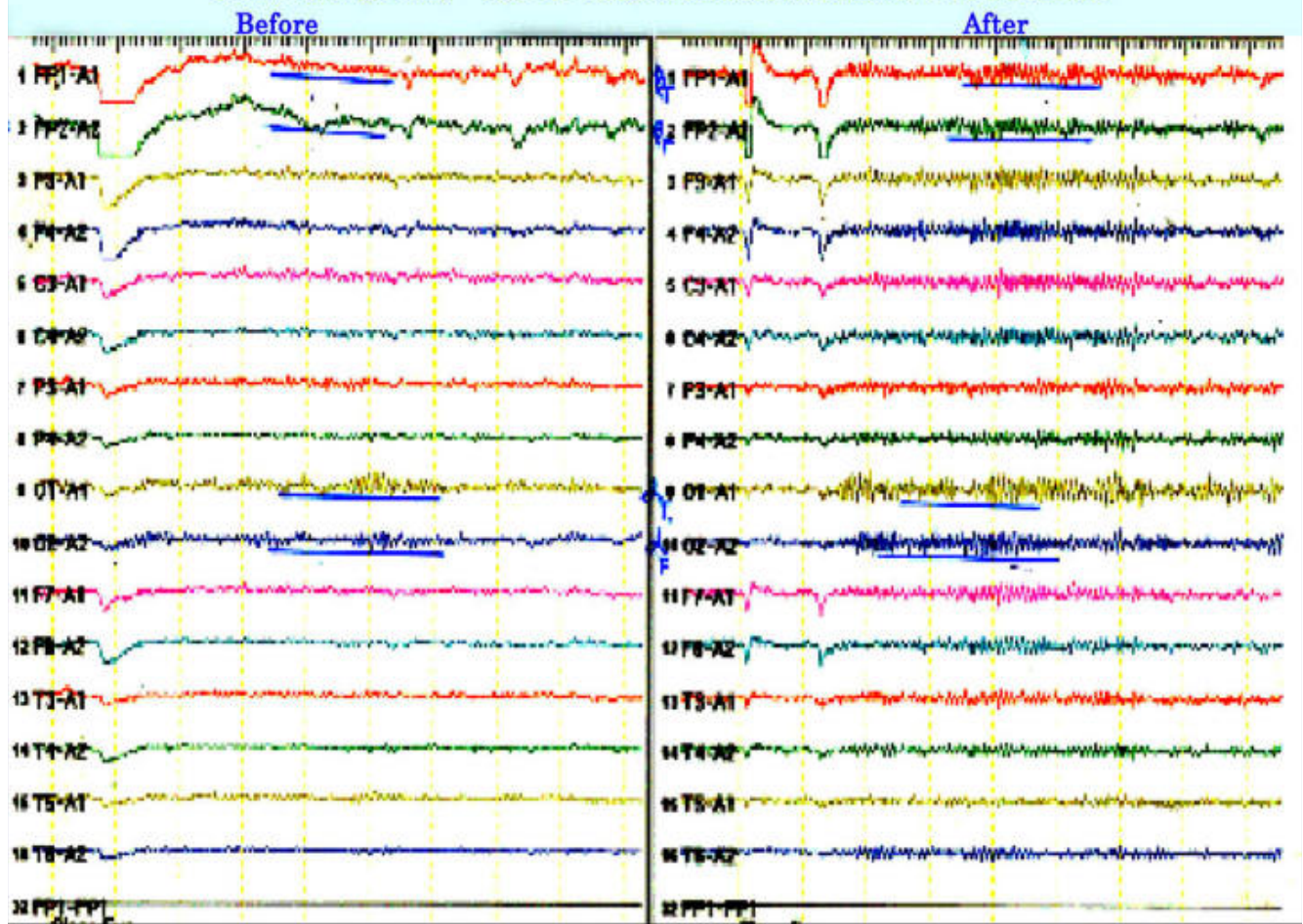
Trinh Quang Hung - 25 Age Drug Addiction treatment 17-24/4/2003



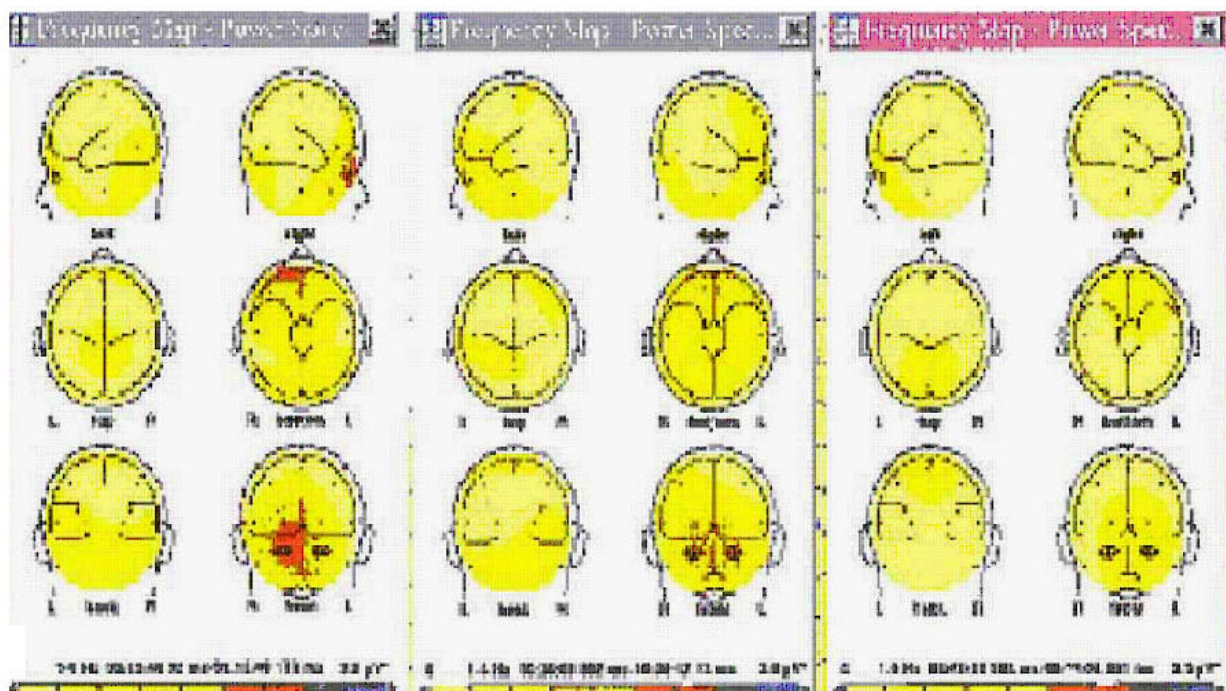
Trinh Quang Hung-Age 25 Drug Addiction treatment 17/4-24/4/2003



Trinh Quang Hung - Age 25 Drug Addiction treatment 17/4-24/4/2003



DINH CONG HOA - AGE 21 Drug Addiction treatment 6/1-28/1-2003

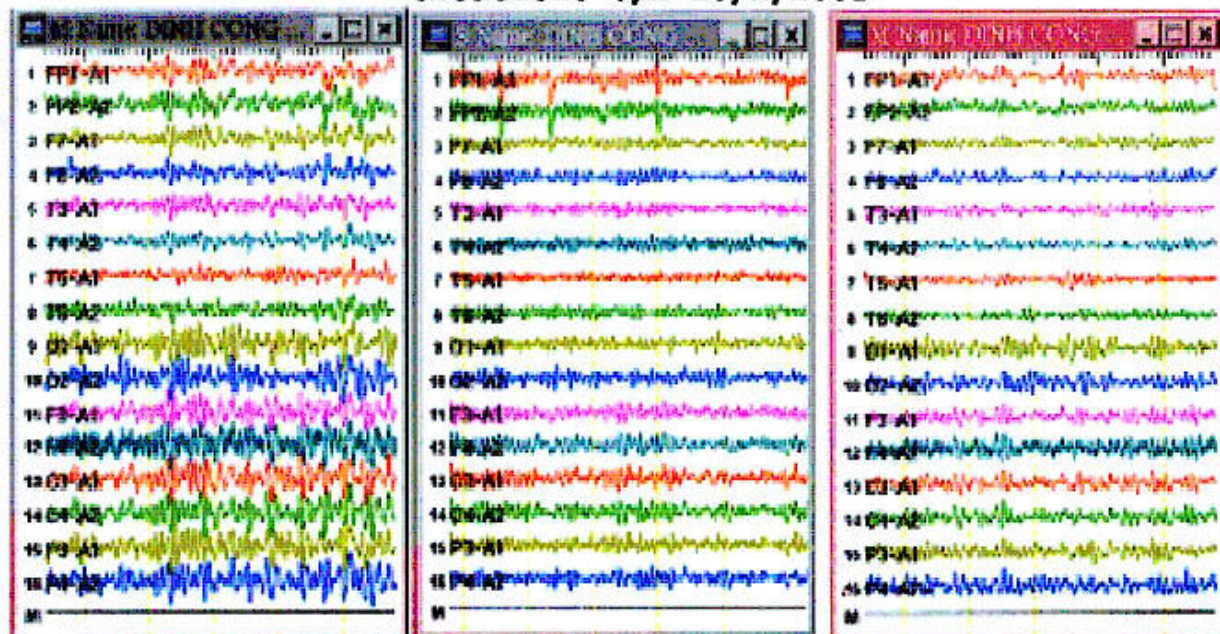


Before treatment

After 7 day treatment

After a treatment duration

**DINH CONG HOA age 21 Drug-addiction
treatment 6/1-28/1/2003**

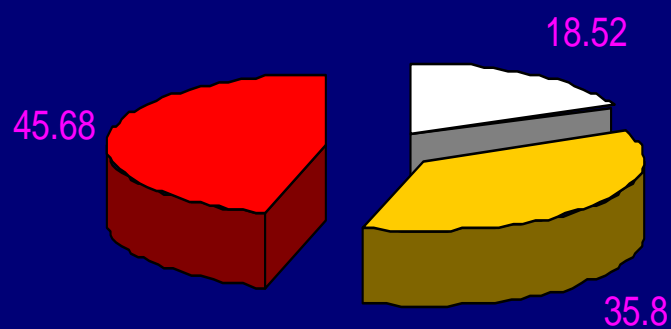


BEFOR treatment

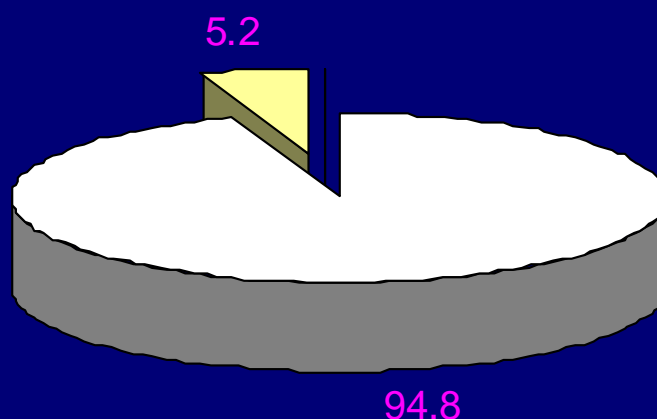
After 7 day treatment

After a treatment duration

Electroencephalogram before treatment



Electroencephalogram after treatment



5/ Statistics of Drug- Addiction Patient and Results from Acupuncture Treatment in Vietnam National Institute & Hospital of Acupuncture (from 1/1994 to 9/2005).

Year	Number of room used	Number of patient	Results
1994	9	150	90%
1995	9	150	90%
1996	9	150	90%
1997	9	156	92%
1998	12	282	92%
1999	12	332	91%
2000	13	278	91%
2001	13	420	93%
2002	14	430	94%
2003	14	430	94.3%
2004	14	594	94.8%
2005	14	765	94.8%
Number of patient treated up from 1/1994- 9/2005 And city, province, distric in Viet Nam		4.137 3.000	

V. Conclusion

1. The research of acupuncture treatment for drug addiction has been applied and wide- spread to give

3. After treatment, patients are happy to return to normal life, they enjoy life and feel a brighter future.

4. Acupuncture treatment for drug- addiction is a simple, less- cost and efficient solution that should be spread in community.

5. Patient family and local authority should be open-minded, encourage and create favorable conditions to help them both when they are in treatment and after treatment while they return to community.

6. After treatment course, we have found that though patient gave up opium, he is still suffering from insomnia, backache, abdomen pain, digestive disorder, etc. Because of such short treatment time of 7 days, all of these problems caused by drug-addiction couldn't be removed immediately. Therefore, in order to improve the treatment result, patients are necessary to have an extra-treatment of about 3 times a week (from 1 to 2 months). Consequently, patients have been practically recovered with low relapsed rate so it's welcome by patients and their family.