

Clinical Study of Huang Shiyao Medicine Oil for Migraine

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Abstract: To observe the clinical effect of oil needle therapy on migraine. 80 cases of migraine patients treated by the First Affiliated Hospital of Guangxi University of Traditional Chinese Medicine from April 2022 to April 2024 were divided into experimental group of oil needle therapy and control group of general therapy according to the treatment methods. Both groups were treated for 3 weeks and maintained the same treatment frequency. Patients' experience and feelings of treatment and the adverse reactions during treatment were recorded respectively, and then evaluated. After the treatment and the cumulative duration of headache and the monthly frequency of the oil needle group was significantly higher than that of the general group, and there were no adverse reactions during the treatment. Yao oil needle therapy has remarkable effect, high safety and clinical promotion significance.

Keywords: Yao medicine oil needle therapy; migraine; research

1. Introduction

Migraine is a common condition, usually accompanied by an allergy to light, sound or smell, as well as nausea and vomiting. Migraine has caused a significant impact on human normal life, with the majority of adolescent women, and the onset lasts for a long time, and some can even reach more than a few weeks. At present, the cause of migraine is not clear, and some studies have shown that migraine has a familial genetic tendency and is susceptible to environmental and biochemical factors. In addition, migraine attacks may be triggered by certain foods, stress, hormonal changes, changes in sleep patterns, or other triggers. The purpose of this study is to observe the clinical effect of Yao oil needle therapy in treating migraine, improve the treatment plan of Yao oil needle therapy, and lay a good foundation for the development of Yao medicine culture, which is reported as follows:

2. Clinical data

2.1 General information

In this study, the clinical data of 80 migraine patients treated in the Acupuncture Department of the First Affiliated Hospital of Guangxi University of Traditional Chinese Medicine from April 2022 to April 2024 were selected. They were divided into 40 patients each of the control and experimental group. Patients ranged from 15 to 69 years and the disease duration lasted up to 2 – 30min. The disease duration was 2 months to 3 years with a mean (1.44 ± 0.36) years.

2.2 Diagnostic criteria

① It meets the relevant diagnostic criteria for chronic migraine as specified in the Chinese Guidelines for the Prevention and Treatment of Migraine^[1]. ② Activity can aggravate pain, nausea, vomiting, fear of light, and unilateral pulsatile pain in the head during headache^[2]. ③ Eliminate other causes of headaches.

2.3 Inclusion criteria

① Meet the relevant diagnostic criteria of migraine, and have the relevant clinical symptoms of migraine. ② The patient had no history of other trauma or hypertension.

2.4 Exclusion criteria

Dizziness, migraine and other symptoms caused by intracranial or cerebrovascular disease, headache caused by severe head damage or reduced intracranial pressure, headache caused by facial features or systemic diseases, headache caused by adverse drug effects, headache caused by mental diseases, etc.

2.5 Treatment methods

2.5.1 The experimental group.1

Use yao medicine oil needle therapy treatment. First of all, the fine needle in the alcohol lamp flame heated to 120~140°C after quickly dipped in medicine oil, after the original needle in double temples, Yintang, Baihui each 1 needle, 10 to 15 min after the needle. Once a day for 7 days (1 course). There is no need to lift the needle or stimulate the needle.

2.5.2 Control group

The common treatment plan was used and maintained the same operating indexes and treatment steps as in the experimental group. After injection, use the twist technique and leave the needle for 10 to 30 min. During the treatment, the injection time should be adjusted according to the patient's constitution and disease course.

2.6 Efficacy observation

Comparing the efficacy of the experimental group and the control group during the treatment period, various adverse reactions, including dizziness, facial convulsions, nausea, vomiting, and light fear, were recorded during the treatment process. The pain grade was divided into 0~10, the higher the grade, the more obvious the pain, after the treatment of the pain and reduced to grade 4 for the treatment effect was significant, greater than grade 4 is invalid.

2.7 Statistical Methods

Using SPSS23.0 software, the mean \pm standard deviation ($\bar{x} \pm s$): used to record the central trend and dispersion of the data, the mean (mean) represents the mean level of the data, and the standard deviation indicates the degree of dispersion of the data distribution. The data differences were determined by t-test and the rank sum test was used to compare whether the position of the distribution between the two groups was significantly different.

3. Results

The comprehensive score, cumulative headache duration and monthly number of headache attacks were analyzed, and the overall data of the observation group were lower than that before treatment ($p < 0.05$). The data were statistically significant. The details are shown in Table 1

Table 1: Comprehensive scores and accumulation of migraine patients before and after treatment and at follow-up Comparison of headache duration, number of headache attacks per month ($\bar{x} \pm s$)

group	Example number	time	Comprehensive score	Cumulative headache duration / h	Number of headache attacks per month
experimental group	40	pretherapy	12.88 \pm 2.55	21.62 \pm 15.88	3.44 \pm 1.01
		post-treatment	9.66 \pm 4.3 ¹⁾²⁾	9.73 \pm 11.0 ¹⁾²⁾	1.92 \pm 0.76 ¹⁾²⁾
		fl.up	11.27 \pm 2.78 ²⁾	14.78 \pm 9.61 ²⁾	2.39 \pm 0.87 ²⁾
control group	40	pretherapy	13.25 \pm 3.22	23.75 \pm 16.78	3.06 \pm 1.05
		post-treatment	12.64 \pm 3.12	19.92 \pm 15.76	3.01 \pm 1.13
		fl.up	13.58 \pm 3.68	22.87 \pm 13.41	3.15 \pm 1.26

Note: compared with the current group before treatment, 1) $P < 0.05$; compared with the control group, 2) $P < 0.05$.

4. Conclusions

Pain is an instinctive reaction of the body caused by a harmful stimulation of the body. Because

each individual's pain threshold varies, the sensitivity and tolerance to pain vary. When a part of the body is damaged or pathological, nociceptors (usually free nerve endings) are activated to transmit signals through the peripheral nerves to the spinal cord, and then along the spinal cord to different regions of the brain^[3]. At the same time, the body initiates an endogenous analgesic system, which produces morphine-like hormones. These hormones bind to the morphine receptors and exert their analgesic effects. Modern medicine believes that migraine is a complex primary neurovascular disease, which may lead to the development of reactive congestion and aseptic inflammation during migraine attacks because of vascular vessels, release of inflammatory mediators, and neurogenic inflammation^[4]. Studies have shown that in the aura period of migraine, local arterioles may contract due to platelet dysfunction, causing a state of ischemia and hypoxia, which is a key factor in the attack of migraine^[5]. Huang's Yao medicine oil needle therapy has been optimized on the basis of the traditional Yao medicine oil needle therapy, which improves the treatment efficiency and effect. The therapy strives to integrate the medicine and needle, direct the medicine and oil to the lesion through the spiral needle, and improves the pertinence and effectiveness of the treatment. At the same time, the needle operation is relatively simple, does not need to add other acupoints, do not need to lift the needle stimulation, the needle time is only 10-15 minutes, once a day, convenient for patients to accept and adhere to the treatment. This study summarized and analyzed the effect of Huang's oil and ordinary acupuncture therapy on migraine. The results showed that the clinical effective rate of Huang's acupuncture group was significantly higher than that of ordinary acupuncture group, which showed that the effect of acupuncture therapy was better in the treatment of migraine. This study is only a random selection of some cases, and only used pain classification as the only evaluation criterion. It lacks a comprehensive evaluation index of functionality and other aspects, and further research is needed. In a word, Huang Shi Yao medical oil needle therapy has a good effect on migraine, and strong stability, no other side effects. In the follow-up treatment of migraine, the traditional therapy can be used together with yao medicine oil needle, which has played a good role^[5]. According to Chinese medicine, the onset of migraine is closely related to the dysfunction of internal organs and the disharmony of qi and blood. In Chinese medicine theory, qi and blood are important substances to maintain the normal physiological function of the human body. If the qi and blood do not run smoothly, it will lead to the appearance of headaches and other symptoms.

Huang's Yao Medical Oil Acupuncture, as a traditional therapy that combines medicine and needles, the oil part of the medicine is mainly extracted from a variety of Chinese herbs, including lavender oil, peppermint oil, clove oil, camphor and so on. These ingredients have obvious effects of warming the menstruation and dispersing cold, dispelling wind and relieving pain, and are able to relieve patients' headache symptoms. Migraine is due to poor qi and blood, meridian obstruction, causing local tissue ischemia and lack of oxygen and the onset of the disease, Huang's Yao medical oil needles have the efficacy of warming the meridians and activating blood circulation and dissipating blood stasis, which can improve the blood circulation of the local tissues and alleviate the state of local hypoxia, so as to alleviate the symptoms of headache. At the same time, the composition of Huang's Yao Medical Oil Needle contains peppermint oil, camphor and other ingredients that have the effect of dispelling wind and dispersing cold, relieving pain and tranquillising the mind, which can alleviate the patient's symptoms of headache and vertigo, improve the patient's quality of sleep, alleviate the over-sensitivity to external stimuli, and is conducive to regulating the patient's function of the nervous system. The onset of migraine is closely related to the imbalance of the neuroendocrine system. Huang's Yao medicine oil needle treatment for migraine can also improve the patient's emotional state, sleep quality, and adjust the function of the neuroendocrine system, so as to achieve a multi-faceted treatment of migraine purpose and effect.

In conclusion, the clinical effect of Huang's Yao medicine oil needle treatment for migraine is remarkable, which can significantly improve the discomfort symptoms of patients and reduce the frequency and duration of attacks, but the sample size of this study is limited, so it is still necessary to continue to expand the sample sample, and to clarify the clinical safety and efficacy of the process of treatment, and the prognosis.

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