

Professor Yin Kejing's experience in treating vertebral artery type cervical spondylosis with the method of "three channels and one regulation"

Xu Weiwei^{1,a}, Yin Kejing^{2,b,*}, Li Min^{2,c}, Du Xu^{1,d}

¹Department of Acupuncture and Moxibustion, Shaanxi University of CM, Xianyang, China

²Acupuncture and Tuina Department, Second Affiliated Hospital of Shaanxi University of CM, Xianyang, China

^a1006063086@qq.com, ^bzyingkejing@163.com, ^c568924438@qq.com, ^ddxdmzhnsh@sina.com

*Corresponding author

Abstract: The treatment concept of "Three Links and One Adjustment" method is a summary of Professor Yin's decades of experience in treating cervical spondylosis. According to the theory of "Nei Jing" and many years of clinical experience, Mr. Yin has summed up the physiological anatomy of the neck, the circulation of the meridians, the spine and the spine. There is a close relationship in mechanical balance and other aspects, and the meridians, blood vessels, and yin and wei in traditional Chinese medicine are interoperable, forming a unique opinion on the diagnosis and treatment of vertebral artery type cervical spondylosis. Acute spasm, conforming to the orderly arrangement of the cervical spine joints. "Three links and one adjustment" method in the treatment of vertebral artery type cervical spondylosis has obvious clinical effect.

Keywords: "three links and one regulation" method; vertebral artery type cervical spondylosis; experience of famous doctors; Yin Kejing

1. Introduction

Cervical spondylosis of the vertebral artery type (CSA) is one of the common types of cervical spondylosis. The occurrence of the disease is caused by the compression of the vertebral artery by a variety of factors, mainly related to the insufficiency of blood supply to the vertebral artery induced by the stimulation of the vertebral artery and the cervical sympathetic plexus ^[1]. If effective treatment is not given in time, mild cases may have a series of symptoms such as headache, dizziness, blurred vision, deafness and tinnitus, and severe cases may experience orthostatic cataplexy ^[2,3]. Cervical spondylosis of vertebral artery type is more common in middle-aged and elderly people. With the development of social and economic information leading to changes in human lifestyles, the incidence of cervical spondylosis of the vertebral artery type tends to be younger. Throughout the present, there are many measures for clinical intervention in CSA, such as oral administration of Chinese and Western medicines, surgical treatment, massage and acupuncture. Attacks, and the long-term efficacy is not ideal ^[4,5]. Therefore, finding a safe, reliable and effective method for the treatment of vertebral artery type cervical spondylosis is a serious task faced by clinical doctors at present ^[6].

Professor Yin Kejing is familiar with the classics of doctors, has solid basic theory and rich practical experience. Points are pertinent, the effect is remarkable. I am fortunate enough to learn from my teacher and benefit a lot. In recent years, according to the theory of "Nei Jing" and many years of clinical experience, Professor Yin concluded that the neck is closely related in physiological anatomy, meridian circulation, spine mechanical balance, etc., and that the meridians, blood vessels, and yin and wei in traditional Chinese medicine are interoperable, forming a pair of vertebrae. He has unique opinions on the diagnosis and treatment of arterial cervical spondylosis, and puts forward the treatment concept of "three links and one regulation", and the clinical effect is obvious.

2. The etiology and pathogenesis of cervical spondylosis

Although Chinese medicine does not have the name of "vertebral artery type cervical spondylosis", but according to its clinical signs, it generally belongs to the categories of "neck Bi", "Xianqiang",

"dizziness", and "bi syndrome" in traditional Chinese medicine.^[7-9] "Su Wen Bi Lun" proposes that "the three qi of wind, cold and dampness are mixed together, and they are combined to form a bi", which shows that the three evil qi of wind, cold and damp play an important role in the occurrence and development of cervical spondylosis. Afterwards, it will cause paralysis in the muscles, joints, and meridians of the body. Most scholars believe that the exogenous six evil spirits are the external factors that lead to cervical spondylosis, while the lack of congenital endowment and acquired dystrophy are the internal causes of cervical spondylosis. In addition, the stagnation of phlegm and blood stasis over time makes the disease lingering and difficult to recover^[10].

Professor Yin has a unique understanding of the disease. Through long-term clinical observation and practical exploration of the disease, Yin Lao found that "invasion of exogenous wind-cold-dampness pathogenic qi and convulsions and convulsions" are the common causes of its onset, "the meridians and tendons". Imbalance and blockage of meridians and collaterals" are the external manifestations of the disease, and "deficiency of the spleen and kidney, imbalance of yin and wei" is the central link. Accordingly, Professor Yin Kejing, on the basis of traditional Chinese medicine theory, integrates the pathological theory of Western medicine, and proposes the "three links and one regulation" method to treat vertebral artery type cervical spondylosis.

3. Treatment of vertebral artery type cervical spondylosis with the method of "three links and one regulation"

The "Three Links and One Tune" method is to use traditional acupuncture combined with joint restoration to dredging the meridians, dredging the vessels and promoting blood circulation, promoting the health, and regulating the compliance of the cervical spine joints, so as to unblock the meridians, relieve muscle spasms, activate collaterals and remove blood stasis. Invigorate Du Yang, and comply with the orderly function of cervical spine joints. The clinical effect is obvious.

3.1. Clear the meridians: to treat the emergency

Although cervical spondylosis of vertebral artery type affects the neck, it often involves the head, shoulders and back, often causing dizziness and discomfort in the shoulders and backs. Its pain and symptoms are closely related to the circulation of the meridians. Throughout the chapters of the "Nei Jing", it is mentioned that there are several meridians passing through the neck of the human body. These meridians are important hubs for connecting the body's internal organs, limbs and bones, and the circulation of qi and blood. Professor Yin Kejing chooses the treatment method based on the theory of the meridians by combing the theory of meridian and collaterals in the "Nei Jing". Therefore, "the head is the meeting of the suns". The Governor Vessel is located in the middle of the cerebral spine. It ascends from the coccyx along the spine to Fengfu Point and enters the brain. When the Governor Vessel is diseased, the spine is strong and reflexed, and the spine is strong and jue [11,12]. The three yang meridians of the hands and feet all meet with the governor meridian, so they play the role of commanding and supervising the yang meridians of the whole body. Therefore, in the treatment of cervical spondylosis of vertebral artery type, it should be treated according to the meridian theory to achieve dredging of the meridians, so as to treat its emergency.

3.2. Tongmai and blood circulation: to treat its causes

The exogenous pathogenic qi of vertebral artery type cervical spondylosis is the three evils of wind, cold and dampness. It is believed that feeling the three evils of wind, cold and dampness is the cause of arthralgia. Modern medicine has shown that cervical spondylosis of vertebral artery type is closely related to the occurrence of cardiovascular and cerebrovascular diseases. The main reason is that vertebral artery spasm can induce coronary artery spasm, thereby causing cardiovascular disease[13,14]. There are also related records in the Internal Meridian, "The forehead is connected to the top of the governor channel, and it enters the brain...in the absence of the pelvis and the heart. It means that the cervical vertebrae are connected to the brain and the lower to the heart. Blood stasis. Therefore, Yin Lao chooses acupuncture for warming and dredging, which can give full play to expelling wind, cold and dampness pathogens, and clearing blood stasis in meridians, so as to achieve dredging and activating blood circulation, so as to cure its causes.

3.3. *Xuantong Yingwei: To cure its root cause*

Professor Yin believes that the root cause of cervical spondylosis of the vertebral artery type is the discord between the camp and the defense. "Su Wen Bi Lun" says that "the camp is the essence of water and grain. Therefore, it circulates up and down the meridian, runs through the five zang organs, and connects the six fu organs. Insufficient blood qi leads to a deficiency of righteous qi inside, which is easy to cause pathogens to invade. Outside, the meridians are not nourished, the fascia of the limbs are slack, and the hands and feet are weak and weak. "Su Wen Bi Lun" says: "The defender is the fierce qi of water and valley. . Therefore, it circulates through the skin, divides it between the meat, smokes it in the scorpion membrane, and distributes it in the chest and abdomen [15]. "In the line of business, outside the line of defense" complement each other. If the Qi of nourishing blood is insufficient, the cervical vertebrae will not get nutrition and cause the pathological changes of physiological function decline. If the Wei Qi function is out of order, the neck will not be protected. lead to the invasion of evil. As the "Nei Jing" says: "Wind, rain, cold and heat must not be deficient, and evil should not harm people alone. Therefore, in the treatment of vertebral artery type cervical spondylosis, the method of Xuantong, Yingwei, and Wei should be adopted to cure the root cause.

3.4. *Adjust the cervical spine joint: to control its shape*

Cervical spondylosis does not only affect the muscles, joints and bones of the neck. From the perspective of the interrelatedness of the three parts of the neck, waist, and spine in terms of physiological anatomy, spinal mechanical balance, etc., it is the so-called pulling one hair and moving the whole body. Cervical spondylosis can cause the overall deformation of the spine in the body. "Sit-up-reduction manipulation" is an original restoration technique summed up by Professor Yin in the diagnosis and treatment of cervical spondylosis patients in his decades of clinical practice. It can effectively improve the blood circulation of the neck and improve the blood supply to the head. Lift to open the space between the vertebrae, allowing the misplaced disc to return ^[16]. After using this technique, symptoms can be relieved immediately, and the compression of the nerve by the disc herniation can be relieved. It can be used after the diagnosis of no organic disease. The method reduces the risk of pulling the method and also avoids the pain of surgical treatment for the patient. When combined with acupuncture, it often achieves remarkable results.

4. Examples of case verification

The patient, female, 45 years old, came to the clinic on October 20, 2021. Chief complaint: "Neck and shoulder pain with headache for 6 months, dizziness and unsteady walking for 1 week after aggravation in recent weeks". History of present illness: The patient is a clerk, often working with his head down at his desk, his neck is often uncomfortable, and his activities have improved a little. In the past week, he has dizziness and headache, and is accompanied by limited neck movement, shoulder and back pain, and has purchased plaster by himself. After acupuncture and massage, the symptoms did not improve. Admired for treatment in the studio of Yin Keqing, a famous old Chinese medicine practitioner in Shaanxi Province. Engraved symptoms: neck pain with limited mobility, dizziness and headache, unsteady walking like stepping on cotton, good spirits, poor appetite, dry stools, red tongue, thin yellow coating, thin pulse. Physical examination: cervical spine flexion and extension were limited, tenderness of the spine of the scapula was obvious, muscle tension and strength of both upper limbs were normal, and tendon reflexes were present; magnetic resonance imaging of the neck showed that the physiological curvature was straightened, and the cervical 3, 4, and 5 intervertebral discs were protrude.

Diagnosis of TCM: Neck Bi syndrome. Western medicine diagnosis: cervical spondylosis (vertebral artery type). Acupuncture is given to clear the meridians, clear the meridians and activate blood circulation. Acupuncture points: Fengchi, Tianzhu, Tianliao, Tianzong, Sanyang collaterals, Qiuxu Toshen vein. Operation: The patient is placed in the prone position, and the acupuncture site is fully exposed. Routine disinfection with 75% medical ethanol and 0.25mm×40mm disposable acupuncture needles are used. once. After the acupuncture is completed, the patient is instructed to sit, first press and rub the Tianliao and Tianzong points to completely relax the trapezius muscle, place the thumb and middle finger of one hand on Fengchi acupoint, the hypothenar against Dazhui, and the palm of the other hand. Raise the forehead with both hands. At the same time, use your thumb to adjust the compliance of the uncinat joint, and alternate your hands. After the treatment, the patient felt that his head was clear, his neck could move freely, his pain was relieved, and his walking was more stable than before. Second visit: On October 22, 2021, the patient complained of dizziness, neck pain, significantly

reduced activity limitation, stable walking, improved sleep, and smooth stool. The treatment method is the same as before. Third consultation: On October 25, 2021, the patient reported that the symptoms of dizziness were gone, and the neck pain was significantly improved. The patient's condition is stable, satisfied, sleep well, normal stools, pale tongue, thin white coating, slippery pulse. The patient reported that the first item was very easy. In order to consolidate the treatment, he continued to treat for 5 times and the symptoms disappeared completely and recovered.

Note: This case is a case of vertebral artery type cervical spondylosis. The patient's long-term work at the desk leads to the obstruction of qi and blood in the neck, the emptiness of the collaterals, the entry of exogenous pathogens, the meridian of the evil, the lack of solidity of the outer body, the disharmony of qi and blood, the dystrophy of the muscles and veins, and the degeneration and instability of the cervical vertebrae and the compression over time. The vertebral artery causes insufficient blood supply to the base of the skull and causes dizziness. Traditional Chinese medicine believes that vertebral artery type cervical spondylosis belongs to the category of obstruction of phlegm-dampness, qi stagnation and blood stasis, wind-cold-dampness, and liver and kidney insufficiency^[17]. The clinical treatment is mainly based on traditional Chinese medicine acupuncture^[18]. Muscle discomfort in various parts can reduce local inflammation and edema, improve some microcirculation obstacles, and also improve the blood supply to the patient's brain^[19-22], in addition, there are abundant muscle tissue and nerves at acupuncture points, and after acupuncture It can relieve muscle spasm and tension, promote local motor and sensory nerve conduction, and relieve symptoms of headache and dizziness^[23,24]. Professor Yin Keqing used Fengchi, Tianzhu, Tianliao, Tianzong, Sanyangluo, Qiuxu and Shenmai acupoints for treatment^[25]. After the acupuncture is completed, the sitting position is lifted and reset is used. Tianliao and Fengchi points are the meeting points of Shaoyang and Yangwei in the hands and feet. "Waitai Secret Yao" records that Fengchi "clamps both sides of the neck", which has the effects of relieving spasm and dizziness and improving eyesight. Important acupoints^[13]. Modern medicine has also confirmed that this acupoint has the function of improving the blood supply of the vertebrobasilar artery^[26]. Tianzhu acupoint and Tianzong acupoint belong to the Taiyang meridian of the hands and feet. The combination of the two points can dredge the qi of the sun meridian of the head and neck, and the smoothness of the meridian can relieve pain. The Shaoyang meridian is the pivot of human qi and blood, and the three yang collaterals are the meeting place of the three yang meridians of the hand, and the meeting place of the yang qi of the three yang meridians of the hand. "Plain Question • Anger Tongtian Theory", the qi and blood of Hand Yangming and Hand Taiyang are injected into this point. Adjusting the cardinal of Shaoyang, dredging the Shaoyang meridians, can play the effect of dredging the meridians of the whole body. "The Classic of Difficulties" says: "The loss of the main body is severe pain in the joints", and when the Shen meridian is lost to the sun, the Yangqiao meridian begins to grow. "Lingshu Meridian" states: "Qiuxu is the original point of Shaoyang of the foot, and the main bone is sick; Qiuxu's penetrating meridian has the function of dredging the meridians and regulating the bone marrow.

In this case, Professor Yin used acupuncture and moxibustion for joint restoration through the "three channels and one adjustment" method to dredging the meridians, dredging the meridians and activating blood, promoting the health, and regulating the cervical spine joints, so as to unblock the meridians, relieve muscle spasm, and activate collaterals. Remove blood stasis, invigorate Du Yang, and conform to the function of orderly cervical spine joints. Acupuncture and manipulation are used synergistically to complement each other.

5. Summary

The widespread application of smart phones makes it possible to see people with bowed heads who are attentively playing with mobile phones at home, at work, on buses, and in subways. The development of society and the advancement of science and technology have brought us a lot of convenience, but also brought a lot of weight to our cervical spine; long-term changes in the posture of the head and neck make the vertebral muscles excessively contracted and passive Stretch, resulting in changes in the physiological curvature of the cervical spine, instability of the uncinate joint, destroying the biomechanical balance of the cervical spine, cervical intervertebral disc herniation, nerve compression, which will cause a series of changes in the blood supply to the brain, resulting in a variety of symptoms, cervical spondylosis Has become the current clinical frequently-occurring disease, common disease. The "Three Links and One Tuning" method summarized by Professor Yin Keqing can unblock the meridians and collaterals, promote blood circulation, and promote the health of the body. It also adjusts the compliance of the cervical facet joints with manipulation, and achieves the goal of clearing the meridians and collaterals, promoting blood circulation and removing stasis. , Invigorating Du Yang, conforming to the joints. The "Three Links and One Tuning" method has the functions of dredging and balancing, and

has outstanding curative effect, which is worthy of clinical study, inheritance and promotion.

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