

Discussion on the Effect of the Treatment of Cervical Spondylosis of Vertebral Artery Type by the Combination of Bone Injury Technique of Traditional Chinese Medicine and Internal Administration of Traditional Chinese Medicine

Yunpeng Chen¹, Lixue Yang^{2,*}

1 Shaanxi University of Traditional Chinese Medicine, Xianyang Shaan 712000, China

2 Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine, Xianyang Shaan 712000, China

**Corresponding Author*

ABSTRACT. *Objective: To study and analyze the clinical effect of the combination of traditional Chinese medicine and traditional Chinese medicine in the treatment of vertebral artery type cervical spondylosis. Methods: among the patients with cervical spondylosis of vertebral artery type, 102 cases were randomly selected as the subjects of this study by means of computer program during the period from January 1, 2019 to January 1, 2012. Results: It is shown that the analytical results are satisfied compared with the improvement of vertigo in the study group was more significant than that in the control group ($P < 0.05$). Conclusion: the treatment of vertebral artery type of cervical spondylosis can play a significant role in improving the therapeutic effect on the basis of traditional Chinese medicine and bone injury technique.*

KEYWORDS: *Bone injury technique of traditional chinese medicine; Taking traditional chinese medicine; Patients with cervical spondylosis of vertebral artery type; Therapeutic effect, Migraine*

1. Introduction

Vertebral artery type of cervical spondylosis has a large proportion among various types of cervical spondylosis. In addition to the symptoms of cervical pain, patients with this disease also have a series of symptoms such as vertigo, deafness and tinnitus. The elderly are more likely to develop the disease. In recent years, with the popularity of mobile phones and the increase of teenagers' learning pressure, the

phenomenon of long-term sedentary, low head and so on has greatly increased the probability of teenagers' occurrence of this disease. In the field of traditional Chinese medicine, many experts often think that the cause of this disease is closely related to the inducement of deficiency of Qi and blood. Therefore, in the process of clinical treatment of this disease, if we can take the means of traditional Chinese medicine in addition to the traditional Chinese medicine bone injury techniques to assist the treatment, it will be able to make the patients reach the level of internal and external harmony. Therefore, in this study, from January 1, 2019 to January 1, 2012, patients with vertebral artery type of cervical spondylosis were treated by computer small program. 102 cases were randomly selected as the object of this study. The following is the report.

2. Data and Methods

2.1 General Data

During the period from January 1, 2019 to January 1, 2012, patients with cervical spondylosis of vertebral artery type were randomly selected from 102 patients with cervical spondylosis of vertebral artery as the object of this study. On this basis, we use the method of drawing lots to allocate 50% of the patients to the control group, and use the bone injury technique of traditional Chinese medicine for its treatment. The remaining 50% of the patients were allocated to the study group, and the combination therapy was carried out by adding traditional Chinese medicine to the control group. There are 51 people in each group. Of the 51 patients in the control group, 30 were male and the remaining 21 were female. Among them, the lowest 29 years old and the highest 68 years old, with an average age of 46.57 ± 6.23 . Of the 51 patients in the study group, 28 were male and the remaining 23 were female. Among them, the lowest age is 27 years old, the highest age is 70 years old, and the average age is 47.89 ± 6.45 . In addition, the general data of the two groups have no significant difference, which can be compared clinically, $P > 0.05$.

2.2 Research Method

Fifty-one patients in the control group were treated with bone injury technique of traditional Chinese medicine. The specific treatment process should follow three steps. First of all, for the muscles in the back and neck of the patient, it is necessary to press first to achieve the purpose of relaxation. Generally speaking, the time of this step is about 10 minutes. At the same time, we need to spare 5 minutes for the patients to have a point massage of bilateral Fengchi Points. Next, take a minute to use the cervical traction method to fully relax the shoulder muscles for the patient. In this process, the therapist first needs to fix the patient's jaw with his own arm, and then rotate it so that the neck muscles can be relaxed by rotation. At the same time, during the treatment, the thumb should be placed under the cervical spine of the patient for about 10 minutes of massage. Next, after the shoulder neck back muscles have been completely relaxed during this series of massage process, the therapist

will use the reverse rotation and lifting method to treat the patient until there is a loud finger sound. Patients in the control group were treated more than once a day for 14 days. In addition, for the 51 patients in the study group, on the basis of the control group, the combined treatment was carried out by taking the traditional Chinese medicine orally.

2.3 Therapeutic Effects

The treatment effect of patients was divided into three levels. The improvement of neck function and the improvement of symptoms such as migraine and tinnitus were taken as indicators to judge the treatment effect. If the above symptoms improve significantly, then it is considered to be very effective. If there is some improvement, it will be regarded as effective. If there is no improvement, it will be regarded as ineffective .

2.4 Statistical Methods

In the course of the research, the relevant information is collected in great detail. At the end of the study, all the data are input into SPSS 22.0 software for analysis. In addition, t-test was used to analyze the differences between groups [5].

3. Analysis of Research Results

3.1 Comparative Analysis of the Therapeutic Effect of Two Groups of Patients

According to table 1, after systematic treatment, the number of patients in the control group with significant treatment effect is only 18, while that in the study group is as high as 39. In terms of treatment effectiveness, the overall effective rate of the study group was 96.08% higher than that of the control group, which was only 82.35%. The difference between the two groups was very significant, $P < 0.05$.

Table 1 Comparison and Analysis of Treatment Effect between the Two Groups

<i>Group</i>	<i>Number</i>	<i>Very effective</i>	<i>Effective</i>	<i>Ineffective</i>	<i>Overall efficiency</i>
<i>Research group</i>	<i>51</i>	<i>39</i>	<i>10</i>	<i>2</i>	<i>96.08%</i>
<i>Gontrol group</i>	<i>51</i>	<i>18</i>	<i>24</i>	<i>9</i>	<i>82.35%</i>

3.2 Comparative Analysis of the Recovery of the Two Groups of Patients

In terms of the two major clinical symptoms of the disease, the improvement level of the study group was significantly better than that of the control group after treatment. In terms of the improvement of vertigo, the difference between the

improvement level of the study group and the control group was more significant, $P < 0.05$.

Table 2 Comparison and Analysis of Recovery between the Two Groups

Group	Nuber	Migratine		Vertigo	
		Before treatment	After treatment	Before treatment	After treatment
Study Group	51	1.26 ± 0.24	6.78 ± 0.98	4.23 ± 1.31	12.34 ± 1.22
Gontrol group	51	1.25 ± 0.22	5.09 ± 0.61	4.22 ± 1.43	6.45 ± 1.87

4. Conclusion

For patients with the disease of cervical spondylosis of vertebral artery type, if in the treatment process, on the basis of the treatment of bone injury with traditional Chinese medicine, the content of taking traditional Chinese medicine can play a significant role in improving the treatment effect.

References

- [1] Lin Hao (2019). Observation on the therapeutic effect of traditional Chinese medicine on cervical spondylosis of vertebral artery type. Chinese Manipulation & Rehabilitation Medicine, no.4, pp.00044-00045.
- [2] Wang Jiang (2016). To explore the clinical effect of the treatment of cervical spondylosis of vertebral artery type with the combination of bone injury technique of traditional Chinese medicine and internal administration of traditional Chinese Medicine. China Health Standard Management, no.12, pp.117-118.
- [3] Guo Songtao (2018). Clinical study on the treatment of cervical spondylosis of vertebral artery type with bone injury technique of traditional Chinese medicine and internal administration of traditional Chinese Medicine. Digest World Latest Med Inf, no.31, pp.118-119
- [4] Li Yufei (2018). The effect of the treatment of vertebral artery type of cervical spondylosis by the combination of bone injury technique of traditional Chinese medicine and internal administration of traditional Chinese Medicine. Cardiovascular? Disease Electronic Journal of Integrated Traditional Chinese and Western Medicine, no.15, pp.118-119.
- [5] Xie Xiaodong (2015). Observation on the therapeutic effect of traditional Chinese medicine on cervical spondylosis of vertebral artery type. Henan Medical Research, no.4, pp.112-112.