

Chinese Medicine Treatment of Fibromyalgia

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Definition of Fibromyalgia:

In western medicine: a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and tightness in localized areas.

In Chinese medicine: a Bi Syndrome (痹证), due to wind, cold and dampness invades the meridian, and lead to blockage, then causes pain.

Local Anatomy for Muscle Structure:

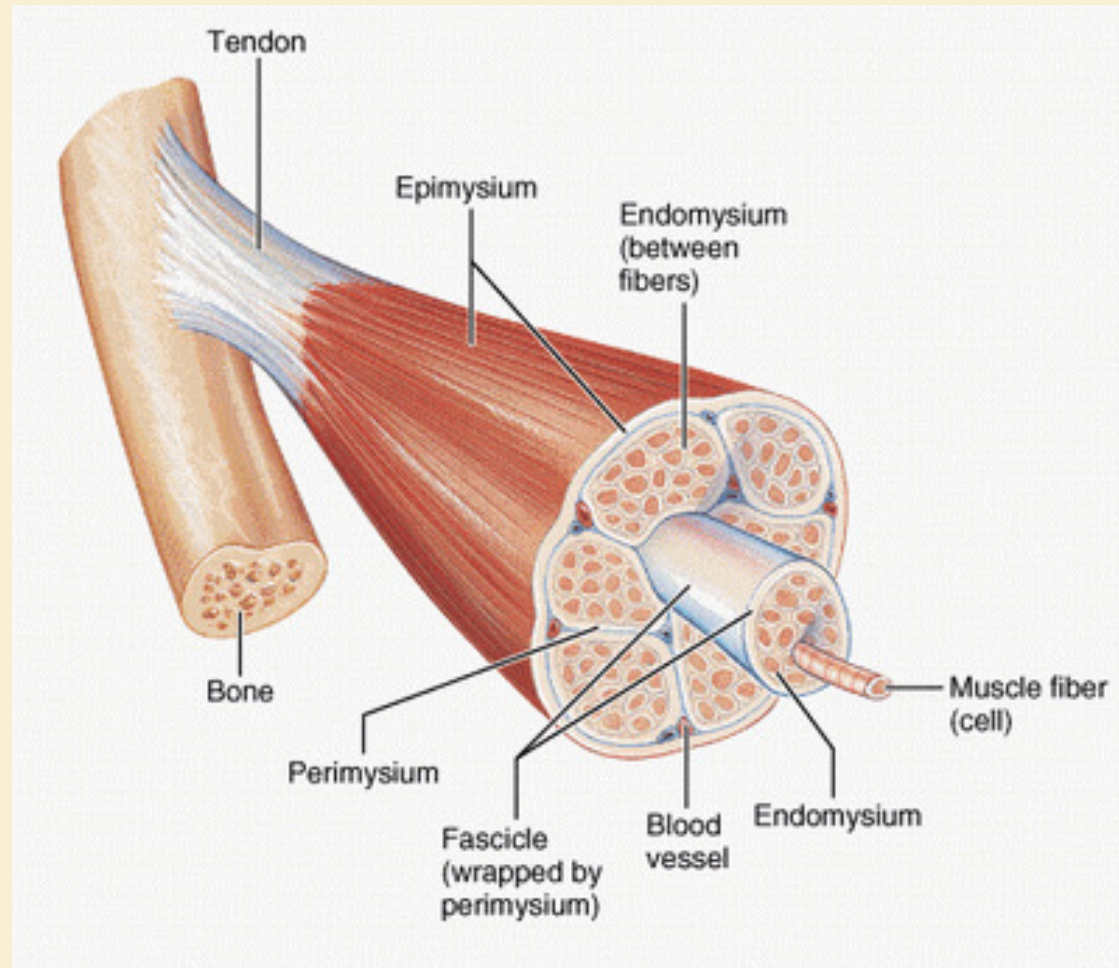
Epimysium(肌外膜)

Perimysium (肌束膜)

Endomysium (肌纤维衣)

Fascicle(肌束)

Fiber cell (肌纤维)





Pathology:

Medical studies of fibromyalgia have reported abnormalities in the muscles and tendons, but those are subtle changes in morphology, particularly the more rigorous studies using MRI, have failed to confirm it.

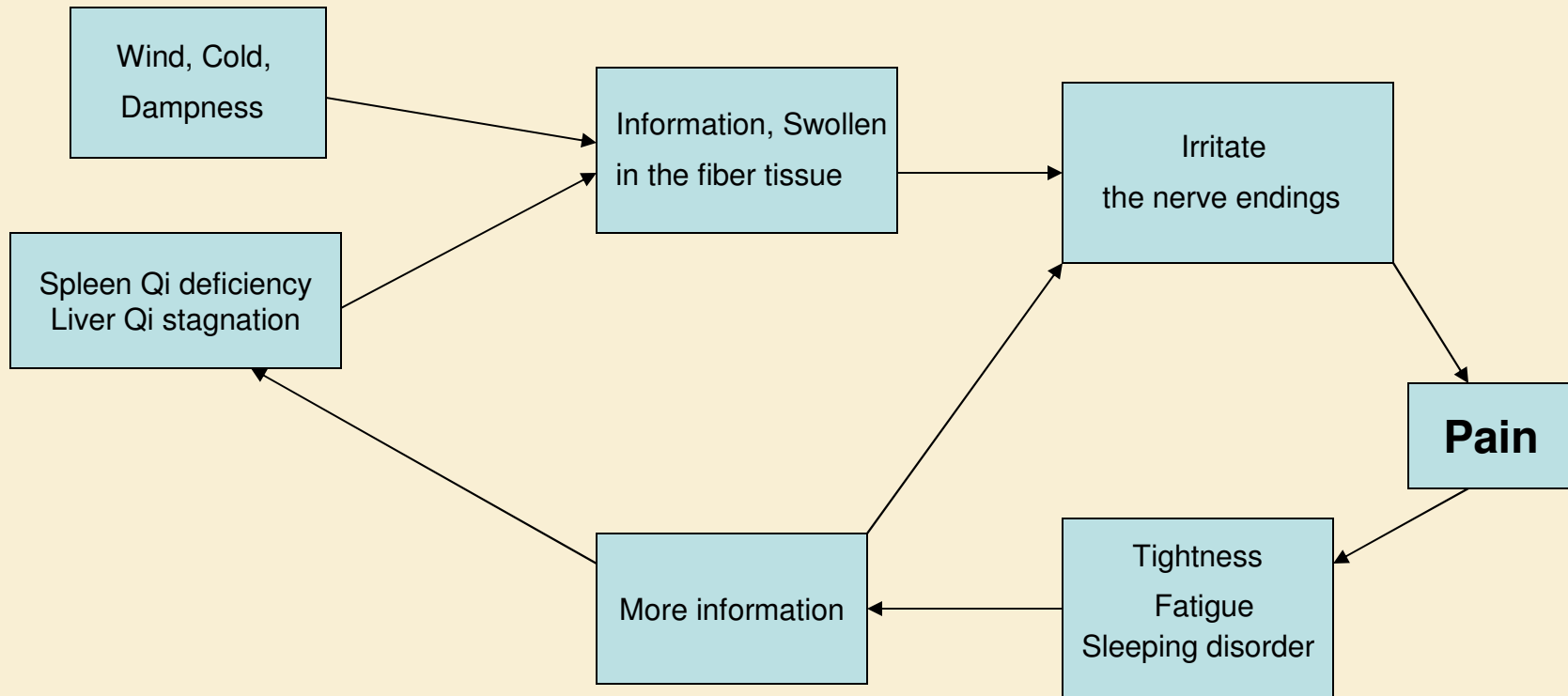
Syndrome Differentiation of TCM:

Deficiency of Qi and blood pattern: it refers to body Qi and blood deficiency for long time, so Wind, Cold, Dampness pathogenic factors lead to Bi syndrome.

Spleen Qi deficiency pattern: digestion will be weak in transportation and transformation, can not support muscles, tendons, soft tissue, lead to Bi syndrome. As the spleen dominates muscles.

Liver Qi stagnation pattern: due to emotional upsets or anxiety or stress even depression those factors will injure the liver Qi, so that affects digestion, lead to Bi syndrome. As the liver dominates tendons.

Bad Circle for Fibromyalgia



Diagnosis

Symptoms:

- Pain is main symptom in fibromyalgia. The pain spots may be about 18 in whole body, but show up each time different that may be 2-5 spots and mild to severe. The pain may feel like a deep ache (dull pain), or shooting, burning pain.
- Tightness
- Fatigue
- Sleeping disorder: can't fall sleep or stay asleep, and they feel tired when they wake up.
- Depressed mood

Causes:

- Age and sex: most common among women aged 20 to 50.
- Lack of exercising: muscles weak which the fibers are thin than average.
- Sleeping disorder.
- Stress.
- Please pay attention to check hypothyroid and allergy that may relate

Tests:

MRI is normal, blood and urine tests are usually normal, neurological examinations are normal. However, tests may be done to rule out other conditions that may have similar symptoms.

Treatment in western medicine:

- Physical therapy
- Painkiller
- Antidepressants medicine
- Sleeping aid medicine
- Muscle relaxants medicine
- Anti-seizure medicine

Treatment in Chinese medicine:

- Acupuncture
- Tuina
- Herbs
- Guasha (Scraping)
- Cupping
- Aerobic exercise

Acupuncture

Treatment plan: SP10 (血海), BL17 (膈俞), BL23 (肾俞), RN4 (关元), SP9 (阴陵泉).

Back: DU12 (身柱), DU3 (腰阳关)。

Neck: DU14 (大椎), GB20 (风池), DU16 (风府)。

Hip: GB30 (环跳), BL20 (脾关)。

Thigh: BL36 (承扶), BL12 (风市)。

Should: LI15 (肩髃), SJ14 (肩髃)。

Elbow: LI11 (曲池), SJ10 (天井)。

Wrist: SJ5 (外关), SJ4 (阳池)。

Keen: ST35 (犊鼻), EX-LE (奇穴-鹤顶)。

TuiNa

Actions

- 1) To reduce the pain.
- 2) To flow blood to particular area.
- 3) To activate the Qi in the channels.
- 4) To reduce muscle spasm.
- 5) To repair the damaged soft tissue.
- 6) To adjust joints.

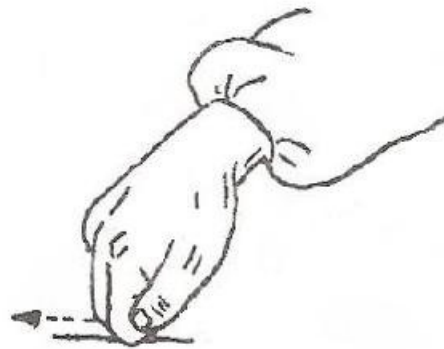
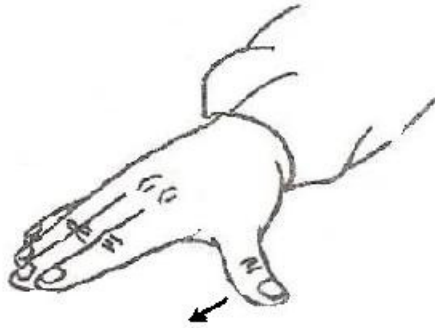
How Does Tuina Work of Anti-inflammatory?

- 1) Increase content of β -endorphin (β -END) (内啡肽) to help pain and enhances pain threshold.
- 2) Increase Catecholamine (CA)(儿茶酚胺) to help pain.
- 3) Decrease content of 5-hydroxytryptamine (5-HT)(5-羟色胺) in blood to reduce the pain.
- 4) To help local circulation (blood and lymph).

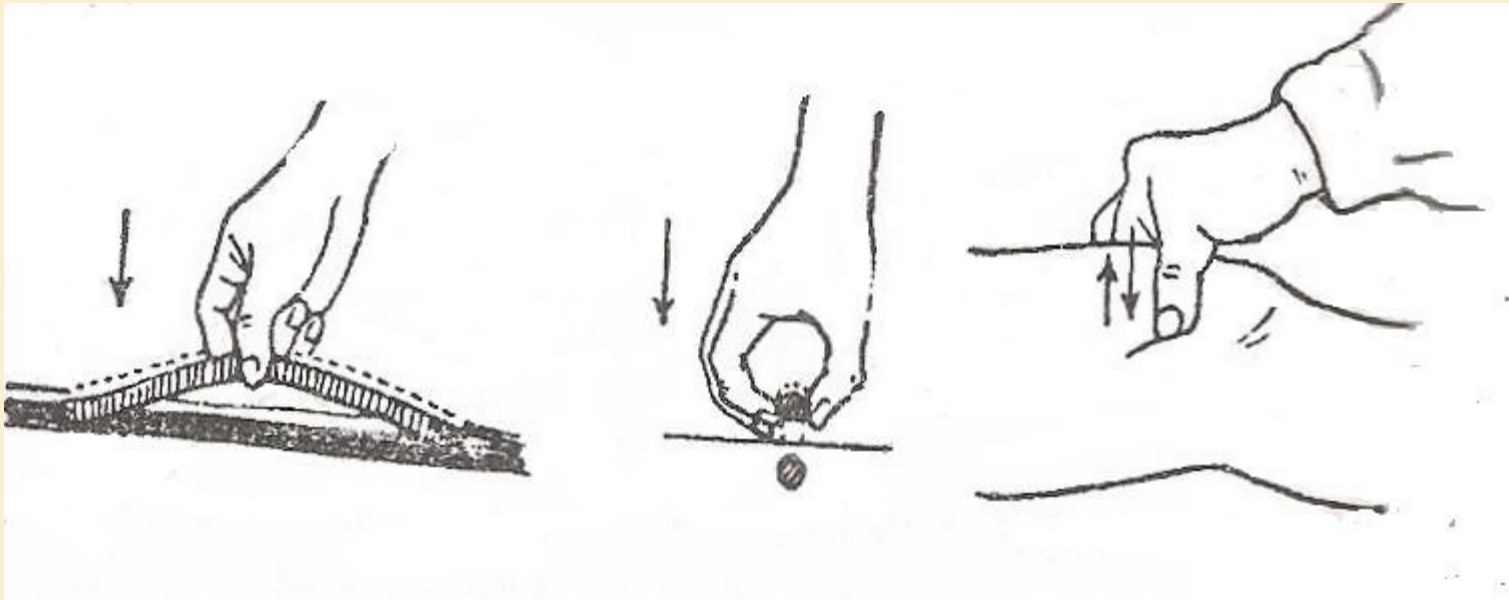
TuiNa Methods

1. Single manipulation:

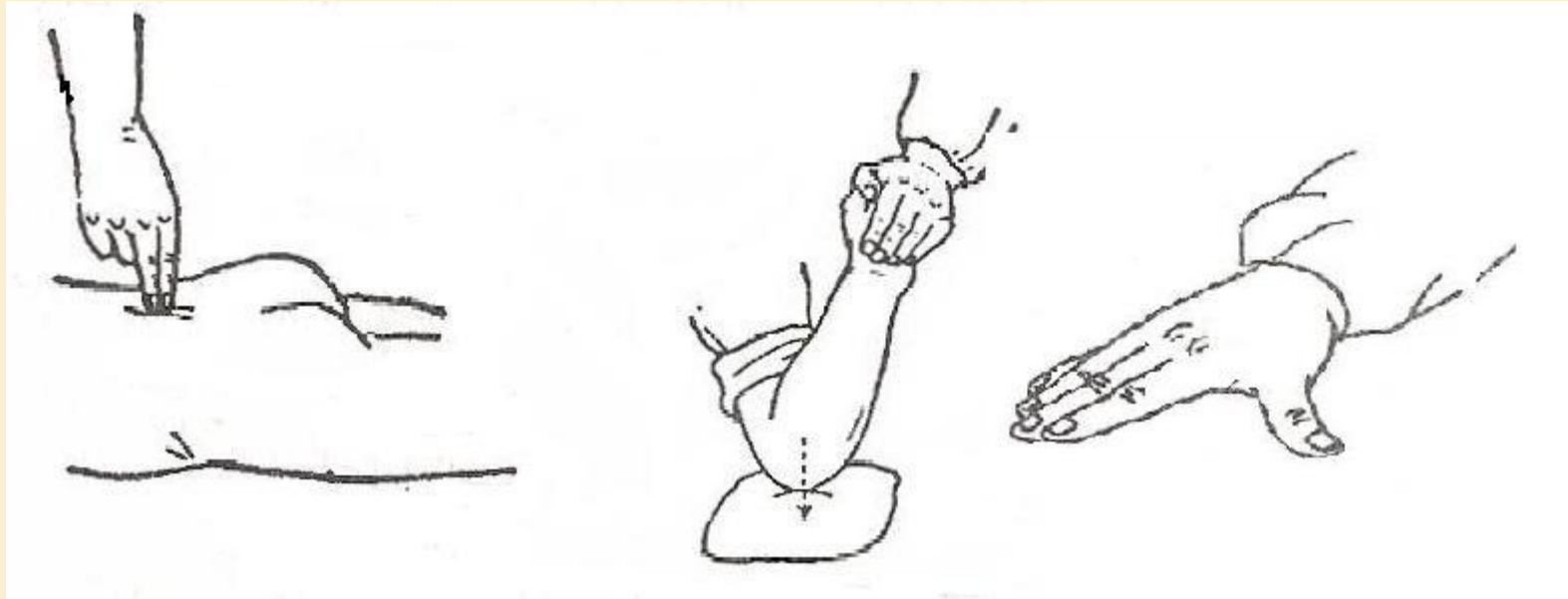
- 1) Tui: pushing. ① Finger pushing. ② Palm pushing. ③ Twin palms pushing.
- 2) Na: Grasping. ① Fingers. ② Twin palms.
- 3) An: pressing. ① Finger pressing. ② Palm pressing. ③ Elbow pressing.
- 4) Mo: Rubbing.
- 5) Rou: Kneading.
- 6) Gun: Rolling. ① Side fist. ② Fist.
- 7) Dou: Shaking.
- 8) Da: Patting and pound.
- 9) YaoHuang: Rotating.



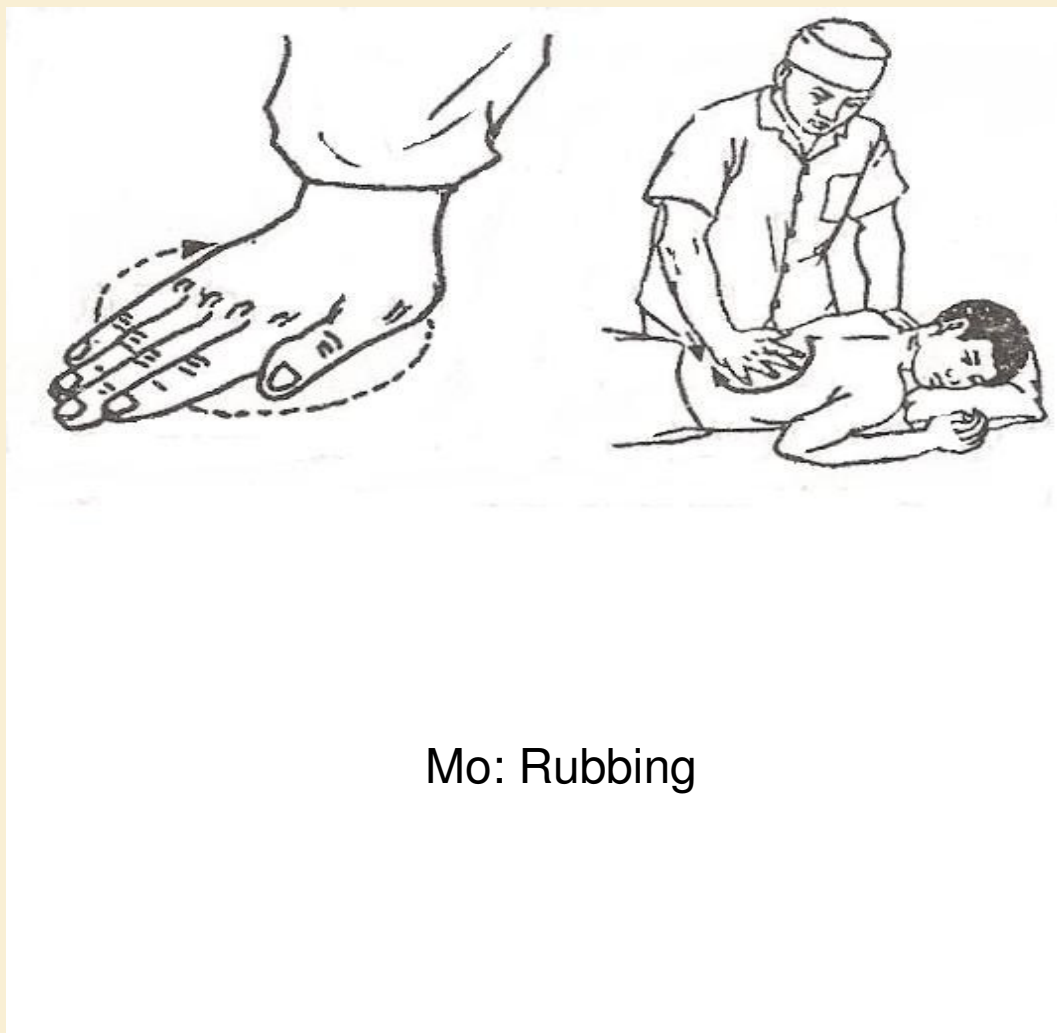
Tui (pushing): ①Finger pushing. ②Palm pushing. ③Twin palms pushing.



Na: Grasping. ① Fingers. ② Twin palms.



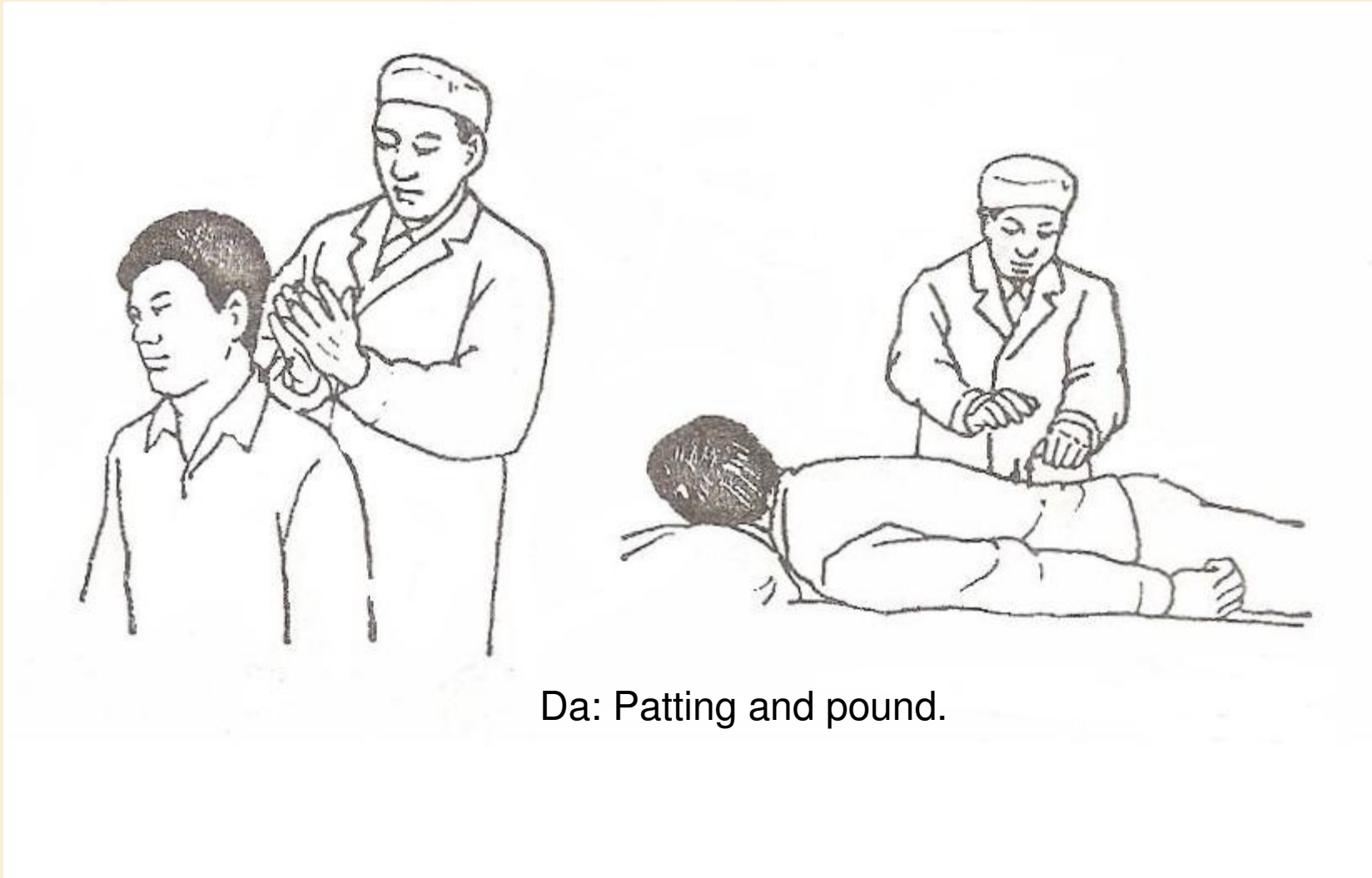
An (pressing): ① Finger pressing. ② Palm pressing. ③ Elbow pressing.



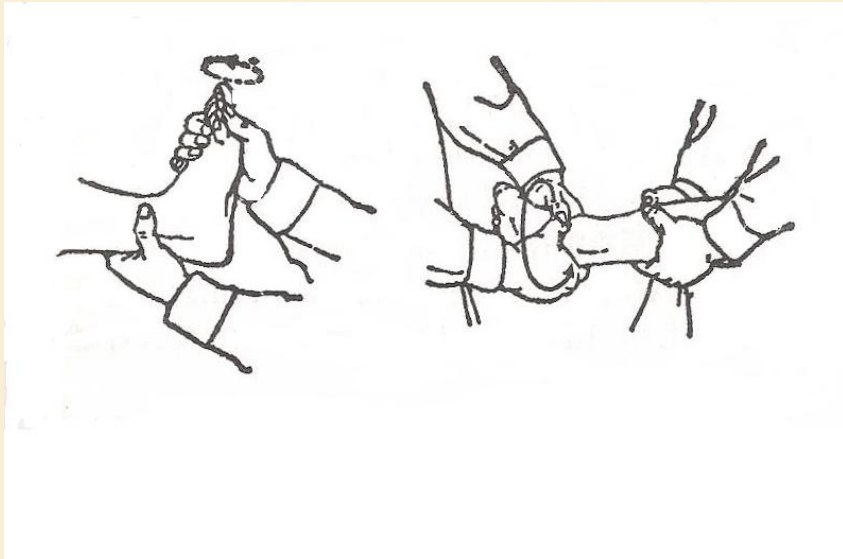
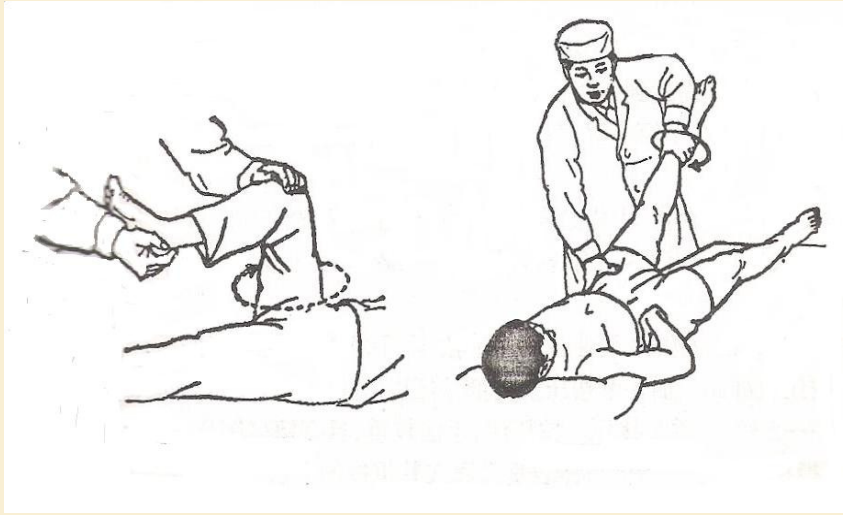
Mo: Rubbing



Gun: Rolling. ① Side fist. ②Fist.



Da: Patting and pound.



YaoHuang: Rotating

2. Combined manipulation:

- AnGunRou: Pressing, Rolling and Kneading.
- NaRou: Grasping and Kneading.
- Wave: Grasping, Pushing and Rolling.
- AnMo: Pressing and Rubbing.

3. Manipulation for the Spine or Joints

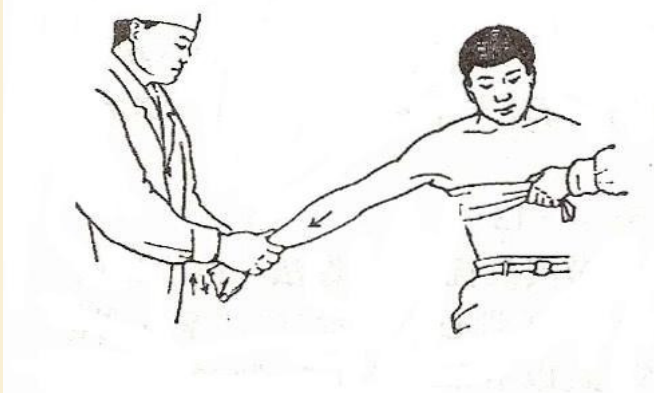
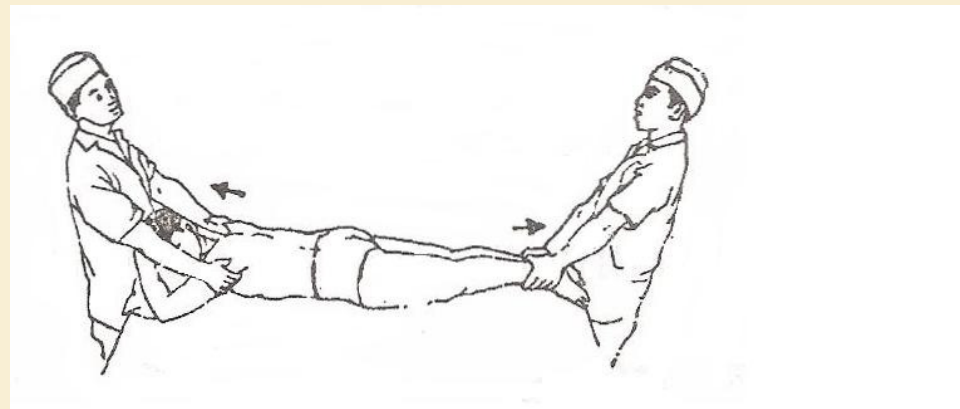
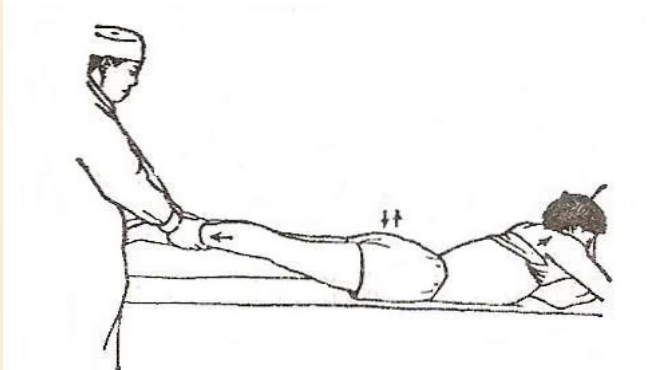
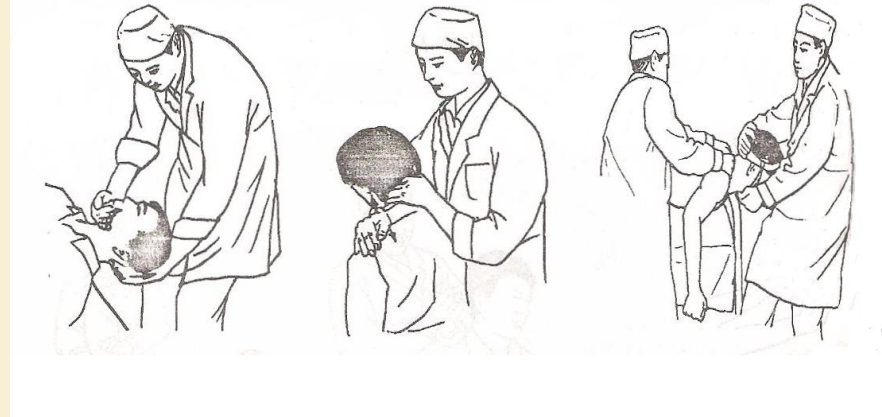
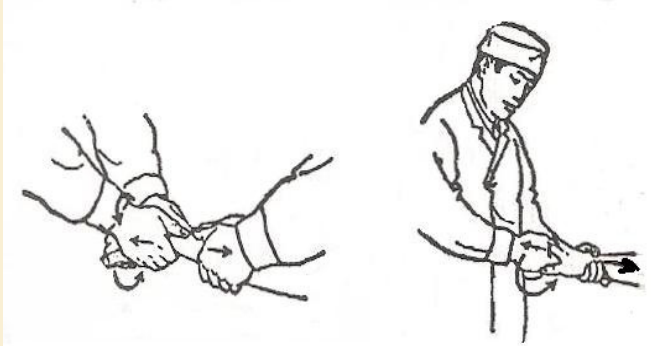
1) BaShen: Counter traction

① Joints traction.

② Cervical traction.

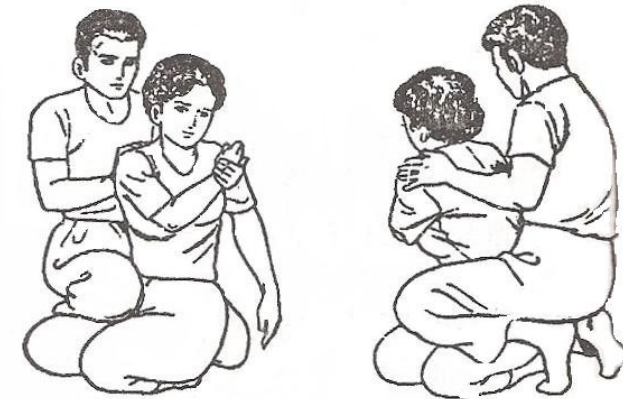
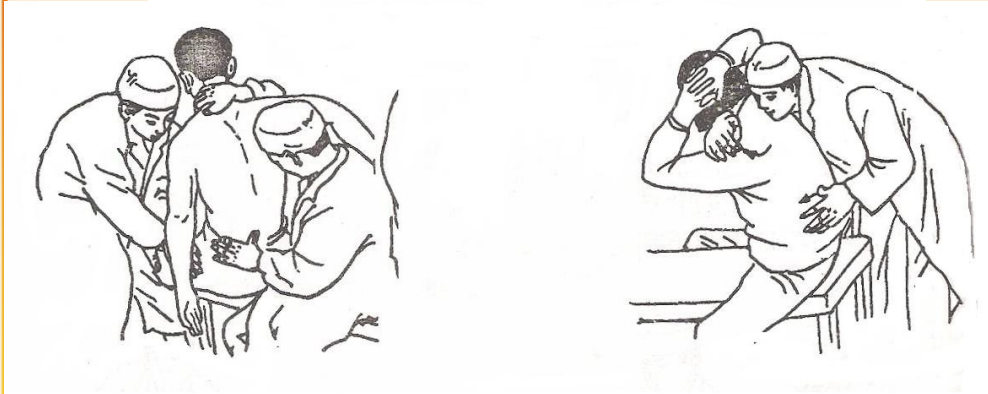
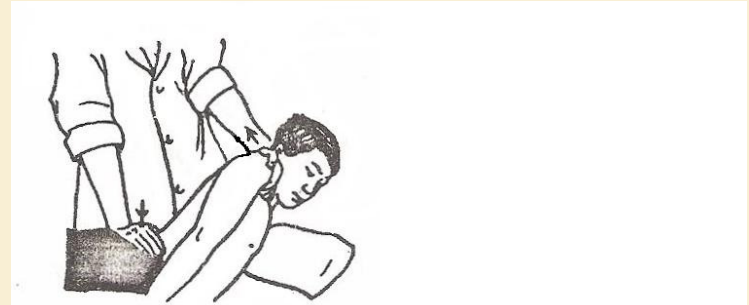
③ Lumbar traction.

2) Ban: Adjustment spine or joints.



BaShen (Counter traction): Joints traction.
Cervical traction. Lumbar traction.

Ban: Adjustment



Chinese Herbs

Deficiency of Qi and blood: BaZhenTang(八珍汤)

Wind Cold: Danggui Sini Tang (当归四逆汤)

Wind Damp: Duhuo Jisheng Tang(独活寄生汤)

Spleen Qi deficiency: Guipi Tang(归脾汤)

Liver Qi stagnation: Xiaoyao san(逍遥散)

Guasha (Scraping):

Guasha should be along pain spot of the muscle in one direction which do not back and forth, each place for 2-5 minutes.

In generally, Guasha should follow order are from top to bottom, from the inside out. First head, face then hand, foot; first back then front; first upper limbs then lower limbs.

The end of the Guasha should drink a glass of warm water, and rest 15 minutes. Should not eat cold food, less than 30 minutes after Guasha should not take a shower or bath.

Following are not suitable for Guasha: Skin ulcers, rash, skin allergies, edema, hemorrhagic disease, pregnancy.

Guasha plate



Guasha



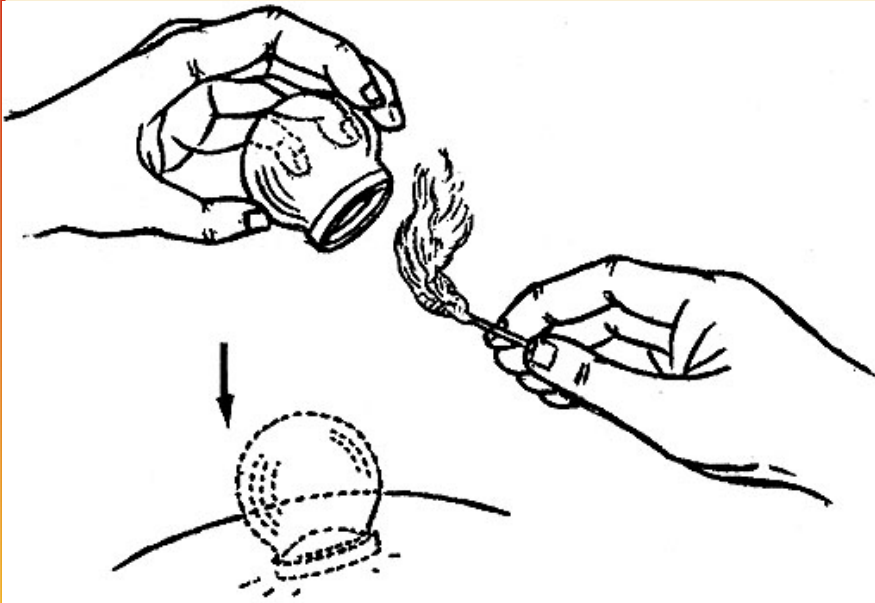
Cupping:

Cupping located on pain spots, better between 10-15 minutes, one time per week.

The end of the cupping should drink a glass of warm water, and rest 15 minutes. Should not eat cold food, less than 30 minutes after cupping should not take a shower or bath.

Following are not suitable for cupping: Skin ulcers, rash, skin allergies, edema, hemorrhagic disease, pregnancy.

Cupping jar





Aerobic Exercises:

- Strengthening the fibers of muscles and increases endurance.
- Increasing the total number of red blood cells in the body, facilitating transport of the oxygen.
- Improved mental health, reducing stress and depression.

Thank you

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