

The Abdominal Nine Needles for Improving the Side Effects HAART of HIV/AIDS

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1. Definition

- Acquired immunodeficiency syndrome, better known as AIDS, is caused by infection with the human immunodeficiency virus (HIV). AIDS is the most advanced stage in the course of HIV infection. The virus attacks and destroys the body's immune system (1).

The cumulative **estimated number** of AIDS diagnoses through 2009 in the United States and dependent areas was **1,142,714**. Of these, **1,108,611** were diagnosed in the 50 states and the District of Columbia and **34,103** were diagnosed in the dependent areas. In the 50 states and the District of Columbia, **878,366** cumulative AIDS diagnoses were among adult and adolescent males, **220,795** were among adult and adolescent females, and **9,448** were among children under age 13 years (2)

There were 42101 new cases in 2009.

Age (Years)	Estimated Number of Diagnoses of HIV Infection, 2009
Under 13	166
Ages 13-14	21
Ages 15-19	2,036
Ages 20-24	6,237
Ages 25-29	5,951
Ages 30-34	5,020
Ages 35-39	5,232
Ages 40-44	5,519
Ages 45-49	4,865
Ages 50-54	3,323
Ages 55-59	2,004
Ages 60-64	900
Ages 65 or older	736

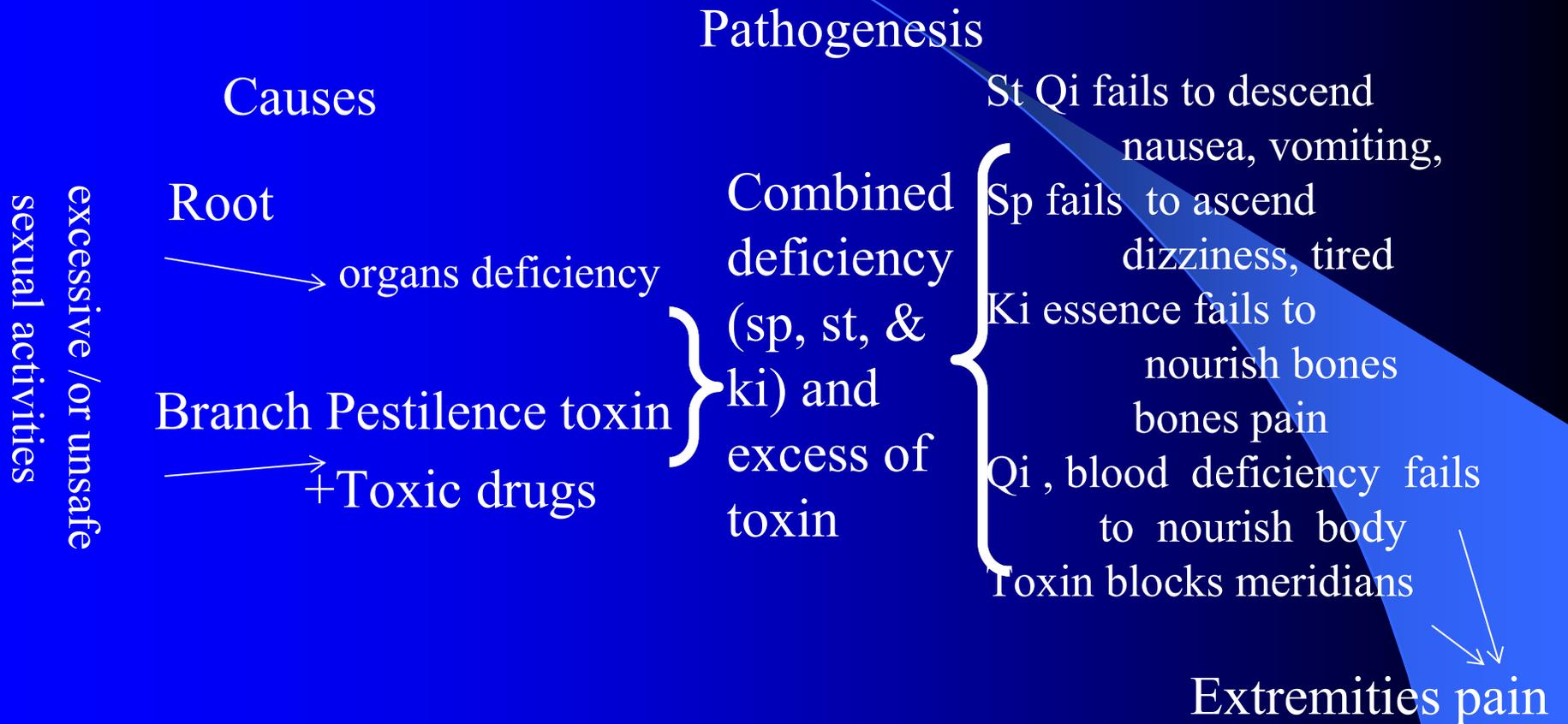
<http://www.cdc.gov/hiv/topics/surveillance/basic.htm#incidence>

The main treatment for HIV at this time is Highly Active Anti-Retroviral Therapy (HAART). HAART is the therapy, composed of multiple anti-HIV drugs, that is prescribed to many HIV-positive people, even before they develop symptoms of AIDS (1). However, the side effects of the HAART are common and severe, including headache, peripheral neuropathy, nausea, vomiting, loss of appetite, diarrhea, as well as abnormalities of liver and kidney (3).

Until recently, there were few techniques in western medicine to improve the side effects of HAART effectively.

I have treated more than thousands visits who have HIV/AIDS since 2004 in order to explore the use of acupuncture for relieving the side effects of HAART. According to the observation of my and other doctors in the clinic, I summary the main etiology and pathogeneses of HIV/AIDS as following:

2. Characteristic of Etiology and Pathogenesis



General speaking, the main etiology are over sex/or congenital weak, unsafe sex, and then damp, heat and toxin invade body and main pathogenesises are deficiency root(Qi, blood and essence) with the accumulation of toxin with Qi and blood stagnation. The main locations of it are sp, st, ki, related to liv, and ht.

3. The Treatment method

- The method of treatment is strongly tonify deficiency, eliminate damp toxin and phlegm, regulate Qi, and remove blood stasis. I used a nine abdominal needle formula to treat HIV/AIDS who are taking HAART based on the method of treatment. Most patients' symptoms have been improved.

4. The Meridians and points of abdomen

The points are:

The locations of the nine abdominal needles formula are Ren11, Ren12, Ren13, one Cun aside of the three points.

Move to close the Ki meridian
more for tonifying Ki.

Move to St: more for
regulating Sp & St

Move upper to Ht: for
disorders between Ht & Sp

Move lower to Ren6:
Ki essence, infertility.



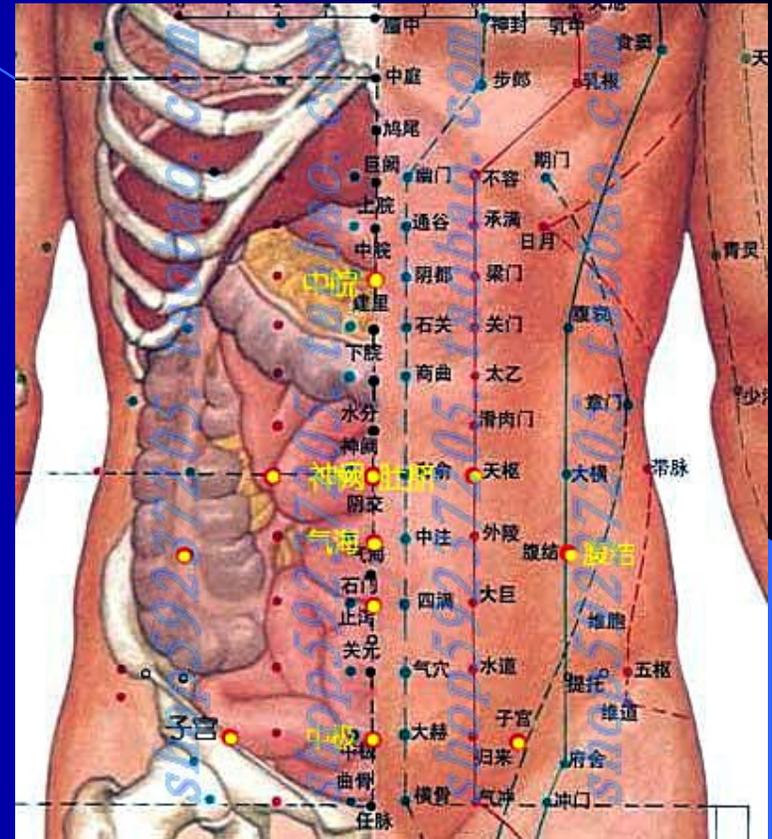
(1)Ren Meridian:

Ren3: tonify kidney Yang,
regulate period and discharge

Ren4: Tonify Yuan Qi,
guide the Lin syndrome

Ren6: tonify Qi and Yang,
regulate period and
strengthen essence

Ren7: regulate period &
stop discharge, promote
water & reduce edema



Ren8: Warm yang for
Yang exhaustion, promote urine

Ren9: regulate water way,
regulate Qi to stop pain

Ren10: harmonize St & transform
Sp, help food stagnation

Used for: St pain, vomiting, poor
appetite, diarrhea

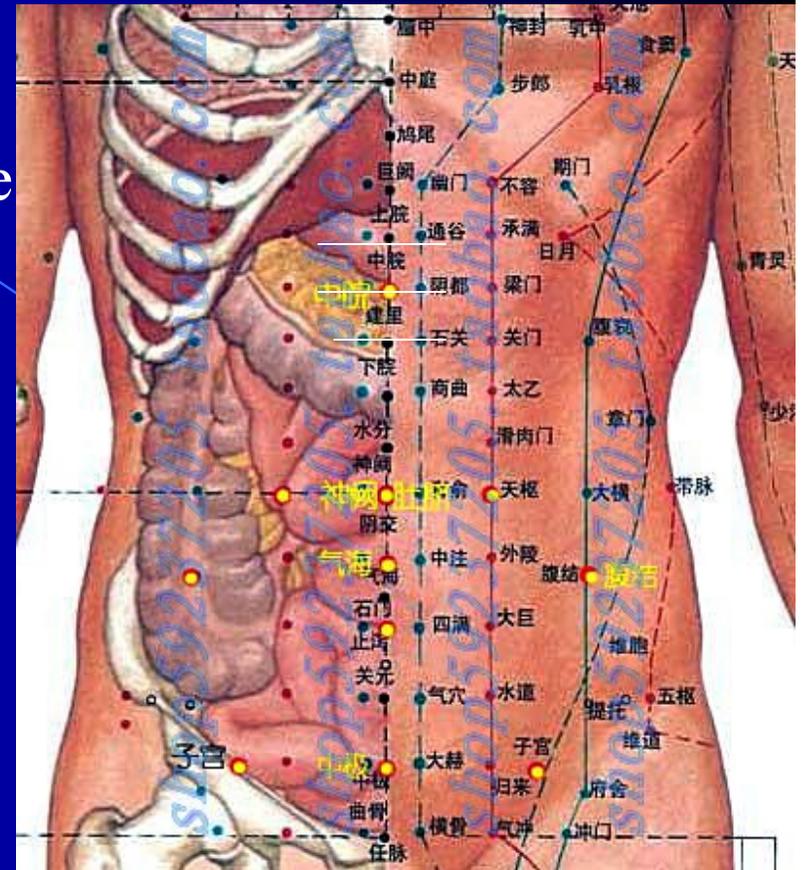
Used for Western medicine:

indigestion, spasm & disorders of digestive system

Ren11: descend Qi, transform sp & help food stagnation

Used for: St pain, vomiting, poor appetite, diarrhea, edema.

Used for Western medicine: acute & chronic gastritis, indigestion,
nephritis.



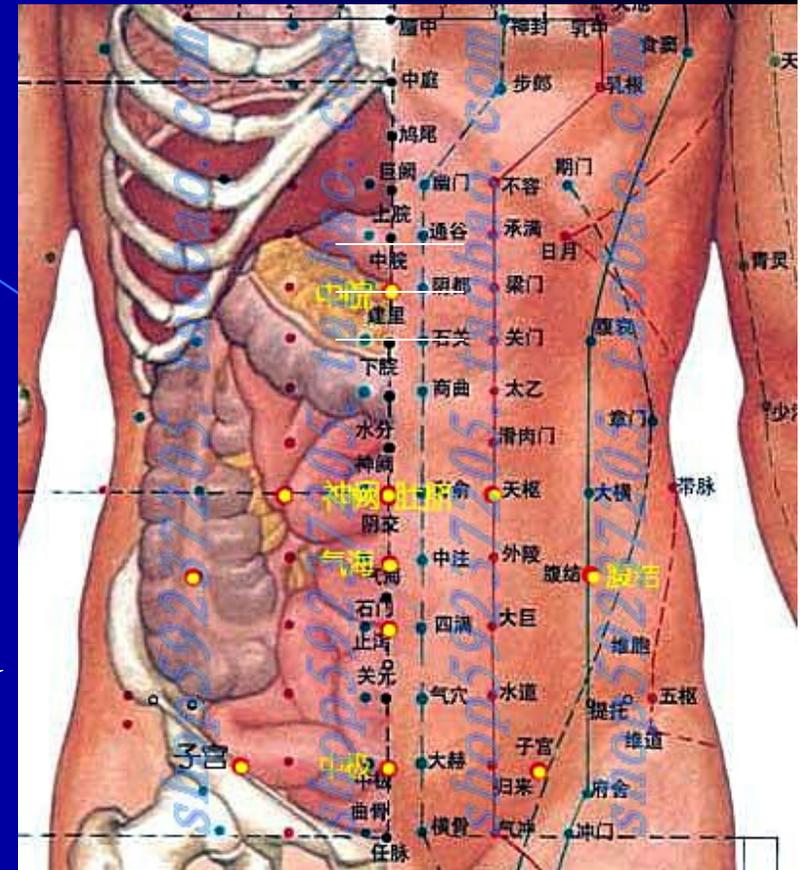
Ren12: where the st Qi transforms middle Qi produces. It is one of key points for sp & st.

(1) It can strengthen sp & harmonize middle for vomiting, diarrhea and fore headache.

(2) It can ascend clear & descend turbid Qi, harmonize middle, stop pain for St pain due to food stagnation.

(3)+St 25 can regulate LI Qi, eliminate dampness for dysentery.

(4) It can tonify st Yang, strengthen sp, eliminate dampness and phlegm for dizziness due to damp-phlegm stagnating in middle, palpitation and anxiety due to water-dampness staying under heart.



(5)+PC6, it can calm the mind for insomnia.

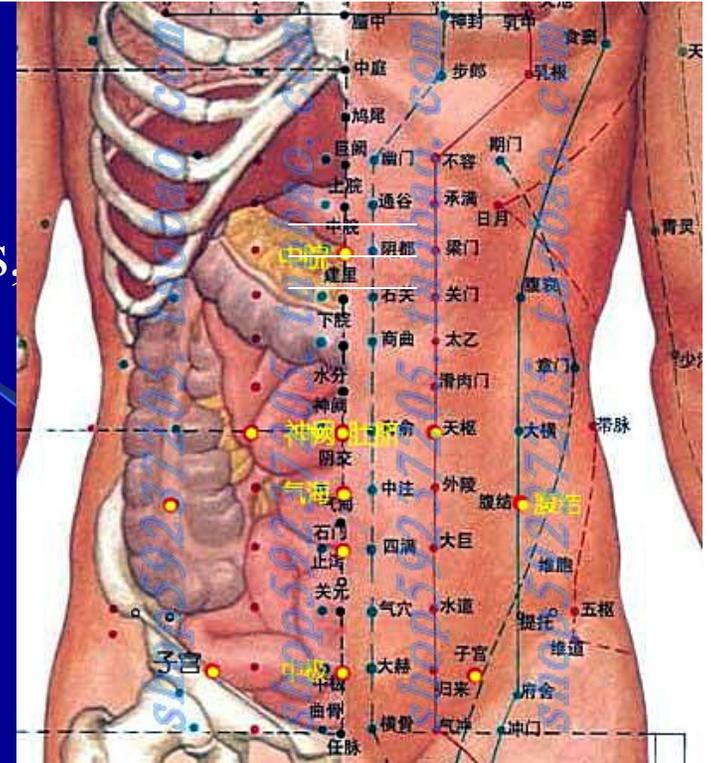
Used for: acute & chronic gastritis & enteritis, peptic ulcer, spasm of st & diaphragm, disorders of liver & gall bladder, asthma, heart disorders, seizer, hypertension.

Ren13: harmonize St & descend turbid, open the chest & clam the mind.

Used for: disorders of sp, st, liv, GB & Ht.

Ren14: calm mind of Ht, open chest and stop pain

Used for: pain of Ht & chest, anxiety, palpitation, seizer, poor memory, fullness of chest, shortness of breath, cough, vomiting, jaundice.



(2)Kidney Meridian:

Ki12: stop essence & discharge, regulate period &stop pain

Ki13: stop diarrhea, regulate Chong and Ren, tonify Ki

Ki14: regulate Qi, strengthen sp, regulate period, clear heat & eliminate dampness

Ki15: purge BM, stop diarrhea, clear heat & regulate period, regulate Qi and stop pain.

Ki16(Huang Shu): purge BM, stop diarrhea, regulate Qi and stop pain

Ki17(Shang Qu): regulate Qi of intestine, harmonize middle & eliminate dampness

Used for: mass and pain of abdomen, poor appetite.

Ki18(Shi Guang): nourish Yin and clear heat, harmonize middle & help food stagnation, tonify Ki for fertility.

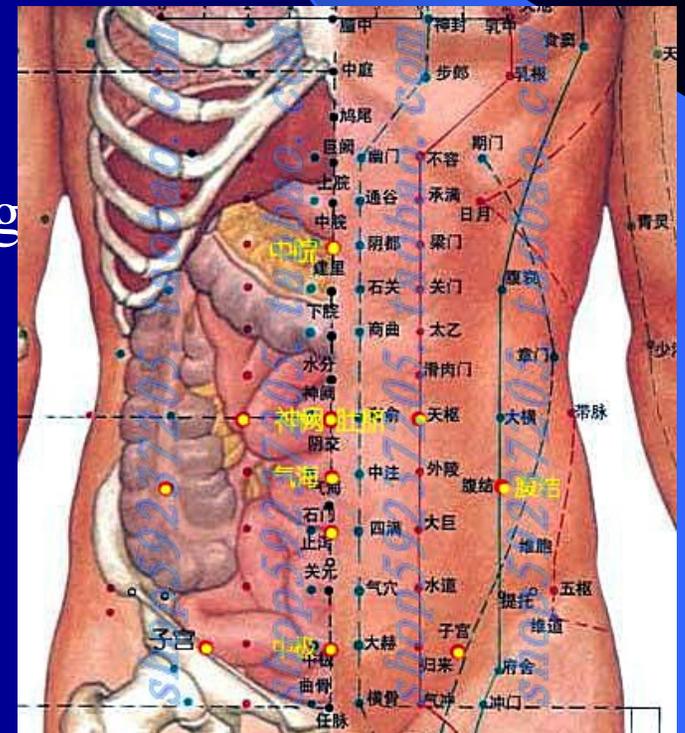
Ki19 (Yin DU): regulate St and intestine, descend Qi & open chest

Used for: chill, fever, anxiety, fullness and pain of chest & abdomen, constipation.

Ki20(Tong Gu): strengthen Sp & St, open chest & calm mind

Used for: pain of abdomen and Ht, vomiting palpitation, cough, asthma, stroke.

Ki21(You Men): strengthen Sp & St, descend Qi, stop vomiting.



(3) Stomach meridian:

St19

St20

St21

St22

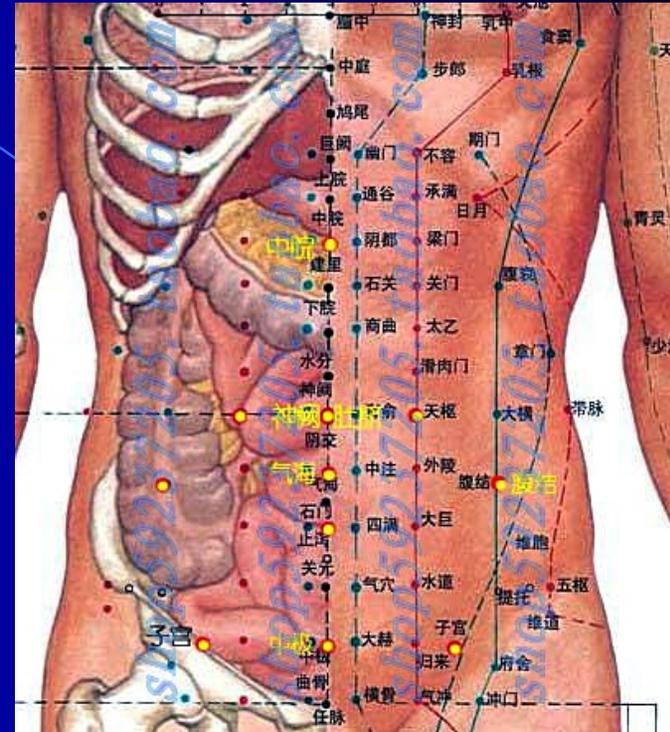
St23

St24

St25

(4) Spleen meridian:

(5) Liver and gall bladder meridian



Ren11 has the function of harmonizing and descending stomach Qi, transforming spleen and eliminating dampness. Ren12 is the front-Mu point of stomach, and influential point of the Fu organs. It has the function of harmonizing and descending stomach Qi, transforming spleen. Ren13 has function of harmonizing and descending stomach Qi, eliminating phlegm, and calming mental. The three points have strong functions of tonifying St and Sp, and regulating the Qi, eliminating dampness of the upper, middle, and lower Jiao. The other six points are between the Shaoyin kidney of foot and Yangming stomach of foot. They also have the function of tonifying kidney and stomach.

- Additionally, Sp10 and GB39 were used for tonifying blood and bone marrow. Bafeng and Sp10 were added for removing blood stasis. This case that was treated by acupuncture, her most of symptoms were improved and blood examinations for her were slightly improved.



Indications:

The nine needles of abdomen can be used for interior, exterior, acute and chronic disorders. It is used for the disorders due to deficiency of Zang Fu(especial Qi, Blood and essence deficiency of Sp, St, Liv and Ki) with excess of dampness , phlegm accumulation and Qi stagnation.

- (1) Disorders of digestive system due to the failure to ascending and descending of Sp and St. such as acute and chronic gastritis, enteritis, peptic ulcers, illness of liver and GB.
- (2) The pain of joints and muscles due to damp and phlegm accumulation, Qi and blood stagnation, such as frozen shoulder, cervical spondylosis, lumbar osteoarthritis, low back pain, rheumatoid arthritis.

(3) Cardiovascular disorders due to Zang Fu deficiency with Qi and blood stagnation, phlegm accumulation. Such as cerebral arteriosclerosis, stroke and its sequelae, senile dementia, cerebella atrophy, coronary heart disease, diabetes.

(4) Disorders of immune function: allergy, asthma, lupus.

(5) Endocrine disorders caused by Qi, blood and essence deficiency with phlegm or blood stasis. Such as benign prostatic hyperplasia, female breast hyperplasia; ovarian cysts, sexual dysfunction, infertility.

(6) The side effects of chemo/radiotherapy.

(7) The disorders that other therapy couldn't get good results.

Modified:

(1) anxiety, insomnia: add PC6, Ht7, Ear Shen Men,

(2) Numb or painful fingers and toes: Ba Xie or Ba Feng and Sp4.

(3) Cough or shortness of breath: Dingchuan, UB13

(4) Local mass: dragon needles.



(3/1/06)



4/12/06

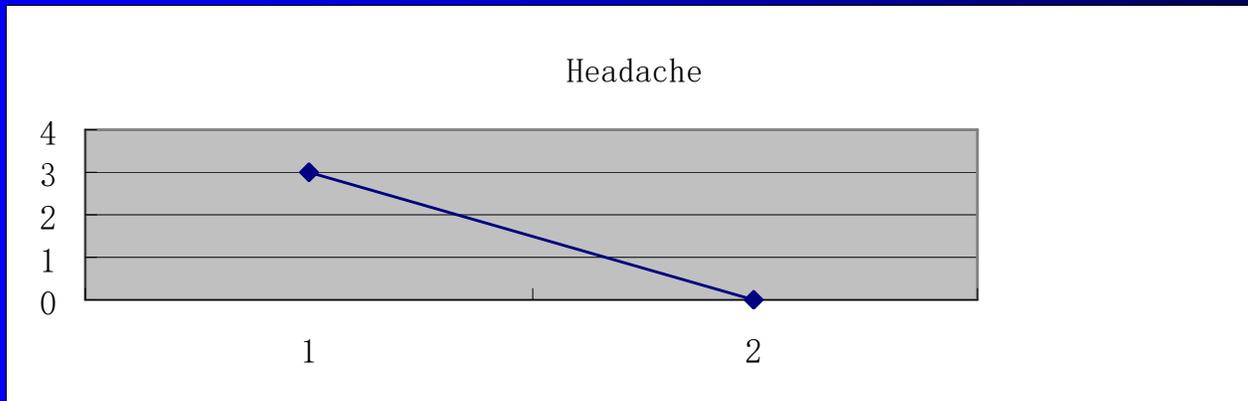
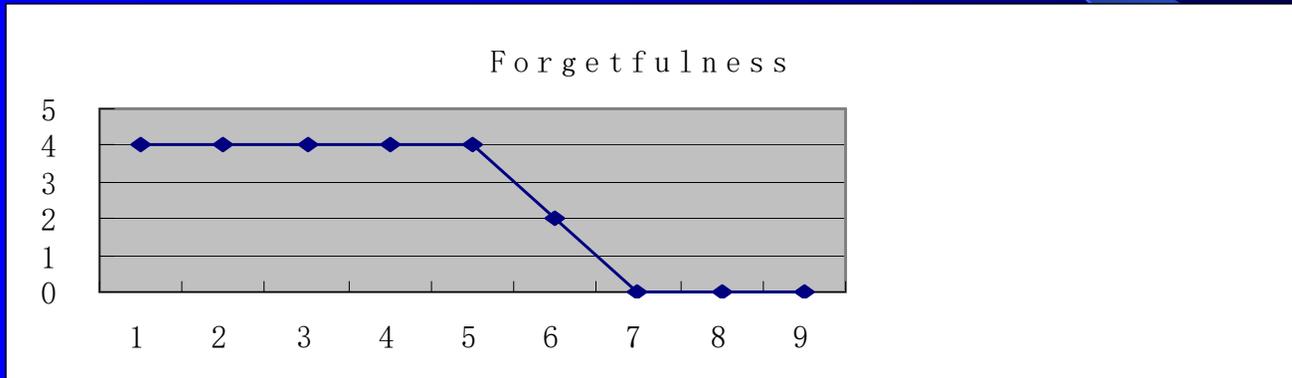
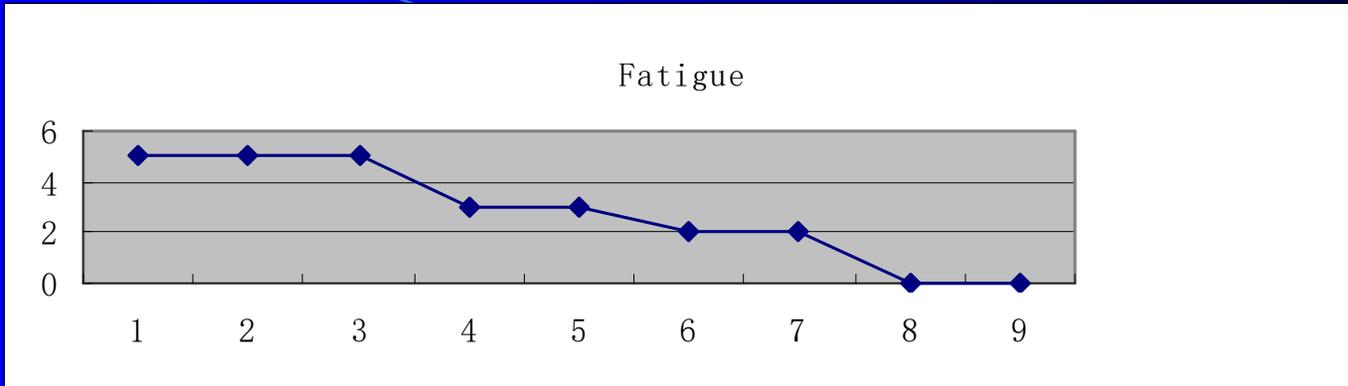
(5) Severe deficiency of Qi and Yang, or exhaustion of Qi; Du20,
St36

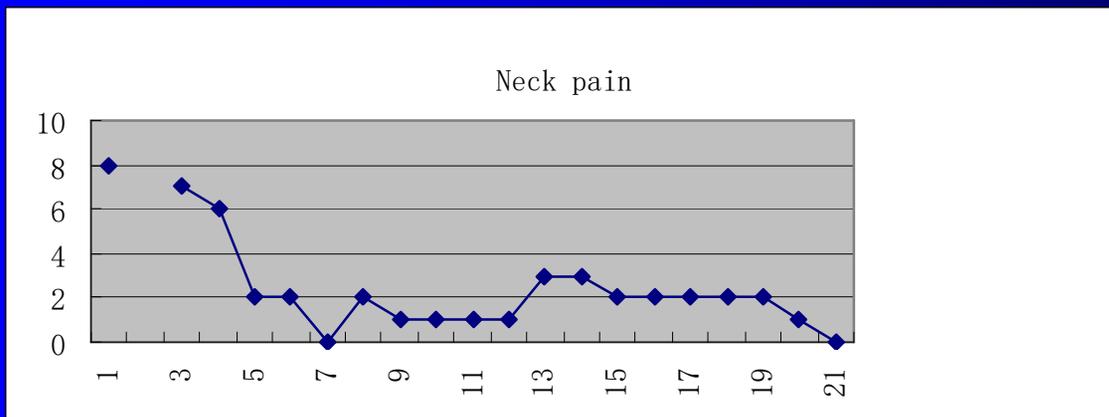
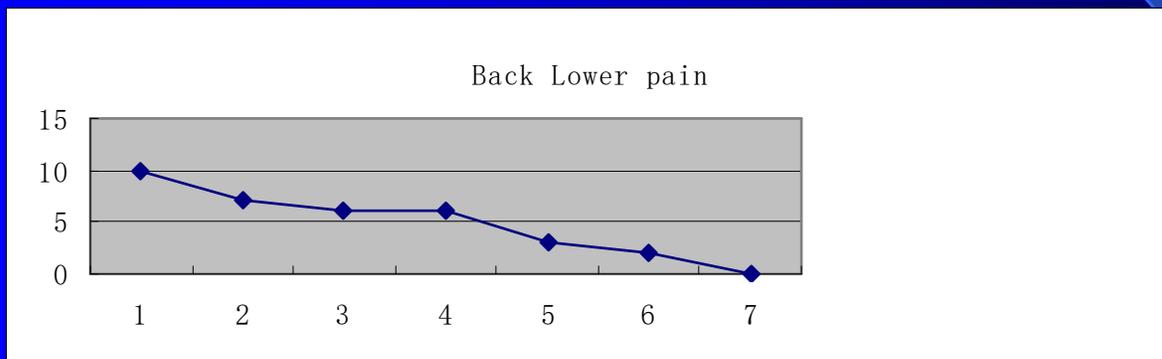
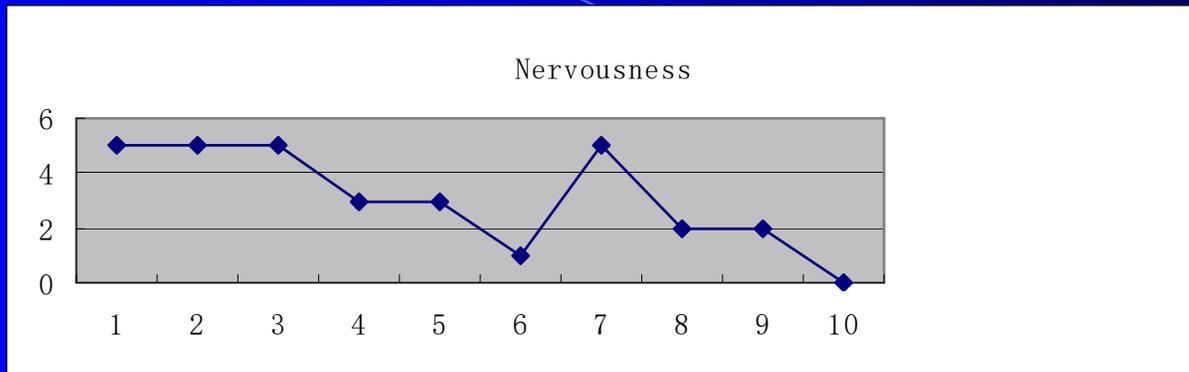
Contraindications:

- (1) Severe infections of abdomen, such as acute peritonitis, acute appendicitis. abdominal tumors, late pregnancy.
- (2) Patients who have enlarged liver and spleen needling them should be shallow, and to avoid injuring liver and spleen.

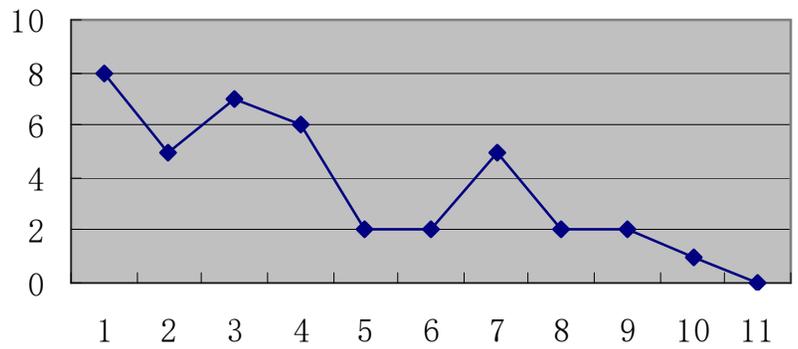
5. Case example:

- A female, 54 years old, presents to the clinic. She has AIDS and hepatitis C for 13 years. She currently takes Acyclovir 800mg bid, Asacol 600mg bid, Ritalin 20mg bid, Aricept 5mg qd, Allegrad 120mg bid, Provigil 100mg bid, and Vitamin B 2mg bid. Before treatment, the patient filled out a form to rate their symptoms on a scale from 1 to 10. Patients were treated by acupuncture using the nine abdominal needle formula once a week. The following is her condition before and after treated.

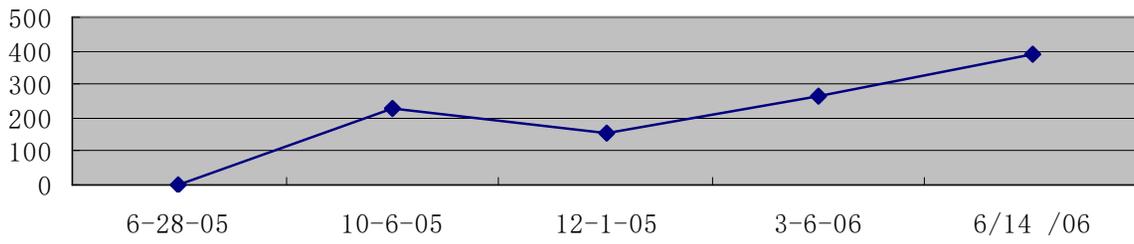




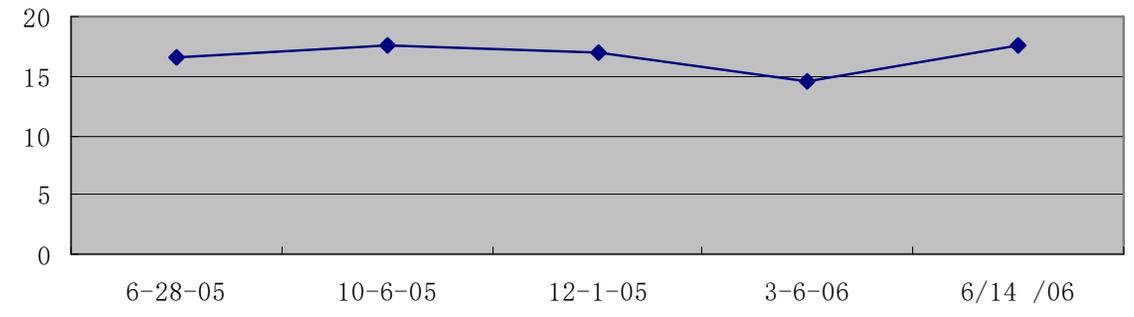
Shoulders pain

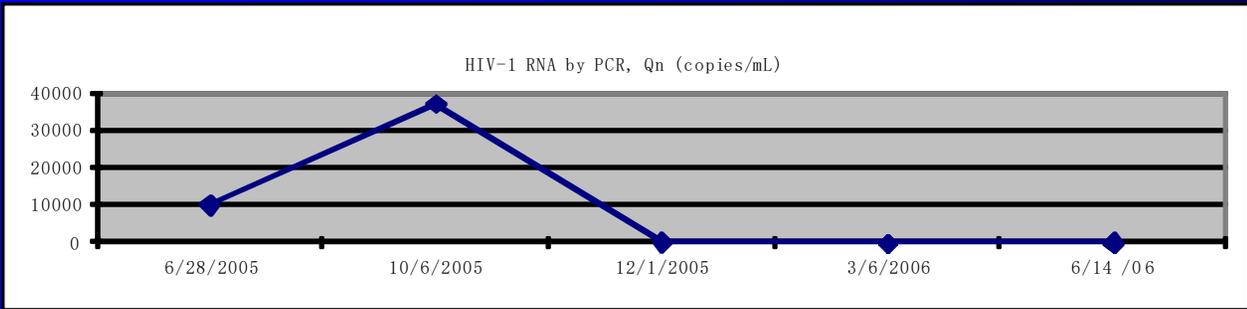
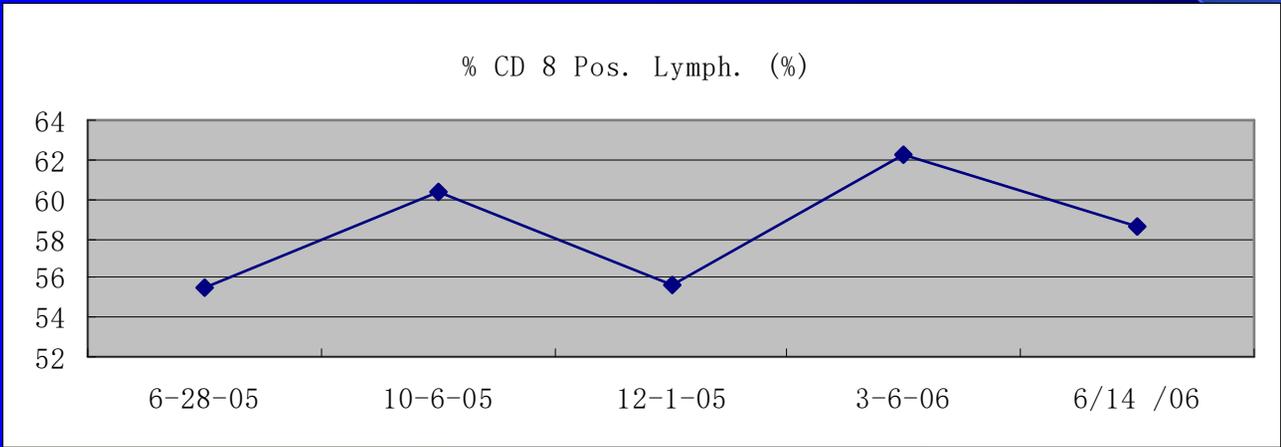
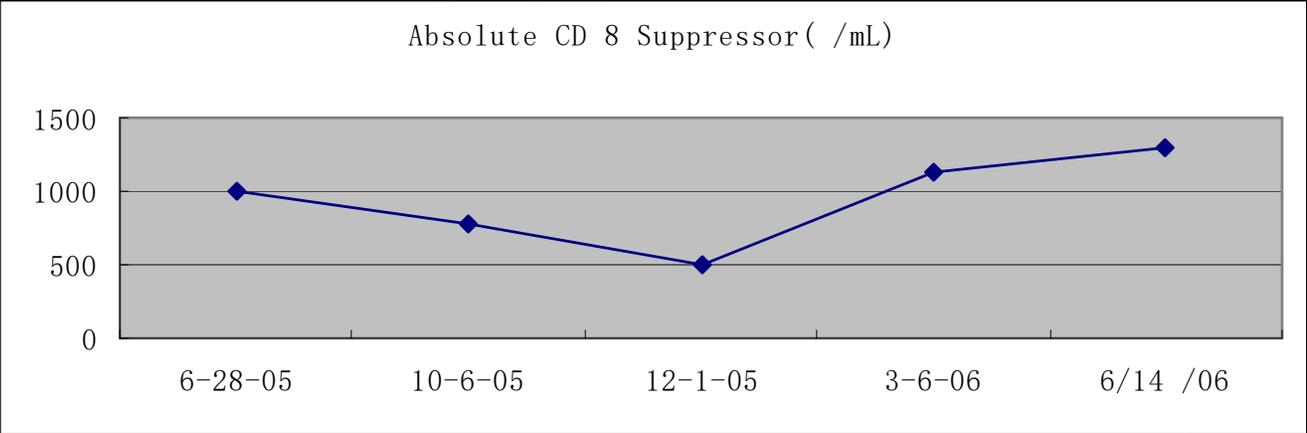


Absolute CD 4 Helper (/mL)



% CD 4 Pos. Lymph. (%)





Summary

1. The main etiology of HIV/AIDS is and Pathogenesis
3. The Treatment method
4. The Meridians and points of abdomen
5. Case example

● References

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Thank
You !