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Integrative and Holistic Approach for Immunological Disorders using Electroacupuncture

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ABSTRACT

Traditional medicine as acupuncture has been used for more than 2000 years in Asian countries such as China and Japan for the management of various diseases. Moreover, recent studies have shown that acupuncture is a useful treatment for many patients with different medical conditions and has been effectively used in clinical practice to treat patients with these diseases and can be used for virtually all pain conditions as well. One of the effects of acupuncture is through activating certain receptors in the body causing stimulation to these receptors and ultimately the release of the body's own morphine-like substances. Electroacupuncture is more convenient than the traditional acupuncture and gives a more intense, effective, and comfortable stimulation for the patient while using the same acupuncture points and the same number of treatments as with manual acupuncture.

In this paper we present several implementations of electroacupuncture in the management of immunological disorders. Therapeutic approach was conducted through two steps procedure. At first, the therapist tests to determine and diagnose the cause of the immunological and allergic reaction. We must determine whether the reaction is due to overexposure to the electromagnetic fields of the immunological substance or whether the stress on the immune system is being caused by the presence of one or more toxins in the body. The study was performed in 98 patients with different immunological disorders to observe the clinical therapeutic effects of electroacupuncture therapy for these diseases. All the patients were treated with electro-acupuncture only. The validity of treatment was decided clinically by disappearing of the lesions with complete symptom improvement and no relapse within 8 weeks of cessation of treatment. The efficiency was evaluated at the end of treatment

(41 patients were cured and 28 have obvious improvement, efficiency rate 70.40%). These findings provide other potential therapeutic opportunities for the management of these diseases.

Keywords: Health & wellness, electroacupuncture, traditional medicine, immunological disorders, therapeutic approach, Malaysia.

1. INTRODUCTION

The ancient Asian societies observed that the excitement to certain points of the body resulted in several sensations pattern such as pain, numbness, tingling or increase in the size of that part. It also produces physical reactions and spontaneous movement activity. This has led to the conclusion that it could yield therapeutic results to ease pain, tightness of breath and stress conditions. Meanwhile, this long term practice has passed down from generation to generation. Therapeutae in those days had uncovered a linear distribution for the targeted effect with same or similar results for certain points. That is to say respiratory diseases or condition related to lungs, trachea and pharynxes were best treated through points pursuing a linear distribution from the chest to the hands.[1, 2, 15].

Any medical practice including acupuncture treatment has its own style, requirements and atmosphere. Unlike the traditional acupuncture the recent modern way of acupuncture uses electrical excitement technique of needle arousal during acupuncture. This is certainly now broadly used procedure in European and American acupuncture as well as in traditional Chinese medicinal practice. At present, Electroacupuncture is increasingly recommended by a growing number of acupuncture therapy clinics worldwide to deal with several diseases, in particular, varieties of pain, joint disorders, cephalalgia and migraine conditions. [3]. For many generations Chinese clinicians have been utilizing this technique of traditional acupuncture in a specialized medical practice to effectively treat obstructive respiratory diseases that in many instances are of autoimmune background. Whereas It is just lately that the Western countries paid a considerable attention to employ this oriental practice to approach these autoimmune respiratory diseases like breathing difficulties, bronchial asthma, rhinosinusitis, chronic obstructive pulmonary diseases. [4-9, 14 and 15]

In a non-traditional homeopathic medical approach some physicians, dentists, naturopaths, and chiropractors use an electrodiagnostic clinical technique to help choose the items of products they use for treatment. This analysis technique is most commonly named as Electroacupuncture relating to Voll (EAV) [10] or referred to electrodermal screening (EDS), although some therapeutae consider it as bioelectric functions diagnosis (BFD) or bio-energy regulatory technique (BER). Even so, all these devices like the VEGA I-III are just resistance-measuring instruments [11]. However, the results still controversial as a double blind, randomised designed study of the electrodermal testing couldn't show efficient results in checking out some allergies [12].

The goal of this observational study is to examine the effectiveness of electroacupuncture in the diagnosis and treatment of some immunological conditions.

2. PATIENTS AND METHODS

98-subjects with various allergic conditions have participated in this study that was carried out in Zhongnan Hospital of Wuhan University, Wuhan, China. The research was performed to see the effectiveness of electroacupuncture in the management of some immunological conditions, including eczema, urticaria,

atopic eczema, allergic rhinitis and seborrheic dermatitis. The study group were forty-five male and fifty-three female cases with a duration of disease ranging between two months to six years and they were randomly selected. They all were Chinese Han ethnicity who have been referred to the department of dermatology, Zhongnan Hospital of Wuhan University, Wuhan, China. Approval consent was obtained from all the participants. The study was approved by the Ethical Committee of Zhongnan Hospital of Wuhan University.

The subjects were aged from 20 to 58 years and have a documented allergic condition of various durations and they were not under treatment. All preparations of corticosteroids, topical treatments and oral antihistamine or anti-inflammatory drugs were stopped fourteen days before the commencement of the research study. Certain patient categories were ruled out from the study including long-term corticosteroid injection in the last month and also those who are on an oral medication for the prevention of allergy. Complete medical history was recorded for each participant in the first visit. Also a clinical examination with a standard laboratory test was also carried away at inclusion and repeated after four weeks of treatment.

The control group were 25 volunteers (13 females and 12 males) with no history of any allergic or immunological disorder between the ages of 18 and 55. Those healthy comparison subjects for our study received an electrodermal scanned analysis to identify the presence of any allergic reactions to certain compounds or substances to determine the efficacy of acupuncture technique in diagnosing allergic disorders. Baseline features of the groups were similar in gender and age and all were negative for skin test and RAST.

3. RESULTS ANALYSIS

Studies were performed using SPSS software with an intention-to-treat basis. Descriptive statistics and quantitative parameters as means and standard deviations and categorical or dichotomous parameters as absolute or relative frequency by class were performed at a value level of 5%.

4. RESULTS

In the first session an electro-acupunctural screening test by electrodermal diagnostic device is done to determine the cause of the immunological disorder by detecting the presence of any energy disturbance or imbalance that lead to the illness and can detect if the patient is allergic or sensitive to foods substances or certain materials.

The electro acupuncture device was employed to survey the capacity to assess the presence of any immunological disturbance in both groups. The researchers carried out the all the examinations under similar circumstances in the same designated room for the examination. After series of testing, it was difficult to recognize hypersensitive patients from controls. However, the main proof was that the abatement of conductivity was amazing in numerous hypersensitive patients. The names of the diseases and the number of cases for each is shown in Table 1 and Figure 1.

For the following sessions, an electrodermal therapeutic stimulation to the acupoints is applied for 30-60 minutes and continued twice weekly for 4 to 6 weeks.

Table 1
List of diseases and the number of cases

| <i>Name of the disease</i> | <i>Case no.</i> |
|----------------------------|-----------------|
| Eczema | 33 |
| Urticaria | 48 |
| Atopic Dermatitis | 2 |
| Allergic rhinitis | 13 |
| Seborrheic Dermatitis | 2 |
| Total | 95 |

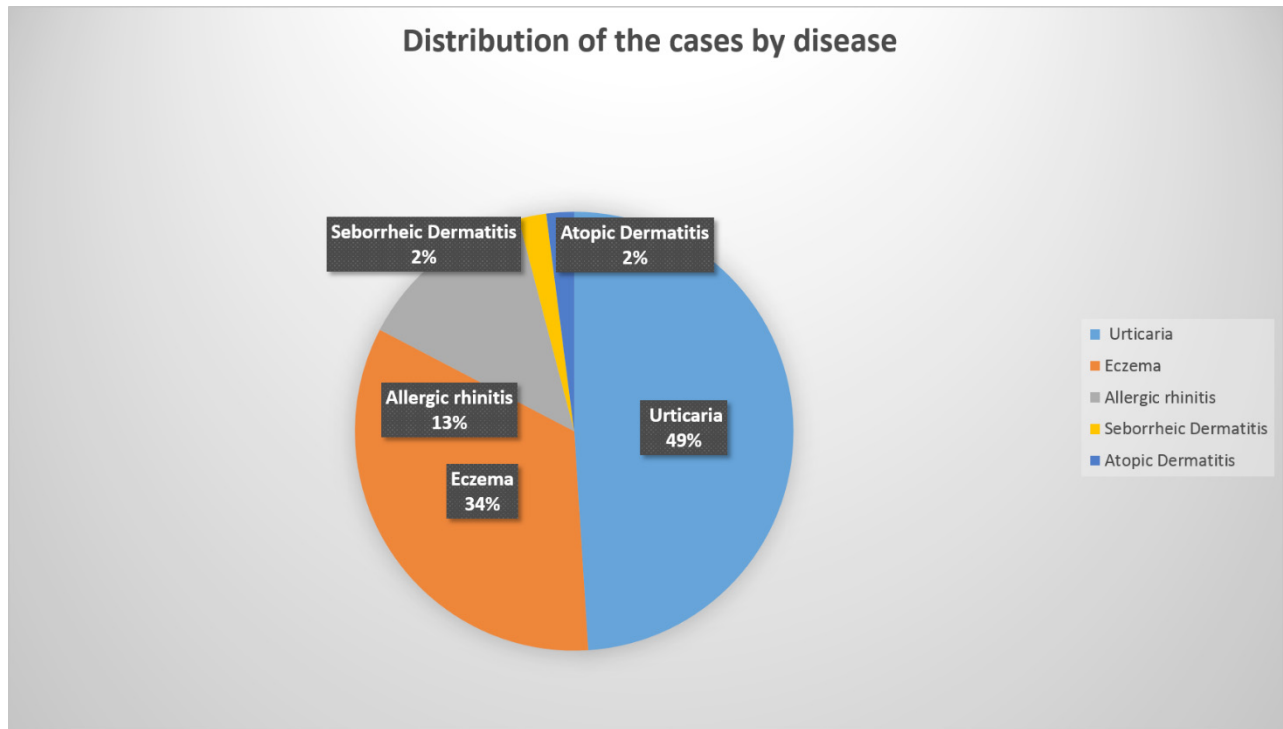


Figure 2: Distrubtion of different immunological disease in the study

Efficacy Criteria

Patient's symptoms and signs recorded according to 4 levels as follows:

- Cure: completely Disappearance of signs from skin, completely Disappearance of symptoms of allergy.
- Marked improvement: completely disappearance of signs from skin, completely disappearance of symptoms of allergy.
- Mild improvement: Disappearance of signs from skin, alleviate symptoms of allergy.
- Invalid: No effect.

The effect at the end of treatment course is shown in Table 2, Figure 2 & 3.

Safety Criteria

Complete clinical check like blood pressure and heart rate were measured, patient’s blood, urine ALT, urea, creatinine, etc, were inspected. Effectiveness and adverse effects were observed. Adverse effects were defined as clinical signs or symptoms that appeared or worsened during treatment.

Table 2
Clinical efficacy of treatment

| Disease name | Cure | Obvious improvement | Mild improvement | No effect | Efficiency % |
|-----------------------|------|---------------------|------------------|-----------|--------------|
| Urticaria | 16 | 18 | 11 | 3 | 70.83 |
| Eczema | 17 | 7 | 7 | 2 | 72.72 |
| Allergic rhinitis | 6 | 3 | 4 | 0 | 69.23 |
| Atopic Dermatitis | 0 | 1 | 0 | 1 | 50.0 |
| Seborrheic Dermatitis | 1 | 1 | 0 | 0 | 100 |
| Total | 39 | 29 | 21 | 6 | 71.28 |

The efficacy of treatment was measured by:

$$(Cured\ no.\ +\ Obvious\ improvement\ no.) / total\ no.\ \times\ 100 = Efficiency\ \% \tag{1}$$

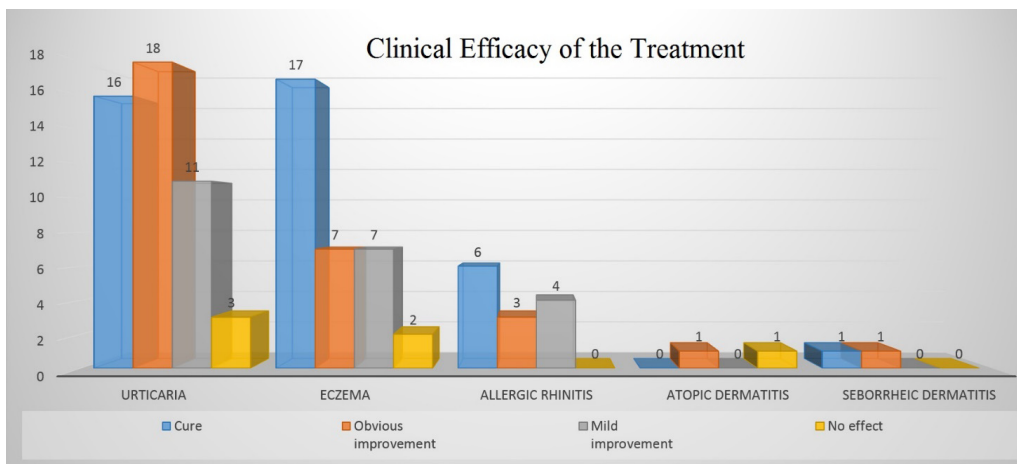


Figure 2: Clinical efficacy of the treatment

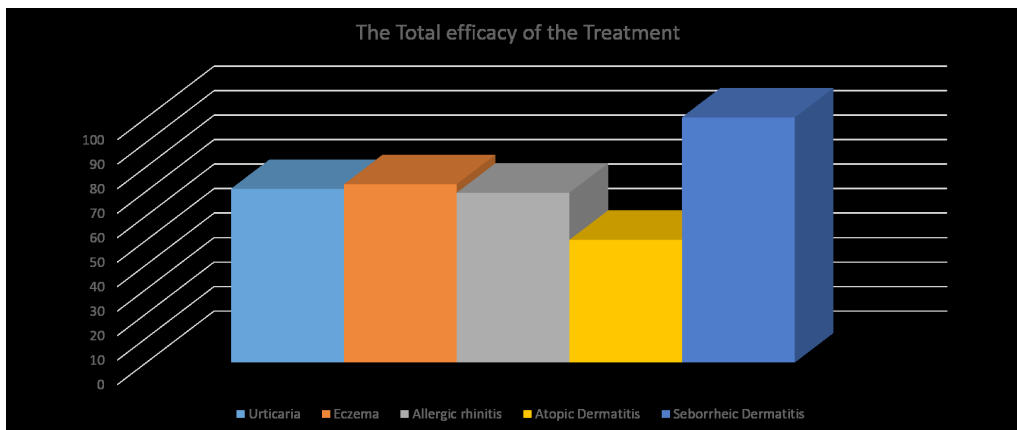


Figure 3: Overall treatment efficacy

5. DISCUSSION

Although acupuncture points can be stimulated by different methods, however, needles are the usual way for that. Alternatively, electricity, magnetism and heat can also be applied to stimulate the body's own healing response. Electro-acupuncture help reduce total treatment time through providing a continuous stimulus during treatment meanwhile the therapist can attend other patients. Also there is no tissue damage, twirling or thrusting the needle is associated with electro-acupuncture. Moreover, comparing to the traditional acupuncture, the frequency of the stimulus and the amount of stimulus is easily controlled. In electro-acupuncture technique the patient receives impulses of ultra-fine electromagnetic signals via electrode wires that create stresses on the immune system. The bio-energetic response of the immune system is tested at the ting acupuncture point on the outside of the middle finger and is recorded by the electro-acupuncture testing device. The stress effect on the immune system by a substance that caused the sensitizing effect is being tested and recorded and then gradually neutralizing its electromagnetic charge by the electro-acupuncture device will relieve that stress. This gives a quick and easy approach to identify that substance to which a person is autoimmune to and then do gradual desensitizations. The electro-acupuncture device stores one thousand substance that patient can be allergy to. So at first the patient is checked for the presence of any allergy reaction to these substances. Then after that the electro-acupuncture treatment is applied to treat the patients based on the hypersensitivity result by the electro-acupuncture device.

The current way of detecting immunological and allergic hypersensitivity abnormal responses usually involves both dermatological and blood testing for presence chemical of a substance or the presence of specific IgA molecules respectively. Whereas, electroacupuncture uses the bio-energetic testing method which is a more faster and non-invasive technique that can also form the base of the design of the proper therapy that will relieve these stresses and thus the immune reaction.

We can see that the total efficacy of treatment is 71.28 %, which is considered very good and reasonable outcome of the therapy with no noticeable side effects, specially that no steroid was used here. Moreover, the convenience of the therapy and its easy applicability.

Albeit observational studies can't be used as a sole source to make elucidations of certainty about the effectivity of a therapeutic approach, they can very helpful for some diverse things to enlighten clinical practice. They can give information on the actuality use in practice and perceive signals about the focal points and threats of the use in the general practices. They also subtle element speculations to be attempted in future about this therapeutic approach. Moreover, recently Cochrane Collaboration report described that observational studies are in a general sense the same as in results reported by similarly drove randomized controlled trials. [13]

Electro-needle therapy is a helpful incitement procedure to be used with the same needle therapy sites and the same number of sessions as with manual needle therapy. For occupied specialists and the individuals who don't regularly give delayed manual needle incitement, notwithstanding when it is typically called for as indicated by Chinese writing, electro-needle therapy may enhance the clinical condition. In situations where reluctant and delayed response may be expected, as with certain hardheaded neurological issue, electro-needle therapy might be the recommended approach give an effective daily therapy. Chronic condition can be treatment for a period of one to three months by 4-12 separated sessions. Specialists ought to counsel the brochure provided with the equipment they use in regards to contraindications for electro-needle therapy and proposals for diverse uses and frequencies.

6. CONCLUSION

Our study showed a promising results about the usefulness of electroacupuncture technique as a noninvasive effective way to treat allergic conditions with no side effects. Further studies is advised to establish the effectiveness of this encouraging approach in clinical practice.

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