
Acupuncture Treatment in Cervical Spondylosis Due to Computer Use in Daily Practice

Jihe Zhu¹, Blagica Arsovska^{1,2}, Kristina Kozovska^{1,3}, Anita Atanasova¹

1 Faculty of Medical Sciences, University Goce Delchev, Shtip, Republic of Macedonia;

2 Institute of Biology, Faculty of Natural Sciences and Mathematics, Skopje, Republic of Macedonia

3 Medicine Faculty, St. Cyril and Methodius University of Skopje, Republic of Macedonia

Corresponding author – Kristina Kozovska, ‘Orce Nikolov’ 155/5-2 1000 Skopje, Macedonia, +38971557345, tongdatang-tcm@hotmail.com

Abstract

Long and irregular sitting in front of a computer, at home or at the workplace, often causes back pain. This pain is one of the most common health problems. Cervical spondylosis is a degenerative spinal disease and most commonly occurs in people who have long been in sitting position. In this research are included 30 patients, 14 male and 16 female who work at sitting position at least 2 hours a day on a computer. The patients are on age from 28 to 81. All patients are treated with acupuncture in a clinic for Traditional Chinese Medicine and acupuncture, by a doctor specialist in acupuncture, on the same points. Treatments are made once a week, with duration of 30-45 minutes. Acupoints used in the treatment are: GV14 (DaZhui), LI11 (QuChi), GB21 (JianJing), DU20 (Baihui), DU21 (Qianding), SJ16 (Tiannyou), BL10 (Tianzhu), SI15 (Jianzhongshu), SI14 (Jianwaishu), GB20 (FengChi) and 6 Ashi points on the neck. All patients have done between 1-10 treatments, with 4 treatments on average. Average age is 46, and most common age group is 30-40. The treatments were effective and with positive results in all the treated patients. Acupuncture as part of the Traditional Chinese Medicine gives very satisfying and long-lasting results in the treatment of cervical spondylosis due to computer use in the daily practice.

Keywords: acupuncture, traditional Chinese medicine, spondylosis, treatment

Introduction

Long and irregular sitting in front of a computer, at home or at the workplace, often causes back pain. This pain is one of the most common health problems worldwide today. Cervical spondylosis is a degenerative spinal disease and most commonly occurs in people who have long been in sitting position. Risk factors that accelerate the development of cervical spondylosis include: dynamic lifestyle, insufficient physical activity, poor posture, occupations that require

long sitting (office workers, drivers, construction workers), resting in an irregular position or obesity (overweight).

This condition usually occurs in individuals older than 40 years and progresses through the aging process. Although it affects the two genders, cervical spondylosis occurs earlier in men. With the aging process, the bones and joints that form the neck of the spinal column gradually collapse and sometimes form irregular bone growths called osteophytes. In parallel, gradual dehydration (drying) of the intermolecular discuses that have the role of "shock absorber" on the neck occurs. However, in most adult patients, almost 90% of them will not develop a neurological deficit, even occasionally.

Symptoms and signs of neck spondylosis are: numbness and pain in the neck, pain in the shoulder, arm or chest, tingling along hands and palms, weakness of the hands and palms, inability to perform fine movements, abnormal muscular tendon reflexes and etc. With the advancement of the disease, as a result of the changes occurred by the spondylosis, narrowing of the spinal canal - spinal stenosis may also occur. Spinal stenosis may be also cause of radiculopathy or myelopathy.

Diagnosis is made by neurological examination, X-rays on the neck, computed tomography or magnetic resonance of the neck.

As a treatment for cervical spondylosis, the classic medicine uses NSAIDs like Naproxen, Ketoprofen, Ibuprofen, corticosteroids, myorelaxants, hot or cold patches, physical therapy, massage or surgical treatment. [1] [2]

Most common Traditional Chinese treatment used in the treatment of cervical spondylosis is the acupuncture. In the treatment are treated specific acupuncture points located on the neck and head and with their stimulation comes to relieving of the symptoms by removing blockages in the meridians and improving the flow of Qi energy. The main purpose of the treatment is to reduce the pain and prevent permanent damage to the nerves or spinal cord. [3]

Material and methods

In this research are included 30 patients, 14 male and 16 female who work at sitting position at least 2 hours a day on a computer. All patients are diagnoses with cervical spondylosis. The patients are on age from 28 to 81.

All patients are treated with acupuncture in a clinic for Traditional Chinese Medicine and acupuncture, by a doctor specialist in acupuncture, on the same acupuncture points. Treatments are made once a week, with duration of 30-45 minutes, in a closed room, on a room temperature. In the treatment were used fine sterile disposable needles with dimensions 0.25x25mm manufactured by Wuijuiang City Medical & Health Material Co., LTD.

Acupoints used in the treatment are: GV14 (DaZhui), LI11 (QuChi), GB21 (JianJing), DU20 (Baihui), DU21 (Qianding), SJ16 (Tiannyou), BL10 (Tianzhu), SI15 (Jianzhongshu), SI14 (Jianwaishu), GB20 (FengChi) and 6 Ashi points on the neck.

Results and discussion

Of the treated patients (30), 14 were male and 16 female. Both genders are almost equally affected by the disease. All of the patients were working on a sitting position for more than 2 hours a day.

The patients were on age from 28 to 81, with average age of 46. Patients were divided into 6 age groups, of which most common age group is from 30 to 40 (9 patients). 7 patients were on age from 40 to 50, 5 patients from 60 to 70, 4 patients in the age groups 20-30 and 50-60 and 1 patients in the group >70. The same results are shown in table 1.

Table 1. Age groups

<i>Age groups</i>	<i>Number of patients</i>
20-30	4
30-40	9
40-50	7
50-60	4
60-70	5
>70	1

All of the treated patients have done between 1-10 treatments, with 4 treatments on average. Most of the patients – 16 have done 1 to 3 treatments, 10 have done 4-6 treatments and 4 patients have done 7 to 10 treatments. The same results are shown on table 2. The treatments were effective and with positive results in all the treated patients.

Table 2. Number of treatments done

NUMBER OF TREATMENTS	NUMBER OF PATIENTS
1-3	16
4-6	10
7-10	4

The treated patients work in many different areas, but the most common professions are: office worker, engineer, hairdresser, driver, nurse, mechanic, administrator, programmer and etc.

Acupuncture treatment enhances the blood circulation, relaxes the cervical anatomy tissues, facilitates the absorption of the local inflammation to relieve the pressure on the nerve fibers and enables the patients to return to their normal daily activities.

All the acupuncture points on the neck and head are Yang points and when there is excessive flow of energy there, the acupuncture can be effectively used to ensure the permanent release of discomfort and unpleasant pain in that region.

The aim of the acupuncture treatment is to improve the circulation of Qi energy by regulating its flow, to be upgraded where there is a deficit and if there is an accumulated excessive amount of energy to decrease it. In this way, the balance of the flow of Qi, the energy and the health returns. [4] [5] [6]

Conclusion

Acupuncture as part of the Traditional Chinese Medicine gives very satisfying and long-lasting results in the treatment of cervical spondylosis due to computer use in the daily practice.

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