

Pain syndromes in the cervical and lumbar spine
in terms of traditional Chinese medicine
N.V. Kartashova, E.T. Beloborodov

(City Clinical Hospital No. 19, Moscow, Russia)

Back pain is experienced by 75% of the adult population. The frequency of pain increases with age. Most often women suffer from this pain. In most cases, back pain is not associated with a serious problem and ends with complete recovery, but in 10% of cases it becomes chronic, which entails the need for long-term treatment. In chronic pain, the psychogenic factor is of particular importance. According to the localization of spinal pain, 4 zones can be divided: cervicalgia, thoracalgia, lumbalgia, coccygalgia, as well as transitional zones.

In this article, we will consider spinal pain in the cervical and lumbar spine. The causes of pain in the cervical spine can be:

- nonspecific mechanical axial pain in the cervical spine due to minor sprains of the neck ligaments, poor posture. It is provoked by awkward movements, prolonged forced position of the head, overstrain of the cervical muscles, local hypothermia, blockage of the facet joints. More often this is a problem of office employees who have computers in the wrong place, as well as if they sit in uncomfortable positions for a long time;
- whiplash injuries;
- spondylosis and spondyloarthrosis;
- herniated disc;
- small fractures of the spine due to osteoporosis;
- stenosis of the spinal canal;
- hyperostosis or osteoporosis with complicated fractures;
- Infectious lesions of the spine, osteomyelitis, abscess;
- fibromyalgia;
- psychogenic craniocervicalgia.

At the cervical level, compression can be applied not only to the roots, but also to the spinal cord with its vessels. Possible compression of the spinal cord by a posterior herniated disc or posterior osteophytes, especially important, uncovertebral arthrosis. Bony growths narrow the intervertebral foramen, therefore, at the cervical level, the roots are more often compressed not by a herniated disc in the epidural space, as is the case in the lumbar region, but in the intervertebral foramen itself. When moving in the cervical spine, uncovertebral osteophytes injure the root and its membranes, and the developing edema in them turns the relative narrowness of the intervertebral foramen into absolute. There is an edema of the squeezed root, reactive aseptic inflammation develops in it.

For a doctor who knows how to diagnose ART, First of all, the task is to identify the source of pain, for this it is necessary to test the main anatomical components involved in the pathogenesis of pain:

1. In each specific pain syndrome, a pathological

functional block: myofascial, neurovascular block, arthrosoarthritis of the uncovertebral joints:

- facet intervertebral joints (arthrosis-arthritis);
- ligaments and fascia (fasciitis, bursitis);
- muscles (myositis) and tendons (tendovaginitis);
- discs (discitis) and vertebral bodies (spondylitis-spondylosis);
- roots (sciatica) and nerve plexuses (plexitis).

2. Arteries and veins that create ischemia, edema and venous congestion in damaged area.

The identified indicators are summarized in one folder and reflect the clinical picture of the patient's illness. In some cases, if the patient's spinal cord is damaged, drugs from the spinal cord folder are tested, which indicates possible compression, hemangioma, spinal cord tumor with indications for extended diagnostics - MRI of the spine.

From the point of view of Chinese traditional medicine, back pain is considered as a syndrome of damage of a surface pathogenic factor or internal. An important diagnostic factor is the questioning and examination of the patient with the determination of the nature of pain, localization and damaging factor.

Bursting pain. This refers to pain, accompanied by a feeling of bloating. It is a characteristic sign of Qi stagnation. It has no clear localization. Most often occurs in the chest, epigastric region, hypochondrium and abdomen. Bursting headache is usually the result of fire and heat.

Stitching pain. It resembles a needle prick. It is one of the signs of blood stagnation. Has a clear localization. It most often manifests itself in the chest, epigastric region, hypochondrium, lower abdomen.

Severe pain. This refers to pain accompanied by a feeling of heaviness. It is a sign of diseases with a blockade of Qi and blood by pathogenic dampness. Usually found in the head, limbs and lower back.

Colicky pain. It resembles a knife cut. It is usually a manifestation of a sudden blockage of the Qi circulation when there is an excess of pathogenic Qi.

Nagging pain. This refers to short-term pain at intervals, reminiscent of a stretching. It is associated with liver disease, usually caused by internal activation of the liver wind.

Burning pain. This refers to pain with a sensation of heat and a desire for cold. Usually occurs in the hypochondrium and epigastric region. It occurs when collaterals are flooded with pathogenic fire and heat or with a lack of Yin and Yang and heat activity.

Cold pain. This refers to pain with a feeling of coldness and a desire for warmth. Usually found in the head, lower back, epigastric region, and abdomen. It arises as a result of collateral filling with pathogenic cold or with a lack of Yang Qi, which causes insufficient warming and nutrition of the zangfuorgan, canals and collaterals.

Blunt pain. This refers to the subtle pain that can be tolerated. However, it is permanent and can last for a long time. It is a feature of coldness of the type of disadvantage.

Empty pain. This refers to pain with a feeling of emptiness. Usually occurs when there is a lack of quintessence of Jing and blood, insufficient filling of the channels, violation of free circulation.

Localization of pain

An important diagnostic method is the correlation of places of pain with places where the canals pass. In the diagnosis, first of all, it is necessary to clearly establish the localization of pain, which will make it possible to determine its connection with the channel, an internal organ and then find out the cause of the disease. For example, pain in the hip from the outside refers to the foot shao-yang canal of the gallbladder, from the front side - to the foot yang-ming canal of the stomach, from the back side - to the foot tai-yang canal of the bladder.

The main internal causes of pain are:

- hyperactivity of the Yang liver (pain of a bursting nature, especially severe in the lateral regions of the head, neck region, often one-sided, irritability, fits of anger, pain in the hypochondrium);
- Lack of kidney Yin (headache, dizziness, tinnitus, back pain, weakness in the knees);
- lack of Qi (prolonged moderate dull pain, aggravated by overwork, lack of air, unwillingness to talk, general weakness, fatigue);

- lack of blood (headache, dizziness, blurred vision, tinnitus, pallor, light color of lips and nails, dull aching pains in the cervical, thoracic and lumbar regions);
- stagnation of blood (chronic stabbing paroxysmal pain in the cervical, thoracic and lumbar regions (associated with a stagnant organ - liver, lungs, heart, uterus. Pain with a clear localization, purple tongue, possibly with stagnant spots);
- internal accumulation of phlegm (compressive pain in the frontal region of the head, dizziness, chest tightness).

Chest pain. The chest is the location of the heart and lungs. Chest pain is usually a reflection of heart and lung disease.

Most often, chest pain is associated with a Yang deficiency of the heart. In this case, it increases with the perception of an external pathogenic wind, as well as with alcohol abuse, excessive consumption of fatty meat food, which causes an internal accumulation of phlegm-dampness. The cause of chest pain can be stagnation of blood in the heart, the occurrence of which is associated with stagnation of liver qi due to emotional disturbances.

Pain in the hypochondrium. The hypochondrium is the place where the liver and gallbladder canals pass. The main causes of pain in the hypochondrium are:

- stagnation of liver qi;
- dampness-heat in the liver and gallbladder;
- Lack of Yin of the liver;
- stagnation of blood resulting from prolonged stagnation of Qi in the liver.

Pain in the epigastric region. The epigastric region (epigastrium) is the location of the stomach. The main causes of this type of pain

are:

- cold such as a lack of the spleen and stomach;
- attack of the Qi of the liver on the stomach;
- stagnation of food in the stomach;
- Lack of Yin in the stomach;
- blood stagnation resulting from prolonged Qi stagnation.

Abdominal pain. The belly is divided into 3 parts:

- upper - above the navel, refers to the spleen;
- lower (hypogastric) - below the navel, refers to the kidneys, bladder, large and small intestines, uterus;
- inguinal - on both sides of the lower abdomen, is the place where the foot jue-yin of the liver canal passes.

Abdominal pains are classified according to their location. They can be caused by thickening of cold, accumulation of heat, stagnation of Qi, stagnation of blood, stagnation of food, accumulation of parasites. In this case, they are referred to as excess syndrome.

If the pain is caused by a lack of Qi, a lack of blood, or cold of the type of lack, it is referred to as a deficiency syndrome.

Back pain. The loin is the "kidney palace". The main cause of back pain is a lack of kidney qi. In addition, pain can be caused by the perception of cold and dampness, as well as blood stagnation,

Pain in the limbs. Pain in the extremities (both joints and muscles) usually occurs when external pathogenic Qi is perceived, when the free circulation of channel Qi and blood is disturbed (bi-syndrome).

Consideration should be given to the duration of pain and its response to pressure.

Overweight syndrome includes:

- acute long-term pain;
- pain that increases with pressure.

Deficiency syndrome includes:

- chronic, at times subsiding or ceasing pain;
- pains that subside with pressure.

General principles of treatment within the knowledge of TCM, homeopathy and BRT.

- maintaining the "true", restoring the patient's internal reserves;
- removal of pathological, i.e. warming in cold, dissipation of heat in excess of heat, resorption of dampness and phlegm during stagnation;
- restoration of normal circulation of Qi and blood (both in the meridians and collaterals, and at all other levels);
- the appointment of a specific drug or a combination of drugs to eliminate the pathological syndrome.

Pain in the lumbar spine

one. General idea

Lumbar pain is most common on one side, both sides, or in the lumbosacral region, sometimes with concomitant pain in the lower extremities. Cause: internal damage, external cold, excessive sexual activity, traumatic injuries.

2. Clinical classification, indication and treatment in Chinese medicine.

There are five main types of indications.

1) Lack and Weakness of Kidney Qi

Symptoms: constant and slight pain in the lower back, aches and fatigue in the lower back and legs, with overwork the pain increases, in the lying position the pain decreases.

I) Yang kidney failure: cool extremities, light-colored urine in large quantities, loose stools, pale tongue, deep and threadlike pulse.

Treatment:

a) Herbal medicine:

Golden box + Zhuangyao jianshen wan + Fufang danshen
Yugui wan jianbu lodan pian

b) Homeopathy with a warming effect: gelsemin 6-12, viscum album, glonoin 6-12, nux vomicum 6-12, arsenicum album, terebintin 6-12, sulfur 6-12, cimicifuga, sepia, colocynth, gnafalium, rus toxicodendron.

c) Bioresonance treatment

Stage 1. By testing organopreparations, we determine all groups of muscles of the lumbar region, ligaments, plexuses, vessels, which, when tested, reduce the iodine measuring level. Within 5 min. we carry out BRT we write ČBR1.

Stage 2. We place the obtained BBR1 into a passive electrode and then use ART to test the organs that are associated with this BBR1. It is necessary to use OP in single potencies. Through the found organopreparation we find all the toxic loads associated with this organ, anabolic or catabolic processes, acid-base state and regulation of the ANS.

Stage 3. We carry out the BRT on the zone of the received organ with the load of all the received pointers. At the end of the therapy we write CHR2.

Stage 4. BNR2 is evaluated through the drugs tested at stage one.

2) Yin kidney failure

Symptoms: night sweats in the arms and legs, dizziness and tinnitus, red tongue, little plaque, thready pulse, rapid.

Treatment:

a) Herbal medicine:

Six herbs + Jianbu lodan + Fufang danshen
Zogui wan

b) Homeopathy and Bioresonance Treatment see above.

3) Accumulation of cold-dampness

Symptoms: lower back pain with heaviness and cramps, difficulty moving, in a lying position the pain intensifies, a strong feeling of cold in the lower back and back, a desire to warm the lower back, aversion to the wind, in inclement and cold weather the pain intensifies, the tongue is pale and thick, the coating is white, moist and slippery, deep tense pulse or deep slow pulse.

Treatment:

a) Herbal medicine:

Golden box + Shujinhoxue wan + Fufang danshen pian
Duhojisheng wan Xiaoholo wan Shixiao wan
Xuanbitan wan Daholo wan
Kangutshensheng wan

b) Homeopathy: Dulcamara, Rhododendron, Rus toxicodendron, Causticum, Ranunculus bulbozus;

c) Moxibustion: yao-yang-guan (VG3) for 10 minutes;

d) Method of setting cans: da-chzhui (VG14), chzhi-yang (VG9), yao-yang-guan (VG3);

e) Guasha method: meridian Du-mai, foot meridian Tai-yang of the bladder (V).

4) Liver Qi Stagnation

Symptoms: at night or in the morning pain in the lower back and back with concomitant restlessness and frequent outbursts of anger, restless sleep, tense string pulse or threadlike slippery, red tongue, thin white coating.

Common in women.

Treatment:

a) Herbal medicine:

Chaikhushugan wan + Zhuangyaojianshen wan + Fufang danshen pian
Yaotunnia Shixiao wan
Jianbulo tribute

b) Acupuncture: tai chun (F3), he-gu (GI14), gan-shu (V18), shen-shu (V23), wei-yang (V39);

c) Method of setting cans: gan-shu (V18), shen-shu (V23), ba-liao (eight wells - four pairs of points for setting needles, located in the region of the posterior sacral holes, namely: upper, sub-upper, middle and lower Liao).

5) stagnation of blood

Symptoms: pain in the night or in the morning after waking up, forcing the patient to knead the painful spot, in the afternoon the pain decreases, the pulse is threadlike and uneven, a dark (dull) tongue with blood spots (ecchymosis), thin plaque.

Treatment:

a) Herbal medicine:

Xuefuzhuyu wan + Zhuangyaojianshen wan + Fufang danshen pian
Shujinhoxue wan wan Shixiaowan

b) Homeopathy: Aesculus, Gammamelis, Nux vomicum, Berberis vulgaris, Brionia Alba, Causticum, Lycopodium, Cuprum metallicum, Hypericum, Calcacrea fluorica, Kalium Yodatium, Sabal serulatum Pulsat, Sepia;

c) Testing by the ART method of the veins of the lumbar spine, muscles, tendons, roots and plexuses - BRT. We put the obtained PBS in the load and identify the second organ - most often the liver. Having tested the necessary potency, we identify biochemical processes in this organ, find toxic loads, impaired venous outflow, cholestasis, and perform BRT. We put the resulting BPS in the load and often find the 3rd organ participating in

kidney), I carry out the disclosure of biochemical processes (anabolism-catabolism, alkalinity-acidity, voltage - depletion of vegetation, toxic loads, hormonal background) - I correct the chain, forming the correct biochemistry of the organ, then I write down 3 balls and put them in the passive electrode. I find the second organ - more often it is an immunological organ - the spleen (eliminates dampness) or the small intestine (eliminates excess fire). I reveal their biochemical states and vegetation, write them down on 3 balls and put them in a passive electrode, I reveal the third organ - liver, large intestine, urology, gynecology. To the identified 3rd organ with its biochemical processes

I put in the address of the 2nd and 1st organs, in the previously tested along the allocated meridians. potencies, - I carry out BRT

Given the chronic pain process, in parallel I define psychological stress and select drugs that eliminate the pathological dominant (Bach Flowers, constitutional homeopathy (potency 30-200)), I also include homeopathy, dissipating heat and resolving phlegm (potency 6-12) (see above).

Below is a brief summary of Chinese medicine drugs.

Wantongjingu pian

The preparation contains mainly ingredients that drive out wind and cold (less dampness), support Yang, improve the permeability of meridians and collaterals, move blood, strengthen the liver and kidneys, and, consequently, ligaments, muscles and bones. Therefore, the drug is prescribed for "B" syndromewind and cold.

Xiaoholo wan

The ingredients included in the preparation affect external pathogenic factors: wind, dampness, cold, expelling them from the body, and also restore the patency of the meridians and collaterals, move the blood and relieve pain.

Tianma Wan

This preparation contains ingredients that expel external and internal wind, strengthening and relaxing ligaments and muscles (through strengthening the liver and kidneys), nourishing and moving the blood. The medicine is used in a situation where, against the background of weakness of the kidneys and liver, the body has been exposed from the outside to the influence of wind and cold (to a lesser extent).

Duhojischeng wan

The ingredients of this recipe, the ingredients contribute to the expulsion wind and cold nourish qi and blood, strengthen the liver and kidneys, helping to relax and nourish the ligaments and muscles.

This recipe is used in patients with a long history of joint pathology against the background of the emptiness of Qi and Blood and weakness of the liver and kidneys.

Xuanbitan wan

The ingredients in the recipe cleanse heat and dampness from the joints,

improve the conductivity of the channels, strengthen the liver and kidneys. Prescribe a drug for "B" syndrome heat and dampness.

When it comes to joint pathology due to a deficiency of blood and Yin of the liver and kidneys, then all drugs that compensate for this deficiency are suitable.

Vanby kaley

Main properties and indications for use: tones the liver and kidneys, strengthens muscles and joints, removes wind-moisture, activates the meridians. It is used for general weakness due to chronic "B" syndrome, joint pain, local tumors, rigidity and deformation, with rheumatoid arthritis.

Jianbulo tribute

Pharmacologic effect: stimulates blood circulation, improves local blood circulation, improves nerve conduction, blood vessels, muscles, increases immunity, has antiviral, antirheumatic, anti-inflammatory and analgesic effect.

Zhuanguguanjie wan

Pharmacological action: possesses pain reliever, anti-inflammatory action.

Functions and purpose: strengthens the kidneys and liver, replenishes blood and promotes blood circulation in the body, is a natural analgesic. It is used for renal and renal failure, stagnation of blood and Qi, various dysfunctional arthritis, radiculitis, lumbago (lumbago).

Zhuangyaojianshen wan

Main properties and indications for use: strengthens the lower back, tones the kidneys, nourishes the blood, removes wind and moisture. It is used for exhaustion of the kidneys with the following symptoms: back pain, weakness in the knees, frequent urination, rheumatic joint pain, nervous exhaustion.

Shujinhxue wan

Function: relaxing muscles and tendons and activating the flow of qi and blood in the meridians and collaterals, activating blood circulation to reduce swelling, relieving pain.

Purpose: it is used for traumatic injuries, tendon injuries and fractures, sudden sprains in the lower back, colic in the side, blood congestion, to relieve pain.

Shixiao wan

Functions: moves blood, removes stagnation, dissolves accumulations, relieves pain.

Purpose: it is used for stagnation and stopping of blood with the following symptoms - pain in the chest and epigastric region, lochia after childbirth, dysmenorrhea, acute pain in the small pelvis, etc.

In clinical practice, they are used for: algodismenorrhea, ectopic pregnancy; tumors of the female genital area; ischemic heart disease, angina pectoris; climacteric syndrome; headaches with an appropriate clinical picture; pain in the abdomen, back.

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