

## *The current situation and existing problems of acupuncture treatment for Parkinson's disease*

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**Abstract:** The objective of this paper is that the author counted the clinical research literature of acupuncture treatment of Parkinson's disease (Parkinson's disease/acupuncture, PD) in recent years, analyzed its development status and existing problems, provided ideas for the improvement and development of acupuncture technology, and provided more reliable treatment methods for PD patients. The method applied in this paper is all documents recorded in the full-text database of Chinese Natural science journals (CNKI, 1999-2023) were consistent with the traditional acupuncture method and their related contents. The results of this paper are through statistical analysis, it was found that the head needle, body needle, electric needle and warm needle, as the main adjuvant therapy for the treatment of Parkinson's disease, could improve the treatment results of the disease to a certain extent. The conclusion of this paper is that acupuncture treatment for PD has clinical treatment effect, but due to the lack of sufficient clinical test data, the research and formulation of test and protocol parameters are not comprehensive and rigorous, and the credibility of clinical verification and application effect still needs to be improved.

Parkinson's disease (PD), also known as tremor paralysis, refers to the advanced clinical in the spinal cord nigrostriatal nerve pathway, developing neurodegeneration as the main symptoms, performance and characteristic type change of a group of chronic peripheral nervous system abnormal degeneration and degeneration diseases, the early clinical or clinical stages of the main characteristic changes for spinal static tremor, excessive motor response, myotonic spasm abnormal movement posture and balance sensory disorders. The prevalence of people over 65 years old in China is 1700 / 10 0000, that of Parkinson's over 60 years old in Europe and America is 1%, and that over 80 years old is 4%. The prevalence of over 65 years old in China is 1.7% similar to that of European and American countries [1]. At present the research on the main clinical etiology of the disease mechanism has not been clear, clinical often used in traditional Chinese medicine combined application of levodopa sulfa acid preparation, antivasular cholinergic drugs, DA receptor agonist and other nerve drugs as adjuvant therapy and deep brain wave stimulation repair therapy (DBS) therapy is given priority to, but due to drug long-term or overdose dosage is still easy to lead to a variety of potential side effects.

But acupuncture treatment is a kind of treatment under the guidance of traditional Chinese

medicine theory .The treatment methods not only have the advantages of remarkable curative effect, convenient operation, economic efficiency, high efficiency and clinical safety, but also can effectively delay the development of PD patients in the early and middle stages, reduce the possibility of further patients' condition, effectively improve the quality of life of patients, and improve the clinical quality effect. Therefore, the relevant literature of clinical use of acupuncture treatment for PD is summarized and analyzed to study and analyze the development of acupuncture treatment for PD form and its existing problems.

## **1. Data and methods**

### **1.1 Literature search**

"Parkinson's disease" and "acupuncture" were used for the search terms (CNKI, 1999-2023 Year), and with 'Parkinson's disease "acupuncture" is retrieved for the search terms.

### **1.2 Literature inclusion criteria**

The subjects in this study were patients with confirmed PD; acupuncture alone or acupuncture and a combination of drugs.

### **1.3 Literature exclusion criteria**

Does not meet the inclusion criteria; review, experience summary, and theory  
On the discussion and the case report.

### **1.4 Data extraction**

Those were selected according to the research literature that met the inclusion criteria, their journal source, study protocol, sample content, treatment protocol, diagnostic criteria and inclusion criteria. Among them, effective scoring and judgment criteria, follow-up, adverse events and case shedding, observation and group treatment, main point, acupuncture and acupuncture and needle handling techniques should also be considered.

## **2. Results**

### **2.1 Head needle treatment**

Clinically, the seven points of the skull base, acupuncture, three acupuncture for fibrillation and other treatments are mostly used to treat Parkinson's disease. Using the acupuncture method of interventional comprehensive treatment, the standard of acupoint selection is mainly referred to "seven points at the skull base" (double cases confirmed that " PD patients with speech behavior disorder, stiff face, stiff stiffness, unfavorable posture and other symptoms, the clinical effect of acupuncture on the skull base is better than that of Meitu, It is believed that this treatment can make the brain blood in the resting state Liquid circulation can be improved "[2]. In addition, acupuncture, as a safer and more effective treatment, without significant side effect in modern clinical treatment, can gradually replace western medicine, especially with the effect of nourishing the spleen, stomach, liver, kidney, calming and relieving pain, which is better for the current comprehensive treatment of some mild and moderate PD patients. Zhao The clinical study concluded that the Parkinson's depression UPDRS and Hamilton Depression Scale (HAMD) scores were lower[3]. Three injections (four magic needles, Siguan point, Fengchi point) were used to treat 35 patients who had

oral medoba tablets that exceeded the honeymoon period [4]. The test data showed that "three injections" therapy could effectively improve the movement and reflex of PD patients who had exceeded the honeymoon period control the function, so that some western medicine after the treatment of the serious nerve the system side effects have been effectively and timely alleviated, and can improve the neural function of the human body and autonomic sensory system in some aspects, especially can effectively relieve the mental and pressure of some patients, and the treatment effect of chronic mental mood disorders patients has also achieved significant clinical application in all aspects. Through clinical observation and research, it was found that "head needle and rehabilitation training combined with dopasalazine capsule treatment is conducive to improving the balance function of PD patients, improving the ability of daily life activities, the muscle spasm is reduced, the exercise ability and quality of life are significantly improved, and the curative effect is good"[5]. It can be seen that head needle treatment plays an important role in improving the neurological function of Parkinson's patients, and can be used as a western medicine adjuncts to therapy intervene in the early and middle stages.

## 2.2 Body needle treatment

Respectively will the selected clinical research reference object 90 cases of PD patients random sampling is divided into du fibrillation group, tong du needle group, fibrillation three groups, three groups need to give conventional oral or basic western medicine combination treatment, at least weekly continuous combination treatment interval between at least 5 days, rest treatment time about 2 weeks, the total curative effect for 6 weeks[6]. Through treatment, later found "tong du needle and combined fibrillation three needle can for PD patients with various clinical symptoms of digestive tract, urinary tract, clinical symptoms, mental disorders, sleep breathing disorders, fatigue, syndrome, at the same time can also for a variety of clinical nonjoint muscle movement injury symptoms such as significant improvement". For the movement disorders of Parkinson's disease, select the acupoints of chi, Yangxi, Middle seal, Tai and Xi; the acupoints of quchi, Ze, shoulder, shoulder zhen, and the acupoints of Huantiao, Fu, Yanglingquan and Commission for acupuncture [7]. The results show that acupuncture can effectively improve the treatment effect of primary Parkinson's disease and reduce the dosage of western medicine. 53 patients with Parkinson's disease were selected, after 3 months of body injection treatment, most of the above severe patien[8].

A series of typical clinical symptoms, such as difficulty in turning around, small limb stiffness, increased muscle tonia and cervical muscle ankylosis, were improved to some extent, and the condition was basically stable through follow-up half a year after clinical cure. Will clinical 60 cases of Parkinson's disease Yin deficiency constipation patients randomized each half, with traditional acupuncture, supplemented by branch, ditch, according to the sea, for Parkinson's disease Yin deficiency constipation patients after two courses of treatment, the quality of life, fecal properties and defecation difficulty, and so on and so forth improved significantly, make the acupuncture treatment effect fully shown[9]. As a common acupuncture treatment method in clinical practice, body acupuncture has the advantages of economy, convenience, safety and efficiency. In the early stage of Parkinson's disease, the clinical symptoms can be significantly improved, and in the middle and late stage, patients with Parkinson's disease can have levodo, reduce their dependence on Ba drugs, and improve the quality of life of patients, and thus be recognized and trusted by the majority of patients. Body injection therapy can effectively improve the motor dysfunction of Parkinson's patients in the early intervention, and in the middle and late intervention, reduce the patients' dependence on drugs, and improve the life of patients quality.

## 2.3 Electroacupuncture treatment

Parkinson's disease, a total of 100 patients with sleep disorder were divided into two groups: western medicine group and combination group[10]. The western medicine group and the combination drug treatment group all chose the mouth simultaneously taking medoba, the combination therapy group used the treatment drug regimen in the original western medicine group with electroacupuncture treatment. The two groups were continuously treated each course for 4 weeks, a total of two courses of treatment. This study is the determination of serotonin, dopamine and BDNF, and Parkinson's score (UPDRS) and Parkinson's disease sleep scale (PDSS), the results show that: electroacupuncture and western medicine for good treatment of Parkinson's disease sleep disorders, can significantly increase the content of hydroxytonin, improve their sleep quality, improve their anxiety. Xu, better than medication alone ". Use an electric needle. Zusanli method, at the same time, the application of traditional western medicine drugs, make the disease, people's intestinal rhythm movement back to normal, correct the patient's autonomic nerve disorders, improve the patient's anal power state, thus effectively improving the constipation of Parkinson's disease patient[11]. Form, it reduces the patient's constipation symptoms, the patient's Parkinson

The condition was well controlled. Researched that for PD-MCI patients, donepezil was 0.5~0.8 inches. After getting gas, the needle was 45 min once a day, 6 times a week [12]. After 6 weeks of treatment, cognitive function improved in PD patients. Electroacupuncture therapy, as an aid in the treatment of Parkinson's patients, can effectively relieve constipation in the middle stage form.

## 2.4 Warm needle treatment

A total of 70 patients were selected, divided into treatment group and control group[13]. 35 patients in each group used medoba plus quitoine therapy once every two days, 3 times a week, 12 sessions and 3 courses; the control group received medoba combined with quetiapine within 12 weeks. Both groups were assessed by UPDRS-, PDSS, Epworth, and TCM syndrome score (Epworth Sleepiness Scale ESS) before and 4 and 12 weeks after treatment. Finally, it is concluded that "warm acupuncture combined with western medicine has an obvious improvement effect on the movement, non-motor and emotional abnormalities in Parkinson's disease, but the mechanism of action is not clear. Although warm acupuncture combined with western medicine can improve the sleep of Parkinson's disease, the effect of warm acupuncture combined with western medicine is better than single acupuncture combined with western medicine. "Warm needle as an adjuvant therapy, Parkinson's patients motor, non-motor, mood abnormalities and other symptoms are better the efficacy of.

## 2.5 Other

Sixty-one PD patients were randomly divided into two groups, one with a crude needle group and the other with 100 mm long, 1.0 mm thick needle for acupuncture treatment, acupuncture.

At 30 degrees to back, from the pulse of the puncture, each needle was approximately 0.5 hours, three times a week. It proves that "acupuncture is more effective on muscle stiffness, muscle stiffness and other symptoms than simple oral western medicine, and also has a good effect in the treatment of Parkinson's disease". Using "qi to yuan abdominal needle" and "free loose" treatment, for 21 cases of PD patients in the wan, wan, qi sea, yuan, liang, gas, shang qu, abdomen four points such as the "qi to yuan abdominal needle" treatment, and observed that "qi to yuan abdominal needle can significantly improve in a relatively short time of PD patients swallowing function". By using eye needles to treat PD patients, the upper and lower focal points of double extraorbital areas, liver, spleen, kidney, lung, large intestine and other acupuncture points were inserted into the skin

15 ° with the skin during acupuncture, and the needle was left for 30 min after getting qi. The study showed that "the eyes showed constipation, sweating, and orthostatic hypotension in Parkinson's disease, but also could reduce the adverse reactions of western medicine". Thirty patients with constipation in Parkinson's disease were treated with ear needles and divided into two groups of 15 each. The control group took oral maren soft capsules, and ear needles were added to the treatment group, achieving the total effective rate of the treatment group 93.3%, significantly higher than that in the control group. It proves that "constipation in patients with Parkinson's disease can be alleviated with ear needles." In their early treatment, Selected "fibrillation three needles" (four god needle, four pass, Fengchi point) to improve the motor symptoms of PD patients, With "calm liver and settle fibrillation" as the main treatment, With "diarrhea" as the main needle method; During the intermediate course of treatment, The use of magic acupuncture can effectively improve anxiety symptoms in PD patients, Mainly to regulate the mind and strengthen the spleen as the main treatment, With four god needle, god, court, Yin Tang, god door, three Yin jiao, Zusanli, Taichong and other acupoints as the main points; In the later course of the treatment, Adopt the method of supplementing Yang, Add and subtract the meridian, Choose large vertebra, tendon contraction, life door and other points Position.

### 3. Discussion

According to the above research data comparison and theoretical analysis, needle treatment has obvious tonic body kidney, upright the comprehensive effect, the middle interventional therapy can effectively improve brain circulation in Parkinson's patients, as the main adjuvant treatment of conventional western medicine treatment can effectively improve the symptoms of Parkinson's nervous system function. Body needle therapy as the early interventional therapy can effectively improve patients with turn standing difficulty, small limbs, muscle tonia and neck muscle tonic syndrome, middle and late treatment can effectively reduce the in late Parkinson's patients with oral levodopa drugs long-term dependence, improve the quality of life. Electroacupuncture therapy, as an aid in the treatment of Parkinson's patients, can effectively relieve constipation symptoms in the middle stage. As an adjuvant therapy, warm acupuncture has a good effect on motor, non-motor, emotional abnormalities and other symptoms in patients with Parkinson's disease. Head needle, as the treatment of Parkinson's disease, body needle, electric needle and warm needle, can effectively improve the nervous system, digestive system, motor system and other symptoms of Parkinson's patients in the early and middle stages, and the combined application of western medicine can significantly improve the quality of life of patients.

Although acupuncture therapy in the actual treatment of Parkinson's patients has a relatively stable expected curative effect, but at the same time there are the following many limitations: (1) the clinical research literature involving acupuncture points, meridians, acupuncture treatment report, more, although has a certain curative effect rule but still lack of clinical, the application of credibility and practical feasibility, ignoring the new governance of dialectics in specific clinical practical application.(2) When estimating the sample size, it is also necessary to consider the different research methods and the research purpose models, and how many different calculation and basis methods.(3) Whether the data are complete and consistent with the medical research methods, such as accurate description of clinical adverse reactions, follow-up and shedding of samples, stability of disease prognosis and degree of clinical compliance ask.(4) Whether the evaluation criteria of each index are rigorous or not.(5) Whether the standards of each clinical study mode are the same or similar. The above four deficiencies also lead to the lack of scientific, reliable indicators and biological safety of the clinical trial or research trial results themselves.

Therefore, the researchers first earnestly from the current acupuncture clinical practice and

application in our country, the final landing service in our modern acupuncture medical clinical, learn from the suck the current excellent acupuncture medical research achievements at home and abroad to gradually improve the clinical deficiency: (1) by further strengthening the TCM clinical effective acupuncture treatment technology and application range of systematic screening and research summary, using modern traditional Chinese medicine acupoint clinical and differentiation based application technology concept method to guide the PD patients for clinical syndrome differentiation and acupuncture and moxibustion treatment.(2) At the same time, the selection of treatment group for clinical observation and the selection of treatment group for clinical trials are strictly standardized and standardized, and randomized acupuncture trials under at least two types of the same criteria should be selected in the treatment group.(3) The tester or investigator shall make a preliminary estimation of the content of the test sample according to strict requirements, and select the most appropriate sample size of the clinical trial protocol.(4) The concealment of various intervention programs should be paid attention to in the research methods, and the follow-up of the sample, adverse reactions, shedding, and compliance should be counted. On the basis of the above points, a more scientific, more reliable and more rigorous research program can be designed, so that on the basis of the research results, the clinical method of acupuncture treatment of Parkinson's can be improved, to provide more reliable acupuncture treatment methods for PD patients.

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