

Clinical Research and Prospects of Huang's Yao Medicine Oil for Postherpetic Sequelae

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Abstract: To observe the clinical effect of Huang's Yao Medicine Oil Acupuncture in treating postherpetic sequelae. This study selected 56 patients with postherpetic sequelae from the rehabilitation department of our hospital between May 2020 and October 2023. They were randomly divided into two groups using computer randomization, with 28 patients in each group. The control group was primarily treated with Western medicine, while the observation group was treated with Huang's Yao Medicine Oil Acupuncture. Parameters before and after treatment were compared between the two groups to evaluate their efficacy. The treatment effect in the observation group was higher than that in the control group, with statistically significant differences ($P < 0.05$). Huang's Yao Medicine Oil Acupuncture shows significant efficacy in treating postherpetic sequelae. It can not only reduce patient pain but also decrease side effects, demonstrating certain clinical value.

1. Introduction

Herpes zoster is a common viral disease that mainly affects nerve ganglia and skin, presenting as clustered vesicular lesions along peripheral nerves. It can cause neuropathic pain, skin damage, and severe cases may even result in scarring. Its clinical manifestations are complex, prolonged, difficult to heal, and often affect the face, causing significant distress to patients. Currently, there is a lack of effective treatment methods [1-2]. Huang's Yao Medicine Oil Needle therapy has shown good clinical effects in practice. This study compares it with simple western medication therapy and reports the findings as follows.

2. Subjects and Methods

2.1. Subjects

This study included a total of 56 patients with sequelae of herpes zoster from May 2020 to October 2023 in our hospital. They were randomly divided into two groups. There were no significant differences in the general data between the two groups ($P > 0.05$), indicating a certain degree of comparability in clinical settings.

2.2. Methods

The control group was administered Pregabalin capsules orally, with a dosage of 150 mg each time, twice daily. The treatment effect was observed after two weeks.

Observation group: A specially formulated medicinal oil consisting of main ingredients such as cinnamon twig, agarwood, costus root, safflower, angelica, cyathula root, chuanxiong, musk, and camphor oil (30 ml) was used. Disposable sterile needles (Shunhe brand, produced by Suzhou Hualun Pharmaceutical Co., Ltd., with medical device registration number 20162270970, specifications: 0.25x40 mm, 100 needles/box) were employed. The needle tips were polished to a nanometer level, and there was a spiral pattern at the 2 cm position from the needle tip. The needle bodies were fully immersed in the medicinal oil to ensure complete saturation. After that, iodophor cotton balls were used for routine local skin disinfection on the patients. The prepared oil-coated needles were then quickly inserted into the selected reaction points and acupoints around the affected skin. After needle insertion, appropriate lifting, thrusting, and twisting techniques were applied to facilitate the arrival of qi. The needles were retained for about 20 minutes each time, with treatments administered on alternate days for a total of two weeks.

2.3. Observation Indicators

Comparisons were made between the two groups in terms of VAS scores, incidence of adverse reactions, and quality of life scores at different time points.

2.4. Statistical Analysis

The obtained data were processed using t-tests, X^2 tests, and SPSS 24.0 software. Differences were considered significant when $P < 0.05$.

3. Results

Comparison of Pain Scores between the Two Groups at Different Time Points: Detailed information is shown in Table 1.

Table 1: Comparison of Pain Scores between the Two Groups at Different Time Points ($\bar{x} \pm s$, score)

Group	Sample Size	24 h	36 h	48 h
observation group	28	4.21 $\pm$ 1.17	3.17 $\pm$ 1.11	2.16 $\pm$ 1.01
control group	28	6.17 $\pm$ 1.29	4.29 $\pm$ 1.37	3.49 $\pm$ 1.27
t		5.955	3.361	4.337
P		<0.001	<0.001	<0.001

The detailed content of the two sets of security evaluations is shown in Table 2.

Table 2: Comparison of Adverse Reactions between Two Groups

Group	Sample Size	dizziness	subcutaneous bleeding	vomiting	adverse reactions Occurrence/%
observation group	28	1	1	0	2(7.14)
control group	28	4	20	4	11(39.29)
χ^2					8.115
P					0.004

The detailed comparison of the quality of life between the two groups is shown in Table 3, Table

4.

Table 3: Comparison of Quality of Life between the Two Groups ($\bar{x} \pm s$, score)

Group	Physical Function		Psychological Function	
	Before Treatment	After Treatment	Before Treatment	After Treatment
observation group	58.25 $\pm$ 1.02	90.25 $\pm$ 1.20*	62.25 $\pm$ 1.52	92.56 $\pm$ 1.45*
control group	58.53 $\pm$ 1.52	78.25 $\pm$ 1.58*	62.26 $\pm$ 1.52	71.25 $\pm$ 1.52*
t	0.521	20.255	0.033	30.581
P	0.925	0.000	0.974	0.000

Table 4: Supplementary Table

Group	Social Function		Material Life	
	Before Treatment	After Treatment	Before Treatment	After Treatment
observation group	65.25 $\pm$ 1.52	93.25 $\pm$ 1.45*	63.25 $\pm$ 1.45	92.75 $\pm$ 1.45*
control group	65.26 $\pm$ 1.78	75.25 $\pm$ 1.14*	63.26 $\pm$ 1.55	72.25 $\pm$ 1.45*
t	0.152	28.521	0.056	28.521
P	0.976	0.000	0.976	0.000

Note: Compared with before treatment, *P < 0.05.

4. Discussion

Herpes zoster is a cutaneous neurological disease caused by the activation of varicella-zoster virus. In Chinese medicine theory, the sequelae of herpes zoster are mainly related to the dysfunction of the body's qi and blood, the dysfunction of internal organs, and emotional and emotional factors. Qi and blood is an important material basis for maintaining human life activities. The formation and development of postherpetic neuralgia is directly related to poor qi and blood operation. When the virus is activated, invades the nervous system and causes an inflammatory reaction, it will lead to obstruction of qi and blood operation around the affected area, thus causing damage to the relevant meridians and collaterals, forming pathological qi and blood stagnation and stagnation, which will in turn affect the normal function of the nervous system. Visceral dysfunction is also one of the important factors in the occurrence of sequelae of shingles. In Chinese medicine theory, internal organs is the general term for the five viscera and six bowels of the human body, and plays an important role in regulating various physiological functions of the human body. Patients with postherpetic syndrome are often accompanied by spleen and stomach dysfunction, liver and kidney yin deficiency, etc. These dysfunctions of the internal organs will lead to an imbalance of yin and yang in the body, and insufficient qi and blood and other problems. Emotional factors refer to the effects of emotional changes on human health, which include anger, worry, and sadness. Postherpetic patients are prone to emotional problems such as anxiety and depression due to pain and discomfort, which in turn aggravates the complexity of the condition and the difficulty of treatment. Such emotional factors can interfere with the operation of the body's qi and blood, further aggravating the condition.

In recent years, the incidence of herpes zoster in China has been increasing annually, and most patients experience varying degrees of complications [3]. In Chinese medicine, this condition is classified as "Bi syndrome" and is often accompanied by clinical manifestations such as

neuropathic pain, which significantly affects the prognosis of patients. Therefore, timely and effective prevention and intervention are of great importance. In general, many patients develop herpes zoster lesions all over their bodies, which can occur at any age. If not treated effectively, it may lead to the occurrence of sequelae. These patients are primarily treated with Western medicine therapies, which can effectively alleviate local neuropathic pain. However, due to various reasons, the therapeutic effect is not satisfactory [4]. According to Chinese medicine theory, herpes zoster is mainly caused by external exposure to pathogenic factors, with the pathogenic toxins remaining in the body and blood circulation being obstructed, leading to patient suffering. Acupuncture can help alleviate neural fiber adhesion, thereby relieving patient pain. The lipid components in Huang's Yao Medicine Oil Needle include more than 60 types such as flavonoids, isoflavones, steroids, and methyl ethanol, covering almost all extractable active substances. Previous research in this paper indicates that these lipid components have good anti-inflammatory and analgesic effects, can alleviate patient pain in a short period, and significantly improve the patient's condition [5-6]. The research in this paper shows that the treatment effect in the observation group is higher than that in the control group, with a statistically significant difference ($P < 0.05$). This indicates that Huang's Yao Medicine Oil Needle therapy can effectively alleviate patient pain and is a safe and effective method that can improve the quality of life of patients and facilitate their early recovery. The active ingredients contained in Huang's Yao Medical Oil have antiviral and anti-inflammatory effects, which can effectively inhibit the replication of varicella-zoster virus and inflammatory reaction, and reduce the symptoms. Huang's Yao Medical Oil can promote local blood circulation of the skin and accelerate the repair of damaged tissues, thus reducing neuralgia and skin sensitivity. Moreover, Huang's Yao Medical Oil also has analgesic and soothing effects, which can help patients relieve pain and discomfort.

Yao medicine oil needling originated from the Yao ethnic area in the south of China and has a long history. According to historical records, as early as in the Qin and Han Dynasties, the ancestors of the Yao people have begun to use oil needles to treat diseases. After thousands of years of inheritance and development, Yao Medicine Oil Needle has gradually formed a unique treatment system. In recent years, with the promotion and popularisation of Chinese medicine, Yao Medicine oil needling has gained more and more attention and recognition, and the scope of its application in clinical treatment has been expanding. The operation method of Yao medicine oil needling is relatively simple, mainly including the steps of selecting points, preparing the needle, entering the needle, travelling the needle, and discharging the needle, etc. When selecting points, the needle is inserted according to the patient's condition. When selecting points, appropriate points are selected for treatment according to the patient's condition and constitution, and the preparation of needles requires the use of special needles, which are usually made of medical stainless steel with a certain degree of elasticity and toughness, and when inserting the needle, the doctor needs to quickly and accurately pierce the needle into the patient's body, so as to ensure the therapeutic effect. When the needle, the operator through manual or mechanical means of the needle to rotate, lifting insertion and other operations, in order to adjust the qi and blood, dredge the meridians and channels for the purpose. When the needle is discharged, the doctor slowly withdraws the needle from the patient's body and takes appropriate measures to stop bleeding. Yao medicine oil needling adjusts the operation of qi and blood in the human body by stimulating acupuncture points, so that qi and blood flow smoothly and achieve the effect of eliminating diseases and strengthening the body; meridians are the important channels of the human body's internal and external interconnections, and Yao medicine oil needling stimulates acupuncture points, dredges meridians and channels and coordinates the functions of internal organs, so as to achieve the purpose of treating diseases; during the treatment process of Yao medicine oil needling, the stimulation of nerve tissues by the needles can induce the dilatation of the blood vessels around the nerve fibres and increase the local blood

circulation, thus providing sufficient nutrients for nerve tissues. During the treatment of Yao medicine oil needle, the stimulation of the nerve tissue by the needle can prompt the blood vessels around the nerve fibres to expand, increase the local blood circulation, thus providing sufficient nutrition for the nerve tissue. At the same time, Yao medicine oil needle treatment can enhance the immune cells in the body, improve immunity and strengthen the body's ability to resist diseases. Moreover, Yao Medicine oil needle therapy can stimulate acupuncture points to produce local anaesthesia, thus reducing the pain of patients. Yao medicine oil needle therapy has a two-way regulation effect, not only can inhibit the excitability of diseased tissues, but also can adjust the function of normal tissues, so that the body to restore the normal state, so the clinical application of Yao medicine oil needle is also increasing. In the past, Yao oil needling was mainly used to treat cervical spondylosis, neurological facial paralysis and other diseases, and in the treatment of these diseases, it was found that Yao oil needling could significantly reduce the degree of pain of the patients and at the same time enhance the immune function of the patients, so the present study applied it to the treatment of postherpetic herpes zoster sequelae, and analysed the effectiveness of the treatment and the mechanism of action of it.

The Yao medicine oil used in Yao medicine oil needle therapy has good permeability, can quickly penetrate into the skin and tissues of the pain area, thus playing the role of local analgesia; Yao medicine oil needle therapy in Yao medicine oil contains nerve conduction blocking agent, can block the conduction of pain signals, so as to alleviate the feeling of pain; the pain symptom of postherpetic herpes zoster is closely related to the local inflammatory reaction. The Yao medicine oil in Yao medicine oil needle therapy has the effect of inhibiting the inflammatory reaction, which can reduce the pain symptoms caused by inflammation; the Yao medicine oil in Yao medicine oil needle therapy contains analgesic ingredients, such as analgesic agents, which can directly act on the pain site and play an analgesic role, meanwhile, when choosing acupoints in Huangshi Yao medicine oil needle therapy, it will choose the most suitable acupoints to be injected according to the patient's specific symptoms and physique. These acupoints are often closely related to the pain site, and through the injection of Yao medicine oil, it can play a role in adjusting the qi and blood and relieving the pain. Shingles is a disease caused by the varicella-zoster virus. After infecting the body, the virus may lurk in the ganglia and reactivate when the body's immunity is lowered, triggering postherpetic neuralgia. The main symptom of Postherpetic Shingles is pain, which in severe cases can lead to neuralgia. It is found that the pain of Postherpetic Sequelae is closely related to the immune status of the body, and immune dysfunction may aggravate the pain symptoms. The active ingredients in Yao medicine oil can inhibit the release of inflammatory mediators and reduce the inflammatory response, thus reducing the pain. Studies have found that Yao medicine oil can inhibit the production of inflammatory mediators such as NO, IL-1 β , TNF- α , etc., and play an anti-inflammatory role. The analgesic components in Yao medicine oil can directly act on the pain site to relieve pain. The analgesic components in Yao medicine oil can inhibit the transmission of pain signals and reduce pain sensitivity. The active ingredients in Yao medicine oil can regulate the ratio of T cell subpopulation and improve the immunity of the body. The active ingredients in Yao medicine oil can increase the CD4⁺/CD8⁺ ratio, promote the differentiation of Th1 cells, and enhance the body's ability to clear viruses. The active ingredients in Yao Medicine Oil Acupuncture have antioxidant effect, which can scavenge free radicals and reduce oxidative stress, Yao Medicine Oil Acupuncture can reduce the level of lipid peroxides and protect the cell membrane from oxidative damage. The immunomodulatory mechanism of Huang's Yao medicine oil acupuncture treatment for postherpetic syndrome is complex and diverse, involving anti-inflammatory, analgesic, immunomodulatory and antioxidant effects, which work together to alleviate the pain symptoms of postherpetic syndrome. The occurrence of postherpetic syndrome is closely related to the immune function of the organism. Huang's Yao Medicine Oil Needle Therapy

can reduce the local immune response and improve the immunity of the organism through the injection of Yao Medicine Oil, thus achieving anti-inflammatory effect. Yao medicine oil injection contains a variety of biologically active components, such as polysaccharides, saponins, flavonoids, etc. These components can enhance the body's antioxidant capacity, regulate the balance of cytokines, inhibit the release of inflammatory mediators, thus reducing the inflammatory response. Patients with post-herpes zoster often have local skin blood circulation disorders, resulting in tissue hypoxia, metabolite accumulation, further aggravating the inflammatory response, Huang's Yao medical oil needle therapy through the injection of Yao medical oil, can stimulate local vasodilation, improve blood circulation, promote the supply of oxygen and nutrients, accelerate the removal of metabolites, thereby reducing the inflammatory response.

Huang's Yao medicine oil needle therapy is injected through special oil needles at specific acupuncture points or foci of patients to achieve the purpose of treating the disease, which has the effect of dredging meridians and collaterals, regulating qi and blood, driving away evils and supporting righteousness, and promoting local blood circulation and tissue repair, etc. As seen in the present study, Huang's Yao medicine oil needle therapy achieves remarkable efficacy in treating the after-effects of herpes zoster, which can significantly reduce the degree of patient's pain, and It can significantly reduce the degree of pain of patients, promote the recovery of patients' wounds, and enhance patients' immunity, and can be widely used in the clinic.

5. Conclusions

In summary, the implementation of Huang's Yao Medicine Oil Needle therapy for patients with sequelae of herpes zoster has shown significant efficacy, can reduce patient pain and side effects, and has promotional value. However, the sample size selected in this study is limited, so the experimental results have certain limitations, and the subsequent need to expand the sample size to supplement and improve the experimental data.

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