

# *Integrated Therapy of Traditional Chinese Medicine Treatment on Meige Syndrome*

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**Abstract:** Meige syndrome is a group of extrapyramidal disorders named after French neurologist Henry Meige. The main symptoms are binocular blepharospasm, oromandibular dystonia, and involuntary movements as facial muscle dystonia. In this work, traditional Chinese medicine therapy measurement consist of Chinese herbology and acupuncture was employed to treat meige syndrome, the effect was significant and our invesgation is of a certain reference value on the treatment of meige syndrome based on traditional Chinese medicine.

## **1. Introduction**

Meige syndrome is a group of extrapyramidal disorders named after French neurologist Henry Meige [1-3]. The main symptoms are binocular blepharospasm, oromandibular dystonia, and involuntary movements as facial muscle dystonia. This disease is common in middle-aged and old women, mostly with binocular blepharospasm as the first symptom, part of them with single eye blepharospasm, gradually coming down to both eyes [4,5]. Other initial symptoms include increased times of blinks, mental illness, dental problems, and muscle dystonia in other parts, such as the head and neck. Blepharospasmis improved during the patient's attention diverted and becomes ill or worse during the patient is under bright light, gazing, nervous, reading, and watching television. According to the symptoms, it should belong to the category of "twitching of eyelid", but also not entirely belong to. According to the three-cause rule of traditional Chinese medicine. The disease has both external and internal causes. External cause is caused by wind-cold in the early stage of onset, the patient did not notice causing exogenous pathogens in the meridian. The internal cause is that this disease is greatly affected by mood, the tremor is severe when the mood is anxious, and the frequency of attack is decreased when the mood is relaxed. The pathogenesis is the imbalance of yin and yang, clearing brain disturbed, obstruction of orifices of brain hidden the spirit, vital energy lost control to become disorder, essence obstruction lead to blood stasis, essence and blood cannot go upward to the eyelid, blood stasis disturbing the facial meridians, causing malnutrition of the eyelid, which due to bad mood .The author treated a case of middle-aged male patient with Meige's syndrome along with a teacher and the effect was obvious which is reported as follows.

Mr Liu, male, is 44 years old. The patient got right-sided blepharospasm half a year ago by being exposed to wind and had developed more severe to facial spasms in last week. He went to a hospital in Shanghai in August 2020 and was diagnosed with blepharospasm. Botox was recommended for treatment. The patient refused the injection and came to the department of acupuncture and moxibustion clinic in our hospital to seek further diagnosis and treatment. His MR findings of brain showed no obvious abnormalities. Timing Diagnosis: the patient is overweight, with clear mind, speaks quickly and is slightly anxious, with a fair spirit, his right eyelid irregular and sporadic spasms meanwhile pulling facial muscles, getting worse when he is nervous and excited while getting alleviated when he is in smooth mood As a result of the usual drinking entertainment more, he often feels the stomach bloated, abdominal diagnosis showed the abdominal tight with unpalpable abdominal pain. His sleep is not good. He has normal diet, normal urinate and defecates once a day, has tongue with whitish fur and reddish tip and superficial and rapid pulse. TCM diagnosis: spasm, six meridians dialectical for Shaoyang syndrome. Treatment principle: nourishing yin and suppressing hyperactive yang. Western medicine diagnosed as Meige syndrome. Treatment method: Acupuncture and moxibustion applied to the traditional acupoint according to selection method of "calming the liver-yang and invigorating the brain to open the brain," and the upper right area 1 of "wrist-ankle acupuncture," The main acupoints: Yintang Point, Neiguan Point, Sanyinjiao Point, Neiting Point, Renzhong Point, Zusanli Point, Baihui Point, Sishencong Point, matching acupoint: Cuanzhu Point, Sizhukong Point, Tongziliao Point, Hegu Point, Shousanli Point, Zhongwan Point, Tianshu Point, Taichong Point, Fengchi Point.

## 2. Material and Methods

Neiguan, 0.5-inch straight stab, for 1 min with twirling supplementation and draining method; Yintang, 1 inch downward oblique stab, with sparrow pecking method; Renzhong, 0.1-inch upward oblique stab, with sparrow pecking method, make the eyeball moist; Sanyinjiao 0.8-inch straight stab, with lifting-thrusting twirling supplementation and draining method; Baihui, Sishencong, upward to the scalp at 15 degree angle oblique stab 0.1 inch, with neutral supplementation and draining method; Quanliao, downward to the skin at a 30 degree angle oblique stab 0.2 inches, with neutral supplementation and draining method; Cuanzhu, Sizhukong, Tongziliao, toward eye orbit direction at 30 degree angle towards skin oblique stab 0.1 inch, with neutral supplementation and draining method; Zhongwan, Tianshu, straight stab 0.8 inch, with neutral supplementation and draining method; Zusanli, straight stab 0.8 inch, with lifting-thrusting twirling supplementation and draining method; Taichong, straight stab 0.5 inch, with neutral supplementation and draining method. Wrist and ankle acupuncture "upper right zone 1" operation method: take 1.5 inches acupuncture, stab into the subcutaneous quickly with even needling method, the needle close to the surface of the skin. It is advisable that under the needle has the soft feeling, the patient does not have the feeling of limp and numb, swells, sinks, the pain and so on . Insert the body of all the needles under the skin with no manipulation. Once a day, seven days as a course of treatment.

According to the patient's condition, treat him with decoction. In the traditional Chinese medicine prescription we propose to use "Sanjia Fumai Yin": to nourishing yin and suppressing hyperactive yang, and tranquilize the mind. The prescription is as follows: the calcined Os Draconis 18 raw turtle plate 18 raw turtle shell 18 Rhizome of rehmannia 30 Radix Ophiopogonis 18 Radix Paeoniae alba 18 Fructus cannabis 12 Donkey-hide gelatin 10 honey-fried licorice root 10 Radix Saposhnikoviae 10 Uncaria rhynchophylla 15 Bombyx Batryticatus 10. A total of seven doses, decocted in water for oral dose, one dose a day. Administered warm for 200 ml in morning and evening.

Assisted with thunder fire moxibustion, moxibustion orbicularis oculi muscle 30-50 min with a moxibustion of 7 cm thick diameter. After 5 courses of the above comprehensive treatment, the patients feels the symptoms are obviously relieved. Occasionally when he feels nervous or anxious the blepharospasm appears, he has normal diet and good sleep, normal urinate, stool 1-2 times daily.

### 3. Results and Discussion

Meige syndrome has no exact name in traditional Chinese medicine. Therefore, in the treatment of this case, we should also pay attention to "Calm down and smoothing the nervous, nourishing yin and suppressing hyperactive yang, " to make the patient mood smooth. Acupuncture use two main methods, the first is "Awaking brain and open orifice" method, to "cure the mind" as the focus, the second is ankle wrist acupuncture, acupuncture into "upper right area 1", used to dredge the meridians and collaterals, and reconcile the viscera.

Acupuncture selected the main point of "Neiguan", Neiguan point is one of the eight-pulse intersection points, and also the collateral point of Jueyin pericardial meridian, straight stab 0.5-1 inch, with twirling and lifting and thrusting combined reinforcing and reducing method for 1 minute, so that conduct the needle sense towards the fingertips or the upper arm . Function: awaken the mind, open the mind. Take "Yin Tang" point, to help sleep and tranquilize the spirit, take "Renzhong" "Baihui", "Sishencong" to adjust the mind, smooth the mood to help sleep, take "Zhongwan Neiting Tianshu" points to eliminate dampness and heat, reduce stomach gas, take "Zusanli" to relax the muscles and activating collaterals, strengthening the body resistance to eliminate pathogenic factors. Taking the original point of the liver channel "Taichong Fengchi", to relieve liver,calming wind and relieve spasm; Sanyinjiao is the he-sea point of the Sanyin channel of the foot, which can regulate the spleen and stomach, is benefit liver and kidney; Sizhukong, Zanzhu, Tongziqua, etc. are part points, through acupuncture can dredge essence and blood, improve the nerve muscle tension around the eyes, eliminate spasms.

Use "ankle wrist needle" acupuncture "upper right area 1". Acupuncture techniques: 1.5 inches of the needle, use even needling method stab quickly into the skin, needle close to the surface of the skin. Under the needle there is soft feeling, the patient does not have the feeling of limp, the numb, swells, sinks, pain and so on is appropriate. Stab all the needles under the skin.

The above methods, the use all points together, reconcile the viscera, awaken the brain, open the orifice, dredge the meridians and collaterals, expelling wind and relieving spasm.

"Sanjia Fumai Decoction" comes from the "Treatise on differentiation and treatment of epidemic febrile disease" volume three. It's a wind-dispelling prescription. It has the effect of nourishing yin, clearing away heat and suppressing yang to quench wind. Donkey-hide gelatin is nourishing yin and keep fluid, good at quenching the wind, the main drug. Rehmannia, Radix paeoniae alba, Radix Ophiopogon nourishing yin and softening liver; tortoise plate, oysters, turtle armour nourishing yin and suppressing yang, are good at relieving spasmodic, are all auxiliary drugs. Honey-fried licorice root to invigorate the heart-essence to restore the pulse, with the compatibility of white peony nuorish the yin with sour and sweet, to strengthen the force of nourishing yin and quenching wind; Edestan nourish yinmoisten dryness, also as medicine. With the compatibility of all the medicines, playing the function of nourishing yin and restoring pulse to suppressing yang and quenching the wind.

Meige syndrome has obvious clinical manifestations, but its onset is hidden, early symptoms are not typical. Because the ophthalmologists, neurologists and other clinicians do not know enough about it, it is often misdiagnosed and mistreated. Refer to past treatises, in Chinese medicine treatments, there is treatment according to the "spasmodic" treatment, Some are according to the

"facial paralysis" "eyelid spasm" treatment, some are also according to the "cell rotation vibration jump" for treatment, in the reference Xia Yingchun and Du Niannian 23 cases of Meige syndrome misdiagnosis and mistreatment of patients [6] for statistical research, we found that before the diagnosis, patients have been repeatedly going to many hospitals in different cities, among them, 10 cases were misdiagnosed as blepharospasm, 5 cases were misdiagnosed as conjunctivitis, 4 cases were misdiagnosed as facial spasm, 7 cases were misdiagnosed as neurosis, 4 cases were misdiagnosed as myasthenia gravis, 3 cases were misdiagnosed for many times. All cases were treated according to misdiagnosis, of which 2 cases had eye surgery due to misdiagnosis without significant improvement. Through analysis, it was related to the following factors: 1. Rare in clinic. 2. In Chinese medicine there is not a detailed diagnosis and treatment method of the disease. 3. The treatment method is mostly a single treatment. 4. It is needed to pay attention to the cause of the disease, "endogenous cause emotion" and "exogenous cause wind and cold", the psychological activities and emotions on the impact of the disease are often ignored. 5. In the early stage of illness, the patient usually go to ophthalmologist for treatment firstly, and ophthalmologist can easily diagnose it as an ophthalmologist disease. Therefore, for this disease we should pay attention to diagnosis, notice to identify it with diseases such as eyelid spasm, facial muscle spasm, delayed movement disorder, myasthenia gravis eye muscle etc.

#### 4. Conclusion

In summary, an integrated therapy of traditional Chinese medicine was established by using Chinese herbology and acupuncture to treat meige syndrome. According to the embodiment of "Awaking brain and open orifice, nourishing the liver and kidney, dredging the meridians and collaterals" treatment principles. The patient's condition is getting better after the treatment. The "comprehensive treatment" on meige syndrome is significant, which is of a certain reference value.

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