

Discussion on the Distribution Regularities of the High-Rise Point of Primary Dysmenorrhea

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Abstract: This paper expounds the basic concept, epidemiology and harm of dysmenorrhea, and the basic concept and characteristics of high-rise point, as well as the understanding of human body X-shaped balance therapy on dysmenorrhea, and the distribution regularities of high-rise point of dysmenorrhea in trunk, limbs and ear points, which provides a treatment idea for primary dysmenorrhea by X-shaped balance therapy.

1. Introduction

Dysmenorrhea [1] refers to women who suffer from periodic lower abdominal pain and bulge before and after menstruation or menstrual period, accompanied by backache or other discomfort gynecological diseases, including primary dysmenorrhea without pelvic organ organic lesions and secondary dysmenorrhea with pelvic organ organic lesions. In China, the relevant epidemiological survey in 2017 showed that the incidence of primary dysmenorrhea was 66.2% [2], and that survey of dysmenorrhea among female students of Shandong University of Traditional Chinese Medicine by Zhang Anqi [3] in 2020 found that the incidence of primary dysmenorrhea was 68.1%; Abroad, in 2016, Abd El-Mawgod MM [4] found that the prevalence of dysmenorrhea (PD) among secondary-school students in Northern Saudi Arabia was 74.4%, and in 2018, Shehata N [5] found that the PD among Egyptian college students was as high as 92.9%. It can be seen that the occurrence of PD is not limited by academic background, regional, ethnic groups, and has a high incidence, generally above 60%. Yuan Jindi [6], Hou Hongfang [7] and Dai Yan [8] put forward the hazards of primary dysmenorrhea through research as follows: about 60% of women with dysmenorrhea are prone to symptoms such as pelvic soreness after sexual life, poor sexual ability, low sexual desire or even no sexual desire, which leads to disharmony between husband and wife's sexual life; About one third of breast hyperplasia diseases are caused by dysmenorrhea. About 56% of infertile patients have dysmenorrhea of different degrees. Severe dysmenorrhea can also lead to premature delivery, habitual abortion and mental retardation of children. It can be seen that dysmenorrhea is very harmful to women, which seriously affects the quality of women's study, work and life. Therefore, it is of great significance to explore a simple and effective method for relieving dysmenorrhea to improve women's quality of life and reduce the harm of dysmenorrhea to women.

2. The Concept and Characteristics of the High-Rise Point, and the Distribution Regularities of Dysmenorrhea

2.1 The Concept and Characteristics of the High-Rise Point

High-rise point therapy is a brand-new traditional Chinese medicine treatment method that Mr.

Zhou Erjin summed up after practicing medicine for 40 years, about 100,000 people and clinical verification of more than 230 cases. High-rise point refers to the reaction point or sensitive point on the human body surface except the low-sink point (lesion point), which is the specific operation site of human body X-shaped balance therapy. It will come into being with the occurrence of the disease, and will decrease or disappear with the improvement of the disease. Its main characteristics are as follows: first, no pain without pressure; Second, it is particularly painful when pressed; Third, after a long period of pressure, it will gradually become painless; Fourth, the number of times of pressing is increased or the time is long, the tenderness point changes from pain to no pain, and the disease is cured or the condition is improved.

The X-shaped balance theory of human body holds that the human body has a “relatively balanced healthy line”, and the imbalance of human body is absolute, while the balance is relative, so long as the relative balance of this line can be maintained, it is a relatively healthy person. However, when women are weak in Qi and blood and deficiency of the vital-Qi, they feel the wind cold dampness evil, cold and dampness, causing Qi stagnation and blood stasis, cold coagulation and dampness stagnation, obstructed uterus, and unsmooth Qi and blood movement, which leads to unsmooth menstrual discharge and dysmenorrhea. That is, when the imbalance changes from quantitative to qualitative, a “low-sink point” (lesion point) appears at one end of the relative balance line, and a corresponding high-rise point (reaction point, sensitive point) inevitably appears at the other end, resulting in dysmenorrhea. Therefore, we should accurately find out the low-sink point during treatment, and then find the corresponding “high-rise point” according to the position of the low-sink point, and carry out relevant treatment on the “high-rise point”. Through the fulcrum of the brain, the high-rise point can be made to sink, while the low-sink point at the other end will rise, so as to restore the relative balance line, and the effect of curing dysmenorrhea and restoring health can be achieved. The specific principle is shown in Figure 1:

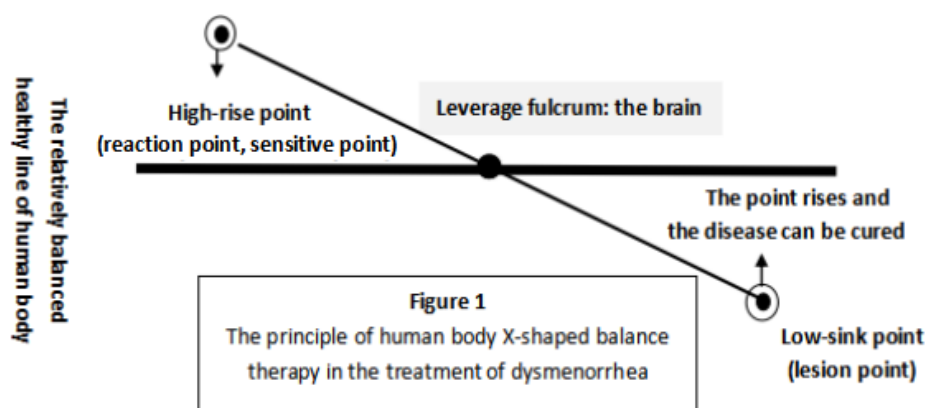


Fig.1 The Principle of Human Body X-Shaped Balance Therapy in the Treatment of Dysmenorrhea

2.2 Distribution Regularities of High-Rise Point with Dysmenorrhea

According to the principle of “ abdominal diseases can be treated in lumbosacral region “ with X-shaped balance theory of human body, the distribution regularities of high-rise point in lumbosacral region for treating abdominal pain caused by dysmenorrhea are as follows: (1) For pain in the abdomen, which runs along the Conception meridian, look for the high-rise point in the acupoints such as DU1,DU2,EX-B8,DU3,DU4,DU5 on the back of the Governor meridian corresponding to the pain in the abdomen for treatment. (2) For pain in the abdomen, which runs along the Kidney Meridian of Foot-Shaoyin(Half an inch from the midline of the abdomen), look for the high-rise point in the acupoints of the back waist, such as EX-B2(L1 through L5) corresponding to the pain part for treatment. (3) For pain in the abdomen, which runs along the Yangming Stomach Meridian of Foot(Two inches from the midline of the abdomen), look for the high-rise point in the acupoints of the Urinary Bladder Channel of Foot-Taiyang line 1 at the back, such as DU1,DU2,EX-B8,DU3,DU4,DU5,BL22,BL23,BL24,BL25,BL26,BL27,BL28,BL29,BL30,BL31,B

L32,BL33,BL34 corresponding to the pain part for treatment.

(4) For pain in the abdomen, which runs along the Spleen Meridian of Foot-Taiyin

(Two inches from midline of abdomen)& the Liver Meridian of Foot-Jueyin (Inguinal femoral artery pulsation), look for the high-rise point in the acupoints of the Urinary Bladder Channel of Foot-Taiyang line 2 at the back, such as BL51,BL52,BL53,BL54 corresponding to the pain part for treatment.

According to the principle of “lumbosacral diseases can be treated in abdomen”, the distribution regularities of high-rise point in abdomen for treating lumbosacral pain caused by dysmenorrhea are as follows: (1) For pain in the lumbosacral region, which runs along the Governor meridian, look for the high-rise point in the acupoints such as RN2,RN3,RN4,RN5,RN6,RN7,RN8 in the abdomen of the Conception meridian corresponding to the pain for treatment; (2) For pain in the lumbosacral region, which runs along the EX-B2(L1 through L5)(0.5 inch from the back midline), look for the high-rise point in the acupoints of the Kidney Channel of foot-Shaoyin, such as KI11,KI12,KI13,KI14,KI15,KI16 corresponding to the pain part for treatment. (3) For pain in the lumbosacral region, which runs along the Urinary Bladder Channel of Foot-Taiyang line 1(1.5 inch from the back midline), look for the high-rise point in the acupoints of the Yangming Stomach Meridian of

Foot(2 inches from the midline of the abdomen), such as ST30,ST29,ST28,ST27,ST26,ST25 corresponding to the pain part for treatment. (4) For pain in the lumbosacral region, which runs along the Urinary Bladder Channel of Foot-Taiyang line 2(3 inches from the back midline), look for the high-rise point in the acupoints of the Spleen Meridian of Foot-Taiyin(Two inches from midline of abdomen)& the Liver Meridian of Foot-Jueyin (Inguinal femoral artery pulsation), such as SP12,SP13,SP14,SP15 and LR12 corresponding to the pain part for treatment.

According to the principle of “trunk diseases can be treated in limbs”, the distribution regularities of high-rise point in limbs for treating abdominal pain caused by dysmenorrhea are as follows: (1) For pain in the abdomen, which runs along the Kidney Meridian of Foot-Shaoyin(Half an inch from the midline of the abdomen), look for the high-rise point in the acupoints of the Urinary Bladder Channel of Foot-Taiyang & the Heart Channel of Hand-Shaoyin, such as BL67,BL66,BL65,BL60,BL40 & HT9,HT8,HT7,HT4,HT3 corresponding to the pain part for treatment. (2) For pain in the abdomen, which runs along the Yangming Stomach

Meridian of Foot(Two inches from the midline of the abdomen), look for the high-rise point in the acupoints of the Spleen Meridian of Foot-Taiyin & the Large Intestine Meridian of Hand-yangming, such as SP1,SP2,SP3,SP5,SP9 & LI1,LI2,LI3,LI5,LI11 corresponding to the pain part for treatment. (3) For pain in the abdomen, which runs along the the Spleen Meridian of Foot-Taiyin(Two inches from midline of abdomen)& the Liver Meridian of Foot-Jueyin (Inguinal femoral artery pulsation), look for the high-rise point in the acupoints such as ST45,ST44,ST41,ST36 in the Yangming Stomach Meridian of Foot, GB44,GB43,GB41,GB40,GB38,GB34 in the Gallbladder Channel of Foot-Shaoyang, LU11,LU10,LU9,LU8,LU5 in the Lung Channel of Hand-Taiyin, PC9,PC8,PC7,PC5,PC3 in the Pericardium Channel of Hand-Jueyin corresponding to the pain part for treatment. (4) For pain in the abdomen, which runs along the Gallbladder Channel of Foot-Shaoyang, look for the high-rise point in the acupoints of the liver Channels of Foot-Jueyin & the Sanjiao Meridian of Hand-Shaoyang, such as LR1,LR2,LR3,LR4,LR8 & SJ1,SJ2,SJ4,SJ5,SJ10 corresponding to the pain part for treatment.

According to the principles of “trunk diseases can be treated in limbs” and “lower body diseases can be treated in the upper body”, the distribution regularities of high-rise point on ear points for treating primary dysmenorrhea are as follows: (1) Lesion site: Primary dysmenorrhea belongs to uterine diseases, and middle diseases are treated with “four-sided” auricular acupuncture points: internal genitals (TF2) can be used as site points. (2) The anti-inflammatory points are Shenmen (TF4) and endocrine (CO18). (3) Brain point can take subcortex (AT4). (4) Sympathesis (AH6a) can be used for relieving pain according to symptoms. And basing on the principle of kidney controlling the reproduction that can take kidney (CO10).

2.3 The Search Method of High-Rise Point

(1) Finding the high-rise point can be based on the pain position of dysmenorrhea combined with the feature of high-rise point and the correspondence rules of “front-to-back correspondence, left-to-right correspondence, up-and-down correspondence, trunk-to-limbs correspondence, and middle body-to-ear correspondence”. (2) Look for the high-rise point along the meridian corresponding to the pain position of dysmenorrhea, and the most sensitive point of finger pressing shall prevail. (3) Finger pressing should have obvious pain, and follow the principle of “no pain, no effect, the more pain, the better effect”. (4) The high-rise point on the ears according to the location, etiology and symptoms of dysmenorrhea to find the most sensible contact point on the ears. (5) The strength of finger pressing should be based on the patient's tolerance. At the same time, don't press with nails to avoid scratching the skin.

3. Conclusion

The human body is an organic whole: “Visceral diseases will be manifested on the body surface”. According to the internal and external corresponding laws of integrity, all changes in patients with dysmenorrhea will inevitably have corresponding signs exposed on the body surface. Therefore, female dysmenorrhea can show a high-rise point on the corresponding body surface. According to the research law of disease reaction point, the high-rise point is a disease reaction and treatment site which is in a state of being easily excited or active. According to the principle of acupuncture treatment of disease reaction points, the best treatment point is to stimulate the high-rise point of body surface. Therefore, it can not only be used as an auxiliary diagnosis in clinic, but also achieve the effect of treating female dysmenorrhea by stimulating at the corresponding high elevation point. In this paper, according to the theory of high-rise point, it is found that there are 13 distribution rules of high-rise point in human body X-shaped balance therapy for primary dysmenorrhea, which provides more ideas for clinical practice and is worthy of further discussion and practice.

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