
ALTERNATIVE AND COMPLEMENTARY MEDICINE IN THE TREATMENT OF PRURITAS

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Abstract: Traditional Chinese Medicine (TCM) has a history of thousands of years. It is formed by summarizing the valuable experience of understanding life, maintaining health and combating the diseases accumulated in everyday life, production and medical practice. Not only does it have systematic theories, but it also has preventive and therapeutic methods for diseases.

According to traditional Chinese philosophy, people's health depends on the state of energy called Qi, which moves through the body and is responsible for all physical and psychological, emotional, spiritual and mental states.

Materials and methods. The procedure uses sterile acupuncture needles of varying length depending on the area of treatment and is applied at certain points on the channels in order to correct Qi flow and help balance the body.

Results. A 65-year-old patient retired with 35 years of experience in polyurethane paints. Anamnestic data on the long history of intense itching of the detected parts of the body (palms, neck and head) that reduce the quality of life and cause chronic insomnia and irritability. The inspection reveals hyperemic papules, in places, numular erythema plaques, lightly elevated, oedematous, which in places interfere and create an aspect of plates with irregular borders. Exorcisms and bark are visible due to the presence of itching.

The patient is provided with classical acupuncture for a period of two months in the period from April / 2016 to June / 2016. With the frequency of treatment twice a week, throughout the body, with emphasis on certain points along the median length, whose main goal is to strengthen and abolish the patient's immunity and to circumvent the changes in the face and other parts of the body in order to limit and deny the Spread of Changes. The duration of a treatment range is between 25-30 min. **Conclusion.** At the very beginning, after the second treatment, the patient improved general health, bypassing the shoulder to 50%, and after the fifth treatment, the itch completely disappeared.

The application of acupuncture as part of traditional Chinese medicine can give good results in improving the health condition and there is no contraindication in its application for pruritus,

Keywords: TCM, pruritus, materials, methods, conclusion

1. INTRODUCTION

Traditional Chinese Medicine (TCM) has a history of thousands of years. It is formed by summarizing the valuable experience of understanding life, maintaining health and combating the diseases accumulated in everyday life, production and medical practice. According to traditional Chinese philosophy, human health depends on the state of energy called Qi, which moves through the body and is responsible for all, both physically and psychologically, emotionally, spiritually and mentally. The insufficient, unbalanced or interrupted flow of Qi energy can lead to disease.

The flow can be overwhelmed by a number of emotional, mental and physical factors (trauma, diet, infections or climate change). Qi moves through the body by "middlemen" or channels and it should be well-balanced and in balance. The dominant factor in pruritus is a strong pain similar to pain that has dominated the patient's life every passing day. In fact, the very pruritus itself can be more exaggerating than the pain itself that occurs in it. Most of the skin changes in the patient's body are more or less pruritic in themselves, but there may be a condition in which itching is present without any skin changes "pruritus sine materia" which will mean no-substrate itching.

2. MATERIAL AND METHODS

For the procedure and the procedure, sterile needles for acupuncture are used, with very low thickness of the same, and therefore the act of application of them is almost painless. The acupuncture needles are of different lengths depending on the treated region and are applied at specific points of the channels in order to correct the Qi flow and help the body balance. Local points located near the change or distal points at a smaller or greater distance from the affected region can be used. There is also a so-called circumcircleapplication, that is, rounding off the place we want to treat. The procedure of insertion and manipulation of needles at different points in the body is aimed at relieving pain, balancing energy and is for therapeutic purposes. For the purpose of greater stimulation of certain points of the body, the method of electro-acupuncture is used in which electrodes are placed at certain points and a continuous or modulated current is applied. In the Center for Traditional Chinese Medicine and Acupuncture-Shtip, a patient at the age of 65 is treated, a 35-year-old pensioner who worked with polyurethane paints, with anamnestic data on a long history of intense itching on the detected parts of the body

(palms, neck and head) which reduce the quality of life and cause chronic insomnia and irritability. Inspection reveals hyperemic papules, in places numular erythema plaques, easily elevated, oedematous, which in places confound and create an aspect of plaques with irregular borders. Excoriations and crusts are visible due to the presence of itching. On several occasions, the patient is treated ambulant with local corticosteroid and antihistamine therapy, oral antihistamine, parenteral corticosteroid and antihistamine therapy.

After application therapy, the patient is without visible improvements and with still present itching. In the Center for TCM-Stip and alternative medicine is due to intolerable itching, which is additionally amplified, especially at night. The patient is provided with classical acupuncture for a duration of two months in the period from 04/2016 to 06/2016, with the frequency of treatment twice a week, all over the body with emphasis on certain points along the length of the meridians with the main goal is improving the patient's immunity, and circumcisely about the changes in the face and other affected parts of the body, in order to limit and disallow the spread of the changes. The duration of one treatment ranges between 25-30 min.

3. RESULTS

At the very beginning, after the second treatment, the patient improved the general health by blocking itching up to 50%, and after the fifth treatment, the itch completely disappeared. The patient has uninterrupted sleep for more than 6 hours and restores the normal rhythm of life and fulfillment of everyday tasks without having a persistent and intense pruritus. The skin changes after two weeks of treatment aren't presented, with no signs of enlargement and a decrease in skin level, until all the symptoms disappear until the end of the second month, including itching and the appearance of new changes.

After this period of treatment, the patient is excluded antihistamine and corticosteroid therapy by continuing treatment 2 times a month in order to maintain the newly emerging high-grade improved health status.

4. CONCLUSION

From our previous experience of patients treated at the Center for TCM-Shtip with dermatological pathology and history, as with the presented case, we come to the conclusion that apart from the application of a combined approach to conventional and complementary medicine, in some cases only the isolated complementary and alternative medicine provides satisfactory results, bearing in mind that there are no contraindications and adverse effects to it. Acupuncture as part of complementary alternative medicine, except in the well-known conditions in which it is accepted and accepted by WHO, finds good application in dermatological diseases.

LITERATURE

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