Chronic Peptic ulcer and erosive gastropathy treatment with electric-acupuncture on 48 treatment cases
Aim of study

• 48 investigation cases of patients that suffered from peptic ulcer and/or erosive gastropathy
• Medication showed to be uneffective for these patients
• All patients were treated with:
  1. Electric Acupuncture
  2. Shiatsu therapy
  3. Psicossomatic treatment
Participant patients

• Patients mean age: 55 years old (+/-15)
• Suffered of either erosive gastropathy or chronic peptic ulcer
• Treatments were done twice a week for six months
• Started on 2001 until 2013
• Treatments were performed both in St. Louis Hospital and Tsuchiya’s Pain Clinic, in Lisbon
• Patients suspended all medication concerning this diseases with medical authorization
The team of treatment

• João Martins Pisco (specialist in Radiology of Intervention)
  • Made evaluations of patients clinical examinations

• Mitsuharu Tsuchiya (Anesthesiologist and Director of Tsuchiya Pain Clinic)
  • Performed Electric Acupuncture and Psicossomatic treatment

• Elia Gomes, Ida Cwojdzinski, Miguel Ramires and Rosário Vasco (Acupuncturists)
  • Performed Electric Acupuncture and Shiatsu therapy
What is peptic ulcer and erosive gastropathy?

- Peptic ulcer and erosive gastropathy are characterized by a lesion or an erosion in the stomach or duodenum wall lining tissues

Causes

- Insufficiency of the protector mechanisms of the gastric acidity
- The bacteria *helicobacter pylori* is also frequently present in patients that show chronic gastric ulcers
- Autonomic nervous system impairment that leads and manifests as stress, terror, anxiety, fear, depression, fellings of failure, inferior complex...
- Besides pain, there could be also hemorrhages for the gastrointestinal tract
Systemic Causes (chain reaction)

• We believe that the stress hormones trigger a reaction on the amygdala (memory and emotion control)
• The amygdala together with the hippocampus triggers a memory reaction of stress related events
• Through the vagus nerve, there is a correspondence of increased appetite
• Increased appetite would lead to an increase in gastrine levels
Action mechanism

• Gastrin increased levels would lead to and increase on the acidity of the stomach
• The stomach environment would become more acid (decrease on the pH levels in the stomach)

and so the gastropathy or erosive ulcer appears over time
Triggers of the pain on chronic gastropathy

- Felling angry
- Fear
- Terror
- Stress
- Depression
- Felling inferior to others
- Failure
Inflammation

• The prostaglandine-E mediates inflammatory and anti-inflammatory responses

• There is strong suggestion that there is involvement of the increase levels of the prostaglandine-E on response to the electric acupuncture stimulus increases the levels of prostaglandine-E and the pH rises on the stomach (autonomic nervous system impairment)

• The electric acupuncture stimulation leads to an increase of the pH on the gastric environment (strong alkaline)
Other substances that are suggested to be involved

- Pepsin (proteolytic enzyme)
  Pepsin is one of the primary causes of mucosal damage during laryngopharyngeal reflux
  By controlling the levels of secretin, pepsine and gastrin, the pH levels and damage levels of the stomach and duodenum lining may improve

- Cyclooxygenase (COX) related to the prostaglandine formation

- Increasing levels on cortisol that may surpress some immune inflammatory response and may help on the scarring process

- The blood flow increases as a result of acupuncture (Nitric oxide as a vasodilator)
Conventional medicine diagnosis methods

• Blood tests:
  • Blood cell count
  • Presence of *H. pylori*
  • Liver, kidney, gallbladder, or pancreas functions

• Urinalysis

• Stool sample, to look for blood in the stool

• X-rays with contrast

• ECGs

• Endoscopy, to check for stomach lining inflammation and mucous erosion

• Stomach biopsy, to test for gastritis and other conditions
Ocidental medicine treatments

- Proton pump inhibitors
- Prostaglandins analogs
- Anti-histaminic
- Anti-microbial (in case of *helicobacter pylori*)
- Psicological support
- Stress control and avoidance of nocive substances (tobacco, alcohol, drugs...)
This investigations treatment method

- We disposed of five methods of treatment:
  1. PICA-PAU
  2. Chushashin
  3. Traditional medicine of Yuketsu / Boketsu
  4. Painfull points (triggers points / tender points, BOAS point and McKenzie point)
  5. Psicossomatic treatment
  6. Shiatsu massage
PICA PAU – Europe pioneer method of Electric Acupuncture

- What is PICA PAU?

Consists in a treatment method of **electric stimulation of all needles** that are inserted on the body with a current of **High Frequency** and an intensity that is adjusted to patients tolerance.

*Electric stimulator*
(Ohm pulser, LFP-4000A, made in Japan)

9 Volts

**Frequencies used on treatment**

- 100Hz – 0.8ms
- 135Hz – 0.7ms
- 200Hz – 0.48ms
Pica-Pau surfing method

• To all needles placed, it would be given an instant electric stimulation with a high frequency and intensity

• The patient would feel a tingling or a slight shock

• The needles would be placed for 15 min on each side (ventral and dorsal) and they were stimulated by low frequency
Chu Sha Shin (dry needle injector technique)

• With this instrument, the most painfull points and important treatment points are inserted and stimulated with an high frequency and intensity adjusted to patients tolerance

On Dr. Tsuchiya’s hand, it is the instrument used for stimulation of high frequency on selected points
Traditional points Yuketsu (Shu)

Insert deeply in the dorsal side, 2 to 3cm
Traditional points Boketsu (Mu)

Insert shallowly on the ventral side, 0.5 to 1 cm
Painful points

- We identified some trigger and tender points that were involved in this diseases, and aslo the points that were discovered by the British Dr. Stephen McKenzie and the German Dr. Ismar Boas
- McKenzie point: On the left and right lateral side of the T9 vertabrae (points relevant for disturbances of the liver and gallbladder) (BL18)
- Boas point: On the left lateral side of the T12 vertabrae (BL21) (points relevant for disturbances of the stomach)
(on the treatment of this investigation the T12 painful points were used in both sides of the back)
Painful points

• The method of identification of the painful points was Shiatsu therapy pressure of about 10 kg of force
  (method developed by Dr. Tanzawa, ex-president of the All Japan Association of Acupuncture and Moxibustion)

• The patient would inform of uncomfortable fellings towards the pressure, as well as the therapist would feel the structure pressured to be soft, sore or stiff

• We also identified that in all patients the points BL 21 and BL 50 were painful, which means that they too should suffer stimulation
Patient

Age: 66
Country: Portugal
Profession: Cooker
Patient treatment
Treatment focused on psicossomatic underlying causes
The endoscopy before the treatment
Before - October 2012
Motivo de exame: Epigastriais

Relatório de exame:

**ESOFAGO:**
- sem lesões

**ESTOMAGO:**
- observa-se algumas elevações pseudo-polpoide erodidas no corpo; biopsiou-se a uma mais proeminente no corpo distal, grande curvatura

**DUODENO:**
- bulbo e início de Dil sem lesões

**CONCLUSÃO:**
- GASTROPATIA EROSIVA (?)

Observações: Iatrogenia? Convém revisão em função da histologia...

Médico: Rui Mesquita
After - March 2013

• The patient file after the treatment

(6 months after) March 2013
Results

- Very good: 28 (58%)
- Good: 10 (21%)
- Some improvement: 6 (13%)
- Not better: 4 (8%)
Discussion

• The main focus of underlying causes were due to psicossomatic imparements that lead to disease

The daily life stress, the professional pressure, financial instability, chronic fatigue and lack of will power strongly motivate the occurrence of chronic gastropathy

It is not a simple disease to be treated

• The use of special points for patients relaxation and comfortable feelings has proven to be essential, at the very least during the treatment

• The decrease in pain due to electric acupuncture through the opioid (endorphins) and the reward and pleasure control system (dopamine) stimulus

• A multidisciplinar and holistic aproach is most beneficial to the patient, since different aspects of the human body are all interconnected

• The control of the autonomic nervous system is the factor for prevention of disease
Points for psicossomatic treatment
Most relevant points used for treatment

Psicossomatic treatment

- GB 4
- BL10
- GB20

Points for gastropathy and erosive ulcer condition in every patient

- BL18
- BL21
- BL50

Other points were used but slightly changed case by case
Conclusion

For the treatment of this disease, we were strongly suggested that:

1. The electric acupuncture stimulation of high frequency has a strong alkaline effect on the stomach pH levels

2. The main causes that trigger our patients gastropathy were psicossomatic (autonomic nervous system unbalancement)

3. High frequency treatment is more effective for treatment of this disease than only use low frequency

4. There is a need for a trusting bond between patient and doctor relation, creating a confortable atmosphere for the patient

5. The traditional points Shu/Mu or Yuketsu/Boketsu showed to be very efficient
Thank you for your attention