

Self-Hemotherapy for the Treatment of one Case of Hyperglycemia

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Abstract: The clinical use of autohemotherapy for the treatment of hyperglycemia in type 2 diabetes mellitus has a remarkable effect.

Keywords: Autohemotherapy; Type 2 Diabetes; Acupuncture; Hyperglycemia; Case Analysis

Introduction

Type 2 diabetes mellitus (T2DM) is a chronic metabolic disease commonly seen clinically^[1], and hyperglycemia is an important indicator. With the change of people's diet structure, the severity of type 2 diabetes can not be underestimated, according to epidemiological statistics^[2], there are about 260.4 million elderly people over 60 years old in China, of which diabetics account for more than 30%. Diabetes is not only manifested in the fact that blood sugar is different from ordinary people, but also its fatty acids and amino acids are different from healthy people in serum metabolomics^[3], that is, diabetes is a disease of metabolic disorders of sugar, protein and fat. At present, modern medicine treats type 2 diabetes mainly by taking drugs or injecting insulin. First-line treatment for prediabetes is dominated by biguanide, α -glycosidase inhibitors^[4]. Since the disease requires long-term or even lifelong use, the adverse reactions of the drug should also be taken seriously. There are many adverse reactions, including gastrointestinal reactions, hypoglycemia, lactic acidosis, vitamin B12 deficiency, and even liver damage^[5]. TCM acupuncture for the treatment of type 2 diabetes has unique advantages, safety, and few side effects, not only improving blood sugar, but also alleviating peripheral neuropathy caused by diabetes^[6].

1. Method - Autohematology

Acupuncture point injection, also known as water needle, is a new type of therapy that combines traditional acupuncture treatment in traditional Chinese medicine with the closure therapy of modern medicine by injecting certain Chinese and Western drug injections into the relevant acupuncture points of the human body to prevent and treat diseases^[7]. Replacing a drug with its own blood is a self-hemorrhage therapy. Self-hemorrhage therapy is part of the acupuncture point injection method, and the self-hemorrhage therapy discussed in this article is significantly different from the "ozonated self-blood refusion therapy" of Western medicine, which is also referred to as "self-hemorrhage therapy".

In the "Difficult Scriptures", it is described: "Blood is the main substance", blood is a subtle substance, and can be replaced by other drugs. In the Twelfth Treatise on Thirst Quenching in Medical Management, it is described that in the treatment of this disease, it is necessary to pay attention to the yuanjing, which is the basis of creation and birth, and the yuanjing is the sperm blood, and both are the intersection of yin and yang. Quenching thirst for a long time, consuming liver and kidney yin blood, insufficient yin blood, eye loss, yin fire burning the eye network, causing diabetic eye disease, weak qi and blood movement, stasis of the vein, causing diabetic foot, it can be seen that blood and the later complications of thirst quenching disease are also closely related^[8].

Autohemotherapy not only has the effect of acupuncture, but also takes into account the role of bloodletting and autologous blood. When one's own blood is inserted into the acupuncture point, the blood coagulation has a gentle and

long-term stimulation of the acupuncture point, which is conducive to prolonging the curative effect time. It can play a dual role of acupuncture and long-term acupuncture point stimulation. Blood stasis in type 2 diabetes mellitus is poor blood circulation, and the "bruise" in the blood veins is not the "bruise" of blood clotting on acupuncture point stimulation in autohematology. Bloodletting itself has the effect of heat dissipation, which plays a role in the treatment of the hot and fiery pathogenesis of early type 2 diabetes patients, and the self-blood therapy also plays a role in activating blood, which is beneficial to cold coagulation stasis or wet blood stasis.

2. Case investigation

The patient, a 54-year-old male, was first diagnosed on 18 November 2020. Main complaint: Found to have increased blood glucose for more than 1 year. Current medical history: The patient complained of an increase in blood glucose during the physical examination 1 year ago, diagnosed with "type 2 diabetes", after irregular oral metformin to control blood sugar, poor blood glucose control on weekdays, fasting blood glucose 7.0-8.5mmol/L, postprandial 2 h blood glucose 9.0-10.5mmol/L. This morning, I measured fasting blood glucose of 7.3mmol/L, and I complained that I was unwilling to take Western medicine for a long time, so I came to the clinic. Diagnosis: dry mouth and drinking, normal urination, loose stool, red tip of the tongue, tortuous veins under the tongue, purple and dark, thin yellow moss, weak pulse. Physical examination: the skin of both lower extremities of the patient is dry and untouchable. Diagnosis of Western medicine: type 2 diabetes mellitus; Diagnosis of traditional Chinese medicine: thirst quenching disease, dialectics: qi yin deficiency evidence; Treatment: healthy spleen and qi, invigorating blood and dispelling stasis. Prescription: diji acupuncture (bilateral), pancreatic Yu acupuncture (bilateral). Treatment: Autohematization. Specific operation: the patient's elbow skin disinfection, with a 2.5mL disposable syringe to draw the patient's venous blood 2.0mL; after iodine disinfection acupuncture points, quickly pierced into the subcutaneous, direct acupuncture of the machine, spleen Yu acupuncture to the spine direction obliquely stabbed, stabbed about 1cm, until there is a feeling of acid numbness and confirm that it has not pierced the blood vessel, slow injection, each acupuncture injection of 0.5mL. Communicate with patients in a timely manner, encourage care for patients, enhance patients' self-confidence in treatment, and instruct patients to avoid water within 1 day after each treatment, keep the skin clean and dry, and prevent infection. Course of treatment: 1 treatment every other day, 3 treatments per week, 5 sessions for 1 course.

2nd consultation: On November 26, 2020, the patient complained of monitoring blood glucose 30 minutes after the end of each treatment and observed that blood glucose decreased to the normal range. Monitoring of fasting blood glucose fluctuations of 6.0-7.0 mmol/L in the morning of the next day and 8.0-9.0 mmol/L in 2 hours after meals without taking the drug, although higher than the normal range, but better than when untreated, the symptoms of dry mouth were reduced, and the residual changes were not obvious.

3rd consultation: On December 18, 2020, the patient complained that he had not taken the drug to monitor his blood glucose on an empty stomach and 2h after a meal, and the symptoms of dry mouth were significantly alleviated, and the stool was formed.

After telephone follow-up in March 2021, the patient complained of monitoring blood glucose stability, no obvious dry mouth, and normal stool.

According to the language: The patient in this case is a middle-aged man, who is fat, and he loves to drink alcohol and never avoids his mouth, resulting in spleen loss; Qi yin dissolves fire, dissolves burning liquid, and lacks moistening, which is manifested as dry mouth and happy drinking; Temper is weak, and the transportation is weak. The tip of the tongue is red, the veins under the tongue are twisted, purple and dark, the moss is thin and yellow, and the pulse is weak, indicating that the patient has heat in the body, there is stasis, considering the deficiency of qi and yin, and the qi deficiency is that the blood runs astringently, coagulates into stasis, and the blood is obstructed internally, so it is necessary to strengthen the spleen and benefit the qi, and activate the blood to dispel stasis. The spleen is selected to treat hemorrhage, regulate the function of the spleen and stomach, strengthen the power of the spleen and stomach, strengthen the spleen to help transport, and strengthen the acquired nature; The selection of pancreatic Yu acupuncture points for the treatment of thirst quenching disease, the combination of two acupuncture points, a joint performance of hypoglycemic work, by simplifying the acupuncture points,

reduce the pain of patients. At the second diagnosis, the patient's blood glucose decreased, and the symptoms of dry mouth were alleviated, but the symptoms of non-forming stools were still not alleviated, and it was considered that the blood stasis gradually disappeared but it took time for the temper to recover, so the treatment was continued. At the time of 3 diagnoses, the patient's symptoms improved, and the blood glucose was able to be maintained smoothly in the normal range. Throughout the entire diagnosis and treatment process, the eye is set on the "stasis" treatment of type 2 diabetes, and the treatment method is unified with the evidence, and the effect is remarkable.

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