

08 - LOW BACK PAIN AND LUMBOSCIATIC PAIN - COMPARATIVE STUDY OF ACUPUNCTURE ANALGESIA WITH SYSTEMIC AND AURICULARELISANGELA SILVA;
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ibrate@netpar.com.br**INTRODUCTION**

Back pain is one of the most common complaints reported by patients. The incidence of problems related to back pain is so common and usual that should be studied as if it were an epidemic disease and social (KNOPLICH, 2003).

Generally associated with poor posture, obesity, trauma, inflammatory disease, infectious or neoplastic changes in bone and muscle injuries and hernias. Designated as lumbosciatic pain the painful process that develops in the lumbar region with the existence of radiation of pain to the lower limbs, assuming that the sciatic nerve is affected (KNOPLICH, 2003).

In a retrospective study of 110 medical records conducted by Ribeiro et al (2008), to determine the epidemiological profile of users of Physiotherapy in private practice with emphasis on low back pain, it was found that low back pain symptom was prevalent among females and active workers.

In Traditional Chinese Medicine, these diseases are associated with kidney disorders, referred to as the "root of life" or "Root pre-heaven Qi" (MACIOCIA, 2007).

The energy that is stored in the kidney is consumed early by inadequate habits of modern life. Since the energy of the injured kidney may be observed physical changes such as back pain, dizziness, vertigo, tinnitus, bone pain, among others (MACIOCIA, 2007).

Bibliographical evidence shows that the use of acupuncture is efficient in particular in the treatment of chronic low back pain (Lorenzetti, et al, 2006). However, there is need for comparative studies to evaluate the vas deferens acupuncture techniques.

The importance of the study of back pain is justified by its high prevalence in the population and the significant negative social and economic impact generated by the cases of disability, could be considered a public health problem (KNOPLICH, 2003).

OBJECTIVE

To compare the analgesic effect of Systemic Acupuncture and Auricular Acupuncture in volunteers with low back pain and.

METHODOLOGY

Experimental Study of Type Clinical Trial with the selection of 10 volunteers aged between 25 to 60 years, five males and five females. The volunteers were divided into two treatment groups A and B, chosen at random. In group A Systemic Acupuncture was carried Systemic and Group B was performed Auricular Acupuncture. All volunteers had been given test with pathologies, such as RX, CT scan or MRI.

In the healthy framework for low back pain and etiology of non-traumatic and non-postural, more than a year, where three have back pain, while the other seven have lumboischialgia of these, five were unilateral irradiation and two bilateral irradiation.

Inclusion criteria were age between 25 and 60 years, does not have restrictions on method of treatment, good cognition and diagnosis confirmed by imaging or clinical. Exclusion criteria were to be out of range of the stipulated age restriction, the method of treatment, cognitive status changed or damaged, do not have proof of diagnosis of pathology in cases of proven malignancy, osteoporosis, tumors, infections, uncontrolled fractures vertebral disk fragmentation extruded and osteoarthritis sharp.

The initial evaluation was performed in the same way for both groups, following a questionnaire endorsed by O'Sullivan (2004), which contains information on the following data: identification, low back pain clinical diagnostic, complementary tests, irradiation and character of pain, completion of previous treatment with Acupuncture, drug utilization, urinalysis, blood pressure, study of the period, analysis of the emotional characteristics, investigation of fluid intake, so the tongue, pulse and Visual Analog Scale (VAS) for pain quantification.

The review group Systemic Acupuncture was made following the criteria for analysis of VAS, the pulse and tongue. The Auricular Acupuncture group was reassessed by observing only the VAS, since pulse and tongue are not relevant in this technique.

According Rebelatto and Morelli (2004), this scale provides conclusive information for the diagnosis of pain intensity. It is indicated for adults where there are many situations in clinical practice it is necessary to assess the degree of pain in one patient.

Group A (Systemic Acupuncture) was performed ten sessions every eight days with 30 minutes and group B (Auricular Acupuncture) was held ten sessions from seven to ten days with a duration of 15 minutes each.

In sessions Systemic Acupuncture points used were: B23, B24, VB30, B40, (Weizhong), B60. Volunteers of the Auricular Acupuncture group were treated with the points Shenmen, Kidney, Sympathetic, Spine, Sciatica, Analgesia, Adrenal, as directed and location SOUZA (2001).

RESULTS AND DISCUSSION

In assessing the pulse, brought patterns of stagnation in: stomach (8 volunteers), liver (4), gall-bladder (4), heart (2), spleen (4).

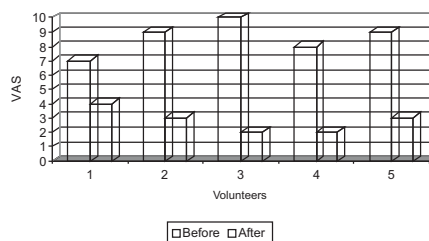
All volunteers had kidney failure. In the tongue evaluation: edema (8), white coating (8), yellow coating (2), crack in the stomach (8) and stagnation XUE (4).

According to data provided by volunteers through the Pain Scale, was performed a comparative analysis during the ten sessions.

The findings of this study for the volunteers' perceptions of the impact of pain, are presented in Charts 1 and 2, which show the results for the reduction of pain in volunteers with low back pain and, by using the Systemic Acupuncture and Auricular.

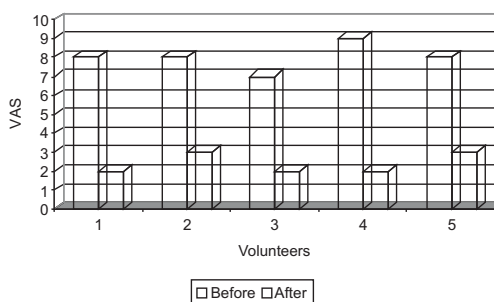
At the beginning of the research the average of points awarded to the pain by VAS in group A (Acupuncture Systemic) was 7.6. The evaluation at the end of the investigation obtained average rate of 2.4 causing a reduction of 70%. The average pain score in group B (Auricular Acupuncture) was 8.6 before the intervention, and after the final evaluation the average was 2.8, resulting in a reduction of 67%.

CHART 1 - ANALYSIS OF VISUAL ANALOGUE SCALE IN GROUP OF AURICULAR ACUPUNCTURE BEFORE AND AFTER TREATMENT



The Chart 1 presents the analysis of Visual Analog Scale (VAS) of pain in the group treated with Auricular Acupuncture. The five individuals involved were great the pain reduction after treatment. Observable in the initial maximum score of 10 (in volunteer 3) and after treatment, the highest score for pain was 4 (in 1 volunteer). The lowest note of the treatment was 7 points in the VAS and after the conduct rose to 2. The average score of pain attributed to the group before treatment was 8.6 (± 1.14), rising to 2.8 (± 0.83).

CHART 2 - ANALOGUE SCALE VIUSUAL IN THE GROUP SYSTEMIC ACUPUNCTURE BEFORE AND AFTER TREATMENT



For the group treated with acupuncture (Graph 2), it is observed that the highest score by VAS was 9 (volunteer 4) and at least 7 (in volunteers 1, 2 and 5). After treatment, the highest score was 3 (volunteers 2 and 5) and the lowest was 2 (volunteers 1, 3 and 4). The average grade given to pain in the VAS before the group was 7.6 (± 0.54), rising to 2.4 (± 0.54) at the end of treatment.

Table 1 shows the percentage improvement of each group at the end of each treatment, considering the average score of the VAS.

TABLE 1 - ANALYSIS OF THE PERCENTAGE OF IMPROVEMENT IN GROUPS STUDIED

Method	Before	After	Improvement
Auricular Acupuncture	8,6	2,8	67%
Systemic Acupuncture	8,0	2,4	70%

CLOSING REMARKS

Low back pain and sciatic pain are common complaints of patients seeking the techniques of acupuncture as a method of natural alternative for pain relief of pain. Western medicine attributes this fact to bad habits, wrong attitude and lack of exercise, however, traditional Chinese medicine is associated with these diseases to wear Kidney.

Currently, Acupuncture is a technique that is being increasingly sought after in the West for treatment of various diseases and especially for pain relief. This study compared the analgesia in low back pain and Auricular Acupuncture through the when compared with the Systemic Acupuncture.

The volunteers in Group A (Systemic Acupuncture) began the search with the pain index average of 8.0 on the pain scale, and to terminate the search, with a total of ten sessions showed pain index average of 2,4, resulting in an improvement of 70 %. Volunteers in group B (Auricular Acupuncture) started with the pain index of 8,6 for the EAV and the end of the study showed the pain index of 2,8, resulting in an improvement of 67%.

The two techniques used in Acupuncture treatment had similar rates of improvement. Through the re-evaluations of group A was found an improvement in pain index as early as the 3rd session, while in group B, the volunteers showed a reduction in pain scores from the 4th and 5th session.

Through these processing techniques can verify the reductions in pain scores that prove the benefit of Traditional

Chinese Medicine, which despite proven results, there is a vast field of research to be explored.

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LOW BACK PAIN AND LUMBOSCIATIC PAIN - COMPARATIVE STUDY OF SYSTEMIC TREATMENT WITH ACUPUNCTURE AND AURICULAR ACUPUNCTURE

ABSTRACT

The low back pain is one of the most common complaints reported by patients, usually associated with poor posture, obesity, trauma, inflammatory, infectious or neoplastic changes bone, muscle and disc injury. Bibliographical evidence shows that the use of Acupuncture is efficient, especially in the treatment of chronic low back pain. In order to compare the use of Systemic Acupuncture and Auricular Acupuncture Systemic in cases of low back pain and this type of work Experimental Clinical Trial, included 10 volunteers aged between 25 and 60 years, of both sexes, randomly selected from two groups with 5 subjects each. The Group A which was conducted Systemic Acupuncture group B and Auricular Acupuncture. The assessment of the before and after was made following the parameters of the Visual Analogue Scale (VAS). The average grade given to the initial VAS pain in the group treated with Systemic Acupuncture therapy was 7.6 (\pm 0.54), from the end of treatment, 2.4 (\pm 0.54), with improvement of 70 %. In the Auricular Acupuncture group, the average initial pain score given was 8.6 (\pm 1.14) passing, after treatment, 2.8 (\pm 0.83) with improvement of 67%. Through these processing techniques can verify the reductions in pain scores that show the benefit of acupuncture, given the small difference between the groups surveyed.

KEYWORDS: Auricular Acupuncture, Systemic Acupuncture; Low Back Pain.

LOMBALGIE ET LOMBOCIATALGIE - ETUDE COMPARATIVE DE TRAITEMENT AVEC L'ACUPUNCTURE SYSTEMIQUE ET AURICULAIRE

RÉSUMÉ

Le mal de dos est l'une des plaintes les plus souvent signalés par les patients, généralement associés à une mauvaise posture, l'obésité, des traumatismes, inflammatoires, infectieuses ou néoplasiques modifications osseuses, musculaires et les blessures disque. Bibliographiques preuve démontre que l'utilisation de l'acupuncture est efficace, en particulier dans le traitement de la lombalgie chronique. Afin de comparer l'utilisation de l'acupuncture systémique et acupuncture auriculaire dans les cas de douleur au bas du dos et ce type de travaux expérimentaux sur les essais cliniques, dont 10 volontaires âgés entre 25 et 60 ans, des deux sexes, choisis au hasard dans deux groupes avec 5 sujets chacun. Dans le groupe A qui a été menée Acupuncture Systémiques et du groupe B et l'acupuncture auriculaire. L'évaluation de l'avant et l'après a été faite en suivant les paramètres de l'échelle visuelle analogique (EVA). La note moyenne donnée à la douleur initialement à valeur ajoutée dans le groupe traité avec acupuncture systémique était de 7,6 (\pm 0,54), à partir de la fin du traitement, de 2,4 (\pm 0,54), avec une amélioration de 70 %. Dans le groupe de l'acupuncture auriculaire, la cote moyenne de la douleur initiale donnée était de 8,6 (\pm 1.14) en passant, après traitement, de 2,8 (\pm 0,83) avec une amélioration de 67%. Grâce à ces techniques de traitement peuvent vérifier les réductions dans les scores de douleur qui montrent le bénéfice de l'acupuncture, étant donné la faible différence entre les groupes étudiés.

MOTS-CLÉS: Acupuncture Auriculaire, Acupuncture Systémique; Lombalgie

DOLOR LUMBAR Y LUMBOCIATICA- ESTUDIO COMPARATIVO DE TRATAMIENTO CON ACUPUNTURA SISTEMICA Y AURICULAR

RESUMEN

El dolor de espalda es una de las quejas más comunes reportados por los pacientes, generalmente asociada con una mala postura, la obesidad, los traumatismos, inflamatorios, infecciosos o neoplásicos cambios en el hueso, músculo y lesiones de disco. Los elementos bibliográficos muestra que el uso de la acupuntura es eficaz, especialmente en el tratamiento del dolor lumbar crónico. Con el fin de comparar el uso de la acupuntura sistémica y la acupuntura auricular en los casos de dolor lumbar y este tipo de trabajo experimental de ensayos clínicos, incluidos 10 voluntarios de edades comprendidas entre 25 y 60 años, de ambos sexos, seleccionados al azar, con 5 voluntarios cada uno. En el Grupo A que se llevó a cabo con acupuntura sistémica, en el grupo B, con la acupuntura auricular. La evaluación del antes y después se realizó siguiendo los parámetros de la Escala Visual Analógica (EAV). La calificación promedio dada al dolor EAV inicial en el grupo tratado con acupuntura sistémica fue 7,6 (\pm 0,54), y en final del tratamiento 2,4 (\pm 0,54), con una mejora de 70 %. En el grupo de acupuntura auricular, la puntuación media de dolor inicial que se dio fue 8,6 (\pm 1,14) que pasa, después del tratamiento en 2,8 (\pm 0,83) con una mejora del 67%. A través de estas técnicas de tratamiento puede verificar la reducción de las puntuaciones de dolor que muestran el beneficio de la acupuntura, dada la pequeña diferencia entre los grupos investigados.

PALABRAS CLAVE: Acupuntura Auricular, Acupuntura Sistémica, Dolor Lumbar.

LOMBALGIA E LOMBOCIATALGIA – ESTUDO COMPARATIVO DA ANALGESIA COM ACUPUNTURA SISTÊMICA E AURICULAR**RESUMO**

A dor nas costas é uma das queixas mais comuns relatadas pelos pacientes, geralmente associadas à má postura, obesidade, trauma, doença inflamatória, infecciosa ou neoplásica, alterações ósseas, musculares e a lesões discais. Evidências bibliográficas mostram que o uso da Acupuntura apresenta eficácia, em especial, no tratamento da lombalgia crônica. Com o objetivo de comparar a utilização da Acupuntura Sistêmica e a Acupuntura Auricular em casos de lombalgia e lombociatalgia, este trabalho do tipo Experimental Ensaio Clínico, contou com 10 voluntários com idade entre 25 e 60 anos, de ambos os sexos, selecionados aleatoriamente em dois grupos com 5 indivíduos cada um. No grupo A foi realizado Acupuntura Sistêmica e no grupo B Acupuntura Auricular. A avaliação do antes e depois foi feita seguindo os parâmetros da Escala Analógica Visual (EAV). A média da nota atribuída à dor pela EAV inicial no grupo atendido com Acupuntura Sistêmica foi de 7,6 ($\pm 0,54$), passando, no final do tratamento, a 2,4 ($\pm 0,54$), com melhora de 70%. No grupo de Acupuntura Auricular, a média inicial da nota atribuída à dor foi de 8,6 ($\pm 1,14$) passando, após o tratamento, a 2,8 ($\pm 0,83$) obtendo melhora de 67%. Através destas técnicas de tratamento pode-se verificar as reduções dos índices de dor que comprovam o benefício da Acupuntura, haja vista a pequena diferença entre os grupos pesquisados.

Palavras-chave: Acupuntura Auricular; Acupuntura Sistêmica; Lombalgia.

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