

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



St. Louis Hospital
in Lisbon

Aim of study

- 48 investigation cases of patients that suffered from peptic ulcer and/or erosive gastropathy
- Medication showed to be ineffective 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

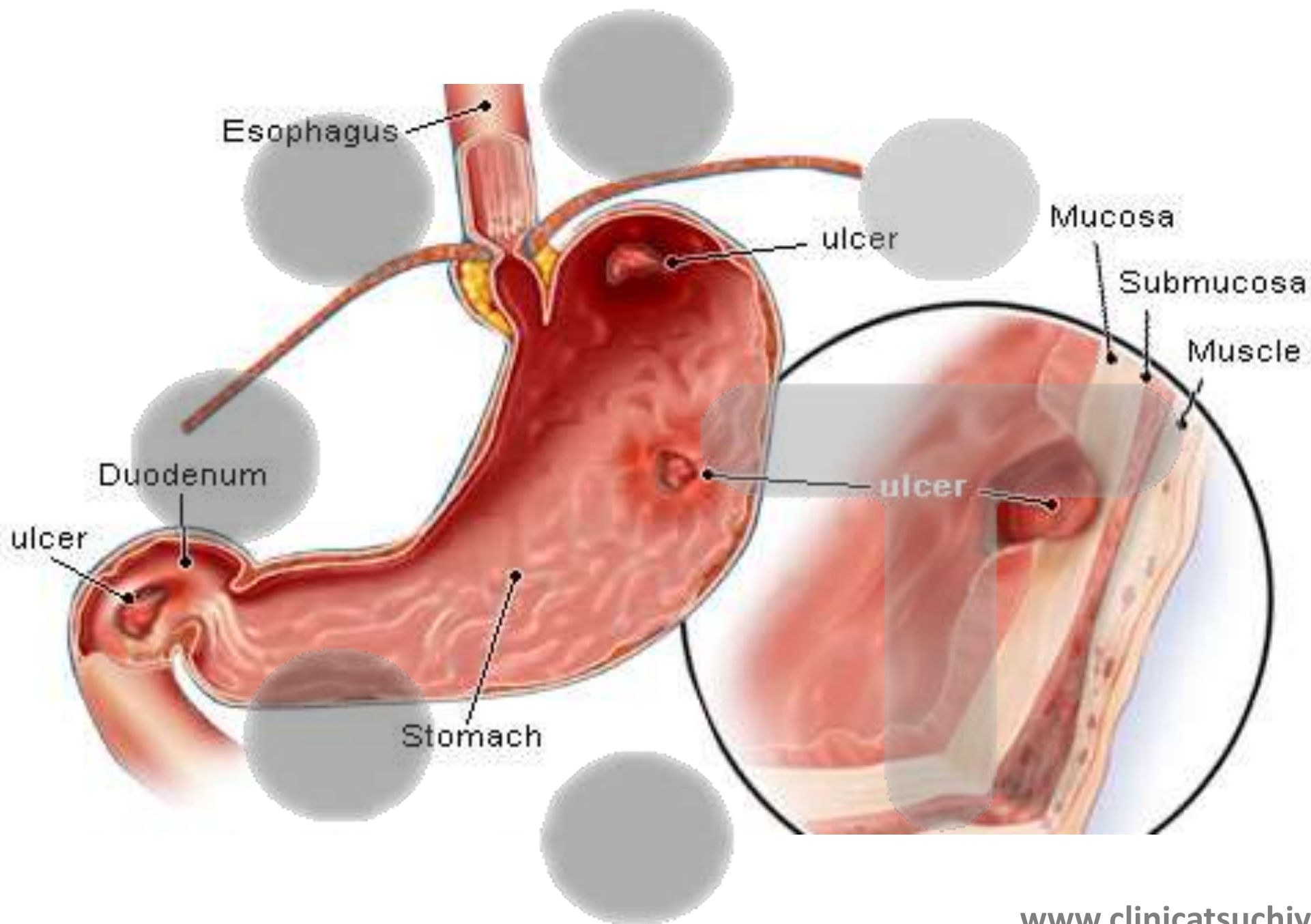
- João Martins Pisco (specialist in Radiology of Intervention)
 - Made evaluations of patients clinical examinations
- Mitsuharu Tsuchiya (Anesthesiologist and Director of Tsuchiya Pain Clinic)
 - Performed Electric Acupuncture and Psicossomatic treatment
- Elia Gomes, Ida Cwojdzinski, Miguel Ramires 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, feelings 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
- Failiure

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 imparement)
- The electric acupuncture stimulation leads to an increase of the pH on the gastric environement (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 linning 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

Occidental medicine treatments

- Proton pump inhibitors
- Prostaglandins analogs
- Anti-histaminic
- Anti-microbial (in case of *helicobacter pylori*)
- Psychological support
- Stress control and avoidance of nocive substances (tobacco, alchool, 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)

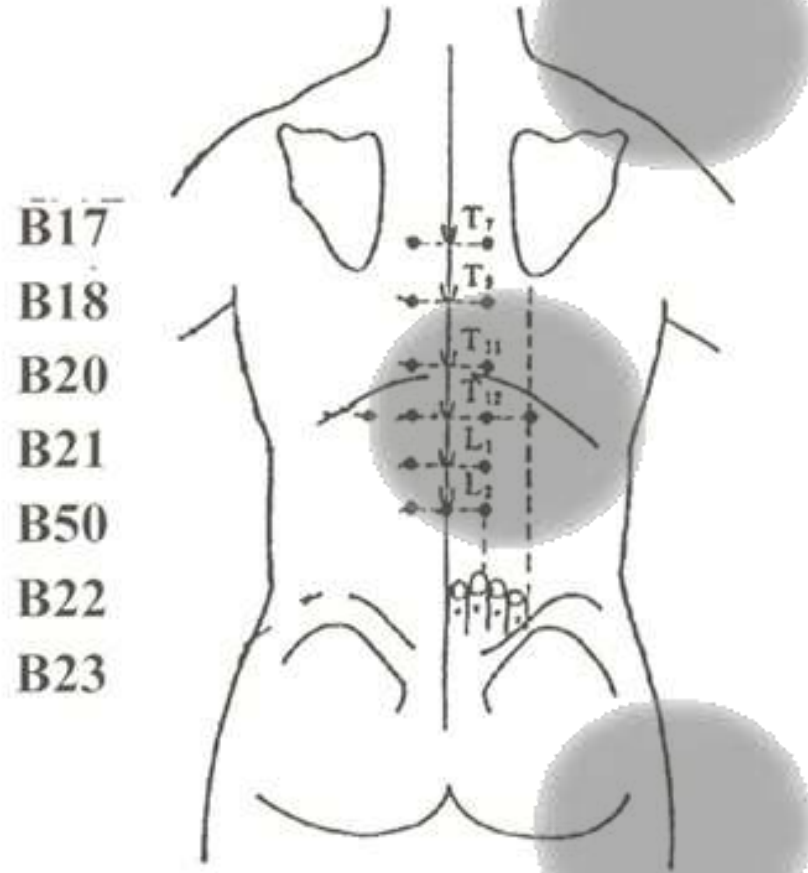
- With this instrument, the most painful points and important treatment points are inserted and stimulated with an high frequency and intensity adjusted to patients tolerance



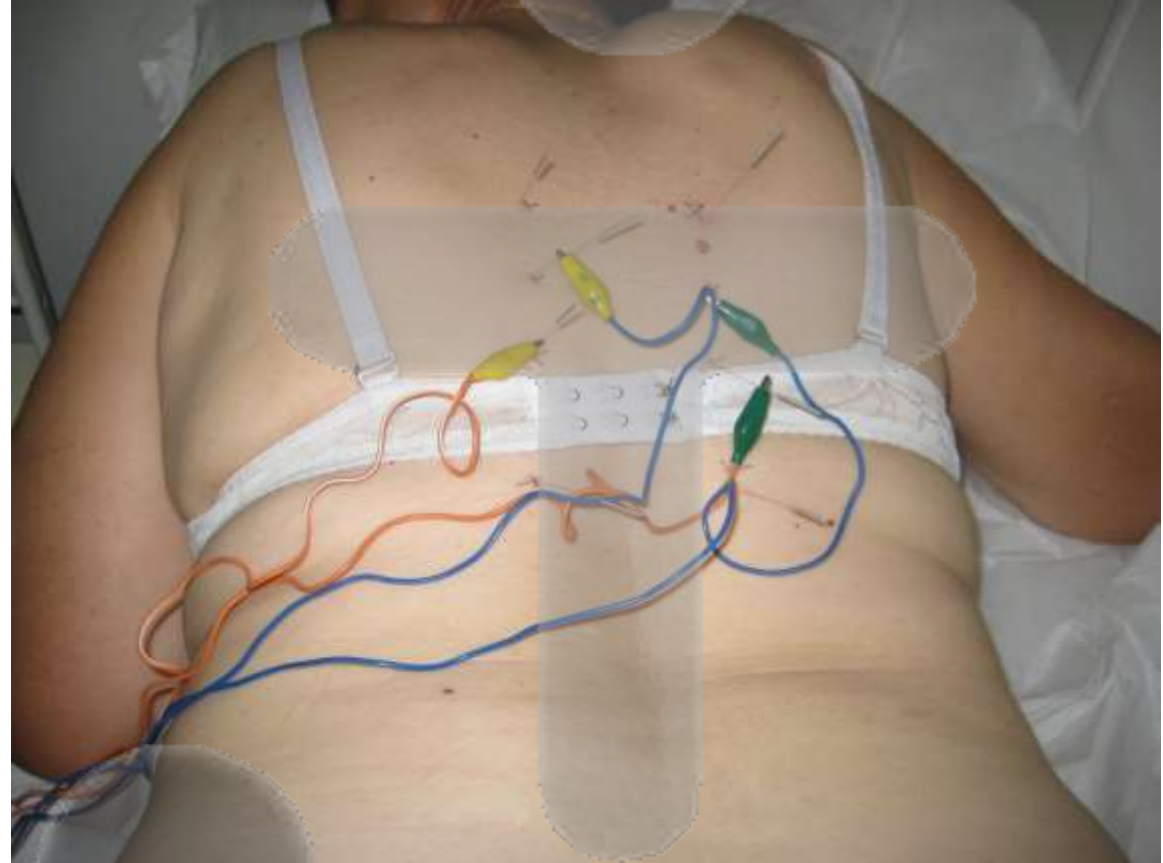
On Dr. Tsuchiya's hand,
it is the instrument used
for stimulation of high
frequency on selected
points



Traditional points Yuketsu (Shu)

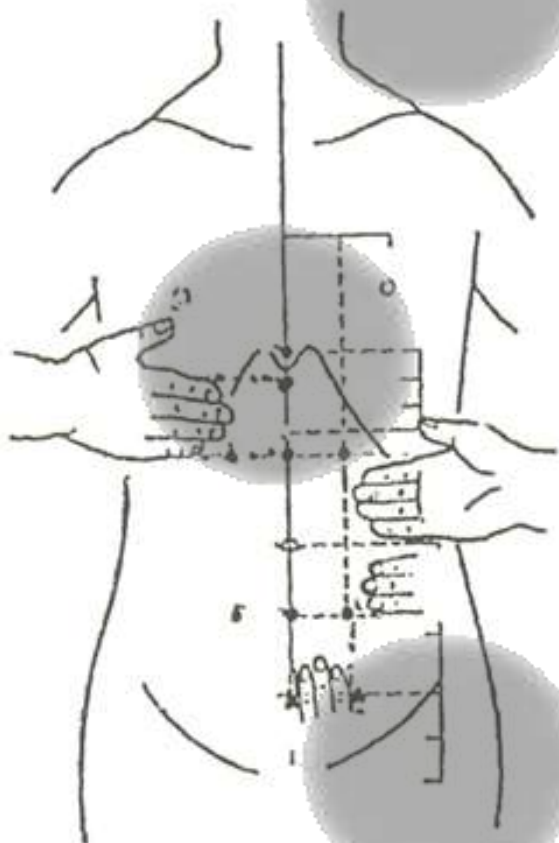


Insert deeply in the dorsal
side, 2 to 3cm



Traditional points Boketsu (Mu)

CV16
L116
CV12
S21
CV6
S25
CV4
ST28



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 feelings 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

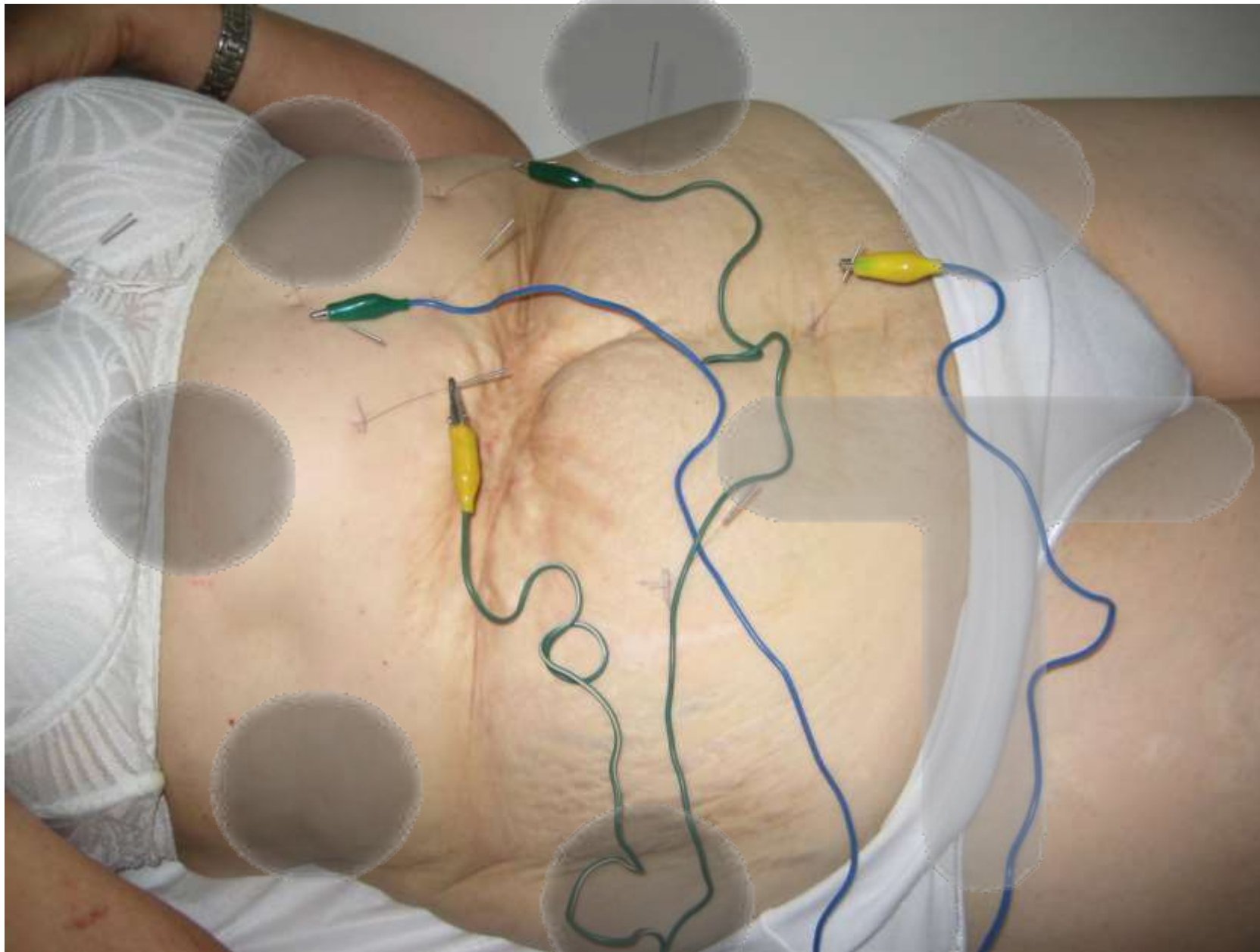
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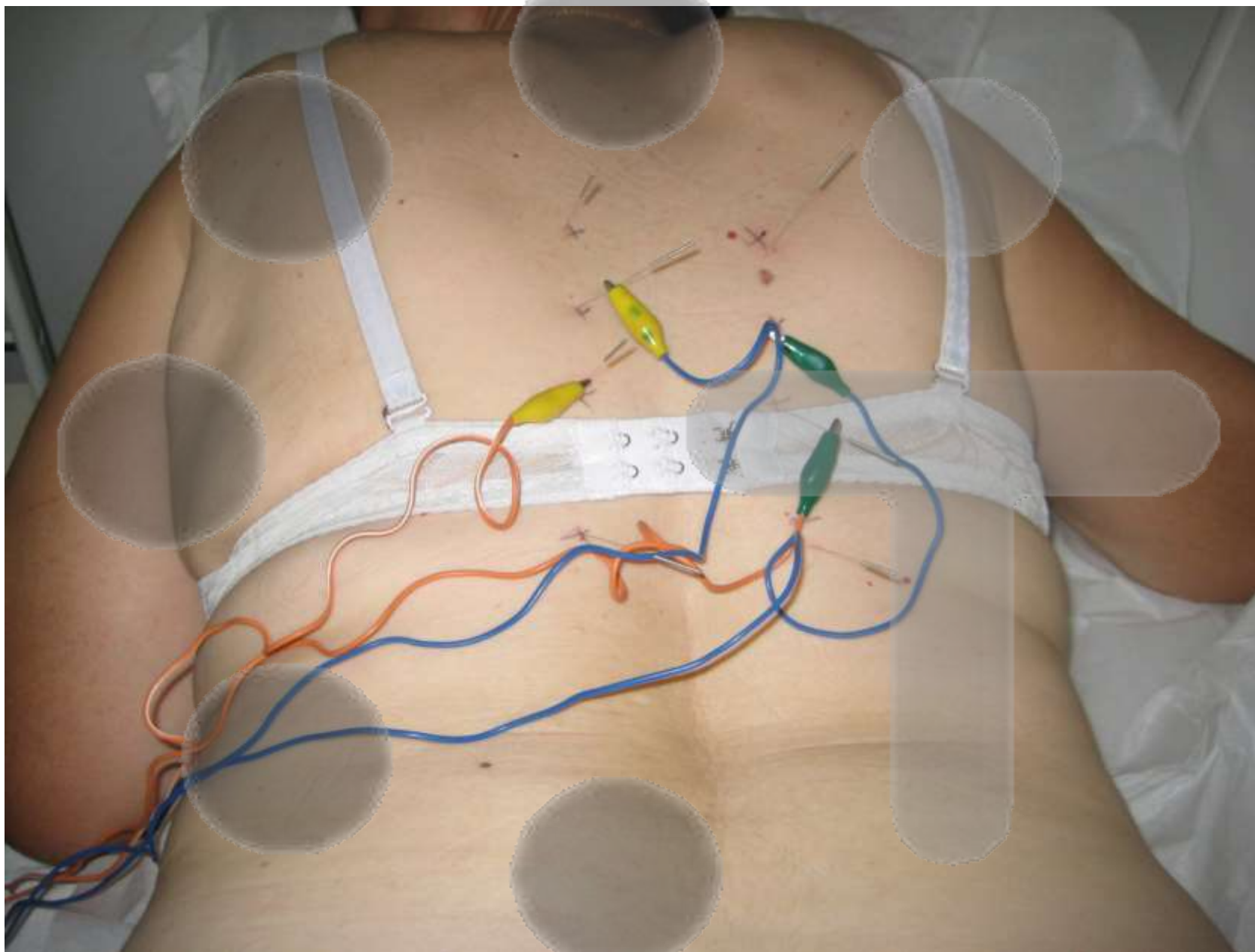
Cooker



Patient treatment









Treatment focused on psychosomatic
underlying causes



The endoscopy before the treatment

LABORATÓRIO JPS SALETE SILVA LDA

Medicos:
Dra. Salette Silva
Dr. Mário Oliveira
Dra. Eugénia Pinto

Dr. Rui Mesquita
Data Entrada: 2012/10/09 Data Saída: 2012/10/10

Exames Realizados:

- Histopatologia (Biópsias, Peças Cirúrgicas)
- Citopatologia (Citologia Cervico-Vaginal, Citologia Esfoliativa)
- Tipagem HPV
- Técnicas de Imunoquímica

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Horário:
De 2ª a 6ª Fev
Das 10 h às 12h e das 13h às 20h

Contribuinte:
501 563 318

Directora Técnica:
Dra. Salette Silva

Gerência:
Margarida Garcia

HB-Histologia

Dados Internos:
Idade: 67
Sexo: [REDACTED]
Utente: [REDACTED]

Produto enviado:
Biópsia gástrica

Diagnóstico Clínico: Gastropatia erosiva?

Relatório macroscópico:
2 fragmentos com 0,1 e 0,2cm

Relatório microscópico e diagnóstico:
Fragmentos de mucosa gástrica do antro superficiais com focos de hiperplasia foveolar e fibrose ligeira da lâmina própria. Não se documenta displasia ou metaplasia intestinal. Pesquisa de H.pylori negativa.


Patologista
(Dr. Mário Oliveira)

Utilizador: RC@PCZ
IMP 24

Pág.: 1/1

Impressão: (13:20h) - 12-10-2012

Before - October 2012

Rui Mesquita
GASTROENTEROLOGIA/ENDOSCOPIA DIGESTIVA

apto-qualis médico, lda

VideoEndoscopia Alta

[Redacted]

quinta-feira, 04 de Outubro de 2012

Motivo de exame: epigastralgias

Relatório de exame:

ESOFAGO:
- sem lesões

ESTOMAGO:
- observa-se algumas elevações pseudo-polpoides erosivas no antro; biopsou-se uma mais proeminente no corpo distal, grande curvatura

DUODENO:
- bolbo e início de DII sem lesões

CONCLUSÃO:
- GASTROPATIA EROSIVA (7)

Observações: labrogenia ?
Converir revisão em função da histologia ...

Médico: Rui Mesquita

[Signature]



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apm-apoio médico, lda

SNS

quinta-feira, 04 de Outubro de 2012

Motivo de exame: epigastralgias

Relatório de exame:

ESOFAGO:
- sem lesões

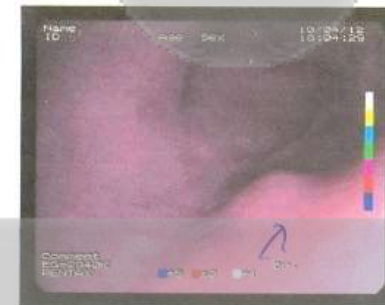
ESTOMAGO:
- observa-se algumas elevações pseudo-polipoides erosivas no antro; biopsou-se uma mais proeminente no corpo distal, grande curvatura

DUODENO:
- bolbo e início de DII sem lesões

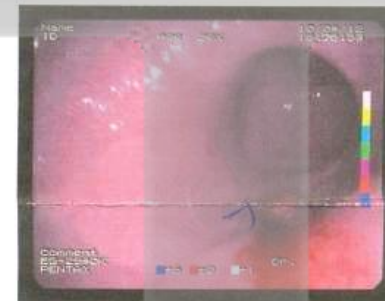
CONCLUSÃO:
- GASTROPATIA EROSIVA (?)

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

Médico: Rui Mesquita



image_9



image_11

After - March 2013

- The patient file after the treatment (6 months after) March 2013



Rui Mesquita
GASTROENTEROLOGIA/ENDOSCÓPIA DIGESTIVA
Hospital de São João, SA

VideoEndoscopia Alta

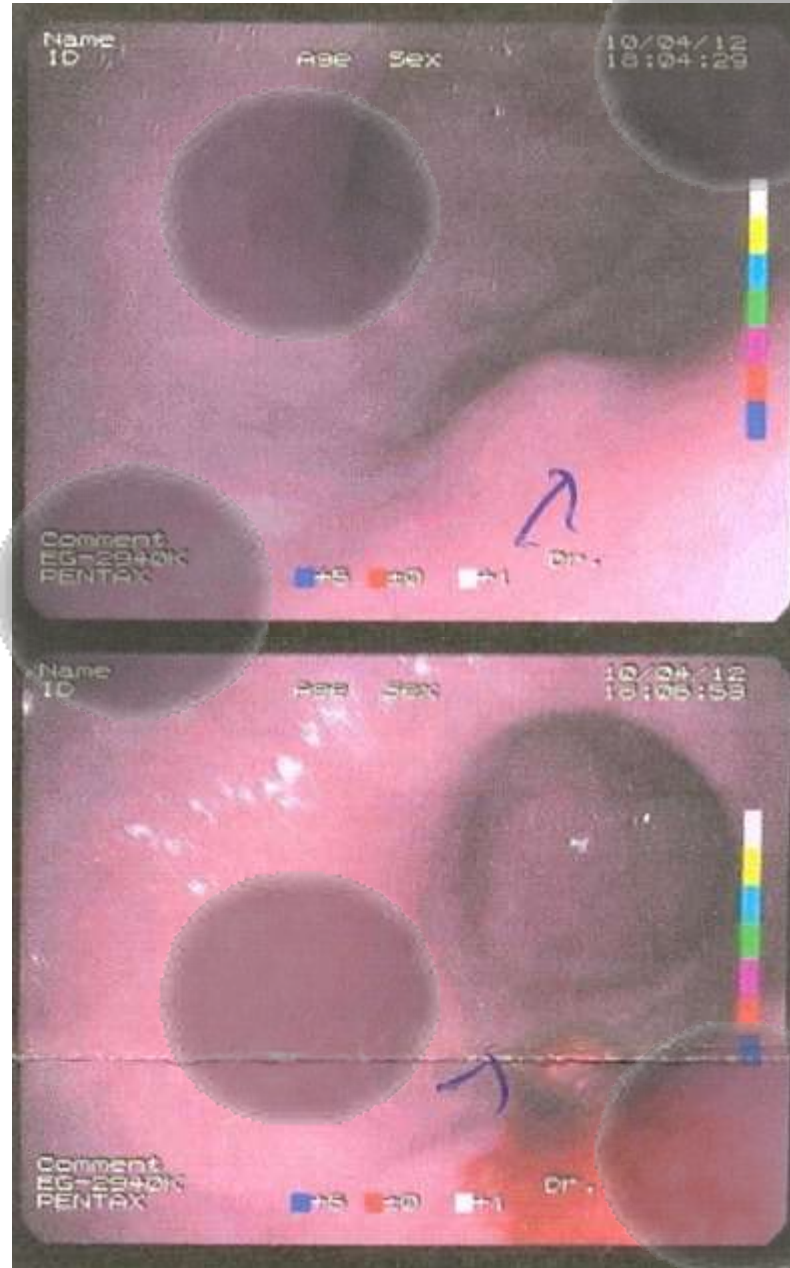
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03/03/2013

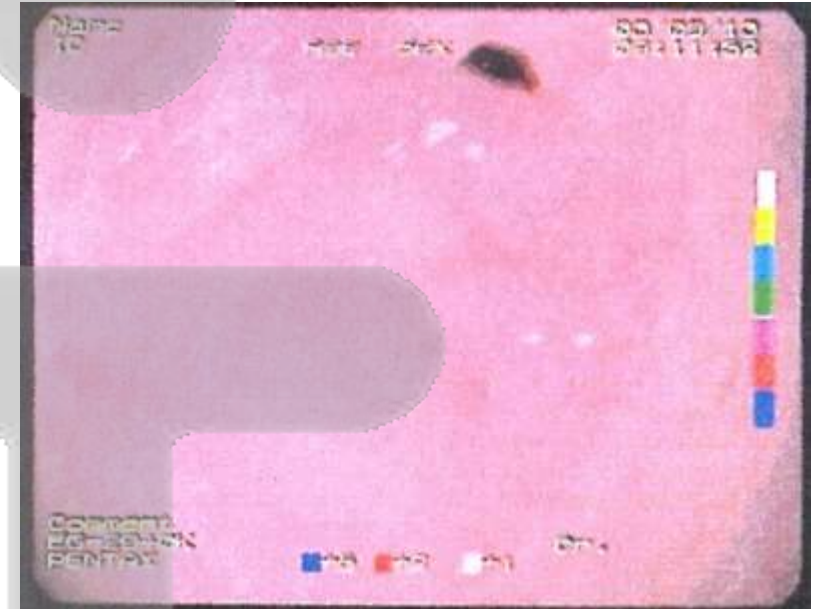
Motivo de exame: gastropatia crônica (hiperplasia foveolar)

Relatório de exame:
ESÓFAGO:
- sem alterações
ESTOMAGO:
- observa-se ainda um ou outro foco atenuado, congestivo, de aspecto residual, no antro, já sem o aspecto erosivo observado em exame anterior
DÚODENO:
- lobo e excó de D1 sem lesões
CONCLUSÃO:
- GASTROPATIA (RESIDUAL)
Observações: Melhoria significativa em relação ao exame anterior. Convém reavaliar aos 2 anos.
Médico: Rui Mesquita

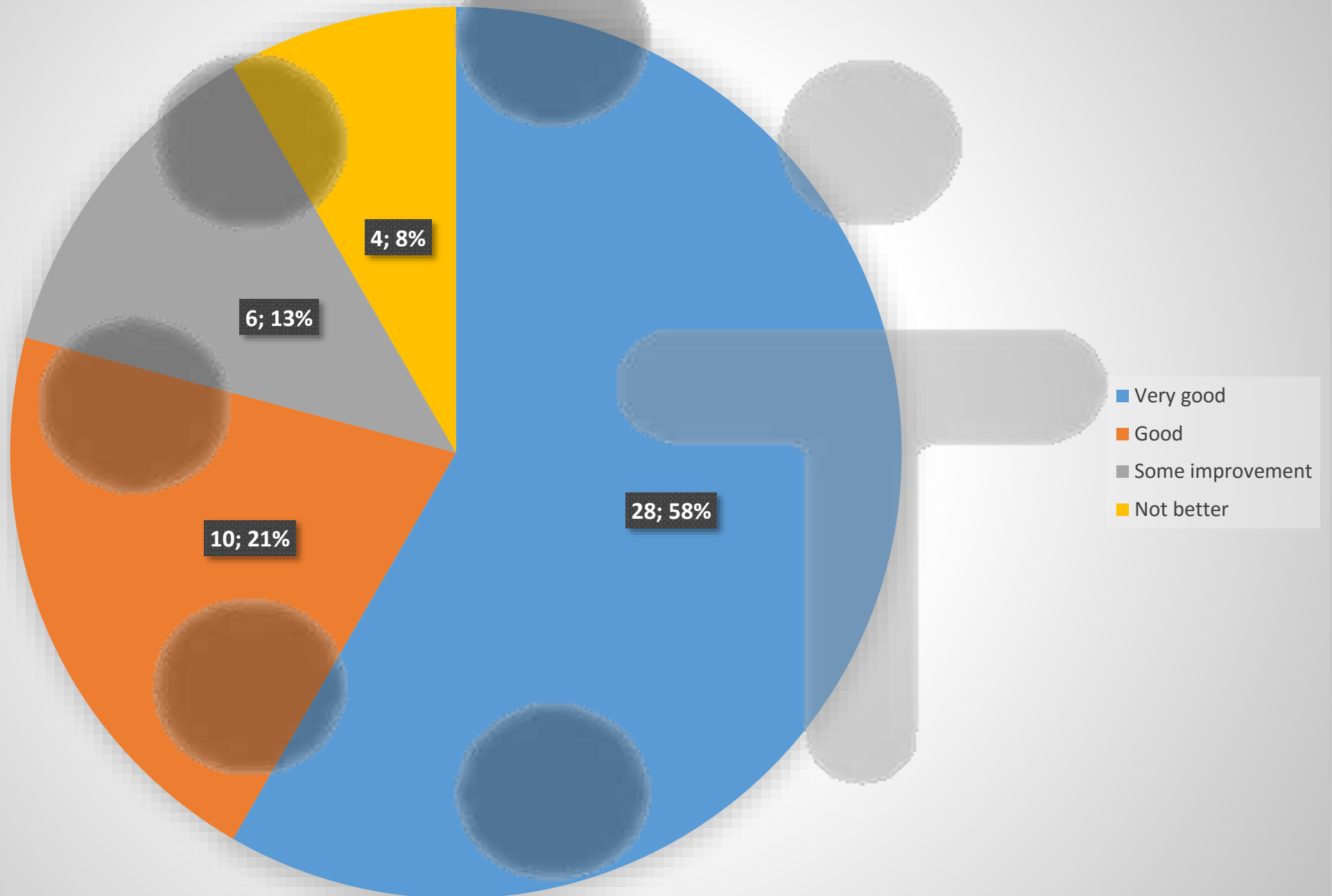
Before



After



Results



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 multidisciplinary and holistic approach 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 **comfortable** atmosfere for the patient
5. The **traditional points** Shu/Mu or Yuketsu/Boketsu showed to be very efficient



Thank you for your attention