Scholar Publishing Group
International Journal of World Medicine
https://doi.org/10.38007/IJWM.2022.030203
ISSN 2789-7133 Vol. 3, Issue 2: 19-24

Clinical Analysis of 38 Cases of Simple Obesity Treated by Acupuncture Embedding

Luo Wang*

Shaanxi University of Chinese Medicine, Xianyang, China
993310477@qq.com
**corresponding Author*

Keywords: Acupuncture Embedding, Weight Loss, Needling

Abstract: Study the clinical curative effect of acupuncture embedding weight loss. Eighty-eight obese patients who were treated in a hospital from January 1st to December 31st 2020 were enrolled. The patients were divided into experimental group and control group, according to the principle of randomness, 19 cases respectively. The patients in the control group were treated with ordinary acupuncture, and the patients in the experimental group were treated with acupuncture embedding. once a day, half a month for a course of treatment, after 4 courses of treatment. Compare body weight changes and body mass index changes between the two groups. After four cycles, the body weight and bim decreases in the experimental group were significantly higher than those in the control group, and the differences were significant. Acupuncture embedding is safe and reliable for weight loss, which is beneficial to reducing the weight of obese patients.

With the continuous improvement of people's living standards in our country, people's pursuit of diet has changed to a certain extent, and they have begun to pursue a healthier diet. Grain, vegetables, eggs, milk, meat and fish have taken the lead, and obesity has become a problem in today's world. The main problem of people's physical and mental health [1].Obesity can lead to serious diseases such as hyperlipidemia and diabetes [2,3].Nowadays, people pay more and more attention to body shape and pursue health, and more and more people want to lose weight. The use of healthy acupuncture therapy to lose weight has become the mainstream trend, and acupoint catgut embedding therapy is an extension of traditional acupuncture weight loss methods, with good development prospects.This study used a randomized controlled trial to investigate whether acupoint catgut embedding is better for obese patients.

1. Materials and Methods

1.1. Normal Information

A total of 38 obese patients who received treatment in a hospital from January to December 2020 were selected. The individual information is shown in Attached Table 1.The patients were randomly divided into control group and experimental group, with 19 cases in each group. The experimental group was treated by catgut embedding, and the control group was treated by ordinary acupuncture. Before treatment, the comparison of various data of the two groups of patients and the number of obese patients in each stage are shown in Table 1 and Table 2.

Table 1. Comparison of various data between the experimental group and the control group

Various indices	Male	Female	Average age	Average height	Average weight
Test group	10	9	33.63	168.33	94.71
Control group	9	10	33.11	167.92	94.42

Table 2. The number of patients in each obesity stage in the experimental group and the control group

BIM	Normal weight	Pre-obesity	Idgree obesity	Iidegree obesity	IIIdegree obesity
Test group	0	6	5	4	0
Control group	0	6	5	6	2

Before treatment, there was no significant difference in the above data between the two groups of patients, and they were comparable.

1.2. Judgment Criteria

In this experiment, the WHO standard of BMI method was used as the basis for judging the efficacy of the experiment. According to the WHO BMI method [4], body mass index = weight (kg)/height square (m2), and the BMI standard is shown in Table 3. The curative effect is judged according to the change of BMI value. The more the BMI value decreases, the better the treatment effect is.

Table 3. BMI standard of body mass index

BMI	WHOstandard
Being underweight	<18.5
Normal	18.5~24.9
Overweight	≥25
Pre-obese	25.0~29.9
I-degree obese	30.0~34.9
II-degree obese	35.0~39.9
III-degree obese	≥40.0

1.3. Treatment Method

The experimental group was treated with catgut embedding method[5-8]. Basic acupoints: Zhongwan, Tianshu, Fenglong, Sanyinjiao, Zhigou, Guanyuan, Shangjuxu, Zusanli, Neiting.

Syndrome differentiation and treatment can be divided into: lung and spleen deficiency type: Yinlingquan, Zhaohai; liver qi stagnation type: Taichong, Ganshu; gastrointestinal damp-heat type: Quchi, Hegu; spleen deficiency and phlegm-damp type: Sanyinjiao, Zusanli; partial Acupoint selection: Ashi point, abdomen, legs, arms and other places where fat is easy to accumulate.

Operation method: In a sterile environment, the local skin is sterilized by conventional methods, and 0.5% to 1% procaine hydrochloride is used for infiltration anesthesia. The front end of the needle is connected to the needle core at the back. Pinch the skin at the insertion site with the left hand, and pierce the needle into the desired depth with the right hand; when the patient feels acupuncture, push the needle core while withdrawing the needle tube, and insert the catgut into the acupoint. Cover the pinhole with sterile gauze in the subcutaneous tissue or muscle layer. Once every two weeks, a total of 4 times (the wound should not be wet within one day after the thread is embedded).

The control group was treated with ordinary acupuncture, and the treatment method was the same as that of the experimental group.

2. Conclusion

2.1. Experimental Results

For patients with acupoint catgut embedding and ordinary acupuncture, the changes of body mass index before and after treatment with different therapies are shown in the figure.Table 4 and Table 5 show the changes in the number of obese people in obese regions with different treatment methods.

Table 4. Comparison of the number of people in each obese area before and after acupoint catgut embedding therapy

BIM	Normal weight	Pre-obese	I-degree obese	Ii-degree obese	Iii-degree obese
Before treatment	0	6	5	6	2
After treatment	4	6	5	4	0

It can be seen from Table 4 and Table 5 that 4 of the patients who adopted the catgut embedding method were already in normal weight. After treatment, there were no third-degree obese patients, and the number of severely obese areas decreased significantly.Although the patients treated with ordinary acupuncture have no Ⅲ degree obesity after treatment, the weight loss of the patients is not large.

Table 5. Comparison of the number of people in each obese area before and after ordinary acupuncture treatment

BIM	Normal weight	Pre-obese	I-degree obese	II-degree obese	III-degree obese
Before treatment	0	6	5	6	2
After treatment	0	7	6	6	0

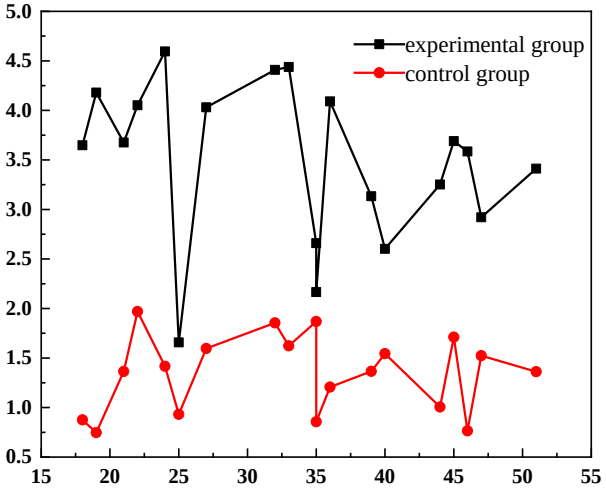

Figure 1. Changes in the patient's own body mass index

From Figure 1, it can be seen that the range of BMI reduction in patients with catgut embedding is relatively large, from 1.66 to 4.60, while the range of BMI in patients with ordinary acupuncture therapy is smaller, from 0.75 to 1.97.

2.2. Efficacy Analysis1

Through the analysis of the changes in the number of patients in the same obese area and the changes in the obesity index before and after the patients themselves, it was found that the number of patients with normal weight in the acupoint catgut embedding therapy increased, and the weight and body mass index decreased more.However, the change of body mass index of patients with ordinary acupuncture therapy was relatively slow.

Analysis of the above chart shows that the amount of change in body mass index is different for different patients, and the treatment effect of different therapies is different for each individual. The overall effect of acupoint catgut embedding is very good, and very few patients who use ordinary acupuncture therapy lose weight. Index declines were greater, and most BMI reductions were insignificant.On the whole, the effect of acupoint catgut embedding for weight loss is better than that of ordinary acupuncture.

3. Discuss

Different obese patients should choose different acupoints according to different syndrome types. According to the relevant conditions of syndrome differentiation and treatment, obesity is usually divided into lung and spleen deficiency type, liver qi stagnation type, gastrointestinal damp-heat type, and spleen deficiency and phlegm-damp type.

The mechanism of acupuncture to lose weight is mainly to adjust the metabolic function and endocrine function of the human body [9], and it has a better weight loss effect for young and middle-aged patients.Acupoint catgut embedding therapy usually uses special disposable medical equipment, and the carrier catgut that can be absorbed by the human body (which can be absorbed by itself in half a month) is implanted into the corresponding acupoints, and the acupoints are continuously stimulated to "dredge the meridians, strengthen the spleen and replenish qi". , to reconcile yin, yang, qi and blood", thereby changing the patient's autonomic nervous system and endocrine function, the efficacy of a single thread embedding is the same as that of ordinary

acupuncture multiple times, and the treatment effect is lasting, time-saving and convenient. In addition, thread embedding to lose weight can not only reduce the patient's craving for food, but also reduce the patient's gastrointestinal digestion and absorption function and reduce the patient's energy absorption.

In the process of weight loss treatment, it is found that some patients have anorexia, thirst and other phenomena. This is because in the process of treatment, various functions of the patient's body are constantly changing, which accelerates the patient's own metabolism and leads to energy Continued consumption. After the treatment is over, the body will rebalance and these symptoms will disappear.

Through research, it has been found that genetics, lifestyle, etc. can lead to the occurrence of simple obesity. The susceptibility of patients to obesity is mainly due to genetic factors, and obese people often have obvious obesity symptoms for several generations. The influence of unhealthy lifestyle on obesity mainly includes: ① overeating; ② abnormal eating habits (diet type, frequency of eating, eating time, etc.); ③ too little exercise; ④ drinking. Traditional Chinese medicine believes that obesity is more than that of spleen deficiency and dampness, dampness and heat in the interior, spleen and kidney yang deficiency, qi stagnation and blood stasis [10].

Through the analysis of this study, it was found that after four courses of treatment for 60 days, the body mass index of the patients who adopted the catgut embedding method decreased significantly, while the BIM value of the control group patients did not decrease much. At the same time, the number of patients in the experimental group reaching normal weight was significantly better than that in the control group, and the number of patients in the experimental group who were overweight decreased significantly. Therefore, acupoint catgut embedding has a good therapeutic effect on obese patients.

Funding

This article is not supported by any foundation.

Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

References

[1] Cui Limei, Lu Naqiang. Disease characteristics of obesity. Chinese Journal of Comparative Medicine, 2019,29 (10): 22-25,111.

[2] Li Chunsheng. Modern Obesity . 2nd edition. Beijing: Science and Technology Literature Publishing House, 2019: 61-85.

[3] Nutrition and Metabolic Management Branch of China Association for the Promotion of International Exchange of Healthcare, Clinical Nutrition Branch of Chinese Nutrition Society, Diabetes Branch of Chinese Medical Association, etc. Guidelines for Medical Nutrition Treatment of Overweight/Obesity in China (2021) . Frontiers in Chinese Medicine: Electronics Edition, 2021, 13(11): 55.

[4] Liu Yuxi. The application progress of BMI index. Science Public: Science Education, 2019, (5): 152-152.

[5] Chen Fumei. Observation on the curative effect of catgut embedding therapy on different syndromes of simple obesity . Massage and Rehabilitation Medicine, 2018, (24): 18-19.

[6] Qian Yani, Yin Qiaoying, Wang Shiliu, Yin Ruihua, Zhong Qiaoru, Zou Ying. Effects of electroacupuncture combined with acupoint catgut embedding on obesity indexes and body composition in patients with simple obesity . Journal of Guangdong Medical University, 2022, 40(01): 37-40.

[7] Yan Bing, Li Shengxuan, Hu Yueping, Li Liuling, Li Chujun, Hong Xiaoting, Yang Zhuoxin.Clinical study on acupoint catgut embedding in the treatment of simple obesity with dyslipidemia due to spleen deficiency and dampness.New Chinese Medicine,2021,53(09):134-138.

[8] Yan Runhu, Bai Jie, Gu Jinsong. Clinical observation of catgut embedding on acupoints for simple obesity . Zhonghua Journal of Traditional Chinese Medicine, 2016, (5): 1143-1147.

[9] Wang Qin, Gao Feng, Yao Min. Observation on the curative effect of acupuncture on simple obesity with phlegm-dampness constitution //Chinese Acupuncture Society. New era, new thinking, new leap and new development——2019 Annual Meeting of Chinese Acupuncture Society and 40th Anniversary Review Paper Episode. 2019: 5.

[10] Tang Ji, Xie Hanxing, Mo Canting, Tang Hongzhen. Research overview of acupoint catgut embedding and its combined therapy in the treatment of simple obesity.Journal of Chinese Medicine,2021,49(04):117-120.

[11] Xie Lili, Ling Aixiang, Wang Yao Clinical study on acupoint catgut embedding combined with conventional therapy in treating simple obesity New Chinese medicine, 2019 (10): 4

[12] Huang Guorong Clinical study on acupoint catgut embedding therapy for simple obesity Guangzhou University of traditional Chinese medicine, 2010

[13] Lin Guoyi Clinical study on Jin San acupuncture combined with electroacupuncture and acupoint catgut embedding therapy in the treatment of simple obesity Guangzhou University of traditional Chinese medicine, 2012

[14] Huang Ying Comparative study on the clinical efficacy of acupoint catgut embedding and electroacupuncture in treating simple obesity of spleen deficiency type Guangzhou University of traditional Chinese medicine, 2008

[15] Zhang Yongyan, Li Panpan, Gu Yajiao Effect of Jin three needle therapy on visceral fat in patients with simple obesity Chinese folk therapy, 2021, 29 (13): 3