

Discussion on the Clinical Application of Acupuncture and Moxibustion in TCM Beauty

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Abstract: *Acupuncture and moxibustion beauty treatment is in the syndrome differentiation of treatment, regulation of the function of the viscera on the basis of the treatment of beauty damage diseases, the main use of the whole concept of traditional Chinese medicine, acupuncture and moxibustion stimulation points under the role of the adjustment of qi and blood, beauty and beauty, so as to achieve the effect of both symptoms and root causes. This article mainly discusses the clinical application of acupuncture and moxibustion in TCM cosmetology, in order to provide clinical theoretical basis for acupuncture and moxibustion cosmetology. At present, the public has increasingly high requirements for beauty. Through the collection of relevant literature, it is found that medical workers have begun to use moxibustion, acupuncture, buried thread, fire needle, acupoint injection and needling therapy to treat melasma, acne and other cosmetic diseases. Clinical studies have found that different acupuncture methods have their own operative methods and clinical effects, and the efficacy is accurate. The beauty of acupuncture and moxibustion has broad prospects for development.*

Keywords: Acupuncture; Beauty; Clinical application.

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1. TCM Theory of Acupuncture and Beauty

"Spiritual Pivot • Meridians" said: "The husband twelve meridians, the reason why people are born, the reason why the disease, the reason why people cure, the reason why the disease." This shows that disease and treatment are inseparable from meridians. Acupuncture beauty is the use of different methods to stimulate the relevant points on the meridians to speed up the blood flow of the human body, thereby promoting the metabolism of the human body, and then achieve the purpose of regulating qi and blood, nourishing the zang-fu organs, beauty and beauty [1]. The treatment principle of acupuncture and moxibustion is similar to that of acupuncture and moxibustion for other diseases, which is to regulate the corresponding organs and tissues, so that the function of the human body can be restored to normal. But at the same time acupuncture beauty also has self-limitation, it is not unlimited, but in the delay of normal aging speed. The advantages of acupuncture and moxibustion beauty should not be underestimated, with strong safety, few side effects, convenient operation and relatively cheap price. In recent years, with the improvement of economic level, people's pursuit of beauty is increasing, and the requirements are getting higher and higher, some medical workers begin to delve into more beauty treatments from classical books, so as to make acupuncture and moxibustion this ancient technology shine again.

2. Methods of Acupuncture and Beauty

2.1 Moxibustion Therapy

Moxibustion is based on moxa wool as raw material, and moxibustion is applied to the focal points or corresponding points, so as to achieve the purpose of dredging meridians, regulating qi and blood and curing diseases.

Zhang Ruixue [2] et al. used moxibustion combined with Guifuyu and decoction to treat patients with allergic acne, that is, moxibustion on the basis of oral decoction. Once a day, 3 times a week. The effective rate of the combined moxibustion group (96.7%) was higher than that of the acupuncture group (73.3%). It can be seen [3]

that moxibustion can penetrate the heat evil in the body to the outside, enhance immunity, and thus achieve the purpose of dissipating pain and treating acne. Lao Jinxiong [4] treated 60 cases of melasma with Shenque Gejie salt moxibustion combined with acupuncture, and observed the results after 3 courses of treatment, and found that the therapeutic effect of acupuncture combined with moxibustion (100%) was superior to that of acupuncture alone (89.1%). Shenque point from the anatomical analysis, it has a strong osmotic property, salt into the kidney, so it can achieve the effect of Yang. Salt-isolating moxibustion in Shenque can not only stimulate Ren pulse, regulate the whole body's qi and blood, but also warm and tonify kidney Yang, and then warm the merenorrhea, nourish the skin, and achieve the purpose of removing freckles [5]. Zhu Zhong [6] et al. randomly divided 80 cases of melasma into two groups. 40 cases in the control group were treated with Xiaoyao pills and vitamin A cream, and the other 40 cases were treated with Xiaoyao pills and Qingpeng ointment combined with moxibustion. The results showed that the total effective rate of the treatment group was as high as 95%, while that of the control group was 82.5%.

2.2 Millimeter Needle Therapy

Acupuncture treatment of beauty damage diseases is based on syndrome differentiation and adjustment of the functions of the viscera, and under the effect of acupuncture stimulation of acupoints to regulate qi and blood, beauty and beauty, reflecting the overall concept of medicine.

Luo Wei [7] used acne needle combined with millimeter needle to treat severe acne. The method was: first, acne needle was used to remove acne and mature pustules, then alcohol was used to disinfect the lesion, 1-inch millimeter needle was used for multiple purging methods to puncture the affected area, and finally cold film powder was applied to the surface for 15min, once a week, 4 times as a course of treatment for 20 weeks. Its effective rate is higher than that of using acne needles alone. Lu Wei [8] et al. treated 47 cases of melasma with acupuncture once a day for 1 month. Methods: On the basis of simple acupuncture, the diseased parts were subjected to circumstiction techniques, and different acupuncture points could be selected to stimulate according to different syndrome differentiation. At the same time, warm acupuncture was used to stimulate Zusanli to promote the circulation of human qi and blood. The effective rate of acupuncture group (95.74%) was higher than that of oral Liuwei Dihuang pill combined with Xuefuzhuyu capsule group (78.72%). Acupuncture can improve the immunity of the human body, and then promote the metabolism of the skin, improve the blood circulation and nutritional status of the local skin, the elasticity of the skin will also increase, and finally achieve the purpose of beauty and beauty.

2.3 Embedding Therapy

Embedding therapy involves embedding absorbable collagen into relevant acupuncture points on the basis of acupuncture. This method can not only reduce the number of acupuncture, but also provide long-term stimulation [9], which is widely used in acupuncture beauty.

Li Minggao [10] et al. used the method of embedding thread at the Back Shu point and encircling thorn at the ashi point to treat acne patients. Methods: The acupuncture direction was centered on the focal point, and the acupuncture points buried were selected according to the specific syndrome type. There were generally two acupuncture points with left and right symmetry, so the two groups of acupuncture points were exchanged every week for embedding. The effective rate of oral isotretinoic acid softgel (64.28%) was lower than that of the treatment group (86.66%). Xue Huixun [11] randomly divided 50 patients with simple obesity into two groups with 25 patients in each group. According to the principle of "fat people with more phlegm and dampness", the control group mainly used relevant massage techniques to achieve the effect of healthy spleen and stomach and remove phlegm and dampness, and the treatment group applied acupoint burying on the basis of strengthening spleen and dampness. After 10 weeks of treatment, the effective rate of treatment group (92%) was higher than that of control group (72%). Compared with simple acupuncture, acupuncture point embedding enhances the stimulation time and imbeds biological protein in the human body, which can not only reduce the hunger of patients [12] but also promote blood circulation and strengthen the metabolism of patients [13], so as to achieve the effect of weight loss.

2.4 Fire Needle Therapy

The fire needle, known as "burnt needle" in ancient times, is now used to prick the lesion with a red-hot stainless steel needle to make the local skin warm and warm, thereby eliminating sepsis and making the evil of fire penetrate

outside. Through the combination of acupuncture and warm and hot stimulation, the local immune response can be mobilized to reduce the inflammatory response of acne [14]. Fire needle has the function of penetrating heat evil, dispersing stasis and eliminating seat, which can achieve the purpose of treating acne.

Jiang Min [15] et al. treated 30 cases of acne with fire needle. The location of fire needle acupuncture was the most prominent part of the lesion, the top and base of the lesion were taken from the larger nodules or cysts, and one doxycycline tablet was taken orally, twice a day, and the lesion was smeared with adapalene gel, which was the drug group. After 20 days of treatment, the effective rate of fire needle group (69%) was better than that of drug group (40%). Chen Chuntao [16] et al treated 63 cases of flat warts by using fire needle combined with acupuncture and cupping. The method was to use fire needle to prick the highest point of the affected part vertically and quickly. In order to prevent infection, they should not touch water for 72 hours after treatment and wait for the scabs to fall off by themselves. If the lesion is still present after the crust is removed, continue acupuncture. After routine skin disinfection, the back Shu point related to the syndrome type was selected for acupoint acupuncture, and finally cupping was performed at the site of the acupuncture for about 5 minutes. It was found that the total effective rate of fire needle (90.48%) was significantly better than that of external application of 0.025% Devi cream and intramural injection of Skicon (73.68). In addition, 1148 cases of acne were observed in the treatment of fire acupuncture [17]. The site of the operation was the positive reaction point of the patient and the back acupoint related to the syndrome type, and the treatment was performed once every 5 days, 3 times for 1 course of treatment. After 10 days of observation, the total effective rate was found to be as high as 90.68%. It can be seen that artificially caused skin scald is beneficial to stimulate the repair of skin tissues [18].

2.5 Puncture Therapy

Acupuncture and collaterals therapy, also known as three-edge acupuncture therapy, is to use three-edge needles, millineedles and other sharp needles to prick the lesions or corresponding acupoints, release a certain amount of blood, and achieve the purpose of dredging meridians and curing diseases [19]. This treatment is also often combined with cupping to release more blood.

Xie Wanqiu [20] selected 27 patients with bilateral acne erythema, and the left and right faces of the patients were divided into the control group and the treatment group. The lesion of the right face was treated with three needles, releasing a certain amount of blood, and the left face was not treated. Observation of the treatment results showed that the area and color of the lesion in the treatment group were reduced after treatment. Therefore, the therapeutic effect is obvious. Liu Yingcai [21] et al. randomly divided 120 female patients with liver-qi stagnation melasma into two groups, in which 60 cases were treated with Dongshi Qi point acupuncture with Dahui, Fei-shu, Gei-shu and Ganshu, and 60 cases were treated with simple acupuncture to stimulate bilateral Hegu, Taichong and sanyinjiao as well as their positive reaction points. The effective rate of the control group was lower than that of the treatment group.

2.6 Acupoint Injection Therapy

Acupoint injection is a therapy that combines acupuncture points, drugs and intramuscular injection of modern medicine [22]. It not only retains the stimulation of acupuncture points, but also makes the drug exert its curative effect, not only greatly improves the therapeutic effect, but also makes the indication of acupuncture become broader.

Chen Liming [23] et al. treated 60 acne patients with acupoint injection combined with red and blue light irradiation. The methods were as follows: On the basis of red and blue light irradiation treatment, acupoint injection was performed on both Feishu and Zusanli, and the other 60 groups were directly irradiated with red and blue light. The observation results showed that the effective rate of patients with acupoint injection was 96.67% significantly higher than that of 70.00% with red and blue light alone. Ding Hualing [24] et al. studied 46 female patients with melasma, of which 23 were treated with acupoint injection of traditional Chinese medicine, and the other 23 were treated with oral vitamin C200mg and vitamin E100mg, three times a day. At the same time, vitamin E, acupoint injection choose Zusanli (bilateral), Sanyinjiao (bilateral) as the basic acupoints, in addition to select the corresponding matching points according to different syndrome types. The dosage of injection was 1mL, and compound Angelica injection was injected into one side of the two acupoints, and Astragalus injection was injected into the other side. Results After 4 weeks of treatment, the total effective rate of acupoint injection therapy was 91.30%, which was significantly better than that of oral Western medicine 56.52%.

2.7 Electroacupuncture Therapy

Electroacupuncture therapy is through the electroacupuncture machine in the human body on the basis of acupuncture, relying on the current released by the micro low-frequency pulse, so as to achieve the purpose of treatment, its characteristics are the combination of acupuncture and electrical effect, can achieve short-term continuous stimulation of acupuncture points.

Zhao Chengzhe [25] treated 60 cases of facial wrinkles with electroacupuncture, 30 cases with dense wave intense electroacupuncture, and 30 cases with ordinary facial acupuncture, and selected points according to the patients' individual conditions and wrinkles. Fifty-eight patients completed the trial. The results showed that electroacupuncture group was more effective than facial acupuncture group in improving wrinkles and skin moisture ratio. Clinical treatment of facial paralysis commonly used electroacupuncture, the main treatment idea is to restore the patient's nasolabial groove, forehead lines and other wrinkles, the choice of dense wave or intermittent wave, mainly weak stimulation, so you can use its opposite current stimulation method that dense wave strong electroacupuncture to treat facial wrinkles. Huang Heping [26] et al. used microelectroacupuncture combined with Nlite laser to improve facial wrinkles in young patients. The selection of current parameters was appropriate for patients with more obvious muscle contraction and patient comfort. The results showed that it could not only improve superficial facial wrinkles, but also tighten facial muscles, thus promoting the contraction of facial muscles. Finally, the total effective rate reached 98%, and a half-year maintenance rate of 78%, if repeated treatment, the effect can be maintained for more than 1 year.

2.8 Other Acupuncture Treatments

In addition, medical workers have also studied ear needles, dermal needles, intradermal needles, abdominal needles and comprehensive therapy, etc., these can be used to treat beauty damage diseases, according to the different methods of operation, the indications for the treatment of diseases are also deviation, which the use of cutaneous needles and abdominal needles to treat melasma, magnetic needles have a better effect.

3. Points for Attention of Acupuncture and Moxibustion Beauty Tools

3.1 Patients who are too hungry, too full, too tired, too nervous and drunk should not be acupuncture; The abdomen and waist of pregnant women and menstruating women should not be acupuncture,

3.2 Pay attention to the order of moxibustion, generally moxibustion on the upper part first, then moxibustion on the lower part; Moxibustion on the back and waist first, then the abdomen; Moxibustion on the head first, then the limbs; Acupuncture should not be performed if the site of the operation is ulcerated; When acupuncture some special points, pay attention to the depth and Angle of the needle, so as not to cause discomfort,

3.3 The site of acupuncture point burying should not touch water within 24 hours; High protein food should not be consumed for about two weeks to avoid allergic reactions. If there is redness and pain at the operation site, a doctor should be asked to deal with it in time,

3.4 Acupuncture and moxibustion beauty generally choose three-head fire needle and flat-head fire needle, the needle body should be burned to red, the acupuncture should be fast in and fast out, and pay attention to the disinfection of the operation site after the acupuncture is finished,

3.5 After pricking blood therapy, the patient should rest in bed for about 10 minutes before leaving without discomfort. The operation site should not be exposed to water for one day to prevent infection,

3.6 Aseptic operation should be strictly followed during acupoint injection [27] to avoid blood vessels and prevent drugs from entering blood vessels and causing adverse reactions.

4. Summary

4.1 Characteristics of Acupuncture and Moxibustion Beauty

First of all, it has the function of overall regulation, which can achieve the overall regulation of the whole body system through the regulation of a certain zang-fu organs or organs, that is to say, acupuncture and moxibustion

beauty is the treatment of beauty impairment diseases on the basis of syndrome differentiation and regulation of the functions of each zang-fu organs, and can achieve the effect of both internal and external consideration, symptoms and root causes of treatment. Secondly, acupuncture and moxibustion beauty also has self-limiting adjustment, it can only be adjusted on the basis of normal physiological activities of the human body, that is, acupuncture and moxibustion can not beautify the face indefinitely, but on the basis of delaying the normal aging speed for treatment. In addition, acupuncture also has the effect of bidirectional benign regulation, for example, through the regulation of ganglia, can inhibit the secretion of sebaceous glands to reduce the greasy skin, but also can promote the secretion of oil to reduce the dryness of the skin, so that the skin is in a healthy state. Finally, acupuncture and moxibustion also has the effect of quality regulation. It induces or stimulates the regulatory system in the body to varying degrees to improve the quality of each regulatory system in the body, so as to achieve overall regulation, self-limiting regulation and two-way benign regulation, so that abnormal function becomes normal.

4.2 Development Trend of Acupuncture Beauty

With the improvement of people's living standards, the public's pursuit of beauty is increasing. Acupuncture and moxibustion, as a special treatment of traditional Chinese medicine, has a solid theoretical basis and unique advantages. Compared with the methods of medicine, surgery, medical equipment and so on used in modern medicine, although its effect is not as rapid as Western medicine, its safety is greatly improved, at the same time, its side effects are also few, the most important is that acupuncture can be treated by syndrome differentiation, so as to treat the essence of the disease, to make up for the shortcomings of modern medicine; Although its instruments are not as precise as modern medicine, the operation and portability of acupuncture and moxibustion are extremely convenient. And acupuncture treatment methods are also diverse, in addition to the common acupuncture, there are ear acupuncture, buried thread therapy, etc., in addition, its indications are also very broad, for example, buried thread therapy can not only treat acne, melasma, but also can be used for weight loss.

4.3 Experience

To sum up, acupuncture and moxibustion beauty has the advantages of strong safety, few side effects, easy operation and relatively cheap price, etc. More importantly, acupuncture and moxibustion beauty is based on the theory of traditional Chinese medicine to carry out syndrome differentiation and treatment, seeking the root of treatment, in line with modern people's requirements for beauty, and acupuncture and moxibustion beauty effect is exact, worthy of clinical promotion and application. Therefore, acupuncture beauty must have broad prospects for development.

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