

## ACUPOINTS FOR CERVICAL SPONDYLOSIS

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**Summary:** The scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord and brain. These chemicals will either change the experience of pain or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities and in promoting physical and emotional well-being. Acupuncture is often used in the treatment for cervical spondylosis and the best part about this treatment is that there are no side effects.

### Discussion:

Acupuncture can be used in order to relieve neck pain that occurs in cervical spondylosis. The acupuncturist's goal is to influence the flow of qi by regulating its flow, supplementing it where it is deficient and dispersing it where excessive amounts have accumulated. This restores balance to the flow of qi and restores health.

The mechanism of deqi has been studied and is characterized as the stimulus conducted by a wide spectrum of nerve fibers from the perspective of neurophysiology. The acupoints which are mostly used in acupuncture in the treatment of cervical spondylosis are located on the head and the neck. All the points situated in the head and neck regions are yang points, with excessive energy flow through them and acupuncture can be used effectively in providing permanent relief to discomfort and nasty pains in these regions. One of the studies showed that also good point for treatment of CS is **Ligou** (LR 5), which is located at 5 cun above the medial malleolus apex, at the posterior border of the tibia.

### Acupuncture points in our practice:

**Du16 (Fengfu)** - The English name for this point is Wind Mansion. It is located 1 cun directly above the midpoint of the PHL, directly below the occipital protuberance on the posterior midline of the head. It is also called Point of the Window of Heaven or Ghost Point. It is used when there are symptoms like headache, stiff neck, dizziness, blurred vision, numbness, twitching, tremors and other. It is used to eliminate the wind, calm the spirit and benefits the head and the neck. The needle should be punctured perpendicularly 0.5-0.8 inch. Deep puncture is not advisable.

**Du20 (Baihui)** - This is the highest acupuncture point on the body, and its name, "One Hundred Meetings," refers to the convergence of all the yang meridians in the body. Baihui DU-20 is also known to treat one hundred diseases. It is located at the vertex on the midline, in the depression 5 cun posterior to the anterior hairline and 7 cun superior to the posterior hairline. It is used to cure the symptoms like headache, vertigo, tinnitus, hypertension from excess yang in the upper body and also it is useful for low energy and yang energy imbalances. The needle should be punctured subcutaneously 0.3-0.5 inch.

**Du21 (Qianling)** – It is called 'In front of the crown' and it is located at the top of the head on the midline, 1.5 cun directly anterior to Baihui Du-20 and 3.5 cun posterior to the anterior hairline. It is used for blurred vision, dizziness, vertical headache, pain and swelling of the vertex and other. The needles should be punctured subcutaneously 0.3-0.5 inch. This point should not be needled in infants whose fontanelle has not yet closed.

**SJ16 (Tianyou)** – This point is called Point of the Window of Heaven. It benefits the head and sense organs and regulates and descends qi. It is used for headache, neck rigidity, blurred vision and other. It is located on the side of the neck, directly inferior to the posterior aspect of the mastoid process, at the level of the angle of the mandible, on the posterior border of m. sternocleidomastoideus. The needles should be punctured subcutaneously 0.3-0.5 inch.

**Bl10 (Tianzhu)** – This point is on the Bladder Channel and it is called 'Major window of the sky point'. It is located on the nape, in the depression of the lateral border of the trapezius muscle and 1.3 cun lateral to the midpoint of the posterior hairline. The indications are headache, especially occipital, neck rigidity, pain in the shoulder and back, blurred vision and other. The puncturing is perpendicularly 0.5-0.8 inch and needling shouldn't be upward toward medulla oblongata.

**SI15 (Jianzhongshu)** – This point is called Central Shoulder Shun and it is located 2 cun lateral to the spinous process of C7. It is used for pain in the shoulder and back. Acupuncture at this point activates the channel and alleviates the pain. Puncturing of the needle should be obliquely 0.3-0.6 inch.

**SI14 (Jianwaishu)** – This point is called Outer Shoulder Shu and it is located on the back, 3 cun lateral to the lower border of the spinous process of T1. It is used for aching of shoulder and back, stiffness and spasms of the nape, cold and painful upper limb and acupuncture at this point activates the meridian, benefits the shoulder and scapula and alleviates the pain. It is used oblique insertion of the needle 0.5 -0.7 cun.



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### Conclusion:

Either combined or not, acupuncture gives excellent results in the treatment of cervical spondylosis. When the needles are inserted they stimulate the body's natural healing abilities and promote physical and emotional well-being and when done by an appropriately trained practitioner using clean technique and single-use needles acupuncture is generally safe treatment. There are no side effects to acupuncture for cervical spondylosis.

**Key words:** Acupuncture points, Acupuncture, Traditional Chinese medicine, Cervical spondylosis