



Meridian and Collateral Holistic Therapy and Middle-Age Repair

lu-Xi C, shu-Jun L and Yimin Z*

Professor, Doctoral supervisor, Main research direction: Clinical and Mechanism, School of Traditional Chinese Medicine, Jinan University, China

***Corresponding author:** Zhang Yimin, Professor, Doctoral supervisor, Main research direction: Clinical and Mechanism, School of Traditional Chinese Medicine, Jinan University, China, Tel: 86+13724023568, 020-85228016; E-mail: zhangym@jnu.edu.cn

Received Date: October 19, 2019; **Published Date:** October 31, 2019

Abstract

"Middle-aged repair" is one of the important academic ideas put forward by Zhang Jingyue, a doctor of the Ming Dynasty. It is a concrete deepening of the "preventive treatment of disease" in the "Huangdi Neijing". It has a strong Realistic guiding significance for social status of the current "middle-age health crisis". "Meridian and collateral holistic therapy" is based on the traditional Chinese medicine health treatment method based on the home-based traditional Chinese medicine health care treatment method of Professor Zhang Yimin. It aims to eliminate the damage still be at the stage of "skin and meridian", intervene as early as possible, block its pathological process, and meet Chinese medicine practitioners.

The idea coincides with "preventive treatment of disease and the view of Zhang Jingyue's middle-age repair. The therapy group is comprehensive, focused, practical, patient acceptance, applied to sub-health, chronic fatigue, premature aging and a variety of chronic incurable diseases, and achieved good results. The new ideas and methods have been provided for "middle-age repair" and "preventive treatment of disease".

Keywords: Sub-Health; Premature Aging; Meridian and Collateral Holistic Therapy; Preventive Treatment of Disease, Middle-Aged Repair.

Abbreviations: WHO: World Health organization; TRD: Treatment of root of disease; TTCM: Tiannian in traditional Chinese medicine.

Introduction

Along with the economic development, increasing competition in modern society and increasing human pressure, a dramatic increase in incidence of sub-health and various chronic diseases appears and the age of onset shows a younger trend. And according to the survey of WHO, sub-health population accounted for 75% of the

population, most of them are middle-aged, 45 to 59, known as "high-risk period" life [1-2], some scholars even puts forward the viewpoint "health crisis"[3]. "middle-age repair" is an important academic thought put forward by the Ming dynasty doctor Zhang Jingyue in the <Complete Works of Zhang Jingyue. ZhongXing theory> [4], mainly for the people who suffer from middle-aged health problems, and real life is far lower than the natural life of the common phenomenon, which is the deepen concrete of the idea, "preventive treatment of disease", in Huangdi Neijing, having a very strong realistic guiding significance in "health crisis" situation of today's society.

The Human Natural Life, Present Situation and Zhang Jingyue's Thought of Middle-Aged Repair

According to biological principles, the natural life span of mammals is 5~7 times of mammals' growth period, and the growth period of humans is 20~25 years, so the natural life span of humans should be around 120 years old (the so-called "tiannian" in traditional Chinese medicine) [5]. <Suwen. Shanggu Tianzhen Lun> has pointed out that people can "turn 100 years old and pass away", and <Shang Shu.Hongfan> said: "speaking of life, is 120 years old", clearly pointed out that the limit of human life is 120 years old. And in the ZhongXing Theory, Complete Works of Zhang Jingyue, Zhang Jingyue also affirmed that people can live more than a hundred years, he thought that life expectancy has a close relationship with natural endowment and loss after birth, most people die at around 50, who cannot live their natural life largely due to dramatical emotion, irregular lifestyles, and unbridled fatigue and desire leading to vitality straining and human body invaded by pathogenic factors.

It is believed that middle age is the key period for the human body to turn from prosperity to decrepit, putting forward "mild-life repair" to advocate mild-life should strengthen adjust and cure for rehabilitation and revitalization, which have active sense to preventing and cure premature senility and disease of the middle and old age. Early intervention can get twice the result with half the effort, which is also the concrete application of the idea of "preventive treatment of disease" in <Huangdi Neijing>. And just as he said in the <ZhongXing Theory, Complete Works of Zhang Jingyue>, "everyone has endowed a certain natural life at birth, but people today do whatever they want by youth when they have autonomy. People have limited nature life and essence, and infinite desire and consumption, so how many people can live their nature life because of all this? The damage is caused artificially, that is the acquired factors.

Common diseases of modern people, mostly for reason of the injury of vitality at the first, and the pathogenic factors invade human body later, so it said: the pathogenic factors invade human body must cause by deficiency of qi.... The deficiency of qi mostly caused by the following aspects: dramatic emotions results in deficiency of qi; abnormal functions of regulation and government of Zang-fu organs; energy fatigue; consumption of essence; weak limbs. If only one of the aspects above was damaged, showing that illness is shallow and the pathogenic factors stay on skin. If the two aspects were damaged, showing that illness is to the meridians. If the three or four aspects were damaged, showing that illness is deep to the Zang-fu

organs. The illness should be treated when it is light and slight. And there is no use to treat when it become seriously ill. So, it is important to overhaul at the mild-age to consolidate the foundation for a strong body in the remaining life [4].

Middle age health status and crisis

The natural aging of the human body generally appears in middle age, that is, after the growth and development of the mature stage. Modern studies have shown that the proportion and degree of coronary artery sclerosis increased significantly after 40 years old, indicating that blood stasis in blood vessels increased and the qi and blood flow were blocked since middle age. After the age of 40, the growth hormone in body gradually decreases and the pituitary-adrenal function declines, human body begins to age [6]. It is in accordance with the pathological characteristics of vital qi deficiency (function decline, qi, and blood movement slow) and pathological factors (stasis in phlegm and dampness) in middle age. In addition, after decades of human survival and operation, adverse effects appear after factors as social environment, spiritual mood and unhealthy lifestyle have accumulated to a certain extent. The human body gradually appear: 1. The viscera meridian is clogged, blocking blood stasis, qi and blood movement: 2. vitality of Zang-fu organs is damaged, function decline, qi and blood biochemical reduction: 3.

Excretion and metabolic function decline, waste stop excreting, endogenous phlegm, dampness, and toxin stasis. These three phenomena cause and affect each other. If not promptly blocked its link, it will aggravate the damage to suffer from more diseases, affecting life expectancy. In view of the concept of "midlife crisis" put forward by the famous psychologist Sir William Osler, medicine school of John Hopkins University, that made Hu Dayi, a famous cardiovascular expert in China, to set the middle age of men at 35-55 years old and women at 45-55 years old from the perspective of health crisis, believing that the most concentrated health risks occur in middle age [3].

The Role and Opportunity of Acupuncture and Moxibustion in "Preventive Treatment of Disease"

In the <Huangdi Neijing>, there are three references to the word "preventive treatment of disease": first, <Suwen. Siqi Tiaoshen Dalun>: "The sage has no cure for disease, no cure for disorder"; second, <Suwen. Cire>: "Although the disease has not yet occurred, the one who sees the red color stab it, which is called preventive treatment of

disease"; third, <Linshu. Nisun>: "good doctor stab before disease occur; the second, stab before the disease get serious; the third, stab after the disease shows a decreasing tendency. Therefore, good doctor treat before disease occur, not after. It can be seen that in The Times of Neijing, acupuncture has become the first choice of the preventive treatment of disease. Gaofu's <Zhengjiu Juying>, Ming dynasty, also put forward the point that "operate acupuncture and moxibustion before disease occur are said to be ni, which means to prevent before disease occur".

It shows that acupuncture can improve the ability of resistance to disease and prevent the occurrence of disease. Nowadays, acupuncture therapy is praised by many doctors to perform "preventive treatment of disease", because of its nature, balance of Yin-Yang, maintenance stable internal environment [2,8-10]. Also, acupuncture for "preventive treatment of disease" has been specifically pointed out that it is suitable for middle-age people who age older than 30 or 40, as the recession of qi and blood, and increasing social and mental pressure, mostly in inferior health, the risk is several times more than other people [11-12]. <Waitai Miyao> pointed out: "man who more than thirty, if not moxibustion Zusanli, will make vision blurred, so Zusanli can make pathogenic qi go down", in addition, there are many ancient papers about acupuncture "cure and preventing disease", such as "for disease-free people, acupuncture the legs can make them travel long distance without fatigue, acupuncture the abdominal acupoints can increase appetite"[11]. Modern studies have confirmed that moxibustion therapy under the guidance of the theory of preventive treatment of disease can significantly alleviate and improve the high-risk state of stroke [13].

The thought and content of "meridian and collateral holistic therapy"

"Meridian and collateral holistic therapy" is refined by Professor Zhang Yimin on the basis of the traditional Chinese medicine health care methods pass down through three generations, and combined with her many years of clinical experience. This therapy is based on the fundamental; attach importance to the whole, with advantages of obvious curative effect, strong practical operation, and high acceptability of patients. While consumption is still on the "skin and meridians" stage, adopting early intervention to block its pathological process, which is relevant to the thought of traditional Chinese medicine "preventive treatment of disease" and to the point of view "middle-aged repair", putting forward by Zhang Jingyue. The "meridian and collateral holistic therapy" is applied to the sub-health, chronic fatigue,

premature aging and a variety of chronic diseases, obtaining good curative effect, and providing a new important idea and method to the "middle-age repair" and "preventive treatment of disease".

Introduction to "Meridian and Collateral Holistic Therapy"

Holistic meridians and collaterals cupping method

First extract the first line of the bladder meridian at the back (from acupoint dazhu to guanyuanshu), dazhui and yao shufu about 15 minutes; Then cupping the acupoints, danan zhong, zhongwan, guan yuan, of conception vessel meridian about 10 minutes. Holistic Meridian and Collaterals Acupuncture method: baihui, danzhong, zhongwan, guanyuan, tianshu, quchi, waiguan through neiguan, hegu, zusanli, sanyinjiao, taichong. baihui, guanyuan, and zusanli were treated with a tonic method and other acupoints treated with a mild reinforcing-reducing method. The needle was kept for 20 minutes, and guanyuan was illuminated with a TDP lamp. Patients with yang deficiency can be treated by abdominal moxibustion or warm needle.

The above treatment is 1 time/week, 20 times make one course. There is a rest of one month between two course. And after a course of treatment, it can be changed to 1time/2 weeks, according to the situation. The line of bladder meridian on the back, dazhui, yaoshu, danzhong, zhongwan, guanyuan to regulating the governor and conception vessels as well as the whole body viscera, coordinate Yin -Yang, making yin-yang in equilibrium. Cupping therapy is used to dispel the pathogenic factors, such as phlegm, dampness and blood stasis, and to dredge meridians and collaterals. Acupuncture can regulate the Yin-Yang and combat aging; danzhong, zhongwan, guanyuan are to strengthen conception vessel and viscera conditioning, which guanyuan also known as Dantian, reinforce vital energy, all points together to tonify viscera, promote the generation and metabolic function of qi and blood; tianshu link the up and down; quchi, neiguan was punctured via waiguan, hegu, zusanli, sanyinjiao, taichong to dredge the meridians of upper and lower limbs.

Characteristics and Advantages of the "Meridian Holistic Therapy"

Based on the fundamental, overall adjustment, obvious effect

Traditional Chinese medicine emphasizes "treatment of root of disease". In the field of meridians and collaterals,

the governor and conception vessels known as Xiao Zhou Tian lead the Yin and Yang meridians. The governor vessel and bladder meridian are directly connected with the brain and spinal cord, regulating the "spirit", zang-fu organs and the whole body, and serving as the "central" and "fundamental" of the meridian system^[14]. "Meridian holistic and collateral therapy" is mainly composed of the governor and conception vessels and bladder meridian, combined with extremities meridian points, from the center to the periphery, regulating "spirit" and regulating "body (including viscera)", effectively regulating emotion and endocrine, maintaining normal metabolism level and internal environment stability, disease prevention and health care, fighting pathological aging and delaying physiological aging.

It often appear different degree of meridians and blood stasis blocking, viscera battered, excretion and metabolism function decline, phlegm dampness stasis and toxin endogenous in middle-age and old age period, causing by years of mental pressure, lifestyle and the body's natural aging process, and this kind of single disease is rare in this crowd, often present as a combination of systemic aches and pains, physical and mental diseases. Taking several acupuncture points and acupuncture for several times according to the routine can only relieve some symptoms, but cannot cure the root cause. The treatment idea must be extended to "the combination of the whole and the global, the body, and the mind". "Meridian holistic and collateral therapy" just suits the pathophysiological characteristics of the middle-aged and elderly and plays an original role in its common frequently-occurring diseases. Often, patients come for treatment of a disease and finally reflect that the other symptoms of body are cured by no treatment.

Unique treatment, strong practical operation, high acceptance of patients

Conventional acupuncture therapy requires patients to go to the hospital for treatment every day or every other day. On the one hand, the time is not guaranteed; on the other hand, many patients who fear for pain of acupuncture are excluded. "Meridian and collateral holistic therapy" adopts the original combination of "Holistic Meridians and Collaterals Cupping method" and "Holistic Meridian and Collaterals Acupuncture method", which can dispel the pathogenic factors as phlegm, dampness and toxin stasis and dredging channels and collaterals. The effect is strong and the curative effect maintained for a long time (at least 1 week). Patients only need a treatment in 1 week or even 2 weeks, which is convenient for long-term conditioning. In addition, for some patients who are afraid of acupuncture, only "Holistic Meridians and Collaterals

Cupping method" is adopted, which can greatly increases the audience.

The suitable population and indications of "meridian and collateral holistic therapy"

"Middle-age repair" is a comprehensive project, including diet, daily life, psychological adjustment, sports and fitness, medicine, acupuncture, and moxibustion, etc [6-7]. Diet, daily life, psychological adjustment, sports, and fitness are the contents of health education, which need long-term education and publicity, and good compliance and self-discipline of people. However, under the fierce competition and pressure of the social background, many people cannot insist. "Meridian and collateral holistic therapy" has a unique systemic adjustment and maintenance of psychological and internal environment stability, which can block the elderly from pathological process cause by long-term mental stress, unhealthy lifestyle and aging. And it also has the characteristics of green and natural, easily operation, high acceptability of patients, obvious curative effect and no side effects, etc., which can be widely used as an important content and means of "middle-age repair":

- (1) daily health care for people over 30 who are sedentary and less active with high working pressure.
- (2) sub-health, chronic fatigue, premature aging, and depression.
- (3) chronic functional disorders: chronic headache, dizziness, insomnia, gastrointestinal discomfort, cough, hypertension, etc.
- (4) chronic endocrine disorders: breast hyperplasia pain, irregular menstruation, intractable acne, chloasma, menopausal syndrome, etc.
- (5) chronic metabolic diseases: hyperlipidemia, hyperuricemia, fatty liver, obesity, etc.
- (6) chronic complicated diseases: prevention and treatment of cardiovascular and cerebrovascular diseases, PCOS, pituitary tumor, demyelinating diseases, etc.

Clinical Application Examples of "Meridian and Collateral Holistic Therapy"

Inner ear vertigo, hypertension, hyperlipidemia, arteriosclerosis, hyperuricemia

Liu xx, male, 49 years old, repeated episodes of dizziness for 10 years, gradually aggravated, unable to stand, nausea and vomiting during episodes, recently unable to work, overweight, frequent loose stool, easy to fatigue. Western medicine diagnosis: inner ear vertigo, hypertension, hyperlipidemia, arteriosclerosis, hyperuricemia; took antihypertensive drugs for 3 years; removed gallbladder due to gallstones. Meridian and collateral holistic therapy and vertebra bloodletting were

used together. One course of treatment showed obvious improvement in vertigo, two courses reduced dosage of antihypertensive drugs, the hypertension, hyperlipidemia, arteriosclerosis, hyperuricemia all returned to normal when the four courses of treatment ended, and stop taking antihypertensive drugs. Ther is a consolidated treatment once a month and all the indexes were normal up to now (2 years).

Insomnia, headache, menopausal syndrome

Qian xx, female, 50 years old, self-reported that having headache and insomnia for nearly 10 years, relying on sleeping pills to sleep, unstable mood, and cool limbs . Adopt "meridian and collateral holistic therapy" and ear tip bloodletting, the headache and insomnia was significantly improved after treated for 2 times, and the headache and insomnia disappeared after a course of treatment, stop taking sleeping pills, and self-reported that can fall asleep without sleeping pills when occasionally working late, emotion remains stable and good, limbs turn warm. This patient was followed up for 1 year without recurrence.

Pituitary tumor, irregular menstruation, infertility

Zeng xx, female, 33 years old, menses sparsely for 3 years, depends on taking hormone medicine to urge menstruation. Symptoms include obesity, depression, irritability, tongue light moss white slip, pulse string slip. Had a daughter of 9 years old, and hope to recuperates menstruation to give birth to a second child. "Pituitary tumor" was diagnosed by MRI. This patient was told to follow the doctor's order, treatment conditioning menstruation, and temporarily do not consider the second child, in order to reduce anxiety. Adopt "meridian and collateral holistic therapy" to treat 1 course, the mood was obviously improved, and she can have menstruation by herself without hormone drugs, the hormone level became normal after 2 courses, continued to consolidate to the 4th course before pregnancy, successfully give birth to a 9kg healthy girl.

Irregular menstrual period, metrorrhagia and metrostaxis, chronic fatigue

Cheng XXX, female, 41 years old, excessive volume of menses and the menses duration is 15 days or more, bleeding can be temporarily closed by taking traditional Chinese medicine for tonifying kidney, clearing heat and hemostasis, but the next menstrual period still last a long time. And the period is irregular, every more than 40 days or even 2 and 3 months has one period, with interphase bleeding. The patient is working with high pressure, poor

mood and irritable, languid, body fat, dreamy look white softness, moss white and smooth, powerless pulse. Adopt "meridian and collateral holistic therapy" for 1 course of treatment, self-reported that the mood turns better, fatigue reduced, the menstrual volume and cycle are improved. And continued to treat for 2 courses with abdominal warm needle, the menstrual volume and cycle return to normal, patient was in good mood, edema disappeared, self-consciousness that body is light and powerful.

Backache, periarthritis of shoulder, hyperuricemia, small cyst of liver

Mei xx, female, 63 years old. Due to the back pain for nearly 10 years and gradually aggravated, the patient came to see the doctor. In addition, she also suffering from periarthritis of shoulder, the physical examination showed hyperuricemia, small cyst of the liver. Adopt "meridian and collateral holistic therapy" with acupuncture acupoints as shenshu, da chang shu, guan yuan shu, weizhong, kunlun. Treated for 1 course, back pain was significantly improved (no need to wear waist protection), and shoulder pain basically disappeared. Consolidation therapy for 2 courses, back and shoulder pain was disappeared, physical examination indicated the hyperuricemia and small cyst of liver were gone.

Intractable Acne

Zhang xx, female, 40 years old, has acne all over her face for more than 20 years, with abscess bubbles and red nodules, which affecting her neck. The treatment of traditional Chinese and western medicine has been ineffective for years. The "meridian and collateral holistic therapy" was adopted with vertebral bloodletting, and the acne was improved significantly by 3 times of treatments, and the skin lesions were cured for 10 times of treatments. So far, there was no recurrence after 1 course of consolidation therapy and 1-year follow-up.

Intractable Headache, Obesity, Menopausal Syndrome

Zhang xx, female, 54 years old, came to see the doctor due to a recurrent headache for 6 years with gradually aggravated. The headache often induced by overwork, angry, suffering from cold, the pain is severe and unbearable when onset. Her emotion is upset and irritable, the bodily form is fat, abdominal distension, the tongue is purplish and greasy with white coating, with slippery pulse string. Adopt "meridian and collateral holistic therapy" with an auricular tip or taiyang bloodletting, the headache reduced apparently after 3 times of treatments. The headache disappear, the mood

turns good, weight reduces 7kg, self-conscious posture is lightsome, and body condition is good after 2 courses of treatments.

(All the above cases can be followed up).

Foundation Project

National Natural Science Foundation of China (81574066, 81873362)

References

1. Ruihao Wang, Yin Shi Bao Jian (2018) Progress in sub-health research. 5(29): 294-295
2. Guanzhi Cao (2017) Prevention and treatment of sub-health diseases and preventive treatment of disease of TCM. J Sichuan Trad Chinese Med 30(8): 26-28.
3. Dayi Hu How to deal with "midlife health crisis". Health Review 35(05): 28-29
4. Zhang jingyue, Ming dynasty (2011) Complete Works of Zhang Jingyue. Theory of ZhongXing. China Medical Science Press Beijing, China. 22-23.
5. Xudong Wang ED (2003) Health Preservation and Rehabilitation. Shanghai Pujiang Education Press, SHanghai, China.
6. Jinghua Zhu (1992) Middle - year trimming and vibration of roots-- a preliminary study on zhang jingyue's health outlook. Shanghai J Trad Chinese Med 38(11): 40-41.
7. Jingshi Xu, Yan Li, Jindong Zhao (2016) The theoretical origin and practical thinking of the concept of preventive treatment of disease in TCM. J Trad Chinese Med 57(16):1351-1354.
8. Cuiping Guo, Zhi Zhu, Li Li (2017) Analysis of the idea of preventive treatment of disease in TCM. Yunnan J Trad Chinese Med and Materia Medica 38(12):101-102.
9. Zhang Shufeng, Yang Zhenyu, LI Jinghua, Wang Chunwang, ZHAO Yintao (2017) Opinions on Accelerating the Construction of Preventive Treatment for Diseases in Traditional Chinese Medicine Subject System. J Hunan Univer Chinese Med 37(10): 1157-1160.
10. Yuan Hui, LI Zhong-ren (2011) Application and Prospect of Acupuncture and Moxibustion in Preventive Treatment for Disease. J liaoning univer tcm 13(07): 167-169.
11. Chunhua Yang (2014) The significance of acupuncture and moxibustion intervention time in preventive treatment for diseases in traditional chinese medicine. China Heal Stand Mana 5(6): 43-45.
12. Lin Chen (2016) The significance of acupuncture and moxibustion intervention time in preventive treatment for diseases in traditional chinese medicine. Med 8(1): 102-102.
13. Jing Xu (2017) Observation on the effect of moxibustion therapy on the high risk state of stroke under the guidance of the theory of preventive treatment for diseases in traditional chinese medicine. Asia-Pacific Trad Med 13(9):130-131.
14. Xingsheng Lai (2019) Research on meridian points and brain correlation theory. Guangdong Science and Technology Press 20-21.