

**INNOVATIVE MANAGEMENT
OF
ARTHRITIS**

BRANCH - XIX

One time measure for

M.D physical &

Rehabilitation Medicine

Reg. No. 20109023



SUBMITTED TO

THE DR.M.G.R. MEDICAL UNIVERSITY

CHENNAI-32



Certificate of Bonafide Record of Thesis work

This is to certify that the Thesis work titled with
“an innovative management of arthritis” is a
bonafide record work submitted by the candidate
with **Registration no. 20109023** for partial fulfillment
for requirement of one time measure for **M.D.**
physical and rehabilitation medicine degree
course is submitted to the Tamil Nadu Dr.M.G.R
Medical university, Chennai-32 during the year of
June - 2011

INTERNAL EXAMINER

EXTERNAL EXAMINER

Dedicated to parents

my wife & son

Inspiration force

Teachers

Motivation force

patients

ACKNOWLEDGEMENT

I am very happy to express my heart felt prayers to the **ALMIGHTY GOD** to complete this project

I am grateful to my wife & son for helping me in every possible way to complete this “**THESIS**”

I am grateful to my staff members & especially to my **PATIENTS** & their relatives without whose help this project wouldn't have been a reality

Contents

S.no	Topics	Pg. no
1)	INTRODUCTION	1
2)	ANATOMY	4
3)	PATHOGENESIS	7
4)	CLINICAL FEATURES	9
5)	DIFFERENTIAL DIAGANOSIS	12
6)	ACUPRESSURE	13
7)	AUPRESSURE ILLUSTRATION	26

8)	O.A.ACUPRESSURE TREATMENT	34
9)	CASE-STUDY	37
10)	BIBLIOGRAPHY	52
11)	DISCUSSION	55
12)	LIMITATION	56
13)	ANNEXURE	58
14)	CONSENT LETTER	62
15)	DECLARATION	63
16)	CONCLUSION	64

Introduction

INTRODUCTION

Osteo arthritis

Osteo arthritis is characterized by thinning & destruction of the hyaline cartilage of joints foll. by remodelling of underlying surface. It is essentially a non - inflammatory condition. Stress on joints may be related to one's occupation.

There are studies which show an increased prevalence of osteo arthritis being genetically related.

DESCRIPTION OF THE CONDITION

Osteo arthritis is an inflammatory condition usually due to degenerative process affecting almost all the 180 Synovial joints

The patient usually complains of swelling, pain in the joints, restricted range of movements. Inability to do his A.D.L independently

It usually affects people over 40 years. Initially it is unilateral due to unequal weight bearing it becomes bilateral.

Early intervention is very essential to relieve the symptoms and to prevent complication

ABOUT THIS THESIS

ACUPRESSURE

Although a no. of regular modalities of treatment are available for osteo arthritis knee, this thesis is aimed at providing a Treatment with ACUPRESSURE with the following benefits.

Now -a -days people are very conscious about the side - effects of drugs & are averse to long term use of these NSAIDS but this is a **DRUG - FREE TREATMENT**

It is also **COST -EFFECTIVE** considering our socio-economic conditions. It is suitable for the poor people.

It is less time-consuming & can be **SELF - ADMINISTRED** thus saving the time for the patient by not coming to the hospital for treatment.

Anatomy

ANATOMY

Knee joint is a synovial joint of the condylar variety. It is a compound joint having two distinct articular surface on the medial & lateral condyles of femur for articulating with tibia

The anterior aspect of the femur articulates with the post. aspect of patella

The knee joint is also complex because its partially divided into upper & lower parts by plates of cartilage called the medial & lateral menisci

There are several bursae in the region of the knee. These are

- 1) The supra patellar bursa
- 2) The subcutaneous pre- patellar bursa
- 3) The subcutaneous post-patellar bursa
- 4) The deep infra patellar bursa
- 5) The superficial infra patellar bursa

OTHER UNNAMED BURSA:-

- 6) Deep to the popliteus tendon
- 7) Superficial to the popliteus tendon
- 8) Deep to the fibular collateral
- 9) Behind the tendon of biceps femoris and the fibular collateral ligament
- 10) Between semi membranous & semi tendinosus
- 11) Deep to gracilis & Sartorius

Blood supply

Knee joint is supplied by the descending genicular, popliteal, Ant. tibial and lateral circumflex arteries

Nerve supply

By the branches from the Obturator, Femoral, Tibial & common peroneal nerves

Patho Genesis

PATHOGENESIS

Firstly damage to the collagen fibres by mechanical stress results in decreased proteoglycans of the articular cartilage with reduced hydration or dessiccation.

Secondly the repeated stress to the joint by walking results in micro trauma to the sub-chondral bone, eventually leading to eburnation, cartilage proliferation proteoglycans synthesis, bony sclerosis & osteophyte formation. There is no bony ankyosis as in rheumatoid arthritis.

Clinical Features

Classification of arthritis

Arthritis can be classified as

Primary & secondary

Primary

It is usually due to degenerative process usually affecting people over 40 years of age due to wearing & tearing process of the joints

Secondary

It may be due to the following causes

RHEUMATOID ARTHRITIS , TUBERCULOUS
ARTHRITIS , SYPHILITIC ARTHRITIS , GOUT ,
PSORIATIC ARTHRITIS , REITERS SYNDROME,
BECHET'S DISEASE , POLY ARTHROPATHY
CHICKEN GUNYA.

CLINICAL FEATURES

- Pain in the knee joint made worse by movements
- Swelling in the knee joint
- Restriction of range of motion
- Flexion deformity
- Inability to squat
- Inability to do his A.D.L. independently
- Abnormal gait
- complications - pain spreading to other joints

Investigations

BLOOD HEMOGRAM

SERUM CALCIUM

SERUM PHOSPHORUS

E.S.R.

X-RAY KNEE JOINT

1) A.P VIEW

2) LAT.VIEW

M.R.I SCAN

BONE DENSITY.

Differential Diagnosis

DIFFERENTIAL DIAGNOSIS

- 1) RHEUMATOID ARTHRITIS
- 2) TUBERCULOUS ARTHRITIS
- 3) SYPHILITIC ARTHRITIS
- 4) GOUT
- 5) PSORIATIC ARTHRITIS
- 6) REITERS SYNDROME
- 7) BECHET'S DISEASE
- 8) POLY ARTHROPATHY
- 9) CHICKEN GUNYA

acupressure

INTRODUCTION

ACUPRESSURE

“There is but one temple in the UNIVERSE & that is the human body. Nothing is holier than that high form. We touch Heaven when we lay our hands upon human body”

-THOMAS CARALYLE

SCOTTISH PHILOSOPHER

**ACUPRESSURE - BALANCING THE YIN & YANG
ENERGIES FOR PHYSICAL-MEDICAL EMOTIONAL
WELL BEING**

What is Acupressure

Acupressure is an ancient scientific healing art of staying healthy and treating diseases by applying pressure on specific acupoints. Acupressure is needleless Acupuncture. Widely used Acupressure is of two types i.e. Reflexology Acupressure and Meridian Acupressure. In Reflexology Acupressure, pressure is given on the points in both the hands / palms and the feet. In Meridian Acupressure, specific acupoints on the skin of body parts are pressed.

SUCCESS MEASURE OF ACUPRESSURE

[General Wellness](#)

[Mental Wellness](#)

[Female Wellness](#)

[Sexual Wellness](#)

Universal Healing Energy:

The Chinese call healing energy as Qi. In Japan, the life force is termed Ki, while Yoga practices refer to the body's life force as prana or pranic energy. These terms all relate to the same universal healing energy, which exists in our environment and links us to all forms of life. Energy blockage, on the other hand, can be traced to the root of all problems, imbalances, and diseases.

Healing Energy – Source of the Life:

The flow of human energy nourishes every system of our body and gives us the ability to concentrate; Its the basis of creativity and healing. The body's life force moves in invisible currents and healing pathways through all matter. This energy flow connects everything; its the primordial force of nature that creates mountains, governs the ocean currents, flow of rivers, and weather patterns. The life force gives trees their uprightness and their diversity in branching toward the sky .The movement of the life force can be seen in molecules, elements, the landscape, and within the human body this life force circulates through human energy channels called **meridians.**

Body Energy & the Life Force:

Within all living animals are meridian energy pathways. These life force channels govern the functions of all systems of the human body. The way human energy flows through the meridians presides over wellness or disease imbalances. For instance, an energy blockage in the meridians can cause numbness, pressure, spasm, and many kinds of aches and pains. Thus when a meridian blockage occurs, the inhibited energy flow can result in all kinds of human suffering. However, when the life force flows through the meridians in a balanced way, various forms of happiness can result.

Healing Energy Factors Affecting the body

Our energy flow reflects our state of mind, how we feel, how we think, and breathe. Conversely, negative thoughts can block the meridians from flowing, just as positive thoughts can build healing energy. An energy blockage affects our stress, the way we eat food, and how it gets digested. Sleep patterns and disorders are also a result of how the meridians flow. Energy blockage can result from stress, trauma and injuries. In extreme energy imbalances – mental, emotional or physical problems may occur.

Healing Energy of Traditional Chinese Medicine

It is based upon the interplay of two polar opposites, creating a vibratory movement and energy flow. These polar life energy forces, referred to as yin and yang, follows natural laws fundamental for all martial art and healing art principles.

Qi Force Of your Energy Flow Qi Cultivation vs Qi Blockage Of your life Force

The most powerful Qi energy work uses acupressure points

It enables energy to flow easily. These Qi building points have a high electrical conductivity at the surface of the skin and thus conduct the body's energy most effectively. Discover how to apply the same points and principles as acupuncture—using the power and sensitivity of the human hand instead of needles. Learn to develop your life force Qi energy and relieve a range of emotional complaints and common ailments such as depression, anxiety, headaches, backache, insomnia, nausea, carpal tunnel, and many more.

The same Qi building practices of Traditional Chinese Medicine

It is pivotal for practicing Martial Arts, Asian bodywork therapies and massage healing techniques. Acupressure, an ancient healing art developed in Asia over 5,000 years ago, is effective in the relief of stress-related ailments, in self-care and in preventive health care. Acupressure Qi points releases tension, increases circulation, reduces pain and develops vibrant health.

Body Energy & the Life Force:

Within all living animals are meridian energy pathways. These life force channels govern the functions of all systems of the human body. The way human energy flows through the meridians presides over wellness or disease imbalances. For instance an energy blockage in the meridians can cause numbness, pressure, spasm, and many kinds of aches and pains. Thus, when a meridian blockage occurs, the inhibited energy flow can result in all kinds of

human suffering. However when the life force flows through the meridians in a balanced way, various forms of happiness can occur.

Qi Factors Affecting the Human Body:

The Qi energy flow reflects our state of mind, how we feel, how we think, and breathe.

Conversely, negative thoughts can block the Qi flow just as positive thoughts can build Qi. A Qi blockage affects our stress, the way we eat food, and how it gets digested. Sleep patterns and disorders are also a result of how the Qi flows. Qi blockage can result from stress, trauma and injuries. In extreme Qi imbalances – mental, emotional or physical problems may occur.

Qi Energy of Traditional Chinese Medicine

It is based upon the interplay of two polar opposites, creating a vibratory movement and Qi energy flow. These polar life energy forces referred to as yin and yang, follow natural laws fundamental for all martial art and healing art principles.

Acupressure in India

On this blue-green planet MAN'S NEED HAVE BEEN ENORMOUS WHICH HAVE LEAD TO INNOVATIONS. Man has always strived hard to be healthy and keep others healthy. These efforts have always guided him to natural, safe, effective and economic therapies. One such rich therapy is acupressure.

Acupressure is a non-drug therapy which is recording its importance in the complementary medical science. Acupressure in India is framing new shapes and has widened its wings to soar higher in the sphere of

complimentary medications in the world.

How Does Acupressure Function

Acupressure involves pressing points on the body with fingers to alter the internal flow of energy, strengthening it, calming it or removing the blockage of the flow.

Human body has self healing powers. These remarkable self healing energy forces are used by nature and holistic sciences of curing like naturopathy, acupuncture, acupressure and the like. The healing energy flows through the body in particular pathways. These pathways are called meridians. Each of these meridians have reflex points and nerve centres in various parts of the body. Acupressure is the process by which normal energy flow in the meridians is restored. Any blockage in the energy flow in blood on the meridians leads to an ill-health. When pressure is applied to the reflex points, they are enthused and the obstruction to the flow of energy is released. As the

energy flow normalizes, relief follows it. Acupressure applied to hands is called *hand reflexology*. Pressure therapy applied to the selective points in legs and feet to be free from ailments is called *foot reflexology*. Some practitioners use reflex points on scalp, face, ear and head for healing purpose.

New Techniques of Acupressure in India

There is advancement in the field of acupressure in India-

Advance Acupressure. It is a wonderful complementary

medical science which very diligently treats general as well as chronic patients. So far a large number of patients of

migraine, asthma, blood pressure, sciatica, arthritis, epilepsy,

diabetes, gout, sterility, obesity, deafness and dumbness,

stammering, sinus, thyroid, kidney, constipation,

gynecological problem, impotency etc. have been cured.

Advance Acupressure works instantly at lightening speed. It

is a soothing healer for everyone. It helps healthy

people to become more energetic and patients are relieved of their ailments in a short span of time. Researches are going on in the laboratories to eradicate genetic problems.

Advantages of Acupressure

A useful means of treatment

Easy to use

Can be carried out without any special equipment

Safe and non-invasive

Free from weakening side effects of drugs

Holistic and curative

Cautions to be Observed in Acupressure

If certain cautions are observed, the risks involved in acupressure are negligible. The cautions are- Pressure should never be applied to varicose veins, infected or inflamed skin, open wounds, areas where broken bone is suspected,

sites of recent surgery and tumors. During pregnancy, points designated spleen 6 and small intestine 4 should never be used. They should be entirely avoided.

The same Qi building practices of Traditional Chinese Medicine

It is pivotal for practicing Martial Arts, Asian bodywork therapies and massage healing techniques. Acupressure, an ancient healing art developed in Asia over 5,000 years ago, is effective in the relief of stress-related ailments, in enabling the muscle fibers to elongate and relax, blood to flow freely, and toxins to be released and eliminated. Increased circulation brings oxygen and other nutrients to affected areas.

PRECAUTIONS

Acupressure should never be painful. If you experience any pain, discontinue the session. Pressure should be gentle over fragile or sensitive areas, such as the face.

People with osteoporosis, recent fracture or injury, easy bruising, bleeding disorders, circulatory problems from

diabetes, and those using anticoagulant or antiplatelet medications such as Coumadin (warfarin) that "thin" the blood should avoid acupressure unless under the supervision of a qualified therapist.

Pregnant women should consult their doctor before using acupressure. Acupressure shouldn't be done on the abdominal area or to certain points on the leg if pregnant.

Acupressure shouldn't be done over open wounds, bruises, varicose veins, or any area that is bruised or swollen.

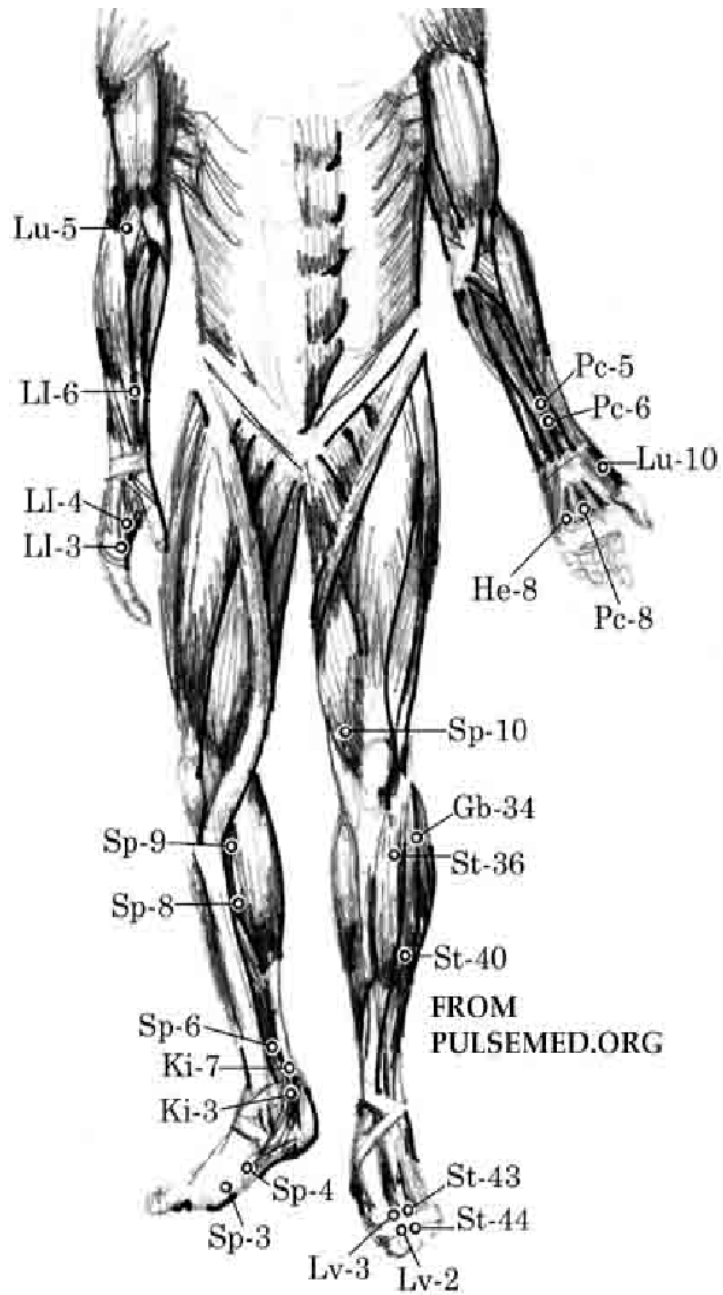
SELF TREATMENT

What are Acupressure points?

Acupressure points are intervals along a meridian (channel) that runs through the body. There are several meridians that map the human body, these meridians are similar to a river as they all have a beginning, an end and can

converge with other meridians. A meridian acts as a route connecting the organs of the body. It is believed that the human body is charged by energy, often referenced as *Qi*, *Chi* or *Ki*. It is this energy that has the ability to fuel the body in a self healing manner. The meridians act as an intercessor between the external and internal elements of the body, when one is out of balance disease and illness can occur. By stimulating the pressure points along the meridian the body's energy flow is pumped through the organs and systems of the body to relieve physical ailments

Acupressure points illustrated



Why apply pressure to Acupressure points

It is wise to consider these Acupressure points as *valves*.

When the external or internal environments have been disturbed the *valve* (acupressure point) closes preventing a flow of energy, by applying pressure to the acupressure point the valve opens releasing the flow of energy to the bodies organs. Endorphins are released when the valves are stimulated, endorphin is a natural painkiller that can reduce pain and increase relaxation. Acupressure should not be agonizing, but it should feel comfortable.

How do I administer Acupressure?

QUE STYLE OF APPLYING ACUPRESSURE

It will be held for seconds or a few minuets. The pressure is applied by the tip of a thumb, finger, a knuckle or an eraser of a pencil.





The effects of acupressure therapy

Acupressure has no significant side effects. The points may feel a little sore after a session and some people may experience a temporary feeling of light headedness.

There are also techniques which can provide a great

[acupressure loosing weight](#) effect. If done correctly on the correct points during a period of a few weeks you may see great changes. Pregnant women should have the approval of their doctor to use acupressure. But even if they receive the approval of a doctor they shouldn't self-administer acupressure and better should consult a trained acupuncturist. You should understand that some spots are dangerous for pregnant women.

You may receive negative effects when you apply acupressure over any area that is bruised or swollen.

Acupressure techniques should not be applied over varicose veins. People who have different sorts of problems like circulatory problems, osteoporosis, any type of bleeding disorder, a recent fracture or who are using blood thinning medication should better consult a trained therapist and the therapist will decide if he can apply the acupressure therapy.

IS ACUPRESSURE SCIENTIFICALLY PROVED

Best Answer - Chosen by Voters

Acupressure is a traditional Chinese medicine (TCM) technique based on the same ideas as acupuncture.

Acupressure involves placing physical pressure by hand, elbow, or with the aid of various devices on different acupuncture points on the surface of the body. Traditional Chinese Medicine does not usually operate within a scientific paradigm but some practitioners make efforts to bring practices into an evidence-based medicine framework.

There is no scientific consensus over whether or not evidence supports efficacy of acupressure beyond a placebo. Reviews of existing clinical trials have been conducted by the Cochrane Collaboration and Bandolier according to the protocols of evidence-based medicine; for most conditions they have concluded a lack of effectiveness or lack of well-conducted clinical trials.

The points used may or may not be in the same area of the body as the targeted symptom. The TCM theory for the selection of such points and their effectiveness is that they work by stimulating the meridian system to bring about relief by rebalancing yin, yang and qi.

This theory is based on the paradigm of TCM, not that of science. An acupressure wristband that is claimed to relieve the symptoms of motion sickness and other forms of nausea is available. The band is designed to provide pressure to the P6 acupuncture point, a point that has been extensively investigated.

The Cochrane Collaboration, a group of evidence-based medicine (EBM) reviewers, reviewed the use of P6 for nausea and vomiting, and found it to be effective for reducing post-operative nausea, but not vomiting.

The Cochrane review included various means of

stimulating P6, including acupuncture, electro-acupuncture, transcutaneous nerve stimulation, laser stimulation, acupuncture device and acupressure; It did not comment on whether one or more forms of stimulation were more effective. EBM reviewer Bandolier said that P6 acupressure in two studies showed 52% of patients with control having a success, compared with 75% with P6 acupressure. One author of an article published in the Scientific Review of Alternative Medicine disagreed. A Cochrane Collaboration review found that massage provided some long-term benefit for low back pain, and said, "It seems that acupressure or pressure point massage techniques provide more relief than classic (Swedish) massage, although more research is needed to confirm this."

OSTEO ARTHRITIS
ACUPRESSURE
TREATMENT

ARTHRITIS ACUPRESSURE

Now we will go through various points on the body depending upon the actual center of the pain that will soothe the pain. To get relief the pressure point exists between the thumb and forefinger. Persons that undergo from arthritis or any form of this intolerable disease often have pain in the hands, fingers, elbows and neck. These areas can be exaggerated by applying pressure between the thumb and forefinger. When no medicines or treatment works acupressure is the best alternative to go with. Other points that are effective in acupressure include the point right below the knee, one between the big and second toes and another point that can be found between the fourth and last toes. These points are more supportive in alleviating pain in the legs and feet. Seeking therapies can often be helpful in finding relief from pain and suffering.

Acupressure is sometimes a source of help and hope for individuals living with this painful condition. As alternative therapies for arthritis, this treatment can be done anywhere, anytime and with little effort. When conventional options for treatment fail or are not enough, herbs are often considered to be a good form of medicine. Acupressure can provide many options for pain relief and care

MRS. REVATHI 45 years old patients

statement

I have joint pain in my fingers in the morning, I tried acupressure at night before going to bed . There is no pain in my fingers any more except for the little finger on body

Case study

Case study -1

Subjective

Name - MALATHY

Age - 49 years

Sex - female

Occupation - house wife

Chief complaints

-Pain in the right knee joint

-Inability to do her A.D.L. independently

-Difficulty in squatting

-Swelling in the knee joint

-Difficulty in climbing stairs

Duration

Six months progressive in nature

On examination

On observation

- Swelling in knee joint
- Restriction of range motion

On Palpation

- Restriction of extension & flexion
- Crepitus in the knee joint
- Swelling present in the knee joint
- Tenderness present in the joint

Investigation

- X-ray to right knee joint
- M.R.I scan
- Blood hemogram

Treatment

-Acupressure to the specific acu points

↓SP-3 ↑Liv-1 ↓LU-8 ↓P-7

DURATION

For a course of one week

Treatment done on alternate days

Interval between each course is five days

Two such courses were given

RESULT

At the end of the treatment patient had very good improvement and was able to go back to work

Case study -2

Subjective

Name - Ramu
Age - 56years
Sex - male
Occupation - labourer

Chief complaints

- Pain in the right knee joint
- Inability to do her A.D.L. independently
- Difficulty in squatting
- Swelling in the knee joint
- Difficulty in climbing stairs

Duration

2 years progressive in nature

On examination

On observation

- Swelling in knee joint
- Restriction of range motion

On Palpation

- Restriction of extension & flexion
- Crepitus in the joint
- Swelling present in the knee joint
- Tenderness present

Investigation

- X-ray to right knee joint
- M.R.I scan
- Blood hemogram

Treatment

- Acupressure to the specific acu points
- ↓SP-3 ↑Liv-1 ↓LU-8 ↓P-7

DURATION

For a course of one week

Treatment done on alternate days

Interval between each course is five days

Two such courses were given

RESULT

At the end of the treatment patient had very good improvement and was able to do his A.D.L independently.

Case study -3

Subjective

Name - Suresh
Age - 52 years
Sex - male
Occupation - coolie

Chief complaints

- Pain in the right knee joint
- Inability to do her A.D.L. independently
- Difficulty in squatting
- Swelling in the knee joint
- Difficulty in climbing stairs

Duration

One & a half years progressive in nature

On examination

On observation

- Swelling in knee joint
- Restriction of range motion

On Palpation

- Restriction of extension & flexion
- Crepitus
- Swelling present in the knee joint
- Flexion 40°
- Tenderness present

Investigation

- X-ray to right knee joint
- M.R.I scan

-Blood hemogram

Treatment

- Acupressure to the specific acu points

- ↓SP-3 ↑Liv-1 ↓LU-8 ↓P-7

DURATION

For a course of one week

Treatment done on alternate days

Interval between each course is five days

Three such courses are given

RESULT

At the end of the treatment patient had very

good improvement and was able to go back to

work

Case study -4

Subjective

Name - kalavathy

Age - 40 years

Sex - female

Occupation - coolie

Chief complaints

-Pain in the right knee joint

-Inability to do her A.D.L. independently

-Difficulty in squatting

-Swelling in the knee joint

-Difficulty in climbing stairs

Duration

2 years progressive in nature

On examination

On observation

- Swelling in knee joint
- Restriction of range motion

On Palpation

- Restriction of extension & flexion
- Crepitus in the knee joint
- Swelling present in the knee joint
- Tenderness present

Investigation

- X-ray to right knee joint
- M.R.I scan
- Blood hemogram

Treatment

- Acupressure to the specific acu points
- ↓SP-3 ↑Liv-1 ↓LU-8 ↓P-7

DURATION

For a course of one week

Treatment done on alternate days

Interval between each course is five days

Six such courses were given

RESULTS

Patient had very good relief of all the above

Symptoms and was able to do work

Independently.

Case study -5

Subjective

Name - Suresh

Age - 52 years

Sex - male

Occupation - coolie

Chief complaints

-Pain in the right knee joint

-Inability to do his A.D.L. independently

-Difficulty in squatting

-Swelling in the knee joint

-Difficulty in climbing stairs

duration

2 years progressive in nature

On examination

On observation

- swelling in knee joint
- restriction of range of motion

On Palpation

- Restriction of extension & flexion
- Crepitus
- Swelling present in the knee joint
- Tenderness present

Investigation

- X-ray to right knee joint
- M.R.I scan
- Blood hemogram

Treatment

- Acupressure to the specific acu points
- ↓SP-3 ↑Liv-1 ↓LU-8 ↓P-7

DURATION

For a course of one week

Treatment done on alternate days

Interval between each course is five days

Four such courses were given

RESULT

The pain was very much relieved swelling

reduced & felt much better

Bibliography

Bibliography

Michael Reed Gach is the *author* of *Acupressure's* Potent Points (44 ratings, published 1990), *Acu-Yoga* (15 ratings, published 1981), *Acupressure* for Emotiona ...

Dr. P. Banerji of India 14,000,000+ treated by Dr Banerji's World's Largest Homeopathic Clinics

Cerney, J.V.. Title: *Acupressure: Acupuncture Without Needles* Binding 1976.

Nathan Wei is a nationally known board-certified rheumatologist and author of the *Second Opinion Arthritis Treatment Kit*.

“Dr. Wei is one of the most innovative rheumatologists in the country.”
Arthur Weaver, MD, past-President, American College of Rheumatology

Barnes, LL (2005). *Needles, herbs, gods, and ghosts: China, healing, and the West to 1848*. Harvard University Press. ISBN 0674018729.
[http://books.google.com/?id=jU0JMNtGWnIC&printsec=frontcover&q=. .](http://books.google.com/?id=jU0JMNtGWnIC&printsec=frontcover&q=.)

References

Novak, Patricia D.; Dorland, Norman W.; Dorland, William Alexander Newman (1995). *Dorland's Pocket Medical Dictionary* (25th ed.). Philadelphia: W.B. Saunders. ISBN 0-7216-5738-9. OCLC 33123537.

Prioreschi, P (2004). *A history of Medicine, Volume 2*. Horatius Press. pp. 147–8. ISBN 1888456019.

Fruehauf H (2010). "Chinese Medicine In Crisis: Science, Politics, And The Making Of "TCM"". <http://chineseclasics.org/j/images/tcmcrisis.pdf>. Retrieved .

de las Peñas, César Fernández; Arendt-Nielsen, Lars; Gerwin, Robert D (2010). *Tension-type and cervicogenic headache: pathophysiology, diagnosis, and management*. Jones & Bartlett Learning. ISBN 9780763752835.

Robertson, Valma J; Robertson, Val; Low, John; Ward, Alex; Reed, Ann (2006). *Electrotherapy explained: principles and practice*. Elsevier Health Sciences. ISBN 9780750688437.

Ernst, E. (2006). "Acupuncture – a critical analysis". *Journal of Internal Medicine* **259** (2): 125–37. doi:10.1111/j.1365-2796.2005.01584.x. PMID 16420542.

Shapiro R (2008). *Suckers: How alternative medicine* 15266478. CD001351. doi:10.1002/14651858.CD001351.pub2. PMID 15674876. 03-02.

Lao L, Hamilton GR, Fu J, Berman BM (2003). "Is acupressure safe A systematic review of case reports". *Alternative therapies in health and medicine* **9** (1): 72–83. PMID 12564354.

Camillia Matuk (2006). "Seeing the Body: The Divergence of Ancient Chinese and Western Medical Illustration". *Journal of Biocommunication* **32** (1). ^{a b} Felix Mann, quoted in Bauer, M (2006). "The Final Days of Traditional Beliefs? – Part One". *Chinese Medicine Times* **1** (4): 31.

Ahn, Andrew C.; Colbert, Agatha P.; Anderson, Belinda J.; Martinsen, ØRjan G.; Hammerschlag, Richard; Cina, Steve; Wayne, Peter M.; Langevin, Helene M. (2008). "Electrical properties of acupressure points meridians A systematic review". *Bioelectromagnetics* **29** (4): 245–56. doi:10.1002/bem.20403. PMID 18240287.

Tiran, D; Mack S (2000). *Complementary therapies for pregnancy and childbirth*. Elsevier Health Sciences. pp. 79. ISBN 0702023280.

e.g. White, A; Ernst E (1999). *Acupressure a scientific appraisal*. Elsevier Health Sciences. pp. 1. ISBN 0750641630.

Robson, T (2004). *An Introduction to Complementary Medicine*. Allen & Unwin. pp. 90. ISBN 1741140544.

Dorfer, L; Moser, M; Bahr, F; Spindler, K; Egartervigl, E; Giullen, S; Dohr, G; Kenner, T (1999). "A medical report from the stone age?". *The Lancet* **354**: 1023–5.

doi:10.1016/S0140-6736(98)12242-0. PMID 10501382.

Barnes, 2005, p. 25.

Unschuld, Paul. *Chinese Medicine*, p. 94. 1998, Paradigm Publications

Barnes, 2005, pp. 58–9.

Barnes, 2005, p. 75.

Barnes, 2005, p. 188.

Barnes, 2005, pp. 308–9.

^ Crozier RC (1968). *Traditional medicine in modern China: science, nationalism, and the tensions of cultural change*.

Cambridge: Harvard University Press. [page needed]

Beyerstein, BL; Sampson W (1996). "Traditional Medicine and Pseudoscience in China: A Report of the Second CSICOP Delegation (Part 1)". *Skeptical Inquirer* (Committee for Skeptical Inquiry) **20** (4).

Davidson JP (1999). *The complete idiot's guide to managing stress*. Indianapolis, Ind: Alpha Books. pp. 255.

DISCUSSION

DISCUSSION

FOR THE ABOVE FIVE CASES

Although a no. of medical drugs, physiotherapeutic Modalities and exercise therapy are available to cure These patients this modality of acupressure to the specific points was very effective and completely useful in the Following ways

- It could be self-administered
- It was cost-effective
- It had no side effects
- It was less time consuming
- This can be used for a wide variety of condition

Due to the above possitive factors this form of treatment Is very Simple Drug -Free & Cost - Effective. The most Important factor is that it has **NO SIDE-EFFECTS**

Limitation

Limitation

Each point should be treated separately

Hence it involves more time & energy

Location of the points should be accurate to get the maximum benefit

It should be done periodically & continuously to get the desired effect

The study is not conducted gender specifically

The study includes only less no. of patient

It is done only for a specific duration

The study doesn't include other forms of arthritis

Medical contra-indications

Hyper-tension

Pregnancy.

Varicose -veins.

Limitation & recommendation of study

Limitation of study

- Only five patient were selected
- Only acupressure was included
- Osteo arthritis knee alone is taken up for study
- Only the middle age group was taken

Recommendations

- Large no. of patients should be taken up for study
- Other forms of arthritis should be included
- Compare it with other forms of therapy
- Regular follow-up of the patient is essential

Appendix

APPENDIX

ASSESSMENT FORM

SUBJECTIVE ASSESMENT

Name

Age

Sex

Occupation

Date of starting treatment

Date of completing treatment

HISTORY

Present medical history

Past medical history

Surgical history

Socio economic status

Personal history

Associated problems

OBJECTIVE ASSESMENT

On examination

Blood Pressure

Temperature

Pulse Rate

Heart Rate

Respiratory Rate

On observation

Body built

Attitudes of limb

Any visible deformities

Posture

Gait

Swelling

Redness

On palpation

Muscle firmness

Tenderness

Warmth

Swelling

Any body abnormalities

Gait

Investigation

Laboratory investigation

Blood analysis

X-Ray

M.R.I scan

BONE DENSITY

Gait analysis

Diagnosis

Differential diagnosis

Management

Medical

physiotherapy

Surgical

Consent to participate voluntary in a Research

Invitation of participation

You are invited to participate in the study of
“An innovative management of arthritis“ which is
being done in partial fulfillment of requirement
of **M.D Physical & Rehabilitation medicine** degree
course and submitted to the Tamil Nadu Dr.M.G.R
medical university, Chennai -32, during the month and
year of June-2011

BENEFITS OF PARTICIPATION

You will benefit by improving the functional activities

RIGHTS TO WITH DRAWL

You have all rights to withdraw from the research
at any point of time you want

Declaration

I certify that I have fully understood the detail of the above project and I am willing to participate the thesis entitled **“AN INNOVATIVE MANAGEMENT OF ARTHRITIS”** for the prescribed duration.

Signature of the family
member

signature of the subject

Date

place

I certify that I have explained fully to the above subject and subjects relative the nature purpose the potential benefits and the purpose to the patient in their own language

Conclusion

Conclusion

Acupressure is a Chinese treatment now gaining popularity in India

As people are now very much aware & averse to long time use of drugs (NSAIDS) in the case of arthritis due to their side-effects for prolonged period of time . Hence a re-course to alternate Form of therapy is required

Acupuncture is an other form which once again is not well taken up by the patients since the insertion of needle is painful

Therefore acupressure is the only alternate form of treatment which is very safe & effective

It is popular & well taken up by the patient because it is a DRUG-FREE treatment

Moreover in this time-conscious & busy
Schedule, patients can't come to the clinics &
wait for prolonged period of time for
physiotherapeutic treatment

Once again this form of treatment is **TIME-
SAVING** as it can be **SELF-ADMINISTRED**.

As treatment can be taken up at home without
any instruments or medical or para-medical
personnel, it is **VERY CHEAP**. Continuation of
this treatment is very essential for good results

I wish & pray that this form of treatment
gains popularity in India & should be used by
a large no. of people in the years to come.

I WOULD LIKE TO CONCLUDE IN THE WORDS OF
SIR ISSAC NEWTON,

*"I may be like a boy looking for a
Pebble or an ordinary shell on the sea-
shore whereas the great ocean of truth
lay all undiscovered before me".*

