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Anti-Fatigue Properties of Cultivated Wild Ginseng Pharmacopuncture and Its Active Component Panaxydol

H. Yoo

East West Cancer Center, Dunsan Korean Medicine Hospital of Daejeon University, South Korea

Abstract

Background: Cultivated wild ginseng (cWG) has been used clinically in patients with chronic fatigue in Korea. Little is known about effects of the ginseng distilled (volatile) components produced during evaporization. Recently, we first identified one major component from cWG distilled extract, panaxydol, by using mass spectrometry. However, functional properties of cWG distilled extract or panaxydol remains elusive. Therefore, the present study evaluated the effect of cWG distilled extract or panaxydol on exercise-induced fatigue in rats.

Methods: Fatigue was induced by forced swimming and the immobility time was analyzed in male Sprague-Dawley rats. The animals received intraperitoneally either vehicle, cWG distilled extract, or panaxydol 10 min prior to beginning of the forced swimming test (FST) once daily for 5 days. After the FST on day 5, we also analyzed fatigue-related biochemical levels including blood urea nitrogen (BUN), lactate acid (LAC), and lactate dehydrogenase (LDH) in serum and levels of glycogen in liver and soleus muscle.

Results: The forced swimming time in cWG distilled extract (0.6 mL/kg)-treated group was significantly longer than that of control group on day 4 and 5. Panaxydol (0.1 and 0.25 mg/kg)-treated groups showed significantly enhanced performance in the forced swimming, compared to control. In addition, in panaxydol-treated group, a significant decrease in serum LDH level was found, while there were no alternations in levels of serum BUN and LAC and glycogen in liver or soleus muscle.

Conclusion: The present study demonstrated cWG distilled extract and its active component panaxydol have a function of anti-fatigue.

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Intravenous Pharmacopuncture of Mountain Ginseng

J.S. Yu

Sangji University, Wonju, South Korea

Abstract

Ginseng has been used as a tonic herb for more than two thousand years around the world. Wild ginseng or mountain ginseng also has been used especially in the East Asia. Ginseng can be categorized as cultivated ginseng (CG), mountain cultivated ginseng (MCG), mountain cultivated wild ginseng (MCWG) and wild ginseng (WG). WG has a different shape from CG and contains more constituents than CG. WG or MCWG has anti-oxidant effect, anti-cancer effect, protective effect against anti-cancer drug, and protective effect in the liver and cell line.

According to the specification of the genes in WG or MCWG, NRT2, rpoC1 and psbB genes were detected to determine the species of ginsengs.

Intravenous pharmacopuncture (injection) of MCWG are nowadays in need for the treatment of many kinds of diseases such as cancer, autoimmune disorders, hard-to-treat disease including ALS (amyotrophic lateral sclerosis, Lou Gehrig’s disease), chronic fatigue syndrome, depression and climacteric disorders, etc. It applies to the Qi deficiency pattern especially.

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The Relationship of Acupuncture and Meridians to Connective Tissue

K. Ozerkan

Health and Sport Sciences Department, Faculty of Sport Sciences, Istanbul University-Cerrahpasa, Turkey
Abstract

Objective: To show the relationship of Acupuncture points and meridians to connective tissue planes.

Introduction: Fascia has been defined as the soft tissue component of the connective tissue system, forming a whole-body continuous matrix that interpenetrates and surrounds all organs, muscles, bones and nerve fibers. Fascia is a thin membrane of loose or dense connective tissue that covers the structures of the body, protecting them and binding them into a structural unit layers of muscle, body compartments, and cavities.

Discussion: Stecco (2004) defines the parallels between acupuncture channels and fascial planes and between acupuncture points and centers of coordination. Langevin and Yandow (2002) found an 80% correlation between acupuncture points and intermuscular and intramuscular septa, along fascial planes. Subcutaneous tissue forms a continuous tissue plane throughout the body. This tissue plane is itself continuous with dermis, with interstitial planes separating muscles, bones, and tendons and with intramuscular connective tissue. These connective tissue planes also constitute the milieu surrounding a wide variety of sensory mechanoreceptors and nociceptors. Connective tissue is able to completely interconnect all parts of the body. In the body, the myofascial and connective tissue systems demonstrate the piezoelectric effect.

Conclusion: The insertion and twirling of a needle in an acupuncture point produces a strain which is transduced into an electric current because of the piezoelectric properties of the connective tissue. Acupuncture meridians tend to be located along fascial planes between muscles, or between a muscle and bone or tendon. Y. Nagahama and H. Motoyama have independently reached the conclusion that the meridian system lies in the connective tissues and specifically in the superficially fascia.

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Complex Role of Acupuncture and TCM in the Management of PN(E)I/Psycho-Neuro-(Endocrino)-Immunological Disorders - A Database of a Long-time Study

H. Muraközy

Rheumaklinik Dr. Lauven, Bad Oeynhausen, Germany

Abstract

Purpose: Psycho-neuro-(endocrino)-immunological disorders - such as signs and symptoms of rheumatic diseases and psychosomatic stress-/pain syndromes - are product of dysregulation of these systems. Acupuncture and/or TCM influence several levels of regulatory circles of the body. We investigated the benefit of ancient Chinese and modern needling techniques in the frame of our innovative, integrative, educative, holistic MeSaCoSa (mens sana in corpore sano) medical concept by a long-term study and collected the results in a database. The aim of the study was to investigate the efficiency of acupuncture and TCM in our concept for these reasons.

Methods: Clinical prospective, long-time follow up study of effectiveness of acupuncture and TCM collected in our database (8000 Patient in 12 year). The MeSaCoSa conception is shown in a the long-time tight control follow up ambulant control investigations in psycho-neuro-endocrino-immunological, rheumatic, orthopedic and psychosomatic diseases. Statistical analysis: Student T probe of psycho-neuro-endocrino-immunological factors like mood, pain relief, quality of life, down-regulation of signs and symptoms of inflammation and reduction of motion impairment of the patients.

Results: Improvement and significant alleviation of pain and inflammatory signs and symptoms, capability for better relaxation, better life quality HAQ with lower medicine consumption and fewer local corticosteroid infiltration, effective, long lasting, analgesic and anti-inflammatory potential, relaxing and long-time change of life-style by education and conscious prevention.

Conclusions: Beneficial, complex role of acupuncture in the frame of our MeSaCoSa concept, completed with a complex physical therapy regime and acupuncture (as a part of TCM) on psycho-neuro-endocrino-immunological rheumatologic and orthopedic disorders and chronic pain syndromes as well.

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An Alternative Method of Obesity Treatment: Acupuncture

H.H. Kara, M. Ayrancı

Necmettin Erbakan University, Faculty of Health Sciences, Department of Nutrition and Dietetics, Meram, Turkey