

The Effect of Acupuncture Therapy on Stomach Pain with Stomach Qi Stagnation Syndrome

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Abstract

Introduction: Gastric disease, or gastric pain, is discomfort in the pit of the stomach, including nausea, vomiting, feeling full in the stomach, bloating, and belching. The main causes of gastric pain are irregular eating patterns, not being able to manage stress, consumption of alcohol and cigarettes, ulcers in the stomach, and side effects of anti-inflammatory drugs. Gastric pain treatment can be done in conventional and traditional ways. Traditional medicine by means of acupuncture is a treatment technique that involves inserting special needles into certain points. **Objective:** This study aims to analyze the effect of acupuncture therapy on Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6) points of patients with gastric pain at the Mustika Surabaya Foundation. **Method:** This research method is qualitative with a case study approach. This research was conducted between October and December 2022 with 10 therapies. The data was collected through interviews and direct measurements of the respondents. **Result and Discussion:** The results of the study showed that there was a change in respondent's statements that they became more comfortable and reduced pain after carrying out acupuncture therapy. **Conclusion:** Treatment using the acupuncture method can effectively treat gastric pain.

Keywords: Acupuncture; Gastric Pain; Stagnation Qi;

Introduction

Today's modern society has unhealthy living habits by always choosing things that are instant and practical. This habit, combined with an unhealthy lifestyle and busy activities, can cause a decline in health and the emergence of various diseases, for example, gastric pain. Gastric pain is a feeling of discomfort in the pit of the stomach, nausea, vomiting, early fullness, a full feeling in the stomach, bloating, and belching (Nabunome et al., 2018). The main causes of stomach pain are irregular eating patterns, not being able to manage stress, consumption of alcohol and cigarettes, injuries to the inside of the stomach, and side effects of anti-inflammatory drugs (Novianti, 2020)

According to the World Health Organization, the percentage of gastritis incidence in Indonesia is 40.8% (Mustakim and Rimbawati, 2021), with several regions in Indonesia having a prevalence of 274,396 cases out of 238,452,952 inhabitants (Handayani and Thomy, 2018). Data from the Ministry of Health of the Republic of Indonesia in 2018 states that gastritis is one of the 10 most common diseases in hospitals for inpatients, with a total of 33,580 cases, with 60.86% occurring in female patients (Rimbawati et al., 2022). In outpatients, gastritis is in seventh place with a total of 201,083 cases, with 77.74% occurring in female patients (Safitri and Nurman, 2020).

Gastric pain treatment can be done in various ways, namely conventional and traditional. Many people are interested in complementary or traditional medicine, which is believed to be able to overcome health problems. The results of Basic Health Research in 2018 noted that the percentage of people who used traditional health services was 31.4% (Kristiana et al., 2020). One of the traditional treatments that exist today is acupuncture, which uses needles as a medium to cure disease.

Based on Traditional Chinese Medicine, stomach pain is included in the Wei Wan Tong category, or epigastric pain. This is because the patient's stomach is attacked by external pathogens, namely cold pathogens that attack the stomach and hot, humid pathogens that attack the stomach; improper food intake; emotional depression that causes liver Qi stagnation; spleen and stomach deficiency due to long-term illness that causes Qi stagnation from the spleen and stomach (Sinarsari, 2022).

Traditional Chinese Medicine places less emphasis on anatomical structure and more on a unique system of non-physical attributes known as the three main functional entities (Garvey, 2014). These three primary functional entities are the five basic substances, zang-fu and jing-luo. Each entity is associated with one of the five main functions, namely actuation, heating, defense, restraining, and transformation.

Every organ in the human body is categorized as yin or yang. Yin and yang must be balanced so that disease does not occur in the body and mind. Each organ manages energy channels that distribute qi and connect all parts of the body to each other; these channels are known as meridians. The heart organ is governed by the wood element, which is the element of growth, originality, creativity, and evolution.

The liver is a yin organ that influences emotional flexibility and energy flow at the cellular level. Imbalance in the heart will cause major problems such as depression, anger, pain, decreased self-confidence, a lack of direction in life, addictions, and doubts.

The stomach organs are governed by the earth element, which is the element of fertility, cultivation, femininity, and fury. An imbalance in the stomach causes vomiting and belching. The cause of gastric pain can be due to emotions or diet. Bad emotions within a person will cause the heart, which is responsible for the free flow and smooth flow of qi, to become disturbed and affect the smooth flow of qi in the body. An unbalanced diet where a person often eats oily and hot food can cause liver fire, which contributes to a lack of blood production and will lead to liver blood deficiency.

Traditional Chinese Medicine believes in the concept of balance between yin and yang. Yin and yang are concepts in Chinese philosophy that are used to describe the nature of opposite forces that are interconnected and mutually build each other up. Diseases in the body are believed to arise due to disharmony between the environment outside and inside the human body. An imbalance in the five elements, namely water, wood, fire, earth, and metal, is also believed to cause disease in the human body (Wiyata, 2022).

According to TCM, stomach pain or gastritis can be referred to as Wei Wan Tong or epigastric pain, which was first mentioned in the literature book "Huang Di Nei Jing 黄帝内经" saying that the main cause of this disease is often pain in the lower heart area. Therefore, from the Qin dynasty 秦 to the Han dynasty 汉, Jin Tang dynasty 晋唐, Wei Wan Tong's disease is often equated with Xin Tong 心痛 (heart disease). During the Jin Yuan dynasty 金元 in the book "Dan Xi Xin Fa 丹溪心法" written by Zhu Dan Xi 朱丹溪 distinguished the theory of treatment of Wei Wan Tong's disease and heart disease was distinguished in detail and clearly.

Gastric pain 胃痛 began to be mentioned during the Qing dynasty 清 in the book "Zha Bing Yuan Liu Xi Zhu 杂病源流犀烛". Stomach pain sufferers who have qi stagnation syndrome in the liver need to be treated by expediting liver qi as well as regulating and strengthening the stomach and spleen, and stopping the pain using acupuncture points to treat gastric pain, patients can use Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6) points. This study aims to determine the effect of acupuncture therapy at these points on patients with stomach pain.

Method

This study uses a phenomenological orientation in which two dimensions are explored, namely: What is experienced by the informant or subject, which is the latest experience that can be objective and physical? and informants' responses in response to these experiences, which can be in the form of assessments, opinions, expectations, notes, and the subject's understanding related to the phenomenon being experienced, so that the results will be subjective. The type of research used is interactive, where researchers collect data directly from sources.

While the nature of this research is development, this research is an addition or change to variables or indicators that already exist in previous research. The researcher

used purposive sampling because the researcher had determined the criteria of the informant, who was a patient with gastric pain due to gastritis aged 18 to 35 years with symptoms such as stomach pain, nausea, headaches, and a thin white coating on the tongue, and the number of samples needed in this study, namely three samples, which are patients to be interviewed.

This research was conducted in the working area of the Mustika Foundation, Jalan Bunguran, Surabaya City, and was conducted between October and December 2022 with ten therapy sessions. The sources of data in this study are primary and secondary.

Primary data is direct data provided by sources to researchers as well as a story and notes obtained directly by sources in this study. Secondary data is indirect data provided by informants to researchers or a story and notes obtained indirectly by informants in this study, for example informants obtain data through other people or researchers who obtain data through documents (Winarni, 2018).

Data collection was carried out using observation, literature study, and interviews. Researchers will make observations on the areas and respondents who will be used as research to find out whether they have the potential to be used as research support materials. Data analysis was carried out from the start so that the data obtained could be directly processed and analyzed so that conclusions could then be drawn. Furthermore, draw conclusions based on the results of research with interviews and documentation.

Result and Discussion

Result

Observation

1. Informant A showed symptoms such as vomiting, nausea, dizziness, belching, a thick tongue coating, and pain in the stomach. Informant A also showed symptoms such as cold sweats and no appetite. Informant A has had gastric pain for approximately 5 years and has symptoms of stomach pain and nausea. Informant A has tried consuming ulcer drugs such as Mylanta and then tried the acupuncture method.
2. Informant B showed symptoms such as a thin white coating on the tongue, a pale face, nausea, vomiting of sour liquid, and sometimes a feeling of bloating in the stomach and irregular bowel movements. Informant B also showed symptoms such as feeling full in the stomach and often belching. Informant B stated that he had experienced stomach pain for 7 years, which was caused by an irregular eating pattern so that the stomach felt sore. Informant B took drugs from doctors with strong prescriptions, such as the drug lansoprazole, so he tried to choose a procedure with acupuncture therapy.
3. Informant C showed symptoms of decreased appetite, dizziness, mild stomach pain, a pale tongue, clear vomiting, and a pale face. Informant C also admitted that he often experienced a bitter taste on his tongue and vomiting. Informant C stated that he had suffered from gastric pain for about 2 years with symptoms of stomach discomfort, and then informant C decided to try the acupuncture method of therapy.

Previously, informant C consumed over-the-counter ulcer drugs sold in pharmacies such as Mylanta.

4. Treatment with the Acupuncture Method
5. Informant A stated that after carrying out acupuncture therapy with all points, namely Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6), who used the sedation method with a waiting time of 30 minutes, the informant felt that he was experiencing changes where the stomach felt less sore, but the informant also adopted a healthy lifestyle. Informant A stated that treatment using the acupuncture method was considered effective in treating stomach pain and other diseases. However, it must also be balanced with changes to a healthier lifestyle.
6. In informant B, who performed acupuncture therapy with all points, namely Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6), with the sedation method and a waiting time of 30 minutes, the informant felt that he was experiencing a change where the stomach felt more comfortable and the informant did not need to take medication medically anymore. Informant B stated that acupuncture treatment is effective in curing disease
7. In Informant C's case, acupuncture therapy was carried out at six points, namely Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6), with sedation and a waiting time of 30 minutes. The informants felt that gastric pain rarely recurred. Informant C stated that acupuncture treatment was effective in treating gastric pain.

Discussion

At the observation stage, sufferers of stomach pain have several symptoms such as dizziness, nausea, vomiting, cold sweat, stomach feeling full, stomach pain, face looking pale, loss of appetite, and frequent belching. Stomach pain sufferers have taken medical drugs before carrying out acupuncture therapy and have symptoms of stomach pain such as stomach pain, nausea, and vomiting.

Stomach pain is usually caused by irregular eating patterns and an unbalanced, healthy life style After treatment with the Acupuncture Method with six points, namely Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6), overall using the sedation method and with a waiting time of 30 minutes, the informant felt a change to be more comfortable and less painful after doing acupuncture therapy.

Treatment using the acupuncture method can effectively treat gastric pain, but apart from using acupuncture therapy, patients must also change their lifestyle to live a healthier life

Conclusion

As a result of the analysis and discussion of the data that has been obtained, the researchers have drawn several conclusions from research related to the Management of Stomach Pain in Liver Qi Stagnation that Interferes with the Stomach Using Acupuncture therapy is: After doing acupuncture therapy with six points, namely points namely Zhong Wan (CV 12), Zu San Li (ST 36), Qimen (LR 14), Taichong (LR 3), Weishu (BL 21), and Neiguan (PC 6)) with overall using the sedation method and with a waiting time of over 30 minutes has effectiveness against gastric pain where the informant felt a change to become more comfortable and reduced pain after doing acupuncture therapy. Treatment using the acupuncture method can effectively treat gastric pain, but apart from using acupuncture therapy, patients must also change their lifestyle to live a healthier life.

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