Case Report

Acupuncture Treatment in Prolapsed Lumbar Intervertebral Disease (PLID) Disease-A Case Report

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Abstract: Background: Chronic pain in the back and legs, known medically as sciatica, are common complaints among the general population. There is a significant reduction in working hours and corresponding financial losses for both people and the government. In order to properly treat these people, a thorough evaluation is required first. If a patient doesn't get the care they need, it might make their condition worse. The purpose of this study is to evaluate the efficacy of acupuncture for the treatment of PLID.

Methods: This study included observing patients at Suo-Xi Hospital (Acupuncture), Chamelibag, Santinagar, Dhaka, Bangladesh. A young man in his twenties came to the clinic complaining of low back discomfort that he’d been having for three years. An MRI scan of the lower back and pelvis confirmed the diagnosis. Results: The follow-up research found very positive outcomes. After 8 days of acupuncture, the 3-year low back discomfort started to subside. The patient no longer felt any discomfort in his lower back.

Conclusion: Patients with PLID may benefit from acupuncture, and there is evidence that it helps them get well.

Keywords: SUOXI Healthcare Limited, PLID, Acupuncture, Acupuncture, Chinese Method, Stretching Physiotherapy, Low Back-pain, lumbar disc, Lumbar mobilization, Manipulation, Stretching.

INTRODUCTION

In the clinic, intervertebral disc prolapse is often accompanied by symptoms of back and leg pain. Between 1.9% and 7.6% of males and 2% to 3.2% of women are predicted to develop the condition throughout the course of their lives. (Zhang, Y. et al., 2015) Chronic lumbar vertebral column disease (PLID) is one of the most common chronic lumbar vertebral column diseases of the elderly (Karamouzian, S. et al., 2014, Shin, B.-J. 2014). It can cause a wide range of symptoms, including back pain, low back pain, sciatica, quadra equines syndromes, radicular pain, and neurological deficit due to nerve root compression that causes radiating pain up the whole lower limb. Collage of collagen, proteoglycan, and glycosaminoglycan makes up the lumbar disc. These elements work together to reduce stress on the spinal cord. Proteoglycan synthesis by the disc's fibro chondrocytes may decrease with age. When discs get dehydrated and swell, they put more pressure on the annulus fibrosus that surrounds them. Herniation of disc material is aided by rips and fissures in the annulus, which may form if the disc is exposed to sufficient pressure (Qi, Z., & Xiao-gang, Y. 2005). In the setting of high biomechanical stress, a catastrophic breakdown of the annular fibers can trigger the ejection of disc material. Disc herniation occurs when the outer fibrous ring of an intervertebral disc rips, preventing the soft, core component from bursting through the breach (Kim, K. H. et al., 2016). This condition is known in the medical profession as condivertertebral dissection of the spine or a slipped disc. The involuntary emission of feces or pee happens in extremely unusual instances. Herniated or ruptured discs in the lower spine can cause discomfort in the lower back and legs. The symptoms of a herniated disc could include discomfort, muscular spasms or cramps, sciatica, and the inability to use one or more of one's limbs. The discomfort is aggravated by sneezing, coughing, or leaning over. When the water in an intervertebral disc evaporates, a herniated disc protrudes through the skin of the lower back. When treating low back pain or sciatica, the phrase "lumbar disc disease" is widely used by both patients and professionals. Lumbar herniated disc is the phrase used to describe a herniated disc in the lower back. About a third of all occurrences of back pain are due to lumbar disc dysfunction. Compression of the most proximal nerve adjacent to the intervertebral disc may produce discomfort, weakness in the muscles, and a loss of responsiveness to touch. When a nerve is pinched, pain goes down the leg and into the foot. This may happen at the rear of the calf, the side of the calf, or the inside of the foot (sciatica) (sciatica). Both the fourth and fifth lumbar vertebrae, as well as the fifth lumbar vertebrae and the first sacral segment, are common sites for nerve
root impingement. An MRI scan is a good way to confirm a diagnosis in patients who are experiencing symptoms. Due to CT scans’ advantages over MRIs in terms of turnaround time and cost, they may be prescribed for patients exhibiting only mild symptoms. However, MRI images are more accurate depictions of soft tissue than CT scans are of bone. Construction, building, iron or metal, food and nutrition, and occupational driving have the greatest prevalence of PLID. There is a higher-than-average chance of getting into an accident for all drivers. Sewing machine operators, private sector service employees, and domestic assistance are all at increased risk. A large percentage of these women are working in fields that have historically been dominated by men. According to patient medical data, there are statistically significant and ongoing disparities in the probability of hospitalization across various occupational groups.

**CASE REPORT**

This particular problem was brought to our clinic by a young man in his twenties who had been suffering from low back discomfort for the previous three years. In the course of our study, MRI examinations of the lumbosacral spine are carried out. According to the results of the MRI scan, the lordotic curvature of the lumber has become less pronounced. The patient was found to be suffering from symptoms that were caused by a prolapsed lumber intervertebral disc, which was the diagnosis made.

![Figure A, B, C: MRI of the lumbosacral spine revealing PLID](image)

The treatment begins with acupuncture focused on the lumbar region and the left leg, as well as the Chinese medicine method, and physical therapy (Lumber mobilization, Manipulation, Stretching). Patients who suffer from chronic pain often respond well to treatment with acupuncture. While phonetic methods slow input because you have to choose from a list of phonetically similar characters, root shape methods allow for extremely precise and rapid input but have a steep learning curve because they frequently require in-depth knowledge of the stroke and component compositions of a character. Root shape
methods allow for extremely precise and rapid input but have a steep learning curve. Throughout the course of our PT sessions, the patient was subjected to manipulation as well as mobilization. The subsequent investigation produced astounding findings, as was expected. After four days of acupuncture therapy, the soreness in the lower back has greatly decreased. The individual is no longer complaining of any lower back discomfort.

**DISCUSSION**

Pain in the lumbar spine is the classic symptom of the most common orthopedic problem, which is a slipped or bulging disc in the lower back (also known as a lumbar disc herniation) (Li, H. et al., 2015). This condition may also be referred to as a lumbar disc protrusion. Fenestration of the vertebral lamina is a common surgical procedure used to treat lumbar intervertebral disc prolapse. This procedure involves making a small hole in the back of the vertebrae. (Su G et al., 2011) This substance does not have any unfavorable side effects, but it does have a number of beneficial benefits, including anti-inflammatory, decongestant, blood circulation-promoting, and collateral dredging effects. In the paragraphs that follow, we will go even further into the principle of channels and collaterals, which is the foundation upon which acupuncture and moxibustion are founded. The neurological system, the muscular system, the circulatory system, and the lymphatic system work together to create channels and collaterals that are utilized by other systems. These channels and collaterals are used by other systems. One of our patients was a young man in his twenties who came in complaining of persistent lower back discomfort. Being in such acute discomfort was a nerve-racking experience for sure. The majority of the examinations were carried out by our in-house staff. The MRI of the individual’s lumbar spine showed the sign that indicates the person in question has a PLID. The patient was treated with a number of different modalities over the course of treatment. These modalities included acupuncture, the Chinese method, stretching, Lumbar Mobilization, and physical therapy. Everything worked out OK in the end. The patient went to eight acupuncture sessions, and by the eighth appointment, they felt a considerable reduction in the tightness in their lower back. Apparent success may be attributed to the therapy.

**CONCLUSION**

The findings of the follow-up investigation showed a lot of cause for optimism. The patient had been suffering from lower back pain for three years, but after undergoing acupuncture treatment for a period of eight days, the patient was completely free of any discomfort in that region. This unease was noticeable from the very beginning of the experience. Acupuncture has been shown to help in the functional rehabilitation of patients; therefore it may be beneficial for patients who have PLID to get it.

**REFERENCES**

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