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Application of Bo's acupuncture therapy on post-viral olfactory disorder: A case study

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Objective: There have been few studies on alternative way in treating post-viral olfactory disorder (PVOD). The purpose of this case study was to illustrate the effect of Bo's abdominal acupuncture on a patient with PVOD.

Clinical Features: A 52 years old female caught a cold, with stuffy nose, headache, and purulent sputum. She lost the sense of smell since then, after that, all her sense of smell became garlic flavor. She was diagnosed with viral sinusitis by otorhinolaryngologist while water's view showed good pneumatization of paranasal sinuses without clouding and CT showed no polyp but retention cyst of bilateral maxillary sinus floor. (Figure 1) She had taken steroids for four weeks, but the situation didn't improve. Therefore, she came to Chinese medical department for help.

Intervention & Outcome: The patient was treated with Bo's abdominal acupuncture at CV12 (Zhongwan, 中脘), CV10 (Xiawan, 下脘), CV6 (Qihai, 气海), and CV4 (Guanyuan, 关元) for conducting Qi back to its origin and at both sides of ST24 (Huaroumen, 华罗门), KI13 (Qixue, 气穴), KI17 (Shangqu, 商曲), KI18 (Shiguan, 石关, tender-points), KI19 (Yindu, 阴都, tender-points), SP15 (Daheng, 达横), and Shang feng shi dian (上 Feng Shi Dian). (Figure 2) Disposable stainless steel filiform needles (30 gauges, 40mm long) were inserted and retained for 15 minutes. Acupuncture was performed twice a week for two months. During treatment, the garlic flavor was gradually fading and the patient could distinguish flavor of fruits and flowers over time.

Conclusion: Treating PVOD with Bo's abdominal acupuncture can improve the sense of smell, and may shorten the time of improvement. It might be an alternative way or adjuvant therapy of PVOD when steroids don't work.



Figure 1: CT disclosed no polyp but retention cyst of bilateral maxillary sinus floor (the white arrows). (Left)

Figure 2: The patient was treated with Bo's abdominal acupuncture. (Right)

Biography

Pin-Shu Lin is a Medical Resident in Department of Chinese Medicine at Kaohsiung Chang Gung Memorial Hospital. She graduated from Chang Gung University and completed her major in both Western and Chinese medicine. She likes to study in Acupuncture, Abdominal Acupuncture, and Traditional Medical Traumatology. She keeps practicing various skills of acupuncture and traumatology, and trying to combine knowledge of Western and Chinese medicine.

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