

# 4<sup>th</sup> Global Acupuncture & Therapists Annual Meeting and International Conference on Holistic Medicine & Holistic Nursing

July 14-16, 2016 Philadelphia, USA

## Acupuncture treatment for 18 cases of facial paralysis (Bells palsy)

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**Introduction:** 18 cases of facial paralysis were treated using acupuncture with perpendicular and point to point acupuncture. Among them 11 cases were cured (61.11%), 6 showed marked effect (33.33%) and 1 improved (5.55%), an effective rate of 100%. Analysis shows point to point acupuncture needling along with routine acupuncture has far more superior results. Bell's palsy or facial paralysis is characterized by weakness of the muscles supplied by the facial nerve, due to inflammation and swelling of the facial nerve within the facial route. It is most common in the persons who are over 30 years of age and in both sexes equally, though we got cases of young patients aged 22-27 years.

**Signs & Symptoms:** Sudden onset of unilateral total or partial paralysis of the facial muscles. Numbness on the affected side, loss of taste and excessive tear production on affected side.

**Treatment Methods:** Acupuncture points selected were xiaguan (s-7), jiache (s-6), taiyang (extra), dicang (s-4), sibai (s-2), yifeng (tw -17), fengchi (gb-20), yangbai ( gb-14 ), baihui (du-20), hegu (l.i.-11), yanglingquan (g.b. -34), zusanli (st-36) and neiting (s-44).

**Cure:** After treatment, symptoms and signs disappear completely, both sides of face are symmetric and the sensory and motor functions recover completely.

**Marked effect:** Symptoms and signs disappear, both sides of faces are symmetric, sensory and motor functions return but patient still feels numbness on affected side.

**Improvement:** Symptoms and signs almost disappear, but still evident when twitching the nose, inflating the cheeks or laughing. No effect after 10 sessions of treatment and no improvement of signs and symptoms.

**Results:** All the 18 cases of facial paralysis were treated using acupuncture with perpendicular and point to point acupuncture. Among them 11 cases were cured (61.11%), 6 showed marked effect (33.33%) and 1 improved (5.55 %), an effective rate of 100%.

**Summary:** Based on the theory of traditional Chinese medicine, it is held that wind and cold of external origin which invades the channels traversing the face and disrupt the flow of qi and blood, preventing the vessels and muscles from receiving the necessary nourishment. Treatment is directed towards spreading the qi through the channels of the face.

## Biography

Sukhwinder Singh is working as an Acupuncture Therapist at Guru Kirpa Acupuncture and Holistic Care Center Amritsar, India from past 16 years. He has spent almost 7 years in the professional study of Acupuncture at Ludhiana, Kolkata, Coimbatore and Canada. He has attended 12 national and international acupuncture conferences at Punjab, Tamil Nadu, Delhi, Kolkata, Edmonton (Canada), Lahore (Pakistan) and presented acupuncture papers in 6 conferences out of them. He was honored to be the first Indian to attend and present papers in acupuncture at Lahore, Pakistan, (role of acupuncture in cerebral palsy and addiction), in their 1<sup>st</sup> International Conference on Acupuncture and was honored by Central Health Minister of Pakistan. He is the Vice President of Acupuncture Science Association, Punjab unit, member of Tamil Nadu Acupuncture Council, Canadian Medical Acupuncture Society, Pakistan Acupuncture Council and Acupuncture Association of India.

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