

KNEE PAIN RELIEVED. THE USE OF EXTRA ANATOMY PATHWAY

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ABSTRAK

Lutut adalah bagian tubuh yang sangat mudah terkena trauma. Lutut merupakan sendi terbesar dan paling kompleks, ia digunakan untuk berbagai keperluan tubuh, untuk berdiri tegak, duduk, berjalan berlari dan sebagainya. Ia merupakan sendi tubuh yang menjadi tumpuan berat badan, baik dalam posisi tegak lurus, membelok dan berputar. Semua model gerak tubuh ini membutuhkan fungsi sendi lutut yang sempurna. Nyeri lutut seringkali berhubungan dengan usia seseorang. Nyeri lutut pada usia muda lebih sering disebabkan trauma dan penggunaan sendi lutut yang berlebihan, sering dikarenakan kegiatan olahraga dan aktivitas fisik lain yang serupa. Pada usia di atas empat puluh tahun, penyebab utama nyeri lutut adalah proses penuaan. Terapi nyeri lutut bisa menggunakan cara non-farmakologis yang berupa: terapi manipulatif osteopatik, fisioterapi, olahraga, penggunaan alat-alat bantu, termasuk penurunan berat badan. Terapi secara farmakologis bisa secara topikal, intra artikular dan secara oral. Terapi yang dimaksud misalnya menggunakan acetaminophen, obat anti inflamasi non-steroid dan obat-obat inhibitor cyclooxygenase type 2. Metode yang digunakan selain pendekatan konvensional di atas adalah terapi akupunktur. Terapi akupunktur adalah terapi menggunakan tusukan jarum berukuran semisal ukuran rambut pada titik-titik tertentu di permukaan tubuh. Tujuan penusukan ini adalah agar energi tubuh bisa terpelihara mengalir secara normal melalui jalur di luar jalur anatomi, dikenal dengan nama meridian. Banyak penelitian klinis membuktikan efektifitas teknik akupunktur ini dibanding penanganan nyeri tumit secara konvensional. Pada laporan kasus di bawah ini, ditampilkan kasus seorang lelaki 63 tahun yang mengeluh nyeri lutut sebelah kiri. Teknik pengobatan akupunktur dapat membantunya mengatasi nyeri lututnya itu.

ABSTRACT

The knees are the most easily injured part of the body. The largest and most complicated joint, the knee is used for everything from standing up, sitting, to walking, running, etc. It's a weight-bearing joint that straightens, bends, twists and rotates. All of this motion make you need to keep your knee joint perfectly satisfy. Knee pain is often age-related. In younger people, knee pain is more commonly caused by trauma or overuse, usually related to sports or some physical activity. In age over 40 old, the most likely reason is known as degenerative process. Treatment involves using non-pharmacologic therapeutic modalities include osteopathic manipulative treatment, physical therapy, exercise, use of assistive devices, and weight reduction. Pharmacologic options, categorized as topical, intra-articular, or oral, include acetaminophen, non-steroidal anti-inflammatory agents, and cyclooxygenase type 2 inhibitors. Another way from conventional approaches, patients may consider acupuncture method. Acupuncture involves the insertion of needles the width of a human hair along precise points throughout the body. This process triggers keeps body's energy normal flow through extra anatomy pathway called meridian. Clinical studies are measuring the effectiveness of acupuncture in comparison to more conventional procedures in the treatment of knee pain. In this following case report, it will be shown that there was a man aged 63 years came with complaints left knee pain. Acupuncture technique can help him relieve his knee pain.

Keywords: Knee pain, Acupuncture, Extra Anatomy Pathway, Meridian

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INTRODUCTION

During the long history of traditional Chinese acupuncture, the results of needling acupoints have been described both clinically and theoretically. The concepts of chi, blood, meridians, and acupoints are integral to the understanding and application of Traditional Chinese Medicine (TCM). Since its introduction into Western culture, there have been many experiments and writings to attempt to explain these concepts in Western

scientific terms. Many early explanations were shallow and simplistic, for example, that acupuncture is simply a primitive way of describing stimulation of the nervous system, or that it is only placebo treatment (Starwynn 2001). There have been a growing number of insightful researchers who have penetrated much further into the common truth between TCM and Western science, and their paths have led into the realms of electromagnetic and quantum physics (Starwynn 2001).

Acupuncture involves the insertion and manipulation of needles into specific points on the body to relieve pain or for therapeutic purposes. In acupuncture medicine technique, a communication path exists aside from nervous, blood vessels and lymph vessels communication path. It is called meridian pathway, another pathway common use in anatomy terminology (Abdurachman 2005, 2010). Meridian is not a nerve path, not a lymph vessels path, is also not a path of blood vessels. This particular communication path is known as energy communication path (chi) or is specially named as meridian. In acupuncture theory, it is mentioned that that chi flows through the body's meridians. If this chi flows is disrupted, complains or symptoms according to the degree of disruption and the meridian where disrupted will appear (Yanfu et al. 2002a).

As early as in the ancient age, people began to use stone needle for medical treatments. Acupuncture therapy uses acupuncture points as the stimulating points and the relationship of meridian as basis of the treatment. Meridian consists of major channel and branches of channels, which refer to the network that runs chi, contact the viscera, communicate the internal and external and run through up and down inside the body (Yanfu et al. 2002a). Acupuncture is using these passages through which vital energy circulates and regulates bodily functions. Acupuncture stimulates the acupuncture points, deep or shallow, strong or weak, to arouse the meridian and chi, which can adjust the overall function, dredge the channels, regulate the internal organs so as to encourage the vital energy and achieve the purpose of medical treatment in the end (Yanfu et al. 2002a).

According to Gellman (2002), the body's bio energy flows through specific channels called meridian and regulates the whole body function of the body's organ. Meridian is channels which connect all of the body's components. Aside from connecting all of the body's energy internally, meridian also connects the body's internal energy with external energy (natural energy) through "doors" called acupuncture points or acupuncture points.

Stimulation on acupuncture points will be transmitted meridian communication path. Then stimulation will affect circulation of the existing energy system, creating a healing effect, especially to meridian connected directly to the stimulated acupuncture point (Gellman 2002). Diameters of the acupuncture points are approximately between one to three millimeters.

The depths from the surface of the skin are according to the place and different in each individual (Wensel

1980). It has long been known that acupuncture points have some specific characteristics, at superficial acupuncture points, there are high electric potential (can reach as high as 300mV), high electric capacitance (0.1-lmF), low electric resistance, increased skin respiration, high local temperature, radiating light which spontaneously visible from Jing and Yuan points, and sound signals (frequency 2-15 Hz, amplitude: 0.5-1 mV). At profound acupuncture points, there are low perception threshold to electric stimulation, high capacitance, electric resonance with the other acupuncture points, high conductivity to isotopic tracers (Starwynn 2001).

Darras (1993) investigated the pathways of acupuncture meridians in the human body through the injection of radioactive tracers at acupuncture points. Technetium 99m (99mTc) as sodium pertechnetate, the most common radioactive tracer in nuclear medicine, has been used. The migration patterns were recorded with a scintillation camera associated with computer imaging capabilities. His findings show that the preferential pathways taken by the radiotracer coincide with acupuncture meridians as described in Chinese traditional medicine. More, it has been established that these pathways are distinguishable from either lymphatic or vascular routes.

CASE REPORT

A man aged 63 years came with knee pain. Patients are Indonesian citizens, Madurese people, who lived in Saudi Arabia. Pain is felt on the left knee on the medial side (Fig. 1). In Chinese medicine, the pain felt by the patient is in the area in accordance with the kidney meridian travel (Fig. 6). Clearer evidence of the existence of pain in the kidney meridian is, patients also complain of pain in the waist. In addition, the patient also complained of can't sit iftirasy in prayer perfectly (Fig. 2). This means that the patient felt pain radiating to the back of the knee in accordance with the bladder meridian travel.



Figure 1. Left medial knee side

Pain has been going on since approximately year ago. Knee pain is accompanied by a lump like wrap fluid.



Figure 2. Sit iftirasy perfectly
(http://lh6.ggpht.com/_i0xK8sx6mNI/TJKzjpw6wI/AAAAAAAAAC8/_8G8yQbTXS4/iftirosy%5B4%5D.jpg)

Therapy was done in Saudi Arabia, among others, took out the contents of the liquid with syringe injection (black arrow in Figure.1), anti-pain medication and some other drugs. Pain can almost not be felt for approximately three months. After three months pain feel-up anymore and pockets of fluid becomes greater. Such therapy had been done three times. Five days earlier the patient returned to Indonesia, coming home to Madura. Knee pain was felt anymore. There is little liquid as it first. Pain is also felt in the left hip around two fingers laterally from the midline (Fig. 3).



Figure 3. Low back pain on left side

All the pains, especially on his knee made sufferers can't properly perform their prayers. Last therapy worked about three months ago in Saudi Arabia. Informed concern was made, the physician therapy using the technique of acupuncture. The points used are: Kidney-1(Ki-1) and Urinary Bladder-65 (UB-65) according to points used in acupuncture (Yanfu 2002b). The meridian pathway of Kidney and Urinary Bladder can be seen in Fig. 5 and Fig. 6. The point of Ki-1, in

the depression appearing on the sole when the foot is in plantar flexion, approximately at the junction of the anterior and middle third of the sole and UB-65 on the lateral aspect of the foot, in the depression proximal to the head of the 5th metatarsal bone (Yanfu 2002b). Acupuncture needles are used from stainless steel size: 0.25 x 40 mm at the point of Ki-1, whereas at point UB-65 used needles made ??of similar material size 0.25 x 25 mm (Fig. 4).

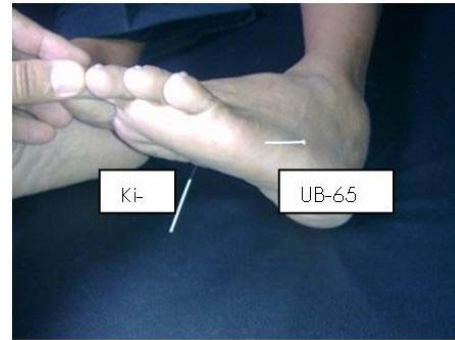


Figure 4. Needle punctured on Ki-1 and UB-65

Needle inserted up to 2/3 length. Each needle rotated anti-clockwise direction in about 15 seconds. Patients then were asked to perform flexion at the left knee joint, the pain immediately disappeared. Acupuncture needle was left in each position for about 10 minutes. After two needles removed, the patient asked to stand up, do flexion knee joint, the pain disappeared completely. Then patients are asked to sit iftirasy such as when to pray. Patients were asked to do a seated position iftirasy repeated three times. All patients performed perfectly without complaints of pain. Patients feel grateful.

In Chinese medicine, kidney and urinary bladder are paired organs. In addition to kidney-bladder pair known five pairs of other organs: liver-gallbladder; spleen-stomach; pericardium-San-Ciao; heart-small intestine; lung-large intestine. Couple these organs is known designers-Fu, its means designed organ pair (solid) with Fu (hollow). Couple this organ support each conformed to the theory of couples, Yin-Yang. Any disturbance in one paired of these organs, will automatically have an impact on organ paired. Like the husband and wife in everyday life. To get a healthy condition, pairing this organ should be in a state of balance. In acupuncture, therapy designed organ, can be performed directly on these organs, among others, by stabbing a needle on the meridian organ concerned. In addition, acupuncture therapy can also be done through the organ meridians partner. In this case acupuncture therapy at the point of Ki-1 in accordance with the acupuncture points on the kidney meridian, while also done acupuncture therapy at the point UB-65. The last point is acupuncture points

located on the bladder meridian. The bladder is an organ of the kidney pair.

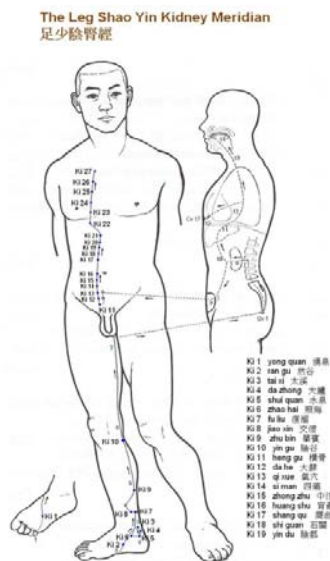


Figure 5. Kidney meridian Pathway (<http://www.shennong.com/eng/principles/bladdermeridian.html>)

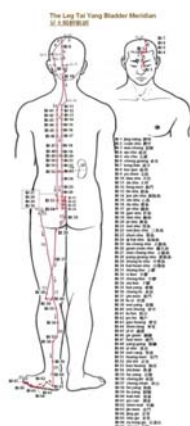


Figure 6. Urinary Bladder meridian pathway (<http://www.shennong.com/eng/principles/bladdermeridian.html>)

CONCLUSION

Knee pain can be relieved by puncturing the point of acupuncture. The way of communication used in acupuncture is extra anatomy pathway, called meridian. This case report impressed the existence of meridian pathway. Another pathway is commonly used in anatomy terminology. This case report also impressed the existence of acupuncture points.

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