

Acupuncture Treatment in Prolapsed Lumbar Intervertebral Disease (PLID): A Case Study at a Acupuncture Specialized Hospital in Bangladesh

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<p>Abstract: Sciatica and lower back pain are very common complaints. Both the amount of hours worked and the national economic loss will be minimized as a result of these changes in the labor laws. The importance of a thorough physical examination cannot be overstated before beginning any kind of treatment. It is more likely to occur if medical or surgical treatment is not up to par. To find out whether and how acupuncture may improve on current PLID treatment, this study is looking at it. Bangladesh's Suo-Xi Hospital (Acupuncture) at Shaan Tower, Chamelibag, Shantinagar conducted this investigation. For the last twenty-two years, a 42-year-old male patient has been experiencing lower back pain. An MRI scan confirmed the diagnosis. Results: Further research yielded positive results. He'd been looking for a solution to his lower back problems for the better part of two decades. Conclusion: The results of this research suggest that acupuncture may be helpful for those with PLID.</p> <p>Keywords: PLID, Acupuncture, Acupuncture, Physiotherapy, Mobilization, Manipulation, Stretching, Chinese Method, Low Back-pain, Lumbar disc.</p>	<p>Case Report</p>
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INTRODUCTION

The lumbar spine's herniated disc is a common source of lower back and leg discomfort (PLID). Estimates of the frequency of PLID in men and women range from 1.9% to 7.6%, with no noticeable trend [1]. There is an increased risk of back and leg pain (including sciatica) in PLID patients because of the compression of the nerve roots [2, 3]. Because of this, leg pain occurs. Collagen, proteoglycans, glycosaminoglycans, and other specific glycans and proteins are all present in the lumbar discs. As a consequence, the spinal cord is relieved of some of its stress. In degenerative disc degeneration, fibrochondrocytes lose their capacity to produce fatty acids [4, 5]. The surrounding annulus fibrosus is affected by disc dehydration and compression, which may lead to annular tears. Pressure may cause a disc's elasticity to break down, allowing its contents to spill out. Biomechanical stress may cause some of the disc's contents to seep out of a healthy disc. Because of a condition called as condiververtebral dissection, an intervertebral disc may be described as "slipping" or "slipping" (PLID). Emergency medical care is needed for abdominal and urinary tract issues. Disc herniation or a

slipped disc in the lower spine may cause leg and back discomfort. Leg discomfort, numbness, and tingling are all possible symptoms of herniated discs. The already grim situation is made much worse by these new factors. When the intervertebral disc's matrix dries out, prolapsed disc disease may result. Disc degeneration in the lumbar spine is merely one of a number of possible reasons of back and sciatic pain. This picture shows a herniated disc in the lumbar region of the spine. Around one-third of all cases of back pain are attributed to degenerative disc disease of the lumbar spine. Muscle weakness and numbness may occur if the herniation puts tension on the nerves that transmit sensation to the skin. the discomfort may move down the leg and into the foot, usually starting in buttocks or the hip region, as a result of a damage to the nerves (sciatica). Even the most experienced drivers are more likely to be involved in an accident when PLID is present. There are a number of risky jobs for women, including domestic workers, private sector service providers and seamstresses. In their respective industries, these female professionals are just as common as their male colleagues. PLID has been linked to an increased risk of hospitalization, according to employee medical data.

CASE REPORT

A 42 years' male patient, who had been suffering from low back discomfort for the last twenty-two years, came to our clinic for treatment. There had been a steady worsening of the discomfort, according to the patient, who insisted that it needed to be addressed right now. One of the primary concerns of the patient was that their degree of discomfort had increased during the

course of the therapy they had received. No one ever bothered to take him to the doctor, even though his symptoms had been going on for seven years. It was done in the safety of a lab, where every step was planned and painstakingly performed. MRI results reveal that PLID is consistent with these findings as well, which are backed up by the findings of this study. This is consistent with our findings. That's what we've discovered, according to our results.



Figure A



Figure B

Figure A, B: Giving Acupuncture at the Lumbar Region

Acupuncture and mobilization of the lumbar spine, as well as stretching and mobilization of the lumbar spine, are often used to treat low back pain. We use lumbar mobility and manipulation to help the patient relax. Overall, the findings of the follow-up research were positive, as was the general conclusion drawn from it. The patient reported a substantial improvement in his health after the second acupuncture treatment on his lower back. Unexpectedly, the patient's longstanding lower back discomfort began to decrease.

DISCUSSION

As the most common symptoms, back discomfort and prolapsed intervertebral discs' account for the majority of all complaints. As a result, back pain is now more common than any other orthopedic ailment (lower back pain). Lumbar intervertebral disc prolapse may be treated surgically by opening up the vertebral lamina [6]. As a result of the clinical trials, this medicine has been found to reduce tumors, enhance blood flow to them, and clear collateral veins. People who practice Chinese medicine should not underestimate the relevance of the concepts of channels and collaterals in their treatment. In the next paragraphs, we'll go into

further detail about these principles. Muscles and the neurological system work together to produce communication and functional channels [7]. This has been shown by the efforts of both systems working together. For the last twenty-two years, a 42-year-old guy has been enduring low back pain. It was difficult to deal with the excruciating pain. Many of the tests were carried out by us, but they were done at our own cost and on our own time. MRI was used in this lab experiment to generate an accurate picture of the lumbar spine. According to the MRI results, the patient had PLID. The patient's symptoms improved with a combination of acupuncture and physical therapy. After all the considerations, this was the best decision. In subsequent sessions, the patient's lower back pain decreased dramatically. In this instance, as well, medical intervention was successful.

CONCLUSION

Experts were surprised by the results of the follow-up investigation. Patient's back pain improved after the second acupuncture treatment. The patient's back discomfort has completely disappeared. Acupuncture has been shown to be effective in the

treatment of a prolapsed lumbar intervertebral disc (PLID).

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