

Patient: Y.K Date of first visit: March 7, 2018 Age: 61 Gender: Male

Chief Complaint: Hiccup

Secondary Complaint: Pain in the hypochondriac region

History of Present Illness: 61 years old Asia male suffered from hiccup immediately after eating noodle fast for lunch eight days before visit our clinic, which became worse and worse, even disturbing his sleep at night. He could not control the hiccupping even though he was taking prescribed medicine- Chlorpromazine (25mg/day) and herbal medicine by other TCM clinic.

Review of System: Examination showed a healthy body build in his age group. BP: 130/85mmHg, Short and rapid breathing noticed. Sleep: poor, Bowl movement: Normal, Urination: Normal, Appetite: Poor,

Western Medical Diagnosis and Tests: A hiccup is an unintentional movement (spasm) of the diaphragm, the muscle at the base of the lungs. The spasm is followed by quick closing of the vocal cords. This closing of vocal chords produces a distinctive sound. Hiccups often start for no apparent reason. They most often disappear after a few minutes. In rare cases, hiccups can last for days, weeks, or months. Hiccups are common and normal in newborns and infants. Hiccups are often rhythmic. They are usually just a temporary minor annoyance, but prolonged hiccups may signal major medical problem. Some causes of hiccups included: Eating too quickly and swallowing air along with foods. Eating too much or drinking too much can distend the stomach and irritate the diaphragm. Any disease or disorder that irritates the nerves that control the diaphragm (such as liver disease, pneumonia, or other lung disorders). Abdominal surgery can also irritate the nerves that control the diaphragm, causing hiccups. Strokes or brain tumors involving the brain stem, and some chronic medical disorders (such as renal failure) have also been reported to cause hiccups. Noxious fumes can also trigger hiccups. Sudden changes in temperature. Fear or excitement. Some medications may also have hiccups as a side effect, for example: Medications for acid reflux, Most benzodiazepines, including diazepam (valium), alprazolam (Xanax), and lorazepam (Ativan), Levodopa (Zofran)

Source: https://www.medicinenet.com/hiccups/article.htm#what_causes_hiccups

TCM Pattern Differentiation and Discussion: Tongue: Thin/white red/normal body, Pulse: deep/thready

In this case, hiccup caused by irregular food intake which injures the spleen and stomach, resulting in the upward movement of the rebellious qi. It is often spontaneously relived, or may be cured by some folk methods. This particular case, however, involved hiccup for eight days which had not improved by taking drug and herbal medicine. It was a rare case. In ancient medical books, descriptions of treatment for hiccup include: “Moxibustion on Ren 12 (Zhongwan) and Ren 17 (Tanzhong) and LR 14 (Qimen) is definitely effective.”

Treatment Principle: Calm the stomach reduce rebellious qi.

Acupuncture Point Selection, Treatment Method and Discussion: REN 12 (Zhongwan), PE 6 (Neiguan), ST 36 (Zusanli), REN 17 (Tanzhong), UB 17 (Geshu) were selected. All of these points were forcefully punctured, using 30 gage needle and reducing method. The needles were retained for half an hour, and stimulated with E-stim (5hz-50micro/sec). After withdrawing the needles from REN 17, UB 17, and REN 12, the cupping method was applied until the skin colour turned purplish. Ten minutes after treatment, the hiccup was improved significantly. Patient was sleep very well that night. There was no recurrence of the condition during one week’s observation, and patient was discharged from the medicine by his primary doctor. REN 12, the Front-Mu Point of the stomach, ST 36 and PE 6 to ease the middle jiao, pacify the qi going in the wrong direction and stop the hiccupping. REN 17 is considered as the sea of qi and UB 17 is the influential point of blood. Puncturing these two points will regulate the balance of yin and yang, smooth qi and activate the blood.

Herbal Prescription and Discussion: N/A

Other Adjunctive Therapy: N/A

Recommendations and Referrals

Literature Review and Case Discussion: This search mentioned that chlorpromazine may not be acceptable for every patient. Flowing is abstract : “A MEDLINE search of the National Library of Medicine data base from 1966–1994 was performed to review the anatomy and pathophysiology of intractable hiccups and their nondrug and drug therapies. Pertinent articles were further reviewed for older references and related literature. The infrequent occurrence of intractable hiccups makes it difficult to perform large, well-controlled clinical trials. The only approved drug for the disorder, chlorpromazine, may not be acceptable for every patient. Studies have been conducted with metoclopramide, valproic acid, nifedipine, and baclofen as alternative therapies”.

Source: <https://onlinelibrary.wiley.com/doi/abs/10.1002/j.1875-9114.1996.tb03023.x>

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