

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

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Case Study

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Abstract: Background: Symptoms of sciatica and lower back pain are very frequent. As a consequence of these modifications, both the number of hours worked and the national economic loss will be reduced. Having a complete physical examination before initiating any kind of therapy is vital. Inadequate medical or surgical therapy may exacerbate symptoms, increasing the probability of this occurring. The goal of this research is to see whether and how acupuncture may enhance conventional PLID therapy. **Methods:** This inquiry took place at Suo-Xi Hospital (Acupuncture), Shaan Tower, Chamelibag, Shantinagar, Dhaka, Bangladesh. A 35-year-old male patient has been complaining of lower back discomfort for the last one year. The diagnosis was confirmed with a MRI of lumbo sacral spine. **Results:** Positive findings emerged from further studies. It had been one year since he had found relief from the pain in his lower back. **Conclusion:** The results of this research suggest that acupuncture may be helpful for those with PLID.

Keywords: SUOXI Healthcare Limited, PLID, Acupuncture, Acupuncture, Physiotherapy, Mobilization, Manipulation, Stretching, Chinese Method, Low Back-pain, Lumbar disc.

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INTRODUCTION

A herniated disc in the lumbar spine is a frequent cause of both lower back and leg pain (PLID). Men and women are also at risk for PLID, with estimates ranging from 1.9 percent to 7.6 percent, with no discernible trend in prevalence. [1]. As a consequence of nerve root compression, patients with PLID are more likely to have back and lower back pain (including sciatica), quadra equine syndromes, and radicular discomfort. [2,3]. Leg discomfort arises as a result of this. Lumbar discs include collagen, proteoglycan, and glycosaminoglycan as well as other specialized glycans and proteins. As a result, there is less pressure on the spinal cord. Fibrochondrocytes lose their ability to synthesize fatty acids in degenerative disc degeneration. [4,5]. Disc dehydration and compression affect the surrounding annulus fibrosus, which may lead to annular tears. A disc's elasticity may break down under excessive pressure, enabling its contents to pour out. Some of the disc's contents may leak out of a healthy disc if it is subjected to significant biomechanical stress. An intervertebral disc is referred to as a slipping or sliding disc when the annulus fibrosus or annulus ossificans ruptures due to a disorder known as condivertebral dissection (PLID). Abdominal and urinary tract problems are medical emergencies that need immediate attention. Leg and back pain may be caused by a slipped or herniated disc in your lower spine. Herniated discs may sometimes produce leg pain, numbness, and tingling. These additional considerations further worsen an already bleak scenario. Prolapsed disc disease may occur when the intervertebral disc's matrix dries up. Under the umbrella term "lumbar disc disease," degeneration of the lumbar discs is only one of several causes of back and sciatic discomfort. A herniated disc may be seen in the lumbar area of the spine in this image. Lumbar disc degeneration is thought to be the cause of around a third of all occurrences of back pain. If the herniation exerts strain on the nerves that provide feeling to the skin, muscle weakness and numbness may result. nerve injury may cause pain that spreads down a leg and into the foot, generally beginning in the buttocks or hip area (sciatica). When PLID is present, even the most experienced drivers are more likely to get into an accident. Domestic workers, private sector service providers, and

seamstresses are among the most dangerous employment for women. These female professionals are as prevalent as their male counterparts in their respective fields. Medical records show that PLID increases the likelihood of an employee being admitted to the hospital.

CASE REPORT

Finally, a 35-year-old guy who had been coming to our facility for the last year complaining of growing low back pain received some relief. The patient said that the pain had been steadily worsening for some time and that it needed to be handled immediately. The patient's main concern was that their pain level had steadily worsened during their treatment. Despite the fact that he had been having symptoms for seven years, he never sought medical assistance. Every step of this experiment was meticulously planned and meticulously executed in the safety of a lab. These findings are confirmed by MRI results of the cervical spine, which show that PLID is compatible with them as well. This is in line with what we found out. According to our findings, this is the case



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 fifth acupuncture treatment on his lower back. Unexpectedly, the patient's longstanding lower back discomfort began to decrease.

DISCUSSION

Back pain and prolapsed intervertebral discs are the most often reported symptoms, and they account for the bulk of all complaints. Consequently, the incidence of back pain has exceeded that of all other orthopedic diseases (lower back pain). Surgical fenestration of the vertebral lamina is often used to treat lumbar intervertebral disc prolapse [6]. Tumors shrink, blood flow increases, collateral vessels clear, efficacy and safety of this medication have all been shown in clinical studies [7]. Acupuncture and moxibustion practitioners should not overlook the importance of the notions of channels and collaterals. Further discussion of these concepts will follow in the next paragraphs. Communication and functional pathways are created in concert by the muscles and the nervous system. Collaboration between the two systems has shown this. We saw a 35-year-old male patient who had been experiencing low back discomfort for one year. The process of coping with such terrible agony was a challenge. We performed many of the experiments, but we did it on our own time and expense. In this laboratory-based experiment, the lumbar spine was imaged using MRI to get an accurate reading. The patient had PLID, as confirmed by the MRI data. When acupuncture and physical therapy were combined, the patient's symptoms were reduced. This was the greatest choice after considering all the considerations.

The patient's lower back discomfort was significantly reduced after five acupuncture treatments. Medical treatment worked in this case as well.

CONCLUSION

Experts were taken aback by the findings of the follow-up study. After the fifth acupuncture session, the patient reported decreased discomfort in her lower back. The pain in the patient's low back has fully subsided. The use of acupuncture for the treatment of prolapsed lumbar intervertebral disc has been shown to be successful (PLID)

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