

## Research and Report

### A case report of sudden deafness was successfully treated by selecting key acupuncture points

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#### Background

This paper reports a case of sudden deafness in both ears caused by vascular occlusion in the ear, and the hearing was significantly improved after the experience point acupuncture treatment. Through the combination of "five Shu points", the point used for stroke treatment is selected, which means that acupuncture therapy can improve cerebral circulation and treat sudden deafness, and help improve the effect of combined treatment of traditional Chinese and western medicine.

Improving blood circulation is widely used to treat sudden deafness. This paper

reports a case of sudden deafness treated by acupuncture at Hangzhong (GB39), Taiyuan (LU9), Zhubin (KI9), Quepen (ST12) and Tinghui (GB2).

#### Key words

Xuanzhong point (GB39), Taiyuan point (LU 9), Zhubin point (KI9), Quepen point (ST12), Tinghui point (GB2), five infusion points.

#### Case presentation

Basic information of patients: Female, 62 years old, Chinese. The patient described the main symptoms of this disease as follows.

The patient suddenly suffered from tinnitus and deafness, accompanied by the feeling of blocked ear canal, irregular vertigo attack and vomiting for 3 months. It has been diagnosed as sudden deafness in other hospitals.

Based on the patient self-report, In the past three months, she has received routine vasodilation therapy, hypolipidemic therapy and glucocorticoid therapy in other hospitals, the treatment effect was not significant, so she came to our hospital for traditional Chinese medicine treatment.

past medical history:

cervical spondylopathy,

hyperlipidemia.

### **Procedures**

Traditional Chinese medicine acupuncture treatment was adopted.

The Master points include Xuanzhong (GB39), Taiyuan (LU9), Zhubin (KI9), Quepen (ST12) and Tinghui (GB2).

Adjunct acupuncture points include Linqi (GB41), Qiuxu (GB40), Zhongzhu (TE3), Jiaosun (TE20), Taixi (KI3) and Taichong (LR3).

Acupuncture treatment once a day for 28 days.

During the treatment, Vertigo occurred three times before going to sleep, so acupuncture points Neiting (ST44) and Shenmai (BL62) were added.

### **Outcomes**

Hearing has obviously recovered.

### **Diagnosis**

Sudden deafness

### **Discussion**

The experience of successful treatment of sudden deafness by using some acupoints for stroke suggests that the treatment process may effectively improve the microcirculation of the inner ear, thus improving the sound sensing function of the inner ear and making the treatment effective.

### **Conclusion**

Choosing appropriate acupoints for treating stroke and matching them may play an important role in treating sudden deafness. The flexible and compatible application of five special acupoints called "Wu Shu points" plays a key role in this effective treatment.

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Etc.