

Treatment of 120 Cases of Cervical Spondylosis with Gentongping Tablets

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Cervical spondylosis, also called cervical spine syndrome, belongs to the categories of arthralgia syndrome, flaccidity syndrome, syncope syndrome, etc. in the traditional Chinese medicine. This disease is common and frequent, and there is no specific treatment method. At present, in addition to surgical treatment, the comprehensive treatment, including manipulative therapy, traction, massage and acupuncture, are mainly applied. It is relatively rare to use traditional Chinese medicine preparations alone in the treatment of the patients. Gentongping Tablets are used separately in the clinical treatment of all the types of cervical spondylosis in our hospital, and the efficacy is satisfactory. The summary report of the data of 120 cases randomly sorted is as follows.

1. Clinical Information

1.1 Case Selection

There were 120 patients in this group, with 68 males and 52 females, at the ages of 29~58; among them, 92 patients over 40 years old (76.7%); the shortest course of disease was 1 month, and the longest course was 20a.

1.2 Diagnostic Criteria

All the patients were observed and evaluated as per *Criteria of Diagnosis and Therapeutic Effect of Diseases and Syndromes in Traditional Chinese Medicine* ^[1] issued and implemented by the National Administration of Traditional Chinese Medicine on January 1, 1995. Diagnostic Criteria:

① The patients have chronic strain or history of trauma, or cervical congenital malformation and cervical degenerative disease; ② The disease more frequently occurs to the middle-aged people over 40 years old who long bow their heads for work and have a history of chronic diseases; ③ The patients suffer from the pain in the neck, shoulders and back, headache, dizziness, neck stiffness and numbness in upper limbs; ④ The anteroposterior and oblique X-ray films show the pathological changes of cervical joint hyperplasia, cervical curvature straightening, narrowing of intervertebral space, etc..

1.3 Main Clinical Symptoms

There were 120 patients with neck pain, 118 patients with nuchal rigidity, 87 patients with numbness and weakness of upper limbs, 42 patients with inflexible finger movement, 36 patients

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with dizziness and vertigo and 18 patients with muscle atrophy of upper limbs. Some patients had the manifestations of sensory disturbance, sphincter hypofunction, tendon hyperreflexia, positive pathological reflexes, etc.

1.4 X-Ray Examination

The X-ray films of all the patients showed cervical ossification, curvature change and other pathological signs of cervical spondylosis.

2. Treatment Method

Gentongping Tablets (manufactured by Chengde YanFeng Pharmaceutical Co., Ltd., Batch No.: 040108), were continuously given after meals, 3 tablets a time, 3 times a day for 2~4 treatment courses, with the period of 15 days as 1 treatment course.

3. Efficacy Criteria and Results

3.1 Efficacy Criteria

Clinically Cured: the symptoms and signs disappear, the neck movement is normal, activities and work are not affected, and the symptom score reduction is greater than or equal to 95%; markedly effective: the symptoms and signs basically disappear, the mild symptoms only appear due to fatigue or weather change, but daily life is not affected, and the symptom score reduction is greater than or equal to 70%; effective: the symptoms and signs are relieved, the neck movement is improved, no recurrence or impact on activities after drug withdrawal, and the symptom score reduction is greater than or equal to 30%; ineffective: the symptoms, signs and neck movement are not improved or aggravated, and the symptom score reduction is less than 30%.

3.2 Treatment Outcomes

After 3 courses of treatment, the efficacy in all the patients was assessed: cured: 78 patients (65%); improved: 32 patients (27%); ineffective: 10 patients (8%); and the efficiency rate was 92%.

4. Typical Case

Li X, a 56-year-old male teacher, complained of pain in the right neck and shoulder accompanied with stiff neck, with the movement limitation for more than 2a, and in the past 2 months, the symptoms has aggravated, accompanied with dizziness and hypomnesia. The physical examination showed that the result of the calvarium pressing testing was positive, no obvious amyotrophy was found, the tongue was pale and purple, with thin white tongue coating, and the pulse was thin and weak. The X-ray film showed that the cervical curvature was straightened, hyperostegeny was seen on the anterior and posterior edges of the cervical 4~7 vertebrae and the intervertebral space was narrowed. The patient was continuously given Gentongping Tablets, 3 tablets each time, 3 times a day for 3 treatment courses, with the period of 15 days as 1

treatment course. 3 days after the medication, the pain, stiffness and tension in the neck and shoulder were obviously relieved; after 1 treatment course, dizziness was relieved, and all the symptoms basically disappeared; after 3 treatment courses of medication, all the symptoms disappeared, and the patient returned to normal work.

5. Discussion

Cervical spondylosis is caused by chronic muscle strain and invading of the wind-cold damp pathogen into body meridians. Improper postures at work and in life for a long time can easily lead to chronic muscle strain, even liver blood insufficiency and meridian malnutrition, resulting in impotent hands and feet and inability in voluntary movement. Wind-cold damp pathogens invade human meridians, making qi and blood circulation run poorly and causing qi stagnation and blood stasis, and pain will be caused due to qi and blood block^[2].

In the traditional Chinese medicine treatment of cervical spondylosis, promoting blood circulation to remove blood stasis, dispelling wind and eliminating dampness, activating meridians to relieve pain and relaxing muscles and strengthening bones are mainly included^[3]. Gentongping Tablets are based on Shaoyaogancao Decoction nourishing blood and liver and relieving acute symptoms and pain, supplemented with *achyranthes bidentata* and dried *rehmannia* root to reinforce liver and kidney and strengthen muscles and bones; *olibanum* and *myrrh* to relax muscle, relieve pain, promote qi and activate blood; *safflower* activating blood to promote meridian and dissipating blood stasis to relieve pain; *lycopodium clavatum* for wind expelling, dampness eliminating, muscle relaxing and collateral activating; *Pueraria Lobata* to relieve aches and pains of the neck and back. It shows that with Gentongping Tablets, the internal cause is removed by dispelling wind and eliminating dampness, the disease is completely treated by promoting blood circulation to remove blood stasis, and the symptoms are alleviated by relaxing muscles and relieving pain, so as to achieve the purpose of treatment of cervical spondylosis.

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