

Yin Kejing's Experience in Treating Stenosing Tenosynovitis of the Flexor Tendon of the Thumb

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Received: 6 August 2024; **Accepted:** 14 August 2024; **Published:** 30 August 2024

Abstract:

The clinical experience of Professor Yin Kejing in treating stenosing tenosynovitis of the flexor tendon of the thumb is summarized. Professor Yin Kejing believed that the pathogenesis of stenosing tenosynovitis of the flexor tendon of the thumb is mainly due to internal and external causes, internal and external evils causing paralysis of the tendons and veins, and disharmony of qi and blood. Clinically, he makes good use of meridian and collateral diagnosis, combining with positive reaction, and applying dialectical treatment. In addition, based on the theory of “opening, closing and pivoting” in Huangdi Neijing, Prof. Yin proposed the “meridian and collateral method” with his own clinical experience, which provides a new treatment idea for the clinic. Mr. Yin examines the evidence to find the cause, takes into account the whole, and focuses on the concept of the unity of heaven and mankind.

Keywords:

Stenosing Tenosynovitis of the Flexor Tendon of the Thumb, Acupuncture, Yin Kejing, Experience of Famous Doctors

1. Introduction

Thumb flexor tendon stenosing tenosynovitis is a disease in which the repeated friction of the thumb flexor tendon at the metacarpophalangeal joint causes inflammation, edema, and fibrous degeneration of the tendon and tendon sheath tissues, resulting in narrowing of the internal cavity, which leads to pain and dyskinesia around the thumb of the patient and affects the normal work and life [1]. When the affected finger is flexed and stays in the semi-flexed position, there is often a “clicking” sound and a trigger-like action, so it is also known as “ringing finger” and “trigger finger [2]”. The main clinical manifestations are: finger flexion and extension dysfunction, swelling and pain in the tendon sheath of the affected finger, and pain sometimes radiates to the wrist, morning stiffness, accompanied by popping sound in severe cases, and pain symptoms worsen after labor, or after touching cold water [3]. The disease is most common in middle-aged and elderly women, especially

those engaged in manual mechanical labor. The disease has a high recurrence rate, and the current clinical treatment of this disease includes surgery and conservative treatment, because the former is easy to damage the tendon and tendon sheath, causing tendon rupture, so most patients choose conservative treatment [4]. Traditional Chinese medicine (TCM) has rich experience in treating this disease and has unique advantages in improving its symptoms, and it is economical, safe and effective.

2. Etiology and Pathogenesis

This disease belongs to the Chinese medicine “tendon injury”, “tendon paralysis” and other categories, the location of the disease in the meridian tendon. It is recorded in “The Family of Medicine” that “If the hand is flexed but not extended, the disease is in the tendons.” It points out that the disease is located in the meridians and tendons, and mainly manifests as constrictive pain in the tendons and dysfunction of finger flexion and extension [5]. Professor Yin believes that the etiology of this disease includes three aspects: strain, external evil attack and deficiency of the liver and kidney, and the main pathogenesis is paralysis of the tendons and veins caused by internal and external evils, and loss of harmony between qi and blood. External causes are mainly attributed to wind, cold, dampness and labor injury, wind, cold and dampness are yin evils, easy to attack the muscles and joints, stagnation in the muscles and bones, stagnation of qi and blood, the tendons and veins are not moistened, and if they are not glorified, they will be painful. At the same time, long-term, frequent hand activities, resulting in excessive flexion and extension of the joints, injuries to the tendons and bones, tendon and collateral stagnation, qi and blood can not be, not through the pain, and therefore issued for the disease. The LingSu Festival Note class editing” pointed out: “hand flexion and not extended, the disease in the tendon; extension and not flexion, the disease in the bone liver main tendon, kidney main bone, each guard its main disease and treatment of the also.” The liver stores blood, blood nourishes the tendons; the kidney stores essence, essence produces marrow, marrow nourishes the bones [6]. If the liver and kidney are deficient and the kidney essence is insufficient, the essence does not transform blood, blood does not nourish the tendons, and the marrow does not nourish the bones, and if it does not glorify, it will be painful, thus resulting in constrictive pain in the fingers, or even obstacles in flexion and extension. Therefore, Professor Yin's treatment, in addition to eliminating evils and tonifying the liver and kidneys, is based on the basic treatment principle of relieving spasm, harmonizing qi and blood, and then according to different symptoms, with “eliminating wind, tonifying qi and blood, dredging the liver, nourishing the kidneys” and other treatments.

3. Experience in Clinical Diagnosis and Treatment

3.1. Examining evidence and seeking causes, meridian diagnosis and examination

Prof. Yin attaches importance to meridian diagnosis in clinical practice, and believes that abnormalities in the internal organs and meridians of the human body can be reacted on the surface of the human body. Meridian points and internal organs there is a two-way link, stimulate the corresponding acupuncture points can regulate the physiological function of the corresponding internal organs and pathological reactions. Meridian diagnosis and investigation are mainly three: one for the trial: observe the meridian circulation parts and the body surface of the skin color,

temperature, local elevation, depression or the presence of obvious blood, and so on. Professor Yin specializes in hand diagnosis [7], the use of nine palace eight trigrams hand diagnostic method through the palm of the gas color, lines, shadow areas to diagnose the corresponding diseases, such as away from the position of the island lines, suggesting that the thyroid function is abnormal. The second is “cut”: with the abdomen of the fingers to cut and press the surface of the body acupuncture points whether there is no bulge, depression and pressure pain, if a certain meridian circulation touches the abnormal, lesions in the corresponding viscera, such as tenosynovitis patients in the lung meridian of the hole most touched by the bulge. Three for the “circulation”: thumb along the meridian circulation line along the push muscle crevices, feel the pressure pain, hard knots and stripes, identify the lesions attributed to the meridian. The use of these three methods can understand the state of the meridians, grasp the condition of the virtual reality, and then be treated, the effect is very good. Treatment of stenosing tenosynovitis of finger flexor tendons, first of all, we should diagnose the skin color of the patient's body surface, whether there is obvious blood, and then the thumb thumb in the meridian line of circulation on the circulation of the push, feel whether there is pressure and pain, nodules, such as pressure and pain, and then according to the location of the pain to distinguish the lesion attributed to the meridian, and finally, follow the touch nodule-like or stripes of the meridian signs of abnormal reaction points, that is, positive reaction points [8].

3.2. Unique selection of acupuncture points, meridians and other channels

Based on the theory of “opening, closing and pivoting” in Huangdi Neijing, Prof. Yin proposed a method of identifying meridian points that is different from that of the superficial and internal meridians and meridians of the same name, which is called the meridian method, which is refined and simple, with remarkable effects. That is, “Sun, Taiyin” for the open, the Sun meridian and Taiyin meridian, that is, the hand sun small intestine meridian and foot Taiyin spleen meridian; foot sun bladder meridian and the hand Taiyin lung meridian; “yangming, syncope” for the close, yangming meridian and syncope meridian, that is, the hand yangming Yangming, syncope” for the closure, yangming meridian and syncope meridian, that is, hand yangming large intestine meridian and foot syncope liver meridian; foot yangming stomach meridian and hand syncope pericardium meridian; ‘shaoyang, shaoyin’ for the pivot, the shaoyang meridian and shaoyin meridian, that is: the hand shaoyang triple-jiao meridian and foot shaoyin kidney meridian; foot shaoyang gallbladder meridian and hand shaoyin heart meridian. The two complement each other in physiological function and influence each other pathologically, so they can treat each other in treatment[9]. This disease belongs to the tendon disease, easy to involve a number of meridians, mainly involved in the hand Taiyin meridian, hand syncope meridian, hand yangming meridian, hand Shaoyang meridian meridians, etc. According to the meridians, generally take their original points or lose points, so the hand Taiyin meridian tendon evidence mostly selected Jing bone or Shuang bone; the hand syncope meridian tendon evidence mostly selected Chong Yang or Nei Ting; the hand yangming meridian tendon evidence mostly selected Taichong; the hand Shaoyang meridian tendon evidence mostly selected Taixi.

3.3. Holistic Review, Emphasizing the Lung Meridian

The Suwen-Linglan Secret Dictionary says: “The lungs are the official of the phase of the Fu, and the rule of the joints comes out of it”. Lung main ruling section in the

“rule” for the meaning of stability, “section” in addition to regulation, rhythm, and joints[10]. The lungs are the longest of the five organs, the lungs are the master of qi, the division of respiration, the direction of the hundred veins, and the physiological functions of the lungs are considered by many physicians to be reflected in the following three aspects: First, the lungs are the master of qi, the division of respiration, regulating respiratory movements and regulating qi in the whole body. The second is that the lung is the master of declaring and purging, governing and regulating the transmission, operation and excretion of fluids. Thirdly, the lungs are responsible for the heart and blood circulation, assisting the heart, promoting and regulating the blood circulation of the whole body to nourish the whole body. Some doctors believe that the lungs are also responsible for treating joint diseases. Once the lung is dysfunctional, the lung is not declared and purged, the Wei Qi is not in charge, the Ying Qi is not glorified, the cold and dampness from outside and the cold and dampness from inside can invade the joints, or the Ying Yin can not glorify and nourish the joints, thus forming a paralytic syndrome. As the “Su Wen - five Tibet generation” cloud: “all tendons belong to the joints”, modern medicine, joints by tendons, ligaments, fascia and bone composition. Lung is gold, and the skin is the largest organ of the human body, and all joints are covered by the skin. Liver belongs to wood and tendons, kidney belongs to water and bones, in the five elements of the relationship between birth and restraint, gold and wood and water, so the lungs have the function of maintaining and stabilizing the joints, which is also a manifestation of the lungs ruling the joints[11,12]. In addition, Prof. Yin clarified the location of the lesion during the clinical examination, pointing out that the disease is located in the tendons, and believed that the tendons should be adjusted if the disease is located in the tendons. The Spiritual Pivot - Meridian Tendons recorded: “The tendons of the taiyin of the hand start above the big finger, follow the finger upward, and are knotted at the back of the fish” Hand Taiyin tendon meridian circulation are over the thumb, indicating that the occurrence of this disease and the hand Taiyin lung meridian meridian closely related to the lung meridian, so the treatment of emphasis on the lung meridian, the treatment of the lung meridian on the selection of acupoints.

4. Examples of Cases

Patient female, 56 years old, first seen on 12/29/2023. Complaint: unfavorable flexion and extension of the left thumb for more than two months, aggravated for three days. Two months ago, the patient's left thumb was unfavorable for flexion and extension without any obvious triggers, and there was an occasional “clicking” sound when moving, so she went to the local hospital and was diagnosed with tendon sheath of the flexor tendon of the thumb, and was treated in the local hospital (the specific treatments were unknown), which did not achieve the expected results, and the symptoms got better at times and were worse at times in the later stages. One week ago, after contact with cold water, there was difficulty in finger flexion and extension, accompanied by pain in the interphalangeal joints (especially pronounced in the morning), aggravated by activity, affecting normal life, and in order to seek systematic treatment, he went to Yin Kejing's studio at the Second Affiliated Hospital of Shaanxi University of Traditional Chinese Medicine. Symptoms: dysfunction of left thumb flexion and extension, difficult to extend flexion, restricted movement, intolerable pain, and pressure pain at the flexion place, the patient's spirit is poor, yellowish color, appetite can be, sleep is poor, bowel movement is normal, tongue is greasy, moss is white, pulse is stringy. Physical examination: Prof. Yin found a bulge at the most part of the foramen during the meridian diagnosis, and obvious pressure

pain and nodules at the hand Yangming meridian section. Western medicine diagnosis: tendon sheath of the flexor tendon of the thumb. Chinese medicine diagnosis: tendon paralysis (qi stagnation and blood stasis type). Treatment: Relaxing the tendon and activating the blood circulation, activating blood circulation and relieving pain.

Acupuncture points: Positive reaction point on the affected side, Taiyuan, Kong most, Ahshi point, Jing bone, Taichong

Operation: The patient takes a sitting position, the affected limbs are placed in the appropriate functional position, the feet are on the ground, and the wrists are relaxed. After the meridian diagnosis, it was found that there were positive reaction points in the hand Taiyin lung meridian and hand Yangming large intestine meridian. The local disinfection of the points was routine, and 0.30mm×40mm millineed needles were used for the positive reaction points, and the needle handle was flipped to make the needle tip stab towards the place of disease after straight stabbing into the needle, urging qi and luck to make the qi reach the place of disease, and then twisting and diarrheal method was performed to make the patients feel soreness, numbness, and swelling of the needles; 0.25mm×30mm millineed needles were taken for the Taiyin Abundance, and the needles were stabbed at 30 ° to stab the thumbs for 10-15mm from the wrists and the needles were twirled and diarrheal, and the needle sensation radiated to the Take 0.30mm×40mm millimeters needle for Kong most, prick the needle tip towards the thumb for 25-35mm, and perform twisting and cathartic method to get the qi; take 0.25mm×30mm millimeters needle for Jing bone, and prick it for 10-15mm; take 0.30mm×40mm millimeters needle for Taichong, and prick it for 25-35mm towards Yongquan; leave the needle for 30 minutes, during which time, Kong most, Quze, and other needles are injected once/15 times, during which time the needle is injected once/15 times, and the needle is injected once/15 times, during which time the needle is injected once/15 times, during which time the needle is injected once/15 times. During this period, acupuncture was performed 1 time/15 min, 1 time/d, 3 times/week, 3 times for 1 course of treatment, a total of 6 courses of treatment. After the first treatment, the patient's thumb flexion and extension on the affected side improved, and the patient could move slowly on his own, and although there was pain when flexing and extending, the pain was significantly reduced compared with the previous one. The patient was advised to reduce hand activities, pay attention to keep warm and avoid cold and wet stimulation during the treatment period. After 1 week of treatment, the patient's affected thumb could flex and extend on its own and carry out daily life, with improved pain, reduced morning stiffness, and improved color and sleep. After 4 weeks of treatment, the patient's thumb could flex and extend freely, the activity was sensitive, the pain disappeared, the morning stiffness disappeared, the color of the face was rosy, the insomnia was normal, and the mental state was good. Telephone follow-up for two months, no recurrence.

Press: The patient due to long-term housework, frequent hand operation, long time, excessive flexion and extension movement of joints, injury to the tendons and gas consumption, the meridians are not accessible, the qi and blood is not smooth, the meridians and tendons constriction and pain and flexion and extension disorders. A week ago, the patient's symptoms worsened after contact with cold water, for the invasion of cold, stagnation of qi and blood coagulation, the tendons and veins are not moistened, and if they are not glorified, they will be painful. During the meridian diagnosis, Prof. Yin found a positive reaction point on the line of circulation of Hand Taiyin Lung Meridian and Hand Yangming Large Intestine Meridian. The patient felt pain and discomfort by pressing this reaction point, so the positive reaction point was

selected for acupuncture to relieve pain and stiffness caused by muscle spasm. According to the patient's symptoms, the patient was diagnosed as having evidence of the Hand Taiyin Meridian and the Hand Yangming Meridian. In terms of acupuncture points for meridian differentiation, according to the theory of “opening, closing, and pivoting”, the Hand Taiyin Lung Meridian is different from the Foot Solar Bladder Meridian, so the original point for the Foot Solar Bladder Meridian was taken from the Jingbiao Point. The Hand Yangming Large Intestine Meridian is distinct from the Foot Syncopal Liver Meridian, and the “Difficult Classic - 68 Difficulties” says: “The main body of the transmission is in pain in the heavy joints” [13], so the Taichong Acupuncture Point is taken as the transmission point of the Foot Syncopal Liver Meridian. The lung meridian circulates through the place of disease, and “the lung is responsible for ruling the joints” can treat joint diseases, so the lung meridian is particularly important in the treatment of this disease. Taichong is the original point of the Taiyin meridian of the hand. Acupuncture can relax the tendons and open the channels, remove paralysis and relieve pain. The hole is the Qie point of the Hand Taiyin Meridian, where the meridian qi of each meridian is deeply gathered, and acupuncture can quickly regulate the meridian qi and blood, so that the stagnant meridians can be unobstructed. A Yes point is a pain-based acupuncture point, which can regulate localized qi and blood, soothe tendons and relieve pain. In addition to emphasizing the direction, angle and depth of acupuncture, Prof. Yin also attaches importance to the concept of unity of heaven and mankind. The Spiritual Pivot Jing - Years of Dew” cloud: ‘people and heaven and earth, and the sun and the moon correspond also’, Professor Yin believes that acupuncture treatment should achieve the unity of heaven and man, that is, the integration of doctors, patients, acupuncture points, the patient's head in the sky, the feet stand on the ground, and the corresponding heaven and earth, the doctor acupuncture points flow of meridian qi, to lead the evil out of the[14]. Therefore, during acupuncture, the patient is instructed to take a seated position with both feet on the ground as a bridge between heaven and earth.

5. Conclusions

Flexor tendon stenosing tenosynovitis of the thumb is a chronic inflammatory reaction of the tendon and tendon sheath that occurs in the thumb, and its pathogenesis is complex, with limited treatment and unsatisfactory efficacy in Western medicine. Prof. Yin, when examining the evidence, gives full play to the advantages of meridian diagnosis, clearly identifies the lesion site and meridian, combines meridian identification with disease identification under the guidance of the theory of “opening, closing, and pivoting”, and provides a new treatment method with streamlined and unique acupoints and remarkable therapeutic effect. At the same time, Prof. Yin focuses on the overall concept of acupuncture to achieve the unity of heaven and man, doubling the therapeutic effect.

Conflicts of Interest

The author declares that there is no conflict of interest in the publication of this article.

Acknowledgments

Haiyan Ma: collecting and organizing materials and writing the paper; Kejing Yin: providing theoretical support for the treatment of stenosing tenosynovitis of the flexor tendon of the thumb; Hongyan Qu: revising the paper.

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