

## **Traditional Chinese Medicine For Non-Surgical Treatment Of The Cervical Herniated Disc Introduction**

Patients who are suffering from a variety of ailments will seek out traditional Chinese medicine to see if that will help them. As far as a cervical herniated disc is concerned, I wanted to find out from \_\_\_Sandy Lucy\_\_\_, who is a traditional Chinese medicine practitioner, what this can do for the cervical herniated disc.

Que 1: I am so confused with this acupuncture, traditional Chinese medicine, herbs. How do they all tumble together in and how do we sort that out?

Ans: Every state in the US has a different license or a title for acupuncture and Chinese herbs. In New York State, we called licensed acupuncturists and other states you might be called the doctor of oriental medicine or they are just different initials, so even though we are licensed acupuncturists, we are all self-certified in herbs in New York State. There is no separate herbalist degree.

Que 2: So what is traditional Chinese medicine?

Ans: Traditional Chinese medicine is a term that incorporates acupuncture, and Chinese herbs. It helps the free flow of chi and blood in the system. The chi is what the Chinese have labeled their force that creates flow and helps to disperse stagnation, which is what cervical pain or any sort of joint pain is in Chinese medicine. It is called stagnation, so when we insert the needles, we are trying to get the blood and the chi to move more freely.

Que 3: Does that mean reduced pain? I mean it is really another method of reducing pain?

Ans: Right, so that is what it is doing. When the needles are inserted, the white blood cells move in the area and allow the muscles to relax and help the whole area to relax, so that is how it helps to reduce pain in western terms.

Que 4: So, in my terms as a surgeon, I sort of think very mechanically "is this is herniated disc, it is putting pressure on the nerve and it is giving you symptoms down the arm." I love the idea of Chinese medicine, but I am not really sure how is that going to affect this pressure on the nerve. Like why would I go see a traditional Chinese medical doctor if I have that going on or maybe I would not, I do not know.

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Ans: What the acupuncture does is it helps to release the area. When a person has cervical disc pain, it is caused by the inflammation by the stagnation, the Chinese would call the inflammation in the area, so the acupuncture points help to release it, help to relax it. It is not going to cure the herniated disc, but it is going to help to release the pain caused by the herniated disc and the tingling and the numbness.

The bottom line on traditional Chinese medicine is if you are not suffering from crazy acute pain or having crazy weakness or numbness in the arm and you have more of a chronic problem with neck pain with some arm symptoms I think you would be a good candidate to try traditional Chinese medicine, certainly no downside, and this involves acupuncture and massage, and as far as the herbs go, you have to be very careful with what they are giving you. I cannot endorse taking herbs because I do not know what they are and certainly not FDA approved, but I like the idea of traditional Chinese medicine so I think if I had an ailment such as a stomach problem or headaches, I would definitely seek out that as part of my treatment protocol. With a cervical herniated disc, you have to realize the limitations this has. It is not going to change the disc that is pressing on the nerve, but if you have a good practitioner and you want to try it, I think it is fine.

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