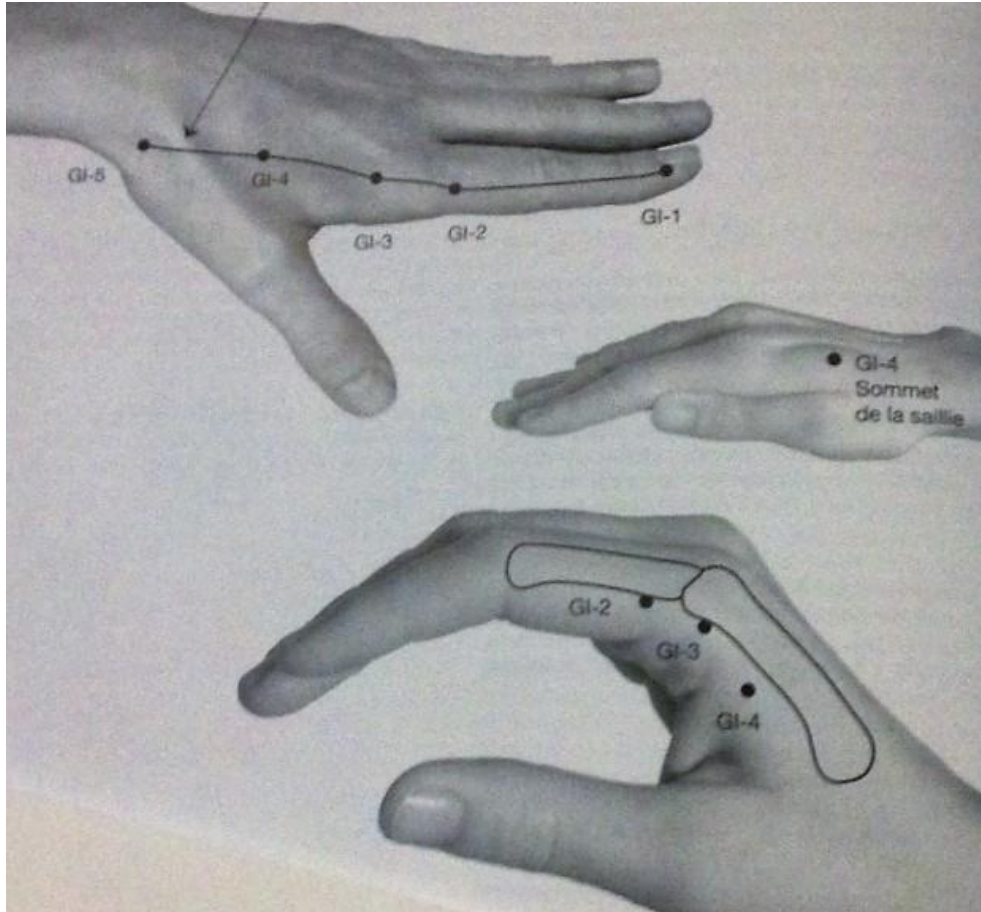


# PRESERVATION DE L' IMMUNITE PAR ACUPRESSION

Proposition d'utilisation simple de 2 points d'acupuncture en vue de stimuler l'immunité et la résistance au stress des personnels soignants (ou potentiels contact) dans le contexte pandémique actuel.

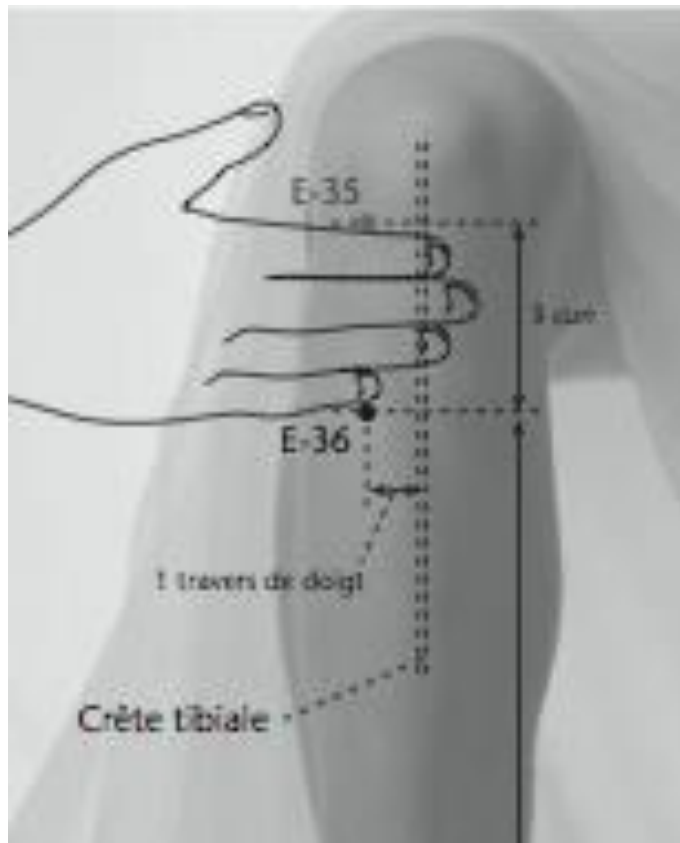
Dr Hélène MAUD'HUY,  
MAR, DIU d'acupuncture scientifique

# PREMIER POINT : GI4



GI4 se localise au milieu du bord interne du deuxième métacarpien en recherchant une sensibilité accrue lors de la palpation douce ; à masser en mouvements circulaires pendant 2 minutes, bilatéralement, 2 fois / jour ou plus, aucun risque.

# DEUXIEME POINT : E36



E36 se localise face antérieure de la jambe, à 4 travers de doigts (de la personne) sous le milieu de la patella, un travers de doigt à l'extérieur de la crête tibiale . Chercher une sensation plus intense à la palpation puis masser circulairement pendant 2 minutes matin/soir (pas trop tard, peut retarder le sommeil) quotidiennement.

# Un peu de science expérimentale ....

- Sur le modèle d'immunosuppression, dû au stress d'un effort sportif excessif chez les rats (la nage intensive 150 min/jour; 6 jours/semaine pendant 8 semaines), Électro-acupuncture des points E36, VG20, VC4 empêchait l'inhibition de l'interféron, des IL et de T-Killers
- (Lu YM, Zhang H, Tang CZ. Effects of electroacupuncture on IL-2-IFN- $\gamma$  NK immunity immunoregulation net and IL-2 receptor in rats with exercise stress) Zhongguo Zhen Jiu. 2011 Sep;31(9):817-20)

# Un peu de science expérimentale ....

Dans des expériences chez les rats avec un encéphalite expérimentale, des lapins, l'acupuncture de points E36 et GI4 stimule les facteurs immunitaires comme l'activité des macrophages, la phagocytose, les T-K, les IL-2, les interférons et cytokines.

- (Liu YM, Liu XJ, Bai SS et al. J The effect of electroacupuncture on T cell responses in rats with experimental autoimmune encephalitis Neuroimmunol. 2010 Mar 30;220(1-2):25-33)
- Medicine. Pediatr Allergy Immunol. 2007 Mar;18(2):160-6); Zhao J, Liu W Relationship between acupuncture-induced immunity and the regulation of central neurotransmitters in rabbit. Acupun. Elec. 1988, 13:79-85)

# ..... ET CHEZ L' HUMAIN ??

- Pas d'études dans cette indication chez l'homme, mais mise en évidence d'activité chez des patients traités pour cancer, présentant des infections virales ou sujets allergiques .

[Med Acupunct.](#) 2017 Jun 1;29(3):145-154. doi: 10.1089/acu.2017.1225.

**Immune Modulation and Treatment of Human Papilloma Virus-Related Warts with Energetics of Living Systems Acupuncture.**

[Brustin R](#)<sup>1</sup>, [Toledano M](#)<sup>2</sup>, [Geffen T](#)<sup>3</sup>, [Goon R](#)<sup>2</sup>, [Hochberg M](#)<sup>2</sup>, [Kreisberg B](#)<sup>2</sup>, [Murad S](#)<sup>2</sup>, [Pitcovski J](#)<sup>1,3</sup>.

[Ann Allergy Asthma Immunol.](#) 2016 Jun;116(6):497-505. doi: 10.1016/j.anai.2016.04.002. Epub 2016 May 4.

**Effect of acupuncture on house dust mite specific IgE, substance P, and symptoms in persistent allergic rhinitis.**

[McDonald JL](#)<sup>1</sup>, [Smith PK](#)<sup>2</sup>, [Smith CA](#)<sup>3</sup>, [Changli Xue C](#)<sup>4</sup>, [Golianu B](#)<sup>5</sup>, [Cripps AW](#)<sup>2</sup>; [Mucosal Immunology Research Group](#).

# Quelques abstracts

- [J Tradit Chin Med.](#) 2007 Mar;27(1):19-21.
- **Effects of electro-acupuncture on T cell subpopulations, NK activity, humoral immunity and leukocyte count in patients undergoing chemotherapy.**
- [Ye F<sup>1</sup>](#), [Liu D](#), [Wang S](#), [Xu L](#).
- **Abstract**
- **OBJECTIVE:**
- To observe the effects of electro-acupuncture on T cell subpopulations, natural killer cell (NK) activity, humoral immunity and leukocyte count in patients undergoing chemotherapy.
- **METHODS:**
- Electro-acupuncture was added for patients undergoing chemotherapy. Tests were done on T cell subpopulations, NK activity, humoral immunity and leukocyte count before treatment and after 4 courses of treatment.
- **RESULTS:**
- After 4 courses of treatment with chemotherapy and electro-acupuncture, no obvious changes were found in T cell subpopulations, NK activity, humoral immunity and leukocyte count ( $P > 0.05$ ) as compared with those before treatment. Patients undergoing chemotherapy combined with electro-acupuncture showed obviously higher leukocyte count than that of the control group given no leukogenic drugs ( $P < 0.01$ ).
- **CONCLUSION:**
- Electro-acupuncture may reduce immunologic damage caused by chemotherapy, thus it can be used as the auxiliary therapy for patients undergoing chemotherapy.

- [Auton Neurosci](#). 2010 Oct 28;157(1-2):38-41. doi: 10.1016/j.autneu.2010.03.010. Epub 2010 Apr 15.
- **Acupuncture and immune modulation.**
- [Kim SK<sup>1</sup>](#), [Bae H](#).
- **Abstract**
- Acupuncture is probably the most popular alternative therapy practiced in the United States, Europe and many Asian countries. It has been applied clinically for more than 5 thousand years according to the ancient oriental medical theory. A great deal of acupuncture research has been achieved, with particular efforts toward understanding the pain control effects. In addition to the analgesic effect of acupuncture, an increasing number of studies have demonstrated that acupuncture treatment can control autonomic nerve system functions such as blood pressure regulation, sphincter Oddi relaxation, and **immune modulation**. Although only a limited number of controlled studies have assessed the efficacy of acupuncture, increasing clinical evidences support that EA treatment is effective for various immunological diseases including allergic disorders, infections, autoimmune diseases and immunodeficiency-syndromes. This review will address the mechanism of acupuncture in modulating various immune responses and the relationship between acupuncture mediated immune regulation and neurological involvement.

- [Microbiol Immunol](#). 2010 Sep;54(9):551-7. doi: 10.1111/j.1348-0421.2010.00250.x.
- **Moxibustion activates host defense against herpes simplex virus type I through augmentation of cytokine production.**
- [Takayama Y](#)<sup>1</sup>, [Itoi M](#), [Hamahashi T](#), [Tsukamoto N](#), [Mori K](#), [Morishita D](#), [Wada K](#), [Amagai T](#).
- [Author information](#)
- **Abstract**
- Moxibustion is a technique used in traditional oriental medicine, the aim of which is to cure and/or prevent illness by activating a person's ability for self-healing. In this study, we assessed how moxibustion would affect the immune system and whether it would augment protective immunity. Mice were treated with moxibustion at Zusanli (ST36) acupoints; we analyzed mortality and cytokine activity in sera after infection with herpes simplex virus type 1 (HSV-1), and cytokine gene expression in the skin and the spleen without a virus challenge. Our study demonstrates that pretreatment of BALB/c mice with moxibustion resulted in a marked increase in the survival rate after infection with lethal doses of HSV-1, and elevated serum levels of IL-1 $\beta$  and IFN- $\gamma$  on days 1 and 6 post-infection with HSV-1. Semi-quantitative RT-PCR assay showed that moxibustion treatment augmented the expression of IL-1 $\alpha$ , IL-1 $\beta$ , IL-6, universal-IFN- $\alpha$ , MIP-1 $\alpha$ , and TNF- $\alpha$  mRNA in the skin, and IL-1 $\alpha$ , IL-1 $\beta$ , IL-12p40, IL-15, u-IFN- $\alpha$ , MIP-1 $\alpha$ , and TNF- $\alpha$  mRNA in the spleen. Moreover, moxibustion induces augmentation of natural killer cell activity. Collectively, our study demonstrates that moxibustion activates protective responses against HSV-1 infection through the activation of cytokine production including IFN, and of NK cells.

- [Acupunct Med.](#) 2010 Mar;28(1):28-32. doi: 10.1136/aim.2009.001677.
- **Effect of acupuncture on salivary immunoglobulin A after a bout of intense exercise.**
- [Matsubara Y](#)<sup>1</sup>, [Shimizu K](#), [Tanimura Y](#), [Miyamoto T](#), [Akimoto T](#), [Kono I](#).
- **Abstract**
- In the field of athletics, acupuncture has been used for treatment of injury, reduction of fatigue and management of physical condition. However, there is little information on the effect of acupuncture on the immune function in response to exercise.
- **PURPOSE:**
- The aim of this study was to examine the effect of acupuncture treatment on the mucosal immune function after a single period of intense exercise by measuring salivary immunoglobulin A (SIgA).
- **METHODS:**
- 12 healthy men (23.6±/SEv 0.3 years) participated in this study with a crossover design. The subjects exercised on a bicycle equipped with an ergometer at 75% VO(2)max for 60 min. Acupuncture treatment was applied at LU6, LI4, ST36 and ST6, for 30 min after the exercise. The control treatment was rest without acupuncture and that the order of the treatment was randomised. We measured parameters including saliva flow rate, SIgA concentration, SIgA secretion rate, heart rate and plasma catecholamine concentration all before the exercise and at 1 h, 2 h, 3 h, 4 h and 24 h after the exercise. The visual analogue scale for self-perceived tiredness and the profile of mood states questionnaires were recorded before the exercise and at 24 h after the exercise.
- **RESULT:**
- Intense exercise-induced decrease of SIgA levels was attenuated by the acupuncture treatment. In contrast, the subjective fatigue score and psychological measurement were not affected by the acupuncture.
- **CONCLUSION:**
- Acupuncture treatment may attenuate the decrease in SIgA level induced by intense exercise.

# EN CONCLUSION.....

Vous ferez évidemment ce que vous voudrez mais après cette lecture :

Vous savez que ne risquez rien à vous masser ces points,

Vous pouvez même y trouver un bénéfice ...

Bon courage à toutes et tous !!