

NIGHT CRYING IN INFANTS TREATED BY ACUPUNCTURE

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Night crying in infants is a commonly encountered problem in the paediatric clinic. The author has obtained notable results in the treatment of this disorder having treated 13 cases since 1989 by selecting the points Sifeng (Extra) and Daling P-7.

1. General data

Of the 13 cases, 7 were male and 6 female. The age range was 2-10 months and the duration of most of the cases was 2-3 months.

2. Treatment

The point Sifeng (Extra) was pricked to a depth of 1 fen (0.1 cun) with a three-edged needle or a thick filiform needle, and yellow/white liquid was squeezed out with the fingers. The point Daling P-7 was needled and manipulated by twisting and rotating for one minute without further retention of the needle. The even method was used and treatment was given daily.

3. Results

The night crying in all 13 cases ceased after the third treatment.

4. Discussion

Night crying is frequently found among infants up to the age of one year. There is a tendency for these infants to sleep well in the day but to be restless with crying at night. Sometimes the crying is periodic and may continue throughout the night. Generally speaking, all laboratory tests in these cases will be normal.

This point prescription was discovered in the process of treating infantile malnutrition syndrome and infantile diarrhoea when it was found that following treatment most of the infants went to sleep 10-30 minutes after acupuncture at Sifeng and Daling P-7, and slept soundly that night.

The effect of these two points is to eliminate heat and restlessness and to regulate the channels and the zangfu. The author believes that this treatment is reliable and worthy of dissemination.