

Painful Obstruction Syndrome

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“Painful Obstruction Syndrome” (POS) is a condition in which pain, soreness or numbness of muscles, tendons and joints results from the invasion of external Wind, Cold or Dampness. (One Western disease that falls under this syndrome is Arthritis.) this leads to obstruction in the circulation of Qi and Blood in the channels. Wind is the most pernicious of all pathogenic factors and one that is almost always combined with others. This occurs when the climatic factors are temporarily and relatively stronger than our body’s defensive Qi that they become pathogenic and cause POS.

Even in today’s modern industrial society, housing is generally good and our life is relatively more sheltered from climatic pathogenic factors, people can still be exposed to disease including weather conditions. Apart from being exposed to adverse weather conditions, POS can also develop from exposure to other conditions, such as sitting on damp surfaces, wading in water, living in damp environment, etc.

Although the only etiological factor in POS is weather, there are other predisposing factors. Excessive sport or work activities may predispose one to develop POS. for example; excessive aerobic exercise of jogging may put a strain on the spine and lead to backache. The constant repetition of a certain movement in one’s work is an obvious predisposing factor too, as this causes stagnation of Qi and Blood in an area which becomes more prone to invasion of exterior pathogenic factors. This is known as repetitive strain injury (RSI).

Accidents can also predispose one to POS, by causing either stagnation of Qi (if light) or Blood (if serious) in an area. One very important thing to keep in mind is that even though one may seemingly recover perfectly well after an accident, some stagnation of Blood may remain in the area. Years later, exposure to external pathogenic factors may lead to the development of POS.

Finally, emotional problems are also contributing factors in the origin of POS. This may be caused by stagnation of Qi (such as from anger or resentment), which affects the channels, or by depletion of Qi and Blood (such as from sadness, grief and shock), which leads to malnourishment of the channels, resulting in POS.

Regardless of the cause of POS, the results remain the same, and in most cases the treatment is simple with exceptional results. Acupuncture can be used to prevent the re-occurrences of POS, once it has successfully been cured. It can also be prevented if one is on a preventative maintenance program utilizing moxa on specific points in the summertime.