

**Treatment of High-Risk HPV Persistent Infection of the Cervix with
Huiyin Acupuncture: One Case Report**

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Abstract

This paper introduces the treatment of persistent high-risk HPV infection by Huiyin acupuncture. After treatment, the patients' HPV infection turned negative, which provides clinical reference for the treatment of HPV by Huiyin acupuncture.

Keywords: Huiyin acupoint; Acupuncture; Treatment; High-risk HPV persistent; Case report

Introduction

Cervical cancer is a disease caused by persistent infection of the female genital tract with high-risk Human Papillomavirus (hpv), which can seriously harm a woman's physical and mental health [1]. Data show that there

were approximately 604,000 new cervical cancer cases and 342,000 cervical cancer deaths worldwide in 2020 [2], of which more than 80% of which occur in developing countries [3]. Cervical cancer is the number one killer among malignant tumors of the female reproductive system in China [4]. There were 111,820 new cases and 61,579 deaths of cervical cancer every year, and the trend is increasing each year [4].

A great number of studies have confirmed that persistent infection with High-Risk Human Papillomavirus (HR-HPV) is the main cause of cervical cancer [5], and the inhibition of persistent HR-HPV infection is the key of preventing the occurrence of cervical cancer. Currently, there is no effective treatment for HPV persistent infection in Western medicine. Virus infection belongs to the category of "epidemic virus" and "plague" in TCM. TCM prevention and treatment of viral infectious diseases mainly inhibits the virus directly by blocking a certain link in the reproduction process of the virus, or promotes the specific and non-specific immunity to improve the immune function, so as to cure the viral infectious diseases. Clinical observation and laboratory studies also show that TCM has its advantages on treating the virus, and the research and development of new drugs or TCM treatments for infectious diseases (acupuncture therapy, etc.) has broad prospects [6]. Our team recently tried to use perineal acupuncture therapy to treat cervical HPV persistent infection, and achieved good results. Here, a typical case is reported to provide a reference for colleagues in the treatment of persistent cervical HPV infection.

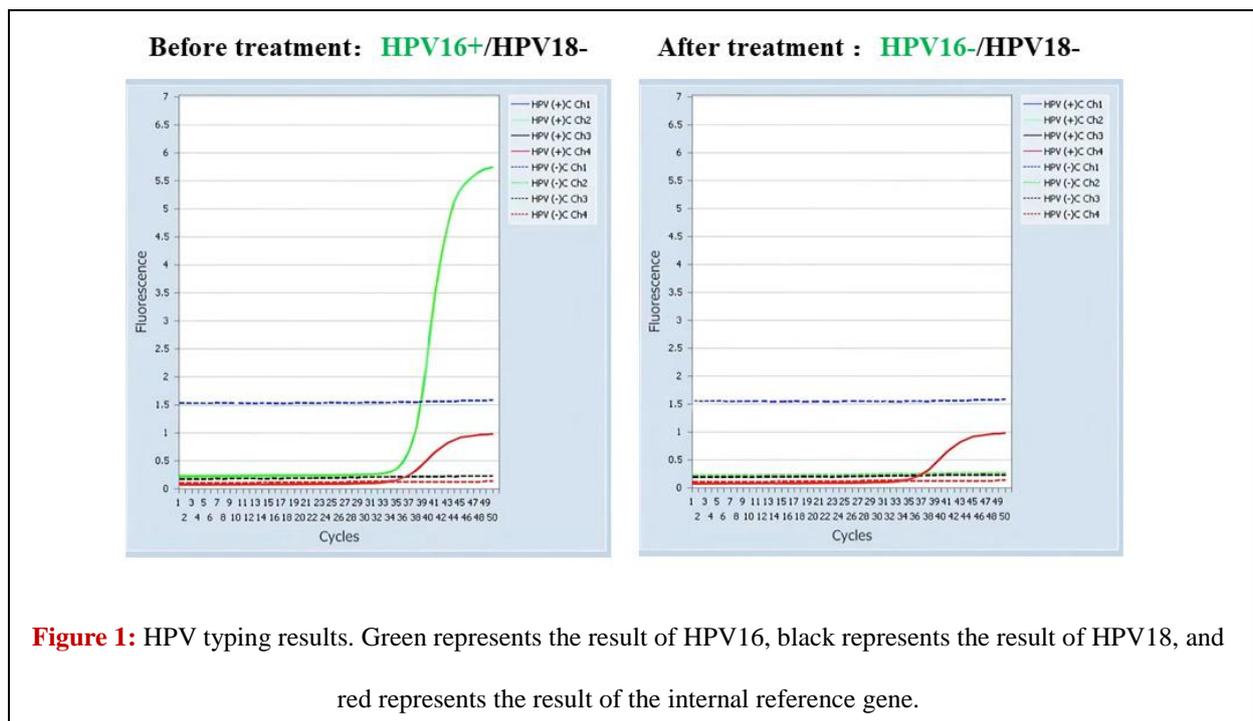
Case Presentation

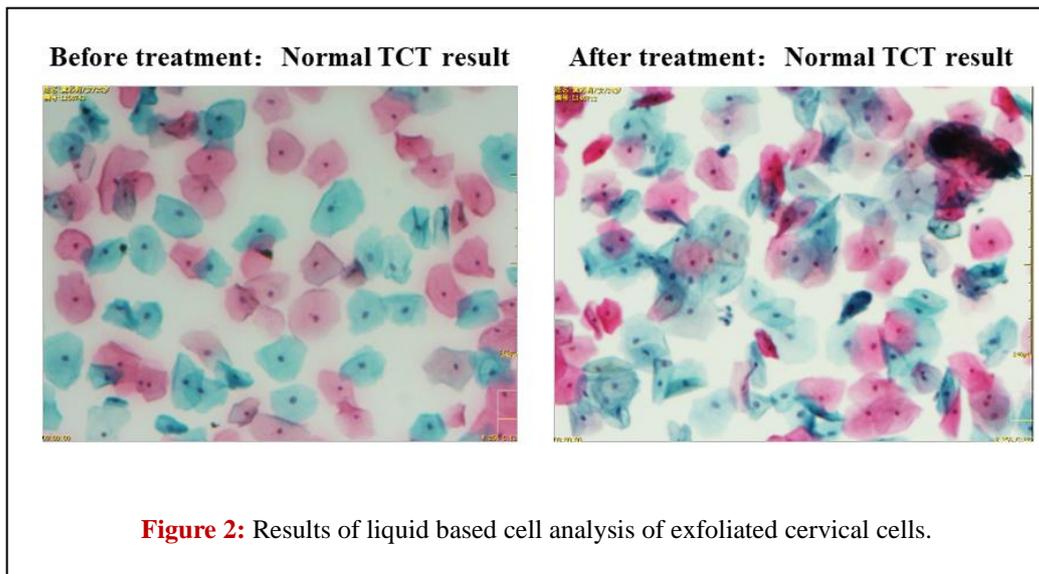
The patient was a 25-year-old woman who was diagnosed with HPV16-positive on physical exam, while the result of liquid-based cytology analysis was normal, August 2021. Furthermore, on 1 September 2022, she was still HPV16-positive, while the result of liquid-based cytology analysis was also normal. Colposcopy test supported the symptoms and physical signs of HPV infection. Eventually, she was diagnosed with chronic cervicitis caused by persistent HPV infection through biopsy pathology diagnostic techniques.

Treatment by perineal acupuncture

Firstly, the routine gynecological examination was performed to understand the uterus, pelvic, Pelvic floor, and to estimate whether the patient is suitable for *acupuncture* therapy. The patient had not received other HPV therapy. She began to receive perineal acupuncture on September 7, 2022. In this case, Huiyin acupoint acupuncture was implemented according to the following steps: The patient emptied her bladder. And then she was lying on the gynecological examination bed in the standard bladder stone position with a buttock towel

(Figure 1). The doctor wore disposable sterile rubber gloves and strictly sterilized the skin around the *huiyin acupoint* (5 cm beyond) with 75% ethanol. The doctor put some grease on his left index finger, gently inserted into the anus and reaches into the patient's rectum. The doctor then pressed his index finger down against the patient's back. After disinfected with 75% ethanol in the right hand, the doctor held the disposable sterile acupuncture needle (0.35 cm × 5 cm) using the right thumb/index finger/middle finger about 2.5 cm away from the tip of the needle, then aligned the tip of the needle at the perineal point, and quickly stabbed the point along the direction of the vagino-rectal septum. The needle was retained in vitro for about 1 cm and 5 min. Acupuncture treatment was performed twice a week and 6 times a month (avoiding menstruation), and reexamination was conducted after 3 months of continuous treatment. Acupuncture is performed by the same physician to ensure stable results. After 3 months of therapy, the patient was re-examined HPV type on December 20, 2022, the results was HPV16 negative (Figure 2). In 2 month's follow-up period, her HPV type was still HPV16 negative, while the result of liquid-based cytology analysis was also normal.





Discussion

Inner Canon of Huangdi said that the positive qi is in the body, and the evil cannot be done [7]. Traditional Chinese medicine believes that cervical HPV infection is exogenous evil. With hypersexuality, living disorders, eating disorders, emotional discomfort and other conditions, HPV can cause the body's lack of healthy Qi. Lack of positive qi will lead to a decline in the ability of the body to resist external evil, resulting in the entry of external evil. "Deficient vital Qi leading to lingering of pathogen" is the mechanism of this disease; so many doctors treat this disease with "strengthen body resistance and eliminating evil" and have good therapeutic effect [8-11]. In traditional Chinese medicine, the treatment idea of "strengthen body resistance and eliminating evil" is used to eliminate HPV and eliminate diseases caused by HPV infection by enhancing the immune function of the body [13-15]. This therapeutic idea is gradually being accepted by more people. Some studies have shown that acupuncture can enhance the specific and non-specific immune functions of the body. At the same time, acupuncture can activate the endogenous protection system; initiate the molecular signaling pathway, and then initiate the immune response, thus playing an important to protect the target organs [16-18].

Acupuncture at Huiyin point can not only adjust the imbalance of meridian-qi in Ren, Chong and Du arteries, but also introduce the incoming stimulation to the spinal cord and higher centers through somatic and vegetative nerve pathways, thus playing a good role in regulating and treating the tissue and organ dysfunction of the lesion site [19,20]. Based on the concept of "strengthen body resistance and eliminating evil", this case report observed the clinical effect of acupuncture at perineal point on patients with high-risk HPV persistent infection of the cervix, in order to provide clinical reference for the clinical application of acupuncture in the treatment of high-risk HPV persistent infection of the cervix, and using the advantages of traditional Chinese medicine effectively

treat HPV infectious diseases and reduce the occurrence of cervical cancer. In the next step, we will increase clinical cases, observe the long-term effect of acupuncture at perineal point on HPV persistent infection cases, and further study its molecular mechanism.

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