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Research Article

ACUPUNCTURE CARE USING JIN'S THREE NEEDLE TECHNIQUE FOR GASTRITIS: A CASE STUDY AT HARMONI AKUPUNKTUR HEALTHY HOUSE, MEDAN

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Abstract:

Background: Gastritis may cause epigastric pain, nausea, a burning sensation, belching, and other digestive symptoms that affect daily functioning. Acupuncture is used as a complementary approach, but case-specific descriptions of care using Jin's Three Needle technique remain important for documenting clinical practice.

Objective: To describe acupuncture care using Jin's Three Needle technique in a patient with gastritis at Harmoni Akupunktur Healthy House, Medan. Methods: A qualitative case study involving one 35-year-old female participant was conducted at Harmoni Akupunktur Healthy House, Medan. Data were collected using a Client Data Sheet through Wang (observation), Wen (listening and smelling), Wen (inquiry), and Qie (palpation) examinations. Six acupuncture sessions were provided. The diagnosis and point selection were based on the Liver and Stomach Disharmony syndrome. The points used were Zhongwan (CV 12), Neiguan (PC 6), and Zusanli (ST 36).

Results: Across the first and sixth treatment assessments, the participant reported less frequent and milder epigastric pain, resolution of nausea and gastric burning, reduced belching, improved appetite, and more comfortable sleep. The examination notes also described changes in facial appearance, tongue coating, breath odor, epigastric tenderness, and pulse quality.

Conclusion: This single case documents symptom improvement during a six-session course of acupuncture using Jin's Three Needle technique.

Keywords: Acupuncture; Case Study; Gastritis; Jin's Three Needle

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1. INTRODUCTION

Gastritis is an inflammatory condition of the gastric mucosa and may present with epigastric discomfort, nausea, belching, bloating, and a burning sensation. Lifestyle and dietary patterns, including irregular meals and consumption of irritating foods, are discussed as potential contributors to upper gastrointestinal symptoms (Sari et al., 2024; Khusna et al., 2024). The clinical course may be recurrent and can interfere with appetite, sleep, and daily activities. The aim of this study was to describe acupuncture care using Jin's Three Needle technique in a patient with gastritis at Harmoni Akupunktur Healthy House, Medan.

2. METHODS

2.1. Research Design

This study used a qualitative case-study approach to describe acupuncture care for a patient with gastritis. The case was bounded by a specific setting and treatment period. The source manuscript cites Saryono (2010) as a methodological reference.

2.2. Participant and Case Information

The participant was a 35-year-old woman who worked as a homemaker and presented with a three-month history of intermittent epigastric pain. Symptoms were reported to occur particularly when meals were delayed, after consuming oily foods, and during periods of stress or fatigue. Additional complaints included nausea, a burning sensation in the stomach, frequent belching, reduced appetite, and difficulty sleeping.

2.3. Setting and Time

The case was managed at Harmoni Akupunktur Healthy House, Medan. The first acupuncture session took place on 10 January 2026. A total of six sessions were planned and reportedly completed.

2.4. Data Collection and Instruments

Data were collected using a Client Data Sheet. The acupuncture assessment comprised four examination approaches: Wang (observation of shen, face, body, and tongue); Wen (listening to the voice and smelling bodily or oral odors); Wen (interviewing the participant about identity, complaints, medical history, lifestyle, and symptoms); and Qie (palpation of the symptomatic area, selected points, and pulse). Findings were organized to support a biomedical description and a TCM syndrome assessment.

2.5. Intervention and Procedures

The initial assessment identified epigastric tenderness, a red tongue with a thin yellow coating in the middle, a weak speaking voice, sour breath odor, and a rapid and wiry pulse. The TCM diagnosis was recorded as gastritis with Liver and Stomach Disharmony. The treatment principle was to soothe the Liver, regulate Qi, and harmonize the Stomach. Three acupuncture points were selected: Zhongwan (CV 12), Neiguan (PC 6), and Zusanli (ST 36). The manuscript states that the same points were retained from the second through the sixth sessions because the participant showed a favorable response.

2.6. Data analysis

The case information was summarized descriptively by comparing the documented findings at the first and sixth treatment assessments.

2.7. Ethics and consent

Written informed consent was obtained from the participant before any examination, assessment, or acupuncture treatment was performed. The participant was informed about the purpose, procedures, potential risks, and benefits of the study. Participation was voluntary, and confidentiality of personal and clinical information was maintained throughout the study.

3. RESULTS AND DISCUSSION

3.1. Results

The first acupuncture session was conducted on 10 January 2026. At baseline, the participant reported epigastric pain for approximately three months, accompanied by nausea, gastric burning, belching, reduced appetite, and difficulty sleeping. Symptoms were associated with delayed meals, spicy and oily foods, and stress.

At the first assessment, observation showed a pale-yellowish and slightly fatigued facial appearance. The tongue was red in the middle with a thin yellow coating. The participant spoke softly and belched frequently; a sour odor was noted from the mouth. Interview findings included burning epigastric pain, particularly when the stomach was empty, nausea after meals, fullness, bloating, occasional thirst, reduced appetite, and disturbed sleep. Palpation identified epigastric tenderness, and the pulse was described as rapid and wiry.

At the sixth assessment, the participant reported that epigastric pain had markedly decreased and occurred only occasionally, particularly when meals were delayed, with mild intensity. Nausea and gastric burning were no longer reported; appetite had improved, meals were more regular, and sleep was more comfortable. The face appeared fresher and more relaxed, the tongue was pink with a thin white coating, sour breath odor was no longer noted, and belching had decreased. Epigastric tenderness was reported to have decreased significantly, and the pulse was described as slower and less rapid.

This case describes improvement in several self-reported digestive symptoms and examination findings between the first and sixth acupuncture assessments. The changes included less frequent epigastric pain, resolution of reported nausea and gastric burning, reduced belching, improved appetite, and more comfortable sleep. These observations are consistent with the descriptive aim of the case report. Because only one participant was observed and no control condition or validated outcome measure was reported, the changes cannot be attributed solely to acupuncture.

3.2. Implications

For acupuncture practitioners, this case highlights the value of documenting baseline symptoms, TCM examination findings, point selection, treatment parameters, and follow-up changes in a consistent manner. In practice, acupuncture should be considered complementary to appropriate medical assessment and management. Persistent, severe, or alarm symptoms require timely medical evaluation rather than reliance on complementary care alone.

3.3. Research Contribution

The contribution of this report is its detailed description of a patient with gastritis managed using a defined three-point Jin's Three Needle combination and a TCM diagnosis of Liver and Stomach Disharmony. It provides a clinical-practice example of recording changes across a six-session course.

3.4. Limitations

The principal limitations are the single-participant design, lack of a comparison group. The contribution of dietary and stress-management changes cannot be separated from the contribution of acupuncture.

3.2.4 Suggestions

Future case reports should include a complete session-by-session record, standardized symptom measures, detailed intervention parameters, adverse-event monitoring, and explicit documentation of concurrent medication and lifestyle changes. Further research involving more participants, appropriate comparison groups, and longer follow-up is needed before drawing conclusions about effectiveness. Patients should maintain regular meals, identify and avoid individual dietary triggers, manage stress, and seek medical assessment when symptoms persist or worsen.

4. CONCLUSION

In this single case, six sessions of acupuncture using Zhongwan (CV 12), Neiguan (PC 6), and Zusanli (ST 36) were accompanied by reported improvement in epigastric pain, nausea, gastric burning, belching, appetite, and sleep. The findings provide a descriptive account of care for one participant with a recorded TCM pattern of Liver and Stomach Disharmony. They do not demonstrate that acupuncture alone caused the improvement or establish effectiveness for other patients.

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AUTHOR CONTRIBUTIONS STATEMENT
All authors contributed to the conception and design of the study, data collection, data analysis, interpretation of the results, and manuscript preparation. All authors reviewed, revised, and approved the final version of the manuscript and agreed to be accountable for the integrity and accuracy of the work.

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