

Observational Study of Ge Gen Tang on the Treatment of Rigid Neck

Prepared by: Brian Sim Kuan Khian

ABSTRACT

The neck is the structure that connects the upper torso to the base of the skull and the cervical vertebrae is supported by surrounding tissues like ligaments and muscles to bear the weight of the head and to allow turn and flex in different directions. Nevertheless, it is the less protected area of the spine and is prone to various disorders that produce pain, rigidity and constricted motion. Ge Gen Tang, as a representative formula in recorded in *Shang Han Lun*, is referred to as effective in treating rigid neck. In this study, our purpose is to study the therapeutic effect of Ge Gen Tang on the treatment of rigid neck in conjunction with previous academic writings as well as clinical observations through physical examinations and evaluation using the short-form McGill Pain Questionnaire (SF-MPQ). The observational study shows a mean decrease of 9.4 in total Pain Rating Index (PRI) values and 1.5 in Present Pain Intensity (PPI) values. Also, the Visual Analogue Scale (VAS) for pain records a significance mean decrease of 30.8mm in markings on the 100mm horizontal scale. This is in accordance to the decrease in pain and rigidity as well as increase in range of motion when assessed during physical examination. These results indicate that Ge Gen Tang is a potential formula, which is effective in the treatment of rigid neck.