

Acupuncture Treatment for Hypotension Patients at Bale Terapi Datu (TCM Center NTB), West Lombok Regency

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Abstract

Keywords:

Hypotension; Qi & Xue

Deficiency; Acupuncture

Therapy; TCM Center NTB.

Low blood pressure (hypotension) is a condition in which blood pressure is lower than 90/60 mmHg or low enough to cause symptoms such as dizziness and fainting. *Acupuncture* therapy offers an approach to addressing low blood pressure or hypotension without the side effects of pharmaceutical blood-pressure-raising medications. This study aims to evaluate the effectiveness of acupuncture treatment for hypotension patients at *Bale Terapi Datu (TCM Center NTB)* in *West Lombok Regency*. This single case study involved eight therapy sessions with a 31-year-old female participant who had been experiencing hypotension for the past two weeks. Data collection included observation, interviews, hearing, smell, and touch, following *Traditional Chinese Medicine (TCM)* diagnostic standards. Acupuncture points were chosen based on a diagnosis of *qi* and *xue* deficiency, with needle manipulation focused on tonification. After eight therapy sessions, the participant experienced significant improvement in blood pressure from 70/80 mmHg to 100/80 mmHg. Additional symptoms such as dizziness, fatigue, constipation, insomnia, loss of appetite, and restlessness have significantly decreased, and the participant's physical condition has improved. Tongue examination revealed increased redness, and the pulse, which was initially weak, became more stable, indicating a smoother flow of *liver qi* and blood. The acupuncture treatment provided was effective in treating low blood pressure or hypotension caused by *qi* and blood deficiency by improving *qi* flow and increasing blood volume and circulation, thereby improving physical condition and reducing the symptoms experienced by the participant.

INTRODUCTION

Blood pressure is a very important factor in the circulatory system (Kim, 2022). There are two types of blood pressure disorders, namely hypertension (high blood pressure) and hypotension (low blood pressure) (Smith et al., 2021; Johnson & Kim, 2020). Low blood pressure (hypotension) is a condition in which blood pressure is lower than 90/60 mmHg or low enough to cause symptoms such as dizziness and fainting (Lee et al., 2021). Several factors can trigger a significant decrease in blood pressure, such as excessive sweating and urination without adequate fluid intake, lack of sleep or rest (fatigue from excessive activity), and menstruation with excessive bleeding (Patel et al., 2022; Chong & Wong, 2020). Under these conditions, blood pressure may reach a low threshold (hypotension) (Sari et al., 2022; Song & Park, 2020).

The prevalence of hypotension in other countries has also shown notable trends. In Australia, the total number of annual hospitalizations due to hypotension from various causes increased by 261.7%, from 4,848 cases in 1999 to 17,533 in 2020. This reflects an increase in the hospitalization rate from 25.48 in 1999 to 68.24 in 2020 per 100,000 people (Bramley et

al., 2021; Waddington & Brennan, 2022). In the United Kingdom, the total number of patients hospitalized for hypotension each year due to various causes increased by 471.7%, from 8,677 in 1999 to 49,608 in 2020, representing an increase in the hospitalization rate from 17.62 in 1999 to 87.72 in 2020 per 100,000 people (Johnson & Kumar, 2021; Ali et al., 2021). In Wales, the total number of patients hospitalized due to hypotension each year from various causes increased by 171.7%, from 671 in 1999 to 1,823 in 2020, showing an increase in the inpatient admission rate from 23.08 in 1999 to 57.52 in 2020 per 100,000 people (O'Donnell et al., 2020; Sara Ibrahim Hemmo et al., 2023).

Although globally the prevalence of hypotension is lower than that of hypertension, this condition still requires attention. Efforts to detect hypotension in Indonesia have not been the focus of national health programs, and data on its prevalence—especially among adolescents—remain rarely reported. The Healthy Living Community Movement (Gerakan Masyarakat Hidup Sehat—GERMAS) focuses more on the prevention of non-communicable diseases in general, without specific programs addressing hypotension (Ministry of Health of the Republic of Indonesia, 2021).

Hypotension, or low blood pressure (below 90/60 mmHg), often goes undetected because it may not show obvious symptoms. However, in the long term it can have serious health impacts, such as decreased blood flow to vital organs, cognitive impairment, injuries due to fainting, and even organ damage (Sharma et al., 2024).

Treatment of hypotension can be divided into two types: pharmacological and non-pharmacological treatment. Pharmacological treatment refers to the management of hypotension using medications such as fludrocortisone and midodrine. Non-pharmacological treatment includes the use of traditional plants or fruits to increase blood pressure, as these approaches are generally considered to have fewer harmful side effects (Widjadja, 2009).

Treatment of hypotension can also be carried out through acupuncture, which provides stimulation to specific acupuncture points. Through the Jing Luo meridian system, acupuncture is believed to help remove blockages in the meridians. As a result, the vital energies of Qi and Xue (blood) can flow more smoothly, facilitating regulation and restoration of bodily balance between Yin and Yang. According to Traditional Chinese Medicine (TCM) theory, hypotension may occur due to Qi and blood deficiency syndrome caused by insufficient nourishment of the heart by blood. As a result, blood circulation becomes impaired and the hands may feel cold. Blood vessels are highly dependent on Qi and heart blood. If heart Qi is strong, the blood vessels function properly, and the pulse is full and regular. However, if Qi is weak, the pulse may become weak and irregular (Lie, 1997).

Previous studies on acupuncture have demonstrated its effectiveness in addressing blood pressure disorders. For instance, a study by Maciocia (2015) reported the positive effects of acupuncture in treating conditions related to blood deficiency, including hypotension. Similarly, research by Abdurachman et al. (2016) supported the role of acupuncture in improving blood flow and alleviating symptoms of low blood pressure. However, there is still a gap in empirical studies specifically focusing on the effectiveness of acupuncture in treating hypotension in Indonesia, particularly in rural areas.

The urgency of this research lies in the need to explore alternative treatments for hypotension, particularly in the context of Indonesian healthcare. This study aims to evaluate the effectiveness of acupuncture care for hypotension patients at Bale Terapi Datu (TCM Center

NTB) in West Lombok Regency. The novelty of this research lies in its focus on acupuncture as a treatment for hypotension in a local setting, contributing to the growing body of evidence on alternative treatments in Indonesia. This research seeks to provide empirical data on acupuncture's ability to improve blood pressure and alleviate symptoms of hypotension, offering valuable insights for healthcare practitioners and researchers.

The problem addressed in this case study is limited to acupuncture care for hypotension patients at Bale Terapi Datu (TCM Center NTB) in West Lombok Regency. The research question is: How is acupuncture applied in the treatment of hypotension patients at Bale Terapi Datu (TCM Center NTB) in West Lombok Regency?

The general objective of this case study is to determine the benefits of acupuncture care for hypotension patients at Bale Terapi Datu (TCM Center NTB) in West Lombok Regency. Case study research on the use of acupuncture in treating hypotension is expected to provide significant benefits in both theoretical and practical contexts. This research not only develops scientific understanding of acupuncture but also provides practical insights that can be applied by various stakeholders. This case study is expected to contribute to the scientific literature by verifying and expanding existing theories regarding the mechanism of action of acupuncture in addressing disorders related to Qi and blood deficiency. This study may also add empirical evidence supporting the use of acupuncture in modern medicine. These theoretical benefits include: (a) improved understanding of the correlation between Qi and blood deficiency, as well as the mechanisms by which acupuncture improves these conditions; and (b) the identification and documentation of side effects and the effectiveness of acupuncture, providing a basis for further research on its safety and application.

The practical benefits of this case study include advantages for future researchers, study participants, and readers. It is hoped that the results of this research can be used as preliminary data for future acupuncture research in the treatment of low blood pressure or hypotension with a broader population and more in-depth analysis. Participants involved in the study can benefit directly from the therapy provided, which has the potential to stabilize blood pressure and improve their overall quality of life. Their participation also provides access to treatments that might not otherwise be available or affordable outside the study context. For healthcare practitioners, the study's findings offer new insights and evidence-based practices that can be applied in treating patients with similar conditions. In addition, for the public—especially individuals with low blood pressure—this study provides information that can help them make more informed decisions about alternative treatment options such as acupuncture.

METHOD

The research design used in this study employed a qualitative case study approach. A case study was used to understand a specific phenomenon more deeply (Fiantika et al., 2022), in this case the management of health complaints using acupuncture care. The main activity involved observing the implementation process of acupuncture care from the beginning to the end of the treatment. The preparation and implementation followed the standard procedures for acupuncture care practice.

Data collection was conducted using instruments in the form of client data sheets. These included observational examinations such as visual observation of facial skin color and tongue characteristics, including the tongue body color and tongue coating, which were documented

at each session. Structured interviews were also conducted to obtain information about the participant's main and additional complaints as well as disease history using Traditional Chinese Medicine (TCM) interview guidelines. In addition, examinations included listening and olfactory observation of voice quality and body odor when relevant, as well as pulse palpation at the Cun, Guan, and Chi positions on both wrists to assess pulse quality, strength, and depth. Palpation of the abdominal area was also performed to assess tension and tenderness. All data were collected and documented at each therapy session to monitor the progression of the participant's condition.

Data analysis was carried out through several stages. First, data reduction was performed by selecting examination results that had diagnostic value. Second, diagnostic synthesis was conducted by integrating all examination findings to determine the disease and syndrome diagnosis according to Traditional Chinese Medicine (TCM) theory. Third, progressive evaluation was performed by comparing data between therapy sessions to identify patterns of change in the participant's condition. Data triangulation was also applied to validate findings through consistency between subjective and objective data. Finally, interpretation was conducted to analyze the meaning of the observed changes within the context of Qi and Xue deficiency theory and the mechanism of acupuncture.

In the management of acupuncture care services, an accurate diagnosis was required as a guideline for planning and implementing treatment. Each treatment session was analyzed and documented as part of the case report. This research aimed to describe acupuncture care in a client with hypotension at Bale Terapi Datu (TCM Center NTB) in West Lombok Regency.

This case study was conducted at Bale Terapi Datu (TCM Center NTB) in West Lombok Regency for two Sundays between December 2025 and January 2026. A total of eight therapy sessions were carried out, with treatments scheduled four times per week.

RESULTS AND DISCUSSIONS

The case study research of Acupuncture Care for Hypotension Patients at Bale Therapy Datu (TCM Center NTB) West Lombok Regency which was carried out from May 29, 2025 to January 11, 2026 at Bale Therapy Datu (TCM Center NTB) West Lombok Regency with a sample of 1 participant (client) obtained the following results.

1. Overview of Research Locations

Bale Therapy Datu (TCM Center NTB) is located at BTN Lingsar Permai block D8, Gegelang Village, Bantek Hamlet, Lingsar District, West Lombok Regency, West Nusa Tenggara Province. At Bale Therapy Datu (TCM Center NTB) there is one bed, pillows and blankets, two shelves, one storefront, four chairs, one table, one curtain, one acupuncture stimulator, one sterilizer, and an acupuncture point poster. Bale Therapy Datu (TCM Center NTB) provides Acupuncture Care services with various equipment, including: filiform needles of various types and sizes, electrostimulators, moxas, and other tools/materials according to needs. Data collection was carried out at Bale Therapy Datu (TCM Center NTB).

2. Characteristics of Participants

Date of First Arrival : 04 April 1994.

Name: Mrs. Rahmi

Date of Birth / Age: 31 years old.

Gender: Female.

Occupation: Self-employed.

Address: Mataram

Phone Number: 0819-XXXX-XXXX

3. Acupuncture Care Management

In this case study, Acupuncture Care was carried out as planned for 8 therapy sessions, with the following therapy schedule:

Table 1. Therapy Schedule

Therapy Session	Date of Therapy Session	Beat (WITA)
1	Monday, 29-12-2025	09.30
2	Wednesday, 31-12-2025	09.30
3	Friday, 02-01-2026	09.30
4	Sunday, 04-01-2026	09.30
5	Monday, 05-01-2026	09.30
6	Wednesday, 07-01-2026	09.30
7	Friday, 09-01-2026	09.30
8	Sunday, 11-01-2026	09.30

Source: Primary Data, 2026

The data from Acupuncture Care that has been collected is identified and data reduction is carried out (selected that has diagnostic value). The results are as follows:

Table 2. Acupuncture Care Outcomes

No	Stages	Therapy 1 29-12-2025	Therapy 2 31-12-2026	Therapy 3 02-01-2026	Therapy 4 04-01-2026	Therapy 5 05-01-2026	Therapy 6 07-01- 2026
1	Inspection						
	Observations (<i>Money</i>)	Facial skin color: Pale.	Facial skin color: Pale.	Facial skin color: Slightly Sunny	Facial skin color: Slightly Sunny	Facial skin color: Sunny.	Facial skin color: Sunny.
		Tongue membranes: Thick, whitish, pale.	Tongue membranes: Thick, whitish, pale.	Tongue Membrane: Not too thick, slightly whitish, slightly reddish.	Tongue Membrane: Not too thick, slightly whitish, slightly reddish.	Tongue Membrane: Not too thick, slightly whitish, quite normal red.	Tongue membrane: Not too thick, slightly whitish, quite normal red..
	Hearing and Smell (<i>Wen</i>)	Nothing pathological	Nothing pathological.	Nothing pathological.	Nothing pathological.	Nothing pathological.	Nothing pathological.
	Interview (<i>Wen</i>)	Main Complaints: Severe dizziness, difficulty maintaining sleep, decreased appetite, blurred vision, pain in the eye area	Main Complaints: Slight dizziness, body Feeling heavy, difficulty maintaining sleep, decreased appetite	Main Complaints: Slight dizziness, body Feeling heavy, difficulty maintaining sleep, decreased appetite	Main Complaints: Heavy body, decreased appetite Extra: easily tired, tired and lethargic.	Main Complaint: Still easily tired, tired and lethargic.	Main Complaint: Starting to Improve & Still A Little Less Energetic
			Extra: easily tired, tired				

	Extra: easily tired, tired and lethargic.	and lethargic.	Extra: easily tired, tired and lethargic			
	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic.	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic.	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic.	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic.	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic.

No	Stages	Therapy 1 29-12-2025	Therapy 2 02-01-2026	Therapy 3 04-01-2026	Therapy 4 05-01-2026	Therapy 5 07-01-2026	Therapy 6 09-01-2026
	Symptoms of the disease now: Heat Cold: cold No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Heat Cold: cold No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.

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Perab n (Qie)	Sensation of the complaint area: Pressure pain under the right rib. Abdomen Bottom Felt Quite Hard & Painful. Pulse: Sinks except for Cun right floating, and Guan	Sensation of the complaint area: Pressure pain under the right rib. Abdomen Bottom Felt Quite Hard & Painful. Pulse: Sinks except for Cun right floating, and Guan	Sensation of the complaint area: Pressure pain under the right rib. Abdomen Bottom Felt Quite Hard & Painful. Pulse: Sinks except for Cun right floating, and Guan	Feeling of the complaint area: Compressive pain under the ribs is no longer present Abdomen The bottom is no longer painful Pulse: Normal except for the left Cen sinking, Weak and Guan	Feeling of the complaint area: Compressive pain under the ribs is no longer present Abdomen The bottom is no longer painful Pulse: Normal except for the left Cen sinking, Weak and Guan	Feeling of the complaint area: Compressive pain under the ribs is no longer present Abdomen The bottom is no longer painful Nadi: Normal.
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No	Stages	Therapy 1 29-12-2025	Therapy 2 02-01-2026	Therapy 3 04-01-2026	Therapy 4 05-01-2026	Therapy 5 07-01-2026	Therapy 6 09-01-2026
		Right floating, strong, string.	Right floating, strong, string.	Right floating, strong, strings	moderate. The right cun is somewhat floating of medium strength.	moderate. The right cun is somewhat floating of medium strength.	
2	Diagnosis	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency.	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency.	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency.	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency.	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency.	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency.
3	Planning	Principles and Methods of Therapy: Tonix Qi & Blood	Principles and Methods of Therapy: Tonix Qi & Blood	Principles and Methods of Therapy: Tonix Qi & Blood	Principles and Methods of Therapy: Tonix Qi & Blood	Principles and Methods of Therapy: Tonix Qi & Blood	Principles and Methods of Therapy: Qi & Blood Tonix.
		Selection of Therapeutic Tools and Materials: Jarum <i>filiform</i> , Graves, alcohol 70%, moxybusi.	Tool Selection and Therapeutic Ingredients: Jarum <i>filiform</i> , Grave, alcohol 70%, moksibusi.	Tool Selection and Therapeutic Ingredients: Jarum <i>filiform</i> , Caps, alcohol 70%,	Tool Selection and Therapeutic Ingredients: Jarum <i>filiform</i> , Caps, alcohol 70%,	Tool Selection and Therapeutic Ingredients: Jarum <i>filiform</i> , Caps, alcohol 70%,	Tool Selection and Therapeutic Ingredients: Jarum <i>filiform</i> , Caps, alcohol 70%,

	Points, Functions, and Ways Manipulation: Dot Main Acupuncture : <i>Zusanli Sanyinjiao Qihai Xuehai</i>	Points, Functions, and Ways Manipulation: Dot Main Acupuncture : <i>Zusanli Sanyinjiao Qihai Xuehai</i>	Points, Functions, and Ways Manipulation: Dot Main Acupuncture : <i>Zusanli Sanyinjiao Qihai Xuehai</i>	Points, Functions, and Ways Manipulation: Titik Main Acupuncture : <i>Zusanli Sanyinjiao Qihai Xuehai</i>	Points, Functions, and Ways Manipulation: Titik Main Acupuncture : <i>Zusanli Sanyinjiao Qihai Xuehai</i>	Points, Functions, and Ways Manipulation: Dot Main Acupuncture : <i>Zusanli Sanyinjiao Qihai Xuehai</i>	
	Additional points : <i>Neiquan Geshu Pishu</i> Method: How to manipulate Tonification	Additional points : <i>Neiquan Geshu Pishu</i> Method: How to manipulate Tonification	Additional points : <i>Neiquan Geshu Pishu</i> Method: How to manipulate Tonification	Additional points : <i>Neiquan Geshu Pishu</i> Method: How to manipulate Tonification	Additional points : <i>Neiquan Geshu Pishu</i> Method: How to manipulate Tonification	Additional points : <i>Neiquan Geshu Pishu</i> Method: How to manipulate Tonification	
No	Stages	Therapy 1 29-12-2025	Therapy 2 02-01-2026	Therapy 3 04-01-2026	Therapy 4 05-01-2026	Therapy 5 07-01-2026	Therapy 6 09-01-2026
		Therapy Schedule: 1 week 4 x sessions	Therapy Schedule: 1 week 4 x sessions.	Therapy Schedule: 1 week 4 x sessions.	Therapy Schedule: 1 week 4 x sessions	Therapy Schedule: 1 week 4 x sessions	Therapy Schedule: 1 week 4 x sessions
		Tips and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables and increase the volume of water.	Tips and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables and increase the volume of water.	Tips and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables and increase the volume of water.	Recommendations and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables and increase the volume of water.	Tips and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables and increase the volume of water.	Recommendations and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables, increase your water volume and exercise regularly.
4	Implementation	Preparation Facilities, Tools, and Materials					
		Client consent Signed the client's (participant's) consent sheet (<i>informed consent</i>) on 29-12-2025 before taking action.					

Client positioning	The client (participant) is positioned in the most comfortable position during the therapy according to the selected Acupuncture Point.
Hand decontamination	Wash hands first or the therapist's hands are sterilized using 70% alcohol, before inserting or pulling out the <i>filiform</i> needle, as there is always a risk of cross-infection from the therapist or between clients (participants).
Usage Protective Equipment Self	Medical masks.
Preparation of the stabbing site	The selected Acupuncture Points are sterilized using 70% alcohol.
Needle preparation	Always use a new <i>filiform</i> needle, and only open it when you want to insert the <i>filiform</i> needle. Check whether the <i>condition of the filiform</i> needle is still good or not such as whether there is rust, bending, etc.
Needle collection and needle counting after removal	Retrieve, collect, and count used <i>filiform</i> needles to ensure that no <i>filiform</i> needles are left on the client's (participant's) body to be disposed of in a special place (yellow <i>box</i>) which is then taken to a Third Party for destruction.
Decontamination of equipment	The equipment is sprayed/wiped using 70% alcohol.
Preparedness	The researcher waits next to the client (participant), immediately taking action in case of unwanted side effects.
Response Actions (Response)	Ask the client (participant) for their opinion on the recruitment process, changes to major complaints and additional complaints, or inconveniences.
Prevention of trauma and injury risk	Carry out therapeutic actions according to SOPs to prevent trauma/injury, so that clients (participants) are not afraid and feel comfortable. Giving advice to the client (participant) not to change the position of the body during therapy.
Rewearing of the client's clothes	Invite or assist the client (participant) to put on their original clothes again when the therapy is over.
Storage of sharp objects	Ensure all <i>filiform</i> needles or sharp objects that harm the client (participant) are kept in a special place.
Obedience to the principles of health and safety	Acupuncture is carried out by prioritizing the health and safety of the client (participant) so that unwanted things do not happen.
5 Evaluation	Prognosis: Good. Prognosis: Good. Prognosis: Good. Prognosis: Good. Prognosis: Good. Prognosis: Good.

Source: Primary Data, 2026

Table 2. Acupuncture Care Outcomes

No	Stages	Therapy 7 09-01-2026	Therapy 8 11-01-2026
1	Inspection		
	Observations (<i>Money</i>)	Facial skin color: Sunny.	Facial skin color: Sunny.

	Tongue membrane: Tongue Not too thick, slightly whitish, quite normal red..	membrane: slightly whitish, fairly normal red.
Hearing and Smell (Wen)	Nothing pathological.	None pathological.
Interview (Wen)	Main Complaint: Starting to Improve & Lack of Energy	Main Complaint: Condition is normal & starts to power up.
	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic	Current history of the disease: Frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area easily tired, tired and lethargic
	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.	Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Problem Throat): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid BAK Normal.
Peraban (Qie)	Feeling of the complaint area: Compressive pain under the ribs is no longer present Abdomen The bottom is no longer painful	Feeling of the complaint area: Compressive pain under the ribs is no longer present Abdomen The bottom is no longer painful Pulse: Normal Except Left Deep & Weak.

		Pulse: Normal Except Left Deep & Weak	
2	Diagnosis	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency causes deficiency of the Qi of the spleen.	Diseases: Low Blood Pressure or Hypotension Syndrome: Qi & Xue Deficiency causes deficiency of the Qi of the spleen.
3	Planning	Principles and Methods of Therapy: Qi & Blood Tonix.	Principles and Methods of Therapy: Qi & Blood Tonix.
		Selection of Therapeutic Tools and Materials: Jarum <i>filiform</i> , Graves, alcohol 70%, moxybusi.	Choosing Tools and Therapeutic Ingredients: Jarum <i>filiform</i> , Grave, alcohol 70%, moksibusi.
		Points, Functions, and Ways Manipulation: Dot Main Acupuncture : <i>Zusanli</i> <i>Sanyinjiao</i> <i>Qihai</i> <i>Xuehai</i>	Points, Functions, and Ways Manipulation: Dot Main Acupuncture : <i>Zusanli</i> <i>Sanyinjiao</i> <i>Qihai</i> <i>Xuehai</i>
		Additional points : <i>Neiquan</i> <i>Geshu</i> <i>Pishu</i> Method: How to manipulate Tonification	Additional points : <i>Neiquan</i> <i>Geshu</i> <i>Pishu</i> Method: How to manipulate Tonification

	Therapy Schedule: 1 week 4 x sessions	Therapy Schedule: 1 week 4 x sessions, if the complaint is lost therapy can be stopped.
	Recommendations and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables, increase your water volume and exercise regularly.	Recommendations and Suggestions: Get enough rest, reduce late sleep, adjust your diet, increase your consumption of fresh fruits and vegetables, increase your water volume and exercise regularly.
4 Implementation	Preparation Facilities, Tools, and Materials	Filiform needles, Cotton, 70% Alcohol, and Moxibustion.
	Client consent	Signed the client's (participant's) consent sheet (<i>informed consent</i>) on 29-12-2025 before taking action.
	Client positioning	The client (participant) is positioned in the most comfortable position during the therapy according to the selected Acupuncture Point.
	Hand decontamination	Wash hands first or the therapist's hands are sterilized using 70% alcohol, before inserting or pulling out the <i>filiform</i> needle, as there is always a risk of cross-infection from the therapist or between clients (participants).
	Usage Protective Equipment Self	Medical masks.
	Preparation of the stabbing site	The selected Acupuncture Points are sterilized using 70% alcohol.
	Needle preparation	Always use a new <i>filiform</i> needle, and only open it when you want to insert the <i>filiform</i> needle. Check whether the <i>condition of the filiform</i> needle is still good or not such as whether there is rust, bending, etc.
	Needle collection and needle counting after removal	Retrieve, collect, and count used <i>filiform</i> needles to ensure that no <i>filiform</i> needles are left on the client's (participant's) body to be disposed of in a special place (yellow <i>box</i>) which is then taken to a Third Party for destruction.
	Decontamination of equipment	The equipment is sprayed/wiped using 70% alcohol.
	Preparedness	The researcher waits next to the client (participant), immediately taking action in case of unwanted side effects.
	Response Actions (Response)	Ask the client (participant) for their opinion on the recruitment process, changes to major complaints and additional complaints, or inconveniences.
	Prevention of trauma and injury risk	Carry out therapeutic actions according to SOPs to prevent trauma/injury, so that clients (participants) are not afraid and feel comfortable. Giving advice to the client (participant) not to change the position of the body during therapy.
	Rewearing of the client's clothes	Invite or assist the client (participant) to put on their original clothes again when the therapy is over.

	Storage of sharp objects	Ensure all <i>filiform</i> needles or sharp objects that harm the client (participant) are kept in a special place.
	Obedience to the principles of health and safety	Acupuncture is carried out by prioritizing the health and safety of the client (participant) so that unwanted things do not happen.
5	Evaluation Prognosis: Good.	Prognosis: Good.

Source: Primary Data, 2026

1. Discussion at the Examination

In the 1st therapy session, data from the examination was obtained in the form of:

- 1) Main Complaints: Dizziness is very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area, additional complaints, easy fatigue, tiredness and lethargy.
- 2) Observation Examination (Money) : Skin color of the face: Pale.. Tongue : Tongue membrane : Thick, whitish, pale.
- 3) Hearing and Olfactory (Wen) Examination: Nothing pathological.
- 4) Interview Examination (Wen): Current disease history: Frequent dizziness very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area, fatigue and lethargy Symptoms of the current disease: Heat Cold: cold No fever (Feeling/Sensation) in Body Parts: None. Thirst (Throat Problems): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid Normal TUB.
- 5) Touch Examination (Qie): Touch of the complaint area: Pressure pain under the right rib. The lower abdomen is palpable quite hard & painful. Pulse: Sink except for the right Cun floating, and the right Guan floating, strong, string.

In the 2nd to 4th therapy sessions, data from the examination were obtained in the form of:

- 1) Main Complaints: Heavy body, decreased appetite Additions: easily tired, tired and lethargic.
- 2) Observational Examination (Money): Facial skin color: Slightly bright, Tongue membrane: Not too thick, slightly whitish, slightly reddish.
- 3) Hearing and Olfactory (Wen) Examination: Nothing pathological.
- 4) Interview Examination (Wen): Current history of the disease: Frequent dizziness is very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area, fatigue and lethargy. Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Throat Problems): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid Normal TUB.
- 5) Sensory Examination (Qie): Sensation of the complaint area: Pressure pain under the ribs is no longer felt Lower abdomen is palpable no longer felt Pulse: Normal except the left Cen is drowning, Weak and Guan

In the 5th to 6th therapy session, which is the time before menstruation, data from the examination was obtained in the form of:

- 1) Main Complaint: Main Complaint: Starting to Improve & Still A Little Unenergized Examination
- 2) Observation (Money): Skin color of the face: Redness. Tongue Membrane: Begins to thin, yellowish and not dry.
- 3) Hearing and Olfactory (Wen) Examination: Nothing pathological.
- 4) Interview Examination (Wen): Current history of the disease: Frequent dizziness is very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area, fatigue and lethargy. Symptoms of the disease now: Cold Heat: None No fever (Feeling/Sensation) in Body Parts: None. Thirst (Throat Problems): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid Normal TUB.
- 5) Sensory Examination (Qie): Sensation of the complaint area: Pressure pain under the ribs is no longer there Lower abdomen is palpable no longer feels pain Pulse: Normal

In the 7th to 8th therapy session, which is the time after the menstrual cycle, data from the examination was obtained in the form of:

- 1) Main Complaint: Main Complaint: Condition is normal & starting to power up.
- 2) Observation Examination (Wang): Facial skin color: Bright. Tongue membrane: slightly whitish, quite normal red.
- 3) Hearing and Olfactory (Wen) Examination: Nothing pathological.
- 4) Interview Examination (Wen): Current disease history: Frequent dizziness very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area, fatigue and lethargy Symptoms of the current disease: Cold Heat: No Fever (Feeling/Sensation) in Body Parts: None. Thirst (Throat Problems): Frequent thirst during menstruation. Hearing (Ear Problems): There is no pathology. Sleep: Difficulty Sleeping Bowel movements are not constipated, not flaccid Normal TUB.
- 5) Sensory Examination (Qie): Sensory area of complaint: Pressure pain under the ribs is no longer there Lower abdomen is palpable no longer feels pain Pulse: Normal Except for the left deep and weak ce.

The data mentioned above is a comparison between before and after Acupuncture Therapy 8 times. The data shows that there are several differences in the results of the examination of the 1st therapy session and the results of the examination of the 8th therapy session. These differences indicate that there has been improvement in the client (participant).

2. Discussion on Diagnosis

Based on the data of the results of the examination of the client (participant), in the 1st therapy session Diagnosis, The enforced acupuncture is Low Blood Pressure or Hypotension. The diagnosis of Acupuncture that is enforced is in accordance with Maciocia (2015) who stated that Qi & Xue Deficiency Syndrome shows symptoms and signs: Frequent dizziness is very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area is easily tired, tired and lethargic in addition to being felt by the participants, can also be felt objectively by the researcher, where pressure pain under the ribs is very felt. Participants through the interview examination also informed that they occasionally sighed, chest

palpitations and difficulty sleeping. The left Guan pulse that is felt weak, according to Ni (2025): in general without paying attention to a specific position if the pulse is small, weak, rough indicates a condition of deficiency & chronic. The body of the tongue is pale, according to (Abdurachman et al., 2016), A pale tongue is a tongue with a lighter color than the normal one, which shows less red and much whiter. This is due to decreased Qi and Yang or lack of blood. Qi and Yang in a weak state are unable to send blood to the tongue so the color of the tongue becomes pale. hence the established acupuncture diagnosis tends to Qi and Blood deficiency syndrome.

In the 4th to 6th therapy sessions, participants did not complain of frequent dizziness, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area but still easily tired, tired and lethargic objectively experiencing changes from still feeling drowsy and slightly weak. Participants already felt that they did not resist pressing in the right rib area. This indicates a change in the flow of Qi and Xue. Changes in the tongue only in the tongue membrane begin to reddish redness. which according to (Abdurachman et al., 2016) shows that a normal tongue is characterized by medium size, soft, free movement, pink color, thin and even white layers with moderate humidity. Pink is the body color of the normal tongue. Normal conditions are not too bright or too pink. This indicates that the heart blood is sufficient and the gastric Qi is strong. This means the reconciliation of Qi and blood

Furthermore, in the 7th and 8th therapy sessions, which were the last therapy sessions, the Acupuncture Diagnosis was enforced based on the main complaints upon arrival, namely Frequent dizziness very severe, difficulty maintaining sleep, reduced appetite, blurred vision, pain in the eye area but still easily tired, tired and lethargic. Because the previous history of the disease was low blood pressure (hypotension) with Qi & Blood Deficiency Syndrome, based on the results of the examination, a diagnosis with Qi & Blood Deficiency Syndrome was established. As for hypotension or low blood pressure, according to the results of the client interview examination, it has improved during the therapy process.

3. Discussion on Therapy

Based on the diagnosis in the 1st to 8th therapy sessions, the Principles and Methods of Therapy are determined, namely by toning Qi and blood. The Acupuncture points chosen are as follows (Mukhamad Ra'jin et al., 2022):

- a. The Zusanli point (ST 36) which is the he meridian point of the stomach. This point is used to repair the gastric and spleen organs, strengthen Qi and increase immunity. Piercing this point can improve the gastric spleen that is dysfunctional due to poor diet. So that it can help the gastric spleen organs in carrying out the function of transportation and food transformation properly. Thus, appetite improves and bowel movements are smooth.
- b. The Sanyinjiao point (SP 6), is the meeting point of the 3 Yin meridians of the legs, namely the meeting of the meridians of the spleen, kidneys, and liver. The piercing at this point is to strengthen the Qi of the spleen. By piercing at this point, it is expected to increase Qi and blood in the gastric spleen. Since the Sanyinjiao point is the meeting point of the 3 Yin meridians of the spleen, kidneys and liver, the released Qi can be immediately transferred to the kidneys and also to the liver (which is deficient). Thus, energy can be formed properly and anxiety is also reduced.
- c. The Qihai point (RN 6) is the central point of Qi throughout the body. This point can nourish Qi and increase Qi so that it can repair the organs that are experiencing Qi deficiency.

Because the organs that suffer from Qi deficiency have received good energy intake, so that the body feels more energetic and active again, the body does not get tired easily, lethargic, and tired.

- d. The Xuehai point (SP 10) is the point of *istirnewa* blood. This point can strengthen the function of the spleen. In addition, it can also increase blood and smooth the blood. With Xuehai point piercing, blood accumulated in the gastric spleen can be increased so that it can be channeled to the blood vessels. Then from the blood vessels to all organs. So that blood deficiencies in organs and blood vessels can improve.
- e. The BL17 point is referred to as the Influential Point of Blood. Its main benefit is to regulate and harmonize blood circulation throughout the body. Although its main function is to regulate blood, its potential link to hypotension lies in cases where low blood pressure is caused by blood deficiency or poor circulation (in TCM terminology, Qi and Xue-blood deficiency). By improving blood circulation and overcoming blood deficiency, BL17 point stimulation can indirectly help normalize blood pressure in patients with this specific condition.
- f. The BL20 acupuncture point (Pishu) has its role in nourishing the spleen and stomach within the framework of Traditional Chinese Medicine (TCM), which indirectly supports the body's blood and energy (Qi) production. Increases Energy (Qi) and Blood Production: In TCM, the spleen (which is related to BL20, or Pishu) plays a central role in digesting food and converting it into energy and blood. In cases of hypotension caused by energy and blood deficiencies, BL20 stimulation helps to strengthen the function of this spleen, thereby increasing circulation and blood volume in the body.
- g. Neiguan PC6 acupuncture points, are beneficial in regulating cardiovascular function and improving blood circulation response. PC6 point stimulation can help improve the blood circulation's adaptive response to orthostatic stress (a change in body position, e.g. from sitting to standing), which is often a trigger for dizziness symptoms in people with orthostatic hypotension.

Hypotension treatment with acupuncture uses the main points of Zusanli (ST 36), Sanyinjiao (SP6), Qihai (RN 6), Xuehai (SP 10) and additional points of Neiquan Acupuncture Point (PC 6), Geshu Acupuncture Point (BL 17), Pishu Acupuncture Point (BL20). using the tonification method. Treatment with acupuncture therapy for 8 times has a positive effect on complaints of low blood pressure or hypotension. During acupuncture therapy, puncturing at that point can reduce the complaints suffered by the patient. Although it does not rule out the possibility of recurrence, if the patient does not change his lifestyle.

The healing of the client is in accordance with the theory written by (Maciocia, 2015) which states that all the selected Acupuncture Points function to improve the flow of Qi and increase blood volume.

CONCLUSION

The case study on acupuncture care for hypotension patients at Bale Terapi Datu (TCM Center NTB) in West Lombok Regency demonstrated positive outcomes after eight therapy sessions using the tonification method. Treatment involved the primary acupuncture points Zusanli (ST36), Sanyinjiao (SP6), Qihai (RN6), and Xuehai (SP10), with additional points

Neiguan (PC6), Geshu (BL17), and Pishu (BL20). The therapy aimed to strengthen Qi and Xue (blood) circulation according to Traditional Chinese Medicine (TCM) principles. The results indicated an improvement in the patient's condition, reflected by a reduction in hypotension symptoms and an increase in blood pressure from 70/80 mmHg to 100/80 mmHg. Overall, the findings suggest that acupuncture care may contribute to improved physiological balance and patient well-being when combined with appropriate lifestyle management. Future research is recommended to involve a larger sample size and longer observation period to strengthen the evidence on acupuncture effectiveness for hypotension, and to explore complementary approaches such as electroacupuncture, herbal therapy for tonifying Qi and blood, or therapeutic massage to enhance treatment outcomes.

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