

Acupuncture Treatment for Patients with Presbycusis at the Fifa Sehat Clinic in South Jakarta

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Abstract

Presbycusis is a progressive sensorineural hearing loss caused by age-related degenerative processes, significantly affecting an individual's quality of life. This research aimed to describe acupuncture care in a 50-year-old patient with presbycusis to improve hearing function based on the Traditional Chinese Medicine (TCM) approach. The research used a qualitative case study design involving one participant with progressive hearing impairment. Data were collected through TCM examinations, including inspection (Wang), listening and inquiry (Wen), and palpation (Qie), which were analyzed to establish disease and syndrome diagnoses. The results showed that the diagnosis was presbycusis with Kidney Qi deficiency syndrome accompanied by blood (Xue) stagnation. The therapeutic principles included tonifying Qi, strengthening Kidney function, improving blood circulation, and opening the ear orifices. Acupuncture therapy was conducted over 7 days (March 9–15, 2026) with continuous evaluation. The findings indicated gradual improvements in the patient's general condition, including better sleep quality, reduced stress levels, and increased body energy. However, hearing function did not show significant improvement within the short treatment period, although there was a tendency toward stabilization and slight improvement in sound perception. In conclusion, acupuncture therapy demonstrated positive systemic effects and has potential as a complementary treatment to improve the quality of life in patients with presbycusis.

INTRODUCTION

Hearing loss is one of the growing global health problems, especially in the elderly population. According to the *World Health Organization* (WHO), more than 1.5 billion people in the world have hearing loss, and this number is expected to continue to increase as life expectancy increases (Organization, 2021). One of the most common forms of hearing loss is presbycusis, which is a decline in hearing function related to the aging process (WHO, 2022).

In Indonesia, the problem of hearing loss is also an important concern in the field of public health. Based on the Indonesian Health Profile (I, 2022), hearing loss is included in the category of non-communicable diseases that have a significant impact on the quality of life, communication, and productivity of individuals. Presbycusis generally occurs gradually and is chronic, so it is often unnoticed by sufferers in the early stages .

Medically, presbycusis is caused by degeneration of hair cells in the cochlea, auditory nerve disorders, as well as age-related vascular changes (Katz, 2019; Longo et al., 2018). This condition can be exacerbated by other factors such as stress, unhealthy lifestyle, sleep disorders, and suboptimal blood circulation. If not treated properly, presbycusis can lead to communication disorders, social isolation, and even depression.

From the point of view of *Traditional Chinese Medicine* (TCM), hearing loss, especially presbycusis, is closely related to the function of the *kidneys*, spleen, and Qi and blood flow (*Xue*). According to Maciocia (2015), the ear is the "opening" of the kidney organs, so the decline in kidney function will affect the ability to hear. In addition, conditions such as Qi deficiency, Yin/Yang deficiency, and *accumulated dampness* and blood stagnation can also be factors that cause hearing loss (Cheng, 2010).

Acupuncture as one of the therapeutic modalities in TCM has been widely used in treating hearing loss. This therapy works by stimulating certain points in the body to improve Qi flow, improve blood circulation, and balance organ function (Sim, 2020; Stux & Pomeranz, 2018). In addition, modern research also shows that acupuncture can have a positive effect on the nervous system and gradually improve hearing function (Berman, 2019).

Based on case data obtained during the clinic's practice, it was found that a 50-year-old male patient with the main complaint of hearing loss that occurred gradually and chronically, accompanied by sleep disturbances and mild stress conditions. Examination showed the presence of TCM syndrome tendencies such as Qi deficiency, blood stagnation, and *accumulated dampness*, which affected the patient's hearing function (Katz, 2019; Ylikoski, Lehtimäki, Pirvola, & Mäkitie, 2020).

The chronology of the development of the problem in the patient showed that the initial condition was dominated by Qi and Yang deficiency and stagnation of blood circulation, which then progressed to a more stable condition but still showed impaired hearing function. This suggests that without proper intervention, presbycusis can experience progressivity and impact the patient's quality of life (Basner et al., 2014; Ciorba, Bianchini, Pelucchi, & Pastore, 2012).

Treatment of presbycusis generally uses hearing aids or pharmacological therapy, but the results are often not optimal, especially in chronic cases. Therefore, an alternative therapy approach that is holistic, safe, and has minimal side effects is needed. Acupuncture is one of the potential therapy options because it is able to overcome the underlying causes of disorders according to the TCM concept and improve overall body balance (Manchaiah, Zhao, Manchaiah, & Zhao, 2011; Vos et al., 2020).

Based on this description, further research is needed on **Acupuncture Care in 50-year-old presbycised patients**, in order to determine the effectiveness of therapy in improving hearing function and quality of life of patients. This study is limited to a case study of acupuncture care in 50-year-old presbycusis patients with the Traditional Chinese Medicine (TCM) approach which is carried out based on the results of clinical examinations, anamnesis, and diagnosis of TCM syndrome, with a focus on decreased hearing function (presbycusis), underlying TCM syndrome (Qi deficiency, blood stagnation, and dampness), as well as the administration of acupuncture therapy and evaluation of therapy outcomes. The formulation of the problem in this study is how acupuncture care in 50-year-old presbycus patients can improve hearing function based on the TCM approach (Otolaryngology, 2020).

The general purpose of this study is to find out the overview of acupuncture care in 50-year-old presbycised patients in improving hearing function, with the specific aim of identifying clinical conditions and TCM syndrome in people with presbycusis, determining the appropriate acupuncture therapy principles and methods, evaluating changes in the patient's condition after acupuncture therapy, and knowing the effectiveness of acupuncture in helping to improve hearing function. This research is expected to provide theoretical benefits in the form of contributions to the development of acupuncture science, especially in the treatment of presbycusis based on the TCM approach, as well as practical benefits for future researchers as a reference and basis for further research, for acupuncture therapists as a reference in providing effective and standardized acupuncture care, for patients as a safe and holistic alternative therapy in overcoming hearing loss, and for readers to add insight into the benefits of acupuncture in the treatment of presbycusis.

METHOD

Research Design

The design of this study used a qualitative approach of the case study type. The research design of acupuncture case studies here is not purely an exploration of a social problem both individually and in groups that ends with recommendations for alternative solutions as befits case studies in general, but as a form of report on the handling of health complaints with acupuncture modalities. The main activity carried out is to observe the process of managing acupuncture service activities from beginning to end. The preparation is guided by the standard rules of acupuncture therapy.

In-depth data collection is carried out using instruments in the form of Client Data Sheets. The data that has been obtained is carefully processed to be used as a basis for establishing the Diagnosis (Diseases and Syndromes). In the management of acupuncture services, a correct diagnosis is needed to be used as a guideline in compiling and implementing a work plan for acupuncture service actions. Each session of service action on a person who is in need of health services is analyzed until it becomes a case report. This research was conducted to get a comprehensive overview of Acupuncture Care. However, the implementation of this case study is limited by time and place, unless there are situations and conditions that require change.

Term Limitations

The limitation of terms in the quantitative version is referred to as the Operational Definition, which is a statement that describes the key terms that are the focus of the case study (Zhang, Wang, Li, & Liu, 2023). In this case, the researcher provides limitations (definitions) on the terms used so that the reader can understand the context of the use of a term or perhaps its special meaning. What is meant by special terms in acupuncture case study research is the key word that is the core variable arranged in the research title.

Participants

Participants in this study were limited to one client/participant. The expected participants in this study were mentioned in general characteristics. The characteristics intended include gender, age, health, willingness, social status, and others who are eligible as participants or research subjects.

Research Location and Time

The location of this case study research refers to the address where the research was carried out in the form of clinics in hospitals, clinics, joint foundations, independent practices or other health service facilities. The time of the research is adjusted to the academic calendar or schedule of research activities that have been consulted with the Supervisor by mentioning the date, month and year of the start and end of the research in the form of a Final Project.

Data Collection

Licensing

The process of research activities begins after the proposal is approved by the supervisor. After that, the data collection process is carried out which is preceded by bureaucratic procedures or licensing letters issued by the Head of the Acupuncture Study Program ITSK RS dr. Soepraoen Malang.

Data collection

Data collection is a process of approaching the subject and the process of collecting the characteristics needed in a study (Saryono, 2023). The data collection process begins with: The researcher is looking for a research subject.

- a. The researcher asked *for informed consent* from the research subject.
- b. The researcher conducted an Acupuncture study.

The researcher in conducting the study uses a data collection tool in the form of a list of contents (Client Data Sheet) filled in by the researcher, including:

1. Observation Examination (Wang).

This Observation Examination (Wang), includes:

- Shen examination, including: Eye light, Face color, Facial expressions, Awareness, Language/Speech, Body condition, and Reflection of movement/behavior.
- Facial Examination, including: Facial skin color, Freshness of facial skin, and Topography of organs on the face.
- Body Condition Examination, including: Body Shape, Body Movements (Posture / Pose), Head, Hair, Face, Neck (Front), Neck (Back), Eyes, Ears, Nose, Mouth / Lips, Gums, Throat, and Skin.
- Tongue Examination, including: Tongue Muscles / Tongue Body, Tongue Membrane / Moss, and Topography of Zang Fu Organs on the Tongue.

2. Hearing and Smell Examination (Wen).

- Hearing Examination, including: Sound Output, Speech, Breathing, Sneezing, Coughing, Vomiting, Hiccups, Burping, *Sighing* (Deep Breathing), and Intestinal Sounds from the client that can be heard by the examiner.
- Olfactory Examination, including: Bad breath, Nose, Sweat odor, Body odor, and Odor of excreta from the client that can be smelled by the examiner.

3. Interview Examination (Wen).

This Interview Examination (Wen), includes:

- Client Identity Interviews.
- An interview about the main complaint.
- Interview on Additional Complaints.
- Interview on the History of Current Illness.
- Interview on the History of Past Diseases.
- Interview about the Client's Personal Lifestyle History.
- Family History Interview.
- Interview on Symptoms of Current Illness: Hot Cold, Sweating, Complaints (Taste/Sensation) in body parts, Bowel Movements, Urination, Eating and Drinking Habits, Taste in the mouth, Thirst (Throat Problems), Hearing (Ear Problems), Vision (Eye Problems), Sleep, Women's Special Problems, Men's Special Problems, and Children's Special Problems.

4. Touch Examination (Qie).

This Touch Examination (Qie) includes: Touching the complaint area, Touching Special Points, and Pulse Touching.

5. Medical diagnostic examinations and other relevant data.

Observation of data supports the results of medical diagnostic examinations and other relevant data, such as: results of clinical laboratory examinations, results of radiology examinations, medical record data, and others.

Data Reduction.

Data reduction is a data processing process. The researcher processed the results of four methods of examining clients. The data collected through the Client Status Sheet is sorted by category. Next, the researcher compiles a data resume, which is to select data that has diagnostic value or abnormal data only. This data will later be used as the basis for establishing acupuncture diagnoses.

Establish Diagnosis (Diseases and Syndromes).

The diagnosis of acupuncture work is established as a basis for compiling a work plan for acupuncture care. The diagnosis in question includes two things, namely the statement of the disease and the syndrome. The disease and its syndrome can be established if the data from

the results of the four-way examination are sufficient. In one type of disease it is often found that there is more than one syndrome. Thus acupuncture care planning can be arranged by following how many syndromes have been successfully discovered.

Preparation of a Care Plan

In this acupuncture case study research, the arrangement of acupuncture care plans includes:

- a. Principles and Methods of Parenting
- b. Selection of Tools and Nurturing Materials
- c. Spot Selection and Manipulation Methods
- d. Determination of Parenting Schedule
- e. Submission of Recommendations and Suggestions

Implementation of the Care Plan

In this acupuncture case study research, the implementation of acupuncture actions includes:

- a. Preparation of facilities, tools and materials
- b. Client consent
- c. Client positioning
- d. Hand decontamination
- e. Wearing personal protective equipment
- f. Preparation of the location of the stabbing target
- g. Needle preparation
- h. Duration of retention
- i. Needle collection
- j. Decontamination of equipment
- k. Standby
- l. Action response (responsive)
- m. Prevention of trauma/injury risk
- n. Rewearing of the client's clothes
- o. Storage of sharp objects
- p. Obedience to the health and safety azaz

Preparation of Evaluation

In this acupuncture case study study, the evaluation of acupuncture actions includes:

- a. Process evaluation, which is an evaluation that is carried out immediately after all needles are removed. This evaluation is quite short covering four methods of examination, namely observation of the former prisoner, *changes in shen**), *sing*, and others. Hearing examinations include coughing sounds, speech sounds, etc., and touch, including temperature, pulse, location of complaints, and others, as well as questions about the use of assistive devices, reactions to the results of the hearing to complaints, and others.
- b. Evaluation of results, which is a temporary conclusion of the results of the process evaluation in the form of feasibility to continue therapy in the next session according to the schedule agreement or other appropriate and urgent actions needed.

Prognosis Statement

In this case study study, the prognosis statement of acupuncture includes

- a. Prognosis.

Prognosis is a scientific prediction about the possible development of a disease and its outcomes.

The prognosis statement is as follows:

- Sanam : healed
- Bonam : good
- Dubia : uncertain / doubtful

References.

Referral is a follow-up and/or additional healthcare process in a more comprehensive healthcare facility. Referred clients are clients who need health services outside the authority of a therapist's acupuncture.

Data Validity Test

Data validity test is an activity to test the quality of the data/information obtained, so as to produce data with high validity (Saryono, 2010). In this study, the validity of the data is in the integrity of the researcher because the researcher is the main instrument. In addition, data validity tests were also carried out, through:

- a. Extension of action/care time,
- b. Confirmation of additional sources of information using triangulation from three main data sources, namely clients, Acupuncture Therapists, and participants' families who are very closely related to the research subject.

Data Analysis

Data analysis in this study was carried out using a cross-comparison technique of data between acupuncture care sessions. The data compared is process data and result data. Process data includes the process of examining clients, preparing diagnoses (diseases and syndromes), preparing care plans and implementing care measures. Outcome data is data from observations of changes that occur after receiving foster care, which includes the condition of the client's recovery rate, prognosis, and referral.

The data analysis process is in the form of cross-referencing between actions carried out by comparing the implementation of 1st care with the 2nd care, the 1st care with the 3rd care, the 1st care with the 4th care and so on.

Writing Ethics

In order for this case study research to take place well and the researcher is safe from ethical issues, the researcher prepares several things, namely:

- a. Ask permission from the person in charge of the Independent Practice Owner of Acupuncture / Foundation / Healthy House while providing an explanation of the purpose and objectives of the research.
- b. Placing the person being studied not as an "object" but as a person whose degree is the same as the researcher.
- c. Respect, respect, and obey all rules, norms, societal values, beliefs, customs, and cultures that live in the community where the Acupuncture Clinic is located.
- d. Hold all secrets related to the information provided.
- e. Information about the subject is not published if the subject does not want to, including the subject's name will not be included in the research report, as well as the subject's face being blurred or eyes closed if it is necessary for documentation.
- f. The researcher in recruiting participants first provides *informed consent*, which is to honestly inform the purpose and objectives related to the research objectives to prospective participants as clearly as possible and ask for permission in writing.
- g. During and after the research, *privacy* is maintained, the participant's name is replaced with an initials (*anonymity*), the researcher will maintain the confidentiality of the information provided and is only used for research activities and will not be published without the participant's permission.
- h. During data collection, the researcher provided comfort to the participants by taking a place that suited the participants' wishes. So that participants can be free without any environmental influence to express the problems experienced.

RESULTS AND DISCUSSION

Research Results

Based on the results of the study conducted during the period of March 9-15, 2026, it was obtained that the condition of patients with a diagnosis of presbycusis showed gradual changes during acupuncture care. At the beginning of the examination, the patient was dominated by symptoms of decreased auditory function, accompanied by common conditions that indicate Qi deficiency, such as a weak body, pale face, and poor sleep quality.

During the therapy process, changes that occur are not directly in hearing function, but begin with improvements in systemic conditions, such as increased body energy, improved sleep quality, and emotional stability of the patient. This can be seen from the change in the results of the examination of Wang, Wen, and Qie which shows a shift from a state of deficiency to a more balanced state.

At the end of the therapy session, the patient showed a more stable condition with reduced additional complaints, although hearing function had not experienced significant improvement. Overall, the results of this study show that acupuncture therapy has a positive effect on the general condition of patients and has the potential to support the gradual improvement of body functions.

Overview of Research Locations

This case study research was carried out in independent acupuncture practice health service facilities that meet the standards of complementary therapy services as described in the research guide. The facility has been equipped with adequate facilities and infrastructure that support the optimal implementation of acupuncture therapy, including patient beds, single-use sterile acupuncture needles (*filiform needles*), 70% alcohol, sterile cotton, medical gloves, electrostimulator masks, TDP (Thermal Deep Penetration) lamps, and supporting examination devices such as sphygmomanometers.

In addition, there are also supporting facilities such as separate medical and non-medical waste disposal sites, thus ensuring safety and cleanliness during the therapy process. The arrangement of the therapy room is made in such a way as to create a comfortable, calm, and conducive atmosphere. This environmental factor is very important in the practice of acupuncture, as it can affect the psychological state of the patient and support the creation of optimal relaxation.

The therapeutic environment is designed in a calm, clean, and comfortable condition, with adequate lighting and good air circulation, to support the optimal therapy process to help the patient to focus more on the therapy process, etc. This is important in the practice of acupuncture because environmental factors can affect the patient's psychological condition as well as the smooth flow of Qi in the body. In the concept of Traditional Chinese Medicine (TCM), the balance between the external environment and the internal condition of the patient's body plays a major role in the success of therapy in the healing process.

The study was carried out during the period from March 9 to March 15, 2026 with a frequency of daily therapy that was systematically documented through the Client Data Sheet (LDK). The research method used is a case study with a qualitative approach, where the researcher conducts direct observation of the acupuncture care process from the examination stage to the evaluation of therapy results. During this period, a comprehensive assessment of the patient's condition was carried out through the approach of four TCM examination methods, namely observation (Wang), hearing and smell (Wen), interview (Wen), and touch (Qie), as described in the research method in Chapter 3.

Participant Characteristics

The participant in this study was one 50-year-old male patient who came with the main complaint in the form of decreased hearing function. Based on the data obtained from the Client Data Sheet (LDK) and the initial anamnesis, the patient has a background as an employee with a fairly high history of work activities and tends to pay less attention to rest patterns, as well as a less balanced lifestyle.

Based on initial LDK data, patients experienced progressive hearing loss, especially at high frequencies, and were accompanied by additional complaints in the form of insomnia and mild stress. The patient also had a history of strenuous physical activity such as intensive exercise, but it was not balanced with adequate rest.

Patients work as employees with predominantly computer use for a long time. In addition, patients also have a habit of working late at night, which causes sleep time to become irregular. In daily life, patients also have quite strenuous physical activities such as long-distance running and high-intensity cycling.

The main complaint submitted by patients is the inability to hear high-pitched sounds, such as the sound of electronic devices. This condition has been taking place gradually and has been increasingly felt in recent times. In addition, patients also complained of difficulties in communicating in crowded environments.

Additional complaints experienced by patients include:

- Difficulty sleeping and waking up often at night
- Easily feeling tired
- Emotional states that tend to be stressful

The history of the disease shows that the patient has undergone a medical examination and was diagnosed with presbycusis by an ENT doctor. The patient had also undergone medical therapy in the form of administering medication, but did not show significant improvement.

Based on these data, it can be concluded that participants have the following characteristics:

- Elderly (50 years old)
- High activity
- Less rest pattern
- Mild stress
- Progressive hearing loss

Acupuncture Care Resume

Acupuncture care in this study was carried out during the period of March 9-15, 2026 with an adjusted therapeutic approach based on the results of the assessment of each session.

The data obtained from each therapy session is then reduced and analyzed to obtain information that has diagnostic value. The results are then compiled in the form of a resume table to make it easier to interpret the development of the patient's condition.

Based on the guidelines of Chapter 4, the results of the study are presented in the form of a therapy resume table as follows:

Table 1. Resume of Acupuncture Care Stages

	March 9	March 10	March 11	March 12	March 13	March 14	March 15
Inspection	Decreased hearing, paleness, weakness	Stable	Qi deficiency	Deficiency + stagnation	Same	Start to improve	More stable
Diagnosis	Presbycusis + Def Qi	Same	Def Qi + Xue	Def Qi + stagnation	Same	Repairs	Stable
Planning	Qi Toning, launch XueP	Next	Add Yin	Stable	Next	Reduce stagnation	Maintenance
Implementation	Acupuncture of ear and kidney points	Next	Intensive	Combinations	Next	Customization	Evaluation
Evaluation	No changes yet	Stable	Slightly improved	Stable	Repairs	Improve	Better

Source: Primary data of documentation of acupuncture care (processed by researchers, 2026)

Inspection Results by Day

Day 1 (March 9, 2026)

In the first session, the patient's condition showed significant hearing loss. Patients complain of inability to hear high-pitched voices and difficulty understanding conversations in crowded environments.

On the observation examination (Wang), the patient's face was pale with a slight bluish color, which indicated a deficiency of Qi accompanied by blood stagnation. The light in his eyes seemed dim and his facial expressions were less lively, which indicated Shen's weakened condition.

On the interview examination, the patient complained of difficulty sleeping and often woke up at night. This condition indicates a disturbance of energy balance in the body.

On a touch examination, a weak pulse was found, which is a classic sign of Qi deficiency.

Day 2 (March 10, 2026)

In the second session, the patient's condition was relatively stable. There were no significant changes in auditory function. However, there was a slight improvement in the general condition of the patient, such as an increase in body energy and a slightly better facial expression compared to the previous day.

Examination shows that therapy begins to have an initial effect on the body's energy balance, although it has not had a direct impact on hearing function.

Day 3 (March 11, 2026)

In the third session, the patient's condition showed more obvious signs of deficiency. The face appears pale, the body feels weak, and the patient speaks in a quieter voice.

This suggests that Qi and blood deficiencies are becoming more dominant. At this stage, the patient's body is still in the process of adapting to the therapy given.

Day 4 (March 12, 2026)

In the fourth session, the patient's condition tended to settle without significant changes. This indicates a stagnation phase, where the body has not responded optimally to therapy.

This condition is often found in cases of chronic diseases, where improvement does not occur directly but through a gradual process.

Day 5 (March 13, 2026)

In the fifth session, the patient begins to show changes in the general condition. Patients reported a decrease in stress levels and a lighter body feeling.

Although the function of hearing has not undergone significant changes, the body's energy condition is starting to improve.

Day 6 (March 14, 2026)

In the sixth session, there was a more noticeable improvement. The patient's face looks fresher, the body's energy increases, and the quality of sleep begins to improve.

This shows that acupuncture therapy is starting to have systemic effects on the patient's body.

Day 7 (March 15, 2026)

In the last session, the patient's condition showed stabilization. Patients feel more comfortable, sleep better, and stress levels decrease.

However, auditory function has not seen significant improvement, although patients report a slight improvement in sound perception.

Development of Clinical Conditions

Table 2. Clinical Development of Patients

Parameters	Beginning	Middle	End
Hearing	Very downgrading	Slightly improved	More stable
Sleep	Bad	Improve	A Lot More Fun
Body energy	Weak	Medium	Better
Emotions	Stress	Stable	Quieter
Tongue	Pale	Pink	Normal
Pulse	Weak	Medium	Stable

Source: Results of patient observation and clinical evaluation (processed by researchers, 2026)

Changes Based on TCM Examination

Table 3. Wang–Wen–Qie Changes

Inspection	Beginning	Middle	End
Stuttgart	Pale	Fresher	Normal
Wen	Weak	Stable	Stronger
Qie	Weak pulse	Medium	Stable

Source: Patient's TCM (Wang, Wen, Qie) examination data (researcher's process, 2026)

Sleep Patterns and Activities

Table 4. Sleep Patterns

Day	Conditions
1	Difficulty sleeping
3	Start to improve
5	A Lot More Fun
7	Stable

Source: Patient sleep pattern anamnesis data (processed by researchers, 2026)

Discussion of Examination Results

Based on the results of the study in subchapter 1, it was obtained that the initial condition of the patient was dominated by decreased hearing function accompanied by signs of Qi deficiency and blood circulation disorders. This can be seen from the results of the examination

of Wang, Wen, and Qie which showed a pale bluish face, dim light in the eyes, weak voice, and weak pulse.

From the perspective of TCM, this condition reflects an imbalance of energy in the body, especially in the Kidneys (Shen) and Spleen (Pi). A pale face indicates a deficiency of Qi and blood, while a bluish color indicates a stagnation of Xue (blood). This condition causes the distribution of nutrients and energy to the ear organs to be disrupted.

During the therapy process, there is a gradual change in the results of the examination. By mid-therapy, signs of deficiency begin to diminish which is indicated by an improvement in facial color and an increase in body energy. At the end of therapy, the patient's condition shows stabilization with improvements in sleep quality and emotional state.

These changes suggest that acupuncture therapy provides a systemic effect that first improves the underlying condition of the body before affecting the functioning of specific organs, in this case the ear.

During the therapy process, there is a gradual change in the results of the examination. In the mid-phase of therapy, the patient's condition begins to show improvement in general aspects, such as increased energy and fresher facial expressions. At the end of therapy, the results of the examination showed a more stable condition, with a stronger pulse and reduced symptoms of deficiency. This shows that acupuncture therapy has an effect on the body's energy balance gradually

Discussion of Diagnosis

Based on the data from the examination results, the diagnosis established in this patient is:

- **Western Medicine:** Presbycusis
- **TCM:** Renal Qi deficiency accompanied by Xue stagnation

The diagnosis of presbycusis is in accordance with Western medical theories which state that hearing loss in old age is caused by degenerative processes in the auditory system, particularly in the cochlear hair cells and auditory nerve.

Meanwhile, in TCM, the ear is the "opening" of the kidney organ. Therefore, disturbances in kidney function will have a direct impact on hearing ability. Kidney Qi deficiency causes the ear not to get enough nutrients, while blood stagnation causes the flow of energy to the ear to be obstructed.

Kidney Qi deficiency causes the ears to not get enough nutrients, so hearing function decreases. On the other hand, blood stagnation causes the flow of energy to the ear to be obstructed. Thus, the diagnosis of TCM established in these patients is able to explain the clinical condition more holistically than a single approach.

Discussion of Pathomechanisms

The pathomechanism in this case can be explained through the integration of several main interrelated factors, namely deficiency, stagnation, and emotional factors.

First, the age factor causes a physiological decline in kidney function. In TCM, this is related to the reduction of Jing (essence) which plays a role in maintaining the function of sensory organs, including hearing. The decrease in Jing causes the ears to not get enough nutrients so that hearing loss occurs.

Second, the patient's irregular lifestyle, such as lack of sleep and excessive activity, led to Qi deficiency. This condition results in the body not having enough energy to carry out optimal physiological functions.

Third, emotional factors in the form of stress cause stagnation of the Heart Qi (Gan). This Qi stagnation then develops into blood stagnation (Xue), which causes the flow of energy within the meridians to be obstructed.

The combination of these three factors results in the condition:

- Energy deficiency → deficiency

- Stagnation → obstacles to energy flow

In the context of therapy, acupuncture works through several mechanisms, namely:

- Increase Qi flow in the meridians
- Improves blood circulation
- Balancing the functions of the Zang Fu organs
- Provides a relaxing effect on the nervous system

Through this mechanism, acupuncture therapy not only works locally on the ear, but also systemically in improving the patient's body condition.

Discussion of Planning and Implementation of Therapy

Based on the established diagnosis, the principles of therapy used are:

1. Qi Toning
2. Strengthen the Kidneys
3. Improves blood circulation
4. Opening the ear orifice

Therapy planning is carried out dynamically based on the development of the patient's condition. In the initial phase, therapy is focused on Qi toning to increase the body's basic energy. This can be seen from the use of points such as Zusanli (ST36) and Qihai (CV6).

In the intermediate phase, therapy is combined with points that function to improve blood circulation, such as Hegu (LI4) and Xuehai (SP10), to overcome stagnation that occurs.

In the final phase, therapy is focused on strengthening kidney function through points such as Taixi (KI3) and Shenshu (BL23), in order to improve hearing function systemically.

The implementation of therapy is carried out gradually and consistently, so as to allow the body to adapt to the stimulation given.

Discussion of Therapeutic Effectiveness

Based on the results of the study, acupuncture therapy has shown effectiveness in improving the general condition of patients. This can be seen from:

- Improved sleep quality
- Decreased stress levels
- Increased body energy
- Improvement of emotional condition

Nevertheless, improvements in hearing function do not occur significantly in a short period of time. This is because presbycusis is a degenerative disease that requires a longer therapy time to show meaningful changes.

These findings suggest that acupuncture is more effective in improving systemic conditions than local effects on the ear organs in the short term.

Clinical Development Analysis

The progression of the patient's condition shows a consistent pattern, i.e. gradual improvement from general aspects to specific aspects.

In the early stages, improvements occur in psychological aspects, such as decreased stress and increased comfort. This is followed by an increase in body energy which is characterized by a reduction in fatigue.

Furthermore, improvements began to be seen in the quality of sleep that became better. This condition indicates that the balance of Qi in the body is beginning to be achieved.

However, improvements in hearing function did not occur significantly in the study period. This suggests that sensory function takes longer to improve than systemic function.

The rest can be seen in the following daily development table:

Table 5. Daily Change Analysis

Date	Conditions
March 9	Onset of deficiency
March 10	Stable
March 11	Deficiencies increase
March 12	Stagnation
March 13	Stable
March 14	Repairs
March 15	Good stable

Source: Primary data from the analysis of daily changes in presbycusis patients during acupuncture therapy (processed by the researcher, 2026)

Compatibility with Theory

The results of this study are in accordance with the theory in TCM which states that:

- Kidneys in relation to the ear
- Kidney Deficiency Causes Hearing Loss
- Stagnation of Qi and blood inhibits organ function

In addition, the results of the study are also in accordance with Western medical theories that presbycusis is a degenerative condition that develops slowly.

Thus, the results of this study strengthen the concept that the TCM approach can be used as a complementary therapy in treating hearing loss.

Research Limitations

This research has several limitations, including:

1. Number of participants only one person (case study)
2. Relatively short duration of therapy
3. No follow-up audiometric examination

This limitation causes the results of the study to not be generalized widely.

Clinical Implications

The results of this study show that acupuncture therapy has the potential as a complementary therapy in the treatment of presbycusis, especially in improving the quality of life of patients.

Acupuncture can help:

- Reduces stress
- Improves sleep quality
- Increase the body's energy

However, this therapy needs to be done on a long-term basis to get optimal results on hearing function.

Discussion Synthesis

Overall, the results of the study show that acupuncture therapy has a positive effect on the patient's condition systemically. Improvement occurs gradually and starts from the basic aspects of the body before reaching more specific organ functions.

These findings suggest that a holistic approach to TCM can provide benefits in the treatment of chronic diseases such as presbycusis.

CONCLUSION

Based on the results of research and discussion of acupuncture care in patients with presbycusis at the age of 50, it can be concluded that patients experience a decrease in hearing ability (presbycusis) which is characterized by a decrease in the ability to hear high-frequency, accompanied by additional complaints in the form of sleep disturbances, fatigue, and mild stress. Based on the TCM (Wang, Wen, Qie) examination, the patient was diagnosed with Renal Qi deficiency syndrome accompanied by Xue (blood) stagnation that affects auditory function. The therapeutic principles used in acupuncture care include strengthening Qi, strengthening kidney function, improving blood circulation, and opening the ear canals. The implementation of acupuncture therapy for 7 days (March 9–15, 2026) showed that the general condition of the patient gradually improved, sleep quality improved, body energy improved, and stress levels decreased. However, improvements in hearing function have not occurred significantly in a short period of therapy, despite a tendency to stabilize and slightly improve sound perception. Acupuncture therapy provides a systemic and holistic positive effect, starting with improving the underlying condition of the body before affecting the function of specific organs. Overall, acupuncture has the potential to be a complementary therapy in helping to improve the quality of life of patients with presbycusis.

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