



Article

**The Effect of Acupuncture Rejuvenation Combination of Gua Sha on The Smile Line Area in Mothers at RT 15 RS. Sriwijaya Mothers South Sumatera**

*Arsy Amalia Putri<sup>1</sup>, Heni Nur Kusumawati<sup>2</sup>, Purwanto<sup>3</sup>*

*<sup>1-3</sup>Acupuncture Department, Health Polytechnic Ministry of Health Surakarta, Indonesia*

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**CORRESPONDENCE**

Phone: 085280061088

E-mail: arsyputri41@gmail.com

**ABSTRACT**

Wrinkles are formed due to the progressive aging process. Acupuncture therapy and a combination of gua sha in reducing the scale of facial wrinkles in the smile line area in mothers at Rss. Sriwijaya Sekarjaya Baturaja Timur Ogan Komering Ulu South Sumatera. This study used a Quasi-experimental research design with a two-group pre-test and post-test design and a purposive sampling technique with a sample size of 40 subjects. The group division consisted of 20 individuals for group 1 and 20 individuals for group 2. The result of the Wilcoxon test for acupuncture rejuvenation combination gua sha produced Asymp.Sig (2-tailed)  $p=0,000$  ( $p<0,005$ ), and for local area combination gua sha produced Asymp.Sig (2- tailed)  $p = 0,001$  ( $p<0,005$ ). So it can be concluded that  $H_0$  rejected and  $H_a$  accepted, the acupuncture rejuvenation combination gua sha or local area acupuncture combination gua sha affects reducing the scale of wrinkles in the smile line.

**I. INTRODUCTION**

The aging process occurs when cells and organs weaken. The whole thing starts from adulthood slowly and without realizing it<sup>(1)</sup>. Process different ones are fast or self- aging and some are slow or youthful. Indonesia is entering a phenomenon that cannot be avoided because of the impact of successful development, especially in increasing life expectancy and reducing fertility. It is called the aging process of the population. Indonesia has experienced an increase in the number of elderly people from 18 million (7.56%) in 2010 to 25.9

million people (9.7%) in 2019 and It is expected to continue to increase in 2035 by 48.2 million souls (15.77%)<sup>(2)</sup>. Human organs The most visible manifestation of aging is the skin, which is the outermost organ in the human body directly related to the environment and is very easy to see if changes can be compared. One of the cases of aging on the skin is wrinkles on the face<sup>(3)</sup>.

Facial wrinkles are one of the cases of skin aging in which the appearance of lines on the face that are formed due to the progressive aging process. Generally, wrinkles appear on the face in the

forehead area, the corners of the eyes, and the corners of the lips. The causes of facial wrinkles start from slowing down skin cell production, thinning of the skin layer, and loss of facial collagen protein<sup>(4)</sup>. Overcoming facial wrinkles can be used pharmacologically and non-pharmacological.

Pharmacological management to overcome the problem of deep skin aging It is a wrinkle with the use of cosmetics. Rejuvenation Acupuncture is an acupuncture for skin rejuvenation which is one of the right choices to revitalize the skin in Traditional Chinese Medicine because it can improve qi circulation, and maintain the balance of the Zang-fu organs. In addition to being able to improve wrinkles on the face, acupuncture can also relieve stress<sup>(5)</sup>.

In addition to acupuncture, you can also use gua sha. The Sha Cave is a tool that originated in the ancient tradition of medicine in China from Southeast Asia, the gua sha is a blunt object that is directly applied to the face. The function of using this tool is different from facial facials which usually tend to blackhead extraction, acne, and facial cleansing. Gua Sha has a massage technique that The design functions to relieve tension in the muscles that cause facial wrinkles and soften facial expressions Depressed causes fine lines at the corners of the eyes and lips and increases relaxation<sup>(6)</sup>. This study aimed to determine the effectiveness of acupuncture therapy and a combination of warm compresses on the gastritis pain scale in female students at SMAIT Ibnu Abbas Klaten.

## II. METHODS

This study uses Quai Experiment research design with a two groups pre-

test-post-test design and a purposive sampling technique with a sample size of 40 subjects. The group division consisted of 20 people for group 1 and

20 people for group 2. This study focused on the effectiveness acupuncture rejuvenation combined gua sha on reduced wrinkle scale in smile line. The independent variables in this study were acupuncture rejuvenation combined gua sha and acupuncture local area combined gua sha. The dependent variables in this study were wrinkle scale in smile line cases in mothers at RT 15 Rss. Sriwijaya Sekarjaya Baturaja Timur Sumatera Selatan.

The tools used included acupuncture needles, alcohol, gua sha, handscones, nierbeken, olive oil, and milk cleanser. This study aims to determine the effectiveness of acupuncture rejuvenation combined gua sha and local area acupuncture combined gua sha on reducing smile line cases on RT 15 Rss, Sriwijaya Sekarjaya Baturaja Timur Ogan Komering Ulu South Sumatera.

The research subjects were divided into two groups, namely group I which was given acupuncture rejuvenation combination gua sha, and group II which was given local area acupuncture combination gua sha).

## III. RESULT

The study of Acupuncture therapy and combination of gua sha in reducing the scale of facial wrinkles in the smile line area in mothers at Rss. Sriwijaya Sekarjaya Baturaja Timur Ogan Komering Ulu South Sumatera which was conducted from February to March 2024 obtained data on the number of population were 40 people experienced facial wrinkles in the smile line area. Acupuncture therapy combination guasha for both groups was carried out 10 times on a 2 weekly schedule.

Table 1 shows the research subjects based on age with the average value for groups 1 and 2 equal 44 years and the

highest age for both group 1 and group 2 is 45 years with a percentage of 45%.

**Table 1. Distribution of research subjects by age**

Age	Group I		Group II	
	N	%	N	%
<b>30-35</b>	5	25	5	25
<b>36-40</b>	3	15	2	10
<b>41-45</b>	8	40	9	45
<b>46-50</b>	4	20	4	20

Table 2 is a research subject based on occupation with the most occupations in both group 1 and group 2 being entrepreneurs and teachers with a score of 6 each and a percentage of 20%.

**Table 2. Distribution of research subjects by job**

Age	Group I		Group II	
	N	%	N	%
<b>Housewife</b>	5	25	5	25
<b>Entrepreneurs</b>	6	30	6	30
<b>Teacher</b>	6	30	6	30
<b>Civil servant</b>	3	15	3	15

Table 3 is a research subject based on education with the most education in both group 1 and group 2 being senior high school and bachelor with a score of 9 each and a percentage of 45%.

**Table 3. Distribution of research subjects by education**

Age	Group I		Group II	
	N	%	N	%
<b>Junior high school</b>	2	10	2	10
<b>Senior high school</b>	9	45	9	45
<b>Bachelor</b>	9	45	9	45

Table 4 is a research subject based on syndrome The most common syndrome in group 1 is body fluid deficiency with a number of 8 with a percentage of 40% then group 2 with the

most syndromes is liver blood stagnation and body fluid deficiency with the same number of 8 with a percentage of 40%.

**Table 4. Characteristics of research subjects based on syndrome differentiation**

Syndrome	Group I		Group II	
	N	%	N	%
<b>Stagnation liver xue</b>	7	35	8	40
<b>Fluid deficiency</b>	8	40	8	40
<b>Kidney deficiency</b>	5	25	4	20

Table 5 research subjects based on the wrinkle scale before intervention for the most wrinkle scale in group 1, scale 2 with a percentage of 30% and in group 2 it is scale 2 with a percentage of 35%.

**Table 1. Distribution of research subjects by wrinkle scale before intervention**

Age	Group I		Group II	
	N	%	N	%
<b>1</b>	0	0	3	15
<b>1.5</b>	5	25	4	20
<b>2</b>	6	30	7	35
<b>2.5</b>	5	25	2	10
<b>3</b>	4	20	4	20

Table 6 research subjects after intervention with the highest wrinkle scale in group 1 was scale 1.5 with a percentage of 45% and group 2 was scale 1, 1.5 and 2 with a percentage of 30% each.

**Table 6. Distribution of research subjects by wrinkle scale before intervention**

Age	Group I		Group II	
	N	%	N	%
<b>0.5</b>	4	20	2	10
<b>1</b>	3	15	6	30
<b>1.5</b>	9	45	6	30
<b>2</b>	4	20	6	30

Table 7 explains that the results of the data normality test with Shapiro Wilk group 1 pre-test 0.014 and post-test 0.002 while the value in group 2 pre-test 0.043 and post-test 0.012 so that group 1 and group 2 are not normally distributed because the value is smaller than 0.05.

**Table 7. Test of Data Normality**

Variable	Category	N	Shapiro-wilk (sig.)
<b>Group I</b>	Before	20	0.014
	After	20	0.002
<b>Group II</b>	Before	20	0.043
	After	20	0.012

Table 8 is a homogeneity test before and after intervention on 40 research subjects with a sig.0.645 result. This value shows that the data is homogeneous because it is greater than 0.05.

**Table 8. Homogeneity Test**

Group	N	Levene Statistics (sig.)
<b>Group I</b>	20	0.645
<b>Group II</b>	20	

Table 9 shows the results of the Wilcoxon pre-test and post-test  $p = 0.001$ . then  $H_a$  is accepted and  $H_o$  is rejected. which means that both group 1 and group 2 have an influence in reducing the scale of facial wrinkles in the smile line area.

**Table 6. Wilcoxon Test**

Group	N	p
<b>Group I</b>	20	0.001
<b>Group II</b>	20	

Table 6 showed the highest average change in pain scale in group I, namely 3.294 with  $p < 0.001$  which means the significance value is  $p = (0.000 < 0.05)$ , so  $H_a$  is accepted and  $H_o$  is rejected.

## IV. DISCUSSION

Acupuncture rejuvenation is skin rejuvenation using non-surgical techniques but using acupuncture needles at points located on predetermined meridian pathways through toning or sedation effects. The aim of acupuncture rejuvenation in skin rejuvenation is to increase the firmness of facial muscles and even out skin tone to optimal levels without the need for injections or surgery. The basis of TCM applied in rejuvenating acupuncture is to balance yin and yang internally and optimally to maximize facial skin health<sup>(7)</sup>.

Rejuvenation acupuncture can be done in 10 sessions with a minimum of 1 time a week and a maximum of 3 times a week, with the aim of the effect of acupuncture being uninterrupted and maximally sustainable. Focusing on the area that is experiencing wrinkles, apart from carrying out acupuncture treatment, it is also recommended to self-massage the wrinkled area and follow the recommended diet and even use herbal plants. If you do acupuncture according to the recommendations, the results of this treatment can last for 5 years<sup>(7)</sup>.

Gua sha is a treatment originating from China that uses a jade tool that has blunt edges which has the function of massaging the skin by pressing gently to increase blood circulation. Gua sha can be used on areas of the body, generally on the back, neck, arms and legs, but as the scientific field develops, gua sha can be used for facial care by using gentler pressure to improve blood circulation so that the face becomes firmer and wrinkles fade<sup>(8)</sup>.

## V. CONCLUSION

A study conducted on 40 research subjects at RS. Sriwijaya RT 15 Sekarjaya Baturaja Timur in South Sumatra examined the effects of acupuncture rejuvenation and Gua Sha therapy on smile line wrinkles. Subjects, with an average age of 44, predominantly had backgrounds in

entrepreneurship and education levels in high school or bachelor's degrees. Common syndromes included body fluid deficiency and liver blood stagnation. Before therapy, the average wrinkle scale was 2.2 in group 1 and 1.3 in group 2, while post-therapy, group 1 had an ave

rage of 2 and group 2 an average of 1.4. The Wilcoxon test results showed significant improvements in wrinkle reduction ( $p = 0.000$  for group 1 and  $p = 0.001$  for group 2), indicating the effectiveness of the acupuncture and Gua Sha combination therapy in reducing smile line wrinkles.

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