



# Latest Research

## February 2010

### Pubmed

- 1) [Acupuncture in Poststroke Rehabilitation. A Systematic Review and Meta-Analysis of Randomized Trials](#)  
Wu P, Mills E, Moher D, Seely D.  
Stroke. 2010 Feb 18
- 2) [Are acupoints specific for diseases? A systematic review of the randomized controlled trials with sham acupuncture controls](#)  
Zhang H, Bian Z, Lin Z.  
Chin Med. 2010 Jan 12;5:1
- 3) [Scalp penetration acupuncture for insomnia: a randomized controlled trial](#)  
Zhou ZL, Shi X, Li SD, Guan L.  
Zhong Xi Yi Jie He Xue Bao. 2010 Feb;8(2):126-30. Chinese
- 4) [Effects of acupuncture and heating on blood volume and oxygen saturation of human Achilles tendon in vivo](#)  
Kubo K, Yajima H, Takayama M, Ikebukuro T, Mizoguchi H, Takakura N.  
Eur J Appl Physiol. 2010 Feb 6
- 5) [Immediate effects of acupuncture on gait patterns in patients with knee osteoarthritis](#)  
Lu TW, Wei IP, Liu YH, Hsu WC, Wang TM, Chang CF, Lin JG.  
Chin Med J (Engl). 2010 Jan;123(2):165-72
- 6) [Short term effects by acupuncture to SP3 on the autonomic blood flow control](#)  
Lee S, Chae Y, Kim SN, Kim SY, Park JY, Kwark YR, Kang OS, Lee H, Yin CS, Park HJ.  
Neurol Res. 2010 Feb;32 Suppl 1:37-42.
- 7) [Effect of acupuncture on selective attention for smoking-related visual cues in smokers](#)  
Chae Y, Kang OS, Lee HJ, Kim SY, Lee H, Park HK, Yang JS, Park HJ.  
Neurol Res. 2010 Feb;32 Suppl 1:27-30.
- 8) [Needle-free acupuncture benefits both patients and clinicians](#)  
An K, Kim YS, Kim HY, Lee H, Hahm DH, Lee KS, Kang SK.  
Neurol Res. 2010 Feb;32 Suppl 1:22-6
- 9) [Randomized, Blinded, Sham-Controlled Trial of Acupuncture for the Management of Aromatase Inhibitor-Associated Joint Symptoms in Women With Early-Stage Breast Cancer.](#)  
Crew KD, Capodice JL, Greenlee H, Brafman L, Fuentes D, Awad D, Tsai WY, Hershman DL.  
J Clin Oncol. 2010 Jan 25
- 10) [Acupuncture for uterine fibroids](#)  
Zhang Y, Peng W, Clarke J, Liu Z.  
Cochrane Database Syst Rev. 2010 Jan 20;(1):CD007221

- 11) **Acupuncture for depression**  
Smith CA, Hay PP, Macpherson H.  
Cochrane Database Syst Rev. 2010 Jan 20;(1):CD004046. Review
- 12) **Acupuncture for peripheral joint osteoarthritis**  
Manheimer E, Cheng K, Linde K, Lao L, Yoo J, Wieland S, van der Windt DA, Berman BM, Bouter LM.  
Cochrane Database Syst Rev. 2010 Jan 20;(1):CD001977
- 13) **Acupuncture and herbal medicine in in vitro fertilisation: a review of the evidence for clinical practice**  
Cheong Y, Nardo LG, Rutherford T, Ledger W.  
Hum Fertil (Camb). 2010 Jan 7.
- 14) **Effectiveness of Acupuncture in Patients with Category IIIB Chronic Pelvic Pain Syndrome: A Report of 97 Patients**  
Tugcu V, Tas S, Eren G, Bedirhan B, Karadag S, Tasci A.  
Pain Med. 2010 Jan 22.

## Other Databases

- 1) Lin H.-L. Song H.-M. Zhong W.-H. Chen S.-Q. Wang S.-Z.  
**Effects of different acupuncture and moxibustion treatments on cervical spondylotic radiculopathy: A systematic evaluation**  
Journal of Clinical Rehabilitative Tissue Engineering Research. 13(46)(pp 9017-9021), 2009  
Date of Publication: 12 Nov 2009

### Abstract

**Objective:** To evaluate the effect and safety of conservative treatment for treating cervical spondylotic radiculopathy by Cochrane evaluation systems.

**Data source:** CBM (from January 1978 to October 2008), CNKI (from January 1978 to October 2008) and VIP (from January 1989 to October 2008) databases were retrieved by computer and partial documents were searched by hands.

**Data selection:** Randomized controlled trial was adopted in course of acupuncture and moxibustion treatment for cervical spondylotic radiculopathy and its quality was assessed. Data source was randomized and semi-randomized controlled. Some evaluations such as random method-selection bias, allocation concealment-selection bias, blind method-performance bias and measurement bias, exclusion, lose to follow-up, withdraw-attrition bias were chosen.

**Main outcome measures:** Circled digit one Abdominal acupuncture needles were superior to the conventional method's efficiency. Circled digit two Electro-acupuncture plus cupping with barbed floc were superior to the conventional method's efficiency. Circled digit three Abdominal acupuncture were superior to traction's efficiency. Circled digit four Cervical traction, electro-acupuncture combined with point injection and massage were superior to traction's efficiency. Circled digit five Traction, electro-acupuncture, massage, TDP-guided were superior to traction, physiotherapy, TDP combined with exercise therapy's efficiency. Circled digit six Vinegar iontophoresis and electro-acupuncture were superior to simple electro-acupuncture's efficiency. Circled digit seven Long's approach acupuncture was superior to simple acupuncture's efficiency. Circled digit eight Adverse reaction.

**Results:** A total of 1 416 subjects were selected from 7 randomized controlled trials. All the studies have selection bias, measurement bias, loss of the high probability of bias, the quality and grade of "C" grade. And only one study proved that the efficiency of the experimental group was better than that of the control group. Study 1 showed that there was insufficient evidence suggested that acupuncture treatment of abdominal cervical spondylotic radiculopathy was efficient than conventional acupuncture. Study 2 showed that there was insufficient evidence suggested that electro-acupuncture plus cupping therapy with barbed floc was efficient than conventional acupuncture to cure cervical spondylotic radiculopathy. Study 3 showed that there was insufficient evidence suggested that acupuncture treatment of abdominal cervical spondylotic radiculopathy was efficient than traction. Study 4 showed that the cervical traction, electro-acupuncture combined with acupoint-injection treatment of cervical

spondylotic radiculopathy was efficient than traction combined massage therapy. Study 5 showed that there was insufficient evidence suggested that traction, electro-acupuncture, massage, TDP-guided therapy was efficient than traction, physical therapy, TDP combined with exercise therapy. Study 6 showed that there was insufficient evidence suggested that electro-acupuncture combined with vinegar iontophoresis treatment of cervical spondylotic radiculopathy was better than the simple electro-acupuncture therapy. Study 7 showed that there was insufficient evidence suggested that the acupuncture therapy using Long's approach was better than simple acupuncture. No adverse reactions appeared to terminate the test in 7 studies.

**Conclusion:** The above seven studies mainly present with low quality, absence of a unified curative method, small samples, difference of follow-up time, Judgment standard and measurement standard. So more samples, multicenter and more regular randomized controlled trial should be performed.

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- 2) Ahn C.-B. Jang K.-J. Yoon H.-M. Kim C.-H. Min Y.-K. Song C.-H. Lee J.-C.  
**A Study of the Sa-Ahm Five Element Acupuncture Theory**  
JAMS Journal of Acupuncture and Meridian Studies. 2(4)(pp 309-320), 2009  
Date of Publication: December 2009

**Abstract**

This study is a review of the theoretical basis of Sa-Ahm Five Element acupuncture devised about 360 years ago. A total of 21 books and papers ranging from the ancient Huang Di Nei Jing to modern biomedical acupuncture for pain management were researched in relation to the Five Shu points. Gao-Wu, in the Chinese Ming Dynasty, used the Five Shu points for the first time based on the creation cycle as the tonification and sedation treatment, termed the "tonification and sedation treatment of self meridian". Since then, and for no particular reason, this method has been rarely used until Sa-Ahm's new doctrine, which includes the concept of the destruction cycle, was asserted. Sa-Ahm Five Element acupuncture is a method in which the Five Shu points are used from the viewpoints of the simultaneous tonification and sedation methods that are based on the promotion and control cycles. Although it is currently the most utilized method in accordance with the practitioner's points, this method is in need of designated guidelines by which Sa-Ahm acupuncture can be practiced effectively. copyright 2009 Korean Pharmacopuncture Institute.

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- 3) Liu M.-L. Lan L. Tang Y. Liang F.-R.  
**Acupuncture and moxibustion for breech presentation: A systematic review**  
Chinese Journal of Evidence-Based Medicine. 9(8)(pp 840-843), 2009  
Date of Publication: 2009

**Abstract**

**Objective:** To evaluate the efficacy of acupuncture and moxibustion (acup-moxi) therapy for breech presentation.

**Methods:** We electronically searched The Cochrane Library (Issue 1, 2008), PubMed (1980 to Mar. 2008), MEDLINE (1966 to 2008), Ovid EBM Database (1991 to 2008), CBMdisc (1978 to Mar. 2008), VIP (1989 to Mar. 2008), CNKI (1979 to Mar. 2008), and WangFang Database (1983 to Mar. 2008), as well as hand searched seven traditional Chinese medicine journals to obtain randomized control trials (RCTs) about acup-moxi for breech presentation. Quality assessment was conducted according to the Cochrane Handbook for Systematic Reviews of Interventions 5.0.1. Meta-analyses were performed for the results of homogeneous studies using RevMan 5.0 software.

**Results:** Eight RCTs involving 1 341 patients met the inclusion criteria. Five trials were of relatively high quality and 3 were of low quality. The pooled analysis of six trials showed that acup-moxi was superior in cephalic presentation with RR=1.38, and 95%CI 1.20 to 1.58.

**Conclusion:** Acup-moxi can increase the successful rate of cephalic presentation in the treatment of breech presentation compared with no (routine care) or knee-chest position treatment. copyright 2009 Editorial Board of Chin J Evid-based Med.

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4) Chou P. Chu H. Lin J.G.

**Effects of electroacupuncture treatment on impaired cognition and quality of life in Taiwanese stroke patients**

Journal of alternative and complementary medicine (New York, N.Y.). 15(10)(pp 1067-1073), 2009

Date of Publication: Oct 2009

**Abstract**

**Objective:** The objective of this study was to investigate the effect of electroacupuncture on cognitive function and health-related quality of life in patients who have had a stroke.

**Design:** This clinical trial employed a prospective, randomized, single-blind design.

**Settings/location:** The study was conducted at the department of rehabilitation medicine, Tri-Service General Hospital, Taipei, Taiwan.

**Subjects:** Thirty-eight (38) participants were recruited, but only 33 completed the study. Seventeen (17) stroke participants with cognitive impairment were assigned to the treatment group and 16 were assigned to the control group.

**Interventions:** Electroacupuncture was applied to acupuncture points PC6 and HT7 for 20 minutes twice a week for 8 weeks in the treatment group, while participants in each group continued rehabilitation.

**Outcome measures:** Cognitive assessment (LOTCA-G) and quality-of-life assessment (SF-36 and SS-QOL) were carried out in each group at baseline and at 8 weeks after treatment.

**Results:** Significant improvement was detected in four subtests of LOTCA-G: orientation, perception, praxis, and attention (  $p<0.05$ ) between treatment and control groups. Significant improvement was also indicated in subscales of SF-36 (RP, VT, SF, RE, MH, MCS) and SS-QOL (language) (  $p<0.05$ ). No correlation was noted between the variables of LOTCA-G and SF-36/SS-QOL except four matches: Memory (LOTCA-G) and Mental Component Summary (SF-36):  $r=0.492$ ; Memory (LOTCA-G) and Personality (SS-QOL):  $r=0.485$ ; Praxis (LOTCA-G) and Language (SS-QOL):  $r=0.616$ ; Orientation (LOTCA-G), and Language (SS-QOL):  $r=0.534$ .

**Conclusions:** The results of this study confirm a positive effect of electroacupuncture on cognition and quality of life in patients who had a stroke. Future research will be required to evaluate potential mechanisms and potential long-term benefits.

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