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### This month in the news..

Welcome to the April Issue of the Acupuncture.com.au monthly newsletter.

This issue marks the 5th year since our newsletter first began back in 2006.

If you wish to contribute a story or article about Acupuncture or Traditional Chinese Medicine please contact the Acupuncture.com.au team through the web.

## 29/03/2011—Effect of Acupuncture on Allergen-Induced Basophil Activation in Patients with Atopic Eczema: A Pilot Trial



**Objective and Methods:** The crucial symptom of atopic eczema is itch. Acupuncture has been shown to exhibit a significant effect on experimental itch; however, studies focusing on clinical itch in atopic eczema and corresponding mechanisms are lacking. The study design was a unicenter, single-blinded (observer), prospective, randomized clinical pilot trial with an additional experimental part. In 10 patients with atopic eczema, we investigated the effect of acupuncture treatment (n=5) compared to no treatment (n=5) on itch intensity and in vitro basophil CD63 expression upon allergen stimulation (house dust mite and timothy grass pollen) in a pilot trial.

**Results:** Mean itch intensity in a visual analog scale was rated significantly lower in the acupuncture group (-25%±26% [day 15-day 0]; -24%±31% [day 33-day 0]) than in the control group (15%±6% [day 15-day 0]; 29%±9% [day 33-day 0]). From day 0 (before treatment) to day 15 (after 5 acupuncture treatments) as well as day 33 (after 10 acupuncture treatments), the acupuncture group showed less CD63 positive basophils than the control group regarding stimulation with house dust mite and grass pollen allergen at various concentrations (5ng/mL, 1ng/mL, 0.5ng/mL, or 0.25ng/mL).

**Conclusions:** Our results show a reduction of itch intensity and of in vitro allergen-induced basophil activation in patients with atopic eczema after acupuncture treatment. Reducing basophil activation can be a further tool in investigating the mechanisms of action of acupuncture in immunoglobulin E-mediated allergy. Due to the limited number of patients included in our pilot

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trial, further studies are needed to strengthen the hypothesis.

**Country:** Germany / **Institute:** Department of Dermatology and Allergy, Technische Universität München, Munich, Germany / **Author(s):** Pfab F, Athanasiadis GI, Huss-Marp J, Fuqin J, Heuser B, Cifuentes L, Brockow K, Schober W, Konstantinow A, Irnich D, Behrendt H, Ring J, Ollert M. / **Journal:** J Altern Complement Med. 2011 Mar 28

## Upcoming Events Calendar for 2011

### **April 3—Rosebery - Ma Tan Wan's 12 star System Including Taoist Visceral Reali**

When: 10.00am - 4.00pm, Where: 5/ 5-15 Dunning Ave

Contact: Robert Que on 1800 622 042 or enquires@cathayherbal.com

This is a multi-day event ending on the 03/04

### **April 30—Classical 5 Element Acupuncture**

Sydney - Gye Bennets When: 9am - 5pm, Where: The Intuitive Well - Bondi Junction

Contact: Gye Bennet on (02) 8084 1741 or courses@5element.com.au

This is a multi-day event ending on the 01/05

### **May 2—Ko Phagnan, Thailand - Meridian Circuit Systems**

When: 10.00am - 1.00pm, Where: 112 Haad Tien

Contact: James Spears on 01 707-206-7473 or james.spears@ihsociety.com

This is a multi-day event ending on the 06/05

### **May 14—Classical 5 Element Acupuncture**

Melbourne - Gye Bennets When: 9am - 5pm, Where: Endeavour College of Natural Medicine - City-

Contact: Gye Bennet on (02) 8084 1741 or courses@5element.com.au

This is a multi-day event ending on the 15/05