



## August 2007 Newsletter

### Welcome to the newsletter

Welcome to the August edition of the Acupuncture.com.au newsletter.

We are looking for people to contribute articles to the newsletter for publication. You can submit your articles to us via email at: [info@acupuncture.com.au](mailto:info@acupuncture.com.au)

We hope you enjoy this edition of the newsletter.

### The role of Acupuncture in the treatment of insomnia: A comprehensive review.

30/07/2007

Insomnia is a common sleep disorder with devastating socioeconomic consequences. Even though there are pharmacological and behavioral treatments for insomnia, most of the patients are treated with medications. However, the long-term use of medications to treat insomnia is questioned and has potential side effects. More and more Americans are seeking complementary/alternative treatments for many conditions including insomnia and there are anecdotal reports/case series of use of acupuncture in treating insomnia.

To examine critically the role of acupuncture in treatment of insomnia, we performed a systematic

review of published literature. Among the selected studies for review many were clinical case series and few open or randomized clinical trails. Even though several of these studies did not clarify the nature of insomnia (primary vs. secondary), it seemed that many of the subjects enrolled in these studies had comorbid other psychiatric (depression or anxiety disorders) and/or medical conditions (Hemodialysis, Stroke, Pregnancy). Except for few, several of these studies had methodological limitations.

Despite the limitations of the reviewed studies, all of them consistently indicate significant improvement in insomnia with acupuncture.

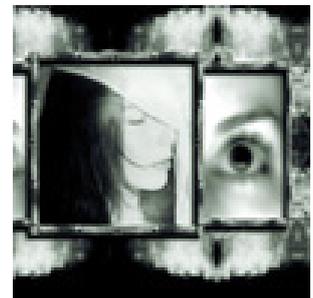
Further methodologically strong, randomized controlled studies with large sample size are needed to assess the usefulness of acupuncture in treatment of insomnia and explore the possible mechanisms underlying the effects of acupuncture on sleep and sleep disorders.

**Country:** U.S.A

**Institute:** Department of Psychiatry-H073, Penn State University College of Medicine, 500 University Drive, P.O. Box 850, Hershey, PA 17033, USA.

**Author(s):** Kalavapalli R, Singareddy R.

**Journal:** Complement Ther Clin Pract. 2007 Aug;13(3):184-93.



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COMPARED WITH  
NORMAL  
CONTROL GROUP,  
SERUM GASTRIN  
AND CORTISOL  
CONTENTS OF  
MODEL AND  
SALINE GROUPS  
DECREASED  
SIGNIFICANTLY



### Effect of Acupuncture on ST36 on serum gastrin and cortisol contents in rats with spleen deficiency.

29/07/2007

**OBJECTIVE:** To study the underlying mechanism of acupuncture of "Zusanli" (ST 36) in the treatment of spleen deficiency syndrome.

**METHODS:** Twenty-six adult Wistar rats were randomly divided into normal control group (n = 6), model group (n = 8), saline group (n = 6) and acupuncture group (n = 6). Spleen deficiency syndrome model was duplicated by intragastric perfusion of 50% alcohol (on the 1st day, 1 mL/100 g) and white vinegar for 9 days (1 mL/100 g). Before decapitation, the animals in all the 4 groups were forced to swim in a water pool under temperature of 18 degrees C till exhaustion (sinking to the bottom of the water

pool). Blood samples were collected after decapitation of rats for detecting contents of serum gastrin and cortisol with radioimmunoassay. Unilateral "Zusanli" (ST 36) was punctured and stimulated manually then the needle was retained for 20 min. The treatment was given once daily and continuously for 10 days.

**RESULTS:** Compared with normal control group, serum gastrin and cortisol contents of model and saline groups decreased significantly ( $P < 0.05$ ), while compared with model group and saline group, both gastrin and cortisol levels increased remarkably in acupuncture group ( $P < 0.05$ ). No significant differences were found between saline group and model

group, and between normal control group and acupuncture group in serum gastrin and cortisol levels ( $P > 0.05$ ).

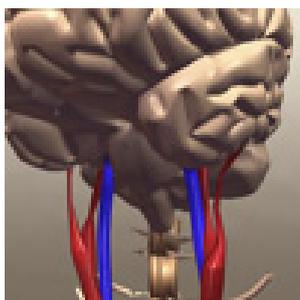
**CONCLUSION:** Acupuncture of "Zusanli" (ST 36) can suppress alcohol and vinegar induced decrease of serum gastrin and cortisol, which may contribute to its effect in the treatment of spleen deficiency syndrome in the rat.

**Country:** China

**Institute:** Institute of Acu-moxibustion, China Academy of Chinese Medical Sciences, Beijing 100700, China.

**Author(s):** Wang X, Teng JR, Lu B, Jin ZG.

**Journal:** Zhen Ci Yan Jiu. 2007 Apr;32(2):125-7.



### Acupuncture increases glucose metabolism in vascular dementia

Recent studies indicate beneficial effects of acupuncture in the rehabilitation of vascular dementia (VaD).

This study used 18-fluorodeoxyglucose PET measures to compare cerebral effects of conventional acupuncture for hemiplegia with that of additional VaD-specific needling.

As compared to baseline, conventional acu-

puncture increased glucose metabolism in the temporal lobe of unaffected and in the lentiform nucleus of the affected hemisphere. Additional needling in VaD-specific points rendered higher metabolism bilaterally in the frontal lobes and the thalamus, and in the temporal lobe and the lentiform nucleus of the unaffected hemisphere.

The findings further

underpin acupuncture's role in stroke and VaD rehabilitation.

**Country:** China

**Institute:** Department of Traditional Chinese Medicine, Southern Medical University, Guangzhou, China. nanfangli-huang@163.com

**Author(s):** Huang Y, Chen J, Htut WM, Lai X, Wik G.

### Effect of Electro-Acupuncture on muscle strength

4/07/2007

**Objectives:** This study aimed to examine the bilateral effect of 4 weeks of unilateral electroacupuncture on leg muscle strength.

**Design:** The effect of unilateral electroacupuncture at two selected acupoints, Zusanli (ST-36) and Xiajuxu (ST-39), which are located on the anterior tibialis muscle, on dorsiflexion strength was evaluated by statistical analyses of the interactions between the muscle strength pre and post 4 weeks of intervention, between the two legs, and between an experimental and a control group.

**Settings/location:** The trial was carried out in the exercise rehabilitation laboratory at Tianjin University of Sport.

**Subjects:** Thirty (30) healthy men with an average age of 20.9 +/- 2.98 (SD) years were randomly allocated into an electroacupuncture group (EG) and a control group (CG). They were

physically active, but without specific strength training or previous experience of acupuncture.

**Interventions:** Participants in the EG were given 3 sessions of electroacupuncture per week. In each session, the electroacupuncture was applied to the right leg at the acupoints with 8 duty cycles of 1 minute on and 1 minute off, pulse width of 1 millisecond, frequency of 40 Hz, and intensity of 30-40 V. Participants in the CG group kept their normal daily activities without additional intervention.

**Outcome measures:** The maximum strength in dorsiflexion of each leg was examined by having participants lift weights in the range of motion of approximately 20 degrees at the ankle joint.

**Results:** Repeated-measures analysis of variance with Bonferroni adjustment detected significant increase in strength of both legs (right

21.3%, left 15.2%) in the EG ( $p < 0.05$ ) and the increase was significantly higher than that of the CG ( $p < 0.05$ ). The CG showed no significant change (right 3.0%, left 4.8%), post-treatment.

**Conclusions:** Unilateral electroacupuncture at the selected acupoints improved muscle strength of both limbs. These findings may have implications in physical therapy and rehabilitation settings.

**Institute:** Department of Health and Exercise Science, Tianjin University of Sport, Tianjin, China.

**Author(s):** Huang LP, Zhou S, Lu Z, Tian Q, Li X, Cao LJ, Yu JH, Wang H.

**Journal:** J Altern Complement Med. 2007 Jun; 13(5):539-46.



ELECTROACUPUNCTURE AT THE SELECTED ACUPOINTS IMPROVED MUSCLE STRENGTH OF BOTH LIMBS. THESE FINDINGS MAY HAVE IMPLICATIONS IN PHYSICAL THERAPY AND REHABILITATION SETTINGS.

## August 2007 Newsletter

### Acupuncture and TCM events for August 2007

**02**

#### **Leichhardt - Acupuncture for surgical scars**

When: 7.00pm - 9.00pm, Where: LG, 92-94 Norton Street

Contact: Garry Tam on (02) 9550 9906 or [garry@sitcm.edu.au](mailto:garry@sitcm.edu.au)

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#### **New Zealand - Chi Nei Tsang Fundamentals Retreat**

When: 7.30am - 9pm, Where: Kimi Ora Spa Resort Kaiteriteri

Contact: Kim Knight on +649 833 6553

This is a multi-day event ending on the 21/08

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#### **Adelaide - The Enteric System: Part 1**

When: All - Day

Contact: Emily Lewis on 1300 133 807 or [emily@chmrd.com](mailto:emily@chmrd.com)

For detailed information on any of these events or if you would like to add your own event to our calendar for free, visit us online at the following address.

[www.acupuncture.com.au/events](http://www.acupuncture.com.au/events)

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