

June 2007 Newsletter

Events calendar

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The latest research

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Acupuncture Events for June 2007

07

Brisbane - How To Keep Your Staff Engaged

When: 9.00pm - 5.00pm, Where: Boundary Court, 55 Little Edward Street, Spring Hill

Contact: Hayley Gorlitz on 07 3831 2322 or marketing_brisbane@dalecarnegie.com

09

Sydney - TCM Health Maintenance & Longevity.

When: All - Day. Contact: Herbal International on 1800 600 068

15

Melbourne - Toyohari Basic Training - Weekend 5

When: All - Day. Contact: Australian Shiatsu College on (03) 9419 5520

This is a multi-day event ending on the 17/06

19

Perth - The Enteric System

When: All - Day. Contact: Emily Lewis on 1300 133 807 or emily@chmrd.com

28

Leichhardt - Facial Rejuvenation Acupuncture

When: 7.30pm - 9.30pm, Where: 92-94 Norton Street

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

30

Perth - TCM Treatment on Pregnancy Disorders.

When: All - Day. Contact: Herbal International on 1800 600 068

30

Brisbane - Manaka Japanese Acupuncture Protocols

When: 9.00am - 5.00pm, Where: The Ministry Centre - 23 Victoria Street, Clayfield

Contact: Peter Delaney on 07 33690045 or 0411537398 or pdelaney@uq.net.au

This is a multi-day event ending on the 01/07

Research



02/05/2007 - Effect of acupuncture at Foot-Yangming Meridian on gastric mucosal blood flow, gastric motility and brain-gut peptide.

Country: China

Institute: The Institute of Acupuncture and Massage, Hunan University of Traditional Chinese Medicine, Changsha 410007, Hunan Province, China. lyplinda@yahoo.com.

Author(s): Lin YP, Yi SX, Yan J, Chang XR.

Journal: World J Gastroenterol. 2007 Apr 21;13(15):2229-33.

Abstract:

AIM: To observe the effect of acupuncture at Foot-Yangming Meridian on gastric mucosal blood flow (GMBF), gastric motility and brain-gut peptide.

METHODS: Sixty SD rats were randomly divided into 6 groups: normal control group, model group (group with gastric mucosal damage, GMD), Sibai group (with acupuncture at Sibai point + GMD), Tianshu group (with acupuncture at Tianshu point + GMD), Zusanli group (with acupuncture at Zusanli point + GMD) and non-acupoint group (with acupuncture at non-acupoint + GMD). The GMD model group was induced by infusing pure alcohol into gastric cavity. H(2) Gas Clearance Test (HGCT) was used to measure GMBF, the frequency and amplitude of gastric motility were measured by the method of aerocyst, the content of brain-gut peptide in sinus ventriculi and bulbus medullae were detected by radioimmunoassay.

RESULTS: Inhibitory effect of the frequency and amplitude of gastric motility were shown in model group, and the rates of frequency and amplitude changes were remarkably different from the normal control group (-19.41 +/- 17.21 vs -4.71 +/- 10.32, $P < 0.05$; -51.61 +/- 29.02 vs 1.81 +/- 14.12, $P < 0.01$). In comparison with control group, the GMBF was 0.52 +/- 0.161 mL vs 1.03 +/- 0.255 mL per 100g tissue/min, $P < 0.01$, the content of motilin in sinus ventriculi and bulbus medullae was 63.04 +/- 7.77 pg/mL vs 72.91 +/- 8.42 pg/mL, $P < 0.05$ and 50.96 +/- 8.77 pg/mL vs 60.76 +/- 8.05 pg/mL, $P < 0.05$, but the content of somatostatin in sinus ventriculi and bulbus medullae was 179.85 +/- 43.13 ng/g vs 90.54 +/- 40.42 ng/g, $P < 0.01$ and 532.86 +/- 122.58 ng/g vs 370.91 +/- 76.29 ng/g, $P < 0.05$, respectively. In comparison with model group, the amplitude of gastric motility was 1.52 +/- 20.13, -6.52 +/- 23.31, 6.92 +/- 25.21 vs -51.61 +/- 29.02, $P < 0.01$ and GMBF was 0.694 +/- 0.160 mL vs 0.893 +/- 0.210 mL, 1.038 +/- 0.301 mL vs 0.52 +/- 0.161 mL per 100g tissue/min, $P < 0.01$, respectively in Tianshu, Sibai and Zusanli groups, the content of motilin in sinus ventriculi and bulbus medullae was 71.64 +/- 9.35 pg/mL vs 63.04 +/- 7.77 pg/mL, $P < 0.05$; 58.96 +/- 6.69 pg/mL vs 50.96 +/- 8.77 pg/mL, $P < 0.05$ in Zusanli group and 72.84 +/- 8.62 pg/mL vs 63.04 +/- 7.77 pg/mL, $P < 0.05$ in Sibai group, while the content of somatostatin in bulbus medullae in Tianshu, Sibai and Zusanli groups was 480.62 +/- 151.69 ng/g, 388.53 +/- 155.04 ng/g, 365.76 +/- 143.93 ng/g vs 532.86 +/- 122.58 ng/g, $P < 0.05$, respectively.

CONCLUSION: Electro-acupuncture at acupoints of Foot-Yangming Meridian could enhance the gastric motility, improve GMBF, and regulate the content of motilin and somatostatin in sinus ventriculi and bulbus. The effects of acupuncture on GMBF and gastric motility may be related to the content of brain-gut peptide.

Research



03/05/2007 - Observation on the therapeutic effect of acupoint application on constipation

Country: China

Institute: Section of Acupuncture, The First Hospital of Guangzhou University of TCM, Guangdong, China. Lyh0280@tom.com

Author(s): Li YH, Yin LL, Wang SX, Wang LH.

Journal: Zhongguo Zhen Jiu. 2007 Mar; 27(3): 189-90.

Abstract:

OBJECTIVE: To test the therapeutic effect, safety of acupoint application for treatment of constipation.

METHODS: Forty-two cases were randomly divided into a treatment group of 22 cases and a control group of 20 cases. The treatment group were treated with acupoint application, with the cake made by Sanleng (Rhizoma Spargani), Ezhu (Rhizoma Zedoariae), Dahuang (Radix et Rhizoma Rhei) and Bingpian (Borneolum), which was applied at Tianshu (ST 25), Qihai (CV 6), Guanyuan (CV 4); the control group were treated with oral administration of Congrong Tongbian Oral Liquid.

RESULTS: The total effective rate was 81.8% in the treatment group and 50.0% in the control group, the treatment group being better than the control group ($P < 0.05$); the first defecation time was (5.1 +/- 2.8) h in the treatment group and (10.1 +/- 7.3) h in the control group, with a significant difference between the two groups ($P < 0.05$).

CONCLUSION: TCM acupoint application therapy has a definite therapeutic effect on constipation.

Research**07/05/2007 - Evaluation of Scalp and Auricular Acupuncture on EEG, HRV, and PRV.**

Institute: Department of Biomedical Engineering, Chung Yuan Christian University, Chungli, Taiwan, ROC.

Author(s): Hsu CC, Weng CS, Sun MF, Shyu LY, Hu WC, Chang YH.

Journal: Am J Chin Med. 2007; 35(2):219-30.

Abstract:

In this study, the EEG, ECG and blood-pressure-pulse recorder were employed to evaluate heart rate variability, pulse rate variability, and EEG of 10 adults after scalp (experimental test I) at Sishencong scalp acupoint and auricular (experimental test II) acupuncture at Shenmen auricular acupoint for about 10 min.

Comparison of the results between the experimental tests and a control with no stimulation test showed that both the heart rate and pulse rate were decreased, and the blood pressure fell. The high and low frequency power of FFT analysis of heart rate was increased and decreased, respectively; indicating that the parasympathetic nerves were activated and the sympathetic nerves were inhibited. The analysis of the power spectrum of EEG showed that the number of low frequency waves was increased after acupuncture stimulation.

Therefore, acupuncture on either Sishencong or Shenmen might calm the mind, slow down the heart rate, and activate the parasympathetic nerves.

Research



08/05/2007 - Effectiveness of combining manual therapy and acupuncture on temporomandibular joint dysfunction: a retrospective study.

Country: South Korea

Institute: Department of Oriental Rehabilitation Medicine, College of Oriental Medicine, Wonkwang University, South Korea.

Author(s): Shin BC, Ha CH, Song YS, Lee MS.

Journal: Am J Chin Med. 2007; 35(2):203-8.

Abstract:

This retrospective study investigated the effects of combining manual therapy and acupuncture on the pain and maximal mouth opening (MMO), which were associated with temporomandibular joint dysfunction (TMD).

The 49 TMD patients (15 men, 34 women; mean age = 30.47 years, SD = 13.52 years) were treated with a combination of acupuncture and manual therapy two or three times a week at the hospital. The pain and maximal mouth opening were assessed before and after 1 and 4 weeks of treatment.

The combination therapy produced significant changes in pain levels ($p < 0.001$) and mouth opening ($p < 0.001$). All pairwise non-parametric comparison showed a significant improvement in pain ($p < 0.05$ for all pairs) and MMO ($p < 0.05$ for all pairs).

These findings suggest that combining manual therapy and acupuncture decreases the pain level and increases the MMO of TMD patients. However, future studies should further investigate the efficacy of combined treatment on TMD with more rigorous randomized clinical trials.

Research**09/05/2007 - Observation on therapeutic effect of eye-needling combined with medication for treatment of ophthalmoplegia**

Country: China

Institute: Department of Acupuncture, The First Affiliated Hospital, Harbin Medical University, Heilongjiang 150001, China. no1zhly@163.com

Author(s): Zhou LY, Zhang XM, Li ZJ, Dong L, Zhang WL, Wang L, Li J, Teng Y, Wang J, Fu SY, Cui H, Wang DS, Kuang HY.

Journal: Zhongguo Zhen Jiu. 2007 Mar; 27(3): 165-8.

Abstract:

OBJECTIVE: To observe the therapeutic effect of eye-needling combined with medication for treatment of ophthalmoplegia and explore the possible mechanism.

METHODS: One hundred and twenty cases were randomly divided into a treatment group and a control group. According to etiological factors, the control group were treated with medication and the treatment group with the medication plus eye-acupuncture at main point ocular muscles. Changes of the rima oculi, the range of ocular movement and the dialopia angle after treatment were recorded and statistically analyzed in the two groups.

RESULTS: The total effective rate was 93.4% and the cured rate was 54.1% in the treatment group, and 74.6% and 18.6% in the control group, with significant difference between the two groups ($P < 0.01$).

CONCLUSION: Eye-needling combined with medication has an obvious therapeutic effect which is better than simple medication for ophthalmoplegia.

Research



10/05/2007 - Transient analgesic effect of electroacupuncture at Taiyang (EX-HN 5) for treatment of migraine with hyperactivity of the liver-yang

Country: China

Institute: Institute of Acupuncture & Meridians, Sichuan Provincial Academy of TCM, Chengdu 610031, China. zjw711@yahoo.com.cn

Author(s): Zhou JW, Li J, Li N, Zhang F, Hu LX, Zhao JJ, Zhang Y, Wang CW.

Journal: 1: Zhongguo Zhen Jiu. 2007 Mar;27(3):159-63.

Abstract:

OBJECTIVE: To explore the difference of therapeutic effects between electroacupuncture (EA) and medication for treatment of migraine with hyperactivity of the liver-yang.

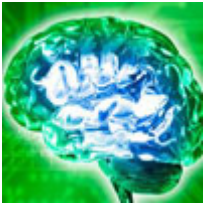
METHODS: With 3-center randomized controlled study method, 300 cases were assigned to a treatment group and a control group, 150 cases in each group. They were treated respectively with EA at Taiyang (EX-HN 5) and oral administration of western medicine. Changes of the score for headache intensity, remission degree of headache and remission rate of headache after treatment were investigated.

RESULTS: After once treatment, VAS score of the headache intensity showed dynamical decrease in the two groups; in the treatment group the score reached the lowest 3-4 h after treatment, with the decreasing degree better than the control group ($P < 0.01$). The lasting time of headache remission was (388.6 +/- 430.1) min and (163.3 +/- 182.3) min, respectively, the treatment group being significantly longer than that of the control group ($P < 0.01$).

CONCLUSION: EA at Taiyang (EX-HN 5) has transient analgesic effect for treatment of migraine with hyperactivity of the liver-yang, which is better than that of routine western medication.

Research

Research



11/05/2007 - Specific acupuncture sensation correlates with EEGs and autonomic changes in human subjects.

Country: Japan

Institute: System Emotional Science, Graduate School of Medicine, University of Toyama, Toyama 930-0194, Japan; CREST, JST, Saitama 332-0012, Japan.

Author(s): Sakai S, Hori E, Umeno K, Kitabayashi N, Ono T, Nishijo H.

Journal: Auton Neurosci. 2007 May 30; 133(2): 158-69. Epub 2007 Feb 22.

Abstract:

Sympathetic overactivation is suggested to be associated with chronic pain syndrome, and acupuncture is frequently applied in therapy for this syndrome. Furthermore, the forebrain including the various cerebral cortices has been implicated in inhibitory and facilitatory control of pain as well as autonomic functions. We investigated relationships among specific sensations induced by acupuncture manipulation, effects on sympathetic and parasympathetic autonomic functions, and EEG changes.

An acupuncture needle was inserted into the right trapezius muscle of the subjects, and acupuncture manipulation was repeated to induce specific acupuncture sensation repeatedly while the needle was left in the muscle. Acupuncture manipulation significantly decreased heart rate (HR), and increased systolic blood pressure (SBP).

Spectral analysis indicated that acupuncture manipulation significantly decreased low frequency components (LF) of both HR variability (HRV) and SBP variability (SBPV), and significantly reduced ratio of LF to high frequency component (HF) of HRV (LF/HF, index of sympathetic activity). Furthermore, there was a significant negative correlation between changes in LF/HF ratio of HRV and the number of specific acupuncture sensations reported, and a significant positive correlation between HF of HRV and the number of acupuncture sensations.

Analyses of EEG data indicated that acupuncture manipulation non-specifically increased power of all spectral bands except the gamma band. Furthermore, changes in HF (index of parasympathetic activity) and total power (overall activity of the autonomic nervous system) of HRV were positively correlated with changes in theta, alpha, and gamma power, while changes in LF of SBPV and LF/HF of HRV were negatively correlated with changes in power of all spectral bands.

These results are consistent with the suggestion that autonomic changes induced by manipulation inducing specific acupuncture sensations might be mediated through the central nervous system, especially through the forebrain as shown in EEG changes, and are beneficial to relieve chronic pain by inhibiting sympathetic nervous activity.

Research



17/05/2007 - Auricular Acupressure as a Treatment for Anxiety Before Extracorporeal Shock Wave Lithotripsy in the Elderly.

Institute: Departments of Anesthesia and Intensive Care (BM, TL, BS, RB, CW, AK).

Author(s): Mora B, Iannuzzi M, Lang T, Steinlechner B, Barker R, Dobrovits M, Wimmer C, Kober A.

Journal: Journal Urology. 2007 May 10;

Abstract:

PURPOSE: Auricular acupuncture at the relaxation point has been shown to be effective treatment for anxiety. We hypothesized that auricular acupressure may decrease anxiety in elderly individuals who are transported by ambulance before receiving ESWL(R).

MATERIALS AND METHODS: We enrolled 100 patients with renal calculi who were transported to the local hospital by special ambulance, accompanied by 2 paramedics. Paramedic 1 performed data collection, while paramedic 2 performed auricular acupressure in patients randomly assigned to a relaxation group and a sham treated group. Anxiety was measured using a visual analog scale score on a scale of 0 to 100 mm.

RESULTS: Each group consisted of 50 patients with similar demographic characteristics. The relaxation group had significantly decreased anxiety scores upon arrival at the hospital and lower anticipation of pain scores (mean +/- SD 57.6 +/- 21.8 to 15.4 +/- 9.8 and 35.7 +/- 29.7 to 9.5 +/- 4.1 mm VAS) than the sham treated group (55.5 +/- 25.9 to 49.8 +/- 28.9 and 37.7 +/- 24.1 to 33.8 +/- 25.2 mm VAS, respectively, 2-way repeated measure ANOVA each $p = 0.001$). Estimated waiting times for treatment did not differ significantly between the 2 groups (5.0 +/- 2.5 and 5.5 +/- 2.95, respectively, repeated measures ANOVA $p = 0.83$). The Post-Intervention Anxiety visual analog scale demonstrated the significant superiority of the true treatment group (19.5 +/- 5.9 and 66.8 +/- 27.9 mm VAS, respectively, $p = 0.001$).

CONCLUSIONS: Elderly patients who received auricular acupressure at specific relaxation points while being transported to the hospital were less anxious, anticipated less pain and were more optimistic about the outcome of treatment that they will receive than the sham treated group. These data prove that this is an effective treatment for anxiety that improves the patient overall perception of ESWL.

Research



26/05/2007 - In vitro fertilization and acupuncture: clinical efficacy and mechanistic basis.

Country: USA

Institute: Pacific College of Oriental Medicine, New York, USA.

Author(s): Anderson BJ, Haimovici F, Ginsburg ES, Schust DJ, Wayne PM.

Journal: Altern Ther Health Med. 2007 May-Jun; 13(3): 38-48.

Abstract:

OBJECTIVE: To provide an overview of the use of acupuncture as an adjunct therapy for in vitro fertilization (IVF), including an evidence-based evaluation of its efficacy and safety and an examination of possible mechanisms of action.

DESIGN: Literature review using PubMed, the Science Citation Index, The Cochrane Library (Database of Systematic Reviews and Central Register of Controlled Trials), the New England School of Acupuncture library databases, and a cross-referencing of published data, personal libraries, and Chinese medicine textbooks.

RESULTS: Limited but supportive evidence from clinical trials and case series suggests that acupuncture may improve the success rate of IVF and the quality of life of patients undergoing IVF and that it is a safe adjunct therapy. However, this conclusion should be interpreted with caution because most studies reviewed had design limitations, and the acupuncture interventions employed often were not consistent with traditional Chinese medical principles. The reviewed literature suggests 4 possible mechanisms by which acupuncture could improve the outcome of IVF: modulating neuroendocrinological factors; increasing blood flow to the uterus and ovaries; modulating cytokines; and reducing stress, anxiety, and depression.

CONCLUSIONS: More high-quality randomized, controlled trials incorporating placebo acupuncture controls, authentic acupuncture interventions, and a range of outcome measures representative of both clinical outcomes and putative mechanistic processes are required to better assess the efficacy of acupuncture as an adjunct for IVF.

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