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25/02/2013 - Acupuncture therapy for Angina Pectoris: A systematic review

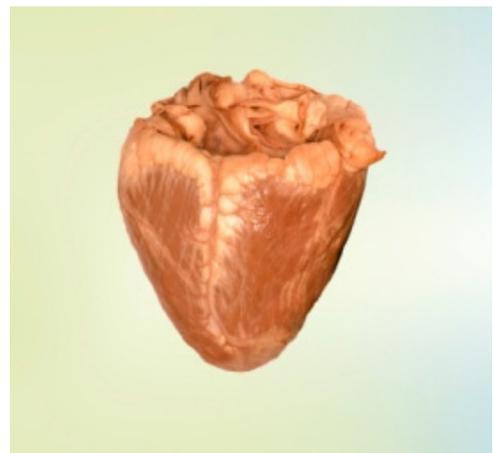
OBJECTIVE:

To assess the effectiveness and safety of acupuncture therapy for angina pectoris.

METHODS:

Randomized controlled trials (RCTs) concerned with acupuncture treatment of angina pectoris were identified by searching Academic Source Premier, MEDLINE, Science Citation Index Expanded, and three Chinese databases (China biology medicine database, China national knowledge infrastructure, and VIP database for Chinese technical periodicals).

The valid data were extracted in accordance with our inclusion and exclusion criteria. The main outcomes of the included studies were synthesized using Revman 5.1.



HT7 (Heart 7)

Chinese Name: Shenmen

English Name: Spirit Door

Location: On the radial side of the tendon of flexor carpi ulnaris, on the transverse crease of the wrist, in the depression in the articular region between the pisiform bone and the ulnar.

Nature: Shu-Stream point of the Heart channel, Yuan-Source point of the Heart channel, reducing point of the Heart channel (Mother/Son).

Functions: Calms the Shen, pacifies the heart, clears the channels, sedative and regulatory function on the internal organs, sedative function.

Primary Indications: Cardiac pain, irritability, psychosis, epilepsy, poor memory, palpitations, insomnia.

Tertiary Indications: Yellow sclera, pain in sides, hot palms, hysteria, tongue paralysis, dyspnoea, haematemesis, febrile diseases.

Other Indications: Lack of energy, neurasthenia, heart disease, cardiomegalia, dilation of the heart, scrofula, dry throat, laryngitis, loss of voice, rhinitis, constipation, loss of appetite, nausea, idocy, idiocy and seizures, incontinence of urine, atony of urethra, cold feet, icy cold arms, contractures of arms, wrist joint arthritis, inflammation of uterus, post-partum syncope, cadaveric syncope.

References: This information is from the book Acupuncture Point Dynamics and has been used with permission from the author John McDonald.

RESULTS:

Twenty-one articles on 16 individual studies were included and evaluated as having high or moderate risk of bias according to the standards of the Cochrane Collaboration.

Meta-analysis indicated that acupuncture combined with conventional drugs (ACCD) was superior to conventional drugs alone in reducing the incidence of acute myocardial infarction (AMI) [OR = 0.18, 95% CI (0.04, 0.84), P = 0.03]. Moreover, ACCD was superior to conventional drugs in the relief of angina symptoms [OR = 4.23, 95% CI (2.73, 6.56), P < 0.00001], and improvement of electrocardiography (ECG) [OR = 2.61, 95% CI (1.83, 3.73), P < 0.00001].

Acupuncture by itself was also superior to conventional drugs for angina symptoms [OR = 3.59, 95% CI (1.76, 7.92), P = 0.0004] and ECG improvement [OR = 3.07, 95% CI (1.54, 6.10), P = 0.001]. ACCD was superior to conventional drugs in shortening the time to onset of angina relief [WMD = -1.40, 95% CI (-1.65, -1.15), P < 0.00001]. However, the

time to onset was significantly longer for acupuncture treatment than for conventional treatment alone [WMD = 2.43, 95% CI (1.63, 3.23), P < 0.000 01].

CONCLUSION:

ACCD reduced the occurrence of AMI, and both acupuncture and ACCD relieved angina symptoms and improved ECG. However, compared with conventional treatment, acupuncture showed a longer delay before its onset of action.

This indicates that acupuncture is not suitable for emergency treatment of heart attack. Owing to the poor quality of the current evidence, the findings of this systematic review need to be verified by more RCTs to enhance statistical power.

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Author(s): Chen J, Ren Y, Tang Y, Li Z, Liang F.

Journal: J Tradit Chin Med. 2012 Dec;32(4):494-501.

Pubmed ID: 23427379

Upcoming Events - 2013

March 2 - Sydney

Australasian Toyohari Meridian Therapy Course with Paul Movsessian.

Contact: Helio Supply on 02 9698 5555 or email info@heliosupply.com.au.

May 19 - Perth (Fremantle)

Holistic Microneedling Seminar by White Lotus Anti Aging

When: 10.00 - 4.00

Contact: Kamila kingston on 07 3339 8085 or info@whitelotus.com.au

This is a multi-day event ending on the 19/05

May 25 - Sydney

Holistic Microneedling Seminar by White Lotus Anti Aging

When: 10.00 - 4.00

Contact: Kamila kingston on 07 3339 8085 or info@whitelotus.com.au

This is a multi-day event ending on the 25/05

May 26 - Gold Coast (Southport)

Holistic Microneedling Seminar by White Lotus Anti Aging

When: 10.00 - 4.00

Contact: Kamila kingston on 07 3339 8085 or info@whitelotus.com.au

This is a multi-day event ending on the 26/05

May 27 - Melbourne

Holistic Microneedling Seminar by White Lotus Anti Aging

When: 10.00 - 4.00

Contact: Kamila kingston on 07 3339 8085 or info@whitelotus.com.au

This is a multi-day event ending on the 27/05