

## this issue

Research: Acupuncture vs

Zolpidem in Insomnia. **P.1**

Research: Continued **P.2**

Acupuncture Events Calendar **P.3**

## WFAS 2012 - Indonesia

The world federation of Acupuncture - Moxibustion societies (WFAS) are holding their yearly conference this year in Indonesia.

The WFAS - International Conference and Workshop on Acupuncture 2012 will be held in Bandung, Indonesia, at Maison Pine Hotel, from 16 – 18 November 2012.

For more information visit the WFAS website : <http://wfas2012-indonesia.com>

## National Registration

With the National Registration transition occurring on July 1st you are now able to search for registered practitioners at the AHPRA website. <http://www.ahpra.gov.au/Registration/Registers-of-Practitioners.aspx>

## 20/09/2012 - A comparison between acupuncture versus zolpidem in the treatment of primary insomnia.

To determine the relative efficacy of acupuncture and zolpidem in the treatment of primary insomnia, we administered a sleep quality scale to thirty-three patients with primary insomnia randomly chosen to receive one of the two therapies at a psychosomatic clinic.



Research continued on page 2..

## KIDNEY 3

Chinese Name: Taixi

English Name: Great Creek

Location: Midway between the medial malleolus and the Achilles tendon.

Nature: Shu-Stream of the Kidney channel, Yuan-Source point of the Kidney channel.

Functions: Reinforces the Kidneys, reinforces the Kidney Yin, invigorates Yuan Qi and Yang, clears heat, subdues Yin Xu heat, strengthens the low back and knees, rectifies the uterus.

Primary Indications: Sore throat, haemoptysis, irregular menses.

Secondary Indications: Toothache.

Tertiary Indications: Deafness/tinnitus, asthma/cough, diabetes, insomnia, seminal emission, impotence, urinary frequency, pain in low back, paralysis of lower limb, constipation, breast abscess, dark yellow urine, cardiac pain, cold limbs, thirst/sticky mouth, neurasthenia, uterine diseases, cold shan.

Other Indications: Nephritis, cystitis, enuresis, alopecia, pain in the sole of foot, dizziness, spasms of diaphragm, infantile convulsions, chronic malaria, kidney disease, heat disease with copious sweating, severe emaciation; dyspnoea and coughing fits, severe jaundice, vomiting abundant glairy mucus, vomiting, diarrhoea, pain in abdomen and flanks, branching fullness in the chest and lateral costal region, pulmonary empyema, damp itch and sores on the inside of the thigh, pruritis.

References: This information is from the book *Acupuncture Point Dynamics* by John McDonald.

### BACKGROUND:

To determine the relative efficacy of acupuncture and zolpidem in the treatment of primary insomnia, we administered a sleep quality scale to thirty-three patients with primary insomnia randomly chosen to receive one of the two therapies at a psychosomatic clinic.

### METHODS:

A study in the psychosomatic clinic at a teaching hospital in southern Taiwan from November 2007 to November 2008. The 19 patients in acupuncture group underwent one acupuncture session a week. The 14 patients in the control group took zolpidem 1# (10mg) every night. Members of both groups returned to our clinic once a week for four weeks. The main outcome measure was the Pittsburgh Sleep Quality Index (PSQI).

### RESULTS:

Both groups were found to have improved significantly. Using generalized estimating equation analysis to test the variance with group and

time as factors, we found both groups improved over time at a similar rate ( $p=0.79$ ). In regression analysis, setting the fourth total PSQI score to zero, the baseline PSQI score was 4.13 ( $p<0.001$ ), the second score 1.32 ( $p=0.005$ ), and the third 1.49 ( $p=0.03$ ); men had a higher PSQI score 1.56 than women ( $p=0.02$ ); the increasing age of one year would have lower PSQI score 0.08 ( $p<0.001$ ) and increasing educational level of one year which would decrease PSQI score 0.25 ( $p=0.007$ ).

### CONCLUSIONS:

Acupuncture might be used as an alternative strategy compared to zolpidem for the treatment of primary insomnia.

Institute: Department of Psychiatry, Chiayi Branch of Taichung Veterans General Hospital, Chiayi, Taiwan.

Author(s): Tu JH, Chung WC, Yang CY, Tzeng DS.

Journal: *Asian J Psychiatr.* 2012 Sep;5(3):231-5. doi: 10.1016/j.ajp.2011.12.003.

## Upcoming Events

### **November 16-18 - Indonesia**

#### **WFAS International Conference & Workshop on Acupuncture**

When: 16 - 18th November 2012

Where: Badung, Indonesia

Contact: <http://wfas2012-indonesia.com/>

### **November 29 - Sydney**

#### **Kiiko Matsumoto - Fertility Lecture**

When: 4:00 pm - 7.00pm, Where: Embassy Conference Centre, 826 George Street

Contact: Qiology on +61 405 044 576 or [info@qiology.com.au](mailto:info@qiology.com.au)

This is a multi-day event ending on the 29/11

### **November 30 - Sydney**

#### **Kiiko Matsumoto - Treating the Dan Tien**

When: 9.00am - 5.00pm, Where: Embassy Conference Centre, 826 George Street

Contact: Qiology on +61 405 044 576 or [info@qiology.com.au](mailto:info@qiology.com.au)

This is a multi-day event ending on the 01/12