

Summary Report of Acupuncture Session

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on behalf of Prof. Lixing Lao



In acupuncture session, 9 posters were discussed in this morning.

- In these 9 studies, ; 3 are clinical studies; 5 are acupuncture basic research studies; 1 is a review article.

Clinical studies

- Prof. Lao reported a randomized control trial investigating the efficacy and safety of acupuncture treatment on primary insomnia. Around 150 patients were included in the study. The primary endpoint is the insomnia severity index. The results suggest that acupuncture is effective for treating insomnia.

Clinical studies

- One study provides the fMRI data in 79 healthy volunteers to show that acupuncture deactivated the anterior cingulate cortex (ACC). This effect is involved in the change of glutamate and GABA level.
- One study tried to observe Qi and meridians in acupuncture practice. But we think it still inconclusive.



Basic research-I

- Prof. Peijing Rong' s team reported that transcutaneous auricular vagus nerve stimulation (taVNS) could produce a similar effect to that of electroacupuncture at ST36 (足三里) to reduce pain and depression in a rat depression model.

Basic research-II

- One study from China Medical University used cold stress to induce pain hypersensitivity in mice as a fibromyalgia model. Electroacupuncture showed an analgesic effect.
- Prof. Lao' s team also reported a study identifying the time course of the antinociceptive effects of EA on thermal and mechanical hypersensitivity in rats.

Basic research-III

- Professor Lao' s team also mentioned that EA combined with SSRI had better and more rapid antidepressant effect in rats of chronic unpredictable mild stress model.
- One study used acetic acid-induced abdominal writhing test. The results demonstrate that massage and hot compress applied to the leg muscle before electroacupuncture can facilitate the acupuncture analgesia.

Review articles

- Professor Jaung-Geng Lin proposed the use of acupuncture in emergency medicine because acupuncture can relieve pain, anxiety as well as insomnia. Prof Lin also presented this topic in a WHO meeting last year.

Discussion

- Finally, we had a discussion that the selection of control in acupuncture study is very important. Several strategies can be used: no-needling control; shallow needling control , different needling location (acupoint) control.



*Thank you for your
attention*