

13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Kim KT, Song HS. The effectiveness of bee venom acupuncture therapy on the treatment of sprain of L-spine (a randomized controlled trial; double blinding). *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2005; 22(4): 113–20 (in Korean with English abstract).

1. Objectives

To evaluate the effectiveness of bee venom acupuncture therapy for pain due to sprain of the L-spine.

2. Design

Double-blinded randomized controlled trial (DB-RCT).

3. Setting

One Oriental hospital (Kyungwon University Orineal Hospital), Republic of Korea.

4. Participants

Patients with sprain of the L-spine within 5 days of onset of pain. Patients with neurologic pain and functional lumbar disease were excluded (n=30).

5. Intervention

Arm 1: Bee venom acupuncture + acupuncture (n=13).

Arm 2: Acupuncture + saline acupuncture (n=17).

Acupuncture was applied to low back local acupuncture points 5 times over a 10-day period and retained for 20 minutes each time.

Among 30 subjects enrolled, 6 subjects (2 in Arm 1, 4 in Arm 2) dropped out.

6. Main Outcome Measures

Pain evaluated on a visual analogue scale (VAS), Oswestry Disability Index (ODI).

7. Main Results

A pre- to post-treatment comparison found significant decreases in ODI and VAS score after 5 days of treatment and after 5–10 days of treatment in both groups ($P<0.01$), and after 10 days of treatment in Arm 1 ($P<0.05$).

8. Conclusions

Bee venom acupuncture can be effective for pain due to sprain of the L-spine.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study satisfied general requirements of randomized, controlled trials such as randomization, blinding, and inclusion of a control group, and the reasons for withdrawal are given. However, the basis for exclusion of patients with functional lumbar diseases was not explained sufficiently. The improvements in ODI and quality of life index need additional explanation as the study period was short.

11. Abstractor and date

Kim HJ, 17 August 2010.