

4. Metabolism and Endocrine Diseases

Reference

Lee AR, Cho YJ, Jung WS, et al., The effects of Sobi-eum (Xiaofei-yin) mesotherapy on abdominal fat distribution, *Hanbang-Jaehwal-Uihakgwa-Hakhoeji (Journal of Oriental Rehabilitation Medicine)* 2009; 19(2): 261–73 (in Korean with English abstract).

1. Objectives

To examine the therapeutic effect of Sobi-eum (Xiaofei-yin [消肥飲]) mesotherapy on abdominal obesity.

2. Design

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

3. Setting

One Oriental hospital (Kyunghee University Hospital at Gangdong), Republic of Korea.

4. Participants

Forty women with abdominal obesity (age, 20–55 years old; premenopausal; body mass index [BMI] (kg/m^2), over 25; waist circumference, over 85 cm).

5. Intervention

Arm 1: Treatment group (n=20). Abdominal injection of Sobi-eum (Xiaofei-yin [消肥飲]) herbal acupuncture fluid for 6 weeks (twice a week).

Arm 2: Control group (n=20). Abdominal injection of saline for 6 weeks (twice a week).

Four subjects (2 in Arm 1, 2 in Arm 2) dropped out.

6. Main outcome measures

Waist circumference, weight, body fat mass, body fat percentage, skeletal muscle percentage, visceral fat mass, abdominal fat (on computed tomography [CT] scans).

7. Main results

1) Waist circumference, weight, body fat mass, body fat percentage, body skeletal muscle percentage, visceral fat mass, fat area, subcutaneous fat, and visceral fat were significantly decreased at the end of treatment ($P<0.01$), but there was no significant between-group difference in these measures.

2) After treatment, the decrease in total abdominal fat area paralleled that in total fat area.

8. Conclusions

Sobi-eum (Xiaofei-yin) mesotherapy reduces visceral fat in obese women. These data may provide a basis for extending the application of mesotherapy and obesity treatment in the future.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This randomized, controlled clinical trial evaluates the efficacy of Sobi-eum (Xiaofei-yin) mesotherapy in women with abdominal obesity. Its efficacy demonstrated in the treatment of visceral obesity suggests its possible efficacy in the treatment of other forms of obesity. But as the number of subjects were small and the trial period was relatively short, additional clinical trials are needed to confirm the efficacy.

11. Abstractor

Lee BC, 21 June 2010.