

## 6. Nervous System Diseases

### Reference

Lee CU, Park IB, Kim SU, et al. The effect of acupuncture and Dong's acupuncture about Bell's palsy. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2004; 21(2): 287–300 (in Korean with English abstract).

### 1. Objectives

To compare the efficacy of acupuncture with that of Dong's acupuncture as treatment for Bell's palsy.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital (Oriental Medicine Hospital of Dongeui Universtiy), Republic of Korea.

### 4. Participants

Forty patients diagnosed with Bell's palsy by an otorhinolaryngologist within 7 days of onset. Treatment was initiated within an average of 7 days of hospitalization and lasted 4 weeks.

### 5. Intervention

Once a day during hospitalization, twice a week during the ambulatory period.

Arm 1: Acupuncture treatment group (n=21). Acupuncture points in the affected site include: Jiache (ST6, 頰車), Dicang (ST4, 地倉), Renzhong (GV26, 人中), Chengjiang (CV24, 承漿), Yifeng (TE17, 翳風), Sibai (ST2, 四白), Yangbai (GB14, 陽白), Hegu (LI4, 合谷), Sizhukong (TE23, 絲竹空), Cuanzhu (UB2, 攢竹), Zusanli (ST36, 足三里), and Taichong (LR3, 太沖).

Arm 2: Dong's acupuncture treatment group (n=19). Acupuncture points in the unaffected site include: Samjung Sahwa, a point to one side of Zusanli (ST36, 足三里), and a point beneath of ST36, which are considered to be Dong's acupuncture points.

### 6. Main outcome measures

Yanagihara's unweighted grade (on a 5-point scale).

### 7. Main results

The change in Yanagihara's score from pre- to posttreatment was significantly higher in Dong's acupuncture treatment group than in the acupuncture group, but the difference was statistically insignificant. Yanagihara's score 2–5 weeks after treatment was significantly higher in Dong's acupuncture treatment group ( $20.4 \pm 7.4$  vs.  $19.3 \pm 4.3$  [pretreatment];  $P=0.36$  and  $35.6 \pm 6.6$  vs.  $29.1 \pm 6.2$  [5 weeks post-treatment];  $P=0.001$ ).

### 8. Conclusions

Dong's acupuncture is more effective than acupuncture in the treatment of Bell's palsy.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

The effectiveness of acupuncture was compared with that of Dong's acupuncture. Several effective treatments have been reported for Bell's palsy. This article is the first to compare the efficacies of these treatments for Bell's palsy. Forty-six hospitalized patients were randomly assigned to either the acupuncture group or Dong's acupuncture group. Subjects failing to meet the criteria for inclusion were excluded. The limitations of this study were the small number of subjects and the persistence of sequelae complicating the comparative analysis. Comparative study with long-term follow up (more than 2 months) and a large number of patients is needed.

### 11. Abstractor

Lee EJ, 26 May 2010.