6. Nervous System Diseases

Reference

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 University), 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, 覺風), 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 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. Yangihara's score 2–5 weeks after treatment was significantly higher in Dong’s acupuncture treatment group (20.4 ± 7.4 vs. 19.3 ± 4.3 [pretreatment]; P=0.36 and 35.6 ± 6.6 vs. 29.1 ± 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.