9. Cardiovascular Diseases

Reference

Cho SW, Go KH, Nam JH, et al. The effectiveness of *Zingiberis Rhizoma* herbal acupuncture therapy and bee venom herbal acupuncture therapy on the poststroke hemiplegic shoulder pain. *Hanbang-Jaehwal-Uihakgwa-Hakhoeji* (*Journal of Oriental Rehabilitation Medicine*) 2005; 15(4): 77–87 (in Korean with English abstract).

1. Objectives

To evaluate the effect of ginger herbal acupuncture and bee venom acupuncture on hemiplegic shoulder pain after stroke.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Oriental Medical Hospital of Dongeui Universtiy at Busan and Ulsan), Republic of Korea.

4. Participants

Hemiplegic patients three weeks after stroke onset and shoulder pain with Manual Muscle Test (MMT) grade 1 - 4 (n=23).

5. Intervention

Treatment at the Jianyu (LI15, 肩髃), Jianliao (TE14, 肩髎), Jianjing (GB21, 肩井), and Naoshu (SI10, 臑俞) acupuncture points, one round every 2 days for 2 weeks, 6 rounds in total.

Arm 1: Conservative therapy + ginger herbal acupuncture (n=12).

Arm 2: Conservative therapy + bee venom acupuncture (n=11).

6. Main outcome measures

Upper extremity muscle strength measured by Manual muscle test (MMT) score, pain on shoulder movement measured on a visual analogue scale (VAS), and passive range of motion (ROM).

7. Main results

1) Both ginger herbal and bee venom accupuncture significantly improved muscle strength and reduced shoulder pain ($P<0.05$).
2) Bee venom accupuncture significantly improved every aspect of range of motion (abduction, adduction, felxion, and extension: $P=0.005$, 0.024, 0.007, and 0.007, respectively), but ginger herbal accupuncture significantly improved only adduction and flexion (adduction and felxion: $P=0.043$ and 0.027, respectively).
3) There were no between-group differences in pain intensity after one and two weeks of treatment, but there was significant improvement in pain intensity between one and two weeks of treatment with bee venom acupuncture ($P<0.032$).

8. Conclusions

Ginger herbal acupuncture and bee venom acupuncture are both effective for shoulder pain in patients with hemiplegia after stroke. Bee venom acupuncture is more effective.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effect of ginger herbal acupuncture and bee venom acupuncture on shoulder pain after stroke, and the bee venom acupuncture had more efficacy. Insofar as the sample size is small and study period is short, the need for additional clinical study is suggested.

11. Abstractor

Go HY, 18 July 20