11. Diseases of the Digestive System

Reference

1. Objectives
To evaluate the effect of Chuna treatment on temporomandibular disorder in patients with idiopathic scoliosis.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Daejeon Oriental Hospital), Republic of Korea.

4. Participants
Patients who visited the hospital with temporomandibular disorder as their chief complaint and idiopathic scoliosis (n=40, male/female=18/22).

5. Intervention
Acupuncture applied to the Waiguan (TE5, 外關), Hegu (LI4, 合谷), Kunlun (UB60, 崑崙), Toulinqi (GB15, 頭臨泣), Zusanli (ST36, 足三里) acupuncture points for 20–30 minutes.
Arm 1: Acupuncture + Chuna treatment for 5 weeks, twice a week. (n=20)
Arm 2: Acupuncture only. (n=20)

6. Main outcome measures
Facial pain score, temporomandibular function score, and limitation of activity score.

7. Main results
There was significant improvement in facial pain, temporomandibular function, and temporomandibular activity in both groups. Chuna treatment significantly enhanced improvements in temporomandibular function and activity (P<0.05).

8. Conclusions
Combining Chuna treatment with acupuncture enhances the effect of acupuncture on temporomandibular disorder in patients with idiopathic scoliosis.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This randomized, controlled trial aimed to determine the efficacy of Chuna treatment on temporomandibular disorder concurrent with idiopathic scoliosis. When temporomandibular disorder occurs with idiopathic scoliosis, parallel use of acupuncture and Chuna treatment is more effective. The study's limitations were lack of a detailed method, small number of subjects, and incomplete blinding, randomization, and evaluation.

11. Abstractor and date
Kim JS, 12 July 2010.