19. Injury, Poisoning and Certain Other Consequences of External Causes

Reference

1. Objectives
To evaluate the effect of bee venom acupuncture on acute ankle sprain.

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

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

4. Participants
Patients with acute ankle sprain (n=30).

5. Intervention
Arm 1: Bee venom acupuncture group. Bee venom acupuncture applied to the Qiuuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), and Jiexi (ST41, 解溪) acupoints + Acupuncture applied to the Qiuuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), Jiexi (ST41, 解溪), Zusanli (ST36, 足三里), and Yanglingquan (GB34, 阳陵泉) acupoints (n=13).

Arm 2: Control group. Saline acupuncture applied to the Qiuuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), and Jiexi (ST41, 解溪) acupoints + Acupuncture applied to the Qiuuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), Jiexi (ST41, 解溪), Zusanli (ST36, 足三里), and Yanglingquan (GB34, 阳陵泉) acupoints (n=17).

6. Main Outcome Measures
Scores on the Ankle-Hindfoot Scale (AHS) and visual analogue scale (VAS) for sprain severity.

7. Main Results
The decrease in VAS score was significantly greater after 3 days of treatment in Arm 1 than in Arm 2 (P<0.05), and the decrease in VAS score and increase in AHS score were significantly greater after 7 days of treatment in Arm 1 than Arm 2 (P<0.05). The decreases in VAS and AHS scores were significantly greater after 7 days than after 3 days of treatment in both groups (P<0.05).

8. Conclusions
Bee venom acupuncture is more effective than control treatment for acute ankle sprain. Bee venom acupuncture may help reduce the inflammatory reaction caused by soft tissue damage.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
In this study, the effect of bee venom acupuncture at 4 acupoints followed by acupuncture at 6 acupoints on the acute ankle sprain was evaluated by comparing AHS and VAS scores. The improvement in the VAS and AHS scores was more significant in the bee venom group than in the control group.

11. Abstractor and date
Cho SH, 13 July 2010.