6. Nervous System Diseases

Reference

1. Objectives
To evaluate the effect of acupuncture stimulation of the Taichong (LR3 太沖) and Yanglingquan (GB34, 陽陵泉) acupuncture points on UPDRS and HRV parameters in patients with idiopathic Parkinson’s disease.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants
Thirty-seven (37) patients with idiopathic Parkinson’s disease.

5. Intervention
Arm 1: Test group (n=16). Acupuncture treatment at the Taichong (LR3, 太沖) and Yanglingquan (GB34, 陽陵泉) acupuncture points.
Arm 2: Control group (n=21). Acupuncture approximately 3 cm (1 chon, 寸) away from the Taichong (LR3, 太沖) and Xuanzhong (GB 39, 懸鐘) acupuncture points.

6. Main outcome measures
UPDRS score, HRV parameter scores (SDNN, LF, HF, LF/HF ratio).

7. Main results
1) Treatment significantly decreased UPDRS score from 38.4±18.6 to 28.0±16.8 in the test group and from 34.6±20.7 to 26.9±19.9 in the control group. The decrease was similar in both groups.
2) The SDNN score of HRV parameters improved in both the test group (from 23.7±10.7 to 25.9±17.5) and control group (from 25.8±19.1 to 22.9±9.4), but no significant between-group difference in these variables was apparent.

8. Conclusions
Acupuncture treatment at the Taichong and Yanglingquan acupuncture points provides symptomatic relief to patients with idiopathic Parkinson’s disease.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This randomized, controlled clinical trial evaluated the effect of acupuncture stimulation at the Taichong and Yanglingquan acupuncture points on UPDRS and HRV parameters in patients with idiopathic Parkinson’s disease. As patients with idiopathic Parkinson’s disease have no clear treatment options, acupuncture treatment may have value in that it relieves Parkinson’s disease symptoms. However, since there was no significant between-group differences in UPDRS and HRV parameters, it is difficult to conclude that acupuncture treatment provides symptom relief. Moreover, every patient who participated in this study had acupuncture treatment and other diseases. Thus, the placebo effect cannot be entirely excluded. Finally, as the median pathway of acupuncture points used in the test group was identical to that used in the control group, it is also possible that stimulation of the acupuncture points used in the control group had a similar effect.

11. Abstractor
Lee EJ, 26 May 2010.