

6. Nervous System Diseases

Reference

Jung JC, Kim KH, Park YC, et al. The Study on the effect of acupuncture on UPDRS and heart rate variability in the patients with idiopathic Parkinson's disease. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2006;23(3)143–153 (in Korean with English abstract).

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.