11. Diseases of the Digestive System

Reference

1. Objectives
To compare the effectiveness of Sa-am acupuncture treatment and Chuna treatment for temporomandibular disorder.

2. Design
Randomized controlled trial (RCT).

3. Setting
One Oriental hospital (Ha-na Oriental Medical Hospital), Republic of Korea.

4. Participants
Patients with temporomandibular disorder (n=31, male/female=7/24).

5. Intervention
Six rounds of treatment using a muscle relaxation method.
Arm 1: Acupuncture at the Damjeonggyeok (膽正格) and Wijeonggyeok (胃正格) acupuncture points selectively, followed by rotated acupuncture for 20 minutes using the Bu-Xie (捻轉補瀉) technique (n=16).
Arm 2: Chuna treatment (n=15).

6. Main outcome measures
Anamnestic dysfunction index, modified craniomandibular index, mandibular movement (MM) index, temporomandibular joint noise (TN).

7. Main results
The MM index was higher in Arm 1 than in Arm 2 and TN improvement was greater in Arm 2 than in Arm 1.

8. Conclusions
Acupuncture can improve temporomandibular function (movement), while Chuna treatment can reduce structural impediments to temporomandibular joint movement (causing joint noise).

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study compared the effectiveness of Sa-am acupuncture with that of Chuna treatment for temporomandibular disorder. Acupuncture improved temporomandibular function while Chuna improved temporomandibular structure. But the number of patients was small, and there was no randomization or blinding. Simultaneous evaluation of the two intervention methods could be a limitation of the study.

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