

10. Respiratory Diseases (including Rhinitis)

Reference

Kim JH, Ko JM, Lee SW, et al. Clinical study on the effect of moxa-pellet treatment in allergic rhinitis patients. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2007; 24(1): 175–85 (in Korean with English abstract).

1. Objectives

To evaluate the efficacy of moxa-pellet treatment for allergic rhinitis.

2. Design

Randomized controlled trial (RCT).

3. Setting

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

4. Participants

Patients with persistent allergic rhinitis who visited the hospital between 1 August and 31 August 2006 (n=39).

5. Intervention

Arm 1: Real moxa-pellet treatment at the Fengchi (GB20, 風池), Hegu (LI4, 合谷), Zusanli (ST36, 足三里), Lieque (LU7, 列缺), and Dazhui (GV14, 大椎) acupuncture points (n=19). Moxa-pellet is a 21mm diameter, applied adhesives on one side with 3 hemispheric solid materials attached on same side. Solid material is composed with vegetable and mineral ingredients.

Arm 2: Control group. Only adhesive sheets attached to the Fengchi (GB20, 風池), Hegu (LI4, 合谷), Zusanli (ST36, 足三里), Lieque (LU7, 列缺), and Dazhui (GV 14, 大椎) acupuncture points (n=20).

6. Main outcome measures

Nasal symptom score (NSS) for sneezing, rhinorrhea, and itchiness. Medical outcomes on a 36-item short-form health survey (SF-36).

7. Main results

Treatment significantly improved total nasal symptom score as well as scores for sneezing, rhinorrhea, and itchiness, and SF-36 scores for role limitation-emotional, social functioning, and mental health in Arm 1 ($P<0.05$). But treatment significantly improved only the score for headache while failing to improve any SF-36 score and significantly worsened physical functioning in Arm 2.

8. Conclusions

The moxa-pellet treatment provides symptom relief and improves the quality of life of allergic rhinitis patients.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the efficacy of moxa-pellet treatment for allergic rhinitis. This treatment significantly improved nasal symptoms and quality of life. But the randomization method was not specified and the treatment effect was only verified by nasal symptom score, which is insufficient to evaluate efficacy clearly.

11. Abstractor and date

Jang KT, 30 August 2010.