14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

1. Objectives
To evaluate the effect of acupuncture treatment on primary dysmenorrhea.

2. Design
Randomized controlled trial (RCT).

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

4. Participants
Eighty patients (age, 18–40 years) with dysmenorrhea, MMP score >5, limitation of daily social activity or personal relationship for more than 1 day within last 6 months. The diagnosis was by a gynecologist in all cases. No analgesics were permitted during the clinical trial.

5. Intervention
Acupuncture was applied once on each of menstruation days 7, 8, 9, and 10 of two menstrual periods (8 treatments in total). The observational period began after the 2nd treatment.

Arm 1: Acupuncture treatment based on tonifying method of small intestine in Sa-am acupuncture. (小腸正格: Zulinqi, GB41, 足臨泣; Houxi, SI3, 後谿; Qiangu, SI2, 前谷; Zutonggu, BL66, 足通谷) and deficiency-excess pattern identification (虛實辨證).

Arm 2: Sham acupuncture applied to non-acupuncture points.

Among 80 subjects enrolled, 47 subjects (25 in Arm 1; 22 in Arm 2) completed the study.

6. Main Outcome Measures
Scores on the Measure of Menstrual Pain (MMP) and Menstrual Symptom Severity List (MSSL) questionnaires.

7. Main Results
Treatment significantly decreased MMP and MSSL scores in Arm 1 and in Arm 2 (**P<0.001**). The changes in MMP and MSSL scores were larger in Arm 1 than in Arm 2, but not significantly larger.

8. Conclusions
Acupuncture treatment may be mildly effective for primary dysmenorrhea.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
During this clinical trial, treatment satisfaction was greater in Arm 1 than in Arm 2. Moreover, treatment efficacy was lower in Arm 1 during the 1st to 3rd measurement. Taken together, these results suggest that acupuncture treatment improves the symptoms of dysmenorrhea. Efficacy increased as treatment duration increased. Thus, continuation of the treatment and management are needed over a longer period.

11. Abstractor and date