4. Metabolism and Endocrine Diseases

Reference

1. Objectives
To examine the therapeutic effect of Sobi-eum (Xiaofei-yin) mesotherapy on abdominal obesity.

2. Design
Double-blinded randomized controlled trial (DB-RCT).

3. Setting
One Oriental hospital (Kyunghee University Hospital at Gangdong), Republic of Korea.

4. Participants
Forty women with abdominal obesity (age, 20–55 years old; premenopausal; body mass index [BMI] (kg/m²), over 25; waist circumference, over 85 cm).

5. Intervention
Arm 1: Treatment group (n=20). Abdominal injection of Sobi-eum (Xiaofei-yin) herbal acupuncture fluid for 6 weeks (twice a week).
Arm 2: Control group (n=20). Abdominal injection of saline for 6 weeks (twice a week).
Four subjects (2 in Arm 1, 2 in Arm 2) dropped out.

6. Main outcome measures
Waist circumference, weight, body fat mass, body fat percentage, skeletal muscle percentage, visceral fat mass, abdominal fat (on computed tomography [CT] scans).

7. Main results
1) Waist circumference, weight, body fat mass, body fat percentage, body skeletal muscle percentage, visceral fat mass, fat area, subcutaneous fat, and visceral fat were significantly decreased at the end of treatment ($P<0.01$), but there was no significant between-group difference in these measures.
2) After treatment, the decrease in total abdominal fat area paralleled that in total fat area.

8. Conclusions
Sobi-eum (Xiaofei-yin) mesotherapy reduces visceral fat in obese women. These data may provide a basis for extending the application of mesotherapy and obesity treatment in the future.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This randomized, controlled clinical trial evaluates the efficacy of Sobi-eum (Xiaofei-yin) mesotherapy in women with abdominal obesity. Its efficacy demonstrated in the treatment of visceral obesity suggests its possible efficacy in the treatment of other forms of obesity. But as the number of subjects were small and the trial period was relatively short, additional clinical trials are needed to confirm the efficacy.

11. Abstractor