9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effectiveness of the intradermal acupuncture at the Shenmen (HT7, 神門) and Neiguan (PC6, 内關) acupuncture points for insomnia.

2. Design
Randomized controlled trial (RCT).

3. Setting
KyungHee Oriental Hospital (Kyunghlee University Medical Center), Republic of Korea.

4. Participants
Patients were hospitalized between November 2007 and August 2008, diagnosed as having cerebral infarction and cerebral hemorrhage, and insomnia reflected by Insomnia Severity Index (ISI) >15 for 3 consecutive days (n=52).

5. Intervention
Arm 1: Intradermal acupuncture treatment at the Shenmen (HT7, 神門) and Neiguan (PC6, 内關) acupuncture points (n=27).
Arm 2: Control group. Acupuncture needle attached but not inserted at the Shenmen (HT7, 神門) and Neiguan (PC6, 内關) acupuncture points (n=25).

6. Main outcome measures
Score on ISI, Athens Insomnia Scale (AIS).

7. Main results
ISI and AIS scores were significantly increased in Arm 1 compared to Arm 2. In addition, night hypertension and heart rate variability (LF/HF ratio) were significantly decreased.

8. Conclusions
The sympathetic nerve activity was stabilized in Arm 1. Therefore, intradermal acupuncture treatment at the Shenmen and Neiguan acupuncture points is effective for insomnia after stroke.

9. Safety assessment in the article
The blood pressure and heart rate variability were checked.

10. Abstractor’s comments
This study examined the effectiveness of intradermal acupuncture for insomnia after stroke. Fifty-two patients previously diagnosed as having cerebral infarction and cerebral hemorrhage, and insomnia (ISI >15) for 3 consecutive days were allocated to Arm 1 or Arm 2. Treatment decreased night hypertension and heart rate variability but increased ISI and AIS scores, suggesting that it can be used for insomnia after stroke.

11. Abstractor
Cho SH, 13 July 2010.