

11. Diseases of the Digestive System

Reference

Park YC, Kang W, Choi SM, et al. Evaluation of manual acupuncture at classical and nondefined points for treatment of functional dyspepsia: a randomized-controlled trial. *Journal of Alternative and Complementary Medicine* 2009; 15(8): 879–84.

1. Objectives

To compare the effectiveness of acupuncture applied to classical acupuncture points with that applied to nondefined points for functional dyspepsia.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Daejeon Oriental Hospital), Republic of Korea.

4. Participants

Patients with functional dyspepsia classified according to ROME-II criteria (n=68) (male/female=14/54; median age, 32.5; age range, 20–60).

5. Intervention

Arm 1: Classical acupuncture at 11 acupuncture points including Hegu (LI4, 合谷), Taichong (LR3, 太冲), Zusanli (ST36, 足三里), Neiguan (PC6, 内关), Gongsun (SP4, 公孙), and Zhongwan (CV12, 中脘). Each sterilized needle (diameter 0.25 mm, length 30 mm) was inserted 1–2.5 cm deep for 15 minutes, 3 times a week for 2 weeks.

Arm 2: Sham acupuncture at nondefined points 1 cm from the classical acupuncture points.

6. Main outcome measures

Nepean Dyspepsia Index (NDI), Quality of life (QOL).

7. Main results

After 2 weeks of acupuncture treatment, the NDI score (an indicator of severity of functional dyspepsia) was significantly decreased in Arm 1 (59.6±22.0 [baseline] vs. 25.4±18.0 [2 weeks]) and Arm 2 (55.7±22.9 [baseline] vs. 26.4±15.7 [2 weeks]); $P<0.001$ and the QOL subscore of the NDI was significantly improved (67.1±15.1 [baseline] vs. 88.3±7.7 [2 weeks]) in Arm 1 and (70.5±19.7 [baseline] vs. 86.5±9.8 [2 weeks]) in Arm 2. But there were no between-group differences.

8. Conclusions

Both treatments improve the symptoms and quality of life of patients with functional dyspepsia.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effect of acupuncture on functional dyspepsia. Acupuncture treatment at the Hegu, Taichong, Zusanli, Neiguan, Gongsun, and Zhongwan acupuncture points 3 times a week, 15 minutes per round, once a day, for 2 weeks was compared with treatment at nondefined points 1 cm away from these classical acupuncture points. Both treatments were effective. But insofar as improvement in functional dyspepsia can be due to a placebo effect, a clear difference between the treatment and control groups cannot be shown.

12. Abstractor and date

Kim JS, 10 June 2010.