

14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Cho JH, Kim HS, Choi DY, et al. A clinical study on the effect of aroma ceramic moxibustion for primary dysmenorrhea. *Daehan-Hanbang-BuIngwa-Hakhoeji (Journal of Oriental Obstetrics and Gynecology)* 2009; 22(1): 172–81 (in Korean with English abstract).

1. Objectives

To evaluate the efficacy of aroma ceramic moxibustion for primary dysmenorrhea.

2. Design

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

3. Setting

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

4. Participants

Patients (age, 18–30 years) with regular menstrual periods every 28 ± 3 days during last 3 months, menstrual pain VAS score > 6 , and analgesics taken over 3 months minimally (n=52).

5. Intervention

Moxibustion applied to 7 acupuncture points, i.e., the Qihai (CV6, 氣海), Guanyuan (CV4, 關元), Zhongji (CV3, 中極), and right and left Sanyinjiao (SP6, 三陰交) and Xuanzhong (GB39, 懸鐘) acupuncture points once a day for 8 weeks.

Arm 1: Aroma ceramic moxibustion (n=25).

Arm 2: Aroma Bambusae Caulis in Liguamen sphere (n=27).

Totally 35 subjects completed the study (dropouts: 6 in Arm 1, 11 in Arm2).

6. Main Outcome Measures

Menstrual pain intensity measured on a visual analogue scale (VAS) at the initial screening visit and 4 and 8 weeks after treatment. The body temperature measured at the Guanyuan (CV4) and Qihai (CV6) acupuncture points before and after 8 weeks of treatment using infrared thermography.

7. Main Results

Treatment significantly decreased menstrual pain in both Arm 1 and Arm 2, and increased body temperature at the Guanyuan (CV4) acupuncture point in both Arm 1 and Arm 2, but there was no significant between-group difference.

8. Conclusions

Aroma ceramic moxibustion and aroma moxibustion decrease pain due to primary dysmenorrhea, but the decrease is insignificant.

9. Safety assessment in the article

Aspartate aminotransferase (AST), alanine aminotransferase (ALT), blood urea nitrogen (BUN), and creatinine levels, complete blood count (CBC), and kidney function tests were normal in every subject before and after treatment. No adverse events were reported during the clinical trial.

10. Abstractor's comments

This study compared the efficacies of aroma ceramic moxibustion and aroma bambusae caulis in liquamen sphere for menstrual pain. Moxibustion had an efficacy for menstrual pain, and both treatments had similar efficacy. During the trial, 17 subjects withdrew because of the discomfort of daily moxibustion at 7 acupuncture points. As moxibustion was performed without supervision and in the absence of the doctor, this should be corrected to improve the accuracy of results.

11. Abstractor and date

Cho JH, 16 July 2010.