

14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Park JE, Lee MS, Jung SY, et al. Moxibustion for treating menopausal hot flashes: A randomized clinical trial. *Menopause* 2009; 16(4): 660–65.

1. Objectives

To evaluate the effect of moxibustion on hot flashes of menopausal women.

2. Design

Randomized controlled trial (RCT).

3. Setting

One research institute (details not mentioned), Republic of Korea.

4. Participants

Perimenopausal and postmenopausal women (age, 45–60 years) who experienced severe hot flashes at least 5 times a day (n=51).

5. Intervention

Arm 1: Moxibustion applied to the Zhongwan (CV12, 中脘), Guanyuan (CV 4, 關元), and right and left Zusanli (ST36, 足三里) and Sanyinjiao (SP6, 三陰交) acupuncture points, 14 treatments given over a 4-week period (n=21).

Arm 2: Moxibustion applied to the Mingmen (GV4, 命門), Guanyuan (CV4, 關元), Qihai (CV6, 氣海), and right and left Shenshu (BL23, 腎俞) acupuncture points, 14 treatments given over a 4-week period (n=20).

Arm 3: No treatment (n=10).

6. Main Outcome Measures

The frequency and strength of hot flashes, and scores on the Menopausal-Specific Quality of Life Scale (MENQOL) and Menopause Rating Scale (MRS).

7. Main Results

Treatment for 4 weeks significantly reduced the frequency and strength of hot flashes in Arm 1 compared to Arm 2 and Arm 3. Moreover, treatment resulted in a significant difference in MENQOL and MRS scores between Arm 2 and the other arms of the trial.

8. Conclusions

Moxibustion can reduce the frequency and strength of hot flashes in menopausal women.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study provided an alternative method of moxibustion treatment. A similar study of the effect of this method on various diseases is needed.

11. Abstractor and date

Cho JH, 16 July 2010.