

Research on the Effectiveness of Acupuncture

Most people are familiar with the use of acupuncture in pain management, but acupuncture also has proven success with a variety of endocrine-related, circulatory, and systemic conditions. Here is a small sampling of research demonstrating acupuncture effectiveness.

Insomnia

In the treatment of insomnia, acupuncture shows a total effectiveness rate of 90.44%, improves the quality of sleep and reduces complications induced by sleep medications. Sok, SR, et al. The effects of acupuncture therapy on insomnia. *Journal of Advanced Nursing*. 2003 Nov. 44(4)375-84. *Journal of Traditional Chinese Medicine*, 2002 Dec. 22(4)276-277.

Fibromyalgia

A study conducted by the University of Washington and the Center for Health Studies at Group Health Hospital suggests that more than half of all participants had clinically meaningful improvements in pain (46%), fatigue (51%), sleep (47%), and general well-being (45%). Another study on fibromyalgia suggest that acupuncture showed a positive change in the Visual Analogue Scale, myalgic index, number of tender points and improvement in quality of life based on the SF-36 questionnaire. *Society for Acupuncture Research - Tenth Anniversary Symposium 2003:29*. Targino, RA, et al., *Curr Pain Headache Rep*. 2002 Oct (5)379-383.

Blood Pressure

Study results showed that patients had an overall decrease in the systolic pressure level during and after acupuncture treatment. *Journal of Traditional Chinese Medicine*. 2003 Mar. 23(1)49-50.

Depression

All patients receiving acupuncture for major depression improved significantly to a greater extent than those not receiving treatment. Another study suggests that electro-acupuncture can produce the same therapeutic results as tetracyclic drugs, but with fewer side effects and greater relief of symptoms. *Acupuncture Treatment for Major Depression*. *Society for Acupuncture Research - Tenth Anniversary Symposium 2003*. *Journal of Traditional Chinese Medicine*. 2004 Sep. 24(3) 172-176.

Allergies

When patients with allergic asthma, allergic rhinitis, and chronic urticaria receiving acupuncture were compared with those undergoing desensitization, patients receiving acupuncture had a higher curative effect. Another study

suggests that acupuncture is effective in addressing the wide-range of symptoms associated with persistent, allergic rhinitis. *Journal of Traditional Chinese Medicine*. 1993 December (13)4 243-8. Xue CC, et al *Med. J. Aust.* 2007 Sept 17 (187)6 337-341.

Arthritis

The University of Maryland School of Medicine conducted a randomized, controlled trial that suggests acupuncture can provide effective pain relief and improve function for osteoarthritis of the knee. Berman, BM, et al.

Effectiveness of acupuncture as adjunctive therapy in osteoarthritis of the knee: a randomized, controlled trial. *Annals of Internal Medicine*. Dec.21, 2004. 141(12)901-910.