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**The Association of Traditional Chinese
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1. Acupuncture for acne vulgaris: findings from a systematic review and meta-analysis

Mansu, Suzi ; Liang, Haiying ; Parker, Shefton ; Coyle, Meaghan ; Wang, Kaiyi ; Zhang, Anthony L. ; Guo, Xinfeng ; Lu, Chuanjian ; Xue, Charlie C.L. *Advances in Integrative Medicine*, May 2019, Vol.6, pp.S69-S70

Abstract

Background: Acne vulgaris is a common skin condition that primarily affects adolescents. Topical pharmaceutical treatments such as retinoids have known safety profiles, and the growing problem of resistance to systemic antibiotics poses a challenge for adequate management. Complementary therapies such as acupuncture may provide additional treatment options for patients. This systematic review evaluated the efficacy, effectiveness and safety of acupuncture and acupressure for acne vulgaris.

Methods: Eleven English and Chinese language databases were searched from inception to May 2016. Eligible randomised controlled trials (RCTs) were those that compared acupuncture/acupressure with pharmacological treatments, placebo/sham acupuncture, or no treatment, in people with acne vulgaris. The primary outcomes were change in lesion count and global improvement; secondary outcomes included acne severity, quality of life, and adverse events.

Results: Twelve RCTs with 1,026 participants were included. The majority compared acupuncture with pharmacotherapy, and were conducted in China. None of the studies were free from bias. The chance of achieving a $\geq 30\%$ improvement in lesion count was not statistically different between acupuncture and pharmacotherapy (RR

1.07, 95% CI 0.98, 1.17; I² = 8%). Similarly, no statistical difference was seen between groups when the threshold for improvement was higher (≥50% change in lesion count, RR 1.07, 95% CI 0.98, 1.17; I² = 50%).

Conclusion: Acupuncture and acupressure were not statistically different to pharmacological treatments while fewer side effects were seen. Acupuncture/acupressure may be a treatment option for people with acne.

2. Teaching neuroImages: Cerebrospinal fluid leakage observed from skin after acupuncture

Noh, Mi, Sang-Mi ; Lee, Joon, Kyung ; Kim, Joon, Bum. *Neurology*, 2019, Vol.92(10), pp.e1141-e1142

Acupuncture is widely used in Asian countries. A 27-year-old man visited our center with a newly developed orthostatic headache. A few weeks previously, he had undergone multiple and repetitive acupunctures at the low back (L3-S1) to relieve pain, which remained after laminectomy and interbody fusion (L4-S1) for the last few years. CSF drops were observed from the skin at the left low back (figure 1). Brain MRI was normal. CSF leakage with fistula formation was confirmed by magnetic resonance myelography (figure 2).¹ Duroplasty (L4-5) with primary suture of the fistula was performed and the headache improved.

3. Ear acupuncture in Psychiatric Care From the Health Care Professionals'

Perspective: A phenomenographic

Landgren, Kajsa ; Strand, Annica Sjöström ; Ekelin, Maria ; Ahlström, Gerd. *Mental Health Nursing*, 01 February 2019, Vol.40(2), pp.166-175

Ear acupuncture is used as a non-pharmacological complement in psychiatric and addiction care to reduce anxiety, depression and insomnia. The aim of this study was to describe health care professionals' perceptions of giving ear acupuncture in different psychiatric settings. Twenty-four professionals providing ear acupuncture to patients with a variety of psychiatric symptoms and/or addiction were interviewed in

focus groups. Data were analyzed with a phenomenographic approach. Ear acupuncture was provided, individually or in groups, to in- and outpatients with a variety of psychiatric symptoms and/or addiction. Three descriptive categories emerged: Another tool in the toolbox, Strengthening the profession and Person-centered care. Participants perceived ear acupuncture to be an effective and safe therapeutic tool, easy to use in concert with other methods and easy to adjust to the patients' needs and requests. They perceived that their professional self-confidence increased when having this non-verbal, person-centered and non-pharmacological tool in their hands as a complement to ordinary care. Professionals perceived that patients trained their social skills while participating in acupuncture, and that the treatment helped patients to influence their subjective psychiatric health through gaining control over symptoms. Acupuncture helped professionals to build a trustful relationship and communicate with their patients, verbally and non-verbally. The finding shows ear acupuncture as a safe treatment and promising in relieving psychiatric and somatic symptoms. Acupuncture facilitates the communication with patient, emphasizing participation and shared decision-making, valuable dimensions of person-centered care. Managers' role and attitude in supporting staff needs to be explored in future research.

4. Acupuncture activates a direct pathway from the nucleus tractus solitarii to the rostral ventrolateral medulla

Guo, Zhi-Ling ; Malik, Shaista. *Brain Research*, 1 April 2019, Vol.1708, pp.69-77

Keywords: Acupuncture Somatic nerve c-Fos Neural pathways Brain stem

A B S T R A C T

Our previous studies have shown that electroacupuncture (EA) at the Jianshi-Neiguan acupoints (P5-6, overlying the median nerve) attenuates sympathoexcitatory responses through its influence on neuronal activity in the rostral ventrolateral medulla (rVLM). The nucleus tractus solitarii (NTS) receives input from somatic nerve stimulation. Connections between the NTS and the rVLM during EA stimulation have not been investigated and thus were the focus of the present study. Seven to ten days after unilateral microinjection of a rhodamine conjugated

microsphere retrograde tracer (100 nl) into the rVLM, rats were subjected to EA or sham-EA without electrical stimulation. EA was performed for 30 min at the P5-6 acupoints bilaterally. Perikarya containing the microsphere tracer were found in the NTS of both groups. Compared to controls (needle placement without electrical stimulation, n=7), c-Fos immunoreactivity and neurons double-labeled with c-Fos, an immediate early gene, and the tracer were significantly increased in the NTS of EA-treated rats (all $P < 0.05$; n=8), particularly, in the medial and lateral subdivisions of NTS at subpostremal and obex levels. These results suggest that EA at the P5-6 acupoints activates NTS neurons. Furthermore, EA-activated NTS neurons directly project to the rVLM and likely influence the rVLM activity.

5. Attention network function of insomniacs improved by manual acupuncture: Evidence from Attention Network Task

Zhao, Fei-Yi ; Xu, Hong ; Hong, Yu-Fang ; Zhao, Ying-Xia ; Yan, Haixia ; MA, Qia-Yi; Ming, Xing ; Hu, Jing ; Xu, Yan. *World Journal of Acupuncture – Moxibustion*, June 2019, Vol.29(2), pp.91-96

Keywords: Insomnia Attention network function Acupuncture

A b s t r a c t

Objective: To investigate if manual acupuncture can improve the primary insomnia-induced impairments of attention network function and its safety. Methods: Totally 64 eligible participants were enrolled in a randomized controlled trial, with 32 cases allocated to the treatment group and 32 cases allocated to the control group, respectively. The participants in the treatment group received real-acupuncture therapy [acupuncture at 'Five Spirits Acupoints' including Shéntíng (GV 24), Běns hén (GB 13), Sìshénc ōng (EX-HN 1), Shéndào (GV 11) and Shénmén (HT 7)] whereas participants in control group received sham-acupuncture therapy with Streitberger placebo-needle and same acupoints. Interventions were offered every two days and three times a week for total 8 weeks. Both Pittsburgh sleep quality index (PSQI) and Attention Network Task (ANT) were employed to assess the changes of sleep quality and attention network function at pre-treatment and post-treatment, respectively. Meanwhile, adverse effects were monitored and

recorded. Results: (1) After 8-week treatment, the total score of PSQI in the treatment group decreased from 14.22 ± 3.46 to 8.19 ± 3.34 ($P < 0.001$), and the total score of PSQI in the control group decreased from 12.84 ± 3.90 to 11.41 ± 3.90 ($P < 0.05$). The decrease in the treatment group was more significant than that in the control group ($P < 0.001$). (2) After treatment, the alerting efficiency of both groups increased, the treatment group increased from 40.44 ± 5.62 to 56.44 ± 5.37 ($P < 0.001$), and the control group increased from 39.50 ± 6.39 to 40.06 ± 6.14 ($P < 0.05$). The increase in the treatment group was more significant than that in the control group ($P < 0.001$). The total reaction time of both groups decreased, the treatment group decreased from 574.94 ± 10.1 to 548.34 ± 15.05 ($P < 0.001$), and the control group decreased from 578.25 ± 13.26 to 576.78 ± 12.15 ($P < 0.05$). The decrease in the treatment group was more significant than that in the control group ($P < 0.001$). (3) No obvious change in orienting efficiency was observed in both groups after treatment ($P > 0.05$). (4) No serious adverse events were reported in this trial, except 2 patients from treatment group had slight hematoma after receiving acupuncture therapy. Conclusion: Acupuncture represents a safe and useful non-pharmacologic intervention option for primary insomniacs with impairments of attention network function (alertness and conflict processing/ executive control). ©2019 Published by Elsevier B.V. on behalf of World Journal of Acupuncture Moxibustion House.

6. Effects of acupuncture on Alzheimer's disease: Evidence from neuroimaging studies

YU Chao-chao, MA Chao-yang, WANG Hua, KONG Li-hong, ZHAO Yan, SHEN Feng, and WU Miao. *Chinese Journal Integrative Medicine* 2019 Aug; 25(8):631-640.

KEYWORDS acupuncture, Alzheimer's disease, brain response, acupoint specificity, neuroimaging

ABSTRACT

As the worldwide population ages, the prevalence of Alzheimer's disease (AD) increases. However, the results of promising medications have been unsatisfactory. Chinese acupuncture has a long history of treating dementia, but lack of evidence

from well-designed randomized controlled trials that validate its efficacy and safety, as well as its lack of clear underlying mechanisms, contribute to its limited application in clinical practice. In recent years, brain imaging technologies, such as functional magnetic resonance imaging and positron emission tomography, have been used to assess brain responses to acupuncture in a dynamic, visual, and objective way. These techniques are frequently used to explore neurological mechanisms of responses to acupuncture in AD and provide neuroimaging evidence as well as starting points to elucidate the possible mechanisms.

This review summarizes the existing brain imaging evidence that explains the effects of acupuncture for AD and analyses brain responses to acupuncture at cognitive-related acupoints [Baihui (GV 20), Shenmen (HT 7), Zusanli (ST 36), Neiguan (PC 6), and Taixi (KI 3)] from perspectives of acupoint specificity and acupoint combinations. Key issues and directions to consider in future studies are also put forward. This review should deepen our understanding of how brain imaging studies can be used to explore the underlying mechanisms of acupuncture in AD.

7. Acupuncture reduces nicotine-induced norepinephrine release in the hypothalamus via the solitary NMDA receptor/NOS pathway

Hong Feng Liua, ZhengLin Zhaob, Jie Zhanga, Yi Yan Wua, Yu Jiaob, Tong Wub, Sang Chan Kimc, Bong Hyo Leec, Yu Fanb,c, Chul Won Leec, Young Woo Kimc, Chae Ha Yangc, Xiao Dong Zhua,*,*, Rong Jie Zhaob,c. *Journal of Affective Disorders*. 1 May 2019, Volume 250, Pages 298-306

Keywords: Acupuncture Nicotine Norepinephrine Hypothalamus Nucleus tractus solitaries

A B S T R A C T

Noradrenergic projections from the nucleus tractus solitarius (NTS) to the hypothalamic paraventricular nucleus (PVN) are involved in nicotine (Nic) dependence. Nic induces hypothalamic norepinephrine (NE) release through N-methyl-D-aspartate receptors (NMDARs) and nitric oxide in the NTS. However, acupuncture attenuates Nic withdrawal-induced anxiety. Therefore, this study

The Association of Traditional Chinese Medicine and Acupuncture UK (ATCM) Edited by Wenqing Li investigated the effects of acupuncture on Nic-induced hypothalamic NE release. Rats received an intravenous infusion of Nic (90 µg/kg, over 60 s) and extracellular NE levels in the PVN were determined by in vivo microdialysis. Immediately after Nic administration, the rats were bilaterally treated with acupuncture at acupoint HT7 (Shen-Men) or PC6 (Nei-Guan), or a nonacupoint (tail) for 60 s. Acupuncture at HT7, but not at PC6 or the tail, significantly reduced Nic-induced NE release. However, this was abolished by a post-acupuncture infusion of either NMDA or sodium nitroprusside into the NTS. Additionally, acupuncture at HT7, but not the control points, prevented Nic-induced plasma corticosterone secretion and inhibited Nic-induced increases in the phosphorylation of neuronal nitric oxide synthase (nNOS) and endothelial NOS in the NTS. These findings suggest that acupuncture at HT7 reduces Nic-induced NE release in the PVN via inhibition of the solitary NMDAR/NOS pathway.

8. Corrigendum to “Effects of laser acupuncture in a patient with a 12-year history of facial paralysis: A case report

Gil Ton, Li-Wen Lee, Yi-Hung Chen, Cheng-Hao Tu, Yu-Chen Lee. *Complementary Therapies in Medicine*. Volume 44, June 2019, Page 303

Abstract

Background:

Traumatic facial palsy, whether accidental or iatrogenic, is a common cause of facial paralysis. Laser acupuncture therapy (LAT) is a non-invasive, pain-free method to stimulate traditional acupuncture points with non-thermal laser irradiation. Low-level laser therapy has proven beneficial in the regeneration of peripheral nerves. This case report describes the feasibility of this innovative treatment in a patient with a 12-year history of traumatic facial palsy and severe sequelae.

Case summary

A 52-year-old male presented with a severe left-sided facial paralysis that had lasted for 12 years. At initial presentation, the man could not fully close his left eye and had difficulty eating solid foods. The paralysis of his left-sided facial muscles had resulted

in dysarthria. He was administered 30 LAT sessions in the Acupuncture Department of China Medical University Hospital, Taichung, Taiwan, over a 4-month period. His recovery was monitored by scores on the Facial Disability Index, the Sunnybrook Facial Nerve Grading System and measurements of the vertical palpebral distance in his left eye. Photographs were taken after every treatment. On the 10th treatment, a change in closure of the left eye was noticed and facial muscle strength was improved. After 22 treatments, the patient could fully close his left eye.

Conclusion

LAT significantly improved the sequelae of long-term facial paralysis in this patient. Large-scale prospective studies are needed to confirm this observation.

9. Acupuncture treatment is associated with a decreased risk of developing stroke in patients with depression: A propensity-score matched cohort study

Liang-Yu Chena,1, Hung-Rong Yenb,c,d,e,f,1, Mao-Feng Suna,b, Cheng-Li Ling, Jen-Huai Chiangg, Yu-Chen Leea. *Journal of Affective Disorders* Volume 250, 1 May 2019, Pages 298-306.

Keywords: Acupuncture Complementary and alternative medicine Depression National Health Insurance Research Database (NHIRD)

A B S T R A C T

Background: Depression had a significantly increased risk of stroke. Some patients with depression seek acupuncture treatment. The aim of this study is to investigate the association between acupuncture treatment and risk of developing stroke in patients with depression.

Methods: Patients with newly diagnosed depression above 18 years old between 1997 and 2010 were selected from the Taiwanese National Health Insurance Research Database, and followed up until the end of 2013. The 1:1 propensity score method was used to match an equal number of patients (N=13,823) in the acupuncture and non-acupuncture cohorts, based on characteristics including sex, age, baseline comorbidity and drug used. The outcome measurement was the

comparison of stroke incidence in the two cohorts. We used the Cox regression model and the Kaplan–Meier method to estimate the risk of developing stroke.

Results: Compared with the non-acupuncture cohort, patients who received acupuncture treatment had a lower risk of stroke (adjusted hazard ratio (HR)=0.49, 95% confidential interval=0.45–0.52) after adjustment for age, sex, comorbidities and drugs used. Regarding the two types of stroke, acupuncture users also had lower risk of hemorrhagic or ischemic stroke (adjusted HR=0.37 and 0.49, respectively). The cumulative incidence of stroke in the acupuncture cohort was significantly lower than that of the non-acupuncture cohort (log-rank test, $p<0.001$). At the 5th year of follow-up, 7.22% of acupuncture users had stroke onset compared with 14% in the non-acupuncture cohort. Limitations: The database provided information of antidepressants but not the severity of depression. Details of the life style and selection of acupoints were also not provided.

Conclusions: The present study revealed that acupuncture reduced the risk of developing stroke in depression patients in Taiwan. Further clinical studies investigating the mechanisms and efficacy of acupuncture are warranted.

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Congratulations on the 25th anniversary of ATCM!

“十一” 快乐! 快乐猪年!

