

SUMMARY REPORT OF ACUPUNCTURE SESSION

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Presenter: Jaung-Geng Lin

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Introduction to acupuncture session

- In this session, we had 26 posters and 12 posters were selected for presentation and discussion.
- In the discussion, about 50-60 people joined for discussion.
- The chairman, co-chairman and panelists is as follows.

Chairman	Taichung	China Medical University	Jaung-Geng	Lin
Co-chairman	Germany	University Medical Center Hamburg-Eppendorf	Sven	Schroeder
Co-chairman	Hong Kong	The University of Hong Kong	Lixing	Lao
Panelist	Hong Kong	The Chinese University of Hong Kong	Vincent CH	Chung
Panelist	Hong Kong	The University of Hong Kong	Lei	Li
Panelist	Kaohsiung	Kaohsiung Chang Gung Memorial Hospital and Chang Gung University	Wen-Long	Hu

order	No.	Title	Institute	Region	Corresponding Author	Modulator
Acupuncture						
1	1	The Expression of VEGF/bFGF Promoted by Acupoint Injection of BMSCs Combined Qi-tonifying and Blood-activating Chinese Herb on Diabetic Rats with Hind Limbs Ischemic	Institute of Acu- Mox, China Academy of Chinese Medical Sciences	Beijing	Peijing RONG	Lixing LAO
2	2	Chemotherapy Induced Neuropathy – Improvement of Subjective and Objective Parameters by Acupuncture	University Medical Center Hamburg- Eppendorf	Hamburg Germany	Sven SCHROEDER	Lixing LAO
3	7	Electroacupuncture Plus Splinting Versus Splinting Alone for Carpal Tunnel Syndrome: a Randomized Controlled Trial	The Chinese University of Hong Kong	Hong Kong	Chi Ho Vincent CHUNG	Lixing LAO
4	10	A Systematic Review of Acupuncture for Anxiety Disorder	The University of Hong Kong	Hong Kong	Junmei WU	Lixing LAO
5	13	A Study on Effects of Acupressure among the Frail Elderly in the Community Dwellings	The University of Hong Kong	Hong Kong	Lei LI	Sven SCHROEDER
6	16	Evidence-base Medicine in Acupuncture Research: Challenges and Opportunities	The University of Hong Kong	Hong Kong	Lixing LAO	Sven SCHROEDER
7	17	Mapping Local Tissue Mechanical Responses to Manual Acupuncture and Electro-acupuncture Using Ultrasound Elastography	The University of Hong Kong	Hong Kong	Wei-Ning LEE	Sven SCHROEDER
8	20	Laser Acupuncture Therapy in Patients with Treatment-resistant Temporomandibular Disorders	Kaohsiung Chang Gung Memorial Hospital and Chang Gung University College of Medicine	Kaohsiung	Wen-Long HU	Sven SCHROEDER
9	21*	Reduced Spinal Delivery via Blocking Thermoreceptor trpv1 on Rat Acupoint ST36	Shanghai University of Sport	Shanghai	Zhijie YANG	Jaung-Geng Lin
10	24	On the Discussion of Five Elements Theory in Acupuncture	China Medical University	Taichung	Mao-Feng SUN	Jaung-Geng Lin
11	25	The Impact of Utilization of Acupuncture and Traditional Chinese Medicine on Post- acute Care Outcomes of Stroke Patients – A Population-based Study	National Taiwan University	Taipei	Ming-Chin YANG	Jaung-Geng Lin
12	26	Placebo Devices as Effective Control Methods in Acupuncture Clinical Trials: A Systematic Review	RMIT University	VIC, Australia	George Shengxi ZHANG	Jaung-Geng Lin

*: The presenter of No. 21 was not able to present on Aug. 25.

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Posters in acupuncture session

This acupuncture session includes 26 posters. In these 26 studies, 10 are systemic reviews; 5 are randomized controlled trials; 4 are acupuncture mechanistic studies; 4 are acupuncture classic studies; 1 is case-control study; 1 is retrospective study and 1 is population-based study.

Scientific points raised by acupuncture session

Systemic review studies in this session support the efficacy of acupuncture on Irritable Bowel Syndrome, functional dyspepsia (FD), cancer related fatigue (CRF) and chemotherapy induced nausea and vomiting (CINV), primary hypertension, diabetes and Anxiety Disorder.

On the other hand, the control group design is a big issue to randomized controlled trials (RCTs). One systemic review indicated the type of control is likely to affect the conclusion in acupuncture analgesic trials and suggested that appropriate control should be chosen according to the aims of studies. One systemic review investigated 3 placebo devices, including Park, Streitberger and Takakura devices and suggest an improved placebo device is needed for future RCTs.

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Randomized controlled trials in this session provide evidences that acupuncture has effectiveness in patients with chemotherapy-induced peripheral neuropathy, primary carpal tunnel syndrome. My own studies indicated acupuncture or electroacupuncture can relive post-surgery pain and pains due to frozen shoulder, knee-joint, lower back, cesarean section, extracorporeal shock wave lithotripsy. Further, other than acupuncture, transcutaneous electrical acupoint stimulation (TEAS) improve the symptoms of patients with Obsessive-compulsive Disorder, while acupressure can improve the general quality of life of the frail elderly

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A case-control study revealed that electrodermal screening (EDS) at the acupoints can provide specific information as energy deficiency. A retrospective study reported that laser acupuncture improves symptoms of patients who suffer from treatment-resistant temporomandibular disorders.

Further, we have 4 studies discussing the mechanism of acupuncture. The results revealed that acupoint injection of stem cells combined with intake of Qi-tonifying and Blood-activating Chinese herbs can promote the angiogenic effect in skeletal muscle in diabetic rats.

Second, by the use of functional near-infrared spectroscopy (fNIRS), it is found that acupuncture can activate cerebral functional in depressive patients.

Third, ultrasound elastography technique can be used to compare local tissue mechanical responses to manual acupuncture (MA) and electroacupuncture (EA) in the healthy volunteers.

Finally, the fourth study suggest thermoreceptor Trpv1 in acupoints play an important role of acupuncture.

The session has four studies about acupuncture classic research, including :

2 studies investigate Biaoyoufu (標幽賦); a study investigates Ge Hong (Chinese: 葛洪, 283~343), who is the author of Zhou-Hou-Fang (肘後方). A study discusses the Five Elements Theory in acupuncture.

Finally, a population-based study revealed that the stroke patients of high TCM utilization had lower risk of epilepsy, pneumonia, re-stroke and death in 1 year after stroke.

Conclusion

- ▶ I personally believe that this session is very successful. We have discussed acupuncture from systemic review, randomized controlled trials, clinical studies, mechanistic studies, acupuncture classic review and population-based study and get some useful and solid conclusion.
- ▶ I appreciated for the presenters of every poster and particularly thank the panel members.

Supplementary material: the scientific points raised by each study

From the 10 systemic review studies,

Dr. Bian from Baptist University Hong Kong, made a review on the Herbal Formula and acupuncture points used in Tian Jiu treatment in allergic rhinitis and reported which Chinese herbs and acupoints are frequently used in Tian Jiu (Tian Jiu is a Chinese herb patch used at acupoints)

Dr. Chung from University of Hong Kong report the efficacy of acupuncture on Irritable Bowel Syndrome. The study concluded acupuncture has similar efficacy on Irritable Bowel Syndrome compared to western medicine. However, moxibustion may be a better treatment on Irritable Bowel Syndrome than acupuncture.

In addition, Dr. Chung also provide 2 systemic reviews reporting the efficacy of acupuncture on functional dyspepsia (FD) and chemotherapy induced nausea and vomiting (CINV).

Dr. Chen from University of Hong Kong provide two Meta-analysis studies regarding the effects of acupuncture in hypertension and diabetes patients.

Dr. Wu from The University of Hong Kong conducted A Systematic Review of Acupuncture for Anxiety Disorder and support the use of acupuncture.

Dr. LI from The University of Hong Kong conducted a modern research of 'Nine Needle' and compared the differences of the clinical applications of them between nowadays and the past.

Dr. Lixing Lao from The University of Hong Kong discussed the current status of acupuncture research and its challenges and opportunities. His study concluded that type of control is likely to affect the conclusion in acupuncture analgesic trials and suggest that appropriate control should be chosen according to the aims of studies.

Dr. Zhang from RMIT, Australia also concern the Placebo Devices used as Control Methods in Acupuncture Clinical Trials. His systematically review compare the three placebo devices, including Park, Streitberger and Takakura devices and suggest an improved placebo device is needed for future RCTs.

From the 5 studies of randomized controlled trials,

Dr. Schroeder from University Medical Center Hamburg-Eppendorf, Germany reported the beneficial effects of acupuncture in patients with Chemotherapy-induced peripheral neuropath. The RCT found that a 10-week treatment of acupuncture improve subjective symptoms.

Dr. Chung from University of Hong Kong reported the beneficial effects of acupuncture in patients with primary carpal tunnel syndrome. The RCT found that 13 sessions of electroacupuncture over 17 weeks improve symptoms in patients with primary carpal tunnel syndrome.

Dr. LI from The University of Hong Kong reported the beneficial effects of acupressure on the general quality of life in frail elderly. The results showed that acupressure for 12 weeks, 3-4 times a week, can improve the general quality of life of the frail elderly.

Dr. Zhang from The University of Hong Kong reported the beneficial effects of transcutaneous electrical acupoint stimulation (TEAS) in patients with Obsessive-compulsive Disorder. The results show that TEAS enhances the efficacy of Western medicine.

Dr. Lin from China Medical University (my own studies) provides evidences from randomized controlled trial. We reported that acupuncture or electroacupuncture relieved pain after surgery and reduced side effects of morphine administration. Besides, acupuncture or electroacupuncture also showed efficacy on pains due to frozen shoulder, knee-joint, lower back, cesarean section, extracorporeal shock wave lithotripsy

In the 26 poster, we have a case-control study and a retrospective observational study:

Dr. Hung from Kaohsiung Chang Gung Memorial Hospital, Taiwan report Electrodermal screening (EDS) can provide specific information as energy deficiency .

Dr. Hu (胡) from Kaohsiung Chang Gung Memorial Hospital, Taiwan reported that laser acupuncture improve symptoms in patients, who suffer from treatment-resistant temporomandibular disorders.

Further, we have 4 studies discussing the mechanism of acupuncture.

First, Dr. Rong from China Academy of Chinese Medical Sciences, Beijing observed the expression of pro-angiogenic factors in skeletal muscle of diabetic rats with ischemia in hind limbs and test the effects of acupoint injection of stem cells combined with intake of Qi-tonifying and Blood-activating Chinese herbs (QB). The results revealed that acupoint injection of stem cells combined with intake of Qi-tonifying and Blood-activating Chinese herbs can promote angiogenic effect in skeletal muscle in diabetic rats.

Second, Dr. Wu from The University of Hong Kong, Hong Kong reported that functional near-infrared spectroscopy (fNIRS) can evaluate the change of the emotional processing function in the cerebral areas of the depressive patients treated by acupuncture.

The third study is an interesting study from Dr. Lee from The University of Hong Kong, Hong Kong used ultrasound elastography technique to compare local tissue mechanical responses to manual acupuncture (MA) and electro-acupuncture (EA) in the healthy volunteers.

The fourth study is reported by Dr. Yang from Shanghai University of Sport. The study found that blocking thermoreceptor trpv1 on rat acupoint can reduced spinal delivery. These suggest thermoreceptor trpv1 in acupoints play an important role of acupuncture.

The session has four studies about acupuncture classic investigation, including :

Dr. Li from The University of Hong Kong, Hong Kong has 2 studies about the Biaoyoufu (標幽賦).

Dr. Chen from China Medical University, Taiwan has a study on Ge Hong (Chinese: 葛洪, 283~343), who is the author of Zhou-Hou-Fang (肘後方).

Dr. Sun from China Medical University, Taiwan discuss the Five Elements Theory in acupuncture. The study distinguishes the Five Elements Theory from medical use in TCM literature Ling-Shu and correct the wrong character in some Ling-Shu chapters.

We have also one poster about the population-based study. This is Dr. Yang's study from National Taiwan University. The study found that the stroke patients of high TCM utilization had lower risk of epilepsy, pneumonia, re-stroke and death in 1 year after stroke.

Conclusion of the summary report

Systemic review studies in this session support the efficacy of acupuncture on Irritable Bowel Syndrome, functional dyspepsia (FD), cancer related fatigue (CRF) and chemotherapy induced nausea and vomiting (CINV), primary hypertension, diabetes and Anxiety Disorder.

On the other hand, the control group design is a big issue to randomized controlled trials (RCTs). One systemic review indicated the type of control is likely to affect the conclusion in acupuncture analgesic trials and suggested that appropriate control should be chosen according to the aims of studies. One systemic review investigated 3 placebo devices, including Park, Streitberger and Takakura devices and suggest an improved placebo device is needed for future RCTs.

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