

## 5. Psychiatric/Behavioral Disorders

### Reference

Shichido T, Arichi S, Mori E, et al. The effect of acupuncture on unidentified syndrome – sequential medical trial. *Zen Nihon Shinkyu Gakkaishi (Journal of the Japan Society of Acupuncture and Moxibustion)* 1982; 32(1): 33–43 (in Japanese with English abstract). Ichushi Web ID: 1983164007

#### 1. Objectives

To evaluate the objective effects of acupuncture and moxibustion on unidentified syndrome in a clinical trial using sequential testing.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

Arichi Internal Medicine Umeda Clinic, Osaka, Japan.

#### 4. Participants

Twenty pre-climacteric women 20 years or older complaining of unidentified syndrome. Matching was based on age and number of symptoms. Mean age in the two groups: 37.9±8.4 and 43.1±6.4.

#### 5. Intervention

Arm 1: Test group. Galenical extract plus acupuncture and moxibustion corresponding to the specific complaint (n=10).

Arm 2: Control group. Galenical extract only (n=10).

Approximately 20 minutes twice a week, for two weeks: total four times.

#### 6. Main outcome measures

Five-point self-evaluation (overall improvement, daily life difficulties, effects by symptom), and percentage change in  $\alpha$ ,  $\beta$ , and  $\theta$  waves recorded during the microvibration (MV) test.

#### 7. Main results

The percentage of participants subjectively benefiting from treatment was significantly higher in Arm 1 (60%) than Arm 2 (10%). A significantly more effective trend for shoulder stiffness in the second week was observed in Arm 1 than in Arm 2 ( $P=0.086$ ). Analysis of changes in wave energy between the first measurement and the second week showed that  $\theta$  waves increased significantly ( $P<0.05$ ) and  $\beta$  waves tended to decrease in Arm 1.

#### 8. Conclusions

Adding acupuncture and moxibustion to galenical treatment improves subjective symptoms of unidentified syndrome.

#### 9. From acupuncture and moxibustion medicine perspective

Acupuncture treatment locations depended on subjects' complaints, and treatment was aimed at muscle tenderness, induration, tension, etc.

#### 10. Safety assessment in the article

No adverse effect.

#### 11. Abstractor's comments

This controlled trial of acupuncture and moxibustion is thoroughly commendable for investigating unidentified syndrome, though most RCTs related to acupuncture and moxibustion focus on pain. As it was a clinical trial, the subjects were prescribed galenical extract to suit their various symptoms, acupuncture and moxibustion treatments were selected according to subjects' complaints, so treatment locations varied. Regrettably, it would be difficult to repeat the trial because the skill levels of the five therapists involved in the trial were not mentioned. While evaluating unidentified syndrome in a trial is difficult, this trial had a sequential design using matched pairs of patients, which increases the likelihood of arriving at outcomes even if the sample size is relatively small. Also the efficacy rate was calculated from patients' self-evaluation data, making for a very logical analysis. This study offers possibilities for future research.

#### 12. Abstractor and date

Kohashi T, 8 January 2011.