

10. Respiratory Diseases (including Rhinitis)

Reference

Park YC, Jo JH, Hong KE, et al. Effect of acupuncture on nasal obstruction in patients with persistent allergic rhinitis: a randomized controlled trial. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2005; 22(6): 229–39 (in Korean with English abstract).

1. Objectives

To evaluate the effect of acupuncture on nasal obstruction with acupuncture points specified in *Donguibogam* (東醫寶鑑, *Treasured Mirror of Eastern Medicine*).

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Dunsan Oriental Hospital of Daejeon), Republic of Korea.

4. Participants

Patients with persistent allergic rhinitis who visited the hospital between 1 August and 7 October 2005 (n=101).

5. Intervention

Arm 1: Acupuncture treatment at the Yingxiang (LI20, 迎香), Shangxing (GV23, 上星), and Hegu (LI4, 合谷) acupuncture points (n=50).

Arm 2: Sham acupuncture treatment at non-acupuncture points: one at the center of the Yingxiang (LI20, 迎香) and Juliao (ST3, 巨膠) acupuncture points, and the other 20 mm from the Hegu (LI4, 合谷) acupuncture point (n=51).

6. Main outcome measures

Measurement of total nasal volume (NV) and total nasal minimum cross sectional area (MCA) using acoustic rhinometry.

7. Main results

The total nasal volume and total nasal minimum cross sectional area (MCA) were significantly increased immediately after treatment in both groups ($P<0.05$) and the increases were moderately greater 15 minutes after treatment in Arm 1 compared with Arm 2.

8. Conclusions

Acupuncture treatment relieves nasal obstruction by increasing nasal volume and nasal cross sectional area in patients with persistent allergic rhinitis.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the efficacy of acupuncture points specified in *Donguibogam* on nasal obstruction in patients with persistent allergic rhinitis. The patients were randomized to Arm 1 and Arm 2. Treatment relieved nasal obstruction by increasing nasal volume and nasal cross sectional area in Arm 1. This finding is very meaningful, as it is from a double blind, randomized, controlled trial. But the randomization method was not mentioned specifically.

11. Abstractor and date

Jang KT, 30 August 2010.