

## 6. Nervous System Diseases

### Reference

Jung IT, Lee SH, Kim SY, et al. A clinical study of East-West pain treatment on chronic headache patients. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2005; 22(3): 93–104 (in Korean with English abstract).

### 1. Objectives

To compare the effect of clinical Oriental medical treatment and East-West combined medical treatment on chronic headache.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital and one Western hospital (Kyunghee University Medical Center), Republic of Korea.

### 4. Participants

Patients (age: 18–65 years) with tension headache or migraine headache with/without pre-headache symptoms according to the International Headache Society (HIS) criteria. The headaches lasted more than 4 hours a day and occurred on more than 15 days a month (n=92).

### 5. Intervention

Arm 1: Oriental medical treatment group. Acupuncture applied to the Baihui (GV20, 百會), Sishencong (EX-HN1, 四神聰), Touwei (ST8, 頭維), Taiyang (EX-HN5, 太陽), Yifeng (TE17, 翳風), Fengchi (GB20, 風池), Quchi (LI11, 曲池), Hegu (LI4, 合谷), Zusanli (ST36, 足三里), and Taichong (LR3, 太衝) acupoints for 20 minutes (n=43).

Arm 2: East-West combined medical treatment group. Acupuncture + Nerve block therapy (Stellate ganglion block, laryngeal nerve block, 2<sup>nd</sup> cervical nerve block)(n=49).

### 6. Main Outcome Measures

Pain assessed on a visual analogue scale (VAS), Brief Pain Inventory (BPI).

### 7. Main Results

In Arm 1, the average VAS score and BPI subscores for general activity, mood, and enjoyment of life were significantly improved after one month of treatment and BPI subscores for relations with other people and sleep were significantly improved after two months of treatment. In Arm 2, the average VAS score and all BPI subscores were significantly improved after one month of treatment. There was no between-group difference in VAS and BPI scores after 4 weeks of treatment, but the improvement in VAS score and enjoyment of life, relations with other people, and sleep subscores was significantly greater in Arm 2 after 8 weeks of treatment.

### 8. Conclusions

East-West combined medical treatment relieves chronic headache and improves the quality of life. East-West combined medical treatment is more effective than acupuncture only treatment.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

This study compared the efficacy of East treatment (acupuncture) and with that of East-West treatment (acupuncture + nerve block therapy). Through VAS and BPI score analysis, the greater effectiveness of East-West treatment for chronic headache was confirmed, but the randomization method was not mentioned. It is suggested that additional evaluations of the effectiveness are needed. It is clinically meaningful in that this study is a randomized, controlled trial of headache remedy. Reference: Acupuncture was compared to nerve block therapy in “Choi DY, Lim SB, Cha NH, et al. Effects on pain behavior in non-medicinal treatment applied to chronic headache patients. *The Korean Journal of Meridian & Acupoint* 2005; 22(1): 55–66”.

### 11. Abstractor and date

Jang KT, 31 August 2010.