

## 19. Injury, Poisoning and Certain Other Consequences of External Causes

### Reference

Song HS. The effect of bee venom acupuncture (BVA) on acute ankle sprain: A randomized controlled trial and double blinding-pilot study. *Daehan-Yakchim-Hakhoeji (Journal of Pharmacopuncture)* 2005; 8(2): 11–6 (in Korean with English abstract).

### 1. Objectives

To evaluate the effect of bee venom acupuncture on acute ankle sprain.

### 2. Design

Double-blinded randomized controlled trial (DB-RCT).

### 3. Setting

One Oriental hospital (Kyungwon University Orineal Hospital), Republic of Korea.

### 4. Participants

Patients with acute ankle sprain (n=30).

### 5. Intervention

Arm 1: Bee venom acupuncture group. Bee venom acupuncture applied to the Qiuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), and Jiexi (ST41, 解溪) acupoints + Acupuncture applied to the Qiuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), Jiexi (ST41, 解溪), Zusanli (ST36, 足三里), and Yanglingquan (GB34, 陽陵泉) acupoints (n=13).

Arm 2: Control group. Saline acupuncture applied to the Qiuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), and Jiexi (ST41, 解溪) acupoints + Acupuncture applied to the Qiuxu (GB40, 丘墟), Zhongfeng (LR4, 中封), Shangqiu (SP5, 商丘), Jiexi (ST41, 解溪), Zusanli (ST36, 足三里), and Yanglingquan (GB34, 陽陵泉) acupoints (n=17).

### 6. Main Outcome Measures

Scores on the Ankle-Hindfoot Scale (AHS) and visual analogue scale (VAS) for sprain severity.

### 7. Main Results

The decrease in VAS score was significantly greater after 3 days of treatment in Arm 1 than in Arm 2 ( $P<0.05$ ), and the decrease in VAS score and increase in AHS score were significantly greater after 7 days of treatment in Arm 1 than Arm 2 ( $P<0.05$ ). The decreases in VAS and AHS scores were significantly greater after 7 days than after 3 days of treatment in both groups ( $P<0.05$ ).

### 8. Conclusions

Bee venom acupuncture is more effective than control treatment for acute ankle sprain. Bee venom acupuncture may help reduce the inflammatory reaction caused by soft tissue damage.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

In this study, the effect of bee venom acupuncture at 4 acupoints followed by acupuncture at 6 acupoints on the acute ankle sprain was evaluated by comparing AHS and VAS scores. The improvement in the VAS and AHS scores was more significant in the bee venom group than in the control group.

### 11. Abstractor and date

Cho SH, 13 July 2010.