

## 11. Diseases of the Digestive System

### Reference

Kim TS, Kim CY, Lee KH, et al. Comparative clinical study between the acupuncture treatment and the chuna treatment on temporomandibular disorder. *Cheokchu-Singyeong-Chuna-Ui-Hakhoeji (The Journal of Korea Chuna Manual Medicine for Spine and Nerves)* 2006; 1(1): 55–64 (in Korean with English abstract).

### 1. Objectives

To compare the effectiveness of Sa-am acupuncture treatment and Chuna treatment for temporomandibular disorder.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital (Ha-na Oriental Medical Hospital), Republic of Korea.

### 4. Participants

Patients with temporomandibular disorder (n=31, male/female=7/24).

### 5. Intervention

Six rounds of treatment using a muscle relaxation method.

Arm 1: Acupuncture at the Damjeonggyeok (膽正格) and Wijeonggyeok (胃正格) acupuncture points selectively, followed by rotated acupuncture for 20 minutes using the Bu-Xie (捻轉補瀉) technique (n=16).

Arm 2: Chuna treatment (n=15).

### 6. Main outcome measures

Anamnestic dysfunction index, modified craniomandibular index, mandibular movement (MM) index, temporomandibular joint noise (TN).

### 7. Main results

The MM index was higher in Arm 1 than in Arm 2 and TN improvement was greater in Arm 2 than in Arm 1.

### 8. Conclusions

Acupuncture can improve temporomandibular function (movement), while Chuna treatment can reduce structural impediments to temporomandibular joint movement (causing joint noise).

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

This study compared the effectiveness of Sa-am acupuncture with that of Chuna treatment for temporomandibular disorder. Acupuncture improved temporomandibular function while Chuna improved temporomandibular structure. But the number of patients was small, and there was no randomization or blinding. Simultaneous evaluation of the two intervention methods could be a limitation of the study.

### 11. Abstractor and date

Kim JS, 12 July 2010.