

18. Symptoms and Signs

Reference

Kim HK, Youn HM, Ahn CB. Clinical studies on Hwangryunhaedoktang herbal-acupuncture therapy on functional headache. *Daehan-Yakchim-Hakhoeji (Journal of Pharmacopuncture)* 2006; 9(3): 131–38 (in Korean with English abstract).

1. Objectives

To evaluate the efficacy of Hwangryunhaedoktang (黃連解毒湯) herbal-acupuncture therapy for functional headache.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Oriental Medicine Hospital of Dongeui Universti), Republic of Korea.

4. Participants

Patients with functional headache (not organic headache) who visited the hospital between September 2006 and the end of October 2006 (n=26).

5. Intervention

Arm1: Hwangryunhaedoktang (0.6 cc) injected using a 1-cc insulin syringe with a 30 gauge 5/16" needle at both the right and left Fengchi (GB20, 風池), Jianjing (GB21, 肩井), and Hegu (LI4, 合谷) acupoints for 2 days, total 4 treatments (n=13).

Arm 2: Saline (0.6 cc) injected using a 1-cc insulin syringe with a 30 gauge 5/16" needle at both the right and left Fengchi (GB20, 風池), Jianjing (GB21, 肩井), and Hegu (LI4, 合谷) acupoints for 2 days, total 4 treatments (n=13).

6. Main Outcome Measures

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

7. Main Results

The control treatment over time significantly reduced VAS score ($P<0.05$) and improved the Mood subscore of the BPI but not subscores for General activity, Enjoyment of life, Relations with other people, and sleep. Hwangryunhaedoktang herbal-acupuncture significantly reduced VAS score ($P<0.05$) and improved BPI subscores for General activity, Mood, Enjoyment of life, Relations with other people, and sleep. There were significant between-group differences in VAS and BPI scores after the fourth but not after the first, second, and third rounds of treatment.

8. Conclusions

Hwangryunhaedoktang herbal-acupuncture is more effective than control treatment for functional headache.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the effectiveness of Hwangryunhaedoktang herbal-acupuncture for functional headache. The subjects were divided into control and treatment groups, and after fourth round of treatment, VAS and BPI scores were significantly improved. However, insofar as the control group also showed improvement, it is thought that additional evaluation of the effectiveness is needed. This study has a meaning since there are not so many randomized, controlled trial of the herbal-acupuncture treatment for headache. Additional study with other evaluation standards to verify the specific effect of the Hwangryunhaedoktang herbal-acupuncture treatment for functional headache is needed.

11. Abstractor and date

Jang KT, 31 August 2010.