

### 13. Diseases of the Musculo Skeletal System and Connective Tissue

#### Reference

Lee SH, Kang MW, Lee H, et al. Effectiveness of bee-venom acupuncture and Ouhyul herbal acupuncture in herniation of nucleus pulposus—comparison with acupuncture therapy only. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2007; 24(5): 197–205 (in Korean with English abstract).

#### 1. Objectives

To compare the efficacy of bee venom acupuncture and Ouhyul herbal acupuncture in patients with herniation of the nucleus pulposus.

#### 2. Design

Randomized controlled trial (RCT).

#### 3. Setting

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

#### 4. Participants

Patients with herniation of the nucleus pulposus (n=60).

#### 5. Intervention

Arm 1: Acupuncture (n=20).

Arm 2: Acupuncture + bee venom acupuncture (BVA; n=20).

Arm 3: Acupuncture + Ouhyul herbal acupuncture (n=20).

- 1) BVA: Once every 2 days, 0.1~0.6 cc was injected in the A-si acupuncture point on the lumbar torso.
- 2) Ouhyul herbal acupuncture: About 0.6 cc was injected in the A-si acupuncture point on the lumbar torso (frequency of injection, not mentioned). The Ouhyul herbal acupuncture mixture consisted of Gardeniae Fructus, Corydalis Tuber, Olibanum, Myrrha, Persicae Semen, Paeoniae Radix Rubra, Salviae miltiorrhizae Radix, and Sappan Lignum.

Standard treatment:

- 1) Acupuncture: Twice a day. Near acupuncture point needling in the morning at the Shenshu (BL23, 腎俞), Zhishi (BL52, 志室), Qihai (BL24, 氣海俞), Dachangshu (BL25, 大腸俞), Guanyuanshu (BL26, 關元俞), Yaoyangguan (GV3, 腰陽關), Remote Acupuncture Point Needling in the afternoon on Zulinqi (GB41, 足臨泣), Hegu (LI4, 合谷), Waiguan (TE5, 外關), Kunlun (BL60, 崑崙), Yanglingquan (GB34, 陽陵泉), and Zusanli (ST36, 足三里) acupuncture points.
- 2) Drug treatment: 3 times a day. Whallak-tang (活絡湯) during the early stage, and Sanghwatang Gamibang (雙和湯 加味方) during the late stage.
- 3) Physiotherapy: Hot pack, Interferential Current Therapy, Transcutaneous Electrical Nerve Stimulation, and cupping therapy depending on the needs of the patients

#### 6. Main outcome measures

Pain self-assessed on a visual analogue scale (VAS), clinical evaluation grade (excellent, good, fair, and poor), and score on the straight leg raising test (SLRT).

#### 7. Main results

The among-group difference in pain VAS score was significant after treatment for 5 days (69.5, 76, 57,  $P=0.000$ ) and 7 days (49.5, 60.5, 47.5,  $P=0.047$ ) but not after treatment for 3 days (77, 80, 70.5,  $P=0.114$ ) and 9 days (41.5, 28.5, 36,  $P=0.076$ ). There was a significant between-group difference in the percentage decrease in pain VAS score after treatment for 5 days (30.5%, 23%, 44% in Arms 1, 2, 3, respectively;  $P=0.000$ ) and during treatment between 5 and 9 days (41.9%, 62.3%, 35.6%;  $P=0.04$ ). After 9 days of treatment, the condition of most patients in Arm 2 was fair and the condition of most patients in Arm 3 was good. There was no significant between-group differences in the SLRT score.

#### 8. Conclusions

Ouhyul herbal acupuncture treatment is more effective for intervertebral disc herniation than single acupuncture treatment, but after 5–9 days of treatment, the bee venom acupuncture is the most effective treatment.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

The randomization method was not described. Moreover, no control and no safety assessment were included.

#### 11. Abstractor and date

Kim JI, 1 July 2010.