

9. Cardiovascular Diseases

Reference

Lee SY, Baek YH, Park SU, et al. Intradermal acupuncture on Shen-Men and Nei-Kuan acupoints improves insomnia in stroke patients by reducing the sympathetic nervous activity: a randomized clinical trial. *American Journal of Chinese Medicine* 2009; 37(6): 1013–21.

1. Objectives

To evaluate the effectiveness of the intradermal acupuncture at the Shenmen (HT7, 神門) and Neiguan (PC6, 內關) acupuncture points for insomnia.

2. Design

Randomized controlled trial (RCT).

3. Setting

KyungHee Oriental Hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants

Patients were hospitalized between November 2007 and August 2008, diagnosed as having cerebral infarction and cerebral hemorrhage, and insomnia reflected by Insomnia Severity Index (ISI) >15 for 3 consecutive days (n=52).

5. Intervention

Arm 1: Intradermal acupuncture treatment at the Shenmen (HT7, 神門) and Neiguan (PC6, 內關) acupuncture points (n=27).

Arm 2: Control group. Accupuncture needle attached but not inserted at the Shenmen (HT7, 神門) and Neiguan (PC6, 內關) acupuncture points (n=25).

6. Main outcome measures

Score on ISI, Athens Insomnia Scale (AIS).

7. Main results

ISI and AIS scores were significantly increased in Arm 1 compared to Arm 2. In addition, night hypertension and heart rate variability (LF/HF ratio) were significantly decreased.

8. Conclusions

The sympathetic nerve activity was stabilized in Arm 1. Therefore, intradermal acupuncture treatment at the Shenmen and Neiguan acupuncture points is effective for insomnia after stroke.

9. Safety assessment in the article

The blood pressure and heart rate variability were checked.

10. Abstractor's comments

This study examined the effectiveness of intradermal acupuncture for insomnia after stroke. Fifty-two patients previously diagnosed as having cerebral infarction and cerebral hemorrhage, and insomnia (ISI >15) for 3 consecutive days were allocated to Arm 1 or Arm 2. Treatment decreased night hypertension and heart rate variability but increased ISI and AIS scores, suggesting that it can be used for insomnia after stroke.

11. Abstractor

Cho SH, 13 July 2010.