

結果と考察

固定配穴による耳穴圧粒治療の効果

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The effectiveness of auricular press acupuncture using set points

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Abstract

Objective: In 1987, standard acupuncture points in the ear were determined based on the contention that an inverted fetus can be mapped onto the external ear. Since that time, auricular acupuncture has been performed using certain patterns of standard acupuncture points in the ear to treat certain conditions. However, these patterns of acupuncture points will presumably lead to disparities in the effectiveness of auricular acupuncture.

Subjects and methods: Subjects were 152 patients who were seen by this Center for shoulder stiffness, lower back pain, constipation, swelling, or a desire to lose weight. Patients were seen from October 2015 to September 2016 and they underwent auricular acupuncture using a unique pattern of acupuncture points. A compress containing cowherb seeds (wangbuliuxing) was applied at acupuncture points in one ear and acupuncture was performed on the opposite ear by turn. In principle, patients underwent 1 treatment session per week.

Results: Patient satisfaction with alleviation of shoulder stiffness, lower back pain, constipation, and swelling was over 70%, indicating that auricular acupuncture was effective in treating those 4 symptoms. The effects of treatment on shoulder stiffness were evident earliest (an average of 1.13 days), but the effects of treatment on lower back pain were evident far later (4.5 days). Alleviation of the 4 symptoms only lasted 5.56-6.67 days. In patients who wished to lose weight, weight loss per treatment session was an average of 266 g, and weight loss in the 3 months after the start of treatment was an average of 2.21 Kg. After treatment, appetite decreased an average of 29.46 %. The effects of treatment on decreasing appetite became apparent in an average of 1.32 days and those effects were sustained for 5.88 days.

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Conclusion : Auricular press acupuncture using set points used in this study can be a fast-acting treatment which alleviate promptly shoulder stiffness, lower back pain, constipation, and swelling, and can be a non-stressful weight loss treatment which decreased the appetite itself of patients who wished to lose weight.

Key words: auricular acupuncture, weight loss, shoulder stiffness, lower back pain, constipation, swelling