ACUPUNCTURE: REVIEW AND ANALYSIS OF REPORTS ON CONTROLLED CLINICAL TRIALS

Chapter 3

Diseases and disorders that can be treated with acupuncture

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3. Diseases and disorders that can be treated with acupuncture

The diseases or disorders for which acupuncture therapy has been tested in controlled clinical trials reported in the recent literature can be classified into four categories as shown below.

1. Diseases, symptoms or conditions for which acupuncture has been proved—through controlled trials—to be an effective treatment:

   - Adverse reactions to radiotherapy and/or chemotherapy
   - Allergic rhinitis (including hay fever)
   - Biliary colic
   - Depression (including depressive neurosis and depression following stroke)
   - Dysentery, acute bacillary
   - Dysmenorrhoea, primary
   - Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastrospsasm)
   - Facial pain (including craniomandibular disorders)
   - Headache
   - Hypertension, essential
   - Hypotension, primary
   - Induction of labour
   - Knee pain
   - Leukopenia
   - Low back pain
   - Malposition of fetus, correction of
   - Morning sickness
   - Nausea and vomiting
   - Neck pain
   - Pain in dentistry (including dental pain and temporomandibular dysfunction)
   - Periarthritis of shoulder
   - Postoperative pain
   - Renal colic
   - Rheumatoid arthritis
2. Diseases, symptoms or conditions for which the therapeutic effect of acupuncture has been shown but for which further proof is needed:

- Abdominal pain (in acute gastroenteritis or due to gastrointestinal spasm)
- Acne vulgaris
- Alcohol dependence and detoxification
- Bell’s palsy
- Bronchial asthma
- Cancer pain
- Cardiac neurosis
- Cholecystitis, chronic, with acute exacerbation
- Cholelithiasis
- Competition stress syndrome
- Cranio-cerebral injury, closed
- Diabetes mellitus, non-insulin-dependent
- Earache
- Epidemic haemorrhagic fever
- Epistaxis, simple (without generalized or local disease)
- Eye pain due to subconjunctival injection
- Female infertility
- Facial spasm
- Female urethral syndrome
- Fibromyalgia and fasciitis
- Gastrokinetic disturbance
- Gouty arthritis
- Hepatitis B virus carrier status
- Herpes zoster (human (alpha) herpesvirus 3)
- Hyperlipaemia
- Hypo-ovarianism
- Insomnia
- Labour pain
- Lactation, deficiency
- Male sexual dysfunction, non-organic
- Ménière disease
3. Disease and disorders that can be treated with acupuncture

Neuralgia, post-herpetic
Neurodermatitis
Obesity
Opium, cocaine and heroin dependence
Osteoarthritis
Pain due to endoscopic examination
Pain in thromboangiitis obliterans
Polycystic ovary syndrome (Stein–Leventhal syndrome)
Postextubation in children
Postoperative convalescence
Premenstrual syndrome
Prostatitis, chronic
Pruritus
Radicular and pseudoradicular pain syndrome
Raynaud syndrome, primary
Recurrent lower urinary-tract infection
Reflex sympathetic dystrophy
Retention of urine, traumatic
Schizophrenia
Sialism, drug-induced
Sjögren syndrome
Sore throat (including tonsillitis)
Spine pain, acute
Stiff neck
Temporomandibular joint dysfunction
Tietze syndrome
Tobacco dependence
Tourette syndrome
Ulcerative colitis, chronic
Urolithiasis
Vascular dementia
Whooping cough (pertussis)

3. Diseases, symptoms or conditions for which there are only individual controlled trials reporting some therapeutic effects, but for which acupuncture is worth trying because treatment by conventional and other therapies is difficult:

Chloasma
Choroidopathy, central serous
Colour blindness
Deafness
Hypophrenia
Irritable colon syndrome
Neuropathic bladder in spinal cord injury
Pulmonary heart disease, chronic
Small airway obstruction

4. **Diseases, symptoms or conditions for which acupuncture may be tried provided the practitioner has special modern medical knowledge and adequate monitoring equipment:**

- Breathlessness in chronic obstructive pulmonary disease
- Coma
- Convulsions in infants
- Coronary heart disease (angina pectoris)
- Diarrhoea in infants and young children
- Encephalitis, viral, in children, late stage
- Paralysis, progressive bulbar and pseudobulbar