

Observation on therapeutic effect of acupuncture, moving cupping and blood-letting puncture on chloasma

[Zhang HS](#), [Gao XY](#).

Department of Acupuncture, Hospital of Armed Police Unit No. 8720, Wuxi 214035, China.
zhanghaishan2006@sina.com

OBJECTIVE: To compare therapeutic effects of acupuncture, moving cupping, blood-letting puncture and medicine on chloasma.

METHODS: One hundred and seventy-six cases of chloasma were randomly divided into two groups. The acupuncture, moving cupping, blood-letting puncture group was treated with acupuncture at Ashi points, Xuehai (SP 10), Sanyinjiao (SP 6), moving cup at The Governor Vessel and The Urinary Bladder Channel on the back and then blood-letting puncture at Dazhui (GV 14), Feishu (BL 13), Gesu (BL 17), Xinshu (BL 15), Ganshu (BL 18) and nearby more severe purple stasis regions, and the medication group was treated with oral administration of Vit E and Vit C. Their therapeutic effects were observed after 3 courses.

RESULTS: The total effective rate was 96.7% in the acupuncture, moving cupping, blood-letting puncture group and 51.2% in the medication group with a significant difference between the two groups ($P < 0.05$).

CONCLUSION: The therapeutic effect of acupuncture, moving cupping, blood-letting puncture on chloasma is better than that of the medicine.