

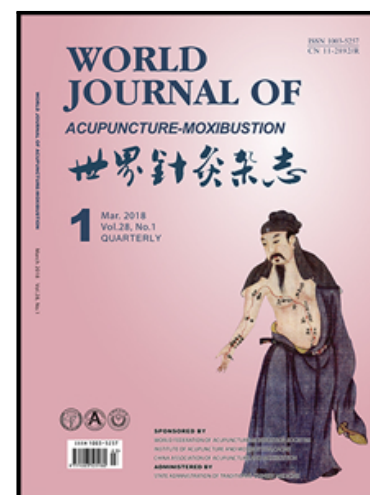
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Pei-xun YU , Bing GAO , Yu-jun XIA

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Review

Meta analysis of the effect of distal or local point selection on acupuncture efficacy

YU Pei-xun (喻培勋)¹ GAO Bing (高冰)² XIA Yu-jun (夏玉军)^{1✉}

¹ (青岛大学医学院人体解剖学教研室 青岛 266021)

² (青岛大学转化医学院 青岛 266021)

¹ Teaching and research office of human anatomy, Medical College of Qingdao University, Qingdao 266021, China
(1.青岛大学医学院人体解剖学教研室,山东青岛 266021, 中国)

2. Institute for Translation Medicine of Qingdao University, Qingdao 266021, China (2.青岛大学转化医学院,山东青岛, 266021, 中国)

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✉Corresponding author: XIA Yu-jun, E-mail: xiayujun62@163.com

[ABSTRACT] Objective: To evaluate the effect of distal point selection, local point selection, and distal-local point selection on acupuncture efficacy. **Methods:** According to the requirements of evidence-based medicine (EBM), the literature on acupuncture with distal and local point selection in recent 20 years included in domestic and overseas medical databases was retrieved, and Meta analysis of the included articles was carried out. **Results:** Thirty-two articles were included finally, totaling 2829 patients. The results of Meta analysis indicated that the curative effect of distal-local point combination was superior to that of simple distal point selection or local point selection during acupuncture-moxibustion treatment for diseases, and there was no obvious difference in the curative effect between simple distal point selection and local point selection. According to the comprehensive analysis of 18 included articles, the difference in total effective rate between distal point selection and local point selection was not statistically significant, i.e. the curative effect of distal point selection and local point selection was equivalent [OR=0.83, 95%CI (0.83,1.18), Z=1.04, $P>0.01$]. According to the comprehensive analysis of 20 included articles, the difference in total effective rate between local point selection and distal-local point selection was statistically significant, and the results indicated that the curative effect of distal-local point selection was superior to that of local point selection [OR=0.32, 95%CI (0.23,0.44), Z=6.90, $P<0.01$]. According to the comprehensive analysis of 8 included articles, the difference in total effective rate between distal point selection and distal-local point selection was statistically significant, and the results indicated that the curative effect of distal-local point selection was superior to that of distal point selection [OR=0.20, 95%CI (0.10,0.40), Z=4.50, $P<0.01$]. In addition, the analysis of publication bias of this study indicated that publication bias might exist. Since the quality of included articles was generally lower, the above conclusion still needed to be supported by more evidence-based medicine proofs with high quality. **Conclusion:** The curative effect of distal-local point combination was superior to that of simple distal point selection or local point

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