

A manual acupuncture treatment attenuates common cold and its symptoms: a case series report from South Korea

Je-Sin Heo, Su-Young Yang, Sung-Ah Lim, Jong-Moo Lee, Ji-Young Kang, Seung-Ho Sun, Hyeong-Geug Kim, Weechang Kang, Jung-Hyo Cho

Je-Sin Heo, Su-Young Yang, Jong-Moo Lee, Department of Acupuncture Therapy, Association of Sang Su Medicine, Daejeon 301-805, South Korea

Sung-Ah Lim, Department of Beauty and Health Care, College of Sports and Health Public, Daejeon University, Daejeon 300-716, South Korea

Ji-Young Kang, Hyeong-Geug Kim, Jung-Hyo Cho, Department of Internal Immune Center, Daejeon Oriental Hospital of Daejeon University, Daejeon 301-724, South Korea

Seung-Ho Sun, Department of Internal Medicine, Sangji University Korean Medicine Hospital, Kangwon 220-955, South Korea

Weechang Kang, Department of Business Information Statistics, College of Business Administration, Daejeon University, Daejeon 300-716, South Korea

Supported by Educational Research in 2014 (the Project of Intramural Research Supporting Program, No. 201400950001) from Daejeon University; Study of Acupuncture Therapy in Traditional Korean Medicine (Theory of the Acupuncture Lecture in South Korea, No. 2014-001A)

Correspondence to: Prof. Jung-Hyo Cho, Department of Internal Immunology Center, Daejeon Oriental Hospital of Daejeon University, Daejeon 301-724, South Korea. choajoa@dju.kr

Telephone: +82-42-229-6806

Accepted: April 13, 2015

Abstract

OBJECTIVE: To investigate beneficial effects of manual acupuncture on common cold periods and its symptoms depended on the difference onset time of common cold, within 36 h or over than that. To prove effects of manual acupuncture on common cold, a retrospective chart review was conducted.

METHODS: Chart data for patients with common

cold who were treated with only manual acupuncture with fulfilling Jackson scales and satisfaction at the end of each treatment were collected *via* multi-centers of Oriental hospitals, Oriental medicine clinics and covalent hospital in South Korea. Totally 187 patients were divided into two groups, Group I (115 patients, within 36 h) and Group II (72 patients, onset time of cold over than 36 h). Finally 120 patients were observed until entire resolution of cold symptoms.

RESULTS: Group I showed significant decreases the median durations of completely recovery (3 days; 95% CI 3.0-4.0) as compared with Group II (6 days; 95% CI 4.0-7.0, $P < 0.001$). The manual acupuncture beneficially worked for reduction rate of common cold symptoms by 50% after initial treatment, decreased cold symptoms, and reduced cold duration.

CONCLUSION: Manual acupuncture beneficially affected common cold and its symptoms. Moreover it is more susceptibility on the early time of onset cold.

© 2016 JTCM. This is an Open Access article under the CC BY-NC-ND License (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

Key words: Common cold; Hand acupuncture; Traditional Chinese Medicine therapy; Case reports

INTRODUCTION

A common cold is mainly induced by numerous viral infections (rhino virus, picorna virus, corona virus, influenza virus, and adenovirus) to the upper respiratory tract.¹ Although the common cold is not a

seriously medical issue, it can lead to social inconvenience such as absence from work or school during infections. Adults who were healthy people are approximately 2 to 4 times a year on average, it takes a common cold.² The common cold symptoms are various, subjective, and self-limited, however it spontaneously recovers after several days of infection. Therefore, most of medical doctors don't serve medicines to patients for curing common cold. Nevertheless it has been come to critically social issues due to its relatively high medical costs.^{2,3} Previous study well documented that the medical costs for the common cold in the US are estimated approximately 40 billion dollars per year.⁴ In spite of the above concerns, it can hardly treat this disease owing to diversities of cold virus infection as well as development of cold symptoms. Thus it is almost impossible to entirely treat to common cold and its symptoms.⁵

On the other hand, the ways for treating common cold are mainly focused on alleviation of symptoms or preventing from secondary infections, however these ways are very limited and confined.⁶ The typical treatments including antipyretic-analgesics, anti-virus drugs or anti-inflammatory drugs were partially used to treat cold symptoms; they are no conclusive ways for entire resolution of the common cold.⁶⁻⁸ Due to deficiency of effective ways to treat common cold, many people access to the Traditional Chinese Medicine. As a one of most popular Traditional Chinese Medicine, the acupuncture has been clinically used to treat diverse types of diseases including for caring various types of cancer and its related adverse effects or pain during treatments,⁹⁻¹¹ skeletal muscle pain,¹² digestive tract disorder,¹³ chronic fatigue, and depression or anxiety.¹⁴ In the case of treating common cold, however it is still lack of evidences to prove its efficacies.

In the present study, thus we aimed to investigate the beneficial effects of acupuncture alone treatment to the patients with common cold through case series study for reducing the illness duration, relieving symptoms, diminishing medical cost, and satisfying with the acupuncture treatment through the chart review.

MATERIALS AND METHODS

Subjects

We completed a retrospective study through chart review with total 187 cases of the common cold cases. Patients, who were suffered from the common cold, and visited to treat manual acupuncture to care of the common cold. This study was approved the Daejeon Oriental Hospital Institutional Review Board approved the protocol (authorization number: DJOMC-104). All patients were received manual acupuncture treatment from November 1st 2012 to March 15th

2013 in the South Korea. The data have been collected after patients agreed to written informed consents in 23 of multicenter Korean Oriental Medicine Clinics, 3 of Oriental Medicine Hospitals and one of convalescent hospital.

Inclusion and exclusion criteria

The patients, who were enrolled on the current study, were required to answer "yes" to either, "Do you think that you have a cold?" or "Do you think you are coming down with a cold?" Symptoms had to start within 36 h before enrollment. Using Jackson and colleagues' criteria, participants had to report at least 1 of nasal discharge, nasal obstruction, sneezing, or sore throat (the other 4 Jackson criteria symptoms are headache, malaise, chilliness, and cough).¹⁵ Subjects were needed a total Jackson score of 2 or higher, after summing the scores for each symptom on a scale of 0 (absent), 1 (mild), 2 (moderate), or 3 (severe). The prospective participants had to be 15 years or older; those aged 15 to 19 years required parental permission. Participants who were taken antibiotics, antivirals, nasal steroids, decongestants, antihistamines, combination cold formulas, echinacea, zinc, or vitamin C were excluded. Among the participants, who were with a history of allergic rhinitis (sneezing or itching of the nose or eyes) as well as current cough, wheezing, or shortness of breath (to avoid confounding from allergy or asthma symptoms were excluded from the present study. Patients who were self-reported having autoimmune or immune deficiency disease or being pregnant were also excluded. Moreover, patients with thrombocytopenia (less than 50 000), asthma, chronic obstructive pulmonary disease (COPD), and high body temperature of more than 38 °C were excluded from the present study. Of the above inclusion criteria conditions were met, total 187 of cases (55 for men and 132 for women, ages for 15.0 to 82.0; median age: 41.0 years) were selected in the present study (Figure 1).

Manual acupuncture

Disposable stainless steel needles (0.2 mm × 30 mm; Dong-Bang Acupuncture Instruments Co., Ltd., Daejeon, South Korea) are used. The needles are inserted into the sub cutis of the acupuncture points vertically using the tube-guide method. The inserted needles are manually manipulated until the patient feels numbness or other acupuncture sensation (known as 'De Qi'), and the needles will be retained in the points for 20 min once a day.

Following this tradition acupuncture therapy, various acupoints were selected randomly by the Oriental Medicine doctor's diagnosis. The points were summarized as follows; Kongzui (LU 6), Lieque (LU 7), Pianli (LI 6), Wenliu (LI 7), Fenglong (ST 40), Chongyang (ST 42), Dadu (SP 2), Diji (SP 8), Tongli (HT 5), Shenmen (HT 7), Yanglao (SI 6), Feiyang (BL 58), Jinmen (BL 63), Taixi (KI 3), Dazhong (KI 4),

Download English Version:

<https://daneshyari.com/en/article/8818353>

Download Persian Version:

<https://daneshyari.com/article/8818353>

[Daneshyari.com](https://daneshyari.com)