

# Statistical analysis of the effectiveness of acupuncture treatment

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## INTRODUCTION

- ❖ Acupuncture is probably the most important component procedure in the Traditional Chinese Medicine (TCM), which is used in variety of diseases, for treatment and prevention, by puncturing with fine sterile needle on certain points located on the meridians on the body where the energy flows.
- ❖ The aim of the treatment is to balance the energy, to regulate the flow of the energy and Blood, to harmonize the whole well-being, help the body heal naturally, remove the pain and all the symptoms, restore the balance of the body, boost the immune system and etc.
- ❖ The aim of this research is to show that acupuncture treatment as part of the TCM, can help in correction of many disharmonies and imbalances in the flow of the Qi energy in the body.



## MATERIAL AND METHODS

- ❖ In this research are included 55 patients, 7 male and 48 female, from 20 to 70 years of age.
- ❖ All of them had acupuncture treatment in a clinic for TCM and acupuncture.
- ❖ Patients answered on 12 questions about their experience with the acupuncture treatment.
- ❖ Each answer has been analyzed and has contributed to get clear view on the effectiveness of acupuncture treatment.
- ❖ In the treatments were used cold sterile needles for one use (normal acupuncture) or hot needles (fire needle acupuncture).
- ❖ The protocol for treatments was one treatment every week, in a series of 10 treatments and pause of one month.



## RESULTS

- ❖ Most common age group is from 30 to 40 years old.
- ❖ The most common symptoms are pain, limited movement, loss of balance, nausea, redness etc.
- ❖ 29 patients said that nothing worsen the symptoms and they are always with the same intensity. Other 25 patients answered that the stress, hard work, cold, tiredness, improper position of the body are the reasons for worsened symptoms.
- ❖ The majority of the respondents - 35 patient or 70% said that with good combination of taking rest, carefully chosen food and clothes, also with acupuncture, massage and exercise the symptoms relieve a little bit.

Table.1 Age groups and number of patients in each group

Age	n. of patients	Response percent
< 20	0	0.00%
20-30	17	30.91%
30-40	21	38.18%
40-50	9	16.36%
50-60	5	9.09%
60-70	2	3.64%
>70	1	1.82%

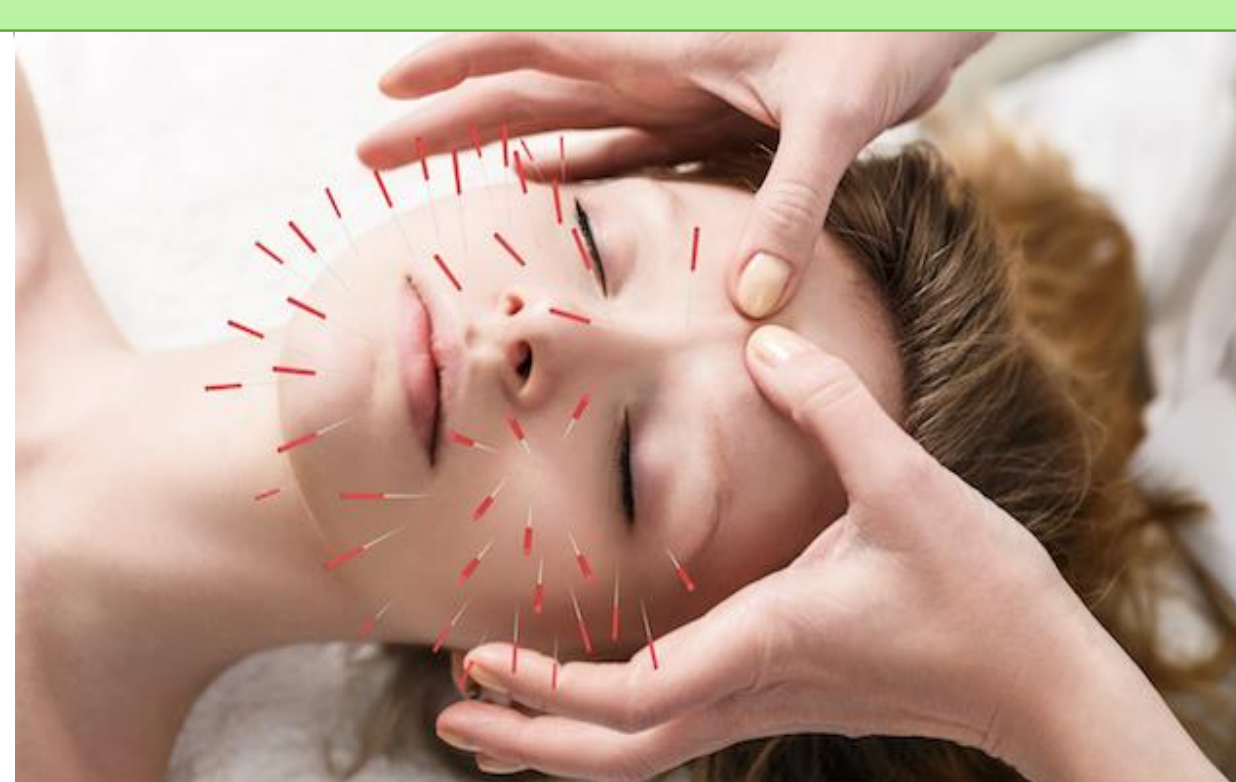
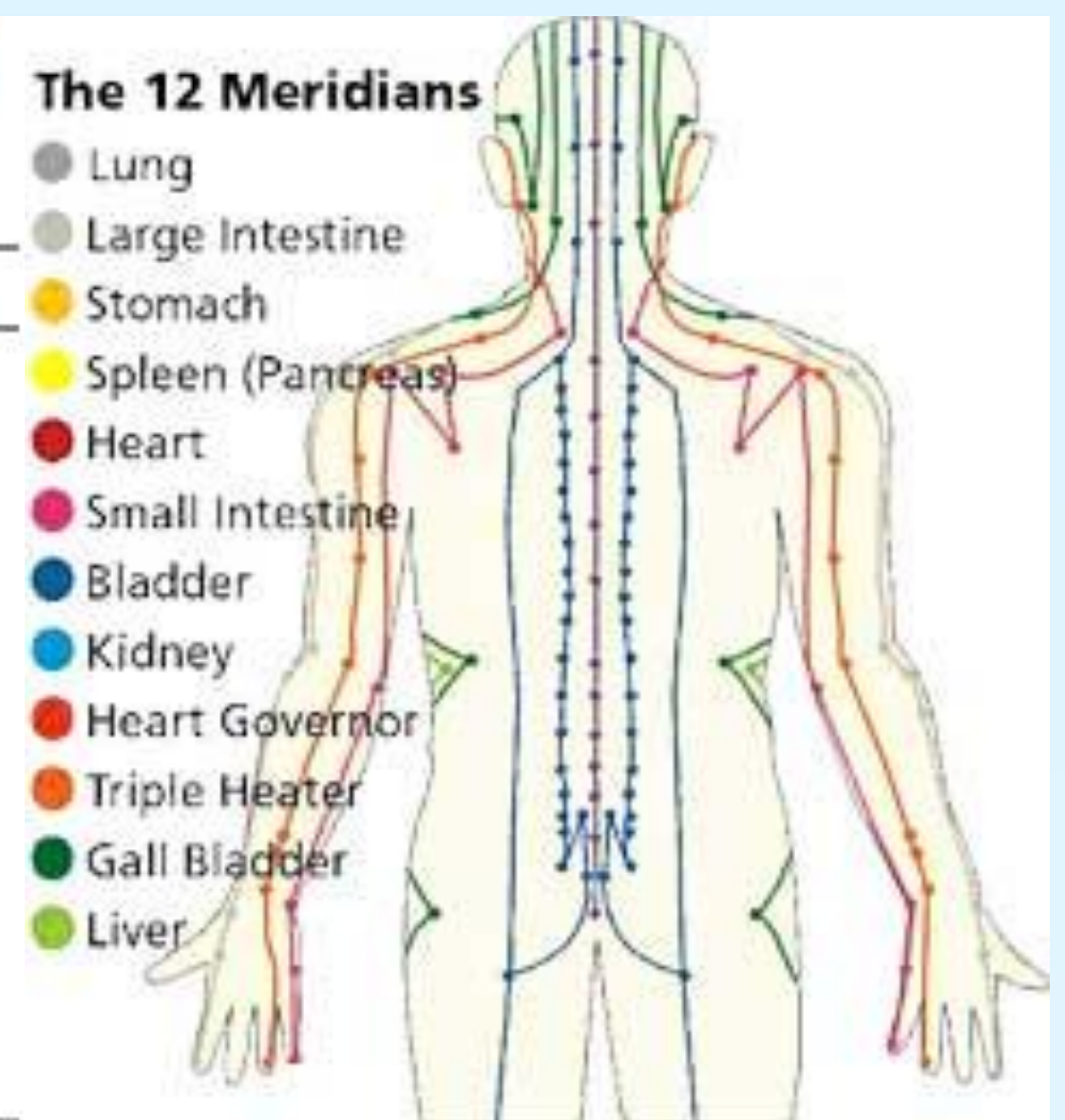


Table 2 Reasons of starting acupuncture treatment and number of patients in each group

	Response Percent	Response Total
Pain	49.09 %	27
Autoimmune disease	10.91 %	6
Hormonal imbalance	12.73 %	7
Respiratory system diseases	5.45 %	3
Digestive system diseases	3.64 %	2
Urinary system disorders	0 %	0
Infectious disease	0 %	0
Skin diseases	1.82 %	1
Neurologic diseases	18.18 %	10
Other	27.27 %	15



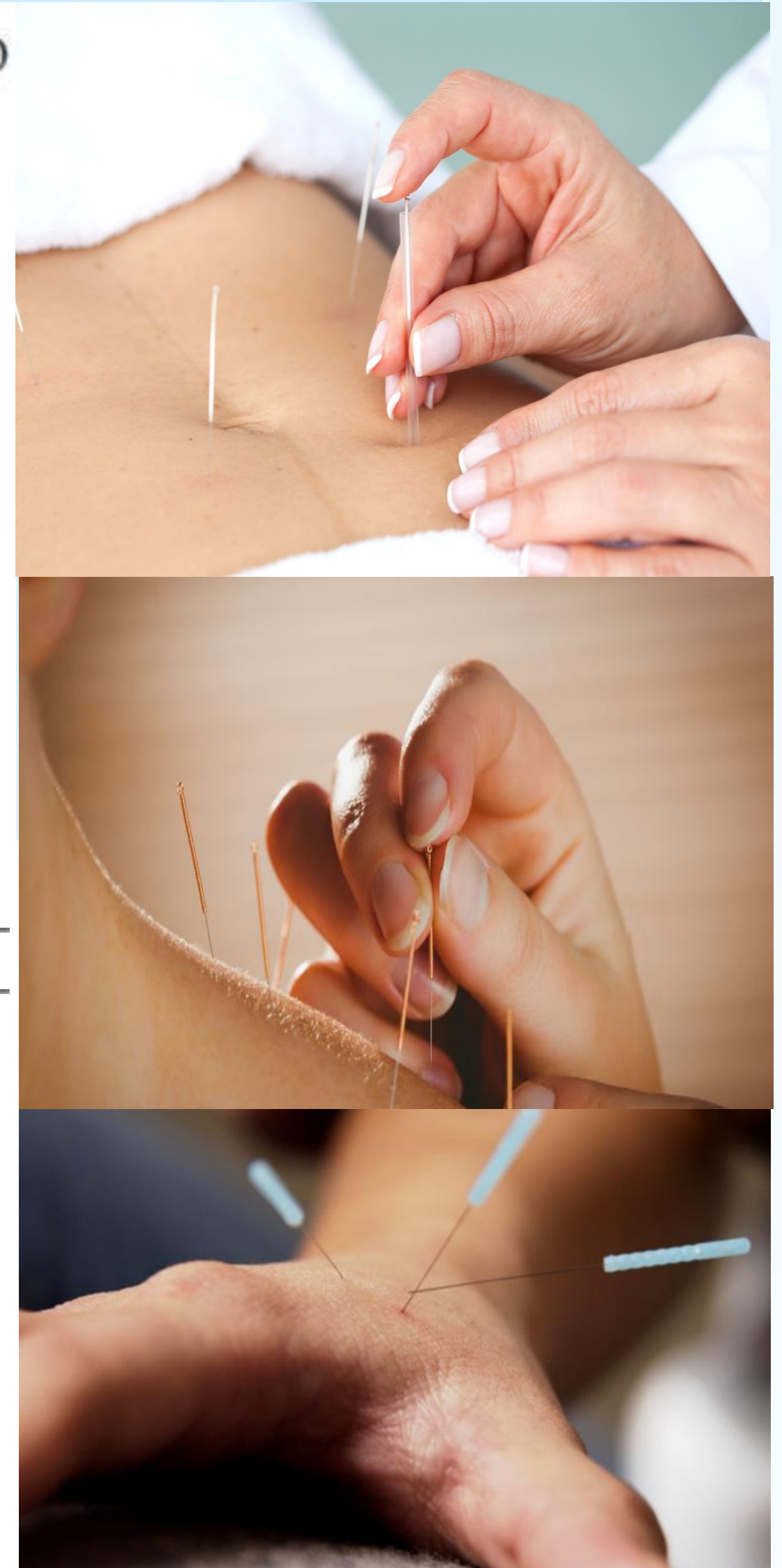
- ❖ 67.92% or 36 patients didn't use any medications during the therapies.
- ❖ 27, 78% - 15 patients made 1-5 therapies, 14 patients made from 5 to 10, 13 needed more than 30 therapies to relief pain and 4 patients have made from 10-15, 15-20 and 20-30 therapies.
- ❖ 15 patient had pain like dull ache and with the same percentage patients that feel tensile pain, 11 patient had acute pain and other 11 patients pain with pressure.
- ❖ Results show that the pain level before and after the therapies is totally different.
- ❖ 42.31% or 22 patients reported that the symptoms totally disappeared, 51.92% - 27 patients said that the pain is almost gone and only 5.77% - 3 patients didn't have any improvement so far.

Table 3 Type of pain and number of patients in each group

Type of pain	Response Percent	Response Total
Dull ache	27.78%	15
Acute pain	20.37%	11
Pulsating	16.67%	9
Tensile	27.78%	15
Constant	24.07%	13
Tingling	16.67%	9
Prickling	9.26%	5
Pressure	20.37%	11
No pain	14.81%	8
Other	3.70%	2

Table 4 Pain before and after the treatments

	Pain before therapies (%)	Pain after therapies (%)
1	10.42	34.78
2	0.00	28.26
3	8.33	10.87
4	4.17	10.87
5	6.25	8.70
6	8.33	2.17
7	4.17	2.17
8	16.67	0.00
9	12.50	0.00
10	29.17	0.00



## DISCUSSION

Acupuncture helps in a natural way to cure a variety of conditions without toxins and unpleasant negative side effects, for children and adults, for acute or chronic situation.

Sometimes the treatment with TCM take more time, but the aim is no to intoxicate the organism, but in the most natural way to help the body to heal with its own ability.



## CONCLUSION

Acupuncture as part of the TCM is very often used in variety of conditions and is pretty effective treatment, which gives positive results and helps the body naturally to heal on its own.