

Clinical Efficacy Analysis on Treatment of Peri-menopausal Syndrome with Electroacupuncture

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摘要 目的与方法:电针关元和三阴交穴,以调补冲任为施治原则,对33例围绝经期综合征患者进行临床治疗效应分析。**结果与结论:**发现电针关元、三阴交穴对改善围绝经期患者临床症状有明显统计学差异,临床有效率达93.9%。性激素检测也发现治疗后围绝经期患者 E_2 、FSH、LH水平较治疗前有所改善。分析表明电针关元和三阴交穴可以缓解围绝经期综合征患者临床症状,提高患者的生活质量。

关键词 电针; 围绝经期综合征; 雌二醇; LH; FSH

Abstract Objective and Methods: Thirty-three patients with peri-menopausal syndrome were treated by electroacupuncture of points Guanyuan (CV 4) and Sanyinjiao (SP 6) according to the principle of regulating and tonifying the Thoroughfare and Conception vessels, and the curative effects were analyzed. **Results and Conclusion:** The results showed that there was a significant difference in the clinical symptoms of the patients with peri-menopausal syndrome between pre- and post-electroacupuncture of points Guanyuan (CV 4) and Sanyinjiao (CV 6) and the clinical effective rate reached 93.9%. The measurement of sexual hormones showed E_2 , FSH and LH levels were better after treatment than before treatment in the patients with peri-menopausal syndrome. The analyses indicated that electroacupuncture of points Guanyuan (CV 4) and Sanyinjiao (CV 6) could relieve the clinical symptoms in the patients with peri-menopausal syndrome and improve the patient's life quality.

Key Words Electroacupuncture; Peri-menopausal Syndrome; Estradiol; LH; FSH

CLC number: R246.3

Document code: A

The peri-menopausal syndrome refers to a group of symptoms mainly characterized by functional disorder of autonomic nervous system due to the declining of ovarian function. It usually occurs in women starting from around 40 years old to 1 year after the menopause^[1]. Despite the varieties of therapies, there is no safe and satisfactory one yet. Acupuncture is becoming popular now for its easy operation, reliable effect and no toxic-side effects.

Clinical Data

1. The diagnostic criteria

More than 40 years old, irregular menstruation or menopause

The major complaint is hot flush with sweats and other complaints include restlessness, irritability, palpitations, chest oppression, headache and insomnia.

The serum E_2 concentration is lower than the normal and the FSH and LH concentrations are elevated.

2. The observation subjects

Among the 33 peri-menopausal cases in the electroacupuncture group, below 45 years old: 4 cases; 46-50 years old: 15 cases; above 51 years old: 14 cases; the mean age: 48.5 ± 3.92 years old; as for the disease duration, within one year: 16 cases; 1-2 years: 6 cases; more than 2 years: 11 cases; the mean duration: 16.7 months; already menopause: 14 cases; with menstruation: 19 cases; unmarried: 2 cases; no history of delivery: 5 cases.

Among the 18 cases in the normal control group, the youngest: 28 years old; the oldest: 38 years old; the mean age: 31.6 ± 2.1 years old; married: 12 cases; unmarried: 6 cases; all of them are healthy without any peri-menopausal syndrome symptoms and endocrine disorder and they are willing to receive acupuncture for healthcare.

Fund Project: State 973 foundation item (2005CB523306)

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