

# Autumn Scientific Meeting 1999

Held 2nd and 3rd October 1999, London

## Day 1, Scientific

### **Acupuncture points and trigger points compared and contrasted.**

*Dr Adam Ward, Royal London Homeopathic Hospital*

An update on current thoughts about the nature of myofascial pain, trigger points and Chinese acupuncture points illustrating an empirical revival separated by 2,500 years. 72% of acupuncture points correspond to areas where trigger points are recognised as occurring. EMG recordings from trigger points are identical to recordings from acupuncture points. Patterns of referred pain often appear to correspond with the course of meridians. 12 similarities between trigger points and acupuncture points were described.

### **The use of acupuncture for hyperemesis gravidarum.**

*Dr Christer Carlsson, Lund, Sweden*

Results were presented of a randomised placebo-controlled crossover study involving 33 women with severe hyperemesis gravidarum, comparing traditional acupuncture at PC6 and superficial acupuncture at a non-acupuncture point. There was a significant reduction in all of three measured parameters in both groups, but improvement, as recorded by visual analogue scales, was significantly faster during traditional PC6 treatment.

### **Oxytocin and sensory stimulation: promising areas for study with acupuncture**

*Dr Uvnas-Moberg, Stockholm, Sweden*

The "fight or flight" reaction of the sympathetic nervous system is well recognised. Dr Uvnas-Moberg describes the opposite condition of relaxation, repair and growth, which is triggered in the autonomic nervous system by the release of oxytocin. Oxytocin receptors are present in both males and females. Oxytocin produces nurturing behaviour, has anxiolytic and sedative effects, reduces blood pressure, raises pain thresholds and causes a rise in various other hormones including corticosteroids and insulin. Oxytocin release is known to be stimulated by suckling but can be induced in both male and female rats by repeated stroking of the stomach.

The changes induced by oxytocin closely mirror the changes seen following acupuncture treatment. Therefore, oxytocin release could provide the explanation for the autonomic effects induced by acupuncture.

### **Acupuncture, emotion and the limbic system**

*Dr Anthony Campbell, Royal London Homeopathic Hospital*

Patients receiving acupuncture sometimes experience euphoria or other psychological effects. The limbic system may be involved. The structure and function of the limbic system were described along with ideas of how this area of the brain has developed during this century. A number of hypotheses about acupuncture in relation to the limbic system were proposed together with predictions based on these hypotheses which should allow them to be tested.

This talk is further developed in an article in the Journal

Acupuncture in Medicine **17(2)**: 125-130

### **Acupuncture for smoking - A controlled clinical trial**

*Dr N R Waite, Southampton*

The results were presented of a randomised, single-blind, "placebo"-controlled trial of 78 smokers. Active treatment was by electroacupuncture through two needles inserted in the lung points of each ear. "Placebo" treatment was by electroacupuncture to an inert area, on the anterior surface of the kneecap. Patients were additionally given self-retaining seeds. At six months, 12.5% of the active treatment group had ceased smoking (biochemically validated) compared to 0% of the placebo group. These results were significant ( $P=0.05$ , mid  $P$  value 0.0275, confidence interval - 0.033 to 0.323)

### **An audit of a year of acupuncture in palliative care**

*Dr G Leng, Chester*

A new acupuncture service was introduced at the Hospice of the Good Shepherd, Chester, UK in January 1997. Results from the 47 patients treated in the first year were presented. Response rates for pain were consistent with the literature and better than would be expected with placebo. Best results were obtained in patients with myofascial pain.

### **Cost effectiveness**

*Dr S Lindall, London*

65 selected patients with pain, mainly of musculoskeletal origin, were offered treatment by a qualified medical acupuncturist in his general practice surgery as an alternative to hospital out-patient referral. Patients assessed their

own outcomes and there were 46 successful treatments and 14 failures. Acupuncture was found to have cost £10,943 versus a minimum likely cost for hospital referrals of £26,521.

This paper is published in the Journal, *Acupuncture in Medicine* **17(2)**: 97-100

### **A fresh look at Traditional concepts**

*Dr F Beyens, Bussels*

A stimulating and thought provoking look at different approaches to acupuncture. We dream of the "unique" point but practice varies from adaptable to very rigid "cookbook recipes". Which is the best point? Which is the most useful approach? How do we find our way through the numerous systems and rules?

### **Liquid crystalline collagen fibres and the meridians**

*Dr Mae Wan Ho*

A presentation of this biologist's fascinating theories of organic organisation, which introduced the thermodynamic concept of "coherent mobilisable energy". Water molecules, closely bound to collagen fibres, form a liquid crystalline structure within animal organisms. This structure, acting as a semi-conductor, would allow instant conduction of messages within the organism, and could provide a contemporary western explanation for the propagation of *Qi*.

## **Day 2, Master Classes**

### **Master Class -**

#### **Principles of treatment- is there a physiological basis?**

*Dr Thomas Lundeberg MD PhD, Stockholm, Sweden*

Dr Lundeberg has training in rehabilitation and physical medicine. Research interests include the role of the nervous system in inflammation, ischaemia and pain, effects of sensory stimulation and training in rehabilitation and its physiological basis.

### **Master Class -**

#### **Back Pain**

*Dr Christer Carlsson*

This session includes the summary of a randomised placebo controlled study by Dr Carlsson, a literature review and a discussion of problems that often exist with meta-analysis. Practical application of different acupuncture methods are described and demonstrated, including trigger-point acupuncture, superficial acupuncture, segmental acupuncture, traditional acupuncture, periosteal acupuncture, ear acupuncture, TENS and the new technique of CFS (cutaneous field stimulation).