

Methods: To confirm the MEP, we stimulated the magnetic acupuncture with at 2-Hz, 92.7 ± 2 -mT pulsed electro magnetic fields (PEMFs) at ST37 and measured the evoked potential between ST36 and ST41. Also, we used isokinetic exercise to conduct a fatigue recovery test in order to identify the therapeutic effect on musculoskeletal disorders. We chose LR9 as a stimulation point. To observe the state of fatigue, we measured the EMG and analyzed the median frequency and the peak torque for 20 minutes.

Results: We observed that the MEP due to magnetic acupuncture was higher than the reported MEP induced by using manual acupuncture. Moreover, its modes were divided into two types by the direction of the magnetic flux. When the magnetic flux was generated in the direction of the acupoint, a positive peak voltage was generated for the MEP. In contrast, a negative peak voltage was generated for the MEP whenever the magnetic flux was generated in an outward direction. As a result of the fatigue recovery test, the median frequency (MF) of the magnetic acupuncture group recovered faster than that of the non-stimulation group. However, the peak torques of both groups were not restored until after 20 minutes.

Conclusions: We confirmed that the magnetic acupuncture system can lead to a MEP similar to that of manual acupuncture. Moreover, the MEP had a therapeutic effect on musculoskeletal disorders.

Key Words: magnetic acupuncture; pulsed electromagnetic fields (PEMFs); meridian electric potential (MEP); muscle fatigue

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Systematic Review of Randomized Controlled Trials on Acupuncture for Shoulder Pain Based on Jadad Scale and Revised STRICTA Recommendations

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Abstract

Objectives: This study aims to review randomized controlled trials on acupuncture for shoulder pain according to the Jadad Scale and the revised standards for reporting interventions in clinical trials of acupuncture (STRICTA).

Methods: Seven electronic databases, including PUBMED, SCOPUS, and RISS, were searched for randomized controlled trials (RCT) of acupuncture for shoulder pain.

Results: Sixteen (16) RCTs were included: 14 were published in English and 2 were published in Korean. According to the Jadad scale, 15 RCTs had high quality. However, most did not meet the double-blindness criteria. All RCTs meet 12.9 items, on average, in STRICTA.

Conclusions: This systematic review shows four conclusions: Traditional Chinese Medicine is often used in the form of acupuncture. The LI15, TE14, GB21 and LI11 acupoints, stainless-steel needles (0.3 mm×40 mm), 20 retention time, manual stimulation, Deqi, and 2 times a week treatment (total 12) are often used. Double-blinded clinical trials need to be conducted. The use of minimal acupuncture on controlled groups for RCTs on acupuncture for shoulder pain is controversial, and a description of the practitioner's background needs clarifying.

Key Words: acupuncture; Jadad Scale; pain; RCT; shoulder; STRICTA; systematic review

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Effect of Lithospermi Radix on Contact Dermatitis Induced by Dinitrofluorobenzene in Mice

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Abstract

Objectives: The root of *Lithospermum erythrorhizon* Sieb. et Zucc. (Lithospermi Radix, LR) is a kind of heat clearing and blood cooling medicinal herbs. It can clear away heat and cool the blood, reduce toxins and disperse maculae. LR has long been used as efficacious therapy for inflammation, burns, frostbite and skin diseases such as eczema and psoriasis.

Methods: In the present study, we investigate anti-allergic and anti-inflammatory effects of LR by using the 1-fluoro-2, 4-dinitrofluorobenzene (DNFB)-induced contact dermatitis mouse model.

Results: Topical application of 10 mg/mL of LR effectively inhibited skin lesions induced by repeated paintings with DNFB. Topical application of LR also inhibited hyperplasia, edema, spongiosis and infiltrations of mononuclear cells. In addition, production levels of total immunoglobulin and IgG1 in serum were decreased by using LR *in vivo*.