

1. Effects of multiple needling with shallow insertion for simple obesity: a clinical observation on lipid metabolism and on the chest, waist and hip circumferences

In this study the author treated 20 cases of simple obesity with acupuncture, involving 40 needles being inserted shallowly into points on the torso along the hand and foot Taiyin, Yangming and foot Shaoyin channels and the Conception vessel; these points were combined with other points on the extremities such as Tianfu LU-3, Xiabai LU-4, Jianyu L.I.-15, Quchi L.I.-11, Hegu L.I.-4, Zusanli ST-36, Shangjuxu ST-37, Futu ST-32, Xuehai SP-10, Yinlingquan SP-9, Sanyinjiao SP-6, Fenglong ST-40, Taichong LIV-3 and Neiting ST-44. Twenty-eight gauge needles were inserted without deqi and retained for 30 minutes. The patients were also given advice on the dangers of obesity and on what and how to eat. After 20 daily acupuncture treatments the body weight, waistline, serum total cholesterol, fasting triglyceride and low-density lipoprotein levels were significantly improved ($p < 0.05$). The author explains his treatment strategy in terms of invigorating the Spleen and Stomach, resolving phlegm, relieving Liver depression, regulating the Lungs and replenishing Kidney essence, citing evidence that acupuncture at Tianshu ST-25 and Zhongwan REN-12 can adjust lipid metabolism. (JTCM September 2009)

2. Acupuncture treatment of obesity with magnetic needles - a report of 100 cases

The authors report here on the treatment of obesity using a new method of needling with magnetic needles. The patients' history of obesity ranged from 1-10 years and all of them had relapsed in spite of losing weight using Western medicine and dietary control. Acupuncture is known to inhibit peristalsis and the secretion of gastric fluid and appetite, as well as increase the metabolic rate and reduce flabbiness. It is therefore useful as permanent means of losing weight.

The main aetiological factors in this study were excessive appetite and poor diet. Six patterns were differentiated and the points selected accordingly. i. Excess heat in the gastrointestinal tract (30 cases): Weishu BL-21, Zusanli ST-36, Neiting ST-44, Quchi L.I.-11, Zhongwan REN-12, Gongsun SP-4, Shangjuxu ST-37, Xiajuxu ST-39, Xiaochangshu BL-27, Dachangshu BL-25, Guanyuan REN-4, Sanyinjiao SP-6, Tianshu ST-25, Pishu BL-20, Fenglong ST-40 and Zhigou SJ-6. ii. Spleen deficiency with damp stagnation (20 cases): Taibai SP-3, Pishu BL-20, Fenglong ST-40, Zusanli ST-36, Yinlingquan SP-9, Sanyinjiao SP-6, Zhongwan REN-12, Shuifen REN-9, Zulinqi GB-41, Baihui DU-20, Weishu BL-21, Shangjuxu ST-37, Tianshu ST-25, Quchi L.I.-11, Gongsun SP-4, Qihai REN-6, Ganshu BL-18, Neiting ST-44, Geshu BL-17, Fujie SP-14, Biguan ST-31, Taiyang (M-HN-9) and Shuidao ST-28. iii. Liver qi depression (11 cases): Taichong LIV-3, Qimen LIV-14, Shanzhong REN-17, Shenshu BL-23, Zusanli ST-36, Shangjuxu ST-37, Tianshu ST-25, Quchi L.I.-11, Fenglong ST-40 and Xingjian LIV-2. iv. Kidney and Liver yin deficiency (18 cases): Zusanli ST-36, Sanyinjiao SP-6, Guanyuan REN-4, Zhongwan REN-12, Zhigou SJ-6, Ganshu BL-18, Taixi KID-3, Shenshu BL-23, Taichong LIV-3, Fuli KID-7 and Zhaohai KID-6. v. Heart and Spleen deficiency (16 cases): Baihui DU-20, Zusanli ST-36, Pishu BL-20, Qihai REN-6, Guanyuan REN-4, Shenmen HE-7, Xinshu BL-15, Yanglingquan GB-34, Fenglong ST-40, Zulinqi GB-41, Sanyinjiao SP-6, Neiguan P-6 and Yinbai SP-1. vi. Spleen and Kidney yang deficiency (5 cases): Baihui DU-20, Pishu BL-20, Shenshu BL-23, Sanjiaoshu BL-22, Sanyinjiao SP-6, Taibai SP-3, Yinlingquan SP-9, Qihai REN-6, Guanyuan REN-4, Shuifen REN-9, Taixi KID-3, Zusanli ST-36, Shangjuxu ST-37, Mingmen DU-4 and Tianshu ST-25.

Number #30 1.5 cun magnetic needles were inserted into the points using 'flying needle' technique. They were manipulated once and then withdrawn to a level at which they could just stand on the skin. The area around them was then patted to make them quiver and this was performed three times over a 30 minute session. Treatment was given three times a week for 15 sessions and the results assessed. Fifty-nine cases had marked effectiveness (a loss of more than 9 kg), 38 cases improved (a loss of 1-8 kg) and three failed, giving a total effectiveness rate of 97%. There was an average weight loss of 9.5 kg for men and 7.3 kg for women. Further treatment was advised to consolidate and prevent relapse, gradually reducing in its frequency until the body weight was in the standard range. (JTCM March 2007)

3. Effect of Acupuncture on Carbohydrate Metabolism in Patients with Simple Obesity

The following treatment methods were applied to 37 patients with simple obesity. Main points: Shangjuxu ST-37, Fenglong ST-40, Neiting ST-44, Quchi L.I.-11, Sanyinjiao SP-6, Yinlingquan SP-9, ear-Spleen and ear-Stomach. Secondary points: Liver-Qi stagnation: Ganshu BL-18, Taichong LIV-3 and ear-Liver; constipation: Tianshu ST-25, Zhigou SJ-6, ear-Lung and ear-Large-Intestine; Spleen and Lung Qi-Xu: Taibai SP-3, Taiyuan LU-9 and ear-Lung; water retention due to Spleen dysfunction: Taibai SP-3, Pishu BL-20, Feishu BL-13 and ear-Sanjiao; Qi and Yin Xu: Fuliu KID-7, Zhaohai KID-6 and ear-Kidney; frequent sensation of hunger: Zusanli ST-36 with strong reducing; obesity beginning in early life: Shenshu BL-23 and ear-Kidney; obesity after childbirth: Ququan LIV-8, Shimen REN-5 and ear-Pingjian; irregular menses: Dijì SP-8, Xuehai SP-10 and ear-Pingjian; oedema of the lower extremities: Shuifen REN-9 and ear-Sanjiao. Treatment was given every other day, 15 treatments to a course. If earseeds were administered, the patient was asked to press the seeds 30 minutes before meals. Analysis of results showed a total effective rate of 83.78%. After acupuncture, the fasting blood sugar was markedly decreased and LDH (lactic dehydrogenase) activity markedly increased indicating an improvement in the metabolism of sugar.

4. Forty cases of simple obesity treated by acupuncture

Obesity is a major health problem in modern society. It is associated with angiocardopathy, hyperlipaemia, diabetes, hypertension and fatty liver, and its prevention and treatment is of worldwide concern. Because it is cost-effective, simple and lacks side-effects, acupuncture has become an increasingly popular method of treatment. Its effectiveness is investigated in this study of 40 patients ranging in age from 18-52 years and with a duration illness of 1-11 years. All patients conformed to the diagnosis of obesity for Asian adults, having a body mass index (BMI) of more than or equal to 25 and a waist/hip ratio (WHR) of more than 1 for men and more than 0.85 for women. The main points chosen were Tianshu ST-25, Guanyuan REN-4, Sanyinjiao SP-6, Fenglong ST-40 and Zusanli ST-36. (Guanyuan REN-4 and Tianshu ST-25 were used together specifically to reduce abdominal fat), plus ear shenmen, endocrine, stomach, spleen, sanjiao, large intestine and brain. Additional points were chosen according to diagnosis as follows: for heat in the stomach and intestines, Quchi L.I.-11, Shangjuxu ST-37 and Neiting ST-44, ear mouth and lung were used; for Spleen deficiency with dampness, Yinlingquan SP-9, Qihai REN-6, Pishu BL-20, ear autonomic nerve and sebaceous gland were used; for Spleen and Kidney yang deficiency Mingmen DU-4, Pishu BL-20, Shenshu BL-23, ear kidney and autonomic nerve were used. Following deqi, two of the main points were chosen for electrical stimulation with a sparse-dense wave at 100 Hz and all other needles were manipulated 2-3 times

for 2-3 minutes at a time over 30 minutes. Treatment was given daily for five days and then on alternate days for one month. The ear points were stimulated unilaterally with the seeds of Wang Bu Liu Xing (Vaccariae Semen), alternating between ears every three days for one month. Cure was defined as normalisation of weight, marked effectiveness as a weight reduction of more than 5kg, effectiveness as a weight reduction of 3kg or more and ineffectiveness as a reduction of less than 3kg. The total effectiveness rate was 87.5%, with five cured, 13 markedly effective, 17 effective and five ineffective. BMI and WHR also showed significant reductions. (JTCM March 2006)

5. Acupuncture Treatment of Obesity by Hu Jinsheng.

A group of doctors discuss a case of obesity and its treatment with ear and body acupuncture. A woman aged 38 years and weighing 86kg was diagnosed as having obesity due to Spleen deficiency, excessive phlegm-damp and dysfunction of the Stomach's descending function with Liver qi overacting on the Spleen/Stomach. She was given the following points, with 5-6 selected at each treatment and the back-shu and front-mu points used alternately. Main points: Taichong LIV-3, Hegu L.I.-4, Yanglingquan GB-34, Quchi L.I.-11, Waiguan SJ-5, Yinlingquan SP-9, Fuliu KID-7, Fenglong ST-40, Sanyinjiao SP-6, Shuifen REN-9 and Zhishi BL-52. Supplementary points: Dazhui DU-14, Ganshu BL-18, Pishu BL-20, Weishu BL-21, Sanjiaoshu BL-22, Dangchangshu BL-25, and Tianshu ST-25. Abdominal points: Shuidao ST- 28, Daju ST-27, Siman KID-14, Zhongzhu KID-15, Shangqu KID-17 and Xianggu ST-43. Points on the buttocks: Baohuang BL-53, Zhibian BL-54 and Pangguanshu BL-28. Ear points were embedded at shenmen, subcortex, endocrine, lung, large intestine, stomach, spleen, sanjiao, kidney, esophagus, cardia, mouth, hunger and thirst. Body needling was given daily for two five-day courses with cupping of the back-shu points on alternate days. In subsequent courses treatment was given three times a week. Ten treatments constituted one course. Emphasis was also placed on the importance of diet, exercise and a positive mental state. After approximately 10 courses of treatment the patient had lost 14kg. (JTCM December 2005)