

International Links About Acupuncture and CAM

From *The Wall Street Journal*: Can traditional Chinese medicine beat swine flu?

Bloomberg News

Some Beijing medical officials think so, at least for mild cases of the disease. On Thursday, Chinese medicine officials announced that a traditional formula called Jin Hua Qing Gan” (金花清感) has been designated as the world’s first “optimized effective agent” for alleviating the symptoms of the H1N1 virus.

“The clinical study showed that Jin Hua Qing Gan can shorten the duration of fever, alleviate respiratory tract symptoms like sore throat, coughing etc.,” said Zhao Jing, director of the Beijing Administration of Traditional Chinese Medicine at the press conference where the findings were announced.

Currently, however, it’s unclear if Jin Hua Qing Gan would directly replace other Western medicines to treat H1N1, especially in serious cases. “This is indeed an issue, as the target of our research are all H1N1 patients with slight symptoms”, said Wang Chen, President of Chaoyang Hospital.

More:

<http://blogs.wsj.com/chinarealtime/2009/12/17/old-formulas-to-treat-a-new-flu/>

from the *San Francisco Examiner*: According to a report by [7th Space Interactive](#), a survey done in Hong Kong showed an interesting trend. Although many of the cancer patients questioned did use Western medicine for their treatment, many also integrated Traditional Chinese Medicine (TCM) in some way. This is just one example of the potential of combining alternative medicine with conventional Western practices.

Details of the Hong Kong study on the preference of Chinese cancer patients:

Close to 800 patients were interviewed for this survey. The results showed that 42.9% used Western medicine practices for cancer treatment exclusively. Everybody else used at least one form of Traditional Chinese Medicine, with five patients solely using TCM. The popular treatments from both disciplines include chemotherapy, radiotherapy, surgery, herbal medicine, and diet.

More:

<http://www.examiner.com/x-28889-DC-Alternative-Medicine-Examiner~y2009m12d30-Study-Chinese-cancer-patients-lean-towards-integration-of-Traditional-Chinese-Medicine>

from *NDTV, Modern Medicine, and Reuters*: Researchers looked at the short-term effects of acupuncture on skin inflammation and itching in 30 people with atopic eczema in Germany under three different test conditions. In one, patients had their skin exposed to either pollen or dust-mite allergens, then received true, or point-specific, acupuncture - in which needles were placed in traditional acupuncture points that, according to Chinese medicine, are related to itchy skin. In another situation, the allergen exposure was followed by placebo-point acupuncture, where the needles were inserted into skin areas not used in traditional Chinese medicine. In the third situation, patients received no treatment.

It was found that overall patients' itchiness ratings were lower after they received true acupuncture, compared with both no treatment and placebo acupuncture. Then, when the researchers exposed patients' skin to the allergens a second time, skin flare-ups tended to be less-severe following the point-specific acupuncture. As for itchiness, however, both the true and placebo therapies had similar benefits compared with no treatment.

Modern research has suggested that acupuncture may help ease pain by altering signals among nerve cells or affecting the release of various chemicals of the central nervous system. The researchers explained that pain and itchiness have similarities in their underlying mechanisms, so acupuncture's effects on pain mechanisms may also account for the benefits seen in this study.

http://doctor.ndtv.com/storypage/ndtv/id/4154/type/news/Acupuncture_eases_eczem_a_itch.html

<http://www.reuters.com/article/idUSTRE5BL3J320091222>
