**NEWLY ACQUIRED BOOKS**

*Clinical Acupuncture and Ancient Chinese Medicine* by Jingduan Yang, & Daniel A. Monti; Oxford University Press, 2017

Clinical Acupuncture and Ancient Chinese Medicine weaves together historical perspectives, ancient wisdom, and modern medicine to provide a holistic, effective, and rewarding way to understand and apply acupuncture in clinical practice. Methodology for memorizing the function of acupuncture meridians and points is supplemented by nearly 600 high-quality images that illustrate point locations and needle insertion techniques. Algorithms for making diagnostic formulations, developing treatment strategies, and implementing effective therapeutic interventions are emphasized. Chapters also cover published outcomes data, the critical role of human psychology and spirituality in healing, and adjunctive therapies to acupuncture such as medicinal herbs and cupping. Authored by Dr. Jingduan Yang and Dr. Daniel A. Monti, two internationally known leaders and teachers of Chinese Medicine and Integrative Health, Clinical Acupuncture and Ancient Chinese Medicine is an ideal resource for a diverse range of health care practitioners and trainees including physicians, chiropractors, and licensed acupuncturists.
Spiritual healing is a method for cultivating our health, our true nature and our inner potential. It is a beautiful, personal harvest for body, mind and spirit in tune with the universal laws and the elements of nature. Our journey to spiritualism basically has three realms: the first is our view of life and the teachings, and how we cultivate the correct philosophy of these teachings in daily life. The second is a system of meditation: being an observer of everything – reality, our emotions, thoughts, conflicts and ideas. The third realm is action: how we try to eliminate our ego, nurture and enhance our best human virtues, and apply the high energetic vibration of love and compassion in our lives. 'A modern Taoist masterpiece. Niko Trian through his long time experience in Chinese medicine and philosophy reveals a guidance that is academic, humorous, profound and mind-nourishing.

Nutritional Healing with Chinese Medicine by Ellen Goldsmith & Maya Klein; Robert Nose, 2017.

East meets West in the kitchen with the nourishing treasures of Chinese Medicine. Food can be the most powerful medicine. This outstanding book introduces and teaches how to apply the ancient wisdom and traditions of the healing that comes through food according to Chinese medicine. This is a new way of thinking about what foods are needed to achieve balance and ultimately improve health. Goldsmith provides a keen and comprehensive understanding behind the basic principles of Chinese medicine so they can be easily applied to day-to-day lives. She takes these same concepts, expands on them for the food to eat in order to maximize the benefits of Chinese dietary therapy. Eating well is essential to good health and Chinese medicine believes that food truly is medicine. In an easy-to-understand and straightforward manner, Ellen explains how and
which combination of foods and flavors act upon the body to move qi (energy) and how they act on the body to warm or cool. Many of the modern day chronic health problems caused by lifestyle, genetics and stress can be helped by distinctive and long lasting changes in the way we eat.

175 enticing recipes organized by season put the theory of Chinese medicine into practice. There are meals that are appropriate for each season from breakfast to dinner, including beverages and desserts. All the recipes are super straightforward, easy to assemble and easily adapted to meet your needs, desires and tastes.

*Cancer Inhibitors from Chinese Natural Medicines* by Jun-Ping Xu; CRC Press, 2017.

Nature is an attractive source of therapeutic and preventive compounds, and with such chemical diversity found in millions of species of plants, over 60% of currently used anticancer agents are derived from natural sources. *Cancer Inhibitors from Chinese Natural Medicines* summarizes new advancements in the experimental and clinical research of a selection of promising cancer inhibitors. It focuses on the latest scientific investigations of 238 Chinese herbs and discusses important aspects, including the types of inhibitors in the herbs, level of potency, mechanisms, and the advances in modification and formulation. Formulations from nano-particulates and immunotoxins in cancer inhibitors are also included in this comprehensive resource.

*Bodymapping Acupuncture Technique: In the Spirit of Master Tung* by Cole Magbanua; Alcmag Inc, 2017.

Bodymapping Acupuncture Technique is an advanced acupuncture style that is drawn from the Master Tung acupuncture tradition. This technique uses the body's own anatomy
to map new relationships for pain and stagnant conditions. The points are highly effective for pain treatment with near immediate results. There are newly discovered points described and how to needle them.


In this collection of more than 50 original recipes, Herbal Cuisine Specialist Joanna Wong introduces readers to a contemporary approach to cooking with Chinese herbs.

In collaboration with a team of garlanded chefs from around the world, Joanna brings together a unique and ambitious collection of delicious recipes that prove that Chinese herbs are far more flexible ingredients than you could ever have thought. *Herbalicious* contains a diversity of international recipes, from east to west; and for all occasions, including salads and soups, entrees, desserts and drinks. Complemented with a comprehensive illustrated guide to herbs, and immersed with Joanna's insights to the properties, health benefits and taste profiles of the herbs used in each recipe, *Herbalicious* charts a new path to contemporary cooking with Chinese herbs for the modern table.


This invaluable studying companion simplifies the complex nature of Chinese Herbal Medicine. It is designed to be an active tool for studying the Formulas and major Herbs in each section of the Chinese Herbal Program at the Maryland University of Integrative Health. While designed specifically for this program it is made to be accessible and valuable to students of any Chinese Herbal Program. This book also serves as a quick visual reference and differentiation guide for the Chinese Herbalist in practice. You will
find inside: Answer Keys and Fill in the Blanks for all the Formulas in each section/month of the program, Comparisons of individual herbs in major Herb Families (ex: the Peonies, the Angelicas, the Huang Brothers), "Heavy Hitter Formulas" to be sure to know, including those whose herb composition is crucial to have memorized, and Herbs with Key Affinities (organ, location, etc). There is also a Reference Section, which includes an Herb Cheat Sheet that highlights key features of crucial herbs, a Quick Guide to Pao Ji, Charts of menstrual signs and symptoms and their meanings, and a brief overview of Herbs and Pregnancy. The beginning of the book includes a useful “How to” section with tips for studying throughout the year and for the first and second year Comprehensive Exams. Whether you choose to study with this guide from the start of your program or pick it up two weeks before your exam, you’ll be glad you did!

The Li Lineage of Acupuncture and Traditional Chinese Medicine by Li Heng; Scientific Research Publishing, 2016

A Book worth Reading after "CAM" and "Shanghai Text" This book is a reference book for advanced TCM practitioners, mainly discusses the difficulties in the TCM fundamentals and clinical acupuncture. It was written by Dr. Li Heng, a professor from China Shanghai International Acupuncture Training Center (Collaborated with WHO), and reviewed by his uncle, the foremost authority in Chinese acupuncture: Prof. Li Ding, who was the chief author of both Chinese Acupuncture and Moxibustion and Acupuncture A Comprehensive Text Shanghai College of TCM. Professor Li Ding was also the one who established the China National Standard of Location of Acupuncture Points in 1989, later WHO adopted this standard to make it international standard. With Prof. Li Ding's support, this book aims at clarifying misunderstanding in acupuncture and Traditional Chinese Medicine and Introducing the foremost authentic classical acupuncture theoretical and clinical knowledge to the west. It will help you to understand acupuncture and TCM from its origin. It contains 3 parts: The first part is the Chapter of the Li Lineage, which briefly reviews the more than 1400 years old history of the Li family and also introduces the Li lineage of TCM. The second part is the Chapter of TCM Fundamentals, which includes 50 topics. The third part is the Chapter of Clinical Acupuncture and Moxibustion, which includes 31 topics.
**ARTICLE ABSTRACTS**

“Western Medication plus Traditional Chinese Medicine Preparations in Patients with Chronic Heart Failure: a Prospective, Single-blind, Randomized, Controlled, and Multicenter Clinical Trial” Wang XL, et al; The J. of Traditional Chinese Medicine, Vol. 37: 756-766, 2017

**OBJECTIVE:** To assess the efficacy and safety in patients with chronic heart failure (CHF) of Western medication plus Traditional Chinese Medicine (TCM) preparations.

**METHODS:** This prospective, single-blind, randomized, controlled, and multicenter clinical trial began on September 17, 2008, and was completed on June 25, 2011. A total of 340 inpatients, aged 40-79 years, with exacerbating CHF from 10 hospitals were enrolled and randomly allocated within 24 h of admission. The trial included three intervention periods. During hospitalization, the control group received western medication for CHF and the treatment group received Danhong injection with Shenfu injection or Shenmai injection. After discharge, all patients were treated with Qiliqiangxin capsules and Buyiqiangxin tablets or a placebo for 6 months. After the 6-month intervention, both groups received only continuous western medication. The primary endpoint was all-cause mortality. The efficacy assessments were as follows: B-type natriuretic peptide (BNP), Lee’s HF score, the 6-minute walking test (6MWT), left ventricular ejection fraction (LVEF), and the Minnesota Living with Heart Failure Questionnaire (MLHFQ). The safety assessments were as follows: blood and urine routine examination, hepatic and renal function, electrolytes in blood and adverse events.

**RESULTS:** Compared with the control group, the treatment group showed a 30.99% reduction in all-cause mortality and an improved survival rate. The treatment group
showed greater improvement in 6MWT (P = 0.02) than the control group on discharge, after 12-month follow-up, there was a time-group interaction for MLHFQ (P = 0.03). Incidence rate of adverse events and other relevant safety indexes were not statistically significant between the two groups.

CONCLUSION: Western medication plus TCM treatment can increase 6-minute walking distance (improve exercise tolerance) and quality of life with heart failure patients.


OBJECTIVE: To evaluate the clinical efficacy of Chinese medicine formula HB01 on exudative age-related macular degeneration (AMD) patients who received HB01 for 6 months by analyzing relative indexes.

METHODS: From July 2006 to August 2015, 139 eligible exudative AMD patients (183 eyes) were enrolled into this study and received aqueous extract from herbs of HB01 by oral twice a day (100 mL for once) for 6 months. The best corrected visual acuity, center macular thickness (CMT), hemorrhage area, fluorescein leakage area as the main outcomes were estimated and compared before and after treatment.

RESULTS: After 3 and 6 months of treatment, visual acuity obtained a greater improvement (P < 0.01). After 1, 3 and 6 months of treatment, CMT obviously decreased (P < 0.05). After 3 and 6 months of treatment, the hemorrhage area and fluorescein leakage area also significantly narrowed (P < 0.01). During treatment, no significant adverse events relating to HB01 treatment were elucidated.

CONCLUSION: On the basis of these results, HB01 could improve visual acuity, and reduce hemorrhage and fluorescein leakage of patients with exudative AMD, which may be an effective alternative and supportive treatment for exudative AMD.


OBJECTIVE: To evaluate the effect and safety of the press-needle on chronic heart failure.

METHODS: According to the inclusion criteria and exclusion criteria, we screened 60 inpatients with chronic heart failure, from the Department of Cardiology in the Traditional Chinese Medicine Affiliated Hospital of Southwest Medical University, 60 cases were randomly divided into treatment group (n = 30) and control group (n = 30) in accordance with the random number table. The control group received standard Western
Medicine treatment (according to the Chinese guidelines for the diagnosis and treatment of heart failure 2014 and patients' condition). The treatment group received the press-needle treatment on the basis of standard Western Medicine treatment, both treated for 3 months. Observing the 6 min walking distance (6 MWD), the score of Minnesota living with heart failure questionnaire (MLHFQ), N-terminal pro-brain natriuretic peptide (NT-proBNP), angiotensin II (Ang II), left ventricular ejection fraction (LVEF) before and after treatment.

RESULTS: No statistical differences were found between control group and treatment group at baseline. Through self-matching test before and after treatment, the observation indexes were improved (P < 0.05). When compared with control group, 6MWD increased, the MLHFQ, NT-proBNP, Ang II decreased in treatment group, and the difference was statistically significant (P < 0.05). There was no significant difference between the two groups regarding to LVEF (P > 0.05).

CONCLUSION: The treatment of press-needle can significantly improve exercise tolerance and quality of life of patients with chronic heart failure, but the improvement of left ventricular ejection fraction was not significant.


OBJECTIVE: To investigate the efficacy and safety of Xinglouchengqi (XLCQ) decoction in treatment of acute ischemic stroke with constipation.

METHODS: In this prospective, multicenter, assessor-blinded, randomized controlled trial, 360 eligible participants will be randomized to the XLCQ group or the control group. Participants in the XLCQ group will receive XLCQ decoction, while those in the control group will undergo clysis therapy using glycerin enemas or oral administration of lactulose solution. Both groups will undergo a treatment period of (5 ± 2) d and a 1-month follow-up. The primary outcome measure will be the Constipation Scale score. The secondary outcome measures will include scores on the National Institutes of Health Stroke Scale, the Traditional Chinese Medicine (TCM) Stroke Scale, the Diagnostic Scale for TCM Syndromes of Ischemic Stroke and TCM Scale for Syndrome of Phlegm-heat and Fu-organ Excess. Therapeutic mechanism outcomes and safety outcomes will also be assessed. Assessments will be conducted at baseline, at the end of the treatment period, and at the follow-up. Moreover, daily visits will be scheduled to grade the status of constipation during the treatment period.

DISCUSSION: The results of this study will provide scientific and objective data with which to assess the efficacy and safety of XLCQ decoction for patients with acute ischemic stroke and constipation.
**OBJECTIVE:** To evaluate the effect of the traditional Chinese procedure abdominal Tuina (AT) on chronic fatigue syndrome (CFS).

**METHODS:** This randomized, single assessor-blinded clinical trial was carried out from May 2014 to April 2015. Eighty participants in the trial were divided randomly into two groups: experimental group and control. The experimental group (40 cases) was treated by AT and the control group (40 cases) by acupuncture. Each treatment was conducted once a day, 5 d for one course, at an interval of 2 d between each course. The whole treatment course lasted for 4 weeks. To ascertain the effect of AT and acupuncture, Fatigue Scale-14 (FS-14), Self-rating Anxiety Scale (SAS) and Hamilton Rating Scale for Depression (HAMD) scores were used before and after treatment. Patients were followed up for 3 months after treatment.

**RESULTS:** After treatment for 4 weeks, 77 patients (39 cases in the experimental group and 38 cases in the control group) completed the trial. The FS-14, SAS and HAMD scores decreased (P < 0.05) significantly compared with those before treatment in both groups. The FS-14 and HAMD (P < 0.05) scores in the experimental group were much lower than those in the control group. The difference in SAS scores between the two groups was not significant. In the final follow-up, CFS in two cases in the experimental group and three in the control group recurred, but the difference was not significant. The scores for the FS-14, SAS and HAMD in the experimental group were superior to those of the control group, and the difference was significant (P < 0.05). No serious adverse events and few adverse events were observed.

**CONCLUSION:** AT elicited a more efficacious effect than acupuncture alone on CFS.

**Usefulness of Chinese Herbal Medicines as Host-Directed Therapeutics against Mycobacterial Infections: A Review** Haruaki Tomioka; The American Journal of Chinese Medicine, Vol. 45, No.8:1597–1611, 2017

The high incidence of tuberculosis (TB) in developing countries, the resurgence of TB in industrialized countries, and the worldwide increase in the prevalence of *Mycobacterium avium* complex infections have prompted the quest for new antimycobacterial drugs. However, the development of such chemotherapeutics is currently making very slow progress. It therefore appears that devising improved administration protocols for clinical treatment against intractable mycobacteriosis using existing chemotherapeutics is more practical than awaiting the development of novel antimycobacterial drugs. The modulation of host immune responses using immunoadjunctive agents may increase the efficacy of antimicrobial treatment against mycobacteriosis. Particularly, the mild and long-term up-regulation of host immune reactions against mycobacterial pathogens using
Chinese herbal medicines (CHMs) may be beneficial for immunoadjuvant therapy. This review focuses on the current status and future prospects regarding the development of CHMs that can be useful for the clinical control of intractable mycobacterial infections.

“Scutellaria baicalensis and Cancer Treatment: Recent Progress and Perspectives in Biomedical and Clinical Studies” Chien-Shan Cheng, et al; The American Journal of Chinese Medicine, Vol. 46, No. 1, 25–54, 2018

*Scutellaria baicalensis* (Huangqin in Chinese) is a major traditional Chinese medicine (TCM) herb, which has a long history of use in the treatment of a variety of symptoms correlated with cancer. In the past decade, the potential of *S. baicalensis* and single compounds derived from it as anticancer agents targeting various pathways has received extensive research attention. Specifically, the proliferation and metastases inhibiting properties of the single compounds in cancer have been studied; however, the underlying mechanisms remain unclear. This review summarizes the various mechanisms, pathways and molecular targets involved in the anticancer activity of *S. baicalensis* and its single compounds. However, the aim of this review is to provide a more thorough view of the last 10 years to link traditional use with modern research and to highlight recently discovered molecular mechanisms. Extracts and major flavonoids derived from *S. baicalensis* have been found to possess anticancer effects in multiple cancer cell lines both *in vitro* and *in vivo*. Further investigation is warranted to better understand the underlying mechanisms and to discover novel targets and cancer therapeutic drugs that may improve both the survival and quality of life of cancer patients.

“Histamine H1 Receptor Antagonists Facilitate Electroacupuncture Analgesia” Jaung-Geng Lin, et al; The American Journal of Chinese Medicine, Vol. 46, No. 1, 55–68, 2018

This study investigated the influence of the histamine H1 receptor antagonists, chlorpheniramine (CHL) and pyrilamine, on the analgesic effects of acupuncture in mice. Nociceptive response was evaluated by the acetic acid-induced abdominal writhing test. Electroacupuncture (EA) at bilateral ST36 reduced the manifestations of acetic acid-induced abdominal writhing, whereas needle insertion without electrostimulation had no such effect. Notably, EA treatment was not associated with any analgesic effects in mice pretreated with naloxone. Low doses of CHL (0.6 mg/kg; p.o.) or pyrilamine (2.5 mg/kg; i.p.) as monotherapy did not affect acetic acid-induced abdominal writhing. However, when each agent was combined with EA, acetic acid-induced abdominal writhing was reduced by a greater extent when compared with EA alone. Interestingly, the effects of CHL on acupuncture analgesia were not completely reversed by naloxone treatment. Acetic acid induced increases of phospho-p38 expression in spinal cord, as determined by immunofluorescence staining and Western blot analysis. These effects were attenuated by EA at ST36 and by low doses of histamine H1 receptor antagonists, alone or in combination. Our findings show that relatively low doses of histamine H1 receptor
antagonists facilitate EA analgesia via non-opioid receptors. These results suggest a useful strategy for increasing the efficacy of EA analgesia in a clinical situation.


Chinese Medicine (CM) suggests that the root of all disease lies in separation from the Tao, which occurs when Yin and Yang differentiate. Chong Mai–focused acupuncture can theoretically address this level, but an adjusted therapeutic approach could be necessary to produce the best results. In this article, the author explores some context and needling strategies used to work effectively with the Chong Mai in a unique way.

“Cellular Reorganization Plays a Vital Role in Acupuncture Analgesia” Conner E. Liddle & Richard E. Harris; Medical Acupuncture, Vol. 30(1): 15-20, 2018

Background: Acupuncture has a long history of relieving many forms of pain. However, many of acupuncture's mechanisms are still unknown and/or misunderstood.

Objective: This review looks at past research on many different methods and targets of study related to acupuncture. The main focus is upon the importance of connective-tissue planes in and around acupuncture points.

Method: Relevant articles from journals as well as books on the topic were searched manually for information related to the topic.

Results: Various studies offered different (and sometimes interrelated) mechanisms for how acupuncture needling results in analgesia among other effects. Emerging evidence, however, has shown the increasing importance of extracellular matrix rearrangements that result in lower mechanical stress states of surrounding tissues. This leads to lower constant stimulation of regional mechanoreceptors, in turn, reducing chronic pain and discomfort.

Conclusions: The extracellular matrix has emerged as an important area of study on the effects of acupuncture needling.

“Single-Point Acupuncture for Treatment of Urge Incontinence in Women: A Pilot Nonrandomized Trial” Mary Ann Barnes; Medical Acupuncture, Vol. 30(1): 21-24, 2018
Objectives: Urinary incontinence (UI) is common in middle- and old-age. Previous studies have shown that multiple-point and multiple-frequency acupuncture are efficacious treatment modalities for UI. This study investigated the efficacy of single-point acupuncture for the treatment of UI in women.

Materials and Methods: Twelve female subjects, ages 40–75, participated in the trial. Acupuncture at CV 2 was performed. Before needle insertion, each subject completed the Revised Urinary Incontinence Scale (RUIS). After treatment, subjects were contacted at 2 and 8 weeks to assess treatment effects using the RUIS questionnaire again.

Results: Statistically significant improvements were seen with respect to symptoms of urgency, stress incontinence, impact of urine leakage, quantity of urine leakage, and the total score at 2 weeks postintervention. A statistically significant increase in impact of urine leakage was found at the 8-week follow-up, compared to the 2-week results.

Conclusions: In this pilot trial, single-point acupuncture was associated with significant but short-term improvements in UI symptoms. Future trials should include a control group and an increased sample size for a more-rigorous examination of this potential adjunctive treatment for UI.

“I Ching Balance Acupuncture Treatment of Migraines, Insomnia, and Depression in a Post-Ovariectomy Patient Receiving Hormone Replacement Therapy” Kotlyar Arkady; Medical Acupuncture, Vol. 30(1): 41-45, 2018

Introduction: Surgical menopause is associated with symptoms that can affect a woman's quality of life (QoL) significantly. These symptoms include migraines, insomnia, and depression.

Case: A 45-year-old Caucasian female presented at an acupuncture clinic. Fourteen years prior, she had been diagnosed with ovarian carcinoma, underwent ovariectomy, and was prescribed hormone replacement therapy. Deteriorating QoL caused her to seek acupuncture for migraines, insomnia, and depression. The outcomes sought for treatment of this case included intensity, duration, and frequency of migraines, insomnia, and depression, as well as her QoL. The outcome measures were estimated monthly throughout her treatment. Each was rated on a numeric scale of 0–10 (0 = “the lowest possible” and 10 = “the worst imaginable”). At baseline, the patient rated the intensity, duration, and frequency of each complaint as 10. She was treated with 60-minute, I Ching Balance Acupuncture (ICBA) sessions once per week for 7 months.

Results: This acupuncture treatment did not cause any adverse events, pain, or discomfort. Her migraines, insomnia, and depression decreased to a great extent. In addition, this patient reported considerable improvement in her QoL. The improvement in her QoL was inversely related to the intensity, duration, and frequency of her complaints throughout her acupuncture treatment.
Conclusions: This patient reported a considerable improvement in all the outcome measures. She completed the treatment after experiencing great improvement in her QoL. Additional, larger-scale studies are warranted to investigate the effects of ICBA.


Objective: To observe the clinical efficacy of acupuncture plus bloodletting therapy in treating insomnia in people with blood stasis constitution.

Methods: Seventy-two patients were randomized into a treatment group and a control group by using the random number table, 36 cases each. The treatment group received acupuncture plus bloodletting therapy, while the control group was intervened by oral administration of estazolam. One-week treatment was taken as a course, for 3 successive courses in total. A follow-up study was conducted 3 months later. The Pittsburgh sleep quality index (PSQI) was evaluated before and after the intervention, as well as in the follow-up. The clinical efficacies were also compared.

Results: The total effective rate was 88.9% in the treatment group versus 83.3% in the control group, and the between-group difference was statistically significant (P<0.05). After the intervention, the PSQI scores dropped significantly in both groups (both P<0.05); the between-group difference in PSQI score was statistically significant (P<0.05). The follow-up study showed that the between-group difference in the global score of PSQI was statistically significant (P<0.05).

Conclusion: Acupuncture plus bloodletting therapy can produce a more significant efficacy than oral administration of estazolam in treating insomnia in people with blood stasis constitution.


Objective: To observe the clinical effects of Shu-acupuncture method in Nei Jing (Classic of Internal Medicine) in the treatment of shoulder and arm pain.

Methods: A total of 90 patients with shoulder and arm pain were randomly divided into an observation group and a control group, 45 cases in each group. The treatment of Shu-acupuncture method in Nei Jing (Classic of Internal Medicine) was adopted in the observation group, routine acupuncture was used in the control group. The two groups were treated once every day, with 5 treatments as one course, and a 2-day rest between
two courses. After 3 courses, pain was assessed by visual analog scale (VAS), and the clinical effects were compared between the two groups.

**Results:** After the treatment, VAS scores were significantly changed in both groups (both P<0.01). The VAS score was lower in the observation group than that in the control group, with a statistical difference between the two groups (P<0.05). The total effective rate was 100% in the observation group, versus 91.1% in the control group, the difference was statistically significant (P<0.05).

**Conclusion:** The therapeutic effect of Shu-acupuncture method in *Nei Jing* (*Classic of Internal Medicine*) is better than that of routine acupuncture in treating shoulder and arm pain.

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**“Analysis of Points Selection Pattern in Acupuncture Treatment of Sleep Apnea Syndrome based on Data Mining” Miao Cao, et al; Journal of Acupuncture and Tuina Science, 16(1): 53-58, 2018.**

**Objective:** To explore the points selection pattern of acupuncture for sleep apnea syndromes by data mining technique.

**Methods:** Clinical literature about acupuncture therapy for sleep apnea syndromes was derived from China National Knowledge Infrastructure (CNKI), Wanfang Academic Journal Full-text Database (Wanfang), Chongqing VIP Database (CQVIP), PubMed and Science Direct between the time that databases were created and March 25th,2017. Relevant excel database was established and descriptive studies and association rules were analyzed.

**Results:** The most frequently used point was Lianquan (CV 23) and the most frequently used meridian was the Stomach Meridian. The analysis of association rules showed that the clinical choice of acupuncture points was highly correlated, among which the combination of the highest degree of confidence and the highest degree of support was Shenmen (HT 7) and Sishencong (EX-HN 1); Lieque (LU 7), lianquan (CV 23) and Zhaohai (KI 6).

**Conclusion:** Acupuncture treatment of sleep apnea syndromes has specific selection rules of points, providing certain references for clinical and scientific research.

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**Objective:** To discuss the selection pattern of points and meridians in acupuncture-moxibustion treatment of gouty arthritis (GA) by analyzing clinical literatures related to
GA, and to provide reference for acupuncture-moxibustion treatment of GA.

**Methods:** Clinical literatures related to GA treated with acupuncture-moxibustion published between January 1981 and July 2017 were collected from Chinese databases. The points, meridians, frequency and treatment methods were analyzed.

**Results:** A total of 78 studies were included. For meridians, the top 5 meridians used were the Spleen Meridian (67 times), Liver Meridian (59 times), Stomach Meridian (53 times), Kidney Meridian (49 times) and Large Intestine Meridian (44 times). For points selection, the leading 5 points were Taichong (LR 3) (79 times), Taibai (SP 3) (68 times), Sanyinjiao (SP 6) (61 times), Taixi (KI 3) (57 times) and Yinlingquan (SP 9) (55 times). For major and adjunct points, the 5 most significant major points were Taichong (LR 3) (79 times), Taibai (SP 3) (68 times), Sanyinjiao (SP 6) (61 times), Yinlingquan (SP 9) (37 times) and Taixi (KI 3) (32 times). The 5 most significant adjunct points were Yanglingquan (GB 34) (31 times), Fenglong (ST 40) (30 times), Xuehai (SP 10) (29 times), Taixi (KI 3) (25 times) and Quchi (LI 11) (21 times). For treatment methods, the top 5 methods used were acupuncture-moxibustion alone for 15 studies, acupuncture combined with medicinal herbs for 11 studies, acupuncture-moxibustion combined with medicinal herbs for 10 studies, acupuncture alone for 7 studies, and electroacupuncture combined with bloodletting for 5 studies.

**Conclusion:** The main meridians chosen in acupuncture-moxibustion treatment of GA were the Spleen, Liver, Stomach, Kidney and Large Intestine Meridians, conforming to the syndrome differentiation principle of tonifying spleen and kidney, clearing heat and draining dampness. Points mainly locate at lower limbs and feet around the affected area, which was a reflection of peripheral treatment function of points. The data mining results of meridian and point selection in acupuncture-moxibustion treatment of GA conform to the disease and syndrome differentiation theory and provide references for acupuncture-moxibustion treatment of GA.

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