

Effects of acupuncture and moxibustion treatment for breech presentation

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Introduction: In recent years, the percentage of planned cesarean sections for breech presentation has increased and is said to reach up to 80%. Therefore, it would be beneficial to establish a treatment procedure for breech presentation which would result in few side-effects, little likelihood of causing critical conditions such as miscarriage, less burden to the mother and child, and a high percentage of turning. One such method, acupuncture and moxibustion, can be performed for the treatment of breech presentation.

In this literature survey study, reports on acupuncture and moxibustion treatment for breech presentation carried out after the Second World War in Japan were summarized and examined.

Materials and Method: The literature on acupuncture and moxibustion treatment for breech presentation reported after the Second World War in Japan was collected by searching the database of Ichushi Web (Japan Centra Revuo Medicina). Consequently, 13 relevant references were discovered and examined.

Results and Discussion: Even though the description and methods for selecting reported literature lacked uniformity overall and few articles mention all of the examination criteria, examination was performed for each item within the range of the description.

Four references were written on cases in which the initial visit occurred equal to or later than the 28th week which also reflects the likelihood of being indicated as breech presentation at maternity clinics, with the percentages of corrections ranging from 11.7% to 89.9%.

Moreover, there were 8 articles in which the number of cases with the initial visit being between the 32nd week and the 35th week, and their percentages of correction ranged from 11.7% to 87.5%.

Six articles included exercises for the correction of breech presentation while 3 did not, and 3 articles reported the usage of medication.

Regarding the side-effects of acupuncture and moxibustion, there was one article which reported 4 cases of nausea, however, there was no report of critical conditions such as miscarriage.

Eleven references referred to treatment points using BL67, 7 articles referred to SP6, and 6 articles refer to combinations of both.

Conclusion: The authors examined 13 articles reported after the Second World War on the effectiveness of acupuncture and moxibustion treatment for the correction of breech presentation in Japan, and many of the articles reported the percentages of correction exceeding 70%. Furthermore, since there was no report of critical side-effects, acupuncture and moxibustion treatment is thought of as a method which can be attempted for the correction of breech presentation.

Key words: Breech presentation, acupuncture and moxibustion, Ichushi Web, side-effects, rate of correction