

Effect of Indirect Moxibustion on the Elderly Patients of Osteoarthritis of the Knee - Sham Controlled Clinical Trial-

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Background and Aims: There is few clinical research of moxibustion on the symptoms of osteoarthritis (OA). The aim of this study was to evaluate the effects of moxibustion on the symptoms of OA of the knee.

Materials and Methods: Thirty patients (14 men, 16 women, 74+/-3 years) with diagnosis of OA of the knee by the X-ray photograph were allocated to real indirect moxibustion group (9 men, 7 women) or sham group (low temperature moxibustion; 5 men, 9 women) group. Moxibustion treatments were done two times per week for three weeks. Acupuncture points around the knee joint bilaterally (ST-34, SP-9, SP-10, GB-33, LV-8) were used. Outcome measures were VAS of knee pain, WOMAC scores and physical symptoms around the knee joint.

Results: Baseline scores of VAS and WOMAC were similar in two groups. Both VAS and WOMAC scores showed improvement in both groups, but a significant reduction was found only in real group. Physical symptoms were not changed in both groups.

Conclusion: These data demonstrate the real moxibustion is more effective than sham intervention for the pain relief of OA of the knee. The importance of heat-sensitive afferent inputs in both acupuncture and moxibustion treatment is suggested.