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Observation on therapeutic effects and safety of combined surrounding needling, moxibustion and hot compress therapy for Scleroderma

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Objective: To determine the therapeutics and safety of combined surrounding needling, moxibustion with Hot Compress Therapy on treating Scleroderma.

Methods: 42 cases of patients with scleroderma were randomized into two groups, a treatment group (23 cases) and a control group (19 cases). In the treatment group, surrounding needling, moxibustion and Hot Compress therapy were used locally. In the control group heparin sodium cream was applied externally. Centella triterpenes tablets were taken orally, 24mg each time and VitE 0.1g three times in two groups. In 6 months treatment, the skin sclerosis score, joint pain score, and joint function score were compared before and after treatment for patients between two groups. The efficacy on Chinese medicine symptoms and safety were evaluated between two groups.

Results: In the treatment groups, the score of skin sclerosis, joint pain, and joint function were superior to those in the control groups with statistical significant differences ($P < 0.05$). Concerning to the comparison of the effective rate of Chinese medicine symptoms, the total effective rate was 86.4% in the treatment group and the total effective rate was 52.6% in the control group. The differences were significant statistically between two groups ($P < 0.05$), for the safety evaluation, it is safe.

Conclusion: The integrations of surrounding needling, moxibustion and Hot Compress therapy were effective in significantly improving the severity of scleroderma. It is relatively safe and deserves to be promoted in clinic.

Biography

Yan Xiaoning has completed his M.D at the age of 34 years from Xi'an JiaoTong University. He is the Director of Shaanxi Provincial TCM Hospital, a premier Bio-Soft service organization. He has published more than 22 papers in reputed journals and serving as an editorial board member of repute.

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