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Comparison study over the complementary use of laser versus needle acupuncture beside medical treatment in improvement of pulmonary functions, grade of asthma and the frequency of attack in asthmatic children

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Asthma is a heterogeneous disease, usually characterized by chronic airway inflammation, Acupuncture is one of complementary and alternative medicine modalities and is a key component of Traditional Chinese Medicine (TCM), and Laser acupuncture is one of interesting modalities of Low-Level Laser Therapy (LLLT), a non-invasive form of phototherapy. The present study is a randomized clinical trial done on sixty asthmatic children under conventional medical treatment divided randomly in to three groups. Group A: Twenty children were subjected to laser Acupuncture session three times per week for four weeks, group B twenty patients using needle acupuncture sessions for one month (3 times/week) and group C (control group) under conventional medical treatment only. Measuring pulmonary functions of the patient and assess their use of medications before and after the study and assessing of the clinical condition of the patient (frequency of attack and severity of asthma). Pulmonary function at follow up were higher in group A than group B and in group B than C the differences were statistically significant in VC cent (A: $p<0.001$, B: $p=0.002$ and C: $p=0.626$) FVC cent (A: $p<0.001$, B: $p<0.001$ and C: $p=0.516$) and PEF cent (A: $p=0.016$, B: $p=0.044$ and C: $p=0.432$), however in medications used there were a statistically significant different in group A ($p=0.004$) more than in group B ($p=0.017$) and C ($p=0.490$), frequency of asthmatic attack diminished in group A ($p<0.001$) more than in group B ($p=0.002$) and least in group C ($p=0.147$) at the end of the study, clinical severity of group A significantly improved ($p<0.001$) than group B and C. So, we can say that application of laser or needle acupuncture sessions beside conventional medical treatment results in more improvement of the pulmonary functions, Frequency of asthmatic attack and reduces the medications used.

Biography

Inas Mahfouz has completed her PhD from Cairo University. She is the Organizer of Pediatric Medical awareness conference in Egypt inside and outside, one of the Pulmonology team in National Research Center was Resident of Pediatric in Pediatric Hospital Cairo University. She has published more than five papers in reputed journal.

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