Clinical trial research on Mongolian medical warm acupuncture in treating insomnia

Lengge Si
Inner Mongolia Medical University, P R China

Objective: Mongolian medical warm acupuncture has significant efficacy in treating insomnia. The paper evaluates the role of Mongolian medical warm acupuncture in treating insomnia by investigating the Mongolian medicine syndromes and conditions.

Methods: The patients were diagnosed in accordance with International Classification of Sleep Disorders (ICSD-2). The insomnia patients were divided into the acupuncture group (40 cases) and the estazolam group (40 cases). The patients underwent intervention of Mongolian medical warm acupuncture and estazolam. Detection of the indicators of Mongolian medicine syndromes and conditions, Pittsburgh sleep quality index (PSQI), and polysomnography indexes (PSG).

Results: Based on the comparison of the Mongolian medicine syndrome scores between the warm acupuncture group and the drug treatment group, the result indicated P<0.01. The clinical efficacy result showed that the effective rate (85%) in the warm acupuncture group was higher than that (70%) in the drug group. The total scores of PSQI of both groups approximated. The sleep time was significantly extended (P<0.01) in the Mongolian medical warm acupuncture group following PSG intervention. The sleep time during NREM in the Mongolian warm acupuncture group increased significantly (P<0.01).

Conclusion: Mongolian medical warm acupuncture is efficient and safe in treating insomnia. It is able to better improve the patients' sleep time and daytime functions. It is better than that in the estazolam group following drug withdrawal in term of improving the sleep time. It is more effective to help the insomnia patients than hypnotics.

Biography
Lengge Si has completed his graduation at Beijing University of Chinese Medicine and PhD in Traditional Mongolian Medicine. He specializes in Mongolian medicine for warm needle acupuncture treatment of insomnia and sciatica, and published the first research paper on Mongolian warm needles in the world.

594472516@qq.com

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