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The Preliminary Optimization of Acupuncture Therapeutic Regimen on Cervical Headache

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ABSTRACT **Objective** To preliminarily optimize the acupuncture therapeutic regimen on cervical headache. **Methods** Ninety cases of cervical headache were randomized into the Naokong (GB19) -through-Fengchi (GB20) and Naohu (DU17) -through-Fengfu (DU16) group, perpendicular insertion at Fengchi (GB20) and Fengfu (DU16) group, and horizontal insertion at cervical paravertebral points group, with 30 in each. Then the patients were divided into 9 sub-groups based on four factors and three levels such as acupuncture points and angles, depth of acupuncture, number of needles and time of needle retention. The patients were subjected to a needling once every other day and three times as a course of treatment. The preferred option was determined according to the weight value of visual analog scale (VAS), orthogonal design, intuitive analysis, analysis of variance (ANOVA) and multiple comparisons after two treatment courses. **Results** The visual analysis showed that the efficacy of Naokong-through-Fengchi and Naohu-through-Fengfu with a medium depth, row needle and 6-hour retention was the relatively best. The ANOVA showed that acupuncture points, angles and number of needles were significant factors in improving short-term effect on headache. The multiple comparisons showed that the efficacy of Naokong-through-Fengchi and Naohu-through-Fengfu was superior to that of perpendicular insertion at Fengchi and Fengfu, and the efficacy of row needles was better than that of one or two needles. **Conclusion** The preferred acupuncture regimen on cervical headache is Naokong-through-Fengchi and Naohu-through-Fengfu with a medium depth, row needles and 6-hour retention.

Keywords cervical headache; horizontal insertion of row needles; orthogonal design

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本刊讯 2014 年 3 月 9 日，由国家中医药管理局主管、世界中医药学会联合会主办的《世界睡眠医学杂志》创刊号首发式暨北京市中医睡眠诊疗中心揭牌仪式在北京召开。世界中医药学会联合会、国家中医药管理局、北京市中医管理局、中国中医科学院、中国睡眠研究会等有关领导以及来自全国各地的 90 多位专家、编委出席会议。睡眠疾病严重影响健康和生活质量，失眠、睡眠呼吸暂停综合征等常见睡眠疾病在我国的患病率均较高。目前国际上睡眠医学已作为一门新兴的边缘交叉学科逐渐发展壮大。美国和欧洲均有专业的睡眠医学学术期刊。《世界睡眠医学杂志》是中国创办的第一本睡眠医学杂志，该刊的创办将对我国睡眠医学研究及临床相关工作产生引领和推动作用。中医药学在长期的发展过程中，蕴含了深厚的睡眠医学思想，积累了丰富的睡眠障碍治疗经验。北京市中医睡眠诊疗中心的成立将在为患者提供全方位服务的同时，在促进中医药在睡眠医学领域的临床研究、教育培训、预防保健、健康教育、人才培养等方面发挥积极作用。

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