

Effect of Different Duration of Through Moxibustion on Lumbar Disc Herniation

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ABSTRACT Objective To compare the clinical effects of different duration of through moxibustion on lumbar disc herniation. **Methods** Sixty patients with lumbar disc herniation were randomly divided into 2 groups (group 1 and group 2) with 30 cases in each group. The patients in group 1 were treated by acupuncture combined with 60 minutes of through moxibustion, and the patients in group 2 were treated by acupuncture combined with 30 minutes of through moxibustion. Both groups were treated one time a day for 15 days. During the process of moxibustion, the temperature when patients felt heat (heat temperature), the temperature when patients felt comfortable (comfortable temperature), the temperature when patients feels the temperature drops in the moxibustion box (drop temperature), the heating period, the comfortable period, the cooling period, the sensation of local moxibustion intensity and its duration, the conduction of moxibustion sensation in the distal or deep area, the type of moxibustion feelings, and the local skin changes in the two groups were compared. Before treatment, after treatment, and one month after treatment, the patients were scored with Modified Japanese Orthopedic Association Score (M-JOA) method to evaluate the clinical efficacy of the treatment. **Results** The total effective rate were 96.67% in group 1 and 90% in group 2, with significant difference between the groups ($P < 0.01$). During the process of moxibustion, there were no statistical significant differences in heat temperature, comfortable temperature, drop temperature, and heating period between the two groups ($P > 0.05$). The comfortal period, cooling period, and the local moxibustion duration time in group 1 were longer than those in group 2 ($P < 0.05$ or $P < 0.01$). And the intensity of moxibustion sensation, distal and deep conduction of moxibustion sensation, occurrence of moxibustion sensation, and the change of local skin in the group 1 were significantly more than those in the group 2 ($P < 0.05$ or $P < 0.01$). After treatment, the M-JOA scores of the two groups were significantly higher than those before treatment ($P < 0.01$). In the follow up, the M-JOA score in group 1 was significantly higher than the score before treatment ($P < 0.01$). After treatment and during the follow-up, the M-JOA score in group 1 was significantly higher than that of group 2 ($P < 0.01$). **Conclusion** With different duration of through moxibustion to treat lumbar disc herniation, the clinical efficacy is different, and the clinical effect of 60 minutes as treatment duration is better than that of 30 minutes.

Keywords lumbar disc herniation; through moxibustion; acupuncture; moxibustion time

(收稿日期: 2015-02-28; 修回日期: 2015-06-20)

编辑: 王利芬

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