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Effect of auriculotherapy on multiple sclerosis related pain: a double blind randomized clinical control trial parallel design

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Background & Objectives: Multiple sclerosis (MS) is an autoimmune and a demyelinating disease. Pain is a relatively common finding in MS patients and treatment is largely pharmacologic, but patients have often found the medications to have unwanted side effects. The purpose of this study is to evaluate the efficacy of auriculotherapy for pain associated with MS.

Materials & Methods: This was randomized, double-blind, placebo-controlled trial, parallel design with 128 MS patient, and two groups. MS patients were randomized to receive auriculotherapy and sham therapy for 10 sessions. Pain was assessed before, after and a month after intervention by McGill questionnaire (VAS, PPI and PRI).

Results: The results showed that mean pain intensity (VAS) decreased in auriculotherapy group after and a month after intervention (6.14 to 2.08 and 2.66). PPI index was 51.2% uncomfortable pain before auriculotherapy then decreased to 27.6% after intervention. PRI index was 2.81 before intervention and decreased to 0.89 and 1.14 after intervention and one month later. The results indicated that pain was significantly decreased in auriculotherapy group after $P < 0.05$ and a month after intervention ($P < 0.05$).

Conclusions: Auriculotherapy is an effective method to reduce MS-related pain. Using this safe and effective method is recommended for MS patients.

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