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A pilot study on the effects of catgut embedding therapy at acupoints for management of obesity**Connie Kam Yuen Ching**

Open University of Hong Kong, Hong Kong

Introduction & Aim: Obesity is an important risk factor of causing many health problems. Catgut Embedding Therapy (CMT) is one of the Chinese medicine intervention developed based on the theory of acupuncture. A piece of catgut is placed on the acupoints by using a fine needle and syringe and the catgut will stay there until it is being absorbed. The effects are similar to acupuncture but the duration of stimulation through the acupoint is longer. The aim is to study and examine the effectiveness of CMT at acupoints in reducing Body Weight (BW) for obesity.

Method: A pilot study with 5 subjects was recruited. The length of catgut with 1-2 cm long and 12-16 threads of catgut were inserted into the selected acupoints in abdomen and 4 limbs of the subjects. It was absorbed in the body in 14-21 days and the next treatment was implemented on 21 days after the last treatment. Each subject was received 3 consecutive treatments.

Result: It is found that 0.3-1.2 kg BW reduction in 4 subjects with only one subject with no significant BW changes. Also, it is found that 1-3.5 cm waist circumference reduction in 3 subjects and 1-3 cm arm circumference reduction in 4 subjects.

Conclusion: The outcome of the study showed this intervention may be effective on weight reduction. It could be an alternative approach on reducing body weight and in scientific manner. It was a pilot study with limited sample size; a further large scale study is required for proving its effectiveness.

Biography

Connie Kam Yuen Ching is a registered Chinese Medicine Practitioner and Registered Nurse in Hong Kong. She is pursuing her PhD in Hong Kong. She is a Senior Lecturer in the Open University of Hong Kong.

yckam@ouhk.edu.hk

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