

## **[Randomized controlled study on chronic functional constipation treated with grain-shaped moxibustion and acupuncture].**

[Article in Chinese]

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### **Author information**

### **Abstract**

#### **OBJECTIVE:**

To compare the therapeutic effect differences of chronic functional constipation treated with the combined therapy of grain-shaped moxibustion and acupuncture and simple acupuncture therapy.

#### **METHODS:**

One hundred cases of constipation were randomly divided into an acupuncture and moxibustion group and an acupuncture group by fifty-fifty. Both groups were treated by acupuncture therapy with acupoints of two groups alternatively. Group 1: Tianshu (ST 25), Daheng (SP 15), Qihai (CV 6), Guanyuan (CV 4), Zusanli (ST 36), Shangjuxu (ST 37) and Sanyinjiao (SP 6). Group 2: Zhongliao (BL 33), Xialiao (BL 34), Dachangshu (BL 25), Shenshu (BL 23) and Pishu (BL 20). In acupuncture group, all the acupoints, were punctured; in acupuncture and moxibustion group, grain-shaped moxibustion was given at Qihai (CV 6), Zusanli (ST 36), Dachangshu (BL 25) and Pishu (BL 20), and others were treated by puncture. The clinical therapeutic effect, and the changes of clinical score of constipation, quality of life and psychological symptoms score were observed before and after treatment.

#### **RESULTS:**

The total effective rate in acupuncture and moxibustion group was 74.0% (37/50), superior to that (52.0%, 26/50) in acupuncture group ( $P < 0.05$ ). The clinical score of constipation, the quality of life and psychological symptoms score in both groups improved after treatment; in clinical score of constipation, the improvement of difficulty of defecation, defecation time, abdominal pain, exsufflation difficulty, endless sensation of defecation, obstruction sense of anus, purgative prescription dependence, quality of life score and psychological symptoms score in acupuncture and moxibustion group were superior to those in acupuncture group ( $P < 0.05$ ,  $P < 0.01$ ).

#### **CONCLUSION:**

For treating chronic functional constipation, the combined therapy of both grain-shaped moxibustion and acupuncture is safe and effective, superior to the simple acupuncture therapy.