

## What conditions can Acupuncture & Traditional Chinese Medicine (TCM) treat?

The following is a comprehensive list of some of the conditions treatable by Acupuncture & TCM, as outlined by the World Health Organisation.

The diseases or disorders for which acupuncture therapy has been tested in controlled clinical trials reported in the recent literature can be classified into four categories as shown below.

**1. Diseases for which acupuncture may be considered mainstream treatment:** (Diseases, symptoms or conditions for which acupuncture has been proved through controlled trials-to be an effective treatment)

- Adverse reactions to radiotherapy and/or chemotherapy
- Allergic rhinitis (including hay fever)
- Biliary colic
- Depression (including depressive neurosis and depression following stroke)
- Dysentery, acute bacillary
- Dysmenorrhoea, primary
- Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastrospasm)
- Facial Pain (including craniomandibular disorders)
- Headache and Migraine
- Hypertension, essential
- Hypotension, primary
- Induction of labour
- Knee Pain
- Leukopenia
- Low back Pain
- Malposition of fetus, correction of
- Morning sickness
- Nausea and vomiting
- Neck Pain
- Pain in dentistry (including dental Pain and temporomandibular dysfunction)
- Periarthritis of shoulder
- Postoperative Pain
- Renal colic
- Rheumatoid arthritis
- Sciatica
- Sprain
- Stroke
- Tennis elbow

**2. Diseases for which acupuncture is effective, but further proof is needed to include it into mainstream healthcare:**

(diseases, symptoms or conditions for which the therapeutic effect of acupuncture has been shown but for which further proof is needed)

- Abdominal Pain (in acute gastroenteritis or due to gastrointestinal spasm)
- Acne vulgaris
- Alcohol dependence and detoxification
- Bell's palsy

- Bronchial asthma (most effective in children and in patients without complicating diseases)
- Cancer Pain
- Cardiac neurosis
- Cholecystitis, chronic, with acute exacerbation
- Cholelithiasis
- Competition stress syndrome
- Craniocerebral injury, closed
- Diabetes mellitus, non-insulin-dependent
- Earache
- Epidemic haemorrhagic fever
- Epistaxis, simple (without generalized or local disease)
- Eye Pain due to subconjunctival injection
- Female infertility
- Facial spasm
- Female urethral syndrome
- Fibromyalgia and fasciitis
- Gastrokinetic disturbance
- Gouty arthritis
- Hepatitis B virus carrier status
- Herpes zoster (human (alpha) herpesvirus 3)
- Hyperlipaemia
- Hypo-ovarianism
- Insomnia
- Labour Pain
- Lactation, deficiency
- Male sexual dysfunction, non-organic
- Ménière disease
- Neuralgia, post-herpetic
- Neurodermatitis
- Obesity
- Opium, cocaine and heroin dependence
- Osteoarthritis
- Pain due to endoscopic examination
- Pain in thromboangiitisobliterans
- Polycystic ovary syndrome (Stein-Leventhal syndrome)
- Postextubation in children
- Postoperative convalescence
- Premenstrual syndrome
- Prostatitis, chronic
- Pruritus
- Radicular and pseudoradicular Pain syndrome
- Raynaud syndrome, primary
- Recurrent lower urinary-tract infection
- Reflex sympathetic dystrophy
- Retention of urine, traumatic
- Schizophrenia
- Sialism, drug-induced
- Sjögren syndrome
- Sore throat (including tonsillitis)
- Spine Pain, acute
- Stiff neck

- Temporomandibular joint dysfunction
- Tietze syndrome
- Tobacco dependence
- Tourette syndrome
- Ulcerative colitis, chronic
- Urolithiasis
- Vascular dementia
- Whooping cough (pertussis)

**3. Diseases for which acupuncture is worth trying, because the treatment by western medicine is difficult:**

(Diseases, symptoms or conditions for which there are only individual controlled trials reporting some therapeutic effects, but for which acupuncture is worth trying because treatment by conventional and other therapies is difficult)

- Chloasma
- Choroidopathy, central serous
- Colour blindness
- Deafness
- Hypophrenia
- Irritable colon syndrome
- Neuropathic bladder in spinal cord injury
- Pulmonary heart disease, chronic
- Small airway obstruction

**4. Diseases, symptoms or conditions for which acupuncture may be tried provided the practitioner has special modern medical knowledge and adequate monitoring equipment:**

- Breathlessness in chronic obstructive pulmonary disease
- Coma
- Convulsions in infants
- Coronary heart disease (angina pectoris)
- Diarrhoea in infants and young children
- Encephalitis, viral, in children, late stage
- Paralysis, progressive bulbar and pseudobulbar

**5. The following are other conditions Acupuncture and Traditional Chinese Medicine can treat which are not classified using the above system.**

- Acute sinusitis
- Common Cold
- Acute bronchitis
- Acute conjunctivitis
- Central retinitis
- Myopia (in children)
- Cataract (without complications)
- Toothache, post-extraction pain
- Gingivitis

- Acute and chronic pharyngitis
- Spasms of esophagus and cardia
- Hiccough
- Gastroptosis
- Acute and chronic gastritis
- Gastric hyperacidity
- Chronic duodenal ulcer (pain relief)
- Acute duodenal ulcer (without complications)
- Acute and chronic colitis
- Acute bacillary dysentery
- Constipation
- Diarrhea
- Paralytic ileus
- Trigeminal neuralgia
- Frozen shoulder
- Pareses following a stroke
- Sequelae of poliomyelitis (early stage, i.e., within six months)
- Meniere's disease
- Nocturnal enuresis
- Intercostal neuralgia
- Cervicobrachial syndrome

### **References:**

World Health Organisation: Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials 2002.