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BLOOD PRESSURE REACTS FAVORABLY TO REGULAR ACUPUNCTURE TREATMENTS

People who have concerns about their blood pressure, but who are adverse to the use of drugs to alter their condition may wish to consider a regular schedule of Acupuncture treatments to help handle hypertension.

A new study involving 160 people was recently conducted by researchers from the University of Erlangen in Germany and Nanjing University of Traditional Chinese Medicine in China. The goal was to determine if Acupuncture could reduce systolic and diastolic blood pressure.

The members of the study were randomly divided into two groups. Members were to receive either active or sham Acupuncture extended over a period of 6 weeks. Sessions were set to last 30 minutes and each person received a total of 22 treatments. Needling points for the active group were chosen according to a typical Chinese prescription for hypertension treatment. Those who received the sham Acupuncture were treated in locations with no relevance to blood pressure.

According to researchers, "There was a significant difference in post-treatment blood pressures adjusted for baseline values between the active and sham Acupuncture groups at the end of treatment." For example, before treatment, the mean 24 hour systolic/diastolic reading was 131/81 for the active group and 129/80 for the sham group. By the end of the six weeks of treatment, the active group's mean systolic/diastolic pressure was 125/78 and the sham group was virtually unchanged at 130/80. This would be an overall change of 6 points of systolic reduction and 3 points of diastolic drop.

Researchers were quick to point out that that reduction in hypertension had mainly short term value. When blood pressure was tested again at 3-month and 6-month intervals following treatment, the active group had returned to pretreatment levels. This makes it important for persons who control their blood pressure through Acupuncture to receive regular treatments.

In conclusion, the researchers recommended: "As shown in the present study, Acupuncture may offer an alternative anti-hypertensive therapeutic option. Acupuncture effectively lowered systolic and diastolic blood pressures during the treatment period with no or minimal side effects."