

3. Diseases and disorders that can be treated with acupuncture

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, 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
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, 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

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 thromboangiitis obliterans
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, 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