

Moxibustion and other acupuncture point stimulation methods to treat breech presentation: a systematic review of clinical trials

Xun Li,¹ Jun Hu,² Xiaoyi Wang,³ Huirui Zhang,³ and Jianping Liu^{1,4}

¹Centre for Evidence-Based Chinese Medicine, Beijing University of Chinese Medicine, Beijing, PR China

²Centre for the History of Medicine, Peking University, Beijing, PR China

³School of Preclinical Medicine, Beijing University of Chinese Medicine, Beijing, PR China

⁴National Research Centre in Complementary and Alternative Medicine (NAFKAM), University of Tromsø, Tromsø, Norway

Received August 17, 2008; Accepted February 27, 2009.

Abstract

Background

Moxibustion, acupuncture and other acupoint stimulations are commonly used for the correction of breech presentation. This systematic review aims to evaluate the efficacy and safety of moxibustion and other acupoint stimulations to treat breech presentation.

Methods

We included randomized controlled trials (RCTs) and controlled clinical trials (CCTs) on moxibustion, acupuncture or any other acupoint stimulating methods for breech presentation in pregnant women. All searches in PubMed, the Cochrane Library (2008 Issue 2), China National Knowledge Information (CNKI), Chinese Scientific Journal Database (VIP) and WanFang Database ended in July 2008. Two authors extracted and analyzed the data independently.

Results

Ten RCTs involving 2090 participants and seven CCTs involving 1409 participants were included in the present study. Meta-analysis showed significant differences between moxibustion and no treatment (RR 1.35, 95% CI 1.20 to 1.51; 3 RCTs). Comparison between moxibustion and knee-chest position did not show significant differences (RR 1.30, 95% CI 0.95 to 1.79; 3 RCTs). Moxibustion plus other therapeutic methods showed significant beneficial effects (RR 1.36, 95% CI 1.21 to 1.54; 2 RCTs). Laser stimulation was more effective than assuming the knee-chest position plus pelvis rotating. Moxibustion was more effective than no treatment (RR 1.29, 95% CI 1.17 to 1.42; 2 CCTs) but was not more effective than the knee-chest position treatment (RR 1.22, 95% CI 1.11 to 1.34; 2 CCTs). Laser stimulation at *Zhiyin* (BL67) was more effective than the knee-chest position treatment (RR 1.30, 95% CI 1.10 to 1.54; 2 CCTs).

Conclusion

Moxibustion, acupuncture and laser acupoint stimulation tend to be effective in the correction of breech presentation.

This information shared with you by:



Universal Health Institute

8 W Chestnut

Chicago, IL 60610

312.266.9090

www.uhichicago.com