

The Therapeutic Effects of Acupuncture on Oral Dryness and Antibody Modification in Sjogren Syndrome: A Meta-Analysis

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Abstract : Oral dryness is a common chief complaint among patients with Sjögren syndrome (SS), which is a disorder currently known as autoantibodies production; however, to author's best knowledge, there has been no satisfying pharmacy to relieve the associated symptoms. Hence the effectiveness of other non-pharmacological interventions such as acupuncture should be accessed. We conducted a meta-analysis of randomized clinical trials (RCTs) which evaluated the effectiveness of xerostomia in SS. PubMed, Embase, Cochrane Central Register of Controlled Trials (CENTRAL), Chongqing Weipu Database (CQVIP), China Academic Journals Full-text Database, AiritiLibrary, Chinese Electronic Periodicals Service (CEPS), China National Knowledge Infrastructure (CNKI) Database were searches through May 12, 2018 to select studies. Data for evaluation of subjective and objective xerostomia was extracted and was assessed with random-effects meta-analysis. After searching, a total of 541 references were yielded and five RCTs were included, covering 340 patients dry mouth resulted from SS, among whom 169 patients received acupuncture and 171 patients were control group. Acupuncture group was associated with higher subjective response rate (odds ratio 3.036, 95% confidence interval [CI] 1.828 - 5.042, $P < 0.001$) and increased salivary flow rate (weighted mean difference [WMD] 3.066, 95% CI 2.969 - 3.164, $P < 0.001$), as an objective marker. In addition, two studies examined IgG levels, which were lower in the acupuncture group (WMD -166.857, 95% CI -233.138 - -100.576, $P < 0.001$). Therefore, in the present meta-analysis, acupuncture improves both subjective and objective markers of dry mouth with autoantibodies reduction in patients with SS and is considered as an option of non-pharmacological treatment for SS.

Keywords : acupuncture, meta-analysis, Sjogren syndrome, xerostomia

Conference Title : ICAH 2019 : International Conference on Alternative Healthcare

Conference Location : Tokyo, Japan

Conference Dates : March 25-26, 2019