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myasthenia gravis

Myasthénie : évaluation de l'acupuncture

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

1.1.1. Lu 2024

Lu Y, Li J, Yu T, Wu C, You Y, Wang C, Liu X. Acupuncture and moxibustion treatment for myasthenia gravis: A systematic review and meta-analysis. Medicine (Baltimore). 2024 May 3;103(18):e37961. https://doi.org/10.1097/MD.0000000000037961

Backgound	Myasthenia gravis (MG) is a common autoimmune disease that often involves the skeletal muscle of the whole body and seriously affects patients' quality of life. Acupuncture and moxibustion treatment of MG has unique advantages, the aim is to evaluate the clinical effect of acupuncture and moxibustion on MG.
Methods	The literature on acupuncture and moxibustion treating MG in PubMed, CochraneLibrary, EMBASE, SCI, China Academic Journals full-text database, China Biology Medicine disc, VIP and Wanfang database were searched through computers from the establishment of the database to December 2022.
Results	A total of **11 studies were included, involving 658 patients**, where 330 were in the treatment group and 328 in the control group. Meta-analysis showed that the treatment group performed better than the control group in improving the total clinical response rate (OR = 3.26, 95%CI [2.04, 5.21], P < .01) and in raising the absolute clinical score (MD = -3.48, 95%CI [-5.17, -1.78], P < .01). No significant differences were observed for serum interleukin-6 receptor levels (MD = -1.45, 95%CI [-6.85, 3.95], P > .05) or OMG quantitative score (MD = -2.16, 95%CI [-4.85, 0.52], P > .05). Funnel plot asymmetry for total clinical effective rate suggested possible publication bias.
Conclusion	Acupuncture and moxibustion appear to be more effective than conventional Western medicine in improving total clinical effective rate and absolute clinical score in MG patients. However, potential publication bias and limitations of the included studies warrant cautious interpretation.

1.1.2. Xue 2024

Xue H, Zeng L, He H, Xu D, Ren K. Effects of acupuncture treatment for myasthenia gravis: A systematic review and meta-analysis. PLoS One. 2024 Jan 2;19(1):e0291685. https://doi.org/10.1371/journal.pone.0291685

Backgound	Randomized controlled trials (RCTs) of acupuncture for myasthenia gravis (MG) were searched and the efficacy of acupuncture in the treatment of MG was evaluated by meta-analysis.

Methods	We searched for RCTs in six main electronic databases, and collected RCTs of acupuncture treatment for MG from database creation to 28 February 2023. The main outcome was the effective rate and the secondary outcome was the Traditional Chinese Medicine (TCM) relative clinical score, absolute clinical score (ACS) of MG, Quantitive myasthenia gravis score (QMG), quality of life, and adverse events. Odds ratios (ORs) and weighted mean differences (WMD) and 95% confidence intervals (CI) were used to assess pooled effect estimates using Review Manager software.
Results	A total of **14 RCTs** were included. Meta-analysis showed that the effective rate in the acupuncture group was significantly improved compared with conventional Western medicine alone [OR = 4.28, 95% CI (2.95, 6, 22), P<0.005]. The pooled WMDs revealed that TCM relative clinical score [WMD = -2.22, 95% CI = (-2.53, -1.90), P<0.005], ACS of MG [WMD = -3.14, 95% CI = (-3.67, -2.62), P<0.005], and QMG [WMD = -0.88, 95% CI = (-1.46, -0.29), P<0.005] in the acupuncture group was lower than the control group. Adverse reactions related to acupuncture and quality of life were less mentioned among included RCTs.
Conclusion	This meta-analysis demonstrated that acupuncture as an auxiliary may play a positive role in treating MG. It can improve the effective rate of treatment, and reduce TCM relative clinical score, ACS of MG, and QMG. However, the quality of included studies was generally low and caution should be exercised when considering this treatment option. In the future, more rigorous study designs and high-quality RCTs are needed to verify the efficacy of acupuncture in the treatment of MG, because the results of high-quality RCTs are more reliable and accurate.

1.1.3. Zhang 2019

Zhang X, Ding W, Wang Z, Gu X, Zhu W. The effectiveness and safety of acupuncture for the treatment of myasthenia gravis: a systematic review and meta-analysis of randomized controlled trials. Ann Palliat Med. 2019;8(5):576-585. [204154]. DOI

Background	No systematic reviews of acupuncture as a treatment for myasthenia gravis (MG) have been published in English. The aim of our study is to evaluate the efficacy and safety of acupuncture as a treatment for MG.
Methods	We searched for randomized controlled trials (RCTs) in seven main electronic databases. Unpublished articles, including conference papers and Chinese doctoral and master's theses, were also included as supplementary sources. The primary outcome was the relative clinical score (RCS) response rate. We performed a meta-analysis using RR and MD with 95% CI.
Results	**Thirteen RCTs involving a total of 775 participants** were included. Most included trials had a high risk of bias in allocation concealment and blinding. Eleven RCTs used acupuncture as an adjuvant to medication, and this treatment showed a significant improvement in the RCS response rate compared to medication alone (RR: 1.42; 95% CI: 1.06-1.91; P=0.02). The subgroup analysis based on the treatment duration showed a significant effect on the RCS response rate when the treatment duration was longer than 12 weeks (RR: 2.02; 95% CI: 1.31-3.12; P=0.001). In contrast, there was no significant effect of treatment with a duration less than 8 weeks (RR: 1.14; 95% CI: 0.91-1.44; P=0.26). Four RCTs showed a significant difference in the absolute clinical score (ACS) (RR: 3.42; 95% CI: 1.23-5.61; P=0.002). The acupuncture group reported better outcomes. No severe adverse events corresponding to acupuncture were reported.
Conclusions	This meta-analysis suggests that acupuncture as an integrative therapy has a significant positive effect in treating MG. Acupuncture may enhance the efficacy of medication in MG patients. The safety of acupuncture requires further investigation. The clinical significance of these changes needs to be investigated by further studies using rigorous designs and longer follow-up times.

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