

---

# Table des matières

|  |   |
|--|---|
| <b>1. Systematic Reviews and Meta-Analysis</b> ..... | 1 |
| 1.1. Tang 2010 .....                                 | 1 |

---

# Subhealth State

## Etat de sub-santé : évaluation de l'acupuncture

Article connexe : - [zheng et sub-santé](#) -

### 1. Systematic Reviews and Meta-Analysis

#### 1.1. Tang 2010

Tang HL, Pang J, Gao LF, Yang Y, Lei LM, Gan W. [Systematic evaluation on treatment of sub-health with acupuncture-moxibustion and tuina in clinical researches]. Chinese Acupuncture and Moxibustion. 2010;30(8):699-704. [155089].

|                   |  |
|-------------------|--|
| <b>Objective</b>  | To evaluate the therapeutic effect of acupuncture-moxibustion and Tuina massage for treatment of sub-health.   |
| <b>Methods</b>    | A systematic evaluation on randomized controlled trial, quasi-randomized control trial or controlled clinical trial of treatment of sub-health with acupuncture-moxibustion and Tuina was carried out according to the assessment methods recommended by the Cochrane Collaboration.   |
| <b>Results</b>    | There are totally 9 articles and 937 subjects met the inclusion criteria and are included into the assessment system. The average quality of methodologies adopted is not so high, and with many limitations. Meta-analysis or descriptive analysis on the data collected: (1) General effect: Tuina massage therapy is better than auricular-point-pressing therapy; acupuncture is better than self health care; acupoint injection is better than intramuscular injection, Tuina is similar to Chinese herb. (2) Quality of life and pain score: Tuina is better than blank control. (3) Individual effect: the effect of Tuina massage on lassitude is better than acupuncture. (4) Effect on sleep quality index: Tuina massage is better than acupuncture. |
| <b>Conclusion</b> | There are not enough evidences to approve that the effect of acupuncture-moxibustion and Tuina massage on sub-health is better than that of other therapies. Therefore, more high quality randomized controlled trials with strict and scientific designation are necessary for obtaining more and better evidences.   |

From: <https://www.wiki-mtc.org/> - Encyclopédie des sciences médicales chinoises

Permanent link: <https://www.wiki-mtc.org/doku.php?id=acupuncture:evaluation:medecine%20interne.%20divers:02.%20etat%20de%20sub-sante>

Last update: 15 Dec 2020 07:56