

# Conditions Treated by Acupuncture

According to the World Health Organization Report on Acupuncture: review and analysis of controlled clinical trials, acupuncture has been shown to be an effective treatment option for the following conditions:

## Category 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 rygastrospasm)  
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  
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3. Disease and disorders that can be treated with acupuncture  
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

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Acupuncture: review and analysis of controlled clinical trials

Colour blindness

Deafness

Hypophrenia

Irritable colon syndrome

Neuropathic bladder in spinal cord injury

Pulmonary heart disease, chronic

Small airway obstruction

WORLD HEALTH ORGANIZATION REPORT  
ACUPUNCTURE: REVIEW AND ANALYSIS OF  
REPORTS ON CONTROLLED CLINICAL TRIALS

<http://apps.who.int/medicinedocs/pdf/s4926e/s4926e.pdf>