Correspondence

Electroacupuncture treats premenstrual syndrome based on neuroscience principles

To the Editor,

Premenstrual syndrome (PMS) is a complex issue clinically that can be treated with a variety of adjunctive therapies, including acupuncture, exercise, and manual therapy [1]. Treatment of PMS using acupuncture can be clinically determined according to neuroscience principles to underpin acupuncture point selection, acupuncture duration and stimulation of electroacupuncture parameters [2,3].

PMS is best treated using distant points on both feet that are innervated through different spinal segments, to avoid additional aggravation of dorsal-horn spinal segment sensitization affected by the female reproductive system [4,5]. Yongquan (KI1; one-third the distance from the center to the front of the plantar), the gate of the kidney meridian of foot shaoyin, can be needled bilaterally for 25–30 minutes, with a dense–sparse waveforms, which can be transformed into each other when the dense or sparse wave is terminated. This provides strong hypothalamic activation, through extra segmental and autonomic pathways, to facilitate descending pain inhibition.

This suggested activation of kidney meridian of foot shaoyin would nourish the kidney and strengthen the vital energy thus address disturbance such as PMS.

In this way, traditional acupuncture can be clinically determined and applied according to neuroanatomical principles.

Conflicts of interest

The authors have no conflicts of interest relevant to this article.

References


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