RECOMMENDED ARTICLES

In this issue of the journal, recommended articles are selected from the Korean Journal of Acupuncture (ISSN: 1229-7933) published in Korean and from the Journal of Pharmacopuncture (ISSN: 1226-4849) published in English.

Research Trends on the Thread Embedding Therapy of Obesity in Traditional Chinese Medicine
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Abstract

Objectives: The purpose of this effort is to review the thread-embedding treatment studies on obesity in traditional Chinese medicine.
Methods: We reviewed 59 studies on cat-gut-embedding treatment of obesity that were published from 2005 to 2012. The studies were searched using the database CAJ (China Academic Journals; 中國期刊全文數據庫)(2005~2012).
Results: The selected 59 studies were divided into 27 case series and 32 control studies. The number of studies has increased since 2005, more rapidly increasing in 2011~2012. Most case series reported were on the effectiveness of thread-embedding monotherapy for treating obesity. Reported control studies were on the effectiveness of thread-embedding treatment compared with acupuncture, electroacupuncture, and medicine. Most studies on thread-embedding treatment of obesity showed that its effectiveness was very good.
Conclusions: Many reports on studies of thread embedding for the treatment of obesity in traditional Chinese medicine have been published. We believe that these studies can be applied to clinical practice and basic research in Korea.
Keywords: obesity, thread embedding, implantation, traditional Chinese medicine

Changes of Regional Homogeneity and Amplitude of Low-frequency Fluctuation in a Resting-State Induced by Acupuncture
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Abstract

Objectives: Our study aimed to investigate the sustained effects of sham (SHAM) and verum acupuncture (ACUP) in the post-stimulus resting state.
Methods: In contrast to previous studies, in order to define the changes in the resting state induced by acupuncture, we evaluated the changes with a multi-method approach by using regional homogeneity (ReHo) and the amplitude of the low-frequency fluctuation (ALFF). Twelve healthy participants received SHAM and ACUP stimulation at the right GB34 (Yanglingquan), and the neural changes between post- and pre-stimulation were observed.
**Results:** The following results were found: In both ReHo and ALFF, the significant foci of the left and the right middle frontal gyrus, the left medial frontal gyrus, the left superior frontal gyrus, and the right posterior cingulate cortex, which are known to be a default mode network, showed increased connectivity. In addition, in ReHo, but not in ALFF, brain-activation changes in the insula, anterior cingulate cortex, and the thalamus, which are associated with acupuncture pain modulation, were found.

**Conclusions:** In this study, results obtained by using ReHo and ALFF show that acupuncture can modulate the post-stimulus resting state and that ReHo, but not ALFF, can also be used to detect the neural changes that are induced by acupuncture stimulations. Although more future studies with ReHo and ALFF will be needed before any firm conclusions can be drawn, our study shows that particularly ReHo may be an interesting method for future clinical neuroimaging studies on acupuncture.

**Keywords:** fMRI, regional homogeneity, amplitude of low-frequency fluctuation, acupuncture, rest, post effect

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**A Study on Cosmetic Acupuncture Through Anatomy and Physiology Interpretation**

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**Abstract**

**Objectives:** The purpose of this study is to investigate the mechanism of cosmetic acupuncture through a reinterpretation of anatomy and physiology.

**Methods:** The causes of wrinkle increases and of rapid aging of facial skin were studied, and the theoretical system of cosmetic acupuncture treatment was analyzed through a reinterpretation of anatomy and physiology.

**Results and Conclusions:** An increase in wrinkles and a rapid aging of facial skin are caused by xerosis. The skin’s condition represents the condition of the subcutaneous muscle. The skin easily becomes dry because of the heat produced by craniofacial area. The craniofacial area always generates a large physiological fever because of the muscles. This physiological fever is produced from the muscles that are responsible for maintaining skull suture, controlling the movement of the temporomandibular joint, and maintaining head and neck posture. Controlling this fever is the crux of the cosmetic acupuncture mechanism. These muscles correspond to the Foot Taeyang meridian-muscle, the Foot Soyang meridian-muscle and the Foot Yangmyung meridian-muscle. Cosmetic acupuncture is effective for preventing facial skin from aging and wrinkling due to the mechanical stimulation of the facial muscles and for controlling the production of heat in the craniofacial part of the meridian-muscle system.

**Keywords:** anti-aging, cosmetic acupuncture, skull and facial fever

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**Antihyperlipidemic Activity of the Ethyl-acetate Fraction of Stereospermum Suaveolens in Streptozotocin-induced Diabetic Rats**

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**Abstract**

**Objectives:** Dyslipidemia in diabetes mellitus is a significant risk factor for the development of cardiovascular complications. The aim of this study was to evaluate the effect of the ethyl-acetate fraction of an ethanolic extract from Sterospermum suaveolens on lipid metabolism in streptozotocin (STZ)-induced diabetic rats.

**Methods:** Diabetes was induced by intraperitonial injection of STZ (50 mg/kg). Diabetic rats were treated with an ethyl-acetate fraction orally at doses of 200 and 400 mg/kg daily for 14 days. On the 15th day, serum lipid profiles, such as total cholesterol (TC), triglycerides (TG), low-density lipoprotein (LDL), and high-density lipoprotein (HDL), were estimated in experimental rats. The atherogenic (AI) and the coronary risk (CRI) indices were also evaluated.

**Results:** The ethyl-acetate fraction at doses of 200 and 400 mg/kg significantly (P < 0.001) and dose-dependently reduced serum cholesterol, triglycerides and LDL, but increased HDL towards near normal levels as compared to diabetic control