

# World Health Organization

The following is an excerpt from an official WHO document entitled "Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials."

The diseases or disorders for which acupuncture therapy has been tested in controlled clinical trials reported in the recent literature can be classified into four categories as shown below.

## **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 gastrospasm)  
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

## **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's disease  
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)

**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  
Colour blindness  
Deafness  
Hypophrenia  
Irritable colon syndrome  
Neuropathic bladder in spinal cord injury  
Pulmonary heart disease, chronic  
Small airway obstruction

**Diseases, symptoms or conditions for which acupuncture may be tried provided the practitioner has special modern medical knowledge and adequate monitoring equipment:**

Breathlessness in chronic obstructive pulmonary disease  
Coma  
Convulsions in infants  
Coronary heart disease (angina pectoris)  
Diarrhoea in infants and young children  
Encephalitis, viral, in children, late stage  
Paralysis, progressive bulbar and pseudobulbar