

[Effects of electroacupuncture of Sanyinjiao (SP 6) on genito-endocrine in patients with perimenopausal syndrome]

[Article in Chinese]

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OBJECTIVE: To observe the regulative effect of electroacupuncture (EA) of Sanyinjiao (SP 6) on genito-endocrine in patients with perimenopausal syndrome (PMS). METHODS: A total of 175 PMS patients (157 cases with complete data) were randomized into EA group (n=81) and medication group (n=76) according to multi-center (3 hospitals) and single-blind control trial method. EA (2/100 Hz, 8-10 mA) was applied to bilateral Sanyinjiao (SP 6) for 30 min, 3 times every week, with one month being a therapeutic course, 3 courses altogether. Patients in medication group were ordered to take nilestriol (2 mg, twice/month for 3 months) and medrysone (2 mg, t. i. d. for 10 days from the 3rd month on). Serum estradiol (E) 2, follicle-stimulating hormone (FSH) and luteinizing hormone (LH) were detected with a chemiluminescence immo-analysis system. RESULTS: After EA treatment, serum FSH and LH contents decreased significantly and serum E2 increased considerably ($P < 0.001$) compared with its basic values. Comparison between two groups showed that FSH, LH and E2 levels in EA group were significantly lower than those of medication group ($P < 0.05$). CONCLUSION: EA of Sanyinjiao (SP 6) has a good regulative effect on reproductive endocrine function in PMS patients.

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