

ESTADO ACTUAL DE LA INVESTIGACIÓN Y EVIDENCIA CIENTÍFICA EN ACUPUNTURA / MTC

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PREFACIO

La Medicina Tradicional China (MTC) es un conjunto de técnicas terapéuticas que tiene sus raíces en teorías médicas y filosóficas de hace más de 2.000 años. Debido a la importancia de la tradición en la cultura china, estas teorías se siguen enseñando en la actualidad. Con el paso de los años, la MTC ha ido adquiriendo una gran relevancia en el mundo occidental, abriéndose camino desde Oriente para implantarse en las estructuras sociales, médicas y científicas de los países occidentales.

La MTC tiene una visión única de la salud y la enfermedad, con un enfoque en el individuo y no en su patología. Además, cuenta con diversos métodos de diagnóstico propios para interpretar los síntomas de cada paciente, lo que se traduce en que, en MTC, dos personas con la misma patología pueden recibir un diagnóstico y tratamiento distintos, adaptándose a sus características individuales.

Así pues, en MTC no existen enfermedades sino enfermos.

Aunque las teorías tradicionales juegan un papel importante en la práctica de la MTC, en las últimas décadas ha ido desarrollándose una visión científica de esta medicina y las distintas técnicas que la componen (Fitoterapia, Tuina, Taichi, Moxibustión, Guasha...). Esto se ha traducido en un aumento exponencial de publicaciones científicas en este campo, incluyendo, tanto estudios sobre su eficacia y efectividad, como sobre sus principales mecanismos de acción. A pesar de todas estas publicaciones, en España existe un gran desconocimiento sobre la investigación científica en MTC.

Al hablar de MTC ésta se asocia únicamente a la Acupuntura, por ser la técnica más utilizada y por tanto más conocida en Occidente. Por ello, los estudios respecto a su eficacia son mucho más numerosos que los referidos al resto de técnicas que integran la medicina oriental. Sin embargo, disciplinas como la Fitoterapia/Farmacopea, la Moxibustión o el Taichi, por ejemplo, están así mismo desarrolladas en los países orientales y arraigadas entre la población, que las consideran, no tan solo técnicas terapéuticas de tratamiento sino terapias preventivas de la salud.

El informe del Observatorio Estado Actual de la Investigación y Evidencia Científica en Acupuntura/MTC se ha dividido en dos partes por razones prácticas debido a su extensión.

En el presente documento Otras Terapias de la MTC, Parte II del informe, se han agrupado las técnicas terapéuticas que conforman la MTC salvo la Acupuntura y sobre las cuales existe evidencia científica: Fitoterapia, Electroacupuntura, Ventosas, Moxibustión, Tuina, Auriculoterapia, Taichi/Qigong, Guasha y Craneopuntura.

Acupuntura, Parte I del informe, objeto de otro documento, se centra exclusivamente en la Acupuntura, sola o combinada con técnicas afines, como la Moxibustión o la Electropuntura.

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SECCIÓN UNO: FITOTERAPIA

La fitoterapia china utiliza materias herbales chinas siendo una rama esencial dentro de la Medicina Tradicional China (MTC). La referencia más antigua a la Materia Médica China la encontramos en el Clásico de Materia Médica de Shennong (Shen Nong Ben Cao Jing, ~220 CE). Se basa en los principios que establece la Medicina Tradicional China y tiene en cuenta la naturaleza, el sabor y el meridiano en el que actúa cada materia.

En los últimos años se ha producido un incremento de las investigaciones y estudios científicos sobre fitoterapia china. Algunos de los más destacados los presentamos a continuación.

ARTRITIS/OSTEOPOROSIS

Una revisión sistemática publicada en 2017 (1) expone que la fitoterapia china debe considerarse una alternativa viable al tener una alta efectividad y seguridad para el tratamiento de la artritis reumatoide, así como para mejorar la función, el dolor y el bienestar en el tratamiento de la osteoartritis de la rodilla (2). Las materias médicas que tonifican el Riñón y activan la sangre pueden ser un método alternativo efectivo para tratar la osteoartritis de la rodilla (3). La fórmula Gui Zhi Shao Yao Zhi Mu, puede tener una efectividad y seguridad igual o superior para tratar la artritis reumatoide en comparación con los medicamentos occidentales, por lo que puede considerarse una alternativa viable a la medicina occidental (4). Un reciente MA sobre la artritis reumatoide establece que el tratamiento combinado con glucósidos totales de la Paeonia puede ser una estrategia más efectiva y segura, aconsejándose como ayudante dado su efecto hepatoprotector y posible regulador de lípidos (5). Una RS y MA de 56 ECAs publicado en Oxidative Medicine and Cellular Longevity confirma que la fitoterapia china, ya sea como terapia adyuvante o como monoterapia, mejora la fisiopatología de pacientes con osteoartritis de rodilla, siendo además bien tolerada y segura en estos pacientes específicos (6). Un MA publicado en Journal of Ethnopharmacology demuestra que añadir una decocción de Duhuo Jisheng a los bisfosfonatos parece ser una estrategia eficaz y segura en el tratamiento de pacientes con osteoporosis (7).

En comparación con el uso solo de la medicina occidental, la decocción Duhuo Jisheng combinada con la medicina occidental mejora la tasa efectiva, las puntuaciones funcionales y los síntomas de los pacientes con espondilitis anquilosante, con una tasa reducida de reacciones adversas (8).

La inyección en el canal sacro combinada con Fufang Wulingzhi Tangjiang puede ser eficaz en el tratamiento del dolor radicular posoperatorio de enfermedades degenerativas lumbares, lo que puede reducir factores inflamatorios como IL-6, IL-1 β y TNF- α . Tiene las ventajas de efecto rápido, tiempo de tratamiento corto, bajo costo, alta seguridad, fácilmente aceptado por los pacientes y sus familias, y digno de popularizarse y aplicarse en la clínica (9).

Los estudios farmacológicos indicaron que este tratamiento herbal MTC podría contribuir a los resultados. Las hierbas medicinales chinas integradas aumentaron potencialmente la eficacia general de los medicamentos antirreumáticos modificadores de la enfermedad convencionales y aliviaron los eventos adversos no deseados en el tratamiento de la artritis reumatoide (10).

Una revisión sistemática muestra que la cápsula Xianling Gubao XLGB parece ser segura y tiene un efecto beneficioso sobre la calidad de vida y el alivio del dolor cuando se usa sola o en combinación con medicamentos convencionales en pacientes con osteoporosis (11). Los hallazgos de este estudio sugieren que la terapia con medicina china patentada puede ser una modalidad de tratamiento alternativa segura y eficaz para la osteoporosis; tiene beneficios potenciales para aliviar los síntomas y mejorar la densidad mineral ósea en comparación con los medicamentos occidentales o los placebos (12).

Los resultados de este metanálisis en red muestran que la aplicación combinada de la cápsula XLGB puede mejorar eficazmente la densidad mineral ósea y la proteína Gla ósea sérica y la fosfatasa alcalina (13).

Según un reciente RS y MA en el tratamiento de la artrosis de rodilla la eficacia de la medicina herbaria china es superior a la del placebo y la de la medicina occidental. (14) (15)

La cápsula de Gukang mejora la densidad mineral ósea y la calidad de vida, acelera el tiempo de curación de la osteoporosis primaria y mejora la tasa efectiva total sin eventos adversos (16).

Las cápsulas de Gushukang pueden tratar eficazmente la osteoporosis primaria y, al combinarse con medicamentos convencionales, aumenta significativamente la densidad mineral ósea, alivia el dolor y mejora los indicadores relacionados con el metabolismo óseo en pacientes con osteoporosis primaria de forma más eficaz (17).

Las materias médicas tonificantes del Riñón pueden aumentar la densidad mineral ósea y disminuir la probabilidad de fracturas en pacientes con osteoporosis primaria (18).

La decocción de Duhuo-Jisheng podría ser una terapia complementaria y alternativa satisfactoria para la artritis reumatoide (19).

ENFERMEDADES RESPIRATORIAS

La fitoterapia china reduce la duración del ciclo natural de las enfermedades respiratorias del tracto superior y alivia sus síntomas (20). También mejora significativamente la función pulmonar y los síntomas del asma agudo (21), especialmente la fórmula Xiaoqinglong demostró mejorar la función pulmonar y reducir las IgE séricas (22). La fitoterapia china es eficaz en el tratamiento para la rinosinusitis crónica (23), siendo la fórmula Yu Ping Feng San beneficiosa para adultos con rinitis alérgica (24). Los efectos de Bu Zhong Yi Qi Tang en pacientes con EPOC mejoran los síntomas clínicos, la capacidad de ejercicio, la función pulmonar y la calidad de vida (25). Una RS publicada en 2019 (26) sugiere que la fitoterapia china puede tener un efecto positivo en la calidad de vida, la distancia recorrida en una prueba de caminata de 6 minutos, y la función pulmonar, siendo segura durante el curso del tratamiento. Un MA publicado en Frontiers in Pharmacology sugiere que las inyecciones de Shenfu, Shenmai o Shenqi Fuzheng combinados con la medicina tradicional sean unos tratamientos óptimos para los trastornos respiratorios crónicos (27).

En conjunto, este estudio de 2023 sugiere que la inyección de Danhong podría mejorar los indicadores hemorreológicos, la función pulmonar, los gases en sangre arterial y las funciones de coagulación de los pacientes con enfermedad pulmonar obstructiva crónica (EPOC). También explica el mecanismo subyacente de la inyección de Danhong contra la enfermedad pulmonar obstructiva crónica (28).

La formula Xiyanping puede mejorar la función pulmonar de pacientes de edad avanzada con exacerbación aguda de la EPOC, reducir la respuesta de hiperreactividad de las vías respiratorias y promover la excreción de esputo (29).

En el tratamiento de pacientes con asma variante de tos, la decocción de Huangqi Xixin es segura y eficaz, beneficia la eficacia clínica y la capacidad de respuesta de las vías respiratorias, reduce la tasa de recurrencia y no tiene efectos adversos (30).

La evidencia actual sugiere que agregar Shufeng Jiedu puede acortar la duración de los síntomas en la neumonía adquirida en la comunidad durante 1 o 2 días (31)

Xiao-qing-long-tang en aplicación oral puede aliviar las puntuaciones totales de síntomas nasales, las puntuaciones de rinorrea y las puntuaciones de obstrucción nasal de la rinitis alérgica. Además es seguro su uso en la práctica clínica (32).

La medicina tradicional china reduce eficazmente la tasa de recurrencia de la rinitis alérgica, ofreciendo a los pacientes un buen pronóstico (33), mientras que la combinación de la medicina tradicional china con la medicina occidental en el tratamiento de la rinosinusitis produce resultados superiores a los de la medicina occidental sola, con una mayor eficacia, menos síntomas nasales y menor inflamación (34).

La evidencia existente sugiere que la decocción de Qingjin Huatan puede mejorar significativamente la función pulmonar, suprimir la expresión de mediadores inflamatorios y mejorar la eficacia clínica en las exacerbaciones agudas de pacientes con enfermedad pulmonar obstructiva crónica de forma segura (35).

SÍNDROME DEL COLÓN IRRITABLE Y DIGESTIVO

Un estudio publicado en Clinical Gastroenterology and Hepatology (35) establece que la fitoterapia china consigue una reducción de los síntomas del síndrome del colon irritable, un aumento de la satisfacción intestinal y la consistencia de las heces, así como una reducción de las heces duras y grumosas, en comparación con el placebo. Los resultados de una reciente RS y MA indican que la acupuntura combinada con fitoterapia es un enfoque de tratamiento efectivo y seguro para el síndrome del colon irritable en pacientes con diarrea, pudiendo ser un método prometedor (36) . El uso de la fórmula Zhizhu Kuangzhong ofrece un resultado superior al placebo en el tratamiento de la dispepsia funcional con síndromes de estrés posprandial (37). La evidencia de un MA publicado en Baltimore sugiere que la MTC podría ser más eficaz en el tratamiento de la gastritis crónica, aunque se requieren estudios más rigurosos (38). En una RS que se realizó para determinar la eficacia de la fitoterapia china para desórdenes digestivos, tales como el síndrome del intestino irritable, la dispepsia funcional y el estreñimiento funcional, se analizaron más de 33 formulaciones herbales y se determinó su eficacia frente a placebo (39). En un ECA se demostró que los gránulos de JianpiQinghua reducen drásticamente los síntomas en pacientes con enfermedad por reflujo no erosiva en combinación con los inhibidores de la bomba de protones, *p.ej.* omeprazol(40). Asimismo, se demostró en un ECA, en el cual participaron alrededor de 120 pacientes con colitis ulcerosa moderadamente activa, que unos gránulos de Qing-Chang-Hua-Shi fueron más eficaces que el placebo en cuanto a remisión clínica y cicatrización de la mucosa, así como en la desaparición de mucosidad/sangre en las heces (41). Por otro lado, se ha publicado recientemente en Plos One una RS y MA (donde se han incluido 679 participantes) demostrando que el medicamento tradicional Kampo Bofutsushosan mejora significativamente el índice de masa corporal en participantes con obesidad en comparación con

el grupo control (42). Otro MA confirma la mayor eficacia de la la fitoterapia china en el tratamiento de la constipación producida por fármacos antipsicóticos (43).

Según una reciente RS y MA publicado en *Medicine* (Baltimore) la fitoterapia china ha demostrado tener una buena eficacia clínica y seguridad en el tratamiento de la obesidad (44).

En comparación con el cuádruple estándar, los medicamentos tradicionales chinos combinados con éste generalmente tienen un mejor efecto clínico y una mayor seguridad en pacientes con gastritis asociada a *Helicobacter pylori* (H. Pylori) La decocción de Banxia Xiexin, Xiangsha Liujunzi y la decocción de Huangqi Jianzhong se recomiendan según la condición del paciente y las necesidades en la práctica clínica (45).

Un estudio RS y MA de 2022 sugiere que la cápsula de Jinghua Weikang con una duración de 4 semanas puede mejorar significativamente la tasa de erradicación de *Helicobacter pylori* y debe considerarse como un tratamiento complementario a los regímenes convencionales para su erradicación (46).

Las cápsulas de Shouhui Tongbian son eficaces para tratar el estreñimiento funcional, especialmente el estreñimiento funcional de los ancianos, el estreñimiento causado por la quimioterapia tumoral y el estreñimiento concomitante de la enfermedad (47).

Según un reciente ECA la decocción de Shenling Chengqi puede mejorar eficazmente los síntomas gastrointestinales, el estado nutricional y la dinámica gastrointestinal en pacientes con sepsis. Tiene alta seguridad y es digno de promoción clínica (48) .

El tratamiento con Shenling Baizhu San se asoció con una mejora significativa en la satisfacción informada por el paciente con diarrea crónica, independientemente del uso de medicamentos convencionales (49) .

La combinación de la decocción de Gegen Qinlian con la medicina occidental convencional demuestra una eficacia y seguridad prometedoras en el tratamiento de la diarrea infecciosa (50). La medicina tradicional china también muestra un efecto favorable sobre la diarrea poscolecistectomía (51).

Los hallazgos de un reciente estudio publicado en *Phytotherapy research* sugieren que el regaliz puede mejorar la función hepática (52). Dachaihu presenta ventajas sobre el tratamiento convencional del hígado graso no alcohólico mejorando la función hepática y la regulación del metabolismo lipídico (53).

Según un reciente estudio publicado en *Frontiers in cardiovascular medicine* en 2024 en comparación con la medicina occidental sola, el uso de prescripciones chinas se asoció con un menor riesgo de eventos cardiovasculares y una mejora en los perfiles lipídicos, asociándose con niveles basales de colesterol de lipoproteínas de baja densidad y triglicéridos (54).

La decocción de *Sijunzi* modificada demostró una eficacia superior a la de la medicina occidental convencional en el tratamiento de la gastritis atrófica crónica, demostrándose que mejoraba la tasa de erradicación de *Helicobacter pylori*, reducía los síntomas, mejoraba la calidad de vida y los indicadores relacionados con el pepsinógeno con un alto nivel de seguridad (55).

DEPRESIÓN E INSOMNIO

Los hallazgos de la RS realizada en 2018 (56) muestra el beneficioso efecto antidepresivo de la fitoterapia china para la depresión postparto. Así como las ventajas de Chai Hu Shu Gan San en

el tratamiento de la depresión, especialmente en la depresión post-ictus y la depresión postparto (57) . Los hallazgos de una RS publicada en 2019 brindan apoyo para el uso rutinario de la fitoterapia china para la depresión (58), mostrando efectos potencialmente beneficiosos sobre los síntomas depresivos y clínicos relacionados con la intervención coronaria pospercutánea (59). Los resultados de un metanálisis indicaron que la fitoterapia china podría mejorar significativamente los síntomas del insomnio frente al placebo para pacientes con insomnio primario (60). Una RS demuestra que la fórmula antidepresiva de Gardenia Fructus puede considerarse un tratamiento alternativo eficaz y seguro para la depresión en pacientes con diabetes(61). Un MA publicada a principio de 2022 demuestra que la Paeoniflorina, un compuesto bioactivo extraído de una planta de uso común en medicina china, la Paeonia Lactiflora Pall, puede mejorar significativamente los síntomas depresivos en animales y sugiere que puede ser una terapia potencial para pacientes con depresión (62).

Un reciente metanálisis mostró una mejor eficacia clínica total y una puntuación más baja en el índice de calidad del sueño de Pittsburgh (PSQI) con cápsulas combinadas de Shugan Jieyu y medicina occidental en comparación con la medicina occidental sola. Los resultados secundarios mostraron que el grupo de la cápsula Shugan Jieyu redujo significativamente las reacciones adversas y mejoró la duración del sueño, el despertar nocturno, las pesadillas con sueños excesivos, la somnolencia diurna y la falta de energía (63) .

La decocción de Suanzaoren sola o en combinación con la medicina occidental puede aumentar la tasa de eficacia clínica, reducir la tasa de recurrencia, mejorar la calidad de vida de los pacientes con insomnio crónico y disminuir la incidencia de efectos adversos (64).

Un metanálisis de 2022 sugiere que la fórmula herbal china combinada con el tratamiento con metformina es prometedora para la modulación de la microbiota intestinal junto con la mejora de la hiperglucemia en pacientes con diabetes mellitus tipo 2 (65).

La cápsula Wuling puede mejorar de manera segura y efectiva la calidad del sueño en pacientes con trastorno de insomnio (66) .

Según un artículo publicado en *Sleep medicine*, la Medicina Tradicional China y la acupuntura solas o en combinación con farmacoterapia pueden mejorar de forma segura el sueño en pacientes con accidente cerebrovascular e insomnio (67).

Un metanálisis demostró la eficacia y seguridad de los medicamentos patentados chinos para el insomnio primario como las cápsulas Shugan Jieyu, los comprimidos Shenqi Wuweizi y el líquido oral Tianmeng, que han demostrado sus posibles beneficios (68).

Las combinaciones de medicamentos patentados chinos y antidepresivos mostraron una eficacia superior a la de los antidepresivos solos (69).

Los hallazgos de una RS publicada en *Frontiers in pharmacology* ilustran el potencial terapéutico prometedor de las prescripciones chinas como alternativas viables en el tratamiento de la depresión. Los resultados de este estudio abogan por la integración de estas modalidades alternativas en los paradigmas contemporáneos de manejo de la depresión (70).

Una reciente RS sugiere que *Scutellaria baicalensis* puede aliviar las conductas depresivas y modular los mecanismos subyacentes, por lo que se espera que sea un antidepresivo prometedor (71).

Xiao Yao San muestra un efecto beneficioso en la ansiedad al combinarse con los medicamentos occidentales (72).

Las semillas de *Arecae* puede lograr mejores efectos terapéuticos, aliviar los síntomas relacionados con la depresión con una menor incidencia de eventos adversos y proporcionar una terapia complementaria potencialmente efectiva y segura para los pacientes con depresión (73).

NEUROLOGÍA

Una investigación publicada en la revista *Medicine* (74) sugiere que la fitoterapia china es efectiva para la recuperación del accidente cerebrovascular. Los hallazgos de una RS publicada por *Frontiers in Aging Neuroscience* en 2018 (75) apoyan el uso complementario con fitoterapia china para la enfermedad del Parkinson. Por otra parte, se ha mostrado que la fitoterapia china es beneficiosa y puede recomendarse de forma rutinaria para la demencia vascular según un estudio publicado por el *Journal of Alzheimer's Disease* (76), así como también se han visto beneficios de la fitoterapia china en el deterioro cognitivo leve (77) . Una RS y MA publicada en 2019 sugiere que la MTC parece ser una terapia bien tolerada y con efectos beneficiosos para pacientes con espasticidad tras un accidente cerebrovascular, al reducir la espasticidad y mejorar las actividades diarias de estos pacientes (78). Según una RS y MA publicada en 2020 (79), la fórmula *Danggui Shaoyao San* proporciona una reducción clínicamente importante en los síntomas del Alzheimer y la demencia vascular. El uso de la fitoterapia china con *Huangqi* puede beneficiar la fatiga y la calidad de vida en pacientes con accidente cerebrovascular (80). Los resultados de un metanálisis mostraron que la cápsula de *NaoShuanTong* muestra eficacia en el tratamiento del infarto cerebral, puede mejorar la tasa de respuesta general y la función neurológica, aumentar la adiponectina en la sangre, reducir los déficits neurológicos y disminuir el área de la placa aterosclerótica (81). La fitoterapia china puede tener efectos potenciales para mejorar la función cognitiva y la actividad diaria en individuos con Alzheimer en comparación con las terapias de medicamentos convencionales (82). Una ECA muestra que las cápsulas de *Tianshu* es una opción eficaz y bien tolerada para el tratamiento profiláctico de la migraña, y aún tiene efecto profiláctico después de la interrupción del medicamento (83).

La medicina tradicional china oral es un tratamiento eficaz para la migraña vestibular, que ayudaría con los síntomas clínicos, disminuiría el número de ataques de vértigo y la duración de cada vértigo, y mejoraría la calidad de vida de los pacientes (84).

La evidencia clínica existente muestra que las preparaciones de *Danshen* ejercen efectos terapéuticos significativos en pacientes con deterioro cognitivo vascular y pueden mejorar las condiciones inflamatorias en estos pacientes (85).

Las cápsulas compuestas de *Congrong Yizhi* combinadas con la medicina occidental que modifica la cognición pueden mejorar la función cognitiva, los síntomas de comportamiento mental y las actividades de la vida diaria en pacientes con enfermedad de Alzheimer con buena seguridad (86).

La decocción de *Buyang Huanwu* es una terapia eficaz y segura para la recuperación del ictus isquémico(87).

Un estudio publicado en *Frontiers of Neurology* sugiere que el uso complementario a corto plazo de la medicina herbaria china podría mejorar la puntuación de la esclerosis lateral amiotrófica y el efecto clínico con un buen perfil de seguridad en comparación con el placebo o el riluzol solo (88).

La decocción de Gunao-Yizhi combinada con donepezil tiene una prevalencia significativa en el tratamiento de la demencia vascular, sin aumento de eventos adversos. La decocción de Gunao-Yizhi se puede recomendar para el uso rutinario en el tratamiento de la demencia vascular (89). La medicina herbaria china, los extractos de hojas de Ginko en particular, podrían ayudar a prevenir la progresión a la demencia y mejorar la función cognitiva y la capacidad de las actividades de la vida diaria (77).

Según este ECA Tianjiang Xueshuantong Wan pueden prevenir eficazmente la lesión por reperfusión después de la trombólisis intravenosa en personas con infarto cerebral al tiempo que mejoran los déficits neurológicos de los pacientes (90) .

Una RS publicada en *Frontiers of Pharmacology* indica que el uso de plantas entre las que se encuentran de fitoterapia china se caracteriza por su baja toxicidad y altos efectos curativos , por lo que se convertirán en opciones terapéuticas indispensables en el campo del tratamiento de la isquemia cerebral (91).

El uso simultáneo de la fitoterapia china y donepezilo parece ser más eficaz que el donepezilo solo para mejorar la función cognitiva del deterioro cognitivo leve, sin provocar un aumento de los eventos adversos (92).

Un MA publicado en *Metabolic brain disease* muestra que los mecanismos subyacentes de Guizhi Fuling en el tratamiento del accidente cerebrovascular isquémico están relacionados principalmente con sus efectos antiinflamatorios, antiateroscleróticos y neuroprotectores (93).

La administración de Panax notoginseng los 14 días posteriores a un ictus isquémico agudo se asocia con resultados funcionales favorables a largo plazo. Además, puede mejorar las actividades de la vida diaria, aliviar los déficits neurológicos y ha demostrado una buena tolerabilidad (94).

La evidencia actual sugiere que la decocción de Buyang Huanwu es efectiva y segura en el tratamiento de la lesión de la médula espinal, lo que justifica su consideración como una terapia complementaria y alternativa (95).

La eficacia de la píldora Xiaoyao combinada con la medicina occidental en el tratamiento de la esquizofrenia es mayor que la de la medicina occidental sola, lo que puede aliviar eficazmente los síntomas positivos y negativos de la esquizofrenia y puede reducir significativamente el nivel de PRL (96).

Yangxue Qingnao es eficaz para el tratamiento de las migrañas (97).

La terapia para calmar el viento y eliminar la flema es un método eficaz y seguro para tratar la epilepsia, aumentar la eficacia clínica, reducir la frecuencia y la duración de las convulsiones, mejorar la calidad de vida de los pacientes y reducir las tasas de reacciones adversas (98).

GINECOLOGÍA

Un estudio sobre el tratamiento de la infertilidad femenina con la fitoterapia china muestra que puede mejorar las tasas de embarazo en un período de 3 a 6 meses. Además, los indicadores de fertilidad, las tasas de ovulación, la puntuación del moco cervical, la temperatura corporal basal y el grosor apropiado del endometrio se vieron influenciados positivamente (99). En un ECA en el cual participaron 2.580 mujeres sometidas a fecundación *in vitro* (FIV) se demostró que el suplemento de Zishen Yutai aumentaba las tasas de nacimientos exitosos en comparación con el placebo (100). Una reciente RS publicada en *PLoS One* (101) indica que las fórmulas de

materias médicas pueden mejorar los síntomas relacionados con los sofocos de la menopausia en las mujeres aumentando el flujo sanguíneo periférico. Otra ECA indica que la *Urtica dioica* puede disminuir los sofocos menopáusicos y aumentar la calidad de vida de las mujeres posmenopáusicas mejor que el control con placebo, pero igual que la acupuntura (102). Según un reciente MA la fórmula Guizhi Fuling como terapia adyuvante a la mifepristona parece tener beneficios adicionales para prevenir la recurrencia de la endometriosis y mejorar el embarazo entre las mujeres con endometriosis (103). Por otro lado, una RS recientemente publicada en *Nutrients* ha confirmado que el hinojo es eficaz tanto como los tratamientos convencionales para tratar el dolor causado en mujeres que sufren de dismenorrea primaria (104). Los resultados obtenidos en un RS y MA indican que la *Salvia Miltiorrhiza* puede ser usada en combinación con el agonista de la hormona liberadora de gonadotropina (GnRH-a) para el tratamiento postoperatorio de la endometriosis, disminuyendo los efectos adversos y aumentando las probabilidades de embarazo futuras (105). Por otro lado, un MA sugiere que la fitoterapia china puede tratar la amenorrea causada por psicofármacos (106). Un MA sugiere que el consumo de suplementos de té en mujeres con síndrome de ovario poliquístico (SOP) podría reducir significativamente los niveles de glucemia e insulina en ayunas, así como reducir el peso corporal. Especialmente el té verde, no solo produce los efectos anteriores, sino que también mejora diferentes índices de hormonas reproductivas. Además, la suplementación con té es una terapia segura para pacientes con SOP (107).

La evidencia actual apoyó que la fitoterapia china podría ser un tratamiento potencial para la amenaza de aborto espontáneo (108).

Guizhi Fuling Wan alivió significativamente la severidad del dolor menstrual en pacientes con dismenorrea primaria con el síndrome de estasis de sangre por quema de calor sin efectos adversos significativos (109).

La pomada Guilu Erxian puede mejorar eficazmente los síntomas clínicos y los resultados de la FIV de pacientes mayores con una respuesta ovárica deficiente del tipo de deficiencia de qi renal. Hubo diferencias en los metabolitos del líquido folicular entre pacientes mayores con mala respuesta ovárica del tipo insuficiencia de Qi de Riñón y mujeres normales. El ácido L-aspartico, la L-alanina, el ácido aminoadípico, la L-asparagina, la L-arginina, la L-serina, el ácido gamma-linolénico, el ácido pentadecanoico y el ácido alfa-linolénico están estrechamente relacionados con pacientes mayores con respuesta ovárica deficiente debido a la deficiencia de Qi de Riñón y pueden inferirse como biomarcadores. El mecanismo de intervención de la pomada Guilu Erxian puede ser principalmente a través del metabolismo de los aminoácidos y la regulación del metabolismo de los ácidos grasos (110).

Los medicamentos chinos patentados combinados con la terapia de reemplazo hormonal (TRH) son más efectivos que la TRH sola en el tratamiento de la insuficiencia ovárica prematura. Las píldoras de Zuogui ayudan a disminuir la hormona estimulante del folículo (FSH) y la hormona luteinizante (LH) y son más efectivas para mejorar la tasa de respuesta clínica total; La cápsula Xuefu Zhuyu también es eficaz para disminuir la FSH. La cápsula de Ziheche mejora el nivel de estradiol; La cápsula de Kuntai muestra la incidencia más baja de reacciones adversas (111).

Los resultados sugieren que la MTC combinada con Dienogest es superior a Dienogest o a la MTC sola y se puede utilizar como tratamiento complementario para la endometriosis. Un estudio RS y MA evidencia que las fórmulas de MTC tienen potencial para mejorar la eficacia clínica y reducir los efectos secundarios de Dienogest (112). Algunas fórmulas chinas de fitoterapia muestran beneficios en la endometriosis (113).

La evidencia de este Metanálisis sugiere que la decocción de Cangfu Daotan parece ser un tratamiento eficaz y relativamente seguro para el síndrome de ovario poliquístico (SOP) (114).

La píldora Dingkun se muestra prometedora en la modificación de los parámetros reproductivos y metabólicos en pacientes con SOP y puede usarse como opción principal en terapias convencionales o complementarias para el SOP (115).

Un estudio RS y MA evidencia un efecto terapéutico de la MTC en mujeres infértiles con insuficiencia lútea, y que puede mejorar el nivel de progesterona y estradiol en la fase lútea y la tasa de embarazo clínico, con pocos efectos secundarios según los estudios actuales (116).

La decocción de Wenjing puede ser efectiva en el tratamiento de pacientes con infertilidad por trastorno ovulatorio (117).

Según un reciente ECA las píldoras Qizi Yusi pueden mejorar la capacidad de reserva ovárica y la respuesta ovárica, y posiblemente promover la receptividad endometrial. Qizi Yusi mejora eficazmente las tasas de embarazo acumuladas en pacientes mayores (≥ 35 años) que se someten a fertilización in vitro-transferencia de embriones (118).

La fitoterapia china tiene efectos beneficiosos en el dolor asociado a la endometriosis (119). El tratamiento combinado con Guizhi Fuling podría aumentar la tasa de efectividad clínica en pacientes con endometriosis y reducir el nivel sérico de antígeno carbohidrato 125, estradiol, metaloproteinasas de matriz, las puntuaciones de dolor y el diámetro del quiste ectópico. El mecanismo potencial podría estar vinculado a la modulación de los receptores hormonales y la inflamación (120).

Una reciente RS de 2024 publicado en *Frontiers of Pharmacology*, demuestra que la prescripción Yulinzhu puede tratar eficazmente el síndrome de ovario poliquístico, incluida la regulación hormonal, las acciones antiinflamatorias y la neuroprotección (121).

Según una reciente RS y MA publicado en *European journal of obstetrics, gynecology, and reproductive biology*, la suplementación con canela demuestra efectos prometedores sobre el peso corporal, el azúcar en sangre, el colesterol total, el LDL y la resistencia a la insulina en mujeres con SOP, lo que indica su potencial para mitigar los factores de riesgo cardiovascular asociados con esta afección (122).

La Fitoterapia china es una opción viable en el tratamiento a largo plazo del quiste endometriósico ovárico posoperatorio, con el potencial de mejorar la eficacia clínica al tiempo que disminuye la recurrencia y los efectos adversos (123).

Los resultados de un reciente ECA muestran que la fórmula Bushen Culuan es segura en el tratamiento de la infertilidad por trastornos ovulatorios causados por hiperprolactinemia, con efectos notables (124).

Según los resultados de un reciente RS, la combinación de la cápsula Kuntai con la terapia hormonal parece mejorar el recuento de folículos antrales, la hormona antimülleriana y los niveles de hormona folículo estimulante de las pacientes con reserva ovárica disminuida. La cápsula Kuntai sola parece mejorar el recuento de folículos antrales y los niveles de hormona folículo estimulante de las pacientes con reserva ovárica disminuida (125).

La píldora Dingkun agregada a la terapia convencional de estrógeno/progestágeno puede mejorar significativamente el grosor del endometrio y la función lútea en pacientes que acuden por infertilidad (126).

Un estudio muestra evidencia de que las fórmulas de la medicina tradicional china combinadas con la acupuntura son un enfoque de tratamiento efectivo y seguro en el tratamiento de la infertilidad por disfunción ovulatoria (127). La fórmula de Guizhi Fuling como terapia adyuvante puede mejorar las tasas de ovulación y embarazo en mujeres con SOP. Sus efectos beneficiosos pueden estar relacionados con la reducción de la FSH, la testosterona total y la LH y con la mejora de la resistencia a la insulina (128) (129).

El tratamiento con flavonoides totales de Epimedium demostró ser una opción alternativa confiable para la osteoporosis primaria (130). Según un reciente ECA de 2024 Las píldoras Xiaoyao combinadas con alendronato pueden mejorar la densidad ósea en pacientes posmenopáusicas con osteoporosis (131).

PEDIATRÍA

Los resultados de un reciente estudio publicado en la revista International Journal of Pediatric Otorhinolaryngology (132) muestran que la fitoterapia china tiene buena eficacia clínica y seguridad en la hipertrofia adenoidea pediátrica. Además, un ECA publicado en 2021 confirma que la decocción de XiaojiDaozhi representa un método seguro y eficaz para el tratamiento del estreñimiento infantil (133).

La terapia adyuvante con gránulos de Yupingfeng mejora la eficacia clínica y la inmunidad en niños con infecciones recurrentes del tracto respiratorio (134).

Según este estudio RS y MA la monoterapia con fitoterapia oriental puede ser útil para los niños con trastorno por déficit de atención con hiperactividad que sufren los efectos secundarios de la medicina convencional. El estudio evidencia que la formula MTC tiene efectos similares a los de la medicina convencional, pero con menos efectos secundarios (135).

Según un reciente estudio publicado en Medicine (Baltimore) la terapia de baños de hierbas chinas es un tratamiento eficaz para los niños con dermatitis atópica en China (136).

Huai Qi Huang puede reducir la tasa de recurrencia de los niños con síndrome nefrótico primario y la incidencia de infección y la dosis de prednisona. Una aplicación a largo plazo puede mejorar la función inmune celular y humoral de los niños con síndrome nefrótico primario. Tiene una alta seguridad en el tratamiento y no tiene un efecto notable sobre los niveles de colesterol plasmático, por lo que es adecuado para su aplicación clínica (137).

El uso combinado de los medicamentos antivirales y líquidos orales de Pudilan Xiaoyan podría mejorar efectivamente las paperas entre los niños y aliviar rápidamente sus síntomas. Esta eficacia puede estar asociada con los mecanismos antiinflamatorios y antivirales mediante los cuales actúa el líquido oral Pudilan Xiaoyan usando múltiples componentes, múltiples objetivos y múltiples vías (138).

Un estudio RS y MA sobre la convalecencia de neumonía, incluyó en el tratamiento de fitoterapia china la inyección de Danshen, la decocción de Liujunzi, la decocción de Qingfei Tongluo, la decocción de Yiqi Huoxue, el gránulo de Yupingfeng, el gránulo de XiaoErFeiKe, la decocción de Sha-Sheng-Mai-Dong, etc. Los resultados indicaron que la medicina herbal china combinada con la medicina occidental o la medicina china sola mejoraron la tasa efectiva clínica total, redujeron

el tiempo de alivio de la tos, tiempo de desaparición de los estertores pulmonares y la duración de la estancia hospitalaria (139).

La decocción de Gegen Qinlian puede tener ciertas ventajas en el tratamiento de la diarrea pediátrica (140).

El tratamiento integrado de medicina tradicional china y medicina occidental es superior al de la medicina occidental sola para tratar la bronquiolitis en términos de eficacia clínica, tiempo de hospitalización y tasa de recurrencia, sin aumento en la tasa de reacciones adversas. La MTC es útil como terapia alternativa para la bronquiolitis viral (141).

Una reciente RS publicada en *Frontiers in Pharmacology* muestra que la medicina tradicional china combinada con azitromicina en el tratamiento de la neumonía por micoplasma en niños tiene una eficacia clínica y seguridad favorables (142).

ONCOLOGÍA

Cuidados paliativos y dolor

Los resultados de una revisión sistemática publicada en 2019 (143) muestran que la tonificación del Qi y la nutrición del Yin combinando la fitoterapia con quimioterapia tiene mejor eficacia clínica. La fitoterapia china como adyuvante puede aliviar la mielosupresión inducida por la quimioterapia o la radioterapia, reducir la toxicidad de grado III-IV y mantener la dosis terapéutica y el ciclo de tratamiento (144). Un estudio publicado en *Current Oncology* en 2017 (145) indica que la fitoterapia china puede ser considerada una estrategia de terapia de mantenimiento eficiente y segura, y se considera como un complemento a la atención convencional en el tratamiento del dolor en pacientes con cáncer, así como una alternativa a la atención convencional para reducir el estreñimiento (146).

La fitoterapia china combinada con quimioterapia puede mejorar las tasas de respuesta objetiva y las tasas de control de la enfermedad más que la quimioterapia sola (147). Los resultados de una RS y MA reciente mostraron que la fórmula Danshen combinada con quimioterapia para el tratamiento del cáncer eran mejores que el tratamiento farmacológico convencional solo (148). Una reciente ECA publicada en 2019 mostró la eficacia de los gránulos de Shen Cao para disminuir la trombocitopenia inducida por la quimioterapia, acortaron la duración de la trombocitopenia y redujeron la duración de la hospitalización y los costos (149).

Los resultados de una RS y MA publicado en *The Journal of Cellular Biochemistry* demostraron que complementar el Qi y nutrir el Yin combinado con quimioterapia tendría una mejor tasa de eficacia clínica (143). Y un metanálisis realizado en 2019 muestra que los productos naturales relacionados con *C. versicolor* y *Ganoderma lucidum* podrían tener beneficios potenciales en la supervivencia general y la calidad de vida en pacientes con cáncer (150).

La medicina china oral combinada con la medicina occidental podría aliviar significativamente el dolor del cáncer, mejorar la calidad de vida, disminuir el tiempo primario del dolor, prolongar el tiempo de duración del analgésico, reducir la dosis de analgésicos y los eventos secundarios (151). Los resultados sugieren que la MTC podría ser un tratamiento eficaz para aliviar el dolor, especialmente el más intenso y la interferencia del dolor, así como para mejorar la calidad de vida causada por los síntomas musculoesqueléticos relacionados (152). Por ejemplo, se ha descrito la eficacia de la medicina china para tratar la neuropatía periférica inducida por la

quimioterapia, con una consecuente mejora de la calidad de vida de los pacientes (153). El efecto positivo de la fitoterapia china está relacionado, entre otros, con la inmunomodulación y funciones de las células NK contra el cáncer (154). En una RS y MA que se publicó recientemente en *Frontiers in Pharmacology* donde se incluyeron 3234 pacientes con dolor causado por el cáncer, además de confirmar los beneficios de la fitoterapia china en la mejora del dolor de estos pacientes y de la consecuente disminución de los opioides como tratamiento paliativo, el estudio detectó también las combinaciones de hierbas más frecuentemente utilizadas para pacientes de cáncer en Asia Oriental (155).

Utilizar el ginseng y sus componentes activos es una opción razonable como terapia adyuvante para el cáncer de pulmón de células no pequeñas (156).

La preparación medicinal china tradicional que contiene astrágalo puede aliviar eficazmente los síntomas clínicos de la lesión pulmonar inducida por la radiación, reducir los efectos secundarios tóxicos y es segura para usar en la práctica clínica (157).

La MTC combinada con quimioterapia puede mejorar la tasa efectiva y la tasa de supervivencia del cáncer gástrico y reducir la incidencia de náuseas y vómitos después de la quimioterapia (158).

Ginecología

La fitoterapia china mejora el índice clínico en el tratamiento del cáncer cervical y las verrugas genitales como resultado de su regulación en la apoptosis celular, la expresión de genes virales, las vías de transducción de señales celulares y la función inmunológica del cuerpo (146). La terapia de desintoxicación de la MTC tiene buenos resultados en la mejora de la tasa del virus del papiloma humano, aumentando la tasa de regresión de la neoplasia intraepitelial cervical y el cáncer cervical, así como impactando en la proporción de algunas células inmunes y niveles de citoquinas (159).

Una RS publicada en *Frontiers in Oncology* indicó que la combinación de la MTC con la medicina occidental es un método efectivo y seguro como tratamiento para pacientes con cáncer de ovario después de la cirugía de reducción y quimioterapia adyuvante (160).

La medicina herbal china muestra beneficios clínicos para los pacientes con cáncer de mama en términos de respuesta tumoral y supervivencia (161). En combinación con la medicina occidental es beneficiosa en el tratamiento del cáncer de pecho, mejorando la calidad de vida y disminuyendo los sofocos (162). Otro ECA indica que la fórmula Xiaoaiping puede mejorar la alopecia, las náuseas, los vómitos y los síntomas de diarrea, el recuento de glóbulos blancos, los niveles de aminotransferasa y la calidad de vida en pacientes con cáncer de mama (163). La *Trametes robiniophila* Murr (Huaier) se utiliza en China desde hace 1600 años y en una RS publicada en *Biomedicine and Pharmacotherapy* se ha demostrado que es eficaz frente a diferentes neoplasias, especialmente podría inhibir notablemente, y sin producir toxicidad, la progresión del cáncer de mama, mejorar la respuesta inmune y aumentar la sensibilidad a la radio y quimioterapia (164).

Un estudio sugiere que las fórmulas medicinales chinas combinadas con quimioterapia parecen ser un enfoque de tratamiento eficaz y seguro para el cáncer de mama (165).

Un artículo revela que la MTC es eficaz y segura contra el cáncer de ovario avanzado y que las hierbas chinas ejercen efectos sobre la enfermedad a través de mecanismos de múltiples objetivos, múltiples componentes y múltiples vías (166).

La TCM más quimioterapia tiene ventajas obvias sobre la quimioterapia sola en términos de respuestas tumorales, calidad de vida, niveles de linfocitos en sangre periférica y menos eventos adversos en el tratamiento del cáncer ginecológico (167).

La adición de la píldora/cápsula de Xihuang en la terapia antitumoral convencional del cáncer de mama puede inhibir la progresión del tumor, mejorar la calidad de vida del paciente, reducir las reacciones tóxicas, regular la inmunidad y reducir los marcadores tumorales (168).

La decocción de hierbas chinas combinada con atención psicológica puede mejorar los síntomas clínicos, aliviar los efectos tóxicos y secundarios y mejorar la calidad de vida de las pacientes con cáncer de endometrio con quimioterapia posoperatoria (169).

La acupuntura combinada con hierbas chinas muestra una reducción en el tamaño a nivel uterino, disminuye los niveles hormonales y mejora la calidad de vida (170). La medicina tradicional china combinada con quimioterapia es superior a la quimioterapia sola para mejorar la tasa de eficacia terapéutica después de la cirugía de cáncer de mama, reducir las reacciones adversas de la quimioterapia y mejorar la función inmunológica (171).

La combinación de quimioterapia adyuvante con la decocción de Yiqi Yangyin podría mejorar la calidad de vida postoperatoria, mejorar la eficacia terapéutica y reducir las reacciones adversas en pacientes con cáncer de mama (172).

Según un reciente metaanálisis publicado en la revista Medicine (Baltimore) indica que los métodos de tonificación renal de la medicina tradicional china pueden tener un efecto terapéutico positivo sobre la pérdida ósea y la osteoporosis después de la terapia endocrina en pacientes con cáncer de mama con receptores hormonales positivos, demostrando una buena tolerabilidad y seguridad. Dada la evidencia actual, se recomienda incluir los métodos de tonificación renal de la medicina tradicional china como un enfoque terapéutico complementario en los protocolos de tratamiento (173).

Xerostomía

También se han visto beneficios potenciales para mejorar la función salival y reducir la gravedad de la boca seca en pacientes con cáncer (174), así como una ventaja en la prevención de la mucositis oral inducida por radiación (175).

Cáncer colorrectal, gástrico, hígado y páncreas

Según una RS y MA publicada en 2019 (176) la fitoterapia china puede tener el potencial de mejorar la eficacia de la quimioterapia para el cáncer colorrectal. Los resultados de otro reciente metaanálisis mostraron que la medicina china a base de astrágalo combinada con quimioterapia en el tratamiento del cáncer colorrectal puede aumentar la eficacia de la tasa de respuesta tumoral, reducir las reacciones adversas asociadas a los agentes quimioterapéuticos y mejorar la calidad de vida en comparación con la quimioterapia sola (177).

Los estudios actuales han demostrado que los compuestos de hierbas chinas, las materias medicinales individuales y los componentes monoméricos pueden tratar el cáncer colorrectal al

regular la microbiota intestinal, Xiao Yao San puede aumentar la abundancia de Bacteroides, Lactobacillus y Proteus y disminuir la abundancia de Desulfovibrio y Rickerella (178). Según una reciente RS y MA, la fitoterapia china puede aliviar la neutropenia / leucopenia inducida por la quimioterapia en adultos con cáncer colorrectal (179). Las inyecciones de hierbas chinas podrían aumentar la tasa de respuesta objetiva, de control de enfermedades y la tasa de supervivencia a 1 año, mejorar la calidad de vida y aliviar la leucopenia, las náuseas, los vómitos y la diarrea inducidos por la quimioterapia cuando se combinan con la quimioterapia a base de oxaliplatino en el tratamiento avanzado del cáncer colorrectal (180).

Clínicamente, según un reciente estudio publicado en Phytomedicine, la formulación de Fuzheng Jiedu Xiaoji combinada con la quimioembolización arterial transcatéter prolongó significativamente la supervivencia promedio y la supervivencia libre de progresión y redujo la tasa de mortalidad de los pacientes con carcinoma hepatocelular. Mecánicamente, la formulación de Fuzheng Jiedu Xiaoji inhibió eficazmente la proliferación y migración de las células de cáncer de hígado mediante la modulación de las vías AKT / CyclinD1 / p21 / p27, y puede ser un fármaco prometedor de la medicina tradicional china para la terapia contra el carcinoma hepatocelular (181). Las fórmulas de fitoterapia chinas son un método de tratamiento eficaz para curar el cáncer de hígado primario en la etapa media-avanzada. Adoptar el principio de fortalecimiento de Qi presenta una mejor eficacia a largo plazo al prolongar la duración de la supervivencia. Las fórmulas medicinales chinas tienen la ventaja de reducir ciertos eventos adversos graves (182). Una combinación de tratamiento convencional e inyección de Kang-ai podría ser más eficaz para mejorar la eficacia clínica del tratamiento del carcinoma hepatocelular, en comparación con el tratamiento convencional solo (183).

El astrágalo combinado con quimioterapia a base de platino tuvo una mejor eficacia y menos efectos secundarios en el tratamiento del cáncer gástrico avanzado (184). La inyección de Shenmai puede remodelar la homeostasis de factores pro angiogénicos y anti-angiogénicos para promover la normalización de los vasos tumorales y, por lo tanto, mejorar la administración de fármacos y el efecto antitumoral (185).

Los medicamentos de la medicina tradicional china también muestran un alto potencial para tratar el cáncer de páncreas (186).

Los resultados muestran que la quimioterapia basada en capecitabina combinada con la medicina tradicional china en el tratamiento del cáncer colorrectal aumenta la eficiencia de la tasa de respuesta objetiva y la tasa de control de la enfermedad, reduce las reacciones adversas asociadas a los agentes quimioterapéuticos y mejora la calidad de vida en comparación con la quimioterapia sola (187).

La combinación de hierbas que contienen *Atractylodes macrocephala* con quimioterapia neoadyuvante en el tratamiento del cáncer gástrico avanzado mejora la eficacia, mejora el pronóstico y reduce los efectos adversos (188).

La fitoterapia china puede ofrecer posibles beneficios como un enfoque complementario a la terapia anticancerígena posquirúrgica en pacientes con cáncer gástrico (189). La decocción de banxiaxixin benefició la quimioterapia para el cáncer gástrico al regular múltiples objetivos y vías (190).

Según una reciente RS publicada en Medicine (Baltimore) en comparación con los antagonistas de los andrógenos, la medicina china patentada tiene una diferencia significativa en efectividad en el tratamiento del cáncer de próstata (191).

Cáncer de Pulmón

Una RS describió las ventajas del uso de la inyección de Xiao-ai-ping en combinación con quimioterapia a base de platino para cáncer de pulmón no microcítico, siendo eficaz a una baja dosis (<60 ml/d) y seguro a largo plazo, puesto que produjo una mejor respuesta tumoral, mejoró la calidad de vida, atenuó los efectos secundarios adversos y mejoró la función inmunológica (192). Otra RS publicada en *Pharmacological Research* analizó la eficacia y la seguridad de las inyecciones de Aidi en combinación con vinorelbina y cisplatino, también para cáncer de pulmón no microcítico. Los resultados sugieren que la administración combinada puede mejorar la respuesta tumoral con un buen nivel de seguridad (193).

La terapia combinada de la medicina herbal china y los inhibidores de la tirosina quinasa del receptor del factor de crecimiento epidérmico retrasa significativamente la resistencia adquirida mientras mejora el radio de respuesta objetiva a los inhibidores de la tirosina quinasa del receptor del factor de crecimiento epidérmico en el cáncer de pulmón avanzado de células no pequeñas. Además, la medicina herbal china reduce los efectos adversos inducidos por los inhibidores de la tirosina quinasa del receptor del factor de crecimiento epidérmico (194). La prescripción de Yiqi Qingdu puede mejorar los resultados de la medicina occidental en pacientes con cáncer de pulmón de células no pequeñas (195). La evidencia actual sugirió que Lentinan combinado con cisplatino en inyección torácica podría beneficiar a los pacientes con cáncer de pulmón de células no pequeñas (196). Otro reciente estudio proporciona evidencia de la eficacia y seguridad de la inyección de Tanreqing combinada con antibióticos en el tratamiento de la infección pulmonar después de la quimioterapia con cáncer de pulmón (197). En comparación con la quimioterapia a base de platino sola, la inyección de Huachansu más la quimioterapia a base de platino mejoraron la eficacia clínica y aliviaron el cáncer de pulmón de células no pequeñas en pacientes con cáncer de pulmón de células no pequeñas avanzado (198).

Cada vez hay más pruebas de que la MTC es una terapia adyuvante eficaz para los niños con cáncer (199).

La combinación de medicina tradicional china con quimioterapia basada en platino ha demostrado una eficacia superior a la quimioterapia basada en platino sola en el tratamiento del CPCNP (200).

Otros

También se muestran efectos beneficiosos de la fitoterapia china en combinación con el tratamiento convencional para el cáncer nasofaríngeo (201).

Según la investigación de 12 preparaciones a base de materias médicas chinas, se alivian los síntomas depresivos en pacientes con cáncer, ya sean solas o combinadas con antidepresivos o tratamiento psicológico (202).

Prunella vulgaris combinada con tabletas de levotiroxina sódica o tabletas de tiroxina tiene más beneficios para los nódulos tiroideos, mejorando aún más la eficiencia clínica, reduciendo el diámetro de los nódulos y reduciendo la aparición de reacciones adversas (203). Una formulación que contiene astrágalo combinada con quimioterapia, ha demostrado eficacia significativa para el cáncer de cuello uterino, pudiendo además reducir los efectos tóxicos de la quimioterapia (204).

El tratamiento externo con hierbas medicinales chinas es un método eficaz para tratar la neuropatía periférica inducida por quimioterapia, ya que mejoró significativamente los síntomas clínicos y la calidad de vida en pacientes con neuropatía periférica inducida por quimioterapia(153)

Según un reciente ECA publicado en 2023 en Integrative cancer therapies es uso de fitoterapia china tras la quimioterapia mostró buenos resultados reduciendo el riesgo de recurrencia de la enfermedad y metástasis, mejora de la calidad de vida y regulando negativamente la proporción de CTLA-4+Tregs en pacientes con CPNM en estadio IIIA superado (205).

Frontiers in nutrition ha revisado los avances de la investigación y las perspectivas de aplicación del espinoso amarillo y sus componentes activos en los tipos antitumorales, el mecanismo de acción, la protección del hígado, la antirradiación y la toxicología, proporcionando una base teórica para el desarrollo de productos de espinoso amarillo en el campo de la investigación antitumoral y la aplicación clínica (206).

La decocción de Bushen Yiqi Fuzheng combinada con sunitinib puede mejorar significativamente la eficacia clínica y la función inmune posoperatoria de los pacientes con carcinoma de células renales después de la cirugía y regular negativamente los niveles de MMP-9 y TIMP-1 en el suero, lo que es beneficioso para el pronóstico de los pacientes (207). Pingxiao ha mostrado ser beneficiosa en el cáncer de mama (208).

Los resultados de un reciente MA indican que la terapia QingReJieDu tiene un efecto preventivo significativo sobre la esofagitis aguda por radiación en la práctica clínica (209).

Sophora flavescens presenta un potencial significativo como terapia coadyudante para el dolor neuropático óseo inducido por metastasis tumoral, ofreciendo un Alivio del dolor significativo sin efectos adversos (210).

La terapia con compresas húmedas Tuhuanglian puede reducir la incidencia de dermatitis por radiación aguda en pacientes con carcinoma nasofaríngeo, retrasar la progresión de la dermatitis por radiación aguda y puede usarse ampliamente (211).

Buzhong Yiqi demuestra una eficacia significativa en el tratamiento de la fatiga relacionada con el cáncer con reacciones adversas mínimas. Puede servir como un tratamiento fundamental para la fatiga relacionada con el cáncer en la práctica clínica, y el medicamento puede adaptarse a pacientes individuales para una terapia personalizada. El mecanismo farmacológico potencial de Buzhong Yiqi en el tratamiento de la fatiga relacionada con el cáncer ofrece una base molecular para el tratamiento clínico de la fatiga relacionada con el cáncer (212).

CARDIOLOGÍA

La fitoterapia china combinada con la medicina occidental convencional podría ser efectiva para mejorar la tolerancia al ejercicio y la calidad de vida en pacientes con insuficiencia cardíaca. Según un estudio (213), el Panax notoginseng oral podría reducir la mortalidad, infarto de miocardio, revascularización, rehospitalización por angina inestable y mejorar el ECG, la frecuencia y la duración de la angina de pecho, la dosis de nitroglicerina y los lípidos(214). Un metanálisis sugiere que la TCM combinada con warfarina es superior a la warfarina sola para la prevención de eventos tromboembólicos totales en pacientes con FA, con igual riesgo de sangrado que la warfarina sola (215). El extracto de Panax ginseng puede inducir una mejora en el perfil de lípidos en sangre principalmente por una reducción en el nivel de colesterol total y LDL (216). Según la evidencia de investigación en un MA, el uso de materias chinas puede reducir la incidencia de eventos cardíacos adversos mayores, pueden reducir las tasas de recurrencia de la reestenosis y la angina después de la intervención coronaria percutánea (217). La eficacia y los beneficios adicionales de la fórmula Fuzi en el tratamiento del fallo cardíaco fueron ciertos

de acuerdo con la evidencia de alta calidad evaluada a través de GRADE (218). Una reciente RS proporciona evidencia para evaluar la efectividad y seguridad de la fórmula Xuefu Zhuyu Tang en el tratamiento de la angina en enfermedades coronarias (219). Los resultados de una reciente ECA muestran los efectos antidepresivos de las tabletas de Xinkeshu, pudiendo mejorar los síntomas de la ansiedad y la depresión de manera efectiva en pacientes con enfermedad coronaria, posiblemente a través del aumento de la proporción de sangre de las citocinas antiinflamatorias (220). Otra RS no deja dudas de que la fitoterapia china sea eficaz frente a la hipertensión (221).

La decocción de Mahuang-Fuzi-Xixin (MFX) y el tratamiento de inyección de Shenmai son efectivos para tratar la bradiarritmia (222).

Un estudio mostró que la medicina patentada china que activa la sangre y elimina la estasis añadida a la medicina occidental puede ser el régimen de tratamiento potencialmente superior para mejorar la eficacia clínica entre los pacientes con hipertrofia cardíaca. La medicina china patentada que tonifica el Qi, activa la sangre y elimina la estasis añadida a la medicina occidental podría ser el tratamiento óptimo para disminuir la dimensión telesistólica del ventrículo izquierdo y el índice de masa del ventrículo izquierdo (223).

Un estudio sugiere que la combinación de medicamentos chinos patentados y el tratamiento de angina microvascular convencional mejora la eficacia clínica y podría mejorar la función microvascular coronaria (224).

Según un estudio publicado en *Frontiers of Cardiovascular Medicine*, las cápsulas de Qili Qiangxin ejercen un mecanismo potencial de utilidad en la apoptosis del miocardio y la función cardíaca y tienen una eficacia adyuvante clínica notable y seguridad en pacientes con insuficiencia cardíaca congestiva (225).

La evidencia disponible en este estudio RS y MA indica que la píldora Shexiang Baoxin puede ser una opción terapéutica eficaz en pacientes con enfermedad arterial coronaria (226).

Un estudio reciente publicado en *Frontiers of Cardiovascular Medicine* muestra que la decocción de Linggui Zhugan puede aumentar la eficacia de los fármacos antiarrítmicos convencionales para el tratamiento de la contracción prematura en pacientes con enfermedad coronaria (227).

Los resultados de un estudio RS mostraron que Yangxin Decoctio es efectivo en el tratamiento de pacientes con angina de pecho (228).

La fitoterapia china se muestra beneficiosa para la hipertensión (229).

La evidencia actual sugiere que las tabletas de Xinkeshu podrían beneficiar a los pacientes con enfermedad coronaria que experimentan ansiedad y depresión después de una intervención coronaria percutánea al ayudarlos a mejorar sus síntomas de depresión, colesterol total y niveles de lípidos en sangre de triglicéridos (230).

Un reciente estudio publicado en *Frontiers* en 2024 muestra que algunas inyecciones de MTC para estimular la circulación sanguínea tuvieron beneficios potenciales en el tratamiento del infarto agudo de miocardio (231).

Una revisión sistemática y metanálisis revelaron que la combinación de la inyección de astrágalo con el tratamiento convencional mejora la remodelación del ventrículo izquierdo sin aumentar los eventos adversos en pacientes con insuficiencia cardíaca con fracción de eyección levemente reducida (232).

Los resultados de un ensayo indican que Qiliqiangxin puede mejorar los resultados clínicos en pacientes con insuficiencia cardíaca y fracción de eyección reducida cuando se agrega a la terapia convencional (233). La fórmula Yangxinshi mejora eficazmente los síntomas clínicos y la función cardíaca en pacientes con insuficiencia cardíaca crónica manteniendo al mismo tiempo un perfil de seguridad favorable, lo que sugiere su potencial como estrategia terapéutica para la insuficiencia cardíaca crónica (234).

La medicina patentada china puede producir efectos terapéuticos superiores en la mejora de la dislipidemia sin exacerbar los efectos adversos (235).

La decocción de Danggui Sini modificada, cuando se usa junto con medicamentos occidentales convencionales, muestra resultados prometedores en el tratamiento de pacientes con enfermedad de la arteria coronaria y angina de pecho y puede servir como una terapia complementaria beneficiosa en entornos clínicos (236), mientras que el ginko biloga también muestra un efecto beneficioso en la angina de pecho (237).

Los medicamentos a base de espinos blancos demostraron ser prometedores para reducir el colesterol total y los triglicéridos, al tiempo que aumentan los niveles de colesterol de lipoproteínas de alta densidad, aunque son menos eficaces que los fármacos estándar para reducir el colesterol de lipoproteínas de baja densidad (238).

DERMATOLOGÍA

Los hallazgos de la revisión sistemática Cochrane (239) sugirieron que el uso oral de fitoterapia china puede mejorar la calidad de vida relacionada con la salud de los niños con eccema atópico, mostrando también ser beneficiosa para la dermatitis atópica disminuyendo su severidad y mejorando la calidad de vida de las personas que la padecen (240). Según un reciente ECA publicado en Journal of Dermatological Treatment la cápsula Run Zao Zhi Yang proporciona un buen efecto en el tratamiento del eccema crónico leve a moderado con baja recurrencia y eventos adversos tolerables, siendo un tratamiento potencial que puede implementarse en la práctica clínica(241).

En comparación con la medicina occidental sola, la medicina tradicional china externa en el tratamiento de la candidiasis oral tiene ciertas ventajas al mejorar la tasa efectiva total, aumentar la tasa de conversión negativa de Candida y reducir la tasa de recurrencia (242).

La eficacia de la medicina herbaria china utilizada con o sin tratamiento de medicina occidental fue mejor que el tratamiento con medicina occidental para tratar el prurito crónico (243).

La pomada Liangxue Jiedu Runzhi tiene eficacia en el tratamiento de la psoriasis leve y moderada con el síndrome del calor sanguíneo (244).

La combinación de gránulos de Xiaoyin y cápsulas de acitretina podría ser una nueva estrategia terapéutica en el tratamiento de la psoriasis vulgar (245).

Según un reciente ECA la decocción de Yiyi Baijiang modificada podría aliviar eficazmente las lesiones de la piel en pacientes con psoriasis vulgar y mejorar los factores de crecimiento y los factores inflamatorios en el suero y las lesiones de la piel, con alta seguridad (246).

Los hallazgos disponibles demuestran que Lithospermum erythrorhizon combinado con otros tratamientos convencionales es útil en el tratamiento de la psoriasis. La evidencia preclínica

demuestra que los componentes activos de *Lithospermum erythrorhizon* exhiben un efecto antiinflamatorio potencial, promueven la apoptosis de los queratinocitos, inhiben la proliferación y angiogénesis de los queratinocitos y bloquean el ciclo celular. (247).

Según una ECA el polvo Danzhi Xiaoyao combinado con la terapia fotodinámica para tratar el acné rosácea es efectivo, puede controlar rápidamente las pápulas inflamatorias y el eritema inflamatorio, mejorar de manera efectiva los síntomas clínicos de los pacientes y reducir las reacciones adversas (248).

La combinación de la medicina tradicional china y el tratamiento biomédico estándar puede proporcionar un mejor resultado en la rosacea, incluida una reducción del síndrome de la medicina tradicional china y de la puntuación de los síntomas clínicos (249).

Según una reciente RS publicada en *Medicine* (Baltimore) la eficacia clínica del polvo de Xiaofeng modificado en el tratamiento de la urticaria crónica es mejor que la de los antihistamínicos, con menores tasas de reacciones adversas y recurrencia y mayor seguridad (250).

La fitoterapia china también ha mostrado buenos resultados en el tratamiento de la dermatitis atópica (251).

DIABETES

En un estudio publicado en 2019 (251) se vio que al *Tripterygium wilfordii* combinado con los bloqueadores de los receptores de angiotensina / inhibidores ACEI (ARB/ACEI) en el tratamiento de la nefropatía diabética etapa IV es superior a la monoterapia de ARB/ACEI. Cinco ECAs que incluyeron 499 pacientes diabéticos tipo 2 examinaron la eficacia de la decocción de Gegen Qinlian en el control glucémico. La decocción junto con la metformina tuvo un efecto sinérgico en comparación del control glucémico con la metformina sola en pacientes diabéticos tipo 2

(252). La MTC podría mejorar significativamente el control de la glucosa y los índices clínicos en pacientes con diabetes y retrasar efectivamente su progresión (253). Jinqi Jiangtang combinado con la terapia convencional para tratar la Diabetes de tipo 2 tiene un buen resultado en la regulación del metabolismo de los glucolípidos y en la mejora de la resistencia a la insulina (254), así como el Shanyao, usado solo o en combinación con otros agentes hipoglucemiantes (255). Otra MA muestra beneficios adicionales de los gránulos de Jinlida como una terapia adicional para la diabetes tipo 2 (256). Según una RS y MA de 2020 la fórmula antidepresiva de la Gardenia puede considerarse un tratamiento alternativo para la depresión en pacientes con diabetes (61). Según una RS y MA publicada recientemente en *Medicine*, la activación de la medicina herbal china compuesta de sangre podría ayudar a mejorar la agudeza visual, los microaneurismas y la hemoglobina glucosilada (257). Una revisión publicada en *Biomedicine and Pharmacotherapy* demuestra claramente que la MTC es capaz de tratar los desórdenes metabólicos a través de la regulación de la microbiota intestinal, esclareciendo unos cuantos mecanismos de acción hasta ahora desconocidos como por ejemplo, aquellos implicados en la protección de la función de la barrera intestinal, en las respuestas inflamatorias, en la modulación del eje intestino-cerebro, en la regulación del metabolismo de los ácidos biliares y en el metabolismo del triptófano, entre otros (258).

En comparación con el tratamiento de la medicina occidental sola, la combinación de la medicina tradicional china y la occidental fue más eficaz en el tratamiento de pacientes con diabetes

mellitus 2 con hiperuricemia , con mejoras significativas en el metabolismo de la glucosa, el ácido úrico y los lípidos (259).

Según un ECA publicado en *Frontiers of Endocrinology* la fórmula herbal de la MTC para fortalecer el Bazo y drenar el Hígado puede mejorar la función hepática y el metabolismo de los glucolípidos en pacientes con enfermedad del hígado graso no alcohólico y reducir hasta cierto punto el contenido de grasa en el hígado, al regular la alteración de la flora intestinal, especialmente *Coprococcus*, grupo *Lachnospiraceae_NK4A136* y género *Ruminococcus* (260).

En comparación con el tratamiento convencional solo, la cápsula de Shuangdan Mingmu combinada con el tratamiento convencional es más eficaz y segura en el tratamiento de la retinopatía diabética (261).

Según este estudio RS y MA los gránulos de Tangmaikang podrían aumentar significativamente la tasa clínica efectiva y la velocidad de conducción nerviosa, así como mejorar los síntomas del nervio periférico y el nivel de glucosa en sangre en el tratamiento de la diabetes (262).

El uso combinado de la inyección de Sheng-Mai basado en el tratamiento hipoglucemiante convencional puede mejorar significativamente la HbA1c, FBG y 2hPG en la diabetes mellitus y reducir la proteína urinaria de 24 horas, la creatina sérica y el nitrógeno ureico en sangre en pacientes con diabetes mellitus (263).

Según este estudio RS, las inyecciones de medicina tradicional china combinadas con la terapia convencional tienen un papel importante en el tratamiento de la diabetes mellitus-enfermedad coronaria, y su efecto curativo es mejor que la terapia convencional (264).

La evidencia de un estudio publicado en *Plos One* respalda el uso de fórmulas de Fuling combinadas con agentes hipoglucemiantes para la diabetes mellitus tipo2 (265).

La decocción de Zhenwu combinada con la medicina occidental convencional supera en este RS y MA a la medicina occidental convencional en el tratamiento de la nefropatía diabética (266).

Según una reciente RS y MA publicada en *Frontiers of Pharmacology* la decocción de Wendan es segura y eficaz para el tratamiento de la enfermedad del hígado graso no alcohólico, lo que es ventajoso para la función hepática de los pacientes, así como para sus índices de lípidos en sangre y los indicadores relacionados con la glucosa en sangre (267).

La medicina herbaria china combinada con hormona tiroidea/microondas mejoró la tasa de respuesta de los nódulos tiroideos benignos. El tratamiento combinado también se asoció con la reducción del diámetro máximo del nódulo, el volumen tiroideo, los niveles de FT3, FT4 y TSH, y la puntuación del síndrome TCM. Por lo tanto, la combinación de la medicina herbal china con la medicina occidental podría considerarse como un tratamiento alternativo y efectivo para tratar el nódulo tiroideo benigno, lo que sugiere una integración prometedora de la medicina china con la medicina occidental (268).

El polvo de Shengjiang puede complementar la terapia convencional, beneficiando así a los pacientes con enfermedad renal diabética en términos de reducción de proteínas urinarias, estabilización de la función renal y mejora del metabolismo de la glucosa y los lípidos en sangre (269).

También se han visto buenos resultados de la decocción Danggui Sini en el pie diabético (270). La aplicación externa de apósitos compuestos a base de hierbas chinas en pacientes con úlceras

del pie diabético puede acortar significativamente el tiempo de curación de la úlcera y mejorar las tasas de curación de la herida (271).

El té verde mejora significativamente la glucemia en ayunas, la hemoglobina glucosilada y la resistencia a la insulina en pacientes con diabetes tipo 2 (272).

Según un artículo publicado en el Journal of Diabetes Research el tratamiento de la enfermedad renal diabética, la terapia Jiedu Tongluo basada en la medicina tradicional china mostró una eficacia clínica y seguridad óptimas (273).

UROLOGÍA, ANDROLOGÍA

Una RS de la literatura clásica pone de manifiesto los beneficios de Danggui Beimu Kushen Wan para el manejo de los problemas de micción en mujeres y hombres (274). Según una reciente ECA la fórmula Bazheng San es una buena opción alternativa para el tratamiento recurrente de la infección del tracto urinario (275). La preparación de Panax notoginseng como terapia complementaria ejerció efectos beneficiosos sobre la función renal y mejoró el metabolismo de los lípidos séricos en diabéticos (276). La fitoterapia china combinada con tadalafil tiene una eficacia significativa en el tratamiento de la disfunción eréctil sin aumentar los efectos secundarios (277). Un MA publicado en Frontiers in Pharmacology confirma la eficacia y la superioridad de las inyecciones de hierbas chinas para el tratamiento del síndrome nefrótico primario en comparación con la medicina convencional (278). Un ECA, en el cual participaron 66 pacientes, confirmó que el tratamiento con parches de canela era significativamente más eficaz que el placebo en cuanto a la reducción de los síntomas de vejiga hiperactiva (279).

La combinación de formulaciones orales de polihierbas de la medicina tradicional china con la medicina occidental puede brindar mayores beneficios terapéuticos en el tratamiento de la hiperplasia prostática benigna en comparación con el tratamiento de medicina occidental solo (280).

La medicina tradicional china sola o en combinación con la medicina occidental puede ser un enfoque terapéutico alternativo viable para el tratamiento de la nefropatía membranosa idiopática (281).

Los resultados de una reciente RS y MA indican que Cordyceps sinensis puede considerarse un tratamiento clínico confiable para personas con disfunción renal pudiendo mejorar la función de los glomérulos y túbulos, promover la recuperación de la función tubular y, por lo tanto, mejorar los efectos terapéuticos clínicos (282).

La decocción de Bixie Fenqing tiene un efecto definido en el tratamiento de la prostatitis crónica (283).

La combinación de MTC con L-carnitina puede tener un doble efecto: aumentar las tasas de embarazo y la calidad del espermatozoides, por lo que esta combinación es una estrategia terapéutica recomendable y se puede seleccionar un tipo de MTC más adecuado según las características propias del paciente (284).

COVID-19

Un MA ha demostrado la eficacia de la MTC, concretamente del Lianhua Qingwen, frente a la neumonía causada por el COVID-19, siendo capaz de revertir ciertos síntomas clínicos como fiebre y tos (285). Además, una RS publicada en *Pharmacological Research* confirma la seguridad de la medicina herbal tradicional china, evidenciando especialmente la eficacia frente al COVID-19 de los siguientes remedios preparados por decocción: Gancao (*Radix Glycyrrhizae*), Huangqin (*Radix Scutellariae Baicalensis*), Banxia (*Rhizoma Pinelliae Tematae*), Lianqiao (*Fructus Forsythiae Suspensae*) y Kuxingren (*Semen Armeniacae Amarum*) (286). Un ECA realizado en un total de 283 pacientes, afirma que la combinación de Huoxiang Zhengqi y Lianhua Qingwen, administrados a la vez que los tratamientos occidentales, produce una mejora sustancial de los síntomas clínicos de los pacientes con COVID-19, facilitando la posible reducción de medicamentos antiinfecciosos adicionales (287). Un ECA realizado en 131 pacientes que habían padecido COVID-19 demostró que las cápsulas de Bufe Huoxue son seguras y eficaces en recuperar la actividad fisiológica de aquellos pacientes en rehabilitación, y podrían reducir los síntomas de fatiga y mejorar la tolerancia al ejercicio (288). En otro ECA, la combinación de los gránulos de Hua Shi Bai Du (Q-14) con los cuidados convencionales fue útil para la mejora de los síntomas de los pacientes con Covid-19 activo como fiebre, tos, fatiga y molestias en el pecho (289), así como utilizando las cápsulas de Lianhuaqingwen (290). Para pacientes con Covid-19 severo, los gránulos de Shenhuang representan una terapia integrativa prometedora puesto que su administración aumentó el número de los linfocitos y disminuyó los efectos adversos de las terapias convencionales (291). La Medicina Tradicional China ha logrado un nuevo avance en el tratamiento de COVID-19, provocando una mejora visible en las imágenes de tomografía computarizada de pulmón de pacientes con COVID-19, una mejora en los síntomas clínicos de pacientes y en la inhibición de la expresión de factores inflamatorios en pacientes con COVID-19 (292).

Los hallazgos de un metanálisis sugieren que la MTC combinada con la medicina occidental es más eficaz en el tratamiento de la COVID-19 a través del alivio de los síntomas, la promoción de la recuperación de los pacientes y la reducción de la tasa de pacientes que desarrollan condiciones graves (293). (294). (295,296) (297) (298).

La cápsula de Shufeng Jiedu combinada con medicina occidental parece más efectiva que la medicina occidental sola para el tratamiento de COVID-19 (299).

En comparación con los pacientes tratados solo con el tratamiento occidental convencional, la combinación del tratamiento con Qingfei Paidu muestra mayor efectividad en el COVID (300). Así como el tratamiento con los gránulos de Jingyin (301) (302).

Este estudio RS sugiere que la MTC presenta ventajas sustanciales en el tratamiento de pacientes graves/críticos con COVID-19. La MTC tiene un perfil de seguridad comparable al del tratamiento convencional solo. Los MTC han desempeñado un papel importante en la prevención y el tratamiento de la COVID-19 en China, lo que constituye un ejemplo del uso de la medicina tradicional para prevenir y tratar la COVID-19 en todo el mundo (303).

Lianhua Qingwen es más adecuado para el tratamiento de pacientes con COVID-19 con expectoración evidente, dificultad para respirar y dolor muscular. Lianhua Qingwen tiene ventajas en el tratamiento de COVID-19 sin una exacerbación evidente (304). (305).

OTROS

En comparación con el uso de la medicina occidental, la decocción Duhuo Jisheng combinada con la medicina occidental mejora la tasa efectiva, las puntuaciones funcionales y los síntomas de los pacientes con espondilitis anquilosante, con una tasa reducida de reacciones adversas (8).

La evidencia actual indica que los pacientes en diálisis que reciben *Ophiocordyceps sinensis* como tratamiento adyuvante pueden mejorar el estado nutricional y microinflamatorio y la función renal tanto para los pacientes en hemodiálisis como en diálisis peritoneal (306).

Un ECA publicado en Current medical science demostró que el supositorio Erhuang es eficaz contra la infección por el virus del papiloma humano de alto riesgo y las lesiones cervicales. Además, no se observó ninguna toxicidad sistémica evidente en los pacientes durante el ensayo. La eficacia y seguridad superiores del supositorio Erhuang demostraron su considerable valor como un posible fármaco rentable para el tratamiento de la infección por el virus del papiloma humano y las enfermedades cervicales relacionadas con el virus del papiloma humano (307).

Un MA publicado en Open Medicine demostró que la medicina china mejora la función renal y proporciona niveles más bajos relacionados con la fibrosis renal proporcionando una base científica importante para el tratamiento integral (308).

Una RS y MA publicado en Complementary medicine research aporta evidencia que respalda los efectos inmunomoduladores del astrágalo sobre la respuesta humoral y celular. El astrágalo demostró una reducción significativa de las citocinas proinflamatorias y una mejora de los marcadores inmunitarios celulares, lo que sugiere su potencial como agente terapéutico para trastornos relacionados con el sistema inmunitario (309).

Jiawei-Xiaoyao-San puede mejorar la eficacia de los fármacos antitiroideos para el hipertiroidismo, en particular para aliviar los síntomas y reducir los efectos adversos (310). La combinación de la decocción de Danggui Liu Huang con fármacos antitiroideos puede aliviar los síntomas clínicos, mejorar la función tiroidea y reducir los efectos adversos en pacientes con hipertiroidismo. Además, este tratamiento parece ser seguro para uso clínico (311). En base a la investigación actual, es seguro concluir que la medicina china puede mejorar el efecto curativo y el nivel de TSH de los pacientes con enfermedad de Graves, y reducir los niveles de FT3, FT4, TPOAb y TRAb. Además, Yinjia Pellet es el más útil para mejorar el efecto curativo. La píldora Yikang puede mejorar mejor la TSH. Los gránulos de *Prunella vulgaris* (L.) tienen el mejor efecto en la reducción de FT3. Los gránulos de *Prunella vulgaris* (L.) funcionan mejor en la reducción de FT4. El líquido oral de *Prunella vulgaris* (L.) tiene el efecto más favorable en la reducción de TPOAb y TRAb (312).

La medicina tradicional china combinada con la terapia continua tiene un efecto muy significativo en el tratamiento del síndrome de Sjögren (313).

SECCIÓN DOS: ELECTROACUPUNTURA

La electroacupuntura (EA) es una técnica usada en Medicina Tradicional China que combina el uso de las agujas y la estimulación eléctrica, enviando una corriente a través de ellas. La electropuntura refuerza la estimulación de los puntos y meridianos de acupuntura y produce un efecto analgésico. Es muy útil en el tratamiento del dolor, epilepsia, síndrome flácido (Síndrome *Wei*), neurastenia, hipertensión, así como para inducir a la anestesia y analgesia.

Algunos de los principales resultados en estudios realizados se muestran a continuación.

DOLOR

La electroacupuntura tiene un efecto positivo (314) y efectos clínicos considerables en el tratamiento de la osteoartritis de rodilla con ventajas significativas para aliviar el dolor y mejorar la función integral (315).

Una revisión sistemática publicada en Pain Medicine mostró que la acupuntura y la electroacupuntura fueron efectivas para reducir la intensidad del dolor en comparación con el placebo. La electroacupuntura mostraba un mayor alivio del dolor local (316).

La aplicación de electroacupuntura a 100Hz en el área del nervio trigémino reduce el ritmo cardíaco y aumenta la actividad nerviosa parasimpática, así como el flujo sanguíneo cerebral (317).

La electroacupuntura también ha demostrado ser un método eficaz para la migraña (318).

Los resultados de un estudio publicado en British Journal of Anaesthesia en 2021 mostraron que la electroacupuntura junto con el tratamiento habitual fue más eficaz que el tratamiento habitual solo en pacientes con dolor lumbar no agudo después de una cirugía de espalda. La electroacupuntura junto con el tratamiento habitual puede considerarse como un tratamiento conservador, integrado y eficaz para los pacientes con dolor lumbar no agudo después de una cirugía de espalda (319).

Los resultados de un reciente estudio sugieren que la electroacupuntura más la rehabilitación pueden proporcionar un alivio del dolor más temprano para los pacientes con hombro congelado y podrían aplicarse clínicamente (320).

Según otro estudio publicado en 2020 en Archives of Physical Medicine and Rehabilitation (321) la electroacupuntura y biorretroalimentación son efectivas en el manejo de MPS cuando se integran con tratamiento convencional. La electroacupuntura es una modalidad complementaria buena para el tratamiento de síndrome de dolor miofascial en el área del cuello y la parte superior de la espalda.

En un reciente ECA publicado en JAMA Netw Open encontró un resultado estadísticamente significativo para el resultado secundario del cuestionario de discapacidad de Roland Morris en comparación con la electroacupuntura simulada en adultos con dolor lumbar crónico (322). La electroacupuntura podría servir como una herramienta terapéutica alternativa confiable para los pacientes con dolor lumbar crónico en los que están contraindicados para los AINE orales (323).

La electroacupuntura puede mejorar los síntomas clínicos de la osteoartritis de rodilla, lo que puede promover la reparación del cartílago al aumentar el contenido de TGF- β 1. La onda de dilatación tuvo el mejor efecto general, pudiéndose utilizar como un tratamiento clínico óptimo(324).

Según una RS publicada en Clinical Rehabilitation se sugiere que la electroacupuntura más la ferulización supera a la ferulización sola en el síndrome del túnel carpiano (325).

La EA es eficaz en el tratamiento de la osteoartritis de rodilla ya que puede mejorar significativamente los síntomas clínicos y la calidad de vida en pacientes con osteoartritis de rodilla (326).

Un metanálisis publicado en *Frontiers in Surgery* indica que la electroacupuntura tiene una escala analógica visual más baja, una tasa efectiva total más alta, puntuaciones más bajas de síntomas y función y mejores parámetros electrofisiológicos (327).

La EA mejora el dolor y la función del hombro congelado en comparación con los tratamientos de control. Además, la electroacupuntura se puede utilizar como terapia adjunta para el dolor de hombro congelado. (328).

En un ECA, donde se trataron a 60 pacientes con la **enfermedad de Parkinson y dolor musculoesquelético** se concluyó la efectividad del tratamiento al reducir el dolor y la rigidez, y mejorar su movilidad y bienestar emocional (329). La EA muestra una eficacia en el tratamiento de **dolor de espalda inespecífico cuando se combina con la terapia estándar**. De los 10 estudios del meta-análisis se encontró que a corto y medio plazo y en el lapso de uno a dos meses después del tratamiento se sigue viendo mejoras (330).

La EA es también eficaz para tratar pacientes en **caso agudos de dolor por artritis gotosa aguda (AGA)**. Este trastorno metabólico causante de episodios recurrentes de dolor intenso, afectando de manera significativa la vida de quien lo sufre. La EA ha resultado ser una modalidad de tratamiento no farmacológica con potencial terapéutico para el control del dolor. La EA, sola o combinada con tratamientos convencionales, mejoró la tasa de eficacia, redujo el dolor medido en la escala VAS, disminuyó los niveles de ácido úrico en sangre y proporcionó un alivio inmediato superior a los medicamentos occidentales (331).

Provee efectos clínicos importantes para **reducir el dolor y mejorar la función de los pacientes con Osteoartritis de Rodilla** (332). Al igual que es efectivo para los casos de **dolor por hernia discal lumbar** (333).

Incluso, se ha estudiado en casos de **dolor Postoperatorio en Cirugía Periodontal**, y se ha encontrado es eficaz para disminuir el **dolor postoperatorio** (334).

NEUROLOGÍA, DEPRESIÓN, ANSIEDAD, ADICCIÓN

Los resultados de la revisión sistemática y metaanálisis realizado en 2018 (335) muestran la evidencia y efectividad de la electroacupuntura combinada con rehabilitación y/o fármacos para mejorar la disfunción motora postisquémica. La electroacupuntura combinada con el cuidado convencional tiene el potencial de reducir la espasticidad en las extremidades superiores e inferiores, así como de mejorar la función motora general y de las extremidades inferiores y las actividades de la vida diaria en los pacientes con espasticidad, dentro de los 180 días posteriores al accidente cerebrovascular (336). Otra revisión sistemática (337) reveló evidencia en apoyo del uso de la electroacupuntura para el accidente cerebrovascular isquémico agudo.

La electroacupuntura produce menos efectos secundarios que los fármacos en el tratamiento para la depresión postisquémica, por lo que es una buena opción para pacientes que no se adhieren a la medicación (338), así como también muestra beneficios cognitivos en pacientes con esquizofrenia (339).

Un ECA (340) muestra que la electroacupuntura ayuda a mejorar los síntomas psiquiátricos, la ansiedad y la depresión en los adictos a metanfetamina durante la abstinencia, y promueve la rehabilitación de los pacientes.

Un reciente metaanálisis publicado en *The Journal of Stroke & Cerebrovascular Diseases* respalda que la electroacupuntura tiene un efecto positivo para aliviar el dolor, mejorar la disfunción de las extremidades y promover las actividades de la vida diaria (341).

Según una RS y MA publicada en 2020 la electroacupuntura para la depresión perimenopáusica es segura y efectiva. Además, tiene efectos a largo plazo más estables que los antidepresivos y la terapia de reemplazo hormonal (TRH) (342).

Según una reciente revisión sistemática y metaanálisis la electroacupuntura en rehabilitación podría ser una buena estrategia para reducir la espasticidad de las extremidades después de un accidente cerebrovascular (343).

Un reciente estudio publicado en *Psychiatry and Clinical Neurosciences* indica que la estimulación de electroacupuntura craneal más acupuntura corporal, en particular con estimulación eléctrica en los puntos de acupuntura de la frente, reduce la depresión posterior al accidente cerebrovascular, la discapacidad funcional y el deterioro cognitivo de los pacientes con accidente cerebrovascular, pudiendo servir como una terapia de rehabilitación eficaz para las secuelas neuropsiquiátricas del accidente cerebrovascular (344).

Según un estudio de 2020 la intervención temprana con electroacupuntura puede promover eficazmente la recuperación de la conciencia después de una cirugía de lesión cerebral traumática y tiene un efecto curativo a largo plazo (345).

El tratamiento de electroacupuntura combinado con antidepresivos es más eficaz para mejorar los síntomas depresivos que los antidepresivos solos. La electroacupuntura puede tratar la depresión al actuar sobre el metabolismo del triptófano, el metabolismo del glutamato y la biosíntesis de ácidos grasos (346).

Una reciente RS sugirió que la electroacupuntura mejora las actividades de la vida diaria y la función motora en pacientes con lesión de la médula espinal (347).

Utilizando la escala analógica visual para medir la intensidad del dolor y la técnica de imágenes de ultrasonido musculoesquelético multidimensional para medir la subluxación del hombro, un estudio encuentra que el dolor de hombro hemipléjico puede mejorar significativamente con la electroacupuntura (348).

En comparación con los antidepresivos, la electroacupuntura es igual de efectiva para mejorar los síntomas de depresión tras un accidente cerebrovascular y con mayor seguridad (349).

La electroacupuntura puede mejorar la calidad del sueño y la función cognitiva en pacientes ancianos con insomnio, estando su mecanismo relacionado con la regulación de los niveles séricos de melatonina y dopamina en suero (350).

La electroacupuntura también puede aliviar los síntomas de dolor en pacientes con dolor pélvico crónico y mejorar su calidad de vida (349).

La terapia combinada de electroacupuntura y presión del punto auricular debe introducirse como rutina, facilitando el tratamiento de los pacientes en mantenimiento con metadona (350).

La electroacupuntura en los puntos de Baliao puede mejorar la función eréctil de los pacientes con disfunción eréctil después de un accidente cerebrovascular, aumentar la amplitud de contracción de los músculos del suelo pélvico y promover la calidad de vida de los pacientes (351).

Los resultados de una RS y MA indican que la eficacia de la electroacupuntura para la depresión no es menor que la de los antidepresivos. Además, los tratamientos de EA junto con inhibidores selectivos de la recaptación de serotonina muestran un inicio de acción más rápido y una mayor seguridad (352). La EA combinada con antidepresivos mejora el efecto curativo de los medicamentos y reduce efectivamente sus efectos secundarios (353).

La EA combinada con la terapia del habla y el lenguaje para el tratamiento de la afasia posterior al accidente cerebrovascular puede mejorar la eficacia clínica, en comparación con la terapia del habla y el lenguaje sola (354).

Según este estudio RS y MA la electroacupuntura ayuda a disminuir la escala china de accidente cerebrovascular en pacientes con infarto cerebral (355) .

Un ensayo clínico aleatorizado publicado en JAMA Netw Open indica que en el tratamiento para el insomnio en pacientes con depresión, la calidad del sueño mejoró significativamente en el grupo de electroacupuntura en comparación con el grupo de acupuntura simulada o control en la semana 8 y se mantuvo en la semana 32 (356).

La EA mejora las actividades cotidianas y la función motora en pacientes con lesión de la médula espinal (347).

En sus efectos Neurológico,s la EA es efectiva en pacientes que sufren ansiedad, según reporta el estudio de meta-análisis de Hong, et al. Los resultados indicaron una reducción significativa en los niveles de ansiedad comparado con el grupo de control (357).

Dentro de los abordajes evaluados por el equipo de Minoru Urata, estudiando la eficacia de la intervención farmacológica en la depresión leve se destaca que la estimulación electroacupuntural transcraneal fue tan efectiva como los antidepresivos farmacológicos, posicionándose como una opción terapéutica viable y con menos efectos secundarios. Este hallazgo respalda el creciente interés en el uso de EA como intervención no invasiva y de bajo riesgo para condiciones neuropsiquiátricas leves (358).

DIGESTIVO

Un estudio publicado en Medicine en 2018 (359) muestra la evidencia y efectividad de la electroacupuntura en el síndrome del colon irritable.

La electroacupuntura en E36-E37 puede reducir la reacción inflamatoria y presenta efectos protectores sobre la función intestinal en pacientes con disfunción intestinal inducida por sepsis con síndrome de obstrucción de Qi de los intestinos (360). La electroacupuntura fue más efectiva que la medicación para mejorar los movimientos intestinales espontáneos, la tasa de respuesta total, y para reducir los síntomas del estreñimiento funcional (361).

Un estudio publicado en Annals of Internal Medicine (362) concluye que en el estreñimiento funcional severo crónico, la electroacupuntura aumenta los movimientos intestinales espontáneos completos en comparación con la electroacupuntura simulada.

Un ECA publicado en 2017 (363) basado en la evaluación del índice de masa corporal, demostró que el tratamiento con electroacupuntura reduce el IMC y la circunferencia de la cintura, así como el volumen de tejido adiposo visceral y la fracción de grasa en mujeres con obesidad abdominal.

Un reciente metaanálisis publicado en Medicine sugiere que la electroacupuntura es mejor que la electroacupuntura simulada en el tratamiento de la dispepsia funcional, siendo el efecto terapéutico de la electroacupuntura en la dispepsia funcional equivalente al de la medicación farmacológica, siendo además más segura y tiene menos reacciones adversas (364) (365).

Para el tratamiento de la obesidad simple, la electroacupuntura es superior a otras intervenciones como la acupuntura, catgut o simple modificación del estilo de vida para mejorar la tasa de grasa corporal, la circunferencia de la cintura y la proporción cintura-cadera, aunque no la circunferencia de la cadera (366).

Según un reciente estudio se puede concluir que tanto la electroacupuntura como el ejercicio de entrenamiento de intervalos aeróbicos son modalidades potentes que mejoran las funciones hepáticas en personas con enfermedad del hígado graso no alcohólico (367).

En el efecto terapéutico y la seguridad en el tratamiento del estreñimiento funcional, los resultados de la electroacupuntura son superiores o similares a la medicación gastrocinética, presentando una perspectiva terapéutica satisfactoria (368). La electroacupuntura mejora significativamente la frecuencia semanal espontánea, las evacuaciones intestinales, la consistencia de las heces e intensidad de la dificultad para defecar, concluyéndose que la electroacupuntura podría mejorar eficazmente la función intestinal, los estados mentales y la calidad de vida de los pacientes con estreñimiento funcional (369).

Según un reciente estudio tanto la electroacupuntura como la electroacupuntura simulada redujeron las puntuaciones de fatiga en pacientes con enfermedades inflamatorias del intestino en comparación con la lista de espera, pudiendo ofrecer mejoras a los pacientes con pocas alternativas de tratamiento (370).

Una reciente revisión encontró que el tratamiento de acupuntura combinado con rehabilitación cognitiva puede tener un efecto positivo en la mejora de la función cognitiva y la capacidad de autocuidado en pacientes con deterioro cognitivo posterior a un accidente cerebrovascular (371).

Según una reciente ECA el tratamiento con electroacupuntura podría mejorar la recuperación cognitiva de los pacientes con lesión cerebral traumática leve y el mecanismo potencial puede estar relacionado con la mejora de la hipoxia cerebral y el alivio de la lesión cerebral (372).

La electroacupuntura puede ser un tratamiento prometedor y seguro para mujeres con estreñimiento crónico severo; su efecto podría mantenerse 24 semanas después de la interrupción del tratamiento (373).

La EA promovió una reducción de la circunferencia de la cintura abdominal, los pliegues cutáneos suprailíacos y abdominales y el porcentaje de grasa corporal y abdominal en mujeres de IMC normal con exceso de grasa subcutánea abdominal, así como un aumento de la temperatura superficial de la piel de la región abdominal (374).

GINECOLOGÍA

Los resultados obtenidos en un estudio publicado en *Archives of Gynecology and Obstetrics* (375) mostraron que la electroacupuntura se puede usar para obtener la maduración cervical, con resultados similares a los del misoprostol, con una frecuencia significativamente mayor de partos vaginales y sin complicaciones obstétricas.

Un reciente estudio de 2019 muestra que la electroacupuntura mejora significativamente los resultados clínicos de los ciclos de FIV entre las mujeres que han experimentado recurrentes fallos en la implantación (4).

La estimulación de los puntos de acupuntura alivia el dolor de manera efectiva en el tratamiento de la dismenorrea primaria y ofrece ventajas para aumentar la efectividad general (376).

Según un estudio publicado por *Archives of Gynecology and Obstetrics* la electroacupuntura puede ayudar a reducir el dolor de parto en la analgesia espinal-epidural con el proceso de analgesia epidural controlada por el paciente, y puede reducir las complicaciones (377).

Según un reciente estudio la electroacupuntura en Shaozhe (SI 1) aumenta el volumen de la leche materna en pacientes con hipogalaxia posparto y promueve la producción de la composición de nutrientes en la leche materna, así como la energía y densidad de la misma (378).

Según un reciente ECA la EA combinada con la píldora Yuyin podría mejorar significativamente la menstruación, los síntomas sistémicos y los niveles séricos de hormonas sexuales en pacientes con función de reserva ovárica disminuida con deficiencia de yin hígado-riñón, que puede restaurar la función ovárica regulando positivamente la expresión de citocinas Th2 (379).

La moxibustión combinada con la electroacupuntura puede mejorar eficazmente los síntomas clínicos relacionados de los pacientes con síndrome de ovario poliquístico con deficiencia renal y flema-humedad (380).

La EA es un enfoque eficaz para mejorar la distancia entre los rectos, la evaluación electromiográfica del suelo pélvico, el índice de masa corporal, la elasticidad de la línea alba, el tejido adiposo subcutáneo paraumbilical y los síntomas de diástasis del recto abdominal, con efectos duraderos a las 26 semanas (381)

La electroacupuntura mejora la receptividad endometrial y los resultados del embarazo de transferencia de embriones y fertilización in vitro en pacientes con reserva ovárica disminuida (382).

URINARIO

Un estudio (383) realizado entre mujeres con incontinencia urinaria al esfuerzo, demostró que el tratamiento con electroacupuntura que involucra la región lumbosacra, en comparación con la electroacupuntura simulada, resultó en menos pérdidas de orina después de 6 semanas.

Según un reciente estudio publicado en *World Journal of Urology* (384) la electroacupuntura podría reducir la frecuencia de los episodios de incontinencia, la cantidad de pérdida de orina y mejorar la calidad de vida de las pacientes con incontinencia urinaria mixta con predominio de urgencia. El efecto puede durar hasta 36 semanas. La electroacupuntura para mujeres con

incontinencia urinaria de esfuerzo mostró una eficacia y seguridad significativas para los resultados clave (385) pudiendo reducir la pérdida de orina (386).

En las disfunciones del suelo pélvico en varones con lesión medular incompleta, la neuromodulación y la combinación de tratamientos (electroterapia o acupuntura / electroacupuntura con cateterismo o entrenamiento de vejiga) reportan los mejores resultados en vejigas neurógenas y disfunciones eréctiles (387).

La electroacupuntura podría ser una opción de tratamiento potencial para la incontinencia urinaria mixta y es relativamente segura (388).

ONCOLOGÍA

Según un estudio publicado en Cancer (389) la electroacupuntura produjo mejoras significativas en la fatiga, la ansiedad y la depresión en pacientes con cáncer de pecho y mostró ser un tratamiento eficaz para aliviar el dolor del cáncer de páncreas (390).

Según un reciente estudio publicado en 2020 en Medicine sobre la neuropatía periférica inducida por quimioterapia, la tasa de eficacia clínica de la acupuntura fue mayor que los tratamientos farmacológicos convencionales (391).

La electroacupuntura junto con la auriculoterapia es segura, factible y eficaz para el insomnio asociado a la quimioterapia en pacientes con cáncer de mama sometidas a quimioterapia o después de la misma (392).

Un reciente ensayo clínico aleatorizado publicado en JAMA Netw Open encontró que el tratamiento con EA de 8 semanas podría aumentar los movimientos intestinales espontáneos semanales con un buen perfil de seguridad y mejorar la calidad de vida para el tratamiento del estreñimiento inducido por opioides. Por lo tanto, la electroacupuntura proporcionó una opción alternativa para el estreñimiento inducido por opioides en pacientes adultos con cáncer (393).

La electroacupuntura preoperatoria alivió la ansiedad en el área de espera preoperatoria y mejoró la calidad del sueño. La combinación de EA preoperatoria e intraoperatoria puede ser más eficaz para mejorar la calidad de vida posoperatoria (394).

La EA es eficiente en **pacientes con Cáncer que sufren de insomnio** (395) (396).

CARDIOLOGÍA

Un estudio publicado en *The Annals of Thoracic Surgery* en 2010 (397) demostró que el tratamiento previo con electroacupuntura puede aliviar la lesión por isquemia-reperfusión cardíaca en pacientes adultos que se someten a reemplazos de válvulas cardíacas, pudiendo ser utilizado en la clínica para reducir la lesión miocárdica en estos pacientes.

Según un reciente MA publicado en *Journal of Intensive Care*, el uso complementario de electroacupuntura para la cirugía a corazón abierto reduce la duración de la ventilación mecánica y la estancia en la unidad de cuidados intensivos, atenúa la respuesta inflamatoria y podría tener efectos protectores sobre el corazón (398).

Una reciente RS y MA publicado en *International Journal of Cardiology, Heart & Vasculature* mostró que la electroacupuntura combinada con entrenamiento de rehabilitación fue

clínicamente más significativa que el entrenamiento de rehabilitación convencional en hipertensión (399).

POSTOPERATORIO

Un MA sugiere que la electroacupuntura es un tratamiento seguro y efectivo para el íleo postoperatorio después de cirugías abdominales, incluida la cirugía laparoscópica (400) y puede aliviar los síntomas, el dolor y acortar la estancia hospitalaria en los pacientes después de la laparotomía por cáncer gastrointestinal (401).

El pretratamiento con electroacupuntura es una terapia complementaria eficaz para reducir la incidencia de disfunción cognitiva posoperatoria en pacientes que se someten a una cirugía de reemplazo total de articulación (402).

Los pacientes tratados con electroacupuntura durante 4 semanas después de la reparación artroscópica del complejo de fibrocartílago triangular artroscópico tuvieron un mejor rango de movimiento de la muñeca y puntuación en relación a discapacidades del brazo, el hombro y la mano que los pacientes del grupo de control (403).

La electroacupuntura puede mejorar el dolor después de la cirugía de hemorroides mixtas. Es un método eficaz para mejorar el dolor después de la hemorroidectomía, que merece mayor investigación y promoción (404).

Según un ECA publicado en Journal of Obstetrics and Gynecology la electroacupuntura puede considerarse segura y eficaz y puede mejorar la eficacia de la analgesia intravenosa controlada por la paciente para el control del dolor después de una cesárea. La electroacupuntura se puede recomendar como terapia complementaria de rutina para el control del dolor después del parto por cesárea (405).

La evidencia mostró que la electroacupuntura combinada con la terapia de analgesia de rutina trató de manera efectiva el dolor después de la cirugía laparoscópica (406) .

OSTEOPOROSIS

La aplicación de electroacupuntura como terapia independiente o como complemento de otros tratamientos podría atenuar el dolor relacionado con la osteoporosis y los niveles séricos de beta-C-telopéptido de colágeno tipo I (407).

MECANISMOS

Un estudio publicado en la revista Nature Medicine (408) sugiere un mecanismo antiinflamatorio mediado por los nervios ciático y vago que modula la producción de catecolaminas.

Los hallazgos encontrados en un reciente estudio (409) muestran que la electroacupuntura activa los ganglios sensoriales y los centros del sistema nervioso simpático para mediar en la liberación de células madre mesenquimales que puede mejorar la reparación del tejido, aumentar la producción de citoquinas antiinflamatorias y proporcionar un alivio analgésico pronunciado.

Cada vez hay una evidencia mayor de que la electroacupuntura atenúa la lesión cerebral isquémica mediante la regulación de moléculas, como factores relacionados con la apoptosis, factores relacionados con la inflamación, factores relacionados con la autofagia, glutamato y sus receptores, miRNAs, neurotrópicos y factores transcripcionales, que participan en señales diferentes. Los efectos clínicos de la electroacupuntura incluían la mejora de la calidad de vida, la atenuación del dolor, la mejora del flujo sanguíneo del cerebro y promoción de la actividad diaria en pacientes con accidente cerebrovascular. Así, la electroacupuntura es una terapia segura y eficaz para reducir la lesión cerebral isquémica (410).

Según un reciente estudio la electroacupuntura activa el sistema nervioso simpático e induce la liberación de epinefrina, que podría mejorar la inflamación y proteger el tejido muscular además de aliviar el dolor (411).

De su efecto neurológico, hay otro estudio que concluye que la EA puede aumentar la permeabilidad de la Barrera Hematoencefálica (Blood Brain Barrier /BBB) (412). En este caso, facilitando la concentración de fármacos macromoleculares en el cerebro. Los estudios preclínicos analizados indican que este mecanismo es mediado por la estimulación de astrocitos, la liberación de VEGF, y la regulación de MMP-9 y GFAP, reduciendo la expresión de P-gp. Este efecto sugiere aplicaciones terapéuticas en enfermedades neurológicas como accidentes cerebrovasculares (MCAO), depresión post-ictus (PSD) y demencia vascular (VD). Los investigadores Li, et al (2024) compararon la EA con una intervención simulada, obteniendo que la EA redujo la conectividad funcional en la red parietofrontal ipsi-lesional en bandas ALFA y BETA, lo que sugiere una modulación neurobiológica, mayor eficiencia en la reorganización neuronal y se vieron cambios estadísticamente significativos en la conectividad cerebral, concluyendo que la EA puede mejorar la reorganización neuronal post-ictus y sugiriendo un mecanismo neurofisiológico que facilita la recuperación motora en pacientes con ACV. Igualmente, efectivo en los casos de pacientes con ACV que sufren de estreñimiento (413).

En otros estudios se midieron los Efectos que tiene la EA con Resonancia Magnética, concluyendo que la EA modula la actividad neuronal, beneficiando condiciones como síndrome del túnel carpiano, fibromialgia, enfermedad de Crohn, síndrome de intestino irritable y obesidad (414). Su capacidad para influir en las vías de percepción del dolor, inflamación y regulación emocional podría explicar su eficacia clínica. Una muestra también de la plasticidad del cerebro (415).

En su impacto de la recuperación y la cicatrización de heridas en pacientes diabéticos. Los hallazgos sugieren que la EA podría ser un tratamiento complementario efectivo para mejorar la cicatrización de heridas en pacientes diabéticos con lesiones arterioescleróticas en miembros inferiores. Según los investigadores de este estudio la EA parece favorecer la reparación tisular mediante varios mecanismos, incluyendo la modulación de la inflamación neurogénica, el aumento de la circulación sanguínea local, y la posible estimulación de la actividad de células madre (416).

En los últimos años, la Electroacupuntura (EA) ha despertado un creciente interés en la comunidad científica por su potencial terapéutico en diversas condiciones médicas. La metodología aplicada, que incluye meta-análisis, ensayos clínicos aleatorizados y revisiones sistemáticas, ha permitido evaluar rigurosamente su eficacia y el impacto que tiene en los diferentes sistemas del cuerpo. En este resumen, resaltamos evidencias claves donde se considera el tratamiento en el dolor crónico, sus efectos neuromoduladores, en la recuperación de tejidos, como también en enfermedades sistémicas. El creciente número de estudios nos indica que los diferentes sistemas del cuerpo:

- a.En el Sistema nervioso: La EA tiene efectos significativos en trastornos como ansiedad, insomnio, depresión y mejora la plasticidad cerebral.
- b.En el Sistema Musculo-Esquelético: Es eficaz para aliviar dolor crónico asociado con condiciones como la osteoartritis (KOA) y hernias discales.
- c.La Vascularización: Contribuye en la regulación de la hipertensión, favoreciendo la regeneración tisular y mejora la permeabilidad de la barrera hematoencefálica (BBB).
- d.En el Sistema Inmune: Muestra un efecto positivo en condiciones autoinmunes y enfermedades como la artritis gotosa.
- e.En la Psique-Psicología/Emoción: Se puede usar sobre puntos que la MTC indica para promover el bienestar emocional y regula el estrés, mejorando la estabilidad emocional del paciente, algo que también influye cuando el paciente se ve liberado del dolor, insomnio, problemas de cicatrización, o mejora del estilo de vida del paciente, como lo reportan cada uno de los estudios presentados.

El número creciente de estudios en Electroacupuntura confirma su potencial como una herramienta terapéutica efectiva en múltiples áreas de la salud. Sin embargo, es necesario seguir profundizando en protocolos estandarizados y ampliar ensayos clínicos que validen su integración en sistemas médicos convencionales. Este reporte contribuye a la difusión de evidencia científica actualizada, fortaleciendo el reconocimiento de la EA como una alternativa en el manejo de condiciones médicas complejas

SECCIÓN TRES: VENTOSAS

Las ventosas son recipientes con forma similar a “vasos”, fabricados generalmente en vidrio, bambú, cerámica, arcilla o plástico y diseñados especialmente para realizar el vacío sobre la piel del paciente sin dañarla. Estimulan la piel y los tejidos subcutáneos consiguiendo activar la circulación de Qi y Sangre, tienen acción analgésica y de relajación muscular, estimulan el metabolismo y tienen un efecto regulador del sistema nervioso.

DOLOR

Los resultados de una RS realizada en 2018 (417) muestran una reducción del dolor de cuello mediante la aplicación de ventosas, asociándose con una mejora significativa en términos de función y calidad de vida, así como también se señala como un método prometedor para el tratamiento del dolor de espalda crónico en adultos (418). [Las ventosas son eficaces en la reducción de la frecuencia de ataques de migraña.](#)(419)

En relación al dolor lumbar agudo o crónico la aplicación de ventosas también ha demostrado ser un método prometedor y eficaz (420,421), así como el masaje con ventosa que resulta ser efectivo en la reducción del dolor y aumentando la calidad de vida de pacientes con dolor crónico de cuello no específico (422). [Posteriormente en una revisión sistemática y metanálisis de 2024, Li establece que todos los tipos de terapia de ventosas son igualmente eficaces y superiores a los analgésicos orales en el dolor lumbar crónico con un resultado estadísticamente significativo](#) (423). [Por último, en un estudio de 2024, Zhang demuestra que no solo la ventosa mejora el dolor lumbar de manera superior a la medicación sino que lo hace con una duración posterior de 1 a 6 meses en 921 pacientes](#) (424).

Una revisión sistemática de ECAs realizada en 2016 (425) indica que hay una evidencia prometedora a favor del uso de ventosas húmedas para el dolor musculoesquelético, específicamente dolor lumbar crónico no específico, dolor de cuello, síndrome del túnel carpiano y braquialgia. [Posteriormente en 2023 Wang muestra evidencia de la efectividad de las ventosas en el manejo del dolor crónico, osteoartritis de rodilla, dolor lumbar, dolor cervical y herpes zóster \(426\). Mak por su lado establece que el masaje en general incluido el de ventosas es eficaz en el manejo del dolor en 129 revisiones sistemáticas \(427\).](#)

La aplicación de ventosas húmedas puede ser un método apropiado para disminuir la persistencia de la lumbalgia inespecífica sin ningún tratamiento convencional. Los efectos terapéuticos de las ventosas húmedas pueden ser más duraderos que la terapia convencional (428).

Los resultados de una ECA reciente mostraron que la incorporación de la terapia de ventosas en un programa de terapia física de rutina puede reducir la gravedad de los síntomas y mejorar la alteración sensorial del nervio mediano. Por lo tanto, se sugiere la terapia de ventosas, como método conveniente y de bajo costo, pudiéndose usar como terapia complementaria en el tratamiento del síndrome del túnel carpiano (429).

Un ECA mostró que la severidad media del dolor en la oligomenorrea disminuyó significativamente en el grupo al que se le aplicó infusión de semillas de hinojo más ventosas, siendo una intervención terapéutica segura y efectiva (430).

Los resultados de un metanálisis destinado a evaluar la efectividad y seguridad de las ventosas sugieren que podría ser una buena opción de tratamiento en el dolor crónico (431). Según los resultados de un reciente MA publicado en Medicine el efecto de la acupuntura y la moxibustión combinadas con ventosas en el tratamiento de la neuralgia posherpética es significativamente mayor que el de la medicina occidental convencional y puede prevenir significativamente la aparición de la neuralgia, recomendándose un uso más amplio de la medicina china en su tratamiento (432). [Cui en 2023 demuestra que el tratamiento con ventosas junto a antiepilépticos fue el mejor tratamiento para la neuralgia postherpética.\(433\). Por otro lado la microsangradura con ventosas según Kui mejora el dolor y calidad del sueño en neuralgia postherpética.\(434,435\)](#)

La terapia con ventosas de acupuntura neurogénica tuvo efectos significativamente mejores en el grado de inflamación, la percepción e intensidad del dolor y el impacto en la vida del dolor pélvico en mujeres con dolor pélvico crónico (436).

Un reciente metanálisis muestra que la terapia con ventosas húmedas reduce efectivamente la intensidad del dolor lumbar. Además, tanto la terapia con ventosas secas y húmedas mejoraron la calidad de vida de los pacientes con dolor lumbar (437).

La punción de sangre y la terapia con ventosas pueden reducir el dolor de manera segura y efectiva y mejorar el deterioro funcional en pacientes con dolor lumbar específico (438) .

VÓMITOS Y NÁUSEAS

Un estudio realizado por la revista Medicine (439) estableció que la terapia con ventosa evitó los vómitos y náuseas postoperatorios en pacientes con colecistectomía laparoscópica.

CARDIOLOGÍA

Un estudio (440) establece que la terapia de ventosa es un tratamiento complementario eficaz para reducir la presión arterial sistólica en pacientes hipertensos perdurando hasta 4 semanas, sin efectos secundarios graves.

DERMATOLOGÍA

La terapia de ventosas en movimiento podría ser un tratamiento eficaz ya sea solo o como una terapia combinada para la psoriasis en placas (441), así como la ventosa húmeda más antibióticos que muestra ser más efectiva que la terapia con antibióticos per se en pacientes con acné vulgar facial (442).

Ma en 2023 muestra que la microsangradura con ventosas combinada con otros tratamientos es muy eficaz para el tratamiento de la psoriasis (443).

En un compendio de 19 estudios realizado en 2024 en neurodermatitis muestran la eficacia de la ventosa húmeda como comparable a la eficacia de los esteroides combinada con moxa y/o medicación reduciendo los brotes (444).

ENDOCRINOLOGÍA

En un estudio de Wu de 2023 muestra la eficacia de la ventosa en el síndrome metabólico por la regulación del IMC , del colesterol, peso y circunferencias en 489 pacientes (445).

En otro estudio de 2023 por Kang las ventosas se muestran eficaces nuevamente como tratamiento para la obesidad mejorando IMC, circunferencias y el porcentaje de grasa (446).

GINECOLOGÍA

Un estudio de Wu de 2025 sobre el ovario poliquístico muestra la eficacia de las ventosas junto con acupuntura en este síndrome (447).

Las ventosas junto a otros tratamientos como acupresión, acupuntura y moxibustión mejoran la lactancia postparto (448).

NEUROLOGÍA

Shao muestra en 2023 como las ventosas húmedas son eficaces en el tratamiento de la espasticidad de miembro superior en pacientes tras accidente cerebrovascular en 8 ensayos clínicos controlados aleatorizados (449).

SECCIÓN CUATRO: MOXIBUSTIÓN

La moxibustión es una técnica muy antigua que se basa en la aplicación de calor mediante conos o cigarros de moxa sobre ciertos puntos de acupuntura, para así prevenir o tratar enfermedades. El calor penetra profundamente a través del punto de acupuntura y promueve el equilibrio homeostático. Favorece la circulación del Qi y sangre, promueve la función de los órganos y elimina el frío y la humedad.

Se encuentran diversos estudios realizados en Pubmed sobre moxibustión destacando algunos como los que se detallan a continuación.

DOLOR

Una actualización de metaanálisis y revisiones sistemáticas realizada en 2017 establece que la evidencia de los ensayos existentes es lo suficientemente convincente como para sugerir que la moxibustión, en comparación con la moxibustión simulada y los fármacos orales, es eficaz para la reducción del dolor y el manejo de los síntomas en pacientes con osteoartritis de rodilla (450,451). Otro estudio (452) concluye que el tratamiento de moxibustión tiene un efecto similar a los fármacos orales e inyecciones intraarticulares y puede ser una alternativa en el tratamiento de pacientes con osteoartritis de rodilla.

En la hernia de disco lumbar la moxibustión con aguja caliente fue superior a la acupuntura y la manipulación en términos de tasa de eficiencia y alivio del dolor, pero con resultado similar en comparación con los AINE y la fitoterapia china (453).

También se obtuvieron mejores resultados en el tratamiento del síndrome de fatiga crónica mediante la combinación de acupuntura y moxibustión, o ambas por separado frente a otras terapias (454).

ARTRITIS/OSTEOPOROSIS

Un reciente MA muestra que la moxibustión junto con la medicina occidental tiene un efecto sobre el dolor superior a la medicina occidental sola para pacientes con dolor con artritis reumatoide (455).

Según un artículo publicado en Medicine en 2020 de RS sobre la acupuntura y la moxibustión en la osteoporosis primaria, se vio que pueden mejorar la densidad mineral ósea de los pacientes con osteoporosis primaria y el dolor (456).

Un reciente estudio sugiere que la moxibustión es un tratamiento complementario eficaz para los pacientes con espondilitis anquilosante (457).

La moxibustión puede mejorar la hinchazón de las articulaciones y los síntomas de dolor en pacientes con artritis reumatoide, lo que puede estar relacionado con el hecho de que la moxibustión puede reducir la liberación de factores inflamatorios en pacientes con artritis reumatoide (458).

Según un reciente ECA la moxibustión puede mejorar los síntomas clínicos y las emociones negativas en pacientes con artritis reumatoide al regular las reacciones inflamatorias (459).

La moxibustión con aguja caliente sería más eficaz para mejorar la calidad de vida, promover la recuperación de la función de la rodilla, aliviar el dolor y la rigidez de las articulaciones, en comparación con los tratamientos farmacológicos administrados por vía oral. Por lo tanto, se podría considerar previamente la moxibustión con aguja de calentamiento para el tratamiento de la artrosis de rodilla (460).

DIGESTIVO

Un estudio (461) muestra que la moxibustión es efectiva en el síndrome del colon irritable con predominio de diarrea en comparación con los fármacos, pudiendo mejorar los síntomas y la calidad de vida en pacientes con síndrome de colon irritable, así como disminuir la sensibilidad rectal según un estudio con resonancia magnética (462).

La moxibustión con acupuntura proporciona beneficios terapéuticos significativos en pacientes con enfermedad de Crohn (463).

La moxibustión puede tener un efecto beneficioso sobre la recuperación de la función gastrointestinal en la prevención de la obstrucción del intestino delgado postoperatoria temprana (464).

NEUROLOGÍA

Según una revisión sistemática publicada en International Journal of Nursing Studies en 2018 (465) la moxibustión con aguja caliente muestra ser una intervención prometedora para reducir el espasmo de las extremidades, así como para mejorar la función motora y las actividades de la vida diaria de los pacientes con apoplejía.

Los resultados de un estudio (466) muestran que la combinación de moxibustión y rehabilitación ofrece mayores beneficios clínicos para aliviar la espasticidad, promover la recuperación de la función del movimiento, mejorar el rendimiento de las actividades de la vida diaria y aumentar la calidad de vida en pacientes hemipléjicos espásticos post-ictus, en comparación con la rehabilitación sola.

Una revisión sistemática identificó evidencia de que la moxibustión puede ser eficaz para controlar los síntomas de la incontinencia urinaria posterior a un accidente cerebrovascular (467).

Según una reciente RS y MA publicado en Nurse Scholarship la adición de moxibustión en comparación con el grupo de control mejoró significativamente la cognición y las actividades de la vida diaria de los pacientes con deterioro cognitivo posterior al accidente cerebrovascular (468).

RIÑÓN Y VEJIGA HIPERACTIVA

Según un estudio realizado en 2018 (469) la moxibustión es una opción a considerar en el caso de vejiga hiperactiva.

Un estudio realizado en 2016 (470) mostró que la resistencia vascular renal disminuyó después de la aplicación de moxibustión indirecta en pacientes con insuficiencia renal crónica. Otra

revisión sistemática sugiere que, como terapia adyuvante, la moxibustión puede mejorar la creatinina sérica, la excreción de proteínas urinarias, el nitrógeno ureico en sangre y la calidad de vida en pacientes con enfermedad renal crónica (471).

Según un reciente estudio publicado en *Medicine* (Baltimore) la moxibustión puede considerarse una terapia complementaria para mejorar los síntomas del tracto urinario inferior en pacientes con agrandamiento prostático benigno (472).

GINECOLOGÍA

La moxibustión mejora significativamente el estado físico y emocional, así como las condiciones de vida en mujeres posmenopáusicas y premenopáusicas, siendo el nivel sérico de estradiol significativamente mayor después de la moxibustión, especialmente en mujeres premenopáusicas (473). La moxibustión ha mostrado ser tan efectiva como un medicamento convencional para el dolor y alivio en pacientes con dolor menstrual, pudiendo durar su efecto hasta 3 meses después del tratamiento (474).

Según un estudio realizado en 2018 (475), la fitoterapia china combinada con la moxibustión puede ser beneficiosa para tratar el síndrome de ovarios poliquísticos.

La moxibustión separada por hierbas puede mejorar eficazmente los síntomas de dismenorrea y acortar los días de dismenorrea en pacientes con endometriosis ovárica (476).

En comparación con el grupo placebo, la fitoterapia china tuvo efectos positivos sobre el metabolismo de los glucolípidos en mujeres con síndrome de ovario poliquístico (SOP) (477).

Los hallazgos de un reciente MA publicado en *Clinical nursing research* indicaron que la acupuntura y la moxibustión podrían aliviar el dolor de manera efectiva y tienen menos eventos adversos en el manejo de la dismenorrea primaria (478).

Entre las pacientes con síndrome de ovario poliquístico, el uso de acupuntura combinada con moxibustión como terapia complementaria a los tratamientos básicos puede mejorar las tasas de embarazo, ovulación y aborto espontáneo, los niveles de algunas hormonas sexuales y los indicadores metabólicos (479).

La moxibustión junto con la acupuntura son eficaces para mejorar la ovulación y su efecto ovulatorio en combinación con clomifeno ofrecen mayores ventajas para mejorar la tasa de embarazo en pacientes con SOP y puede reducir las reacciones adversas del clomifeno solo .

ONCOLOGÍA

La moxibustión se puede usar de manera segura para tratar la anorexia y mejorar la calidad de vida en pacientes con cáncer metastásico (480) siendo segura (481), y pudiendo ayudar a reducir las toxicidades hematológicas y gastrointestinales de la quimioterapia o radioterapia, mejorando la calidad de vida en personas con cáncer según una revisión Cochrane (482).

La eficacia de la acupuntura combinada con la moxibustión de granos es superior a la acupuntura simple en la retención urinaria aguda después de la anestesia epidural para enfermedades anorrectales, lo cual es seguro y confiable (483).

Según datos prometedores de una ECA preliminar la moxibustión tiene un efecto potencial sobre el linfedema relacionado con el cáncer de mama (484).

La moxibustión leve combinada con la moxibustión con sal podría mejorar eficazmente los síntomas de náuseas, vómitos y estreñimiento causados por la quimioterapia en pacientes con cáncer de mama, y su mecanismo puede estar relacionado con la regulación a la baja de los niveles de PG I , PG II y G- 17 en suero (485).

La moxibustión con jengibre logra el efecto clínico definido de prevención de las náuseas y los vómitos inducidos por la quimioterapia en el cáncer de pulmón. Esta terapia es de operación simple, alta en seguridad, ausente en reacciones adversas obvias y altas en cumplimiento por parte del paciente (486).

Los hallazgos de un reciente estudio confirmaron la eficacia y seguridad de la moxibustión para la fatiga relacionada con el cáncer en comparación con la atención habitual. También encontraron que la moxibustión tiene un efecto de tratamiento prolongado durante 4 semanas de seguimiento (487).

Los resultados de un MA sugieren que la acupuntura y la moxibustión son eficaces en el tratamiento del linfedema relacionado con el cáncer de mama, pueden reducir la circunferencia del brazo en el pliegue del codo (en comparación con la atención de rutina), aumentar el índice efectivo para el linfedema de las extremidades superiores (en comparación con las tabletas de diosmina oral), mejorar el rango de movimiento del hombro durante la prolongación y la aducción (en comparación con la diosmina oral) y disminuir la puntuación visual analógica tanto para la hinchazón (en comparación con la circulación neumática) como para el dolor (en comparación con el control en blanco) (488).

Según un reciente MA se mostró que la moxibustión y la acupuntura mostraron un efecto positivo en el manejo del insomnio relacionado con el cáncer y podrían considerarse una opción complementaria en el régimen actual de tratamiento del insomnio relacionado con el cáncer (489).

La moxibustión se puede usar de manera segura para tratar la anorexia y mejorar la calidad de vida en pacientes con cáncer metastásico (480) siendo segura (481) y pudiendo ayudar a reducir las toxicidades hematológicas y gastrointestinales de la quimioterapia o radioterapia, mejorando la calidad de vida en personas con cáncer según una revisión Cochrane (482) [y ayudando a reducir el dolor \(490\)](#).

La eficacia de la acupuntura combinada con la moxibustión es superior a la acupuntura simple en la retención urinaria aguda después de la anestesia epidural para enfermedades anorrectales, siendo seguro y confiable (483).

Según datos prometedores de una ECA preliminar la moxibustión tiene un efecto potencial sobre el linfedema relacionado con el cáncer de mama (484) (491), [así como en la fatiga \(492\)](#).

La moxibustión suave combinada con la moxibustión con sal podría mejorar eficazmente los síntomas de náuseas, vómitos y estreñimiento causados por la quimioterapia en pacientes con cáncer de mama, y su mecanismo puede estar relacionado con la regulación a la baja de los niveles de PG I , PG II y G- 17 en suero (485).

La moxibustión con jengibre logra el efecto clínico definido de prevención de las náuseas y los vómitos inducidos por la quimioterapia en el cáncer de pulmón. Esta terapia es de aplicación simple, de alta seguridad, ausente en reacciones adversas obvias y de gran cumplimiento por parte del paciente (486).

Según una reciente RS y MA publicado en Gland Surgery, la acupuntura y la moxibustión son de gran eficacia y seguridad para el tratamiento del linfedema por cáncer de mama (493).

Las pruebas de una RS y MA publicado en Journal of Pain Research apoyan la moxibustión como un tratamiento adyuvante eficaz para el tratamiento del dolor por cáncer(490).

NEUROPATÍA

Según un reciente estudio publicado en Medicine (Baltimore) en 2020 la moxibustión puede ser una opción eficaz y segura para los pacientes diabéticos con neuropatía periférica (494) y puede ser una intervención eficaz para la depresión posterior al accidente cerebrovascular (495).

Según un estudio publicado en Geriatric Nursing la moxibustión con aguja caliente podría tener un efecto significativo en la mejora de la función cognitiva y la calidad de vida, reduciendo los síntomas de la enfermedad de Alzheimer y aumentando la tasa efectiva total. La moxibustión con aguja caliente es una terapia no farmacológica eficaz para pacientes con la enfermedad de Alzheimer (496).

Según una reciente RS y MA publicado en Medicine (Baltimore) la moxibustión es eficaz y segura en el tratamiento de la demencia vascular (497).

RINITIS

La moxibustión combinada con el aerosol Rhinocort tiene un buen efecto terapéutico para mejorar los síntomas, el sueño y la calidad de vida en pacientes con rinitis alérgica persistente moderada-grave, siendo superior a la del aerosol Rhinocort solo para mejorar el sueño y la calidad de vida (498).

Según una reciente RS y MA publicado en Medicine (Baltimore) la moxibustión sensible al calor fue el tratamiento más eficaz para la rinitis alérgica y puede considerarse como una terapia complementaria y alternativa para pacientes con rinitis alérgica con efectos deficientes del tratamiento tradicional y pacientes que son susceptibles a reacciones adversas de la medicina occidental (499).

COVID-19

Sobre la base del tratamiento de rutina con la medicina occidental, la terapia de moxibustión complementada alivia los síntomas clínicos, reduce los niveles de índices inflamatorios, es decir, IL-6 y PCR, y mejora el número absoluto de subconjuntos de linfocitos T periféricos. El efecto clínico terapéutico de tal régimen con moxibustión complementado es significativamente mejor que el simple tratamiento de rutina de la medicina occidental (500).

OTROS

La moxibustión con jengibre alivia eficazmente la fatiga, la depresión y mejora la calidad del sueño en los pacientes con síndrome de fatiga crónica (501).

La moxibustión con jengibre podría mejorar significativamente el estado de fatiga en pacientes con síndrome de fatiga crónica, lo que puede estar relacionado con la regulación de la estructura de la flora intestinal y la reparación de la barrera intestinal (502).

Según un reciente estudio publicado en Medicine la acupuntura y la moxibustión para la osteonecrosis de la cabeza femoral en etapa temprana y media es una intervención efectiva y relativamente segura, que puede mejorar la tasa efectiva, obteniendo una puntuación excelente y buena de Harris de función de la cadera, así como reducir la tasa de reacciones adversas. Clínicamente, la osteonecrosis de la cabeza femoral en etapa temprana y media puede ser intervenida combinando la acupuntura y moxibustión mientras se recibe la terapia convencional para mejorar la eficacia (503).

Según una RS y MA publicada en Medicine (Baltimore) el efecto de la acupuntura y la moxibustión en el tratamiento del síndrome de fatiga crónica fue significativamente mayor que el de otros tratamientos (504).

Según un reciente MA la moxibustión podría aliviar eficazmente los síntomas de la diarrea infantil (505).

MECANISMO

Un estudio (506) indica que la moxibustión puede ayudar a prevenir el Alzheimer y que su mecanismo de acción podría incluir un aumento en la actividad de las neurotrofinas y la proteína de choque térmico, la modulación del ciclo celular, la supresión de la apoptosis y la inflamación.

SECCIÓN CINCO: TUINA

Tuina es una disciplina integrada en la Medicina Tradicional China (MTC), con la que comparte sus principios básicos, y que se basa en el tratamiento de las enfermedades a través de la aplicación de maniobras de masaje sobre la superficie del cuerpo. Las maniobras de masaje que se practican en el Tuina son principalmente presiones, fricciones, vibraciones, percusiones, movilizaciones y tracciones. Mediante estas maniobras se logra la estimulación del flujo de Qi y sangre, la regulación de los órganos y el equilibrio de Yin y Yang.

ANSIEDAD

En un artículo publicado en la revista Journal of Cardiovascular Nursing se recomienda el masaje chino en personas a la espera de una angiografía coronaria (507).

DOLOR

Una revisión sistemática (508) sugiere que el Tuina es seguro y eficaz para la reducción del dolor y la mejora funcional para las enfermedades musculoesqueléticas. Tanto las manipulaciones innovadoras de Tuina como las tradicionales produjeron resultados terapéuticos satisfactorios en pacientes con espondilosis cervical de tipo arteria vertebral (509).

El masaje Tuina resulta un tratamiento seguro y eficaz para reducir la espasticidad de varios grupos musculares después del accidente cerebrovascular (510).

Un estudio (511) concluyó que el tratamiento adicional con seis sesiones de Tuina durante 3 semanas fue efectivo, seguro y relativamente económico para pacientes con dolor crónico de cuello.

La acupuntura combinada con Tuina podría aumentar significativamente el efecto terapéutico de la acupuntura en el tratamiento de la migraña (512).

La estimulación con puntos de acupuntura sin aguja se puede utilizar para pacientes mujeres que se someten a cirugía de mama para reducir las náuseas y los vómitos postoperatorios (513).

Una ECA publicada recientemente en JAMA Netw Open recomienda considerar una combinación de Tuina y yijinjing en el tratamiento del dolor de cuello crónico inespecífico (514).

Según un ECA publicado en Pain Medicine la Tuina produjo efectos superiores para el dolor, las emociones negativas y la discapacidad con el tiempo, en comparación con celecoxib en pacientes con osteoartritis de rodilla (515).

HIPERTENSIÓN Y VÉRTIGO

Un estudio (516) sugiere que el Tuina es beneficioso como tratamiento coadyuvante para las personas con hipertensión.

El Tuina podría mejorar la tasa de eficacia y la escala de evaluación de las puntuaciones de vértigo cervical en pacientes (517).

PEDIATRÍA

El Tuina pediátrico parece ser eficaz y seguro para mejorar la tasa de curación y acortar la duración de la diarrea en niños menores de cinco años con diarrea aguda (518). También es una intervención viable que podría beneficiar a los bebés y niños pequeños con anorexia (519).

Un reciente estudio muestra que el masaje de medicina china es beneficioso para tratar la tortícolis muscular congénita en bebés y niños (520).

Una reciente RS y MA publicado en Frontiers in pediatrics proporcionó evidencia favorable para el tratamiento de la rinitis alérgica en niños con Tuina pediátrica (521).

La Tuina combinado con luz azul para el tratamiento de la ictericia neonatal puede aumentar el efecto del tratamiento clínico y reducir los eventos adversos causados por la terapia con luz azul (522).

La Tuina es una opción de tratamiento prometedora para la enuresis infantil (523). Un reciente metanálisis respalda su potencial terapia complementaria para mejorar la eficacia clínica de los tratamientos tradicionales (524).

La Tuina pediátrica puede acortar el curso y disminuir la tasa de recurrencia de la tos en los niños (525).

ONCOLOGÍA

Los resultados de una investigación mostraron que la acupresión tiene una efectividad a corto plazo en la fatiga relacionada con el cáncer de los pacientes que reciben quimioterapia (526).

La acupresión es eficaz para aliviar la fatiga relacionada con el cáncer (527).

OTROS

Según una reciente revisión sistemática y metaanálisis publicado en Medicine (Baltimore) el masaje chino combinado con clorhidrato de metformina tiene un efecto sinérgico. No solo se puede utilizar como tratamiento auxiliar de la diabetes mellitus tipo 2, sino también como una forma de referencia importante para reducir el tratamiento farmacológico de la diabetes mellitus tipo 2, mejorar la eficacia clínica y reducir las reacciones adversas (528).

La Tuina, además de la terapia convencional, es eficaz para mejorar la función motora y reducir la espasticidad en los supervivientes de un accidente cerebrovascular (529).

Según una RS y MA publicado en Frontiers in Neuroscience la Tuina puede mejorar significativamente la eficacia clínica y la calidad del sueño de los pacientes con insomnio primario (530).

La Tuina combinada con el tratamiento convencional reduce significativamente la gravedad de la espasticidad posterior al accidente cerebrovascular y mejora las capacidades funcionales y la calidad de vida, destacando su posible integración en los programas de rehabilitación (531).

La Tuina china es una opción de tratamiento segura y eficaz para la neuropatía diabética difusa (NDP). Puede aliviar los síntomas clínicos y mejorar la velocidad de conducción nerviosa motora y sensitiva de los nervios sural y cubital (532).

SECCIÓN SEIS: AURICULOTERAPIA

La auriculoterapia es el método para diagnosticar y tratar el cuerpo humano a través del pabellón auricular. Diferentes puntos en el pabellón auricular reflejan desequilibrios que pueden ser aliviados mediante la estimulación de esos puntos, ya que se trata de un microsistema. Su aplicación clínica sigue la teoría de la Medicina Tradicional China (MTC).

La auriculoterapia presenta como característica principal la sencillez de su aplicación, que contrasta con la rapidez de sus resultados, y ofrece un abanico de posibilidades terapéuticas muy amplio.

DOLOR

La auriculoterapia, ya sea como técnica independiente o como complemento, reduce significativamente el dolor y tiene beneficios potenciales para su uso en el departamento de urgencias (533), presentándose como una modalidad prometedora en la reducción del dolor en 48 horas (534), y siendo eficaz para reducir la incapacidad y aumentar la temperatura del tejido en las personas con dolor crónico en la columna vertebral (535).

La acupuntura auricular es una práctica prometedora para el tratamiento del dolor de espalda crónico en adultos (536). La auriculoterapia presentó efectos positivos al reducir la intensidad del dolor crónico y su impacto en las actividades diarias en personas con trastorno musculoesquelético de la espalda (537).

Según un estudio publicado en el Journal of Korean Academy of Nursing, la auriculoterapia consigue una reducción significativa del dolor musculoesquelético en adultos. Indica la necesidad de perfeccionar el plan de estudios para incluir la auriculoterapia como una intervención de enfermería para aliviar el dolor musculoesquelético en adultos y fomentar su uso en entornos clínicos (538).

También se ha visto que la auriculoterapia es efectiva en el tratamiento del dolor de pacientes con aparatología fija de ortodoncia (539).

Un estudio publicado en Holistic Nursing Practice mostró que 6 semanas de acupresión auricular mejoraron el dolor lumbar crónico y la discapacidad relacionada con el dolor, por lo que se puede utilizar como una intervención alternativa no invasiva para el dolor lumbar crónico en adultos mayores(540).

RINITIS ALÉRGICA

Un estudio (541) muestra que la auriculoterapia es eficaz en la rinitis alérgica perenne a corto plazo.

INSOMNIO, ANSIEDAD, ADICCIONES

Los resultados de un análisis sobre revisiones sistemáticas (542) concluyen que la auriculoterapia asociada a los tratamientos convencionales de insomnio, dolor crónico y agudo,

ha demostrado tener efectos positivos. También reduce la ansiedad previa a un tratamiento dental (543).

La auriculoterapia tiene un efecto positivo en el insomnio (544) y puede mejorar la calidad del sueño y la disfunción diurna entre los veteranos con trastorno de estrés postraumático (545).

La auriculoterapia muestra ser un ansiolítico equivalente al efecto del midazolame, sin los efectos indeseables habitualmente atribuidos a la benzodiazepina (546).

Un reciente estudio publicado en la Revista da Escola de Enfermagem da USP muestra que la auriculoterapia tiene efectividad sobre el estrés, la ansiedad y la depresión en adultos y personas mayores (547). [Otros estudios respaldan esta afirmación y destacan los beneficios de su integración en el ámbito de la enfermería](#) (548).

[Un metaanálisis destaca la auriculoterapia como segura y eficaz en el tratamiento de la depresión, pudiendo reducir las puntuaciones en la Escala de Depresión de Hamilton \(HAMD\) y el Índice de Calidad del Sueño de Pittsburgh \(PSQI\), sin observarse reacciones adversas pudiendo utilizarse como un enfoque terapéutico complementario para pacientes con depresión](#) (549).

Los hallazgos de un reciente estudio sugieren que la auriculoterapia puede ser un tratamiento alternativo para el insomnio en pacientes con hemodiálisis de mantenimiento (550).

La auriculoterapia también ha demostrado ser eficaz en la ansiedad preoperatoria (551).

DERMATOLOGÍA

La auriculoterapia sola o junto al tratamiento convencional parece ser eficaz y segura en el tratamiento de la urticaria crónica espontánea (552).

GINECOLOGÍA

Los hallazgos de un estudio (553) mostraron que las madres que recibieron auriculoterapia presentaron un mayor control del dolor y una menor duración del parto, pudiendo ayudar a reducir los niveles de ansiedad asociados con la FIV y mejorar los resultados de la FIV, en parte mediante el aumento de los niveles de neuropéptido y fluidos foliculares (554).

Un reciente estudio publicado en The Archives of Gynecology and Obstetrics indica que la auriculoterapia puede ser un valioso complemento de la terapia analgésica en pacientes sometidas a episiotomía durante el parto vaginal (555).

Según una ECA después de 2 semanas de tratamiento, la auriculoterapia asociada con la atención obstétrica estándar reduce significativamente el dolor lumbar y pélvico en mujeres embarazadas, mejora la calidad de vida y reduce la discapacidad funcional (556).

Se recomienda el uso de auriculoterapia para la prevención y el alivio del dolor de hombro después de una cesárea (557).

Otro estudio muestra que el uso adecuado de puntos efectivos de auriculoterapia para controlar las náuseas y los vómitos como tratamiento no farmacológico y complementario puede aliviar las náuseas en las mujeres embarazadas (558).

Según un ECA publicado en Trials la intensidad media del dolor en la dismenorrea fue menor con la auriculoterapia (559).

La auriculoterapia se puede utilizar como terapia complementaria para reducir los síntomas físicos y anímicos del síndrome premenstrual (560).

La auriculoterapia puede ser un método fácil y seguro para reducir la ansiedad durante el parto (561).

Un estudio demostró que la auriculoterapia es eficaz para mejorar los síntomas de la menopausia, el estrés y el sueño en mujeres posmenopáusicas de mediana edad, pudiendo ser una intervención no farmacológica útil para aliviar los síntomas (562).

ONCOLOGÍA

La auriculoterapia demostró ser eficaz para aliviar el estreñimiento en pacientes con cáncer de mama que reciben quimioterapia (563) y muestra una reducción en la intensidad del dolor para pacientes con cáncer (564,565).

La auriculoterapia puede mejorar significativamente la calidad del sueño de los pacientes de cáncer con trastornos del sueño, sin efectos secundarios evidentes (566).

La auriculoterapia es un método sencillo, económico, de bajo riesgo y eficaz para aliviar la incontinencia urinaria en pacientes con cáncer de próstata (567). También, combinada con el entrenamiento de los músculos del suelo pélvico fue más eficaz, en comparación con el entrenamiento de los músculos del suelo pélvico solo, para reducir el impacto de la incontinencia urinaria en la calidad de vida, las probabilidades de nicturia y urgencia urinaria (568).

OBESIDAD

Según una RS y MA se vio que la auriculoterapia fue efectiva para reducir el peso y/o el IMC en pacientes con sobrepeso u obesidad (569).

La acupresión auricular usando semillas de vaccaria fue efectiva para disminuir los niveles de colesterol total y los niveles de colesterol de lipoproteínas de baja densidad en adolescentes con obesidad (570).

POSTOPERATORIO

Un estudio demuestra que la auriculoterapia es una técnica segura y útil que reduce la retención de orina postoperatoria en pacientes con toracotomía que se benefician de la analgesia epidural torácica (571).

Un estudio publicado sugiere que la acupuntura auricular proporciona un mayor alivio del dolor el día de la amigdalectomía (572).

HIPERTENSIÓN

Según una RS y MA publicado por la *European Journal of Cardiovascular Nursing* en 2020, la auriculoterapia podría proporcionarse a pacientes con hipertensión como un complemento de los medicamentos antihipertensivos para reducir el valor de la presión arterial y alcanzar el objetivo de presión arterial (573).

NÁUSEAS Y VÓMITOS

Una reciente RS publicada en la Revista Brasileña de Enfermería aportó datos relevantes sobre los efectos de la auriculoterapia en el tratamiento de náuseas y vómitos, con disminución de la intensidad y frecuencia de estos síntomas en diferentes poblaciones (574).

SECCIÓN SIETE: TAICHI Y QIGONG

El Taichi es un arte marcial y una forma de ejercicio físico practicado hace muchos años en China que aporta numerosos beneficios a nivel físico y psicológico, y cuyos fundamentos se basan en la realización de movimientos lentos, rítmicos y controlados junto con una respiración profunda y concentración mental. El Qigong significa trabajo de la energía, consiste en una diversidad de técnicas relacionadas con la MTC, que comprenden la mente, la respiración y el ejercicio físico. El Qigong se practica generalmente con objetivos relacionados con el mantenimiento de la salud, pero también con objetivos terapéuticos específicos. Su práctica incluye movimientos corporales, ejercicios de respiración y regulación, así como estiramientos, automasajes y otras técnicas a fin de prevenir dolencias y fortalecer el cuerpo. Su práctica permite obtener diversos beneficios como una relajación física y mental, tonificación muscular y flexibilización articular, aumento de la capacidad respiratoria y del sistema inmunológico, mejora de la circulación de la sangre, mejora del estado emocional, etc. Las investigaciones sobre el Taichi y el Qigong han aumentado de forma significativa, pudiendo demostrar los beneficios que tiene su práctica.

Los resultados de la revisión sistemática realizada por Zou et al. (575) sugieren que el Taichi es efectivo para atenuar la pérdida de densidad ósea mineral en las regiones de la columna lumbar y cabeza proximal del fémur en poblaciones especiales (por ejemplo, adultos mayores, mujeres perimenopáusicas y posmenopáusicas, personas con osteoartritis y sobrevivientes de cáncer).

DOLOR

Los resultados de un estudio realizado en 2016 indican que el Taichi muestra evidencia positiva en el alivio inmediato del dolor crónico de la osteoartritis y la osteoporosis. Por lo tanto, se puede considerar el Taichi como una opción viable para las condiciones de dolor crónico (576), así como también produce una reducción efectiva del dolor lumbar crónico no específico (577).

Los resultados obtenidos en un estudio con pacientes de dolor crónico de tobillo (578) sugirieron que doce semanas de práctica de Taichi tienen efectos positivos sobre el control postural y la sensación de inestabilidad autoinformada.

El Taichi ejerce efectos significativamente mayores en pacientes con fibromialgia que la atención estándar; pudiéndose usar como un tratamiento alternativo (579).

Los ejercicios de Taichi mejoran la función física y la calidad de vida en pacientes con artroplastia total de rodilla primaria sin riesgos adicionales (580).

Los ejercicios terapéuticos chinos también tienen efectos beneficiosos para reducir la intensidad del dolor para las personas con dolor lumbar, independientemente de su nivel de dolor (581).

Según un estudio publicado en 2021 en Clinical Rehabilitation el Taichi es beneficioso para mejorar la salud física y mental de los pacientes con osteoartritis de rodilla recomendándose que esté disponible como una terapia no farmacológica alternativa en los programas de rehabilitación (582). El Taichi practicado durante veinticuatro semanas puede mejorar la propiocepción del tobillo y la rodilla de los pacientes con osteoartritis de rodilla (583).

Tanto el Wu Qin Xi Qigong como los programas de ejercicios de fisioterapia convencional fueron muy eficaces para reducir las limitaciones de la actividad y el dolor, y para promover el equilibrio y la potencia muscular, siendo el Wu Qin Xi Qigong más eficaz para promover el equilibrio y reducir el dolor que el ejercicio de fisioterapia convencional en pacientes con osteoartritis de rodilla (584).

Un metanálisis publicado en la revista Medicine proporcionó evidencia de 11 ECAs de que el Taichi podría ser una excelente estrategia de entrenamiento físico para mejorar la función de caminar y el control de la postura en adultos mayores con osteoartritis de rodilla. Asumiendo que el Taichi es efectivo y seguro en la mayoría de las áreas, pudiéndose usar como una estrategia de entrenamiento físico adyuvante y confiable para caminar(585).

Los hallazgos de un reciente estudio sugieren que el Tai Chi da como resultado mejoras estadísticamente significativas y clínicamente importantes en el dolor, la rigidez y la función física en una amplia gama de ACR en adultos con osteoartritis de rodilla (586).

PROMOCIÓN DE LA SALUD Y PREVENCIÓN DE ENFERMEDADES

Los hallazgos en un ECA realizado por Zou, L. et al (587) indican que el entrenamiento de Taichi a corto plazo e intensivo no solo mejora la función física relacionada con las extremidades inferiores, como el equilibrio dinámico y la fuerza de la pierna, sino también fortalece la función física relacionada con las extremidades superiores (por ejemplo, la fuerza del brazo y el antebrazo, la movilidad del hombro, control del motor fino, fuerza de la empuñadura y función motora fina). Por ello se recomienda en caso de degeneración de la función física relacionada con la edad en personas mayores sanas.

Un estudio publicado en 2019 (588) muestra evidencia en el Taichi para promover la salud y evitar enfermedades en personas mayores, siendo la práctica del Taichi beneficiosa para mejorar la capacidad de control del equilibrio y la flexibilidad de personas mayores, y pudiendo ayudar en la prevención de caídas (589–593).

Las personas mayores presentaron mayor actividad cerebral cuando practicaban Taichi en comparación con el ejercicio enfocado en el cuerpo (594).

Un estudio reciente (595) sugirió el papel protector del ejercicio de Taichi a largo plazo para reducir la atrofia de la materia gris, mejorar la estabilidad emocional y lograr un envejecimiento exitoso para las personas.

El Qigong interno parece tener beneficios potenciales en la calidad de vida general entre los adultos mayores que viven en la comunidad con enfermedades crónicas, sugiriendo el uso potencial del Qigong interno como una actividad complementaria para el manejo de enfermedades crónicas (596). Otro estudio sobre el Taichi con música indica ser una solución económicamente viable para mejorar la calidad de vida y el envejecimiento saludable (597).

Tal y como muestra una reciente RS hay evidencia de moderada a fuerte que sugiere que el Taichi es una intervención efectiva para mantener y mejorar la propiocepción de las extremidades inferiores en adultos mayores de 55 años (598). Otra reciente RS publicada en *Journal of Geriatric Physical Therapy* en 2020 respalda que el Taichi en combinación con el entrenamiento de resistencia mejora la función física y la fuerza muscular en adultos de 50 años o más (599).

El Taichi estilo Chen y el entrenamiento de estabilidad del core tienen efectos protectores sobre la NF en individuos de edad avanzada con PNLB, al tiempo que alivian el dolor crónico no específico (600).

Según los resultados de un estudio publicado en *The International Journal of Nursing Studies* el Taichi tiene efectos favorables sobre la calidad de vida y los síntomas depresivos de los adultos mayores con enfermedades crónicas, pudiendo actuar como un complemento para el manejo de la enfermedad (601).

Según un estudio realizado por la Revista latino-americana de Enfermagem en 2020 la práctica del Qigong produce resultados positivos en la salud, principalmente a medio y largo plazo (602).

Los resultados de un estudio publicado en *The Brazilian Journal of Medical and Biological Research* sugieren el uso potencial del ejercicio de Taichi como una actividad para mejorar la calidad de vida en personas mayores (603). La evidencia actual indica que la práctica de Taichi y Qigong tiene un impacto fisiológico en el funcionamiento del sistema inmunológico y las respuestas inflamatorias (604).

Según un estudio publicado en *Motor Control* el método de ocho y cinco pasos de Taichi puede ser una modalidad de rehabilitación eficaz para mejorar el control del equilibrio entre los adultos mayores (605).

Una RS publicada en *Aging Clinical and Experimental Research* revela que los ejercicios basados en la MTC pueden mejorar de forma eficaz los resultados del rendimiento físico, del equilibrio y la fuerza muscular en la población de edad avanzada (606).

Los hallazgos de un metanálisis publicado en *Frontiers in Medicine* indican que el Qigong puede ser beneficioso para mejorar la fatiga en pacientes diagnosticados con diversas enfermedades (607).

Las variables psicológicas y bioquímicas evaluadas al inicio y después de la intervención mostraron una mayor disminución en los niveles de ansiedad en el grupo Qigong (608).

Una RS publicada en *Frontiers in physiology* muestra que el ejercicio de Taichi es beneficioso para los estudiantes universitarios en comparación con el grupo de control (609).

Según una ECA publicada en *Physiother Theory Practice* la forma corta del 8 de Tai Chi podría mejorar la función física (la fuerza de las extremidades inferiores y la velocidad de la marcha), el miedo a las caídas y la depresión en personas mayores (610).

Esta revisión sistemática, al menos hasta cierto punto, proporciona evidencia de apoyo para el uso rutinario del ejercicio chino tradicional para la sarcopenia (611) (612).

Según una reciente RS y MA publicada en *Archives of Gerontology and Geriatrics* el Taichi mejoró significativamente la mayoría de los resultados, incluida la movilidad, el nivel de dolor, la función física, la angustia psicológica, los síntomas depresivos, la ansiedad, la función cognitiva

global, la velocidad mental y la atención, la capacidad de aprendizaje, la fluidez verbal, la función ejecutiva y la calidad de vida de los adultos mayores. El Taichi puede ser una intervención efectiva para adultos mayores para mejorar las condiciones físicas y psicológicas, las habilidades cognitivas y la calidad de vida (613).

INSOMNIO, DEPRESIÓN, ESTRÉS

En diversos estudios el Taichi muestra ser una buena opción para el insomnio (614–616). Según un estudio publicado en JAMA Netw Open, el ejercicio convencional y el Taichi mejoraron el sueño y los efectos beneficiosos se mantuvieron durante 24 meses (617).

El ejercicio de Taichi tiene un buen efecto preventivo y de mejora sobre el insomnio, que puede aliviar la depresión y la ansiedad de los pacientes, mejorando simultáneamente varias funciones del cuerpo (618,619).

Los resultados del estudio publicado en Frontiers of Psychiatry mostraron que el Taijiquan mejoró significativamente la calidad del sueño en adultos sanos y pacientes con enfermedades crónicas, lo que sugiere que el Taijiquan puede considerarse como una terapia conductual alternativa en el tratamiento del insomnio (620). Los ejercicios basados en Qigong pueden ser efectivos para aliviar los síntomas de depresión en individuos con trastorno depresivo mayor (621).

Los hallazgos muestran que este ejercicio mejora los indicadores de calidad de vida relacionada con la salud, incluido el funcionamiento físico, el rol físico y el emocional en adultos con obesidad central con depresión (622).

Una reciente RS publicada en 2020 también sugiere el impacto potencial de las intervenciones como el Taichi como herramientas para reducir el estrés relacionado con el trabajo entre los profesionales de la salud (623).

Según una reciente revisión sistemática publicada en The Journal of Affective Disorders, y en comparación con otros tratamientos activos y no terapéuticos, el Taichi tiene un efecto positivo en la mejora de la calidad del sueño. Un análisis en profundidad mostró que el Taichi estilo Yang de 24 y 8 formas tiene efectos positivos significativos en la calidad del sueño, según lo evaluado por el Índice de Calidad del Sueño de Pittsburgh (624).

El Taichi puede ser una técnica eficaz para reducir la ansiedad y mejorar la autoeficacia y el rendimiento entre los estudiantes de enfermería (625). Otro reciente estudio publicado en Medicine (Baltimore) en 2021 reveló que los síntomas de la depresión de los estudiantes universitarios se pueden mejorar de manera efectiva mediante el ejercicio aeróbico, los ejercicios tradicionales chinos y la meditación. El ejercicio aeróbico tendría un mejor efecto sobre la ansiedad y el estrés, mientras que el ejercicio tradicional chino tendría un mejor efecto sobre el estrés (626).

Los hallazgos de un reciente estudio publicado en Frontiers of Psychology sugieren que Qigong parece ser una modalidad terapéutica efectiva para mejorar el bienestar psicológico en los adolescentes (627).

Según un reciente estudio el Taichi tiene un efecto positivo sobre la ansiedad y la depresión, especialmente en pacientes con cáncer, accidente cerebrovascular e insuficiencia cardíaca (628).

El Taichi mostró mejoras en el bienestar mental y físico como lo demuestran las reducciones en la depresión y la ansiedad y una mejor calidad de vida (QOL) de los pacientes con síntomas depresivos (629).

La intervención de Taijiquan puede mejorar efectivamente los síntomas psicológicos negativos de los estudiantes universitarios y tiene un gran valor de promoción en colegios y universidades (630). El Qigong fue ventajoso para los estudiantes universitarios en términos de mejorar la flexibilidad y la resistencia cardiorrespiratoria y aliviar hasta cierto punto la depresión y la ansiedad (631).

NEUROLOGÍA

Una revisión sistemática realizada en 2018 (632) muestra que el Taichi es eficaz para reducir la incidencia de caídas en la enfermedad de Parkinson y el accidente cerebrovascular.

Un metaanálisis realizado en 2018 (633) muestra que el Taichi tiene un efecto beneficioso general sobre las actividades de la vida diaria, el equilibrio, la función motora de las extremidades, y también puede mejorar la calidad del sueño, el estado de ánimo, la salud mental y otras funciones motoras.

En un estudio realizado por Zheng et al. (634), después de 12 semanas la práctica del Taichi mejoró significativamente el mínimo de velocidad de flujo sanguíneo (BFVmin), la velocidad media de flujo sanguíneo (BFVmean), índice de pulsatilidad e índice de resistencia de la arteria cerebral anterior derecha y la velocidad máxima de flujo sanguíneo (BFVmax), BFVmin y BFVmean de la arteria cerebral media derecha. También disminuyó los niveles de triglicéridos, glucemia en ayunas y homocisteína, y mejoró la capacidad de equilibrio. Por lo tanto, el ejercicio supervisado de Taichi durante 12 semanas tuvo efectos beneficiosos potenciales en la hemodinámica cerebral, los factores de riesgo plasmáticos y la capacidad de equilibrio en adultos mayores de la comunidad con riesgo de accidente cerebrovascular isquémico. Otro estudio sugiere que la práctica del Taichi da lugar a cambios neurológicos beneficiosos en el cerebro humano (635).

Un estudio realizado en 2017 (636) muestra evidencia con un beneficio potencial del Taichi para mejorar la función motora, la depresión y la calidad de vida de las personas con Parkinson. También puede ser beneficioso para los sobrevivientes de un accidente cerebrovascular a corto plazo (637) y puede proporcionar beneficios físicos y psicosociales en individuos con esclerosis múltiple (638).

Varios estudios muestran que la práctica regular de Taichi puede mejorar la función cognitiva y física en el adulto mayor (639–642).

Los hallazgos de una revisión sugieren que Baduanjin, modalidad de Qigong, es seguro y efectivo para mejorar la función cognitiva global y la memoria en adultos de mediana edad y mayores, y potencialmente beneficioso en otros dominios específicos de la cognición, incluida la función ejecutiva y la velocidad de procesamiento (643,644). Además, según un reciente estudio publicado en *Neurorehabil Neural Repair*, Baduanjin es eficaz para mejorar el equilibrio, la fuerza de las piernas y la movilidad, y es una forma segura y sostenible de ejercicio en el hogar para personas con accidentes cerebrovasculares crónicos (645).

Utilizando resonancia magnética de alta resolución de 22 practicantes de Taichi (646) frente a 18 controles, se vio que los practicantes de Taichi, en comparación con el grupo control,

mostraron una corteza significativamente más gruesa en la circunvolución precentral, surco de la ínsula y surco frontal medio en el hemisferio derecho y giro temporal superior y surco occipito-temporal medial y surco lingual en el hemisferio izquierdo. Por otra parte, encontraron que la corteza más gruesa en el surco occipito-temporal medial izquierdo y el surco lingual se asociaron con una mayor intensidad de la práctica del Taichi. Estos hallazgos indican que la práctica de Taichi a largo plazo podría inducir un cambio estructural regional y también sugiere que el Taichi podría compartir patrones similares de correlaciones neurales con la meditación y el ejercicio aeróbico.

Un reciente estudio publicado en The Journal of Sports Medicine and Physical Fitness el entrenamiento de Taichi más el ejercicio de rutina podría ser un enfoque no farmacológico alternativo ideal para los síntomas motores y no motores de los pacientes con Parkinson, y especialmente ser más útil para la mejora de la calidad del sueño y la función cognitiva en la enfermedad de Parkinson en comparación con el régimen de ejercicio de rutina (647).

El Taichi puede ser un ejercicio efectivo para la mente y el cuerpo en la rehabilitación cognitiva entre pacientes mayores con deterioro cognitivo leve (648). También mejora la cognición global en adultos con deterioro cognitivo (649).

Según un estudio publicado en Clinical Rehabilitation el entrenamiento regular de Baduanjin se asocia con una menor pérdida de la función cognitiva en pacientes después de un accidente cerebrovascular (650).

Los hallazgos de otro reciente metanálisis publicado en Clinical Rehabilitation respaldaron el ejercicio de Qigong como una terapia alternativa beneficiosa que puede contribuir a aumentar la función motora, la capacidad para caminar y el equilibrio de los pacientes con enfermedad de Parkinson (651). Una reciente revisión sistemática y metanálisis de la enfermedad de Parkinson y el Taichi sugiere que el Taichi es una actividad relativamente segura que puede resultar en mejoras en la función motora general, la bradicinesia y el equilibrio (652) .

Según una reciente RS publicado en Clinical Rehabilitation se encontró efectos significativos del Taichi en la movilidad funcional, el equilibrio y las caídas en pacientes con Parkinson (653) y para el deterioro cognitivo leve (654).

Según una reciente RS y MA publicado en Frontiers in aging neuroscience el Taichi tiene efectos beneficiosos sobre la función motora, la función del equilibrio, la capacidad de caminar funcional y la velocidad de la marcha en pacientes con Parkinson (655).

El Baduanjin podría tener un efecto positivo en la mejora de la función motora, el equilibrio y la marcha de los pacientes con Parkinson (656).

Tai Chi y Qigong realizados durante 12 semanas o menos fueron efectivos para mejorar la movilidad de los sobrevivientes de accidentes cerebrovasculares (657).

El Taichi puede mejorar eficazmente la función motora, la función cognitiva global y las caídas en pacientes con enfermedades neurodegenerativas (658).y es beneficioso para la demencia (659).

Según un reciente MA publicado en Geriatric Nursing, el Taichi y Qigong fueron intervenciones efectivas para mejorar la cognición en pacientes con enfermedad de Parkinson, accidente cerebrovascular, deterioro cognitivo leve, demencia y lesión cerebral traumática (660–662) .

CARDIOLOGÍA

El Taichi puede reducir el nivel de presión arterial en personas jóvenes y de mediana edad con hipertensión de grado 1, controlar el peso, disminuir el ritmo cardíaco, mejorar el metabolismo y la calidad de vida (663) y puede ser un método de rehabilitación cardíaca eficaz para pacientes con insuficiencia cardíaca crónica (664).

Un estudio publicado en 2015 (665) asoció la práctica de Taichi con un aumento en el pico de consumo de oxígeno en pacientes con un infarto de miocardio reciente, indicando que podría constituir una forma efectiva de rehabilitación cardíaca en esta población de pacientes. También tiene la facultad de potenciar una modificación significativa de los lípidos en la sangre y servir como una modalidad de ejercicio complementario (666), así como una mejora en la marcha durante 6 minutos y en la calidad de vida de pacientes con insuficiencia cardíaca (667).

Un estudio realizado en 2012 (668) sugiere que existe evidencia en el ejercicio del Taichi siendo una buena opción para los pacientes cardíacos con una tolerancia al ejercicio muy limitada y pudiendo ser un complemento de los programas de rehabilitación para pacientes con enfermedad coronaria del corazón o fallo crónico del corazón.

El ejercicio de Taichi puede reducir el nivel de presión arterial en personas jóvenes y de mediana edad con hipertensión de grado 1, controlar el peso, reducir la frecuencia cardíaca, mejorar el metabolismo y mejorar la calidad de vida (663).

El Taichi podría recomendarse como tratamiento adyuvante para la hipertensión, especialmente para pacientes menores de 50 años (669).

Según otro reciente estudio publicado en Heart Lung el Taichi reduce la presión arterial, el colesterol total, los triglicéridos, el LDL-C y la glucosa en sangre y aumenta significativamente la calidad de vida en adultos con hipertensión esencial. Existe una fuerte evidencia de la eficacia a corto plazo de los ejercicios de Taichi (670). Con beneficios en el síndrome metabólico (671).

El Taichi es un ejercicio físico eficaz para tratar la hipertensión esencial en comparación con las intervenciones de control. Diferentes duraciones y estilos de entrenamiento tienen diferentes efectos (672,673).

Otro estudio publicado en The Archives of Physical Medicine and Rehabilitation señala que el Taichi podría ser una opción de ejercicio eficaz para la rehabilitación cardíaca (674), y se puede integrar fácilmente en los programas de rehabilitación cardíaca existentes (603).

Un reciente estudio publicado en 2021 en Frontiers in Cardiovascular Medicine indica que el Taichi es una terapia antihipertensiva viable que produce reducciones clínicamente significativas de la presión arterial entre las personas con hipertensión. Tal magnitud de reducciones de la presión arterial puede reducir la incidencia de enfermedades cardiovasculares hasta en un 40% (675).

Según una reciente revisión sistemática y metanálisis de ECA publicado en 2021 se demostró que el Taichi puede ser una terapia eficaz para mejorar la calidad de vida de los pacientes con hipertensión (676).

Se observan reducciones significativas de la presión arterial con el uso de Qigong en comparación con el grupo de control, lo que sugiere que el Qigong puede usarse como terapia complementaria en el manejo complicado de la hipertensión (677).

Un estudio sugiere que las prácticas de TaiChi y/o Qigong podrían ser una buena estrategia para aliviar los síntomas depresivos en pacientes con insuficiencia cardíaca (678). Según una RS y MA publicada en *Frontiers in cardiovascular medicine* el Tai Chi podría mostrar un efecto beneficioso en pacientes con insuficiencia cardíaca crónica (679).

La práctica regular de Tai Chi podría mejorar la aptitud cardiorrespiratoria en los ancianos (680).

RESPIRATORIO

En un MA reciente se vio que el Qigong puede mejorar a los pacientes con EPOC en función pulmonar, capacidad de ejercicio y calidad de vida que se encontraban en la etapa estable (681). También puede mejorar la escala de depresión y ansiedad de pacientes con EPOC, y tiene efectos auxiliares en la mejora de la función pulmonar (682,683).

Los resultados del estudio sugieren que el Taichi puede reducir el índice de apnea-hipopnea y la somnolencia diurna, al tiempo que mejora la calidad subjetiva del sueño, en pacientes con apnea obstructiva del sueño leve y moderada (684).

Según un estudio realizado por el *Journal of Thoracic Disease* el Taichi puede representar una alternativa apropiada o un complemento de los programas de rehabilitación estándar (685).

El ejercicio Baduanjin podría mejorar la capacidad de ejercicio, la función pulmonar y la calidad de vida de los pacientes con enfermedad pulmonar obstructiva crónica (686).

Según un artículo publicado en *The Archives of Physical Medicine and Rehabilitation* el ejercicio de Liuzijue (modalidad del Qigong) mostró más cambios que el entrenamiento respiratorio convencional para mejorar la capacidad de control del tronco, las funciones de los músculos respiratorios y las actividades de la vida diaria en pacientes en una etapa de recuperación temprana de un accidente cerebrovascular (687).

Los pacientes con EPOC pueden beneficiarse de la práctica del Tai Chi, ya que puede tener el potencial de reducir la disnea, mejorar la capacidad de ejercicio y mejorar la calidad de vida de los pacientes (688). El estudio realizado por Wu et al. (689) sugiere que el Taichi tiene efectos beneficiosos sobre la capacidad de ejercicio y la calidad de vida en pacientes con EPOC. Este ejercicio puede recomendarse como una modalidad de entrenamiento alternativo eficaz en los programas de rehabilitación pulmonar. Mientras que otro estudio (690) encuentra que la terapia con Taichi y Qigong podría ser beneficiosa con respecto al rendimiento físico, la función pulmonar, la remisión de la disnea y la calidad de vida en pacientes con EPOC.

MENOPAUSIA

Una revisión sistemática (691) encontró evidencia significativa de que el Taichi mejora el dolor corporal, la salud general, la vitalidad, el estado mental y la densidad ósea mineral de la columna vertebral en pacientes con síndrome perimenopáusico. Los hallazgos sugieren que el Taichi podría recomendarse como un tratamiento adyuvante eficaz y seguro para los pacientes con síndrome perimenopáusico.

El Taichi es beneficioso para la densidad mineral ósea y puede ser una medida rentable y preventiva de la osteoporosis. Este efecto beneficioso se observa mejor con su práctica a largo

plazo, presentando potencial para la rehabilitación temprana y la prevención de la enfermedad secundaria (692).

El Taichi puede ser beneficioso para los pacientes al mejorar los valores minerales de hueso, el nivel de proteína-Gla ósea y alivio del dolor osteoporótico (693).

Según un reciente MA publicado en *Frontiers in Aging Neuroscience* el Taichi puede ser un ejercicio opcional y seguro para mejorar la pérdida de densidad mineral ósea en mujeres posmenopáusicas, y practicar Taichi durante más de 6 meses puede generar mayores beneficios (694–696).

DIABETES Y OBESIDAD

El Taichi puede afectar efectivamente el manejo de la glucosa en sangre y la HbA1c en pacientes con DM tipo 2 (697), y un RS muestra que la práctica del Qigong puede mejorar el estado de glucosa en la sangre de los pacientes con diabetes tipo 2, presentando efectos positivos en su manejo (698).

Según un estudio realizado en 2017 (699) el Taichi puede ser potencialmente beneficioso para los perfiles lipídicos en diferentes grupos de edad y poblaciones.

Los resultados de otra reciente RS y MA respaldan los beneficios de la intervención de Taichi para mejorar el equilibrio en pacientes con diabetes tipo 2 (700).

Según un reciente estudio publicado en 2021 en *Journal of Rehabilitation Medicine* el Taichi tuvo mejores efectos sobre el control metabólico y los indicadores de composición corporal que la terapia clínica convencional (701).

El Taichi podría mejorar la calidad de vida y disminuir el IMC para pacientes con diabetes mellitus tipo 2 (702).

El Taichi es un enfoque eficaz para reducir la circunferencia de la cintura en adultos con obesidad central de 50 años o más (703).

La terapia de ejercicio con Taichi muestra una superioridad significativa en la mejora de la glucosa en sangre en ayunas, la hemoglobina glicosilada (HbA1c), los triglicéridos (TG) y el colesterol de lipoproteínas de alta densidad en pacientes con diabetes mellitus tipo 2. Se puede utilizar como una de las prescripciones de ejercicio para la prevención y el tratamiento de pacientes con diabetes mellitus tipo 2 (704).

El Tai chi tuvo un mejor rendimiento que la atención habitual para mejorar la glucosa y la calidad de vida de los pacientes mayores con diabetes, el estudio respalda que el Taichi puede ayudar a los pacientes mayores con diabetes en varios aspectos, incluidos los indicadores de la enfermedad, la independencia y la calidad de vida (705).

ONCOLOGÍA

En un metaanálisis (706) se observó que la práctica del Taichi durante más de 8 semanas tiene efectos de mejora a corto plazo en la fatiga relacionada con el cáncer, especialmente en pacientes con cáncer de mama y de pulmón. Sus efectos beneficiosos son superiores al ejercicio

físico y al apoyo psicológico. Taichi y Qigong muestran efectos prometedores en el tratamiento de los síntomas relacionados con el cáncer, así como en la mejora de la calidad de vida (707).

Un estudio realizado en 2016 (708) muestra que el Taichi es eficaz para controlar la fatiga relacionada con el cáncer en pacientes con cáncer de pulmón sometidos a quimioterapia, especialmente para disminuir la fatiga general, la fatiga física y aumentar el vigor.

Una RS y MA muestra una evidencia de nivel moderado que sugiere que el Taichi reduce los niveles de cortisol y CRF y mejora la función de las extremidades en supervivientes del cáncer (709).

Los hallazgos de una ECA publicada en The European Journal of Oncology Nursing indican que Baduanjin es una intervención efectiva para mejorar los resultados de salud física y psicológica entre las sobrevivientes de cáncer de mama, que vale la pena recomendar e implementar por enfermeras oncológicas para las sobrevivientes de cáncer de mama durante sus largos viajes de rehabilitación (710).

Un estudio publicado en Frontiers in Oncology sugiere que el Taichi parece ser eficaz en algunos síntomas físicos y psicológicos, mejorando la calidad de vida en pacientes con cáncer de mama (711).

El Taichi y el entrenamiento de resistencia, tanto de baja como de alta intensidad, pueden aumentar significativamente la fuerza muscular, reducir la fatiga relacionada con el cáncer y mejorar la calidad de vida en pacientes con cáncer de mediana edad y ancianos. El Taichi tiene un mejor efecto que el entrenamiento de resistencia en términos de calidad del sueño y salud mental (712). Se puede recomendar el Qigong para mejorar los grupos de síntomas de fatiga y trastornos del sueño en la población con cáncer, mientras que el beneficio del Qigong sobre el sueño probablemente se base en su efecto sobre la reducción de la fatiga (713).

Los hallazgos respaldan la viabilidad del ejercicio aeróbico y las intervenciones de Taichi en pacientes con cáncer de pulmón avanzado (714). El Qigong fue eficaz para reducir la disnea y la tos y mejorar la calidad de vida (715).

Una RS y MA muestra que el Qigong es beneficioso para mejorar la calidad de vida y aliviar la depresión y la ansiedad; por lo tanto, debe fomentarse el Qigong en mujeres con cáncer de mama (716). El ejercicio de Qigong puede ser útil para aliviar la depresión, reducir los pensamientos negativos y mejorar la calidad de vida en pacientes con cáncer gastrointestinal sometidos a quimioterapia (717).

El Qigong se puede recomendar para mejorar los grupos de síntomas de fatiga y trastornos del sueño en la población con cáncer (713).

Los hallazgos encontrados en Integrative Cancer Therapies respaldan la viabilidad del ejercicio aeróbico y las intervenciones de Taichi en pacientes con cáncer de pulmón avanzado (714).

El ejercicio de Qigong puede ser útil para aliviar la depresión, reducir los pensamientos negativos y mejorar la calidad de vida de los pacientes con cáncer gastrointestinal que reciben quimioterapia (717).

Según un reciente ECA el ejercicio Baduanjin es una intervención eficaz y adecuada para mejorar la calidad de vida y es digno de recomendación e implementación por parte de las enfermeras oncológicas en el proceso de rehabilitación de pacientes con carcinoma nasofaríngeo (718).

Baduanjin es un ejercicio efectivo que puede mejorar significativamente la calidad de vida y la salud psicológica de las pacientes con cáncer de mama después de la operación (719).

PEDIATRÍA

Los estudios demostraron que Qigong tiene una aplicabilidad y un efecto interesantes y prometedores en los niños con trastorno del espectro autista y debe ser probado más a fondo. A pesar de la necesidad de estudios controlados más rigurosos, el Qigong parece ser capaz de disminuir la gravedad de los componentes sensoriales, conductuales y de lenguaje individuales del autismo, y mejorar el autocontrol, la sociabilidad, la conciencia sensorial y cognitiva, así como el comportamiento físico saludable. Además del efecto positivo en los niños y adolescentes, los beneficios parecen extenderse también a los padres y cuidadores (720).

Según un reciente ECA publicado en Scientific reports se puede aplicar el taichi y entrenamiento de fuerza muscular para niños con trastornos del desarrollo de la coordinación para aumentar la fuerza de los músculos de la rodilla y reducir el riesgo de caídas (721) .

OTROS

Un estudio sugiere que el Taichi es una intervención eficaz que se puede administrar en condiciones de pandemia para mejorar la función mental y física en adultos mayores (722).

Según una RS publicada en British Association of Sport & Exercise Medicine el Taichi mejora el estado físico en deportes competitivos. Además, la flexibilidad de la columna toracolumbar parece ser un factor en la mejora del equilibrio postural (723).

El Tai Chi tiene efectos multidimensionales, incluidos beneficios físicos, psicológicos y de calidad de vida para una amplia gama de afecciones, así como en multimorbilidad. Los beneficios clínicamente importantes se informaron de manera más consistente para la enfermedad de Parkinson, el riesgo de caídas, la osteoartritis de rodilla, el dolor lumbar, las enfermedades cerebrovasculares y cardiovasculares, incluida la hipertensión (724).

SECCIÓN OCHO: GUASHA

Basado en la Medicina Tradicional China, la Guasha es un instrumento de filo redondeado que se aplica realizando un raspado sobre la piel favoreciendo la circulación sanguínea y oxigenación de la piel, así como consiguiendo una relajación muscular y fortaleciendo el sistema inmunológico.

DOLOR

La Guasha es un tratamiento aceptable, seguro y eficaz para pacientes con dolor lumbar crónico (725)) y tiene efectos beneficiosos a corto plazo sobre el dolor y el estado funcional en pacientes con dolor crónico de cuello (726).

GINECOLOGÍA

Un estudio realizado en 2018 (727) muestra una evidencia preliminar sobre la hipótesis de que la Guasha mejora la eficacia del tratamiento en pacientes con síndrome perimenopáusico, siendo una terapia eficaz y segura para aliviar los síntomas perimenopáusicos y mejorar la calidad de vida, siendo un tratamiento prometedor y eficaz en este ámbito (728).

Los hallazgos de un estudio proporcionaron pruebas que respaldan que la terapia con Guasha se puede utilizar como una técnica eficaz en el manejo de la ingurgitación mamaria (729).

Según un estudio de Fang de 2024 la Guasha se muestra como un elemento que mejora la lactancia postparto regulando la prolactina y disminuyendo la obstrucción de los canales mamarios (448).

NEUROPATÍA

La Guasha parece ser eficaz para reducir la severidad de la neuropatía diabética periférica de forma clínicamente relevante, y para mejorar otros resultados de salud en estos pacientes (730).

CARDIOVASCULAR

En una revisión sistemática y metanálisis de 2024 de Zhu se consigue regular la hipertensión arterial de estadio 1 y 2 y aumentar la calidad del sueño con Guasha (731).

SECCIÓN NUEVE: MICROSANGRADURA

La sangría puede ser una terapia complementaria eficaz y segura para pacientes con accidente cerebrovascular agudo que reciben tratamiento médico occidental convencional (732) (733).

SECCIÓN DIEZ: CRANEOPUNTURA

Según un reciente estudio publicado en NeuroRehabilitation en 2020, la craneopuntura y el entrenamiento cognitivo pueden mejorar de manera eficiente las funciones cognitivas y motoras en pacientes con accidente cerebrovascular durante la etapa de recuperación, lo que puede ser un tratamiento de rehabilitación más eficaz después de un accidente cerebrovascular que la terapia de rutina y el entrenamiento de rehabilitación por sí solos (734).

La craneopuntura dinámica interactiva no solo puede mejorar significativamente la función cognitiva, sino también reducir la depresión y la ansiedad, lo que finalmente mejora la capacidad de autocuidado del paciente (735).

La estimulación eléctrica en craneopuntura puede mejorar la circulación a nivel cerebral, activar áreas funcionales específicas de la corteza cerebral y promover la reconstrucción y recuperación de la función del lenguaje cerebral (736).

La craneoacupuntura produce una mejora a nivel emocional, en el sueño y promueve el desarrollo funcional en los niños con trastorno del espectro autista (737).

Según una reciente ECA la acupuntura del cuero cabelludo demostró ser otra alternativa para el alivio del dolor en pacientes con trastornos temporomandibulares, demostrando resultados positivos a corto plazo (738).

La acupuntura del cuero cabelludo podría tratar eficazmente la parálisis cerebral espástica, mejorar la hemodinámica cerebral y la función motora gruesa, reducir la tensión muscular y la espasticidad y mejorar la capacidad de la vida diaria. El mecanismo puede estar relacionado con la reparación de los haces de fibras de la sustancia blanca y la regulación de los niveles de proteínas relacionadas con el crecimiento nervioso y citocinas inflamatorias (739).

Según una reciente ECA publicada en Medicine (Baltimore) la enfermería de rehabilitación basada en la medicina tradicional china combinada con la acupuntura del cuero cabelludo puede mejorar eficazmente las emociones negativas y la calidad de vida de los pacientes que han sufrido ictus y es digna de promoción y aplicación clínica (740).

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ANEXO

FITOTERAPIA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fatiga	RS y MA				
	Zeng J, Wu Q, Meng XD, Wang J.	2024	Systematic review of Buzhong Yiqi method in alleviating cancer-related fatigue: a meta-analysis and exploratory network pharmacology approach.	Front Pharmacol.	Front Pharmacol. 2024 Nov 5;15:1451773. doi: 10.3389/fphar.2024.1451773
	Li H, Hou T, Sun S, Huang J, Wang X, Liang X, Zhao T, Hu J, Ge J, Bai H, He J.	2022	Efficacy of ginseng oral administration and ginseng injections on cancer-related fatigue: A meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Nov 18;101(46):e31363. doi: 10.1097/MD.00000000000031363.
	Wang S, Wang X, Zhou T, Hu S, Tian P, Li Z, Li Y, Dong J, Gui Y, Wang D, Zhang Y, Hou W.	2021	Effectiveness and Safety of Chinese Herbal Injections Combined with Fluoropyrimidine and Oxaliplatin-based Chemotherapy for Advanced Colorectal Cancer: A Systematic Review and Meta-analysis of 63 Randomized Controlled Trials.	J Cancer	J Cancer. 2021 Oct 25;12(23):7237-7254. doi: 10.7150/jca.60895. eCollection 2021.
	Jee Young Lee, Eun Hye Kim, Jee-Hyun Yoon, Wankyu Eo, Seong Woo Yoon	2021	Traditional Herbal Medicine, Sipjeondaebog-Tang, for Cancer-Related Fatigue: A Randomized, Placebo-Controlled, Preliminary Study	Integr Cancer Ther	Integr Cancer Ther. Jan-Dec 2021;20:15347354211040830.doi: 10.1177/15347354211040830.

	Zhao Y, Wang S, Li J, Zhou Y, Wu W, Swei Sunny H.	2020	Effectiveness and safety of traditional Chinese medical therapy for cancer-related fatigue: a systematic review and Meta-analysis of randomized controlled trials.	J Tradit Chin Med.	J Tradit Chin Med. 2020 Oct;40(5):738-748. doi: 10.19852/j.cnki.jtcm.2020.05.003. PMID: 33000574.
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	Cui Y, Mi J, Feng Y, Li L, Wang Y, Hu J, Wang H.	2022	<i>Huangqi Sijunzi</i> decoction for treating cancer-related fatigue in breast cancer patients: a randomized trial and network pharmacology study].	Nan Fang Yi Ke Da Xue Xue Bao.	Nan Fang Yi Ke Da Xue Xue Bao. 2022 May 20;42(5):649-657. doi: 10.12122/j.issn.1673-4254.2022.05.04.
Cáncer colorectal	RS y MA				
	Wu J, Ma X, Wang X, Zhu G, Wang H, Zhang Y, Li J.	2024	Efficacy and Safety of Compound Kushen Injection for Advanced Colorectal Cancer: A Systematic Review and Meta-Analysis of Randomized Clinical Trials with Trial Sequential Analysis.	Integr Cancer Ther.	Integr Cancer Ther. 2024 Jan-Dec;23:15347354241258458. doi: 10.1177/15347354241258458.
	Chen S, Tian X, Li S, Wu Z, Li Y, Liao T, Liao Z.	2024	Evaluating traditional Chinese medicine (TCM) Jie Geng and Huang Qi combination on reducing surgical site infections in colorectal cancer surgeries: A systematic review and meta-analysis.	Int Wound J.	Int Wound J. 2024 Feb;21(2):e14769. doi: 10.1111/iwj.14769.
	Li R, Zhang T, Yan SH, Yan YZ, Ding YC, Wang YS, Yang YF.	2024	Chinese Medicine Combined with Adjuvant Chemotherapy for Improving Myelosuppression in Colorectal Cancer Patients: A Systematic Review and Network Meta-Analysis.	Chin J Integr Med.	Chin J Integr Med. 2024 Jul;30(7):643-652. doi: 10.1007/s11655-023-3558-7. Epub 2024 Jan 12.
	Han J, Lai H, Li W, Liao H, Xiao C, Li X, You F, Guo J.	2024	Efficacy and safety of traditional plant-based medicines for preventing chronic	J Ethnopharmacol	J Ethnopharmacol. 2024 May 23;326:117735. doi: 10.1016/j.jep.2024.117735. Epub 2024 Jan 10.

			oxaliplatin-induced peripheral neurotoxicity in patients with colorectal cancer: A systematic review and meta-analysis with core herb contribution.		
	Gao W, Zhang K.	2023	Network meta-analysis of 8 types of traditional Chinese medicine injection combined with chemotherapy in colorectal cancer treatment.	J Cancer Res Clin Oncol.	J Cancer Res Clin Oncol. 2023 Sep;149(12):9823-9838. doi: 10.1007/s00432-023-04892-y. Epub 2023 May
	Liu S, Zhang K, Hu X.	2022	Comparative efficacy and safety of Chinese medicine injections combined with capecitabine and oxaliplatin chemotherapies in treatment of colorectal cancer: A bayesian network meta-analysis.	Front Pharmacol.	Front Pharmacol. 2022 Nov 29;13:1004259. doi: 10.3389/fphar.2022.1004259. eCollection 2022.
	Jiang HZ, Jiang YL, Yang B, Long FX, Yang Z, Tang DX.	2023	Traditional Chinese medicines and capecitabine-based chemotherapy for colorectal cancer treatment: A meta-analysis.	Cancer Med.	Cancer Med. 2023 Jan;12(1):236-255. doi: 10.1002/cam4.4896. Epub 2022 Jun 1.
	Li L, Wang Y, Huang X(1), Sun J, Zhang J.	2021	Effect of Xiaoyutang Combined with Intraperitoneal Heat Perfusion Chemotherapy on Immune Function, Circulating mir, Prognosis, and Survival of Postoperative Patients with Colorectal Cancer	Comput Math Methods Med	Comput Math Methods Med. 2021 Dec 14;2021:1619809. doi: 10.1155/2021/1619809. eCollection 2021
	Shuo Wang , Xueqian Wang, Tong Zhou, Shuaihang Hu, Peiyu Tian, Zheng Li, Yuxiao Li , Jun Dong, Yuerong Gui, Dandan	2021	Effectiveness and Safety of Chinese Herbal Injections Combined with Fluoropyrimidine and Oxaliplatin-based Chemotherapy for Advanced Colorectal Cancer: A Systematic Review and Meta-analysis of 63 Randomized Controlled Trials.	J Cancer.	J Cancer. 2021 Oct 25;12(23):7237-7254. doi: 10.7150/jca.60895. eCollection 2021

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	Yan, S.-H., Feng, S., Xu, Y., Yan, Y.-Z., He, B., Sun, L.-Y., ... Yang, Y.-F.	2021	Effectiveness of Herbal Medicine for Leukopenia/Neutropenia Induced by Chemotherapy in Adults with Colorectal Cancer: A Systematic Review and Meta- analysis.	Integrative Cancer Therapies	Integrative Cancer Therapies, 20, 153473542110216. doi:10.1177/1534735421 1021654
	Mo Tang, Bin He, Jiawei Zhai, Lei Wang.	2021	Oral Chinese Patent Medicine Combined With Oxaliplatin-Based Chemotherapy Regimen for the Treatment of Colorectal Cancer: A Network Meta-Analysis.	Integr Cancer Ther.	Integr Cancer Ther. Jan-Dec 2021;20:15347354211058169. doi: 10.1177/15347354211058169
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	Chen P, Ni W, Xie T, Sui X.	2019	Meta-Analysis of 5-Fluorouracil-Based Chemotherapy Combined With Traditional Chinese Medicines for Colorectal Cancer Treatment.	Integrative Cancer Therapy	Integr Cancer Ther. 2019;18:1534735419828824. doi:10.1177/1534735419828824
	Lin S, An X, Guo Y, et al.	2019	Meta-Analysis of Astragalus-Containing Traditional Chinese Medicine Combined With Chemotherapy for Colorectal Cancer: Efficacy and Safety to Tumor Response.	Frontiers in Oncology	Front Oncol. 2019;9:749. Published 2019 Aug 13. doi:10.3389/fonc.2019.00749
	Sařaga, M., Zatorski, H., Sobczak, M., Chen, C., & Fichna, J.	2014	Chinese Herbal Medicines in the Treatment of IBD and Colorectal Cancer: A Review.	Current Treatment Options in Oncology	Current Treatment Options in Oncology, 15(3), 405–420.doi:10.1007/s11864-014- 0288-2
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	Sun L, Xu Y, Chen N, Zhang C, Wu A, Wang H, Fei Y, Shu P, Diao D, Cheng J, Chu Y, Liu T, Wang W, Yuan Y, Zeng B, Cao Y, Cang S, Cao H, Zhang T, Zheng Y, Wu C, Liu S, He B, Yan Y, Yan S, Wu N, Ning C, Peng R, Epstein AS, Cytryn S, Mao JJ, Yang Y.	2024	Chinese herbal medicine (JianPi-BuShen) and completion rate of adjuvant chemotherapy for patients with stage II and III colon cancer: A randomized clinical trial.	Eur J Cancer.	Eur J Cancer. 2024 Dec;213:115109. doi: 10.1016/j.ejca.2024.115109. Epub 2024 Nov 2.
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	Fei M, Zhang J, Zhu C, Luo M, Zhang L, Wu Y.	2023	Effects of Modified Baizhu Shaoyao San on Postoperative Diarrhea in Colorectal Cancer Patients: A Single-Blind, Randomized Controlled Trial.	Complement Med Res	Complement Med Res. 2023;30(1):37-44. doi: 10.1159/000527706. Epub 2022 Nov 7.
	Wang ZJ(1), Wang XH, Li J, Zheng SH, Zhang FP, Hao SL, Wang XX, Liu LK.	2021	The efficacy and safety of modified Gegenqinlian Fomular for advanced colorectal cancer (damp heat accumulation type): A multicenter randomized controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 10;100(49):e27850. doi: 10.1097/MD.00000000000027850
Cáncer de Pulmón	RS y MA				
	Wang C, Wang J, Qi Y.	2024	Adjuvant treatment with Cordyceps sinensis for lung cancer: A systematic	J Ethnopharmacol.	J Ethnopharmacol. 2024 Jun 12;327:118044. doi: 10.1016/j.jep.2024.118044. Epub 2024 Mar 12.

			review and meta-analysis of randomized controlled trials.		
	Cao K, Hu S, Wang D, Qiao C, Wang Z, Wang J, Hou W.	2024	Clinical efficacy and safety of Chinese herbal injections in combination with platinum-based chemotherapy for advanced non-small cell lung cancer: a systematic review and meta-analysis of 140 randomized controlled trials.	Front Oncol.	Front Oncol. 2024 Feb 2;14:1307836. doi: 10.3389/fonc.2024.1307836. eCollection 2024.
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	Qiao C, Hu S, Wang D, Cao K, Wang Z, Wang X, Ma X, Li Z, Hou W.	2023	Effectiveness and safety of Shenqi Fuzheng injection combined with platinum-based chemotherapy for treatment of advanced non-small cell lung cancer: a systematic review and meta-analysis.	Front Oncol.	Front Oncol. 2023 Aug 24;13:1198768. doi: 10.3389/fonc.2023.1198768. eCollection 2023.
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	Pang XM, Cai HH, Zhao J, Sun PY, Shi JJ, Zhang YL, Liu J, Liu ZC, Zheng X.	2022	Efficacy of astragalus in the treatment of radiation-induced lung injury based on traditional Chinese medicine: A systematic review and meta-analysis of 25 RCTs.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Sep 9;101(36):e30478. doi: 10.1097/MD.00000000000030478
	Tan X, Liang X, Xi J, Guo S, Meng M, Chen X, Li Y.	2021	Clinical efficacy and safety of Huachansu injection combination with platinum-based chemotherapy for advanced non-small cell lung cancer: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Sep 10;100(36):e27161. doi: 10.1097/MD.00000000000027161
	Guo S, Li Y, Su H, Meng M, Xi J, Mo G, Chen X.	2021	Aidi injection as adjunctive treatment to gemcitabine-based chemotherapy for advanced non-small cell lung cancer: a systematic review and meta-analysis.	Pharm Biol.	Pharm Biol. 2021 Dec;59(1):1260-1275. doi: 10.1080/13880209.2021.1973038
	Xinmei Tan, Xueyan Liang, Jiayi Xi , Sitong Guo, Mingyu Meng, Xiaoyu Chen, Yan Li.	2021	Clinical efficacy and safety of Huachansu injection combination with platinum-based chemotherapy for advanced non-small cell lung cancer: A systematic review and meta-analysis of randomized controlled trials	Medicine (Baltimore)	Medicine (Baltimore). 2021 Sep 10;100(36):e27161.doi:10.1016/j.phymed.2021.153575
	Chenchen Zhao, Haifeng Yan, Wentai Pang, Tong Wu, Xianbin Kong, Xiaojiang Li, Honggen Liu, Linlin Zhao, Feng Liang, Yingjie Jia.	2021	Lentinan combined with cisplatin for the treatment of non-small cell lung cancer.	Medicine (Baltimore)	Medicine (Baltimore). 2021 Mar 26;100(12):e25220. doi:10.1097/MD.00000000000025220

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	Tong, Yuling; Wen, Jianxia; Yang, Tao; Li, Haotian; Wei, Shizhang; Jing, Manyi; Wang, Min; Zou, Wenjun; Zhao, Yanling	2020	Clinical efficacy and safety of Tanreqing injection combined with antibiotics versus antibiotics alone in the treatment of pulmonary infection patients after chemotherapy with lung cancer: A systematic review and metaanalysis.	Phytotherapy Research,	Phytotherapy Research,ptr.6790– . doi:10.1002/ptr.6790
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	Tong Y, Wen J, Yang T, Li H, Wei S, Jing M, Wang M, Zou W, Zhao Y.	2021	Clinical efficacy and safety of Tanreqing injection combined with antibiotics versus antibiotics alone in the treatment of pulmonary infection patients after chemotherapy with lung cancer: A systematic review and meta-analysis.	Phytother Res.	Phytother Res. 2021 Jan;35(1):122-137. doi: 10.1002/ptr.6790. Epub 2020 Aug 11. PMID: 32780543.
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	Deng, B., Deng, C., & Cheng, Z.	2017	Chinese Herbal Extractions for Relieving Radiation Induced Lung Injury: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–16.doi:10.1155/2017/2141645
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	Ming W, Yun Z.	2024	Clinical value of modified Shenling Baizhu powder in treating targeted therapy-induced diarrhea in non-small cell lung cancer.	J Tradit Chin Med.	J Tradit Chin Med. 2024 Oct;44(5):1000-1005. doi: 10.19852/j.cnki.jtcm.20240806.008.
	Liu J, Yu Q, Wang XS, Shi Q, Wang J, Wang F, Ren S,	2023	Compound Kushen Injection Reduces Severe Toxicity and Symptom Burden	J Natl Compr Canc Netw.	J Natl Compr Canc Netw. 2023 Aug;21(8):821-830.e3. doi: 10.6004/jnccn.2023.7036.

	Jin J, Han B, Zhang W, Su X, Yuan S, Lin H.		Associated With Curative Radiotherapy in Patients With Lung Cancer.		
	Xiao Z(1), Chen Z(2), Han R(1), Lu L(3), Li Z(2), Lin J(1), Hu L(2), Huang X(1), Lin L(1).	2021	Comprehensive TCM treatments combined with chemotherapy for advanced non-small cell lung cancer: A randomized, controlled trial	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 7;100(18):e25690. doi: 10.1097/MD.00000000000025690.
	Zhiwei Xiao, Zhiqiang Chen, Rui Han , Liming Lu, Zeyun Li, Jietao Lin, Leihao Hu, Xuewu Huang, Lizhu Lin .	2021	Comprehensive TCM treatments combined with chemotherapy for advanced non-small cell lung cancer: A randomized, controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 7;100(18):e25690. doi: 10.1097/MD.00000000000025690
	Qijun Liang, Xiaoling Tang, Jiong Yu, Monian Xiong, Huifang Zhu, Linkai Xiong, Ru Zeng, Peiwen Yu.	2021	Clinical observation of Yiqi Qingdu prescription on the treatment of intermediate-stage and advanced non-small-cell lung cancer.	J Tradit Chin Med.	J Tradit Chin Med. 2021 Apr;41(2):308-315
	Wu, YiâLong; Zhang, Li; Fan, Yun; Zhou, JianYing; Zhang, Li; Zhou, Qing; Li, Wei; Hu, ChengPing; Chen, GongYan; Zhang, Xin; Zhou, CaiCun; Dang, Thao; Sadowski, Sara; Kush, Debra A.; Zhou, Yu; Li, Ben; Mok, Tony	2020	Randomized Clinical Trial of Pembrolizumab Versus Chemotherapy for Previously Untreated Chinese Patients With Positive Locally Advanced or Metastatic Non Small Cell Lung Cancer: China Study.	International Journal of Cancer	International Journal of Cancer, (2020), ijc.33399-. doi:10.1002/ijc.33399
	Sun M, Zhou T, Fang X, Wang D, Pang H, Chen Y, Hu K.	2020	A multicenter randomized controlled trial to assess the efficacy of cancer green	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 14;99(33):e21626. doi:

			therapy in treatment of stage IIIb/IV non-small cell lung cancer.		10.1097/MD.00000000000021626. PMID: 32872022; PMCID: PMC7437773.
Cáncer de tiroides	MA				
	Qing Han, Ning Xu, Bo Chen, Wei Wu, Lei Sheng.	2021	Safety and efficacy of Prunella vulgaris preparation in adjuvant treatment of thyroid nodules: A meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 15;100(41):e27490. doi: 10.1097/MD.00000000000027490
Cáncer de hígado y páncreas	RS y MA				
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Cardiología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Angina de pecho	RS y MA				
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Digestivo

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Endocrinología

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Diabetes	RS y MA				
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Dermatología

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Insomnio

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	Yang, G.-Y., Luo, H., Liao, X., & Liu, J.-P.	2013	Chinese herbal medicine for the treatment of recurrent miscarriage: a systematic review of randomized clinical trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 13(1).doi:10.1186/1472-6882-13-320
Depresión posparto	RS y MA				
	Zeng M, Gong A, Wu Z.	2022	Paroxetine combined with traditional chinese medicine prescriptions in the treatment of postpartum depression: A systematic review of randomized controlled trials.	Front Neuroendocrinol.	Front Neuroendocrinol. 2022 Oct;67:101019. doi: 10.1016/j.yfrne.2022.101019. Epub 2022 Aug 1.
	Li, Y., Chen, Z., Yu, N., Yao, K., Che, Y., Xi, Y., & Zhai, S.	2016	Chinese Herbal Medicine for Postpartum Depression: A Systematic Review of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–20. doi:10.1155/2016/528423
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Fibroides uterinos	Lei Y, Yang L, Yang H, Li M, Ou L, Bai Y, Dong T, Gao F, Wei P.	2023	The efficacy and safety of Chinese herbal medicine Guizhi Fuling capsule combined with low dose mifepristone in the treatment of uterine fibroids: a systematic review and meta-analysis of 28 randomized controlled trials.	BMC Complement Med Ther.	BMC Complement Med Ther. 2023 Feb 18;23(1):54. doi: 10.1186/s12906-023-03842-y.
	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755	2021	Efficacy of Chinese herbal prescriptions containing Ejiao or Velvet antler for management of uterine fibroids: a systematic review and meta-analysis of randomized controlled trials.	Ann Palliat Med.	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755
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	Meng W, Lin WL, Yeung WF, Zhang Y, Ng EHY, Lee YPE, Zhang ZJ, Rong J, Lao L.	2022	Randomized double-blind trial comparing low dose and conventional dose of a modified traditional herbal formula Guizhi Fuling Wan in women with symptomatic uterine fibroids.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jan 30;283:114676. doi: 10.1016/j.jep.2021.114676. Epub 2021 Sep 22.
	Zheng MQ, Weng C, Hu W, Shen CQ, Tao Y, Pan ZW.	2020	Efficacy assessment of acupuncture in improving symptoms of uterine fibroids: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(18):e20016. doi: 10.1097/MD.00000000000020016. PMID: 32358379; PMCID: PMC7440313.
Otros	RS y MA				
	Zhong HZ, Li MY, Yin XL, Bin CL, Zhou SY, Wei SB.	2022	Chinese patent medicines combined with hormone replacement therapy for premature ovarian failure: A Bayesian network meta-analysis.	Front Med (Lausanne)	Front Med (Lausanne). 2022 Nov 17;9:1043390. doi: 10.3389/fmed.2022.1043390. eCollection 2022
	Zuo QQ, Yu ZF, Liu MR, Du HL.	2022	Clinical efficacy of Wenjing decoction in the treatment of ovulatory disorder infertility: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Jul 15;101(28):e29640. doi: 10.1097/MD.00000000000029640

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	Shi S, Ye Q, Yu C, Peng F.	2021	The efficacy and safety of Xuefu Zhuyu Decoction combined with Mifepristone in the treatment of uterine leiomyoma: A systematic review and meta-analysis.	J Ethnopharmacol	J Ethnopharmacol. 2021 Dec 5;281:114551. doi: 10.1016/j.jep.2021.114551. Epub 2021 Aug 21
	Niu BH, Zhang MY, Zhang T, Cai HZ, Li K, Wang H.	2021	Systematic review and Meta-analysis on efficacy and safety of Gongxuening Capsules in treatment of abnormal vaginal bleeding after medical abortion	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(15):3990-3997. doi: 10.19540/j.cnki.cjcmm.20210201.502
	Jia Y, Sun J, Zhao Y, Tang K, Zhu R, Zhao W, Wang R, Zhang Y(4), Lin N(4), Chen W(1).	2022	Chinese patent medicine for osteoporosis: a systematic review and meta-analysis.	Bioengineered	Bioengineered. 2022 Mar;13(3):5581-5597. doi: 10.1080/21655979.2022.2038941.
	Dong P, Ling L, Hu L.		Systematic review and meta-analysis of traditional Chinese medicine compound in treating infertility caused by endometriosis	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12631-12642. doi: 10.21037/apm-21-3425
	Liu L, Li H, Tan G, Ma Z.		Traditional Chinese herbal medicine in treating amenorrhea caused by antipsychotic drugs: Meta-analysis and systematic review	J Ethnopharmacol	J Ethnopharmacol. 2022 May 10;289:115044. doi: 10.1016/j.jep.2022.115044. Epub 2022 Jan 29
	Chen J, Zheng J, Chen M, Lin S, Lin Z.	2021	The Efficacy and Safety of Chinese Herbal Medicine Xianling Gubao Capsule Combined With Alendronate in the Treatment of Primary Osteoporosis: A Systematic Review and Meta-Analysis of 20 Randomized Controlled Trials.	Front Pharmacol	Front Pharmacol. 2021 Jul 16;12:695832. doi: 10.3389/fphar.2021.695832. eCollection 2021

	Lai BY, Jia LY, Yu BW, Liang SB, Chu AJ, Cao HJ, Liu JP, Pei XH.	2021	Chinese herbal medicine (Rupi Sanjie capsule) for the treatment of breast pain: A systematic review and meta-analysis of randomized clinical trials.	Integr Med Res.	Integr Med Res. 2021 Jun;10(2):100491. doi: 10.1016/j.imr.2020.100491. Epub 2020 Jul 31. PMID: 33134080; PMCID: PMC7588707.
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	Walker KF, Chappell LC, Hague WM, Middleton P, Thornton JG.	2020	Pharmacological interventions for treating intrahepatic cholestasis of pregnancy.	Cochrane Database Syst Rev.	Cochrane Database Syst Rev. 2020 Jul 27;7(7):CD000493. doi: 10.1002/14651858.CD000493.pub3. PMID: 32716060; PMCID: PMC7389072.
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	Yang, G.-Y., Luo, H., Liao, X., & Liu, J.-P.	2013	Chinese herbal medicine for the treatment of recurrent miscarriage: a systematic review of randomized clinical trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 13(1).doi:10.1186/1472-6882-13-320
Depresión posparto	RS y MA				
	Zeng M, Gong A, Wu Z.	2022	Paroxetine combined with traditional chinese medicine prescriptions in the treatment of postpartum depression: A systematic review of randomized controlled trials.	Front Neuroendocrinol.	Front Neuroendocrinol. 2022 Oct;67:101019. doi: 10.1016/j.yfrne.2022.101019. Epub 2022 Aug 1.
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Fibroides uterinos	RS y MA				
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	Lei Y, Yang L, Yang H, Li M, Ou L, Bai Y, Dong T, Gao F, Wei P.	2023	The efficacy and safety of Chinese herbal medicine Guizhi Fuling capsule combined with low dose mifepristone in the treatment of uterine fibroids: a systematic review and meta-	BMC Complement Med Ther.	BMC Complement Med Ther. 2023 Feb 18;23(1):54. doi: 10.1186/s12906-023-03842-y.

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	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755	2021	Efficacy of Chinese herbal prescriptions containing Ejiao or Velvet antler for management of uterine fibroids: a systematic review and meta-analysis of randomized controlled trials.	Ann Palliat Med.	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755
	ECA's				
	Meng W, Lin WL, Yeung WF, Zhang Y, Ng EHY, Lee YPE, Zhang ZJ, Rong J, Lao L.	2022	Randomized double-blind trial comparing low dose and conventional dose of a modified traditional herbal formula Guizhi Fuling Wan in women with symptomatic uterine fibroids.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jan 30;283:114676. doi: 10.1016/j.jep.2021.114676. Epub 2021 Sep 22.
	Zheng MQ, Weng C, Hu W, Shen CQ, Tao Y, Pan ZW.	2020	Efficacy assessment of acupuncture in improving symptoms of uterine fibroids: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(18):e20016. doi: 10.1097/MD.00000000000020016. PMID: 32358379; PMCID: PMC7440313.
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	Yu F, Zhang L, Zhang X, Zhang J, Yu J, Tang C, Xiong L, Liu X, Li Y, Chen W.	2025	Kushen Gel combined with antifungal drugs for the treatment of vulvovaginal candidiasis: A systematic review and meta-analysis of randomized controlled trials.	J Ethnopharmacol.	J Ethnopharmacol. 2025 Feb 10;338(Pt 3):119107. doi: 10.1016/j.jep.2024.119107. Epub 2024 Nov 16.
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	Yang L, Li Y, Zhang S, Qian H, Xu W, Yu J	2024	Efficacy of Acupuncture Combined with Traditional Chinese Medicine Fumigation Therapy in Sequelae of Pelvic Inflammatory Disease: A Systematic Review and Meta-Analysis.	Complement Med Res	Complement Med Res. 2024;31(2):175-186. doi: 10.1159/000536101. Epub 2024 Feb 8
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	Li HF, Zhang JX, Chen WJ	2023	Dissecting the efficacy of the use of acupuncture and Chinese herbal medicine for the treatment of premature ovarian insufficiency (POI): A systematic review and metaanalysis.	Heliyon	Heliyon. 2023 Sep 29;9(10):e20498. doi: 10.1016/j.heliyon.2023.e20498. eCollection 2023 Oct.
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	Chen K, Liu X, Meng X, Li H, Yang C, Wang X.	2023	Efficacy and safety of Gushen Antai Pills combined with dydrogesterone in the treatment of threatened miscarriage: a systematic review and meta-analysis.	Front Pharmacol.	Front Pharmacol. 2023 Jun 2;14:1138968. doi: 10.3389/fphar.2023.1138968. eCollection 2023.
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	Zhong HZ, Li MY, Yin XL, Bin CL, Zhou SY, Wei SB.	2022	Chinese patent medicines combined with hormone replacement therapy for premature ovarian failure: A Bayesian network meta-analysis.	Front Med (Lausanne)	Front Med (Lausanne). 2022 Nov 17;9:1043390. doi: 10.3389/fmed.2022.1043390. eCollection 2022
	Zuo QQ, Yu ZF, Liu MR, Du HL.	2022	Clinical efficacy of Wenjing decoction in the treatment of ovulatory disorder infertility: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Jul 15;101(28):e29640. doi: 10.1097/MD.00000000000029640
	Feng H, Zhou H, Shang Y.	2022	The effectiveness and safety of Chinese herbal medicine in infertile women with luteal phase deficiency: a systematic review and meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2022 Jul;11(7):2492-2502. doi: 10.21037/apm-22-792
	Shi S, Ye Q, Yu C, Peng F.	2021	The efficacy and safety of Xuefu Zhuyu Decoction combined with Mifepristone in the treatment of uterine leiomyoma: A systematic review and meta-analysis.	J Ethnopharmacol	J Ethnopharmacol. 2021 Dec 5;281:114551. doi: 10.1016/j.jep.2021.114551. Epub 2021 Aug 21
	Niu BH, Zhang MY, Zhang T, Cai HZ, Li K, Wang H.	2021	Systematic review and Meta-analysis on efficacy and safety of Gongxuening Capsules in treatment of abnormal vaginal bleeding after medical abortion	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(15):3990-3997. doi: 10.19540/j.cnki.cjcmm.20210201.502

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	Dong P, Ling L, Hu L.		Systematic review and meta-analysis of traditional Chinese medicine compound in treating infertility caused by endometriosis	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12631-12642. doi: 10.21037/apm-21-3425
	Liu L, Li H, Tan G, Ma Z.		Traditional Chinese herbal medicine in treating amenorrhea caused by antipsychotic drugs: Meta-analysis and systematic review	J Ethnopharmacol	J Ethnopharmacol. 2022 May 10;289:115044. doi: 10.1016/j.jep.2022.115044. Epub 2022 Jan 29
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	Lai BY, Jia LY, Yu BW, Liang SB, Chu AJ, Cao HJ, Liu JP, Pei XH.	2021	Chinese herbal medicine (Rupi Sanjie capsule) for the treatment of breast pain: A systematic review and meta-analysis of randomized clinical trials.	Integr Med Res.	Integr Med Res. 2021 Jun;10(2):100491. doi: 10.1016/j.imr.2020.100491. Epub 2020 Jul 31. PMID: 33134080; PMCID: PMC7588707.
	Ting L(1), Li-Ying WU(1), Xiao-Mei Y(1), Yao C(1), Xue-Jiao DU(1), Xue-Dan L(1), Jin Z(1), Yi S(1), Wen-Ting Z(1).	2021	Curative effect of kangfuyan capsule combined with antibiotic treatment on pelvic inflammatory disease	Pak J Pharm Sci.	Pak J Pharm Sci. 2021 Nov;34(6(Special)):2479-2485.
	ECAS				
	Zhang Q, Fan YY, Wu XQ, Huo YD, Wang CH, Liang SB, Wang T, Zhong R,	2024	Hongjin Xiaojie Capsule, a Chinese patent medicine, for treating	J Integr Med.	J Integr Med. 2024 Sep;22(5):552-560. doi: 10.1016/j.joim.2024.08.005. Epub 2024 Aug 20.

	Wang X, Lai BY, Pei XH, Liu JP.		moderate to severe cyclical breast pain: A single-blind randomized controlled trial.		
	LI C, Dj W, JI C, Cy Y, Xj Y	2024	Effects of Chinese herbal treatment and biofeedback electrical stimulation on pelvic floor muscle strength and quality of life in patients with postpartum stress urinary incontinence.	Afr J Reprod Health.	Afr J Reprod Health. 2024 Nov 30;28(11):196-204. doi: 10.29063/ajrh2024/v28i11.19
	Ma K, Li JN, Liu XQ.	2024	Clinical study of Bushen Cuiuan Formula in treatment of ovulatory disorder infertility caused by hyperprolactinemia.	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2024 Apr;49(8):2016-2022. doi: 10.19540/j.cnki.cjcmm.20240115.501
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Neurología

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Psicología

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Depresión y ansiedad	RS y MA				
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Pediatría

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COVID-19

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
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	Lei Y, Guan H, Xin W, Yang BC.	2022	A Meta-Analysis of 13 Randomized Trials on Traditional Chinese Medicine as Adjunctive Therapy for COVID-19: Novel Insights into Lianhua Qingwen.	Biomed Res Int.	Biomed Res Int. 2022 Oct 30;2022:4133610. doi: 10.1155/2022/4133610. eCollection 2022.
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	Fan Z(1), Guo G(1), Che X(1), Yang Y(1), Liu Y(1), Li L(1), Chang X(1), Han L(1), Cai X(1), Tang H(2).	2021	Efficacy and safety of Lianhuaqingwen for mild or moderate coronavirus disease 2019: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2021 May 28;100(21):e26059. doi: 10.1097/MD.00000000000026059.
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	Fan AY, Gu S, Alemi SF;	2020	Research Group for Evidence-based Chinese Medicine. Chinese herbal medicine for COVID-19: Current	J Integr Med.	J Integr Med. 2020 Sep;18(5):385-394. doi: 10.1016/j.joim.2020.07.008. Epub 2020 Jul 31. PMID: 32792254; PMCID: PMC7834293.

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Urología

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	Chen LL, Shen YC, Ke CC, Imtiyaz Z, Chen HI, Chang CH, Lee MH..	2021	Efficacy of cinnamon patch treatment for alleviating symptoms of overactive bladder: A double-blind, randomized, placebo-controlled trial	Phytomedicine.	Phytomedicine. 2021 Jan;80:153380. doi: 10.1016/j.phymed.2020.153380. Epub 2020 Oct 12. PMID: 33091856.
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	Jun Guo , Bin Yan , Xiao-Jing An , Sheng-Jing Liu , Ming	2024	Linggui Formula for asthenospermia with kidney deficiency and blood stasis: A randomized controlled trial	Zhonghua Nan Ke Xue	Zhonghua Nan Ke Xue. 2024 Jun;30(6):525-530

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	Juan Liu , Wei Xia , Ze-Huan Yuan , Wen-Jun Han	2024	Dongbai Tonglin Mixture for the treatment of chronic prostatitis	Zhonghua Nan Ke Xue	Zhonghua Nan Ke Xue. 2024 Apr;30(4):336-341.
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Yao L, Xia Z, Tang P, Deng J, Hao E, Du Z, Jia F, Wang X, Li Z, Fan L, Hou X.	2024	Botany, traditional uses, phytochemistry, pharmacology, edible uses, and quality control of Lablab semen Album: A systematic review.	J Ethnopharmacol.	J Ethnopharmacol. 2024 Nov 15;334:118507. doi: 10.1016/j.jep.2024.118507. Epub 2024 Jun 28
Zhang X, Jiang Y, Zeng J, Li X, Xie H, Yang R, Qi H, Zeng N.	2024	Phytochemistry, pharmacological properties and pharmacokinetics of Citri Reticulatae Pericarpium: A systematic review.	J Ethnopharmacol.	J Ethnopharmacol. 2024 Oct 28;333:118503. doi: 10.1016/j.jep.2024.118503. Epub 2024 Jun 26.
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ELECTROACUPUNTURA

Oncología

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Cáncer de pecho	RS y MA				
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Cáncer de páncreas	ECAs				
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Paliativos	RS y MA				
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Otros	RS y MA				
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	Saraswati, W., Dahlan, E. G., Saputra, K., & Sutrisno, T. C.	2019	Effect of Electroacupuncture on Natural-Killer Cells and Tumor Size in Patients with Cervical Squamous-Cell Carcinoma: A Randomized Controlled Trial.	Medical Acupuncture	Medical Acupuncture, 31(1), 29–36. doi:10.1089/acu.2018.1316
	Lee B, Kim BK, Kim M, Kim AR, Park HJ, Kwon OJ, Lee JH, Kim JH.	2022	Electroacupuncture for treating cancer-related insomnia: a multicenter, assessor-blinded, randomized controlled, pilot clinical trial.	BMC Complement Med Ther	BMC Complement Med Ther. 2022 Mar 18;22(1):77. doi: 10.1186/s12906-022-03561-w.

Cardiología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Pang S, Lv Y, Zhong W, Qian J, Zhao Y, Zhong J, Huang W.	2023	Effectiveness and safety of electroacupuncture combined with conventional drugs in the treatment of stable angina pectoris in coronary artery disease: A systematic evaluation and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2023 Feb 17;102(7):e32960. doi: 10.1097/MD.00000000000032960.
	Jiang Y, Luo Y, Li T, Gai Y	2022	Effect of electroacupuncture combined with rehabilitation training on hypertension: A systematic review and meta-analysis.	Int J Cardiol Heart Vasc.	Int J Cardiol Heart Vasc. 2022 Dec 5;43:101160. doi: 10.1016/j.ijcha.2022.101160. eCollection 2022 Dec
	Asmussen S, Przkora R, Maybauer DM, et al. Meta-	2019	Analysis of Electroacupuncture in Cardiac Anesthesia and Intensive Care.	Journal of Intensive Care	J Intensive Care Med. 2019;34(8):652–661. doi:10.1177/0885066617708558
	ECAs				

	Sun, J., Sang, H., Yang, C., Dong, H., Lei, C., Lu, Y., ... Xiong, L.	2012	Electroacupuncture improves orthostatic tolerance in healthy individuals via improving cardiac function and activating the sympathetic system.	EP Europace	EP Europace, 15(1), 127–134.doi:10.1093/europace/eus220
	Yang, L., Yang, J., Wang, Q., Chen, M., Lu, Z., Chen, S., & Xiong, L.	2010	Cardioprotective Effects of Electroacupuncture Pretreatment on Patients Undergoing Heart Valve Replacement Surgery: A Randomized Controlled Trial.	Annals of Thoracic Surgery	The Annals of Thoracic Surgery, 89(3), 781–786.doi:10.1016/j.athoracsur.2009.12.003

Digestivo

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Enfermedad inflamatoria intestinal	RS y MA				
	Farrell D, Artom M, Czuber-Dochan W, Jelsness-Jørgensen LP, Norton C, Savage E.	2020	Interventions for fatigue in inflammatory bowel disease.	Cochrane Database Syst Rev	Cochrane Database Syst Rev. 2020 Apr 16;4(4):CD012005. doi: 10.1002/14651858.CD012005.pub2. PMID: 32297974; PMCID: PMC7161727.
	ECAs				
	Chakraborty, S., & Bharucha, A. E.	2016	In chronic severe functional constipation, electroacupuncture increased complete spontaneous bowel movements.	Annals of Internal Medicine	Annals of Internal Medicine, 165(12), JC69.doi:10.7326/acpjc-2016-165-12-069
	Horta D, Lira A, Sanchez-Lloansi M, Villoria A, Tegghiachi M,	2020	A Prospective Pilot Randomized Study: Electroacupuncture vs. Sham Procedure for the Treatment of Fatigue in Patients With Quiescent Inflammatory Bowel Disease.	Inflamm Bowel Dis	Inflamm Bowel Dis. 2020 Feb 11;26(3):484-492. doi: 10.1093/ibd/izz091. PMID: 31091322

	García-Rojo D, García-Molina S, Figuerola A, Esteve M, Calvet X.				
Dispepsia	RS y MA				
	Guo Y, Wei W, Chen JD.	2020	Effects and mechanisms of acupuncture and electroacupuncture for functional dyspepsia: A systematic review.	World J Gastroenterol.	World J Gastroenterol. 2020 May 21;26(19):2440-2457. doi: 10.3748/wjg.v26.i19.2440. PMID: 32476804; PMCID: PMC7243644
	Mao X, Guo S, Ni W, Zhang T, Liu Q, Du S, Luo M, Pan Y, Wu B, Su X, Yang Y, Guo Y, Chen JJD, Rong P, Wei W.	2020	Electroacupuncture for the treatment of functional dyspepsia: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Nov 6;99(45):e23014. doi: 10.1097/MD.00000000000023014. PMID: 33157947; PMCID: PMC7647594.
	Huang J, Shi Y, Qin X, Shen M, Wu M, Huang Y.	2020	Clinical Effects and Safety of Electroacupuncture for the Treatment of Poststroke Dysphagia: A Comprehensive Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Sep 26;2020:1560978. doi: 10.1155/2020/1560978. PMID: 33062000; PMCID: PMC7533748.
	Zhang J, Liu Y, Huang X, Chen Y, Hu L, Lan K, Yu H.	2020	Efficacy Comparison of Different Acupuncture Treatments for Functional Dyspepsia: A Systematic Review with Network Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Mar 18;2020:3872919. doi: 10.1155/2020/3872919. PMID: 32256643; PMCID: PMC7106911.
Estreñimiento	RS y MA				
	Xu XH, Zhang MM, Wu X, Xu SB, Wang W, Zheng CH, Huang GY.	2020	Efficacy of Electro-acupuncture in Treatment of Functional Constipation: A Randomized Controlled Trial.	Curr Med Sci.	Curr Med Sci. 2020 Apr;40(2):363-371. doi: 10.1007/s11596-020-2188-y. Epub 2020 Apr 26. PMID: 32337698

	Huang X, Shen Y, Li XH.	2020	[Systematic review on the treatment of functional constipation with electroacupuncture and gastro-kinetic drugs].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Jul 25;45(7):592-8. Chinese. doi: 10.13702/j.1000-0607.180765. PMID: 32705837
	Zhang N, Hou L, Yan P, Li X, Wang Y, Niu J, Feng L, Li J, Yang K, Liu X.	2020	Electro-acupuncture vs. sham electro-acupuncture for chronic severe functional constipation: A systematic review and meta-analysis.	Complement Ther Med.	Complement Ther Med. 2020 Nov;54:102521. doi: 10.1016/j.ctim.2020.102521. Epub 2020 Sep 10. PMID: 33183657.
	Zhou, S.-L., Zhang, X.-L., & Wang, J.-H.	2017	Comparison of electroacupuncture and medical treatment for functional constipation: a systematic review and meta-analysis.	Acupuncture in Medicine,	Acupuncture in Medicine, 35(5), 324–331.doi:10.1136/acupmed-2016-011127
	ECAs				
	Wang X, Sun Y, Yan S, Shi H, Zhu L, Gao S, Liu Z.	2023	Effectiveness of electroacupuncture versus prucalopride for women with severe chronic constipation: secondary analysis of a randomized controlled trial.	Int J Colorectal Dis.	Int J Colorectal Dis. 2023 Jan 20;38(1):20. doi: 10.1007/s00384-023-04313-z
	Chakraborty, S., & Bharucha, A. E.	2016	In chronic severe functional constipation, electroacupuncture increased complete spontaneous bowel movements.	Annals of Internal Medicine	Annals of Internal Medicine, 165(12), JC69.doi:10.7326/acpjc-2016-165-12-069
	Zhou J, Liu Y, Zhou K, et al.	2019	Electroacupuncture for Women with Chronic Severe Functional Constipation: Subgroup Analysis of a Randomized Controlled Trial	Biomed Res Int.	Biomed Res Int. 2019;2019:7491281. Published 2019 Jan 13. doi:10.1155/2019/7491281
Obesidad	RS y MA				
	Gao Y, Wang Y, Zhou J, Hu Z, Shi Y.	2020	Effectiveness of Electroacupuncture for Simple Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Jun 28;2020:2367610. doi: 10.1155/2020/2367610. PMID: 32714399; PMCID: PMC7341404.
	Zhang, R.-Q., Tan, J., Li, F.-Y., Ma, Y.-H., Han, L.-X., & Yang, X.-L.	2017	Acupuncture for the treatment of obesity in adults: a systematic review and meta-analysis.	Postgraduate Medical Journal	Postgraduate Medical Journal, 93(1106), 743–751.doi:10.1136/postgradmedj-2017-134969

	Gao Y, Wang Y, Zhou J, Hu Z, Shi Y.	2020	Effectiveness of Electroacupuncture for Simple Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020;2020:2367610
	ECAs				
	Lima IG, Silva JRTD, Silva AGD, Andrade AS, Sousa L. 8	2022	Electroacupuncture reduces weight, skinfold thickness and waist circumference and increases skin temperature of the abdominal region in women: a randomized controlled trial.	Acupunct Med.	Acupunct Med. 2022 Oct;40(5):425-433. doi: 10.1177/09645284221077111. Epub 2022 Apr 1
	Mazidi, M., Abbasi-Parizad, P., Abdi, H., Zhao, B., Rahsepar, A. A., Tavallaie, S., ... Ferns, G. A.	2017	The effect of electro-acupuncture on pro-oxidant antioxidant balance values in overweight and obese subjects: a randomized controlled trial study.	Journal of Complementary and Integrative Medicine	Journal of Complementary and Integrative Medicine, 15(2). doi:10.1515/jcim-2015-0081
	Meng, J., Jiao, Y., Zhang, G., Xu, X., Ji, C., Hu, M., ... Zhang, M.	2018	Electroacupuncture Improves Intestinal Dysfunction in Septic Patients: A Randomised Controlled Trial.	BioMed Research International	BioMed Research International, 2018, 1–9.doi:10.1155/2018/8293594
Colon irritable	RS y MA				
	Wei X, Wen Y, Wei Y, Liang X, Ma X, Zhang B, Tang X.	2022	external therapy of traditional Chinese medicine for treating irritable bowel syndrome with diarrhea: A systematic review and meta-analysis.	Front Med (Lausanne).	Front Med (Lausanne). 2022 Aug 9;9:940328. doi: 10.3389/fmed.2022.940328. eCollection 2022.
	ECAs				
	Sun YZ, Wang SL, Yu TY.	2021	[<i>Tiaoshen</i> acupuncture method combined with electroacupuncture for diarrhea-type irritable bowel syndrome : a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):13-6. Chinese. doi: 10.13703/j.0255-2930.20191220-k0001. PMID: 33559435.
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	ECAs				
	Dong C, Zhang CR, Xue BY, Miu WF, Fang NY, Li K, Ou ZJ, Xu YQ.	2020	[Electroacupuncture combined with lifestyle control on obese nonalcoholic fatty liver disease: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):129-34. Chinese. doi: 10.13703/j.0255-2930.20190201-k00034. PMID: 32100496.
	Draz RS, Serry ZMH, Rahmy AF, El Bardesi MS, Taha MM.	2020	Electroacupuncture Versus Aerobic Interval Training on Liver Functions in Patients with Nonalcoholic Fatty Liver.	J Altern Complement Med.	2020 Jan;26(1):51-57. doi: 10.1089/acm.2019.0182. Epub 2019 Oct 29. PMID: 31657614
	Lei, H., Chen, X., Liu, S., & Chen, Z.	2017	Effect of Electroacupuncture on Visceral and Hepatic Fat in Women with Abdominal Obesity: A Randomized Controlled Study Based on Magnetic Resonance Imaging.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 23(4), 285–294.doi:10.1089/acm.2016.036
Otros	ECAs				
	Pang RH, Zhu YQ, Wu J, Huang JH, Chen B.	2022	Effect of electroacupuncture on gastrointestinal function of patients after laparoscopic cholecystectomy under general anesthesia.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2022 Jul 25;47(7):640-3. doi: 10.13702/j.1000-0607.20210711.
	Xing X, Jiang R, Lei S, Xu Q, Zhu M, Zhi Y, Xia G, Huang L, Mao S, Chen Z, Feng D.	2021	[Electroacupuncture in the treatment of acute gastrointestinal injury in patients with severe traumatic brain injury: a prospective randomized controlled trial].	Zhonghua Wei Zhong Bing Ji Jiu Yi Xue	Zhonghua Wei Zhong Bing Ji Jiu Yi Xue. 2021 Jan;33(1):95-99. Chinese. doi: 10.3760/cma.j.cn121430-20200804-00562. PMID: 33565409.
	Zhou Y, Ma HQ, Yang ZJ, Shao HT, Yue GL, Du GZ.	2020	[Comparative study on effect of electroacupuncture at lower <i>he</i> -sea point of stomach and <i>he</i> -sea matching front- <i>mu</i> points for gastroparesis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):925-7. Chinese. doi: 10.13703/j.0255-2930.20191025-k0002. PMID: 32959584.
	Eberl S, Monteiro de Olivera N, Bourne D, Streitberger K,	2020	Effect of electroacupuncture on sedation requirements during colonoscopy: a prospective placebo-controlled randomised trial.	Acupunct Med.	Acupunct Med. 2020 Jun;38(3):131-139. doi: 10.1136/acupmed-2017-011459. Epub 2020 Jan 22. PMID: 31968988.

	Fockens P, Hollmann MW, Preckel B.				

Psicología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Depresión y ansiedad	RS y MA				
	Urata, Minoru et al.	2023	“Efficacy of Pharmacological Interventions in Milder Depression: A Systematic Review and Meta-Analysis.”	Neuropsychopharmacology reports	Neuropsychopharmacology reports vol. 45,1 (2025): e70008. doi:10.1002/npr2.70008
	Hong Wan ki , Kim Yeon Ji , Lee Ye rim , Jeong Hye In , Kim Kyeong Han , Ko Seong-Gyu		“Effectiveness of electroacupuncture on anxiety: a systematic review and meta-analysis of randomized controlled trials.”	Frontiers in Psychology	Frontiers in Psychology vol 14 Year 2023, https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1196177 DOI=10.3389/fpsyg.2023.1196177. Retrieved Mayo, 2025
	Zhang Z, Cai X, Liang Y, Zhang R, Liu X, Lu L, Huang Y..	2023	Electroacupuncture as a rapid-onset and safer complementary therapy for depression: A systematic review and meta-analysis.	Front Psychiatry	Front Psychiatry. 2023 Jan 6;13:1012606. doi: 10.3389/fpsyg.2022.1012606
	Wang X, Shi X, Lv J, Zhang J, Huo Y, Zuo G, Lu G, Liu C, She Y.	2022	Acupuncture and related therapies for the anxiety and depression in irritable bowel syndrome with diarrhea (IBS-D):	Front Psychiatry	Front Psychiatry. 2022 Dec 23;13:1067329. doi: 10.3389/fpsyg.2022.1067329. eCollection 2022

			A network meta-analysis of randomized controlled trials.		
	Zhou Z, Xu G, Huang L, Tian H, Huang F, Liu Y, Sun M, Liang F.	2022	Effectiveness and Safety of Electroacupuncture for Depression: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Aug 18;2022:4414113. doi: 10.1155/2022/4414113
	Wang X, Cai W, Wang Y, Huang S, Zhang Q, Wang F.	2021	Is Electroacupuncture an Effective and Safe Treatment for Poststroke Depression? An Updated Systematic Review and Meta-Analysis.	Biomed Res Int.	Biomed Res Int. 2021 Aug 24;2021:8661162. doi: 10.1155/2021/8661162. eCollection 2021
	Han X, Gao Y, Yin X, Zhang Z, Lao L, Chen Q, Xu S.	2021	The mechanism of electroacupuncture for depression on basic research: a systematic review.	Chin Med.	Chin Med. 2021 Jan 13;16(1):10. doi: 10.1186/s13020-020-00421-y. Erratum in: Chin Med. 2021 Feb 10;16(1):20. PMID: 33436036; PMCID: PMC7805231.
	ECAs				
	Amorim D, Brito I, Caseiro A, Figueiredo JP, Pinto A, Macedo I, Machado J.	2022	Electroacupuncture and acupuncture in the treatment of anxiety - A double blinded randomized parallel clinical trial.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101541. doi: 10.1016/j.ctcp.2022.101541. Epub 2022 Jan 30.
	Li W, Sun M, Yin X, Lao L, Kuang Z, Xu S.	2020	The effect of acupuncture on depression and its correlation with metabolic alterations: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 23;99(43):e22752. doi: 10.1097/MD.00000000000022752. PMID: 33120777; PMCID: PMC7581113
	Amorim D, Brito I, Caseiro A, Figueiredo JP, Pinto A, Macedo I, Machado	2022	Electroacupuncture and acupuncture in the treatment of anxiety - A double blinded randomized parallel clinical trial.	J.Complement Ther Clin Pract	J.Complement Ther Clin Pract. 2022 Feb;46:101541. doi: 10.1016/j.ctcp.2022.101541. Epub 2022 Jan 30

Esquizofrenia	ECAs				
	Sun, Z.-L., Liu, J., Guo, W., Jiang, T., Ma, C., Li, W.-B., ... Ling, S.-H.	2016	Serum brain-derived neurotrophic factor levels associate with cognitive improvement in patients with schizophrenia treated with electroacupuncture.	Psychiatry Research	Psychiatry Research, 244, 370–375.doi:10.1016/j.psychres.2016.07.040
Adicciones	ECAs				
	Yu KC, Wei HT, Chang SC, Huang KY, Hsu CH.	2021	The Efficacy of Combined Electroacupuncture and Auricular Pressure on Sleep Quality in Patients Receiving Methadone Maintenance Treatment.	Am J Addict.	Am J Addict. 2021 Mar;30(2):156-163. doi: 10.1111/ajad.13134. Epub 2020 Dec 30
	Zeng L, Tao Y, Hou W, Zong L, Yu L.	2018	Electro-acupuncture improves psychiatric symptoms, anxiety and depression in methamphetamine addicts during abstinence: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2018 Aug;97(34):e11905. doi: 10.1097/MD.00000000000011905

Dolor y lesiones

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor miofascial	RS y MA				
	Ahmed, S., Haddad, C., Subramaniam, S., Khattab, S., & Kumbhare, D.	2019	The Effect of Electric Stimulation Techniques on Pain and Tenderness at the Myofascial Trigger Point: A Systematic Review.	Pain Medicine	Pain Medicine. doi:10.1093/pm/pny278
	ECAs				
	Heo I, Hwang M-S, Hwang E-H, et al.	2018	Electroacupuncture as a complement to usual care for patients with non-acute low back pain after back surgery: a pilot randomised controlled trial.	BMJ Open 2018	BMJ Open 2018;8:e018464. doi:10.1136/bmjopen-2017-018464
Cirugía	Aranha, M. F. M., Müller, C. E. E., & Gavião, M. B. D.	2015	Pain intensity and cervical range of motion in women with myofascial pain treated with acupuncture and electroacupuncture: a double-blinded, randomized clinical trial.	Brazilian Journal of Physical Therapy	Brazilian Journal of Physical Therapy, 19(1), 34–43.doi:10.1590/bjpt-rbf.2014.0066
	ECAs				
	Heo I, Shin BC, Cho JH, Ha IH, Hwang EH, Lee JH, Kim KW, Kim MR, Jung SY, Kwon O, Kim NK, Son DW, Shin KM.	2020	Multicentre randomised controlled clinical trial of electroacupuncture with usual care for patients with non-acute pain after back surgery.	Br J Anaesth.	Br J Anaesth. 2021 Mar;126(3):692-699. doi: 10.1016/j.bja.2020.10.038. Epub 2020 Dec 16. PMID: 33341226

	Ding LB, Zhao J, Guan J, Li F, Nie XZ, Xie L, Wang HJ, Zheng XF, Xu X.	2020	[Effect of electroacupuncture on rehabilitation of knee joint movement after anterior cruciate ligament reconstruction].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):142-6. Chinese. doi: 10.13703/j.0255-2930.20190213-00014. PMID: 32100498.
	Eslamian F, Jahanjoo F, Dolatkah N, Pishgahi A, Pirani A.	2020	Relative Effectiveness of Electroacupuncture and Biofeedback in the Treatment of Neck and Upper Back Myofascial Pain: A Randomized Clinical Trial.	Arch Phys Med Rehabil	Arch Phys Med Rehabil. 2020 May;101(5):770-780. doi: 10.1016/j.apmr.2019.12.009. Epub 2020 Jan 16. PMID: 31954696.
Dolor crónico	RS y MA				
	Hsieh, Daniel et al.	2024	"Efficacy of Electroacupuncture Compared to Standard and Manual Needling Therapy for Nonspecific Low Back Pain: A Systematic Review and Meta-Analysis."	Cureus	Cureus vol. 16,10 e72577. 28 Oct. 2024, doi:10.7759/cureus.72577 Retrieved May, 2025
	Ni, Zhichao et al.	2024	Electroacupuncture for acute gouty arthritis: a systematic review and meta-analysis of randomized controlled trials."	Frontiers in immunology	Frontiers in immunology vol. 14 1295154. 4 Jan. 2024, doi:10.3389/fimmu.2023.1295154 Retrieved Mayo, 2024)
	Hu, Ran et al.	2025	Comprehensive electroacupuncture treatments reduce serum inflammatory factors and relieve pain symptoms in patients with lumbar disc herniation: a systematic review and network meta-analysis."	International journal of surgery	International journal of surgery (London, England) vol. 111,1 1526-1530. 1 Jan. 2025, doi:10.1097/JS9.0000000000001979

	Seo, S. Y., Lee, K.-B., Shin, J.-S., Lee, J., Kim, M.-R., Ha, I.-H., ... Lee, Y. J.	2017	Effectiveness of Acupuncture and Electroacupuncture for Chronic Neck Pain: A Systematic Review and Meta-Analysis.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 45(08), 1573–1595.doi:10.1142/s0192415x17500859
	ECAs				
	Analges.Liang Z, Wang X, Liu YH, Zhang DM, Shi L.	2021	ic effect of electroacupuncture on chronic pelvic pain in patients with sequelae of pelvic inflammatory disease]	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Apr 12;41(4):395-9. doi: 10.13703/j.0255-2930.20200329-k0003
	Kong JT, Puetz C, Tian L, Haynes I, Lee E, Stafford RS, Manber R, Mackey S.	2020	Effect of Electroacupuncture vs Sham Treatment on Change in Pain Severity Among Adults With Chronic Low Back Pain: A Randomized Clinical Trial..	JAMA Netw Open	JAMA Netw Open. 2020 Oct 1;3(10):e2022787. doi: 10.1001/jamanetworkopen.2020.22787. PMID: 33107921; PMCID: PMC7592030
	Yeh BY, Liu GH, Lee TY, Wong AM, Chang HH, Chen YS.	2020	Efficacy of Electronic Acupuncture Shoes for Chronic Low Back Pain: Double-Blinded Randomized Controlled Trial.	J Med Internet Res	J Med Internet Res. 2020 Oct 26;22(10):e22324. doi: 10.2196/22324. PMID: 33104004; PMCID: PMC7652696
	Comachio J, Oliveira CC, Silva IFR, Magalhães MO, Marques AP.	2020	Effectiveness of Manual and Electrical Acupuncture for Chronic Non-specific Low Back Pain: A Randomized Controlled Trial.	J Acupunct Meridian Stud.	J Acupunct Meridian Stud. 2020 Jun;13(3):87-93. doi: 10.1016/j.jams.2020.03.064. Epub 2020 Mar 26. PMID: 32224119.
	Liu YH, Wang X, Liang Z, Li H, Zhang DM, Shi L.	2021	[Acupuncture combined with western medication on chronic pelvic pain after pelvic inflammatory disease:	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):31-5. Chinese. doi: 10.13703/j.0255-2930.20191218-k0002. PMID: 33559439.

			a multi-center randomized controlled trial].		
Hombro congelado	ECAS				
	Heo JW, Jo JH, Lee JJ, Kang H, Choi TY, Lee MS, Kim JI..	2022	Electroacupuncture for the treatment of frozen shoulder: A systematic review and meta-analysis	Front Med (Lausanne).	Front Med (Lausanne). 2022 Aug 18;9:928823. doi: 10.3389/fmed.2022.928823. eCollection 2022
	ECAS				
	Lo MY, Wu CH, Luh JJ, Wang TG, Fu LC, Lin JG, Lai JS.	2020	The effect of electroacupuncture merged with rehabilitation for frozen shoulder syndrome: A single-blind randomized sham-acupuncture controlled study.	J Formos Med Assoc.	J Formos Med Assoc. 2020 Jan;119(1 Pt 1):81-88. doi: 10.1016/j.jfma.2019.03.012. Epub 2019 May 13. PMID: 31097283.
Osteoartritis de rodilla	RS y MA				
	Liu, Chuan-Yang et al.	2025	"Clinical effect and contributing factors of acupuncture for knee osteoarthritis: a systematic review and pairwise and exploratory network meta-analysis."	<i>BMJ evidence-based medicine</i>	<i>BMJ evidence-based medicine</i> vol. 29,6 374-384. 22 Nov. 2024, doi:10.1136/bmjebm-2023-112626 Retrieved Mayo, 2025
	Li P, Zhang Y, Li F, Cai F, Xiao B, Yang H. 4	2023	The Efficacy of Electroacupuncture in the Treatment of Knee Osteoarthritis: A Systematic Review and Meta-Analysis.	Adv Biol (Weinh).	Adv Biol (Weinh). 2023 Feb 20:e2200304. doi: 10.1002/adbi.20220030
	Shim, J.-W., Jung, J.-Y., & Kim, S.-S.	2016	Effects of Electroacupuncture for Knee Osteoarthritis: A	Evidence-Based Complementar	Evidence-Based Complementary and Alternative Medicine, 2016, 1–18.doi:10.1155/2016/3485875

			Systematic Review and Meta-Analysis.	y and Alternative Medicine	
	Chen, N., Wang, J., Mucelli, A., Zhang, X., & Wang, C.	2017	Electro-Acupuncture is Beneficial for Knee Osteoarthritis: The Evidence from Meta-Analysis of Randomized Controlled Trials.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 45(05), 965–985.doi:10.1142/s0192415x17500513
	ECAS				
	Wang TQ, Li YT, Wang LQ, Shi GX, Tu JF, Yang JW, Hou YQ, Lin LL, Sun N, Zhao JJ, Hou HK, Liu CZ.	2020	Electroacupuncture versus manual acupuncture for knee osteoarthritis: a randomized controlled pilot trial.	Acupunct Med.	Acupunct Med. 2020 Oct;38(5):291-300. doi: 10.1177/0964528419900781. Epub 2020 Feb 5. PMID: 32022581.
	Deng KF, Zhu Y, Zhu SW, Wei XC, Zhang LJ, Liao ZL, Chen RL.	2020	[Clinical effect of thunder-fire moxibustion combined with electroacupuncture in the treatment of cold-dampness knee osteoarthritis: a randomized controlled trial].	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2020 Jun 25;45(6):484-9. Chinese. doi: 10.13702/j.1000-0607.190682. PMID: 32643886.
	Huang DE, Qin Y, Lin MN, Lai XL.	2020	[Clinical efficacy of different waves of electroacupuncture on knee osteoarthritis and its effect on TGF-β1 in joint fluid].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):370-4. Chinese. doi: 10.13703/j.0255-2930.20190422-0005. PMID: 32275364
Túnel carpiano	RS y MA				
	Li T, Yan J, Hu J, Liu X, Wang F.	2022	Efficacy and safety of electroacupuncture for carpal tunnel syndrome (CTS): A systematic review	Front Surg.	Front Surg. 2022 Sep 23;9:952361. doi: 10.3389/fsurg.2022.952361. eCollection 2022

			and meta-analysis of randomized controlled trials.		
	Wu IX, Lam VC, Ho RS, Cheung WK, Sit RW, Chou LW, Zhang Y, Leung TH, Chung VC.	2020	Acupuncture and related interventions for carpal tunnel syndrome: systematic review.	Clin Rehabil.	Clin Rehabil. 2020 Jan;34(1):34-44. doi: 10.1177/0269215519877511. Epub 2019 Sep 26. PMID: 31556315
Trigémينو	ECAs				
	Waki, H., Suzuki, T., Tanaka, Y., Tamai, H., Minakawa, Y., Miyazaki, S., ... Hisajima, T.	2017	Effects of electroacupuncture to the trigeminal nerve area on the autonomic nervous system and cerebral blood flow in the prefrontal cortex.	Acupuncture in Medicine	Acupuncture in Medicine, 35(5), 339–344. doi:10.1136/acupmed-2016-011247
Migraña	RS y MA				
	Li X, Dai Q, Shi , et al. Clinical	2019	Efficacy and Safety of Electroacupuncture in Migraine Treatment: A Systematic Review and Network Meta-Analysis.	The American Journal of Chinese Medicine	Am J Chin Med. 2019;47(8):1755–1780. doi:10.1142/S0192415X19500897
Otros	ECAs				
	Shaosong, Wang et al.	2024	“Effectiveness of electroacupuncture for skeletal muscle pain in Parkinson's disease: a Clinical randomized controlled trial.”	Journal of traditional Chinese medicine	Journal of traditional Chinese medicine = Chung i tsa chih ying wen pan vol. 44,2 (2024): 388-395. doi:10.19852/j.cnki.jtcm.20240203.004 retrieved Mayo, 2025
	Bulut, Emre et al.	2025	“Effect of electroacupuncture on pain after periodontal flap surgery: a randomized controlled trial.”	Journal of traditional Chinese medicine	Journal of traditional Chinese medicine = Chung i tsa chih ying wen pan vol. 45,1 (2025): 184-191. doi:10.19852/j.cnki.jtcm.2025.01.018
	Zhu L, Wu WZ, Chen M, Xu HN, Liu J, Liu LY, Shi W, Xu DM.	2022	Electroacupuncture on motor function in patients with	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Feb 12;42(2):145-9. doi: 10.13703/j.0255-2930.20210305-k0001

			primary osteoporosis: a randomized controlled trial].		
	Sung SH, Kim D, Park M, Hwang SI, Yoon YJ, Park JK, Sung HK.	2021	Electroacupuncture for Temporomandibular Disorders: A Systematic Review of Randomized Controlled Trials.	Healthcare (Basel).	Healthcare (Basel). 2021 Nov 2;9(11):1497. doi: 10.3390/healthcare9111497
	Yu XJ, Zhang L, Lu WY, Gao Q, Liu L, Wang Y.	2021	Effect of electroacupuncture combined with caudal epidural injection on functional rehabilitation of patients with lumbar hernia.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Jul 25;46(7):605-9. doi: 10.13702/j.1000-0607.200383.
	Wang LL, Shan L, Du L, Zhang Y, Jia FY.	2020	Comparison of Electroacupuncture and Body Acupuncture on Gastrocnemius Muscle Tone in Children with Spastic Cerebral Palsy: A Single Blinded, Randomized Controlled Pilot Trial.	Chin J Integr Med.	Chin J Integr Med. 2020 Jan;26(1):14-19. doi: 10.1007/s11655-019-3082-y. Epub 2020 Jan 2. PMID: 31898768.

Insomnio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Liu, Xiaodong et al.	2025	"Efficacy of electroacupuncture for insomnia in cancer patients: a systematic review and meta-analysis."	<i>Frontiers in neurology</i>	<i>Frontiers in neurology</i> vol. 16 1512052. 10 Feb. 2025, doi:10.3389/fneur.2025.1512052 Retrieved Mayo, 2025
	Li, Ke, and Ying Luo.	2025	"Efficacy of electroacupuncture in the treatment of insomnia in cancer patients: A meta-analysis."	<i>Medicine</i>	<i>Medicine</i> vol. 104,1 (2025): e41123. doi:10.1097/MD.00000000000041123
	ECAs				
	Yin X, Li W, Liang T, Lu B, Yue H, Li S, Zhong VW, Zhang W, Li X, Zhou S, Mi Y, Wu H, Xu S	2022	Effect of Electroacupuncture on Insomnia in Patients With Depression: A Randomized Clinical Trial. ..	JAMA Netw Open.	JAMA Netw Open. 2022 Jul 1;5(7):e2220563. doi: 10.1001/jamanetworkopen.2022.20563
	Wang XQ, Qin S, Wu WZ, Liu CY, Shang HT, Wan QY, Zhao YN, Xi HQ, Zheng SY, Li JH, Wang Y.	2021	Effect of electroacupuncture on serum melatonin and dopamine in aged insomnia.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 May 12;41(5):501-4. doi: 10.13703/j.0255-2930.20200404-k0001
	Yeung, W.-F., Chung, K.-F., Tso, K.-C., Zhang, S.-P., Zhang, Z.-J., & Ho, L.-M.	2011	Electroacupuncture for Residual Insomnia Associated with Major Depressive Disorder: A Randomized Controlled Trial.	Sleep	Sleep, 34(6), 807–815.doi:10.5665/sleep.1056

Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	ECAs				
	Li, S., Li, Z.-F., Wu, Q., Guo, X.-C., Xu, Z.-H., Li, X.-B., ... Fu, W.-B.	2018	A Multicenter, Randomized, Controlled Trial of Electroacupuncture for Perimenopause Women with Mild-Moderate Depression.	BioMed Research International	BioMed Research International, 2018, 1–7.doi:10.1155/2018/5351210
	Wang W, Liu Y, Sun S, et al.	2019	Electroacupuncture for postmenopausal women with stress urinary incontinence: secondary analysis of a randomized controlled trial.	World Journal of Urology	World J Urol. 2019;37(7):1421–1427. doi:10.1007/s00345-018-2521-2
Dismenorrea	RS y MA				
	Xu, Y., Zhao, W., Li, T., Bu, H., Zhao, Z., Zhao, Y., & Song, S.	2017	Effects of acupoint-stimulation for the treatment of primary dysmenorrhoea compared with NSAIDs: a systematic review and meta-analysis of 19 RCTs.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 17(1).doi:10.1186/s12906-017-1924-8
Fertilidad	ECAs				
	Luo Y, Mao P, Chen P, Li C, Fu X, Zhuang M.	2023	Effect of Guizhi Fuling Wan in primary dysmenorrhea: A randomized controlled trial.	J Ethnopharmacol.	J Ethnopharmacol. 2023 May 10;307:116247. doi: 10.1016/j.jep.2023.116247. Epub 2023 Feb 4.
	Shen J, Gao YL, Lu G, Chen L, Cheng J, Xia YB.	2022	Effect of electroacupuncture on endometrial receptivity and IVF-ET pregnancy outcomes in patients with diminished ovarian reserve].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Aug 12;42(8):879-83. doi: 10.13703/j.0255-2930.20210901-k0002
	Gribel, G. P. C., Coca-Velarde, L. G., & Moreira de Sá, R. A.	2010	Electroacupuncture for cervical ripening prior to labor induction: a randomized clinical trial.	Archives of Gynecology and Obstetrics	Archives of Gynecology and Obstetrics, 283(6), 1233–1238. doi:10.1007/s00404-010-1526-x

	Feng XL, Jia ZQ, Li N, Jiang S, Chang Z, Zhu H.	2020	[Effect of electroacupuncture combined with <i>Yuyin</i> pill on sex hormone and Th2 cytokines in patients of decreased ovarian reserve function with liver-kidney <i>yin</i> deficiency].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):959-63. Chinese. doi: 10.13703/j.0255-2930.20190925-0003. PMID: 32959591.
	Shuai Zh, Li X, Tang X, Lian F, Su Zh.	2019	Transcutaneous electrical acupuncture point stimulation improves pregnancy outcomes in patients with recurrent implantation failure undergoing in vitro fertilisation and embryo transfer: a prospective, randomised trial.	Acupuncture in Medicine	Acupuncture in Medicine 1–7 DOI: 10.1136/acupmed-2017-011483
	Wu HC, Zhang JW, Sun ZG, Xiang S, Qiao Y, Lian F.	2019	Effects of Electroacupuncture on Expression of PI3K/Akt/Foxo3a in Granulosa Cells from Women with Shen (Kidney) Deficiency Syndrome Undergoing in vitro Fertilization-Embryo Transfer.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(4):252–258. doi:10.1007/s11655-019-2948-3
Osteoporosis	RS y MA				
	Fan L, Wu Z, Li M, Jiang G.	2021	Effectiveness of electroacupuncture as a treatment for osteoporosis: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Jan 22;100(3):e24259. doi: 10.1097/MD.00000000000024259. PMID: 33546047; PMCID: PMC7837945
	ECAs				
	Zhu L, Wu WZ, Chen M, Xu HN, Liu J, Liu LY, Shi W, Xu DM.	2022	Electroacupuncture on motor function in patients with primary osteoporosis: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Feb 12;42(2):145-9. doi: 10.13703/j.0255-2930.20210305-k0001
Depresión	ECAs				
	Chung, K.-F., Yeung, W.-F., Zhang, Z.-J., Yung, K.-P., Man, S.-C., Lee, C.-P., ... Taam Wong, V.	2012	Randomized non-invasive sham-controlled pilot trial of electroacupuncture for postpartum depression.	Journal of Affective Disorders	Journal of Affective Disorders, 142(1-3), 115–121.doi:10.1016/j.jad.2012.04.008

	Xiao X, Zhang J, Jin Y, Wang Y, Zhang Q.	2	Effectiveness and Safety of Acupuncture for Perimenopausal Depression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Jan 19;2020:5865697. doi: 10.1155/2020/5865697. PMID: 32051687; PMCID: PMC6995321.
Ovario poliquístico	ECAs				
	Xu CX, Yuan W, Chen XY, Qiao HF, Gao XY.	2022	Effect of electroacupuncture on mood and estrogen receptor α expression in mice with polycystic ovary syndrome induced by bisphenol A exposure].	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2022 May 25;47(5):377-85. doi: 10.13702/j.1000-0607.20210548.
	Zhao QY, Sun Y, Zhou J, Gao YL, Ma GZ, Hu ZH, Wang Y, Shi Y.	2021	Effectiveness of herb-partitioned moxibustion combined with electroacupuncture on polycystic ovary syndrome in patients with symptom pattern of kidney deficiency and phlegm-dampness.	J Tradit Chin Med	J Tradit Chin Med. 2021 Dec;41(6):985-993. doi: 10.19852/j.cnki.jtcm.2021.06.017
	Dong HX, Wang Q, Wang Z, Wu XK, Cheng L, Zhou ZM, Yang L, Yi P, Huang DM.	2021	Impact of Low Frequency Electro-acupuncture on Glucose and Lipid Metabolism in Unmarried PCOS Women: A Randomized Controlled Trial.	Chin J Integr Med	Chin J Integr Med. 2021 Oct;27(10):737-743. doi: 10.1007/s11655-021-3482-z. Epub 2021 Jul 28
Menopausia	RS y MA				
	Zhong Z, Dong H, Wang H, Huang Y, Huang D, Huang G.	2022	Electroacupuncture for the treatment of perimenopausal syndrome: a systematic review and meta-analysis of randomized controlled trials.	Acupunct Med	Acupunct Med. 2022 Apr;40(2):111-122. doi: 10.1177/09645284211055742. Epub 2021 Nov 9.
Otros	ECAs				
	Liu Y, Zhu Y, Jiang L, Lu C, Xiao L, Wang T, Chen J, Sun L, Deng L, Gu M, Zheng T, Feng M, Shi Y.	2022	Efficacy of electro-acupuncture in postpartum with diastasis recti abdominis: A randomized controlled clinical trial.	Front Public Health.	Front Public Health. 2022 Nov 15;10:1003361. doi: 10.3389/fpubh.2022.1003361. eCollection 2022

	Lam WL, Wang J, Yeung WF, Cheung CW, Chan KKL, Ngan HYS, Wong CKH, Jiang F, Ma PWS, Leung TW, Leung WC, Liu TC, Chen H, Lao L.	2022	A combination of electroacupuncture and auricular acupuncture for postoperative pain after abdominal surgery for gynaecological diseases: A randomized controlled trial.	Phytomedicine	Phytomedicine. 2022 Sep;104:154292. doi: 10.1016/j.phymed.2022.154292. Epub 2022 Jun 27.
	Su WW, Zhao MH, Pan QJ, Huo ZH, Gao XA.	2021	Effect of electroacupuncture at Baliao points on intrauterine residue and uterine volume restoration after uterine curettage of incomplete abortion.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Aug 12;41(8):871-5. doi: 10.13703/j.0255-2930.20200716-k0003
	Su WW, Pan JL, Gao ZY, Gao XA.	2021	Effect of electroacupuncture on postpartum uterine contraction pain and uterine involution: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):165-8. doi: 10.13703/j.0255-2930.20200202-k0001
	Li, S., Zheng, M., Wu, W., Guo, J., Ji, F., & Zheng, Z.	2017	Effects of Electroacupuncture Administered 24 hours Prior to Surgery on Postoperative Nausea and Vomiting and Pain in Patients Undergoing Gynecologic Laparoscopic Surgery: A Feasibility Study.	EXPLORE: The Journal of Science and Healing	EXPLORE: The Journal of Science and Healing, 13(5), 313–318.doi:10.1016/j.explore.2017.06.002
	Xiao J, Yi W, Wu L..	2019	Effects of electroacupuncture on reducing labor pain and complications in the labor analgesia process of combined spinal-epidural analgesia with patient-controlled epidural analgesia	Archives of Gynecology and Obstetrics	Arch Gynecol Obstet. 2019;299(1):123–128. doi:10.1007/s00404-018-4955-6
	Su WW, Gao XA, Tian JS.	2020	[Effect of electroacupuncture at Shaoze (SI 1) on breast milk volume and composition in postpartum hypogalactia].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jan 12;40(1):13-6. Chinese. doi: 10.13703/j.0255-2930.20190107-0001. PMID: 31930892
	Wang LL, Zhu JY, Ren ZX, Zhang HL, Wu YR.	2020	[Observation on therapeutic effect of electroacupuncture combined with penetrating moxibustion for postpartum pelvic organ prolapse].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):157-61. Chinese. doi: 10.13703/j.0255-2930.20190210-00014. PMID: 32100501.

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente cerebro-vascular	RS y MA				
	Liu Y, Chen F, Qin P, Zhao L, Li X, Han J, Ke Z, Zhu H, Wu B.	2023	Acupuncture treatment vs. cognitive rehabilitation for post-stroke cognitive impairment: A systematic review and meta-analysis of randomized controlled trials.	Front Neurol.	Front Neurol. 2023 Feb 9;14:1035125. doi: 10.3389/fneur.2023.1035125. eCollection 2023
	Wang LX, Li WH, He F.	2022	Efficacy and Safety of Electroacupuncture in the Treatment of Cerebral Infarction: Systematic Review and Meta-Analysis.	Appl Bionics Biomech.	Appl Bionics Biomech. 2022 Jun 28;2022:1350501. doi: 10.1155/2022/1350501. eCollection 2022
	Cai, Y., Zhang, C. S., Liu, S., Wen, Z., Zhang, A. L., Guo, X., ... Xue, C. C.	2017	Electroacupuncture for Poststroke Spasticity: A Systematic Review and Meta-Analysis.	Archives of Physical Medicine and Rehabilitation	Archives of Physical Medicine and Rehabilitation, 98(12), 2578–2589.e4.doi:10.1016/j.apmr.2017.03.023
	Liu, A.-J., Li, J.-H., Li, H.-Q., Fu, D.-L., Lu, L., Bian, Z.-X., & Zheng, G.-Q.	2015	Electroacupuncture for Acute Ischemic Stroke: A Meta-Analysis of Randomized Controlled Trials.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 43(08), 1541–1566.doi:10.1142/s0192415x15500883
	Wei, X., He, L., Liu, J., Ai, Y., Liu, Y., Yang, Y., & Liu, B.	2019	Electroacupuncture for Reflex Sympathetic Dystrophy after Stroke: A Meta-Analysis.	Journal of Stroke and Cerebrovascular Diseases.	Journal of Stroke and Cerebrovascular Diseases. doi:10.1016/j.jstrokecerebrovasdis.
	Zhang J, Zhu L, Tang Q.	2020	Electroacupuncture with rehabilitation training for limb spasticity reduction in post-stroke patients: A systematic review and meta-analysis.	Top Stroke Rehabil.	Top Stroke Rehabil. 2020 Aug 26;1-22. doi: 10.1080/10749357.2020.1812938. Epub ahead of print. PMID: 32845210.

	Li X., Wang J., Xu A., Huang J., Meng L.-Q., Huang R.-Y., & Xu J.	2018	Clinical effects and safety of electroacupuncture for the treatment of post-stroke depression: a systematic review and meta-analysis of randomised controlled trials.	Acupuncture in Medicine	Acupuncture in Medicine, acupmed-2016-011300.doi:10.1136/acupmed-2016-011300
	ECAs				
	Jia H, Chen Y, Wang Y, Jia L, Tian Y, Jiang H.	2023	The neuroprotective effect of electroacupuncture on cognitive recovery for patients with mild traumatic brain injury: A randomized controlled clinical trial.	Medicine (Baltimore).	Medicine (Baltimore). 2023 Feb 10;102(6):e32885. doi: 10.1097/MD.00000000000032885
	Li ZY, Lin WL, Qi R.	2023	<i>Kaiqiao Jieyin</i> acupuncture combined with repetitive transcranial magnetic stimulation for post-stroke aphasia: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Jan 1;43(1):25-8. doi: 10.13703/j.0255-2930.20220320-0001.
	Que XQ, Guo W, Fu P, Wu Q.	2023	[Effect of electroacupuncture at Tinghui (GB 2) and Benshen (GB 13) on abnormal auditory response in children with autism spectrum disorder].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Jan 1;43(1):36-9. doi: 10.13703/j.0255-2930.20220208-k0001.
	Zhang JB, Wei RP, Yang H, Han B.	2022	Effect of electroacupuncture at antagonistic muscle and agonistic muscle on motor function in patients with upper-extremity spasticity after stroke].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Apr 12;42(4):381-4. doi: 10.13703/j.0255-2930.20210406-k0001
	Jin HP, Wang Y, Ye QJ, Xie L, Li XL	2022	Ultrasound-guided electroacupuncture at suprahyoid muscle group for pharyngeal dysphagia after stroke: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Mar 12;42(3):251-6. doi: 10.13703/j.0255-2930.20210224-0001.
	Cai W, Ma W, Li YJ, Wang GT, Yang H, Shen WD. 2.	2022	Efficacy and safety of electroacupuncture for post-stroke depression: a randomized controlled trial.	Acupunct Med	Acupunct Med. 2022 Oct;40(5):434-442. doi: 10.1177/09645284221077104. Epub 2022 Mar
	Huang H, Chen J, Qiu F, Lin XM, Lin ZK.	2022	Effect of electroacupuncture on motor function and gait in patients with post-stroke spasticity in lower limbs.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jan 12;42(1):23-7. doi: 10.13703/j.0255-2930.20201201-k0004.

	. Sui M, Jiang N, Yan L, Liu J, Luo B, Zhang C, Yan T, Xiang Y, Li G.	2021	Effect of Electroacupuncture on Shoulder Subluxation in Poststroke Patients with Hemiplegic Shoulder Pain: A Sham-Controlled Study Using Multidimensional Musculoskeletal Ultrasound Assessment	Pain Res Manag.	Pain Res Manag. 2021 Nov 19;2021:5329881. doi: 10.1155/2021/5329881. eCollection 2021
	(Zhang ZJ, Zhao H, Jin GX, Man SC, Wang YS, Wang Y, Wang HR, Li MH, Yam LL, Qin ZS, Yu KT, Wu J, Ng FB, Ziea TE, Rong PJ.	2020	Assessor- and participant-blinded, randomized controlled trial of dense cranial electroacupuncture stimulation plus body acupuncture for neuropsychiatric sequelae of stroke.	Psychiatry Clin Neurosci	Psychiatry Clin Neurosci. 2020 Mar;74(3):183-190. doi: 10.1111/pcn.12959. Epub 2019 Dec 20. PMID: 31747095
	Li F, Sun Q, Shao XM, et al.	2019	Electroacupuncture Combined With PNF on Proprioception and Motor Function of Lower Limbs in Stroke Patients: A Randomized Controlled Trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(10):1034–1040. doi:10.13703/j.0255-2930.2019.10.002
	Liu J, Wang XL, Zi L, Yang CH, Li HP, Li N.	2020	[Effect of early electroacupuncture intervention on conscious state of patients after traumatic brain injury surgery].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 May 12;40(5):479-82. Chinese. doi: 10.13703/j.0255-2930.20190506-0005. PMID: 32394653
	Zhu MY, Chen XQ, Huang F, Peng YX.	2020	[Effect of electroacupuncture on diaphragmatic function in patients with post-stroke tracheotomy].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 Mar 12;40(3):239-42. Chinese. doi: 10.13703/j.0255-2930.20190408-0005. PMID: 32270633.
Alteraciones cognitivas	RS y MA				
	Kim, H., Kim, H. K., Kim, S. Y., Kim, Y. I., Yoo, H. R., & Jung, I. C.	2019	Cognitive improvement effects of electroacupuncture for the treatment of MCI compared with Western medications: a systematic review and Meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 19(1).doi:10.1186/s12906-018-2407-2
Alzheimer	ECAs				
	Xia KP, Pang J, Li SL, Zhang M, Li HL, Wang YJ.	2020	[Effect of electroacupuncture at governor vessel on learning-memory ability and serum level of APP, A β ₁₋₄₂ in patients with Alzheimer's disease].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):375-8. Chinese. doi: 10.13703/j.0255-2930.20190728-0003. PMID: 32275365.
Otros	RS y MA				

	Shi Y, Hu C, Li S, Huang T, Chen X, Li G, Qin X.	2022	The Effects of Electroacupuncture as an Adjunct Therapy on Poststroke Aphasia: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2022 Aug 5;2022:1271205. doi: 10.1155/2022/1271205
	Tan J, Meng F, Zhang B, Deng Q, Jiao B, Peng L, Ding Y, Ruan J, Zeng J, Pei W, Lin G	2022	Electroacupuncture for Spinal Cord Injury: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.	Evid Based Complement Alternat Med	.Evid Based Complement Alternat Med. 2022 Mar 4;2022:8040555. doi: 10.1155/2022/8040555
	Tan J, Meng F, Zhang B, Deng Q, Jiao B, Peng L, Ding Y, Ruan J, Zeng J, Pei W, Lin G.	2022	Electroacupuncture for Spinal Cord Injury: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Mar 4;2022:8040555. doi: 10.1155/2022/8040555
ECAs					
	Lai JS, Chen YD, Ruan CL.	2023	Electroacupuncture at <i>Baliao</i> points for erectile dysfunction after stroke: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Feb 12;43(2):158-62. doi: 10.13703/j.0255-2930.20220527-k000
	Li WQ, Xu SY, Zeng CL, Peng YJ.	2022	Electroacupuncture for acute ischemic stroke and its effect on plasma levels of IL-17 and IL-10].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Aug 12;42(8):849-52. doi: 10.13703/j.0255-2930.20211005-k0001.
	Lai Z, Liu H, Liu G.	2022	Meta-Analysis on the Effects of Electric Acupuncture on Neural Functional Recovery and Related Pathways of Rats after Spinal Cord Injury.	Biomed Res Int.	Biomed Res Int. 2022 Jul 29;2022:8613384. doi: 10.1155/2022/8613384. eCollection 2022.
	Nazarova L, Liu H, Xie H, Wang L, Ding H, An H, Huang D.	2022	Targeting gut-brain axis through scalp-abdominal electroacupuncture in Parkinson's disease.	Brain Res.	Brain Res. 2022 Sep 1;1790:147956. doi: 10.1016/j.brainres.2022.147956. Epub 2022 Jun 1.
	Cai YW, Pei J, Fu QH, Xu J, Shen FJ, Zhan YJ, Dai M..	2022	Electroacupuncture at Siguan points for migraine of liver <i>yang</i> hyperactivity: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 May 12;42(5):498-502. doi: 10.13703/j.0255-2930.20210403-0001
	Zhang W, Lang S, Zheng Y, et al.	2019	The Effects of Transcranial Direct Current Stimulation Versus Electroacupuncture on Working Memory in Healthy Subjects	Journal Alternative of Complementary Medicine	J Altern Complement Med. 2019;25(6):637-642. doi:10.1089/acm.2018.0532

	Yang, Y., Li, H., Chen, X., Zhang, L., Huang, B., & Zhu, T.	2017	Electro-acupuncture treatment for internet addiction: Evidence of normalization of impulse control disorder in adolescents.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 23(11), 837–844. doi:10.1007/s11655-017-2765-5
	Jin HP, Wang Y, Ye QJ, Xie L, Li XL.	2022	Ultrasound-guided electroacupuncture at suprahyoid muscle group for pharyngeal dysphagia after stroke: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Mar 12;42(3):251-6. doi: 10.13703/j.0255-2930.20210224-0001.

Postoperatorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Du B, Xu Z, Zhong X.	2022	Electroacupuncture for postoperative pain in mixed hemorrhoids: A meta-analysis..	Medicine (Baltimore).	Medicine (Baltimore). 2022 Dec 16;101(50):e32247. doi: 10.1097/MD.00000000000032247
	Yusi H, Jiju Y, Xinyi LI, Huifeng H, Chong LI, Fan Z, Haiming L, Xianfei X, Ke HE, Guihua T.	2022	Effectiveness and safety of electroacupuncture for the treatment of pain after laparoscopic surgery: a systematic review.	J Tradit Chin Med.	J Tradit Chin Med. 2022 Aug;42(4):505-512. doi: 10.19852/j.cnki.jtcm.2022.04.002
	Ou L, Shen Z, Zhang T, Chen Z, Zhang L, Xu D, Kong D, Qi Q, Huang Y, Huang W, Meng Y.	2022	Electroacupuncture for the Prevention of Postoperative Cognitive Dysfunction Among Older Adults Undergoing Hip and Knee Arthroplasty: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Med (Lausanne).	Front Med (Lausanne). 2022 Jan 4;8:778474. doi: 10.3389/fmed.2021.778474. eCollection 2021
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	Jin Y, Yu X, Hu S, Liu L, Wang B, Feng Y, Li Y, Xiong B, Wang L.	2023	Efficacy of electroacupuncture combined with intravenous patient-controlled analgesia after cesarean delivery: a randomized clinical trial.	Am J Obstet Gynecol MFM.	Am J Obstet Gynecol MFM. 2023 Feb;5(2):100826. doi: 10.1016/j.ajogmf.2022.100826. Epub 2022 Dec 1

Tian X, Li X, Zhou L, Zhao J, Li X, Huang Y, Ding T.	2022	On the Effect of Electroacupuncture in Promoting Healing after High Tibial Osteotomy.	Comput Math Methods Med	Comput Math Methods Med. 2022 Mar 17;2022:6428759. doi: 10.1155/2022/6428759. eCollection 2022
Fang R, Zhou MT, Zhang CJ, Fu JH.	2022	Effect of electroacupuncture on laparoscope postoperative shivering in patients undergoing general anesthesia].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Mar 12;42(3):257-60. doi: 10.13703/j.0255-2930.20210413-k0006
Zhu J, Li S, Wu W, Guo J, Wang X, Yang G, Lu Z, Ji F, Zou R, Zheng Z, Zheng M.	2022	Preoperative electroacupuncture for postoperative nausea and vomiting in laparoscopic gynecological surgery: a randomized controlled trial.	Acupunct Med.	Acupunct Med. 2022 Oct;40(5):415-424. doi: 10.1177/09645284221076517. Epub 2022 Ma
Postoperative ileus after laparotomy for gastrointestinal cancer treated with electroacupuncture: a randomized controlled trial].	2022	He Y, Lu LY, Chen MJ, Wen Q, Li N.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jan 12;42(1):45-8. doi: 10.13703/j.0255-2930.20210125-0004.
Fang R, Zhou MT, Zhang CJ, Fu JH.	2022	Effect of electroacupuncture on laparoscope postoperative shivering in patients undergoing general anesthesia	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Mar 12;42(3):257-60. doi: 10.13703/j.0255-2930.20210413-k0006.
Park S, Lyu YR, Park SJ, Oh MS, Jung IC, Lee EJ.	2021	Electroacupuncture for post-thoracotomy pain: A systematic review and meta-analysis.	PLoS One	PLoS One. 2021 Jul 7;16(7):e0254093. doi: 10.1371/journal.pone.0254093. eCollection 2021.
Yue HH, Gao YQ, Dong XC, Jia Q, Xie S, Guan X, Zhao YX.	2021	Electroacupuncture in the prevention and treatment of sore throat and nausea and vomiting after gastrointestinal surgery: a randomized controlled trial.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Feb 25;46(2):164-7. doi: 10.13702/j.1000-0607.200464.
Yu L, Yao Z, Wei Q, Qu M, Yang Q, Chang Y.	2021	Efficacy of Electroacupuncture Combined with Tropisetron in Treating Carboprost Tromethamine-Induced Nausea and Vomiting during Cesarean Section under Lumbar Anesthesia.	Complement Med Res.	Complement Med Res. 2021;28(6):516-522. doi: 10.1159/000514946. Epub 2021 Mar 30

	Chang CM, Hsu CE, Lee YC, Yeh CW, Chiu YC.	2021	Short-term effect of electroacupuncture on rehabilitation after arthroscopic triangular fibrocartilage complex repair: a randomised study.	J Orthop Surg Res.	J Orthop Surg Res. 2021 Mar 24;16(1):211. doi: 10.1186/s13018-021-02361-1.
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	Song YY, Ni GX.	2019	Effect of preoperative intervention of electroacupuncture at Baliao point on postoperative complications of procedure for prolapsed and haemorrhoids.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(3):253–256. doi:10.13703/j.0255-2930.2019.03.008
	Yan XB, Han XC, Xing QZ, Li Y, Dong X, Wu Y, Zhang YJ.	2021	[Comparative study between electroacupuncture at Neima point and Neiguan (PC 6) and epidural nerve block for preemptive analgesia in patients undergoing thoracic surgery].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):59-64. Chinese. doi: 10.13703/j.0255-2930.20200121-k0001. PMID: 33559444.

Urinario

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Incontinencia urinaria	RS y MA				
	Cui Y, Li Q, Wang D, Bao R, Li L, Zhu J, Li J, Li Z, Yin J, Zhou X, Yin H, Sun Z.	2022	Does electroacupuncture benefit mixed urinary incontinence? A systematic review and meta-analysis with trial sequential analysis.	Int Urogynecol J.	Int Urogynecol J. 2022 Jan 28. doi: 10.1007/s00192-021-05057-6
	Chen H, Liu Y, Wu J, Liang F, Liu Z.	2020	Acupuncture for postprostatectomy incontinence: a systematic review.	BMJ Support Palliat Care	BMJ Support Palliat Care. 2020 Nov 25;bmjspcare-2020-002450. doi: 10.1136/bmjspcare-2020-002450. Epub ahead of print. PMID: 33239324
	Lai X, Zhang J, Chen J, Lai C, Huang C.	2020	Is electroacupuncture safe and effective for treatment of stress urinary incontinence in women? A systematic review and meta-analysis.	J Int Med Res.	J Int Med Res. 2020 Oct;48(10):300060520948337. doi: 10.1177/0300060520948337. PMID: 33045874; PMCID: PMC7570783.
	Zhong Y, Song Y, Zeng F, Zhao Y, Black B, Guan Y.	2020	Effectiveness of electroacupuncture for female stress urinary incontinence: a systematic review and Meta-analysis.	J Tradit Chin Med.	J Tradit Chin Med. 2020 Oct;40(5):707-720. doi: 10.19852/j.cnki.jtcm.2020.05.001. PMID: 33000572.
	ECAs				
	Liu, Z., Liu, Y., Xu, H., He, L., Chen, Y., Fu, L., ... Liu, B.	2017	Effect of Electroacupuncture on Urinary Leakage Among Women With Stress Urinary Incontinence.	JAMA	JAMA, 317(24), 2493.doi:10.1001/jama.2017.7220
	Sun Y, Liu Y, Liu S, Wang W, Liu Z.	2020	Electroacupuncture for women with urgency-predominant mixed urinary incontinence: secondary analysis of a randomized noninferiority trial.	World J Urol.	World J Urol. 2020 Apr;38(4):1035-1042. doi: 10.1007/s00345-019-02828-1. Epub 2019 Jun 3. PMID: 31155682
	Xu, H., Liu, B., Wu, J., Du, R., Liu, X., Yu, J., & Liu, Z.	2016	A Pilot Randomized Placebo Controlled Trial of Electroacupuncture for Women with Pure Stress Urinary Incontinence.	PLOS ONE	PLOS ONE, 11(3), e0150821.doi: 10.1371/journal.pone.0150821

Otros	RS y MA				
	Hernández Rodríguez D, Pérez-de la Cruz S.	2020	[Treatment of the pelvic floor in males with incomplete spinal cord injury: a systematic review].	An Sist Sanit Navar	An Sist Sanit Navar. 2020 Dec 22;43(3):381-392. Spanish. doi: 10.23938/ASSN.0868. PMID: 33057242
	ECAs				
	Li Z, Liu J, Liu P, Zhang Y, Han W..	2022	Effects of Electroacupuncture with Different Waveforms on Chronic Prostatitis/Chronic Pelvic Pain Syndromes: A Randomized Controlled Trial.	ontrast Media Mol Imaging	Contrast Media Mol Imaging. 2022 Jul 13;2022:6866000. doi: 10.1155/2022/6866000
	Long Q, Li J, Wen Y, et al.	2019	Effect of Electroacupuncture . Preconditioning Combined With Induced Urination on Urinary Retention After Milligan-Morgan Hemorrhoidectomy.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(8):821–824. doi:10.13703/j.0255-2930.2019.08.006
	Wang KX, Liang FX, Chen S, Luo ZH, Chen B, Chen ZQ, Zhang YL, Chen J, Gu XL, Zhou T, Yan P, Xu XY.	2022	Effect of electroacupuncture of "Biao-Ben" acupoints on renal function and hemorheology and eNOS level in patients with early diabetic nephropathy.	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2022 Jan 25;47(1):46-52. doi: 10.13702/j.1000-0607.20210036

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS Y MA				
	.Zhang W, Zhang M, Han Y, Liu Y, Liu Y, Sun C.	2023	Combined acupuncture-medicine anesthesia used in thyroid surgery: A systematic review and meta-analysis	Medicine (Baltimore)	Medicine (Baltimore). 2023 Jan 6;102(1):e32582. doi: 10.1097/MD.00000000000032582
	He K, Ni F, Huang Y, Zheng M, Yu H, Han D, Ma R.	2022	Efficacy and Safety of Electroacupuncture for Pain Control in Herpes Zoster: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Jul 4;2022:4478444. doi: 10.1155/2022/4478444. eCollection 2022.

	Chen H, Jann K, Li Y, Huang J, Chen Y, Kang Y, Gong Z, Huang Y, Wang H, Zhan S, Tan W.	2023	A true response of the brain network during electroacupuncture stimulation at scalp acupoints: An fMRI with simultaneous EAS study.	Brain Behav	Brain Behav. 2023 Jan;13(1):e2829. doi: 10.1002/brb3.2829. Epub 2022 Nov 25.
	Li ZX, Zhang Y, Yan LD, Lai MQ, Xu HY, Wu T, Chen RM, Shi GA, Zhou P.	2022	Effect of electroacupuncture at back-shu points of five zang on fatigue status and cortical excitability in chronic fatigue syndrome.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Nov 12;42(11):1205-10. doi: 10.13703/j.0255-2930.20220124-k0006.
	Yang G, Zheng B, Yu Y, Huang J, Zhu H, Deng D, Li J.	2022	Electroacupuncture at Zusanli (ST36), Guanyuan (CV4), and Qihai (CV6) Acupoints Regulates Immune Function in Patients with Sepsis via the PD-1 Pathway.	Biomed Res Int.	Biomed Res Int. 2022 Jul 11;2022:7037497. doi: 10.1155/2022/7037497. eCollection 2022.
	Wang KX, Liang FX, Chen S, Luo ZH, Chen B, Chen ZQ, Zhang YL, Chen J, Gu XL, Zhou T, Yan P, Xu XY.	2022	Effect of electroacupuncture of "Biao-Ben" acupoints on renal function and hemorheology and eNOS level in patients with early diabetic nephropathy].	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2022 Jan 25;47(1):46-52. doi: 10.13702/j.1000-0607.20210036.
	Ma LY, Liu QQ, Wu L, Gao M, Yin ZY.	2021	Effect of electroacupuncture at Zusanli (ST36) and Zhongwan (CV12) on intestinal nutritional feeding intolerance in patients with severe acute pancreatitis.	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2021 Apr 25;46(4):312-7. doi: 10.13702/j.1000-0607.200463.

Mecanismos

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	Xu, Nuo et al.	2024	Electroacupuncture stimulation enhances the permeability of the blood-brain barrier: A systematic review and meta-analysis of preclinical evidence and possible mechanisms.”	<i>PloS one</i>	<i>PloS one</i> vol. 19,3 e0298533. 27 Mar. 2024, doi:10.1371/journal.pone.0298533 https://pmc.ncbi.nlm.nih.gov/articles/PMC10971611/
	Li, Mingfen et al.	2024	“Electroacupuncture alters brain network functional connectivity in subacute stroke: A randomised crossover trial.”	<i>Medicine</i>	<i>Medicine</i> vol. 103,14 (2024): e37686. doi:10.1097/MD.00000000000037686
	Rodrigues JM, Ventura C, Abreu M, Santos C, Monte J, Machado JP, Santos RV.	2024	Electro-Acupuncture Effects Measured by Functional Magnetic Resonance Imaging—A Systematic Review of Randomized Clinical Trials.	<i>Healthcare</i>	<i>Healthcare</i> . 2024; 12(1):2.b https://doi.org/10.3390/healthcare12010002
	Yingshan, X U et al.	2025	“Systematic review and Meta-analysis of brain plasticity associated with electroacupuncture in experimental ischemic stroke.”	<i>Journal of traditional Chinese medicine</i>	<i>Journal of traditional Chinese medicine = Chung i tsa chih ying wen pan</i> vol. 44,5 (2024): 859-870. doi:10.19852/j.cnki.jtcm.20240828.008 Retrieved Mayo, 2025
	Sang, Peng et al.	2024	“The efficacy of electroacupuncture in among early diabetic patients with lower limb arteriosclerotic wounds.”	<i>International wound journal</i>	<i>International wound journal</i> vol. 21,4 (2024): e14526. doi:10.1111/iwj.14526

	Takahashi K, Wang X, Shinohara D, Imai K..		Link Between Electroacupuncture Stimulation near the Sympathetic Trunk and Heart Rate Variability.	J Acupunct Meridian Stud.	J Acupunct Meridian Stud. 2022 Apr 30;15(2):114-120. doi: 10.51507/j.jams.2022.15.2.114
	Chen X, Chen X, Chen B, Du L, Wang Y, Huang Z, Dai N, Chen JDZ, Cao Q.	2022	Electroacupuncture Enhances Gastric Accommodation via the Autonomic and Cytokine Mechanisms in Functional Dyspepsia.	Dig Dis Sci.	Dig Dis Sci. 2023 Jan;68(1):98-105. doi: 10.1007/s10620-022-07495-8. Epub 2022 May 3.
	Zhu P, Wang H, Zhang L, Jiang X	2022	Deep Learning-Based Surface Nerve Electromyography Data of E-Health Electroacupuncture in Treatment of Peripheral Facial Paralysis.	Comput Math Methods Med	.Comput Math Methods Med. 2022 May 31;2022:8436741. doi: 10.1155/2022/8436741. eCollection 2022
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	Han X, Gao Y, Yin X, Zhang Z, Lao L, Chen Q, Xu S.	2021	The mechanism of electroacupuncture for depression on basic research: a systematic review.	Chin Med.	Chin Med. 2021 Jan 13;16(1):10. doi: 10.1186/s13020-020-00421-y
	Baek, Y. H., Choi, D. Y., Yang, H. I., & Park, D. S.	2005	Analgesic effect of electroacupuncture on inflammatory pain in the rat model of collagen-induced arthritis: Mediation by cholinergic and serotonergic receptors.	Brain Research	Brain Research, 1057(1-2), 181–185. doi:10.1016/j.brainres.2005.07.014
	Huang YG, Tao W, Yang SB, Wang JF, Mei ZG, Feng ZT.	2019	Autophagy: novel insights into therapeutic target of electroacupuncture against cerebral ischemia/ reperfusion injury.	Neural Regeneration Research	Neural Regen Res. 2019 Jun;14(6):954-961. doi: 10.4103/1673-5374.250569.
	Salazar, T. E., Richardson, M. R., Beli, E., Ripsch, M. S., George, J., Kim, Y., ... Grant, M. B.	2017	Electroacupuncture Promotes Central Nervous System-Dependent Release of Mesenchymal Stem Cells.	STEM CELLS	STEM CELLS, 35(5), 1303–1315. doi:10.1002/stem.2613
	Torres-Rosas, R., Yehia, G., Peña, G., Mishra, P.,	2014	Dopamine mediates vagal modulation of the immune system by electroacupuncture.	Nature Medicine	Nature Medicine, 20(3), 291–295.doi:10.1038/nm.3479

	del Rocio Thompson-Bonilla, M., Moreno-Eutimio, M. A., ... Ulloa, L.				
	Xing, Y., Zhang, M., Li, W.-B., Dong, F., & Zhang, F.	2018	Mechanisms Involved in the Neuroprotection of Electroacupuncture Therapy for Ischemic Stroke.	Frontiers in Neuroscience	Frontiers in Neuroscience, 12.doi:10.3389/fnins.2018.00929
	Yoo, Y.-C., Oh, J. H., Kwon, T. D., Lee, Y. K., & Bai, S. J.	2011	Analgesic Mechanism of Electroacupuncture in an Arthritic Pain Model of Rats: A Neurotransmitter Study.	Yonsei Medical Journal	Yonsei Medical Journal, 52(6), 1016.doi:10.3349/ymj.2011.52.6.1016
	Zhu, H., Wang, X., Huang, M., Jing, Y., Zhang, D., & Ding, G.	2017	Mast cell activation in the acupoint is important for the electroacupuncture effect against pituitrin-induced bradycardia in rabbits.	Scientific Reports	Scientific Reports, 7(1). doi:10.1038/s41598-017-08855-5
	Mayor, D.	2013	An exploratory review of the electroacupuncture literature: clinical applications and endorphin mechanisms.	Acupuncture in Medicine	Acupuncture in Medicine, 31(4), 409–415. doi:10.1136/acupmed-2013-010324
	Yu LQ, Cao LY, Xie J, Shi Y, Zhou LY, He TF, Chu XY.	2020	[Efficacy and mechanism of electroacupuncture on insulin resistant polycystic ovary syndrome].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):379-83. Chinese. doi: 10.13703/j.0255-2930.20190903-k0003. PMID: 32275366.

	Yu Y, Sha SB, Zhang B, et al.	2019	Effects and mechanism of action of transcutaneous electrical acupuncture point stimulation in patients with abnormal semen parameters.	Acupuncture in Medicine	Acupunct Med. 2019;37(1):25–32. doi:10.1136/acupmed-2017-011365

VENTOSAS

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor crónico	RS y MA				
	Li J, Jia Y, Sun T, Bai Z, Dong X, Hou X.	2025	Interventions used in control group against cupping therapy for chronic nonspecific low back pain: A systematic review and network meta-analysis.	Complement Ther Med.	Complement Ther Med. 1 de junio de 2025;90:103167
	Zhang Z, Pasapula M, Wang Z, Edwards K, Norrish A.	2024	The effectiveness of cupping therapy on low back pain: A systematic review and meta-analysis of randomized control trials.	Complement Ther Med.	Complement Ther Med. marzo de 2024;80:103013
	Cramer, H., Klose, P., Teut, M., Rotter, G., Ortiz, M., Anheyer, D., ... Brinkhaus, B. . The	2020	Cupping for patients with chronic pain: a systematic review and meta-analysis	Journal of Pain	Journal of Pain. doi:10.1016/j.jpain.2020.01.002
	Moura, C. de C., Chaves, É. de C. L., Cardoso, A. C. L. R., Nogueira, D. A., Corrêa, H. P., & Chianca, T. C. M.	2018	Cupping therapy and chronic back pain: systematic review and meta-analysis.	Revista Latino-Americana de Enfermagem	Revista Latino-Americana de Enfermagem, 26(0).doi:10.1590/1518-8345.2888.3094
	ECAs				
	Saha, F. J., Schumann, S., Cramer, H., Hohmann, C., Choi, K.-E., Rolke, R., ... Lauche, R.	2017	The Effects of Cupping Massage in Patients with Chronic Neck Pain - A Randomised Controlled Trial.	Complementary Medicine Research	Complementary Medicine Research, 24(1), 26–32.doi:10.1159/000454872
	RS y MA				

Dolor muscular	Shen WC, Jan YK, Liau BY, Lin Q, Wang S, Tai CC, Lung CW	2022	Effectiveness of self-management of dry and wet cupping therapy for low back pain: A systematic review and meta-analysis..	Medicine (Baltimore)	Medicine (Baltimore). 2022 Dec 23;101(51):e32325. doi: 10.1097/MD.00000000000032325
	Chaoju X, Zhangyin S, Changchun JI, Jinsheng Y	2022	Efficacy and safety of blood pricking and cupping for treating nonspecific low back pain: a systematic review and Meta-analysis.	J Tradit Chin Med.	J Tradit Chin Med. 2022 Dec;42(6):869-876. doi: 10.19852/j.cnki.jtcm.20220922.003.
	Kim, S., Lee, S.-H., Kim, M.-R., Kim, E.-J., Hwang, D.-S., Lee, J., ... Lee, Y. J.	2018	Is cupping therapy effective in patients with neck pain? A systematic review and meta-analysis.	BMJ Open	BMJ Open, 8(11), e021070. doi:10.1136/bmjopen-2017-021070
	Wang, Y.-T., Qi, Y., Tang, F.-Y., Li, F.-M., Li, Q.-H., Xu, C.-P., ... Sun, H.-T.	2017	The effect of cupping therapy for low back pain: A meta-analysis based on existing randomized controlled trials.	Journal of Back and Musculoskeletal Rehabilitation	Journal of Back and Musculoskeletal Rehabilitation, 30(6), 1187–1195.doi:10.3233/bmr-169736
	Wood S, Fryer G, Tan LLF, Cleary C. Dry cupping for musculoskeletal pain and range of motion: A systematic review and meta-analysis.	2020	Dry cupping for musculoskeletal pain and range of motion: A systematic review and meta-analysis.	J Bodyw Mov Ther.	J Bodyw Mov Ther. 2020 Oct;24(4):503-518. doi: 10.1016/j.jbmt.2020.06.024. Epub 2020 Jul 30. PMID: 33218554.
	Huang, C.-Y., Choong, M.-Y., & Li, T.-S.	2013	Effectiveness of cupping therapy for low back pain: a systematic review:	Acupuncture in Medicine	Acupuncture in Medicine, 31(3), 336–337. doi:10.1136/acupmed-2013-010385
	ECAs				
	Wang J, Wang WL, Shen WD.	2022	Pricking-cupping therapy for cervical spondylotic radiculopathy with qi stagnation and blood stasis based on Young's modulus value	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Dec 12;42(12):1363-7. doi: 10.13703/j.0255-2930.20220412-k0010.
	Mardani-Kivi M, Montazar R, Azizkhani M, Hashemi-Motlagh K	2019	Wet-Cupping Is Effective on Persistent Nonspecific Low Back Pain: A Randomized Clinical Trial.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(7):502–506. doi:10.1007/s11655-018-2996-0

	Abdulaziz KS, Tareq Mohamad R, Saad El-Din Mahmoud L, Abdel Azim Ramzy T, Osman DA.	2021	Effect of neurogenic acupoint cupping on high sensitive C-reactive protein and pain perception in female chronic pelvic pain: A randomized controlled trial.	J Musculoskelet Neuronal Interact	J Musculoskelet Neuronal Interact. 2021 Mar 1;21(1):121-129
Migraña	RS y MA				
	Liu Y, Wang Y, Mi C, Wang Z, Han Y, Qi X, et al.	2024	Efficacy of Acupuncture-Related Therapy for Migraine: A Systematic Review and Network Meta-Analysis.	J Pain Res	J Pain Res. 2024;17:1107-32
	Seo J, Chu H, Kim CH, Sung KK, Lee S.	2021	Cupping Therapy for Migraine: A PRISMA-Compliant Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Mar 24; 2021: 7582581. doi: 10.1155/2021/7582581. eCollection 2021.
	ECAs				
	Ersoy S, Benli AR.	2020	Continue or stop applying wet cupping therapy (al-hijamah) in migraine headache: A randomized controlled trial.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 Feb;38:101065. doi: 10.1016/j.ctcp.2019.101065. Epub 2019 Oct 18. PMID: 31668556.
Dolor	RS y MA				
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Túnel carpiano	ECAs				
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Espondilitis anquilosante	RS y MA				
	Ma, S., Wang, Y., Xu, J., & Zheng, L.	2018	Cupping therapy for treating ankylosing spondylitis: The evidence from systematic review and meta-analysis.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 32, 187–194.doi:10.1016/j.ctcp.2018.07.001
Otros	RS y MA				
	Wegh CAM, Baaleman DF, Tabbers MM, Smidt H, Benninga MA	2022	Nonpharmacologic Treatment for Children with Functional Constipation: A Systematic Review and Meta-analysis	J Pediatr.	J Pediatr. 2022 Jan;240:136-149.e5. doi: 10.1016/j.jpeds.2021.09.010. Epub 2021 Sep 16
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	Yuan YJ, Ren DW, Guan YS, Chen JZ, Yao HJ, Zhao Y, Li YM, Wang XL.	2021	Joint administration of acupuncture, western and herbal medicines and bamboo-jar-cupping for stroke patients of wind-phlegm obstructing collateral type in acute stage	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2021 May 25;46(5):416-20. doi: 10.13702/j.1000-0607.201110.
	Tabatabaei, F., Pasalar, M., Tajadini, H., Kamali, M., & Rampp, T.	2021	Effectiveness of Wet Cupping on Patients with Facial Acne Vulgaris: A 12-Week, Randomized, Single-Blind, Intervention-Sham-Controlled Trial.	Complementary Medicine Research	Complementary Medicine Research, 1–8. doi:10.1159/000514943
	Xu Y, Cui ST, Bai LY, Yang JJ, Li J, Xie TL, Zhang YL, Wang D, Wu S, Wang ZT, Sun LP..	2021	Cupping treatment combined with antibiotics for bacterial pneumonia in children: a randomized controlled trial	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Mar 12;41(3):283-7. doi: 10.13703/j.0255-2930.20200804-k0004
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Dermatología

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	Zhai Y, Hui YY, Jiang ZF, Ding L, Cheng J, Xing T, et al.	2024	Efficacy and safety of wet cupping in the treatment of neurodermatitis: a systematic review and meta-analysis.	Front Med.	Front Med. 2024;11:1478073.
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	Xing M, Ding X, Zhang J, Kuai L, Ru Y, Sun X, Ma T, Miao X, Liu L, Wang Y, Li B, Li X.	2020	Moving cupping therapy for plaque psoriasis: A PRISMA-compliant study of 16 randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 9;99(41):e22539. doi: 10.1097/MD.00000000000022539. PMID: 33031296; PMCID: PMC7544330
	Xiao XJ, Zhang LX, Shi YZ, Yao JP, Cao W, Liu Y, Zou ZH, Zhou SY, Chen ML, Li CX, Zheng QH, Li Y.	2020	Cupping therapy for patients with chronic urticaria: A systematic review and meta-analysis.	J Integr Med.	J Integr Med. 2020 Jul;18(4):303-312. doi: 10.1016/j.joim.2020.05.004. Epub 2020 May 28. PMID: 32534938.
ECAS					
	Wang L, Fang YF, Xu JT, Wang G, Geng QN, Li QJ, Wang Y.	2022	Effect mechanism of pricking and cupping therapy combined with Chinese herbal wet compress in	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2022 Sep 25;47(9):814-20. doi: 10.13702/j.1000-0607.20210893.

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Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Síndrome metabólico y Obesidad	Wu LK, Chen YC, Hung CS, Yen CY, Chang Chien CY, Ciou JR, et al.	2023	The efficacy and safety of cupping as complementary and alternative therapy for metabolic syndrome: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 31 de marzo de 2023;102(13):e33341
	Kang D, Shin WC, Kim T, Kim S, Kim H, Cho JH, et al. Systematic	2023	review and meta-analysis of the anti-obesity effect of cupping therapy.	Medicine (Baltimore)	Medicine (Baltimore). 16 de junio de 2023;102(24):e34039.
Náuseas y vómitos	Farhadi, K., Choubasaz, M., Setayeshi, K., Kameli, M., Bazargan-Hejazi, S., Zadi, Z. H., & Ahmadi, A.	2016	The effectiveness of dry-cupping in preventing post-operative nausea and vomiting by P6 acupoint stimulation.	Medicine	Medicine, 95(38), e4770.doi: 10.1097/md.0000000000004770
Ovario poliquístico	Wu T, Liu Y, Kong F, Hu J, Liu Y, Yang J, et al.	2025	Improvement of endocrine and metabolic conditions in patients with polycystic ovary syndrome through acupuncture and its combined therapies: a systematic review and meta-analysis.	Ann Med.	Ann Med. diciembre de 2025;57(1):2477295.
	Mokaberinejad R, Rampisheh Z, Aliasl J, Akhtari E.	2019	The comparison of fennel infusion plus dry cupping versus metformin management of oligomenorrhoea in patients with polycystic ovary syndrome: a randomised clinical trial.	Journal of Obstetrics and Gynaecology	J Obstet Gynaecol. 2019;39(5):652–658. doi:10.1080/01443615.2018.1541232

Ictus	Shao TY, Wang JX, Shou ST, Fidimanantsoa OL.	2023	Wet cupping with rehabilitation training for upper-limb poststroke spasticity: A systematic review and meta-analysis of randomized controlled trials.	Heliyon	Heliyon. octubre de 2023;9(10):e20623.
HTA	Lu S, Du S, Fish A, Tang C, Lou Q, Zhang X.	2019	Wet cupping for hypertension: a systematic review and meta-analysis.	Clinical and Experimental Hypertension	Clin Exp Hypertens. 2019;41(5):474–480. doi:10.1080/10641963.2018.1510939
General	Cao, H., Han, M., Li, X., Dong, S., Shang, Y., Wang, Q., ... Liu, J.	2010	Clinical research evidence of cupping therapy in China: a systematic literature review.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 10(1). doi:10.1186/1472-6882-10-70
Cardiología	Aleyeidi, N. A., Aseri, K. S., Matbouli, S. M., Sulaiamani, A. A., & Kobeisy, S. A.	2015	Effects of wet-cupping on blood pressure in hypertensive patients: a randomized controlled trial.	Journal of Integrative Medicine	Journal of Integrative Medicine, 13(6), 391–399.doi:10.1016/s2095-4964(15)60197-2
Hígado graso	Bashiri H, Bozorgomid A, Shojaeimotlagh V.	2020	Efficacy of Hijamat (wet cupping therapy) in Iranian patients with nonalcoholic fatty liver disease: a controlled clinical trial.	Turk J Med Sci.	Turk J Med Sci. 2020 Apr 9;50(2):354-359. doi: 10.3906/sag-1907-82. PMID: 31999405; PMCID: PMC7164754.

MOXIBUSTIÓN

Oncología

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Paliativos	RS y MA				
	Ma SY, Pan RF, Li TY, Shi XL, Pan LJ, Jia CS.	2022	Effect of moxibustion on quality of life in tumor patients: network Meta-analysis.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Apr 12;42(4):473-80. doi: 10.13703/j.0255-2930.20210806-k0001.
	Zhang, H. W., Lin, Z. X., Cheung, F., Cho, W. C.-S., & Tang, J.-L.	2018	Moxibustion for alleviating side effects of chemotherapy or radiotherapy in people with cancer.	Cochrane Database of Systematic Reviews.	Cochrane Database of Systematic Reviews. doi:10.1002/14651858.cd010559.pub2
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	Jeon, J.-H., Cho, C.-K., Park, S.-J., Kang, H.-J., Kim, K., Jung, I.-C., ... Yoo, H.-S.	2016	A Feasibility Study of Moxibustion for Treating Anorexia and Improving Quality of Life in Patients With Metastatic Cancer: A Randomized Sham-Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies, 16(1), 118–125.doi:10.1177/1534735416654762
	Lee, J., & Yoon, S. W.	2013	Efficacy and Safety of Moxibustion for Relieving Pain in Patients With Metastatic Cancer.	Integrative Cancer Therapies	Integrative Cancer Therapies, 13(3), 211–216.doi:10.1177/1534735413510025
Linfedema	RS y MA				
	Wang S, Zhang F, Tang H, Ning W.	2023	The efficacy and safety of acupuncture and moxibustion for breast cancer lymphedema: a systematic review and network meta-analysis.	Gland Surg	Gland Surg. 2023 Feb 28;12(2):215-224. doi: 10.21037/gs-22-767. Epub 2023 Feb 21
	Xu X, Gu F.	2022	Safety and Efficacy of Mild Moxibustion on Cancer-Related Fatigue in Non-Small-Cell Lung Cancer Patients Undergoing Chemotherapy.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Jul 22;2022:6530454. doi: 10.1155/2022/6530454. eCollection 2022

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	ECAs				
	Wang C, Yang M, Fan Y, Pei X.	2019	Moxibustion as a Therapy for Breast Cancer-Related Lymphedema in Female Adults: A Preliminary Randomized Controlled Trial.	Integrative Cancer Therapies	Integr Cancer Ther. 2019;18:1534735419866919. doi:10.1177/1534735419866919
Cáncer de pecho	RS y MA				
	Yang R, Zhang YX, Zhang CC, Yan QF, Han L.	2024	Acupuncture and moxibustion treatment for breast cancer-related lymphoedema: a systematic review and Meta-analysis.	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2024 Jul 25;49(7):715-725. doi: 10.13702/j.1000-0607.20230903.
	Jin H, Xiang Y, Feng Y, Zhang Y, Liu S, Ruan S, Zhou H.	2020	Effectiveness and Safety of Acupuncture Moxibustion Therapy Used in Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 May 11;2020:3237451. doi: 10.1155/2020/3237451. PMID: 32454855; PMCID: PMC7240793.
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	Guo Q, Yao C, Guo YF, Wang M.	2020	[Clinical efficacy and action mechanism of mild moxibustion combined with salt-separated moxibustion for gastrointestinal response in breast-cancer chemotherapy patients].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jan 12;40(1):8-12. Chinese. doi: 10.13703/j.0255-2930.20190116-k0003. PMID: 31930891
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Náuseas y vómitos	Huang, Z., Qin, Z., Yao, Q., Wang, Y., & Liu, Z.	2017	Moxibustion for Chemotherapy-Induced Nausea and Vomiting: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–11.doi:10.1155/2017/9854893
ECAs					
	Zhou M, Yang S, Chen R, Zhao J, Dai Y, Xu J, Zhu G.	2024	Heat-sensitive moxibustion combined with tropisetron hydrochloride for chemotherapy-induced nausea and vomiting: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2024 May 12;44(5):531-6. doi: 10.13703/j.0255-2930.20230705-0001.
	Zhang L, Wang YL, Fu RY, Li JX, Guo XQ, Xu B, Feng SH, Guan XJ.	2020	[Ginger-partitioned moxibustion in the prevention of nausea and vomiting induced by chemotherapy in lung cancer : a randomized controlled trial].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Jul 25;45(7):574-7. Chinese. doi: 10.13702/j.1000-0607.190568. PMID: 32705833
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	Bae HR, Kim EJ, Ahn YC, Cho JH, Son CG, Lee NH	2024	Efficacy of Moxibustion for Cancer-Related Fatigue in Patients with Breast Cancer: A Systematic Review and Meta-Analysis.	Integr Cancer Ther.	Integr Cancer Ther. 2024 Jan-Dec;23:15347354241233226. doi: 10.1177/15347354241233226.
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	Li WT, Liu YH, Pan P, Ye SS, Xia Y, Liu AQ, Yu JC.	2020	[Effects of "Tiaoyi Sanjiao" acupuncture and moxibustion on cancer-induced fatigue and immune function in patients	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Dec 25;45(12):1000-5. Chinese. doi: 10.13702/j.1000-0607.200204. PMID: 33415860.

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Otros	RS y MA				
	Wang S, Mu C, Zhang F, Tang H, Ning W.	2023	Acupuncture or moxibustion adjuvant chemotherapy for advanced non-small cell lung cancer: Systematic review and network meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2023 Oct 20;102(42):e35000. doi: 10.1097/MD.00000000000035000.
	Fangfang MA, Hewei Z, Bingxue LI, Peiyu C, Mingwei YU, Xiaomin W.	2023	Acupuncture and moxibustion for malignant tumor patients with psychological symptoms of insomnia, anxiety and depression: a systematic review and Meta-analysis.	J Tradit Chin Med.	J Tradit Chin Med. 2023 Jun;43(3):441-456. doi: 10.19852/j.cnki.jtcm.20230313.001.
	Li Y, Hong E, Ye W, You J..	2023	Moxibustion as an Adjuvant Therapy for Cancer Pain: A Systematic Review and Meta-Analysis.	J Pain Res.	J Pain Res. 2023 Feb 17;16:515-525. doi: 10.2147/JPR.S396696. eCollection 2023
	Ou Y, Lin D, Ni X, Feng C, Rong J, Gao X, Yu Y, Liu X, Zhang Z, Xiao W, Tang Z, Zhao L.	2024	Acupuncture and moxibustion as adjunctive therapy for postoperative gastrointestinal dysfunction in gastric cancer: a systematic review and network meta-analysis.	Front Med (Lausanne).	Front Med (Lausanne). 2024 Dec 11;11:1464749. doi: 10.3389/fmed.2024.1464749. eCollection 2024.
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	Yu C, Mao X, Zhou C.	2024	Influence of acupuncture and moxibustion on gastrointestinal function and adverse events in gastric cancer patients after surgery and chemotherapy: a meta-analysis.	Support Care Cancer	Support Care Cancer. 2024 Jul 18;32(8):524. doi: 10.1007/s00520-024-08740-8.

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	Li Y, Hong E, Ye W, You J.	2023	<u>Moxibustion as an Adjuvant Therapy for Cancer Pain: A Systematic Review and Meta-Analysis.</u>	J Pain Res	J Pain Res. 2023 Feb 17;16:515-525. doi: 10.2147/JPR.S396696. eCollection 2023
	Li HY, Chen Y, Hu ZY, Chen P, Li RL, Jiang JW, Ye J.	2022	Meta-analysis of acupuncture and moxibustion for the therapeutic effect on postoperative gastrointestinal dysfunction of gastric cancer].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 May 12;42(5):595-602. doi: 10.13703/j.0255-2930.20210214-0003.
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ECAs					
	Liu, Y., Sun, S., Dong, H., Zhai, D., Zhang, D., Shen, W., ... Yu, C.	2015	Wrist-ankle acupuncture and ginger moxibustion for preventing gastrointestinal reactions to	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 21(9), 697–702. doi:10.1007/s11655-014-2009-x

			chemotherapy: A randomized controlled trial.		

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Osteoartritis y artritis reumatoide	RS y MA				
	Xin S, Liu J, Yang Z, Li C.	2023	Comparative effectiveness of moxibustion and acupuncture for the management of osteoarthritis knee: A systematic review and meta-analysis.	Heliyon	Heliyon. 2023 Jul 4;9(7):e17805. doi: 10.1016/j.heliyon.2023.e17805. eCollection 2023 Jul.
	Li J, Yang H, Hu T.	2022	Comparison of Warming Needle Moxibustion and Drug Therapy for Treating Knee Osteoarthritis: A Systematic Review and Meta-analysis.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Jul 27;2022:3056109. doi: 10.1155/2022/3056109. eCollection 2022
	Yin S, Zhu F, Li Z, Che D, Li L, Feng J, Zhang L, Huo Z.	2022	An Overview of Systematic Reviews of Moxibustion for Knee Osteoarthritis.	Front Physiol	Front Physiol. 2022 Feb 3;13:822953. doi: 10.3389/fphys.2022.822953. eCollection 2022.
	Choi, T.-Y., Lee, M. S., Kim, J. I., & Zaslawski, C.	2017	Moxibustion for the treatment of osteoarthritis: An updated systematic review and meta-analysis.	Maturitas	Maturitas, 100, 33–48.doi:10.1016/j.maturitas.2017.03.314
	Li, A., Wei, Z.-J., Liu, Y., Li, B., Guo, X., & Feng, S.-Q.	2016	Moxibustion Treatment for Knee Osteoarthritis.	Medicine	Medicine, 95(14), e3244.doi:10.1097/md.0000000000003244
	Shen B, Sun Q, Chen H, et al.	2019	Effects of moxibustion on pain behaviors in patients with rheumatoid arthritis: A meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(30):e16413. doi:10.1097/MD.00000000000016413
	Song, G.-M., Tian, X., Jin, Y.-H., Deng, Y.-H., Zhang, H., Pang, X.-L., & Zhou, J.-G.	2016	Moxibustion is an Alternative in Treating Knee Osteoarthritis.	Medicine	Medicine, 95(6), e2790.doi:10.1097/md.0000000000002790
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	Tao SY, Tang J, Wang X, Jiang NN, Li Y, Wu P.	2023	Moxibustion as an adjunctive treatment for rheumatoid arthritis and its effects on the serum levels of SOST and beta-catenin.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2023 Dec 12;43(12):1384-1389. doi: 10.13703/j.0255-2930.20230414-k0005.
	Zhao H, Zhao H, Wang M, Zhu Y.	2024	Dose-effect relationship of moxibustion for rheumatoid arthritis of liver and kidney deficiency and its effect on fatigue: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2024 Sep 12;44(9):1001-8. doi: 10.13703/j.0255-2930.20230906-k0002.
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Otros	RS y MA				
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Ginecología

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Ovario poliquístico	RS y MA				
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Endometriosis	ECAs				
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Dismenorrea	RS y MA				
	Liu W, Wang CC, Lee KH, Ma X, Kang TL.	2022	Efficacy and Safety of Acupuncture and or Moxibustion for Managing Primary Dysmenorrhea: A Systematic Review and Meta-Analysis.	Clin Nurs Res.	Clin Nurs Res. 2022 Sep;31(7):1362-1375. doi: 10.1177/10547738221086984. Epub 2022 May 2.
	ECAs				
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Menopausia	ECAs				
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	Shen J, Ai B, Shen M.	2018	Effectiveness of Mild Moxibustion for Sub-Health Conditions in Pre- and Post-Menopausal Women: A Randomized Controlled Clinical Trial	Med Sci Monit	Med Sci Monit. 2018 May 8 [revised 2018 Jan 1];24:2907-2911. doi: 10.12659/MSM.909721
Otros	ECAs				
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Urinario

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Digestivo

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Enfermedad de Crohn	ECAs				
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RS y MA					

Síndrome colon irritable	Ma YY, Hao Z, Chen ZY, Shen YX, Liu HR, Wu HG, Bao CH.	2024	Acupuncture and moxibustion for irritable bowel syndrome: An umbrella systematic review.	J Integr Med	J Integr Med. 2024 Jan;22(1):22-31. doi: 10.1016/j.joim.2023.12.001. Epub 2023 Dec 23.
	Rao X, Xing Y, Ji C, Guo J, Li HB, Xie C, Bai J, Wang X, Li Y, Zhao J.	2023	Efficacy of moxibustion in diarrhea-predominant irritable bowel syndrome model rats: a systematic review and meta-analysis.	Front Bioeng Biotechnol.	Front Bioeng Biotechnol. 2023 Dec 15;11:1309661. doi: 10.3389/fbioe.2023.1309661. eCollection 2023.
	Yang Y, Rao K, Zhan K, Shen M, Zheng H, Qin S, Wu H, Bian Z, Huang S.	2022	Clinical evidence of acupuncture and moxibustion for irritable bowel syndrome: A systematic review and meta-analysis of randomized controlled trials.	Front Public Health.	Front Public Health. 2022 Nov 24;10:1022145. doi: 10.3389/fpubh.2022.1022145. eCollection 2022.
	Li HY, Chen Y, Hu ZY, Chen W, Tang HY, Yu ZY, Ye J.	2022	Meta analysis of acupuncture and moxibustion for anxiety and depression in irritable bowel syndrome].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2022 Sep 25;47(9):821-9. doi: 10.13702/j.1000-0607.20210808.
	Jiang X, Guo X, Zhou J, Ye S.	2022	Acupuncture and Moxibustion in the Treatment of Adult Diarrhea Irritable Bowel Syndrome: A Network Meta-analysis.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Jun 28;2022:9919839. doi: 10.1155/2022/9919839. eCollection 2022
	Dai YQ, Weng H, Wang Q, Guo XJ, Wu Q, Zhou L, Huang L.	2022	Moxibustion for diarrhea-predominant irritable bowel syndrome: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101532. doi: 10.1016/j.ctcp.2021.101532. Epub 2022 Jan 3.
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	Wang Z, Xu M, Shi Z, Bao C, Liu H, Zhou C, Yan Y, Wang C, Li G, Zhang W, Gao A, Wu H.	2022	Mild moxibustion for Irritable Bowel Syndrome with Diarrhea (IBS-D): A randomized controlled trial	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 10;289:115064. doi: 10.1016/j.jep.2022.115064. Epub 2022 Jan 31.
	Xuan YC, Liu J, Huang YY, Lu XY, Geng LL, Jiang XM, Huang H.	2021	Therapeutic effect of long-snake moxibustion combined with western medication on diarrhea type irritable bowel syndrome of spleen and kidney yang deficiency.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):133-6. doi: 10.13703/j.0255-2930.20191225-k0003
	Hao LJ, Shi ZM.	2020	[Therapeutic effect of herb-separated moxibustion at Jinsuo (GV 8)-eight-diagram points on diarrhea-type irritable bowel syndrome of liver stagnation and spleen deficiency].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):702-6. Chinese. doi: 10.13703/j.0255-2930.20190621-k0007. PMID: 32648391.
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	Yao F, Zhang Y, Kuang X, Zhou Q, Huang L, Peng J, Du S.	2020	Effectiveness and Safety of Moxibustion on Constipation: A Systematic Review and Meta-Analysis. Evid Based	Complement Alternat Med.	Complement Alternat Med. 2020 Jul 29;2020:8645727. doi: 10.1155/2020/8645727. PMID: 32802137; PMCID: PMC7411492.
	ECAs				
	Geng LL, Huang H, Xuan YC, Wan JW, Yu XJ, Nie XF, Hu XW..	2023	Hunyuan moxibustion for diarrhea-predominant irritable bowel syndrome of spleen and kidney yang deficiency: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Sep 12;43(9):1028-32. doi: 10.13703/j.0255-2930.20220219-k0001
	Yin C, Fang Y, Yao D, Zhang X..	2022	Influencing Mechanism of Cupping Moxibustion on Gastrointestinal Function and Immune Function in Patients with Functional Diarrhea.	Cell Mol Biol (Noisy-le-grand).	Cell Mol Biol (Noisy-le-grand). 2022 Jun 30;68(6):98-104. doi: 10.14715/cmb/2022.68.6.16
	Zhang YY, Wang ST, Long XH, Wei LH, Pang C, Guan Q, Li QY.	2022	Traditional Chinese Nursing Using Fennel With Coarse Salt for Ironing and Umbilical Moxibustion for Epigastric Pain With Spleen-stomach Vacuity Cold.	Altern Ther Health Med.	Altern Ther Health Med. 2022 Oct;28(7):88-94.
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	Meng N, Shi ZM.	2020	[Effect of herb-partitioned moxibustion at <i>fanwei</i> point on plasma motilin and serum gastrin in patients of diabetic gastroparesis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):361-4. Chinese. doi: 10.13703/j.0255-2930.20190415-0001. PMID: 32275362.
	Sun SB, Chen SF, Chen C, et al.	2020	Intestinal dysfunction of spinal cord injury treated with tongdu tiaoshen moxibustion: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020;40(1):3–7. doi:10.13703/j.0255-2930.20181224-0004

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente vascular cererebral	RS y MA				
	Liu F, Lyu Z, Lin S, Li Z, Xiu H.	2023	Effects of moxibustion on cognition and activities of daily living in post-stroke cognitive impairment: A systematic review and meta-analysis of randomized controlled trials.	J Nurs Scholarsh	J Nurs Scholarsh. 2023 Mar;55(2):464-476. doi: 10.1111/jnu.12846. Epub 2022 Nov 8.
	Liu F, Lyu Z, Lin S, Li Z, Xiu H	2023	Effects of moxibustion on cognition and activities of daily living in post-stroke cognitive impairment: A systematic review and meta-analysis of randomized controlled trials. J	Nurs Scholarsh.	Nurs Scholarsh. 2023 Mar;55(2):464-476. doi: 10.1111/jnu.12846. Epub 2022 Nov 8
	Guo SQ, Zhao GZ, Li ST, Yao Q, Han L, Li B, Wang H, Liu YJ, Zhao BX.	2022	Moxibustion for treating patients with post-stroke depression: a systematic review and meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2022 Jan;11(1):85-97. doi: 10.21037/apm-21-3421.)
	Yang, L., Tan, J.-Y., Ma, H., Zhao, H., Lai, J., Chen, J.-X., & Suen, L. K. P.	2018	Warm-needle moxibustion for spasticity after stroke: A systematic review of randomized controlled trials.	International Journal of Nursing Studies	International Journal of Nursing Studies, 82, 129–138.doi:10.1016/j.ijnurstu.2018.03.013
	Lin ZH, Ruan CL, Zhou WQ, Zeng LR, Chen CY, Zeng PP.	2020	[Impact of abdominal moxibustion in a period of day from 7 am to 9 am on improvement in post-stroke lower limb spasticity and muscle architecture parameter].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Oct 12;40(10):1042-6. Chinese. doi: 10.13703/j.0255-2930.20190904-k0001. PMID: 33068343.
	Tang OF, Huang SM, Ye XX, Liu QX, Chen TT, Zhan CJ.	2020	[Effect of acupuncture and moxibustion on post-stroke constipation: a network Meta-analysis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):1011-6. Chinese. doi: 10.13703/j.0255-2930.20190717-k0008. PMID: 32959600.

	Wei, Y.-X., Zhao, X., & Zhang, B.-C.	2016	Synergistic effect of moxibustion and rehabilitation training in functional recovery of post-stroke spastic hemiplegia.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 26, 55–60.doi:10.1016/j.ctim.2016.02.014
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	Niu L, Li YJ, Qin HW, Guo N, Liu HY, Hua XQ, Zhang SQ, Sun YB.	2022	Treatment of finger spasm after stroke with wheat grain moxibustion at Shixuan (EX-UE 11) combined with rehabilitation training: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jun 12;42(6):613-7. doi: 10.13703/j.0255-2930.20210611-0001.
	Zhao HB, Lou YB, Zhou T, He J, You X, Yang AR, Gong WJ.	2022	Moxibustion plus Acupuncture for the Treatment of Poststroke Shoulder Pain: A Randomized Controlled Pilot Study.	Complement Med Re	Complement Med Res. 2022;29(5):393-401. doi: 10.1159/000525155. Epub 2022 May 23.
	Jin DD, Ye J, Guo M, Zhou JW.	2020	[Efficacy of acupuncture-moxibustion on peripheral facial paralysis at different time points: a Meta-analysis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jun 12;40(6):664-8. Chinese. doi: 10.13703/j.0255-2930.20190721-k0003. PMID: 32538021.
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Alzheimer	RS y MA				
	Chen X, Liu F, Lin N, Lin Q, Lyu Z, Xiu H, Nie P.	2022	Warming needle moxibustion for Alzheimer's disease: A systematic review of randomized controlled trials.	Geriatr Nurs.	Geriatr Nurs. 2022 Jan-Feb;43:219-226. doi: 10.1016/j.gerinurse.2021.12.004
	Feng WX, Tang C, Zhang JP, Li XY, Zhang H.	2023	Heat-sensitive moxibustion for migraine without aura: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Aug 12;43(8):921-4. doi: 10.13703/j.0255-2930.20220910-0002.
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Otros	Jiang X, Lu T, Dong Y, Shi J, Duan M, Zhang X.	2022	Effectiveness and safety of moxibustion for vascular dementia: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2022 Jul 1;101(26):e29804. doi: 10.1097/MD.00000000000029804
	Xue Y, Shi S, Zheng S, Yang Z, Xu J, Gong F.	2022	Therapeutic effect of scalp-based acupuncture and moxibustion as an adjunctive treatment on children with cerebral palsy comparing to conventional rehabilitation therapy: a systematic review and meta-analysis of randomized controlled trials.	Transl Pediatr.	Transl Pediatr. 2022 May;11(5):631-641. doi: 10.21037/tp-22-85.
	Li X, Li ZM, Tan JY, Wang T, Chen JX, Chen X, Yang L, Suen LKP.	2021	Moxibustion for post-stroke urinary incontinence in adults: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Feb;42:101294. doi: 10.1016/j.ctcp.2020.101294. Epub 2020 Dec 24.
	Aum S, Choe S, Cai M, Jerng UM, Lee JH.	2021	Moxibustion for cognitive impairment: a systematic review and meta-analysis of animal studies.	Integr Med Res.	Integr Med Res. 2021 Jun;10(2):100680. doi: 10.1016/j.imr.2020.100680. Epub 2020 Oct 14.
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	Xie HY, Yuan AH, Yang J.	2020	[Clinical observation on therapeutic effect of moxibustion on cognitive decline in type 2 diabetes mellitus].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Dec 12;40(12):1286-90. Chinese. doi: 10.13703/j.0255-2930.20191217-0004. PMID: 33415869.
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	Luo W, Liu CL, Long Y, Chen FF, Zhao SF, Yang Y, Fu S, Wang PQ.	2020	[Effect of Baixiao moxibustion at meridian sinew nodal points on upper limb motor function in children with spastic hemiplegic cerebral palsy].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Jun 25;45(6):480-3. Chinese. doi: 10.13702/j.1000-0607.190585. PMID: 32643885.
	Li X, Li ZM, Tan JY, Wang T, Chen JX, Chen X, Yang L, Suen LKP.	2021	Moxibustion for post-stroke urinary incontinence in adults: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Feb;42:101294. doi: 10.1016/j.ctcp.2020.101294. Epub 2020 Dec 24. PMID: 33360387

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Dermatología	RS y MA				
	Coyle, M. E., Liang, H., Wang, K., Zhang, A. L., Guo, X., Lu, C., & Xue, C. C.	2017	Acupuncture plus moxibustion for herpes zoster: A systematic review and meta-analysis of randomized controlled trials.	Dermatologic Therapy	Dermatologic Therapy, 30(4), e12468. doi:10.1111/dth.12468
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	Sun D, Feng WY, Mou JK, Chen L, Zhao YD, Yan XN, Li WB..	2023	Effect of governor vessel moxibustion (GVM) therapy with mild to moderate psoriasis: A randomized clinical trial.	Medicine (Baltimore).	Medicine (Baltimore). 2023 Oct 27;102(43):e35726. doi: 10.1097/MD.00000000000035726
	Chen ZX, Li P, Zhang GZ, Li B, Hu J, Feng S, Li BH, Lv JJ, Guo XW, Zhao JX, Di TT, Feng F, Wang Y.	2021	Moxibustion on plaque psoriasis of blood stasis: a randomized controlled trial	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jul 12;41(7):762-6. doi: 10.13703/j.0255-2930.20200907-0004.
	Pang YZ, Tang J, Zhang QH, Liang FZ, Fang G, Zhao C, Shang HC, Wang LY, Wang YP.	2022	Treatment of Psoriasis Vulgaris with Medicated Thread Moxibustion of Zhuang Medicine: A Multicenter Randomized, Parallel Controlled Trial.	Chin J Integr Med.	Chin J Integr Med. 2022 Mar;28(3):208-214. doi: 10.1007/s11655-021-3489-5. Epub 2021 Dec 12.

Mecanismos	Bao, C., Liu, P., Liu, H., Jin, X., Calhoun, V. D., Wu, L., ... Wu, H.	2016	Different brain responses to electro-acupuncture and moxibustion treatment in patients with Crohn's disease.	Scientific Reports	Scientific Reports, 6(1).doi:10.1038/srep36636
	Choe, S., Cai, M., Jerng, U. M., & Lee, J.-H.	2018	The Efficacy and Underlying Mechanism of Moxibustion in Preventing Cognitive Impairment: A Systematic Review of Animal Studies.	Experimental Neurobiology	Experimental Neurobiology, 27(1), 1.doi:10.5607/en.2018.27.1.1
Osteoporosis	Liu M.	2024	Clinical study on the improvement of Quality of Life and functional activity of osteoporosis patients by warming acupuncture and moxibustion.	Panminerva Med	Panminerva Med. 2024 Jun;66(2):215-217. doi: 10.23736/S0031-0808.23.04968-6. Epub 2023 Sep 15.
	Xu D, Liu J, Zhang D, Zhang X, Huang C, Bai L, Liu L, Wang Z, Wang S, Li H.	2024	Effects of thunder-fire moxibustion on balance function and musculoskeletal metabolism in female patients of primary osteoporosis with low muscle mass].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2024 Aug 12;44(8):859-64. doi: 10.13703/j.0255-2930.20231229-0002.
	Xu, G., Xiao, Q., Zhou, J., Wang, X., Zheng, Q., Cheng, Y., ... Liang, F.	2020	Acupuncture and moxibustion for primary osteoporosis.	Medicine	Medicine, 99(9), e19334. doi:10.1097/md.00000000000019334
	Xu G, Xiao Q, Zhou J, Wang X, Zheng Q, Cheng Y, Sun M, Li J, Liang F.	2020	Acupuncture and moxibustion for primary osteoporosis: An overview of systematic review.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Feb;99(9):e19334. doi: 10.1097/MD.00000000000019334. PMID: 32118767; PMCID: PMC7478384.
Fatiga crónica	Luo H, Gong R, Zheng R, Tan J, Chen R, Wu J, Ma T.	2023	Dose-effect of long-snake-like moxibustion for chronic fatigue syndrome: a randomized controlled trial.	J Transl Med.	J Transl Med. 2023 Jul 3;21(1):430. doi: 10.1186/s12967-023-04250-z.
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	Lin YF, Jin XQ, Zhu JF, Chen YD, Sheng JL, He JJ, Jin YY.	2021	Ginger-separated moxibustion for chronic fatigue syndrome and its effect on intestinal flora	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Mar 12;41(3):269-74. doi: 10.13703/j.0255-2930.20200210-k0001
	Wang, T., Xu, C., Pan, K., & Xiong, H.	2017	Acupuncture and moxibustion for chronic fatigue syndrome in traditional Chinese medicine: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine,	BMC Complementary and Alternative Medicine, 17(1).doi:10.1186/s12906-017-1647-x
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	Tingting MA, Jie WU, Lijie Y, Fen F, Huilin Y, Jinhua Z, Yanjin Z, Qing N, Lirong H, Youbing L, Jue Y, Guiquan C, Tianshu H, Li W, Yuanfang R, Jing T..	2022	Ginger-indirect moxibustion plus acupuncture versus acupuncture alone for chronic fatigue syndrome: a randomized controlled trial.	J Tradit Chin Med.	J Tradit Chin Med. 2022 Apr;42(2):242-249. doi: 10.19852/j.cnki.jtcm.20211214.003
Insomnio	Hu W, Zhou H, Zeng Y, Zeng Q, Huang Z, Wang C.	2023	Efficacy of acupuncture or moxibustion in treating senile insomnia compared with a control group: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2023 Oct 20;102(42):e34842. doi: 10.1097/MD.00000000000034842.
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	Sun, Y.-J., Yuan, J.-M., & Yang, Z.-M.	2016	Effectiveness and safety of moxibustion for primary insomnia: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 16(1).doi:10.1186/s12906-016-1179-9

	Ma YZ, Zhang D, Zhao GX, Wang J, Zhang HL.	2023	Acupuncture and moxibustion in treatment of chronic obstructive pulmonary disease at stable stage: a network Meta-analysis].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Jul 12;43(7):843-53. doi: 10.13703/j.0255-2930.20220618-k0004.
COVID-19	Zeng L, Liu ML, Tan SH, Xu X, Chang XR.	2021	Moxibustion on mental disorder in close contacts of coronavirus disease 2019: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Oct 12;41(10):1109-12. doi: 10.13703/j.0255-2930.20210317-k0003.
	Liu L, Xing XY, He DC, Yang WC, Zhang MY, Wu W, Ding XJ, Yu Q, Huang HS, Sun XB, Zhang Y, Yang JS.	2020	[Effect of moxibustion on clinical symptoms, peripheral inflammatory indexes and T lymphocyte subsets in COVID-19 patients].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Dec 12;40(12):1271-5. Chinese. doi: 10.13703/j.0255-2930.20200507-k0003. PMID: 33415866.
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Andrología	Zhang XH, Li PC, Sun ZX, Zhang ZG, DU JG, Wei XX.	2023	Dumai moxibustion combined with low-dose tadalafil for erectile dysfunction: Evaluation of therapeutic effect].	Zhonghua Nan Ke Xue.	Zhonghua Nan Ke Xue. 2023 Jan29(1):83-87.
	Gao WZ, Sun ZX, Chen X, Li PC	2023	Governor vessel moxibustion combined with wenyang yiqi qiwei decoction for erectile dysfunction with spleen-kidney deficiency and its effect on testosterone and vascular endothelial function..	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2023 Jan 1;43(1):40-4. doi: 10.13703/j.0255-2930.20220124-0002.
	Gao W, Sun Z, Chen X, Li P, Zhang X, Chen J, Geng L, Zhang C..	2024	Heat-sensitive moxibustion combined with Xiangwu powder for erectile dysfunction with kidney deficiency and blood stasis: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2024 Feb 12;44(2):144-148. doi: 10.13703/j.0255-2930.20230409-0004

	Sun D, Lu M, Zhang L, Wang Y, Gao X, Zhu S.	2024	Primary premature ejaculation of kidney deficiency and liver stagnation treated with warm acupuncture of large-quantity moxibustion: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2024 Aug 12;44(8):913-8. doi: 10.13703/j.0255-2930.20231215-k0004.
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	Sun DP, Jiang MX, Ma XM, Liu ZF, Wang YS, Gao XZ.	2022	Warming-needle moxibustion with different lengths of moxa stick for asthenospermia with kidney deficiency and liver depression: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Aug 12;42(8):873-8. doi: 10.13703/j.0255-2930.20210927-k0003
	Yu XW, Wang CS, Yu XH.	2023	A systematic review and meta-analysis of moxibustion for chronic prostatitis.	Medicine (Baltimore)	Medicine (Baltimore). 2023 Dec 15;102(50):e36742. doi: 10.1097/MD.00000000000036742.
Asma	Deng G, Feng X, Zhang H, Li L, Cao Q, Fu Y, Zhou X.	2024	Efficacy and safety of moxibustion as a complementary and alternative therapy for asthma: A systematic review and meta-analysis.	Int Immunopharmacol.	Int Immunopharmacol. 2024 Sep 30;139:112760. doi: 10.1016/j.intimp.2024.112760. Epub 2024 Jul 26.
Rinitis	Deng G, Feng X, Zhang H, Li L, Cao Q, Fu Y, Zhou X.	2024	Efficacy and safety of moxibustion as a complementary and alternative therapy for asthma: A systematic review and meta-analysis.	Int Immunopharmacol	Int Immunopharmacol. 2024 Sep 30;139:112760. doi: 10.1016/j.intimp.2024.112760. Epub 2024 Jul 26.
	Chen K, Hou C, Liu C, Meng Y.	2023	Efficacy comparison of different moxibustion treatments for allergic rhinitis: A systematic review and Bayesian network meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2023 Mar 3;102(9):e32997. doi: 10.1097/MD.00000000000032997

	Sun ZR, Wang CB, Yin HN, Luan YX, Liu YX, Gong RQ, Gong N, Wang BL, Miao CX.	2021	Network Meta-analysis of acupuncture and moxibustion for allergic rhinitis.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Nov 12;41(11):1295-302. doi: 10.13703/j.0255-2930.20200916-0002.
	Yuan T, Xiong J, Wang X, Yang J, Jiang Y, Zhou X, Liao K, Xu L.	2022	Indirect moxibustion for the treatment of allergic rhinitis: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med.	Complement Ther Med. 2022 Mar;64:102804. doi: 10.1016/j.ctim.2022.102804. Epub 2022 Jan 15.
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HTA	Zhou X, Xue Q, You J, Li S, Li L, Zhu W, Fu Y, Sun X.	2023	Efficacy and safety of community-based moxibustion for primary hypertension: A randomized controlled trial with patient preference arms.	J Clin Hypertens (Greenwich).	J Clin Hypertens (Greenwich). 2023 Dec;25(12):1151-1162. doi: 10.1111/jch.14738. Epub 2023 Oct 21.
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	Zhou X, Wu Q, Liu M, Zhu W, Ren Q, Wang Y, Sun X, Chen J.	2021	Moxibustion for Essential Hypertension and Hypertensive Symptoms: A Systematic Review of 18 Randomized Controlled Trials.	Complement Med Res	Complement Med Res. 2021 Jan 25:1-11. English. doi: 10.1159/000513701. Epub ahead of print. PMID: 33494086.
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	Wu Q, Wang J, Han D, Hu H, Gao H.	2023	Efficacy and safety of acupuncture and moxibustion for primary tinnitus: A systematic review and meta-analysis.	Am J Otolaryngol.	Am J Otolaryngol. 2023 May-Jun;44(3):103821. doi: 10.1016/j.amjoto.2023.103821. Epub 2023 Feb 26.

	Lu Y, Li J, Yu T, Wu C, You Y, Wang C, Liu X.	2024	Acupuncture and moxibustion treatment for myasthenia gravis: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2024 May 3;103(18):e37961. doi: 10.1097/MD.00000000000037961.
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	Lou JL, Sun HJ, Li XY, Hu HT, Zhang YJ, Jiang YL, Fang JQ.	2021	Clinical efficacy and safety of moxibustion as adjuvant therapy for COPD in stable phase: a Meta-analysis.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Apr 12;41(4):451-7. doi: 10.13703/j.0255-2930.20200213-k0004.
	Wang TN, Zhao JY, Yang YC, Zhou ZX, Feng YH, Chen JT, Ma HF.	2021	Acupuncture and moxibustion treatment for dry eye disease: a network Meta-analysis of rando-mized controlled trial.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Dec 25;46(12):1057-66. doi: 10.13702/j.1000-0607.20210292.
	Mao JY, Yang FW, Liu H, Gao F, Yang B, Zhang Y, Tan M, Chen SZ, Yuan GD, Zhao MJ, Kong YR, Tan JC.	2021	Effect of moxibustion on renal function and hypercoagulable state in patients with idiopathic membranous nephropathy of low to medium risk with spleen-kidney deficiency and blood stasis.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Nov 12;41(11):1216-20. doi: 10.13703/j.0255-2930.20200907-0005
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Otros	Mai W, Bu XZ, Miao FR, Rui JL, Huang LL, Zhao XJ, Fan YS	2023	Moxibustion at Baihui combined with acupuncture for cervical vertigo: a Meta-analysis and trial sequential analysis].	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2023 Jan 25;48(1):95-101. doi: 10.13702/j.1000-0607.20211054.
	Wu Q, Wang J, Han D, Hu H, Gao H..	2023	Efficacy and safety of acupuncture and moxibustion for primary tinnitus: A systematic review and meta-analysis.	Am J Otolaryngol.	Am J Otolaryngol. 2023 Feb 26;44(3):103821. doi: 10.1016/j.amjoto.2023.103821

	Li Z	2022	Traditional Chinese Medicine Moxibustion in the Treatment of Infantile Diarrhea.	Comput Intell Neurosci.	Comput Intell Neurosci. 2022 Jun 30;2022:9749606. doi: 10.1155/2022/9749606. eCollection 2022
	Wang Y, Wang Q, Peng Y, Zhang Y, Li N..	2022	Dissemination of Acupuncture-Moxibustion Clinical Practice Guidelines among Clinical Practitioners: A Systematic Review of Quality Assessment Studies.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2022 Apr 7;2022:8334397. doi: 10.1155/2022/8334397
	Zhang Q, Shi Y.	2020	[Therapeutic effect on chronic obstructive pulmonary disease of lung <i>qi</i> deficiency at the stable stage treated with ginger-separated moxibustion and Chinese herbal medicine atomization].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):933-8. Chinese. doi: 10.13703/j.0255-2930.20190903-0002. PMID: 32959586.
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	Matsumoto-Miyazaki, J., Miyazaki, N., Murata, I., Yoshida, G., Ushikoshi, H., Ogura, S., & Minatoguchi, S.	2016	Traditional Thermal Therapy with Indirect Moxibustion Decreases Renal Arterial Resistive Index in Patients with Chronic Kidney Disease.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 22(4), 306–314.doi:10.1089/acm.2015.0276
	ECAS				
	Zhang C, Shen YF, Xie SJ, Quan RF.	2023	Aconite-isolated moxibustion at Yongquan (KI 1) combined with rivaroxaban for lower extremity venous	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Feb 12;43(2):144-8. doi: 10.13703/j.0255-2930.20220327-0004.

			thrombosis after total knee arthroplasty: a randomized controlled trial.		
	Gao WZ, Sun ZX, Chen X, Li PC.	2023	Governor vessel moxibustion combined with <i>wenyang yiqi qiwei</i> decoction for erectile dysfunction with spleen-kidney deficiency and its effect on testosterone and vascular endothelial function].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Jan 1;43(1):40-4. doi: 10.13703/j.0255-2930.20220124-0002.
	Li XH, Li JL, Dong TT, Ma X, Xue XQ, Yang JG.	2023	Governor vessel moxibustion combined with western medication for mild to moderate depression with kidney- <i>yang</i> deficiency: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Jan 1;43(1):14-8. doi: 10.13703/j.0255-2930.20220403-0001.
	Qiu L, Liang XY, Zheng YL, Liu CX, Lai XQ, Zhu LY.	2022	Prevention from PICC-related venous thrombosis in the upper limbs of malignant tumor patients with moxibustion combined with plucking at Jiquan (HT 1): a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jul 12;42(7):741-6. doi: 10.13703/j.0255-2930.20210819-k0002.
	Hu XW, Deng CY, Huang P, Liu H, Jiang XM, Nie XF, Min AP.	2022	A correlation study of moxibustion time and moxibustion effect of long snake moxibustion in intervention of recurrent exopathogenic diseases in patients with yang-deficiency constitution.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2022 May 25;47(5):455-8. doi: 10.13702/j.1000-0607.20210529

TUINA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fatiga	RS y MA				
	Xin D, Cui L, Wang L, Zhang Q, Chen X, Shi Y, Zhu W, Xu N, Li W, Wang Y.	2024	Effect of auricular acupressure on sleep quality in breast cancer patients: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2024 Nov;57:101876. doi: 10.1016/j.ctcp.2024.101876. Epub 2024 Jun 9.
	Shu-Hua Hsieh, Chia-Rung Wu, Debby Syahrul Romadlon, Faizul Hasan, Pin-Yuan Chen, Hsiao-Yean Chiu.	2021	The Effect of Acupressure on Relieving Cancer-Related Fatigue: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Cancer Nurs.	Cancer Nurs. 2021 Nov-Dec 01;44(6):E578-E588. doi: 10.1097/NCC.0000000000000997
	Khanghah AG, Rizi MS, Nabi BN, Adib M, Leili EKN.	2019	Effects of Acupressure on Fatigue in Patients with Cancer Who Underwent Chemotherapy.	Journal of Acupuncture and Meridian Studies	J Acupunct Meridian Stud. 2019;12(4):103–110. doi:10.1016/j.jams.2019.07.003
Cáncer de pulmón	ECAs				
	Yu H.	2024	Analysis of the nursing effect of five-tone therapy combined with acupoint massage on chemotherapy of lung cancer.	Technol Health Care	Technol Health Care. 2024;32(6):4837-4856. doi: 10.3233/THC-231890.
	Doğan N, Taşcı S.	2019	The Effects of Acupressure on Quality of Life and Dyspnea in Lung Cancer: A Randomized, Controlled Trial.	Alternative Therapy Health Medicine	Altern Ther Health Med. 2019 Jun 1. pii: AT5746

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Migrañas y dolor de cabeza	RS y MA				
	Fan Z, Di A, Huang F, Zhao S, Qiu M, Wu C, Huang C, Guo R, Tian Q, Wu S.	2021	The effectiveness and safety of Tuina for tension-type headache: A systematic review and meta-analysis.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Jan 19;43:101293. doi: 10.1016/j.ctcp.2020.101293. Epub ahead of print. PMID: 33735636.
	ECAs				
	Nie L, Cheng J, Wen Y, Li J. The	2019	Effectiveness of Acupuncture Combined with Tuina Therapy in Patients with Migraine.	Complementary Medicine Research	Complement Med Res. 2019;26(3):182–194. doi:10.1159/000496032
Osteoarthritis rodilla	ECAs				
	Ma P, Liu L, Li S, Cai M, Han S, Weng Z, Chen Q, Gao Y, Zhang L, Wu G, Yang X, Zhang Y, Li D, Liu C, Sun Y, Yan S, Wang X, Yu C.	2025	Comparative effectiveness of Tuina therapy versus manual physical therapy for knee osteoarthritis: a randomized controlled trial.	BMC Complement Med Ther.	BMC Complement Med Ther. 2025 Apr 8;25(1):128. doi: 10.1186/s12906-025-04850-w.
	Xu H, Zhao C, Guo G, Li Y, A X, Qiu G, Wang Y, Kang B, Xu X, Xie J, Xiao L.	2023	The Effectiveness of Tuina in Relieving Pain, Negative Emotions, and Disability in Knee Osteoarthritis: A Randomized Controlled Trial.	Pain Med.	Pain Med. 2023 Mar 1;24(3):244-257. doi: 10.1093/pm/pnac127.
Dolor muscular	RS y MA				
	Zhou X, Ma Q, Yang J, Mohabbat AB, Croghan IT, Tan CC, Chen J, Bauer BA.	2023	Clinical outcome measures reporting in randomized trials evaluating Tuina therapy for chronic nonspecific low back pain: A systematic review.	Medicine (Baltimore).	Medicine (Baltimore). 2023 Apr 21;102(16):e33628. doi: 10.1097/MD.00000000000033628.

	Yang J, Zhou X, Ma Q, Woods JT, Mohabbat AB, Do A, Brault JS, Jensen MA, Shin KM, Shen L, Zhao C, Cheong KCP, He K, Guo Y, Chen Z, Tang S, Tang Y, Tan CIC, Chen J, Bauer BA.	2023	Efficacy and safety of Tuina for chronic nonspecific low back pain: A PRISMA-compliant systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2023 Mar 3;102(9):e33018. doi: 10.1097/MD.00000000000033018
	Lee NW, Lee SH, Kim KW, Ha IH, Cho JH, Lee YJ.	2023	Effectiveness of Chuna (or Tuina) Manual Therapy for Temporomandibular Disorder: A Systematic Review.	Altern Ther Health Med.	2023 Jan;29(1):258-268.
	Kim E, Choi J, Min SY.	2022	Combined effect of external treatment of herbal medicine and tuina in congenital muscular torticollis: Systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2022 Dec 2;101(48):e32086. doi: 10.1097/MD.00000000000032086.
	Kong, L. J., Fang, M., Zhan, H. S., Yuan, W. A., Pu, J. H., Cheng, Y. W., & Chen, B	2012	Tuina-Focused Integrative Chinese Medical Therapies for Inpatients with Low Back Pain: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2012, 1–14.doi:10.1155/2012/578305
	Lee, N.-W., Kim, G.-H., Heo, I., Kim, K.-W., Ha, I.-H., Lee, J.-H., ... Shin, B.-C.	2017	Chuna (or Tuina) Manual Therapy for Musculoskeletal Disorders: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–22.doi:10.1155/2017/8218139
	Wei, X., Wang, S., Li, L., & Zhu, L.	2017	Clinical Evidence of Chinese Massage Therapy (Tui Na) for Cervical Radiculopathy: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–10.doi:10.1155/2017/9519285
ECAs					
	Tu JF, Shi GX, Yan SY, Ni GX, Yu FT, Cai GW, Liu ZS, Ma CY, Wang LQ, Yang JW, Zhou XQ, Meng XL, Fu HY, Li J,	2024	Acupuncture vs Sham Acupuncture for Chronic Sciatica From Herniated Disk: A Randomized Clinical Trial.	JAMA Intern Med	JAMA Intern Med. 2024 Dec 1;184(12):1417-1424. doi: 10.1001/jamainternmed.2024.5463

	Wan WJ, Sun TH, Wang XZ, Liu CZ..				
	Ma Q, Zhou X, Liang H, Guo Y, He K, Shen L, Fan Q, Yang J, Celia TIC, Bauer BA, Chen J.	2024	Tuina versus physiotherapy or a combination of both for the management of chronic nonspecific low back pain: A randomized controlled trial.	Complement Ther Med	Complement Ther Med. 2024 Nov;86:103098. doi: 10.1016/j.ctim.2024.103098. Epub 2024 Oct 10.
	Sun Y, Ji Y, Lou H, Yao J, Li Z, Xu J, Sun Y, Jiang J, Guo M, Cong D.	2025	Effect of tuina at different muscle positions on surface electromyography in chronic nonspecific neck pain: A randomized clinical study.	Medicine (Baltimore)	Medicine (Baltimore). 2025 Jun 13;104(24):e42851. doi: 10.1097/MD.00000000000042851.
	Zhang ZL, Chen TX, Zhanghan YJ, Xin TX, Zhu YQ, Yang SP.	2025	Clinical observation on the efficacy of ringheaded thumb-tack needle therapy combined with tuina and active functional exercise in the treatment of neck-type cervical spondylosis].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2025 Feb 25;50(2):197-203. doi: 10.13702/j.1000-0607.20230798.
	Xu H, Zhao C, Guo G, Li Y, A X, Qiu G, Wang Y, Kang B, Xu X, Xie J, Xiao L.	2023	The Effectiveness of Tuina in Relieving Pain, Negative Emotions, and Disability in Knee Osteoarthritis: A Randomized Controlled Trial.	Pain Med.	Pain Med. 2023 Mar 1;24(3):244-257. doi: 10.1093/pm/pnac127
	Cheng ZJ, Zhang SP, Gu YJ, Chen ZY, Xie FF, Guan C, Fang M, Yao F	2022	Effectiveness of Tuina Therapy Combined With Yijinjing Exercise in the Treatment of Nonspecific Chronic Neck Pain: A Randomized Clinical Trial.	JAMA Netw Open	JAMA Netw Open. 2022 Dec 1;5(12):e2246538. doi: 10.1001/jamanetworkopen.2022.46538
	Yang, M., Feng, Y., Pei, H., Deng, S., Wang, M., Xiao, X., ... Liang, F.	2014	Effectiveness of Chinese massage therapy (Tui Na) for chronic low back pain: study protocol for a randomized controlled trial.	Trials	Trials, 15(1). doi:10.1186/1745-6215-15-418

	Pach, D., Piper, M., Lotz, F., Reinhold, T., Dombrowski, M., Chang, Y., ... Witt, C. M.	2018	Effectiveness and Cost-Effectiveness of Tuina for Chronic Neck Pain: A Randomized Controlled Trial Comparing Tuina with a No-Intervention Waiting List.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 24(3), 231–237. doi:10.1089/acm.2017.0209
	Sousa, C. M., Coimbra, D., Machado, J., & Greten, H. J.	2015	Effects of self-administered exercises based on Tuina techniques on musculoskeletal disorders of professional orchestra musicians: a randomized controlled trial.	Journal of Integrative Medicine	Journal of Integrative Medicine, 13(5), 314–318. doi:10.1016/s2095-4964(15)60194-7
Otros	RS y MA				
	Liu L, Huang J, Li T, Qiu M, Huang Y, Fan Z, Wu S, Huang Y.	2025	Efficacy and safety of Tuina (Chinese Therapeutic Massage) for chronic ankle instability: A systematic review and meta-analysis of randomized controlled trials.	PLoS One.	PLoS One. 2025 Jun 6;20(6):e0321771. doi: 10.1371/journal.pone.0321771. eCollection 2025.
	Li J, Piao F, Zeng Q, Yan H, Bi Y, Zhang S, Song B.	2024	The effect of massage on patients with chronic fatigue syndrome: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2024 May 3;103(18):e37973. doi: 10.1097/MD.00000000000037973
	Lee NW, Lee SH, Kim KW, Ha IH, Cho JH, Lee YJ.	2023	Effectiveness of Chuna (or Tuina) Manual Therapy for Temporomandibular Disorder: A Systematic Review.	Altern Ther Health Med	Altern Ther Health Med. 2023 Jan;29(1):258-268.
	Zhu, L. B., Chan, W. C., Lo, K. C., Yum, T. P., & Li, L.	2014	Wrist-Ankle Acupuncture for the Treatment of Pain Symptoms: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2014, 1–9.doi:10.1155/2014/261709
	ECAS				

	Zhao L, Sun M, Yin Z, Cui J, Wang R, Ji L, Geng G, Chen J, Cai D, Liu Q, Zheng H, Liang F.	2024	Long-Term Effects of Individualized Acupuncture for Chronic Neck Pain : A Randomized Controlled Trial.	Ann Intern Med.	Ann Intern Med. 2024 Oct;177(10):1330-1338. doi: 10.7326/M23-2425. Epub 2024 Sep 3.
	Li Z, Ji R, Yan C, Chen Y, Cao Z, Wang J.	2024	Acupoint massage at Shenque (CV 8) for chronic fatigue syndrome: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2024 Jan 12;44(1):67-70. doi: 10.13703/j.0255-2930.20230307-0002.
	Zhang L, Xu W, Zhang L, Cui X, Cheng F..	2024	Evaluating the role of Shujing Tongdu massage in enhancing wound recovery and alleviating spinal disease symptoms: A randomized controlled trial.	Int Wound J.	Int Wound J. 2024 Jan;21(1):e14633. doi: 10.1111/iwj.14633

Pediatría

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor	RS y MA				
	Chen SC, Ho YS, Kwai-Ping Suen L, Yu J, Tang W, Jiang JF, Qu XY, Yeung WF.	2020	Traditional Chinese medicine (TCM) massage for the treatment of congenital muscular torticollis (CMT) in infants and children: A systematic review and meta-analysis.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101112. doi: 10.1016/j.ctcp.2020.101112. Epub 2020 Feb 1. PMID: 32379651
	Li S, Zhao W, Sun X.	2022	Comment on "Traditional Chinese medicine (TCM) massage for the treatment of congenital muscular torticollis (CMT) in	Complement Ther Clin Pract	Complement Ther Clin Pract. 2022 Feb;46:101537. doi: 10.1016/j.ctcp.2022.101537. Epub 2022 Jan 21.

			infants and children: A systematic review and meta-analysis".		
Diarrea	RS y MA				
	Gao, L., Jia, C., & Huang, H.	2018	Paediatric massage for treatment of acute diarrhoea in children: a meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 18(1).doi:10.1186/s12906-018-2324-4
	Lai, B., Liang, N., Cao, H., Yang, G., Jia, L., Hu, R., ... Liu, J.	2018	Pediatric Tui Na for Acute Diarrhea in Children Under 5 Years Old: A Systematic Review and Meta-analysis of Randomized Clinical Trials.	Complementary Therapies in Medicine	Complementary Therapies in Medicine.doi:10.1016/j.ctim.2018.08.011
Estreñimiento	RS y MA				
	Liu Z, Gang L, Yunwei M, Lin L.	2021	Clinical Efficacy of Infantile Massage in the Treatment of Infant Functional Constipation: A Meta-Analysis.	Front Public Health	Front Public Health. 2021 Jun 11;9:663581. doi: 10.3389/fpubh.2021.663581. eCollection 2021.
Anorexia	ECAs				
	Liang SB, Lai BY, Cao HJ, Cai QH, Bai X, Li J, Zhang YP, Chi Y, Robinson N, Liu JP.	2020	Pediatric tuina for the treatment of anorexia in children under 14 years: a systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med.	Complement Ther Med. 2020 Jun;51:102411. doi: 10.1016/j.ctim.2020.102411. Epub 2020 Apr 28. PMID: 32507428.
	Xia QC, Feng ZX, Ping CX.	2014	Evaluating the efficacy of Tui Na in treatment of childhood anorexia: a meta-analysis.	Altern Ther Health Med	
Asma	RS y MA				
	Wu, J., Yang, X.-W., & Zhang, M.	2017	Massage Therapy in Children with Asthma: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–8.doi:10.1155/2017/5620568
Otros	RS Y MA				
	Ha NY, Keum CY, Kim J.	2025	Pediatric Tuina for the treatment of functional dyspepsia: A systematic	Complement Ther Med.	Complement Ther Med. 2025 Mar;88:103117. doi:

			review and meta-analysis of randomized controlled trials.		10.1016/j.ctim.2024.103117. Epub 2024 Dec 9
	Chen X, Sun WJ, Wang JR, Cai YY, Yu XD.	2024	A systematic review and meta-analysis assessing the efficacy of Tuina for nocturnal enuresis in children.	Front Pharmacol.	Front Pharmacol. 2024 Jun 19;15:1421130. doi: 10.3389/fphar.2024.1421130. eCollection 2024
	Liu D, Lin TY, Yu TY, Wu F, Zhang YQ, Liu JY, Sun JW, Zhang HY.	2025	Effectiveness and safety of Tuina massage therapy for paediatric fever: a systematic review and meta-analysis of randomised controlled trials.	BMC Pediatr.	BMC Pediatr. 2025 May 1;25(1):343. doi: 10.1186/s12887-025-05441-x
	Chen SC, Cheng HL, Wang DD, Wang S, Yin YH, Suen LK, Yeung WF.	2023	Experience of parents in delivering pediatric tuina to children with symptoms of attention deficit hyperactivity disorder during the COVID-19 pandemic: qualitative findings from focus group interviews.	BMC Complement Med Ther	BMC Complement Med Ther. 2023 Feb 18;23(1):53. doi: 10.1186/s12906-023-03891-3.
	Tong C, He Q, Ho M, Zhong Z, Wu Q, Chen M.	2022	Tuina for Enuresis in Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Public Health.	Front Public Health. 2022 Apr 12;10:821781. doi: 10.3389/fpubh.2022.821781. eCollection 2022
	Mao H, Wei YH, Su HM, Jiang ZY, Li X.	2022	Pediatric Tui Na for cough in children: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med	Complement Ther Med. 2022 Dec;71:102882. doi: 10.1016/j.ctim.2022.102882. Epub 2022 Aug 27
	Yan H, Zhou Q, Zhu H, Yang H, Wang H, Ling J, Wang J, Cao Y, Tao M.	2022	Effects of Tuina on newborns with jaundice: A meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Jul 22;101(29):e29675. doi: 10.1097/MD.00000000000029675
	ECAS				
	Li SS, Lin XY, Li X, Zhang YD, Wang LQ, Lai SX.	2023	Chinese pediatric Tuina can prevent premature infant feeding intolerance and is conducive to weight gain: a	Afr Health Sci	Afr Health Sci. 2023 Jun;23(2):703-708. doi: 10.4314/ahs.v23i2.80.

			prospective randomized controlled study.		
	Chen SC, Cheng HL, Han LF, Wu GT, Zhang RY, Suen LK, Chen X, Yeung WF.	2022	Parent-administered pediatric tuina for the treatment of attention deficit hyperactivity disorder symptoms: Process evaluation of a pilot randomized controlled trial.	Complement Ther Med.	Complement Ther Med. 2022 Nov;70:102854. doi: 10.1016/j.ctim.2022.102854. Epub 2022 Jul 13.

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Cardiología	RS y MA				
	Yang, X., Zhao, H., & Wang, J.	2014	Chinese massage (Tuina) for the treatment of essential hypertension: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 22(3), 541–548. doi:10.1016/j.ctim.2014.03.008
	ECAs				
	Mei, L., Miao, X., Chen, H., Huang, X., & Zheng, G.	2017	Effectiveness of Chinese Hand Massage on Anxiety Among Patients Awaiting Coronary Angiography.	The Journal of Cardiovascular Nursing	The Journal of Cardiovascular Nursing, 32(2), 196–203. doi:10.1097/jcn.0000000000000309
Cirugía	RS y MA				
	Sun R, Dai W, Liu Y, et al.	2019	Non-needle acupoint stimulation for prevention of nausea and vomiting after breast surgery: A meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(10):e14713. doi:10.1097/MD.00000000000014713
	ECAs				
	Zheng Q, Wang R, Shi Y, Sun Q..	2021	Effects of acupoint massage combined with relaxation therapy on patients with postoperative fatigue syndrome after lumbar surgery	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 14;100(19):e25849. doi: 10.1097/MD.00000000000025849

Neurología	Deng X, Zhu H, Shi L, Li Y, Shi H, Wu Y, Zhang Y.	2024	Comparison of the efficacy of acupuncture with tuina with acupuncture-only in the treatment of peripheral facial paralysis: a network meta-analysis.	Intern Emerg Med	Intern Emerg Med. 2024 Apr;19(3):839-858. doi: 10.1007/s11739-024-03562-2. Epub 2024 Mar 14.
	Liu D, Zhang DR, Yu TY, Guo S, Xue XN, Hu H, Liu JY, Xu Y, Na RT	2025	Effectiveness of Tuina massage combined with conventional treatment in improving post-stroke spasticity: A meta-analysis.	J Back Musculoskelet Rehabil	J Back Musculoskelet Rehabil. 2025 Mar;38(2):275-286. doi: 10.1177/10538127241303355. Epub 2024 Dec
	Yang, Y., Zhang, J., Hou, Y., Jiang, B., Pan, H., Wang, J., ... Cheng, J.	2016	Effectiveness and safety of Chinese massage therapy (Tui Na) on post-stroke spasticity: a prospective multicenter randomized controlled trial.	Clinical Rehabilitation	Clinical Rehabilitation, 31(7), 904–912.doi:10.1177/0269215516663009
	Yan HX, Guan HY, Sun JB, Zhang SB, Zhu HY, Wang FY, Wu XQ, Song BL.	2025	Therapeutic effect of Chinese Tuina on diabetic peripheral neuropathy: systematic review and meta-analysis.	Am J Transl Res.	Am J Transl Res. 2025 Jan 15;17(1):499-511. doi: 10.62347/QAUW2551. eCollection 2025.
HTA	Xiong, X. J., Li, S. J., & Zhang, Y. Q.	2014	Massage therapy for essential hypertension: a systematic review.	Journal of Human Hypertension	Journal of Human Hypertension, 29(3), 143–151.doi:10.1038/jhh.2014.52
Vértigo	Huang F, Zhao S, Dai L, Feng Z, Wu Z, Chen J, Guo R, Tian Q, Fan Z, Wu S.	2020	Tuina for cervical vertigo: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101115. doi: 10.1016/j.ctcp.2020.101115. Epub 2020 Feb 3. PMID: 32379654
Obesidad	Zhang TY, Quan TW, Su JY, Liao TR, Yuan Y, Tang HZ.	2025	Meta-analysis of Tuina combined with other treatments for obesity.	Medicine (Baltimore)	Medicine (Baltimore). 2025 Jun 13;104(24):e42720. doi: 10.1097/MD.00000000000042720.
Diabetes	Zhang X, Cao D, Yan M, Liu M.	2020	The feasibility of Chinese massage as an auxiliary way of replacing or reducing drugs in the clinical treatment of adult type 2 diabetes: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 21;99(34):e21894. doi: 10.1097/MD.00000000000021894. PMID: 32846852; PMCID: PMC7447487

Estreñimiento	Fang YP, Huang YT, Chen D, Kan Y, Wang JW, Kang XL, Wang DY, Liao J, Jing XH.	2021	Systematic review and Meta analysis on the effectiveness and safety of tuina in treatment of functional constipation.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jun 12;41(6):691-8. doi: 10.13703/j.0255-2930.20200411-0004.
Lactancia	Chen XJ, Huang N, Zhan JL, Meng N, Leng GL, Wu XY, Shen HH, Zheng K..	2021	Effect of Wangbuliuxing combined with massage on breastfeeding and lactation function in cesarean section women.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Dec 12;41(12):1343-6. doi: 10.13703/j.0255-2930.20201207-0002
Insomnio	Wang Z, Xu H, Wang Z, Zhou H, Zhang L, Wang Y, Li M, Zhou Y.	2024	Effect of tuina on sleep quality, psychological state and neurotransmitter level in patients with insomnia: a systematic review and meta-analysis.	Front Neurol.	Front Neurol. 2024 Feb 21;15:1273194. doi: 10.3389/fneur.2024.1273194. eCollection 2024.
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Embarazo	Elabd AM, Hasan S, Alghadir AH, Elabd OM, Shawky GM, Iqbal A, Marwan YN.	2024	Effect of Tui-Na versus positional release techniques on pregnancy-related low back pain in the third-trimester: A randomized comparative trial.	Medicine (Baltimore)	Medicine (Baltimore). 2024 Dec 13;103(50):e40879. doi: 10.1097/MD.00000000000040879.
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AURICULOTERAPIA

Oncología

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Sueño	RS y MA				
	Huang XR, Xu M, Xu Y, Wang SJ, Ni FL..	2025	Auricular acupressure for insomnia in women with breast cancer: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore).	Medicine (Baltimore). 2025 Feb 14;104(7):e41498. doi: 10.1097/MD.00000000000041498
	Wang Y, Zhang J, Jin Y, Zhang Q.	2021	Auricular Acupressure Therapy for Patients with Cancer with Sleep Disturbance: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Oct 14;2021:3996101. doi: 10.1155/2021/3996101
	ECAs				
	Ting-Ting Wu 1, Hung-Wei Pan, Hui-Chen Kuo, San-Nung Chen, Debra K Creedy, Ying Tsao.	2021	Concomitant Benefits of an Auricular Acupressure Intervention for Women With Cancer on Family Caregiver Sleep Quality.	Cancer Nurs	Cancer Nurs . 2021 Sep-Oct 01;44(5):E323-E330. doi: 10.1097/NCC.0000000000000842
Dolor	ECAs				
	Mao JJ, Liou KT, Baser RE, Bao T, Panageas KS, Romero SAD, Li QS, Gallagher RM, Kantoff PW..	2021	Effectiveness of Electroacupuncture or Auricular Acupuncture vs Usual Care for Chronic Musculoskeletal Pain Among Cancer Survivors: The PEACE Randomized Clinical Trial.	JAMA Oncol.	JAMA Oncol. 2021 May 1;7(5):720-727. doi: 10.1001/jamaoncol.2021.0310
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	Dubreuil-Lemaire, M.-L., & Hill, C.				
	Ruela LO, Iunes DH, Nogueira DA, Stefanello J, Gradim CVC.	2018	Effectiveness of auricular acupuncture in the treatment of cancer pain: randomized clinical trial.	Rev Esc Enferm USP.	Rev Esc Enferm USP. 2018 Dec 13;52:e03402. doi: 10.1590/S1980-220X2017040503402.
Estreñimiento	ECAs				
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Náuseas y vómitos	Michel-Cherqui M, Ma S, Bacrie J, Huguet S, Lemaire N, Le Guen M, Fischler M.	2024	Auriculotherapy and acupuncture treatments for chemotherapy-induced nausea and vomiting: a multicenter clinical trial.	Support Care Cancer	Support Care Cancer. 2024 Jul 31;32(8):560. doi: 10.1007/s00520-024-08768-w.
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Incontinencia urinaria	Zhang Y, Wu S, Zhu K, Li K, Qi Z, Zhu B, Hou S, Wang W.	2025	Effects of auriculotherapy on urinary incontinence in men with prostate cancer: a randomized controlled trial.	BMC Complement Med Ther.	BMC Complement Med Ther. 2025 Jul 3;25(1):234. doi: 10.1186/s12906-025-04979-8.
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Molestias gastrointestinales	Xiao Q, Liu T, Li J, Sun Z.	2025	Auriculotherapy may help to reduce gastrointestinal reactions and improve quality of life post chemotherapy.	Explore (NY)	Explore (NY). 2025 Mar-Apr;21(2):103129. doi: 10.1016/j.explore.2025.103129. Epub 2025 Jan 2
	Jing M, Zhang Y, Shen Y, Peng Y, Wang H.	2025	Effects of thumbtack-needle embedding therapy of auricular acupuncture on gastrointestinal function and intestinal microflora in patients with gastric cancer after operation].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2025 Mar 12;45(3):300-311. doi: 10.13703/j.0255-2930.20240813-k0005. Epub 2024

Psicología, insomnio, ansiedad, adicciones

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Estrés, ansiedad Depresión	RS y MA				
	Yang X, Liu Q, Wu X.	2025	Meta-Analysis of the Clinical Efficacy of Auricular Acupressure on Patients with Depression.	Alpha Psychiatry.	Alpha Psychiatry. 2025 Feb 28;26(1):38776. doi: 10.31083/AP38776. eCollection 2025 Feb.
	Choi S, Kim B.	2024	Effect of Auriculotherapy on Stress: A Systematic Review and Meta-Analysis.	J Holist Nurs	J Holist Nurs. 2024 May 28:8980101241257138. doi: 10.1177/08980101241257138
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	Munhoz OL, Morais BX, Santos WMD, Paula CC, Magnago TSBS.	2022	<u>Effectiveness of auriculotherapy for anxiety, stress or burnout in health professionals: a network meta-analysis.</u>	Rev Lat Am Enfermagem.	Rev Lat Am Enfermagem. 2022 Oct 17;30:e3708. doi: 10.1590/1518-8345.6219.3708. eCollection 2022.
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	Corrêa HP, Moura CC, Azevedo C, Bernardes MFVG, Mata LRFPD, Chianca TCM.	2020	Effects of auriculotherapy on stress, anxiety and depression in adults and older adults: a systematic review	Rev Esc Enferm USP	Rev Esc Enferm USP. 2020 Oct 26;54:e03626. Portuguese, English. doi: 10.1590/S1980-220X2019006703626. PMID: 33111737.
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	Abbasian Josheghani M, Tagharrobi Z, Sharifi K, Sooki Z, Zare Joshaghani F, Zare M.	2024	The effects of auriculotherapy on depression among elderly people: A randomized controlled clinical trial.	Complement Ther Med.	Complement Ther Med. 2024 Aug;83:103054. doi: 10.1016/j.ctim.2024.103054. Epub 2024 May 22

	Sim H, Park Y.	2025	Effects of Auricular Acupressure on Nurses' Perceived Stress, Sleep Quality, and Presenteeism: A Single-Blind, Randomized Controlled Trial.	Holist Nurs Pract	Holist Nurs Pract. 2025 Jan-Feb 01;39(1):15-24. doi: 10.1097/HNP.0000000000000667. Epub 2024 Nov 14
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Insomnio	RS y MA				
	Holanda da Cunha G, Lima Ramalho AK, Dantas MB, Curado Gomes ME, Sousa Dos Santos V, Vieira de Lima Maia IC, Maria de Lima Carvalho C, Correia de Abreu W.	2025	Auriculotherapy for people with sleep disorders: A systematic review.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2025 May;59:101976. doi: 10.1016/j.ctcp.2025.101976. Epub 2025 Mar 24.
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Adicciones	RS y MA				
	Mi Q, Zhao X, Zhang Z, Bao F.	2025	The effectiveness and safety of auricular acupoint-related therapy for nicotine dependence: A systematic review and meta-analysis.	Tob Induc Dis	Tob Induc Dis. 2025 Feb 10;23. doi: 10.18332/tid/200550. eCollection 2025.

	Lee EJ.	2022	Effects of auriculotherapy on addiction: a systematic review.	J Addict Dis.	J Addict Dis. 2022 Feb 18:1-13. doi: 10.1080/10550887.2021.2016011
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Dolor

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	Lee TKW, Chang JR, Hao D, Fu SN, Wong AYL.	2025	The Effectiveness of Auricular Acupressure on Chronic Musculoskeletal Pain: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	J Integr Complement Med	J Integr Complement Med. 2025 Jan;31(1):25-35. doi: 10.1089/jicm.2023.0630. Epub 2024 Jul 17.
	Choi SY, Kim YJ, Kim B.	2022	Effect of Auriculotherapy on Musculoskeletal Pain: A Systematic Review and Meta-Analysis.	J Korean Acad Nurs	J Korean Acad Nurs. 2022 Feb;52(1):4-23. doi: 10.4040/jkan.21121
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Liu M, Tong Y, Chai L, Chen S, Xue Z, Chen Y, Li X.	2021	Effects of Auricular Point Acupressure on Pain Relief: A Systematic Review.	Pain Manag Nurs.	Pain Manag Nurs. 2021 Jun;22(3):268-280. doi: 10.1016/j.pmn.2020.07.007. Epub 2020 Sep 17.
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Moura CC, Chaves ECL, Cardoso ACLR, Nogueira DA, Azevedo C, Chianca TCM.	2019	Auricular acupuncture for chronic back pain in adults: a systematic review and metanalysis. Acupuntura auricular para dor crônica nas costas em adultos: revisão sistemática e metanálise.	Revista da Escola de Enfermagem da USP	Rev Esc Enferm USP. 2019;53:e03461. Published 2019 Aug 19. doi: 10.1590/S1980-220X2018021703461
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Ye, X.-X., Gao, Y.-Z., Xu, Z.-B., Liu, Q.-X., & Zhan, C.-J.	2019	Effectiveness of Perioperative Auricular Therapy on Postoperative Pain after Total Hip Arthroplasty: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2019, 1–14.doi:10.1155/2019/2979780

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	Zhong, Q., Wang, D., Bai, Y., Du, S., Song, Y., & Zhu, J.	2019	Effectiveness of Auricular Acupressure for Acute Postoperative Pain after Surgery: A Systematic Review and Meta-Analysis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 25(3), 225–232. doi: 10.1007/s11655-019-3063
	ECAs				
	Silva Vilela Terra AM, Santos PDG, Gomes M, Santos ATS, Pezarat-Correia P.	2024	Effects of auriculotherapy on muscle fatigue: A randomized crossover trial.	J Bodyw Mov Ther.	J Bodyw Mov Ther. 2024 Jan;37:209-219. doi: 10.1016/j.jbmt.2023.11.053. Epub 2023 Dec 1.
	Kim SK, Park H.	2021	The Effect of Auricular Acupressure for Chronic Low Back Pain in Elders: A Randomized Controlled Study.	Holist Nurs Pract	Holist Nurs Pract. 2021 Jul-Aug 01;35(4):182-190. doi: 10.1097/HNP.0000000000000457
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	Moura CC, Chaves ECL, Chianca TCM, et al.	2019	Contribution of Chinese and French ear acupuncture for the management of chronic back pain: A randomised controlled trial.	Journal of Clinical Nursing	J Clin Nurs. 2019;28(21-22):3796–3806. doi:10.1111/jocn.14983
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Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fertilidad	RS y MA				
	Qu, F., Zhang, D., Chen, L.-T., Wang, F.-F., Pan, J.-X., Zhu, Y.-M., ... Huang, H.-F.	2014	Auricular Acupressure Reduces Anxiety Levels and Improves Outcomes of in Vitro Fertilization: A Prospective, Randomized and Controlled Study.	Scientific Reports	Scientific Reports, 4(1).doi:10.1038/srep05028
Dolor	ECAs				
	Cao M, Ye F, Xie W, Yan X, Ho MH, Cheung DST, Lee	2023	Effectiveness of auricular acupoint therapy targeting menstrual pain for primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials.	JJ.Worldviews Evid Based Nurs	J.Worldviews Evid Based Nurs. 2023 Dec;20(6):621-633. doi: 10.1111/wvn.12636. Epub 2023 Mar 29.
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Embarazo y parto	RS y MA				
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Postoperatorio

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Digestivo/obesidad

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Estreñimiento	RS y MA				
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Obesidad	RS y MA				
	Mendonça CR, Coelho Dos Santos LS, Noll M, Silveira EA, Arruda JT.	2019	Effects of auriculotherapy on weight and body mass index reduction in patients with overweight or obesity: Systematic review and meta-analysis	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;101069. doi:10.1016/j.ctcp.2019.101069
	ECAs				
	Cha HS, Park H.	2019	Effects of auricular acupressure on obesity in adolescents.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;35:316–322. doi:10.1016/j.ctcp.2019.03.014
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Náuseas y vómitos	RS y MA				
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ACVA	RS y MA				
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Rinitis	ECAs				
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Dermatología	RS y MA				
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Oftalmología	Hou X, Wang J, Kang Z, Yang Y, Yao X, Zhang F, Yao J, Yu	2024	Pseudomyopia treated with auricular point sticking combined with periocular needle-embedding therapy and	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2024 Apr 12;44(4):405-410. doi: 10.13703/j.0255-2930.20231122-0004

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	Hou X, Wang J, Kang Z, Yang Y, Yao X, Zhang F, Yao J, Yu J, Liu X, Liang F, Yu X, Song M..	2024	Pseudomyopia treated with auricular point sticking combined with periorcular needle-embedding therapy and prevention of true myopia: a multicenter randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2024 Apr 12;44(4):405-410. doi: 10.13703/j.0255-2930.20231122-0004
	Gao H, Zhang L, Liu J.	2019	Auricular acupressure for myopia in children and adolescents: A systematic review.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;101067. doi:10.1016/j.ctcp.2019.101067
	Li Y, Zhang O, Liang W, Li C.	2015	Effect of auricular pressing treatment on myopia in children.	J Tradit Chin Med	J Tradit Chin Med. 2015 Jun;35(3):281-4.
Rendimiento	Lin ZP, Chen YH, Fan C, Wu HJ, Lan LW, Lin JG.	2011	Effects of auricular acupuncture on heart rate, oxygen consumption and blood lactic acid for elite basketball athletes..	Am J Chin Med.	Am J Chin Med. 2011;39(6):1131-8
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Pediatría	Borlack RE, Shan S, Zong AM, Khlevner J, Garbers S, Gold MA	2021	Electrodermal Activity of Auricular Acupoints in Pediatric Patients With Functional Abdominal Pain Disorders.	J Pediatr Gastroenterol Nutr	.J Pediatr Gastroenterol Nutr. 2021 Aug 1;73(2):184-191. doi: 10.1097/MPG.0000000000003137
Otros	Hua K, Cummings M, Bernatik M, Brinkhaus B,	2025	Effects of Auricular Stimulation on Inflammatory Parameters: Results of a	J.Neuromodulation.	J.Neuromodulation. 2025 Jun;28(4):627-640. doi: 10.1016/j.neurom.2024.12.007. Epub 2025 Feb 24

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	Lee WJ, Park H.	2023	Effects of auricular acupressure on sleep and pain in elderly people who have osteoarthritis and live in nursing homes: A randomized, single-blind, placebo-controlled trial.	Explore (NY).	Explore (NY). 2023 Mar-Apr;19(2):214-222. doi: 10.1016/j.explore.2022.07.001. Epub 2022 Jul 5.
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	Yang T, Wang S, Zhang X, Liu L, Liu Y, Zhang C.	2022	Efficacy of auricular acupressure in maintenance haemodialysis patients: A systematic review and meta-analysis.	J Clin Nurs	J Clin Nurs. 2022 Mar;31(5-6):508-519. doi: 10.1111/jocn.15966. Epub 2021 Jul 15.

TAICHI

Oncología

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Cáncer de pulmón	RS y MA				
	Denise Shuk Ting Cheung, Naomi Takemura, Tai Chung Lam, James Chung Man Ho, Wen Deng, Robert Smith, Yinxia Yan, Anne Wing Mui Lee, Chia Chin Lin.	2021	Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial.	Integr Cancer Ther.	Integr Cancer Ther. Jan-Dec 2021;20:15347354211033352.doi: 10.1177/15347354211033352
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	Cheung DST, Takemura N, Lam TC, Ho JCM, Deng W, Smith R, Yan Y, Lee AWM, Lin CC..	2021	Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial.	Integr Cancer Ther.	Integr Cancer Ther. 2021 Jan-Dec;20:15347354211033352. doi: 10.1177/15347354211033352
Cáncer de pecho	Molassiotis, A., Vu, D. V., & Ching, S. S. Y.	2021	The Effectiveness of Qigong in Managing a Cluster of Symptoms (Breathlessness-Fatigue-Anxiety) in Patients with Lung Cancer: A Randomized Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies Integrative Cancer Therapies, 20, 153473542110082. doi: 10.1177/15347354211008253
	RS y MA				
	Ye XX, Ren ZY, Vafaei S, Zhang JM, Song Y, Wang YX, Song PG.	2022	Ye XX, Ren ZY, Vafaei S, Zhang JM, Song Y, Wang YX, Song PG. Effectiveness of Baduanjin Exercise on Quality of Life and Psychological Health in Postoperative Patients With Breast Cancer: A Systematic Review and Meta-analysis.	Integr Cancer Ther.	Integr Cancer Ther. 2022 Jan-Dec;21:15347354221104092. doi: 10.1177/15347354221104092

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Cardiología

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Obesidad y Diabetes

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	Qin J, Chen Y, Guo S, You Y, Xu Y, Wu J, Liu Z, Huang J, Chen L, Tao J.	2021	Effect of Tai Chi on Quality of Life, Body Mass Index, and Waist-Hip Ratio in	Front Endocrinol (Lausanne)	Front Endocrinol (Lausanne). 2021 Jan 19;11:543627. doi:

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	Meng, D., Chunyan, W., Xiaosheng, D., & Xiangren, Y.	2018	The Effects of Qigong on Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–8.doi:10.1155/2018/8182938
	Xia, T.-W., Yang, Y., Li, W.-H., Tang, Z.-H., Li, Z.-R., & Qiao, L.-J.	2019	Different training durations and styles of tai chi for glucose control in patients with type 2 diabetes: a systematic review and meta-analysis of controlled trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 19(1).doi:10.1186/s12906-019-2475-y
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	Li X, Si H, Chen Y, Li S, Yin N, Wang Z.	2020	Effects of fitness qigong and tai chi on middle-aged and elderly patients with type 2 diabetes mellitus.	PLoS One	PLoS One. 2020 Dec 17;15(12):e0243989. doi: 10.1371/journal.pone.0243989. PMID: 33332396; PMCID: PMC7746158.
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Dolor

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Osteoartritis rodilla	RS y MA				
	Wu H, Wang Q, Wen G, Wu J, Wang Y.	2023	The effects of Tai Chi on physical function and safety in patients with rheumatoid arthritis: A systematic review and meta-analysis.	Front Physiol.	Front Physiol. 2023 Jan 26;14:1079841. doi: 10.3389/fphys.2023.1079841. eCollection 2023
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	Guo J, Peng C, Hu Z, Guo L, Dai R, Li Y.	2022	Effect of Wu Qin Xi exercises on pain and function in people with knee osteoarthritis: A systematic review and meta-analysis.	Front Med (Lausanne).	Front Med (Lausanne). 2022 Nov 7;9:979207. doi: 10.3389/fmed.2022.979207. eCollection 2022.
	You Y, Liu J, Tang M, Wang D, Ma X.	2021	Effects of Tai Chi exercise on improving walking function and posture control in elderly patients with knee osteoarthritis: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Apr 23;100(16):e25655. doi: 10.1097/MD.00000000000025655
	Hu L, Wang Y, Liu X, Ji X, Ma Y, Man S, Hu Z, Cheng J, Huang F.	2021	Tai Chi exercise can ameliorate physical and mental health of patients with knee	Clin Rehabil	Clin Rehabil. 2021 Jan;35(1):64-79. doi: 10.1177/0269215520954343. Epub 2020 Sep 21. PMID: 32954819

			osteoarthritis: systematic review and meta-analysis.		
	Li R, Chen H, Feng J, Xiao Y, Zhang H, Lam CW, Xiao H.	2020	Effectiveness of Traditional Chinese Exercise for Symptoms of Knee Osteoarthritis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2020 Oct 27;17(21):7873. doi: 10.3390/ijerph17217873. PMID: 33121082; PMCID: PMC7662219.
	Zeng ZP, Liu YB, Fang J, Liu Y, Luo J, Yang M.	2019	Effects of Baduanjin exercise for knee osteoarthritis: A systematic review and meta-analysis.	Medicine	Complement Ther Med. 2020;48:102279. doi:10.1016/j.ctim.2019.102279
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	Hu X, Lai Z, Wang L.	2020	Effects of Taichi exercise on knee and ankle proprioception among individuals with knee osteoarthritis.	Res Sports Med.	Res Sports Med. 2020 Apr-Jun;28(2):268-278. doi: 10.1080/15438627.2019.1663520. Epub 2019 Sep 16. PMID: 31524502
	Xiao C, Zhuang Y, Kang Y.	2020	Effects of Wu Qin xi Qigong exercise on physical functioning in elderly people with knee osteoarthritis: A randomized controlled trial.	Geriatr Gerontol Int	Geriatr Gerontol Int. 2020 Oct;20(10):899-903. doi: 10.1111/ggi.14007. Epub 2020 Sep 4. PMID: 32886828
	Li L, Cheng S, Wang G, Duan G, Zhang Y.	2019	Tai chi chuan exercises improve functional outcomes and quality of life in patients with primary total knee arthroplasty due to knee osteoarthritis.	Complementary Therapies in Medicine	Complement Ther Clin Pract. 2019;35:121-125. doi:10.1016/j.ctcp.2019.02.003
Dolor crónico	RS y MA				
	Kong, L. J., Lauche, R., Klose, P., Bu, J. H., Yang, X. C., Guo, C. Q., ... Cheng, Y. W.	2016	Tai Chi for Chronic Pain Conditions: A Systematic Review and Meta-analysis of Randomized Controlled Trials.	Scientific Reports	Scientific Reports, 6(1).doi:10.1038/srep25325
	Qin J, Zhang Y, Wu L, et al.	2019	Effect of Tai Chi alone or as additional therapy on low back pain: Systematic	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(37):e17099. doi:10.1097/MD.00000000000017099

			review and meta-analysis of randomized controlled trials.		
	Li H, Ge D, Liu S, et al.	2019	Baduanjin exercise for low back pain: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complement Ther Med. 2019;43:109–116. doi:10.1016/j.ctim.2019.01.021
	ECAs				
	Yang Y, et al.	2024	Qigong and Tai Chi for Chronic Low Back Pain: A Randomized Controlled Trial.	North Am Spine Soc J	North Am Spine Soc J. 2024;8(1):123–34
	Liu J, Yeung A, Xiao T, et al.	2019	Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-Specific Low Back Pain: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019;16(3):517. Published 2019 Feb 12. doi:10.3390/ijerph16030517
Otros	RS y MA				
	Kong L, Ren J, Fang S, He T, Zhou X, Fang M.	2022	Traditional Chinese Exercises on Pain and Disability in Middle-Aged and Elderly Patients With Neck Pain: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Aging Neurosci.	Front Aging Neurosci. 2022 Jun 10;14:912945. doi: 10.3389/fnagi.2022.912945. eCollection 2022.
	Liu Z, Hu H, Wen X, Liu X, Xu X, Wang Z, Li L, Liu H.	2023	Baduanjin improves neck pain and functional movement in middle-aged and elderly people: A systematic review and meta-analysis of randomized controlled trials.	Front Med (Lausanne)	Front Med (Lausanne). 2023 Jan 10;9:920102. doi: 10.3389/fmed.2022.920102. eCollection 2022.
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	Cheng CA, Chiu YW, Wu D, Kuan YC, Chen SN, Tam KW.	2019	Effectiveness of Tai Chi on fibromyalgia patients: A meta-analysis of randomized controlled trials.	Complementary Therapies in Medicine	Complement Ther Med. 2019;46:1–8. doi:10.1016/j.ctim.2019.07.007
	ECAs				
	Xie YJ, Tian L, Hui SS, Qin J, Gao Y, Zhang D, Ma T, Suen LKP, Wang HH, Liu ZM, Hao C, Yang L, Loke AY.	2022	Efficacy and feasibility of a 12-week Tai Chi training for the prophylaxis of episodic migraine in Hong Kong Chinese women: A randomized controlled trial.	Front Public Health	Front Public Health. 2022 Dec 13;10:1000594. doi: 10.3389/fpubh.2022.1000594. eCollection 2022.
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	Xie Y, Guo F, Lu Y, et al.	2019	A 12-week Baduanjin Qigong exercise improves symptoms of ankylosing spondylitis: A randomized controlled trial.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;36:113–119. doi:10.1016/j.ctcp.2018.12.007

Psicología, insomnia, fatiga

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Ansiedad y depresión	RS y MA				
	Yang M, Yang J, Gong M, Luo R, Lin Q, Wang B.	2023	Effects of Tai Chi on Sleep Quality as Well as Depression and Anxiety in Insomnia Patients: A Meta-Analysis of Randomized Controlled Trials.	Int J Environ Res Public Health	Int J Environ Res Public Health. 9 de febrero de 2023;20(4):3074
	Sun F, Li L, Wen X, Xue Y, Yin J.	2024	The effect of Tai Chi/Qigong on depression and anxiety symptoms in	Complement Ther Clin Pract.	Complement Ther Clin Pract. agosto de 2024;56:101850.

			adults with Cancer: A systematic review and meta-regression.		
	Sani NA, Yusoff SSM, Norhayati MN, Zainudin AM.	2023	Tai Chi Exercise for Mental and Physical Well-Being in Patients with Depressive Symptoms: A Systematic Review and Meta-Analysis.	Int J Environ Res Public Health	Int J Environ Res Public Health. 5 de febrero de 2023;20(4):2828.
	Yang M, Yang J, Gong M, Luo R, Lin Q, Wang B.	2023	Effects of Tai Chi on Sleep Quality as Well as Depression and Anxiety in Insomnia Patients: A Meta-Analysis of Randomized Controlled Trials.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2023 Feb 9;20(4):3074. doi: 10.3390/ijerph20043074
	Sani NA, Yusoff SSM, Norhayati MN, Zainudin AM.	2023	Tai Chi Exercise for Mental and Physical Well-Being in Patients with Depressive Symptoms: A Systematic Review and Meta-Analysis.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2023 Feb 5;20(4):2828. doi: 10.3390/ijerph20042828
	Lin J, Gao YF, Guo Y, Li M, Zhu Y, You R, Chen S, Wang S.	2022	Effects of qigong exercise on the physical and mental health of college students: a systematic review and Meta-analysis.	BMC Complement Med Ther.	BMC Complement Med Ther. 2022 Nov 8;22(1):287. doi: 10.1186/s12906-022-03760-5
	Cai Q, Cai SB, Chen JK, Bai XH, Jing CX, Zhang X, Li JQ.	2022	Tai Chi for anxiety and depression symptoms in cancer, stroke, heart failure, and chronic obstructive pulmonary disease: A systematic review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101510. doi: 10.1016/j.ctcp.2021.101510. Epub 2021 Nov 2
	Guo L, Kong Z, Zhang Y.	2019	Qigong-Based Therapy for Treating Adults with Major Depressive Disorder: A Meta-Analysis of Randomized Controlled Trials.	International Journal of Environmental Research	Int J Environ Res Public Health. 2019;16(5):826. Published 2019 Mar 7. doi:10.3390/ijerph16050826
	Song J, Liu ZZ, Huang J, Wu JS, Tao J.	2021	Effects of aerobic exercise, traditional Chinese exercises, and meditation on depressive symptoms of college student:	Medicine (Baltimore)	Medicine (Baltimore). 2021 Jan 8;100(1):e23819. doi: 10.1097/MD.00000000000023819. PMID: 33429742; PMCID: PMC7793414

			A meta-analysis of randomized controlled trials.		
	Zhang S, Zou L, Chen LZ, et al.	2019	The Effect of Tai Chi Chuan on Negative Emotions in Non-Clinical Populations: A Meta-Analysis and Systematic Review.	International Journal of Environmental Research Public Health	Int J Environ Res Public Health. 2019;16(17):3033. Published 2019 Aug 21. doi: 10.3390/ijerph16173033
	Liu, X., Clark, J., Siskind, D., Williams, G. M., Byrne, G., Yang, J. L., & Doi, S. A.	2015	A systematic review and meta-analysis of the effects of Qigong and Tai Chi for depressive symptoms.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(4), 516–534.doi: 10.1016/j.ctim.2015.05.001
	Liu F, Cui J, Liu X, Chen KW, Chen X, Li R.	2020	The effect of tai chi and Qigong exercise on depression and anxiety of individuals with substance use disorders: a systematic review and meta-analysis.	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 May 29;20(1):161. doi: 10.1186/s12906-020-02967-8. PMID: 32471415; PMCID: PMC7260819.
	ECAs				
	Sun C, Yang S, Wang X, Shao Y, Huang X, Qi H, et al.	2024	Embodied cognition driven Qigong: a cross-sectional study and a pilot randomized controlled trial on managing depression and preventing relapse in substance dependence.	Front Public Health.	Front Public Health. 1 de noviembre de 2024;12.
	Cheung DST, Deng W, Tsao SW, et al.	2019	Effect of a Qigong Intervention on Telomerase Activity and Mental Health in Chinese Women Survivors of Intimate Partner Violence: A Randomized Clinical Trial.	JAMA Netw Open	JAMA Netw Open. 2019;2(1):e186967. Published 2019 Jan 4. doi: 10.1001/jamanetworkopen.2018.6967
	Mulcahy A, Holland B, Gosselin K, Pittman A.	2020	The Use of Tai-Chi to Reduce Anxiety Among Nursing Students Undergoing Simulation.	Nurs Educ Perspect	Nurs Educ Perspect. 2020 May/Jun;41(3):183-184. doi: 10.1097/01.NEP.0000000000000495. PMID: 31469677

	Chan SHW, Chan WWK, Chao JYW, Chan PKL.	2020	A randomized controlled trial on the comparative effectiveness of mindfulness-based cognitive therapy and health qigong-based cognitive therapy among Chinese people with depression and anxiety disorders.	BMC Psychiatry	BMC Psychiatry. 2020 Dec 14;20(1):590. doi: 10.1186/s12888-020-02994-2. PMID: 33317481; PMCID: PMC7734764.
	Lee P, Cai S, Lu EY, Ng BFL, Jensen MP, Tsang HWH. <i>Qigong</i> Reduces	2020	Depressive Symptoms of Taiwanese Elderly with Chronic Physical Illness: A Randomized Controlled Trial.	J Altern Complement Med.	J Altern Complement Med. 2020 Jan;26(1):76-78. doi: 10.1089/acm.2019.0354. Epub 2019 Dec 19. PMID: 31855445.
Insomnio	RS y MA				
	Han D, Cheng J, Qu J, Wen X, Liu X, Chen Y, Wen Y, Liu Z, Liu H, Huang Y.	2022	Effectiveness of Taijiquan in treating insomnia: A systematic review and meta-analysis of randomized controlled studies.	Front Psychiatry.	Front Psychiatry. 2022 Sep 27;13:892453. doi: 10.3389/fpsyt.2022.892453. eCollection 2022
	Ko LH, Hsieh YJ, Wang MY, Hou WH, Tsai PS.	2022	Effects of health qigong on sleep quality: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med.	Complement Ther Med. 2022 Dec;71:102876. doi: 10.1016/j.ctim.2022.102876. Epub 2022 Aug 23.
	Wu YH, He WB, Gao YY, Han XM.	2021	Effects of traditional Chinese exercises and general aerobic exercises on older adults with sleep disorders: A systematic review and meta-analysis.	J Integr Med.	J Integr Med. 2021 Nov;19(6):493-502. doi: 10.1016/j.joim.2021.09.007. Epub 2021 Oct 1.
	Li H, Chen J, Xu G, Duan Y, Huang D, Tang C, Liu J. The	2020	Effect of Tai Chi for Improving Sleep Quality: A Systematic Review and Meta-analysis.	J Affect Disord.	J Affect Disord. 2020 Sep 1;274:1102-1112. doi: 10.1016/j.jad.2020.05.076. Epub 2020 May 26. PMID: 32663938.
	Vincent J Minichiello, Y. Z.	2013	Tai Chi Improves Sleep Quality in Healthy Adults and Patients with Chronic Conditions: A Systematic Review and Meta-analysis.	Journal of Sleep Disorders & Therapy	Journal of Sleep Disorders & Therapy, 02(06). doi: 10.4172/2167-0277.1000141
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	Siu PM, Yu AP, Tam BT, Chin EC, Yu DS, Chung KF, Hui SS, Woo J, Fong DY, Lee PH, Wei GX, Irwin MR.	2021	Effects of Tai Chi or Exercise on Sleep in Older Adults With Insomnia: A Randomized Clinical Trial.	JAMA Netw Open.	JAMA Netw Open. 2021 Feb 1;4(2):e2037199. doi: 10.1001/jamanetworkopen.2020.37199
	Lü, J., Huang, L., Wu, X., Fu, W., & Liu, Y.	2017	Effect of Tai Ji Quan training on self-reported sleep quality in elderly Chinese women with knee osteoarthritis: a randomized controlled trail.	Sleep Medicine	Sleep Medicine, 33, 70–75.doi: 10.1016/j.sleep.2016.12.024
Otros	RS y MA				
	Du Z, Zhang X, Qin H, Wang R, Bai Y, Yao X.	2022	META analysis on the effect of taijiquan on improving negative psychological symptoms of college students and the optimal dose.	Front Public Health	Front Public Health. 2022 Dec 16;10:1032266. doi: 10.3389/fpubh.2022.1032266. eCollection 2022
	Zhang P, Li Z, Yang Q, Zhou J, Ma X	2021	Effects of Taijiquan and Qigong exercises on depression and anxiety levels in patients with substance use disorders: A systematic review and meta-analysis.	Sports Med Health Sci.	Sports Med Health Sci. 2021 Dec 30;4(2):85-94. doi: 10.1016/j.smhs.2021.12.004. eCollection 2022 Jun.
	Liu X, Li R, Cui J, Liu F, Smith L, Chen X, Zhang D.	2021	The Effects of Tai Chi and Qigong Exercise on Psychological Status in Adolescents: A Systematic Review and Meta-Analysis.	Front Psychol	Front Psychol. 2021 Nov 24;12:746975. doi: 10.3389/fpsyg.2021.746975. eCollection 2021
	Rodrigues JM, Matos LC, Francisco N, Dias A, Azevedo J, Machado J.	2021	Assessment of Qigong Effects on Anxiety of High-school Students: A Randomized Controlled Trial	Adv Mind Body Med.	Adv Mind Body Med. 2021 Summer;35(3):10-19
	Wang R, Huang X, Wu Y, Sun D.	2021	Efficacy of Qigong Exercise for Treatment of Fatigue: A Systematic Review and Meta-Analysis.	Front Med (Lausanne).	Front Med (Lausanne). 2021 Jun 22;8:684058. doi: 10.3389/fmed.2021.684058. eCollection 2021
	Leung KW, Yang YJ, Hui SS, Woo J.	2021	Mind-Body Health Benefits of Traditional Chinese Qigong on Women: A Systematic Review of Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Sep 14;2021:7443498. doi: 10.1155/2021/7443498. eCollection 2021.

	Cocchiara, R. A., Dorelli, B., Gholamalishahi, S., Longo, W., Musumeci, E., Mannocci, A., & La Torre, G.	2020	Tai Chi and Workplace Wellness for Health Care Workers: A Systematic Review.	International Journal of Environmental Research and Public Health	International Journal of Environmental Research and Public Health, 17(1), 343. doi: 10.3390/ijerph17010343
	Xiang, Y., Lu, L., Chen, X., & Wen, Z.	2017	Does Tai Chi relieve fatigue? A systematic review and meta-analysis of randomized controlled trials	PLOS ONE	PLOS ONE, 12(4), e0174872.doi: 10.1371/journal.pone.0174872
	ECAs				
	Lyu J, Wei Y, Li H, Dong J, Zhang X.	2021	The effect of three-circle post standing (Zhanzhuang) qigong on the physical and psychological well-being of college students: A randomized controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Jun 18;100(24):e26368. doi: 10.1097/MD.00000000000026368.
	Cheung DST, Chau PH, Yeung WF, Deng W, Hong AWL, Tiwari AFY.	2021	Assessing the effect of a mind-body exercise, qigong Baduanjin, on sleep disturbance among women experiencing intimate partner violence and possible mediating factors: a randomized-controlled trial.	J Clin Sleep Med.	J Clin Sleep Med. 2021 May 1;17(5):993-1003. doi: 10.5664/jcsm.9102.

Menopausia

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Liu X, Jiang C, Fan R, Liu T, Li Y, Zhong D, Zhou L, Liu T, Li J, Jin R.	2022	The effect and safety of Tai Chi on bone health in postmenopausal women: A meta-analysis and trial sequential analysis.	Front Aging Neurosci.	Front Aging Neurosci. 2022 Sep 13;14:935326. doi: 10.3389/fnagi.2022.935326. eCollection 2022.

	Sun C, Qi B, Huang X, Chen M, Jin Z, Zhang Y, Zhu L, Wei X.	2022	Baduanjin exercise: A potential promising therapy toward osteoporosis.	Front Med (Lausanne).	Front Med (Lausanne). 2022 Aug 3;9:935961. doi: 10.3389/fmed.2022.935961. eCollection 2022
	Chow, T. H., Lee, B. Y., Ang, A. B. F., Cheung, V. Y. K., Ho, M. M. C., & Takemura, S.	2018	The effect of Chinese martial arts Tai Chi Chuan on prevention of osteoporosis: A systematic review.	Journal of Orthopaedic Translation	Journal of Orthopaedic Translation, 12, 74–84. doi:10.1016/j.jot.2017.06.001
	Wang, Y., Shan, W., Li, Q., Yang, N., & Shan, W.	2017	Tai Chi Exercise for the Quality of Life in a Perimenopausal Women Organization: A Systematic Review.	Worldviews on Evidence-Based Nursing	Worldviews on Evidence-Based Nursing, 14(4), 294–305.doi:10.1111/wvn.12234
	ECAS				
	Cheng L, Chang S, He B, Yan Y.	2022	Effects of Tai Chi and brisk walking on the bone mineral density of perimenopausal women: A randomized controlled trial.	Front Public Health.	Front Public Health. 2022 Aug 22;10:948890. doi: 10.3389/fpubh.2022.948890. eCollection 2022
	Carcelén-Fraile MDC, Aibar-Almazán A, Martínez-Amat A, Jiménez-García JD, Brandão-Loureiro V, García-Garro PA, Fábrega-Cuadros R, Rivas-Campo Y, Hita-Contreras F.	2022	Qigong for mental health and sleep quality in postmenopausal women: A randomized controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Sep 30;101(39):e30897. doi: 10.1097/MD.00000000000030897

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente vascular cerebral	RS y MA				
	Lan Y, You Q, Jiang Q, Peng X, Cao S, Sun J.	2023	Effect of Qigong exercise on non-motor function and life quality in stroke patients: A systematic review and meta-analysis.	Brain Behav	Brain Behav. noviembre de 2023;13(11):e3246.
	Lan Y, You Q, Jiang Q, Peng X, Yan D, Cao S, et al.	2024	Effect of Qigong exercise on motor function in stroke patients: a systematic review and meta-analysis of randomized controlled trials.	Top Stroke Rehabil.	Top Stroke Rehabil. abril de 2024;31(3):223–34.
	Shao Y, Han J, Li H, Ren Z, Yang H	2024	. Effect of traditional Chinese exercises on the physical and mental health of stroke patients: a meta-analysis.	Front Neurol.	Front Neurol. 16 de octubre de 2024;15
	Wei L, Liu Y, Wang Y, Bian J, Song Z, Liu X, Wang S	2023	The effects of Baduanjin on physical function, daily living activities and quality of life in patients with stroke: a systematic review and meta-analysis	Topics in Stroke Rehabilitation	Topics in Stroke Rehabilitation doi: 10.1080/10749357.2023.2238433
	Feng F, Luo XC, Chen YJ, Li JJ, Kang H, Yan BH.	2023	Effects of Tai Chi Yunshou on upper-limb function and balance in stroke survivors: A systematic review and meta-analysis.	Complement Ther Clin Prac	Complement Ther Clin Pract. 2023 Feb 20;51:101741. doi: 10.1016/j.ctcp.2023.101741
	Park M, Song R, Ju K, Seo J, Fan X, Ryu A, Li Y, Jang T.	2022	Effects of Tai Chi and Qigong on the mobility of stroke survivors: A systematic review and meta-analysis of randomized trials..	PLoS One	PLoS One. 2022 Nov 17;17(11):e0277541. doi: 10.1371/journal.pone.0277541. eCollection 2022
	Zhao J, Chau JPC, Chan AWK, Meng Q, Choi KC, Xiang X, Zhao Y, He R, Li Q.	2022	Tailored Sitting Tai Chi Program for Subacute Stroke Survivors: A Randomized Controlled Trial.	Stroke	Stroke. 2022 Jul;53(7):2192-2203. doi: 10.1161/STROKEAHA.121.036578. Epub 2022 Apr 7.

	Hu C, Qin X, Jiang M, Tan M, Liu S, Lu Y, Lin C, Ye R.	2022	Effects of Tai Chi Exercise on Balance Function in Stroke Patients: An Overview of Systematic Review.	Neural Plast.	Neural Plast. 2022 Mar 9;2022:3895514. doi: 10.1155/2022/3895514. eCollection 2022.
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Parkinson	RS y MA				
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Disfunción cognitiva	RS y MA				
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Sungkarat, S., Boripuntakul, S., Kumfu, S., Lord, S. R., & Chattipakorn, N.	2018	Tai Chi Improves Cognition and Plasma BDNF in Older Adults With Mild Cognitive Impairment: A Randomized Controlled Trial.	Neurorehabilitation and Neural Repair	Neurorehabilitation and Neural Repair, 32(2), 142–149.doi:10.1177/1545968317753682

	Sungkarat, S., Boripuntakul, S., Chattipakorn, N., Watcharasaksilp, K., & Lord, S. R.	2016	Effects of Tai Chi on Cognition and Fall Risk in Older Adults with Mild Cognitive Impairment: A Randomized Controlled Trial. J	Journal of the American Geriatrics Society	Journal of the American Geriatrics Society, 65(4), 721–727. doi: 10.1111/jgs.14594
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Otros	RS y MA				
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	Jiayuan Z, Xiang-Zi J, Li-Na M, Jin-Wei Y, Xue Y	2022	Effects of Mindfulness-Based Tai Chi Chuan on Physical Performance and Cognitive Function among Cognitive Frailty Older Adults: A Six-Month Follow-Up of a Randomized Controlled Trial.	.J Prev Alzheimers Dis.	.J Prev Alzheimers Dis. 2022;9(1):104-112. doi: 10.14283/jpad.2021.40.
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Cardiología y respiratorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Enfermedad obstructiva crónica	RS y MA				
	Xu S, Zhang D, He Q, Ma C, Ye S, Ge L, Zhang L, Liu W, Chen Z, Zhou L.	2022	Efficacy of Liuzijue Qigong in patients with chronic obstructive pulmonary disease: A systematic review and meta-analysis.	Complement Ther Med.	Complement Ther Med. 2022 May;65:102809. doi: 10.1016/j.ctim.2022.102809. Epub 2022 Jan 29
	Gao P, Tang F, Liu W, He K, Mo Y..	2021		Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 15;100(41):e27344. doi: 10.1097/MD.00000000000027344

	Cao A, Feng F, Zhang L, Zhou X.	2020	Baduanjin exercise for chronic obstructive pulmonary disease: an updated systematic review and meta-analysis.	Clin Rehabil.	Clin Rehabil. 2020 Aug;34(8):1004-1013. doi: 10.1177/0269215520926635. Epub 2020 Jun 10. PMID: 32517512
	Ding, M., Zhang, W., Li, K., & Chen, X.	2014	Effectiveness of T'ai Chi and Qigong on Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 20(2), 79–86. doi:10.1089/acm.2013.0087
	Guo C, Xiang G, Xie L, Liu Z, Zhang X, Wu Q, Li S, Wu Y.	2020	Effects of Tai Chi training on the physical and mental health status in patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.	J Thorac Dis.	J Thorac Dis. 2020 Mar;12(3):504-521. doi: 10.21037/jtd.2020.01.03. PMID: 32274117; PMCID: PMC7139037
	Wu JJ, Zhang YX, Du WS, et al.	2019	Effect of Qigong on self-rating depression and anxiety scale scores of COPD patients: A meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(22):e15776. doi:10.1097/MD.00000000000015776
	Wu, W., Liu, X., Wang, L., Wang, Z., hu, jun, & Yan, J.	2014	Effects of Tai Chi on exercise capacity and health-related quality of life in patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.	International Journal of Chronic Obstructive Pulmonary Disease	International Journal of Chronic Obstructive Pulmonary Disease, 1253. doi:10.2147/copd.s70862
	Chen X, Savarese G, Cai Y, Ma L, Lundborg CS, Jiang W, Wen Z, Lu W, Marrone G.	2020	Tai Chi and Qigong Practices for Chronic Heart Failure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Dec 14;2020:2034625. doi: 10.1155/2020/2034625. PMID: 33381195; PMCID: PMC7755480.
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	Tong H, Liu Y, Zhu Y, Zhang B, Hu J.	2019	The therapeutic effects of qigong in patients with chronic obstructive pulmonary disease in the stable stage: a meta-analysis.	BMC Complementary and Alternative Medicine	2019;19(1):239. Published 2019 Sep 4. doi:10.1186/s12906-019-2639-9

	Xiao L, Duan H, Li P, Wu W, Shan C, Liu X.	2020	A systematic review and meta-analysis of Liuzijue in stable patients with chronic obstructive pulmonary disease.	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 Oct 14;20(1):308. doi: 10.1186/s12906-020-03104-1. PMID: 33054800; PMCID: PMC7557061.
	ECAs				
	Yilmaz Gokmen G, Akkoyunlu ME, Kilic L, Algun C.	2019	The Effect of T'ai Chi and Qigong Training on Patients with Obstructive Sleep Apnea: A Randomized Controlled Study.	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2019;25(3):317–325. doi:10.1089/acm.2018.0197
	Han L, Zhu Y, Lu Y, et al	2024	[Traducción] Análisis y reflexiones sobre los elementos de prescripción en el tratamiento de la enfermedad pulmonar obstructiva crónica EPOC en fase estable mediante Daoyin (Qigong) de la Medicina Tradicional China basado en minería de datos 基于数据挖掘的中医导引治疗稳定期慢性阻塞性肺疾病处方要素分析及思考	Boletín de Medicina Tradicional China 中医药通报	中医药通报, 2024, 23 (07): 49-56+66
Hipertensión	RS y MA				
	Ma J, Ma L, Lu S, Sun Y, Bao H..	2023	The Effect of Traditional Chinese Exercises on Blood Pressure in Patients with Hypertension: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2023 Feb 9;2023:2897664. doi: 10.1155/2023/2897664
	Dai L, Jiang Y, Wang P, Chen K.	2021	Effects of Three Traditional Chinese Fitness Exercises Combined with Antihypertensive Drugs on Patients with Essential Hypertension: A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Oct 31;2021:2570472. doi: 10.1155/2021/2570472

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	Zhong D, Li J, Yang H, Li Y, Huang Y, Xiao Q, Liu T, Jin R.	2020	Tai Chi for Essential Hypertension: a Systematic Review of Randomized Controlled Trials.	Curr Hypertens Rep.	Curr Hypertens Rep. 2020 Mar 2;22(3):25. doi: 10.1007/s11906-020-1031-y. PMID: 32124064
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	Liu D, Yi L, Sheng M, Wang G, Zou Y.	2020	The Efficacy of Tai Chi and Qigong Exercises on Blood Pressure and Blood Levels of Nitric Oxide and Endothelin-1 in Patients with Essential Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Jul 30;2020:3267971. doi: 10.1155/2020/3267971. PMID: 32802122; PMCID: PMC7414352.
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ECAs					
	Wen J, Su M.	2021	A Randomized Trial of Tai Chi on Preventing Hypertension and Hyperlipidemia in Middle-Aged and Elderly Patients.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2021 May 20;18(10):5480. doi: 10.3390/ijerph18105480.
	Shou XL, Wang L, Jin XQ, Zhu LY, Ren AH, Wang QN.	2019	Effect of T'ai Chi Exercise on Hypertension in Young and Middle-Aged In-Service Staff.	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2019;25(1):73–78. doi:10.1089/acm.2018.0011

Mecanismos	RS y MA				
	Rosado-Pérez J, Castelán-Martínez OD, Mújica-Calderón AJ, Sánchez-Rodríguez MA, Mendoza-Núñez VM..	2021	Effect of Tai Chi on Markers of Oxidative Stress: Systematic Review and Meta-Analysis.	Int J Environ Res Public Health	Int J Environ Res Public Health. 2021 Mar 26;18(7):3458. doi: 10.3390/ijerph18073458
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Otros

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Global	Yang GY, Hunter J, Bu FL, Hao WL, Zhang H, Wayne PM, Liu JP.	2022	Determining the safety and effectiveness of Tai Chi: a critical overview of 210 systematic reviews of controlled clinical trials.	Syst Rev.	Syst Rev. 2022 Dec 3;11(1):260. doi: 10.1186/s13643-022-02100-5
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	Zhao J, Chau JPC, Lo SHS, Choi KC, Liang S.	2021	The effects of sitting Tai Chi on physical and psychosocial health outcomes among individuals with impaired	Int J Nurs Stud.	Int J Nurs Stud. 2021 Jun;118:103911. doi: 10.1016/j.ijnurstu.2021.103911. Epub 2021 Mar 3.

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Insomnio	Si Y, Wang C, Yin H, Zheng J, Guo Y, Xu G, Ma Y.	2020	Tai Chi Chuan for Subjective Sleep Quality: A Systematic Review and Meta-	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Aug 11;2020:4710527. doi:

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	Tang Z, Zhu Z, Zhang X, He Y.	2022	The Effects of Tai Chi and Baduanjin Activities on Physical Interventions With Substance Use Disorders: A Systematic Review and Meta-analysis.	Hong Kong J Occup Ther.	Hong Kong J Occup Ther. 2022 Jun;35(1):25-34. doi: 10.1177/15691861221090551. Epub 2022 May 3
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	Fang J, Zhang L, Wu F, Ye J, Cai S, Lian X.	2021	The Safety of Baduanjin Exercise: A Systematic Review.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jan 21;2021:8867098. doi: 10.1155/2021/8867098. PMID: 33552220; PMCID: PMC7847359.
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	Yan ZW, Yang Z, Yang J, Chen YF, Zhang XB, Song CL.J	2022	Tai Chi for spatiotemporal gait features and dynamic balancing capacity in elderly female patients with non-specific	Back Musculoskelet Rehabil	Back Musculoskelet Rehabil. 2022;35(6):1311-1319. doi: 10.3233/BMR-210247.

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GUASHA

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Dolor	ECAs				
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	Saha, F. J., Brummer, G., Lauche, R., Ostermann, T., Choi, K.-E., Rampp, T., ... Cramer, H..	2019	Gua Sha therapy for chronic low back pain: A randomized controlled trial	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 34, 64–69.doi: 10.1016/j.ctcp.2018.11.002
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Ginecología	RS y MA				

	Ren, Q., Yu, X., Liao, F., Chen, X., Yan, D., Nie, H., ... Zhou, X.	2018	Effects of Gua Sha therapy on perimenopausal syndrome: A systematic review and meta-analysis of randomized controlled trials.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 31, 268–277.doi: 10.1016/j.ctcp.2018.03.012
	Fang YW, Chen SF, Wang ML, Wang MH.	2024	Effects of traditional Chinese medicine-assisted intervention on improving postpartum lactation: A systematic review and meta-analysis.	Heliyon	Heliyon. 30 de marzo de 2024;10(6):e27154
Neurología	ECAs				
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	Xie X, Lu L, Zhou X, et al.	2019	Effect of Gua Sha therapy on patients with diabetic peripheral neuropathy: A randomized controlled trial.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;35:348–352. doi: 10.1016/j.ctcp.2019.03.018
Otros	RS y MA				
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MICROSANGRADURA

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Dermatología	RS y MA				
	Ma X, Li D, Zhao M, He J, Yang F, Kong	2023	Bloodletting cupping combined with conventional measures therapy for psoriasis: A systematic review and meta-analysis of randomized controlled trials.	Front Med (Lausanne).	Front Med (Lausanne). 2023 Feb 16;10:1132928. doi: 10.3389/fmed.2023.1132928
	Yao Q, Zhang X, Mu Y, Liu Y, An Y, Zhao B.	2019	Bloodletting Therapy for Patients with Chronic Urticaria: A Systematic Review and Meta-Analysis.	Biomed Res Int	Biomed Res Int. 2019;2019:8650398. Published 2019 Apr 16. doi:10.1155/2019/8650398
	ECAS				
	Gao YY, Zhang M, She YF, Chen H, Song XD, Zhang MJ, Liu J, Fan XS, Zhang JC, Shi XL. 10.13703/j.0255-2930.20210519-k0006	2022	Clinical observation on different frequency of auricular bloodletting combined with auricular point sticking for acne vulgaris	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jun 12;42(6):629-33. doi:
	Wang YJ, Shi Y, Li HK, Sun B, Xue WH, Liu HQ.	2022	Chronic spontaneous urticaria treated with bloodletting therapy and auricular point sticking on the base of xuanfu theory: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Feb 12;42(2):157-61. doi: 10.13703/j.0255-2930.20210719-0005.
Ictus	Kim M, Han CH.	2024	Bloodletting at the ear apex for acute stroke: A systematic review and meta-analysis of randomized controlled trials. Medicine (Baltimore). 2024 Dec 6;103(49):e40694. doi: 10.1097/MD.00000000000040694, Kim M, Han C. Bloodletting for Acute Stroke	Healthcare (Basel).	Healthcare (Basel). 2024 Oct 17;12(20):2060. doi: 10.3390/healthcare12202060

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	Kim M, Han C.	2024	Bloodletting for Acute Stroke Recovery: A Systematic Review and Meta-Analysis.	Healthcare (Basel).	Healthcare (Basel). 2024 Oct 17;12(20):2060. doi: 10.3390/healthcare12202060
HTA	Xiong XJ, Wang PQ, Li SJ.	2019	Blood-Letting Therapy for Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(2):139–146. doi:10.1007/s11655-018-3009-2
Varices	ECAs				
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Migraña	Liu LY, Guo H, Ren MQ, Shen L, Chen L, Ma WZ.	2019	Bloodletting acupuncture at jing-well points along three-yang meridians of foot combined with acupuncture on migraine: Va randomized controlled trial	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020;40(1):32–36. doi:10.13703/j.0255-2930.20190714-k0006
Dolor	Qiao HW, Gao CM, Liu ZY, Huang S, Ma C, Liu NW.	2020	[Effect of bloodletting at tip of ear with different amounts on pain in patients with early-stage stye: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Aug 12;40(8):845-8. Chinese. doi: 10.13703/j.0255-2930.20191011-k0007. PMID: 32869593.
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CRANEOPUNTURA

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