

[Cochrane Reviews on Acupuncture - May 2018](#)

Acupuncture for hip osteoarthritis (May 2018)	Acupuncture probably has little or no effect in reducing pain or improving function relative to sham acupuncture in people with hip osteoarthritis.	http://cochranelibrary-wiley.com/doi/10.1002/14651858.CD013010/full
Acupuncture on IVF outcomes	Acupuncture does not improve IVF outcomes and should not be offered routinely as an adjunct to fertility treatment.	http://arizona.openrepository.com/arizona/handle/10150/188335
Acupuncture for allergic rhinitis	small total sample size did not allow firm conclusions to be drawn.	https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0028237/
Acupuncture for chronic asthma	not enough evidence	http://www.cochrane.org/CD000008/AIRWAYS_acupuncture-for-chronic-asthma
Acupuncture... helping smokers who are trying to quit	no consistent, bias-free evidence that acupuncture, acupressure, or laser therapy have a sustained benefit on smoking cessation for six months or more	http://www.cochrane.org/CD000009/TOBACCO_do-acupuncture-and-related-therapies-help-smokers-who-are-trying-to-quit
Acupuncture for preventing migraine attacks	there is an effect over sham, but this effect is small.	http://www.cochrane.org/CD001218/SYMPT_acupuncture-preventing-migraine-attacks
Acupuncture and dry-needling for low back pain	There is insufficient evidence to make any recommendations	http://www.cochrane.org/CD001351/BACK_acupuncture-and-dry-needling-for-low-back-pain
Acupuncture for osteoarthritis	benefits are small, do not meet our pre-defined thresholds for clinical relevance, and are probably due at least partially to placebo effects from incomplete blinding.	http://www.cochrane.org/CD001977/MUSKEL_acupuncture-for-osteoarthritis
Acupuncture for Bell's palsy	The quality of the included trials was inadequate to allow any conclusion about the efficacy of acupuncture	http://www.cochrane.org/CD002914/NEUROMUSC_acupuncture-for-bells-palsy
Acupuncture for induction of labour	no clear benefit from acupuncture or acupressure	http://www.cochrane.org/CD002962/PREG_acupuncture-or-acupressure-induction-labour
Carpal tunnel syndrome - other non-surgical methods have not been shown to help.	trials so far have not shown benefit	http://www.cochrane.org/CD003219/NEUROMUSC_oral-steroids-splinting-ultrasound-yoga-and-wrist-mobilisation-provide-short-term-relief-carpal
Interventions for nausea and vomiting in early pregnancy	inconclusive evidence	http://www.cochrane.org/CD003281/ANAESTH_wrist-pc6-acupuncture-point-stimulation-prevent-nausea-and-vomiting-after-surgery
Acupuncture for acute stroke	Acupuncture appeared to be safe but without clear evidence of benefit.	http://www.cochrane.org/CD003317/STROKE_acupuncture-for-acute-stroke

Acupuncture for elbow pain	There is insufficient evidence to either support or refute the use of acupuncture (either needle or laser) in the treatment of lateral elbo	http://www.cochrane.org/CD003527/MUSKEL_acupuncture-for-elbow-pain
Acupuncture and electroacupuncture for rheumatoid arthritis	acupuncture has no effect on ESR, CRP, pain, patient's global assessment, number of swollen joints, number of tender joints, general health, disease activity and reduction of analgesics	http://www.cochrane.org/CD003788/MUSKEL_acupuncture-and-electroacupuncture-for-rheumatoid-arthritis
Acupuncture for depression	Insufficient evidence	http://www.cochrane.org/CD004046/DEPRESSN_acupuncture-for-depression
Acupuncture for stroke rehabilitation	inadequate evidence to draw any conclusions about its routine use	http://www.cochrane.org/CD004131/STROKE_acupuncture-stroke-rehabilitation
Non-hormonal interventions for reducing hot flushes in women with a history of breast cancer	not possible to say if some treatments are better than others	http://www.cochrane.org/CD004923/BREASTCA_non-hormonal-interventions-for-reducing-hot-flushes-in-women-with-a-history-of-breast-cancer
Acupuncture to treat vascular dementia	The effectiveness of acupuncture for vascular dementia is uncertain	http://www.cochrane.org/CD004987/DEMENTIA_acupuncture-to-treat-vascular-dementia
Acupuncture for epilepsy	The current evidence does not support acupuncture for treating epilepsy.	http://www.cochrane.org/CD005062/EPILEPSY_acupuncture-for-epilepsy
Acupuncture for irritable bowel syndrome	no benefits of acupuncture	http://www.cochrane.org/CD005111/IBD_acupuncture-for-irritable-bowel-syndrome
Auricular acupuncture for cocaine dependence	currently no evidence	http://www.cochrane.org/CD005192/ADDICTN_auricular-acupuncture-for-cocaine-dependence
Acupuncturefor bedwetting in children	no reliable information	http://www.cochrane.org/CD005230/INCONT_complementary-treatments-such-as-hypnosis-psychotherapy-acupuncture-chiropractic-and-medicinal-herbs-for-bedwetting-in-children
Acupuncture for shoulder pain	Due to a small number of clinical and methodologically diverse trials, little can be concluded from this review. There is little evidence to support or refute the use of acupuncture for shoulder pain	http://www.cochrane.org/CD005319/MUSKEL_acupuncture-for-shoulder-pain
Acupuncture for insomnia	lack of high-quality clinical evidence to inform us about the efficacy and safety of acupuncture.	http://www.cochrane.org/CD005472/DEPRESSN_acupuncture-for-insomnia
Acupuncture for schizophrenia	Better designed large studies are needed	http://www.cochrane.org/CD005475/SCHIZ_acupuncture-for-schizophrenia

Acupuncture .. for patients with glaucoma	it is impossible to draw reliable conclusions from available data to support the use of acupuncture for the treatment of glaucoma	http://www.cochrane.org/CD006030/EYES_acupuncture-as-a-treatment-modality-for-patients-with-glaucoma
Acupuncture for dysphagia in acute stroke	not enough evidence to make any conclusion	http://www.cochrane.org/CD006076/STROKE_acupuncture-for-dysphagia-in-acute-stroke
Physical treatments for idiopathic facial paralysis	There is no high quality evidence to support significant benefit or harm from any physical therapy for idiopathic facial paralysis.	http://www.cochrane.org/CD006283/NEUROMUSC_physical-treatments-for-idiopathic-facial-paralysis
Non-pharmacological interventions for assisting the induction of anaesthesia in children	need further investigation in larger studies.	http://www.cochrane.org/CD006447/ANAESTH_non-pharmacological-interventions-assisting-induction-anaesthesia-children
Acupuncture for the symptomatic treatment of restless legs syndrome.	insufficient evidence	http://www.cochrane.org/CD006457/MOVEMENT_there-is-insufficient-evidence-to-support-the-use-of-acupuncture-for-the-symptomatic-treatment-of-restless-legs-syndrome
Interventions (other than pharmacological, psychosocial or psychological) for treating antenatal depression	not enough evidence available	http://www.cochrane.org/CD006795/PREG_interventions-other-than-pharmacological-psychosocial-or-psychological-for-treating-antenatal-depression
Acupuncture and assisted conception	There is no evidence that acupuncture improves live birth or pregnancy rates in assisted conception.	http://www.cochrane.org/CD006920/MENSTR_acupuncture-and-assisted-conception
Treatment for breast engorgement (overfull, hard, painful breasts) in breastfeeding women	comparing acupuncture with usual care (advice and oxytocin spray) found no difference in terms of stopping breastfeeding.	http://www.cochrane.org/CD006946/PREG_treatment-breast-engorgement-overfull-hard-painful-breasts-breastfeeding-women
Acupuncture for fibromyalgia	does not differ from sham acupuncture in reducing pain or fatigue, or improving sleep or global well-being.	http://www.cochrane.org/CD007070/MUSKEL_acupuncture-for-fibromyalgia
Acupuncture for uterine fibroids	There is no reliable proof of effectiveness of acupuncture for uterine fibroids	http://www.cochrane.org/CD007221/MENSTR_acupuncture-for-uterine-fibroids
Acupuncture for menopausal hot flushes	insufficient evidence	http://www.cochrane.org/CD007410/MENSTR_acupuncture-for-menopausal-hot-flushes
Acupuncture for tension-type headache	further trials - particularly comparing acupuncture with other treatment options - are needed.	http://www.cochrane.org/CD007587/SYMPT_acupuncture-tension-type-headache
Acupuncture for polycystic ovarian syndrome	there is insufficient evidence	http://www.cochrane.org/CD007689/MENSTR_acupuncture-polycystic-ovarian-syndrome

Acupuncture for acute management and rehabilitation of traumatic brain injury	does not allow us to make conclusive judgments on the efficacy and safety of acupuncture	http://www.cochrane.org/CD007700/INJ_acupuncture-for-acute-management-and-rehabilitation-of-traumatic-brain-injury
Acupuncture for cancer-related pain in adults	insufficient evidence	http://www.cochrane.org/CD007753/SYMPT_acupuncture-cancer-related-pain-adults
Acupuncture for ADHD in children and adolescents	there is no evidence base of randomised or quasi-randomised controlled trials to support the use of acupuncture as a treatment for ADHD in children and adolescents	http://www.cochrane.org/CD007839/BEHAV_acupuncture-for-adhd-in-children-and-adolescents
Acupuncture for near-sightedness in children	no conclusions can be drawn for the benefit of co-acupressure for slowing progress of myopia in children	http://www.cochrane.org/CD007842/EYES_acupuncture-for-near-sightedness-in-children
Acupuncture for people with autism spectrum disorders (ASD)	Current evidence does not support the use of acupuncture for treatment of ASD.	http://www.cochrane.org/CD007849/BEHAV_acupuncture-for-people-with-autism-spectrum-disorders-asd
Acupuncture for period pain	There is insufficient evidence to demonstrate whether or not acupuncture or acupressure are effective	http://www.cochrane.org/CD007854/MENSTR_acupuncture-period-pain
Acupuncture for pain in endometriosis	The evidence to support the effectiveness of acupuncture for pain in endometriosis is limited,	http://www.cochrane.org/CD007864/MENSTR_acupuncture-for-pain-in-endometriosis
Acupuncture for newborn babies with hypoxic ischemic encephalopathy (HIE)	we do not recommend acupuncture for the treatment of HIE in neonates	http://www.cochrane.org/CD007968/NEONATAL_acupuncture-for-newborn-babies-with-hypoxic-ischemic-encephalopathy-hie
Acupuncture for mumps in children	could not reach any conclusion about the efficacy and safety of acupuncture	http://www.cochrane.org/CD008400/ARI_acupuncture-for-mumps-in-children
Acupuncture for treating functional dyspepsia	It remains unknown whether manual acupuncture or electroacupuncture is more effective or safer than other treatments for patients with FD.	http://www.cochrane.org/CD008487/UPPERGI_acupuncture-for-treating-functional-dyspepsia
Acupuncture for sudden-onset ankle sprains in adults	does not provide reliable support for either the effectiveness or safety of acupuncture treatments, alone or in combination with other non-surgical interventions;	http://www.cochrane.org/CD009065/MUSKINJ_acupuncture-for-sudden-onset-ankle-sprains-in-adults
Treatments other than medication for people with chronic pain after spinal cord injury	Evidence is insufficient to suggest that non-pharmacological treatments are effective in reducing chronic pain in people living with SCI	http://www.cochrane.org/CD009177/INJ_treatments-other-than-medication-for-people-with-chronic-pain-after-spinal-cord-injury
Acupuncture or acupressure for relieving pain in labour	need for further research.	http://www.cochrane.org/CD009232/PREG_acupunture-or-acupressure-for-relieving-pain-in-labour
Acupuncture for stress urinary incontinence in adults	There is not enough evidence	http://www.cochrane.org/CD009408/INCONT_acupuncture-for-stress-urinary-incontinence-in-adults

Complementary therapies for acne vulgaris	lack of evidence	http://www.cochrane.org/CD009436/SKIN_complementary-therapies-acne-vulgaris
Acupuncture and related interventions for the symptoms of chronic kidney disease	The paucity of evidence indicates that there is little evidence of the effects of other types of acupuncture for other outcomes, including pain, in patients with other stages of CKD.	http://www.cochrane.org/CD009440/RENAL_acupuncture-and-related-interventions-symptoms-chronic-kidney-disease
Non-drug treatments for dry mouth symptoms	acupuncture is no different from placebo acupuncture with regard to dry mouth symptoms	http://www.cochrane.org/CD009603/ORAL_non-drug-treatments-for-dry-mouth-symptoms
Interventions for managing taste disturbances	evidence that is not sufficient to conclude on the role of acupuncture for improving taste	http://www.cochrane.org/CD010470/ORAL_interventions-managing-taste-disturbances
severe nausea and vomiting during pregnancy (hyperemesis gravidarum)	little high-quality and consistent evidence	http://www.cochrane.org/CD010607/PREG_interventions-treating-severe-nausea-and-vomiting-during-pregnancy-hyperemesis-gravidarum
Acupuncture for acute hordeolum (stye)	no RCTs included a valid sham acupuncture control, we cannot rule out a potential expectation/placebo effect associated with acupuncture	http://www.cochrane.org/CD011075/EYES_acupuncture-acute-hordeolum-stye
Management of gagging in dental patients	The evidence currently available is insufficient to draw reliable conclusions	http://www.cochrane.org/CD011116/ORAL_management-gagging-dental-patients
Interventions for heartburn in pregnancy	More research is needed on acupuncture	http://www.cochrane.org/CD011379/PREG_interventions-heartburn-pregnancy
Acupuncture for neuropathic pain in adults	there is insufficient evidence to support or refute the use of acupuncture for neuropathic pain in general	http://www.cochrane.org/CD012057/SYMPT_acupuncture-neuropathic-pain-adults