

Warming Needle Moxibustion for Alzheimer's Disease: A Systematic Review of Randomized Controlled Trials

Xinming Chen¹, Fang Liu¹, Nan Lin², Qian Lin³, Zecai Lv¹, Huoqin Xiu¹, and Pingying Nie¹

¹Nursing College, Fujian University of Traditional Chinese Medicine, Fuzhou, China

²College of Acupuncture and Moxibustion, Fujian University of Traditional Chinese Medicine, Fuzhou, China

³Rehabilitation Hospital Affiliated to Fujian University of TCM, Fujian, China

July 28, 2021

Abstract

Abstract Objective: To systematically research the impact of warming needle moxibustion (WNM) for Alzheimer's Disease (AD). **Methods:** Four Chinese databases and six English databases were systematically searched. Randomized controlled trials (RCTs) involving the use of WNM to intervene in AD patients were included. Data were extracted from the included studies and methodological quality was evaluated according to the Cochrane Handbook for Systematic Reviews of Intervention 5.1.0. Meta-analysis was performed using RevMan 5.4 software. **Results:** 8 RCTs comprising 524 patients were included. The study showed that WNM was more effective in the treatment of AD than acupuncture or pharmacotherapy. The findings were as follows: MMSE (MD=1.01, 95%CI: 0.13, 1.90, P=0.03) and CDR (MD=-0.73, 95%CI: -0.84, -0.61, P<0.00001) for global cognitive function, ADL (MD=-1.84, 95%CI: -2.47, -1.22, P<0.00001) for activities of daily living, Syndrome Differentiation Scale of Dementia (SDSD) (MD=-2.67, 95%CI: -3.62, -1.72, P<0.00001), and the total effective rate of patients (OR=3.89, 95%CI: 2.49, 6.09, P<0.00001). The differences in all indicators were statistically significant. **Conclusion:** WNM has a significant effect on improving cognitive function and daily living ability, reducing the symptoms of AD, and increase the total effective rate. WNM is an effective non-pharmacological therapy for patients with AD. **Keywords:** Warming needle moxibustion, Alzheimer's disease, Randomized Controlled Trials, systematic review and meta-analysis

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