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PARTE II. OTRAS TERAPIAS DE LA MTC

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Fundación Terapias Naturales

Calle Doctor Esquerdo, 105. 28017, Madrid. España.

Autores:

Dra. Mónica García Rodríguez, Dr. Carles Fernández Jané, Philippe Dath Bénit, Miguel De Alba Quirós, Rosa María Canas Albiñana.

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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.

Novedades de la presente actualización JUNIO 2023

Este año se han incrementado los estudios de alta evidencia científica publicados en las distintas técnicas de la MTC. De forma resumida se señalan los más relevantes.

Sección 1: Fitoterapia

Estudios recientes publicados en revistas de alto factor de impacto validan la eficacia de la Fitoterapia china y justifican su uso en diferentes enfermedades, ya sea como terapia adyuvante o como monoterapia. Destacan los estudios que demuestran su eficacia en el tratamiento del dolor radicular posoperatorio de enfermedades degenerativas lumbares, así como efectos beneficiosos en osteoporosis, artritis de rodilla y artritis reumatoide. Asimismo, se demuestra eficaz en pacientes con enfermedad pulmonar obstructiva crónica (EPOC), asma, neumonía y rinitis alérgica.

También ha demostrado tener una buena eficacia clínica en el tratamiento de la obesidad, en pacientes con gastritis asociada a *Helicobacter Pylori*, diabetes, estreñimiento y diarrea crónica.

Es eficaz para tratar el insomnio, la migraña vestibular y el vértigo, así como a pacientes con deterioro cognitivo vascular. Igualmente, mejora la función cognitiva, el comportamiento mental y las actividades de la vida diaria en pacientes con enfermedad de Alzheimer, en casos de recuperación del ictus isquémico, así como en la demencia y su prevención, pudiendo mejorar la puntuación de la esclerosis lateral amiotrófica.

En el ámbito ginecológico, la Fitoterapia china ha demostrado ser eficaz en el tratamiento de endometriosis, así como en el caso de pacientes con Síndrome de Ovario Poliquístico (SOP), dolor menstrual en pacientes con dismenorrea. Es beneficiosa en el resultado de la fecundación in vitro (FIV) y embarazo, en el tratamiento de la insuficiencia ovárica prematura, y pudiendo mejorar el nivel de progesterona y estradiol en la fase lútea, así como la capacidad de reserva y respuesta ovárica y la receptividad endometrial. La Fitoterapia china podría ser un tratamiento potencial para la amenaza de aborto espontáneo.

En el campo de la pediatría ha demostrado mejorar la eficacia clínica y la inmunidad en niños con infecciones recurrentes del tracto respiratorio, así como en niños con trastorno por déficit de atención e hiperactividad, siendo eficaz también en el tratamiento de dermatitis atópica, síndrome nefrótico primario, tos, bronquiolitis, paperas y diarrea pediátrica.

En el ámbito de la oncología, la MTC combinada con quimioterapia puede mejorar la tasa de efectividad y supervivencia del cáncer gástrico y reducir la incidencia de náuseas y vómitos tras la quimioterapia, mostrando efectos beneficiosos como terapia adyuvante para el cáncer de pulmón de células no pequeñas y cáncer colorrectal, cáncer de mama y de ovarios. Además, cada vez hay más pruebas de que la MTC es una terapia adyuvante eficaz para los niños con cáncer. Asimismo, es un método eficaz para tratar la neuropatía periférica inducida por quimioterapia.

La Fitoterapia china también ha mostrado mejorar la eficacia clínica entre los pacientes con hipertrofia cardíaca, bradiarritmia y angina microvascular, enfermedad coronaria, así como en pacientes con insuficiencia cardíaca congestiva, angina de pecho e hipertensión.

También se ha mostrado mejora en la candidiasis oral y prurito crónico, psoriasis, así como en diabetes y retinopatía diabética y 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.

Sección 2: Electroacupuntura (EA)

Diversos estudios han demostrado la eficacia de la EA en el tratamiento de la osteoartritis de rodilla y del hombro congelado. Ha mostrado ser beneficiosa tras un accidente cerebrovascular en aspectos como la disfunción eréctil y afasia, así como en el desarrollo cognitivo. También en insomnio y depresión, pudiendo reducir la incidencia de una respuesta auditiva anormal y mejorar los síntomas centrales en niños con autismo, y en pacientes con lesión de la médula espinal mejora las actividades cotidianas y la función motora. Puede mejorar la receptividad endometrial y los resultados en la transferencia de embriones y fertilización in vitro en pacientes con reserva ovárica disminuida. Ayuda en la mejora del suelo pélvico, así como en la incontinencia urinaria. Actúa sobre el estreñimiento crónico severo y en la promoción de la reducción de la grasa corporal, y proporcionó una opción alternativa para el estreñimiento inducido por opioides en pacientes adultos con cáncer. La EA alivia la ansiedad preoperatoria y mejora la calidad del sueño, así como el dolor después de la cirugía de hemorroides mixtas, de una cesárea y de la cirugía laparoscópica.

Sección 3: Ventosas

La terapia con ventosas reduce efectivamente la intensidad del dolor y mejora la calidad de vida de los pacientes con dolor lumbar. Su aplicación combinada con el tratamiento convencional puede lograr un tratamiento ideal para la psoriasis.

Sección 4: Moxibustión

La Moxibustión puede mejorar los síntomas clínicos y las emociones negativas en pacientes con artritis reumatoide al regular las reacciones inflamatorias. Mejora la calidad de vida, promueve la recuperación de la funcionalidad, alivia el dolor y la rigidez en el tratamiento de la artrosis de rodilla. Ayuda a mejorar significativamente la cognición y las actividades de la vida diaria de los pacientes con deterioro cognitivo posterior al accidente cerebrovascular, así como en el tratamiento de la demencia vascular. La Acupuntura y la Moxibustión son beneficiosas en casos de dolor por ismenorrea primaria y en pacientes con SOP, siendo también de gran eficacia y seguridad en el tratamiento del linfedema por cáncer de mama. Una RS y MA publicado en Journal of Pain Research apoya la Moxibustión como un tratamiento adyuvante eficaz para el tratamiento del dolor por cáncer. También ha demostrado ser beneficiosa en la rinitis alérgica y en el síndrome de fatiga crónica.

Sección 5: Tuina

La Tuina produjo efectos beneficiosos para el dolor, las emociones negativas y en osteoartritis de rodilla, dolor de cuello crónico, insomnio, tortícolis muscular congénita en bebés y niños, rinitis alérgica, ictericia neonatal, enuresis infantil y tos.

Sección 6: Auriculoterapia

La Auriculoterapia se puede utilizar como terapia complementaria para reducir los síntomas físicos y anímicos del síndrome premenstrual, así como para reducir la ansiedad durante el parto.

Sección 7: Taichi y Qigong

El Taichi tiene beneficios físicos, psicológicos y de calidad de vida para una amplia gama de afecciones, como la osteoartritis de rodilla, el dolor lumbar y las enfermedades cerebrovasculares y cardiovasculares, incluida la hipertensión. Es una intervención efectiva para adultos mayores al mejorar las condiciones físicas y psicológicas, las habilidades cognitivas y la calidad de vida. Es eficaz para mejorar la cognición y la función motora, el equilibrio, la capacidad funcional de caminar y la velocidad de la marcha en Parkinson; en

accidente cerebrovascular, deterioro cognitivo leve, demencia, lesión cerebral traumática y enfermedades neurodegenerativas, así como para el entrenamiento de fuerza muscular en niños con trastornos del desarrollo de la coordinación.

Presenta un buen efecto preventivo y de mejora sobre el insomnio, pudiendo aliviar la depresión y la ansiedad, mejorando significativamente la calidad del sueño en adultos sanos y en pacientes con enfermedades crónicas, disminuyendo la depresión y la ansiedad. También puede mejorar efectivamente los síntomas psicológicos negativos de los estudiantes universitarios y tiene un gran valor de promoción en colegios y universidades.

Presenta un efecto beneficioso en pacientes con insuficiencia cardíaca crónica y en el síndrome metabólico y su práctica regular podría mejorar la aptitud cardiorrespiratoria en los ancianos y la pérdida de densidad mineral ósea en mujeres posmenopáusicas. Es también beneficioso para la prevención y el tratamiento de pacientes con diabetes mellitus tipo 2.

Ha demostrado ser una intervención eficaz y adecuada para mejorar la calidad de vida siendo digno de recomendación en el proceso de rehabilitación de pacientes con carcinoma nasofaríngeo. Igualmente, puede mejorar de modo significativo la calidad de vida y la salud psicológica de las pacientes con cáncer de mama después de la operación.

Sección 8: Craneopuntura

La Acupuntura del cuero cabelludo ayuda a tratar eficazmente la parálisis cerebral espástica, mejorando también eficientemente las emociones negativas y la calidad de vida de los pacientes que han sufrido ictus.

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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]

ENFERMEDADES RESPIRATORIAS

La fitoterapia china reduce la duración del ciclo natural de las enfermedades respiratorias del tracto superior y alivia sus síntomas [16]. También mejora significativamente la función pulmonar y los síntomas del asma agudo [17], especialmente la fórmula Xiaoqinglong demostró mejorar la función pulmonar y reducir las IgE séricas [18]. La fitoterapia china es eficaz en el tratamiento para la rinosinusitis crónica [19], siendo la fórmula Yu Ping Feng San beneficiosa para adultos con rinitis alérgica [20]. 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 [21]. Una RS publicada en 2019 [22] 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 [23].

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 [24].

La fórmula Xiyanning 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 [25].

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 [26].

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 [27]

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 [28].

SÍNDROME DEL COLÓN IRRITABLE Y DIGESTIVO

Un estudio publicado en *Clinical Gastroenterology and Hepatology* [29] 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 [30]. El uso de la fórmula Zhizhu Kuanzhong ofrece un resultado superior al placebo en el tratamiento de la dispepsia funcional con síndromes de estrés posprandial [31]. 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 [32]. 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 [33]. 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 [34]. 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 [35]. 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 [36]. Otro MA confirma la mayor eficacia de la fitoterapia china en el tratamiento de la constipación producida por fármacos antipsicóticos [37].

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 [38].

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 [39].

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 [40].

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 [41].

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 [42].

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 [43] .

DEPRESIÓN E INSOMNIO

Los hallazgos de la RS realizada en 2018 [44] 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 [45] . Los hallazgos de una RS publicada en 2019 brindan apoyo para el uso rutinario de la fitoterapia china para la depresión [46], mostrando efectos potencialmente beneficiosos sobre los síntomas depresivos y clínicos relacionados con la intervención coronaria pospercutánea [47]. 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 [48]. 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 [49]. 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 [50].

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 [51] .

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 [52].

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 [53].

La cápsula Wuling puede mejorar de manera segura y efectiva la calidad del sueño en pacientes con trastorno de insomnio [54] .

NEUROLOGÍA

Una investigación publicada en la revista Medicine [55] 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 [56] 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 [57], así como también se han visto beneficios de la fitoterapia china en el deterioro cognitivo leve [58] . 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 [59]. Según una RS y MA publicada en 2020 [60], 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 [61]. 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 [62]. 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 [63]. 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 [64].

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 [65].

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 [66].

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 [67].

La decocción de Buyang Huanwu es una terapia eficaz y segura para la recuperación del ictus isquémico [68].

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 [69].

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 [70]. 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 [58].

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 [71].

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 [72]. 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 [73]. Una reciente RS publicada en PLoS One [74] 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 [75]. 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 [76]. 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 [77]. 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 [78]. Por otro lado, un MA sugiere que la fitoterapia china puede tratar la amenorrea causada por psicofármacos [79]. 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 [80].

La evidencia actual apoyó que la fitoterapia china podría ser un tratamiento potencial para la amenaza de aborto espontáneo [81].

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 [82].

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-aspártico, 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 [83].

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 [84].

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 [85]. Algunas fórmulas chinas de fitoterapia muestran beneficios en la endometriosis [86].

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) [91].

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 [87].

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 [88].

La decocción de Wenjing puede ser efectiva en el tratamiento de pacientes con infertilidad por trastorno ovulatorio [89].

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 [90].

PEDIATRÍA

Los resultados de un reciente estudio publicado en la revista International Journal of Pediatric Otorhinolaryngology [92] 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 Xiaoji Daozhi representa un método seguro y eficaz para el tratamiento del estreñimiento infantil [93].

La terapia adyuvante con gránulos de Yupingfeng mejora la eficacia clínica y la inmunidad en niños con infecciones recurrentes del tracto respiratorio [94].

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 fórmula MTC tiene efectos similares a los de la medicina convencional, pero con menos efectos secundarios [95].

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 [96].

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 [97].

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 [98].

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 [99].

La decocción de Gegen Qinlian puede tener ciertas ventajas en el tratamiento de la diarrea pediátrica [100].

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 [101].

ONCOLOGÍA

Cuidados paliativos y dolor

Los resultados de una revisión sistemática publicada en 2019 [102] 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 [103]. Un estudio publicado en Current Oncology en 2017 [104] 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 [105].

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 [106]. 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 [107]. 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 [108].

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 [102]. 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 [109].

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 [110]. 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 [111]. 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 [112]. El efecto positivo de la fitoterapia china está relacionado, entre otros, con la inmunomodulación y funciones de las células NK contra el cáncer [113]. 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 [114].

Utilizar el ginseng y sus componentes activos es una opción razonable como terapia adyuvante para el cáncer de pulmón de células no pequeñas [115].

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 [116].

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 [117].

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 [105]. 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 [118].

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 [119].

La medicina herbal china muestra beneficios clínicos para los pacientes con cáncer de mama en términos de respuesta tumoral y supervivencia [120]. En combinación con la medicina occidental es beneficiosa en el tratamiento del cáncer de pecho, mejorando la calidad de vida y disminuyendo los sofocos [121]. 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 [122].

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 [123].

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 [124].

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 [125].

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 [126].

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 [127].

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 [128].

Xerostomía

También se han visto beneficios potenciales para mejorar la función salival y reducir la gravedad de la boca seca en pacientes con cáncer [129], así como una ventaja en la prevención de la mucositis oral inducida por radiación [130].

Cáncer colorrectal, gástrico, hígado y páncreas

Según una RS y MA publicada en 2019 [131] la fitoterapia china puede tener el potencial de mejorar la eficacia de la quimioterapia para el cáncer colorrectal. Los resultados de otro reciente metanálisis 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 [132].

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* [133]. Según una reciente RS y MA, la fitoterapia china puede aliviar la neutropenia / leucopenia inducida por la quimioterapia en adultos con cáncer colorrectal [134]. 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 colorectal [135].

Clínicamente, según un reciente estudio publicado en *Phytomedicine*, la formulación de Fuzheng Jiedu Xiaoji combinada con la quimioembolización arterial transcáteter 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 [136]. 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 [137]. 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 [138].

El astrágalo combinado con quimioterapia a base de platino tuvo una mejor eficacia y menos efectos secundarios en el tratamiento del cáncer gástrico avanzado [139]. 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 [140].

Los medicamentos de la medicina tradicional china también muestran un alto potencial para tratar el cáncer de páncreas [141].

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 [142].

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 [143]. 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 [144].

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 [145]. La prescripción de Yiqi Qingdu puede mejorar los resultados de la medicina occidental en pacientes con cáncer de pulmón de células no pequeñas [146]. 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 [147]. 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 [148]. 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 [149].

Cada vez hay más pruebas de que la MTC es una terapia adyuvante eficaz para los niños con cáncer [150].

Otros

También se muestran efectos beneficiosos de la fitoterapia china en combinación con el tratamiento convencional para el cáncer nasofaríngeo [151].

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 [152].

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 [153]. 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 [154].

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 [112].

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 [155], 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 [156]. 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 [157]. 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 [158]. 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 [159]. 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 [160]. 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 [161]. Los resultados de una reciente ECA muestran los efectos antidepressivos 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 [162]. Otra RS no deja dudas de que la fitoterapia china sea eficaz frente a la hipertensión [163].

La decocción de Mahuang-Fuzi-Xixin (MFX) y el tratamiento de inyección de Shenmai son efectivos para tratar la bradiarritmia [164].

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 [165].

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 [166].

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 [167].

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 [168].

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 [169].

Los resultados de un estudio RS mostraron que Yangxin Decoctio es efectivo en el tratamiento de pacientes con angina de pecho [170].

La fitoterapia china se muestra beneficiosa para la hipertensión [171].

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 [172].

DERMATOLOGÍA

Los hallazgos de la revisión sistemática Cochrane [173] 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 [174]. 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 [175].

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 [176].

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 [177].

La pomada Liangxue Jiedu Runzhi tiene eficacia en el tratamiento de la psoriasis leve y moderada con el síndrome del calor sanguíneo [178].

La combinación de gránulos de Xiaoyin y cápsulas de acitretina podría ser una nueva estrategia terapéutica en el tratamiento de la psoriasis vulgar [179].

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 [180].

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. [181].

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 [182].

DIABETES

En un estudio publicado en 2019 [183] 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

[184]. La MTC podría mejorar significativamente el control de la glucosa y los índices clínicos en pacientes con diabetes y retrasar efectivamente su progresión [185]. 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 [186], así como el Shanyao, usado solo o en combinación con otros agentes hipoglucemiantes [187]. Otra MA muestra beneficios adicionales de los gránulos de Jinlida como una terapia adicional para la diabetes tipo 2 [188]. 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 [49]. 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 [189]. 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 [190].

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 [191].

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 [192].

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 [193].

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 [194].

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 [195].

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 [196].

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 [197].

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 [198].

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 [199].

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 [200].

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 [201]. Según una reciente ECA la fórmula Bazheng San es una buena opción alternativa para el tratamiento recurrente de la infección del tracto urinario [202]. 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 [203]. La fitoterapia china combinada con tadalafil tiene una eficacia significativa en el tratamiento de la disfunción eréctil sin aumentar los efectos secundarios [204]. 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 [205]. 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 [206].

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 [207]. 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) [208]. 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 [209]. Un ECA realizado en 131 pacientes que habían padecido COVID-19 demostró que las cápsulas de Bufeí 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 [210]. 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 [211], así como utilizando las cápsulas de Lianhuaqingwen [212]. 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 [213]. 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 [214].

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 [215]. [216]. [217,218] [219] [220].

La cápsula de Shufeng Jiedu combinada con medicina occidental parece más efectiva que la medicina occidental sola para el tratamiento de COVID-19 [221].

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 [222]. Así como el tratamiento con los gránulos de Jingyin [223] [224].

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 [225].

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 [226]. [227].

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].

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 electroacupuntura 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 [228] y efectos clínicos considerables en el tratamiento de la osteoartritis de rodilla con ventajas significativas para aliviar el dolor y mejorar la función integral [229].

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 [230].

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 [231].

La electroacupuntura también ha demostrado ser un método eficaz para la migraña [232].

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 [233].

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 [234].

Según otro estudio publicado en 2020 en *Archives of Physical Medicine and Rehabilitation* [235] 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 [236]. 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 [237].

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 [238].

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 [239].

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 [240].

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 [241].

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. [242].

NEUROLOGÍA, DEPRESIÓN, ANSIEDAD, ADICCIÓN

Los resultados de la revisión sistemática y metaanálisis realizado en 2018 [243] 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 [244]. Otra revisión sistemática [245] 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 [246], así como también muestra beneficios cognitivos en pacientes con esquizofrenia [247].

Un ECA [248] 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 [249].

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) [250].

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 [251].

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 [252].

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 [253].

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 [254].

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 [255].

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 [256].

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 [257].

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 [258].

La electroacupuntura también puede aliviar los síntomas de dolor en pacientes con dolor pélvico crónico y mejorar su calidad de vida [257].

La terapia combinada de electroacupuntura y presión del punto auricular debe introducirse como rutina, facilitando el tratamiento de los pacientes en mantenimiento con metadona [258].

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 [259].

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 [260]. La EA combinada con antidepresivos mejora el efecto curativo de los medicamentos y reduce efectivamente sus efectos secundarios [262].

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 [263].

Según este estudio RS y MA la electroacupuntura ayuda a disminuir la escala china de accidente cerebrovascular en pacientes con infarto cerebral [264].

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 [265].

La EA mejora las actividades cotidianas y la función motora en pacientes con lesión de la médula espinal [255].

DIGESTIVO

Un estudio publicado en Medicine en 2018 [266] 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 [267]. 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 [268].

Un estudio publicado en Annals of Internal Medicine [269] 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 [270] 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 [271] [272].

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 [273].

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 [274].

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 [275]. 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 [276].

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 [277].

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 [278].

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 [279].

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 [280].

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 [281].

GINECOLOGÍA

Los resultados obtenidos en un estudio publicado en *Archives of Gynecology and Obstetrics* [282] 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 [283].

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 [284].

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 [285].

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 [286].

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 [287].

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 [288]

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 [289].

URINARIO

Un estudio [290] 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 [291] 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 [292] pudiendo reducir la pérdida de orina [293].

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 [294].

La electroacupuntura podría ser una opción de tratamiento potencial para la incontinencia urinaria mixta y es relativamente segura [295].

ONCOLOGÍA

Según un estudio publicado en Cancer [296] 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 [297].

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 [298].

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 [299].

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 [300].

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 [301].

CARDIOLOGÍA

Un estudio publicado en *The Annals of Thoracic Surgery* en 2010 [302] 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 [303].

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 [304].

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 [305] y puede aliviar los síntomas, el dolor y acortar la estancia hospitalaria en los pacientes después de la laparotomía por cáncer gastrointestinal [306].

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 [307].

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 [308].

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 [309].

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 [310].

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 [311] .

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 [312].

MECANISMOS

Un estudio publicado en la revista Nature Medicine [313] sugiere un mecanismo antiinflamatorio mediado por los nervios ciático y vago que modula la producción de catecolaminas.

Los hallazgos encontrados en un reciente estudio [314] 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 [315].

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 [316].

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 [317] 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 [318].

En relación al dolor lumbar agudo o crónico la aplicación de ventosas también ha demostrado ser un método prometedor y eficaz [319,320], 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 [321].

Una revisión sistemática de ECAs realizada en 2016 [322] 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.

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 [323].

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 [324].

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 [325].

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 [326]. 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 [327].

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 [328].

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 [329].

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 [330] .

VÓMITOS Y NÁUSEAS

Un estudio realizado por la revista Medicine [331] estableció que la terapia con ventosa evitó los vómitos y náuseas postoperatorios en pacientes con colecistectomía laparoscópica.

CARDIOLOGÍA

Un estudio [332] 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 [333], 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 [334].

Las ventosas de extracción de sangre combinadas con el tratamiento convencional pueden lograr el tratamiento ideal para la psoriasis [335].

SECCIÓN CUATRO: MOXIBUSTIÓN

La moxibustión es una técnica muy antigua que se basa en la aplicación de calor mediante conos o cigarrillos 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 [336,337]. Otro estudio [338] 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 [339].

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 [340].

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 [341].

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 [342].

Un reciente estudio sugiere que la moxibustión es un tratamiento complementario eficaz para los pacientes con espondilitis anquilosante [343].

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 [344].

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 [345].

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 [346].

DIGESTIVO

Un estudio [347] 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 [348].

La moxibustión con acupuntura proporciona beneficios terapéuticos significativos en pacientes con enfermedad de Crohn [349].

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 [350].

NEUROLOGÍA

Según una revisión sistemática publicada en International Journal of Nursing Studies en 2018 [351] 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 [352] 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 [353].

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 [354].

RIÑÓN Y VEJIGA HIPERACTIVA

Según un estudio realizado en 2018 [355] la moxibustión es una opción a considerar en el caso de vejiga hiperactiva.

Un estudio realizado en 2016 [356] 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 [357].

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 [358].

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 [359]. 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 [360].

Según un estudio realizado en 2018 [361], 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 [362].

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) [363].

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 [364].

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 [365].

ONCOLOGÍA

La moxibustión se puede usar de manera segura para tratar la anorexia y mejorar la calidad de vida en pacientes con cáncer metastásico [366] siendo segura [367], 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 [368].

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 [369].

Según datos prometedores de una ECA preliminar la moxibustión tiene un efecto potencial sobre el linfedema relacionado con el cáncer de mama [370].

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 [371].

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 [372].

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 [373].

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) [374].

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 [375].

La moxibustión se puede usar de manera segura para tratar la anorexia y mejorar la calidad de vida en pacientes con cáncer metastásico [366] siendo segura [367] 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 [368].

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Según datos prometedores de una ECA preliminar la moxibustión tiene un efecto potencial sobre el linfedema relacionado con el cáncer de mama [370].

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 [371].

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 [372].

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 [376].

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 [377].

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 [378] y puede ser una intervención eficaz para la depresión posterior al accidente cerebrovascular [379].

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 [380].

Según una reciente RS y MA publicado en Medicine (Baltimore) la moxibustión es eficaz y segura en el tratamiento de la demencia vascular [381].

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 [382].

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 [383].

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 [384].

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 [385].

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 [386].

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 [387].

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 [388].

Según un reciente MA la moxibustión podría aliviar eficazmente los síntomas de la diarrea infantil [389].

MECANISMO

Un estudio [390] 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 [391].

DOLOR

Una revisión sistemática [392] 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 [393].

El masaje Tuina resulta un tratamiento seguro y eficaz para reducir la espasticidad de varios grupos musculares después del accidente cerebrovascular [394].

Un estudio [395] 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 [396].

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 [397].

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 [398].

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 [399].

HIPERTENSIÓN Y VÉRTIGO

Un estudio [400] 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 [401].

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 [402]. También es una intervención viable que podría beneficiar a los bebés y niños pequeños con anorexia [403].

Un reciente estudio muestra que el masaje de medicina china es beneficioso para tratar la tortícolis muscular congénita en bebés y niños [404].

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 [405].

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 [406].

La Tuina es una opción de tratamiento prometedora para la enuresis infantil [407].

La Tuina pediátrica puede acortar el curso y disminuir la tasa de recurrencia de la tos en los niños [408].

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 [409].

La acupresión es eficaz para aliviar la fatiga relacionada con el cáncer [410].

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 [411].

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 [412].

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 [413].

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 [414], presentándose como una modalidad prometedora en la reducción del dolor en 48 horas [415], y siendo eficaz para reducir la incapacidad y aumentar la temperatura del tejido en las personas con dolor crónico en la columna vertebral [416].

La acupuntura auricular es una práctica prometedora para el tratamiento del dolor de espalda crónico en adultos [417]. 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 [418].

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 [419].

También se ha visto que la auriculoterapia es efectiva en el tratamiento del dolor de pacientes con aparatología fija de ortodoncia [420].

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 [421].

RINITIS ALÉRGICA

Un estudio [422] 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 [423] 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 [424].

La auriculoterapia tiene un efecto positivo en el insomnio [425] y puede mejorar la calidad del sueño y la disfunción diurna entre los veteranos con trastorno de estrés postraumático [426].

La auriculoterapia muestra ser un ansiolítico equivalente al efecto del midazolame, sin los efectos indeseables habitualmente atribuidos a la benzodiazepina [427].

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 [428].

Los hallazgos de un reciente estudio sugieren que la auriculoterapia puede ser un tratamiento alternativo para el insomnio en pacientes con hemodiálisis de mantenimiento [429].

La auriculoterapia también ha demostrado ser eficaz en la ansiedad preoperatoria [430].

DERMATOLOGÍA

La auriculoterapia sola o junto al tratamiento convencional parece ser eficaz y segura en el tratamiento de la urticaria crónica espontánea [431].

GINECOLOGÍA

Los hallazgos de un estudio [432] 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 [433].

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 [434].

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 [435].

Se recomienda el uso de auriculoterapia para la prevención y el alivio del dolor de hombro después de una cesárea [436].

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 [437].

Según un ECA publicado en Trials la intensidad media del dolor en la dismenorrea fue menor con la auriculoterapia [438].

La auriculoterapia se puede utilizar como terapia complementaria para reducir los síntomas físicos y anímicos del síndrome premenstrual [439].

La auriculoterapia puede ser un método fácil y seguro para reducir la ansiedad durante el parto [440].

ONCOLOGÍA

La auriculoterapia demostró ser eficaz para aliviar el estreñimiento en pacientes con cáncer de mama que reciben quimioterapia [441] y muestra una reducción en la intensidad del dolor para pacientes con cáncer [442,443].

La auriculoterapia puede mejorar significativamente la calidad del sueño de los pacientes de cáncer con trastornos del sueño, sin efectos secundarios evidentes [444].

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 [445].

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 [446].

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 [447].

Un estudio publicado sugiere que la acupuntura auricular proporciona un mayor alivio del dolor el día de la amigdalectomía [448].

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 [449].

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 [450].

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. [451] 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 [452], así como también produce una reducción efectiva del dolor lumbar crónico no específico [453].

Los resultados obtenidos en un estudio con pacientes de dolor crónico de tobillo [454] 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 [455].

Los ejercicios de Taichi mejoran la función física y la calidad de vida en pacientes con artroplastia total de rodilla primaria sin riesgos adicionales [456].

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 [457].

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 [458]. El Taichi practicado durante veinticuatro semanas puede mejorar la propiocepción del tobillo y la rodilla de los pacientes con osteoartritis de rodilla [459].

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 [460].

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 [461].

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 [462].

PROMOCIÓN DE LA SALUD Y PREVENCIÓN DE ENFERMEDADES

Los hallazgos en un ECA realizado por Zou, L. et al [463] 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 [464] 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 [465–469].

Las personas mayores presentaron mayor actividad cerebral cuando practicaban Taichi en comparación con el ejercicio enfocado en el cuerpo [470].

Un estudio reciente [471] 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 [472]. Otro estudio sobre el Taichi con música indica ser una solución económicamente viable para mejorar la calidad de vida y el envejecimiento saludable [473].

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 [474]. 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 [475].

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 [476].

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 [477].

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 [478].

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 [479]. 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 [480].

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 [481].

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 [482].

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 [483].

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 [484].

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 [485].

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 [486].

Esta revisión sistemática, al menos hasta cierto punto, proporciona evidencia de apoyo para el uso rutinario del ejercicio chino tradicional para la sarcopenia [487] [488].

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 [489].

INSOMNIO, DEPRESIÓN, ESTRÉS

En diversos estudios el Taichi muestra ser una buena opción para el insomnio [490–492]. 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 [493].

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 [494,495].

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 [496]. Los ejercicios basados en Qigong pueden ser efectivos para aliviar los síntomas de depresión en individuos con trastorno depresivo mayor [497].

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 [498].

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 [499].

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 [500].

El Taichi puede ser una técnica eficaz para reducir la ansiedad y mejorar la autoeficacia y el rendimiento entre los estudiantes de enfermería [501]. 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 [502].

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 [503].

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 [504].

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 [505].

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 [506]. 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 [507].

NEUROLOGÍA

Una revisión sistemática realizada en 2018 [508] 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 [509] 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. [510], 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 [511].

Un estudio realizado en 2017 [512] 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 [513] y puede proporcionar beneficios físicos y psicosociales en individuos con esclerosis múltiple [514].

Varios estudios muestran que la práctica regular de Taichi puede mejorar la función cognitiva y física en el adulto mayor [515–518].

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 [519,520]. 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 [521].

Utilizando resonancia magnética de alta resolución de 22 practicantes de Taichi [522] 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 [523].

El Taichi puede ser un ejercicio efectivo para la mente y el cuerpo en la rehabilitación cognitiva entre pacientes mayores con deterioro cognitivo leve [524]. También mejora la cognición global en adultos con deterioro cognitivo [525].

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 [526].

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 [527]. 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 [528].

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 [529] y para el deterioro cognitivo leve [530].

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 [531].

El Baduanjin podría tener un efecto positivo en la mejora de la función motora, el equilibrio y la marcha de los pacientes con Parkinson [532].

Tai Chi y Qigong realizados durante 12 semanas o menos fueron efectivos para mejorar la movilidad de los sobrevivientes de accidentes cerebrovasculares [533].

El Taichi puede mejorar eficazmente la función motora, la función cognitiva global y las caídas en pacientes con enfermedades neurodegenerativas [534]. y es beneficioso para la demencia [535].

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 [536–538].

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 [539] y puede ser un método de rehabilitación cardíaca eficaz para pacientes con insuficiencia cardíaca crónica [540].

Un estudio publicado en 2015 [541] 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 [542], así como una mejora en la marcha durante 6 minutos y en la calidad de vida de pacientes con insuficiencia cardíaca [543].

Un estudio realizado en 2012 [544] 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 [545].

El Taichi podría recomendarse como tratamiento adyuvante para la hipertensión, especialmente para pacientes menores de 50 años [546].

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 [547]. Con beneficios en el síndrome metabólico [548].

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 [549,550].

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 [551], y se puede integrar fácilmente en los programas de rehabilitación cardíaca existentes [479].

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% [552].

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 [553].

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 [554].

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 [555]. 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 [556].

La práctica regular de Tai Chi podría mejorar la aptitud cardiorrespiratoria en los ancianos [557].

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 [558]. También puede mejorar la escala de depresión y ansiedad de pacientes con EPOC, y tiene efectos auxiliares en la mejora de la función pulmonar [559,560].

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 [561].

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 [562].

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 [563].

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 [564].

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 [565]. El estudio realizado por Wu et al. [566] 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 [567] 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 [568] 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 [569].

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 [570].

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 [571–573].

DIABETES Y OBESIDAD

El Taichi puede afectar efectivamente el manejo de la glucosa en sangre y la HbA1c en pacientes con DM tipo 2 [574], 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 [575].

Según un estudio realizado en 2017 [576] 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 [577].

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 [578].

El Taichi podría mejorar la calidad de vida y disminuir el IMC para pacientes con diabetes mellitus tipo 2 [579].

El Taichi es un enfoque eficaz para reducir la circunferencia de la cintura en adultos con obesidad central de 50 años o más [580].

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 [581].

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 [582].

ONCOLOGÍA

En un metaanálisis [583] 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 [584].

Un estudio realizado en 2016 [585] 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 [586].

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 [587].

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 [588].

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 [589]. 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 [590].

Los hallazgos respaldan la viabilidad del ejercicio aeróbico y las intervenciones de Taichi en pacientes con cáncer de pulmón avanzado [591]. El Qigong fue eficaz para reducir la disnea y la tos y mejorar la calidad de vida [592].

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 [593]. 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 [594].

El Qigong se puede recomendar para mejorar los grupos de síntomas de fatiga y trastornos del sueño en la población con cáncer [590].

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 [591].

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 [594].

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 [595].

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 [596].

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 [597].

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 [598].

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 [599].

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 [600].

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 [601].

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 [602]) y tiene efectos beneficiosos a corto plazo sobre el dolor y el estado funcional en pacientes con dolor crónico de cuello [603].

GINECOLOGÍA

Un estudio realizado en 2018 [604] 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 [605].

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 [606].

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 [607].

SECCIÓN NUEVE: 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 [608].

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 [609].

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 [610].

La craneoacupuntura produce una mejora a nivel emocional, en el sueño y promueve el desarrollo funcional en los niños con trastorno del espectro autista [611].

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 [612].

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 [613].

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 [614].

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ANEXO

FITOTERAPIA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fatiga	RS y MA				
	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, Sipjeondaebo-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				
	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 Wang, Ying Zhang, Wei Hou.	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
	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	Integrative Cancer Therapies	Integrative Cancer Therapies, 20, 153473542110216. doi:10.1177/15347354211021654

			Cancer: A Systematic Review and Meta-analysis.		
	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
	Hui Zhao , Man He, Meng Zhang, Qiang Sun, Sha Zeng, Li Chen, Han Yang, Maolun Liu, Shan Ren, Xianli Meng, Haibo Xu.	2021	Colorectal Cancer, Gut Microbiota and Traditional Chinese Medicine: A Systematic Review.	Am J Chin	Am J Chin Med. 2021;49(4):805-828. doi: 10.1142/S0192415X21500385. Epub 2021 Apr 6
	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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	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.0000000000027850
Cáncer de Pulmón	RS y MA				
	Xia Y, Han H, Gu R, Tao R, Lu K, Sun Z, Shen S, Wang A, Lu Y.	2023	The Efficacy and Hemorheological Indexes of Ginseng and Its Active Components for Patients with Non-Small Cell Lung Cancer: A Systematic Review and Meta-Analysis.	J Oncol.	J Oncol. 2023 Feb 17;2023:3144086. doi: 10.1155/2023/3144086. eCollection 2023
	Xu YF, Chen YR, Bu FL, Huang YB, Sun YX, Li CY, Sellick J, Liu JP, Qin DM, Liu ZL	2022	Chinese herbal injections versus intrapleural cisplatin for lung cancer patients with malignant pleural effusion: A Bayesian network meta-analysis of randomized controlled trials.	Front Oncol.	.Front Oncol. 2022 Sep 20;12:942941. doi: 10.3389/fonc.2022.942941. eCollection 2022.
	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.0000000000030478
	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.0000000000027161
	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	2021	Clinical efficacy and safety of Huachansu injection combination with platinum-based chemotherapy for advanced non-	Medicine (Baltimore)	Medicine (Baltimore). 2021 Sep 10;100(36):e27161.doi:10.1016/j.phymed.2021.153575

	Meng, Xiaoyu Chen, Yan Li.		small cell lung cancer: A systematic review and meta-analysis of randomized controlled trials		
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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
	Hailang H, Jiping Z, Ailing C, Xianmei Z.	2020	The effect of kanglaite injection in combination with gefitinib versus gefitinib alone in patients with nonsmall cell lung cancer: A meta-analysis.	J Cancer Res Ther.	J Cancer Res Ther. 2020 Jul-Sep;16(4):745-751. doi: 10.4103/jcrt.JCRT_1213_16. PMID: 32930113.
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	Shen S, Jiang S.	2019	Chinese herbal medicines of supplementing Qi and nourishing Yin	Journal of Cellular Biochemistry	J Cell Biochem. 2019 Feb 7. doi: 10.1002/jcb.28192

			combined with chemotherapy for non-small cell lung cancer: A meta analysis and systematic review.		
Sui X, Zhang M, Han X, Zhang R, Chen L, Liu Y, Xiang Y, Xie T.	2020		Combination of traditional Chinese medicine and epidermal growth factor receptor tyrosine kinase inhibitors in the treatment of non-small cell lung cancer: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 7;99(32):e20683. doi: 10.1097/MD.00000000000020683. PMID: 32769861; PMCID: PMC7593038.
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.
Wang, Q., Wang, Q., Wang, S. F., Jiao, L. J., Zhang, R. X., Zhong, Y., ... Xu, L.	2017		Oral Chinese herbal medicine as maintenance treatment after chemotherapy for advanced non-small-cell lung cancer: a systematic review and meta-analysis.	Current Oncology	Current Oncology, 24(4), 269. doi:10.3747/co.24.3561
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
Wang LC, Chang YY, Lee IC, Kuo HC, Tsai MY.	2020		Systematic review and meta- analysis of Chinese herbal medicine as adjuvant treatment in advanced non-small cell lung cancer patients.	Complement Ther Med.	Complement Ther Med. 2020 Aug;52:102472. doi: 10.1016/j.ctim.2020.102472. Epub 2020 Jun 8. PMID: 32951722.
Xu Y, Peng WP, Han D, Feng FC, Wang ZC, Gu C, Zhou XM.	2020		[Meta-analysis of Banmao Capsules in adjuvant treatment for non-small cell lung cancer].	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2020 Aug;45(16):3967-3973. Chinese. doi: 10.19540/j.cnki.cjcm.20200115.503. PMID: 32893596.

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	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
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	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 therapy in treatment of stage IIIb/IV non-small cell lung cancer.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 14;99(33):e21626. doi: 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 liverado y páncreas	RS y MA				
	Zhang RR(1), Shao MY(2), Fu Y(2), Zhao RX(2), Wang JW(1), Li M(1), Zhao YX(1), Shao FL(1).	2021	[Network Meta-analysis of oral Chinese patent medicine for adjuvant treatment of primary liver cancer	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 May;46(9):2333-2343. doi: 10.19540/j.cnki.cjcmm.20200721.501
	Yingqi She, Qinfeng Huang, Zhen Ye, Yu Hu, Mingquan Wu, Kaihua Qin , Ailing Wei, Xin Yang, Yuyao Liu, Cuihan Zhang, Qiaobo Ye.	2021	The Therapeutic Principle of Combined Strengthening Qi and Eliminating Pathogens in Treating Middle-Advanced Primary Liver Cancer: A Systematic Review and Meta-Analysis.	Front Pharmacol	Front Pharmacol. 2021 Oct 27;12:714287. doi: 10.3389/fphar.2021.714287. eCollection 2021
	Sun, C., Dong, F., Xiao, T., & Gao, W.	2021	Efficacy and safety of Chinese patent medicine (Kang-ai injection) as an adjuvant in the treatment of patients with hepatocellular carcinoma: a meta-analysis.	Pharmaceutical Biology	Pharmaceutical Biology, 59(1), 472–483. doi:10.1080/13880209.2021.1915340
	Rong-Rong Zhang 1, Ming-Yi Shao 2, Yu Fu 2, Rui-Xia Zhao 2, Jing-Wen Wang 1, Man Li , Yun-Xia Zhao , Fan-Lei Shao .	2021	Network Meta-analysis of oral Chinese patent medicine for adjuvant treatment of primary liver cancer	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 May;46(9):2333-2343. doi: 10.19540/j.cnki.cjcmm.20200721.501
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	Yifu F, Hetong Z, Yani Z, Zifei Y, Juan DU, Changquan L.	2022	Effectiveness of Jiedu granule on gut microbiota in patients with advanced hepatocellular carcinoma: a randomized controlled trial.	J Tradit Chin Med.	J Tradit Chin Med. 2022 Dec;42(6):988-996. doi: 10.19852/j.cnki.jtcm.20220902.002.
	Tong WU, Zhiyun Y, Yuing Y, Yuyong J, Peipei M, Huimin L, Yehong T, Qiaoli Z.	2022	Effect of decoction of Fuzheng Jiedu Xiaoji formula plus chemoembolization on primary liver cancer in patients.	J Tradit Chin Med.	J Tradit Chin Med. 2022 Jun;42(3):446-450. doi: 10.19852/j.cnki.jtcm.2022.03.011. PMID: 35610015 Free article. Clinical Trial.
	Yang X(1), Feng Y(1), Liu Y(1), Ye X(2), Ji X(1), Sun L(1), Gao F(1), Zhang Q(1), Li Y(1), Zhu B(3), Wang X(4).	2021	Fuzheng Jiedu Xiaoji formulation inhibits hepatocellular carcinoma progression in patients by targeting the AKT/CyclinD1/p21/p27 pathway.	Phytomedicine	Phytomedicine. 2021 Jul;87:153575. doi: 10.1016/j.phymed.2021.153575. Epub 2021 Apr 18
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	Yu F, Li Y, Zou J, et al.	2019	The Chinese herb Xiaoaiping protects against breast cancer chemotherapy-induced alopecia and other side effects: a randomized controlled trial.	Journal of Integrative Medical Research	J Int Med Res. 2019;47(6):2607–2614. doi:10.1177/0300060519842781
	Qi S, Li X, Dong Q, et al.	2019	Chinese Herbal Medicine (Xiaoaiping) Injections for Chemotherapy-Induced	Journal of Alternative and	J Altern Complement Med. 2019;25(6):648–655. doi:10.1089/acm.2018.0470

			Thrombocytopenia: A Randomized, Controlled, Multicenter Clinical Trial.	Complementary Medicine	
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Cardiología

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Angina de pecho	RS y MA				
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	Chen W, Chang H, Wang X, Wang Y, Liu Y, Wang D..	2023	The Efficacy and Safety of a Qiliqiangxin Capsule Combined with Sacubitril/Valsartan in the Treatment of Chronic Heart Failure: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2023 Feb 3;2023:2701314. doi: 10.1155/2023/2701314
	Jia Y, Gao G, Leung SW	2023	How efficacious are traditional Chinese medicine injections in treating angina pectoris? A network meta-analysis of randomized controlled trials.	J Ethnopharmacol	J Ethnopharmacol. 2023 Mar 1;303:115996. doi: 10.1016/j.jep.2022.115996. Epub 2022 Dec 9.
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	Wang XY, Hu HY, Ji ZC, Zhai JB, Liu CX, Zhang JH.	2021	Systematic review and Meta-analysis of efficacy and safety of Yangxin Dingji Capsules in treatment of arrhythmia	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2021 Oct;46(20):5418-5427. doi: 10.19540/j.cnki.cjcm.20210409.502
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Digestivo

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Síndrome del colon irritable	RS y MA				
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	Li, D., Dai, Y., Zhang, Y., Huang, M., Li, R., Ou-yang, J., ... Hu, L.	2017	Systematic review and meta-analysis of traditional Chinese medicine in the treatment of constipation-predominant irritable bowel syndrome.	PLOS ONE	PLOS ONE, 12(12), e0189491. doi:10.1371/journal.pone.0189491
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Gastritis	RS y MA				
	Jin W, Zhong J, Song Y, Li MF, Song SY, Li CR, Hou WW, Li QJ.	2022	Chinese herbal formula shen-ling-bai-zhu-san to treat chronic gastritis: Clinical evidence and potential mechanisms.	World J Gastroenterol.	World J Gastroenterol. 2022 Sep 7;28(33):4890-4908. doi: 10.3748/wjg.v28.i33.4890.
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	Chen HF, Gong Y, Huang Z, Zhao G, Chen ZM, Zen YM, Li HZ, Hu YL.J	2022	Efficacy and safety of Chinese herbal medicine Qirui Weishu capsule in treating chronic non-atrophic gastritis: A multicentre, double-blind, randomized controlled clinical trial.	Ethnopharmacol	Ethnopharmacol. 2022 Aug 10;294:115341. doi: 10.1016/j.jep.2022.115341. Epub 2022 May 10
Dispepsia	RS y MA				
	Wang XM, Zhu WT, Xu LC, Zhou PD, Zhou JM, Wang W, Lu SQ, Wei JY.	2023	Meta-analysis of Simotang Oral Liquid in treatment of functional dyspepsia in adults.	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2023 Jan;48(2):555-561. doi: 10.19540/j.cnki.cjcmm.20220905.501.
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	Wen MY, Zhang FC, Wang YJ.	2019	Effect of Zhizhu Kuanzhong Capsules on Treatment of Functional Dyspepsia: A Meta-Analysis of Randomized Controlled	Trials. Chinese Journal of Integrative Medicine	Trials. Chin J Integr Med. 2019;25(8):625–630. doi:10.1007/s11655-018-2846-0
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	Dai YK, Wu YB, Wen H, Li RL, Chen WJ, Tang C, Lu L, Hu L.	2020	Different Traditional Herbal Medicines for the Treatment of Gastroesophageal Reflux Disease in Adults.	Front Pharmacol	Front Pharmacol. 2020 Jul 16;11:884. doi: 10.3389/fphar.2020.00884. PMID: 32765255; PMCID: PMC7378538.
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Helicobacter pylori	RS y MA				
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Endocrinología

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Shen H, Zhou P, Shen L, Ju C, Du H, Qu X. .	2023	Effectiveness and safety of selected traditional Chinese medicine injections in patients with combined diabetes mellitus	Front Pharmacol.	Front Pharmacol. 2023 Jan 9;13:1060956. doi: 10.3389/fphar.2022.1060956. eCollection 2022.	

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Meng J(1), Zhu Y(2), Ma H(1), Wang X(3), Zhao Q(4).	2021	The role of traditional Chinese medicine in the treatment of cognitive dysfunction in type 2 diabetes	J Ethnopharmacol.	J Ethnopharmacol. 2021 Nov 15;280:114464. doi: 10.1016/j.jep.2021.114464. Epub 2021 Jul 27	
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Pang B, Li QW, Qin YL, Dong GT, Feng S, Wang J,	2020	Traditional chinese medicine for diabetic retinopathy: A systematic review and	Medicine (Baltimore)	Medicine (Baltimore). 2020 Feb;99(7):e19102. doi:	

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	Zhang L, Yang L, Shergis J, et al.	2019	Chinese herbal medicine for diabetic kidney disease: a systematic review and meta-analysis of randomised placebo-controlled trials.	BMJ Open	BMJ Open. 2019;9(4):e025653. Published 2019 May 1. doi:10.1136/bmjopen-2018-025653
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Obesidad	RS y MA				
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Tiroides	RS y MA				
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Li H, Zheng P, Min J, Zhang Y, Wang W, Zhang J, Li H.	2020	A prospective randomized controlled clinical trial of Pingmu Decoction combined with acupuncture in the treatment of non-active thyroid-related ophthalmopathy.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Dec 18;99(51):e23734. doi: 10.1097/MD.0000000000023734. PMID: 33371126; PMCID: PMC7748212.	

Dermatología

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Eczema y dermatitis atópica	RS y MA				
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	Li H, Sun X, He J, Tan C, Dai T.	2022	Efficacy and safety of Chinese herbal medicine Jianpi formulas for atopic dermatitis: Evidence from 11 randomized controlled trials	J Cosmet Dermatol	J Cosmet Dermatol. 2022 Mar;21(3):1065-1074. doi: 10.1111/jocd.14165. Epub 2021 May 1
	Wang X(1), Meng J(2), Wu Q(1), Feng J(1), Jing H(1).	2022	Clinical Efficacy of Integrated Traditional Chinese and Western Medicine in the Treatment of Eczema: A Meta-Analysis.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Mar 3;2022:7202626. doi: 10.1155/2022/7202626. eCollection 2022.
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Psoriasis		RS y MA			
	Qiu Y, Zhang W, Li G, Guo X, Qu J, Lan H, Zhang C, Xu J, Sun L	2022	Liangxue Jiedu Runzhi ointment in the treatment of mild and moderate psoriasis with blood-heat syndrome: A double-blind randomized controlled trial. .	Medicine (Baltimore)	Medicine (Baltimore). 2022 Nov 11;101(45):e31784. doi: 10.1097/MD.00000000000031784
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Dolor y lesiones

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Artritis reumatoide	RS y MA				
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	Mei L, Yang Z, Zhang X, Liu Z, Wang M, Wu X, Chen X, Huang Q, Huang R.	2021	Sustained Drug Treatment Alters the Gut Microbiota in Rheumatoid Arthritis	Front Immunol.	Front Immunol. 2021 Oct 14;12:704089. doi: 10.3389/fimmu.2021.704089. eCollection 2021.
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	Huang Y, Wang H, Chen Z, et al.	2019	Efficacy and safety of total glucosides of paeony combined with methotrexate and leflunomide for active rheumatoid arthritis: a meta-analysis.	Drug Design Developmebt and Therapy	Drug Des Devel Ther. 2019;13:1969–1984. Published 2019 Jun 17. doi:10.2147/DDDT.S207226
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Osteoarthritis	RS y MA				
	Liu S, Zhao XY, Li JF, Lu ZP, Zhang XG..	2022	Network Meta-analysis of Chinese medicine injections in treatment of rheumatoid arthritis	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2022 Oct;47(20):5627-5641. doi: 10.19540/j.cnki.cjcmm.20220727.501
	Zhao J, Yang W, Liang G, Luo M, Pan J, Liu J, Zeng L.	2022	The efficacy and safety of Jinwu Gutong capsule in the treatment of knee osteoarthritis: A meta-analysis of randomized controlled trials.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jul 15;293:115247. doi: 10.1016/j.jep.2022.115247. Epub 2022 Apr 4.
	Liang Y, Xu Y, Zhu Y, Ye H, Wang Q, Xu G.	2022	Efficacy and Safety of Chinese Herbal Medicine for Knee Osteoarthritis: Systematic Review and Meta-analysis of Randomized Controlled Trials.	Phytomedicine	Phytomedicine. 2022 Jun;100:154029. doi: 10.1016/j.phymed.2022.154029. Epub 2022 Mar 6.
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Lin Z, Zheng J, Chen M, Chen J, Lin J.	2022		The Efficacy and Safety of Chinese Herbal Medicine in the Treatment of Knee Osteoarthritis: An Updated Systematic Review and Meta-Analysis of 56 Randomized Controlled Trials	Oxid Med Cell Longev	Oxid Med Cell Longev. 2022 Jan 7;2022:6887988. doi: 10.1155/2022/6887988. eCollection 2022
Liang Y, Xu Y, Zhu Y, Ye H, Wang Q, Xu G.	2022		Efficacy and Safety of Chinese Herbal Medicine for Knee Osteoarthritis: Systematic Review and Meta-analysis of Randomized Controlled Trials.	Phytomedicine. 2022	Phytomedicine. 2022 Mar 6;100:154029. doi: 10.1016/j.phymed.2022.154029. Online ahead of print
Yang, M., Jiang, L., Wang, Q., Chen, H., & Xu, G.	2017		Traditional Chinese medicine for knee osteoarthritis: An overview of systematic review.	PLOS ONE	PLOS ONE, 12(12), e0189884.doi:10.1371/journal.pone.0189884
Zhang, W., Wang, S., Zhang, R., Zhang, Y., Li, X., Lin, Y., & Wei, X.	2016		Evidence of Chinese herbal medicine Duhuo Jisheng decoction for knee osteoarthritis: a systematic review of randomised clinical trials.	BMJ Open	BMJ Open, 6(1), e008973.doi:10.1136/bmjopen-2015-008973
Chen, B., Zhan, H., Marszalek, J., Chung, M., Lin, X., Zhang, M., ... Wang, C.	2016		Traditional Chinese Medications for Knee Osteoarthritis Pain: A Meta-Analysis of Randomized Controlled Trials.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 44(04), 677–703.doi:10.1142/s0192415x16500373
Huang H, Pan J, Yang W, et al.	2019		Are Kidney-Tonifying and Blood-Activating Medicinal Herbs Better than NSAIDs for Knee Osteoarthritis? A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Medicine	Evid Based Complement Alternat Med. 2019;2019:9094515. Published 2019 Nov 25. doi:10.1155/2019/9094515
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Cefalea y migrañas	RS y MA				
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Wang Y, Shi Y, Zhang X, et al.	2019	A Chinese Prescription Chuanxiong Chatiao San for Migraine: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:2301680. Published 2019 Jul 31. doi:10.1155/2019/2301680
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	Jo HG, Seo J, Choi S, Lee D.	2022	East Asian Herbal Medicine to Reduce Primary Pain and Adverse Events in Cancer Patients: A Systematic Review and Meta-Analysis With Association Rule Mining to Identify Core Herb Combination	Front Pharmacol	Front Pharmacol. 2022 Jan 17;12:800571. doi: 10.3389/fphar.2021.800571. eCollection 2021
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Insomnio

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Insomnio	RS y MA				
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	Wang J, Du P, Zhong LL, Ren Y, Feng L, Yang S, Song H.	2023	Meta-Analysis of the Effectiveness and Safety of Shugan Jieyu Capsules for the Treatment of Insomnia.	J Vis Exp	J Vis Exp. 2023 Feb 17;(192). doi: 10.3791/64660.
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	Chen F, Chen Z, Cheng Y, Li J, Liao R, Zhao Z, Wu K, Liu J.	2022	Meta analysis for insomnia Guizhi Gancao Longgu Muli decoction for insomnia A meta-analysis.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2022 May;47:101550. doi: 10.1016/j.ctcp.2022.101550. Epub 2022 Feb 23.
	Wang C, Yang Y, Ding X, Li J, Zhou X, Teng J, Qi X.	2021	Efficacy and safety of Shumian capsules in treating insomnia: A systematic review and meta-analysis	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 17;100(50):e28194. doi: 10.1097/MD.00000000000028194
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	Shi ML, Zhao M, Wang YH, Sun TY, Li XL, Ren F, Bian SB, Cui ZH, Li SS.	2021	Network Meta-analysis of efficacy and safety of Chinese patent medicines in treatment of insomnia	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Oct;46(20):5403-5417. doi: 10.19540/j.cnki.cjcmm.20210407.503
	Hu J, Teng J, Wang W, Yang N, Tian H, Zhang W, Peng X, Zhang J.	2021	Clinical efficacy and safety of traditional Chinese medicine Xiao Yao San in insomnia combined with anxiety	Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 29;100(43):e27608. doi: 10.1097/MD.0000000000027608.
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Ginecología

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Dismenorrea	RS y MA				
	Xie H, Zhang A, Mou X, He T, Li J, Wang CC, Fan X, Li L..	2023	Chinese herbal medicine for threatened miscarriage: An updated systematic review and meta-analysis	Front Pharmacol.	Front Pharmacol. 2023 Feb 14;14:1083746. doi: 10.3389/fphar.2023.1083746.
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	Ma C, Liang N, Gao L, Jia C.	2021	Danggui Sini Decoction (herbal medicine) for the treatment of primary dysmenorrhoea: a systematic review and meta-analysis.	J Obstet Gynaecol.	J Obstet Gynaecol. 2021 Oct;41(7):1001-1009. doi: 10.1080/01443615.2020.1820461. Epub 2020 Nov 24.
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	Ji HR, Park KS, Woo HL, Lee MJ, Yoon JG, Lee HJ, Hwang DS, Lee CH, Jang JB, Lee JM.	2020	Herbal medicine (Taohong Siwu Tang) for the treatment of primary dysmenorrhea: A systematic review and meta-analysis.	Explore (NY).	Explore (NY). 2020 Sep- Oct;16(5):297-303. doi: 10.1016/j.explore.2020.05.013. Epub 2020 Jul 9. PMID:32723605.
	Lee, H., Choi, T.-Y., Myung, C.-S., Lee, J. A., & Lee, M. S.	2016	Herbal medicine (Shaofu Zhuyu decoction) for treating primary dysmenorrhea: A systematic review of randomized clinical trials.	Maturitas	Maturitas, 86, 64–73. doi:10.1016/j.maturitas.2016.01.012
	Lee, H. W., Jun, J. H., Kil, K.-J., Ko, B.-S., Lee, C. H., & Lee, M. S.	2016	Herbal medicine (Danggui Shaoyao San) for treating primary dysmenorrhea: A systematic review and meta-analysis of	Maturitas	Maturitas, 85, 19–26. doi:10.1016/j.maturitas.2015.11.013

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	Leem J, Jo J, Kwon CY, Lee H, Park KS, Lee JM.	2019	Herbal medicine (Hyeolbuchukeo-tang or Xuefu Zhuyu decoction) for treating primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019 Feb;98(5):e14170. doi:10.1097/MD.00000000000014170
	Li G, Liu A, Lin M, Liao S, Wen Z.	2020	Chinese herbal formula siwutang for treating primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials.	Maturitas	Maturitas. 2020 Aug;138:26-35. doi:10.1016/j.maturitas.2020.03.009. Epub 2020 May 13. PMID: 32631585
	Ma C, Liang N, Gao L, Jia C.	2020	Danggui Sini Decoction (herbal medicine) for the treatment of primary dysmenorrhoea: a systematic review and meta-analysis.	J Obstet Gynaecol.	J Obstet Gynaecol. 2020 Nov 24:1-9. doi: 10.1080/01443615.2020.1820461. Epub ahead of print. PMID: 33228406.
	Seo J, Lee H, Lee D, Jo HG.	2020	Dangguijagyag-san for primary dysmenorrhea: A PRISMA-compliant systematic review and meta-analysis of randomized-controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 16;99(42):e22761. doi: 10.1097/MD.00000000000022761. PMID: 33080743; PMCID: PMC7571984
	Xu Y, Yang Q, Wang X.	2020	Efficacy of herbal medicine (cinnamon/fennel/ginger) for primary dysmenorrhea: a systematic review and meta-analysis of randomized controlled trials.	J Int Med Res	J Int Med Res. 2020 Jun;48(6):300060520936179. doi: 10.1177/0300060520936179. PMID: 32603204; PMCID: PMC7328489.
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Endometriosis	RS y MA				
	Wu Y, Liu Y, Jia H, Luo C, Chen H.	2022	Treatment of endometriosis with dienogest in combination with	Front Surg	Front Surg. 2022 Nov 1;9:992490. doi: 10.3389/fsurg.2022.992490

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	Wu LZ, Ke Y, Huang L, Lin LW, Huang YJ, Pei FL, Zeng C	2022	Network Meta-analysis of peroral Chinese patent medicines for activating blood and resolving stasis in treatment of endometriosis	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2022 Jun;47(11):3073-3087. doi: 10.19540/j.cnki.cjcmm.20220224.5011
	Gao Q, Shen L, Jiang B, Luan YF, Lin LN, Meng FC, Wang CY, Cong HF	2022	Salvia miltiorrhiza-Containing Chinese Herbal Medicine Combined With GnRH Agonist for Postoperative Treatment of Endometriosis: A Systematic Review and meta-Analysis.	Front Pharmacol.	Front Pharmacol. 2022 Feb 16;13:831850. doi: 10.3389/fphar.2022.831850. eCollection 202
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Ovarios poliúquísticos	Li J, Zheng R, Lin Z, Hu F, Lin Y, Zeng G, Fang J, Shen Y, Tan H, Han M, Li J	2022	Impact of Chinese Herbal Medicine on Glucolipid Metabolic Outcomes in Women with Polycystic Ovary Syndrome: A	Evid Based Complement Alternat Me	Evid Based Complement Alternat Med. 2022 Sep 30;2022:3245663. doi: 10.1155/2022/3245663.

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Wu L, Zhang H, Fan M, Yan Y.	2022	Efficacy and Safety of Cangfu Daotan Decoction in Patients with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 May 17;2022:4395612. doi: 10.1155/2022/4395612. eCollection 202	
Tang X(1)(2)(3), Huang Q(4), Wang C(1)(3)(5), Zhang D(1)(3), Dong S(6)(7), Yu C(1)(3).	2021	Kuntai Capsule Combined With Letrozole on Gonadal Hormone Levels and Ovarian Function in Patients With PCOS: A Systematic Review and Meta-Analysis.	Front Endocrinol (Lausanne).	Front Endocrinol (Lausanne). 2021 Dec 28;12:789909. doi: 10.3389/fendo.2021.789909. eCollection 2021	
Shen W, Pan Y, Jin B, Zhang Z, You T, Qu Y, Han M, Yuan X, Zhang Y.	2021	Effects of Tea Consumption on Anthropometric Parameters, Metabolic Indexes and Hormone Levels of Women with Polycystic Ovarian Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Endocrinol (Lausanne).	Front Endocrinol (Lausanne). 2021 Dec 13;12:736867. doi: 10.3389/fendo.2021.736867. eCollection 2021	
Zhou K, Zhang J, Xu L, Lim CED.	2021	Chinese herbal medicine for subfertile women with polycystic ovarian syndrome	Cochrane Database Syst Rev	Cochrane Database Syst Rev 2021 Jun 4;6(6):CD007535. doi: 10.1002/14651858.CD007535.pub4.	
Kwon, C.-Y., Lee, B., & Park, K. S.	2018	Oriental herbal medicine and moxibustion for polycystic ovary syndrome.	Medicine	Medicine, 97(43), e12942.doi:10.1097/md.00000000000012942	
Ma, Q., & Tan, Y.	2017	Effectiveness of co-treatment with traditional Chinese medicine and letrozole	Journal of Integrative	Journal of Integrative Medicine, 15(2), 95–101. doi:10.1016/s2095-4964(17)60320-0	

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	Feng Y, Lu SL, Jin XG, Gao J, Chen WP, Wang YX, Xu H, Wang LY.	2022	Effect of "Natural Polypill", Xuezhikang on Serum Cholesterol Metabolism Markers in Early Menopausal Women with Hypercholesterolemia	Chin J Integr Med	Chin J Integr Med. 2022 Mar;28(3):202-207. doi: 10.1007/s11655-021-3499-y. Epub 2021 Aug 25.
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	Li HM(1), Yang W(2), Zhang YL(3), Zhi YJ(2).	2021	Randomized controlled trial outcome indicators of postmenopausal osteoporosis treated by traditional Chinese medicine	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(16):4274-4286. doi: 10.19540/j.cnki.cjcmm.20210426.501
	Kargozar R, Salari R, Jarahi L, et al.	2019	Urtica dioica in comparison with placebo and acupuncture: A new possibility for menopausal hot flashes: A randomized clinical trial.	Complementary Therapies in Medicine	Complement Ther Med. 2019;44:166–173. doi:10.1016/j.ctim.2019.04.003
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	Ma Y, Song J, Cao X, Sun Z..	2023	Mechanism of Guilu Erxian ointment based on targeted metabolomics in intervening in vitro fertilization and embryo transfer outcome in older patients with poor ovarian response of kidney-qi deficiency type	Front Endocrinol (Lausanne).	Front Endocrinol (Lausanne). 2023 Jan 20;14:1045384. doi: 10.3389/fendo.2023.1045384. eCollection 2023
	Zhang Y, Qiao Y, Li L, Gao DD, Song JY, Sun ZG.	2022	Efficacy of Qizi Yusi Pill on Pregnancy Outcomes in Women of Advanced Reproductive Age: A Multicenter, Randomized, Double-Blind, Placebo-Controlled Trial..	Chin J Integr Med.	Chin J Integr Med. 2022 Aug;28(8):675-682. doi: 10.1007/s11655-022-3515-2. Epub 2022 Jun 1
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	Feng H, Zhong Q, Zhou H, Jiang X, Ding Y.	2021	The effects of combined bromocriptine and Bu-shen-zhu-yun decoction on serum hormones, anxiety, and pregnancy in hyperprolactinemic infertility patients.	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12230-12243. doi: 10.21037/apm-21-3111

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	Li HF, Shen QH, Li XQ, Feng ZF, Chen WM, Qian JH, Shen L, Yu LY, Yang Y.	2020	The Efficacy of Traditional Chinese Medicine Shoutai Pill Combined with Western Medicine in the First Trimester of Pregnancy in Women with Unexplained Recurrent Spontaneous Abortion: A Systematic Review and Meta-Analysis.	Biomed Res Int	Biomed Res Int. 2020 Aug 8;2020:7495161. doi: 10.1155/2020/7495161. PMID: 32851085; PMCID: PMC7436282.
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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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	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	Ann Palliat Med.	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755

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	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
	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	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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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.
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.

Neurología

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Accidente Vascular Cerebral	RS y MA				
	Li LD, Zhou Y, Shi SF	2023	Edaravone combined with Shuxuening versus edaravone alone in the treatment of acute cerebral infarction: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2023 Mar 3;102(9):e32929. doi: 10.1097/MD.00000000000032929
	Li L, Huo B, Wang Y, Wang Y, Gong Y, Zhang Y, Liu T, Sha G, Zheng T.	2023	Efficacy of Chinese herbal medicine on poststroke depression in animal models: A systematic review and meta-analysis.	Front Neurol	Front Neurol. 2023 Jan 9;13:1095444. doi: 10.3389/fneur.2022.1095444. eCollection 2022.
	Dai L, Zhang Y, Jiang Y, Chen K.	2022	Panax notoginseng preparation plus aspirin <i>versus</i> aspirin alone on platelet aggregation and coagulation in patients with coronary heart disease or ischemic stroke: A meta-analysis of randomized controlled trials.	Front Pharmacol.	Front Pharmacol. 2022 Dec 7;13:1015048. doi: 10.3389/fphar.2022.1015048. eCollection 2022.
	Wang R, Ren J, Li S, Bai X, Guo W, Yang S, Wu Q, Zhang W.	2022	Efficacy evaluation of Buyang Huanwu Decoction in the treatment of ischemic stroke in the recovery period: A systematic review of randomized controlled trials.	Front Pharmacol	Front Pharmacol. 2022 Oct 14;13:975816. doi: 10.3389/fphar.2022.975816. eCollection 2022
	Zhong DY, Li L, Ma RM, Deng YH.	2022	Systematic evaluation and re-evaluation of buyang huanwu decoction in treating ischemic stroke.	Complement Ther Med.	Complement Ther Med. 2022 Nov;70:102860. doi: 10.1016/j.ctim.2022.102860. Epub 2022 Jul 19.
	Shao L, She Y, Yong S, Chen B, Yi J, Li Y, Guo Z, Wu Q.	2022	An evidence-based evaluation of Buyang Huanwu decoction for the treatment of the sequelae of stroke: A PRISMA-compliant systematic review and meta-analysis of randomized controlled trials.	Phytomedicine	Phytomedicine. 2022 Sep;104:154312. doi: 10.1016/j.phymed.2022.154312. Epub 2022 Jul 3.

Wang L, Fan X, Du W, Liang X, Chen Y, Shi J, Sun L, Shen W, Zhang Y.	2022	A systematic review and meta-analysis for the primary prevention of high risk of stroke by Nao-an capsules.	Phytomedicine	Phytomedicine. 2022 Sep;104:154263. doi: 10.1016/j.phymed.2022.154263. Epub 2022 Jun 15.
Shen W, Fan X, Wang L, Zhang Y.	2022	Traditional Chinese Medicine for Post-Stroke Cognitive Impairment: A Systematic Review and Meta-Analysis	Front Pharmacol	Front Pharmacol. 2022 Feb 14;13:816333. doi: 10.3389/fphar.2022.816333. eCollection 2022
Zhao JY, Wang XL, Wang XF, Yuan RR, Zhang YK.	2022	Meta-analysis and GRADE evaluation of Shuxuetong Injection in treatment of stroke in progressive	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2022 Feb;47(3):807818. doi: 10.19540/j.cnki.cjcmm.20210702.502.
Zhong LL, Zheng Y, Lau AY, Wong N, Yao L, Wu X, Shao T, Lu Z, Li H, Yuen CS, Guo J, Lo S, Chau J, Chan KW, Ng BFL, Bian Z, Yu EC.	2022	Would integrated Western and traditional Chinese medicine have more benefits for stroke rehabilitation? A systematic review and meta-analysis	Stroke Vasc Neurol.	Stroke Vasc Neurol. 2022 Feb;7(1):77-85. doi: 10.1136/svn-2020-000781. Epub 2021 Aug 26.
Kim SH, Lim JH.	2022	Traditional East Asian Herbal Medicine for Post-Stroke Insomnia: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2022 Feb 3;19(3):1754. doi: 10.3390/ijerph19031754.
Kwon HK, Zhang T, Wu XG, Qiu JY, Park S.	2021	Efficacy and safety of Di-Tan Decoction for treating post-stroke neurological disorders: a systematic review and Meta-analysis of randomized clinical trials.	Chin J Nat Med	Chin J Nat Med. 2021 May;19(5):339-350. doi: 10.1016/S1875-5364(21)60035-3.
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Respiratorio

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Infección respiratoria	RS y MA				
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Otros	RS y MA				
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			statistical analysis plan for a randomised controlled trial.		
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Psicología

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Depresión y ansiedad	RS y MA				
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Gu X, Gao X, Cheng J, Xia C, Xu Y, Yang L, Zhou M.	2021	Emerging application of metabolomics on Chinese herbal medicine for depressive disorder.	Biomed Pharmacother	Biomed Pharmacother. 2021 Sep;141:111866. doi: 10.1016/j.biopha.2021.111866. Epub 2021 Jul 2
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	ECAS				
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Pediatría

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Respiratorio	RS y MA				
	Zhang L, Wang X, Wang D, Guo Y, Zhou X, Yu H.	2022	Adjuvant treatment with yupingfeng granules for recurrent respiratory tract infections in children: A systematic review and meta-analysis.	Front Pediatr.	Front Pediatr. 2022 Dec 21;10:1005745. doi: 10.3389/fped.2022.1005745. eCollection 2022
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Huang CH, Liao WL, Lee DY, Chou IC, Wang MY, Hsieh CL.	2022	Effects of Yi-Gan-san on the psychiatric behavior of children and adolescents with Tourette's Syndrome: A randomized, double-	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 23;290:115098. doi: 10.1016/j.jep.2022.115098. Epub 2022 Feb 16	

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COVID-19

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	Jin D, Wang J, Xue J, Zhao	2023	Contribution	Phytother Res.	Phytother Res. 2023 Mar;37(3):1015-1035.

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	Chen B, Yu X, Zhang L, Huang W, Lyu H, Xu Y, Shen J, Yuan W, Fang M, Li M, Gao Y.	2023	Clinical efficacy of Jingyin granules, a Chinese patent medicine, in treating patients infected with coronavirus disease 2019.	Phytomedicine	Phytomedicine. 2023 Jan;108:154496. doi: 10.1016/j.phymed.2022.154496. Epub 2022 Oct 17
	Zhuang J, Dai X, Zhang W, Fu X, Zhang G, Zeng J, Zhao S, Chen B..	2022	Efficacy and safety of integrated traditional Chinese and Western medicine against COVID-19: A systematic review and meta-analysis	Phytother Res.	Phytother Res. 2022 Dec;36(12):4371-4397. doi: 10.1002/ptr.7643. Epub 2022 Oct 18
	Zhu H, Li M, Tian C, Lai H, Zhang Y, Shi J, Shi N, Zhao H, Yang K, Shang H, Sun X, Liu J, Ge L, Huang L.	2022	Efficacy and safety of chinese herbal medicine for treating mild or moderate COVID-19: A systematic review and meta-	Front Pharmacol.	Front Pharmacol. 2022 Sep 7;13:988237. doi: 10.3389/fphar.2022.988237. eCollection 2022.

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Chien TJ, Liu CY, Chang YI, Fang CJ, Pai JH, Wu YX, Chen SW	2022		Therapeutic effects of herbal-medicine combined therapy for COVID-19: A systematic review and meta-analysis of randomized controlled trials. .	Front Pharmacol.	Front Pharmacol. 2022 Sep 1;13:950012. doi: 10.3389/fphar.2022.950012. eCollection 2022
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Li Y, Xiao P, Liu N, Zhang Z.	2022		Efficacy and Safety of Chinese Medicine Lianhua Qingwen for Treating COVID-19: An Updated meta-Analysis.	Front Pharmacol.	Front Pharmacol. 2022 Jun 3;13:888820. doi: 10.3389/fphar.2022.888820. eCollection 202
Zhang L, Ma Y, Shi N, Tong L, Liu S, Ji X, Chen R, Fan Y,	2022		Effect of Qingfei Paidu decoction combined with	Phytomedicine	Phytomedicine. 2022 Jul 20;102:154166. doi: 10.1016/j.phymed.2022.154166. Epub

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	Li F, Jiang Y, Yue B, Luan L.	2021	Use of traditional Chinese medicine as an adjunctive treatment for COVID-19: A systematic review and	Medicine (Baltimore)	Medicine (Baltimore). 2021 Jul 30;100(30):e26641. doi: 10.1097/MD.00000000000026641

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	Wu X, Li W, Qin Z, Xue L, Huang G, Luo Z, Chen Y.	2021	Traditional Chinese medicine as an adjunctive therapy for mild and common COVID-19: A systematic review and network meta-analysis	Medicine (Baltimore)	Medicine (Baltimore). 2021 Oct 8;100(40):e27372. doi: 10.1097/MD.00000000000027372.
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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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	Yu H, Han M, Lin W, Wang L, Liu P, Yang K, Pei M, Yang H.	2020	Efficacy of Chinese Herbal Injections for the Treatment of Primary Nephrotic Syndrome: A Bayesian	Front Pharmacol.	Front Pharmacol. 2020 Oct 16;11:579241. doi: 10.3389/fphar.2020.579241. PMID: 33178022; PMCID: PMC7596388.

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	Niu L(1), Hou Y(2), Jiang M(2), Bai G(3).	2021	The rich pharmacological activities of Magnolia officinalis and secondary effects based on significant intestinal contributions.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Dec 5;281:114524. doi: 10.1016/j.jep.2021.114524. Epub 2021 Aug 13.
	Chan KW(1), Lee PW(2), Leung CP(3), Law YK(4), Gao L(1), Chan GC(1), Yiu WH(1), Lam TP(5), Tang SC(1).	2021	PRAGmatic Clinical Trial Design of Integrative MediCinE (PRACTICE): A Focus Group Series and Systematic Review on Trials of Diabetes and Kidney Disease.	Front Med (Lausanne).	Front Med (Lausanne). 2021 Aug 27;8:668913. doi: 10.3389/fmed.2021.668913. eCollection 2021.

ELECTROACUPUNTURA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Cáncer de pecho	RS y MA				
	Yu Gao, Tingting Ma, Mei Han, Mingwei Yu, Xiuhui Wang, Yiren Lv, Xiaomin Wang.	2021	Effects of Acupuncture and Moxibustion on Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Integr Cancer Ther.	Integr Cancer Ther. Jan-Dec 2021;20:15347354211044107. doi: 10.1177/15347354211044107
	ECAs				
	Tong QY, Liu R, Gao Y, Zhang K, Ma W, Shen WD.	2022	Effect of Electroacupuncture Based on ERAS for Preoperative Anxiety in Breast Cancer Surgery: A Single-Center, Randomized, Controlled Trial.	Clin Breast Cancer.	Clin Breast Cancer. 2022 Oct;22(7):724-736. doi: 10.1016/j.clbc.2022.04.010. Epub 2022 Apr 30
	Zhang, J., Qin, Z., So, T. H., Chen, H., Lam, W. L., Yam, L. L., ... Zhang, Z.-J.	2021	Electroacupuncture Plus Auricular Acupressure for Chemotherapy-Associated Insomnia in Breast Cancer Patients: A Pilot Randomized Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies, 20, 153473542110191. doi:10.1177/15347354211019103
Mao, J. J., Farrar, J. T., Bruner, D., Zee, J., Bowman, M., Seluzicki, C., ... Xie, S. X.	2014	Electroacupuncture for fatigue, sleep, and psychological distress in breast cancer patients with aromatase inhibitor-related arthralgia: A randomized trial.	Cancer	Cancer, 120(23), 3744–3751. doi:10.1002/cncr.28917	

Cáncer de páncreas	ECAs				
	Chen, H., Liu, T.-Y., Kuai, L., Zhu, J., Wu, C.-J., & Liu, L.-M.	2013	Electroacupuncture treatment for pancreatic cancer pain: A randomized controlled trial.	Pancreatology	Pancreatology, 13(6), 594–597. doi:10.1016/j.pan.2013.10.007
Paliativos	RS y MA				
	Dai L, Liu Y, Ji G, Xu Y.	2021	Acupuncture and Derived Therapies for Pain in Palliative Cancer Management: Systematic Review and Meta-Analysis Based on Single-Arm and Controlled Trials.	J Palliat Med	J Palliat Med. 2021 Mar 10. doi: 10.1089/jpm.2020.0405. Epub ahead of print. PMID: 33691493.
Otros	RS y MA				
	Pei LX, Yi Y, Guo J, Chen L, Zhou JY, Wu XL, Sun JH, Chen H.	2022	The effectiveness and safety of acupuncture/electroacupuncture for chemotherapy-induced peripheral neuropathy: a systematic review and meta-analysis.	Acupunct Med.	Acupunct Med. 2022 Jun 12:9645284221076512. doi: 10.1177/09645284221076512.
	Hwang MS, Lee HY, Choi TY, Lee JH, Ko	2020	A systematic review and meta-analysis of the efficacy of acupuncture and electroacupuncture against chemotherapy-induced peripheral neuropathy	Medicine (Baltimore)	Medicine (Baltimore). 2020 Apr;99(17):e19837. doi: 10.1097/MD.00000000000019837. PMID: 32332632; PMCID: PMC7220547.
	ECAs				
	Wang W, Liu Y, Yang X, Sun J, Yue Z, Lu D, Zhou K, Sun Y, Hou A, Zang Z, Jin X, Liu C, Wang Y, Yu J, Zhu L, Liu Z.	2023	Effects of Electroacupuncture for Opioid-Induced Constipation in Patients With Cancer in China: A Randomized Clinical Trial.	JAMA Netw Open.	JAMA Netw Open. 2023 Feb 1;6(2):e230310. doi: 10.1001/jamanetworkopen.2023.0310.
Lee B, Kim BK, Kim M, Kim AR, Park HJ, Kwon	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.	

	OJ, Lee JH, Kim JH.				
	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/acpj-2016-165-12-069
Horta D, Lira A, Sanchez-Lloansi M, Villoria A, Teggiachi M, García-Rojo D, García-Molina S, Figuerola A, Esteve M, Calvet X.	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	
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,	2020	Electroacupuncture for the treatment of	Medicine (Baltimore)	Medicine (Baltimore). 2020 Nov

	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.		functional dyspepsia: A systematic review and meta-analysis.		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.,	2017	The effect of electro-acupuncture on pro-oxidant antioxidant balance values in overweight and obese subjects: a randomized	Journal of Complementary and Integrative Medicine	Journal of Complementary and Integrative Medicine, 15(2). doi:10.1515/jcim-2015-0081

	Zhao, B., Rahsepar, A. A., Tavallaie, S., ... Ferns, G. A.		controlled trial study.		
	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.
Hígado graso	RS y MA				
	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,	2017	Effect of Electroacupuncture on Visceral and Hepatic Fat in Women with Abdominal Obesity:	The Journal of Alternative and	The Journal of Alternative and Complementary Medicine, 23(4), 285–	

	Z.		A Randomized Controlled Study Based on Magnetic Resonance Imaging.	Complementary Medicine	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, Fockens P, Hollmann MW, Preckel B.	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.

Psicología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Depresión y ansiedad	RS y MA				
	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/fpsy.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): A network meta-analysis of randomized controlled trials.	Front Psychiatry	Front Psychiatry. 2022 Dec 23;13:1067329. doi: 10.3389/fpsy.2022.1067329. eCollection 2022
	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,	2020	The effect of acupuncture on depression	Medicine	Medicine (Baltimore). 2020 Oct	

	Kuang Z, Xu S.		and its correlation with metabolic alterations: A randomized controlled trial.	(Baltimore)	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
	ECA's				
	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
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	
Cirugía	ECA's				
	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	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

			Myofascial Pain: A Randomized Clinical Trial.		16. PMID: 31954696.
Dolor crónico	RS y MA				
	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: a multi-center randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):31-5. Chinese. doi: 10.13703/j.0255-2930.20191218-k0002. PMID: 33559439.
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
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	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				
	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 Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–18. doi:10.1155/2016/3485875
	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	Front Surg.	Front Surg. 2022 Sep 23;9:952361. doi: 10.3389/fsurg.2022.952361. eCollection

			syndrome (CTS): A systematic review and meta-analysis of randomized controlled trials.		2022
	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
Trigémino	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				
	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
	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,	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.

			Randomized Controlled Pilot Trial.		
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Insomnio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	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	2020	[Effect of electroacupuncture combined	Zhongguo Zhen	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):959-

	S, Chang Z, Zhu H.		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].	Jiu	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	Evid Based Complement	Evid Based Complement Alternat Med. 2020 Jan 19;2020:5865697. doi:

			Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Alternat Med	10.1155/2020/5865697. PMID: 32051687; PMCID: PMC6995321.
Ovario poliúístico	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 Electroacupuncture 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,	2022	A combination of electroacupuncture and auricular acupuncture for postoperative pain after abdominal surgery for gynaecological diseases: A randomized	Phytomedicine	Phytomedicine. 2022 Sep;104:154292. doi: 10.1016/j.phymed.2022.154292. Epub 2022 Jun 27.

	Leung TW, Leung WC, Liu TC, Chen H, Lao L.		controlled trial.		
	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.,	2018	Clinical effects and safety of electroacupuncture for the treatment of	Acupuncture in Medicine	Acupuncture in Medicine, acupmed-2016-011300.doi:10.1136/acupmed-2016-011300	

	Huang, R.-Y., & Xu, J.		post-stroke depression: a systematic review and meta-analysis of randomised controlled trials.		
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	2021	Effect of Electroacupuncture on Shoulder Subluxation in Poststroke Patients with	Pain Res Manag.	Pain Res Manag. 2021 Nov 19;2021:5329881. doi:

	Y, Li G.		Hemiplegic Shoulder Pain: A Sham-Controlled Study Using Multidimensional Musculoskeletal Ultrasound Assessment		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	Evid Based Complement	Evid Based Complement Alternat Med. 2022 Aug 5;2022:1271205. doi:

		Systematic Review and Meta-Analysis.	Alternat Med.	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,	2017	Electro-acupuncture treatment for internet addiction: Evidence of	Chinese Journal of Integrative	Chinese Journal of Integrative Medicine, 23(11), 837-844. doi:10.1007/s11655-017-

	T.		normalization of impulse control disorder in adolescents.	Medicine	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
	Gao X, Zhang Y, Zhang Y, Ku Y, Guo Y.	2021	Electroacupuncture for Gastrointestinal Function Recovery after Gynecological Surgery: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Dec 21;2021:8329366. doi: 10.1155/2021/8329366
	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
	Chen W, Chen Z, Li J, Wang Y, Chen G, Jiang T, Wu Z, Ye Z, Zhang J, Shan J, Wu H,	2021	Electroacupuncture as an Adjuvant Approach to Rehabilitation during Postacute Phase after Total Knee	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jul 27;2021:9927699. doi: 10.1155/2021/9927699

Shen Z, Liu W, Xu X..		Arthroplasty: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.		
Chen KB, Huang Y, Jin XL, Chen GF.	2019	Electroacupuncture or transcutaneous electroacupuncture for postoperative ileus after abdominal surgery: A systematic review and meta-analysis.	International Journal of Surgery	Int J Surg. 2019;70:93–101. doi:10.1016/j.ijisu.2019.08.034
Zhong, Y., Zeng, F., Li, J., Yang, Y., Zhong, S., & Song, Y.	2018	Electroacupuncture for Postoperative Urinary Retention: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–17.doi:10.1155/2018/7612618
ECAs				
Li H, Wen Q, Hu HQ, He Y, Pan H, Li N.	2023	Transcutaneous electrical acupoint stimulation combined with electroacupuncture for rapid recovery after abdominal surgery: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Feb 12;43(2):135-40. doi: 10.13703/j.0255-2930.20220505-0002
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.
	Eberl S, Monteiro de Olivera N, Bourne D, Streitberger K, Fockens P, Hollmann MW, et al.	2020	Effect of electroacupuncture on sedation requirements during colonoscopy: a prospective placebo-controlled randomised trial.	Acupunct Med.	Acupunct Med. junio de 2020;38(3):131-9.
	Ng, S. S. M., Leung, W. W., Mak, T. W. C., Hon, S. S. F.,	2013	Electroacupuncture Reduces Duration of Postoperative Ileus After Laparoscopic	Gastroenterology	Gastroenterology, 144(2), 307–313.e1.doi:10.1053/j.gastro.2012.10.050

	Li, J. C. M., Wong, C. Y. N., ... Lee, J. F. Y.		Surgery for Colorectal Cancer.		
	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 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.	Contrast 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	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2021 Apr 25;46(4):312-7. doi: 10.13702/j.1000-0607.200463.

			intestinal nutritional feeding intolerance in patients with severe acute pancreatitis.		
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Mecanismos

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	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
	de Brito FX, Luz-Santos C, Camatti JR, de Souza da Fonseca RJ, Suzarth G, Moraes LMC, da Silva ML, da Silva JRT, Vercelino R, Sá KN, Zana Y, Baptista AF.	2022	Electroacupuncture modulates cortical excitability in a manner dependent on the parameters used.	Acupunct Med	Acupunct Med. 2022 Apr;40(2):178-185. doi: 10.1177/09645284211057560. Epub 2021 Dec 9.
	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	Neural Regeneration Research	Neural Regen Res. 2019 Jun;14(6):954-961. doi: 10.4103/1673-5374.250569.

			ischemia/ reperfusion injury.		
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., del Rocio Thompson-Bonilla, M., Moreno-Eutimio, M. A., ... Ulloa, L.	2014		Dopamine mediates vagal modulation of the immune system by electroacupuncture.	Nature Medicine	Nature Medicine, 20(3), 291–295. doi:10.1038/nm.3479
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				
	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
Dolor muscular	RS y MA				
	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.-	2018	Is cupping therapy effective in patients	BMJ Open	BMJ Open, 8(11), e021070.

	R., Kim, E.-J., Hwang, D.-S., Lee, J., ... Lee, Y. J.		with neck pain? A systematic review and meta-analysis.		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				
	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.
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	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				
	Al Bedah, A. M. N., Khalil, M. K. M., Posadzki, P., Sohaibani, I., Aboushanab, T. S., AlQaed, M., & Ali, G. I. M.	2016	Evaluation of Wet Cupping Therapy: Systematic Review of Randomized Clinical Trials.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 22(10), 768–777. doi:10.1089/acm.2016.0193
	Kim, J.-I., Lee, M. S., Lee, D.-H., Boddy, K., & Ernst, E.	2011	Cupping for Treating Pain: A Systematic Review.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2011, 1–7. doi:10.1093/ecam/nep035
Túnel carpiano	ECAs				
	Mohammadi S, Roostayi MM, Naimi SS, Baghban AA.	2019	The effects of cupping therapy as a new approach in the physiotherapeutic management of carpal tunnel syndrome.	Physiotherapy Research International	Physiother Res Int. 2019;24(3):e1770. doi:10.1002/pri.1770
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
	Zhou Q, Wei S, Zhu H, Hu Y, Liu Y, Yang H, Zeng S, Chai S, Li J, Tao M	2021	Acupuncture and moxibustion combined with cupping for the treatment of post-herpetic neuralgia: A meta-analysis	Medicine (Baltimore)	Medicine (Baltimore). 2021 Aug 6;100(31):e26785. doi: 10.1097/MD.00000000000026785
	ECAs				
	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.
	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
	Islam, M. ul, Nayab, M., & Ansari, A. N.	2021	Effect of dry cupping versus soft and prolonged massage in the management of knee osteoarthritis – a randomized controlled clinical trial.	Journal of Complementary and Integrative Medicine	Journal of Complementary and Integrative Medicine, 0(0). doi:10.1515/jcim-2020-0350
He, X., Zhang, X., Liao, F., He, L., Xu, X., & Jan, Y.-K.	2021	Using reactive hyperemia to investigate the effect of cupping sizes of cupping	Journal of Back and Musculoskeletal	Journal of Back and Musculoskeletal Rehabilitation, 34(2), 327–	

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Meng, X., Wang, Y., Piao, S., Lv, W., Zhu, C., Mu, M., ... Guo, Y.	2018		Wet cupping therapy improves local blood perfusion and analgesic effects in patients with nerve-root type cervical spondylosis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine. doi:10.1007/s11655-017-2925-7
Nasb, M., Qun, X., Ruckmal Withanage, C., Lingfeng, X., & Hong, C.	2019		Dry Cupping, Ischemic Compression, or Their Combination for the Treatment of Trigger Points: A Pilot Randomized Trial.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine. doi:10.1089/acm.2019.0231
Qiu JQ, Liu SR, Lin QL, Li MJ, Zhuang JX, Wu GW.	2019		Acupuncture combined with cinesiotherapy cupping for knee osteoarthritis with qi stagnation and blood stasis syndrome: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(5):462–466.
Zhang, Y.-J., Cao, H.-J., Li, X.-L., Yang, X.-Y., Lai, B.-Y., Yang, G.-Y., & Liu, J.-P.	2017		Cupping therapy versus acupuncture for pain-related conditions: a systematic review of randomized controlled trials and trial sequential analysis.	Chinese Medicine	Chinese Medicine, 12(1). doi:10.1186/s13020-017-0142-0

Dermatología

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	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
	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 treatment of herpes zoster based on Th1/Th2 imbalance and serum substance P].	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2022 Sep 25;47(9):814-20. doi: 10.13702/j.1000-0607.20210893.

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Náuseas y vómitos	Farhadi, K., Choubsaz, 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	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
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

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
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
	ECAs				
	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	Comput Math Methods Med.	Comput Math Methods Med. 2022 Jul 22;2022:6530454. doi: 10.1155/2022/6530454. eCollection 2022

			Patients Undergoing Chemotherapy.		
	Gao Y, Ma T, Han M, Yu M, Wang X, Lv Y, Wang X.	2021	Effects of Acupuncture and Moxibustion on Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Integr Cancer Ther.	Integr Cancer Ther. 2021 Jan-Dec;20:15347354211044107. doi: 10.1177/15347354211044107
	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				
	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.
	ECAs				
	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
Náuseas y vómitos	RS y MA				
	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					

	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
Fatiga	ECAs				
	Han K, Kim M, Kim EJ, Park YC, Kwon O, Kim AR, Park HJ, Park YC, Cho JH, Kim JH, Lee JH.	2021	Moxibustion for treating cancer-related fatigue: A multicenter, assessor-blinded, randomized controlled clinical trial.	Cancer Med.	Cancer Med. 2021 Jul;10(14):4721-4733. doi: 10.1002/cam4.4020. Epub 2021 Jun 29
	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 with advanced non-small cell lung cancer].	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.
Otros	RS y MA				
	Ou Y, Lin D, Ni X, Li S, Wu K, Yuan L, Rong J, Feng C, Liu J, Yu Y, Wang X, Wang L, Tang Z, Zhao L.	2023	Acupuncture and moxibustion in patients with cancer-related insomnia: A systematic review and network meta-analysis.	Front Psychiatry.	Front Psychiatry. 2023 Feb 16;14:1108686. doi: 10.3389/fpsyt.2023.1108686. eCollection 2023.
	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.

	Jin H, Feng Y, Xiang Y, Zhang Y, Du W, Wasan HS, Ruan S, Huang D.	2020	Efficacy and Safety of Acupuncture-Moxibustion Therapy on Chemotherapy-Induced Leukopenia: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Oct 30;2020:5691468. doi: 10.1155/2020/5691468. PMID: 33178318; PMCID: PMC7647756.
	Yao Z, Xu Z, Xu T, Liu X, Xu S, Wan C, Zhou X.	2022	Moxibustion for alleviating chemotherapy-induced gastrointestinal adverse effects: A systematic review of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101527. doi: 10.1016/j.ctcp.2021.101527. Epub 2022 Jan 5.
	Wang CC, Han EY, Jenkins M, Hong X, Pang S, Whitehead L, Kirk DL, Williams A.	2022	The safety and efficacy of using moxibustion and or acupuncture for cancer-related insomnia: a systematic review and meta-analysis of randomised controlled trials.	Palliat Care Soc Pract	Palliat Care Soc Pract. 2022 Jan 10;16:26323524211070569. doi: 10.1177/26323524211070569.
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 chemotherapy: A randomized controlled trial.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 21(9), 697–702. doi:10.1007/s11655-014-2009-x

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Osteoartritis y artritis reumatoide	RS y MA				
	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
	ECAs				
	Wang X, Wu P, Luo Y, Tao SY, Li Y, Tang J, Jiang NN, Wang J, Zhao Y, Wang ZY	2022	Moxibustion for rheumatoid arthritis and its effect on related negative emotions]. .	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Nov 12;42(11):1221-5. doi: 10.13703/j.0255-2930.20211110-k0004
	Zhang D, Song S, Bian Z, Huang Z..	2022	Clinical Effect of Catgut Embedding plus Warm Needle Moxibustion on Improving Inflammation and Quality of Life of Knee Osteoarthritis Patients.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Oct 5;2022:5315619. doi: 10.1155/2022/5315619

	Wang Y, Yan T, Mu X, Dong H, Su J.	2022	Effects of Moxibustion Combined with Ultrashort Wave on Pain and Oxidative Stress in Elderly Patients with Knee Osteoarthritis.	Comput Math Methods Med.	Comput Math Methods Med. 2022 May 9;2022:3921021. doi: 10.1155/2022/3921021. eCollection 2022.
	Zhang M, Zhao C, Jiang L, Zhu Y.	2021	Clinical effect and mechanism of moxibustion combined with western medication for rheumatoid arthritis of liver-kidney deficiency.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 May 12;41(5):489-92. doi: 10.13703/j.0255-2930.20200519-k0005.
	Chen PY, Song CY, Yen HY, Lin PC, Chen SR, Lu LH, Tien CL, Wang XM, Lin CH.	2021	Impacts of tai chi exercise on functional fitness in community-dwelling older adults with mild degenerative knee osteoarthritis: a randomized controlled clinical trial.	BMC Geriatr.	BMC Geriatr. 2021 Jul 31;21(1):449. doi: 10.1186/s12877-021-02390-9.
	Tao S, Wang X, Liao C, Xiong Y, Tang J, Jiang N, Li Y, Hu X, Shuai R, Wang Y, Wu P.	2021	The Efficacy of Moxibustion on the Serum Levels of CXCL1 and beta-EP in Patients with Rheumatoid Arthritis.	Pain Res Manag.	Pain Res Manag. 2021 Oct 13;2021:7466313. doi: 10.1155/2021/7466313. eCollection 2021
	Lin L, Cheng K, Tan MT, Zhao L, Huang Z, Yao C, Wu F, Zhang H, Shen X.	2020	Comparison of the effects of 10.6- μ m infrared laser and traditional moxibustion in the treatment of knee osteoarthritis.	Lasers Med Sci.	Lasers Med Sci. 2020 Jun;35(4):823-832. doi: 10.1007/s10103-019-02863-9. Epub 2019 Aug 24. PMID: 31446581; PMCID: PMC7260151.
	Liu SR, Qiu JQ, Zhang LY, Lin QL, Ye GP, Zhu DY.	2019	Warming acupuncture combined with moxibustion at Yongquan (KI 1) for knee osteoarthritis with kidney-marrow deficiency: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(8):799–803. doi:10.13703/j.0255-2930.2019.08.001
	Liao M, Luo L, Ding Q, Zuo J, Guo LL, Gou CY, Zhang CR, Tang Y, Yu SG.	2020	[Light and heat of moxibustion for knee osteoarthritis : a multi-center randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jun 12;40(6):623-8. Chinese. doi: 10.13703/j.0255-2930.20200205-k0003. PMID: 32538014.
	Chen Y, Wang RQ, Liu JX, Zhang ZD, Jia YJ, Lv JH, Shi J, Xu J, Jia CS.	2020	[Effect of moxibustion on inflammatory factors and oxidative stress factors in patients with knee osteoarthritis: a	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):913-7. Chinese. doi: 10.13703/j.0255-2930.20200310-k0011. PMID: 32959582.

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	Hong XE, Zhang LY, Lin W, Lin YY, Lin QL, Zhu DY, Xu X, Wu MX.	2022	Governor vessel moxibustion combined with warming acupuncture for knee osteoarthritis with <i>yang</i> deficiency and cold congelation based on the supporting- <i>yang</i> theory.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Dec 12;42(12):1357-62. doi: 10.13703/j.0255-2930.20220617-k0002.
Dolor muscular	RS y MA				
	Chen FQ, Ge JF, Leng YF, Li C, Chen B, Sun ZL.	2020	Efficacy and safety of moxibustion for chronic low back pain: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101130. doi: 10.1016/j.ctcp.2020.101130. Epub 2020 Feb 29. PMID: 32379643.
	ECAs				
	Hu XW, Deng CY, Qiu FF, Geng LL, Yu XJ, Tang LM, Huang P, Nie XF.	2020	[Clinical effect of long-snake moxibustion on lumbago of cold-dampness type].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Apr 25;45(4):320-4. Chinese. doi: 10.13702/j.1000-0607.190569. PMID: 32333539.
Hu XW, Tang LM, Deng CY, Huang H, Liu H, Huang P, Jiang XM, Gao J, Zhu XY, Qiu FF.	2020	[Effect of long-snake moxibustion on nonspecific low back pain with symptom of cold and dampness].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):713-6. Chinese. doi: 10.13703/j.0255-2930.20190615-k0004. PMID: 32648393.	
Espondilitis anquilosante y espondilosis	RS y MA				
	Hu J, Mao Y, Zhang Y, Ye D, Wen C, Xie Z.	2020	Moxibustion for the treatment of ankylosing spondylitis: a systematic review and meta-analysis.	Ann Palliat Med	Ann Palliat Med. 2020 May;9(3):709-720. doi: 10.21037/apm.2020.02.31. Epub 2020 Apr 13. PMID: 32312058
	Huang, R., Huang, Y., Huang, R., Huang, S., Wang, X., Yu, X., ... Chen, X.	2020	Thunder-Fire Moxibustion for Cervical Spondylosis: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2020, 1–13. doi:10.1155/2020/5816717
Otros	RS y MA				
	Yao Y, Zhenni Z, Fengqin C, Yufei L, Xiangtian P, Xiao	2023	Effectiveness of moxibustion alone on lumbar disc herniation: a Metaanalysis	J Tradit Chin Med.	J Tradit Chin Med. 2023 Feb;43(1):14-26. doi: 10.19852/j.cnki.jtcm.20221108.001

	XU, Zhiling S.		of randomized controlled trials.		
	Chen J, Luo Z, Liu M, Wang F, Zhou R, Wang Y, Jia Y, Wang X, Leng X.	2022	Thunder-fire moxibustion for lumbar disc herniation: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2022 Dec 9;101(49):e32270. doi: 10.1097/MD.00000000000032270.
	Wang J, Liang C, Zeng F, Fan L, Zhuang J.	2022	Comparison of Needle-Warming Moxibustion and Other Physical Therapies for Lumbar Disc Herniation: A Meta-analysis.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Jul 28;2022:2986223. doi: 10.1155/2022/2986223. eCollection 2022.
ECAs					
	Liu J, Wang T, Xu DM, Liu LY, Ji FQ, Xu HN, Chen M,	2022	Effects of thunder-fire moxibustion on the motor function in the patients of osteoporosis with low skeletal muscle mass : a randomized controlled trial].	Zhen Ci Yan Jiu.	Cao YN, Huang CH. Zhen Ci Yan Jiu. 2022 Sep 25;47(9):809-13. doi: 10.13702/j.1000-0607.20210812.
	Ju CJ, Zhou X, Dong CC, Lin LQ, Liu HN, Hou Y.	2019	Clinical observation of warm moxibustion therapy to improve quadriceps weakness after total knee arthroplasty.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(3):276–279. doi:10.13703/j.0255-2930.2019.03.014
	Lee, M. S., Choi, T.-Y., Kang, J. W., Lee, B.-J., & Ernst, E.	2010	Moxibustion for Treating Pain: A Systematic Review.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 38(05), 829–838.doi:10.1142/s0192415x10008275
	Tang LM, Deng CY, Huang H, Liu H, Huang P, Jiang XM, Gao J, Zhu XY, Qiu FF, Hu XW.	2020	[Clinical effectiveness of "long snake moxibustion" for cold-dampness type chronic non-specific low back pain patients with negative emotions].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Dec 25;45(12):1014-8. Chinese. doi: 10.13702/j.1000-0607.200061. PMID: 33415863.
	Zhong YM, Cheng B, Zhang LL, Lu WT, Shang YN, Zhou HY.	2020	Effect of Moxibustion on Inflammatory Cytokines in Animals with Rheumatoid Arthritis: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Sep 8;2020:6108619. doi: 10.1155/2020/6108619. PMID: 32963566; PMCID: PMC7495223.

Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Ovario poliquístico	RS y MA				
	Li P, Peng J, Ding Z, Zhou X, Liang R.	2022	Effects of Acupuncture Combined with Moxibustion on Reproductive and Metabolic Outcomes in Patients with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2022 Mar 31;2022:3616036. doi: 10.1155/2022/3616036
	Kwon, C.-Y., Lee, B., & Park, K. S.	2018	Oriental herbal medicine and moxibustion for polycystic ovary syndrome.	Medicine	Medicine, 97(43), e12942.doi: 10.1097/md.00000000000012942
Endometriosis	ECAs				
	Chen LF, Jin XF, Li BW, Zhan MJ, Hu HT.	2020	Herb-separated moxibustion on dysmenorrhea in ovarian endometriosis: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):717-20. Chinese. doi: 10.13703/j.0255-2930.20190716-k0003. PMID: 32648394.).
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				
	Yang, M., Chen, X., Bo, L., Lao, L., Chen, J., Yu, S., ... Liang, F.	2017	Moxibustion for pain relief in patients with primary dysmenorrhea: A randomized controlled trial.	PLOS ONE	PLOS ONE, 12(2), e0170952.doi: 10.1371/journal.pone.0170952
Menopausia	ECAs				
	Feng H, Pan A, Zheng G, Yu W.J	2022	Clinical study of auricular point seed burying combined with fire dragon pot moxibustion in perimenopausal	Obstet Gynaecol Res.	Obstet Gynaecol Res. 2022 Jul;48(7):1938-1944. doi: 10.1111/jog.15277. Epub 2022 May 4.

			women with insomnia.		
	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				
	Wang LL, Xiang YG, Tan L, Zhu JY, Ren ZX, Ma XY, Wu YR.	2021	Acupuncture-moxibustion treatment by stages based on the theory of "transformation of yin and yang" for premature ovarian insufficiency.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jul 12;41(7):742-6. doi: 10.13703/j.0255-2930.20200627-k0001.
	Chen YB, Leng J, Lin BJ, Xu MH.	2021	Thunder-fire moxibustion combined with mifepristone for ovarian chocolate cyst dysmenorrhea with kidney deficiency and blood stasis: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):161-4. doi: 10.13703/j.0255-2930.20191011-0002.
	Yang QY, Sun YK, Lin ZT.	2021	Effect of moxibustion on postpartum urodynamics and pelvic floor function in puerperal women.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Aug 12;41(8):883-6. doi: 10.13703/j.0255-2930.20200821-k0001
	Su WW, Tian JS, Liang XY, Gao XA.	2020	[Effect of wheat-grain moxibustion at Yinbai (SP 1) on the menstrual period prolongation after IVF-ET down-regulation treatment].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):153-6. Chinese. doi: 10.13703/j.0255-2930.20190202-k00014. PMID: 32100500.
	Schlaeger, J. M., Stoffel, C. L., Bussell, J. L., Cai, H. Y., Takayama, M., Yajima, H., & Takakura, N.	2018	Moxibustion for Cephalic Version of Breech Presentation.	Journal of Midwifery & Women's Health	Journal of Midwifery & Women's Health, 63(3), 309–322. doi:10.1111/jmwh.12752

Urinario

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	ECAs				
	Lee, H.-Y., Yun, Y.-J., Choi, J.-Y., Hong, J.-W., Lee, I., Park, S.-H., & Kwon, J.-N.	2018	Effectiveness and safety of moxibustion for alleviating symptoms of overactive bladder.	Medicine	Medicine, 97(34), e12016. doi: 10.1097/md.00000000000012016
	Lee HY, Bae GE, Lee SD, Nam JK, Yun YJ, Han JY, Lee DH, Choi JY, Park SH, Kwon JN.	2020	Moxibustion as an adjunct for lower urinary tract symptoms associated with benign prostate enlargement: A randomized controlled pilot trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jan;99(4):e18918. doi: 10.1097/MD.00000000000018918. PMID: 31977907; PMCID: PMC7004691
	Lee HY, Bae GE, Lee SD, et al.	2020	Moxibustion as an adjunct for lower urinary tract symptoms associated with benign prostate enlargement: A randomized controlled pilot trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020;99(4):e18918. doi: 10.1097/MD.00000000000018918
	Liu F, Shi RJ, Cao B, Deng WL, Dong YK.	2019	Postoperative acute urinary retention in anorectal diseases treated with acupuncture combined with grain-moxibustion: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(7):709–712. doi: 10.13703/j.0255-2930.2019.07.008

Digestivo

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Enfermedad de Crohn	ECAs				
	Bao, C.-H.	2014	Randomized controlled trial: Moxibustion and acupuncture for the treatment of Crohn's disease.	World Journal of Gastroenterology	World Journal of Gastroenterology, 20(31), 11000.doi:10.3748/wjg.v20.i31.11000
	Bao CH, Zhong J, Liu HR, Gu YP, Wu P, Gu K, Wang D, Weng ZJ, Shi Y, Wu HG.	2021	[Effect of acupuncture-moxibustion on negative emotions and plasma tryptophan metabolism in patients with Crohn's disease at active stage].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):17-22. Chinese. doi: 10.13703/j.0255-2930.20200814-k0003. PMID: 33559436.
	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.
Síndrome colon irritable	RS y MA				
	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	2022	Moxibustion for diarrhea-predominant irritable bowel syndrome: A systematic	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101532. doi:

	L.		review and meta-analysis of randomized controlled trials.		10.1016/j.ctcp.2021.101532. Epub 2022 Jan 3.
	Park, J.-W., Lee, B.-H., & Lee, H.	2013	Moxibustion in the management of irritable bowel syndrome: systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 13(1). doi:10.1186/1472-6882-13-247
	Tang, B., Zhang, J., Yang, Z., Lu, Y., Xu, Q., Chen, X., & Lin, J.	2016	Moxibustion for Diarrhea-Predominant Irritable Bowel Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–10. doi:10.1155/2016/5105108
ECA's					
	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.
Otros	RS y MA				
	Yin Y, Zhao Q, Li S, Jiang H, Yin C, Chen H, Zhang Y..	2022	Efficacy of acupuncture and moxibustion therapy for simple obesity in adults: A meta-analysis of randomized controlled trials.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Oct 28;101(43):e31148. doi: 10.1097/MD.00000000000031148
	Yang L, Li Z, Li W, Zeng L,	2021	Effects of moxibustion on	Ann Palliat Med.	Ann Palliat Med. 2021 Apr;10(4):3988-3999.

	Bian Y.		gastrointestinal function recovery in preventing early postoperative small-bowel obstruction: a meta-analysis.		doi: 10.21037/apm-20-1266. Epub 2021 Mar 3
	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.
ECA's					
	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.
	Cai YM, Lu XJ, Zheng JF, Wang C, Zhang YF, Yao QW.	2021	Clinical observation on wheat grain moxibustion for chronic superficial gastritis of spleen-stomach deficiency and cold.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 May 12;41(5):511-4. doi: 10.13703/j.0255-2930.20200430-k0001
	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 cerebral	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.	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	

ECAs					
	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.
	Li DH, Li J, Ye XQ, Peng Q.	2020	[Early treatment of suspension moxibustion for Bell's palsy in acute stage].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):123-8. Chinese. doi: 10.13703/j.0255-2930.20190101-k00014. PMID: 32100495.
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
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.
Wu Q, Hu H, Han D, Gao H.	2021	Efficacy and Safety of Moxibustion for Postherpetic Neuralgia: A Systematic Review and Meta-Analysis.	Front Neurol.	Front Neurol. 2021 Aug 26;12:676525. doi: 10.3389/fneur.2021.676525. eCollection 2021.
Li F, Wang Y, Jiang TX, Zhu MJ, Ji JJ, Wu WW, Cai SC, Yang J.	2021	Acupuncture and moxibustion for vascular dementia and its effect on serum VEGF and AChE.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Aug 12;41(8):851-4. doi: 10.13703/j.0255-2930.20200816-0001.
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.
Tan Y, Hu J, Pang B, Du L, Yang Y, Pang Q, Zhang M, Wu Q, Zhang Y, Ni Q.	2020	Moxibustion for the treatment of diabetic peripheral neuropathy: A systematic review and meta-analysis following PRISMA guidelines.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Sep 25;99(39):e22286. doi: 10.1097/MD.00000000000022286. PMID: 32991431; PMCID: PMC7523832
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

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
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
	ECAs				
	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	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:

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Fatiga crónica	Fang Y, Yue BW, Ma HB, Yuan YP.	2022	Acupuncture and moxibustion for chronic fatigue syndrome: A systematic review and network meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Aug 5;101(31):e29310. doi: 10.1097/MD.00000000000029310
	You J, Ye J, Li H, Ye W, Hong E.	2021	Moxibustion for Chronic Fatigue Syndrome: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Nov 11;2021:6418217. doi: 10.1155/2021/6418217.
	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
ECAS					
	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	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
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,	2020	[Effect of moxibustion on clinical symptoms, peripheral inflammatory indexes and T lymphocyte subsets in	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Dec 12;40(12):1271-5. Chinese. doi: 10.13703/j.0255-2930.20200507-k0003.

	Zhang Y, Yang JS.		COVID-19 patients].		PMID: 33415866.
	Liu ML, Liu M, Zhong H, Yu J, Luo J, Ai K, Xu M, Liu Q, Dai GB, Zhang W, Zhang H, Chang XR, Liu BY.	2020	[Significance and operation mode of moxibustion intervention for the group under quarantine after close contact with COVID-19].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 May 12;40(5):457-61. Chinese. doi: 10.13703/j.0255-2930.20200224-k0004. PMID: 32394650.
Andrología	Mu YY, Hua QX, Yao B, Feng YM, Xie ZY, Gao Z, Zhang WJ, Xia YB.	2019	Effect on sperm quality of asthenospermia and oligospermia treated with grain-moxibustion combined with medicine therapy.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019 Aug 12;39(8):843-8. doi: 10.13703/j.0255-2930.2019.08.012. Chinese. PMID:31397129
	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
Rinitis	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.
	Yuan T, Xiong J, Yang J, Wang X, Jiang Y, Zhou X, Liao K, Xu L.	2020	The Effectiveness and Safety of Thunder Fire Moxibustion for Treating Allergic Rhinitis: A PRISMA Compliant Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Sep 19;2020:6760436. doi: 10.1155/2020/6760436. PMID: 33029169; PMCID: PMC7532423.
HTA	Zhou X, Wu Q, Liu M, Zhu W, Ren Q, Wang Y, Sun X, Chen	2021	Moxibustion for Essential Hypertension and Hypertensive Symptoms: A	Complement Med Res.	Complement Med Res. 2021;28(5):435-445. doi: 10.1159/000513701. Epub 2021 Jan 25.

	J.		Systematic Review of 18 Randomized Controlled Trials.		
	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.
	Tay JS, Kim YJ.	2021	Efficacy of moxibustion in diabetes peripheral neuropathy.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 10;100(49):e28173. doi: 10.1097/MD.00000000000028173
	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
	Jin H, Li L, Yu W, Fu Y.	2021	The efficacy of acupuncture and moxibustion for early and middle-stage osteonecrosis of the femoral head: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Jun 4;100(22):e26210. doi: 10.1097/MD.00000000000026210.
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.
		2023	Efficacy and safety of acupuncture	Am J Otolaryngol.	Am J Otolaryngol. 2023 Feb

	Wu Q, Wang J, Han D, Hu H, Gao H..		and moxibustion for primary tinnitus: A systematic review and meta-analysis.		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.
	Zhou X, Wu Q, Wang Y, Ren Q, Zhu W, Yao Z, Chen J.	2020	Moxibustion as an Adjuvant Therapy for Chronic Kidney Disease: A Systematic Review and Meta-Analysis of 23 Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Oct 28;2020:6128673. doi: 10.1155/2020/6128673. PMID: 33193796; PMCID: PMC7641698.
	Kim, S. Y., Lee, E. J., Jeon, J. H., Kim, J. H., Jung, I. C., & Kim, Y. I.	2017	Quality Assessment of Randomized Controlled Trials of Moxibustion Using Standards for Reporting Interventions in Clinical Trials of Moxibustion (STRICTOM) and Risk of Bias (ROB).	Journal of Acupuncture and Meridian Studies	Journal of Acupuncture and Meridian Studies, 10(4), 261–275.doi:10.1016/j.jams.2017.05.012
	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	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2023 Feb 12;43(2):144-8. doi: 10.13703/j.0255-2930.20220327-

			rivaroxaban for lower extremity venous thrombosis after total knee arthroplasty: a randomized controlled trial.		0004.
	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				
	Shu-Hua Hsieh, Chia-Rung Wu, Debby Syahru 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				
	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
Dolor muscular	RS y MA				
	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	Evidence-Based Complementary and Alternative	Evidence-Based Complementary and Alternative Medicine, 2012, 1–14. doi:10.1155/2012/578305

			Meta-Analysis.	Medicine	
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					
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	Journal of Integrative Medicine	Journal of Integrative Medicine, 13(5), 314–318. doi:10.1016/s2095-4964(15)60194-7	

			randomized controlled trial.		
Otros	RS y MA				
	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

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 infants and children: A systematic review and meta-analysis".	Complement Ther Clin Pract	Complement Ther Clin Pract. 2022 Feb;46:101537. doi: 10.1016/j.ctcp.2022.101537. Epub 2022 Jan 21.
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	2020	Pediatric tuina for the treatment of	Complement Ther	Complement Ther Med. 2020

	QH, Bai X, Li J, Zhang YP, Chi Y, Robinson N, Liu JP.		anorexia in children under 14 years: a systematic review and meta-analysis of randomized controlled trials.	Med.	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				
	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				
	Chen SC, Cheng HL, Han LF, Wu GT, Zhang RY, Suen LK,	2022	Parent-administered pediatric tuina for the treatment of attention deficit	Complement Ther Med.	Complement Ther Med. 2022 Nov;70:102854. doi:

	Chen X, Yeung WF.		hyperactivity disorder symptoms: Process evaluation of a pilot randomized controlled trial.		10.1016/j.ctim.2022.102854. Epub 2022 Jul 13.
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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	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
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

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, Zhou H, Lei Y, Yang L, Guo J, Wang Y, Zhou Y.	2023	A systematic review with meta-analysis: Traditional Chinese tuina therapy for insomnia.	Front Neurosci.	Front Neurosci. 2023 Jan 25;16:1096003. doi: 10.3389/fnins.2022.1096003. eCollection 2022.

AURICULOTERAPIA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Sueño	RS y MA				
	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
Dolor	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
	Alimi, D., Rubino, C., Pichard-Léandri, E., Femand-Brulé, S., Dubreuil-Lemaire, M.-L., & Hill, C.	2003	Analgesic Effect of Auricular Acupuncture for Cancer Pain: A Randomized, Blinded, Controlled Trial.	Journal of Clinical Oncology	Journal of Clinical Oncology, 21(22), 4120–4126.doi:10.1200/jco.2003.09.011
	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.
Estreñi-	ECAs				

miento	Shin, J., & Park, H.	2016	Effects of Auricular Acupressure on Constipation in Patients With Breast Cancer Receiving Chemotherapy: A Randomized Control Trial.	Western Journal of Nursing Research	Western Journal of Nursing Research, 40(1), 67–83.doi:10.1177/0193945916680362
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Psicología, insomnio, ansiedad, adicciones

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Estrés y ansiedad	RS y MA				
	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. 2022 Oct 17;30:e3708. doi: 10.1590/1518-8345.6219.3708. eCollection 2022.
	Pei M, Chen J, Dong S, Yang B, Yang K, Wei L, Zhai J, Yang H.	2021	Auricular Acupressure for Insomnia in Patients With Maintenance Hemodialysis: A Systematic Review and Meta-Analysis.	Front Psychiatry	Front Psychiatry. 2021 Jul 19;12:576050. doi: 10.3389/fpsy.2021.576050. eCollection 2021
	Usichenko TI, Hua K, Cummings M, Nowak A, Hahnenkamp K, Brinkhaus B, Dietzel J.	2022	Auricular stimulation for preoperative anxiety - A systematic review and meta-analysis of randomized controlled clinical trials.	J Clin Anesth.	J Clin Anesth. 2022 Feb;76:110581. doi: 10.1016/j.jclinane.2021.110581. Epub 2021 Nov 12
	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.
	Dellovo AG, Souza LMA, de Oliveira JS, Amorim KS, Groppo FC.	2019	Effects of auriculotherapy and midazolam for anxiety control in patients submitted to third molar extraction.	International Journal of Oral & Maxillofacial Surgery	Int J Oral Maxillofac Surg. 2019;48(5):669–674. doi:10.1016/j.ijom.2018.10.014
	Kwon, C.-Y., Lee, B., & Kim, S.-H.	2020	Effectiveness and safety of ear acupuncture for trauma-related mental disorders after large-scale disasters.	Medicine	Medicine, 99(8), e19342. doi:10.1097/md.00000000000019342
	ECAs				
Sajadi SA, Rahimi V, Farsi Z, Fournier A.	2023	The Effect of Auriculotherapy on Anxiety and Physiological Parameters of Male Coronary Angiography Patients: A	J Perianesth Nurs.	J Perianesth Nurs. 2023 Feb;38(1):102-107. doi: 10.1016/j.jopan.2022.05.074. Epub 2022 Aug 26.	

			Single-blind Randomized Clinical Trial.		
	Favre-Félix J, Laurent V, Branche P, Huissoud C, Raffin M, Pradat P, Aubrun F, Dziadzko M.	2022	Auricular Acupuncture for Preoperative Anxiety in Parturient Women with Scheduled Cesarean Section: A Randomized Placebo-Controlled Blind Study.	J Integr Complement Med.	J Integr Complement Med. 2022 Jul;28(7):569-578. doi: 10.1089/jicm.2021.0346. Epub 2022 Apr 8.
	Cai HQ, Su SY, Zhang X, Dai Q, Huang M, Lin A.	2021	Effect of auricular acupuncture on reduction of sertraline hydrochloride in patients with depression: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Sep 12;41(9):1005-9. doi: 10.13703/j.0255-2930.20200721-k0002.
	Lee SN, Kim B, Park H.	2021	The effects of auricular acupressure on stress, anxiety, and depression of outpatient nurses in South Korea.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Aug;44:101447. doi: 10.1016/j.ctcp.2021.101447. Epub 2021 Jul 16.
	King, H. C., Spence, D. L., Hickey, A. H., Sargent, P., Elesh, R., & Connelly, C. D.	2015	Auricular Acupuncture for Sleep Disturbance in Veterans With Post-Traumatic Stress Disorder: A Feasibility Study.	Military Medicine	Military Medicine, 180(5), 582–590.doi:10.7205/milmed-d-14-00451
	Michalek-Sauberer, A., Gusenleitner, E., Gleiss, A., Tepper, G., & Deusch, E.	2012	Auricular acupuncture effectively reduces state anxiety before dental treatment—a randomised controlled trial.	Clinical Oral Investigations	Clinical Oral Investigations, 16(6), 1517–1522. doi:10.1007/s00784-011-0662-4
	Zhang JZ, Wu HL, Chang PF, Huang KL.	2021	Therapeutic effect of auriculotherapy with miniature bian needle on anxiety in the patients after percutaneous coronary intervention.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Oct 25;46(10):880-4. doi: 10.13702/j.1000-0607.200934.

Insomnio	RS y MA				
	Lan, Y., Wu, X., Tan, H.-J., Wu, N., Xing, J.-J., Wu, F.-S., ... Liang, F.-R.	2015	Auricular acupuncture with seed or pellet attachments for primary insomnia: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 15(1). doi:10.1186/s12906-015-0606-7
Adicciones	RS y MA				
	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
	ECAs				
	Janssen, P. A., Demorest, L. C., Kelly, A., Thiessen, P., & Abrahams, R.	2012	Auricular acupuncture for chemically dependent pregnant women: a randomized controlled trial of the NADA protocol.	Substance Abuse Treatment, Prevention, and Policy	Substance Abuse Treatment, Prevention, and Policy, 7(1), 48. doi:10.1186/1747-597x-7-48
	Sun D, Reziwan K, Wang J, Zhang J, Cao M, Wang X, Wang X, Liu J, Li B, Dilimaolati R, Zhong L, Liu Y.	2019	Auricular Acupressure Improves Habit Reversal Treatment for Nail Biting.	J Altern Complement Med	J Altern Complement Med. 2019 Jan;25(1):79-85. doi: 10.1089/acm.2018.0063. Epub 2018 Sep 5. PMID: 30183329.

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	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
	Serritella E, Impellizzeri A, Liguori A, Galluccio G.	2021	Auriculotherapy used to manage orthodontic pain: a randomized controlled pilot study	Dental Press J Orthod.	Dental Press J Orthod. 2021 Dec 17;26(6):e2119381. doi: 10.1590/2177-6709.26.6.e2119381.oar
	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.
	Allais, G., Romoli, M., Rolando, S., Airola, G., Castagnoli Gabellari, I., Allais, R., & Benedetto, C.	2011	Ear acupuncture in the treatment of migraine attacks: a randomized trial on the efficacy of appropriate versus inappropriate acupoints.	Neurological Sciences	Neurological Sciences, 32(S1), 173–175. doi:10.1007/s10072-011-0525-4
	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
	Murakami, M., Fox, L., & Dijkers, M. P.	2016	Ear Acupuncture for Immediate Pain Relief—A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Pain Medicine	Pain Medicine, pnw215.doi:10.1093/pm/pnw215
	You E, Kim D, Harris R, D'Alonzo K.	2019	Effects of Auricular Acupressure on Pain Management: A Systematic Review.	Pain Management Nursing	Pain Manag Nurs. 2019;20(1):17–24. doi:10.1016/j.pmn.2018.07.010

	Asher, G. N., Jonas, D. E., Coeytaux, R. R., Reilly, A. C., Loh, Y. L., Motsinger-Reif, A. A., & Winham, S. J.	2010	Auriculotherapy for Pain Management: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 16(10), 1097–1108. doi:10.1089/acm.2009.0451
	Jan, A. L., Aldridge, E. S., Rogers, I. R., Visser, E. J., Bulsara, M. K., & Niemtzw, R. C.	2017	Does Ear Acupuncture Have a Role for Pain Relief in the Emergency Setting? A Systematic Review and Meta-Analysis.	Medical Acupuncture	Medical Acupuncture, 29(5), 276–289. doi:10.1089/acu.2017.1237
	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
	Yeh, C. H., Chiang, Y. C., Hoffman, S. L., Liang, Z., Klem, M. L., Tam, W. W. S., ... Suen, L. K.-P.	2014	Efficacy of Auricular Therapy for Pain Management: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2014, 1–14. doi:10.1155/2014/934670
	Zhao, H.-J., Tan, J.-Y., Wang, T., & Jin, L.	2015	Auricular therapy for chronic pain management in adults: A synthesis of evidence	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 21(2), 68–78. doi:10.1016/j.ctcp.2015.03.006
	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					
	Lavretsky H, Milillo MM, Kilpatrick L, Grzenda A, Wu P, Nguyen SA, Ercoli LM, Siddarth P.	2022	A Randomized Controlled Trial of Tai Chi Chih or Health Education for Geriatric Depression.	Am J Geriatr Psychiatry.	Am J Geriatr Psychiatry. 2022 Mar;30(3):392-403. doi: 10.1016/j.jagp.2021.07.008. Epub 20

	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
	Usichenko, T. I., Lehmann, C., & Ernst, E.	2008	Auricular acupuncture for postoperative pain control: a systematic review of randomised clinical trials.	Anaesthesia	Anaesthesia, 63(12), 1343–1348.doi:10.1111/j.1365-2044.2008.05632.x
	Estores, I., Chen, K., Jackson, B., Lao, L., & Gorman, P. H.	2016	Auricular acupuncture for spinal cord injury related neuropathic pain: a pilot controlled clinical trial.	The Journal of Spinal Cord Medicine	The Journal of Spinal Cord Medicine, 40(4), 432–438.doi: 10.1080/10790268.2016.1141489
	Moss, D. A., & Crawford, P.	2015	Ear Acupuncture for Acute Sore Throat: A Randomized Controlled Trial.	The Journal of the American Board of Family Medicine	The Journal of the American Board of Family Medicine, 28(6), 697–705.doi: 10.3122/jabfm.2015.06.150014
	Moura CC, Chaves ECL, Chianca TCM, Ruginsk SG, Nogueira DA, Lunes DH.	2019	Effects of auricular acupuncture on chronic pain in people with back musculoskeletal disorders: a randomized clinical trial.	Revista da Escola de Enfermagem da USP	Rev Esc Enferm USP. 2019;53:e03418. Published 2019 Jan 21. doi:10.1590/S1980-220X2018009003418
	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
	Moura, C. de C., Lunes, D. H., Ruginsk, S. G., Souza, V. H. S., Assis, B. B. de, & Chaves, E. de C. L.	2018	Action of ear acupuncture in people with chronic pain in the spinal column: a randomized clinical trial.	Revista Latino-Americana de Enfermagem	Revista Latino-Americana de Enfermagem, 26(0).doi:10.1590/1518-8345.2678.3050
	Ndubisi C, Danvers A, Gold MA, Morrow L, Westhoff CL.	2019	Auricular acupuncture as an adjunct for pain management during first trimester abortion: a randomized, double-blinded,	Contraception	Contraception. 2019 Mar;99(3):143-147. doi: 10.1016/j.contraception.2018.11.016. Epub 2018 Dec 7. PMID: 30529393.

			three arm trial.		
	Luo Y, Yang M, Liu T, Zhong X, Tang W, Guo M, Hu Y.	2019	Effect of hand-ear acupuncture on chronic low-back pain: a randomized controlled trial.	J Tradit Chin Med	J Tradit Chin Med. 2019 Aug;39(4):587-598. PMID: 32186108.
	Rodrigues MDF, Rodrigues ML, Bueno KS, et al.	2019	Effects of low-power laser auriculotherapy on the physical and emotional aspects in patients with temporomandibular disorders: A blind, randomized, controlled clinical trial.	Complementary Therapies in Medicine	Complement Ther Med. 2019;42:340–346. doi: 10.1016/j.ctim.2018.12.010

Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fertilidad	ECAs				
	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				
	Korelo RIG, Moreira NB, Miguel BAC, Cruz CGD, Souza NSP, Macedo RMB, Gallo RBS.	2022	Effects of Auriculotherapy on treatment of women with premenstrual syndrome symptoms: A randomized, placebo-controlled clinical trial.	Complement Ther Med	Complement Ther Med. 2022 Jun;66:102816. doi: 10.1016/j.ctim.2022.102816. Epub 2022 Feb 12
	Vas, J., Cintado, M. C., Aranda-Regules, J. M., Aguilar, I., & Rivas Ruiz, F.	2019	Effect of ear acupuncture on pregnancy-related pain in the lower back and posterior pelvic girdle: A multicenter randomized clinical trial.	Acta Obstetrica et Gynecologica Scandinavica	Acta Obstetrica et Gynecologica Scandinavica. doi:10.1111/aogs.13635
	Vahedi M, Hasanpoor-Azghady SB, Amiri-Farahani L, Khaki I.	2021	Comparison of effect of auriculotherapy and mefenamic acid on the severity and systemic symptoms of primary dysmenorrhea: a randomized clinical trial.	Trials	Trials. 2021 Sep 26;22(1):655. doi: 10.1186/s13063-021-05622-w
	Lu CX, Deng XJ, Chen M, Xiao CH, Cui J.	2021	Different stimulation methods on auricular points for primary dysmenorrhea: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jul 12;41(7):737-41. doi: 10.13703/j.0255-2930.20200531-k0002
Embarazo	RS y MA				
	Boram L, Chan-Young K, Sun Haeng L.	2020	Effectiveness and safety of auriculotherapy for breastfeeding: a	J Tradit Chin Med	J Tradit Chin Med. 2020 Oct;40(5):721-737. doi: 10.19852/j.cnki.jtcm.2020.05.002.

			systematic review.		PMID: 33000573.
ECAs					
Vakilian K, Ghaemmaghami M, Sheikhganbari N, Shabani F, Vahedi M.	2022	Reducing Labor Anxiety with Auriculotherapy: A Randomized Clinical Trial Study.	Chin J Integr Med.	Chin J Integr Med. 2022 May;28(5):440-444. doi: 10.1007/s11655-021-3452-0. Epub 2021 Sep 28.	
Jaić KK, Turković TM, Pešić M, Djaković I, Košec V, Košec	2019	A. Auricular acupuncture as effective pain relief after episiotomy: a randomized controlled pilot study.	Arch Gynecol Obstet	Arch Gynecol Obstet. 2019 Nov;300(5):1295-1301. doi: 10.1007/s00404-019-05283-w. Epub 2019 Sep 14. PMID: 31520258	
Mafetoni, R. R., & Shimo, A. K. K.	2016	Effects of auriculotherapy on labour pain: a randomized clinical trial.	Revista Da Escola de Enfermagem Da USP	Revista Da Escola de Enfermagem Da USP, 50(5), 726–732. doi:10.1590/s0080-623420160000600003	
Maryam A, Fariba A, Azita M, Babak B, Tabandeh S.	2020	The Effects of Auriculotherapy on Shoulder Pain After a Cesarean Section.	J Acupunct Meridian Stud.	J Acupunct Meridian Stud. 2020 Oct;13(5):157-162. doi: 10.1016/j.jams.2020.09.002. Epub 2020 Sep 24. PMID: 32980559.	
Negarandeh R, Eghbali M, Janani L, Dastaran F, Saatchi K. Auriculotherapy as a means of managing nausea and vomiting in pregnancy: A double-blind randomized controlled clinical trial.	2020	Auriculotherapy as a means of managing nausea and vomiting in pregnancy: A double-blind randomized controlled clinical trial.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2020 Aug;40:101177. doi: 10.1016/j.ctcp.2020.101177. Epub 2020 May 4. PMID: 32891268.	

Postoperatorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	ECAs				
	Li Y, Du JL, Hao PL, Zhang MX, Jiang YB, Shu M, Guan L.	2021	Effect of auricular point sticking therapy on perioperative pain in patients with partial lung resection.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jun 12;41(6):603-7. doi: 10.13703/j.0255-2930.20200505-k0003
	Wang XQ, Xiao L, Duan PB, Xu Q, Yang LH, Wang AQ, Wang Y.	2022	The feasibility and efficacy of perioperative auricular acupuncture technique via intradermal needle buried for postoperative movement-evoked pain after open radical gastrectomy: A randomized controlled pilot trial.	Explore (NY).	Explore (NY). 2022 Jan-Feb;18(1):36-43. doi: 10.1016/j.explore.2021.09.007. Epub 2021 Oct 3.
	Michel-Cherqui M, Szekely B, Lemoyne F, Feliot E, Gayat E, Fischler M.	2019	Auriculotherapy in the prevention of postoperative urinary retention in patients with thoracotomy and thoracic epidural analgesia: A randomized, double-blinded trial.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(23):e15958. doi:10.1097/MD.00000000000015958
	Shah AN, Moore CB, Brigger MT.	2020	Auricular acupuncture for adult tonsillectomy.	Laryngoscope	Laryngoscope. 2020 Aug;130(8):1907-1912. doi: 10.1002/lary.28338. Epub 2019 Oct 11. PMID: 31603582.

Digestivo/obesidad

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Estreñimiento	RS y MA				
	Yang, L.-H., Duan, P.-B., Du, S.-Z., Sun, J.-F., Mei, S.-J., Wang, X.-Q., & Zhang, Y.-Y.	2014	Efficacy of Auriculotherapy for Constipation in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 20(8), 590–605. doi:10.1089/acm.2013.0324
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
	Hsieh CH, Su TJ, Fang YW, Chou PH.	2011	Effects of auricular acupressure on weight reduction and abdominal obesity in Asian young adults: a randomized controlled trial.	Am J Chin Med.	Am J Chin Med. 2011;39(3):433-40.
Náuseas y vómitos	RS y MA				
	Fróes NBM, Arrais FAS, Aquino PS, Maia JC, Balsells MMD.	2021	Effects of auriculotherapy in the treatment of nausea and vomiting: a systematic review.	Rev Bras Enferm	Rev Bras Enferm. 2021 Sep 24;75(1):e20201350. doi: 10.1590/0034-7167-2020-1350. eCollection 2021

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
HTA	RS y MA				
	Gao, J., Chen, G., He, H., Liu, C., He, Q., Li, J., & Wang, J.	2019	The effect of auricular therapy on blood pressure: A systematic review and meta-analysis.	European Journal of Cardiovascular Nursing,	European Journal of Cardiovascular Nursing, 147451511987677. doi:10.1177/1474515119876778
Rinitis	ECAs				
	Zhang, C. S., Xia, J., Zhang, A. L., Yang, A. W., Thien, F., Li, Y., ... Xue, C. C.	2014	Ear Acupressure for Perennial Allergic Rhinitis: A Multicenter Randomized Controlled Trial	American Journal of Rhinology & Allergy	American Journal of Rhinology & Allergy, 28(4), e152–e157. doi:10.2500/ajra.2014.28.4081
Dermatología	RS y MA				
	Zhu, L., Kim, Y., & Yang, Z.	2018	The Application of Auriculotherapy to the Treatment of Chronic Spontaneous Urticarial: a Systematic Review and Meta-analysis.	Journal of Acupuncture and Meridian Studies	Journal of Acupuncture and Meridian Studies. doi:10.1016/j.jams.2018.08.209
Miopía	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
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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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Cáncer de pecho	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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RS y MA					
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Sueño	RS y MA				
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Fatiga	RS y MA				
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Cáncer de Estómago	ECAs				
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Yang LH, Duan PB, Hou QM, Wang XQ.	2021	Qigong Exercise for Patients with Gastrointestinal Cancer Undergoing Chemotherapy and at High Risk for Depression: A Randomized Clinical Trial	J Altern Complement Med.	J Altern Complement Med. 2021 Sep;27(9):750-759. doi: 10.1089/acm.2020.0531. Epub 2021 May 12
Ying W, Min QW, Lei T, Na ZX, Li L, Jing L.	2019	The health effects of Baduanjin exercise in breast cancer survivors: A randomized, controlled, single-blinded trial	The European Journal of Oncology Nursing	Eur J Oncol Nurs. 2019;39:90–97. doi: 10.1016/j.ejon.2019.01.007

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Cardiología

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Hipertensión	RS y MA				
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	Guan Y, Hao Y, Guan Y, Wang H.	2020	Effects of Baduanjin exercise on essential hypertension: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 7;99(32):e21577. doi: 10.1097/MD.00000000000021577. PMID: 32769904; PMCID: PMC7593081.
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Yan ZW, Yang Z, Yang JH,	2022	Comparison between Tai Chi and square	J Sports Med Phys	J Sports Med Phys Fitness. 2022	

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Insuficiencia cardíaca	RS y MA				
	Jiang W, Liao S, Chen X, Lundborg CS, Marrone G, Wen Z, Lu W.	2021	TaiChi and Qigong for Depressiv Symptoms in Patients with Chronic Heart Failure: A Systematic Review with Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jun 24;2021:5585239. doi: 10.1155/2021/5585239
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	ECAs				
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Calidad de vida	RS y MA				
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Otros	RS y MA				
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	Tao S, Li Z.	2023	Effects of qigong exercise on cardiovascular risk factors in patients with metabolic syndrome: A systematic review and meta-analysis.	Front Physiol.	Front Physiol. 2023 Feb 24;14:1092480. doi: 10.3389/fphys.2023.1092480. eCollection 2023.
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Edad

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	Liao SJ, Chong MC, Tan MP, Chua YP.	2019	Tai Chi with music improves quality of life among community-dwelling older persons with mild to moderate depressive symptoms: A cluster randomized controlled trial.	Geriatric Nursing	Geriatr Nurs. 2019;40(2):154–159. doi: 10.1016/j.gerinurse.2018.08.001
	Liu, S., Li, L., Liu, Z., & Guo, X.	2019	Long-Term Tai Chi Experience Promotes Emotional Stability and Slows Gray Matter Atrophy for Elders.	Frontiers in Psychology	Frontiers in Psychology, 10. doi:10.3389/fpsyg.2019.00091
	Liu, J., Yeung, A., Xiao, T., Tian, X., Kong, Z., Zou, L., & Wang, X.	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 Nursing Studies (JCR 1,65)	International Journal of Environmental Research and Public Health, 16(3), 517. doi: 10.3390/ijerph16030517

Sun W, Ma X, Wang L, et al.	2019	Effects of Tai Chi Chuan and Brisk Walking Exercise on Balance Ability in Elderly Women: A Randomized Controlled Trial.	Motor Control	Motor Control. 2019;23(1):100–114. doi: 10.1123/mc.2017-0055
Zheng, G., Zheng, X., Li, J., Duan, T., Ling, K., Tao, J., & Chen, L.	2019	Effects of Tai Chi on Cerebral Haemodynamics and Health-related Outcomes in Older Community Adults at Risk of Ischaemic Stroke: A Randomized Controlled Trial.	Journal of Aging and Physical Activity	Journal of Aging and Physical Activity, 1–27. doi: 10.1123/japa.2018-0232
Zhou S, Zhang Y, Kong Z, Loprinzi PD, Hu Y, Ye J, Liu S, Yu JJ, Zou L.	2019	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019 Mar 1;16(5). pii: E753. doi: 10.3390/ijerph16050753
Zou L, Zhang Y, Liu Y, et al.	2019	The Effects of Tai Chi Chuan Versus Core Stability Training on Lower-Limb Neuromuscular Function in Aging Individuals with Non-Specific Chronic Lower Back Pain.	Medicina (Kaunas)	Medicina (Kaunas). 2019;55(3):60. Published 2019 Mar 3. doi:10.3390/medicina55030060
Zhou S, Zhang Y, Kong Z, Loprinzi PD, Hu Y, Ye J, Liu S, Yu JJ, Zou L.	2019	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019 Mar 1;16(5). pii: E753. doi: 10.3390/ijerph16050753
Lou, L., Zou, L., Fang, Q., Wang, H., Liu, Y., Tian, Z., & Han, Y. (2017).	2017	Effect of Taichi Softball on Function-Related Outcomes in Older Adults: A Randomized Control Trial	Evidence-Based Complementary and Alternative Medicine,	Evidence-Based Complementary and Alternative Medicine, 2017, 1–9.doi:10.1155/2017/4585424

Obesidad y Diabetes

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	Xinzheng W, Fanyuan J, Xiaodong W.	2022	The effects of Tai Chi on glucose and lipid metabolism in patients with diabetes mellitus: A meta-analysis.	Complement Ther Med.	Complement Ther Med. 2022 Dec;71:102871. doi: 10.1016/j.ctim.2022.102871. Epub 2022 Aug 26
	Wang Y, Yan J, Zhang P, Yang P, Zhang W, Lu M	2022	Tai Chi Program to Improve Glucose Control and Quality of Life for the Elderly With Type 2 Diabetes: A Meta-analysis.	Inquiry	.Inquiry. 2022 Jan-Dec;59:469580211067934. doi: 10.1177/00469580211067934
	Chao, M., Wang, C., Dong, X., & Ding, M.	2018	The Effects of Tai Chi on Type 2 Diabetes Mellitus: A Meta-Analysis.	Journal of Diabetes Research	Journal of Diabetes Research, 2018, 1–9. doi:10.1155/2018/7350567
	Guo S, Xu Y, Qin J, Chen Y, You Y, Tao J, Liu Z, Huang J.	2021	Effect of tai chi on glycaemic control, lipid metabolism and body composition in adults with type 2 diabetes: A meta-analysis and systematic review.	J Rehabil Med	J Rehabil Med. 2021 Mar 22;53(3):jrm00165. doi: 10.2340/16501977-2799. PMID: 33594445
	Palermi S, Sacco AM, Belviso I, Marino N, Gambardella F, Loiacono C, Sirico F	2020	Effectiveness of Tai Chi on Balance Improvement in Type 2 Diabetes Patients: A Systematic Review and Meta-Analysis.	Journal of Aging Physical Activity	J Aging Phys Act. 2020 Mar 3:1-11. doi: 10.1123/japa.2019-0242.
	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 Patients With Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis.	Front Endocrinol (Lausanne)	Front Endocrinol (Lausanne). 2021 Jan 19;11:543627. doi: 10.3389/fendo.2020.543627. PMID: 33542702; PMCID: PMC7851054
	Yu DD, You LZ, Huang WQ, Cao H, Wang FJ, Tang XQ, Fang ZH, Shen GM, Guan YX.	2020	Effects of traditional Chinese exercises on blood glucose and hemoglobin A1c levels in patients with prediabetes: A systematic review and meta-analysis.	J Integr Med	J Integr Med. 2020 Jul;18(4):292-302. doi: 10.1016/j.joim.2020.04.003. Epub 2020 May 28. PMID: 32534937.

	Zhou Z, Zhou R, Li K, et al.	2019	Effects of tai chi on physiology, balance and quality of life in patients with type 2 diabetes: A systematic review and meta-analysis.	Journal of Rehabilitation Medicine	J Rehabil Med. 2019;51(6):405–417. doi:10.2340/16501977-2555
	Zou L, Zhang Y, Sasaki JE, et al.	2019	Wuqinxi Qigong as an Alternative Exercise for Improving Risk Factors Associated with Metabolic Syndrome: A Meta-Analysis of Randomized Controlled Trials.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019;16(8):1396. Published 2019 Apr 18. doi:10.3390/ijerph16081396
	Alenazi, A. M., Alshehri, M. M., Hoover, J. C., Yabroudi, M. A., Kachanathu, S. J., & Liu, W.	2018	The Effect of T'ai Chi Exercise on Lipid Profiles: A Systematic Review and Meta-Analysis of Randomized Clinical Trials	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 24(3), 220–230. doi:10.1089/acm.2017.0104
	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
	ECAs				
	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.
	Leung LY, Chan AW, Sit JW, Liu T, Taylor-Piliae RE.	2019	Tai Chi in Chinese adults with metabolic syndrome: A pilot randomized controlled trial.	Complementary Therapies in Medicine	Complement Ther Med. 2019;46:54–61. doi:10.1016/j.ctim.2019.07.008

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
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
	Kelley GA, Kelley KS, Callahan LF	2022	Clinical relevance of Tai Chi on pain and physical function in adults with knee osteoarthritis: An ancillary meta-analysis of randomized controlled trials. .	Sci Prog.	Sci Prog. 2022 Apr-Jun;105(2):368504221088375. doi: 10.1177/00368504221088375
	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 osteoarthritis: systematic review and meta-analysis.	Clin Rehabil	Clin Rehabil. 2021 Jan;35(1):64-79. doi: 10.1177/0269215520954343. Epub 2020 Sep 21. PMID: 32954819
	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	Medicine	Complement Ther Med. 2020;48:102279. doi:10.1016/j.ctim.2019.102279

			meta-analysis.		
	ECAs				
	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 review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(37):e17099. doi:10.1097/MD.00000000000017099
	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				
	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.
	Chen, Y.-W., Hunt, M. A., Campbell, K. L., Peill, K., & Reid, W. D.	2015	The effect of Tai Chi on four chronic conditions—cancer, osteoarthritis, heart failure and chronic obstructive pulmonary disease: a systematic review and meta-analyses.	British Journal of Sports Medicine	British Journal of Sports Medicine, 50(7), 397–407. doi:10.1136/bjsports-2014-094388
	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.
	Cruz-Díaz, D., Kim, K.-M., Hita-Contreras, F., Bergamin, M., Aibar-Almazán, A., & Martínez-Amat, A.	2019	Effects of a Twelve-Week Tai Chi intervention in Patients With Chronic Ankle Instability: A Randomized Controlled Trial.	Journal of Sport Rehabilitation	Journal of Sport Rehabilitation, 1–22. doi:10.1123/jsr.2018-0222
Xie Y, Guo F, Lu Y, et al.	2019	A 12-week Baduanjin Qigong exercise	Complementary	Complement Ther Clin Pract. 2019;36:113–	

			improves symptoms of ankylosing spondylitis: A randomized controlled trial.	Therapies in Clinical Practice	119. doi:10.1016/j.ctcp.2018.12.007
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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. 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: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2021 Jan 8;100(1):e23819. doi: 10.1097/MD.00000000000023819. PMID: 33429742; PMCID: PMC7793414	

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				
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.

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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
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	Hita-Contreras F.				
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Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente vascular cerebral	RS y MA				
	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
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	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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Wu S, Chen J, Wang S, Jiang M, Wang X, Wen Y.	2018	Effect of Tai Chi Exercise on Balance Function of Stroke Patients: A Meta-Analysis.	Med Sci Monit Basic Res	Med Sci Monit Basic Res. 2018 Dec 3;24:210-215. doi: 10.12659/MSMBR.911951.)	
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Parkinson	RS y MA				
	Zhu PA, Lu QQ, Li ZL, Hu RL, Xu S, Brodersen L, Liu YX, Liu H, Bao X.	2023	Efficacy of Tai Chi on lower limb function of Parkinson's disease patients: A systematic review and meta-analysis.	Front Aging Neurosci	Front Aging Neurosci. 2023 Feb 1;15:1096417. doi: 10.3389/fnagi.2023.1096417. eCollection 2023
	Lei H, Ma Z, Tian K, Liu K, Wang J, Zhu X, Mi B, Chen Y, Yang Q, Jiang H.	2022	The effects of different types of Tai Chi exercises on motor function in patients with Parkinson's disease: A network meta-analysis.	Front Aging Neurosci	Front Aging Neurosci. 2022 Aug 29;14:936027. doi: 10.3389/fnagi.2022.936027. eCollection 2022.
	Lai J, Cai Y, Yang L, Xia M, Cheng X, Chen Y.	2022	Effects of Baduanjin exercise on motor function, balance and gait in Parkinson's disease: a systematic review and meta-analysis.	BMJ Open	BMJ Open. 2022 Nov 15;12(11):e067280. doi: 10.1136/bmjopen-2022-067280
	Aras B, Seyyar GK, Fidan O, Colak E.	2021	The effect of Tai Chi on functional mobility, balance and falls in Parkinson's disease: A systematic review and meta-analysis of systematic reviews	Explore (NY).	Explore (NY). 2021 Dec 13:S1550-8307(21)00247-0. doi: 10.1016/j.explore.2021.12.002
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	Yang, Y., Li, X.-Y., Gong, L., Zhu, Y.-L., & Hao, Y.-L.	2014	Tai Chi for Improvement of Motor Function, Balance and Gait in Parkinson's Disease: A Systematic Review and Meta-Analysis.	PLoS ONE	PLoS ONE, 9(7), e102942. doi: 10.1371/journal.pone.0102942
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	Yu X, Wu X, Hou G, Han P, Jiang L, Guo Q.	2021	The Impact of Tai Chi on Motor Function, Balance, and Quality of Life in Parkinson's Disease: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jan 11;2021:6637612. doi: 10.1155/2021/6637612. PMID: 33505498; PMCID: PMC7814935
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	Zhu M, Zhang Y, Pan J, Fu C, Wang Y.	2020	Effect of simplified Tai Chi exercise on relieving symptoms of patients with mild to moderate Parkinson's disease.	J Sports Med Phys Fitness	J Sports Med Phys Fitness. 2020 Feb;60(2):282-288. doi: 10.23736/S0022-4707.19.10104-1. Epub 2019 Oct 25. PMID: 31665879.
	Moon S, Sarmiento CVM, Steinbacher M, Smirnova IV, Colgrove Y, Lai SM, Lyons KE, Liu W.	2020	Can Qigong improve non-motor symptoms in people with Parkinson's disease - A pilot randomized controlled trial?	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101169. doi: 10.1016/j.ctcp.2020.101169. Epub 2020 Apr 2. PMID: 32379638; PMCID: PMC7607921.
Disfunción cognitiva	RS y MA				
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	Shi H, Dong C, Chang H, Cui L, Xia M, Li W, Wu D, Yu B, Si G, Yang T..	2022	Evidence Quality Assessment of Tai Chi Exercise Intervention in Cognitive Impairment: An Overview of Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2022 Apr 25;2022:5872847. doi: 10.1155/2022/5872847
	Li F, Wang L, Qin Y, Liu G.	2022	Combined Tai Chi and cognitive interventions for older adults with or without cognitive impairment: A meta-analysis and systematic review.	Complement Ther Med.	Complement Ther Med. 2022 Aug;67:102833. doi: 10.1016/j.ctim.2022.102833. Epub 2022 Apr 16.
	Zhou K, Liu M, Bao D, Zhou J.	2022	Effects of Traditional Chinese Exercises on Cognitive Function in Older Adults With Mild Cognitive Impairment: A Systematic Review and Meta-Analysis.	Front Hum Neurosci	Front Hum Neurosci. 2022 Mar 25;16:849530. doi: 10.3389/fnhum.2022.849530. eCollection 2022.
	Su K, Yuan J, Liu H, Luo M, Li Q, Liu S, Feng X.	2022	The Comparative Effectiveness of Traditional Chinese Medicine Exercise Therapies in Elderly People With Mild Cognitive Impairment: A Systematic Review and Network Meta-Analysis.	Front Neurol.	Front Neurol. 2022 Mar 16;13:775190. doi: 10.3389/fneur.2022.775190. eCollection 2022
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	Liu F, Chen X, Nie P, Lin S, Guo J, Chen J, Yu L	2021	Can Tai Chi Improve Cognitive Function? A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	J Altern Complement Med	J Altern Complement Med. 2021 Dec;27(12):1070-1083. doi: 10.1089/acm.2021.0084. Epub 2021 Jul 26.
	Lin R, Cui S, Yang J, Yang H, Feng Z, Wahner-Roedler	2021	Effects of Tai Chi on Patients with Mild Cognitive Impairment: A Systematic	Biomed Res Int.	Biomed Res Int. 2021 Apr 12;2021:5530149. doi: 10.1155/2021/5530149. eCollection

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Wang X, Wu J, Ye M, Wang L, Zheng G.	2021	Effect of Baduanjin exercise on the cognitive function of middle-aged and older adults: A systematic review and meta-analysis.	Complement Ther Med.	Complement Ther Med. 2021 Jun;59:102727. doi: 10.1016/j.ctim.2021.102727. Epub 2021 Apr 30
Li C, Zheng D, Luo J.	2021	Effects of traditional Chinese exercise on patients with cognitive impairment: A systematic review and Bayesian network meta-analysis.	Nurs Open	Nurs Open. 2021 Feb 19. doi: 10.1002/nop2.799. Epub ahead of print. PMID: 33605528.
Wei L, Chai Q, Chen J, Wang Q, Bao Y, Xu W, Ma E.	2020	The impact of Tai Chi on cognitive rehabilitation of elder adults with mild cognitive impairment: a systematic review and meta-analysis.	Disabil Rehabil.	Disabil Rehabil. 2020 Oct 12:1-10. doi: 10.1080/09638288.2020.1830311. Epub ahead of print. PMID: 33043709.
Wayne, P. M., Walsh, J. N., Taylor-Piliae, R. E., Wells, R. E., Papp, K. V., Donovan, N. J., & Yeh, G. Y.	2014	Effect of Tai Chi on Cognitive Performance in Older Adults: Systematic Review and Meta-Analysis.	Journal of the American Geriatrics Society	Journal of the American Geriatrics Society, 62(1), 25–39. doi: 10.1111/jgs.12611
Yu L, Liu F, Nie P, Shen C, Chen J, Yao L.	2020	Systematic review and meta-analysis of randomized controlled trials assessing the impact of Baduanjin exercise on cognition and memory in patients with mild cognitive impairment.	Clin Rehabil.	Clin Rehabil. 2020 Nov 4:269215520969661. doi: 10.1177/0269215520969661. Epub ahead of print. PMID: 33143442
Zhang Q, Hu J, Wei L, Cao R, Ma R, Song H, Jin Y.	2019	Effects of traditional Chinese exercise on cognitive and psychological outcomes in older adults with mild cognitive impairment: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019 Feb;98(7):e14581. doi: 10.1097/MD.00000000000014581
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Yang J, Zhang L, Tang Q, Wang F, Li Y, Peng H, Wang S.	2020	Tai Chi is Effective in Delaying Cognitive Decline in Older Adults with Mild Cognitive Impairment: Evidence from a Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Mar 25;2020:3620534. doi: 10.1155/2020/3620534. PMID: 32308706; PMCID: PMC7132349.
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Hsu CY, Yeh ML, Liu YE.	2022	Three-month Chan-Chuang qigong program improves physical performance and quality of life of patients with cognitive impairment: A randomized controlled trial.	Res Nurs Health.	Res Nurs Health. 2022 Jun;45(3):327-336. doi: 10.1002/nur.22219. Epub 2022 Feb 19.
Qi D, Wong NML, Shao R, Man ISC, Wong CHY, Yuen LP, Chan CCH, Lee TMC.	2021	Qigong exercise enhances cognitive functions in the elderly via an interleukin-6-hippocampus pathway: A randomized active-controlled trial.	Brain Behav Immun.	Brain Behav Immun. 2021 Jul;95:381-390. doi: 10.1016/j.bbi.2021.04.011. Epub 2021 Apr 17.
Sun, J., Kanagawa, K., Sasaki, J., Ooki, S., Xu, H., & Wang, L.	2015	Tai chi improves cognitive and physical function in the elderly: a randomized controlled trial.	Journal of Physical Therapy Science	Journal of Physical Therapy Science, 27(5), 1467–1471.doi: 10.1589/jpts.27.146
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
Zheng G, Zheng Y, Xiong Z, Ye B.	2020	Effect of Baduanjin exercise on cognitive function in patients with post-stroke	Clin Rehabil.	Clin Rehabil. 2020 Aug;34(8):1028-1039. doi: 10.1177/0269215520930256. Epub

			cognitive impairment: a randomized controlled trial.		2020 Jun 10. PMID: 32517490
	Niu Y, Wan C, Zhou B, et al.	2019	Breath Qigong Improves Recognition in Seniors With Vascular Cognitive Impairment.	Alternative Therapy Health Medicine	Altern Ther Health Med. 2019;25(1):20–26.
Otros	RS y MA				
	Wang R, Zhou H, Wang YC, Chang XL, Wang XQ.	2023	Benefits of Tai Chi Quan on neurodegenerative diseases: A systematic review. Ageing Res Rev. 2022 Dec;82:101741. doi: 10.1016/j.arr.2022.101741. Epub 2022 Oct 8.) y es beneficioso para la demencia (Liu DM, Wang L, Huang L Tai Chi Improves Cognitive Function of Dementia Patients: A Systematic Review and Meta-analysis.	J.Altern Ther Health Med.	J.Altern Ther Health Med. 2023 Jan;29(1):90-96.
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	Taylor, E., & Taylor-Piliae, R. E.	2017	The effects of Tai Chi on physical and psychosocial function among persons with multiple sclerosis: A systematic review.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 31, 100–108.doi: 10.1016/j.ctim.2017.03.001
	Hu Y, Kattan C, Kontos D, Zhu W, Hernandez ME.	2021	Benefits of tai ji quan practice on neuromuscular functions in older adults: A Systematic Review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Feb;42:101295. doi: 10.1016/j.ctcp.2020.101295. Epub 2020 Dec 16. PMID: 33341582.
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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	.J Prev Alzheimers Dis.	.J Prev Alzheimers Dis. 2022;9(1):104-112. doi: 10.14283/jpad.2021.40.

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	Pan, Z., Su, X., Fang, Q., Hou, L., Lee, Y., Chen, C. C., ... Kim, M.-L.	2018	The Effects of Tai Chi Intervention on Healthy Elderly by Means of Neuroimaging and EEG: A Systematic Review.	Frontiers in Aging Neuroscience	Frontiers in Aging Neuroscience, 10.doi:10.3389/fnagi.2018.00110
	Qi, Y., Zhang, X., Zhao, Y., Xie, H., Shen, X., Niu, W., & Wang, Y.	2018	The effect of wheelchair Tai Chi on balance control and quality of life among survivors of spinal cord injuries: A randomized controlled trial.	Complementary Therapies in Clinical Practice (SJR 0,58)	Complementary Therapies in Clinical Practice, 33, 7–11.doi: 10.1016/j.ctcp.2018.07.004

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	International Journal of Chronic Obstructive Pulmonary Disease	International Journal of Chronic Obstructive Pulmonary Disease, 1253. doi:10.2147/copd.s70862

			and meta-analysis.		
	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.
	Ng SM1, Wang CW, Ho RT, Ziea TC, He J, Wong VC, Chan CL.	2012	Tai chi exercise for patients with heart disease: a systematic review of controlled clinical trials.	Altern Ther Health Med	Altern Ther Health Med. 2012 May-Jun;18(3):16-22.
	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
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

Jin X, Pan B, Wu H, Xu D.	2019	The effects of traditional Chinese exercise on hypertension: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(3):e14049. doi:10.1097/MD.0000000000014049
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
Ching SM, Mokshashri NR, Kannan MM, Lee KW, Sallahuddin NA, Ng JX, Wong JL, Devaraj NK, Hoo FK, Loo YS, Veettil SK.	2021	Effects of qigong on systolic and diastolic blood pressure lowering: a systematic review with meta-analysis and trial sequential analysis.	BMC Complement Med Ther	BMC Complement Med Ther. 2021 Jan 6;21(1):8. doi: 10.1186/s12906-020-03172-3. PMID: 33407414; PMCID: PMC7789757
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	Zheng Y, Zhang Y, Li H, Qiao L, Fu W, Yu L, Li G, Yang J, Ni W, Yong Z, Wang Y, Fan H.	2021	Comparative Effect of Liuzijue Qigong and Conventional Respiratory Training on Trunk Control Ability and Respiratory Muscle Function in Patients at an Early	Arch Phys Med Rehabil	Arch Phys Med Rehabil. 2021 Mar;102(3):423-430. doi: 10.1016/j.apmr.2020.07.007. Epub 2020 Aug 12. PMID: 32795561

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Osteoporosis	Zhang Y, Chai Y, Pan X, Shen H, Wei X, Xie Y..	2019	Tai chi for treating osteopenia and primary osteoporosis: a meta-analysis and trial sequential analysis	Clinical Interventions in Aging	Clin Interv Aging. 2019;14:91–104. Published 2019 Jan 3. doi:10.2147/CIA.S187588
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Pediatría	Fong SSM, Chung LMY, Schooling CM, Lau EHY, Wong JYH, Bae YH, Chung JWY	2022	Tai chi-muscle power training for children with developmental coordination disorder: a randomized controlled trial. .	Sci Rep	Sci Rep. 2022 Dec 21;12(1):22078. doi: 10.1038/s41598-022-25822-x.
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-Analysis of Randomized Controlled Trials..	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Aug 11;2020:4710527. doi: 10.1155/2020/4710527. PMID: 32849900; PMCID: PMC7439202
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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.
Shu C, Feng S, Cui Q, Cheng S, Wang Y.	2021	Impact of Tai Chi on CRP, TNF-alpha and IL-6 in inflammation: a systematic	Ann Palliat Med.	Ann Palliat Med. 2021 Jul;10(7):7468-7478. doi: 10.21037/apm-21-640.

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GUASHA

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Ginecología	RS y MA				
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	Chen, X., Yan, D., Nie, H., ... Zhou, X.		perimenopausal syndrome: A systematic review and meta-analysis of randomized controlled trials.	Therapies in Clinical Practice	Practice, 31, 268–277. doi: 10.1016/j.ctcp.2018.03.012
Neurología	ECAs				
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Dermatología	RS y MA				
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	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.
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				
	Jiang H, Qiu LL, Li YY, Gu LP, Liu QG.	2020	[Efficacy and mechanism of fire needling bloodletting for lower extremity varicose veins].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):953-6. Chinese. doi: 10.13703/j.0255-2930.20190815-k0004. PMID: 32959590.
Migraña	Liu LY, Guo H, Ren MQ,	2019	Bloodletting acupuncture at jing-well	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020;40(1):32–36.

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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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	Lou XQ, Liu X, Liu CH, Lin HJ, Liu H, Ling J.	2021	Therapeutic effect of electric-balance stimulation with scalp acupuncture for motor aphasia after cerebral infarction	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Nov 12;41(11):1211-5. doi: 10.13703/j.0255-2930.20210302-k0005
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	Xu XY, Ma JH, Ou JX, Gan HX, Zhou DJ, Yang ZH, Yang CJ.	2022	Effect of <i>Fang's</i> scalp acupuncture on perceived stress and sleep structure in insomnia patients: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Apr 12;42(4):371-6. doi: 10.13703/j.0255-2930.20210723-0001.
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