

THE EFFECTIVENESS OF ACUPUNCTURE THERAPY TO REDUCE MIGRAINE: A META-ANALYSIS

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ABSTRACT

Background: Migraine is a disabling primary headache disorder that places an enormous burden on patients and society. The impact of migraine extends beyond the physical pain of a migraine attack and can have substantial effects on multiple aspects of an individual's life, including day-to-day functioning. Acupuncture is frequently used as an efficient method to prevent and treat migraine. This study aimed to analyze and estimate the effect of acupuncture therapy to reduce migraine.

Subjects and Method: This was a systematic review and meta-analysis conducted using PRISMA diagram. The article search was conducted based on the eligibility criteria using the PICO model, Population= general population, Intervention= acupuncture therapy, Comparison= non acupuncture therapy, and Outcome= migraine. The articles were collected from Pubmed, Google Scholar, Science Direct, Spinger Link, and Hindawi databases. Keywords used "acupuncture" OR "acupuncture therapy" AND "migraine" OR "migraine pain" AND "Randomized Controlled Trial" OR "RCT". The inclusion criteria were full text, randomized controlled trial, published from 2011 to 2020, and reported Mean and Standard Deviation. Articles were analyzed using the Review Manager 5.3 application.

Results: Total of 9 RCTs from Asia, Europe, and Australia were selected for meta-analysis. This study showed that acupuncture therapy reduced migraine but it was statistically non-significant (SMD= -0.17; 95% CI= -0.38 to -0.05; p= 0.140).

Conclusion: Acupuncture therapy reduces migraine, but it is statistically non-significant.

Keywords: acupuncture, pain, migraine

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